

Oliver

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If you do not enjoy cayenne, you know you can leave it out. If you like capsicum, you can consider chipotle or chili powder or even a few chopped jalapenos instead.

Send queries or answers to Sandy Oliver, 1061 Main Road, Islesboro 04848. Email sandyoliver47@gmail.com. For recipes, tell us where they came 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.

Barb's Dijon Chicken

Serves 8-10

4 to 5 chicken breasts, cut into serving sized strips
2 tablespoons lemon juice
Salt and pepper
½ cup yogurt
¼ cup mayonnaise
1 to 2 tablespoons Dijon mustard
1 tablespoon Worcestershire sauce
½ teaspoon dried thyme
¼ teaspoon cayenne
2 to 3 scallions, sliced thinly
½ cup Parmesan grated cheese
Preheat the oven to 350 degrees.

Lay the chicken in a single layer in a baking dish. Sprinkle with lemon juice and add salt and pepper to taste. Mix together yogurt, mayonnaise, mustard, Worcestershire sauce, thyme, cayenne and scallions, then spread over the chicken. Bake for about 30 to 50 minutes until done. Sprinkle the Parmesan cheese over the chicken, run it under the broiler for a few moments, then serve.

Course

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line from Amazon, Penzey's Spices and other retailers. But, in a pinch, you could substitute curry powder, though the flavor will be different and it might be spicier. The next Orono Farmers' Market will be held from 8 a.m. to noon Saturday in the Steam Plant Parking Lot.

Sarah Walker Caron is the senior features editor for the Bangor Daily News and author of "Grains as Mains: Modern Recipes Using Ancient Grains," available at bookstores everywhere including The Briar Patch and Bull Moose in Bangor. For more delicious recipes, check out Maine Course at maine-course.bangordailynews.com.

Curry Vegetables and Lentil Rice

Serves 4

1 tablespoon olive oil
1 yellow onion, diced
1 cup diced fresh carrots
2 garlic cloves, minced
1 tablespoon finely chopped ginger root
½ cup dried lentils, rinsed
2½ cups water
½ cup basmati rice
1 cup frozen peas
2 teaspoons garam masala
1 teaspoon ground cumin
1 teaspoon salt, plus more to taste
1 tablespoon lightly chopped fresh cilantro

In a medium skillet set over medium heat, heat the oil. Once hot, add the onion and carrots and cook, stirring frequently, until softened — about five to seven minutes. Add the garlic and ginger to the skillet, stirring to combine. Cook for three to five minutes until fragrant. Stir in the lentils and toast them for two to three minutes. Add the water to the skillet and bring to a boil. Cover, reduce heat to low and simmer for 10 minutes. Stir the rice into the skillet until moistened, and then stir in the peas as well. Season with garam masala, cumin and salt. Cover, and cook for 15 to 20 minutes, until the rice is tender and the liquid is absorbed. Remove from heat, stir and taste. Season with additional salt, as needed. Sprinkle with cilantro just before serving.

Bacon

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Leslie Wilson said the restaurant is best known for its breakfast, which offers everything from homemade buttermilk pancakes and thick-sliced french toast to eggs Benedict, sausage gravy and biscuits and homemade corned beef hash. The new location is still offering those favorites for breakfast. But what about bacon? Leslie Wilson said the name wasn't chosen in honor of the food but instead after the restaurant's hometown: Winterport. The story goes that The Bacon Tree, a symbol of Winterport, is an important part of the town's history.

On the town's website, an excerpt from Benson Lossing's "Field Book of the War of 1812" reads as follows: "It derived its name from the circumstance that when the British landed, a citizen of Frankfort, having a large quantity of bacon, carried it to this tree, and hung the pieces in the branches to conceal them from the foe. The measure was successful. The British passed along the road a short distance from the tree without observing its savory fruit, and the man saved his bacon. In a cove off Oak Point, two or three miles above Frankfort, we saw the ribs of the Warren, one of the Massachusetts vessels destroyed by the British when they took Castine in 1779." It was this story that led Winterport resident Leslie Wilson to name her restaurant The Bacon Tree as a way to honor the community's history. Formerly called The Rise and Shine Cafe, Leslie Wilson took over in 2011, when the building was located at 111 Main St. The restaurant was renamed in 2013.

Over the years, since purchasing the restaurant, it has evolved as the couple's life has evolved. At the original location, which had only Leslie, David and a waitress, the two started off offering breakfast and lunch, but with four children the task became daunting. "We had to stop doing lunch because all the kids were in four different



KATHLEEN PIERCE | BDN

Where everybody knows your name, the Griffin Club started out as a mom and pop shop and has welcomed sports figures for a half century.

Griffin

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one's shoulder and select a song on the jukebox while perusing the sports wall of fame. And in this changing neighborhood across the bridge from Portland, that's comforting.

"It's become a museum, a historical society. Kids can come in and check things out," said Parker, pointing to a pair of Golden Gloves from Joey Gamache behind glass.

"Everyone is here to have a good drink, have a good time, talk, shoot the crap. There are too many of these chain restaurants now ... you are not going to walk into Wild Wings and talk about your problems," said Parker. "Here you can get a 22-year-old's opinion or a 55-year-old that's been married twice. It's much closer. We will miss these places if they start disappearing."

It takes several trips to take it all in. "I've been coming here 20 years playing pool in the pool league and I've never seen that bat," said Scott Leighton of Westbrook, pointing to a case on the rafter above his head. "It's signed by Jim Rice and I'm a Carl Yastrzemski fan."

Don't call it a dive bar

"A dive bar wasn't a place you went into," said Parker, who knows the term is hot



GABOR DEGRE | BDN

The Bacon Tree restaurant has reopened at a new location in Winterport.

schools at the time. It was difficult. We were open until 2 [p.m.] and all the kids got out of school at 2. It was activities, activities, activities, and we had to run errands and prep for the next day, so we decided to stop lunch," Leslie Wilson said.

That's when they started offering the reservation-only dinner Friday nights.

Now that they are in their new, larger location, they're able to expand their offerings again. But the move was a bit bittersweet. The previous location was special to the family.

"The old location has a lot of family history," Leslie Wilson explained. "David's family started a business there." The Dry Dock opened in 1976 under the leadership of David's grandmother.

"She ran it for a couple years, and my parents bought it from her in '78. They ran it for about five years, breakfast lunch and dinner. ... They ended up selling the Dry Dock in '84," David Wilson said.

The building went through several owners, including David, when he was in his 20s. Eventually, Leslie ended up there as well.

That was when the building, an important part of David's family's history, fell back into the Wilsons' hands as The Rise and Shine Cafe. "We've been in the restau-

rant business for a long time and figured it would be silly of us to turn down the opportunity to kind of fall into our own place. So even though I was 8 months pregnant [with our fourth child], we were like, 'Let's just do it,'" Leslie Wilson said.

"Honestly, when I was younger I wanted no part of it. But once I actually worked with my father and my mother, I grew to love it," David Wilson said. "I was 11 years old when my grandmother had it, and to just be out back and watch her make all these beautiful pies and cakes and breads and muffins and biscuits — there are so many memories."

However, when the opportunity arose to move to the new, larger location, they couldn't pass it up. The offer from Michael and Joan Anderson, owners of the Winterport Winery, Penobscot Bay Brewery and Pairings, to use the restaurant space came at an opportune time. The popularity of the breakfast spot had grown so much that they were having a hard time accommodating all the folks who wanted to eat there.

"We were starting to get on the weekends like 45-minute waits, hourlong waits, just for people coming in for



GABOR DEGRE | BDN

Chef Kirk Dauphine (right) quickly completes a couple of plates of food so Sherri MacLaren can take them to customers at The Bacon Tree restaurant in Winterport recently.

breakfast. Over a month's time we were getting a decline of people wanting to wait the 45 minutes to an hour. We were staying open later just to accommodate people," Leslie Wilson said. Now with an employee count hovering around 10 people, not including Leslie and David, the two anticipate they may eventually have some more time on their hands. But in the first week at the new location, they both put in 120 hours, Leslie Wilson said.

And they're bringing with them a bit of the family's history as restaurateurs.

David Wilson has kept a sign that once hung outside The Dry Dock and plans for it to put up in new location.

As for the kids, they are growing up as part of the restaurant family, just like Leslie and David did — and their parents have learned to juggle their duties as restaurateurs and parents without too much difficulty.

"It's really not that difficult. We've been doing it now for 4½, five years, so we've pretty much got it figured out now," David Wilson said.

"It's our lifestyle," Leslie Wilson added.

Peripheral Neuropathy WARNING!

Bangor, ME — The most common method your doctor will recommend to treat your neuropathy is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

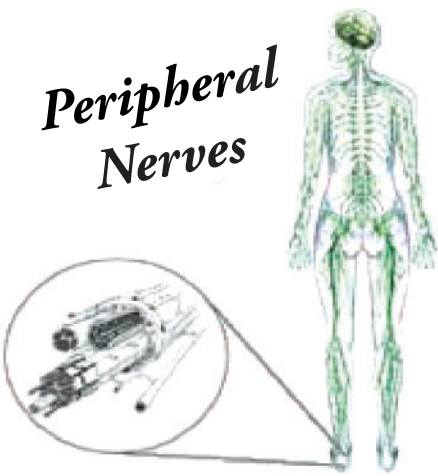


Figure 1: Notice the very small blood vessels surrounding each nerve.

Peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.

As you can see in Figure 2, as the blood vessels that surround the nerves become diseased they shrivel up which causes the nerves to not get the nutrients to continue to survive. When these nerves begin to "die" they cause you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms. The main problem is that your doctor has told you to just live with the problem or try the drugs which you don't like taking because they make you feel uncomfortable. There is now a facility right here in Bangor that offers you hope without taking those endless drugs with serious side effects. (See the special neuropathy severity examination at the end of this article.)

In order to effectively treat your neuropathy three factors must be determined:

- 1) What is the underlying cause?
- 2) How Much Nerve Damage Has Been Sustained. NOTE: Once you have sustained 85% nerve loss, there is likely nothing that we can do for you.
- 3) How much treatment will your condition require?

The treatment that is provided at our office has three main

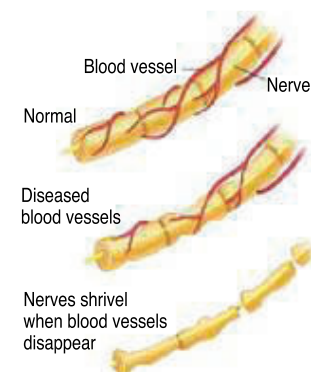


Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

- goals:
- 1) Increase blood flow
 - 2) Stimulate small fiber nerves
 - 3) Decrease brain based pain
- The treatment to increase blood flow utilizes the world renowned Class 4 Cold Laser therapy. This technology was originally developed by NASA to assist in increasing blood flow. Class 4 Cold Laser therapy is like watering a plant. The light therapy will allow the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair. It's like adding water to a plant and seeing the roots grow deeper and deeper.



Figure 3: The blood vessels will grow back around the nerves much like a plant's roots grow when watered.

The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological and vascular evaluation. As long as you have not sustained at least 85% nerve damage there is hope! Dr. Graves, D.P.Sc. will do a neuropathy severity examination to determine the extent of the nerve damage for only \$55.00. This neuropathy severity examination will consist of a detailed sensory evaluation, and a detailed analysis of the findings of your neuropathy. Dr. Graves will be offering this neuropathy severity examination to the FIRST 25 CALLERS. Call (207) 947-9200 to make an appointment to determine if your peripheral neuropathy can be managed.

Notice: Dr. Graves, P.Sc.D is state licensed by the Maine chiropractic board to provide conventional health care services and is also licensed by the Pastoral Medical Association to provide natural health services and therapies to registered members of the Member Share Network. Conventional and pastoral services are completely separate services and each is provided in strict compliance with the rules and regulations set forth by the separate licensing agencies. If you wish to receive natural health services you must first register. Member registration is free and may be completed on-line.

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\$55

NEUROPATHY SEVERITY EXAMINATION

to determine the extent of your nerve damage

207-947-9200

- Available to the First 25 Callers -