

February  
2020

# the Village

NEWS Magazine

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David Murray's photo shoot with  
**Dr. Jane  
GOODALL**

**Historic Civil War Era  
Home**  
Purchased, Restored &  
Renovated

**ReCYCLING**  
Opportunities

**HEALTHY GUT  
& PROBIOTICS**

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## INSIDE STORIES

Doc Talk- Gut Health 6  
Historic Civil War Era Home 9  
David Murray with Dr. Goodall 15  
Recycling Opportunities 17  
Bibb Horses 22  
Love Stories 27

## On the Cover



## Also in this Issue

Language of Flowers 24  
Service Directory 33  
Calendar Listings 34  
Cape Porpoise dredging update 38

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## What's happening in February?

**Feb. 2nd: SuperBowl Sunday Funday** | Food & Drink Specials during the game!

**Feb. 5th: Speed Networking @ 5:30 p.m.** | Back by popular demand, Speed Networking is a quick, focused opportunity to meet local businessmen and women to share your story and learn more about theirs. A cash bar and full menu will be available. Be sure to bring plenty of business cards to share! Speed Networking is free and open to the public with RSVP via [events@gokennebunks.com](mailto:events@gokennebunks.com) or (207) 967-0857. Hosted by the Kennebunk-Kennebunkport-Arundel Chamber of Commerce.

**Feb. 8th & 9th: K'port Rec Pond Hockey Classic After Party @ 4 p.m.** | Food & Drink Specials for all participants!

**Feb. 10th: Paint the Town Red Paint Night @ 6 p.m.** | Come paint with us upstairs at Alisson's! Local artist Dawn Burns will walk you step by step through creating your own one-of-a-kind masterpiece. Bring some friends and make it a girls' night out! No experience necessary. OR...make it a date night! You and your date will paint separate canvases; when placed together, your canvases will match up to create one picture. \$30 per person, includes a 16x20 canvas and all the materials needed to complete your masterpiece. Food and drinks available for purchase at Alisson's. Tickets must be purchased in advance. No tickets available at the door. To purchase: [dawnburnsart.com](http://dawnburnsart.com) or visit our facebook events!

**Feb. 14th: Valentine's Gifting Tree @ 5-9 p.m.** | Join us on Valentine's evening and test your luck on our Gifting Tree! Each table picks one red envelope from the tree at the beginning of service. Every envelope contains a gift from us, ranging from \$1 off your bill to a free dessert to a complimentary \$100 gift card, and everything in between! Every table is a winner. Happy Valentine's Day!

**Feb. 29th: Ain't No Party Like a Leap Night Party @ 7-10 p.m.** | Celebrate the leap with us! Featuring LIVE MUSIC with the Dapper Gents Duo, Food & Drink Specials, and enough fun to last another four years! More info coming soon. Check our facebook events or website for details.

Lunch: 11:30am - 5pm ~ Dinner: Sun-Thur 5 - 9pm ~ Fri & Sat 5 - 10pm

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# HEALTHY GUT – Good Bugs | Bad Bugs PROBIOTICS

There's a big, sort of new, frontier in medicine in the 21st century. It's all about your poop and all the bugs that

live in there. Almost every part of you is teeming with "bugs" – mostly bacteria, but also viruses, fungi, parasites, etc. Collectively, it is known as your microbiome. There's a lot known about it and it is one of the hottest areas of current research.

Each area of your body has a different microbiome than other areas. It is most concentrated in your colon; there are trillions of microbes in your colon, a lot more than any other part of your body. Your mouth, nose, ears, skin, airways, etc. all have different populations. Some of them are harmless in their proper place,

## “Doc Talk” column with: Dr. Freeman

but in another area of our body can cause illness. Some are merely innocent bystanders, and some can cause illness.

The most important part of this is we need some of these microbes; our health is dependent

on their health. We need them to breakdown some components of our food into nutrients that we could not absorb otherwise. The bugs also need us to eat things that they need (this is one of the reasons we need to eat prebiotics).

Our microbiome needs to be healthy in order for us to be healthy. A healthy microbiome needs to be in balance: the right proportion of the right species in the right places in the right amount. One of the simplest ways to understand how the balance can be upset is to consider the effect of talking antibiotic medication. The

antibiotic is not selective, it kills any organism that is susceptible to it – it can certainly disrupt the natural order of things, and sometimes rebalancing takes a long, long time. Antibiotics can be wonderful magic for some conditions, but there's always side effects.

Influences on our microbiome are many – the list is long, and research continues to make it longer. The food we eat is one of the most important influences. The old adage “you are what you eat” is absolute truth.

**In general, a microbiome-supporting diet would be:**  
- whole foods rather than prepared packaged, produced-in-a-factory foods.

- a wide variety of vegetables and fruits, with attention to “eating the rainbow”, i.e., eating a variety of colors.

- modest amount of animal protein, cooked in a healthy manner.



Dr. Freeman practices primary care Family Medicine. His office is in Kennebunk Lower Village. Appointments available at 207-967-3726. More info at [www.lowervillagedoc.com](http://www.lowervillagedoc.com)

- plenty of healthy fats (cultured cheese, extra-virgin olive oil, oily fish, etc.); do an internet search about “healthy fats”.

- minimal intake of “high-glycemic” foods – this means less of the simple, refined carbohydrates, like white flour, sugar, etc., especially the additive, high fructose corn syrup.

Multiple medications have adverse effect on our resident microbes, as well. In addition to antibiotics, notable in this list are the meds for heartburn and reflux (see my past column in The Village Magazine about this topic). Anti-inflammatory drugs are not much of a problem for your gut health when used occasionally, but when taken frequently, long-term,

Continue to page 8

### OPPORTUNITY AWAITS!



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# New England's Most Romantic Town Invites Guests To "Paint The Town Red"

This February, Maine is for lovers. The Kennebunks' (Kennebunk, Kennebunkport, Arundel) "Paint The Town Red" month-long celebration is dedicating the full month of February to celebrating love and romance with a jam-packed schedule of swoon-inducing events, promotions and discounts designed to re-ignite the romance with your sweetie.

From Feb. 1-29, New England's most romantic towns will be decked out in twinkling red lights, a huge "Love KPT" sign lit up on the Kennebunk River greeting lovers as they enter, a 6-foot instagram-ready heart decorated with fisherman's bouys and of course, hygge-inducing snow, cozy crackling fireplaces and plenty of comfort food and drink options.

The Kennebunks' inns, hotels, restaurants and shops are helping get visitors in the mood with events, discounts, and red-plate specials including

#### White Barn Inn:

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**Book two consecutive nights and enjoy the third night on us.** Rates from \$230 per night. Package is subject to availability.

**SATURDAY, Feb. 22 AVALANCHE** 5p.m-11 p.m. at Old Vines Wine Bar. Save the date for our third annual legendary winter party. We'll have live music, an all-you-can-eat buffet and dessert table, and a cash bar, with all of your favorite wine, beer, and craft cocktails! Stay tuned for more details! \$45 per person.

Select events (there are many more!): For full details on all of the events and discounts go to [www.gokennebunks.com](http://www.gokennebunks.com).



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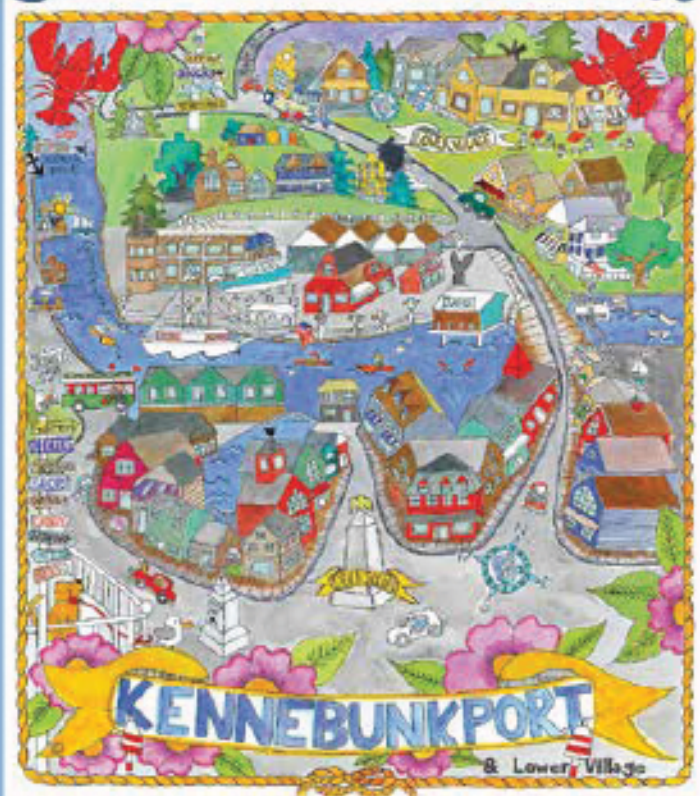
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Continued from page 6

their effects can be quite adverse. Quality of sleep and quality of exercise also have profound effects on our microbiome. As you can see, there are numerous ways that our gut system can get unbalanced; I have mentioned only a few.

Helping to restore gut balance can be assisted by taking in beneficial bacteria to compete with the unwanted ones. Taking commercially prepared probiotics is only one of the possibilities.

We are well advised to include fermented foods in our diet, frequently. They are a rich source of many different probiotic bacteria. Fermented foods are numerous. In past years, they were more often a part of the average diet, as fermentation was often a way to preserve foods. These foods include: several different kinds of fermented vegetables, including sauerkraut, and also kefir, yogurt, kombucha, some cheeses, etc. (There are many others and the interested reader is advised to search the internet for more information about fermented foods.)

The fermented foods contain probiotic organisms; the



commercially available probiotic products often contain the same organisms. Packaged probiotics are big business in our current days, and the buyer needs to understand what's in the market to make good choices. "Caveat emptor". As with any other over-the-counter product, it is best to know the manufacturer. This is mostly impossible without the help of independent testing companies. One that I recommend is consumerlab.com. To be more specific about which type or which brand to choose would require knowledge of your individual circumstances. The Consumer lab webpage has some good general advice. To get personal advice, discuss it with a trusted medical advisor or see a Functional Medicine practitioner.

Probiotics can be very helpful in maintaining gut health, and thereby, general health. It's important to provide a variety of microbes to your body. Eating a variety of fermented foods can provide the variety.

If you are using commercial probiotics, change products periodically.

Let me say a word about PREbiotics. These are basically fibrous matter (long-chain polysaccharides) that our inherent digestive processes cannot break down – plant based complex sugars that promote the growth of probiotic bacteria in our gut. The value of prebiotics is that they are food for the beneficial bacteria residing in our colon. These bugs need to be fed, and we want them to be "happy" and healthy to effectively compete with the enemy germs. I'm sure you've been admonished many times to eat plenty of fiber – I still can hear those words from my grandmother. With adequate vegetable and fruit intake, you'll likely get enough prebiotics. Some recommendations: Wash them

and eat all the edible skins, such as apples, carrots, beets, potatoes. Eat plenty of leafy veggies, onions, garlic, nuts and seeds, and do an internet search for prebiotics – find things you like. Choose locally grown, seasonal, organic whenever possible. Much of the chemical contamination is damaging to your beneficial bacteria.

The microbiome in our gut is highly influential in our general health, including our mental health and balance. It is a living garden of microbes, and like any productive garden, it needs to be tended. We can't simply ignore it, or the "weeds" will take over.

A word of caution. If any of these recommendations are a big change for you, change your daily practices gradually. If you have to consider any disease or illness condition you may have, please see your medical provider before making changes.

Let me know if you have questions, or if you have suggestions for future columns. I practice general family and adult medicine, with special interest in Functional Medicine

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# Historic Civil War Era Home Purchased, Restored & Renovated

## by Mike D'Amico of Mike's American Diner and All-Day Breakfast

By Shelley Wigglesworth, Lead writer

Local restaurateur Mike D'Amico, owner of Mike's American Diner in Arundel and All-Day Breakfast in Kennebunk is the proud new owner of a civil war era home on historic Summer Street in Kennebunk- 36 Summer Street to be exact.

"As a kid I came to southern Maine every Summer, and in 1999 bought my first home here. At that time, I always admired the beautiful homes on Summer Street and thought to myself, 'I would love to buy one of those someday' and 20 years later I did," D'Amico said.

According to records from The Brick Store Museum, the Italianate mansion on Summer Street was built in 1862 by Captain Moses Maling. It is three bays wide, with a hipped roof, topped by a balustrade. It has twin interior chimneys, with a full entablature; (*Entablatures are major elements of classical architecture, and are commonly divided into the architrave (the supporting member immediately above; equivalent to the lintel in post and lintel construction), under the eaves*). The windows also have entablatures. "All doors and windows are original and very well preserved. The home still has an intact original stove from Chilson in Boston from 1858. It was only one of two made and the only one existing in the United States today. It remains in the same place it was put when the house was built," D'Amico said.

At the time of the purchase, the stately home needed many renovations. D'Amico started by repairing the interior walls and ceilings and having Sally Curtis and her son Corey paint them all. He updated the electrical and plumbing and replaced all appliances with the help of Ben Tedesco of Appliance Advantage. New flooring was installed, and the basement granite was sealed, painted and replaced throughout as needed. Richard G. Roy did the chimney work. "I also updated the fireplaces and added gas to the fireplaces as well. The home has beautiful original marble fireplaces on both floors."

He continued, "The entry stairs, pillars, and railing have all been replaced and brought back to how

they looked in the 1800's. Gary Martin, of Kennebunkport, who is known for historic renovations did the outside work and the carriage house. When working on a home like this, you cannot just purchase replacement molding it has to be made by hand, just like it was done in the 1800's, Gary and his crew did an outstanding job."

The grand task of turning the existing carriage house into a mini-ballroom required repairing and replacing all of the outdoor porches landings and decks, like everything else concerning this restoration/renovation was done with great care and attention to detail. D'Amico said "I have also furnished the home with some period furniture, including an 1850's dining table and antique Steinway piano."

The exterior of the house was painted "Historic Quincy Granite", which D'Amico said is a color most close to the original shade.

D'Amico said some of the unique



Exterior view of the stunning newly renovated civil war era home located at 36 Summer Street.

Photo by: Michael Thomas, Real-

and appealing features of the mansion include four staircases and matching front and side parlors with matching brass and crystal chandeliers.

In November of this year, D'Amico held a spectacular catered open house with live music for friends, family and contractors to see the completed project.

*"I hope to enjoy and preserve the house many years to come, its truly a treat to head home each day."*



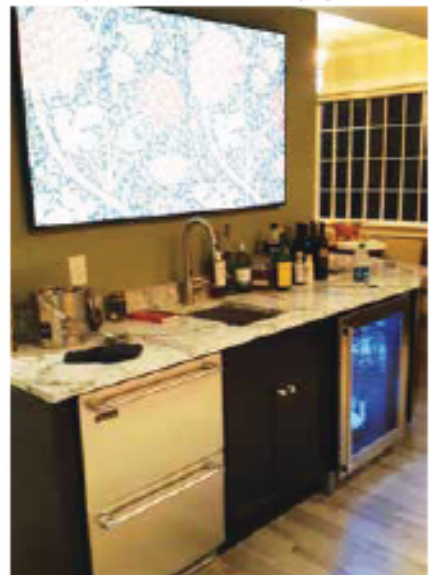
The exquisite dining room with 1850's period dining table and crystal chandelier.



One of four grand staircases in the historic Summer Street home.



Exterior photo of restoration work in progress.



The newly renovated bar area located in what was the existing carriage house provides an ideal setting for the mini-ballroom.

## Popular PECHA KUCHA NIGHT at Atlantic Hall



The new hot local Pez Poise is the Atlantic Hall and home of the Cape Porpoise Community.

Kennebunk-born Pecha Kucha is an exciting event on Thursday, February 13, at Atlantic Hall in Cape Porpoise. Pecha Kucha Night is the popular series of short, creative presentations by local cooks and others.

As always, this PK Night will feature 10 session topics and we work hard to hear about yours.

The Pecha Kucha Committee is asking for submissions. A deadline is set. Just send 300 words in a page, a brief bio, and a short description to pechakucha@capeporpoise.com. The deadline for modeling is January 26.

Event tickets doors open at 5:30 and are

the program starts at 6:20 pm. Cost is \$5 at the door.

Launched in 2003, the two Tokyo and tickets. Pecha Kucha (Japanese for "pitched talk") is a short presentation format that focuses on creative and the creative process. It was conceived to provide creative professionals and amateur enthusiasts with a place to meet, mingle, and share their work and ideas.

Each presentation is limited to just six minutes and forty seconds as the audience is expected to make ideas and a broad range of topics in a rapid-fire presentation. The list of possible topics is endless. The program consists of 10 short presentations, with a refreshment break after the first five. Beer and wine will be available for purchase. Light snacks provided free of charge.

Pecha Kucha Night has become an international sensation, presented in more than 1,000 cities around the world. It's a great social "learning" format for those interested in new ideas and creative thinking, and an inexpensive fun night out with a group of fascinating people — make over your neighborhood.

Atlantic Hall in Cape Porpoise is a unique, historic community meeting room located at 173 Marine Street in Cape Porpoise. For more information, contact Ruth Bates at [rdbates@pcncc.com](mailto:rdbates@pcncc.com).

## FREE FEBRUARY AT THE MUSEUM



The Brick Store Museum is kicking off its year-long Bicentennial schedule of programming by showing its love for the Kennebunks! The Town of Kennebunk, and the State of Maine, are both celebrating 200th birthdays this year, having been founded in 1820 (Kennebunk became the first town established in the new state). To start its year-long celebrations, the Brick Store Museum is opening its doors for free for the entire month of February in its Free February program.

"The Museum preserves the history, art and culture of the Kennebunks. Exploring what we all share allows us to grow closer together. Especially in the dark, cold days of February, we hope everyone will take advantage of free admission this month and add your own history to the story of our 200 years as a

state and a town," director Cynthia Walker says. Though the Museum depends on admission sales as part of its operating income, offering Free February gains much more than financial support — it gains friends and new learners.

Exhibitions on view in February include **Western African Arts & Culture**, **Patterns**, and **Kennebunk's Cultural Landscape**. Additionally, visitors can take part in Bicentennial activities, and learn more about the celebrations ahead this year.

The Brick Store Museum is open six days per week: Tuesday – Friday, 10:00am – 5:00pm; Saturday, 10:00am – 4:00pm; and Sunday, 12:00pm – 4:00pm. From February 1st through February 28th, the Museum will be open for free.



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# Kennebunk Savings reaches \$1 million in donations to local nonprofits in Maine and New Hampshire in 2019

Kennebunk Savings ended 2019 with a record \$1 million in donations to area nonprofits. The bank hit this momentous milestone back in December with a \$25,000 donation to Kennebunk Elementary and helped the school move closer to breaking ground on their ambitious, inclusive playground project.

"It's our biggest donation to date," said Anush Hansen, Kennebunk Elementary PTA member and committee volunteer. Planning started over a year ago, and when fundraising began, Kennebunk Savings was top of mind. "We knew they were committed to contributing to the community. The donation has really helped build more momentum, so we hope to get the playground built by this summer."

The age-appropriate playground will support students, youth and families of all abilities from the community, and replace the current 16-year-old structure pieced together with often rusted parts from other schools. Extensive ramps, interconnected bridges, and a turnaround platform will improve accessibility for wheelchair-bound students and even adults who have difficulty climbing but want to play with

children in their family.

"It is really exciting for us as an institution to be able to give over one million dollars to nonprofit organizations in our community this year," said Bradford C. Paige, President and CEO of Kennebunk Savings. "To hit this milestone with a donation to the Kennebunk Elementary PTA is extra-special. This donation will help to create an all-ability playground that will not only benefit the elementary school but surrounding communities as well. The project embraces inclusiveness, builds community, and allows kids to be kids."

Every year, Kennebunk Savings gives away 10% of after-tax profits through the Community Promise program. In the program's 25th year, it continued to build on a legacy that enhances communities and improves the quality of life for the people within them. Community Promise contributions for 2019 total \$1,050,000, and continue to focus on organizations that support Health and Wellness, Community and Economic Advancement, Arts and Culture, Education and Innovation, Environment and Animal Welfare. Since its inception, nonprofit organizations



Prekindergarten students at Kennebunk Elementary School help Bradford C. Paige, President and CEO of Kennebunk Savings, celebrate as the bank reaches its \$1 million in giving for 2019 with a donation to the school for \$25,000.

across York County and seacoast New Hampshire have received more than \$14 million from the Community Promise program, and Kennebunk Savings looks forward to continuing the tradition of giving into the next decade.

#### About Kennebunk Savings

With assets of \$1.25 billion, Kennebunk Savings is a mutually owned, Maine-chartered

community banking institution headquartered in Kennebunk, Maine operating 12 branch offices in York County, Maine and 5 in seacoast New Hampshire. Kennebunk Savings contributes 10% of its after-tax earnings back to the nonprofit community each year through its Community Promise program. The total commitment of that program has meant more than \$14 million for nonprofits in the community since 1994.

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

Join the Southern Maine Agency on Aging (SMAA) and York Hospital as they offer 'Healthy Steps for Older Adults' on **Wednesday, February 12, 9:30a-2:30p**, at The Community Room, Sunset Towers Apartments, 941 Main Street, Sanford, ME.

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

you can practice at home, Opportunities for action planning and goal setting, Resource booklet and Complimentary snack & lunch provided by York Hospital's Dining & Nutrition Team.

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

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

## Cliff Oliver Joins UWYC as Community Impact Investment Manager

United Way of York County is pleased to announce that Cliff Oliver has joined the organization as Community Impact Investment Manager. In this role, Oliver oversees UWYC's organizational-level eligibility reviews and the program-level application and community investment process. He will work closely with teams of skilled volunteers and manage the organization's Supportive Services strategic efforts.

"Cliff is an excellent addition to our team," noted Barb Wentworth, President & CEO of United Way of York County. "He brings a depth of experience with project management, volunteer engagement and coalition building."

Prior to joining United Way of York County, Oliver was Program and Volunteer Director at Apex



Cliff Oliver, Community Impact Investment Manager at United Way of York County

Youth Connection (formerly Community Bicycle Center) in Biddeford. Oliver retired in October 2017 from the U.S. Army after 24 years of honorable service, including serving in Operation Iraqi Freedom and Operation Enduring Freedom in Afghanistan.

Oliver and his wife, Hollon, live in Wells and have three children, and Oliver has two grandchildren.

## Wells Girls Basketball Program 11th Annual "Shootin' for a Cure" raises \$23,000

In keeping with tradition, the Wells Girls Basketball Teams' annual 'Shootin' for a Cure' event was victorious over another snow storm last Saturday, January 18th, allowing for a successful day of free throw shootouts, basketball games and fundraising for York Hospital's Living Well With Cancer Program, before the flakes arrived in full force! The team members proudly rounded out their day, presenting York Hospital with a check for \$23,000, to bring the event's eleven year total to \$293,790!

Coach Don Abbott, smiling and proudly dressed in his patented pink sweater said, "Once again the Wells/Ogunquit communities showed the power of compassion, love, and service to others. Shootin' for a Cure, now in its eleventh year, continues to be a great source of pride for the Wells Lady Warriors and all of those involved."

This event that Coach Abbott spearheaded, with the SFAC Committee (all remaining together for now, eleven years!), began with a free throw shoot out, involving 55 girls in grades 5-12, who raised money through pledges, and culminated in an exciting win versus Kittery's Traip Academy. After both Franny Ramsdell and Logan Bedell, tied for an impressive and nail-biting 44 out of 50 Free Throws, a shoot-out was held, Ramsdell the winner, sinking 5 out of 5 shots! She will enjoy a spa package for two donated by Navina Salon & Day Spa. Each team's free throw champion received a champions t-shirt sponsored by Ramsdell's Barber Shop, a Dunkin' Donuts gift card, Pura Vida bracelet and a pink "Shootin' for a Cure" basketball:

5th/6th Grade: Megyn Mertens

7th Grade: Maren Maxon

8th Grade: Ellie Moore

Jr. Varsity: Coco Allaire

Varsity: Franny Ramsdell

To top it off, each of the girls who sunk the 50th and final "Moneyball" shot, 27 of them...were eligible for a \$500 Shopping Spree donated by Cole Harrison Insurance Company. Hailey Marshall was the lucky and talented winner.

However, the event wasn't centered solely on fundraising. This was also a place for cancer survivors to feel supported! An annual highlight is the Survivor Challenge, where varsity team members partner with cancer survivors—over 16 women and men who are currently undergoing or have successfully undergone treatment for cancer—together taking foul shots to celebrate the journey each survivor has made. While survivors competed to "win", at the conclusion of the challenge, it was announced that every survivor—each a winner—would receive a prize donated by Moody-Maxon Real Estate. Each woman left with a gift certificate from Nail Creations, while the men went home with a Dunkin' Donuts gift card and insulated mug.

The 2020 top overall fundraiser was Maren Maxon, who raised \$2,269, receiving the Apple AirPods Pro, Hydro Flask and local author Lani Silversides', A Strong Girls Guide for Being, for her efforts, not to mention a loud and appreciative round of applause from the crowd.

Those girls who raised at least \$250 each – and there were 16 of them, for a total of \$9,435 – were recognized as members of the Pink Ribbon Club. A grand prize drawing was also held for girls raising at least \$100, and was won by Cali Leighton. She will be enjoying a \$500 shopping spree including transportation, courtesy of Abbott Brothers



Wells Girls Basketball Program presents check to York Hospital's Living Well With Cancer Program (l-r) Trustee, Robert Sullivan & Dianne Smallidge, Oncology Practice Manager, Mary Ellen Valhas, Trustee John Houlihan, Mammography Tech, Kathy Dry, YH Surgeon, Molly Buzzdon, MD and YH Breast Radiologist, Amanda Demetri Lewis, DO

and Franman Transportation. A bake sale and raffles highlighting all things pink, and delicious, donated by the community and other local businesses were also held, adding to the festivities and cause's bottom line.

York Hospital President, Jud Knox, offers that "This event is a perfect follow up to the holidays, as it keeps that spirit of community and kindness thriving. You can't help but feel inspired and warmed by the girls' commitment and enthusiasm throughout the day's events, from the Free Throw Shoot, Survivor Challenge or event setting up the activities table! And with Coaches Don Abbott and Pierce Cole, their veteran SFAC Committee, and the generous Wells community leading the way to another amazing and successful year, York Hospital is beyond thankful to be part of this amazing team. We are lucky indeed."

The money they raised will help support the Hospital's Living Well With Cancer Program—helping to improve the quality of life of those who have been diagnosed with and are undergoing treatment for cancer at York Hospital. These funds support services including emergency funds for gas and food, nutritional and exercise programs, wigs, head covers and prosthetics, integrative therapies like massage, Reiki and Acupuncture and others that center on the mind, body and well-being.

If you would like to learn more about York Hospital's Oncology and Infusion Care Services or the Living Well With Cancer programs visit this website: [www.yorkhospital.com/services/cancercare](http://www.yorkhospital.com/services/cancercare), or contact Medical Oncology Social Worker Susan Kelly-Westman at (207) 351-3721 or email: [skelly-westman@yorkhospital.com](mailto:skelly-westman@yorkhospital.com).



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## Kennebunk Police Department's K9 Otto has received donation of body armor



K9 Otto and his handler, Officer Kaitlyn Sawyer.



custom fitted, NIJ certified protective vests in 50 states, through private and corporate donations, at a value of \$6.9 million dollars.

The program is open to dogs actively employed in the U.S. with law enforcement or related agencies who are certified and at least 20 months of age. New K9 graduates, as well as K9s with expired vests, are eligible to participate.

The donation to provide one protective vest for a law enforcement K9 is \$950.00. Each vest has a value between \$1,744 – \$2,283, and a five-year warranty and an average weight of 4-5 lbs. There is an estimated 30,000 law enforcement K9s throughout the United States.

For more information or to learn about volunteer opportunities, please call 508-824-6978. Vested Interest in K9s, Inc. provides information, lists events, and accepts tax-deductible donations of any denomination at [www.vik9s.org](http://www.vik9s.org) or mailed to P.O. Box 9 East Taunton, MA 02718.

*Side bar: K-9 Otto is looking for your help!*

*In order to keep their training as realistic as possible, Otto and his K-9 pals from the Maine State Police K-9 Unit are always on the lookout for new places to train. If you, or someone you know, has a training venue we could use, please contact KPD Officer Kaitlyn Sawyer at: 985-6121 ext. 1621. Examples of possible training sites include (but aren't limited to):*

*- Empty buildings, - Warehouses, - Apartment buildings, - Vehicle lots (with access to working or junk vehicles). If you've got a place the K-9 Unit could use for training, please give Officer Sawyer a call! Thanks for your help!*

Kennebunk Police Department's K9 Otto has received donation of body armor

Kennebunk Police Department's K9 Otto has received a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. The vest was sponsored by Tony Grant, Jr. of West Kennebunk, ME and embroidered with the sentiment "In memory of Checker".

Vested Interest in K9s, Inc. is a 501c(3) charity located in East Taunton, MA whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. The non-profit was established in 2009 to assist law enforcement agencies with this potentially lifesaving body armor for their four-legged K9 officers. Since its inception, Vested Interest in K9s, Inc. provided over 3,500 U.S. made,



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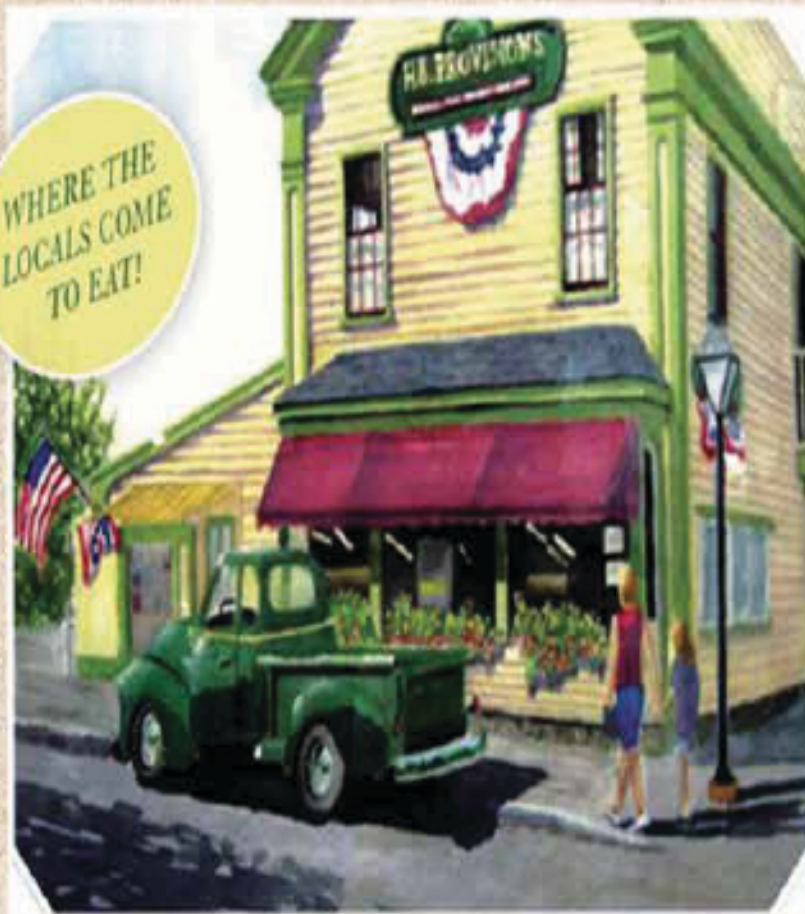
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# Local Photographer David Murray Spends 2 days with Dr. Jane Goodall



Dr. Jane Goodall clutches a stuffed gorilla at a meeting with children from the Roots and Shoots organization. Photos by: David Murray



Dr. Jane Goodall speaking at a private event and auction to benefit The Jane Goodall Institute.

Local photographer David Murray was born and raised in the Boston area. He majored in French at St. Anselm College in Manchester NH before becoming a news photographer in South Florida. While on staff at the Ft. Lauderdale Sun-Sentinel, he was part of a team that was a Pulitzer finalist in the Spot News photography category. He resided in Atlanta, GA, and London before moving to Goose Rocks Beach full-time in 2000. Soon after arriving, he became a wedding photographer. He now split his time between Maine and Atlanta where he works on a variety of different photographic assignments.

Over the years, Murray has photographed many famous people, particularly while working on news

Murray summarized his experience photographing Dr. Goodall "While working with Jane, I was reminded of how Mother Earth is a fragile home and that we must do all that we can, in any way to help make a better place for those who come after us. I also discovered that beneath her dedication to all things surrounding our planet, she has a wonderful sense of humor. I loved how she is so humble. Yet behind her quiet demeanor, she yields such strength when talking about our planet, and retains an optimism on the future of Mother Earth."

assignments. Some of his noteworthy photos have included shots of The Bush Family, President Carter, President Clinton and President Trump as well as a wide array of politicians, authors and Hollywood notables.

In September of 2019, Murray's line up of assignments led him to photograph and work with world renowned Primatologist and Anthropologist Dr. Jane Goodall. "One assignment was for the Jane Goodall Institute and the other was for Delta Airlines. The first part of the assignment was to document a day with kids who are part of the Roots and Shoots organization: [www.rootsandshoots.org/](http://www.rootsandshoots.org/)

They are kids from around the country and Puerto Rico who have been chosen for their outstanding work for the environment.

They were honored by the group heads and were able to spend a couple of hours with Dr. Goodall. The second day was an auction at a private home of a Delta Executive. It was an auction and talk with Dr. Goodall with about 200 in attendance. The proceeds went to the Jane Goodall Institute. " Murray said these assignments were defining moments in his career as a photographer, and he described Dr. Jane Goodall as "One of my personal all-time hero's."

Murray noted that his work with Dr. Goodall differed slightly from his work with other celebrities. "When in the presence of celebrities, I am always honored, and yet know that they, like all of us are humans. With Dr. Goodall, there was an extra aura of purpose, drive and almost saintliness about her (though her humble self would

scuff at that notion.) I would put her on par with Mother Theresa in terms of how she is revered by those who know or know of her. I was in awe of her energy while directing attention to her cause, even as she is 85 years old."

Murray summarized his experience photographing Dr. Goodall "While working with Jane, I was reminded of how Mother Earth is a fragile home and that we must do all that we can, in any way to help make a better place for those who come after us. I also discovered that beneath her dedication to all things surrounding our planet, she has a wonderful sense of humor. I loved how she is so humble. Yet behind her quiet demeanor, she yields such strength when talking about our planet, and retains an optimism on the future of Mother Earth."

We hope you enjoy these exclusive



Dr. Jane Goodall embraces a young environmentalist.



Dr. Jane Goodall speaks with children from around the country and Puerto Rico who have been chosen for their outstanding work for the environment. The children are part of the Roots and Shoots organization: [www.rootsandshoots.org/](http://www.rootsandshoots.org/)

photographs by David Murray of the much admired Dr. Jane Goodall, whose contributions to the world, primates and humanity have forever cast a bright light across the planet.

For more information on David Murray's work and photos of with Dr. Goodall, please visit: [www.instagram.com/davidmurrayjr/](http://www.instagram.com/davidmurrayjr/)

FMI about Dr. Goodall and her quest to make this place a better place to live here please visit: [www.janegoodall.org](http://www.janegoodall.org).

*With open eyes and an open mind, Dr. Jane Goodall made discoveries that rocked the scientific world, forever changing the way we look at our closest living relatives—and ourselves.*

*Make a difference: at [janegoodall.org/our-impact](http://janegoodall.org/our-impact): With your support, JGI can protect chimpanzees, conserve critical habitat while strengthening surrounding communities, and empower the next generation of conservation leaders.*



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# RECYCLING OPPORTUNITIES

## One Person's Trash is Another's Treasure

By Linda Miller Cleary, Village Contributor

Remember when your mother or grandmother would carefully fold each sheet of gift paper after a present was opened and then roll the ribbon, as well, all for the next year's holiday season. Wrapping paper is recyclable by some recycling agents, even if it has gold or silver decorations, but not if it is cellophane or mylar. For others, the test is to crumple the paper into a ball, and if it stays crumpled, then it can be recycled. In a way, this exemplifies the complexity of recycling. Things keep changing based on what recycling centers can sell to those

who reprocess the commodity. The "reduce, reuse, recycle mantra" needs to be heavier on reducing and reusing than on the recycling, given the fluctuation of current recycling's potential markets.

And peace in our lives? A number of us have been following the advice of Marie Kondo by removing the dust-gathering and unnecessary items from our shelves and closets, and, hence, removing those complications from our lives. Kondo advocates retaining non essentials only if they give us joy. This article will help you find alternative ways to reduce and recycle any joyless things in your life. Though ethical removal can require some thoughtfulness, the removal can

also have the unforeseen benefit of giving a bit of joy to others with less. And alternative ways of doing so may also reduce the waste that ramps up the expense in our blue and purple bags and/or in town trash taxes.

### Clothes and Cloth:

I walked into Lower Village's Return to Cinda's to find out how she donated the gently used clothing she hadn't sold in three months. From her sales, 50% goes to her business and 50% to the client, who also gets the choice of whether or not to donate an item if it hasn't sold. Cinda was out, but Jen was there to answer my questions. "She gives to a variety of charities, but you should hear about the shoes for African children."



Apparently, Cinda donated a huge amount of charity bound denim to the Baptist Church in Springvale, and they made children's shoes out of the denim, with soles from milk jug plastic, all bound for Africa. Consignment and charity stores can

*Continue to page 18*

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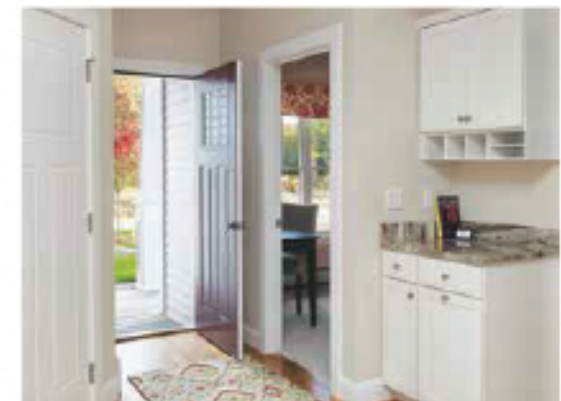
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# RECYCLING OPPORTUNITIES

## One Person's Trash is Another's Treasure

Continued from page 17

be creative in the way they support others.

Consignment stores and their like in the Kennebunks vary in charitable giving (you can ask at Melissa's Mighty Finds, Cargo Shop Thrift Store, Fresh Start Consignment Store, Outta the Box Thrift Store, and St. David's Budget Store). Indeed, the Kennebunk Care Closet collects clothes for newly arrived immigrants and others in need. They can be dropped off at, Holy Cross Church, the Kennebunk Chamber of Commerce, and River Tree Arts.

One of my favorite ways to recycle both clothing and house overflow is Fabulous Find in Kittery. Each month they collect slightly used (and often posh) clothing and household items, and they supply three different NGO's monthly with their proceeds. In October, almost \$10,000 went to



each of three non-profits. Anything I haven't worn in a year becomes someone else's treasure, and when I buy something that someone else hasn't used in a year, I'm also giving to a group that does good works. I go away feeling great!

Goodwill takes all fabric and

clothing. They are particularly ethical in recycling material that is too worn for reuse including bedding, slipcovers, curtains, fabric odds and ends, and fabric clothing.

Perhaps the most alarming fact to me is that a portion of all those microfibers we have relished in warm fleeces, microfiber cleaning cloths, and soft plush blankets, are now swimming around in washing machine run-off water, and hence in fish, and recently discovered in our very own blood streams (google microfiber pollution). The times they are a changing. Ethically, we probably need to return to natural fibers of cotton, wool, and linen, or use washing machine filters, or put microfiber items in something called "guppybags" that gather those fibers before they escape (<https://en.guppyfriend.com/>).

### Plastics:

Microfibers are actually plastics, and plastics are the most confusing things to recycle these days. Right now, Casella empties the recycling bins at our roadside, and Eco

Maine takes recycling from the transfer station for Kennebunk and Kennebunkport payees. And even Casella and Eco Maine disagree about things. So the best we can do is to reuse as much as possible and then recycle according to their guidelines, hoping that they can figure out what is best, given their markets.

Triangle numbered 2's, made



with High Density Polyethylene, are deemed the safest and the most commonly and usefully recycled. That category includes milk jugs, detergent jugs, and oil containers.

Continue to page 19

*True Value*

# FEBRUARY

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# RECYCLING OPPORTUNITIES

## One Person's Trash is Another's Treasure

Continued from page 18

High Density Polyethylene is reused for picnic tables, plastic lumber, waste bins, park benches, even raised garden beds because this plastic does not break down under exposure to sunlight and high temperatures, hence safest for secondary use. The other numbered plastics are more complicated, and, again, reducing what we acquire and reusing what we do makes more sense than recycling. Again, different recycling recipients are apt to give different directions. The Town of Kennebunk is in the process of developing new directions for Casella's pick up bins. Eco Maine does accept recycling numbers 1-7. Nevertheless, we have to think before putting things in the recycle bin

We should probably be making shopping decisions based on less packaging, by travelling down the vegetable aisle with tote bags at the ready and stopping only for the unpackaged fruits and vegetables.

even when we are allowed to do so. Eco Maine notes that recycling is a sustainable waste management solution if reducing and reusing aren't possible. Plastic food packaging is most often waste stream bound. We should probably be making shopping decisions based on less packaging, by travelling down the vegetable aisle with tote bags at the ready and stopping only for the unpackaged fruits and vegetables. When we get to the cleaning products, we could pick up bar soap, for instance, instead of the plastic pump bottle hand soap.

The simplest way to reduce single plastic bag use is paper bags or bee wraps, or simply to rinse and reuse what we have, making one less plastic bag in the landfill. Using your trusty fabric shopping bag over and over reduces both paper and plastic use. For those unlucky enough to have a plethora of prescription pill bottles, those can be cleaned and sent in bulk to be used again. See [info@earthhub.ca](mailto:info@earthhub.ca). They also recycle mascara brushes, of all things (!) for bird rescue

and grooming!

Mail It Unlimited has said that they would be glad for you to drop off clean and used bubble wrap and Styrofoam peanuts (207-985-2160). Of course, kids might beat you to your trip to Mail it Unlimited. My grandchildren, and even one of my past dogs, have enjoyed stomping on them. A third use for bubble wrap has given some travelers a good

Continue to page 20

**It's an enormous task to take on the cardboard recycling for the entire Town of Kennebunkport.**

When the Town discontinued its curbside recycling program, it was a devastation to the residents and community of Kennebunkport. At a Board of Selectmen's meeting last spring, the Town of Kennebunkport had decided to suspend its recycling program as it searched for more cost effective solutions. Town Manager Laurie Smith said the move would be temporary, while a new Recycling Committee and town officials would work to come up with a new recycling program.

At Bradbury Brothers Market, we took on the challenge, mostly because the cardboard crusher program has been here since we arrived in 2015. It was a maintainable situation before recycling stopped, but since then, it has become a never ending battle

to keep it empty, clean and safe for our staff to use. Cardboard is left on the stairs, the dock, the deck, and sometimes anywhere outside the building.

As the seasons changed, and winter brought ice and snow, the challenge to keep the stairs, dock and the deck clear and safe at all times became another issue. We cannot staff a person to shovel, salt and crush cardboard all day, especially at this time of year. The stairs and dock belong to Bradbury's, while the stairs and the deck belong to the Town.

Who becomes responsible should something happen?

We have decided to move forward and ask the Town to take out and relocate the crusher. Not having talked with the Town, we are not sure what their plan for the crusher might be at this time. Hopefully, they are on their way to a solution to bring recycling back for all residents.



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# RECYCLING OPPORTUNITIES

## One Person's Trash is Another's Treasure

Continued from page 19

night's sleep by putting a sheet of wrap inside of any motel or hotel door, knowing it will wake them up and startle intruders away.

Portland Press Herald drivers appreciate having bags returned to them. If you put your bags in the newspaper box or elsewhere, you can call 207-791-6000; circulation will let your driver know where to find them. Newspaper bags have chemicals in them that make them unusable for food, but they can be used as dog poop bags. Right now, the Town of Kennebunk pays approximately \$5,000 dollars a year for dog waste bags, and even if they were compostable or biodegradable, they still end up in the landfill where without heat and sun they might take hundreds of years to disintegrate. It makes sense to reduce that cost.

Apparently Best Buy will take all packaging with them when they deliver and set up new equipment, recycling what they can. It would be wonderful if we could ask all delivery vehicles to do just that. Then again, what if we just left all stores, leaving packaging behind, toting out our handy tote bags with the goods? A rebellious action, but perhaps an action that would have more businesses working with producers to reduce packaging.

### Household, Furniture, and Metal Items:

Both household items and furniture are desperately needed by immigrants who are trying to navigate in a strange country. Right now WIONN (Welcoming Immigrants Our New Neighbors) is looking for working vacuum cleaners, top loading washers, dryers, air conditioners, bedding in good condition, and sewing machines.



Habitat For Humanity York County ReStore. Located at 4 Industrial Dr, Kennebunk, ME. For more details call: (207) 502-7021

Contact Barb Miller (717-270-0271 or [bmillercnm@gmail.com](mailto:bmillercnm@gmail.com)) if you are replacing what you have that others need.

Re-Store collected 1270 tons of reusable furniture, tools, hardware, appliances, light fixtures, plumbing materials, doors, and windows last year and kept that weight out of landfills. With the resale of these items, they have weatherized 32 homes in 2019. The profits go to Habitat for Humanity who have also built 30 homes in York County with volunteer builders and with the sweat equity from the families who were to live in them.)

The Kennebunk Transfer Station will take metal without a charge, but Arundel's AC Metal Recycling will haul away all metals except aluminum and pay you a fair price. Call 207-831-0767 for information and pick up. They also take appliances but, as with the Transfer Station, those that have Freon (refrigerators and air conditioners) require a fee. Clean kitchen aluminum can be gathered in a ball and recycled.

Forty years ago, in the time of the Kennebunkport Dump Parade and Dump Art Contests, we used to be able to go dump picking. Those



times are gone, but now several local communities have places where you can find what others don't want. For instance, The Treasure Chest is volunteer-run at the Kennebunk Transfer Station from 8:00-2:00 on Friday and Saturdays. In August, I scored a beautiful bird feeder that was there at the same time as I dropped off my grandchildren's used boogie boards since they had graduated to surfboards. The boards were snatched up before I could leave with my bird feeder.

### Paper

Paper and cardboard products can still be recycled in the Kennebunk recycle bins but the paper must be clean and dry. Casella is currently holding on to huge amounts of paper products, hoping that the market will open up for resale and reuse in the future. Products with the thin film of plastics (for instance paper coffee cups, milk cartons, and processed food cartons), however, are not good for reuse. Good news: those sleeves to protect your hands from hot paper coffee cups are totally recyclable, but better yet reusable. The Kennebunk Transfer Station will allow local residents from Kennebunkport to pay for what Kennebunk residents put in their recycle bins for free. The cost starts at \$5 for an 18 gallon container of paper and other recyclables.

Shredded documents and small bits of paper slip through the machinery at recycling plants, but the good news is that they can be composted. And



if that isn't an option, you can put them in a paper bag and add them to recycling. And (this is something that surprised me) thermal cash register receipts from stores contain paper, yes, but they also contain BPA, a cancer causing chemical which is reprocessed with other paper pulp, contaminating recycled paper products. I guess it is into the trash with those, and wash your hands after. Emailed receipts may have a growing and healthy place in our future.

Local libraries are happy to take fiction and non-fiction books that are like new for their book sales. Each library has specific requirements and

# RECYCLING OPPORTUNITIES

## One Person's Trash is Another's Treasure

Continued from page 20



be an outdated cell phone or laptop. I took my old flip top cellphone to Namibia with me and was glad to see the gratefulness that matched mine own when I gave it to a man who had repaired our third blown out tire.

So...Why We Need to Find Alternatives (facts from: [www.bitetoothpastebits.com/](http://www.bitetoothpastebits.com/))

**Water:** Currently 5 billion plastic water bottles are used per year, ending up in the sea, on the beaches, on roads, and in landfills: Solution: global use of reusable water bottles. Take out: 213 billion plastic utensils and 178 billion plastic food containers used per year. Solution: bring your own containers and utensils for take-out food.

**Toothpaste:** 1 billion plastic tubes used globally. Solution: new products using powder and toothpaste bits.

times for delivery, and woe be it to anyone who leaves a big box of moldy books outside the library doors! For the library's requirements see their websites about donations. Emailed reminders for overdue books are also available at the Kennebunk Free Library as well, so the other paper slips can be avoided.

### Electronics

Electronics are accepted at a cost by the Kennebunk Transfer Station, but if you are simply upgrading working equipment, it's good to find someone who can reuse what you no longer need. Those in poorer nations are so excited to be given what might



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### KENNEBUNK \$210,000

Located within minutes of downtown Kennebunk, shopping & the highway. This condo has a lot of natural light and many updates such as new flooring on 2nd floor, updated bath, SS appliances w/ granite countertops. Freshly painted and ready for you to call home!



### KENNEBUNK BEACH \$1,799,000

Brooks Cottage- Magnificent water views, 7 bedrooms, 4.5 baths, front porches, granite kitchen, lush gardens, classic architectural details, 2 car garage. NBA, Golf, Tennis nearby. Enjoy your summers at the beach!



### KENNEBUNK BEACH \$549,000

Steps to Mothers Beach, Welhamnet GC, NBA, & tennis. This townhouse style unit has 3 bdrms/2.5 ba, private deck & a 1 car garage. Remodeled kit w/ quartz countertops, bead board cabinets & tile. Master w/ large walk-in closet, remodeled bath. This charming condo is the perfect beach get-a-way!

## N.E. Prime Properties



### WELLS \$139,000

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### KENNEBUNKPORT \$625,000

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### KENNEBUNK \$1,310,000

This extremely well kept 1797 Colonial is a one of a kind offering. Many updated features blended thru-out including a gourmet kitchen. The unfinished carriage house would make a wonderful art studio or separate retreat. Sited on 4+ acres, close to town, yet out of the way.



### WELLS \$412,555

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# Another Facet of BlixxHorses: Education

Column exclusive: w

When you think of horses, rarely does education come to mind. Instead horses are synonymous with riding lessons or sports like racing and the images they project. Interestingly, it's due to the lack of education and instruction that avoidable mistakes are made often placing horses on the market once again.

There are many examples of decisions based on misinformation. Often knowledge lacking is very basic but could make a huge difference in how a horse is treated. It's not unusual for people not to know how long a horse can live, the time involved, costs and what level of work and lifestyle change is involved for a horse to be in good care.

Horses have been used as mounts forever so it's no surprise most people are not aware of research showing that their backs were not designed to carry weight, regardless of size. This knowledge can help riders avoid injury and make their horses more comfortable by understanding subtle cues horses give when in pain. Unfortunately without accurate information behaviors are instead defined as 'naughty' and can be missed even by experienced equestrians when seated on top of a horse.

Horses are complex animals, known to be prey but often people don't understand how that affects behavior and needs. Prey animals are stoic. This calming energy serves them by keeping them safe from predators-- and also makes them vulnerable to overuse and mistreatment.

Keeping a horse in good care requires knowledge in innumerable subjects. Their digestive systems function best by eating small amounts regularly. Though being overweight causes problems, years of research shows beyond a doubt horses need forage available almost around the

clock for health and mental stimulation. Still it's not unusual for horses not to have hay to eat from 6 pm until the next morning. Often it's to save on costs.

Another problem lies in myths that are passed down through generations. One is that the natural response of startling or 'spooking' does not happen with certain breeds or is absent with individual horses.

Again, published studies show that is not true, and that any horses can react to a threat. Unless a horse is monitored 24/7 there is no way to know that a 'bombproof' horse does not react. Behavior has more to do with individual characteristics than breed alone. Like humans, Individual personalities are shaped by genes.

Horses are social creatures and being alone can be difficult. Sometimes it's a lack of awareness of the need for interaction and stimulation that leads to keeping horses alone. Not only do they need companionship from another horse but from people. Lack of basic needs being met can lead to behavioral problems that possibly could be improved simply through attention. Sometimes horses are alone because they have been rescued or their companion has died, but it may not be fair to a horse to be placed in that situation simply for convenience. If the horse is resold, social skills may be absent setting the horse up for future danger.

The list of long. Another example where knowledge is lacking lies with simple infection control and how



'A good lesson plan includes a review of lessons learned' Photo courtesy of BlixxHorses

easily disease can be prevented if proper steps are followed particularly in boarding & sales facilities.

*The saying "it takes a lifetime to get to know just one horse" is true.*

The saying "it takes a lifetime to get to know just one horse" is true. Notice this does not involve riding. No one knows everything and the average horse owner or caregiver may lack adequate knowledge

or experience and instead hurt or confuse the horse. While there is a host of professionals in the industry who work regularly with horses and have a deeper understanding, it's important to discriminate to find a source with expertise in a specific area, particularly behavior.

Even professionals however may lack the knowledge and experience that horses owners have with their horses, making the owner valuable in aiding in the care of an individual horse. If the focus is constantly on equestrian endeavors and a multitude of horses are handled, there is less time for individual attention needed to understand a horse where behavior could be affecting the riding experience. Organizations including 4H and Pony Club have value but also focus on riding & competing and often

participants adopt a philosophy which makes riding the priority. The basics of learning and behavior are skipped to allow more time in the saddle. It's vital to know what practices children are learning.

There is a growing population of 1st time horse owners in their 40's and 50's who often choose not to ride but acquire horses that have changed many hands. Some owners have little knowledge and are often dealing with a confused or one suffering silently. It's impossible with life's constraints to quickly learn what you need to know overnight and do it right.

There are a multitude of resources for horse owners who want to raise the bar and learn but there can be confusion. Riding lessons are just that- the horses have no choices and have bits in their mouths as a reminder not to complain. It's not a vehicle for learning and can lead to unrealistic expectations. When you acquire a horse it's best to do it for them, not for one's own welfare and interest. It should be a selfless act in order to benefit the horse and to remember that horses are not machines or toys to take out and put away.

Our new website is under construction but please check our facebook page

FMI: BlixxHorses.org or 207.985.1994

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# The Language of

## Flowers A Floral Valentine Guide

By: Shelley Wigglesworth, Lead writer



Red, Pink, and White – Trinity.  
 Yellow and Red – Friendship Turned Into Love.  
 Lavender and White – Second Chances.  
 Pink and Peach – Sweetness.  
 White and Yellow – Harmony.  
 Orange and Yellow – Passion.  
**The Meaning Behind the Number of Roses Given:**  
 One Red Rose – “My one and only.”  
 Three Roses – “I love you.”  
 Six Roses – “I miss you.”  
 Ten Roses – “You are perfect for me.”  
 Twelve Red Roses – “True love.”  
 Thirteen Roses – “You have a secret admirer.”  
 Fifty Roses – “I love you unconditionally.”  
**Not a fan of roses?** Here are some other plants with messages and meanings of love:  
 Red Chrysanthemum: True love.  
 Lilacs: A new love or a first love.  
 Sunflower: Adoration.  
 Red Tulips: Undying love.  
 Primrose: Eternal love.  
 Gardenia: Secret love.

If you plan to express your feelings of love with flowers this Valentines Day, why not convey a hidden message specifically for your Valentine through the language of flowers and what they are said to mean? Here is a handy guide to the meaning behind the different colors of roses, what different rose combinations signify and what the number of roses given conveys. And if you prefer to express your love with other flower choices, we've got you covered with a list of other beautiful blooms and plants that symbolize love.

**Rose Color Meaning:**

- Red – Love
- Burgundy – Beauty
- White – Purity, Spiritual Love
- Yellow – Friendship
- Coral – Desire
- Orange – Fascination
- Pink – Admiration
- Lavender – Love at First Sight

**Color Combinations of Roses and their Meanings:**

- Red and White – Unity.

**Poem by:**

*Kathleen H. Simonin*

You gave me my life, by making me see it was worthwhile to face each day  
 You gave me my love, If I had not loved you I would not have known the depth of my loving  
 You gave me my soul, I found it in the pain of my giving  
 When I was scattered and shattered You were the glue that held me together  
 When I was ready to fly, it was you Who gave me wings



Photo by: Mike Inness

Kathleen H. Simonin is a Kennebunk native, photographer, and poet. She is the mother of three grown sons. When she is not working at her business, KS Photography, she enjoys spending her free time traveling and exploring nature where she finds much of the inspiration for her work.

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# What's in your Cards?

## Find out Feb. 25

Come join Anush Hansen for a special Driven Women series night, "What's in your Cards?", from 6 to 8:30 p.m. Tuesday, Feb. 25, at the Kennebunk-Kennebunkport-Arundel Chamber of Commerce.

Hansen, a Certified Career Counselor and owner of Kennebunk Counseling, will lead a fun and interactive career values card sort exercise that will help women clarify and prioritize what they truly want out of their career, and affirm what they need for achieving a healthier work-life balance.

Fulfillment in your work and your life is very much dependent on your career being in line with your values. Knowing your values and priorities can help you make better career decisions and find a job that speaks true to who you are, and provides you with the opportunities you need to thrive.



Anush Hansen, a Certified Career Counselor and owner of Kennebunk Counseling.

But how do you figure out what those values are? And how can you align those values with your current job or when looking for a new one? This highly interactive group activity will help you sort through it all, build self-awareness, and give you valuable information to help

you move closer to having the kind of career and life you want.

Hansen is the owner of Kennebunk Counseling, where she provides holistic mental health and career counseling. She is a Licensed Professional Counselor in the state of Maine, and a Certified Career Counselor credentialed through the National Career Development Association. Hansen loves helping and supporting others in discovering purpose in their work, and creating the kind of life they want for themselves. Hansen lives in Kennebunk with her family.

To learn more about Hansen and the career and mental health counseling services she provides, visit [www.kennebunkcounseling.com](http://www.kennebunkcounseling.com).

Admission is \$20 and includes light fare. Payment is due when signing up in order to reserve your spot. To RSVP, call Anush Hansen at Kennebunk Counseling at (207) 494-4040.

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# Reader's Share Their Stories of LOVE in Pictures and Words.



By Shelley Wigglesworth, Lead writer

It is February, and love is in the air. We couldn't let Saint Valentine's Day pass without sharing a little love from our readers. We asked, and you delivered. Here are some of our readers' stories of love, in both pictures and words.

## *Lynda Vigneault*

It was 1964 and I was 18, I was supposed to get married in a month and had been out dancing with friends in Portland. On the way home my roommate and I stopped for coffee. Shortly after we sat down in walked just the coolest man I'd ever seen, and my world tilted sideways then stopped. We made eye contact and the sparks flew. He was a friend of my roommate Rich and he came and sat with us. Don't remember what we talked about; I was too busy trying to breathe. He walked home with us and I knew my life was changing. I broke off my engagement and two weeks later he put a diamond on my hand one evening under the



Lynda Vigneault and Dick Lowe.

monkey bars in Deering Oaks Park. Some say there's no such thing as love at first sight. I would say that is wrong. All the corny sayings about love are true, there is an electricity, there are sparks, it's exciting, there are looks so intense others see and feel the emotion. You feel



Amy Goldman and Dickie.

complete, content and you belong. And it is enduring, our first few years were stormy, but in the end became 50 years together.

## *Amy Goldman*

In 1988, I was meeting a friend of a friend for dinner. We met, went out to dinner, realized we were both in the same industry and talked for hours. I told him right off 'if you are looking for a girlfriend, forget it!' We went Dutch treat at my insistence. Fast forward 33 years and we are still together. Was it always easy? No. Did we have a few hiccups along the way? Yes. But I knew the first time we met; we were going to be together. We worked on many of the same tours and different

tours in the entertainment industry. We always felt connected, whether together or apart. Over the ensuing years, we have endured massive surgeries, illnesses, the realization of the fact our careers were over, but we were not. And as I said, 33 years later and we are still here.

## *Alicia Simino*

Love means making someone's dreams come true. My husband asked me what my dreams were on our first date; and when he asked me to marry him he said that he was going to make those dreams come true. And he's done it. It's sometimes hard to see love if you're looking only for fancy jewelry, trips to Europe or other expensive material items. Love, I think, is more in the form of actions that might not be the words of 'I love you' but actions like rubbing your back in the morning, getting someone's coffee, supporting someone you love by sticking up for them, even when they're wrong and little things like letting them have the remote control and watching their favorite shows with them even though you don't like it!

## *Bob Dennis*

The meaning of love is summed up in these two photos of Marjie and Bob Dennis with their adorable rescue dog Theo.

## *Bob & Judy Desrosiers*

Love is never having to say you're sorry. We have never had to say we were sorry, and 47 years later, we are still happy and enjoying our life together. Life is good.

## *Mary Giknis*

Love is tolerating your younger brother, as Tyler T. Bone does with Edgar Allen Paws.

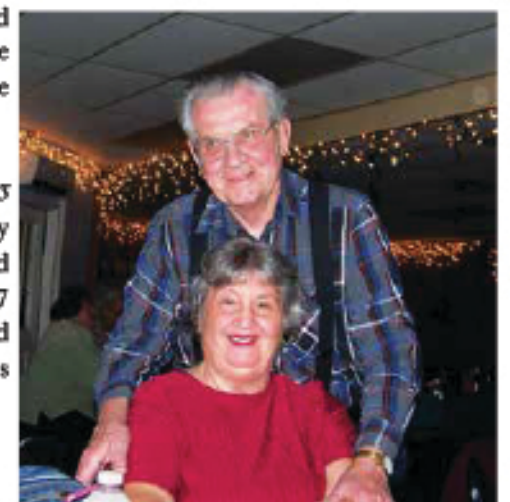
Both are employed at the Cape Porpoise Library as Chief of Security and Pest Control respectively. Both are employed at the Cape Porpoise Library as Chief of Security.



Troy and Alicia Simino.



Bob Dennis (Top) with rescue dog Theo.



Bob and Judy Desrosiers.



Mary Giknis siblings.

## Remember our story on tiny houses?

By Shelley Wigglesworth

We thought you may want to see one of the featured homes in the winter. This cozy, year-round dwelling belongs to Deirdre Brackett and was built by Sanford, Maine Vocational/Technical high school students and supervisors.

Tips on Tiny House Living from those who have been there:

## 1. Do Your Research

First: Before purchasing or building a tiny home or buying land to put it on, meet with the zoning department and code enforcement officers in your town to find out if indeed the tiny house of your dreams is within all town regulations.

2. Modify Plans to Suit Your Needs and Lifestyle: Think about what is important in your home to live. If a full bath tub is important to you, modify your plans and incorporate that. If you must have



a dishwasher, look into mini options. Do these things before construction or purchase.

3. Seek Advice: Speak to others who have experience with tiny living. "There are many groups online they will answer your questions and help you out about tiny living. Don't be afraid to ask questions." Brackett said.

4. Seek out the Maine Tiny House Building Codes prior to building.

## Author of Rat Six at KFL

JACK FLOWERS WAS  
DRAFTED IN 1967 AND SENT  
TO VIETNAM AS A 2ND  
LIEUTENANT IN THE ARMY



He volunteered for one of the most hazardous duties – leader of the 1st Infantry Division Tunnel Rats. According to Flowers, this was a life changing event from which he has never quite recovered but always remembered. Flowers says, "the Tunnel Rats were some of the most courageous soldiers to fight in Vietnam. All were volunteers, slightly built, cunning, rebellious, trained in demolitions and dedicated

to ferreting out the enemy below. In the beginning of the war, entering a tunnel with only a flashlight and a pistol was almost suicidal. But over time the Army learned to successfully navigate

the underground labyrinths, retrieve vital intelligence and destroy the tunnels."

On Wednesday, February 12 at 6:00 p.m., Flowers will be at the Kennebunk Free Library to discuss his novel Rat Six, based on his own experience as

a Tunnel Rat. Flowers describes writing the novel as "a catharsis cleansing his soul and putting into words the horrors of a war he had opposed."

This program is free and wheelchair accessible. The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at [kfl@kennebunk.lib.me.us](mailto:kfl@kennebunk.lib.me.us).

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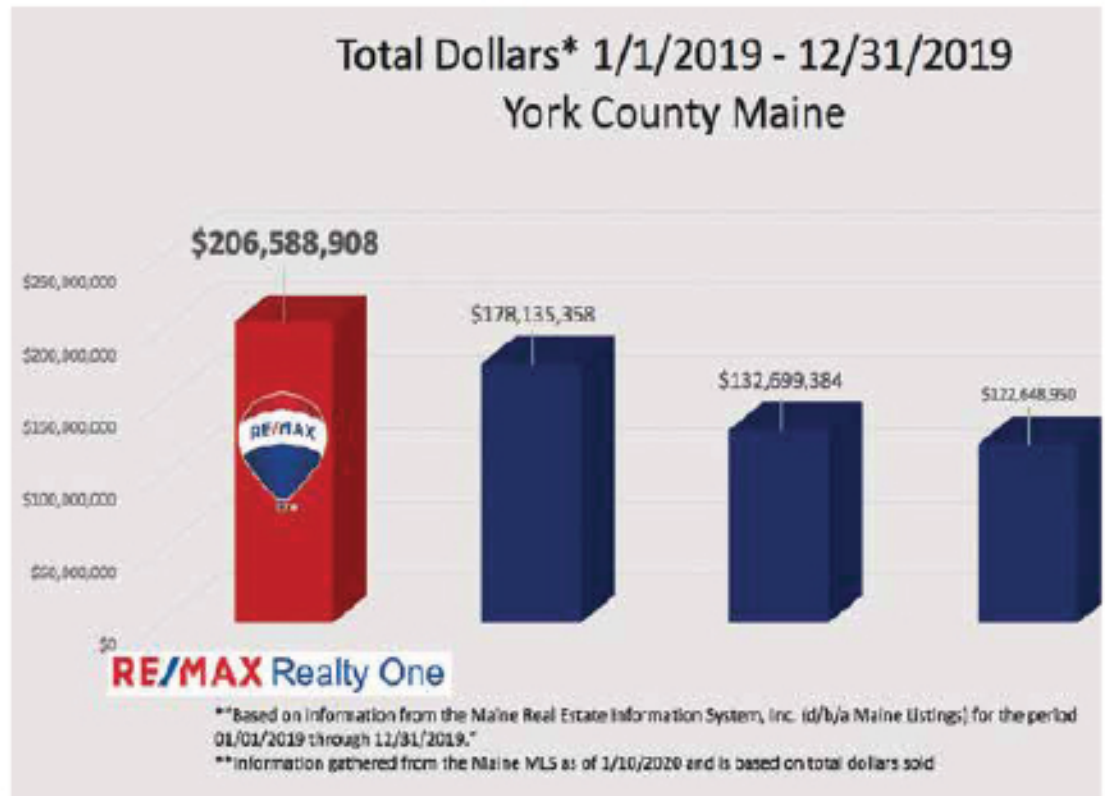
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## York Hospital Presents: "Dementia: What Is Lost . . . and What Is NOT!"



Dr. Castillo, center, along with the Center for Older Adults team at York Hospital

York Hospital will host a Lunch & Learn on Dementia Care and Older Adults Programming with Elizabeth Castillo, MD, PhD on Wednesday, February 12th from 12pm -1:00pm. The program will be held at the Trafton Senior Center located at 19 Elm Street in Sanford, ME.

Dr. Elizabeth Castillo joined York Hospital in 2018 as a Geriatrician. Dr. Castillo practiced as a teaching and research Geriatrician and has extensive experience with inpatient (clinical and residential) and outpatient care. She will lead the program by

## Signs of his work are all over town, but do you know the man behind the artwork?



Meet Mike Prevost, of Prevost Signs, who has been giving local businesses their identity for 25 years in Kennebunk, across Maine, and throughout the country and world.

Most recently he completed the new sign on the Mat Lanigan Bridge welcoming tourists into the Kennebunks. Garden Street Bowl and Crotux Restaurant are among some of his work. He recently created the new sign at Mother's Beach, as well as the Kennebunk High School sign. Through the years he's created and

discussing dementia's impact on older adults and highlight the exciting new programs and services at the York Hospital Center for Older Adults.

Following her presentation, information about York Hospital's free transportation service, prescription assistance program, and other supportive community health services will be available to all attendees.

Seating is limited and a complimentary lunch with Valentine's Day themed desserts will be served. Guests are welcome to take their seats beginning at 11:45am and Q & A will follow the lecture. To make your reservation, please call York Hospital's Fundraising Office at 207-351-2385, email [info@yorkhospital.com](mailto:info@yorkhospital.com), or register online via our website's event page.

For information on other community lectures and programs, please visit [www.yorkhospital.com](http://www.yorkhospital.com).

refurbished thousands of pieces, from Kennebunk Fire Department trucks to the wraps on W.B. Mason vans to wooden signs for The Nonantum and The Kennebunk Inn, among the many.

"For an eclectic guy who has tried every job in the world, I have found my love in signs," said Prevost. "When I started doing this, I didn't see it as work. And 25 years later, it still doesn't feel like work."

Prevost Signs is a full-service sign shop that does it all, from traditional wooden signs with gold-leaf lettering, to metal signs, back-lit signs and vinyl graphics of all kinds, such as banners and full-car wraps, and even awnings. "Vinyl graphics" often includes vehicle and boat lettering too.

"I do everything myself, from the graphic design (or implementing an existing logo) to production or refurbishing work," he said.

Prevost says he especially loves those projects that others have said can't be done.

"I always come up with a way," said Prevost, proudly describing the many one-of-a-kind projects he has completed through the years. "I enjoy blending modern-day technology with old-world craftsmanship."



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# The Period of **PURPLE** Crying Awareness

Community Educator Alissa and Intern Taylor made the Kids Free to Grow's annual purple hat delivery to SMHC in Biddeford recently. These purple hats are hand knit by volunteers and are given to new mothers as a reminder of the Period of Purple Crying. Photo courtesy of Kids Free to Grow.

According to Marilyn Barr, Founder/ Former Executive Director, NCSBS

"The Period of PURPLE Crying is a new way to help parents understand this time in their baby's life, which is a normal part of every infant's development. It is confusing and concerning to be told your baby 'has colic' because it sounds like it is an illness or a condition that is abnormal. When the baby is given medication to treat symptoms of colic, it reinforces the idea that there is something wrong with the baby, when in fact, the baby is going through a very normal developmental

It is **CONFUSING** and **CONCERNING** to be told your baby 'has colic'

phase. That is why we prefer to refer to this time as the Period of PURPLE Crying. This is not because the baby turns purple while crying. The acronym is a meaningful and memorable way to describe what parents and their babies are going through. The Period of PURPLE Crying begins at about 2 weeks of age and continues until about 3-4 months of age. There are other common characteristics of this phase, or period, which are better described by the acronym PURPLE. All babies go through this period. It is during this time that some babies can cry a lot and some far less, but they all go through it." For more information on The Period of PURPLE Crying please visit: [purplecrying.info](http://purplecrying.info)

Kids Free to Grow of York County is a non-profit organization committed



Community Educator Alissa and Intern Taylor made the Kids Free to Grow's annual purple hat delivery to SMHC in Biddeford recently. These purple hats are hand knit by volunteers and are given to new mothers as a reminder of the Period of Purple Crying. Photo courtesy of Kids Free to Grow.

to the prevention of all forms of child abuse and neglect. Central to the mission is the promotion of healthy, nurturing relationships between children and adults. Through education, collaboration and

advocacy the Council provides programs and events which foster the well-being of children and families throughout York County. Find out more on Kids Free to Grow: [kidsfreetogrow.org/kftg](http://kidsfreetogrow.org/kftg) Or call: 207-985-5975

## "NO STRINGS ATTACHED" CELEBRATES 10 YEARS



Group photo: Location: Christ Church, Kennebunk, Photo credit: Sonia Midgley

The New Year 2020 marks the 10th anniversary for community string ensemble "No Strings Attached". How will this dedicated group of local violin, viola, cello and bass players celebrate? By doing what they always do, playing great music simply for the joy of it. And, as always, they're inviting interested string players to join them.

As the name implies, No Strings Attached is an informal and welcoming

group. Members include recent beginners and those who played earlier in life and are rediscovering the fun of playing together, to lifelong dedicated amateurs, as well as a few pros.

The repertoire is just as varied, ranging from the classics to more contemporary works, all at a medium easy to medium advanced level.

The group meets on Thursday evenings about two-to-three times a month at Christ Church, 6 Dane Street in Kennebunk.

There is no minimum attendance requirement. Interested string players are welcome to try out the group for an evening before registering.

For more information or to register please contact: Pamela Doughty, [pdoughty74@gmail.com](mailto:pdoughty74@gmail.com), (207) 232-9778. **About Pamela Doughty**

*No Strings Attached is under the direction of Pamela Doughty, violist with the Portland Symphony Orchestra. In addition to her 40 years as part of the PSO's mighty viola section, Mrs. Doughty has extensive experience as a string teacher with both Maine public schools and private studios.*

## The Kennebunk Free Library announces its February 2020 exhibition

"The Center Artists", the works of George Acker, Florence Damon, Marlene Engdahl, Alan Platt, and Kay Simmons.

These artists represent a portion of a larger group that meets every Friday at The Center, 175 Port Road, Kennebunk. The class is led by teacher and painter Liz Armstrong. It is a diverse group in terms of prior painting experience and years of practice. The group's commonality is their medium, which is acrylics, and their love of painting. Each artist has developed their own style. Local landscape, seascape and floral subjects are frequently the inspiration for their paintings. Several of the represented artists in the group have been invited to show their work in the Kennebunk River Club show and some group members have also been successful in selling their work.

All members paint for their personal enjoyment and individual painting goals and support each other in class. Often in class, one student's work will open a discussion led by their teacher on an aspect of painting such as composition, color or form which is then useful for others. Many of the group members paint outside of class.



The Pond by George Acker

The Center Artists group vary in ages between 60s and 90s. They exemplify the very worthwhile practice of lifelong learning and demonstrate that new goals can be reached at any age.

The show runs February 1 through February 28th. The public is invited to view the exhibit at 112 Main St., Kennebunk, Maine during regular 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.

The public is invited to an artist's reception on Tuesday, February 4th from 5:00 to 7:30 p.m.



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# CALENDAR

## Upcoming Events

**Calling all quilters! The Evergreen Quilt Guild will meet on Monday, February 24th, from 6-9 PM, at St. David's Episcopal Church, Route 1, two miles south of Kennebunk Village. Evergreen Quilters usually meet the 4th Monday of each month except July and December, and the 3rd Monday of May. Newcomers are always welcome. FMI please visit our web site at [www.evergreenquiltersmaine.org](http://www.evergreenquiltersmaine.org)**

**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](mailto:info@wohistory.org) / 207-646-4775.

**BOHEMIAN SUNDAY POETRY READINGS** Sunday February 9 2-4PM at Mornings in Paris Cafe, 21 Western Avenue, Lower Village, KennebunkHost WePoets & Verse returns with their poetry series in the Kennebunks. The community is invited to participate by reading a favorite poem or a poem of their own. Free admission. All are welcome. WePoets & Verse, Kennebunk, mission is to promote poetry and encourage new and emerging poets. For info, email [wepoets5@gmail.com](mailto:wepoets5@gmail.com)

## Animal Welfare Society

**Drop in Rescue Readers Tuesdays, Feb 4, 11, 18, 25 and Thursdays Feb 6, 13, 20, 27 @ 3:15 - 4:30 AWS Adoption Center, 46 Holland Road, Kennebunk** Students must become Certified Rescue Readers before dropping in to read to the animals. For more information, visit <https://animalwelfare.org/events/category/youth/literacy/rescue-readers/>

**Furry Tales Story and Adventure Hour** Thursdays Feb 6, 13, 27 @ 10 am Humane Education Classroom (Boston House) at AWS, 46 Holland Road, Kennebunk Preschoolers and their families explore the exciting world of animals with stories, playtime, crafts, songs, movement and plenty of animal time. Each week is a new adventure!

**Species Spotlight: Gecko Lizards Feb 8th 10 - 11:00 am** Humane Education Classroom (Boston House) at AWS, 46 Holland Road, Kennebunk Each workshop, presented by HerpHaven Reptile Rescue and Sanctuary, covers the extensive care that goes into having an exotic animal as a pet including:

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

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

### February School Vacation Camp

**Two sessions: Feb 18 & 19, Feb 20 & 21. During school vacation weeks at AWS, students ages 7-12 engage in hands-on learning and are encouraged to ask questions and explore their curiosity. And of course, camp-**

**ers spend time with pets of all kinds! Whether you sign up for one two-day session or select the full four-day experience, your student is certain to have a paws-ively great time!** <https://animalwelfare.org/events/category/youth/day-camps/school-vacation-camp/>

## Louis T. Graves Memorial Public Library:

**LIBRARY CLOSINGS FOR FEBRUARY: February 17 (Presidents Day 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, February 5 through April 8, 2020.**

**Free Tax Help.** Wednesdays from 9 a.m.-1 p.m., Volunteer tax preparers from the AARP Tax-Aide Program will provide free tax filing assistance on Individual and Joint returns at the Louis T. Graves Memorial Public Library. No appointment necessary. Individuals are asked to bring all necessary paperwork, including their social security card, proof of identification and last year's tax returns. Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org> The Library also provides tax forms from the IRS for your convenience.

**Tuesday, February 4 @ 3:00 pm. Dungeons and Dragons.** Join us for an afternoon of a fun, fair, and consistent new program starting today. A program set in Sudumar with humans, elves, half elves, dwarves, and gnomes. Bring your friends after school and start playing today! 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 <http://www.graveslibrary.org>.

**Wednesday, February 5 @ 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 <http://www.graveslibrary.org>.

**Thursday, February 13 @ 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 <http://www.graveslibrary.org>.

**Thursday, February 13 @ 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.

**Thursday, February 13 @ 3:30 pm. Calling All Crafters!** Sign up to make a special Silhouette craft. We will show you how to create art using pastels and hand-cut silhouettes. 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.

**Saturday, February 15 @ 2:00 pm. A Concert with Chocolate and Champagne.** Join us for a special concert in the Community Room. Light refreshments will be served. A suggested donation of \$10 pp would be appreciated. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

**Wednesday, February 19 @ 1:00 pm. Dragon Tea Party.** Dragon stories, games and fun refreshments. Children of all ages are welcome. Please call the Library for further details 967-2778.

**Thursday, February 20 @ 9:00 am. Senior Education Seminar.** Join us for some coffee and conversation with Charlotte Bell from the 1st Congregational Church. Charlotte will be talking about "Caring for the Caregivers." No registration is required. Light refreshments will be served. Next Session - March - Margy Gambell, RN will be here from Comfort Keepers.

**Thursday, February 20 @ 2:00 pm. Afternoon Movie.** Bring your family and friends and join us for a delightful afternoon in the Community Room. Please check the website for the listing ([graveslibrary.org](http://graveslibrary.org))

**Thursday, February 20 @ 6:45 pm. Movie Night.** Join us for a special showing of *Chocolate*. When mysterious Vianne and her child arrive in a tranquil French town in the winter of 1959, no one could have imagined the impact that she and her spirited daughter would have on the community stubbornly rooted in tradition. Within days, she opens an unusual chocolate shop, across the square from the church. Her ability to perceive her customers' desires and satisfy them with just the right confection, coaxes the villagers to abandon themselves to temptation - just as Lent begins. (Google.com) Light refreshments (including chocolate!) will be served.

**Friday, February @ 10:00 am. Special Storytime with Guest Reader Tiffany from the Daily Sweat.** Stories, Songs, and Special Yoga Instruction. Designed for children 5 and younger, however, all ages are welcome. Parents and caregivers are encouraged to participate.

**Tuesday, February 18 @ 1:00 pm for an Afternoon At The Movies! Downton Abbey (2019)** will be shown in the Community Room. Join us and get reacquainted with your old friends from the hit series! Hot popcorn will be served!

**Tuesday, February 25 @ 2:00 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, February 25 @ 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.

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

**Computer Q and A every Friday at 10:00 am at 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](http://www.graveslibrary.org).

## Brick Store Museum

**Saturday, February 1: Free February starts!** 10:00AM - 4:00PM, Brick Store Museum, 117 Main Street, Kennebunk. The Brick Store Museum celebrates our love for the Kennebunks by offering free admission all month long! Cookies, candy and hot chocolate during the day to kick-off the month-long program. FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

**Saturday, February 1: Indoor Tour: Love Stories** of the Kennebunks, 12:00pm. It's cold outside - so come in for a tour! Learn about the lives of the Kennebankers of history on a tour through the Museum's galleries and collections storage, with a Valentine's-themed twist: love stories! This 45-minute tour through the Museum requires the use of stairs for portions of the program. Cost: \$10.00 per person (\$5 for Museum Members). FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

**Saturday, February 8: Indoor Tour: Love Stories** of the Kennebunks, 12:00pm. It's cold outside - so come in for a tour! Learn about the lives of the Kennebankers of history on a tour through the Museum's galleries and collections storage, with a Valentine's-themed twist: love stories! This 45-minute tour through the Museum requires the use of stairs for portions of the program. Cost: \$10.00 per person (\$5 for Museum Members). FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

**Saturday, February 15: Indoor Tour: Love Stories** of the Kennebunks, 12:00pm. It's cold outside - so come in for a tour! Learn about the lives of the Kennebankers of history on a tour through the Museum's galleries and collections storage, with a Valentine's-themed twist: love stories! This 45-minute tour through the Museum requires the use of stairs for portions of the program. Cost: \$10.00 per person (\$5 for Museum Members). FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

**Saturday, February 22: Indoor Tour: Love Stories** of the Kennebunks, 12:00pm. It's cold outside - so come in for a tour! Learn about the lives of the Kennebankers of history on a tour through the Museum's galleries and collections storage, with a Valentine's-themed twist: love stories! This 45-minute tour through the Museum requires the use of stairs for portions of the program. Cost: \$10.00 per person (\$5 for Museum Members). FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

**Saturday, February 29: Indoor Tour: Love Stories** of the Kennebunks, 12:00pm. It's cold outside - so come in for a tour! Learn about the lives of the Kennebankers of history on a tour through the Museum's galleries and collections storage, with a Valentine's-themed twist: love stories! This 45-minute tour through the Museum requires the use of stairs for portions of the program. Cost: \$10.00 per person (\$5 for Museum Members). FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

**Join the Southern Maine Agency on Aging (SMAA) and York Hospital as they offer 'Healthy Steps for Older Adults' on Wednesday, February 12, 9:30a-2:30p, at The Community Room, Sunset Towers Apartments, 941 Main Street, Sanford, ME.**

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

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

### Tax Forms and Tax Help at KFL

It's tax season again at KFL! This year, like last year, the federal 1040A and 1040EZ forms are no longer; they have all been combined into one 1040 form. When the 1040 forms and booklets have arrived at the library, they will be available at the adult circulation desk. As in recent years, we will not be receiving any state forms. Library staff will be more than welcome to help you print any forms from the IRS or state website for just \$.10 per page. We can also provide you with instructions for ordering forms to be mailed to you directly.

If you need some help preparing your taxes, we will once again be hosting AARP Tax Aides every Thursday from 9:30 a.m. to 12:00 p.m. The first session this year will be held on February 6, with the program running through April 9. People will be seen on a first-come, first-served basis only. We will have a sign-up sheet available in the lobby when the library doors open at 9:30.

If you have any questions, please give us a call at the adult circulation desk: (207) 985-2173 x4. We look forward to facing the inevitable frustrations of the 2020 tax season together!

### Kennebunk Land Trust

**Wednesday, Feb. 12th, 11am Wellness Walk at Sea Road Preserve:** Join KLT and the Kennebunk Parks and Rec for our first wellness walk of the year at Sea Road Preserve. This is a guided social walk aimed at building community and encouraging individuals to opt outside! A 13-acre property contiguous to the town-owned Bridle Path and Rachel Carson National Wildlife Refuge. The trail follows an old, turn-of-the-century train bed, and offers scenic views of the Mousam River in all seasons. There is an easy walking path. Please wear appropriate clothing and footwear. Call 207-985-8734 for questions. Special Thank you to our Wellness Walk Corporate Sponsor, Southern Maine Health Care. **Directions:** Access is from the Sea Road School on Sea Road; parking available at the school.

**Sunday, February 23rd, 10am, Snow Stroll with Boulangerie!** Enjoy a beautiful morning exploring Mousam River Wildlife Sanctuary on a guided naturalist walk. KLT Board Members Scott Gasperin, a forester, and Tony Liguori, a Master Maine Guide & Maine Master Naturalist, will highlight the flora and fauna in winter. Please wear appropriate clothing and

footwear. This 38-acre preserve has over 2,400 feet of frontage along the Mousam River. KLT established new crib steps at the preserve last summer too! Following the walk we will visit Boulangerie for a treat and a hot drink. \$10 per person (cash or check only). RSVP encouraged but not required. Please call 207-985-8734 or email [kennebunklandtrust@gmail.com](mailto:kennebunklandtrust@gmail.com). Special Thank you to our Principal Sponsor, Kennebunk Savings Bank. **Directions:** From Route 1 in Kennebunk, turn onto Water Street. There is off street parking on your left next to the Treatment Plant administrative building.

### KKA Chamber of Commerce

**Feb. 5 SPEED NETWORKING: 5:30 p.m. at Allison's Restaurant,** Kennebunkport, sponsored by KKA Chamber of Commerce. Bring your business cards and prepare to meet local business leaders in rapid roundtable meet-and-greet sessions. Cash bar and menu available. Free admission with RSVP, [events@gokennebunks.com](mailto:events@gokennebunks.com) or 967-0857.

**Feb. 25 "WHAT'S IN YOUR CARDS?": 6-8:30 p.m. at the Chamber of Commerce,** 16 Water St., Kennebunk. Career Counselor Anush Hansen will lead a fun and interactive career values card sort exercise that will help women clarify and prioritize what they truly want out of their career, and affirm what they need for achieving a healthier work-life balance. \$20 with advance RSVP, (207) 494-4040. [www.kennebunkcounseling.com](http://www.kennebunkcounseling.com).

**Feb. 26 Chamber After Hours: 5-7 p.m. at Southern Maine Health Care at 2 Livewell Drive,** Kennebunk. Bring your business cards and get out to meet and greet the local business community over cocktails and light fare. \$5/Chamber members and \$10/general public. 967-0857 or [www.gokennebunks.com](http://www.gokennebunks.com).

**March 4 Instagram Workshop: 8 a.m. at the Kennebunk-Kennebunkport-Arundel Chamber of Commerce,** 16 Water St., Kennebunk. Learn best practices about from Seacoast Lately's Margaret Sutherland as she shares her approach. Bring one of your own favorite posts to share with the group. Free admission with RSVP, [events@gokennebunks.com](mailto:events@gokennebunks.com) or 967-0857.

**April 14 DRIVE Women: 5:30 p.m. at On the Marsh Bistro,** Kennebunk. Signature annual event featuring three guest speakers (TBA), women in different ages and stages in their drive toward professional success. \$45. 967-0857 or [www.gokennebunks.com](http://www.gokennebunks.com)—

### The Center

**Tuesday, February 4 at 1 p.m. Thoreau Talk** at the Center. Join Jon Fadiman, who worked at the Thoreau Society, for a casual discussion about the writer, his time at Walden Pond and his beliefs. Free. Call the Center, 175 Port Road, Kennebunk to sign up at 967-8514.

**Monday, February 10 at 12:45 p.m. Blood pressure reading at the Center.** Get this important vital sign checked by a health professional. Free. Call the Center, 175 Port Road, Kennebunk to sign up at 967-8514.

**Wednesday, February 12 at noon. Valentine's Day Luncheon** featuring Talula's Comfortable at the Center. Sign up by Thursday, Feb. 6th. Free to first 30 guests; call 967-8514 to sign up.

**Wednesday, February 19 at 9 a.m. Tai Chi Class** at the Center. New class geared for all levels of student. Drop in. \$3 per student.

**Friday, February 21 at 1 p.m. Movie Day** at the Center will feature "Judy". Renee Zellweger stars at Judy Garland in this intimate look at her life. Free. Call the Center to register at 967-8514.

**Wednesday, February 26 at noon. The Book Club** will discuss "The Silent Patient" by Alex Michaelides. Drop in to the Center to join the discussion.

**SaVida Health, an Outpatient Medical Practice for Opioid and Alcohol Addiction, Opens in Biddeford,** SaVida Health, a leader in outpatient medication-assisted treatment for opioid and alcohol addiction, opened a new treatment center in Biddeford, ME in December 2019 to address the opioid and alcohol epidemic. SaVida Health's holistic and customized approach to care sets it apart from other programs by treating each patient on an individual basis and providing comprehensive, evidence-based services designed to meet a person's unique needs.

In addition to individual MAT services, SaVida Health Biddeford is also providing Opioid Health Home Services (OHHS) for individuals on MaineCare or who are uninsured. SaVida accepts most insurance plans including MainCare and Medicare. SaVida Biddeford is located at 409 Alfred Street, Unit 4, Biddeford, ME 04005. Appointments can be made for the Biddeford location by calling (207) 517-5222 or for any of SaVida's locations by calling (833) 356-4080 or by visiting [www.SaVidaHealth.com](http://www.SaVidaHealth.com).

### 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 [christchurch-kennebunk.org](http://christchurch-kennebunk.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 967-3887

**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](mailto:uukennebunkoffice@gmail.com) or visit [www.uukennebunk.org](http://www.uukennebunk.org) Good Shepherd's Cove

**Good Shepherd's 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 793-8482 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 985-4808 or see [www.kennebunklutheran.org](http://www.kennebunklutheran.org).

**Kennebunk Baptist Church,** The Kennebunk Baptist Church goes back to its Fall/Winters 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: Re-opens 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](http://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.southernmainecocf.com](http://www.southernmainecocf.com) or call 229-4174.

**The Church on the Cape UMC,** 3 Langford 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 @ 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 [vbckportsecretary@gmail.com](mailto:vbckportsecretary@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](mailto: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 Junior Science Science experiments can often be messy, gross, and funny, but they are always amazing! Come join us on Monday February 3rd at 4 p.m.** as we will be launching Rubber Band Helicopters! We will construct the body of the helicopter as well as its power source, we will discuss how the potential energy of the rubber band is turned into kinetic energy for the helicopter! 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](http://www.KennebunkLibrary.org).

### **Jump Start Your Year! Goal Setting for 2020 at KFL**

Do you have a goal you would like to reach this year? Would you like to join with other goal setters to help each other navigate the road to success? Look no further than Jump Start Your Year! Goal Setting for 2020, a new three-part series that will be held on Saturdays from 10:00 a.m. to 12:00 p.m. on the 8, 15 & 29 of February at Kennebunk Free Library. The program will be facilitated by staff member Jenny Brown and executive coach May Ireland. Please call or e-mail the library to register. May Ireland is founder of VirtualPeer.co - a peer mentoring community. May started VirtualPeer because she truly believes you can achieve more when there are others sharing the journey with you. VirtualPeer brings people together into small online peer groups to work on shared professional goals and challenges. May's expertise is in leadership, learning and development. She is a qualified executive coach and has worked in the education. This program is free and wheelchair accessible. The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at [kfl@kennebunk.lib.me.us](mailto:kfl@kennebunk.lib.me.us).

### **The Kennebunk Free Library announces its February 2020 exhibition, "The Center Artists", the works of George Acker, Florence Damon, Marlene Engdahl, Alan Platt, and Kay Simmons.**

These artists represent a portion of a larger group that meets every Friday at The Center, 175 Port Road, Kennebunk. The class is led by teacher and painter Liz Armstrong. It is a diverse group in terms of prior painting experience and years of practice. The group's commonality is their medium, which is acrylics, and their love of painting. Each artist has developed their own style. Local landscape, seascape and floral subjects are frequently the inspiration for their paintings. Several of the represented artists in the group have been invited to show their work in the Kennebunk River Club show and some group members have also been successful in selling their work.

All members paint for their personal enjoyment and individual painting goals and support each other in class. Often in class, one student's work will open a discussion led by their teacher on an aspect of painting such as composition, color or form which is then useful for others. Many of the group members paint outside of class. The Center Artists group vary in ages between 60s and 90s. They exemplify the very worthwhile practice of lifelong learning and demonstrate that new goals can be reached at any age. *The show runs February 1 through February 28th. The public is invited to view the exhibit at 112 Main St., Kennebunk,*

*Maine during regular 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. The public is invited to an artist's reception on Tuesday, February 4th from 5:00 to 7:30 p.m.*

**Georges Budagu Makoko at KFL The Camden Conference presents Georges Budagu Makoko at the Kennebunk Free Library on Wednesday, February 5, 2020 at 6:00 p.m.**

He is the founder of Ladder to the Moon Network and Co-founder and Publisher of Amjamba Africa Newspaper. Georges was born in Democratic Republic of Congo and moved to Rwanda in 1994 due to political unrest in his country. He graduated from National University of Rwanda in Business Administration and moved to the United States in 2002, where he sought and received asylum. He is the author of Ladder to the Moon: Journey from the Congo to America, a book about his life. Georges worked as Senior Property Manager with Avesta Housing. He was awarded 2012 Site Manager of the Year, a joint award from the United States Department of Agriculture Rural Housing Service and Maine Rural Development. He serves as a motivational speaker and professional interpreter. He speaks more than six languages, including English, French, Swahili, Kinyarwanda, Kirundi, Lingala and Kinyamulenge. He strongly believes in advocating for peace, reconciliation and justice for all. This program is free and wheelchair accessible. The Kennebunk Free Library is located at 112 Main Street in Ken

**The Kennebunk Free Library is offering a Lego Club for children ages 4 and older. The Lego Club will meet on Wednesday February 26th 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](http://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](http://www.KennebunkLibrary.org).



## Wells Reserve at Laudholm

**Saturday, February 8, 9-11am Befriending Wilderness: Practices of Renewal.** Join Aram Mitchell, Registered Maine Guide and director of Renewal in the Wilderness, for a morning exploring what it means to engage wilderness as a spiritual practice. How do we find regular rhythms of relation with wild things and wild places? How do we share our practices of befriending wildness with our community? How do we contribute to a redemptive understanding of what wilderness is, and how wilderness can function as a source of wisdom in our lives? We will start with a contemplative winter walk at the Wells Reserve at Laudholm, then gather with warm beverages for a guided conversation about the practice and importance of befriending wildness in both epic and everyday ways. For ages 13+. **Snow date February 9. \$7/\$5 or \$15/family. Registration required at 207-646-1555 ext 116. [FMI.wellsreserve.org](mailto:FMI.wellsreserve.org)**

**Wednesday, February 12, 12-1pm How Sea Level Rise Threatens Our Saltmarsh Sparrows.** Maine's coastal marshes are home to a uniquely adapted community of birds, many of which build their nests on the salt marsh surface. Birds like saltmarsh sparrows have coped with tidal flooding for ages, but rising sea levels and climate change threaten their persistence throughout the northeast. In this lunchtime talk, Bri Benvenuti, biologist for Rachel Carson National Wildlife Refuge, discusses how we can protect tidal marsh species and conserve their habitat. Benvenuti earned her master's degree in wildlife and conservation biology at the University of New Hampshire and now explores bird ecology and salt marsh management under changing climatic conditions. \$2 suggested donation. Wells Reserve at Laudholm 207-646-1555 [wellsreserve.org](mailto:wellsreserve.org)

**Saturday, February 15, 1-3pm Art in Nature: Block Printing.** Discover your inner artist by making a block print of a nature subject you choose. No experience is necessary and all materials will be provided for this fun and easy approach to custom printing. Participants will take home their block print, new skills, and a set of their own handmade greeting cards. Held at the Wells Reserve at Laudholm. For ages 12 and up. \$14/\$10. Space is limited and registration is required at 207-646-1555 ext 110 or [caryn@wellsnec.org](mailto:caryn@wellsnec.org). [FMI.wellsreserve.org](mailto:FMI.wellsreserve.org)

**Tuesday, February 18, 12-2pm Little Green Bat House Project.** In a lunchtime presentation, bat biologist Caroline Byrne will talk about our local bat species, including their biology, behavior, and the ecological services they perform. She will also describe the Little Green Bat House Project, a citizen science effort that aims to provide roosting structures and education about bats. After her talk, Caroline will lead a workshop to build bat houses for the Wells Reserve. The houses currently installed at the reserve are almost a decade old and need to be replaced. You can help build the new houses, then take home instructions for building a house of your own. Caroline Byrne has worked on field studies involving bats throughout the eastern United States since 2009. \$2 suggested donation. Wells Reserve at Laudholm 207-646-1555 [wellsreserve.org](mailto:wellsreserve.org)

**Wednesday, February 19, 9am-3pm Science Spectacular.** Kids in this Wells Reserve vacation camp will dive into experiments, play in the snow, build things, and make new friends. This STEAM adventure (science, technology, engineering, art, math) for ages 7 to 12 includes making sculptures, spinning tops, and erupting lemon volcanoes. \$60/\$50. Registration required by February 16 at 207-646-1555 ext 110 or [caryn@wellsnec.org](mailto:caryn@wellsnec.org). Wells Reserve at Laudholm 207-646-1555 [wellsreserve.org](mailto:wellsreserve.org)

**Thursday, February 20, 10am-12:30pm Winter Wildlife Day.** Celebrate the wildlife of southern Maine with the Wells Reserve, Center for Wildlife, and York County Audubon. We promise family fun, a live animal presentation at 10am, a wildlife tracking walk at 11am, storybook reading, critter crafts, and snowy activities. Bring snowshoes and sleds or borrow ours. Wear animal costumes or hats if you have them. Free. Wells Reserve at Laudholm. 207-646-1555 [wellsreserve.org](mailto:wellsreserve.org)

**Saturday, February 22, 9am-12pm Winter Wildlife Tracking.** The winter landscape is a wonderful time and place to connect with the lives of local wildlife. Mammals, birds, and even insects leave tracks, trails, and signs of their presence. Certified wildlife tracker Dan Gardoqui will teach you to interpret the abundant clues of our wild neighbors. Gardoqui has been studying naturalist skills, wildlife tracking, bird language, and mentoring for nearly 30 years. He has an M.S. in Natural Resources, is a Registered Maine Guide, and served as science faculty at Granite State College. This program runs regardless of snow cover. For adults and interested teens. Registration required. \$25/\$20. Wells Reserve at Laudholm 207-646-1555 [wellsreserve.org](mailto:wellsreserve.org)

**Contacts:** Scott Richardson [editor@laudholm.org](mailto:editor@laudholm.org) 207-646-4521 ext 114 [wellsreserve.org/media](mailto:wellsreserve.org/media) Tweet @wellsreserve | Suzanne Kahn [suzanne@wellsnec.org](mailto:suzanne@wellsnec.org) 207-646-1555 ext 116 Wells Reserve at Laudholm 342 Laudholm Farm Rd Wells ME 04090

## 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: [animal-welfaresociety.org/adoption](http://animal-welfaresociety.org/adoption)





**Meet Boomer!** This handsome hound mix is ready to explore the world with his new family and learn all there is about being the perfect, playful companion! Boomer has beagle in his blood and because of this he has mastered the art of sniffing, sniffing, sniffing and vocalizing his feelings in a bay-like bark. But boy he sure does look cute when doing it!



**Meet Nenie!** This sweet little island cutie is Nenie! She's a perfect lap dog and companion and does well with other dogs. If you're looking for a lap warmer come down and meet her.

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## Cape Porpoise Harbor Dredging Update



Army Corp of Engineer dredging equipment in the Kennebunk River January 2020, Photo by: Shelley Wigglesworth

By: Shelley Wigglesworth, Lead writer

As of the first week in January 2020, much of the harbor dredging project in Cape Porpoise has been worked on, dredge depths have been reached, and a channel dug throughout the harbor.

The dredging began in December of 2019 and consisted of dredging a depth of 10 feet in the anchorage and 6 feet up from the Town pier towards the inner harbor, also known as 'the ditch'. Work was done around the clock, 24 hours a day, 7 days a week throughout the month. The project was expected to be completed by the end of December 2019.

Cape Porpoise Harbor Master Chris

Mayo said, "The Army Corp of Engineers completed their final survey just before Christmas and found numerous areas of the project not dug to appropriate depths; meaning the contractor must return to fulfill the federal contract."

The Army Corp of Engineers contracted Coastline Consulting Group, who sub-contracted the project to Patriot Marine Construction.

Mayo said "Patriot Marine will be returning to finish the project. The latest information provided by the Army Corp of Engineers states that Patriot Marine will be returning (weather permitting) on the 16th or 17th of January." No completion date has been determined. Mayo noted "At this point I will not speculate on completion of the project, but we are all hoping for a quick and timely completion to allow the harbor to resume normal operations and occupancy."

Direct questions may be made to the Cape Porpoise Harbor Master by telephone at 207-967-5040 or email: [cmayo@kennebunkportme.gov](mailto:cmayo@kennebunkportme.gov)

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