

NMMC sponsors
Out of the Dark walk

FORT KENT — Northern Maine Medical Center will sponsor the annual Northern Maine Out of the Darkness walk Saturday, Sept. 12, at the Riverside Park Lion’s Pavilion in Fort Kent. Registration begins at 9 a.m., with the walk starting at 10 a.m.

Northern Maine Medical Center also sponsors a free monthly support group that offers a safe place for survivors of suicide loss to meet, share and work to heal together.

At the opening of the school year in the Fort Kent school district, nurse Ethel Jalbert will provide training to the staff to help them recognize the signs for suicide risk and how to intervene and refer assistance to those in need.

For information about the support group or the walk, contact the medical center at 834-1353. Online registra-

tion for the walk is available at AFSP.org/Walk.

Red Cross urges
blood donations

BANGOR — The American Red Cross urges eligible donors to give blood to help ensure a stable and diverse blood supply is available during emergencies of all types during September, which is National Preparedness Month.

Donors of all blood types — especially those with types AB, O negative, A negative and B negative — are needed. To make an appointment to give blood, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities:

- Noon-5 p.m. Sept. 1, Regional Medical Center Lubec, 43 South Lubec Road.
- 2-7 p.m. Sept. 2, North Searsport United Methodist Church, 753 Mount Ephraim

Road, Searsport.

— Noon-5 p.m. Sept. 2, Mason Columbia 149, 281 Pritham Ave., Greenville.

— 10 a.m.-3 p.m. Sept. 2, Newport Cultural Center, 154 Main St., Newport.

— 11 a.m.-4 p.m. Sept. 3, Town Hall, 3 School St., Tenant’s Harbor.

— 11 a.m.-4 p.m. Sept. 3, New Horizons Community Church, 31 East Madison Road, Skowhegan.

— 11 a.m.-4 p.m. Sept. 4, Searsport Shores Campground, 216 West Main St., Searsport.

— 10 a.m.-4 p.m. Sept. 4, MaineGeneral Medical Center, 35 Medical Center Parkway, Augusta.

— 9 a.m.-4 p.m. Sept. 5, Saint Elizabeth Ann Seton Church, 857 Main St., Fryeburg.

— 10 a.m.-3 p.m. Sept. 5, Katahdin Middle High School, 800 Station Road, Stacyville.

— 11 a.m.-5 p.m. Sept. 8, Collins Center for the Arts, 2 Flagstaff Road, University of Maine, Orono.

Atwood

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I told her I don’t wear heels anymore. Flats are safer.

She said, “Mom, you were walking barefoot on the beach and wearing sneakers on the stairs. It’s not the shoes you should be worrying about. Try these on.”

She handed me her pair of canvas heels from L.L. Bean, which looked great with the outfit and were a perfect fit.

I wasn’t convinced — I felt shaky and unsure — but I practiced walking in them. Down the stairs I went (NOT headfirst!) slowly and carefully. I asked my husband if he thought I should wear the heels. He didn’t say yes or no — such a diplomat. Instead, he suggested I bring the flats just in case. I stuffed them into my purse and strutted out the front door. In a good way, not pompously, but proudly. I paid attention to how I walked, which actually improved my posture. I felt stronger, straighter, younger.

OK, yes, I admit it, I felt younger.

On the way to the party, I found myself reminiscing about high heels I had loved. There was the pair of rust-colored high-heeled ankle boots I bought in the 1980s. I saw them and just had to have them. The word impractical never even entered my mind. All I saw was “hot!”

Then there was the pair of red stilettos that matched my fabulous red dress with the cap sleeves and wide belt. When I wore that dress and those shoes, I thought I owned the universe.

I remember sprinting across a field in my black patent leather slingback pumps with a microphone in my outstretched hand trying to catch someone I wanted to interview. It never occurred to me to take off the heels. I still have them, only these days it never occurs to me to put them on.

But on this particular night, I threw all caution to the wind and went to a party wearing high heels and didn’t even trip.

Good food, good wine,

good people, and a good time for both my husband and me. When we walked back to our car, I was grateful that it was just around the corner and that the crosswalk was paved with bricks instead of cobblestones. I slid into the passenger seat, and because the shoes were feeling tight by then, took them off and propped my feet up on the dashboard. We cranked up the radio, and all the way home my feet and I danced with joy.

The next time I saw my friend, I told her that I had dared to wear high heels again and survived. No scolding, just a hug and off we trotted in our flats to enjoy a good meal, a tall glass of wine and a sinful dessert. Now that’s what I call dangerous.

Diane Atwood was formerly the health reporter on WCSH6. She’s a regular guest on the WCSH6 “Morning Report,” a freelance health and wellness writer and blogger. Read her BDN blog, Catching Health, at catchinghealth.bangordailynews.com.

Noonan

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the FDA from recently approving use of these medications on children as young as 11 years old, based on research supplied to them by — are you ready for this? — the manufacturer, Purdue Pharma.

While these drugs are very effective at treating pain, and many people can take them without a problem, they were originally limited to use for end-of-life pain control. But largely from pressure (and false evidence) from the drug manufacturers, their use has greatly expanded.

Like many drugs developed for chronic conditions, it looks like the side effects are worse than the disease itself. To start using them on chil-

dren, whose nervous systems are still developing, seems a recipe for disaster, especially when there are so many alternatives for pain control. More on that next week.

Dr. Michael Noonan practices chiropractic, chiropractic acupuncture and other wellness therapies in Old Town. He can be reached at noonanchiropractic@gmail.com.

“At night,
my
husband
sees the
bathroom
more than
the back
of his
eyelids.

Help!”

That’s what we’re here for!

If your husband is experiencing frequent or painful urination, incontinence, or erectile dysfunction, EMMC can help. We’re the only service in the area with a physician completely dedicated to the non-surgical treatment of these men’s health issues. Should you need surgery, we offer the latest treatment options, including robotic surgery. So your husband can feel remarkable again.

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MEN’S HEALTH SEMINAR

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Spectacular Event Center in Bangor

A light dinner will be served.

To register, call **947-0469** or
visit **MensHealth.emmc.org**.

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Remarkable Begins With You
campaign by touring six beautiful kitchens in the
greater Bangor area. Get ideas for designing and
decorating, enjoy good food, drink, and samples
from fine vendors who will be present in the
kitchens. We’re excited to start our second decade
and we have planned our tour with you in mind.

Tickets \$25 in Advance • \$30 Day of Tour

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Proceeds will benefit the new neonatal intensive care unit, made
possible by EMMC’s Remarkable Begins With You campaign.

www.emmcauxiliary.org