

# WQ

## Women's Quarterly

2019 Winter Edition

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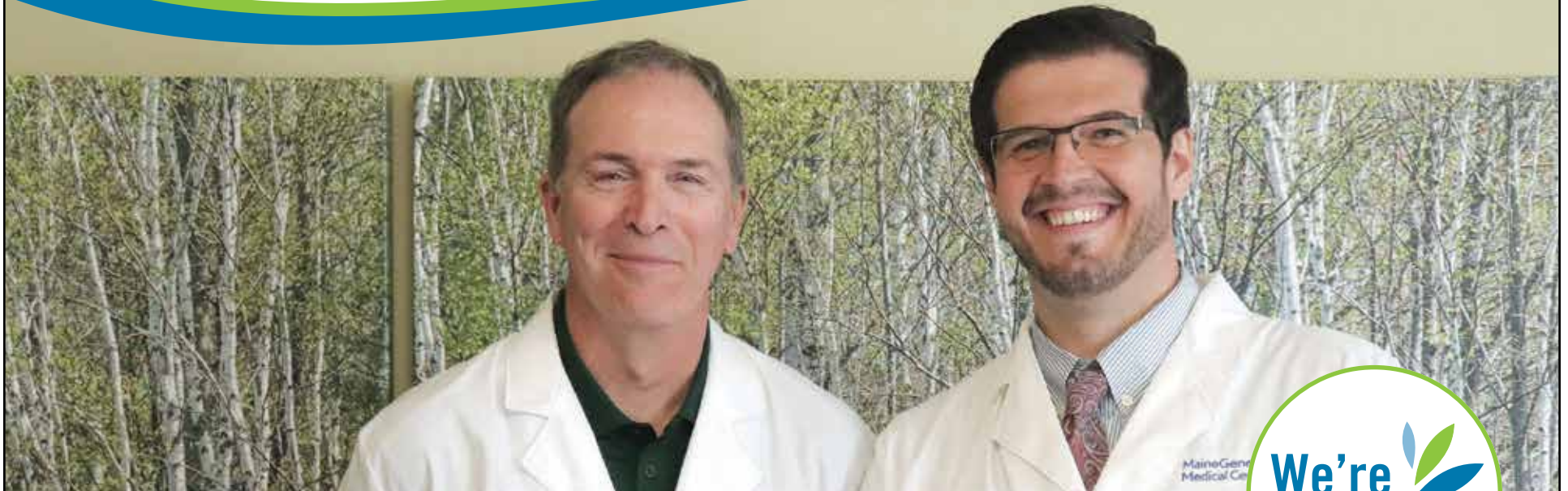
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**PROFILE:** The ABCs of life with Dr. Ann Dorney

**FEATURE:** STEM literacy expands Maine State Library offerings



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**About this section**

*This special advertising supplement was produced by the Kennebec Journal/Morning Sentinel and is published quarterly.*

*The next issue will be in April.*

*The cover features a European Yoga Retreat last year with Kim Nashed Yoga.*

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# Compromise ... wish I'd learned to sooner

## Just a Thought

By Terri Hibbard



**Q**uiet discussions and negotiations were unheard of in my family as I grew up. Arguments, explosions and cold silences were more like it. I didn't learn the benefit of discussion and compromise in relationships

because I never saw it.

Maybe that's why I'm single now despite two marriages to two perfectly decent men.

There were also boyfriends through college, after college and in later single years. Not all the men, young or old, rich or not who came into my life were worthy of long-term relationships, but surely some were. However, I always needed to tweak them or leave them.

This one needed to quit being so stingy (frugal, he called it), that one chewed gum (picky, picky me), that one needed to read more books (even though he didn't enjoy reading).

But me? I was perfect. Smart. Strong. Capable. Feisty. All good traits. Or so I thought.

In politics, refusing to negotiate and compromise is a huge problem, and the fallout far worse than divorce. When our politicians can't solve the big problems because each political party believes that its way of thinking and governing is the correct way and its principles (or lack of same) are the correct principles, we're all in trouble. Then there's Mr. Trump who believes only in his principle: My way or the highway.

Political stubbornness leaves us all in a traffic standstill on the highway to progress. We all lose when our democracy (of the people and for the people, remember) just isn't working.

Political negotiation and compromise is the only way forward. I understand that. Still, who am I to criticize their lack of give and take? I relate because I've not been very good at give and take, I've been awful actually. I always knew what was best for me so, of course, I knew what was best for my husband, for my children, my employer, my world.

How do most people learn to compromise? Is it a personality trait? Is it something children (at least some of them) learn from parents and friends? Or in pre-school when they have to understand that they don't rule the world after all?

Or do most people learn to compromise after they find that not doing so leaves them on the outside looking in? Or old and single.

Is learning to compromise simply one facet of being empathetic? Of being truly able to understand what the other person (or political party or employer) has to deal with?

I grew up making my own decisions without much direction or advice from a parent or anyone else. Being self-reliant, deciding where I wanted to live and with whom at age 7 and again at 10, dropping out of college and heading to New York City at age 19 when young women did not do that sort of thing are just two examples. Taking care of five small children, a household and all that goes with it while my husband all but lived at his job for the first 12 or more years of our marriage is another.

When my alcoholic mother went out of control (again and again), my stepfather looked to me to decide what to do – where to place her, make the arrangements, drive her there and sometimes pay the bill. Of course I knew exactly what to do. I had read endlessly about alcoholism. My plans never worked, but that wasn't my fault was it? It was hers. Or his. Or the rehab's. Or maybe the disease.

When my second marriage hit the rocks, we went for marriage counseling. The light began to dawn. Gradually there came an understanding that the other side of the story might have as much merit as my side. Possibly more.

Step by small step, I got a little better. I began to actually listen and hear the other side. I heard other possibilities and good advice. I found that opening my mind and listening is not caving in, it's not giving up, it's moving forward.

I discovered that my children and grandchildren and friends are a whole lot smarter than me about many things. Recently I've learned that my family is more than smart. They are endlessly patient and understanding of a woman who's growing less smart, less capable, less independent and not liking it one little bit. Madeleine M. Kunin, an American diplomat, author and politician, once said "Children refuse to compromise. Adults learn how."

Maybe I'm an adult now. Let's only hope it doesn't take as long for our politicians to grow up.

Contact Terri @ [terrihibbard41@gmail.com](mailto:terrihibbard41@gmail.com)



Photo by Nancy McGinnis

STEM librarians participate in training workshop.

## STEM literacy expands Maine State Library offerings

BY NANCY P. MCGINNIS  
Correspondent

**S**erving informal learners of all ages in the areas of Science, Technology, Engineering and Math learning — STEM — has become an important component in the Maine State Library's work statewide, according to Janet McKenney, director of the Maine State Library Development Division. "Libraries are about literacy, and the STEM literacies are where most libraries feel ill-equipped, since most librarians' degrees are in the humanities rather than math and sciences," McKenney said. Libraries across Maine and across the country have been "reimagining their community role and leveraging their resources and public trust to strengthen community-based learning and foster critical thinking, problem-solving and engagement in science, technology, engineering and math."

According to McKenney, public libraries offer free access to the Internet, computers, tablets, books, workshops and programs. They are perfectly positioned to remove barriers to STEM literacy and inquiry. "These services are especially vital for

children and youth whose families might not have the means for extracurricular STEM enrichment opportunities," she said. "The need in the STEM workforce is growing, and the Maine State Library wants to support libraries in their efforts to foster interest, build knowledge and excitement and lead Mainers of all ages on the path to a deeper understanding and appreciation of STEM."

The Maine State Library began focusing on STEM in 2013, as efforts for its Broadband Opportunity Grant (BTOP computers and training) were winding down, according to McKenney.

Maine public libraries were surveyed regarding their ongoing digital literacy efforts. The greatest identified need centered around learning new technologies (e-readers, tablets, apps, etc.).

"So MSL launched their traveling Technology Petting Zoo — samples of the newest technology with hands-on training and instruction. It became so popular that we contracted with Tech Ninja librarians to assist us in training. We were initially focused on the "T" in STEM with the Petting Zoo." At the same time, McKenney said they

started a partnership with Cornerstones of Science around their growing telescope and science trunk program — a focus on the "S."

"STEM began percolating and libraries started looking seriously at LEGO® Clubs (the "E" for Engineering)," she said.

### Project gets off the ground

Encouraged by the current literature, mindful of Maine's workforce crisis, and seeing the state Department of Education launch a STEM plan, the Maine State Library set about supporting informal STEM in public libraries.

In 2015, the Maine State Library partnered with Cornerstones of Science to write an Institute of Museum and Library Services Leadership grant to provide guidance to public libraries nationwide to position themselves as learning centers for science, technology, engineering and math, and to promote STEM programs in their libraries.

"We also invested in some new, loveable robots, Dash and Dot, to become part of the tech petting zoo. Dash and Dot helped young library users (and librarians) learn

More STEM, **PAGE 5**



Photo by Nancy McGinnis

STEM cardboard connections.

# STEM

CONTINUED FROM PAGE 4

code (representing the M in STEM), in order to make them move and produce sounds,” McKenney said.

“Through this grant, we hired a STEM Librarian, former petting zoo Tech Ninja Christina Dorman, to serve as liaison with the grant libraries. But we soon found that those Maine libraries that were not part of the grant also sought Chris’ training and assistance. We believe we are now the only state library in the country with a dedicated STEM librarian,” she said.

Dorman echoed McKenney’s sentiments. “The nature of librarianship is changing,” Dorman said. “It’s becoming more tech-centered, with patrons needing help to learn skills that allow them to be comfortable in any technological setting. Learners of the future will need to be able to successfully interpret and synthesize the increasingly massive amounts of data available to them. I strongly believe that STEM is the next step in education for all learners; we are training individuals for jobs that don’t exist yet.”

One of Dorman’s greatest accomplishments at Walker Memorial Library in Westbrook, where she was employed before coming to the Maine State Library in 2015, was working with community members to develop the Walker Library’s Makerspace. Her experience with researching innovative new technologies, communicating effectively with staff and library users, and fusing her passion for “making stuff” with technology and problem solving all continue to serve her well in her present role at MSL.

## STEM liaison

Dorman’s position as the Maine Libraries STEM liaison is funded through a successful IMLS (Institute of Museum of Library Services) National Leadership Grant focusing on Empowering Public Libraries to Become Science Resource Centers for Their Communities.

In this role, she has introduced, trained and mentored public librarians in all things STEM-related; developed programming, online learning tools, surveys and videos for libraries interested in offering STEM programming; and facilitated and created programming for Maine State Library’s own Makerspace, known as the UP Room. UP stands for Unlimited Possibilities.

“The MSL Makerspace, available to the public by appointment, allows our community members access to training and technology which they might not otherwise have,” Dorman said.

Last November, Dorman teamed up with MSL’s Early Childhood Literacy Specialist Stephanie Schott, to co-host a daylong, hands-on STEM workshop for Maine librarians at MSL. Interest in the event was so



Photos by Nancy McGinnis

Maine State Library STEM Librarian Christina Dorman left, and Early Childhood Literacy Specialist Stephanie Schott.

great that an additional session was offered to accommodate the overflow. The professional development event began with a free-for-all creative engineering project icebreaker—featuring LEGOS® and Play-Doh®.

Librarians traveled from across the state to learn, share and be inspired. Schott explains that the workshops were offered in response to a recurring theme in conversations with librarians, who said: “I get the idea and the importance of STEM, but I’m not sure how to implement it in my library setting.”

But Dorman is quick to point out that science, technology, engineering and math have always been part of the library universe all along — it’s just the acronym and the heightened focus and attention that are new. Matching, counting and predicting are all STEM operations, and examples of typical story time activities, that take place in libraries.

“The parent messaging sounds almost too simple, but it’s truly all about developing fine and gross motor skills through play and participation,” Schott said.

## Makerspaces allow permission to fail

Another critical aspect of STEM is permission — even encouragement — to fail.

“At its best, STEM is creative and collaborative,” she said. “It’s about learning and discovering, not about being right or wrong.” And, it’s about having fun, even when admit-

“We’re librarians, we don’t have to have all the answers. We help people find them!” Also, a Makerspace can also be a “breakerspace,” she says: taking something apart can be one of the best ways to understand how it is put together and how the parts work.

Sometimes, it’s the younger library users who educate their elders. But in the process, they inevitably improve their own skills in the “4 C’s” of STEM. These include “people skills” — communication and collaboration are just as important as critical thinking and creativity. In Maine libraries, 8- or 9-year-old STEM enthusiasts have built their own model Hogwarts, recreated their own school library in miniature and crafted a memorial to a beloved pet.

As for the expense of supplies and materials, “I’d rather have a big pile of cardboard than a 3-D printer, any day,” said Dorman. “With a knife, some hot glue and foam, you can make a maze, a car, props, costumes...”

Makers can find much of what they need, she says (rubber bands, paper clips) in their own home or garage, or inexpensively purchased at the dollar store, hardware store or online sources. “Making stuff with electricity and circuits sounds complicated, even scary. But it’s not! You can do amazing things with an LED and a coin battery,” she said.

Dorman has become accustomed to funny looks at the dollar store, where she buys inexpensive electric toothbrushes by the case (to be transformed into robots).

Another wildly successful initiative is Gizmo Garden, founded by Bill and Judy Silver and incubated at the Skidompha Library in Damariscotta, who are now partnering with Dorman and the Maine State Library.

The goal is to provide free, gender balanced computer science programming for girls and boys in fifth grade and up, throughout the state of Maine. Maine public and school libraries can host up to a dozen preregistered students for a three-hour Gizmo Garden session. They might create a RoboPot: a decorated plant pot rigged with circuit board prototype electronics, a timer and pump to make itself watering; or an “Invisible Xylophone,” a color-changing, motion-sensing music wand programmed to beep a tune when it is waved in mid-air, thanks to an accelerometer and a gyroscope.

In working with learners of all ages and experience levels, Dorman role models how to foster and share in the open-ended learning and discovery process, rather than simply instruct.

“Be the guide on the side, not the sage on the stage,” she quipped.

All in all, it’s an exciting time to be a librarian — or a library user — in Maine, she said.

“Through making and STEM at the library, individuals are learning skills to overcome real-life challenges though critical thinking, problem solving, collaboration, communication and creative design.



STEM LEGO® and Play-Doh® icebreaker.

tedly venturing beyond one’s comfort zone.

Dorman banishes any thoughts of being nervous about not knowing the answers.

# The ABCs of life with Dr. Ann Dorney

BY NANCY GALLAGHER  
Correspondent

From sickly childhood to avid outdoors-woman. From no school to medical school. From child of divorce to a career dedicated to the needs of others. Dr. Ann Dorney, M.D., has used adversity as a springboard to a life filled with empathy, diverse passions and volunteerism.

Her mother removed her from school at age 10 due to a lengthy, undiagnosed illness.

"That was great!" Dorney said.

Did her education suffer? Apparently not. "I was one of those kids who would read the encyclopedia," she said, recalling that she spent summers at the library. "I've always loved to learn and I've always loved to read, so it really wasn't an issue."

And she also got to spend a lot of time exploring the woods behind their home.

When her parents separated, Ann, her four siblings and their mother (a long-distance biker in her college years) continued their custom of spending summers camping outdoors — traveling from their Wisconsin home to Vermont for a month of outdoor adventures.

Dorney attended Earlham College in Richmond, Indiana as a math major, intending to become a math teacher. The college's strong emphasis on the sciences also appealed to her, as did the three miles of bird-filled hiking trails on the back campus.

A work-study opportunity with a physician in Hilton, New York, cemented her shift to a medical career. "I really got a sense of what it would be like to work in a rural area with a doctor," she said.

In typical Ann (call-me-broke-but-resilient) Dorney fashion, she purchased an Ameripass, traveling by bus to her medical school interviews — changing clothes in bus stations along the way. She graduated from George Washington University with a MD degree (medicinae doctor).

When information on family practice residencies seemed sparse, Dorney worked backward, first choosing where she'd like to live. She entered the Augusta Family Residency program in Maine and was one of four female family practice residents recruited to Redington-Fairview Hospital in Skowhegan in November 1982. Women physicians there were in the minority (one, to be exact) and thus followed a gender-based mutual learning curve between new and old staffers.

Another recruit was Dorney's future husband, David Axelman. They met while doing rotations during their residency, and went into private practice together as part of Skowhegan Family Practice.

Being in private practice together enabled



Contributed photo

## Dr. Ann Dorney loves bird watching.

Axelmann and Dorney to generally work opposite hours, sidestepping much of the need for outside child care. She said she "cherished the fact that we could spend a lot of time with our kids; that was very important to me."

As a result of her expanding awareness of her patients' needs and circumstances, Dorney gradually became an activist for a series of health, environmental and societal causes.

Breast feeding was out of fashion when she went into practice, so she led a breast-feeding support group for several years while she herself breast-fed her children. At times, she doubted her effectiveness in this effort, but she now sees a breast-feeding rate of 80 percent, and has won an award for her efforts in central Maine.

She trained in the treatment of opi-

"I was one of those kids who would read the encyclopedia."

DR. ANN DORNEY, M.D.

ate addiction when a hospital colleague approached her for help regarding a family member dealing with addiction. At that time Maine had no credentialed training programs on the use of Suboxone, so Dorney located and attended one in Boston.

Awareness of her patients' needs continues to identify her as a doctor with additional specialized training.

She believes many of her patients' anxieties, such as food and housing insecurity, are part of a larger societal breakdown. So when she learned about ACEs, Adverse Childhood Experiences, a connection flashed in her brain. This series of 10 childhood markers includes abuse, neglect, domestic violence, substance abuse, loss of a parent or incarceration. Resilient children can overcome them to become productive, healthy adults, she said.

A lack of resiliency often leads down a spiraling path of unhealthy behaviors, addiction, a range of disabilities, and early death.

Dorney has become a dedicated advocate for raising awareness among medical, education and law enforcement professionals on the pervasive impact of these ACEs on vulnerable children and adults, and how building resilience results in a healthier, more productive population.

Dorney grew up without much money and learned resiliency from a mother who encouraged outdoor play and freedom to learn. She observes that technology has permeated today's lifestyles, and hours spent on computers, cell phones and social media have largely supplanted the childhood free play and time spent outdoors she personally experienced.

She said she made sure her children expe-

rienced an active outdoor childhood similar to her own—a childhood she considers formative to a healthy adulthood, and one she promotes in her civic and professional engagement efforts to offset what she calls a "nature deficit disorder." "Free play is such a gift," says Dorney.

A college course in ornithology triggered her love of birdwatching.

"Of all the courses that I ever took, this probably affected my life the most profoundly," Dorney said. Learning bird songs and calls was the equivalent of learning "a new language," she said, a "life-changing" experience.

Ever practical, Dorney points out that birdwatching can be available everywhere, free of charge. Whenever she is out of doors, she is always aware of the birds around her.

As a member of the Somerset Woods Trustees, Dorney advocates for land trusts and conservation groups to change their focus from "protecting the land and nature to connecting people and nature and people to people." She suggests activities such as teaching kids to fish, berry picking, looking for bird nests, or geocaching as ways to connect children to the outdoors, as well as partnering with schools to take walks in the woods.

Her dedication to social and environmental causes has apparently influenced her children. One son works in the solar energy industry. Another does school presentations on overcoming racial and religious discrimination.

After 29 years in private practice at Skowhegan Family Practice, Dorney became a hospital employee in 2011. In addition to her hospital duties, Dorney is part of a Somerset County task force dealing with opiate addiction issues. These volunteers created an unfunded Alternate Substance Abuse

More DORNEY, PAGE 10

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The cast of Waterville Opera House's production, "A Fox on the Fairway," includes, from left, Emilienne Ouellette, Erik Hyatt, Jeralyn Shattuck, Bart Shattuck, Tim Croce and Bee Tyler.

Contributed photo



## WOH tees up some hijinks with "A Fox on the Fairway"

Next up at the Waterville Opera House, Ken Ludwig's "A Fox on the Fairway," combines the slapstick hijinks of the traditional 1940s English farce with the amorous shenanigans of a classic romantic comedy.

This uproarious play is set around the annual inter-club tournament between Quail Valley Country Club and its bitter rival, Crouching Squirrel Golf Club. Each club vies for the coveted tournament cup while complications involving a sizable wager, a missing diamond ring, an exploding vase and plenty of shameless, extra-marital flirting add to the excitement. Will Quail Valley finally break its five-year losing streak, or will they be doomed to endure yet another year of shame and humiliation from those egotistical hotshots at Crouching Squirrel?

Audiences can expect to be charmed into hysterics by a cast of talented community performers. Actors include Bee Tyler (recently seen as Dolly Levi in the Waterville Opera House production of "Hello, Dolly!"), hilarious husband and wife duo Bart and Jeralyn Shattuck (both of whom have delighted WOH audiences countless times), Tim Croce (who portrayed the bumbling Eye-gor in WOH's "Young Frankenstein"), Erik Hyatt (returning from his recent turn in WOH's "Things My Mother Taught Me"), and Opera House Box

Office Manager Emilienne Ouellette (making her first appearance on the WOH stage in fifteen years). Veteran director, Debra Susi, also returns to round out this eccentric group of friends and players.

When Henry Bingham makes a hefty wager, which includes his wife's beloved antiques shop, against his longtime adversary, Dickie Bell, he believes that he can't possibly lose. Unfortunately, an underhanded double-cross foils his plans, sending him and the other members of the club into a panicked frenzy. As tee time approaches, Henry must ensure his victory or risk losing everything. If only he had more than just half-wits and luses at his disposal. This can't-miss comedy is sure to entertain both lovers and haters of the ancient game of golf.

"A Fox On The Fairway" runs Jan. 25 through Feb. 3 at the Waterville Opera House. Tickets range from \$21 to \$24. Groups of 10 or more receive a 10 percent discount. Sponsored by Waterville Country Club and Dead River Co., "A Fox On The Fairway" is presented through special arrangement with Samuel French, Inc.

For more information or to reserve tickets, call 873-7000. Visit the box office in person at 1 Common St., or online at [www.opera-house.org](http://www.opera-house.org).

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# Blue jean investment combines fun and art

**Y**ou have worn those jeans until there are holes in the knees, thighs and butt, but you still don't want to throw them away. You keep wearing them until they practically fall off.

What next? There is still plenty of fabric without holes. Your curious mind says it would make a wonderful vest – just reconfigured.

You don't have a pattern, but you have an old vest to use as a guide. Use the pockets as pockets, use the waist band as front closure with added button holes. Put some patches on to cover holes and decorate with embroidery – it's an art project, it's a funky piece of clothing unlike any other and it's fun to plan and execute.

Measure your chest and do a mock up pattern allowing 5/8 inch for seams. The back can be pieced together like a quilt and covered with embroidery, ribbons, needlework or painting. You should have some sewing experience so you know about bias and strait of grain so it all fits together without sagging and bulging or stretching where you do not want stretching. This is where it is important to have a pattern.

So what are you waiting for? Courage to try, an old pair of jeans, an epiphany, the Ides of March? Just put in an audio book and start planning how to do it. If you are feeling a bit insecure, go to your favorite fabric shop and get a pattern – I sometimes wish I had! But I just winged it and I have to admit it came out pretty good.

I've always loved denim jeans, jackets, skirts and jumpers over the years, but this is the first repurposing/recycling I've attempted. But people like Christine Nilles, of Waterville, have been reusing denim for years. Whether out of necessity, love or artistic panache, she has fun with fabric.

Nilles grew up sewing, often making her own clothes – sometimes with a pattern, sometimes just experimenting.

"Don't be afraid to pick out a seam if it's not working," she confided. Part of learning was learning to get it right, which often meant picking out the work and doing it over. We both laughed about our first learning experiences and putting the needle of the machine into our finger when not fast enough – once was enough!

## Creating A Life by Susan Varney

Nilles was my inspiration for this project. She has been the costume shop manager and designer at Colby College since 2005. She grew up in Belmont, Massachusetts, learning to embroider and sew and had her own shop at age 23 doing custom sewing and alterations. She loves fiber art, has a sewing machine on her kitchen table and art projects filling the hallway and hanging around her apartment.

Nilles has a community garden plot at Colby, homemade mouse melon pickles in the refrigerator, hangs out with her friends, lives in a roomy apartment with a sunny deck, loves to beautify downtown Waterville, and has shown her art at the Harlow Gallery in Hallowell.

She is a busy woman.

At Colby, Nilles is involved with five major productions during the school year, a bunch of little ones and is very busy often working late into the night. Also, Colby has agreements with other colleges, such as Bates, to loan costumes. When the Bossov Ballet comes to town they are loaned costumes from Colby.

"Some of the costumes are antique, all hand sewn and beautiful," Nilles said.

Nilles says jeans are coming back. She has sold or given away most of the skirts she has made

over the years, but modeled a favorite one. She cuts the inner seam of the jeans to the crotch, flattens it out and makes a placket of jean material from another pair of jeans or a complimentary fabric to fill in the space between legs, creating a skirt.

Nilles also does abstract fabric and paper art, juxtaposing light and dark areas creating moods with fabric and paper. Her flag series is outstanding.

Too many things get tossed into already overflowing trash heaps. It is a challenge to find alternate ways of reusing things. Our grandmothers used bits and pieces of clothing to make quilts thus preserving memories of favorite dresses, skirts and shirts, while creating something beautiful and useful.



Photo by Sue Varney

**Front of recycled blue jean vest with wild mountain thyme, crows and Black-Eyed Susans. Pockets are recycled from jeans—the small one is just the right size for a small flip phone.**



Photo by Sue Varney

Chris Nilles of Waterville models one of her denim skirts made from recycled jeans. The skirt, at inset, is decorated with embroidery, beads and appliqué.



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# How to Be a Good Creature: A Memoir in Thirteen Animals

*"When the student is ready, the teacher will appear": this premise, and promise, has guided Sy Montgomery's path through life.*

**T**he human species is surrounded by constant opportunities to observe and learn from other species, says the author, if only we so choose.

Sy Montgomery, a world traveler, animal researcher and prolific author of children's and adult titles, attests in this book to the life lessons she learned from such divergent creatures as a Scottish terrier, several border collies, an octopus, a trio of emus, and even a pink-toed tarantula.

"Just being with any animal is edifying, for each has a knowing that surpasses human understanding. A spider can taste the world with her feet. Birds can see colors we can't begin to describe. A cricket can sing with his

legs and listen with his knees..." she notes in the introduction.

"Knowing someone who belongs to another species can enlarge your soul in surprising ways. I often wish I could go back in time and tell my young, anxious self that my dreams weren't in vain and my sorrows weren't permanent. I can't do that, but I can do something better. I can tell you that teachers are all around to help you: with two legs or four or eight, or even none; some with internal skeletons, some without. All you have to do is recognize them as teachers and be ready to hear their truths."

The idea for this book grew out of a National Public Radio interview, in which Montgomery says she recalled

## BookTalk by Nancy P. McGinnis

**"Just being with any animal is edifying, for each has a knowing that surpasses human understanding."**

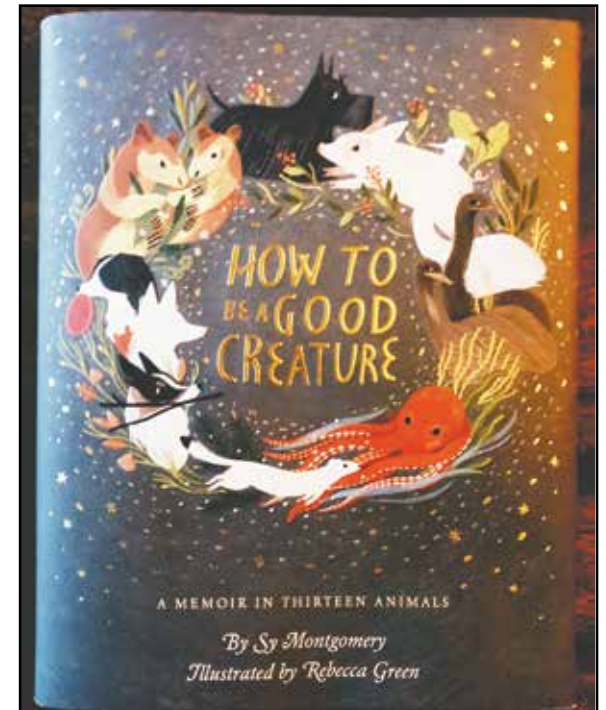
**AUTHOR SY MONTGOMERY**

the "tigers, tarantulas, tapirs and all sorts of animals about whom I've been lucky enough to spend a career learning and writing."

When asked if she had gained insight into more than just natural history, but also life lessons for herself—though she had not considered the question before — Montgomery replied without hesitation: "how to be a good creature."

Montgomery unabashedly admits she was not a "normal" child, citing her first visit to the zoo. Her parents

More BOOKTALK, **PAGE 11**



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**Provence, France June 15 - 22** Moustiers Sainte Marie, one of the most charming villages in France, at the foot of the French Alps offers beauty and timeless culture. Fragrant fields of lavender, swimming in Lac Sainte Croix, open-air markets and more are yours as you fully experience Old World elegance.



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# European yoga retreats: relax and explore

## Leaders teach in the U.S. and other countries

BY SUSAN VARNEY  
Correspondent

Can you think of a better way to welcome spring or summer than a vacation in Europe? Passing fields of lavender, breathing in the scents of a countryside filled with herbal delights, flowers, mountains and rivers? There are trips available with your favorite yoga teacher, Kim Nashed, for yoga retreats in some beautiful settings in France, Italy and Switzerland.

Traveling different paths before meeting at a yoga class three years ago, Kim Nashed and John Parsons are collaborating to guide others in the on-going journey to live with health and happiness — at home, at work and out in the world.

Nashed, the Founder of Kim Nashed Yoga, was born in Brunswick, grew up in New York, went to Colby College and raised her sons in Waterville. “I’ve always enjoyed engaging with people, exploration and well-being,” she said.

Her life also enabled her to work for an architectural firm after college and travel extensively, including trips to Africa, New Zealand, Central America and Europe. “Discovering yoga and becoming a certified teacher has provided me a deep sense of purpose.”

Nashed, in addition to special workshops and retreats, teaches yoga, and focused breathing, called pranayama in the language of yoga, at studios throughout Maine. She currently offers weekly yoga and yoga linked to meditation at Indra in Winslow, Windsong in Oakland, Champions in Waterville and Spectrum Generations in Waterville. She has also brought yoga into schools, and workplaces.

“Yoga is not a competitive sport for me and it is not about fashion. It’s different for everyone and I just want people to meet themselves where they are and have a good time.”

Parsons calls himself a “son of Maine.” His parents left Waterville and Skowhegan to join



Photo by Susan Varney

Kim Nashed leads a Yoga class at Senior Spectrum, Waterville.

the U.S. Army and the U.S. Navy during World War II. He and his brother were raised on several continents, from Yokohama Japan — where he was born, to Paris France, from D.C. to San Francisco, but always returning to central Maine. Graduating from Bowdoin and getting his Master’s at Rensselaer, he went on to a career in banking and credit unions, Google and San Francisco, Silicon Valley.

In 2014 and 2015, he was trained and certified as one of the first teachers at the Search Inside Yourself Leadership Institute, which was

workaholic”) she hopes to devote more time to issues of poverty and affordable housing, and to community building as a member of the Maine Community Foundation’s local board.

Let’s not think that life is all work for Dorney, she just returned from birdwatching and trail walking in the Okefenokee Swamp straddling the Georgia-Florida line. “I love the outdoors,” Dorney said.

Ann Dorney M. D. practices at Skowhegan Family Practice, 46 Fairview Avenue, Suite 334, Skowhegan, Maine 04976. For more information on Dorney’s involvement with the ACEs or ASAP programs, contact her by email at [anndorney@gmail.com](mailto:anndorney@gmail.com).



Contributed photos

From left: San Gemini, Italy, Umbria, Nax, Switzerland in the Alps and Moustiers Ste. Marie, France in Provence. Exciting and beautiful places to spend on a yoga retreat with Kim Nashed and John Parsons.

founded at Google. After becoming certified in 2015 he followed his lifetime dream of returning to and living in Maine.

Back to the beginning of the story. After meeting in that yoga class three years ago, Nashed and Parsons now provide yogis and meditators of all abilities the opportunity to take week-long Springtime Retreats in Provence France from June 15-22; Umbria, Italy from May 18-25 and new for 2019, the Alps, Switzerland from June 2-9.

The retreat in the Swiss Alps will take people to a small, ‘green’ hotel situated in an alpine meadow of wildflowers and serene nature in the town of Nax, Switzerland. Waterfalls, glaciers, wildflowers and mysterious ancient energy centers abound.

The Maya Boutique Hotel started with the idea to create a hotel that was good for the environment, and a healthy experience for guests who arrive for a visit. The food served in the dining room is locally sourced. The Matterhorn calls.

From each guest room, from the yoga and meditation space, the dining room, and from the wood-fired sauna and wood-fired hot tub,

there are awe-inspiring views of the Alps. This yoga and meditation hamlet is a beautiful place to connect with life and well-being, inside and outside.

The Retreat in Provence is at Moustiers Ste. Marie, France. Guests will experience stunning fields of lavender in early bloom, paddle and swim in the Gorge de Vendon and the Lac Sainte-Croix, visit the Segries Monastery, shop open air markets and practice their French as well as yoga while staying at La Bonne Etoile and The Guard’s House.

The Retreat in Umbria, San Gemini, Italy at the Palazzo Santi Terzi includes a visit to medieval villages and cathedrals, cooking class, Roman ruins, hidden monasteries, vineyards, swimming and relaxing by the pool in the gardens of the palazzo.

Closer to home, Nashed and Parsons are bringing their training to businesses to facilitate well-being at work as well as classes for individuals.

Bottom line: It feels good to feel good! For information on yoga retreats to Europe and local classes, visit [www.kimnashedyoga.com](http://www.kimnashedyoga.com), email [kimnashedyoga@gmail.com](mailto:kimnashedyoga@gmail.com) or call 649-9301.

## Dorney

CONTINUED FROM PAGE 6

Program, (ASAP), working through the district attorney’s office to divert addicts accused of nonviolent crimes from the criminal justice system in order to help them rehabilitate their lives. Participants must apply to the program, and if approved must commit to a minimum one-year effort. Program volunteers then work with them to provide the needed resources to create a path to success.

If, or when, Dorney ever retires (“I’m a



# Gallant

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## BOOKTALK

CONTINUED FROM PAGE 9

looked on with horror and astonishment as the toddler broke free from their grasp and headed straight into the hippopotamus enclosure— and emerged unscathed.

Growing up on an army base in Brooklyn, despite her mother who constantly lamented her daughter's aversion to frills and lace, Montgomery adored Molly, the family's pet Scottish terrier, a dog with a penchant for adventure and mischief.

Once old enough to set out on her own, though her parents disapproved, Montgomery seized the opportunity to travel to the far reaches of the globe, from the Outback to the cloud forest, to observe and record animals in their native habitat.

But while she indeed amassed valuable scientific data on these field expeditions, it soon became apparent that she was on a greater mission. Montgomery was humbled to discover a profound, spiritual connection to the wide range of living creatures with whom she crossed paths, even if only in a brief encounter.

To be sure, some of the creatures from whom she learned were welcomed into

Montgomery's New Hampshire farmhouse home for the rest of their lives: she and her husband found themselves adopting a spotted baby piglet small enough to fit in a shoebox, a flock of chickens and a succession of border collies. The tiny pig grew to a robust, extroverted, 750 pound "Buddha master," as Montgomery's neighbor Lila aptly described him: "He taught us how to love. How to love what life gives you. Even when life gives you slops."

By devoting herself to being open to these creatures, and the lessons they offer to those who seek them, the author discovered role models of courage, acceptance and grace: qualities that helped her through her own challenging times of conflict, loss and despair.

The candid, honest and beautifully-written chapters of *How to Be a Good Creature* are complimented by whimsical illustrations by Rebecca Green, as well as a collection of photographs of Montgomery and some of the animals that have influenced her life.

The author has also included a thoughtfully annotated list of further reading: 10 books that inspired her to embark on her career of studying the lives of animals and writing about the natural world. What a gem of an armchair read for a Maine winter's day!

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# Osteoporosis: The silent disease

## Broken bones can reduce life expectancy

BY WANDA CURTIS  
Correspondent

One health issue many women encounter, especially after menopause, is osteoporosis (a condition in which bones weaken and are more susceptible to fracture). The National Osteoporosis Foundation, [www.nof.org](http://www.nof.org), reports that approximately 10 million Americans have osteoporosis.

They also report that one in two women will break a bone in their lifetime due to osteoporosis. The NOF is currently sounding the alarm regarding the fact that osteoporosis is responsible for about two million broken bones per year, but about 80 percent of older Americans who suffer broken bones aren't tested or treated for osteoporosis.

Maine General nurse practitioner Jenee Wechsler said that post-menopausal Caucasian and Asian women have the highest risk for osteoporosis. She said many of them have bone loss related to estrogen deficiency and/or age. She said that risk increases with age; a low body weight also increases a person's risk for osteoporosis. Wechsler assists with one of the osteoporosis clinics at Maine General Medical Center. She also works with fracture patients at Maine General Orthopedics.

According to Wechsler, osteoporosis is sometimes referred to as "the silent disease" because it may go undetected until a fracture or another symptom appears. She said that fractures often occur in the wrists, hips and spine. Fractures of the spine (known as vertebral compression fractures) may cause loss of height, and osteoporosis can cause a humped back.

### Osteoporosis can cause serious and even fatal complications

The National Osteoporosis Foundation reports that hip fracture is one of the most serious consequences of osteoporosis. They report that 24 percent of hip fracture patients age 50 and over die within the year following the fracture.

They also report that, six months after a hip fracture, only 15 percent of those people can walk across the room without assistance. They report that 25 percent of the 300,000 people who fracture their hip each year require nursing home care and 50 percent nev-

er regain their pre-fracture level of function.

### Lifestyle measures can reduce bone loss and prevent osteoporosis

While many women are affected by osteoporosis, especially after menopause, there are important lifestyle measures that can reduce bone loss and prevent osteoporosis.

"These measures include having an adequate intake of calcium and vitamin D, weight bearing exercise and non-weight bearing exercises at least three times a week for 30 minutes each day, smoking cessation, and avoiding heavy alcohol use," Wechsler said.

### Calcium and vitamin D recommendations

In regards to calcium, Wechsler said that calcium supplements are beneficial, but that it's even more important for everyone to

include calcium in their diet. She said that the recommended dose of calcium for women ages 51 to 70 years is 1,200 mg and the recommended dose for men that age is 1,000 mg. She said that it's also important to get at least 600 international units of vitamin D each day because vitamin D plays a necessary role for the absorption of calcium. She added that most people will need to take a vitamin D supplement because of lack of sun exposure and food sources that contain vitamin D.

### Exercise

Exercise plays an important role in both the prevention and treatment of osteoporosis. Wechsler said that exercise has a beneficial effect on bone mineral density in both premenopausal women, postmenopausal women, and men.

"When you exercise, both weight bearing and non-weight bearing, it tells your body that it needs to build bone because it is being used in such a way that it requires strong bones," Wechsler said. "Exercise reduces the overall occurrence of fractures in older adults. A variety of exercise types are important and include resistance training, walking, jogging and jumping. The intensity of exercise isn't as important as picking a regular weight-bearing exercise regimen that one enjoys to facilitate compliance."

Although exercise can help to prevent and improve osteoporosis, Wechsler said too much exercise in premenopausal women that causes extreme weight loss and amenorrhea



Contributed photo

This team of healthcare professionals staff the osteoporosis clinic at MGMC. From left to right, Jenee Wechsler, ACNP; Ashley MacDiarmid, PA-C and Janet Plourde, RN.

(absence of menstruation) can have just the opposite effect. She said that it can actually lead to osteoporosis.

### Screening for Osteoporosis

When screening for osteoporosis, a test referred to as a DXA scan is often used to mea-

"Exercise reduces the overall occurrence of fractures in older adults."

MAINEGENERAL NURSE PRACTITIONER  
JENEWECHSLER

sure bone mineral density. Wechsler said that a clinical diagnosis of osteoporosis may also be made in the presence of a fragility fracture in the spine, wrist, pelvis, rib or humerus bone. She explained that a fragility fracture is one that occurs spontaneously or is caused by low impact, which wouldn't typically cause a fracture. For questions regarding osteoporosis screening, women should consult their primary care provider.

Treatment for osteoporosis is very individual. Persons with a high risk for fracture may be treated not only with lifestyle modifications, but also with pharmacologic therapy.

"Treatment is very patient specific and largely based on their bone mineral density, risk for fractures, and patient preference," said Wechsler. "There are a number of medications that can be used to treat osteoporosis."

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# Wise Words *from* Wise Women

BY TERRI HIBBARD

**W**hat a wonder she was, that Julia Child. Because of her, thousands—probably millions eventually—of viewers began to understand that cooking wonderful food needn't be a fearsome task.

If Julia could do it in her lovable sometimes imperfect way, we all could give it a try.

It was about 1970 when Julia taught me the secret of crusty French bread: Spray the loaves before baking and a few times during baking with a fine mist of water and have a pan of boiling water in the bottom of the oven.

Julia came to cooking in a round-about way, beginning her career as a copywriter and going on to work for the Office of Strategic Services (OSS), where trying her hand at cooking

resulted in a shark repellent.

Julia Carolyn McWilliams was born in 1912 in Pasadena, California, the daughter of John McWilliams, Jr. and the former Julia Carolyn Weston, a paper-company heiress. After being sent to an elite boarding school in California, she graduated from Smith College with a major in history.

Julia worked for a time in New York City as a copywriter, but having been rejected from joining the Women's Army Corp (WACs) or the Navy's WAVES because at 6-feet-2-inches she was just too tall, she headed to Washington D.C. to work for the OSS.

There she became a top-secret researcher and an assistant to developers of a shark repellent that would keep sharks from exploding devices

targeting German U-boats. She experimented by cooking up various concoctions and the repellent resulting from her cooking trials is still in use.

While at the OSS, Julia met Paul Child, whom she married in 1944. Her husband was an artist and poet who loved fine cuisine and introduced Julia to the joys of great food. While her husband worked for the United States Information Agency, the couple moved to Paris. It was there that Julia truly fell in love with fabulous food.

According to a New York Times story, Julia talked about her first meal in Rouen, France as a culinary revelation. Enjoying a meal of oysters, sole meunière, and fine wine was "an opening up of the soul and spirit for me," she said.

As something to do while her husband was immersed in his career, Julia attended the famous Cordon Bleu cooking school and later studied privately with other master chefs. She also joined a women's cooking club, where she met Simone Beck, who was writing a French cookbook for Americans with her friend Louisette Bertholle. Child worked with them and the book, "Mastering the Art of French Cooking" was published in 1961 by



**"People who love to eat are always the best people."**

**JULIA CHILD**

More JULIA, **PAGE 14**

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# Mmmm! Grilled cheese, grown-up style



BY NANCY P. MCGINNIS  
Correspondent

**G**rilled cheese sandwiches: the quintessential comfort food. A magical transformation takes place when bread and cheese, and a little butter, meet the frying pan. While youngsters and traditionalists may prefer American cheese on white bread, try smoked Gouda and caramelized onion sandwiched between hearty whole grain slices for an elevated grilled

cheese experience.

The caramelized onion can be prepared in advance, and stores well in a tightly sealed glass jar for up to a week.

To maximize the contrast of gooey, melted interior vs. crunchy exterior, remove the butter, cheese and onion (if previously prepared) from the fridge a half hour ahead to come to room temperature before preparing the sandwich. Using medium low heat will take a little longer—but the reward is a sandwich grilled to perfection.

## Julia

CONTINUED FROM PAGE 13

Alfred A. Knopf having first been rejected for being too encyclopedic. Praised for its helpful illustrations and particular attention to detail, the 726-page book made cooking fine cuisine possible to many. Considered a ground-breaking culinary masterpiece, the book is still in print.

A 1962 appearance on a book review show on what was then the National Educational Television station of Boston, WGBH-TV (now a PBS station), led to her first television cooking show after viewers were enthusiastic about her demonstration of how to cook an omelet.

Her show, *The French Chef*, debuted on Feb. 11, 1963 and ran nationally for 10 years. It won Peabody and Emmy Awards, including the first Emmy award for an educational program. She continued successive cooking shows, including *Julia Child &*

*Company*, *Julia Child & More Company* and *Dinner at Julia's*.

Well into the 1990s, she continued with *Cooking with Master Chefs*, *In Julia's Kitchen with Master Chefs*, *Baking with Julia* and *Julia Child & Jacques Pépin Cooking at Home*. She also wrote several books.

One of the joys of watching Julia's show early on was seeing her mishaps. Because the show was live and couldn't be edited, when she burned a soufflé, missed the pan when flipping hash or dropped food on the floor and picked it up, the flub was there for all to see. Unflappable Julia sometimes quipped "Who's to know?" and carried on cheerfully, leaving her audience smiling and loving her for being down-to-earth.

No one is certain that she actually said "A party without cake is just a meeting," but it surely could be hers. Julia believed good food is one of the great joys of life, wine, butter, cream and all. No worries about calories or fat. Julia said and appears to have believed "The only time to eat diet food is while you're waiting for the steak to cook."

Bon Appétit!

### For each sandwich:

- Two slices whole grain bread
- Two or three thin slices smoked Gouda cheese
- A tablespoon or two of caramelized onion (see recipe, below)
- About a teaspoon of butter

Butter each slice of bread. Place one slice, butter side down, in a heavy frying pan over medium-low heat. Top with cheese slices to evenly cover the bread. Spread onion mixture over the cheese. Top the sandwich with the remaining slice of bread, butter side up.

After a few minutes, slide a spatula under the bottom slice of bread to check for doneness. When it is golden brown, flip the entire sandwich to toast the other side. Remove to a cutting board, cut the sandwich in half with a sharp knife, and transfer to a serving plate. Garnish, if you like, with bread and butter pickle slices.

### Caramelized onion:

- One medium yellow or sweet Vidalia onion
- About one tablespoon olive oil
- About ½ teaspoon salt
- Pinch of sugar

Peel the onion and slice it into paper-thin rounds. Heat the olive oil in a large, heavy frying pan over medium heat until the oil shimmers in the pan. Add the onion, stirring to spread the slices into a single layer and stirring to coat evenly with oil. Sprinkle the salt and sugar on top.

Reduce heat to medium low and cook, scraping the bottom of the pan and stirring so as not to allow the mixture to burn, about 20 minutes, or until the onion mixture has become thick and jammy and a lovely dark, golden brown in color. Remove from heat and proceed with grilled cheese sandwich, allowing any extra to cool before storing in the refrigerator.

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# Anniversary of MaineGeneral's Alford Center for Health brings new services

*Special to Women's Quarterly*

**T**his past fall, MaineGeneral Medical Center celebrated the five-year anniversary of the Alford Center for Health.

Among the promises kept with that project and the renovation of the Thayer Center for Health was that expanded services needed in the Kennebec Valley would grow.

"Perhaps the biggest promise was increased services and access to both specialty care and primary care. Over the past five-plus years, our ability to recruit and retain a larger medical staff and grow our services has been unbelievable," said MaineGeneral Health CEO Chuck Hays.

Growing services required better tools to recruit and retain physicians to meet the health care needs of the people of the region.

The medical center has succeeded in drawing new talent to the area. These physicians and support staff, along with a continued fo-

**"These projects have ensured people can continue to get their care locally."**

**MAINEGENERAL HEALTH  
CEO CHUCK HAYS**

cus on implementing the latest technologies, are realizing health care for patients that is more personal, more efficient and based on proven best practices.

"One of the promises was to improve patient satisfaction and quality— which we've seen. Patients love the environment we've created here and they get better quicker," Hays said.

Paul Stein, MaineGeneral Health chief operating officer and CEO of Long Term Care, said MaineGeneral is well equipped to be at the forefront of quality in a changing health

care landscape.

"These projects have ensured people can continue to get their care locally," he said. "If we had never moved forward with the Alford Center for Health and the Thayer Center for Health investments, I think more and more folks would have had to go to Portland and Bangor for their health care because we would have lost more medical staff and had more fragmented care."

## ***New and expanded skin cancer services in the Kennebec Valley***

One area that has seen growth in just the past year has been in skin cancer surgery. MaineGeneral Medical Center expanded care for skin cancer patients to include Mohs micrographic surgery, or Mohs surgery, which is offered in Augusta.

Mohs is a precise surgical technique in which skin cancer is removed in stages, in the office, until all cancer has been removed. Mohs surgery is the treatment of choice for

high-risk basal cell carcinoma and squamous cell carcinoma. It offers the highest cure rates while preserving healthy tissue.

MaineGeneral Medical Center and MDFMR Dermatology Services are the only Mohs providers in the Kennebec Valley.

MaineGeneral Mohs surgeon Dr. Dan Filitis joined the medical center in 2018 after completing his fellowship in micrographic surgery and dermatologic oncology at Columbia University Medical Center in New York, NY.

Experienced Mohs surgeon Dr. Brian O'Donnell, MD, MAT, also provides this service, having joined MaineGeneral after many years of practice in Freeport.

"Mohs surgery is a great example of advanced care that has been brought to the Kennebec Valley because of the investments we've made in the future of our health care," said Steve Diaz, chief medical officer of MaineGeneral Health.

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### winter maker camp for kids | february 18–22

Looking for a fun February break camp experience for your kids? Enroll them in our Winter Maker Camp! They'll learn about 3D-printing and print their own creations, discover Inuit-inspired art, carve snow sculptures and create snow animals: explore a mini-maker space day—all in one week! Guest artist instructors include Johnna Stoltz and Jon Moulton. Ages 8–12. Cost \$125 for 9–12pm and \$160 for full day including afternoons at Alford Youth Center from 12–5pm. [Scholarships available.](#)

### encaustic class with hélène farrar | april 6

Investigate the art of encaustic painting in this hands-on workshop using pigmented wax and a heated palette. Explore a rich variety of markmaking while investigating image transfer, etching, and collage in this seductive medium. Class time will be divided between demonstrations and individual work time. We will discuss the historical context and contemporary activities of encaustic, as well as proper studio ventilation, wax safety, and how to "finish" artworks in terms of framing and care. Students will leave with finished pieces. Bring a bag lunch. \$70 (includes all paint and materials).

community + creativity  
**CSA**  
common street arts  
a program of Waterville Creates!

Hathaway Creative Center  
10 water street, suite 106, waterville  
207-872-arts (2787)

[commonstreetarts.org](http://commonstreetarts.org) | gallery hours: wed–sat 12–5 pm



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