

# MWMM

MAINE WOMEN MAGAZINE

VOLUME 12 | ISSUE 5 | SEPTEMBER 2018

# The Food Issue



**ELIZABETH  
HUSSEY**  
*of Reilly's Bakery  
in Biddeford*

**SWEET & SAVORY  
INDULGENCES**

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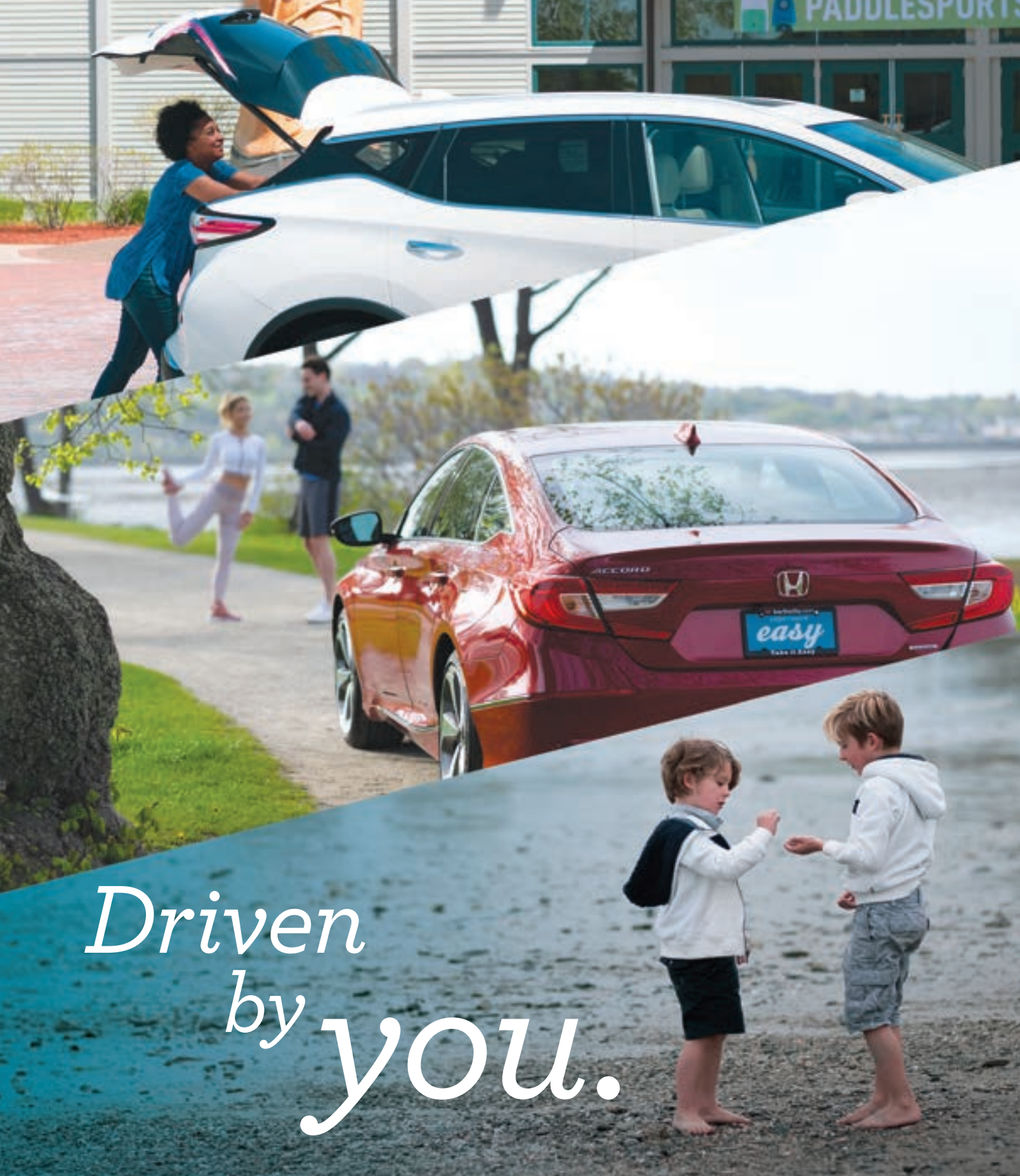
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Linda Bean's Maine Wyeth Gallery in Port Clyde has given birth to an offspring in Freeport. It's a new fine art satellite gallery where you can buy original Wyeth paintings and limited edition signed prints, most coming directly from the Wyeth family through Linda to you — exclusively at the Freeport Antiques & Heirlooms Showcase. It's surrounded by Maine's best offerings from 40 antiques dealers to greet you on one floor.

It's on same side as the LL Bean campus, the same easy walk Linda's grandfather took between his home and store starting 1911. Upstairs above the new gallery see Linda's exhibit of her father Warnie Bean's prototype shop designs between 1925-1950, including the now world famous Bean Boat & Tote Bag in 1946, duffels, original camp bags, and hunting/fishing cases of leather and canvas.



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# FREEPORT TO PORT CLYDE



Start your day at 10 am at The Wyeth Gallery inside the new Freeport Antiques & Heirlooms Showcase. Then drive north on Route 1 from Brunswick to nearby Rockland, but turn right onto Route 131 just north of Thomaston. Proceed down that peninsula to the end: Port Clyde. Get a room at The Seaside Inn or Ocean House (to call ahead: 372-0700). Enjoy the old fashioned Port Clyde General Store and harborfront Wyeth Gallery, then cocktails at The Seaside's Barn and supper on the wharf at The Dip Net.

2 excursions are available: to Monhegan "the artists' island" 3 times a day and returning to Port Clyde. Or an afternoon "Wyeths by Water" to see where NC, Andrew, and Jamie painted their masterpieces, departing the Port Clyde General Store daily at 2 pm. Both make a grand finale to your Wyeth trip!



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# IN THIS ISSUE

ALL THIS AND MORE ORIGINAL CONTENT CAN BE FOUND ONLINE  
AT [MAINEWOMENMAGAZINE.COM](http://MAINEWOMENMAGAZINE.COM)



## FEATURED

- 18** This Is A Gift
- 22** No Place I'd Rather Be
- 28** Have You Eaten?
- 34** My Family's Cookbook
- 37** Vegan Va-Va Voom
- 44** Favorite Sweet & Savory Food
- 46** 5 Things: Fun Things To Do With Friends
- 50** My Story: "Her Beauty Should Be Captured"
- 54** It Happens Here

## IN EVERY ISSUE

- 10** At The Helm
- 14** Ditch The Couch
- 60** At The Table
- 64** Maine Style
- 68** I'd Rather Be Reading
- 70** Amateur Hour
- 72** This Thing I Love
- 74** Momsense
- 76** Mix & Mingle
- 82** Verse & View

Photos courtesy of Bloomsburg Carpet



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# Let's eat!

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Who doesn't love to indulge in great food every now and again—or even every day? I have my indulgences: A stinky cheese and ooey-gooey expensive chocolate accompanied with a crisp white wine. A beautiful salad or aged beef or lobster fresh off the boat. Blue cheese spread on a fresh fig and wrapped in prosciutto. Yum. For this year's food-themed issue of *Maine Women Magazine*, we are focusing on such mouth-watering indulgences.

When I indulge in my version of great food, I like to have friends around. I love to prepare and offer food that my friends enjoy eating. Like Stella Austin, a home cook who has been preparing and sharing food throughout her life, I think food is a natural way to bring people together and to learn about each other. Read more about Austin on page 28. I have some good friends who I cook for regularly at our camp in Carrabassett Valley. I enjoy cooking there because I have more time to linger and experiment. Many of the meals I serve there are “first time” trials—and no one seems to mind. I have learned, though, that in order to enjoy the maximum amount of conversation and visiting, the meal must be a slow process with the main course being served a couple of hours into the visit. And we always have dessert!

Dessert is a popular indulgence, and we are featuring some wonderful sweet treats in this issue. Meet Elizabeth Hussey, a fourth-generation owner and operator of the well-known Reilly's Bakery on Main Street in Biddeford. You can almost smell the bread baking as you read her story of growing up in the bakery her family owned since the beginning. Reilly's has

been a Biddeford fixture for the past 108 years, but Hussey is the first woman at the helm. She is certainly putting her touch and her personality in all the wonderful baked goods she and her team are creating. Read all about it on page 22.

April Sartuché creates art with her beautiful treats from her home studio in Casco. The 49-year-old owner of Aprilla Cakes charted a very different course that brought her to where she is now. Sartuché creates stunning cakes and cookies—including lifelike sugar succulents and edible moss Italian shortbread, dazzling shapes and cakes that look like birch trees, brightly colored bouquets and works of modern art. One might think her life has been all sweetness and love when, in fact, she was drawn to both Maine and to her individual style of creative baking by a desire to survive difficult circumstances. Learn more about her journey on page 18. I can attest to the fabulous work she does—having eaten way too many of the wonderful little chocolate cupcakes that are topped with a rich vanilla icing and a fresh chocolate dipped rainier cherry. Wow! We shared a delightful number of these and other treats in the office—definitely indulgent and highly recommended!

This issue of *MWM* is packed with lots of great food content and more. We've got fashion, books, parenting, things to do, poetry and art. Take us with you to enjoy the last (less crowded) beach days or keep us on the coffee table all month long. Look for our *Women's Work* issue at the end of September and, until then, I hope you indulge!



*Lee Hews*

## ON THE COVER

Elizabeth Hussey is the fourth generation of her family to own and operate Reilly's Bakery in Biddeford. She's learning to blend long-standing traditions with her own modern take on sweet treats. Read more on page 22.

*Photo by Heidi Kirn*





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Joyful Spirit's Box Cottage Granola is sugar-free and contains no preservatives. "I'm a believer in using fresh, healthy foods," says Ellie Tucker, the company's founder.



# A HEALTHY SNACK

*Ellie Tucker makes sugar-free granola bits and snack bars with her newest food venture, Joyful Spirit*

WRITTEN BY MERCEDES GRANDIN  
PHOTOGRAPHED BY MOLLY HALEY

**E**llie Tucker has an entrepreneurial spirit and a love for creating healthy food from scratch. “Put me in a kitchen and I’m happiest innovating and creating products,” Tucker says. As a resident of Maine since age 4 (she grew up in Falmouth and lives in North Yarmouth), Tucker has made a number of forays in Maine’s food scene.

Tucker started her culinary career in 1987 by launching the famous D’Ellies cafe, known for its homemade soups and sandwiches, at Sugarloaf. “I went in and wanted to keep things simple. I made soups and became known for my chowder and homemade breads.” The name D’Ellies came from longtime SCORE mentor John Entwistle, who created the clever play on words. Seven years later, Tucker sold D’Ellies to a friend in 1995 and started a catering business, Supper at 6, in downtown Portland, which she owned and operated for seven more years. Throughout her career, Tucker has worked both inside and outside of the kitchen, but one thing has remained constant: her love of homemade, healthy and nutritious foods.

In August 2016, Tucker launched a new endeavor, Joyful Spirit, with a focus on making healthy, homemade snack foods. After attempting a completely sugar-free diet and finding it nearly impossible, Tucker challenged herself to create sugar-free, healthy and tasty food. She started making her own granola years ago because “all the granolas on the market are so sweet and I can’t eat sugar in the morning.” Her first Joyful Spirit product was her Box Cottage Granola, named after a friend’s historic Maine summer cottage resembling three stacked boxes. The granola has “a little bit of Maine honey as a sweetener” and is loaded with toasted oats, nuts and seeds.

Joyful Spirit’s beginning coincided with Tucker becoming one of the first members of Food Fork Lab in Portland, an incubator commercial kitchen and hub for small businesses making edible products, which opened in the summer of 2016. After making her

granola solo out of her home for years, Tucker appreciated the culinary camaraderie. “One of the advantages of working at Fork Food Lab is there is a great peer group and people are more than willing to sample your product and give you feedback. In the first couple of iterations of the Coffee Bean Dellie Bar, my friend Nina at Fork told me to use a ‘pinch of salt’ and what a difference it made. We’re always bouncing ideas off each other,” she says. “One piece of advice I can give to anyone running a food business is that what tastes good to you might not taste good to others, so the more opinions you can get the better.”

Primarily self-taught, Tucker attributes her culinary prowess to her mother’s thriftiness in “cooking leftovers on top of leftovers” and always eating homemade, never packaged or processed foods. “I’m a believer in using fresh, healthy foods and that you don’t need a lot of ingredients to make a product taste good. One goal I have is for people to be able to actually taste the ingredients in my foods.”

After perfecting her granola recipe, Tucker decided to develop a snack product that could be easily transported and consumed on the go. While on a long run (Tucker is a former competitive long-distance runner), the idea for Box Cottage Granola Bits was born. “I realized the granola market was saturated. I said ‘I’ve got this great granola and what can I do with it that doesn’t involve sugar?’ So I played around and came up with the Box Cottage Granola Bits.” The bite-sized granola balls are packaged in a resealable plastic bag and come in four flavors: Box Cottage Original, Chocolate Coconut, Apple Cinnamon, and Nuts and Seeds.

The idea for her Dellie Bars came when Tucker was hiking and her friends “were pulling out these bars that were high in sugar and preservatives and didn’t have a long shelf life. I wanted something that didn’t have the granola in it and had dates and raisins and nuts.” Gluten-free and vegan, the Dellie Bars, including a Coconut Cardamom Almond and Coffee Bean Chocolate Hazelnut, made with whole coffee beans, hazelnut and unsweetened cocoa, contain

“At the end of the day, if I can create a product that’s tasty and healthy that people enjoy, that makes me happy.”



Ellie Tucker, owner of Joyful Spirit, sells her Box Cottage Granola, Box Cottage Granola Bits and Delliie Bars in several Maine stores and at the Falmouth and Yarmouth farmers markets.

no refined sugars or processed ingredients. None of her products do. “There are no flavors in any of my products that aren’t from real foods. For example, I use dried apple not ‘apple flavor’ and I make my own vanilla extract,” Tucker says.

One of Tucker’s biggest challenges has been marketing and distributing her products. While she has a website and Facebook and Instagram accounts, she relies on and prefers old fashioned in-person marketing, traveling with product samples to meet retailers face to face. Her products are currently sold at Morning Glory Natural Foods in Brunswick, The Portland Food Co-op in Portland, Lois’ Naturals in Portland and Scarborough, Royal River Natural Foods in Freeport, The Farm Stand in South Portland, Clayton’s in Yarmouth, Better Living Center in Farmington, Slopeside Provisions at Sugarloaf and Rising Tide Community Market in Damariscotta. She also sells her products at the Falmouth and Yarmouth farmers markets.

Maine’s business licensing regulations also make life challenging, and she had to pass a national exam to be ServSafe certified (a requirement for every business) and must keep her certification updated every five years. “Everything has a regulation, which requires knowledge, time and money. There’s no way around it in terms of the legalities and regulations with food,” she says.

Packaging can also be a struggle. “When you’re a small business, packaging and labels are such an expensive part of your process unless you can buy in bulk or mass quantities,” she says. She created her own label, an image of a yellow sun coming up over an island and ocean, and has her labels printed in Portland at Express Copy and Dale Rand. “I’m always looking for eco-friendly packaging, which is hard to find and if it exists, it’s unaffordable.”

There has also been an unexpected change in her work space. Fork Food Lab, the space she’s worked out of for the last two years, will be closing at the end of September, so Tucker is exploring her options and researching other available shared commercial kitchens.

Despite the challenges, Tucker says that the community of women entrepreneurs in Maine is “absolutely wonderful and there’s a lot of support here.”

“Change is happening, though not overnight” for women entrepreneurs, she says. She finds that selling her products to women “is an asset,” while selling to men, particularly younger men, can be more difficult. She also says that older women entrepreneurs like herself “have a wealth of knowledge and experience we can offer, and I think slowly that’s being realized.”

Ultimately, Tucker stays motivated by challenging herself and “doing something that makes me feel good and makes others feel good. At the end of the day, if I can create a product that’s tasty and healthy that people enjoy, that makes me happy.”

***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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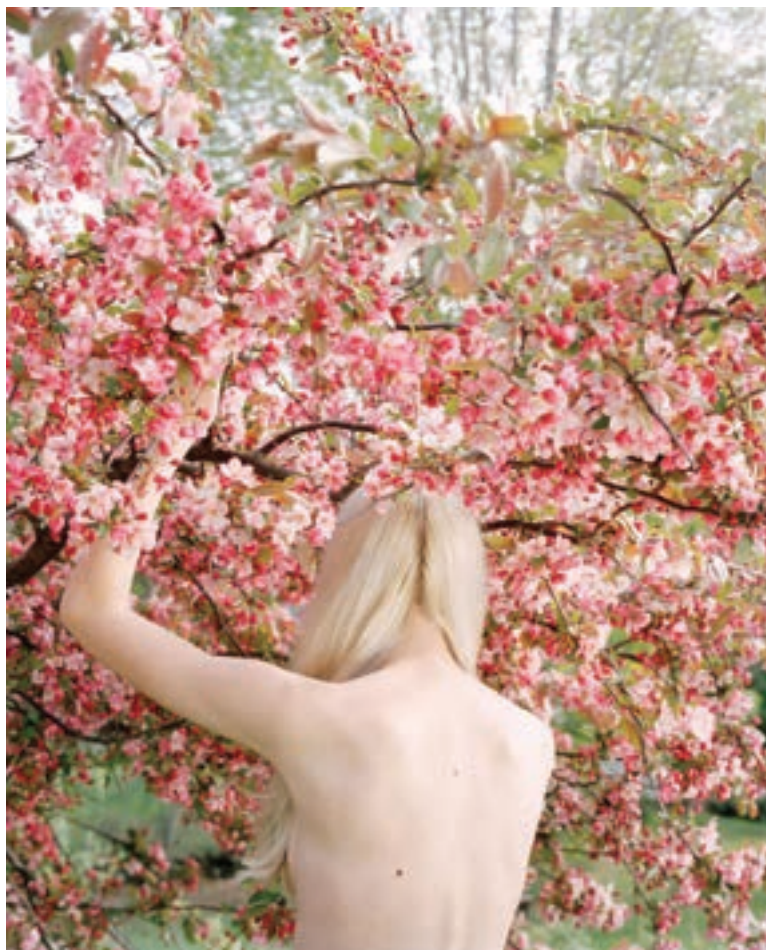
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# POUTINE, COUNTRY FAIR & WOMEN'S EXPO

*Check out a stunning photo exhibit, celebrate cheese curds and meat pies and gather your girlfriends for a day of workshops and vendors*

WRITTEN BY AMY PARADYSZ



"Raising the Cherry Tree" by Jocelyn Lee

## **"The Appearance of Things"**

*Through October 14*

**Center for Maine Contemporary Art, 21 Winter St., Rockland**

Photographer Jocelyn Lee's first solo exhibit in Maine celebrates a multitude of sensual bodies: animals, plants and human beings. In many ways, the photos are cabinets of wonder, echoing 19th-century natural science's fascination with the diversity of life. ([cmcanow.org](http://cmcanow.org))

## **Poutine Feast-ival**

*Saturday, Sept. 8, 4–8 p.m.*

**Gendron Franco Center, 46 Cedar St., Lewiston**

This indoor-outdoor block party serves up Québécois favorites such as poutine, pea soup and meat pies, as well as a competitive Pichenotte board game tournament (\$10 per team). Coupon booklets for food and beverages are \$25 via [brownpapertickets.com](http://brownpapertickets.com) or \$35 at the door. ([francocenter.org](http://francocenter.org))

## **Maine Cheese Festival**

*Sunday, Sept. 9, 11 a.m. to 5 p.m.*

**Wolfe's Neck Center, 184 Burnett Road, Freeport**

The ultimate cheese tasting, this festival brings together more than 30 Maine cheesemakers, as well as featuring local beer, wine and artisan foods. Workshops and cooking demos focus on cheesemaking and pairing, fermenting foods and brewing. Tickets are \$15 online, \$18 at the door if available. ([mainecheeseguild.org](http://mainecheeseguild.org))

## Common Ground Country Fair

Sept. 21-23

Common Ground Fairgrounds, 294 Crosby Brook Road, Unity

Celebrate rural living with Maine Organic Farmers and Gardeners Association (MOFGA) at Maine's most extensive agricultural fairgrounds, including a working organic farm, sustainably managed woodlot, organic orchards and demonstration gardens. There's a bounty of exhibitors, events, entertainment and, of course, local organic eats. Admission is \$10 in advance/\$15 at the gate for adults and \$8 in advance/\$10 at the gate for attendees 65 and older. Children, volunteers and people with disabilities are free. ([mofga.org/the-fair](http://mofga.org/the-fair))

## Maine Suitcase Party

Friday, Sept. 21, 7-11 p.m.

MAC Air Group Private Hangar, 100 Aviation Boulevard, South Portland

Here's a chance for a girls' night out that might just turn into a girls' weekend away. Every ticket to this event is a chance to board a private plane that very night and jet off to New York City for the weekend. It's a long shot, but how often do you get to party in private hangar, surrounded by planes? Tickets are \$100 and up, but hey, it's a fundraiser for Camp Sunshine. ([mainesuitcaseparty.com](http://mainesuitcaseparty.com))



The Maine Women's Expo. Photo by Lauryn Hottinger

## Maine Women's Expo

Sunday, Sept. 16, 11 a.m. to 4 p.m.

Senator Inn & Spa, 284 Western Ave., Augusta

Indulge in an afternoon of fun, food and pampering with exhibitors, special breakout sessions and a silent auction to benefit Hardy Girls Healthy Women. Tickets are \$8 in advance, \$10 at the door. ([mainewomenexpo.com](http://mainewomenexpo.com))



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◀ THE GOLFER BY WILL BARNET, 1989, 25" X 16", CHARCOAL ON VELLUM  
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Homemade caramel dipped pistachio shortbread and chocolate cupcakes with maple bacon topper.

# THIS IS A GIFT



Owner of Aprilla Cakes, April Sartuché creates stunning cakes and cookies that tempt the eyes and treat the palate

WRITTEN BY AMY PARADYSZ  
PHOTOGRAPHED BY LAURYN HOTTINGER

**M**y art has healed me,” says April Sartuché, the 49-year-old sugar artist behind Aprilla Cakes of Maine. “You can only keep what you have by giving it away,” she says, in a Southern drawl, extending a large box of her award-winning pistachio shortbread cookies double-dipped in Sicilian caramel. “I wanted to bring you something that would make you want to faceplant and be as full as a tick.”

Looking at photos of the works of art she creates for weddings—her @aprillacakes Instagram is filled with lifelike sugar succulents and edible moss Italian shortbread, dazzling shapes and cakes that look like birch trees, brightly colored bouquets and works of modern art—one might think her life has been all sweetness and love when, in fact, she was drawn to both Maine and to her individual style of creative bakery by a desire to survive difficult circumstances.

A native Texan, Sartuché first spent a year in Maine as a teenager. “Maine saved me,” she says, explaining that she was mostly raised by her grandparents, that her biological father had sexually assaulted her, and when her mother found out about that abuse she tried—for the fourth time—to kill herself.

“My grandparents knew they needed to allow me to blossom somewhere else, and I was taken in by a wonderful family in Edgecomb, Maine,” Sartuché says.

Blossom she did—going to middle school in Wiscasset, falling in love with the natural beauty of Maine and even learning to play piano by ear. “It was a magical time in my life, and I’d been holding on to that, pining for it, for years,” Sartuché says. “I knew way deep down that I was supposed to be here.”

After her first year in Maine, though, she was summoned back to Texas, where she eventually married, had two children, earned a degree in criminal justice and became a personal trainer. At one time, she was the only female deejay in Texas who could work vinyl.

And then, in 2002, Sartuché had a partial hysterectomy that went awry, leaving her septic and needing her appendix and gallbladder removed. With so many surgeries, she was bedridden for two years. “I became sickly addicted to pain pills,” Sartuché says. “It’s a miracle I didn’t overdose.”



A selection of cakes and cookies created by Aprilla Cakes owner April Sartuché at her home baking studio in Casco.



**“This is a gift. I’m so humbled and baffled at times at what I’m able to do. Anything tangible that you can see, I can make it edible.”**

After 15 years of addiction, Sartuché found a physician in Maine—the place that had saved her before—who would help her get clean.

“Out of everything I’ve been through in my life, that was the most horrific thing I’ve ever endured,” Sartuché says. “I was housebound for six months. Nobody knew I was fighting for my freedom and that artistic expression is my Get Out of Jail Free card—or my Get Out of Jail card, because it wasn’t free. I had to reinvent myself. I would go in the woods and look at the moss and think, ‘This is so beautiful; there must be a way I can great this in edible form.’ I would lose myself in the creative process. I told myself I wanted to get free from the pain and addiction, that I didn’t want to live the rest of my life like that. I said, ‘I’ve got people to bless, get this shit out of the way.’”

Wiping tears, Sartuché says, “Never give up five minutes before the miracle begins. The miracle is that I’m off all those pills, and I’m not in pain, and I haven’t suffered in a long time.”

The other miracle is that, other than some online classes and lots of hours of experimentation, Sartuché doesn’t know where her extraordinary talent comes from.

“Do you believe in a higher power?” she asks. “This is a gift. I’m so humbled and baffled at times at what I’m able to do. Anything tangible that you can see, I can make it edible. That’s a tasty-ass gift!”

She can make oysters in half shells in a bucket of ice, all of it edible: oyster shells out of chocolate and French tuile and the “oyster guts” out of pineapple, coconut gelatin and “sugar magic,” all set on a “bucket” (a chocolate cake) of “ice” (crystallized sugar).

“What I have been through has allowed me to see deeper,” Sartuché says. “The eyes are useless if the mind is blind. And, because I’m free and because of all I’ve been through, I don’t care what anyone thinks of me. I’m happy, and I’m humbly grateful.”

Based in South Casco, Sartuché has fashioned edible succulents, birch bark and snow-covered pine cones as well as peonies, orchids, violets, black-eyed Susans, Gerber daisies and, of course, roses. (Her 28-year-old daughter Ali Cavazos, an experienced sugar assistant, helps with flower production.) Less flowery Aprilla Cakes have looked like everything from an L.L.Bean flannel (inside and out) to Gustav Klimt’s “The Kiss” (Sartuché spent two weeks painting fondant, timing the project perfectly so that the cake itself would still be fresh).

“I’m booked for this year, period,” Sartuché says, explaining that she does just one wedding



**For more  
information about  
Aprilla Cakes, visit  
[aprillacakes.com](http://aprillacakes.com)**

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cake per week, the exception being bride-and-groom cakes. “When you have my attention, you have it undivided. You’re getting me, just in a sweeter form. I’m the most expensive person in the state. I cut no corners. I mean, I spend \$20 just on vanilla.”

Wedding cakes run \$5 to \$11 per serving—a generous treat meant to satisfy guests’ senses in every way possible.

Sartuché’s arsenal reflects her background as an Italian raised in Texas: lots of Italian chocolate and mousse, Sicilian caramel, limoncello curd and Southern Cajun candied bacon. But she also turns to Maine’s bounty to extract natural color from organic, fresh Maine blueberries, blackberries and beets. She’s known for complex flavor profiles and indulgent combinations. For example, consider this cake, which was a birthday cake for a man who certainly has good taste: Dark Valrhona chocolate butter-milk cake with whipped peanut butter mascarpone mousse and brown butter, and bananas flambéed with cayenne and a touch of whiskey.

“There are so many amazing marriages of flavors to be made,” Sartuché says. “When you have eight different flavors going on in one cake, the flavors need to harmonize. That’s where a lot of my creativity comes in. And, when one of my own ideas makes me salivate while it’s still just an idea, I know it will be good!”

**Amy Paradysz, a writer from Scarborough, has a sweet tooth. She gave a pistachio shortbread cookie double-dipped in Sicilian caramel to her mother, who proclaimed it the best cookie she’d ever tasted and then looked heavenward and said, “It’s OK, mom, your’s are second best.”**

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The first woman to own the 108-year-old Reilly's Bakery, Elizabeth Hussey is putting her own touch on family tradition.

# NO PLACE I'D RATHER BE



**Elizabeth Hussey is the fourth generation of her family—and the first woman—to own and operate Reilly's Bakery in Biddeford**

WRITTEN BY EMMA BOUTHILLETTE  
PHOTOGRAPHED BY HEIDI KIRN

I've loved the bakery since I was little," says Elizabeth Hussey. "The bakery has always been home."

As a child, Hussey would tag along with her father on Sunday mornings when the bakery was closed. While he did paperwork in the office, she would create monsters out of the bakery twine and play with the decorating supplies. Now, at 42, she is the one doing paperwork and the fourth generation to own and operate Reilly's Bakery.

Reilly's Bakery is a Main Street fixture in Biddeford. It was founded in 1910 by Hussey's great-grandfather and his brother-in-law. Over the years, the business was passed down to her grandfather, then to her father Michael Reilly. When her dad started talking retirement, Hussey and her husband had a decision to make.

"There was some soul searching, but Kevin and I were both in the business, physically and in our hearts," she says. "One day I was looking around, considering what it would be like liquidating three generations of my family's life—the

rolling pins my great-grandfather used, seasoned bread pans that have spanned multiple decades. Although I already appreciated the honor of taking over that legacy, I realized there is no place I'd rather be."

When news spread that Hussey and her husband would take over the family business, generations of Reilly's Bakery lovers breathed a sigh of relief, myself included. It would be hard to imagine Main Street without the scent of early morning doughnuts and fresh loaves of bread wafting through the street.

Like most Reilly's Bakery loyalists, I have been indulging in their chocolate-covered doughnuts, Neapolitans, eclairs, cakes and more for the entirety of my life, as did my parents and grandparents. My grandfather worked there as a delivery boy before World War II, and I worked the counter in high school and during a few other sporadic stints.

My personal favorite is the chocolate-covered doughnut—a basic cake doughnut topped with their rich chocolate frosting. On the way to my bus stop, sometimes my dad would pick up this particular doughnut, which was also

Reilly's Bakery has been a Main Street staple in Biddeford for decades. With the help of Amy Springer, lead cake decorator, owner Elizabeth Hussey aims to keep the family business thriving for decades more.







**“I wanted to bring the cake art that is trending across the world to Biddeford. Cakes are a special purchase to begin with and adding the personalization through decoration is something that I have strived for.”**

sold at a neighborhood gas station. We would split it bite for bite while I waited to head off to school. As an adult, I've shared my love for those chocolate-covered doughnuts with many a coworker, bringing in dozens in on any given Friday when the bakery's special is buy one, get one free.

My experience is but one example of the stories Hussey hears daily about how her bakery is home for so many. Regular customers have their daily treats or usual orders, but people from out of town or out of state carve time into their schedule to stop by Reilly's Bakery and order their favorite childhood memory. These visitors are usually somewhere along their path to complete what has come to be known as the "Biddeford trifecta"—a pizza from Pizza by Alex, an Italian from George's and a treat from Reilly's Bakery.

"It seems like every time I step out front, I hear a story," says Hussey. "I love those stories. That is why we're still here."

In addition to the bakery visits upon returning home, people have asked the Husseys to ship their favorite goods country-wide. Kevin Hussey recalls one woman who ordered a cake and frosting each year to be packaged and shipped to California. Once received, she would assemble the cake for her husband's birthday.

Hussey's fate of assuming ownership in the family business wasn't always certain. At the age of 14, she started working as a cashier and worked for her father throughout her teens. In

adulthood, she left the bakery to try her hand at journalism and a few other careers, but nothing pulled her heartstrings quite like the bakery. In 2006, she officially returned for the long-haul and also changed the business model.

"In my grandfather's and great-grandfather's reign, the bake shop was 'men's work' and the women were allocated to customer service. Women were not allowed past the doorway to the back shop unless it was an emergency," Hussey recalls. "My father eventually realized the untapped potential of helping hands, despite their gender, for things like decorating pastries. Baking was still off limits."

"I became the super annoying squeaky wheel," says Hussey. "I wanted to help my overworked and burnt-out dad, but also wanted to prove myself."

At this point, she had worked every corner of the bakery from cashier and customer service to pastry and cake decorating. As she gravitated toward the back of the shop, she took on grunt work and menial baking tasks, as well as dishwashing. She wanted to show her father she could do anything, be it decorating birthday and wedding cakes to laying out dozens of cookies and doughnuts or slinging dough for loaves of bread.

It felt natural for Kevin to join his wife in this endeavor, since the bakery is where they first connected when she was in high school, he in his early 20s. The two became friends while working together. Years later, after each had their own respective marriages and divorces.



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Kevin and Elizabeth crossed paths again. After a few years together, Kevin started pitching in at the bakery helping a few hours before his full-time job each day. Eventually, a few hours turned into six—sometimes more.

“It was really hard to leave (the bakery) the first time. It is a hard place to leave if you love it,” says Kevin Hussey. “When Elizabeth decided she wanted to take over, I was on board.”

Elizabeth says, “He’s now an integral part of the baking production.”

Another integral player on the team is Amy Springer, Reilly’s Bakery’s lead cake decorator. She has helped elevate their cake offerings to a new, modern level.

“When I first started at Reilly’s, our cakes were mostly three frosting roses and bunting in bright colors with a shell border,” says Springer. “I wanted to bring the cake art that is trending across the world to Biddeford. Cakes are a special purchase to begin with and adding the personalization through decoration is something that I have strived for.”

Even still, Springer will default to the “traditional” décor if requested and the mainstays will never disappear from the bakery shelves.

As Hussey continues and grows her family’s business, she is keenly aware of its history. Her focus is on “maintaining the tradition plus creating reasons to keep new customers coming in.”

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

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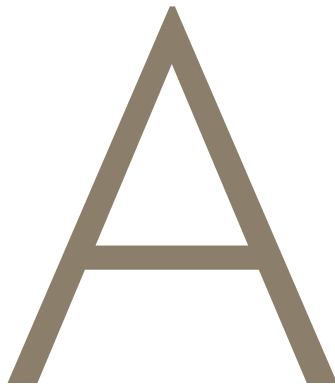
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# HAVE YOU EATEN?



Bringing people together for good food,  
new flavors and shared stories

WRITTEN BY PATRICIA MCCARTHY  
PHOTOGRAPHED BY LAURYN HOTTINGER



As a little girl in Taipei, Stella Austin's grandfather fed her the same breakfast day after day—rice soup, which amounted to rice in water with a little drizzle of soy sauce. But on weekends, he'd take her out to eat at a fabulous variety of places.

As a result, she developed a rich appreciation for food from all over the world. But food's power, for Austin, has more to do with how it brings people together and nourishes souls.

"I've cooked with people my whole life, and I know how much you show caring through food, how you can teach through food," says Austin. "In my culture, instead of asking 'How are you?' when you see someone, we ask, 'Have you eaten?' I really like the concept of mingling all cultures together, and I love getting together to cook and do that."

Austin aims to unite people through food—not just her

native Taiwanese cuisine, but food from around the globe. In the short term, she's doing that via her new position on the Chinese American Friendship Association of Maine board of directors.

Sally Ng, who cofounded CAFAM 30 years ago, says she is "thrilled" to have Stella on board and so willing to continue her work to bring cultures together in Maine.

"My goal is working with the community to bring awareness of the great variety of food cultures that exist and expand peoples awareness and exposure to them," says Austin, 45, who moved to the United States at 17 when a brother who grew up in America asked if she wanted to study here.

She jumped at the chance and went to school in Fremont, California, then San Francisco, where she worked for two European bakeries. She briefly returned to Taiwan and laughs when recalling the food-obsessed office job she had there during her 20s.

"We'd start at 8 a.m., and at 10:30, there was a break for a snack and people would talk about what they were doing for lunch, which was at noon. At 4 p.m. there was another food break, and at 6, everyone would say, let's go to that



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**“My family really loves food and, for us, there’s a philosophy that life is just like tasting food—it has its sourness, its bitterness, its sweetness. We’re taking in the flavors of everything in life.”**

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new restaurant...Food built friendships.”

She returned to America after a couple of years when her brother asked for help at his restaurant in Amherst, Massachusetts.

While there, helping with all facets, including website and menu design, she lived with several housemates, including a poet from Chile, an African American studies professor and a woman who grew up in the American South.

“We often had international houseguests, and all cooked together. All the housemates were busy, but we tried to take Sunday mornings or Sunday evenings to be together and cook. And we’d just talk and talk over those meals, dumping out what had happened over the week and being very open—especially after a glass of wine or two. Laboring together to make a meal and then celebrating the end result was wonderful.”

Similarly, she has fond childhood memories of many a Chinese New Year’s celebration in Taiwan, during which her family from America would visit and relatives would all cook together.

“We’d spend the whole day cooking, and at midnight, we’d have a taste of the dumplings. I just remember all of the excitement of staying up the night before and then eating the next day.”

It was through her brother’s restaurant that she met her future husband, Rick, who today she fondly calls her willing sous chef. (The two were set up by a restaurant patron who spotted a potential match. Despite the fact that he lived in California and she in Massachusetts, the two hit it off and Austin moved west.)

Living in Arcadia, California, with a host of cuisines, “really opened up my palette to all the possibilities,” says Austin, who was a manager



Stella Austin prepares green bean and lotus tea in her kitchen at her home in Saco.



"In my culture, instead of asking 'How are you?' when you see someone, we ask, 'Have you eaten?' says Stella Austin of Saco. Cooking is more than making food, it's making connections.

at two branches of Din Tai Fung, known worldwide for its steamed dumplings, noodles and international cuisine.

Austin says she enjoyed it there, but that all of her moving and distance from family made her yearn for home. "I'm always searching for home in a way. The more it fades away, the more I want to grab onto it."

Such yearning also led her and her husband to Maine. He had grown up in Rhode Island and summered in Saco at his grandmother's. He had just retired from Boeing, and they were mapping out their future.

"He talked about Maine with such warmth and happiness that I said why don't we just look into that area?" Austin recalls.

They landed in Saco two years ago. Since then, she's worked at a nursing home and enrolled in photography classes while she and her husband investigate adopting a child. She's also looking into volunteering for a food pantry or soup kitchen and teaching cooking classes to children.

She's been slowly but surely making new friends and easing her yearning for home in her familiar way—by sharing meals.

"If I meet a new friend and make a connection, I love to have someone come to the house and cook together," Austin says. "My family really loves food and, for us, there's a philosophy that life is just like tasting food—it has its sourness, its bitterness, its sweetness. We're taking in the flavors of everything in life."

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





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# MY FAMILY'S COOKBOOK

Passing down meals and memories thanks  
to an album full of recipes



WRITTEN & PHOTOGRAPHED  
BY KATIE BINGHAM-SMITH

*The recipe I've made the most from the cookbook is the enchilada casserole. It's decadent, cheap and easy to throw together when you have a mad craving for Mexican food but don't want to spend a lot of time stuffing burritos or preparing lots of toppings for tacos.*

#### **Enchilada Casserole:**

- 1 24-ounce can of red enchilada sauce
- 1 package of corn tortillas
- 1 pound of ground beef or turkey (browned in a frying pan)
- 8 ounces shredded cheddar

Layer all ingredients in an 8x10 casserole dish or baking pan. Start with enchilada sauce and top with cheese. Bake at 350 for 30-40 minutes until hot and bubbly. Great to make ahead of time and freeze (thaw before baking).



I grew up in an old farm house in Bowdoinham, which was once a bakery in the 1800s. We were surrounded by acres of wild raspberries and apple trees and had a large garden.

On hot summer evenings, my mom would be in the kitchen with the fan blowing, making a pie or canning pickles from cucumbers my sisters and I had picked. We always had homemade desserts, and there was never a Saturday spent without eating homemade pizza.

During the long winters, I'd come home to freshly baked loaves of bread. My mom would take a stick of butter and slide it over the tops of the bread just as they came out of the oven. I loved to cut a fresh slice and spread it with peanut butter and homemade jam.

Everything was made from scratch. Our dinners consisted of heaping piles of beef burgundy over egg noodles, chicken fried steak or enchilada casserole. For dessert there was homemade cakes, cobblers or cookies.

As I grew older and started a family of my own, I wanted all those warm memories to come to life again. When I was 27 and pregnant with my first child, I quit my job to stay at home and care for him. The first thing I did while planning for that transition was ask my mother for all the recipes my parents used to make for the family while we were going up. I

wanted to share those meals and make memories with my family.

My mom wrote down every family recipe by hand and presented it to me in a photo album. This book will forever be my favorite gift; my childhood is wrapped up in those pages.

Each recipe is smeared with butter, sugar or sauce of some sort. I've pulled the prized book out at least twice a week since she gave it to me 16 years ago. I've made every recipe dozens of times over.

Each time I crack it open, I am back in that old house, smelling the cinnamon rolls on Christmas morning. I'm listening to my mom beat icing for our favorite chocolate cake. I'm watching her roll the dough for Christmas cookies and I can smell the beef stroganoff simmering on the stove and hear the bacon sizzling for the pasta carbonara.

My mom's favorite recipes are in that book; my favorite recipes are in that book; my kids' favorite recipes are in that book. They are such a part of who we are, I know they'll stay in the family for long time, if not forever.


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

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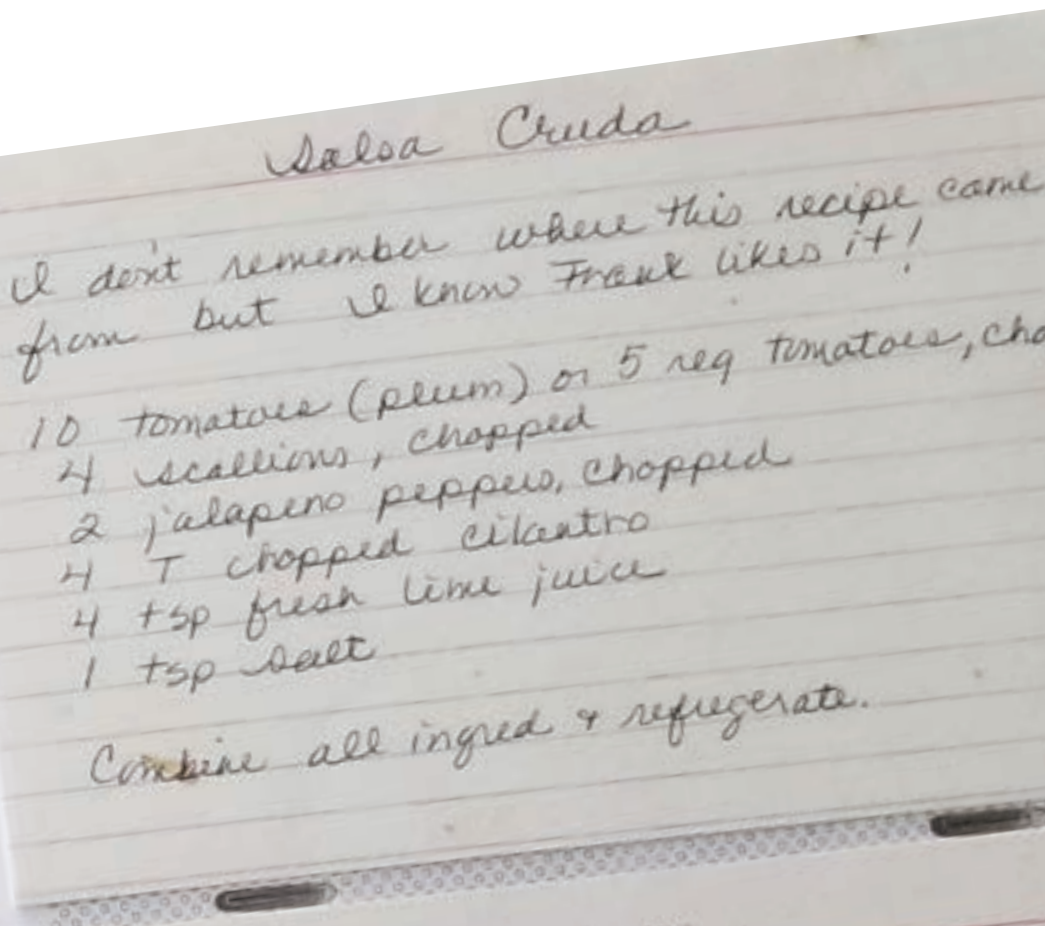
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# VEGAN VA-VA VOOM



## Silly's in Portland serves up vegan dishes and desserts to die for

WRITTEN BY AVERY YALE KAMILA  
PHOTOGRAPHED BY LAURYN HOTTINGER

Some days demand a burger and fries. Even when you're vegan. In Portland, one of the longest-running places to get a vegan burger and fries—even a slice of vegan cake—is Silly's. The eatery isn't all-vegan but it's known for homestyle vegan dishes that come with a side of indulgence. This summer, the iconic Portland restaurant celebrated its 30th anniversary by opening an all-vegan venture, Simply Vegan by Silly's.

The nine-seat, counter-service spot is down the street from the original Silly's. Both sit on Washington Avenue's restaurant row and both serve filling, well-sauced vegan dishes with whimsical names such as KaaNoodling, Thai One On, Vegan Strikes Mac and Don't Mock Me Reuben.

For Emmie Noel of Portland, the "melty, hearty and always-enough-for-two meals" Reuben and the fried dill pickle chips with creamy vegan dipping sauce have turned

her into a regular.

"I love Silly's because they don't treat their vegan menu options like an afterthought, like a leafy salad or vegetable soup," Noel says. "If I wanted those things, I would eat them at home. When I go out to eat, I want a treat. I want something hearty, flavorful and creative, just like omnivores do when they go out to eat. Silly's gets that."

Portland resident Ryan Audy calls Silly's one of his "go-to spots." He favors the vegan SlyGuy wrap (falafel, pumpkin seed hummus and vegan feta) and the Mr. Zombie roll up (veggie burger pieces with vegan cheese, hot sauce and pineapple).

"Silly's proves that being vegan doesn't have to be boring and consist of eating only salad and bread," said Audy.

Colleen Kelley, Silly's owner, is the woman behind these plant-based dishes. She purchased the restaurant in 2002 from its original owners, who opened it in 1988 on Cumberland Avenue then relocated to Washington Avenue in 1997.

Kelley says she expanded the vegan offerings because she realized "the only way I'm going to stay in business is if I do things differently."



The Kanoodle, a spicy and flavorful vegan dish on the menu at Silly's in Portland.

In 2002, vegan food was different. Back then, there were just a handful of restaurants in Portland with “vegan” printed on the menu.

Kelley’s sense that her vegan options could benefit from expanding and that there is space in the Portland market for an all-vegan eatery is backed by recent statistics. Last year the market research firm GlobalData reported a 600 percent jump in the number of Americans identifying as vegan.

Also significant: The 2016 Harris Poll survey conducted for the Vegetarian Research Group found that 27 percent of American adults in the northeast regularly (but not exclusively) order vegan meals when dining out.

Simply Vegan by Silly’s caters to these growing ranks of vegans and vegan-ish eaters.

Donna Jean Hickey is a local vegan who’s eaten at Silly’s for years. Hickey’s favorite treat: the vegan layer cake.

“The cakes are top-notch, decadent and mouthwatering,” said Hickey, who lives in Portland and teaches at Portland Power Yoga.

They’re also hard to resist. Displayed on pedestals behind the bar, the triple layer vegan cakes come in flavors such as dark chocolate with caramel almonds, mint chocolate Oreo, and carrot with maple.

Silly’s sells traditional cake, too, but recently the sales breakdown has changed.

“Vegan cake is outselling the regular cake,” Kelley says. At the same time, sales of the Dive Bar (an original Silly’s vegan indulgence) “are rivaling cake.”

The Dive Bar is a deconstructed no-bake cookie. On the bottom is a fudge-like layer of peanut butter and oats topped by a fudge-like layer of chocolate and oats sprinkled with shredded coconut, pumpkin seeds and dried cranberries.

One serving can satiate four.

But should conscientious eaters worry that such rich vegan food will revoke their healthful eater cards? Registered dietician Amy Taylor Grimm says “no.” Grimm recommends plant-based eaters treat themselves to foods they crave and love.

“I don’t believe that it’s indulgent to have these types of foods on a regular basis,” says Grimm, who practices in Portland and who’s been eating vegan burgers and cake at Silly’s for 10 years. “I think it’s important for our mental health to not have to be perfect with food all of the time.”

For her part, Kelley isn’t seeking perfection but pursuing her passion for food and making people happy. This passion keeps her going during the long hours and fuels her creativity



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with vegan recipes.

"I get to do what I love every single day with the people I love," Kelley says. "The staff is just so much fun. It's a joy to come to work."

An essence of that joy flavors every bite of Silly's decadent vegan cake.

*Avery Yale Kamila is a long-time food columnist for the Portland Press Herald, where she writes the Vegan Kitchen column. She lives in Portland and can be reached at [avery.kamila@gmail.com](mailto:avery.kamila@gmail.com) and on Twitter @AveryYaleKamila*



## Sweet & Savory Vegan

*These days Portland serves up plentiful vegan comfort food in addition to what's available at Silly's. Here is a sampling of 10 savory and 10 sweet vegan indulgences you can enjoy in the city:*

## Sweet

**Chocolate mousse cake bombs at Foley's Bakery** (1 Monument Way, [foleysgourmetbakery.com](http://foleysgourmetbakery.com))

**Blueberry lemon cupcakes at Baristas + Bites** (469 Fore St., [baristasandbites.com](http://baristasandbites.com))

**Cinnamon rolls at Local Sprouts Cooperative** (649 Congress St., [localsproutscooperative.com](http://localsproutscooperative.com))

**Whoopie pies at Flatbread Company** (72 Commercial St., [flatbreadcompany.com/portland](http://flatbreadcompany.com/portland))

**Chocolate orange mousse pie at Green Elephant Vegetarian Bistro** (608 Congress St., [greenelephantmaine.com](http://greenelephantmaine.com))





Silly's in Portland is one of the longest-running places to tasty vegan food in town. While Silly's isn't all-vegan, owner Colleen Kelley recently opened Simply Vegan by Silly's, located on Washington Ave, just down the street from Silly's.



Colleen Kelley, owner of Silly's and the new Simply Vegan by Silly's, understood years ago the value of offering well-made and unique vegan dishes and desserts. These days, the restaurant's vegan cake is outselling the regular cake.



**Pomegranate glazed doughnut at Holy Donut** (7 Exchange St. and 194 Park Ave., [thehol McDonut.com](http://thehol McDonut.com))



## Savory

**Veganwurst plate at Novare Res Bier Cafe** (4 Canal Plaza, [novareresbiercafe.com](http://novareresbiercafe.com))

**Vegan mac 'n cheese at Local Sprouts Cooperative** (649 Congress St., [localsproutscooperative.com](http://localsproutscooperative.com))

**Chicken fried tofu at Whole Foods Market** (2 Somerset St., [wholefoodsmarket.com/stores/portland-me](http://wholefoodsmarket.com/stores/portland-me))

**Vegan pho with vegetables and tofu at Pho Co.** (28 Monument Square, [facebook.com/phocoportlandmaine](https://facebook.com/phocoportlandmaine))

**Tempeh, lettuce and tomato sandwich at Bayside Bowl** (58 Alder St., [baysidebowl.com](http://baysidebowl.com))

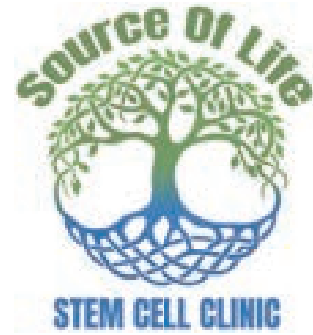
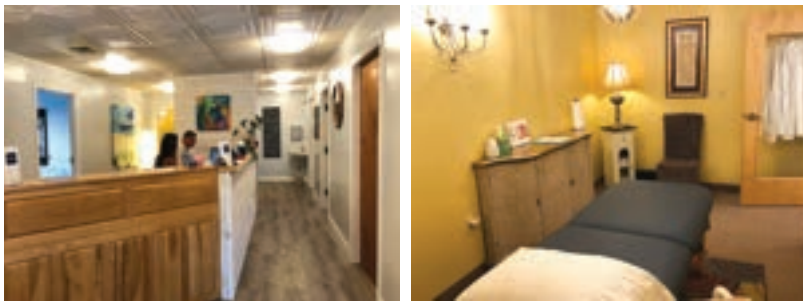
**Tofu "egg" salad sandwich at Portland Food Co-op** (290 Congress St., [portlandfood.coop](http://portlandfood.coop))

**Ya Baba pizza at Olive Cafe** (127 Commercial St., [olivecafeportland.com](http://olivecafeportland.com))

**Ginger fried rice at Empire Chinese Kitchen** (575 Congress St., [portlandempire.com](http://portlandempire.com))

**The Mobster at Falafel Mafia food truck** ([falafelmafia.com](http://falafelmafia.com))

**Fried Brussels sprouts at Green Elephant Vegetarian Bistro** (608 Congress St., [greenelephantmaine.com](http://greenelephantmaine.com))



Dr. Kevin Bardwell and Dr. Kimberly Farr are pleased to announce the opening of Source Of Life Stem Cell Clinic, specializing in regenerative therapy. Located in Falmouth, stem cell therapy helps patients overcome inflammatory conditions, avoiding joint replacement through Mesenchymal stem cell injection.

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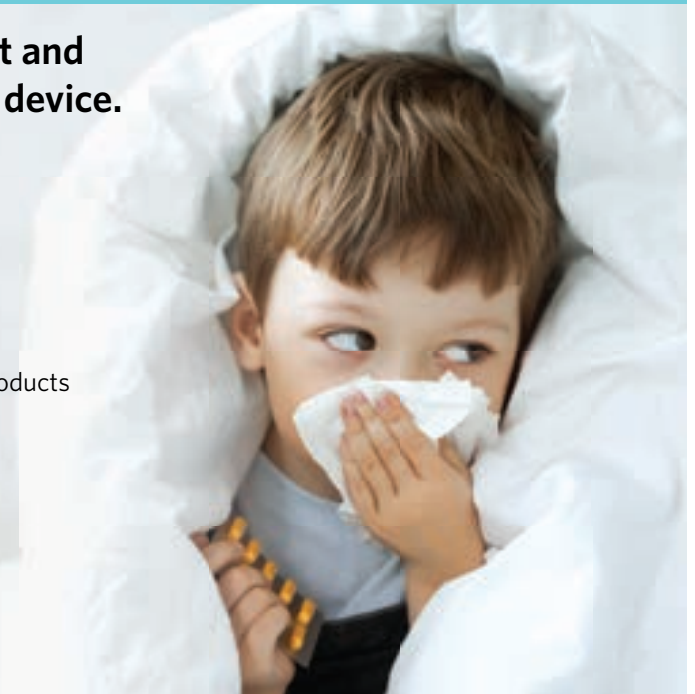
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# FAVORITE SWEET AND SAVORY FOODS



*We asked, you answered.  
Here are some of your Maine favorites, from delicious desserts to savory dishes you return to again and again.*

"Brioche cinnamon buns from The Central Bean & Bakery (York)!"

—Katie Johnson

"Figgy's (Portland) fried chicken biscuit sandwich. It's amazingly decadent comfort food with mashed potato and gravy in sandwich form. So, so intensely good."

—Lucinda Gail

"Lemon cookies (the powdered ones) from Grant's Bakery in Lewiston. So so moist and chewy and delicious."

—Emily Helliesen Day

"You have to check out Satellite Doughnuts in Kennebunkport. De-lish!"

—Russ Grady

"Love Holy Donuts!"

—Kelly Ann

"Baker's Bench (Westbrook) Cream Horns"

—Karen Serunian

"The BEST homemade, family owned, ice cream around at Big Daddy's Ice Cream in Wells"

—Jill Upham

"I have never met a person who's eaten Palace Diner (Biddeford) potatoes who didn't say they were the best potatoes they'd ever had."

—Delilah Poupore

"Little Bigs (South Portland), all of it. Sweets, savories, all of it."

—Sarah Sutton

"The Frisky Whisk in Gray."

—Saridel Hoyt Hel

"Tony's Donut Shop, Portland. Old-school goodness. They are the only place that make a donut that even come close to tasting like the ones my grandfather made."

—Joie Grandbois

"I recently tried Cape Whoopies...they were so yummy and the flavor was amazing."

—Enid Arvelo

"Village Donut in Windham! Yummy warm donuts are the best!"

—Sherry Morrison

"Biscuits & Company (Biddeford). Amazing pastries, breakfast and lunch fare, with the most welcoming vibe and service, with the owner herself often checking on you. It's lovely!"

—Scott Marcoux

"Boulangerie Bakery in Kennebunk! Amy & Zack are amazing!"

—Jill Risley Roberts

"Ice cream from Sticky Sweet or MaineFlavor—both are woman-owned and vegan!"

—Avery Yale Kamila

"Cookie Jar Bakery (Cape Elizabeth). ALL DAY LONG."

—Rivkeh Sahlin

"Hifi Donuts in Portland and Cafe 64 in OOB makes incredible cinnamon buns."

—Michelle Belanger

"Gross Confection Bar (Portland)...I have Brant Dadaleares's desserts every chance I get."

—Jessie Lacey

"Frosty's Donuts (Brunswick) and Gelato Fiasco (Brunswick and Portland)."

—Anna Eleanor Jordan

"The poutine at Blaze Bangor is to DIE for! Also, MDI Ice Cream...sea salt caramel."

—Melanie Brooks

"C Salt in Cape Elizabeth is dangerously sweet."

—Bob L Fowler

"I love the Eighty 8 donut truck and their awesome little donuts."

—Paula Henckel

"I love the sweet potato fries at Frontier in Brunswick. For sweets? I had a blueberry crisp at Darby's in Belfast in 2016 that melted my heart. I have never had a crisp that came close to it since."

—Frances Killea

"I love a dessert from Vinland (Portland): turmeric and parsnip custard."

—Stephanie Takes-Desbiens

"Moody's Diner (Waldoboro) for killer banana cream pie and coffee. Many a high school afternoon was spent skipping class with the gang (sorry, Mom!) to share slices of pie and mugs of joe at Moody's. Lincoln's Country Store in Warren, my hometown, is a surprising place to find pie perfection, too—a little convenience store with a seriously serious homemade pie counter! And the secret weapon sweet spot: Schoolhouse Farms, also in Warren, where the homemade cider doughnuts are always fresh and warm, crunchy on the outside and perfect on the inside."

—Amity Stoddard

"Krista's in Cornish!"

—Acadia Gantz

"The moose bomb at Foley's Bakery (Portland)."

—Kevin Montminy

"Classic cannolis at Terra Cotta Pasta Co. South Portland and all the italian cookies (like the flags) at Botto's Italian Breads & Pastries (Portland)!"

—Nicole Barna

"Scones, coffee cake and muffins and cakes and beyond at Katie Made Bakery in Portland (also, they're awesome people)! And, the ice cream sandwiches at Eventide and soft serve at Honey Paw are go-tos for evening desserts!"

—Devin Green



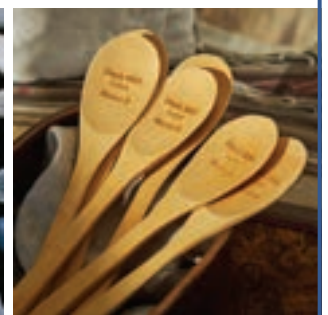
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John Tanguay

# 5 things

## 5 FUN THINGS TO DO WITH FRIENDS

WRITTEN & PHOTOGRAPHED  
BY SHANNON BRYAN

*Doing interesting things means you'll have interesting stories to share with friends, but it's even better when you can turn to your friends and say, "Oh my gosh, remember that time..." Here are five ideas for fun things to do with friends:*

### 1 | Maine BayCycle

**Tours start and end at water taxi float at Bell Buoy Park, Portland**

Cruise Portland Harbor and Casco Bay by the power of your own pedaling! (In truth, this boat does have a motor, so you technically don't have to pedal—but pedal anyway!) The Maine BayCycle will take you and your friends out on the water for scenic views of the waterfront and city skyline. Bring some food and drink on board, too. Cost is \$35 per seat. Charter the whole boat (which seats 15) for \$450. Tours a few times a day Tuesday through Sunday into October. ([mainebaycycle.com](http://mainebaycycle.com))

### 2 | Stonewall Kitchen Cooking School

**Stonewall Kitchen, 2 Stonewall Lane, York**

Hang out with friend while expanding your meal-making repertoire with a cooking class at Stonewall Kitchen. These demonstration-style classes let you watch, learn and—of course—eat. Classes are offered Tuesday through Sunday and include topics like “elegant date night,” “late summer harvest” and “brunch of champions.” (Complete class details—including the menu—are [online](http://stonewallkitchen.com).) Class costs vary, but are generally \$45–\$65. Register in advance. ([stonewallkitchen.com](http://stonewallkitchen.com))

Photo courtesy of  
Stonewall Kitchen



Photo courtesy of Gunstock Mountain Resort



## Aerial Treetop Adventures obstacle course

3

**Gunstock Mountain Resort, Gilford, NH**

See who in your group is bold enough to tackle the 91 challenges that make up the multi-level aerial obstacle course at Gunstock Mountain Resort in New Hampshire. There are eight courses here (including a kids course) that include log ladders, bridges, seesaws, zip lines and more. And as you go, the course gets higher and higher (not to worry, there are plenty of places in between to step off, too). Cost is \$56 weekends and holidays and \$48 during the week and the course is open until October 8. ([gunstock.com/summer/treetop-adventures](http://gunstock.com/summer/treetop-adventures))



# THANK YOU!

On Sunday, July 22, 1,310 athletes, thousands of donors, nearly 500 volunteers, and hundreds of spectators along the course helped us celebrate our 11th annual **Tri for a Cure** to support Maine Cancer Foundation. Our participants raised nearly **\$2 million** this year to support our goal of a cancer-free Maine.

Thanks to our generous sponsors: their support makes sure every single donation goes straight to work to support cancer prevention, early detection and screening, and improving patient care in our beautiful state.

We're already counting down to next year - **July 14, 2019!**  
**Sign up today** for the registration drawing at [www.triforcure.org](http://www.triforcure.org).



Maine Cancer Foundation's **Tri for a Cure**®



# 4 | Paint-Your-Own Pottery

**Color Me Mine, 4 Thompsons Point, Portland**

Painting your own unique coffee mug or teapot or bowl is certainly a big part of the fun. But getting to paint while catching up with friends, gabbing away, helping each other figure out whether a polka-dotted teapot will work in your kitchen and while maybe drinking some wine, too (you can bring your own snacks and drinks)—that’s the greatest part. Cost is \$10 studio fee for adults (\$6 kids) plus the cost of the piece you paint (prices range from \$12 and up). Reservations are recommended for groups of five or more. Open 10 a.m. to 9 p.m. Tuesday through Sunday and 10 a.m. to 6 p.m. Sunday and Monday. ([portland.colormemine.com](http://portland.colormemine.com))



Photo courtesy of Color Me Mine

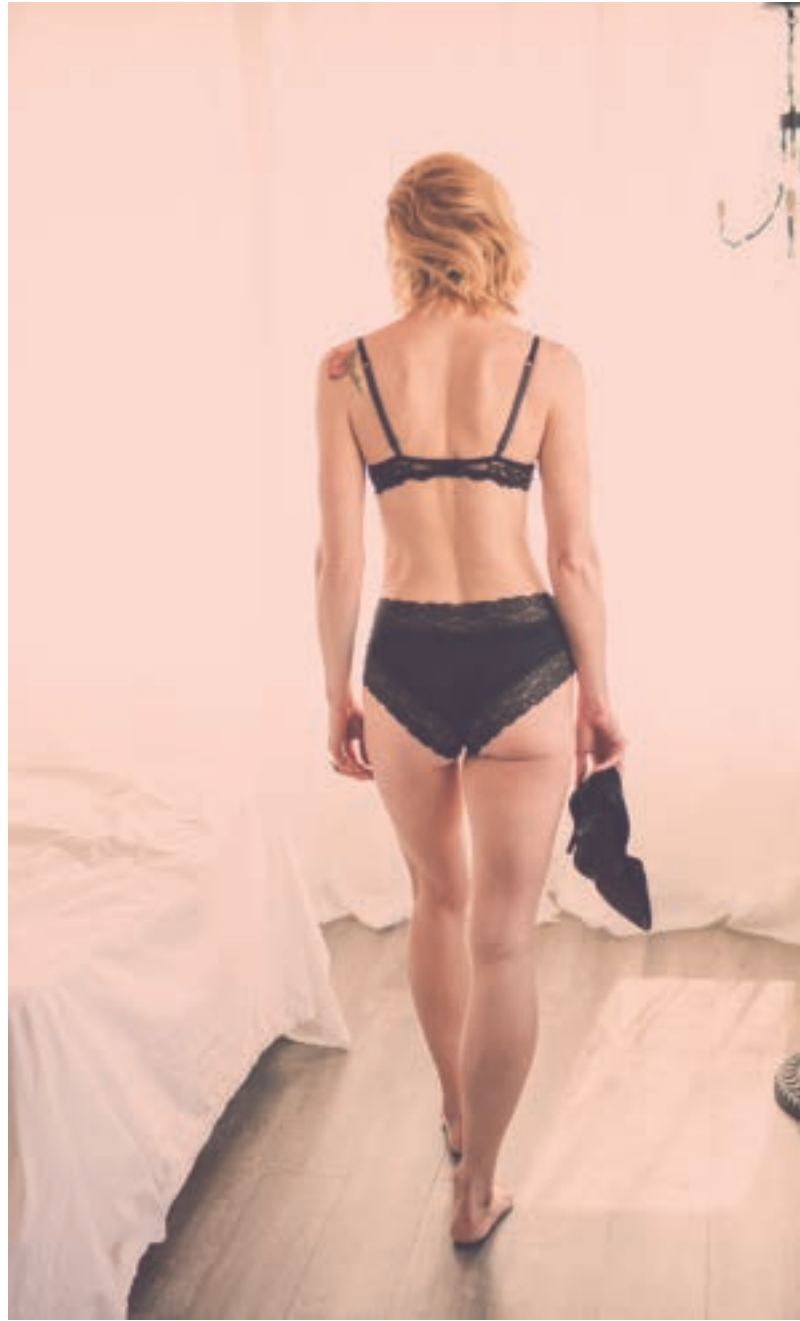


# 5 | Escape Room

**Escape Room Brunswick, 124 Maine St., Brunswick**

Get yourself locked in a room with a handful of your closest friends! At Escape Room Brunswick, you’ll find clues, solve puzzles and open locks—hopefully before the time runs out. What’s neat about group games like this is everyone brings something to the table. Cost is \$20 per person Tuesday through Sunday and \$25 Friday and Saturday. Open 6–9 p.m. Tuesday through Friday and 2–9 p.m. Saturday and Sunday. Reserve a spot online. ([escaperoombrunswick.com](http://escaperoombrunswick.com))

Photo courtesy of Escape Room Brunswick



“Her beauty



# should be captured”

*Learning self-love with body-positive photography*

WRITTEN BY KATIE BINGHAM-SMITH  
PHOTOGRAPHED BY NANCY GREINDL PHOTOGRAPHY



In honor of her grandmother, photographer Nancy Greindl decided to honor women with breast cancer in 2015 by using her skills and offering a free portrait session to five women. Misha (above left) was one of her clients, and was excited to have a day to feel “so beautiful” after all she’s been through.

**N**ancy Greindl has always been an artist, but she didn’t start exploring photography until her 20s. After purchasing her first digital camera in 2000, she started shooting landscapes and senior portraits for teens who couldn’t afford to have professional images taken.

One thing led to another and now, over 18 years later, she’s honed her craft. Greindl still shoots breathtaking landscapes and stunning senior photos, but she’s added something a bit sexier to her resume: She fell in love with doing body-positive boudoir sessions (by accident) after a friend requested a session.

Word got around of Greindl’s body-positive photo shoots, and she now has a studio located in Topsham.

After seeing Greindl’s work, I was in awe of the beauty and confidence of the women in the photos. I felt like it was something that I, a 42-year-old mother of three, shouldn’t do. It’s hard to transition from mother to a woman who feels sexy in lacy undergarments—your seductive side can get hidden under all the other roles in your life. Mine had. And I was positive I would not have half of what these ladies had in front of the camera. But then I decided that was the reason I should do this for myself.

I had no idea what to expect. As I arrived at her studio, thoughts started to take over—How should I sit? What do I do with my hands?—and I began to feel nervous as I got out of my car. But it was the kind of nervous where you let it go because you it’s so out of your comfort zone, you can’t wrap your mind around how it will go. I decided not to think about the finished product and focus on the experience.

And let me say, it was an experience.

Before my shoot, I had a consultation with Greindl and she reminded me that it was her job to make me feel comfortable and she wasn’t going to let me stand there like a deer in headlights. She asked that I bring some fancy undergarments, a favorite t-shirt or button-down shirt—anything that made me feel sexy. And the exciting part was she has racks of fun fur coats, robes, heels and oversized sweaters you can wear as well. I got to go into her dressing room and play dress up.

Greindl knows what photographs well, and she will be as involved or as hands-off as you want when it comes to what you want to wear. After five minutes, I felt so at ease with her that I forgot I was standing there in a thong getting my backside photographed because we were talking about everyday life—about being a woman, about falling in love, about work.

The next thing I knew, I was wrapped up in a crisp white sheet, sprawled out in the sunshine on a bed. Greindl suggested I sit there like I was wait-

ing for my guy to bring me some donuts and coffee.

There was music playing and a bubble machine blowing, and before it was over I had danced in front of her, stood outside in the snow in a fur bikini and posed in front of huge windows dressed with lace curtains wearing only a tiny pair of undies.

It’s been one of the best things I’ve ever done for myself. It was life-changing. Truly.

Greindl helped me see myself in a way I’d always wanted to be seen. She captured me in a way that was true to me because she made me feel so at ease and comfortable with myself in front of her. I told her I’d always hated my backside, and she when she gave me a peek at some of the shots and said, “You mean that butt?” I was amazed it belonged to me. It was as if I was able to see myself through the eyes of a woman who wasn’t riddled with the self-criticism we put ourselves through when we look in the mirror. There is something about posing in lingerie—or even just a sheet; you aren’t just baring your body, you are showing a beautiful, vulnerable side, and Greindl helps you lean into that feeling.

This experience was a huge step in my journey to self-love. It’s a rare moment when a woman takes the time to really see herself and embrace all she is, and this is what that shoot did for me.

Greindl says she hears over and over again how it has changed the way women think about themselves, their self-worth and how they value their bodies. “Many start out doing it for a loved one, and then soon realize it was a gift for themselves,” she says. She has photographed women who are in their 70s as well as women in their 20s, and says no matter what a woman’s age is, “her beauty should be captured.”

While Greindl does edit, she doesn’t body morph or alter bodies in any way. She relies on light, styling, wardrobe and skill to “showcase the clients body,” she says.

Greindl told me she’s seen clients come in after a cancer diagnosis, a divorce, a death of a loved one or those who have been on a weight-loss journey. They all have their own reasons, but the big picture seems to be this: having a body-positive photo shoot brings women a deep sense of joy. And I can’t say enough about what it did for me—I’ve already scheduled my second visit.

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

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IT HAPPENS HERE

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Lindsey Hinkley was a ninth grader when she found out she was pregnant. As a young mom, she dropped out of school and struggled to find a place where she felt safe. With the help of Wayfinder Schools and the Passages program, Hinkley is creating a bright future for herself and her daughter.



# ALL FOR ADDYSEN

*Surviving family upheaval and a teen pregnancy, Lindsey Hinkley has prioritized her education and paved the way for her daughter's success.*

WRITTEN BY CHELSEA TERRIS SCOTT  
PHOTOGRAPHED BY LAURYN HOTTINGER

"I'm not really the person to mess with," proclaims Lindsey Hinkley, who has survived more in her 21 years than many face in a lifetime. Born to two substance abusers in a home that was "constantly being raided for drugs," Hinkley entered a relationship at age 11 and was pregnant by age 14. She has drawn on incredible inner strength and support from her community to thrive despite harrowing conditions.

## **A HARD START**

"I was scared," says Hinkley of finding out she was pregnant as a ninth grader in Bath. That year, the state found Hinkley's mother, who had raised her and her twin brother, unfit to care for them. Hinkley, her brother and older sister were forced to live with a father they barely knew.

When she discovered her pregnancy at five months in, she says, her father kicked her out of the house. Her sister didn't want Hinkley to have the baby and made threats that terrified her. Afraid for her life and that of her unborn child, Hinkley dropped out of ninth grade and moved in with the father of her baby, who had also left school and was living with nine relatives in a three-bedroom house in Brunswick. Hinkley filled out the paperwork for legal emancipation and started life, soon to be a mother, with little support.

## **ALL FOR ADDYSEN**

Hinkley gave birth to her daughter, Addysen, on Jan. 30, 2012. She brought the baby home to what she describes as a chaotic home situation with the baby's father and his family.

When Addysen was 8 months old, Hinkley refocused on her studies. "I really need my education," Hinkley recalls thinking. At Brunswick High School, she



“I learned from my parents what not to do,” says Lindsey Hinkley, 21, who was a ninth grade when she found out she was pregnant. “Addysen’s education is my motivator. If it wasn’t for her, I don’t know where I’d be.”

was required to start ninth grade over again, and was treated “like a regular student, but I wasn’t. I had a baby, and I should have been in 10th grade at that point.” Addysen, meanwhile, remained at home with the baby’s father and his family. “There were 10–11 people in the house at any given time. I knew someone would take care of her.”

Focusing on class work was difficult for Hinkley. “I got in trouble a lot for being on my phone, but I was really checking in on Addysen,” she says. Her saving grace was a guidance counselor who introduced her to Willo Wright, founder of Seeds of Independence, who runs a group for teen parents in Brunswick. Wright introduced Hinkley to the owner of Wild Oats Bakery & Cafe, Rebecca Shepherd, who would become a vital resource for Hinkley in times of need. Soon, she had an internship at the Brunswick restaurant, which evolved into an after-school job three months later.

Hinkley chose to drop out of school in the spring of 2013 to focus on earning money. “I felt like, it was good that I had a job. I still had to pay rent.” But home life was tense and Hinkley no longer felt it was safe for herself and her daughter there. Those tensions boiled over in January of 2016, and Hinkley chose to leave. She secured her own apartment and quickly moved in. She also gained full custody of Addysen.

## PASSAGES

Through Willo Wright, Hinkley obtained a referral that changed her

trajectory. While still residing in her boyfriend’s home, Hinkley entered Passages, an alternative high school program, approved by the state Department of Education, serving eight counties in Maine. Passages is specifically tailored to meet the practical and educational needs of teen parents, both male and female, who have not been able to graduate from high school by traditional means.

Martha Kempe, head of schools at Wayfinder Schools, of which the Passages program is a part, explains: “In our program, we go into their home, see them weekly, provide internet and a laptop. Because they are teen parents, they can feel extremely isolated. Establishing a face-to-face relationship with a teacher is crucial for them to make it through this exciting but also stressful time.”

At-risk youth may need a wide variety of services to help them survive before they can thrive. Passages, Kempe notes, is “not a clinical placement. We guide and support. The students decide what they need. Part of the learning is helping students navigate their communities to find the resources they need.” Hinkley, who had already obtained legal emancipation from her father on her own, was a perfect candidate for a program that requires self-motivation.

“They were really comforting,” says Hinkley of Kempe and her team. “They made me really want to start.”

The program focuses on 24 core skills, including math, humanities, science, budgeting, life learning skills and early childhood develop-



ment. Students are expected to complete homework and projects and are graded on a pass/fail scale. "I did coursework at 11 or 12 at night. It took three years [to graduate]." Along the way, Hinkley drew strength from a warm relationship with her teacher, Cindy Stevenson, with whom she is still close.

In 2016, Hinkley graduated, completing her 25th skill, or Passage, in cake baking. Working with local baker Patricia Moroz, Hinkley created a chocolate and orange marble, two-tiered cake adorned with gumpaste roses. Creating the roses was a new and exciting skill for Hinkley. "I made five gumpaste roses. Those took a lot of time, but I loved it. I hand-formed each one. I love flowers." To complete each Passage, the graduate must present her project to her teacher, another student and Kempe.

"I was so nervous. I get really shy," Hinkley says. She faced her fear and has since spoken publicly at two Passages fundraising events and is open to doing more.

### AT-RISK YOUTH IN MAINE

Recovery from eight years of trauma and a chaotic childhood doesn't come easy. Hinkley was seeing a counselor for a brief time, but felt that she was not understood or heard. "They have this schooling. They try to tell you it's OK. It's not OK." Addysen, now 6, is currently in counseling through Sweetser, and "seems to love it. The counselor comes to the school and offers summer programs."

For young mothers and fathers in Maine, falling through the cracks is a risk. Individuals like Kempe, Wright and Stevenson are heading the charge to assist them. Others, like Shepherd and Hinkley's guidance counselor at Brunswick High School, are picking up the slack, identifying and providing resources to teens whose traumas are deep and whose needs are varied.

According to Health and Human Services data from 2015, the birth rate per 1,000 females ages 15-19 in Maine was 15.3. While teen birth rates have plummeted since 2005, the rate of unmarried mothers in Maine remained stable at 9.7 percent from 2010-14.

Abuse statistics paint a bleaker picture. According to a 2012 article from The Portland Press Herald, "More than 6,000 Mainers—overwhelmingly women—requested [protection from abuse] orders last year to help protect them from potential violence in the heat of domestic conflict."

Other data points to at-risk youth around every turn. In 2011, 77 children aged out of foster care placements into legal emancipation. As of 2013, 4,000 Maine teens ages 16-

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## IT HAPPENS HERE

19 were not enrolled in school and were not working. That same year, 12 Maine children younger than 20 committed suicide.

### CHOICES AHEAD

Today, Hinkley and Addysen live in Bath with Hinkley's boyfriend, Jason. Addysen is a vibrant, energetic child, with whom Hinkley spends time in the outdoors, fishing, boating and exploring. She continues to work at Wild Oats Cafe as a chef, and is contemplating her future. "I know I want to cook. I want to cook and I want to bake. I've had other job offers, for up to \$15 an hour, but I love Wild Oats. My boss helped me to be where I am. She's a really important part of my life."

When asked how she managed to pull herself out of circumstances that shatter so many others, Hinkley says "I learned from my parents what not to do. Addysen's education is my motivator. If it wasn't for her, I don't know where I'd be."

*Chelsea Terris Scott writes plays and short stories and is a freelance journalist. She lives with her husband and two daughters in Portland.*



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## QUOTES FROM PASSAGES STUDENTS

"I'm so thankful for my experience with this school. I have so much more in life to look forward to now, and my options are endless. My son now has a mother he can be proud of, I can now say that I have a high school diploma, and that I never gave up."

—Desiree, Class of 2017

"Now I am able to graduate. I'm able to go to college. Passages has helped me make a future for me and my daughter."

—Kayla, Class of 2014

"For me, Passages wasn't about the papers you have to write or the outings you have to go on; it was about finding who I am and all that I am capable of. For the first time in my whole life I like myself, I'm proud of how far I've come and I am happy with the woman I'm becoming."

—Erika, Class of 2013



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# THE WORK OF WAYFINDER SCHOOLS

Wayfinder Schools provides services to youth ages 14 to 20 who live in eight counties: Androscoggin, Cumberland, Knox, Lincoln, Sagadahoc, Waldo, Washington and York Counties.

Passages is a home-based program for teen parents and other youth who have struggled in traditional high school and are at risk of dropping out.

Statistically, only 40 percent of all teen mothers finish high school and fewer than 2 percent finish college by age 30. Passages graduates 67 percent of teen mothers within the same years as their peers, and 70 percent of those go on to some technical training and/or college within the next two years after graduation.

Most students live at or near the poverty line. Wayfinder programs are free to students.

Curriculum includes basic academics and parenting and life skills training that is necessary as a young parent.

Teachers oftentimes become the first advocate for the teen parent and their child in securing the services needed to successfully transition into adulthood and/or getting the educational, medical, social and housing services the student or child may need.

**For more information about Wayfinder Schools, visit [wayfinderschools.org](http://wayfinderschools.org)**

**To make a donation to Wayfinder Schools or the Passages program, visit [wayfinderschools.org/contribute/donate](http://wayfinderschools.org/contribute/donate)**

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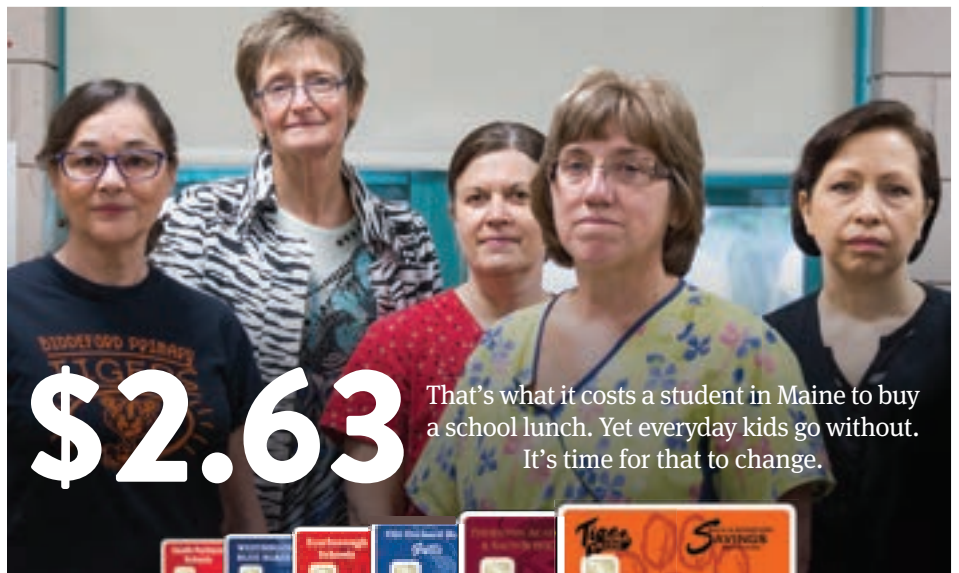
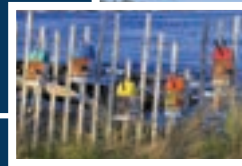


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AT THE TABLE

## Pepper Poppers

(see recipe on page 63)

# CRISPY, CREAMY, TOTALLY DREAMY

*Make these family-friendly pepper poppers*

WRITTEN & PHOTOGRAPHED BY CANDACE KARU

In my culinary repertoire, there is a special category of dishes that I have made throughout my life that have evolved from everyday to extraordinary. They're not necessarily the fanciest or most involved. Usually they are staples that have been refined through the ages and stages of my life in the kitchen.

Jalapeño poppers are one of these special recipes. For many years my father, a career Army officer, taught Spanish and Latin American studies at West Point. He studied in Spain and Mexico and loved Latino culture, especially the food. No matter where we moved—from Kansas to Maryland, New York to Panama and Bolivia—we were always on the hunt for our best-loved foods and the varied interpretations from city to city.

Jalapeño poppers were my Pop's favorite; he liked his deep fried and screaming hot, which was my first introduction to them. I loved the fiery, crispy kick of these cheesy bites of stuffed, peppery goodness, but as my life changed, so did my popper preparation.

Since my family shied away from the intense heat that traditional jalapeño poppers proffered, I made it my mission to re-imagine the traditional recipe.

The first issue was the often-overpowering heat of classic jalapeño poppers, conveyed not only in the pepper, but also in the cheese and added spices. I needed a milder version for my young family, so I started by substituting sweet baby bell peppers in place of the hot jalapeños. Then I switched out the traditional pepper jack cheese with a milder Monterey Jack. Finally, it was out with the cayenne pepper and in with a mellow smoky paprika. The classic jalapeño popper had morphed into our new family favorite—the pepper popper!

My next mission was to make a few healthier changes in ingredients and preparation. I switched from regular cream cheese to Neufchâtel, cream cheese's lighter cousin. Unlike cream cheese, which is made with rich cream and milk, Neufchâtel is made only with whole milk—so it still has real, wholesome ingredients, but a third less fat. I also discovered that baking the poppers yielded the balance of a creamy middle paired with a crispy, crunchy topping that was every bit as satisfying as the deep-fried version my Pop loved so much.

Pepper poppers have become a staple at my house for everything from movie night snacking to pass-around party food. They're easy to prepare and a huge hit, no matter when you serve them.



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## ▲ Pepper Poppers

### INGREDIENTS

- 12 multi-colored baby bell peppers, seeds removed, cut in half
- 8 ounces Neufchâtel cheese
- 1/4 cup shredded sharp cheddar
- 1/2 cup Monterey Jack cheese, (*hotter: pepper jack, hottest: habanero cheddar*)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon smoky paprika
- 1/2 tsp Worcestershire sauce
- Salt and pepper to taste
- 1/2 cup panko breadcrumbs

### INSTRUCTIONS

- Preheat oven to 325°. Line a baking sheet with parchment paper and set aside.
- Mix Neufchâtel cheese, cheddar cheese, Monterey Jack cheese, garlic powder, onion powder, paprika, Worcestershire, salt and pepper.
- Spoon filling into each pepper cavity. Place three or four tablespoons of panko crumbs on a flat surface. Turn the stuffed peppers cheese side down and press them into the panko crumbs, covering the cheese mixture.
- Place peppers on baking sheet, panko-covered cheese side up.
- Bake until filling is melted and panko crumbs

are golden, 15–20 minutes. If panko isn't toasty brown, put the poppers under the broiler for 3–5 minutes, taking care not to burn the topping. Remove from oven and serve immediately.

### PEPPER POPPER PRO TIPS

- Make sure your peppers sit flat on the parchment lined cookie sheet. If necessary, cut the bottom of the pepper so it doesn't roll.
- Don't overstuff the peppers. The cheese will ooze out of the pepper when it cooks if there is too much filling.
- The beauty of pepper poppers is that you can adjust the heat for your audience. If you're cooking for a crowd, you can double or triple the recipe and make several versions of the poppers. I color code mine. I stuff yellow peppers with the mild version (Monterey Jack and paprika), orange peppers get a slightly hotter version (pepper jack and chipotle pepper powder) and red peppers get the "only the brave" version (habanero cheddar and cayenne pepper).

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



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# RESPONSIBLY SOURCED STYLE

*Ramblers Way combines a timeless feel to their apparel  
and a future-minded approach to production*

WRITTEN BY AMY POWER

PHOTOGRAPHED BY AMANDA WHITEGIVER

Everyone knows Tom's of Maine. I brush my teeth with Tom's toothpaste every day. Yet, many are still unfamiliar with the encore: a clothing company called Ramblers Way.

Founded in 2009 by Tom Chappell, who also founded Tom's of Maine, which was sold to Colgate-Palmolive in 2006, Ramblers Way creates responsibly sourced, skillfully crafted, American-made sustainable clothing for women and men. Just as with Tom's, Ramblers Way is committed to protecting the planet and supporting local economies.

"I think the ultimate goal in this is that we end up making an impact in the industry," says Eliza Chappell, the VP of retail operations and the women's wear designer. "I'll know we've made it if we can inspire companies to pursue sustainable practices, create less pollution and provide jobs in America. I don't care about setting trends; I care about the impact the business has on the world and our environment."

Despite not aiming to set trends, Eliza Chappell has produced a comprehensive and thoughtful collection of covetable pieces that transcends demographics. The classic and effortless style has a timeless feel and something for every body shape, size and age can be found in the flagship store located at 75 Market Street in Portland. Chappell not only designs the clothes, she designs the interior of each shop as well—down to the fixtures. As items are produced in Kennebunk, any garment you see on the rack can be custom made to meet your sizing and color needs—at no additional cost. Given my 5-foot-1-inch stature, my tailor may be bummed, but I'm particularly thrilled by this fun fact.

The sumptuously soft and comfortably cool Wool Deep V Camisole and Lightweight Linen Pant (which evoke Meghan Markle's look from Wimbledon) pair seamlessly with the Harvest Tote in Natural from Love Line Baskets to do a little shopping at Crystal Spring Farmers Market in Brunswick. The entire line has a casual ease that belies the difficulties of designing within the sustainability framework.

"The world is not my oyster," Chappell says. "I cannot pick whatever I feel like because I am thinking about sustainability in every step of the process. With the fiber limitations, for example, I really have to be more thoughtful about what I'm creating." The fiber she is referring to is Rambouillet Merino Wool, the proprietary yarn used by Ramblers Way exclusively for the first few years of operation; they now also use certified organic Merino wool and pima cotton. The superfine and long

staple fibers come from Rambouillet sheep, an American cousin to the better known Merino. The resulting fabric is a clean, smooth and tightly knit yarn, free of itchy fiber ends.

When they claim it's not itchy, they mean it. You would never know you are wearing wool. I especially love the Wool Deep V Camisole we used in both our looks. It offers a sleek, minimalist and strappy option for transitional layering, lounging and adventuring. I love the thoughtfully placed horizontal bar detail across the back; not only was it beautiful, it also held the straps in place despite the Deep V in the back. A testament to Chappell's keen attention to detail, the drape of this tank allows it to feel as natural with a pair of shorts on a hot September day as with a pencil skirt and blazer for work. For this look, we paired the camisole with the Reversible Vest. This was, admittedly, a little outside of my normal style purview, but the drape of the vest coupled with the comfortable color pallet invited me to be cautiously adventurous. We found it an ideal layering piece for anyone looking for an alternative to last season's favorite long sweater coat, worn over sleeves or sleeveless options alike. We love the look of the vest with dark denim, and opted for our go-to jeans from Gingham in Yarmouth, the High Waisted Looker in Clean Sweep by Mother.

"It's not just about aesthetics, I'm constantly thinking about how I can create less waste in the manufacturing process," Chappell says. "You'll notice a lot of lines in my designs. Down the center front and back, for example. The goal with this tactic is to draw your eye in, create longer lines, and minimize the amount of wasted fabric in the cutting process." Lines are helpful in creating a universally figure flattering shape, and this detail perfectly illustrates the artful balance Chappell manages to strike in each collection she creates between sustainability and fashion. Ramblers Way clearly demonstrates that style and ethics are not mutually exclusive. You can have your cake and eat it too!

**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.**



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

***Have any style questions for us?***

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#### **GET THE LOOK**

Wool Deep-V Camisole by Ramber's Way (\$85)  
Reversible Vest (\$160)  
High Waisted Looker in Clean Sweep by Mother—  
available at Gingham (\$195)  
Seneca Camp Moc Chukka Boot in Tan by East-  
land Shoe of Freeport (\$100)  
Harvest Tote in Yellow from Love Line Baskets by  
Gallit of Bowdoinham (\$70)



**GET THE LOOK**

- Light Weight Linen Pant by Ramblers Way (\$185)
- Wool Deep-V Camisole by Ramblers Way (\$85)
- Debra Woven Loafer in Bone by Eastland Shoe of Freeport (\$90)
- Tortoise Link Necklace by J.Crew Factory (\$39.50)
- Vintage Gold Disc earrings from Village Style Consignment Boutique (\$8)
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# PARENTAL CONTROL

*Two books by daughters*

WRITTEN BY AMY CANFIELD

Two books by Maine women landed on my pile recently that deal with the often harsh complexities of daughter-parent relationships. One is about mothers, the other about a father, and both are testaments to women's strength—and resiliency—in emotionally healing from deep-rooted wrongs. They are also tributes to women's power to overcome and forgive.

## IMPLOSION, A MEMOIR OF AN ARCHITECT'S DAUGHTER

Elizabeth A. Garber is a published poet and acupuncturist and the daughter of an abusive, unyielding man. Woodie Garber was a renowned modernist architect who designed, among other high-profile projects, the family's glass-walled house in Ohio.

Garber writes of how, as a young child, she idolized her father, then grew to fear and despise him for the terror he inflicted on her, her brothers and their mother. When the family finally flees his control, they are forced to live in poverty and to learn how to “emerge from the damage of our entrapment in the glass house.”

Through it all, from her rebellious teenage years in the late '60s and early '70s to her adult life with a family of her own in Maine, Garber loves her father. She strives to regain some semblance of a healthy relationship with him.

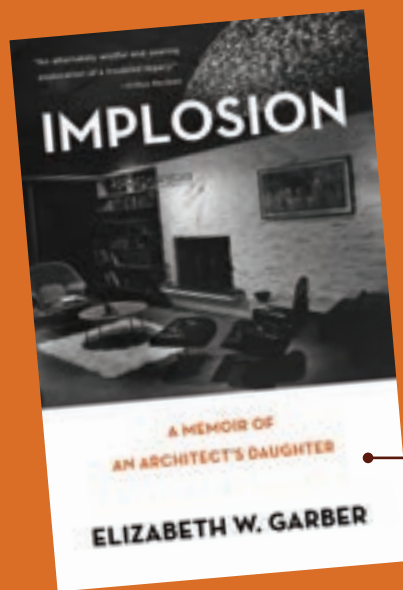
“Implosion” is a flowing, emotional memoir, and Garber's life experiences are compelling and perceptive.

## COMPASSIONATE JOURNEYS, HONORING OUR MOTHERS' STORIES

If you took yourself out of the role of daughter and took a deep dive into your mother's life story, where would you end up? If during your childhood she abandoned you, was cruel or just had unrealistic expectations, would her story and experiences evoke your empathy? Would you come to understand your mother as a woman in the context of her time?

Five Maine women found out. They met for more than five years to unravel their mothers' stories, researching the “personal, cultural and historical forces that shaped” these women's lives. The daughters offer up their work in “Compassionate Journey, Honoring Our Mothers' Stories.”

Their stories are an intimate look at their mothers, from their vulner-



“Implosion, A Memoir of an Architect's Daughter”  
By Elizabeth W. Garber  
She Writes Press, \$16.95



“Compassionate Journeys, Honoring Our Mothers' Stories”  
By Maggie Butler, Cheryl Gillespie, Jenny Radsma, Martha Rice & Jane Sloven  
Maine Authors Publishing, \$18.95

abilities to their vigor. The writers share their relationships, past and present, the trauma, the arguments, the tender times. At the end of each mini-biography, the writers reflect on their journey, what they learned and what it means to them.

The book also provides a guide for readers who would like to make their own “compassionate journey” through their own mothers' lives.

This is a book that will resonate with many in its relatable scenes of mother-daughter conflicts, estrangement and final days.

**Amy Canfield, a daughter and a mother, is a writer and editor who lives in South Portland.**



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# THE UMAMI COCKTAIL EXPERIMENT

WRITTEN & PHOTOGRAPHED BY JESSIE LACEY



Perhaps you have heard the word “umami”—not to be confused with “unami,” because an eel cocktail would be a bad idea (or would it?). Umami is one of the five basic tastes, often called “savory,” which includes sweet, sour, bitter and salty. A loanword from the Japanese, umami can be translated as “pleasant savory taste.”

The craft cocktail movement has grown so much and so quickly that, in a relatively short time, innovative bartenders have exhausted every other major flavor profile. Sweet cocktails abounded in the 1970s. Sour has a whole cocktail category named after it. If you crave salt, have a margarita. Bitter amaro cocktails were the biggest bar trend last year. Now that the fifth flavor profile has finally gotten some recognition in the west, we need a savory cocktail. While monosodium glutamate (MSG) is my go-to umamifier, it unfairly has a bad rep and it would make a terrible rimmer anyway. Other foods rich in umami are shiitake mushrooms, soy sauce, fish sauce, cured meats and green tea.



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2 ounces Stroudwater Belfry Bourbon Limited Release  
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1/8 ounce lime juice  
A couple dashes of bitter Armando from Vena's Fizz House  
Salt/thyme rimmer  
Garnish with a candied shiitake mushroom or candied bacon

*Give your rocks glass a salt rim, using a coarse salt that is a mixture of sea salt, pepper, other herbs. I use the Thyme & Salt rimmer from Cocktail Courier. I found the best way to get the rim to stick is to use simple syrup; this also helps to balance the saltiness. Fill your class with ice cubes. Fill your shaker with ice and put in all the above ingredients except garnish. Shake and pour into your rocks glass and garnish with a candied shiitake mushroom (other savory garnishes will work, like candied bacon).*




I wanted the umami to work with the spirit, not bottleneck the spirit in to be hidden by the umami. My first thought was to use Stroudwater Distillery's Belfry bourbon, specially blended from a selection of fine bourbon whiskeys and finished in maple porter beer barrels (which were used to age Bissell Brothers' Angels with Filthy Souls). I also wanted it to have a smokey note to it, but not rely on Worcester sauce for that, so I used Laphroaig Islay Single Malt Scotch Whisky. With the rest, a little goes a long way. I used Worcester sauce as the central savory flavor and bitter Armando bitters, which has the deep smoldering flavor of Lapsang Souchong Tea enhanced by peppery citrus notes.

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




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# DEBRA COLBY & WRITING

WRITTEN BY DEBRA COLBY

PHOTOGRAPHED BY LAURYN HOTTINGER



I have always written, it's what I do. As a person who struggles with saying what I mean (and then sometimes backtracking), I have discovered the power of the written word. It doesn't falter or stammer when questioned. It makes its point and is final.

I began writing my thoughts and feelings down in journals as an angst-ridden teenager, jamming my pencil onto pages at the rage and injustice of the world. I would pour out my anxieties and scribble until I filled page after page, releasing my pent-up troubles.

I didn't realize how powerful writing could be until I entered high school and essay after essay was lumped upon us. Although others cringed at the thought of another essay, I rejoiced at them. I enjoyed researching the subject, working on the outline and then putting it all together in my own words.

After graduating high school, I fell in love and married. I became ob-

sessed with being a wife and then a mother, but I couldn't stop writing. In my free moments, I jotted down my love and depth of feeling for my new family. I began to write poetry. I had always loved expressing my feelings through short verses that could capture a moment with a big impact. I soon had enough pieces to fill a book, which I self-published in 2007. I was naïve in how to generate sales and was at loss on how to market it. So, in the end, that book became a simple love story for my friends and family.

I write about the things I love—about the places I've been and things I've seen in this wonderful state. I've written columns for local newspapers and another book of short stories and poetry, and I'm always surprised and delighted to hear when my words touch other people. My words come from the heart, I bleed out my sorrows on paper and exclaim my joys and happiness through the clicking of the keyboard. I write because I have to, the need is too strong not to.





Debra Colby writes at her home in South Portland. She writes, she says, because she has to.

Debra Colby is the author of "This Ain't Shakespeare," "Mom's Eye View" and "I Heard You." She lives in South Portland with her family and is currently working on her fourth book. Visit her website at [debracolby.com](http://debracolby.com).

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# INTERLUDE FROM DAILY GRIND TRÉS MAGNIFIQUE

WRITTEN BY MAGGIE KNOWLES

**T**hree weeks before we were supposed to board a plane to Europe, my husband decided he was “too busy” to go on vacation (on, mind you, a trip we had been planning for seven months).

On the fiery hot crossroads of insane disappointment and wild abandon, I decided I would still go. Alone.

Having no desire to recreate any number of an “awakening voyage of a middle-aged woman” memoirs, I figured, if nothing else, I could do a fabulous version of Eat. Drink. Sleep.

People gasped. They clutched their pearls and told me I was “so brave.” They assumed I was having marital troubles or an existential crisis.

This trip had been scheduled during my son’s camp, so no additional fretting was involved in the decision. When will I ever again finagle a guilt-free European adventure on my own? There was no begging or negotiating. Husband wanted to stay home and (no joke) clean out the basement, so I would go clean out some wine cellars of my own.

As departure day drew near, my husband started to realize the stuff he would have to deal with during temporary bachelorhood. While I tried to cram everything into one carry-on, he grilled me on how to use the coffee machine and dishwasher. Then he panicked: “What am I supposed to eat?”

Insert maniacal grin: In my absence he will realize everything THAT I DO.

“But how can you just leave?” people asked (judged) in wonder.

Moms especially feel burdened with guilt and responsibility, like the house will literally cease to stand if they go anywhere farther than Target. I felt like that, and my kid wasn’t even home. Will the dog get walked? What if the

oven gets left on? Who will water the flowers?

I had to shove down that urge to micromanage and have faith that I married someone who would wash dishes (if not the way I would do them).

Cut out any images you have of me waltzing through castles and boarding yachts. This trip was simple: It was truly everything I want to do at home, but can’t. I sat and read for uninterrupted hours. I walked and walked without anyone complaining they were hungry or bored. I drank coffee while it was still hot. I took a perfume-making class. I learned to make macarons from a real pastry chef. I never set an alarm.

I had no massive, life-altering moments. But I came home like I knew myself again. I filled up all of those little cups that had been shoved to the back of life’s pantry. I came home calm, light, fulfilled...and ready to step back into family life.

Part of parenting is that we live for our kids. It is a noble sacrifice. But if we allow our sense of adventure and our pre-kid inner desires wither up, how can we teach our babies to indulge their own sparks?

Realizing that hopping on a plane to France is not a realistic goal for all, I invite you to please find a way you can excuse yourself from the daily grind and take yourself on a mini-vacation. Even if just for a full day of no phone, no errands, no friends, no responsibility and, most importantly, no guilt. Get to know yourself again just with yourself. Do a few things that fill up your happiness cups, as long as it doesn’t involve cleaning out the basement.

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

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Rana Daniel, Jessica Ramsden, Kate Zylinski, Marianne Connelly, Mia Proctor and Erica Kenosi—and some of their little ones—at a Mom to Mom coffee playdate in Cape Elizabeth.

# MOM TO MOM

WRITTEN & PHOTOGRAPHED BY AMY PARADYSZ

“When I had my first child, I had severe prenatal and postnatal depression,” says 29-year-old Jessica Ramsden of Cape Elizabeth. “I retreated into myself. I really didn’t have any support network other than my mom, who had a full-time job, and my husband, who had a full-time job. Postpartum depression is part chemical and part hormonal, but a huge part of it is the isolation of thinking it’s just you and this child.”

Talking with her husband about having a second child was a touchy subject, but Ramsden instinctively knew it would be different if she made sure she wouldn’t be isolated. She joined Mom to Mom of Maine, a volunteer-run organization that has been helping southern Maine mothers maintain their individuality, creativity and emotional health for 15 years. Then she went through her second pregnancy—three

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Mia Proctor of South Portland with her younger son, Forest. *Photo by Amy Paradysz*



years ago—with a tribe of women going through the same phases of life. “Hundreds of years ago, people didn’t live alone, and moms didn’t do it all by themselves,” says Ramsden, who also works from home as a seamstress and sews handmade bags. “I joined Mom to Mom and the experience of my second pregnancy was like night and day, having the network I needed.”

The \$35 annual membership includes invites to meetups at homes, playgrounds and indoor play areas as well as field trips to kid-friendly places such as farms, baseball games and ice skating. Last year, Mom to Mom had a big Halloween party with more than 100 people, as well as a singer and a balloon artist. Some years they have a Momapalooza pampering night with massages and pedicures. Members share access to passes to the Children’s Museum of Maine, Narrow Gauge Railway and

Southworth Planetarium.

“This is for moms, but it’s also for kids,” says Ramsden, whose boys look forward to running around with their little buddies. “There’s something every week.”

For 35-year-old Rana Daniel, who has a preschooler, a toddler and an infant, the term stay-at-home mom is definitely a misnomer.

“Since having Eloise, every day we’ve gone somewhere, usually a Mom to Mom event,” says Daniel, a Mom to Mom board member from Cumberland. She nurses baby Eloise and enjoys adult conversation with other moms, while her sons, 5-year-old Tom and 3-year-old Ben, play with their friends. “Anytime there’s an event, I’m going to it,” Daniel says. “My kids end up knowing these other women, and when we’re at a playground, we’re looking out for each other out of the periphery.”

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Daniel went through her most recent pregnancy on roughly the same timeline as another Mom to Mom board member, 32-year-old Marianne Connelly of Westbrook, who joined after her older son was born 2 1/2 years ago. "It was super helpful to have somebody who was at almost the same stage," Connelly says. "Basically we just got to complain to each other about all the hard parts of pregnancy."

Many of the 134 members of Mom to Mom have moved from other states, including Erica Kenosi of Cape Elizabeth, with her 8-month-old daughter Lillian in tow.

"I'm a new mom and new to Maine,"

**"I joined Mom to Mom and the experience of my second pregnancy was like night and day, having the network I needed."**

.....

said Kenosi, who is 40 and from western Massachusetts. "I'm making new friends and some friends for Lillian, because our house is very quiet and she needs interaction."

"Mom to Mom is a judgment-free zone," says Mia Proctor, a 33-year-old mom of two from South Portland. "I know other moms—my husband's friends' wives. But these women here all met through Mom to Mom, and everyone has different backgrounds, which I really like. Everyone's there for each other. I ask questions and get answers from different points of views, like 'how is your baby sleeping?'"

Just being together, moms get advice on everything from packing for the beach with a baby to recommendations on pediatricians and kid-friendly restaurants.

"When in doubt, just post in the group and see what everyone thinks," Ramsden says, adding that she saw a comment about a machine that dispenses the correct number of ounces of formula at the perfect temperature. "Where had that been all my life?" she quipped.

*Amy Paradysz is a freelance writer from Scarborough who writes about women's groups for mixing and mingling.*

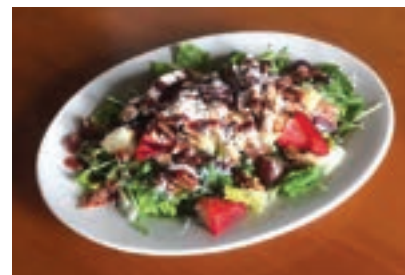


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Photo by Isaac Oliver

Model: Tess La Twizzler

**Warm Front**

*Witten by Michelle Tucci, Casco*

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