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MAINE WOMEN MAGAZINE

THE HOME ISSUE

VOLUME 12 | ISSUE 7 | NOVEMBER 2018

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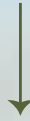
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No place like home

Our homes reflect who we are.

For some, home is a well-curated space, thought out down to the last picture frame. For others, it's an amalgamation of hand-me-downs, well-worn couches and kitchen tables we DIYed into new life. But the real stuff is in the details—the race bibs tacked to the spare bedroom wall, the collection of fingerpainted artwork on display on the fridge, the cat statue someone gave us as a joke but we kind of loved and decided to keep.

This issue of Maine Women Magazine is a testament to the homes we make for ourselves. Meet four Maine women and the unique spaces they've created, which showcase their individual styles and their real lives in the "At Home" feature on page 20. Katherine Cynewski, a certified yoga instructor who runs her wellness events company out of her Portland home, has a bright, uncluttered space that affords her room to work, to relax and to practice yoga. Deborah Gordon's Cape Porpoise cottage is colorful and warm and the ideal place for her "to make art, create, live and breathe in." (Her fluffy Norwegian Forest cat Wolfie can often be spotted there nestled among skeins of yarn.)

To help get our imaginations going, we spoke with Erin Watkinson from Old House Parts Co. in Kennebunk about ways to reuse and repurpose a host of old bits, from doors and laundry sinks to fire ladders and whiskey barrels. Read the story on page 40 and glean some neat ideas, which will come in handy the next time you're out browsing architectural salvage...or cleaning out your own basement.

And because it's also nice to find a funky lamp or rug or other accent piece that doesn't

require any sanding, painting or re-envisioning, contributor Sarah Holman went hunting for cool home finds in shops around Maine (and a couple of Etsy shops, too). Her roundup on page 46 includes two-toned baskets spotted at Folly 101 in Portland (they're pretty and they're excellent for storage) and vintage railway lanterns from Simply Home in Falmouth.

Finally, interior designer Tracy Davis shares her approach to designing spaces that suit the lives of the people who live and work in them. Davis founded Urban Dwellings, an interior architecture design firm based in Portland, in 2005. The company has a niche with the architectural design of living spaces in cities and has a client base extending beyond southern Maine to Boston and New York. "In today's society, we have a lot of distractions," she says. "Stripping out all the visual noise in your residence makes it a softer landing, a place of respite. There's value in creating a really beautiful interior background, and it doesn't have to be complicated." Read more on page 32.

No matter what decor we dress our rooms in, the most important part of our homes is who we share them with—the people we lounge with on the couch to watch the latest episode of "The Handmaid's Tale," the kids giggling inside the blanket fort in the family room, the friends who sit across from us at the dinner table.

For more from Maine Women Magazine, follow us on Facebook and Instagram, and check out the Maine Women's Expo, taking place on Nov. 10 at the former Bon-Ton space at the Maine Mall in South Portland. FMI: mainewomenexpo.com

ON THE COVER

"Living downtown Portland, my space is...compact," says Katherine Cynewski, a yoga instructor who also runs a business from her home. In her bright and uncluttered space, having room to work, practice yoga, and unwind with Winston, her French bulldog, is essential. Cynewski's home is one of four profiles that highlight how we create spaces that suit our individual styles and unique lives. Read more on page 22.

Photo by Lauryn Hottinger



—Shannon Bryan, Contributing editor

MWMM

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RUSTIC ARROW

Sarah Cronin and Natalya Nikitina built a small Freeport business that's big on community

WRITTEN BY MERCEDES GRANDIN | PHOTOGRAPHED BY MOLLY HALEY



It's a great time to be a woman-owned business in Maine. Women-owned businesses in Maine last year ranked first nationally for both revenue and job growth, according to the 2017 State of Women-Owned Businesses Report, commissioned by American Express. Two women riding the momentum of the female-charged wave are Sarah Cronin and Natalya Nikitina, who both moved to Freeport with a vision to find a better work-life balance for themselves and their families.

Cronin and Nikitina met through their husbands, who worked together, and they started talking over the phone about their idea to start a retail business. These conversations inspired Nikitina, a fashion industry designer in New York, to move from northern New Jersey to Maine with her husband and two young children in 2016.

"We sold our house in New Jersey and moved to Freeport in three months," Nikitina says of their rapid transition. "Sarah and I didn't know each other well, but our lives were heading in the same direction and we both wanted to start a business." Cronin, originally from Connecticut, had moved to Freeport in 2003 for her husband's job. She worked in the oil and gas industry and spent most of her year traveling, which wasn't conducive to work-life balance or a family.

"Maine is a healthy place to live, especially compared to where we came from. It's not us leaving at 7 a.m. and getting home at 8 p.m. like it used to be," Nikitina explains.

The two women opened their store, Rustic Arrow, in May of 2016 on Bow Street in Freeport with only their vision and \$30,000 cash they scraped together. "It was kind of a wing and a prayer," Nikitina says. They quickly outgrew the 800-square-foot space and began looking for a bigger place with more visibility. In May 2017, they moved to larger retail



Natalya Nikitina and Sarah Cronin opened Rustic Arrow in Freeport in 2016. The shop offers baby/children's and adult clothing, jewelry and home furnishings. Also on the shelves: crystals, terrariums and Little Feminist playing cards.



“We wanted to build a business that would help support our families but also support our community of women designers and makers.”

brands and filling space, we’re curating based on our aesthetic and what works well.”

Rustic Arrow has relied primarily on social media and word of mouth to attract designers and customers. They also partner with other small local businesses to run workshops, which are held in their designated workshop space at the back of the store. “It helps to get the community together, especially during the winter months,” Nikitina says. “We get to know our customers on an intimate level through the workshops. We’ve done candle-making, wreath-making and terrarium workshops. We’re trying to get local makers who want to host workshops to come and use the space and we’ll co-sponsor.”

So far, Rustic Arrow’s growth has been steady, but not without challenges. “One of our challenges when we first started out was companies wouldn’t think about giving us terms, so we either paid up front or put it on a credit card and paid 28 days later,” Cronin says. “We’ve now established terms, which makes it easier to cycle inventory and buy in bigger quantities. We’re into our third year now and I think we could approach a bank to talk about a working capital loan if we want to go that route.”

As the business has grown, so has the need to manage product stock and inventory. They have to account for seasonal ups and downs, including the busier summer months, when Cronin says, “we can literally get wiped out of product in a weekend. We are realizing we need to have more backstock, which is a good problem to have.”

Another challenge has been being a small fish in the big ocean that is Freeport, a shopping destination filled with national brand outlet stores. “We’re thinking about how, as a small business, we can shift the focus to draw more attention to the small businesses that sometimes get overlooked,” Cronin says.

Cronin and Nikitina helped form Shop

space at 116 Main St.

The store offers baby/children’s and adult clothing, jewelry, gifts and home furnishings with a focus on quality and a low price point (they rarely stock items over \$100).

“Our aesthetic is unique and laid back. We wanted young moms to be able to come in and leave their kid(s) in the tent to play and hang out or come in with a stroller,” Nikitina says, pointing to a small teepee with toys and pillows inside. “We also added a baby line since we moved to Main Street and it’s been a great category.”

Nikitina and Cronin’s children attend Freeport schools, and Rustic Arrow has sponsored their schools’ sports teams, as well as donated items for auctions and school events. The store’s proximity to the schools means their kids and friends can drop in often after school.

The store stocks an eclectic mix of products from designers from Freeport to California, with a focus on startups and women designers who’ve incorporated fair trade into their businesses.

“We wanted to build a business that would help support our families but also support our community of women designers and makers,” Cronin says.

“At first it was us reaching out to designers and now it’s designers and brands reaching out to us. We try to cycle designers and brands pretty frequently and we always bring in new products,” Nikitina says.

They also host pop-up shops on weekends, featuring new designers. They’ve created sustained relationships with many of their designers who, Cronin says, “know that we’re a good match and we know they’re a match so that’s pretty powerful. We’re not just out grabbing



Small Freeport, a group of small local businesses that have banded together to leverage each other's talents. "It's free to join and we have meetings, get together and come up with ideas. We created a small flyer to put up at businesses around town. It's collaborative and we check in throughout the year," Cronin says. They also started Shop Small Freeport First Thursdays and host cross-promotional events to bring attention to small local businesses in the area. "There's a current lifestyle trend that shopping small businesses makes a difference (to both shopkeepers and customers) and we're tapping into that trend. Every day we get a comment 'you're so different for Freeport!' which is nice," Nikitina says.

As they look ahead, Cronin and Nikitina want to grow their online business to add more products, (including their own signature line, and increase staff so they can focus on long-term growth. They hit their summer sales growth goal (20 percent per month) and project continued growth into the holiday season. They're also hoping to add more workshops and events in the fall and winter.

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



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WRITTEN BY AMY PARADYSZ



Left: Fabric sewing. Photo by Catherine Worthington. Right: Elf: The Broadway Musical. Photo courtesy of Portland Ovations

Designing Women Fine Arts & Crafts Shows

Nov. 3 in Bangor, Nov. 17 in Freeport, and Dec. 8 in Portland

Designing Women, a nonprofit organization of juried women artists in New England, is hosting three arts and crafts shows: Nov. 3 at Husson University, Richard Dyke Center for Family Business, 64 Kagan Drive, Bangor; Nov. 17 at Maine Coast Waldorf School, 57 Desert Road, Freeport; and Dec. 8 at Ocean Avenue School, 150 Ocean Ave., Portland. All three shows run from 9 a.m. to 4 p.m. (designingwomen.org)

Get out the vote!

Tuesday, Nov. 6

You've protested, rallied and marched. Now vote.

Empower Conference & Trailblazers Gala

Conference: Nov. 10, 9 a.m. to 1 p.m.,
University of Southern Maine, Wishcamper Center, 34 Bedford St., Portland

Gala: Nov. 10, 5:30 p.m.,
Congregation Bet Ha'am, 81 Westbrook St., South Portland

The Empower Network, a diverse group of immigrant women and supportive American-born Maine women, is hosting two events on Nov. 10. The conference on the theme of "Inclusive Democracy and Civic Engagement: The Next Generation" includes panel discussions and a resource fair. After the conference, the ladies will get glammed up and reconvene for the Trailblazers Gala, honoring immigrant women doing empowering things here in Southern Maine. Sara Gideon, Speaker of the Maine House of Representatives, will deliver the keynote. These events are free and open to the public. (empowerimmigrantwoman.org)

Power of SHE Yoga Bootcamp

Nov. 10, 10:45–11:45 a.m.

Former Bon-Ton space, 364 Maine Mall Road, South Portland

Celebrate the power of what women can do with this yoga event for all fitness levels. Women and girls (ages 8 and up) are invited to this prelude to the Maine Women's Expo; registration for the bootcamp includes admission to the Expo, which starts at noon. The bootcamp is co-hosted by sheJAMS and Maine YogaFest,

and each ticket includes a \$5 donation to the Boys & Girls Clubs of Southern Maine. Register online: thepowerofshe.me

Maine Women's Fall Expo

Saturday, Nov. 10, 11 a.m. to 4 p.m.

The Maine Mall (former Bon-Ton space), South Portland

With tons of space and more than 100 exhibitors in beauty, health, nutrition, fitness, spirituality, home décor and more, we're pulling out all the stops to make this Expo an event to remember. Shop, do interactive DIY stuff and join breakout sessions on everything from emotional health to skincare. Tickets are \$8 in advance, \$15 at the door. All ticket and silent auction sales benefit Boys & Girls Clubs of Southern Maine. (mainewomenexpo.com)

"Women Mean Business—Investing in Women at All Levels"

Nov. 15, 4:30–6:30 p.m.

University of Southern Maine, Hannaford Hall, 88 Bedford St., Portland



Above: Kennebunkport's Christmas Prelude. Photo by Robert Dennis. Right: Trailblazers Gala. Photo courtesy of Katherine Frost

Experts will discuss the benefits of investing in women-owned and led companies for a higher rate of return, creating corporate cultures that ensure women have equal standing in their work environments. Panelists include Sara Gideon, Speaker of the House; Barbara Babkirk, Heart At Work; Kerem Durdag, GWI; Katherine Joyce, Bernstein Shur; Janice Rogers, Diversified Communications; and moderator Robin Lin Hodgskin of Morgan Stanley. The keynote speaker is Joseph Keefe, president and CEO of Pax World Funds. Registration \$35 (\$10 for students) online: mainewomensfund.org

“Elf: The Broadway Musical”

Nov. 16 at 8 p.m. and Nov. 17 at 1 and 7 p.m.
Merrill Auditorium, 20 Myrtle St., Portland

Based on the beloved 2003 film “Elf,” this traveling Broadway musical comedy will lift your holiday spirits so you can be more like Buddy when it’s time to hit the mall. For tickets: porttix.com

Kennebunkport’s Christmas Prelude

Nov. 29 through Dec. 9
Throughout Kennebunkport

If you’re looking for some Christmas spirit, you’re sure to find it in Kennebunkport. Events include the tree lighting on Dock Square and



the Cape Porpoise lobster trap tree lighting, a Golden Chariot ride and cocktail party at the Seashore Trolley Museum, a hat parade and a pooch parade, candlelight caroling at the Franciscan Monastery and a candlelight “walk to Bethlehem” in the inn district, Santa arrivals by both boat and firetruck, the Fire & Ice party and fireworks. The fun starts Nov. 29 with the Maine Women in the Arts Pre-Prelude show opening, a 12 Beers of Prelude Tap Takeover and a Christmas reception at White Columns. (christmasprelude.com)

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At home

Rooms that reflect who we are

Our homes are extensions of ourselves. The colors we choose, the photographs we display, the well-worn armchair we simply can't part with, they all come together to create spaces that are uniquely ours. These are the rooms where we work, where we relax, where we curl up with the people we love. Meet four Maine women and the homes they've made, which showcase their individual styles and their real lives.

Go boldly
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Zen den

WRITTEN BY EMMA BOUTHILLETTE | PHOTOGRAPHED BY LAURYN HOTTINGER





With space at a premium in her downtown Portland home, Katherine Cynewski is thoughtful about everything in it. A yoga instructor who also runs a business from her home, her bright and uncluttered family room is also her office, her yoga space and a place to unwind with Winston, her French bulldog (who has a sweet little space of his own).

“This room is filled with all the things I love.”

“Living downtown Portland, my space is...compact,” says Katherine Cynewski. “My living room is also my office and my yoga space.” Cynewski, 29, is a certified yoga instructor who runs her wellness events company, Be Well Events, from her home. She has carefully chosen pieces for her living area. “I tried to keep as much open space as I could in the middle of the room to have space for my yoga practice.” With that goal in mind, she says, “things just sort of came together.”

The big pieces of furniture are cream colored with walls just a shade or two darker. Cynewski says, “The whitewashed look is my favorite.” The bright furniture combined with natural light provides a sense of spaciousness in an area that could otherwise feel small. She opts for floating shelves by her work space and a ladder shelf propped up against the wall to reduce the amount of floorspace consumed by furniture. She even created a sweet little den for her French bulldog, Winston.

“This room is filled with all the things I love: travel, my favorite books, daily inspiration, plants and pretty things that make it my unique space,” says Cynewski. And while she is a huge fan of great finds from places like HomeGoods or Urban Outfitters, evidence of her travels is all around. A white poof for meditation came from her trip to Morocco; elephant figurines and decorative plates she bought while in Thailand and India; and her brother gifted her the authentic stress god statue from Belize.

“As a business owner and yoga instructor, it is important for me to feel grounded and relaxed, which can be challenging as I’m usually running in a thousand different directions,” says Cynewski. “This space is filled with things that I find beautiful and instantly draws me to a more balanced place mentally.”

Emma Bouthillette authored “*A Brief History of Biddeford*,” about her hometown. She is a yoga instructor and a corgi mom. (emmabouthillette.com)

Cape Porpoise Cottage

WRITTEN BY EMMA BOUTHILLETTE | PHOTOGRAPHED BY HEIDI KIRN





Deborah Gordon's Cape Porpoise cottage is place to make art, welcome friends and family, and breathe, she says. Her décor is made up of "reams of collected fabrics, buttons, beads, work frames, books, shells, rocks and oddities of many years of gathering while traveling and living abroad."

“This house, this art studio, like most places I’ve called my own, is perfect.”

Deborah Gordon's Cape Porpoise cottage is radiant. The golden ochre wall color emanates like warmth from summer sand. The cool sea green tiles on the kitchen counter with accents of teal blue on the backsplash offer calm like the lulling ocean. This is a space she designed "to make art, create, live and breathe in."

Gordon, 66, splits her time between this cottage tucked away on a saltmarsh and a second home in Newfoundland, Canada, nestled on the northernmost tip of the province's northern peninsula. Her style stems from her time as a young, traveling art student embracing the Scandinavian concept of *hygge*—comfort, coziness and conviviality.

"Wherever I live, my sense of history, my observations of lifelong personal and multi-cultural events, the collections of rocks, tactile objects fiber and color...surround and soak up my space," says Gordon. "Friends, family and students collect here, sink into the sofas, remark on the California pine cones, eat soup, smell bread, and remind me that whatever home is, this is it." Her décor is made up of "reams of collected fabrics, buttons, beads, work frames, books, shells, rocks and oddities of many years of gathering while traveling and living abroad. Any time and place that holds storytelling and conversation is a home," she says.

Upon moving in, Gordon cast her long-owned pieces throughout the space, finding the right configuration. In terms of decoration, she says, "I don't buy new furniture, but I always paint. I'm extremely fussy about the nuances of color."

However, she admits, "I think it's my home that actually designs me." Her key interest in the cottage was the depth of light brightening the space, a natural setting, the nearby waterways and a workable kitchen—her favorite room. "Everything emanates from there, then oozes into the rest of the house." The open space with few doors allows music, conversation, fragrances and laughter to fill her home.

If you visit, you may find her fluffy Norwegian Forest cat Wolfie nestled among skeins of yarn, admire her artwork or take interest in her California pine cone collection. Gordon proudly says, "This house, this art studio, like most places I've called my own, is perfect."

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

Childhood home

WRITTEN BY EMMA BOUTHILLETTE | PHOTOGRAPHED BY LAURYN HOTTINGER





Much of the furniture in Lisa Whited's living room is a mid-century nod to her father, who designed the house in the 1960s. Whited purchased her childhood home in 2003. "It is our 'living' room in every sense of the word," she says. "My husband and one son play guitar, my daughter and other son play piano. We read, hang out and use this room every day."

“Diversity is important to me. I want connections to the artwork or artists that surround me.”

“Our living room is a bit eclectic. Colorful, yet calming. It is not formal or stuffy,” says Lisa Whited, 56, of Portland.

The oft-used room is anchored by a large fireplace, set off to the left, and balanced by built-in shelves and drawers fabricated by a local millworker. She painted the built-ins and flush façade of the fireplace a rich espresso. A pop of orange colors the hearth, which holds candles and glass bottles. Not afraid of color, Whited painted this focal wall a deep cranberry to match the couch. Large windows and cream walls otherwise allow the space to feel light and bright.

“It is our ‘living’ room in every sense of the word. My husband and one son play guitar, my daughter and other son play piano. We read, hang out and use this room every day.”

Much of the furniture in the space, with the exception of a grand piano, is a mid-century nod to her father who designed the house in the 1960s. She purchased her childhood home in 2003 from her father, a retired architect and engineer, after her mother died. She resides there with husband, Pete Chanis, their sons Alexander and Gabriel, two cats Basil and Dodger, and dog Oliver. Claire, her adult daughter, lives nearby and visits often.

“This room has literally evolved over the past 15 years. I live with a room for a while before purchasing something,” says Whited, like the Eames Molded Plywood Lounge Chairs, black and white striped stool by ceramic artist Larry Halvorsen and various lighting fixtures. Other items she acquired from others —the Noguchi glass coffee table, a leather “stressless” chair, the black marble Knoll Saarinen side table and even the piano, which she is kindly keeping for a friend until he has the right space for it.

“Diversity is important to me,” Whited says. “I want connections to the artwork or artists that surround me.” For example, the artwork above the television was created by a late friend who was a world traveler. When she passed, her family invited Whited to take some of her photography. Whited says, “They are a lovely reminder of my friend.”

Emma Bouthillette authored *“A Brief History of Biddeford,”* about her hometown. She is a yoga instructor and a corgi mom. (emmabouthillette.com)

Libbytown Living Room

WRITTEN BY EMMA BOUTHILLETTE | PHOTOGRAPHED BY LAURYN HOTTINGER



“This living room really happened to us, which is definitely my style of interior design,” says Beth Taylor. After she and her husband, Matt Weyand, searched long and hard to find the perfect sofa, “All of the other pieces had to fit around the big yellow couch.”

Taylor, 38, and her husband have a 2½-year-old son, Moss, and a baby girl on the way. Living in Portland’s Libbytown neighborhood along with their dog Whiskey, Taylor says, “We spend a lot of time playing and relaxing in this room. I love how this space functions for our entire family.”

The big couch sits in front of large windows, which offer a great source of natural light. Shelving units bookend the couch and an IKEA recliner sits off to one side. An area rug with geometric designs covers the wood flooring and ties the room together. Taylor says, “I absolutely love the rug. We spend so much time rolling around and playing on it, building towers and car ramps.”

The room has come together with goods found at yard sales, IKEA, Hub Furniture and artwork from Picnic Craft Fair. Taylor mixes modern

with functional and, as a graphic designer, is not afraid of color. Aside from the rug, she holds an Angela Warren painting dear to her heart: “I have a love for all bodies of water, and this painting just invites me in.” Other artwork has been curated over the years, either from artists with whom she has worked or from craft fairs or studio visits.

In a nearby room, Taylor runs her business, Longstocking Design. She has in-home care for her son two days a week and cherishes being so close by while tending to her work. She says, “I love that I get to listen to laughter as I work, and that I’m tuned into his day despite working full-time. I value my work and career, and am truly passionate about it, but I never wanted to have children and be apart from them all week. This is the dream setup.”

Emma Bouthillette authored “A Brief History of Biddeford,” about her hometown. She is a yoga instructor and a corgi mom. (emmabouthillette.com)



Beth Taylor's living room was built around the big yellow couch—an essential piece of furniture that she and her husband spent a long time searching for. The room has come together with goods found at yard sales, IKEA, Hub Furniture and artwork from Picnic Craft Fair.

“We spend a lot of time playing and relaxing in this room. I love how this space functions for our entire family.”

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DESIGNER SPOTLIGHT

Sarah Raeder is the daughter of a custom builder & woodworker and grew up in rural Vermont. She obtained a degree in Interior Design in 2007 and has been a kitchen and bath designer for over 10 years. Being the daughter of a builder afforded her the opportunity to see the inner workings of the construction process from a very young age. As an interior designer she is able to assist clients and fine tune their vision with her knowledge of space planning, furnishing, and finishes. Her passion and excitement for the trade and understanding of the whole

house is a great asset while she assists home owners through the design process. Her experience and ability to listen while being mindful of spending limits makes her a great partner through the process.

Sarah and her husband have two young children and reside in Saco, Maine. For fun, she and her family enjoy as much of what Maine has to offer. She can be found at home painting with acrylics on canvas, at a local hot yoga studio, coffee shop reading, enjoying local music venues, or exploring any one of the many craft breweries in the greater Portland area. In addition, she and her family enjoy hiking, biking, and playing board games together.

If you're interested in working with Sarah, contact her at sraeder@eldredgelumber.com

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URBAN DWELLINGS

Award-winning interior designer Tracy Davis sees beauty in simplicity

WRITTEN BY AMY PARADYSZ | PHOTOGRAPHED BY IRVIN SERRANO





“In today’s society, we have a lot of distractions,” says interior designer Tracy Davis. “Stripping out all the visual noise in your residence makes it a softer landing, a place of respite. There’s value in creating a really beautiful interior background, and it doesn’t have to be complicated.”

Those are core philosophies of Urban Dwellings, the interior architecture design firm that Davis founded in 2005, which has received several national accolades over the past couple of years.

“I think I’ve evolved as I’ve gotten older,” says Davis, who is 53. “When you’re new and starting out, you look to icons in the industry. But I am a type A personality. I don’t like a lot of tchotchkes; I like things clean.”

Her five-person team works out of a studio and storefront boutique on Portland’s Munjoy Hill, where Davis’ floor-to-ceiling office windows overlook the Portland Observatory and a sidewalk where neighborhood kids skateboard or walk to school. It’s a completely different scene from her home in Bath, with its private gardens on the Kennebec River, and she loves both landscapes, watching those neighborhood kids grow from season to season, watching the river freeze and thaw.

A sense of place is another critical element of Davis’ work. There’s

a seaside home in Cape Elizabeth that she designed that gives such big props to the landscape that just looking at photos of the house you might conjure up the memory of fresh summer sun and ocean breezes. For this whole-house design, Davis was named the Interior Design Society’s 2017 Designer of the Year.

Urban Dwellings, as its name suggests, has a niche with the architectural design of living spaces in cities—and that’s true, with their client base extending beyond southern Maine to Boston and New York.

In Portland, however, some of the best-known samples of their work are public spaces. In the Arts District, there’s The Cumberland Club, its Federalist-style exterior complementing a timelessly modern interior with an appreciation for history in the details. Likewise, in the West End, Urban Dwellings was part of the team that transformed a single-family home designed in 1881 into a luxury 15-room hotel with a spa, restaurant and a classy but relaxed vibe.

Urban Dwellings was part of the multimillion-dollar expansion and makeover of Bayside Bowl, with a retro but modern feel. There’s a mezzanine overlooking the action on the lanes as well as a rooftop bar featuring not only a killer view of the city skyline but, incredibly, a taco truck. Bayside Bowl caught the eye of “Bowlers Journal International,” which named it the Best Renovated Center in the United States last



“You don’t need a lot of stuff, but the stuff you have should hold meaning.”

This seaside home in Cape Elizabeth gives big props to the landscape, conjuring up the memory of fresh summer sun and ocean breezes. For this whole-house design, interior designer Tracy Davis was named the Interior Design Society’s 2017 Designer of the Year. *Photo by Emilie Inc.*

year.

“My comfort zone tends to be contemporary,” Davis says. “But I really dig the whole renovation piece, whether it’s bringing history back to the forefront with a current use or looking at the forms of 50 or 60 years ago and giving them new life, bringing them up to the current standard of living and making them relevant to a modern lifestyle. For example, today we value more light but also protect our privacy. Design can be a bit of an illusions game, too—understanding how to preserve views and create views.”

The Urban Dwellings staff works as a team, dividing up tasks within each project and tackling 16 to 22 projects a year. “We don’t take every job, but we have a great referral list,” Davis says.

Even though Urban Dwellings has a recognizable design aesthetic, each interior they design is uniquely tailored not only to the space itself but to the clients’ vision, preferences and practical considerations.

“These aren’t our homes,” Davis says. “We’re hired to help others achieve their goals, putting ego aside. I feel like it’s a natural extension of nurturing for me, where I don’t have kids and that biological connection, but I can help people nurture their goals through their living environment. We’re seeing a lot of empty nesters and have been helping people realize their goals regarding how they want to live their

lives now.”

The process starts with meeting the clients—not only seeing the space to be designed but how the clients actually use their space.

“It’s a bit invasive, right?” Davis says. “The way we live in our space is private, so it’s important to meet each other. I listen and watch their body language. I caution clients that we don’t want to create a lifestyle for you to move into; we want to design a space for your lifestyle. Interior design is a financial commitment, so we want to be thoughtful in our approach and with the materials. We want to create the new classicism—by which I mean a background that allows you to be flexible as you grow.”

An interior design may provide a clean background, but rarely is a home a blank slate. Most clients already have some furniture or art they treasure, and the Urban Dwellings team builds around those pieces.

“My philosophy is about creating balance throughout the whole house and having the furniture or art be the pops of color or the thing that draws your eye,” Davis says.

She travels extensively, going to shows throughout the country and in Europe, finding beautiful and unusual objects that will become beloved accent pieces.



“We don’t want to create a lifestyle for you to move into; we want to design a space for your lifestyle.”





“We want to find that piece that makes you happy, that makes your heart sing every time you look at it.”

“Beauty has a price, and people are willing to spend money on something that resonates with them,” Davis says. “They may be of the thought that they’re never going to own a home but they’re going to have treasures that they use every day.”

For example, a young woman walked by the Urban Dwellings storefront boutique every day and coveted a Firestone demitasse espresso set, a set of four cups and saucers rimmed in gold, priced at \$120. Her mother eventually came in and bought it for her.

“It’s a little splurge,” Davis says. “You don’t need a lot of stuff, but the stuff you have should hold meaning. We want to find that piece that makes you happy, that makes your heart sing every time you look at it.”

Amy Paradysz is a freelance writer from Scarborough who loves a little splurge now and then.

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NEW AGAIN

Erin Watkinson from Old House Parts Co. in Kennebunk offers ideas for giving new life to old pieces

WRITTEN BY PATRICIA MCCARTHY

Employee Erin Watkinson was moving a dirty piece of wood from inside The Old House Parts Co. to an outside heap one day when owner Mike Thompson stopped her in her tracks.

With 17 years of salvaging all kinds of materials under his belt, he—unlike most people who would understandably mistake it for junk wood—could see that it was a piece of valuable cypress.

With a little sanding and light coat of varnish, Thompson knew it would be perfect for using in the finish carpentry on a boat that the company's previous owner is building. Honey-hued cypress is durable, resistant to the elements and has a beautiful, unusual grain—when cleaned up.

With some things like this that come into The Old House Parts in Kennebunk, a little knowledge is required to see potential. But with most other items there—many of which you might also have stored in your very own garage or attic—just a little dose of imagination easily could make something old “new again.”

Watkinson has imagination to spare when it comes to seeing the possibilities brimming over in the store.

That big bowl full of colorful old spigots over there? Eight of those would be way more interesting drawer pulls on a dresser than the standard ones, don't you think? Or, like the countless glass and metal door knobs around the store, maybe they could be screwed into a strip of wood to make a decorative hook system for a wall. Or used as finials on a curtain rod.

Watkinson—whose charming bed was created from porch rafters—tossed out repurposing ideas galore during a recent tour of the sprawling salvage store.



Photo by Patricia McCarthy

Here are some suggestions that could cool-up your space:

- ▶ Evenly space a few ceramic electrical insulators—typically used to safely string wire through—into a wall above a window, and thread a fabric swag through for an unexpected touch.
- ▶ Have a beat-up billiards table in your basement that has intricately carved legs? Remove the top, replace it with a sanded-smooth door and you've got a one-of-a-kind dining room table. The right door also could be your ideal desktop. Or a bar.
- ▶ Fashion an abandoned mantel into a unique bed headboard. Or make your climbing plants happy by using a rusting metal filigree headboard as a fancy trellis.
- ▶ Want a special centerpiece? Poke flower stems through an old grater set in a pretty bowl full of water.
- ▶ An ancient metal laundry sink could make a pretty outdoor installation for displaying pumpkins and flowers next to your garden.
- ▶ Inlay a metal porthole into a bathroom wall and add a mirror. You've got a nonstandard medicine cabinet that's fun and functional.
- ▶ A whiskey barrel turned vanity. Just find the right sized sink to lay into the top of it.
- ▶ A found, round mitten holder easily could be converted to a clock with character.
- ▶ That old wooden fire ladder in your attic could be an excellent place to hang herbs for drying. Leaned against a wall, it also might be a fun place to display kids' artwork—clip pieces onto pants hangers and hang on the rungs.
- ▶ Turn an ornate chandelier on its side—it could incredibly spruce up an otherwise dull wall space.
- ▶ Pop a nautical map behind an atypically shaped window frame. Far from the usual framing method, but oh so interesting!



Photo by Patricia McCarthy





Photo by Heidi Kirn



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Top photos by Taylor Roberge. Bottom photos by Patricia McCarthy

Watkinson noted that repurposing doesn't necessarily mean converting something to another use. Sometimes it's just a matter of subbing something old and unusual for something standard, with no craftiness or labor required.

Try using a fire-extinguisher cabinet as a display case for special items instead of purchasing an ordinary wooden shadow box, or hang a stunning stained-glass window in a window—you don't need to spend the energy and money to replace the whole window, she says.

The possibilities are fun and endless, say both Watkinson and Thompson, who just bought The Old House Parts Co. in early September. He has no plans to change what's been working well for so long on site, but said he is focusing on engaging more with social media and the community.

After so long in town, merchandise mainly comes to them, Thompson notes, from demolitions, downsizing, people emptying their basements, estate sales and the like. But occasionally, he and colleagues head to a church that's going to be torn down—"a sure bet for good quality, unique and beautiful stuff—or out of state when a mansion's contents are up for grabs.

Thompson first went to work at the store as a 22-year-old laborer when it was located right down the street from him—it's been in the present location at 1 Trackside Drive for about 13 years.

"Obviously, I love this stuff. I love the old craftsmanship, the way they used to make things. I like stuff that was made to last forever," he said. "I'm also handy, so I like being in the woodshop, making things. I like the physicality—not sitting behind a desk. Yeah, I think it's a pretty cool business."

Patricia McCarthy is a longtime writer and editor. She has three daughters, lives in Portland, and also has a photography business (patriciamccarthy.com).

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COOL HOME FINDS

Whether it's something colorful on the wall or underfoot, or a repurposed antique that gives your space a unique flair, these neat finds at Maine shops are fun ways to make a room yours.

WRITTEN & PHOTOGRAPHED BY SARAH HOLMAN



TWO-TONE BASKETS

Price: \$44.50 (small), \$115 (large)

FOUND AT: Folly 101, 101 Exchange St., Portland

Baskets are like portable closets! These double thickness woven beauties are made in Mexico and are available in a variety of colors and sizes. There's a handy 6-inch catchall, a 16-inch high hamper and several options in between. A roomy basket or two is ideal when storage is tight. Stash extra pillows and blankets inside, fill it with all those roaming stuffed animals, or use it as a collection depot by the door for hats, mittens, and scarves. Subtle styling and neutral colors make these baskets from Folly 101 easy to tuck away, either under an end table in the living room or on a shelf in the hall. And unlike a real closet, they can move around the house as your storage needs change.

LUCKY ROCKS

Price: \$28 each, unframed watercolor

FOUND AT: GroppeShoppe, [etsy.com/shop/GroppeShoppe](https://www.etsy.com/shop/GroppeShoppe)

Maine artist Ashley Fletcher-Groppe captures the excitement of finding a lucky white-striped rock in these sweet, original paintings. Minimalist pieces like these work great in groups; create visual impact by lining up a three on a wall, staggering them up the stairs or layering them on a mantle with found objects like stones and driftwood. A stand alone painting would be perfect for a small space, like a powder room nook or one of those odd narrow walls that tend to show up in old houses. Wherever you hang these petite whimsical gems, they're sure to bring you luck! And, psst...these stones are available hand painted on pencil, wine and tote bags, too.



ARTIFACT ART

Price: \$285

FOUND AT: Hatch, 96 Maine St., Brunswick
or seaglassofmaine.com

These one-of-a-kind decorative pieces take beachcombing to a whole new level! While most of us are limited to the small bits of glass and pottery that wash up on the beach, Rick Carney knows where to hunt for much larger fragments, including whole, unbroken artifacts. Carney is a diver and an artist, scouring old aquatic bottle dumps to uncover the treasures he uses in his glasswork. He incorporates his finds, which commonly date from the 1790s to the 1890s, into stained glass windows, lampshades and wall art. This whale features an assortment of antique blue and white ceramic shards, each beautiful segment carefully selected for its part in the whole. It's fascinating to think about the story behind each remnant and how it came to sit at the bottom of the sea... before becoming part of a new story centuries later!



METAL LETTERS

Price \$20-\$50 each

FOUND AT: Portland Architectural Salvage, 131 Preble St., Portland or portlandsalvage.com

Vintage metal letters salvaged from old signs have been popular with decorators for years, infusing retro spunk into modern messaging. The challenge is finding all the letters you need in the style you want. Portland Salvage has made it easy to spell any expression by offering an alphabet of newly made, perfectly distressed characters. A wide base allows this funky alphabet to sit on a shelf or add depth when mounted on a wall. Set the tone of a room by displaying a meaningful word, phrase, or monogram, or use letters to personalize a special occasion. And for the uber-DIYers among us, with a drill bit, some light bulbs and a wiring kit, you can make your word into a blazing marquee.



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WARP RUG

Price \$135 (doormat), \$50 (wreath)

FOUND AT: Maine Craft Portland, 521 Congress St., Portland or wharfwarped.com

Want your home to show Maine coast pride but can't stomach lobster unless it's on a plate? Yup, me too. A recent visit to the Maine Craft Portland shop introduced me to a new company called Wharf Warp, a husband and wife creative team that collects discarded warp—aka rope—from working waterfronts along the coast. The rope is cleaned and hand-woven into rugs, wreaths, and pet products. Color combos vary from monotone and muted to bright and boisterous, while ocean-worthy durability allows for outdoor or indoor use. These upcycled pieces are a unique way to pay homage to the sea and add pizzazz to your doorstep. Added bonus: your purchase helps to reduce marine waste.



RAINBOW FISH PILLOWS

Price \$32 (small), \$38 (large)

FOUND AT: Sweet Bay, 9 Townsend Ave., Boothbay Harbor or katenelligandesign.com

You only need one of these bold, cheerful pillows to jazz up a room. Inspired by block prints and cut paper collages, Maine artist Kate Nelligan marries coastal flare and modern design. The bright, blocky fish are printed on canvas, making the pillows sturdy and durable. Whether you're into nautical navy or eye-popping pink, Nelligan's diverse color palette makes it easy to incorporate these flashy swimmers into just about any space. Can't get enough of this pattern? Rugs and melamine dishes are also available in the same design.



VINTAGE RAILWAY LANTERNS

Price: \$394 each

FOUND AT: Simply Home, 172 US-1, Falmouth or simplyhomepage.com

Metal box-style lanterns were once common on railway platforms throughout the US and Europe, where the red and clear glass lenses played an important role in signaling trains at busy yards. With romantic railway travel in the rearview, these once-bright beacons have earned their retirement to decorative status! Vintage items like these can be incorporated into any decor style, from classic traditional to minimalist modern. Whether you want to light them up with candles (I'd recommend flameless) or simply use them as statement pieces, these lanterns are a rare find and a guaranteed conversation starter. Check out etsy.com for similar antique lanterns and reproductions.



VINTAGE SHAVED TURKISH RUGS

Price: Around \$1000 each

FOUND AT: Simply Home, 172 US-1, Falmouth or simplyhomepage.com

Traditionally high-pile Turkish rugs are given new life when shaved down to a lower profile, revealing cleaner patterns and vibrant bursts of pigment. These distinctive pieces come in a variety of colors, motifs and sizes, and they work beautifully when layered on top of a more neutral, solid area rug. Define a space, add a pop of color or bring in texture without breaking the bank on a huge rug that you may be sick of in six months. Rug layering is the latest way to add dimension to decorating!





LINEN PRINTED LAMPSHADE

Price: \$152, 10" x 14" drum

FOUND AT: Belfast Bay Shade Company, 1 Franklin St., Belfast or belfastbayshadecompany.com

Maine artist Dina Petrillo pulls colors and patterns from the nature of Waldo County into her stunning fabric designs. Influenced by botanicals both wild and cultivated, her palates range from earthy, mellow neutrals to boldly vibrant jewel tones, providing something wonderful for every taste! Original designs are created on an etching press, then reproduced for printing on linen and applied to a wide range of home décor items. This lampshade, called Swirl in Amber Sky, is a new design inspired by oceanic scenery found in cave diving. Petrillo sees seaweed in the churning ocean here, but her organic style invites viewers to make individual aesthetic connections. With smaller models starting at just \$40, these lampshades are an affordable way to bring functional art into your home!

Sarah Holman is a writer living in Portland. She is enthusiastic about cheese plates, thrift shop treasures and old houses in need of saving. Find her online at storiesandside-bars.com.

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WE DID IT OURSELVES

There's a certain sense of pride that comes with tackling a project on our own. Whether we're using YouTube videos to learn how to fix a hole in the drywall or letting our imaginations go wild as we refinish an old dresser we picked up at a yard sale, DIY projects are an excellent way to challenge ourselves and maybe save a few pennies. But the best part is getting to point to our repaired wall or sharp-looking dresser or reupholstered chair and say, "I did that." Here are a few recent DIYs from MWM readers and staff.

REVIVED HUTCH & ANTIQUE SIDEBOARD

"The first piece is a combination hutch/china cabinet by Ethan Allen. It has beautiful leaded glass doors but was a very dark oak (not pictured) and needed to be revived. The finished product is done in a stunning grayish blue with a cream interior on the top."

"The second piece is an antique sideboard manufactured by Sterling Furniture Company in Greensboro, North Carolina. The veneer on the top and sides of this piece was badly damaged by water, so I removed it, sanded it down and gave it a new look using a honey gold/mustard yellow color with some light distressing. I also removed the bars on the doors and inserted a satin nickel mosaic-cut aluminum to give it a farmhouse feel."

Meredith Schwerdt, Falmouth (Meredith also just opened a small home decor shop in Westbrook called Pumpkin Seed Designs)



Before



After

PAINTED KITCHEN CABINETS

We've all seen enough 'before and afters' to know how a few coats of paint can dramatically change the look and feel of a room—kitchen cabinets perhaps chief among them. From the moment I bought my home in South Portland, I was determined to paint the outdated cabinets in my kitchen. It took me nearly a decade to get around to it, but I finally took a long weekend last fall to dedicate to the project. The prep work takes the most time—cleaning, sanding and priming—but I'd learned that if you want it done right, you have to take the time to prep. Maintaining patience was the hardest part, but I'm supremely pleased with how the cabinets turned out and how much brighter my kitchen is."

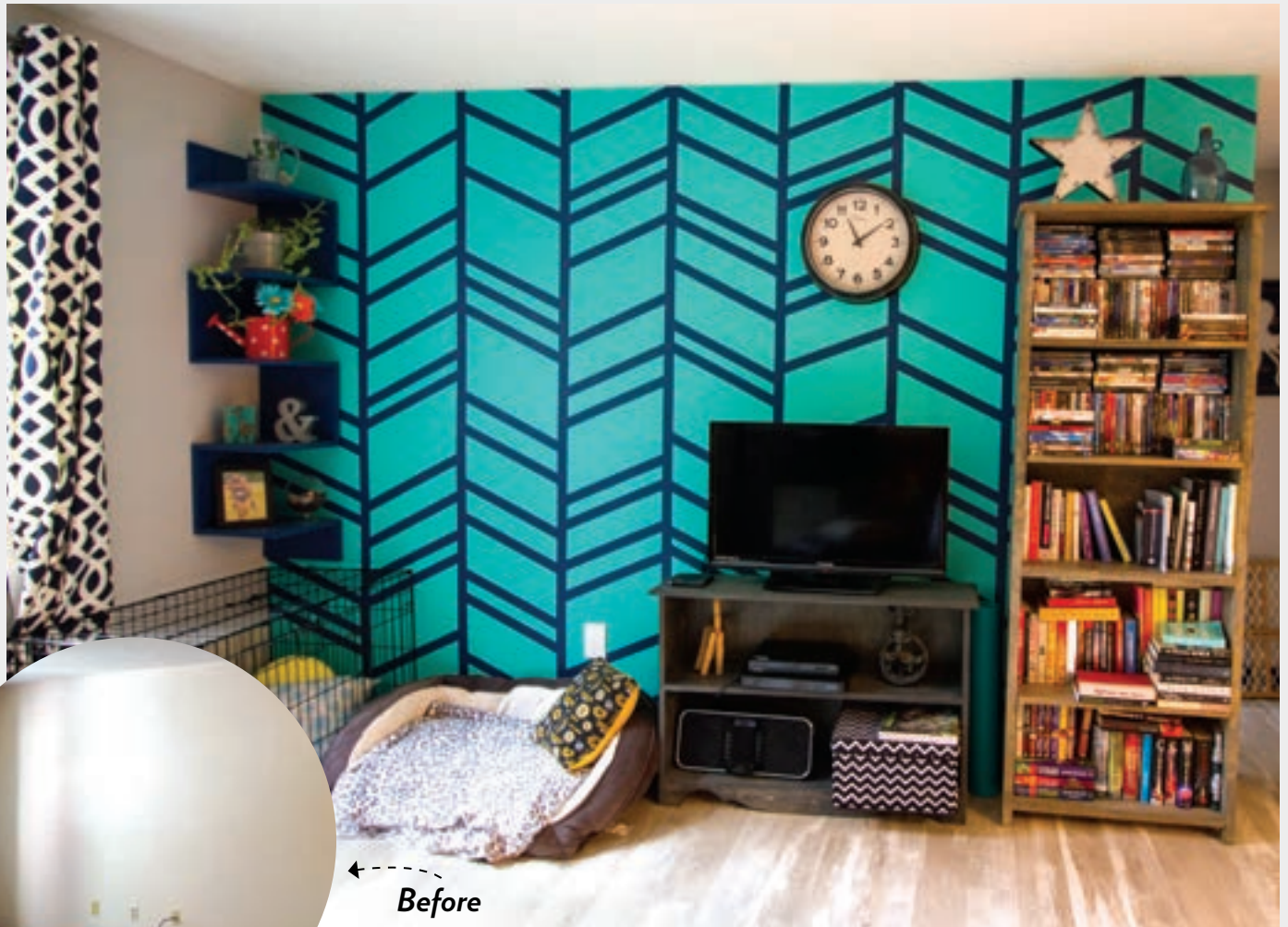
Shannon Bryan, editor, Maine Women Magazine

Before



After





After

ACCENT WALL & TYPOGRAPHIC-INSPIRED TABLE

“Over two years ago, I bought a two-bedroom condo in Old Orchard Beach that had been rented out for 15 years by the previous owner. It desperately needed some love. And color. Over the course of two months, I gave this space a facelift that more reflected my personality and artistic ability. While all my DIY projects hold a special place in my heart (you know that spot that’s like ‘hell yeah I made that!’), but two in particular stand out.”

“One is my herringbone-inspired accent wall, which was truly a labor of love, but is incredibly satisfying to see the finished product everyday. I painted the navy blue first, taped off all the lines, painted the green and spent some time touching up the lines after I ripped off all the tape. The other is my typographic-inspired table, which was created out of an old shoe organizer I bought off Craigslist. My grandfather built the other legs and top. I planned out the design on my computer, tile printed it out and traced it all onto the table. Then it was just matter of painting it all and assembling the table.”

Taylor Roberge, designer, Maine Women Magazine





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5 WAYS TO DO BLACK FRIDAY (THAT DON'T REQUIRE STANDING IN LINE AT 4 A.M. OUTSIDE A BIG BOX STORE)

WRITTEN BY SHANNON BRYAN

The early alarm bargains of Black Friday are an irresistible tradition for some. If that's not your jam—or you'd like to try a new approach to the day after Thanksgiving—here are a few mellow ways to enjoy Black Friday. (And if/when you do head out to shop, consider partaking in Small Business Saturday on Saturday, November 24. It's also Shop for a Cause Day in downtown Portland, when you can shop local businesses and raise dough for the Boys & Girls Clubs of Southern Maine.)

1

Explore the experience of migration and mobility

"Making Migration Visible: Traces, Tracks & Pathways" is currently on view at the Institute of Contemporary Art at Maine College of art. The exhibition "opens an inclusive critique of stereotypes about migrants and migration" and "challenges the idea that migration is an exception or a crisis, showing viewers that migration is now the norm, inscribed in our landscapes, memories, bodies and imaginings." The ICA is open on Friday from 11 a.m. to 5 p.m. and also 11 a.m. to 5 p.m. Wednesday through Sunday and 11 a.m. to 7 p.m. Thursday.

2

Delight in a tree lighting

The Festival of Lights runs all weekend in Rockland and kicks off on Friday with Santa's arrival via U.S. Coast Guard, free horse-drawn wagon rides and the lighting of the Lobster Trap Christmas Tree. In Portland, enjoy the annual lighting of the tree in Monument Square along with live entertainment.



Douglas Mountain. Photo by Shannon Bryan



Tree lighting in Monument Square. Photo by Jill Brady/Portland Press Herald

Breathe deep in the outdoors



REI didn't invent the idea of ditching the shops and going outdoors on Black Friday (folks have been doing it since forever) but they certainly helped bolster the idea—and the #optoutside hashtag. There are countless ways to explore the outdoors in Maine, it's simply a matter of picking what suits you best. For a short but scenic hike, try Douglas Mountain in Sebago. There are a few trail options ranging from a quarter-mile to a mile in length (perfect for beginner hikers and families) and there's a stone observation tower at the summit affording expansive views of the Maine Lakes Region.

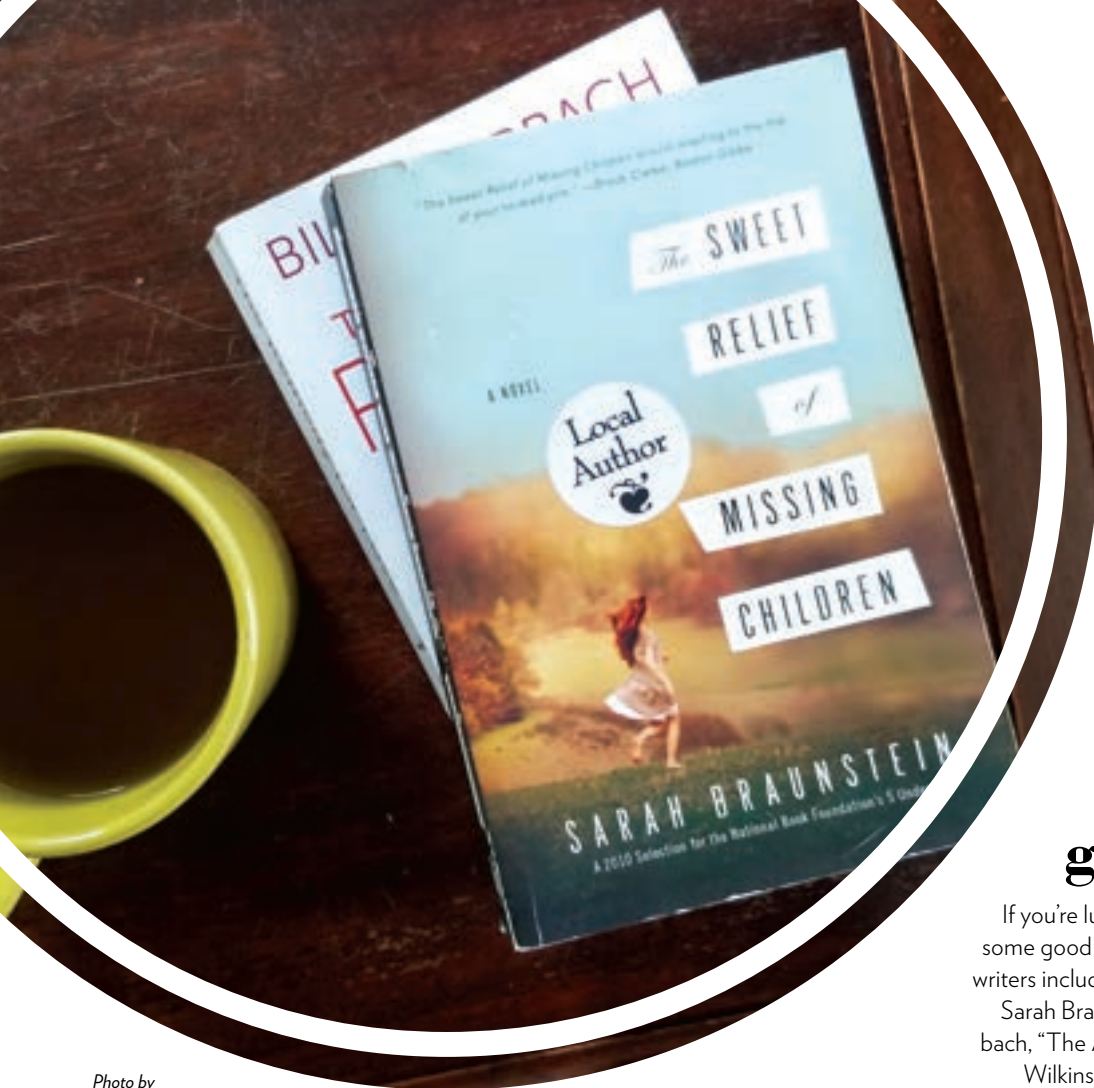


Photo by Shannon Bryan

Hang out with a good book

4

If you're lucky to have the day off, why not catch up on some good reads? Some of our favorite books by Maine writers include "The Sweet Relief of Missing Children" by Sarah Braunstein, "The Remedy for Love" by Bill Roorbach, "The Afterlife of Kenzaburo Tsuruda" by Elisabeth Wilkins Lombardo, "The Last Cruise" by Kate Christensen and "This Is How It Begins" by Joan Dempsey.

5 Cruise the craft fairs

It's officially craft fair season, which means you could spend every waking hour perusing tables of handcrafted goods, from soaps and candles to knit hats and jewelry. Upcycle Maine Home Furnishings in Gorham—a group shop featuring the art and wares of over 30 local artists and crafters—is hosting a Black Friday sale from 4–8 p.m. with complimentary wine, beer and baked goods while you shop. There's also a Holiday Craft Fair at Bonny Eagle in Standish from 9 a.m. to 4 p.m. Friday and 9 a.m. to 3 p.m. Saturday, featuring jewelry, ceramics, stained glass, paintings, ornaments, quilts, specialty foods and more.



Photo courtesy of Upcycle Maine Home Furnishings



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EACH OF US, ONE BY ONE

Majlinda Mulla-Everett was born in Kosovo and came to Maine when she was 26. She learned some hard lessons along the way—and gained perspective on what it takes to start a new life in a new country.

WRITTEN BY MAJLINDA MULLA-EVERETT
PHOTOGRAPHED BY LAURYN HOTTINGER

I moved to the United States from Kosovo (southeastern Europe) when I was 26 years old. I became an immigrant because of LOVE, but for many others, immigration is a necessity. Being an immigrant—coming to a new country and starting a new life—is not easy at all. America is not everything we see on TV. It is not that red carpet you walk on with so much pride, pleasure and luxury. Life does not usually turn out as many people outside the U.S. think. For me, jumping on the plane to start my life here was voluntary. I gave up the 26 years of who I became back home. Here I was nothing, just one more soul on the soil—a hard lesson learned when facing a new day.

Coming from a country that has been at war, and being a refugee myself 19 years ago, I forgot the difficulties that people all over the world, being away from their homes, have to face. I was 11 years old when my family fled Kosovo. We were picked up by tractor and driven up the Montenegrin mountains so we could be safe from the ethnic cleansing that was taking place at those difficult times. Neighbors were forced to hate each other, were forced to take sides. I may have been too young to remember all the details, but things like that will always remain with me. By the end of 1999, more than 600,000 Kosovars became refugees—20,000 of whom relocated in U.S. Today, my small country with a big heart is known as the youngest European country that declared independence from Serbia in February 2008.

Now Maine, my new home, is one of the states where immigration is growing more and more. Unfortunately, as a legal immigrant myself, I have seen some tension among the Americans when it comes to certain things. In conversations that I have had, the concern of having immigrants present in the U.S. has often been raised. I understand that most of the citizens think that we are here to harm them or their workforce, but to the contrary, a lot of us come from different backgrounds. Some with high skills and some with low, but still beneficial to the state that now I call home. Doctors,



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John Tanguay

judges, politicians back in their country here work as cashiers, waitresses and housekeepers. Some of them contribute to the economy by working on the farms and in the fields every day, many became professional interpreters who are very valuable to this society, and some started their own businesses because they couldn't find job anywhere. They (including me) pay taxes every year.

Remember, we are restarting the life that has been given to us for certain reasons, so we study again to become what we have already been before coming here and are refused for many jobs with the reason of being "overqualified" or "not having studied in the U.S." People in general don't complain, they need the food on the table for their families. They are not asking for free, they work for it.

On the other hand, the language and culture here is as shocking to us as ours is for Americans. The diverse cultures are not very well understood and comprehended by Mainers, and that is understandable. I believe that a lack of travel out of the state has isolated the minds of people to not be open enough. Also, for many of us, some American culture is not that easy, and there again we are asked to adapt to this society as we live here. So, we do.

Immigration, and especially illegal immigration, is a strong debate, and it will remain like that in the future. A hot topic forever. Why do we look at immigration as such a problem? Why is everyone fearing the immigrants today? What harm do they bring to this country? It is sad to see that in many other countries people cannot live freely in their own homes, cannot feed their family, cannot work or speak their minds. To go out for a walk and be killed is something no one would wish for. We need to be open-minded, to help each other when we have the chance. Excluding Native Americans, we are all immigrants. Each of us, one by one.

The common arguments lie about illegal immigrants and those who are waiting months and months for their status to be set up. They live in daily fear of not knowing their fate. Their dreams are hanged in hope. They go to bed and wake up with the fear that they may not be able to start the new and possibly better life here. I am always asked, "Where are you from?" (which I don't mind, neither does my accent) but I am hoping not to be asked if I am "legal" when I have to board on plane or bus (as it had happened in Maine recently). That is not something that the new generations should be

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“Excluding Native
Americans, we are
all immigrants.

Each of us,
one by one.”



fed with.

I am so glad that Maine has the diversity that already is coloring the society, and I hope that Mainers will never be afraid of immigrants “taking over” their place, but one thing is for sure: immigration will remain a never-ending story, and America will have to face it. To pay respect to those who really belong to this land, I will use the wisdom and words of John Hollow Horn, Oglala Lakota: “Some day the earth will weep, she will beg for her life, she will cry with tears of blood. You will make a choice, if you will help her or let her die, and when she dies, you too will die.”

Majlinda Mulla-Everett moved to Maine in

May 2015. She has a bachelor’s degree in political science, speaks six languages and works as an interpreter and interpreter scheduler in Portland. She has previously held several positions in NGOs, health care and government and has spent her youth helping communities come together. She hopes to continue doing so in Maine.

WHAT’S YOUR STORY?

At Maine Women Magazine, we want to hear your stories about the people who inspire you, the challenges you face, the way you see the world. We’ll share those stories, in your own words, in these pages. Email us at: letters@mainewomenmagazine.com

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*Let's give thanks for holiday-inspired
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WRITTEN & PHOTOGRAPHED BY JESSIE LACEY



AMATEUR HOUR



Oh my gourd, it's the holiday season! Nothing gets me into the spirit more than a holiday-inspired cocktail. Before the cold grips us all, I celebrate the last gasp of autumn with the taste of cranberry and rhubarb. Sweetgrass Winery & Distillery (located in Union and with a tasting room on Fore Street in Portland) makes Rhubarb Smash, a barrel-aged brandy blended with rhubarb and elderberries. While I was at their Old Port tasting room, I also picked up a bottle of their Cranberry Gin, which is made with Maine cranberries.

I also made candied sage garnishes, which is actually much easier than it sounds. First I coated sage leaves in simple syrup, then I sprinkled sugar all over both sides of the leaves and let them dry and harden on a wire rack over night. Getting them to float perfectly on your drink is the tricky part.

This blend of classic holiday flavors is the perfect fancy party cocktail, and what I love most is that it is so damn easy.

THE RECIPE

2 ounces Sweetgrass Cranberry Gin
2 ounces Sweetgrass Rhubarb Smash
1/2 ounce lime juice
1 ounce cranberry juice
Candied sage and cranberries for the garnish

*Put all ingredients in a shaker filled with ice.
Shake and pour into a martini glass, add garnish.*

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

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LAYER UP

*Feel as fierce as
the winter winds*

WRITTEN BY AMY POWER

PHOTOGRAPHED BY AMANDA WHITEGIVER


I love Maine. I love the scent of crisp fall mornings transitioning towards winter. I love feeling the sense of community we are so lucky to have as I walk past locally owned shops in the Old Port on my way into work. I love to stop at The Crooked Mile and linger a little too long catching up with my favorite baristas before tackling the mountains of work. I love Maine!

But I am too cheap to pay for parking in Portland, so I park on Munjoy Hill and walk approximately a mile each morning into my office. Three-quarters of the year, this is a delightful transition into work mode. I can move my body and mentally prepare for the day. However, in the winter, it can be miserable. It can be bitterly cold and/or wet, and it is seemingly impossible to feel confident and fashionable underneath the myriad layers that leave me feeling more akin to the Michelin Man than Kate Middleton. So, in an effort to combat the cold, we've rounded up a few items to help keep you warm while also feeling as fierce as the winter winds that bite your cheeks.

As we all know, one key component to warmth is layering. The trick can be finding an outer layer that is large enough to accommodate additional pieces, while simultaneously not making you feel like you're drowning in wool or down. We love the Cocoon Coat by J.Crew for this reason. I actually purchased mine in 2016 as a maternity coat, but have found that it transitions beautifully into non-maternity as well. The fuller silhouette still maintains a flattering feel, evoking 1960s sentiments, and it accommodates as many layers as you want to pile underneath. We chose to add in the Ruffle Quilted Vest by J.Crew Factory, a classic scarf from Burberry, and cable beret from The Scotch House. (Fashion side note: when the last Scotch House locations were closed in 2001, they were owned by the Burberry corporation and reopened as Burberry storefronts.) Given the high neck line of this coat, a scarf isn't always necessary, with the exception being the most blustery winter days when the streets of Portland rival a wind tunnel. The locally crafted, buttery leather Infinity Tote by Eklund Griffin comes with its own clutch, and its size makes this investment piece an excellent commuter work tote, with room for a few notebooks, your laptop and indoor shoes.

Our second look, featuring the Fiona Parka by Patagonia, elicits a more casual sensibility. We are in love with this jacket for many reasons, not the least of which is the fact the ultra light down is reclaimed from other down products. Waste not, my friends! From a design perspective, we appreciate the feminine lines the princess seams in the front and back create, in addition





The new boot lace bar in the mens shoe department at L.L.Bean in Freeport features over a dozen colors of fresh laces. Give your Bean boots a \$4 facelift to make it through a few more winters.



For more detailed fit reviews of these items and more Maine fashion, head over to the East Coast Inspired blog: eastcoastinspired.com

Have any style questions for us?
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Send your questions to eastcoastinspired@gmail.com



GET THE LOOK

Fiona Parka by Patagonia (patagonia.com, \$299)
Maine Lobster hat by Betty Louise Studios (*Day Trip Society*, Kennebunkport, \$125)



GET THE LOOK

Cocoon Coat by J.Crew (jcrew.com, \$350)
Ruffle Quilted Vest by J.Crew Factory (factory.jcrew.com, \$49.50)
Classic scarf by Burberry (us.burberry.com, \$430)
Infinity Tote by Eklund Griffin (eklundgriffin.com, \$500)



to the contoured quilting that provides a flattering silhouette. This show-stopping cocoon of warmth pairs beautifully with the Maine Lobster hat, hand knit in Bridgeport by Katie Chalmers, founder of Betty Louise Studios. Chalmers has created many unique designs, but we are seriously crushing on the Maine vibes of this lobster + Maine motif (available this season at Daytrip Society in Kennebunk). The lofty wool blend keeps both head and ears toasty warm and the pom-pom is the icing on the cake.

Lastly, nothing puts more pep in my step than a perfect shoe. But let's be honest, function needs to win out over form in the depths of winter. I generally tote my "inside shoes" along in my bag and venture out in my Bean boots through the city slush and snow. I've had mine for many years, and they have held up beautifully. I'm not quite ready to pull the trigger and replace them, but they are starting to

look a little worn, which is why I was positively thrilled to see the new boot lace bar in the mens shoe department of the flagship store in Freeport. With over a dozen colors to choose from, there's something to fit every aesthetic, customized right down to selecting the aglets on the ends of your laces. This \$4 investment gave my boots the facelift they needed to make it through a few more winters, and they brighten my cold commute along the way!

Amy Power and Amanda Whitegiver are co-founders of East Coast Inspired, a fashion and lifestyle blog. Amy is a mother of two (and the model featured in this column's photos) who spends her days dreaming of the ultimate craft room and intending to go for a run. Amanda is a lifestyle family photographer who adores dark chocolate and singing with her two daughters.





Haluski

(see recipe on page 78)

LET'S HEAR IT FOR HALUSKI!

WRITTEN & PHOTOGRAPHED BY CANDACE KARU

Maine weather cries out for comfort food in every season, but especially as fall turns into winter. And New England comfort food—classics like rich and creamy clam chowder, sharp cheddar macaroni and cheese, hearty Yankee pot roast or Indian pudding topped with vanilla ice cream—is in a class by itself.

The abundant charms of local specialties notwithstanding, I'm always looking to expand my comfort food repertoire with ethnic dishes—think spicy curries from India, cassoulet from France, matzo ball soup, potato dumplings and so many more.

One of my go-to comfort food favorites is a dish that I first tasted in college, prepared by my first-generation Polish roommate. Bev introduced me to her grandmother's recipe for haluski our sophomore year. Haluski ticks all the comfort food boxes—it's warm, hearty and filling, easy to prepare, can be made in large batches, and the ingredients are simple and inexpensive.

Traditionally, haluski was a meatless dish especially popular during Lent. But like most comfort foods, home cooks have taken the basic recipe and made it their own, adding meat, using different noodles, even popping the ingredients in a slow cooker for 21st-century convenience.

Crisp cabbage, sautéed onions and garlic, buttery fluffy egg noodles and maybe some crispy bacon bits and browned kielbasa rounds come together in a symphony of rich, cozy comfort. So let's hear it for haluski!

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

Haluski ticks all the comfort food boxes—it's warm, hearty and filling, easy to prepare, can be made in large batches, and the ingredients are simple and inexpensive.



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AT THE TABLE



Haluski

INGREDIENTS

- 1 12-ounce. package wide egg noodles, cooked al dente
- 1/2 lb of bacon, diced
- 1 pound kielbasa, sliced into 1/2 inch circles
- 5 tablespoons butter, divided
- 2 medium sweet onions, sliced into thin strips
- 4-6 cloves garlic, minced
- 1 teaspoon brown sugar
- 1 medium head of cabbage, about 4 cups, julienned
- Salt and pepper to taste
- 2 tablespoons parsley, chopped

INSTRUCTIONS

In a large, high-sided skillet, cook diced bacon until crispy. Drain bacon on paper towels, leaving 2 tablespoons of bacon drippings in the pan.

Over medium heat, sauté kielbasa in bacon drippings until crispy and brown at the edges and set aside.

Melt 2 tablespoons butter in skillet. Add the onions, garlic and brown sugar. Cook over medium-low heat, stirring occasionally, until

onions are soft and just beginning to brown.

Add 3 tablespoons butter and cabbage to the onions. Salt and pepper generously and sauté until cabbage is just tender, about 6-8 minutes. Don't overcook the cabbage.

Add cooked pasta, bacon bits and kielbasa to skillet and combine. Heat through. Adjust seasoning, garnish with chopped parsley and serve right away.

PRO TIPS

Egg noodles are traditional, but broken lasagna noodles (I always have an open box left over from making lasagna), pappardelle or any substantial pasta or noodle will do in a pinch.

Haluski is a great way to use leftover chicken, turkey or meat. Use leftover meat in place of the kielbasa for a delicious and cost-saving meal.

Green cabbage is best for haluski. I did use red cabbage once and had a lovely pink noodle dish. While not great for most occasions, it was a fun Valentine's Day meal for my kids back in the day.

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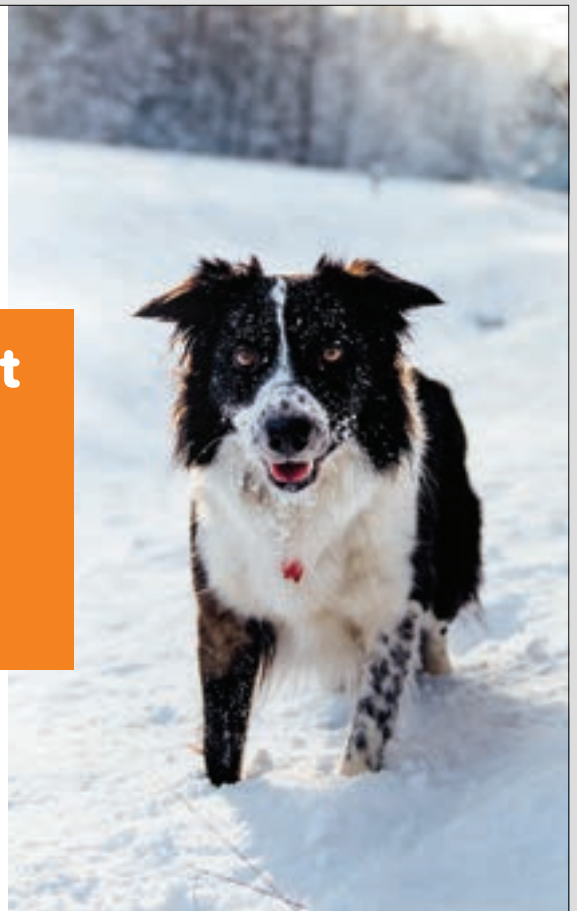
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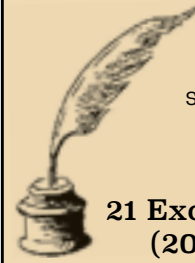
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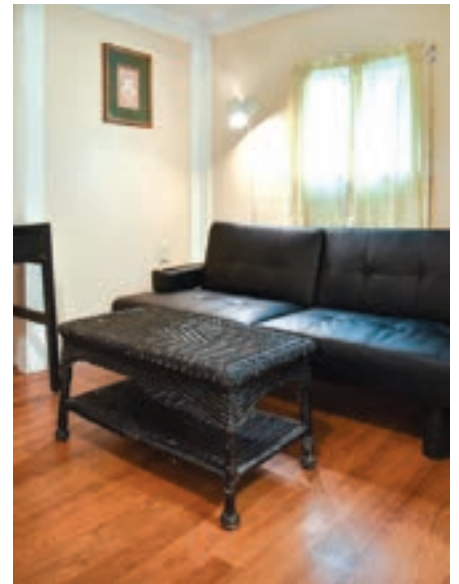
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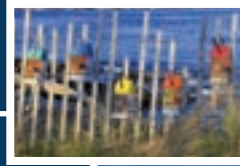
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THE PARENT GAMES

The tit-for-tat around chores is a bad thing for marriages

WRITTEN BY MAGGIE KNOWLES

The score is tied. There is no way she is going to let him beat her. Using her stealthiest offensive moves, she moves jaguar-like into position to shoot, score and win.

But he is onto her. Though seemingly asleep, his defensive acumen is on high alert. He will wait until the last minute to pounce, deeming her best effort obsolete.

"I picked up the dry cleaning a day early. Did you remember printer ink?" She positions herself by the net. No way he remembered.

"Not only did I get the computer ink, I signed up for a delivery service, so they will drop the dry cleaning off. And, if you noticed, I put all the dishes IN the dishwasher."

Swish.

Victory: Him.

She slumps off to the bench, wounded. No fret. Tomorrow the score resets.

Delegating housework when it was just the two of you was a non-issue. Stuff just seemed to get done.

But pile on school lunches (catering to three totally different food sensitivities); endless laundry; dog poop in the living room (every-

one ignores it until the dog heads back in that direction to eat it); homework no one understands (when did they change long division?); loose teeth (and losing said tooth fumbling for \$5 in the dark)...and oh, boy...

The Parent Games are on.

The theme: I am busier than you.

My husband works long 10-hour days doing, not to discredit him but, essentially one thing. I "get to work from home." And while that sounds easy, there is never a non-multitasking moment for me. As I write this, I am running the dishwasher and dryer, planning dinner, reminding myself that Picture Day is tomorrow and that we are low on cat food. Before 3 p.m., I will hit the grocery store, library, bank, have two conference calls and edit a full website. PLUS, there is always the chance I will get a call to pick up a sick kiddo from school. (No joke, the cat just threw up.)

That frantic pace bubbles up...as does The Score. So, when at bedtime I am the one doing the reading and backpack packing and folding (more) laundry and cleaning up from dinner while someone is on the couch...yeah, I know this is familiar to you, too.

Here are a few things we can all try to stop The Parent Games from entering overtime, because this tit-for-tat around chores is a bad thing for marriages.

LOWER EXPECTATIONS

Does every bin need a handmade label?

MAKE THE KIDS HELP OUT

Isn't that why we had them?

SAY THANK YOU

When you notice they did something, say thank you. It's good manners and, if you show gratitude, they will do more to get more.

ASK FOR HELP

If your budget allows, maybe hire a cleaning crew, a dog walker, use a grocery shopping service or have the neighbor's tween water the flowers. Ask the other parent to please clean up the poop. (You may have to promise them a foot rub.) You don't have to do everything. I promise.

GET LESS BUSY

Since the core of the resentment is, "I am so much busier than you," try to get less busy.

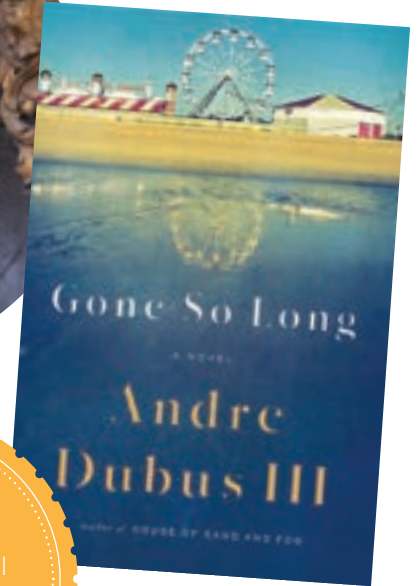
DON'T KEEP SCORE

The hard one. Everyone needs to know that everything that gets done is a point for the whole family. Everything is important, nothing is the most or least important.

Wishing you the best of luck in our mass retirement from The Parent Games.

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






BREAKING FREE OF THE PAST

Review: Unforgettable characters shine in Dubus' empathetic new novel




Gone So Long
by Andre Dubus III
W.W. Norton &
Company

WRITTEN BY AMY CANFIELD



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When you're immersed in a novel and you can't wait to see how it ends, you know it's good. When you're immersed in a novel and you can't wait to see how it ends but you don't want it to end, you know it's great.

"Gone So Long" by Andre Dubus III is a great book.

In 452 gloriously written pages Dubus ("House of Sand and Fog," "Townie") situates readers inside the minds of three unforgettable and haunted characters. Daniel is a dying man who 40 years ago stabbed his young wife to death. For half of her life, Susan his troubled 43-year-old daughter, didn't know he was alive and has never been in touch with him. And Lois is Daniel's former mother-in-law, who still bitterly mourns the loss of her daughter and raised his.

Each is plagued by the past while trying to break free of it.

For Daniel, now a chair caner, it is the self-described "worm" that caused the fit of jealous rage that made him kill his wife. He may blame the worm, but knows he's deserved everything that came to him and he lives and breathes guilt and remorse. Long out of prison, he denies himself pleasure, but has one want: to see his daughter.

Susan, a writer and college instructor, suffers bouts with her "enemy," as she calls her depression. "She'd begin to feel the slow drifting away from all of it...some black hook that lifted her then hung her just out of reach of whatever it was she thought she loved. It had started when she was very young, and she'd nearly grown used to it, like some black birthmark across her face."

Lois, an antiques dealer who only wanted to build a fortress of love around Susan and protect her from the life that took her mother, has "spells" of hatred, bitterness and vengeance.

New England's gritty side also play major factor, as it does in other of Dubus' works. Daniel, Susan and Lois are the behind-the-scenes products of a seaside carnival town, think OOB in the early '70s. They may physically move on from the flashy facades that hide the hard work and the sketchiness—even a thousand miles to a Florida swamp town in Susan' and Lois' case—but it shaped their lives. In Daniel's case, the carnival days were the prime time of his life; it was only as the deejay of the Himalaya ride that he began to garner respect, caught the eye of the beautiful Linda and married her.

"Gone So Long" is their stories, each stemming from a wrongful death and its aftermath, each so forceful and authentically well-told that empathy is as avoidable as teenagers' screams of glee on the Himalaya. Daniel's journey to reunite with Susan, Susan's quest to settle into her life and Lois' fight to protect Susan lead to a confrontation with lasting outcomes.

Stories don't end, Daniel knows. "Even after we're gone, what we've left behind lives on in some way," he thinks. And only great book can do that, too.

Amy Canfield, an editor of Maine Women Magazine, loves good books and lives in South Portland.

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Fading

By Lisa A. Crothers, Wells

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Not yet lived.

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To Fortify
To Vitalize
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