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On the Cover



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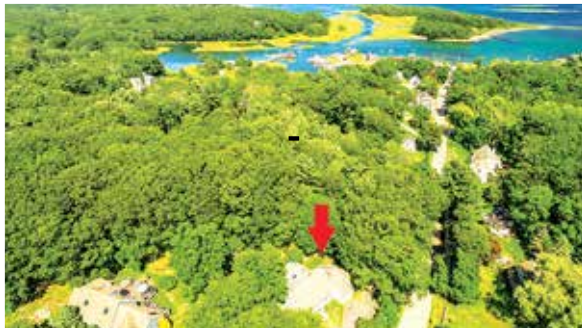
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Kennebunkport Historical Society

By Katherine Collins, Village contributor

With lectures on everything from shipbuilding to ghost stories to a history of sewing, the Kennebunkport Historical Society is attempting to make local history more alive and accessible.

The historical society launched its new "A Walk Through History" lecture series this past spring with a talk about the history of the Walker and Bush families in town. Other topics have included renowned Maine author Kenneth Roberts.

The series will continue this month with a special look at the history of sewing, before mass produced clothing became the norm.

"We have an extraordinary collection of period attire in our archive," said Albert Black, a member of the historical society board who was instrumental in getting the lecture series off the ground.

"We'll have an expert seamstress talking about how sewing was really an art," he said.

After taking a couple months off, the historical society will get back in the groove in February with a

special presentation featuring the love letters in its collection, just in time for Valentine's Day.

Leslie Roberts, director of development at the historical society, said the goal for the lecture series is provide a full slate of topics in 2020 that appeal to a good cross section of the community.

Right now the lectures are held on the first Tuesday of the month at 10 a.m. The plan going forward, Roberts said, is to also offer an evening presentation of each lecture, in order to allow more people to take part.

She said that lecturers have come forward with topics of specific interest to them and Black has called the presentations so far "a labor of love."

In fact, Black gave a lecture in September on the history of the now defunct Kennebunkport Playhouse.

Roberts and Black said the hope with the lecture series is to get people engaged with the historical society in a different way. Roberts said in the digital age, people are craving "in real life" experiences.

She also said the lectures give the society a way to "acquaint the

community at large with what we do."

Black agreed and said, "We want people to know that we're here and there's a lot happening."

More information about the historical society and its programs is available online at www.kporths.com.

Roberts said that turnout for the lectures so far has been very good, with between 30 and 40 audience members each time.

Both Roberts and Black said that all of the presenters so far have done a great job of "sharing the drama of history and bringing it alive" for the audience.

"It's really about storytelling and showing that history is not stuffy or academic. It's not just about dates and dry facts" Black said.

"All the lectures have been very entertaining and informative," Roberts said. Sheila Meek, a long-time volunteer with the historical society, summed it up best.

"Kennebunkport is really a fascinating town, especially with how it evolved."



KPort Historians: Sheila Meek, left, a long-time volunteer with the Kennebunkport Historical Society, with Albert Black a member of the society board.
Photo by Katherine Collins



Barbara Barwise gives a lecture, entitled "The Town of Three," in July. Courtesy photo KHS



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Quest Fitness CELEBRATES 10 years of Fitness and Wellness

Quest Fitness Celebrates 10 Years of Fitness & Wellness in the Community!

WHAT'S YOUR QUEST? VISIT QUEST FITNESS IN KENNEBUNK

By: Shelley Wigglesworth, Lead writer.

Richard Evans, managing partner of Quest Fitness has been at the Kennebunk facility from the beginning and is an integral part of the growth and expansion over the last decade. This popular gym is a first-class, state of the art fitness facility with offerings for all; in a welcoming and unpretentious atmosphere. Evans said a big part of the success at Quest has been accomplished by simply listening to the needs of the customers. "We listen to our customers and do what we can to provide the programs they are looking for, whether it is by adding

something new or expanding on or changing something we already have. Our clients have given us the direction and they are the driving force guiding our future."

With over 60 classes offered each week, there is literally something for everyone at Quest. "We offer swimming lessons for children, cycling, strength training, cardio, Zumba, Dance, pulmonary conditioning, pre and post surgery fitness, athletic training, yoga, pool therapy, golf conditioning, personal and small group training."

If you are seeking a path to wellness, Quest is the place to be. Richard elaborated "What we really have here is a community within Quest, from infants learning to swim to seniors getting strong and staying fit. We have college and high

school students coming in with their parents and grandparents, as well as people of all ages and fitness goals working alongside one another at any given time." Walking through Quest, you definitely feel the community spirit amongst the members. The gym is bustling with activity, smiling faces and fellowship among members.

Evans commented, "You almost forget that everyone is here to work out."

Massage therapy and Reiki sessions are also available for members and non-members, with non-members granted complimentary use of the facility on the day of their massage/ Reiki session. A Registered Dietician is also a part of the Quest team, offering group nutrition classes.

New this year is the popular Quest Smoothie Bar which offers protein-based smoothies in the Quest lobby. The smoothies are named after Greek Gods and Goddesses and feature great flavors with low sugar/low-calorie nutrition. Evans also noted the facility has "close relationships" with many in the local medical community. "Saco Bay Physical Therapy and Southern Maine Health and Physical Therapy work closely with our staff to help customers transition out of physical therapy and into continued safe wellness activities here at Quest," Richard said.

Karen Stoma has been working out at Quest for years. She said, "You can't find a better place to stay healthy. The personal trainers are top-notch, there is a variety of offerings that can be catered to your needs, and everyone is happy." Evans added, "We are all-inclusive here. All ages and abilities are welcome. The



Quest Fitness offers a new fitness concept, integrating traditional fitness services with personal wellness needs and choices. Swim or take a water fitness class in our 4-lane salt water pool. *Courtesy photo*

mental health benefits of being a part of the Quest community makes the physical health part even more appealing. The friendships formed are a powerful source of support and accountability among members in all areas of wellness.”

Evan’s eyes lit up when asked what the future holds. He’s not giving the details away now, but some fun things are in the future plans at Quest. “We are evolving and adapting in

ways that are meaningful to our community of healthy-minded individuals. It’s the best part about this job. I’m excited about the changes we are planning

for the near future as we enter our 10th year. We will continue providing new equipment, programs, and services that people are enthusiastic and excited about integrating into their healthy lifestyle.”

Quest Fitness is open 7 days a week. Monday-Friday 5am-8:30pm and 7am-6pm on Weekends

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River Locks High

By Linda Miller Cleary, Village contributor

She ambles with a three-foot hobble to her tidal cove look out, close enough so her opaque eyes see the empty-tided creek.

The hope of relief on this dog-pant day is disappointed by the leg-sucking, mud creek bottom.

Luckless, she circles and crumps down under a dripping pine, close, so an occasional eye blink will tell her of the tide's returning capacity for cool.

She has earned this last season in Maine.

And during her deaf slumber, the



She deserves a last summer in Maine. Courtesy photo

incoming tide carries a few floating oak leaves, soon pushed up and deposited on the far bank.

A harbinger of all that might be displeasing about fall's arrival, even in this unseasonal, last ditch heat.

Then at high tide, the house is three-sided water; the marsh grass submerged.

Shrill, skittered-voiced kingfishers flash blue, diving, then darting to the next down cove, unheeded, unheard in her slumber.

Her boy and his sailboat slide out for village frivolity.

A woodchuck darts out of the woods

and swims unbothered to the cove's other bank, shakes, and disappears beyond the maples.

And the dog sleeps on, having missed a jolly good chase, recorded only in the dream flutters of her wasted hind legs.

The bulging tide soon recedes again, beyond her reach, and her girl runs past, unheard to check the tide's departure for the snowy egret who most often visits at three past high.

Her boy then rows home, up the creek in the last minute water, then wading and pulling the reluctant boat to moor in the muck.

The boy and girl sling tidal mud at each other, and consider brown-barraging the dog, who stirs and joins the play with her eyes and front paws only now, her body at low tide, wanting high.

The two bolt to the pond for a cleansing, and their beloved dog blinks disgust at the still-out tide, her body rhythms ill-attuned now to sea



Linda Miller Cleary was a full time resident in the Kennebunks during the late 1960's through early 80's, then a summer resident in the Lower Village while teaching at the University of Minnesota in the academic year, and now a retired and full time resident once again. While a professor in the English Department at the U. of MN, Duluth, she wrote articles and books on literacy, indigenous literacy and education, and on cross-cultural issues in research.

river watches.

She pulls her unwilling hind-quarters up and hobbles after them, down the path to the pond.

When peace returns to the cove, the crows pluck down the receding rivulet for sea worms dropped off by the departing tide.

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CHILDREN'S BOOK AUTHOR JERRY LYONS

Brings his book "Spot the Different" to America with the help of his uncle, Kennebunkport resident Dave Aldridge



Jerry Lyons author and his daughter Charlotte. *Courtesy photo.*

By: Shelley Wigglesworth, Lead writer

Forty seven year-old, former journalist and father of one, Jerry Lyons lives just outside of Brighton, England, with his partner Wendy, his seven year-old daughter Charlotte, and a Labradoodle dog named Lindy, and he has just penned his first children's book, "Spot the Different."

"Spot the Different" which sends an important message with simple wording; and rhymes and illustrations depicting relatable children's emotions has been well received in the UK and praised for demonstrating to children that being different is not only Ok, it is

important.

"The idea came when Charlotte came back from school and was asking about what made people different and if it was it ok to have friends who were different. I tried to explain to her that there's around 7.5 billion people in the world but only one person exactly like her - but I found it easier to write a little bedtime story for her.

The story was of a little girl Lucy who has a visual disability and is worried about not fitting in. She meets a magical ladybug called Spot (who only has one spot) who shows her that being yourself and embracing differences in others is perfectly ok," Lyons said.

He added "Charlotte and our Labradoodle Lindy are the inspirations for the two main characters, in the book, Lucy and her dog. Spot the ladybug introduces Lucy to a group of animals

called 'The Differents' who all have something unique about them - for example a camel with no hump, a flea that couldn't jump, a dog that never barked etc. I just want kids to read it and realise it's cool to be yourself and that everyone is wonderfully unique in their own way."

Lyons said his partner Wendy was the one who inspired him to turn the bedtime story into a children's book for others to enjoy. "I was also introduced by Wendy to Andy Willard, the book's illustrator who created exactly what I wanted."

The book took off in England shortly after being published. "The popularity has caught me by surprise as the first print

run sold out in the UK in just five weeks. I think the message is pretty timely as we live in a fractured world where lots of people are scared of anything different and I think if children realise we've all much more in common than we think; the world will become a better place. It's success in the UK has been helped by local businesses getting involved in Project Spot where they buy bundles of the book to donate to local schools and kindergartens - this is something I'd love to see happen in America as this is a way to get book and its message into more young hands and minds."

FMI on Spot the Different please visit www.spotthedifferent.co.uk or email Lyon directly at: Hello@spotthedifferent.co.uk Local folks may purchase a signed copy for \$13- through Lyon's uncle, Kennebunkport resident Dave Aldridge at 207-985-3089.



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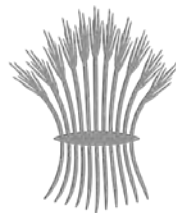
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Shades of Belief

By: Casey Clark,
Village contributor

ROUNDED STONES

The word “belief” is a world unto itself. It covers a vast space in our lives, our language and our thoughts. In fact, it could be said that a belief is why we do, say or think anything. And, consequently it occupies the largest part of our unconscious and conscious minds. With the simple belief that a glass of water is good, I can drink it. I know the drop from a 100-foot cliff will kill me, and that belief keeps me away from the edge. From the tiniest wisp of belief to the strongest, we are shepherded by them every moment of our waking lives.

Belief has substitute words like knowledge, truth, and phrases like “I think that...” and “It’s true that...”.

There are dozens of literary and slang expressions for not believing something as well. “That’s pile of...” (choose your pile) is one such declaration of disbelief. From puny misconceptions to the wildest lies, we are capable of believing and acting accordingly. We have likely experienced many variations in between. The range of human belief is as complex and varied as that of all mankind.

How many times have we heard or read facts that turned out to be false? Fake news is a fact of life now. The Flat Earth Society still exists, although “on hiatus for a while” since 2012. Perhaps reality finally popped their spherical balloons – now flat! Their website describes members as “free thinkers”. I prefer “profoundly delusional”. Yet the belief continues, and there are so many others of equal absurdity.

Believing something that is not true can be lethal. Since we habitually believe things based on little information, the opportunity for an incorrect belief is equally habitual.

Then there’s piling belief upon belief, magnifying the error. Imbedded in every belief is not knowing for sure that it’s true, otherwise we would call it “knowledge”. To know something is to say that our personal experience confirms it to be true – a fact, irrefutable knowledge, the strongest kind of belief.

Alternately, a “fact” told to us directly is outside our personal experience - it’s hearsay - still just a belief, although perhaps a strong one. The strength of it is based on the credibility and trustworthiness of the source. Regardless of the source’s integrity, you simply can’t know a second-hand fact is true. It is why hearsay in a courtroom is not allowed as credible testimony. Even so, first-hand accounts can be wrong too, despite being within the personal experience of the eyewitness. So, to know something as an irrefutable fact is a fairly rare thing. Most of what we encounter in life is within a wide range of intensity and many shades of belief. There is only one shade of knowledge, and one of truth.

The hollow point bullet that blew out John F Kennedy’s forehead in 1963 does not square with the full metal jacket bullets fired from Oswald’s rifle. Yet, the commonly accepted belief is that the Warren Commission Report was correct. It concluded Oswald acted alone. Conspiracy theorists abound, but the mainstream belief of that report prevails despite glaring inconsistencies.

Throughout history humanity has adjusted to disproven facts. Often, those facts stick to our collective memory and history books despite strong evidence to the contrary. By

nature, human beings are driven to make sense of things, apply labels, categorize and make assessments as quickly as possible. Our brains need to explain everything in our world by whatever means, even if those means are specious or careless. We are driven to connect dots both real and imaginary in order to arrive at a belief. Since the news media is feeding us information that is not in our personal experience, it is by definition in the realm of belief with lots of imaginary dots. And, the media does the connecting for us, to our detriment, relieving us of any responsibility to investigate on our own because we can’t possibly do that.

How many people does it take to make your belief a fact? There is no number. Collective beliefs are probably the most dangerous and powerful motivating forces in human history and have no claim to the truth.

Believing something that is not true can be lethal. Since we habitually believe things based on little information, the opportunity for an incorrect belief is equally habitual.

Religion, politics, and any belief that is held by a lot of people will in itself “ratify” any pseudo-fact, giving the belief a false sense of veracity, and a kind of safety in numbers. Spurious beliefs have been the source of persecutions, wars, atrocities and genocides for millennia. It is the primary cause of human suffering since our beginnings.

Our beliefs will drive us to act in particular ways. An unquestioned belief is one we’ve catalogued as settled fact, even though it is still only a belief. We have closed off, however, any possibility for questioning it, for considering that it may not be true. An unquestioned belief when challenged, will be defended without the benefit of logical argument, intensifying the righteousness and zeal of the belief. This a function of

ego. To believe something strongly is also to hold oneself on a higher plane than someone who does not believe, an egoic posture that must be protected, usually with a loud voice.

But, there’s another dimension to belief. It is always a powerful force, but for good as much as ill. In Dr. Bruce Lipton’s “Biology of Belief” the mind directed by a belief is the vehicle for healing. In a famous experiment involving Dr. Bruce Moseley, a well-known orthopedic knee surgeon proved that the placebo effect worked as well as the knee surgery itself, so long as the patient believed he was actually getting the surgery. This study in 2002 was published in the New England Journal of Medicine, and is a profound example of believing, or rather “knowing” that something, making it true for that person. When the belief rises to the level of knowing, it has the power to effect physical matter. In this case, patients had this level of belief curing them of knee pain, despite not having any surgery. After the experiment, Dr. Moseley said “My skill as a surgeon had no benefit on these patients. The entire benefit of surgery for osteoarthritis of the knee was the placebo effect.”

Political beliefs, religious beliefs, and beliefs about how we view ourselves vary greatly across the globe.

In the USA, conservatives believe in self-reliance, few regulations for business, low taxes and low government spending, except for military spending. Liberals believe in cultural inclusiveness, spending higher collected taxes to helping those in need, and to protect the public against abuses of business against employees and the public. Why is it that these two points of view are so divisive? Is it just that one is compassionate or needy, and the other frugal or greedy? Or are these two ideological groups grounded simply in being right, in the grip of ego? Of course, fervently believing

Continued from page 11

ROUNDED STONES

you are right is projecting a strong ego in any case. The stronger the ego, the less possibility for considering other points of view. Those at the extreme tip of the right and left wing literally have nowhere to go except in the opposite direction! So, there's no possibility of backing off their position because they "believe" their extreme position is absolutely right. This is dangerously intractable, polarizing and inevitably combative. The media loves it, and they sell more advertising when the dialog is combative.

This deep divisiveness has given rise to calls for a third political party – presumably one that embraces the best of the right and the left. Compassion is unquestionably good, as is frugality. Spending recklessly is bad, as is enabling greed. So, there's an increasing desire to find middle ground - yet another set of beliefs! However, there are things we do know about how certain structures in government interact with the

best and worst of human traits. Lobbyists represent big business and organizations who seek to control legislation for their own benefit. And the EPA and FDA exist (supposedly) to protect the public and our environment.

Many regulations exist to put the brakes on human greed, but others just get in the way of free enterprise. Would a third party find the sweet spot, the middle ground that balances the extremes? "believe" it would. The trouble with that is no one will "know" until after

it happens, if it does. A great deal of faith and belief is required. Such a change won't occur until a whole lot of people believe a third party should be formed, powered by faith

and belief. Results may take decades. So, belief is sometimes a prerequisite for any action we take where we don't know what the outcome will be. It is belief that powers us towards a goal, good or bad. Without believing

In our current social climate, beliefs are paraded before us continually, beckoning us to make decisions.

Constant media bombardment hijacks our thoughts and gives us little choice but to receive the message with no time to digest it.

something, how do we move in any direction? Relying on only what you know is extremely limiting since we really know so little. That leaves us with acting on faith for the most part. All ventures start with faith and belief. It's unavoidable. The question is how close to knowing can you get in your venture to prevent failure?

In our current social climate, beliefs are paraded before us continually, beckoning us to make decisions. Constant media bombardment hijacks our thoughts and gives us little

choice but to receive the message with no time to digest it. The next message is right on its heels. And the next... It's no wonder we are in chronic stress and growing discontent. Our "developed" world is anything but. Opportunities to reflect on anything are nearly impossible, crowded out of our minds by media blizzards. It is only in reflection that we can realize that an unvetted belief is a dangerous thing. Only in reflection do we have the possibility of asking "Why do I believe this – could I be wrong?" Unless we reflect, we cannot call ourselves fully conscious.

We all believe a lot of things, but how many of those things can we say we "know"? Tell me I know nothing, and I will readily agree. Our knowledge is only a grain of sand on the vast beach of beliefs. **"I know nothing" is the beginning of true understanding, humility and wisdom. We must question everything. Until we do, until we investigate, we cannot call any belief our own.**



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New RSU 21 Interim Assistant Superintendent

RSU 21 is pleased to announce Margaret (Meg) Parkhurst as new Assistant Superintendent of RSU 21.

Meg is entering her 19th year in education. She spent 11 years in RSU 57 teaching grades 2, 3, 5, and 6 before joining Sea Road School as a 5th-grade teacher. After 4 years teaching grade 5 at Sea Road School, Meg transitioned into the role of Instructional Strategist at both Consolidated School and Sea Road School, and for the last year, Meg has served as the Assistant Principal at the Middle School of the Kennebunks. Meg has also worked as an Educational Consultant in RSU 4, Sanford, and RSU 6 school districts, providing coaching and professional development for teachers.

Meg holds a Bachelor's Degree from Smith College in Economics and Education and a Master's Degree from the University of Southern Maine in Educational Leadership. She



Margaret (Meg) Parkhurst as new Assistant Superintendent of RSU 21

obtained her Building Principal Certification in 2017 through the University of Southern Maine. That experience included a year-long principal internship with Dr. Steve Marquis. Meg is a Ph.D. candidate at the University of Southern Maine.

"I am very excited to have Meg join our team this year," said Interim Superintendent of Schools Dr. Phil Potenziano, "Meg brings the right amount of knowledge, experience, and innovation to help continue to move our district forward especially in the areas of teaching and learning."

Meg lives in Kennebunk with her husband and three children. Her children currently attend Kennebunk Elementary School and the Middle School of the Kennebunks.

For more information please contact: Phillip Potenziano, Interim Superintendent
ppotenziano@rsu21.net 207-985-1100



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Haunted, A translation into paint!



Madonna of the Islands. Painting by, Sherry Holden Dresser Dec

The Kennebunk Free Library announces its November 2019 exhibition, "Haunted, A translation into paint!", the oil paintings of Sherry Holden Dresser Dec, formerly from Kennebunk. The public is invited to view the exhibit at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs (library hours are: Monday and Tuesday 9:30

a.m. - 8:00 p.m.,
Wednesday 12:30
p.m. - 8:00 p.m.,
Thursday, Friday
and Saturday 9:30
a.m. - 5:00 p.m.)

Artist Statement:
"After thirty-
seven years of
teaching, I retired
and found a new
passion as I began
to paint. I've found
two particular
elements catch me.

I am forever chasing the use of light on a surface. The power and scope of its mystery challenges me again and again with each new project. I feel like I am learning to see for the first time.

I also explore the energy underneath objects, people, and landscapes. I find that the right composition, color and value unlock a deeper level of truth about my chosen subject. Only when I can get those qualities right, do I begin to authentically paint it.

I have had a wonderful teacher for seven years, Ron Frontin, who has inspired me to work hard. He is a masterful painter and I am acquiring skills to begin the level of painting I want to express because of him. The adventure has begun and I've been waiting all my life to do this work.

My Y.A. book Haunted inspired this show. Set in Kennebunk-Kennebunkport in the 19th century, characters and landscapes from its pages fueled my imagination. I sign my book with the statement, "Everything you do counts!" I believe that each of us have the responsibility to live deliberately with compassion and humanity. The book implies reincarnation and that a score is kept from lifetime to lifetime of everyone's



Madonna of the Islands. Painting by, Sherry Holden Dresser Dec

intentions as they live their lives. When Julie goes back in time and becomes Victoria a hundred years in the past, she must solve a mystery and complete something she chose to ignore then."

The public is invited to an artist's reception on Saturday, November 2nd from 1:00 to 3:00 p.m. Kennebunk Free Library is pleased to display the works of this talented artist.

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Fall Comfort Foods with Cape Porpoise Kitchen

By: Shelley Wigglesworth, Lead writer

Cape Porpoise Kitchen owner Peggy Liversidge, a Kennebunk native, developed a passion for cooking and entertaining on early at her annual family lobster-bakes growing up in the summer and “slope side ski weekends” in the winters. Gathering, preparing and sharing meals with family and friends throughout her life became an undeniable passion for her and the driving force behind her decision to open Cape Porpoise Kitchen and Kitchen Chicks Catering in 2003.

Peggy said her recipe for culinary success on and off the table is simple: “Provide creative menus using the best ingredients, attend to every detail

of the party, and provide outstanding service so that clients and their guests can relax and enjoy a memorable event.”

In this article Peggy shares some of Cape Porpoise Kitchen customer’s all time favorite Fall comfort foods and her personal tips for to make your dining experience a memorable one.

“Comfort Food, as the name implies is what gives one comfort whether you are cold, tired, homesick or just feeling like you need to eat a hearty meal that will warm your body and soul. Its fulfilling and perfect for Fall and Winter. Comfort food recipes are typically heartier dishes and involve time to prepare. Braising and slow roasting are the preferred techniques for meats and vegetables,” Peggy said.

At Cape Porpoise Kitchen, they do all of the time consuming work required for comfort foods with love, using only the freshest ingredients and visually pleasing presentations to make food a feast of the senses.

Peggy spoke of CPK customer’s favorite comfort foods. “Cape Porpoise Kitchen Meatloaf is one of the top selling comfort foods year-round, but particularly during the Fall and Winter along with Twice Baked Potatoes,” which Peggy describes as “Cheesey, bacon goodness!”

Truffle Mac and Cheese is another favorite which can be paired with CPK Meatloaf or CPK’s Roasted Fall Vegetables with: Brussell Sprouts, Butternut Squash, Carrot, Onion and Herbs, a side dish which provides a savory,

healthy, and delicious alternative to single veggie side dishes.

Chef Ron’s Homemade Soups (Peggy’s favorite is Hungarian Mushroom Soup) all of which are made daily with fresh local ingredients is another not to be missed





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comfort food. “We also offer a variety of soups, Chili and Clam Chowder,” Peggy said.

If you need to plan in advance for upcoming guests, check out the CPK Freezer Selection. Every day it is stocked with plenty of House made Lasagnas which will feed 10-12 people. Choices include: Meat Lasagna with Italian Sausage, Chicken and Artichoke Lasagna with Bescamel Sauce, Roasted Vegetable and Seafood Lasagna.

Mac & Cheese varieties are also available frozen, including: Plain Mac & Cheese with Ritz Crumb Topping, Lobster Mac & Cheese, and Truffle Mac & Cheese.

All foods offered at Cape Porpoise Kitchen can be bought by the portion fresh to go for small gatherings (eat in is also available) or pre-ordered for pick up to accommodate larger crowds offsite. Peggy said “special orders of an entire meal for your group from Hors D’oeuvres and Salads to Entrees and Desserts, is available with 48 hours notice.”

Full Thanksgiving and Christmas meals and holiday side dishes are available to order as well. Catered events are done through the sister business Kitchen Chicks.

Peggy’s Tips for Comfort Food Success:

1. Always use seasonal local ingredients in your comfort food preparations.

2. Don’t rush. “Remember I mentioned that comfort food takes time? We take the time. You pick it up, take it home and enjoy it! We make comfort food that’s convenient!”

3. People eat with their eyes. Presentation is everything when serving food to the public. It has to look as good as it tastes.

Cape Porpoise Kitchen is open year round 7am -7pm (reduced winter hour). FMI: (207)967-1150 or 1-800-488-1150. www.capeporpoisekitchen.com or www.kitchenchickscatering.com



Cilantro Shrimp. Courtesy photos from Keith Williams



Lobster mac and cheese.



Savory Bread Pudding.



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Roasted Harvest Veggies.



Twice Baked Potatoes.

Cape Porpoise Kitchen Recipe: Pot Roast Provencal or Beef Short Ribs

INGREDIENTS

¼ Cup Flour

4-5 lbs of Beef (Short Ribs or Rump Roast/Pot Roast)

3 Tablespoons of Olive Oil –or Canola Oil

1 Large Sweet Onion Diced

3 Carrots Peeled and Diced

4 Garlic Cloves Diced

3 Stalks of Celery Diced

3 Sprigs of Thyme

3 Sprigs of Rosemary

4 Bay Leaves

1 Can Diced Tomatoes Hunts Fire Roasted or Furmatos or Cento brand)

1 Cup of Red Wine

3 Cups Chicken Stock- I like Pacific Brand unsalted, organic.

Kosher Salt & Restaurant Grind Pepper to Taste

In a heavy cast iron pan or dutch oven:

Heat 2 tablespoons of olive oil- medium high heat.

Coat beef in flour and sprinkle with salt and pepper, add meat to pan and brown on all sides , about 2 mins per side.

Remove meat from pan and wipe out any burnt bits of flour.

Add remaining tablespoon of oil and toss in onions, carrots & celery, stir to coat and cook for about 10 minutes to soften veggies.

Return meat to pan on top of veggies, throw in rosemary and thyme sprigs.

Add chicken stock, red wine and canned tomatoes- stir if needed to combine, add bay leaves.

Simmer on medium high for about 10 mins til all are incorporated.

Place cover on pan and place in oven at 325 for 2 hours; meat should be almost

covered in liquid, turn meat over half way through cooking.

Check for tenderness after 2 hours. If its still not super tender cook another 30 minutes or so.

Remove meat from liquid. Take-out the bay leaves and stems from the herbs.

Blend to puree the veggies; This can be done in batches in a blender or food processor.

Carve meat and return to pan to warm in the sauce. Salt & Pepper to taste.

Serve with creamy polenta or potatoes du jour.



Roasting coffee for more than 40 years

By, Katherine Collins, Village contributor

The French roast is so good at Coffee Roasters of the Kennebunks that visitors from England recently bought a bag to take back across the ocean.

Michelle Connolly, who was visiting from London recently, said what she liked best about the coffee served by owner Sandra Duckett is that "it's nice and strong and very flavorful. It's just really great coffee."

Connolly, who had been visiting the West Coast, as well as Vermont, and was next headed to Boston, said what she most dislikes about visiting America is that the coffee is generally too weak for her taste.

She and a friend discovered Coffee Roasters of the Kennebunks while walking around town on a recent fall morning.

They stopped in for a cup of coffee



Sandra Duckett, owner of Coffee Roasters of the Kennebunks, with her over 100-year-old coffee roaster. Photos by Katherine Collins

and it was "so delicious," Connolly said, that they put in a phone order for a bag of freshly ground coffee to take home with them. "This bag will fly 2,000 miles," she said with a laugh.

Duckett has a website, coffeeroastersofmaine.com, where coffee lovers from all over can specially order their favorite brew.

The shop itself is generally open 8:30 a.m.-4:30 p.m. Monday through

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Roasting coffee for more than 40 years



Sandra Duckett, owner of Coffee Roasters of the Kennebunks, is especially proud of this mural, painted by local artist Danie Connolly.



A distinctive vintage automobile and a fall display outside Coffee Roasters of the Kennebunks on Port Road.

Saturday with shorter hours on Sunday. Call 967-8304 for more information.

Duckett, who has been a coffee roaster for more than 40 years, said her own favorite is the Continental blend, which she described as being "a perfect mixture of our Colombian coffee and our French roast."

Duckett mostly gets her beans from Central and South America, but also gets some from Mexico and Africa, as well.

In all, she offers 17 different types of coffee and can do custom flavors on request.

All of the coffee beans Duckett purchases are fair trade and organic. She also has a variety of teas on hand, along with a range of oils and vinegars. Duckett's antique coffee roaster takes pride of place at the coffee shop, located at 163 Port Road.

It's over 100 years old and is originally from Germany. It's the same roaster that her father, Mitchell Azar, once used in his own coffee business.

Duckett came to Maine 13 years

ago and opened Coffee Roasters of the Kennebunks seven years ago.

"I just love Maine. I love the people and the feeling here. Everyone's been

so welcoming and supportive. Kennebunk is really a great location," she said.

"My customers are awesome, they really are," Duckett added. "I have locals and also those who come back to visit

year after year. I get a lot of business by word of mouth."

She grew up in the coffee business, beginning to work with her father at the age of 13. Her father had 27 shops all over New England that sold coffee, tea and spices.

Duckett charges \$1 for a 12-ounce cup of coffee and said that customers are thrilled with her prices.

"A lot of coffee is over roasted and over priced, but mine is cheap and delicious."

Along with beverages, Duckett also sells a variety of baked goods, some of which she makes herself, organic breakfast sandwiches made by Chef Amy and truffles from a specialty chocolatier.

Duckett really likes to cook and said a lot of the food she sells in the shop, even just chicken soup, will have a Middle Eastern flair.

Duckett also sells a variety of gift items and souvenirs that she picks out herself when visiting trade shows.

She said that while coffee has always been a popular beverage around the world, in the past decade or so, people have become a lot more educated about quality and flavor, which makes them appreciate her special blends even more.

Duckett doctors her own coffee with half-and-half and said "I don't judge anyone for how they make their coffee. Here it's all self serve so they can make it exactly the way they like." •



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A special holiday breakfast buffet hosted by our visitors from the North Pole. Tickets are \$25 for adults, children 12 and under are just \$15. Reservations required: 888-205-1555.

Santa Sing A Long

Tuesday 12/10, 3:00-6:00PM

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Saturday 12/14, 10:00AM-12:00PM

Children and adults alike will love making their own gingerbread houses with plenty of frosting, sprinkles and festive holiday decorations! Tickets are \$5 per person; ages 2 and under free. Reservations required: 888-205-1555.

Breakfast with Santa & Mrs. Claus

Saturday 12/15, 8:00AM-1:00PM

Bring your child for a special holiday feast hosted by Santa! A favorite Christmas Prelude event every year. Enjoy an extensive buffet with specialty treats. Tickets are \$35 for adults, children 12 and under are \$15. Reservations required: 888-205-1555.

Merry Tuba Christmas

Sunday 12/8, 3:00-4:00PM

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Wednesday 12/11, 3:00-5:00PM

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Friday 12/13 & Saturday 12/14, 5:00-10:00pm
\$10,000 Proudly donated to Community Outreach Services and Rivertree Arts

See the full event list and details online at: nonantumresort.com/christmas-prelude

Sponsors

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TRAVEL

CALENDAR

The Keywood Manor Activities Council CRAFT & BAKE SALE Saturday, November 2, from 8:30 am to 2:00 pm. Keywood Manor at 85 Pools Crossing Road, Alfred, Maine Includes: * A Quilt Raffle. * A raffle of donated items from each of the crafters. * A 50/50 drawing. A lunch of hot dogs, chili dogs, egg salad, chips & drinks available to purchase. For more information contact Mollie Gibbons at 459-5167 or e-mail activities.council@gmail.com.

Blixx HorseTherapy (1 word) and Visits by appointment, West Kennebunk BlixxHorses provides non-riding, interactive programs and horse therapy. By appointment in our 11th year of programming. Love horses - learn about care, behavior & communication while receiving the benefits of their calming energies. BlixxHorses is a certified Educational organization. FMI: 207-985-1994 or www.blixxhorses.org (BlixxHorses is one word) Rev 2018

Tuesdays, Family Tree and Genealogy Advice with Wells Town Historian Hope Shelley. Drop in anytime from 10 a.m. to Noon. Free. 10 a.m. to 1 p.m. Meetinghouse Museum at the Historical Society of Wells and Ogunquit at 938 Post Road Wells, Maine. FMI: info@wohistory.org / 207-646-4775.

Calling all quilters! The Evergreen Quilt Guild will meet on Monday, November 25th, from 6-9 PM, at St. David's Episcopal Church, Route 1, two miles south of Kennebunk Village. Evergreen Quilters usually meet the 4th Monday of each month except July and December, and the 3rd Monday of May. Newcomers are always welcome.

The Kennebunk-Kennebunkport-Arundel Chamber of Commerce's annual Holiday Benefit Auction is now live online. Think of the online auction as a showcase of the best items, top services and most unique experiences this area has to offer! Folks in town and across the country have been checking in daily and bidding to benefit this local non-profit serving local businesses and serving visitors. **The online auction runs Oct. 30-Nov. 18.** For auction information, call (207) 967-0857 or find a link to the online auction via www.gokennebunks.com.



Fake News: Its Challenges, Consequences, and Rise - The Camden Conference presents Martin Gagnon, former journalist and current

reference librarian, at the Kennebunk Free Library on **Wednesday, November 6 at 6:00 pm** to discuss Fake News: Its Challenges, Consequences, and Rise.

This brief session will provide participants with tips to look critically and analyze both digital, television, and print media resources. Through videos and slides, the session will examine the history of misinformation and the psychology of irrationality brought about by biases and social forces. This insightful presentation will also examine the role of technology in the creation and spread of "fake news" and suggest helpful resources to verify images and fact check news stories.

Gagnon, prior to his work in the public library profession, was a journalist for newspapers in Maine and New Hampshire. In October 2017, Gagnon and a small team from the Auburn Public Library along with Sun Journal Editor Judith Myers traveled to Chicago to participate in a media literacy initiative. The Media Literacy at Your Library was a project of the American Library Association (ALA) in collaboration with many other partners. The training and interactive workshop featured the curriculum of the Stony Brook University Center for News.

In 2018, Gagnon used the training and his past experi-

ences in the journalism field to create a media literacy and "fake news" class at the Lewiston-Auburn Senior College along with a series of events at the library. Seeing the amount of interest and general concern for the implications and lack of civil discourse fueled by misinformation, Gagnon created a companion website. The site is non-partisan and takes no advertising and can be viewed at www.themediasavvyvycitizen.org. This program is free and wheelchair accessible. The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at kfl@kennebunk.lib.me.us.

Innovations in Robotic Joint Replacement Surgery Wednesday, November 13 at 6pm with Dr. Akhilesh Sastry: the First Surgeon in Maine to Perform Robotic Assisted Partial Knee Replacements with the MAKO Robot at York Hospital. Dr. Sastry will appear at the Samoset Resort on Wednesday, November 13th at 6pm. A light dinner and refreshments will be served in the Schooner Room. Q&A will follow. This event is complimentary but RSVPs required. Please call 207-351-2385, email info@yorkhospital.com or register on www.yorkhospital.com.

Dr. Sastry will appear at the University of Southern Maine's Abromson Community Education Center at 88 Bedford Street in Portland, on Wed., Nov., 20th at 6pm. A light dinner and refreshments will be served in the. Q&A will follow. These events are complimentary but RSVPs required. Please call 207-351-2385, email info@yorkhospital.com or register on www.yorkhospital.com.



Dr Akhil Sastry with the MAKO Robot for Knee Replacement Surgery at York Hospital.

Animal Welfare Society

Drop In Rescue Readers Tuesdays, Nov 5, 12, 19 & 26 and Thursdays Nov 7, 24 & 21 @ 3:15 - 4:30 AWS Adoption Center, 46 Holland Road, Kennebunk Students must become Certified Rescue Readers before dropping in to read to the animals. For more information, visit <https://animalwelfaresociety.org/events/category/youth/literacy/rescue-readers/>

Furry Tales Story and Adventure Hour Thursdays Nov 7, 24 & 21 @ 10 am Humane Education Classroom (Boston House) at AWS, 46 Holland Road, Kennebunk Preschoolers and their families explore the exciting world of animals with stories, playtime, crafts, songs, movement and plenty of animal time. Each week is a new adventure!

Half Day Pet Pals Wednesday, Nov 6 @ Noon - 4 pm Humane Education Classroom (Boston House) at AWS,

46 Holland Road, Kennebunk Elementary school kids (K-5) spend the afternoon in the Humane Education classroom in the Boston House (the white house at the end of Holland Rd). The Pet Pals play games, work on pet-related projects and have fun, interactive lessons in animal care and compassion. Registration is \$35 per session. Learn more and register at <https://animalwelfaresociety.org/events/category/youth/half-day/half-day-pet-pals/>

Species Spotlight: Bearded Dragons Nov 9th @ 10 - 11:00 am Humane Education Classroom (Boston House) at AWS, 46 Holland Road, Kennebunk Each workshop, presented by HerpHaven Reptile Rescue and Sanctuary, covers the extensive care that goes into having an exotic animal as a pet including:

- daily care including feeding, cleaning and grooming
- proper habitats
- safe handling
- animal behavior & body language

Attendees will have the opportunity to interact with the animal first-hand and ask questions. Young attendees will be given a fun, educational project to complete during the session. The project will be geared towards children ages 9-13 but all ages are welcome to come and learn. Workshops are free and open to the public. FMI <https://animalwelfaresociety.org/event/species-spotlight-bearded-dragons/>

Veterans Day Weekend (November 9, 10 & 11): 10% off adoption fees for all veterans both at the AWS Adoption Venter and during a special Adoption Event at PetSmart in Biddeford. Learn more about the adoption event: <https://animalwelfaresociety.org/event/petsmart-adoption-event-3/>

Pizza with Pets Nov 27 @ Noon - 4 pm Humane Education Classroom (Boston House) at AWS, 46 Holland Road, Kennebunk **Celebrate Thanksgiving with the animals!** Students spend the afternoon (Noon - 4 pm) at AWS. They are encouraged to look for ways to advocate for animals in their communities beyond the classroom through educational games, crafts, discussions, and science. And of course, there is pizza! Open to students aged 6-10. Registration is \$40 and includes a pizza lunch. FMI: <https://animalwelfaresociety.org/events/category/youth/half-day/pizza-with-pets/>

The Center

Fall Prevention Class, Thursday, November 7th at 11:30 am at the Center, 175 Port Road, Kennebunk. Learn tips from Saco Bay Physical Therapy to help keep you safe and on your feet this winter. This class is for both caregivers and those living alone. Free. Sign up required by calling 967-8514.

Fall Flower Arranging, Friday, November 15 at 1 pm at the Center, 175 Port Road, Kennebunk. Learn how to make a beautiful fall flower arrangement and then take it home with you. \$15 members, \$20 nonmembers. Pre-registration is required by Friday November 8.

Thanksgiving Luncheon, Wednesday, November 20 at noon at the Center, 175 Port Road, Kennebunk. Join us for a traditional Thanksgiving feast provided by Huntington Common. \$8 members, \$10 nonmembers. Pre-registration is required by Friday, November 22.

Movie Day, Friday, November 22 at 1 pm at the Center, 175 Port Road, Kennebunk. "Yesterday" is the story of Jack Malik, a struggling singer-songwriter in an English seaside town. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation. Free. Reserve your space by calling 967-8514.

The Center - Ongoing Activities:

Gentle Yoga - Monday at 1 pm and Thursday at 9 am. Mat Yoga on Thursday at 10 am. Drop in. \$3 per class.
Open Bridge - Tuesday at 9:30 am. Men's Bridge on Tuesday at 12:30 pm. Intermediate Level players welcome.

Cribbage - Wednesday at 1 pm.

Book Club - the 4th Wednesday every month at 1 pm. For book selection call the Center at 967-8514.

Grief Support - Thursday at 11 am.

American Mahjongg - Wednesday at 1 pm.

Chinese Mahjongg - Thursday at 1 pm.

Knitting Group - Friday at 10 am. Bring your project, ask questions and make new friends.

Acrylic Art Class - Friday at 10 am. Bring canvas, brushes and paints. \$10 per class. To attend: please call the Center at 967-8514.

Kennebunk Free Library

KFL Teens November Friday Fun Are you looking for something fun to do after school on Friday afternoons? Come to the library at 3 p.m. every Friday for fun crafts, interesting activities, and amazing experiments! Just for teens ages 10 and up. **This month on the 1st we will be experimenting with electrolysis! On the 8th we will be creating Leaf Art! On the 15th we will be creating reversible Flexangles! On 22nd we will be holding teamwork Challenges! While on the 29th we will have a relaxing board game Day!** This event is free and wheelchair accessible. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Tech Time at the KFL Join us at Kennebunk Free Library on Fridays from 10 a.m. to 12 p.m. for our new service, TechTime. Attendees will work one-on-one with a librarian to answer your technology questions. Technology is becoming more complicated so we're here to help. Having difficulty downloading the Cloud Library app? Got a tablet for your birthday and need help setting it up? In order to best assist you, please make an appointment by contacting the library at 207-985-2173. Please bring your device with you. **Our November Tech Time dates are 11/1, 11/15, 11/22 and 11/29.** This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Beadcraft at KFL Perler Beads - tiny plastic beads that can melt - were first introduced as a craft in Sweden in the 1950's and we still love them! Children ages 6 and up are invited to join us for an afternoon of beading fun on Wednesday, **November 6 at 1 p.m.** Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. Registration is appreciated, but not required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Chickadee Book Club at KFL Time to read, chickadees! Chickadee Book Club at Kennebunk Free Library for kindergarten-second graders meets on the 2nd Wednesday of each month. We meet to read and talk about Chickadee nominated picture books, and have some fun. Our next meeting will be Wednesday, **November 13 at 3:45.** Check our website or Facebook page after 10/9 to see which book we'll be reading next! Reading the book ahead of the club meeting is encouraged, but not required. Books can be borrowed from the library, either from KFL or requested through Minerva. Registration is required, and is limited to 15 readers. For more information or to register, call 985-2173. Come read with us! The event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 x-5 or visit the website www.KennebunkLibrary.org. Discovery Station at Kennebunk Free Library

Full STEAM ahead to Discovery Station at Kennebunk Free Library! Discovery Station is a monthly STEAM program designed for children 2-5 years of age accompanied by a parent or caregiver. STEAM is an approach to learning that uses Science, Technology, Engineering, Art, and Math through activities that support curiosity and creativity. STEAM activity stations will give children, with their parent or caregiver, an opportunity to engage in hands-on learning while having fun! Join us on Wednesday, **November 20 at 3:45 p.m.** and have fun with this month's theme, Edible Engineering! The program is limited to 12 children, and registration is required. The event is free and wheelchair accessible.

Kennebunk Free Library

cessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information or to register, please call 985-2173 x-5 or visit the website www.KennebunkLibrary.org.

Lego Club at KFL The Kennebunk Free Library is offering a Lego Club for children ages 4 and older. The Lego Club will meet on **Wednesday November 27th at 1 p.m.** Please note the earlier than usual time. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. Registration is not required but encouraged. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Teen Fandom Afternoon at KFL, Wednesday, November 20, 2019 Are you interested in Anime or Sci-Fi or RPGs or any Fandom . . . basically anything that makes you geek out we want to hear about! While you talk you can also complete challenging LEGO builds! **Join us on Wednesday, November 20th**, open to students and teens ages 10 and up. This event will be held at the Kennebunk Free Library at 4 p.m. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

KFL Junior Science Science experiments can often be messy, gross, and funny, but they are always amazing! Come join us on **Monday November 25th at 4 p.m.** as we experiment with Bucket Towers! The kids will be attempting to construct towers strong enough to support a weighted bucket. This program is open to kids ages 5 and up, registration is required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

KFL Wreath Fundraiser Returns KFL is now accepting orders from individuals and businesses for wreaths which will be delivered to the library for pick up on Saturday, November 23. Made at Wreaths of Maine in Waldoboro these beautifully handmade, double-sided



23" Balsam wreaths, centerpieces and sprays will adorn your front door and make excellent gifts.

For an additional fee, wreaths can be shipped to friends and loved ones. The wreaths are delivered in decorative boxes using the fastest delivery possible, so wreaths arrive fresh. They come with a personalized gift card and a hanger is attached. Orders are accepted through November 14 at Noon. There are multiple options to choose from ranging from \$30-\$40 as well as a 33" wreath suitable for larger windows and doors. The cost for the 33" wreath is only \$53 but not available for shipping. Every wreath is hand made by a skilled wreath-maker and decorated. All proceeds benefit the Library. Order at our online store (<https://squareup.com/store/kennebunk-free-library>) or pick up a form available through our website or at KFL. Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or visit kennebunklibrary.org.

**Saturday, NOV 9th - HOLIDAY FAIR
from 9 AM to 2 PM**

**INTERNATIONAL WOMEN'S
CLUB OF NEW ENGLAND's**

28th Annual Craft Fair will be held at First Parish Church, Fellowship Hall, 180 York St., York, ME. Please join us for a wonderful day with unusual, creative vendors, a bake table, homemade soups and other goodies to take home or eat there, with a craft table for the kids while you shop.

IWCNE is a nonprofit organization working year round for our charities. This year's charities are: Hardy Girls Health Women, Waterville, ME - Womenaid, Portsmouth, NH - Ruth's Reusable Resources, Portland, ME - Rett's Roost, Ogunquit.

Rivertree Arts

Sunday, November 3 Mother-Daughter Sewing & Tea Party, 12-3pm River Tree Arts, 35 Western Ave., Kennebunk. Come join us for an afternoon of scones and tea in our mother-daughter tea and sewing workshop. This is event is open to all and no sewing experience is necessary. Together you'll learn how to operate your sewing machine and make a treasure to cherish forever. \$75/pair Register at rivertreearts.org

Thursday, November 7 Library of Hand Bound Books, 6-8pm River Tree Arts, 35 Western Ave., Kennebunk. (4 week class) In this class, students will create 6 book structures: a simple pamphlet book, a Japanese Stab Bound book, a basic Codex, a hardcover accordion book, a hardcover book with signatures sewn on tapes, and flutter books. Class will focus on the techniques, structures, tools, materials and processes. Register at rivertreearts.org

Thursday, November 14 Understanding And Supporting Your Intuitive Child with Melissa Boyd, 6:30-8pm River Tree Arts, 35 Western Ave., Kennebunk. Come join Melissa Boyd, International Medium who has been intuitive since she was 9 years old. Melissa worked for over 15 years in Child Family and Youth Development on the national level helping states and communities support children. Melissa will share advice and tips for supporting your intuitive child and will give you strategies to reduce anxiety and fear for the whole family about what intuition is and to not be frightened of it. \$30/pair Register at rivertreearts.org

Messiah Church

Al-Anon Help and hope for families and friends of alcoholics. Al-Anon members are people, just like you, who are worried about someone with a drinking problem. There is a meeting held at Messiah Christian Church every Thursday at 7:00pm. 2700 Post Road (RTE 1) Wells

GriefShare It hurts to lose someone. Find help at GriefShare. GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Messiah Christian Church will be holding GriefShare Monday 6:30-8:00pm 2700 Post Road (RTE 1) Wells. FMI 207-985-9287

Celebrate Recover Celebrate Recovery is a Christ centered program that gives people the resources and relationships to recover from life's hurts, habits, and hang-ups. Join Celebrate Recovery at Messiah Christian Church, 2700 Post Road (RTE 1) Wells, every Wednesday at 6:30pm. FMI 207-985-9287

Overeaters Anonymous You are not alone anymore! No matter what your problem with food—compulsive-over-eating, under-eating, food addiction, anorexia, bulimia, binge eating, over-exercising—We have a solution. Join us Sundays at 4:00pm at Messiah Christian Church 2700 Post Road 9 (RTE 1) Wells. FMI 207-646-7504

Churches

Saturday, December 7 Get an early start on your Christmas shopping at the Church on the Cape Prelude Christmas Fair on Saturday, December 7, from 8:30 a.m. to 1:00 p.m. Fine and collectible items, Christmas ornaments and decor, home-baked treats, Christmas cookies and candy, jewelry, knitted items, crafts and craft supplies, complimentary hot cider - something for everyone! The Cargo Shop will be open. Church on the Cape, 3 Langsford Road, Cape Porpoise, 207-967-5787.

Christ Church, Federated, UCC/UMC, 6 Dane St., Kennebunk, worship every Sunday at 10 a.m. Refreshments/fellowship following. FMI, call 985-4494 or see christchurchkennebunk.org. Christ Church is a lovely historic building in the center of a charming village near the Southern Maine coast.

Christian Science Church, 5 Heritage Lane, Kennebunk. Sun services and Sun school at 10:30 a.m. every Sunday. Worship service every Wed at 7:30 p.m. FMI, call 985-7820. Christian Science Reading Room open Mon and Fri, noon-3 p.m.; Wed, 6:30-7:30 p.m.

First Congregational Church of Kennebunkport, 141 North St., Kennebunkport. Worship services every Sun at 9:30 a.m. FMI, call 967-3897. **American Chop Suey, coleslaw, bread, beverage and dessert. The dates are: June 29, July 27, August 31, September 28, and October 26.** Please mark your calendars for this year's suppers.

First Parish Unitarian Universalist Church of Kennebunk, 114 Main St., Kennebunk. Sunday Worship Services at 10:30am. All services are followed by coffee and conversation. FMI, call 985-3700, email uukennebunkoffice@gmail.com or visit www.uukennebunk.org Good Shepherd's Cove

Good Shepherds Cove Church, 1189 Route 1, Arundel. A Conservative Congregational Christian church. Sunday Christian education, 9:30 a.m.; worship service, 10:30 a.m.; Wed. 9:30am - prayer meeting & bible study. FMI, call 793-8432 or 467-9027.

Holy Cross Lutheran Church, Holy Cross Lutheran Church, 2 Lord St., Kennebunk. Sunday services at 8:15 a.m. (piano/saxophone) and 10:45 a.m. (organ). Last Sunday of the month, single service at 10 a.m. Sunday school for kids and adults at 9:30 a.m. For more information, call 985-4803 or see www.kennebunklutheran.org.

Kennebunk Baptist Church, The Kennebunk Baptist Church goes back to it's Fall/Winter schedule September 8th: Adult Bible Study at 9:30, Coffee at 10:15, and Morning Worship at 11. Realize this is a bit late but appreciate the change in the next issue. Thanks very much. Jim (pastor)

St. Ann's Episcopal Church, Ocean Avenue, Kennebunkport. The summer chapel is open through Sept. 24. Services are held at 8 a.m. at the outdoor chapel (weather permitting). Morning prayer is held in the church at 9:30 a.m. For more information, call 967-8043 or see www.stannskennebunkport.org.

St. Anthony's Franciscan Monastery, 28 Beach Ave, Kennebunk Beach. Mass every Sunday at 8, 9:15 and 11 a.m.; Monday-Friday at 7:30 a.m.; Wed and Fri evening at 7 p.m. and Sat. at 8 a.m. FMI call 967-2011.

St. David's Episcopal Church, 138 York St., Kennebunk. Worship services Sun at 8 and 10:30, Church school at 10:15, Childcare available for infants and toddlers. Wed. 9 a.m. Healing Service with Communion and informal bible study at 9:30 a.m. FMI, call 985-3073

St. Martha's Church of Kennebunk, 30 Portland Road, Kennebunk. The weekend schedule is Sat at 4 p.m., and Sun at 8 and 10 a.m., weekday Mass Mon through Fri at 9 a.m. FMI call 985-6252.

St. Mary's Church, Eldridge Road, Wells. Sat. Mass 4 and 6 p.m.; Sunday Mass 9 and 10 a.m.; weekdays, 8 a.m. FMI call 646-5605.

Sea Road Church, 140 Sea Road, Kennebunk. Worship services are every Sunday at 9:30a.m.; For more information, please visit us at www.searoadchurch.org or call us at 985-3319.

South Congregational Church, Temple St, next to the Post Office, Kennebunkport. Worship services every Sunday at 9:30 a.m. through Labor Day; worship returns to 10:30 a.m. for the school year. For more information, call 967-2793.

Southern Maine Church of Christ, 159 Alfred Road, West Kennebunk. Sunday Assembly Times: Bible Class 9:30 a.m.; Worship 10:30 a.m.; Bible Study 6 p.m. Bible Study Wed at 7 p.m. For more information, see www.southern-mainecofc.com or call 229-4174.

The Church on the Cape UMC, 3 Langsford Road, Cape Porpoise. Worship services are every Sunday at 10 a.m. For more information, call 967-5787.

The Village Baptist Church, 6 Maine St., Kennebunkport. Summer worship schedule for the Village Baptist Church: Sundays @ 8:00 AM at the Wildwood Chapel Turbotts Creek Road Kennebunkport and 10:00 AM at the Village Baptist Church 6 Maine Street Kennebunkport. Thank you. If you have any questions, please let me know via e-mail or phone. E-mail: vbc.kportsecretary@gmail.com. Phone: (207) 651-0632 **Apologetics group. "Soup-or Theology"** at the Village Baptist Church, 6 Maine Street, Kennebunkport. Every Friday 6:00-8:30pm. "Spoons provided. Bring thinking caps." Wilhelm and Sally Hojer. Wilhelmhojer@gmail.com. We all face the Big Questions of life—it doesn't matter whether we're religious or not. We wonder about God, identity, meaning, morals, and death. We'll tackle some of the Big Questions and compare how the world generally answers them with how Christians respond.

West Kennebunk United Methodist Church, 160 Alfred Road, West Kennebunk. Worship services Sunday at 8:30 a.m. FMI, call 985-6632

BOHEMIAN SUNDAY POETRY READINGS Sunday November 10 2-4PM at OUTTA THE BOX, 8 YORK STREET, KENNEBUNK

WePoets & Verse are holding a monthly series of poetry readings in the Kennebunks. The community is invited to participate in reading one of their own poems or sharing a favorite from beloved poets. Or just sit back, listen and enjoy. FYI: email wepoets5@gmail.com. All are invited to our Bohemian Sunday. Young poets especially welcome to share their poems!

December 14th 1980's Themed Murder Mystery Dinner at The New School

Please join us for a fun-filled, 5 course (plus included spirits) murder mystery dinner from 6:00-8:00. Dress as your favorite 80's icon and try to solve the murder! Tickets are \$50 and will benefit our intensive studies program. Menu to be announced later. FMI www.thenewschoollmaine.org 985-3745 37 York St. (Rt. 1) Kennebunk

Historical Society of Wells and Ogunquit



An 1872 Cadastral map of Wells shows the Tatnic area of Wells.

History Walk & Talk: Historic Mills, Saturday, November 2, 10 a.m. Historical Society of Wells and Ogunquit at 938 Post Road Wells, Maine. Call to reserve your spot. \$5/ Free for HSWO Members. FMI: info@wohistory.org / 207-646-4775.

Saturday Tours of the Meetinghouse Museum. Guided history walk-throughs of the Meetinghouse Museum and exhibits at the Historical Society of Wells and Ogunquit at 938 Post Road Wells, Maine. Drop in anytime between 10 a.m. - 1 p.m. Free. FMI: info@wohistory.org / 207-646-4775.

History Games for Families, Saturdays from 10 a.m. to 1 p.m. \$4.00 per family Bring your kids and you'll jump back into time together and make old fashioned games, projects, and crafts. Sponsored by Crickets Corner Toys and Kites of Ogunquit, Historical Society of Wells and Ogunquit at 938 Post Road Wells, Maine. FMI: info@wohistory.org / 207-646-4775.

Family Tree and Genealogy Advice with Wells Town Historian Hope Shelley. Tuesdays, Drop in anytime from 10 a.m. to Noon. Free. Meetinghouse Museum at the Historical Society of Wells and Ogunquit at 938 Post Road Wells. FMI: info@wohistory.org / 207-646-4775.

Wells Reserve at Laudholm

Tuesday, November 5, 8-9:15am Hatha Yoga. Begin your day with gentle yoga designed for those who want to stretch, strengthen, tone, and relax on a regular basis. These all-level classes are small enough for personal attention from certified yoga instructor Leslie Fiore, founder of Port Yoga in Kennebunkport, who has studied yoga for 14 years and taught for 12. \$72/\$60 for the 6-week series. Registration required at 207-646-1555 ext 116 or suzanne@wellsnerr.org. 342 Laudholm Farm Rd, Wells wellsreserve.org

Wednesday, November 6, 12-1pm Larval Fish of the Webhannet River Estuary. Newly hatched fish are unable to swim against the tides, so they drift with currents as zooplankton. Since 2008, scientists from the Wells National Estuarine Research Reserve have been collecting these fish larvae from Wells Harbor four times a month. They are tracking larval fish to understand how climate change and warming ocean temperatures may affect the timing and success of spawning in the Gulf of Maine. In this lunch and learn, Jeremy Miller, a research associate at the Wells Reserve, will describe the early lives of fishes and what 10 years of local data is telling scientists. \$2 suggested donation. Wells Reserve at Laudholm. 207-646-1555 wellsreserve.org

Saturday, November 9, 10am-1pm Bird Seed Pick-up and Barn Social. Feeding birds in winter is a fun way to see chickadees, woodpeckers, blue jays, and cardinals up close. If you're getting ready to welcome feathered friends to your yard, come to the Wells Reserve at Laudholm for good advice, fresh seed, and select feeders. A representative from Blue Seal's Rochester store will answer bird-feeding questions, members of York County Audubon will offer bird-watching tips, and the Wells Reserve will provide cider and donuts to ward off the chill. Free. 207-646-1555 wellsreserve.org

Thursday, November 14, 10:30-11:30am Pre-school Story Hour. Visit the library at the Wells Reserve at Laudholm for an introduction to animals through a storybook reading, a short trail walk, and a related craft project. This month we read "Little Tom Turkey" by Frances Bloxam and Jim Sollers. For kids aged 3 to 5 and their caregivers. Free. 207-646-1555 wellsreserve.org

Saturday, November 16, 10am-12pm Cranberry Walk. Take a crisp hike on the Wells Reserve's Muskie Trail to discover the world of cranberries. Find out what this bog-loving plant needs to grow and thrive, how it is used in food and medicine, and what it means to wildlife. \$7/\$5 or \$15/family. Registration required. 207-646-1555 wellsreserve.org

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

Brick Store Museum

Sunday, November 10: Veterans Celebration at the Museum, 12:00PM – 2:00PM. Brick Store Museum, 117 Main Street, Kennebunk. Celebrate the Anniversary of the American Legion and local veterans with Post #74. This event will be free and open to the public, as well as regional veterans, to celebrate their service and talk with Legion members. Food and beverages generously supplied by local businesses and neighbors. FMI call 985-4802 or visit www.brickstoremuseum.org.

Thursday, November 21: "Displaying Abundance: The New England Thanksgiving" lecture, 6:30PM. Brick Store Museum, 117 Main Street, Kennebunk. In their illustrated one-hour presentation, award-winning food historians Keith Stavely and Kathleen Fitzgerald will dispel the myths surrounding the Thanksgiving menu and tell the real story of how the holiday developed in colonial New England. Through historic accounts, recipes, and descriptions of how they themselves prepared many traditional dishes, the authors will share their take on the diverse, delicious, and sometimes surprising food heritage of New England. Free, with donations encouraged to support the Museum's Annual Fund Drive! FMI call 985-4802 or visit www.brickstoremuseum.org.

Saturday, November 30: "How the Grinch Stole Christmas" Story Time, 10:00AM. Brick Store Museum, 117 Main Street, Kennebunk. Children and their families are invited to the Museum for a free "The Grinch Who Stole Christmas" story time, included in the Downtown Tree Lighting festivities. Pajamas encouraged! Free admission. FMI call 985-4802 or visit www.brickstoremuseum.org.

Saturday, November 30: Tree Lighting Open House, 10:00AM – 5:00PM. Brick Store Museum, 117 Main Street, Kennebunk. Free admission all day to the Museum to explore current exhibits and the expanded holiday shop featuring local artists, while enjoying hot chocolate and sweet treats. Supported by Huntington Common. Free admission. FMI call 985-4802 or visit www.brickstoremuseum.org.

Louis T. Graves Library

Sunday, November 3 @ 2:00 pm. PASCO LECTURE with author Marjan Kamali.

We are thrilled to host Author Marjan Kamali at the Graves Library for a Pasco Lecture. Marjan Kamali, born in Turkey to Iranian parents, spent her childhood in Kenya, Germany, Turkey, Iran, and the United States. She studied English Literature at UC Berkeley and received her MBA from Columbia University and her MFA from New York University. Her work has been broadcast on BBC Radio 4 and published in two anthologies: Tremors and Let Me Tell You Where I've Been. An excerpt from The Stationery Shop was published in Solstice Literary Magazine and nominated for a Pushcart Prize. Her debut novel Together Tea was a Massachusetts Book Award Finalist, an NPR WBUR Good Read, and a Target Emerging Author Selection. Together Tea has been translated into German, Italian, Norwegian, Czech and Slovak and was recently adapted for the stage. Marjan teaches writing at GrubStreet in Boston. She lives with her husband and two children in the Boston area. "Spanning decades and continents, Marjan Kamali's richly imagined novel immerses us in the blossoming love affair between two Iranian teenagers, set against the political upheaval of 1950s Tehran. Evocative, devastating, and hauntingly beautiful, THE STATIONERY SHOP explores love's power to transcend time and distance—and the ways fate can tear people apart and bring them back together. This book broke my heart again and again." Whitney Scherer, author of THE AGE OF LIGHT. Copies of the book will be for sale and signing at the conclusion of the lecture. The Pasco Lecture Series is sponsored by the Stephen and Tabitha King Foundation, Kennebunk Savings Bank, and the Graves Library Snack Team. The Library is located at 18 Maine Street, Kennebunkport, Maine. Please call the Library at (207) 967-2778 for information on this event or other upcoming programs. Light refreshments will be served.

Wed., Nov. 6 @ 12:00 pm. Love to Read Book Club at Louis T. Graves Memorial Public Library. For School Age Children Grades 3-5. Registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at www.graveslibrary.org.

Thursday, Nov. 7 @ 10:00 am. Join us for a special visit with Cynthia Fantasia. Ms. Fantasia will be here to discuss her new book In The Lingering Light: Courage & Hope for the Alzheimer's Caregiver. "In The Lingering..." is a valuable field guide for Alzheimer's caregivers, written by one who has gone before you. Cynthia packs courage, stamina, and faith to help sustain you on the uncertain road ahead. From her book, you will receive practical guidance throughout the progression of Alzheimer's, stories from traveling companions, nuggets of truth to care for yourself, and prayers to guide you. This program is hosted by Graves Memorial Library and A Place To Start for Dementia, Main Street, Kennebunk.

Wednesday, Nov. 13 (10:00 to 5:00). Drop in Craft Days! Drop in and decorate your own Place Cards just in time for Thanksgiving Dinner. Supplies will be provided. All ages are welcome to attend either or both programs. No registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

Thursday, Nov. 14 @ 9:45 am. Morning Book Group. This group meets the second Thursday of every month. A variety of books are chosen. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thursday, Nov. 14 @ 10:00 am. Library Sketch Club. Do you like to draw, paint, and/or doodle? Join others and find a spot at the Library to sketch something. Discussion and refreshments to follow. No registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

Tuesday, Nov. 19 @ 10:00 am. Imagination Stations! for school age children at the Louis T. Graves Memorial Public Library. An unstructured play and social time for children and their caregivers in a warm, child-friendly space. Explore the play house, dress up, paint, play with puppets, bang on instruments, work on a puzzle, and read books! The Library is located at 18 Maine Street, Kennebunkport. For further information and to pre-register, please call 967-2778 and ask for the Junior Room or visit our website at www.graveslibrary.org.

Thursday, Nov. 21 @ 9:30 am. Senior Education Seminar. Join us for some Coffee and Conversation with Professor Joe Wolfberg from the University of New England. The topic for the month will focus on mindfulness and "aging in a healthful way." No registration required. Light refreshments will be provided. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

Thursday, Nov. 21 @ 6:00 pm. Evening Book Group. The pick for November is The Library Book by Susan Orlean. This group meets the last Thursday of every month. A variety of books are chosen. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org

Thursday, Nov. 21 @ 6:45 pm. Monthly Movie Night. This month we will be showing The World's Fastest Indian starring Sir Anthony Hopkins. Light refreshments will be served. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

Friday, Nov. 22 @ 10:00 am. Special "Giving Back" Storytime. Let's celebrate lending a helping hand! All are welcome and encouraged to bring a non-perishable item to be donated to our local food bank. Designed for children 5 and younger, however, all ages are welcome. Parents and caregivers are encouraged to participate. No registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at www.graveslibrary.org

Friday, Nov. 22 @ 4:00 pm. An Afternoon at the Movies! Join us for a "hoot" of a movie. "Free Birds" will be shown in the Community Room. Light refreshments will be served. This movie is rated PG. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at www.graveslibrary.org

Holiday Closings: The Library will be closing at 3:00 on Wednesday, November 27 and will reopen regular hours on Monday, December 2. We hope you and your families and friends have a safe and healthy holiday weekend.

Ongoing:

Storytime every Friday at 10:00 am at the Louis T. Graves Memorial Public Library. This program includes stories, finger plays, songs, and crafts. Designed for children 5 and younger, however, all ages are welcome. Parents and caregivers are encouraged to participate. No registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at www.graveslibrary.org.

Computer Q and A every Friday at 10:00 am at the Louis T. Graves Memorial Public Library. Please join Arlene McMurray from the Kennebunkport Town Office and Mary-Lou Boucouvalas from Graves Library every Friday from 10:00 to 11:00 am. We will help you with your computer questions, show you how to Subscribe and Receive Free E-Mail Alerts from the Town of Kennebunkport, copy and paste documents, scan, fax and copy. Please call the Library for details (967-2778).

Ongoing Book Sale at the Louis T. Graves Memorial Public Library is located in the Mothers Wing. Please visit the Book Cellar for a variety of titles to choose from—all at great prices. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

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York Hospital to offer Lunch & Learn—“Pelvic Floor Disorders: What’s all the buzz about?”

York Hospital will host a Lunch & Learn, “Pelvic Floor Disorders: What’s all the buzz about?” with Lindsey Kerr, MD on Wednesday, November 13, 2019, 12pm – 1pm. The program will be held at the York Public Library in the Community Room, 15 Long Sands Road, York, Maine, 03909.

Where is the Pelvic Floor and what is it made of? Pergo?, Tile? Join Dr. Lindsey Kerr as we discuss that part of anatomy between the waist and the thighs, from hip to hip. You will learn what organs lie within, and what the muscles and bones are supposed to do, and how to maintain and improve their function. Dr. Kerr will discuss control of urinary leakage and other changes in the bladder that can affect health. She will review healthy bowel habits and how to treat prolapse, as well as changes in female organs over time. Primarily devoted to the female patient, Dr Kerr will also cover some issues pertaining to benign male urology.

Dr. Lindsey Kerr recently joined York Hospital, after holding the positions of Director of Pelvic Care & Continence Specialists and Lead Physician & Hospital Chief of Urology at Northern Light Health Care in Bangor. She has also taught at both University of Louisville and University of Utah. While Dr. Kerr earned both a B.A. in Chemistry, along with her M.D. from Duke University, she performed her residency in Urology at The Mayo Clinic & Foundation. Dr. Kerr has also completed an M.A. in Immunology and an Incontinence & Female Urology Fellowship – both at Harvard University. She is excited to bring her knowledge, experience and expertise to the York Hospital community.

Seating is limited and complimentary lunch will be served. Guests are welcome to take their seats beginning at 11:45 a.m. Q & A will follow the lecture. To make your reservation, please call York Hospital's Fundraising Office at 207-351-2385 or email info@yorkhospital.com.

For information on other community lectures and programs, please visit the hospital's website at: www.yorkhospital.com.

Honoring Our Friend Tim Dietz



Tim was a Kennebunk treasure; always willing to contribute his time and his talents to our communities.

His wisdom and wit, his positivity and his generosity touched countless lives.

Simply said, Tim made a difference and will be missed by many.

The Kennebunk Village ♡

Wells Chamber of Commerce & Town Officials Welcome New Business Owners



Wells Police Chief Jo-Ann Putnam, Wells Chamber Board Member Jackie Grant of TC Hafford Basement Systems, Wells Chamber Civic Board Member Lauren Janousek, Wells Chamber Board Member Judy DesMeules of Kennebunk Savings, Coles Corner owner Diane Goozey, Wells Chamber Board Member Adam Hedio of Re/MAX Realty One, Wells Chamber Board Member Michele Vennard of York Hospital, Wells Chamber President/CEO Eleanor Vadenais, Wells EMS Director Jim Lapolla.

The Wells Chamber of Commerce and Wells Town Officials welcomed the new owner of the recently reopened Coles Corner at a ribbon cutting ceremony recently. Located at 2244 Post Road, Route 1, Coles Corner is a group shop of 44 crafters and artisans

offering a wide selection of crafts and unique gifts. Coles Corner is open Monday–Saturday, 9am to 5pm and Sundays 10am to 4pm. For information call 646-3466 or www.Facebook.com/Coles-Corner-Gift-Shop.



Wells EMS Director Jim Lapolla, Wells Chamber Board Member Jackie Grant of TC Hafford Basement Systems, Wells Chamber Board Member Michele Vennard of York Hospital, Amber Poiras of Maine Pet Supply, Wells Chamber Board Member Adam Hedio of Re/MAX Realty One, Wells Chamber Board Member Judy DesMeules of Kennebunk Savings, Wells Chamber Civic Board Member Lauren Janousek, Wells Chamber President/CEO Eleanor Vadenais, Wells Police Chief Jo-Ann Putnam.

The Wells Chamber of Commerce and Wells Town Officials welcomed the new owner Maine Pet Supply at a ribbon cutting ceremony recently. Located at 179 Sanford Road, Route 109, Maine Pet Supply carries a

huge selection of products and hard to find brands for all pets - furry, slimy, scaly and feathered!

Maine Pet Supply is open Monday–Saturday, 9am to 6pm and Sundays 10am to 5pm. For information call 360-0005 or at www.mainepetsupply.com.

BlixxHorses Beach program



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you. BlixxHorses a 501(c)(3) Educational Non Profit committed to helping people experience horses. Suggested donation: \$10 pp 5 Portage Way Kennebunk | www.blixxhorses.org 207-985-1994.

The Art of Missing the Past With No Regrets

By: Tracey Sharpe, Guest contributor

What thoughts cross your mind when you spend time in Doc Square? As another summer season ended in our bustling town of Kennebunkport, with its multitude of events and art exhibits, what I think about is whether I made the best decision to close the physical space of The Sharpe Gallery in 2016. I moved the business from a brick-and-mortar to one solely online because several aspects of my life were changing simultaneously, demanding my attention and decision-making. Little did I know when taking it online that I had removed what were for me the most precious parts of running an art gallery: curating art shows, daily conversations about art, surrounded by ever-changing artwork, feeding my creative side, and meeting art-enthused people from as close as Kennebunk to as far away as Africa. What was left were technology and administrative tasks. I, subsequently, closed the business entirely in 2018.

Oftentimes people ask if I miss owning an art gallery. Or, would I open another one. When contemplating this, it's the enjoyable elements of an art gallery business that differentiates it from other types of careers that weigh heaviest in convincing me to make another attempt at it.

Artists. It is said that artists are challenging to work with because

they aren't business types and eccentric. But some artists defy the stereotype and are naturally good at business. And as far as eccentricity is concerned, I've worked in the financial industry for over thirty years and have learned that unconventional types exist everywhere. For me, it was a symbiotic relationship. My business background helped them and because I had minimal background in art, they taught me. Learning about art every day was the highlight of the business. Visiting art studios was an enormous honor – absorbing their process, works-in-progress, and style of working to understand why they created in the manner they did, and it provided me with information to better promote their artwork. Honestly, I envied and wanted to be them – would I, too, have a disorderly studio – a thought that never escaped my fastidious personality. I admire their tenacity; it's a tough career to pursue.

Artwork. Understanding the many facets of artwork and genre offset the boredom of those pesky repetitive business operations. In a small gallery space, curating is challenging when representing multiple artists with differing styles. This is when I could conjure up my creative side and work with style, color, size, and placement to help each artists' work complement the other. My favorite style of artwork tilts to the macabre or surreal – a little Hieronymous Bosch anyone? But that style doesn't bode well in a

touristy, coastal town; therefore, selecting pieces suitable for the area caused my admiration for representational art to grow stronger.

Art enthusiasts. Being around people and talking throughout the day can be exhausting. Yet, the conversations over what constitutes abstract art, describing an artist's process, or listening to gallery visitors' stories of artist discoveries, artistic endeavors, and Maine vacations made an exhausting day meaningful. And who doesn't love to hear, "We come to your gallery because of you"? It made me feel like I was doing something right.

Owning an art gallery forced me to push beyond my comfort zone and made me grow - and it was painful at times. But without growth, we're in inertia and simply existing. Though I miss these aspects of the



Tracey Sharpe has been in the financial industry since 1996 and a Research Analyst at National Quality Review for the past 23 years. She is the former owner of The Sharpe Gallery in Kennebunk Lower Village. She can be reached at info@TheSharpeGallery.com.

art business, I'm spending my free time pursuing new endeavors that challenge me. Take a risk. Try something new and have no regrets.

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Understanding and Supporting Your Intuitive Child: Thursday, November 14th 6:30pm - 8:00pm River Tree Arts, 35 Western Ave. Kennebunk



Melissa Boyd, International Medium. Courtesy photo

Do you have an intuitive child? Does your child see spirits? Does your child know things there is no way they should know? Does your child have trouble sleeping at night because of their sensitivities? Would you like to better support your child and their intuitive gifts?

Come join Melissa Boyd, International Medium who has been intuitive since she was 9 years old. Melissa worked for over 15 years in Child Family and Youth Development on the national level helping states and communities support children. Melissa will share advice and tips for supporting your intuitive child and will give you strategies to reduce anxiety and fear for the whole family about what intuition is and to not be frightened of it. Each family will receive handouts on books and resources and Melissa will

teach the group simple techniques for centering, mindfulness and bedtime routines to ensure you and your child feel empowered.

"In my work internationally there is a rise in children being very sensitive and intuitive, it can be overwhelming for the child and the family this is why I am offering this talk to support the family with resources and activities" Melissa explained about her upcoming workshop at River Tree Arts in Kennebunk, Maine

The cost is \$30- for 2 people (adult and child or 2 adults) with

ALL PROCEEDS go to River Tree Arts Children's Programming Space is limited. Please register at Rivertreearts.org.

About Melissa Boyd:

A graduate of the Muskie School of Public Service, Boyd holds a Master's in Public Policy and Management and has worked to advance children's

issues with former U.S. Secretary of State Colin Powell.

She served as a political appointee under former Maine Governors John Baldacci and Angus King, and is a former Commissioner of the Maine Commission for Community Service and Volunteerism. Melissa now helps people around the world channel their intuition in a variety of ways, and her popular personal readings are now booked nearly six months into the future. In addition to her role as an internationally known Spiritual Medium, she also works as a Yoga Instructor, Soul Evolution Mentor, and Luminous Business Coach.



Melissa Boyd's nieces Taylor and Logan Warren.



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Tales from the Archives

FIRE of 1947

The fire of 1947 remains one of the worst natural disasters in Maine's history. The fire burned across more than 200,000 acres with 131,000 acres in York and Oxford County. Seventeen communities suffered significant loss. Overall, nine towns were leveled despite the heroic efforts of an estimated 20,000 firefighters, military personnel and civilians fighting the fires.

Austin H. Wilkins, Deputy Forest Commissioner, gave the following description in his report on the fire. "It was an awesome sight to see the solid walls of roaring fire sweeping over mountains and across level areas, consuming everything in their path. At times when the fires reached timbered growth the flames shot into the air to heights of 100-300 feet. For days the smoke hung so thick and heavy over the area that it was difficult to determine at times just how near or far away the fires were. The sun did not penetrate through the thick pall of smoke for over ten days. Men using trucks, cars and bull dozers had to use their headlights in the daytime. The sound of the onrushing fires on fronts of several miles was described as a continuous roar. The blackout conditions caused by several communication and power lines added to the problems of fire suppression and evacuation. Heroism was everywhere; fire fighters making last ditch stands; families just escaping before their homes became enveloped with flames; and



At times when the fires reached timbered growth the flames shot into the air to heights of 100-300 feet. Photos courtesy of BSM

efforts to rush help where needed."

Autumn is traditionally a time of forest fires in Maine but several conditions made the situation in October 1947 far worse. After a mild winter with above average temperatures throughout the state, the snow melted early. That summer, the Northeast experienced its worst drought in 30 years. Because of the drought conditions, the leaves became so dry that they fell early littering the ground increasing the amount of flammable material. Another major problem was the slash, piles of branches and leaves leftover from lumbering and storms. The woods were particularly heavy with slash from a destructive blizzard in 1945 and an increase in demand for lumber during and after WWII. At this time, there were no regulations or measures to clean up the debris. When the flames would hit a pile, it would literally explode, sending burning embers in all directions. The soil was so dry that any fire extinguished on the surface might continue smoldering underground in the root systems, possibly reigniting several times in the same area.

Autumn is traditionally a time of forest fires in Maine but several conditions made the situation in October 1947 far worse.

On October 15th ten fires burned in Maine. One day later, twenty fires were burning. On October 17, Governor Horace Hildreth announced the closure of Maine's woods as fifty fires were burning throughout the state, including an underground blaze in Kennebunkport. By October 20th, 150 separate fires were burning.

A fire in Arundel that had been smoldering for days, erupted in an area of dried peat and scrub brush.



Goose Rocks Beach Aftermath.

Firefighters tried to make a stand on Rte 1, but fierce winds pushed the fire over the road by what is known



By Village Contributor, Leanne Hayden, Collections Manager - Brick Store Museum

as crowning, a phenomenon where the flames actually ride the tops of the trees. The flames were able to push uncontrollably past the firefighters because most of the tactics used were on the ground. The men used hoses from tank trucks or water pumps that were placed in nearby streams or lakes. For more remote areas, the men used portable water tanks, called Indian tanks, which they wore on their backs. They used shovels, brooms and dampened burlap bags in order to smother the flames. Most of the firefighters did all of this without the benefit of protective clothing and continued for days with little to no sleep.

Many of the descriptions of the fire describe how fast it moved, the strong winds moved the ground fire up to five miles per hour. Thus, a destructive wall of fire went through communities like Goose Rocks and Cape Porpoise in just several hours. The destruction ended only after the fire ran into the ocean, leaving only Cape Porpoise village intact. People who had fled to Kennebunk from Kennebunkport and Lyman discovered that they had simply gone to another threatened community.

By Oct. 29, some rain fell and the winds had calmed down. The worst was over. It was not until Nov. 8 that heavy rains fell, ending the drought and helping to extinguish the rest of the fires. One WWII vet described the towns that were destroyed like a bomb had been dropped. To this day, for those who lived through this fire, it is still fresh in people's minds over 70 years later. •

Southern Maine Agency on Aging and York Hospital Present: 'Healthy Steps for Older Adults' Program in Kittery

Join the Southern Maine Agency on Aging (SMAA) and York Hospital as they offer 'Healthy Steps for Older Adults' on Wednesday, November 6, 9a-2p, at The Kittery Community Center, 120 Rogers Road, Kittery, ME.

If you have noticed changes in your balance or have concerns about falls, 'Healthy Steps for Older Adults' is a new FREE Falls Prevention Workshop, aimed at helping you understand your fall risk, and learn how to stay active. As part of this unique workshop, you'll receive: Personalized balance screening, Education to understand your personal risk factors for falls, Exercise program demonstration you can practice at home, Opportunities for action planning and goal setting, Resource booklet and Complimentary snack & lunch

provided by York Hospital's Dining & Nutrition Team.

Space is limited – Call today to reserve your spot! Pre-registration is required! Please call 207-396-6578 for more information or to register. Course fee: FREE! This program is generously sponsored by York Hospital, at no cost to participants.

SMAA is a non-profit organization dedicated to planning and implementing social services for adults age 60 and older. The agency offers a range of services and programs and provides older adults with opportunities to stay active in the community. For more information, visit smaaa.org or call 1-800-427-7411.

For information on other community lectures and programs, please visit York Hospital's website at: www.yorkhospital.com.

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Guy's visit to the Maine Diner had him sampling "Maine in a bowl."
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HYMN SING AT FIRST CONGREGATIONAL CHURCH OF KENNEBUNKPORT

The members of First Congregational Church of Kennebunkport, the Rev. Charlotte Bell, and Music Director Joyce Painter Rice welcomes all to attend a Hymn Sing on Sunday afternoon, 2:30pm, November 3rd. The hymns sung will be by audience request on the day of the event. The program is open to the public, all are welcome. The event is free of charge. Free will donations will be welcomed and will assist the church's music committee.

Please note: if you wish to make an advance request for your favorite hymn to be played and sung by all present at the Hymn Sing, please contact Joyce Painter Rice as soon as possible at joyceorganist@aol.com. Early requests will help with event preparations.

In addition to this and other events and suppers hosted by church members, the Rev. Charlotte Bell

and congregation welcomes you to attend Sunday worship service which begins at 9:30am followed by coffee fellowship at 10:30am. All are welcome at First Church.

First Congregational Church is located 1.5 miles south of the Seacoast Trolley Museum where Log Cabin Rd. becomes North St., next to Arundel Cemetery, and the Kennebunkport Historical Society. From Kennebunkport's Dock Square area take Spring St. to a left on Maine St. to North St. and follow North St. to First Congregational Church on the right. For directions or more information, you may call the church office on Tuesdays at (207) 967-3897. The church's website is www.firstchurchkport.org.

The church's Facebook page can be found by typing "First Congregational Church Of Kennebunkport" in the search line on Facebook.

Be a Secret Santa

Starting Nov. 25
Secret Santa trees are now in the Kennebunk, Kennebunkport & Arundel Town Offices, Graves Memorial Library & Kennebunk Free Library, local branches of Kennebunk Savings Bank, and Quest Fitness



Simply take a gift tag from the Secret Santa tree and return the unwrapped gift, with its tag, to the tree. Each tag represents the wish of a local child whose family cannot afford to purchase gifts for Christmas.

Secret Santa is an organization that was started over 30 years ago by a group of local residents to ensure that families with financial challenges in our towns are able to share the joy of Christmas with their children.

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Please return your gift no later than 4pm on Friday, December 13th

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A Cafe & Bakery

A Cafe & Bakery Chocolate Chip Pumpkin Scones

Ingredients:

- 2.5 Cups Flour
- 1/2 Cup Sugar
- 1 Tsp Cinnamon
- 1/2 Tsp ginger
- 1/4 Tsp nutmeg
- 2 Tsp Baking Powder
- Pinch of Salt
- 1 Stick of Cubed Butter
- 2 Brown Eggs
- 3/4 Cup Pumpkin Purée
- 1/2 Cup Chocolate Chips

-Preheat oven to 400

-IN MIXER mix flour, spices, salt and baking powder and stir.

-ADD in butter cubes and slowly add in butter and mix.

-ADD in pumpkin, eggs and chocolate chips.

-SLOWLY ADD in milk while mixing, dough should get sticky but crumbly.

-SHAPE dough into large circle that's 1/2 inch thick and cut into 8 wedges.

-BAKE wedges on a buttered tray for 12-14 minutes, they will get a light golden color when done.



A Cafe & Bakery Chocolate Chip Pumpkin Scones. Courtesy photo

Holiday Recipes



Maine Diner

Maine Diner Pumpkin Pie

Ingredients:

3/4 Cup Granulated Sugar

1/2 Teaspoon Salt

1 Teaspoon Ground Cinnamon

1/2 Teaspoon Ground Ginger

1/2 Teaspoon Ground Cloves

2 Large Eggs

1 Can Puree Pumpkin

1 Can Evaporated Milk

1- 9" pie shell



Maine Diner Pumpkin Pie. Courtesy photo

-Preheat oven to 425 -MIX sugar, salt, cinnamon, ginger and cloves in small bowl. -BEAT eggs in large bowl. Stir in pumpkin and sugar/spice mixture.

Gradually stir in evaporated milk.

-POUR into pie shell.

-BAKE in preheated 425 degree oven for 15 minutes.

-REDUCE temperature to 350 degrees.

-BAKE for 40-50 minutes or until knife inserted near center comes out clean.

-COOL on wire rack for 2 hours.

-SERVE immediately or refrigerate.



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The Kennebunk-Kennebunkport-Arundel Chamber of Commerce's annual Holiday Benefit Auction is now live online. Think of the online auction as a showcase of the best items, top services and most unique experiences this area has to offer! Folks in town and across the country have been checking in daily and bidding to benefit this local nonprofit serving local businesses and serving visitors. **The online auction runs Oct. 30-Nov. 18.** Annually more than 120 local businesses have donated more than 220 unique items, services and "experiences" to the benefit, which is online via www.biddingforgood.com through 9 p.m. Monday, Nov. 18. Among the gift cards for local shops, restaurants, hotels, spas, classes and experiences are some unique items and experiences only offered here. The Holiday Auction is the Chamber's largest fundraiser that helps support its mission to serve local businesses, residents and tourists of our three towns, one community.

For auction information, call (207) 967-0857 or find a link to the online auction via www.gokennebunks.com.

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“Doc Talk” column with: **DR. FREEMAN**

Heartburn GERD Reflux

“Heartburn” is one of the most common complaints that we experience, and it is one of the more frequent reasons people come to a doctor.

Over 40% of everyone has heartburn at least once a month - more than 1/2 of them have symptoms chronically, sometimes every day.

Heartburn pain in the chest is often caused by GERD (gastro-esophageal reflux) and is sometimes indistinguishable from heart attack-type pain. So, when in doubt, urgent evaluation is the best choice for chest pain - ignoring heart pain may be the last decision you make.

So once you're convinced your heart is OK, let's consider reflux symptoms. The basic abnormality of reflux is the backward flow of stomach contents into the esophagus. Stomach contents are necessarily very acid, supposed to be, and the esophagus is not built to protect

itself from the acid irritation. It gets inflamed - consider the root of that word: on fire.

The root cause of GERD can be one or more of a multitude of possibilities, but the condition needs to be brought under control to avoid possible adverse consequences. The most compelling one is the development of esophageal cancer, a very nasty and sometimes fatal outcome. In fact, that result has claimed 2 of my close friends.

One of the causes could be a hiatal hernia - in which a part of the stomach protrudes up through the diaphragm where it doesn't belong. Some other causes and triggers include:

- Irritating foods such as fried or spicy foods
- High acid foods, like citrus and tomato-based dishes
- Processed foods - foods altered in a factory with innumerable additives
- Alcohol, especially on an empty stomach
- Caffeine, especially on an empty stomach
- Smoking, especially on an empty stomach
- Eating right before bed
- Eating with an already full stomach
- Being overweight, especially wearing tight clothing
- Chronic stress, which affects the normal neurological control of stomach functions
- Low magnesium which is needed to allow the lower sphincter of your stomach to relax
- Food sensitivities, the most common being gluten and dairy
- Infection of your stomach with *H. pylori*, sometimes causing ulcer
- Bad bacteria or yeast - ? due to antibiotics or sugar, processed foods or hormones, etc.

Many of the underlying issues are lifestyle related and therefore can be changed by making some other choices, not necessarily easy choices. Changing behavior and beliefs can be very challenging and are usually successful only with a passionate desire for the results.

The knee-jerk reaction to heartburn has become, thanks to TV advertising, to take a pill - take a

Prilosec, or a “purple pill”, or a Zantac or a Pepcid, etc., etc. We've been lulled into taking a pill

rather than figure out why. The 3 categories of commonly known drugs for heartburn are

antacid, PPI and H2 blocker. The antacids give short-lived relief, but in that context are fairly effective. Included are Tums, Roloids, Mylanta, Maalox, etc. and generic forms of the same.

Each has its limitations and precautions and one should read about them before taking them repeatedly. The effect of proton-pump inhibitors (PPI) is to inhibit the acid-producing cells in your stomach.

Well, that sounds interesting at first glance, but that also begs the question

of what are the down-stream effects of reducing your stomach acid. In the grand scheme of things, the acid has a purpose; maybe reducing it for more than a couple of weeks isn't a very good idea. The H2 blockers also inhibit the acid-producing cells but do so by a different mechanism than the PPI's. Net effect of both: less stomach acid. Sound like a good idea until we look under the hood.

The whole concept of your miraculous body dealing with all the things you put in your mouth is a highly specialized orchestra of innumerable, finely tuned and sometimes delicate processes. In terms of food, it starts with hunger, a desire to eat, the anticipation of eating, the smell of food, the sight of food. Your body has multiple responses to each of these - one of the central responses is producing acid, mostly hydrochloric acid. It also includes neurotransmitters, saliva production, immune system changes. It's like all the workers coming into a factory, each one doing its own part - absolutely fascinating.

Stomach acid is required to break down many of the compounds in food, especially proteins. It also activates other enzymes, essential for digestion. It also signals other organs to their part, such telling the pancreas to secrete, the gallbladder when to contract. What we eat is always full of microbes, bacteria, fungi, viruses - most are destroyed by your acid. There also appears to be a function of sensitizing your immune system to be ready for all the foreign material that's coming through.

So, what happens when we reduce stomach acid with medicine? The most obvious is that many of the food breakdown processes are impaired. Digestion cannot work as well. Without complete digestion, absorption of essential nutrients is impaired. One of the most well-known is impaired absorption of Vitamin B12, also Magnesium loss. Without enough acid, the signaling function of allowing your stomach to empty into the intestine at the right time, to tell the pancreas and gallbladder when to operate are all

Dr. “Bud” Freeman, Osteopathic Medicine, Functional Medicine and Direct Primary Care. Dr. Freeman practices Functional Medicine at his own office in Kennebunk Lower Village. Photo by Paisley Stewart



impaired. A very significant effect of inadequate acid is allowing too many microbes past the stomach and into the small intestine, and that's a big story unto itself: bacteria in the small intestine!

The number of people I know that have been on PPI's or H2 blockers for extended periods, sometimes for years, concerns me. The underlying root cause of their symptoms has not been determined, and the chronic suppression of stomach acid has potentially serious effects. After a period of excessive eating or drinking, short-term use of these medications is probably helpful and safe, but if the symptoms don't go away or return after the pill is stopped, then the question of “Why” needs to be asked. There may be serious conditions that need to be found or ruled out: ulcer, stomach or esophagus cancer, hiatal hernia or other conditions that have similar symptoms: angina, heart attack, gallbladder or pancreas disease, etc.

In my experience, the majority of the causes could be found in the list at the beginning of this article. These are mostly lifestyle issues and can be modified by personal change. (Hmmm!)

There's that word change again - most of us resist

(continue to page 34)

(continued from page 33)

it!) So, here's some of the simple things you can do:

Chew. The whole process starts with adequate chewing. Don't rush it.

Avoid the irritants. Caffeine is the clear leader in this regard, especially on an empty stomach. Avoid alcohol and other irritants on an empty stomach. Put some protein in there with them.

Avoid going to bed with food in your stomach. That means nothing to eat for at least 2 hours before laying down.

Avoid strenuous work after eating, especially lifting as it increases abdominal pressure.

Avoid tight, constrictive clothing around the abdomen - style be damned.

Eat whole nutritious food. Avoid as much as possible processed food - those that contain unpronounceable, unrecognizable names, "food-like substances"

Get adequate sleep. Inadequate sleep is one of the most important deficiencies across our culture. This is a topic for another day.

HEARTBURN MEDICATIONS ARE FOR SHORT-TERM USE !!

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Q & A with Sarah Chadbourne, new owner of: ALL ABOUT KITCHENS IN KENNEBUNK

VILLAGE EXCLUSIVE:

I understand you have purchased "All About Kitchens" in Kennebunk, why does this business interest you?

I graduated from Syracuse with a BFA in Interior Design and held a variety of different internships and design jobs before I got into the kitchen design industry. After moving back to Maine, I took a job working as an architectural designer/drafter for a local timber framer. In 2014 the owner of All About Kitchens was hanging up a sign that said "Kitchen Designer Wanted" and I immediately jumped at the opportunity. Originally I thought this was just a stepping stone to get to my dream job at an interior design studio or architectural firm; I was not expecting to fall in love with kitchen and bathroom design, however, I spent the next four years working for All About Kitchens. But, in 2018 I decided to pursue another role in the kitchen design industry. I ended up at a place outside of Portland, which was a great learning experience, but ultimately wasn't where my heart was, I knew I needed to be back in the Kennebunk area and ultimately wanted to run my own operation. When the previous owner of All About Kitchens approached me to purchase the business, I felt like it was now or never - and here I am! I thoroughly enjoy what I do and I love helping people bring their visions to life. The kitchen has become the place where everyone gathers, even the heart of the home some would say, and therefore it needs to be visually enticing and high functioning. Seeing a vision come together and revealing a finished space to my customers is truly one of the best feelings!

Are you from the area? If not, where are you from and why did you come to the area?

I was born in Scarborough, but in the 90s my parent's both started businesses in Kennebunk and moved

our family to the area. I have always loved the area. I like to consider myself "from here" since I was young when we came here, and honestly it really doesn't feel like I had lived anywhere else. When I graduated college in 2009, I had already met my husband, who was also from Maine and we decided we wanted to stay in the state. We ended up purchasing our home a few towns over, but I really enjoy spending my days in Kennebunk.

How many years of experience do you have as a Kitchen Designer?

I have about 6 years experience in Kitchen Design. My education in interior design and time working on construction documents has contributed to my continuing education in kitchen, bath and closet design. Over the years, I've learned that selling kitchens is as much a sales job as it is a design job and a keen and genuine level of customer service is just as important. People are putting a lot of trust in me to lead them in the right direction for style and price, and my goal is to always meet and exceed their expectations.

Is all "All About Kitchens" a full-service design showroom?

Yes, we are a full-service design showroom. I like to have an initial consultation in the customer's space unless they are starting from scratch. I come out and measure your current space, get an idea of what you may want to change, understand your aesthetic and then design a layout and 3D computer images for your review. From there we hone in the details of color, door style, hardware, counter-top and more - which customers can see and interact with in my showroom. There is no charge to start the design process.

Do you offer customers all the professional services needed to complete the job on time, within

budget, and to the highest quality?

Yes! I try to set my clients up with all the tools they will need - that I can provide. I work with a variety of vendors that offer different options at varying price levels and styles of all the finishes (cabinetry, counter-top, hardware, etc). This allows me to design a kitchen for any budget. All About Kitchens offers cabinetry from standardized cabinets that ship within 2 weeks to fully custom cabinetry that can take 8-10 weeks, and even more in-between. I have created great working relationships with contractors that I can even recommend to clients that haven't found one yet. It is important to me to create an inclusive working relationship with the contractor whether or not I have worked with them before. I also like to be on site from time-to-time throughout the process to make sure things are going as planned or answer any questions the homeowner or contractors may have.

What are the showroom hours? And do you make house calls?

The showroom is open Monday through Friday 8:30-4:30 and Saturdays 8:30 -12. I can also be flexible to appointments outside of those time frames. Making house calls are a must since we cannot really start a kitchen or bathroom design without measurements. I believe it is important to see the space before I start a design when it is a remodel, however a new build is different as I start from a floor plan, which you can bring to the showroom for the consultations.

What is the typical time-line for a kitchen remodel completion?

There are many factors that go into a building out a kitchen so it is hard to pinpoint a typical time frame, but I think it could be a quick



All About Kitchens: 99 York St. Suite #4 Kennebunk
Ph: 207.985.4557 Email: sarah@allaboutkitchens.com

as 2-3 months and could take up to 6 months. My advice to anyone looking to remodel, or even building new, is to start the process at least 1-2 months in advance of when you want to order the cabinets. The design process alone takes time between layouts and revisions. Then, depending on the cabinet manufacturer the cabinets can arrive in as little as 2 weeks or as long as 8-10 weeks for a fully custom kitchen. Once the cabinets are in the counter-tops are measured and fabricated and, just like cabinets, depending on the fabricator and material it could be a quick 1 week turnaround or as much as 3 weeks. So there are many factors that determine time-line, as well as some that are outside of my design realm like additional demo and construction or flooring, but I do my best to ensure my team works as efficiently as possible.

How can you be reached?

I can be reached by phone at 207-985-4557 or by email: sarah@allaboutkitchens.com. You can also check out the website at www.allaboutkitchens.com* All About Kitchens can also be found on Instagram: @allaboutkitchens_kennebunk and on Facebook under All About Kitchens of Kennebunk.

**On our website you will see that there are two other locations in NH - They are each owned by other people, one being the previous owner of All About Kitchens of Kennebunk, however we are only affiliated by name.*

Persephone's passing

By: Nancy McLean Caron,
Guest contributor

Bright colors of red and gold blaze,
against a cobalt sky.

Dappled sunlight dances through the
forest glade.

The warm fragrance of pine needles
and newly fallen leaves, scent the air.

Mother Earth wears her brightly
colored cloak, celebrating Persephone's
passage to her slumber.

A kaleidoscope dancing on the wind,
before donning her mantle of white.

Birds and butterflies wing southward
and bears soon to their dens.

While the rest of us, we creatures,
make ready our own.

To rest and wait away the Winter.

Until Persephone wakes once more.

Nancy McLean Caron is a native daughter of Kennebunkport. She comes from a long line of area fishermen. The youngest of six children, she hails from "The Crick" (Turbats Creek) area of town. She has a great love family and friends, gardening, birdwatching and ocean swimming. A self-proclaimed "local history buff," Nancy ran a carpentry, construction and renovation business with her late husband Jeff for many years. Her poetry centers around a deep connection to nature and the human spirit.

Wells Rotary Club to sponsor Murder Mystery Dinner

The Wells Rotary Club is pleased to present an "Italian" Murder Mystery Dinner to be held on Thursday, November 21, 2019 at Varano's Italian Restaurant, 60 Mile Road in Wells.

The event starts at 5:30 with cocktails and dinner is at 6:00pm. Seating is limited. Dinner cost is \$35 per person and includes Spaghetti & Meatballs, Salad, Garlic Bread and Dessert. There will be a Cash Bar, Prizes and a 50/50 Raffle.

To reserve, please call 207-641-8015 by November 15.

All the proceeds will benefit the family of 7 year-old Leah, granddaughter of one of Wells EMS/Fire Department members, recovering from Stevens-Johnson T.E.N. Syndrome.

About the Rotary Club of Wells

The Wells Rotary Club meets for breakfast every Monday at 7:30am at the York County Community College in Wells.

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Bandaloop Moves to Arundel

By: Shelley Wigglesworth, Lead writer

Chef W. Scott and Bridget Lee founded Bandaloop in Dock Square Kennebunkport in 2004. A cozy, eclectic dining destination known for creative, expertly prepared, healthy meals featuring organic and locally sourced foods. Fifteen years later, the couple has taken their popular and innovative restaurant to the next level at their newly purchased location on Route 1 in Arundel, the former Samuel Hill Tavern.

Customers need not worry, though, they are just a few miles away from their original location, and the Lee's are keeping all the favorite foods, drinks and staff that Bandaloop in Dock Square is so well known and loved for. They will be building on their successful foundation at their new location with more dining options, more space, and more year round possibilities.

When asked why they chose to move, Bridget said "We have been looking to balance out the seasons, cater more to locals, and increase our offerings. When we found the space in Arundel we felt like we finally found the right fit for us and all we hope to achieve. Like the Kennebunkport location, we are again in an old barn - from the early 1700's, so we get to keep the same vibe. It's been a lot of work getting the space ready and up to code, we've had to compromise on so many of the things we wanted to do but we did it! And it's amazing."

Scott added "We love the history of this building and all of the stories and memories folks have shared with us about this space. We have used much of the old wood floors and barn wood

in the new space, showcasing the hand hewn and pit sawn timbers from the early 1700's. It really is a magical space and we feel so fortunate to call this the new home of Bandaloop. I think people are going to love the look and feel and be as comfortable in the space as we are!"

One noticeable advantage to the new location is space. "There is plenty of parking and more dining and working space. There is an upstairs dining room which can be rented out for private events and in which we will host special dinners, a separate room for the bar with a fireplace, a kid friendly area, and outdoor seating, which will be complete by next year," Scott said.

When it comes to new offerings, Bridget said "We will be expanding by serving lunch, with a fast casual counter service option for lunches on the go or table service in the bar. We will be open 11-9, Tuesday through Sunday to start, eventually going to 7 days. We are investing in a brilliant new espresso machine for those who just want to enjoy a fresh baked good and a coffee on one of our couches or chairs by the fireplace. We will have a convenient take out with online ordering, grab and go items, bottled sauces and dips made in house, and more than one soup each day."

The Lee's said they plan to continue to try new things at the new location, with a goal to "push ourselves to better serve the community." Scott said "We plan on offering coursed out fixed price

dinners upstairs, with one seating a night, that will change frequently, from a family friendly lower priced meal to a deluxe, out of this world, food celebration at a higher cost, perhaps on New Year's Eve. The options are endless, especially now that we will be year round."

Stay tuned for a grand opening, and open house soon!

FMI www.bandalooprestaurant.com

About Chef W. Scott Lee

W. Scott Lee is a 1990 graduate of the Culinary School of Johnson and Wales in Rhode Island. He enjoys showcasing local flavors and foods with his own unique culinary flair as well as incorporating regional favorites that he has prepared in the past from his vast experiences in the dining industry

around the country. "I love combining local, fresh foods with exotic worldly flavors and textures, showcasing the natural tastes of the food without pretense."



Preview of some of the fine menu offerings from Bandaloop. Courtesy photos



Enjoy Backyard Birds This Winter



Black capped chickadee is the state bird of Massachusetts and of Maine in the United States, and the provincial bird of New Brunswick in Canada. Photo courtesy of Wikipedia

By Amy Allenwood, Guest contributor

Caring for our backyard birds is fun and rewarding throughout the year. But, just like humans, winter can be especially challenging for the feathered beauties to survive and thrive. There are many things you can do to help them make it to spring.

Effective winter bird feeding starts with the right seed. Birds will seek the highest energy in the form of fats and proteins with the lowest energy

cost. Bring the birds to your yard bath. Small song birds cannot survive by selecting a high quality, fresh seed or seed blend with a black oil sunflower seed base. If empty seed hulls on the ground are a concern, shell free seed and blends will eliminate that problem. Add peanuts from a peanut feeder and you are likely to increase the variety of birds in your backyard. Finally, suet is a great high energy food to add to your wild birds' winter diets. It is enjoyed by many types of birds but especially woodpeckers, nuthatches and chickadees.

With many of their natural water sources frozen birds are often in desperate need of a thawed bird

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by eating snow because the bird's body temperature will plummet to dangerous levels. Additionally, clean feathers are warmer than dirty feathers so taking a winter bath is important. Add a thermostatically controlled heated birdbath to your yard and help birds find the unfrozen water source they need.

Squirrels fight to survive each winter, too. This may mean they steal from your bird feeders and maybe even damage them. Luckily there are well made, effective squirrel-proof feeders available like the Brome Buster Plus which uses the squirrel's weight to

close access to food. It is best to avoid bird food with added hot pepper in an effort to thwart the squirrels. It is not effective on them and it is unhealthy for the songbirds. If squirrels become a problem for suet feeding, try a pure suet free of seeds and peanut butter. Of course you could choose to co-exist with the squirrels by feeding them on the ground away from your bird feeding area. They may then be less likely to raid the bird feeders for food.

Winter bird feeding can be very rewarding for you and will help the birds survive the harsh weather. Once you have established a high quality feeding station in your yard, you may be more likely to attract those colorful birds that return each spring.

With a little extra effort, we can help our backyard birds this winter and spend those days enjoying their company.

For more information visit Natures Gifts at 106 York St, US Route 1, (1 mile south of downtown) Kennebunk. Open everyday (207) 985-1511.

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New Interim Assistant Principal at the Middle School of the Kennebunks



Nathan Bean as the new Interim Assistant Principal at Middle School of the Kennebunks.

RSU 21 is pleased to announce Nathan Bean as the new Interim Assistant Principal at Middle School of the Kennebunks.

Nate brings more than 19 years of teaching experience to the position. He spent 4 years teaching for the Spurwink School before joining the staff at Middle School of the Kennebunks in 2004. He served as special education teacher for the

next 7 years prior to switching over to teach grade 8 US History, a position he has held for the past 8 years.

Nate holds a Bachelor's Degree in political science from Johns Hopkins University and a Master's Degree from the University of Southern Maine in Educational Leadership.

He obtained his Assistant Building Administrator Certification in 2017 and did his administrative internship at the Middle School of the Kennebunks during the 2018-19 school year. Additionally, Nate has been involved in coaching and committee work throughout his time working in RSU 21.

"We are excited to welcome Nate to our team at MSK," said Principal Marty Bouchard, "Nate has over 20 years of experience in middle level education. He will be a tremendous asset to our school community."

For more information please contact:

Phillip Potenziano, Interim Superintendent,
email: ppotenziano@rsu21.net 207-985-1100



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Real Estate Expert Advice: Selling In The Winter

By: Shelley Wigglesworth, Lead writer

In part 2 of our Expert Real Estate Advice series, we asked Real Estate Broker Richard West of Remax Realty One, Kennebunk to share his tips for selling your home in the winter months. Richard has been practicing real estate since 1977 and is a well known, seasoned and respected professional in his field who is very familiar with the Kennebunks. Here is what he had to say about making the most of home selling in the off-season. "It is true that houses don't sell as well in the winter as bad weather discourages buyers from venturing out and often makes a property look dreary. Here are some steps to take to make home showings pleasant in the winter months. It is important to note that because there is less competition in the winter, buyers are usually serious when they venture out to view properties this time of year." In order to make the most of the potential serious buyers shopping the winter Real Estate Market, Richard offered the following 5 simple tips that can make a big difference.

Richard's Tips for Winter Real Estate Selling:

Curb Appeal:

First and foremost, make sure the entrance to the home is safe ahead of time. Clear a path for lookers to safely and efficiently navigate the surroundings by allowing for an open walkway and entrance, free of snow and ice. Salt icy driveways ahead of time to prevent slips and falls. Make sure there is adequate outdoor lighting for afternoon showings taking into consideration the early darkness in the winter months. As simple set of solar lights along the path is an easy and inexpensive way to add instant light. During the holidays a welcoming seasonal wreath on the door or neat stack of firewood on the porch with all-weather rocking chairs, a lantern



or candles, and cozy throw blankets makes for an inviting atmosphere.

Lighting:

Make the home as bright as possible inside the home. Pull up the blinds, push back the drapes. Turn on every light in the house. All accent lights and in built-in lights should be on. Add lamps to dark corners and hallways. If you let in the light beforehand you can also get a good look at areas that may need to be cleaned. (See # 3)

Polish and Sparkle:

Do it yourself or hire a professional cleaner prior to showings to wash windows and floors, thoroughly dust, vacuum and clean overlooked areas such as ceiling fans, blinds and baseboard heaters. Clean and organize closets and cabinets, sheds and garages (people love to check out storage spaces.) Make sure beds are made and all excess clutter is stashed away. A clean, neat and polished house is speaks volumes.

Accents and Ambiance:

If you can, have your home staged by a professional. Home stagers are trained to showcase all of your home's potential to appeal to a wide base of home shoppers. If hiring a home stager is not for you, here are a few accent tips: Have fresh flower arrangements in place. Light a fire in the fireplace or woodstove, or use candles (battery operated flickering candles are available in all shapes, colors and sizes are a safe and easy

way to add a soft glow and/or fire accent.) Set the thermostat to a comfortable level. Play soft, relaxing music in the background. Arrange accent pillows in coordinating color schemes on furniture and beds. Add new area rugs or accent pieces in common areas to create a small reading nook or show the potential possibility and versatility of the space.

Mood Visualization: Create the mood of the home in use. Toss cozy throws or a quilt with interesting textures across the arm of sofa. Place books or simple vignettes on end stands. Set the dining room table. Simmer spices in the kitchen. Have a plate of cookies on the counter. Arrange the bathroom in a spa style with new plush robes hanging on the door, unused toiletries out, candles, fresh flowers and/or healthy house plants



in visually appealing containers.

For more tips on selling in the winter or any other Real Estate needs, please contact:

Richard West, Broker. Remax Realty One
| 21 Western Ave. Kennebunk, | Cell 207-590-5090
Rtwest99@hotmail.com | www.richardwest@yorkmaine.com



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Southern Maine Agency on Aging and York Hospital Present ‘Healthy Steps for Older Adults’ Program in Kittery

Join the Southern Maine Agency on Aging (SMAA) and York Hospital as they offer ‘Healthy Steps for Older Adults’ on Wednesday, November 6, 9am-2pm, at The Kittery Community Center, 120 Rogers Road, Kittery, ME.

If you have noticed changes in your balance or have concerns about falls, ‘Healthy Steps for Older Adults’ is a new FREE Falls Prevention Workshop, aimed at helping you understand your fall risk, and learn how to stay active. As part of this unique workshop, you’ll receive: Personalized balance screening, Education to understand your personal risk factors for falls, Exercise program demonstration you can practice at home, Opportunities for action planning and goal setting,

Resource booklet and Complimentary snack & lunch provided by York Hospital’s Dining & Nutrition Team.

Space is limited – Call today to reserve your spot! Pre-registration is required! Please call 207-396-6578 for more information or to register. Course fee: FREE! This program is generously sponsored by York Hospital, at no cost to participants.

SMAA is a non-profit organization dedicated to planning and implementing social services for adults age 60 and older. The agency offers a range of services and programs and provides older adults with opportunities to stay active in the community. For more information, visit smaaa.org or call 1-800-427-7411.

For information on other community lectures and programs, please visit York Hospital’s website at: www.yorkhospital.com.



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Education Foundation of the Kennebunks and Arundel Invests \$60,000 in the RSU21: NEWS PROVIDED BY Education Foundation of the Kennebunks and Arundel

The Education Foundation of the Kennebunks and Arundel is pleased to announce that during the 2018-2019 school year, it awarded \$60,000 in grants to the schools of RSU21. Three of the many grants funded include a trip to the Telling Room, an Engineering project and an STEM grant for the pre-kindergarten program.

All sixth graders traveled to The Telling Room in Portland where each student interviewed and profiled one person they encountered on the streets of the Old Port. Each student posted his/her piece on the Middle School of the Kennebunks' "People of Portland" blog. "For the third year in a row, this project has exceeded my expectations. I was overwhelmed with students' positive feelings about the experience." reported sixth grade English teacher Sara Clinehans.

The district's new pre-K program was awarded a grant to spark

an interest in STEM (science, technology, engineering and math). Ellen Towne, Pre-K Director shared, "Our pre-K program is in its infancy and the teaching staff is constantly finding meaningful and exciting ways to engage our young students. It will take years to build up materials for the program, and this grant came at a time when we were in great need to support an already amazing start up program with opportunities to extend and support the children's thinking and problem solving skills with STEM materials. The impact was immediate and powerful. As I delivered the materials to classrooms, the children were delighted. They couldn't believe that they were so lucky as to have such appealing materials to use."

At the high school level, engineering students worked with carbon fiber composite machines. Some chose to design and build aircrafts, rockets, quad copters, motor powered scooters,

and go-carts. After identifying and creating a parts list, students learned how to work with 3D printers to make forms, how to wire and bind remote control components, and how to use the CNC milling machine. Students completed the project by writing a report and presenting their findings to the class in an oral presentation.

The EFKA is grateful to the community for its continued support. These grants would not be possible without the generous gifts made by our families and individuals, and partnerships with local businesses.

The EFKA is an all volunteer, independent, charitable 501(c)(3) organization dedicated to enhancing academic excellence and creative programming in grades K-12 in the public schools of Kennebunk, Kennebunkport, and Arundel.

To become a Business Partner, to donate to the upcoming Annual Appeal, please visit educationfoundationka.org.

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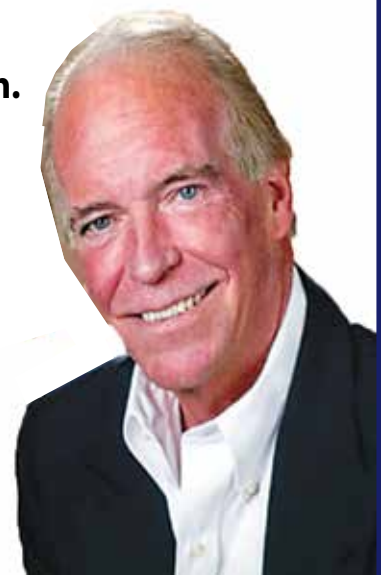
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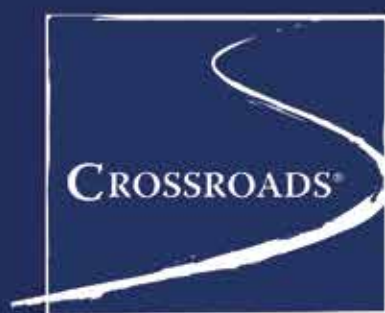
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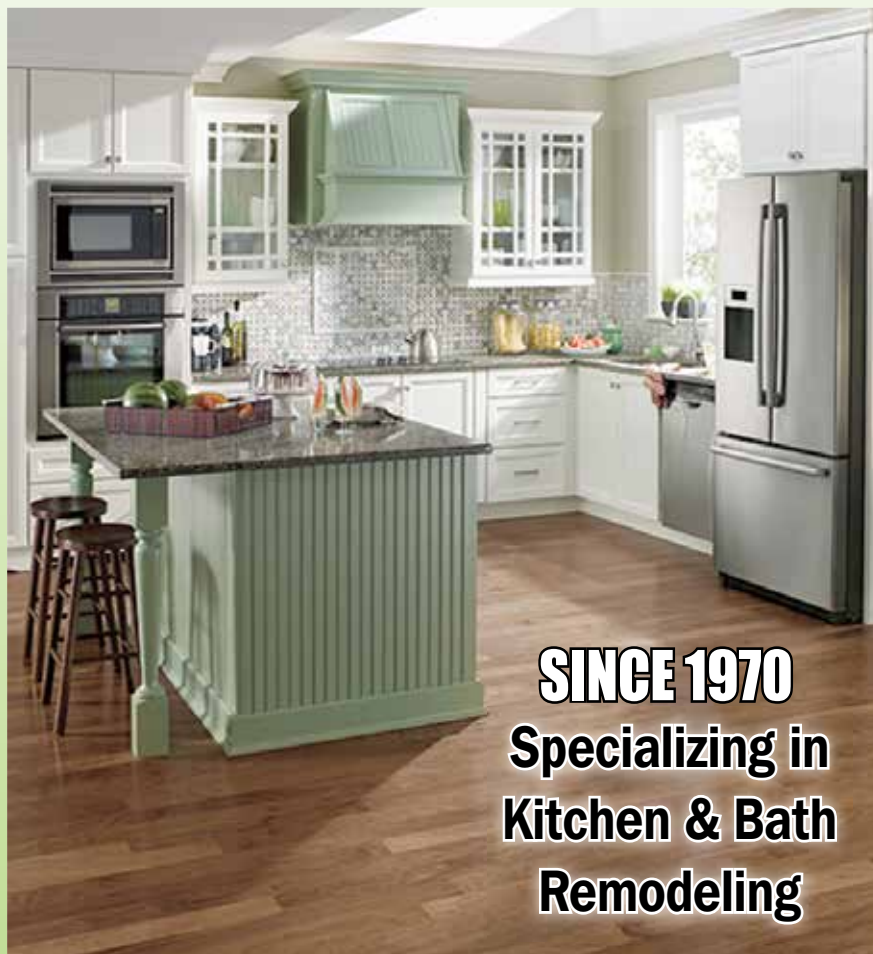
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Table is Set for 2019 Project Pilgrim

On Thursday, November 28, 2019, Community Harvest, a local nonprofit organization, will host the 21st Annual Project Pilgrim at St. Martha's Church on Route 1 in Kennebunk. Project Pilgrim is a complimentary Thanksgiving Day dinner for community members to come together and share in delicious food and wonderful company.

Dinner will be prepared by Head Chef Mario Barros along with dozens of other volunteers. It will be served buffet-style from 12:00pm - 1:30pm. Walk-ins are welcome and reservations can be made in advance by calling (207) 967-1911. Kindly leave a message with your name and the number of guests you will be bringing. Guests may request a meal delivery to their home or transportation to and from the dinner, as well.

In 2018, Project Pilgrim served dinner over 300 people, including guests and volunteers. The event is a wonderful way for neighbors to get to know each other while enjoying a homemade Thanksgiving meal.

Project Pilgrim is an annual community wide effort which so many families have made their holiday tradition. While some come out and volunteer to help out in the kitchen and the dining room, others come and enjoy the turkey with all the fixings. "We're so thankful to have Chef Mario Barros at the helm directing an army of volunteer

cooks," said Jeanne Gomez, Project Pilgrim Co-Chairperson and member of Community Harvest's Board of Directors. "We are looking forward to greeting our friends and neighbors and celebrating Thanksgiving together."

Chef Barros and his team will be making the traditional Thanksgiving offerings such as turkey and stuffing along with his famous cranberry chutney. Community Harvest hopes that local businesses will consider donating desserts. Additional donations of harvest decorations and turkey breasts will be accepted. If you are interested in making a donation of any kind, please call (207) 967-1911.

Community Harvest was founded in 1999 and is a 501(c)3 nonprofit organization located in Kennebunk, Maine. The organization focuses on providing food and emergency community assistance for those living in Kennebunk, Kennebunkport, and Arundel, and offers all services free of charge. In addition to Project Pilgrim, Community Harvest hosts the complimentary Noel Dinner on Christmas Day, as well as Harvest Café, a complimentary dinner for the community on the third Thursday of every month at the Lutheran Church in Kennebunk.

More information about programs and services offered by Community Harvest can be found by visiting www.communityharvestonline.org or by calling (207) 967-1911.

Harvest Fair at St. David's Episcopal Church

Join us on Saturday, November 2 from 9AM to 2PM for our annual Harvest Fair at St. David's Episcopal Church located at 138 York Street (Route 1 South just before the Wells town line) in Kennebunk.

Good food abounds with delicious baked goods and sweets for sale along with homemade frozen pot pies and jams and jellies. Lunch will be a special treat featuring sandwiches provided by Kitchen Chicks Catering, as well as award winning soups by outstanding local providers. Free coffee & doughnuts, along with musical entertainment will be provided during the day.

We are offering an exciting NEW table this year: Tools and Technology! This table will have gently used or new items such as a 30 inch flat screen TV, a new 6th generation 2018 iPad, and a new 5th generation iPod, plus lots more!

The Silent Auction will include over 60 high quality items and gift certificates from local restaurants, stores and salons, including some



special items donated from the Bush family, too many items to list; come and see for yourself!

The Basket Raffle will feature over 30 exciting collections of themed items such as Coffee Lovers, Family Movie Night, Seasonings and Spices, Mexican Dinner and a "Winter" Basket.

Other tables include Table of Treasures with unique finds, Jewelry Table with an array of old and new offerings, and Hand Made items that would make great gifts for the holidays.

Harvest Fair at St. David's is an annual favorite providing a good time with neighbors and friends as we welcome in the season of harvest and the holidays to follow. Please join us. There is plenty of parking and weather is not an issue as our Great Hall has plenty of warm, dry space. We look forward to seeing you. For more information call (207) 985-3073 or find us online at www.stdavidskennebunk.org on Facebook.

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The Woodlands - Wells



Welcome to The Woodlands a new 40 lot subdivision. **Starting at \$350,000**

2 Fort Lane, Kennebunk



Highly sought-after Mother's Beach area is this one of a kind home. **\$1,575,000**

The Porches - Kennebunk



Where Community comes together **Starting at \$379,900**

9 Beach Avenue, Kennebunk



Condo located in one of Maine's most beautiful coastal villages **\$430,000**

7 So. Main St., #14 - Kbunkport



The "Sleepy Hollow" is a seasonal condo cottage in Cabot Cove **\$250,000**

30 Intervale Road, Kennebunk



3 BR, 2 BA home w/in-ground pool, in-town neighborhood. **\$324,900**

5 Surf Lane, Kennebunk



Charming year-round vacation home walking distance to the Beach. **\$739,000**

23 Surf Lane, Kennebunk



Contemporary single level home at the Beach! **\$675,000**

87 Boothby Road, Kennebunk



Charming home has been beautifully maintained w/numerous updates. **\$619,000**

228 Ocean Ave, Kennebunkport



Enjoy magnificent, panoramic ocean views from every room. **\$3,295,000**

18 Turbats Creek Rd., Kbunkport



Creatively compact, this PRISTINE home is move-in ready! **\$489,0000**

3 Higgins Drive, Kennebunk



Outstanding 3,200sf Colonial with 4BR's, 3.5 baths sited on .71 acres. **\$610,000**

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