

A woman with short brown hair, wearing a white button-down shirt and blue jeans, is smiling and holding a brown alpaca. She is in a barn with other alpacas and a large fan in the background. The title 'Women's Quarterly' is written in a large, stylized font at the top left, with 'Summer 2017' in a smaller font above it.

Women's Quarterly

Summer 2017

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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 October.

The cover design by Dawn Tantum, Graphic Designer, features Robin Pratt co-owner of Northern Solstice Alpaca Farm with some of her alpacas.

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Just a Thought

BY TERRI HIBBARD
Correspondent

Friends I loved, friends I miss

It takes a long time to create a friend. I'm talking about the kind of friend you share the tough stuff with as well as happy and successful times. This is the friend who'll hug you and let you cry when you must. And who laughs with you with such abandon you're both crying and nearly peeing your pants at the same time.

Ann was that kind of friend. We met on Gooch's Beach in Kennebunk. She had three sons and a daughter. I had four sons and a daughter. She was a writer and poet. I longed to be a writer. She was married to a doctor, I to a chef. Although she was 13 years older and traveled in different social circles, we became dear friends during the nearly 40 years I knew her.

Each time I phoned, the conversation began with "When are you coming down?" I went as often as I could and as I came through the door, "Fix yourself a drink, sit down and tell me everything," she said. Ann was curious about everything and everyone.

When mechanical bull-riding came into Maine bars, I was assigned to do a feature story and Ann came along. She did most of the interviewing. She couldn't help it.

Ann hated to drive anywhere except around town so she always planned a trip to the "Blood Bank" (the Portsmouth discount liquor store) during my stay so she could stock up on her favorite (cheap) brand of scotch.

Ann died of lung cancer in 2006.

My friend Judy worked with us at the Narragansett Hotel. Things happened to Judy or to us that were just that funny. Who else stitches her finger while sewing? Judy. Who else would have crawled on the floor of my car to keep the accelerator which had become unhooked, working while I drove? When a close call at an intersection elicited my primal scream, she jumped up and banged her head into the dashboard. I had to pull over while we collapsed with laughter.

I drove Judy to see a Boston migraine specialist and being a novice at driving in Boston, I headed out of town at 5 p.m. on a workday. This time there was no way to pull off the highway to recover as I screamed at close calls and Judy echoed my screams.

Judy went on to seminary and studied Biblical Counseling. After riding with me, I'm not surprised. Our lives don't intersect anymore and I miss the laughter.

Lou, and my former husband, Langill, were long-time pals so when they worked together one summer in Bar Harbor, Lou's girlfriend, Jo, came with him. That summer, the four-way bonds drew close and strong. After we left to travel between Maine and Arizona and they married and left for their own travels around the country, we tried to keep in touch but somehow lost contact. Years later we re-connected via a strange phone call.

"Hello," the man said over the phone. "We're new in town and we'd like to get to know some of our neighbors. We're having a skinny-dipping party at our pool. Would you like to come?"

"Oh my God!" I said. "Are you kidding? We are NOT interested in your party!"

The guy cracked up.

"Is Langelo (his nickname for my husband) there?" he said.

By then my husband was on the other phone busting with laughter.

"Lou, you son-of-a gun, where are you?"

Lou and Jo had moved to Benton about the same time we had.

Through the next 25 years, when Jo or I was faced with sorrow or fear, we held each other up, walking miles, talking into the wee hours of the morning, and laughing until we had to find a bathroom or a bush. Especially the time we alone consumed one picnic and two bottles of champagne during a day on a beach with no facilities.

Again they moved and our paths rarely cross these days.

When I was a busy housewife and mother and working journalist, I had little time for friends, but somehow they stuck with me or I stuck with them, each of us knowing that the other would be there any time there was a need.

I'm missing many of those friends now and some of the losses are my fault. Friendships need nurturing. I forget birthdays. I put off long phone conversations because I'm "too busy." I don't set aside a day for a trip to visit. I've learned that bonds between dear friends can stretch so thin they disappear.

It took me about six decades to realize that the only truly important things in life are family, friends and health. For the next six decades, I'm going to remember that every day.

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For Robin and Cory Pratt it's all about Alpaca love

BY SUSAN VARNEY
Correspondent

With eyes sparkling and a big smile, Robin Pratt is greeting people at Northern Solstice Alpaca Farm in Unity. After 20 years of growing alpacas and harvesting their fiber, she is still enamored with these delightful animals. People come from all over to hang out and watch the alpacas who like to be watched but not touched.

Alpacas were bred by the Incas 8000 years ago by joining the vicuna & llama to produce a fine, strong, light-weight, water resistant fiber used for clothing, blankets, rugs, socks, mittens, vests, jackets, and hats that last and last. It is still expensive to buy alpaca items because there just isn't enough fiber available. There are few mills to process the fiber and still fewer who knit or create products with the processed fiber. But that is changing.

One of Robin Pratt's goals is to promote alpaca farming. She loves talking about alpacas. She admits her interest was first aroused by llamas seen at the Common Ground Fair long before she started farming. She worked with a mentor in nearby Thorndike and started using her vacations from her full-time job at Hannaford's to visit alpaca farms around the country. She and Cory Pratt finally bought a house and land in Unity surrounded by land owned by MOFGA (Maine Organic Farmers & Gardeners Association) and abutting Crosby Brook, where she and Cory keep their kayaks.

"The brook is wonderful, with whitewater and swift water flowing to Unity Pond."

She boards animals, for about \$5 a day, for people who love them but do not have the facilities or time to raise them: bankers, scientists, businessmen, regular folks who want to see the breed prosper.

"They can come visit their animals anytime, they come and volunteer, too, especially at fiber harvest time. We are closed two days a week but end up giving tours daily, all day. It's a great introduction. The Incas worshiped the alpaca," she said.

Pratt helps people determine if having a farm is for them and only sells animals to people who have the facilities and commitment to care for the animals properly.

Northern Solstice Alpaca Farm offers stud service with Space Cowboy, an award winning animal, for \$2500.

"He's never been rejected and we have had more than 2500 breeding females come to us," said Robin Pratt. "We have another stud coming up, Archimedes. He's black and white and his fiber blends to charcoal heather," said Pratt.

There are 22 natural shades of alpaca fiber and the fiber takes dyes readily.

The gestation period for an alpaca is one year, which can increase if the animals are threatened and if attacked, they may abort.

"Dogs are the biggest threat and we have spoken with our neighbors about keeping their pets at home," she said.

She and Cory built the barn and fenced the pasture while still doing research and plan-



Susan Varney photos

Above, Rikki Garcia, farm manager, with an alpaca with hay in her hair. If you are tempted to take it out, don't, they like having hay on their heads.

Above right, Robin Pratt, owner of Northern Solstice Alpaca Farm, Unity, holds harvested fiber from a recently trimmed alpaca saying the fiber is so fine it is 18 milligrams thick compared to human hair, typically 100 milligrams thick.

Right, Robin Pratt, NSAF, Unity, talks with Phil Dorn and Martha Tompkins visiting from Virginia.

ning the farm. Space Cowboy and two female alpacas, Splenda and Salsa, were the first animals purchased when she was finally ready to take the step from dreaming to farming.

"I didn't grow up on a farm but I knew I wanted to do this. I had been at Hannaford's for a long time and done everything from bagging to managing departments and I needed a change."

The land at the farm is very sandy so they use the very fertile alpaca "poop" to make the land arable. Alpacas eat only about two percent of their body weight thus producing a very small amount of manure - but it is potent.

"We don't sell it because we can use all we produce to improve the soil here. We have 34 acres, not all of it cleared," said Robin Pratt.

Northern Solstice Alpaca Farm has stores in Ellsworth, Northport and Belfast as well as a small shop at the farm. Cory Pratt works at the Maine Alpaca Experience, Main Street, Ellsworth store, commuting daily from Unity. Robin Pratt works at grading the fiber during harvest. She also checks the animals for viruses and worms. There is a worm carried by deer that affects the brain causing paralysis

"The alpacas are our babies. It will take another 50 years to build up the herd, we are pioneers."

ROBIN PRATT, CO-OWNER NORTHERN SOLSTICE ALPACA FARM



and death.

"Cory spends two hours every thirty days checking and immunizing the herd," said Robin Pratt.

"The alpacas are our babies. It will take another 50 years to build up the herd, we are pioneers," she said. Meanwhile NSAF is mentoring farmers, working with Unity College on internships, attracting people from more than 30 countries to Maine and working with mills to get quality fiber processed. Fiber, now is sent to a Massachusetts mill and it takes special machinery to process alpaca - machinery unlike that used for wool. Different grades of fiber are used for different products. The very finest could be used to make a wedding gown - expensive but gorgeous - where a lower grade would be used for rugs. The socks are expensive but they last for years.

Northern Solstice Alpaca Farm also partners with MOFGA and during the Common Ground Fair there are vendors on their roadside. Along with giving tours, the staff often gives rides to people who have lost track of vehicles in the endless rows of cars in the fields next door.

It's a labor of love. Nobody's getting rich, it's about working together collaboratively to improve the breed; to get more and better, finer fiber from smaller animals. Robin Pratt even has some Peruvian knitters making products from fiber sent from Maine. Love to Knit? Talk to Robin Pratt.

To visit Northern Solstice Alpaca Farm go to 141 Crosby Brook Road, Unity. You can shop on-line at ExperienceAlpaca.com or call 207 356-4146 or email: NSalpacaFarm@gmail.com.

Local woman talks about her escape from Nazis

BY VALERIE TUCKER
Correspondent

Magda Nemlich doesn't sugarcoat stories of her childhood and the Nazi's brutality when people ask about life in Vienna, Austria during the 1930s. The city was an important trading and cultural center before WWI, but in 1918, after a crushing defeat in the war and a devastating loss of lives, the ruling party collapsed. The country was in debt, with an inflated economy and severe shortages of food and clothing.

"This hurt the middle class the most, and they became restless," Nemlich said. "People put everything they had into supporting the war."

The very popular Mayor Karl Lueger supported the intellectual and cultural contributions of Vienna's painters, musicians and scholars, but he also was a "raving anti-Semitic," she said, and his successor did little to reverse the situation. In the largely Catholic communities, schools taught students that Jews killed Jesus. Although Jews lived in sections separate from the rest of the population, many had very successful companies, prestigious positions and comfortable lives.

At 87, Nemlich remembers a very happy childhood, playing in the city's beautiful parks in the summer and ice skating in the winter with her sister Lotte and their many cousins and friends. Life was good until October, 1936, when her father, Dr. Paul Eichenwald, died suddenly from a blood clot at age 52. A widow at age 36, Nemlich's mother Rosa now was the head of the family, and Hitler was poised to annex Austria.

In 1938, many Austrians welcomed his invasion of Austria, but this annexation, or Anschluss, changed the lives of Nemlich and her family forever. In November, Jewish synagogues, businesses, homes and gathering places were destroyed on the infamous Kristallnacht, the Night of Broken Glass. Many Jewish citizens had seen this violence brewing and had left the country, but others thought they would not be hurt or were too afraid to leave everything behind.

"It takes courage to leave your country and all you have in your life to go to a new country and try and start again," she said.

She remembered clearly that German soldiers set up barracks everywhere and that their airplanes flew overhead. She and her sister were taken out of public school and put into an all-Jewish school. They had to sew yellow stars onto their clothes and their teacher refused to stand with them for their annual class picture. Her uncle and

"It was a time of unbelievable cruelty, but also goodness, courage and decency. It is a time that should not be forgotten, because history teaches us it could happen again."

**MAGDA NEMLICH,
ESCAPEE FROM NAZIS**



Valerie Tucker photo

Magda (Eichenwald) Nemlich was a child when her family fled Vienna, Austria, after Germany invaded in 1938. She, her sister Lotte and their widowed mother Rosa made the harrowing journey to England and then to the United States. They left behind their home, relatives and friends, most of whom were murdered during Hitler's brutal regime. She treasures her photo albums of family members, including one of herself as a high school graduate in New York.

cousin had immigrated to Texas, but Nemlich's family was told to expect a two-year wait to join them. Their fate changed in 1937, when another uncle in England was discussing these family difficulties with others on a train. A woman overheard the conversation and told him, "If you ever need help, write me." He passed the address to Nemlich's mother, who wrote to ask for her assistance.

"I have the letter that my mother received from her," Nemlich said. "It said that she had been successful, and mother should go to the British Embassy."

This complete stranger had secured visas for the young widow and her two little girls to travel to England.

"I owe my life to her and her goodness, a total stranger," she said.

Rosa was able to ship some household goods to New York, but they waited another two years before they saw their possessions again. Her mother also made a very dangerous trip to Switzerland for a day to deposit some money. They arrived in London, where they struggled with a new language, a new school and their life in a boarding house with strangers. Despite the challenges, Nemlich said they knew others left behind did not fare as well. Her mother suffered from a deep sadness and great

emotional distress, but in England, she had a chance meeting with a friend of her late husband. Mr. Klausner had been in both the Dachau and Buchenwald concentration camps, and his wife had committed suicide after he was taken away. Their son, who lived in England, bribed guards to get him out. He joined his son in England, and when he met the young widow, they fell in love, Nemlich said.

The Germans invaded Czechoslovakia in 1939, and the family learned about gas masks, air raid drills, curfews, ration books and blackout curtains. They received their U.S. visas in April, 1940, and they said sad goodbyes to their friends and to her mother's beloved friend Mr. Klausner. The ocean trip to New York was very rough, and passengers practiced emergency drills aboard ship because submarines were in the area. They were met by their mother's best friend and her husband, but they also learned their uncle in Dallas had died, and all their other aunts and uncles died in Polish concentration camps.

They started their new life in New York, their future stepfather Klausner, as Nemlich and her sister called him, joined them and married their mother in 1942. Although he also lost

everything he had worked for, he was never bitter and never complained, Nemlich said.

"He used to say that he had experienced hell on earth and now everything was good," she said. "He enjoyed every day."

Nemlich said she owes her life to the courage and strength of her family, the kindness of strangers and sheer luck.

"It was a time of unbelievable cruelty, but also goodness, courage and decency," Nemlich said. "It is a time that should not be forgotten, because history teaches us it could happen again."

In 1950, she married Alan Nemlich, raised three children, and enjoys all of her many grandchildren. Widowed in 2013, she has filled her Farmington home with family photos and art, some of it her own. She treasures her family photograph albums filled with vivid memories of the life she had before the war. For those interested in that historical period, see the film she recommends "Woman in Gold." Many Austrians, after the war, struggled to recover homes, businesses, land, money and treasured family heirlooms that Germans seized and sold or gave to others. The film, she says, tells the story of one woman's determination to expose that shameful part of post-war history.

Women Welcome Women creates international bonds of friendship

BY GRACE VON TOBEL

Special to Women's Quarterly

Once upon a time, I traveled in Ireland, Switzerland, and Kenya. Each time I stayed in the homes of women who, like me, were members of Women Welcome Women World Wide (5W).

According to the information leaflet and application form: "5W aims to promote international friendship by encouraging women of different countries to visit one another in their own homes. Members are of all backgrounds and ages, from many parts of the world. . . . It is about: international friendship, learning how other women live, helping women grow in confidence, extending the vision of women and their families, being part of the international community..."

In 2004, I received an email from an African woman. We were both members of 5W. After a year of email correspondence, I set out to visit Dolfine Gumba Dawa Oliech in her home in Korando, Kenya. By then I learned she had founded Korando Faith Widows & Orphans Group [KFWOG], cared for 25 AIDS orphans and ran a primary school for 200 local, mostly vulnerable children.

After I arrived in Nairobi, Dolfine collected me to go to the bus depot. We passed through the slums of Kibera and I glimpsed the horrifying reality of poverty—true poverty. Nothing in America could prepare me for the heat, squalor, smell and population density.

Dolfine had purchased bus tickets for the Easy Coach the day before. Kenyan transport doesn't move until it's full. Thus, early ticket purchase assured a seat on the bus. By contrast with New England's Concord Buses, the Easy Coach was the top of the line circa 1960. No air-conditioning, no restrooms, fairly clean, but driven by kamikaze wannabes.

Dolfine and I had eight hours to chat on the ride from Nairobi to Kisumu. I saw fat little zebras roaming the roadside. Small herds of cattle, sheep or goats moved about accompanied by young boys. When I asked about school for those children, Dolfine told me their families are too poor to send them to school and the boys were needed to care for the animals. Tuition is free for primary school, but each pupil must buy a school uniform, pencil, copybook and textbooks in order to attend. Many families cannot do that.

As we neared Kisumu we rounded a sharp bend in the road at the driver's customary breakneck speed and no-

ticed another Easy Coach on its side in a ditch, the wheels still spinning. People were screaming and climbing out the windows. We sped on toward our destination.

It was dark by the time we got to Kisumu. Dolfine found a taxi to take us to her daughter's apartment in town. After the bone-jarring journey, I collapsed into the cab relieved we'd soon be home. We moved off into the darkness. Soon the cab hit a major pothole and the engine went dead. I heard the whirr! whirr! of the key turning with no ignition. Briefly the engine started and we lurched forward only to fall into matched sets of potholes and we stuck with tires embedded fore and aft.

The cab was loaded with my heavy luggage, Dolfine and me, plus the driver and his buddy. Both of them got out to push. Flash thought #1—*It's pitch-black. Dolfine and I are in the hands of two men who see my white skin as a sign saying, 'walking cash\$!' We are in the middle of nowhere with no access to help.*

The driver's buddy walked off and we were told he was going for help. Flash thought #2: *Help from whom?*

Dolfine began to reassure me that we were fine. And we were. The buddy and a large man showed up and pushed us out of the potholes. Then Mr. Helper rummaged under the hood and got the engine running. After a night's rest in Kisumu, we finally traveled the last 8 kilometers to Korando and Dolfine's compound. My time with Dolfine and the orphans changed my life.

In the years since that trip, I have returned to Korando three times, and Dolfine has visited me in Waterville three times.

Dolfine is now a widow. Her compound has clean water and electricity. The orphanage has grown to 50 children. KFWOG educates children at primary school, provides school fees for high school students, and pays tuition, room and board for college students.

Dolfine works hard seeking sustainability through farming. We talk once a month or so. Not every 5W friendship is as dramatic as mine with Dolfine. One can travel to almost any country and stay with 5W hosts. Now that I don't travel much, I enjoy being a host. It's a way to travel without getting on a plane and have a guest from a far country come and share my home. If you like to travel and see places through the eyes of local people, check out: *WomenWelcomeWomen.uk*.



"Flash thought #1— It's pitch-black. Dolfine and I are in the hands of two men who see my white skin as a sign saying, 'walking cash\$!' We are in the middle of nowhere with no access to help."

GRACE VON TOBEL

Contributed photos

Dolfine Gumba Dawa Oliech from Korando, Kenya visits Maine and Grace Von Tobel through the Women Welcome Women World Wide organization.

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Yoga in Provence

(or in other words) heaven on earth

BY LISA A. HALLEE

Special to Women's Quarterly

We rose in silence and moved the table and chairs off the stone terrace of the ancient Provençale house to make way for our yoga mats.

"Bon jour, yogis" our leader Kim called as we prepared for our 7 a.m. yoga practice.

"Barely," said Marilyn, stifling a yawn, "I'm barely bon jour."

Our bodies still stiff from sleep, we flowed through sun salutations as best we could. The morning air was cool, belying the coming heat of the day. From our vantage point at the "Guardhouse," located on the edge of town at the village ramparts, the verdant valley stretched out below us, olive trees hugging the hillsides and terra cotta roof tiles of distant villas dotting the distant landscape. The silence was palpable, pierced only by an occasional birdsong. After yoga came a brief meditation, a chance to quiet the mind and breathe before a busy day.

Nine of us made the journey from Maine to the picturesque hillside village of Moustier-Sainte Marie in the Alpes de Haute Provence, France. Now we were diving deeply into an intense seven-day experience. Kim Nashed, a longtime teacher at School Street Yoga, and her partner, John Parsons, a meditation coach, had been planning this trip for nearly two years. Kim led yoga sessions at the beginning and end of each day with a longer session at mid-day. John led meditation at the end of each yoga session. In between, we toured the countryside, ate incredible food, enjoyed local wines, and made new friends.

Most of us had met for the first time in March when, on a frosty night, we trudged through the deep snow to Kim's Waterville home to hear about the trip. After the endless winter we had suffered through, the idea of a trip to a sun-drenched Mediterranean climate was alluring. Kim described activities such as picnicking along the gorge and the lake shores, yoga and meditation in a studio in the town center, hikes to a nearby monastery, and fabulous food and wine, but all I had to hear was "lavender fields in bloom" and I was hooked.

By the end of that evening, my fellow travelers and I had become friends and there was no question that I would make this trip. Three months later we met again in Provence and, in a week, became friends for life. Stephanie, a nurse practitioner and herbalist from Oakland, was traveling with her thirty-year-old daughter, Jessica, who works in fashion in Boston. Marilyn, a retired teacher from Skowhegan, and her husband, Roger, a newly retired physician, were inveterate travelers eager to see a new place. Annie, a retired librarian from Unity was

traveling with her daughter, Hannah, who was living in California. All of us were experienced yogis with the exception of Roger, who enjoyed meditation and was a good sport about yoga.

I had never heard of Moustier-Sainte Marie, but that's not surprising since Provence is a largely rural area with many small towns. The largest city in Provence is Aix de Provence, hardly a household name in the U.S. The largest city in the region is the Mediterranean port of Marseilles. Moustier St. Marie is tucked up in the Southeast corner of France near the Gorge du Verdon. The grand canyon of Europe, the guidebooks say. It doesn't look at all like the Grand Canyon, but it is undeniably beautiful: lush and green with limestone walls and a huge lake, Lac de St. Croix, whose water is colored turquoise by sunlight refracting off glacial sediment.

Moustier was built on a plateau flanked by limestone cliffs hundreds of years ago; the ancient stone buildings, some dating back to the twelfth century, are clustered on narrow cobblestone streets. Cars are not allowed in the town and must be kept in parking lots outside. The terrain is hilly and can be a bit challenging in the mid-day heat but the peace and quiet of a pedestrian-friendly town were well worth it.

Each day featured a jam-packed schedule. Our morning yoga took place at the Guardhouse; for our afternoon and early evening yoga, we escaped the 90 plus degree heat of the day for the coolness of an underground room we dubbed "the cave." The enormous room with its vaulted arched ceiling, stone walls and floor, lies two stories below the main square. Owned by the town, the "cave" has had many uses over the centuries but is now equipped with modern lights, sound, climate control and rest rooms and is used for public meetings. It was a perfect home away from home for us School Streeters.

Aided by our local hosts Pascal and Claire, we visited lavender fields, toured a local winery, hiked to the nearby monastery, Monastere de Segries, swam and kayaked in the cool lake waters and explored the Verdon gorge. One day we drove to a larger village, Riez, for its remarkable farmers' market (marche) and were overwhelmed by the spectacular array of local produce and other wares. We tasted olives of all shapes and sizes, bought apricots, white peaches, melons, radishes, greens, fresh herbs and huge heirloom yellow, green and red tomatoes. We sampled saucisson (thick dried cured sausage made from pork and spices in seemingly endless combinations). We savored local cheeses of all varieties. We adored the pungent local Banon, a goat cheese which is sold wrapped in chest-



Lisa Hallee photo

Moustier was built on a plateau flanked by limestone cliffs hundreds of years ago; the ancient stone buildings, some dating back to the twelfth century, are clustered on narrow cobblestone streets. Cars are not allowed in the town and must be kept in parking lots outside.



Photo by John Parsons

Each day featured a jam-packed schedule. Our morning yoga took place at the Guardhouse (pictured above); for our afternoon and early evening yoga, we escaped the 90 plus degree heat of the day for the coolness of an underground room we dubbed "the cave."

Provence

CONTINUED FROM PAGE 6

nut leaves and tied with raffia to last the winter. With us, it didn't last a day. We bought loaves of fresh bread and jars of creamy lavender honey and flavorful local olive oil.

Starved after pondering such succulent food, we met for lunch at a nearby bistro and feasted on lamb chops, whole sea bass stuffed with herbs, beef daube (a rich stew), and gorgeous salads, all washed down with well-chilled Provençale Rosé. I had never tasted French Rosé before this trip but I soon discovered that this was not my mother's Mateus. It was not sweet but dry and with subtle fruit overtones of apricot and pear. Delicious.

Over the week, we ate many meals together. Breakfast and lunch at the Guardhouse, included in the cost of our trip, were expertly prepared by our travel mates, Jessica and Stephanie, and featured a wealth of local produce, cheese, eggs and meat. We ate dinner as a group twice during the week and on other nights we sampled local restaurants on our own.

Our group spanned two generations. Six of us were what the French call "women of a certain age" that most delicate phrase captures this stage of life so well: we are old enough to know what we want (and not care what others think) and young enough to act on our dreams.

As we got to know each other better and the facades to which we bravely cling started to melt away, we discovered that we all shared a common thread – transition. All of us were moving from one role in life to another: caring for aging parents, grieving recent losses, retirement, empty nests, career transitions, marriage, divorce, new parenthood, new grandparenthood. Most of us raised families in central Maine but have adult children who no longer live here. We are forced to travel to where they are to maintain our family ties. Once we connected at this deeper human level, we bonded. Our trip became more than beautiful scenery and luscious food and wine, it became about self-discovery and lasting friendships.

The best news of all came recently. Kim and John will offer this trip again in June 2018 to a maximum of eight participants. I just might be one of them.

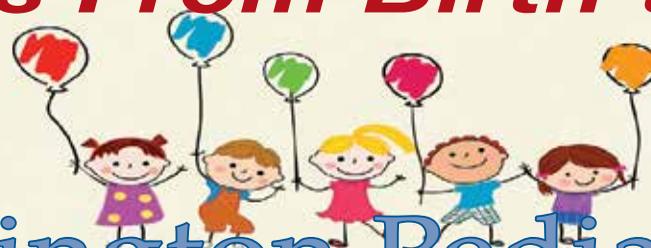


Lisa Hallee photos

Aided by our local hosts Pascal and Claire, we visited lavender fields, toured a local winery, hiked to the nearby monastery, Monastere de Segries, swam and kayaked in the cool lake waters and explored the Verdon gorge. Pictured above is the Verdon Gorge. To the left (from left to right) are Lisa, Jessica and Stephanie.

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Women: be aware, take precautions and know self-defense

BY MIKE HUARD

Special to Women's Quarterly
Terri Hibbard also edited
and contributed to this article.

There are times when a woman must defend herself from an attack or unwanted advances. The best defense, however, is often avoidance.

According to local martial arts teacher, Mike Huard, women should be aware that certain places make them more vulnerable than others: dark parking lots at late-hour nightclubs, dark hallways and late-night stores, for example, can be areas of danger.

Be self-aware and avoid these places except in daylight or when other people are present, he said. Having a partner or friend for safety in such places at night is a smart move.

Most often women are attacked by someone they know, a situation often exacerbated by drugs and alcohol.

In that case, "always speak up immediately and let that person know that they're bothering you. Tell them that what they're doing or saying is making you feel uncomfortable. Tell them to stop. Your voice is a great self-defense tool."

If they don't stop, say it again, forcefully and point out that you don't want them to be in big trouble, he said. And when possible simply get up, leave quickly and get to a place with other people are around.

If the worst happens and a woman is attacked, however, "The goal of defending oneself should always be escape rather than fight," Huard said. "Self-Defense is not a fight."

The goal should be to escape to a populated area and avoid at all costs letting the attacker get his victim to a secluded spot. This is when a woman must give it all she's got to prevent this, according to Huard.

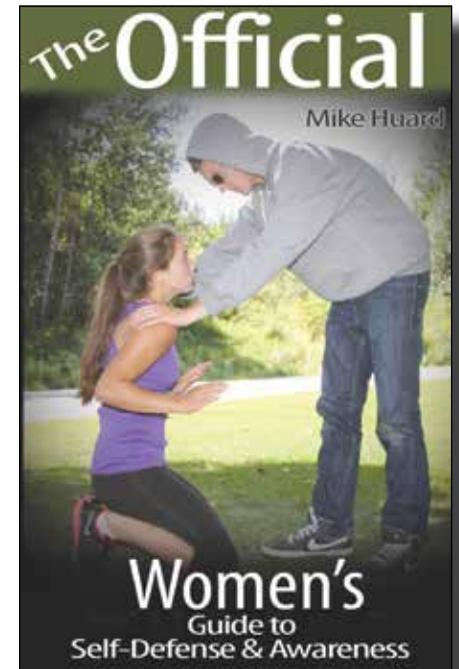
Many martial arts competitions have banned certain moves that are too dangerous for a fighting arena but are probably the best moves to use in any scary self-defense situation, Huard said.

The elbow strike. An elbow to an attacker's temple, chin, or nose can allow escape.

The knee strike. A well-placed knee to the groin is a good choice to help facilitate a getaway.

Raking, poking or stabbing the eyes. When someone gets a finger or two in an eye socket, it's very hard to focus at first. This gives a chance to run.

The main goal is always to escape when being grabbed or attacked, he said. One can twist a hand a certain way to loosen a grip, or rotate one's body to allow more freedom or open up a better means to breaking free, Huard said. Trying to find leverage to do something against a person who is stronger is very important compared to just pulling and pushing



A few of the moves featured in Mike Huard's book "The Official Guide to Self-Defense and Awareness." According to local martial arts teacher, Mike Huard, women should be aware that certain places make them more vulnerable than others: dark parking lots at late-hour nightclubs, dark hallways and late-night stores, for example, can be areas of danger.

with as much strength and energy as possible.

It is not always necessary to hit to get free, but knowing the best ways to strike can help with escaping.

The guard. If the attacker tries to get a woman down and on top of her, she should do her best to get her legs in the way, Huard said. This is known in martial arts (jiu-jitsu) as the guard. The guard is used to keep somebody from coming around to the side or climbing on top and pinning his victim fully to the ground.

One good thing about the guard, he said, is the ability to scoot backwards when the moment is right and kick the attacker in the face with a foot aimed at

his mouth. This can also allow time and room to scoot back, stand up and run. A more complex move from this position is to execute an arm lock on the attacker's reaching-out hand, push one of their arms between your legs while then wrapping both legs around the opponent's neck and choking them.

These moves are more advanced and will require training in defense skills but should be mentioned as they can be very effective, according to Huard.

Oftentimes the attacker is physically stronger than his victim and can overpower and hold her so that it's impossible to get away. What then?

If at all possible, Huard said, don't

struggle. Try to be calm rather than uselessly fighting to the point of exhaustion. That's what the attacker expects and wants. Once the attacker is convinced he can do as he wants, he may relax. That's when there is opportunity to strike with all your might and run.

Defending body, mind, and spirit is not easy, Huard said. The first step is at least talking about it and thinking about it.

Huard said he is available for workshops in Central Maine for any interested group. He can be reached at 207-649-8080. Mike Huard is a full-time martial arts teacher and writer in Fairfield. He is also the author of "The Official Women's Guide to Self-Defense and Awareness."

Learn about great grains and heavenly breads at July 27-28 Kneading Conference

BY KATE CONE
Correspondent

The smell of baking bread evokes ecstatic memories from childhood, if one was lucky enough to have with a friend whose grandmother held to the old ways. She mixed flour, yeast and water, kneaded the pliable dough and baked loaf after rectangular, brown loaf in an old cast iron oven, even on the steamiest of summer days. The farmhouse was more than 200 years old, built snug against a rise, meadows and barns behind. There was a secret closet where original owners hid from the Indians if they came calling back in the early 1700s. And always, tempting from the low-ceilinged, shaded kitchen, was the aroma of fresh bread.

Growing up in the 1960s, where commercial bread did indeed taste like tissue paper, having such a friend became a treasure beyond the girlhood friendship itself. It was a revelation: that bread could be made at home, even when one was old and the heat wilted everything else, and it could be savored with butter, not margarine, and found more satisfying than a cooling ice cream cone.

Flash-forward 50 years to the start of the Maine Grain Alliance, precursor of the Kneading Conference and Artisan Bread Fair: Celebrating its 10th anniversary this month, the Conference was organized by people concerned that only one percent of the wheat we consumed was grown in Maine. The effort to restore our once-rich grain economy to its past status was begun.

How did that percentage become so low, when right in the heart of Somerset County enough wheat was once produced to feed more than 100,000 people per year? Just as with heirloom apples and many other local crops, wheat production fell after the railroad came through in the mid-19th century. Because the wheat could be transported farther, the central plains beckoned that crop away, teasing with its longer growing season and rich soil.

Since that beginning, the Kneading Con-



Contributed photo

Two former work study members of a past meeting conference preparing dough for one of the workshops.

ference evolved, and in 2011, when granted its non-profit status, it came under the umbrella of The Grain Alliance. The group's mission is simple: "...to preserve and promote grain traditions, from earth to hearth."

The way they do that is by bringing bread and many other foods made with grain, including beer, to the people. In late July, there is a two-day event, which "gathers farmers, millers, bakers, maltsters, researchers, and grain enthusiasts from around the world for two days of intensive baking workshops, wood-fired oven building workshops, and discussions about grain growing and running grain businesses."

Have you been wishing for a backyard oven to bake pizza? Stu Silverstein will teach you how to make one. Dying for a beer of your own making? Allagash Brewing Company's head brewer Jason Perkins will lead people in a homebrew mini-class. Avid gardeners and farmers can learn how to grow heritage wheat and leave the class with some seeds to get them going. Have you

ever wondered how to swing a scythe? Here you can watch it done, as Jesse Cottingham leads you through the process. From experts, already in the baking business, to serious home-baker beginners, workshop participants will acquire a wealth of knowledge in areas like brick and stone oven baking, pastry-making, and even learn about a local company, Tortilleria Pachanga, that uses Maine-grown corn to make tortillas.

After the Kneading Conference comes the Artisan Bread Fair, a one-day affair, free and open to the public. Many of the same people teaching and presenting at the Conference will be at the Fair. The wood-fired ovens will still be a-blazing, pizzas emerging blistered and delicious. There is ample room to roam the various vendors, numbering over 40, and to learn, sample foods and meet others interested in all things made with grains, including bread, pizza, sweet pastries and tacos, all made right there, fresh on-site. You can even jump on a bicycle and grind up some grain with good old-fashioned

2017 KNEADING CONFERENCE
July 27 at 9 a.m. - July 28 at 5 p.m.
Check website, kneadingconference.com, for information about the conference, work-study and volunteering opportunities. If conference is filled up for this year, get on the email list for 2018. The Grain Alliance holds special events year-round, you don't want to miss any.

Maine Artisan Bread Fair
(free attendance, \$3 parking)
July 29 - 9 a.m.-3 p.m.

kneadingconference.com
Check website for details about parking, directions and a list of vendors

Events will be held at the
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pedal power. Still interested in the art of the scythe? There will be demonstrations on that too. Where the Conference is a bit pricey at \$325, the Bread Fair is free and family friendly. Bring the kids, in other words, because they should know the aroma and taste of Real Bread. No Kleenex here.

And for a truly easy and transformative bread-making experience, try Jim Leahy's now-famous no-knead bread recipe. Leahy owns the Sullivan Street Bakery in New York City and his recipe in the 2006 food section of the New York Times is one of the most popular in the history of the paper. (cooking.newyorktimes.com/recipes). Flour, water and yeast are easily mixed together, shaped into a flattened ball and left to do its own work for 12 to 18 hours. Punch out once, let it rest again, bake. Now you can make it with Maine-grown and milled flour. It's as amazing a bread, a true European boule, as that homemade grandmother's bread from childhood.

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Managing your pathway to wellness

BY WANDA CURTIS
Correspondent

One of the keys to women managing their own pathway to wellness is to become aware of which health screenings they should have throughout their life cycle. Family Practice physician, Amy Kuhl, DO practices at Inland Family Care-Three Rivers. Kuhl said recently that screening recommendations may differ depending upon which academic society a physician relies on for guidance.

"I like to tell my patients that medicine is a moving target," said Kuhl. "Guidelines and recommendations are constantly being updated or modified. We do our best to keep you up to date with this information. There is no 'one size fits all' plan of care. You and your physician, as a team, should come up with the best plan of care for you and your lifestyle. Please be proactive. See your provider regularly. Don't wait until there is a problem to be seen. Prevention is worth its weight in gold."

Cancer Screenings

Kuhl recommends that all women receive instruction in doing monthly breast self-exams by the age of 20. She recommends annual breast exams performed by a physician and annual mammograms for women ages 40 and over. She also recommends that women ages 21 to 65 have pap smears and HPV testing every 3-5 years. She advises that women at risk should also be screened for Chlamydia.

In regards to screening for colorectal cancers, Kuhl recommends that every woman, between the ages of 50 and 75, have a screening colonoscopy at least every 10 years or flexible sigmoidoscopy every 5 years with high sensitivity stool occult blood testing annually. She said that these tests may also be advisable between the ages of 75 and 85.

"Certain cancers are hard to screen for and prevent," said Kuhl. "That being said, keeping up with routine follow-up with your physician and complying with age appropriate cancer screenings can help reduce risk."

Heart Disease:

Number One Killer of Women

While most women are aware of the risks of breast and colon cancer, many women aren't aware that heart disease is the number one killer of women today. Heart disease causes 1 in every 3 deaths among women each year. Approximately one woman dies every minute from heart disease.

According to the American Heart Association, heart disease doesn't just strike older women. The AHA reports that the combination of birth control pills and smoking boosts heart disease risks by 20 percent for younger women. Also, the AHA points out that being thin doesn't mean that a woman doesn't have high cholesterol.

Kuhl recommends that women have a lipid panel, including LDL, performed at least every five years beginning at age 20 (or earlier if a cardiac risk profile reveals high risk). She said they may want to have a lipid panel drawn more frequently depending upon their risk profile. She also recommends that women of all ages have their blood pressure checked on a regular basis.

"Heart disease can largely be prevented by



DANIELLE GAGNON, MD
INLAND WOMEN'S HEALTH CARE

avoiding tobacco products, limiting alcohol intake, regular aerobic exercise and a healthy balanced diet," Kuhl said.

According to Kuhl, the American College of Cardiology recommends 150 minutes per week of moderate intensity or 75 minutes per week of vigorous intensity aerobic exercise for all adults in the U.S. She said that American College of Cardiology reports a strong and consistent relationship between increasing physical activity and cardiovascular risk reduction.

In regards to diet, Kuhl said that the ACC recommends a diet high in vegetables, fruits, whole grains, legumes, and olive oil or another heart healthy oil. She said the ACC also recommends limiting saturated fats, sugar, excess salt and red meat.

According to Kuhl, every woman, ages 45 and over, should have a fasting plasma glucose or random plasma glucose test (with the fasting test being her preference). She also recommends that women 65 and over (or starting at menopause, if additional risk factors exist) have baseline bone-density testing with follow-up at intervals based on test results.

Accidents are a leading cause of mortality between the ages of 15 and 44, Kuhl said. She recommends routine use of seatbelts in cars and helmets for biking. She said that using common sense can also help to reduce mortality-related to accidents.

Another leading cause of death among younger women, she said, is suicide. When women feel depressed and/or suicidal, she recommends reaching out to family, clergy, and healthcare professionals.

Eating Healthy Promotes Good Health

OB/GYN physician Danielle Gagnon, MD practices at Inland Women's Health Care. Gagnon said that two of the most important things any woman can do to improve her health and decrease the risk of disease are to eat a healthy diet and maintain a healthy weight.

"If you think about the most prevalent diseases in women, obesity increase the risks for a majority of them including cardiovascular disease, diabetes, high blood pressure, and certain types of cancer; including breast cancer, colon cancer, and cancer of the uterus," said

Gagnon stresses with her patients the need to avoid smoking and at-risk drinking. She said lung cancer causes more deaths in women than any other cancers, including breast and ovarian cancer. Smoking also leads to heart disease, decreases good cholesterol, and increases triglycerides. "Death occurs earlier in women who smoke by an average of 12 years."

DANIELLE GAGNON, MD
INLAND WOMEN'S HEALTH CARE

Gagnon. "Obesity also is associated with infertility. . . Eating healthy can help you maintain a healthy body weight, controls your cholesterol, aids in reducing the risk of hypertension and diabetes and improves bone health."

Gagnon said that with a healthy diet most women won't need to take many supplements. She said that, depending upon age, most women require 1000-1300 mg of calcium per day. She advised that they should focus on eating foods high in calcium and Vitamin D such as milk, cheese, yogurt, dark greens, soybeans and some soy products, certain canned fish and seafood, cereals and juices with added calcium. She said that exposure to sunlight also converts a chemical in the skin to Vitamin D.

Another important thing that every woman should be sure to include in their diet is iron which helps to make new red blood cells.

"One serving of most breakfast cereals with added iron should provide enough of this daily requirement," said Gagnon. "Other foods that are good sources of iron include spinach, some beans, clams and oysters, meats (beef, duck, lamb), and organ meats (liver, giblets)."

Also important for women is Vitamin C which is found in oranges and tomatoes. Gagnon said that eating foods rich in Vitamin C at the same meal with an iron-rich food helps the body to use iron better.



AMY KUHL, DO
FAMILY PRACTICE PHYSICIAN
INLAND FAMILY CARE, THREE RIVERS

Folic acid can help to not only improve overall health, she said, but also help to reduce the risk of having babies with a neural tube defect. Folic acid is added to many cereals, breads, pasta, rice and flour. It's also found in dark-green leafy vegetables. However, Gagnon recommends that all women of childbearing age take a daily supplement containing 400 micrograms of folic acid to be sure they're getting enough.

Death Occurs 12 Years Earlier in Women Who Smoke

Gagnon stresses with her patients the need to avoid smoking and at-risk drinking. She said lung cancer causes more deaths in women than any other cancers, including breast and ovarian cancer. Smoking also leads to heart disease, decreases good cholesterol, and increases triglycerides. "Death occurs earlier in women who smoke by an average of 12 years," she said. Gagnon defines "at-risk drinking" as drinking more than seven drinks a week or three drinks in a single day. She said that "drinking leads to injuries, interpersonal violence, sexually transmitted infections and unintended pregnancy, birth defects, menstrual disorders and altered fertility, heart and liver disease, seizures, and even certain types of cancer."

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Preserving with Pomona's Pectin

BY NANCY P. MCGINNIS
Correspondent

There is nothing like the satisfying “plink” of a canning jar lid: audible proof that the seal has been established and the contents of the jar safely preserved for future enjoyment. Generations of mothers and grandmothers in New England and beyond can readily relate to the steady random chorus of “plinks” as canning jars cool on a clean dry towel after their water bath.

But canning and preserving has become something of a lost art.

Perhaps for health-conscious members of current generations, the huge quantity of sugar involved has diminished the appeal of homemade fruit jams, jellies and preserves. Classic recipes typically require an inordinate amount of sugar to produce a scientific ratio of fruit pectin (a substance naturally found in apples and citrus fruits) to sweetener, allowing the mixture to properly jell.

Motivated by this dilemma, a pair of organic fruit farmers on the West Coast started experimenting with other approaches, back in the 1980's. From this humble start evolved Pomona's Universal Pectin, a low-methoxyl version of citrus pectin, which is activated not by sugar but rather by adding a small amount of calcium.

The small, family-owned business partnership offers only this one painstakingly researched and perfected ingredient. Pomona's Pectin is not only sugar and preservative-free, but also vegan, gluten-free, and non-GMO. Sold in combination with calcium powder to mix with water, Pomona's can be used to create jams and jellies sweetened to individual taste with low amounts of any desired sweetener. Sugar, honey, agave, maple syrup, even frozen juice concentrate, as well as stevia, xylitol, Sucanat, or Splenda and other artificial sweeteners can all be used in modest quantities to bring out the flavor of the other ingredients.

While detailed instructions and a few recipes are included in the box, and Pomona's has established a very helpful online presence on their website, those interested in pursuing this “new” old

fashioned cookery may want to own a copy of “Preserving with Pomona's Pectin,” a softcover book published in 2013 by Midcoast Maine author Allison Carroll Duffy in partnership with Pomona's.

Duffy, a wife and mom, is also a Master Food Preserver trained through the University of Maine Cooperative Extension and holds a Master's degree in gastronomy.

The book offers more 170 pages of mouth-watering recipes for old fashioned favorites as well as new and different combinations of fruits, vegetables, sometimes even herbs, nuts and spices.

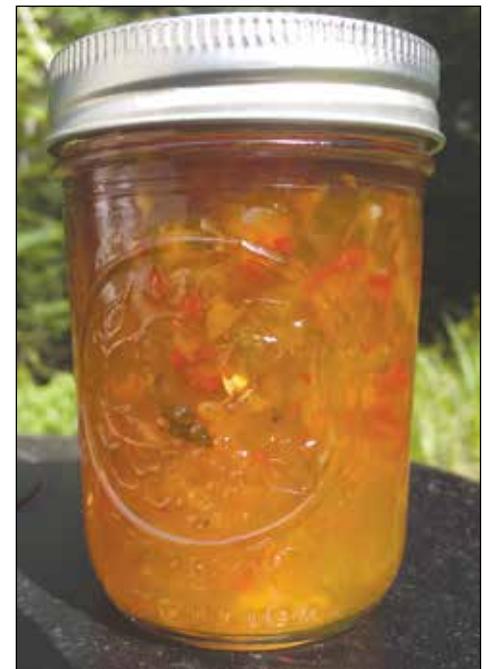
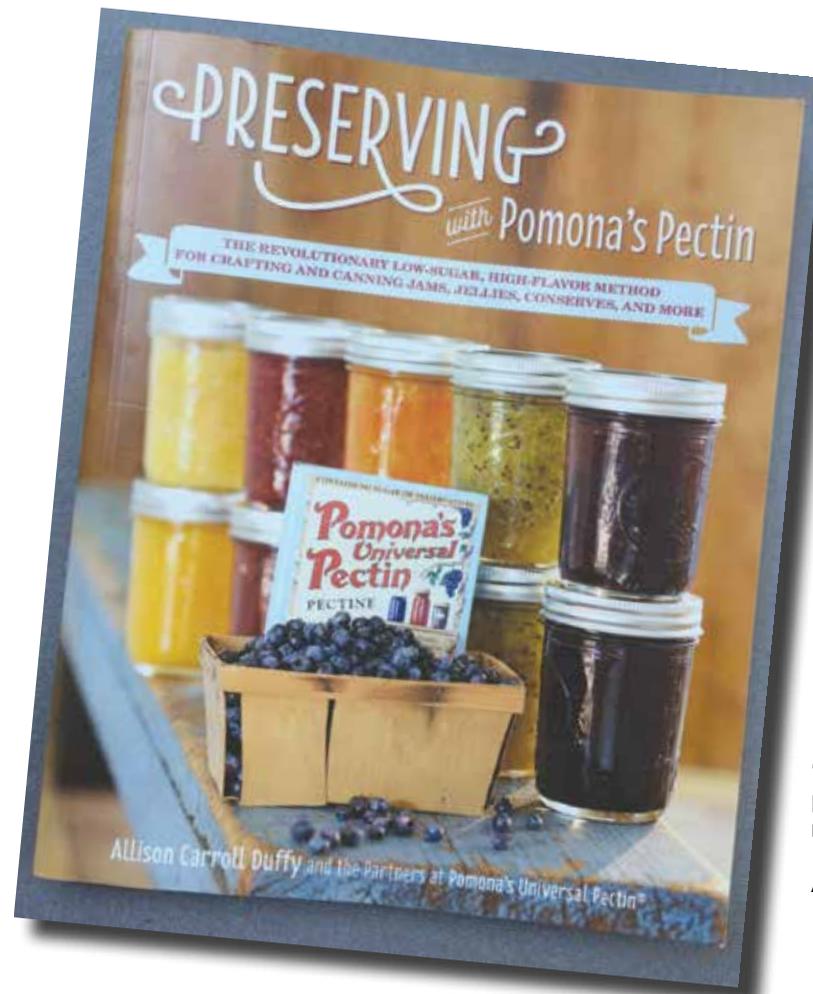
The book starts with canning basics,

including clear, concise, easily understandable information and instructions, along with diagrams and illustrations. In addition to the science of canning, and checklists of equipment and supplies, there are explanations as to why some practices have changed since Grandmother's day, and modern tips for food safety. Along with guidance to avoid pitfalls, there are plenty of suggestions and advice for adventurers looking to customize these recipes, or convert or create their own. The entire text is presented in a friendly, conversational style that is welcoming and reassuring to those new to canning without being condescending to those experi-

enced in home preserving techniques.

But it is the astonishing array of recipes and the irresistible color photography that definitely hook the reader. The choices range from minimalist Peach Preserves to Nana's Favorite Dandelion Jelly to Lemon-Pear Preserves with Cardamom to Savory Blueberry Ginger Conserve. What a lovely selection to browse through and start making plans to use your garden or farmers' market seasonal bounty! And think of the one-of-a-kind delights to be created from scratch for holiday gift giving and entertaining!

The book is available online from Amazon and Barnes and Noble.



Nancy P. McGinnis photos
“Preserving with Pomona's Pectin,” a softcover book published in 2013 by Midcoast Maine author Allison Carroll Duffy in partnership with Pomona's.

Above, a jar of pepper jelly made with Pomona's Pectin.

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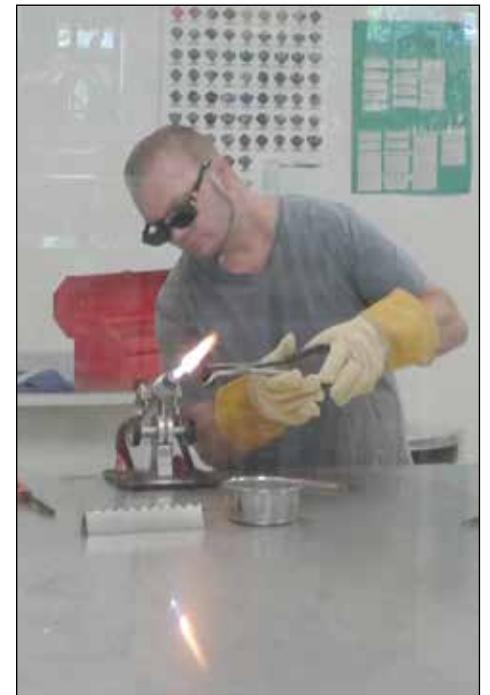
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Janet Parkhurst displays a classroom project dried in one of the kilns.



Some of the student projects on display in one of the classrooms.



Local artists can rent space and use equipment to complete projects.

Wanda Curtis photos

Unique classes and experiences offered at Stained Glass Express

BY WANDA CURTIS
Correspondent

Stained Glass Express (formerly located in Waterville) is far more than a store with unique gifts and supplies. It is a place where discovery of new talent takes place, where learning can be an adventure, and where, sometimes, working with glass can be a healing experience.

Stained Glass Express offers classes all year long at their new location, 966 Western Avenue, Manchester.

The Glass Academy, approximately 2,000 feet of classroom space, is inside the Stained Glass Express store. One of the classrooms is equipped with bench burners and there is a kiln room with four kilns. A large studio space is for local artists who can rent space and equipment to complete projects.

Ongoing classes include Beginning/Intermediate Stained Glass, \$75; Flame-working, \$175; Introduction to Fused Glass, \$90; Mosaics as an Art Medium, \$65, and All Glass Workshop, \$90. In addition, there are charges for supplies used in class. Most classes run for 5 weeks.

Also offered are jewelry-making classes. The complete schedule of classes and calendar are located under Glass Academy at stainedglassexpress.com.

The Glass Academy welcomes adults as well children (ages 10 and up unless otherwise designated). Homeschoolers often participate in classes. Children can complete special projects during birthday parties or school vacations. Pri-

vate lessons can be scheduled for youth and adults.

Fused glass projects designed especially for children (ages 10 and up) include a panda plate, two fused faces, and two fused pendants. Each of those projects takes between 45 minutes and an hour. All projects are ready for pick up in 7-10 days. There is a 10-student maximum.

Mosaic projects, including a mirror and coasters, are also popular for children's groups. Those classes take 2-3 hours and with a 12-student maximum.

Stained glass projects for youth (ages 13 and up) include a bevel butterfly, an agate sun-catcher, and a mini Victorian beveled heart. Those classes also take 2-3 hours with an 8-student maximum.

Instructors at Stained Glass Express are from many different backgrounds and each has a different skill set. Some of the instructors have training in grief therapy and use the classes to help persons who have experienced traumatic events work through their grief.

They report that art enables a person to envision the positive and that creativity can be healing. They've worked with students recovering from or coping with cancer or other difficult illnesses, parents who lost children from illness, war, or an accident, persons who have experienced divorce or other broken relationships, and people dealing with difficult situations in their jobs.

Stained Glass Express participates in the Beads of Courage® for children with serious illnesses. The bead program

helps children and young adults receiving treatment for serious medical illnesses to visually record and tell their story. Carry a Bead kits are sold at the store and online. People who purchase the kits can write about their experience of making it through a difficult time (or an inspiring experience) on a small card contained in the kit. Then this is returned, along with a bead, to Beads of Courage. The card and bead are shared with a child on a tough treatment day. That story becomes a source of strength to the child and serves as a reminder that they're not alone in their battle for life.

A unique program offered at Stained Glass Express is the Teach the Teacher

Program. Eligible teachers can take each of the ongoing, introductory classes (mentioned earlier) one time, registration free. Eligible teachers include public school K-12 art teachers, private school K-12 art teachers, college and university art teachers, and adult education art teachers.

"We've developed an extensive art teacher program that focuses on glass art instruction and gives art teachers the necessary tools to incorporate stained glass, fused glass, mosaics, and flame-working into their curriculum," said owner Janet Parkhurst.

More STAINED GLASS, PAGE 13

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Instructors at Stained Glass Express are from many different backgrounds and each has a different skill set. Some of the instructors have training in grief therapy and use the classes to help persons who have experienced traumatic events work through their grief.



The new Stained Glass store had approximately 3000 square feet of retail space. There's a large selection of gifts, trinkets, and treasures for local stained glass fans and tourists. They offer a large selection of stained glass supplies in the store and online. They also collect, repair, and sell antique stained glass pieces.

Stained Glass

CONTINUED FROM PAGE 12

Also offered at Stained Glass Express is a program for veterans which provides opportunities for free tuition. If a veteran signs up for any 4, 5, or 8-week class and the number of students enrolled meets the required minimum to run, the veteran's class tuition is free with only charge for supplies used in a class. Any group of five or more veterans can schedule a class free of charge. While their class is in session, they also can use classroom space, tools, and equipment free of charge during store hours.

Stained Glass Express is a favorite

stopping place for stained glass fans from all across the U.S. and Canada to pick up gifts and supplies. Parkhurst said that she has received many positive comments about how well stocked the store is. They also sell products online.

"We have the largest stock of glass and supplies that I know of anywhere," Parkhurst said.

Another service provided by Stained Glass Express is restoration and repair of existing stained glass windows. They recently restored many stained glass windows during the restoration of Lithgow Library in Augusta.

The store is open Monday-Friday 9 a.m. - 6 p.m. and Saturday 9 a.m. to 5 p.m. They're closed on Sundays. For information about their classes or products, call (207) 213-4126.

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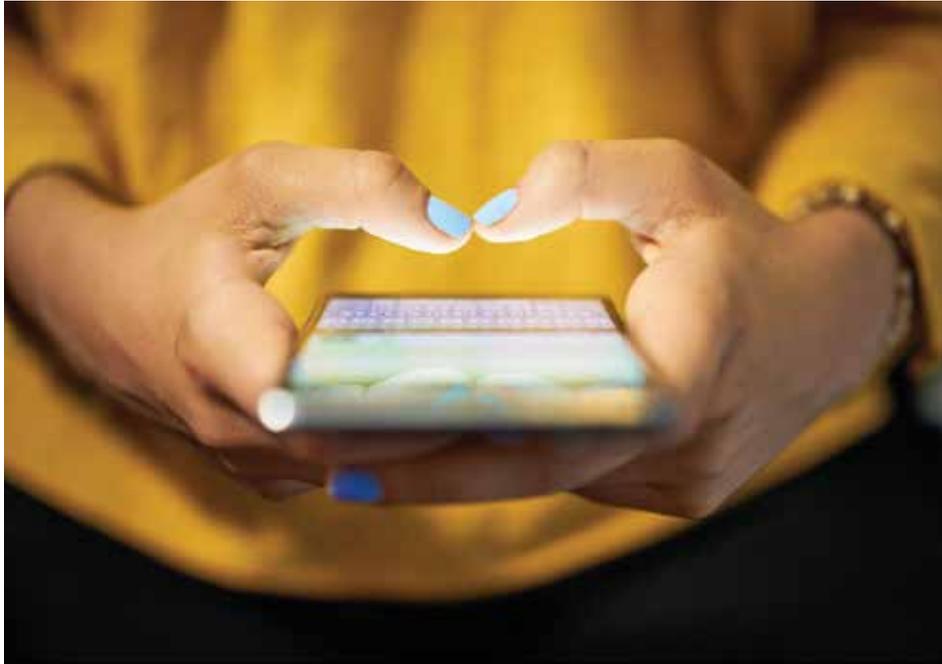
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Maintain privacy in the mobile phone age



Many people's mobile phones harbor intimate details of their personal lives. Because their phones are now home to pictures, passwords to "fast pay" credit card links and private text conversations, many people would probably now be less upset about losing their wallets than losing their cellphones.

While men and women don't have to become cyber security experts to protect their mobile phone privacy, it pays to take certain steps to safeguard phones from hackers or thieves.

- **Familiarize yourself with the "privacy" feature on the settings of your phone.** Adjust these settings as necessary, examining the security settings on each app that requires you to enter personal information.

- **Turn off geotagging on photos and videos.** This way images uploaded to social media will not contain location data.

- **Properly vet apps before downloading them.** The Wall Street Journal investigated 101 apps in 2010 and found

that many share information such as the phone's ID number, location, user's age and gender, and even contacts list.

- **Don't allow a smartphone to automatically remember login passwords.** And do not store passwords on the phone, whether in an app or in a note file.

- **Use the security lockout feature and password protect your phone.** Using a mixture of special characters and case-sensitive letters can help make passwords harder to crack.

- **Avoid transferring sensitive data at public WiFi spots or over Bluetooth.**

- **Don't be your own worst enemy.** Stop sharing or greatly reduce the amount of personal information you share on social media and in email and text exchanges.

It's difficult to maintain privacy in the digital age. Remaining constantly aware of the security risks and locking down personal information can reduce the risk of having private information made public.

Learn which days are the best to save money

Few people would pass on the opportunity to save money. Clipping coupons, redeeming discount codes and shopping sales are par for the course for the average consumer. What some may not realize is that shopping on particular days of the week or during certain times of the year can yield even greater discounts.

According to Charlie Graham, chief executive of *ShopItToMe*, a website that provides email alerts to consumers when their favorite items go on sale, significant price differences can be seen on a day-to-day basis, depending on the items.

As for when to shop for just about anything, the following is a guideline for getting good deals. Weekdays tend to be better than weekends for bargain hunters.

- **Airfare:** According to the fare tracking site *FareCompare.com*, most airlines post domestic fare sales on Monday evening, which creates a price-matching scenario on Tuesday. Data suggests that, to get cheap seats, travelers should shop around 3 p.m. on Tuesdays.

- **Appliances:** Big-ticket items like appliances require research and time prior to making a purchase. As a result, people tend to make these purchases over the weekend. To remain competitive, stores often discount large appliances on Sundays.

- **Cars:** Dealerships have less leverage when customer crowds are minimal, which tends to be the case earlier in the

week. The automotive resource *Edmunds* says that dealerships are more open to negotiating on Mondays.

- **Electronics:** Mondays are also a great day to find deals on consumer electronics. Retailers and manufacturers often release rebate deals early in the week, enticing consumers to buy.

- **Jewelry and shoes:** Studies have found that women tend to shop more in the middle of the week. Therefore, retailers that cater to females, including clothing stores, jewelers and handbag retailers, often discount items on Wednesdays.

- **Restaurant meals:** Dining out reaches its peak time from Thursday through the weekend. To generate sales during slow periods, many restaurants offer specials on Tuesdays and Wednesdays. For example, "kids eat free" specials are often offered on Tuesdays. Look for other discounts, such as happy hour deals or specials geared toward "ladies night out."

- **Supermarket food:** New circulars are distributed weekly, and items tend to be advertised on Sunday, making this the best day to get sales. However, since prices tend to carry throughout the week, Monday also can be a good day to save and the crowds are often smaller on Mondays than Sundays.

Saving money involves knowing when to get the lowest prices on popular items. And some days of the week are simply better than others for bargain hunters.



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You'll be cool as a cucumber serving this refreshing salad

BY NANCY P. MCGINNIS
Correspondent

Looking for a refreshing change of pace to brighten up a summer supper, or something different to bring to the neighborhood potluck?

Prepare-ahead salads are an easy, breezy solution to summer menus, when it's too hot to cook, and there's too much fun to be missed by spending time fussing in the kitchen.

Here's a simple recipe bringing the lowly cucumber into the spotlight. In fact, it stars in this dish along with only a handful of additional ingredients, but the sum is more than the parts, especially if the ingredients are as fresh and flavorful as can be. Use cucumbers and scallions (also known as green onions) from your own garden, if possible, or your local farmer's market.

Cucumbers, though 95% water

and thus ridiculously low in calories (16 per cup of raw, sliced cukes) are known for their antioxidant and anti-inflammatory properties. They are terrific sources of minerals (silica for healthy nails!) and micronutrients—which are especially concentrated in the seeds and skin.

And the expression “cool as a cucumber”? It's based on a scientific fact – the inside of a cucumber remains as much as 20 degrees cooler than the outside air temperature. An appealing thought on a hot summer day!

One last suggestion – this recipe brings home the advantages of having a few indispensable, well-made chef's tools available. While a sharp knife will do, a mandoline allows for quick and easy fine slicing of the cucumbers, and a pair of kitchen shears makes snipping fresh dill and other herbs a breeze.



SWEDISH CUCUMBER SALAD

INGREDIENTS

One large cucumber, preferably local/organic
1/2 -3/4 cup sour cream (regular or low-fat)
2 or 3 scallions, including green tops
1/4 tsp. salt, or more to taste
A sprig or two of fresh dill

DIRECTIONS

Scrub the cucumber gently with a bristle brush to remove dirt and any wax from the skin. If you like, hold the cucumber in one hand while using the other to run the tines of a fork lengthwise along the cucumber to create a pleasingly patterned edge when sliced.

Cut the cucumber into paper-thin slices, using a mandoline if you have one, or a very sharp knife and cutting board.

Wash and trim the scallions, and cut into 1/4 inch slices. Snip the fresh dill fronds, reserving a few for garnish.

Combine all ingredients (except reserved dill) in a medium bowl and fold mixture gently until all cucumber slices are coated. Cover and refrigerate to let flavors develop for at least an hour, or up to three days. Just before serving, stir again gently, taste for seasoning and garnish with reserved dill.

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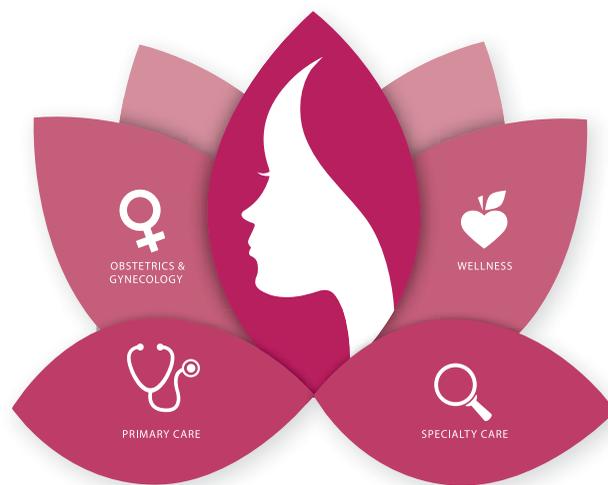
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