Incredibly varied experiences led Kathryn Foster to UMF

Katie Ouilette proves her work energy is boundless

Nigerian Dwarf goats are a passion for Abby Schofield of Strong

Najean Shedyak’s creativity flows into her Unity Flower Shop and Photography Studio
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**Failing at love and marriage hasn’t killed my romantic heart**

**Just a Thought**

*BY TERRI HIBBARD*

*Correspondent*

When I see an older couple shopping for groceries — he’s pushing the cart, she’s checking labels and choosing carefully, but stopping to confer with him — I’m envious.

Or I’m in the doctor’s waiting room, and a couple come in. They walk slowly, sit close, he pats her hand and smiles at her, but I can tell he’s worried.

And I’m envious.

I love my independence and freedom but sometimes, just sometimes, I miss being part of a couple. There’s a kind of comfort and confidence when you are half of something that fits together in all the right ways.

Standing in line at a restaurant, they ask “How many?” I say “just one” and it’s a lonely feeling. I’d love to take ballroom dance lessons but it takes two to tango . . . or waltz or jitterbug.

When my car makes a strange noise, or the kitchen stove bursts into flames while the oven is preheating, or there’s the sound of gushing water where there should be none, how I’d love to say “What are we going to do about that?”

I’ve had plenty of chances to be part of a couple but got it wrong every time.

My first love was a crazy, rose-colored-glasses kind of emotion for a man who was totally unromantic and wouldn’t have lasted as my husband for three months.

Soooo inappropriate for me. But I couldn’t stop trying to make it work — off and on for five years.

The next love, also inappropriate in ways that seemed insignificant at the time, had something the first didn’t. He loved me at once. Without reservation. I couldn’t help but love him back. Our marriage lasted nearly 25 years and produced five incredible children before we gave up trying to be what the other wanted and needed.

My second husband came to me all roses and wine, poetry and love letters. Who could resist? Certainly not me. Seven years later he decided he really wanted to be single.

And finally there arrived in my life, a man who seemed absolutely perfect for me. A poet, a health nut, an animal lover, a Colby guy. And he wanted to take ballroom dance lessons! I was a goner. Until the money thing came into play. He was stingy.

So, here I am, over the hill, trying to put the brakes on the downward slide. And single.

When I was a kid, my parents were busy with marriage troubles, divorces, re-marriages, financial crises, job crises. I was always moving from place to place, family to family. Learning I often couldn’t depend on anyone else, I became independent, strong-willed, determined, and, some might say, way too opinionated.

Lasting relationships are built on respect for the other’s point of view and the ability to compromise for the greater good — marriage and family. I had more than a little trouble with compromise.

CNN anchor and 60 Minutes contributor, Anderson Cooper, recently co-wrote a book with his mother, Gloria Vanderbilt, called “The Rainbow Comes and Goes.” During an interview on CBS, Vanderbilt, 92, was asked “What’s going through your mind now at this time of your life?”

“Well, I think something wonderful is going to happen — maybe tomorrow? And I like to think maybe sooner!” she said.

Cooper weighed in.

“My mom is the most sort of youthful and optimistic person I know,” Cooper said. “She still believes there’s a guy waiting on a boat in the south of France . . .”

“A yacht!” Gloria interjected.

“Or just around the corner there’s gonna’ be some incredible new experience, and she makes me believe it as well.”

Well, I certainly don’t believe there’s a perfect man and a yacht waiting for me. But despite my failures, I’m still a romantic at heart. Isn’t it possible that a man who enjoys lively conversations about life and my (brand of) politics is just waiting for me to find him? He’d be a guy accepting of my need to have time near the ocean, solitude, and Breyer’s All Natural Vanilla ice cream. He’d understand that because my mind is always flitting around looking for a place to land, I’ll never be well-or-organized, efficient, tidy or on time.

This man would be healthy, young-ish, a non-smoker, generous, have no weapons of mass destruction, and he’d support Trump over my dead body.

My friends, if you know this man, have him call me. Soon. I have no time to waste.

Terri Hibbard may be reached at languagelady@twc.com
Incredibly varied experiences led Kathryn Foster to UMF

BY VALERIE TUCKER
Correspondent

In August 1864, the first classes of the Farmington State Normal School began in the attic of a commercial building in downtown Farmington. This first of the two state teachers’ training institutions faced many challenges before becoming the University of Maine at Farmington in 1971. That history and perseverance has carried the western Maine institution through several wars and the Great Depression. Past college presidents’ tenures have been blips on that 152-year time line.

The American Council of Education reported in its first study in 1986 that the demographic profile of the typical campus leader was a white male in his 50s. He was married with children, Protestant, held a doctorate in education, and had served in his current position for six years.

“Twenty-five years later, with few exceptions, the profile has not changed,” the 2012 report said.

Today, only 26 percent of college presidents are female, and even after five years at the helm, UMF’s President Kathryn Foster appreciates her role as one of those few leaders.

“There’s not a day that goes by that I don’t feel like I’m doing meaningful work,” she said. “I love being a university president.”

Her role, she says, must reflect the goals, values and reputation of the school. As a president, she must offer her experiences and perspectives that will help shape the way the college moves forward. She must address equally the concerns of her advisory councils and boards, alumni who remember the days of Farmington Normal School, and the 18-year-old freshmen who may never have been so far from home.

She credits her broad range of academic experiences and employment as the series of building blocks that led her here. They weren’t the traditional steps, she said, but each has added something important to her personal and professional growth and development.

The middle child of five, she had a conventional home life in New Jersey. “I liked school, and I enjoyed learning,” she said. “But I did not have a sense at age 20 that I would become a college president.”

In 1979, she graduated from Johns Hopkins University with a degree in geography and environmental engineering. She hadn’t been west of Ohio, so she decided to pursue her Master’s degree in City and Regional Planning at the University of California at Berkeley in San Luis Obispo. She loved the ocean, the stunning natural beauty of the area and the laid-back lifestyle. She accepted a position as an adjunct professor, but she discovered something that would change her career direction forever:

“I had the first true epiphany of my life,” she said. “I discovered I absolutely loved teaching, even though it was the hardest work I had done so far.”

She spent two years in the Peace Corps as a Physical Planning Officer for the Ministry of Natural Resources and Energy in the Kingdom of Swaziland, sharing what she had learned. This was another life-changing experience that shaped her appreciation of her life’s journey; she said, rather than a focus on a specific career goal. Until Swaziland, she had never lived as a member of a minority population and she had never felt like an outsider.

“I experienced being a young white woman in a nation that revered elders, blacks and males,” she said. “It was important for me to have that experience and know what that feels like.”

She returned to New Jersey and earned a PhD in Public and International Affairs at Princeton University. The course of study couldn’t have been broader; she said, and she relished her options in the program.

“It was almost anti-discipline,” she said. “I found myself in just the right place.”

She delved deeper into her study of economics, geography, politics, social issues, regional economies, land use and planning. She taught at the University of Buffalo and eventually became the Department Chair of Urban and Regional Planning and the CEO for the University of Buffalo Regional Institute.

She then took a one-year research leave as a Brookings Institution Fellow in Washington, D.C., and learned about the opportunity for a President at the University of Maine at Farmington. She went through the lengthy and grueling interview process, fearing her non-traditional resume could not compete against other college administrators. She was both shocked and thrilled to get the job offer, she said. She also realized that her choices along her non-traditional career path had been the right ones. She has received a warm welcome from the both the college and local community. Every day is different, but she welcomes the challenges.

“UMF has this open, wonderful creative vibe,” she said. “It sounds corny, but I think we found each other.”

Today, she finds herself drawing daily on her past experiences and education as she deals with long-term plans and day-to-day challenges. As a leader, she understands the importance of balance between generalized and specialized studies and draws strength from both. She encourages those around her to think creatively and try new ideas. Every day, she says, is reminded of the profound responsibilities of helping to build futures at UMF.

“Now I know this is what I’ve been preparing for my whole life,” she said.

Of her time in the Peace Corps in the Kingdom of Swaziland: “I experienced being a young white woman in a nation that revered elders, blacks and male. It was important for me to have that experience and know what that feels like.”

KATHRYN FOSTER, PRESIDENT, UNIVERSITY OF MAINE AT FARMINGTON

Contributed photo
Ouilette proves her work energy is boundless

Eight decades later, she’s still active

BY DARLA L. PICKETT
Staff

Katie Valliere-Denis Ouilette does not know the meaning of the word quit. She began working as a teenager at a Skowhegan dentist’s office in the 1940s and is still going strong today at 86.

Her name — as well as her diligence — has been stamped on the paperwork of many projects over the last eight decades, both as an entrepreneur and as a volunteer.

Over her lifetime, she has co-owned and managed both Z.D. Wire Products Inc. in Norridgewock and the Lakewood Theater in Madison. She has been an opera singer, wrote a book, continues to write a column for an area weekly and introduced the Main Street organization to Skowhegan.

She has been an activities director at two nursing homes and lays claim to being the first woman president of the Madison Kiwanis Club, as well as its Lt. Governor for District 4. She also was a sales and marketing director for a hotel chain in Bangor.

Meanwhile, Ouilette is now more than two decades into her work for Somerset Community TV 11, a public access cable television station for Skowhegan, Madison and Anson. First she was manager and, today, is producer and director of two shows, a panel show called “Keeping Pace” and a new show, “Now You Know.”

Ouilette also continues as a member of the Skowhegan Historical Society, only recently resigning as its president. Her column “If Walls Could Talk” appears in the “Town Line” weekly based in South China. She said she already has plans for the several books she wants to write next, in her spare time.

And it’s no secret to people who live in the area that Ouilette is a good cook; her pastry skills are renowned. She often agrees to provide several pies a month for fundraisers and is known as the “surprise Santa” who drops off Christmas food to friends. She and husband, Lew Ouilette, live in a cottage on Lake Wesserunsett in Madison.

Ouilette knows more about local history than many of us have forgotten. Her ancestors, the Dumonts, were settlers in Skowhegan, according to Ouilette and owned farmland on what is today known as East Maple Street.

Ouilette said she took her first job when she was 15 years old for Dr. Harold Dumont at the corner of Court and Cross Street in Skowhegan. She was his Girl Friday, she said, washing instruments, taking appointments and providing comfort.

“I made $6 a week. I went there every afternoon after school and all day Saturday,” Ouilette recalled. “My father said it all had to go in the bank and I would still get a 50-cent allowance.”

Ouilette, christened Kathleen, was the only daughter of parents, Henry and Roxie Russell Valliere. Her Dad was the successful owner of Henry’s Hardware on Chestnut Street, even though a bank once told him he would never make it off the main street” where most businesses were located, she said with pride.

Always independent, she headed for college after high school, attending Colby-Sawyer College in New London, N.H., graduating with a degree in medical secretarial science.

Her singing almost took her in a different direction in life.

A coloratura soprano, Ouilette said she started at 4-years-old, singing for Rotary Clubs and concerts, and later sang with symphony orchestras. She remembers Marion Knight played for her concerts as a small child. One night, when she forgot the end of the song twice, each time “Marion would say ‘start again.’” She said she also tap-danced and played the violin.

“Three weeks before I was to be married (to Joe Denis), I was invited to audition at the Metropolitan Opera; I still have the letter,” she said. But her husband was headed to Oak Ridge, Tennessee for his job as an engineer and he was the first love of her life.

“How could I live so far away? I kept singing, but I gave up the Metropolitan Opera.”

Ouilette said she sang with Doris Doe of the MET and for years and with the Bowdoin Glee Club. She also performed as a guest soloist with symphony orchestras throughout New England and performed in hometown musicals, she said.

Ouilette would return with Denis to build Z.D. Wire on U.S. Route 2, something Denis had insisted could be the success it became. The special wire was made for florescent light bulbs with such customers as GE, Canadian Westinghouse and Sylvania. “I made many trips to airports, all over,” to make sure the product was delivered, she said.

“I worked at the office until the kids got out of school and then go home and take care of the children.”

Those children — Craig, Russell and Lynn — were players in the book she would write: “Two Birds in a Box.” It all began, she said, “when Craig, 11 at the time, walked in through the kitchen door with two featherless baby sparrows in his hands that had fallen from a nest.”

The family watched over them for weeks, trying to help the mother and father birds save their babies. She remembers sitting on the counter with her feet in the kitchen sink watching the birds through the window.

The Denis’ interest in Lakewood Theater began in the 1970s. It was where they had met and worked together when they were in college. Ouilette said they owned it from 1972 to 1975. Eddie Bracken had owned it in 1971 and the theater was in difficult financial straits when they took over.

Ouilette remembers actors such as Edward Everett Horton, who she said “used to buy chocolate milkshakes with strawberry ice cream from the Shanty.” And Fay Bainter, who she invited her at 3 p.m. every afternoon to sing for her backstage.

Robert Stack, she recalled, “was stalked by a woman who once pulled all the curtains down on one side of the theater.”

She also remembers Mickey Rooney, whose advance man insisted they supply him with a “Cadillac with a bar and TV in the back seat.” She said her husband gave him their green Datsun and put a six-pack in the back seat. Rooney thought it was so funny, he said he didn’t need the Cadillac.

Although their marriage ended in divorce, Ouilette said she has many good memories.

She would meet the second love of her life, Lew Ouilette, several years later; they have been married 37 years.

“My son and Lew’s son were best friends in high school; we started having dinner together on Sundays,” she said. “Russell and Dean kind of brought us together, we kind of belong together.”

She said she first became involved with Main Street Skowhegan by happenstance. “Town Manager Patricia Dickey called her in and gave her the paperwork. “I gave her the information because I knew she would run with it,” Dickey said this week. “She’s a dying breed that does so much. I knew she would research it, and she had so much feeling for Skowhegan. That’s how it all started.”

Ouilette was hooked.

“For three years I put my whole heart and soul into the adventure. It was a lot different than it is today; it was run by Augusta. There was all the training to be done; we went to New Hampshire to see their training sessions.”

Although a difference of opinion separated her from the organization a few years later, Ouilette still has fond memories and a sense of pride for her accomplishment, she said.

Active for many years with the Skowhegan Area Chamber of Commerce, Ouilette said she and Herb Paradis, leader of SCAG (Skowhegan Community Action Group) took turns keeping the downtown office open for tourists on weekends.

Her stints as activities director for Maplecrest and 234 Madison Avenue nursing homes were “probably the most fulfilling thing that I ever did,” she said.

Plagued by Lyme disease for the past 30 years after she was “raking around the bushes in Littleton, N.H. when I got bitten by a tick.” Ouilette said she always feels grateful that she can still contribute despite the sometimes-debilitating pain. She said she just hopes that people can learn more about the disease through her discomfort.

Meanwhile, the woman with the shock-white hair and signature large, dark-rimmed glasses, continues to find life fun and exciting.

“I have worked everywhere for a variety of reasons and loved every minute of it.”

KATIE VALLIERE-DENIS OUILETTE
Nigerian Dwarf goats are a passion for Abby Schofield of Strong

BY VALERIE TUCKER
Correspondent

Abby Schofield, 33, makes a living raising, showing and selling her goats. She wouldn’t have it any other way. She knows each of the unique personalities of her 32 Nigerian Dwarf goats. Some are sweet and friendly, and some are just a little bit sneaky or naughty. When she calls out to Olive Oil, American Pie, Maze Runner or Rain Drop, each goat answers eagerly to its name on her Valley’s Edge Farm in Strong. She clearly loves each one, and they love her, too.

“I’ve been raising and showing goats since I was 12 years old,” she said. “And I’ve been an avid 4-H member from the age of five.”

Eventually, she’d like to become a professional American Dairy Goat Association judge, but she must work around her herd’s schedule and the demands of being a full-time farmer. She took the opportunity to get more experience and recognition at the 2016 Farmington Fair, when she was asked to judge the 4-H dairy goat show. She offered encouragement and advice to each young competitor and considered them all winners, just for having the courage to enter the event.

“These 4-H competitions teach kids a lot,” she said. “They can learn what characteristics a great show goat should have.”

She always asks youngsters what they like about their goats and how they could improve.

She can tell when someone has worked closely with the goat because that bond is easy to spot. The goat is happier in the show ring and is less distracted by other activity nearby.

“It’s really beautiful to see,” she said. “It’s all about having fun.”

She has the added benefit of being a Licensed Veterinary Technician, which has supplemented her farm income over the years. She can spot problems with any of her animals quickly and support their optimal health. Goats are not dirty and smelly if they are cared for and cleaned properly, she said. She has taught classes on several goat-related topics, including competitive showmanship for both young people and adults, and the techniques of disbudding (to prevent horns), tattooing, fecal testing, emergency care and general husbandry.

Most serious breeders are members of the American Dairy Goat Association (ADGA), she explained. Just as dogs, horses and other show animals are registered, hers goats are registered. Each goat has a unique name that includes the names of the sire (father) and dam (mother). She spends many hours completing the required ADGA paperwork to keep track of each goat. Since she does not sell the females for meat, most of her goats are sold as pets and die of old age.

Nigerian Dwarf goats were not recognized as a breed until recently. Schofield explained that the recent recession meant that breeders and buyers had to find ways to continue to do business in lean times and larger goats cost more to buy, eat more, and require more living space. Also, attendance at exhibitions and competitions, like those at the recent Fryeburg Fair, declined and the breeders’ associations memberships dwindled. When ADGA recognized the Nigerian Dwarf goat breed, it was a big boost for the industry, Schofield said. Less expensive to buy and care for, the little goats became popular very rapidly. New breeders were registering new sires and dams, revenues rebounded, and competitions and exhibitions attracted more participants.

Schofield, like all professional breeders, established Valley’s Edge as her trademarked herd name in the ADGA database. All animals registered by ADGA must have a unique tattoo that identifies the farm of origin and traces the animals.

Schofield has become accustomed to bringing home ribbons. At the Cumberland and Fryeburg Fairs, she swept the competition. Her senior kid earned the Junior Grand Champion prize, while her dry yearling took the Reserve (second place) Junior Grand Champion prize in their classes. Several others took home ribbons, as well.

“Fritter brought home the Best of Breed award,” she said. “Teakwood also brought home a Grand Champion award, and C’est La Vie brought home a Reserve Grand Champion award.”

Abby Schofield has set a long-term goal for herself, and she’s made steady and determined progress.

“I want to breed the best Nigerian Dwarf goats in the state of Maine,” she said.
Najean Shedyak’s creativity flows into photo and flower shops

BY NANCY GALLAGHER
Correspondent

While raising her family, Nacie Bowerman opened and operated Unity Flower Shop as her way of being a stay-at-home mom. It must have been a positive experience, because her daughter, Najean Shedyak, followed in her footsteps and now runs Unity Flower Shop.

Shedyak grew up working alongside her mother in the flower shop and by age 18 had won a Maine State Floral Association award. She married, began a family, and at age 29 studied photography at the Hallmark Institute of Photography in Massachusetts to expand her creative abilities. Shedyak now devotes her time and creative energy to enhance the appeal of both the flower shop and the photography studio.

Unity Flower Shop is always open on holidays, even if they fall on a weekend, she said. The shop specializes in weddings and events, but “the best occasion is just because.” It’s the one that gets Shedyak through the everyday business of business. Helpful add-ons include greeting cards, chocolates and fudge. The shop also has a traditional greenhouse filled with perennials, hanging baskets and memorial pieces as well as local varieties to intermingle with commercial blossoms in creating unique arrangements. Bowerman also serves on the board of the Maine State Floral Association.

Gradually acquiring professional photography assignments in addition to working at Unity Flower Shop led Shedyak to purchase a residence from a family member for eventual expansion into a formal, independent portrait studio. In keeping with her strong familial ties, her father helped her convert a Depot Street residence into today’s portrait studio while her husband served in Iraq. Her two businesses, Najean Photography and Unity Flower Shop, conveniently face one another on Depot Street.

Najean Photography specializes in portrait design with families, children and seniors. Shedyak also does weddings and commercial photography for websites and portfolios. Shedyak is married to husband Christopher. Their older son Zachary, age 22, currently serves as a U.S. Army M.P. He is married to April, and they have a daughter Annabell. Her younger son, Evan, age 8, is a third grade student. “He was our better late than never,” says Shedyak, referring to separations caused by college and husband Christopher’s military deployments.

Unity Flower Shop is located at 257 Depot Street in Unity. Business hours are 9 a.m. to 5 p.m. Monday through Friday, 9 a.m. to noon Saturday. Always open on holidays. For more information, please call 948-2446 or consult the shop’s website at unityflowershop.com.

Najean Photography is located at 250 Depot Street in Unity. Telephone is 948-5276. Website is najeanshedyakphotography.com. Call for an appointment.
Kennebec Behavioral Health clubhouses create paths to meaningful employment

BY ELIZABETH KEANE
Kennebec Behavioral Health
Special to the Sentinel and KJ

“I’m on my own now because I finally believe I can be,” says Liz, a member of Kennebec Behavioral Health’s Capitol Clubhouse in Augusta. “Capitol Clubhouse has helped me become independent and believe I can work.”

Liz, like tens of millions of others in the U.S., has suffered from mental illness and as a result, unemployment. Unemployment rates for people living with a mental illness are staggering, with 80 percent of individuals receiving public mental health services having been unemployed in 2014, according to National Alliance on Mental Illness.

However, today Liz has a job and her own apartment due to the support she has received at the vocational clubhouse. “I currently work at a TE (Transitional Employment) at Old Navy. I’m also taking classes to go back to college. Three years ago when I started, I didn’t even know I was capable of all of this.”

Women and men alike face many barriers when struggling with a mental illness and trying to get and keep a job. Stigma, lack of health care access and lack of training or skills can prevent them from obtaining meaningful employment.

The Vocational Clubhouses at KBH include Capitol Clubhouse in Augusta, Looking Ahead Clubhouse in Lewiston and High Hopes Clubhouse in Waterville. Using an evidence-based practice and membership model of psychiatric rehabilitation, the Clubhouses provide an empowering environment and help members overcome barriers to employment by offering services such as job development, job placement, job and financial coaching and job support.

“The Clubhouses partner with local businesses which then employ our members in different levels. Transitional Employment is a temporary, part-time placement where members receive onsite training and are covered if for some reason they cannot make it to their job,” explains Director of High Hopes, Lisa Soucie.

“Members gain the skills and confidence they need, which enables them to find more independence in finding and maintaining employment.”

In addition to the services the Clubhouses provide, members also become part of an environment with positive social interaction. Social gatherings and holiday events become a meaningful component of helping members gain confidence and find the support they need.

Once an individual becomes a member, they are always a member whether they find independent employment or even start their own businesses. The supports are always there.

Liz, a member of Looking Ahead Clubhouse since 2013, is one such member who has found more strength and confidence in her business skills. Now finishing her MHRT-C (Mental Health Rehabilitation Technician in Community certificate), she has made a business plan on how to further her career and find financial independence with the help of the Vocational Rehabilitation counselor who helps at Looking Ahead.

“LAC (the clubhouse) has given me the strength, confidence, education and opportunity to use the gifts I already had hidden inside me,” says Rose.

The empowering environment of the Clubhouses and partnering businesses enable members to re-envision their futures and reach goals they may have previously thought to be unobtainable.

As a result of the dedication of members, staff and local businesses, hundreds of members living with mental illnesses in Maine now have the tools and support to re-envision their futures and reach goals they may have previously thought to be unobtainable.

Because each individual member’s situation and needs are different, the Clubhouses often have to be creative about meeting the employment and educational goals. Sometimes, even seemingly simple things, like appropriate clothing, a reliable vehicle, textbooks, or dental care become barriers for people who are struggling with mental illness. That’s why each Clubhouse has a designated “Employment Fund” which provides loans or grants to Clubhouse members when a need arises for which there are no other resources. Loans or grants are given out when it will directly affect the Clubhouse member’s ability to keep or maintain gainful employment.

On November 11th, KBH will host a fundraising event to support the Clubhouses’ Employment Funds. KBH’s ‘A Night Out’ of Comedy Improv will feature Teachers Lounge Mafia, basket raffles, 50/50 raffle and more. Beginning at 7 pm, ‘A Night Out’ will take place at Club Calumet in Augusta.

Join KBH and Clubhouse members and staff to help support the Clubhouses and their valuable service to men and women with mental illnesses. For more information about the Clubhouses and ‘A Night Out’ visit kbhmaine.org/a_night_out.
Effort and enthusiasm characterize two local Rotary Club presidents

BY NANCY GALLAGHER
Correspondent

In 1987 the Rotary Club of Waterville voted to extend membership to women. In 1992 the Rotary Club of Waterville elected Joanna Dennis as its first woman president. In 2016 both the Rotary Club of Waterville and the Waterville Sunrise Rotary Club elected women as presidents.

When Chicago attorney Paul Harris founded Rotary in 1905, he and his fellow Rotarians funded Rotary’s first community service project: a public toilet. In the hundred-plus years since then the Rotary Club has grown into a global service organization. A major Rotary International goal is the eradication of polio. Rotarians also contribute funds and sweat equity to such diverse efforts as providing potable water, education, disaster relief, health services and agricultural programs, both locally and worldwide.

As of July 1, Kim Croswell assumed the presidency of the Waterville Sunrise Rotary Club, leading weekly breakfast meetings on Thursdays at 7:15 a.m. at the Alfond Youth Center. Tina Chapman assumed the presidency of the Rotary Club of Waterville, leading weekly luncheon meetings on Mondays at noon, also at the Alfond Youth Center.

In her professional life, Croswell is office manager for her husband’s psychiatry practice. She is relatively new to Rotary, rising rapidly to the office of Vice President in her first full year with the Club. Croswell says of the unexpected invitation to hold the successive offices of vice president and then president, “I don’t know if it was an act of desperation on her part (the previous president) or she saw my enthusiasm.”

Croswell also chairs the High Hopes Club Advisory Board and occasionally cooks lunch with club members there. She believes the mental illness community is both grossly underserved and discriminated against, and enthusiastically supports the group’s job skills and continuing education programs. At Croswell’s behest, proceeds from a Rotary fund raiser helped insert a basic dental care component into the High Hopes’ mission of educating its members about overall good health and job readiness. Future fund raisers to extend this dental program are under discussion.

“I pick my causes,” says Croswell. For more information on High Hopes, please go to highhopesclubhouse.org.

Being a Rotary president takes a great deal of time, says Croswell. Local projects include the Alfond Center’s Wigley Field, a joint Music and Memory program at Mount St. Joseph’s Alzheimer’s unit, and a Christmas in July clothing project for the Maine Home for Little Wanderers.

Two local grandchildren, as well as a hobby farm housing horses, dogs, goats and chickens occupy much of Croswell’s time when she’s not being presidential. She also enjoys traveling with her spouse.

Rotary Club of Waterville president Tina Chapman is the Development and Communications Director at Kennebec Behavioral Health in Waterville. She originally joined Rotary for the networking and to become more familiar with the greater Waterville business and professional community, but soon discovered the dynamism of the Club and its community service activities.

“And I got hooked,” says Chapman.

She subsequently chaired the Community Services Committee for a number of years, serving concurrently on the Club’s Board of Directors.

How does she like being president so far? “I love it. I’m so excited about being president this year, and I have to pace myself because I want to do so many things, and a variety of different things. I try to remind myself that I have a whole year and don’t have to do everything immediately,” says Chapman.

Near and dear to her heart is the Rhoda Reads children’s pre-school literacy program begun by Rotary about four years ago. Rotarian volunteers receive training in age-appropriate instructional techniques and then read books specifically chosen to develop school readiness to local preschoolers. A recent program expansion into elementary schools aims to continue strengthening those literacy skills, and sales from a locally written children’s book, “Rhoda’s Rescue,” will help future program funding.

When she’s not “doing everything immediately” at the Rotary Club of Waterville, Chapman is also president of REM, a member of the State Literacy Council, on the Board of Directors of the Maine Association of Nonprofits, and a volunteer for the Sexual Assault Crisis and Support Center. She also tap dances at Stage Presence for Dancers.

Front and center at this time for Croswell and Chapman is a sanitation and water project in Guatemala to be facilitated by Deborah Walters, PhD., a member of the Unity Rotary Club and a past Rotary District Governor. The project makes the most of Walters’ extensive Guatemalan contacts and on-the-ground project experience. A $6,000 local Rotary cash contribution, in combination with other Rotary resources, will multiply tenfold the 2016 initial funding. Croswell and Chapman may both travel to Guatemala in January to observe and learn firsthand from members of the Guatemala Rotary Club the actual mechanics of the project.

By thinking globally and acting locally in their civic lives while welcoming the balance of enjoyment in their personal lives, (goats or tap dancing anyone?) these two leaders exhibit an exemplary contemporary lifestyle.

For more information on the Waterville Sunrise Rotary Club, please consult the Waterville Sunrise Rotary Club Facebook page. For more information on the Rotary Club of Waterville, please consult its website at watervillerotary.com.
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.

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The Paragon Shop celebrates 35 years in downtown Waterville
Offering women’s clothing and home decor in rich colors and textures

BY SUSAN VARNEY
Correspondent

Amidst the laughter and warmth of the Paragon Shop, sunny in the mid-day Main Street sunshine and bustle of downtown Waterville, there is a plethora of wonderful objects, clothing, jewelry, scarves, purses, pumpkins and a richness of color, texture and usefulness.

Nancy St. Amand is celebrating 35 years in business. A graduate of Thomas College she started out with a business degree working as a bookkeeper and accountant but found it wanting and went back to school for retail and marketing. She likes working with people and offering beautiful things to her customers.

St. Amand hand picks everything she sells. The shop is small and it is important to choose carefully in order to fit the space and the needs of place. She said she started out even smaller in a 400 square foot shop next to her brother-in-law at Head Quarters.

“It was a good way to see if I really wanted this and to see if it would work.”

It did and it has been a wonderful adventure, she said.

“I’m basically retired,” she said, only working two to three days a week until the holidays when everyone works extra time. Her husband, Roger St. Amand, a retired Winslow teacher works as a substitute teacher at Messalonski High School and helps his wife in the shop,

“Strictly behind the scenes,” he said. “I’m the chauffeur.”

They are a good team complementing each other’s strengths and still having a great time doing what they love. The St. Amands were college sweethearts and since semi-retired they have moved to Belgrade not really seeing themselves moving to Florida. They both have aging parents in Maine and feel a need to stay close.

Nancy St. Amand has some great part-time employees: Joy Roberge, resident artist, does the spectacular window displays, beautiful clothing and house ware displays and accompanies St. Amand on buying trips; Annie Mayo has worked at Paragon for 10 years in customer service, stocking and pricing; Missy Lagace does the greeting card selection, jewelry displays, pricing and customer service. Together they present luscious colored tops, complementary scarves, purses and jewelry. There are shelves of wine glasses, pottery, wooden trays, napkins, vases, artwork - useful and beautiful items for the home. Things that draw the eye and delight the senses are everywhere.

Display of colorful tops, scarves, jewelry, purses and house wares at the shop at 36 Main Street.

Housewares in turquoise and cobalt blue - dramatic and lovely.

Chip and dip plates, pie plates, soup bowls, cream and sugar, salt and pepper, vases, casseroles, glassware and more.

Nancy St. Amand owner of the Paragon Shop, Main Street, Waterville, is celebrating 35 years in business.

There are shelves of wine glasses, pottery, wooden trays, napkins, vases, artwork - useful and beautiful items for the home. Things that draw the eye and delight the senses are everywhere.

Chip and dip plates, pie plates, soup bowls, cream and sugar, salt and pepper, vases, casseroles, glassware and more.

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All business is by and between people

BY NANCY MARSHALL
Nancy Marshall Communications
Special to the Sentinel & KJ

In 1982, I met Angus King while working at Maine Public Television. He later became Governor, then U.S. Senator from Maine, and we have been friends ever since. Relationships like this are a wonderful part of my personal and business life. We met this fall at the Colby/Bowdoin football game and, even though his team (Bowdoin) won, we still had a lot of fun.

When a baby is born, the first thing he or she wants to see is the adoring face of its loving mother. Then, throughout our lifetime, we are conditioned as human beings to connect with happy, smiling familiar faces whether we are a child, an elderly person in a nursing home or a business executive giving a presentation in a crowded convention hall. There is nothing more compelling in business or in life than a bright, smiling face with an open attitude of warmth and acceptance.

I was at a Bowdoin-Colby Football Game with U.S. Senator Angus King and his wife Mary Herman. Unfortunately Bowdoin won, but in the long run I was the winner, because I was able to watch the game with friends in my personal and professional network.

“I got our back.” It takes a great deal of time to identify, build and maintain business relationships fortified by a strong foundation of trust. However, it is very much worth the investment. It’s kind of like building the “circle of trust” Robert De Niro’s character Jack Byrnes refers to frequently in the classic comedy “Meet the Parents.” Though future son-in-law Greg, played by Ben Stiller, eventually makes it into Jack’s circle of trust, you will find that, just like Jack, you cannot like and trust everyone. Aligning yourself with individuals that share your values, respect you as a business person, are competent in what they do, and are trustworthy themselves is critical to building a strong circle of trust that will bring you personal happiness as well as success in business.

In a world driven by technology, social media now plays an important role in building human connections. While it can never take the place of face-to-face contact, social media can be critical to maintaining and strengthening the connections you have within your professional and personal networks.

Recently, when I was leading a PR Boot Camp, an ad agency owner questioned whether social media is really worth the time. I responded, “How could it not be worthwhile to have an ongoing dialogue with your current and prospective customers?” If people want to read what you post, whether it’s on Facebook, Twitter, or another social network, or to admire the photos you post on Instagram or Pinterest, how could that not be to your advantage?

Also think of it this way: thanks to social media, you can maintain a connection with many more business contacts than you ever could before. I travel a great deal to conferences, workshops, and networking functions throughout the country as part of my position as CEO. I always meet lots of great people with interesting stories to tell and professional experience to share. It’s one of the most gratifying parts of my job. Before social media, I could never make the time to maintain connections with all of those people. The occasional email, phone call, or holiday card was just not enough.

With social media tools like Facebook and LinkedIn, I have established a community in which I can communicate with my “tribe” on a near-daily basis. When we do have the good fortune of meeting again in person, we can pick up right where we left off without missing a beat.

The ability to build relationships and make connections with people is one of the most valuable skills you can possess as a professional. Likewise, a strong circle of trust is the most powerful tool you can have when it comes to growing and sustaining your business. I encourage you to get out from behind that desk and get to know those you do business with on a personal level. Cultivate your network with the help of social media but don’t rely on it to do all the work. If you work at it consistently, your own happy, smiling face will begin opening doors where there were only walls before.

“If you believe relationships build business, then make building them your business.”

SCOTT STRATTON, AUTHOR, “UNMARKETING”
“TRAVELS WITH CHARLEY: In Search of America” by John Steinbeck

BOOKTALK:
BY NANCY P. MCGINNIS

It could be argued that a good book provides its reader with distraction and diversion, while a great book provides nothing short of inspiration. Armchair travel has always offered a convenient and readily available getaway. Especially in this season of social, economic, and political turmoil and spin, there is comfort to be found in hunkering down and losing oneself in a well-written book. Choosing to revisit a classic such as John Steinbeck’s “Travels with Charley: In Search of America” offers the reader a chance to embark on at least a temporary escape by returning to perhaps simpler and more genteel times. Exposure to, and willingness to consider, different perspectives — replacing one truth with another, as Steinbeck himself phrased it, can be a useful exercise, indeed.

‘Choose Civility,’ a contemporary national model launched as a community initiative by the Howard County Library System in Maryland, advocates for partnerships to enhance respect, empathy, consideration and tolerance. More than a half century ago, the Swedish Academy awarded John Steinbeck the Nobel Prize for Literature “for his realistic as well as imaginative writings, distinguished by a sympathetic humour and a keen social perception.” At that time, “Travels with Charley” was the latest in a distinguished body of published work written over a period of several decades by Steinbeck, including other classics such as “The Grapes of Wrath.”

How fortunate that this author, lauded by the Academy as “a teacher of good will and charity, a defender of human values” also possessed a conversational and candid writing style that remains such a pleasure to read. At times self-deprecating, at others witty, gritty or poignant, Steinbeck shares with the reader what he finds when he sets out with his dog on a cross-country trip “in search of America.” Charley is not just any dog — he is a handsome black French poodle of noble heritage (born and raised in Bercy, outside Paris), as well as a remarkable personality. Steinbeck asserts, “A dog, particularly an exotic like Charley, is a bond between strangers.”

Why do they make the journey in the first place? Wanderlust is an undeniable American phenomenon, Steinbeck observes, and he shares that appetite. Furthermore, he allows that health and age concerns inevitably become more pressing as time goes on, and there is no time like the present for one more adventure. But this particular journey is also specifically in quest of authenticity. His goal is to reacquaint himself with the subject matter about which he has now been expounding at a distance for decades. “I, an American writer, writing about America, was working from memory, and memory is at best a faulty, warpy reservoir. I had not heard the speech of America, smelled the grass and trees and sewage, seen its hills and water, its color and quality of light. I knew the changes only from books and newspapers. I was writing of something I did not know about.” He is motivated by his recollection of an earlier trip, when “I stopped where people stopped or gathered, I listened and looked and felt, and in the process had a picture of my country the accuracy of which was impaired only by my own shortcomings.”

And so the pair set out on this journey, the author chronicling their way across forty states in three months. Steinbeck, the knight-errant, has rigged up a cabin of sorts with all manner of improvised creature comforts, in the bed of his uniquely retrofitted 3/4 ton pick-up truck, christened ‘Rocinante’ in a nod to Don Quixote’s horse.

While today’s reader may opt for the convenience of an e-book, it’s worth seeking out a copy of the original hardcover edition if only to retrace Rocinante’s cross-country route along the charmingly hand drawn maps gracing the endpapers in the original 1962 hardcover edition.

Of particular interest to Maine readers, that route begins with a trip through New England because Steinbeck wanted to visit “the rootree of Maine” before starting his trip west. He alludes to the

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Book Talk
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Spanish concept of ‘vacilando’—traveling with a focus on the direction more than the destination. For this leg of the trip, “Maine was my design, and potatoes my purpose.” He recounts attempted conversations with laconic New Englanders, encountering the breathtaking majesty of the Aurora Borealis, and steeping himself in the culture of Downeast coastal communities on his way to Aroostook, where he meets up with an extended family of itinerant French-Canadian farm workers who traveled down from Quebec for the harvest.

“Attitudes towards strangers crop up mysteriously,” he reflects. “I was downwind from their camp and the odor of their soup drifted to me. These people might have been murderers, sadists, brutes, ugly apish subhumans for all I knew but I found myself thinking ‘What charming people, what flair, how beautiful they are. How I wish I knew them. And all based on the delicious smell of soup.’”

He sends his ambassador Charley on a strategic reconnaissance mission. By evening’s end, Steinbeck and his gathering of new friends have reverently polished off his entire bottle of the vintage brandy he prescribed by Steinbeck ever took place, Barich nonetheless says: “His perceptions were right on the money about the death of localism, the growing homogeneity of America, the trashing of the environment. He was prescient about all that.”

In the next morning’s bars, the up-lock on the headboard was “a rainy, dark and lonesome stretch of road. ‘Windshield wipers sobbed their arcs’ along a rainy, dark and lonesome stretch of road. There is also thought-provoking social commentary.

“I wonder why progress so often looks like destruction,” the author astutely reflects, noting the feverish expansion of urban growth at the expense of once-sweeping expanses of verdant forest land. And toward the journey’s end, the most troubling and tense conversations and experiences take place, set against “the curtain of anger and fear” he and Charley encounter in Texas and the Deep South of the early 1960’s.

For the record, skeptics have questioned whether this book should be considered nonfiction or fiction or perhaps historical fiction. Bill Barich, whose attempt to retrace Steinbeck’s steps culminated in his “Long Way Home: On the Trail of Steinbeck’s America,” published in 2010, is one of those. But while raising doubt as to whether some of the actual vignettes and dialogue described by Steinbeck ever took place, Barich nonetheless says: “His perceptions were right on the money about the death of localism, the growing homogeneity of America, the trashing of the environment. He was prescient about all that.”

Others would argue that the veracity of the account is irrelevant to the significance of its lasting impact on the reader, and the experience of traveling vicariously along with the man and his dog. As Steinbeck himself noted, “People don’t take trips—trips take people.”

One of the most appealing things about historical fiction is the potential for the reader to visit the site where the tale is set, reliving the story and bringing the characters to life. This summer, having been swept up by Jamie Ford’s ‘Hotel at the Corner of Bitter and Sweet’ (reviewed in the Summer 2016 issue of Women’s Quarterly), I seized the opportunity to visit the location while on a trip to Seattle.

The Panama Hotel is still standing, even still offering modest lodging arrangements, in what is now referred to as the International District. It’s also home to a lovely tea and coffee house on the ground floor which serves as a museum of sorts, displaying artifacts and memorabilia from old Japantown. Near a vintage phonograph and a collection of local jazz records, a cutaway in the old floorboards offers visitors a glimpse of the basement where some of the precious belongings of interned Japanese-American families are visible, just as they were hurriedly left for “temporary” safekeeping generations ago.

As we lingered over a lovely cup of tea, we could almost see young Henry and Keiko, hear their conversation, and experience how they felt. Not Seattle-bound? Enjoy a virtual visit at PanamaHotel.net

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Now accepting new patients!
Plastic surgeon
Dr. Anthony Perrone helps breast cancer patients reclaim their former selves

BY JOHN D. BEGIN
MaineGeneral Health
Special to the Sentinel and KJ

Breast cancer is devastating for women on many levels. It starts with the shock of diagnosis and continues through difficult treatment decisions to extensive mastectomy surgery that, while needed to rid the body of disease, significantly alters a patient’s physical appearance.

The post-surgery aftermath, and its effect on a patient’s psyche and self-esteem – her feelings of what it means to be a woman – can be significant.

This is the place where plastic and reconstructive surgeon Dr. Anthony Perrone is inspired to help change the lives of his patients and how they feel about themselves and their bodies after their cancer journeys.

"Breast cancer is indiscriminate and spans all ages. I find great satisfaction in helping patients who have had mastectomies return to a sense of normalcy through breast reconstruction surgery,” he said. “We help our patients feel feminine again.

“As a practice, the service we provide is unique to this area and allows MaineGeneral to offer a comprehensive, patient-centered breast cancer program, which you can’t do without a plastic surgeon,” he added, noting that he is the only surgeon in the Kennebec Valley area who provides women with immediate tissue expander placement at the time of mastectomy, helping to reduce the number of surgeries they have to undergo.

On a recent Wednesday morning, Perrone performed two breast reconstruction cases at the Thayer Center for Health (TCH) in Waterville along with physician assistant Erik Lickteig.

For the first patient, he exchanged saline-filled tissue expanders – placed after the patient’s mastectomy – with silicone breast implants to create breast mounds. During the second procedure, on a different patient, he created nipples from the patient’s breast skin above her implants and areolas from skin grafted from her upper groin area.

This approach allowed him to create complete, reconstructed breasts for the patient that look close to what existed before her cancer diagnosis.

Perrone noted that some women choose to stop at the breast mound reconstruction stage while others want to do the complete process.

“We tailor everything to what the patient wants,” he said.

Perrone said treating patients with breast cancer involves a multidisciplinary, team-based approach and close collaboration between oncologists and staff at the Harold Alfond Center for Cancer Care in Augusta, MaineGeneral Surgery and surgical and related staff at the Alfond Center for Health in Augusta and the TCH.

“We communicate regularly and work together to ensure everything stays on track for our patients,” he said, adding that other staff – physical therapists and nutritionists, for example – also support the patient’s recovery and rehabilitation and are part of this team-based effort.

What he enjoys most about working with patients who have survived breast cancer, he said, are the physician-patient relationships that begin shortly after diagnosis and continue through the patient’s reconstructive surgery and beyond.

“Once a patient is diagnosed, I’m involved in her initial surgery and then get to see her for a long time afterward due to the nature of breast reconstruction and the amount of time it takes to complete it,” he said. “I see these patients a great deal over the total course of their treatment – so I guess I’m spoiled in that respect.”

To learn more about breast reconstruction surgery after breast cancer or other plastic and reconstructive surgery services offered through MaineGeneral Surgery, please call 621-4680.

DR. ANTHONY PERRONE
MAINEGENERAL PLASTIC SURGEON

MaineGeneral Surgery’s plastic and reconstructive surgeon Anthony Perrone, MD, left, inserts a silicone implant for a patient having breast reconstruction following mastectomy surgery. Assisting is Erik Lickteig, PA-C.
These moist, chewy bars are packed with flavor as well as nutrition and healthy fiber. Make them for breakfast-on-the-go, lunchbox or anytime treats offering sustainable energy for busy days. Created with just a handful of unprocessed ingredients, they are far healthier and more economical than “store-bought” versions, and you can select the fruits and/or nuts according to what you have handy, and choose the degree of sweetness to suit yourself or your family.

While they do take some prep time, these bars could not be easier or less fussy to make. Bonus benefits: you get to stake out an opportunity for yourself to make a phone call to a friend or practice yoga breathing while you keep an eye on that stove. Or make them with a child or grandchild, and savor the time you get to spend collaborating in the kitchen! By the way, if you start by using a larger than necessary vessel to cook the oats, you can save yourself a bowl to wash later by adding and mixing the remaining ingredients right in the same pot.

### STEEL CUT OAT BARS

**Ingredients**

- 4 cups water
- 1 cup steel-cut oats
- Dash of sea salt
- About a cup or more of chopped dried fruit of your choice (I used dried baby bananas.)
- 1/2 cup ground flax seeds
- 1/2 cup shredded coconut
- 1 1/2 tsp good quality cinnamon (I used Vietnamese.)
- 1/2 cup nuts, if desired (I used walnuts.)
- (Optional) sweetener of choice, to taste (maple syrup, agave, brown sugar, etc. (I used a heaping tablespoon of date sugar.)

In a large saucepan, add sea salt to water and bring to a boil. Slowly stir in steel-cut oats and return to a boil. Reduce the heat to a simmer and cook gently, stirring occasionally, for about 30 minutes, until the water is absorbed. Add remaining ingredients, mixing thoroughly but gently with a silicone spatula or wooden spoon until thoroughly combined. Turn the mixture out onto a parchment-lined baking sheet, spreading and smoothing it into an approximately 11”x17” rectangle. Bake at 350° for 40-45 minutes, watching towards the end to avoid overbrowning. Allow to cool completely on a wire rack. Cut into squares or rectangles, and wrap individually in parchment or wax paper if desired.
Augusta Physician uses ‘Cool Sculpting’ to remove stubborn fat deposits

BY STAFF

One of the new techniques for eliminating fat deposits on the body is a procedure referred to as “cool sculpting.” Augusta physician John Burke, MD performs this procedure at Maine Laser Skin Care & Medi Spa (located in the Lee Farm Mall on Shuman Avenue in Augusta).

Burke explained recently that cool sculpting is a procedure designed for someone who has been successful in losing weight but still retains stubborn fat deposits in certain parts of the body. He reported that the procedure was first used at Massachusetts General Hospital about eight years ago. He said that it’s been FDA approved for about four years.

“Initially it was approved just for the abdomen and then they added other sections of the body,” said Burke. “I’ve been using the procedure for about a year.”

According to Burke, the procedure is performed by attaching a curved suction device which pinches the fat into the device. He said that a cool solution is then applied to the section of fat which freezes it without damaging the skin. He said that the body’s natural metabolism breaks down the fat into its component parts and then the liver disposes of it within the digestive system. He said that rather than leaving any indentation, where the fat deposit was removed, the treated area conforms to the natural contour of the skin.

Burke said that, depending on the size of the fat deposit, the procedure may last about an hour. He said that some people come back for multiple treatments to different areas of the body and that the cost of multiple treatments is discounted. He said the base price is usually around $750.

While people may experience a pinching sensation, Burke said that it’s not usually considered to be a painful procedure. He said that many people watch movies on their ipad or chat on their cell phone during the procedure. He said that unlike liposuction procedures, which have been associated with fat emboli (a fat particle that goes into a blood vessel and could cause blockage) in some cases, cool sculpting is a noninvasive procedure. He said that he’s not aware of anyone who has experienced serious complications from cool sculpting.

“Aafter we remove the device, the area gets massaged by a licensed aesthetician (a skin specialist). Some people may get a little bruise from the pinching and some people have said that the numbness that comes from the cold can persist for a few days. Those are the only things that anyone has complained of (to him).”

Burke said that with a healthy diet and exercise the fat removal should be permanent. He said that some studies, conducted several years after treatments, showed fat deposits hadn’t returned to the treated areas. However, as already mentioned, some people may return to have other areas treated. He said that he usually discusses, during the initial consultation, how many areas might need to be treated.

“We’ve had very good results so far,” said Burke. “Most people have been very pleased with the results.”
Whether you're an established patient or considering us as an option, you can count on SVH Women’s Health to make your experience as comfortable and as easy as possible.

Our staff is dedicated to providing compassionate, comprehensive care for women of all ages:
- Digital Mammogram and Ultrasound - we can access past screenings from other hospitals to ascertain your current breast health
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- Lymphedema care
- Stereotactic breast biopsy for faster testing of breast tissue
- Flexible appointments that fit your schedule
- Combined appointments - schedule your bone density screening to follow your mammogram to save time

For help scheduling or for more information, please call today!

487.4040

SVH Women's Health
447 North Main Street, Pittsfield
SebasticookValleyHealth.org

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The Waterville Opera House (WOH) is proud to present one monster of a musical comedy - Young Frankenstein - October 21st through the 30th. Comedy genius Mel Brooks has breathed new life into his legendary film with this outrageously funny musical adaptation. Starring a local cast of more than 20 dedicated and talented performers, Young Frankenstein is a horribly hilarious, madcap adventure that will have the audience in stitches.

After inheriting the family’s Transylvanian estate, Dr. Frederick Frankenstein (pronounced FRONK-en-STEEN) initially tries to avoid following in the footsteps of his infamous grandfather. But soon, along with the help of a hunchbacked sidekick, Igor (pronounced EYE-gor) and a leggy lab assistant, Inga (pronounced normal-ly), Frederick finds himself on a hilarious adventure as he attempts to bring to life a creature of his very own. Filled with riotous villagers, dancing monsters, and a very mysterious housekeeper, one thing’s for sure, if you liked the movie you are going to LOVE the musical!

Editors' Note: Due to some adult humor in this show, we recommend that patrons leave their little monsters at home.

A musical comedy hit and winner of the 2008 Outer Critics Circle Award, Young Frankenstein includes such memorable tunes as “The Transylvania Mania,” “He Vas My Boyfriend” and the famous “Puttin' On The Ritz.”

Young Frankenstein runs October 21st through the 30th at the Waterville Opera House. Tickets are $23 for adults, $21 for youths and seniors. WOH's 16-17 season programming is made possible through the generous sponsorship of the Harold Alfond Foundation, Colby College, Kennebec Savings Bank, Maine General Health, Central Maine Motors, Golden Pond Wealth Management, Inland Hospital, GHM Agency, and JS McCarthy Printers. Young Frankenstein is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI.

For show times and ticket information call 873-7000 or visit www.operahouse.org

About The Waterville Opera House
The Waterville Opera House has been Central Maine’s cultural center since 1902, treating audiences of all ages to the magic of the performing arts. The 810-seat venue has been host to theatrical productions, ballet performances, concerts, vaudeville and comedy acts, touring shows, as well as a variety of community celebrations and special events. Each year, the Opera House draws 30,000 patrons, reaches 4,000 students through its education performances, and features 250 youths in their theater camps and productions. From the classics to new releases the Waterville Opera House has a seat for you. For more information, visit www.operahouse.org.
October is Breast Cancer Awareness Month

We’ve made it easier to get a mammogram

We offer digital mammograms at five convenient locations — Augusta, Gardiner, Oakland, Waterville and Winthrop.

During October, at our Augusta location, we’re offering

- Wednesday evening appointments until 6:30 p.m.
- Morning appointments on Saturday, Oct. 22

To learn more about help for women without insurance, please call our Financial Assistance Department at 1-877-255-4680.

Introducing Tomosynthesis, a 3D innovation that enhances our ability to see smaller tumors earlier, examine dense breast tissue and identify multiple breast tumors. Coming next month to the Alfond Center for Health and in 2017 to the Thayer Center for Health.

Don’t miss this opportunity. Tell your mothers, sisters, aunts, daughters and girlfriends to get a mammogram. Schedule yours today by calling toll-free 877-817-1817.

MaineGeneral Medical Center
www.mainegeneral.org