

'Awaken'

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said, laughing. "People talk about this book being a year-long workshop — in other words, a demanding book."

Heart, who has kept a journal for 40 years, considers self-reflection exercises to be a key component in her learning and health.

In addition to her extensive collection of journals, Heart is the author of published books "Healing Grief: A Mother's Journey," "Harvesting You Journals," co-authored with Alison Strickland and "Soul Empowerment," co-authored with Michael Bradford.

"Healing Grief," her first

book, is about the loss of her 14-year-old son, Mike, who was electrocuted by a downed line while shoveling snow in the schoolyard when Heart was 33 years old. The tragedy catapulted her into a spiritual search for her life meaning, which eventually led her to study to become a medium, commonly called a psychic, through a grant at Duke University.

She now offers soul readings and soul coaching to people around the world, since proximity is not a factor. The evening before the interview, she did a soul reading for a man over the phone from Rio de Janeiro, Brazil.

During a soul reading, Heart pulls away layers of personality, ego and emotions to uncover a person's "soul essence" and, in

doing so, learns their essential qualities what their purpose is in life. It's no surprise that Heart says she uses the energy of love, both hers and the other person, to read a soul.

While "Awaken" touches upon this practice, the book is really about living day to day. It's Heart's life philosophy.

As for "Awaken," Heart said of the title that, "In the book, I make a distinction between growing up and waking up."

To soften a mentally and emotionally taxing book, she offers personal stories often starring her grandchildren, Noah, 7, and Malia, 10. While she has enjoyed many careers, at this point in her life, Heart is a grandmother above all things, and her grandchildren have taught her a great deal.

Noah and Malia place pins on a world map to represent all the places the book has been shipped. And when Heart revealed that the book was dedicated to them, Malia ran up to give her a hug. Noah stood in thought before saying, "You know, Grandmom, in all my past lifetimes, I don't think anyone has ever dedicated a book to me."

Heart moved from Scarborough to Hermon with her daughter, Kelli Hall, and grandchildren about a year ago. Eager to become part of the community, she volunteered in Noah's first grade class to aid children in writing their memoirs. Meanwhile, she was finishing her book and undergoing the tedious process of editing.

"I learned how much fun the

children had when they were actively doing their writing ... they helped me keep my writing alive," said Heart, remembering a time when a student greeted her by saying, "I had a dream about your [book] cover, Ms. Heart."

The children's names grace the book's appreciation page.

Heart, forever a teacher, is also forever a student. While writing "Awaken," she searched nearly 300 sources at both the Scarborough Public Library and the Edythe L. Dyer Library to contextualize her own life philosophy. Both libraries gave her a warm, quiet room to write and research.

In "Awaken," she quotes the ancient poet Rumi who wrote, "Everything has to do with love and not loving." She also quotes

authors Mark Twain on forgiveness, Fyodor Dostoevsky on all-embracing love, and Jan Phillips on the gift of story.

"It's not a book for everyone. It is a book for people who want to deepen, who want to commit to grow their consciousness," said Heart. "I wanted this book to stretch people, wake them up so they say, 'I don't know about this' — but the seed has been planted."

Find "Awaken" on Amazon.com or at heart-soul-healing.com, where you can learn about Heart's many workshops, retreats and soul coaching sessions. Heart also will give a reading from her new book 3-5 p.m. Saturday, Nov. 5 at Fire Sign LLC, 50 Main St. in Orono.

Hand

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An essay on fulfilled mittens reveals: "Fishermen fulfilled their own mittens by wetting them in icy sea water, walking on them on a cold deck, drying them on the hot engine manifold, turning them carefully to keep them from scorching, then wetting them again in sea water ..."

Hansen's foray into mitten making takes the reader to places where she purchased or was given mittens to add to her collection, including Maine, New Brunswick, Nova Scotia, Newfoundland, the Faroe Islands, Norway and Sweden. She also introduces Inuit and Aroostook sewn mittens and Polish basket maker's mittens, unusual techniques that serve as examples of the ingenuity that arises when hands need be protected from freezing wind and water.

She writes that the directions for the mittens in the book are "not thought up by a computer, but the human, usually female, mind working out of love." Which is another reason I really like this book. Not to



mention the fact that the book itself and the mitten information and technical information it contains were thought up by yet another woman — Robin Hansen.

The book is lavishly illustrated with color photographs and black-and-white drawings, charts and schematics. Readers will find yarn requirements and knitting needle size on a page separate from the mit-

tens directions page, but that is a minor detail when you factor in the wealth of technical information included, such as hand measurements, mitten measurements and the time it takes to knit one pair; for example, three to six hours for a pair of children's mittens, depending on size.

The book also has a section called "Nice Touches" that includes what to do to keep from losing your mittens, reinforcing mittens and gloves with leather palms and repairing and caring for mittens and gloves.

This is a book for all seasons. It allows the knitter to enfold herself in the deep tradition of keeping hands warm with wool even as she knits a pair for a loved one.

Hansen is the author of several knitting books including "Favorite Mittens" and "Knit Mittens." Snippets

Visit marthastewart.com for instructions for making children's Halloween costumes based on leggings and T-shirts embellished with letters, stars, lightning bolts or other iconography and accessorized with belts and headbands.

Call Ardeana Hamlin at 990-8153, or email ahamlin@bangordailynews.com.



Advertisement for Janelle Monáe + fun performance at Collins Center for the Arts on Thursday, October 20, 8 PM. Includes ticket information and logos for Campus Consciousness Tour.

Rockin'

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But back to the beginning. Jamison and McLaughlin did finally meet up and play together, and by the spring of 2007, they were officially a band. Jamison, a native of Burlington, Vt., had been performing under the name the Milkman's Union since high school, but had long wanted a full band to flesh out his songs.

"I think we got along from the beginning," said McLaughlin, 24. "I think the thing that keeps us going is that we both truly love doing it. I don't know if a band can last if you don't just love it. We've played together long enough that we have a very natural relationship."

Jamison and McLaughlin are the two consistent members of the band; they've gone through

a total of five bass players. Unlike the disposable drummers in "Spinal Tap," all former bass players are not only currently living but also on extremely amicable terms with Jamison and McLaughlin. Beam, a well-known Portland musician in his own right, joined the band in late August.

"One of our former bass players lives in Washington, D.C., and is a private investigator. Alex Hernandez, our most recent one, just moved to Brooklyn," said McLaughlin. "We burn through bass players. Jeff doesn't seem to be so easily flammable. I'm pretty sure he's going to stick around."

The Milkman's Union sways between a propulsive indie rock rhythm, with Jamison's thoughtful guitar work locked in formation with McLaughlin's nuanced drumming, and a gentle country-fied swing. It's often

extremely pretty music, bringing to mind the quieter side of Yo La Tengo, a less neurotic Mountain Goats and hushed, emotionally charged songwriters such as Bon Iver or Cat Power.

The band has also taken their show on the road as one of just a handful of Maine bands who actively perform out-of-state. The Milkman's Union regularly plays shows all over the Northeast, and has an upcoming show at Sullivan Hall in New York City on Oct. 20, with Portland acts the Mallett Brothers Band, Kurt Baker and Billy Libby, and at L'Esco in Montreal, Quebec on Oct. 30. Touring is always a challenge for bands that are unknown outside of their home states, but McLaughlin said every time they go out on the road it's a worthwhile learning experience.

"The best advice I could give

to any band going out for their first tour is to abuse any and all connections you might have, wherever you're going," he said. "You're going to go to places where no one has heard your music, so you've got to be open to making as many connections and keeping in touch with as many people as possible. There are times when you lose money or you play for five people, but it usually ends up being incredibly rewarding. Everyone should do it."

In addition to hitting the road, The Milkman's Union will be closer to home with the performance at Nocturnum Draft Haus in Bangor. There is a \$5 suggested donation, and the show is for ages 21 and up.

Hair

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tones. Add these back into your hair by foiling. This is going to make your hair look and feel much healthier and more natural.

Be a bit daring and add in some warm or golden tones to really bring some fall into your hair color. Foiling is going to allow your hairstylist to put the colors you have chosen together right where you want them throughout your hair. Adding two or three colors is going to give you a much more natural appearance. A person who has completely natural hair that has never been colored doesn't have just one color in their hair: Natu-

ral color has more than one tone. I also recommend using a glaze (a semi- or demi-permanent hair color) on all of the hair that is not put into foils. This is just going to be like a conditioning treatment and leave your entire head of hair looking new, fresh, shiny and fabulous.

The changing of seasons is always a good time to change your hair and your look, even if it's something subtle and simple. Think about toning down that summer blonde, darkening your already brunette hair, or just going red. Whatever you do,

consult with your stylist and remember that it's just hair color and it always can be changed.

Gina Leonard is a licensed cosmetologist, owner of The L Factor Salon at Twin City Plaza in Brewer and a Mary Kay senior consultant. Email her at getginafiedbnd@gmail.com.

Code Talker Cryptique, every day Bangor Daily News

Spotlight Cinemas advertisement for University Mall - 6 Stillwater Ave., Orono. Features movie times and online booking information.

Movie Magic Cinema advertisement for 207-941-9419 • 268 Odlin Road, Bangor, ME. Lists movie times and special offers.

Happy China Buffet advertisement for All-You-Can-Eat SUSHI! Lunch Buffet for 2 Adults \$2.00, Dinner Buffet for 2 Adults \$3.00.

BANGOR MALL CINEMA 10 advertisement for 557 Stillwater Avenue • 207-942-1303. Lists movie times and special offers.

Comedy Show advertisement for Friday, Oct. 14th featuring Mark Scalia at Spectacular Center for the Arts.

Tuesday prime time

Table of TV programming for Tuesday, October 11, 2011. Columns include time slots (7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and various channels (NBC, CBS, CW, ABC, PBS, etc.) with program titles and descriptions.