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Rebecca Roberts Brings MAINE BOWEN
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**Charlie Wright, the man behind
the Goat Island Webcam**

**Mutiny & Murder on the
High Seas**

**Remembering the Lost Fishermen
of our Village**



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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



Local Rebecca Roberts Brings Maine Bowen from Australia to Arundel. Page 29

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Email: kennebunkvillage@gmail.com

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 **PACK MAYNARD**

SAVE THE DATE! SAVE YOUR WEARS!

April 2024 Textile Drive!

“We need to make protecting our planet the fashionable thing to do.” Wendy Wendlandt, Environment Maine

In collaboration with B-Corp Helpsy, The Planetears of Southern Maine will host a textile/clothing drive Saturday, April 27th, at 2 Livewell Drive in the Quest Fitness parking lot from 10 am - 1 pm.

This drive will benefit projects supporting the development of Native Plant Gardens including, in Kennebunk, further development of our Pollinator Pathways Triangle south in both directions from the light at DQ and also with school groups, a Pollinator Paradise fostering garden-as-classroom learning.

Used clothing, footwear, accessories, and other household textiles will be collected during these events. They need to be clean and dry, but tears and stains totally fine, and quite the point. Collected clothing will be

reused or recycled, depending on “best use”, whether to be joyfully worn by someone else, or upcycled in the production of new product; in either case, it will be kept out of the waste stream.

The Planetears of Southern Maine is a grassroots effort dedicated to helping create a sustainable future for the planet by encouraging action leading to healthier more sustainable lives on this planet. “We are so grateful for the ongoing support our textile drives received from local communities. With ever increasing tons of textile goods being produced, we need more than ever to find ways to recycle them,” said Andrea Roth Kimmich, Founding Member of the Planetears of Southern Maine.

“Just yesterday, Environment Maine sent me a bulletin entitled, ‘The Surprising Impact of a T-Shirt’. From that piece: ‘Each year 100 billion pieces of clothing are made...but a huge chunk of it gets thrown out after being worn just once or twice - or it’s never even worn at all before ending up in a landfill... 30% of ...clothing produced each year will never be sold, and ...

likely sent to a landfill or incinerator instead. How is that for absurdity? So not only are we not putting products to use, never mind BEST USE, but we’re filling our land and air with them, as waste product.” “In 2018 Americans discarded 34 billion pounds textiles. That’s about 14 loads of laundry for every American just thrown away.”

[ENTER The Planetears in partnership with B-Corp, Helpsy]”

“Helpsy’s mission is to keep clothes out of the trash,” says Dan Green, Co-Founder and CEO of Helpsy. “We are dedicated to changing the way people think about, dispose of, and buy second hand clothing in a world where more than 85% of clothes end up in the trash.

According to the U.S. Environmental Protection Agency, textile waste is the fastest growing waste stream in the United States, occupying nearly 5% of all landfill space, which is why Helpsy is committed to working with organizations such as The Planetears in order to give clothing, the longest life possible.

As one of the largest textile collec-

tion companies in the U.S., Helpsy is unique in the second hand clothing space because the brand stands strong in its environmental mission: to keep clothes out of the trash by any means possible, which is why Helpsy has multiple outlets to ensure clothing stays out of landfills.

So along with textile/clothing drives such as those we organize in order for clothing to receive “new life”, we want to stress the importance of leveraging your purchasing power and decision making so that we do not create excessive wasteful product, such as the fashion industry currently does; and remember, it couldn’t without our participation in that market.

For more information about this upcoming clothing drive, a full list of allowable/not-allowable items keep up with us on FB. E-mail us at someplanetears@yahoo.com. To learn more about the Planetears, visit their FB page: <https://www.facebook.com/SoMePlanetears> or <https://someplanetears.wixsite.com/someplanetears> If you are interested in learning more about Helpsy go to <http://www.helpsy.co>.



PLANETEARS Clothing Drive

Bring your excess clothing, shoes, accessories and household linens to be reused & recycled.

April 27th
10:00AM-1:00PM

Located at

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Did you know?
Each person in the US discards about 115 pounds of clothes each year.
85% of that ends up in the trash.

Helpsy is a Certified B Corp dedicated to keeping clothes out of the trash. To learn more, go to www.helpsy.com



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Kennebunkport Historical Society Launches Timothy Dietz Memorial Scholarship

The Kennebunkport Historical Society is pleased to announce the establishment of the Tim Dietz Memorial Scholarship in honor of the late Tim Dietz. This scholarship, generously funded by donors supporting the Historical Society, seeks to recognize and support a deserving senior from RSU21 in Kennebunk who embodies the values and passions that were dear to Tim. Tim Dietz was more than a local historian; he was a beloved husband, father, author, and dedicated member of the community. Known for his unwavering commitment to enriching his surroundings, Tim's legacy of generosity and warmth continues to inspire others. This scholarship stands as a tribute to his life and contributions. The Tim Dietz Memorial Scholarship aims to support students who share Tim's commitment to community service, history, art, and giving back. Eligible candidates must be seniors from RSU21 in Kennebunk and demonstrate active engagement in volunteer work with local organizations. To be considered for this scholarship, can-

Tim Dietz Memorial Scholarship are open until April 23.

didates must submit a resume highlighting their academic achievements, extracurricular activities, and volunteer experiences, along with a personal statement outlining their commitment to community service and their love for history and art. Additionally, a letter of recommendation from a teacher, mentor, or community leader who can attest to the candidate's character and contributions is required. Applications for the Tim Dietz Memorial Scholarship are open until April 23. The recipient will be announced at the annual High School awards ceremony at the end of the scholastic calendar. The award will be presented to the candidate's college in August for the fall semester and in January for the spring semester. Recipients must reapply following the successful completion of the first semester. Kristin Lewis Haight, Executive Director of the Kennebunkport Historical



Society, expressed her enthusiasm for the scholarship, stating, "The Tim Dietz Memorial Scholarship embodies the spirit of community and the enduring impact of individuals who dedicate themselves to enriching the lives of others. We encourage all eligible students to apply and continue Tim Dietz's legacy of kindness, generosity, and passion for history and art." For inquiries, further information, or if you would like to support this scholarship fund, please contact Kristin Lewis Haight, Executive Director, Kennebunkport Historical Society, at KHaight@kports.com or 207-967-2751.

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Charlie Wright, the man behind the Goat Island Webcam

By: Shelley Wigglesworth, lead writer

Charlie Wright's family has a 6-generation history in Kennebunkport. Their real estate throughout town has hosted not only their private family homes over the years but several businesses, including two inn's- The Village Lagoon (now the site of the Lodge on the Cove), The Sommerlyst, which was adjacent to Governments Wharf, Witch Pot Antiques in Cape Porpoise, SALT magazine headquarters, and the Wright Gallery which is the building where the idea of the Goat Island webcam all began.

Wright, 77, is the fourth generation of Wrights to live Kennebunkport. His daughter Bree Clark is the 5th, and her children Danielle and Brett are the 6th. He lives above the gallery he founded in 1985, where he said he "rarely missed a day's work in 30 years."

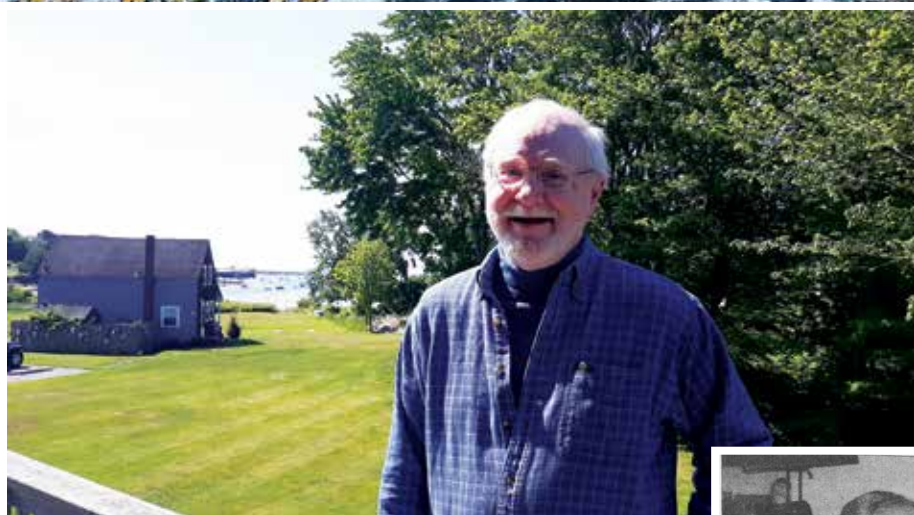
It was on one of those days in the early 2000's, during a snowstorm, KCT executive director Tom Bradbury, who is Wright's neighbor, approached Wright at the gallery. Knowing Wright had success and experience with a personal webcam he had attached to the gallery, which is perfectly located for unobstructed views of Goat Island Trust, Bradbury began a conversation with Wright about potentially partnering with the Trust to install a webcam on Goat Island which would open the live views of the island for all to enjoy, regardless of whether or not they could access the island, and Cape Porpoise in general, in person.

Wright agreed, and not long after, with the help of generous funding from Louise Appleton, Bradbury along with Goat Island Lighthouse keeper Scott Dombrowski, installed the live webcam, offering 360-degree views of the ocean, islands, and Cape Porpoise harbor. It quickly became a hit with viewers, near and far, with many worldwide watchers.

According to Wright, the camera sits 250 feet back from the Goat Island Lighthouse tower and stands



Goat Island. Josh McPahil photo



Charlie Wright at his home in Cape Porpoise. Goat Island can be seen in the background. Shelley Wigglesworth photo.

thirty-one feet off the ground on a post, with a camera on the Wright Gallery at the exact same height, where the computer operation of the system is housed.

"The webcam offers views of fishing boats during the day-coming in and out, in good weather and bad. Walker's Point Bush and even Nubble Light can be seen on clear days," he said, adding, "it is a way for people to tune into what is going on, and feel like they are right here, no matter where they are."

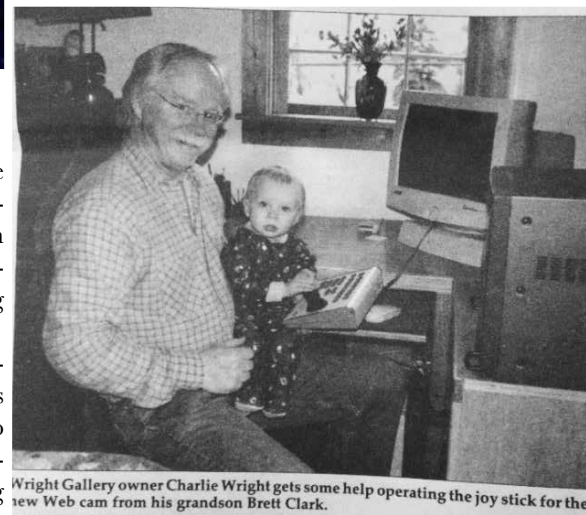
Wright said the most views happen during inclement weather, particularly during storms, and Nor'easters. He

once called the police when he saw what appeared to be a person in distress, which is yet another benefit of having the live webcam.

"It's never a dull moment, there is always something interesting to see. I am just as enthusiastic about watching today as I was the day it was installed, though it is dated and not always operational these days."

Wright hopes funds can be raised for

an updated webcam, perhaps by the time power is restored to Goat Island. FMI, or if you would like to be a part of updating the Goat Island Webcam, or if you would like to contribute to the power restoration project on Goat Island, please contact Tom Bradbury at: 207- 967-3465, or tom@kctoffice.org or www.kporttrust.org



Wright Gallery owner Charlie Wright gets some help operating the joy stick for the new Web cam from his grandson Brett Clark.

A 2003 newsclip of Charlie Wright and his grandson Brett after the Goat Island webcam was first installed.

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IT'S TICK TIME

Of course, during the past winter, there were still ticks around but they were less numerous and most of us were not outside much, wandering around in “tickville”. There no specific tick season any longer; they are around year-round, but much more in warm weather. I certainly have seen tick bites during the winter for a number of years. The incidence of Lyme disease set a record in Maine in 2023. I’ve written about ticks in this column in the past, but the risk keeps changing a bit and it’s time for an update.

The deer tick (a.k.a. the black-legged tick) remains the carrier of most of the tick-borne diseases to which we, in Maine, are exposed. Lyme is the most frequent, and babesiosis is becoming more common. The frequency of anaplasmosis has steadily increased in Maine. Ehrlichiosis is also present in small numbers. Powassan is sort of new here; it is carried by deer ticks and is a viral infection, not a bacterial infection as the other 4.

First line of defense is by preventing tick bites as much as possible. When the weather is inviting, it’s important to get out there and experience it. But be aware! If you lived in areas where venomous snakes were “out there”, you would learn how to avoid them and not simply stay inside all summer. The same is true of ticks. There are not many ticks in a regularly mowed lawn, but where the grass is longer and there is brush, ticks naturally get up off the ground and hang on to objects that are from a few inches to about a foot and a half from the ground. They just hang there and wait for something to go by and grab on. They then crawl surprisingly fast, searching for a way to get off the surface and under your clothing, like under your pant leg or down under your belt. They’re just looking for dinner – your blood.

So if you’ll be in the unmown and brush areas, take some precautions. It helps to wear light-colored clothes so it’s easier to see them and pick them off before they find your skin. The weave of the cloth is also important; the smoother

the cloth, the less able for the tick to grab it as you walk by. The coarser the weave, the more likely the tick will cling to it and start its search for skin. The choice of socks also influences the tick’s ability to cling: light-colored, smooth weave. To increase the protection, spray tick repellent on the socks and use something stretchy to hold your pant leg against your socks.

The use of repellants also deserves some comment. The long-time favorite has been DEET, which was developed by the Army in the 1940’s. In the 1980’s a chemical called Picaridin was developed. It has been found to be more effective than DEET for mosquitos and as effective for ticks. DEET has some issues when in contact with some plastics, such as some clothing and eyeglasses. Otherwise, safety concerns can rely on about 80 years of experience with DEET, and only 40 years with Picaridin. There are innumerable products containing these chemicals. Off! Is popular and that brand has products with either chemical for you to choose. The internet gives a lot of information on this subject. Ask Dr. Google.

So, despite your protective effort, you’ve been bitten by a tick. If you find one loose and moving around, it hasn’t embedded in the skin yet. Simply remove it and squash it between 2 hard, flat surfaces. The male tick has 8 black legs like all deer ticks, but its body is brown-black with no markings. Males do not bite; they’re only purpose is to mate with the females. The nymphal stage of the female needs a blood meal to become an adult; the adult female needs a blood meal to develop the 1500 or more eggs that it contains. The bite of the nymph and the adult have the possibility of transmitting an infection of those diseases noted above.

If you find an embedded tick, do not squeeze it and pull it out; squeezing it can increase the likelihood of injecting the infected material in the tick’s mouth. Use a pointed tweezers to grab the mouth parts and gently pull; the gentle pull will often cause the mouth parts to become unhooked, releasing the tick without leaving any of the mouthparts still embedded in the skin. If you have no tweezers, use the tips of 2 fingernails and, again, pull gently letting release.

Because the incidence of Lyme and

the other infections in the ticks found in Maine, the question of taking a prophylactic (preventive) dose of antibiotic comes up. In general, from the majority of the sources I read, it is recommended that you take 200 mg of Doxycycline within 72 hours of when you think it may have become embedded. I recommend this, but please know there is not 100% agreement about this recommendation. The effectiveness of a single preventive dose of Doxycycline for Lyme is fairly well established, but it also seems to have use in the prevention of Babesiosis, Anaplasmosis and Ehrlichiosis as well. Since Powassan is a viral disease, we have no preventive treatment. Fortunately, Powassan is unlikely in Maine, but its effects can be serious. It is a nervous system infection, brain symptoms such as worsened headache and confusion raise the suspicion.

If you begin to have symptoms, go get checked. The symptoms are non-descript: achiness, fatigue, chills, headache, other flu-like symptoms. The period from bite to symptoms ranges from a few



Column by: Earl R. Freeman, DO, IFMCP
Freeman Center for Maximal Health
www.freemancenterhealth
efreeman.do@gmail.com

days to a couple of weeks. Of course, you may not know you’ve been bitten by a tick, so if these sorts of symptoms persist more than a couple of days without explanation, it may be worth while to be examined and/or tested.

It’s beautiful and invigorating outside at this time of year. It’s healthy. But take precautions.

If this brief article leaves you with questions, let me know.

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Column | IT TAKES A VILLAGE.



Column by Deidre Braley,
Writer. Editor. Speaker

Tip from the Trenches: A Favorite Classroom Management Strategy to Try at Home

Wheels tire, the three-year-old screams with a dress stuck over her head, and the four-year-old attacks you like the jaguar from “Wild Kratts.”

When I was a teacher—and later an instructional strategist—I spent years learning how to establish positive behavior interventions and supports (PBIS) in the classroom. But it didn’t occur to me until recently to try these strategies in my own home, on my own children. A few months ago though, when I sensed our home was teetering particularly close to the brink of chaos, I finally got my wits about me and thought, “Now wait a minute. If I could unite a room full of seven-year-olds back then, then surely I can do the same with my own little family now!”

Here is one of my favorite tried-and-true behavior management strategies from the classroom that I’ve found to

be effective at home, too. It is particularly helpful when you’ve run out of ideas for addressing difficult behaviors, when you’re exhausted from nagging and saying “no,” or when you just want to reset the atmosphere of your home in a fun and collaborative way.

P.S. Every family has its own dynamic, and every child is different. I don’t for a moment presume that this idea is one-size-fits-all; rather, I encourage you to try, toss, adapt, and recreate it in ways that serve your family and feel successful to you.

Marble Jar

What you will need:

- 2 medium-sized containers
- marbles, or other small item (i.e. cotton balls, bouncy balls, pom poms)

What you do:

Fill one of the containers with marbles and leave the other container empty. Whenever you catch your child(ren) doing something good, transfer one marble to the other jar. Make sure to make a big deal of it, so it’s clear that you saw the behavior and to enforce that it was positive. Once all of the marbles have been moved from the original jar to the new jar, it’s time to celebrate!

A marble jar is an excellent way to incentivize targeted, positive behaviors. For example, if your children are constantly fighting, tell them that the marble jar “focus” for the week will be using kind words with one another. Whenever you hear or see them choose kindness rather than conflict, put a marble



(or even 2 or 3!) in the jar. Be generous with marbles, especially in the beginning. You want to give your children the feeling of being successful right away. As time goes on, you can be more and more selective about what you award a marble for.

You might be wondering how to celebrate filling the jar. It should be a collective celebration that involves the whole family—that turns the whole process into something collaborative and fun. Vote on what your celebration will be BEFORE awarding any marbles, then celebrate as quickly as possible once you fill the jar. If your agreed-upon celebration is to do a family movie night, for example, try to watch the movie the same night that you fill the jar. After you’ve celebrated, choose a new behavior to target and a new celebration to work towards—then begin to transfer the marbles back to the other container again!

I would love to know if you tried this strategy—and how it worked for your family. Connect with me on Instagram @deidrescoundcup or on my Substack using the QR code above to tell me all about it!

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Chessell McGee Joins Legacy Properties Sotheby's International Realty as Senior Vice President



Legacy Properties Sotheby's International Realty, with offices in Portland, Kennebunk, Brunswick, Damariscotta, Camden, and Northeast

Harbor, is proud to announce that Chessell McGee has joined its team of Maine real estate professionals as a Senior Vice President in its flagship Portland Maine real estate office.

Chessell, a resident of Cumberland Foreside, has more than 20 years of experience in Maine real estate. With more than \$60 million in career sales, she has represented buyers and sellers on nearly 150 transaction sides. Chessell specializes in the Greater Portland market but has deep roots dating back to Mount Desert and recreational ties to Casco Bay, the Rangeley Lakes re-

gion, and Saddleback Mountain.

"Chessell is a perfect fit for our team," says Chris Lynch, President of Legacy Properties Sotheby's International Realty. "She understands that clients come first. She excels at serving her clients needs and interests. She is armed with great experience and strong technical skills while appreciating the incredible Maine lifestyle we represent."

In addition to her full-time real estate brokerage responsibilities, Chessell is active with the Greater Portland Chamber of Commerce and a board member for the Portland Velo Club. For fun, she enjoys skiing, biking, and sailing, among many other things, here in Maine.

"Chessell has an incredible understanding and appreciation for life in Maine. She lives it, loves it, and sells it every day," adds Lynch.

Chessell can be reached at 207-272-8575 or by email at cmcgee@legacysir.com.

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Billy McIntire. Claire Bigbee photo.

Remembering **the Lost Fishermen** of our Village



Joe Nickerson, John Whalen photo

By: Shelley Wigglesworth, lead writer

"Surely these victims of the sea... had rushed willingly down the hills to the water, only to find themselves caught in the wrong place at the wrong time. Who should judge whether they were there for the wrong reason?"

- John Rousmaniere

Fishing is one of the most dangerous industries in the world. The International Labor Organization estimates up to 24,000 fishermen die every year in accidents on fishing vessels. According to the CDC, "those employed on commercial fishing vessels face a fatality rate 29 times that of the national average."

If you are a part of a commercial fishing community, as we are here in coastal Maine, chances are you know at least one person who died as a result of making a living on the ocean. More than likely you know several. Growing up I heard stories of those who died fishing, some men were recovered, some were lost at sea, never to be seen or heard from again. One of those people who was never

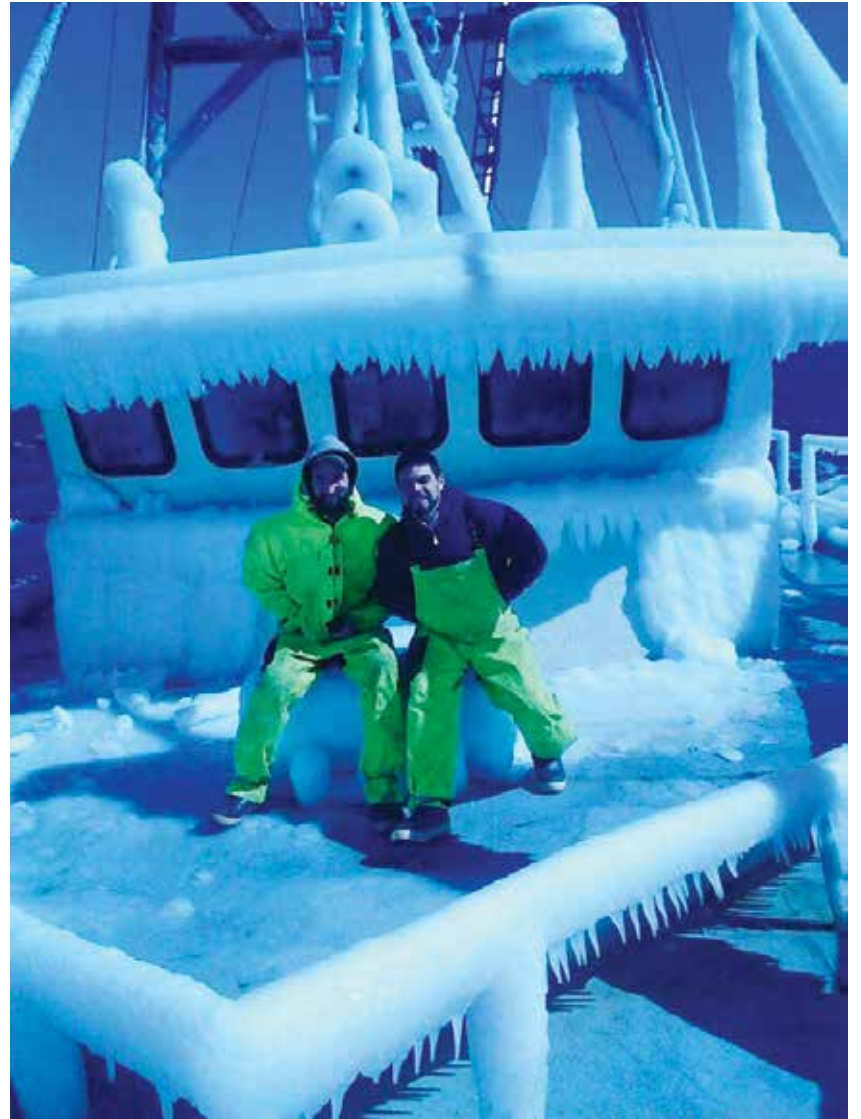


Scott Cluff.

found was a father with a large family. Though his children did not speak of what happened to him often, the absence of their father was noticed and palpable, an ache that remains with them today.

In recent years, 4 fishermen I knew personally were lost to the sea. I think of them from time to time, comforted only by the knowledge that all four, like the countless others before them were doing what they loved when they died.

August 22, 2013, William "Billy Mac" McIntire was a well-known lifelong commercial fisherman in his home port of Perkins Cove, Ogunquit. His lobster boat was the F/V Clover. He loved his family, friends, and people in general, music, dancing, playing ice hockey and most importantly be-



Shawn Grasso and Mikey Porper.

ing out on the ocean fishing — especially for blue fin tuna. Billy was lost at sea at the age of 51, in 2013.

January 23, 2020, Arnold Alvin "Joe" Nickerson IV of Cape Porpoise was the captain of the F/V Hayley Ann. Over the years, Joey fished out of Portland, Maine, Kodiak Alaska, and the Bering Sea of before purchasing the F/V Hayley Ann homeported in Cape Porpoise. A hardworking, family man, he died after his boat sank 50 miles off Portland, leaving behind his wife, daughter, grandchild, nephews, nieces, in-laws, his father, his siblings, cousins' countless friends. He was 60 years old.

November 23, 2020, Mikey Porper was a crew member F/V The Emmy Rose, Portland, Maine. The F/V Emmy Rose was found off the coast of Massachusetts 6 months after it vanished. Jeff Matthews, Ethan Ward, Mikey Porper and Bobby Blethen were all on board when it sank. Mikey was a 38-year-old father of two who grew up fishing in Gloucester and Maine.

November 16, 2024-Scott Cluff, 64, was from Kennebunkport. He left Cape Porpoise to haul his lobster traps and never returned. His boat and a few other items were recovered. •

April Art Exhibit, “What Friendship Looks Like in Fabric” by the Creative Eight Quilters



The Speers Gallery at the Kennebunk Free Library presents the exhibit “What Friendship Looks Like in Fabric” by the Creative Eight Quilters. The

exhibit runs April 1-30, and the public is invited to a reception on Tuesday, April 9 from 6-7:30 pm.

The Creative Eight Quilters started out as a small group of friends sewing together and learning from each other while sharing laughter, sadnesses, and the occasional trip to the fabric shop (okay, maybe frequent trips to the fabric shop!). The group grew from four original members to eight current members: Eleanor Dickens, Joan Emerson, Jean Irvine, Jane Lovejoy, Judy Morrison, Iola Santerre, Stella Santerre, and Pat Towne. Members live in Kennebunk, Kennebunkport and Biddeford.

Wednesday is their favorite day of the week because they know they will be sewing together. Although the group has changed membership over the years, the group values the friendship and camaraderie that comes with sharing works in progress and sharing their lives with each other. Each quilter brings their own specialty to the group which includes machine long arm quilting, hand quilting, applique, machine piecing and embroidery to their works of art. The diversity of quilts runs from Traditional quilts to Contemporary quilts.

The group believes in giving back to the community and has created many quilts and other creations for various organizations in York County and beyond! Whether they are making charity quilts, table runners, purses, or any of the many things they make, they know they can count on each other. They share food, fabric and love. Not just a group of friends, they have grown into a wonderful family.

Kennebunk Free Library is pleased to showcase the work of this local group of quilters.

LOVELIGHT ILLUMINATIONS

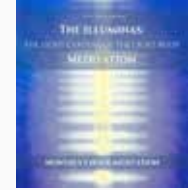
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Norway Savings Team Members Helping "The Center" Thrive in Kennebunk



The idea sprang from Annie and Hank Spaulding's shared and painful experience of watching their parents age and become isolated from the community. Just over 34 years later, that idea has turned into one of the most impactful and revered organizations in southern Maine.

Located on 175 Port Road in Kennebunk, The Center is a non-profit organization that serves over 500 adults, ages 50 and over, by offering a wide variety of community outreach programs that provide support, sensitivity, and smiles to residents in Kennebunk and beyond.

"The Center remains the focal point for seniors in the Arundel, Kennebunk, and Kennebunkport communities. Members come together on a daily basis for interaction, health and fitness, education, and the opportunity to meet new people," said Jason Fitzgerald. "It's an organization with a sole mission of togetherness."

Jason is the Market & Indirect Relationship Manager RVP for Norway Savings Bank and served on The Center's Board of Trustees for nearly a decade. He is one of many NSB team members who have offered their time, knowledge, and expertise to the organization over the years, including as volunteers and two current board members Amanda Drouin (NSB Branch Manager and Retail Lender in Saco) and Julie Richardson (NSB Personal Banker in Kennebunk).

In addition, NSB has contributed tens of thousands of dollars to The Center, including a \$2,500 donation last month.

"Norway Savings Bank has been a generous sponsor for years," said Bridget Dempsey, Executive Director of The Center. "The NSB team members who have volunteered are highly skilled and community minded. They have strengthened our operations with their active support. We truly appreciate the Bank's community involvement and their commitment to caring for the area's seniors."

The Center is a vision that was brought to life in 1990 by the Spauldings, who decided to turn their antique and interior accessories shop, Annie's Apple, into the Senior Center at Lower Village (now just The Center), a place for the community's seniors to gather, meet new friends, and enjoy a variety of activities.

Today, the list of activities and offerings stretches page after page, including games, a walking group, crochet classes, wellness workshops, luncheons, crafting, book clubs, movies, art sessions, yoga, and dancing. The Center also offers the chance for seniors to add skills and knowledge through specialized gatherings like a French Club, finance workshops, a mindfulness course, a ukulele group, technology seminars, and the opportunity to schedule free and private meetings with a lawyer to ask legal questions. A caregiver support group provides solace for those caring for seniors as they navigate their journey.

"I think The Center's mission to provide support and companionship for the community's seniors is important to the wellbeing of our community as a whole," said Julie. "Volunteering for The Center inspires me to find ways to build connections with the people around me."

The Center continues to flourish in the middle, standing as a source of support and community for people of all ages.

"During our walks in life, friendship and socialization is a huge part of what makes us the way we are. As we get older, sometimes our friendships and ability to socialize gets interrupted due to various reasons. To be able to have a place where you can meet with friends, enjoy similar hobbies together and even be able to share life stories, the good and the bad, is like a diamond in the rough," said Amanda. "The Center is not just a '55+' community center to our members, but a beacon of hope. Our community wouldn't be able to have this amazing place to be if it wasn't for the dedicated staff, board members and volunteers who truly believe in this mission."

To learn more about The Center, its mission, or to discover ways in which you can help, www.seniorcenterkennebunk.org.

About Norway Savings Bank

Founded in 1866, Norway Savings Bank is a leading mutual banking and financial services company headquartered in Norway, Maine. As of December 31, 2023, Norway Savings Bank had \$1.865 billion in total assets; 24 branch locations; and divisions in trust and investment services, personal banking, and business banking. It has received an "Outstanding" rating for three consecutive Community Reinvestment Act Exams from the FDIC. Norway Savings has also received the Best Place for Working Parents designation in 2022 and 2023 and was recognized with the "Best Wellness Employer – Gold Certification" for the fifth year in a row by Wellness Workdays. BauerFinancial has designated the Bank the "Best of Bauer" for earning and maintaining its highest 5-star rating for 34 continuous years. For more information, visit www.norwaysavings.bank.

Mark Ross Named Director of Insurance Operations for Kennebunk Savings Insurance

Kennebunk Savings Insurance appoints a new director of insurance operations. Mark Ross, who most recently held the position of vice president, retail experience manager at Kennebunk Savings Bank was promoted to the role.

In this newly created position, Ross will be responsible for overseeing all operational aspects of Kennebunk Savings Insurance including managing policies and procedures, facilitating the hiring, training and managing all staff, and driving a strong culture and positive team environment.

Ross has worked at Kennebunk Savings Bank since 2008 when he started as a financial services specialist. He has held multiple roles since, including branch manager, retail market manager and most recently retail experience manager.

"Mark brings a lot of energy, en-

thusiasm and knowledge to Kennebunk Savings Insurance," said Danny Edgcomb, president of Kennebunk Savings Insurance. "His experience in project management, regulatory compliance, leadership skills and promoting Kennebunk Savings' culture made him a natural fit for the position."

Ross is a graduate of the University of Maine at Orono. A life-long Main-er, Ross is a familiar face in the community. He grew up in Kennebunk and lives here with his wife and three children. Volunteering is his passion, you can often find him helping out at parades and other community events or providing financial literacy classes in schools. He is an active member of the Kennebunk Rotary and has served as treasurer for the Kennebunk-Kennebunkport-Arundel Chamber of Commerce and the Brick Store Museum, and was vice president of the Kennebunk Lacrosse Club.

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Artificial what...?!!!



John Forssen, Guest writer

...that would be intelligence.

Just to get started, let's say you're in your car.

It doesn't matter where you're going or, for that matter, who is with you. But let's say there is someone in the seat next to you (or, better yet, in the back seat), and that someone feels the need to cue every decision arising in the course of your travel—before you have as much as a blink to react on your own. Here are a few possibilities of what you might be hearing from your passenger:

- red light up there, get ready to stop...
- you can go now, the light is green...
- watch out for that guy ahead, you're getting too close...
- You're going too fast (or too slow)...
- Right up there, right there, it's your turn. Don't miss it...

You've been there; you know the drill.

To be fair, there can be no doubt that this is good advice, all of it. People should stop at stop signs and obey speed laws. However, sooner or later, you're bound to ask your passenger, politely of course, if he (or she) would like to drive, which brings a scowl and a pout and, for the next few miles, utter silence.

As an illustrative aside, my daughter once pulled over on a remote country road and asked her grandmother (her grandmother?!!) if she'd would prefer walking.

At issue, is the timing...not to mention the annoyance; and we all know that annoyed people are distracted people (not the best of drivers). More to our point here, however, your pas-

senger's behavior underscores a kind of scientific principle which, not being a scientist, I am satisfied to call anticipation: i.e. describing a theoretically predictable outcome based, more or less, on a known set of existing variables.

My father, for example, had an irritating habit of saying "no" whenever he sensed in my childish eyes the emerging formulation of a question. It was a game for him. However, I often wondered how it was possible to put forth such an unyielding negative prior to the question taking its first breath of air...but I see it now. He had prior experience with the generally foolish and sometimes outlandish questions of his second born.

So I would ask, "How can you know the answer is "no" before you even hear the question?"

And he would reply, "Why in the world would you ask the question if you already knew the answer?"

It was an endless and circular contest...and it wasn't long before I stopped asking questions. Other than 'what time is dinner' and 'where are my socks', I have not asked a question since 1957.

But, back to the business of anticipation. If I understand it correctly (and, of course, there's always the possibility that, well, you know) anticipation is the basis of artificial intelligence, that increasingly present and mysterious power that can configure outcomes, real or imagined, out of the simple bits and pieces of existing realities.

My computer, for example, was a simple and reasonably well-disciplined machine before the arrival of artificial intelligence. But is it not considerably more versatile with the new update, you ask?

The answer is no.
More resourceful, perhaps?
Again, no.
Cute?
Don't even think about it.

Worse yet, the changes have come about surreptitiously. It has been an intrusion, unannounced and unasked for. Here's one of the new (A/I) features:

Every now and then, I get a message from Apple Central (A/C) that an update is available. Would I like to do it now or later?

Overnight is good for me. That way, I'm at my best (sleeping), and the computer is at its best (updating). Once, having ignored several years of updates, my computer ceased operating entirely (so, surprise or not, I always update—wouldn't miss it).

I wake in the morning: I am bright and the computer is updated, but when I get to work, I discover that my computer has developed the capacity to run ahead of me transforming my typos into real words on the basis of what it "thinks" I want to say. Sometimes the computer gets it right (thank you A/C), but sometimes it has simply gone off on its own...treating me to errors I don't recognize.

Most of the time, it gives me just three choices: (1) If I misspell a simple word, it gives me the correction underlined in blue (Thank You A/C), or it gives me the wrong word (spelled correctly) also underlined in blue, again (Thank You A/C, but not so much) or, third, it simply underlines the misspelled word in red and keeps on go-

ing. The message in that case is: I don't know what you're trying to say, but I suspect you're spelling it wrong (sharp eye A/C, but no credit).

I have no answer to this bit of progress other than cursing quietly under my breath, but those who do seem frequently to be up to their hips in dire warnings, chief among which is the worry that we will no longer be able to tell fact from fiction. We hear this mostly in politics, but at a decidedly personal level, I could be home fat, dumb and happy in front of the television, while my A/I self is seen on another channel cavorting, as free as a bachelor, in some dark corner of Paris: looks like me, talks like me but, in truth, I'm no more than a figment of someone's imagination. Ha-ha-ha, tell that to my other half.

I'm reminded lately of Walt Disney's 1940s full length cartoon Fantasia, in which Mickey Mouse plays the sorcerer's apprentice. Having donned the sorcerer's hat, he turns on the magic, producing an army of buckets single-mindedly carrying water into the household, but without a clue when it comes to turning it off. Thus arrives the flood.

So, we proceed with what—caution? Just a friendly question from one of the horrified passengers in the A/I auto. •

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The Climate Initiative Announces Free 2-Day Climate Policy Institute for 18-23 Year-Old Mainers



learning more about becoming climate and environmental policy advocates. Headquartered out of Kennebunkport, TCI has expanded its community-based climate educational programming from Maine to all 50 states in just three years.

Pictured: Participants from The Climate Initiative's 2023 Climate Policy Institute held in Washington, D.C. TCI received funding from the Onion Foundation to bring this programming home to Maine.

The Climate Initiative (TCI), a nonpartisan nonprofit whose mission is activating youth voices for climate action, is hosting a free two-day youth climate policy institute at the University of Maine in Farmington, April 4th and 5th for 18-23 year old Mainers interested in

This two-day conference includes an in-person workshop day and a trip to the Maine State House in Augusta. TCI will host participants at the University of Maine in Farmington, where workshops and panel discussions will be held to enhance understanding and engagement of climate policy in Maine, communication of climate data, and engagement with climate leaders. The conference will conclude with a trip to the Maine State House in Augusta, where participants will meet

April 4th + 5th
The Climate Initiative

Want to learn more about climate policy?

Free 2-day institute!

with congressional representatives to advocate for climate policy issues firsthand.

Spots are limited! To learn more and register by March 18th, please visit www.theclimateinitiative.org/events/maine-cpi/ or email nyla@theclimateinitiative.org. All attendees will also receive a travel stipend along with their registration.

About The Climate Initiative

The Climate Initiative (TCI) is a national, nonpartisan climate

change organization based out of Kennebunkport, Maine whose mission is to empower youth voices for climate action. Through education and empowerment initiatives, youth are learning about climate solutions and creating local, tangible solutions to global climate challenges while becoming agents of change in their communities and beyond. Learn more about TCI at www.theclimateinitiative.org and stay connected on Instagram @the_climateinitiative.

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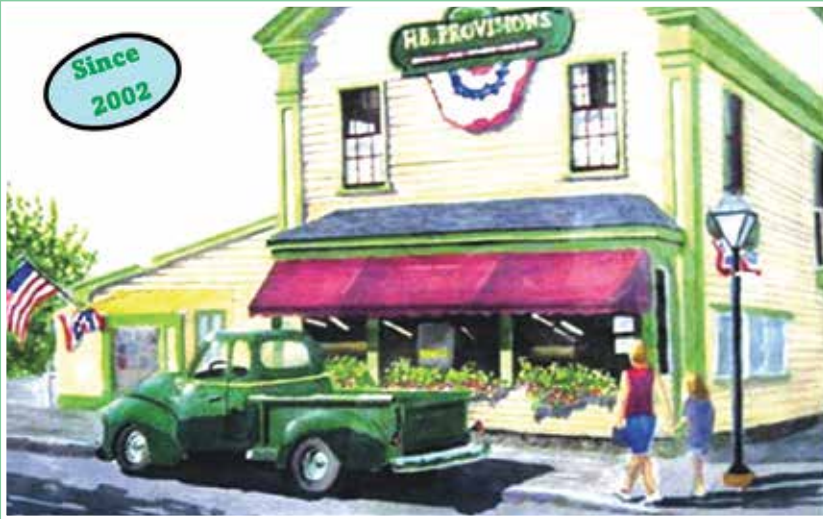
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The Brick Store Museum is proud to announce the opening of a new exhibition “Wicked Good Fiddling!” that focuses on Maine’s fiddling heritage. The exhibition is supported by grants from Maine Humanities Council and the Onion Foundation. It will be on display through May 12, 2024.

Visitors to the exhibition can expect to find imagery and information illustrating fiddling in Maine over two centuries, shown through photographs, tune books, musical recordings and of course fiddles

themselves! Interactives will include family accessible programs and activities to do while exploring the exhibition. Curator Paul Wells will present a talk on his upcoming book of Maine fiddle tunes during the exhibit’s run.

Coming up on April 17, 2024, at 7:30pm, a concert to feature two Maine groups, the Pine Tree Flyers and NEA National Heritage Fellows Don & Cindy Roy will showcase the rich, living traditions of Maine fiddling. The Flyers are a relatively new quartet of well-seasoned musicians who put a fresh, contemporary spin on traditional New England dance music. Don & Cindy Roy have long been the leading exponents of Maine’s Franco-American musical heritage. Don’s virtuoso fiddling and Cindy’s steady, rhythmic piano accompaniment, plus her top-notch step-dancing, have delighted audiences at festivals and concerts nationwide. Tickets for this concert are \$20 per person/\$15 Museum Members and can be purchased on the Museum’s website at brickstoremuseum.org/calendar.

Learn more about the exhibition and related events on the Museum’s website at www.brickstoremuseum.org; plus explore additional programs like half-day art classes for young learners, and learning opportunities year-round.

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Tales from the Archives

Mutiny and Murder on the High Seas

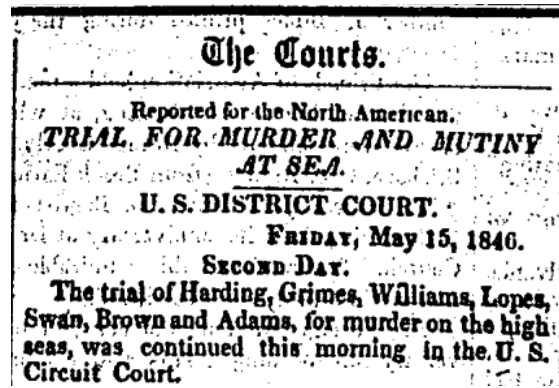


Captain Daniel Nason Jr 1803-1849 Owner of the Cactus c.1843.

In the 19th century, many occupations in Kennebunk revolved around the sea and shipbuilding: some built ships, others provided goods to be shipped and then there were the sailors and captains that sailed on them. Although many young boys dreamed of leaving Kennebunk to see the world aboard one of the sailing ships, life at sea was difficult. Seamen worked long hours and it was dangerous, between storms and diseases many sailors never returned.

The captain had all the power on the ship, he stood no watch, accountable only to the owners of the ship and must be obeyed without question. Below him are the first mate and the second mate, and then the crew which was divided into watches. Tensions and problems naturally arise at sea when crews spend extended periods of time together in close quarters. This was the case with the Ship Cactus, built in Kennebunk and launched on December 14th, 1844. The master of the vessel at the time of the launching was Daniel Nason Jr. and partly owned by him and five other men from Kennebunk.

By late 1845, there was a change in crew, most from Kennebunk. Alden B Day was the Captain, George Douglass was the First Mate and Alvin Mason was Second Mate and son of one of the owners of the ship. Also on board was John Perkins, a 15-year-old from Kennebunk and Captain Alden B. Day's cousin. John Adams was the cook, a black man from Philadelphia as well as his ten-year-old nephew Nathaniel Adams, a cabin boy. They left Philadelphia for Europe with a new crew



The North American Philadelphia May 16th 1846 newspaper.

By October this crew was officially discharged in Trieste, Italy by the American Consul, they had complained of bad treatment, shortness of provisions and over work. They said officers had repeatedly struck the seamen with iron tipped wooden rods called handspikes. Captain Day denied these offenses, he reported the crew simply wanted to go home, most of them being foreigners.

Another crew was hired, a seasoned crew that included John Harding from Baltimore, William Grimes from Virginia, Francis Lopes from Portugal, Conrad Swan from Bermuda, and Alfred Brown from New Jersey. From Trieste Italy, they went to Smyrna and then Gibraltar. Three days out from Gibraltar is when this tale begins. According to all newspaper accounts the crew mutinied attacking the officers leading to the death of second mate, Elvin Mason. Upon their return to Philadelphia, the crew was arrested and there was a highly publicized trial for mutiny and murder on the high seas.

Although the trial had character witnesses for both the defense and the prosecution, it came down to the testimony of the two officers for the prosecution and two of the crew, that were not on trial for the defense. Both stories contradicted each other dramatically. The Captain and First Mate describe the crew as disobedient and rebellious. The crew told stories of the officer's cruelty.

The first crew that left the ship in Italy were all white men, while the second crew picked up in Italy were all "colored" men, it didn't seem to matter to the officers as the treatment of both crews was the same in the end. The captain during the trial testified that, "this colored crew were as good a crew for making and taking in sail as I ever had; they did not agree very well amongst themselves; Harding and Grimes were naturally saucy men."

The story told by newspapers was that the captain had ordered Harding and Grimes to scrub the deck and they refused. The whole crew then at once mutinied with most seizing handspikes to attack the officers. During the fight, Captain Day ran to his cabin to get his pistol but before he could return to bring things under control, Harding struck Elvin Mason on the head, fracturing his skull, which he died from six hours later. Harding was put in irons below deck for the rest of the voyage

to Philadelphia. During the trial, Perkins and first mate Douglass both testified that there was no provocation for the attack by the crew.

The story told by crewman Lopes at the trial was quite different. He began by recounting an earlier incident of an argument between first mate Douglass and Grimes over whose watch it was at the wheel. Douglass attempted to attack him with a hand spike. There was a struggle between the two, but the captain intervened to end it. At this

point Harding pointedly spoke up to Captain Day saying, "Captain you don't hold up the promise you made me at Gibraltar. You said there would be no more differences aboard the vessel that what there had been already..." When the Captain said it was his vessel and he made his own rules, Harding responded, "I don't doubt that, but recollect that there is a law for everything."

When it came to the day of the incident Lopes testified that Harding and Grimes were struck first with a handspike by Captain Day and a slug shot by the second mate, Elvin Mason, which was what provoked the mutiny. He testified that Harding was defending himself and heard him say afterwards to the captain, "this is all done by your own fault, it was your place to make



Column by: Leanne Hayden
Collections Manager
BRICK STORE MUSEUM

peace aboard this vessel, instead of striking men with handspikes.'

Brown was the next to testify and backed up Lopes's testimony. The trial lasted over a week; the jury rendered their verdict on May 25th, 1846. Harding was found guilty of murder and Grimes and Williams were found guilty of manslaughter. Brown, Swan, and Adams were acquitted of all charges. The newspapers reported the popular feeling was in favor of the prisoner's story. Before the judge could pass his final decision, he unexpectedly died in early June. In September, a new judge granted a new trial for those convicted which took place in November. The crewmen acquitted in the first trial were allowed to testify. In the appeal, Williams was acquitted, Grimes sentence remained but mercy was requested. Harding's conviction was reduced to manslaughter as it was made clear that he was acting in self-defense. Then on January 28, 1848, President Polk issued an unconditional pardon for Harding for good behavior, and he was free man. •

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Church on the Cape Welcomes **Organist and Music Director Paul Stephan**



By: Shelley Wigglesworth, lead writer

Energetic, engaging, and enthusiastic about the spiritual power of music, the newly appointed Church on the Cape organist and music director looks forward to learning from and growing with the established musical program in place.

Paul Stephan took on the role as the organist and music director at the Church on the Cape in September of

2023, with a goal of celebrating the talent and capabilities of the parishioners and those who have created a solid musical foundation at the historical church over the years.

“The Church on the Cape is a wonderful congregation, full of giving, gracious, happy people. The music program is in great shape-the choir is vibrant, filled with many people who love to bring their music into the Church.” He added “I have eclectic tastes in music and love everything from classical to gospel and country. As a director, I like to showcase the best that the people I’m working with can give. But I also like to urge them to be a little bit better than they thought they could be. I love it when someone ‘ups their game’ and grows.”

COTC parishioner Kathy Berger said “Church on the Cape is known for its’ beautiful music, talented musicians, and singers. We were so excited to welcome Paul Stephan as our Music Director,



Organist and Pianist. Paul brings energy and superb musicality to our Sunday services and music programs. We welcome the public to visit and enjoy an hour of peace and music at

COTC.”

Church member Tom Bradbury added “How blessed we are to have Paul as the church organist and music director. Each Sunday is like going to a concert.” Bradbury compared Stephan’s style, manner, and approach to that of the late Keith McClelland, a beloved music teacher in Kennebunk and Kennebunkport and an interictal part of the COTC congregation and music program for many years.

Having worked in large cities, Stephan said he hopes to take his experiences working and learning in diverse populations to open the doors of inclusively to all who are interested in music, fellowship, and worship at The Church on the Cape.

Bio:

Stephan is a graduate of Ithaca College and the University of Utah, where he received a Master of Fine Arts in writing and directing musical theatre. He is an award-winning musical performer with an extensive background as a composer, coach, and musical director. He is the founder and artistic director of Cantus a chamber choir in NYC and was co-founder and artistic director for the New Opera Group, directing and conducting performances for 12 operas, including three NY and one American premieres. He is the musical director/arranger for the cabaret hits "3 Tenors in Search of an Act", "Sue & Edd's FABULOUS Christmas" and "Carol Channing in Concert" starring Richard Skipper, as well as musically directing "Romantic Notions" a cabaret show featuring Edd Clark. His musical, "Trudy," premiered at Theatre 138 in Salt Lake City, Utah.

Church on the Cape located at 3 Langsford Rd, Cape Porpoise Maine. Sing along every Sunday starting at 9:45 AM followed by worship at 10:00 or online streaming via YouTube. To reach out to Paul, and or FMI on COTC: <https://www.churchonthecape.org/>

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Upcoming Events

American Legion Post 159, 102,, Mar 7, , 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

Last Call for Artists! April 15 is the deadline for artists interested in joining the Art Guild of the Kennebunks to submit work for jurying. . . just a reminder. Go to the Art Guild of the Kennebunks website for forms and directions. Artists are asked to submit five pieces in one of the following categories: oil, watercolor, pastel, Pen & Ink, pencil and mixed media. Also acceptable are wood carvings, sculpture, found art and specialty art. There is an application fee of \$25 due with the submission of work.

Blue sky heaven at "Poetry in the Friary." Join your Host, WePoets & Verse on **Saturday, April 6**



St. Anthony Franciscan Monastery.

from 1:00 to 2:30 p.m. at St. Anthony Franciscan Monastery, 28 Beach Ave., Kennebunk. Take a deep breath and exhale to the deep sounds of poetry voices reading their original poems, sharing their vision. I am honored to present Native American poet, educator, artist Mihku Paul of the Maliseet tribe, poet authors Kimberly Ann Priest, Slaughter the One Bird, and Joel Doelman, Quetico Connection, local KHS junior Willow Knowles, poet Christopher Reimer. Admission free. Welcome all. Refreshments. All donations benefit the monastery. Email poetryawakenings@gmail.com for more information.

EARTH DAY EVENT Bees, Birds, Bugs, Bats, & Blossoms: Kennebunk will celebrate **Earth Day '24, Sunday, April 21, in and out of doors at First Parish Church, Hope Cemetery and Hope Woods.** Native plants will be the topic of the morning sermon at 10 a.m. by Shawn Jalbert of Alfred. Outdoor activities will begin at noon. Gordon Collins will give an ecologist's view of Hope Woods in the afternoon (reservations needed for this tour). Bill Grabin and Kathy Donahue of York County Audubon will give a presentation on birds, and other experts will give tours for all ages on bees, bugs, and bats! Sponsored by the Planetasters of Southern Maine, First Parish Unitarian Universalist Church, and York County Audubon. All are welcome to this celebration of Earth Day and Spring!

AWS-Sunday, April 21 @9 am - Noon: Microchip + Rabies Vaccine Clinic Held at Waggestown Pet Supply Store, 1517 Post Road, Wells AWS Community Veterinary Clinic is hosting a FREE microchip and rabies vaccine clinic for dogs and cats over 12 weeks of age at Waggestown Pet Nutrition & Supplies Store in Wells, ME. This clinic is free to attend, but we ask that you please RSVP in advance. <https://animalwelfare.society.org/event/microchip-rabies-vaccine-clinic/>

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 or YouTube channel or watch them on the Town of Kennebunkport's cable channels 2 and 1301.

Wednesdays at 7 PM. Portside Readers. Who does not like 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 want to share the joys of reading and listening. Tune in Wednesday evenings at 7 p.m. on the Louis T. Graves Memorial Public Library's Facebook page and YouTube channel, or watch them on the Town of Kennebunkport's cable channels 2 and 1301. Please call the Library for more information on this collaboration between friends and neighbors!

Tuesday, April 2 at 11:15 AM. Technology Class. Are you considering taking a technology class but wondering if it's worth your time and effort? Look no further! This class will explore how to take better photos with your phone. You'll discover how a computer basics class can transform your life. Get ready to gain confidence in your tech abilities, improve productivity, and open new possibilities. Don't miss out on the excellent benefits of taking a technology class. 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.

Tuesday, April 2 at 3:15 PM. Kids Marimo Garden Program. Making a Marimo Garden is a fun and easy way to bring a little bit of nature into your home. Marimo balls are a type of algae that grow in freshwater environments, and they make great additions to any indoor garden. Shelley Wigglesworth, Maine Master Gardener, will teach the class. All supplies are provided. 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.

Sat, April 6 at 9 AM. On the Nightstand – Book Discussion Group. Please join us on Saturday at 9:00 a.m. for some coffee and conversation. This group will meet in the Dow Room on the first Saturday of every month. Bring a book that is currently being read from 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. 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.

Mon, April 8, at 2:30 PM. Eclipse-a-Maine-ia. Join us at Parson's Field next to the Consolidated School to view the upcoming solar eclipse! Parking is available along the access road by the softball field. Eclipse glasses will be available while supplies last. This is a rare opportunity to witness a unique natural phenomenon, and we hope you will join us for this experience. Although this location will not reach totality, it will still be amazing. The

Louis T. Graves Memorial Public Library, the Kennebunkport Health Department, the Town of Kennebunkport, and Kennebunkport Recreation sponsor this event: Parson's Field, 25 School Street, Kennebunkport.

Wed April 10, 5 PM. Frinklepod Container Garden. Noah Wentworth, owner of Frinklepod Farm, will be in the Community Room to give a thorough presentation on creating the perfect container garden. He will discuss container options, soil mix, plant selection, water management, and pest and disease concerns. The Kennebunkport Public Health Department and Graves Library sponsor this program. 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.

Wed, April 10, 17 & 24, 12-2 PM. How World War I and Its Aftermath Created the Modern Middle East with Lou Salome. First and foremost, there is a series of secret, duplicitous, and contradictory agreements that couldn't be untangled and create lasting distrust. Imperialists (Britain and France) groped for more as old empires (namely, Ottoman) died. Add to that international intrigue (The League of Nations mandates -- to the victors belong the spoils) conflicting with the promised but denied self-determination of some peoples, all mixed in with American isolationism. In the ashes of this explosive mix were many Arab peoples whom the West incredibly robbed of the opportunity to create their democracies. All of this is from a time when oil was barely mentioned. Online registration is required; please visit <https://south-coast-senior-college.coursetorm.com> or call South Coast Senior College at 274-3105. 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.

Thursday, April 11 at 9:45 AM. Morning Book Group. "Lady Tan's Circle of Women" by Lisa See will be discussed. This group meets on the second Thursday of every month. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thursday, April 11 at 6 PM. Retirement Readiness with Steve Turner. Join local financial advisor Steve Turner and his team for an informative program on retirement readiness. Retirement readiness is an essential aspect of financial planning that helps individuals prepare for their post-retirement years and feel confident about their financial future. A retirement readiness program is designed to provide individuals with the tools and resources they need to plan and save for retirement. 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.

Friday, April 12, from 2:00 to 4:00 PM. Miss Terri Guest Reader at Kennebunk Animal Welfare Society Bunny Hop. Join Miss Terri as she reads at the AWS Youth Program's second annual Bunny Hop! Children and families can enjoy crafts, stories, face painting, and time spent with real springtime animals. AWS is located at 48 Holland Road, Kennebunk. For further information, please call 985-3244.

Sun, April 14 at 2 PM. Annual Poetry Bash. Please join Graves Library for National Poetry Month and get back in touch with your inner poet. The former US Poet Laureate Billy Collins once wrote: "All babies are born with a knowledge of poetry because the lub-dub of the mother's heart is in iambic meter." Bring a poem to read that you have written, share a favorite poem by another author, or just

hunker down and listen. Inaugurated in April 1996, National Poetry Month brings together publishers, booksellers, literary organizations, libraries, schools, and poets around the country to celebrate poetry and its vital place in American culture. Be part of the celebration! Light refreshments will be served. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. FMI, please call 967-2778 or visit our website at www.graveslibrary.org.

Tuesday, April 16 at 3:15 PM. Lego Club. Imagine, create, build! Bring your imagination for an hour of fun. Unstructured build time followed by a group building challenge and game. This program is for elementary-aged students. Space is limited, and pre-registration is required. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Tuesday, April 16 at 5:30 PM. Earth Day Celebration. Join your three local land trusts for a climate presentation celebrating Earth Day! As climate change and its harmful effects accelerate, so does the urgency for effective climate action. Learn how various climate policy solutions stabilize the climate and impact sustainability, justice, trade, energy, and income disparity. This interactive climate policy workshop uses MIT Sloan School's EN-ROADS Climate Policy Simulator to explore our current climate trajectory, how recent legislation has improved our long-term outlook, and how Maine is uniquely positioned to advocate for a stabilized climate and a livable future. Peter Dugas is an EN-ROADS Climate Ambassador, Maine Sunday Telegram Source Award Winner, and a long-time advocate for finding climate change solutions. Peter is the Maine State Coordinator for Citizens Climate Lobby, a nonpartisan grassroots organization focused on practical and equitable climate solutions. He serves as the liaison to the office of Senator Angus King (ME-I). Light refreshments will be served. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport; for further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Wednesday, April 17 at 3:15 PM. Card Making Station. We want to invite people of all ages to attend the kick-off of our card-making program, where we will design cards to go with care packages from the Community Gourmet. This is a beautiful opportunity to show your support and positivity to those in need. During the program, you can design and personalize cards using various materials, such as markers, stickers, and stamps. These cards will be included in care packages distributed to seniors and individuals in our community. The Community Gourmet is a grass-roots effort to address food insecurity in Southern Maine. 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.

Thursday, April 18, at 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. library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thursday, April 18 at 6:45 PM. Monthly Movie Night. Join us for our monthly movie night. All are wel-

Continued to next page

come to attend. Light refreshments will be served. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thursday, April 18 at 5:30 PM. Wine On-Line.

Join us on Zoom on Thursday at 5:30 pm for a fun hour of tasting, information, and trivia. Our two experts, Lani Dietz and Betsy Ross, will be on hand to guide us through the program. Please call the Library at 967-2778 to be added to the Zoom List! Stop by Maine & Vine or the Wine House on Main to pick up your wine before the event.

Sun, April 21 at 2 PM. A Pop-up Visit with Television Celebrities Lisa Lucas and Debrianna Mansini.

The Stars of Corona Kitchen (Lisa Lucas and Debrianna Mansini) will visit the Louis T. Graves Memorial Public Library on Sunday, April 21, at 2:00 PM. These ladies know that good food and good stories are like a warm, healing hug. Add seasoning with a dash of hilarious personal anecdotes, and the day's troubles seem to fade. Outspoken television pros Lisa Lucas and Debrianna Mansini shared their kitchens, hearts, anxieties, and good humor as they broadcast their culinary adventures during the pandemic lockdown and the following dark days. In the process, they connected with a hungry audience that spans the globe. In "That Time We Ate Our Feelings: 150 Recipes for Comfort Food from the Heart", Lisa and Debrianna share their most beloved dishes along with never-before-shared creations and top-voted dishes by members of the Corona Kitchen community. The result is a colorful and cathartic read with warming, judgment-free, mouthwatering recipes that prove a good meal heals all. This quirky, hands-on cookbook features original recipes for all meals of the day, plus snacks, side dishes, cocktails, mocktails, and options for vegans, vegetarians, gluten-free, and dairy-free diets. It is guaranteed to meet you where you are, whether you are stressed, sad, thriving, or nostalgic. All you must bring to the table is yourself! 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 Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thursday, April 25 at 3:15 PM. Maine Author Barbara Walsh.

Pulitzer Prize-winning journalist Barbara Walsh will discuss her new book "Spencer: Boston's Beloved Marathon Dog," a story of hope, inspiration, and a dog who lit up the world with his love. With a heart as big as the Boston skyline, Spencer gained worldwide fame as the beloved Boston Marathon dog. For eight years, the golden retriever cheered for thousands of runners in the cold, freezing rain, even as he recovered from cancer. Spencer began rooting for Boston Marathon runners in 2015. At Mile 3, Spencer held his Boston Strong flags, inspiring athletes and fans to be brave and never give up. Honored as the marathon's official race dog in 2022, Spencer grew so famous that runners lined up to hug and photograph their loyal fan. 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.

Thursday, April 25 at 5 PM. Evening Book Group.

For April, the group is reading poetry. 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.

[graveslibrary.org](http://www.graveslibrary.org).

LIBRARY CLOSURES: The Library will be closed on Monday, April 15, for Patriots' Day.

Fabulous Friday Family Story Time is in the community room every Friday at 10 AM. 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 please call 967-2778 and ask for the Junior Room or visit 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.

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 can.

Ongoing Book Sale at the Louis T. Graves Memorial Public Library. Visit the Book Cellar to see what's in the store. There are thousands of books to choose from — during Library hours. We also have notecards, journals, unique books, ball caps, special gift books, coffee mugs, tote bags, bookmarks, and more. If you cannot 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! Are you looking for the perfect gift idea? Purchase a gift certificate for the book sale! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00; Saturdays, 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

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

Special Offer — Need a gift for someone special? "Kennebunkport: the Evolution of an American Town," researched and written by local historian Joyce Butler, is perfect for a birthday, wedding, or new resident to town. This 400-year history includes people, places, and events that have shaped our lovely village. This two-volume set contains hundreds of images, maps, photos, charts, and stories. For more details, please call the Graves Memorial Library at 967-2778 to inquire about the \$50 per set. We can also ship anywhere in the US.

Meet Us at the Museum — The Graves Memorial Public Library has passes to six different Museums throughout Maine for all Kennebunkport residents and patrons to visit for free. Brick Store Museum, Ogunquit Museum of Art, Seashore Trolley Museum, Children's Museum of Maine, Portland Museum of Art, and Coastal Botanical Gardens. Please 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 come for technology help anytime? Come on over, and we can find it together! The Library is located at 18 Maine Street, Kennebunkport. FMI call 967-2778 or visit our website at www.graveslibrary.org.

Wells Reserve

Friday, April 5, 7-8:30pm Woodcock Watch. Maine Master Naturalist and woodcock enthusiast Paul Dest leads this walk in search of the famed timberdoodle. Paul is well-versed in the woodcock's life history, conservation status, and management, and is an engaging presenter. In early spring, just before dawn or just after sunset, landscapes of field and young forest come alive with the unique sounds of the American woodcock. This migratory bird is a sure sign of spring, but is not so obvious as the robin or the red-winged blackbird. We'll walk about a mile, including one small hill. \$8/\$6. Registration required at suzanne@wellsreserve.org or (207) 646-1555 x116. \$8/\$6. FMI wellsreserve.org/calendar.

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

Wednesday, April 10, 12-1pm Planning for Climate Migration - New Jar, Old Wine? In this lunch-and-learn hosted on Zoom by the Wells Reserve, join Cornell University Assistant Professor Linda Shi to explore the issue of climate migration. The Northeast has been touted as a climate refuge for the rest of the country. This talk will introduce the issue of climate migration and use it as an entry point for highlighting barriers to inclusive, equitable, and ecologically sustainable development that must be addressed for effective adaptation to climate change. Free. Registration link at wellsreserve.org/calendar.

Thursday, April 11, 7-8:30pm Woodcock Watch. Maine Master Naturalist and woodcock enthusiast Paul Dest leads this walk in search of the famed timberdoodle. Paul is well-versed in the woodcock's life history, conservation status, and management, and is an engaging presenter. In early spring, just before dawn or just after sunset, landscapes of field and young forest come alive with the unique sounds of the American woodcock. This migratory bird is a sure sign of spring, but is not so obvious as the robin or the red-winged blackbird. We'll walk about a mile, including one small hill. \$8/\$6. Registration required at suzanne@wellsreserve.org or (207) 646-1555 x116. \$8/\$6. FMI wellsreserve.org/calendar.

Monday, April 15, 3-4:30pm

Estuary Discoveries. Enjoy a peaceful meander along the accessible trail at Wells Harbor. Learn about the value and importance of estuaries, where rivers meet the sea, while exploring the newest trail in the Reserve's network. Free. Registration required at suzanne@wellsreserve.org or (207) 646-1555 x116. FMI wellsreserve.org/calendar.

Tuesday, April 16, 7-8:15pm Maine's Champion Big Trees. Learn about Maine's champion big trees with the Maine Forest Service's Jan Santerre. The 2020 edition of the Maine Register of Big Trees lists 146 champions throughout the state. State champion big trees

capture people's imagination for their size and strength, but they are also symbols of the good work trees do for the environment and our quality of life. This event will be held in-person at Mather Auditorium and available live via Zoom. Free. Registration link at wellsreserve.org/calendar.

Thursday, April 18, 12-1pm Gulf of Maine's Changing Seas. In this lunch-and-learn hosted on Zoom by the Wells Reserve, instructor Steve Podsiadlo will discuss how the Gulf of Maine formed many years ago, as well as present-day changes in its waters. Discover food webs in the Gulf, the relationship between copepods and right whales, and how whales' feeding patterns are affected by the changing seas. Free. Registration link at wellsreserve.org/calendar.

Saturday, April 20, 10am-12pm Welcome Spring Walk. Join the Reserve's Environmental Educator, Linda Littlefield Grenfell, to look for signs of spring. Are there any new shoots coming forth? Are the buds bigger? Any birds returning? We'll welcome spring together with a walk, laughter, and stories. Participants are invited to bring binoculars, though they are not required. \$8/\$6. Registration required at suzanne@wellsreserve.org or (207) 646-1555 x116. FMI wellsreserve.org/calendar.

Tuesday, April 23, 7-9pm Full Moon Walk. 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 able to remain calm will love it. Rain date: April 24. \$8/\$6 (individual), \$20/\$15 (family). Registration required at suzanne@wellsreserve.org or (207) 646-1555 x116. FMI wellsreserve.org/calendar.

Saturday, 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@wellsreserve.org or (207) 646-1555 x116. FMI wellsreserve.org/calendar.

Animal Welfare Society

Wednesdays April 3, 10, 24 @ 3 pm & 3:30 pm:

Rescue Readers [No Rescue Readers during April School Vacation] Held in the AWS Adoption Center, 46 Holland Road, Kennebunk Rescue Readers brings together elementary/middle school students and resident or therapy pets for a half hour of reading aloud. Students may choose from a variety of books on our special Rescue Readers book cart or they are welcome to bring their own reading materials. This program is sponsored by Kennebunk Savings. FREE. Registration is required. <https://animalwelfare.org/youth/rescue-readers/>

Friday, April 5 @ 11:30 am - 12:15 pm: Furry Tales Story Hour Held at Kennebunk Free Library, 112 Main Street, Kennebunk- Furry Tales Story Time combines pets, literacy and fun! Toddlers, preschoolers and their families explore the exciting world of animals with stories, playtime, crafts, songs, movement and plenty of time with various pets.

Continued to next page

Saturday, April 6 @ 9 am - 12 pm: Animals in the Arts: Spring Drawing Held at AWS' Youth Classroom (Boston House) end of Holland Road, Kennebunk AWS' Youth Programs Coordinator, Miss Amanda, as well as professional artist, Piper Castles, from River Tree Arts will be hosting this fun and interactive drawing workshop. Designed for students in Grades 6+, children will learn and practice drawing skills of springtime animals while also being able to interact with them! What's better than drawing alongside some adorable, hoppy bunnies?! Register online at River Tree Arts: <https://rivertree.app.neoncrm.com/np/clients/rivertree/event.jsp?event=12491&fbclid=IwAR1a-veyzoy36RvC-NnCcwLa0Qoz46BgBUolnXkvYJ1qOoS-eX-WillLwg>

Friday, April 12 @ 2 pm - 4 pm: Spring Bunny Hop Held at AWS Training Classroom - 46 Holland Road, Kennebunk Celebrate warmer days, blooming flowers, and adorable animals with AWS Youth Programs. There will be crafts, stories, face-painting, and springtime animals to meet! Free and fun for the whole family! (Please leave family pets at home.) FMI: <https://animalwelfareociety.org/event/spring-bunny-hop/>

Sunday, April 21 @ 9 am - Noon: Microchip + Rabies Vaccine Clinic Held at Waggerstown Pet Supply Store, 1517 Post Road, Wells AWS Community Veterinary Clinic is hosting a FREE microchip and rabies vaccine clinic for dogs and cats over 12 weeks of age at Waggerstown Pet Nutrition & Supplies Store in Wells, ME. This clinic is free to attend, but we ask that you please RSVP in advance. <https://animalwelfareociety.org/event/microchip-rabies-vaccine-clinic/>

Kennebunk Free Library

Join us at KFL on Monday, March 25 from 6:00 - 7:30 p.m. for the first session in the Die Well Death Education Series with host Leona Oceania. You are welcome to attend one or all of the sessions - no registration is required.

Session one is: Why Talk About Death? In this session we will discuss why talking about death is important, and the benefits it can and does provide. We will also review creating an End-of-Life Plan, the importance of legacy work, hospice & palliative care, as well as funeral and body disposition options. (There are more than you think!)

Die Well Death Education is the passion project of Leona Oceania. Always fascinated with death and baffled by the fact that we don't talk about the one thing that is going to happen to all of us, she decided to do what she could to encourage that conversation. She has trained to become an End-of-Life Doula, a Home Funeral Guide, a Life Legacy Facilitator, and a Death Educator. She also serves on the board of the Funeral Consumers Alliance of Maine, is the facilitator of a number of Death Cafés in Southern Maine, and is a volunteer with a local hospice organization. She has built a bookcase coffin with the prodigious Chuck Lakin, which is currently in use as a bookcase in her living room until it is needed as a coffin. This program is free and wheelchair accessible. The KFL is located at 112 Main Street in Kennebunk, FMI please call 207-985-2173 or email us at kfl@kennebunklibrary.org.

Furry Tales with Animal Welfare Society at Kennebunk Free Library What's better than sharing stories? Sharing stories with a furry friend! Come to Kennebunk Free Library on Friday, March 8, at 11:30 a.m. for our monthly Furry Tales Storytime with Animal Welfare Society. Miss Amanda from AWS will 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. 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.

Storytimes at Kennebunk Free Library It's time for Storytime! Come to the library for stories, songs, and fun with Miss Maria! We'll even get to say hello to our puppet friend, Ami the bunny. On most Mondays in April at 10:00 a.m., Storytimes will be held in Hank's Room at Kennebunk Free Library. Maybe it will be warm enough for Storytime in the amphitheater! Because of the holiday closure, we will have Storytime on Tuesday, April 16. We can't wait for you to join us! Upcoming Storytime dates include: • April 1 • April 8 • Tuesday, April 16 • April 22 • April 29.

Beadcraft at Kennebunk Free Library In the mood to get creative? Perler Beads - tiny plastic beads that can melt - were first introduced as a craft in Sweden in the 1950's, and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on Wednesday, April 3, 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 Kennebunk Free Library Ready to get building? Kennebunk Free Library is offering a Lego Club for children ages 4 and older. Lego Club will meet on Thursday, April 25, from 3:45-4:30 p.m. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. Registration is appreciated. Lego Club is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information or to register, please call 985-2173 x-108 or register online.

Kindness Crew at Kennebunk Free Library In a world where you can be anything, be kind! Join us for our next meeting of Kindness Crew on Tuesday, April 16, at 2 pm. Come hear a story about kindness and make a craft! This month, local author Janine P. Salevsky will be joining us again to share her new book *A Princess Heart Reflects the Beauty of the Human Spirit*. We will also be painting kindness rocks and shells. This program is open to ages 5 and up; registration is appreciated but not required! Caregivers are encouraged to join in! When your little sees you talking about and practicing kindness, they will want to join in even more! This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or register online.

Thursday Family Fun Play at Kennebunk Free Library Have a morning of play at the library! On Thursday mornings in February, Kennebunk Free Library will bring out the toys for a library play date. These toys are best enjoyed when the whole family plays together! Before we say goodbye until next time, Miss Maria will read a story. Come play and make new friends at the library! All programs will run from 10 am to 11 am. Thursday Family Fun Play is for children ages 0-5 and their grown-ups. No registration is required. Upcoming Thursday Family Fun Play dates: April 4 April 11 April 18 April 25.

Embark on the trip of a lifetime with the Center.

Join the Center as we travel to Italy and embark on an immersive group tour, in partnership with Collette Travel. Our Italy trip offers an itinerary full of unforgettable experiences with the country's rich culture, art, and cuisine. The trip promises an enriching and unforgettable experience for travelers of all ages and interests. You do not need to be a Center Member to take advantage of this special package. Our 10-day journey, November 4th through November 13th, includes ground transportation to/from Logan International Airport, airfare, 4-star hotel accommodations, guided tours and much more. Highlights of the Italy tour will include: • Visits to iconic landmarks • Exclusive access to art galleries and museums • Leisurely strolls through charming towns and villages to immerse yourself in the local traditions and Italian sights • Indulgent culinary experiences featuring Italy's finest cuisine and wine • Rome, Vatican City, Sistine Chapel, St. Peter's Basilica, Cortona, Murano Island, Florence, Lake Como, Chianti Winery and cooking class, Assisi, Venice For more information, contact Bridget Dempsey at the Center (207) 967-8514.

Brick Store Museum

Wednesday, April 3: April Early Release Workshop, Brick Store Museum, 117 Main Street, Kennebunk, 1:00pm – 3:00pm. Potions and Spell Mini Spell Books: Participants (grades 3-5) will enjoy creating mini books and recipes with natural materials to create potions and fill their books. A portion of this class will be held outside - weather permitting. All materials are provided. Students should wear comfortable clothes that are able to get messy. Instructor: Elizabeth Winter. Fee: \$35. Visit www.brickstoremuseum.org or call (207)985-4802.

Wednesday, April 17: Wicked Good Fiddling Concert, Brick Store Museum, 117 Main Street, Kennebunk, 7:30pm. Concert featuring the Pine Tree Flyers and NEA National Heritage Fellows Don & Cindy Roy will showcase the rich, living traditions of Maine fiddling. The Flyers are a relatively new quartet of well-seasoned musicians who put a fresh, contemporary spin on traditional New England dance music. Don & Cindy Roy have long been the leading exponents of Maine's Franco-American musical heritage. Don's virtuoso fiddling and Cindy's steady, rhythmic piano accompaniment, plus her top-notch step-dancing, have delighted audiences at festivals and concerts nationwide. Tickets: \$20/\$15. Visit www.brickstoremuseum.org or call (207)985-4802.

Thursday, April 25: History in Your Own Backyard, Virtual Lecture, Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm. From settlement subsistence through twentieth-century extravagances, experience an armchair tour of Maine's rich garden legacy, uncovering the unique qualities that define each stylistic tradition. Then, see how these traditions inspire our contemporary design process, celebrating the past with a fresh new perspective. Combining history, horticulture, and landscape design, this lecture by landscape preservationist Cindy Brockway has something for everyone. Make history come alive in your own backyard! 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, April 27: May Day Basket Workshop, Brick Store Museum, 117 Main Street, Kennebunk, 12:00pm. Basketmaker Kathy Polletto will teach participants to make a May Day Basket. May Day Baskets were a popular tradition in the Victorian era. The basket is a small round hanging basket that will hang on a door knob. The basket is 9 high including the handle and 3 – 3 1/2 inches wide. Participants will have a choice of colors to add to their basket. This basket is good for beginners. Tickets: \$65/person. Visit www.brickstoremuseum.org or call (207)985-4802.

A Series on Local Artist by John Forssen

In the World of Bruce



At her recent exhibition, Artist Kathie Mahoney considers her portrait of Bruce.

Kennebunk artist Kathie Mahoney tells a marvelous story about her first steps into the world of art: “I don’t remember the year exactly, but it must have been early elementary school, for I was quite young. One day, armed with watercolors, brushes and a square of manilla art paper, I went to the beach determined to capture a likeness of the ocean at play.

In a childish nod toward authenticity, when I was finished with the painting, I pulled from my bag of supplies a salt shaker and sprinkled the still wet paper with a liberal offering of salt.”

In the years since, she has continued to paint, marvelous scenes of nature and animals...many of which were recently on display in the Kennebunk Free Library Gallery.

Her home studio, which she refers to as “The Nest”, gives exactly that impression: a cozy space with mulioned windows and lots of natural light and texture, the combination of which speak to her love of both

color and fabric. One imagines that it would be easy to work there, comforting—even on the spare days when inspiration might be caught napping and patience is short.

All of her work speaks to the dedication of a true artist, but it is in the character of a certain rhinoceros named “Bruce” that her sensitivity and devotion to craft are readily apparent. Bruce emerged from her inner eye in shades of blue, most unusual for such an animal...but, she concedes, “blue is my color.” In her rendering, however, the hue is easily put aside for the appearance of ancestry, a clear bloodline, emerges through her delicate layering of color. Gaze at it for awhile, let your eyes blur and you can imagine Bruce before he was —Bruce as a slow and deliberate gathering of disparate elements, his eyes in particular. They are bright, deliberately watchful, as they would have to be in the wild...not so much a creature to be feared as to be respected.

Her journey to becoming an art-

ist was long and circuitous, but most important in that journey is the fact that she has arrived...and the delicate hand she brings to her watercolors is a tribute both to that journey and the work she has done along the way. She has no formal degree in art, but she has been a determined student wherever the prospect of learning has presented itself.

“The lessons,” she says, “the people you meet along the way extend the boundaries of what you believe, as an artist, that you are capable of achieving. There is no substitute for that. Color, composition and draftsmanship, among other elements, are the products of so much individual experience. It would be a waste not to take advantage of it.”

By way of example, she mentions plein air painting. “I never imagined I would do it, but you know, there’s an irresistible spontaneity there: the eye, the object, the paper...there’s no room for arguing with yourself. You simply do.”•



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HORSE RESCUES

Is it enough to rescue to prevent a horse from going to auction, a kill pen or slaughter, or do rescues have an ethical responsibility to provide the care required by the needs of horses, and the individual -



Horses in need of help are everywhere -many in riding facilities. BlixHorses: Take A Mile aka Think Blue, a 17 year old Thoroughbred racehorse bought & sold landing at a show facility at 17, overused & near emaciation.

Bint Ali Alexxis, a 6 month old Arabian filly going to auction. Another Fritz, a 14 year old warmblood with debilitating injuries due to use in lessons, jumping, dressage & finally in a university equestrian program.

Our hearts warm when we learn a horse is a rescue. But does being rescued always improve a horse's life and ensure safety. Most people don't know the reality of this plight and social ramifications created through irresponsible behavior. They don't realize that the number of horses rescued are but a small percentage of the thousands that are not. Where are the horses in need and why are horses rescued?

Where Horses in need of rescue are everywhere - private homes and the boarding facility down the road. Some are in auctions awaiting transport to slaughter or kill pens. People travel hundreds of miles to save one often searching for a specific breed with a goal of riding and showing. But these horses have already suffered greatly. What they really need is to rest and recover from the emotionally trauma.

Appearances don't always reflect the well being of horses. Some facilities have pretty grounds and clean barns while others are dirty, unkept and run down. The latter may house horses in the same shape but all potentially harbor horses in jeopardy of becoming rescues. Expensive facilities simply have pricey horses in need, often in overuse or training abuse. Some are privately owned and others belong to managers, trainers and barn owners. They are used for lessons, shows, trail rides, beach rides and breeding. Income is the priority, not welfare.

The barn is where it all begins before horses are sold or take the trailer ride to auction. There, trainers and owners continue to profit. They can potentially make more here than in private sales with less pressure to disclose the history. If not sold the horse will most likely end life in slaughter while those sold po-

tentially continue being used and passed on for the rest of their lives.

Why While selling one's horse is a regular practice, abandoning horses is also common. It happens at racetracks, prestigious show grounds like Wellington - everywhere horses are kept. It happens when the economy suffers, owners can't pay the rent, can no longer afford the care, the horse becomes injured, ill or when the horse has become an inconvenience. Since most horses are ridden from 2 or 3, by the time they're in their teens, equivalent to a middle aged human, they have injuries worsened with age and use, considered old and worthless.

A classic example are Thoroughbreds and Standardbreds with fractures or broken bones in the sole of their foot from racing. At a point where they should be retired, they continue to be recycled and burdened with difficult work as lesson horses, therapy horses, trail horses, in intense riding activities and competition.

Horses that have suffered from neglect, over use, misuse, training abuse or by being beaten into submission 'shut down' and experience 'behavioral issues'. They become difficult to handle, and are often unrideable due to pain. Most racehorses and sport horses come with this type of emotional and physical baggage.

Too often owners try to get rid of their horses when they aren't getting what they want. The old adage 'horses need a job' means if they don't perform they're seen as a waste of money. The industry and everyone profiting on the horses encourage recycling. There is no other animal that works as hard their entire life to entertain like horses, particularly when longevity is considered. If a horse can still stand, some people will continue use when the horse is in their 30's, sick or injured.

RESCUES *It is best to save a lot and keep them in poor care or have a few in good care?*

It often depends on resources. But it also comes down to breeding: good examples include backyard breeders producing a horse or 2 per year for 20 - 30 years. Large breeders produce thousands of foals for the Derby. Estrogen marketed as premarin is isolated from the urine of pregnant mares, used until they can

no longer produce. Barns filled with 'premarin mares' have orphaned foals every 11 months.

Adding to the problem are Mustangs. The feral horses are indiscriminately rounded up by the Bureau of Land Management. The process leaves some killed or severely injured. Herds as well as mothers and their young are separated. The ongoing fight over 'grazing rights' benefits ranchers who raise cows to be slaughtered.

A dirty business Ranchers romanticized in the media have to date successfully prevented horses from being removed from the farm animal category. Placing horses in a different category similar to small animals would effectively protect horses from slaughter and allow more regulations to protect them in domesticity. Horses are not farm animals and they are not consumed in the U.S. Instead they are used exclusively in sport and have also become pets and part of families.

Horse rescues So for all the breeds, needs and uses, rescues can make an impact. But it's but a small dent in a big problem. Considered charitable organizations with a 501(c)(3) IRS status, a Board of Directors provides oversight. For this reason it should consist of more than family and friends. Their job and Mission is the rescue and rehabilitation of horses with the goal of adoption. The costs are unimaginable.

Rescues depend on donations for the high costs necessary to acquire and seize, rehab and provide care, with a goal of adoption by a dutifully screened adopter. Due to the rampant neglect and abuse of horses and dishonesty in the industry, rescues must be diligent about placement. They have the costly, time consuming duty to continue to monitor the horses years after adoption. When that doesn't happen it's easy for the adopted horse to end up in bad hands.

Rescues also depend on knowledgeable, skilled, educated volunteers rather than just kind, well meaning persons. Endangering themselves, the horse, or not recognizing debilitating life threatening conditions like colic, choking, laminitis, lameness, neurological impairment or Cushings disease is harmful, not beneficial.

Volunteers should know what horses need to be in good care and health. But sometimes volunteers are

Gabriela Rodriguez Quinn,
Director, BlixHorses.

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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left unaware. In some cases the person running the rescue lacks knowledge. It takes more than someone with a lifetime of experience riding horses to properly assess and provide the best of care.

What good care means There is a standard of care all horses deserve and more than laws require. Horses need to consume hay around the clock and have clean, fresh water daily. They should not be fed grain rather than forage to cut on costs. Horses shouldn't be confined in small, muddy spaces but have acres on which to roam that are not filthy or overgrazed. They should also have a barn for shelter.

Stalls and outdoor spaces should be clean. If fed correctly 10 horses produce 20 piles of manure each, in a 24 hour period. It needs to be picked up daily. The needs and work required for 50 horses is daunting. Pellets, an alternative to shavings cuts costs but they must be sprayed with water to allow expansion for 45 minutes before the horse enters. Depending on the horse to urinate instead is not only a sign of laziness but a dangerous practice.

Horses need regular veterinary, dental and foot care by qualified professionals. They need medications, surgery, hospitalization or euthanasia. The rescue must have the resources and staff to care for the horses they have taken in.

Should rescues be regulated Regulation might help ensure quality of life for horses taken in because they were in neglect or abuse in the first place. If there aren't enough volunteers, the job belongs to the rescue founder and Board members. If there's not enough money they also share the burden to ensure the horse get what they need.

A rescue for every breed & use Thoroughbreds, Standardbreds, premarin mares, orphaned foals, Mustangs and all breed rescues. It's important to recognize that behind every 'rescue' stands a person or line of people who are responsible for that horse's fate. It's not hard to understand why rescues can't take in every horse when an owner simply decides they no longer want them.

Only this makes sense. If you want to save a horse, keep yours.

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Cape Porpoise Local Rebecca Roberts Brings *Maine Bowen* from Australia to Arundel



By: Shelley Wigglesworth, lead writer

Bowenwork Practitioner Rebecca (Bradbury) Roberts is a multigenerational Cape Porpoise local who began working in the family-owned grocery store, Bradbury Brothers Market, at a young age before graduating from Kennebunk High School and Wheaton College with a BA in art history. She received her certification as a Bowen practitioner through the American Bowen Academy.

With a work background in many fields including retail, customer service, banking, Reiki and caretaking, Roberts noticed a common theme emerging - her desire to work with and help others was most fulfilling to her.

“My path to Bowen was winding and, looking back, I can easily see how each job experience prepared me. Once I discovered Bowen, there was no question; this is what I am here to do and how I want to serve my community.” Roberts said her interest in complementary medicine was sparked in her teens after a serious car accident left her with residual symptoms including migraines, severe TMJ and hip issues. “When I first experienced Bowenwork, I was skeptical that such light touch could make a lasting difference, but as I continued with sessions and noticed

Maine Bowen office at Riverbend Wellness Center in Arundel.

my familiar symptoms start to dissipate, I became fascinated by Bowenwork and its ability to help my body heal itself even after years.”

What is Bowen?

Roberts explained the Bowen process. “Bowenwork, or Bowtech, is a gentle touch bodywork that stimulates the body's own innate healing ability to balance and restore. By signaling the autonomic nervous system, a shift is initiated from sympathetic (fight or flight mode) to parasympathetic (rest and repair mode) dominance so healing can occur. Its soft tissue ‘moves’ work primarily with fascia which has an impact on muscle coordination, postural alignment, and overall structural and functional integrity.”

The History of Bowen:

The Bowen technique was developed in the 1950s by the late Tom Bowen of Geelong, Australia. In one year, Bowen documented 13,000 treatments in his clinic. Towards the end of his life, he entrusted a few people to learn from and document his technique which resulted in The Bowen Therapy Academy of



Rebecca Roberts performs Maine Bowen.

Australia. Today, the Bowen technique is taught in over 30 countries around the world including the American Bowen Academy in the USA. The Bowen technique is used by Australian pro teams and their Olympic team. It is embraced by health professionals and practiced in hospitals around the world including Australia, New Zealand, England, and Exeter hospital in New Hampshire.

Benefits of Bowenwork:

“Because Bowenwork is holistic, whole-body systems are affected and a wide range of health concerns can be addressed from musculoskeletal injury and pain to systemic conditions such as fibromyalgia or asthma. Some of the conditions that have responded well to Bowenwork include back pain and sciatica, digestive issues, TMJ, migraines and headaches, fibromyalgia and chronic fatigue, hip/knee/ankle/foot issues,

menstrual and hormonal irregularities, neck and shoulder issues, respiratory conditions and allergies, RSI and carpal tunnel syndrome, sports, and other traumatic injuries,” Roberts said, adding “While clients may seek to address specific concerns, they often report positive emotional and psychological effects as well as improved sleep, digestion, and decreased anxiety - side benefits they may not have been expecting. Bowenwork has been used around the world to address the effects of stress, trauma, or grief. Since there are very few contraindications, Bowenwork is safe and appropriate for all ages from infants to elderly. Unlike many other therapies, Bowen therapy works with the body rather than imposing upon it, allowing the body to heal itself to the best of its ability and in its own timing. With Bowen, ‘less is best’ and practitioners are trained to lis-



ten carefully in order to apply to most appropriate Bowen procedures.”

What to Expect at a Bowenwork Session:

A Bowenwork session consists of gentle rolling soft tissue ‘moves,’ which can be done over a loose layer of clothing, followed by 2–10-minute wait times during which the body integrates and responds. The practitioner comes and

goes between each set of moves while the client rests comfortably on a massage table (although seating can be accommodated if necessary). Roberts noted “Bowenwork may be subtle but is not to be underestimated - the body continues to respond up to 5 days (and beyond) after a session, therefore, it is recommended to avoid other forms of bodywork during that time so not to interfere with its effectiveness. Many conditions are resolved or greatly improved after only a handful of sessions spaced about a week to ten days apart in the beginning. Clients may then choose to return for the occasional tune-up. Chronic conditions often take longer, or clients will choose to come regularly for symptom management.”

Roberts said results from her own experiences with Bowen as a client, coupled with her knowledge, training, and intuition as a practitioner allow for a comprehensive understanding of what to expect and how Bowen works.

“I strive to help others recognize their own capacity to heal. It’s empowering to have such a simple yet effective tech-

nique at my fingertips and trust that it is their body doing the work, I am simply a facilitator.”

It is important to note, Bowenwork is a self-care treatment, and not exclusively intended for addressing specific issues or pain. It is a form of relaxation and stress relief for all. “Rather than addressing the symptoms of a specific ailment, Bowen addresses the whole - body, mind, emotions. Bowen works quickly to shift the body out of the stress response and into relaxation where the body can begin to repair itself. As the body gets used to Bowenwork, it often responds quicker in a session to achieve and maintain that relaxation state,” she said.

Individual Bowenwork sessions are \$95 - and include an hour of gentle relaxing techniques. 3 and 5 session packages are available at price breaks and follow-up is encouraged for best results.

Maine Bowen is located at Riverbend Wellness Center in Arundel. For more information or to book a session online, please visit: mainebowen.com or email mainebowen@gmail.com.

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KENNEBUNKPORT - 14 SUMMIT AVENUE

Landmark residence in the highly regarded Kennebunkport enclave of Cape Arundel. Named by famed architect, John Calvin Stevens as "Bonnie Brae" it epitomizes the vernacular of coastal Shingle-style like no other in Maine. Comprising of 1.2 acres perched high above the Ocean Avenue promenade with sweeping panoramic vistas of the Atlantic as far as the eyes can see.

Bill Gaynor 207.468.3002 | \$7,700,000

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KENNEBUNKPORT - 14 MAINE STREET

Nestled in Dock Square, this meticulously restored historic residence overlooks a Colonial Era tidal millpond. Crafted by Spang Builders, architect David Graham, and designer Ryan Donnelly, every detail exudes unparalleled quality. From the William Morris wall coverings to the hand-hewn barn wood primary suite, this home offers state-of-the-art amenities and breathtaking views of the millpond.

Bill Gaynor 207.468.3002 | \$4,100,000

NEW LISTING



Online Virtual Tour: [Ipsir.com/governorsway](https://ipsir.com/governorsway)
KENNEBUNK - 1 GOVERNORS WAY

In the coveted Deer Trees neighborhood, this 4,000+ SF home epitomizes luxury and comfort. With 4BRs, including a first-floor primary suite boasting 2 walk-in closets and a spa-like bath. Chef's kitchen with granite countertops, gas cooktop, double ovens, and a butler's pantry. The great room with cathedral ceilings opens to a deck, outdoor kitchen, fire pit, and manicured yard. A renovated 1BR guest suite above the garage with a full bath.

Marissa Hyland 207.314.1092 | \$2,600,000



ACTON - 936 WEST SHORE DRIVE

Escape to your dream Maine retreat on the West Shore of Square Pond. This private oasis features a stunning home with 3000sf of custom living space, lush gardens, and breathtaking lake views. The home features a 1st floor guest quarters with a great room, while upstairs, an open concept living and dining room along with chef's kitchen complimented by cathedral ceilings boast sunrise views and the natural lake beauty. The primary ensuite bedroom with a balcony. One-of-a-kind property with a 100 ft. of lake frontage with a new 40' dock can serve as a vacation home, primary residence or be a solid investment with rental potential.

Betsy Coughlan 207.229.3661 | Jan Kovarik 207.641.7064 | \$2,100,000

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Online Virtual Tour: [Ipsir.com/14rocky](https://ipsir.com/14rocky)
KENNEBUNKPORT - 14 ROCKY PASTURE LANE

An exceptional 3-bedroom Maine shingle-style residence nestled on nearly 3 acres of woodlands, offering serene privacy. Elegant primary suite on the first level, inviting porches and stone terraces with a pond view. Spacious living room with cathedral ceiling, quality finishes throughout. Lower-level office, exercise room, and 3-car garage. The best of Kennebunkport living.

Bill Gaynor 207.468.3002 | \$1,600,000



Betsy Coughlan
207.229.3661
bcoughlan@legacysir.com



Bill Gaynor
207.468.3002
bgaynor@legacysir.com



Jan Kovarik
207.641.7064
jkovarik@legacysir.com



Marissa Hyland
207.314.1092
mhyland@legacysir.com

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