

# MAINE WOMEN MAGAZINE

AUGUST 2020

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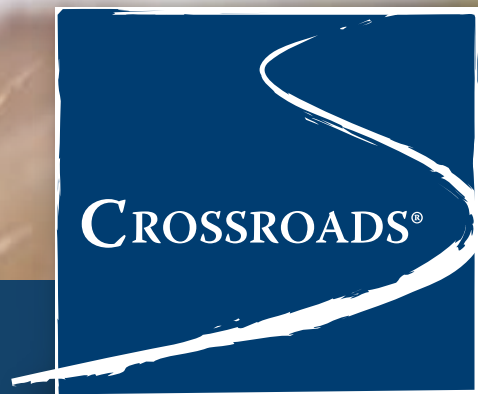
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# FEATURES



Photo by Jason Paige Smith

## **13-21** **SHOPPING SPECIAL**

Catching up with businesses reopening around the state.

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This month we have brought you examples of small local shops and businesses that have shown perseverance, in the face of all the challenges of these times.

Perseverance is the ability to keep doing something in spite of obstacles, and the ability to show steadfastness when you do it, despite how hard it is or how long it takes to reach the goal. Perseverance, sometimes called “true grit,” is essential for success—for making dreams become reality. You can be smart, or extremely talented, or common-sense-savvy, but without the push and pull of perseverance, it doesn't matter.

I learned young that it didn't matter if you were the biggest, strongest, smartest, or any “-est,” it was keeping steadily on that created success—having inner true grit. My Mom would always say, “If there is a will, there is a way.” Those words helped me keep my mindset looking forward and moving forward. We put one foot in front of the other and don't look back. We can't drive forward looking in the rearview mirror. We can't get stuck on paths not taken and on “what if's” and “if only's.”

In our stories this month, you will see so many with perseverance, and the many forms it takes--resourcefulness, humor, adaptability, creativity. These traits inspire us all.

Women, you have this. I believe you were born with a special steadfastness and ability to keep on. This morning, feel the wind moving around the glory of who you are. Believe in yourself. Remember YOU'VE GOT THIS, whatever your personal challenge. I do believe in each and every one of you. Persevere!

*Mary Frances Barstow*  
*Publisher*

*Maine Women Magazine neither endorses or critiques the women featured in our magazine based on their belief system or political viewpoints. We wish that political and personal differences be respected and used to start conversations based on curiosity and learning. We believe in freedom of speech.*

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Cover photo by  
Jason Paige Smith

| LETTERS TO THE EDITOR |

Dear Mary,

The article on Clarissa Sabbatis was my all-time favorite. So well done. She is a Maine treasure.

*A Happy Reader*

To the Editor,

I have just called for a subscription to *Maine Women Magazine*. I am absolutely in love with this publication. I have never had a magazine that I read cover to cover. Every story is different, and I can't wait to see the next one. This is without a doubt my favorite publication.

*Noreen Sullivan*

Just a quick comment:

Oh, my! Dr. Regan Thibodeau. She is awesome!

*Debra Alexandra*

Dear Editor,

I lived in Vermont for 10 cold years. Your magazine brings back happy memories of that time because Maine is so similar to Vermont. I'm getting to know the people who write for this magazine and live through their words. Every month I look forward to receiving it in the mail.

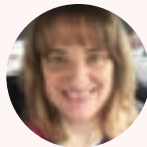
*Cara Iris Miller*

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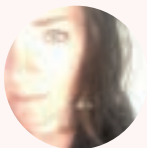
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**Liz Gotthelf** lives in Old Orchard Beach with her husband. She enjoys hula hooping, volunteering at a local horse barn, and finding Fiestaware at thrift stores.



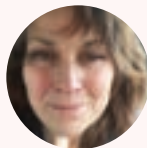
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**Nate Hathaway** grew up outside of Baltimore, Maryland and went to sea as an environmental educator after graduating university in 2011. Enamored with the adventure, he and his wife Emma have sailed up and down both coasts of the US, the Great Lakes, Hawaii, the Caribbean and much of maritime Canada. Nate worked and interned for *National Geographic* before sailing and has usually has a camera with him. His images can be found at <https://wnhathaway.wixsite.com/photo>. Nate, Emma, and their cat Teltail are living their best lives in Rockland, Maine.



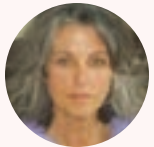
**Sarah Holman** is a writer living in Portland. She grew up in rural Maine and holds a BFA from Pratt Institute in Brooklyn. Sarah is enthusiastic about coffee, thrift shop treasures, and old houses in need of saving. Find her online at [storiesandsidebars.com](http://storiesandsidebars.com).

**Lisa Joy** is a mother, grandmother, gardener and nature lover - any activity outdoors especially where Atlantic Ocean, mountains or a perfect water skiing lake is involved. She's driven a hybrid car for decades and moved back to Maine fifteen years ago to live in a hybrid house - built in 1787, with a recent addition. A writer since first grade, she began her career in print and broadcast media before various marketing communications roles for global companies then as a consultant.



**Cece King** is studying Geography and Middle Eastern Studies at Dartmouth College. Cece performed with an aerial circus troupe in New York City and studied Arabic in Morocco and. She is a contributor for Straus News publications in New York and is writing for *The Camden Herald* and *Maine Women Magazine* this summer. When she's not writing, you can find her painting or hunting for vintage!

**Krista Nadeau** is a professed life-long learner wrapping up a degree in Communications and New Media. She lives in Gorham with her husband and two sons.



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

**Christine Simmonds** grew up in Coastal Maine. She was a teacher for many years, but she was always told she had missed her calling as a writer. She is now a reporter for *The Courier-Gazette* and freelancer for this magazine. She enjoys spending time with her family and her cats and attending Cross-Fit classes.



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

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



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



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# Finding the Marquesas Islands in the South Pacific

BY  
MARY  
FRANCES  
BARSTOW  
and  
JAJA  
MARTIN

Last fall Holly Martin, 28, set out from Round Pond Harbor on the Pemaquid Peninsula, on her way to sail around the world alone. In the pursuit of this dream, she had bought a 27-foot-long Grinde (built in Denmark in 1983), refitted it with painstaking care, and christened it the SV Gecko. On her trip so far, she has experienced many, many wonderful times . . . and some bad weather, a stop to work for a while, and one massively disruptive coronavirus pandemic, which closed harbors and made resupplying for the Pacific crossing extremely difficult.

As readers of this column may recall, Holly was in quarantine for weeks near the Perlas Islands of Panama, with a small community of other sailors whose travel plans were also on a virus-related hold. But as Holly's mom, Jaja Martin, told us last month, Holly was finally able to get in the requisite supplies and start out for her next port of call: the Marquesas Islands in French Polynesia. These small, isolated volcanic islands in the middle of the Pacific would take an estimated 40 days of sailing to reach.

Jaja Martin has a busy summer life in Maine, running a Y sailing camp out of Round Pond Harbor, but an important part of her daily routine is to communicate with Holly via her Garmin in-Reach. Jaja has generously shared the following update on Holly's progress.

Holly has been doing great on her Pacific crossing—over four weeks at sea, less than two weeks to go! The comforting part, for me, is that I can see exactly where she is at any given moment. My job is to be Holly's weatherman, and I can send 160-character messages to her daily. This messaging capability was especially important when she first left Panama headed for the Galapagos Islands. During that section of her passage, Holly was fighting headwinds and a strong adverse current. Being able to receive wind, weather, and current information helped her decide on her course. After the Galapagos Islands, Holly quickly entered the trade winds. With wind and current behind her, she began the magical part of passage



across the Pacific. Idyllic sailing. Weather reports became less important, although I was able to advise her on which latitude to head for to get the best ride.

At the beginning of June, Holly left Panama after provisioning as well as she could. It was a daunting task, considering the strict restrictions Panama had placed on their population. Each person was allowed to be out for a two-hour period (time determined by the number on one's identification) on Monday, Wednesday, and Friday (for women) or Tuesday, Thursday, Saturday (for men). No one was allowed out on Sunday. That made provisioning pretty hard. She was happy to get away from the city and out on the cool, clean ocean.

June 1 was her first day out. On June 12 Holly passed north of Isabela Island, Galapagos. On June 13 she was sailing through the wind shadow from the island group, but by the next morning she was free and clear, riding the trades.

After that, Holly got into the glorious routine of living on a boat. Time takes on a new dimension at sea. The things that become important have very little to do with the cares one has on land.

On June 13, Holly crossed the Equator. A reason for celebration! June 22 marked her halfway point. Other significant happenings she noted were: June 25, "Ate last tomato"; June 26, "Found hidden tomato / ate last tomato"; June 28, "4 wks out"; June 29, "Onto last jar of PB"; July 1, "Only 1000 mi to go"; July 2, "Cookies 4 bfast? OK!"

Today is July 2, and I can see that Holly is getting closer to where she is headed. She still has over a week before she will make it to Nuka Hiva in the Marquesas, which is her destination. It's exciting to watch her little boat progressing along its track across the Pacific. Holly is such an amazing kid. I'm so lucky she's my daughter, and I'm so happy that she has the courage to do the things that speak to her heart.

**LAST-MINUTE UPDATE:** Holly made it into Nuka Hiva yesterday evening (July 11) at 5:50! She's currently getting all her clearance paperwork completed. •



Photos courtesy Holly Martin

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John Bryson, owner of Flourish Arts as Secret Healing.

# CATCHING UP with Local Saco and Biddeford Businesses

*“On the edge of caution” and “keeping our vibes high”*

BY R. COOK

## THE RUN OF THE MILL PUBLIC HOUSE AND BREWERY on 100 Main Street in Saco

In Saco Mill No. 3, the Run of the Mill Public House and Brewery was bustling with activity just before the Fourth of July holiday weekend. Its outdoor terrace tables were filled with patrons enjoying the pleasant view of the Saco River. The mood was upbeat. “We are not suffering by any means,” said Rebecca Lemieux, the restaurant and brew pub’s general manager. “We have been extremely busy since June 1.” People are clearly thirsty for the pub’s hand-crafted beer, hungry for good, well-prepared food, and glad to be eating out again.

Still, there were many reminders that it was not a usual holiday afternoon. Rebecca and her staff all wear face masks, and all patrons are required to wear them until they are seated

and their food and drink arrives. (Governor Janet Mills had issued an executive order requiring the masks, the day before mandating it statewide.) The brew pub’s success is only half of what it used to be, before the COVID-19 pandemic found its way to Maine in March. Rebecca explained that they could not offer any indoor dining until the Governor issues an order that it can be permitted.

They have to maintain six feet of social distancing between their outdoor terrace tables, which means they can only serve half as many customers as they did the previous summer. Fewer tables mean that patrons sometimes have to wait one to two hours to be seated, Rebecca noted. The Run of the Mill also employs half as many staff as last summer—60 instead of 110—and they have had trouble staffing their kitchen. They

have combined their indoor and outdoor menus into one menu. The brew pub also produces as many as 32 craft beers at a rate of seven at a time, twice a week. But they have to make sure they do not make too much, in case the situation changes and they are forced to do curbside takeout again. “We are selling a lot of beer. We just can’t afford to have too much around,” Rebecca explained.

Unlike many businesses that were forced to close in April and May, Rebecca said curbside service allowed her business to survive. “We did not close. We stayed open for takeout. It kept us open, and people knew we were here.”

When it comes to the masks, Rebecca said they encounter some people who are unwilling to go along with the new rules and sometimes become abusive toward them. She firmly believes that wearing masks is one of the best ways to prevent the potential spread of the virus. She wishes all of her customers felt that way, too. “We want to stay open, but people have to do their part.”

Rebecca is optimistic her business will remain open as long as the number of coronavirus cases does not spike up. A resurgence of cases in the fall would force the Run of the Mill to shutter its doors.

### **THE PALACE DINER on Franklin Street in Biddeford**

Just across the Saco River in Biddeford, Chad Conley, co-owner of The Palace Diner on Franklin Street, has had slightly different experiences. He said they opted to close this spring and reopen for takeout only on June 1. In this way, he hopes they have helped to minimize the potential spread of the virus in the community. Long time regulars who enjoyed their meals inside the iconic eatery have not been able to gather there since March. As many know, this diner has a lot of history and likes to take the long view. It was built in Lowell, Massachusetts, as their website says, “in 1927 by the Pollard Company. It has been in Biddeford,

Maine, for its entire life and is one of two Pollard cars remaining in America. Greg Mitchell and Chad Conley reopened the diner in March of 2014 and are its sixth proprietors.”

“It’s most likely going to be a terrible summer for business, but we have no doubt that Palace Diner will thrive over the long term. It’s a tough time for us to be in business, but we’re not alone, and we’ll get through it,” Chad said.

### **FLOURISH ARTS AS SECRET HEALING on Main Street**

John Bryson, owner of Flourish Arts as Secret Healing on Main Street, said he reopened his store and studio on June 1 after they were forced to close this spring. Flourish offers art classes, open mike nights for a variety of performers, Yoga, healing arts, and intuitive arts. They also have a store where they sell hand-crafted jewelry and gemstones. John said Flourish was just getting ready to mark its two-year anniversary in March when COVID-19 forced them to cancel their events or “happenings.”

Since they reopened on June 1, John said they are waiting for more of their followers, whom they call “Flourishers,” to return in force. “People are still reluctant to come out. It’s always been a challenge here because we are so different. But that’s okay. We like to be different.”

John said masks are optional depending on their customers’ comfort level, and social distancing is encouraged. Going forward, John said all he can do is take it day by day and deal with things as they are happening and navigate them. “We’re going to keep our vibes high, as we say here.”

### **PART AND PARCEL store on Alfred Street**

Ali Preble, co-owner of the Part and Parcel specialty market and provisions store on Alfred Street, and her team are taking the same approach. Ali and Danielle O’Neill have owned and operated their business for about two years. Part and Parcel is one of many businesses that opened in Biddeford and Saco when the two cities experienced a renaissance that has been put on hold by the pandemic.

Like Run of the Mill, Ali said their business did not have to close because they were deemed essential. They did takeout orders for their customers this spring, and she hoped to offer indoor dining again next to their deli. Business has been “hit or miss” since they fully reopened on June 1. “A lot of people have been shopping locally, which is a huge plus for us,” she said.

Part and Parcel also sells their food products online, which helps. Ali and her two full-time employees, Montana and Fiona, wear face masks, but they do not require their patrons to wear them. Social distancing is easily achieved because they usually have no more than five people at a time inside the market.

As Ali pondered what the rest of this summer would be like for her business, she is keeping her expectations low. “We’re on the edge of caution.” •

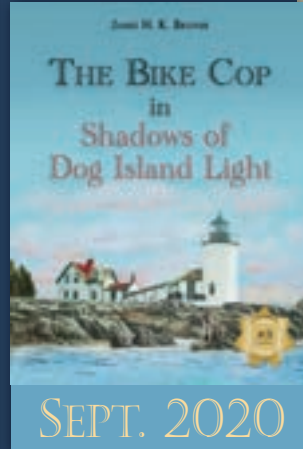
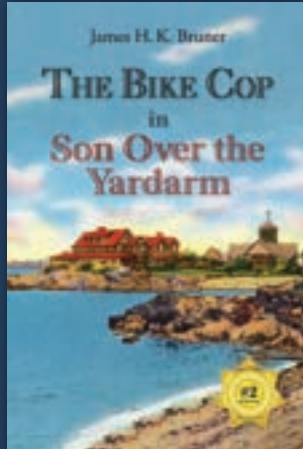
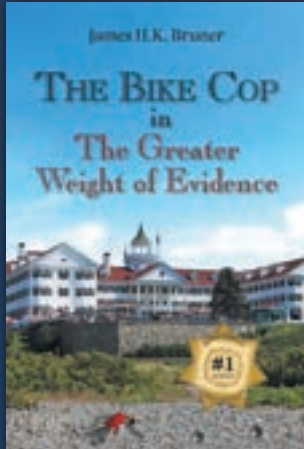


Ali Preble, co-owner of the Part and Parcel.

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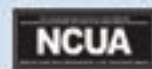
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Sierra Dietz, Grasshopper Shop.



Connie Sawyer, Seagull Cottage.

# Main Street Retailers *Stay Positive*

## *Businesses Get Innovative While Reopening*

**S**hops along the Main Streets of Rockland and Camden have recently reopened, with activities, and pleasurable shopping experiences are returning to these classic Maine downtowns. Positivity and innovation are the watchwords!

### **GRASSHOPPER SHOP, on Main Street in Rockland**

Sierra Dietz's parents opened the first Grasshopper Shop in 1975. This year, the family-run business has had to celebrate its 45th anniversary by finding creative ways to stay open during the COVID-19 pandemic. When the Rockland Grasshopper Shop closed its physical location beginning in April, Sierra launched a new website. "While we were still closed, we were getting a good amount of sales online," Sierra said. She found ways to pivot her business to a virtual model without losing personal connections with customers. For example, "In April, around Easter," she recalled, "we were having a lot of customers wanting to put together Easter baskets for kids, so we were doing FaceTime shopping appointments with people." Now, "since we reopened, the website sales have lessened considerably."

The plexiglass covers at the cash registers and hand sanitizing stations are new "signs of the times" in the colorful emporium, and people are taking them in stride. Business was bustling when I visited Grasshopper Shop, even with the requisite 6-foot gaps between customers. Sierra explained the store can safely serve 25 customers at once. "We've been really blessed with great support from our local customers," she said. "Every week gets a little busier and feels a little more normal."

As a member and former board president of Rockland's chapter of the Main Street America program, Sierra has been working hard for all Main Street businesses. "We've continued

meeting, talking about ideas and different sorts of promotional things we could do, and working with the city on street closures," she said. "Businesses coming together and sharing best practices has been great, because we're all interrelated and not really in competition."

### **SEAGULL COTTAGE, on Main Street in Rockland**

At the nearby gift and home decor shop Seagull Cottage, the cheerful staff greet customers, as background music—it could be from a seafaring movie where the main character falls in love with a mermaid—emanates from hidden speakers. Here you will find, intentionally strewn about, beautiful flotsam and jetsam and beaded jewelry that resembles floating seaweed.

The creative interior is the hallmark of owner Connie Sawyer, who only recently entered the retail business after a long career in banking. "The people that owned Seagull Cottage were friends of mine," Connie said. "I stopped in one day, and they were considering closing the store." Connie wanted to help keep the business going, and the owners asked her to be the store manager. "At that point, I did a lot of soul searching and prayers, and I decided to leave the banking world and do retail here." Connie was the manager for just a few months before buying the Seagull Cottage in January of 2016.

Connie closed the shop on March 14, as national life changed with the coronavirus epidemic. About reopening in early June, she said, "It was very slow at the very beginning." To encourage shopping Connie turned to social media. "We're doing a lot more Facebook posts, and with those posts we've had a lot more sales." She also isn't charging extra for shipping.

Recently, business has been picking up. "It was comparable





Ariel Birke, Daughters.



Maggie and Craig White, Owl and Turtle Bookshop Café.

# in Rockland and Camden

BY CECE KING

to last year,” Connie remarked about the Fourth of July weekend, “so I think that’s a positive example of what might be coming. I’m hopeful.” She attributes the spike to out-of-state visitors. “At first we had some locals coming in, but more recently it’s been people from away,” she said. “I’d really like to see more locals come in and shop downtown.” Connie said, “That would help us out a lot.”

## DAUGHTERS, on Main Street in Rockland

Simultaneously retro and modern, Ariel Birke’s Audrey Hepburn-style micro bangs embody the fun look that customers find in her Rockland shop, Daughters. Ariel opened Daughters in 2017. Her space resembles a Los Angeles loft: light, airy, and minimalist. Ariel sells vintage clothing and beautifully designed, sustainable fashion, which she terms “eventual vintage.” “I think if you buy well and buy things you love and care about, you can have them for decades,” Ariel said. She also sources items made by women in Maine to highlight local design.

Ariel started off as a design student at Parsons but ended up collecting vintage. “I love hunting for things. I’m really passionate about jeans and Levi’s and finding things that make people feel good,” she said.

Reopening has been difficult. Like Connie Sawyer, Ariel is hoping for more local traffic. “This business is so reliant on tourism. I have some really great friends and customers who are local, but that [level of local customers] can’t sustain the business,” she said. Daughters has only been able to open regularly three days a week. Otherwise Ariel will meet customers for scheduled appointments, a pandemic innovation that she said has been successful. “I’ve been getting a lot of people reaching out about appointments, so it’s become clear that I need to add to my hours.”

## OWL AND TURTLE BOOKSHOP CAFÉ, on Bay View Street in Camden

Craig and Maggie White are going on four years of owning the Owl and Turtle Bookshop Café in nearby Camden. Owl and Turtle reopened on April 1 for curbside pickup, home delivery, and shipping. On July 1 they opened to the public, allowing in five customers at a time. Outside their shop, people sip coffee from the newly installed café takeout window while they wait to enter. “We took away all the seating inside, and we changed our café and built a to-go window. That way there’d be no café traffic indoors, so that people could come and browse for books,” Maggie said.

“Our café sales were obviously nil, but our book sales were up for the months of April and May,” Maggie said. Sometimes she and her husband would be working from 10:00 a.m. until 7:00 p.m. at night, taking and filling orders. “I think on our busiest day, we stopped at over 20 places to deliver books.”

Maggie wanted to make sure elderly Mainers still had access to books, so she made sure residents of Quarry Hill and other assisted living facilities knew that she and her husband would deliver to them. “People don’t always have the mobility to get out, so we tried to let them know we could drop books off,” she said.

Even when home deliveries are expected, Maggie found they could be awkward. “There’s this moment of [getting an anxious response]—‘Why are people coming? It’s a pandemic,’” she said. But she and her husband still manage to make the mail orders and deliveries personal and exciting. “Whenever we mailed books, we would gift wrap them,” she said. And they would often go an extra mile in another way, to bring happiness and show appreciation to their customers. “Whenever we could, we would include cookies with people’s books,” said Maggie, who also does the baking for the café. •

# FALMOUTH REOPENINGS:

## *“We’ll Find Other Silver Linings.”*

BY LISA JOY

### **RAINBOW TOYS, on US-1 in Falmouth**

A month into shutdown, Julie Steinbach, owner of Rainbow Toys for twenty-four years, didn’t want customers to miss out on Easter baskets for their children, so she created a half dozen or more combinations and posted photos on social media for phone orders and curbside pick-up. “I feel fortunate that our customers are so loyal,” she said, “and that they have the means to continue supporting this business.”

For eleven weeks Julie filled curbside orders as they trickled in until her June 2 re-opening and subsequent re-hiring of two teenagers part-time. “It’s been hard all around,” she said. “We’ll never get March or April back, and sales are off roughly fifty percent.”

Summer is when she usually places orders for Christmas, but Julie doesn’t know what to anticipate as supplies are limited, and even popular brand-name companies didn’t have things to ship in early July. “I don’t think people realize how interconnected the small business supply chain is,” she said, mentioning local sales reps who have become friends over the years and who were caught in a hard place at both ends of their middle-man role.

While closed to the public, Julie willingly shipped orders, which isn’t something she normally does. A month after re-opening, she was still providing curbside service. “Ninety percent of returning customers have said, ‘We’re so happy you’re here,’ Steinbach said. “They don’t want to lose us.”

“We have been the first store some people have come back to, not necessarily to buy toys,” she said, “but because they felt comfortable being in a local store owned by local people that they knew were doing the right thing in terms of cleanliness.”

Despite the degree and scope of uncertainty, Julie has reason to hope.

One husband and wife who had retained their jobs turned their stimulus check into a life lesson. They divided the money equally among themselves and their children, with the condition that each spend their share at a local business. The children chose their local toy store. “They wanted to show them the importance of where they put their money,” Julie said. “It’s a silver lining that people are thinking about this,” she said, “and we’ll find other silver linings, but right now it’s a little scary.”

### **COULEUR COLLECTIONS, on US-1 in Falmouth**

Marcia Feller, who opened the immediately successful Couleur Collection shop 20 years ago this October, had her scare in April and May with a very large loss she characterized as “catastrophic.”



**Top:** Gretchen Barney of Falmouth keeps customers safe and smiling during curbside pick up. **Photo courtesy of Rainbow Toys** **Bottom:** Marcia Feller models for Curated to Go shoppers.

“In the apparel business,” Feller said, “April and May are just as big as November and December.”

Three things kept her going: her line of credit; a Paycheck Protection Program loan approved in ten days with money in her account six days later so she could pay staff; and, a 4,500-strong real customer email list. Her marketing instincts kicked in with an April 5 email responding to clients who had asked how they could help.

“I explained to them that if you’re a Macy’s or LL Bean, you buy from large global companies,” she said, “but I’m a small specialty store, so I buy from primarily small, family-owned businesses.” She featured photos of five such owners with short descriptions of their businesses based in three East Coast states and Montreal. Customers were invited to contact her to buy a gift certificate that would pay a vendor of choice. In addition, each customer would receive a 30-percent-off coupon with no expiration date.

“The results shocked me,” Marcia said. In the store by herself at the time, she spoke with each of the 185 customers who bought in to her proposal. “I cried every day,” she said, from their sharing of individual product experiences to their generosity. One gift totaled eight hundred dollars.

“And then another amazing thing happened,” Marcia said. A friend since the early ‘60s, who lives in New York, called. She also wanted to help, but knew there was no “shopping cart” on the website. Marcia knew her friend’s taste, and a few emailed clothing photos later, a “big box” was on its way. Others from their middle school circle joined in and soon boxes were off to six states.

Marcia’s next email officially launched “Curated to Go,” including a photo of her eleven childhood friends from an annual (since 1985) reunion, with Marcia and staff modeling items. Within three and a half weeks, she had shipped 223 units, with just a seven percent return/exchange rate (compared to the national average of online apparel returns of 50 percent).

In contrast, re-opening has been a challenge. “I thought being closed was the hard part,” Marcia said, “but the reality is that our customers are generally over 50.”

In early July her in-store clientele was 36 percent of normal compared to the national average of 20 to 25 percent. “Keep in mind,” she said, “that’s 64 percent down.” Meanwhile, her three full-time and seven part-time employees have settled back in, and television ads are drawing shoppers from Ellsworth to York.

### BOOK REVIEW, on US-1 in Falmouth

Clare Lygo bought Book Review three years ago from its previous owner of 37 years. Since then, she has launched a website and begun marketing through social media.

“In the beginning [of the shutdown] loyal customers called asking ‘How can I support you?’ she said. With sales 10 percent of normal in April, part of her response was to direct them to a website developed to support independent bookstores without an online platform.



Sheri White Woolverton of Cumberland, right, purchases from Book Review owner Clare Lygo just before July 4th weekend closing time. Photo by Lisa Joy

“Bookshop.org launched last year primarily to compete against Amazon,” Clare said, “and it was an absolute god-send during shutdown.” Every book purchased through the website’s link specifically identifying her store netted her 20 to 30 percent of that sale. In addition, she would receive a biannual distribution of 10 percent of the site’s regular sales divided evenly among all bookstore affiliates.

Just before Easter, longtime customers who often bought for their granddaughter asked Clare to create an Easter book basket for the child including a card and bunny. “I had 150 dollars to work with,” said Clare, who texted item photos for approval and dropped the purchase off at their home. She also helped a pregnant mother shop for Easter items by holding things up for Facetime viewing and selection.

When reopening changed from May 1 to June 1, Clare went back into the store by herself to fulfill curbside pick-ups and make “a lot” of home deliveries. “It was so rewarding,” she said, “because our older customers who could not go out for anything were delighted that I would drop purchases off at their house.” Some blew her kisses. “They needed a form of escape,” she said, “and I was bringing them joy.”

With no ability to do credit card transactions, Clare accepted checks by mail, trusting that they would arrive. “It was ‘old world,’ where you used to have a credit account,” she said. Some checks arrived in a card of thanks. “I have a few at my desk to remind me why I’m doing this,” Clare said. “It has not been easy, for sure.”

She lost two staff who found other jobs to keep working.

Though June was not as busy as she had hoped, her staff of four regularly worked six days a week. Clare noted that in addition to nearly all customers’ compliance with safe-distance guidelines, they are buying more cards and books than before the shutdown. “Our average sale per person has increased,” she said, and our demographic has seen a shift with more people under 50 coming in.

“It seems they are getting the message that if they continue to shop online, little shops will disappear,” she said. •

# Summer AT HOME

*Planting, painting, and supporting local businesses during the pandemic*

BY SARAH HOLMAN

Life outside our homes—from work, school, and recreation to dating, dining, and shopping—has changed obviously and significantly over the past five months. So, too, has the way we live inside our houses and in the outdoor spaces we call our own. Most notably, we’ve repurposed rooms and corners for work and exercise and maximized outdoor living areas to support social distancing.

According to the home design site Houzz, fitness equipment sales are eight times what they were pre-pandemic, and Overstock.com reports a 270 percent increase in home office furniture sales, a 225 percent increase in patio furniture sales, and a staggering 360 percent increase in the sales of pool and gardening items. Our DIY efforts and pandemic nesting purchases aren’t just improving our spaces. They are keeping our neighbors in business.

## AUBUCHON HARDWARE, on Bangor Street in Augusta

“I can’t keep seeds on the shelves,” says Dennis Gaworski, manager of Aubuchon Hardware in Augusta. “I was so busy in May and June because the big box stores were closed or had long lines.” With stores like Lowe’s and Home Depot now open, Dennis says traffic has slowed a bit, but his sales are still steady. In fact, while his revenue was down for the year in February, the Augusta store was significantly over last year’s earnings in May and June. “We’ve seen a lot of new customers,” Dennis says. He hopes to retain many of them, especially those who tell him the sales associates at big box chains aren’t as helpful or knowledgeable as his staff. For now, Dennis is just trying to keep his shelves stocked with high-demand items for gardens, pools, and patios, which isn’t easy.

## ACE HARDWARE, on US-1 in Falmouth

Kathryn Dobrowolski, co-owner of Falmouth Ace Hardware, is having a similar experience. “Things people want, we can’t get,” she says. Between the pandemic and new tariffs on foreign goods, supply chains have become unreliable and delayed. Kathryn experienced a surge in sales when her store was deemed essential at the beginning of the pandemic, but with most stores now open, business has settled to where it normally is for this time of year. Like Dennis, she’s seeing a



big spike in gardening sales, as well as interior paint sales.

"Lots of people started gardens this year," she says, "and they're sprucing up their homes." She and her staff are "carrying on as best we can," despite staffing issues, restocking challenges, and customers not wanting to wear masks in the store. "Most people are really great and understanding," she says. One surprise item Kathryn can't get ahold of: Mason jars. "A lot of the restaurants are doing to-go cocktails in them," she explains. Great for takeout, not so great for folks hoping to make strawberry jam.

### **DARBY JONES, on Stevens Avenue in Portland**

At Portland's Darby Jones, a small shop that describes its merchandise as "desirable nonessentials," owner Laura Chambers worried her tagline was "a scarlet letter slapped across our windows," as officials were encouraging people to stock up on essential items in March. "After all, we didn't offer bathroom tissue or canned goods," Laura says. She closed her store to the public on March 15 and spent the next few days photographing her inventory, loading up her website for online shopping, and sourcing new items she believed would be relevant in the months ahead.

After her initial panic, Laura quickly realized desirable nonessentials were, indeed, essential. The celebrations of holidays, birthdays, graduations, new homes, and births were not on pause. She went from welcoming the community into her shop to communicating digitally and "relishing a sporadic knock and wave through the window." Many of her high-demand items became increasingly sought after, along with the new products she had carefully chosen to invest in. Some of the most common purchases became face coverings, scented candles, fun socks, greeting cards, cocktail infusion kits, and jewelry.

To support the stay-at-home order, Kathryn offered curbside pickup and shipping across the country, but then she went further, providing free local delivery within a 15-mile radius of her shop. "Truthfully, we delivered beyond that perimeter," she says. "We wanted our customers to stay safe at home, and we were so grateful for every order, that the distance was irrelevant." Kathryn and her staff clocked well over 1,000 miles delivering orders. The support from customers was emotionally overwhelming, she says. "[We] felt so much love from an excited wave from a distance. Sometimes I just cried in the car."

Darby Jones was able to reopen its doors on June 27, and Kathryn continues to feel encouragement from her community and beyond, receiving emails, direct messages (dms), voicemails, and handwritten notes from customers reaching out to convey their best wishes and asking how they can help her shop. "People are so good," Kathryn says. "We are so very appreciative." •

## Outdoor Projects for August

If you're still looking for a few outdoor projects, try these fun (or at least functional) ideas:

### **Give your patio furniture a good scrub**

For wood and wicker furniture, use a mild oil-base soap like Murphy Oil Soap mixed with warm water. Plastic and metal should do fine with dishwashing liquid mixed in a large bucket of warm water. Patio cushions can either be wiped down or thrown in the washing machine (check the tag).

### **Repaint your front door**

A fresh coat or a new pop of color is an easy and affordable way to boost curb appeal. Tape along the edges of the door so paint doesn't end up on the door frame.

### **Upcycle forgotten treasures**

Create a pallet garden with old wood, make hanging baskets or plant pots by repurposing old home goods (a ceramic teapot without its lid, chipped mugs, rusted watering cans), or create a terrarium planter with a discarded vase or unused fish tank.

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# WINTER HOLBEN ARCHITECTURE AND DESIGN

*Making gems of places  
where people love to go*

BY R. COOK



When Elisa Holben and Brandon Winter tied the knot, they didn't realize that within a short time their deep dive into matrimony would lead to a joint venture that is just as fulfilling: Winter Holben Architecture and Design.

Elisa said the couple have owned and operated their company since 2015 from their offices at Thinkyard at 7 Wallingford Square in Kittery Foreside. They are right across the street from the Portsmouth Naval Shipyard and right above Lil's Café. More importantly, they are also just a short walk to their home and two young children, Elias, 12, and Sonia, 7. They have lived in Kittery for 18 years.

Before the COVID-19 crisis set in this spring, Elisa and Brandon were poised to realize tremendous growth to kick off the new decade. They had finished 2019 strong after they nearly quadrupled their revenue. They are still actively engaged in hiring more talented team members to join their nine-member team and they have remained busy during the pandemic with various projects.

This summer, Elisa said they are helping businesses redesign their workspaces and public spaces to conform with U.S. Centers for Disease Control guidelines to keep employees and customers safe from the threat of COVID-19. As many existing and new businesses go with architectural designs that will adapt to the new direction ushered in by the pandemic, Elisa said she and her team will be ready to meet that challenge. "We want to build space that is adaptable over time. You build for longevity."

She is very proud that her business donated \$5,000 to support local organizations and southern Maine businesses including the Seacoast Science Center in Rye,

New Hampshire, 3S Artspace, The Dance Hall, Footprints Food Pantry, Fair Tide, and some Kittery Foreside restaurants to help them during the pandemic.

Elisa, 43, and Brandon, 44, have been married for seven years and have been together for 15 years, since they attended college. They grew up in Newburyport, Massachusetts. Elisa attended James Madison University and majored in biology with a minor in art. She wanted to be an illustrator. After she took some courses at the University of New Hampshire Isles of Shoals Marine Lab and at Cornell University, Elisa helped a professor create the first-ever illustrations and description of a water striding insect (*Platyvelia brachialis*) as her senior thesis.

"I wanted to find a way to meld my love of art with my degree in science, so I took some special courses in scientific illustration," Elisa explained. "They were published, as it was the first time this particular insect had been described and drawn."

Meanwhile, Brandon graduated from the State University of New York in Buffalo with his architecture degree. Elisa said she and Brandon were living together in 1999, and this is when she first discovered her love of architecture and design. "I got to watch his career and be part of it," she recalled.

Elisa got her first job as a graphic designer in Buffalo "and that is where I kind of realized I had a knack for graphics and design." The couple moved to Portsmouth, New Hampshire. Brandon worked for a few architectural design firms in the city and Elisa was working for a company called Branding Partners as a creative design director to help businesses rebrand or strengthen their existing brands. "I learned that I was really good at leading complex design projects."



She had the opportunity to work with national clients like Bank of America, which the couple has retained as one of their clients for their current business. “That’s when I really found what I really wanted to do.”

The couple had their first child, and Elisa felt like she was ready to step out and create her own business. “I was tired of working for other organizations. It was stressful because we had a family and the timing is never perfect,” Elisa said. Fortunately, they each brought a few of their clients on board including Bank of America. Brandon also brought in Great Rhythm Brewing Company. That project proved to be a breakthrough for the couple’s business.

In 2017, Elisa and Brandon won the New Hampshire chapter of the American Institute of Architects Excellence in Architecture Design Award for that project. “It was a classic example of what we’re good at. It was a really old, dilapidated building where they used to process seafood, and we really turned it into a gem where people love to go,” Elisa explained.

The brewery is located at an old Portsmouth warehouse complex. After the couple worked their branding, design, and architectural magic, the building was transformed into a dynamic experience. The award citation noted that their work, “created the entire design vision for the adaptive re-use of an underutilized waterfront industrial building to become a dynamic customer experience and state-of-the-art brewing facility. Key features of the design include a striking presence visible from over 1,200 feet away, a welcoming entrance, a tasting room with views to the outdoor environment, a brew house, and a visitor destination that complements the revitalized West End neighborhood of Portsmouth.”

The judges’ comments reflect the perfect synergy of the couple’s firm. “The light-colored wood and the monochromatic dark gray ceilings and concrete block also complement each other in color and texture and add a surprising intimacy to an otherwise open volume. Simple garage doors, when open, provide additional dramatic effect.”



Elisa and Brandon pride themselves on using the best environmental practices when they create new spaces and revitalize older buildings. “The greenest building is the one that is already built,” she observes. She also believes the Great Rhythm Brewing Company project shows how she can make a place a real experience for people that is memorable and engaging from a strategic branding point of view. Other breweries that they have designed include the York Beach Brewing Co. near Short Sands Beach, the Stoneface Brewing Co., in Newington, New Hampshire, The Wilder in Portsmouth, and The Press Room, one of Portsmouth’s most iconic drinking establishments that is a haven for Jazz aficionados.

They have also designed businesses close to home, including Festina Lente, a rustic Italian restaurant in Kittery

Forside. They were in the process of creating a new space for the USS Albacore Museum and Park located across the Piscataqua River in Portsmouth. Since 2015, Elisa said she and her husband have worked on more than 100 projects.

Looking ahead, Elisa and Brandon would love to do more projects in Maine. This spring, the couple was working on a wayfinder project at the University of New England in Biddeford and Portland. The work involves helping the private college create new signage for both campuses. Elisa believes Maine offers great opportunity for them to do work that will dovetail with the intense creative spirit that already exists in Portland and elsewhere.

“Maine has a certain style and personality that I love. It’s a beautiful place but it also has a lot of grit and strength.” •

| SHE DOES WHAT? |

# For longevity, “just keep going”



Ginny with sons Max (left) and Charles (right), taking a break from their work aboard the *Virginia*.

## Meet *The Lobster Lady*: Virginia “Ginny” Oliver

BY SHEILA D. GRANT

Virginia “Ginny” Oliver, known locally as *The Lobster Lady*, is thought to be Maine’s (and possibly the world’s) most senior licensed lobsterman. She turned 100 on June 6. She still drives a big white GMC pickup truck, maintains her own home, does all the cooking for herself and son, Max Oliver, who lives just down the street but spends nights at her house—and she goes out lobstering three days a week. Ginny was featured on *Bill Green’s Maine* in 2017, and this year, she is the subject of a 30-minute documentary. The secret to a long life, Ginny said, is to “just keep going!”

“I was born in the next house up from where I live now,” Ginny said. Summers, though, were spent on *The Neck of Andrews*



Ginny always finds something to laugh about.

and weighed lobsters for customers. “I guess I’ve kind of lived a different life than most women,” she said.

At 17, Ginny married a man whose name she got wrong for the whole first week she knew him. “They always called him

Island, where her father owned a store and two fish weirs. “When I was probably 7 or 8, I used to take the boat over [to other nearby islands] to haul the guys over to work at my father’s fish weirs. I’ve dug clams—I used to get \$5 a gallon, all shucked out! It was a lot of work, but I did it.”

Ginny, the youngest, had a sister, Elizabeth Rackliff, five years older. Her brother, John Rackliff, was 10 years older. “I used to go out hauling [lobster traps] with my brother when I was probably 7 or so.” She also pumped gas

Bill, so I thought his name was William,” she recalled, laughing. Anyone who speaks with Ginny soon discovers she is a woman full of laughter.

Ginny and Maxwell “Bill” Oliver, Sr., had a daughter, Margaret, and three sons, William, Maxwell, and Charles. The “children,” now in their late 70s and early 80s, all live nearby. All three sons are lobstermen who often visit their mother for Saturday-night suppers.

Ginny worked as a homemaker until her youngest was 9, and then she went to work at Bonnar-Vawter, a printing and business form plant in Rockland, for 18 years. Bill worked at Fuller Cadillac. When WWII came around, Bill, a married man with young children, did not get called up in the draft. Instead, he went to work at Bath Iron Works. But after he’d been there three-and-a-half years, Ginny came home one day to discover that Bill had quit his job.

“So, I quit, too, and went lobstering with him,” she recalled, laughing. “We lobstered up until he was 90. I could run the boat, and he always told everybody I was the boss! I think he’s right!”

Bill passed away just shy of his 91st birthday. For the past 13 years, Ginny has gone out lobstering aboard the *Virginia* with their son Max. “I’m still the boss,” she said, chuckling.

Ginny pilots the boat, cleans and fills bait bags, and measures and bands the lobsters—a bit tricky since she broke her right wrist last year and now has to use her left hand. She has 200 lobster traps, and Max has another 200-plus. The pair doesn’t go lobstering during the winter, but the rest of the year, they are up by 2:45 a.m. three days a week so they can get to the boat, get their bait and gas, and be underway by daybreak. Max, 77, uses a hydraulic winch to haul the traps these days—something his parents had to do by hand in the early days of their business. Lobstering days can be long. Ginny and Max often don’t get back to sell their catch at the Spruce Head Fisherman’s Co-op until after 2 p.m.

Even on days off, Ginny is an early riser, up by 4:40 a.m. “I’ve always had to get up early so that’s just my way of doing,” she said. “Somebody asked me when I was going to retire, and I said, ‘When I die!’ I might just as well do lobstering as to do nothing. I’d rather go and do that, so that’s what I do! I’m old enough to do what I want,” she said, laughing again.

On her days off, Ginny enjoys baking and then calling “the kids” to come and get the goodies. “I used to knit mittens when the kids were small, but I gave that up,” she said.

This winter, her doctor commented to her that he didn’t know any men her age. “And I said, ‘Well, you forget it. I don’t want one!’”

As with most of us, the pandemic has put a crimp in Ginny’s life, but not as much as one might imagine. “I still go to the store about every day,” she said. “I maybe only buy one thing, but I go, because I like to get out, and I still drive. I don’t want to think of when I can’t [drive]. Probably the time will come. But I like to be busy.”

Ginny does wear a mask and try to keep her distance while she’s out. “Nobody wants to get it,” she said. “I hate wearing it, but what are you going to do? I have to watch, when I take it off,



Measuring and banding lobsters is all in a day's work.



All four of Ginny’s “kids” live nearby and were able to celebrate her 100th with her. She gets an ice cream cake every year for her birthday.

that I don’t take the hearing aid with it. I usually put the mask on before I go into the store and take it off when I get in my truck so that if my hearing aid comes off, it’s in the truck. One day it did come out but fell right in my lap. I wouldn’t want to lose that. It would be awful!”

Ginny was slated to be the Grand Marshall at this year’s Maine Lobster Festival parade, which is now canceled. “Well, everything is canceled,” she said. “There’s nothing going on. I’ve been so bored! It gets wearing on you, really, but you have to put up with it. I think this [pandemic] is going to be going on for a long, long time. It takes a while [to develop a vaccine], that’s the thing of it. They can’t do it overnight.”



This 1914 Ford was part of Ginny's 100th Birthday Parade on June 6.

The social-distancing movement caused another effect. Instead of a big birthday party, Ginny got a giant birthday card and an impromptu parade. "I didn't know about it," she said. "I was in the kitchen. I looked out the window and there was this big sign out in front of my house that said 'Happy 100th Birthday.' So, I figured I'd better go outdoors to see what's going on. They had a fire truck and blew the sirens, and the cars kept coming around! There were probably 100 cars. And a lot of them stopped and

signed the big sign or got out and hollered 'Happy Birthday' to me."

The party, Max said, was arranged in large part by Nellie Waterman, a distant relative and former Rockland police officer now living in Tennessee. There were birthday gifts, too. Ginny was presented with flowers and received several gifts of jewelry. "A woman that lives in Princeton sent me a silver necklace with a compass on it," she said. "And I got some nice earrings. They all know I like earrings!" Indeed, she even wears them while out lobstering—but not her dangly ones.

"Of course, we didn't go out to eat this year, so we had a cook-out at home, about 14 of us," Ginny said. "And we had an ice cream cake from Dairy Queen. For my birthday every year, we always have that."

Coronavirus also interfered with another big birthday event. The documentary, *Conversations with The Lobster Lady*, was to preview at a community birthday party at the Rockland Historical Society. Filmmakers Dale Schierhold and Wayne Gray, with the help of location guide Dick Carver, followed Max and Ginny out to sea, as well as conducting sit-down interviews. Instead, the film was aired on a local access channel that evening. DVD sales will benefit the Rockland Historical Society. An eight-minute trailer of the film can be viewed at <https://vimeo.com/schierholt/review/382630264/6a2e7e9364>.

Ginny's mother died young, at 51. Her father and her siblings are gone now, as well. "I don't know how I've lived so long," she said. "But you've got to keep going!" •

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# Running for Water

BY CHRISTINE SIMMONDS

## *Endurance Athlete Katie Spatz Runs Across Maine for a Cause*

**K**atie Spatz is not your average 33-year-old. Katie is an endurance athlete who views life as a challenge. Originally from Cleveland, Ohio, she moved to Maine in November of 2019, and she is currently a member of the U.S. Coast Guard stationed in South Portland. Prior to her Coast Guard service, she was a firefighter in New York.

Katie's journey to Maine began when she was 29. A friend told her about the Coast Guard, and Katie was interested. "They help people," Katie says. "It's a challenging environment. It's all about service." When she learned the cutoff age was 30, Katie told herself, "Then I guess I should do it now!"

Katie's latest challenge is a run across Maine that starts on Labor Day weekend at the border of Canada. She says she has driven the course, and it is a straight 130 miles to Belfast. "As I'm training, people are asking me, 'Who is telling you to do that?'" She says for her—it's about adventure and endurance.

"Think about kids," she says. "Kids are constant explorers of the universe. They are constantly doing things for the first time." Katie says she experiences a spark of joy when she is able to continue that mindset of constant exploration. "Remember, you were a baby once. You didn't even know how to talk or walk or crawl!"

Katie's main purpose behind this run, however, like many of her endurance feats, is to bring attention and funds to the global water crisis. "I'm for clean water all the way!" she says. Currently 780 million people in the world do not have access to clean water. Katie feels strongly that it does not have to be that way. "If anyone feels so inclined to change the number with me, Lifewater International has been around for 40 years and has helped 2.5 million people." Katie also pairs with the organization Run4Water in her endurance runs.

Katie's longest run to date was 100 miles, though she adds that it depends on the terrain. Her run across Maine will require about 30 hours of running. "I hate the first five miles," she says. But then, the endorphins kick in, and she feels what is commonly described as the runners high.

Katie can still remember her first 60-mile run. She says she would get shots of energy every so often, and then get completely depleted and feel like a zombie. "You get highs and lows. The drama!" she laughs.

To prepare for this challenge, Katie says her training is similar to standard protocol for endurance training. She was up to a 40-mile run in May and says the human body can usually handle a 10 percent increase in volume once a week overall.

Katie does her "long runs" on the weekend, and every four to six weeks she does a run of 30 percent less. "Those are my designated recovery weeks," she says. Even if she feels like she is fine, she says these lessened weeks are important for her recovery. "When you're running for 10 miles, your brain is done because you're focusing so much. If you're not focusing, you're going to fall over," she says.

"Because my long runs are so long, the rest of the week is about recovering," Katie says. She usually waits two days and then does some strength training, with a focus on not injuring herself. "I know what I'm doing is excessive," she says. On Wednesdays she does a three- to five-mile recovery run, so she does not "forget how to run." She also calls it a "shakeout run."

While Katie has been training for this event on her own, she will have a friend crewing with her to make sure she has enough fuel for the entire run. And what about staying up for more than 24 hours? "After doing these endurance challenges, the last thing I can do is sleep!" she exclaims. "With the endorphins, I've never had a hard time staying awake." She does include caffeine intake around mile 50, though.



She experiences a spark of joy when she is able to continue that mindset of constant exploration.

This run across Maine is hardly Katie's first extreme sport. At the age of 22, Katie became the youngest person to cross the Atlantic alone in a rowboat. She was also the first woman to row mainland to mainland.

Katie was 19 when she first began thinking about crossing the Atlantic. She learned that there were more people who have been on the moon than there are who have succeeded in crossing oceans by rowboat, and her curiosity was piqued. "It wasn't an immediate thought that I had to do it, but it was a never-ending curiosity to know more," she says. She exhausted all the online resources she could find on the topic, and she knew she wanted to know what it was like.

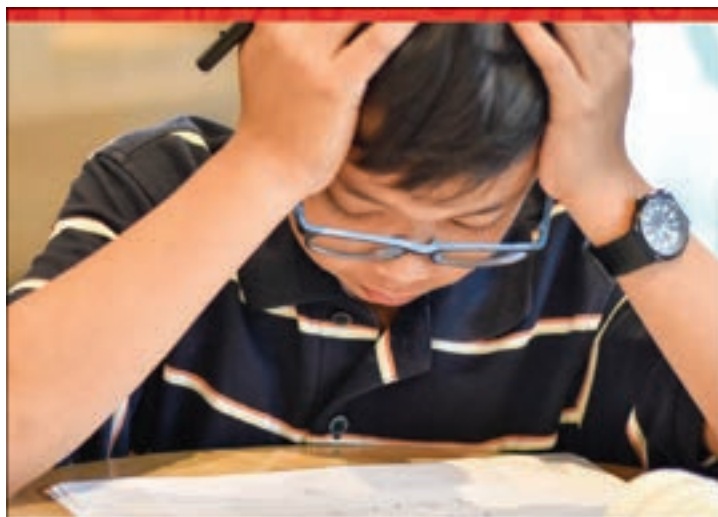
While Katie had no rowing or boating experience, she had a sense that if she did not do this, she would always wonder about it. In the end, Katie says it was about "choosing between 70 days of rowing or a lifetime of regret. I couldn't carry the weight of an unfulfilled and unrealized calling."

"I agreed that it was crazy," Katie says with a laugh, but adds that she "couldn't erase the call."

Katie was able to complete the journey across the Atlantic Ocean unsupported on her first attempt. It ended up being exactly 70 days, and she spent between 10 and 12 hours a day rowing. "My boat was like a self-contained universe," she says. She had some technology that "usually worked," including a desalinator, solar panels, RADAR, and a satellite phone.

The rowboat was 19 feet long, with a cabin in the bow for storage and another she slept in to protect her from the elements. Katie experienced 25-foot waves and visits from sharks, dolphins, sea turtles, and flying fish. She witnessed glowing plankton and had fires on board from electrical shortages. "It was this beautiful mix of absolute boredom mixed with sheer terror and excitement, with not much in between," she says. "It was like living a *National Geographic* experience."

For more information on Katie's journey, check out her website [www.KatieSpotz.com](http://www.KatieSpotz.com). The website includes a blog and information on the charities and how to donate. Katie can also be found on social media.



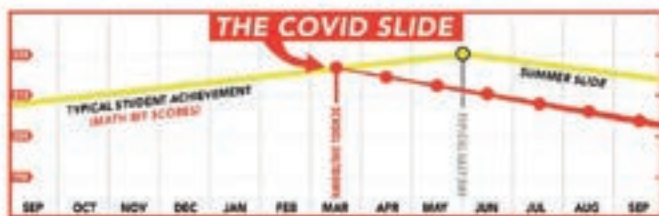
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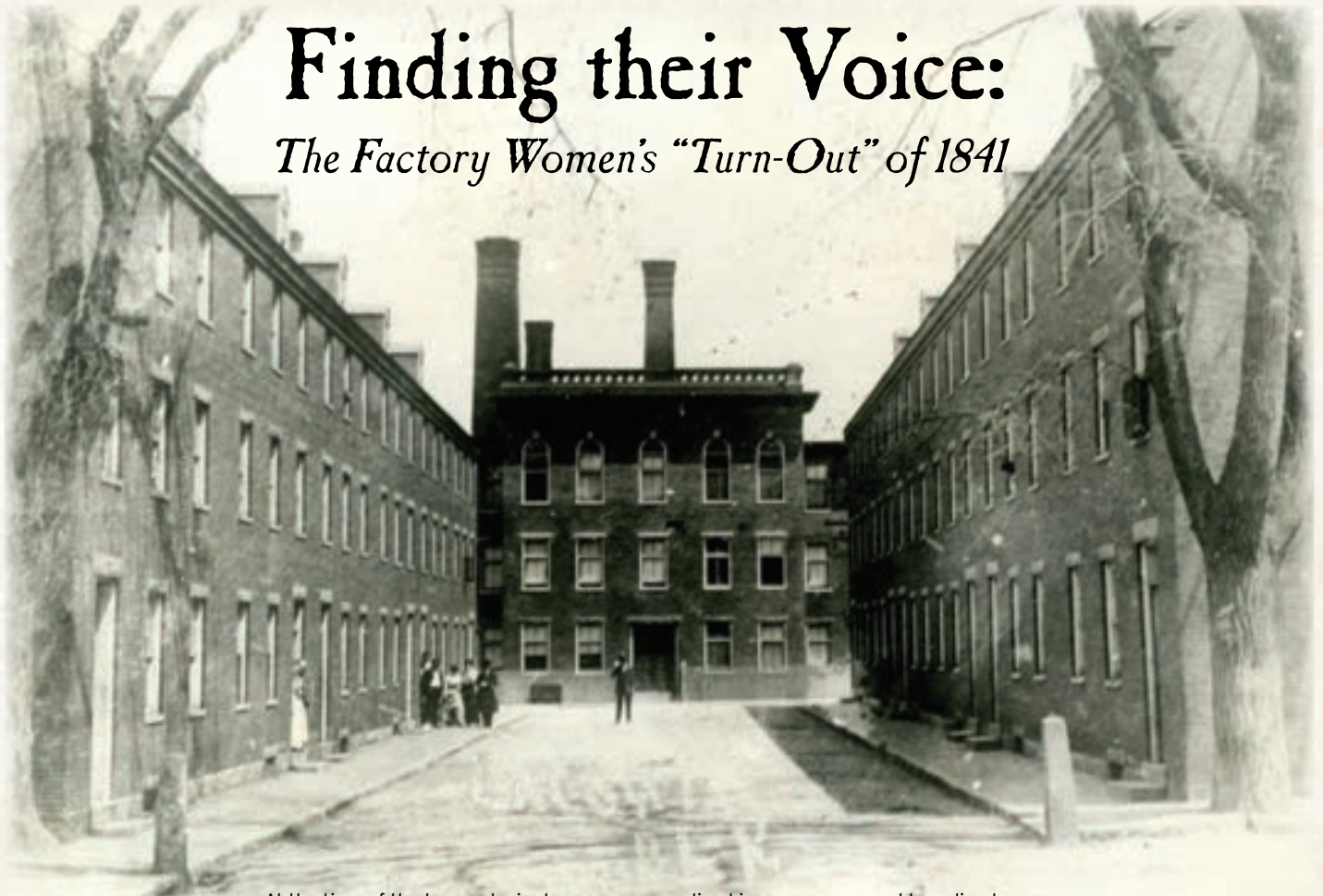
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# Finding their Voice:

## *The Factory Women's "Turn-Out" of 1841*



At the time of the turn-out, single young women lived in company-owned boarding houses, part of the paternalistic system that protected the female workforce from perceived moral errors. *Photo courtesy Maine Memory Network*

### *The legacy of Maine's first textile industry strike*

BY ELIZABETH DEWOLFE, Ph.D.

In late March 1841, a rumor floated through Biddeford's York Manufacturing Company. Samuel Batchelder, the company agent, was going to cut wages. Again. In the boarding houses, the female mill operatives discussed options. They decided on a bold course of action: a "turn-out," and it was all the bolder for being the first textile industry strike in Maine. When these young women marched out of the mill, they took steps to freedoms that echo in protests today.

Biddeford was booming in the 1840s, with the young women at the York Manufacturing Company both contributing to and sharing in the city's economic success. Women comprised 80 percent of the factory work force. Because the factories offered the best-paying occupations for women in this era, young women flocked to New England textile mills like York Manufacturing. In the early period, from the 1830s to 1855, the majority of these women were white, Protestant, and native-born, with their average age between 14 and 24 years old. They worked six days a week for cash wages and lived in company-owned boarding houses. After charges for room and board were deducted from their pay, women could pocket up to \$1.50 or more per week, a good amount of money in the 1840s.

On Monday morning, March 29, nearly 500 women—half of the work force—marched through the streets of Biddeford and Saco. Their protest followed a pattern that previous strikes in New Hampshire and Massachusetts factories had established: a band played upbeat tunes, banners were unfurled, and the women proclaimed, "We scorn to be slaves!" An astounded bystander noted that these women had "greatly disturbed the quietude of our usually peaceful villages." But others, including local men, left their work tasks and joined the textile operatives, as the *York County Herald* reported, in support of the cause of labor and the "weaker party . . . especially when the party is women."

The procession ended with a rally at Saco's Freewill Baptist Meeting House. Attendees (both men and women) made speeches, elected officers, and drew up a list of grievances.

First, the operatives resisted being forced to live in company housing. The quarters were cramped, ventilation was lacking, and the threat of contagious disease was always present. Even worse, the price for board kept rising. Young women wanted the freedom to make their own housing arrangements.

Second, the operatives pointed to a previous pay reduction that



Left: Photo from the Bread & Roses Strike, 1912, Lawrence, Massachusetts.

Right: Fiction featuring textile operatives warned readers of the many dangers of daughters being out of the watchful eyes of their parents. In several cautionary tales set in Saco and Biddeford, erring young women ended up seduced, insane, or dead. Photo courtesy Dyer Library



had come with the promise of a restoration of wages once conditions had improved. But no restoration had happened, and now an additional cut loomed.

Following two or three days of “fruitless negotiations,” the company agent Batchelder made a demand of his own: come back to work tomorrow, or don’t come back at all. Dorcas Harmon Nutter, who participated in the strike, in 1912 reminisced in the *Biddeford Record*: “A few went back but the majority of the young women proved loyal and went elsewhere for work . . . We had a just grievance. We did not win. The Corporation was too strong.”

She was right. The corporation was very powerful. Concerned about the public upset, a town committee of eleven leading men investigated the “unpleasant disturbance.” The *York County Herald* printed the committee’s lengthy report. Blame fell upon two allegedly disgruntled older women who, the committee concluded, had cajoled the less experienced workers into participating and had even designed a strategy, the committee sniffed, to maximize the size of the crowd. In fact, the committee took umbrage at the unseemly behavior of all the female participants, noting in their report: “that no grievance could justify proceedings so incompatible with the retiring delicacy

of the female character. . . and so much at variance with the peace and good order of our villages.”

As for the grievances, four corporation-employed doctors assured a lack of epidemic disease. The committee members deemed recent wage cuts “inconsequential.” A sub-committee praised the boarding-house keepers and the neat, clean, “amply sufficient” lodgings. In short, they found

no fault with the York Manufacturing Company, blamed the incident on rumors and misunderstandings, and, worried that whiffs of unrest would scare away investors, concluded to let the factory handle its own affairs. The committee officially disapproved of the turn-out and planned to take steps to prevent future occurrences. They did express deep sympathy for those operatives who had lost their jobs and hoped that



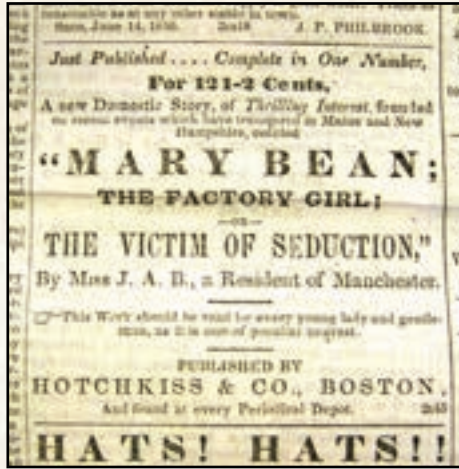
recent events had taught them “lessons of wisdom to guide future conduct.” The lesson seemed clear: mind your place.

The strike had failed. But taking the long view, we see glints of success.

The young women learned several important lessons. Their collective action brought the factory to a halt, at a considerable financial cost. In organizing meetings, women gained experience in crafting an agenda, making an argument, and advancing a demand.

And these women were brave. They marched on public display, held a public meeting, and spoke out when the cultural norm for women was dutiful submission in a life lived at home or in a company-owned boarding house.

The Biddeford turn-out was not an isolated incident. Women protested their work conditions in factories across New England, including Lewiston. In addition to economic and labor concerns born of rapid industrialization, these protests were part of a larger discussion of women’s ability to control and determine the conditions of their own lives. In 1848 women gathered in Seneca



Falls, New York, for the first women’s rights convention where Elizabeth Cady Stanton crafted the *Declaration of Sentiments*. This key document included demands for the right of women to keep their own wages, pursue higher education, and enter the prestigious professions of law and medicine. It also argued that women should be able to divorce, to keep property that they brought into marriage, and, among other concerns, to have the right to vote.

As Maine labor historian Charles Scontras has noted, labor and suffrage

were linked. Women’s rights activists Lucy Stone and Susan B. Anthony visited Maine in the 1850s. Maine author Elizabeth Oakes Smith spoke frequently on women’s issues, including to mill operatives in Lewiston. In 1858, the first petition for Maine Women’s Suffrage was put forth, which a Portland newspaper, the *Eastern Argus*, criticized as the “damnable heresy of this generation.”

The young women who “turned-out” were one link in a chain of women across the centuries who demanded to play a direct role in shaping their own lives. Those invested in maintaining a gendered status quo saw striking women as the source of social mayhem. Yet these young wage-earning women—experiencing a modicum of financial independence, enjoying geographic mobility, exploring a new-found sisterhood with like-minded women—were taking those first steps into the freedoms their brothers enjoyed as a matter of course. In this suffrage centennial year, we can draw a straight line from Maine’s Governor Mills back to the mill girls who spoke up and walked out. •

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# THE SECOND MOTHER

## Jenny Milchman's New Suspense Novel

*Julie and her Dog Seek a Fresh Start on a Distant Maine Island*

BY KRISTA NADEAU

“I know something about escape. It don't always work out like you want it to.”

With those words, her Uncle Ted warns Julie Weathers—the heroine of Jenny Milchman's new psychological suspense thriller, *The Second Mother*—against moving to a remote island off the coast of Maine. But Julie has already taken a teaching position in a one-room school on the fictional Mercy Island. There she hopes to conquer her demons—grief over the loss of her young daughter, a failed marriage, a powerful alcohol dependency, and the sense she's lingered too long in limbo, in her small hometown in upstate New York. She brings only one companion on this adventure: her giant, intelligent, sensitive, and loyal dog, Depot, who proves to be almost as much a main character in this novel as Julie is.

For the reader *The Second Mother* provides an escape of its own—of the “forget about the virus for a while” variety. Julie has to contend with a challenging Gothic blend of spooky houses, thick fogs, choppy waters, deep woods, black-outs, and prying eyes. While seemingly welcomed by the island community, including one handsome love interest, Julie soon finds herself bedeviled by frenemies, troubled youths, malevolent locals, and most of all, by a meddling dowager, who rules this “speck of land that sits eight miles out to sea” with an elderly but iron hand. With Depot's help, Julie confronts all challenges with admirable courage and hope, even while in the midst of her own life-and-death struggle for sobriety and inner peace.

What gives this page-turner extra meaning is the ongoing news of our real world, which forms a compelling backdrop to the fiction. We have very much on our minds these days the novel's themes: the growing specter of climate change, which threatens not just the lobster industry but virtually all aspects



of life as we know it; the dynamics between powerful insiders and vulnerable outsiders; and the pros and cons of isolation.

And while the important national debate heats up about reopening schools, this novel reminds us of the life-changing effect a good teacher can have. Julie develops a fierce loyalty towards the children in her classroom, the island's 20 or so school-aged kids. They are the future, and we see how she provides to them invaluable and enriching new perspectives, ideas, and opportunities. Even while healing herself, she encourages, affirms, and nurtures them, taking the time to really see and get to know them as individuals, as they step out of their family realms and into the wider world. It takes nothing away from parental roles and responsibilities to acknowledge,

as the novel does, how much we owe our gifted teachers.

*The Second Mother* also has insight into the complexities of friendship. Dogs may be perfect, but people are not perfect, and friendships are not perfect—and yet, as we know, essential. The book gets right this often confusing and maddening muddle of positive and negative aspects of people and relationships. In one scene, Julie and her friend Ellie are having an angry, ugly argument, going at each other about weaknesses, lies, manipulations, and dark dealings. In the middle, the clouds of weighty antagonism lift for a few seconds, when Julie accidentally mentions her growing love for their mutual friend Callum, a love Ellie had hoped would blossom and had helped to foster. Pausing in surprise and happiness, Ellie “looked at her and asked, ‘Really?’ Julie whispered back, ‘I think so.’ Ellie gave her a small smile.” Then it was back to their terrible fight. People can still want what’s best for each other and find true connection, even while being deeply flawed and impossibly at odds.

Like all novels, *The Second Mother* spins out of long literary traditions—about troubled young women taking jobs in remote locations, about attempts to perpetuate family dynasties, and about overly controlling parental figures. (As an example of that last tradition, the old folk tale *Rapunzel* figures in *The Second Mother* as a story within a story.) These resonances aside, for Mainers the distinctive, overarching fun of this enjoyable suspense novel is its place—how it paints its eternal, comforting, majestic island setting. Looking out at the sea, Julie realizes she is taking in “the same view she would’ve seen a hundred years ago. A thousand.” And on a walk together along the shore, Ellie shares with Julie a memory: “My mother used to say that the ocean was just like the sky. . . That they’re mirrors of each other—one blue when the other one is, or gray, or storm-driven—and that we lived in the best place on earth because the top and the bottom always matched, up and down, every day.” It’s a stabilizing thought, in times that are all about needing to adapt and adjust, to deal with troubling changes and constant uncertainties.

In writing *The Second Mother*, author Jenny Milchman drew on positive experiences and memories of family summer vacations spent in Maine, many on Monhegan Island, a place that is near and dear to her heart. Now living in the Catskill Mountains of New York, Maine continues to be a destination point for her and her family.

Jenny knew she wanted to be a writer and planned to graduate with a degree in Creative Writing and Literature,

but attending to practicality, she decided to double major in psychology. Jenny began her education at Bard College before transferring to Barnard College, where she graduated with a BA degree with a combined major in Literature and Psychology. For the next decade, Jenny worked as a child psychotherapist at a rural outpatient clinic. But she kept wanting to write, and she eventually switched gears to pursue a career as a writer. Now she has a little building in her backyard that has electricity, and it’s there she brings her stories to life. “The writing comes easily; it’s the editing that is hard,” said Jenny.

To date she has published five books and several short stories. Her debut book, *Cover of Snow* (2013), took 13 years to get published. When it finally came out, it made the *USA Today* Bestseller list and was the winner of the Mary Higgins Clark Award. Her other books are *Ruin Falls* (2014), *As Night Falls* (2015), and *Wicked River* (2018). To promote the first three books, her husband and their two children accompanied her on epic road trips to visit bookstores, libraries, book clubs, and schools around the country. On these odysseys, her husband worked remotely, and they car-schooled their children, while visiting U.S. landmarks whenever they could.

Of the dangers that her characters face, Jenny said they are similar to ones that any of us could encounter in real life. Most of us have been battered by life in one way or another or have been dealt some obstacles and difficulties. In her books, characters take those challenges, confront or grapple with them, grow, and, as best they can, respond with resiliency. The books aim to “give a sense of empowerment,” Jenny said, with characters and situations that “are easy to relate to real life.”

In 2010, Jenny founded Take Your Child to a Bookstore Day, and it’s intended to inspire kids to read. The pilot program launched in Johnstown, New York, at a bookstore called Mysteries on Main. The hope is to make and keep this a nationwide program. It is a true labor of her heart, and together with the help of talented book lovers, authors, booksellers, and other advocates, this program is celebrated by over 800 bookstores in all 50 states.

*The Second Mother* is due on shelves August 18, 2020.

For more information, please visit these sites:

Email: [jenny@jennymilchman.com](mailto:jenny@jennymilchman.com); Facebook: <https://www.facebook.com/jennymilchman>; Twitter: <https://twitter.com/jennymilchman>; Goodreads: [https://www.goodreads.com/author/show/4810211.Jenny\\_Milchman](https://www.goodreads.com/author/show/4810211.Jenny_Milchman); and Instagram: [@jennymilchman](https://www.instagram.com/jennymilchman).



# Drumming up fun

*Catching an open rehearsal of the group, Steelin' Thunder*

BY CHRISTINE SIMMONDS

The Caribbean sounds of Steelin' Thunder echo out over the ocean as the group holds their weekly open rehearsal at The Landings Restaurant in Rockland. The group whoops joyfully and dances around as they play. Restaurant customers move back and forth to the music and clearly enjoy the show.

This year, with the coronavirus pandemic, the group says the rehearsals are the only performing they are doing. This fact definitely does not dampen their spirits, though. Even the masks the players wear for safety cannot hide their joy at being out with their friends and playing their steel drums. The music is infectious and joyful. In between songs they discuss their mistakes, but I cannot tell if there were any.

Diane Ferreira travels almost two hours to get to the rehearsals. She says the group really keeps her going during this difficult time. Diane has been a member of the group for more than 10 years and describes the experience of playing with the group as "awesome and fun!" Diane, like all the members of the group, has an easy camaraderie with everyone. She is clearly enjoying herself during the rehearsal.

Debby Entwistle has been a member since the beginning, almost 20 years ago. She says being a part of the steel drum

band gives an added dimension to her life. "If it ain't fun, we ain't doing it!" Debby declares. That seems to be Debby's life philosophy as she laughs loudly and heartily with her band mates.

Jackie Harjula is another member of the band going on 20 years. She says she loves being a member but swears the instruments get heavier every year, so in her next life she will play the piccolo. It is much lighter and will fit in her purse! Jackie says learning the instrument was a challenge due to the placement of the notes around the top surface of the drum, which differ greatly from the note order on an instrument like a piano.

The group started as an adult education class taught by Mike Miller. Mike owns and operates The Landings restaurant with his wife Kate, and the two are major fixtures in the Midcoast community. They previously owned other successful restaurants in the area, and they still operate a small food truck seasonally as well.

After the original class ended, nobody in the group wanted to stop playing. So, the group Steelin' Thunder began. They have performed at venues all over Maine, including the Rockland Lobster Festival. Jackie says this is the first year the band will not be able to play at the Lobster Festival, since that event has been cancelled. Last year they

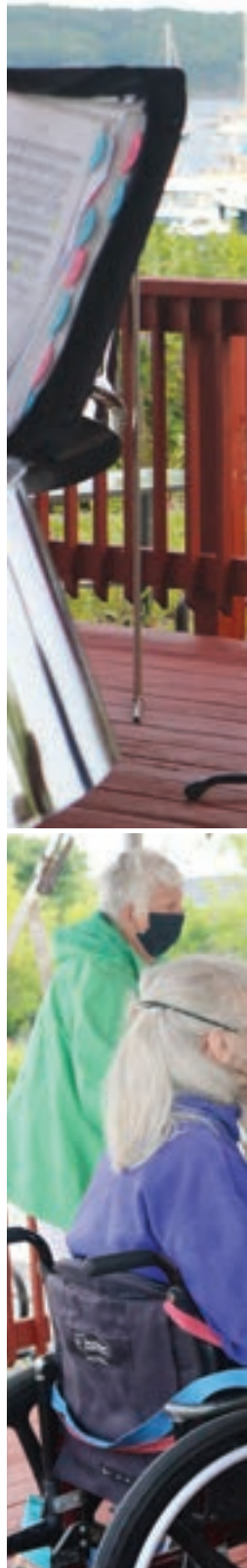
were even able to be featured on the main stage.

Members of the public and customers at the restaurant enjoy the music weekly. They set up chairs outside and order car-hop service from the restaurant. Genuine smiles cover everyone's faces.

Steelin' Thunder has played festivals and private events alike. They actively encourage any person interested in joining them to do so, and they even say they can teach you how to play the instruments. Mike's philosophy is: "It is nice to play perfectly but more important to have fun."

The drums are all custom made from 55-gallon oil drums and tuned by a craftsman from New Hampshire who travels to Maine for a day's worth of tuning. The larger the instrument (pan), the lower the tone. The band does own some of the drums, and some members become so passionate they purchase their own.

The group has fluctuated in size throughout the years, but no matter what, they continue to have fun and spread community goodwill throughout Midcoast Maine. In addition to playing in the area, they also give out scholarships to local high school graduates who have participated in their schools' music programs. All profits from the group go to awarding scholarships and repairing their instruments. •





Jackie Harjula, left, and Lynn Lackoff on Tenor.



**Left:** Clockwise from top right: Kyle von Neumann on Tenor, Barbara Gould on Guitar, Diane Ferreira on Guitar, and Jackie Harjula on Tenor.  
**Right:** Director Mike Miller, left, Debby Entwistle, and Lynn Hoenig (hidden) on Double Second.



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## AHEAD OF THE CURVE:

# Biking in Maine

BY SUSAN OLCOTT

Wheels up is the way to go—the kind with spokes, that is. During the pandemic, people are finding more time to get outside and are seeking new ways to explore Maine. The message that many local biking groups and businesses want to get out there is that anyone can do it. There are myriad ways to get started for every level and plenty of people ready to help, including many awesome Maine women.

“There are lots of women involved in this sport in Maine. We’re ahead of the curve in that sense,” says Ilse Teeters-Trumpy, President of the Greater Portland chapter of the New England Mountain Biking Association (GP NEMBA). NEMBA is a group that works on improving riding for mountain bikers and promoting trail stewardship in a variety of places.

The Greater Portland chapter is just one of many local chapters. Ilse met her husband through mountain biking. She is a practicing attorney but volunteers her time with NEMBA to help get other people out on the trails. She has noticed that groups of women have found ways to meet up and bike together across the state. “There are the Single Track Sisters in the Portland area and Dirt Divas up in Augusta that connect via Facebook,” says Ilse. “I’m sure there are more, too. Right now, so many people are looking for ways to get out on the trail. Usually, we lead rides for all levels, but right now we are posting loops for people of varying abilities (beginner to advanced) and asking they post photos when they go out and do the rides so that they can stay connected.”

Jean Sideris is another woman dedicated to biking in Maine. She is the Executive Director of the Bicycle Coalition of Maine (BCM), a non-profit that works to make Maine a better place to bike and walk. Jean grew up mountain biking but started road biking when she moved to the East Coast. “I remember learning to ride as a kid, and that’s a story we’ve been hearing all over the state right now—parents teaching their kids to ride and getting back on their bikes as well. I’ve heard from bike shops all over the state, and boy, are they selling out,” says Jean. “They’re mostly selling kids’ bikes and entry-level bikes. There are a lot of people learning or rediscovering biking, and we are thrilled that people are do-





ing that. We just want to help keep them safe.”

BCM does a lot of work to educate riders by going into schools and offering courses in bike safety. Due to the pandemic, however, they have had to shift their programs to virtual options. Part of that is the increase in the number of people biking. “We are getting more calls than ever from people asking where to ride,” says Jean. While there may be fewer cars on the road, they have been driving faster, which is a concern. To address this increase in speeding, BCM recently launched the “Slow ME Down” campaign. It encourages drivers to reduce their speed in response to bikers sharing the road.

Organizations like BCM and NEMBA are helping people to get out on bikes on their own by posting loop rides and through BCM’s online “Where to Ride” route finder. Still, some people would rather go with a leader who can show them where to go and provide support along the way. Mackenzie Bowker is a trip leader for the Portland-based company, Summer Feet Cycling. Mackenzie grew up biking with her dad around Scarborough and went on to pursue outdoor education and then to lead tours for a variety of outdoor companies. While Summer Feet has had to shift their model during the pandemic away from offering trips like those overseas, they have been able to take small groups on more local tours. Their largest group yet was a group of eight women riding together around the Portland peninsula. “I didn’t get to lead that trip, but I heard they had a great time—they had all these little inside jokes among them,” says Mackenzie. “I didn’t go on that ride, but I did get to ride with my mom the other day on the Eastern Trail,” she added. “I hadn’t seen her

on a bike for probably ten years, and it was neat to see her out there again.” Mackenzie has noticed the interest in biking rise through Summer Feet’s bike rental company, Portland Encyclopedia, and also through their recent sale of their old bike fleet. “There were 40 or so bikes we put up for sale, and they’re all gone now,” says Mackenzie.

Another Maine company just getting started offers tailor-made bike trips for family groups. Parallel Adventures, based in Brunswick, is a newly formed sister company to the youth-oriented Apogee Adventures, which has been running trips for students since 2001. “Over the years, parents have been asking, “When can I go on an Apogee trip? We’ve been happy to answer that question with our Parallel programs,” says Director Chad Olcott (who also happens to be my husband). Our nine-year-old twin girls have been asking the same question for years as well. They were able to adopt two of Apogee’s retiring bikes this spring just in time for an increase in their free time with the pandemic. “Well over half of the inquiries we are getting this summer are from women, many of whom have never tried bike touring before, but who are interested in doing this with their families. They’re particularly eager to try touring because a number of their kids have come home with great stories after their own bike touring experiences with us at Apogee Adventures.”

Whether you go on your own or with a group, biking is on the rise. There is so much positivity around the sport and the benefits it can provide. As Jean says, “Now more than ever, we need it for our mental and physical health, enjoying all that Maine has to offer.” •



# Trust your dream

*The Bueschens and their  
Turning Page Farm  
in Monson*

BY SHEILA D. GRANT



Give up jet-setting corporate jobs to raise goats and brew beer? Sure, why not! At least that's the plan for Joy and Tim Bueschen, owners of Turning Page Farm in Monson. The couple lived in Europe for 10 years prior to moving to the rural Maine town.

"We were working corporate jobs. I was in the operations supply chain and Tim was in sales. We were living in Munich at the time, but flying to China, Poland, and Mexico, and Tim was spending a lot of time in Africa. It sounds exciting, but it wears on you pretty quickly," Joy said. "What we love about our lives here is that our feet are firmly planted on the ground. When you are milking goats twice a day, you have to sleep in your own bed at night. It's the other extreme, but we love it!"

The couple knew absolutely nothing about goats, but what they did know, living in Europe, was really, really good cheese. Joy had been talking about goats for years. One night, "while waxing poetic about my outrageous dream of owning a goat farm, and sampling single malt scotches at a hotel bar while on vacation," Tim asked her an annoyingly logical question. "Have you ever milked a goat?" She had not.

The couple was headed to Ireland, where Joy was determined to correct this gap in her resume. She booked a goat-walking tour of the Barren National Park. They visited a small Irish homestead run by a father and daughter that owned a herd of goats and an artisan cheese business. Joy was first to volunteer to milk a goat, and after a few tries, successfully got milk into the pail. One step closer to her dream!

It wasn't easy to give up corporate paychecks, but the couple believes that one should "trust your dream, take action, and the universe will align to support you." They soon found themselves putting in an offer on the farm, sight unseen.

"Now, I'm milking a small herd of rare-breed goats twice a day by hand,"

explained Joy. The milk is used to produce a line of cheeses, salad dressings, and soaps.

The farm also raises free-range layer hens, selling the eggs. Three beehives produce honey for sale. And they raise pigs. “What we love about the sustainability of our farm is that the pigs get the spent grains from beer brewing and whey from cheese making. On most farms and in most breweries, these would be waste products, but our farm feeds them to the pigs, and then we get bacon, so nothing goes to waste. We sell 50-pound pork boxes in the fall, a mix of bacon, roasts, tenderloin, and ham steak.”

Tim learned beer brewing in Munich. “Nobody knows how to brew beer better than the Bavarians,” said Joy. “They were wonderful teachers. But they are not very adventurous . . . and have few varieties. Tim was missing his Scottish stouts and his ales.” Turning Page Farm sells seasonal varieties and their year-round signature Scottish-style Farmhouse Red Ale.

While Tim had 10 years of brewing experience, farming has been a learning experience for the couple. “We are avid readers, but reading books on homesteading and farming is a far cry from the realities once you get your feet on the ground,” Joy said. YouTube videos have helped, as have classes and mentorship from more experienced local farmers.

“In Piscataquis County, the farming community is really amazing, always willing to help, to share, to partner with,” she said. “We are also members of the East Sangerville Grange, and they just take that to the next extreme of a support network for anybody farming.” The Maine Organic Farmers and Gardeners Association has also been helpful.

Joy also attended Goat School in St. Albans and has since purchased that business, teaching Goat School at Turning Page Farm. And the Bueschens are members of the Maine Cheese Guild, so they bring people in “from all over” to teach courses on cheese making at their farm.

Turning Page features a beer garden with seating overlooking the goat pasture. The tasting room is situated in an earth battery greenhouse. A food cart sells brat sandwiches. The farm store, located in a timber-frame barn, offers a window into the manufacturing space so that visitors can see where the beer is brewed and the cheese is made.

While the farm is open year-round, spring is when things would normally kick off with the two-day Goat School, cancelled this year due to COVID-19 safety guidelines. “We would expect that business would be picking up by then, and we would bring out the food cart as soon as the weather turned warm,” Joy explained. “Our customers are one-third tourists, one-third people following the Maine Beer Trail, and about one-third locals from a 60-mile radius. As you can imagine, things have been slow this spring.”

“We had to transition to a take-away model that just wasn’t very successful,” she continued. “We have outdoor picnic tables, so as people are enjoying their beer and brats, they are watching the goats play and romp in the pasture. And our goats are super friendly because they know people come to see them and pet them. Our chickens are free-range, so they are always kind of in and out of the pasture and around the farm.” You just can’t pack that to go.

This time of year, the brewery has a Summer Season Ale, Beehive Brown, which is a mild British beer, and Farmhouse Red Ale on tap. This spring, they were poured into take-away growlers available for pickup, along with the farm’s other products, on Saturday and Sunday from noon to 6 p.m.

“I do sell my soaps online, but we are not allowed to sell the cheeses and pork across state lines,” Joy said. “Our business model is to bring people here so they can experience the farm, meet the animals, and enjoy the beauty of the farm while having a beer and a brat sandwich.”

Fortunately, Governor Mills’ relax-

ation of safety guidelines allowed Turning Page Farm to roll out the food cart and open to visitors on June 13. The farm is open weekends only, the same hours as they were for takeout, which will be phased out. “In the summer when we’re open and busy, we don’t have enough supplies to continue the take-away model, and our whole process is to get people here enjoying the farm,” she said.

“We are social distancing, but for us, it’s super easy because we were already kind of set up that way anyway,” said Joy. In fact, when distancing guidelines were issued, one friend quipped that the couple could add three more tables. “Of course, everyone is welcome to wear a mask or scarves. We have increased sanitation, bleaching down the tables every hour, even if you’re still sitting there. Our customers are not just customers. They are our friends and neighbors, and we are taking this seriously and will follow whatever guidelines to the best of our ability.”

Turning Page had seven bottle babies this past spring. “They’re darling and so much fun,” enthused Joy. “We have goat hugging events, and we’ve always opened up to the community to come in and feed the bottle babies on certain days. We haven’t figured out how to do that this year.”

One thing the farm does not offer is goat yoga, she said, laughing. “The big secret about goat yoga is that goats poop and pee on everything, your mat, your back. I could see where someone might say yes the first time, but I don’t see where people would ever say yes a second time!”

In addition to goat-centered events, Turning Page hosts several fundraisers each year, including one slated for the Monson Fire Department, for which Tim is a firefighter. They also host an Oktoberfest.

The best way for people to find out what’s going on at Turning Page Farm is to follow them on Facebook or sign up for their newsletter on the website, [www.turningpagefarm.com](http://www.turningpagefarm.com). •

# Special Teacher, Special Love

BY SUSAN OLCOTT

“My happiness comes from serving others. My purpose on earth is to show my students love and acceptance. It’s who I am. Every day, when I walk through that door, all of my stuff goes away because I can focus on helping others.” That’s Carmon Parker, a special education teacher who has gone an extra step during the recent pandemic to create a loving environment for her students when they return to school. Carmon is part of the SEBF (Social, Emotional, Behavioral, & Functional) team at Brunswick’s Harriet Beecher Elementary School, whose job it is to address students with difficult emotional challenges. When the pandemic hit, she thought, “This is what we do. It’s our time to lead. It’s time to show our strength and to broaden it not to just our students but to our whole school.” That’s when she proposed the idea of creating a space filled with tranquility and mindfulness where students could find calm when their emotions don’t feel so calm. It would be a space for any student who needed it.

I realized the same comforting message I was telling my kids could be applied to myself. . . We’re still connected even when apart.

Imagine following a set of colorful footprints that lead from a crowded hallway into a space filled with gentle scents and soft lighting, donning a pair of sound canceling “earmuffs,” and tuning out the loud thoughts in your mind. Those are just a few of the elements included in the space that Carmon and her team envisioned. If this sounds like a place where you might want to spend some time, Carmon would agree. “I’m not a person normally prone to anxiety, but during this time, it’s been tough. I feel like I’ve lost my purpose,” she says. “But all those basic things we tell our students to do, the things we recommend, I’ve been doing myself, and they really work. We all need that right now—we are all dealing with this.” Parker points to the ACEs scale (Adverse Childhood Experiences), a standard measure of emotional trauma. There are ten points on the scale, but the pandemic has added a new one. “Every person in the world has a “1” right now,” she says.

Carmon and her teammates have done their best to stay in touch with students during this time away from school, using online tools like Google Meet and Zoom, and simpler methods like writing personal letters. “The first couple of months

of this [quarantine] were really hard. We felt like our kids had been ripped from us. Our school family had been taken away,” says Carmon. “But, after having time to process all the changes and settling into many new routines, I realized the same comforting message I was telling my kids could be applied to myself. . . We’re still connected even when apart. This [time and message] motivated me to think about how we could prepare our school community for next year.” That’s when she heard about a grant opportunity from the Brunswick Community Education Foundation (BCEF), a local organization that provides educational support to the schools. “I talked with my team, and we realized that how we teach and how we educate was going to be very different when we go back to school.”

Carmon and her team members Lisa Bryant and Andrea Ginty are very close. “They’re like my pillars. Without them, the whole program would fall. They are my mentors, my school family, and my best friends. We’ve been in countless crisis situations

where we have worked together to provide a safe, loving environment for students. Every day we say how lucky we are to work together as a team.” So, when this tight-knit team started talking about ways that they could support students when they return to school, they came up with an innovative plan to create a space for the entire

school community where they would feel comforted and cared for.

Creating comfort for others is what brings comfort to Carmon. “As soon as any student walks through the door, they’re mine,” she says. “I grew up in a loving family, and I realize how lucky I am for that. I want to create that for these kids.” She grew up in Augusta and attended the University of Maine at Farmington where she got her degree in Special Education. “What I became attached to is not only showing others what these students are capable of, but also showing the students themselves—focusing on the ability and not the disability,” she says. She ended up in Brunswick where she has been for the last six years.

After working in the program there, it is her goal to become certified in creating a trauma-informed learning environment.

Now, she can’t wait to get back to the students she works with. “I miss them so much,” she says. “What we tell them in Zoom meetings and what we write to them in letters is that even when we are far apart, we are always connected. Room 112 love never goes away. We are a school family, and we will be back together some day, sharing that love in person.” •



Teacher Carmon Parker.



Teacher Andrea Ginty.

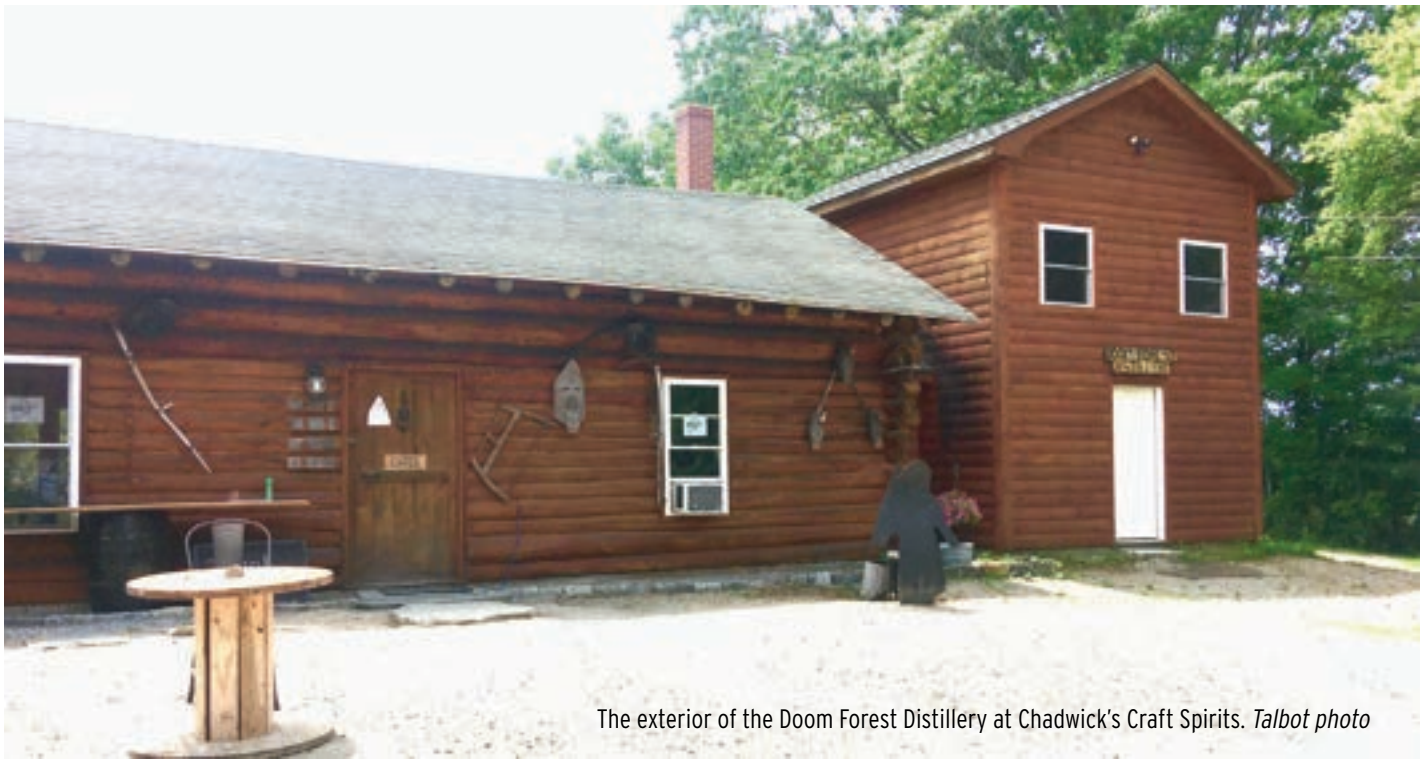


Teacher Lisa Bryant.

# Sister Act



AJ, Lynn, Laurel and Anna Chadwick in front of the fireplace in the Great Room at Chadwick's Craft Distillery. *Talbot photo*



The exterior of the Doom Forest Distillery at Chadwick's Craft Spirits. *Talbot photo*

## *The Tale of Chadwick's Craft Spirits*

BY SHELAGH TALBOT

**C**hadwick's Craft Spirits is the brainchild of Lynn Chadwick, a high school science teacher with an inquisitive mind and a desire to create something unique in the world of whiskey. "It all started with me," she confessed. "I was in my twenties at the time, and I discovered I was allergic to alcohol. If I had so much as a single beer, my feet would swell up and itch unmercifully. Then I saw an article at my hairdresser's about distilleries in Maine, and that gave me the idea to start my own." Lynn got in touch with some of the people she had read about to learn the process. The first experiment went exceedingly well, with no allergic reactions! She debuted the beverage at a New Year's Eve party. "One of my friends said, 'Oh wow, this is so great!'" she chuckled. So, after many conversations and some "arm twisting" from her sister Laurel, who excels at management, the two decided to create a business model and start distilling their own spirits.

The first purchase was for a still, a big 100-gallon stainless steel affair with a tall copper column where the distillation of alcohol takes place. "That's where all the action is," noted Lynn. "And that's where I spent my resources." She also secured a federal permit. So, how does this smooth and flavorful whiskey she developed get its start? It all begins with the mash. The sisters begin with a handful of natural ingredients including cane sugars which they pour into 50-gallon sterilized drums where the mash sits and ferments for a week or two. That allows it to reach just the right alcohol content.

Then, the magic happens: Once the mash has reached its peak, it's ready to be distilled, and that process involves boiling off the unused portion and extracting the liquid alcohol that rises with the steam in the copper column of the still. This step in the process takes time and a watchful eye—something Lynn prides herself on.

"That's for sure!" exclaimed Laurel, giving her sister a hug. "It's all about her love of what she's doing. It's almost painful to watch how much time and effort she puts in. She takes great pride in the product, and it shows with the compliments she receives." The whiskey is distilled three times, which enhances its already-smooth flavor. Then maple syrup from the Chadwick's acres of maple trees adds the perfect touch to the flavor. The spirits are aged from one to seven years in charred, or blackened, white oak barrels. Each batch is checked frequently until it reaches just the right color and flavor, with the amount of char creating the color of the finished product. At the time of this writing, the sisters have about 200 oak barrels racked up waiting for just the right time to be bottled. "The alcohol will tell us when it's ready," quipped Lynn. "That's why we have to keep such a sharp eye on it."

There's a lot more magic to this tale, however, beginning with their father, Larry. He left the rat race of Manhattan in 1960 to live a simpler life in the Maine woods with his wife, Anne, and their two sons. Over the ensuing years, and with only a small salary, he purchased many acres of good land from surrounding farms and

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Laurel explains the distilling process while her dad, Larry, looks on. *Talbot photo*



View from top of still's copper column to waiting bottles. *Talbot photo*

planted hundreds and hundreds of trees. He christened his domain Doom Forest. "It must have been one of his favorite words," Lynn grinned. "We had 'Doom Road,' 'Doom Cave,' 'Doom Rock.' This was long before we ever thought of a distillery." Larry and the boys, Larry and Lance, built the two-story log home where they lived off the grid. Then two daughters, Lynn and Laurel, arrived, as well as a younger brother Robert. The house needed to be expanded. One of the features of the addition was a huge hand-built stone fireplace and chimney all along one wall. It was a great place to grow up, with ample woods and fields, and everyone pitched in to help with Larry's maple syrup operation, which continues to this day.

Larry also created a 10-acre pond on

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the property for wildlife, with a huge earthen dam to hold the water back. One day Anne remarked that a little covered bridge would be just the perfect touch over the small stream running out below the dam. Larry obliged, and there it sits—a charming little piece of Old New England on their property.

The kids grew up and left the homestead, but they didn't move far. They all live within a few minutes of Doom Forest. Meanwhile, Larry and his wife built a smaller home, easier to take care of, and the original structure became home to Lynn and Laurel's Chadwick's Craft Spirits in 2015.

The company is thriving—so much more so because it's truly a family affair. The sisters are there almost every day, and Laurel's daughter Anna and son AJ help whenever possible. Larry, who is a youthful 85-year-old, holds court as the Master Groundskeeper. He loves to entertain the customers who come to visit and will even take them on tours around the farm if they ask. He has a sign, "Heartless mockery served here," which, if nothing else, is the perfect conversation starter.

Since then, about three years ago, the sisters added a tasting room in the great room of the log cabin. "Laurel was after me for quite a while about having this tasting room," Lynn grinned. "And I'm so glad she persisted because I don't want my product to just sit on a shelf somewhere."

Laurel smiled at her sister. "She's right!" she exclaimed. "I've been fighting for that for a while. It makes all the difference if people have an opportunity to taste our whiskeys, not only straight up but as a mixer in a cocktail. We've been able to come up with some really good drink recipes where the flavor shines through."

When the sisters get ready to do a shipment, it's with anticipation and joy as the bottles go out into the world. So far they have four different offerings, all created using the natural spring water on the property and the maple syrup harvested there: 80-proof Maple Craft Spirit, their original smooth and flavorful spirit; Durkot, a 40-proof spice-infused recipe based on



AJ behind the bar at Chadwick's Craft Spirits. *Talbot photo*

their Russian Grandmother's home recipe; Reaper's Revenge, a spicy 60-proof liqueur reminiscent of old fashioned cinnamon hot balls; and Doom Forest Reserve, a 100-proof delight that has been aged in a barrel that once held maple syrup. They are currently experimenting with creating a vodka, and Lynn is mulling over the idea of distilling a rhubarb variety. The farm has numerous rhubarb plants that pop up everywhere in the spring of the year.

"We are available throughout Maine," said Lauren. "And our products are also carried in specialty places in New York and New Jersey. Our goal is to focus on Maine and to become a well-known product in our state."

With the advent of COVID-19 and the ensuing restrictions, it's best to call ahead to make a visit. Before the virus epidemic, the tasting room was open to the public from 3 to 8 p.m. every Saturday, and private events and tastings could be arranged. Now these opportunities still happen, just on a more limited basis, and it's even more of a real treat to visit their farm. They are located on 29 Chadwick Lane in Pittston, Maine. Call ahead at 207-592-9080 for information. Visit them online at [www.chadwickscraftspirits.com](http://www.chadwickscraftspirits.com) or find them on Facebook. You may also email them at [info@chadwickscraftspirits.com](mailto:info@chadwickscraftspirits.com) to schedule a visit. It's well worth your time. You'll be welcomed into this delightful family and have an opportunity to taste their unique and lovingly created craft spirits for yourself. •



Laurel and Lynn display their wares from Chadwick's Craft Spirits.

*Photo courtesy of Chadwick's Craft Spirits*



# A PLUNGE ODYSSEY

*An Interview with  
Melinda Baxter*

BY CHRISTINE SIMMONDS

**O**n March 20, 2020, as the coronavirus was making itself known and as quarantines were beginning all around the world, Melinda Baxter went for a cold-water plunge into the Nequasset Lake. She had been to Canada the month before and tried some European-style spas up there—visits which “broke the ice,” so to speak, on her trying and enjoying these bracing experiences. She had also become familiar with the work of Dutch athlete Wim Hof, who believes in the benefit of such chilled immersions and controlled breathing.

As Melinda describes the scene, her family filmed her going in and getting out, and just then, she had “this divine inspiration is the best I can describe it.” She resolved that she would start a personal challenge, vowing to go into the water every day for the full duration of the virus-related quarantine. At the start, she thought this interval would be only for a month, but soon the stay-at-home order was extended through May. That schedule change made her cold-water plunge challenge into a 71-day commitment!

Undaunted and curious to see what happened, she put her plan and her project on Facebook Live Stream and created a group. Now that “the full duration” of the daily plunges has passed, I sat down to talk with Melinda Baxter about what the experience was like.

**CHRISTINE:**

Wow, amazing! You went in every single day. Rain or shine.

**MELINDA:**

Yes. Or snow. There was a decent amount of snow. April was brutal.

**CHRISTINE:**

You videotaped your project, started the Facebook group, and it sounds like you got a following there?

**MELINDA:**

Yes, there were more than 50 people in the group. A number of them were posting their own videos. It seems like a lot of people don't want to go in cold water. Including my family!

**CHRISTINE:**

Did any of your family participate?

**MELINDA:**

My daughter did not. She videoed a lot for me. My husband did twice. Reluctantly. I got him to stay in for a minute down at Nequasset once.

Bailey the dog was there every day, a mixed chocolate lab. He was a great companion. He would see me get my tripod out and get excited. He knew the signs of when we were headed to the lake.

**CHRISTINE:**

How long would you stay in?

**MELINDA:**

For me, the longest in cold water was seven minutes. I had one friend

who came with me nine times, and so he and I were shooting for five minutes that day, and he was like, “We can do another minute, we can do another minute!”

Though I wasn't necessarily trying to increase my time in the water, I did, as it felt good for my body. I am very competitive, so at the beginning it felt like that was kind of what I was inclined to do: every day to try and go longer. But the point is to find that sweet spot that feels good for your body—where you're getting benefit and not getting negative adverse reactions.

After a while, staying in wasn't so hard; it's the after effects. 'Cause I would get out and then that core temp is just low. It can take a while for the body to reheat. You know, I would come home and take a hot shower, but then that's what I mean,

the adverse reaction. I can just be tired. Just feel worn out. Because your body is cranking, and your metabolism is trying to get your body temp back up into the high nineties.

**CHRISTINE:**

Did you monitor the water temperatures at all? Do you know what some of the temperatures were when you went in?

**MELINDA:**

Unfortunately, my project wasn't super scientific in terms of the thermometer. When I started on March 20, my guess is that it [the water temperature] was in the high 30s because the ice had been out for only about a week. Predominantly, it was in the 40s, the majority of the time. Toward the end it was too warm for me. It was in the high 50s, low 60s. But I was committed to do cold-water plunges through the end. That's why I started going in my trough that my husband bought me for Mother's Day. That used well water, which was still in the 40s.

**CHRISTINE:**

Did you notice any kind of change in your health? You've talked about the health benefits of going in cold water.

**MELINDA:**

It's hard to nail down specifically what benefits I did derive. I did some research, and I know that cold exposure is very good for converting white fat into beige fat. Brown fat is the healthiest kind of fat. It regulates insulin, regulates metabolism. Lots of health benefits are conferred by having more brown or beige fat than white fat. So, I can only assume that [benefit] occurred during my time doing the plunges. But you'd have to do some kind of scientific study of my body to know what happened there.

Most of the benefits seemed to be emotional and psychological. I just felt strong. I was doing something hard on a daily basis. I would often do it late

afternoon, around four or five, because I would drag my feet. The whole process took some time and energy. I'd set up my tripod, get it all organized, get there, get in and out of the water, and change (because I didn't want to keep anything wet on when it was really cold out). Changing would make the process of getting warm even worse, even though my drive back was two minutes. So, every time I did it, I got out of the water, and I just felt this sense of strength in myself. That builds self-confidence. You know, I'm a health coach and transformational life coach. For me I try to "walk the talk" and live the lifestyle I'm asking my clients to live.

**CHRISTINE:**

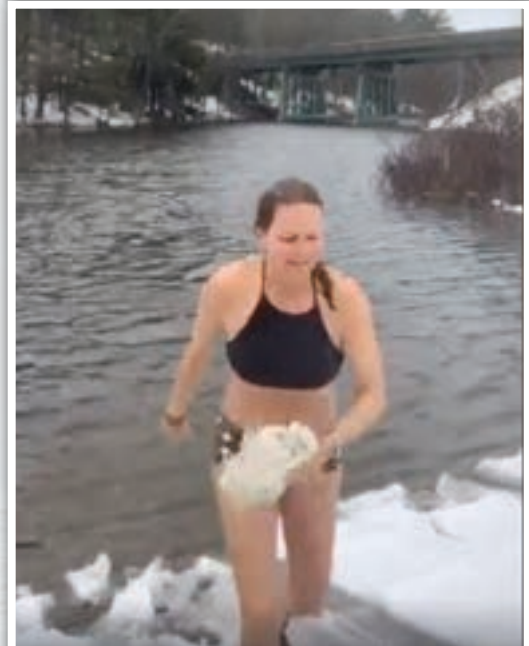
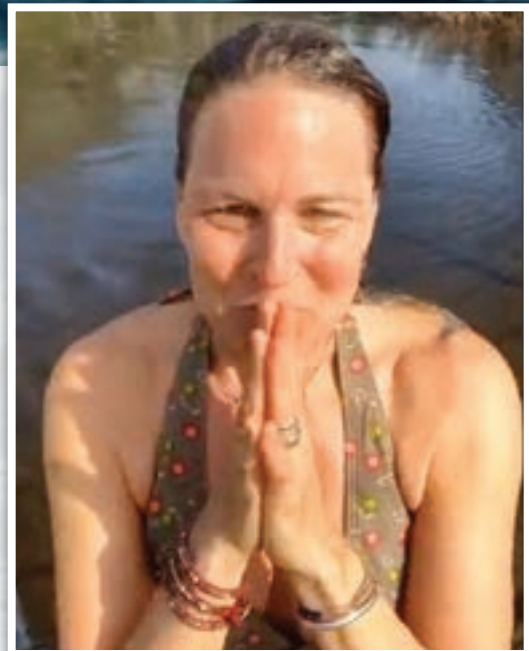
Many people are struggling emotionally during this time. Emotional benefits are important.

**MELINDA:**

Absolutely. I was amazed at how many times I was told by people who were following me live on Facebook how much it meant to them. It was the highlight of their day. I was inspiring them to be better and to do better. I used to teach at Hyde School [in Bath, Maine] and I went to Hyde, where we were often pushed out of our comfort zone. And so all the work that I do in my practice really is derived from my time at Hyde. A friend who is working on her fitness told me that the days she didn't want to go out she would say to herself, "Well, Melinda is doing her plunge. I'm gonna go do my walk." I've heard so many stories that have really inspired me and made me feel really good that this thing that I was doing in my corner of the world was having an impact on others. My tagline is "honor your inner badass." "Badass" is reflective of doing physically hard things. Be committed to growing and changing. Push outside your comfort zone.

**CHRISTINE:**

Tell me a little about the health coach and life coach work.





**MELINDA:**

I've been coaching for ten years this month. I started as a health coach because I had a lot of health issues after my daughter was born [that] I was trying to figure it out. . . I also became a functional nutrition practitioner, and I've been a Yoga teacher for 13 years. . . For me it's about being a champion and a coach and a cheerleader and a mentor and a guide for those who want to embark on that journey of transformation—a journey of really being their best selves and ultimately loving themselves, as it gets down to it.

**CHRISTINE:**

The last day of your plunge challenge was Sunday, May 31. You had a little parade?

**MELINDA:**

I wanted the last day to be some-

thing exciting and representative of the odyssey that I went on. I mean, it changed my life to do this challenge. I reached out to those who had plunged with me to see if they wanted to come and do a socially distant parade where each one would come in one at a time.

I was thinking each one would come in and get out, but a lot of people—because the water wasn't that cold—they just swam out and kept their distance. I wanted it to be celebratory, so I wore a dress that I don't care that much about anymore and that could get wet, but it was kind of fancy. I did a cannonball, which I hadn't done before, and I had this fun birthday hat. My friend came and did a jackknife. One of my friends brought a baseball bat and everyone signed it. One friend brought a balloon. The air was kind of cool. It was a beautiful day down there. •



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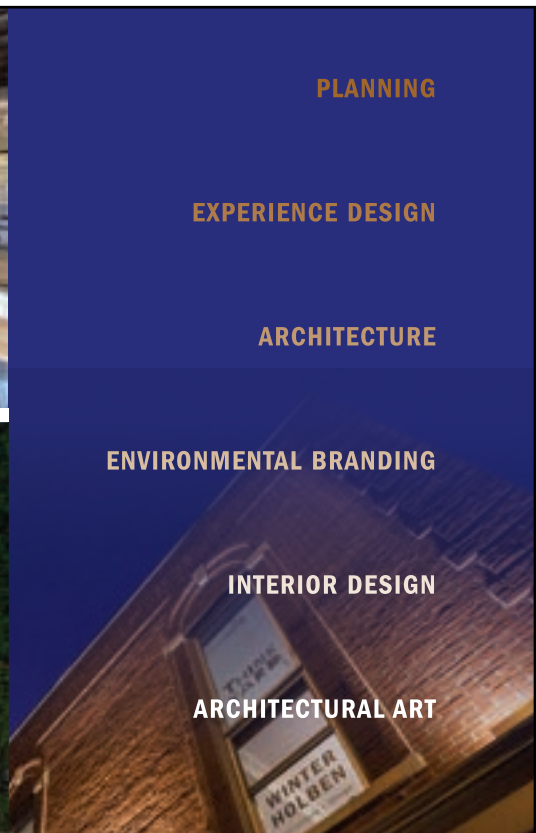
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# MARY LACY

*An Historic Woman Shipwright is Invoked in a New Boatbuilding Scholarship at The Apprenticeshop*

BY NATE HATHAWAY

“Name a famous woman boat builder or shipwright?” I had questioned during a winter staff meeting at The Apprenticeshop in Rockland, Maine.

Despite all the years of experience in the sailing and boatbuilding industry sitting at the table—boatbuilder-turned-Executive Director Isabella Feracci, a boatbuilder-turned-Student Affairs/Outreach Director Nina Noah, and Seamanship Director (and boatbuilder-to-be) Emma Hathaway, whom all identify as women—we were all up blank at the moment.

We were brainstorming about how to bring more diversity and more women into the program. Boatbuilding and sailing being so traditional, those roles have been traditionally done by men. So, we started asking who we can highlight to be a role model. Emma Hathaway had a book entitled *Female Tars: Women Aboard Ship in the Age of Sail* by Suzanne Stark. We found the final chapter was about Mary Lacy, a female boatbuilder in eighteenth-century England.

Her story is incredible. She ran away to Chatham at 19, dressed as a man to avoid trouble (i.e. rape) as a young unaccompanied woman on the roads. She took the first name of her father and her mother’s maiden name to become



The HMS Royal Sovereign. Courtesy wikidata.org



The cover of Mary Lacy's autobiography.

William Chandler and was recruited (and specifically not “pressed”) into the Royal Navy. In Mary’s 1773 autobiography, she recalls the enticing words of the recruiter: “For it is fine weather now at sea, and if you go, I will get you a good master on board the *Sandwich*.” Fine weather, right, that’ll last!

The *HMS Sandwich* launched from Chatham in April of 1759. It was a 90-gun ship of the line and Mary, er, I mean William, was servant to a person she calls “the drunken ship’s carpenter.” Knowing how much booze was consumed then, to call someone a drunkard must have meant it was really bad. To summarize this part of her story, Mary goes to sea, gets into fights with the crew to maintain her honor, learns carpentry, sends word home about her new name William Chandler, asks her parents to send any mail to that name, and signs her letter, “Your undutiful daughter, Mary Lacy.” Then Mary has a bout of rheumatism (foreshadowing) and has to go to the hospital, but she is soon back again aboard the *Royal Sovereign* and remains there until the end of the Seven Years’ War in 1763.

At that point, Mary comes back ashore. She is able to get an apprenticeship at the Chatham Dockyard and to get lodging aboard the *Royal William*. She continues to live life as a man, visiting home and not breaking her persona, courting other women, and excelling at her job. One story tells of her rowing the bosun’s canoe in a race against 3 men in a 4-oared boat while going to get beer (boatyards haven’t changed much) and upon winning the race starts victoriously shouting: “Where’s my money?”

Mary stays in the apprenticeship, and after seven years she is recognized as a shipwright in 1770. Some jerk tries to “out” her in 1771, and then her rheumatism flares up with a vengeance. So, in 1772 she comes out, writing the Navy to apply for a pension. She tells the whole story, as she cannot continue to work as a shipwright due to her rheumatism. Her pension is \$20 a year, equivalent to six months wages as a shipwright of her caliber.

She then goes on to get married to another sailor, doesn’t seem to have any children, and appears in the history books as an enterprising shopkeeper and builder of several houses, some of which are documented in *The Further Adventures of Mary Lacy* by Peter Guillery in *The Georgian Group Journal*, Volume X, 2000.

Mary’s story may end around there, but ours at The Apprenticeshop does not. Emma Hathaway, who had brought Mary Lacy to our attention, had started out working as an assistant cook on a Maine windjammer at 15, having been struck with sea fever. At 17 she finished high school a year early to join a Maine-built schooner in Hawaii, bound for Victoria B.C., with a sextant as a parting gift from her parents. Now 34, Emma has sailed extensively on traditional ships, holds a 500-ton Oceans license, and has been master of several prominent vessels, including Maine Maritime Academy’s *Bowdoin* in 2016 and *Lady Washington* of Grays Harbor Historical Seaport in 2018, the latter of which was featured in Disney’s *Pirates of the Caribbean*. Emma came to The Apprenticeshop in the spring of 2019 to fill a position as Director of Waterfront and Seamanship.

“For women who have been told their whole life how to look or how to dress or how to behave, this is the chance to do something different.”



Emma Hathaway working on her skiff. Photo by Nate Hathaway



Emma and Nate Hathaway. Photo by Isabella Feracci

After a busy summer of expeditions, sailing classes, dock upkeep, and then haul-out season, Emma wanted to build a boat. “I’ve worked winter maintenance and shipyard projects [on big schooners], but you’re always part of a group working on a piece of the ship. It’s a very different skill set being alone and building a complete boat from rough sawn wood all the way to the finished product.”

The idea for a women’s boat building scholarship stems from The Apprenticeshop’s Executive Director, Isabella Feracci. Bella, as she’s known in the shop, came from a background in design and was inspired by the challenge to craft something with no straight lines and with her own two hands. Bella worked as an instructor after her two-year apprenticeship and also spent time at Rockport Marine, where she remembers being one of the only women in carpentry and one of very few in the Maine boatbuilding industry.

“This whole place built a fire under me,” she said, speaking of her time at The Apprenticeshop. “We [women] could all do it if we were given a chance.”

That chance is what this scholarship represents. Bella remarked that she was

fortunate to have others’ generosity enable her experience, and that she wants to make sure the door stays open for women in the greater world of trades and craft.

“Women traditionally did not have access to these skills and this kind of work,” Bella says, noting that Mary Lacy was a remarkable outlier.

This spring, in The Apprenticeshop’s 12-week skiff program, Emma built the skeleton (chines, stem and keelson) of the boat out in oak, upside-down, and then planked the hull in pine and cedar with copper rivets and bronze screws. The skiff flips over and then gets seats, rails for stiffening the hull, and is finished out with paint of the builder’s preference—Emma chose “Deep Red,” a luxurious glossy burgundy.

Of her experience Emma says, “It makes me happy to see women have this chance, especially younger women.” Emma, knowing she did not want to “just” be a cook on her first schooner, had considered a boatbuilding program but considered it too expensive and continued to sail instead.

“For women who have been told their whole life how to look or how to dress or how to behave, this is the chance to do something different,” says Emma.

“The Apprenticeshop experience is about overcoming self-doubt, accepting mistakes, and ultimately realizing most things are fixable. . . People meet you where you are at.”

Emma completed her skiff at the end of the 12 weeks, finishing right before the Apprenticeshop closed in March during the pandemic. Emma returned to work in April, along with the rest of the staff, to resume her role as the seamanship and waterfront director. Her boat, the *Mary Lacy*, was raffled off July 2, after raising over \$9,000 for future women attending boatbuilding programs—enough for both a nine-month apprenticeship and a 12-week apprenticeship!

The raffle winner was a local young woman who helped build the *Mary Lacy* during her prospective student visit earlier in the year, and she will directly benefit as the first recipient of the funds for her apprenticeship beginning this September. The event was streamed live to The Apprenticeshop facebook page, and concluded with Emma launching and rowing her skiff.

When asked what’s next, Emma is most excited to share her boat-building skills with young women and hopes to put together a program with that focus soon. The Apprenticeshop will continue to fundraise for women in boatbuilding with their ‘20 for 20 in 2020’ as they seek 20 women to contribute \$1000 each to cement the scholarship funds for future female apprentices.

The Apprenticeshop was founded in 1972 as part of the experiential education and traditional boat revival movements. Located at 655 Main Street in Rockland, Maine, The Apprenticeshop offers 12-week, nine-month, and two-year boat building apprenticeships. There are sailing courses for all ages, as well as workshops, lectures, and after-school programs. For more on The Apprenticeshop, including boats for sale and commissions, please visit <https://www.apprenticeshop.org/>. Visitors are welcome by appointment at the shop, which features three floors of boatbuilding, from skiffs to lobster boats and even larger yachts. •



Emma and Nate Hathaway take the *Mary Lacy* out in Rockland harbor. Photo by Isabella Feracci





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# STACY BEGIN and *Two Fat Cats Bakery in Portland*

*No shortcuts to an excellent pie*

BY LIZ GOTTHELF

Stacy Begin turned a life-long passion of baking into a successful business, and now she's using her business to fuel another passion—helping others. Stacy is the owner of Two Fat Cats Bakery. With locations in Portland and South Portland, and an online business, the American-style bakery is known far and wide for its pies, but also it offers other cakes, whoopie pies, scones, muffins, and other treats.

She started out baking pies out of her home while working part-time as a program director at Davis Foundation, which provides grants to charitable organizations. She began by sending out an email blast to friends and associates with a new menu every two weeks. Then she started selling at local farmers' markets, and the demand skyrocketed. Soon, she was up at 4 a.m. every day, and working until late at night, squeezing time in when she could to fill orders while still working part-time and spending time with her husband and children.

"It became a situation that this was going to have to go back to being a hobby, or I had to make it a full-time job. This in-between was not sustainable," said Stacy.

She took the plunge and decided to go into baking full-time. As she and her husband Matt Holbrook were looking for a place, Two Fat Cats Bakery at 47 India St. in Portland's East End came up for sale. It was perfect fit—a fully-equipped American-style bakery known for using high-quality ingredients and with a solid customer base.

Stacy and Matt purchased Two Fat Cats in 2012. In 2018, the business expanded to include a South Portland location at 740 Broadway. The Portland location recently moved to Portland's West Bayside neighborhood at 195 Lancaster St. in a larger space with amenities not at the previous location, like air conditioning and on-site parking.

These days, Two Fat Cats Bakery makes thousands of pies a month. In all, the bakery makes 48 different flavors, and typically there are six to eight varieties available on any given day. And the best seller? "It's the Maine blueberry of course. Everyone loves that. You can't go wrong with it," she said.

Another popular pie is the New England Bog pie, which features blueberries and cranberries with a hint of orange, topped with a chocolate oat crumble.

Her favorite? "It's not summer for me unless I have a raspberry pie," said Stacy. She uses a family recipe, and it brings back memories of baking as a child with her grandmother.

Two Fat Cats bakery is also known for its personalized and custom cakes with high-quality decorating using buttercream frosting and royal icing, not fondant. Requests for decorated cakes run the gamut from cartoon characters and superheroes for children's birthdays, to more saucier requests for bachelorette parties.

Stacy still has a lot of energy and passion for her work, and she

still finds her job fun. She said she's fortunate to have a staff that was able to weather the changes in the COVID world, and whose commitment never wavered even during uncertain times.

She said she loves the pie-making process, the feel of the dough and the creativity. "Pies are really simple, but you have to use really high-quality ingredients. You have to take time and have patience. If you take shortcuts, you won't have an excellent pie," she said.

She said when making a good pie, let those high-quality ingredients, like fresh blueberries, shine. One mistake bakers sometimes make is adding too much sugar, and the sweetness overpowers the essence of the other ingredients.

Though baking is clearly a passion for Stacy, she is also





passionate about helping others, and she has never lost sight of her roots in working for a non-profit. The bakery has donated gift cards for various community fundraisers and has conducted fundraisers for the South Portland Food Cupboard.

Stacy has also worked with Maine Inside Out, a theater group for incarcerated youth at Long Creek Youth Development Center. The bakery provides cakes for teens to celebrate the completion of their sentence at the correctional facility. Stacy said it may seem like a small thing, but it's a big deal for some of the young people, who have never had a celebration that was just for them. She said the COVID-19 pandemic gave her some time to think about how the bakery could increase its efforts to help the community.

Two Fat Cats will this summer launch a fundraiser in which \$2 of each Mixed Berry Pie will be donated to charity. There will be four charities that will benefit from this. One will be Maine Inside



Out. Another will be The Telling Room, which empowers young people through writing and sharing their voices, and another will be Makeshift Coffee House,

which fosters respectful conversations between people with differing opinions. As of press time, a fourth organization hadn't been chosen. •

# KEEP ON GROWING



*Crops that Go  
from Seed to Table in  
Two Months or Less*

BY LYNETTE L. WALTHER

In addition to harvesting our garlic this month, many are starting seeds for another crop to slip in for quick-to-grow fall crops.

*Photo by Lynette L. Walther*

**O**h no, say it ain't so! It may be August, but we are not ready to let summer go so easily. These sweet last days of summer are golden. Not only that, they offer some of the best of the last of our growing season in the vegetable garden. This is no time to stop gardening.

Even in August a late crop is possible if we choose the right varieties. Look for cool-weather crop seedlings like chard, kale, or lettuces. Some vegetable can even be started this month with harvests possible in weeks. There's no reason we have to say goodbye to the garden when we can plant fast crops like the following varieties, recommended by the All-America Selections.

## MASCOTTE BEAN

*(50 days from seed)*

A bush bean that is ideal for garden beds and containers with the compact plants yielding a bumper crop of tender green snap beans. The pods form above the foliage, making for easy picking. A good choice for a non-stop supply of beans when replanted throughout the growing season.

## GREEN WAVE MUSTARD

*(21 days baby greens, 45 days mature heads)*

This speedy mustard green is perfect for spring and fall harvesting. Start from seed for mini greens in just 21 days to add to salads for a peppery bite. Full-size plants mature 45 days from seeding. It's also slow to bolt with frilly green leaves. Full-size leaves are good in stir fries.

## SANDY LETTUCE

*(30 days baby greens, 50 days mature heads)*

Sandy is a green oakleaf lettuce that can also be grown as a baby green, a mini crop or allowed to mature into ten to twelve-inch diameter heads. Gorgeous heads form rosettes of deeply-lobed leaves. Sandy is disease resistant and perfect to plant in late summer for fall harvests.

## PATIO PRIDE PEA

*(40 days from seed)*

Patio Pride pea plants are so compact, they can be grown in tiny gardens or small containers. They're also quick to produce and yield a bumper crop of sweet shell peas in just 40 days. This is a great variety for a children's garden and fresh seeds can be potted up every few weeks for a non-stop supply of homegrown peas.



Mild, white Avalanche beets are a special fall crop.



A green bean for the season, Mascotte beans harvest just 50 days from seed.



Grow Patio Pride peas in a pot or in the ground for a cool-season treat.

Photos courtesy All-America Selections

### PRIZM KALE

*(50 days from seed)*

A super-ruffled variety of kale that grows just 15 inches tall. Grow it in containers or pair it with culinary herbs or even ornamental plants. It's also an easy-to-grow green for raised beds and in-ground gardens. Like most kale varieties, it's cold tolerant and can be harvested into winter when given protection.

### AVALANCHE BEET

*(50 days from seed)*

The creamy-white roots of Avalanche go from seed to harvest in under two months. White beets have a mild, sweet flavor with hints of classic beet earthiness. They're also mess-free and don't stain kitchen surfaces like red-rooted beets. Direct seed from mid-to-late spring and again in late summer for an autumn harvest.

### ASIAN DELIGHT PAK CHOI

*(30 days for baby crop, 50 days for full-sized heads)*

Asian Delight is a fast-growing Chinese cabbage with wide white stems and deep green leaves. Quick to grow and slow to bolt, lasting at least three weeks longer in the garden than similar varieties. Pick baby plants whole when they're just four inches tall or allow them to grow to their mature size of seven inches. Plant Asian Delight in spring or fall for months of crisp pak choi.

### RADISH SWEET BABY

*(30 days for seed)*

Sweet Baby has bright white roots streaked in deep violet. Radishes grow best in the cool temperatures of spring and fall.

### ROSETTE TATSOI

*(42-45 days)*

This delicious and beautiful Asian green grows quickly and easily in both spring and fall. Rosette Tatsoi speedily forms round flat rosettes of rich green, teardrop shaped leaves. At maturity, the big heads measure a foot in diameter. Tatsoi's tender, succulent leaves have a wonderful mild flavor, sweeter than most other Asian greens. Tatsoi adds both color and flavor to fresh green salads, or enjoy it in stir-fries. This vitamin and anti-oxidant rich powerhouse is a great ornamental edible.

### QUICK STIR FRY BLEND

*(45 days)*

This fast-growing leafy blend provides all the colors, flavors & shapes needed for perfectly balanced quick and easy stir-fries. Includes: mizuna, mispoona, mild mustards and Russian kale. Equal parts; Mizspoon Mustard/Mizuna, Wild Garden Kales, Magma and Great Wave Mild Mustards. •

# CHEER CAMP

BY SHELAGH TALBOT

**H**ave you ever had something to do where you have no real clue as to how to go about it? Well, that was me when I was encouraged to take a group of girls to Cheer Camp, a summer event under the auspices of the National Cheerleaders Association. These NCA Cheering camps have been around since 1948, and it's been held every year since 1981 at Husson University in Bangor, Maine, for Junior and Senior High Schoolers. I didn't know a thing about cheerleading, let alone all the moves that you need to make to create a good routine. To say that I was nervous was a huge understatement.

At the time, I had four pre-teens who were chosen to attend the camp, and they bravely decided to give me a shot. The last thing I wanted was to let them down. We packed my car full to the brim and off we went to spend four days at camp. We had two rooms for the girls and one for me, their quote-unquote-coach. It was organized mayhem when we arrived. Talk about high energy! Here we were with around 100 girls all maniacal about cheering. It was like spending four days inside a runaway popcorn popper!

The coaches were very nice—we were the smallest squad and so obviously inexperienced, but they took time to help us often. And we learned a lot by watching the other girls. We learned about innovative cheers, pep rally routines for the sidelines, chants, and dances, as well as new stunts. We learned how to do stunts safely and how to present ourselves with confidence. All day and every night we discovered more and more about cheering and what it takes to create a routine. It was non-stop hopping good fun!

About halfway through all this excitement we

learned we had to come up with our own routine and perform it in front of all the other campers. I had no idea what to suggest, so I sat with my girls and asked each one to come up with a good move or two—the routine was supposed to last three minutes—an enormous amount of time for neophytes like us!

Well, we did finally create something that worked (sort of), and we practiced and practiced. Meanwhile we could see the other girls doing the same thing, but their routines were so much more complicated and involved all sorts of flips and holding teammates up high in the air. How could we ever think of competing with that? My daughter, who happened to be one of my charges at camp, leaned over and said, “Don't you worry, Mom. Remember, you told us that all we could do was our best, and that's what we plan to do.”

The performance afternoon arrived way too soon in my estimation, but my girls were excited to show what they learned. They put on their cheering outfits and styled each other's hair—they looked so good. We sat patiently and watched all the other amazing routines, and finally it was our turn. I watched my girls as they danced their way through their cheering routine, looking happy and confident, not missing a beat. I was so proud of them. Later in the evening they handed out trophies, and guess what? We won the trophy for Most Improved!

On the ride home, flush with our success, the girls chattered nonstop and laughed about their experience. One of them hugged me before she got out of the car. “You know,” she grinned, “you were right. We did our best and won a trophy. It doesn't get any better than that!” •



# TOMATO SPINACH PIE

*Back By Popular Demand*

BY MARY FRANCES BARSTOW

In the first issue of *Maine Seniors*, published by our new team in September of 2019, we featured this recipe. We have had many requests to rerun it, so here it is. Enjoy!

This makes an amazing tasty pie for two. Just add a salad and you will have a perfect meal.



## INGREDIENTS

- 5 Tomatoes, peeled, cut onto small chunks, and put in a colander to drain (I use Ugly Tomatoes, but any variety will do)
- 1 Sweet Onion, chopped small (Vidalia preferred)
- 10 Baby Spinach leaves
- 1 Tbls Butter
- 1 Cup Shredded Mozzarella Cheese
- 1 Cup Shredded Cheddar Cheese
- 3/4 Cup Mayonnaise
- 2 Tbls Grated Parmesan Cheese
- 1 Pre-baked Pie Shell, 9-inch
- Salt and Pepper

## INSTRUCTIONS

1. Preheat oven to 350° F
2. Pat dry your well-drained tomatoes (wet tomatoes make for a soggy pie)
3. Caramelize the onions in the butter, with one shake each of salt and pepper
4. Place the chopped onions in the bottom of the pre-baked pie shell, spread the drained tomatoes on top, and add the spinach leaves
5. Combine the shredded mozzarella and cheddar cheeses with the mayonnaise, and spread this evenly over the pie
6. Sprinkle the grated parmesan cheese over the top.
7. Bake for 30 minutes or until lightly browned.
8. Let the pie sit for 15 minutes before cutting and serving. YUM YUM!



# GOOD TO GO STYLE

WRITTEN & PHOTOGRAPHED BY  
AMANDA WHITEGIVER

## LOOK 1

Black tank  
Denim Skirt: Buffalo Exchange  
Earrings by: My Mom :)

## LOOK 2

Denim vest  
Black shorts: Buffalo Exchange  
Earrings by Lauren Loraine  
Bag: Old Creamery - Downtown Ellsworth Antique Store  
Vintage suitcase/camera gear carrier

Lipstick in both looks: laura mercier - fuschia mauve



Kyle Lamont's story begins and continues in Sullivan, Maine. While her parents' divorce and her own love of travel have led Kyle to call a few other cities home, her Maine roots run deep. Kyle's production company, Good to Go Studios, is located in downtown Ellsworth and their latest film *The Mushroom Huntress* was filmed entirely on Mount Desert Island. The fictional short film not only tells a fascinating story, but its very creation aims to show the world that rural Maine is not just a beautiful backdrop on a movie or tv set, but also a viable hub for filmmakers.

Raised by parents who fell in love while working at HBO together, Kyle credits them for her start in filmmaking. "I guess you could say that production is in my DNA," she says. "It is a passion, and I give thanks for it every day." Her time spent studying journalism at University of Mizzou and subsequent introduction to the local music scene via a music festival laid the groundwork for her other passion: her newly released podcast, Concert Cast.

The idea for Concert Cast has been simmering for over a decade. Living in NYC for five years, Kyle began inter-

viewing venue owners, bands, raving fans, and more, both in the city and on her road trips. Always experimenting, she created a web series, moved to Europe, and started filming commercials as well.

In 2012, Kyle moved back to Sullivan after losing her father. She has channeled her energy into launching her creative business in Maine, and into searching out other local creatives for collaboration in her projects. From waitressing in Bar Harbor to interning with a local cable TV show on the island, the road to making a living as a creative in Maine is never a straightforward one. Kyle's hard work also landed her a huge client: Matador Network. As producer and director, she led the ideation and execution of campaigns which included travel commercials for brands like Subaru, Southwest Airlines, and GoPro. The resulting work, which allowed her to combine her creativity, love of travel, and filmmaking experience, earned Kyle four Addy Awards and a screening at Sundance as part of the Sundance Storytelling Series.

One thing is abundantly clear—thirty-something Kyle is a powerhouse of energy and creativity. Despite the challenges of

running a small business in Maine during the pandemic, she decided now was the time to release her podcast Concert Cast. The fruition of over a decade spent listening, traveling, meeting, documenting and storytelling about the music industry begins with a series focused on artists and venues here in Maine. When I asked Kyle why she decided to launch the podcast now, she explained her reasoning: "Under normal circumstances, a concert is a way to find joy and unity. Now, while venues are closed, as I reminisce on concert culture, I can see even more than ever before how instrumental (pun intended) music venues actually are to our communities, and to society. As we struggle with tough realities of this pandemic, racial division, the uncertainties of the economy, and more . . . I'm releasing this huge body of content, about two industries hit hard by the pandemic—live music and travel. My hope is that Concert Cast provides an escape for those of you who still love live music—and can't wait to hit the road again!"

You can connect with Kyle on either of her websites, GoodtoGoStudios.com and ConcertCast.live, or find her on Instagram @Kyle\_Lamont.



## How would you describe your style?

I say it's like the Downeast Version of Spice Girls . . . sort of different depending on mood (and weather) every day. One day I'm Hiker Spice girl, next day I am Downtown Ellsworth Urban Chic Spice girl wearing black on black with a sexy clutch, next day I'm Comfy Spice girl, in yoga pants and a big sweatshirt (of course representing my friend's lobster boat *FV Ain't Miss Behavin!*), and the next day I'm Video or Podcast Production Spice girl in jeans or overalls with black or gray V-neck t-shirt, good boots, and a fanny pack. My fanny packs are a necessity on set: Practical but Pretty. An article of Black is always part of the ensemble . . . with a pop of colorful accessories. I usually accessorize with a leather fanny pack (called Franny) from Maven Emma Thieme and gorgeous earrings from Lauren Loraine, who makes handmade fine wood jewelry inlaid with precious stone or metal. When I'm feeling really fancy, a pair of gorgeous silver earrings from Sam Shaw. The biggest perk of making videos with artist and designer friends around here: Trades!

## Is it "Maine" style? If so, how? If not, how does it deviate?

I am not sure. I think traveling so much and also being obsessed with movies, tv shows, and live music has influenced me. I absorb a lot of pop culture, which is reflected in my style.

## First outfit you remember picking out and loving, feeling great in?

My sister and I loved picking out our clothes the night before school and laying them out on the floor like paper dolls. I had this floral dress with a matching hat that my dad got for me from Macy's when he took me on my first trip to NYC. Little did I know that 10 years later, I would be living in NYC and working at the same store where he bought it! My dad was always big on style, too. During the short time I spent there, I always had so much fun designing the mannequins (even though they weren't my department, so I was yelled at for doing it!).

## How old were you when you felt like you had developed a style of your own?

I think college. But continuously still trying to figure it out. I went to my first



music festival sophomore year of college and started working at a music venue called The Blue Note. I remember being more intentional and experimental about clothes, and music. I guess you could say I began dressing like an urban hippie—awesome hats and belts, wild purses, funky boots. It was a fun time of not giving a damn, which was freeing because as an athlete, you have to. There's also a never-ending style question for me: Does the music you listen to dictate what you wear, or does what you wear dictate what you listen to?

## Last memorable outfit:

That would be my outfit for the London BFI Film Festival to screen our short Film, *Passive Aggressive Dads*. I wore a black-and-red floral dress with bell sleeves and a keyhole neckline, black tights, and my black Stetson hat. I think my smile could count as part of that outfit as well—how I felt that day has a lot to do with it also. It was a big moment for a little film. But a film that is so damn timeless and funny! (shameless plug). It's on our website if you want to learn more!

## Favorite bricks and mortar place to buy clothing in Maine?

Reny's. I always find something brilliant in Reny's—cute handbags, perfect jeans, clogs, Carharts—affordable and fashionable! Reny's for life!

## Best clothing shoes or accessory bargain:

My Stetson hat, [gotten] while in Nevada for a four-part video commercial series for Airstream X Matador Network X TravelNevada. During the course of production, I was on the hunt for a hat

but never found one. On my drive back to Maine (epic road trip), I stopped at a boot and tack shop in Missouri—and bingo—the hat was, like, waiting for me to find it. I took one look at the hat and knew. I am still on the search for a leather jacket . . .

## Most you ever spent on something to wear?

Hmmmm, does a new Canon camera body count? I wear it around my neck practically everywhere!

## Who is your style icon of all time?

I would have to say my mom. She has always been so stylish, ever since I can remember. I borrow a lot of her clothes. She is so edgy and fun, with wicked hats, cool shoes, and purses to die for. You wouldn't believe how amazing her closet is.

## Who is your style icon in Maine (Dead or alive)?

I wish I could pull off the look that Angelikah Fahray does. She is a gorgeous Indie/R&B/folk singer from Portland—sexy and chic and totally one of a kind.

## Mountains or coast?

Coast. As a swimmer I have an affinity with water . . . lakes, quarries, ponds, and Frenchman's Bay. That's where you will find me when not at the office or on film set. Fun fact: I swam the English Channel at 13 years old!

## What would you refuse to wear?

Anything with a Looney Tunes print on it.

## Where you do get your style inspiration? Magazines, movies, social media?

Movies, tv shows, books, and my friends here Downeast. The way they make living in the middle of nowhere stylish—well, you would have to see it to believe it.

## What is your current "go to" outfit or item?

Jean skirt with a cropped tie-dye shirt that has an image of a polaroid camera screen printed on it—a thrift store find but makes me feel comfy and cute. Shoes are also an easy way to change up the look. I just got these great red shoes from Reny's! I'm telling you, that place is awesome!

## What do you change into after a long day?

I have these snuggly bell bottoms that are both flattering and comfy, plus a concert t-shirt. •

## QUESTIONABLE ADVICE

BY L.C. VAN SAVAGE

***Is it strange for a woman to ask a man out? My male friends tell me no, but my mother insists that the man has to do the asking.***

—Jen

Strange? Because of your mother's antediluvian beliefs, thousands of sweet and worthy girls didn't get to go to their proms because some geeky adolescent boys were too nervous to ask them, and the girls' mothers, like yours, told them they could not ask a guy out. She likely said something stupid to their daughters like, "It simply isn't done." Seriously? Why not? What world will end if the girl asks a boy out? Not a one. In fact, when those gawky boys grow up, they often can confess to themselves they would have been so relieved if the girl had asked. Your men friends are correct. Sometimes—no, quite often—these fossilized "rules" are asinine.

***My daughter and I can't ever seem to agree on what movie to watch together. She likes thrillers, I like rom-coms. She's a fan of action, I can't stomach it. How do we compromise here? And do you have any movie recommendations?***

—Vivian

EZPZ. One large couch, two color TVs, side by side with earphones and long cords. And because of my advanced age, you would not at all be interested in the movies I'd suggest, Vivian—*Mildred Pierce*, any film with Bette Davis, most silents, films noir, burst-into-song-and-dance films, etc. Best you stick with your own decade.

***I love my father. I really, really do. But I'm no good at picking out gifts, and his 70th birthday is coming up! How can I show him how much I love him?***

—Kimberley

Is he a widower? Divorced? If yes, you're golden. You pay for one year of a good dating service with an offer to screen all the responders, to write the first few emails, and to pay for their first dinner together at a fine restaurant. Another suggestion is to go to the bank and get 100 brand new one dollar bills. Roll them into a wad with a good sturdy rubber band, and put that into a nice box filled with his favorite candy and booze, and add a note telling him that you are offering to drive him to any stores he wants to visit with the wad. Nothing says "I love you, Daddy" like a good thick wad.

***My younger sister is out of work. She's offered to do all the cleaning, gardening, and cooking if I let her stay with me, just for two months. I can afford it, and my husband has said he'd back up my decision either way. I'm just not sure it's a good idea. What do you think?***

—Lucy

Simple. Do you like your sister? Does she like you? Is she reliable? Does she steal? Would she have goopy eyes for your husband? Is she a good cleaner, cook, and gardener? Can you depend on her utterly? Apart from room and board, would she want to be paid? Does she have a contagious disease? Would she be bringing her gentleman callers around all the time? Would you be able to comfortably fire her if it didn't work out? Does she have repulsive habits? Does she have her own car? Is she clean and reverent? Does she have a huge hairy stinktohighheavens dog? If the answers are; yes yes yes no no yes yes no no no yes no yes yes no—and she'll cook, clean, and garden, then Lucy, ummm—what's the problem here?

# If you can hear us, put your mask on.

We talk for a living, and now we're asking all Mainers to wear a facemask in public to combat COVID-19.

It's not a political decision, it's our best technique for stopping the spread.

Remember, we talk all day, so if we can wear one, so can you.



**Randi Kirshbaum**  
*Longtime Maine Radio Personality*



**Blake Hayes**  
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