

2020
AUGUST

Village

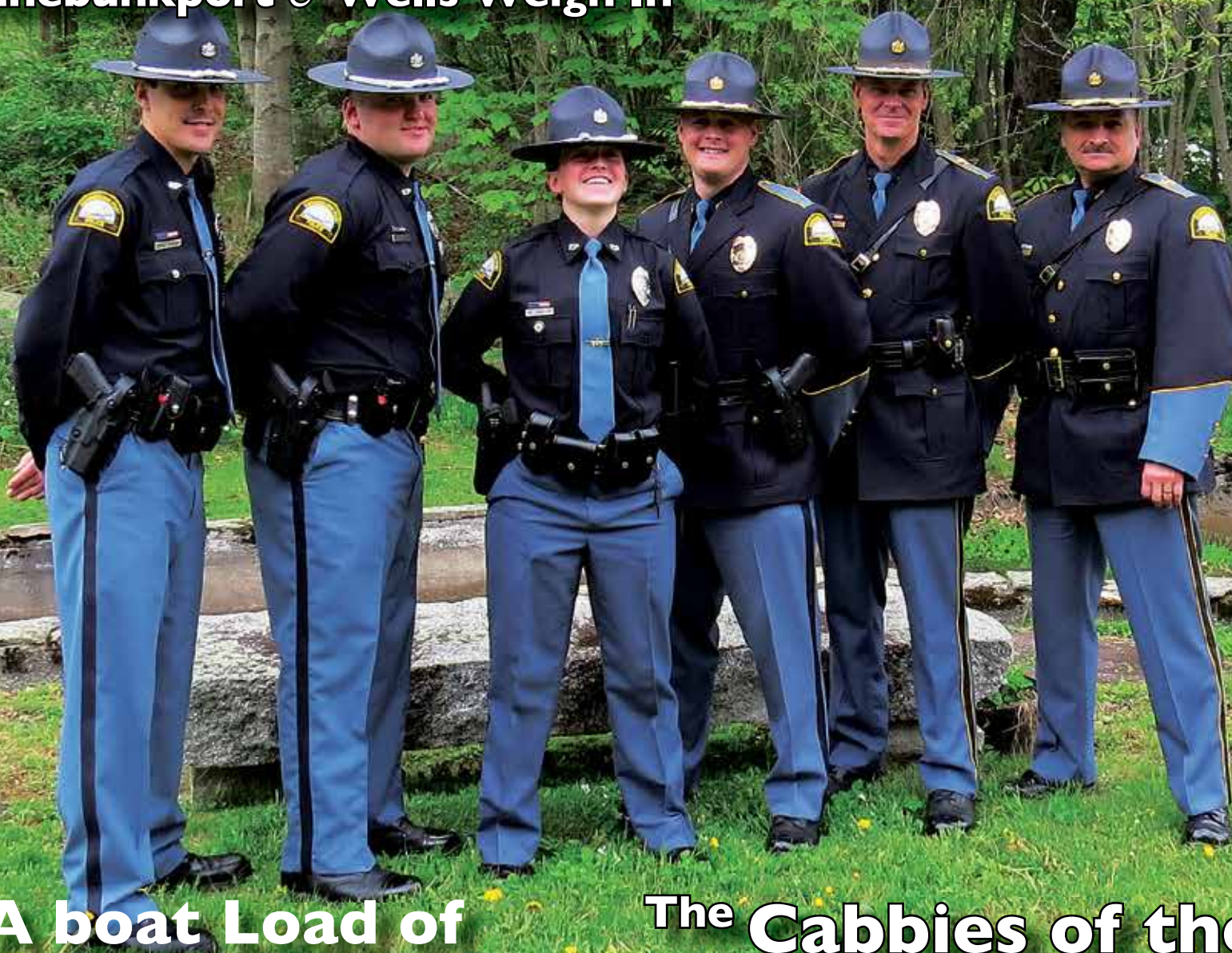
the Kennebunk

ECRWSS
PRSRT-STD
U.S. Postage PAID
Permit # 130
Portsmouth, NH
Postal Customer

Present Day POLICING

Chiefs of Police from Kennebunk,
Kennebunkport & Wells Weigh In

PREVENTING
& MINIMIZING
severity of coronavirus



A boat Load of
FUN

The Cabbies of the
Kennebunks

PUBLISHER

Gina Martel

VP, FINANCE

Steve Martel

LEAD WRITER

Shelley Wigglesworth

DIRECTOR OF SALES

Joyce Robillard

VILLAGE CONTRIBUTORS

Mark Birmingham Casey Clark • Ken Daggett

Dr. Earl Freeman • John Forssen

On the Cover



Kennebunkport Police Department. Left to right: Officer Shane Brooks, Officer Jason Hafner, Officer Ashley Sargent, Sergeant Mark Vaughan, Deputy Chief Kurt Moses, Chief Craig Sanford. Kennebunkport PD courtesy photo.

INSIDE STORIES

Present Day Policing 9

Lobsterman Facing Uncertainty 15

Cabbies of the Kennebunks 25

Doc Talk-- Preventing & Minimizing Covid 31

A Boat Load of Fun 34

Also in this Issue

Boosting your immune system 5

Summer Bird Feeding 19

Rounded Stones 19

BlixxHorses-Listening to Science 22

The Brig Dion- 24

Calendar Listings 28

Service Directory 30

A Dog Named Sweet Pea 39

For advertising, information, questions, or comments please call: 207.467.5368 Or email: kennebunkvillage@gmail.com

The Village welcomes letters, briefs & suggestions. Email: info4thevillage@gmail.com. Mail: P.O. Box 682 Kennebunk, Me. 04043



LIKE US ON FACEBOOK @the village: arundel, kennebunk and kennebunkport

©2020 All Rights Reserved. All logos and trademarks are property of their respective owners. No part of this publication may be reproduced without written permission from the publisher.



~Dining room open for the season~

Outdoor Seating Available!

Online ordering, cocktail kits, beer & wine all to go!

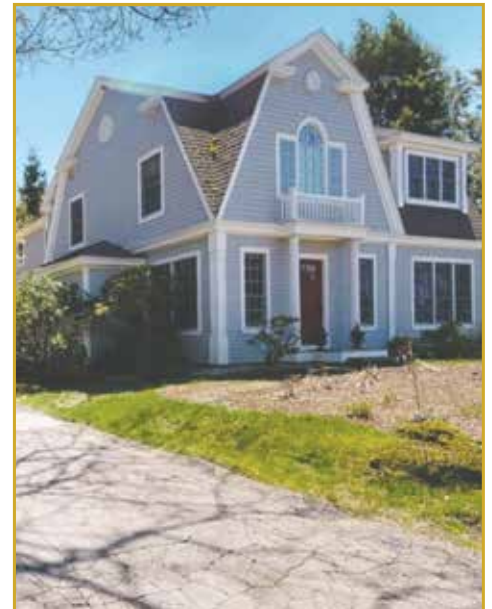
Hours Mon-Sat • 5:00-9:00pm • Bar open late • closed Sunday

Located @ 50 Main Street, Kennebunk | 207-985-0850 | www.localkennebunk.com

110 Fletcher Street, Kennebunk \$650,000. So many exciting possibilities for this beautiful 2.2 acre property that has a back border on the Mousam River! BUILDING INVESTORS PLEASE TAKE NOTE! The Village Residential Zone with public sewer and public water allows for many uses including building houses on 10,000 square feet. Survey sketch is currently being done to get an idea of just how many houses could potentially be built. Call for more information.



PENDING 7 Fishers Lane, Kennebunkport \$1,095,000. This beautiful home is located steps from the water in Cape Porpoise and just minutes to the pier. With 4 bedrooms and 2.5 baths, it is ideal. We are sorry this home is no longer available. Please let us know if you would like us to sell your home for you!



ANDREWSMILLIGAN
real estate company



Debbie Andrews Judy Andrews Devon Havey Gayle Clancy Ruth Smith Tricia Cote

WWW.ANDREWSMILLIGAN.COM • 207-985-5525 • info@andrewsmilligan.com • 24 Main Street Kennebunk 04043

legacysir.com


Legacy
Properties

Sotheby's
INTERNATIONAL REALTY

Connect with
LegacySIR:

Online Virtual Tour: [Ipsir.com/21reef](https://ipsir.com/21reef)
CAPE ELIZABETH - 21-15 REEF ROAD

Custom built in 2015, Whales Watch offers stunning ocean views from nearly every room. This outstanding property includes a classic 4,700 SF Shingle-style main house, 2,850 SF guest house, infinity pool, spa, alfresco kitchen & pool cabana. complete with custom designed furnishings and artwork.

Andi Robinson 207.604.2479
Elaine Prendergast 207.604.0449 | \$6,500,000

Online Virtual Tour: [Ipsir.com/2clubhouse](https://ipsir.com/2clubhouse)
KENNEBUNK - 2 CLUBHOUSE DRIVE

Graciously sited, this stunning Shingle-style Cape offers the ultimate in indoor-outdoor living. Well designed interior lends itself to entertaining with fabulous chef's kitchen and stunning hardwood floors flowing from one room to the next. A multitude of sliding glass doors open to the well-landscaped back patio and full sized in-ground pool. A back gate opens to Webhannet Golf Club! 3BRs, 3.5 tiled baths and a finished basement area.

Betsy Coughlan 207.229.3661 | \$1,995,000

Online Virtual Tour: [Ipsir.com/9granite](https://ipsir.com/9granite)
BIDDEFORD - 9 GRANITE POINT ROAD

Located just a short drive from Fortunes Rocks Beach and a 700 yards to a deeded private beach, this magnificent home is a 'must see'. With locally milled mahogany wood flooring and custom woodwork throughout, every detail in the home has been carefully thought through. 3BR/4+BA, home theater, full home gym, whole house AC, sound system throughout home.

Betsy Coughlan 207.229.3661 | \$1,249,000

Online Virtual Tour: [Ipsir.com/67carpenter](https://ipsir.com/67carpenter)
ALFRED - 67 CARPENTER HILL

Lovingly renovated Country Cape on over 7 acres presents numerous opportunities. This homestead nestled on a knoll offers beautifully landscaped grounds. Sweeping pastoral views of hills, woods and apple orchards. First floor master bedroom, detached workshop and large barn.

Andi Robinson 207.604.2479
Elaine Prendergast 207.604.0449 | \$679,000

Online Virtual Tour: [Ipsir.com/35heritage](https://ipsir.com/35heritage)
KENNEBUNK - 35 HERITAGE LANE

With wonderful privacy at the end of a quiet, private street, this beautiful Colonial holds a commanding presence. Long and gracious circular driveway surrounded by flowering perennials. Well landscaped grounds with raised bed garden, magnolia and crabapple trees, & a large level yard. Beautifully redone chef's kitchen with granite counter tops and center island. 5BR/3.5BA. Located just 1 1/2 miles from downtown Kennebunk.

Betsy Coughlan 207.229.3661 | \$649,000

Online Virtual Tour: [Ipsir.com/703limerick](https://ipsir.com/703limerick)
ARUNDEL - 703 LIMERICK ROAD

Nicely sited on 3.76 acres with a barn this updated home is tucked away on a pastoral lot & an easy ride to the turnpike and the village. 3BR/2.5BAs with two en-suites make this sun filled home easy to live in. Recently remodeled throughout, new front patio & back deck, fenced back yard, barn and attached two-car garage, house generator and full basement along with a freshly landscaped yard.

Randal Simon 207.590.9656
Rosane Hirschy 207.467.5792 | \$529,000

Andi Robinson
207.604.2479

Betsy Coughlan
207.229.3661

Bill Gaynor
207.468.3002

Chris Stone
207.590.3425

Dawn Belliveau
207.200.7644

Elaine Prendergast
207.604.0449

Ginny Whitney
207.451.3093

Jan Kovarik
207.363.3939

Jane Chase
207.351.7529

Jim Nadeau
207.337.3687

Kristie Jorgensen
207.200.5082

Mary Jean Labbe
207.337.3661

Maureen Adams Weaver
207.370.7174

Pierre Bouchard
603.722.0530

Randal Simon
207.967.0934

Rosane Hirschy
207.467.5792

KENNEBUNK

150 Port Road | 207.967.0934

PORTLAND

Two City Center | 207.780.8900

BRUNSWICK

141 Maine Street | 207.729.2820

CAMDEN

46 Bay View Street | 207.230.1003

DAMARISCOTTA

170 Main Street | 207.512.5985

Text SIR to 22828 to start receiving our monthly Maine Real Estate e-newsletter. Each office is independently owned and operated.

Legacy Properties Sotheby's International Realty Awards Frederick W. "Rick" Griffin Scholarship to Sarah Catherine Weaver

Legacy Properties Sotheby's International Realty, Maine's leading luxury property company announced today that the annual Frederick W. "Rick" Griffin memorial scholarship has been awarded to Sarah Catherine Weaver. The Frederick W. "Rick" Griffin memorial scholarship fund began in 2015. One scholarship in the amount of \$2,500.00 is awarded each year to a graduating college bound Kennebunk High School senior.

The scholarship is awarded to a student who is recognized by teachers, school administration and peers as one who personifies and embodies all that is "special" about living in the Kennebunks. They exhibit their passion through academic, athletic, and community involvement while demonstrating a commitment to making the Kennebunks a better place to live and work.

Sarah Weaver graduated Kennebunk High School in June 2020, with high honors and in the "Top Ten" percent of her class. While at Kennebunk High School, she participated in soccer, cross country and track and field. Sarah was an active member of Peer Helpers, Girl Talk and Yearbook Club, as well as volunteering with many other community service projects. She is the recipient

of the Society of Women Engineers award for excellence in Science and Mathematics, KHS Scholar Athlete Awards, AP Scholar Award, and the Christopher J. Hussey Memorial Scholarship. Sarah will be attending Villanova University this fall with a major in Chemical Engineering and a minor in Sustainability Studies.

"Sarah is yet another accomplished and deserving recipient of this very special scholarship," states Chris Lynch, President of Legacy Properties Sotheby's International Realty. "I am always so impressed with the amazing student candidates we meet each year that clearly have an incredible passion, as did Rick, for life in the Kennebunks. Rick had immense passion for family, friends, clients and all things Kennebunks, his favorite place in the world," concludes Lynch.

Previous winners of this special honor include Eric Yemma (2015), Olivia Sandford (2016), Emma Murphy (2017), Leah Bridgham (2018), and Grace Soucy (2019).

Frederick W. "Rick" Griffin left a proud legacy of community involvement, pride in his work, and love of his family. He and Martha, his wife of 43-years, owned and operated the Kennebunkport

Inn. Changing careers more than a decade ago to join the real estate profession, he quickly made his mark as the consummate professional. He wore many hats in his efforts to share his unbridled passion for the Kennebunks. Rick was involved in several organizations including the Kennebunk Historical Society, The Parsons Way Committee, The Church Vestry at Saint Anne's Episcopal Church, Graves Memorial Library, Kennebunk Rotary, and the Kennebunk River Club. In addition to his role as the Tree Warden for Kennebunkport, he loved his work with the elderly at the Senior Center.

"Immediate following Rick's untimely passing, I endowed a \$25,000 10-year scholarship program which has already benefitted six terrific high school grads in pursuit of a college education," adds Lynch. "I am looking forward to sharing his story



Sarah Weaver graduated Kennebunk High School in June 2020, with high honors and in the "Top Ten" percent of her class.

with the Kennebunk High School seniors over the next several years. I am hopeful that the recipients will return after college to continue to have the same positive impact on the community that earned them the scholarship," concludes Lynch.

Legacy Properties Sotheby's International Realty can be reached at 207.780.8900 and info@legacysir.com.

Legacy Properties Sotheby's International Realty, with offices in Portland, Kennebunk, Brunswick, Damariscotta, and Camden, is Maine's leading luxury and lifestyle property company with more than 70 agents and 5 offices serving Maine coastal communities from York County to Hancock County as well as Seacoast New Hampshire.

Poet's Glen, Longfellow Lane, Kennebunk

Open House - Sat & Sun from 12-2pm

 Selling property since 1957
DOWNING
Real Estate Agency, Inc.
10 Storer St., Kennebunk • PO Box 148, Kennebunk, ME 04043
info@downingagency.com



Phase 2 now available! A limited number of our popular condominiums remain. Choose a completed move-in ready unit, one under construction or a unit "to be built". Poet's Glen features 2 and 3 bedroom duplex units w/2-car garages conveniently located near shopping, beaches, downtown, and highway access. ****When covid-19 restrictions apply, take an "open house style" tour either on site with safety protocols or via live virtual tour. DIRECTIONS: Route One/Portland Rd, Kennebunk to left a next traffic light beyond Hannaford's onto Ross Rd. 2/10 mile take left on Longfellow Lane. Look for our Poet's Glen sign - you can't miss it!**



www.DowningAgency.com • Phone (207) 985-3328

BOOSTING YOUR IMMUNE SYSTEM THE **NATURAL** WAY

By Richard and Heather Evans, Quest Fitness in Kennebunk.

Having a strong immune system is a great way to improve your health and reduce the risk of catching infections. Fortunately for us, our bodies respond to many exercises, activities and practices by boosting our immune system.

Here are some natural ways you can boost your immune system using some well proven exercises and a few new ones.

Strength Training - there are many benefits to strength training, including better bone density, joint health and an improved metabolic rate which means you burn more calories at rest, but did you know that even moderate strength training will boost your immune system? During strength training our bodies release endorphins which are known to have a positive effect on our immune system. So whether you are lifting

weights, using stretch bands, doing body weight exercises like pushups you can deliver this worthwhile benefit to your health.

Interval Training - Interval based exercise classes like Indoor Cycle, HIIT or Boot Camp can also give you great results. The short bursts of higher intensity effort can give you the same benefits as strength training, with endorphins flowing, the immune system is stimulated. The added impact of boosting the cardiovascular system during these types of exercise, improving blood flow and respiration allow you to get a full body system workout too.

Yoga - For those of you who want to get the same benefits with less intensity, Yoga has long been recognized as having many health benefits including boosting your immune system. For centuries, eastern medicine included movement based therapies to keep people healthy. Yoga helps lower

Continue to page 6

~ Under New Ownership ~

Now Open!

CASTAWAYS
at Compass Pointe
71 Post Road, Wells, Maine
Tue - Sat 10-5pm



Heather Motes, Broker/ABR/CRS

HMotes@SandDollarRealEstate.com • Phone: (207) 967-3421

5 Dyke Road, Kennebunkport, ME 04046 | 967-3421 | www.SandDollarRealEstate.com

Find Us on Facebook and get notified of our upcoming Open Houses!



209 Kings Highway, Kennebunkport



Beachfront- Spectacular panoramic ocean/beach views from the heart of Goose Rocks Beach. This **luxury beachfront contemporary** was designed to be your oasis. Recently renovated & meticulously maintained, this upscale home offers 4/5 BRs, 2-and-1/2 BA, granite counter tops, wood/tile/carpeting, 200+/- s.f. ground level deck w/ patio chairs/table and an inverted 3rd story deck overlooking the Atlantic., Central air conditioning, stone wood fireplace & much more.
Offered at \$3,595,000

25 Dyke Road, Kennebunkport



Marshview Villa Condos, this cottage is a "Sweet Place!" Offered fully furnished, one bedroom, 3/4 bath and enclosed porch! Pamper yourself at a "Sweet Place" at Maine's most popular seaside location! Excellent rental proven rental history.

Offered at \$325,000

226A Kings Highway, Goose Rocks Beach



Beautifully renovated, turn-key townhouse within steps to beach access. Custom cherry cabinetry, granite counter tops, gas fireplace. 2/3 BR, 3.5 BA (1 BR/bath below grade), hardwood, tile/carpeting throughout. Meticulously maintained year round home.

Offered at \$1,179,000.

The Resort at Goose Rocks, Kennebunkport

We are proud to offer these fine seasonal properties at the Resort at Goose Rocks. This Resort offers indoor/outdoor in-ground pools, hot tub, sports courts and much more. Located within a mile to famed Goose Rocks Beach, great resort for your quick weekend get-a-way and excellent, proven rental history.

272 Mills Road, Unit 5D



Light and bright 1st floor end unit directly across from the pool. 2 BR, 1.5 BA granite counter tops, central A/C. All furnishings included.

Offered at \$189,000

272 Mills Road, Unit 7H



2 BR, 1.5 Ba, 2nd story end unit condo offering 640 sf. Situated next to the Resort Clubhouse, this unit offers laminate/tile flooring throughout, granite counter tops, Central A/C, sold fully appliance & furnished.

Offered at \$184,000

272 Mills Road, Unit 2C



2 BR, 1.5 BA ground level end unit offering 620 sf. Renovated with new kitchen, granite counter tops and Cortec flooring. Great rental history!

Offered at \$199,000

stress hormones that can negatively affect the immune system, unlike other forms of exercise yoga has the capability to condition the respiratory system while also encouraging optimal function of various organs throughout the body. A general yoga practice will strengthen the whole body by encouraging deep breathing, movement across all three planes of motion, and mind-body awareness, but some specific postures have significant benefits on their own. For example, Downward-Facing Dog will encourage blood flow to ease sinus congestion. Poses that open the chest will assist in dilating the bronchioles allowing for healthy breathing patterns, like back bends, or Cobra pose. Twisting postures can also have a positive effect on digestion, gently compressing or extending the belly decreases toxin build-up that arises from improper digestion. In addition to the asanas, or poses, meditation on its own reduces the incidence of various ailments by de-stressing the mind and body. A healthy mind promotes a healthy body.

Forest Bathing - You may not have heard about this, but forest bathing is a real thing and has excellent health benefits. The Japanese refer to it as SHINRIN-YOKU or "absorbing the forests atmosphere with all your senses." In Sweden they have their own name for it, VASTSVERIGE. So how do we forest bathe and what are the benefits?

Generally the recommendation is to find a natural wooded environment, that is quiet, less trafficked and find a comfortable rock or a small clearing. Laying still on your back, as if you were sunbathing for 30 minutes has been shown to deliver some valuable benefits, including: lowering blood pressure, reducing stress hormone production, improving sleep and promoting better concentration. Spending a whole weekend in quiet nature has been shown to boost the immune system. So next time you go for a hike, take time for some quiet 'Forest Bathing' too.

For more information please visit questfitnessmaine.com or Phone +1 (207) 467-3800 Quest Fitness is located at 2 Livewell Dr Kennebunk,

A Specialty locally-owned Coffee House...
We've MISSED YOU & look ahead to great summer!



**THE BEST 12oz.
Cup of coffee
ONLY \$1**



Delish'us
LOCAL ORGANIC
Breakfast Sandwiches



... Created Cuisine Made by Chef Amy

**Stop by for Grab n Go lunches, fresh salads, homemade croissants,
fresh bagels & muffins.**

**Also featuring our famous bags of FRESHLY ROASTED COFFEE BEANS,
Bulk Teas, chocolates, & maine specialty foods.**

Hours: Open 7 days a week: 8-4pm

We will gladly accept orders for curbside pick up. Please call 207-967-8304 to order.

»»» COFFEE BEANS ROASTED ON PREMISE «««



Coastal Maine Kayak

+

Bike | Scooter | Standup Paddleboard



Coastal Maine Kayak offers GUIDED TOURS to the nearby Cape Porpoise Lighthouse & the Kennebunk River.

Direct Sales | Hourly or Daily Rentals | CALL FOR DETAILS!

CoastalMaineKayak.com: 8 Western Ave. • Lower Village, Kennebunk • 207.967.6065

CoastalMaineScooter.com: 51 Western Ave., Kennebunk • 207.204.0734

Museum moves STEAMPUNK FAIR DIGITAL



The Brick Store Museum, celebrating local history, art and culture year-round, will mark the dual bicentennials of the State of Maine and the Town of Kennebunk this year with its Century Saturday Series, supported by the Maine Humanities Council and Kennebunk Savings Bank. The series runs from May through October, and features one century of history per month. On Saturday, August 8th, the program will focus on the 19th Century in Maine and dually celebrate the Museum's annual Southern Maine Steampunk Fair.

The 19th Century event was planned this year to focus on 19th century history in southern Maine while also studying the Victorian era's modern expression of "Steampunk," a niche aesthetic that envisions the future using Victorian design standards. The Museum's Southern Maine Steampunk Fair, which occurs every August, draws large audiences every year.

"If you have wondered about 'steampunk,' this is the year to explore it!" Museum director Cynthia Walker said. "Since we've moved the fair to a digital

venue, visitors to the site will be able to watch lectures on what 'steampunk' is; its aesthetics and applications; and more, all while simultaneously exploring the 19th century in Maine."

Due to COVID-19, the Museum staff have pivoted from what would have been in-person events to creating the world of the Victorian era online. The "19th Century Saturday Portal" and "Newfangled Contraption (Digital) Steampunk Fair" will both open on August 8 on www.brickstoremuseum.org. The site will feature video speakers discussing both historical and steampunk topics; a virtual costume contest (visit www.brickstoremuseum.org to learn details!); pop-up online exhibitions; at-home activities; artist presentations; make-at-home recipes

This year-long programming is funded through a grant from the Maine Humanities Council and generous sponsorship from Kennebunk Savings Bank. Admission to these programs is typically included in the cost of regular museum admission; however, online programming is free with donations gratefully accepted. More information about these programs and their schedules can be found on www.brickstoremuseum.org.

The LOST FIRE



The Lost Fire is thrilled to share with all of you our latest addition: LUCA - The Lost Fire Patio. Visit our website lostfire.com or call us +1 207 204 0123 for reservations. See you soon!

WE COOK WITH *The* TRUE WOOD FIRE
LOST FIRE
GRILL & BAR



PATAGONIAN GRILL & BAR
OPEN ALL YEAR ROUND

THELOSTFIRE.COM

62 MILLS RD

KENNEBUNKPORT ME 04046, US - 207 204 0123





OPEN DAILY

Indoor Workouts & Outdoor Group Classes

Following State Guidelines



Regular & Short Term
Memberships

5 & 10 Visit Passes

207.467.3800

questfitnessmaine.com

QF
**QUEST
FITNESS**

"Incredibly accomodating and helpful staff in this tough time. I couldn't recommend 'Quest' more!" -E.R., Quest Member

PRESENT DAY POLICING

Chiefs of Police from Kennebunk, Kennebunkport and Wells Weigh In



Some of the Kennebunk Police Department Force. Left to right: Sergeant Anthony Clukey, Chief Bob MacKenzie, Officer Matthew Harrington, Lieutenant Eric O'Brien, Officer Eugene Gaudette, Sergeant Christopher Russell, School Resource Officer Jason McClure, Detective Stephen Borst, Officer Scott Hendrick, K9 Officer Kaitlyn Sawyer, School Resource Officer Audra Higgins. KPD courtesy photo.

By: Shelley Wigglesworth, lead writer

In this Q & A interview, Kennebunk Police Chief Robert MacKenzie, Kennebunkport Police Chief Craig Sanford and Wells Police Chief Jo-Ann Putnam speak candidly about the challenges law enforcement officers are facing during the COVID19 pandemic and how they are rising to the occasion to serve the public. All three Chiefs' also speak openly

about the racially charged political climate that law enforcement officers all over the country are currently experiencing, and how they are addressing these issues locally, as well as talking about the lack of law enforcement applicants, the progress the trio of departments has made despite current challenges, and what they would like the public to know about their local police forces.

What are some of the most significant challenges

facing our local police forces face today and how are local police departments handling these challenges?

Robert MacKenzie, Kennebunk Police Chief "Currently and nationally it is the current state of distrust/displeasure with the recent events that have happened across the country, such as in the death of George Floyd. I would say we have had a great deal of community support during the unrest. In saying that, we always look for ways to

improve. We strengthen our use of force policies to make sure they are contemporary and the best practice, we train on topics such as implicit bias, and continue to build and enhance relationships with all members of our community." He added "Finding qualified applicants is another challenge. It is very difficult, especially with the sentiment across the country. Once you do find potential applicants, law enforcement is a very difficult profession to get into as it is

probably the most difficult screening process of any career. Applicants have several interviews, physical, medical, polygraph, psychological exams, and a thorough background investigation in order to be offered the job. We as Chiefs cannot lower our standards just to get applicants, as we need to hire the best possible candidates to serve."

Craig Sanford, Kennebunkport Police Chief "While the nation struggles with racial and constitutional issues, we locally see those concerns in our communities and try to respond accordingly. The law enforcement profession here in Maine have always had a closer connection with the community it serves. We have always trained to make life a priority and adjust training and policy when needed to keep that the standard. I have policed in other parts of the world and this nation and can tell you we are professionals. Some folks feel it is appropriate to take out frustrations freely on police personnel which is very sad." He continued, "Staffing issues are also a challenge. Trying to find candidates that are qualified and want to take on the requirement of the job is tough. Not so long ago, we would have numerous applications for a vacancy. Today, it is not unusual to get one or two. Technology is always a challenge. It is always developing and improving, and the law enforcement community is expected to be automatically familiar with it and carry on with policing no matter the required expertise to navigate the technology. Training time and funds is another continuing challenge. We need the time and the money to keep updated in all aspects of the profession as well as maintain a 24 hour response to the public. As far as addressing the issues, Sanford said "We are constantly reviewing and changing policy to ensure we are serving our community at the highest of standards. We review all uses of force here in Kennebunkport. A



Kennebunkport Police Chief Craig Sanford.
KPPD courtesy photo.



Kennebunk Police Chief Bob MacKenzie.
Tammy B. Wells, photo.

supervisor is dedicated to looking at the use of force, speaking and gathering information from witnesses, reviewing any recordings and producing a report that is reviewed by myself and the Deputy Chief for potential improvement in

service, improvement in equipment, and or policy violation or change. We continue to support RSU 21 with school resource officers that are a part of the school community. These officers develop relationships with students and faculty that cannot be

accomplished with an occasional visit. We realize that there are only so many dollars to a municipal budget, but do strive to continue to train and grow."

Jo-Ann Putnam, Wells Chief of Police "The world-wide anti-police sentiment is the biggest challenge right now. It is hard not to hear all the negativity towards police as it is all over the news and on the front page of newspapers. We are very lucky here in the town of Wells and the State of Maine as police officers are trained to a very high standard and policies are reviewed periodically by the Maine Criminal Justice Academy, The Maine Chiefs of Police Association and the individual departments to make sure they are current. I think

Robert MacKenzie, Kennebunk Chief of Police "As it relates to the unrest, I feel we do a great job in Kennebunk, we will continually strive to do better and continue to build relationships with community members and visitors alike. We will reduce barriers such as the 'us against them' mentality, as we are all in this together. 'I want the public to know, we will be there in any emergency as we are ready to serve.

a positive attitude and support from administration is important in keeping officers' minds off the negativity. I would like people to understand that they cannot lump all police officers into the same group. As in all professions, there are people that do not do the right thing or go rogue (like you hire a roofer to fix your leaky roof and he doesn't do a great job and the roof still leaks. This doesn't mean all roofers are bad). I believe all the kind emails and letters

of support we have received from the public goes a long way in helping officers through these trying times." Putnam agreed with MacKenzie and Sanford on difficulty finding law enforcement employees and said "Hiring and retaining police officers is a challenge. It's not just about the pay any more. People

Continue to page 12

Kennebunk Land Trust, University of New England, and the American Chestnut Foundation Partner to Restore a Keystone Species

This winter, Kennebunk Land Trust's Executive Director, Sarah Stanley, visited University of New England (UNE) Environmental Studies Department professor, Tom Klak and his lab to learn about his team's efforts to restore the American chestnut. The American chestnut was all but obliterated during the last century by an accidentally imported fungal blight that is still killing the few remaining trees today. The blight has wiped out an estimated four billion chestnuts throughout the eastern US from Maine to Alabama.

Klak's lab has partnered with State University of New York (SUNY), the American Chestnut Foundation, and others to speed breed blight-tolerant American Chestnut seedlings in his lab and greenhouse, helping them produce pollen much faster than it

would take if they grew naturally. For the first time this summer, this blight-tolerant pollen will fertilize some wild American chestnuts in Maine.

Klak has collaborated with the Kennebunk Land Trust and others to establish sites for planting seedlings from the few remaining wild American chestnut mother trees.

According to Klak, if the seedlings help restore the American chestnut, it will be the greatest comeback of any tree species in North American history. American chestnuts thrive in sunny locations and therefore, KLT has selected For All Forever, a 111-acre property with two large meadows, as an ideal site for planting. Earlier this summer, KLT stewardship volunteers

and Klak planted three seedlings from genetically-diverse mother trees in the upper meadow. KLT's summer intern, Caitlin Wiseman, will monitor the trees during her internship. This project emphasizes the value and importance of community conservation. By working together with diverse partners, rather than in silos, communities can achieve more and reach common goals.



UNE american chestnut visit.

LOCAL BREWS!

Enjoy our Great Selection of Local Beers with a BeachFire Burger!



Thank You

We are so appreciative for our **STAFF.**

We are so lucky, You're the best!
Sincerely,
Jared and Kelly-

Experience The Hottest Place in Town!

1/2 off Select Burgers!!

Sat & Sundays ALL YEAR • 11:30-3PM

SEASONAL MENU!

Specializing in MEAT & SEAFOOD Smoked in our... BeachFire Smokers!



Gluten Free, No Problem!!

Almost everything on our menu is Gluten Free or can be made Gluten Free

Located Near Footbridge Beach

658 Main Street / Rte 1 • Ogunquit • 207-646-8998

beachfiremaine.com

DINING HOURS: Monday - Friday open at 4pm | Saturday & Sunday open at 11:30am



Come try what everyone is talking about...**Smoked Whole Lobsters!**

just don't seem to want to get into public sector work as we are under a microscope constantly and scrutinized all the time. Hiring police officers has changed dramatically over the years. When I was hired back in 1986 there were 77 applicants for the job, now departments are lucky to get 10 applicants and then the stringent background process weeds out half of those. An excellent benefit package, a good working environment and specialty opportunities are ways of attracting and keeping officers."

How has policing changed during the COVID19 pandemic?

Craig Sanford, Kennebunkport Chief of Police "Policing during a pandemic is a new twist. We have operational, training, and personnel costs that were unexpected. We try and protect staff as well as the public and our operation has required significant change. Officers have learned to do their jobs in different ways. They need to equip and protect themselves and the public in



Wells Police Department dispatch team. Left to right: Nicole Richard, Jason Lizotte, Heather Coleman, Aaron Stewart, Sandra Skoczen and Ryan Moody.

Wells PD courtesy photo.

a variety of ways while getting the mission completed. Officers have tried to maintain relationships with students and citizenry while keeping safety a priority and have gone above and beyond during the pandemic by purchasing groceries out of their own pockets for needy families and supplying needy folks with furniture,

clothes, and even simple but hard to find toilet paper, and delivered these items to them during the pandemic."

Jo-Ann Putnam, Wells Chief of Police "As far as COVID-19: It has been tough keeping up with all the changes, but we have been doing our best and will continue to try and keep our residents and visitors as

safe as possible. There have been instances that we have had to ask people to leave town for COVID-19 related reasons early on in the pandemic and the majority of them agreed to comply after speaking with an officer. The officers have had to change the way they conduct

Continue to page 14



Kennebunk
Center for Dentistry

Kindness. Compassion. Dedication.

Creating Smiles in Kennebunk

Complete dental care with same-day appointments.

- Emergency Appointments
- Same-Day Crowns
- Dental Implants
- Bridges & Dentures
- Extractions
- Cleanings

Proud to be part of the Livewell Campus



Request an Appointment at [KennebunkDental.com](https://www.KennebunkDental.com) or Call (207) 985-7944

Kennebunk Center for Dentistry | Livewell Campus | 2 Livewell Dr., Suite 105 | Kennebunk, Maine 04043

WINE ON-LINE WITH MAINE & VINE

Join us on Thursday,
August 20 at 5:30
pm for a fun hour of
tasting, information,
and trivia.

Local shop owner, Lani Dietz,
and guest Sommelier, Betsy
Ross, will guide us through the
program with ideas, pairings,
and educational tidbits as we sip
"sparkling wines." This will be a
Zoom presentation moderated
by Mary-Lou Boucouvalas at
Graves Library. Please call the
Library (967-2778) to register
by Wednesday, August 19 and

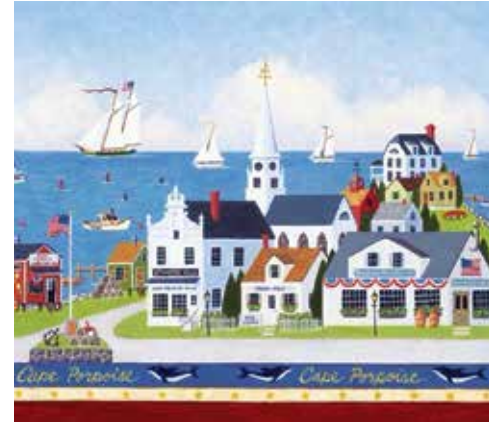
we will send you the Zoom link on
the day of the event. All participants
are encouraged to purchase wine
at Wine & Vine in Lower Village,
Kennebunk prior to the start time.
All participants are also invited to
call 50 Local to order a "snack"
box if they so choose. Details will



be forthcoming.
We would love
to see you! And
you don't have
to worry about
driving!

The current hours
for the Louis T.
Graves Memorial
Public Library are
Monday, Wednesday,
Friday 10:00 to 4:00;
Saturday 9:30 to
12:00. Book Sale items
are available during
open hours on the
porch. Your support
will help us keep our
lights on!

All roads lead to... Bradbury Brothers Market!



Post Office & Market is OPEN

Now more than ever, we are your
COMMUNITY GROCERY STORE
with all your grocery needs, including a full service meat
department, deli, bakery, produce,
wine & liquor department.

Cape Porpoise 04014 Post Office
located inside for all your postal needs!

Kennebunkport's Community Grocery Store for over 70 years!
167 Main Street Kennebunkport located in the heart of Cape Porpoise
OPEN DAILY: 7:00 AM - 7:00 PM • www.bradburybros.com • Call (207) 967-3939



OCEANVIEWPROPERTIES.NET

WHERE LIFESTYLE, EXPERIENCE, & EXPERTISE MEET.



NEW
LISTING

KENNEBUNKPORT 75 TURBATS CREEK ROAD

~ NEW EXTRAORDINARY BEACHFRONT HOME WITH
UNPARALLELED VIEWS FROM NEARLY EVERY ROOM
~ CUSTOM CRAFTSMANSHIP THROUGHOUT
4 BR | 4.5 BA | 1.20 AC | 4691 SQFT | \$4,950,000



NEW
LISTING

BIDDEFORD POOL 36 OCEAN AVENUE

~ EXTRAORDINARY BIDDEFORD POOL 'COTTAGE' WITH GUEST HOUSE
TOTALING 4048 SQFT AND COMPLETED IN 2017
~ FINISHED WITH THE VERY HIGHEST QUALITY MATERIALS AND FIXTURES
ON PENINSULA, W/SUNRISE & SUNSET VIEWS OVER OCEAN
4 BR | 5 BA | 4,048 SQFT | 3,995,000



NEW
LISTING

FORTUNES ROCKS 140 FORTUNES ROCKS ROAD

~ ELEVATED ABOVE LILY POND WITH BOLD OCEAN VIEWS BEYOND
~ 1.47 ACRES SURROUNDED BY RACHEL CARSON PRESERVATION LAND
~ EXPANSION POSSIBILITIES
4 BR | 2 BA | 1444 SQFT | \$1,100,000



KENNEBUNKPORT HILLSIDE DRIVE

~ OFFERING LOT OR BUILD PACKAGE FOR PURCHASE
~ WALKING DISTANCE TO BEACH AND THE LITTLE RIVER
~ OTHER ARCHITECTURAL DESIGNS AVAILABLE
1.86 AC | LOT \$395,000 | BUILD PACKAGE \$1,195,000



NEW
LISTING

KENNEBUNKPORT 83 WHITTEN HILL ROAD

~ PRIVATE SETTING ON A WOODED 4.5 ACRES
~ GORGEOUS GREAT ROOM WITH EXPOSED BEAMS & STONE FIREPLACE
~ EXPANDABLE SPACE OVER THE GARAGE
4 BR | 2.5 BA | 2729 SQFT | \$549,900



KENNEBUNK 1 CRESCENT SURF DRIVE

~ RARE OFFERING - PURCHASE LOT OR BUILD PACKAGE
~ PASTORAL VIEWS OF THE MOUSAM RIVER ESTUARY
~ OTHER ARCHITECTURAL DESIGNS AVAILABLE
1.5 AC | LOT \$900,000 | BUILD PACKAGE \$2,195,000

business in some situations. Telling people they can't come to their summer home in Wells as they have for the last 30 years is not an easy topic to discuss with them or telling them after they just arrived they have to turn around and go back home is not a typical policing call to handle. Officers have adapted well to handling all the different types of calls COVID-19 has thrown at them. The town is watching the revenues even more closely during this time, and department heads have been asked to scrutinize purchases."

Robert MacKenzie, Kennebunk Chief of Police "We have had one full-time officer and one part-time officer test positive for COVID early on. Both have since fully recovered and have been back to work. We took immediate steps and worked closely with the CDC to stop any potential spread when this occurred. We have had to think outside the box, and take many steps to reduce the potential risks for employees being exposed to COVID. We had to change the way we responded, or not responded to calls and took what calls for service we could over the phone. This is not what we like to do generally, as we like to meet our residents/visitors in person, but it is a good idea during a pandemic. I believe our communities have continued to do great job with collaborating with many entities to work together, to include our police department. During the pandemic, we have been cautious on spending monies and have delayed purchases if possible, for any potential budget shortfalls. We continue to monitor the situation nationally and locally and will plan future budgets accordingly."

What would you like townspeople to know?

Jo-Ann Putnam, Wells Chief of Police "Residents, businesses and visitors alike have been showing their support for Wells PD employees in many different ways which is greatly appreciated! I believe we have had a wonderful working relationship with our community members for years, which I think has helped in



Wells Police Department honor Guard. Left to right: Cpl. Timothy Cetrano, Officer John Riegel, Officer Brett Tishim and Officer William Jepson.

Photo by, Wells PD.



Wells Police Chief Jo-Ann Putnam. Chris Baez photo.

these trying times. I am very proud to say that the members of the Wells Police Department will do their part in trying to keep them safe and healthy now and in the future."

Craig Sanford, Kennebunkport Chief of Police "I would ask the public to not put every police officer in the same category. As with any profession, team, or group, there are those individuals who for whatever reason, got in but should have been removed long ago. Law enforcement is no different. The vast majority of police professionals work hard to serve the community and do their very best. I understand that folks are full of emotions due to the pandemic, political viewpoints and outright anger over poor policing in parts of our nation. Those emotions are felt by each and every officer and I can only ask folks to not take it out on us. We need to work together to move in a direction of positivity for all. We need the public's support to be successful and we will continue to serve with the highest of standards."

Robert MacKenzie, Kennebunk Chief of Police "As it relates to the unrest, I feel we do a great job in Kennebunk, we will continually strive to do better and continue to build relationships with community members and visitors alike. We will reduce barriers such as the 'us against them' mentality, as we are all in this together. As sir Robert Peel stated: 'The police are the public and the public are the police; the police being only members of the public who are paid to give full time attention to duties which are incumbent on every citizen in the interests of community welfare and existence.' I want the public to know, we will be there in any emergency as we are ready to serve."

THANK YOU
to all of our
POLICE
OFFICERS
who keep our
community safe!

New gallery adds to *local art* scene in the Kennebunks

Two years ago Kiersten Wilcox was visiting her mom here during a particularly terrible January ice storm, and she and her husband fell in love with the Kennebunks.

"We looked at each other and said 'We love it here!' We decided that if we could love this place in the middle of January, we would really enjoy living here year-round," said Wilcox.

So last year they packed up their home in Jackson Hole, Wyo., and moved east to be near family. The Kennebunks were exactly what this couple was looking for: a small town with a strong community vibe in which to raise their two-year-old daughter, that is close to big cities with museums, art galleries and concerts, yet small enough to know your neighbor while surrounded by breath-taking scenery.

Plus the Kennebunks has a vibrant arts scene -- and as an art consultant and gallery curator, she saw an opportunity to bring a new aspect to the art scene. "There wasn't really a gallery showing the work and artists I know many of my clients collect, and many of my clients are from the New England area. There was something missing, and I thought 'I can fill that! Let's bring something in that complements what's already here. I want to add to an area that's already known for



arts scene," she said.

"If everyone works together to promote the arts -- restaurants and lodging all benefit from having great art and galleries benefit from their draw -- art can be a huge backbone to a community and overall contributor to its growth," she said.

Raised in Southport, Conn., Wilcox started her successful career as an art consultant in Jackson Hole after receiving her BA from Bucknell and Masters from Savannah College of Art and Design. She worked with clients from across the world helping them acquire new and exciting works for their homes and collections. Wilcox also volunteered her time as the President of the Jackson Hole Gallery Association and as a board member for the Jackson Hole Fall Arts

Festival. In Kennebunk, Wilcox started work as a private art consultant, doing her homework and research in hopes of opening a gallery. Despite a pandemic, she opened her doors June 1, virus or no virus.

"The internet has been a great thing," she said with a laugh. "And we are thrilled to finally be open to the public and look forward to more visitors! Art is up on the walls, more art is coming in, and we look forward to being part of the arts community."

Located upstairs from Spaces by Nicki Bongiorno, at 184 Port Road in Lower Village, Kennebunk, the newest gallery in the Kennebunks features contemporary art from emerging and established internationally collected artists, notably Paul Villinski and Jeremy Houghton.

Villinski, from York and now living in New York and collected around the world, has created studio and large-scale artworks for more than three decades. A pilot of sailplanes, paragliders and single-engine airplanes, he uses metaphors of flight and soaring in his work. With a lifelong concern for environmental issues, his work frequently re-purposes discarded materials, effecting surprising and poetic transformations.

Next up in August will be "Transmarinus," a solo exhibit of work by Chloe Saron, opening with a PUBLIC RECEPTION FROM 5 TO 7 P.M. FRIDAY, AUG. 14.

"They're even more stunning in person," said Wilcox. "He will hopefully be here for the opening in July."

Houghton is noted for some high-profile work recently from Windsor Castle and Highgrove to 2017's Wimbledon championships, and the competitors at the 2012 Olympics and Paralympics. He paints places, journeys, sport and adventure to explore the essence of movement, favouring themes of space and light. The subjects that characterize these scenes are illuminated by the way that he shapes the spaces between things, and the spaces in which bodies linger, shimmer, move and often take flight.

"I think their art will really resonate well around here," she said.

For gallery information, call (207) 204-0480 or visit www.kwcontemporaryart.com.



SAMANTHA KING, DMD

LOOKING FOR A NEW DENTIST?



COME VISIT US IN PORTSMOUTH



LISA MATHER RDH., BS

**ESTHETIC, IMPLANT AND RECONSTRUCTIVE DENTISTRY
DENTAL CLEANINGS AND PREVENTATIVE CARE**

320 UNION ST. • PORTSMOUTH, NH 03801 • TEL: 603.436.2144 • www.welshandking.com



Heating Oil
PRICE PLANS
Available Now

*We understand that
now more than ever it
is important for you
to keep more of your
hard earned money!*

SAVE NOW
while product is available

**GOOD
GP** PEOPLE
Locally Owned & Operated Since 1959

When is downside a good idea?

***When you purchase heating oil
from Garrett Pillsbury with our
Downside Protection Plan.***

This heating season, many of our customers did exactly that and they are saving with one of the lowest prices in the area!

For more than 60 years, Garrett Pillsbury, a locally owned and operated family business, has been serving the heating, plumbing, and air conditioning needs of our surrounding community.

Please give us a call at 207-985-2130 to learn more about the services we offer and our *Downside Protection Plan*. We look forward to the opportunity to serve you!

Services We Provide

- Delivery of Heating Oil, K-1, and Propane
- Home Heat and Water Monitoring Systems
- Plumbing and Heating Service (24/7/365)

**CARRETT
GP** PILLSBURY

Plumbing | Heating | Air Conditioning

Natures Gifts: Summer Bird Feeding

By Amy Allen,

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

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

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

You don't need to let pesky, determined squirrels ruin your bird watching experience.

There are a number of well made and effective squirrel-proof feeders available. The best work by the squirrel's own weight closing food access. Another method to ban them from your feeders means using a squirrel baffle that, when properly placed, can make even the boldest squirrel give up and stay on the ground!

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

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

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

For all your bird feeding supplies and tips please visit: Natures Gifts located: 106 York St, Kennebunk, ME. Phone: (207) 985-1511.

**Nature's
Gifts**

**Wild Bird Store
Local Gifts**



**Everything for
Backyard
Birds**
Open Every Day!

**Live Mealworms
Birds love 'em!**

**BLUEBIRD
Supplies!**


- Squirrel Proof Feeders
- *FRESH* Birdseed
- Pole Systems
- Quality Houses
- Specialty Feeders
- Local Gifts
- Professional Advice & Tips
- Garden Decorations

106 York St., Route 1, (1 mi. So. of downtown)
KENNEBUNK • 207-985-1511
www.naturesgiftsmaine.com





**"We believe cancer patients
deserve **world-class**
care right here in Maine."**

—DR. CHIARA BATTELLI, PRESIDENT

New England Cancer Specialists continues offering patients the best of care, closer to home.

Cancer doesn't take a break for a crisis, and neither do our expert physicians, nurses, and staff.

They continue to provide life-saving cancer treatments, including chemotherapy and immunotherapy, at our convenient cancer care centers in Scarborough, Topsham and Kennebunk.

They continue to do genetic testing, and run clinical trials of leading-edge medicines. And they continue to provide the emotional, financial and other support our patients need throughout their cancer journey.

If you or a loved one should ever need cancer care, ask your doctor for a referral, or call (207) 303-3300 to schedule an initial consultation.



**NEW ENGLAND
Cancer Specialists**

NewEnglandCancerSpecialists.org

ADULT MEDICAL ONCOLOGY MEMBER OF

**Dana-Farber
Cancer Institute**

**Cancer Care
Collaborative**

Photographer
BOB DENNIS
Celebrates
20 Years
of Images of
KENNEBUNKPORT
CALENDAR



Bob Dennis with his beagle Theo.
Photo By Shelley Wigglesworth

By: Shelley Wigglesworth, lead writer

“What my calendar shows is that, for me, Kennebunkport is absolutely beautiful in every season.”

Robert Dennis is a husband, father, grandfather, retired investment banker and year-round Cape Porpoise resident. He is also a well-known local photographer. His work, which includes local scenes, celebrities, nature and more, has

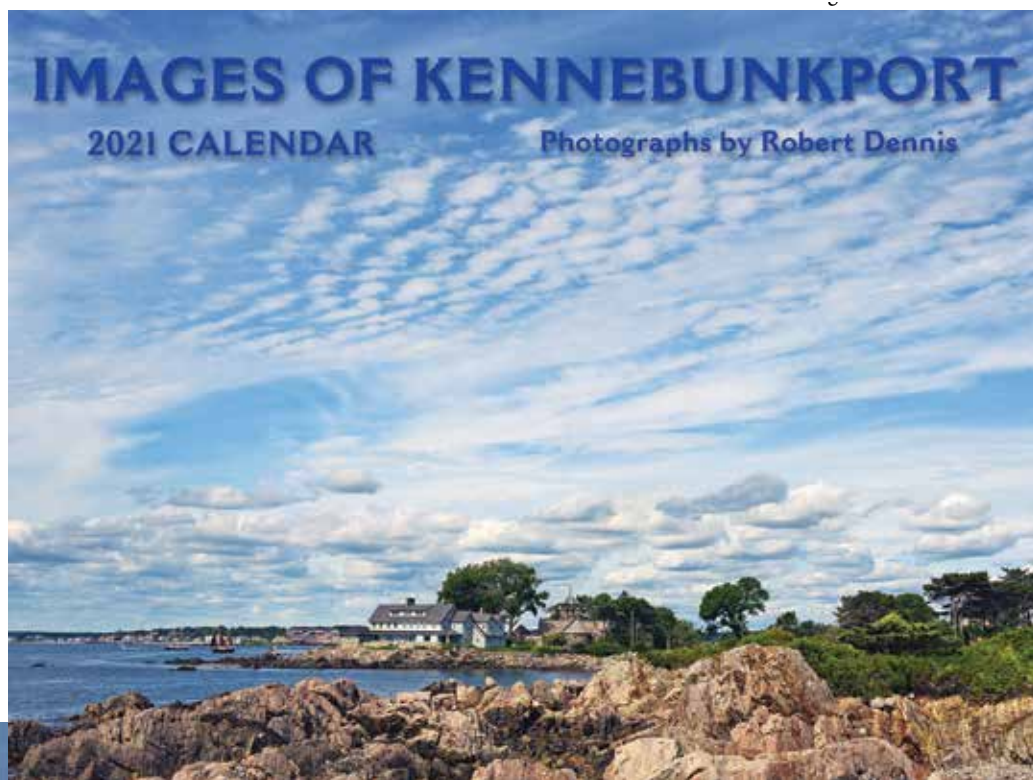
appeared in numerous publications and on television.

And, 2021 will mark 20 years of publishing his popular “Images of Kennebunkport” calendar featuring the village he loves in all seasons. He explained how it all began. “For many years I was obsessed with New England photo calendars. To the consternation of my family, I would have about ten different calendars hanging in our home. My dream was

to someday do a calendar about Kennebunkport. In 2000, I teamed up with the staff at Ocean Exposure to make a calendar for 2001 on their in-house printer. The calendar was so successful that next year I began working with Edison Press in Sanford. This year’s calendar is my 20th overall and 19th with Edison.”

Dennis takes thousands of photos throughout the year and in the spring he begins to select photos for the next year’s calendar. “I usually finish sometime in April. There are no criteria other than my judgment as to which are my absolute best photos and which ones would work best in the calendar. Photos are almost always selected from those taken within the last year. Over twenty years, no photo has appeared more than once.”

When asked about his favorite photo, Dennis is known to reply “I haven’t taken it yet,” though he does show a few of his top contenders on his website. “I believe I’ve improved as a photographer over the years and the quality of my work hopefully



Bob Dennis courtesy photo

reflects that. Nevertheless, some of my most popular photos go back a decade or more.”

Bob Dennis’ 2021 Images of Kennebunkport calendar is sold at HB Provisions, The Whimsy Shop, Colonial Pharmacy, Beach Grass, Saxony Imports, Cape Porpoise Kitchen, the Goose Rocks Beach General Store, and Mail-It Unlimited and may also be purchased online at: <https://bobdennis.smugmug.com/>

The Hollow Promise

By Casey Clark

In my house, complaining about technology is met with “stop complaining”, but the cat doesn’t seem to mind. So, I’m forced to complain here, my only outlet for such verbal effluence. Those readers adverse to this should go no further. My complaints, however, are ones that affect all of us, since technology is ubiquitous in this world. It’s not technology that I object to, a la Ted Kaczynski; it’s how we as human beings create it, sell it and react to it. That is the problem. There is a creeping systemic apathy engulfing us, not unlike the proverbial frog in a pot of water slowly being heated to its death. We won’t notice it until we’re cooked.

Since the commercialization of the transistor in 1951, we have steadily

marched towards detaching ourselves from the analog world. Having grown up in the fifties and sixties, I long for the click-on sound of a TV knob, versus the utterly unsatisfying touch of a surface that may or may not react to the heat of my finger, or disallow access because of my Covid facemask. Modern cars have start buttons now, which you can actually depress. Yippee, a “push” button! How long before this is replaced with a cold surface that prohibits your ability to start the vehicle because of a wet finger, or perhaps the car “thinks” your voice command confirmed you are not an authorized driver--you

have laryngitis! And of course there’s no override to get you out of hot water. Good thinking, developers! Unintended consequences are the constant companion of intended ones, but potentially more impactful.

Another feature of that golden era, the 60’s, was the simplicity of having only three TV channels to choose from. With thousands of channels in today’s world, we often sigh in exasperation,

endlessly searching to make a choice. As human beings age, we universally long for simplicity and shun unnecessary complexity, of which there is a growing abundance. We know intrinsically that simplicity is best, and

we gravitate to things that operate with that as a primary feature. Finding simplicity, however, is becoming as rare as finding an honorable politician. What is going on here, really? “Keep it simple stupid”, the KISS anthem, has become a hollow promise, and is now

accompanied by a desperate grasp for simplicity amid a dizzying array of complex structures imbedded in all technology. The frustration arises as a result of incomplete development of these high-tech products. The part of the development left undone is not important to marketing the product or to the bottom line. Simplicity is simply not possible any more.

A great example of this is the smart phone, which has single-handedly rendered so many other devices unnecessary, from the stopwatch, to the camera, to the GPS, and dozens of other functional, independent devices. Such complexity could never be properly serviced by simplicity—there’s just too much diversity of purpose to accommodate. So, what suffers are the lacking conveniences that make the experience for each function hassle-free. This is why so much innovation is the partner of helpless frustration.

My hope is that artificial intelligence (AI) will step in to correct these annoying, time-consuming failures of design. Already showing its own



\$35,000 to \$98,000



Meadowledge
RESORT • WELLS, MAINE

It's A Great Time To Plan Your Summer Staycation
Call For An Appointment!



Hurry!
3 More Sold Last Week!



Beautifully Landscaped, Tranquil and Private
Close to Beach • 2 Club Houses w/ Laundry • 3 Heated Pools, Tennis, Trolley

Valerie Vrettos (207) 337-2542
www.meadowledge.com

promise, AI is penetrating our world, providing services that free us of certain tasks, but raising security concerns. Until the makers of Alexa guaranty absolute privacy to users, I for one will not buy it. The idea that an open Alexa microphone waiting to wake is available to makes for personal disasters which far outweigh the benefits. Didn't the designers envision this possibility as inevitable? These hackers are smart people, but this obvious vulnerability was willfully passed over (by even smarter people) in favor of bringing the product to market more quickly.

Because we would be much more productive with tech wizardry, we are invariably faced with a blizzard of choices, menus, protocols, passwords, and the demands of remembering how to operate a feature forgotten five minutes after it was learned, as discussed in my previous article Useless Learning.

Instead of technology making things better for the world it has done quite the opposite. Sure, we now have useful conveniences and powerful capabilities, but this comes at a hefty price: our unawareness of what's missing—the frog in that pot of slowly boiling water.

Products are designed to be feature rich, making them more competitive in the marketplace. Excluded from these features are the things we wish were there after having bought the product, like how to delete something, for example. The software may have the way to “delete” buried in a menu somewhere, but getting the shovel out

every time to dig for it gets old. These are not marketable features since they only provide convenience for the user, not “added value” of a true capability that enhances a feature set's appeal.

High tech Products are replete with annoyances. I'm amazed (I guess I shouldn't be) that an operating system like macOS Catalina can't tell what folder you were just in when saving another file. It brings you back to the top level, acting like it has Alzheimer's. Another example is the iPhone feature that allows you to schedule “Downtime” for specific apps. Days after I did this, I wanted to undo it or at least adjust the schedule, and there's no way. The simple reason is the phone asks for an unknown four digit code to edit this feature—not the six digit code used to unlock the phone, but a mysterious new one I never had the opportunity to program into the phone. Did the designers forget to deal with this? I'm now stuck with this feature permanently enabled.

The designers are not interested in mundane user conveniences. More code for what? Does it help sell the product? Not at all, but using the product could be a lot friendlier and faster. Decisions to include or delete code are made solely on the basis of whether the code enhances product features in order to boost sales. So, the money “carrot” is always there to make our decisions for us. Make less money, “Are you insane?” Make more money, “Of course, dummy!” We are slaves to an inanimate, indifferent object. It's getting warm in this pot, isn't it?—I can't tell.

As AI pushes into our lives, changing everything, we will be relieved of many things that some of us like to do, like driving a car. The roads will be safer, insurance rates will drop, using autonomous Ubers to get anywhere will eliminate the need for parking, or even owning an automobile. This huge change is on our doorstep. As with all technological advances, unintended consequences will abound. Autonomous vehicles will be hacked into and used for weapons. Why not? Everything can be hacked—that's been proven. If you can imagine it, it will happen.

Human nature will always have a dark side. As the discussions increase around sentient robots, androids, and cyborgs, the likelihood of a powerful billionaire sociopath creating a killing robot seems inevitable, despite the efforts of legislation and ethical restraints that will be placed on the industry. The possibilities of this happening are multiplied by observing the corruption in the corporate world right now, and its corrupt counterpart—legislative bodies the world over. Visionaries Gates, Musk

and Hawking have expressed well their dire warnings about this.

So perhaps Mr. Kaczynski foresaw all this. He was crazy, but his insight points to our blindness to why we are the way we are. Progress is driven by innovation driven by competition driven by the desire to make money, lots of it. This desire is our Achilles heal. Without it we might be content to paint a picture, read a book or stare at the ocean. To be sure, the allure to do that is there already. But, it is quickly pushed aside when it's time to get back to work, to make a “living”. We are the only species on the planet that spends most of our lives “making a living.” Think on that. What are we avoiding? Peace, tranquility and love? Those are the things we desperately seek out whenever we need to escape the stress, chaos and enervation of most work. Unfortunately, you can't eat tranquility. Its worth can't be measured, but its value is incalculable.

I would love to hear from you. Please send your message to CaseyClark12E1@gmail.com Thank you!

Lower Village Doctor

**Only \$75 per month covers all our services
Become a Member today**

Direct Primary Medical Care (DPC)

General Family Medicine

207-967-3726

www.lowervillagedoc.com



EARL FREEMAN, DO

FAMILY MEDICINE
OSTEOPATHIC MEDICINE
ADDICTION MEDICINE
FUNCTIONAL MEDICINE



DEBBIE, NP

FAMILY MEDICINE
BREAST / CERVICAL HEALTH
FOOT CARE
HOME VISITS



**Maintenance
& Remodeling
Kitchen & Baths**
~ 30 Years Experience ~

207.967.0003

207.883.6003

www.hazelwoodhandyman.com

24 HOUR EMERGENCY SERVICE AVAILABLE



Ben's Flooring & Design Center

We Design, Plan, Schedule, Install & *Guarantee Our Work.*



Largest flooring selection in the area
Custom Window Treatments!
VISIT OUR HUGE SHOWROOM!

Complete Warranty Service & Free Estimates
Southern Maine's Premier Remodeler!

Kitchen & Bath Center: 284-8833

Flooring & Design Center: 284-7013

584 Elm St., Rte 1, Biddeford • Hours: Mon-Fri 8-4pm

572 Elm St., Rte 1, Biddeford • Hours: Mon-Fri 8-4pm

Best to call in for an appointment | ~Closed Saturday~

No appointment needed | ~Closed Saturday~



WWW.BENSFLOORING.COM



Submitted by, Gabriela Quinn of BlixxHorses.

Listening to Science

Science may not tell us what we want to hear, but it offers valuable factual information based on evidence, to help us understand why wearing of masks during a pandemic is a good idea.

Science also provides valuable information about horses welfare. It's due to science that research has shown among other things, how the weight of a rider impacts the horse's back and how bits can damage the tissues in their mouth.

Unrelated, this article, reprinted by permission explains the connection we as humans have with other mammals. FMI go to www.drkellon.com

One Medicine

Eleanor M. Kellon, V.M.D.,

One of the introductory lectures when I started veterinary school talked about how the University of Pennsylvania believed strongly in the principle of One Medicine. The German physician and scientist Rudolph Virchow first proposed this concept and said:

"Between animal and human medicine there is no dividing line – nor should there be. The object is different but the experience obtained constitutes the basis of all medicine".

This belief led to the creation of the (sadly) now defunct United States Armed Forces Institute of Pathology in Washington, D.C. Even as a lowly intern I was welcome to bring in a tissue biopsy of a tough case, and could

Listening to Science



Photo courtesy of BlixxHorses

discuss questions at any time with some of the best minds available.

There are unique features to every species but under the skin and hide we are all mammals. There are far more things about our physiology that are similar, if not identical, than different. Research in one species can provide valuable insights for other species as well.

Robin Coombs was a veterinarian who developed an antibody test for autoimmune anemia which is used in both humans and animals. His work also led to the development of tests for other autoimmune conditions such as rheumatoid arthritis and tests to detect blood and tissue incompatibilities.

that was begun in humans. Oral joint nutraceuticals and bisphosphonate drugs (e.g. Os-Phos) were first pioneered in humans, as was hyaluronic acid for joint injection and use of platelet-rich plasma (PLP).

Research like this often follows a parallel course, with equine specific studies appearing alongside human. The animal research has the potential to advance more quickly because it doesn't have the same level of ethical constraints as when working with human subjects. It is possible to better control important variables like level of exercise. On the flip side, interested human researchers can provide valuable critical review of the equine research, as in this paper: www.ncbi.nlm.nih.gov/pmc/articles/PMC4449579/.

One Medicine is especially applicable to nutrition and supplements. While requirements and digestion may vary, the basic activities of nutrients and supplements at the cellular level are largely the same in all mammals. Using allometric equations, dosages in humans and small animals can be converted to equine on the basis of their metabolism rather than pound per pound.

The concept of One Medicine has always served me well. It opens a world of possibilities that would not exist if we had to rely on equine specific research alone.



THE KENNEBUNKPORT PROMISE
WORKING HARD
TO KEEP OUR TOWN
A SAFE PLACE TO
STAY AND PLAY

True Value **AUGUST BARGAINS of the MONTH**



\$24.⁹⁹

FOUR SEASONS COURTYARD
Quad Sports Hard
Arm Chair, Oversized,
Green

Item No. 243411 | While supplies last

RUBBERMAID
Step Stool, 2-Step,
Aluminum

Item No. 205040 | While supplies last



\$29.⁹⁹

— PORT HARDWARE —

153 Port Road, Kennebunk • Lower Village • 207-967-2371

www3.truevalue.com/porthardware

BEHIND EVERY PROJECT IS A
True Value

Kennebunkport Promise

Thanks to the Town of Kennebunkport and our KPT Promise leaders, now everyone around Dock Square can help themselves to a free mask (after using that nearby hand sanitizer!) Thank you for considering the health and safety of others as you get out and about this week!



Here in Kennebunkport, the vast majority of our small businesses depend on tourism. To ensure all visitors to our town are free to enjoy themselves, our local hotels, restaurants, shops and attractions have been working hard to make Kennebunkport safe

Legendary Seafood

Famous Chowders

Full Dinners • Eat In or Take Out

Open 11-8pm!
Closed only Mondays

Try our **NEW**
Authentic
Poutine

Indulge in
"Comfort Food"
Savory Beef Pot Pie!

Phone Orders: 324-4700
1465 Main Street, So. Sanford

WARM UP
With a Cup of Famous
Seafood Chowder

We promise to maintain very reasonable prices without compromising on our commitment to serve only the finest seafood, **as we have done since 1969**

LORD'S CLAM BOX FULL MENU: www.lordsclambox.com

Oceanfront *Lodging, Dining & Gatherings*

MARINE ROOM AND OCEAN TERRACE

LIVE MUSIC thursday, friday, saturday 5-7pm

DINING noon-9pm



COLONY HOTEL
KENNEBUNKPORT

207-967-3331 thecolonyhotel.com 140 Ocean Avenue Kennebunkport, ME

The Kennebunk brig Trident was very much a family enterprise. Registered in November of 1817, the 212-ton brig was built under the supervision of carpenter David Thompson. Thompson's older brother, Nathaniel, was the Trident's principal owner as well as master, and Benjamin Thompson, their younger brother, was the vessel's first mate.

The Trident's first year of service saw her sail from the Kennebunk River to Haiti and on to New Orleans, New York, and St. Ubes (Setubal), Portugal before returning home with 1,800 bushels of salt in October of 1818. It was during the last leg of that voyage, near the Azores, that the tedium of shipboard routine was interrupted when the Trident was boarded by the Buenos Ayrean letter-of-marque ship Louisa. As the Argentinian privateer approached with her 16 guns and 101 men, Captain Thompson had reason to reflect on the precariousness of his profession.

Fortunately, the Louisa's commander, Don Jose Almeda, was all politeness and did not detain the Trident. His only request was for Thompson to make report that the Louisa was bound on a sealing voyage but had caught no seals, which the captain did in mid-September during a brief stopover in Boston. Other papers soon picked up the story, often printing it in italics or within quotation marks in open recognition that Almeda's seals were actually Spanish prizes.

Soon enough the Louisa snared a seal in the shape of a richly laden Spanish brig. Leaving his first officer in charge of the Louisa, Captain Almeda and a prize crew turned the captured brig toward the Island of Margarita off the coast of Venezuela. What happened in his absence is an example of how piracy was able to flourish during this period. For within days, the Louisa's crew mutinied and embarked on a voyage of indiscriminate looting.

After seizing vessels belonging to France, England, Russia, and America and raiding two towns in the Cape Verde Islands, the mutineers crossed to the coast of Georgia where they sank the ship and fled ashore swelling the ranks of brigands already sheltering there and becoming prime recruits for pirate vessels cruising the Caribbean.

As the Louisa's career was coming to an end in January 1819, the Trident was back in the Caribbean calling at the island of St. Croix. Continuing on to Riohacha, Colombia, Captain Thompson loaded a mixed cargo of dyestuffs, fabric, horses, and turtles bound for New Orleans, where he was reported in early May. While in port, the captain unfortunately contracted yellow fever, and he died on June 9th at the age of 37. It was 26-year-old Benjamin Thompson who buried his brother, assumed command, and sailed the brig across the Atlantic to Amsterdam.

When the Trident returned to Kennebunk in mid-October 1819 Benjamin Thompson retired from the sea, and his widowed sister-in-law sold the family's controlling interest in the brig. Sailing in January 1820 under the command of Captain Nason, the Trident called at St. Thomas and New Orleans before taking a cargo to Europe. After storms and bad weather turned the return passage into a nightmare that lasted 143 days Nason quit the brig, and in April 1821 she was turned over to Captain James Burnham.

Captain Burnham's tenure aboard the Trident would prove to be no happier than Captain Nason's. Joining the brig in Boston, where Nason had left her, Captain Burnham made an uneventful passage of 32-days to New Orleans. Once in port, however, securing and loading an outward-bound cargo consumed eleven weeks, and it wasn't until 18 August that the Trident cleared for Baltimore. Within a week of leaving the Mississippi

The Brig Trident

A SERIES OF PIECES ABOUT THE KENNEBUNK REGION'S MARITIME PAST

#4 by Ken Daggett

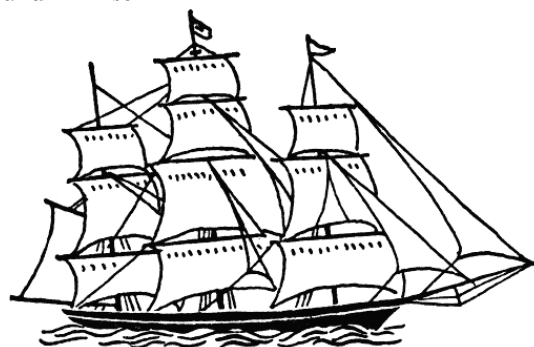
Captain Burnham found himself facing down pirates.

It was about 3-hours before sunset on August 30th while sailing along the Cuban coast just northeast of Matanzas that the Trident's crew spotted an approaching schooner flying the red, yellow, and blue banded

banner of Venezuela. Armed with a cannon and 30 to 40 Spanish and Portuguese buccaneers, the smaller, faster vessel easily overtook the heavily laden brig. Captain Burnham and two of his crew were ordered onto the schooner and confined in the hold, while eight pirates rowed over and commandeered the Trident.

Described as behaving "more like devils than human creatures," the robbers set about "abusing, insulting, and destroying." One passenger who unwisely remonstrated was stabbed in the thigh and hung from the foreyard until nearly dead. The remaining crew and passengers were rounded up and shut in the forecastle while trunks, chests, letters, and lockers were ransacked and the ceiling of the cabin torn down in the search for hidden money.

The next morning Captain Burnham was brought back to a scene of "complete confusion." His cabin was a shambles, pillows were ripped open with feathers drifting about while "bread, charts, letters, books, [and] broken bottles" were strewn across the deck. In a last attempt to coerce cash, a noose was placed around Burnham's neck. Convinced by his denial, the pirates then carted off boxes, bales,



and packages along with the brig's boat, some provisions and tools, and anything else that caught their eye including clothing, bedding, watches, and even the spy glass. Finally, at noon, the Trident was allowed to proceed with the warning that if she deviated from her course to Baltimore she would be burned and all hands killed.

Arriving at Baltimore in mid-September, Captain Burnham took on a freight bound to Cuba, which meant retracing his route through the same perilous waters. But by 19 November, the Trident had arrived safely in Havana, and when she sailed for New York at the end of December Burnham took the precaution of clearing the Cuban coast under the protection of the U. S. schooner Shark. After delivering his cargo of sugar and coffee, Captain Burnham turned the Trident over to Captain Jesse Towne, and by July he was in command of the brig Horace, a post he held until she was dismantled and abandoned at sea in 1825. As for the Trident, Captain Towne made just one voyage before Jeremiah Miller took charge, sailing the brig until her ownership was transferred to Boston parties in 1824. •

The Cabbies of the Kennebunks

By: Shelley Wigglesworth, Lead writer

1
6
5
3



1
9
5
3

Courtesy Roger S. Bragdon and Maine Publicity Bureau

An ad from Morrison's Taxi in Kennebunkport. Courtesy photo from Sharon Cummins and the Kennebunkport Historical Society.

Wimpy Redlon, Eddie Bernier, Joe Polito, Wesley Allison, Don Chamberlain, The Mossison's, Ted, Chamberlain. If any of these names sound familiar to you, you may just be a "townie" from way back when many families did not have a family car, and cabs were a much appreciated and beneficial way to get around if ones destination was not within walking distance.

Local cabbies became an interictal part of the community in the Kennebunks during the 1940's and 1950's and many townspeople recall their presence and services fondly. Read on for a handful of memories of the yester-year cabbies of Kennebunks as told by the townies whose memories of them are still vividly etched in their minds more than a half a century later.

Brian McBride said "After World War II, the cab drivers of Kennebunk were here to help people get around, as not many people had vehicles back then. The cabbies would position their cars at the North and Southbound sides of Main Street awaiting the Trailway and Greyhound buses which would stop in front of the Hills News Agency

going South and Ackley's Service Station going North. They would be waiting for fares from Biddeford and Portland as a lot of people from town shopped in these nearby cities." He added "Kennebunk was a 'dry town' for some time, so taxis were taken from Kennebunk to North Kennebunkport (now Arundel) to buy beer. Some taxis would even deliver it to your home. Don Chamberlin was a train depot cabbie waiting to escort tourists from the train to Kennebunkport, while Wes Allison was known to cater to the local crowd, taking families, like mine, to and from the beach for the day. If a sudden storm approached, Allison would take it upon himself to pick us up early at the beach. Wimpy Redlin was another jolly man who drove a cab, I remember him sitting low in the drivers seat."

Lucy Hanscom said "I remember taxi driver Eddie Bernier from the 1950s. I was with my Nanny Hanscom (Cornelia) one day in front of Hills News Stand beside where Bowdoin's Drug used to be. My mother and brother were across the street at the 5 & 10 store. Nanny slumped to the ground, and my brother and mom were alerted by a

kind person. I recall being sent home with my brother in a taxi. I was trying to console my brother and telling him not to cry, he was 10 and I was 5. I will never forget that taxi ride home with such a kind taxi man. As it turned out my Nanny had been called to heaven that day. After that, we always had Eddie Bernier as our taxi man until he retired."

Ray Kimball recalled "Allison's taxi was run by Wesley Allison. A taxi would come to Arundel and for 25 cents take me to Kennebunk to go to the movies. The 'normal' fee was 50 cents, but Wesley knew my father and gave me a discount. This was about 1955-56."

Nancy DuDevoir said she was told that "Cab driver Raymond Orin Redlon, was known as 'Wimpy' for all the hamburgers he ate while waiting at Hills News Agency for fares."

While Allan Evelyn remembers "Helen Morrison and her husband ran a taxi service on Union Street in Kennebunkport, directly across from the Seavey house (now Ben and Jerry's) She continued on for another 20 years after he passed away, and also had a Western Union business, sending and receiving telegrams as well as the "Honor System" parking lot on Ocean Avenue on her contiguous property below the house and garage. The honor system parking remains."



Snappy is Back!

Shop the Snappy Turtle Pop-Up

2 Morning Walk Cottage #3, Kennebunk

**Thurs-Sat: 10-5
Wed & Sun: 12-5**

@SnappyTurtleKPT

BOOKLETS ABOUT COVID-19 PANDEMIC

HOW 2 FRIENDS FOUND A WAY TO COPE
WITH THE PANDEMIC THAT IS COVID-19
AND LEND HOPE AND INSIGHT WHERE
IT SEEMS NONE CAN BE FOUND.

While recovering from a serious non-Covid related illness, this writer/poet's pen found a manner to add a bit of levity to life as we now know it. In collaboration with a friend's photos of squiggly Easter basket chickies and my words, a booklet of photo poems (which I dubbed "phoems") titled "Chickie Covid Chronicles" was born. So well received by a circle of friends, that I and my photographer friend, Lynne Gaudette, subsequently published a follow-up, more introspective look at the pandemic of Covid-19 with another booklet titled "Pandemic Ponderings." What evolved as a personal way of coping with the fears and anxieties of a heinous virus, has thus become a coping mechanism

for readers as well. Both booklets are presently available for purchase at Trillium Gift Shop, 238 Main St., Biddeford.

Sincerely, Sandy Duross, Biddeford.

About: Sandy Duross

As it happens, words and the images they represent have always been an integral part of my being. It is only at the urging of friends that I finally began to share and publish my works. But then 2 years ago, a purpose greater than I ever could have expected presented itself with the diagnosis of stage 3 breast cancer followed by a mastectomy and chemotherapy. It is during my struggle with acceptance that my photographer friend, Lynne Gaudette, suggested a collaboration of her photos and



my poems as a means of coping and utilizing my experience to offer hope and inspiration to others. Shortly thereafter, "Strength For the Journey" followed by "It's A New Day!" became reality and a book signing was held at Trillium Gift Shop, 238 main St., Biddeford where those publications are available for purchase.

And now 2 years later, at age 78, after another health scare in the midst of Covid-19, my pen sought a taste of levity to brighten the dark days of fear and anxiety. That is when "Chickie Covid Chronicles" was born followed shortly thereafter by a

more introspective look at the pandemic confronting us; and so another collaboration of photos and poems produced "Pandemic Ponderings." Both booklets are a result of in-depth soul-searching to provide meaning to the meaningless in words and photos that not only embellish them but add dimension and creativity. Sometimes it is the photos that inspire my pen to flow, other times the words are "bubbling" in my grey matter and all I need do is mention their intention to my friend and her lens' produce the inspiration....and that is when a "phoem" is born!



Kennebunk Savings

HOME EQUITY LINE OF CREDIT

2.49% APR*

FIXED INTRO RATE THRU 12/31/21

3.25% APR*

VARIABLE RATE AFTER INTRO PERIOD

DIVE IN. CREATE YOUR

DREAM HOME

WITH OUR HOME EQUITY LINE OF CREDIT.

Call to make an appointment at one of our branches or apply online today!

1.800.339.6573

www.kennebunksavings.com

*Fixed intro rate will not increase until 1/1/22. Annual Percentage Rate (APR) variable based on Wall Street Journal Prime plus 0.00%. As of 7/6/20 Prime rate is 3.25%. Maximum APR is 18%. Breakaway Free checking and minimum line amount of \$15,000 required for new home equity accounts. Existing home equity customers must re-apply and increase line amount by \$15,000. Available on 1-4 family primary residence, condo or second home located in Cumberland or York Counties, ME, or Rockingham or Strafford Counties, NH. No investment properties. Offer subject to credit approval and other conditions. Homeowners and flood insurance (if applicable) required. Rate subject to change. Offer may be withdrawn at any time before it ends on 9/30/20.

Member FDIC

Equal Housing Lender



A message from Hayley Brown, daughter of Joe Nickerson, a Cape Porpoise fisherman who died at sea earlier this year. We featured the life and legacy of Joe in the Village.

"I'm am so humbled that these bags have been a hit! Thank you Beth Shissler for another month of fundraising

I started with the goal to sell 10 bags and my mind was blown when we sold more than that in the first 24 hours!

This entire process has tremendously helped me deal with my grief and I am so very appreciative of each bag purchased. I set out to raise a little bit of money for something my dad truly stood for. What this is turned into just fills my heart with joy.

Please help keep pushing these bags! I can't wait to see them around!

Head over to www.maineoastfishermen.org before August 24th to order your bag.

Chip Howarth Woodworking

MAINE WOODEN LOBSTER TRAP COFFEE TABLE



\$350 plus tax, pick up only. Each table made to order.
207-286-7768
Kennebunkport, Maine

www.chiphowarthwoodworking.com

BANDALOO

SINCE 2004



COVID PRECAUTIONS

- SOCIAL DISTANCING
- SANITIZING
- HAND WASHING
- MASK WEARING

DOING OUR BEST
TO KEEP YOU AND
OUR STAFF SAFE!



OPEN FOR DINNER TUES-SATURDAY 4:30-9:00

DINE IN-DINE OUT - TAKE OUT

WWW.BANDALOORESTAURANT.COM

CALENDAR

Upcoming events

Evergreen Quilters: Due to the current health concerns, the Evergreen Quilters will not hold their regular meeting in June. We are hopeful that meetings will resume in August. For more info, please visit our web page at <http://evergreenquiltersmaine.org/>

AWS Kennebunk

Adoptions are by Appointment

Adoption appointments can be made by calling (207) 985-3244 ext. 125 between the hours of 11 am – 3 pm and you must speak to a staff member directly. If no one picks up, please do not leave a voicemail as that will not guarantee an appointment. Understand that appointments will be limited to 5 each day, as to promote social distancing. We appreciate your patience and understanding as we work to find our pets home and keep our community safe at the same time.

Graves Library

The current hours for the Louis T. Graves Memorial Public Library are Monday, Wednesday, Friday 10:00 to 4:00; Saturday 9:30 to 12:00. Book Sale items are available during open hours on the porch.

WINE ON-LINE WITH MAINE & VINE Join us on **Thursday, August 20 at 5:30 pm for a fun hour of tasting**, information, and trivia. Local shop owner, Lani Dietz, and guest Sommelier, Betsy Ross, will guide us through the program with ideas, pairings, and educational tidbits as we sip "sparkling wines." This will be a Zoom presentation moderated by Mary-Lou Boucouvalas at Graves Library. Please call the Library (967-2778) to register by Wednesday, August 19 and we will send you the Zoom link on the day of the event. All participants are encouraged to purchase wine at Wine & Vine in Lower Village, Kennebunk prior to the start time. All participants are also invited to call 50 Local to order a "snack" box if they so choose. Details will be forthcoming. We would love to see you! And you don't have to worry about driving!

READ ME (READ MAINE!) For the summer of 2020, do you want to be part of a statewide discussion different from politics and pandemics? Do you like reading and discussing books with your family, friends, and neighbors? We have the perfect program for you! Read ME is a statewide community read that gets Maine adults all reading two books recommended by a well-known Maine author. For 2020, the Maine Humanities Council's recommending author Lily King has Chosen Roughhouse Friday by Jaed Coffin and The Vigilance of Stars by Patricia O'Donnell. The summer reading season will culminate at the end of August with a special episode of Maine Calling, broadcast in front of a live audience (date and location TBD). We have copies of Roughhouse and Vigilance at the Library ready for check out. Don't know much about Lily King—we have her stuff too!

BOOK GROUPS Second Thursday at 9:45 am in the Garden area (weather permitting).

Last Thursday at 6:00 pm in the Garden area (if rain, a Zoom Link will be offered to members)

WEEKLY STORYTIME – VIA FACEBOOK

Every Friday at 10:00 am, Miss Stephanie offers a live storytime for her your readers and their families. Tune in at our FaceBook Page at 10:00 for a fabulous time.

TERRI TALES – VIA FACEBOOK Annie the Artist (a guest from Terri Tales) will be leading an art class for young patrons. Pre-Registration is required. Give us a call to get on the list (967-2778). Reading packet and craft kit will be available on the porch for pick-up prior to the event. This is a pre-recorded program on the Graves Library Facebook Page. Join in on Thursday, August 4 at any time for a COLORFUL treat!

Dickie the Drummer will be Miss Terri's guest on her "getting famous" special show. This is a pre-recorded program on the Graves Library Facebook Page. Join in on Wednesday, August 11 at any time for an ELECTRIFYING treat!

VIRTUAL YOGA Join us on Thursday, August 13 at 10:15 am via Facebook to gently rock your body with Yoga! Explore movements and breathing for a balance of strength and peacefulness. Taught by Mindy Miller Muse, E-RYT/CCLTY. No experience needed. For ages 6 and up.

CALLING ALL LEGO CLUB MEMBERS Join us on August 13 @ 3:00 pm on our FaceBook Page to make something special with your Legos. A challenge will be given at the beginning of the program. You can build your creation along with Miss Stephanie. For children of all ages. Photos can be posted to our website for all of your friends to see your work.

Wells Reserve at Laudholm

Tuesday, August 4, 7-10am

Bird Banding Demonstration. Visit the banding station at the Wells Reserve at Laudholm, where bird studies have been ongoing for more than 25 years. Scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute are contributing to knowledge of bird migration, breeding activities, life spans, and vector ecology. Weather dependent. Free with site admission. 342 Laudholm Farm Rd, Wells. FMI 207-646-1555 wellsreserve.org

Tuesday, August 4, 10-11:30am

Secrets of the Salt Marsh Walk. Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a docent-led walk that covers about 1 mile. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. Wells Reserve at Laudholm, wellsreserve.org.

Wednesday, August 5, 1-2pm

Flying Jewels. Dragonflies and butterflies are appealing animals that make a great introduction to the world of insects. Learn about their biology, ecology, and identifying marks, then go into the

field to see them up close and try your hand at netting them. \$5/member, \$7/non-member, or \$15/family plus site admission. Registration required at 207-646-1555 ext 116 or skahn@wellsnerr.org. Wells Reserve at Laudholm, wellsreserve.org.

Thursday, August 6, 10-11:30am

Nature Walk. Tour a variety of coastal habitats on a 1- to 2-hour walk with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. Wells Reserve at Laudholm, wellsreserve.org.

Thursday, August 6, 12-3pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or wellsreserve.org/kayak.

Friday, August 7, 10am-12pm

Ferns: Ancient Plants. What makes a fern a fern? How many can you identify? On this walk, you will learn the fern lifecycle, begin to recognize fern parts, and discover the various kinds of fern along the trails of the Wells Reserve. \$7/regular, \$5/member, or \$15/family plus site admission. Registration required at 207-646-1555 ext 128 or linda@wellsnerr.org. Wells Reserve at Laudholm, wellsreserve.org.

Monday, August 10, 10-11:30am

Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from Native American life to English settlement and from farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org.

Tuesday, August 11, 7-10am

Bird Banding Demonstration. Visit the banding station at the Wells Reserve at Laudholm, where bird studies have been ongoing for more than 25 years. Scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute are contributing to knowledge of bird migration, breeding activities, life spans, and vector ecology. Weather dependent. Free with site admission. 342 Laudholm Farm Rd, Wells. FMI 207-646-1555 wellsreserve.org. T

Tuesday, August 11, 10-11am

Explore the Shore. The treasures you find along Maine's shoreline can tell you stories about the land, the ocean, and the beach itself. Take a stroll along the Wells Reserve's Laudholm Beach to learn about the sand, the wrack line, and all sorts of found objects. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. Wells Reserve at Laudholm, wellsreserve.org.

Thursday, August 13, 12-1pm

Values and Worldviews on Nature and Its Uses. How can scientists and environmental advocates be most effective in protecting biodiversity? Dr. James T. Spartz, professor of environmental communication at Unity College, believes the effort calls for incorporating local and indigenous peoples' ways of knowing. People define and value nature relative to their cultural worldviews, so moving beyond typical Western notions of environmental study and activism offers a wider range of scenarios and solutions. The Wells Reserve welcomes Dr. Spartz for a virtual lecture sponsored by World in Your Library, a program of the Maine Humanities Council. World in Your Library gives small Maine rural communities access to experts and the opportunity to explore complex topics, gain insight, and broaden perspectives. Free. Registration required at wellsreserve.org.



Monday, August 17- Dr. Brian Helmuth studies how climate change is affecting coastal ecosystems from the perspective of marine invertebrates.

org/calendar.

Monday, August 17, 10-11:30am

Nature Walk. Tour a variety of coastal habitats on a 1- to 2-hour walk with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. Wells Reserve at Laudholm, wellsreserve.org.

Monday, August 17, 6:30-8pm

A Mussel's View of Climate Change. How do intertidal organisms experience their shifting world? Through computer modeling, field instrumentation, and virtual reality technology, Dr. Brian Helmuth studies how climate change is affecting coastal ecosystems from the perspective of marine invertebrates. Dr. Helmuth is a professor at the Marine Science Center at Northeastern University. Support

Wells Reserve at Laudholm CONTINUED

for the Ted Exford Climate Stewards lecture series is provided by Dave & Loretta (Exford) Hoglund. Free. Registration required at wellsreserve.org/calendar.

Tuesday, August 18, 7-10am

Bird Banding Demonstration. Visit the banding station at the Wells Reserve at Laudholm, where bird studies have been ongoing for more than 25 years. Scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute are contributing to knowledge of bird migration, breeding activities, life spans, and vector ecology. Weather dependent. Free with site admission. 342 Laudholm Farm Rd, Wells. FMI 207-646-1555 well-sreserve.org

Tuesday, August 18, 9am-12pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or well-sreserve.org/kayak.

Wednesday, August 19, 10-11am

Nature's Night Shift. Let the Center for Wildlife and its animal ambassadors introduce you to nocturnal animals. How does a bat find thousands of tiny mosquitoes while flying in the dark? Why does an opossum choose to lumber around at night? How does a porcupine defend itself against predators? \$5/member, \$7/nonmember, \$15/family plus site admission. Reserve your space at 207-646-1555 ext 116 or suzanne@wellsnerr.org.

Thursday, August 20, 10-11:30am

Secrets of the Salt Marsh Walk. Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a docent-led walk that covers about 1 mile. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. Wells Reserve at Laudholm, well-sreserve.org.

Saturday, August 22, 11am-12:30pm

Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from Native American life to English settlement and from farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI well-sreserve.org.

Monday, August 24, 1-4pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or well-sreserve.org/kayak.

Wednesday, August 26, 10-11am

Explore the Shore. The treasures you find along Maine's shoreline can tell you stories about the land, the ocean, and the beach itself. Take a stroll along the Wells Reserve's Laudholm Beach to learn about the sand, the wrack line, and all sorts of found objects. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. Wells Reserve at Laudholm, well-sreserve.org.

Thursday, August 27, 9:30-10:30am

Mingling with Monarchs. Home in on milkweed, monarchs, and migration on this focused walk at the Wells Reserve. We will stay active in our search for monarchs, eggs, and chrysalises. Free with site admission. Reserve your space at 207-646-1555 ext 110 or caryn@wellsnerr.org.

Friday, August 28, 10-11:30am

Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from Native American life to English settlement and from farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI well-sreserve.org.

Monday, August 31, 9am-12pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or caryn@wellsnerr.org.

Contacts: Scott Richardson, editor@laudholm.org, 207-646-4521 ext 114 well-sreserve.org/media Suzanne Kahn, suzanne@wellsnerr.org, 207-646-1555 ext 116. Wells Reserve at Laudholm: 342 Laudholm Farm Rd

Kennebunk Free Library

Kennebunk Free Library Teens Take Home Kits for August

Every week kits will be available to be picked up along with your curbside order. Each kit will include the supplies and instructions necessary to complete the weekly project, either a craft or a fun science experiment! Every Monday we will meet via zoom to chat and complete the previous weeks project, join us here at 3 P.M. <https://networkmaine.zoom.us/j/86356573384> or see the library calendar for the zoom link. All Teens ages 10 and up are welcome! Join us for fantastic programs and spending time with friends. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Summer Reading Program – KFL Kennebunk Free Library's summer reading website is ongoing through 8/15! KFL is using Beanstack, an online tool

for you to log the amount of time you spend reading this summer. Challenges are available for children, teens, and adults. Can you help us reach our community goal of 15,000 reading hours? Every three hours that you read and log on Beanstack, you will earn a virtual badge and a ticket to enter in a raffle! At the end of our summer reading program, we will raffle off gift certificates to local businesses such as Duffy's, Raptor Falls Mini Golf, Arundel Ice Cream, and more! The last day to earn and submit tickets is 8/15. Sign up for Beanstack today at <https://kennebunklibrary.beanstack.org>. A mobile app is also available for Apple and Android devices and can be found by searching for "Beanstack Tracker". Video tutorials are available on our Facebook page, YouTube account, and the library's website. Happy reading!

Take, Make and Read How can you make a great story even better? Crafts and activities that relate to the story help us understand more and experience it deeper! In August, Kennebunk Free Library will be offering craft kits curbside while supplies last that correspond to particular stories. Miss Maria will read the story that the crafts are based on using Facebook Live. Kits can be picked up starting August 3. Upcoming Facebook Live reading dates are: **August 27, 10:30 a.m.: We Are Water Protectors** by Carole Lindstrom and illustrated by Michaela Goade. The stories we are featuring are #OwnVoices books and/or books purchased with our recent grant from Diverse BookFinder. Pick up a kit curbside starting August 3 and join us for some great stories!

A Magical Zoom Storytime: Unicorns and Dragons! Do you believe in magic? You can always find magic in stories! On Thursday, 8/6, at 10:15 a.m., join us for a Zoom Storytime all about unicorns and dragons! Miss Maria will share several magical tales and songs. Join us using the following link: <https://networkmaine.zoom.us/j/83154544601> Bring along a magical stuffie friend or come dressed as your favorite magical creature! We'll have more fun than a unicorn in a glitter factory!

Storytime Live with Kennebunk Free Library

It's time for storytime! Kennebunk Free Library will be continuing storytimes on Facebook Live. Storytimes will be at 10:15 on Tuesday mornings. Join Miss Maria for fun songs and stories! It's a different way of getting together, but we'll still spend time sharing. We will be taking a storytime break on 8/18 and 8/25. Miss Maria can't wait to say hello and sing with you!

Kennebunk Free Library Friday Afternoon

Gaming If you're looking for something fun to do with friends on Friday afternoons, join every Friday for Teen Gaming at 3 P.M. as we play JackBox! It's a fun multiplayer game that you can play from a distance, all you need is a device with internet access and before the game begins you will be given a code to log in and play along. We will meet via zoom at 3 P.M. to go over the rules and pass out the code. Here is the link, <https://networkmaine.zoom.us/j/88980582413> or check our calendar for the Zoom link! Open to all teens ages 10 and up. This event is free and wheelchair accessible.

Brick Store Museum

Saturday, August 8: The Newfangled Contraption (Digital!) Steampunk Fair, 12:00PM. Brick Store Museum, www.brickstoremuseum.org. This 19th Century Saturday will explore the 1800s in our region's history through guest lectures, pop-up exhibits, activities, and foodways, funded by a grant from the Maine Humanities Council. Dually, today will feature the launch of the Museum's Digital Steampunk Fair, one of the most popular annual events at the museum. Offerings include online activities, presentations, virtual tours, a costume contest, and more. Visit the Museum's website for more information!

Wednesday, August 12: Virtual Bicentennial Exhibition Tour (live), 4:00pm – 5:00pm. Brick Store Museum, www.brickstoremuseum.org. You are invited to an exhibition tour of the Museum's Bicentennial Exhibition: "Perspectives: 2020," now open in the galleries. "Zoom in" for a virtual tour of the exhibit at 4:00pm. Supported through our partnership with the Maine Arts Commission. Free to Members; \$5 for visitors. Register in advance to reserve your spot via the museum's website.

Saturday, August 15: Virtual Collections Tour (live), 11:00am – 12:00pm. Brick Store Museum, www.brickstoremuseum.org. You are invited to a behind-the-scenes tour of the Museum's storage rooms, holding nearly 70,000 artifacts relating to Maine history. "Zoom in" for a virtual tour of starting at 11:00am, to interact with Museum staff and get your questions answered! Supported through our partnership with the Maine Arts Commission. Free to Members; \$5 for visitors. Register in advance to reserve your spot via the museum's website.

Thursday, August 20: Virtual Bicentennial Exhibition Tour (live), 12:00pm – 1:00pm. Brick Store Museum, www.brickstoremuseum.org. You are invited to an exhibition tour of the Museum's Bicentennial Exhibition: "Perspectives: 2020," now open in the galleries. "Zoom in" for a virtual tour of the exhibit at 12:00pm. Supported through our partnership with the Maine Arts Commission. Free to Members; \$5 for visitors. Register in advance to reserve your spot via the museum's website.

Saturday, August 22: Virtual Collections Tour (live), 11:00am – 12:00pm. Brick Store Museum, www.brickstoremuseum.org. You are invited to a behind-the-scenes tour of the Museum's storage rooms, holding nearly 70,000 artifacts relating to Maine history. "Zoom in" for a virtual tour of starting at 11:00am, to interact with Museum staff and get your questions answered! Supported through our partnership with the Maine Arts Commission. Free to Members; \$5 for visitors. Register in advance to reserve your spot via the museum's website.

SERVICE DIRECTORY

TRUSTED
SERVICES
as recognized by
valued
members of the
community!

CHARLIE'S CHIMNEYS
SWEPT, LINED AND REPAIRED
207.985.3477
CHARLIESCHIMNEYS.COM



Fully Insured!
Call CHARLIE'S CHIMNEYS today!



Carl R. Perkins PAVING INC.

- Paved Driveways
- Parking Lots & Curbing
- Patchwork & Seal Coating
- Private Road & Driveway Grading
- Reclaimed Asphalt Available

Were #1 in the Business

~Senior Citizen Discounts~ **Family Owned ~ Serving York County for 46 years!**

Call NOW: 967-2553
Free Estimates | Insured

"No matter how little money you have and how few possessions you own, having a dog makes you rich!" – Louis Sabin



Bark Avenue, LLC
Boarding & Grooming

OVER 27 YEARS EXPERIENCE

A small kennel giving each pet the time & attention they deserve.
Climate Controlled ~ Indoor/Outdoor Kennels ~ Outside Play Yard

Keep your Pets Happy & Healthy with a Professional Pet Grooming!

286-bark (2275) • 179 Proctor Road, Arundel
For more information please visit us at: BarkAvenueMaine.com
We accept Debit, Visa, Mastercard & Discover

WEEMAN'S APPLIANCE REPAIR



Certified factory Warranty Service
and licensed gas appliance repair
for Whirlpool, KitchenAid,
GE and Maytag

**AFFORDABLE, FAST AND CONVENIENT...
PUT OUR EXPERIENCE TO WORK FOR YOU!**

CALL 985-2272

THE LUNCH BOX Now Open



Featuring hamburgers,
hot dogs, homemade chili,
sandwiches, fries, drinks
...and much more.

Great eats at great prices!

Open 10:30 a.m. – 2:30 p.m.
Alfred Road, West Kennebunk
across from the Post Office

Peace of Mind For Sale!
HOME CHECK SERVICE
Personal & Rental Property

Interior/Exterior Monitor
Complete Tenant Services
Keeping Plants Beautiful
On Call 24/7
4 Season Property Management
Immediate Storm Damage Assessment

~ Fully Insured ~

Celebrating over 10 Great Years!



Sterling References Available ~ Call today! 603-866-1548

Marie Burgie
BROKER®



COLDWELL BANKER
RESIDENTIAL BROKERAGE
183 PORT RD. | KENNEBUNK, ME

Specializing in Arundel, Dayton,
Biddeford, Saco, Kennebunks &
Shoreline to NH!

"Happy to be your helper!"

Text | Call: 207.590.4944
Email | MarieBurgie@NEMoves.com

For SALE
Silkie Chickens • Hatching Eggs
Breeds
Japanese Chins & Pomeranian
Puppies for adoption

Chicken Joe's COTTAGE



Award Winning Dog Groomer
Gorgeous indoor and outdoor Bording Facility

Look for "Chicken Joe's Cottage at the top of the
Wells Hannaford parking lot
CALL • 646-0372

Call today for Grooming & Bording @ **646-0372**

Patteez Perfect Cleaning Services



A cleaning service
you can trust!

Services include:
Home • Rentals
Residential • Office

OFFERING:
Weekly Bi-Weekly & Monthly Rates!

Call Now! 207-651-2137
email: Patteez2000@yahoo.com

Fully insured with over 20 yrs. experience!

25¢ COLOR COPIES
W/ AD EX. 8/31/20

Will's COPY CENTER

Fax/Internet Access • Copies
Graphic Design • Color Copies

33 Main St, Kennebunk • 985-1847
8-5 Monday-Friday, 9-12 Sat

KEVIN THYNG
www.kevinthyngdetailing.org
DETAILING



Interior/Exterior
Fair Prices
Gift Certificates

Call **251-0281** FULLY INSURED
261 Webber Hill Rd., Kennebunk

COMPLETE PAVING SERVICES

PAVE-TEK
Serving Southern Maine for over 25 years!

Asphalt Driveways • Patios
Belgium Bricks • Walkways
Paver Brick Drives

FREE ESTIMATES ~ FULLY INSURED
Most Major Credit Cards Accepted
Call 985-0164 / 800-360-3178

Tips on PREVENTING AND MINIMIZING severity of coronavirus infection

As we all know, there is no specific treatment for Covid-19. We will likely have a vaccine, but we don't know when, how effective it will be or how long the immunity will last.

There are some helpful things we do know, most importantly, that people with healthy immune systems are less likely to get it and less likely to experience serious consequences. There are a number of things we know about supporting one's immune system. These things are well thought of, with a lot of scientific research support, and many of these recommendations are not things many of us, including me, like to do.

Probably, at the top of the list - what we eat. Our food choices can be immune supportive of immune challenging. Not everyone has the same metabolism, so there are few universal recommendations.

1. Sugar is damaging to your immune function. If eaten in small quantities, your body can deal with the damage, but with daily use of sugar-sweetened foods, most people pay a penalty. Sugar is what is called

an inflammatory food. Some amount of inflammation is necessary for health, to repair damaged tissue, etc. But the damaging chronic inflammation is out of control. It's kind of like fire: in the proper place, it's critical to our way of life; but, out of control, it can be one of the most damaging phenomena in our world. Think about: "inflammation" - something's on fire. The primary contributors to chronic inflammation are: Fried foods, Soft drinks, Refined carbohydrates (bread, pasta, pizza dough, pastries), Processed meats, Margarine and shortening, Alcohol

2. Phytonutrients tend to be immune supportive. These compounds are found in fruits and vegetables...One of the rules of thumbs regarding fruits and vegetables is Eat The Rainbow: Red, Blue, Green, White, Orange, Yellow, every day. The darker the color, the more antioxidants it contains. If the skin is edible, clean it and eat it; the skin, and right under it, is where the phytonutrients tend to be concentrated.

Getting into detail about food is beyond the scope of the article. **BUT YOUR FOOD CHOICES WILL GO A LONG WAY TO DETERMINING YOUR RESISTANCE TO Coronavirus infection.** If you want

specific recommendations about food choices and amount, I think the Mediterranean Diet seems to be a very good general guideline. There's a lot written about it and it's easy to find on the web. Exercise is one of the most important immune stimulants. There are a lot of exercise plans. I think the best advice is simple, inexpensive exercise that most people are capable of doing - Walking. Find a safe, pleasant, nearby place to walk - drive there if necessary - but walk regularly, at a speed that is comfortable for you.

The 3rd critical lifestyle activity for immune support is sleep. Your metabolic activities during sleep, in many ways, are more active when you are asleep than when you are up and about. These processes are done by the "janitors" that come in at night and clean up the dust and dirt and ashes, repairing breaks and polishing that are left over from the day. The more those janitors can get done, the better everything functions in the day. - including your resistance to coronavirus. The best practices to support sleep are nutrition and

"Doc Talk" Column with: Dr. Freeman



Dr. Freeman practices primary care Family Medicine. His office is in Kennebunk Lower Village. Appointments available at 207-967-3726, email: efreeman.do@gmail.com or visit: www.lowervillagedoc.com

exercise, as above. In addition, effective sleep is encouraged by slowing your mind and body down for at least 90 minutes prior to going to bed. This includes reducing the ambient light in the room you are in, for about an hour before bed. It is fairly important to avoid TV watching or computer or smart phone use during that hour, as well. As your body is slowing down, it is important to avoid eating during the slow-down period. The changes in day / night physiology include stimulating melatonin, which enhances sleep - physical activity, eating, and lights



\$599,000

3 Rusty Bucket Lane, Kennebunk, ME

Quality craftsmanship throughout this beautiful 2001 home nestled on 3.36 private acres. First time on the market! Well landscaped lawn, large screened-in porch to enjoy views of the surrounding woods. This home is light filled and spacious with storage galore! Wood burning fireplace with handcrafted bookshelves in an inviting livingroom. Two bedrooms on the first floor and two on the second floor. Additional 2nd floor room with skylights that would make a terrific office or studio. Attached oversized 2 car garage. A beautiful barn currently used as workshop. Thinking about getting out of the city? This home has it all!

Call Kathy Ostrander Roberts - 207-205-3417



KENNEBUNK PORT & SHORE REALTY



Kathy Roberts - Owner
Cyndy Thompson
Debra Finn
Mark Birmingham
Rick Roberts

"Your Coastal Maine Realtors"

2 Storer Street, Suite 112, Kennebunk, ME. 04043

207-205-3417

www.kennebunkportandshorerealty.com



\$699,000

2 Wyndegate Drive, Kennebunk, ME

Beautiful custom built cape style home located between downtown and the beaches of Kennebunk. Quality throughout with gleaming hardwood floors, crown molding and 10 ft. ceilings. Stunning views from wrap-around balcony which overlooks the great room and it's custom stone-surround gas fireplace. Chef's kitchen, 2 dining areas, large first floor master suite, half bath and laundry for single floor living. 2 more large bedrooms and full bath on 2nd floor and unfinished space over 2 car garage. Beautiful manicured grounds and stone walkway. Sunny deck overlooking level open yard, close to local area amenities.

Call Cyndy Thompson - 207-468-4273



all inhibit melatonin. Melatonin supplements are much less effective because they are unregulated by the mechanisms of your body. Sleep medication are rarely truly effective, healthy sleep stimulants. Their primary effect is to cause dependence on sleep meds, which is good for the manufacturers.

There is some good evidence that some supplements improve the effectiveness of getting to sleep and staying asleep. If you intend to take these supplements, I urge you to speak to your doctor, or other medical provider, especially if you are taking prescription meds.

These supplements include Vitamin D3, Probiotics (check on the web for "a brand that has been shown to survive in stomach acid"), Curcumin Cytostome, NAC (n-acetyl cysteine), Medicinal mushrooms (Shitake, Reishi, Maitake, etc.). Please do some research, consult someone educated in medicinal mushrooms).

Then, of course, the advice the you're sick of hearing"

- Hand washing is the most effective transmission

prevention. Whenever you think of it, wash your hands, especially after you've touched things that have been touched by others who don't live with you. The hand sanitizers are convenient and sort of effective. They are not nearly as effective as soap and water washing, with at least 30 seconds of soap contact with your hands before being rinsed off.

- **Avoid physical contact** or proximity with people other than house m

- **Face masks** – there is controversy, about these, but there certainly is some benefit, I continue to recommend them

Experience, and scientific inquiry will add to and change some of what we think we know about Coronavirus; expect some conflicting advice as we learn more. It's a brand-new question in our world, and no one has absolutely reliable truth. We are relying on fair-to-good theory and opinion. Keep your ears open, and listen to reliable sources, which seem to avoid personal biases

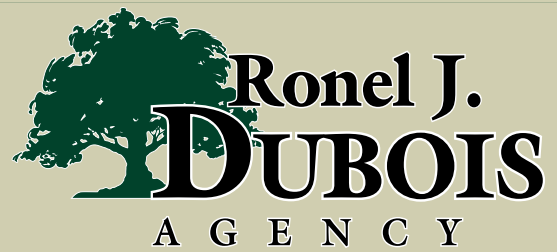
Do what you can to keep a robust immune system. Your maker has given a good one.

Earl Freeman, DO | Lower Village Doctor's Office
21 A Western Ave., Kennebunk.

- Addiction Medicine | efreeman.do@gmail.com



Michele Dubois
3rd Generation Owner



I N S U R A N C E

Insuring families and businesses in Maine & New Hampshire since 1955!



Insurance for Auto • Home • Life • Business
We Insure Vacation & Rental Properties too!

Protect Yourself from the Unexpected

860 Main Street
Sanford, ME 04073
8:30am - 4:30pm (Mon-Fri)

(207) 324-5600

Info@RJDuboisInsurance.com

37 Western Avenue, #303
Kennebunk, ME 04043
By Appointment Only

Visit us at: RJDuboisInsurance.com



RE/MAX Realty One

Carmen Lessard

207-590-8655

21 Western Ave, Kennebunk



NEW LISTING



12 Oxford Court #48, Kennebunk

MLS# 1460777

Pristine, sunny, & spacious 3BR 2½ bath condo in a desirable location at Coventry Woods. Close to town, shopping & in a lovely well established community. Relax in the sun room overlooking the patio and private backyard. Spacious open concept with gleaming hardwood floors. New appliances, carpet, & soon to arrive granite for the kitchen means you get to enjoy a freshly updated home! Convenient 1st floor master bedroom with bath. Open loft area for an office or library brightened by skylights. Lots of storage: walk in closet, and full basement. **Make this your home today!**



Kennebunk \$559,000

Private, custom designed, open concept home with 3 bedrooms, 2.5 baths and situated on 1+ acres of lovely landscaped land. The master suite has French doors opening to a 30' Trek deck (great for morning coffee) and a master bath with walk in shower and 2 sink vanity. Hard wood floors throughout with 8 ft. ceilings. Gourmet kitchen with gorgeous quartz counter tops, SS appliances, and cook top. Crave the outdoors? Head to the outdoor kitchen with piped in gas for grilling which can be enjoyed **year round**. With a heated garage 3 car garage, this home has everything you need. 15 mins. to the beach, 5 mins. to the turnpike and conveniently located to shops and fine dining. This beautiful home in a desirable location can be your "forever home".

Jean Kovacs 207-408-1822



Stop by our office for some LOCAL REAL ESTATE information.

Our agents are happy to help! Give us a call!

At RE/MAX Realty One, Experience is our edge!

This isn't a sign of winter. It's a sign of poor insulation.

You're used to doing what's best for your home. So protect it from the threat of winter with the best, Icynene spray foam insulation. It seals all gaps, especially in the attic where hot spots form, to protect your home from ice dams and winter damage while keeping you cozy and worry-free in the process. To learn more, visit icynene.com

  icynene.com

 **ICYNENE**[®]
The Evolution of Insulation.

To get started, contact your local Icynene contractor Ryan Jeffe at (207) 653-0331 or visit www.andersoninsulationme.com
P.O. Box 30 Saco, ME 04072



A Boat Load of Fun on the F/V Nor'easter- Deep Sea Fishing Trips and More!



A private scenic charter on the FV Noreaster. Courtesy photos F/V Nor'easter

By Shelley Wigglesworth, Lead
writer

A day at sea breathing in the fresh salt air, soaking up the sunshine, and catching your own food is a day well spent. Maine saltwater fishing is a great outdoor activity, good exercise, and fun for people of almost all ages and abilities. Memories of fishing, whether alone or with family or friends last a lifetime and the captain and crew of the F/V Nor'easter out of Kennebunkport specialize in making your day at sea one to remember.

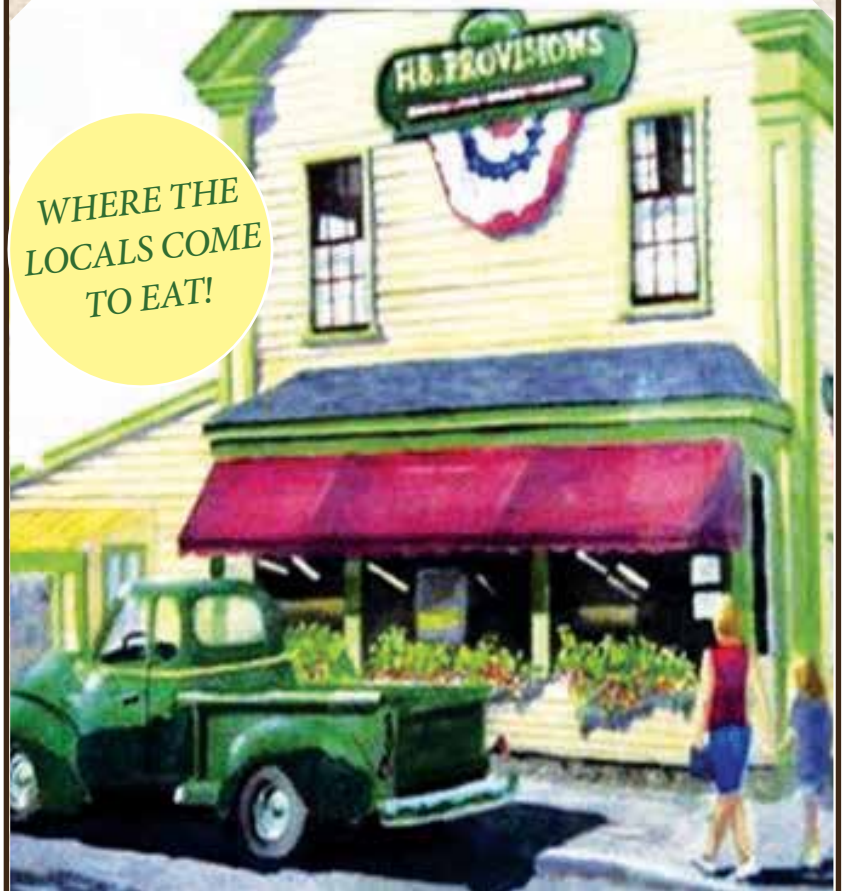
The F/V Nor'easter is the Kennebunk's only deep-sea fishing boat owned and operated by a commercial lobsterman. Docked next to the Spirit of Massachusetts floating restaurant in Lower Village, the 42' Bruno & Stillman goes out to sea daily in season to jig for ground fish such as cod, Pollack, haddock, cusk, halibut, shark and more. The Nor'easter is owned and operated by USCG licensed Captain Michael J. Perkins who hails from a long line of fishermen with family roots in Southern Maine dating back over 200 years.

Captain Mike grew up on the ocean, lobstering with his grandfather, the late Roy Perkins Sr., a lifelong fisherman from Wells. He later worked on commercial dragger boats before settling into lobstering on his own boat out of Kennebunkport and Wells prior to becoming a USCG licensed master charter boat captain. In the spring, summer and fall months Captain Mike takes passengers up to 20 miles offshore to experience the thrill of catching ocean fish. In the evening, he provides private charters for all occasions including pleasure cruises to nearby Perkins Cove, ash scatterings at sea, sightseeing tours, and more. Trips are catered to the needs of customers. During the winter months, after providing Christmas Prelude boat rides, he is a commercial lobsterman.

Captain Perkins explained a typical day deep sea fishing on his boat. "We leave at 7:30 am, but it is important to check in at 7 and we will show you where to park. We leave at 7:30 and the boat does not wait. All you need to do is show up with a lunch, drinks and layers

H.B. PROVISIONS *General Store*

WHERE THE
LOCALS COME
TO EAT!



Largest Selection of Exceptional Wines
& Craft Beer In The Area • Busiest Deli & Fast Service
Best Coffee In Town • Baked Goods Made Daily
Groceries, Meat & Cheese • ATM • Gifts From Maine

"THE BEST STORE I'VE EVER BEEN IN..."

15 Western Avenue | Lower Village, Kennebunk, ME
207.967-5762 | www.hbprovisions.com



Captain Michael Perkins with a haddock.



Todd and Katie Derham of Kennebunk got married on the FV Noreaster.



Red Fish caught on the FV Noreaster.

clothes suited for the weather and be ready to fish and we'll take care of the rest. We steam out about 2 hours out to Jeffrey's Ledge to the fishing grounds and spend about 4 hours fishing before steaming back in. On the way in, the mate fillets the fish and bags it up for you to take home. We do ask that you tip the mate for his work."

The boat features a covered and heated wheelhouse, 5 bunks below and there is a restroom onboard. Fishing

rods, reels and all gear, including handmade jigs are supplied, making the experience truly hassle free.

The Nor'easter also offers monthly extreme fishing trips for those who want a more adventurous experience than what the full day fishing trip offers. "It's the same fishing experience, but we go offshore 100 miles for these trips. The boat leaves at 11PM and returns at 5pm the following day. Bring your own food,

drinks, foul weather gear and a sleeping bag and we will take care of the rest. Just like the day trips, all fish will be filleted and packaged for you on the trip in."

Captain Mike said deep sea fishing is "great fun for just about anyone." He added "We get people of all ages and backgrounds -some are experienced fishermen; some have never fished before. If fishing

isn't your thing, we also do custom charters for all occasions." He added "What's good about being out on the ocean fishing is you never know what you might see while you are out there- whales, sharks coming up to snag fish, sunfish basking, porpoises, seals, sea birds, you name it." Fishing is not the only activity that takes place on the Nor'easter. The boat is also available for private charters for all occasions-including weddings, birthdays, sunsets, and evening round trip cruises to Perkins Cove, Ogunquit, ash scattering services at sea and more.

Captain Mike concluded "Whatever you charter the boat for, our main goal is to provide a safe, fun and memorable experience to all who step onboard."

FMI on the Nor'Easter please call 207-450-1831 or visit: www.noreasterfishing.com or check out the boat's FaceBook page, which is updated daily with current catch photos. www.facebook.com/noreasterfishing/

FMI on saltwater fishing regulations: www.greateratlantic.fisheries.noaa.gov/sustainable/recfishing/regs

NUNAN'S LOBSTER HUT

CAPE PORPOISE, ME

9 Mills Road, Kennebunkport ~ 207-967-4362

Open 7 days a week at 5pm • Memorial Day through Oct. 17th

Call for **Take-Out!**



WWW.NUNANSLOBSTERHUT.COM

NO CREDIT/DEBIT CARDS ACCEPTED

Personal Check with valid I.D., ATM Available

We Catch 'Em
We Cook 'Em
We Crack 'Em
You Eat 'Em
Since 1953!

SIMPLE & DELICIOUS

Lobster, Lobster, Lobster!

New England Clam Chowder
Lobster Salad • Lobster Roll
Lobster Stew • Steamed Clams
Shrimp Cocktail • 12oz. Delmonico Steak

Hamburgers • Veggie Burger

Kids' Menu

Homemade Desserts

Beer & Wine

Call for daily specials!

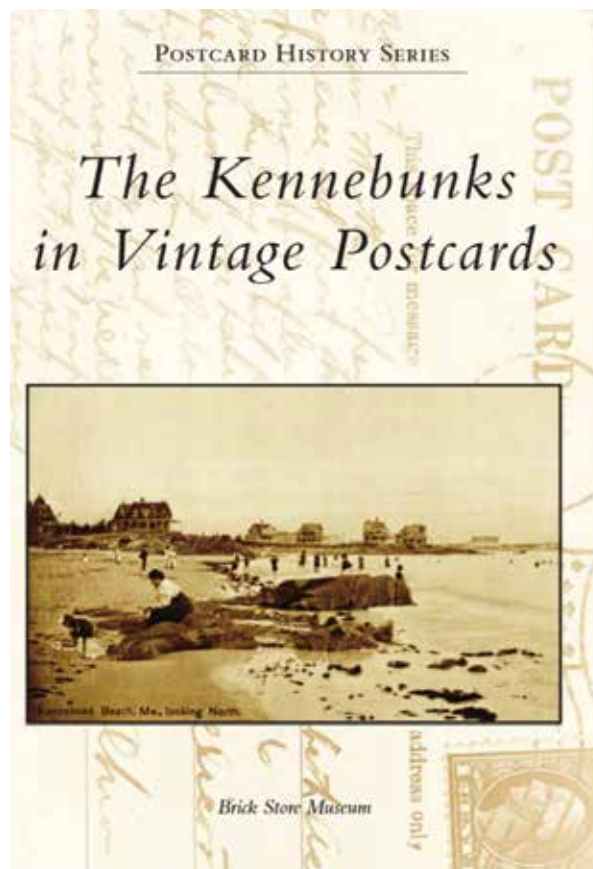


*Follow us on Facebook for any changes due to Covid-19!

NEW BOOK EXPLORES KENNEBUNK'S HISTORY THROUGH IMAGES

The Brick Store Museum is proud to announce the publication of a new book using vintage postcards in the Museum Archives to explore the changing landscape in this town in the 20th Century. "The Kennebunks in Vintage Postcards," published by Arcadia Publishing this month, features 183 postcards from the museum's collection. The book can be purchased for \$21.99 at the Museum's Store, called the Mercantile, at 117 Main Street in Kennebunk, or online at www.brickstoremuseum.org.

Kennebunk's proximity to three large bodies of water—the Kennebunk River, the Mousam River, and the Atlantic Ocean—fueled its development over thousands of years. Kennebunk's waterways were



home to Wabanaki hunters, settlement farmers, early lumber mills, and a booming shipbuilding business. The Maine coast soon brought tourists to Kennebunk and its beaches. By the 1930s, Kennebunk Beach and its surrounding area contained several hotels and beach cottages. Sites like the Wedding Cake House, Kennebunk Beach, Main Street, and Blowing Cave quickly reached new heights as well-known landmarks. Postcards played a part in fueling the powerhouse tourist industry that remains active to this day.

With captions written by Museum

staff members Leanne Hayden and Cynthia Walker, with research assistance provided by Museum volunteer Bruce Jackson, the book explores Kennebunk's 20th century history with images from around town. Some are recognizable, while others are visions of past structures and landscapes that no longer exist. The book is dedicated to former Kennebunk Town Historian and Museum Trustee Stephen P. Spofford, who passed away unexpectedly last year before the book was written. He was planning to help compile the book. The 128-page paperback book surveys Kennebunk's downtown, beaches, amusements, and rarities using postcard images found in the Museum's collection. Books can be ordered via www.brickstoremuseum.org for curbside pick-up or ship-to-home. The Museum is now open to the public, with its Museum Mercantile relocated to a larger space to encourage physical distancing and healthy visits to the Museum.



CAPE PORPOISE KITCHEN

great food to go!

A specialty foods market, gourmet deli and café, located in the heart of Cape Porpoise village. Enjoy micro roasted coffee or a latte with a hearty breakfast sandwich or fresh baked scone. Lunch in our café features 21 creative Sandwiches, Salads, Soups and Chowders.

Our take home dinner menu offers daily Chef Specials and popular favorites including, Maine Crab Cakes, Grilled Salmon, CPK Meatloaf, Vegetable Lasagna and our own Pies, Cookies and Pastries.

Shop our large selection of Cheeses and Wines from around the world. Beautiful Gift Baskets made to order.

CurbSide Specials Menu
VISIT: WWW.CAPEPORPOISEKITCHEN.COM
CLICK ON: GOURMET To Go!

Open year round 7am -7pm • 1 Mills Road, Cape Porpoise,
Visit: capeporpoisekitchen.com or call: (207)967-1150

Old Vines Wine Bar: Our Next Big Thing

As many of you know, three years ago, we acquired the former Infinity Federal Credit Union building next to Old Vines. This purchase was necessary to provide additional parking as required by the town to support plans to expand the upstairs and seasonal patio. (By the way, it turns out that when you buy a bank, the money isn't included.)

Our goal has always been to reimagine the site, and expand, without changing what we love about Old Vines, and staying true to what we do well. We have always believed in doing well by doing good and by being good neighbors and citizens.

And while this might be a strange time to talk about ambitious plans, we feel that our team and our community need something to



look forward to. As we enter a very uncertain summer season in 2020, it's never too soon to start thinking about 2021. So, we decided to unveil our plan a bit early.

THE OLD VINES VIBE, BUT EARLIER

Our plan is to launch a new kind of daytime restaurant, where guests enjoy a casual environment, and a healthy, family-friendly, Maine-inspired menu, in an open and airy patio.

A full bar will offer more bottled and draft beer selections, and we will introduce a new line of delicious craft cocktails designed for midday sipping.

A FRESH ADDITION TO LOWER VILLAGE

The flexibility of the space is what will set itself apart: a large, open room, anchored on one end by a

bar, all under a striking glass and steel three season retractable roof. On sunny days, we'll dine al fresco. When weather turns as it so often does here in Maine, we close

the roof, and everyone stays dry and warm. The season is short, and this allows us to extend what so many guests enjoy – dining outside.

We've taken great care to consider our surroundings, and worked with Kristi Kenney at KW Architects, a fellow Lower Villager, to ensure the building's scale, architecture, and environmental footprint complement the eclectic, historic nature of our neighborhood.

CONTINUING OUR MISSION TO GIVE BACK

You know we love a good party. And yet, being a good neighbor is even more important to us. Since we opened our doors in 2015, we have hosted events that returned over \$200,000 directly to local charitable organizations. The new space, yet unnamed, will enhance our ability to host events that give back to our community.

Old Vines Wine Bar
Craft Cocktails + Kitchen

DINNER • VINTAGE COCKTAILS
FINE WINE • CRAFT BEER
OUTDOOR PATIO

Lower Village, Kennebunk
(207) 967-2310
www.oldvineswinebar.com

Your Neighborhood Diners ARE BACK...

Both locations have been OVERHAULED for your SAFETY!

Join us for a new experience... with our **NEWLY re-DESIGNED** inside dining or our beautifully created outdoor seating



1132 Portland Rd, US Rte 1 Arundel | 207.502.7739

SERVING Breakfast • Lunch • Dinner

Open: Sunday and Monday 9 to 3pm

Tuesday to Saturday 9 to 8pm

BYOB: Beer/Wine/Champagne



55 Western Ave, Kennebunk | 207.967.5132

SERVING Breakfast and a Bit of Lunch

NEW Outdoor Deck Seating!

Open: Thursday to Monday 8 to 2pm.

Following all the Maine guidelines for inside Dining & Take Out orders!



Jayne Emmons

Dog Training Tip: How to Teach “Place”

“ABOUT Jane Emmons: I have always loved animals, but my true love is with dogs. After writing a research paper in school on the many ways dogs can help people, I decided that I wanted to be a dog trainer. I then volunteered at The Animal Welfare Society with their dog trainers, and fell in love with training, and knew I had chosen the right path.”

After completing her training at Highland, Emmons began dog training professionally in 2018, with a focus on dog obedience and behavior modification. She quickly gained recognition for her abilities and has recently opened her own business, Current K9 Training, servicing Kennebunkport and the

surrounding communities. “I offer private in-home training, tailored to the owner and the dog’s needs. The first visit is a free evaluation, which is usually 45 minutes to 1 hour long. During this evaluation we meet and chat about what you and your dog’s needs are, and what training option best fits those needs. Once we have established the best training option, we continue meeting for the agreed duration of time.” Each one-hour private session is \$80. Emmons also offers a “Bootcamp” which is a total of 30 hours of training over a 5 week period for \$1000- and group classes and therapy dog work will soon be offered to her line up of options. Her long-term goal is to run a board and train facility.

Photos of Jayne Emmons and Olivia, a 6 month old lab mix by: Wendy White Emmons

We treat all pet emergencies 24/7

Maine Veterinary Referral Center
in Scarborough, Maine

Open 24 hours a day, every day year round.
Located next to Scarborough Downs in the Enterprise Business Park right off Route One.

MAINE VETERINARY MEDICAL CENTER

207.885.1290
mvmc.vet



Kennebunkport native and professional dog trainer Jayne Emmons is the daughter of Wendy White Emmons and Michael Emmons. Emmons graduated from Kennebunk High School in 2017 with her twin brother Kyle, and went on to study at Highland Canine Training, LLC. The 20-year-old dog trainer is a dog-mama to Labradors, 10 year old Maisy and 2 year old, Lanai. Emmons said her love for animals and connection to them was evident even as a small child.

“Place” is a helpful command to use when you need your dog to settle down, or be out of the way. Here are the steps to teach it.

- 1. Choose a dog bed, blanket or towel that your dog is able to put all 4 paws on.
- 2. Choose a command. Some popular choices are “place”, “bed”, “mat” or “climb”.
- 3. Lure him/her with a treat

onto the “place”. When all 4 paws are on the “place”, mark with a “Yes” or a “Good” and reward with a small treat. Repeat this several times.

- 4. Begin increasing the amount of time he/she spends on “place”. Start with a few seconds, then slowly put distance between you and your “placed” dog. Reward with a small treat. If your dog

gets off “place” at any time during training, calmly walk him/her back to the “place” and try again.

- 5. When you and your dog have a good foundation, begin moving to different rooms and environments to practice.

Look for more Tips from Jayne of Current K9 Training in upcoming editions of the Village!
FMI on Current K9 Training: (207) 502-9706
currentk9training@gmail.com

A Dog Named Sweet Pea

by John Forssen, Guest writer

I proposed to my wife a little over 55 years ago and, although some of the details are a bit sketchy now (time will do that even to the most memorable events), I do remember it involved a small dog.

The dog's name was Sweet Pea, named I believe out of sheer cussedness, for there was little about that creature that could be mistaken for sweet. I was in the army at the time —Fort Riley, Kansas, if that makes any difference, and Sweet Pea belonged to my company XO (executive officer), as did the telephone on which I planned to put forth my proposal.

Before going further, let me say that some long number of years later my wife and I had a dog of our own, a cairn terrier that was memorable for (1) allowing a piece of lunch meat, tossed in his direction, simply to drop on his face and (2) expressing no interest whatsoever in being near me or even acknowledging my presence. I could have died beside him and gone unnoticed. Sweet Pea, on the other hand, could suck the food out of a sealed can in his sleep and a stranger in the room was to him a siren call for intimacy.

Now, to the phone call.

I should underscore its importance because it wasn't the first —nor even the second. Indeed, it may have been the fifth, each of the previous calls made in the heat of a moment in the wee hours past the weekly "Happy Hour" with my fellow lieutenants. You may assume from this that one of nature's less compromising laws is that the heat of a moment is generally followed by something a bit more temperate, even chilly, the next morning. This is when one measures the temperature of the feet. Thus, as surely as Friday night produced a proposal, Saturday morning produced a retreat.

So on this night of the fifth proposal, far from the company

of my fellow lieutenants, I was determined to make an earnest appeal.

The stage was set. My XO and his wife went out, and Sweet Pea, seeming to have some idea of what was about to happen, went and sat by the phone.

Together, we listened to the ringing on the other end, Sweet Pea, jiggling from stem to stern with anticipation.

"Hello?"

At last there was a voice.

I Sweet Pea was beside himself. He was scratching wildly enough at my knee to suggest that I had placed the call for him and it was time to surrender the phone.

It was my intention simply to ignore him. After all he was a small dog. So I picked up the phone and stood, believing that I had successfully removed myself from his orb —at which point, there appearing to be no natural opening, I simply blurted out: "I guess it's time we got married."

The silence on the other end of the phone was not deafening, but there was a certain stillness to it. Sweet Pea whimpered softly.

"Are you coming from the club?" the voice asked. "Have you been drinking?"

"No."

"Are you serious about this?"

"Yes."

"Will you call me in the morning and ask me if you said anything foolish last night?"

"No."

"All right, then."

"Does that mean you'll marry me?"

"You haven't asked me yet."

"I'm asking you now."

"Are you down on one knee?"

"I'm on the phone."

"I know, but are you down on one knee?"

"Yes."

"Really? I need to trust you."

"Well, no."

The silence returned, the stillness. When it started to appear that it

would go on forever, I lowered myself slowly to one knee. Halfway through this maneuver, Sweet Pea began to dance; and by the time I was all the way down, he had me in what can only be described as an inescapable embrace —dog heaven, it was, his paws firmly on my shoulders, his wildly lapping tongue, dripping with desire across my face and in my ears. His affection had no bounds.

Of course, there was a struggle. I was moving about trying to shield myself without tearing the phone out of the wall.

At length, the voice asked somewhat suspiciously, "Is someone

there with you?"

"No," I said. "It's the dog."

"I didn't know you had a dog."

"I don't."

"Then, why is it there with you?"

"It's complicated and he seems now to be urinating on my shoe. Can I put you on hold for a minute?"

"You're sure it's a dog?"

"Yes, and I love you."

"I love you, too."

"Does that mean you'll marry me?"

"Ditch the dog and call me in the morning."•



Village Salon & Day Spa

is excited to announce the opening of
our new salon space!!!

Call 207.967.1300 for your appointment.

*Thank you to our clients, staff & community for all
your love & support."*

155 Port Rd., Kennebunk

www.villagesalondayspa.com

Gift Certificates available for online purchase.



KBR
KENNEBUNK BEACH
REALTY

**9 Madaket Lane, Kennebunk
\$849,000**

SUN FILLED HOME with open concept living area, high ceilings, with master suite and 2 extra bedrooms on the first floor. Located in a highly desirable small neighborhood within a mile of the beach and an easy drive to golf course and all the attractions of Kennebunkport.



7 Ledge Road, Kennebunkport \$570,000

Close to the heart of Cape Porpoise, this wonderful 4-bedroom/3-bath POST & BEAM style house, is privately sited on a private road with 2.55 acres and ample space for gardening, pets and family fun.



20 Oakwood Drive Kennebunkport \$1,595,000

This exceptional, custom designed home offers a stunning and diversified floor plan. Magnificently sited on 2.89 acres and overlooking a beautiful and tranquil spring fed pond.



51 Northwood Drive, Kennebunkport \$779,000

Expanded cape sited on 2.79 private acres in desirable Bishop Woods. Built by John Meserve in 2000 this 4387 Sq. Ft. home has 4 bedrooms, a first-floor master suite.



1 Acorn Circle #9, Kennebunk \$308,000

Located on a charming cul de sac with wooded back patio, one can walk to town from this Oakwood Lane Condominium. The single level residence is part of a 30-unit complex and features 2 bedrooms, 2 baths.



43 Sycamore Lane, Unit 21, Kennebunk \$512,000

Meticulous free-standing condo in exclusive Cedarwoods Condo Association. This 3-bedroom 2.5 bath sun filled condo has 2064 Sq. Ft. with a first-floor master suite with a walk-in closet.



48 Riverwynde Drive, Arundel \$482,500

Magnificent river frontage, this spacious home is privately sited on a nicely manicured .71-acre lot. The first floor offers a bright and airy open floor plan with a fabulous kitchen and first floor Master Suite.

**25 WESTERN AVE, ROUTE 9, KENNEBUNK, MAINE
207-967-5481 | KENNEBUNKBEACHREALTY.COM**



Gail Ann Arnold
Xt: 111



Kathy Baker
Rental Manager
Xt: 123



Tricia Gallagher
Xt: 113



Laura J Ross
Xt: 114



Mark Gary
Xt: 116



Claudette Batignani
Xt: 117



Helen Curry
Xt: 119



Denise Hodsdon
Xt: 127



Rick Natoli
Xt: 138



Tara Patterson
Xt: 141



Katie Palmer
Xt: 147



Dan Roche
Xt: 139



Mark Seeley
Xt: 149