

# Caught in transition: Looking forward to coming out the other side

Ever heard of a liminal space? Unless you enjoy researching esoteric vocabulary, the odds are not in your favor. It's hardly a common phrase in everyday life. But if you've ever been in an empty bus station, or wandered the hallways of a school when no one else was there, or been awake and walking around just before dawn and felt a creeping sense that something was off here, that perhaps reality is not quite as solid as it seems... then you've experienced precisely what I'm talking about. The word "liminal," according to the Oxford Dictionary, is an adjective which classifies something as

"of or relating to a transitional or initial stage of a process." It can also refer to "a position at, or on both sides of, a boundary or a threshold." A liminal space, as the name might suggest, is a place either caught in a permanent state



Nina Collay  
The Youth View

of transition with no progress either way — think an abandoned construction site before it starts to crumble — or in a more arcane way of thinking, a place that feels caught on the boundary of worlds. You can't shake the sense that something about it isn't right, or that you're not meant to be there. I'm feeling somewhat caught in a liminal space right now. I've mentioned this feeling before, but to reiterate — I can't shake an acute awareness that I have no idea where I'll be this time next year. Everything about me feels tugged in transition — I'm a teenager, a legal minor old enough to hold down a job or be tried as

an adult. I'm coming into a rapidly changing and adapting world, as I'm reminded every day by the news on TV and the advancement of technology. I'm an awkward in-between student, trying to hold onto material and classes and routine while so much of me is clamoring to just get out already. And just like a physical liminal space, this mental one is unnerving. I feel like I should be up and doing things, in motion and trying to accomplish goals, but the bus hasn't come. The school hallways are empty. Dawn might be coming soon, but I have no idea when it will be or what it will show me. I hope this is the first type of

liminal space, where it really is just a temporary transition and will eventually pass, but for all I know, it could be the second. The abandoned construction site. The edge of the highway at night, with no solid boundary separating one dark from another. The unsettling place where the boundaries aren't clearly defined, where the rules could fall into one world or the other. The permanent kind of liminal space. — Nina Collay is a senior at Thornton Academy who can frequently be found listening to music, reading, wrestling with a heavy cello case, or poking at the keyboard of an uncooperative laptop.

## Teach your children well... about finances and investing

High debt levels... lack of savings... the inability to budget — these problems all have several causes, but one of them is almost certainly financial illiteracy. Too many of us just never developed the money management skills necessary to cope with our complicated — and expensive — world. But if you have young children, you can teach them some money-smart lessons — and who knows? You could use the opportunity to give yourself a few valuable reminders, too. Here are some suggestions for a financial "curriculum":

- Save for a goal. In our highly commercialized culture, it's almost inevitable that your children will eventually become somewhat acquisitive. Obviously, it's important to teach them that they can't have everything — and they certainly can't have everything right now. So, once they are old enough to receive an allowance or to earn money in some fashion, encourage them to set a goal for something they want, such as a toy or video game, and to put money aside every week for that goal. It's also an excellent idea to model this behavior yourself. So if you are con-

- Considering making a major purchase in the not-too-distant future, such as a car, show your children how you are setting aside money regularly for this purpose, rather than borrowing as much as you can or putting the entire purchase on a credit card.
- Establish a budget. It can be challenging to create a household budget and just as difficult to stick to it — but for most people, it's worth the effort. You'll be doing your children a favor by showing them how you have a certain amount of income and where it goes — mortgage, utilities, groceries, retire-

- ment accounts, etc. — each month. Explain to your kids that by staying within your budget, you can help avoid problems such as debt and extra fees tacked onto bills for late payments. You might also want to point out that, as your income rises, you can gain greater flexibility in budgeting. Here's the key point: Living within your means pays off in the long run.
- Have fun with investing. It might surprise you, but even young children enjoy learning about the investment process, especially if you explain to them that they can be an owner of a com-

### Financial Focus YOUR MONEY MATTERS

pany that makes a product or service they like. You might want to pick such a company and, along with your child, chart its course over time. You could give your child a pretend \$100 bill to "invest" in this company and then see how its value changes, explaining along the way that various factors — such as the popularity of the company's products, the skill of its managers, and so on — will affect the stock's price. At some point, you may even wish to purchase real stocks for your child and place them within

a custodial account. And you might also want to show your child how your own stocks and other investments are performing. The investment world can be fascinating, and by sharing your enthusiasm for it with your children, you can encourage them to invest throughout their lives. Knowledge is power. And the more knowledge about finances and investing that you can impart to your children now, the more empowered they will be to make smart financial moves in the future. — This article was written by Edward Jones investment firm and submitted by Matt Simmons, Edward Jones financial advisor in Biddeford.

# York County HEALTH & WELLNESS

NATIONAL DENTAL CARE MONTH - MARCH/APRIL, 2017

## Dental health is important for children's 'baby teeth'

StatePoint  
According to the Centers for Disease Control and Prevention, only 63 percent of children ages two to four see the dentist at least annually. Most dental benefits cover preventive care visits twice a year with no out-of-pocket

costs, and these visits are important for small children. Baby teeth, (also known as primary teeth), play an important role in a child's overall healthy development. If cavities begin and are left untreated, they can become painful and possibly infected. Loss of these teeth prema-

turely may impact eating, speaking, learning and self-esteem. Baby teeth help guide the way for permanent teeth to erupt into proper position. Dr. Diane Monti-Markowski, clinical program director for Cigna Dental, offered these oral hygiene tips:

- Plan to have your child visit the dentist by his or her first birthday or within six months after the first teeth appear.
- As a child's teeth start to come in, brush them gently twice a day with a child-sized toothbrush and water.
- Begin flossing a child's

teeth daily when there are two teeth that touch.

- Do not put your baby to sleep with any other liquid other than water.
- Consider introducing toothpaste for children who are two and older and are able to follow directions to spit after brushing. The

American Dental Association recommends using fluoride toothpaste about the size of a grain of rice for children younger than three years old and a pea-size amount for children three to six years old. By age three or four, your child should be able to brush with your supervision.

## Put your money where your mouth is: Invest in your dental health

Edilia Marshall, D.M.D., MAGD, AAACD  
Assistant Professor, UNE College of Dental Medicine  
Our society places great emphasis on youth, beauty and big, pearly white teeth. As a reflection of this trend, fitness clubs boast over \$80 billion in income, cosmetic sales top \$56 billion, and nutritional supplements over \$278 billion. Despite this financial investment in health and beauty, according to CDC statistics, nearly 40 percent of adults in the U.S. fail to see the dentist on a regular basis; over 27 percent of adults have untreated cavities; and over 47 percent of adults over the age of 30 have periodontal disease.

and its supporting bone. The bacteria that is responsible for periodontal disease has been linked with pancreatic cancer, heart disease, stroke, low birth-weight babies and a rejection of artificial joints. Current research also shows that diabetics are more prone to cavities as well as periodontal disease. Moreover, diabetes cannot be adequately controlled in the presence of periodontal disease. The bacteria associated with periodontal disease produces a toxin that soaks into the gum and bone, enters the blood stream and spreads throughout the body. A person's immune system attempts to get rid of this toxin and, in the process, gets rid of the gum and bone while also causing other health problems. This infection can often be accompanied by bad breath and bleeding gums but may have no obvious symptoms. Preventive dental care wards off problems, like periodontal disease, before they start and places the focus on early treatment so that expensive and inconvenient emergencies are avoided. If you have gum disease, it is important to act quickly before it gets out of hand to protect your health as well as your teeth.



How can you combat periodontal disease? It used to be that the public, as well as the dental profession, thought that once people got periodontal disease, they were bound to lose their teeth sooner or later. It was felt that the best that could be done was to slow down the disease so that the teeth would be lost "later" rather than "sooner." Recent research has shown, however, that when periodontal disease is discovered and treated in the early stages, it can be stopped, and some of the lost bone may

grow back. This is very exciting news. Periodontal disease is diagnosed with the use of X-rays and gentle measurements made around every tooth to see how much bone, if any, has been lost. This procedure will tell the dentist if the disease is present and how severe it is. Treatment of this disease involves the physical removal of bacterial deposits from the tooth, proper home care, possibly placing antibiotic gels under the gumline, and perhaps a low-dose oral antibiotic pill, which can help block the bone loss caused by the immune system. In addition to addressing periodontal disease, your dentist will also treat cavities in your teeth, which are holes resulting from acid secreted by bacterial colonies infecting teeth. How are cavities repaired? Once your dentist has determined that you have a

cavity, he or she must evaluate how much of the tooth has been affected. If the cavity is small, a filling will work nicely to restore the tooth to its former size and shape after the affected portion of the tooth is removed. Fillings are usually made of a silver mixture that contains mercury (amalgam) or of a tooth-colored material known as "composite." Because of the controversy about mercury, many people prefer to have composite fillings placed on their teeth. According to some researchers, composite fillings have other advantages over amalgam. The newer composites, when used with the new adhesives, attach tightly to the tooth, and it appears that the filling can last much longer than the old amalgams did. The composite fillings are also tooth-colored and are much nicer looking than the amalgam

fillings, which tend to turn black with age. The key to a disease-free mouth

- 1) Proper oral hygiene
- 2) Visits to your dentist every three to six months as prescribed for periodontal care, if necessary
- 3) Following through on recommended dental treatments, such as fillings
- 4) Follow-up examinations from your dentist every six months to help detect any existing problems as early as possible

An investment in your oral health is an investment in your future physical health, well-being and quality of life and is the best investment that you can make. It will be sure to make you smile. — Edilia Marshall, D.M.D., MAGD, AAACD, is assistant professor of the University of New England College of Dental Medicine.

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