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The Kennebunk

# Village

MAGAZINE

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VP, FINANCE PUBLISHER, OWNER  
Steve Martel Gina Martel

LEAD WRITER | Shelley Wigglesworth

DIRECTOR OF SALES | Joyce Robillard

VILLAGE CONTRIBUTORS:

Deidre Braley • Heather Evans • Earl Freeman, DO  
John Forssen • Leanne Hayden • Gabriela Quinn

*On the Cover*



Nicole and Zoë in front of a blooming bed of calendula. Page 29

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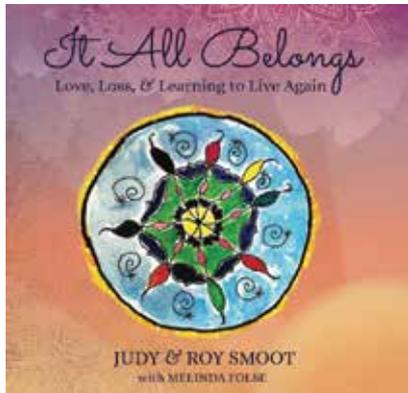
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# Moving On Without Letting Go

Widower's new book shares keys to surviving the journey through GRIEF



Everyone experiences grief differently. Some want to move on immediately; others let grief flow through them, following its natural course; still others get stuck — they can't or don't want to move on, because their grief is the last thread of connection they have with their loved one. To let go would make the loss feel even more final and devastating. The comforting message at the core of *It All Belongs: Love, Loss, and Learning to Live Again*, a new book from Judy and Roy Smoot, is that it's OK to be part of the latter group.

"The essence of *It All Belongs* is to help more people allow (even embrace) their grief as necessary to healing and honoring their loved one lost — and to move gently with it, through to the other side," said Smoot, who lost his wife, Judy, to brain cancer in 2016. Smoot's book also offers an intimate window into Judy's own grief while she travels from devastating diagnosis to the end of her life. In *It All Belongs*, Judy shows people how to live — and how to die — with grace, vulnerability, fear, and humble acceptance.

In its special juxtaposition of stories, *It All Belongs* traces Judy and Roy Smoot's final four years together, weaving in tools and practices to create an immersive reader experience. By approaching dreaded end-of-life realities with wit, candor, and hands-on help, *It All Belongs* is a soulful mosaic that blends an engaging, deeply personal story with expressive art, journaling, poetry, and writings.

"This is a book to be used," Roy Smoot explains. "It's filled with ideas, tools, and examples to help guide individuals and groups in discussing and contemplating their own inevitable journeys of love and grief."

When Judy, a spiritual director who used expressive arts to help others cope with chronic illness, receives the devastating diagnosis of glioblastoma multiforme, she puts her own spiritual practices to the ultimate test. In continuing to journal and make mandalas until the very end of her life, Judy models living fully into one's own mortality.

But that's only half the story.

Following Judy's death, Roy, Judy's husband and soulmate of nearly 40 years, enters a world he didn't know existed, a world he didn't want to know, a world of searing pain, grief, and grace beyond anything he could conceive. *It All Belongs* invites readers to follow Roy from the angst of navigating the simplest of day-to-day realities to deep questioning and soul-level introspection. In journaling through his travels, including a long road trip out west and a spiritual quest to Iona, Scotland, Roy mirrors Judy's work to model finding one's personal path

through devastating grief.

*It All Belongs* offers spiritual tools and healing practices to help readers face end-of-life realities by exploring the beauty, light — and even joy — tucked within even the most tragic of circumstances. This beautifully illustrated book encourages readers to listen deeply, explore purposefully, and fully embrace this sacred time.

"Hold nothing back in your questions, rantings, thoughts, emotions," Roy Smoot writes in the book's introduction. "As this book's title affirms, everything you feel, think, ask, experience, live through, and release is a sacred part of your journey. It all belongs."

About the Authors

JUDY and ROY SMOOT met in college at Ohio State University in Columbus, Ohio; were married following graduation; and for the next four decades lived and loved in Georgia, Florida, Ohio, and Maine.

Roy enjoyed a successful banking ca-

reer; Judy served as a Wellstreams spiritual director, a Dominican Associate, and an Expressive Arts Florida Institute (EAFI) certified expressive arts therapist. Judy established Always We Begin Again (AWBA), a nonprofit organization to support people with chronic illnesses. Later in life, they made their home at "Sunrise Ridge," their cottage and retreat center renovated and created in the breathtaking beauty of Ohio's Hocking Hills.

MELINDA FOLSE is a writer, editor, and collaborator on a mission to tell stories that make a difference. She believes this story will strike a meaningful chord in every life it touches. *It All Belongs* is her eighth book, joining *Grandmaster*, *Dream Catcher*, and *Lessons Well Learned* as her favorite explorations of lives and passions well lived. She lives in Fort Worth, Texas.

For more information, please visit [sparkpointpress.com/book/it-all-belongs-love-loss-and-learning-to-live-again/](http://sparkpointpress.com/book/it-all-belongs-love-loss-and-learning-to-live-again/).

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# Village MAGAZINE

## Welcome Kingsley Gallup to The Village!

This May issue of The Village magazine will be the final publication I put out as publisher. As I say goodbye to you all, however, it gives me great pleasure to know my magazine will be in great hands with Kingsley.

After many successful years as publisher, and with the loyal customers and community support that made The Village a leader in the Kennebunks, I couldn't just give this magazine over to anyone. I knew it had to be someone driven and dedicated to the community as I was. As publisher of Tourist & Town, Kingsley has a track record of proven success – and when asked if she would be interested, there was no hesitation.

I look forward to Kingsley continuing the magazine's tradition of celebrating everything local in our special town that we call the 'village.' With all her knowledge and passion, I am confident she will not only carry on the legacy but will continue to strengthen the magazine and bring it to a whole new level.

With valuable consideration I

would sincerely like to thank my dedicated team, and most earnestly all of my guest writers that were steadfast each and every month supporting the magazine by contributing wonderful columns that made the Village diverse and read by many.

It has been 12 wonderful years since I started The Village Magazine. I want to thank all of you for making The Village a success. I look forward to proudly reading on....

Gina

A note from our new publisher. . .

“Local publications have the power not only to celebrate community but also to create community. I am beyond thrilled about this unexpected, but wonderful new opportunity to do so. Everything special about The Village will remain special. A neighborhood magazine. By locals and for locals. I've already decided this will be my guiding mantra. See you all in June!”

Kingsley

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# Strength Training Benefits – Especially for Women



*Column by:*  
Heather Evans Personal  
Trainer/Marketing @ Quest  
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Over the last decade, scientific research has proven that strength training is incredibly important to maintaining health as we age. Once we reach 30 years old, our muscle mass and bone density begin a steady decline that will only speed up as we age. You can expect to lose 3-8% of your muscle mass per decade, and we lose about 1% of bone density per year, after around 35 years of age. When women hit menopause, bone density starts to decrease by 10% per 5-7 years. Strength training is one of the best tools to slow the steady wave of decline.

*Women over 50 years old, keep reading.*

People who begin strength training in their 30's can maximize their peak bone density which helps slow that decline. But it is never too late. Adding load bearing exercise is always going to be helpful if you practice proper form and balance your workout time with recovery time. Even beginning a safe strength training regimen in your 50's, 60's, and 70's or beyond is incredibly beneficial for many reasons which we will discuss.

According to an article by Allison Aubrey, NPR, "Women who do strength training live longer. How much is enough?" Women who began a strength training routine saw a reduction in cardiovascular mortality by 30%. There are very few drugs or practices that can reduce mortality to that extent. In the research study, it was clear that even small doses of exercise are beneficial for everyone. Surprisingly, women need even less exercise than men to get the same longevity gains. This is due to many factors including a woman's tendency to have more capillaries and small blood vessels feeding the muscles. For example, women who did moderate intensity exercise 5x/week, reduced their risk of premature death by 24%, while men doing the same had only an 18% reduction.

People that exercise regularly become more consistent in their diet and other habits. They tend to have better quality

sleep and learn how to understand their body's signals for hunger and rest more accurately.

The biggest mistake people make is not hiring a trainer. Hiring a trainer is crucial to your success. You may only need 1-4 sessions to learn proper form and technique, or you may want to learn from a trainer for 1-3 months depending on how much experience you have and how confident you are in the gym. Regardless of experience level, everyone can benefit from hiring a trainer. Having a trained professional assess your form can be very eye opening. There are hundreds of micro adjustments that coaches are looking for to improve your strength or range of motion. For example, a trainer may point out that you hold too much tension in your shoulders while doing an overhead press and offer a different position or variation of the movement to maximize your benefits.

As a personal trainer myself, I see three other trainers throughout the week. One session is for my scoliosis and correcting poor movement patterns. One session is with a Pilates coach, holding me accountable for core and balance training. And the third session is with a trainer like me who pushes me harder than I would push myself.

*New guidelines:* Adults should try to get a minimum of 2.5 hours of moderate intensity exercise each week. Moderate intensity exercise gets your heart rate up to about 50-65% of your max heart rate, like brisk walking and strength training. Start off with 30-minute walks 5x/week, and 30-minute strength sessions 2-3x/week. The following are benefits that all people will get from adding these guidelines to your weekly routine.

1. Strength training helps protect joints. Strong muscles support your joints and decrease stiffness.
2. Building muscle burns more calories. Aerobic exercise, like running or biking, typically burns more calories in real time compared to strength training, but people who strength train consistently burn more calories over time. Having more muscle mass in your body will increase your metabolism even at rest.
3. Resistance training protects against injuries and falls. Muscle mass peaks

in our 30s, and then starts a long, slow decline. Start out by focusing on lower body exercises that work big muscle groups, improving your strength, balance, and muscular control.

4. Strength training helps control blood sugar, because muscle tissue is better at absorbing glucose than fat tissue.

5. Building muscle helps boost your mood. Many studies have proven that regular exercise increases cognition, energy levels, and serotonin levels throughout the body.

In conclusion, start moving! Going outside for a brisk walk is considered moderate intensity exercise. If you aren't very active currently, start by walking outside every day. Get into the habit of moving every day, even if it's only for 5-15 minutes. The training staff at Quest Fitness are ready to guide you through a unique strength routine that will be appropriate for your age, health status, and goals.



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# The Story Behind Mothering Sunday and Mother's Day

Article by Mother's Day page at [www.fromyoutome.com](http://www.fromyoutome.com).

The History: During the 16th century, people in the UK used to return on the 4th Sunday in Lent for a service to their



Mothers Day Church Photographed by Carol M Highsmith

church' - the main church or cathedral of the area. This was either the church where you were baptised, or the local parish church or more often the nearest cathedral. Anyone who did this was commonly said to have gone "a-mothering", although whether this term preceded the observance of Mothering Sunday is unclear.

In later times, 'Mothering Sunday' became a day when domestic servants were given a day off to visit their mother church, usually with their own mothers and other family members. It was often the only time that whole families could gather together, since on other days they were prevented by conflicting working

hours, and servants were not given free days on other occasions.

Children and young people who were given this day off so they could visit their families, would pick wild flowers along the way to place in the church or give to their mothers. Eventually, the religious tradition evolved into the Mothering Sunday secular tradition of giving gifts to mothers.

By the 1920s the custom of keeping Mothering Sunday had tended to lapse in most of Europe.

Early in the 20th Century, Anna Jarvis in the United States, held a memorial to honour her own mother and all mothers at Andrews Methodist Episcopal Church in Grafton, West Virginia. This event marked the first official observance of Mother's Day and indeed the International Mother's Day Shrine at this church has been a designated Historic Landmark in the United States. In 1914, US President Woodrow Wilson made a proclamation establishing the second Sunday of May as the official date in the US for the observance of a national day to celebrate mothers.

Inspired by Anna Jarvis's efforts, Constance Penswick-Smith created the Mothering Sunday Movement in the UK, and in 1921 she wrote a book asking for the renewal of the festival. Its wide scale revival was through the influence of American and Canadian soldiers serving abroad during World War 11. The original traditions were merged with the newly imported traditions and celebrated in the wider Catholic and secular society. UK-based merchants and retailers saw the commercial opportunity in the holiday and relentlessly promoted it in the UK and by the 1950s, it was celebrated across all the UK.

People from Ireland and the UK started celebrating Mother's Day on the same day that Mothering Sunday was celebrated, the fourth Sunday in Lent. The two celebrations have now been mixed up, and many people think that they are the same thing. Other countries in the world celebrate Mother's Day in May rather than 'Mothering Sunday'.

Either way, we wish all our best wishes to Mums, Moms, Mummys, Mamans, Mamás and Mothers every day of the year!



Happy Mother's Day to Sylvia O'Connor pictured with husband and father Jordan O'Connor of Kennebunk Power and Light, enjoying Easter with their 3 beautiful children, (left) 1 year old Ledger, 8 mo. old Quillan and 2 years old Bigelow. (3 under 3)!

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# Grillin' & Chillin'” *It’s finally time to get out the grill*

Ah, almost summer in Maine (almost!) ‘Tis the time of year when half the country comes to enjoy the cool summer breezes of the woods, lakes and ocean (at least it sometimes seems like half the country).

Even if the warmth of summer is being a bit tardy, it’s still time to heat up the grill – culinary delights “al fresco”.

However, as with most activities, there are some cautions. Grilling or barbecuing meats at high temperatures leads to the production of some chemical compounds not present in other forms of cooking. Some of these compounds are known to damage the DNA in our genes and have the risk of being “mutagens” – those things which increase the risk of developing cancer. When the proteins and the sugars that are on the meat react under high temperature, they form heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAH’s) – big words meaning “methyl-ethyl bad stuff”. In addition, the liquid fat dripping onto the flame creates smoke with lots of PAH’s which



<https://commons.wikimedia.org/w/index.php?search=k-abob&title>

coat the surface of the meat. The best solution is to use other cooking methods, if possible, but there are some easy ways to reduce the potentially harmful effects of grilling your food.

One is to marinate your meats. These preparations add more flavor and be somewhat protective at the same time. Marinades that contain acid, such as vinegar or lemon juice, are best for reducing the carcinogenic HCAs. Also note that many barbecue sauces contain sugar which increase those same HCAs – these products are best added to the

food after cooking.

Secondly, be wise when choosing your meat. Choose leaner cuts – with less fat, there will be less smoke and less exposure to PAH’s. When grilling chicken, remove the skin before cooking so as to reduce formation of HCAs.

Another good idea is to add herbs and spices to the meat before cooking. These have been shown to reduce formation of HCAs when meats are grilled. Mint, onion, turmeric, garlic, rosemary, ginger, thyme, and red chili pepper are all great choices – use them as a dry rub, mixed into ground meats, or as marinades.

Caution about over-cooking or charring. The amount of time your meat contacts the grill makes a difference. Consider using quicker-cooking proteins, like fish, shrimp, or cutting your meat into smaller pieces (meat and vegetable kabobs are a terrific solution). In order to cook the middle of the meat to

**“DOC TALK”**  
Health = balance. Balance = health

Column by: Earl R. Freeman, DO, IFMCP  
Freeman Center for Maximal Health  
[www.freemancenterhealth.com](http://www.freemancenterhealth.com)  
[efreeman.do@gmail.com](mailto:efreeman.do@gmail.com)

desired doneness, rotate the meat frequently so the surface does not get as hot, yet the center gets some cooking. If some of the meat gets charred or blackened, it is best to cut it off and dispose of it, reducing your exposure to HCAs.

Try grilling other foods. Fruits and vegetables have been shown to inhibit activity of HCAs and reduce damage caused by these compounds. What a great idea it is to use produce that is rich in antioxidants; it can be delicious when grilled. Try grilling zucchini, bell peppers, sweet potatoes, apples, peaches, pineapple, even watermelon, for tasty additions to your meal.

*It’s grillin’ season – get outside while the grillin’s good !.*

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## New hospital for exotic companion mammals



It all started with a rabbit. Her name was Hops and she was a black minilop. She belonged to Dr. Matt Ford and his wife, Amy, when they were in college.

“Hops taught us about what amazing, intelligent and entertaining pets rabbits could be,” said Amy, “and as Hops aged, we became increasingly aware of the difficulty in finding qualified veterinary care for her.”

Since that time they have talked about opening a hospital that would be specifically dedicated to the unique needs of rabbits and other often-overlooked critters. In 2022 they sold their previous hospital in Scarborough (a large cat and dog hospital that also saw some exotic pets) and built their dream facility in the Shoppers Village plaza in Kennebunk.

The Southern Maine Hospital for

Small Mammals (SMHSM) is Maine’s first hospital exclusively serving rabbits, rodents, ferrets, chinchillas and hedgehogs. SMHSM is a full service primary care hospital offering wellness and sick pet visits, a diverse array of surgical procedures, an in-house diagnostic laboratory, x-ray and ultrasound.

“We’re excited to be able to offer these underserved pets the same high quality of care that cats and dogs receive in everyday practice,” said Dr. Matt.

SMHSM is the only hospital in the state offering the vaccination for RHDV2, a lethal disease that affects wild and domesticated rabbits and hares.

The hospital opened in October 2023 and has already treated close to 400 patients. It can be reached at (207) 535-9330.

SMHSM’s official ribbon cutting will be held at 3 p.m. May 2 at the facility at 45 Portland Road, Unit 10 in Kennebunk. All are welcome.

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Column by Deidre Braley,  
Writer. Editor. Speaker

I've been experimenting this week with something I call "the power of pressing in."

The idea is simple: When you find yourself in a situation where you really don't want to do something, but you must—either because it's important or it's necessary or it's right—do it with gusto.

Now, the very reason I have had to experiment with this in the first place is that I hate doing things that are hard, uncomfortable, and boring. You?

**My inclination is to either do these tasks begrudgingly or, even more likely, to ignore and evade them until they reach a sort of fever pitch and demand my immediate attention.**

I'm the girl who waits for the third overdue notice before returning my library books. I get urgent emails about updating our health insurance and roll my eyes because I just did that last year. I shove bills between the cookbooks on the counter and forget about them. I put the baby's pacifier in his mouth at 3 AM, hoping it will buy me 10 more minutes of sleep. The kids ask me to play "monsters" with them and I say, Yes I will, just a minute, and then I busy myself with chores and hope they'll forget (they don't). I'm not proud of this. I want to be better. In some cases, I need to be better.

Procrastinating makes me feel overwhelmed and guilty (consider this my public apology to all the librarians at the Kennebunk Free Library). Unfinished business makes me anxious. And untended relationships make everyone involved feel agitated and—I fear—second-rate.

So I've been trying out this practice of "pressing in." **It's difficult because it's counterintuitive and also countercultural—our brains and bodies crave the path of least resistance, and our society tells us to "follow our bliss."** (At least, that's what my Dove chocolate wrapper said.)

But what I'm finding is that when I devote myself wholeheartedly to the very thing I've been resisting, there is often a surprising sense of satisfaction there.

**LET ME GIVE YOU AN EXAMPLE**

## IT TAKES A VILLAGE.

# The Power of Pressing In

A few months ago, all three of my children were home from school and daycare for a federal holiday. My husband had to work, which meant that I'd be home alone with all three kids for the first time since our baby had been born.

I was daunted, to say the least, and hoped that the day would pass peacefully with plenty of independent play.

The morning of, I had not even one sip of coffee before Theo was in his Halloween costume (Chase from Paw Patrol), lying on the floor in despair because he didn't have a "Pup Pack" like the real Chase, and therefore wouldn't be able to fight off all the bad guys apparently lurking in the corners of our home.

I offered him his school backpack as substitute. [Majorly offensive.]

As I walked throughout the house, trying to do basic self-care activities like putting in my contacts and using the bathroom, Chase followed me, brainstorming where he could find some scrap metal to make his own Pup Pack.

As he put his little paws under the locked bathroom door and asked where he could find a net for catching villains, I knew I had a choice to make. I could try to keep staving him off until he eventually moved on to something new (which would be exhausting for me and disastrous for everyone in need of rescue), or **I could press in.**

**So, I indulged him.** I found a box in the attic, along with some ribbon and a roll of duct tape. We covered the box in tinfoil to make it look like metal. We fastened the ribbon to the box so he could wear it like a backpack. We made a net and cellphone using an old paper bag and Sharpie.

And when the Pup Pack was done and his sister wanted something special too, we fashioned a Princess Purse together—complete with a secret pocket to hold her strawberry Chapstick and hand sanitizer.

I need to make this clear: I am not a crafty mom. This is not normal behavior for me. At the onset, I would much rather have spent that time reading quietly and sipping my coffee—alone.

But somewhere amidst all that duct tape action and the delighted chatter of my children, I found that I was actually having fun. Let's be dazzled that purse, I said to Vivian, rummaging in the junk drawer for stickers. Should we put a special button on your Pup Pack to eject the net? I asked Theo, Sharpie at the ready.

**I had pressed in, and to my surprise, the thing I hadn't wanted to do turned into the thing I was glad I'd done.**

**I have found this to be true over and over again.** When the dishes are piled high and fill me with existential dread, I've found satisfaction in submerging myself in the task, letting my hands enjoy the warm suds and bringing order out of chaos.

When I've got to write and would rather fold 6,000 loads of laundry or, I don't know, gouge my eyes out, I've cleared the kitchen table and made a cup of coffee only to find that the words were there waiting, and there was extreme pleasure and relief in bringing those to order, too.

### A BIT OF ADVICE

Pressing in is rarely easy, since it requires us to begin doing the very things we'd like to avoid at all costs. Here are two things that I have found to be helpful in my short time trying to harness "the power of pressing in:"

#### 1. Set aside any distractions

Multi-tasking is NOT your friend. I know it seems helpful, but I'm telling you: it's not. Trying to order your groceries online while breastfeeding the baby and playing checkers with your four-year-old will just lead to a soaked shirt, a toppled

checker board, and a botched Hannaford order. [Trust me—I know.]

**Just do the thing, and don't do other things.** Your brain will find a happy equilibrium, (probably relieved that it can just focus on one thing for once), and you'll experience the satisfaction of knowing that not only did you do the thing—you did it well.

#### 2. It gets easier every time

If you've never tried it before, you can't be sure it will be worth it. It feels like a gamble.

But after you've tried it once and, lo and behold! it did bring you an odd sense of satisfaction, you'll begin to trust the process. **You'll be able to start doing more hard or boring or uncomfortable things, knowing that there will be a reward for going against the grain and pressing into them.**

And before you know it? You'll be having tough conversations with your spouse, calling your wi-fi provider about that confusing bill, and laying on the floor building intricate Lego creations—and absolutely slaying in the process.

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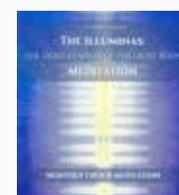
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*Tales from the Archives*

# The Children's Health Parade

**Photo credits: Kennebunk Health Parade, c.1930**

The Kennebunk Children's Health Parade was held on May Day starting in 1925 when four hundred school children marched down Main Street showing off what they had learned about health as part of Child's Health Week. The parade was named by the State Department of Health as "one of the best in the state." The last large parade for Child Health Day took place in 1930.

The idea for a Child's Health Week took form during the years immediately following World War I, there was a sharp increase in childhood malnutrition which intensified the focus on child welfare and the need for health education not only in the home, but also in schools. Various groups, like the Child Health Organization, founded in 1918, help disseminate information and supported legislation regarding child labor, public health, and food safety.

In 1920, Herbert Hoover was asked to lead the American Child Hygiene

Association. Hoover, frustrated over fragmented efforts toward child health education, orchestrated the merger of the American Child Hygiene Association with the Child Health Organization of America. The combined organization was called the American Child Health Association (ACHA), and under Hoover's leadership it undertook a nationwide campaign to improve child health.

To generate more publicity, the ACHA sought to transform May Day into Child Health Day. Health officials at the state and local level used the heightened publicity to bring attention to the ongoing problems in their local communities. Schools, churches, and other civic organizations held pageants, parades, plays and other events to raise awareness and to educate parents and children about good health. By the late 1920s, Child Health Day was celebrated in every state in the month of May.

Kennebunk's May Day was held

in conjunction with Child's Health Week organized by the Kennebunk Public Health Association. The Kennebunk Public Health Association began in 1917 when the Webhannet Club founded the District Nursing Association to care for the needs of the town's citizens. The work of the district nurse took her throughout Kennebunk, caring for new mothers, infants, seniors, children, and everyone in between. In the spirit of true community health care, the Kennebunk Public Health Association

not only offered nursing visits, but under the direction of Nurse Marion Emery in 1923, expanded to offer monthly well baby clinics and free health physicals and dental inspections for school children annually.

In a report from 1926, Miss Alice Gibson wrote that of the 468 students examined, 247 had defects with their teeth, 82 had diseased tonsils and 136 were 7% or more underweight. She quoted one little boy asking her, "Say, nurse, can I have my tonsils pulled at the same time I do my teeth? The doctor says they both have to come out."

She went on to report that they had just scratched the surface of school nursing. "To be properly done a number of hours each week should be spent in the school rooms teaching health habits and doing follow up work. It requires many home visits to impress up on parents the importance of positive health for these growing boys and girls and to secure correction of defects. We look forward to the time when Kennebunk will have a full-time school nurse on the teaching staff."



Column by: Leanne Hayden  
Collections Manager  
BRICK STORE MUSEUM

In May 1925, as part of a national effort to improve children's health the Kennebunk Public Health Association began organizing a Child's Health Week which included movies at the Acme theater, lectures children's entertainment at the High School assembly hall, and for several years it included a health parade. It was a grand spectacle that featured the May King and Queen, the Boy and Girl Scouts, Red Cross nurses, and ponies. The highlight of each parade was the work done by the children to decorate their doll carriages, kiddie cars, bicycles, and tricycles. Prizes were given for the best decorated and the best costumes. The parade would begin on Dane Street, down Main, Grove and finally end at Parsons Field on Park Street.

Nursing work increased through the 1930s so that extra help was hired. The Ford coupe driven by Nurse Gibson traveled over 10,000 miles a year. Through the 1940s, children's physicals continued, and baby clinics increased from monthly to weekly meetings. Nurse Gibson offered nutrition classes to undernourished children and families. The Association moved its office from Main Street to 10 Storer Street in 1950 for larger accommodation. The Kennebunk Public Health Association went on to care for Kennebunk's residents well into the 2000s. In 1987, the word "Public" was dropped from the Association's name, to become Kennebunk Health Services. In 1996, the organization became affiliated with Southern Maine Health and Homecare Services, to cover all of York County. •



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By: Shelley Wigglesworth, Lead Writer, & Maine Master Gardener

April showers bring May flowers! Crocus, Daffodils, Snowdrops, and Tulips have been emerging indicating the Maine garden season is upon us! Maine Master Gardeners recommended planting in mid-Spring for most outdoor plants, typically two weeks before the average last frost date, when soil and sun are warm. To prepare for your 2024 garden, we have put together the following gardening projects and tips, each with 5 easy steps and suggestions for gardening success.

- General Gardening Tips
- Square foot Vegetable Gardening
- Easy Vegetables to Grow
- Kitchen Gardens
- Pollinator Gardens
- Gardens to Deter Pests
- Shade Gardens
- Night/Moon Gardens
- Enjoying a Garden without Planting One

**FIVE GENERAL GARDENING TIPS:**

1. Invest in good tools and take care of them. A medium sized garden shovel, hand trowel, pruner, garden fork and a wheelbarrow are basic pieces of equipment that will be frequently used for most gardening projects. Keep your tools in excellent working order by thoroughly cleaning and inspecting tools at the beginning and end of the growing season. Tighten screws, oil wheels and crevices

and provide any other needed maintenance during these times. It is also important to store tools in a potting shed or other sheltered area when not in use.

2. Know your soil. Soil tests are a good idea before planting. For a modest fee, your state university's Master Gardener program will provide soil test kits with directions for soil collection. After collecting a small portion of your soil, simply mail it back to the university for analysis in a pre-paid, pre-printed box. Soil test results will be mailed back to you—usually within a few weeks. Soil testing will indicate how much sand, silt, and clay is contained in the earth where you plan to garden. When you know what your soil lacks before you start planting, amendments to the soil can be made to ensure optimum growing potential.

3. To create a simple and healthy soil mixture for growing a variety of plants, combine 4 parts gardening soil with 1 part compost, 1/4 part peat moss, and 1/4 part vermiculite or perlite and mix well.

4. Plant manageable gardens. A small garden can be just as beautiful, fruitful, and enjoyable as a large garden. Plant vegetables and flowers that you enjoy, love, and know you will use.

5. Don't give up. Gardening is a constant lesson. If something isn't working, investigate, learn, and try again.

**FIVE EASY STEPS FOR A SQUARE FOOT VEGETABLE GARDEN:**

Square-foot gardening is a way for garden-

ers to grow a variety of veggies in small areas such as in a raised bed garden.

1. Begin with a 4' X 4' or larger raised bed filled with rich soil.
2. Measure and mark off 12-inch sections along each side of the raised bed walls.
3. Hammer a small nail into each 12-inch marked point around all sides of the raised bed.
4. Using string or twine tie off each section nail-by-nail, forming a tight grid of 12-inch squares with string. Make sure the string is taut.
5. Plant seeds, seedlings, or herbs of your choice in each square according to the directions on the packages.

**FIVE EASY VEGETABLES TO GROW:**

It's always good to select the top 5 vegetables you love to eat, share, and will use. The following veggies are easy to grow in Maine. Don't forget to offer any abundance of fresh vegetables you may grow to your local soup kitchen or food bank. Five easy vegetables to grow are: salad greens, carrots, cucumbers, radishes, and bell peppers.

**FIVE EASY TIPS FOR CREATING A KITCHEN GARDEN:**

A kitchen garden is a small garden within direct reach of your kitchen that allows for easy access to popular fresh herbs and veggies for meals during the growing season. Kitchen gardens can also be container gardens.

1. Find a sunny spot and divide your kitchen garden plot into separate sections or fill 5 separate containers for each plant.

2. Plant either seeds or seedlings according to directions on the label.
3. Water daily and keep the bed aerated by poking holes in the soil throughout the bed or c container.
4. Suggested easy choices for kitchen garden plants: Tomatoes, Garden greens, Basil, Cucumber, Mint.

**FIVE IDEAS FOR THEMED KITCHEN GARDENS:**

Italian Kitchen Garden (Basil, Tomato, Oregano, Rosemary.) Mint Garden (Spearmint, Peppermint, Lemon mint) great for lemonade, iced tea, desserts, garnish, and summer cocktails and mocktails. Staked Garden (Tomato, beans, cucumbers, squash, vine vegetables.) Herb Garden (Oregano, Dill, Mint, Sage, Rosemary, Parsley.)

**FIVE FLOWERS TO ATTRACT BEES AND POLLINATORS TO YOUR GARDENS:**

The following essential standard flower garden beauties are not only easy to grow and pleasing to the senses they will also attract beneficial bees, and other pollinators.

- Black-Eyed Susan
- Beach Roses (Rosa Rugosa)
- Sunflower
- Zinnia and Marigolds
- Bee Balm

**FIVE WEEDS THAT ATTRACT BEES AND POLLINATORS:**

*Continue to page 17*

## A Village Gardening Guide- *April showers bring May flowers!*

Continued from page 16

Dandelion  
Clover  
Goldenrod  
Queen Anne's Lace  
Milkweed weed

Keep the pollinating weeds! Dandelion, Clover, Goldenrod, Queen Anne's Lace, Milkweed etc. are commonly referred to as weeds, though it is important to note all weeds are actually wildflowers and serve a purpose in the ecosystem and native habitats by being a crucial food and shelter source for bees, butterflies, and other pollinators.

### FIVE PLANTS THAT REPEL GARDEN PESTS:

Marigolds repel mosquitoes, black flies, rabbits, and deer. Marigolds work well when planted near tomatoes to help to repel tomato horn worms.

Chives will discourage certain flies, aphids, and Japanese beetles.

Lavender is said to discourage moles from infesting lawns and gardens.

Catnip is a natural mosquito repellent and a fun treat to entertain cats when dried.

Basil is one of the best mosquito-repelling plants as basil oil is toxic to mosquito larvae.

### FIVE PLANT PICKS FOR SHADE GARDENS

Ferns are naturally very disease and pest resistant and require little care.

Lily of the Valley, these shade-loving plants only flower for a few weeks early in the season, they are well worth the effort. The small, fragrant, white, bell-shaped flowers are dainty and a seasonal delight.

Creeping Myrtle is a groundcover plant which produces small green leaves that resemble ivy with little blue flowers. Fast growing and hardy, it thrives in almost all soil types.

Bleeding Hearts, this Victorian favorite resembles hearts hanging from vine leaves when in bloom.

Hosta, these traditional shade-loving plants come in a variety of sizes and hues — including variegated species.

### FIVE GREAT NIGHT/MOON GARDEN PLANTS:

Night/moon gardens are becoming a popular way to enjoy your summer garden long after the sun sets. On clear nights, under the stars, the glow from the moon will illuminate and reflect on the following plants and night blooming flowers.

White Rose Bush, continually blooming throughout the season, the white rose is a standard night garden component.

White Jasmine, a fragrant flowering and

climbing plant, this plant is great for trellis areas, walls, or garden sculptures.

Lily of the Valley, blooming only in spring, the fragrance and delicate bells add an air of whimsy.

Moonflower (also known as Evening White Rose Bush, continually blooming throughout the season, the white rose is a standard night garden component.



**Bleeding Heart Plant:** great for adding a pop of color to shade gardens.

White Jasmine, a fragrant flowering and climbing plant, this plant is great for trellis areas, walls, or garden sculptures.

Lily of the Valley, blooming only in spring, the fragrance and delicate bells add an air of whimsy.

Moonflower (also known as Evening Glory) is a night-blooming plant with large, fragrant white flowers that also attract moths and bats for pollination.

White petunias, this annual plant can be used throughout a shade garden as accents.

White petunias, this annual plant can be used throughout a shade garden as accents.

### FIVE WAYS TO ENJOY GARDENS WITHOUT PLANTING ONE:

If gardening isn't your cup of tea, there are always ways to enjoy the benefits that a garden provides without being a gardener or planting your own.

1. Be sure to incorporate fresh garden veggies, plants, and flowers into your everyday life by purchasing, cooking and eating locally grown vegetables, fruits, and herbs.

2. Shop and visit Farmers Markets, farm stands, and local nurseries and garden centers whenever possible.

3. Join a farm share program where locally grown food is allotted during growing seasons to members.

4. Pick seasonal berries and vegetables at farms that offer Pick-Your-Own experiences. Strawberries, blueberries, pumpkins, and apples can be picked in season from local farms such as Spillers, and Mac-



**Pollinator Gardens:** a beautiful way to attract bees, butterflies and beneficial pollinating insects to your landscape.



**Veggies-Square foot vegetable gardens** can produce a bounty of food for your needs.



**Night Garden:** Choose plants and flowers that are white, light in color, or silvery for an effective night garden.

Dougal Orchards.

5. Explore open public gardens such as The Kennebunk Free Library Fairy Garden, Ganny's Garden on the River Green

in Kennebunkport, the Kennebunkport Conservation Trust Gardens at Trust Headquarters on Gravelly Brook Road, and the St. Anthony's Franciscan Monastery Gardens on Beach Avenue. ←

# How Would You Like Your DINOSAUR?

I am recalling from Carolyn Chutes' 1985 book, *The Beans of Egypt, Maine*, a line which expressed the hardpan life of that rural, out-of-the-way community. In response to what must have been a question about the selection of meat which appeared on the family table, the answer was short and swift leaving little space for misinterpretation: If it moves, shoot it; if it drops, eat it. In the quiet space which must surely have followed that bit of instruction, I couldn't help but wonder about the manner of preparation...or did one, on the spot where it dropped, simply bite the critter once its heart had stopped beating.

Curiously, that question, or one very much like it, arose one morning in the local hair salon while I was waiting for my wife who, at that very moment, was deep in conversation with the woman who was cutting her hair.

I was left to occupy my time in the shop's small reception area where there was a low table normally covered over with a variety of women's magazines: a mix of hair styles, fashion, and the latest diet promotions. Of the three, I found those selling diets especially entertaining, if only for their competitive spirit. Some promised astounding results with pills; other's promised to get into the heads of readers rooting out the triggers responsible for all the extra pounds—and there were others, bless their hearts, whose headlines relied on what every American wants most: fast results. How about this: Lose 80 Pounds in Just 3 Days Without Exercise (an exaggeration, to be sure, but the point is valid).

But that is not the point of this story.

When I took my seat in the salon's waiting area and started to look through the current offerings, much to my surprise, the entire table was covered with back issues of *Popular Mechanics* magazine. I mean totally—there wasn't a hair style or designer outfit to be seen...not so much as a peek at the latest pounds-by-the-minute diet. I have to admit it gave me kind of a naked feeling to suspect that I couldn't be trusted in a hair salon

without something decidedly "masculine" to keep my mind and hands busy. (My God, I thought, is there sexism everywhere?)

But here's the really interesting part. Amidst all the stories about projects and tools for any man who spends his weekends in the garage, there was a spunky piece about dinosaurs: how best to prepare them for the evening meal.

In *Popular Mechanics*, you ask? Could they be mechanical dinosaurs, you ask further? Those are both worthy questions. Sadly, however, the answer is "no" on both counts. These are real live (well, actually long dead) members of the sprawling Mesozoic Age of Dinosaurs. As long as we're talking about cooking, a note of caution might be appropriate here: I'm thinking there must be some way to measure how long the meat of such critters can be left unrefrigerated before it spoils...but that was beyond the scope of this article. So let us assume, since there is no mention of refrigeration that "fresh from the dig" is a reliable tip of the hat to safety.

Nor is the leader of the pack some backwoods dude just back from a road-kill jamboree. No, sir! This is a real bit of cookery, culinary artistry, you might say, led by celebrity chef Sohla Wayly who appears on the History channel where she tests famous historic recipes—or, one supposes, flaying and filleting the beasts of long ago.

For the purpose of this article, she chose four critters whose lineage is somewhat more modest than their mesozoic relatives, to wit: Columbian Mammoth, Harlan's Ground Sloth, Giant short-faced bear and Merriam's Teratorn—each of which is reputed to have been roaming the earth as recently as 12,000 years ago.

Some members of the mammoth family are said to have weighed up to 20,000 pounds, so a single chop may suffice—more than likely, for the whole neighborhood. Ms. Wayly, however, suggests that you buy the whole mammoth, and roll it (after gutting and skinning, of course) into a pit followed by a good dousing with a barbacoa marinade. That done, light a fire over it and

cook it from the top down. Cooking time: roughly three weeks for rare.

For the sloth, she recommends skewering: remove the tendons and grill the muscles over hot coals with a soy sauce reduction to ensure a well-charred crust. Note: concrete reinforcement rods are suggested for the skewer.

Still looking for just the right palate pleaser? Maybe the short-faced bear is for you. This little fellow, on his hind legs, stood between 12 and 14 feet and, more than likely was riddled with trichinella parasites, so cook thoroughly: five to seven weeks over medium high heat. Prior to this, however, it is best to soak the carcass in a salt and pepper brine, and smoke it for at least a day.

Last but not least comes the majestic teratorn, the once and forever proud ancestor of the modern day chicken (perhaps, but not likely). This rascal had a wingspan of up 13 feet and is thought



John Forssen, Guest writer

to have fed on small rodents and fish or, like vultures, the rotting hindquarters of anything caught sleeping out in the open. Ms. Wayly suggests, given its size, it is best to break it into manageable parts and cook each separately. Brined and thoroughly floured, this fellow is now ready for the fry-o-lator, deep-fried with a few of Colonel Sanders' secret spices.

Who could ask for more?

On the off-chance that anyone reading this piece is inspired to fetch one of these beasts for the Sunday table, other instructions notwithstanding, it is suggested, as a minimum, that you fill your swimming pool with a strong marinade, mixed perhaps with kerosene; then weight the beast to ensure total submersion, and go on a short cruise while it 'cures'—say, 10 to 14 weeks•



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# UNE Environmental Studies Students Work to Eradicate Invasive Species at Meadow Woods Preserve



Group photo: Back row: Stella, Ally, Judy, K, Barbara. Front row: Juliann, Kate, Dani, Bella.

By: Shelley Wigglesworth, Lead writer

Environmental Studies Senior Capstone students from Dr. Pam Morgan's class at UNE have been working with Ward Feurt, KCT Meadow Woods Preserve Executive Committee member, to eradicate invasive Mugwort plants at Meadow Woods Preserve.

The invasive plant was first identified in the Patsy Bray Mahoney Pollinator Meadows portion of Meadow Woods Preserve last year, and a plan to remove and prevent future spread was immediately initiated by the Trust with Feurt, Morgan and the Capstone class taking on the task.

"The study group was assigned to the Patsy Bray Mahoney Pollinator Meadow to develop an invasive plant plan, make a story map focusing on the pollinator fields, and hold field periods," Feurt said.

The UNE students, along with volunteers from the community have been at the preserve at various times throughout April working together removing the invasive vegetation.

Mugwort is a perennial plant native to Europe and parts of Asia and Africa. It is a shallow rooted plant with tall, brush foliage. If left alone,



Kate stands next to a mugwort invasive plant.

the invasive species quickly chokes out native species.

"Mugwort spreads primarily through rhizomes, which are underground root trailing systems. The presence of the tiniest rhizome can quickly lead to a takeover, suffocating surrounding plants," UNE student Kate Ganley explained. UNE student Juliann Lapierre added "Mugwort plants do produce seeds, but propagation by seed in this region is not likely to occur."

"We believe Mugwort may have unknowingly been introduced to the meadow by contaminated topsoil. By addressing this now, we are nipping the problem in the bud so to speak,"



Julie Ann shows roots of the invasive mugwort.

UNE student Bella St. George said.

Removal consists of gently pulling the plant by the stalk, shaking excess soil from the roots, and removing any surrounding root trails and shoots before taking the plants from the property to destroy.

"Our goal is to monitor the field and

control the spread to the point where it is manageable," Lapierre said.

Re-planting of native species where the Mugwort was removed will take place later this spring.

FMI about Meadow Woods Preserve: [www.kporttrust.org/meadow-woods](http://www.kporttrust.org/meadow-woods)

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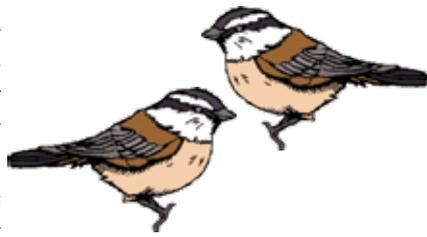
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# Get Your Yard Ready for SUMMER BIRD FEEDING

Summer is a great time to enjoy a wide variety of backyard birds. You can awaken each morning to their cheerful songs and watch as they build their nests and raise their young!

To achieve the fullest from this time of year, create a song bird friendly yard. Start with a good bird feeder filled with a high quality seed. If waste is a concern, try a shelled sunflower seed which will leave nothing behind.

Summer bird feeding is important to the survival of adult and new born birds. A reliable high quality food source, like your feeder, enables parents to better protect and provide for their hatchlings. Adults that must travel far and search long for good food sources may miss an opportunity to chase off a predator. Also, studies have shown that sites with bird feeders have a larger, healthier bird population that will eat more insects overall and may help to reduce the need



for pesticide use.

You don't need to let pesky, determined squirrels ruin your bird watching experience. There are a number of well made and effective squirrel-proof feeders available. The best work by the squirrel's own weight closing food access. Another method to ban them from your feeders means using a squirrel baffle that, when properly placed, can make even the boldest squirrel give up and stay on the ground!

Once the food is available next thing to add is a water source. Bird baths and fountains will add life and to your garden and provide a clean water source for birds to drink and bathe.

If space allows, providing a bird-

house or nest box can encourage birds like bluebirds, tree swallows, chickadees and wrens to nest nearby. Once you witness a mother bird bringing her young ones to your feeder or bird bath, you will be looking to add more bird dwelling options!

Creating a summer songbird environment will help to sustain and strengthen the birds while they nest and rear their young. You will have the opportunity to see and hear so many different types of birds in your very own backyard.

For more information please visit: NATURES GIFTS A SPECIALTY SHOP FOR BIRD LOVERS AND MORE! A specialty retail shop featuring high quality wild bird feeders, houses and seed.

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## Upcoming Events

**American Legion Post 159, 102,,** 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

**Bags, Baubles & Bubbly Returns: Kennebunk's Shopping Extravaganza** Bags, Baubles & Bubbly is back! The Center will once again be hosting the shopping event of the Spring on June 6th and 7th. Bags, Baubles and Bubbly offers a large inventory of designer handbags, upscale jewelry and trendy accessories at steeply discounted prices. Tickets will go on sale May 1st and can be purchased online at [www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org), or by visiting the Center at 175 Port Road, Kennebunk. Be among the first to see the inventory! A limited number of VIP tickets are \$50 include early access to shop the sale before it opens to the public, and a special VIP swag bag. Shop the VIP sale on June 6th from 4:00pm to 7:00pm while you enjoy nibbles and bubbly. General admission tickets for Friday, June 7th are \$20 and include access to the sale from 10:00 am to 2:00 pm. Bags Baubles and Bubbly will be held at the Center, 175 Port Road, in the Lower Village, Kennebunk. This event is a fundraiser for the Center with proceeds going towards its mission to be a welcoming meeting place for adults 50 and older to explore their interest through engaging programs, social connections, and volunteer opportunities that strengthen the community.

**Wells Fire Museum.** 1358 Branch Road. Wells Open: May



through early October Hours: **Mon 5 - 8 PM Wed 12 - 3 PM. Sat 10 AM to 2 PM Special Occasions, call 207 337 1853 No Charge Donations appreciated**

**Church on the Cape to provide 5 Paid Summer Camp Scholarships** offering 5 fully paid Camp Mechuwana scholarships for interested students in grades 4-12. Scholarships for family camp programs and special needs campers are also available. Applicants do not need to be church members to apply and there are no income requirements to be met. Camp Mechuwana is a United Methodist Church camp in Winthrop, ME which has been welcoming campers of all socio-economic and religious backgrounds for the past 75 years. Located on more than 200 acres of forest land bordering Lower Narrows Pond and Lake Annabessacook in Winthrop, within a Christian setting. FMI on Church on the Cape: FMI on COTC: [www.churchonthecape.org/](http://www.churchonthecape.org/) FMI about applying for a scholarship, email Diane Hutchins at: [dianeanderik@yahoo.com](mailto:dianeanderik@yahoo.com)

**Exceptional musicians to perform in Kennebunk** Violinist Patrick Doane and pianist Andrius Žlabys will perform in Kennebunk on Friday, May 10th at 7 p.m. at the First Parish Unitarian Universalist Church. These two stellar musicians are also composers. They will perform their own works in addition to music by Prokofiev and Brahms. Dr. Patrick Doane, a Kennebunk native, has served as concertmaster and soloist with numerous orchestras, and has performed many recitals throughout the Northeast. He regularly plays with the New Haven, Hartford, and Harrisburg Symphony Orchestras. Doane received his Bachelor's and Master's degrees from Juilliard, and recently received his Doctorate degree from The Graduate Center CUNY in New York City. Patrick has been described as a "compelling violinist" by the New York Times. The New Haven Independent writes, "His virtuosic playing and obvious

command of his instrument was always in service of grand, thrilling musical gestures." Patrick began violin studies at age 6 at River Tree Arts in Kennebunk and he is delighted to be returning home to Maine for this concert. Andrius Žlabys, piano, is a Grammy-nominated artist who has received international acclaim for his appearances with many of the world's leading orchestras, including the New York Philharmonic, Boston Symphony Orchestra, Cleveland Orchestra, and Rotterdam Symphony. He is a featured soloist on the 2013 album "Between Two Waves," released on ECM in collaboration with Gidon Kremer and Kremerata Baltica. Born in Lithuania and trained at the Curtis Institute of Music, Žlabys was just 18 years old when the Chicago Tribune wrote: "Pianist-composer Andrius Žlabys is one of the most gifted young keyboard artists to emerge in years." Doors will open at 6:30 for this 7 p.m. concert. A \$25 donation will be accepted at the door. To view the concert via online broadcast, please register at: [www.uukennebunk.org/piano-concert](http://www.uukennebunk.org/piano-concert)

**Friends of Hope Cemetery & Woods** is pleased to announce the schedule for Walks with a Maine Naturalist in beautiful Hope Woods. Join us at the trailhead Saturday, May 18 at 10:00 a.m. or Sunday, June 16 at 1:00 p.m. for a pleasurable and informative walk on our accessible trail. To register or to get more information, please email [friendsofhw@gmail.com](mailto:friendsofhw@gmail.com) or call 207-387-9100. More walks will be scheduled through November.

## 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. It is a great way to get to know who lives in your neighborhood 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, YouTube anytime, or watch them on the Town of Kennebunkport's local access channels 2 & 1301.

**Wednesdays at 7 PM. Portside Readers.** Who does not like listening to a story? Listen to stories, poems, tales, essays, drama, songs, and more by the Portside Readers, a small group of local actors, writers, and book club members who to share the joys of reading and listening. Tune in Wednesday evenings at 7 PM on the Louis T. Graves Memorial Public Library's Facebook page, YouTube anytime, or watch them on the Town of Kennebunkport's local access channels 2 and 1301.

**Friday, May 3, 10 AM. Fabulous Friday Family Story Time** is in the Community Room every Friday at 10 AM. This exciting program takes place every Friday at 10 AM in the Community Room and features engaging stories, songs, instruments, and bubbles that are sure to delight children of all ages. After story time, be sure to stop at our hands-on stations, which are always open. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. FMI, call 967-2778 and ask for the Junior Room or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Friday, May 3, 10:45 AM. NEW!** Stay and Play. Looking for a fun and educational activity for your kids? A one-hour playtime for children and caregivers to engage in educational toys, promoting socialization and engagement. Try our Puzzle Cubes, View-Master, Coloring Crafts, Photo Booth, I Spy Terrarium, and more! 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 [www.graveslibrary.org](http://www.graveslibrary.org).

**Saturday, May 4, 9 AM. On the Nightstand** Book

Discussion Group. Please join us on Saturday at 9:00 AM 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 currently on your nightstand. During the hour, we will share what we are reading and create a list for others to explore. We hope to see you here. Public Library is located at 18 Maine Street, Kennebunkport. FMI call 967-2778 or our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Saturday, May 4, 10 AM. NEW! Super Saturday.** Spend your Saturday morning in the Junior Room at the Library! We'll have craft-to-go, games, puzzles, hands-on stations, and more! And don't forget to try out the themed Scavenger Hunt for a chance to win a prize. This month's theme will be "May the Fourth be with You". You can take home a Star Wars origami craft. 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 [www.graveslibrary.org](http://www.graveslibrary.org).

**Tue, May 7, 11:15 AM. Technology Class.** Are you considering taking a technology class but wondering if it is worth your time and effort? Look no further! This class will explore spotting misinformation online. Whether new to computers or looking to improve 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).

**Wed, May 8, 5:30 PM. Planting for Climate Resilience.** Together with our Friends of Rachel Carson National Wildlife Refuge, we are very excited to be hosting members of the Wild Seed Project. In addition to helping to sustain vital pollinators, birds, and other wildlife, native plantings offer countless other benefits that are indispensable in the age of climate change. When created and maintained with ecologically attuned landscaping practices, they can minimize flooding and storm water runoff, shade and cool cities, survive droughts, and facilitate carbon storage more effectively than the landscapes dominated by turf and mulch that blanket so many of our communities. Andrea Berry from the Wild Seed Project will talk about the actions you can take to make your corner of the world more biodiverse and resilient to the effects of climate change. Andrea joined Wild Seed Project as the organization's Executive Director in 2021. She also serves on the Board of Directors at Momentum Conservation and Resources for Organizing and Social Change. Copies of the publication "Planting for Climate Resilience" will be available for sale. The Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Thurs, May 9, 9:45 AM. Morning Book Group.** "The Personal Librarian" by Marie Benedict and Victoria Christopher 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).

**Fri, May 10, 10 AM. Fabulous Friday Family Story Time** is in the Community Room every Friday at 10 AM. This exciting program takes place every Friday at 10 AM in the Community Room and features engaging stories, songs, instruments, and bubbles that are sure to delight children of all ages. After story time, be sure to stop at our hands-on stations, which are always open. 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 [www.graveslibrary.org](http://www.graveslibrary.org).

**Fri, May 10, 11 AM. Stay and Play.** Looking for a fun and educational activity for your kids? A one-hour playtime for children and caregivers to engage in educational toys, promoting socialization and engagement. Try our Puzzle Cubes, View-Master, Coloring Crafts, Photo Booth, I Spy Terrarium, and more! 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 [www.graveslibrary.org](http://www.graveslibrary.org).

**Sat, May 11, 2 PM. Author Gigi Georges.** The Patsy Bray Mahoney Lecture Series Presents Gigi Georges, Ph.D. Ms. Georges 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 taught political science at Boston College, served as a Program Director for the Harvard Kennedy School, and 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 be available for sale and signing after the event. The Graves Library Snack Team will provide light refreshments. Parking is available along Maine Street, the North Street Fire Station Parking Lot, and Consolidated School (Route 9). Please enter through the white door in the Parking Lot. The Public Library is at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thurs, May 16, 3 PM. Write On!** Enjoy putting pen to paper with your thoughts and stories. Join us for a different kind of writing group. We will discuss our findings, share our writing, and learn about our unique inner talents when we meet! 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).

**Thurs May 16, 5 PM. Wine Tasting & Summer Painting Raffle Kickoff.** Join us on Thursday, May 16, at 5:00 p.m. for a very special wine tasting and unveiling of an original Ellen Granter painting to be raffled off in September. Local wine experts Lani Dietz and Betsy Ross will guide us through the program with ideas, pairings, and educational tidbits about the selected wines from around the globe. A suggested donation for this program is \$25 pp. Please call the Library at 967-2778 to register, as space is limited. One hundred percent of the proceeds will benefit Graves Library. You Won't Want to Miss it! 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).

**Fri, May 17, 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).

Continued to next page

**Fri, May 17, 11 AM. Stay and Play.** Looking for a fun and educational activity for your kids? A one-hour playtime for children and caregivers to engage in educational toys, promoting socialization and engagement. Try our Puzzle Cubes, View-Master, Coloring Crafts, Photo Booth, I Spy Terrarium, and more! 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 [www.graveslibrary.org](http://www.graveslibrary.org).

**Sat, May 18, 2 PM. Authors Carl & David Little.** The Patsy Bray Mahoney Lecture Series Presents Carl and David Little. For "Art of Penobscot Bay" brothers David and Carl Little, well-known stewards of Maine art, have selected art and artists from history and today that celebrate the myriad of inlets, islands, coves, and peninsulas—the "nooks and corners" of the region. Above all, they sought art infused with a remarkable representation of place by more than 120 artists who have embraced the area and its people. "Art of Penobscot Bay" includes artists from the 19th century through the 21st century, including Fitz Henry Lane, Waldo Peirce, Edward Hopper, William Zorach, John Marin, Emily Muir, Greta Van Campen, Alex Katz, Eric Hopkins, and Amy Peters Wood. The art takes readers on a wondrous visual journey around, across, and through a breathtaking bay. Copies of the book will be available for sale and signing after the event. The Graves Library Snack Team will provide light refreshments. Parking is available along Maine Street, the North Street Fire Station Parking Lot, and Consolidated School (Route 9). Please enter through the white door in the Parking Lot. FMI, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tue, May 21, 3:15 PM. Lego Club.** Imagine, create, build! Bring your imagination for an hour of fun. A group building challenge and game will follow unstructured build time. 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).

**Wed, May 22, 1 PM. Cricut for Beginners.** This class lets adults improve their skills with Cricut guide Marina, who will teach the basics of crafting with a Cricut paper-cutting machine. Space is limited, and pre-registration is required. This class is for adults only. 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).

**Thurs May 23, 6 PM. Local Author Albert Waitt.** We hope you join us for a very special visit with our friend and local author, Albert Waitt, right here at Graves Library. Mr. Waitt will be reading from his new book — "Flood Tide" an LT Nichols mystery. Copies of the book will be for sale. Supporting our local authors is very important to us. We hope to see you here! The Louis T. Graves Memorial Public Library is at 18 Maine Street, Kennebunkport. FMI please call 967-2778 or our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Fri, May 24, 10 AM. Fabulous Friday Family Story Time** is in the Community Room every Friday at 10 AM. This exciting program takes place every Friday at 10 AM in the Community Room and features engaging stories, songs, instruments, and bubbles that are sure to delight children of all ages. After story time, be sure to stop at our hands-on stations, which are always open. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. FMI, please call 967-2778 and ask for the Junior Room or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Fri, May 24, 11 AM. Stay and Play.** Looking for a fun and

educational activity for your kids? A one-hour playtime for children and caregivers to engage in educational toys, promoting socialization and engagement. Try our Puzzle Cubes, View-Master, Coloring Crafts, Photo Booth, I Spy Terrarium, and more! 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 [www.graveslibrary.org](http://www.graveslibrary.org).

**Wed, May 29, 5:30 PM. Mark Jones Photography.** Photography show with Shutterbugs 4 Charity a 501c3 nonprofit organized in 2019 by a group of diverse individuals who are focused on "Inspiring A Better World through the Lens." By sharing impactful images and stories that catch the eyes and hearts of the community, we hope to organize support for charitable initiatives and nonprofit work dedicated to improving the world around us. 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).

**Thur, May 30, 5 PM. Evening Book Group.** For May, the group is reading "Spring Rain: A Life Lived in Garden" by Marc Hamer. 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).

**Thur, May 30, 6:45 PM. Monthly Movie Night.** Join us for our monthly movie night. This will be the last one until Fall. Light refreshments will be served. 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).

**Fri, May 31, 10 AM. Fabulous Friday Family Story Time** is in the Community Room every Friday at 10 AM. This exciting program takes place every Friday at 10 AM in the Community Room and features engaging stories, songs, instruments, and bubbles that are sure to delight children of all ages. After story time, be sure to stop at our hands-on stations, which are always open. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. FMI please call 967-2778 and ask for the Junior Room or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Fri, May 31, 11 AM. Stay and Play.** Looking for a fun and educational activity for your kids? A one-hour playtime for children and caregivers to engage in educational toys, promoting socialization and engagement. Try our Puzzle Cubes, View-Master, Coloring Crafts, Photo Booth, I Spy Terrarium, and more! 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 [www.graveslibrary.org](http://www.graveslibrary.org).

**LIBRARY CLOSURES:** The Graves Library will be closed May 25 – 27 for the Memorial Day Holiday.

**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 themed Scavenger Hunt and win a prize! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. FMI, 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 for 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 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 [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 for \$20 each. Embroidered specially for us by Charlie Horse in Arundel.

**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. This two-volume set contains hundreds of images, maps, photos, charts, and stories. 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 seven 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, Coastal Botanical Gardens, and new this year Strawberry Banke. Please call us at 207-967-2778 to reserve a pass for a particular day (some passes are seasonal).

**Tech Help** - Did you know you can ask for technology help anytime during Library hours? We are always here to help! FMI, please call 967-2778 or v at [www.graveslibrary.org](http://www.graveslibrary.org).

## Wells Reserve

**Sat, May 4, 8-10am** Early Spring Migration Bird Walk. Join naturalist, ornithologist, and Bowdoin College Professor Emeritus, Nat Wheelwright, on a nature walk to explore springtime birds at the Reserve. Spring is a wonderful time to learn about birds, as migrants return and males begin to sing in earnest, defending their territories and attracting mates. With practice, you'll learn to recognize different species by their songs, calls, and distinct behaviors. Rain date: May 5. \$8/\$6. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or (207) 646-1555 x116. [www.wellsreserve.org/calendar](http://www.wellsreserve.org/calendar).

**Sat, May 4, 1:00pm – 3:30pm** Of Cows and Crabs – the Evolution of the Wells Reserve at Laudholm. Delve into the sto-

ries of what these historic buildings were and are today! This walk is part of the global Jane's Walk festival. Free. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or (207) 646-1555 x110. [www.maine Preservation.org/janes-walk-me](http://www.maine Preservation.org/janes-walk-me) and [wellsreserve.org/calendar](http://www.wellsreserve.org/calendar).

**Tue May 7 thru Tue, June 25, 8-9:15am (virtual & on site)** Morning Yoga. Begin your day with a gentle Hatha yoga class designed to increase your strength, flexibility, endurance, focus, and concentration. These all-level classes are small enough that personal attention can be given to each student, whether a beginner or more advanced. Please note: This is an 8-week Tuesday morning series. **Classes on May 7, May 14, and June 18 will be held virtually via Zoom. Classes on May 21 and 28, and June 4, 11, and 25 will be held both in-person in Mather Auditorium, and virtually on Zoom.** Class is ongoing and participants can join mid-series. Participants will need to bring a yoga mat for class. 8-week series: \$96/\$80. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or (207) 646-1555 x116. [www.wellsreserve.org/calendar](http://www.wellsreserve.org/calendar).

**Sat May 11, 7:30-9:30am** Bird Walk. Join York County Audubon birders every other Saturday this summer, May 11-August 3, for a guided bird walk around the Reserve property. Beginners are welcome. Please bring binoculars if you have them. Free. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or (207) 646-1555 x116. [www.wellsreserve.org/calendar](http://www.wellsreserve.org/calendar).

**Wed May 15, 11am-2pm** Saco Heath in Flower. Explore the springtime blooms of Saco Heath with naturalist Roland "Boot" Boutwell, a freelance itinerant naturalist. Saco Heath is the most southerly raised bog in Eastern North America. This 1,233 acre sanctuary, managed by The Nature Conservancy, features a woodland trail leading to a boardwalk which passes through the heath's varied plant communities. Rain date: May 17. Suggested donation: \$10/person. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or (207) 646-1555 x116. [www.wellsreserve.org/calendar](http://www.wellsreserve.org/calendar).

**Wed, May 15, 2024, 7:00pm – 8:30pm** Tradeoffs: Of Powerlines and People, Maine and the New England Clean Energy Connect. An evening of Q&A with former "CMP Corridor" CEO Thorn Dickinson. Experts agree that solving the climate crisis can't happen without enhancing America's electrical grid, and yet a billion-dollar project, the New England Clean Energy Connect (NECEC aka "the CMP Corridor"), was almost canceled by Maine voters. It's under construction now, but it almost wasn't. Why? What was the real story? What were the true pros and cons of this massive electrical infrastructure project? [www.wellsreserve.org/calendar](http://www.wellsreserve.org/calendar).

**Saturday, May 18, 10am-12pm** Wabanaki Wonderings. We will gather inside the Visitor Center to begin with the exhibited graphic art by Penobscot artist James Francis. After examining these pictures, we will reflect on life in this area pre-contact, before the European settlers arrived. We will then walk to the marsh, and imagine the Sweetgrass Camp. We'll explore how people lived and thrived, and share insights about Wabanaki life past and present. \$8/\$6. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or (207) 646-1555 x128. [www.wellsreserve.org/calendar](http://www.wellsreserve.org/calendar).

**Wed, May 22, 10:30am-1:30pm** Kayaking on the Little River Estuary. Come explore where the river meets the sea—by kayak! Paddle the quiet waters of the Reserve's estuary while watching for wildlife and learning about this treasured habitat. This is a relaxing paddling experience appropriate for all levels of kayaking ability. Minimum age is 12, and 12-15 year olds must be accompanied by an adult. Kayaks are single

(not tandem), so each participant paddles their own kayak. Weather dependent. \$60/\$48. Registration required at wellsreserve.org.

**Thur, May 23, 7:30-9:30pm** Full Moon Walk. On May 23, moonrise is at 8:48pm. Dress for the weather and join Maine Master Naturalist Linda Littlefield Grenfell for a slow and quiet walk to the beach. We'll watch the moon rise, share stories and poems, and enjoy the Reserve after dark. Bring the family—children who can be calm will love it. \$8/\$6 (individual), \$20/\$15 (family). Registration required at linda@wellsnerr.org or (207) 646-1555 x128.

**Saturday, May 25, 7:30-9:30am** Bird Walk. Join York County Audubon birders every other Saturday this summer, May 11-August 3, for a guided bird walk around the Reserve property. Beginners are welcome. Please bring binoculars if you have them. Free. Registration required at suzanne@wellsnerr.org or (207) 646-1555 x116.

**Wednesday, May 29, 10:30-12pm** Preschool Story Hour: Wide-Mouthed Frog. Join Education Director Suzanne Kahn for a reading of Keith Faulkner's Wide-Mouthed Frog, followed by a related craft activity and a trail walk. Open to ages 3 to 5 and their caregivers. Free. Registration required at suzanne@wellsnerr.org or (207) 646-1555 x116.

## Kennebunk Free Library

**Don Crisman, fan who attended every Super Bowl, at KFL** On Wednesday, May 1, 2024 at 6:00 p.m., This program is free and wheelchair accessible. please call 207-985-2173 or email us at kfl@kennebunklibrary.org.

**May Day Book Sale** The Friends of the Kennebunk Free Library will have a book sale on Saturday, May 4, from 9:00 a.m. to 1:00 p.m. in conjunction with the Town of Kennebunk's May Day Festival. The sale will be held in Hank's Room and outside (weather permitting), and feature adult hardcovers for \$2 and paperbacks for \$1. Children and young adult books are all 4 for \$1. Puzzles are \$1. Friends support the library by raising funds that help sponsor library programs and materials including passes to local museums and parks, summer reading programs, Kanopy streaming service, OverDrive e-content, and large print books. please call the Library 207-985-2173 or email us: kfl@kennebunklibrary.org

**KFL is pleased to welcome back the Bicycle Coalition of Maine** who will be presenting their Fix-A-Bike program on Monday, May 20, 2024 at 5:30 p.m. From the Coalition: "Be your own mechanic! Learn how to maintain your bike, fix a flat, pump up a tire, change a chain or cable, make shifting adjustments, and more in a hands-on learning experience." Participants should bring their bicycles and be prepared to get dirty. We will be holding this event outdoors but may move inside in case of inclement weather. Should this program need to move inside, please be prepared to share a bike with another person for the hands-on portions. This program is offered for youth aged 13+ and adults. Space is limited. Please register through the library calendar at kennebunklibrary.org. This program is free and wheelchair accessible. The Kennebunk Free Library is located at 112 Main Street in Kennebunk, please call 207-985-2173 or email us at kfl@kennebunklibrary.org.

**Faerie Festival at KFL** The days are getting longer and warmer, which can only mean one thing—it's time to welcome the faeries back to Kennebunk Free Library! Join us on Saturday, May 4, from 9:30 to 11:00 a.m. for faerie crafts and fun! Did you submit a faerie house to the library by Wednesday, May 2? See a library staff member during Faerie Festival for your certificate! Wear your faerie finery! This event is free and wheelchair accessible. -call 985-2173 or visit the website www.KennebunkLibrary.org.

**Furry Tales with Animal Welfare Society at KFL**

What's better than sharing stories? Sharing stories with a furry friend! Come to Kennebunk Free Library on Friday, May 10, at 11:30 a.m. for our monthly Furry Tales Storytime with Animal Welfare Society. Miss Amanda from AWS will bring an animal friend plus lots of songs, stories, and fun! Which animal will we meet this month? Join us and find out! All ages are welcome to attend. No registration required. call 985-2173 or visit the website www.KennebunkLibrary.org.

**Kindness Club at KFL** In a world where you can be anything, be kind! Join us for our next meeting of Kindness Crew on Tuesday, **May 14, at 3:45**. Come hear a story about kindness and make a craft! 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, 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!

to register, please call 985-2173 or register online.

**Storytimes at KFL** 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 May at 10:00 a.m.**, Storytimes will be held in the amphitheater outside the Children's Room at Kennebunk Free Library. In case of inclement weather, we will be in Hank's Room inside the library. Because of the holiday closure, we will have Storytime on Tuesday, May 28. We can't wait for you to join us! **Upcoming Storytime dates include: • May 6 • May 13 • May 20 • Tuesday, May 28**

**Junior Science at KFL** Calling all scientists ages 5 and up! Our monthly Junior Science program is Tuesday, May 21, at 3:45 pm. This month's theme is geology. Join Miss Aspen for experiments about rocks and the earth! For ages 5+, registration required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. FMI and to register, please call 985-2173 or register online.

**Beadcraft at KFL** 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, May 1, 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.

**Lego Club at KFL** Ready to get building? Kennebunk Free Library is offering a Lego Club for children ages 4 and older. Lego Club will meet on Thursday, May 30, 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. -located at 112 Main St., Kennebunk. please call 985-2173 x-108 or register online.

**Thursday Family Fun Play at KFL** 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. Note: the library is closed on Thursday, May 23, for staff development. Upcoming Thursday Family Fun Play dates: **May 2 • May 9 • May 16 • May 30**. 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.

## Brick Store Museum

**Thursday, May 2:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 10:30am. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

**Sat, May 4:** May Day at the Museum, Brick Store Museum, 117 Main Street, Kennebunk. Free admission with May Day activities, 10am – 1pm. Special guest Jennifer Libby-Barnes will be demonstrating how to make a May Day basket, with additional spring craft activities for kids. Live fiddling performance by Sally Smith in the Museum's Fiddle History exhibit, too! FMI www.brickstoremuseum.org or call (207)985-4802.

**Sat, May 4:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. In honor of Maine Preservation's Jane's Walk, this tour is offered for FREE today! Reserve free space in advance by calling 985-4802 or www.brickstoremuseum.org.

**Tue, May 7:** Imagine That: Three Centuries of Kennebunk Commerce Tour, 10:30AM, at Brick Store Museum, 117 Main St, Kennebunk. New tour! This walking tour explores Main Street and its commercial history over three hundred years. Stretches from the Museum down to the Mousam River Bridge. (about a half mile, 60 minutes, led by trained tour guide). \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or www.brickstoremuseum.org.

**Tue May 7: Maine Fiddle Tunes Book Launch & Lecture**, 4:00PM, at Brick Store Museum, 117 Main St, Kennebunk. Join the Museum for a free lecture in the newest exhibition, "Wicked Good Fiddling!" by guest curator Paul F. Wells, to launch his brand-new book of Maine Fiddle Tunes called the "Maine Musical Compendium," the result of years of work collecting songs from the era of Maine's statehood. The book is for sale at the Brick Store Museum. Free admission. FMI call 207-985-4802 or visit www.brickstoremuseum.org.

**Thur, May 9:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 10:30am. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

**Sat, May 11:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

**Tue, May 14:** Imagine That: Three Centuries of Kennebunk Commerce Tour, 10:30AM, at Brick Store Museum, 117 Main St, Kennebunk. New tour! This walking tour explores Main Street and its commercial history over three hundred years. Stretches from the Museum down to the Mousam River Bridge. (about a half mile, 60 minutes, led by trained tour guide). \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or www.brickstoremuseum.org.

**Thur, May 16:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 10:30am. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

**Sat, May 18:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

**Sat, May 18:** 1000 Cranes: Origami Past & Present, Brick Store Museum, 117 Main Street, Kennebunk, 2:00pm. Join the Brick Store Museum and lecturer Joe Mulqueen for an intriguing journey into the world of origami, from its historical roots to its modern-day applications. Discover the art, science, and culture behind the ancient Japanese tradition of paper folding. After Joe's talk you'll be able to try your hand at the art of origami and visit his Animal Alphabet, Rhymes and Origami currently on exhibit in the Bauman Center. Free admission—all ages welcome! FMI call 207-985-4802 or www.brickstoremuseum.org.

**Tue, May 21:** Imagine That: Three Centuries of Kennebunk Commerce Tour, 10:30AM, at Brick Store Museum, 117 Main St, Kennebunk. New tour! This walking tour explores Main Street and its commercial history over three hundred years. Stretches from the Museum down to the Mousam River Bridge. (about a half mile, 60 minutes, led by trained tour guide). \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

**Thur, May 23:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 10:30am. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

**Thursday, May 23:** Energy Conservation and Retrofitting Old Homes, Virtual Lecture, Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm. One of the most challenging issues facing homeowners is how to make older or historic homes more energy efficient without sacrificing character and charm. This virtual lecture presents a historic preservation perspective on insulation, air sealing, mechanical upgrades, and other energy retrofit opportunities in your older home. Come away with a framework for making an old house more energy efficient, and hear about how Historic New England has made significant energy improvements to its properties without damaging historic fabric. Join us for this free lecture in our monthly "Your Old House: And Other Preservation Stories" series. Visit www.brickstoremuseum.org or call (207)985-4802 to register.

**Saturday, May 25:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

**Tuesday, May 28:** Imagine That: Three Centuries of Kennebunk Commerce Tour, 10:30AM, at Brick Store Museum, 117 Main St, Kennebunk. New tour! This walking tour explores Main Street and its commercial history over three hundred years. Stretches from the Museum down brickstoremuseum.org.

**Thursday, May 30:** Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 10:30am. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

## A Series on Local Artist by John Forssen

Over time, centuries, in fact, bread has been modeled for its beauty almost as much as it has been cherished for its nourishment. Such artists as Picasso, Monet, Cézanne and Vermeer, to name only a few, have immortalized this most basic of foods and, through their work, illuminated the lives of history's people, great and small.

Neither an artist nor a baker, Michelle McGuire is a proud and accomplished part of that tradition: a producer of artisanal breads and a rich variety of pastries and breakfast treats—all of which, in addition to their taste, are worthy of the artist's brush...truly things of beauty.

Owner of Kennebunk's Boulangerie since 2009, Michelle describes herself as a restaurateur/sommelier, working in tandem with a team of bakers and others whom she is proud to call her artists.

She comes logically to her chosen profession, both her parents having been in the restaurant business, and herself a graduate of the Cornell School of Culinary Arts. Until Kennebunk, she worked on the corporate side of her

chosen profession, rising on the West Coast to Executive Vice President of Operations with Microsoft, providing meals for up to 40,000 people per day.

This new life is different," she says, "in many ways more rewarding because there's no longer any distance between me, the products we bring to the marketplace, and the people whose hands and uncanny intuition are responsible for those products."

Like most industries, the neighborhood bakery you might have known as a child has either closed or outgrown its humble beginnings. The baker's hands, his capacity to know "ready" through the tips of his fingers, have been replaced by machines which mix and mold and bake, according to the intractable specifications of a schedule...how many hundreds of loaves must be produced for the

# ...of Bread and Art

next day's market?

The Boulangerie has no such schedule...its raw materials would not stand for it. A croissant, for example, of which there are five varieties, or a baguette, is four days in the making. To begin...the starter must be fed, a day-to-day labor much like caring for an infant. The starter, for those who may not know, is the humble body of flour and yeast and water which inspires the loaf. The current starter is nine years old; some are much older. It gives it life...and, as we all know, life is not so much an event as a process. One grows, one rests, one develops a level of confidence; and so it is with bread.

"So you see," Michelle says, "if you need a special order—say, four dozen croissants—they won't happen over night."

As Michelangelo is reputed to have said of his work on the Sistine Chapel, "It will be done when I am finished."

An important side note: Boulangerie



Michelle McGuire, owner of the Boulangerie in Kennebunk, checks the daily offering of artisanal breads and pastries.

Sourdoughs are noted for their health benefits, as well as their taste. They contain no commercial yeast, which gives them a longer shelf life; equally important, for diabetics and those sensitive to gluten, they contain less gluten and are less likely to spike blood sugar. •

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# AND THEY'RE OFF (but to where)

## What fate awaits the ponies at the Derby?

Will it be a transport to slaughter if they lose or are injured, more racing with break downs on other tracks or living with pain of undisclosed injuries when sold. Contrary to industry propaganda, racehorses don't have a easy, pampered life. They show you what they want you to see. They call blatant abuse, training. While some horses may get the future they deserve, most will not including the winners.

It's been 16 years since Eight Belles collapsed at the infamous Kentucky Derby. A day of parties and hats for spectators while the 3 year old was euthanized. It took a horrid event to shock people as they watched her fall, unaware the filly had been running while her legs were breaking, suffering with each pounding of the turf.

She is forgotten but horses continue to be abused in this 'prestigious' sport. On that awful day no one thought of the injuries the other horses sustained or what became of them, as owners and their crews continue to capitalize and people pay to watch.

Eight Belles had multiple breaks of her lower leg and both pasterns, colloquially referred to as ankles. The jockey on her back manipulating her mouth with a metal bit, striking her with a whip to run faster as her legs were breaking. Sure, there was devastation and tears by the loss of Eight Belles, but it wasn't about her. It was about losing the race, the money and glory of owning a racehorse.

The vast majority of people fail to understand the injuries these horses sustain are due to the constant, daily concussive forces on their bones from daily galloping and constant racing. The front legs are so vulnerable and stress fractures accumulate over weeks of work. Young or mature, it doesn't matter. The body can only take so much trauma. Because horses are stoic it's much easier to ignore or miss injuries. In racing it's easy to drug them. Racing is just bad for horses.

The public is unaware of the severity of the injuries horses live with if they survive racing. Becoming sport horses means more pounding, more stress on bones and joints. Horses run, but not like that. They were designed to gallop in an instant to flee from a threat and spend 90% of their time in rest. Their spindly legs are made to carry the weight of their bodies, without the added weight of a rider and certainly without painful impediments like bits. But many people believe horses must be used to be worth the high cost of their care.

**Injuries are great as are painkillers.** Besides broken bones, racehorses are also afflicted by serious, painful tendon injuries in many areas particularly the lower legs. There is a reason drugs, especially painkillers are prevalent. Horses are pushed too far, too much, their instinct for self preservation ignored. They continue exhausted and hurt, obvious in last year's Derby.

There are many races on many tracks, many deaths and even more injuries.

### Consider this:

- \* The sheer force with which the foot hits a hard surface at a gallop is severe.
- \* While we use shoes with cushion, they wear metal shoes.
- \* Even in horses with the proper leg angles there is concussion from impact.
- \* The front legs carry at least 60% of the horse's weight. They are constantly subjected to stress and lameness.
- \* 95% of lameness occurs from the knee down as that part of the leg has no muscle for protection, only tendons and bone.
- \* The front legs are not attached to the rest of the body by joints but through muscles and ligaments that support the entire weight of the horse.
- \* Bits are painful and damage the soft tissues. They are also a distraction. Why aren't jockeys using bitless bridles giving the horse freedom to use their head.
- \* Dr. Robert Cook, FRCVS, PhD, Professor of Surgery Emeritus at Tufts, veterinarian and leading researcher on bitless bridles: "These and other factors are implicated in the potential for ridden horses to experience three forms of breathlessness - "unpleasant respiratory effort", "air hunger" and "chest tightness"-which arise when there is a mismatch between a heightened ventilatory drive and the adequacy of the respiratory response.
- \* **Whipping horses is not only cruel. It has been shown that reaction time to the sting slows the horse.**

### From those who have seen it:

"I watched a beautiful mare on television almost collapse from heat exhaustion after her race. I was horrified".

"They lie about how safe it is to train at 1 1/2 years. They say the tissue and bone are stronger for it. They brag about their care, but that is all superficial. I watched Truth or Consequences get a post race bath. This was to cool him down quickly. Watching them collapse from heat and dehydration is sickening. Which brings me to drugs and Lasix".

**"One horse, named Nero had to be euthanized due to laminitis.** PETA got involved and the story leaked. These trainers are not really what I consider educated or sophisticated sometimes and cruelty is no surprise with them. There are a lot of lower level venues and small time trainers with four horses making the circuit".

"Yes, tie high so they don't break their necks. I have seen training of young horses tied to posts for hours to



**Horse's stoicism fails to protect them. Someone once said "If horses could whimper like dogs, they might not be so abused".**

teach them to stop pulling and stand!"

"A horse cannot be let out in pain so many of these horses are sent directly to slaughter".

"As for race horses, I heard and saw enough. I followed a lady who saved two horses just to race one again in Texas. Her descriptions were enough and I couldn't believe she raced one again".

"He trains and his wife rehomes for her riding. He had a mare that won some, then got claimed away. They worked two years to get her back. But by then, she had major abuse and they had to put her down. Her back nerves and tendons had been cut so she didn't feel the pain she was in".

"My horse won 1 race and was sold without disclosure he had a broken bone in his foot. Three owners and trainers tried to make him rideable, but as much as he tried, he was in so much pain he couldn't do what they wanted".

"I visited a racing facility in Florida. The property was beautiful. The barn was immaculate. But I was uncomfortable. The horses looked sad, scared or nervous. Some had their heads tied and couldn't move. I asked someone about it and they said it was part of their training. The ones who weren't tied were just standing but weren't making contact. They didn't have anything to eat or do. I can't really describe it except to say it didn't feel right. So I left and have never forgotten".

Gail Ruffu CHR (CA Racing Board) Trainer #276298, in response to the Santa Anita tragedies: "Blaming the track surface for beating up your horse's legs is like blaming the hammer for hitting your thumb. Blaming the track surface is wasting time and horse's lives. STOP IT! NOW! ".

**A self regulated industry -Why? because they don't want to be scrutinized.** They get away

### 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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with drugging horses, hurting horses and killing horses. The horses are insured. According to Sandy Taylor, DVM, PhD, the most common cause of death in race and sport horses is associated with the exercise. It includes heart disease, pulmonary hemorrhage and of course broken bones.

**My experience/my Thoroughbred** I've known many Thoroughbreds and felt sad for most of them - bought and used, injured and pushed to continue difficult work in all sports. Blue was born in Ireland in 1982, the year I graduated from college. He raced as Take A Mile until he was 10. After racing he was bought and sold several times. We met at a local lesson/show facility. He was 17, dangerous age for horses. He was a sad sight - neglect, overuse, and nearly emaciated, the saddle and sheets covered his condition. His head was out of proportion with his body.

**The timing was right. Instead of taking my accountants advise I did the right thing and purchased him instead to save him. He didn't belong to the barn owner who sold him to me. Since the owner lived out of state she thought the horse could continue to make income - from 2 sources. I gave him 10 years and the safety and peace he deserved. Blue was the inspiration for BlixxHorses.**

One day in 2008 there was a knock on the door. A couple who raced Thoroughbreds had learned of Blue's death. They had a horse for me named Code Word. Not racing well, they thought I might provide a good home. But the trainer convinced them to race him just once more. They lost him. It is said that racing horses is an addiction Though he might still be alive at a very vulnerable age, in what condition and how much trauma? How much abuse? I still have his pictures.

**Prestige** See racing for what it is. It kills and severely injures horses. The people involved from the owners and trainers to the grooms and announcers are culpable yet claim to love horses. Racing is nothing short of drugs, deception and cruelty. There is no prestige in that.

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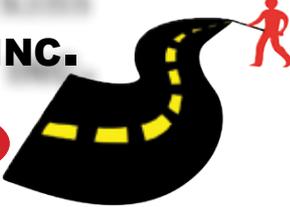
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## Maine Author Monica Wood



Kennebunk Free Library is very excited to announce that bestselling Maine author Monica Wood will be visiting on Tuesday, May 21, 2024 at 6:00 to discuss her new novel *How to Read a Book*. Copies of the book will be available for purchase at the event.

Because space is limited, please register at [kennebunklibrary.org](http://kennebunklibrary.org) to reserve a seat. Standing room will be available for those who have not registered.

Monica Wood is a novelist, memoirist, and playwright, recipient of the Carlson Prize for contributions to the public humanities in Maine, and the Maine Writers and Publishers Alliance Distinguished Achievement Award for contributions to the literary arts. Her new novel, *How to Read a Book*, has already secured translation rights in five countries. Her new play, *Saint Dad*, debuted in October 2023 at Portland

Stage. Her previous novel, *The One-in-a-Million Boy*, was translated into 20 languages in over 30 countries. She is also the author of *When We Were the Kennedys*, a New England bestseller, Oprah magazine summer-reading pick, and winner of the May Sarton Memoir Award. Her other fiction, *Any Bitter Thing*, *Ernie's Ark*, and *My Only Story*, have also won awards and made best-seller lists. Her short stories have been widely anthologized and featured on Public Radio International. Her nonfiction has appeared in the *New York Times*, *Literary Hub*, *Oprah Magazine*, *Down East*, the *San Francisco Chronicle*, *Martina Stewart Living*, *Parade*, and many other publications. Her play *Papermaker*, which broke attendance records for its debut at Portland Stage, has enjoyed many subsequent productions, and *The Half-Light*, which also broke attendance records, had its second production in October 2023 at Theatre 40 in Beverly Hills. She lives in Portland, Maine.

This program is free and wheelchair accessible. The Kennebunk Free Library 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).

## April Art Exhibit, "Mixed Media Art"

The Kennebunk Free Library presents the exhibit "Mixed Media Art" by students at School Around Us and The New School. The exhibit will run May 1-30 in the library's Speers Gallery.

The art exhibit reflects the incredible talent of the learners that attend PreK-8th at School Around Us (SAU) and High School at The New School (TNS). At SAU and TNS art is integrated into their curriculum and is seen as an essential component in developing one's whole sense of self. TNS and SAU encourage their students to follow their passions where art is often at the heart of that. Throughout the school year learners create art from a variety of mediums like watercolor, acrylic, pencil, and digital art. The learners self-select the pieces that are represented in the show.

Two pieces that will be in the show are a watercolor of koi fish, and a pencil drawing of a jungle cat. The watercolor of the Koi Fish is by Seraphina Flewelling, age 7. Seraphina is a talented young artist. When she begins to do any type of art she

will immediately become absorbed in her work. Creating art is a way Seraphina fully expresses how she sees the world. She has developed her own style and creates pieces of work that have depth of thought and details that are beyond her years.

The pencil drawing of the Jungle Cat is done by Teegan Donadini age 13. Art has always been one of Teegan's favorite subjects. As an artist she takes her time to think deeply about her art piece and works with care to fulfill her desired outcome. She is often found in the art studio at SAU working on a drawing and doing artwork with her friends.

*Kennebunk Free Library is pleased to welcome back these talented young artists.*



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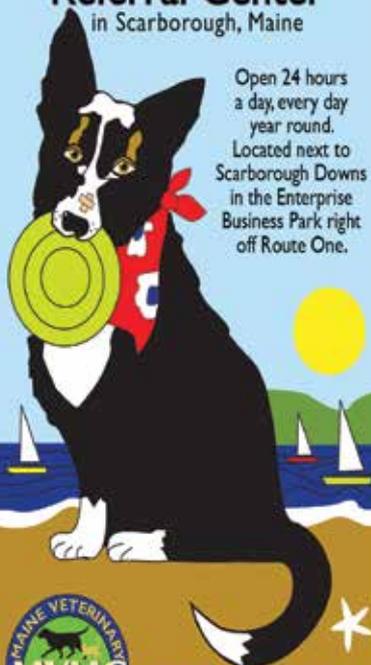


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# WILD FEW HERB FARM

## Grown & Harvested with Love in Arundel, ME

Located on the Lombard Road, the rural street that connects Log Cabin Road to Sinnott Road in Arundel is Wild Few Herb Farm, a small, ½ acre of leased land where approximately 30 varieties of certified organic, medicinal herbs are grown and sold. Both fresh and dried herbs are available along with 4 custom blends of herbal tea and tinctures which are created with the organic herb products grown on site.

Wild Few Herb Farm has been in existence for the past 3 years, and is owned and operated by Nicole Heker and Zoë Shwidock, two young women who met while in college at Penn State University and graduated together in 2015.

Their journey into the herbal world began a few years after graduation, when they were both working at Girard Farm in Waterboro, and their shared interest in medicinal herbs began to take on a life of its own.

Nicole explained, “Zoë was taking an herbalism course online at the time we were working at Girard Farm, allowing us both to learn through that and interact with some of the plants that she was learning about in her course firsthand. It was then we realized how much abundance is around us. During our second season at Girard Farm, the owner, Josh, gave us 5 beds to play around with and we grew calendula, chamomile, Tulsi, and lemon balm. These were our gateway herbs. After our apprenticeship ended, we were approached by a friend about leasing some land in Arundel and decided to go for it! There aren’t many medicinal herb farms in Maine, and we wanted to be a resource for other herbalists and tea lovers to access locally grown organic medicinal Herbs.”

Zoë added, “Most bulk-dried medicinal herbs commercially available are sourced from the wild in overseas places like Bulgaria, Croatia, Egypt, and India and are harvested by local foragers who are paid by the weight. This incentivizes people in need of money to over-harvest and deplete natural stocks of plants. There are also big issues with traceability, quality control, and cross-contamina-



tion. When we first started to get curious about herbalism, we couldn't understand why all elderberries were being imported from abroad when they grow abundantly right here! Growing medicinal herbs locally for our community is important because when working with plants that heal and nourish us, we should have a strong sense of where they come from, how they were grown, and how the land was tended. We want to provide high-quality herbs to the people! Our medicinal herbs are grown and harvested with the intention to provide the highest quality plants for herbalists and herbal-curious people to make medicine with. To us, making medicine can be as simple as brewing a cup of tea.”

What sets Wild Few Herbs Farm apart from many other farm operations is the fact that it is a no-till farm, which is still relatively new in the commercial farming world. “A no-till farm means we take extra care not to disturb the soil. By doing so, we tend to create a more resilient ecosystem that mimics natural systems as much as possible,” Zoë said.

The women blend some of the herbs

they grow into their signature tea blends of which there are four flavors - Lady Moon, Day Grooves, Take it Down, and Full Treat-Mint, and to create custom organic tinctures, oils, salves and elixirs.

In addition to growing and running their herb farm, they also offer an educational CSA (Community Supported Agriculture where members pick up their share of medicinal herbs, once a month, along with educational material on how to work with their herbs at home.) By becoming a farm CSA member, folks invest \$390 in the farm in the Spring and are able to pick up 4 big bundles of medicinal herbs, once a month for 6 months with material about each herb, traditional uses, and recipes for crafting herbal medicine at home. Included in every share is 1 apothecary item a month (tea, salve, oil infusion, or elixir) and special community events on the farm are offered for CSA mem-

**Paula Kersch, owner of Botanically Curious, stands in front of Wild Few's drying facility with her order of herbs from the farm.**



**Zoë preparing to wash a bucket of ashwagandha roots.**

Continue to page 30



Nicole explaining the medicinal benefits and growing patterns of blue vervain during a farm tour.



Echinacea in bloom at Wild Few Herb Farm.



Nicole and Zoë over a bed of calendula on their farm in Arundel.

bers, further connecting people with the land and herbs in their growing environment.

“When we started this farm, we didn’t expect it to be welcomed and received by so many people. The interest in herbs and herbal teas is definitely here. This

year, we are leaning a little bit more into education than we have in previous years. We will be hosting workshops on tea blending and farm tours to spread the knowledge to our community, and we’re expanding our CSA to 30 people,” Nicole said.

Future plans for Nicole and Zoe include finding a piece of land nearby where they can expand and add to the farm offerings. “Expansion would include more events, education, and adding to our current farm operations and herbal offerings. We want to be a place where people gather to enjoy the pleasures of life- music, dancing, food, art, plants, gardens, whatever inspiration has for us at the moment,” they concluded.

A medicinal herb plant sale will be held at the farm on Lombard Road starting May 11 and running through June. The

farm is open Tuesday - Friday 9-2pm. You can find Wild Few Herb Farm teas and bulk herbs at New Morning Natural Food in Kennebunk and at a variety of other natural food stores and farm stands in Maine, as well as purchasing direct from the website: [www.wildfewherbfarm.com](http://www.wildfewherbfarm.com) [www.instagram.com/wildfewherbfarm](http://www.instagram.com/wildfewherbfarm) •

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# Legacy Properties Sotheby's International Realty,

Legacy Properties Sotheby's International Realty, Maine's leading luxury property company with offices in Portland, Kennebunk, Brunswick, Damariscotta, Camden, and Northeast Harbor, announced that it again retained the #1 ranking for luxury property sales in Maine. The company reported results based on its ongoing success selling properties priced over \$1 million. According to Maine Listings statistics, Legacy Properties Sotheby's International Realty closed 254 transaction sides over \$1 million in 2023, for a total sold volume of \$526 million. This is a substantial increase when compared to our 2022 luxury sales performance. The statistics also show that the company outperformed the #2-ranked agency in this highly competitive market segment by more than 75%. Luxury sales accounted for nearly 65% of Legacy Properties Sotheby's International Realty's total sales for the year.

"Prices have been rising aggressively over the past four years, which has expanded the luxury market category

with more homes and more competition," said Chris Lynch, President. "We feel very fortunate to have increased our market share and our leadership in this important area of focus for our talented team of agents."

Legacy Properties Sotheby's International Realty is also proud to report that it ranks as the #1 real estate company in Maine for many other sales price categories, including all property sales above \$2 million, \$3 million, \$4 million, and \$5 million. The company is proud to report that it also ranks #1 statewide for sales over \$600,000. "We have such a broad and strong base of new and returning clients who appreciate our level of commitment to excellence and unparalleled service," adds Lynch. "When you have so many great agents who work incredibly hard to do the right thing for their clients, it becomes a self-fulfilling prophecy of success."

Legacy Properties Sotheby's International Realty attributes its success to offering its listing clients a very strong package of marketing services, includ-

ing exceptional professional photography, Matterport 3D virtual tours, glossy print advertising, global property distribution through its exclusive network of agents, and luxury branding through its affiliation with Sotheby's International Realty.

"We were still in a seller's market in 2023, which is continuing into 2024," Lynch concludes. "We are expecting to experience the beginning of a return to a more balanced relationship between buyers and sellers. There is no question that buyers will want to have an agent with their finger on the pulse of the market in a changing environment."

Legacy Properties Sotheby's International Realty can be reached at 207-780-8900 and [info@legacysir.com](mailto:info@legacysir.com). Legacy Properties Sotheby's International Realty, with offices in Portland, Kennebunk, Brunswick, Damariscotta, Camden, and Northeast Harbor, is Maine's leading luxury and lifestyle property company, with six offices and more than 100 agents serving Maine and New Hampshire's coastal, lake, and mountain communities.

## YORK HOSPITAL FAMILY FUN 5K ROAD & CROSS-COUNTRY RACE

Join other runners and walkers on Saturday, June 1, at York Hospital's 5K Walk and Run for Everyone. Proceeds will benefit the Caring for All Fund at York Hospital. This family-friendly race features a scenic, 3.1-mile course through York, including local landmarks such as the Wiggly Bridge and Steedman Woods—offering mile markers, water stops and professional chip-timing.

Registrants will have access to complimentary healthy snacks, water and refreshments and special prizes will be presented to the top male and female winners in each division. Children (and parents!) are encouraged to participate, with award categories offered for kids aged 10 & under, aged 11-13 and aged 14-17, along with a special category for walkers. Pre-registration fees are \$25 (14 & older), \$10 (13 & under), and \$50 (families/groups up to 5 participants). Race day registration fees are \$25 for all individuals or \$50 for families/groups up to five participants.

Registration opens at 7 a.m. at York Hospital, and the race begins promptly at 8:30 a.m., rain or shine. For those who pre-register, bib pick-up will be held Friday, May 31, from 3–6 p.m. and Saturday, June 1, from 7:00–8:15 a.m., in the Henry F. Warner Building Conference Room, lower level of the Henry F. Warner Building on the hospital's main campus. To register visit York Hospital 5K - 2024. Email [info@yorkhospital.com](mailto:info@yorkhospital.com) or call York Hospital Community Relations at 207-351-2385 with any questions.



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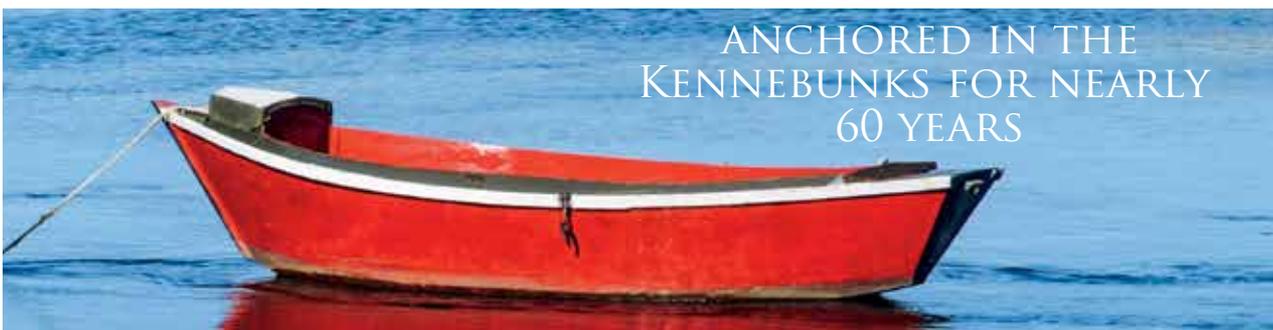
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