



Jim Collins of Hermon is the owner and operator of New England Cupboard, a specialty food mix manufacturer and distributor founded in 1995. MICKY BEDELL | BDN

Bakewell

Continued from Page C1

Since its launch, it has become an iconic and much-loved baking staple. Chefs, including Jill Strauss of Jillyanna's Woodfired Cooking School, consider it a go-to for fluffy biscuits. The Kennebunkport resident, who is a culinary graduate of Johnson & Wales University, runs a business that teaches people how to cook with a wood-fired stone oven. She specializes in Neapolitan pizza, which she learned to make in Naples, Italy, and uses Bakewell Cream in her special buttermilk biscuits.

"It just worked so well I couldn't imagine doing it without," Strauss said.

According to the company, Bakewell Cream won't function as a substitute for cream of tartar when beating egg whites for meringues or angel cakes but can replace baking powder for baking if used properly: by mixing two parts Bakewell Cream and one part baking soda.

Bakewell Cream comes in 8-ounce cans, 6-pound tubs,



New England Cupboard, a specialty food mix manufacturer and distributor, was founded in 1995 and is currently owned and operated by Jim Collins of Hermon. MICKY BEDELL | BDN

Though the product is found mostly in New England, Collins has shipped it all over the world and supplies businesses outside the area, such as Biscuits and Buns on Banks in New Orleans, Louisiana, which regularly purchases the 50-pound option

25-pound tubs and 50-pound tubs. Though the product is found mostly in New England, Collins has shipped it all over the world and supplies businesses outside the area, such as Biscuits and Buns on Banks in New Orleans, Louisiana, which reg-

ularly purchases the 50-pound option. Collins said it's mostly a seasonal product, with sales spiking during the winter holiday season.

New England Cupboard owns a variety of companies and manufactures the items

special to each of them, including the popover mixes of Winterport Co.; Jimbo's Spice Rubs, which was Collins' business before he took over New England Cupboard; and pancake, waffle and scone mixes from Cook in the Kitchen. Each of these companies was bought out by New England Cupboard, which specializes in baking mixes for items such as pancakes, muffins and scones.

When Dianne Lovejoy, the previous owner of New England Cupboard, decided to sell the business, she turned to Collins, who she had been working with.

"[Lovejoy] had another guy who wanted to buy it and was ready to write a check. She didn't sell it to him because she was going to give me first refusal, but also because he was going to take it out of state," Collins said.

Collins said Lovejoy understood the importance of keeping the company in Maine. The powdered leavening agent, sodium acid pyrophosphate mixed with cornstarch, was more than just a product; it's a piece of Maine.

Chocolate

Continued from Page C1

in learning and memory and by increasing blood flow in the brain promoting development of new blood vessels.

Because nutrients in food can affect brain and cognitive functions, the team believes isolating these nutrients and foods enables dietary interventions to improve cognitive health.

"Adopting dietary patterns to delay or slow the onset of cognitive decline is an appropriate avenue, given the limited treatments available for dementia," Elias, Crichton and Alkerwi wrote. "The present findings support recent clinical trials suggesting that regular intake of cocoa flavanols may have a beneficial effect on cognitive function, and possibly protect against normal age-related cognitive decline."

Longer term clinical trials are needed to further investigate the association between chocolate and cognitive health, Elias said, taking into account duration of consumption



Savour Chocolatier owner Kim Dagher makes chocolate in her Veazie kitchen. "I've heard that chocolate has all sorts of good health benefits," Dagher said. "Usually, those benefits are associated with dark chocolate but [Merrill's study] includes both light and dark [and] from what I can see it is just one more thing to show how healthy chocolate in moderation can be." MICKY BEDELL | BDN

and overall dietary patterns.

All of this is good news to Kim Dagher, owner of Savour Chocolatier in Veazie.

"I've heard that chocolate has all sorts of good health benefits," Dagher said. "Usually, those benefits are associated with dark chocolate, but [Merrill's study] includes both light and dark.

From what I can see, it is just one more thing to show how healthy chocolate in moderation can be."

For her part, even though she is surrounded by the sweet confection every day, Dagher said she enjoys at least one small piece of it every day.

"When you eat chocolate you this emotional high," she said. "I really do look

forward to having some as a treat at the end of my day."

Not surprisingly, the response to Elias' study — which has gotten worldwide media attention — has been largely positive.

"People like it because we are not telling them they can't do something," he said. "This has been a grandly fun study."

Baked bean supper at Corinth church

CORINTH — The Corinth United Methodist Church will hold a baked bean supper from 4:30 to 6 p.m. Saturday, June 11, at the church, 275 Main St.

The cost will be \$7 for adults, \$6 for seniors (60+), and \$3 for children under 12.

Chicken pie supper at Garland Grange

GARLAND — An all-you-can-eat chicken pie public supper will be held 5-7 p.m. Friday, June 10, at Garland Grange Hall, Oliver Hill Road.

Prices are \$7 for adults and children over age 12; \$3 for children ages 5 to 12; free for children under age 5.

Proceeds will benefit Garland Grange. For information, call 924-6954.

Taste

Continued from Page C1

So you may be asking yourself, why bother at all to add rhubarb to spaghetti sauce? I think the answer, besides using more of a seasonal food, is about nutrition, if you care about such things: a hefty dose of vitamin C, potassium and good old fiber.

Also, remember to cut back all the blossoms — bring them inside for a bouquet — because that promotes fresh rhubarb longer. Once the plant blooms, it figures it is done and begins to die back.

Send queries or answers to Sandy Oliver, 1061 Main Road, Islesboro 04848. Email sandyloliver47@gmail.com. For recipes, tell us where they came

Kal's Rhubarb Spaghetti Sauce

Serves 6

Vegetable oil
4 medium onions, cut lengthwise in wedges
2 quarts of rhubarb, about 10 stalks, cut into ¾-inch pieces
¼ cup red wine
1 quart (or a 28 ounce can) plum tomatoes, or sliced fresh tomatoes
¾ cup of maple syrup (or less to taste)
3 cups baked beans (optional)
Oregano, to taste
Basil, to taste

Cover the bottom of a heavy cook pot with vegetable

oil and put over medium heat. Sauté the onions in the oil until softened. Add the rhubarb and red wine and cook, stirring often, until the rhubarb softens. Add the tomatoes and cook for five to 10 minutes.

Taste and add maple syrup to temper the rhubarb's sourness — but not enough to make it too sweet. Add the baked beans and cook until the rhubarb chunks have disappeared and the sauce is relatively smooth and thickened. Add the oregano and basil, if desired.

Serve on favorite pasta.

from, list ingredients, specify number of servings and do not abbreviate measurements. Include name, address

and daytime phone number. And make sure to check out Sandy's blog at tastebuds.bangordailynews.com.

OBITUARIES



PHILIP J. MCSWEENEY

CORINTH - Philip John McSweeney, 75 of Corinth, Maine, formerly of East Hampton New York, died at home Sunday, May 29, 2016 after a year-long battle with cancer.

Born in Brooklyn, NY, on January 13, 1941 to the late Bernard and Mary (Murphy) McSweeney, Phil attended Freeport High School in Freeport, NY, before attending college at The Fashion Institute of Technology for several years. The sea was his calling, though, and instead of continuing his start in the garment industry, he preferred the deck of a dragger.

Philip, an avid outdoorsman, loved the sea and working with his hands. After spending many years as a commercial fisherman out of Montauk, NY, he worked as a general contractor for the remainder of his career before retiring to his cabin in Maine. He loved hunting and fishing. Phil was an independent, kind, generous spirit who deeply loved his family and friends, especially spending time with his grandchildren.

Phil is survived by his beloved wife Isabel of 47 years; a son, Philip McSweeney, Jr., of Florida; his daughters, Susan Coren of Ashburn, VA, and Bridget Keane and her husband, Sean, of Narragansett, RI; his grandchildren David and Sam Coren also of Ashburn, VA, and Patrick and Delaney Keane also of Narragansett, RI and his Corinth "grandchildren," Nick and Kaylee Harvey and Katie Roberts.

Relatives and friends are welcome to call from 5-7:00 p.m. Wednesday, June 1, 2016 at Brookings-Smith 133 Center St., Bangor where funeral services will be held 1:00 p.m. Thursday, June 2, 2016 with the Rev. Grace Bartlett, pastor, First Congregational Church of Brewer, officiating. Interment will follow the service at the Corinthian Cemetery, Corinth. The family invites relatives and friends to share conversation and refreshments at the Family Reception Center of Brookings, 163 Center St., Bangor immediately following the burial. The family requests that memorial donations in Phil's memory be made to the Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284 or via www.dana-farber.org/gift. Condolences to the family may be expressed at www.BrookingsSmith.com



MARTIN A. MILLETT, SR.

BREWER & BANGOR - Martin A. Millett Sr., 75, passed away May 31, 2016 at his home after

a five year battle with mesothelioma lung cancer. He was born January 26, 1941 in Brewer, the son of Herbert and Mary Millett.

Martin was a retired US Navy veteran retiring after 20 years of service and later retired from Bangor Hydro after 15 years. He was a member of the Masons, VFW, Orrington Rod and Gun Club and the Hermon Skeet and Trap Club.

Surviving are his wife of 56 years, Sharon (Worster) Millett of Brewer; two sons, Michael and his wife, Deanna of Eddington and Martin Jr. of Milford; eight grandchildren, Robert and fiancée, Emily, Michael Jr. and wife, Jami, Marty III and fiancée, Allison, Ryan and his wife, Nicole, Kayla, Oscar, Jonathan and Manuel; six great-grandchildren, Lukas, Adrian, Liam, Brayden, Jamison and Payton, two sisters; Mary Norris and her husband, Fred, Josephine Smith and her husband Gary, two brothers, William Millett and his wife, Sharon, Daniel Millett and his wife, Beverly; several nieces, nephews, cousins and friends. A lifelong friend, Dickie Smith of Bangor, and a very special friend, Tom Elliott of North Carolina. He was predeceased by his parents, Herbert and Mary Millett, a sister, Rita Bowden, a brother Arthur Millett and daughter-in-law, Kimberly Millett.

Family and friends may visit 11 AM to 1 PM Friday, June 3, 2016 at Kiley & Foley Funeral Service, 299 Union St., Bangor where a service honoring Martin's life will be held at 1:00 PM as the visitation concludes. Burial will with military honors will be at Mt. Hope Cemetery, Bangor. A gathering of family and friends will be immediately afterward at the Club House of Eagle Ridge Mobile Park, 10 Sites Lane, Brewer. In lieu of flowers, memorial donations may be made to the Lafayette Family Cancer Center care of EMH Foundation, PO Box 931, Bangor, ME 04402. Messages and memories may be shared with his family at kileyandfoley.com.

Obama adviser Butts dies

BY MATT SCHUDEL
THE WASHINGTON POST

acute leukemia, her family said.

Cassandra Q. Butts, who was President Barack Obama's classmate at Harvard Law School and a long-time member of the president's inner circle, who advised him throughout his political career and served as a deputy White House counsel, died May 25 at her home in Washington. She was 50.

She sought medical attention early last week, when she began feeling ill. She died before learning that she had been diagnosed with

Butts met the future president in 1988, when they were filling out financial-aid forms during their first days at Harvard Law School. They had a shared interest in jazz and remained close friends throughout law school and in later years.

Along with Valerie Jarrett, Susan E. Rice and others, Butts was sometimes described as one of the "Sisterhood" of female advisers especially close to the president and first lady Michelle Obama.

CROSS
INSURANCE

Where Security Meets Strength

Specializing in: INSURANCE

Home • Auto • Rec Vehicles • Life • Health

Contact us today for a competitive quote!

At our new location, 491 Main Street, Bangor
Next to the Cross Insurance Center
947-7345 • 1-800-999-7345

Working with over 50 respected insurance companies.

Offering even more SAVINGS on BOTH your home & car with Account Credit

crossagency.com

MAINE | NEW HAMPSHIRE | MASSACHUSETTS

A Family Owned and Operated Business for Over 60 Years!