

## Ogunquit Museum appoints two board members

The Ogunquit Museum of American Art announced the appointment of two new members to its board of directors. The addition of Allyson Cavaretta and Edward J. Newberry, Esq. brings total board membership to 13. Cavaretta and Newberry began their service in March 2017. Together with the February appointment of Michael Mansfield as Executive Director and Chief Curator, Ogunquit Museum of American Art enters its 64th exhibition season with inspired new leadership and a skilled, committed Board.

Cavaretta is director of sales and marketing at the Meadowmere Resort in Ogunquit. Active in community service, she has volunteered for the Ogunquit Chamber of Commerce, Ogunquit Heritage Museum, Andean Health and Development, and the University of Notre Dame, of which she is a graduate. She also served for two years as chair of the committee for the Art by the Sea Auction and Gala, Ogunquit Museum of American Art's largest fundraising event. For her dedicated community service, she has received the Governor's Award for Environmental Excellence, the Innovation Award from the Institute for Family Owned Business, and formal recognition from the Maine State Legislature.

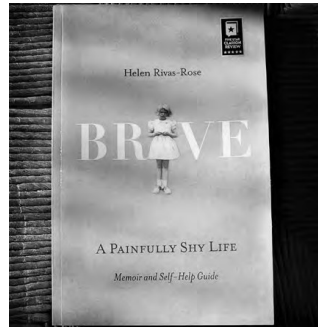
"With its rich history and beautiful setting, the museum plays a vital role in this community," said Cavaretta. "I'm honored to be a steward of Ogunquit Museum of American Art as it enters the next stage in its evolution. Already, I see and

share the excitement of fellow Board members in considering what's possible for Ogunquit Museum of American Art's future."

Newberry is global managing partner of Squire Patton Boggs, a leading global law firm. He also serves as a member of the firm's Global Board and U.S. Management Committee. Newberry maintains a diverse public policy practice representing national and multinational corporations, trade associations, municipal governments, sovereign governments, and colleges and universities on legislative, regulatory and other policy matters. Selected a "Top Lobbyist" by The Hill newspaper each year since 2009 and as a top municipal lobbyist by Politico, Newberry's work has been highlighted by the trade industry press, including National Journal and Roll Call, and others. Forbes wrote of Newberry in 2014: "For those who truly understand the personalities and skill sets that comprise the ranks of a major law firm, the conclusion is an easy one: Newberry is a doer of deeds."

"Ogunquit and the museum hold a special place for me," said Newberry. "I spent many summer days sitting on the rocks behind Ogunquit Museum of American Art, reading and looking out at the ocean beyond Narrow Cove. It's a joy to be able to give back to this place I love and to help steer Ogunquit Museum of American Art on its journey to becoming a premier arts destination, and I look forward to lending my expertise and perspective on this great journey."

A short walk from Perkins Cove, the museum and its 3 acres of sculpture gardens overlook Narrow Cove and the Atlantic Ocean. Ogunquit Museum of American Art is open May 1 through Oct. 31, daily 10 a.m. to 5 p.m. For more information, see [www.ogunquitmuseum.org](http://www.ogunquitmuseum.org). ■



"Brave. A Painfully Shy Life," a memoir and self-help guide, was published in 2015 by Helen Rivas-Rose.

Staff photo by Faith Gillman

a memoir and self-help guide Rivas-Rose wrote and published in 2015, to raise awareness about severe shyness and all forms of social isolation, said she felt "dreadful" when her mother would say "educated people don't show their emotions by holding and hugging."

As a child, Rivas-Rose recounts that in the evening she was often locked in her bedroom, presumably so her parents could spend time together with no interruption from their young daughter.

Those experiences, combined with lack of interaction and access to peers led Rivas-Rose to a 50-year battle with severe, isolating shyness.

"How do people learn to talk with their peers? [They learn] as toddlers, and if you don't learn then, you will need help at some point to do it," said Rivas-Rose. "I was frightened of people because I knew nothing about them. They looked foreboding. They knew how to talk to others. I didn't, so I felt insignificant. And what's the root cause of social isolation? To borrow a phrase 'it's the environment, stupid.' I had no interaction, did not learn to socialize. I was sad, bored, lonely and depressed."

When Rivas-Rose was young, her family moved to Prince Edward Island. Although it was a magnificent setting that helped develop her lifelong love of exploring nature, the physical remoteness of living on a farm with no playmates other than her horse, increased her sense of isolation.

"I went from grade 4 through high school there. I didn't have any friends, really. After high school, I went to University of New Brunswick and received a BA in history," said Rose. "I wasn't planning on college but decided to do it at my brother's suggestion. I was still so inexperienced after four years and had no idea what I would do [after university]. I continued to have trouble making conversation. I didn't talk in a genuine fashion with people. Shame held me back. I was ashamed because I didn't know what to say. I was full of pain."

Cloudy on what to do after university, Rivas-Rose went to Spain with her family, where she lived for the next four and one-half years. She did make a few friends and began a relationship that led to marriage.

"Spain was a refuge. I met my first husband there. He was a classical guitarist from Venezuela. He was in Madrid at the conservatory on scholarship," said Rivas-Rose. "He was very outgoing, which made it easy for me; it was an easy relationship. We were more or less in love. He got a job in Calgary, Canada. I took on the role of wife and mother but did get my teaching certificate, so I could earn a living; I taught school. But the relationship just ended; we had no major bond. We divorced."

Rivas-Rose met her second husband when she came to Kennebunk after her mother died. Her grandmother and aunt had property at Parson's Beach, where Rivas-Rose now lives when not in San Miguel de Allende, Mexico. That move proved to be the beginning of a process that would lead Rivas-Rose to overcoming the social isolation that held her back through much of her life.

"My second husband dominated everything. He was a leader," said Rivas-Rose. "He is an artist, and I loved his art. We worked together at the Danforth Gallery in Portland."

It was her work as volunteer director of the Danforth Gallery, where her husband was president at the time that Rivas-Rose cites as one of the experiences that helped her to discover more about herself, ultimately leading to recovery.

"The artists there were creative, liberal, easy-going and worked with me," she said. "I learned creativity. Much of it (overcoming isolation) is self-awareness—I didn't know who I was, I had no self, I couldn't be genuine. To be a person, I needed to know who I was."

Being in Portland and involved with creative people helped Rivas-Rose to become more self-aware. She and her husband also began spending time in San Miguel de Allende in the winters, a tradition she continues, although they are no longer together.

"In San Miguel, I had tremendous opportunities to be creative and do a number of things, like writing film reviews," said Rivas-Rose. "It was learning about life by putting yourself out there. It was good for me."

These experiences, combined with reaching out to counselors for help and taking self-directed steps, such as participating in drama workshops, singing solo and talking about her life in public forums, helped Rivas-Rose move toward a life free from shyness.

She decided to write a book to share her struggles with shyness because she wanted others to understand the pain involved in growing up and not having peer friends.

"The first book wasn't that good. So, I did another ('Brave') and gave it everything. I included poems, a talk called 'The Power of Friend' which I've given at two Unitarian Universalist churches and a self-help guide based on what helped me," said Rivas-Rose. "The book received rave reviews and helped propel me forward. Clarity in the writing was important. I wanted it to make sense to the reader and help them to feel what I was going through."

"Brave" also includes a list of resources for readers to use to help them with their own issues

# Breaking free

**LOCAL AUTHOR HELEN RIVAS-ROSE SHARES HER JOURNEY TO OVERCOME SEVERE SHYNESS AND HER WORK TO RAISE AWARENESS ABOUT SOCIAL ISOLATION**

By Faith Gillman, Staff writer

Most of us can remember shy moments from our childhood. Being the new kid in class or lacking courage to ask that special someone to go with you to the junior high dance, spring to mind. But the shyness that Helen Rivas-Rose suffered well into her adult years was much more than the quiet awkwardness many have experienced at some point or another in their lives.

"Shyness is really a useless word. People are shy, yes, but shyness is a misnomer," said Rivas-Rose. "I thought of what I dealt with as severe shyness, or severe shyness disorder, but that still didn't work. Social isolation is a better way to describe it. People understand that."

Rivas-Rose was born in Connecticut in 1942,



Local author Helen Rivas-Rose is an advocate for understanding social isolation in all its forms, including severe shyness.

Courtesy photo

the second child of older parents. Her father was 50 and mother 37 when their only daughter was born. A veteran of WWI, her father worked in the shipping industry, tracking and setting schedules for commercial vessels. When WWII came along, his expertise was in demand.

"The first three years of my life Dad was always working," said Rivas-Rose. "I didn't see him much."

Her mother, who underwent an operation to enable her to have children, was reserved with her daughter. In "Brave. A Painfully Shy Life,"

or develop a better understanding of what social isolation is all about. The book was well-received in many circles, including a review written by Dr. Velandy Manohar, M.D. that was featured in The American Psychiatric Association Monthly Journal, published online in October 2016.

"It was validation for me that I have something to say and useful approaches," said Rivas-Rose. "In the review, she singled out how I described the need for self-knowledge."

And just what does being "brave" mean to Rivas-Rose?

"Not being foolish but doing something you prepared for very well, but had never done before, you were scared to death but because you were so well prepared you just do it and have faith it will be OK," she said.

The book Rivas-Rose wrote spurred the foundation of the nonprofit Center for Social Isolation Relief, a program under the Study Center of San Francisco Work, which acts as its fiscal sponsor. The mission of the nonprofit is to "provide relief to socially isolated children and youth so they can unite with their peers."

Alongside an advisory group, Rivas-Rose acts as program manager for the center. She said the center is searching for more advisors and people to be involved in order to help grow the program.

"I see myself as pushing people to understand the issue. The worst thing in my childhood was not being able to talk to people. I wanted

to devise a way to help. It's a self-learning situation and learning about your peers and making friends," said Rivas-Rose.

"Who We Are: My Own Creativity" a project Rivas-Rose is working on through the Center for Social Isolation Relief focuses on helping socially isolated people build peer friendships. Rivas-Rose believes the program could work in the public-school system.

"Teachers could select pairs that would meet, have an assignment, draw and write a journal of their own and then talk about the assignment with their partner on a personal level," she said. "Primarily it puts them in a situation where they're given a topic and someone to talk to about it."

Her hope is that teachers, parents and guidance counselors could assist in building the curriculum and evaluating the program.

"Teachers are so busy. Finding time is hard but maybe the program could be combined with other classes, or fit into existing programs," said Rivas-Rose. "We need parents, teachers, counselors, foundation experts—we need active advisors of all kinds. We're the only nonprofit in the United States dedicated to help children and youth [dealing with social isolation] connect with their peers."

According to Rivas-Rose, a number of large universities are actively studying the effect of

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shyness and social isolation in children.

"People are working on this subject at NYU, at Harvard; there are studies on kids that don't communicate," she said. "And a look at revising the concept of education."

Links to studies, academic papers and articles on the topic of shyness and social isolation can be found under CSIR resources on Rivas-Rose's website, [www.shynessbook.com](http://www.shynessbook.com). Rivas-Rose urges anyone interested in this issue to take time to read the information provided on her website.

"In particular, I want everyone to [look at studies] that report if by the age of three, you are not "with it" you will never be unless you receive help," said Rivas. "Not only is this a horrible life for anyone to have to endure but it carries with it a big price tag: 20 percent of the population comes out of this group and they use 80 percent of all health dollars."

Although overcoming severe shyness has been a long process for Rivas-Rose, she said she has "finally learned to relax and be in the moment."

"It's most valuable just to sit and feel comfortable and be able to listen," she said. "To have self-knowledge. And I want to continue to work, making sure people "get off on the right foot" is important, along with getting help if they need it."

For more information on Helen Rivas-Rose, her book and the Center for Social Isolation Relief, see [www.shynessbook.com](http://www.shynessbook.com)

# Change is good

## 50 LOCAL GETS READY FOR A FRESH SEASON

By Faith Gillman, Staff writer

Eight years have come and gone since 50 Local first opened its doors on Main Street in Kennebunk. The restaurant, known for its focus on local, seasonal and sustainable foods, was the creation of couple Merrilee Paul and David Ross. Both share a passion for imaginative cuisine and an entrepreneurial spirit. And both agree that change is good, which is why they decided to refashion 50 Local, as well as its staff line up.

"It's been eight years, it was time to change it up," said Merrilee Paul. "It was a bit cold and very contemporary, which gave it a fancier vibe than we intended. We wanted to make it more inviting, comfortable and warmer."



The dining room at 50 Local has been updated to create a warmer, more intimate space. Changes include new tables that were made using reclaimed wood and new, more comfortable wooden chairs.

Staff photos by Faith Gillman

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