

Orrington nurse details grief, survival in new memoir

BY JODI HERSEY
SPECIAL TO THE WEEKLY

As a nurse practitioner at St. Joseph Hospital in Bangor, Cindy Milles of Orrington is used to treating and caring for the needs of others. But five years ago, she became the one who was in desperate need of care when she suddenly lost her husband to suicide.

“I’ve never hidden the words if people ask me about how he died,” Milles said. “He was so young, people thought it was a tragic car accident or cancer or something. They never expect the answer to be suicide.”

Milles was married for 10 years before she and her husband discovered he was living with bipolar, a form of mental illness that causes mood swings and changes in one’s sleep, thinking and behavior and overall emotional stability.

“The term bipolar doesn’t mean people can’t lead productive, loving, wonderful lives,” said Milles. “My husband had a lot of normalcy. It wasn’t always the highs and lows. But bipolar can sneak into one’s life and go unnoticed for many, many years and lead to catastrophic outcomes like I had. You always



Cindy Milles have to be on alert.”

After her husband’s death, Milles, a mother of three coped the best way she knew how: by pouring herself into her work at St. Joseph’s, day after day after day.

“Work was actually more therapeutic than

home. I didn’t want to go home because home reminded me of my loss,” she said.

After a while, Milles began putting pen to paper, writing about her feelings and the good times she and her husband shared together. She also started seeing a counselor, both of which helped her to sleep better at night. Milles ended up turning all her journaling into a book called ‘Waiting for My Rainbow,’ in hopes of helping others understand mental illness, bipolar and different ways to heal after losing a loved one.

“There’s no clean cut

way to get through any kind of a loss whether it be suicide or death or a loss through illness. We all survive in different ways,” explained Milles. “The book started out to be about my husband and evolved into a book about me, raising my kids, losing my parents and losing my husband within a year of each other and all the adjustments that a family went through. I write about happy times too. To just write about sad, tragic times wouldn’t have been therapeutic for me.”

Milles is now editing her second book, part two of Waiting for My Rain-

bow and doing various speaking engagements for support groups and book clubs.

“You can’t judge a person’s life or my husband’s whole life by one bad mistake that was made by a mind that couldn’t understand or correct wrongs in life. That’s the part about suicide I hope people get,” said Milles.

“It was hard [to write the book] because I’m a very private person, especially being a provider but I’ve already had wonderful feedback and hopefully it’ll continue.”

To buy ‘Waiting for My Rainbow,’ visit cmlilles.com.

Livestock 101 class to be held at Witter Farm

Livestock 101, a free hands-on livestock methods workshop for small-scale livestock producers, 4-H project leaders, and older 4-H youth, who are just starting out or thinking about raising livestock, is set for 11:45 a.m. to 3:15 p.m on Saturday, April 2 at the University of Maine’s Witter Farm in Old Town. Preregistration is required since there is a limited amount of space. No meals or refreshments will be provided so have lunch before attending.

Participants will need rubber boots that can be washed before going into the barn area, as well as warm clothing for the sessions will be held out in the barn.

There will be six 25 minute sessions based on preferences of those attending. Attendees will be asked to prioritize the sessions they want to participate in. You may or may not be able to attend all preferred sessions. Session options include:

- Sheep Restraint and Handling
- Sheep Hoof Trimming
- Cattle Body Condition Score and Weight
- Calf Taking Vital Signs
- Injection Techniques
- Grain and Hay Quality
- Large and small chick Growth Curves
- DIY Poultry Waterers and Feeders
- Poultry Handling
- Worming Schedules of sheep, goats and horses

Speakers include staff from UMaine Extension, UMaine, MDACF and MOFGA. Sponsored by the University of Maine Cooperative Extension, University of Maine J. Franklin Witter Teaching and Research Center, Maine Department of Agriculture, Conservation and Forestry and Maine Organic Farmers and Gardeners Association.

To register, contact Melissa Libby, 5735 Hitchner Hall, 581.2788 in Maine 800.287.7170 or melissa.libby1@maine.edu. If you need disability accommodation, call Libby.

15 UMaine faculty members promoted, offered tenure

Tenure and/or promotion for fifteen University of Maine faculty members has been approved by the University of Maine System Board of Trustees. The faculty were nominated by UMaine President Susan J. Hunter based on a peer and administrative review of their successful work in teaching, research and public service.

University of Maine Faculty Promoted and/or Tenured, 2015-16

- Promoted to Professor College of Education and Human Development Richard Kent, Literacy Education College of Engineering Zhihe Jin, Mechanical Engineering Paul Villeneuve, Electrical Engineering Technology College of Liberal Arts and Sciences John Thompson, Physics College of Natural Sciences, Forestry, and Agriculture Joseph Zydlewski, Fisheries Science Maine Business School Stephanie Welcomer, Management Promoted to Research Professor College of Liberal Arts and Sciences Marcella Sorg, Anthropology, Margaret Chase Smith Policy Center, Climate Change Institute Promoted to Associate Professor with Tenure College of Engineering John Allen, Electrical Engineering Technology

William Manion, Construction Management Technology College of Natural Sciences, Forestry, and Agriculture Amanda Olsen, Earth Science Michelle Smith, Biological Sciences, Maine Center for Research in STEM Education Timothy Waring, Social-Ecological Systems Modeling, Senator George J. Mitchell Center for Sustainability Solutions Granted Tenure at Current Rank of Professor College of Liberal Arts and Sciences Anne Knowles, History Granted Tenure at Current Rank of Associate Professor College of Natural Sciences, Forestry, and Agriculture Gayle Zydlewski, Marine Sciences Promoted to Associate Extension Professor with Continuing Contract Jason Bolton, Cooperative Extension

GBCVB announces tourism award winners

The Greater Bangor Convention & Visitors Bureau (GBCVB) and sponsor Hollywood Casino announced the winners of the 2016 Tourism and Hospitality Eagle Awards. Peter D’Errico will receive the Lifetime Achievement Eagle Award, Anah Shriners will receive the Organizational Achievement and the Maine Brewers Guild will receive the GBCVB Impact Eagle Award. The awards will be handed out at the Tourism Awards & Silent Auction on May 11 at Spectacular Event Center in Bangor.

Each of the award winners has had a significant impact on the community, local economy, and hospitality industry.

I SCREAM, YOU SCREAM...



J.J. Channell (left), 9, of Bangor takes two scoops of cake batter and a dish of deer tracks from Gifford’s senior shift leader Tori Dyer on the first day of ice cream season on Friday, March 18. “It’s been very busy, despite the snow,” Dyer said.

“Once again the GBCVB is honored to present awards to some truly deserving individuals and Associations. The Maine Brewers Guild has supported the emerging beer industry in our region from the very beginning and look what is going on around us,” said Kerrie Tripp, director of the GBCVB. “Anah Shriners have given back to our community for as long as they have been a group. The Circus and Fez-ti-

val of Trees are two unique and engaging events that encourage families to visit our community while allowing the Shriners to complete their mission of supporting the Shriners Hospitals...Peter has dedicated the majority of his life giving back to this region as an Airport Director and economic development director and city councilor.”

In addition to the Eagle Awards, the GBCVB will

award Eaglet Awards; the Maureen Waltz Spirit of Hospitality Award, the Tourism Employee of the Year, and the Thomas H. Palmer III Volunteer of the Year. These focus on the frontline workers in the tourism industry who offer exceptional service involvement. Winners will be surprised the night of the ceremony.

To buy tickets to the awards, visit visitbangor-maine.com or call 947-5205.

Senior Beat

Advice from Carol Higgins Taylor of Eastern Agency on Aging about growing older

TheWeekly

Pictures That

Talk

TheWeekly Picture from the Past

Murder at My Family's

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