Nashed shares acceptance and open heartedness through yoga

page 4

Tammy Rabideau possesses a passion for libraries and people

page 7

Create a personalized book for someone you love

page 6

What’s a PechaKucha?

page 11

Advance directives give control over life decisions

page 13
You want a health care system you can visit in minutes, and for a lifetime.

We’re with you.

To MaineGeneral you are more than just a patient. You’re a neighbor, a friend, a mother. So, from starting a family to your yearly check-ups, our primary care team provides every woman with health care that truly matters.

- Convenient locations across the Kennebec Valley
- Access to the full MaineGeneral Health system
- Comprehensive women’s health care from obstetrics to geriatrics

Learn more about women’s health care within the MaineGeneral Health system at [www.mainegeneral.org](http://www.mainegeneral.org).

MaineGeneral maintains a BEST rating for Effective Maternity Care on Maine Health Management Coalition's Get Better Maine website.
Shaking up my life . . .

it’s an adventure

Just a Thought

BY TERRI HIBBARD

In November, I left my long-time home territory of Benton and Fairfield to move to Brunswick. My writers group meets here, one of my good friends lives here and my son is just 20 minutes away.

But the real draw is the ocean. In 20 minutes or less, I can walk beside the sea, I can sit and read beside the sea, I can feel so much more alive beside the sea. Not being a millionaire, I can’t afford a home overlooking the ocean, so this is the next best thing. Besides, shaking up my life is an adventure. I love adventures!

At age 14, my first adventure was leaving my Rumford home for three summer weeks to babysit in Kennebunkport. Thus began my life-long love and longing for the ocean.

At 17, I ran out of money for my junior year at the University of Maine and went to New York City to work, I was a Maine bumpkin who knew nothing about city life, but excitement beckoned. And so did that same young man. I became a governess for a wealthy family, lived in an elegant riverside penthouse with servants, spent weekends on their Long Island estate and sampled a whole new way of life. What an adventure!

Back in college, I worked three campus jobs to make it through and, in the spring of my senior year, a trip to Bermuda with classmates was a graduation gift. When the Bermudiana Hotel pool boy invited me to go to a beach party with him and his friends, just me, with total strangers in a strange place, of course I said “Yes.”

We hit the beach just as the rain began and the whole party moved into a cave. But was I afraid? You bet! A claustrophobic in a cave? Thankfully it was a huge cave where we settled on ledges, sang, ate and laughed the evening away. A memorable adventure.

On my last day in Bermuda, I decided to water-ski. I had never water-skied. “Put the skis on as you stand at the edge of the water, pull on the rope as you lean back a little and glide into the water.” Easy. That’s what my friends said.

The cost was something like $10 to ski, $15 if you needed a lesson. Who needs a lesson?

At the water-ski place, I quickly learned that the skis and I are in the boat and the boat is waaay out in the ocean. I’m supposed to put the skis on as I bob around in the water, hanging onto the boat with one hand. The kind instructor, helped me with the skis and didn’t laugh when I explained I was used to skiing in fresh water with far less buoyancy. I managed to stay on the skis and even waved with one hand when he turned to wave at me as we were whizzing around at approximately 90 miles (knots?) an hour. A slightly terrifying adventure.

After college, the fabulous newspaper job I anticipated while studying journalism didn’t turn up so I went to Florida to work as a waitress until I paid off a small college loan and saved enough to travel the world. Instead, I fell in love with a friend from Maine who also worked at the restaurant.

Then we married, packed up the Buick and headed West for an adventure. We meandered along with stops in Washington, D.C., the mountains of West Virginia, a friend’s home in Texas and after long, boring rides through the vast prairies, we landed in Arizona. My chef husband worked at Camelback Inn Resort in Scottsdale and later at Rancho de los Caballeros, a dude ranch in Wickenburg, Arizona. As for me, I had babies.

For eight years we spent winters in the West and summers on the coast of Maine. Finally, we and our five children settled in Benton, Maine where we (and later just I) lived for 46 years.

Adventures during those years were few but at age 71, I planned my itinerary, booked lodgings online and took off for Costa Rica. For three weeks I trekked in the rain forest, visited the cloud forest, met incredible people and enjoyed a late-life solo adventure.

Finally, here I am for perhaps my last adventure — a new life in Brunswick. I've left many dear people and familiar places for a tiny apartment in a new place surrounded by strangers.

Still, I believe the motto posted on my fridge for years had good advice: Sometimes you just have to leap, and grow your wings on the way down.

And that’s how you have an adventure.

Terri Hibbard can be reached at terrihibbard41@gmail.com.
Kim Nashed shares acceptance and open heartedness through yoga

BY SUSAN VARNEY
Correspondent

Kim Nashed leads yoga classes that integrate the body, breath, a quiet mind and an open heart. Her classes create the environment and space for personal exploration through relaxation and focus. She offers several levels from experienced to beginners.

**Level 1: Yoga** - This class combines yoga poses, focus on breathing, and guidance in meditation. It is a holistic class that brings awareness to joining body, breathing, a quiet mind and an open heart, bringing a deep sense of balance.

**Foundations Yoga** - This class is a good entry point for beginners or anyone who wants to dive deeper into the basics of yoga. The physical practice of yoga along with the poses and their benefits move and breathe together.

**Multi-Level Yoga** - Students of varying levels of experience share in a rich yoga experience. There is not just one way to get the most out of yoga, this class creates space for a way that works for each individual. The focus is on doing what is right for your body.

Nashed provides yoga positions and stretching exercises and her partner, John Parsons, leads guided meditation. Both use counting while breathing in, out and holding breath in order to get in touch with the body. They do body scans, relaxation to quiet mind chatter, silent meditation, thoughtful observation with life-encouraging, life-affirming self acceptance and openness.

“There is an open heartedness that is tangible in a gathered group because of the focus on relaxation and being in touch with your own body,” said Nashed, who loves sharing her knowledge of yoga.

There is an open heartedness that is tangible in a gathered group because of the focus on relaxation and being in touch with your own body,” Nashed said.

Nashed has taught staff and students at the Maine Children’s Home on Silver Street, Waterville. She has done one-time classes for students at schools such as Fairfield High School and China Elementary. No special equipment is needed: China teachers provided towels for students to sit on, while the Fairfield students used exercise mats from the gym. They wore their regular school clothing.

Nashed leads ongoing classes at the Muskie Center in Waterville, at the Winslow High School Library for high school and junior high students and staff, and at Champions in Waterville. Call the facility to find out times and availability.

Nashed and Parsons have two upcoming international events in a few months.

First is Yoga and Meditation in Provence, France from June 9-16, 2018.

The second annual retreat in Provence includes an afternoon at the Cistercian Monastère de Segries, meditating in the elegant chambers and walking paths through fields of lavender at the foot of the French Alps. Seven nights, six days, approximately $2,900. The package includes accommodations, daily yoga and meditation, most meals, French lessons and daily activities. It does not include airfare from the U.S. to Provence, but does include transport from southern Provence to Moustiers. A deposit is required.

Activities include:
- Explore shops, ceramics, architecture
- Picnic and explore of Gorge of Verdun
- Canoeing, sunning and swimming at Lake Verdun
- Tour of local goat cheese farm

New this year is a Yoga and Meditation Retreat in Umbrian, Italy from May 19-26, 2018.

Join a small group of like-minded adventurers who share a love of yoga, meditation and exploration. The retreat will take participants deeply into heart, mind, body and soul with daily yoga and meditation. They will journey into the beautiful heart of Italy, exploring its people, the countryside dotted with medieval villages, as well as its cuisine.

The package price of $2,900 includes private four-star accommodations, including private bathrooms, breakfast and lunch, transportation to and from the local train station, as well as all excursions. Deposit required. Kim and John will host two pre-retreat fiestas to get to know one another and plan events based upon group desires. Deadline for sign-ups is March 15.

Activities include:
- Hiking Mount Torre Maggiore and other trails
- Tour vineyards in Orvieto
- Biking, relaxing poolside garden
- Cooking class by local host.

For more information: Kim Nashed, 649-9301, kimnashedyoga@gmail.com, www.kimnashedyoga.com and John Parsons, johnparsons cu@gmail.com.

Below, Kim Nashed and John Parsons are partners in life, and work. Long-term yogis and meditators, they have been working together for the past two years bringing yoga and meditation to Maine, the U.S. and internationally.

**KIM NASHED’S TRAINING**

2011 - Hatha Yoga Certification, 200 hours, by Earth Heart Yoga. Yoga as a physical practice, and Philosophy of Yoga.

2012 - Yoga Immersion, 105 hours, with Todd Norian and Ann Greene of Ashaya Yoga. Study of proper alignment, focused breathing, meditation, philosophy, tantra, anatomy, and the chakra system.


2015 - Advanced Standards Teacher Training, 380 hours, by Yoga On York. A wide and thorough Yoga Teacher Certification was presented in this East meets West training. Hatha, Vinyasa Flow and Ashtanga Sequencing, Meditation, Pranayama, Shatkarmas, the Chakra System, Bandhas, Bhakti Yoga, Anatomy and Physiology, Philosophy and Ethics.

2017 - Yoga Nidra Certification, 40 hours, at ShivaShakti School of Yoga. Instruction in the deep, guided Meditation to prepare students—body and mind - to relax.

PLUS, countless workshops, retreats and classes!
Wise Words from Wise Women

“Do what you feel in your heart to be right - for you’ll be criticized anyway. You’ll be damned if you do, and damned if you don’t.”

ELEANOR ROOSEVELT

During her lifetime, Eleanor Roosevelt, wife of President Franklin Delano Roosevelt and niece of President Theodore Roosevelt, became well-known as an activist for human rights. Born in New York City on Oct. 11, 1884, Eleanor was a shy child who had a mostly unhappy childhood. Her mother, Anna Hall Roosevelt, died suddenly of diphtheria at age 29, her 4-year-old brother died a year later and her father, Elliott, an alcoholic who also suffered from mental illness, died a year after that. Eleanor was just 10 when she became an orphan sent to live with her strict maternal grandmother. It wasn’t until Eleanor was a teenager and sent to study in Europe that she began to blossom.

In 1905, she married a distant cousin, Franklin Delano Roosevelt and had six children. After her husband suffered a polio attack in 1921, Eleanor stepped up to help with his political career. When her husband became president in 1933, Eleanor dramatically changed the role of First Lady. During her 12 years as First Lady, Eleanor’s activities and advocacy of liberal causes made her nearly as controversial as her husband. She began regular White House press conferences for women correspondents. As a result, wire services that didn’t hire women had to do so or be out of luck if important news broke.

Because of the president’s disability, Eleanor helped serve as his eyes and ears around the country, reporting to him about conditions, programs and public opinion. She was particularly interested in child welfare, housing reform, and equal rights for women and racial minorities.

In 1939, when the Daughters of the American Revolution (DAR) refused to let Marian Anderson, an African American opera singer, perform in Constitution Hall, Eleanor resigned her membership in the DAR and arranged to hold the concert at the Lincoln Memorial. The event turned into a massive outdoor celebration attended by 75,000 people. On another occasion, when local officials in Alabama insisted that seating at a public meeting be segregated by race, Eleanor carried a folding chair to all sessions and placed her seat in the center aisle.

During World War II, she traveled abroad to visit U.S. troops. Eleanor Roosevelt got plenty of criticism for her unconventional activities and was the butt of “Eleanor jokes,” but most people appreciated her genuine interest in their welfare. Eleanor was a popular speaker at political events and at various institutions and, beginning in 1936, she wrote a syndicated newspaper column six days a week. She continued to write “My Day” right up to her death on Nov. 7, 1962 at age 78.

Today, Eleanor Roosevelt is remembered as a leader of women’s and civil rights, as well as one of the first public officials to publicize important issues through the mass media.

Following her husband’s death on April 12, 1945, President Harry Truman appointed Eleanor as a delegate to the United Nations General Assembly, a position she held until 1953. She became chair of the U.N.’s Human Rights Commission and helped to write the Universal Declaration of Human Rights, which she considered to be her greatest achievement.

President John F. Kennedy reappointed her to the United States delegation to the U.N. and later appointed her to the National Advisory Committee of the Peace Corps, as well as chair of the President’s Commission on the Status of Women.

Eleanor wrote several books about her life and experiences, including “This Is My Story” (1937), “This I Remember” (1949), “On My Own” (1958) and “Autobiography” (1961).

Compiled by Columnist Terri Hibbard
Create a personalized book for someone you love

BY SUSAN VARNEY
Correspondent

I don’t remember the first time I made a booklet for a friend to tell them, “I love you” — probably when I was in college and broke and wanted to make something for a friend.

Personally, I’d rather have something handmade by a friend than almost anything else. Growing up on a farm with a mother who canned everything from dandelion greens in the spring to real mincemeat in the fall. I remember my family exchanging divinity fudge and ribbon candy, quilts and mittens, and I’ve done those things, too. But one of my favorite things to do is to make a personalized book or booklet.

Probably the quickest and easiest is with watercolor paper or construction paper folded and stitched together in a size easy to handle. Pick a theme such as the ABCs of Rose (use your friend’s name) and go through the alphabet naming something for each letter that you remember or love about the person. It can be an event, a trip, an object or a memory.

A gift I had forgotten for my mother on her 80th birthday came back to me after she died at 93 and it was wonderful to reminisce about the time I did the gift: Shirley Dreams of Being 80: 80 Ways to say I love you.

It was a combination of sketches, watercolors and collages made from cutting images from magazines. Each page was filled with things I knew, loved and acknowledged about my mother:

- Eating cereal for breakfast and salad for lunch;
- For being a twin, being on time, for marrying a farmer. For loving chocolate, and ice cream, fresh tomatoes, cranberry juice and red lipstick.
- For planting roses, picking berries, making pies, drinking tea, milking cows, making cookies, baking bread, giving thanks. For reupholstering sofas, keeping house, loving dancing shoes.
- For raising children, KitchenAid® mixers, green bean casseroles and Chex Mix®. For having so many birthdays, for reading fairy tales, for making sure we learned to swim, for writing letters, reading books, loving pansies, lilacs, timothy and red clover.
- For threatening to make pigeon pie (but never doing it), for remembering Winston Churchill and Marilyn Monroe, for patting cats, making quilts, eating cottage cheese, for bath tubs and Band-Aids® and bottles of wine, for singing songs, playing cribbage; for banana splits and mashed potatoes, for robins’ nests outside kitchen windows, for walks along the river, skating on the frog pond, for taking care of people and feeding the hungry, for palm trees and pine trees and changing seasons . . .

Time flies, years pass, people come and go, we get older, we remember things and we forget things, we dream, we sigh, we laugh, we cry, we plant flowers, cut the grass, eat meals and love our friends, read poems, watch TV and talk on the phone, forgive and move on because you are not really old “til you start wearing your lipstick a lot larger than your lips.

My latest booklet was a gift to a friend who loves chickens, so I titled it Dancing Chicken Love and it is filled with photos collages of some of our adventures.

She has peach trees and when the peaches are ripe we have spent days processing peaches. One year we discovered the very best way was to use the grill to heat water for blanching peaches outdoors beside the peach trees — keeps the mess out of the kitchen and makes the job easier.

Other adventures included in the booklet are a trip to FDR’s summer home in Campobello.

But the most memorable one was a spontaneous trip to St. George for squeaky cheese and lunch; unfortunately she was travelling on a reported lost passport that had been replaced, and I was traveling on an expired passport. Both oversights made us feel unwelcome back in our own country.

We got into Canada with no problem, but getting back into the U.S. a few hours later proved problematic. We were detained at the border for two hours with the “Gestapo” glaring at us suspiciously, two little old ladies out for a Sunday drive. They must have been bored, it was a rather slow day with just a middle aged couple in a huge camper with big dogs and guns being turned back from entering Canada, and us.

You can turn any event into a little memory book as a reminder of misadventures as well as adventures. It doesn’t have to be perfect or huge . . . Just stitch up some blank paper and start gluing in images or drawing, painting or coloring memories for a friend. Add feathers and bells, fabric and shells — whatever has meaning and interest.
Tammy Rabideau possesses a passion for libraries and people

BY LISA HALLEE  
Correspondent

Tammy Rabideau is animated as she talks about the recent StoryCorps event at the Waterville Public Library. “People came together that day to tell their stories, and telling their stories was empowering,” she said.

In Rabideau’s view, this is what libraries do best. “Libraries can change people’s lives. When people are filled with information and knowledge, they make better life choices.”

To Rabideau, working in a public library is the perfect blend of her passions for library science and social work. Rabideau began her work at the Waterville Public Library in 2010 when she answered an ad seeking a job as “part-time, temporary” business and career librarian. Library Director Sarah Sugden called her in for an interview right away. Sugden said she immediately saw that Rabideau was a rare find—an extremely well-qualified, articulate woman with a deep and abiding passion for libraries.

“It felt like Christmas” Sugden said about meeting Rabideau. “She’s brilliant and she was just what we needed.” Rabideau left the interview feeling good and drove to Starbucks to treat herself to a coffee. While waiting for her drink, her cell phone rang. It was Sugden. “We don’t need to interview anyone else,” Sugden said. “We want you.”

The part-time, temporary job became full time and permanent and its scope has expanded from business and career librarian to assistant director. With Sugden’s blessing, Rabideau has forged partnerships throughout the community with partners ranging from Waterville Creates and the Colby College Center for the Arts and Humanities to the Mid-Maine Chamber of Commerce and KVCAP. Those collaborations form the backbone of the library’s rich and varied programming, as well as innovations such as PechaKucha and StoryCorps.

“Tammy took the dream and stitched and knitted it together to create what we have now: a group of committed partners all working for the same goal.”

SARAH SUGDEN, WATERVILLE PUBLIC LIBRARY DIRECTOR

Rabideau fell into her career as a librarian as a recent graduate of Skidmore College in New York. “I was a parent’s nightmare, a graduate of an expensive college living in the woods and working as a waitress while I figured out what I wanted to do with my life,” she said. She briefly considered law school, but somehow it didn’t feel quite right. She then considered getting a Masters in Social Work to build on her undergraduate work in social policy. Finally, she landed on a Master’s Degree in Library Science. Her mother had been a librarian and, through her, Rabideau had met many librarians who were smart and caring people. She came to see libraries a way to help people.

After obtaining her library degree at SUNY Albany, Rabideau was accepted into a residency program at the University of Michigan. At Michigan and subsequently at Swarthmore College, Rabideau had a bird’s-eye view of two of the best academic library systems in the country. She thrived, intellectually, professionally and socially. While at Michigan, she met her future husband, Turner, a graduate student in history. After they were married, they both found good jobs in the Atlanta area: Turner in a tenure track teaching position at Kennesaw State University and Rabideau as head of acquisitions at Georgia Tech.

Rabideau grew increasingly frustrated at the impersonal nature of academic library work. It was intellectually challenging, but it didn’t have the emotional impact she craved. At the same time, her husband dreamed of teaching in a small liberal-arts college. Once their daughter was born, Rabideau left her job to become a full-time mother and Turner interviewed for his dream job at Colby College. Colby job in hand, they moved to Maine and haven’t looked back.

Rabideau’s full-time Mom years gave her the chance to recalculate her professional goals. The more time she spent in local libraries as a mother, the more she came to understand how important public libraries are to everyone. She watched people come into the library, one after the other, and ask a question or pick up a book and walk away with a smile. She saw families and adults from all corners of the socio-economic spectrum find their place at the library. Suddenly, she knew. This was the kind of library work she wanted to do.

“My passion for libraries was reignited,” Rabideau said. “Tammy(Rabideau) took the dream and stitched and knitted it together to create what we have now: a group of committed partners all working for the same goal.”

SUGDEN is pleased with her good fortune. “What I appreciate most about Tammy,” Sugden said, “is her genuine warmth for all people. She strives for excellence out of love. The public library is the perfect setting for Tammy’s skills and her heart. She sees the impact and is moved by that.”

While Sugden has focused on creating a vision for the library, Rabideau’s focus has been on creating the infrastructure to make that vision a reality. According to Sugden, “I say ‘here is where I want to go’ and Tammy figures out how we can get there. Tammy brings a wealth of incredible technical skills to her work. And she is not afraid to take risks. She and I share a philosophy that libraries need to be a part of the community. Not every librarian is comfortable with that. But lucky for me, Tammy is.”

The kids are in school, now take time for you!

With over 30 programs to choose from, and the lowest tuition rates in the state, KVCC is the right choice for you.

REASONS KVCC IS RIGHT FOR YOU!

☐ $92* per credit hour  
*Maine resident

☐ Online, part-time and night classes available — perfect for busy Moms!

☐ Small class sizes

☐ Over 30 programs to choose from

☐ High job placement rates

☐ Transfer credits to a 4-year university

KVCC  
KENNEBEC VALLEY COMMUNITY COLLEGE

92 WESTERN AVENUE, FAIRFIELD | WWW.KVCC.ME.EDU

For more information, please call Enrollment Services at 453-5822 (453-KVCC)
Or email CJ McKenna at cmckenna@kvcc.me.edu
Young readers turn to picture books for a look at real life

BY NANCY P. MCGINNIS
Correspondent

Especially when reality seems stranger than fiction, many readers understandably turn to fiction for escape. Even kids have superheroes and fairy tales. But a number of recent outstanding works of nonfiction—picture books—pave the way for adults seeking to put into perspective for young people what it means to live in these times.

Three superb examples, all titles just published in 2017, are “Malala’s Magic Pencil,” by Malala Yousafzai, with lovely artwork by Kerascoet; “This is How We Do It: One Day in the Lives of Seven Kids from Around the World,” written and illustrated by Matt Lamothe and “Here We Are: Notes for Living on Planet Earth,” written and illustrated by Oliver Jeffers. All three manage to avoid preaching or condescension, while offering positivity, comfort and reassurance, even a winning touch of whimsy.

A Locally Owned & Operated Cremation Service

Aable Cremation Service, LLC
Cremations Starting
At $895.00
Preplanning Available
Serving the Central Maine Area from Waterville
616-0352
A Locally Owned & Operated Cremation Service
www.aablecremation.com

Three superb examples, all titles just published in 2017, are “Malala’s Magic Pencil,” by Malala Yousafzai, with lovely artwork by Kerascoet; “This is How We Do It: One Day in the Lives of Seven Kids from Around the World,” written and illustrated by Matt Lamothe and “Here We Are: Notes for Living on Planet Earth,” written and illustrated by Oliver Jeffers. All three manage to avoid preaching or condescension, while offering positivity, comfort and reassurance, even a winning touch of whimsy.

No, they don’t sugarcoat. And while the writing is simple enough and age-appropriate for a young reader or listener to comprehend, the message is straightforward and powerful. “Malala’s Magic Pencil” is a remarkable biographical memoir, penned by the young Pakistani woman who has been awarded the Nobel Peace Prize for her determination as a girl to pursue her education despite all odds, and to work to assure that every child is afforded the same opportunity. In white text on a double page spread that is mostly stark black, Yousafzai writes minimally, without mentioning the Taliban by name or the fact that she was shot in the head, that “...they tried to silence me. But they failed.”

She relates that, as a young child, she used to wish for a magic pencil that could erase the stench of the village dump nearby and even the antics of her pesky brothers. But once faced with real danger, as she explains in a letter to the reader that serves as the epilogue, she realized that her own voice was more powerful than anything.

Lamothe introduces us to seven children not all that different from each other nor from the American child reading his book, even though they happen to live in Italy, Japan, Iran, India, Peru, Uganda and Russia. Lamothe’s captivating artwork illustrating each child’s statements about the daily details of their lives at home, in school, and out in their communities draws in readers and listeners, inviting us to note the differences—and the similarities—from mealtime to classroom to family evening activities. In a note to the reader, Lamothe explains what inspired him to write the book. While American children may marvel at, for example, their Ugandan counterparts’ knowledge of how to avoid a confrontation with an elephant, other scenarios, such as trying to avoid getting caught goofing off in class, are pretty much universal. In a double page photo spread at the end of the book, the nonfictional nature of the book is reinforced when we meet the actual kids and their families who provided the information for Lamothe.

Jeffers was inspired to create “Here We Are” as heartfelt guidance and reassurance for his infant son, springing from the father’s awed realization that his newborn arrived knowing absolutely nothing.

“Are you ready for your first day on this earth?” the baby asks, to which Jeffers replies, “Yes, I am ready for this day. And you?”

The book introduces us to “planets, the ocean, the rain, the thunder, the ice, the sight of a tree, mountains, horses, birds, the flood, the day, the night, the light, the dark.” Jeffers draws us through the universe to appreciating the physical features of the earth—pointy, flat, bumpy, bumpy, dry, wet, hot or cold—to realizing that we, as human beings, despite our diversity are all in this together, and ultimately that kindness to each other and stewardship of our planet are both crucial to our continued existence.

Any or all of these three titles would make an excellent addition to a child’s or grandchild’s collection of books, or a lasting gift to a new baby or to a classroom or library. But if you follow this suggestion, before you bestow one or more of these books as a gift, find a quiet moment to take a look through the pages for yourself. You’ll be glad you did.
O
t of the most common health
problems today, among both men
and women, is gastroesophageal
reflux disease (GERD). Gastroesophageal
reflux occurs when the contents of
the stomach, including stomach acid, back up
into the esophagus (the tube that connects
the mouth and stomach) and often into the
throat and mouth.
When acid comes into contact with the
esophagus, it may cause a burning sensation
known as heartburn.
According to the American Gastroentero-
logical Association, common symptoms of
GERD may include not only heartburn but
also feeling like food is coming back up into
the mouth, a sore throat that doesn’t go
away, a cough that doesn’t go away, a hoarse
voice, a feeling like a lump in the throat,
pain during swallowing, feeling like food gets
stuck in the throat when swallowing, nausea,
vomiting, frequent belching, and/or asthma.
To determine whether those symptoms are
carried by GERD or another health prob-
lem, the symptoms should be evaluated
by a healthcare provider. (Symptoms that
require immediate medical attention include
vomiting blood or material that looks like
coffee grounds, red or black stools, and/or
unplanned weight loss.)
Inland physician Dr. Simon Gibbs, M.D.,
said that many people use over-the-coun-
ter products such as Maalox, Rolaids or
Tums before seeking medical care. If their
symptoms aren’t relieved by those products,
he said they often try Pepcid or Cimetidine.
When those don’t help, many seek pre-
scription medication, such as proton pump
inhibitors.
Results of a research study (published in
JAMA Neurology 2016;73(4):410-416) revealed that regular use of the proton pump
inhibitors omeprazole, pantoprazole, lanso-
prazole, esomeprazole and rabeprazole are
associated with a significantly increased risk
of incident dementia in an elderly German
population. The authors concluded that more
studies are needed to determine how those
drugs might contribute to dementia in the
elderly.
Gibbs referenced a more recent study of
proton pump inhibitors (published in the
November 2017 online version of the Journal
of the American Geriatric Society) in which
researchers didn’t find use of proton pump
inhibitors was significantly associated with
an increased risk of Alzheimer’s Disease.
Gibbs said that because of the more recent
study he isn’t concerned about patients
developing Alzheimer’s while using proton
pump inhibitors.
However, he stressed that those drugs
should be prescribed and monitored by a pri-
mary care physician because of the possibil-
ity of other side effect, such as osteoporosis
and/or renal failure (particularly in individ-
uals who already have a history of chronic
kidney disease).
“Those (drugs) are very strong and should
be monitored by a primary care doctor,” he
said.
According to Gibbs, GERD should not be
left untreated because it can lead to more
serious complications, such as strictures in
the esophagus, esophagitis — a precancer-
ous condition known as Barrett’s esophagus
and/or esophageal cancer. He said that in
some cases, a surgical approach is needed
to treat GERD.
Gibbs said that three major risk factors
for GERD are obesity, smoking and excessive
consumption of alcohol. He said that GERD
is more common among women in the 18-30
age group because women in that age group
smoke more. He suggests that to prevent
GERD individuals lose weight, stop smoking,
avoid excessive intake of alcohol, avoid food
and drinks that have a high acid content
and sleep with the head of their bed slightly
raised.
Prior to joining the staff of Inland Surgical
Associates, Gibbs practiced for nine years as
an esophageal/gastric surgeon in England.
He currently performs about 200-250 eso-
phagoscopies at Inland each year, as well as
other surgeries.
Live performance of Steel Magnolias comes to the Waterville Opera House

BY NATE TOWNE
Marketing manager
Waterville Creates!

“Calendar Girls” is a tough act to follow. The hit play produced by the Waterville Opera House last fall was a near sellout performance every night, a remarkable accomplishment for a non-musical in central Maine. But if any play could beat the odds, it would be the upcoming revival of “Steel Magnolias,” opening on Friday, Jan. 26 at the Waterville Opera House. Staff recommend getting tickets now; this show will likely sell out faster than green grass through a goose!

Inspired by the 1989 film classic, “Steel Magnolias” is beloved by audiences nation-wide for its sassy southern humor and strong female cast. Now you can share the powerful love that connects these strong women as you ride the rollercoaster of life with them. As they journey through ups and downs, these friends prove that you can be as delicate as a flower, while still remaining tough as steel. This play reminds us that while there are struggles in life, love and great friendship can conquer any obstacle fate sends our way. Full of memorable quotes you love from the movie, this play will have you “laughing through tears.”

If you’ve never seen the movie, not only are you in the minority, you’re in for a real treat. The play is set in Chinquapin, Louisiana, centered on Truvy’s beauty salon — where all the ladies who are “anybody” go to have their hair done.

Proprietor Truvy (who can “usually” spot this show. Working alongside such strong, experienced actresses and directors has been a pleasure and a gift to me,”
One actor in the show has a deep connection to “Steel Magnolias” going back 27 years when she was in the play as another character, a stretch that translates to an impressive connection with her fellow performers and the audience.

“For me this is a special show, I love this story,” said Lisa Neal, playing the role of M’Lynn Eatenton, the show’s ultimate steel magnolia. “It offers such hope and love in a world that seems to be lacking in that department sometimes. Twenty-seven years ago, I was privileged to play Shelby in another production; being able to help tell this story through the eyes of her mother this time is very exciting to me. This story really puts things into perspective.”

Not only is this a powerful show, it has a powerful, universal message for the world. “In this time, when women are showing strength and courage to stand up and speak out, to be a part of this show, directed by women, with a woman stage manager has been beyond incredible,” said Nancy Carbone, who plays the eccentric town millionaire, Clairee Belcher. “For the audience to see a snapshot of these women’s lives showing fragility and strength in a time of tragedy is uplifting. The men in Shelby’s life couldn’t stay through the darkest hour. Only a woman, her mother, at the end was made of steel.”

Steel Magnolias runs Jan. 26 through Feb.4 at the Waterville Opera House and offers both evening and matinee performances. Tickets are $21 for adults, and $19 for students/seniors. It might be best to leave the little ones at home for this production, which is rated PG-13 for profanity. Don’t wait for the last minute to get your tickets to “Steel Magnolias,” this is going to be an amazingly powerful show you won’t want to miss! For more information or to reserve tickets call 873-7000 or visit www.operahouse.org.
What’s a PechaKucha?:
A speaker with a passionate topic and a small window of time — and slides — to express it

BY LISA HALLEE
Correspondent

What do “Wacky Animal Sex,” “Return of the Green Fairy” and “Art Guitars” have in common? If you had been to a Waterville PechaKucha in recent years, you would know; those topics were all subjects of recent PechaKucha talks.

“PechaKucha,” you might be asking yourself, “What the heck is a PechaKucha and is it contagious?”

PechaKucha (pronounced Petch-ah Coo-cha, accent on the second syllable, or PK for short) is a presentation format designed to communicate ideas quickly and simply. Twenty slides, 20 seconds per slide — six minutes and 40 seconds. That’s it. If a speaker rambles on past 20 seconds, the slides automatically move ahead and the speaker will be left behind. That keeps the presentation fast and lively, keeping listeners interested.

As retired children’s librarian Marie Benner observed, “PK is a concert of ideas.”

PechaKucha Waterville, Volume 26, will happen at 6 p.m. Jan. 19 at Thomas College and, as with all PKs, admission is free. PK Waterville has been held quarterly — usually in January, April, July and October — since 2010. No two PKs are ever the same. Each event is held in a different location to bring crowds to varying parts of the city. Each has a different emcee, which brings new voices to the mix, and each features eight or nine different speakers. Speakers generating their own ideas and topics vary as widely as the personalities of the speakers. Some talks are deeply personal, some relate to the speakers’ professions or hobbies, but all are delivered with passion.

The idea for PK Waterville was born at a dinner party. Backyard neighbors Tammy Rabideau and her husband, John Turner, and Marty Kelly and his wife, Sharon Corwin gathered for dinner one Friday night with a few other young families. Among other things, the group discussed how to inject new and creative energy and ideas into the community.

According to Rabideau, Waterville PK is intended to celebrate the hidden treasures and assets of Waterville.

“We knew that there was so much talent and creativity in this area. We just needed a way to bring it out into the open for everyone to see,” she said.

PechaKucha originated in Tokyo where architects Klein Dytham introduced it as a way to quickly present design concepts. Now there are PKs happening in more than 1,000 cities around the world. Each city has an organizing committee that vets talk proposals and scheduling events. Rabideau has been a part of the Waterville organizing committee since its inception. Initially, she worked primarily with Marty Kelly and Rich Carroll, but over the years many other volunteers have lent their support. Rabideau, Kelly and Carroll were uniquely positioned to bring the idea to Waterville. Rabideau had just begun working at the Waterville Public Library.

Rabideau was digital collections librarian at Colby College and Carroll, who has since moved, was a resource development professional at United Way of Mid-Maine and an accomplished quilter.

Together they pooled their time and talent to assemble the inaugural PechaKucha at the Hathaway Creative Center in April of 2010. Some 150 people came, far exceeding expectations. Helped by dozens of volunteers and sponsors along the way, PK has attracted similarly large audiences ever since. Last July, an estimated 350 people attended the PK held in a tent in Castonguay Square as part of MIFF.

Rabideau sees a bright future for PK Waterville.

“It will thrive as long as there are people who want to share cool ideas with each other,” she said.

---

LEARN LOCALLY:
Yoga at Spectrum Generations and Champions in Waterville.
Visit kimnashedyoga.com for more info. Other pop ups ongoing!

Relaxing Yoga Nidra at Riverside Farms, Oakland, ME
February 19th from 3 to 6:00 pm  $35
A relaxing session followed by healthy hors d’oeuvres, wine or juice.

EXPLORE GLOBALLY:
Yoga/Meditation Retreat in Umbria, Italy
May 19-26  $2900
Yoga/Meditation Retreat in Provence, France
June 9-16  $2900
Retreats include lodging, 2 daily meals, local transportation, guided expeditions, 2x daily yoga meditation and all the free time you want.

“Kim and John are tons of fun! I would follow them all over Europe...” — J.K.

---

Kim Nashed taught at School Street Yoga for seven years and offers affordable yoga classes at Champions, schools, and Spectrum Generations in Waterville. She is a Yoga Alliance Registered Yoga Teacher.

John Parsons is a long-term meditator, a business CEO and a certified teacher of Mindfulness/Meditation from the Search Inside Yourself Leadership Institute, founded at Google.

MIND, BODY, SOUL & ADVENTURE  www.kimnashedyoga.com  207 649-9301  kimnashedyoga@gmail.com
Kale salad: versatile, virtuous, and veritably delicious!

BY NANCY P. MCGINNIS
Correspondent

More and more folks are becoming fans of kale, the hardy green superfood that famously offers antioxidant and anti-inflammatory benefits along with fiber, nutrients and vitamins, with outrageously few calories and zero fat! What’s not to love about a kale salad? Well, there’s the matter of those tough, chewy leaves—leading one frustrated eater to declare he might as well eat “a mouthful of barbed wire.”

Thankfully, there is a simple (if surprising) secret to tender, sweet kale salad: a transformative massage. After cutting the kale into ribbons, only a few minutes of hands-on “scrunching” the greens is sufficient to break down the fiber and create a delicious, healthy and downright irresistible salad. As a bonus, leftover kale salad (if there is any!) tends to hold up longer and keep better than other salads.

Once this simple technique is mastered, endless variations are possible depending on individual taste and preference, as well as what other ingredients are available and handy. The recipe described here offers a bright mix of sweet and tart ingredients are available and handy. The recipe described here offers a bright mix of sweet and tart—leading one frustrated eater to declare he might as well eat “a mouthful of barbed wire.”

Thankfully, there is a simple (if surprising) secret to tender, sweet kale salad: a transformative massage. After cutting the kale into ribbons, only a few minutes of hands-on “scrunching” the greens is sufficient to break down the fiber and create a delicious, healthy and downright irresistible salad. As a bonus, leftover kale salad (if there is any!) tends to hold up longer and keep better than other salads.

Start with a bunch of kale, preferably organic. About a pound will serve four. Wash the leaves well, rinse and spin or pat dry. Trim and discard any brown or yellow parts you may find. While it is commonly recommended that the stems or leaf “ribs” be removed, I’ve found this step to be unnecessary, and the cruciferous stems are often one of the most nutritious parts of vegetables. With one hand, hold the tightly rolled up the leaves in a bundle while using the other hand to snip the leaves into thin ribbons, using sharp kitchen shears over a large serving bowl.

Next, sprinkle a drizzle of extra virgin olive oil, and the juice of half a lemon (preferably freshly squeezed) over the kale, and add a generous shake of sea salt or kosher salt. Now comes the fun part. Use your clean, bare hands to “massage” the kale, using a repetitive gathering and scrunching motion. Observe the changes that take place in only a minute or two— the kale starts to soften, turning not only more tender but also darker in color as the fiber breaks down. The amount of kale will also be reduced, much in the same way that a large pot of fresh spinach leaves cooks down in a matter of minutes.

Taste the kale if you wish, to be sure the leaves have now become not only tender but sweeter and almost nutty. At this point, set the massaged kale aside while you complete the dressing.

In a small bowl or measuring cup, whisk the dressing. The amount of kale will also be reduced, much in the same way that a large pot of fresh spinach leaves cooks down in a matter of minutes.

Taste the kale if you wish, to be sure the leaves have now become not only tender but sweeter and almost nutty. At this point, set the massaged kale aside while you complete the dressing.

In a small bowl or measuring cup, whisk the dressing. The amount of kale will also be reduced, much in the same way that a large pot of fresh spinach leaves cooks down in a matter of minutes.

Taste the kale if you wish, to be sure the leaves have now become not only tender but sweeter and almost nutty. At this point, set the massaged kale aside while you complete the dressing.

In a small bowl or measuring cup, whisk the dressing.
Advance directives give control over life decisions

BY VALERIE TUCKER
Correspondent

Maine adults have the right to give instructions about their health care. They also have the right to name someone to make health care decisions for them.

Despite the need to address such important issues, taking action and starting a conversation is easy for individuals to postpone.

In a California HealthCare Foundation survey of Californian residents about their end-of-life care decisions, 60 percent of people said that they didn’t want their family burdened by such tough decisions; nonetheless, only 4 percent reported having an advance health care directive document to communicate those wishes. The survey also found that although 80 percent would want to talk to their doctor about medical end-of-life treatment, only 7 percent said they had done so.

A Pew Research Center survey found that half the adults surveyed would ask their doctors to stop treatment if they had an incurable disease, but 35 percent of the respondents would want their doctors to do everything possible to keep them alive. For those adults who want to take charge of these medical decisions, a simple downloadable document, called an Advance Health-Care Directive, provides others with the information they need before a loved one’s death, incapacitating injury or illness.

According to Holly Zielinski, Director of Nutrition and Community Services for SeniorsPlus, “The best time to make decisions concerning your health care is while you are able to consider your wishes carefully and discuss them with your doctor, caregivers, family and loved ones.”

Unexpected end-of-life situations can happen at any age, so it’s important for all adults to prepare these documents.

“Having a plan that makes your health care wishes known is the best way to make sure you get the kind of treatment you want and that your end-of-life wishes are followed,” she said. “Often times these can be difficult conversations, but they are the most important conversations you can have and the best gift to give your loved ones.”

Tania Dawson, Franklin Community Health Network’s clinical instructor and director of Western Maine Area Health Education Center, encourages conversation happen well before an individual becomes seriously ill or incapacitated. She freely offers advance directive forms to attendees at community workshops and educational seminars, including the Maine Health Access Foundation’s Thriving In Place gatherings and the SeniorsPlus Resource Fairs.

“The conversation is important, because you want everyone to have a good relationship with each other after you’re gone,” she said. “Individuals may want to pick a health care agent who lives closer, which doesn’t mean that they think less of a family member who lives further away.”

Hospitals will provide advance directive forms, but individuals also should broach the subject with their primary care physicians.

Everybody, no matter what their age or condition, should start the conversation,” Dawson said.

An advance directive also should change as people’s lives change, she said. A document created when one is in good health may no longer be applicable when that person is faced with a serious illness. Family members may have moved and relationships may have changed. Every end-of-life situation is unique.

“Sometimes people think dying is like what they’ve seen on television,” she said. “Rarely is that the case.”

Mike Senecal, director of NorthStar’s ambulances and emergency medical services, oversees 75 trained professionals, and they can face situations where individuals are unable to provide critical information. Having a readily available advance health care directive helps everyone avoid stress and worry. Senecal suggested that elderly who live alone have such directions and contact information posted on the refrigerator or similarly visible location.

“Every situation is different, and we appreciate knowing what an individual’s wishes are,” Senecal said.

Journalist and author Ellen Goodman and a group of colleagues and concerned media, clergy and medical professionals offer the

Departing Details Workbook- A Step-By-Step Guide To Leaving Your Loved Ones With the Information They Need to Know When You Die. The digital and hard copy workbook is available at estateworkbook.com. Although states may have their own variations on the standard advance directive document, Maine adults also can find all information and forms online (legislature.maine.gov/statutes/18-a/title18-Asec5-804.html) or through their local hospitals.

Start a list of questions and concerns before choosing a person to act as a health care agent. In determining final wishes, individuals must consider the importance of being independent and self-sufficient. What make life not worth living? Should treatment be used to extend life in any situation? Would an individual want treatment only if a cure was possible? These questions can and should be discussed with a primary care doctor, health care agent, family and friends.

Maine law requires that a directive be witnessed by two impartial adults. Farmington attorney Frank Underkuffler provides the advance directive document with the addition of a notary’s signature. That adds legal weight if the individual travels out of state, especially for several months during the winter.

“Some states have different requirements, but individuals should have their advanced health care directive done in the state of their primary residence,” he said.

Why I BANK FRANK

When Laurie Danforth bought the Homestead Kitchen, Bar and Bakery from her parents, Dotty and Allen, who had owned it for 31 years, her choice of lender was easy.

“I love my experience working with Franklin Savings Bank as manager,” says Danforth, who has been working with commercial lender Mike Mansir for more than 20 years. “You get to talk to the person who makes the decisions.”

“The bank is doing some amazing things in town,” said Danforth, of the bank’s commitment to so many charitable and community sponsorships. “I feel lucky to have Franklin Savings Bank here.”

Stop by any location and find out how easy it is to Bank with Frank!
Tips to help realize your goals in the year ahead

At the dawn of a new year, many people set goals to motivate themselves to change. But as January 1 drifts further into the rearview mirror, it can be easy to settle into old habits and forget about the resolutions and goals established at the turn of the calendar. Staying on course and achieving one’s goals requires discipline. In addition to working hard, men and women who want to realize their goals in the year ahead can take several steps to increase their chances of being successful.

• Examine your priorities. Achieving goals is easier when their goals can be among your biggest priorities. Examine your priorities to determine if you can fully commit to goals that may require significant time commitments. Men and women who are already stretched thin may need to recalibrate their goals or make changes in other areas of their lives before they can fully commit to pursuing new goals.

• Be specific in regard to planning. Being specific when choosing goals is important, but it’s equally important to be as specific as possible in regard to developing a plan to realize those goals. Before embarking on a journey to realize your goals, figure out how you’re going to achieve them. Create a new daily or weekly schedule that allots time to realize your goals, seeking input from loved ones whose lives may be affected by your new schedule.

• Make note of potential obstacles. Recognizing potential hurdles in advance of their appearance can help you overcome these obstacles and stay the course toward achieving your goals. For example, men and women hoping to lose weight can look ahead to occasions that might compromise their efforts, such as a loved one’s wedding or backyard barbecue. Recognizing these obstacles in advance gives people a chance to develop a plan to overcome them. In the weight loss example, men and women can choose vegetarian options from reception menus or resolve to avoid alcohol, which tends to be high in calories.

• Start small, but start immediately. Lifestyle changes can be difficult, so make small changes initially and gradually work toward larger, more significant changes. Starting small can lay a successful foundation, but it’s also important to start immediately. Procrastination can reduce the likelihood of achieving your goals, and the earlier you get started the more quickly you and your loved ones will adjust to the changes necessary to realize your goals.

The dawn of a new year is a great time to set new goals. Bringing those goals to fruition requires careful planning and commitment.

Franklin Health primary care practices welcome new patients!

Call today for an appointment!

All practice names begin with the words “Franklin Health”
Internal Medicine: 778-4922
Intown Medicine: 860-4090
Farmington Family Practice: 778-3326
Livermore Falls Family Practice: 897-6601
Pediatrics: 778-0482

Franklin Memorial Hospital
MaineHealth
111 Franklin Health Commons | Farmington, ME | www.fchn.org
Physician Referral Service: 1-800-450-2075

EYE CARE OF MAINE

Your Sight is Our Vision

• Comprehensive Eye Exams
• Eyewear Center/Contact Lenses
• State of the Art Cataract Surgery
• Retinal Diseases and Glaucoma
• LASIK Refractive Surgery
• Laser Surgery
• Oculoplastic Diseases
• Botox Juvederm and Latiss

Steve R. Wicks, M.D.
Peter C. Kohler, M.D.
James R. Fucan, M.D.

Michael C. Parks, O.D.
Ian M. Jones, O.D.

Steve B. Daniels, M.D.
Helen Beli-Notesci, O.D.
Loris Legley Parks, O.D.

EYE CARE OF MAINE SURGERY CENTER

• Cataract Surgery, including Multifocal, and Accommodative Intracocular Lenses
• Laser Cataract Surgery
• Skilled and Efficient Nursing
• Oculoplastic Surgery
• LASIK Surgery
• Short Patient Stay

325A Kennedy Memorial Drive
Waterville, Maine 04901
873-2731 (800) 660-3403
In the 1960s, researchers Thomas Holmes and Richard Rahe studied the potential link between stressful life events and illness. After examining the medical records of thousands of patients, Holmes and Rahe discovered that there was a strong correlation between the two, ultimately developing the Holmes and Rahe Stress Scale. Holmes and Rahe found that the death of a spouse, divorce and imprisonment were among the most stressful life events. But a person need not be widowed, recently divorced or newly imprisoned to be dealing stress sparked by a major life change. In fact, Holmes and Rahe found that marriage and retirement, two things many people would consider positive changes, were among the 10 most stressful life events. Change can be both exciting and frightening. Men and women facing major life changes like moving, switching careers or retiring can take the following tips to heart to make such transitions go as smoothly as possible.

• Embrace the positive. Change has its advantages and disadvantages, but once men and women have decided to make changes, they should shift their focus toward the positive aspects of changing instead of worrying about the potential negatives. For example, if moving, focus on the adventure of living somewhere new and the opportunities to explore new places and make new friends.

• Accept your decision. Many people spend ample time mulling the pros and cons of major decisions before ultimately deciding to make major changes. People who decide to change careers may have spent years trying to decide if such a change was the right move. Once they have come to a decision and started the process of changing, whether it’s giving a boss two weeks’ notice or putting a house on the market, men and women should accept their decision and rest easier knowing they exercised their due diligence before making a final decision.

• Commit to your decision. Fully committing to change can increase your chances of making a successful transition. If moving to a new place, look for opportunities to connect with neighbors and other members of your new community. Parents can be active in parent organizations at their children’s schools, while professionals can make a concerted effort to connect with coworkers in an effort to build strong relationships that can help their transition go smoothly.

• Maintain existing relationships. Professionals who are moving on to new companies and adults moving to new communities don’t have to give up their relationships with current coworkers, neighbors and friends. Maintain contact with valued friends, neighbors and coworkers through channels such as social media, email or even the telephone. These people have likely been valuable resources and friends for years, and there’s no reason you cannot continue to look to them for support and provide a source of support for them should they make a major change in the years ahead.

Change is rarely easy, but men and women can take several steps to make transitions go smoothly.
Whatever your age, health and wellness resources are always at your fingertips.

No matter your age or stage in life, the EMHS Center for Women’s Health at Inland is an easy link to the health and wellness resources that matter to you — from compassionate primary care to the highest quality OB/GYN services, or even to find a yoga class or support group.

Learn more at emhswomenscenter.org/inland