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*The Kennebunk*

# Village

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**Captain Linda Greenlaw  
Portrayed in the book and  
movie "The Perfect Storm"**

**Talks about her books and shares her favorite  
recipe from one of her cookbooks**

**MAINE MAPLE SUNDAY:  
HOW SWEET IT IS!**

**New Rachel Carson -  
National Wildlife  
Refuge Visitor Center  
takes shape**

**Venture Bait Opens in  
Cape Porpoise**



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*On the Cover*



Captain Linda Greenlaw interview: Part 2  
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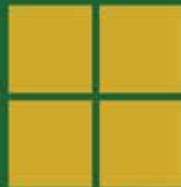
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# Maine Maple Sunday Weekend- *How Sweet it Is!*



experience that delights the senses and guarantees a good time for all ages. The folks at the Maine Maple Producers Association encourage all to attend Maine Maple Sunday Weekend to see and taste for themselves how sweet this natural treat really is!

A list of Maine Maple Sunday Weekend participating farms throughout the state, can be found here: [mainemapleproducers.com](http://mainemapleproducers.com)

### 5 Fun Maple Syrup Facts:

\*The art of making sugar and syrup from the sap of the maple tree dates back to Native Americans who used the maple sap harvested each year as a staple food and ingredient.

\*Maple sap is a sweet water substance that distributes energy to the trees. It typically begins to flow in late February and lasts for approximately 45 days.

\* Sap flow is weather-dependent, temperature fluctuations creating pressure within the tree is needed to move the sap. Temperatures must fall below freezing (usually at night) and rise above freezing (usually during the day), for sap to flow.

\*Maple sap is gathered the old-fashioned way, from taps installed in the tree with buckets hung to collect it. Some producers use plastic tubing which is connected to all trees being tapped and gathered together in a large holding tank. After collection, it is boiled down to make the concentrated maple syrup we all love. The finished syrup is then filtered to remove particles of “sugar sand” which would turn the syrup cloudy if left in. Lastly, the filtered syrup is packed in sterilized containers and sealed.

\*Genuine maple syrup is superior to imitation maple syrup when it comes to taste and health benefits. The medical journal *Pharmaceutical Biology* states that pure maple syrup contains up to 24 different beneficial antioxidants, zinc, manganese potassium and calcium. It is important to note maple syrup is sugar and should be used as such in moderation. •

### Q: Is maple syrup better than sugar?

A: If you’ve been looking for a way to cut sugar from your diet but without losing a touch of sweetness in your day, you may have come across discussions about maple syrup as an alternative. Some studies suggest that maple syrup’s antioxidant plant nutrients (known as phenols) offer health benefits. Antioxidants are key to fighting unhealthy substances in your body known as free radicals.

Of all the sugars available, I like maple syrup because of the nutrients mentioned above. It can be used with whole grains (in baking, in buckwheat pancakes) for fiber to prevent blood sugar and insulin swings. Just be sure to use pure maple syrup; many store-bought maple syrups are just sugar-heavy syrups with maple flavoring.

While comparable in calories and carbs, maple syrup has a lower glycemic index than sugar. Also, because maple syrup tends to be sweeter, theoretically you can use less of it. But moderation is

key, as it is with any sugar.

More research is needed, though, before we consider maple syrup the next superfood. Some studies don’t consider the impact of maple syrup on insulin and blood sugar. Maple syrup is a sugar with no fiber attached to it which means eating too much of it will cause swings in your blood sugar and insulin. This could lead to hunger, potential weight gain and other adverse health effects.

So while it can be a decent substitute for sugar, I can’t yet recommend maple syrup to my patients as a “healthy choice.”

If your goal is to improve your health, eating green leafy vegetables, whole grains, olive oil and other Mediterranean diet staples will give you lots more bang for your buck. Numerous studies prove that these foods lower your risk of chronic disease.

—Wellness dietitian Kristin Kirkpatrick, MS, RD, LD



By Shelley Wigglesworth, lead writer

Maine Maple Sunday Weekend is always held on the fourth weekend of March. This year, Maine Maple Producers will host their 41st annual state-wide Maine Maple Sunday weekend March 23-24, 2024.

This much anticipated event is when Maine’s maple producers open their sugar houses to the public for educational demonstrations, Sugarbush tours, family activities, samples of fresh Maine maple syrup and other maple products and more. Over the past 4 decades, Maine Maple Sunday Weekend has become a tradition for lots of folks from throughout New England and beyond, whether they have a sweet tooth or not.

Each participating farm celebrates Maine Maple Sunday Weekend in their own way, though you can count on an



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# CAPTAIN LINDA GREENLAW INTERVIEW: Part 2

By: Shelley Wigglesworth, lead writer

Last month we featured part 1 of a 2-part series on Captain Linda Greenlaw. This month we bring you part 2 which focuses on the 11 books Greenlaw has authored over the years.

Captain Linda Greenlaw is a wife, mother, fisherman and businesswoman. She is the first female sword-fishing boat captain on the American East Coast and was portrayed in the 1997 book *The Perfect Storm* by Sebastian Junger, and on the big screen in the 2000 movie *The Perfect Storm* where she was portrayed by actress Mary Elizabeth Mastrantonio. She was recently part of the cast in the hit Discovery Channel television show *The Deadliest Catch*, where she was the captain of an Alaskan King crab fishing boat on the Bering Sea. She lives in Maine and owns and operates Linda Greenlaw charters in Surry. A beloved best-selling author, Greenlaw has written non-fiction, memoirs, mysteries, and two cookbooks. In this interview Linda shares her journey to becoming an author, why she thinks her books resonate so much with readers, and describes in her own words, the essence of each book she has written.

Book 1: *The Hungry Ocean*- “Be-

Continue to page 8



Linda Greenlaw shucks fresh oysters on the boat. Sarai Hitchcock photo.

Linda Greenlaw talks to the Village about her books and shares a favorite recipe from one of her cookbooks



Photos of Linda Greenlaw's book covers.



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## Captain Linda Greenlaw

Continued from page 6

cause of the very generous portrayal of me in *The Perfect Storm* by Sebastian Junger, I was invited to write my first book - *The Hungry Ocean* - a nonfiction account of a 30-day swordfishing trip to the waters east of Grand Banks of Newfoundland. The book is heavy on description of long-line fishing and nautical terms."

Book 2: *The Lobster Chronicles*- "The success of *The Hungry Ocean* brought another writing opportunity my way which resulted in *The Lobster Chronicles* - a nonfiction account of the inshore lobster fishery and life on Isle au Haut. This book is more personal than my first in that I talk extensively and passionately about family, fishing, and community."

Book 3: *All Fishermen are Liars*- "When *The Lobster Chronicles* landed in the #2 spot of *The New York Times* Best Seller list, my publishers offered up another contract for books 3 and 4. *All Fishermen Are Liars* is another work of nonfiction that is filled with sea stories that are not all from my personal experience. I had fun writing this book, particularly in the description of my friendship with Walter Alden Leeman (Aldie); my first captain and first to give me an opportunity to skipper a vessel."

Book 4: *Recipes From a Very Small Island*, Cookbook- "This cookbook is co-authored with my mother and is one that I am extremely proud of! It is a beautiful cookbook that is readable and with recipes that are cookable without the need to order ingredients online. The opportunity to co-author this book with my mom came when my editor visited us on Isle au Haut and found himself at my parents' kitchen table for every meal."

Book 5: *Maine Summers*, Cookbook- "Of course we could only cover so much ground with one cookbook, so one quickly became 2 with *Maine Summers*. Both of these recipe books are loaded with stunning photography and anecdotes written by both my mother and me."



Linda with a giant bluefin tuna.



Captain Linda Greenlaw heading to sea. Dennis Welsh photo.

Books 6-9, 4 Part Murder Mystery-Series: *Slipknot*, *Fisherman's Bend*, *Shiver Hitch* and *Bimini Twist*. "I thought I was done until my publishers suggested that I try my hand at fiction. Murder mysteries were what they had in mind, and the main character Jane Bunker was born. Jane is the heroine, and this series is set in a coastal Maine fishing village. Please note that I have zero first-hand knowledge of murder and spent some time researching things. So, if anyone close to me is a victim of homicide, I'll likely be the prime suspect once investigators examine my search history to." She joked.

Book 10: *Seaworthy-A Sword boat Captain Returns to the Sea*-After a ten-year hiatus from commercial fishing, an old friend offered Linda a captain position on his sword-fishing boat. *Seaworthy* recounts her return to the beautiful and deadly Grand Banks -from the nuances of reading

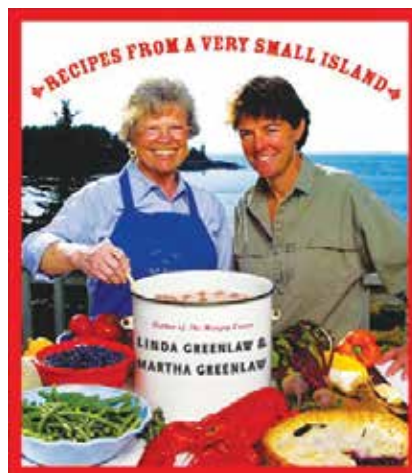
weather and the complexities of long-line fishing to the surprise of landing in jail for crossing into Canadian waters. The book chronicles her journey back to where she started.

Book 11: *Lifesaving Lessons*- This is Greenlaw's memoir of becoming a mother to a teenager navigating new waters, building trust, and becoming a loving family that neither of them knew they needed.

Though she is not currently working on a book, Greenlaw did not rule

out the possibility of authoring more books in the future "I am always working on one, I am just not currently writing one," she said. When it comes to favorite recipes from her cookbooks, Linda said "Martha's Famous Lobster Casserole (Martha is Linda's mother) which can be found in a *Very Small Island Cookbook*." Greenlaw's books can be found or ordered at any local bookstore. FMI on Linda Greenlaw's books, or to purchase online: [www.lindagreenlaw-books.com](http://www.lindagreenlaw-books.com).

## Martha's Famous Recipe for Lobster Casserole



Captain Linda Greenlaw cooking. Greenlaw said writing cookbooks with her mother is something she is extremely proud of. Dennis Welsh photo.

**Serves 6-8**

**Ingredients:**

- 4 TBS (1/2 stick) unsalted butter
- 4 TBS all-purpose flour
- 2 cups light cream
- 3 TBS madeira or medium-dry sherry
- 1 egg yolk
- 1 TBS minced yellow onion
- 1 TBS minced parsley
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1/2 teaspoon celery seed
- Dash of cayenne pepper
- 5 to 6 cups cooked lobster meat, cut into bite-sized chunks
- 1 1/2 cups fresh breadcrumbs
- 2 TBS grated Parmesan cheese
- 2 TBS (1/4 stick) unsalted butter, melted

**Instructions:**

1. Butter a shallow 2-quart baking dish.
2. In a large saucepan or deep skillet, melt the butter. Add the flour and cook over medium heat, whisking, for 2 min-

utes. Whisk in the cream, bring to a simmer, and cook, whisking, until the sauce is smooth and thick, 3 to 4 minutes. In a small bowl, whisk together the sherry and egg yolk. Whisk a little of the hot sauce in to temper the egg yolk, then whisk the egg yolk mixture into the hot sauce. Add the onion, parsley, salt, pepper, celery seed, and cayenne, and stir in the lobster meat. Transfer to the prepared baking dish, sprinkle with the breadcrumbs and Parmesan cheese, and drizzle with the melted butter. (The casserole can be prepared up to 8 hours ahead to this point and refrigerated.)

3. Preheat the oven to 400 degrees.

4. If cold, bake the casserole, loosely covered with foil for the first 15 minutes, until the sauce is bubbly and the crumbs are lightly browned, a total of about 35 minutes. If freshly prepared, bake, uncovered, for 20 to 25 minutes.



## A SIX-SIDED structure covered with art is being erected in front of South Congregational Church at 2 North Street, Kennebunkport

Thirty-four artists of all ages and experience levels were each charged with creating two canvases, one of themes of dark, struggle, despair, and challenge; the other on light, release, hope, and joy. While the darker paintings will be on the outside, the public will be able to enter the structure to see the lighter images as well. These are universally accessible themes, says the Rev Susan Townsley, Pastor of the Church: "We see this as a spiritual resource for the whole community. We hope to learn from others who view it about how they experience the interplay of light and dark throughout their lives. We will also be reflecting on these themes in our Sunday Worship throughout the two months that structure is on display."

During the months of March and April, when the art structure is on display, South Church is also planning a number of related events. Opening Night will be celebrated on March 1 from 4-6 pm. This is free and open to the public, with guided tours and artist talks, wine, and light refreshments.

Children can reflect on the themes by making shadowboxes at an event cosponsored by Graves Memorial Library on March 13 from 3:15 to 4:00 pm. Families are encouraged to take their children to the art structure first so they can be inspired for their own creations, which will be on display at Graves Library.

On March 20, themes of light and darkness will be explored in music, poetry, storytelling, and candle lighting in the church Sanctuary at 2 North Street at 5 pm. The experience is designed to honor any religious or spiritual tradition, or simply appeal to those who are just curious. A free Supper will follow in the South Church Community House at 8 Temple Street. Reservations are encouraged but not required by calling 207 967 2793 or by signing up on the website Remadein-hope.org

On April 5, musicians and readers are welcome to share songs, instrumental music, or poetry on themes of light at dark at an open mic night from 7-9 pm at the South Church Community House, 8 Temple Street. Light refreshments will

be served.

On April 28, the Brick Store Museum cosponsors an afternoon with Dr. Aaron Rosen at the Brick Store Museum's Program Center from 3-4:30 pm. Dr. Rosen is a writer, curator, and scholar, with a special focus on contemporary art and interfaith dialogue. He is Director of the Luce Center for the Arts & Religion in Washington, D.C. and Visiting Professor at King's College London. He is cofounder, along with his wife, of The Parsonage, an art gallery in Searsport, Maine. Dr. Rosen will speak on the images of light and dark, how they show up in our lives, and our challenges with them.

All events are free and open to the public. Townsley says, "we received a generous grant for this project, which will enrich the conversation of the congregation, and we gladly wish to share as much as possible with the whole community."

This program is made possible through a Vital Worship Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.



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# OZEMPIC – Is It For Real?

Since Ozempic and other GLP-1 agonists have created such a flurry of interest as “magic” weight loss drugs, I’m making it the subject of this month’s article. This is a discussion about its value as a weight loss drug, not about its use for treatment of Type 2 diabetes. Ozempic and Rybelsus the same chemical, i.e., generically the same. There are many other drugs in this class, but generically different.

The hormone, Glucagon-like Protein-1 (GLP-1) is part of normal metabolic function and is released from the lining of the intestine after eating. It influences insulin release and appetite, but the mechanisms are not fully known. We’re not sure if it has other unknown influences, but given the complexity of insulin appetite control, it is very likely that it has many influences.

Ozempic and the other similar medications, the GLP-1 agonists, enhance the influence of the GLP-1 hormone in the intestine. They were developed as a treatment for Type 2 Diabetes. The first of this group was approved for use in 2005. Since that time, some of the “side effects” have been found useful. One of the most significant has been a beneficial

effect on kidney impairment; they are now approved for the treatment of chronic kidney disease (CKD) to significantly slow the progress of kidney decline. Diabetes presents major challenges to kidney health and Ozempic may allow some diabetics to avoid having a kidney transplant; that’s a big deal. Another beneficial side effect is weight loss, thereby piquing the interest of anyone interested in losing weight. With about 50% of American society being overweight, the interest and the potential profit are huge.

As with all medications, there is a list of adverse effects. Most of the adverse effects of this drug class involve the stomach and intestines, not surprising since natural GLP-1 hormone is part of normal GI function. These unwanted effects can include nausea and vomiting, apparently because it slows movement of food through the stomach. At its worst, this adverse effect can nearly paralyze the stomach, a big problem. Pancreatitis can occur as a side effect, more likely if the person taking it has a prior history of pancreatitis. There are other possible issues. By slowing the movement of food through the

stomach, it can affect the absorption of other medicines and nutrients. There is no evidence of problems in an infant who is breast-feeding from an Ozempic-using mother, but it is not recommended as it has not been scientifically studied. The same is true of pregnancy; because morality does not allow us to test drugs on pregnant women, the cost to the fetus could be too great.

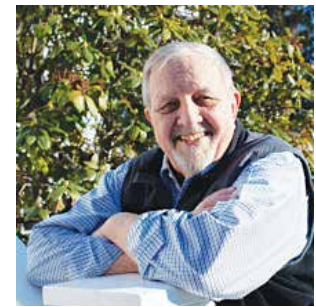
But the public in our society has an insatiable demand for a weight loss pill, the “other” effects seem to pale in comparison. The search for easy, effective weight loss tends to overlook many latent harms.

Even the Ozempic directions emphasize the importance of healthy diet and an appropriate exercise program! The manufacturer also notes: Long-term safety is unknown!

Pharmaceutical history has many unforeseen experiences. Although some are beneficial, most are detrimental. I’m put in mind of the case of another class of popular drugs: the PPI’s, the heartburn and reflux meds, the “purple pill”. They were great for the relief of heartburn and reflux, BUT even the manufacturer cautions they should not be used for more than 2 weeks without some investigation into the root cause. But they worked great for relieving symptoms, and the government, responding to pressure, removed them from the Rx-only list and made them available “over-the-counter”. Many people took them daily for years. Heartburn meds work by reducing the amount of acid produced by the stomach; however, the acid is needed for normal digestion. Without normal digestion, you are not able to extract necessary nutrition from the food you eat. I’ve seen multiple vital deficiencies

## “DOC TALK”

Health = balance. Balance = health



Column by: Earl R. Freeman, DO, IFMCP  
Freeman Center for Maximal Health  
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caused by overuse of the heartburn meds, the PPI’s. The most common I’ve seen is Vitamin B12 deficiency, sometimes severe, and folic acid deficiency. The effects of these deficiencies can be quite severe and easily “fixed”.

The current popularity of “magic” weight-loss pills threatens a similar kind of undesirable, unhealthy effects. We don’t know the long-term effects of stimulating increased GLP-1 hormone. It appears to be one of the best drugs to come along for diabetes care and has real promise for reducing renal failure in

diabetics. However, we may be opening Pandora’s box using it to reduce the symptoms of overweightness without paying attention to its causes. I’ve even seen in print someone claiming that if you’re taking Ozempic, you can eat anything you want without heeding healthy food choices. Maybe lowering weight this way will not reduce the bad effects of being overweight. You may be “prettier”, but you may not be healthier.

*A word of caution: stay informed from a reliable source.*



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Airplanes are one of my least favorite places in the world. In the words of the great Thurl Ravenscroft in the iconic hit, *You're a Mean One, Mr. Grinch*: If given the choice between the two of them, I'd choose a seasick crocodile.

I share this because our family traveled to Florida this week. We caught a direct flight on Breeze Airways from Portland to Tampa for a few days in the sun with friends, and nobody was more excited than our three-year-old daughter, Vivian. Before the flight attendant could even mime the safety procedures for an ocean landing, Vivian had swapped her sneakers for flip flops and began to ask, "When will we be dere?" She wore her sunglasses and pink banana bucket hat for the duration of the flight, and sang to herself the entire time—something she only does when she's so happy she can hardly stand it.

I, on the other hand, shuddered when the plane lurched from land to sky. I grabbed our oldest son's knee; I held the baby close to my chest. I pressed my head into the seat and took long, slow breaths. When the seatbelt sign flashed on with a ding! and the pilot's voice came over the speakers, I tried to ignore the visceral urge to get up, to run, to find a place where I wasn't trapped in a metal death machine.

In the row behind me, Vivian continued to chatter on with my husband. I marveled at the way she disregarded the turbulence, how she could be so unperturbed by the strange noises. She just kept coloring and singing and I thought to myself, "She doesn't even know to be scared."

It got me thinking about the things that we pass down to our children—

the good and the bad. Someday I'll teach her how to make my grandmother's butterscotch rolls, telling her to only touch the dough as much as she has to, just like my aunt taught me. I'll make sure she knows all the words to *A Boy Named Sue* by Johnny Cash and that she should always, always moisturize her face. We'll talk about how she doesn't have to strive to earn her worth, and to always respond to homemade cookies with a resounding yes—diets be darned.

At the same time, there are things I don't want to teach her; these are the same things I'm trying to unlearn myself. I don't want to teach her that rest is a luxury, for example, or to pass down my unfortunate tendency to choke when the competition gets too fierce. I hope she isn't faced with a quarterly existential crisis, that she'll be content instead to have her hot morning coffee and her ration of daily bread. But perhaps above all, I don't want to be the one to teach her to be scared.

## Column | IT TAKES A VILLAGE.

by Deidre Braley, Writer. Editor. Speaker

### Fear of Flying, and Other Things to Keep to Ourselves

Fear, I believe, is contagious. It is handed from person to person like a hot potato; it burns us, we pass it on. Perhaps there are times it can serve to keep us safe, but mostly it just circulates within homes and communities and nations, being taught and then learned—and then passed on and on and on. And I can't help but wonder: what would happen if we held that hot potato until it cooled in our hands instead, even if it burns? Could we protect the soft outstretched palms of our children from being needlessly scalded?

As the plane shook and Vivian sang on, I wrote this short poem:

She doesn't even know to be scared.  
The plane jostles like a cheap plastic trinket and she is pleased as punch as she opens her peanut butter cracker and licks it clean.  
The seatbelts light up—those tiny icons that flicker on and off with

my illusions of safety—  
and she studies the thick black lines  
of her coloring;  
asks which crayon is best for the princess' tea party dress.  
She hasn't learned yet to be scared, so I  
wipe the crumbs from her chin and hope my eyes  
don't betray me  
when I smile and say,  
"Definitely use the pink."

Though one of the ways we can love our children well is by teaching them, maybe we can also show them love by discerning what not to teach them. We'll never get it perfectly right—we can't escape being human—but when we see that they haven't learned to be scared yet, then by golly, let's hold that hot potato in our own hands as long as we possibly can. Yes: even if it burns.

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# KFL Announces March Art Exhibit, "Healing Through Nature & Photography" by Alessandra Jean



tragic losses of loved ones. Overwhelmed by grief, a turning point came with the gift of a Canon T2 camera from a friend, urging her into the embrace of the outdoors. She discovered a profound

designer, Alessandra is now blessed with the freedom to explore her passion completely. She finds solace and purpose in the world of wildlife photography in Maine and beyond, often traveling to national parks and wildlife refuges that offer encounters with species not found in Maine.

Besides photography, Alessandra enjoys paddle boarding, kayaking, and hiking. At home here in Kennebunk, surrounded by her two feline companions, she also finds joy in the art of pie baking, a passion that bloomed during her time owning a pie shop in the Pacific Northwest.

Kennebunk Free Library is pleased to show the photographs of this talented local artist.

The public is invited to view the exhibit in the library's Speers Gallery from March 4-29 at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, [www.kennebunklibrary.org](http://www.kennebunklibrary.org).

The Speers Gallery at the Kennebunk Free Library presents the exhibit "Healing Through Nature & Photography" by Alessandra Jean of Kennebunk. The exhibit runs March 4-29.

Alessandra Jean's passion for photography emerged as a refuge during a tumultuous period marked by the

connection to nature in the marshes and trails, capturing the ethereal beauty of birds and wildlife. Nature's sanctuary not only fostered her creativity but played a crucial role in her healing and mental well-being. She hasn't put the camera down since.

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# A Slick Bit o' Doctorin'

**T**o be sure, it was a slick bit o' doctorin'—straight out of the Old West.

It happened one night on 'Gunsmoke' while I was doing the dishes, and didn't Matt Dillon, the U.S. Marshall in those parts, happen upon some poor soul just as I was rinsing the glasses and putting them to dry on one of those micro-fiber mats that we keep next to the sink? It was a terrible distraction, and true to form, one of the glasses got to the floor before it reached the drying mat. Never fails.

Marshall Dillon was a distance out on the prairie, well beyond the Dodge City limits, and the poor soul noted above was lying kind of quiet-like. You might have figured he was resting if it weren't for his position, flat on his belly, face buried in prairie grass and two bullet holes in the back of an otherwise perfectly good shirt. I had to think there would be the dickens to pay when he got home, for his wife, more than likely, had hand-stitched that shirt out of an old saddle blanket by candle light, his new Sunday-go-to-meeting shirt. Now it was ruined.

The man was obviously in some difficulty, and the parameters of his situation were not lost on the marshall.

Without a moment's hesitation, he jumped from his horse and began thinking in audible fits and starts—honestly, out loud, lips moving and everything. I assume he was trying to recall something Doc Adams would have done had he been there. It came to him quickly.

"I gotta get you back to town," he murmured, "but first, I better get some coffee into you." At which point he lumbered off to find a few dry sticks with which to build a fire of sufficient size to boil a little water. You have to admire inspiration when you come across it—and there it was: Good to The Last Drop.

I have to admit, I was a little skeptical, so I went to the internet. Here's what I found: The heat shock response (to caffeine) is a highly conserved cellular (reaction) that functions as a cytoprotective mechanism during stress....

Doc Adams must have muttered something like that into his beer one night at the Longhorn. It's a good thing Matt was listening. For as quiet as the man on his belly may have been, there could be no doubt that stress was playing a role in his condition.

Indeed, why else would the Marshall want to fill this poor fellow with coffee before heading back to Dodge? Think about it: as long as he had a cup of good strong coffee in his belly, how could loss of blood be a problem? Not to mention the healing properties of a 20-mile jostle back to town on the back of a horse. After all, it was only a gunshot wound—two gunshots, actually...continuing to leak, I suspect, with each failing beat of his heart.

Of course, the fellow pulled through. At least, I assume he did. He had to. After all, Matt Dillon filled a lifetime of Western heroics...and we all know, Matt Dillon was no slouch. He always got his man.

But hard on the heels of that episode, there came a commercial for what appears to be a new health clinic, the address for which seems to be everywhere but here.

It was quite a change from the grim hardship on the prairie... indeed, there was even music and dancing. The central message, however, was not what you might expect. Of course there was a nod to available services and the benefits of healthy living—but through all of that, like a burst of sunlight came the declaration: our doctors do not type.

I found it interesting that a medical facility would run an ad like that—makes one think that maybe there's something going on.

Underscoring that message, the singer-dancer exclaimed, "We have other people to do the typing, so the doctor can be all hands on you." The camera, as he spoke, settled on a doctor examining a patient, actually touching him with his hands, and then panned to another individual busily typing a few feet away, presumably in response to the doctor's murmured observations. It was like a promise, that I would be gowned for my next

physical, examined top to bottom, even probed as necessary. And I would not be left, fully dressed across the room while my doctor, at a distance, did finger pirouettes on the keyboard of his computer

I have been writing for close to 70 years and, while I consider myself an adequate typist, I don't believe I could compete with this new generation of doctors. They play the keyboard like jazz pianists. By comparison, I lope along at the desultory pace of a patron at some neighborhood bar not quite into his cups.

I am told that this is the new medicine, that I should let my doctor know if something is bothering me...but what if I don't know? What if I think I'm feeling fine but there is a pre-cancerous something-or-another undetectable because I can't see it. It's on my back. It makes no noise. It doesn't even itch. Sequestered out of sight,



Column by: John Forssen, Guest writer

no one sees it and the doctor is across the room...typing. When will we know that I'm not fine? It seems like a reasonable question.

I once brought up the importance of a more hands-on examination, searching for such things as rectal or testicular cancer—early signs of irregularities, you know, before a blood test might sound an alarm."

"We don't do that any longer," came the reply, "but if you insist, we can do whatever you want."

It was the tone of voice that put me off. Suddenly, I was a child with bad table manners, embarrassed for asking.

So we proceeded with the non-exam.

## LOVELIGHT ILLUMINATIONS

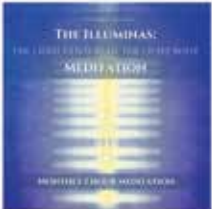
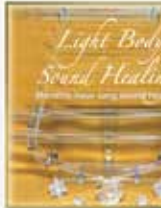
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# New Rachel Carson *National Wildlife Refuge* Visitor Center in Kennebunk Under Construction

By: Shelley Wigglesworth, Lead writer.

Progress is underway to refurbish and construct the new Rachel Carson National Wildlife Refuge headquarters and visitor center.

Established in 1966, the Rachel Carson National Wildlife Refuge is part of the National Wildlife Refuge System administered by the US Fish and Wildlife Service under the U.S. Department of the Interior. The Refuge manages approximately 5,700 acres along fifty miles of coastline from Kittery to Cape Elizabeth.

The Visitor Center project includes remodeling an existing building at 188 Brown St. in Kennebunk and building a new wing. Groundbreaking for the new visitor center and renovation of the existing buildings took place October 23, 2023, and is slated to open to the public in October 2025. The new visitor center is just a 5-minute drive (approximately

2.5 miles) from the current visitor center located at the entrance of the Refuge on 321 Port Road in Wells.

The Brown Street property site is the former estate of the late Elmina B. Sewall who provided easements to part of her land prior to her passing in 2005; the U.S. Fish and Wildlife Service was able to procure the property which includes Mousam River access and is contiguous with existing Refuge acreage. The property and buildings are currently under construction and/or renovation for the public to enjoy. The building will be refurbished to include displays and exhibits about Rachel Carson and Maine's endangered and threatened species such as piping plovers, saltmarsh sparrows and New England cottontail rabbits, along with highlighting the importance of salt marsh ecosystems. The name of the Refuge exhibit is "Through the Forest, Past the Marsh,



Rachel Carson Visitors Center Bridge scene by Bob Dennis.

To the Sea." The Friends of Rachel Carson National Wildlife Refuge's Nature Store and office space will be housed in

the new visitor center along with all Refuge headquarters staff offices, meeting Continue to page 16



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Continued from page 15

## New Rachel Carson *National Wildlife Refuge* Visitor Center in Kennebunk Under Construction

rooms, exhibits and gallery; in addition, the US Fish and Wildlife Service Gulf of Maine Coastal Program staff will call this new facility their homebase. Refuge staff will be available to coordinate educational programs and provide interpretive services at the property and as the public engages with the visitor center exhibits to learn about the various Refuge units from Cape Elizabeth to Kittery.

“The property itself, which borders the Mousam River and salt marsh estuary, will offer universally accessible trails and the Refuge plans to have an archery range, observation tower, and a kayak launch. A vintage covered footbridge over wetland habitat which can be seen from the road will be restored for visitor use,” Glenn Evans, Vice President of Friends of Rachel Carson National Wildlife Refuge said, adding “The Friends of Rachel Carson National Wildlife Refuge are spearheading a campaign to involve the public in helping the Refuge to bring this center to fruition for the public to enjoy for many years to come.”

“Through the Forest, Past the Marsh, To the Sea” is the new Visitor Center motto. Jeanne Walsh who serves on

the Friends of Rachel Carson National Wildlife Refuge board said, “We hope to partner with foundations and institutions and reach out to potential private donors who share our passion for supporting the Refuge and their coastal conservation efforts; we welcome the public to join us in achieving the goals that will benefit so many.”

The Friends' proposed plans include installing an observation tower with built in telescopes, helping to fund visitor center's exhibits, holding lectures, and developing a fabulous nature store with Refuge-related, nature-based merchandise; the Friends hope to help build a kayak launch and archery range for the Refuge. These additions will expand on the unique experiences already offered at Rachel Carson with a goal of accessi-



The Brown Street property site is the former estate of the late Elmina B. Sewall.

bility for all with the removal of all barriers on trails, water, and within the new visitor center.

To donate to the Friends of Rachel Carson NWR's efforts to develop a new Nature Store and office space at the new visitor center: [www.paypal.com/paypalme/friendsofrcnwr](http://www.paypal.com/paypalme/friendsofrcnwr) or mail



Friends of Rachel Carson board members. *Courtesy photos:*



Mrs. Sewall with her beautiful dogs circa\_2000.

a check with notation: "Donation for Friend's Nature Store and office space." To: Friends of Rachel Carson NWR, P.O. Box 1097, Kennebunk, ME 04043

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FMI on Friends of Rachel Carson: [www.friendsofrachelcarsonnwr.org/](http://www.friendsofrachelcarsonnwr.org/)



Illustrative plan: The theme of the Visitor Center Exhibit space is Through the Forest, Past the Marsh, To the Sea and will include interpretive panels exploring the land's Indigenous predecessors, coastal ecosystems, native and migratory species as well as a Rachel Carson exhibit.



The future Visitor Center office building.





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*A Series on Local Artist by John Forssen*

# Where the Sidewalk Ends...

Shel Silverstein wrote a marvelous poem some years back entitled *Where the Sidewalk Ends*. It was a clarion call to children everywhere to leave the city streets behind and go to where “the sun burns crimson bright, (where) the moon-bird rests from his flight to cool in the peppermint wind....”

A modern day version of that inspired work might consider the countryside which rolls out west of the freeway. It’s a different world away from downtown Kennebunk, not where the moon-bird rests, but where the delightful work of Arundel artist Rae Ingwersen resides.

Born in Scotland during WW

II, she made her way to the United States by way of Canada where she was married and, finally, to Kennebunk in 1977 to celebrate her mother-in-law’s 80th birthday.

“Been here ever since,” she says.

She talks of being a dabbler in art for years, “all my life, actually.” Her high school art teacher in Scotland took her interest and obvious talent seriously enough to introduce her to the program at the Edinburgh School of Art. Too young, however, to appreciate the appearance and lifestyle of the school’s student art community, she declined the opportunity —too bad, she says now, recalling that actor Sean Connery was one of the male models.

She describes her work and style, which includes pastel, oil and acrylic, as being ‘drawn to abstraction’, which combines a rich combination of plein air preliminaries and in-studio translations —i.e., taking what is real and straining it through the filters of imagination. So a tree will

always be a tree, but its shape and color and the ambience in which it resides will emerge as a frame of mind.

An interesting part of her process involves applying an electric sander at various points in the progress of a work to uncover hidden levels of color in the reduction of shapes from what they are to what they could be. Opportunity is a valuable partner at this point in the work.

“It’s a long process,” she says. Painting for me is as much a matter of thinking —dreaming, if you will— as it is of brush strokes. As a result, once I think I’m finished with a piece, I generally put it in a place where I will see it every day... and wait for it to sing. Then, after a touch here, a touch there, maybe a change in direction, comes the “click” and I know it’s finished.

One such piece on display in her studio offers up a snow storm which is, at once, so close that the snow flakes are in your eyes and simul-



Arundel artist Rae Ingwersen examines works in progress.

taneously at such a distance that buildings and spirits seem to fade into the imagination.

As she has aged, she says she has tried to darken her colors, but it’s been a struggle. From a distance, one can only suppose that fresh air and joy tend to resist anything that broods. Hence, her paintings remain bright. The sun rises anew each day west of the freeway.

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## CONCERTS IN WEST K! Announces Line-up for Spring Series

The long-running “Concerts in West K!” series of acoustic music returns for spring 2024 with a line-up of traditional musicians from Canada, Ireland, and the U.S.

The season begins Sunday, March 10, with a pre-St. Patrick’s Day concert of Irish music featuring Boston-based musicians, Matt & Shannon Heaton. The Heaton’s play updated traditional Irish music on flute, accordion, guitar, and bouzouki, and complement their instrumental work with engaging vocals. They offer a satisfying mix of tunes and songs, old and new. They will feature material from their new album, Whirring Wings. The concert will take place Sunday, March 10, from 3:00-5:00 p.m. in the West Kennebunk United Methodist Church, 160 Alfred Road, in West Kennebunk.

On April 28, the internationally renowned duo of harpist Máire Ní Chathasaigh and guitarist Chris Newman from Ireland will make a special appearance in West Kennebunk. Both Máire and Chris are recognized as virtuosos on their respective instruments; they are among the most highly regarded Irish traditional musicians playing today. Máire has been called “the great innovator of modern Irish harping, a player of outstanding technique and imagination.” Chris’s 2021 release, *Breaking Bach*, of solo guitar arrangements of Bach’s sonatas and partitas for unaccompanied violin and cello, has been hailed as “ground-breaking” and “a magnificent tour-de-force.” Their concert takes place at the West Kennebunk United Methodist Church, Sunday afternoon, April 28, from 3:00-5:00 p.m.

Young Cape Breton fiddler Doug Lamey comes to West Kennebunk for a concert on Sunday, May 19. Lamey has deep roots in Cape Breton music and culture. He is the grandson of legendary fiddler Bill Lamey, one of the pioneers in recorded Cape Breton fiddling. Like many others of his generation the senior Lamey re-located to Boston in the 1950s where he was a driving force in keeping the music alive in its new home. Doug grew up immersed in this scene and took up the violin himself at age six. After establishing himself in the Boston area he reversed his grandfather’s

route and moved north to Cape Breton in 2011. He has recently released his second album, *True North*, which has been received enthusiastically by the traditional music press. Lamey’s concert will take place at the West Kennebunk United Methodist Church, Sunday afternoon, May 19, from 3:00-5:00 p.m.

Finishing out the spring season will be a concert by Maine fiddler Frank Ferrel and Nova Scotia pianist Kimberley Holmes. Ferrel is regarded as one of the northeast’s finest fiddlers. He has contributed to more than two dozen albums, toured Scotland as a featured performer with the acclaimed Celtic group *The Boys of the Lough*, and appeared as a regular featured guest on the NPR radio program “A Prairie Home Companion.” His repertoire includes the full range of fiddle music from the Anglo, Celtic, and French traditions of New England and the Maritimes. He is a member of the North American Fiddlers’ Hall of Fame.

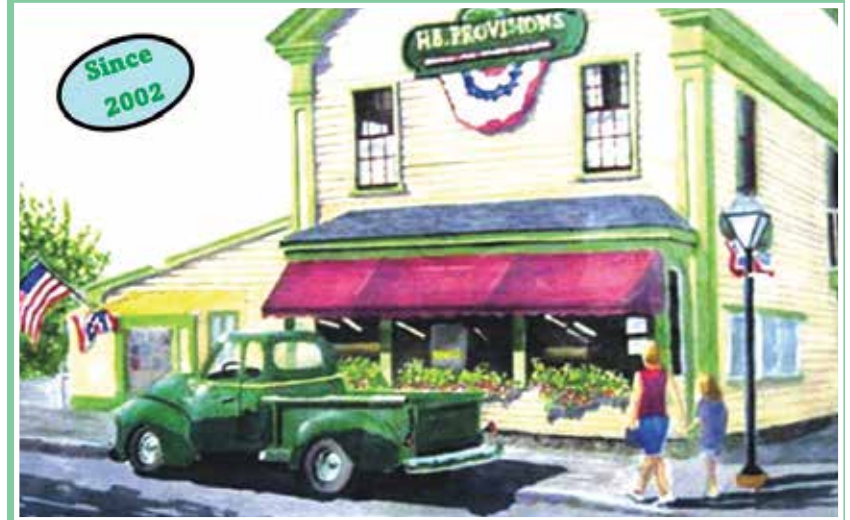
Kimberley Holmes, from Carrolls Corner, Nova Scotia, is one of the most in-demand piano accompanists among Canadian fiddlers. She has toured and recorded with artists such as Graham Townsend, Calvin Vollrath and Richard Wood, and is part of the groups *Bb Sisters* and *Tipsy 3*. Holmes is also an accomplished fiddler and fiddle teacher. She and Ferrel recently collaborated on the album, *Snappy Tunes*.

The Farrel and Holmes concert will take place on Wednesday evening, June 12, from 7:30-9:30 p.m.—a change from the usual Sunday afternoon slot for the West K concerts.

The Concerts in West K! series has been a showcase for traditional music since 2014. All shows take place at the West Kennebunk United Methodist Church, 160 Alfred Road, West Kennebunk—less than a mile off the Maine Turnpike. The concerts on March 10, April 28, and May 19 will be on Sunday afternoons from 3:00-5:00 p.m.; the Farrel and Holmes show is in the evening of Wednesday, June 12, from 7:30-9:30. There is open seating for all concerts on a first-come, first-served basis. Admission is by \$20.00 per person donation at the door.

For more information: Paul Wells (207-985-2831).

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*Tales from the Archives*

# The Property of the former JJ KEATING Auctioneers

By Steven Burr- *Kennebunk Historian*

One of Kennebunk's most visible landmarks can be found on the corner of Portland and Ross Road just across from Hannaford Market. Since 1957, the former JJ Keating Auctioneer was in the large three-story barn behind the mid-nineteenth century brick house which just recently closed leaving the property for sale. Although it was there for over sixty years, the auction business was just one use the property has seen over the past two-hundred years.

The land on which the former Keating business sits was originally part of a two-hundred-acre grant made after King Philip's war in 1678 to Edmund Littlefield. That land grant was divided among family members who then sold parts to other people. In 1724, Littlefield sold thirty acres to Nathaniel and Richard Kimball which is the land where the brick house and barn are located. The Kimball's and Littlefield's were founding families of Kennebunk. Their homes and farms once lined Portland Road, often referred to as Saco Road in early records.

This corner lot was later sold by Betsy Kimball, the widow of Israel Kimball, to Seth Kimball in 1825. Israel's father was a Richard Kimball, but it is unknown if he was related to the Richard Kimball who purchased the land in 1724. Seth mortgaged the property to Barnabas Palmer in 1836 for one hundred and seventy-five dollars. In 1837, unable to pay the mortgage, he relinquished the property to Palmer.

Palmer took over the property with the idea of building a home there. He renamed his farm "Thorn Hedge Farm", later people shortened it to the "Hedge Farm", named after the large hedgerow, Barnabus planted along the edge of his property. In 1887 Andrew Walker, diarist, and Kennebunk Town Clerk, wrote in his diary, "...Fifty-eight years ago Barnabas Palmer, then proprietor of what has been called the "Hedge Farm" on Saco Road set out 177 rods or 4600 plants for a hedge this spring...on account of its hardy character and the rapidity of its growth. He paid 75 cents a hundred



JJ Keating Barn 2014.

for his plants while he might have purchased an inferior article for 25 cents. He cultivated his hedge with as much care as would be taken with and apple or peach orchard." Historian George Gilpatric in his History of Kennebunk stated that the time and expense of caring for the hedge resulted in it being cut down by later owner Aaron Ricker.

Barnabas' plan for a new home ran afoul of his family's wishes to stay in the village. He sold the farm in 1854 to Jacob Russel for four thousand dollars – quite a profit from one hundred and seventy-five dollars! Russell was born in Sanford in 1813 and later moved to Kennebunk



Portland Road c.1975 with Keating Property on the left.



Kennebunk Drive In Theater from Steven Burr.

with his first wife, Lydia Charlotte Russel. She died of complications after giving birth to their daughter Lydia

then moved his family to Vermont.

From William Russell the property passed through several owners and grew to one hundred acres. In 1907 it was purchased by Samuel Hall who raised and sold cattle. On the afternoon of September 3, 1915, the thirty-year-old barn caught fire and was destroyed. The following year, in 1916, Mr. Hall rebuilt the current three-story barn that sits on the property today.

In 1920, Samuel Hall sold to Paul Stephens who changed the name of the property to "Elm Haven Farm." He raised horses and offered western riding lessons. He sold in 1945 to Mr. and Mrs. Leofred Pelletier who sold the next year to Fred and Bertha Bunnell.

in October of 1854. In 1856 the forty-three-year-old Jacob married twenty-one-year-old Sarah Nason from Cambridge, Massachusetts and had two daughters with her. During this time, Russell removed two original

Cape style homes from the property. He then had the brick house built that stands on the property today. Jacob only remained in Kennebunk for three years

In 1949 they sold the lower part of the farm to Katherine Avery who built the Kennebunk Drive-In. The Bunnell's sold to James Keating Jr. and his wife, Ann Keating in August of 1957.

In the early 1950's the Keating's had formed the J. J. Keating antique and auction business. After moving to Kennebunk, they opened their popular antique business in the large white barn on Portland Road. Ann Keating died in 1967 and James remarried in 1970. He and his second wife, Priscilla Keating continued the business into the 1980's before retiring when they turned the business over to their sons, James and Richard Keating, who carried on the antique and auction business. The business closed in the past couple of years and now we are waiting to see what the next chapter of this old farm will be. •



# How to Slow Down in a Fast-Paced World



We live in a culture that values speed and productivity. Whether it is pressure from work, family, society or friends we are constantly being told that we should do more. It is very common that people feel like they are wasting time when not being 'productive.' To be productive means to be producing something; goods, content or other commodities. This is a necessary part of life, but it is not the only part and there are so many things that are more important than how productive you are.

Time is the one constant that we all have the same amount of. There are 168 hours in a week. Each day if we sleep for 8 hours, and work for 8 hours, that leaves us 8 hours to exercise, build relationships, have fun, pursue hobbies, travel, eat, relax, etc. The goal for most of us is to be as productive in each of those three facets as humanly possible, but what is the point if you aren't enjoying your life? As humans we are habitual, and often respond well to routine, but there is no single, perfect routine that will be fulfilling forever.

I am going to jump in another direction here and explain how yoga and life can be so similar. Life is about finding your passions, being a part of something greater than yourself, and finding happiness. But we often are misled into believing life is about your financial worth, your standing in society, your intelligence, etc. In a similar way, yoga is often misinterpreted. The poses you see depicted, or the flow you are doing during class, that is just the surface of what yoga is, the part that is

visible to anyone. For the remainder of this article, I am going to describe the 8 limbs of yoga, and how we can take this practice into daily life; the way yoga was intended to be utilized!

- **Yama** – Sanskrit word for restraints, moral disciplines or moral vows. A Yama is an example of a practice that yogis follow throughout daily life. This is the first clue that yoga is about much more than what happens on the mat.

There are five Yamas; Ahimsa (non-violence), Satya (truthfulness), Asteya (non-stealing), Brahmacharya (right use of energy), and Aparigraha (non-greed/non-hoarding).

- **Niyama** – Sanskrit word for positive duties or observances. Niyama refers to internal duties to practice. There are also five Niyamas; Saucha (cleanliness), Santosha (contentment), Tapas (burning of desire/discipline), Svadhyaya (self-study/self-reflection) and Isvarapranidaha (surrender to a higher power). These are typically practiced by the yogis on a dedicated path for years, and it is intended to build character.

- **Asana** – Sanskrit word for postures. This is the physical practice of yoga that we are most familiar with. You may start thinking about warrior pose, or head stands, but asana means seat: the goal is to be able to hold a single posture comfortably and motionless, and this starts with a simple seat. As you master staying still in simple postures, then challenge yourself to find comfort and stillness in a more challenging pose.

- **Pranayama** – Sanskrit word for breathing techniques. Pranayama translates to breath control, or breath restraint. There are so many variations of breathing techniques, but they are all aiming to alter the mind in many ways. Forcing an irregular breath pattern may make you feel uncomfortable, but the more you practice it the easier it will be to find calm when you are stressed or pushed outside your comfort zone.

- **Pratyahara** – Sanskrit word for

sense withdrawal. This phrase is often misinterpreted to mean switching the senses off, but really you are trying to draw inward and focus on what you are feeling. As you improve on this practice, you should be able to sit and concentrate on your own body and mind even in a noisy environment, because you can tune out your surroundings, and focus on what is going on within.

- **Dharana** – Sanskrit word for Focused Concentration. Dharana is closely linked to limbs 5, and 6. To focus on something specific, we must be able to withdraw our senses from the external world. Along with focused breath work, this state gets people to where they believe they are meditating.

- **Dhyana** – Sanskrit word for meditative absorption. This is when we are finally meditating, the difference between this and Dharana is we have truly put into practice the stillness, focus, and breath. The actual practice of meditation is not something you can actively "do", rather it happens because of everything else. Basically, if you are really meditating you will



Column by:  
Heather Evans Personal  
Trainer/Marketing @ Quest  
Fitness Located at  
2 Livewell Dr. Kennebunk

not have the thought, "oh I am meditating!" Because if you really are, you are not having thoughts about the self, you are immersed in a different layer of consciousness.

- **Samadhi** – Sanskrit word for bliss or enlightenment. This is the final step of a Yogi's journey. Enlightenment doesn't result in levitating, or a state of perfection, instead it is about realizing the very life that lies in front of us. Enlightenment is the ability to see all things from an equal perspective, without our experiences being clouded with likes and dislikes, and without a need to judge or become attached to anything.

That said, I wish each of you will try to fill your lives with these internal practices. I believe that peace within allows growth all around you. Go within every day and find your inner strength; that way nothing and nobody can dim your light.

Thanks for reading!

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## Upcoming Events

### 2024 Lent Services at Church on the Cape in Cape Porpoise with Reverend Sammie Maxwell

Lent has been celebrated since the fourth century, and is a time of reflection, penitence, and spiritual renewal. Church on the Cape offers the following Lent services and welcomes all to attend any of these sacred spiritual services. **Palm Sunday Service-Sunday, March 24th, 2024, 10AM.** During the morning sermon, palm leaves will be distributed to represent Jesus' entry into Jerusalem, where he was greeted by people waving palm branches. It is a reminder to welcome Jesus into our hearts. **Good Friday Service - March 29th, 2024, 6pm.** Good Friday is a Christian holiday commemorating the crucifixion of Jesus and his death at Calvary. It is observed during Holy Week as part of the Paschal Triduum. **Easter Sunrise Service-Sunday, March 31st. Easter Sunrise Service will take place at 6AM at the foot of Pier Road in Cape Porpoise.** An Easter in Church hymn sing will follow at 9:45 AM with worship at 10AM. FMI: [www.churchonthecape.org](http://www.churchonthecape.org)

207-967-5787 office@churchonthecape.org

**American Legion Post 159, 102,, Mar 7, Apr 4, May 2, June 6, Jul 11, Aug 1, Sept 5, Oct 3, Nov 7 and Dec 5.** The monthly meeting of American Legion Post 159, 102 Main Street Kport is held on the first Thur of the month at 7PM. All Veterans and Sons of the American Legion are welcome to attend. FMI call 967-2400

**Refresh your horizons at "Poetry in the Friary"** Join your Host, WePoets & Verse on Saturday, April 6 from 1:00 to 2:30 p.m. at St. Anthony Fran-



St. Anthony Franciscan Monastery.

ciscan Monastery, 28 Beach Ave., Kennebunk. Take a deep breath and exhale to the sounds and magnitude of seven poets reading their original poems, sharing their vision. I am honored to present Native American poet, educator, artist Mihku Paul of the Maliseet tribe, poet authors Kimberly Ann Priest, Slaughter the One Bird, and Joel Doelman, Quetico Connection, a local KHS junior, Willow Knowles, Executive and poet, Christopher R. and more. Admission free, all welcome. Refreshments. All donations benefit the monastery. Email [poetryawakenings@gmail.com](mailto:poetryawakenings@gmail.com) for more information.

**The Ogunquit Museum of American Art (OMAA) announces the pre-sale of the first comprehensive monograph on contemporary figurative painter Anthony Cudahy.** The book Anthony Cudahy: Spinneret coincides with the artist's inaugural solo exhibition in the United States, on view April 12 to July 21 at OMAA. The museum will re-open for the 2024 season on April 12. For more information, visit [www.ogunquitmuseum.org](http://www.ogunquitmuseum.org).

## Louis T. Graves Library

**Mondays at 7 PM. What's Your Story?** Have you heard about our Interview Show? Each week, our Library Director, Mary-Lou Boucouvalas, sits down with a community member and talks to them about where they came from, what they do, their interests, etc. A great way to get to know who lives in your neighborhood, attends your church or waits on you at a local business. You never know who you might see on What's Your Story? Tune in Monday evenings at 7 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch them on the Town of Kennebunkport's cable channels 2 and 1301.

**Wednesdays at 7 PM. Portside Readers.** Who does not like to be read a story? Listen to stories, poems, tales, essays, drama, songs, and more by the Portside Readers, a small group of local actors, writers, book club members, and a musician who love the written word and want to share the joys of reading and listening. Tune in Wednesday evenings at 7 p.m. on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch them on the Town of Kennebunkport's cable channels 2 and 1301. Please call the Library for more information on this creative collaboration of friends and neighbors!

**Sat March 2 at 9 AM. On the Nightstand** — Book Discussion Group. Please join us on Saturday, at 9:00 a.m. for some coffee and conversation. This group will meet in the Dow Room on the first Saturday of every month. Bring a book that is on your nightstand currently being read. During the hour, we will share what we are reading and create a list for others to explore. We hope to see you here. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Sat, March 2 from 10:00-11:00 AM. Read Across America and Dr. Seuss's Birthday.** Celebrate Dr. Seuss's birthday and Read Across America at the Louis T. Graves Memorial Public Library. Come take a photo with a giant Cat in the Hat, color a bookmark, and check out lots of books! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tuesday, March 5 at 11:15 AM. Technology Class.** Are you considering taking a technology class but wondering if it's worth your time and effort? Look no further! In this class, we'll explore the surprising benefits of learning computer icon basics. You'll discover how a computer basics class can transform your life. Get ready to gain confidence in your tech abilities, improve your productivity, and open a world of new possibilities. Don't miss out on the amazing benefits of taking a technology class. Whether you're new to computers or looking to brush up on your skills, our technology class is the perfect way to take your abilities to the next level. Bring your questions! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Sunday, March 10 at 2 PM. Author Gigi Georg-**

**es.** Please join us for the next event in our 2024 Patsy Bray Mahoney Lecture Series Gigi Georges. Gigi Georges, Ph.D. turned to narrative non-fiction writing after an extensive career in politics, public service, and academia. A former White House Special Assistant to the President and U.S. Senate State Director, she has taught political science at Boston College, served as a Program Director for the Harvard Kennedy School, and been a Managing Director of The Glover Park Group—a leading national public affairs firm. Born and raised in Brooklyn, she lives with her husband and eleven-year-old daughter in New Hampshire and Downeast Maine. "Downeast" honors the lives of five remarkable young women, and through them, the paths of young women across rural America. It shines a light, too often obscured, on the indispensable role contemporary rural women play in their communities. Copies of the book will also be available for sale and signing after the event. Light refreshments will be provided by the Graves Library Snack Team. Parking is available along Maine Street, the North Street Fire Station Parking Lot, and Consolidated School (Route 9). If the weather is bad, please check your local television stations for updates on our listings or send us an email to: [mlbgraves@gmail.com](mailto:mlbgraves@gmail.com). Please enter through the white door in the Parking Lot. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tuesday, March 12 at 12 PM. Your Health Matters Book Club.** Louis T. Graves Memorial Public Library and the Kennebunkport Public Health Department invite you to participate in a lunchtime book discussion of "The Swedish Art of Aging Exuberantly", by Margareta Magnusson. Copies of the book are available at the Library. Not able to read the book before this date? You may still join the discussion. Feel free to bring your lunch. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Wednesday, March 13 from 3:15-4:00 PM. Shadow Box Craft.** Join us for a fun-filled afternoon of creativity and crafting! Our shadow box craft event is the perfect opportunity to unleash your inner artist and create a beautiful piece of art that you can be proud of. During the event, you'll be provided with all the necessary materials and guidance to make your very own shadow box. Gems, Fabric, Stickers, Paper, Paint, what can you create? Make a shadow box of opposite things! Hot/Cold, Summer/Winter, Light/Dark, Easy/Hard, you get to decide. When you finish, your creation will be part of a special display at the library. This event is for school-aged children and pre-registration is required. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Wednesday, March 13 from 4-8:00 PM. Worthy at the Burleigh.** Graves Library is pleased to be a beneficiary of Worthy at The Burleigh on Wednesday night March 13. Come enjoy delicious bites and creative cocktails in the cozy gastropub while supporting the Li-

brary. Guests can make reservations through OpenTable, which will show the dining times available between the hours of 4 and 8 PM. Alternatively, they can contact our Reservation Line at (866) 450-4095. Reservations are not needed for seats at the bar, which is on a first-come, first-serve basis. The Burleigh is located in the Kennebunkport Inn, 1 Dock Square, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, March 14 at 9:45 AM. Morning Book Group.** "The Book of Lost Friends" by Lisa Wingate will be discussed. This group meets on the second Thursday of every month. New members are always welcome. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Friday, March 15 at 10 AM. Furry Tales Story Time.** We are so excited to partner with the Animal Welfare Society of Kennebunk for a very special story time. Preschoolers and their families explore the exciting world of animals with stories, playtime, crafts, songs, movement, and plenty of animal time. Each visit is a new adventure! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Wednesday, March 20 at 9 AM. Death Cafe** - Community, Conversation, and Coffee. What is a Death Cafe? A Death Cafe is a safe and relaxed space to gather with people to discuss topics related to death and dying. The objective is to engage in interesting, thought-provoking, and life-affirming conversations. Please call us to register for this conversation. Facilitated by: Marilyn R. Gugliucci, MA, Ph.D., AGHEF, GSAF, AGSF, NAOMEF, Professor and Director of Geriatric Education and Research at the University of New England. Hosted by: Kennebunkport Public Health Department and Graves Library. Pre-registration is required. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, March 21 at 3 PM. Write On!** Enjoy putting pen to paper with your thoughts and stories! Join us for a different kind of writing group. When we meet, we will discuss our findings, share our writing, and get to know our own unique inner talents! Creative writing prompts will be given at the end of each meeting. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tuesday, March 26 from 3:15 PM. Lego Madness!** Imagine, create, build! Bring your imagination for an hour of fun. Unstructured build time followed by a group building challenge and game. This program is for elementary-aged students. Space is limited and pre-registration is required. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).



**Thursday, March 28 at 5 PM. Evening Book Group.** For March the group is reading "The Cellist of Sarajevo" by Steven Galloway. All are welcome to attend. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, March 28 at 6:45 PM. Monthly Movie Night.** Join us for our monthly movie night. All are welcome to attend. Light refreshments will be served. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**LIBRARY CLOSURES:** In case of weather, please call the library or check the list of closings on the local stations.

**Fabulous Friday Family Story Time is every Friday** at 10 AM in the community room. This program includes stories, finger plays, and songs. After story time be sure to stop at our hands-on stations that are always open, Puzzle Cubes, View Master, Coloring Crafts, Photo Booth, I Spy Terrarium, and more! Try out our seasonally themed Scavenger Hunt and win a prize! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Port Knitters join us on Wednesdays** from 1:00-3:00 to sit and knit. Bring any current project and supplies. This is not a learn-to-knit class. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Graves Library Community Art Show** – Exhibit pieces created by staff, volunteers, and patrons will be on exhibit and sale at Graves Library. Fifty percent of all proceeds benefit Graves Library. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. As items sell, new ones are added. We invite you to look in the Business Center whenever you get the chance.

**Ongoing Book Sale** at the Louis T. Graves Memorial Public Library. Visit the Book Cellar for what's in the store. Thousands of books to choose from – during Library hours. We also have notecards, journals, special books, ball caps, special gift books, coffee mugs, tote bags, bookmarks, and more. If you are unable to make it in, you can call us with your genre requests, and we will fill a bag for \$20.00. Cookbooks, sports, religion, fiction, biography, history, children's, classics, health, and a whole lot more! Looking for the perfect gift idea? Purchase a gift certificate for the book sale! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00; Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Caps for Sale** – Add some style to your spring wardrobe with a Graves Library ball cap now available in three different colors \$20 each.

**Special Offer** – Need a gift for someone special? Kennebunkport: the Evolution of an American Town, researched and written by local historian Joyce Butler is perfect for a birthday, wedding, or new resident to town.

This 400-year history includes people, places, and events that have shaped our lovely village over time. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at 967-2778 for more details. \$50 per set.

**Meet Us at the Museum** – The Graves Memorial Public Library has passes to six different Museums throughout Maine for all Kennebunkport residents and patrons to visit for free. Brick Store Museum, Ogunquit Museum of Art, Seashore Trolley Museum, Children's Museum of Maine, Portland Museum of Art, and Coastal Botanical Gardens. Please give us a call at 207-967-2778 to reserve a pass for a particular day (some passes are seasonal).

**Tech Help** – Did you know you can come in for technology help at any time? Come on over, and we can find it together! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

## Wells Reserve

**Sat, March 2, 9:30-11am Cultivating Compassion in Nature.** Step into nature to practice expanding your awareness. Become attuned to your outer senses, inner sensations, thoughts, feelings, attitudes, and connections while nature supports your well-being. We meet inside and, weather permitting, move outdoors for a reflective walk. Facilitated and guided by Elizabeth Straka, local author, therapist, and compassion and grief worker. \$8/\$6. Registration required at [growloveportalingawareness@gmail.com](mailto:growloveportalingawareness@gmail.com) or 207-408-5657 (voice/text). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tue March 5, 12-1pm Volunteering** at the Wells Reserve at Laudholm. For decades, volunteers have been vital to the Wells Reserve at Laudholm and in 2023 they contributed more than 15,000 hours toward the site and its programs. In this virtual conversation, join staff and current volunteers to learn how you might find a role—and a community—at the Wells Reserve. Register at [wellsreserve.org/calendar](http://wellsreserve.org/calendar) or call 207-646-1555 for information.

**Thur, March 7, 12-1pm Gulf of Maine's Cape Cod.** In this lunch-and-learn hosted on Zoom by the Wells Reserve, instructor Steve Podsiadlo will lead a tour of Cape Cod's landforms and shores, explaining how the cape's beaches and features were formed. Sixth in a series on the Gulf of Maine, with recordings of earlier talks available on the Wells Reserve YouTube channel. Free. Registration link at [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Frid March 8, 2-5pm Art in Nature: Block Printing Workshop.** Block printing is a fun and easy way to create unique designs for cards and other items. Discover your inner artist by crafting your own make-and-take block print at the Wells Reserve. No experience needed and all materials provided. You will leave with your block print, a printed tote bag, and a set of handmade greeting cards. For ages 16 and up. \$20/\$16. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 x110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Sat, March 9, 10am-12pm Winter Tree Walk.** Discover the common Maine trees, what they do in the

winter, and how to identify them when you can't use leaves. Led by Maine Master Naturalist Eileen Willard, who spent 15 years as a University of New Hampshire instructor in dendrology (study of trees). For ages 12 and up. \$8/\$6. Register at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Wed, March 13, 10:30am-12pm Wednesday Walk.** The natural world has long been a muse for poets, writers, and artists. Join Norma Fox, Wells Reserve docent and ranger, to explore nature through a variety of creative lenses. We'll walk about 1½ miles in 90 minutes. For ages 12 and up. Free. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 x116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Thurs March 14, 5-7pm Games Night.** Play cribbage and dominoes with a welcoming group in the spacious Mather Auditorium at the Wells Reserve at Laudholm. All playing levels welcome. Free. Register with Lynne at 207-646-1555 x118 or [lbenoit@wellsnerr.org](mailto:lbenoit@wellsnerr.org).

**Thurs, March 14, 7-8pm Of Bancas and Cocónuts:** Cetacean Research in the Philippines. Dr. Jom Acebes is one of just a few local scientists studying marine mammals along the coastlines of 7,641 Philippine Islands. In this virtual talk hosted by the Wells Reserve, she will highlight her research on humpback whales in the Babuyan marine corridor in northern Philippines. This research is the longest-running continuous cetacean research in the country. Acebes is the founder and principal investigator of the non-profit balyena.org, which supports the conservation of whales and dolphins and their natural habitats in the Philippines through research, education, and capacity-building. Free. Registration link at [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Fri, March 15, 9:30-11:30am Being Present with Grief.** Grief and loss touch all of us, yet we are often unsupported to navigate it. We tend to turn away from it, rather than toward it with compassion and care. In this series, participants learn how to be present with grief as they create a space of compassion for healing and resilience. The series teaches compassion, awareness, and nature as resources for grief. Sessions begin in the Coastal Resource Library. Weather permitting, the group moves outdoors for a reflective walk. Led by Elizabeth Straka, local author, therapist, and compassion and grief worker. \$20/\$16. Registration required at [growloveportalingawareness@gmail.com](mailto:growloveportalingawareness@gmail.com) or 207-408-5657 (voice/text). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tues, March 19, 5:30-7pm Vigorous Tenderness.** Experience an outdoor distanced concert that amplifies marginalized voices in classical music and democratizes new/experimental music. This concert series began during the pandemic and is making its Wells Reserve debut on the spring equinox. Expect small groups of classical and Wabanaki music performers both indoors and out on the trails. Take it all in at your own pace. Free. Weather date March 20. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Fri, March 22, 9:30-11:30am Being Present with Grief.** Grief and loss touch all of us, yet we are often unsupported to navigate it. We tend to turn away from it, rather than toward it with compassion and care. In this series, participants learn how to be present with grief as they create a space of compassion for healing

and resilience. The series teaches compassion, awareness, and nature as resources for grief. Sessions begin in the Coastal Resource Library. Weather permitting, the group moves outdoors for a reflective walk. Led by Elizabeth Straka, local author, therapist, and compassion and grief worker. \$20/\$16. Registration required at [growloveportalingawareness@gmail.com](mailto:growloveportalingawareness@gmail.com) or 207-408-5657 (voice/text). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Sat, March 23, 10am-12pm Vernal Equinox Forest Bathing.** Improve your health and wellbeing by spending time in the natural surroundings of the Wells Reserve at Laudholm. Enjoy an immersive and leisurely sensory experience exploring what's right in front of you while allowing the cacophony of intruding thoughts to fall away. This session is with Jennifer Comeau, a certified forest therapy guide who holds workshops on climate buoyancy and embodied leadership in support of a more beautiful, just, and biodiverse world. \$20/\$16. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Mon, March 25, 7:15-8:45pm Full Moon Walk.** Experience a tranquil sunset-and-moonlight walk while learning about lunar phases and sharing stories about the Moon. Families welcome. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 x110. \$8/\$6 individual, \$20/\$15 family. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Wed, March 27, 10:30am-12pm Wednesday Walk.** The natural world has long been a muse for poets, writers, and artists. Join Norma Fox, Wells Reserve docent and ranger, to explore nature through a variety of creative lenses. We'll walk about 1½ miles in 90 minutes. For ages 12 and up. Free. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 x116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Thurs, March 28, 3:30-5:30pm Clear Day Thunder:** Rescuing the American Chestnut. The Wells Reserve screens a documentary recounting the history of an iconic tree and exploring why so many people have worked so hard for so long to return it to the forests it once graced from Georgia to Maine. The film will be followed by a Q&A with Dr. Tom Klak from the University of New England and members of the Maine Chapter of The American Chestnut Foundation. Maine has more surviving wild chestnuts than any other state and the all-volunteer foundation tends orchards, maps wild trees, plants and harvests nuts, and stewards trees to preserve their genes for future restoration. Held in Mather Auditorium. \$5 suggested donation. FMI 207-646-1555 or [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Fri, March 29, 9:30-11:30am Being Present with Grief.** Grief and loss touch all of us, yet we are often unsupported to navigate it. We tend to turn away from it, rather than toward it with compassion and care. In this series, participants learn how to be present with grief as they create a space of compassion for healing and resilience. The series teaches compassion, awareness, and nature as resources for grief. Sessions begin in the Coastal Resource Library. Weather permitting, the group moves outdoors for a reflective walk. Led by Elizabeth Straka, local author, therapist, and compassion and grief worker. \$20/\$16. Registration required at [growloveportalingawareness@gmail.com](mailto:growloveportalingawareness@gmail.com) or 207-408-5657 (voice/text). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).



## Kennebunk Free Library

### KFL Invites You to Participate in a Strategic Plan Focus Group

Kennebunk Free Library would like to extend an invitation for you to participate in a focus group as part of our strategic planning process. Your input will play a crucial role in shaping the future direction of the library. The focus group will provide a platform for open discussions about the strengths, opportunities, and challenges we face, as well as your vision for the Kennebunk Free Library. Registration is required. Visit our website or call to reserve a spot.

**Tuesday, March 5, 9:30-11:00 - KFL, Hank's Room**

**Monday, March 11, 1:00-2:30 - Arundel Town Hall**

Your participation will contribute significantly to the development of a comprehensive and community-driven strategic plan. We genuinely value your input and look forward to hearing your thoughts on how we can enhance our services and better meet the needs of our community. KFL invites all community members to participate actively in the strategic planning process. Updates and information on how to get involved are available at [kennebunklibrary.org](http://kennebunklibrary.org) and on Facebook and Instagram. You can also call us at 985-2173.

### Junior Science at Kennebunk Free Library

2024 is the 112th anniversary of the Titanic disaster. This month, come learn all about Titanic at Junior Science on March 6th at 3:45 pm! Learn about how Titanic sank, the people who were on the ship, and how we found the Titanic underwater! For ages 5+, registration required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or register online.

### Lego Club at Kennebunk Free Library

Ready to get building? Kennebunk Free Library is offering a Lego Club for children ages 4 and older. Lego Club will meet on Thursday, March 28, from 3:45-4:30 p.m. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. Registration is appreciated. Lego Club is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information or to register, please call 985-2173 x-108 or register online.

### Kindness Club at Kennebunk Free Library

In a world where you can be anything, be kind! Join us for our next meeting of Kindness Crew on Monday, March 12, at 3:45. Come hear a story about kindness and make a craft! This month, we will read stories about neighbors and make a sign to welcome others to the library in honor of Won't You Be My Neighbor Day (March 20). This program is open to ages 6 and up; registration is appreciated but not required! Kindness has no age requirement - if a friend younger than 6 would like to join in, please reach out to Miss Maria at [mrichardson@kennebunklibrary.org](mailto:mrichardson@kennebunklibrary.org), or 985-2173 x 105. Caregivers are encouraged to join in! When your little sees you talking about and practicing kindness, they will want to join in even more! This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or register online.

**Beadcraft at Kennebunk Free Library** In the mood to get creative? Perler Beads - tiny plastic beads that can melt - were first introduced as a craft in Sweden in the 1950's, and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on Wednesday, March 6, at 1 p.m. What a great way to spend an early release afternoon! Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. Registration is recommended but not required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org).

### Furry Tales with Animal Welfare Society at Kennebunk Free Library

What's better than sharing stories? Sharing stories with a furry friend! Come to Kennebunk Free Library on Friday, March 8, at 11:30 a.m. for our monthly Furry Tales Storytime with Animal Welfare Society. Miss Amanda from AWS will share songs, stories, and fun with us. She'll even bring an animal friend for us to meet! Who will visit us this month? Join us and find out! All ages are welcome to attend. No registration required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org).

### Storytimes at Kennebunk Free Library

It's time for Storytime! Come to the library for stories, songs, and fun with Miss Maria! We'll even get to say hello to our puppet friend, Ami the bunny. On most Mondays in February at 10:00 a.m., Storytimes will be held in Hank's Room at Kennebunk Free Library. We can't wait for you to join us! Upcoming Storytime dates include: • **March 4 • March 11 • March 18 • March 25**

### Science Saturday at Kennebunk Free Library

Want to add a little science to your Saturday morning? Join us on Saturday, February 3, from 10-11 for a special science program hosted by Mousam River STEM Academy! Come be a scientist and learn about magnets and magnetism, and make a DIY magnet maze! This program is for PreK - 5th grade, no registration required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173.

### Thursday Family Fun Play at Kennebunk Free Library

Have a morning of play at the library! On Thursday mornings in February, Kennebunk Free Library will bring out the toys for a library play date. These toys are best enjoyed when the whole family plays together! Before we say goodbye until next time, Miss Maria will read a story. Come play and make new friends at the library! All programs will run from 10 am to 11 am. Thursday Family Fun Play is for children ages 0-5 and their grown-ups. No registration is required. Upcoming Thursday Family Fun Play dates:

• **March 7 • March 14 • March 21 • March 28** Thursday Family Fun Play is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 x-108 or email [ys@kennebunklibrary.org](mailto:ys@kennebunklibrary.org). Thursday Family Fun Play is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk.

## Notine selected as KHS recipient for MPA's Principal Award

Kennebunk High School senior Sophia Notine has been selected as the winner of the 2023-2024 Maine Principals Association Principal's Award. This award is given annually to a senior from each high school who displays excellence in academic achievement and citizenship.

"Sophia is a fantastic student, person, and friend to many. When thinking about the selection of this award

Sophia came to my mind instantly," said Principal of Kennebunk High School, Jeremie Sirois. "Throughout her years at KHS I have found her to be kind, compassionate, and extremely driven. Next year she is moving on to Endicott College and I can't wait to hear about her college experience. The sky's the limit for Sophia."

Notine has achieved academic success throughout her career, having excelled in many International Baccalaureate, post-secondary, Honors, and college level classes. She is a two-sport athlete participating in soccer and lacrosse. Sophia is involved in Girl Talk, and is an intern in the Athletic Department.

Sophia will be attending Endicott College and plans to double major in Business Management and Political Science. She



Kennebunk High School Senior Sophia Notine.

will also compete on the lacrosse team.

Sophia along with the recipients from every high school in Maine will be honored at the Maine Principals'

Association banquet on April 6. Each recipient is eligible for one of several \$1,000 scholarships.

## Brick Store Museum

### Saturday, March 2: Exploring the Past Forum

Diverse Perspectives in Archaeology, Brick Store Museum, 117 Main Street, Kennebunk, 10:00am - 2:00pm Four Maine-based archaeology professionals, in addition to Tim Spahr, will be speaking at the event. Dr. Gemma Hudgell, Archaeologist and Assistant Director of the Northeast Archaeology Research Center; Elizabeth Kelley, archaeological artist with CPAA; Dawna Lamson, CPAA Field Archaeologist; and keynoted by Dr. Bonnie Newsom, Penobscot, Archaeologist and Professor at the University of Maine will all present on their varied perspectives of the archaeological field. Lunch included. To register, visit [www.brickstoremuseum.org/calendar](http://www.brickstoremuseum.org/calendar) or call (207)985-4802.

### Wednesday, March 6: Early Release Workshop

Repurposed Art, Brick Store Museum, 117 Main Street, Kennebunk, 1:00pm - 3:00pm. This workshop will focus on creating sculptures from found and repurposed elements in the Kennebunk community. Students will learn about the life cycle of the items they are using. \$35 per student. To register, visit [www.brickstoremuseum.org/calendar](http://www.brickstoremuseum.org/calendar) or call (207)985-4802.

### Saturday, March 9: Paper Marbling Workshop

Brick Store Museum, 117 Main Street, Kennebunk, 1:00pm - 3:00pm. Discover this centuries-old method of creating decorative papers useful in various projects, such as handmade books, scrapbooking, cards, boxes, picture frames and more. Learn about the materials and processes that will allow you to pursue and expand the possibilities of this craft for future projects. \$35 per person. To register, visit [www.brickstoremuseum.org/calendar](http://www.brickstoremuseum.org/calendar) or call (207)985-4802.

### Tuesday, March 12: Felted Flower Workshop

Brick Store Museum, 117 Main Street, Kennebunk, 5:00pm - 7:00pm. Learn to felt a colorful Calla Lilly bouquet to celebrate spring! This introduction to needle felting will teach basic felting skills and provide instruction to create your own Calla Lilly flowers. Participants will leave with a new knowledge of needle felting as well as long lasting bouquet of flowers ready to brighten any table top. \$35 per person. To register, visit [www.brickstoremuseum.org/calendar](http://www.brickstoremuseum.org/calendar) or call (207)985-4802.

### Saturday, March 16: Felted Flower Workshop

Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm - 2:00pm. Learn to felt a colorful Calla Lilly bouquet to celebrate spring! This introduction to needle felting will teach basic felting skills and provide instruction to create your own Calla Lilly flowers. Participants will leave with a new knowledge of needle felting as well as long lasting bouquet of flowers ready to brighten any table top. \$35 per person. To register, visit [www.brickstoremuseum.org/calendar](http://www.brickstoremuseum.org/calendar) or call (207)985-4802.

### Thursday, March 21: "How Old Is My House?"

Virtual Lunch & Learn, Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm - 1:00pm. Join Bryce Waldrop, Architectural Historian, as he introduces an overview of how to date your home using architectural clues. This is the second lecture in the Museum's monthly "Your Old House: And Other Preservation Stories" series. Bring your lunch and bring your questions as this will be an interactive, virtual event! There will be time for Q&A at the end of the presentation. Register (free) online at [www.brickstoremuseum.org/calendar](http://www.brickstoremuseum.org/calendar)



## Surgery Associates to Host 'Meet & Greet' on March 25



Hernias • Hemorrhoids • Colon & Lower GI issues • Anti-reflux • Breast lumpectomies and mastectomies. Other concerning lumps/bumps (excluding those on the face or hands)

"As a general surgeon I strive to work in concert with my patients to ensure they receive compassionate, evidence-based treatment that minimizes anxiety and disruption in their daily lives," said Dr. Kaiser.

"My work as a general surgeon allows me to help my patients to navigate what is often some of the most difficult health challenges they'll face. With a minimally invasive approach, we find the approach to treatment that focuses on maintaining their comfort – both physical and mental. The goal is always a return to life feeling healthy... and stronger," said Dr. Schnur.

Both physicians are board-certified in General Surgery. They look forward to this event and meeting with community members to help guide them on the path toward better health. Let us help you look ahead to the spring season with a new focus on your health. Register now at [www.yorkhospital.com/event/meet-the-surgeons/](http://www.yorkhospital.com/event/meet-the-surgeons/).

Surgery Associates of York Hospital is located on the hospital's main campus in the Henry F. Warner Building, First Floor, 16 Hospital Drive in York, Maine. To schedule an appointment, call (207) 361-3633. For more information on this educational offering or future community programs at York Hospital, contact Community Relations at [info@yorkhospital.com](mailto:info@yorkhospital.com) or (207) 351-2385.

Each year between 40–50 million people in the U.S. benefit from surgical procedures, ranging from aortic valve replacement to eyelid surgery. The physicians at Surgery Associates of York Hospital will speak to the community about medical conditions that can be managed through surgical intervention. This event will take place on Monday, March 25, from 12 – 2 p.m. at the York Public Library, 15 Long Sands Road, York, Maine, and will include a boxed lunch.

After a brief introduction board-certified surgeons Jason Kaiser, MD, MSE, FACS and Jessica Schnur, MD, FACS will meet with each guest individually (for approximately five minutes) to discuss any medical concerns that may benefit from their years of professional experience and expertise. Following these discussions, onsite staff will schedule each attendee for a full-length office appointment with Dr. Kaiser or Dr. Schnur on York Hospital's main campus.

The medical issues on which Drs. Kaiser and Schnur consult include but are not limited to the following:

Skin cancer/lesions • Cysts • Gallstones

## Irish Flute & Guitar Duo in West Kennebunk



Get a jump on your celebration of St. Patrick's Day with a concert of **Irish music by Boston-based duo Matt & Shannon Heaton.**

The Heaton's play updated traditional Irish music on flute, accordion, guitar, and bouzouki; they complement their instrumental work with engaging vocals. They present a satisfying mix of new and old tunes & songs with engaging stage presence and masterfully-crafted arrangements. The Boston Globe said of the Heaton's: "Their playing is masterful and inventive, their arrangements city-smart and spacious." They will play a number of selections from their new album, Whirring Wings.

Both Heaton's have years of experience with Irish music. Shannon co-founded Boston's Celtic music fest and served on its board for 15 years. She was named Massachusetts Traditional Artist Fellow in 2016 and

hosts the podcast Irish Music Stories. Matt has performed with countless ensembles, including the Karan Casey Band, Boys of the Lough, and Robbie O'Connell. They are world-class American performers with Irish roots and universal appeal.

The Concerts in West K! series has been a showcase for traditional music since 2014. All shows take place at the West Kennebunk United Methodist Church, 160 Alfred Road, West Kennebunk—less than a mile off the Maine Turnpike. The concert will take place Sunday, March 10, from 3:00-5:00 p.m. There is open seating for the concert on a first-come, first-served basis. Admission is by \$20.00 per person donation at the door. For more information: Paul Wells (207-985-2831).

# COLORS AND SONGS OF SPRING!

Listen closely and you will hear songs of spring sung by our beautiful backyard birds. It marks an exciting time of year for bird enthusiasts.

The winter bird flocks have dispersed in search of mates for the coming nesting season. In fact, some Eastern Bluebirds and Northern Cardinals may be in the midst of the first of several broods they will have this year. Many birds like the Cardinal nest in deep thick shrubs or trees while Bluebirds, Chickadees and a few others seek a nestbox or bird house. Appropriate houses for these can often be in short supply so it is beneficial to add one to a garden or landscape.

The excitement for birders seems to grow daily as sightings of the summer avian residents begin. Early arrivals like the red-winged Blackbird, Phoebe, Bluebird and House Wren will be joined by Indigo Bunting, Rose-breasted Grosbeak, Tree Swallow and many more.

Two of the most anticipated arrivals are the Ruby Throated Hummingbird and the Baltimore Oriole. These two are most likely to be spotted in areas with proper

feeders. Hummingbird and Oriole feeders differ from any other because they provide nectar which is a needed food source until the flowers are in bloom and bug population is strong.

The Oriole has the added attraction to oranges and grape jelly offered in backyard feeding stations. As with the Bluebird and many others, the Oriole will return often for live mealworms if offered in a specialty feeder.

As the early nesting season moves into summer, backyard birders can enjoy the changing sights and sounds that fill their feeders and gardens when they offer the food and housing sought by the feathered seasonal visitors.

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# Do Horses have Feelings ?

*What separates humans from animals? Though there are differences, it is undeniable that we share important characteristics, especially with mammals - dogs, cats, calves, wolves and horses to name a few.*

**An amazing connection:** Scientists have classified humans as 'chordates' because like other species including fish, birds, amphibians like toads, reptiles and mammals, we have backbones. This crucial part of our anatomy provides support and movement. The spine also houses the spinal cord, composed of tissue, fluid and nerves that connect the brain, the Central Nervous System (CNS) to every part of the body. Without it there is no control or sensation.

The Peripheral Nervous System (PNS) and sub-systems including the autonomic, sympathetic and parasympathetic has nerves located outside the brain and spinal cord. Examples are the facial and cranial nerves that allow us to feel pressure from a headband and for horses to feel pressure from bridles, bits and other headgear.

Humans are further classified as 'vertebrates' opposed to invertebrates. We share this similarity in structure with animals with a skeletal system which includes the vertebrae that form the spine and protect the spinal cord. Our heads house the brain - the nervous system. Vertebrates have muscular, circulatory systems, and an integumentary system. The largest organ, the skin, covers and protects everything.

Classified further, humans are mammals sharing even more with deer, whales, dolphins, dogs, coyotes (in the same Genus as dogs, Canis), cats and horses.. We are warm blooded not cold, have hair or fur to protect the skin, and mammary glands to nurse. Mammals give live birth and have a more advanced, complex nervous system making them the most intelligent of creatures. From here humans are further classified as primates along with apes.

This is in part due to a significant development other mammals like dogs and horses lack - the first digit of our hands. Our incredible thumb can make contact with the other fingers. This allows handling and grasping of objects

While apes and monkeys continue to have an opposable toe, humans evolved losing that ability in favor of an arch increasing our ability to move and run. Without the thumb, regardless of intelligence we would be greatly incapacitated. This is in part why some mammals, specifically horses are so 'mouthy'. It's not a behavioral issue as many believe and punish, but a way to explore and grasp.

From here humans are classified separately from all other mammals in Order, Family, Genus and Spe-



**Horses are stoic & communicate 'feelings' in subtle ways. But when they're ignored they resort to dramatic expressions & dangerous reactions like kicking out or biting. They should not be punished when the failure was ours.**

cies. Horses are in the species *Caballus* while modern humans are *Homo Sapiens*. The most obvious difference between humans and all mammals is the ability to walk upright on 2 legs without the aid of front appendages. But what else makes humans different from our 4 legged relatives ?

**Physical sensation and pain** It's hard to imagine some people refuse to believe animals have sensation and feel pain even when they witness a horse or farm animal react to a fly on their skin. According to the U.S. National Research Council Committee on Recognition and Alleviation of Pain in Laboratory Animals, pain is definitely experienced by mammals and possibly all vertebrates.

Though most animals are stoic, prey animals like horses are quieter. When they express discomfort or pain by reacting to a whip, bit, weight on their backs or show obvious signs they don't want the rider, they are said to be difficult or 'opinionated'. This is often seen in specific gaits like the trot where more time is spent on each foot and pain is harder to avoid. Recently I heard a woman state her 25 year old horse had tantrums during the trot, rather than investigating the physical cause. Horses are not opinionated nor do they have the cognitive ability to have tantrums.

When horses throw a rider the rider is told to get back on. When they 'misbehave' due to pain they are said to be 'naughty' or dangerous and are often punished. This is the industry standard and most people go along. It is interesting the majority of these behaviors and reactions to pain occur when they are ridden. The horses are communicating the only way they can and no one is listening.

When a horse is very stoic and works through pain, people believe the horse feels nothing. This leads to overuse and abuse. Bits and girths used to keep saddles in place are good examples. When the horse doesn't visibly or dramatically express discomfort but is hard to handle, a harsher bit is used to fix the issue. Girths which are like belts around our waists,

are tightened even more. If riders just thought of how the equipment they use on horses might 'feel' they might be more humane.

So when you watch a calf being dragged or roped in a rodeo or a horse running with a metal bit inside the mouth, the rider pulling on those reins, of course there is physical pain. Riders often complain horses try to avoid bits or 'run through them' failing to understand the horse is communicating. No one is listening. Horses may have a higher pain threshold as with some humans, but they definitely feel it.

**Emotions & emotional pain** - Are horses 'feeling' more than physical pain ?

Do they have the capacity to 'feel' abstract emotions in the moment or what is coming in the next - fear ? anxiety ? annoyance ? frustration ? depression ? joy ? Yes. Are they cognitively capable of being stubborn, rude, defiant or having temper tantrums to achieve a future goal ? Absolutely NOT. It's very sad people due to ignorance and lack of knowledge or to achieve their goals of use, insist they are.

Anatomically and proved by necropsy there is a marked difference in the structure of the frontal lobe and prefrontal cortex. It is responsible for giving humans the capabilities for advanced thought processes - the ability for critical thinking, to plan the future and even to scheme, lie and manipulate and to do it in an organized way.

Animals, including horses can not do this. As I've heard my small animal vet say so often over many years, "they live in the moment". Horses like dogs and cats are individuals like humans. Some are very 'smart', quick to learn and learn differently like humans. A lot of that has to do with our interactions. An animal in isolation with little attention will be very different from one that receives consistent mental and emotional stimulation. Horses that are ignored or in chronic pain sometimes 'shut down' just like people. They are in obvious distress or depression.

The more time we spend with our animals the more we understand their needs and reactions to stimuli. When you hug your horse gently and at the right time, the horse often relaxes and a deep respiration follows or the 'licking & chewing' action. When a horse is habitually taken from his stall for a lesson with an abusive trainer who yells, threatens and strikes with whips, the horse will show obvious signs of fear or anxiety of what comes next, that has been previously experienced.

**When a horse has lost a companion and they are reunited** - even years later there is obvious joy and comfort in the reunion. If a companion is taken away, there is anxiety and terror. When some horses see a trailer especially when they have had bad experi-

**Gabriela Rodriguez Quinn,  
Director, BlixxHorses.**

In addition to formal education with a degree in Dental Hygiene and certification as a fitness instructor, Ms. Rodriguez has studied horses & behavior extensively for the past 30 years. This has included daily non riding interaction, training & care for horses, and continuing education.

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ences, there is momentary anxiety often accompanied by 'nervous poops'. When a horse is unable to get hay through a hay net, there is frustration. When treated unfairly or abused, horses can become dangerous and react in anger.

We know dogs 'feel and react to our emotions - but studies show that horses do too. They can feel anger in a human being, especially if they have experienced beatings. They understand facial expressions and know the difference between a smile and a frown. They are tuned into sadness and human depression and for these reasons have been used in therapy.

Horse owners like myself who have spent the time getting to know and understand our horses needs and reactions, can easily acknowledge that horse feel emotions in the moment. They can not plan to be naughty. More horses than we can imagine have pain from use. When they can't perform, they are physically unable. No one is listening and they continue to be pushed.

**Lack of understanding is prevalent.** I was stunned to hear a vet of all people, say my horse was 'rude' when he ran too close to us. Who should have anticipated ? Who should have moved ? A person is capable of rudeness. A horse is not.

Writing these articles brings so many memories. Unfortunately 90% are bad and sad - like the sweet old horse boarded at a facility run by a social worker. The owner had 'rescued' the horse and was a nice person but she was known to have a drinking problem. Everyone knew and would watch the horse try to hide behind a tree when he heard the sound of her car knowing what came next. I often wonder what happened to that poor little horse I couldn't help.

The next time you have the opportunity to observe a horse, appreciate their intelligence and sensitivity to people and their environment. You learn little about behavior on their backs but you get a lot of information through observation. Horses are sweet, gentle animals. People can turn them into a terror.

So when I observe my horses open latches on doors with their mouth or mouth the doorknob of the room where the goodies are stored, after watching me turn it, I'll continue to be impressed, not angry but certainly relieved they don't have thumbs !



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# Promotions at Kennebunk Savings Have a Positive Ripple Effect



Photo: Top row left to right: Morgan Lee Brooks, Erica Place, Jessica Owens, Bottom row: Christina Chadbourne, Kyle Barrett, and Samantha Roblee.

Kennebunk Savings' customers may have noticed some changes in the branches recently as several established bank leaders transitioned into new roles and new leaders stepped in.

First, the bank promoted Morgan-Lee Brooks and Erica Place to retail experience managers. Retail experience managers are responsible for a geographic region of branches and oversee all customer and employee experience aspects, including relationship building, operations and compliance, and their team members' professional

development.

Brooks was formerly the retail market leader, overseeing the Main St. and Portland Rd. branches in Kennebunk, a position she held since she started with the bank in 2021. Before coming to Kennebunk Savings, Brooks held several positions at Bank of America.

Place, a nearly ten-year veteran at the bank, began her banking career in the customer care department. She quickly moved up the ranks, and by 2020, she was promoted to branch manager, most recently leading the Eliot branch.

The promotions of Brooks and Place left leadership openings in the bank's branch network. Stepping up to fill Brooks' role is Jessica Owens, who previously managed the Lower Village branch in Kennebunk. Owens started out in the banking industry as a teller in 2012. She then moved on to several positions in the hospitality and retail sector before

returning to banking in 2018 at Kennebunk Savings.

Christina Chadbourne started as a seasonal hire, working the summer as a teller for Kennebunk Savings in 2015. She fell in love with banking and the company's culture. A couple of months later, Chadbourne secured a full-time position; the rest is history. She worked her way up to branch manager in Ogunquit before moving to the Eliot office, filling Place's former role.

These moves created another set of vacancies and yet another opportunity for employee advancement. Two assistant branch managers were promoted to fill the branch manager positions. Kyle Barrett, formerly at Portland Rd., took the reins of the Lower Village branch in Kennebunk, and Samantha Roblee moved from Eliot to manage the Ogunquit branch.

"It's exciting to chart all of this upward movement at the bank," said Lex Meagher, president of Kennebunk Savings. "Not only does it speak to the talent pool we have cultivated and developed internally, but it's also a testament to these individuals. To our customers, every single one of these folks is a familiar face. Both internally and in the community, they are drivers of our culture."

## Body Positivity in Hiking with Paige Emerson at KFL

As we come out of the dark winter days and turn our thoughts to more time being spent outside, it's good to remember that the outdoors is for everybody and every body! KFL is pleased to host Paige Emerson of Chubby Hiker Reviews for Body Positivity in Hiking on Tuesday, March 5 at 6:00 p.m.



Paige Emerson started a social media page in 2020 called Chubby Hiker Reviews where she reviews trails from the lens of someone who is not your typical hiker. She posts body positive content and encourages people of all shapes and sizes to get outdoors. Over the past 4 years she has had the chance to review over 70 trails in Maine. She is also a social worker and a registered Maine Guide. Paige will share her story of how she got started and of her experiences in the great outdoors.

This program is free and wheelchair accessible. The KFL is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at [kfl@kennebunklibrary.org](mailto:kfl@kennebunklibrary.org)

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# New Venture

## *in Cape Porpoise for 7th Generation Purse Seiners*



Baitfish being harvested.

Venture Bait Company now owns the former Cape Porpoise Lobster and Bait Company on Mills Road in Cape Porpoise, and though they may be the new owners of the building, they are not newcomers to the bait business. Susan Matthews, her son Ben, and his wife Kimberly own and operate the facility strictly for their bait processing, dealing, and distribution business.

Venture Bait was established as an extension of the Matthews current purse seining operations, and to strengthen and stay directly involved in the market that so many other bait dealers have been forced out of. "The bait shop was something we saw as an opportunity to complement our current operation while also expanding in the industry. Changes in the regulations and rules of purse seining forced a decline in landings, and in turn a decline in revenue. We saw so many bait companies close their doors due to dwindling bait landings and various other reasons, we thought we would try and help strengthen the industry," Kimberly Matthews said, adding "We supply two popular bait products and now we have our own facility to transport, process and distrib-



Yankee Mariner and Ocean Venture.

ute our own product. All while supplying a various selection of other bait, we purchase from other operations to the local lobster fishing community."

Ben is a 7th generation herring seiner. His late father, Barry, was a successful 6th generation herring purse seiner from Campobello Island NB. Barry met Ben's mother, Susan, when they were teenagers, and married after high school. Susan's grandfather, Frank Pike, owned a sardine cannery in Lubec, ME that supplied food to soldiers fighting during both World Wars. Susan's father, John P. McCurdy, owned McCurdy's Smokehouse in Lubec, ME. It was the last remaining herring smokehouse in the USA, closing its doors in 1991.

Susan's husband, the late Barry Matthews made a living seining for herring and menhaden on the Ocean Venture, for which Venture Bait is named. Ben is currently the captain of the family's other boat, the Yankee Mariner, where he harvests porgies up and down the Northeast Coast. The Ocean Venture operates as a carry vessel during these trips. Much of the bait Venture sells comes from their own boats.

Herring, menhaden, red fish, and a variety of fresh and frozen products such as monkfish heads intended for use as lobster bait are available at Venture Bait, located at 8 Venture Way, off Mills Road in Kennebunkport.

Kim explained operations at the facility. "We have a refrigerated building and trailers to store frozen bait. We have four trucks that pick up and deliver loads of bait. We are centrally located for lobs-

termen to come to our location and have our employees load drums or boxes of fish into their vehicles. Some of the product that we take in, is ready to go straight to the consumer, and some of it has to be processed by our employees. The fish we catch are herring and menhaden. We fish for menhaden off the

coast of New Jersey and the boat steams 48 hours back and unloads into fish vats on the back of our tractor trailer trucks. Our driver brings them back to the shop and our employees unload them with a forklift. They have to be run through a fish processor and salted by hand into drums before being sold and used."

When asked what brought them to Cape Porpoise, Kim said "We had worked with Allen Daggett (former owner of the plant) for years, and when we heard he was getting rid of the bait portion of his business, we knew it was a unique opportunity that wouldn't easily come again in our lifetime. The location is just 40 minutes from where our boat typically unloads and that is really convenient as far as trucking goes." She added "Allen cares so much for the community of Kennebunkport and the fishing industry as a whole. He was really hoping that someone would purchase his facility and keep it running as it has been, to keep local people employed, and not plow it down and build condos. He could have sold the business for much more money than he did, but it was important to him to have it continue for what was intended. It felt like the perfect fit for us, and with his help and the help of his talented former employees who made the transition with us, we decided to take the leap, to another new Venture."

Matthews said the transition to Venture Bait has been seamless for them and for the customers who depend on bait to continue to have access to the product they need. Since taking over, Venture Bait has earned some new business as well, and is prepared to take on more. "We always welcome new customers



Ben Matthews and his 2 children learning the ropes.



Kim Matthews with herring sold at Venture Bait.

of course. Because Matthews and McCurdy's come from Down East, we have a lot of customers and relationships there as well. We want to be sure that we are able and equipped to serve the whole coast of Maine and beyond. The more we grow, the better it is for our workers, community, and the local economy. We take pride in an excellent product and being the harvesters of much of the product we sell. We also take pride in building solid and long-lasting customer relationships. Our goal is always to increase production and decrease costs for the customer whenever possible," Matthews said. •



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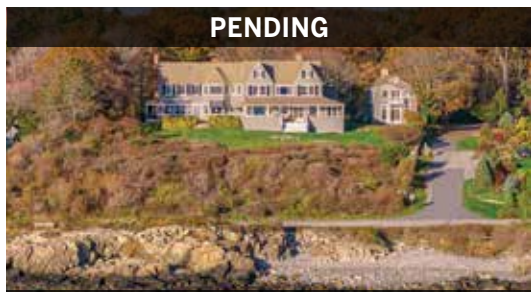
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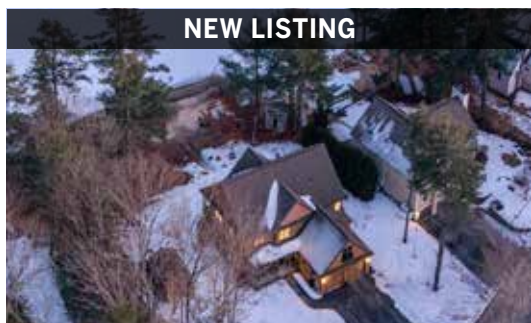
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