



Fall 2018
**Women's
Quarterly**

**Karen Getz, owner of Maine
Crisps - offers gluten-free, locally
grown and tasty crackers**

page 4

**Giving back to her community is
important for Heather Pouliot**

page 7

**Early detection of breast cancer improves
survival rates**

page 8

**Creating A Life: Scented pillows, sachets
and potpourris**

page 14

**Special Advertising
Supplement**

KENNEBEC JOURNAL
Morning Sentinel

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

We're with you.



MaineGeneral Health 
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 quality 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

To learn more about women's health care within the MaineGeneral Health system, call 1-855-4MGH-INFO or visit www.mainegeneral.org.



- 4** Maine Crisps: gluten free, locally grown and tasty crackers
- 6** MaineGeneral's investment in state-of-the-art imaging technology
- 7** Giving back to her community is important for Heather Pouliot
- 8** Early detection of breast cancer improves survival rates
- 12** Woman is pain-free and dancing after varicose vein ablation
- 13** Wise Words from Wise Women: Rachael Carson
- 14** Creating a Life: Scented pillows, sachets and potpourris
- 16** What one eats today can affect one's health tomorrow
- 17** Book Talk: 'How to Relax,' by Thich Nhat Hanh
- 18** For a snack that's not ho-hum, try homemade hummus

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 January.

The cover design by Dawn Tantum, graphic designer, features Karen Getz, owner of Maine Crisps.

Photo by Susan Varney.

INDEX OF ADVERTISERS

Aable Cremation Service	13
Delta Ambulance Corp	13
Electrolysis by Ruth Swanson	13
Eye Care of Maine	5
Gallant Funeral Home	17
Kennebec Behavioral Health	17
Kennebec Valley Community College	9
Maine Laser Skin Care	7
MaineGeneral Health	2
Mattson's Flooring	17
Northern Light Health	20
Redington Fairview General Hospital	15
Think Pink: Breast Cancer Awareness	10-11
Waterville Creates	19

My new home is great ... *well, mostly*

Just a Thought

By Terri Hibbard



For about 42 years I lived in a big, robust, family-welcoming home in Benton, surrounded by scraggly lawns, gardens and woods. As time passed, the family emptied out (slowly, ever so slowly), I became single, and then I became old.

My comfy home morphed into a whole lot of work and worry. What to do if the furnace quits? Who to call when a tree crashes across the driveway? Who can rebuild the crumbling back steps? And always ... how much will it cost?

My children often came to my rescue— bless them all — repairing, replacing and shoring up both my home and my spirits. But like most feisty oldies, I hate to rely on my family.

After researching options— apartments, condos and “senior housing”— I settled on a bright, cheerful and affordable development in the vibrant town of Brunswick.

My place is not the kind of senior living place you see advertised in Downeast. Those cost in the neighborhood of \$2,500 and up a month, waaaay out of my price range. Nonetheless, my new home is appealing in many ways.

Probably the biggest selling point of this place was location — it's at least an hour closer to the southern ocean beaches that I love.

Last November, having shed immense tons of stuff, I moved to Brunswick. Since then I've learned a lot about living in a place that I don't own and where I don't make the rules.

For example, I love that I don't have to own a shovel. The paths are cleared right up to my door as soon as snowflakes hit the ground. But . . . I hate that I have to bolt out of bed, ready or not, at the sound of a loud, ugly, shrill horn blast from the snowplow operator. That blast, at 7 a.m., give or take, is a warning: Clear the snow off your vehicle NOW and move it into the street or . . . someone will ring your doorbell. Persistently.

I love that the grounds are well-kept without me having to so much as mow a lawn or pull a weed. It's tidy and pleasant with beautiful trees and shrubbery, benches, gazebos, table and chair sets, barbeque grills. But I hate that they spray pesticides early in the summer to keep ants away and later spray to eliminate weeds with that godawful Roundup. How does this toxic stuff affect our

beloved crickets, bees, butterflies and other living creatures? Including me. Nobody knows for sure.

I love that I can shop at fabulous Brunswick farmers markets on Tuesday, Friday and Saturday all summer long, as well as a huge and lively indoor farmers market every Saturday in winter.

But when my enthusiasm results in buying more fresh vegetables and fruits than I can eat quickly, I miss my old compost pile. At my Benton home when the vegetables sprouted sprouts or mushy spots, or bread and crackers grew stale beyond saving, I could turn them into compost or put them into the woods for the raccoons and squirrels. Now I put them into a plastic trash bag and into the trash bin.

I love that feeding birds brings color and pleasure into dreary winter days, but bird feeders are discouraged here because dropped seeds can draw “critters.”

So, am I truly glad I left the burden of a too-big house for a tidy, sunlit apartment?

Oh yes . . . especially remembering when the cellar flooded the day before Christmas because a water pump malfunctioned. And when I remember being on my aching knees weeding the brick walkway. And when I remember dealing with an onslaught of bats in the house one summer and relocating an endless supply of mice that enjoyed my home as much as I did.

It's great that my new place is so small I can clear away the detritus of living, vacuum the floors and scrub the bathroom in little more than an hour if I don't slide into perfectionism.

But there's only one bedroom. Room for just two chairs at the kitchen table. The old home had four bedrooms plus a sleeper loveseat and an AeroBed. We had a huge picnic table in the family room and a dining room table and chairs. We had wonderful big, messy, noisy holidays together in that house. Now, if two of my loved ones visit, one sleeps on the sofa bed and the other sleeps on an AeroBed on the kitchen floor, snugly between the table and cupboards.

I live in a secure, clean and quiet place where costs are stable. I'm fortunate to be here. But there are things I surely miss — family, friends, familiar places, familiar faces.

A sense of home.

Terri Hibbard can be reached at terrihibbard41@gmail.com

MAINE CRISPS:

gluten-free, locally grown and tasty crackers

BY SUSAN VARNEY
Correspondent

Karen Getz loves to cook and she has a history of food hobbies that “get out of hand.”

First was artisan bread baked in a wood-fired oven after living in California for a while. Then it was award-winning farmstead cheese while dairy farming in the Champlain Valley of Vermont. This time she’s making tasty gluten-free, crisps using mostly Maine-grown ingredients, here in Waterville. Look for Maine Crisps at Railroad Square, where you can sample the Crisps and buy products.

Getz’ passion is for good food, made from quality organic ingredients from farmers who practice sustainability. She believes, if we eat minimally processed food from farms that care for the land, we will be happier and healthier.

Maine Crisps has redefined the cracker: Delicious handmade crisps are enjoyable by themselves or served with cheese, fresh figs or a nice fruit jam, pairing well with chevre, creamy blues or aged sheep cheese. This cracker redefined, is rich and distinctive, and travels well in the company of fine wine, craft beer and great cheese, no longer a mere vehicle for a topping.

GLUTEN-FREE, GRAIN-FREE, NON-GMO

Buckwheat is considered an ancient grain. However, buckwheat isn’t a true grain, but rather a seed related to rhubarb. It’s high in protein and fiber and can be used like other grains for cooking and baking. Despite the name, buckwheat doesn’t contain any wheat or gluten thus making it a healthy alternative for those with celiac disease or gluten sensitivity.

Claire Getz works with her parents doing whatever needs doing. She was waiting on customers when I arrived, then she went on to emptying loaf pans to ready the loaves for an overnight in the freezer making the loaves easier to slice. Then she mixed up a new batch of dough for another baking of Buckwheat Blueberry bread as the cycle started over again. Later she was slicing loaves to ready slices for a second baking - where they become “crisps” after which they will be cooled and packaged for sale.

Maine Crisps purchases many ingredients directly from small family farms that practice sustainable agriculture. They pay a fair price to farmer suppliers and the quality of the ingredients is reflected in the flavor of the crisps. As the business grows, so will the support for additional small producers. Buckwheat flour comes from Bouchard’s Family Farm in Aroostook County, cranberries from Sparrow Farm, sea



Susan Varney photo

Claire Getz works with her parents at Maine Crisps in Waterville. Here she is filling pans with a batter she has just mixed up, Aroostook County buckwheat flour and blueberries from Maine, New England and Canada.

salt comes from Maine Sea Salt in Machias, maple syrup and honey are purchased locally.

Nicole Crowley, Unity, is a 2018 graduate of the culinary program at KVCC in Fairfield who likes working with special dietary needs. Her 2-year program started with 25 students and graduated nine.

GLUTEN PRIMER

Gluten-free explained: Gluten is a general name for the proteins found in wheat (wheat berries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® khorasan wheat and einkorn), rye, barley and triticale – a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many types of foods, even ones that would not be expected.

Grains not found in gluten-free foods include:

Wheat is commonly found in: breads, baked goods, soups, pasta, cereals, sauces, salad dressings and roux.

Barley is commonly found in: malt (malted barley flour, malted milk and milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar), food coloring, soups, beer and Brewer’s Yeast.

Rye is commonly found in: rye bread, such as pumpernickel, rye beer, cereals.

Triticale is a newer grain, specifically grown to have a similar quality to wheat, while being tolerant to a variety of growing conditions like rye. It can potentially be found in: breads, pasta and cereals.

You must learn to read labels to make sure the products you buy do not include the above grains if you want Gluten-free.

Oats can add diversity and offer many nutritional benefits to the gluten-free diet. It is recommended that only oats labeled gluten-free be used because cross-contact may occur when oats are grown side-by-side with wheat, barley or rye. People eating oats from any source may complain of symptoms. This could be due to one or more of several factors, including intolerance to the increase in fiber, food intolerances, contamination with gluten, or, rarely, the development of an immune response to oat protein, similar to that occurring due to gluten.

“We had good teachers who let us experiment as we learned,” she said.

As the company gears up for more production there are plans for a better, faster slicer going from 2,000 slices per minute to 16,000 slices

More MAINE CRISPS, PAGE 5

Buckwheat is high in protein and fiber and, despite the name, doesn't contain any wheat or gluten, making it a healthy option for those with celiac disease or gluten sensitivity.

Susan Varney photos

At right, Nicole Crowley of Unity, a 2018 graduate of the culinary program at Kennebec Valley Community College in Fairfield, is packaging Maine Crisps for market.



Karen Getz, below, at the checkout counter at Maine Crisps. Behind her is the kitchen where she and her staff create crisp, flavorful, gluten-free crackers.



Maine Crisps

CONTINUED FROM PAGE 4

per minute.

The production now is for 50 cases per week with each case containing 12 boxes of Crisps. Steve Getz, Karen's husband, has recently taken on the task of sales and marketing Maine Crisps after spending seven years as Manager of Organic Valley organic food, dealing with New England farm members.

"I got my pitch man," said Karen Getz, who admits she would rather cook than sell.

The business is expanding slowly as production expands then the market area is expanded.

"We want to be able to fill our orders. No one wants a hole on their shelves as they wait for the product to arrive," said Karen Getz.

Winning the Sofi Bronze this year from the Specialty Foods Association was great for the company. Maine Crisps entered the cracker category and was "blind tasted" by the judges who saw neither packaging nor product but were only able to pick the best by taste.

Since having an organic dairy farm in Vermont she believes consumers should be able to choose and know what they are getting and food should be labeled. Karen Getz said Wendell Berry's book "The Unsettling of

America: Culture & Agriculture" was a defining book for her.

"It feels like one step forward and two back at times," she said. She loves seeing the small farms come back, the specialty farms and wineries.

WHERE TO FIND MAINE CRISPS LOCALLY

- Meridians: Wine, Beer, Food – Main St., Fairfield
- Maine Crisp Co., Railroad Square, Waterville
- Riverside Farm Market & Cafe, 291 Fairfield St., Oakland
- 47 Daisies, Webber Rd., Vassalboro
- Bigelow Brewing Co. Bigelow Hill Rd., Skowhegan
- The Bankery, Water St. Skowhegan
- Maine Grains Dry Goods Store, Court St. Skowhegan
- Maine General Medical Center, Medical Center Parkway, Augusta
- Uncorked Wine & Cheese, Civic Center Drive, Augusta
- Harvest Time Natural Foods, Capitol St., Augusta

Also, these crisps are available throughout much of Maine, parts of New England and even as far south as New York and west as California.

For more locations, visit themainecrisp-company.com/pages/store-locator.

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 Latisse



Steve R. Witkin, M.D.



Peter C. Kohler, M.D.



James R. Putnam, M.D.



Marc B. Daniels, M.D.



Helen Bell-Neceveski, O.D.



Lorie Lepley Parks, O.D.



Michael C. Parks, O.D.



Adam B. Puiia, O.D.

EYE CARE OF MAINE SURGERY CENTER

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

325A Kennedy Memorial Drive
Waterville, Maine 04901

www.Maine2020.com

873-2731
(800) 660-3403

MaineGeneral's investment in state-of-the-art *Imaging technology benefits patients all year long*

BY JOHN D. BEGIN

Communications specialist, MaineGeneral
Special to Women's Quarterly

Breast cancer is the most commonly diagnosed cancer in women and the second-leading cause of cancer death among women.

One in eight women in the United States will be diagnosed with breast cancer in her lifetime. It's estimated that more than 252,710 women in the U.S. will be diagnosed with breast cancer and more than 40,500 will die each year.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram — the screening test for breast cancer — can help find breast cancer early when it's easier to treat.

And patients in the greater Kennebec Valley are benefiting from MaineGeneral Medical Center's investment in the most scientifically-advanced technology in breast cancer screening.

"One of the most important benefits to patients is that it allows for fewer call-back exams."

ARYN MARSELLA,

MGMC supervisor of women's
imaging and ultrasound

From November 2016 to January 2018, MGMC implemented revolutionary technology in mammography — 3D Breast Tomosynthesis (3D Tomo) — at the Alford Center for Health (ACH) in Augusta, the Thayer Center for Health (TCH) in Waterville and the Winthrop Commerce Center.

The technology will be added in Gardiner

More IMAGING, **PAGE 9**



Submitted photo

Aryn Marsella, right, assists a patient during a 3D Breast Tomosynthesis exam at the Alford Center for Health in Augusta.



**LOOKING FOR A GREAT
WAY TO SPEND
AN AFTERNOON?**

Kennebec Journal | Morning Sentinel

*Women's
Expo*

BROUGHT TO YOU BY

KENNEBEC JOURNAL | *Morning Sentinel*
centralmaine.com

SPONSORED BY

MaineGeneral Health 



**Sunday, October 28th
Senator Inn & Spa
Western Ave., Augusta**

The Day's Events:

**Demonstrations • Breakout Sessions
Samples • Silent Auction
Cash Bar • Door Prizes
Fun day with the girls!**

Event non-profit
beneficiary

**HARDY
GIRLS
Healthy
Women** 

Tickets are \$8 (plus fees) in advance or \$12 at the door
go online at centralmainewomensexpo.eventbrite.com

Tickets are also available at the Kennebec Journal and Morning Sentinel

Giving back to her community is important for Heather Pouliot

BY VALERIE TUCKER
Correspondent

Heather Pouliot has a strong appreciation for the central Maine area where she grew up, making sure she has plenty of time for volunteering in addition to owning and running a business.

Much of Pouliot's community volunteer work has been based on giving back to her community, spending more than 25 hours per week working with different organizations. She spends many hours as a volunteer mentor with the Olympia Snowe Women's Leadership Institute which focuses on helping young Maine women develop the leadership skills that helps them develop confidence and encourages them to reach their full potential. She also volunteers with YMCA's Strong Kids Campaign and their Autumn Auction Committee.

"My husband and I are blessed to be able to donate our time, talents and resources to local nonprofits," she said. "I also feel very strongly about giving back and live by the If not me, then who? motto."

Augusta is in the midst of a revival, and she said she's excited about the possibilities. She serves as President of the Augusta Downtown Alliance's board of directors.

"I believe we are on the brink of a massive shift in our downtown and it takes focus and devoted people to make it happen," she said.

Pouliot had a great full-time job with a non-profit organization that provided her with many challenges and because her job required marketing, design and event-planning skills, she quickly realized she wanted that challenge full time. It was a natural choice for the University of Maine at Augusta's business program graduate with a background in design and marketing.

Two years ago, she made a life-changing commitment to start her own business. She began with some small marketing and design projects on her own time, staying with her full-time position for the health insurance and a steady paycheck.

"I always knew I wanted to be an entrepreneur, because I was raised in a business-oriented family," she said.

"I was able to go out on my own within three months," she said. "It's not easy to leave a full-time job for uncertainty, but if you are passionate about what you do - and you're good at it - you will make it."

Since establishing Core Marketing and Design three years ago, Pouliot says her business success has been based on tried-and-true methods and philosophies.

"I help my customers figure out what they do extremely well and who they can serve best," she said.

Successful marketing and design packages include layers of carefully-planned strategies, and she has studied the best in the business. One of her favorite inspirational quotes comes from the late Steve Jobs, Apple's founder.

"Design is not just what it looks like and feels like," said Jobs. "Design is how it works."

Pouliot said it's never been more important to have a great web presence.

"Our company can custom design a website that fits a business's or organization's needs, attracts customers and donors and connects with the community," she said.

Communication with customers is very important, she said. A well-designed website will have social media integration and allow visitors to connect to a company's or organization's social profile directly. Today's websites that have scheduling and provide other helpful tools make connecting with customers more effective and efficient. Pouliot also helps customers grow their mailing lists and can create a stylish and easy-to-read custom template.

"Half of a business's potential customers are searching for them on their cell phones," she said. "If a website isn't mobile-friendly, those people can get frustrated and give up."

Her expertise in marketing and branding doesn't end with the meetings in her office. Customers hire her to plan and customize their meetings, conventions, awards banquets and other events that demand a professional appearance, detailed scheduling and a flawless presentation for the audience. She works with several businesses and organizations on a retainer basis. For example, she provides the Snow Pond Center for the Arts in Sidney with services at a discounted rate, working for a contracted number of hours per month.

Pouliot's company provides services that include graphic design, email marketing, web design, event planning, branding, advertising and more.

For more information about Core Maine Marketing and Design's services, visit coremaine.com or their Facebook page.



"My husband and I are blessed to be able to donate our time, talents and resources to local nonprofits. I also feel very strongly about giving back and live by the If not me, then who? motto."

HEATHER POULIOT, owner
Core Maine Marketing & Design

Contributed photo

Core Maine Marketing & Design owner Heather Pouliot says Augusta is poised to revitalize and re-energize its downtown. The city is in the midst of a revival, and she said she's excited about the possibilities.

SEE A SLIMMER YOU
ELIMINATE FAT WITH COOLSCULPTING®,
THE WORLD'S #1 NON-INVASIVE FAT REMOVAL TREATMENT



BEFORE

8 WEEKS AFTER
First CoolSculpting® Session

9 WEEKS AFTER
Second CoolSculpting® Session
Photos courtesy of Edward Becker, MD

CoolSculpting® is an FDA-cleared treatment that uses controlled cooling to eliminate fat without surgery or downtime.

Call today to schedule your FREE consultation.

Maine Laser Skin Care

12 Shuman Avenue, Suite 7

Augusta, ME 04330

207-873-2158

www.mainelaserskincare.com

Results and patient experience may vary. While CoolSculpting is safe, some rare side effects may occur. As with any medical procedure, only your CoolSculpting provider can help you decide if CoolSculpting is right for you. In the U.S. the CoolSculpting procedure is FDA cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank. Outside the U.S., the CoolSculpting procedure for non-invasive fat reduction is available worldwide. ZELTIQ, CoolSculpting, the CoolSculpting logo, the Snowflake design, and Fear No Mirror are registered trademarks of ZELTIQ Aesthetics, Inc. ©2016 IC1966-A

 **coolsculpting**
FEAR NO MIRROR

Early detection of breast cancer improves survival rates

BY WANDA CURTIS
Correspondent

One of the very serious diseases occurring among women today is breast cancer. The American Cancer Society (ACS) estimates that 266,120 new cases of invasive breast cancer and 63,960 cases of non-invasive breast cancer (the earliest kind) will be diagnosed in 2018. They estimate that about 40,000 women will die from breast cancer this year.

Although breast cancer remains a leading cause of death among women, ACS reports show death rates from female breast cancer dropped 39 percent from 1989 to 2015. They report that most of the decrease was among older women, with rates remaining steady among women younger than 50. They believe the decrease is the result of early detection through screening and increased awareness, as well as better treatments.

Inland provider Elizabeth Held Dobos, PA-C said recently that regular screening exams are important because they may detect cancer earlier, allowing for more treatment options and a better chance of survival.

"Breast cancers discovered during routine screenings tend to be smaller, more localized and easier to treat," said Dobos. "In contrast, cancers that are found because of symptoms are often more advanced and require more aggressive treatment."

Dobos added that mammograms can often detect a breast cancer before it can be felt, but that mammograms should be performed in conjunction with clinical breast exams and breast self-exams. She said that professional groups currently disagree about how often women should have screening mammograms.

"For women of average risk, the American Cancer Society recommends yearly mammograms beginning at age 45 until 54, then every two years for the next 10 years," said Dobos. "The U.S. Preventive Services Task Force recommends women have screenings every two years starting at age 50 until age 74. However, these groups agree that women can choose to be screened starting at age 40. Women with a high risk of breast cancer may benefit by beginning screening mammograms before age 40."

Regarding the risks associated with mammograms, Dobos said that one risk of mammograms is that they aren't perfect. They can result in both false positive and false negative exams.

"Normal breast tissue can hide a breast cancer so that it doesn't show up on the



Northern Light Inland Hospital's Tina Hintz, imaging services director, demonstrates the 3D (Tomo) Mammography exam.

mammogram," said Dobos.

"And mammography can identify an abnormality that looks like a cancer, but turns out to be normal. Factors such as age and breast density may lead to false positives or negatives. Because of all those factors, more than mammography is often needed, such as an ultrasound or MRI."

Some health care facilities, including Northern Light Inland Hospital, now offer 3-D mammograms, which are similar to CAT scans. These permit radiologists to focus in better on a specific area and to get a clearer picture.

However, not all insurances cover that type of mammogram.

Inland radiologist Dr. Thomas Cubberley explained that looking for breast cancer is like looking for a bird's nest in a tree with leaves. He said that a cancer may be hidden behind dense tissue, making it difficult to see on a mammogram. He said that the 3-D mammogram allows radiologists to look at the breast tissue in slices and enables them to see slices in between where breast cancer may be hidden behind another slice.

Cubberley agreed that additional testing, such as ultrasound, is sometimes needed to

"For women of average risk, the American Cancer Society recommends yearly mammograms beginning at age 45 until 54, then every two years for the next 10 years."

ELIZABETH HELD DOBOS,
PA-C, Inland provider

make an accurate diagnosis. He said that, if a lesion looks suspicious, a biopsy also may be performed by a radiologist using ultrasound to help them pinpoint the exact location of the lesion during the procedure. He said that a biopsy can reveal not only whether a lesion is malignant, but also reveal which type of cancer is involved. He said that allows a woman to be more informed rather than entering blindly into surgery not knowing what type of surgery will need to be performed.

According to Dobos, two of the most important factors in treating breast cancer and predicting prognosis are the size of the cancer and whether it has spread. She said that symptoms to watch for include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

"If you have any signs that worry you, see your doctor right away," Dobos said.

Regarding risk factors for breast cancer, Dobos said that the biggest risk factor is being female. Though breast cancer can occur in men, it's much more common among women. She said that age also is a risk factor because risk increases as a woman gets older.

Other risk factors, she said, are a personal history of breast cancer, using hormone replacement therapy, radiation to the chest or face before age 30, early onset of menstruation and race. She added that research has shown that women who have their first child before the age of 30 and who breast feed have lower risks for breast cancer.

More DETECTION, PAGE 9

Detection

CONTINUED FROM PAGE 8

Researchers are also examining the relationship between genetics and breast cancer. Dobos said that two well-known genes that can mutate and raise the risk of breast and/or ovarian cancer are BRCA1 and BRCA2. She said that testing for those is important because it can help to determine risk and treatment options.

"Women who inherit a mutation, or abnormal change, in these genes — from their mothers or their fathers — have a much higher-than-average risk of developing breast cancer," said Dobos. "A blood test for the BRCA gene is now available, which uses DNA analysis to identify harmful changes in either one of the two breast cancer sus-

ceptibility genes. This test is offered only to those who are considered at high risk for inheriting the gene, based on personal and family history.

"Once detected, and depending on the mutation, surveillance and surgical options are available for reducing the risk of cancer. Your provider is the best source for information about whether these tests may be right for you."

Dobos encourages all women to be proactive and to avoid known risk factors that can be controlled, such as being overweight, lack of exercise, smoking cigarettes, excessive intake of alcohol, and eating unhealthy foods. She said those risks can be decreased by making better choices.

"By choosing the healthiest lifestyle options possible, women can be empowered to keep the risk of breast cancer as low as possible," said Dobos.

Imaging

CONTINUED FROM PAGE 6

in Spring 2019 with the opening of a new facility that will house Gardiner Family Medicine, Imaging, Lab and a new MaineGeneral Express Care site.

Aryn Marsella, MGMC supervisor of Women's Imaging and Ultrasound, said 3D Tomo takes multiple images at different angles throughout the breast. It allows radiologists to view multiple thin layers of tissue, helping them to distinguish suspicious lesions from overlapping breast tissue.

"One of the most important benefits to patients is that it allows for fewer call-back exams. Fewer patients coming back for additional imaging helps decrease anxiety at the thought of a second appointment," she said.

"It also offers faster detection and an ability to locate suspicious findings that are even smaller, as well as improved imaging for patients with dense breast tissue," Marsella added. She noted that 3D Tomo increases the number of cancers found while still decreasing the number of biopsies performed with negative results.

3D Tomo has the same exam time, positioning, radiation dose and compression as a 2D exam. Marsella estimates that 90 percent of patients are receiving 3D Tomo exams.

Jeff Trask, MGMC manager of Radiology and Diagnostic Services, said the investment— advocated for by Marsella's team and MaineGeneral's eight board-certified radiologists— is yet another example of the organization doing what's best for patients.

"When we moved into the ACH in November 2013, the 3D mammography technology wasn't yet available," he said. "You could buy 3D upgradeable compatible systems, however, so we modified our existing room

designs to accommodate the latest, greatest equipment when it became available."

"It would have been easy to move ahead with what we had planned, but Aryn and her team advocated for the change, saying 'we have one chance to get this right.'"

The total investment made by MaineGeneral will reach a few million dollars once all systems are replaced or upgraded. This includes the new equipment as well as training for Marsella's team and the radiologists, Trask said.

The success of the venture also resulted from the radiologists' support. The new technology and the markedly higher volume of images it creates increased the time it takes them to read each study from a few minutes to upwards of 20 minutes at times.

"When you have radiologists reading 200 studies per day, that's a big commitment on their part," he said, "but they bought into the technology because they knew it was the right thing for the community."

An additional investment at the ACH was a 3D prone table system, which integrates with 3D Tomo for exact placement of needle localizations and 3D biopsies.

"If you're doing 3D imaging, you really need to have a way to do 3D biopsy. If you can see the abnormality with 3D imaging, but don't have the same technology to locate it during the biopsy, you haven't done what's best for the patient," Trask said, "so the team really advocated for it and we were able to put it in place."

Now in his 26th year at MaineGeneral, Trask said making the right decisions in health care isn't as difficult when the patient is kept first in mind.

"If you just focus on what's right for the patient, you're really never going to make the wrong decision. 3D Tomo is what was right for the patient."

To learn more about 3D Tomo, call 621-6162.

Challenge. Excellence. Adventure.

*Is it time in your life
to try something new?*

**If the answer is
yes, KVCC has
a place for you.**

With over 30 programs to choose from, affordable tuition, and transferability of credits to a four-year degree - Kennebec Valley Community College is right for you.

Now is the time to explore challenging and rewarding career options.

**Soar to new
heights with
KVCC...get
started today!**

REASONS KVCC IS RIGHT FOR YOU!

- \$92* per credit hour
*Maine resident
- Online, part-time and night classes available — a flexible schedule!

KVCC

KENNEBEC VALLEY
COMMUNITY COLLEGE

WWW.KVCC.ME.EDU

**For more information, please call
Enrollment Services at 453-5822 (KVCC)
or email CJ McKenna at cmckenna@kvcc.me.edu**

92 Western Avenue, Fairfield, ME 04963





Think Pink!

O C T O B E R

BREAST
Cancer
AWARENESS MONTH

Thank you to all of these local businesses and organizations that support women and their families who struggle with breast cancer care, treatment, loss and survival.



Advance 1 Cleaning Services

Annabella's Bakery & Café

Bee Line Broadband Solutions

Buddies Meats and Groceries

The Bankery

Capital Area Federal

Credit Union

Capitol Car Care

Caswell's Discount Wholesale

**Centerpoint Community Church
Waterville**

Central Maine Disposal

Century 21 Nason Real Estate

Century 21 Surette Real Estate

China Baptist Church

Colorgraphics!

Cook Orthodontics

Keith Cook, Ed.D., Psychologist

D.H. Pinnette & Sons

DAC Distributors

Dead River Company Waterville

Delta Ambulance

E.W. Moore Pharmacy

Team EJP

Eye Care of Maine

Family Violence Project

**Martha B. Webber
Breast Care Center**

Fred's Coffee Company

GHM Insurance Agency

Hallowell Printing Company

Hammond Lumber Company

Hannaford - Cony Circle Augusta

**Hannaford - Whitten Road
Augusta**

Harvest Time Natural Foods

Home Care For Maine

**Houle's Plumbing, Heating and
Air Conditioning**

Kennebec Montessori School

**Kennebec Pharmacy
& Home Care**

Key Appliance

**Levey, Wagley, Putman
& Eccher**

Macomber Farr & Whitten

McCormack Building Supply

**Mills, Shay, Lexier
& Talbot, P.A.**

Mount Merici Academy

**New Dimensions
Federal Credit Union**

Pat Jackson Septic

**Paws & Claws Natural Pet Food
Store & Grooming Spa**

People's Salon & Spa

SeniorsPlus

Sheridan Construction

**Skowhegan Fleuriste
& Formalwear**

South Parish Nursery School

Sunset Home of Waterville

Tri-State Staffing Solutions

Taylor's Drug Store

Teague Distributors

Tree Spirits Winery and Distillery

Ware-Butler, Inc.

**Waterville Lodge #905
& Banquet Center**

**Winslow Community Federal
Credit Union**

**Woodlands Senior Living
of Waterville**

Woman is pain-free and dancing thanks to varicose vein ablation

New procedure is offered by MaineGeneral Surgery

BY SHELBY STANLEY

*Special to Women's Quarterly
MaineGeneral*

After 20 years living in pain, Patti Casey of Pittston didn't see a solution to her varicose veins. She began developing them when she was 19 years old and they "grew to be as thick as my fingers," she said.

For more than 20 years she had swollen ankles and was in constant pain. An earlier procedure she tried in the 1990s included multiple injections and didn't solve the problem.

This spring, Casey had so much swelling in her left ankle that she developed an ulcer. At that point she decided to visit her primary care provider (PCP). There she was told, "That's not only an open wound; it's infected. These are the things that lead to amputation."

She was scheduled for consult at MaineGeneral Surgery in Augusta, where she met with Dr. John Carson, a board-certified and fellowship-trained surgeon, who treated her wound with Unna Boots (tight compression wraps) for three weeks along with calamine lotion and zinc.

When the wound cleared and was no longer an immediate danger to her health, Carson, who knew of Casey's history with varicose veins, suggested treating the underlying cause of the wound. Casey was nervous. Ten years earlier a vascular doctor had told her that to solve her varicose veins issues, she would have to undergo surgery in an operating room that would require six months of healing.

Thanks to a newer procedure called vein ablation, Casey was

able to have her varicose veins treated right in Carson's office and was healed in two weeks.

The procedure is quick and minimally invasive. It involves a catheter placed into the vein at the level of the knee and then the varicose vein is closed. Blood then reroutes to healthier vessels.

"The procedure is less invasive than a dental appointment," she said. "It caused me far more anxiety to have my teeth cleaned."

During Casey's procedure, a staff member stood by her and talked to her about Food Network while music played in the background. The procedure was completed within 90 minutes and she was bandaged and wearing compression stock-

ings.

After surgery, Casey was told to keep walking. Two weeks later, she no longer needed the compres-

PATTI CASEY, Pittston

sion hose, and she couldn't be happier, she said.

"I have absolutely no pain. For 20 years I had aching and cramping and pain that I learned to live with," she said. "So to not have that pain is astonishing."

Now that Casey's varicose veins have been treated, she can go back to doing the things she enjoys, like dancing with her husband. Before surgery, she could only dance for an hour before the pain became unbearable. After surgery, she went dancing with her husband for five hours, only stopping when the heel of her shoe broke.

"I can't say enough to anyone hesitating, to anyone in pain. Don't wait!"

To learn more about MaineGeneral Surgery's vein ablation procedure, call 621-4680.



Patti Casey, left, meets with vascular surgeon Dr. John Carson, following her successful varicose vein ablation procedure.

Contributed photo

Shelby Stanley is a sophomore communications major at

Endicott College who interned with MaineGeneral's Marketing

and Communications Department this summer.

Wise Words *from* Wise Women

By Terri Hibbard

Rachael Carson, author of “Silent Spring” would surely be horrified if she were alive today and watching the destruction and pollution of oceans, rivers, forests and farmland. She would also be stunned to walk into hardware and discount stores and be confronted with endless displays of ever-more potent weed killers and pesticides.

Carson was a scientist and writer who saw, studied and understood the dangers that pesticides and other chemicals present to the earth and every living thing upon it.

Born on May 27, 1907, on a large family farm near Springdale, Pennsylvania, Carson spent her growing-up years exploring the natural world around her home and, when she wasn't outside, she was reading. Although she didn't live near the ocean, she immersed herself in books that first piqued her interest in the sea—by Herman Melville, Joseph Conrad and Robert Louise Stevenson among others.

At Pennsylvania College for Women (now Chatham University), Carson majored in biology, and in graduate school at Johns Hopkins University she studied zoology and genetics, earning her master's degree in biology. A summer course at the Marine Biological Laboratory at Woods Hole, Massachusetts, added impetus to what would later become a passionate interest and a career in studying the oceans.

Carson had to leave school before earning her doctorate because she had to help support her family during the Great Depression. In 1935, her father died leaving Carson to

care for her aging mother.

When Carson took a temporary position with the U.S. Bureau of Fisheries writing radio copy for a series of weekly educational broadcasts entitled Romance Under the Waters, the job turned out to be life-changing. The series of 52, seven-minute programs that she researched and wrote focused on aquatic life and was intended to generate public interest in fish.

Because of her success during that part-time position, in 1936 Carson became the second woman hired by the Bureau full-time as a junior aquatic biologist. While at the Bureau, she also wrote articles about the sea for The Baltimore Sun. Her first major publication was “Undersea,” in the Atlantic Monthly in September 1937. Her first book, “Under the Sea Wind” published in 1941

Aable Cremation Service, LLC
Preplanning Available
Serving the Central Maine Area
from Waterville
616-0352
A Locally Owned & Operated
Cremation Service
www.aablecremationservice.com

Electrolysis by Ruth Swanson C.P.E.
CELEBRATING
40 Years Of Professional Electrolysis Care!
State-of-the-art equipment
Specializing in Laser Clean-Up
262 Main Street ~ WATERVILLE
873-1839 • 948-3245




“Can anyone believe it possible to lay down such a barrage of poison on the surface of the earth without making it unfit for all life? They should not be called pesticides but biocides.”

RACHAEL CARSON

Photo courtesy of
Alchetron.com/Rachel-Carson

was not a financial success, but her second book in 1951, “The Sea Around Us,” was a best-seller for 86 weeks and has been translated into 30 languages.

Carson was a scientist, a naturalist and a writer who loved not only being out in nature, but paying close attention to what was happening to it. Through her own observations and connections to others in the scientific and organic gardeners' communities, she began gathering information about the use and

misuse of pesticides and other chemicals. It took years to build a case with hard evidence and then shape it to be both understandable and highly readable. The end result was “Silent Spring,” published in 1962.

By the time final revisions were underway, Carson was suffering from metastatic breast cancer. She died in 1964, but not before full-force attacks by the chemical industries

More WISDOM, **PAGE 15**



EXCEPTIONAL AND COMPASSIONATE PARAMEDIC CARE

- Local and long-distance emergency response services
- Routine and critical care transfers
- Wheelchair van transportation
- Community events, classes and education demonstrations

VISIT US ON FACEBOOK



Augusta: 623.4900 | Waterville: 861.4244
DeltaAmbulance.org

Creating A Life

By Susan Varney

Scented pillows, sachets and potpourris

Grammy Lou lived in Harborside, on Cape Rosier, down the peninsula from Bucksport in a wonderful old house with a glassed-in porch facing the road and a barn where she kept her car. From the kitchen window was a view over a hay field to the Penobscot River near where the Bagaduce River comes in.

She had cancer as a young woman and lost her right leg. She got around on crutches, kept house, raised children, gardened and drove a car. When I was a kid it was always such an adventure to visit her; the hundred miles of roads were poorly marked, my mother had no sense of direction and we always got lost, got car sick or annoyed. But we got to stop at Perry's Nut House in Belfast and sometimes the cemetery in Bucksport to see the gravestone with a mysteriously reappearing leg and a tale about the woman who died after being pushed down the stairs by her husband.

Grammy Lou would send her husband Tracey to the clam flats with us kids in tow to dig clams, getting muddy and sun kissed,

Over the years I have made my own balsam pillows as well as sachet bags to put in my bureau drawers. Sometimes I would just sprinkle a potpourri of dried wildflowers and garden herbs in the bottom of my drawers or trunks but it is a bit tidier to put the dried flowers, herbs and spices and evergreen tips in bags or pillows. Picking up a bag and holding it, the fragrance brings memories of a summer garden even in winter.

More LIFE, **PAGE 15**

Susan Varney photos

TOP: A bowl of dried flowers, herbs and spices to be used in potpourri bags. In the bowl are some small bags: some unfilled, one filled, but not closed and one filled and closed. **AT LEFT:** A rose trellis is loaded with blooms. Use only roses that have a scent, like the old fashion non-hybrid roses.



A Life

CONTINUED FROM PAGE 14

running ahead citing the telltale air holes of clams in hiding. We drank tea with breakfast seated around the dining room table covered with a lace tablecloth. We visited Goose Falls and marveled at the dinosaur track in the ledge. But my favorite adventure was going to the woods to collect balsam fir tips to be made into scented pillows which would forever remind me of my grandmother.

Over the years I have made my own balsam pillows as well as sachet bags to put in my bureau drawers. Sometimes I would just sprinkle a potpourri of dried wildflowers and garden herbs in the bottom of my drawers or trunks but it is a bit tidier to put the dried flowers, herbs and spices and evergreen tips in bags or pillows. Picking up a bag and holding it, the fragrance brings memories of a summer garden even in winter.

Gather rose petals, yarrow flowers and leaves, mint, Artemisia, borage blossoms, hyssop & lavender flowers, tansy blooms & leaves, Johnny-jump-up flowers, sweet fern, clover blossoms, daisies and any other blossoms from the garden, riverside or woods. Dry them on screens on hot dry days or use a dehydrator. Mix them all together in a bowl and add any spices you like such as star anise, cinnamon sticks, whole allspice, cloves and a few drops of essential oils of your favorite scent. Dried lemon, orange, grapefruit and lime peel are interesting additions, also.

This is a natural extension of being a gardener but even if you do not have a garden you can collect flowers and scented greens from the edges of parks, roadsides and wild places. Use the most of a favorite-smelling botanical such as rose

petals, yarrow and mint, add interest and depth with some of the less favorites such as Artemisia, and tansy – it is like a dance of aromas and scents that are reminders of summer days, blending together old and new memories.

Make little bags or pillows that hold 1-2 cups or more of dried potpourri depending on where you will use it. The bags or pillows should be loosely filled, not packed tight. Tuck into clothing drawers or under your bed pillow or in with stored linens, sweaters, blankets or a trunk full of old diaries. They should have aroma, color and texture even if placed in bags and tucked into drawers rarely to be seen.

Decide how many and what size to make. Get some colorful light-weight fabric that will contain the potpourri while allowing the aroma to circulate – cotton, muslin or linen, plain or patterned.

These make great gifts and there are books available with information about what scents are best for sleep (rosemary) or uplifting spirits (grapefruit) or repelling bugs (peppermint and tansy). For anxiety or depression, try lavender, for jet lag, bergamot, to prevent the formation of gas in the intestinal tract, try chamomile. Most are good for more than one thing and are helpful in lotions, salves and potions, too. It's fun to experiment.

My favorite book is "The Essential Oils Book: Creating Personal Blends for Mind & Body" by Colleen K. Dodt, 1996, and a book from the library book sale "Country Home Book of Herbs," 1994, but I'm sure there are newer guides available.

It is my habit to consult recipes and then go my own way, using whatever I have and creating my own scents. Don't be afraid to experiment, that is part of the fun. Essential oils are available at health food stores and online. A little bit goes a long way.

Also connecting us to her legacy is The Rachel Carson Salt Pond Preserve in New Harbor, a salt pond and tidal pool area along Route 32 where she came to observe the diverse marine life.

The Rachel Carson National Wildlife Refuge is another link to a woman who taught us so much. It is a 9,125-acre preserve of several parcels of land along 50 miles of Maine's southern coast between Kittery and Cape Elizabeth, including land in Wells, Kennebunk, Kennebunkport, Biddeford, Saco, and Scarborough. The refuge protects various kinds of habitat, including barrier beach, dune, tidal estuary, salt marsh and rocky coastline. The piping plover, an endangered species, nests on refuge land.

The refuge's headquarters are on Route 9 in Wells and it is well worth a visit for a quiet, enriching and beautiful walk.

RFGH Birthing Center



All families deserve a Special Delivery!



a department of

Redington  Fairview
General Hospital
(207)474-5121 / www.rfgh.net

*Dedicated to Providing an
Exceptional Birth Experience...
Every Patient; Every Family;
Every Time.*

Call us at 858-2405 to set up a tour of our Birthing Center!

OB Providers:

Redington OB/GYN
207-474-7131
Lekha Bhatta, MD

**Skowhegan Family
Medicine**
207-474-6201

Ann Dorney, MD
Alicia Forster, MD
Marya Goettsche
Spurling, MD
Mike Lambke, MD
Abigail Masterman, DO

Pediatric & Nursery Providers:

**Redington Family
Practice**
207-474-3320

Courtney Daggett, PA-C
Timothy Malyk, MD

RMPC/Norridgewock
207-634-4366

Jaimee Allen, FNP
Kathy Lees, PA-C

Redington Pediatrics
207-474-6265
Miglana Kircheva, MD

**Skowhegan Family
Medicine**
207-474-6201

Ann Dorney, MD
Alicia Forster, MD

Marya Goettsche
Spurling, MD

Audie Horn, PA-C
Mike Lambke, MD

Abigail Masterman, DO

Wisdom

CONTINUED FROM PAGE 13

and the government were launched against the book and her claims about the dangers of pesticides, especially DDT.

Nonetheless, that book is credited with launching an environmental movement that continues to evolve and strengthen today, despite constant battering by those in power or who stand to profit by marketing the kinds of chemicals Carson fought against.

Carson had a special connection to Maine and built a home in Southport in 1951 so she could be close to the sea she loved and continue to explore it. That home is now owned by her son.

What one eats today can affect one's health tomorrow

BY WANDA CURTIS
Correspondent

Researchers and scientists are finding that the old familiar saying “you are what you eat” still holds true, especially in relation to cancer.

Studies suggest that certain types of foods may contribute to the development of cancer while others seem to have a protective effect against certain cancers.

POSSIBLE PROTECTIVE EFFECTS OF GARLIC

The National Cancer Institute (NCI) reports that several research studies suggest consumption of garlic may reduce the risk of developing certain types of cancer, especially cancers of the gastrointestinal tract. Though NCI reports that the results are not definitive, they reference a number of studies in their online Garlic and Cancer Prevention fact sheet which support that idea.

In its fact sheet, NCI noted that the European Prospective Investigation into Cancer and Nutrition (an ongoing multinational study involving men and women from 10 different countries) showed higher intakes of onion and garlic were associated with a reduced risk of intestinal cancer. NCI also noted that several population studies have shown an association between increased intake of garlic and a reduced risk of stomach, colon, esophageal, pancreatic and breast cancer.

NCI warns however, that increased garlic consumption is not advised for everyone. It cautions that some people may have an allergy to garlic and others can experience adverse effects from consuming too much garlic. NCI also warns that garlic may interfere with certain prescription medications which is why it's advisable to consult with a physician before increasing one's intake of garlic. The institute also notes that more research is needed to confirm whether garlic helps to protect against certain cancers and to confirm exactly how much garlic should be consumed. Studies are also needed comparing various garlic preparations.

In regards to how garlic could help to prevent certain cancers, NCI suggests that the protective effect could be related to the garlic's antibacterial properties or to other properties which possibly hinder the development and action of cancer-causing substances. NCI references studies which examine those possibilities at cancer.gov/about-cancer/causes-prevention/risk/diet.



Jenna McCarthy is a dietitian with Maine General Medical Center.

Submitted photo

TEA-INHIBITED CANCER CELLS

NCI reports in its online Tea and Cancer Prevention fact sheet, that black and green teas have also been investigated in regards to their ability to prevent and/or hinder the growth of cancer cells. It references studies

showing that “tea and/or tea polyphenols have been found in animal studies to inhibit tumorigenesis (formation of a tumor) at different organ sites, including the skin, lung, oral cavity, esophagus, stomach, small intestine, colon, liver, pancreas and mammary

“While ongoing research for cancer prevention is occurring, we do know that your chances of developing cancer are affected by lifestyle choices and many cancers are linked to diet and physical activity. I often say that while you may not have control over certain aspects of your health, like genetics or family history, you do have an influence on what you eat and how you nourish your body.”

JENNA McCARTHY, Dietitian
at MaineGeneral Medical Center

gland.” NCI reports however, that the results of human studies — both epidemiologic and clinical studies — have been inconclusive.

According to NCI, more than 50 epidemiologic studies of the association between tea consumption have been published in the last 12 years. Though the results of the studies were inconsistent, some of the studies linked tea consumption to reduced risks of colon, breast, ovarian, lungs, and prostate cancer. NCI notes that inconsistent results could have been due to a difference in the types of tea studied (green, black, or both), a difference in how the tea was prepared or in how it was consumed, the method of tea production, genetic variation in how people respond to tea consumption, the concomitant use of tobacco and alcohol and other lifestyle factors which can influence a person's risk of developing cancer such as exercise or weight status.

As with garlic, more studies are needed to determine what role, if any, black and green tea might play in preventing cancers. NCI doesn't advise anyone to rely upon tea consumption as a means of preventing or treating cancer.

WELL-BALANCED DIET IMPORTANT

While a number of food substances are currently under investigation to determine their potential role in preventing cancer,

More EAT TODAY, PAGE 18

BookTalk

By Nancy P. McGinnis

'How to Relax'

BY THICH NHAT HANH

We live in trying times. We stress (ironically) over our health and wellness, finances, relationships, politics and more. We're often sleep-deprived, anxious and unhappy – but busier than ever and our resources are stretched thin. But getting acquainted with the ideas in this book might be time very well spent indeed.

"How to Relax" is the fifth title in a Mindfulness Essentials book series by prolific author Thich Nhat Hanh, who grew up in war-torn Vietnam and became a Buddhist monk at the age of 16. It's likely no coincidence that it's a small, portable, eminently readable, modestly-priced paperback that would fit easily in a pocket. Like the book itself, its contents are accessible and user-friendly.

When we relax, Hanh explains, we are tranquil like still water, reflecting reality as it is. Whenever we're not calm, the image we reflect becomes distorted, causing suffering as a result. "We already have calmness in us; we just need to know how to make it manifest." He encourages the reader to practice focus, mindfulness and meditation by living in the present moment.

This diminutive little book delivers a powerful message, artfully illustrated with a scattering of minimalist two-color drawings by Jason DeAntonis. Just perusing the pages can be a calming experience. No special place, time or equipment is required in order to relax, Hanh reassures us. If we can sit comfortably to watch TV, we can do the same to breathe and meditate. And the key to relaxation already comes naturally to all beings: breathing. It is by going a step further and cultivating awareness that we render the familiar act of breathing light, calm and peaceful.

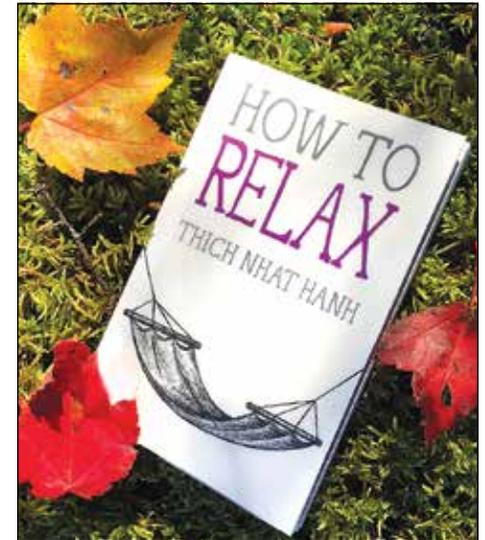
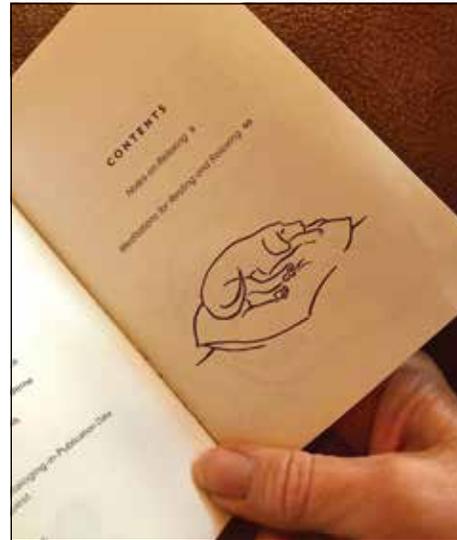
On healing and rest: "Whenever animals in the forest are wounded, they rest. They look for a very quiet place and they just stay there without moving for many days. They know it's the best way for their body to heal. During this time they may not even eat or drink. The wisdom of stopping and healing is still alive in many animals, but we humans have lost the capacity to rest."

On self-healing: "Instead of panicking or giving ourselves up to despair, we practice mindful breathing and put our trust in the healing power within us. We call this the island within ourselves in which we can take refuge."

– Thich Nhat Hanh

"Each of us has a physical body, as well as feelings, perceptions, thoughts, emotions and a deep consciousness. These comprise our territory . . . but when we allow disharmony and conflict instead of restoring peace within, we escape and seek refuge in some form of consumption..." While on the other hand, practicing mindfulness brings the insight and energy to confront, embrace and eventually transform this negativity instead of being overwhelmed by it.

Dispensing compassionate wisdom in his calm, conversational style, Hanh emphasizes the importance of rest (again, through developing awareness of breathing, and following the breath) and healing. He delves into the powerful energy of collective healing, while also noting the importance of solitude – "even when we're not alone. Real solitude means we're not carried away by the crowd,



Nancy P. McGinnis photos

Thich Nhat Hanh's "How to Relax" is worth reading more than once. It happens to be perfectly portable, to take along and read wherever you go. The illustrations scattered through "How to Relax" are as succinct and compelling as the text.

by sorrows about the past, by worries about the future or by strong emotions in the present. Even in a busy marketplace, we can smile and breathe in peace, dwelling in the island of ourselves." A smile is powerful, he notes, as it makes you master of yourself.

He explains that ironically, our idea of happiness can be the main obstacle actually standing in the way of happiness. Too often,

he says, we make the mistake of living in the future instead of here and now. We need to learn to let go of ideas and notions that are keeping us stuck. The conditions for happiness already exist; we just need to know how to recognize and savor the moments of true joy.

Fortunately, there are guidebooks like this one, to help keep us on course.



Dana R. McInnis, Owner/Director ✂ John O. Gallant, Director

10 Elm Street, Waterville ✂ PHONE: 873-3393

EMAIL: gallantfh@roadrunner.com ✂ WEB: www.gallantfh.com

Waterville's Only Locally Owned and Family-Operated Funeral Home

MENTAL HEALTH & SUBSTANCE USE DISORDER SPECIALISTS

Improving Lives with Effective, Innovative Care

Kennebec BEHAVIORAL HEALTH

1-888-322-2136
www.kbhmaine.org

Clinics in:
WATERVILLE | AUGUSTA | WINTHROP | SKOWHEGAN

Your Flooring and Window Treatment Specialists

Joyce Schoenthaler,
Charles Stubenrod,
Vivian Gaboury, Jim Davis,
Steve Goranson and
Ashley Woods.



Mattson's
Flooring & Window Treatments

276 Whitten Road, Hallowell
Free Estimates! (207) 620-8888
www.mattsonsflooring.com

Open Mon.-Fri. 8:30 a.m.-5 p.m., Sat. 9 a.m.-2 p.m.

For a snack that's not ho-hum, try homemade hummus

BY NANCY MCGINNIS
Correspondent

In the past few decades, hummus, the traditional Middle Eastern chickpea spread, has taken America by storm. It's become a familiar item in many kitchens, but most of the time it's a store-bought tub, often with added preservatives and flavors aiming to please the average consumer.

Hummus may be readily available at supermarkets, conveniently packaged and ready to eat, but there's nothing that compares with the homemade version. Some commercial hummus actually lacks tahini—the sesame seed paste which is essential to the classic spread. And of course, when you make your own you can bump up the lemon, tone down the garlic – or vice versa, customizing and experimenting to suit your own preferences or what's on hand in the kitchen.

Making hummus from scratch is quick and easy, as long as you have a food processor. A few of these ingredients may seem exotic, and perhaps even a bit pricey, but it's worth a one-time investment to stock up and keep them on hand to create a delicious batch of hummus whenever a bright, fresh pick-me-up is in order.

Do be sure your spices are fresh – they lose their zest after a few months' storage. Try purchasing affordable small quantities of spices in bulk at the natural food store.

While you're there, you may want to pick up a pound or two of dried chickpeas. They are inexpensive, easy to soak and cook – you just have to remember to add sufficient advance time – and can even be frozen and thawed.

It may be a challenge to find sumac – but it's worth the effort. The powdered red spice, which consists simply of ground sumac berries, is liberally used in many traditional Middle Eastern dishes



Nancy P. McGinnis photo

Homemade hummus is not only healthy but also quick, fun and easy to make from scratch, and the flavors are brighter and fresher than store-bought.

es to impart a distinctive tart, citrusy accent.

With the holidays around the corner, why not consider homemade hummus accompanied by fresh veggies as a more substantial, much healthier alternative to standard snack or appetizer fare? This recipe is relatively low in calories and fat, high in protein, antioxidants and fiber – and it's vegan, to boot.

BASIC HUMMUS

Ingredients:

1½ C. cooked chickpeas or 15 oz. can chickpeas, rinsed and drained
¼ C freshly squeezed lemon juice
¼ C sesame tahini (stir well before measuring)
1 medium clove garlic, minced
2 TB extra virgin olive oil
1 tsp. ground cumin
½ tsp.. smoked paprika

½ tsp. salt, plus more to taste
2-3 TB water
1 tsp. ground sumac, or more to taste

Directions:

In the food processor bowl, combine tahini and lemon juice. Process for one minute, then scrape the sides and bottom of the bowl with a rubber spatula and process an additional minute or so until the mixture is creamy.

Add the olive oil, garlic, cumin, and salt. Process for 30 seconds, stop to scrape down the sides and bottom of the bowl and repeat until all ingredients are well blended.

Next, add half the chickpeas to the food processor and process for one minute; scrape sides and bottom, then add remaining chickpeas and process for as long as two or three minutes until the mixture is thick

and fairly smooth.

If the hummus is too thick, or if small bits of chickpea still remain, turn on the food processor and drizzle in enough water by adding it, a tablespoon at a time, to the removable pusher tube which will allow the water to drip steadily through the small hole at the bottom of the tub, until the consistency is to your liking. Add smoked paprika and process just long enough to thoroughly blend.

Transfer hummus from processor work bowl into a serving bowl. Sprinkle liberally with ground sumac. Serve the hummus with pita bread triangles or crackers, or fresh raw veggies such as carrots, radishes, broccoli and cauliflower, cut or sliced for dipping.

Store any remaining hummus, tightly sealed, in the refrigerator for up to a week.

Eat Today

CONTINUED FROM PAGE 16

Maine General Medical Center dietitian Jenna McCarthy, said recently that rather than focusing on just one food, it's important to be sure that an individual's entire diet is a healthy one which will protect against cancer.

"You know the saying, 'The whole is greater than the sum of its parts.' That's how we should be thinking about a healthy diet," said McCarthy. "It speaks to the idea of synergy. No single food or food component can protect against cancer by itself, but the combination of the healthy foods that we eat can help lower the risk for many cancers. There are numerous individual vitamins, minerals and phytochemicals that have been shown to have anti-cancer effects. Phytochemicals are naturally occurring compounds in plants that give them their color and flavor – carotenoids, flavonoids, and polyphenols are examples of phytochemicals in our plant-based foods that offer anti-inflammatory and antioxidant effects to protect against cancer and other chronic diseases. So while we know that these nutrients are beneficial for cancer prevention, evidence suggests that it is the synergy of compounds in the overall diet that offers the strongest cancer protection."

McCarthy recommends eating a diet high in plant-based foods, aiming for meals to be made up of two-thirds or more of a variety of fruits, vegetables, beans/legumes and whole grains, and one-third or less of animal protein.

She advises that it's wise to limit red meat consumption and to avoid processed meats because of research showing that increased consumption of those foods increases the risk of certain cancers.

"The research shows that eating more than 18 ounces of red meat per week increases the risk of colorectal cancer and any amount of processed meat consumed on a regular basis can increase the risk of both stomach and colorectal cancers," said McCarthy. "Therefore, avoid processed meats and try to limit red meat consumption to 3 serving per week, or 12-18 ounces per week."

In addition to being selective in the foods that are consumed, McCarthy advises that weight control and regular exercise are also important in keeping the body healthy and free from cancer or other diseases. She said that it's important to limit portion sizes.

"While ongoing research for cancer prevention is occurring, we do know that your chances of developing cancer are affected by lifestyle choices and many cancers are linked to diet and physical activity," said McCarthy. "I often say that while you may not have control over certain aspects of your health, like genetics or family history, you do have an influence on what you eat and how you nourish your body."

We've moved to our new temporary home at the Hathaway Creative Center!

Visit our new exhibition throughout October --
Face to Face: Portraits by Rabee Kiwan



Our NEW Adult and Youth art classes and free events begin in October, highlights include:

- beginner wheel throwing in the clay studio
NEW CLASS Starts October 25
- tea towel self portraits on October 20
- art happy hour on November 7
- pumpkin carving on October 27
- teen Tuesdays and elementary Thursday after school programs every week
- coloring silk scarves on November 10
- professional development workshops for artists



All this and much, much more! Visit our website at www.WatervilleCreates.org for more information or call us at 207-872-ARTS!


Waterville
CREATES!

COLBY
MUSEUM
OF ART

MAINE
FILM
CENTER

WATERVILLE
OPERA
HOUSE

WATERVILLE
PUBLIC LIBRARY

community + creativity
C S A
common street arts
a program of Waterville Creates!

10 Water Street, Suite 106, Waterville | 207-616-0292 | watervillecreates.org



MAINE MADE US

Dedicated

**ACROSS THE STATE,
WE'RE HERE FOR YOU.**

EMHS is now Northern Light Health. Nine hospitals, over 100 locations, more than 12,000 healthcare professionals, and statewide home care, coming together to make healthcare better. Visit MaineMadeUs.com

NORTHERN LIGHT SEBASTICOOK VALLEY HOSPITAL | NORTHERN LIGHT INLAND HOSPITAL
NORTHERN LIGHT BLUE HILL HOSPITAL | NORTHERN LIGHT C.A. DEAN HOSPITAL
NORTHERN LIGHT MERCY HOSPITAL | NORTHERN LIGHT EASTERN MAINE MEDICAL CENTER
NORTHERN LIGHT A.R. GOULD HOSPITAL | NORTHERN LIGHT ACADIA HOSPITAL
NORTHERN LIGHT MAINE COAST HOSPITAL | NORTHERN LIGHT HOME CARE & HOSPICE

**Northern Light
Health**SM