

# Spring 2017 Women's Quarterly

**Kennebec Savings Bank  
excels with women  
in leadership**

*page 4*

**Jane Lynch: Lady Extraordinaire  
from a rough start  
to a great life**

*page 6*

**Kathryn Colfer:  
Wrapping her arms around  
600 kids and loving it**

*page 7*

**Need for foster parents and  
adoptions soars with opiate  
and heroin epidemic**

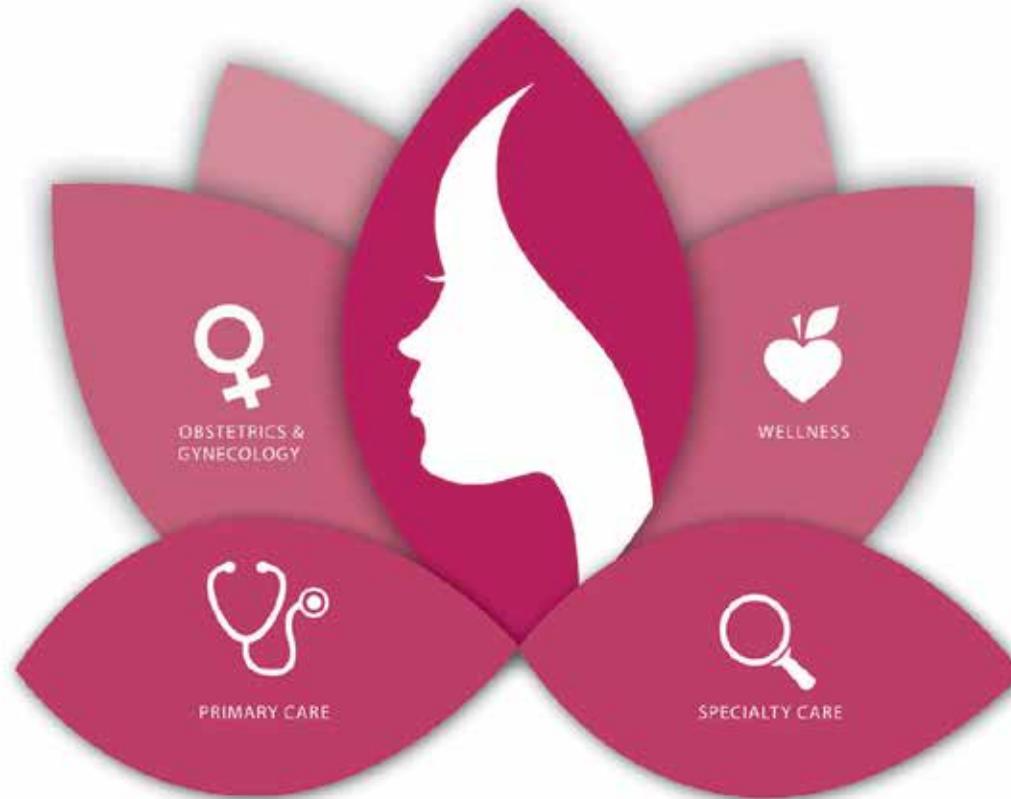
*page 13*

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**INSIDE** *this edition*

- 4 Kennebec Savings Bank excels with women in leadership
- 6 Jane Lynch: Lady Extraordinaire from a rough start to a great life
- 7 Kathryn Colfer: Wrapping her arms around 600 kids and loving it
- 8-9 Women’s March on Maine
- 10 MaineGeneral’s Deborah Karter reflects on her 43-year nursing and health care career
- 11 Brandi Pass: pharmacy tech to medical assistant with MaineGeneral opportunity
- 12 BOOK TALK: Love your library
- 13 Need for foster parents and adoptions soars with opiate and heroin epidemic
- 14 My summer of working with mothballs
- 14 RECIPE: Luscious Ricotta Pancakes
- 15 Ovarian cancer can be deadly

**About this section**

*This special advertising supplement was produced by the Kennebec Journal/Morning Sentinel and is published quarterly. The next issue will be in July. The cover design by Dawn Tantum, Graphic Designer, features women from Kennebec Savings Bank, Chief Loan Officer Sandra Goodwin, Chief Financial Officer Debra Getchell, and Chief Retail Officer Anita Nored.*

**INDEX OF ADVERTISERS**

Aable Cremation.....	10
Central Maine Electrolysis .....	13
Electrolysis by Ruth Swanson.....	10
Eric’s Restaurant .....	6
Eye Care of Maine .....	11
Franklin Memorial Hospital .....	15
Franklin Savings Bank.....	11
Gallant Funeral Home.....	10
HairBuilder’s.....	15
Huhtamaki .....	6
Inland Hospital .....	2
Kennebec Behavioral Health .....	10
Maine Laser Skin Care .....	5
MaineGeneral Health.....	16
Redington Fairview General Hospital.....	7
Sebasticook Valley Health .....	13
Winslow Insurance.....	13



**Just a Thought**

BY TERRI HIBBARD  
*Correspondent*

**I’m thinking  
my brain  
needs  
a serious  
upgrade**

Without looking at the menu, I knew exactly what to order at this Thai restaurant, my favorite dish – all kinds of vegetables, fried up crispy and delicious, served on a skewer with a dipping sauce.

“I’ll have the . . . ummmm . . . the uh . . . you know, the . . . “  
What is the name of it? Tempeh? No. Won Tons? No. My brain cells pinged around desperately looking for the word. Nada.

My dinner companion finally asked “Do you mean tempura?”  
“Yes! That’s it! I’ll have veggie tempura” I told the waitress.  
No one in my family has had Alzheimer’s but I don’t want to be the first so I’ve been researching to find out if there is something I can do to stave it off.

What I learned: Eat healthy real food, do cardio and strength training almost every day, get plenty of sleep, don’t smoke EVER, do lots of socializing, and manage your stress. Same old things they’ve been telling us to do forever for a healthy body, right? No magic bullet there.

But I also learned that you can specifically exercise your brain. And no, you can’t learn to clench and unclench the muscles inside your skull. If only it were that easy. To exercise your brain you must learn something new and the tougher it is, the better off your brain will be.

Sudoku involves numbers and that alone is challenging for me so I give it a go. At Web Sudoku ([websudoku.com](http://websudoku.com)) you can choose and print puzzles that are *easy, medium, hard* or *evil*. I chose easy. The first row of numbers across, no problem. The first row of numbers down, also quick. The second row of numbers down meant coordinating numbers up, down and across. Forty-five minutes later, it’s clear that Sudoku is good for the brain and very, very bad for stress levels.

On to crossword puzzles. As a writer I should know lots of words so this will be fun as well as brain expanding. I tackle the one in the Sunday paper, fill in as much as I can *Across* and *Down* and put it aside. Monday I fill in a few more words. Tuesday . . . Come on! Who has this kind of time for one lousy crossword?

Then I remember my ukulele.  
A few days into my sophomore year in college (approximately 100 years ago), my roommate Jane came in with a ukulele.

“I’m going to teach myself to play,” she announced. And so it began.  
*Plink, plank, plunk. Plink, plank, plunk.* On and on it went.  
My friend Joanie and I rolled our eyes and silently slashed our fingers across our throats. Jane laughed and kept endlessly plunking at the strings trying to tune her uke and practice chords.

*My dog has fleas . . . fleeeees. .fleas.* That was the refrain by which the merciless instrument was supposed to be tuned. *My dog . . . doooooog . . . doooog . . .*  
“Sweet love of God! She’s going to drive us crazy,” Joanie said after days of this torture. “I can’t stand it. I’m either going to kill her or get rid of that g.d. instrument!”

Joanie was a little dramatic.  
Then she had a better idea. “Maybe *we* should get ukuleles. We’ll either drive Jane crazy or we’ll actually learn to play.”

So that’s what we did and in no time, we 19-year-olds were entertaining in the dorm and calling ourselves the Ukulettes. We even had a couple of gigs at on-campus events.

That’s it! Learning to play a ukulele will save my brain and since I live alone, I’ll torture no one except my cat. At Downhome Music, I got my old uke fixed up and scheduled a lesson with Mike Roderigue.

First lesson:  
“Do you know the name of the strings?”  
“Uh. No.”  
So he told me. Ten minutes later, I had forgotten them.  
“What songs would you like to play?”  
“I dunno.”

Finally I remember that we used to play “Five-foot Two, Eyes of Blue.”  
“Okay,” said Mike and shows me the music.  
I’ll have to learn four chords. And the name of the strings, and where to put my old, stiff fingers on the frets and strings, and the name of the chords and how to move my fingers quickly from one chord to the next and . . . No matter. I’ll soon be sharp as a . . . um . . . uh . . . you know, it starts with a t . . .

# Kennebec Savings Bank excels with women in leadership

BY NANCY P. MCGINNIS  
Correspondent

Some things have remained the same ever since Kennebec Savings Bank opened its doors nearly a century and a half ago— while others would never have been imagined. From the beginning there has been a commitment to being a strong, independent, local institution. KSB not only strives to serve the changing banking needs of area individuals and businesses but also has a long and proud history of contributing to a vibrant central Maine community through its corporate donations, sponsorships, and enthusiastic volunteerism.

But there have also been sweeping changes over the years. Today, for example, a number of key leadership positions at Kennebec Savings Bank are occupied by women. Chief Loan Officer Sandra Goodwin, Chief Financial Officer Debra Getchell, and Chief Retail Officer Anita Nored, together bring more than a hundred years of seasoned experience, along with a fresh perspective, to the bank's senior leadership team.

And that's definitely a change for the better, according to Kennebec Savings Bank President and CEO Andrew Silsby, citing "the old days of banking, with all women at the teller windows, and all men at the top.

"I feel it's incredibly important now for us to have a diverse leadership group, one that is reflective of our customer base in terms of age and gender. It was very intentional on my part" to create a mix, he said, of male and female, ranging in age from mid-thirties to sixties. Millennials, currently the largest segment of our nation's workforce, bring their own energy and perspective to KSB leadership, while their more established peers contribute valuable business and life experience. All voices are equally respected around the table, fostering robust discussion.

Silsby credits the strategic composition of this group for "better conversations, covering topics wider and deeper. Diverse representation on the team makes for better decisions at the end of the day."

How do the women feel about it? They are resoundingly positive, enthusiastic, and committed to Kennebec Savings Bank and the role they now play in its continuing success. Goodwin, Getchell and Nored did not start out intending to be career bankers—but they have clearly succeeded at balancing meaningful, rewarding work with family and life.

Goodwin, for example, came to KSB three years ago. She willingly engages in a two and a half hours daily



Nancy McGinnis photo

At Kennebec Savings Bank, Chief Loan Officer Sandra Goodwin, Chief Financial Officer Debra Getchell, and Chief Retail Officer Anita Nored outside the historic landmark bank headquarters in Augusta. In this workplace, where over half of the 120 employees are female, there is respect, team spirit, collaboration and camaraderie across the board.

round trip commute ("past many other banks") to Augusta where, she said, her Chief Loan Officer job boils down to helping people.

"I took a management trainee position right out of college, initially doubting I would ever stay in banking long enough to be vested in my 401K ten years down the road. That was 35 years ago. I remember I used to think that bankers simply pushed numbers and handled documents. Now I know that the numbers and forms are really just tools to help people. That's what I always wanted to do— and here I am, helping people— and getting paid to do what I love."

Machias native Debra Getchell could not agree more. She recalls how her banking career began 33 years ago, with a temporary administrative job at a bank during her summer vacation from accounting school. She worked her way up the ladder in banking, and made the decision to relocate to Augusta five years ago when she was invited to join the KSB leadership team.

Nored landed her first job, as a part-

time bank teller, right after graduating from Cony High School.

"My parents couldn't afford to send me to college, and I needed a paycheck." It was not until many years later, after raising her own family, that she was in a position to pursue her own higher education. But in the meantime, she also discovered the satisfaction of helping people, along with opportunities for achievement and professional development. After 42 years of banking experience, Nored became the third female Senior Vice President at KSB two years ago.

"You don't have to be Superwoman to succeed in banking," she said. "And career options at KSB extend beyond banking to include fields such as human resources, information technology, and operations. We're happy to train and mentor real people with the right attitude who are willing to work hard, learn, and grow."

"The three of us have worked hard, and of course we've inevitably made mistakes from time to time-- but those can be priceless learning opportuni-

ties," said Goodwin.

They see themselves as proof that women can balance being a committed, competent professional with being human – from "being there" to make a corporate presentation to "being there" to care for and comfort a sick child.

And they agree with Silsby's assessment of the changes in the banking industry. Just last year the Maine Bankers' Association hosted its first women's forum, a sign of the changing times. All KSB female managers were encouraged to attend this mentoring and networking event. Recognizing its importance, Getchell has already committed to serve on the steering committee for next year's gathering.

"As I see it," Getchell describes herself and her colleagues, "we're one off from the Gen 1 trailblazers, those strong pioneer females who defied the odds and broke all kinds of barriers in the traditionally male-dominated field

# KSB Women

CONTINUED FROM PAGE 4

of banking, and paved the way for us. We're now the role models for Gen 3, coming up."

"And all of us at KSB, men and women, have an important responsibility as stewards of this bank and its legacy," Getchell continues. Goodwin elaborates: "Some great institutions can become stagnant, and even decline, over time. We need to proactively cultivate our unique position as a strong, local, independent bank." Part of that, Nored adds, lies in attracting young, capable employees and training them, nurturing responsibility and creativity, along with active and robust engagement.

Mentorship is an important part of the cultural environment within the workplace at Kennebec Savings, where all employees are empowered to engage in thoughtful, courageous decision-making in order to best serve the needs of KSB customers.

KSB is rather unusual in Maine as one of a relative handful of mutual savings bank which differ from more prevalent stock banking institutions. "That distinction allows us to put our customers' needs first, rather than an obligation to stockholders," Goodwin explains.

"As a mutual bank, our decisions are

**"As I see it "we're one off from the Gen 1 trailblazers, those strong pioneer females who defied the odds and broke all kinds of barriers in the traditionally male-dominated field of banking, and paved the way for us. We're now the role models for Gen 3, coming up."**

also made with employees' interests at heart, such as salaries and benefits, and shaping our workplace culture and environment. As a result there is remarkable employee loyalty and a notably low turnover rate." "And of course we want to be profitable as an institution, in order to sustain our commitment to give back to the community," Getchell adds. Rolling up their sleeves to represent KSB en masse at community events is a way of life for employees.

"Being a mutual bank, we make decisions differently," said Goodwin. "We hold all our mortgages in-house, rather than loans that are flipped and packaged and often eventually end up held by remote third parties." That enables KSB to eliminate many fees typically encountered by would-be borrowers, and to offer streamlined, time and stress-reducing in-house closings representing real savings in fees and other costs.

**DEBRA GETCHELL, CHIEF FINANCIAL OFFICER  
KENNEBEC SAVINGS BANK**

"In recent years, as many as half of all purchase money transactions completed in all of Kennebec County took place right here at Kennebec Savings," said Getchell. Goodwin adds, "We not only offer competitive rates, but we've become well known for making our loan process as straightforward, cost-effective and user-friendly as possible." KSB has a reputation for making every effort to accommodate customers whose individual circumstances or setbacks have impacted their credit ratings. The bank is known for offering flexible approaches, creative solutions and resources to new applicants, such as the equity builder class for first time home buyers, opting for time and money-saving evaluations over appraisals when possible, biweekly mortgage payment options, and construction loans that transform into permanent mortgages without repeating the application process.

KSB's consumer friendly policies and

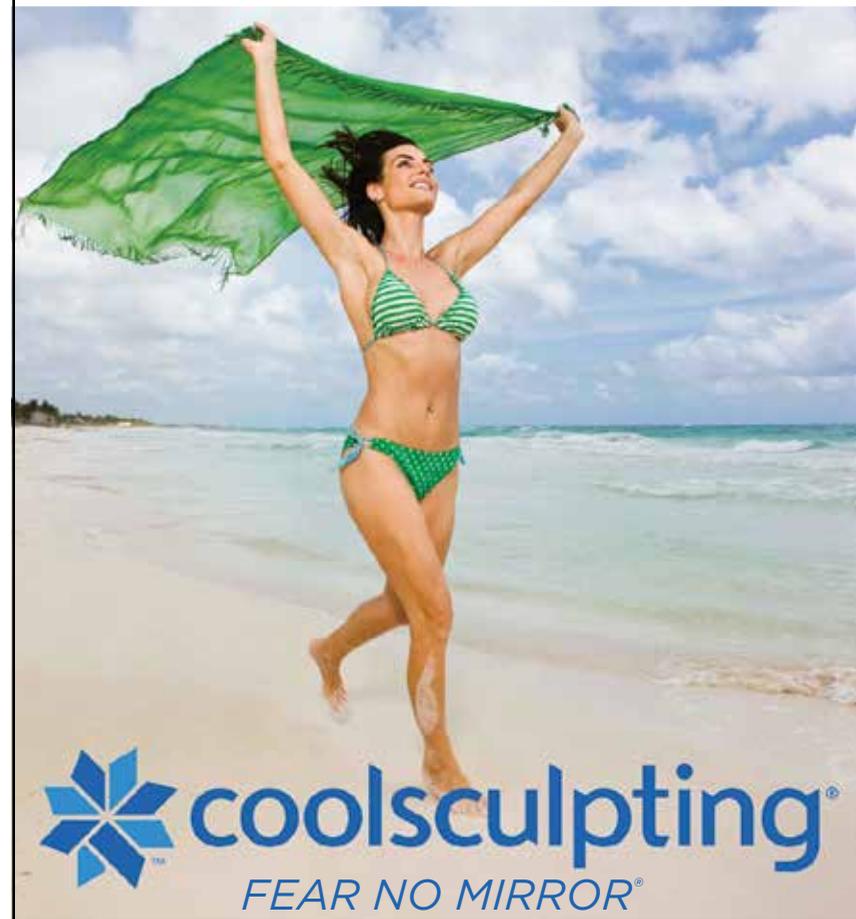
practices pay off: their delinquency ratio is one of the lowest around, said Getchell. The bank only employs one collection officer – part time. Both corporate and individual customers appreciate the respect with which they are treated, and are also eager to contribute to supporting the local community by choosing to bank here, Nored adds.

Getchell, Goodwin and Nored radiate pride, confidence and positive energy about their careers – and simply about coming to work at Kennebec Savings each day. "After a wealth of experience at other numerous institutions, all three of us migrated to a small community mutual bank," muses Nored.

With four branches and 120 employees, this institution may be small as banks go, but Kennebec Savings thinks big. And makes a big difference: KSB gave over \$600K to support various community initiatives last year, and this year expects that figure to reach \$700K. KSB reported \$864 million in assets and \$7.2 million in net income in 2016.

"We're very experienced women professionals who have chosen to work here at Kennebec Savings precisely because we are experts in the field," Goodwin sums up. "We were smart enough to choose this bank precisely because we knew exactly what we were getting into, and we recognize what a great opportunity it is to be part of the KSB team."

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# Jane Lynch: Lady Extraordinaire from a rough start to a great life

BY J. A. POLLARD  
Correspondent

She may be small, trim and feminine, but this woman has an unquenchable spirit. And when she cuts your hair at Headquarters Hair Styling on Main Street in Waterville, you know she's given each strand her full attention.

It's the way she's lived her life.

"I grew up in Lake Worth, Palm Beach County, Florida, the same county as Trump," she said. "Living three miles from the ocean, I enjoyed the beach every summer and school was great. We had sock hops, all the things kids love."

But life wasn't all roses. Struggling with poverty, her family "managed to get by with my grandmother's help," and Jane worked in a nursing home to pay for clothes. "Going home in the dark at 10 p.m.," she said, "I'd look at all the houses and think, 'I'm going to have my own home someday!'"

That was in the late 1960s, she was in high school, college was out of the question, she had a child and her husband was abusive.

"My mother said for my own protection and the sake of my little boy there was only one thing to do: I'd have to leave Florida."

So in May, 1971, with a child and one suitcase, "I left everything I knew, all my friends, my family, everything familiar, and came north for the first time in my life. Of course," she adds, "I was young and when you're young you don't think about things, you just do what you have to."

She said it matter-of-factly, but landing in Boston, "I stood there in the big airport feeling lost with no idea how to find my connecting flight to Maine. Then a nice man came along and said, 'Can I help you?' And I said, 'I need to get to the other side because my connection is over there.'"

"Ok," he said, "come with me." So he took my suitcase and led us to a bus that took us to the other terminal."

When we landed in Augusta, my mother's friend picked us up, took us to Wilton, and I got a job at the Bass shoe factory hand-sewing shoes. I also got a divorce. It was tough. "But you've got to have a goal," she said, "otherwise you float."

And here's where serendipity stepped in.

"Taking my little boy to a barber shop nearby, but having to trim his hair afterward, gave me an idea. *I can do better than that!* I said to myself and enrolled at Hanson's Barber School in Lewiston.

"When you're cutting a man's hair, every cut shows," she explains, "so it has to be very, very precise and you have to make sure it's even. Hanson's taught us how to shave a balloon with a straight razor without breaking it!"

Soon she found a job in Livermore Falls, then was accepted by The Village Barber in Waterville, a busy place with 4 barbers. Jane made five which soon became six barbers with Joe Richards.

It was, however, 1974 and things were changing.

"When the Beatles appeared," she said,



"hair got longer. Men would walk in and say, 'I want my hair cut but I don't want it to look like I've had a haircut.' And I would think, *How am I going to pull this off?* She laughs. "But I did."

However, cosmetologists, once limited to styling women's hair, were aiming to take over the male side of the business by turning haircuts into hair styling.

"It would put us out of business," she said, "so we all took classes on how to style women's hair, then how to style men's hair, and soon what had been The Village Barber turned into Headquarters Hair Styling.

"I'd always wanted my own business," she said, "and I was lucky. In 1986 the owner of Headquarters retired, so Joe and I became equal partners, bought the business in 1987, and in 2003 purchased the entire building.

Today entering the re-designed shop where Joe and Jane snip and clip is a pleasure. Everything is ship-shape, sparkling and friendly.

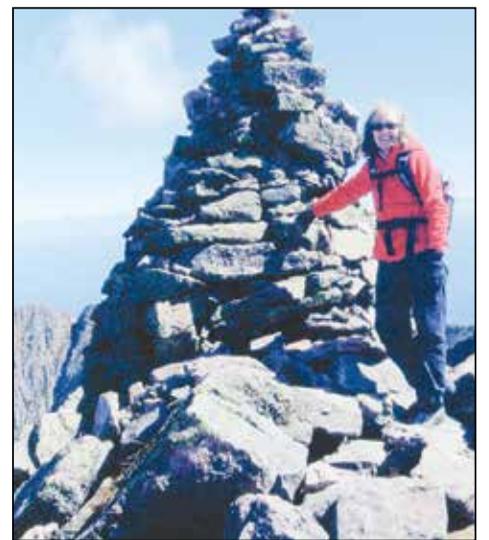
"A lot of people say partnerships never work," she said, "but ours has been a solid business relationship."

Perhaps not surprisingly, a woman as independent as Jane has remained happily un-married. But being a single Mom is demanding. How did such a young, inexperienced girl 'from away' manage it all? Where did she get the strength to raise a child on her own, learn barbering, then hair styling,

"When the Beatles appeared, hair got longer. Men would walk in and say, 'I want my hair cut but I don't want it to look like I've had a haircut.' And I would think, *How am I going to pull this off?*"

JANE LYNCH

WATERVILLE BEAUTICIAN



become a partner in a business and ultimately own that home she dreamed about all those years ago?

Two main interests give clues.

"I've exercised my whole life" she said. "As a teenager I watched Jack LaLanne on TV, then learned yoga, took YMCA and Adult Ed classes in aerobics, now belong to Planet Fitness... except in the summertime because I'm too busy mowing my lawn, swimming in my pool, trimming my shrubs, working in my vegetable and flower gardens, taking my Cocker Spaniel for walks.

"For the last 25 or 30 years," she adds, "I've also hiked."

First with the Village Barber team, then with a group of women.

"We've done the Bigelows, Mt. Abram, Cranberry Peak, Tumbledown, and most recently Katahdin."

She also hiked Gulf Hags alone! And she's a serious reader.

"Everything from inspirational works, to psychology, to family sagas and mysteries. Life is a big adventure," she said, "and I really love information. I've also learned so much from all the people I've come in contact with every day at work... everyone from Colby College faculty, local doctors, lawyers, people who work in the woods, everybody. Not only do I get to meet them, but I learn about the things they do. Think of it. I discover things I never would have known about if I hadn't become a hair stylist. I love my job."

She hesitates, slightly embarrassed.

"I've also come out of my shell because of what I've learned from other people."

With a spirited person like Jane, it works both ways.



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# Kathryn Colfer: Wrapping her arms around 600 kids and loving it

BY NANCY GALLAGHER  
Correspondent

Kathryn Colfer believes in paying it forward. She grew up in northern Maine, “in a big, wonderful family without a lot of resources.” She learned early on how lucky she was to have a huge family network around her when her mother became ill. Today, families with young children don’t have extended family around them to help meet their and their children’s needs, said Colfer. That’s one of the reasons she chose her current career field.

Colfer’s 19-year history in optimizing children’s paths to successful adulthoods began with her desire to dedicate her business skills to making a difference. She discovered a great fit with KVCAP’s Early Childhood Division.

As Director of Child and Family Services at Kennebec Valley Community Action Program (KVCAP) and Educare Central Maine, Colfer oversees educational and family services programs for 600 children between the ages of six weeks and five years in several locations in northern Kennebec and Somerset Counties.

What do the kids get in these programs? High quality comprehensive early care education and while programs are available to all children, those at risk receive priority placement, said Colfer.

A highly educated workforce does the

groundwork while Colfer orchestrates finances by writing federal and state grant applications and communicating with the business community and early childhood funding groups to promote high quality early education. Colfer also works with the business leaders active in the Maine Early Learning Investment Group (MELIG.) She supervises a division staff of 105.

Close partnerships with public schools offer comprehensive services in mixed socioeconomic groups. In Skowhegan it’s MSAD54 for the Early Head Start and Head Start programs. Some additional partnerships include MSAD 19 in Hartland, MSAD 74 in Anson/Solon, MSAD 49 in Fairfield, Waterville public schools (as one of the four Educare Central Maine partners), the Maine Children’s Home in Waterville, and other community center and family child care providers.

Research shows that 85% of the foundation of a child’s brain is actually formed by age five, said Colfer. What helps form those connections is the child’s early experience. Adverse experiences don’t support a good foundation, said Colfer. Rather, they produce bad outcomes later in both physical health and workforce development.

What do we try to teach children? To be attentive, persistent and to work well with others. How to problem-solve and communicate

in order to get one’s needs met in a positive way.

“When you think about those things, they’re exactly the same things we want in our workforce,” said Colfer. Cognitive skills are critical, but so are the social and emotional skills of children, she said.

One of the things we’re trying to do in all locations is “insure that children enter public school without an achievement gap,” said Colfer—that they are ready for school and their parents are ready to support them in school. To this end, significant resources go towards helping parents as well as children. In a joint effort with the University of Maine, the children’s development at Educare Central Maine is assessed for purposes of continually improving that program.

Philip Trostel’s recent study, “Path to a Better Future,” featured on the MELIG website, ([melig.org](http://melig.org)) posits the following: “The findings indicate that investing in high-quality early childhood education in Maine more than pays for itself, in addition to achieving fundamental social goals. The initial public cost is more than fully recovered before the children reach high school; that is, the fiscal break-even point is reached before age 14.”

“The more I learned about early care education...the more I really looked at it as an upstream solution to some of the biggest



**“The more I learned about early care education...the more I really looked at it as an upstream solution to some of the biggest problems that we face.”**

**KATHRYN COLFER, DIRECTOR  
CHILD AND FAMILY SERVICES  
AT KVCAP AND EDUCARE**

problems that we face,” said Colfer.

Emily and Nicholas, her two biological children, are grown and gone, so Colfer now works at extending a nurturing network to the 600 children in her charge.

KVCAP is located at 97 Water Street in Waterville. Business hours for Child and Family Services and Educare are 8 a.m. to 5 p.m. Monday through Friday. For more program and eligibility information, please call Kathryn Colfer at (207) 859-1618 or refer to the websites at [kvcap.org](http://kvcap.org) or [educarecentralmaine.org](http://educarecentralmaine.org).

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# Women's March on Maine

January 21, 2017

#WomensMarchME

Stand up. Be heard.



BY JESSICA LOWELL

Staff Writer

Excerpted from the Kennebec Journal  
January 21, 2017

AUGUSTA — Thousands of people converged Saturday, January 21, 2017, behind the Maine State House for causes as big as civil rights and as individual as wanting to be heard.

The Women's March on Maine, one of hundreds of events related to the Women's March on Washington a day after the inauguration of President Donald Trump, drew people from varied backgrounds from across the state for two hours to hear a slate of speakers, chant, show support and bang on drums.

Sen. Shenna Bellows, D-Manchester, kicked off the slate of speakers and offered the crowd three principles for those at the rally to carry forward — courage, solidarity and remembering that power lies in the hands of people.

Joining Bellows at the microphone were Maureen Drouin, executive director of Maine Conservation Voters; Jacie Leopold, a transgender woman and activist for equal rights; Fatuma Hussein, immigrant and founder of the Immigrant Resource Center of Maine; Julie Kahlr, founder of Grandmothers for Reproductive Rights; June Sapiel, water protector and member of the Penobscot Nation; and Rep. Lois Galgay-Reckitt, D-South Portland, co-founder of the Human Rights Campaign fund and the Maine Coalition for



Human Rights, among other groups.

Along with the speakers, representatives from groups such as Planned Parenthood had information tables at the rally and volunteers in the crowd signing up supporters and volunteers.

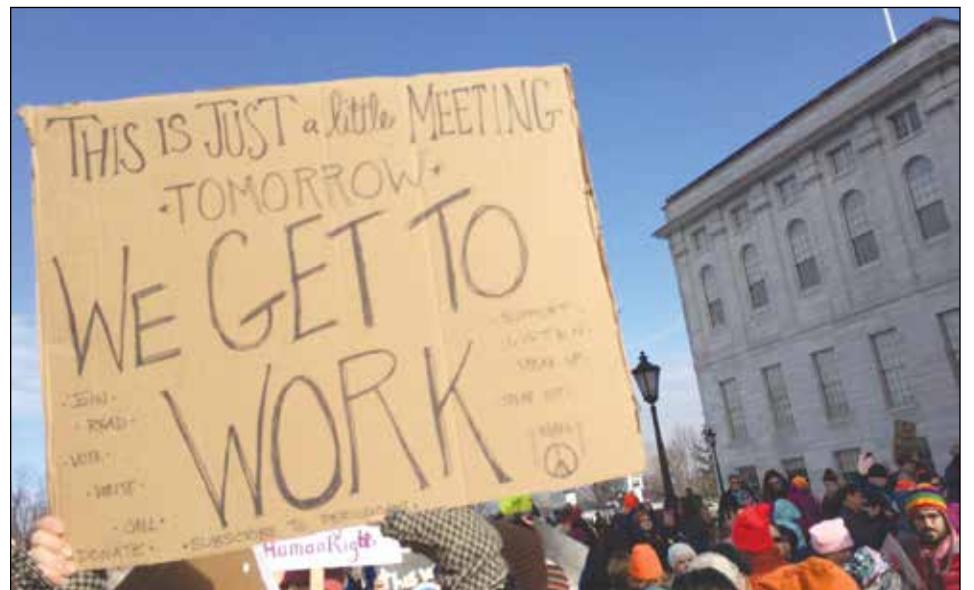
Concerns represented at the rally were wide-ranging. Some people came out to support immigrants. Others came in support of science and the climate. One woman carried a sign in support of banning mandatory vaccinations.

Attendance estimates varied widely among organizers and onlookers. Organizers said earlier in the week that perhaps 3,000 to 4,000 would attend, based on indications from the Facebook event page and Eventbrite, an online event planning platform where people could register their intent to attend. Later estimates were up to 10,000

Photos by Nancy McGinnis

Above: Sen. Shenna Bellows, D-Manchester. Top right: (R) Eliza Townsend of the Maine Women's Lobby welcoming speaker Fatuma Hussein and her daughter. At right: Speaker Jacie Leopold. Bottom left: Speaker Jenny Van West. Bottom right: drumming circle. Photos on right hand page of crowd participants at the Women's March on Maine in Augusta.





# MaineGeneral's Deborah Karter reflects on her 43-year nursing and health care career

BY JOHN BEGIN  
MaineGeneral Health  
Special to the Women's Quarterly

Deborah Karter believes in "lifelong learning." It has characterized her long career in health care and is a concept she shares with those who are early in their careers as she encourages them to reach their full potential.

Karter, administrative director of a variety of inpatient medical and support services at MaineGeneral Medical Center (MGMC), will retire April 14 after a 43-year career at MaineGeneral in which she has "reinvented" herself many times through continuing education and her acceptance of different and challenging work roles.

The China resident started as a licensed practical nurse (LPN) at the former Thayer Hospital (now the Thayer Center for Health) in 1973 after being recruited following her graduation from Northern Maine Vocational Technical Institute in Presque Isle. She moved to Waterville with a fellow recruit and embarked on a long and varied journey she never could have envisioned as an 18-year-old LPN.

"My career has afforded me many opportunities and I grew professionally with promotions into management and leadership," she said. "With each promotion, I was encouraged to keep learning."

Perhaps the highlight of her career – one she calls her "shining star" – was her work on a joint venture between MGMC and Maine Medical Center to plan, design, build and open a diagnostic cardiac catheterization lab in Augusta in 2002.

"We built it from scratch, and one of the key challenges was educating people that we could do cardiac cath here without bypass surgery," she said. "The greatest reward from this achievement was realizing my abilities as a leader, not just as the project manager."

Karter earned an associate degree in nursing from the University of Maine in Augusta in 1979 and followed that with



Contributed photo

Deborah Karter, shown in her office at the Alford Center for Health in Augusta. After more than 43 years in health care – all of it at MaineGeneral – Karter will retire on April 14.

a bachelor's degree in nursing from the University of Maine at Orono in 1999. Her final degree – a master's in nursing that she earned from Walden University's online program just two weeks before her 60<sup>th</sup> birthday – is perhaps the most meaningful. It was a long-sought achievement that served as a perfect capstone to her health care career.

She willingly shares her experience with others who may be reluctant to further their education for various reasons.

"I think people sometimes get 'stuck,' but I tell my CNAs (certified nursing assistants) and RNs that they're never too old to go back to school," she said. "If you want to do it, then do it."

"I see people with such potential and they're so afraid to step out," Karter added. "Yes, education is expensive, but there is a little help and when you finish your program, you'll be at a higher education level where you'll make more money."

As she reflected recently on a career that

"I think people sometimes get 'stuck,' but I tell my CNAs (certified nursing assistants) and RNs that they're never too old to go back to school. If you want to do it, then do it."

DEBORAH KARTER, ADMINISTRATOR  
MAINEGENERAL MEDICAL CENTER

has seen her work in behavioral health, the nursing float pool, critical care, med-surg., cardiopulmonary rehab, cardiology and wellness, among other clinical and management positions, Karter said the versatility of the nursing profession has kept her passionate about and engaged with her chosen field. It has buoyed her longevity in a profession that first piqued her interest as a young girl.

"You can do anything within the nursing profession," she said. "To advance to leadership and management positions, you have to have a master's degree, but (obtaining that degree) keeps you focused on and engaged with your professional career."

This engagement, she emphasized, is critical to having a long, enjoyable and meaningful career.

"Being active in your profession keeps the passion going," she said. "If you become part of the process, you become a decision maker and that helps bring about positive change. When we need to make big changes, the engaged nurses – the ones on the front lines – are instrumental in doing it. Engagement leads to better retention, excellent patient care and excellent patient experience."

Karter also encourages her younger colleagues to get involved beyond the workplace by being active participants on work-related committees and through volunteering in the community.

"Reach out in the community in which you're working because you want to hear what your future patients have to say," she said. "This is a community hospital and that's what we do."

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# Brandi Pass: pharmacy tech to medical assistant with MaineGeneral opportunity

BY JOHN BEGIN

MaineGeneral Health  
Special to the Women's Quarterly

Brandi Pass is no stranger to MaineGeneral Medical Center.

The now 28-year-old Vassalboro resident has spent a fair amount of time in the hospital setting, both as a teen volunteer beginning in eighth grade and as a supportive daughter and caregiver when her late mother was undergoing treatment during her six-year battle with cancer.

Through these and other experiences – including many years working with children with disabilities and behavioral challenges – Pass discovered that she loved helping people. A lot.

When family friend and MaineGeneral employee Buffy Higgins encouraged her to follow her passion by working at MaineGeneral, Pass acted. In July 2015 she applied for and was offered a pharmacy technician position at the Alford Center for Health (ACH) in Augusta.

“It was an opportunity to get my foot in the door,” she said. “I’ve always enjoyed being in the hospital atmosphere, so this was my opportunity to see how everything worked from an employee perspective.”



Contributed photo

Brandi Pass, a recent graduate of MaineGeneral's medical assistant training program, is shown during a recent shift.

While she enjoyed her work in the pharmacy, Pass decided she wanted to pursue a more clinical position. When she attended a MaineGeneral job fair designed to recruit medical assistants, certified nursing assistants and nursing unit assistants, she learned about a new medical assistant training program that could help her achieve her goal.

“One thing I like about being an MA is that there’s a wide variety of opportunities depending on what you’re interested in doing.”

**BRANDI PASS, MEDICAL ASSISTANT  
MAINEGENERAL MEDICAL CENTER**

Pass and 23 other students were accepted into the nearly four-month program taught by ACH Endoscopy Nurse Manager Beth Kessler, an experience she praised highly.

“It was a great opportunity and I’d recommend it to anyone,” she said. “(Kessler) and my classmates were great; they made it enjoyable to be there. It was awesome.”

A big advantage of the accelerated program, Pass said, was that it enabled her to continue working while attending three and one-half hour classes three nights each week. All classes were held at the ACH, with clinical work also performed there, at the adjacent Harold Alford Center for Cancer Care and at the Thayer Center for Health in Waterville.

Pass said she is very thankful that the

cost of her course was covered by a grant administered by the Career Center, making it financially workable for her family. MaineGeneral also provided scholarship assistance for those who qualified.

She also acknowledged that the support she received from her fiancé Matt was instrumental in her successful completion of the program. Pass said her fiancé and 11-month-old son Mason inspired her to continue her education.

“They’re a big part of why I did this and why I want to further my education in the future,” she said.

Now that she has graduated from the program and passed her national certification exam, Pass is excited to interview for several different MA positions within the MaineGeneral system.

“One thing I like about being an MA is that there’s a wide variety of opportunities depending on what you’re interested in doing,” she said.

Pass also is enthusiastic about the opportunity to continue her career with MaineGeneral – and to continue her education in the future.

“I appreciate MaineGeneral and all they’ve done for me so I’d like to give back by continuing to work for MaineGeneral,” she said.



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# BOOKTALK: Love your library

BY NANCY P. MCGINNIS  
Correspondent

Did you know that today, April 12<sup>th</sup>, is National Bookmobile Day? It takes place during National Library Week, celebrated annually here in Maine and across the country.

Bookmobiles were once an exciting and vital literacy lifeline for remote communities. They have declined in number as other outreach services such as books by mail, and many other ways to access information have become more universal. But there are still more than 930 bookmobiles on the road providing valuable services in communities across the country, according to the American Library Association (ALA), sponsor of National Library Week.

Since 1958, National Library Week has been an annual observance sponsored by the ALA and libraries across the country each April to celebrate, promote and support our nation's public, school, academic and special libraries and librarians.

"Libraries Transform" is the theme for 2017. In these challenging times, libraries and librarians are serving citizens more than ever, says the ALA, "by opening a world of possibilities through innovative programming, makerspaces, job-seeking resources, and the power of reading."

Traditionally, in good times and bad, libraries have been equalizers. In her recent story recapping the voting at Farmington's annual Town Meeting last month, Waterville Morning Sentinel reporter Kate McCormick noted that despite extreme budget challenges, the citizenry made their priorities known, by approving a contribution of nearly \$200,000 to the library, citing "the library's role in strengthening democracy."

"We can't all afford to send our kids to college, but we can afford to send them to the library," one resident told the crowd.

One way to celebrate National Library Week is to spend some time at one (or more!) of Maine's hundreds of public libraries across the state. A wealth of information including a directory of Maine libraries searchable by name and by location, can be found on the Maine State Library's website, [maine.gov/msl](http://maine.gov/msl).

Incidentally, every citizen of Maine is entitled to a Maine State Library borrower's card, and browsing privileges for many non-circulating items. Central Mainers are fortunate to be in relative geographic proximity to this important resource, which shares a home with the Maine State Museum and Archives on the capitol grounds.

Consider introducing a young person to your local library. Mark the calendar to attend story and craft time, sign up for a library card, browse the collections for everything from classics to revisit, to contemporary titles to discover together. The library staff will be more than happy to assist and answer any questions. Take advantage of their readers' advisory services for recommendations and help finding just what you need.

Libraries offer cutting edge technology, but there is also something uniquely comforting about reading a book aloud to (or with) a child. Sharing the language and perusing the illustrations found in an actual, tangible book are proven ways to expand all kinds of horizons while building the foundation of a lifetime interest in learning.

Maine libraries can also serve as community crossroads, whether as informal opportunities to meet your neighbors or through programming such as author visits and arts performances geared for all ages. Venture beyond your hometown and consider visiting other communities' libraries when you travel elsewhere.

This summer, 'Read ME' will take place at various libraries throughout the state. This adults' summer reading program with a distinctly Maine twist is a brand new initiative sponsored by the Maine Humanities Council, in partnership with the Maine State Library and the Portland Public Library. Acclaimed Maine author Monica Wood has been charged with personally selecting works by two upcoming Maine authors, as the basis for group reading and lively discussion.

Later this year, again thanks to the Maine Humanities Council, a number of Maine libraries will host *The World in Your Library*, a series of presentations on important issues in current affairs,



Nancy McGinnis photo

Take a break in this fast-paced information age: shut down the screen and pick up a book. Classic and contemporary children's book can be an excellent way to introduce new ideas and expand horizons for young people. Reading with and/or to children is not only pleasurable, but critical for establishing lifelong literacy and a love of learning.

affording audience members a rare opportunity to explore these topics with Maine-based expert speakers.

Check out library websites and/or Facebook pages to plan how to make the most

of a visit (hours, collections, upcoming programs, and more). The public library is an accessible, welcoming, memorable destination for a special field trip—or better yet, a regular weekly one.

## APRIL 19TH PRESENTATION AT MAINE STATE LIBRARY TO FOCUS ON MAINE HISTORY CAPTURED IN POSTCARD IMAGES

Postcards were the Instagrams of the early Twentieth Century. During a period from 1909 to World War II, the Maine-based Eastern Illustrating and Publishing Company was the U.S. market leader in production of genuine postcards and amassed an archive of over 22,000 glass plate images of Maine architectural photography from the period. The collection is now housed at the Penobscot Marine Museum.

On Wednesday, April 19th, Maine authors W.H. "Bill" Bunting, Kevin Johnson and Earle G. Shettleworth, Jr. will be on hand for a special program of the Kennebec Historical Society and Maine State Library to talk about the Eastern collection and their recent collaboration on the 2016 book on the subject, *Maine on Glass*.

The program will be held at 6:30 PM at the Maine State Library, 230 State Street in Augusta. The event is open to the public and free of charge. For more information, contact the Kennebec Historical Society at 207-622-7718.

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# Need for foster parents and adoptions soars with opiate and heroin epidemic

BY WANDA CURTIS  
Correspondent

As the opiate epidemic spreads across Maine and the nation, the need for licensed foster parents to provide care for children affected by the epidemic is increasing. Maine

DHHS Commissioner Mary Mayhew issued a plea to the Maine public last year to help provide safe and stable homes for these children.

She made the following comments in a July 2016 press release.

“The opiate and heroin epidemic facing Maine and the rest of our nation is destroying the fabric of our families and communities,” she said in the press release.

“We have an obligation to support these children and provide them with a safe and stable home. Unfortunately, the number of children in need is far outpacing the number of families willing and able to help. . . We are asking for the public to step forward and provide the care these children need.”

According to an article in the Bangor Daily News published last year, more than 60 percent of children coming into protective custody in Maine come from homes where there has been parental substance abuse and more than 1,000 drug-affected babies are

**“Children and youth enter foster care through no fault of their own, because they have been abused, neglected, or abandoned and are unable to continue living safely with their families. In other ways, foster children are no different from children who aren’t in foster care: they are learning and growing, like to play and hang out with friends their age, and need the love and stability a permanent home provides.”**

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born every year in Maine.

Woodfords Family Services is an agency that helps to place children in foster homes and through its Therapeutic Foster Care Program works to provide foster care homes for children in DHHS custody who have special needs.

Ellen Dorr, Woodfords’ director of foster care and adoption services, explained that Woodfords helps to place foster children with developmental and emotional disabilities who require a higher level of care into “therapeutic foster homes.”

These children are provided with special services through a team approach that may include speech therapists, psychiatrists, social workers, and other professionals to ad-

dress each child’s needs. These professionals work with foster parents who need such a higher level of training.

Although, Dorr explained that ongoing training and support is provided to all foster parents at no charge, not just those caring for special needs children. Each foster child is assigned a case manager who meets regularly with the foster parents to answer questions, offer support, and ensure that the children have the services they need. She said that the foster parents they work with have support available to them 24/7.

Foster parents must be at least 21 years old, either married or single, in good physical and mental health, must enjoy working with children, and possess effective parenting

skills. Senior citizens and persons with disabilities can apply to be foster parents. All would be foster parents must consent to a home study, a criminal back-ground check, a fire and safety inspection of their home and be fingerprinted.

While many children are now placed in kinship foster families (with relatives licensed as foster parents), there’s a growing need for more foster parents throughout the state.

The goal of Woodfords’ foster care program is reunification with the biological families but when that’s not possible children may be placed with families who would like to adopt them. The cost of the adoption is paid by the state.

According to [maine.gov/dhhs/ocfs/cw/resource\\_parent\\_info.pdf](http://maine.gov/dhhs/ocfs/cw/resource_parent_info.pdf), more than 1500 children are in foster care in Maine and more than 300 children are adopted annually through DHHS. For more information about foster parenting or adoption, see the DHHS website or [woodfords.org/programs/therapeutic-foster-care/](http://woodfords.org/programs/therapeutic-foster-care/).

As of June 2016, the federal government reports there were more than 400,000 children in foster care throughout the U.S. More than 100,000 children are waiting to be adopted. (There may be fees involved in adopting children from other states.)



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# My summer of working with mothballs

BY JODY RICH

*Special to the Women's Quarterly*

"You're gonna work what we call our easy bake ovens."

I remembered loving my Easy Bake Oven as a kid. *This'll be fun!* I thought.

"Follow me," the manager led me to a section of the factory floor. The building was a huge open space with different machinery where each job was to be completed.

The manager of Blox Chemicals was an average guy in his forties: slightly balding, a bit of a paunch, lace-up black shoes and dark trousers, no tie, t-shirt under his dress shirt and plain, black-frame glasses. He walked ahead of me with a strut-swagger that said he was in charge and I was lucky to be in his factory. I was eager to work ten hours a day and have three-day weekends every week during the summer.

"Now, you stand here. Hit that small button and the two drawers open. You place the clear plastic layer into the holders. Place a drawer medallion in each cup. Place the cardboard backing on top of those. Hit the small button and the drawers will close. When they pop out, don't burn yourself. Place the two finished packages in the carton. When you fill a carton, move it down the line and start another one."

This wasn't the time for asking questions. He assumed that I'd understood it all and walked away.

That summer of 1976, I was a twenty-year-old skinny, small framed girl who barely weighed a hundred pounds stretched over

my five foot six frame. There was no reason to bother doing make-up and hair to spend time in a mothball factory. Wearing plain t-shirts and jeans with old Keds, nothing about my appearance was flattering. I was there to work.

The usual wait at the Blox Chemical main door on Monday mornings was a mix of friendly chatter and grim foreboding. The temperature was cool in the mornings and we'd chat about our long, three-day weekends. Then, the doors would open to the windowless, concrete block building with three days of mothball odor waiting to crash over us like a tidal wave. You could almost feel it.

One day, I got what I thought was a cushy job: I got to sit in a kitchen chair all day instead of standing at the easy bake oven. One of the full-time workers must have been on vacation. I sat on a genuine Naugahyde covered seat and packaged the cakes that hung in toilets.

On the right was a rack holding cartons of the unwrapped dichlorobenzene cakes. With my right hand I grabbed the wire running through a cake. With my left hand I took a cellophane envelope and flicked it open. The cake slid into the envelope. I placed the envelope between the bar and the heating element; stepped on the presser foot and the bar pushed back against the heating element. While that sealed the envelope closed, I pulled the wire towards me and then downward, making the 'hook'. Finally, I released the presser foot and placed the finished product into the carton on my left.

When a carton was full, I shoved it into the aisle where someone took it away.

Being cautious not to burn my fingers on the heating element wasn't my only challenge; a flake could easily break off and fly from a cake to land on my arm or in my eye. That temporary exposure to the air would cause the flake to evaporate. Dichlorobenzene goes from solid directly to gas. The gas burned the skin of my arm or my eyelid. It could happen at any time. No, there were no eyewash sinks.

The kitchen chairs were standard height; so were the machines. Tall or short, workers made themselves fit the equipment. Slouching was inevitable. Rounded shoulders and stretched neck (from tilting my head down towards the presser bar) ruined my posture that summer. Standing up for break and lunch felt like the unfolding of a lawn chair: click, snap, click.

While the drawer medallions and toilet bowl cakes were being wrapped, giant machines made the scented loaves that hung in clothes closets.

The beeping forklift moved fifty gallon drums of dichlorobenzene from storage. Then the rattling and clanking chains tipped the drums of chemical into the vat, so fumes of mothball encapsulated everyone.

The bags of concentrated lilac or orange blossom perfume being dumped into the vat stimulated my learned response: my nose and sinuses went into chaos. My sinus cavities filled up to what felt like ten times their size pushing against the walls of contain-

ment. My eyes stung, teared up and tears then slid down my cheeks.

Next came the pounding, pounding, pounding of the loaves. The headache started behind my eyes and right inside my ear drums. It rumbled up through my brain, meeting the pain that was already there from my sinuses. Still not done, it pushed on further until the headache slammed against the very top of my skull. Every pound after that equaled blunt force pain insisting on escape.

I was twenty and I had three-day weekends. I could do this. This job was temporary. I'd be back at UMF at the end of August. That summer, I learned what kind of boss I didn't want to become. I knew I didn't want to be around smells. I haven't worn perfume since working there and I stay out of the soap aisle in the grocery store. I realized that I was a solid worker. I'd never had sinus problems before I packaged mothball products that summer.

My last day of work at Blox Chemicals I called in sick.

And then I called OSHA.

*Blox Chemicals was located at 100 Ashburton Street in Woburn, MA. It became part of a Superfund cleanup by the state department. History of the land shows that it was used as a tannery and poultry slaughterhouse. The property abutted a wetland. The Superfund became necessary when state department acknowledged a cancer cluster in that area.*

## RECIPE: Luscious Ricotta Pancakes

BY NANCY P. MCGINNIS  
*Correspondent*

These lovely pancakes, perfect for a delicious and elegant but unfussy breakfast or brunch, are paradoxically light and substantial at the same time. The trick is well-beaten egg whites (an electric mixer comes in handy) and a gentle touch when folding them into the batter. The resulting pancakes seem more decadent than the ingredients actually are. Part whole wheat flour, and your choice of whole milk or low-fat dairy products (milk and ricotta) can be successfully used in this recipe. Either way, thanks to the ricotta, these pancakes are more satisfying than other recipes, and they taste similar to cheese blintzes, with a lot less effort on the part of the cook!

Like blintzes, they pair well with berries and other fruit, enhanced as desired with a touch of maple syrup or other sweetener. Recently, since fresh berry season is not quite upon us, I chose freeze-dried raspberries, reconstituted with a small amount of orange juice, along with a few sliced kumquats just for fun. Adding generous splashes of agave nectar and maple syrup helped to offset the tartness of the fruit, which I crushed lightly and stirred occasionally in a small saucepan over low heat while the pancakes were cooking. The pancakes were served to a chorus of *oohs* and *aahs*, topped with a generous dollop of the ruby-red compote, and a pitcher of warmed maple syrup on the side.

### INGREDIENTS

Makes 12-16 pancakes –  
about 4 servings  
1 ¼ cups ricotta cheese  
½ cup milk  
1 teaspoon pure vanilla extract  
2 eggs, separated  
¾ cup unbleached, all-purpose flour  
(or a mix of ½ cup white flour  
and ¼ cup whole wheat)  
2 Tablespoons ground hazelnuts  
1 teaspoon baking powder  
1 pinch salt  
Butter or vegetable oil, as needed to grease griddle

### DIRECTIONS

If desired, preheat oven to 200 degrees, to keep finished pancakes warm while the remaining ones are cooking.

1. Mix together ricotta cheese, milk, vanilla and egg yolks in a medium bowl until combined.
2. In a large bowl, whisk together dry ingredients; stir in ricotta mixture.
3. Beat egg whites until frothy; quickly but gently fold them into the ricotta mixture.
4. Preheat a large, heavy griddle or skillet. Grease with butter or oil. Once a drop of water sizzles and dances on the heated surface, pour a scant ¼ cup batter onto hot griddle for each pancake.
5. Allow pancakes to cook a minute or two until they turn an even golden brown, and appear set. Flip pancakes and cook the other side an additional minute or two.
6. Repeat with remaining batter, greasing griddle or skillet as needed between batches. If desired, place finished pancakes on a heatproof platter, tented loosely with foil to keep them warm, until the entire batch is done and ready to serve.



# Ovarian cancer can be deadly

BY WANDA CURTIS  
Correspondent

One of the most devastating cancers that women battle today is ovarian cancer. The National Cancer Institute (NCI) reports that 22,000 women are diagnosed with this cancer annually and more than 14,000 women die from it each year. Ovarian cancer causes more deaths than any other female reproductive system cancer even though it only accounts for three percent of all cancers in women.

Statistics provided by the Harold Alfond Center for Cancer Care in Augusta show that 43 women, age 35 to 85, were seen with ovarian cancer there between 2010 and 2015. More than half of those women (26) died.

## Vague symptoms make early diagnosis difficult

According to National Cancer Institute, the five-year survival rate for ovarian cancer has improved during the past two decades if the cancer is diagnosed early. However, the symptoms are often so vague that early diagnosis is difficult. Symptoms vary but can include one or more of the following:

- General abdominal discomfort or pain (gas, indigestion, pressure, swelling, cramps)
- Bloating and/or a feeling of fullness, even after a light meal
- Nausea, diarrhea, constipation or frequent urination
- Unexplained weight loss or gain
- Loss of appetite
- Abnormal vaginal bleeding
- Unusual fatigue
- Back pain
- Painful intercourse
- Menstrual changes

"These symptoms do not always mean you have ovarian cancer," said oncology nurse Andrea Martelle who practices at the Alfond Center for Cancer Care. "We strongly encourage discussion with your health care provider if such symptoms are new, have lasted more than a few weeks or occur more than 12 times per month."

Martelle added that initial testing for ovarian cancer may include a pelvic exam, images, and a CA 125 blood test. However, she said that a biopsy is needed to confirm a diagnosis of ovarian cancer.

## Treatment of ovarian cancer

When considering which treatment is best for ovarian cancer, oncologists determine

which stage of cancer a woman has. Martelle said that staging is done during surgery which usually involves the removal of the uterus, ovaries, and fallopian tubes. The momentum (a layer of fatty tissue which covers and supports the intestines and organs in the lower abdominal area) and lymph nodes near the tumor may also be removed.

"Staging is a way of determining how much disease is in the body and where it has spread," said Martelle. "This information is important because it helps your doctor decide the best type of treatment for you and the outlook for your recovery (your prognosis)."

She said that the four stages of ovarian cancer include:

Stage I: The cancer is limited to the ovary or ovaries.

Stage II: The cancer is in one or both ovaries and it has spread to other parts of the pelvis.

Stage III: The cancer is in one or both ovaries and has spread to nearby lymph nodes or other abdominal organs, not including the liver.

Stage IV: The cancer has spread to the lung, liver or other distant organs.

In addition to considering what stage cancer a woman has, Martelle said that oncologists also consider the size of the tumor after debulking (removing as much of the tumor as possible during surgery), a woman's desire to have children and a woman's age and overall health before deciding on the best treatment regimen.

"Surgery is the main treatment for ovarian cancer," said Martelle. "Often, surgery is done to remove or biopsy a mass to find out if it is cancer. Once cancer is confirmed, the surgeon stages the cancer based on how far it has spread from the ovaries. If the disease seems to be limited to one or both ovaries, the surgeon will biopsy the pelvis and abdomen to find out if the cancer has spread. If it is obvious during the surgery that ovarian cancer has spread, the surgeon will remove as much of the tumor as possible. This may help other treatments work better."

She said that chemotherapy may be needed after surgery to destroy ovarian cancer cells that are still in the body. In some cases, intraperitoneal therapy may be used in which chemotherapy is injected into the abdominal cavity through a tiny tube or implanted port. She explained that procedure allows the medication to come into contact with the cancer

and the area of the body to which the cancer is likely to spread. She said the medication also gets into the blood and travels through the body.

Another treatment which can be used to help destroy cancer cells left in the pelvic area is radiation. Martelle said that it may also be used if cancer recurs after other forms of treatment.

She added, however, the main goal of radiation therapy is often to control pain, not treat the cancer.

"Targeted therapies" also may be used to treat ovarian cancer. Martelle said those treatments involve new drugs which stop the growth of cancer cells by interfering with certain proteins and receptors or blood vessels that supply the tumor with what it needs to grow.

"At Maine General Medical Center, we use Bevacizumab, a VEGF targeted agent, in ovarian cancer," said Martelle.

## NCI reports use of talc is a risk factor

While women of any age may be diagnosed with ovarian cancer, NCI reports that the risk of ovarian cancer increases with age. Many ovarian cancers are diagnosed in women over the age of 60. They note that other risk factors include a family history of ovarian cancer; the presence of certain genes which make women more likely to develop cancer; use of estrogen-only hormone replacement therapy; use of fertility drugs, obesity, tall height and the use of talc. [cancer.gov/research/progress/snapshots/ovarian](http://cancer.gov/research/progress/snapshots/ovarian).

According to the online article "Leading the

Charge Against Ovarian Cancer," the director of the Epidemiology Center at Brigham and Women's Hospital, Daniel Cramer MD, made the observation that women using talcum powder in their hygiene regimen might be at greater risk for ovarian cancer. The article states that Cramer and his colleagues' studies show an association between talcum powder use and incidence of this cancer. Cramer was quoted as saying that their studies suggest "the talc causes inflammation in the lower genital tract and migrates to pelvic lymph nodes, leading to immune dysregulation." For more information, see [brighamandwomens.org/About\\_BWH/development/BrinkMag/Ovarian\\_Cancer.pdf](http://brighamandwomens.org/About_BWH/development/BrinkMag/Ovarian_Cancer.pdf).

The American Cancer Society (ACS) says that more research is needed on this issue because there have been varying results among different studies. However, the ACS makes reference on their website [cancer.org/cancer/cancer-causes/talcum-powder-and-cancer.html](http://cancer.org/cancer/cancer-causes/talcum-powder-and-cancer.html) to the fact that the International Agency for Research on Cancer (IARC), part of the World Health Organization, classifies genital use of talc-based body powder as "possibly carcinogenic to humans." That ACS website contains the following recommendation:

"It is not clear if consumer products containing talcum powder increase cancer risk. Studies of personal use of talcum powder have had mixed results, although there is some suggestion of a possible increase in ovarian cancer risk. There is very little evidence at this time that any other forms of cancer are linked with consumer use of talcum powder."

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