

# Haskell

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healthful and satisfying. He never overcooks anything. He doesn't leave a big mess in the kitchen. And he doesn't make a big deal out of it, ever.

This predictably cheerful, can-do attitude toward the daily task of feeding ourselves is slowly rebuilding my own confidence in the kitchen. Although I'm still stymied sometimes for a quick weeknight supper, I don't worry about making anything fabulous; it's OK if it's simple and fresh. When I feel relaxed and creative, I can take all day to concoct something more elegant. Douglas is always appreciative and complimentary of the food I make, as I am of his meals. It's part of why I love him, and part of why our marriage works.

# Happy Kitchen Quiche

*Serves 4*

**Crust**  
1½ cups cooked brown rice, or substitute ½ cup cooked corn kernels for ½ cup of the rice  
1 beaten egg  
¼ cup grated Parmesan cheese or other cheese  
A little dill, basil or other herb

**Filling**  
1 clove fresh garlic, minced  
4 cups fresh kale or chard, chopped and steamed  
1 cup (one small block) firm tofu, chopped  
3 eggs, beaten  
½ lb. fresh crabmeat  
½ cup shredded cheddar or other cheese  
Salt, pepper, herbs to taste  
Optional: black olives, artichoke hearts, bits of chopped pepper, etc.  
Additional cheese for top of quiche

1. Preheat oven to 350. Lightly oil a 9-inch glass, metal or pottery pie plate.
2. Combine crust ingredients and mix well.
3. Press crust into bottom and sides of pie plate.
4. Bake 6 minutes at 350 and remove from oven to cool.
5. Combine garlic, kale, tofu and eggs in a food processor and mix until well combined. Turn into a bowl. Fold in crabmeat, cheese and seasonings and mix well with a spoon.
6. Pour filling into crust and smooth the surface
7. Sprinkle liberally with additional grated cheese
8. Bake 45 minutes at 350 until filling is set and top is golden brown. Remove from oven and let stand 10 minutes before serving.

*Author: Douglas Coffin*

So, I am pleased to share this recipe for the beautiful, delicious quiche he pulled from the oven and set on the table the other night, when we were midway through a brutal round of Upwords, our favorite word game (he won).

Actually, he didn't actually have a recipe, but he rose to the challenge of creating one with his usual good humor when I asked. He wanted to name it "What th' hell pie" but I've taking some literary license with that. You should feel free to improvise, based on your food preferences and what's already in your fridge or garden. We hope you enjoy it — the making and the eating, both — with someone you love.

# Shot

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tism and other neurological problems. It's an attitude that spans all age groups, she said, putting at risk the health of individuals, families and whole communities.

**Much to lose and much to be gained**

Clearly, there's a lot at risk during flu season. But a simple, affordable vaccine minimizes the odds of getting sick yourself or of transmitting influenza to others. Here are four solid reasons to shelve your skepticism, squeamishness or devil-may-care, find the nearest vaccine clinic and roll up your sleeve. (Note: The nasal spray form of the flu vaccine is no longer

available because it was found to be less effective than the injected form.)

**1. Protect yourself.** Older individuals, especially those with any kind of chronic disease, are at heightened risk for developing serious flu-related illness. This is because our natural immune system becomes less robust as we age, even when we're generally fit and active. Potentially serious germs, such as the influenza virus, can quickly turn deadly. This year, a special high-dose vaccine is available for people 65 and older, which may confer a higher degree of protection. Although some experts suggest waiting until the end of October to ensure immunity lasts through the season, others say it's best to get the vaccine now.

**2. Protect your elderly parents and others of "the**

**greatest generation."** Your diligent caregiving could backfire badly if you sicken a frail parent with influenza. And if you inadvertently introduce flu germs to a nursing home, assisted living center, adult day program or other site that serves an elderly population, you could trigger a disastrous outbreak. And that's an avoidable tragedy.

**3. Protect your grandchildren.** There's no vaccine for infants under 6 months of age, so these babies are extremely vulnerable to the flu virus. Older children and teens also can be laid low by flu — particularly if they haven't been immunized — forcing them to miss valuable classroom time and after-school activities and forcing busy parents to skip work and other commitments. You don't want to be the source of all

that misery and inconvenience.

**4. Protect your spouse and friends.** Again, advancing years put us all at greater risk. Don't be the one who comes down sick and spreads influenza to your loving spouse or partner, your closest friends, your co-workers, your church group or other contacts. Instead, be the one who shows up and says, "I got my flu shot today — how about you?"

Fortunately, it's relatively easy, convenient and affordable to get a flu vaccine. If you have a local health clinic or primary care provider, that's the first place to call. Many employers provide free onsite flu vaccines for workers and their family members. Almost any pharmacy chain or good-sized grocery with a pharmacy is already offering vaccines on

a walk-in basis. And area schools, town offices, libraries and other public sites will be hosting vaccine clinics in coming weeks.

In Bangor, the Department of Public Health and Community Services hosts a vaccine clinic from 9 a.m. to noon every Monday and Wednesday at 103 Texas Ave. It's open to city residents and nonresidents alike. Children's flu vaccines are free with a \$5 administration fee. Adults without insurance will pay \$25. The city will bill major insurers such as Anthem, Cigna, Harvard Pilgrim and Maine Community Health Options and issue receipts for other plans. Call 207-992-4548 for more information.

For other vaccine sites statewide, visit <http://flushot.healthmap.org> and type in your ZIP code or dial the 211 services clearinghouse.

# Parade

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hopes that many people, kids and adults, too, will come to her door on Saturday morning before the parade and revel in the dress-up opportunities she provides.

"I'm really happy when people have fun," she said. "It makes me happy and it makes me smile."

The Church Street Festival was founded in 1980 by local entrepreneur Mike Hurley and other artist friends of his who wanted to celebrate the "diversity of stuff" then in the city. In the early years, it was more of a festival, with rock climbers from Unity College rappelling down the walls of the Belfast Opera House building, a parade of people marching with boomboxes, live theater and other components. Weaver came on board in 1982, bringing her imagination, her ability to make puppets and costumes and an unusual annual theme. Lately, the festival portion has diminished, though this year there still will be live music and a cake-walk. But the parade is why people come.

Hurley, now a city councilor, said that generations of families now have participated in the parade, a community staple.

"Think of all the kids who have either been in it, or gone to it," he said. "It's a very human scale pa-



MARY WEAVER | BDN  
Mary Weaver, who has worked for decades to put on the Church Street Festival in Belfast, said that this year's event will be her last as festival organizer.

rade. There are no cars. It's a very gentle thing. Nobody gets sprayed with water. There are no weird clowns, except for the one on roller skates — that's Mary."

For this year's festival, which has the theme "Just Think What I Saw Right Here on Church Street,"

Weaver will be a clown, as she usually is, but will not don her roller skates. Age and a bum knee has put the brakes on that, although not on her love of the Church Street Festival and the parade.

"I don't want this to end," Weaver said. "I hope it continues. I hope

somebody gets interested when they realize I may not be able to carry on forever."

Those who want to be in the parade should come to 49 High Street at 10 a.m. to pick out a costume. The Church Street Festival parade leaves from that address at 11 a.m.

# Sex

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erectile dysfunction. Women are typically less interested in maintaining a sexual relationship as they age, she said, but will sometimes seek guidance at the request of a lustier partner or spouse.

"I always encourage them to continue to be sexually active," Alkhunaizi said. "Unless there is very severe cardiac disease or other dysfunction, there is no reason for adult patients to stop having sex if they enjoy it."

Pepper Schwartz, professor of sociology at the University of Washington and AARP's "Love, Sex and Relationship Ambassador" — "I love my job title," she said — had not reviewed the recent study in detail. But, she said in a recent phone conversation, its main findings appear to "go against all previous findings." She cautioned against accepting its conclusions prematurely.

Many studies have shown that sexual activity later in life confers health benefits on both men and women,

Schwartz said, including overall stress reduction that results from the release of the "love hormone," oxytocin, during sex. In both men and women, oxytocin counters the production of the stress hormone cortisol, which is closely linked to the body's fight-or-flight response and drives up blood pressure and pulse as it promotes hypervigilance and muscle tension.

Although no one would mistake an occasional sexual romp for a meaningful exercise routine, especially between long-term, later-in-life partners, Schwartz said the physical activity that typically occurs during lovemaking is generally considered a healthy thing.

"It's not necessarily the case that sex is a high-exertion activity," she said, "unless you're hanging off the chandeliers."

Schwartz will be the featured speaker at the upcoming University of Maine Clinical Geriatric Colloquium on Oct. 11. The author of numerous books about sex and online AARP features such as "How to Have Better Sex After 50," "Inter-course Alternatives 101"

and "Starting Over After Losing a Partner," she said there are many misconceptions about sexuality in older age, even among professionals who work with seniors every day. They include assumptions that older individuals and couples don't enjoy sex or experience the urge to be physically intimate, even when physical or cognitive changes alter the ways sexuality can be expressed.

Appropriate sexual behaviors in older adults, even those in nursing homes or other residential facilities, can range from hand-holding and snuggling to deep kissing, intimate touching, masturbation and intercourse, she said.

"One of my missions in life is to make sure we don't sign people off from their sexuality just because they're getting older," she said. "Let's not be denying a very important part of our humanity to older people."

Schwartz fields all kinds of questions from her readers. The most common comes from longtime couples who find that one partner is still very interested in an active sex life while the

other is not. Often, she said, women's interest in sex wanes before men's, but not always.

"People feel trapped by this unilateral decision [to stop having sex], even when they respect the seriousness of their commitment," she said.

Often, committed couples can negotiate common ground, she said, so both partners feel fulfilled and respected.

"There's a big difference between saying, 'I don't have the same level of sexual interest as you' and saying, 'Don't touch me,'" Schwartz said. "It's very human and normal to crave touch and arousal, to rub our bodies together for comfort and pleasure. When you shut that off, you shut off something very important."

**An invitation to discuss**

At the University of Maine in Orono, human sexuality professor Sandra Caron said the recent study serves a valuable purpose.

"It counters the widely held belief that older adults have no desire, no ability and no activity when it comes to sex," she said. "It highlights that we are sexu-

al beings from birth to death and that many older adults continue to have sexual feelings, desires and in some cases, active sexual lives."

Caron said a national survey in 2010 found that while sexual activity decreases with age, satisfaction does not.

"Although sexual response may be slightly subdued with age, it is no less pleasurable," she said.

Older couples may need to adjust their expectations in the bedroom, she said, making allowances for changing physical abilities and fluctuations in desire while exploring new ways to connect sexually and emotionally.

The new study, Caron said, provides an invitation for students, professionals and ordinary people to have frank discussions about healthy adult sexuality throughout the lifespan.

"We forget that in human events there are no 'right' ways, no external scripts that will make us happy," she said. "[The goal] is to discover what we're all about, including our changing sexuality and the best ways of expressing it."



Our "A Day of Remembrance" special section is just around the corner and we would like to include your personal military story, or have you share that of a loved one.

Email [mdwyer@bangordailynews.com](mailto:mdwyer@bangordailynews.com) with your story, photos and questions.

Submissions may be selected for use in our printed special section set to publish in the BDN on Friday, Nov. 11.





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