

MAN FROM MENSK

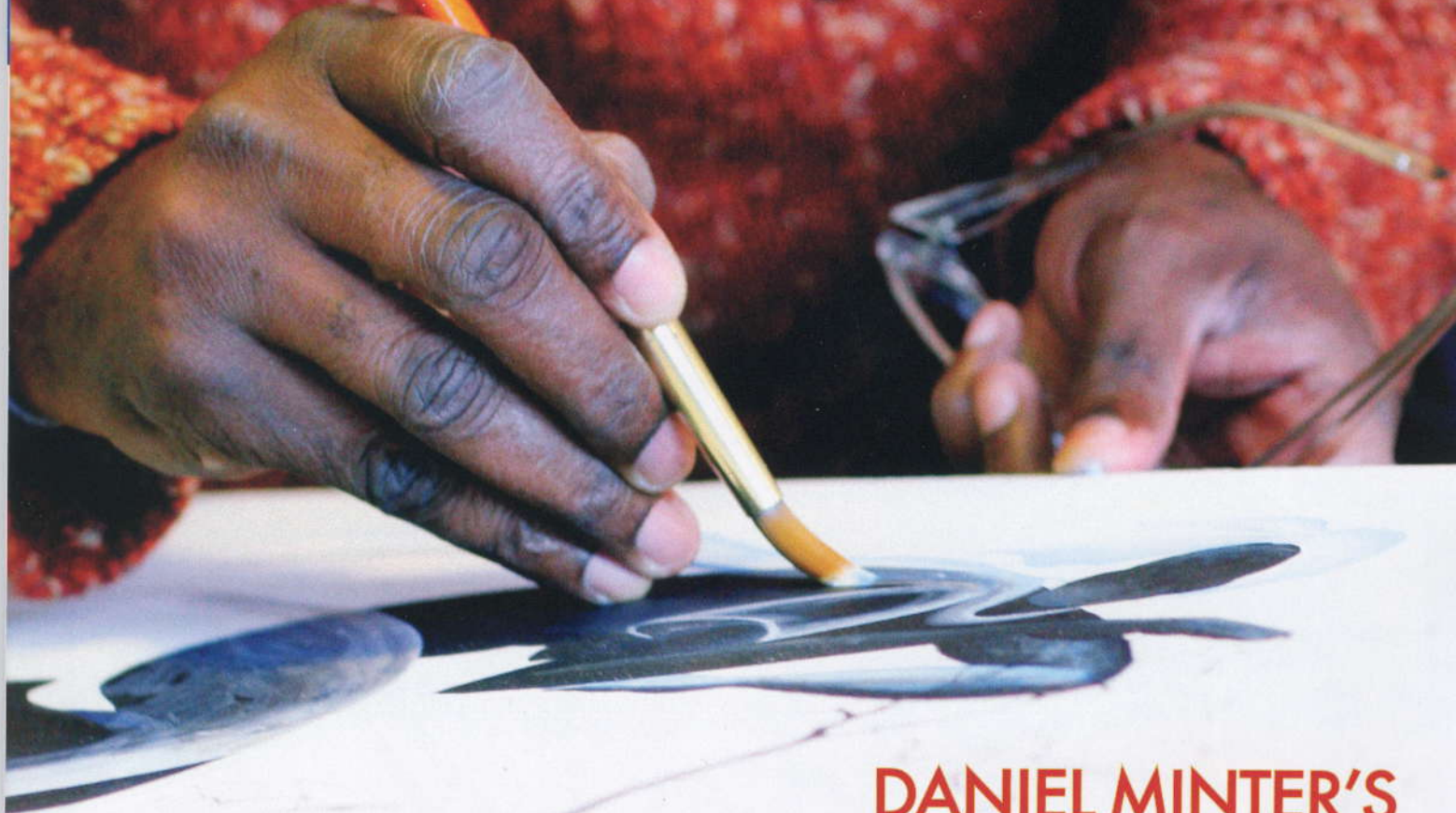
BE HAPPY WITH TAP

ART ON THE ROOF

# Port City LIFE

Celebrating Maine Life

March 2008



OUR ANNUAL

**ART**  
ISSUE

**DANIEL MINTER'S  
MAINE**

**Good Vibes  
Slopeside**

**Eastport's  
Power Trip**

**Big Collections  
on Campus**

\$4.95

[www.portcitylife.com](http://www.portcitylife.com)



7 25274 96464 2

# NOTEBOOK

## Lyme Defense

Richmond resident Maureen Babicki knows how punishing Lyme disease can be. For the last 18 years she's suffered through intermittent flu-like symptoms, terrible headaches, and chronic fatigue ever since being bitten by a tick in her backyard. "I could hardly walk from one room to the other. My head felt like it was going to blow up, and I ached all over." The symptoms were so bad, she had to sell the two businesses she'd been running. Even after years of doctor visits, her Lyme wasn't officially diagnosed until a year ago.

According to Babicki, this is the problem with Lyme: it can easily go under the radar or be misdiagnosed. To aid awareness and prevention of this potentially debilitating disease, she teamed up with her friend and fellow Lyme sufferer, Jane Honeck, to develop Tick Tactic, a small kit that includes tweezers for removing a tick, a visual guide to identify what kind it is, and a list of labs

where the offending insect can be sent to determine if it carries the disease.

The product is a personal mission for Babicki, who, despite, regular courses of antibiotics, still struggles. Her big goal is getting back to work. The hope is that not only will Tick Tactic benefit the greater public, but serve as a kind of rehabilitation project for herself.

*Tick Tactic retails for \$5.99. Look for it at your local convenience store.*



## Gear for the Gals

Last year, seven-year-old South Portlander Bela Cloutier decided if the boys in her neighborhood could play hockey, she could too. But she didn't want to wear the pants. "When we pulled out those big, black, bulky hockey pants, her eyes just widened [in disgust]," recalls Anna Cloutier, Bela's mother.

So she and fellow mom Justine Carlisle took matters into their own hands and created Bela-Hockey, a new line of hockey gear and equipment

designed for girls. But not before they did their research, visiting girl's hockey tournaments and ice rinks and asking girls what they wanted. They even teamed up with the former captain of the women's Olympic team, Cammi Granato, who led USA to a gold medal in 1998. Granato now helps prototype and promote all Bela-Hockey products. "Right away ideas were flowing between us," says Cloutier. "Bela-Hockey is something Granato wished she had when she was growing up."

The company started by offering T-shirts in girl-friendly colors, but more recently the line has grown to include everything from purple polka-dotted hockey sticks to the handy dandy Katie Kap, a headband designed to keep girls'

hair out of their eyes (a problem foreign to most male puck jockeys).

But BelaHockey is about more than polka dots and pink socks. "We like to think of it as building confidence in these girls," says Cloutier. "Among parents there's still an image that hockey is a rough and tough, aggressive sport," adds Carlisle. "We can maybe change that image, and show that hockey's healthy, great, and fun."

*For more information, or to purchase Bela-Hockey products, go to [www.belahockey.com](http://www.belahockey.com).*