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January 2020

The Village

MAGAZINE

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Meet **Sharon Rose Vaznis of**
NewsCenter
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The Lost Fire

**THE LOCAL WASTE
DILEMMA**

ROSS WYMAN
A DENTIST
& FRIEND

**USELESS
LEARNING**

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PUBLISHER

Gina Martel

VP, FINANCE

Steve Martel

LEAD WRITER

Shelley Wigglesworth

DIRECTOR OF SALES

Joyce Robillard

VILLAGE CONTRIBUTORS

Casey Clark • Linda Miller Cleary • Jon Forseen

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On the Cover



In our recent interview, with the Village, Sharon opened up to us about her early years growing up in Vermont, the progression of her career, her family, and what makes her tick. Read on to learn more about Sharon Rose Vaznis. *Photo by, Kyle Bourgoin*

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Bette Schofield



Corey Tracy



Elise Wyman

Find Yourself at **The Lost Fire**

The name “The Lost Fire” actually stems from what Lucarelli calls “the lost art” of the entire slow cooking, wood fire experience.

By: Shelley Wigglesworth, Lead writer

Argentina born Chef-Owner of The Lost Fire, German Lucarelli has enjoyed a passion for smoky, hearty, and authentic Patagonian barbecued (grilled) meats his entire life. At his Cape Porpoise restaurant, which has been open for just over a year, he has brought that passion, knowledge and flavor from his years of culinary experience to the table in a beautiful, culturally immersed dining experience like no other in the area. “This restaurant is about celebrating, experiencing and enjoying the most authentic food around, prepared in old world style. The entire experience here is about savoring and enjoying not just through taste, but smell, sight, hearing- all the senses. When you involve all the sense in the meal experience, the love and passion that it is made with reverberates.”

Lucarelli explained how Argentinian style meat preparation differs from American style. “American’s love their steaks, and the American style of cooking steak is usually over high heat with fast cooking. The Argentinian way differs because we slow cook the meat, which is always aged, at a lower temperature, with most of the meat being smoked for at least seven hours first. The slow cooking at low temperatures seals in the juices of aged meat. Fast cooked meats over high heat can be dry.” *(continue reading)*

The name “The Lost Fire” actually stems from what Lucarelli



The Lost Fire Grill & Bar a Cape Porpoise restaurant Located 62 Mills Rd., Kennebunkport. Photo courtesy of the Village magazine.

calls “the lost art” of the entire slow cooking, wood fire experience. All the steps from selecting, prepping, seasoning, smoking, aging, cutting, slow fire cooking, presenting, and enjoying. These steps are meticulous and essential and done in a traditional style, with patience and passion every step of the way. “Much is lost in today’s cooking by skipping steps. At The Lost Fire, we don’t skip steps- we take the time and by doing so, we bring back what has essentially been lost in many other barbeque and steak dining establishments.”

Something else that differs at The Lost Fire, is that all meats on the Meat Cellar section of the menu are hand cut to the customers’ preference. The portion of the meat is selected by the diner and the preferred thickness is cut before their eyes before being cooked to their specifications. “We have three meat stations here- an Argentinian Grill- where we cook over locally sourced wood heat, a Brazilian Spit, and The Josper, a Charcoal Oven known for sealing in all the flavor and moisture for an incredible taste experience. Our open kitchen allows



German Lucarelli, celebrated chef and restaurateur in Buenos Aires, Paris, London, Beirut, Istanbul, Miami, New York, and now Maine, is bringing years of worldly experience for all of Kennebunk and guests to enjoy. Photo by: Martin Epelde

The Lost Fire also has Vegetarian and Vegan options

diners to be involved in the process from the start. It really immerses them in the experience to choose the meat, see it being prepared, smell it cooking, hear the searing, then finally taste it."

The Lost Fire Long Bone Short Ribs and Tomahawk, all from Black Angus beef, are a few customer favorites. Lucarelli said "Black Angus is used because it is most similar in taste to the grass-fed beef of Argentina." Steaks are cut to customer preference, whether it is a lighter 1 inch, or the popular thick cut of 2.5 inches. The Lost Fire also has Vegetarian and Vegan options with only the freshest and highest quality fruits and vegetables, locally sourced and seasoned and prepared and served with the same care as all other delectable foods offered. There is a full bar at The Lost Fire, or diners may also opt to choose a bottle of wine from carefully selected bottles in the restaurant's private stock.

There is seating in the main restaurant with booths and tables, at the bar, and in the new addition with Cabana style private and semi-private dining areas complete with a

Chef's Table for up to eighteen people. "The Chef's table experience will have the option of seven Chef favorite courses shared and sampled and being presented throughout the evening in a private atmosphere."

Lucarelli said his first year of The Lost Fire has been "Amazing." He added "The Lost Fire has quickly become a year round destination restaurant. People come from all over the country just to experience what we serve here and how we do it. The energy here has to be experienced to fully understand and appreciate. I could not be happier with the way things have come together."

When asked what is in the works for the future, Lucarelli said he is finishing up The Lost Fire cook book, which he plans to have published at



At The Lost Fire Grill & Bar the atmosphere is new and exciting. Experience the open kitchen creative dishes and cocktails. *Photos by: Martin Epelde*



Head chef, German Lucarelli has had a passion for smoky, hearty, and authentic Patagonian barbecue his entire life. Now, our fearless leader, brings to Kennebunkport a heavy dose of Argentinian steakhouse cuisine. *Photos by: Martin Epelde*

the end of 2020. He is also hoping to expand The Lost Fire to offer a venue for authentic, Argentinian style wedding receptions and special events for up to 150 people.

The Lost Fire Grill & Bar is located at 62 Mills Rd. (RT-9) in Kennebunkport. Reservations are strongly suggested weekdays and required on weekends, with the exception of the bar which is first come, first serve. FMI: thelostfire.com/ or 207-204-0123.



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National Blueberry Pancake Day and Second Annual Cure Sanfilippo Syndrome Fundraiser Tuesday, January 28th



Monday January 28th of last year was like a Saturday in July at the Maine Diner. People came out in droves to help us raise awareness and funds for research and trials to help save our favorite little shortstack, Spencer Smith, who is afflicted with Sanfilippo Syndrome. We hoped to raise \$1,000. We raised OVER \$5,000!!! We were blown away, overwhelmed, and most especially



Our favorite little shortstack Spencer Smith who is afflicted with Sanfilippo Syndrome.

grateful for the kindness, generosity and support from our friends, staff, and customers.

We hope to match that amount and hopefully surpass it this year. The

date is set for Tuesday January 28, 2020. We invite you to join us at the Maine Diner for blueberry pancakes, (or anything you would like off our menu!) Blueberry pancakes will be \$1 for one or \$3 for a stack all day long and 100% of those proceeds go to Cure Sanfilippo Syndrome. We invite you to make a donation if you can't be there to join us for this awesome event. There will be special "Get Stacked" t-shirts available for sale at Remember the Maine Gift Shoppe located right next door to the Maine Diner and blueberry pancake stickers will be given away as freebies to thank you for your kindness.

Sanfilippo Syndrome is a fatal neurodegenerative and multi-system genetic disease caused by an enzyme deficiency. The affected child's lack of functional enzyme leads to build

up of cellular waste, which causes a cascade of detrimental effects and ultimately death. Currently there is no FDA-approved treatment or cure for this disease.

If you would like to make a donation, please contact CureSanfilippoFoundation.org or join us on Tuesday January 28th at the Maine Diner in Wells, Maine!

Our dollars and support enables Cure Sanfilippo Foundation to commit to fund research, conduct clinical trials and patient-centered treatments and to refine technologies that could lead to earlier diagnosis.

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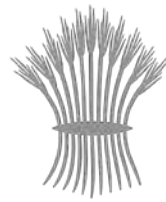
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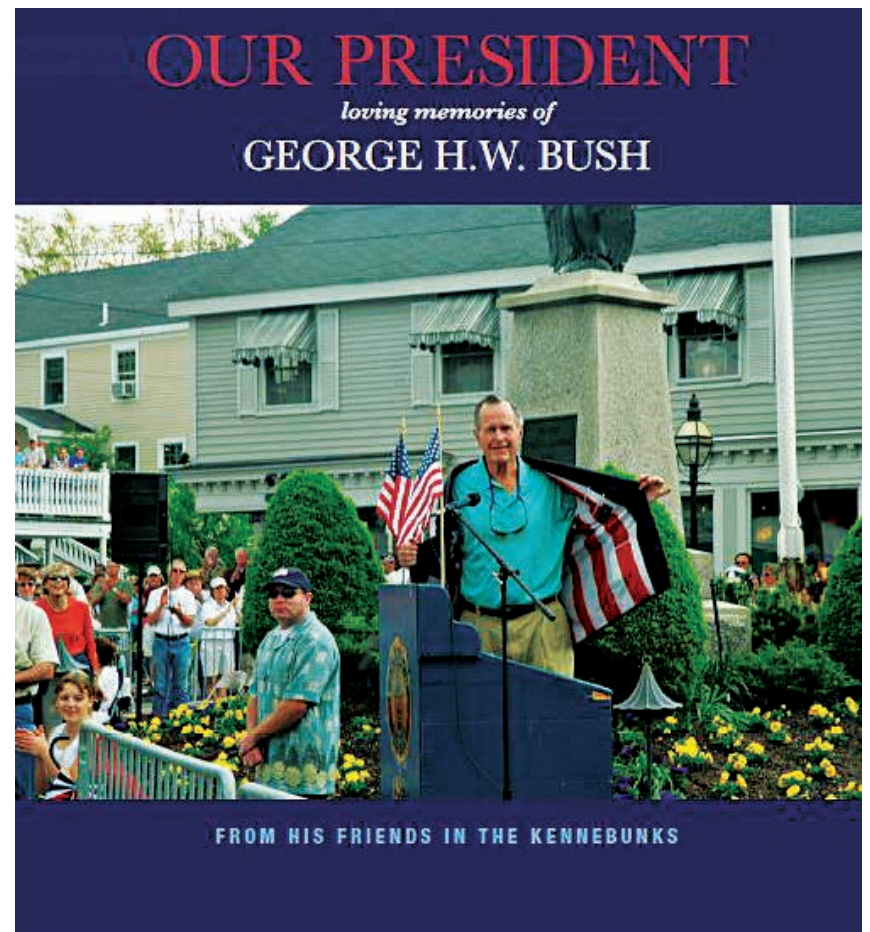
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The Book Our President - LOVING MEMORIES OF GEORGE H.W. BUSH

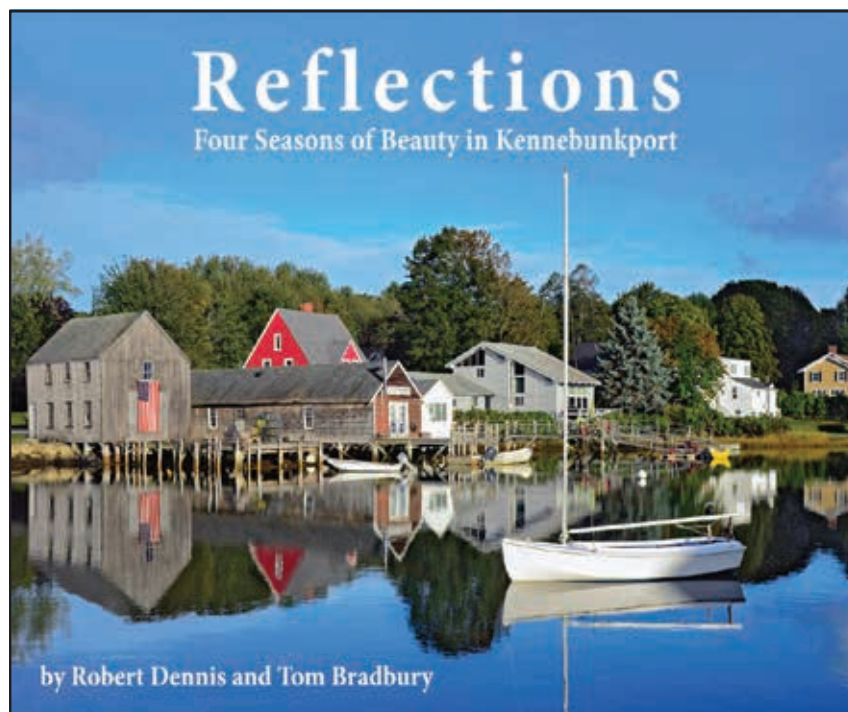
About the book: Tom Bradbury of the Kennebunkport Conservation Trust said "After the passing of Barbara Bush in April of 2018, it seemed that everyone had a story to tell about her. They reminisced about meeting her walking her dogs on the beach, at various stores around town or at events to which she was lending her support. A deep affection was clear in every tale that was told. We thought we should capture as many of those stories as we could for several reasons. We wanted to honor her and give local citizens a voice in recording this important chapter in our community's history. The result was the book "Our Beloved Barbara" which was published last year. All funds raised from the sale of the book would go to endow Ganny's Garden and the Anchor to Windward, our town's memorials to the Bushes. The

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book did well, and after President Bush passed away we wanted to do a special volume dedicated to him. As before, the late Tim Dietz stepped forward to offer his time and talents to the publication. He and his firm did a wonderful job and we have now published "Our President, Loving Memories of George H. W. Bush from his Friends in the Kennebunks." The book is a collection of stories written by the president's friends and neighbors and collectively captures President Bush's kindness, humor, faith, support of good causes and more. It was published in an 8 1/2 x 11 format with 175 pages. 250 special hard cover copies were printed (half of which have already been sold) and 3,000 soft cover editions. It's filled



with photos and, I believe, is a great reflection of the time we all spent together. It's available for sale at the Kennebunkport Conservation Trust (kporttrust.org) and at a number of local businesses."



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Ross Wyman-Excellence in Dentistry beloved husband, father and friend

By: Shelley Wigglesworth, Lead writer

Ross Wyman is an Orono, Maine native, beloved husband and father, small town dentist and the epitome of the word friend. In 1962, at the age of 26, Dr. Ross Wyman began his dental practice upstairs from Cole Harrison Insurance on Main Street in Kennebunk. He had visited the town previously at the urging of his father. "When I was finishing dental school, I asked my father, who traveled all over the state for his work, if he knew some great little towns in Maine that would be nice places to start a practice. Kennebunk was one of the places he mentioned. At the time there was only one other dentist in town. I visited a few times and thought it would be a great fit," he said.

Wyman would remain at the office above Cole Harrison for fifteen years before moving to the second location of his practice on York Street in Kennebunk in the 1970's. Almost 58 years later, at the age of 83, Dr. Wyman was still taking care of his patients, which included multiple generations of family members, three days a week until this past December, when the young at heart, happy-go-lucky dentist retired. "I could have retired years ago, but enjoyed my work and the people I worked for, and with so much, I decided I would just cut back to three days a week, rather than stop," he said. His wife Priscilla Wyman added "In all of our years together, have never heard him once say 'I don't want to go in to work today.'"

When asked why he thinks he has been so well loved and received by his patients over his career, Wyman's answer was simple. "I treat people like human beings and show them the kindness they deserve."

Wyman said a series of circumstances that "just fell into place at the right time", resulted in a candidate who was interested in taking over his practice coming to be. And because of this, and other factors-including qualifications and demeanor, Dr. Wyman feels his replacement, Dr. Cormier will be a great fit to take on his practice going forward.



The Wyman family at son Rhys' wedding. Left to Right: Jane Wyman, Henry LeClair, Rhys Wyman, Priscilla Campbell-Wyman, Ross Wyman.

Photo by: Chris Becker and Richelle Gelligani.

When asked what he plans to do with his newly found free time, Wyman said "Priscilla and I will not be snow birds, we plan to stay here in Cape Porpoise year round. I have a long list of little projects to complete, we will travel a bit, volunteer, be a bigger part of the community, and get back into some hobbies. We are planning to enjoy life and have fun."

And this beloved dentist has one last message to his patients, many of whom who have become his friends and a very important part of his life for almost six decades. "Thank you for staying with me. You have all been wonderful. I have always felt, and said that I have the best patients, and it true."

Memories and Messages from Family and Patients:

Eileen Grieve Stokes "Dr. Wyman was our family dentist for many years and our neighbor. I used to babysit for his children when I was in high school. At that time, he was on the school board, as was Raymond Breary, so I had two neighbors

sign my KHS diploma. I remember when his office was on Main Street next to Cole Harrison. Mrs. Going was the hygienist. His room and chair was in the front of the building looking out over Main Street. He always kept an eye on the street and what was going on. He'd check out who was walking and would recognize many people's cars. He definitely knew what was going on! I was living in Boston 1977. One cold winter-y Friday night I got my first and only toothache. It was really painful when the cold air touched it. He gave me an appointment for first thing Monday morning. I got a ride to Kennebunk with a friend and had my first root canal that Monday morning"

Lucy Hanscom "I remember going to Dr. Wyman when I was in high school. He was a great dentist and had a wonderful staff. I am grateful for his ability to restore my teeth and keep me looking presentable. At one time I was a flight attendant and was flying from Chicago to Portland and noticed a handsome man sitting towards

the front. I thought he looked very familiar and at a closer look realized it was Dr. Wyman! I introduced myself and told him that because of him I had a beautiful smile still and thanked him."

Janet Jellison Spiller "My sister had very soft teeth and had most of them pulled by her sophomore year of high school. Dr. Wyman took a personal interest in her and crafted a set of dentures that had some overlaps and flaws to match her own teeth and put together a plan to extract the front 8 the last day of school and put her dentures right in so no one would know, and so she would have the summer to get used to them. They fit her do well that she was married before her husband knew they came out at night! She wore them until well into her 50's. Can you imagine how much teasing he saved her? A truly compassionate man."

Gail Weeman Phillips "My husband and I have gone to Dr. Wyman since we were little. I was 4 years old and my

Continue to page 10

husband moved from Florida to Maine in 2nd grade. My husband's parents would give him \$5 (which was a lot of money in 1965) if they did not have any cavities when they went to the dentist. Dr. Wyman said that Floyd had a small cavity that he could fill quickly and not need Novocain. So, my husband agreed and still got his \$5.00. The best is that he never charged his parents for the filling. Always a wonderful dentist and he will be greatly missed."

Debbie Boothby Soule "Our whole



Ross and Pricilla Wyman at home in Cape Porpoise Photo by: Shelley Wigglesworth

family was fortunate to have Dr. Wyman as our dentist. Yes, many decades of great care in both locations. I hope he recalls a herd of grateful Boothby girls from Lyman! Folks still comment on our lovely teeth! Happy retirement, Dr. Wyman."

Jim Rooney "I've been a patient of Dr. Wyman my whole life. He always has had the most gentle touch. Never hurt me, not once! I've even called him at his home and he met me at the office in an emergency. One of the greatest guys I know. I hope he and Priscilla enjoy retirement together and wish them well."



Anne Harrison Jordan "I remember walking up the wooden staircase to his 2nd floor office on Main Street. He had a fish tank built into the wall and he always would start singing when he would wash his hands with a strong liquid soap from a green bottle (this was before the days of gloves and masks.) Afterwards, we would go downstairs for a visit with Dad at his office below to 'give a report' on our checkup."

Cheryl L'Heureux Price "Dr. Wyman has been our dentist since my husband John and I moved to town with our boys in 1994. One of my sons was leaving for a one-year Americorps assignment and needed a crown. We were down to less than a week before he was supposed to leave. Dr. Wyman drove to New Hampshire on a Saturday morning, in a snowstorm, to pick up the crown so he could install it that afternoon. My boys don't live here anymore but they scheduled their appointments for when they're home for a visit. My youngest son told me last year it was worth the extra planning. He said 'You know, Dr. Wyman is the Tom Brady (GOAT) of dentistry.' He is one of those unsung heroes of the area."

Natalie Truman "I have some nice memories from being his patient. I'm 73 and still have all my teeth today thanks to him. I live in Florida now, and have never have found anyone like him here."

Leslie Whitten Mailhot "Dr. Wyman just told me a while back, my Dad had been one of his first patients, we are a three

generation family he has taken care of. This makes my 55th year of seeing him. I always told him if he ever retired, he would have to pull all my teeth, because I could never have another dentist. Well, he took such good care of me, guess I will keep them. I had my last office visit with him in December. 55 years of great care for me, so bittersweet, so many memories, from the fish tank, little rubber figurines, his crisp white doctor coat, to the outside bird feeders and adult conversations of today. He's watched so many of us grow up, then watched our children grow up. I think most people will agree with me, that the only thing that has ever changed is his hair lightening up a bit. I got the best hug today, and loved seeing the twinkle in his eyes talking about life ahead."

Joan Matthews said she was probably 16 or 17 when she started going to Dr. Wyman after a bad experience with another dentist as a young child prevented her from having dental treatment for many years. "I spent many hours in Dr. Wyman's chair. I went to him for years, my children went to him, and my granddaughter too. He took the time to get them accustomed to visiting - sit in the chair, see the instruments. When a tooth broke, he would do his best to repair it and when money was scarce, he would always be willing to work out a payment plan if necessary. We will miss you, Dr. Wyman! It's been a lot of years! I wish you a long and happy retirement. You deserve it!"

Pauline Wilson "I had Dr. Wyman as my dentist when his first office was on Main St. I even filled in at the front desk one time answering the phone and greeting patients. My first visit was memorable but not the type of memory you would want. I was about 15 or 16. My previous dentist never gave me Novocain. He would simply drill until I cried out and then pack in the filling on top of the remaining decay. So now I had a mouth full of tooth decay buried under fillings. This is what I brought to Dr. Wyman. Dr. Wyman offered me Novocain but I declined-he must have thought I was so tough! He proceeded to drill until I bit his hand! How embarrassing! He offered me Novocain again and this time I accepted. He administered it, and when he finished, I fainted! Then he broke out the smelling salts to revive me. I was so embarrassed, but I quietly sat still throughout the procedure with no more biting. I, of course, will never forget this experience.



On the other hand, maybe Dr. Wyman would rather forget than remember it. I still go to Dr. Wyman, by the way-almost 60 years with no new cavities."

Judy Ganister "I remember while sitting in the big a chair as a child, there was a drawer to the right he would open that had a ton of little rubber animals, the kind that would fit on the end of a pencil. I was able to choose one at each visit, and I seem to remember having quite a collection!"

Barb Whitten was a fan of the rubber animals as well. "I think I had about 40 of those things, in the shapes of animals and cartoon characters, in all different colors. I can still remember how they felt, how they smelled, and how much I enjoyed arranging them on the little shelf where I displayed them in my room."

Nancy Berube "I loved the little rubber animals we could pick out when I was little. My dad made a special shelf to hang in my room so that I could put the little animals on. I had them for years. When my eldest daughter started going to see him, she would not open her mouth for him, only the hygienist. We tried bribing her with

Continue to page 12

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Left: Lauren Right: Amy

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Continued from page 10

the rubber animals, because he still had them. It did not work. She announced she would open her mouth when she was 4 and not before.

She stayed true to her word. The appointment she had after turning 4, she looked him straight in the eye and declared, 'I am 4 now, and opened her mouth wide for him. He laughed and let her have two animals.

Happy retirement Dr Wyman."

Ruth Fleming Cheney "His office has pictures of his travels, and a marble collection. I loved watching the bird feeders he had out. He also would put country music on for me and we would talk country concerts we had gone to. I wish him a wonderful retirement!"

Joy Eon "I was fortunate to be hired by Dr Wyman in 1979 (he was 44 and I was 22) as a dental hygienist and knew after working for and with him for a short time that he was not only a great dentist, but a fantastic boss and person as well. Over the many years I was employed by him I would frequently say "As long as you're here, I'll stay assuming you'll have me." Little did I know at the time that his health (mental and physical) as well as his enjoyment of treating patients, most of whom were or would become his friends would allow him to continue to practice for fifty-seven and a half years!! I did not stay true to my words (he worked way too long for me to stay;) but enjoyed 27 plus years working at his office. During that time I witnessed how well he treated his patients and his staff. He always impressed me with how much he remembered and knew about each patient. Dr Wyman is a truly caring, calm and respectful human being with a just right sense of humor and will be truly missed by many!"

Linda Vetterline "Dr. Wyman is the reason why I still have most of my teeth. I had to go to his office for many weeks and he succeeded in saving them. As a teenager, I sure did like being able to smile again!"

Francine Battles Tanguay "Dr. Wyman has been my dentist and friend for

over 50 years. In all of that time, though I have worked in numerous local public places, I have never heard anyone say a bad word about him or his work. He has taken such good care of his patients in the area and has spoiled us all. He's going to be a tough act to follow but he has hand-picked Dr. Cormier to carry on for him and if Dr. Cormier is good enough for Dr. Wyman, then I am sure the town dental needs is in good hands. We'll miss you, Ross."

Jane Wyman, Dr. Wyman's daughter said "

My dad's office was full of friendly people who worked there for many years. They and the long-term employees who were there earlier are like family. I think it says a lot about how well run the business is, and what a great person and boss he is. I enjoyed stopping by the office when I could to celebrate birthdays on their lunchtime. Funny cards were exchanged, and good food treats were brought in by excellent bakers! When my brother and I were growing up in town and going to school, Dad and the office staff always knew what was happening with our classmates at school. There was no need for 'social media' as the office was better than a posting of everything happening in town. Folks seem to find my dad easy to talk to, and he developed a great rapport with the whole community."

Rhys Wyman, Dr. Wyman's son concluded "Dad is friends with so many people in the area. Kennebunk was a place where you might know everyone by the car they drove, or their vanity license plate. As a kid, I'd be riding around with him in town and I think he'd wave at every third driver on the opposite side of the road. I'm sure it takes him longer to do errands in Kennebunk because he'll visit with people he knows at the bank, post office, or store. It's really cool to see. It reminds me of his Mom. She was a schoolteacher in his hometown of Orono, and when she and Grampa took us grandkids grocery shopping, she would be stopped by adults whom she had taught and who really loved having her as a teacher. She and Grampa would be very proud of this moment for him, as are we."•

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A Conversation with Anchor Woman Sharon Rose Vaznis of News Center; Maine's #1 Rated Morning Television Show in the State.



By: Shelley Wigglesworth, Lead writer

If you live in Maine, Sharon Rose Vaznis needs no introduction. The award winning, Emmy nominated journalist is one of Maine's most loved news anchors. Best known for her work on the number one rated morning newscast, NEWS CENTER MAINE; with

three decades on the air, she has earned the trust and respect; as well as the hearts of countless Mainers, and those "from away" as well. Her easy going demeanor, professional, yet unpretentious style and quick and witty personality are just a few of the qualities viewers have come to know and enjoy about her since she made her broadcast journalism debut here in Maine in 1989.

In our recent interview, Sharon opened up to us about her early years growing up in Vermont, the progression of her career, her family, and what makes her tick. Read on to learn more about Sharon Rose Vaznis.

Sharon Rose Vaznis was born in Vermont in 1967. She grew up in Bradford, VT, the younger of two children (her brother Doug is two

years older) she is the

the daughter of Gloria Randall and the late Neil Randall. Her father owned and operated a small business, Randall's Dairy Equipment, and her mother was a Post Master. She graduated from Oxbow High School in Bradford in 1985. "There were about 85 kids in my graduating class. One of the advantages of going to a small high school is that you can get involved in everything and anything, which I did. Including the drama club, student government, cheerleading, fencing and field hockey. In 1983, I cheered at the Aloha Bowl as a member of the National Cheerleading Association's All-American Squad," she said.

A go- getter from an early age, Sharon began working as a baby sitter in her early teens before going

to work at a local farm stand, and later waitressing.

Her interest in journalism was piqued at an early age as well. "It started by watching 60 Minutes every Sunday night with my parents. I loved the idea of exposing injustices and corruption." At around this same time, Sharon got her very first taste of Maine. "When I was 13 or 14 years old, my family came to Maine on vacation. It was only the second time I had seen the ocean. I said to myself right then and there that I wanted to live here when I grew up."

After high school, Sharon went to study at Ithaca College in upstate New York, inspired in part from " a cool poster from the college in my high school guidance office" and because "they had a really good communications program." While

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there, she immediately became involved with the campus TV station – reporting, producing and anchoring news and entertainment programs. In 1989 she graduated from Ithaca College with a major in Broadcast Journalism and a double minor in Speech Communications and Business and soon after, she began her job search. “I applied for jobs all up and down the east coast and beyond, and was lucky enough to snag a weekend producing job in Maine at what was then known as 6Alive! (WCSH).” She added “I moved to Maine flat broke and without knowing a soul, so I bunked at the YWCA that used to be on Spring Street in Portland until I got my first paycheck and found a roommate.”

Over the years, Sharon worked in both the Portland and Bangor newsrooms of what is now NEWS CENTER Maine. Her career at Channel 6 progressed from weekend producer to co-anchor of the Morning Report where she has been a mainstay for the last 23 years.

In fact, the news station is where Sharon met and later married her former husband Chris Rose, who was a reporter there for many years. “We have two daughters together. Miranda, who’s in her first year at SMCC. And Duffy (named after Chris’s mom whose maiden name was Helen Duffy) who’s a junior in High School.”

For the past six years, Sharon has been married to Millinocket native Rick Vaznis and has two step children. “Sam, who’s an elementary school teacher in Portland. And Jak (yes, that’s how he spells it), who works at Maine Medical Center. We also have two dogs, a cat and a hermit crab, she said.” When it comes to her husband Rick, she had this to say “We have so much fun together. He teases me relentlessly, and reminds me how to take everything a little less seriously. He’s also my biggest cheerleader, and someone I can always count on.”

As self described “ambivert (outgoing introvert) and a recovering perfectionist,” Sharon said she is first and foremost a “people person” and loves interacting and being social, though she is quick to acknowledge she requires a certain amount of solitude in her life as well. When asked what she enjoys most about her job, she replied “So many things.



Todd Gutner, Sharon Rose Vaznis and Lee Goldberg of the The NewCenter Maine morning crew, which is the number one rated morning broadcast in Maine. NewCenter Maine photo.



Rose-Vaznis family photo by: Stephanie Desjardins

I get to meet so many interesting people. I get to report on stories that make a difference in people’s lives. I get to help our viewers get their day off to a good start with a mix of news and information, and hopefully give them a laugh or two.” When asked what she least likes about the job, she answered. “That’s easy. Getting up at 1:30 every morning.”

When it comes to common misunderstandings about being a journalist, Sharon is quick to point

out one major misconception. “Not all journalists are fear mongers who want everyone to believe the world is one big dumpster fire. Trust me, nobody goes to college for four years; works ridiculously long hours, weekends and holidays; making a whopping \$30K a year to satisfy some twisted desire to deceive and scare people. Most of us get into this profession because we genuinely want to make a difference – a positive difference – in the world.”

For up and coming journalists, she offered this advice. “Be passionate about what you do. It can be a tough biz. If you’re not passionate about it, you won’t last.”

She recalled an incident in her early years in the business which tested her own passion and solidified her commitment to her work after a former boss moved her from a reporting position in to producing. “He said ‘If you want a future in this business, you should stick to what you’re good at, which is producing, not reporting.’ OUCH! After the meeting, I went in the bathroom and cried. I was disappointed and humiliated. But after a quick pity party, I squared my shoulders, picked my head up and marched back into that newsroom determined to be the best damn producer they’d ever seen (while seeking employment as a reporter elsewhere). Long story short, that news director didn’t last long at our station, and after he left, I was able to work my way back on air at our Bangor newsroom.”

Fast forward to now, Sharon has spent the past 23 years as the co-anchor of the #1 rated morning newscast in the state of Maine.

“In hindsight, I can say that news director wasn’t totally wrong. I was green and my reporting needed some work. After the sting wore off, I was able to see that and work on improving. But he was very wrong about my future in the biz. If you set a big goal for yourself, you will most likely encounter people along the way who don’t see your worth or potential. You have to be honest enough with yourself to see where you can do better. And believe in yourself enough to keep pursuing your dreams.”

Today, at 52 years old, Sharon is content with her life, family and career. She said she is still growing as a person and a journalist, and working hard to keep her perfectionist mindset at bay. “There is no such thing as perfect. I realized that when I became a parent,” she joked.

When asked about who inspires her and who she has learned the most from, without skipping a beat, she replied “My parents, my children and my husband.” They are my greatest teachers in life.”

FMI on Sharon Rose Vaznis, www.newscentermaine.com. •

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Robert Dennis captures the essence with these fetching images during the 2019 Prelude Pooch Parade!



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Virginia Hodgkins Somers Foundation supports Habitat for Humanity

The Virginia Hodgkins Somers Foundation has awarded \$20,000 to Habitat for Humanity of York County to assist with their 30th affordable home building project located in Limerick. Construction has begun on the new energy-efficient, durable home for the Juarez family, Sarah and three children. The generous support from the Virginia Hodgkins Somers Foundation strengthens our community and assists Habitat for Humanity in addressing affordable housing challenges in York County.

To address the need for affordable housing in York County, Habitat for Humanity York County is working to reach and maintain a housing production of two homes per year, doubling its historic average. The 30th home in Limerick is underway, and Springvale Build is nearing completion.


Habitat for Humanity of York County works with low-income families who show a demonstrated need for improved housing, a willingness to partner by completing "sweat equity" in the building of their own homes, and the ability to repay an affordable

mortgage.

"Habitat homes offer individual families stability and a mortgage they can afford. Homeowners also have a strong foundations to build better lives for their families, improved health, more educational opportunities, financial stability, confidence, and independence," said Amy Nucci, Habitat for Humanity of York County's Executive Director. "We are so grateful for the support and partnership of the Virginia Hodgkins Somers Foundation not only in helping us build a new home for the Juarez family but their amazing support of nonprofit organizations throughout York County. Their holistic approach to philanthropy encourages collaboration, growth and support of shared goals to build strong families and communities."

"Mrs. Somers (Ginny) would have thoroughly enjoyed seeing the benefits of this project to the Juarez family and the many volunteers gathering to make our community a better place to live. She was a very generous woman in a very quiet way. Kennebunk was her home for years and her sense of community here was part of who she was," Virginia Hodgkins Somers Foundation.

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CALENDAR

Upcoming Events

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.

Sunday February 9 2-4PM at Mornings in Paris Cafe, Kennebunk WePoets & Verse, the host of this special series, presents their second year of inspiring poetry in a bohemian-style cozy setting. Members of the community can join along in reading a poem of their own or their favorite poem. The warmth and ambience of the Cafe assures a good time for all. Free admission. Treat yourself to a delicious menu of specialty drinks, hot mulled wine, the best warm sandwiches and soups, and traditional French pastries. WePoets & Verse, Kennebunk, mission is to promote poetry and encourage new poets. Email wepoets5@gmail.com for info.

Animal Welfare Society

Youth Programs.

Drop In Rescue Readers Tuesdays, Jan 7, 14, 21, 28 and Thursdays Jan 2, 9, 16, 23, 30 @ 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 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 Pre-schoolers 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!

Holiday Helpers (*NEW*): Monday, January 20th - Martin Luther King, Jr. Day Morning session for students ages 5-7: 9 am - Noon Afternoon session for students ages 8-11: 1 pm - 4 pm Introducing Holiday Helpers, a brand-new youth volunteer program for elementary school students. On select days off from school, which coincide with major holidays such as Martin Luther King, Jr. Day, Veterans Day and the day before Thanksgiving, students spend three hours at AWS directly helping the animals, all while learning compassion, kindness and empathy. Each session explores holiday traditions and how they relate to or impact animals. Students work together to make a holiday-themed treat, toy or activity for the animals. Finally, students complete tasks in the Adoption Center to positively and directly help the animals. Tasks could include brushing cats, preparing snacks for dogs, or visiting with rabbits and birds, depending on the needs of the Adoption Center that day. By participating directly with the animals, children see firsthand how they make a difference. For Martin Luther King, Jr. Day, lessons for the Holiday Helpers focus on social justice and Dr. King's messages of kindness and compassion to all. Students ages 5-7 will be able to practice this compassion and kindness as they volunteer in the Adoption Center with animals of all kinds. \$35 per session. Register online at <https://animalwelfaresociety.org/events/category/youth/half-day/holiday-helpers/>

Cat's Pajama Party: Friday, January 24th, 5:30 - 8:30 pm Parents - how about a night out? Register your kiddos for our first ever Cat's Pajama Party and we'll take

care of dinner and entertainment! Kids are encouraged to bring pjs and sleeping bag to enjoy movies, snacks and pizza with pets. It's a fun evening at AWS with pets of all kinds. \$35 for first child (\$20 for any additional child). Registration coming soon at animalwelfaresociety.org/events/category/youth/special-events/cats-pajamas/

Louis T. Graves Memorial Public Library:

LIBRARY CLOSINGS FOR JANUARY: January 1 (New Year's Day) and January 20 (Martin Luther King Holiday). Please call the Library during inclement weather or check your local television listings to make sure we are open. The Library usually follows the local school closures and abides by any parking bans enforced by the Town of Kennebunkport. If there are major power outages, we will do our best to act as a warming center for residents and friends.

Wednesday, January 8 @ 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, January 9 @ 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, January 9 @ 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, January 14 @ 5:00 pm. Library Association Annual Meeting. The Board of Trustees will hold the Annual Meeting of the Library Association. Reports from the President, Director, Treasurer, and Nominating Chair will be given. Two new board members will be sworn in and officers will be elected. A small reception will follow. This meeting is open to the public.

Wednesday, January 15 @ 3:30 pm. Calling All Crafters! Sign up to make a special Zentangle craft. All supplies will be provided. All ages are welcome to attend. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call the Junior Room at 967-2778.

Thursday, January 16 @ 9:00 am. Senior Education Seminar. Join us for some coffee and conversation with Meg McCoary from Hospice of Maine. No registration is required. Light refreshments will be served. Next Session - February - Caring for the Caregiver with Charlotte Bell from the 1st Congregational Church.

Thursday, January 16 @ 6:45 pm. Movie Night. Join us for a special showing of *The Woman in Gold*. Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I." With the help of young lawyer Randy Schoenberg (Ryan Reynolds), Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures. (IMDb, 2015).

Friday, January 17 @ 10:00 am. Special Pajama Storytime. Stories. Songs. Snacks. Designed for children 5 and younger, however, all ages are welcome. Parents and caregivers are encouraged to participate.

Tuesday, January 21 @ 1:00 pm for an Afternoon At The Movies! Saving Mr. Banks will be featured on the big screen. Spurred on by a promise he made to his daughters, Walt Disney (Tom Hanks) embarks on what would become a 20-year quest to obtain the movie rights to "Mary Poppins." The author, P.L. Travers (Emma Thompson), proves to be an uncompromising curmudgeon who has no intention of letting her beloved characters become mangled in the Hollywood machine. However, when the books stop selling and she finds herself in need of money, Travers reluctantly agrees to consider Disney's proposition. (IMDb, 2013). Hot popcorn will be served!

Tuesday, January 21 @ 1:00 pm. Middle School Book Club. This group will meet at the Middle School of the Kennebunks Library. Light refreshments and copies of the next book will be provided.

Tuesday, January 28 @ 10:00 am. Music and Movement for Minis. Join us for music and dance with your little ones. A great time to blow off some steam and meet new friends. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

Tuesday, January 30 @ 3:15 pm. Author Visit with Jocelyn Lacey. Please join us for a visit with children's book author Jocelyn Lacey. Ms. Lacey will read from her latest book about kindness, *Pierre the Peacock*. A small craft will follow. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

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.

AWS Adoption

Animal Welfare Society as a place to find a pet! The Adoption Center is a welcoming and friendly place where great people and deserving pets connect. It's the place where new adventures begin! We look forward to seeing you soon! If you're interested in adopting any of the below animals, you can get started by visiting: animalwelfaresociety.org/adoption

Meet Underdog



This handsome and sweet dog loves to play and run around. He also loves coming right up to his people to have his face patted. He'll stand or sit right by you as you pet his face over and over. He's a silly one, our Underdog! 5 years. Male.

Meet Linda

Linda means beautiful in Spanish and her name suits her to a tee. Linda is a Puerto Rican Sato who flew all the way to Maine to find a new home for the holidays. Perhaps with you? 5 years. Female.



Dear RSU 21 Community,

I spent much of the snowy, extended weekend reflecting on the past year. Reflecting on my family, my experiences, my relationships, and my work here at RSU 21. As I thought about the impact of the incidents that were the focus of the recent independent investigation, I felt sad, angry, discouraged, and deeply sorry that our students, staff, and community stakeholders were put through the turmoil of these events. I wish that we could go back to those days - to have responded differently, to have supported those involved more thoroughly, to possibly even thwart the incident altogether, but sadly we cannot.

Since this situation came to light, I, along with staff, administrators, students, and many community stakeholders have done our best to listen, respond, and support those impacted, while simultaneously sculpting a district-wide approach to instill a foundation of acceptance for all. As I presented at the March 4, 2019, School Board meeting, the work we have embarked on is based on the methodology of Paolo Freire's Seminal Work, "Pedagogy of the Oppressed." The components of which are:

Love - Foundation of Dialogue

Humility - Open to New Ideas

Faith - Confident in the Community

Hope - Equity is Attainable

Critical Thinking - Leaders are open to uncovering systems and structures that perpetuate community inequity

At times my approach may appear disjointed, but I assure you that at every point along the way I have and will work to ensure that events like those that have previously occurred will never happen again.

I found myself feeling grateful for the many actions that the school board has taken, including a public commitment affirming the following: The objective of RSU 21 is to be a welcoming and inclusive community that supports the safety and well-being of all our students, faculty, and staff. We are committed to implementing programs and practices that support diversity, equity, and inclusion.

Looking to the year ahead, there is still much work to be done as a district, as a community, and as individuals - but rest assured I am committed to fostering an inclusive, safe, caring, and challenging learning environment, which serves as the foundation for student and professional growth.

Take a few minutes to look at what we have already accomplished by visiting the RSU 21 Diversity, Equity, and Inclusion page. There, you will find information pertaining to how we have collaborated with the Department of Justice, The Mid-Atlantic Equity Consortium, Maine Intercultural Communication Consultants, EqualityMaine

and others. Looking ahead, I am proposing critical Affirmative Action training to ensure that all future internal district investigations are properly documented and reported to the appropriate individuals. I'm hopeful the school board will support my recommendation at the meeting next Tuesday, as we don't have time to waste.

Let me end by saying, when you look at graduation rates, college-entrance rates, and other measures that hold schools accountable, the performance of our district today is better than it's ever been. We provide all of our students, beginning in Pre-K, with a pathway to becoming their best selves, whether they are college-bound or looking to enhance their career and job-related skills. However, there will always be room for growth in our culture and climate when students and staff experience racial insults, slurs, and/or other hate speech. While I can't go back and change what has happened, I will work to change the future, and that is what I've resolved to do.

Please join me in my call for all students, staff, families, and other members of our community to engage in the dismantling of systemic racism, hateful language, and violent actions. Together, we will make our district one of tolerance, acceptance, and inclusion for all.

Wishing you all the best in this season of reflection, gratitude, and resolution.

Phillip J. Potenziano, Ed.D.
Interim Superintendent of Schools

Rivertree Arts

Monday, January 6th (5-6pm) Charlie and the Chocolate Factory Information Session Aspiring actors and actresses 3rd grade and up! Meet the Director, Shelby Trondle, and ask questions about the upcoming Children's Theater Program. River Tree Arts, 35 Western Ave, Lower Village, Kennebunk. www.rivertreearts.org

Monday, January 20th (10am - 3pm) Fashion Design Workshop for Kids In this workshop, students will learn the basic skills of fashion design illustration and fabrication. Using a variety of sewing, art and recycle supplies, students will create their own unique fashion logo/line of fashion designs. Registration required. Members: \$58 (Non-Members: \$66). River Tree Arts, 35 Western Ave, Lower Village, Kennebunk. www.rivertreearts.org

Thursday, January 30th (6:30 - 8pm) Aromatherapy Workshop: Mixing the Perfect Gift Come make something personal for a loved one; not a love potion, but a special cologne, perfume, or meditation oil. Join Barbara Fraser in an informal group having fun trying scents; selecting the right combination for yourself or as a gift. Registration required. \$28 (includes all materials). River Tree Arts, 35 Western Ave, Lower Village, Kennebunk. www.rivertreearts.org

Churches

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

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. 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, Closed for the winter: Reopens Sunday, June 21, 2020.

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.southernmainecofc.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. Worship schedule for the Village Baptist Church: Sundays @ d Sunday Services 10:30 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

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-overeating, 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

Kennebunk Free Library

Kennebunk Free Library Teens January 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 3rd we will be creating DIY Clay, on the 10th we will be holding Catapult Challenges, on the 17th we Washi Tape Art, on the 24th we will be holding a Word Game Challenge, and on the 31st we will be working on our Painting. Join us for fantastic programs and spending time with friends. 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. MSK Book Group

Tech Time at the Kennebunk Free Library 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 December Tech Time dates are 1/3, 1/10, 1/17, 1/24, and 1/31. 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.

Kennebunk Free Library Junior Science: Science experiments can often be messy, gross, and funny, but they are always amazing! Come join us on Monday January 6th at 4 p.m. as we will be experimenting with Yeast and how it grows! The kids will see the impact yeast has on our food and study it to see how it lives! 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.

Beadcraft at Kennebunk Free Library 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, January 8 at 1 p.m. Design suggestions will be offered, but creativity is encouraged! All craft materials

will be provided. No registration required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website www.KennebunkLibrary.org.



Tail Waggin' Tutor at Kennebunk Free Library Dogs and books go great together! Children of all ages can practice their reading by reading to Jack, a certified therapy dog. Jack will be visiting on Saturday, January 11, from 10 to 11 a.m. Library reading dogs can help children increase their reading skills and become more confident readers. The dog provides a non-judgmental listener and children often relax in a manner they might not when reading to an adult or sibling. Practice gained by reading to a dog has been shown to help students increase reading fluency. Of course, associating reading with something fun like patting a dog helps too! No registration required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or 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, January 15, at 3:45 p.m. and have fun with this

month's theme, The Science of Cold and Snow! The program is limited to 12 children, and registration is required. The event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information or to register, please call 985-2173 x-5 or visit the website www.KennebunkLibrary.org.

Beach Party at Kennebunk Free Library Surf's up! Let's forget about winter for a little while! Join us for a family beach party on Thursday, January 16 at 3:45 p.m. We'll kick things off with a beach story and follow with a craft, games and a treat. All ages welcome. No registration required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website www.KennebunkLibrary.org.

We hope you will check out the New Middle School Book Group starting on Tuesday, January 21 after school in the MSK library. Meetings will run from 2:00 until 3:50. Book club is being offered by Louis T. Graves Memorial Public Library and Kennebunk Free Library. Hosts will be Terri Bauld from Graves Library and Jon Roy from Kennebunk Free Library. Books and snacks will be provided. The next book will be a pick your own. the Graves Library 967-2778 or Kennebunk Library 985-2173. Books will be distributed to students in early December at MSK. Please read book in advance of the meeting. If you have any questions, please call either library for more information

The Kennebunk Free Library is offering a Lego Club for children ages 4 and older. The Lego Club will meet on Wednesday January 22nd at 4 p.m. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. Registration is 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.

Wells Reserve at Laudholm

JANUARY PROGRAMS, WELLS RESERVE AT LAUDHOLM Wednesday, January 15, 12-1pm **How to Volunteer Your Way Around the World.** Why would an Emmy-winning television producer from Maine take his wife and two teenage children on a six-month volunteering adventure around the globe? John Marshall shares stories from the road and explains how he became an advocate for orphaned children worldwide. \$2 suggested donation. Visitors are welcome to bring their lunches to Mather Auditorium for this talk. Wells Re-

serve at Laudholm 207-646-1555 wellsreserve.org
Wednesday, January 22, 12-1pm A Perspective on Invasive Insects of Maine. Discover the historic, current, and future threats to Maine's forests due to invasive insects like the hemlock woolly adelgid and emerald ash borer. Tom Schmeelk, Maine Forest Service entomologist, may also touch on brown tail, gypsy, and winter moths in this lunch-and-learn talk, as well as other invasive insects of interest to the state. \$2 suggested donation. Visitors are welcome to bring their lunches to Mather Auditorium for this talk. Wells Reserve at Laudholm 207-646-1555 wellsreserve.org

Saturday, January 25, 10am-12pm Winter Tree Walk. Discover what Maine trees are doing in the winter. Learn to identify a variety of species even when they don't have leaves. Led by naturalist, nature writer, and University of New Hampshire dendrology instructor Eileen Willard. \$7/\$5 regular/member. Registration required. Wells Reserve at Laudholm 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 04090

Historical Society of Wells and Ogunquit,

A Sense of Place: Looking at History Saturday, January 11 10 a.m. \$5/ Free for HSWO and GWLT Members The Meetinghouse at the Historical Society of Wells and Ogunquit, 938 Post Road (Route One), Wells.

A program on "A Sense of Place: Looking at History" will take place at the Historical Society of Wells and Ogunquit in conjunction with Beach Plum Farm at Great Works Regional Land Trust. The two organizations are thrilled to be working together to bring a public program of discussion, hands on activities, and tour of the Meetinghouse Museum. Julia Einstein, the administrator for the Historical Society will co-present with Brenna Crothers, who works with programs at Great Work. A focus will be on the visual aspect of history as the maps in the collections of both organizations will be on display. The audience will be guided to look into how layers of history is documented in the changing landscape. Issues of preservation vs conservation, as well as the responsibility involved with being a steward of a historical location will be discussed.

York County Shelter Programs' Fundraiser Underway

York County Shelter Programs is announcing its annual fundraising drive.

"As the new year approaches, and many of us consider the gifts we will give to our families and friends, we are asking folks to consider giving the gift of a donation to York County Shelter Programs," says Clay Graybeal, YCSP's Acting Executive Director.

YCSP provides emergency shelter to homeless adults at its Alfred shelter and homeless families at its Sanford shelter. The agency, which was created 40 years ago, works to help people change their circumstances so that they will no longer be homeless. "We offer resources such as therapeutic services, counseling and treatment for substance abuse, job skills training and connections to other

community resources," Graybeal says. "We help people transition into permanent housing."

Last year YCSP gave shelter to 700 people.

The agency also operates a food pantry that feeds about 3,000 people every month.

As a non-profit, YCSP relies on grants and donations in order to operate. "We feel fortunate that we have had continual support from the people living in our communities all these years," Graybeal says. "That support has changed lives." To make a donation: Send a check or money order to: YCSP, 24 George Rd., Alfred, ME 04002. Or you can donate through YCSP's website, www.yorkcountysHELTERprograms.com, or its Facebook page.



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Maine State Chamber regarding wage increases



HR changes your business should know about.

On January 1, 2020, several important changes will take effect that impact all Maine employers, regardless of size. Some are based on recent federal rulemaking; others due to enacted Maine laws.

Maine's minimum wage will increase \$1 an hour more, to \$12 an hour, effective January 1, 2020. This is the final dollar increase to the minimum wage associated authorized by the 2016 citizen's initiated and approved referendum.

In addition, effective 2021 and each year thereafter, Maine's minimum wage will continue to increase associated with any change in the Consumer Price Index (CPI). The minimum wage won't decrease in any case.

An increase in Maine's wage threshold will also take effect on January 1, tied to the minimum wage increase. The wage threshold is used to determine which employees are salaried or hourly. Hourly employees are subject to overtime pay. In Maine, the salary portion of the test used to

make the determination between an hourly and salaried employee is in state statute and is set at 3,000 times the minimum wage. Therefore, Maine's salary threshold will increase from its current level of \$33,000 to \$36,000. It is important to note that this increase is above the level in the recent U.S. Department of Labor rules establishing a new, higher salary threshold nationally. Again, this differential will continue to increase yearly going forward associated with any

additional increases in the minimum wage tied to CPI indexing.

The U.S. Department of Labor has recently adopted new rules establishing a new federal salary threshold. Again effective January 1, 2020, the new rule raises the pay threshold for exempt workers to \$35,568 per year (\$684 per week), from its current level of \$23,660 per year (\$455 per week). Like the state test, employees must be paid a salary of at least the minimum salary threshold amount and meet certain duties tests

to be exempt from overtime under the Fair Labor Standards Act (FLSA). If either the salary threshold or the duties test is not met, the employee must be paid overtime at 1.5 times their regular hourly rate for any hours worked in excess of 40 hours in a work week. This is the first increase in the federal overtime standard since 2004. It is important to note that, unlike the state statute, the federal standard impacts certain other employees in the workplace.

Specifically, the federal standard:

Increases the total annual compensation level for a "highly-compensated employee" from \$100,000 to \$107,432 per year;

Allows companies to use non-discretionary bonuses, incentive payments, and commissions (all paid at least annually) to satisfy up to 10 percent of the standard salary level;

Revises special salary levels for workers in U.S. territories and in the movie business; and,

Does not contain an automatic escalator like Maine's statute – because the Maine statute is more generous than the federal rule, all Maine employers will need to comply with the Maine law in this regard.

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Useless Learning

Guest column: by Casey Clark

You know how to ride a bicycle even decades after your last ride. You might be a little shaky, but your body remembers. We also memorized multiplication tables, still useful especially without a calculator. There are many things worth learning. Some are essential for our survival or functioning in the world. We take for granted the need to learn them, and we believe learning a new skill is a good thing, until now.

Learning has been turned on its head in this age of bits and bytes. Much of it is like toilet paper – one use, throw away. Learning a thing today only to discard it tomorrow is ultimately time wasted. Unfortunately, it's a necessary part of navigating through our tech-oriented culture, if you choose to participate. The extraordinary benefits of technology

are many. But the price we pay in time and frustration is the other leg in that same pair of pants. We can't escape it unless we move to a wilderness free of modern technology. Or we can just disengage altogether. Some people, young and old, do just that. It's a little sad but understandable. This is an accelerating trend compounded by increasing technical complexity.

Pairing and synching tech devices to the cloud has become a fleeting, if not frustrating exercise. A new printer should instantly "see" your Wi-Fi network enabling you to print immediately. While this actually does happen, more often than not you're asked to log onto a site, register, jump through hoops, do a back flip, write down the security code that was sent to your phone, enter the code, choose a password, enter it incorrectly

ROUNDED STONES

of course, garnish the room with expletives, and begin what could be a lengthy trouble-shooting session if the printer doesn't cooperate. So, you've just spent ten minutes learning how to do something you've probably already forgotten. So transitory are these episodes that we often need to relearn the task again within seconds. You hate doing it but know you have to. It is the rite of passage to get any new device to work.

"Cutting the cord", i.e. cable TV, is a noble enterprise, sort of. I have proudly done so, but now think it's more trouble than it's worth. I like watching the New England Patriots on CBS (I bought their internet app for \$5 – a reasonable sum), but sometimes the game is on NBC. I had to sign up for the NFL Pass app with the usual droll drill of registering, selecting a password, adding the verification code, and voila! Nada! No Patriots game! More expletives. Having missed seven or eight minutes

of the game with error messages sending me in circles, I abandoned what I just learned (what was it?). I then reinstated my Fubo account for \$60 a month, an absurd amount for the usage I had planned. So, the cost of all apps enabling me to see just a few shows, cable TV is looking pretty good again. Did I say that? Give me a good book and roll me out onto the knoll overlooking the pasture. I'm thankful I learned how to read.

Your smart phone is an amazing device. Its computing power is staggering, and its complexity mind-boggling. I recently programmed my phone to "sleep" for the period when I would be asleep. If I go outside that window, I have to turn that feature off. No big deal, but it is annoying after five times in a row. Then, shut off the feature, Casey! Stop complaining! Well, that's the problem. All geezer jokes aside, I can't remember what I learned two weeks ago to set up the "sleep" instruction which is also the

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Useless Learning continued from page 23

place for shutting it off. Really, it's not senility! I know this happens to Millennials too, although I doubt they'd admit it.

I made several attempts to find the off switch but to no avail. "So, Google it" is the clarion call from across the room. That usually yields good solutions mixed with ones I learned and forgot in 2015. The current solution says "find 'auto-lock'". Can't find it because it's under some other menu. The process came to a grinding halt when I was presented with a screen asking for a four-digit code. With the correct code I would be in the promise land, but every logical code I might have entered didn't work. Resetting the entire phone requires the same code. Ugh. I'm locked out. Are you ready to shoot me yet? Just give me the gun – I'll do it myself!

My observation here is we don't value this learning simply because it is so temporary. Our minds discard it quickly as well because we can always search the web for a solution. I need to have a serious talk with my phone

to tell it not to do this to me again. "Siri, please shut off the thingy for sleep time." Answer: "That may be beyond my abilities at the moment" or "I do not recognize 'thingy'". Dumb phone. A really smart phone would do what I tell it to do. I guess we will get there someday but for now we're stuck with a not-so-smart phone.

Santa has likely put many of these digital draggles under your tree this year. Each one comes with its requisite learning curve. If you're lucky it will include a manual, translated from the manufacturer's native language by an English-as-second-language person, replete with misspellings and confusing phrases. But manuals are really a thing of the past now since answers are available online, like everything. What is common to these devices is their proprietary nature, their unique patterns of usage to be learned. If you're like me, you'll use a fraction of what your smart phone is capable of. Learn a new feature, use it once a month, and you'll likely have to learn it again each time. Once really learned, we will enjoy the device for as long as we have it, or until the

next software update arrives, which prompts a sudden urge to learn all the new features right away! What fun! I'll cozy up with some hot chocolate by the fire, and we'll tiptoe through the digital tulips with glee!

Artificial intelligence threatens to snuff out this joyful pastime. I will miss those treasured hours of useless learning that will never again direct me in circles. We will no longer need to learn how to use new devices because AI will take such good care of us. We can just stay in bed all day and the world will automatically unfold in front of us. My android will deliver to me the day's news and breakfast in bed, suggest which stocks to invest in, do my taxes, and turn my mind into a cold bowl of cream-of-wheat. With everything done, there's nothing to do.

Reminiscing about today while imagining a disturbing future, I will truly miss the good old days (today) of puzzled frustration and relentlessly trying to sleuth the secrets of a new digital device. It's time for a long bike ride now, since I will never, ever forget how to do that. •

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A Nickel's Worth of Snow

By, John Forssen, Guest writer

My first experience as a shoveler of snow occurred at about the same time as my first experience with unconscionable deception.

I was seven.

It was the first snow of the season, a mere four inches, and my father had just bought a new snow shovel, such a shiny red that it seemed more like a toy than a tool and was, therefore, irresistible. It stood like a soldier on our front porch. We were meant for each other.

It was a bit of a struggle. I was not a big seven and showed little promise of becoming a big eight, nine or ten. But I had what my



Forssen, who calls a day like this Viking spring, has promised his wife a mountain-top wine-tasting before the spring thaw. *Courtesy photo*

grandfather used to call "grit". So, infused with inherited grit and a host of good intentions, I set about scraping the snow from our sidewalk. It was awkward working with a tool that topped my height by an inch or two, but I managed or, closer to the truth, the shovel and I vied for primacy over the course of a hard-fought hour.

Such an accomplishment it was, and my unfettered pride led me to seek other worlds to conquer. A boy and

his shovel, I thought, my imagination blossoming.

That next world belonged to my neighbor, an elderly woman by my seven-year-old standards —just right for marrying, if you asked me today. She couldn't have been more than a moment or two over sixty.

My best-of-intentions led to me undertake this task as a kind of surprise. So I worked quickly and quietly, the blade of my shovel barely touching the concrete sidewalk

beneath the snow. When I was finished, I knocked on her door and my heart swelled in the warmth of her smile.

"What a thoughtful young man," she said, leaving the door ajar while she went off to fetch her purse. "Fetch." That's what she said. Let me go and fetch my purse. I had not heard that word before, so I could only imagine what it meant to fetch something. Does it hurt to fetch, I wondered. Does everybody do it?

When she returned, she held out both hands at the level of my eyes. Pinched between thumb and forefinger in her left hand was a dime. Perched between the opposing thumb and forefinger on her right hand was a nickel. Still smiling, her voice as tender as warm dessert, she said, "You can have either one."

I should note here that, in addition to being small, my experience with relative weights and measures was meager —and I went home that day feeling just a bit guilty for having taken the larger of the two coins. Someday, I thought, I would make it up to her.

Who, I ask you, would take advantage

Continue to page 25



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Left to Right: Front row: Robert Coles, Don Wunder, Steve Dupont, Kyle Mango | **Second Row:** Lori Tolpin, Melissa Simpson, Karen Schlegel, Patti Fortier | **Third Row:** Karen Rice, Brittany Maffei, LuAnn Neff, Michelle Allen, Doreen DeLuca | **Fourth Row:** Joanne Stone, Heather Swanson, Scott Sheppard, Joyce Veroneau, Abigail Douris, Jean Kovacs, Josh Lagasse, Valerie Schlegel, Linda Dutch, Melanie Graham, Adam Hedio, Justin Pollard | **Back Row:** Dan Letellier, Richard Gadbois, Dan Petlon, Peter Douris, Marcia Giniusz, Hellen Edmondson, Richard West, Susan Michaels, Ed Robart, Brenda McCarthy, Bob Letellier, Mike McCormack
Missing: Rick Barber, Gail Bergeron, Bill Conda, Fran DiPrisco, Darrel Griffin, Kathryn Harrison, Dan Hartigan, Ken Knowles, Jody Lagasse, Carmen Lessard, Donna Pappas, Carolyn Weller, **Photo by:** Ina Toth, Managing Broker

Continued from page 25

of a seven-year-old child like that — and then close the door with the smile of a well-fed cat? Crafty old woman, she was.

My father was more straight forward, there were no paltry rewards pinched between thumb and forefinger when, years later, I shoveled for him. “Room and board,” was how he described my labor, adding as an afterthought, a self-satisfied smile spreading across his face, “and that’s only a partial payment.”

We had moved north by then and winters were more severe. Any storm worth the name required a minimum of three hours to clear our driveway in order to get my mother and father off to work by seven o’clock. Count backward, if you will, and before long you will come across an early riser shoveling by starlight.

Unhappy as I may have been with this arrangement —and make no mistake, I was unhappy— shoveling snow, lots of snow, has its rewards. There is a kind of mindless satisfaction to the repetitious scoop and heave of the shovel. It’s a little like meditating. It has a way of settling the angry beast. And, if one is fortunate enough to be shoveling by something other

than starlight, the opportunities for artistic expression are enormous: carving out blocks suitable for an igloo, shaving banks as straight and sheer as the face of a cliff, fashioning reticulated castle walls or, as I do today, 70 years past that first nickel, simply piling plateau upon plateau.

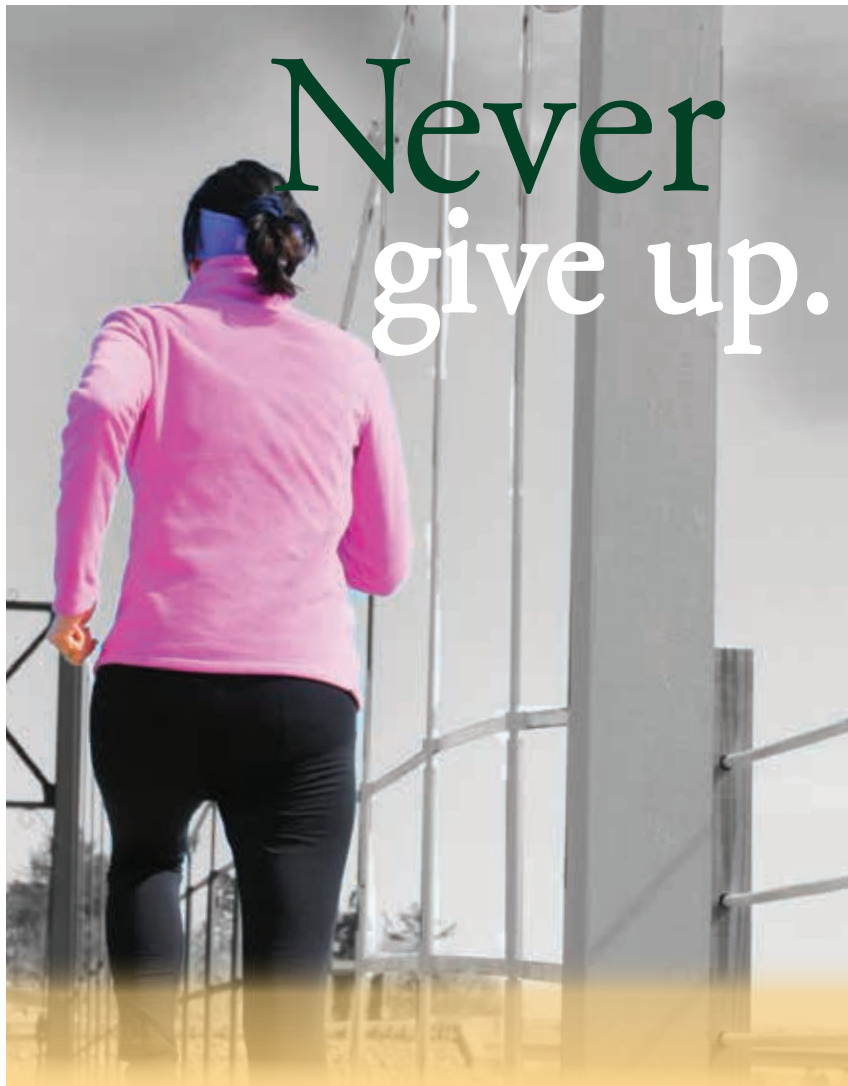
Our plowman, you see, piles the snow, storm after storm, into a narrow space beside our garage — and, once I am finished with what I call the household snow chores (a path to the front door, a spur to the oil pipe, a longer path around the house to the propane tank and a strip along the road for the pleasure of the mail truck), I begin slicing and dicing what the plow has simply deposited.

For an hour or so each day, level by level, I shape the pile into something akin to an Aztec pyramid —my goal being to reach a plateau six or eight feet high where my wife and I might enjoy a sunset glass of wine.

“C’mon,” I say, “who doesn’t enjoy a cold glass of Sauvignon Blanc?”

Sad to say, I have yet to reach that goal. In its place, however, I have found it equally rewarding, once the pyramid has reach a height, move it from the side yard to the back yard, one stop at a time.

From first snow to ice out, the angry beast sleeps.***



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Richard D'Abate Named Interim Executive Director of Ogunquit Museum of American Art: Serves During Transition Period until Full Director Search is Complete

The Board of Directors of the Ogunquit Museum of American Art (OMAA) is pleased to announce the appointment of Richard D'Abate as Interim Executive Director. He will be assuming the role held by Executive Director and Chief Curator Michael Mansfield, who will step down on December 15. After a lengthy executive search, the Board selected D'Abate to serve during the transition period until a full director search can be completed.

Previously, D'Abate served as Executive Director of the Maine Historical Society in Portland, Maine from 1996-2012. He is a poet and author and currently serves on the Board of Directors at Friends of Bedrock Gardens in Lee, NH. He is a graduate of Columbia University and Cornell University in New York.

"We are thrilled to have Richard's thoughtful and skilled

The Ogunquit Museum of American Art is a small art museum located on the coast in Ogunquit, Maine. The museum houses over 3,000 pieces in its permanent collection. It is the only museum in Maine devoted solely to American art.

asset to the museum."

During his tenure with the Maine Historical Society, D'Abate oversaw the organizational growth, digital innovation, and capital improvements for the institution. "OMAA's significant history and roots in American modernism are known," D'Abate said. "I look forward to being a part of this important art institution and providing strategic guidance during the transition."

The museum has engaged with an executive search firm to complete

leadership during the transition period," David Mallen, president of the Board of Directors said. "Richard's years of progressive non-profit leadership experience paired with his knowledge of Maine and its history will be an

a nationwide search for its next Executive Director. "We have received interest from a large and talented pool of candidates," Mallen said. "We are confident the museum's next chapter will be an exciting one."

About OMAA

The Ogunquit Museum of American Art (OMAA) was founded by Lost Generation artist Henry Strater and opened in 1953. Closely tied to one of the earliest art colonies of the American modernist art movement, OMAA today houses a permanent collection of important paintings, sculpture, drawings, prints, and photographs from the late 1800s to the present. The museum honors Strater's vision to preserve and showcase American art by mounting innovative modern and contemporary exhibition programs each year from May through October. OMAA and its three-acre seaside sculpture gardens overlook Narrow Cove and the Atlantic Ocean. Learn more at www.ogunquitmuseum.org.



OMAA-Interim Director-D'Abate.

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On the move to sell Southern Maine



Caption: Cutting the ribbon with KKA Chamber of Commerce Executive Director Laura Dolce is Thomas team Executive Assistant Emma Nichols, left, and Micheal Thomas, middle, and Davian Akers outside of their new office in downtown Kennebunk.

Meet the Thomas Team of Keller Williams Realty, the “newest” kids on the block with the big red sign in downtown Kennebunk. Expanding south from Saco, this team of Michael Thomas, middle, and Executive Assistant Emma Nichols, left, is on the move to sell Southern Maine. A top-producing team, the Thomas Team of Keller Williams Realty specializes in helping clients

buy and sell homes, or invest in real estate in Southern Maine, with expertise in York and Cumberland counties.

Growing up and living in Arundel since 1996, Michael is very familiar with the Kennebunks and Arundel, and is over-the-top excited about finally having a location in downtown Kennebunk he can now call home. After searching for nearly a year and

viewing many properties, this one caught the attention because of the location directly on Main Street, the heart of the Kennebunks. Michael began selling real estate in 2012 and has now sold over 225 properties in his career. He focuses primarily on residential homes locally and plans to focus his market further into Kennebunk, Kennebunkport, Arundel, Biddeford, and Wells over the next few years. Michael began The Thomas Team in late 2014 and plans to expand the team farther south and into other New England states over time.

The Thomas Team's mission is to

provide wealth and financial security for all their clients through educated real estate transactions; to create an experience that benefits all parties mutually; and to provide for our communities by giving back and volunteering.

The Thomas Team's vision is to be the "Real Estate Team of Choice" for all sellers and buyers in the New England region

by providing a world-class experience and demanding superior attention to their client's desires; and to focus more on the relationships to our clients and communities instead of the transaction.

Michael Thomas can be reached at the office at 19 Main St. Suite #102, Kennebunk, or by phone at (207) 710-8290.

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BOXWOOD Garden Club: Kathryn Wittner, Sandy Severance, Jean Moulton, Carol Olson. Photo by, Val Marier

SEACOAST GARDEN CLUB DELIVERS 66 "WARM WISHES FOR HAPPY HOLIDAY"

Members of the Seacoast Garden Club met at Kennebunkport's Community House on December 9 to make and decorate 66 miniature boxwood trees. Later that day the trees were delivered to area shut-ins through agencies including Home Instead,

SMMC Visiting Nurses, Kennebunk Nursing and Rehabilitation, and Kennebunkport Health.

This is the major community outreach project of the club which includes members from Kennebunkport, Kennebunk, Arundel and Wells. Tree forms and boxwood were provided to the members who then added their own creativity.

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With a little help from your friends

Local nonprofit nurtures empathy, tranquility

A Village exclusive:

At BlixxHorses in West Kennebunk, program director Gabriela Rodriguez Quinn predicts 2020 will be a pivotal year for her educational organization, whose mission is to provide the therapeutic services and emotional benefits that spending time with horses encourages.

The distinguishing feature of BlixxHorses is that you won't ride the two lovable therapy horses, Fritz and Lexxie. Rather, the idea is to develop a bond and relationship with the gentle giants simply by being with them as companions. The goal is empathy, and that's the unique experience that makes BlixxHorses such a remarkable option, should you be in search of a new and "real" experience that might just change your life.

Rodriguez Quinn said anyone can benefit from the tranquility that horse therapy at BlixxHorses encourages. With flexible, non-riding programs, they help people interact with horses in a calming environment that comforts those with special needs, people dealing with serious illness including cancer, veterans with PTSD, those experiencing grief or anxiety, those overcoming adversity or simply anyone looking to gain a deeper understanding of life and its challenges.

Knowing the horses --- rather than riding them --- is likely to fuel BlixxHorses' expected growth in 2020, because it's in harmony with a worldwide movement that continues to gain steam, one that calls for people to acquire a much better understanding of an animal's natural behavior and instincts.

Specifically, keeping and training

large animals to "work" for humans is coming under much sharper scrutiny. Experts are seriously starting to question, for example, whether zoos, animal parks and aquariums should continue to exist. Rodriguez Quinn said this increased awareness and concern for animals' well-being has strong parallels when considering quality of life issues that directly affect Fritz, Lexxie and all horses.

"Most people concede humans are not designed to be saddled up and carry other mammals on their backs," said Rodriguez Quinn. "Well, research has shown that neither are horses. They have physical vulnerabilities and limitations, just like people do."

Sensitivity to this reality, along with the therapy opportunities that Lexxie and Blitz provide, are the meat and



Unbridled Fritz (above and Lexxie right) gently grazing at BlixxHorses.

potatoes of this 501(c)3 educational organization that Rodriguez Quinn hopes to expose to a much wider audience in the new year.

"We've been quietly plugging away on our own since 2007, but recently I have lined up a PR firm to help us out and we will soon be launching a new web site. Our message really resonates with people, but first the message needs to reach them. Now that we'll be getting the word out to a much wider audience, I'm very excited about helping more people develop a friendship with Fritz and Lexxie."

BlixxHorses offers a variety of non-



Unbridled Lexxie & Fritz. Photo courtesy of BlixxHorses

riding programming to do exactly that. The focus starts with care, behavior, understanding, communication and commitment. Interacting closely with Lexxie and Fritz, people of all ages throughout the community have the opportunity to learn, communicate, and gain an appreciation for horses, without riding and competition. Every client gets information and instruction on proper care for Lexie

Quinn explained that horses are prey animals, not predators. That makes them vulnerable and easy to mistreat, but it also gives them a unique energy and a calming effect that helps decrease stress and anxiety.

"We all love our dogs and cats, for sure, but they evolved as predators and that's how they're wired," she said. "Horses are wired differently. They have a certain stoic peacefulness



and Fritz, based on documented needs and behaviors.

The goal is to build a relationship, by recognizing the importance of the time needed to develop trust, and learning how the same techniques can be applied to other aspects of a person's life.

As the relationship develops and more important, as a genuine friendship develops, people start to benefit physically and emotionally from each interaction. Positive and long-term cumulative effects also begin to settle in. That result is consistent with studies proving that interacting with animals helps overall human health. Rodriguez

that is hard to put into words. But that tranquility does wonders when we successfully tap into and honor it."

"We're here to help. What Fritz and Lexxie can do may not be for everyone, but it may be absolutely perfect for you, or someone you love. Those are the wonderful introductions BlixxHorses likes to make," Rodriguez Quinn said.

BlixxHorses offers custom pricing and group discounts for a variety of non-riding programs featuring Fritz and Lexxie. Visit www.BlixxHorses.org, or call 207-985-1994.



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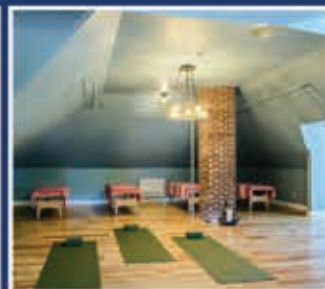
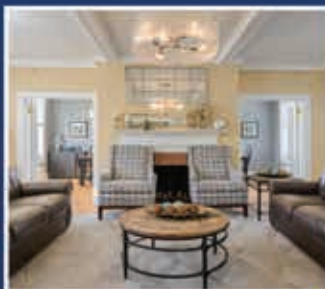
Crossroads has established itself as a leader in the treatment of addiction and behavioral health since 1974, particularly in co-occurring and gender-responsive care for addiction and eating disorders.

50% of individuals struggling with eating disorders also have a substance use disorder. Enrolling in a fully integrated treatment program that addresses both disorders is imperative for preventing relapse.

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Oil, acrylic and watercolor paintings of Gerald Blayne

The Kennebunk Free Library announces its January 2020 exhibition, "Art by an 84-Year-Old Who Started At 74", the oil, acrylic and watercolor paintings of Gerald Blayne.



My Backyard Early Winter. Painting by, G Blayne

and was hesitant about oils because of the chemicals. However, my studio was a three-season sunporch and my paints all froze so I transitioned into the kitchen and watercolor. That was pretty satisfying until I discovered water-mixable oils and now I'm hooked. 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'm a chameleon. I started painting portraits, but only of buildings. Next came a watercolor series called 'wishful thinking' tropical scenes. But in the middle, I became enamored of abstract and fantasy. Every year I have painted a scene from the neighborhood where I live. After struggling to find a lane I have finally decided that my lane is that I have none! I am self-taught, am incredibly curious and get enormous help from the Internet. I must also give a substantial nod to Dennis Rafferty for his advice and mentoring."

Jerry would like his artwork to carry this message: "Don't ever believe that just because you have suddenly become old that your creative, intellectual, passionate life is over. That only happens when you die, so until then just keep on trucking."

Kennebunk Free Library is pleased to display the works of this talented young artist.



Portland Observatory. Painting by, G Blayne

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: "I'm 84, but as an artist I'm only nine-years-old since I didn't pick up a brush until I was 75. I started with acrylics from the beginning because I thought they would be simple



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THE Local Waste Dilemma

Linda Miller Cleary. Guest writer

China doesn't want our recyclable trash anymore, neither does the Philippines nor Malaysia. And why should they? Apparently they have enough of their own. So the USA is in a bit of a trash dilemma. Locally, Kennebunkport has opted out of their recycling program due to cost and difficult handling of materials. Kennebunk is hanging in there, even accepting materials from Kennebunkport residents who pay to take their recycling to the Kennebunk Transfer Station. Kennebunk has an ongoing contract until 2025 with Casella which, so far, is managing to empty our recycling bins, hoping, against much hope, that there will be a speedy expansion of businesses ready to cash in on what has been salvaged, re-processed, and resold for reuse.

Meanwhile, triangles on plastic containers are slowly becoming unnumbered and lately even disappearing from containers, complicating our ability to fully discern what to throw, what will or won't be recycled, as well as what is piling up in recycling facilities.

The New York Times recently published (12/9/19) an opinion piece by Tala Schlossberg and Nayeema Raza called "The Great Recycling Con" saying that "The greatest trick corporations ever played was making us think we could recycle their products." Plastic producers, who want the business, make us think that we can recycle as much

as we want, though triangle numbers 3-7 are rarely recycled. A potential class action suit against Keurig, for instance, has been initiated because of deceptive advertisement ("Have your cup and recycle it too.") when Keurig's cups are not recyclable. The New York Times writers' advice: "Try to buy as if nothing is gets recycled."

Things are changing.

Maine citizens now hold the total responsibility for what is often unnecessary and unsustainable packaging and waste. In other countries, including five provinces in Canada and all European Union nations, producers of product packaging have a responsibility to offset recycling costs, giving their producers incentive to reduce packaging and plastic pollution.

Maine communities are looking hopefully at an "Extended Producer Responsibility (EPR) for Packaging" law, endorsed by the Legislature in 2019 with the words: "Resolve: To Support Municipal Recycling Programs" (LD 1431). Kennebunkport is supporting this effort to give producers of packaging the impetus to produce efficient and sustainable packaging, improving recycling in Maine, and taking the burden off tax payers

So what do we do now? A Casella representative recently met with the Kennebunk Town Select Board with some requests because they, too, are feeling the recycling pressure:



Only recycle containers with triangles (numbered or not). Put caps back on bottles, if at all possible. Keep cardboard dry and clean (i.e. remove sticky wax paper from pizza boxes). Keep any food remnants and plastic bags out of recycling entirely, as their presence makes recycling unusable and is detrimental to their sorting system and workers. Make sure the recycling pick up containers are fully closed, not overflowing, because if the contents are wet, they are considered as trash.

Food waste nationally is 28% of trash waste (in Kennebunk that costs \$76.50 per ton whether light waste or comparably heavy food waste) put into our increasingly costly, purple or blue bags. town committees are looking into the local possibilities for dealing with food waste, garden waste, and animal waste and hoping for a savings to the town and, hence, to residents. . With food waste taken out of the trash stream and packaging reduced, Kennebunk residents might be buying many fewer purple or blue bags and the weight of what was being sent to Casella, our current waste disposal contractor, would cost the town of Kennebunk less..

There is still much responsible residents can do in this time of transition to lessen the weight in our town bags. Of course, buying less would reduce packaging waste, but that is such a personal thing. Considering back yard composting of food and garden waste this spring

Locally, Kennebunkport has opted out of their recycling program due to cost and difficult handling of materials.

would help the town and the many residents who have the resources to do it. Many Portland Press Herald drivers actually appreciate return of all those plastic bags that keep newspapers dry. Taking used furniture, tools, and building materials to Restore (south of Kennebunk on Rt. 1.). And there is so much else that will soon be more evident.

Thanks to Chinese, Malaysian, and Phillippino refusals, those countries may actually help us to get our trash act together and improve the taxation we put on ourselves and on the earth.

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 he 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.

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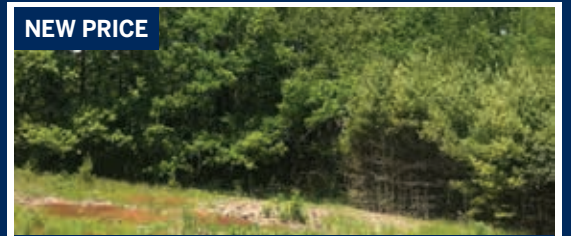
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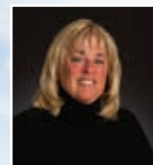
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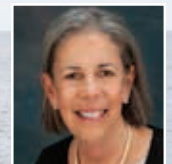
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