

# MAINE WOMEN

SEPTEMBER 2022

this month

## BACK TO SCHOOL

HOW TO PULL OFF A CAREER CHANGE

### PLUS

SEPTEMBER HAPPENINGS  
CRAFT TO CAREER  
MAKING COLLEGE MORE ACCESSIBLE  
CURIOSITY AS SELF-CARE  
A BIPOC BIG DREAM  
AND MORE





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A CURATED LIST OF STATEWIDE HAPPENINGS WORTH YOUR ATTENTION.

worth it

## EXTROVERTED

18th Maine Lakes Brewfest is on **Saturday, September 24th** 12-4pm at Point Sebago Resort in Casco. Over 35 brewers and 10 food vendors. Visit [GBLRCC.ORG/BREWFESt/](http://GBLRCC.ORG/BREWFESt/) for tickets and more info.

Catch the Gold Dust Woman herself, Stevie Nicks with special guest Vanessa Carlton **Thursday, September 22nd** at Maine Savings Amphitheater. For tickets go to [msa.wfconcerts.com/092222](http://msa.wfconcerts.com/092222)

**September 17th** is the Brady Nickerson Foundation Golf Tournament at Traditions Golf Club in Holden. The Brady Nickerson Foundation was created after Brady passed away from sudden and aggressive pediatric bone cancer at 14 years old. To keep his memory alive, the foundation was started. Come golf in Brady's memory and raise money for a great cause. Email [timbushrealestate@gmail.com](mailto:timbushrealestate@gmail.com) for more information or to sign up.

**September 1st - 4th** is the Thomas Point Beach Bluegrass Festival. Enjoy listening to Béla Fleck's My Bluegrass Heart, Sister Sadie, The Burnett Sisters with Colin Ray, Erica Brown & the Bluegrass Connection and many others. FMI [thomsonpointbeachbluegrass.com](http://thomsonpointbeachbluegrass.com).

Enjoy music from the 60's, 70's and 80's and dance the night away on a two hour sunset classic rock cruise sponsored by the Naples Lions Club! Departs at the Songo River Queen Dock in Naples on **Saturday September 3rd**. Boarding starts at 6:30, departs at 7:30 and returns at 9:30. Tickets are \$25 in advance, \$30 day of cruise, if not sold out. FMI visit [www.eventbrite.com/e/256842251087?aff=efbneb](http://www.eventbrite.com/e/256842251087?aff=efbneb)

## SEIDENTARY

Beautiful: The Carole King Musical Tour will be at the Ogunquit Playhouse on **Sunday, September 18th** at 2pm. For tickets visit [www.vividseats.com/beautiful---the-carole-king-musical-tickets-ogunquit-ogunquit-playhouse-9-18-2022--theater-musical/production/](http://www.vividseats.com/beautiful---the-carole-king-musical-tickets-ogunquit-ogunquit-playhouse-9-18-2022--theater-musical/production/)

CAROLE KING

**Every day through September 5th**, Wayfinder Schools are holding the second annual Finding Our Way Down East virtual race. This fundraisers purpose is not only to raise funds, but to get people moving! FMI at <https://www.mainepublic.org/community-calendar/event/finding-our-way-down-east-virtual-race-26-04-2022-13-59-28>

Meet fast talking traveling salesman Harold Hill in the production of The Music Man at Studio Theatre of Bath, playing **September 8th - 18th**. Visit [Broadwayworld.com](http://Broadwayworld.com) FMI

## INTROVERTED

# welcome to maine women magazine

**F**i and welcome to *Maine Women* magazine. Each month we strive to bring you content that will enrich your daily lives, brought to you by your fellow Mainers. We deliver information on poetry, art, music, movement, reflection, as well as legal, financial, career, and mental health advice. This is just a start, and we would love for you to be a part of it. Please contact us at [agoslin@mainewomenmagazine.com](mailto:agoslin@mainewomenmagazine.com) with your thoughts and ideas. We also welcome submissions of poetry, fiction, artwork, and photography at the same address. ●

## our mission

**MAINE WOMEN** SUPPORTS THE WOMEN OF MAINE IN TANGIBLE WAYS THAT GO BEYOND JUST INFORMATION AND ENTERTAINMENT. WITH A SOLUTIONS JOURNALISM FOCUS ON THE ISSUES THAT MATTER MOST, THIS PUBLICATION IS SIMPLY A REFLECTION OF WHAT IS TRULY A COMMUNITY THAT CONNECTS AND EMPOWERS WOMEN - AND PUSHES THE SYSTEMS THAT SUPPORT THEM TO BE BETTER.

# Alnoba Environmental Leadership Awards

Announcing the 2022  
Award Recipients

*"Be a good ancestor.  
Stand for something bigger than yourself.  
Add value to the Earth during your sojourn."*  
— Marian Wright Edelman

To be presented at the Alnoba  
Environmental Awards Dinner on  
**Wednesday, October 19, 2022.**

## 2022 WORLDWIDE AWARD RECIPIENTS

Gender Equity Moment of  
Truth Leadership Award



**LORETTA J. ROSS**  
REPRODUCTIVE RIGHTS  
PIONEER LEADER

As part of a 50-year history in social justice activism, Loretta was the national coordinator of the SisterSong Women of Color Reproductive Justice Collective and co-created the theory of Reproductive Justice in 1994. She was co-director of the 2004 March for Women's Lives and launched the Women of Color Program for the National Organization for Women.

Moral Courage in  
Leadership Award



**DOC HENDLEY**  
FOUNDER, WINE TO WATER  
Doc first envisioned the concept of Wine to Water while tending bar and playing music. He started to raise money and six months later he was in Darfur, Sudan installing water systems for victims of genocide. Since then, Doc and his team have worked in 50 countries and reached more than 1.4 million people with clean water.

International Indigenous  
Leadership Award



**JOSEFINA TUNKI**  
PRESIDENT, SHUAR PEOPLE  
OF ECUADOR  
Josefina is the Indigenous face of the anti-mining struggle of Ecuador's Cordillera del Condor region, where she serves as the first female leader of the Shuar People. She is tenacious and unafraid—confronting both the state and mining companies in defense of the collective rights of the Shuar.

Emerging Environmental  
Entrepreneur Award



**SAM EVANS-BROWN**  
EXECUTIVE DIRECTOR, NEW  
HAMPSHIRE CLEAN ENERGY  
Sam leads Clean Energy New Hampshire in its effort to create a cleaner, more affordable, and more resilient energy system in the Granite State. Prior to that, Sam was a nationally known podcast host and radio journalist, where he helped to expand the public's understanding of New England energy issues.

CEO Environmental  
Leadership Award



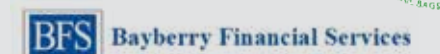
**GEETA AIYER**  
FOUNDER AND CEO, BOSTON  
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Geeta combines over 30 years of experience in finance with a passion for environmental and social justice. Under her leadership, Boston Common has built a strong investment record and meaningfully improved the policies and practices of portfolio companies through impactful, proactive shareholder engagement. The firm is a "Best for the World" honoree within the global B Corp community.

For more information about bringing your event to Alnoba, contact Wendy Manning at [wmanning@alnoba.org](mailto:wmanning@alnoba.org) or call 603-418-7407.

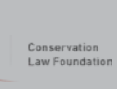
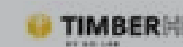
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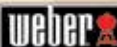
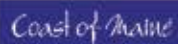
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# your thoughts

I love what you are doing with the covers. Kudos to your designer!  
- **Heather Chandler**

**Maine Women:** Thank you, Heather! The team at Naretiv, a design firm in Camden, redesigned our magazine (along with Maine Senior) starting with the May 2022 issue. We are enjoying the new look, too! Check out more of their work at naretiv.com.

Thank you so much for publishing "The Star Sequence" poem. And I love the "Wild Women" theme! Love it, love it, love it... And Carlie Hutchings piece... All of it. Excellent.  
- **Susan**

## *we welcome submissions of*

**YOUR ORIGINAL POETRY, VISUAL ART, OR FICTION**

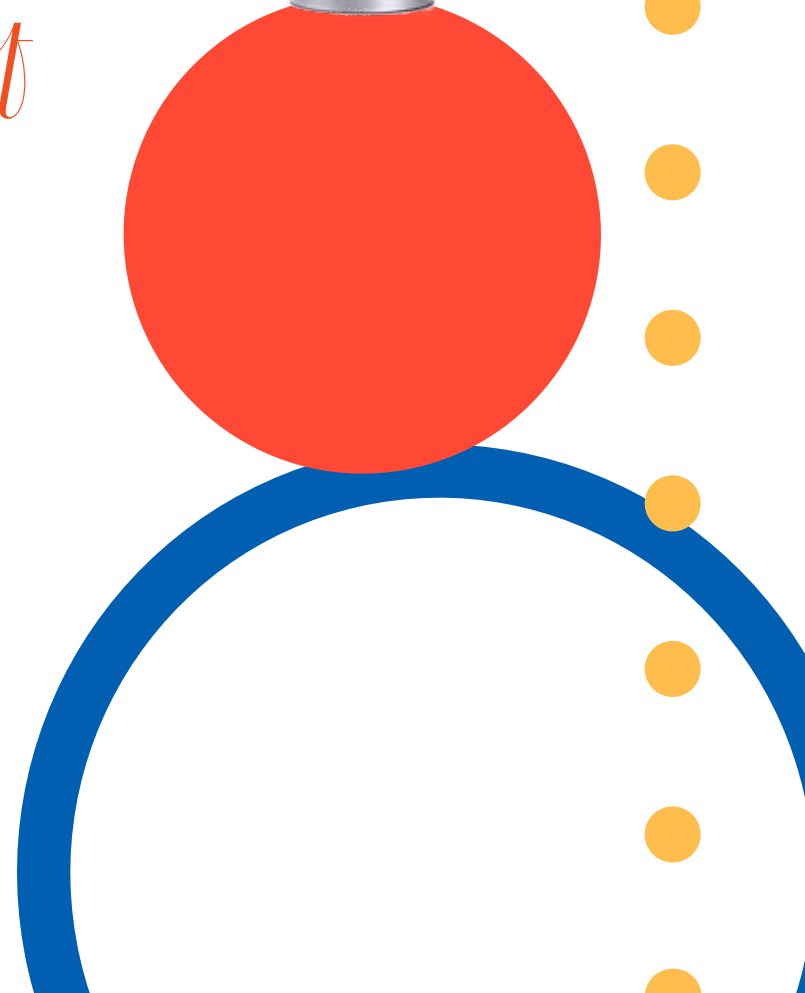
**YOUR "BIG DREAM"**

(500-ISH WORDS ON THE THING YOU WOULD LOVE TO ACCOMPLISH IF NOTHING STOOD IN YOUR WAY)

**A MAINE WOMAN WHOM YOU FEEL DESERVES AN "ODE" TO HER WORK AND DEDICATION**

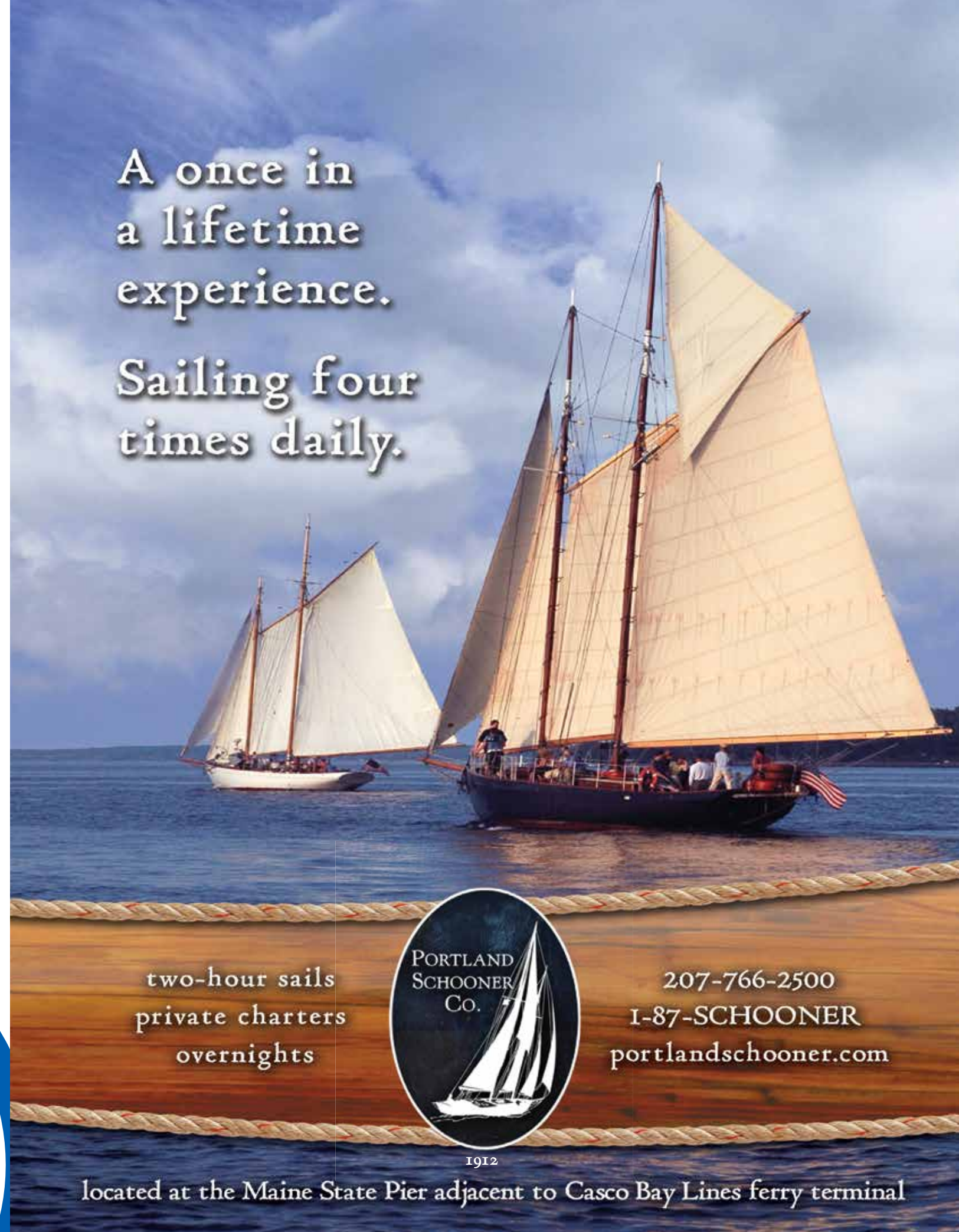
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# Apology on Not Hearing the Question

BY KATE KEARNS

.....

In place of answer, a word drops me  
in its pocket and legs it out the door.  
A bottle cap for company, a shim  
of rock or wood, slim as a penny,  
and a wiry crease of daylight. Each step  
jangles us toward wherever we're going  
until we learn to tilt against the sway.  
The word shifts from concrete to dirt,  
skirts around roots and pivots to crunch  
a particular leaf. I'd swear it wades and  
scuffs through bulrushes, crouches close  
to a dragonfly's wingbuzz. The word  
pauses to breathe. It breathes, yes it sighs,  
like a bumblebee which cannot fly and flies.

.....

*KATE KEARNS EARNED HER MFA FROM LESLEY UNIVERSITY. SINCE THEN, SHE'S PUBLISHED A CHAPBOOK ENTITLED HOW TO LOVE AN INTROVERT (FINISHING LINE PRESS, 2015), AND HER POEMS HAVE APPEARED LOCALLY IN MAINE SUNDAY TELEGRAM AND GOOSE RIVER ANTHOLOGY. POEMS ARE ALSO PUBLISHED OR FORTHCOMING IN PEREGRINE, SALAMANDER, SUGAR HOUSE REVIEW, NORTHERN NEW ENGLAND REVIEW, SOLILOQUIES ANTHOLOGY, AND OTHER PRINT AND ONLINE JOURNALS.*



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## 8th Ragged Mountain Scuttle



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**Want to volunteer? Contact: [info@onecommunitymanyvoices.org](mailto:info@onecommunitymanyvoices.org)**



**Julia Fomichenko** is a senior at Thornton Academy High School in Saco. These paintings, together entitled Youth vs. United States, are meant to showcase her belief that the U.S. government should care more about American youth.

Julia Fomichenko



Above: *Heirloom*

Left, top to bottom: *Out of Sight, Out of Mind, Posted: No Weapons, This Isn't Love*



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# this keeps me sane

RETIRED SCHOOLTEACHER **DEBRA FOOTMAN'S** LOVE OF HORSES KEEPS HER SANE - AND SO MUCH MORE.

INTERVIEW BY **ALISHA GOSLIN**

## How did you find this activity?

I was born with a complete love of all animals. Later, it became more horse specific. I remember when I was 9 or 10, my parents would take me to see the horses on the Greenpoint Road in Brewer. It meant so much to me. In the summertime starting when I was 13, I would have the opportunity to go on trail rides and spend time at stables in the area, and I grew to love horses so much. My good friend in high school and I used to draw horses together. I knew, right then and there, that someday, I would have a horse of my own. It was a long time, because I went to college and got my degree and then started teaching before I had the opportunity to call a horse my own, but I did reach my goal.

## When did you get your first horse?

When my son got older, I decided it was time for me to do something for myself. I had a friend who was working at a farm, and he called me up and said we got these two nice thoroughbreds here. You should come meet them. I fell in love with the "no name" (because no one knew his name) 16.2-hands-high thoroughbred that I later named Sierra's Breeze. That is when my journey with horses began to be truly spiritual. When I touched him, there was an incredible exchange of energy. He made me whole and I made him whole. That has been the basis of my relationship with horses since.

## What does this fulfill for you?

It began as a self discovery journey, and the more that I was with horses, the more I learned about myself. I'd compare my journey with horses to the book by Margery Williams, *The Velveteen Rabbit*. It takes many, many years, but even the rabbit, when loved upon by his boy, until the point he was shabby and disheveled, when he cried a real tear, the fairy made him real, with a real bunny body. I find riding horses has affected my whole life. It's made me a better person. My friends are real friends that are there for me no matter what. We ride together whenever possible, we travel together, we are at the barn together. It's an incredible bond. In respect, I'm like the velveteen rabbit that became real. I'm old, I'm rubbed on and a little worse for the wear. But it's made me real.

## What would you tell people who are afraid of horses?

I understand why they would be scared, because horses are so big. I have graduated to riding a smaller horse at this later point in my life now. But the joy of riding an animal like that, and being around a horse, is truly a pleasure. Try and they may be surprised at the connection they feel.

## How does this activity keep you sane?

It comforts me. Riding gives me something enjoyable, happy, and healthy to do. It occupies a lot of my time, being at the barn. It's not unusual for me to go there in the morning and not be back until the evening. My life is a complete circle between family, friends and horses. It completes me. ●

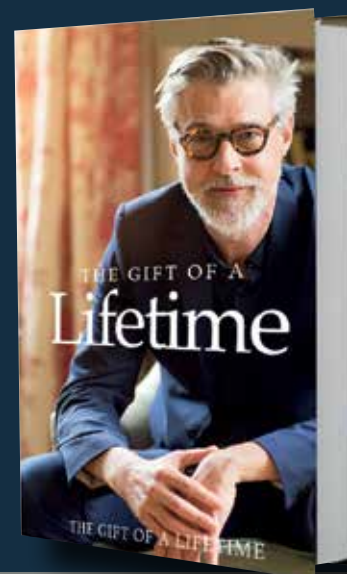
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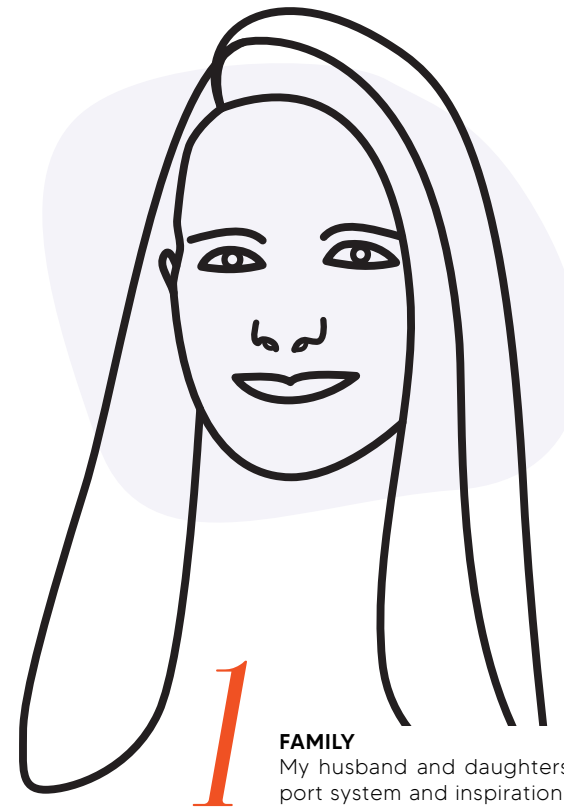


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# Katie Rybakova

## AN ASSOCIATE PROFESSOR'S FAVORITE THINGS

Katie Rybakova is an Associate Professor and Chair of the Lunder School of Education at Thomas College, where she works primarily with preservice and in-service teachers in the PK-12 field. Her new book, *This is Homeschooling: Unconventional Learning in Nature and on the Road*, highlights the variety of educational journeys that families take as homeschoolers. Katie is a champion of choice in the educational process, whether it be in the form of public, private, charter, or homeschool education. Here are a few of Katie's favorite things.

**1 FAMILY**  
My husband and daughters are my support system and inspiration every day.

**2 READING**  
It isn't hoarding if it is books, right? When students walk by my office door, they see what I am currently reading, as well as what I plan to read next. This models voracious reading, which I think is my true goal when teaching—encouraging lifelong readership. It is amazing how much a world can capture and energize you. I just started *The Saints of Swallow Hill* by Everhart, which is a Depression Era novel. My favorite genre tends to be dystopian in nature but I'm on a historical fiction kick right now.

**3 NOT HAVING TO WORRY ABOUT GATORS IN MAINE LAKES**  
I'm from Florida originally, and it took my husband and I quite a bit of time to get used to just...walking into a lake. Odd, but quite wonderful! We love the seasonal changes and not being hot all the time. There is nothing quite as spectacular as snow in December while celebrating the holidays with family.

**4 THE FREEDOM TO CHOOSE THE BEST EDUCATIONAL JOURNEY FOR YOUR FAMILY**  
I'm passionate about choice and advocating for that. A family's right to choose their educational journey together is powerful, and that should include not only the choice of public schooling but also private, charter, and homeschooling. My goal with my new book was to highlight the many journeys that homeschooling families take, from wildschooling to worldschooling to unschooling. There is no "right," silver-bullet way, but it does always start with choice, both for the family and the children on the path to lifelong learning.

**5 MARIGOLDS**  
Jennifer Gonzalez once wrote on her blog to seek out the marigolds—people that are like these flowers in the garden that protect young seedlings from harm. It is a metaphor I draw on often when I teach and work with educators of all kinds. Teaching and learning are not an independent process—we can only do it well together with a tapestry of supportive people.

**6 FRESH BAGUETTES FROM UNCLE DEAN'S GROCERY**  
They are often delivered still warm out of the oven. Add some butter and—magic.

**7 GARDENING**  
There is nothing like the wonder and amazement of growing produce from seed or from root cuttings. A dew-covered, sun-kissed blueberry to start the morning is just about as good as life gets in the Maine summer! I must admit, I've romanticized gardening quite a bit, but despite the battles against squash bugs, etc., that taste of fresh fruit or veggie is hard to beat.

**8 WALDORF APPROACH**  
Steiner was onto something—education as a source of nourishment for mind, body, and soul was his ideology, and despite this being a more privatized and "alternative" approach, some of Waldorf premises exist in different forms in today's curricula, captured in phrasing like social-emotional learning. Ultimately, whatever we call it, it boils down to the need for the learner to be ready to learn, both emotionally and physiologically, before the magic begins.

**9 WINTERS IN MAINE**  
Gasp! This former Floridian truly does enjoy the Maine winter. I suppose it takes a decade of 110-degree summers to do that to you! There is nothing like cozying up by a fireplace with a warm cup of hot chocolate in hand, covered by a blanket with a moose on it. Post-card living!

**10 TEACHING**  
The emphasis on choice runs through my teaching philosophy too, along with the question of "How can we learn about the world if we shelter from it?" I love working with students of all kinds, but I've found that Thomas students are incredibly talented, hard-working, and persevere through many personal and professional challenges. I love the community at Thomas. Ultimately, my goal when working with students is not only to channel my inner Professor McGonagall but also to encourage preservice teachers to consider their own strengths and knowledge as they build research-driven curricula for PK-12 students they will serve.



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PLAYLIST SEPTEMBER



# PLAYLIST

STEVIE NICKS  
BY ALISHA GOSLIN

STEVIE NICKS WILL BE PLAYING IN BANGOR AT THE MAINE SAVINGS AMPHITHEATER ON THURSDAY, SEPTEMBER 22ND. HERE ARE A FEW FAVORITES BY THE REIGNING QUEEN OF ROCK 'N' ROLL.

1

## EDGE OF SEVENTEEN

From Stevie's debut solo album *Bella Donna*. The lyrics express her feelings of grief from dealing with the death of her uncle and the murder of John Lennon, which occurred in the same week in December 1980.

2

## STOP DRAGGIN' MY HEART AROUND

This song was the first single released from *Bella Donna*. It's the only song on the album that Stevie didn't write herself. This song was the 25th video to ever be played on MTV on its launch on August 1st, 1981.

3

## LEATHER AND LACE

This duet with the Eagles Don Henley spent three weeks at number six on the US Billboard Hot 100 in January of 1982. It was inspired by Stevie's past relationships with Don Henley and Lindsey Buckingham.

4

## DREAMS

From the 1977 Fleetwood Mac album *Rumors*, this song reached number one on the Billboard Hot 100. In late 2020, it went viral when Nathan Apodaca lip synced to it in his TikTok video, sipping cranberry juice as he rode his skateboard down the street.

5

## LANDSLIDE

Featured on Fleetwood Mac's self-titled 1975 album. It's about fear of losing everything for a dream.

6

## RHIANNON

When performed live, Stevie often will introduce this one by saying it's a song about an old Welsh witch. She discovered this character in the early 70s while reading the book *Triad* by Mary Bartlet Leader, which is about a woman named Branwen who becomes possessed by a witch named Rhiannon.

7

## GOLD DUST WOMAN

From the 1977 album *Rumors*. Often thought to be about drugs, Stevie offered further insight during a VH1 Classic Album series interview saying that it was her "symbolic look at someone who was in a bad relationship, doing lots of drugs and trying to make it."

8

## CRYSTAL

Originally recorded with Lindsey Buckingham on the Buckingham Nicks album in 1973, this song was rerecorded by Stevie for the intensely popular 1998 movie soundtrack *Practical Magic*.

9

## SISTERS OF THE MOON

This song is from the 1979 Fleetwood Mac album *Tusk*. Stevie says that unlike many of her other songs, this one was written without anyone in mind.



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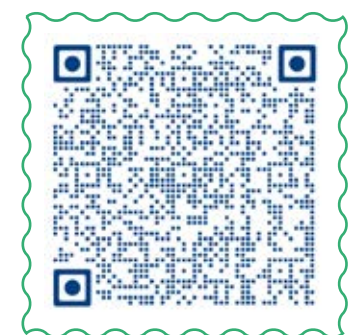
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# JESSICA MOLLOY

THE PATH OF A HOLISTIC  
HOMESCHOOL FOUNDER

BY **DANNY MOLLOY**

Ever since Jessica Molloy was a young woman, she dreamt of offering comfort to all children with any learning challenge. School was never easy for Jessica as it often made her feel bad about herself. Diagnosed early on with dyslexia, she remembers those days thinking how much she disliked school and how they treated her.

It wasn't until her undergraduate school that she encountered a teacher that inspired her and treated her regularly. He understood who she was and how she learned best, and he taught her that way. If only her other teachers had taught her that way, her academic life would have been much better and more manageable.

From there, she thrived in school and went on graduate school training as a behavioral therapist to help the children she knew were not being supported. Halfway through her graduate program, she realized that her true path was in education. She knew that the way education was being taught must change. Students need to see that they can enjoy learning and how it will make a difference in their lives.

After many years working in private and public schools, Jessica knew she needed more; she wanted to change how education was taught. She knew without a shadow of a doubt that children can learn and feel positive simultaneously.

What better way to prove that her concept worked than to start a school? Entering its sixth year, The WHILDE School is a private homeschool program in Yarmouth, Maine. WHILDE, which stands for Whole Child Education, is a holistic education-based program focusing on the students' strengths, needs, skills, and interests.

Holistic education is like when one decides to plant a tree; they do not just pay attention to the type of seed. They make sure to use the right kind of soil; they check to see if the area they are planting has adequate drainage, enough sunlight, and ample water. Holistic education is no different when wanting to teach children. It is a comprehensive approach to developing the intellectual, emotional, physical, social, and spiritual aspects of the whole student.

Founded on Jessica's passion for creating a place that allows students to have an individualized curriculum program tailored to their learning styles and interests. The school creates an environment where children thrive, become aware of, and are confident in their strengths and themselves with multi-age pods and over 40 in-person and online students.

Jessica also has a private practice where she and other coaches meet with students one on one, primarily working with students with superpowers such as autism, ADHD, dyslexia, and anxiety, to name a few, along with executive function deficits. When education is approached from a holistic level and is about the individual student, it doesn't matter what needs your student has, as those needs will be looked at.

Society is always looking for a diagnosis and a treatment to "fix" our students instead of meeting them where they are and helping them find ways to learn how their brain takes in information. We need to accept neurodiversity in our culture and recognize that there are no one-size fits all way to learn.

Jessica's true pride and joy is how she evaluates her students and creates the best plan so students have a greater chance of academic and life success. Known as

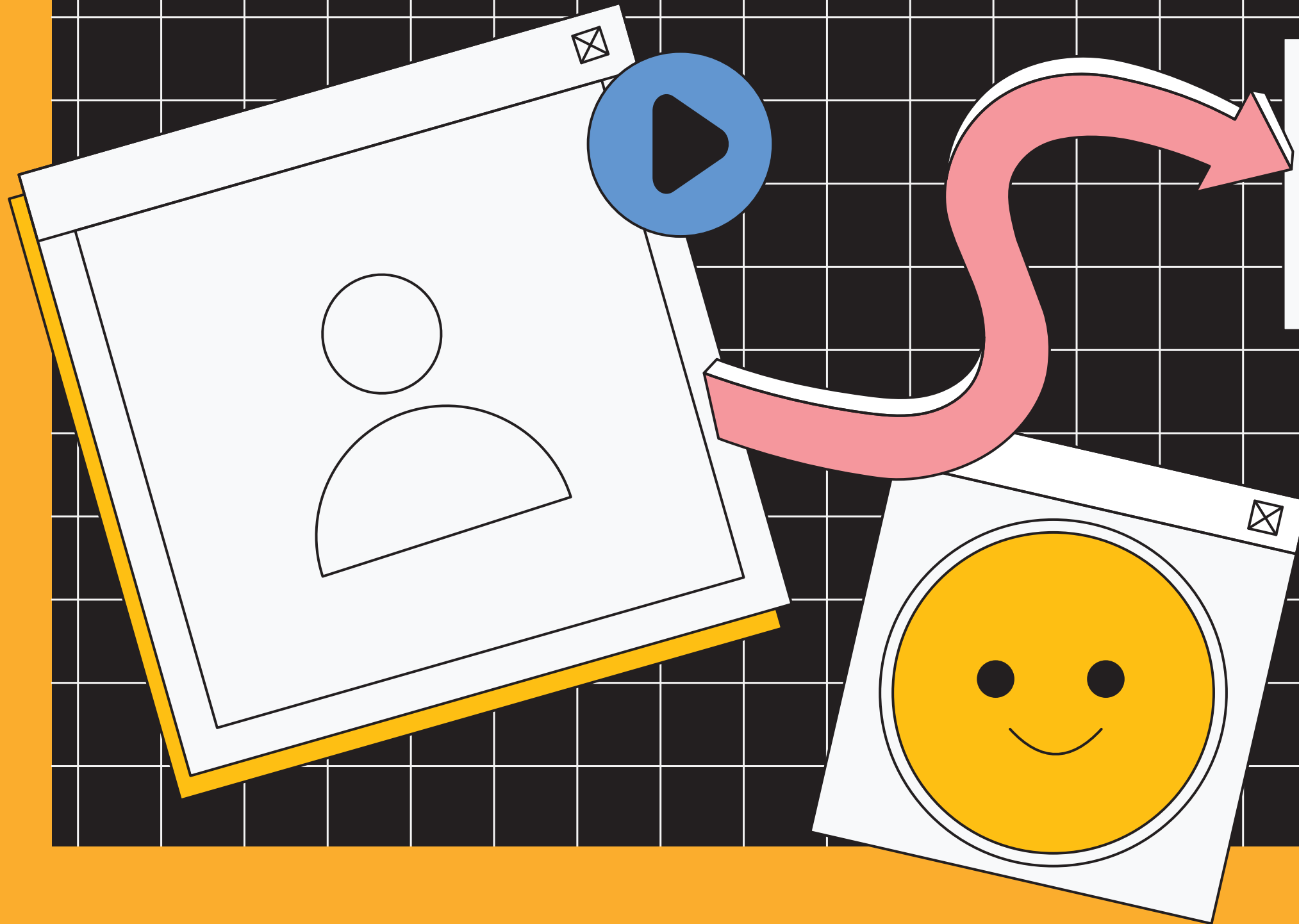
the WHILDE Method, it is a holistic assessment approach focused on creating a Whole Child Educational Plan. Using an assessment strategy and plan to determine which areas of the body and mind need assistance to help with lagging skills and challenges students experience in everyday life and school.

The WHILDE Method provides a clear picture of the student's social, emotional, and physical needs so that one can incorporate its findings into their instructional practice with the student. In public and private schools, there are many educational plans that support students' special educational needs, such as IEPs, 504s, and ISPs. The WHILDE Method is for all students and complements any traditional plan schools may provide.

Jessica has an active home life on a Casco Bay Island with her family. There is never a slow moment in Jessica's life, but she says she wouldn't want it any other way! The lives she has impacted with her love and kindness are too many to count. ●



# BACK TO SCHOOL



How to pull off a  
career change

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CRAFT TO

CAREER



# How three Maine women turned hobbies into dollars

By Sarah Holman

## ABBY PERKINS

El Maple Farm Candle Co.  
Gorham

Abby Perkins grew up in a house where candles were a big deal. Her mother, Denise, loved making them herself and would hold open houses to sell her creations. Abby is one of four daughters, and eventually family life became too busy to leave much time for Denise's hobby.

"After my grandmother passed away last February, my mom mentioned she'd like to make candles again," Abby says. "It seemed like a great thing to bring us together as a family." Abby inherited her mother's love and respect for candles and the craft of making them, and she was excited to bond with Denise over their shared interest. It also seemed like a good way to make some 'fun money' during tough financial times. "We said, 'Let's try this'," Abby says. "If it doesn't work, we know we'll have fun anyway."

Denise took on the role of 'maker' while Abby started managing marketing, mostly through social media outlets and a website she created herself using a template on GoDaddy. They named their venture El Maple Farm Candle Co. in honor of Abby's grandmother. Although, she admits, the El was meant to be Elm, but a typo ended up being too funny to change. "My grandmother would have laughed so hard at us," Abby says. "There was no going back."

Both Denise and Abby have full time jobs in healthcare, so their candle work happens in the evenings and on the weekends. They use soy wax, which burns longer than other types, and scents they purchase online from suppliers committed to safe, clean ingredients. Abby launched El Maple

Farm Candle Co's first online pop up sale just two months after they started working together. Denise had produced 50 candles and 10 wax melts. They sold out in one day. "I was just blown away," Abby says.

Abby put together another online sale during the summer with significantly more merchandise available. They didn't sell out in one day, but the sale was still incredibly successful. Summer is a slower season for candles, and Abby is looking forward to the fall and winter seasons. Their most popular scents so far have been Iced Lemon Pound Cake and Sweet Orange Chili Pepper, but they're looking for new, seasonal smells for cooler weather. So far, they have at least fifteen scents in the works for fall. Abby regularly engages followers on social media to get feedback on favorite scents, and she hopes to expand their customer base by attending craft shows and farmer's markets as the business grows.

This fall, Abby and Denise also plan to become an official business. "Our goal right now is to sell enough products to make the LLC worth it." She also hopes to increase sales to justify buying bigger volumes of jars and other supplies, which would cost less. "I'd love to sell online and ship," Abby says. Ultimately, both women are hoping to make El Maple Farm Candle Co. a larger part of their income. "It would be really cool to be able to go part time," Abby says, and Denise would love to have more time to spend with her grandkids. The business has grown gradually and without loans, so they're well-positioned to keep up the good work. "We've made a very good profit so far," Abby says. "And it's been really fun!" ●

FIND EL MAPLE FARM CANDLE CO.  
ON FACEBOOK AND INSTAGRAM AT  
@ELMAPLEFARMCANDLECO

**HEATHER SCHULTZ**  
Hope Learning Toys  
Hope, Maine

As an elementary school teacher, Heather Schultz found herself frequently researching the best way to engage children and making her own materials to fit her needs. After teaching for ten years, Heather left her job to stay home with her infant son. "I missed the classroom immediately," she says. She decided to combine her love of teaching with a need she saw for high quality sensory learning materials.

"I began by making alphabet and number sets on rocks, shells, and wood, and I saw how engaging the combination of nature and learning was to my little one." As soon as Heather realized her ideas worked well, she started thinking about how she could get them into classrooms. It was a slow process. She was making products in her living room and selling them locally, on Etsy, and often giving them away to people she thought would enjoy them. Moms and homeschoolers were particularly enthusias-

tic, which further validated the need for the items Heather was creating.

Heather doesn't have a business or marketing background, so she invested most of her early earnings into educating herself in those areas. She also purchased more equipment and tools and grew her business steadily by adding new products each season. Her early investments paid off, supporting her overall growth and boosting her confidence. Increasing her social media presence has also helped sales tremendously. "The revenue has never been as important to me as the mission," Heather says, "but it's a wonderful perk, and I am thankful to be contributing to my family finances."

After participating in a few craft fairs early on, Heather found sales were most successful online. Now she sells on her own website, Etsy, and through wholesale accounts. As orders increased, she found that hand making large quantities of products was becoming less enjoyable. While she still makes most things herself, she has also incorporated items that can be manufactured elsewhere. "The Hope Learning

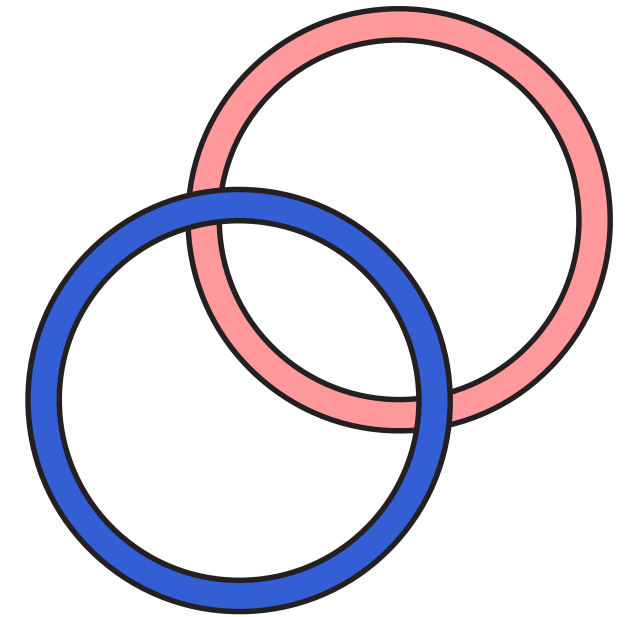
Tray is a silicone sensory bin that I designed over the course of a year and is now a top seller in my shop," Heather says. The process of seeing something through from idea to product keeps the work fresh and exciting for her. "It is a constant creative outlet."

Six years after her first craft fair, Hope Learning Toys has become a known name among learning and play professionals. "I'm so proud to say that," Heather says. "I have an amazing community of trusting parents and educators who purchase from me again and again."

As an involved mother and a successful business owner, Heather also loves the flexibility of her career. "It can be whatever I want or need it to be on any particular day," she says. During the summer, Heather closes her online shops and helps run a summer camp. During the school year, her business is a full time job.

In the future, Heather hopes to open a sensory play studio in Camden. She envisions a place where kids can explore and create using the types of toys Hope Learning Toys is known for while caregivers connect and recharge. "The pandemic has been so detrimental to young children and their social emotional health," she says. "I believe thoughtful play in an environment where kids can be free to imagine, create, and flourish will be healing."

In the meantime, Heather plans to continue designing new products and spreading the word about the importance of sensory learning. ●

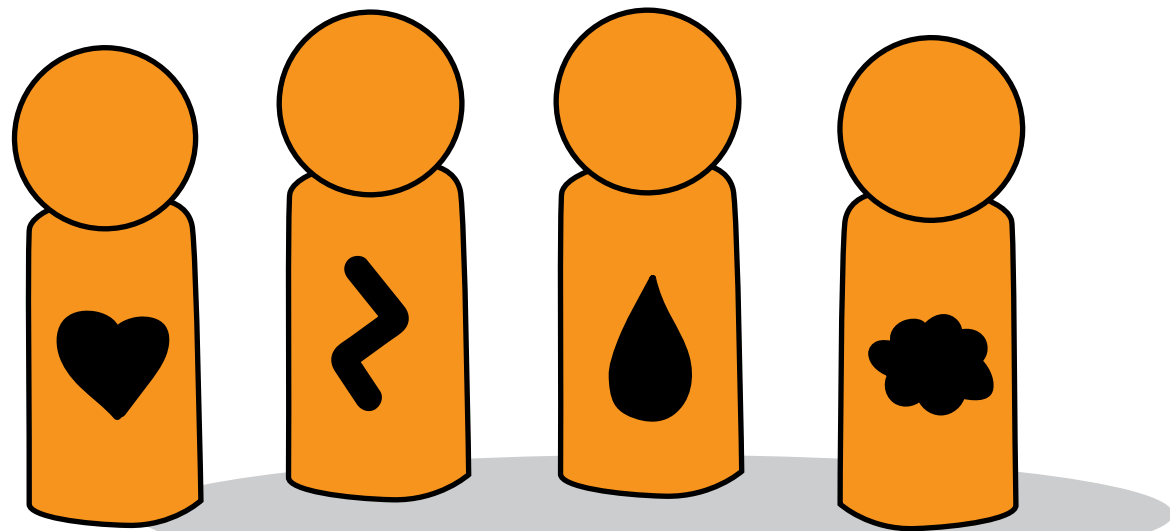


*The revenue has never been as important to me as the mission, but it's a wonderful perk.*

-Heather



LEARN MORE ABOUT HOPE LEARNING TOYS  
AT HOPELEARNINGTOYS.COM



**TAYLOR WHITCOMB**  
Village Baking Co.  
Raymond, Maine

Even when she was working full time in Portland's bustling restaurant industry, Taylor Whitcomb was making cakes and treats on the side for her family and friends. "I always had a sweet tooth," she says. As a child, she was known for sneaking candy and ice cream at all hours of the day and night. "I guess if I look back on my childhood, it was the future I was destined for," Taylor says.

A graduate of Southern New Hampshire University, Taylor earned an associates degree in Baking and Pastry Arts and a bachelors in Culinary Management. She put her skills to work in restaurants and bakeries around Maine, but eventually, it wasn't enough. "I wasn't fulfilled working in a restaurant on the dessert line anymore," Taylor says.

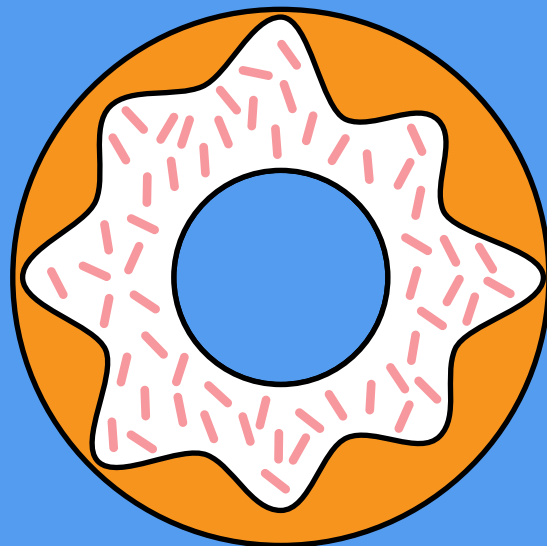
Taylor knew she wanted to bake and decorate cakes going forward, but she couldn't find an established business that gave her the creative freedom she craved. "I decided to build my own business around the things I enjoy creating."

In 2017, while working full time at Gorham House of Pizza, Taylor started Village Baking Co., specializing in custom cakes, unique desserts, and baked treats. Gorham House of Pizza gave her the opportunity to sell her products there, and she was able to launch and test out her baked goods. She cut back her hours as she got busier, and in March, just shy of 5 years after she started her business, Taylor left the pizza shop to pursue her business full time. Now she sells at Carters Green Market in Gorham, The Fisherman's Catch in Raymond, Wormell Farms in

Gorham where she works and bakes, and Gorham House of Pizza.

Taylor has seen fast growth; she's already outgrowing her current space. During the busy season, she says the job feels like a lot of work and not as fun as when it was a hobby. But she knows it won't always be like this. "I would love to have my own studio space and employees to help keep up with the high demand," she says. Right now, her mom and her fiance pitch in to help with dishes, deliveries, and packaging.

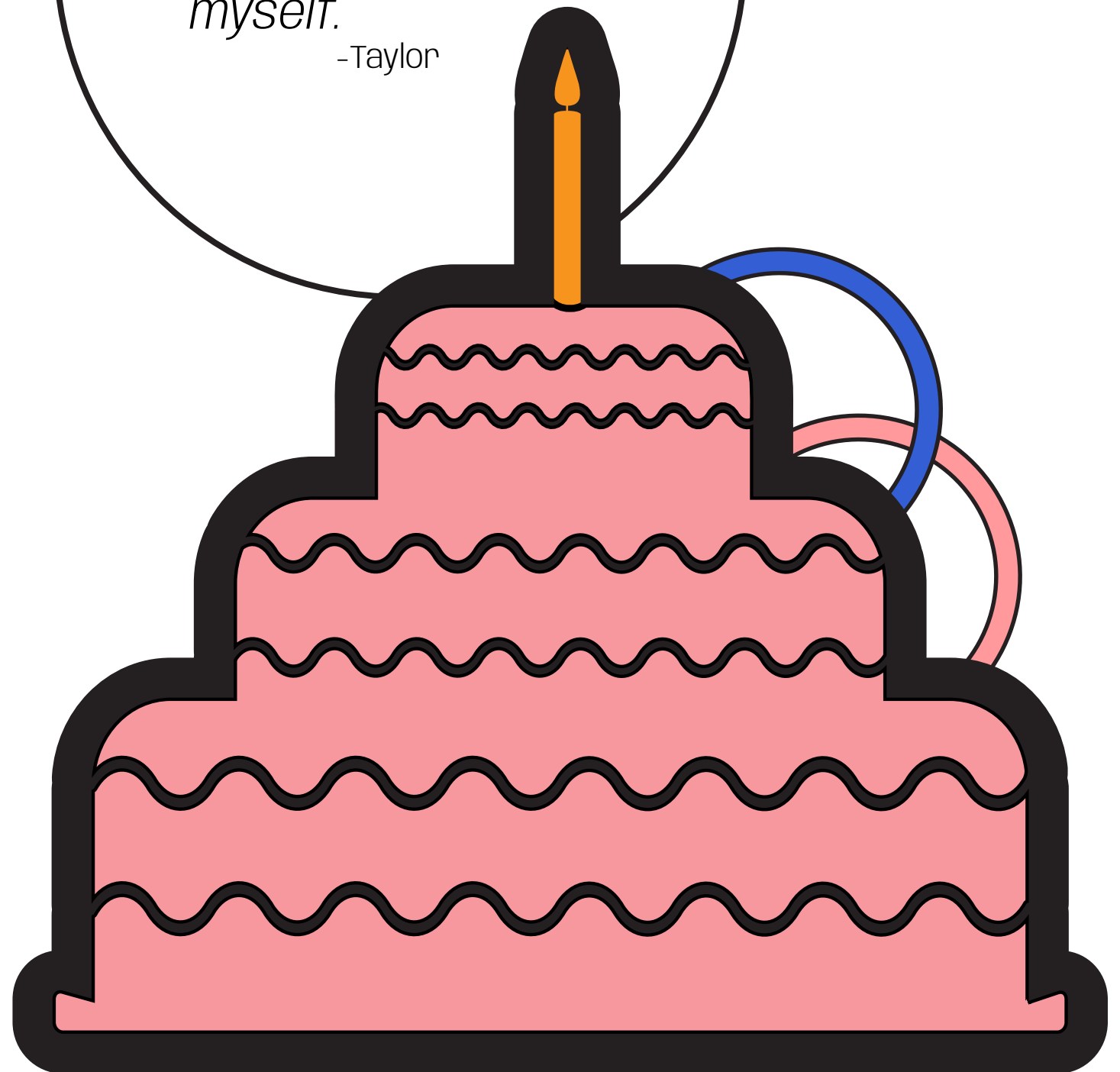
Ideally, Taylor would like to hand off the more monotonous tasks to a team of paid staff members and get back to what she enjoys most: the actual creation and design of the cakes. Even when the work feels overwhelming, she knows how to keep things in perspective. "I look at how far I have come and the positive outlook on what I've created for myself." Taylor hopes to someday own an event and wedding venue where she can oversee all aspects of the planning process. And, of course, create sweet treats for every special occasion. ●



LEARN MORE ABOUT VILLAGE BAKING CO.  
AT [VILLAGEBAKING.CO](http://VILLAGEBAKING.CO)

*I look at how far I  
have come and the  
positive outlook on  
what I've created for  
myself.*

-Taylor



# The Career School Path

## Finding Joy in the Healing and Wellness Industry at Midlife

By Sarah Holman

Ask her why she decided to start the massage therapy program at Spa Tech Institute at the age of 49, and Diana Mains will tell you, “Chaos.” It is a common theme in the American workforce, where women over 55 are seeking career changes at a rate that outpaces all other age groups. For many, the motivation is to find meaningful work they love, not simply to make good money or try something new.

“We see it a lot,” says Peggy York, on-site director at Spa Tech Institute’s Westbrook campus. “Women leaving unfulfilling jobs to follow their heart’s desire.”

The founder of Spa Tech Institute, Nancy Risley, is familiar with the search for purposeful work. On the school’s website, Nancy writes, “After years of searching I was very fortunate to find the field of holistic health and healing.” In 1980, she founded the Polarity Realization Institute and later merged with Headhunter II School of Cosmetology to form Spa Tech Institute in 2001.

The job of the school has always been to graduate professionals who are ready to join the workforce, but the mission is deeper than that. Starting with the admissions process, Spa Tech works with students to help discover their goals and dreams. “Admissions is co-creative,” Peggy says. “We want to make sure our students are successful.”

Career oriented education is designed for people who are enthusiastic about getting to work and using their creative talent as quickly as possible. One of the roles of the admissions department is making sure there is a match with all aspects of the trade. “This is hands-on work with the public,” Peggy says. “You need people skills and technical skills.” There is also a significant theory portion of Spa Tech’s programs, like anatomy and physiology for massage therapy. This kind of study may seem daunting to some, but the teachers at Spa Tech are trained to teach all types of learners. “The majority of our students are hands-on learners,” Peggy says. “We know how to teach them effectively.”

Depending on the program of study, students are at the institute for 200 hours (nail tech), 600 hours (massage therapy and aesthetics), or 1500 hours (cosmetology), which equates to between 6-18 months of study. All programs include a theory component (offered online), professional development, and hands-on training. To fulfill the practical requirement, Spa Tech offers services to the public at a significantly reduced rate. These services may take more time than those offered at a professional salon because students are practicing skills learned in class, but their attention to detail is meticulous.

After program completion, graduates take state board exams to become licensed, and 76% have a job by the time they leave the school. With small class sizes and an impressive retention rate of 79%, students form strong relationships with their teachers, which becomes a networking tool that can help with job placement after program completion. Spa Tech’s reputation is well known in the industry and helps newly licensed graduates get good jobs. The intentional focus on career-building skills further promotes hireability. “Our students know what they want [when they graduate],” Peggy explains. “They want a career that is lucrative but also brings them joy. They want to look forward to going to work.”

This is especially true for women making a mid-life career change. Since the Covid pandemic started, the school has seen an increase in older students looking for a new path, mostly in massage and aesthetics. “I think Covid affected many of the women seeking a second career,” Peggy says. “They’re saying, ‘Life is short, and I want to be happy.’”

Spa Tech also offers comprehensive financial aid support, helping students navigate applications with one-on-one guidance. For Diana Mains, this was the help she needed to make the leap back to school. “I looked at attending Spa Tech four times,” she says. Finally, she took the next step to discuss financial aid with the school and was surprised to learn she qualified for aid in the form of a grant. “They made it so simple to figure out the application,” Diana says. When she realized she could make it work financially, she says, “I knew then it was meant to be.”

Diana enrolled in the massage therapy program at Spa Tech at age 49 after a long career in marketing and communications. The chaos she was experiencing in her life was due to a lost job, a recent divorce, and caring for an elderly parent. While considering the school, she read about polarity therapy, a healing science based on living energy fields offered at Spa Tech. “I thought, they’re going to teach me to heal

one of the wonderful things about massage.”

As Diana immersed herself in the program, she felt herself changing and growing. “I broke open personally and rebuilt,” she says. She found Spa Tech’s environment positive and supportive, and when she graduated in January, she decided to take the teacher training course at the Institute so she could remain involved with the school.

After teaching at Spa Tech and working at a salon for several years, Diana was ready to take a risk. In 2019, she opened her healing center, The Sacred Self, in Cornish, Maine. She rents space to other therapists and healers, some of whom are fellow Spa Tech graduates. Although each provider is independent, Diana is careful to ensure consistency across modalities offered at the center. For her own clients, Diana practices massage, polarity therapy, reflexology, and astrology. Others bring yoga, Reiki, art, herbalism, and more. “The best thing is the transformations I see in women who come to the center and are able to connect with the right healing,” Diana says. The center has grown organically and significantly, despite being located in a relatively rural town.

At Spa Tech Institute, the programs continue to evolve. Nancy meets with Peggy and the education directors from Spa Tech’s three Massachusetts locations to go over standards, concerns, and industry news. To ensure teachers are staying on a growth track, the whole staff meets three times a year for professional development.

With the massage sector expanding since 2012 (with exception of a small dip in 2020, due to the pandemic) and the health and wellness industry continuing to grow, Diana and her fellow graduates are well-positioned for professional success in established spas or as private practitioners. They’re leaving Spa Tech with the skills to meet the needs of communities throughout Maine and beyond. ●

**“The world needs a million, billion healers right now,” Diana says. “They know what they want in life, they want a career that is lucrative but also brings them joy and they look forward to coming to work.”**





# Q&A WITH EDUCATION LEADER AND ADVOCATE DEBORAH MEEHAN

*Interview by Alisha Goslin*

*Deborah Meehan was awarded the 2022 Community Person of the Year award from the Penobscot Bay Regional Chamber of Commerce for her incredible work as a leader and advocate for education. She was the first director for the University of Maine System satellite school and went on to help open 11 others throughout our state, helping make college education more accessible. She retired last year to an island off the coast, but was available for a few of our questions.*

**Alisha Goslin: You were the director for the first University of Maine System satellite school. Tell me more about why you started that.**



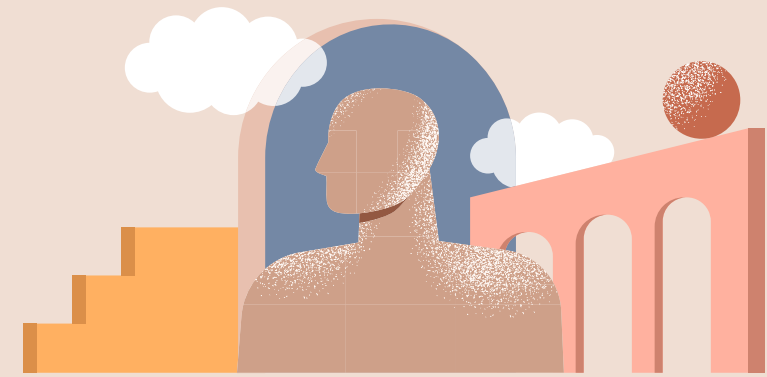
*Deborah Meehan:* It was the early 80s and it was known there was a need. It's also known that it is really important to workforce development and the local economy, for people to easily access a college education. It improves their skills, their livelihood, their incomes, their prospects, and helps them lift out of poverty. Most of the students are first generation college students, many single parents; they have so many obstacles that they have to overcome to go to school. If you can remove the geographical barriers, you've got one up in terms of luring them back to school.

**AG: You launched a nursing program during this time as well?**

*DM:* That's right. We started with a nursing program partnered with Pen Bay Medical Center. The director of Pen Bay Medical Center, at that time, and myself did a survey in 2009. It found that 80% of the nurses that worked at Pen Bay Medical Center had come through our program. This demonstrates how closely linked to economic and workforce development the college program is. And that continues to this day. In 2018-19, we got more federal money to expand access to rural areas for nursing education.

**AG: So, you went on to help set up more of these satellite schools throughout the state. You taught others how to do it the same way you had done?**

*DM:* Yes, I did. At one time there were eleven, now they are down to seven. When I retired, I was in charge of all of them. Not only the local Rockland center, but I had supervisory administrative responsibility for all the off campus centers in the state. It was great. The University of Maine at Augusta, which is our parent institution, about half the enrollment for UMA comes from the centers. It's a really important link. UMA is considered a non-traditional institution. It



serves people who are working, who are parents, who are predominantly going to school part time. It is very veteran friendly; it's won awards for that. So, the distance education, this outreach model really suits UMA's mission well.

**AG: You also started the Maine State Prison college program?**

*DM:* Yes. That started in 2006 and the spark plug for that was Doris Buffet, Warren's sister. She came into my office and said that she wanted to start a program at the Maine State Prison. She had a summer home in Rockport and was very connected to the mid coast area. She had also started some other college programs in prisons, including Sing Sing. She was very committed. She passed away two years ago. Doris had an amazing, generous heart. Her philosophy was that luck does not shine equally on everyone. She had a great affinity for residents in correctional facilities. I worked with her to recruit faculty who were interested in teaching inside the prison, which was not an easy job. People weren't jumping up to go into a maximum security prison. But once they did, they found it to be such an amazing, life changing experience that they always wanted to teach again, always wanted to continue. That program continues to this day. We have had hundreds of degrees awarded to people at the Maine State Prison. Both associate and baccalaureate degrees. Seven or eight are in graduate programs. One is finishing up a PhD program, and was recently discharged. The recidivism rate for

that group, the return to prison for those that have been involved in the college program, is less than 5%, where Maine's general recidivism rate is about 66%. It is really phenomenal. The people involved in this program are really impressive. They are motivated, they are smart, they work really hard and most graduate with honors.

It was definitely the highlight of my professional life to work with those individuals. Now, the program is in every adult correctional facility in Maine. We went from the Maine State Prison, to the correctional center in Windham, Southern Maine Women's reentry center. We then moved to Charleston to the correctional facility there. All of the adult facilities have some sort of a college program now. We started when prison education wasn't very trendy. It has since become rather trendy in the United States. The game changer is, next year, Pell grants will be available to any incarcerated student. After Doris Buffet's funding ran out, we were chosen as an experimental site and were able to award Pell Grants to the students. Because the experiment was so successful and recidivism rates dropped dramatically, the program has reached full funding. It will now be fully funded to any higher education institution in any correction facility starting in 2023. Which is great news for our country because 95% of incarcerated people will be discharged. And how do we want them to re-engage with society? We want them to be educated, workforce ready, to be motivated and certainly education is the critical ingredient to make that happen. ●

If you are thinking of going back to school, a good starting point is to see how much financial aid you qualify for. Here are the top 5 financial aid tips from the University of Maine's Office of Student Financial Aid.

## 1. FIRST, APPLY FOR FINANCIAL AID

- Most colleges and universities request the Free Application for Federal Student Aid (FAFSA) to apply for financial aid.
- Complete the FAFSA early and annually. The FAFSA becomes available October 1st of each year and must be completed every year.
- The FAFSA is completed online at: [studentaid.gov](https://studentaid.gov)

## 2. APPLY FOR SCHOLARSHIPS

- Apply for as many scholarships as possible - check with any local clubs and organizations and scholarship search websites.
- Connect with the financial aid office - most colleges and universities have a variety of resources to help students find scholarships.

## 3. KNOW YOUR DEADLINES

- Many schools have deadlines for applying for financial aid, accepting financial aid, and for paying the bill each semester.

## 4. RESPOND TO ANY INFORMATION REQUESTS

- Monitor your mail, school email, and school portal for any requests for information from the financial aid office
- Respond as quickly as possible, and know what your deadline is to submit the information.

## 5. ASK QUESTIONS

- The financial aid office is available to help support students through the financial aid application process and beyond.
- There is no small question to ask when it comes to financial aid - always better to ask.

COURTESY OF:  
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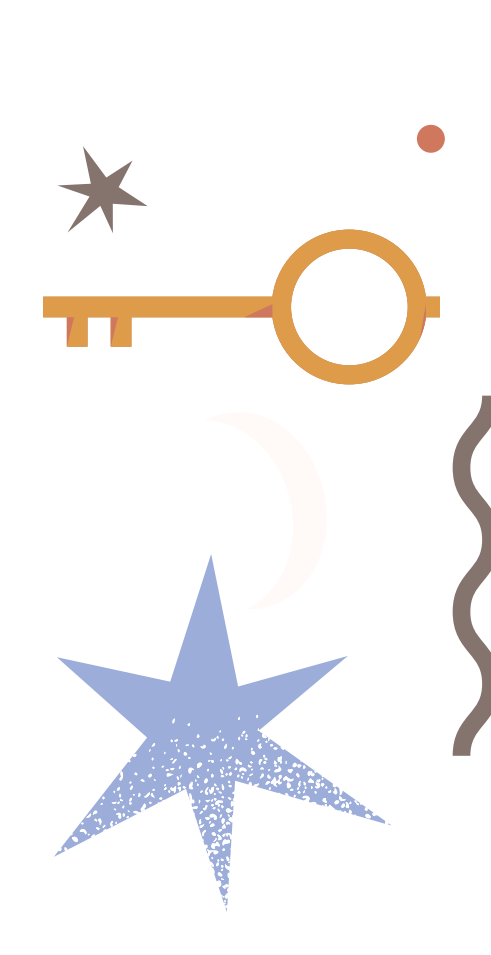


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# stay ahead of the clock with your financial goals

BY **KATIE BRANN, CFP®**



**B**efore I joined the financial industry, I was a college athlete, and the so-called “beep test” was my nemesis. Playing field hockey was my strength... cardiovascular fitness, not so much. Every summer before preseason, I stressed about passing the beep test. While I came up just short my freshman and sophomore seasons, I crushed it my junior year, and I credit that to a balanced fitness plan that emphasized measurable results.

Setting and working towards a goal is one of many life lessons learned from athletics – and it helps me frame financial planning conversations with clients, too. A plan is no good if it can't be implemented. Whether you work with a financial advisor or not, you probably have financial goals and a general plan for your future. Below are my tips and tweaks for implementing that plan.

The goal, and progress towards the goal, should be measurable. I had to reach “Level 17” to pass the beep test, but that wasn't my goal in late May. First, I strived for 15. By mid-summer, level 16... and so on. Applying this to your financial goals,

instead of saying “I want to retire,” get specific and go with “I want to retire with \$X at age XX so I will start by saving X this year.”

Automation is your friend. That summer, I scheduled my workouts in a weekly planner and stuck to it. I didn't go through the fatiguing decision process every day to decide when and where I would work out. I made the schedule and followed the planner. While paying bills and investing is physically easier than sprints... it can be emotionally and mentally challenging. Spare yourself the stress of wondering if you should invest this month or next, and set up an automatic contribution or salary deduction that aligns with your measurable goal. You can always adjust it if you need to.

Tweak your methods if they aren't working. The summer before sophomore year, I overtrained. I went to preseason burned out, not in top physical shape. I told myself that next year, I would ease up and take a more balanced approach. The “less is more” attitude can carry over to budgeting and investment management. Creating 50 spending categories for you to track is probably too specific and time consuming; fewer categories that you

track monthly might accomplish the budgeting goal. Similarly, too much trading can reduce returns, have poor tax consequences, and trigger excessive transaction fees. Successful investors often “do nothing” when most feel the urge to “do something.”

Recognize what factors are out of your control. Despite my preparation as an athlete, there was always a chance I could wake up on beep test day not feeling well. On game day, the refs could make bad calls or it might rain. There was only so much I could control. You can have the best laid plan and track every dollar you spend, but you don't control bull and bear markets or the economic cycle. Your plan and investment portfolio should account for market risk, but no one can repeatedly & successfully predict market returns.

This fall, I encourage you to focus on progress over perfection, celebrating the small wins, and controlling the control-ables! ●

*KATIE BRANN IS A CERTIFIED FINANCIAL PLANNER WITH GOLDEN POND WEALTH MANAGEMENT. FOR MORE INFORMATION VISIT [WWW.GOLDENPONDWEALTH.COM](http://WWW.GOLDENPONDWEALTH.COM)*

# CAREER ADVICE

## back to school: community colleges

BY **HEATHER DOUGLASS**

While many Maine families are wrapping up summer plans and preparing children to return to classrooms, the Maine Community College System is exploring ways to help adult learners with back-to-school opportunities.

Maine's community colleges offer affordable, often free workforce and professional development opportunities. Class schedules are flexible with online and evening options, and tools like prior learning assessments give college credit to real-life applications.

If you have thought about expanding your skillset, getting a certification to turn a hobby into a side gig, or exploring a new career altogether, there has never been a better time.

### HERE ARE THE TOP FIVE WAYS COMMUNITY COLLEGES CAN HELP GET YOU BACK TO SCHOOL:

1. Free College. Graduates from 2020, 2021, 2022, and 2023 qualify for a Free College Scholarship that pays 100% of tuition and mandatory fees at any of our seven community colleges across the state. There are no income limits; all you need to do is enroll full-time in a degree or certificate program. Learn more or view degree options at [mccs.me.edu/freecollege](https://mccs.me.edu/freecollege)
2. Short-Term Workforce Training. What if you could learn an entirely new career in weeks or months? Or take an accelerated degree program in less than a year? What if that training was free to you? Get an industry-recognized credential that will give you the skills needed to enter a career in Amazon web services, broadband technician, child care development associate, CNA,

commercial driving, CompTIA, computer support specialist, electric vehicle repair, EMT, high-pressure boiler operator, electrician, medical assistant, phlebotomy and more. Visit [mccs.me.edu/workforce-training](https://mccs.me.edu/workforce-training) for a complete list of offerings.

3. Professional Development. In 2022, \$1,200 is available to employees to gain additional skills needed for their jobs. To access funding, employers can join over 400 companies in the Maine Workforce Development Compact. Training depends on what the company and individuals require and could include leadership and conflict management, Excel or social media instruction, welding, masonry, or safety training. Visit [bit.ly/WorkforceCompact](https://bit.ly/WorkforceCompact) for more information.
4. Scholarships. By joining the Maine Workforce Development Compact, employees also have access to scholarships to help offset costs if they decide to continue in a degree program of interest.
5. Remote Work for ME. Free training is available to individuals who live in rural areas and wish to tap into an occupation that offers work-from-home opportunities. Remote Work in Health Office Occupations prepares learners for how to be successful in remote work teams while providing training in patient services, records, and billing. For more information, visit [mccs.me.edu/workforce-training/remote-work-for-me](https://mccs.me.edu/workforce-training/remote-work-for-me) ●

HEATHER DOUGLASS IS THE WORKFORCE COMMUNICATIONS DIRECTOR FOR THE MAINE COMMUNITY COLLEGE SYSTEM

# MENTAL HEALTH

## a different kind of self-care

BY **SARAH MACLAUGHLIN**

Lots of people avoid change, but for some it can be a siren's song. At certain points in life, your identity may shapeshift. Maybe you've been a teacher or attorney your whole life and are suddenly obsessed with baking, dancing, or art. Perhaps you have lived in the same town since you were born, and now feel called to emigrate to Spain. Maybe you've realized you just want to feel differently—more awake, alive, or free. Some people can handle making big alterations to their lives, but many find it challenging. While it's possible to pull off and pay for a major career change or an international move, you also might have to consider a different way to respond to these yearnings.

About those yearnings...for something to grab your attention and hold on, it has to be pretty powerful. Sometimes another person inspires you, other times, these niggling thoughts are internal—that desire to do something new or try on an alternate identity. You can trust these feelings and remember that there is plenty of space between totally blowing up your life and doing nothing. It could be considered a form of self-care—and even a boost to your mental health—to take the wish for change seriously.

### CURIOSITY AND EXPERIMENTATION FOR THE WIN

What if you leaned into your craving for newness? It doesn't have to be dramatic to have impact. There are lots of ways to scratch the itch. If you're wanting to explore, try approaching a new endeavor as a hobby. If you long to be a pastry chef, try a cooking class at Bravo Maine. Need to learn some fancy moves? They've got you covered at Maine Ballroom Dance. Want to embrace your

inner artist? Discover the joy of spinning clay at Portland Pottery or find a painting class. It may be true you can't actually move to Spain, but you can plan a trip there someday. Occasionally, what needs to shift most is an attitude, mindset, or habit, in which case a meditation practice, therapist, or coach could do the trick. The point is you don't have to make a drastic change in order to try something new.

### WOMEN ARE MASTERS OF REINVENTING THEMSELVES

As agents of change—many with changing bodies every month and cycling through life's passages as maiden, "mother," and crone—women are primed for transformation. This positions us perfectly to be in the flow of life and create the change we want. Ancient Greek philosopher Heraclitus famously noted, "There is nothing permanent but change," and Octavia Butler wrote in her frighteningly accurate dystopian novel, *Parable of the Sower*: "All that you touch changes. All that you change, changes you." Altering your identity, life circumstances, habits, mind, or even your hobbies can have a lasting impact on your sense of well-being. It might feel scary at first, but the impact of not taking chances could be worse. ●

SARAH MACLAUGHLIN IS A SOCIAL WORKER AND AUTHOR; HER MOST RECENT BOOK IS *RAISING HUMANS WITH HEART: NOT A HOW-TO MANUAL*.

Care Connection

## LIVE-IN HOME CARE

### FCP Live-In's Live-In Professional Caregiver Services Helps Seniors With Affordable Home Care!

Guy Stoye worked as a tree surgeon for 25 years in the Rochester, New Hampshire area. So, it's no wonder that his home is nestled in a scenic area with a lake right next to the house. Unfortunately, Guy had a stroke and was hospitalized. When Guy recovered, he was eager to get back home. However, he faced a dilemma: Guy could not care for himself nor manage daily household responsibilities.

One option was to move into a senior living facility. But, Guy did not want to leave the home he loved and its beautiful surroundings. Guy heard about FCP Live-In, a New England-based company that provides professional live-in caregiving services.

Hiring a live-in caregiver sounded ideal, but Guy was suspicious about it. Did he want a stranger living in his home to care for him? But, after contacting FCP Live-In and learning about the company's live-in care services that allow clients to stay in their homes, Guy decided to forge ahead and arrange for live-in care. He's glad that he did.

"It's surely been the luckiest thing that has happened to me since the stroke," Guy said. "And perhaps, the luckiest

thing that has happened to me in my life."

Regardless of their health challenges, many older adults want to remain independent and stay in their homes instead of moving into a nursing home or an assisted living facility to have someone care for them.

Thanks to FCP Live-In and his caregiver, Guy was one of the fortunate seniors who did not have to leave his home. FCP Live-In caregiver, Deslyn, has been

*"She [caregiver] notices every little thing that needs doing! She's eager to fix anything that needs fixing or needs adjustment. She sees if I'm not totally comfortable. I couldn't ask for anything better."*

-Guy Stoye

helping Guy for the past two months.

"She notices every little thing that needs doing," Guy said. She's eager to fix anything that needs fixing or needs adjustment. She sees if I'm not totally comfortable. I couldn't ask for anything better."

FCP Live-In's caregivers are nurse's aides, home health aides, and personal care aides and have at least two years of professional experience. Each caregiver undergoes a thorough state and national

background checks, and all are bonded and insured.

In addition, the company conducts multiple interviews and requires applicants to pass a skills assessments and a day-long orientation to evaluate the capabilities and professionalism of each applicant. FCP Live-In also has a unique process for matching caregivers with clients.

The company's caregivers help clients who have various health conditions, including cancer, Parkinson's disease, depression, Alzheimer's disease, and other forms of dementia. The compassionate caregivers also work with hospice programs to provide hospice in-home care and end-of-life care.

Although older adults and their families are thankful for the company's services, live-in caregivers also receive benefits from their job.

"It has been totally amazing," Deslyn said. "I couldn't ask for a more wonderful family. I also have a wonderful team behind me. It has become quite the experience. And I've never been in New England, so my weather changes are amazing."

Deslyn says she doesn't feel as if she's working, she feels as if she's part of Guy's family.

"She feels that she is a part of the family; well, she is part of the family," Guy confirmed. "Never a day goes by that I'm not glad to see her coming into the room all smiles."

## FINANCIAL ADVICE get paid

BY CHELSIE L. CRANE

Women are amazing creatures. We are known for taking what we are given and making it even better than when we found it. This being said, it doesn't mean you have to accept less than what your value is just because you know you can make it work and increase its value.

Enter in negotiation. Negotiation is a skill that needs practicing, and it is not one that is fundamentally taught to females. Negotiation has historically been viewed as a strategic compromise and for those who are "rational." This being what it is, it isn't surprising that the assumption is women are not capable of successful negotiation. I can't count how many times I have heard the adjective "irrational" weaponized against women. If you care too much, you are irrational, want too much, you're irrational, work too much, irrational, voice your opinion- irrational. If you show your point of view you may even get coined with the description as being "too emotional." We have all been there, unfortunately. As a result, women are hesitant to negotiate, feeling as though they are ill-equipped for the task and that men are better suited because they are more rational.

However, author Chris Voss challenges this belief in his book "Never Split The Difference: Negotiating As Your Life Depended On It". Voss writes that rationality is not possible for anyone and states that, "Everything we've previously been taught about negotiation is wrong: people are not rational; there is no such thing as 'fair'; compromise is the worst thing you can do; the real art of negotiation lies in mastering the intricacies of No, not Yes".

You may be asking why I am telling you this, and what does it have to do with finance? Well it is because women only make \$0.83 to every dollar that a man makes. This is unacceptable, in 2022 women are still getting paid less to do the same job as a man. This pay gap doesn't just loom over you while you are in the workforce either but subsequently follows you into retirement. A lower income in your employment years results in a lower payout in social security and lower contributions into retirement savings. Pair this with gaps in income to care for families, and you're looking at an average of a 30% decrease in retirement income compared to our male counterparts according to aauw.org.

Do I think there are a bunch of crusty monopoly men sporting top hats to blame for these numbers? No, not directly anyway. So we need to ask ourselves, what is the problem, then? Why aren't we being paid the same as men? One of the answers may be that we are not

demanding the pay we deserve. When was the last time you negotiated your pay, or asked for a raise? I dare to say, the answer may be never. You deserve to be paid for the work that you do. In fact, when the current increase in inflation is considered, if you haven't gotten a 8% raise this year - you actually may be receiving a pay decrease.

Consider requesting a meeting with your supervisor, employer, or human resources department to discuss your options. Perhaps they can't give you an hourly raise in pay, but maybe you can negotiate an increase in the amount being contributed to your retirement account. If your goal is professional development or diversifying your skill set, maybe they will assist with your education costs. The point is, never be afraid to ask, you deserve fair pay and the worst that can happen is that they say no.

If you are a stay at home spouse, guess what, you deserve to be compensated too. According to mainepublic.org, in 2018 the average cost for childcare in the State of Maine was \$9,224 per year for ONE child. It is very possible this number has increased since this data was released. According to Ziprecruiter, the average housekeeper salary in the State of Maine is about \$28,000 a year. I feel comfortable assuming that a personal chef and chauffeur are quite expensive as well. As a stay at home parent, chances are you are performing all these jobs, for free.

Now I am not suggesting your partner cut you a check every week, but I do think you should not be at a financial disadvantage for your family's choice to have a stay at home parent. The solution? A Spousal IRA. A Spousal IRA (Roth or Traditional) allows the employed partner to make contributions to a retirement account on your behalf. The account is yours, and your spouse can contribute up to \$6,000 per year if you are under 50 (or 7,000 a year if you are over 50). A noteworthy detail is that you must file taxes jointly in order to qualify. This type of account is something that I wish I had known about prior to my career in finance. I was young, working on my education, and the stay-at-home parent. While I am so thankful for my time at home with my children, I lost precious time and income in the process. This could have been avoided had I known some of my options.

The moral of the story for this month is to know your worth. Do not let doubt or fear of the word "no" stop you from financial security. One way or another, get paid. ●

\*This material is provided as a courtesy and for educational purposes only. Please consult your investment professional, legal or tax advisor for specific information pertaining to your situation.

CHELSIE L. CRANE IS AN INVESTMENT ADVISOR REPRESENTATIVE WITH CLEAR PATH FINANCIAL SERVICES, A MEMBER OF ADVISORY SERVICES NETWORK, LLC

To learn more about FCP Live-In home care,  
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# tender table

Tender Table celebrates the Black and Brown community in Maine by connecting and honoring our identities, traditions, joy, resilience, and fight for collective liberation through storytelling and food. Tender Table began as a storytelling event series in 2017 and has featured over 140 storytellers across 9 U.S. cities. We are based on the occupied land of the Wabanaki people (also known as Maine).

Tender Table is made up of Stacey Tran, founder and co-organizer. Stacey is a Vietnamese American community organizer and author of a poetry collection, Soap for the Dogs (Gramma, 2018). Veronica A. Perez, co-organizer, is an artist and mother whose work focuses on the diasporic Puerto Rican experience using hair and other textile based materials. Sydney Avitia-Jacques is a trans, Chicanx community organizer who loves to make zines and sit in circles with people. Jenny Ibsen is a printmaker, writer and storyteller based in Portland, Maine who graduated from Bowdoin College in 2018, where she began printmaking, and has since lived in Maine, working in the restaurant industry, writing for free, local newspapers, and making art when she can. Together, they wrote their Big Dream for Tender Table.

### Our Big Dream:

Our big dream would be monthly dinner parties for Maine's Black,

Indigenous and people of color community at a big long table outside. The sun setting behind us, a wood fire crackling beside us, soft music playing, flowers in all directions, an abundance of food, joy, and laughter. We dream of a place where we can be ourselves, where we don't have to explain our anger or sadness, where we can click into a place of belonging with one another, in silliness and grief and celebration.

We are dreaming of a community in which we all have what we need to thrive, in which we can lean on each other for support in times of need, in moments of delight, in opportunities of creative collaboration that expand our hearts and minds, bringing us closer to each other. A place where a growing network of BIPOC folks in Maine who are interwoven and deeply connected with one another through our struggles, our strength, our softness, our big vibrant hearts, dancing our way towards creating the world we deserve for ourselves and each other. ●

TO LEARN MORE OR GET INVOLVED PLEASE VISIT @TENDERTABLEMAINE ON INSTAGRAM OR WWW.TENDERTABLE.COM



## Kale, Mushroom & Creamy Pesto Quinoa Bowl

Warm quinoa, fresh, colorful fruits and veggies and crunchy nuts come together in a nutritious Mediterranean bowl that's hearty and delicious. Quinoa's complete protein profile and nutty taste are the perfect base for an easy dish to satisfy your taste buds and wellness goals!

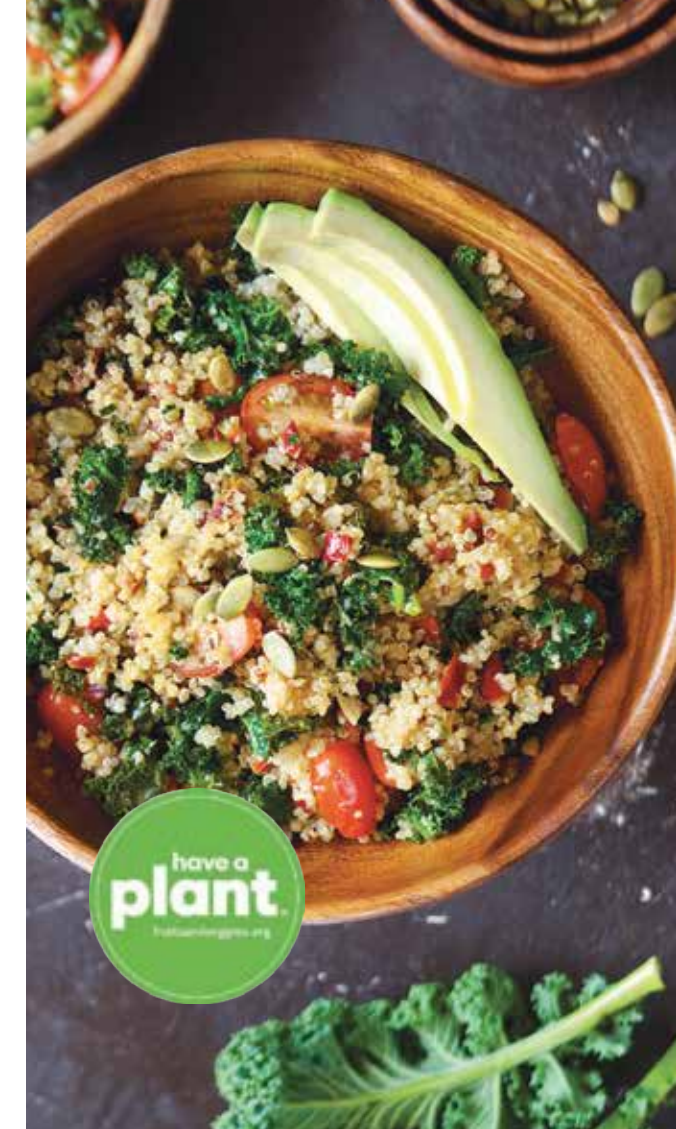
SERVES 1

### Ingredients:

- 3/4 cup Cooked quinoa
- 1 Tbsp. Stonyfield® Organic 0% Fat Plain Greek Yogurt
- 1 Tbsp. Taste of Inspirations® Pesto Sauce
- 1 Tbsp. Water
- 1/2 cup Nature's Promise® Organic Baby Kale, chopped and stems removed
- 1/4 cup Marinated mushrooms, chopped
- 1/4 cup Cherry tomatoes, halved
- 1 Tbsp. Planters® NUT-rition Wholesome Nut Mix, chopped
- 1/3 ripe Avocado from Mexico, sliced

### Directions:

1. Cook quinoa according to package directions.
2. While quinoa cooks, in a medium bowl, whisk together yogurt, pesto sauce and water. Set aside.
3. Layer a bowl with quinoa, kale, mushrooms and tomatoes. Drizzle with creamy pesto sauce and top with chopped nuts and avocado. Enjoy!



**Nutritional Information:**  
 Amount per serving: Calories 420;  
 Total Fat 25 g; Saturated Fat 3.5 g; Sodium 135 mg;  
 Carbohydrate 41 g; Fiber 10 g; Total Sugar 3 g;  
 Added Sugar 0 g; Protein 12 g

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At Casella, we believe that communities are built one person at a time. By investing in our people and creating sustainable career paths, the communities we serve help us give resources new life.

**Rachel Ashworth** started her career at Casella in customer service, earned her commercial driver's license and served thousands of customers in Maine before being promoted to a management role leading our recycling facilities in Maine. Now, as Director of Industrial Solutions, she helps lead a team of more than 60 people who provide sustainable resource management solutions to customers in complex and varied industries, helping them achieve their sustainability goals.

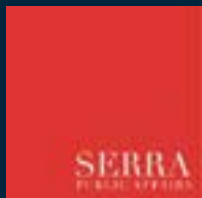
Giving resources new life is at the center of our mission at Casella. That's why dedicated Mainers like Rachel are so critical to what we do. Together, we are building a healthier and more sustainable future for Maine.



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