

MAINE WOMEN

SUMMER 2023

INTERVIEW

Artist Jenny Ibsen

*a glimpse into her practice
and what moves her*

Wisdom of the *Ages*

TIME-TESTED
FINANCIAL ADVICE
FROM THE 70S, 80S,
AND 90S

INSIDE

NEW: THE NOCTURNE HOROSCOPES

RECIPE FROM LONG GRAIN'S
PAULA PALAKAWONG

PLUS YOUR SUMMER BOOK REVIEW,
POETRY, PLAYLIST & MORE!

NOW AVAILABLE!



FASTEN YOUR SEATBELTS.

Fast-Acting THC Gummies

FASTER ONSET

NATURAL FLAVORS

VEGAN + GLUTEN-FREE

Portland

Wellness Connection
685 Congress St

South Portland

HighNorth
29 Western Ave

Gardiner

Wellness Connection
31 Maine Ave

Brewer

Wellness Connection
221 Dirigo Dr

© 2022 Acreage IP Holdings, LLC. All rights reserved.

Recreational cannabis. You must be 21 years or older with a valid ID. Medical card holders receive discount pricing. Keep product out of the reach of children.
License #AMS338

KOHLER.
IN POWER. SINCE 1920.

Titanium Dealer

POWER POINT
GENERATOR POWER SYSTEMS



Power outages can strike anytime.

**Be prepared. Contact us to schedule
a complimentary site assessment for a
standby generator.**

(207) 864-2787

info@powrpoint.com | www.PowrPoint.com

PORTLAND
DRY
GOODS



Contents

FEATURES

20 Product Evolution

by Sarah Holman

Maine Women making a living by creatively transforming used items into fresh merchandise

24 What's Old is New Again

by Sarah Cottrell

Saving money by reusing, recycling, swapping, growing, and foraging

SPECIAL SECTION: TRI FOR A CURE

26 Wonderful Women

by Hannah Jansen

A conversation with Tri for a Cure participant Sarah Rines



Page 12



Page 20

INSIDE EVERY ISSUE

BIG DREAM 09	RITUAL 18
Amina Hassan, founder of Her Safety Net	Horoscopes, Cosmic Dates to Remember, Full Moon Ritual how-to and Folklore by Licia Morelli
VERSE 10	BACK TO CENTER 36
Not Lost or Looking by Diedre Braley	For the Love of Money by Sarah MacLaughlin, LSW
Heat Wave by Marjorie Arnett	MONEY MATTERS 38
ART 12	Get Greedy by Chelsie L. Crane
Interview with artist Jenny Ibsen	NOMS 41
READ & REVIEW 15	Paula Palakawong from Long Grain in Camden shares a recipe
A review of the award-winning book <i>Demon Copperhead</i> by Barbara Kingsolver by Licia Morelli	WOMEN WE LOVE 44
PLAYLIST 16	Rumbi Mufuka, founder of I Am Willing
Q&A with Maine's fearless all female band Tiger Bomb by Alisha Goslin	

ON THE COVER

Ileana on Compass Island, July 2019

By Samantha Appleton





LIFE IS BETTER IN COMMUNITY

Discover the financial advantages of a New Hampshire retirement.
Choose a hassle-free life filled with friends, adventure, and the
promise of excellent health care if and when you need it.

Visit today: RiverWoodsGroup.org



RiverWoods
Exeter | Manchester | Durham



SCAN ME

Pat, Ann, Bob, and Judy, residents of RiverWoods Manchester, NH



Our Mission

Maine Women supports the women of Maine in tangible ways that go beyond just information and entertainment. With a solutions journalism focus on the issues that matter most, this publication is simply a reflection of what is truly a community that connects and empowers women—and pushes the systems that support them to be better.

Acknowledgments

Published by
RFB ADVERTISING

Managed by
KATAHDINMEDIAMANAGEMENT.COM

Publisher
LICIA MORELLI

Managing Editor
ALISHA GOSLIN

Marketing/Advertising
ANN DUDDY

Art Direction/Design
SHANNON HERRING, PELLE GRAPHIC DESIGN

Contact Us

Business office
8 NORTH MAIN STREET
ROCKLAND, ME 04841
207-593-0035

Contact us with any ideas or
send writing submissions to
info@mainewomenmagazine.com

Copyright 2023 by RFB Advertising. All Rights reserved. No part of this magazine may be reproduced in any way whether written, electronic, audio or photocopy, without written permission of the Publisher. Although every precaution has been taken to ensure the accuracy of the information contained herein, the authors and Publisher assume no responsibility for errors or omissions. No liability is assumed for damages that may result from the use of information contained within.

Hello!

Moving ahead into the height of summer and into the next phase of *Maine Women*, we're thrilled to share the latest news and updates on the innovative women making waves in our beautiful state of Maine.

As a writer, author, and publisher, I'm constantly amazed by the creativity and resilience in our community.

From the northern peaks to the sandy southern shores, Maine is a perfect place to pursue your dreams. And because of this, we hope to inspire you with access to Maine's vibrant culture, innovations, ideas, and supportive community. Both online and with our quarterly magazine, our mission is to celebrate what it means to be a woman who lives in this rugged, creatively-rich, Bean boot and lobster-filled state.

Maine women persistently push boundaries in creativity, activism, entrepreneurship, and beyond. We're innovating in every category, from tech startups to agriculture, social justice advocacy to the arts, health, wellness, and beauty.

But most of all, **we're dreaming big.**

This is an unprecedented time in Maine.

We're experiencing growth like never before, and with it, the positivity to embrace all the amazing opportunities that lie ahead.

We can't wait to see what happens next here in Vacationland. We're thrilled to be here with you!

With love and a pioneering spirit,



Licia Morelli

LICIA MORELLI
PUBLISHER

+ The **MAINE WOMEN** Team



ALISHA GOSLIN
MANAGING EDITOR



SHANNON HERRING
CREATIVE DIRECTOR



WHEN WE SUPPORT OUR LOCAL CARE TEAMS, WE CAN

HELP THE BEST DO THEIR BEST

Across northern New England, health care professionals are working at capacity, giving their all to our communities. While they continue to do everything they can to care for us, we ask everyone show them the patience and understanding they deserve.

MaineHealth

mainehealth.org

Contributors



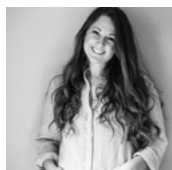
SAMANTHA APPLETON

is a photographer and 2019 Nieman Fellow at Harvard. She has covered many of the most tumultuous, man-made events of the 21st Century. She was an official White House photographer for the Obama administration 2009-2012. Appleton co-founded the photo agency Noor Images to promote projects in support of human rights and social justice. She has won numerous awards including Pictures of the Year, World Press Master Class, American Photography and Camera Arts. She is currently completing a memoir, entitled *Red Right Returning*.



MARJORIE ARNETT is a studio artist, published playwright, and poet. She taught at the Academy of Art, Zagreb, Croatia, served as resident poet

and painter in Anversa, Italy, and was awarded artist residency in Porto, Portugal. Marjorie served as Dean at College of Fine Arts, Indiana University of Pennsylvania. She now paints and writes in Belfast, Maine.



DEIDRE BRALEY is a wife, mother, and former educator turned freelance writer. She is the author of the weekly newsletter, *The Second*

Cup, found at thesecondcup.substack.com.



SARAH COTTRELL is a freelance writer and editor from the mid-coast area. Her work has appeared in *The Cut*, *Mashable*, *VICE*, *Parents*,

REAL Simple, *Washington Post*, and more. When she isn't working on researching pieces for *Maine Women Magazine*, Sarah is working on creative, fictional writing pursuits.



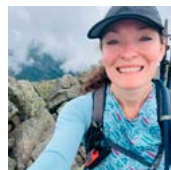
CHELISIE L CRANE is the Chief Investment Officer of Crosswind Investments. She enjoys spending time with family, camping, exploring outdoors,

gardening, and aviation. Chelsie and her husband Andrew recently built an airplane.



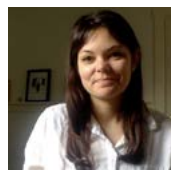
AMINA HASSAN is a social worker and case manager, an interpreter, and an advocate for women and children.

She is the founder and executive director of Her Safety Net, a community-based nonprofit serving immigrant women and people of color in the Lewiston-Auburn area.



SARAH HOLMAN is a writer, artist, and Registered Maine Guide living in Portland. When she's not working creatively, you can find

her hiking, rock climbing, and paddling somewhere in Maine. To follow Sarah on her adventures visit shehikesmountains.com.



HANNAH JANSEN'S writing has appeared in *The Letters Page*, *The Literary Review*, *The Common Online*, *Tin House Online*, *Poetry*

Ireland Review, *jubilat*, and elsewhere, and she has received residencies from Monson Arts and the Vermont Studio Center. A freelance writer and sometimes copyeditor, she is at work on her first collection of poems, and a work of prose. She lives in Rockport.



SARAH MACLAUGHLIN is a social worker, parent educator, and author of the award-winning books, *What Not to Say: Tools for Talking with Young*

Children and *Raising Humans With Heart: Not a How-To Manual*. She is senior editor for the HealthySteps program at ZERO TO THREE, a national nonprofit dedicated to ensuring all babies and toddlers get a strong start in life. Sarah lives in Windham with her family, including a teenaged son who gives her plenty of opportunities to take her own advice.

Your thoughts

JUST OPENED the fabulous Spring issue of *Maine Women* and read Liza Gardener Walsh's interview with Mary Middleton. Anne Merkel, who is the program manager for Girls on the Run is a dear friend, my daughter Hope's former teacher, and a member of the board of the Merry Barn Writers' Retreat.

I have been very impressed with the changes in the magazine and the online offerings. I earmarked four stories already—for speakers at the barn, for my personal writing, and my own self-care file. "World of Words" by Leela Marie Hidier was especially powerful. We are running a three-day camp for 11-15 year olds called Telling My Story, and I'm going to reach out to Leela to see if she might be willing to come talk to our kids at The Merry Barn.

—Stephanie McSherry

The Merry Barn Writers' Retreat is a joyful haven where community members of all ages and backgrounds are welcome to explore the power of words, writing, and all creative endeavors. The focus is immersion in the creative process rather than on a finished product. It is through this process that participants connect with themselves, each other, and the world at large. They believe that literacy and creative expression are not only universal human rights, but the pathway to a more just, equitable, and compassionate world.

MAINE STATE MUSIC THEATRE

YOUR TICKET TO

Summer Fun



Buddy
The BUDDY HOLLY Story

JUNE 28 - JULY 15



JULY 19 - AUGUST 5



AUGUST 9 - 26

TICKETS:
MSMT.ORG
207.725.8769

MSMT
MAINE STATE MUSIC THEATRE EST. 1959

Bringing Broadway to Brunswick Since 1959

her safety net



PHOTO COURTESY OF AMINA HASSAN & HER SAFETY NET

AMINA HASSAN is the founder and executive director of her safety net, a community-based nonprofit serving immigrant women and people of color in the Lewiston-Auburn area. HSN offers a range of health, well-being, and employment assistance services and programs with a special focus on the prevention and recovery from gender-based and sexual violence. Amina’s professional background includes more than a decade of assisting others—as a social worker and case manager, an interpreter, and as an advocate for women and children. This is her big dream.

If I had \$1 million dollars, it would be a dream come true. I would use the \$1 million to advance the current work of Her Safety Net.

We would recruit a larger, multilingual team of dedicated community workers and offer them all of the training and resources they need to assist more immigrant women dealing with life crises. With a stronger team in place, HSN could achieve its mission to help victims of violence heal, and empower young immigrant women to advocate for themselves and lead safer, healthier lives. A larger, dedicated team of well-trained HSN community outreach specialists could help us break that cycle where discrimination and violence have become normalized, and even accepted.

HSN also could enlarge its educational training programs and its one-on-one counseling. Our programs and outreach can help prevent violence in the first place, which often stems from cultural, religious, and stereotypical misconceptions.

An infusion of cash would give HSN the means to better equip our clients with the psychological tools, support, and knowledge to challenge harmful norms and stereotypes. It would go a long way in helping us foster a safer environment for women and their families in our community, and in empowering immigrant women to lead lives free from violence and discrimination. ■

.....
If you are interested in volunteering your time or can support with funding email contact@hersafetynet.org. For more information visit hersafetynet.org.

Not Lost or Looking

BY DEIDRE BRALEY

How cliché
the term
'looking for oneself' as if I
walked off
the front step
one day
and got lost
in the woods.
I am not
a lost soul
waiting to
be found;
**I am a flower
that's
constantly blooming.**

Heat Wave

BY MARJORIE ARNETT

The air is hot the last week of
summer. **Moon-glow reflects
madness of late August.** I walk
to the bay, feel an inviting breeze
coming off the water.

A man and women appear out
of the thick night heat, their canoe
slicing through darkness. Quiet in
their small craft as if a whistle of
breath might throw them off course.

They do not see me sitting on the edge
of the dock, feet dangling in cool water.
Lovers. Quiet gliders connecting stroke
after stroke, paddles sinking into water,
intimately synchronized.

I feel naked seeing love be so simple.
So unadorned. I am envious watching
them move out of sight, **swallowed
by the moonlight of summer's end.**

SeaWeed Co.

QUALITY MAINE CANNABIS



Enjoy yourself, your whole self.

THC + CBD

We produce live resin with naturally occurring levels of both THC and CBD to promote well-being by bringing you closer to the cannabis plant. Experience more of what cannabis can do for your mind and your body, as nature intended.

Shop South Portland



Available in tincture, sea glass hard confections, pâte de fruit, chocolate bars and live resin vape cartridges.

Shop Portland



Jenny Ibsen



"Pest Picnic," terracotta, slip, underglaze, 12" x 17" x 12", 2022.
PHOTO: DANA CLARK

JENNY IS A CERAMICIST, printmaker, and restaurant worker based in Portland. Her art practice is deeply rooted in her community, environment, and the experiences of those around her. For as long as she's been able, she has worked in the service industry to support her creative practice, and has found community in sharing food with others. For Jenny, her "money work" and artist practice are intertwined—engaging in multiple understandings of service, care, and nourishment, each practice informing each other.

Most recently, Jenny has shifted her practice from carving relief printmaking blocks to handbuilding large ceramic vessels and small ceramic functional ware for dinner tables, incorporating relief printmaking aesthetics.

As an extension of her practice, Jenny hosts a free, public meal series called Fish Picnic, with food that she prepares. Fish Picnic is a public performance piece and a community meal that takes place by the Maine ocean, inviting strangers and friends alike to meet and share bread and stories. Fish Picnic is supported by the generosity of the American Rescue Plan Maine Project Grants and The Kindling Fund, both administered by SPACE Gallery.

Jenny works from her shared studio in Brunswick and is a member of Running with Scissors in Portland.



.....

We saw on your website you have “a new love of ceramics”—can you tell us how you began this new creative path and what inspired you?

My new love of ceramics began as work trade in Tucson, Arizona during Covid. I mixed glazes and loaded kilns in exchange for free throwing classes. I was horrible at throwing, and had my heart set on making a colander, so my teacher taught me how to handbuild it—you flatten out a piece of clay and slump it inside a bowl until it becomes firm and holds its shape. It felt so intuitive! That was the first ceramic piece I'd made.

I began relief printmaking in college, and have been practicing it for 5 years since in my studio in Brunswick. I really love the tactile quality of carving blocks and the mental challenge of figuring out the negative and positive spaces to create imagery. When I moved back to Portland, I started taking handbuilding classes at Portland Pottery, and immediately loved it. I had the most amazing teacher, Julie Cunningham, who has lessons for some structure, but really utilizes the time for open, self-guided projects.

Handbuilding with ceramics feels like relief printing, but with clay and the possibility to create three-dimensional objects. I feel like there's been a natural evolution for me to transform my imagery off of paper and into common household objects, like plates and vases. The vessels create a tactile experience for the user, and that hands-on quality is something I've always valued

so much about the making process too.

My brother, my dad, and my grandfather are/were all woodworkers. They built the houses we lived in, and the imprints left from their hands literally surrounded us. I've only really realized in retrospect that I grew up in a family valuing craft and tactility, playfulness in art, and noticing our intersections with nature in these moments. I was back visiting my family last month and my grandmother gave me a 20 lb bag of dried terracotta clay that was once my grandfathers. Soon, I plan to rehydrate it and use it in my practice. I love knowing that the clay rest as long as it needs to, but can always come back to life.

.....

You also love “cooking community meals for those around you”—can you say more about this and how this informs your creative work and supports your community building?

For me, one way that community is created and maintained is through food. Whether it's sharing stories over a meal with others, the time and care put into cooking for someone else, or the gratefulness of feeling full—these moments center us in our gratitude for others.

This year, I've been grateful to accept funding to support an ongoing dinner series called Fish Picnic, which is a community-centered, free, public meal series that will happen outdoors



PHOTO: EMMA SCUDDER

once every few months. It is a public performance piece and an environmentally-situated meal for strangers and friends alike to meet, talk, and share stories. My hope is for Fish Picnic to be a thoughtful and creative meal that facilitates conversation and community, reflection about the foods we cook and eat, and appreciation for the environment around us.

My Scandinavian grandmother always makes lox for the holidays. Growing up in a multi-generational home, I was inspired by her love for cooking, which she often did without a recipe. She was confident in her ability to taste her way through the cooking experience,

following instincts to flavor dishes. This meal series is centered around that idea, featuring menus that loosely flow with whatever is in season, and an eating experience that is as visually exciting as it is taste-engaging.

This series relates to my “money” work as a restaurant server and worker, and to my artistic practice as a printmaker, ceramicist and organizer. Both of these practices are inextricably intertwined within my creative process. Fish Picnic connects the threads of my experience as an industry worker, the food-themes explored in my images, and my role as a community organizer for Tender Table, transforming these themes into a shared meal.

Themes, such as processing and preserving, and maintenance work and labor, surface in my prints, ceramics, and meals.

Alongside Fish Picnic, I am an active co-organizer with Tender Table, a Maine-based group that celebrates Black and Brown community through storytelling and food. Tender Table facilitates in-person food moments that honor identities, traditions, joy and resilience, and also a light for me during Covid. Before I joined the team, I participated in a couple virtual food gatherings—we would get instant ramen mailed to us, or care packages with snacks and tea to share in virtual community together. These moments of togetherness provide spaces to process, laugh, learn and share.

What events or shows do you have upcoming (anything after July 2023)—where can readers find you?

I will have recurring Fish Picnic dinners throughout the remainder of 2023. The dates/times/locations are not finalized, but people can stay updated by following @fish.picnic on Instagram.

- I have a show opening at the Ticonic Gallery at Waterville Creates in Waterville on August 2nd. The opening reception is Friday, Aug. 4 from 4-7pm. I, along with the curator Diana Tuite, have invited three guest collaborators to join me for this show, Potluck. The collaborators are Heather Flor Cron, Alana Dao, and Raquel Miller.
- As part of the Potluck show, we’re hosting a community potluck on Saturday, September 9 in Castonguay Square in Waterville (next to Waterville Creates) from 4-7pm, with RSVP requested via Waterville Creates.
- I have prints for sale at Loquat in Portland, Saudade Pop-up in Portland, and Hinge Collaborative in Waterville. I also have an online shop with a few of my prints for sale.
- Tender Table is hosting a Night Market on Saturday, September 30 from 5-9pm. This is Tender Table’s 3rd Annual Food & Art Fair. (Raindate is Sunday, October 1). ■



“Sumac Harvest,” terracotta, slip, underglaze, 18” x 18” x 10”, 2022.

PHOTO: DANA CLARK

Demon Copperhead

by Barbara Kingsolver BY LICIA MORELLI

CAN'T GET DEMON OUT OF MY HEAD AND HEART. A story that will break your heart and leave you hoping; you'll also navigate the opioid crisis and all the casualties that come with it through the eyes of a funny, quick, direct, and lively narrator. I finished *Demon Copperhead* and had to sit on my couch and cry. I cried for the love of a character and the devastation of a story so well told by Barbara Kingsolver that it sticks to your cells and becomes a new fabric of your being.

Demon Copperhead is not only an incredible work of fiction, but it serves as a political commentary on the Appalachian region and the hardships its community endures. Reading it, I was reminded of Dave Eggers's *A Heartbreaking Work Of Staggering Genius*, and were it to ever have a soundtrack, ARKAI would be the best background music for each scene.

Dickens would have been proud of this rendition of his time-tested story. I can't help but think he, too, thinks *Demon* a worthy narrator to something the world needs more of in this modern age.

A well deserved 2023 Pulitzer Prize winner, *DEMON COPPERHEAD* keeps you engaged (and enraged and laughing) from beginning to end. I've even thought to immediately re-read it all over again...I'm so in love with it, and it's characters. ■



SYNOPSIS: A modern-day David Copperfield, *DEMON COPPERHEAD*, follows *Demon Copperhead* throughout his youth and young adult years living in Lee County, Virginia. From birth to foster care to high school football stars and beyond, we watch *Demon* navigate a world filled with love, longing, and a search for family.

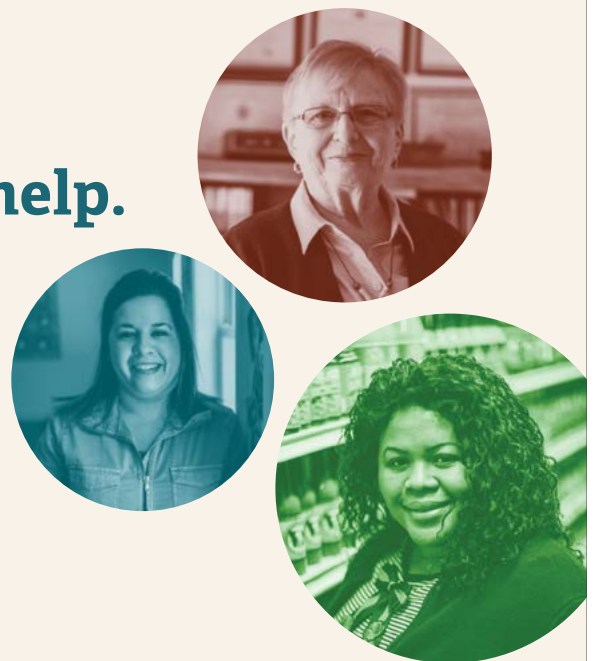
One reader said, "I finished this a few weeks ago, and I'm still worried about *Demon*." Me too.

You want to make your money go farther. New Ventures Maine can help.

For 45 years, New Ventures Maine has been helping people like you change their lives and find financial security.

Through free classes and individual coaching, NVME will support you as you define and achieve your career, small business or personal finance goals.

Classes and workshops are currently online and in person across the state. **Find the right one for you at NewVenturesMaine.org.**



NewVenturesMaine.org / 207-621-3440



Tiger Bomb

All Girl Glittery Garage Pop Group
Rocks Maine!

INTERVIEW BY ALISHA GOSLIN

TIGER BOMB is one kick-ass band. With their funky fun style and killer beats, they bring a certain energy to their music that just can't be compared. How did this all girl band get started and where can you see them perform for yourself? Their lead guitarist and vocalist, Chris Horne, and rhythm guitarist and vocalist, Lynda Mandolyn, tell MW more.

.....
How did your band form? How long ago?

CHRIS & LYNDA: A mutual friend of both of us knew we were looking to form an all-girl band. We had both previously been in all-girl groups. Chris was in The Brood here in Portland and Lynda was in Fabulous Disaster in San Francisco and had moved to Portland in late 2012. Chris was on Lynda's rock and roll radar having known of The Brood due to a few cool EP's from Germany a fan had sent. We didn't know each other, but the mutual friend put us in touch and we hit it off. So, it's been about 9 years now.

.....
Who are the members and what instruments do they play?

Chris Horne on lead guitar & vocals, Lynda Mandolyn, rhythm guitar & vocals, Amanda Ayotte, bass guitar, and Jessica Smith on drums.

.....
What genre would you call your music?

Glittery Garage-Pop with catchy hooks & harmonies!

.....
What have been some of your favorite performances or times together?

Our recent trip to Mallorca, Spain to play the Wild Weekend



Lynda Mandolyn and Chris Horne.

Festival was a dream come true. We played with great bands from all over the world, including The Jackets and the Stompin' Riff Raffs. We've done lots of super fun shows, like when we opened for the Flamin' Groovies in Boston or recently did a show with the Flestones. We also really enjoy it when we're in the studio being creative and getting the magic to happen.

.....
What is the band's creative process?

CHRIS & LYNDA: We both write songs on our own then bring them to the band. Sometimes we collaborate, but most of the time we create on our own, keeping our standards high, because it's all about the songs. We all usually work out the arrangements as a group. We've come out with some really nice gems! It's exciting to play new stuff and release it to the world for all to hear.

.....
Who are some of your musical influences?

CHRIS: Most anything that's energetic and has a good beat has influenced me in some way. 50's rock n roll like Chuck Berry, Bo Diddley and Little Richard. 60's garage & pop like The Remains, The Kinks, and Easybeats. 70's junkshop glam like the Sweet, Mud, and Hector. I listen to lots of records from lots of time periods, from the standards to the great yé-yé singers to punk and new wave. I also dig surf like Dick Dale, soul like Aretha Franklin and Otis Redding, British mod like the Who and Creation, power pop like The Flamin' Groovies, and The Beat with Paul Collins.

LYNDA: Sweet, The Beatles, Bubblegum Pop, Buddah Records

groups like The Lemon Pipers, who are a favorite right now. I also like The Go Go's, French Pop, Wire, The Damned, 60's-70's California Sunshine pop & Power pop.

What's your favorite song to perform? Any favorite venues?

CHRIS: Hard to pick one fave song, because they're all a lot of fun to play. Right now one of my faves to play live is "All Nite", which appears on our latest full-length LP "Sugar Buzz." Favorite venue is a tough one. The pandemic changed a lot of things—closed a lot of fave places, but The Middle East in Cambridge and Geno's in Portland are still going strong. As long as the club has a good sound system with a competent sound guy, I'm happy. Oh, and good lighting. Oh, and a good bar with good drinks. Especially if they are tiki drinks!

LYNDA: I like all our songs, but to pick a few, I like "Astro Girl", "He'll Steal Your Love", "Rave On Again" and "Don't Forget The Girl". Favorite venues would be Sun Tiki, Empire, and The Jungle in Somerville.

Who is a group you would love to open for?

The Animal Five, The Who, Ringo Starr's All Star Band, Cheap Trick, The Woggles, The Courettes, Barrence Whitfield (again), The Flestones (again), The Flamin' Groovies (again), plus any cool 60s-70s groups that have reformed.

What are your upcoming shows and how to purchase tickets?

'Like' our Tiger Bomb Facebook page or Bandcamp page and follow our upcoming events. Ticket information will be on the event page. **We are playing 3-sets live at Marshall Wharf in Belfast on Saturday July 29, but there are no tickets. It's a free show! Come and dance!** On August 29 we have a show with Sit & Spin and The 5.6.7.8's from Japan at The Empire in Portland, Maine. That show will have advance tickets and the link will be on the event page which you can find on our Facebook & Bandcamp pages.

What does the future hold for Tiger Bomb?

CHRIS: More gigs, more recording, and more world domination! We want to keep writing great songs, play bigger venues, make some more videos, play festivals, and return to Europe! Our first two albums did very well on over a hundred indie radio charts, with a couple of songs hitting #1 in several markets. With our upcoming releases we hope to expand on that and reach some national charts, like Billboard. ■



Scan the QR Code to check out **Tiger Bomb's** music on **Bandcamp**

LEARN DISCOVER GROW

CREATIVE RESOURCE BRUNSWICK MAINE

REGISTER TODAY

IMAGINE CREATE INSPIRE

Horoscopes

BROUGHT TO YOU BY
THE NOCTURNE



ARIES (RAM) March 21–April 19

Your bank account takes center stage this Summer, dear Aries. Take a critical look at your spending habits (are those shoes really necessary?) and create a budget that aligns with your ambitions.

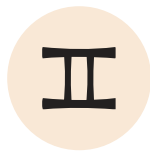
ACTION ITEM: Seek advice from the financial expert you've had your eye on to gain clarity on your money matters.



TAURUS (BULL) April 20–May 20

Money and social connections merge this Summer, Bully-boo. Your community and friendships hold the key to financial success. Parties and happy hours are the key to luck and alignment with your financial goals.

ACTION ITEM: Attend a local business event or join a professional networking group to expand your circle of contacts.



GEMINI (TWINS) May 21–June 21

Money matters take an intriguing twist for your Twin personalities this Summer. It's time to embrace the power of endings and surrender when it comes to your finances. Release outdated financial patterns, and make room for abundance to flow in.

ACTION ITEM: Organize a "money makeover" party with friends, where you share creative ways to save and invest. Embrace the fun of financial transformation!



CANCER (CRAB) June 22–July 22

Your money becomes an instigator for a delightful journey of self-reflection this Summer, cutey crabby! Engage in playful budgeting exercises that align with your values and desires.

ACTION ITEM: Create a financial vision board, incorporating your dreams and aspirations. Watch as what you focus on begins to grow.



LEO (LION) July 23–August 22

Financial curiosity intertwines with your values and sense of worth this summer, lovely Leo. Reflect on what truly matters to you and align your financial choices accordingly.

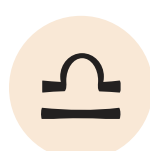
ACTION ITEM: Take a fun financial self-assessment quiz to understand your money beliefs. Then, set a goal to align your spending with your authentic values. Embrace your worth and let abundance flow!



VIRGO (VIRGIN) August 23–September 22

Your finances take a thrilling turn this summer, Virgo, as intellect and true passion converge. Follow your curious mind and explore financial opportunities that align with your intellectual pursuits.

ACTION ITEM: Dive into a financial podcast or book that combines money wisdom with your favorite intellectual subjects.



LIBRA (BALANCE) September 23–October 23

Balancing your financial books brings harmony to your home and family life, Libra. Create a joyful balance between financial stability and nurturing your domestic sphere and watch as your accounts (and mood) grows.

ACTION ITEM: Host a "Money Manifestation Party" at home, where family members brainstorm ideas for money-saving initiatives.



SCORPIO (SCORPION) October 24–November 21

Embrace the connection between pleasure and finances this summer, Scorpio. Treat budgeting as a game and find amusement in saving and investing. Invest in experiences that bring you joy and align with your passions.

ACTION ITEM: Create a "Pleasure Fund" jar, where you save a small amount each week for a fun activity or indulgence.

Cosmic Dates To Remember



SAGITTARIUS (ARCHER) November 22–December 21

Think deeply about your money goals this summer, Sag! When you set clear financial goals and create a budget that aligns with your aspirations, there's more ease and flow to your bank account.

ACTION ITEM: Design a "Money Mastery Schedule" that includes dedicated time for budgeting, researching investment options, and exploring new income streams.



CAPRICORN (GOAT) December 22–January 19

Seek partnerships that align with your financial goals and share your values, Cappy-corn. Explore joint ventures or brainstorm money-saving ideas with a trusted friend. When you do A-HA's will follow and money momentum will build.

ACTION ITEM: Exchange money-saving tips and explore potential collaborations with friends and family.



AQUARIUS (WATER BEARER) January 20–February 18

It's time to let go of financial fears, Aquarius. Explore the relationship between your possessions and the taboo this summer. Examine any hidden beliefs around money that may be holding you back.

ACTION ITEM: Embrace the magic of decluttering and invite financial abundance into your life! As you let go of what you no longer want, you open up space for new financial gains to come in!



PISCES (FISH) February 19–March 20

Embrace the connection between expanding your horizons and your financial growth this summer, Pisces. Invest in experiences that enrich your mind and soul, such as attending workshops or planning a trip.

ACTION ITEM: Create a "Financial Adventure Fund" where you save a portion of your income specifically for travel and educational pursuits.

Summer Full Moon & New Moon Rituals

During July, August, and September you can use the following rituals for each full and new moon to navigate everything you need to access abundance and prosperity. It is harvest season and this is the Moneywise issue after all!

These rituals can be done 3 days before the new or full moon, on the new or full moon and three days after the new and full moon.

NEW/FULL MOON RITUAL

Once you feel grounded, take your journal and answer the following questions:

TOOLS:

Pen and Journal

Full Moon

Citrine Crystal

New Moon

Amethyst Crystal

Candle

Gather the candle, crystal, and your journal and pen together. Light the candle and sit quietly for a moment to settle your mind.

- What do I need to do to grow my abundance?
- What do I need to pay more attention to in money matters?
- What do I need to learn about money to make me more Moneywise?
- Once you've finished journaling, take a moment to watch the candle flame and reflect. Let your thoughts wander. When you feel ready you can end the ritual by saying: "I allow myself to feel and be abundant. What I pay attention to, grows."

FOLKLORE

Corn

Did you know corn is the symbol of fertility, prosperity, and joy? It's true. **For centuries corn has been the messenger of abundant times.**



As we move through the summer months it's time to bring more corn into your life. Have it as a side dish, place a shucked corn cob on your altar space, or grab a Shucked the musical tee shirt to wear. When you do, you'll align with the energy of joy and abundance and being to harvest the gifts of your hard work.

PRODUCT

Maine women
making a living
by creatively
transforming used
items into fresh
merchandise



Nish Rahman
styled in WCKD
merch.

EVOLUTION

BY SARAH HOLMAN

SLOW FASHION, SLOW FOOD, SLOW LIVING. These 'slow down' concepts have been gaining momentum since the 1980's, when McDonald's opened a restaurant in Piazza di Spagna, Rome. In response, activist Carlo Petrini started the International Slow Food Movement. The overarching idea of all things slow is to live intentionally, enjoying moments instead of racing through our days, and choosing high quality, sustainably made products over mass-production.

While the concept is appealing, it can be daunting to make the leap into a more mindful lifestyle. There are still deadlines to meet, bills to pay, and events to attend. The pandemic forced many people to give living slow a shot, whether they wanted to or not. For some, the lifestyle stuck.

Sarah Perkins started her business **All the Perks** during the pandemic. "It started as hoarder prevention," she says. Sarah has always loved sewing and creating new clothes from thrifted fabrics, but during quarantine she had more time than ever. "I realized I



couldn't keep everything I was making," she explains. She started selling her creations on Instagram and eventually created an LLC. Now she sells through her website and in person at pop up shops and local markets.

The idea of reusing old clothes and textiles is hardly new. Humans have been stretching our resources since the beginning of time, especially during periods of economic hardship. Now the practice of reusing has become a trend of its own, rallying around motivators like environmental impact, human rights, affordability, and individual style. At All the Perk's, Sarah's mission is simple: enough stuff already exists in the world, so let's use what we've got.

"I used to be a slave to fashion trends," Sarah says. About eight years ago, she was planning to meet a friend and felt like she needed to buy a new outfit for the occasion. "I thought, 'why am I doing this?'" It was an aha moment that made Sarah reflect on her own consumption and embrace her personal style, irrelevant of trends. "It was so freeing," she says.

After college, Kayte Demont moved to Los Angeles, started a fashion blog, and began working as a stylist, content creator, and photographer in the fashion industry. After years of following trends, Kayte found herself on a much-needed journey of self-discovery. In 2017, she got sober and came out. "I was figuring out how I wanted to present myself, and there was no brand that was everything I wanted to be," she says. "Everything



felt alienating.” She was also starting to dig deeper into fashion industry practices, especially around fast fashion, which is generally defined as inexpensive, very trendy styles made quickly to meet consumer demand. Once the trend passes, many of the garments end up in landfills. The clothes are often produced with staggering amounts of toxic chemicals and in poor working conditions with little to no quality control.

Originally from Cumberland, Kayte left L.A., moved back to Maine, and started **WCKD Collective**, a clothing company focused on slow fashion and personal style, often featuring gender-neutral pieces. Some of the items Kayte sells are upcycled, meaning she uses her art background to alter previously owned clothes with paint, dye, and other design materials. WCKD Collective also sells curated vintage clothes, carefully choosing pieces that will be the right fit for shoppers who want to buy sustainably but don’t enjoy searching through racks of secondhand clothing. When she finds something great, Kayte says, “I think to myself, ‘That’s perfect for somebody, and I can’t wait to meet them.’”

WCKD Collective sells online, at pop ups, and by appointment at their private studio in Portland. Kayte and her team act as stylists, taking the time to ask customers what they hope to gain from their shopping experience. Often, Kayte says, they’re stepping into a new phase of life and want to present themselves in a fresh, new way. “There’s a level of trust,” she says. “I’m not going to tell you to buy something for the sake of a sale. If you don’t feel good in it, it’s a no.” For anyone who has struggled with style identity, hiring a professional to help figure out what feels good—and why—can be liberating and transformative. As Kayte says, “Sometimes you just need a hype person.”

As an artist and stylist, no one can deny that Kayte loves clothes. But the heart and soul of her work isn’t really about fashion. It’s about bringing people together and helping others express themselves. “Our goal is true inclusivity, true connection,” she says. “I want to be growing this brand and community as a safe place

for people to come and explore who they are.”

The relationships Kayte has made as she’s developed WCKD Collective have helped the company grow and gain visibility. In 2021, Kayte and a friend launched Fete Market, a curated pop-up that’s a cross between a flea market and a craft show. The free-to-attend and free-to-vend event happens once a month at Apres in Portland. Through the event, she met Elaine Kinney, owner and founder of **White Pine Bath & Brew**. Elaine makes vegan, palm oil free soap, and one of the main ingredients is local craft beer. Together, they are now co-organizers of the Fete event, which gives exposure to many local makers.

Elaine has first-hand experience with the impact of community support. In 2018, she was working in social services and had recently moved to South Portland. She started exploring the Knightsville area on foot and realized she was surrounded by small, local businesses and a vibrant, innovative community. “It was really inspirational to me,” Elaine says. “People were living their dreams, and it showed in their work.”

During the pandemic, Elaine was experiencing burnout, and the local spots in her neighborhood became havens. In 2020, she pulled the plug on her career and dove into small business ownership. A friend had taught her to make soap, and it was something Elaine enjoyed. She also saw an opportunity to partner with micro-breweries in southern Maine and create a niche soap product using local beer. The amino acids in hops can soothe irritated skin, and brewer’s yeast is loaded with essential B vitamins. Elaine started visiting local breweries, initially buying beer for her soap recipe and getting to know the brewers. She expected to encounter a competitive spirit between different brands, but she didn’t. Every place she visited was supportive of their peers. “It was so cool seeing all the collabs [the breweries] do with each other and the way they support each other,” Elaine says. “I was like, ‘I want to know these people. How can I get involved?’”

Elaine realized the breweries often end up with extra product they can’t sell, and a lot of that beer goes down the drain. She started asking if she could repurpose the excess. Now she rarely pays for the beer she uses in her soap. It comes to her warm and flat, but that’s exactly how she needs it. Currently, Elaine is working with eleven local breweries, and she tries to use a different beer in each soap scent.

In addition to mastering her hot-process soap recipes, Elaine has taught herself how to run a small business by listening to podcasts, watching marketing tutorials, and googling prolifically. But one of her biggest resources for knowledge and support has been her relationships with other local entrepreneurs and the community she’s created around her products. She has loyal customers who follow her to makers markets. “It makes it more meaningful than just sales,” Elaine says. Most of her sales are through her website or pop up markets, and she’s looking into wholesale and corporate gifting. As White Pine Bath & Brew grows—beard balms and oils are in the works, along with new scents—the pillar of her brand will always be her beer soap. “If you can make it really clear what you’re about, it’s easier to market your business,” Elaine explains.





SEA BAGS

While many old-is-new businesses laid their foundations during the pandemic, **Sea Bags** has been a sustainability leader since 1999. The company started as a hobby business, repurposing used sailcloths into bags. Hannah Kubiak, one of the co-founders, grew up with a father who was a bagmaker and a sailor, and he taught Hannah his craft. She saw a way to keep spent sailcloth—still beautiful and very durable—out of landfills, and to create jobs for craftspeople in Maine.

What started as a small workshop on a Portland wharf has grown into fifty retail stores across the United States. The company still only uses material sourced in the US, and directly from Maine whenever possible. They've also created a redemption center system,

encouraging people to recycle their sails at any of the Sea Bags stores in exchange for merchandise.

Looking to the future, Sea Bags is committed to expanding on their sustainability model. They're working with partners in the sailing industry to recycle more parts of the sail, as well as utilizing line and hardware. "We all have an opportunity to keep as much out of the landfill as possible," a company representative said.

The Sea Bags company offers positive proof that upcycling in retail has been happening in Maine for decades, and it is here to stay. As new women come onto the sustainability scene, product offerings expand and the community grows. To Kayte

at WCKD Collective, the idea of slow living doesn't mean just shopping for thrift. It means being conscious about our choices, investing in quality, and being mindful of our impact. And, she says, "From a sustainability standpoint, this slow needs to be the next thing." ■

RESOURCES:

All the Perks: alltheperks.org

Sea Bags: seabags.com

WCKD Collective: wckdcollective.com

White Pine Bath & Brew: whitepinebathbrew.com



MOSS GALLERIES

Two Locations:

251 US-1, Falmouth, ME

100 Fore Street, Portland, ME

elizabethmossgalleries.com

Jean Wiecha
One of Those Evenings / Northport
Oil and cold wax on panel
16 x 16 in



What's Old is New Again

PHOTO COURTESY OF COLLECTIONS OF LUBEC
MEMORIAL LIBRARY, EDITH COMSTOCK COLLECTION,
COURTESY OF MAINEMEMORY.NET, ITEM #26728

Saving money by reusing, recycling, swapping, growing, and foraging

BY SARAH COTTRELL

FRUGAL LIVING can feel impossible if you've never had to do it. But in a time when the cost of eggs can swing from \$2 a dozen to \$8, every penny counts. If you're looking to find clever ways to save money, you need only look back through time—Maine women have always found inventive ways to stretch a dollar. Thankfully, their wisdom lives on as younger generations discover the art of canning, potlucks, and thrifting. Check out these five smart money moves. Plus, a dash of advice from some savvy Maine grandmothers.

The Buy Nothing Movement

The Buy Nothing Project officially kicked off in 2013 as a grassroots campaign to get people to rethink their consumerism. The group has had a massive social and environmental impact by encouraging people to recycle, upcycle, and consume less. You can find “Buy Nothing” groups on Facebook, where members of local communities post images of items they want to give away.

If the idea sounds familiar, that's because it is—buy nothing encourages giving, receiving, sharing, and lending instead of purchasing. Buy nothing groups are reminiscent of the old days of barter and trading. In a modern context, the folks who give away physical goods often receive much-needed time and space—two precious things no one should waste.

Potlucks & Pantry Swaps

During the Great Depression in the 1930s, American wives quickly learned that there is strength in numbers. You have to feed your family but don't have enough food? That's OK, just invite the neighbors (and their food), and thus the communal potluck meal was born. Potlucks are an excellent way to stretch your pantry, especially when your wallet feels the squeeze of inflation, not to mention having lovely dinner company.

Another great way to share food is to organize a pantry swap. Gather a few friends, make a list of what everyone has too much of, and start swapping. One year, I had half a deer in my freezer that I knew I wouldn't eat, so I successfully swapped with a neighbor for several cases of canned goods that all went to great use in my kitchen.

Victory Gardens & Backyard Chickens

Food rationing was a national effort to support the war during WWII, but the rationing left families hungry, which sparked the Victory Garden movement. These gardens, which dotted backyards and public spaces, provided nourishment for families struggling to eat, but the gardens also gave everyone purpose and a morale boost during a dark time.

During the pandemic (another dark time), backyard gardens and chickens exploded in popularity, and for good reason. Not only does getting back to nature feel good for the soul, but growing food at home can be financially and socially empowering.

To get started gardening, you can use online garden calculators to determine how much food to grow per person in your home. Check out your local library for seed catalogs (some libraries will give you free seeds to start a garden!) and information on growing and preserving food.

Folks looking to raise backyard chickens for eggs might consider the Farmer's Almanac a valuable resource; it can tell you everything you need to know to get started, including where to buy chicks.

Canning and Foraging

Did you know that every part of the dandelion plant is edible (and super healthy for you)? If you make dandelion tea, you can turn that into dandelion jelly, which tastes like honey, and store it by canning. Foraging for food in your yard is an excellent way

to connect with your local environment and learn more about all the incredible foods right under your nose. But before you eat anything, use an authoritative source to identify plants, mushrooms, and fungi.

Canning the foods you grow or forage is a simple, reliable way to create a pantry of nutritious and delicious foods while saving money. Canning used to be ubiquitous, but it fell out of favor along with Victory Gardens; it is no coincidence that as gardening is becoming popular again, so too is canning.

You can find Canning groups on Facebook where plenty of seasoned canners (usually grandmothers!) give advice, tutorials, and recipes. If canning makes you nervous, check out your local Cooperative Extension for safety information and how to get started preserving food at home.

Thrifting

Can't afford fancy drinking glasses? That's OK; now that vintage thrift finds are popular again, jelly jars are stylish and trending. Instead of shopping at expensive retailers, you can find plenty of cool home decor, furniture, and even kitchen appliances at thrift stores, yard sales, and flea markets.

TikTok has ushered in the rise of "deinfluencing," a Gen Z push to reduce consumerism and help followers save money. Through tips, DIY projects, and plenty of tutorials, these TikTokers remind everyone how important—and fun—thrifting can be. ■

Grandmother's Advice

Saving money doesn't have to be complicated. Try some of these pieces of sage advice from Maine grandmothers who know something about saving for a rainy day.

DIY YOUR HOME

"When my kids were young, and money was tight. I wanted our home to be nice and didn't always have the funds to buy new," says Lynn, a grandmother of 10 from Searsport. "I would buy second-hand, older furniture and refinish or paint it. Sometimes I would just have to spiff it a bit. I also sewed all my own curtains, pillows, and quilts, painted, and wallpapered. I was the queen of DIY and didn't realize it."

KEEP A SECRET BANK ACCOUNT

"Every woman should have a secret account (even if it's just a sock in the sock drawer!) that nobody, not even their spouse, knows about," says Vicky, a grandmother from Bangor. "Every time you go to the grocery store, ask for cash back, and then stash that cash, it really builds up!"

WASTE NOT WANT NOT

"When I cook, I never throw away scraps," says Elizabeth, a grandmother of 6 in Monroe. "I keep a plastic bag in the freezer, and I toss veggies in there until it's full, and then I make a vegetable stock to can and keep in my pantry."

CLOTHING SWAP

"I help organize a neighborhood clothing swap since we have a lot of young families here," says Angela, a grandmother of two in Brewer. "The mothers get together and trade babies and kids' clothes—kids grow so fast. One minute your baby is a size 1, then you blink, and they're a size 3. Why buy new when someone down the street probably has the size you need?"

PLAY BALL

"Save all your sports stuff!" says Paula, a grandmother of 1 in Searsport. "Seriously, those mitts and bats, skates and padding are expensive, just hang on to it for your next child or give it to a friend and spread the love. It's just good karma to look out for other sports families."

WANTS VS. NEEDS

"My mother drilled it into me to always know the difference between my wants and needs. It is so easy to blur the two and spend way too much on something that felt like a need when really it was a want," says Michelle from Frankfort. "She told me to put my 'wants' in a savings account and to never let it get below the equivalent of 3 months of rent and bills. That advice has saved me from disaster a couple of times!"

Wonderful Women

A Conversation with Sarah Rines

BY HANNAH JANSEN

EACH YEAR, hundreds of women gather to swim, bike, and run in the Maine Cancer Foundation's Tri for a Cure—an all-women sprint triathlon—to raise money for cancer prevention and treatment. This July, the singular event will bring over 1,000 women to south Portland.

Sarah Rines, a Senior Program Manager at MaineHealth Center for Tobacco Independence and a former board member at the Foundation, is no stranger to the Tri. “This is my eighth Tri for a Cure,” Sarah, who lives in Portland, explained over the phone. Her voice was warm and enthusiastic. “I’m excited to participate. It’s an amazing event both from the standpoint of the community and the funds it raises. I’m focused on training—we’re two months out!”

When Sarah first became involved in the Tri, she didn’t know much about it. She’d been encouraged to participate and joined a relay team that needed a swimmer. “I went to the event and saw the community and the other women and the way everyone was holding each other up,” she said. At the time, Sarah’s aunt had been diagnosed with Stage 4 ovarian cancer, and Sarah witnessed cancer survivors participating in the event. “I set out knowing this was something I wanted to be involved in. As my aunt was dealing with her battle with ovarian cancer, I was able to see all the challenges. When someone has cancer, there’s not always a whole lot you can do.”

The Tri was something Sarah could do to support her aunt, who passed away—from ovarian cancer—in 2018. “Now, it’s something I do to honor and remember her. I still have all the notes she wrote me when I was doing it when she was alive. It’s something I can



Sarah Rines at last year's Tri for a Cure

feel I can be in control of and show how much I care.”

Sarah was first exposed to the Maine Cancer Foundation, which is dedicated to reducing cancer incidence and mortality rates in Maine, through her day job. “I work in public health, primarily in prevention as well as treatment helping address tobacco use and exposure. From the public health side of things, I was connected to some of the work the Maine Cancer Foundation was doing.”

She went on to serve a seven-year term as a board member. “It’s a wonderful, mission-driven organization,” she said, focused on being good stewards of the money they raise. It was exciting for her to become involved in the fundraising process and to see where the money was going, from early detection efforts, to access to treatment—including lodging for those who needed it—

to cancer research tools. “Maine is a rural state. It’s important to make sure folks have access to transportation to get treatment. The Foundation has done a great job through their grantmaking programs. They see where the gaps are, where the opportunities are. They ask, ‘How can this money help Mainers?’”

The Foundation’s website provides reports outlining where funds have gone, and has a map tool where you can search grantees and their locations. Funds have gone to all parts of the state, and to all different areas of prevention and treatment.

“They are supporting patient outcomes, helping to make sure people have access to treatment and care. They’re also doing a lot of work in health equity to make sure they’re not leaving certain population segments behind,” she said. They look for opportunities for organizations to be able make a difference in their own communities.

Because of the Foundation’s transparency, the Tri, for many women, is not only a way to make a difference, but a way for them to feel good about where, specifically, their money is going. And money is an important part of the story: to participate, each triathlete must raise a minimum of \$500 for the cause. In the fifteen years the event has been running, it has raised **over \$20 million**. In 2022, it raised \$1.6 million alone. “It’s a really cool aspect of Tri for a Cure,” Sarah said, describing the fundraising part as “mindboggling” and “awesome.” At the event, “Cancer is something that’s touched everyone’s life. People really want to support that.”

In addition to providing facts about where, exactly, the funds go, the Tri features preventative messages along its course, so that those participating, and their supporters, can see them. The messages might provide information about sun protection or the importance of screenings, for example.

From her day job, Sarah knows all too well the importance of such messages. “Unfortunately, there’s such a tie-in with tobacco use and cancer. The problem is we know that tobacco use and nicotine are very addictive substances and it can be very hard to quit, but we also know quitting is one of the best things we can do for prevention.” She believes that the more organizations there are providing support and doing capacity-building to be a part of the solution, to raise visibility and awareness of these issues, the better.

As for any woman considering participating? “If you’re thinking about doing it, do it,” she said. “Sign up! It’s set up so that we’re all in this together.” The first wave is reserved for survivors, and the same person—a survivor—finishes last every year. “She makes sure no one out there is left alone at the finish. She won’t leave anyone behind.” For an event that, at its heart, is about lifting others up and remembering the importance of the cause, it’s a moving image.

Sarah’s connection to the Tri continues to evolve, as she has also met some of her best friends through the event. “These are friends I spend time with all year long. So there’s the personal connection—I feel close to my aunt as I’m able to do this—but also that I’ve built this group of wonderful women who are some of my best friends. That’s a really wonderful side benefit that I didn’t know would come out of this.” ■

\$5.00 OFF YOUR ENTIRE PURCHASE OF \$50 OR MORE!

IN-STORE ONLY – COUPON VALID 7/1/23 - 7/31/23 – COUPON CODE: MWM23JUL

Valid on regular-priced merchandise. One coupon per customer. Coupon is not transferable and must be surrendered at the time of purchase. Offer excludes Benjamin Moore, Stihl, Big Green Egg, Yeti, Ego equipment, Weber grills, lawn mowers, appliances, snowblowers, and power tools. Other exclusions may apply. Cannot be combined with any other sale or coupon.



WWW.MAINEHARDWARE.COM

BUY ONLINE AT ACEHARDWARE.COM

SELECT MAINE HARDWARE AS YOUR STORE



Coast of Maine

EGO

DEWALT

STIHL

GRUNDIGS



BLUE SEAL

Milwaukee

weber

ACE
The helpful place.

CRAFTSMAN

Big Green Egg
The Ultimate Cooking Experience

Benjamin Moore
Paints



THE POWER TO DO IT YOURSELF!

MAINE



WWW.MAINEHARDWARE.COM

HARDWARE

EST 1934

274 ST JOHN ST
PORTLAND, ME 04102
207-773-5604

**WICKED
HELPFUL!**

SUN 9AM-5PM
MON-FRI 7AM-6PM
SAT 8AM-6PM



will swim, bike, and run in the location of their choice. We've seen some lakeside families come together to encourage their VIRTUAL triathletes with kids cheering and full on finish lines! Our very generous business sponsors help to offset the costs to host the event so that all funds raised by participants go to support Maine Cancer Foundation's work. Volunteers—we could not do this event without them! Each year upwards of 500 men and women volunteer across all areas of the Tri race course.

WHAT: Tri for a Cure raises funds to support Maine Cancer Foundation's work. MCF leads a statewide endeavor to foster and grow the most promising and effective cancer-fighting efforts available to the people of Maine through a combination of grant-based financial support and coalition building. Maine's cancer rates are higher than the national average, and it is the leading cause of death in our state—killing more than 3,000 people each year. The good news is that nearly 50% of all cancers can be prevented through healthy lifestyle choices and 1/3 of cancer deaths can be avoided with early detection; MCF is funding programs across the state to encourage these lifesaving choices and opportunities. Access to the best care can also be difficult in our state and MCF is funding programs to improve this, as well. By fostering cancer

Who, What, Where, When, Why, And How?

WHO: Tri for a Cure is an all-women's sprint triathlon. It was founded in 2008 by Julie Marchese and her friend Abby Bliss; Julie has been our race director and chief motivator since the Tri's inception. This year, women were invited to register at 6am on February 1st—first come, first served. Our race is sold out to the public. Typically, nearly 25% of the women are offered guaranteed entry for the following year by raising \$1500. What we learned from the virtual years when COVID was

so prevalent is that there are a number of women who love to participate and support Tri for a Cure, but being at the SMMC waterfront with a crowd is not their preferred way to 'Tri'. We now offer the opportunity to register as a VIRTUAL participant and this year we have a number of Tri teams and individuals registered to do the Tri in their own location. They will be part of our EXPO on the Saturday before the Tri and then instead of returning on Sunday for the on-site event, they

Tri for a Cure By The Numbers

IN THE LAST 15 YEARS (This year's event will be the 16th!)

How much money has Tri for a Cure raised: +\$20 M	How many donations were made: 225,185	How many women have participated: 17,187	How many total miles have they swum: 4,589	How many total miles have they biked: 208,528	How many total miles have they run: 43,663	How many volunteers have we had: 6,050
---	---	--	--	---	--	--

LAST YEAR'S EVENT (2022)

How much money was raised: \$1.6M <small>(2021: \$1.1M)</small>	How many donations were made: 15,191 <small>(2021: 13,425)</small>	How many women participated: 828 women <small>participated in the LIVE or the VIRTUAL event</small>	How many volunteers did we have: 400
--	---	--	--

THIS YEAR'S EVENT (2023)

How many registered for 2023: over 1,000 <small>(as of 4.10.23)</small>	How many are newbies to the event: 204	How many are survivors: 104	How many relay teams: <small>(relay teams of two or three team members):</small> 146	How many states represented: 19 <small>(from Alaska to Texas to Florida to Maine to California to Georgia and many states in between)</small>
--	--	---------------------------------------	---	--

prevention programs to prevent cancer before it starts, increasing cancer screenings to detect cancer in its earliest stages when it's easier to treat, and improving access to the best care for all Mainers.

WHERE: Southern Maine Community College in South Portland Tri for a Cure's home-base is SMCC but the event course runs through Cape Elizabeth and Scarborough, by three different lighthouses: Spring Point Ledge lighthouse for the swim (1/3 mile), Portland Headlight as they cycle (15 miles) down Shore Road and Bug Light for the run (3.2 miles). Drawing upon what we learned in 2020 and 2021, we have kept the option to participate in VIRTUAL Tri for a Cure.

WHEN: Event day kicks off early at the beachfront of Spring Point Ledge Lighthouse on Sunday, July 16th. A moving opening ceremony at 8:30am is followed by cancer survivors in their pink swim caps heading into the water in the first swim waves.

WHY: Why the Tri? Because MCF's work has to happen and we're so very fortunate to have an event like Tri for a Cure that makes it happen! As for the 'why' of our participants, there are too many to list, many very personal. What always comes through is that the 'why' is two-fold; women do this race for their own deeply personal reasons AND because they are determined to make a difference in the lives of others- women, men, children, family, friends, total strangers- cancer tries to chase down all of us, these women Tri Harder to make sure it can't.

HOW: Tri for a Cure happens thanks to the over 100 sponsors—All sponsors returned this year and we have some new ones, too! Who have committed their money and services over these sixteen years to make sure the necessary costs to keep the event safe and exciting are covered. The army of volunteers, many of whom return each year, not only provide structural support but their cheering, TLC and smiles keep the participants moving forward through the toughest parts of the course. The unbelievably generous donors who contribute to support the participants are the funding that drives MCF's granting. And, last but not far from least, our dedicated participants who inspire us all! ■



Sproul's
FURNITURE

**20 Rooms of Casual
and Comfortable
Furniture, Mattresses
and Accessories**

76 Main St. Newcastle 563-3535 www.sproulsfurniture.net

**Are You Perplexed,
Bewildered, Dazed and
Confused About Medicare?**

**Are You Aging Into Medicare?
Considering Retirement?**

**Unhappy With
Your Current Plan?**

I Can Help!



FREE CONSULTATION • NO PRESSURE

Call me at **(207) 544-4119** For Local And
Personalized Service • No Obligation To Enroll



The **Vachon Agency**

Helping You Navigate Medicare Insurance

Karen R. Vachon

Licensed Insurance Agent

207-544-4119

karen@vachonagency.com

www.vachonagency.com

HELP US CROSS THE FINISH LINE!



100% of money raised stays in Maine.

Help our athletes reach
this year's \$2M
fundraising goal!



Proudly supporting

Tri for a Cure

WEX is the global commerce platform that simplifies the business of running a business.

Maine-based and community involved since 1983, employing more than 1,200 people locally.

The logo for WEX, featuring the word "wex" in a bold, red, lowercase sans-serif font. The letter "x" has a stylized, double-lined appearance.

wexinc.com/careers



Scarborough Physical Therapy

Associates, P.A.

Specializing in Manual Therapy Techniques • Sports Specific & Functional Training

Facial Pain Treatment Center • Pelvic Floor Rehab Center

Vestibular Rehab Program • Scoliosis Rehab with Schroth Method

Parkinson's Rehab with LSVT BIG® Program • Clinical Pilates Reformers

Shockwave/Radial Pulse Wave • Dry Needling

Celebrating over 29 years in practice

Melissa Auger, PTA
Brenda Belanger, PTA
Kate Brewer, PT, DPT
Sarah Elia, MPT
Gretchen French, PT
Frank Gentile, PT, IMTC

Marjorie Haney, PT
Helen Harrod Clark, PT, DPT
Debbi Jo Harvey, PT
Laura Hohm, PT, DPT
Alexandra Laniewski, PT, DPT
Sara Merrill, MPT
June Tait, PT - Owner

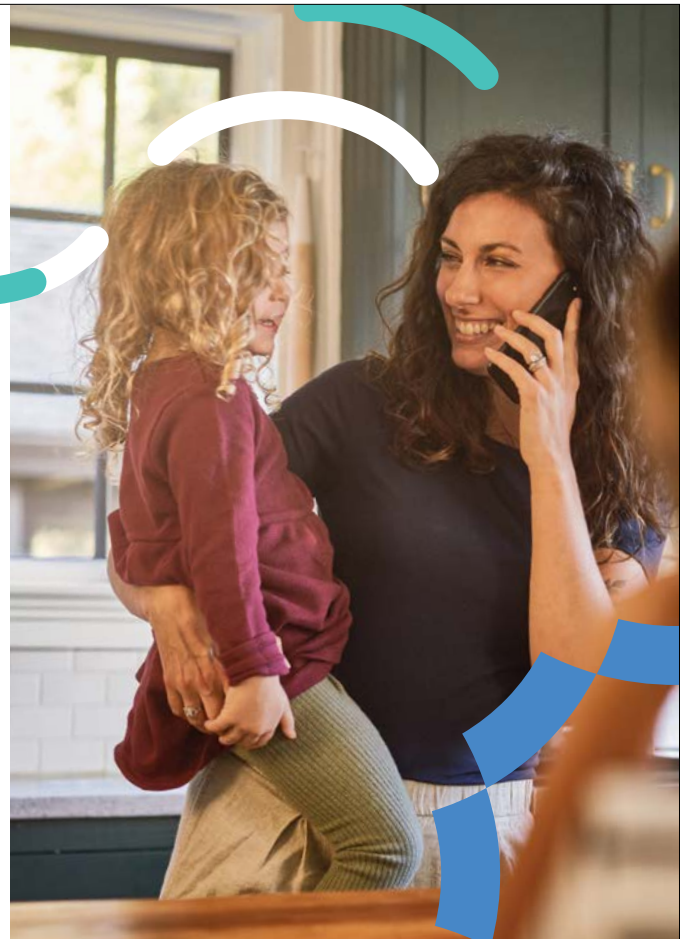
Alison Ouellette, DPT
Aija Paegle, PT, DPT
Amy Pelletier, PT
Ashley Pitchforth, MS, PT
Susan Ramsey, PT, MA
Susan Thompson-Brown, PT, DPT



A financial future to count on.

For personalized options and the lowest fees guaranteed, people like you choose PeoplesChoice.

Saco | Biddeford | Sanford | Wells | Windham
peopleschoicecreditunion.com



COMPASSIONATE CARE AND EXPERTISE
24 hours a day
7 days a week.

We provide expert specialty and emergency care for your pet, and peace of mind for you.



739 Warren Avenue, Portland PVESC.com

207 878 3121



Take Your Travel Adventures to the Next Level

Become a member & enjoy boating at **380+** clubs worldwide, **6** in Maine

*You Make the Memories
We Manage the Maintenance*



207.331.5374 | FreedomBoatClubMaine.com |   



This is **smarter innovation.**[™]

THE INNOVATION REBATE

GET UP TO **\$2,000*** BACK
ON SELECT SMARTER INNOVATION APPLIANCE PACKAGES

WHEN PURCHASED FROM AN AUTHORIZED GE APPLIANCES RESELLER IN THE 50 U.S. STATES OR D.C.
OFFER VALID JANUARY 1, 2023 – JULY 31, 2023.



*See dealer for details.



L.P. APPLIANCE SALES & SERVICE

54 Bridgton Road, Route 302, Westbrook
(207) 797-3621 • (800) 797-3621
www.lpappliances.com

Store Hours:
Mon-Fri 9am-5pm
Sat 9am-2pm

Care Connection



LIVE-IN HOME CARE

FCP Live-In Caregivers Are One Person Caring For Your Loved One. One Caregiver, Less Stress, And Exceptional Care!

Like many adult children of aging parents, Michael O'Brien found himself having to make tough—and quick—decisions about his father's care. O'Brien's father was in declining health at a rehabilitation facility in Saco, Maine, and a decision was made to move him back home.

O'Brien said Seal Rock Healthcare, the facility where his father had been staying, recommended FCP Live-In to handle the around-the-clock care that his father needed. FCP Live-In provides comprehensive live-in caregiving services that include a seamless transition of care from hospitals or rehab to home.

Sadly, O'Brien's father died before he could come home. After his father's death, O'Brien became aware of his mother's deteriorating health. "Because he (my father) was requiring so much attention, I think my mom sort of slipped through the cracks," O'Brien said.

Arrangements were made for O'Brien's mother to receive home care. However, having an agency send multiple caregivers and trying to keep up with their schedules did not work well for O'Brien or his mother.

"We were running four people through the house every day, and she couldn't keep track of all the different faces, and that was stressing her out," O'Brien recalled. "You couldn't even meet some of them. So you had to have a lot of trust in the agency on who they were sending over. FCP [FCP Live-In] was, by far, a better option."

"We were running four people through the house every day, and she [the client's Mother] couldn't keep track of all the different faces, and that was stressing her out. FCP Live-In was, by far, a better option."

-Michael O'Brien

Because FCP Live-In provides consistency by having only one live-in caregiver, O'Brien contacted the company again and spoke with Care Coordinator Constance McFarland.

"I receive great satisfaction from helping our clients remain in their own homes," McFarland said. "It is also rewarding to provide peace of mind for the adult children of our clients. They know that their loved ones are receiving the care they need safely and securely in their home."

Just as important as the care is the

companionship that live-in caregivers provide. O'Brien said his mother has been diagnosed with dementia. When she's having a "rough day," her caregiver encourages her to write down things she wants to remember in a notebook. She also encourages his mother to pursue her passion for art and painting birdhouses.

According to O'Brien, the bond between the caregiver and his mother has extended to other family members.

"She has literally become part of the family," O'Brien said. "But that didn't happen overnight. There was an adjustment to that but for both parties. She had to adjust to our family, and we had to adjust to her. (It) has been exceptional."

Establishing trust and forging positive relationships are an outgrowth of FCP Live-In's mission of doing what it takes to help clients receive the care they need while allowing them to stay in their own homes.

"We take a proactive approach to caring for all of our clients and work closely with their families to provide the best care each individual client needs," said Susan Sampson, RN, BSN, and Director of Caregiver Services at FCP Live-In.

For more info on FCP Live-In and Live-In care, visit liveinhomecare.com or call 866-830-4443.

**To learn more about FCP Live-In home care,
call 866-830-4443 or visit www.liveinhomecare.com today!**

Sheila Menair

Wealth Advisor and
Certified Divorce Financial Analyst®
smenair@backcovefinancial.com

*Helping women navigate divorce with
knowledge, strength and support.*



Going through a divorce can be the largest financial transaction of your life—get it done right, **secure your financial foundation**, and you will be ready to **live your best life**.

Divorce is often painful and complex; in Maine the average divorce settlement takes over 12 months. How do you **protect yourself** financially? Having a Certified Divorce Financial Analyst® (CDFA®) there along with your attorney is essential! Sheila Menair, CDFA® will advocate for you and keep you focused on *your* future.

“Above all, be the heroine of your life, not the victim.”

– Nora Ephron

A CDFA® delivers:

- An advocate to make you aware of all your financial options.
- Experienced perspective to keep the lines from being blurred between financial vs. emotional and immediate vs. long-term factors.
- Experience in asset division, tax considerations, alimony, and child support.

Sheila Menair’s 20 years of experience as a traditional financial advisor also gives you the benefit of deeper insight into the financial planning and investment side of your divorce considerations. Sheila is co-founder to Together Invested, a non-profit that offers monthly Maine Divorce Workshops (www.togetherinvested.com).



BACK COVE FINANCIAL

Honest • Independent • Experienced

56 Depot Road, Falmouth, ME 04105 | 207.541.9500 | www.backcovefinancial.com

Securities and advisory services offered through Commonwealth Financial Network Member®, FINRA/SIPC, a Registered Investment Advisor. Fixed Insurance Products and services are separate from and not offered through Commonwealth.

For the Love of Money



Sarah Maclaughlin, LSW

is a social worker and author; her most recent book is *Raising Humans with Heart: Not a How-To Manual*.

All the money coaches and manifestation gurus will tell you it's vital to cultivate a positive mindset and be aware of your core beliefs about wealth and prosperity. This is, of course, good advice, but sometimes hard to pull off.

There are many ways we humans get twisted up around money—we even talk ourselves into problems—or at the very least reinforce them. “I’m bad with money,” we might say. And then there’s the unconscious messages that run through our minds such as the common, “Money only causes problems,” or “Money is the root of all evil.”

Some people say that it’s not actually the money we seek, but the fill-in-the-blank feeling, that money provides. Something to consider because those feelings are important and may impact our mental health. This perspective also helps us make peace with our desires and wants—which can allow us to weave new stories about our worthiness (check out Brené Brown’s large body of work for more on this topic).

What else happens when our emotions about money get out of whack? There are some typical pitfalls. First, general financial anxiety can be quite pervasive. It’s usually seated in a feeling of lack of control. Focusing on what is within your sphere of influence and taking positive action might help (e.g., creating a budget, consulting with a professional).

Another frequent struggle is compulsive shopping. This type of

impulse buying can stem from feelings of scarcity, but other times from a sense of boredom or even depression. As a wise friend once joked to me, “I like what I bought in my retail therapy session, but it didn’t actually help me feel better.” Often the satisfaction we get from spontaneous purchases is fleeting (though some experts suggest that small mood-boosting splurges are fine).

Speaking of spending habits, I have spent the last 11 months conducting an experiment—a “buy nothing year”—to explore some of my own “stuff” around money. I wanted to know if I was buying things I didn’t need. Indeed, I was. Was I making deliberate, conscious choices about my spending? Not so much. However, I did learn to temper my desire to spend frivolously. True confession: I hadn’t gotten two months into it before I bought a wool dress so I could do a wear it for 100 days challenge. I went from the frying pan into the fire!

This second experiment was also, technically, a failure (as I only lasted 50 days in the dress). But it unearthed some interesting money beliefs and hurts in the process. I discovered some underlying worry about how others perceive me—what would people think when I showed up in the same dress for the fifth time? Having been raised working-class, this touched a deep sense of not belonging. But what a gift to discover I had been carrying that junk around, because you can’t heal what you don’t see.

To close I’ll quote Lynne Twist, author of *The Soul of Money*. She said, “What you appreciate, appreciates.” This simple statement hacks your “monkey mind” and brings you back to gratitude, which might be our greatest source of abundance—and maybe even the key to happiness, which we all already know, money can’t buy. ■



Join our team!

To see our career opportunities visit:
atbehavior.com

STAFF TESTIMONIAL “After working with Atlantic Academy for 4 years, I can still say I look forward to coming to work and collaborating with the team and students everyday. To be valued as a team member where I’m supported and encouraged is indescribable. It’s a wonderful place to work, learn and grow!”

The Healing Community

MEDCo

COME CHECK
OUT OUR
OUT OF
THIS WORLD
LEMON-AID

**FOR 10% OFF ALL
CANNABIS
PRODUCTS WITH
THIS AD***

*one use per customer



Visit thcMEDCo.com for all your cannabis needs

Get Greedy



Chelsie L. Crane, MBA
CHIEF INVESTMENT OFFICER
CROSSWIND INVESTMENTS
*A Member of Advisory Services
Network, LLC*

When I learned this season’s issue of *Maine Women* magazine had an emphasis on finance, I was quite excited. I began to race through different investment approaches and theories, and then it became a bit overwhelming.

Not knowing where to start and only choosing one aspect to write about had me going in a million different directions. I then shifted my mindset, and thought about what advice I would give myself right now as an advisor. That made things much easier.

I have had the privilege of working with many women over my time in the financial industry. These wonderful people have come from all different backgrounds and have been in various points in their lives financially. One common aspect that I tend to see regardless of monetary status, myself included, is the presence of guilt.

While I am sure the male population also feels a certain amount of negativity about putting themselves first in their financial journey, women seem to display it more outwardly. In fact, many times when a client and I are working to get to the bottom of why they are making a particular choice, or feeling uneasy about an action, it boils down to feeling guilty in one form or another. This negativity around putting our financial best interest first, and setting strong financial boundaries is hindering many women’s potential growth. I know for me personally; I occasionally have these conflicting inner voices. One that says, ‘go for it, you work hard and deserve it’. The other says, “maybe you are being ungrateful, this should be enough” or “someone else deserves this”.

Greed, it’s a dirty word to many. The desire to want more than what we have. We all feel it at one point or another, and to say we wouldn’t, would be untruthful. It appears women are expected to “be nice” and not be greedy. It is almost as if society is pressuring us to just be content with safety and existence. That if we want to be the best, if we want to make more money, and/or want financial security than we are conceded. If we say no, we are selfish. If we want to set boundaries, we are uncaring. What I am quickly discovering is that we need to be a little more self-centered. We need to know that wanting more is a sign of growth, not greed. We are allowed to put our needs first and set boundaries that help propel us towards our goals. Whether it is taking control of our financial planning,

asking for a raise, saying no to extra spending on gifts, parties, or family. Putting your needs first is okay, and necessary.

Danielle Abbott of Danielle Abbott coaching says that at first, boundaries may feel like you are saying no, and therefore leave you with a negative feeling. However, Danielle argues that setting boundaries is important and are in fact a positive act, “boundaries are something that keep us safe; boundaries are what allows us to say YES to the things that light us up, boundaries allow us to protect our mental and emotional health, and boundaries provide guard rails on our path to our goals in order to reach them faster and with less stress”.

Financial boundaries are no different. Saying no now means you can redirect your energy to achieving your goals and leads to potentially more yes opportunities later.

I had a conversation with a client who wanted to be able to give her mother a trip or do something nice for her. I think she knew the best move was to check some of her financial goals and to-do’s first (like contributing to her IRA for the year). However, she was so riddled with guilt about putting herself first she was frozen in place. All she really needed was the figurative permission to

put herself first, and someone to tell her it was ok.

What she and I discussed were oxygen masks. On an airplane, they tell you that in an event of an emergency you need to put the mask on yourself before assisting others. This is because you are not helpful to anyone if you pass out due to lack of oxygen. Finance is very similar; you will not be able to meaningfully help others if your bank account “passes out”. Helping yourself first now means you may be able to help more and more meaningfully later.

So, I suppose my number one financial advice for women (including myself) is don’t settle. You deserve to be financially secure and thriving for all the work that you do. Take care of your wants and needs before you overextend yourself to others. After you have taken care of all the basics and have yourself in a healthy financial position, that’s when you can begin helping others. It’s okay to be a little greedy, because that means you are growing, and growth is good. ■

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



Let us help you write **YOUR** next chapter.



At Norway Savings Asset Management Group, it's not necessarily the size of your nest egg we care about — it's the story behind it. Your planning decisions — while rooted in investments — are a reflection of your values and your future. They're about the choices you've made to get here, and your vision for what comes next. We take the responsibility of safeguarding your investments incredibly seriously. We make sure your story lives on.

INVESTMENT MANAGEMENT • TRUST SERVICES
FINANCIAL ADVICE • ESTATE PLANNING

207.482.7920 | NorwaySavings.bank

Not FDIC Insured • No Bank Guarantee • May Lose Value

 **Norway
Savings**

ASSET MANAGEMENT GROUP

For the **life you choose.**



Full service
with a wide array
of cabinetry and
countertops.

Free estimates
and design services.



HEARTWOOD
Kitchen & Bath Center

670 Main Street (Rte 1) • Saco • 207.283.1811 • heartwood.biz • Mon-Fri 9-5 • Sat 9-2



100

100 Years of Children's Theatre

**CENTENNIAL
CELEBRATION
WEEKEND**

MAY 18 - 21, 2023

Join the Children's Museum & Theatre of Maine for a weekend of family-friendly and 21+ events celebrating the longest-running children's theatre in the nation. Tickets at kitetails.org.

Steamed Mussels

in Spicy Coconut Lemongrass Broth

Paula Palakawong from Long Grain in Camden offers the original mussels recipe that's been on the Long Grain Menu since they opened in 2010.



Shared to the public for the very first time!



NOMS SUMMER

INGREDIENTS

4 cup chicken stock
2 cup coconut milk
8 kaffir lime leaves (fresh or frozen)
6 tablespoon fish sauce
4 stalk lemongrass (fresh or frozen)
(3 stalked cut to 1.5" length and bruised for coconut broth, 1 stalk finely chopped for final step)
4 pcs fresh galangal root (1" long and bruised)
6 tablespoon fresh squeeze lime juice
6 tablespoon fish sauce
1 teaspoon sugar
4 tablespoon roasted chili jam paste (nam prik pao)
3 fresh Thai bird eye chilis
3 garlic cloves (peeled and thinly sliced or minced)
4 pounds live Maine mussels (scrub them clean before cooking)
8 fresh Thai basil leaves

Garnish

2 kaffir lime leaves (chiffonade)
Cilantro
Lime
Roasted chili oil (fine chili flakes roast in canola oil until almost burnt)

INSTRUCTIONS

To make coconut broth

- Bring chicken stock to boil and add all herbs (lemongrass, kaffir lime leaves, and galangal root) and let it to boil for a few minutes
- Then add coconut milk slowly simmer for 10 minutes.

At this stage it is important not to bring it boil because coconut oil will separate from soup

- Last is to season with fish sauce and sugar

To cook mussels

- In a pot large enough to hold mussels, heat the oil over medium heat. Add garlic and chopped lemongrass until turning lightly browned.
- Add half of coconut broth and roasted chili jam paste, stir well to mix the broth and roasted chili jam paste.
- Add the rest of coconut broth, mussels and bird eye chilis. Then increase the heat to medium-high to cook mussels in the broth. Be sure to coat all mussels with the broth.
- Cover the pot with a lid to steam the mussels until they open (approximately 4-5minutes). Discard any mussels that don't open.
- Add Thai basil then remove from the heat.

To serve

- Add fresh squeeze lime juice in a serving bowl then pour the mussels and broth over it. ***It is important not to season soup with lime juice and cook it in heat because it will make the soup turn bitter.***
- Garnish with chiffonade kaffir lime leaves, fresh cilantro and lime wedge and chili oil (if preferred spicy) ■

Business List



ARIEL HALL DESIGN

Interiors, Styling, Events

Ariel Hall Design

Midcoast Maine + Beyond

(917) 664-1937

arielhalldesign.com | info@arielhalldesign.com

From new builds to renovations, homes to retail spaces, intimate gatherings to photoshoots.

"Ariel heard what I needed and translated that into something not only functional but much more fabulous than I could have imagined on my own!"

Building & design

Heartwood Kitchen & Bath Center

670 Main Street (Rte 1), Saco

(207) 283.1811

heartwood.biz

Mon-Fri 9-5, Saturday 9-2.

Co-ops, farms & local grocers.

Home furnishings

Sproul's Furniture

76 Maine St, Newcastle

(207) 563-3535

sproulsfurniture.net

L.P. Appliance Sales & Service

54 Bridgton Rd., Route 302, Westbrook

(207) 797-3621

lpapplianceme.com

Home services

Pow'r Point

(207) 864-2787

powrpoint.com

infor@powrpoint.com

Generator Power Systems

Maine Hardware

274 St John St, Portland

(207) 773-5604

mainehardware.com

Outdoor recreation

Freedom Boat Club

(207) 331-5374

freedomboatclubmaine.com

We Do All The Work—You Have All The Fun!

Pet care

Portland Veterinary

739 Warren Ave., Portland

(207) 878-3121

pvesc.com

Emergency And Specialty Care

Compassionate Care and Expertise.

Maine Veterinary Medical Center

1500 Technology Way in the Enterprise

Business Park Off Route 1

(207) 885-1290

mvmc.net

For 24-hour emergency pet care call.

Arts & culture

Moss Galleries

100 Fore Street, Portland

251 Route One, Falmouth

(207) 781-2620

elizabethmoss galleries.com

Established in 2004 with a focus on Maine artists and recognizing Maine's role in American Art.

Farnsworth Art Museum

16 Museum Street, Rockland

(207) 596-6457

farnsworthmuseum.org

Celebrating Maine's Role in American Art.

Automotive

Mercedes Benz of Scarborough

137 US-1, Scarborough

(207) 510-2250

mbofscarborough.com

Lee Auto Malls

19 dealerships throughout Maine

(207) 784-5441

leeauto.com

The Lee Auto Malls group is Maine's largest auto dealer.

Banking, finance & insurance

Back Cove Financial

56 Depot Road, Falmouth

(207) 541-9500

backcovefinancial.com

Honest. Independent. Experienced.

Tuck Hood | Bangor Savings Bank

Vice President, Mortgage Loan Officer

5 Commercial Street, Rockport

(207) 975-1876

tuck.hood@bangor.com | NMLS #449200

"We've had three mortgages with Tuck.

Working with him is always an incredible

experience, and his communication is

top-notch."—client testimonial

Allison Bishop, CPA | Financial Coach

52 Center St Suite 3, Portland

(207) 805-8400

allisonbishop.com | allison@allisonbishop.com

Make thoughtful, conscious, and mindful

decisions about your money.

Norway Savings |

Asset Management Group

Norway

(888) 725.2207

norwaysavings.bank

For the life you choose.

Golden Pond Wealth Management

129 Silver St, Waterville

(207) 873-2200

goldenpondwealth.com

An independent, family-owned firm

building custom portfolios & financial

plans since 1996.

Karen R. Vachon | The Vachon Agency

327 Ocean House Rd Apt 5, Cape Elizabeth

(207) 544-4119

vachonagency.com |

Karen@vachonagency.com

Licensed Insurance Agent Helping You

Navigate Medicare Insurance.

MaineHealth

mainehealth.org

Real estate

RiverWoods

10 White Oak Dr., Exeter, NH
(603) 772-4700

riverwoodsgroup.org

Discover the financial advantages of a New Hampshire retirement.

Carole Wright | Better Homes and Gardens The Masiello Group

318 Main Street, Rockland
(207) 691-7259

carolewright@masiello.com

Shopping

Portland Dry Goods

235 Commercial St, Portland
(207) 747-8152

portlanddrygoods.com

A painstakingly curated shop offering high-quality clothing, shoes and accessories for men and women.

Kennebunk Outfitters

51 Western Ave., Kennebunk
(207) 204-0499

kennebunkoutfitters.com

Wellness

Botanist Gummies |

Wellness Connection of Maine

685 Congress St, Portland
(207) 620-8231

mainewellness.org

MedCo

medco.com

The Healing Community, committed to the plant and the best care experience possible.

Scarborough Physical Therapy

51 U.S. Route One, Nonesuch River Plaza
Scarborough
(207) 883-1227

scarboroughphysicaltherapy.com ■

Now Hiring



Atlantic ACADEMY

atbehavior.com

10 Knowlton St, Camden, ME
(207) 230-8460

SEEKING

Ed Techs

Certified Behavior Analysts & Assistant BA Consultants

"Atlantic Academy is a wonderful place to work, learn and grow!"

-MB

Maine Veterinary Medical Center

A specialty and 24/7 emergency animal hospital in Scarborough, Maine

For 24/7 emergency pet care, call 207.885.1290

Open every day, seven days a week including weekends and holidays



1500 Technology Way in the
Enterprise Business Park
Off Route 1 • mvmc.vet



At **TogetHER Invested**, we educate, inspire, and engage women to shift their money mindset and start thriving now!

TogetHER Invested is a non-profit that supports women in their journey toward personal success through financial proficiency. We offer the **Maine Divorce Workshop** monthly, covering three aspects of divorce—legal, financial, and emotional. Our **Waking up to Wealth** workshop examines how our personal attitudes towards money touch our lives. Led by women professionals, our workshops provide a great foundation on each subject and provide further resources to utilize in your future.



"Very helpful information; reassuring to connect with three smart and compassionate professionals who can help. THANK YOU!!!"

—Maine Divorce Workshop Participant

September 14 – **GatHERing Happy Hour**
September 16 – **Maine Divorce Workshop**
September 30 – **Waking Up to Wealth**

Visit us at www.togetherinvested.com to join us for our upcoming events!

An Inside Look

By day, Rumbi Mufuka is a change management professional and leadership coach. She helps people and organizations get it done, and she's not afraid to give the elephant in the room a name. Rumbi specializes in creating a safe space for new voices to be heard, and she's worked with everyone from small non-profits to large federal agencies.

Rumbi is also the founder of I Am Willing, a platform and community to help individuals and families share their wishes and wealth by creating legacy plans. In 2021, she also launched KAVA Consultancy, and has been busy working with leaders and organizations experiencing transformational change in DC and Portland.

By night, Rumbi enjoys serving on the board of Art Enables, reading multiple books at once, launching kooky projects, and supporting all manner of people and organizations that uplift the African Diaspora. She lives in Portland with her husband and cat.

What do you love most about Maine right now?

It's FINALLY summer. Growing up in the South, and never living further north than Washington, DC I'm accustomed to four seasons and much shorter winters. But I will admit that summers in Maine are the perfect balance of sun, breeze, and long days to enjoy it.

Who are three people (living or dead) you would like to spend the day at Popham Beach with and why?

Is it sacrilegious to say I've never heard of Popham Beach! I promise I'll add it to my summer to-do list! Judging from pictures, it's the kind of sandy beach I enjoyed as a kid (although I'd want a wetsuit here!) I would bring my mother—there's never enough time to learn about her life and write it down! I would bring Aretha Franklin—not only for her voice and joyful presence, but to hear why she tried to write a will more than 5 times, but struggled to finish. I could learn a lot about doing hard things, and what support we need to complete them. Last, I would bring my husband. He has the spirit of a Labrador Retriever and loves the beach! Popham Beach looks like a wonderful place for lively chats and lobster rolls by day, and life-affirming conversations by a bonfire at sunset.



How do you define "The Way Life Should Be?"

"The Way Life Should Be" is a bit fraught for me because I tend to get caught up in the pressure of what I think I should be doing and feeling guilty if I fall short! But if I take it as is, The Way Life Should Be means it's all up to you! Maine offers so much space, physically and mentally, to build new things, make connections, and foster relationships. If you think something (anything!) should be and you're willing to make it happen, Maine is the perfect place to do that.

If you could give the readers one piece of advice, what would it be?

Do it now and put it in the calendar! Write that letter. Send that email. Go on that hike. Name your beneficiaries. Talk to your parents or your kids about life after you're gone, and how you want to be remembered. Is that one piece of advice?

Where can readers find you, follow you, and reach you?

I wear many hats! One is as a consultant to leaders and organizations experiencing transformational growth and change. Find me at kavaconsultancy.com. Another is as a speaker and coach for families needing support in building their legacy plans. Join the newsletter at iamwilling.us. You can also follow my adventures and say hello on LinkedIn. ■



Lee Auto Malls is a proud supporter of



Offering nutritional incentives to low-income shoppers at participating farmers' markets, CSA farms, and farm stands selling local produce.

www.maineharvestbucks.org



LEE is for ME.



New England Drives

Ira



Mercedes-Benz
of Scarborough



SPRINTER
AIRSTREAM

137 US-1, Scarborough, ME 04074 | 207-510-2250

MBofScarborough.com