

APRIL 2020

Village

the Kennebunk
NEWS Magazine

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The Life & Legacy of
**Captain
Joe Nickerson**

**The Old Dog Cookie Company
of Wells**

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**KHS
EARTH DAY
PROJECT**

**Horses, Humans &
the Coronavirus**

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On the Cover



Photo, by Phil Stone

"Signs of Spring" picturing "Northern Parula". Phil Stone is a professional Chef living on the Southern Coast of Maine with his wife Annie. His father, Don Stone (1929-2015) an

American Impressionist painter was his biggest inspiration. When Phil was 18, his father gave him his first camera. Phil's favorite subjects include wildlife and landscapes, particularly at sunrise and sunset. "I started shooting landscapes but seeing the Herons, Owls, and Eagles was awe inspiring and I was hooked on the birds. My photography gives me a creative outlet and gets me out in Maine's natural beauty. I have been fortunate to have my work featured at Norway Savings Bank, Rachel Carson National Wildlife Refuge, The Barn Gallery, Wells Estuarine at Laudholm Farm, Footlights Theatre, Sentry Hill in York and The Village Magazine. For more information please visit: www.philstonephotography.com, email: pstone36@hotmail.com or call 207-468-3902.

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Tips for *Timeless* Interior Design



Wright Interiors Specializes in Commercial and Residential Interior Design projects throughout New England. Bree can work on projects of all sizes. From arranging existing furnishings to a complete design concept, including space planning and project management.

By Bree Clark of Wright Interiors

There have been many trends in interior design over the years. Each decade has its own style, some stick around and some we are glad to see gone. The harvest gold and avocado green colors of my childhood are long gone as are the Shabby Chic decor of more recent times. There are many design elements that stand the test of time. I always consider these five elements when beginning a project.

Functionality- The most important element of any room is functionality. Furniture should be to scale for its use and within the space. Sometimes it is the amount of free space that enhances a room. Simplicity is best.

Focal Point- Select a focal point in your room, something to draw the eye and make a statement and build the rest of your design around. It can be a painting, statue, fabulous piece of furniture, a fireplace or window with a view. Your favorite

possession perhaps. You can make a wall a focal point by using a different accent paint. Lighting can be a powerful way to accentuate the star of your room.

Symmetry- Now that you have a focal point you will want to bring balance to the room through symmetry.

Introduce similar weighted furniture and objects, such as lamps or artwork, on either side of your centerpiece.

Neutral Colors- Neutral tones never go out of style. They are a great backdrop for any room. Add a pop of color with accents of throw pillows and other accessories that are more easily changed with trends of the day.

Hide Technology- Don't make technology your focal point. Hide it away in closets and cabinets. Make speakers obscure. Technology isn't going anywhere, but luckily elements have become smaller and easier to camouflage or tuck away.



Bree Wright Clark specializes in helping her clients realize their interior visions that reflect their personal and professional style.

In 2000, Bree created Wright Interiors in Kennebunkport offering full range of design services including new design conceptualization, space planning and arranging existing furnishings. Her work has included clients in residential, hospitality, higher education, health care, retail

and commercial sectors including manufacturing plants and office spaces. Using an AutoCAD and Revit programs, she creates plans and furniture layouts and picks finishes and furnishings for all types of interiors. Clark earned an associate degree in interior design at the Fashion Institute of Design in San Francisco and her Bachelor of Science in Interior Design from Wentworth Institute of Technology in Boston. She is an associate member of the American Society of Interior Designs.

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Photo of Bree Clark by Robert Akers



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The Life & Legacy of Captain Joe Nickerson

By Shelley Wigglesworth, Lead writer

Captain Joe Nickerson of Cape Porpoise was the captain of the F/V Hayley Ann. He was well known, well loved, hardworking, a family man, and a seasoned, experienced and skilled captain. A resident of Arundel, Nickerson died tragically on Thursday January 23, 2020 after his boat, the F/V Hayley Ann sank in the Atlantic Ocean 50 miles off Portland, leaving behind a wife, daughter, grandchild, nephews, nieces, in-laws, his father, his siblings, cousins countless friends and a life and legacy to be proud of. Here is a glimpse into his well lived, albeit all too short life, which was full and rich, according to his wife and daughter who knew him and loved him most.

Arnold Alvin "Joe" Nickerson IV was born in Saco January 7th, 1960

to Arnold A. Nickerson III and the late Susan (Hanson) Nickerson Spiller. He was one of four children. He grew up in Cape Porpoise and learned to lobster from his father.

After graduating from Kennebunk High in 1978, he attended professional diving school in California. Nickerson then traveled to Florida to work on a research boat before returning to Southern Maine. For years he was a commercial fisherman running several boats out of Portland, Maine and working on boats out of Kodiak Alaska, in the Bering Sea of before purchasing the F/V Hayley Ann, homeported in Cape Porpoise and named for his daughter and wife.

Wife Sharon Nickerson said "Joey preferred ground fishing over lobstering. He eventually gained a voice in the commercial fishing industry and used it to fight for the rights of the small commercial fishing



Captain Joe Nickerson at work. Photo by John Whalen.

boats. He also traveled to help with research in the industry. I was so proud him for what he did in the fishing community."

According to Nickerson's daughter Hayley Brown, Joe "looked forward to the family vacation we took

every year to Aruba, spending time with everyone he loved, especially his grandson, Killian." She added "Aruba was always our happy place as a family. Our family fell in love with the island and would make it a holiday tradition to go together. Aruba is like

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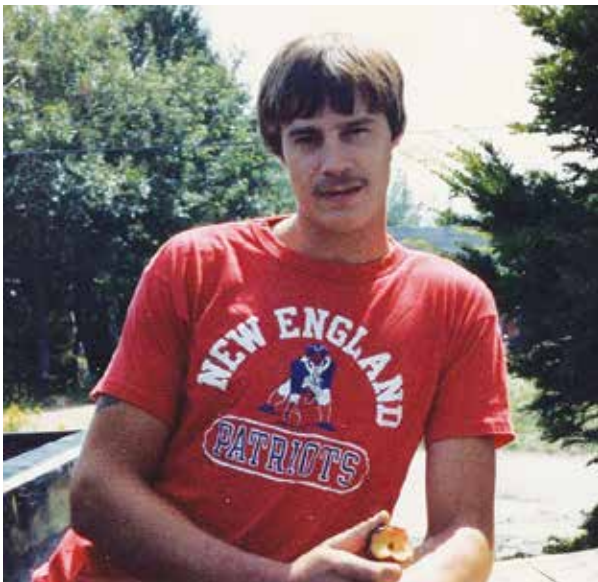
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Joe's sisters Patti Walters and Bonnie Weeman commented on Joe's childhood. "Joey grew up in the 1960's and 1970's when Cape Porpoise was a village filled with fishermen and their families. His childhood was at a simpler time when the sense of family and of community where so important and he carried that inside him into adulthood."



Joe's father, lifelong lobsterman Arnold Nickerson III said "Joey was always a good-natured kid and helpful even when he was very young. He was a popular kid and a bit mischievous. He graduated from Kennebunk High in 1978, then went to professional diving school in California. As a fisherman, he gained a voice in the commercial fishing industry and used it to fight for the rights of the small commercial fishing boats. I was so proud him for what he did in the fishing community."

a small town and many of the people knew him as 'Joe from Maine'. He would proudly tell the locals – or anyone who would listen – about his fishing stories."

Sharon and Hayley spoke about Nickerson's dedication and commitment to his livelihood fishing "In an industry which has been evolving for many years he was always passionate about what he did. He learned to stand up for his rights and for the rights of others like him, and he learned how to adapt to survive in through the changes. He was beyond knowledgeable in what he did, and many people looked up to and respected him."

Hayley reflected on her childhood

days with her father. "I used to love going to the boat with dad. It just seemed like something not everyone got to do. I would get so excited when he started the boat and I would always have to brace myself as we began to move. I just couldn't understand how Dad could walk all around that boat without ever losing his footing or needing to hold onto something. I remember my longest trip with him was when he asked me to ride from Gloucester back to Cape Porpoise when he re-located the boat. It was a beautiful summer day and it was the first time I really got a glimpse of what my dad really did. We were not fishing but to see him in his element is something I now cherish. How much he loved just looking out at the endless horizon. He knew the geography of the coastline and showed me a whole new perspective of our beautiful corner of the world."

at the endless horizon. He knew the geography of the coastline and showed me a whole new perspective of our beautiful corner of the world."

She said the loss has been particularly grueling when it comes to her young son Killian who is a toddler. "My heart aches watching my son look for his 'Pampy' and knowing he will not get to have the relationship I had with him. There is now such an emptiness in our family that I cannot fill."

Sharon concluded "Joey and I were the best of friends, we celebrated our 34th anniversary this past September. We truly enjoyed each others company. He loved Hayley and I so much. He had a wonderful bond with



Captain Joe Nickerson with his grandson Killian Brown.



Joey and Sharon Nickerson. Photos courtesy of the Nickerson family

his grandson, Killian who he looked forward to sharing his passion for the ocean with. I realized now he was one of the lucky ones who got to do



Isaac, Hayley and Killian Brown, Sharon and Joe Nickerson.

something he enjoyed for a living. I am so proud of him not only for what he did professionally, but for who he was as a person and the family we created with our daughter, Hayley."

If you would like to contribute please visit: www.gofundme.com/f/assistance-for-family-of-fallen-maine-captain

A Spaghetti Dinner and Silent Auction for the Nickerson family will be held Saturday, April 4, 2020 at 4 PM – 8 PM at the Academy of Dance on Alfred Road in Kennebunk FMI:www.facebook.com/events/185876352510116/

A Fish Fry Fundraiser for the Nickerson family will be held at Herb's Seafood Saturday, May 16, 2020 at 5 PM. FMI/www.facebook.com/events/870229026742774/

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RE/MAX Realty One would like to take this time to share some important updates and information regarding our industry. There is no doubt that the time to act in the best interest of the greater good is upon us and as we navigate during these unusual times, our priority right now is ensuring we take as many precautions as possible to help protect our communities, patrons, family and friends.

RE/MAX Realty One **is strongly recommending that all open houses be postponed.** We will evaluate what is in the best interest of the public as the days progress. Alternative solutions that we are recommending at this time include virtual open houses and property tours, alternative marketing strategies and private showings if property owners are comfortable.

The real estate market is robust and extremely busy in many markets. We are committed to adjusting our actives to provide you with the exceptional services you are accustomed to but doing so in a way that protects the safety of our clients, communities, agents, staff and families. To accomplish this, RE/MAX Realty One has enacted the following policies:

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Canine Jayne

KHS Grad Opens Dog Training Services in York County



By: Shelley Wigglesworth, Lead writer

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

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

After completing her training at Highland, Emmons began dog training professionally in 2018, with a focus on dog obedience and behavior modification. She quickly gained recognition for her abilities and has recently opened her own business, Current K9 Training, servicing Kennebunkport and the surrounding communities. “I offer private in-home training, tailored to

the owner and the dog’s needs. The first visit is a free evaluation, which is usually 45 minutes to 1 hour long. During this evaluation we meet and chat about what you and your dog’s needs are, and what training option best fits those needs. Once we have established the best training option, we continue meeting for the agreed duration of time.”

Each one-hour private session is \$80. Emmons also offers a “Bootcamp” which is a total of 30 hours of training over a 5 week period for \$1000- and group classes and therapy dog work will soon be offered to her line up of options. Her long-term goal is to run a board and train facility.

“The thing I most enjoy about my job is the amazing connections I am able to make! I meet amazing people and amazing dogs every day! I love helping both dogs and humans build trust and have more fun together!



Jayne Emmons with her trained 10 year old Maisy.

One of my favorite parts of my job is learning each dog’s personality, some are more challenging than others!”

Emmons said sometimes people don’t realize that training is not just about obedience and correcting



Jayne Emmons with her dog Lanai by: Cheyenne White Photography

unwanted behaviors, it is also “a great way to strengthen the bond between you and your dog(s).”

She offered this tip to dog owners. “A great way to have fun and keep your dog engaged is to teach

a new trick! ‘Spin’ is always a crowd pleaser! Start by having your dog stand; you can do this by holding the treat in front of your dog and luring him into a stand. From this point keep the treat in front

of his nose and slowly lead him in a circle. Slow enough that he can easily follow the treat. Once your dog is back to facing you reward with the treat. Repeat this process slowly speeding up. Once your dog

is performing the task fluidly add the word ‘spin’ and continue practicing! Consistency is key in all training.”

Look for more Tips from Jayne of Current K9 Training in upcoming



editions of the Village!

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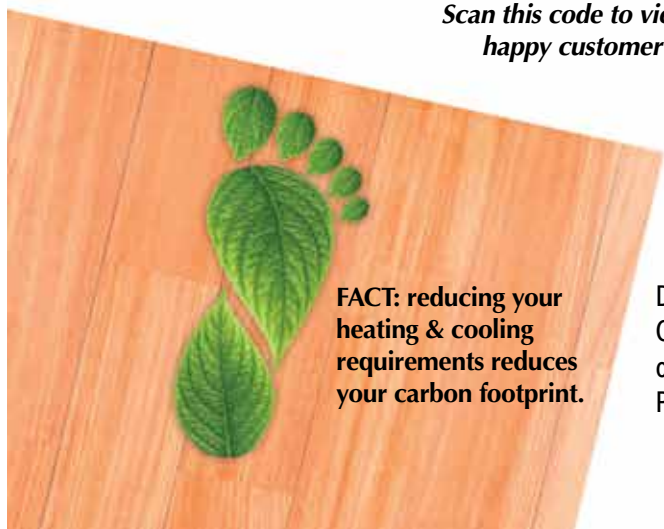
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The Value of Inspection

By Mark Birmingham, Village Contributor

When a buyer goes under contract on a home or commercial building, the due diligence period begins. Now it is the buyer's chance to unearth anything that needs repair or replacement. An attorney or title company will look for defects in the title, encroaching lot lines, hidden easements etc. Most of the time it's a material defect that needs attention, and this can only be revealed by a knowledgeable inspector. Sometimes, even an experienced inspector can get lazy and make a mistake.

I once represented a buyer who was under contract on a home in Kennebunkport. The inspector, whom I've used many times, claimed some of the basement sill was "punky" sitting "moisture deposits" as the definitive evidence. I trusted him, so we went down the road of getting estimates for repair. Before the estimated \$18,000 was presented to the buyer we took another look. With the owner hammering, or at least trying to hammer a 20d four-inch nail into what was supposedly "punky", we discovered the sill did have the moisture deposits, but this retired fireman could not drive the nail in more than half of an inch. The sill could not have been more solid. In fact, a new sill would be less dense than this 200 year-old one. Old wood used in the days when that house was built came from trees that grew at their own pace, not accelerated by fertilizers.

So, their rings were closer together and they were higher denser than today's wood. Needless to say, I never used that inspector again, and I'm still amazed he made the diagnosis without further investigation. If something looks punky, you find out for sure!

The price agreed upon in the purchase and sale agreement reflects all the known defects, visible wear and all obvious conditions regarding the property. The buyer expects that if no further defect is found, the sale will close at the contract price. If the septic system, for example, is inspected and deemed at "end of life," another negotiation begins. Since the buyer's expectation was that the septic was in good working order, a major repair must be factored in, usually with a price reduction to match the cost of replacement. The unhappy sellers will likely balk at footing the entire bill knowing they will not benefit at all from the replacement (except to sell their home!). Then, it comes down to who wants the sale more, buyers or sellers. Some compromise is likely, but the seller really should pay for it because the contract price reflected a working septic, and that is not the case now—there's virtually no septic system at all.

I often recommend homeowners pay for their own "pre" inspection, a practice which has yielded a number of benefits. Firstly, a pre-inspection



Mark Birmingham, Broker - REALTOR® - Green

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will reveal any issues that the owner was unaware of that should be addressed. This reduces the list of negatives buyers subconsciously count up in their minds.

are more complex and expensive. In commercial inspections, the myriad of systems that need to be looked at require a deep knowledge base, otherwise costly mistakes can happen. My first commercial purchase was a mixed-use building in South Portland which had a flat rubber roof inspected by someone from the "best" inspection firm in Portland who had no idea what he was looking at. He blessed it as having "at least ten more years of life". Ten minutes was more like it. Leaks and endless patches ensued. Having closed on the property I had no recourse except to demand my \$5,000 inspection fee be returned. For future purchases I always used multiple inspectors who were expert in their respective fields, and the cost of inspections was much less as well.

It all comes down to trust. Before you select your home or building inspector, either as a buyer or seller, get as many reviews on that inspector as possible. His mistake could become your biggest headache if you don't.

Some inspection companies will offer to re-inspect after repairs are completed, for a nominal fee. Secondly, a pre-inspection is welcomed by buyers who will have a higher level of confidence in the sellers' integrity and may even forego their own inspection, although a seasoned buyer agent would recommend getting an independent inspection. Lastly, a pre-inspection brings peace of mind that can't be discounted, for buyer and seller.

Home inspections are essential, in any case. Commercial inspections



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The Brig Galen

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

by Ken Daggett

After receiving a petition from ship owners in Wells and Arundel complaining about the added expense and inconvenience of traveling to the customhouse in Biddeford, the U. S Congress established the District of Kennebunk in June of 1800. At that time, there were thirty-six vessels sailing between the two towns and the West Indies.

Representative of those stout craft was the brig Galen, owned by prosperous local merchant and entrepreneur Richard Gillpatrick. The Galen appeared regularly in custom records between 1801 and 1806 arriving in the Kennebunk River laden with cargoes of rum, molasses, sugar, coffee, and salt; all transported from St. Vincent, Haiti, Tobago, and over a half-dozen other Caribbean islands. During those years, Gillpatrick and his partners paid duties totaling \$10,519.34 on their imported goods, an amount worth well over \$200,000 today.

In 1806, the Galen made her customary two annual voyages under the command of 29-year-old Captain Moses Wells. Clearing Kennebunk in January, the brig encountered stormy weather and rough seas, causing the vessel's pumps to be put into action with unintended tragic results when on the third night out a sailor slipped while going below decks to man them, receiving a fatal injury to his head.

His burial at sea was followed by moderating weather, and after a passage of thirty days the brig reached Martinique. When there proved to be no market for her cargo, Captain Wells took the Galen on to St. Lucia where the lumber was sold and a return freight secured.

While in port awaiting delivery of their consignment of sugar, the crew of the Galen witnessed the arrival of

a ship from Guinea loaded with enslaved Africans.

Each day their attention was drawn by the noise and commotion of the blacks being brought on deck for forced exercise of dancing and skipping. The captives' tattooing and colored beads, the last links to their native culture, made them seem exotic, but it was a sobering sight as the men from Maine observed small groups of these kidnapped people being ferried to shore where they were sold at auction. Their experience underscores how, until the 1830s and 40s, the whole economy of the West India trade rested on the institution of slavery, a fact that was taken for granted by most people of that day.

The passage home was uneventful until three days from Kennebunk when a series of northwest gales began, keeping the brig from making land for over twenty days and eventually blowing her all the way to Seguin Island at the mouth of the Kennebec. The Galen ultimately entered the Kennebunk River at the end of April after seeking shelter at both Portland and Winter Harbor along the way.

A month later, the Galen once again headed south, and after enjoying twenty-nine days of fine weather, she reached Antigua where Captain Wells traded his load of lumber for a return cargo of rum.

While in port at Antigua, the captain and crew became embroiled in a fracas with the British. One afternoon, a boat carrying six British sailors and their lieutenant back to their own vessel happened to pass close by the anchored Galen. True to the tenor of the times, one of the Galen's crew, upon spying the British, took the opportunity to begin loudly singing a song called "America Triumphant; Or, England's Downfall." The British lieutenant, who was reportedly drunk, naturally took offence and immediately ordered his men to row over to the brig. The infuriated lieutenant was soon onboard the Galen where his men seized the first American they encountered claiming him as a fugitive from the British navy and wrestling him into their boat.



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When Captain Wells, who had been receiving a visit from Captain John Gould of the Kennebunk brig Oliver, appeared on deck to protest the attempted impressment, the belligerent lieutenant ordered his men to also press the Galen's master.

Captain Wells did not yield meekly to his arrest and in the ensuing struggle lost every stitch of clothing he had on while gaining several bruises. However, his resistance proved effective, for in the end the British left taking only the seaman they had originally laid hands on. The captain quickly took the step of lodging a protest with the British Admiral and soon had the satisfaction of gaining the release of his abducted sailor.

After this incident, captain and crew gladly quit Antigua and headed homeward. The third day out, she encountered rough weather and received some damage to her masts. Again, when she reached the Georges Bank the weather turned bad and during a violent gale some of her sails were split while a seaman who was trying to furl the foresail was nearly blown into the sea. The brig soon left foul weather behind her, though, and sailed on to Boston where her

newly landed 55 hogsheads of Antigua rum were advertised for sale on 12 September.

Though the details might differ, the experiences of the Galen and her captain and crew demonstrate common challenges facing all those who hailed from the District of Kennebunk. Weather could hinder or help a voyage; markets were unpredictable; and the machinations of men required vigilance. As for the Galen, there is no record of her following her arrival in Boston, and the brig's subsequent history remains unknown. •



About Ken Daggett:

I was an educator for 38 years and have a masters degree in American and New England Studies. Way back in 1988 I published Fifty Years of Fortitude, The Maritime Career of Captain Jotham Blaisdell of Kennebunk, Maine, which received the John Lyman Book Award in North American Biography and Memoirs. Since then, I have published a number of articles, including in the summer 2017 edition of the journal Maine History published by the Maine Historical Society and the University of Maine. If you have any questions or comments you can reach me at kdaggett@roadrunner.com.

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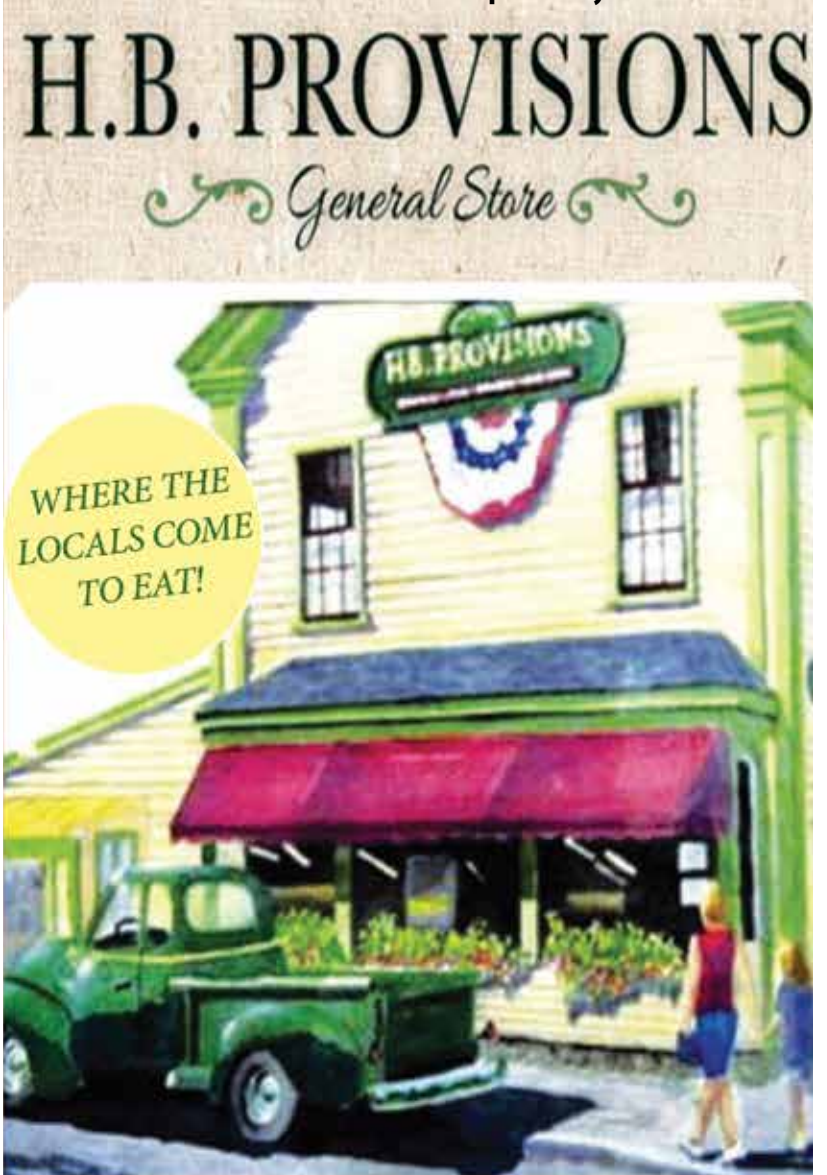
variety of unique gifts from Maine, wine, beer, liquor, made to order deli breakfast and sandwiches, fresh baked goods, specialty coffee and more. This is truly a one stop shopping experience.

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VET APPROVED
AND MADE IN
THE USA**

By: Shelley Wigglesworth, Lead writer

Junellen “Jef” Bucknam and her husband David of Wells founded Old Dog Cookie Company in 1996 after Jef spent 25 years of working with animals as a horse owner, competitive horse rider, and trainer. David joined her in the endeavor after retiring from the computer industry. “Dogs have always been a part of our lives and our family, and when Jetty, our one-year old pup, developed joint issues and arthritis years ago, this was the beginning of our research into canine nutrition. Working with the veterinary community, we developed an all-natural, herbal based, human food grade treat to support proper joint function and help with her symptoms of arthritis,” Jef said. She added “Our journey with Jetty led us to believe that quality natural and organic ingredients combined with gentle healing herbs would give her a better life-and it did.”

After much success with the treats on her own dog, Jef said, “My local veterinarian encouraged me to make treats for his business after seeing an improvement in our dog. At that point I launched Old Dog Cookie Company with a commitment to make healthy, all-natural treats for older dogs. There were very few all-natural dog treats on the market at that time and even fewer treats that contained ingredients to help with the effects of arthritis.”

Shortly after the launch of arthritis relief treats, Jef’s friend, a teaching professor at Cornell told her that he

was seeing many more diabetic dogs come to the university for treatment. “At that time there really were no treats made specifically for diabetic dogs. After much research Old Dog Cookie launched our diabetic cookies. They were added to the line-up and were an immediate success.”

In the early years, The Bucknam’s made their products at the York County Shelter kitchen in Alfred until they outgrew that space. The treats are now produced at a larger facility in Massachusetts. There is no store front, however products may be purchased directly through www.olddogcookie.com and on Amazon.

In recent years, the company has evolved into a family affair with David handling the Amazon side of the business, daughter Kristen Hall taking care of customer service and daughter Alicia Libucha being involved with special projects. Jef added “Our grandchildren help on occasion with packaging in the summer and of course all of our dogs, Spirit, Olive and Lola do lots of taste testing and are involved with photo shoots.”

“A large part of our continued success has been the support of the veterinary community for our products and the loyal support of our customers. We speak with customers weekly, sharing resources and tips in caring for their pets.”

The latest offering of the Old Dog Cookie Company is Tiny Diabetic Treats, which are for sale in bulk. “Our tiny treats are only 2 calories which helps with maintaining proper weight in a small breed diabetic dog. Giving a treat following insulin injections helps both the dog and his owner make this process easier,” Jef said.

Jef concluded “We are proud that our customers trust us to help care for their pets. Many of ‘our dogs’ have been enjoying Old Dog Cookies for many years. Our commitment to health and wellness is based on premium ingredients, small batch baking and an abiding love for man’s best friend.”



Old Dog Cookie Company family pets and taste testers. Photos by: Kristen Hall

Jef credits her mother, an avid gardener with handing down the knowledge of medicinal and therapeutic of herbs and plants which she uses in her popular and effective dog treats. Here is more information about Old Dog Cookie Company’s Ingredients:

*Treats are made with natural ingredients and herbs known to promote better health and wellness

in adult dogs. Like America’s aging population dogs are living longer, are sometimes overweight and developing the same diseases as people. Old Dag Cookie Company’s treats target dogs that suffer from arthritis/joint stiffness and diabetes.

*Recipes are carefully formulated with the best ingredients to improve the health of your dog. Herbs have

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been used successfully for centuries to treat injury and diseases in animals. The therapeutic value of plants in well documented. Herbs are highly nutritious, providing essential vitamins, minerals and other nutrients to your pet's diet. Old Dog Cookie Company's products combine the gentle healing properties of herbs with foods rich in vitamins and minerals.

*All products contain NO salt, soy, preservatives, additives, chemicals, dyes or animal by-products.

KEY INGREDIENTS THAT HELP IN ARTHRITIS RELIEF:

Alfalfa: anti-inflammatory that also contains minerals to grow and regenerate bone and connective tissue.

Pure applesauce: The "healing vitamin." Provides Vitamin C, often missing in a pet's diet, especially older dogs. Required for good adrenal function and the production of cortisone. Important in the development of sound joints.

Rolled oats: High in protein value, calcium, potassium, magnesium, vitamin E and B complex.

Raspberry leaf: A body balancer.

Brewer's Yeast: Loaded with B vitamins, minerals, zinc, folic acid and a good source of energy.

Honey: Promotes energy and healing. It is a natural antiseptic.

Kelp: Helps with promoting proper thyroid function. Helps with healthy skin and coat.

Stone ground whole wheat flour: Source of B, E vitamins, high in fiber and rich in unsaturated fatty acids.

KEY INGREDIENTS THAT HELP DIABETIC DOGS:

Alfalfa: anti-inflammatory that also contains minerals to grow and regenerate bone and connective tissue.

Pure applesauce: Apple pectin helps boost the body's immune system and control blood sugar levels in diabetes.

Dandelion Root: Helps to reduce amounts of sugar in the blood.

Garlic: Reduces blood sugar and stimulates digestive function.

Kelp: Aids in good pigmentation and a healthy skin and coat. Promotes proper thyroid function.

Pumpkin: A good source of vitamin A.

Brewer's Yeast: Loaded with B vitamins, minerals, zinc, folic acid. A



The Old Dog Cookie Company Family.

good source of energy.

Rolled Oats: High in protein, calcium, potassium, magnesium, vitamin E and b complex.

Stone ground whole wheat flour: Source of B, E vitamins, minerals, high in fiber and rich in unsaturated fatty acids.

*NOTE: Soluble dietary fiber is a key in controlling sugar balance. Fiber and herbs are very successful in slowing the rate of food metabolism, allowing the body to manage its insulin requirements better. FMI: www.olddogcookie.com



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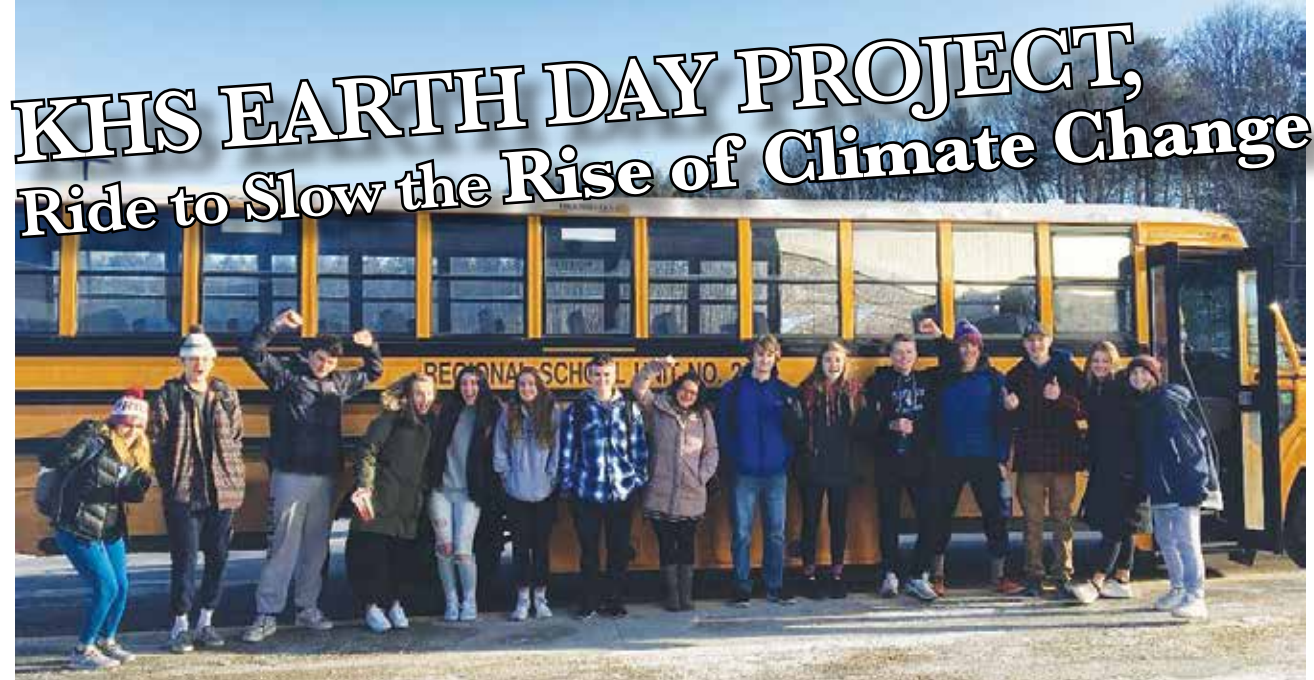
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Kennebunk Busing Project: Students in the Gulf of Maine Studies class at Kennebunk High School are challenging their fellow students to ride the school bus on April 15 as way to not only raise awareness about climate change and sea level rise, but to show that young people are ready and willing to make a difference.

Courtesy photo by, RSU 21

By Katherine Collins, Village wrtier

Kya Goncalves is somewhat of an anomaly among her fellow students at Kennebunk High School - she rides the bus every day.

She has to get up early, 5:30 a.m., and the ride to school takes about half an hour.

And while many students walk in just as the first bell rings at 7:40 a.m., she's already been at school for some time.

Still, Goncalves, a senior, said she's committed to taking the bus because using mass transportation is one of the key ways that individuals can reduce their carbon footprint.

Now she and the other students in Melissa Luetje's Gulf of Maine Studies class are encouraging their classmates to also take the bus to school.

They're asking students in Kennebunk, and across the state, as well, to take the bus to school on April 15, in celebration of the 50th anniversary of Earth Day.

Although Earth Day is celebrated April 20 every year, the students chose the earlier date because the 20th is the first day of April vacation in Maine.

The busing project is being sponsored by the Kennebunkport Conservation Trust and the Kennebunkport Climate Initiative.

The goal of the event, called "Ride to Slow the Rise," is to get kids to ride the bus and learn more about the impact of climate change and sea level rise, said Haley Moody, a student in the Gulf of Maine Studies class.

Moody said one school bus can take 36 cars off the road and said asking students to ride the bus, just for one day, is "easy enough to do. It's not a big ask, like telling them to go vegan."

Meghan Cooper, with the Kennebunkport Climate Initiative, said the transportation sector in Maine is the single largest source of greenhouse gas emissions and said that nationally about 54% of students ages 5-17 get to school in individual vehicles.

In addition, Cooper said that by driving their kids to schools parents put an additional 3,900 miles on their vehicles annually.

Moody and Goncalves said most students they know either get rides to school from their parents, or they drive themselves. In fact, Goncalves said on a good day there might be about 15 students on her bus.

While the idea behind "Ride to Slow the Rise" is to get students to take the bus, Moody said carpooling on April 15 will also count.

Izzy Fontaine, another student in the Gulf of Maine Studies class, said as young people she and her classmates

"see the problem of sea level rise and want to do something to try to make a change."

Instead of playing the blame game, she said, Cooper and Luetje, the science teacher, have challenged the students to come up with creative solutions.

In order to spread the word about "Ride to Slow the Rise" Luetje's students created a YouTube video, which relies on humor to promote the goal of getting kids to take the bus. More information can also be found at www.ridetoslowtherise.wixsite.com/rsu21.

While those in Luetje's class admit that one day of students taking the bus or carpooling likely won't make much of a difference in Maine's total carbon emissions, Moody said the project is about raising awareness and expanding knowledge.

Goncalves agreed and said that while she sometimes gets teased and underclassmen "look at me funny, it's because they don't understand just how helpful it is to take the bus every day."

Amelia Duca, another student in the Gulf of Maine Studies class, said she's had some difficulty convincing her friend group to take the bus April 15.

"Part of it is the logistics," she said,

Side bar:

On Earth Day, April 20, the Wells Preserve is hosting a full complement of activities, according to Communications Director Scott Richardson. Starting at 8 a.m. the York County Audubon will lead a bird walk and a beach walk and cleanup begins at 9 a.m.. The main Earth Day event will kick off at 10 a.m. with an Earth Jams concert by Matt Loosigian. There will also be a "slew of environmental organizations" on hand to do activities and share information, including a fun story walk, Richardson said. Then, 6-9 p.m., the Planeteeers of Southern Maine are putting together an evening of lightning talks, poems, environmental solutions, music, and food. "Earth Day is an annual reminder of how fragile our home planet can be," Richardson said. "It encourages us to consider our individual and collective impacts on the lands, the rivers, the oceans, and the air we breathe."



Earth Day at Wells Preserve: Prior Earth Day events at the Wells Preserve included creating rock sculptures. *Courtesy photo by Wells Preserve*

"because so many students work and have sports or other afterschool activities." The other objection, Duca said, is that "they don't believe it's a valuable exercise."

That's why "the angle we're taking is that the (busing project) is about empowering youth voices and showing adults that we're willing to make sacrifices," she said.

"It is vital for students to have a voice and to feel empowered to take action," said Leia Lowery, director of education at the Kennebunkport Conservation Trust. "They see in their own backyard that things are happening."

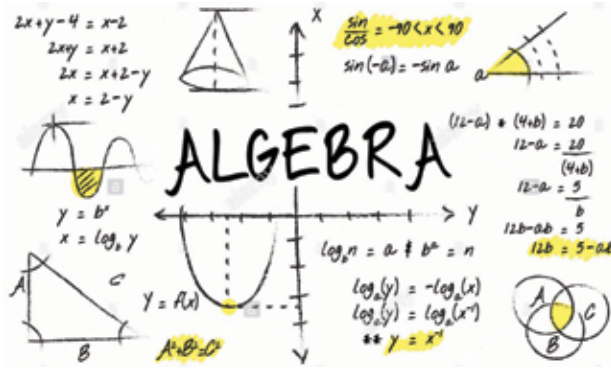
"It is important for them to feel ownership and to have their actions and voices amplified, in order for them to feel that they have real power to make change," she added.

The Numbers Game

By John Forssen, Guest writer

You can only imagine it, my jubilation —my outright euphoria— when I discovered, parked in plain sight at the back of my algebra book, all the answers to all the problems. It was like discovering the meaning of life. In that moment, I was saved. No matter the murky purpose behind the endless procession of Xs and Ys, I had the answers —every last one of them, which was on a par with knowing each tiny pinprick that would irritate my older sister, sending her off the rails in a rage.

I was a lone seventh grader on top of the world until, that is, questions began to surface from all the wrong places, each one looking askance at the quality of my supporting work —supporting work? Apparently, it wasn't enough for me to "get there" —they wanted me to leave tracks, which only made it worse. My subsequent attempts to actually "solve" the problems soon brought me face to face with a cold, hard truth:



the answers in the back of the book, so unlike my own, were wildly off course, irretrievably wrong.

Adrift in a sea of uncertainty, I became a voice in the wilderness. My teacher, to whom I turned first, simply smiled. This was not new territory for him, plus as they say, he had no skin in the game, so he could afford to be patient, even pleasant. My father, on the other hand (an MIT graduate hoping to sit at the head of an engineering dynasty), could not help but take it personally. He had big skin in the game, and his entire face, as he considered the ugly truth I brought to him, gathered into a dark

and enduring scowl.

Against great odds, I passed that first year of algebra, geometry, too, which I took only under extreme duress. A year later, however, I managed to sidestep Algebra II by insisting that I would be well served to revisit Algebra I, a refresher, I said; and, reassured that I was still "on track", my father allowed the delay. I would be his slow son, his slightly delayed son, but his son

Algebra II did not rear its ugly head again until I started selecting courses for my senior year: wall-to-wall liberal arts, no math, no chemistry, nothing that even sniffed of numbers. Indeed, I had already promised my physics teacher the year before that, if he gave me a passing grade (God have mercy), I would not sign up for Chemistry. It was my intention, I assured him, to become a man of letters and, in answer

to my father's final argument for the sciences —Don't you ever want to speak intelligently in conversation?— I replied, perhaps too quickly, "No, I don't believe so."

How quickly, the "track" fell away beneath us. Ignorance had won the day and there was no turning back. In the stillness which followed, my future rolled out before me. My heart rejoiced.

As I was shortly to learn, however, stillness is not necessarily deliverance. Numbers, like bees in autumn, travel in swarms. They are everywhere and, when all is said and done, they will have their way.

Subsequently, I made it through college as an English major, the numbers safely behind me or so I thought. But then I got married and, when I carried my bride across the threshold, she had to kick away the pile of overdraft notices that had settled on the other side of the door before her feet reached the floor.

Like my algebra text, it turned out, that there is a place in the back of a

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checkbook where an inquiring mind, someone driven by curiosity, might keep a watchful eye on a fluctuating balance. Suffice it to say, my curiosity and I were not on speaking terms with respect to such matters. Indeed, the importance of record keeping notwithstanding, as far as I was concerned, if I had 2 checks, I had money. —and until I got married only the bank disagreed.

Needless to say, that was the last I saw of the family checkbook. I know we have one, but I have no idea. —not the faintest where it is.

And it would have ended there had I not become an English teacher some years later —and had the math department not determined that it had no time for those in need of remedial support. “Hang the sluggards,” they cried. “Set them adrift on the ice flow.”

It brought tears to my dear wife’s eyes (hysterics can do that) when she learned in the midst of this story that I had been designated Captain of the Ice Flow. I was to teach practical math: record keeping, check balancing, amortization and so on....

And so I did with modest levels of success. Indeed, even Leroy, who sat clueless in the back of the room on most days, was passing math —not because he had suddenly seen the light but because there was no point in his not passing. He had fought the good fight. Like me, he had played the numbers game and the numbers had won —conclusively, no doubt about it, Leroy was down for the count.

But then, Leroy took me aside one day. “You know, Mr. Forssen,” —he spoke softly, as if he were bringing to light the faults of a sensitive child— “the only reason I’m passing this course is because you mark funny.”

Before I could provide assurance to the contrary, he pulled out the quiz I had just handed back “Ten questions,” he said. “Seven wrong and you gave me a seventy. That makes no sense.”

True enough, but Leroy had just solved his first word problem —ever, I suspected. It was a beginning. And, much to my relief, the State Department of Education notified the school at the end of the year that I was not certified to teach math.

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Horses, Humans and the Coronavirus

Coronavirus a family of viruses found in some animals can, in rare cases can be transmitted to humans, then spread person to person. The current outbreak is not a reason to fear animals, but a wake up call to practice basic infection control everywhere including barns and equestrian facilities.

Hand washing, using sanitizer, keeping barns clean by removing waste, including urine and educating people about transmission is the best prevention. People are the ones responsible for actively spreading viruses.

Anywhere animals share space including boarding facilities and animal shelters, increases risk of contamination. Poor practices

also increase the risk and spread of infections from person to person and from one animal to another. It's important to make certain that people handling and touching horses, aren't inadvertently facilitating transmission.

According to Dr. Niels Pedersen, a distinguished emeritus professor at the UC Davis School of Veterinary Medicine and a renowned expert on infectious and immunologic diseases in dogs and cats, addresses the question, "Can pets contract coronavirus from humans or vice versa?"

The simple answer is as follows: No, you won't get or give the coronavirus to your family pet. Coronaviruses occur in virtually every species of animal, including humans, and are commonly associated with

unapparent or transient intestinal and respiratory infections. They tend to be very species specific and cross-species transmission is uncommon.

Viral transmission may affects species differently but transmission of illness is similar. Coronavirus affects the respiratory system in humans. In horses, the digestive system is compromised. As with people, horses can be exposed to viruses and other infections through contact with everyone who handles them.

If uncertain, ask barn managers what precautions they are taking to control the spread of pathogens. Vaccinations can prevent specific diseases but infection control is part of good hygiene. In order for this to be accomplished, barns should have hot and cold water available to wash hands.

BlixHorses encourages public & private facilities to learn more, and practice good infection control to protect everyone, including the horses. It's also important to teach children good habits at an early age. It's not enough to have sanitizer available and not use it correctly.

Limit what you touch, and what touches your horse. It's never a good idea to share bits or brushes. Items should be cleaned after each use. Everything that is touched including the horses, aids in the process of transmission of pathogens which could survive for days. Keep in mind that younger children are more inclined to explore with their hands. Practicing good hygiene does not mean less time with your horse, but a safer and healthier environment.

BlixHorses launches www.horsetherapy.me

A new year brings a new website for BlixHorses



year of programming BlixHorses is the 1st in New England to provide this unique work and one of the 1st in the country. Internationally the number of organizations providing non riding programs is climbing, as is membership in The Non Ridden Equine Association and

facebook groups.

The website, a gift from Mark Robinson of Robinson PR. www.MainePR.com. is easy to navigate, will be updated regularly and provide the viewer with the information they are seeking. In addition the exposure will highlight BlixHorses work in the community and bring attention to the changing culture as horse owners shift gears and embrace values that benefit horses.

Still in the polishing stages, the site, www.horsetherapy.me reflects years of growth. The new site can be accessed through the original site www.blixhorses.org created in 2011. Founded in 2007 BlixHorses became a certified Non Profit in 2016

The educational organization provides interactive, therapeutic non riding programs and also advocates for horses and their well being by promoting values which encourage good care and a lifetime commitment. In the 14th

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11-3 pm &

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Unbridled and Spring Events



Fritz and Lexie wearing birthday hats.

The warmth of the sun, blue skies, scurrying of wildlife, birds singing, and fresh scents in the air, all signs of Spring and the end to another New England winter.

Although cold is more tolerable for horses than the heat and insects of summer, the stresses of frigid temperatures, hard ground and dangerous footing are over.

April is historically significant for horses. It is designated Prevention of Cruelty to Animals month by the national organization, American Society for the Prevention of Cruelty to Animals (ASPCA), founded by New York Philanthropist Henri Bergh in April 1866. Mr. Bergh's inspiration stemmed from witnessing continuous acts of cruelty including neglect, abuse and abandonment involving animals, particularly of dogs and horses.

Even when physically challenged, horses tend to look majestic. Their stoicism and willingness often masks their anxiety making it easier to mistreat them. Horse's use in that era was primarily in transportation as carriage horses, challenging work even in the best of conditions. Use takes a toll on a horse and care was not always a priority except to keep the animals in work.

Modern day horses are not without challenges. Horse sales are a vital part of the industry as is their use in riding and sports, enjoyable for people but not always in the horses best interest, particularly as they age and become injured. Things are changing however as consumers understand the frailties of horses, often ending their lives in neglect, abuse and slaughter, sparked by a culture that rewards the practice of passing horses on.

Things are changing as an increasing number of horses are not ridden or used traditionally. Instead they are informally classified as pets and companions, kept for life in good care, and given the final act of kindness as we do with smaller pets when the time comes. As this population of horses rises and gets public attention, organizations like The Non Ridden Equine Association & affiliated facebook groups continue to climb in membership.

You don't need to ride to own a horse but you do need a vast amount of knowledge, time, financial resources and the ability to perform strenuous



Fritz smelling the flowers - then tasting them.

physical labor in order to correctly care and manage them well. In addition, being social animals, it's very difficult on a horse to be kept alone. Another horses as a companion is best for them but may not be best for your wallet- an important consideration. If you work, have other obligations to attend to and your horse spends a significant amount of time alone, is that fair to the horse.

A horse shouldn't be acquired to fulfill a need in a person but to fulfill the needs of the horse. It would be nice to save all the horses, but it's important to start with the ones in your care. Until the culture changes and laws are enacted to protect horses, they will continue to be in jeopardy. Making a difference starts with every horse owner.

The month of April is significant for BlixxHorses. As part of our efforts to celebrate horses we host several events, including our annual fundraiser and gathering, Unbridled:

This year Unbridled takes place Saturday, April 25, 2-4:30, 5 Portage Way, West Kennebunk. Krystian & Adrian will again provide music. There will be a silent auction, and the opportunity to meet the organizations horses.

Mini events begin at 3 starting with a Welcome, followed by a Blessing of the Animals, and our traditional birthday celebration for the horses. Lexie turns 20 and Fritz 25. A short performance and visits with the horses will take place during the event. Pets must be on leash and will receive a certificate.

Once again we are very thankful to our sponsor Kennebunk Savings and extend a special thank you to Mark Ross, for helping us make this event possible. Thank you to all our supporters including our silent auction donors and those providing food and beverages for our event.

Thank you to The Village for the years of support.

More opportunities to meet the horses:

Saturday April 18- Thursday April 23, 'Making Friends'

Vacation week visits are by appointment and limited. Fun exercises like Let's Pretend or Musical Stalls help kids & adults learn how to make friends with a horse.

A preview:

Are horses predictable - how can you tell what a



Birthday cake... for Lexie and Fritz.

horse is feeling. Often people think they understand behavior and don't, which can lead to trouble and confusion for everyone. Though every horse is an individual there are signs and body language, often subtle enough to go unnoticed to indicate how a horse is feeling.

What do horses eat- Though it's important not to overfeed, horses need forage (hay) available regularly. Grass may not have the nutrients horses need. In addition putting a horse on grass or pasture will most likely lead to health issues. Their systems weren't designed to handle the sugars grasses produce. If the horse is sold, the previous owner will never know, but the new owner will have to deal with the results.

Good quality hay is always a better choice and should be provided throughout a 24 hour period, but managed so that the horse doesn't overeat. If a horse is in a stall with nothing to eat or standing in a grassy area but not eating, it may be a sign of need. Though it's much less costly, grain is not an alternative to forage. Typically only horses bred to have high metabolisms and energy like Thoroughbreds need grain in addition to forage. Owning horses and being frugal do not mesh.

Treats are fun to feed but there is a lot to consider. Horses love sweets but like humans, sugar can cause health problems. It's important to know what treats are safe and why size and amounts are important as well as how to safely give them. Never feed a horse without asking the owner each time, as you would do for a smaller animal or child. A horse could appear healthy but be sick and the most diligent owner may not know. Horses might be on strict diets, lack good dentition, colic, choke or bite you trying to reach for the treat.

In addition, once a horse connects you solely with food, behavior issues can occur that are hard to correct. Feeding someone else's horse is not a safe practice and something children should not be taught. Healthy, happy horses enjoy attention. If you want to interact ask the owner if you can learn how to pet or spend time with them. Often horses are lacking attention, become bored and need mental stimulation having nothing to do with riding.

Horses have always been ridden- but did you know science has shown beyond a doubt that

Suggested donation for all events excluding Unbridled, which is a fundraiser, is \$10 pp

horses were not designed to carry weight. Liberty work is challenging for horse and human requiring communication skills as well as physical adeptness, something more horse owners are enjoying. It involves interaction off lead as is done with dogs off leash, and can be as simple as hand walking feely to more complex movements. It's fun and gives horses something to master and doesn't require any aids as does riding.

Thursday April 23, 1-3pm Happy Birthday Lexie - join us for Lexxie's 20th birthday celebration. Bred and born at Riverhurst Farm on April 23, 2000, Easter Sunday. Lexxie, registered Bint Ali Alexis was bred to be a performance horse. Due to circumstances not unusual for a horse, she became 'unwanted' and in need of a home becoming our 2nd rescue after our Thoroughbred Blue. She and Blue were companions for almost 10 years.

Lexxie was fortunate but too many are not. Irresponsible breeding defined as breeding primarily for financial gain without considering the welfare of the horse, and breeding with genetic flaws predisposing the horse to health issues later in life is a major reason for the vast number of unwanted horses in the U.S. and around the world. Like dogs, also dependent on breed, horses age quickly early in life, after which the human/horse ratio is approximately 21/2 years. This means Lexxie and Fritz are much older and have many of the same issues as humans at that age. This is a very important fact to consider especially if you are riding. Like people they need more care and TLC!

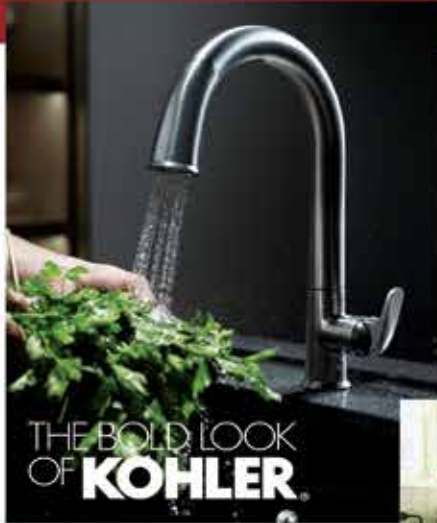
Sunday, April 26, 11-4, Spring Open Barn - Our Open Barns help people get a glimpse of horses, their environment and the lifestyle. In Maine, early Spring is comfortable, cool enough to keep insects at bay but warm enough to soften the ground and provide good footing. There's a lot horse owners must do including inspecting the ground for holes, removing debris including acorns and leaves which can harm horses. Barns and fencing must also be checked and repaired.

After a long winter horses have energy to burn and with running come injuries and lameness issues. Warming up, cooling down by hand walking and stretching before galloping is always a good idea. In addition for mares (female horses), heats can cause frustration and behavioral issues but there are things you can do to make them feel better along with being aware of their cycles.

BlixxHorses is an educational organization providing interactive, therapeutic, non riding programs since 2007. FMI: BlixxHorses 985-1994, www.horsetherapy.me or www.blixxhorses.org

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CALL FOR AN ESTIMATE TODAY!

The Animal Welfare Society (AWS)' Youth Programs is pleased to announce its schedule for summer day camp

AWS summer camps give animal-loving students days packed with fun activities and adventures, both inside the Adoption Center and outside in the fresh air. Campers meet many types of animals, including household pets, marine animals, wildlife and barnyard animals. They enrich the lives of AWS animals with hands-on projects such as preparing treats or reading stories. Interactive presentations, from a variety of animal professionals, and daily projects teach campers how to be the best animal advocates they can be. And most of all, campers have fun making new friends!

Week-long day camps are offered for children as young as 4 to as old as 16. Most weeks are broken down into small age brackets, to make lessons, presentations and activities academically, socially and emotionally suitable. New this year, AWS will offer two "sibling weeks," with a broader



Photo Courtesy of Village publishing and our trusted mascot, Ariana.

curriculum for students ages 7-12 years old for families who would like their children to attend camp together.
 Week of June 29 (3 half-days): Ages 4-6
 Week of July 6: Ages 7-12 ("sibling week")
 Week of July 13: Ages 7-9
 Week of July 20: Ages 10-12
 Week of July 27: Ages 10-12
 Week of August 3: Ages 13-16
 Week of August 17: Ages 7-12 ("sibling week")

The week of August 10th will be devoted to Animal Care Intensive (ACI), AWS' STEM-centered series of workshops for high school students particularly interested in a career in veterinary sciences or animal care. Application for ACI will April 1st and be due June 1st. AWS' Humane Educator will notify applicants of their acceptance into ACI by June 15th.

Registration for the three-day half-day camp is \$125, with morning and afternoon sessions. All other camps, which take place Monday – Friday from 9 am – 4 pm, are \$325. Sign up online at animalwelfaresociety.org/youth/summer-camp/

For more information, please contact Brie Roche, Humane Educator, (207) 985-3244 ext. 109 Stephanie Kelley, Marketing Communications Manager, (207) 985-3244 ext. 130

Signs of Spring Photos by Phil Stone



The first one is "Signs of Spring" picturing a Robin (top) & Yellow Warbler (bottom).



FMI www.philstonephotography.com

Wells 11th Annual Spring Car Show

Saturday, May 2nd, 9-12pm

Registration 8-11am / Voting over at 11am
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Kennebunk Land Trust

The Kennebunk Land Trust is excited to announce that it has welcomed three new board members to its Board of Director: Erin Cavallaro, Lori Beath, and Bill Cox. These new members join a strong Board of Directors that includes Rob Felvinci, Scott Gasperin, Tony Liguori, Tom Wellman, and KLT's Chair of the Board of Directors, Beth Sandmire.



Board of Director Erin Cavallaro



Board of Director Bill Cox



Board of Director Lori Beath

Erin is a Kennebunk native and has always had a passion for open spaces and the environment. She is currently the Director of Philanthropy for Maine Farmland Trust, a statewide organization that protects farmland, supports farmers and their businesses, and advances the future of farming. Erin has spent over a decade raising funds and developing creative communication campaigns for local and regional nonprofit organizations.

After spending over 30 summers in Kennebunk, Lori and her family officially moved to Kennebunk in 2016. She became interested in the Kennebunk Land Trust to make sure that this wonderful town does not

become over developed and lose its charm. She previously served on the board of the Jon Francis Foundation whose mission is dedicated to saving lives through wilderness safety education, empowering families who have suffered the loss of an adult loved one in the wilderness and advocating for legal protection for missing adults.

Bill has worked 35 years in the investment management industry including institutional and management positions with The Royal Bank of Canada, CIBC Wood Gundy and Drexel Burnham & Lambert. Since 1997, he has been a managing member and Chief Investment Officer of Cox Capital Management LLC,

an investment advisory and wealth management firm. Bill's family has spent summers in Maine since 1963; his family moved to Maine full time in April 2019. Bill loves exploring the Maine outdoors with his family. He is an active member of the Cape Arundel Golf Club, serving as president from 2006-2008.

The mission of the Kennebunk Land Trust is to permanently conserve and steward land to benefit natural and human communities. KLT is a membership powered organization and relies on its members to fulfill its mission. KLT has protected over 3,400 acres throughout its 48 year history. Visit www.kennebunklandtrust.org to become a member or learn more about the Trust.

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Awakening

By: Nancy M. Caron

Clear and cold,
Dawn breaks.

A symphony of birdsong greets the new day.

Rivers swell with melting snow.

Sap rises in the warming sunlight;

Winter's grasp, at last, giving way.

Smoke from the sugarhouse scents the air;

a promise of sweet things to come.

Persephone is slowly waking from her slumber.



Nancy M. Caron is a native of Kennebunkport. She comes from a long line of area lobstermen and fishermen. She has a great love for family, friends, reading and all things outdoors. Her poetry centers around her deep connection to nature and the human spirit, the beauty in the mundane and the timeless rhythm of nature.

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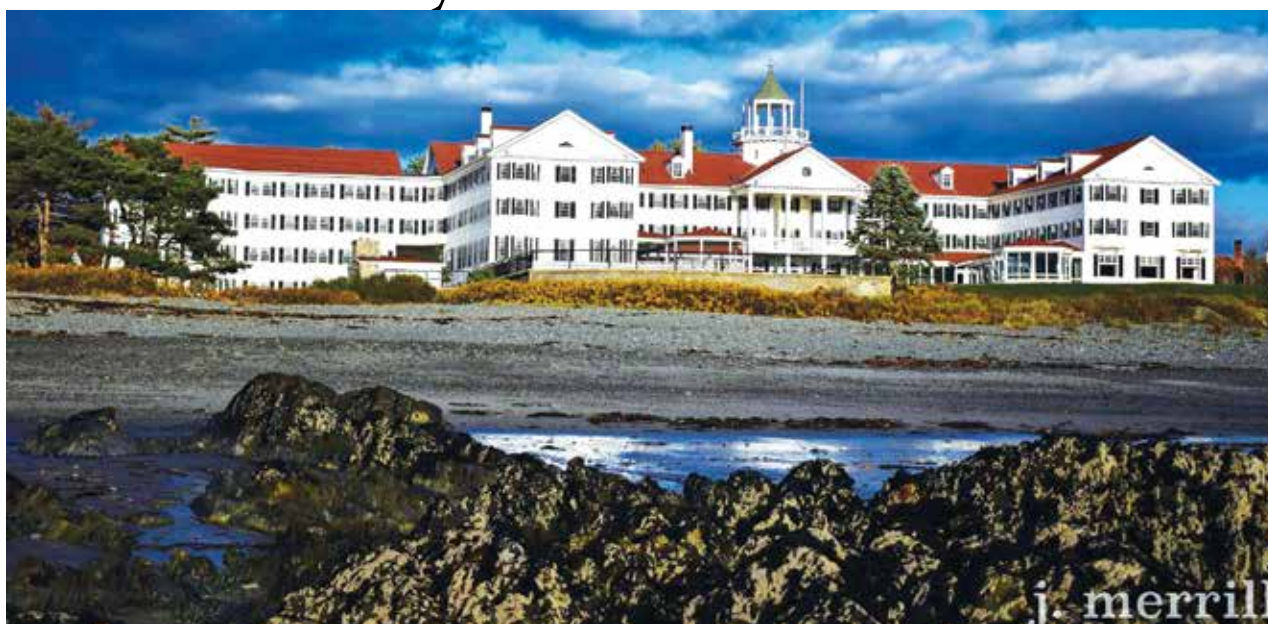
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Fontenay Terrace sold to

The Colony Hotel



Colony Hotel frontal view: Photo by: Janet Williamson Merrill

By: Shelley Wigglesworth, Lead writer

The Colony Hotel in Kennebunkport has purchased the neighboring property of the Fontenay Terrace. Something both parties are pleased to announce.

According to information from Historic Hotels of America, “The Colony Hotel is located on the site of the former Ocean Bluff Hotel which was built in Kennebunkport, in 1873. It burned down in 1898. In 1914, a hotel called The Breakwater Court was built, designed by

architect John Calvin Stevens. In 1935, the Boughton family purchased the Colony Hotel in Delray Beach in Florida and in 1947, George Boughton purchased The Breakwater Court and changed the name to The Colony Hotel to complement their Florida property. The Colony Hotel in Kennebunkport opened for business in the summer of 1948.”

According to records from Sharon Cummins and the Kennebunkport Historical Society, The Ocean Bluff Garage was located on the current site of the Fontenay from 1906 through the late 1950’s. Before that,



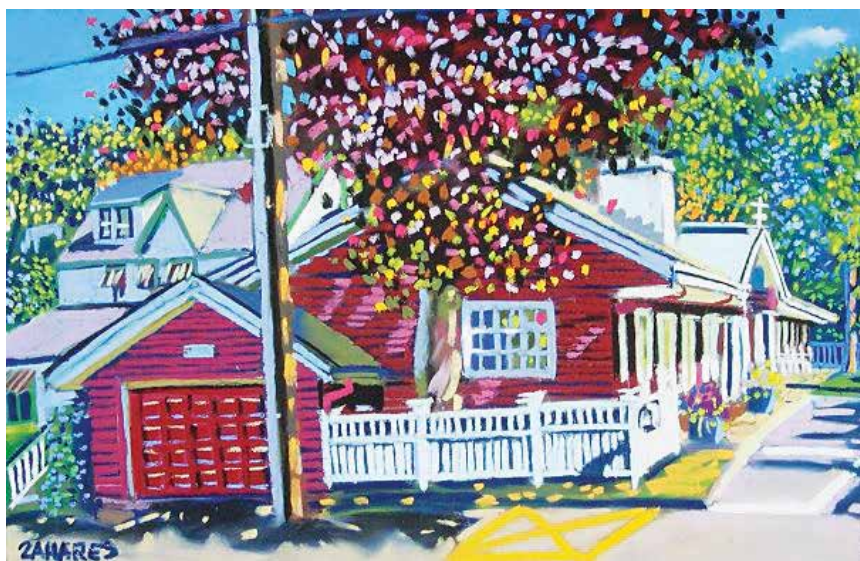
Courtesy photo of Fontenay Terrace.

the Ryder and Hill Meat Market was there; and in the late 1870’s Hall and Littlefield livery stable. The Fontenay Terrace Motel was built in 1960. It was a “ranch style, one story, eight- unit frame motel, shingled, constructed for Mr. and Mrs. Paul Michaud.” Later it was owned by the Ditson family, followed by two generations of the Reid family.

The elder Reid’s ran the Fontenay Terrace for 9 years before it changed hands and was then owned by David Reid and his brothers. For the last 14 years, David and his with Paula

operated Fontenay Terrace. David’s Accounting business was also located on the property and the couple also resided there before the sale of the establishment by the Reid brothers to the Colony Hotel.

At his new office at the Lafayette Center in Kennebunk, David Reid said “It felt like the right time to sell, though it was not an easy decision. He and his brothers discussed all aspects of the sale as a team and agreed. “There is so much history and so many good memories at the Fontenay. The hardest thing will

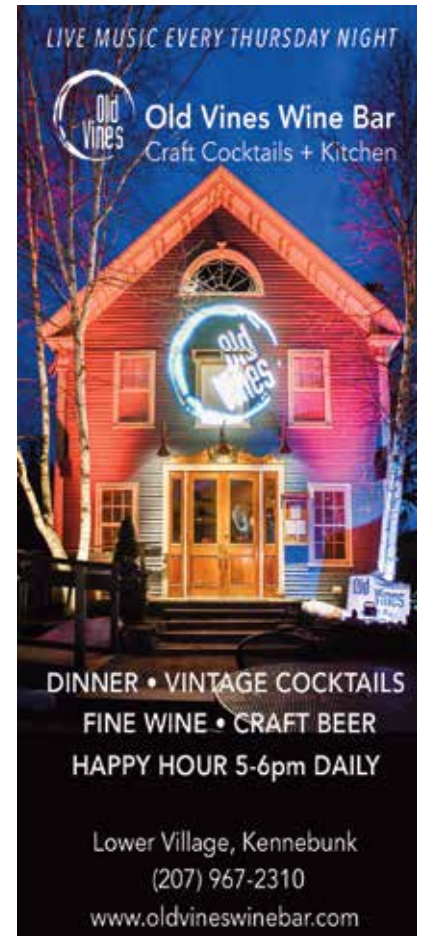


Artist Wade Zahares painting of Fontenay .

Ocean Bluff Garage before Fontenay Terrace



Ocean Bluff Garage: Photo courtesy of Kennebunkport Historical Society.



be missing all the great people, the guests, some who have been staying at the Fontenay since the Ditson family owned it. Many of them have become great friends and like family to us. It is comforting to know the Colony has bought it. The Colony purchasing the Fontenay is the right fit. I am happy and proud to know the buyers, and their integrity and commitment to the area.”

John Martin, Managing Partner of the Colony Hotel grew up working at the grand establishment as the grandson of the general manager at the time. He said “I held several jobs from 1979 to the early 90’s. I returned approximately 13 years ago working with the sales team to develop new business, then as operations manager, general manager and now I am a partner.”

He added “I have known the Reid’s for many years. I used to buy sodas

from the vending machine in front of the Green Heron (which is next door to the Fontenay and was also owned by the Reid’s for some time) Dave (Reid) was the accountant for the hotel when I was younger.” With so many connections, Martin said “It seemed a natural progression for the hotel to purchase an abutting property.”

Martin said the short-term plan for the Fontenay Terrace property and buildings will be to use it for staff lodging before it is renovated/demolished or converted for another purpose, to add to the existing lodging options and offerings of the Colony. “In the future we see that corner of Ocean Avenue and Colony Avenue as an important connection and addition to our property and the path to Dock Square. The short-term plan is to use the building for staff housing while we improve some of our existing dorms.”

“In the future we see that corner of Ocean Avenue and Colony Avenue as an important connection and addition to our property and the path to Dock Square. The short-term plan is to use the building for staff housing while we improve some of our existing dorms.”



Vintage Ariel view of Colony Hotel by: John Martin.

The estimated date of completion for the final project will be 2024. Martin said “The biggest obstacle to the development will be the scheduling of work to not disrupt the important summer months. What would take only a couple of years may take as many as five due to the fact that we will only do construction

work in the winter.”

He concluded “The Boughton and Banta family have been involved in the ownership/operation of the Colony since 1948. All future improvements to the building and grounds will consider the historical nature of the hotel and it’s place in the town.”


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Upcoming Events

HOLY WEEK SERVICES April 6-10, 2020 Monday thru Friday - 12 Noon Kennebunk Baptist Church, 77 Main St., Kennebunk Everyone is Welcomed!

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

BlixxHorses. Annual events begin with Unbridled April 25, continuing with open barns and special events to be announced. The Non Ridden Equine facebook groups continue growth and have been instrumental in connecting people through a large population of horses that are no longer ridden due to injury, health, behavioral issues, age or simply because of their valuable status as companions. Whatever you're looking for, tranquility, education, therapy, and fun is the experience you'll get at BlixxHorses. FMI, please like us on facebook page website: www.horsetherapy.m or contact us at 207.985.199.

International Women's Club of New England: Monthly Meeting and Luncheon will be held at Wntworth by the Sea, 60 Wentworth Rd., Rye, NH. Social time 1100, Meeting 1130 and Luncheon at noon. Program: Lieutenant Commander Jasmine D. Lee, Engineer Officer aboard the nuclear submarine the USS Virginia. FMI: www.iwcne.net or call Lucille 207-318-7304.

Animal Welfare Society

Drop In Rescue Readers Tuesdays, April 6, 13, 21, 27 and Thursdays, April 2, 9, 16, 23, 30 @ 3:15 - 4:30 ~ AWS Adoption Center Students must become Certified Rescue Readers before dropping in to read to the animals. For more information, visit animalwelfaresociety.org/youth/rescue-readers

Furry Tales Story and Adventure Hour

Thursdays, April 2, 9, 16, 30 @ 10 am Humane Education Classroom (Boston House) at AWS Toddlers, 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! ****NO FURRY TALES THE THURSDAY OF APRIL SCHOOL VACATION WEEK****

Puppy Playgroup Tuesdays, April 6, 13, 21, 27 @ 4 pm and April 2, 9, 16, 23, 30 @ 9 am ~ Canine Training Classroom at AWS Led by one of our professional trainers, this 45-minute drop-in class is exclusively for puppies and their people! To participate, puppies should be under five months old. To keep everyone healthy, puppies should have started their vaccines and produced a negative fecal test result. Register in advance online or pay at the door. For more information, visit animalwelfaresociety.org/training/puppy-playgroup

Species Spotlight: Water Dragons & Chameleons Saturday, April 11 @ 10 - 11:00 am ~ Humane Education Classroom (Boston House) at AWS

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, proper habitats, safe handling, animal behavior and 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: animalwelfaresociety.org/event/species-spotlight-water-dragons-chameleons/

Easter Egg Hunt Saturday, April 11 @ 11 am ~ Humane Education Classroom (Boston House) at AWS Join us for a special Easter Egg Hunt right here at AWS! Children, their families and their family dogs (on leash) are welcome to join the festivities.

Children will hunt for eggs — some will be filled with treats for them and some with treats for the animals! Children will be able to fill baskets and deliver treats to the dogs and cats at AWS. We'll also do a craft to help our bunny friends right here at AWS and learn what care goes into having a rabbit as a pet. **This event is FREE**

Holiday Helpers: Friday After Easter AM session for students ages 5-7: 9 am - Noon PM session for students ages 8-11: 1 pm - 4 pm Held at @ Humane Education Classroom (Boston House) at AWS

Holiday Helper is our newest volunteer program for children. Each session explores holiday traditions and how they relate to or impact animals. Students work together to make a holiday-themed treat, toy or activity for the animals. Finally, students complete tasks in the Adoption Center to positively and directly help the animals. Tasks could include brushing cats, preparing snacks for dogs, or visiting with rabbits and birds, depending on the needs of the Adoption Center that day. By participating directly with the animals, children see firsthand how they make a difference. Because these sessions take place the Friday after Easter, students will focus on caring for small animals, including rabbits, and learn how to provide them with the right habitat and home. \$35. Limited slots available. Registration is required: animalwelfaresociety.org/events/category/youth/half-day/holiday-helpers/

April School Vacation Camp

Session 1: April 20 & 21, 9 am - 4 pm

Session 2: April 22 & 23, 9 am - 4 pm

Held at @ Humane Education Classroom (Boston House) at AWS- Don't let the learning end when school is out for the week. 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, campers spend time with pets of all kinds!

Camps takes place during both February and April School Vacation. Whether you sign up for one two-day session or select the full four-day experience, your student is certain to have a paw-sitively great time!

Registration is \$100 per session and is available online: animalwelfaresociety.org/events/category/youth/day-camps/school-vacation-camp/

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



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Kennebunk Free Library

Applications Accepted for KFL Board of Trustees

KFL is seeking individuals with a passion for their local library to apply to join the Board of Trustees. There are openings available for our new fiscal year, beginning July 1, 2020. This is a very exciting time for KFL. We have recently completed a new strategic plan and are looking forward to putting the plan into action. Would you like to bring your ideas and skills to the table? Thank you for your consideration. **To learn more about being a Trustee, visit our website for FAQs and a Trustee job description. The application is available online or can be picked up at the library's adult circulation desk.**

Kennebunk Free Library Junior Science Science experiments can often be messy, gross, and funny, but they are always amazing! **Come join us on Monday April 6th at 4 p.m. as we create Pendulum Paintings!** We will be creating works of art only by swinging a pendulum! This program is open to all artists ages 4 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.

Tech Time at the Kennebunk Free Library Join us at Kennebunk Free Library on **Fridays from 10 a.m. to 12 p.m. for our new service, TechTime.** Attendees will work one-on-one with a librarian to answer your technology questions. Technology is becoming more complicated so we're here to help. Having difficulty downloading the Cloud Library app? Got a tablet for your birthday and need help setting it up? In order to best assist you, please make an appointment by contacting the library at 207-985-2173. Please bring your device with you. **Tech Time dates are 4/3, 4/10, 4/17 and 4/24.** 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.

Lego Club at Kennebunk Free Library The Kennebunk Free Library is offering a Lego Club for children ages 4 and older. The Lego Club will meet on **Wednesday April 22nd at 4 p.m.** Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. Registration is not required but encouraged. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Kennebunk Free Library Junior Science Science experiments can often be messy, gross, and funny, but they are always amazing! **Come join us on Monday April 6th at 4 p.m. as we create Pendulum Paintings!** We will be creating works of art only by swinging a pendulum! This program is open to all artists ages 4 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.

Kennebunk Free Library Teens April Friday Fun Are you looking for something fun to do after school on Friday afternoons? **Come to the library at 3 p.m. every Friday for fun crafts, interesting activities, and amazing experiments! Just for teens ages 10 and up.** This coming month on the 3rd we will be creating Newspaper baskets, on the 10th we will be making a model of a pair of human lungs, on the 17th we will be creating a Paracord Baby Yoda, and on the 24th we will be playing around with Perler Beads! Join us for fantastic programs and spending time with friends. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Kennebunk Land Trust

Dear Friends,

I regret to inform you that we have made the tough decision to cancel the live portion of the Kennebunk Land Trust auction. We aim to offer the auction online at a date that is to be determined. We are thankful for the businesses and individuals who have donated items as well as our business sponsors, attendees, and volunteers who support the event. The decision to cancel the live auction was made to keep our community safer and follow the Maine CDC's recommendations to limit social interactions as the state addresses COVID-19. If you have purchased tickets and would like a refund please let us know. We are excited to continue with the online auction.

Kennebunk Land Trust is a small non-profit and a membership powered organization. The auction is our most significant fundraiser of the year; we will feel the negative impact of closing the live auction and limiting other programs but the health of our community is vital. Our goal this year is to emphasize our outdoor programs, encourage people to opt outside, and continue to advance our mission of preserving and stewarding land to benefit both natural and human communities.

We will remain strong with your continued support. Please don't forget about the land trust during this difficult time. The land trusts in us. Thank you for your time and consideration. Sincerely, Sarah Stanley, Director

Save the Date: Wellness Walk, Wed, May 13th,

11:00AM at Alewife Woods Preserve. The Wellness Walk Series provides guided social walks aimed at being active, building community, and opting outside. This walk series is sponsored by Southern Maine Health Care and is co-hosted by Kennebunk Parks & Recreation. We also want to recognize our Corporate Principal Sponsor, Kennebunk Savings. This sponsorship aligns with Southern Maine Health Care's mission to improve the health and health care of the residents of York County. This preserve is over 625 acres of land with a 45-acre pond at its center; the walk is about 2 miles and is moderate in terms of difficulty.

Directions: From the intersection of Route 1 (Main Street) and Fletcher Street (Route 35) in Kennebunk, proceed west on Fletcher Street for 1.8 miles. After crossing I-95 bear left on Alfred Road and drive 3.0 miles. Bear right on Cole Road and drive 0.7 miles. The entrance to the parking lot for Alewife Woods Preserve is on your right (Lat: 43° 25' 50" N; Lon: 70° 37' 19" W). Please note that the lot at the trailhead is small and fills up quickly. You can park on the side of Cole Road if the lot is full. Information kiosk on site. **CALL FOR UPDATES:**

Wells Reserve at Laudholm

Thursday, April 2, 2020, 12-1pm The Energy Innovation and Carbon Dividend Act. U.S. House Bill 763 is intended to reduce carbon pollution and bring climate change under control while promoting technology innovation and ingenuity. The bill would impose a fee on the carbon content of fuels, with producers and importers depositing fees into a Carbon Dividend Trust Fund. Tom Berry and Peter Dugas will explain the bill's content, status, and potential value in this lunch-and-learn presentation at the Wells Reserve at Laudholm. \$2 suggested donation. 207-646-1555 wellsreserve.org

Thursday, April 9, 12-1pm New England Cottontail Conservation in Maine. Wildlife biologist Jeff Tash, an expert on the New England cottontail rabbit, will talk about this shy and vulnerable state-endangered species. New England cottontails need dense shrublands and young forests for survival, but these habitats are in short supply in southern Maine. Discover what state and regional partners are doing to conserve cottontails and the other animals that depend on the thickets where they live. \$2 suggested donation. Wells Reserve at Laudholm 207-646-1555 wellsreserve.org

Friday, April 10, 7-8:30pm Woodcock Watch at Wells Reserve. Take a walk at dusk in search of the famed American woodcock. In early spring, the male performs a display that impresses both female woodcocks and lucky human observers, as he spirals high above the earth while creating a high-pitched twittering with his wings. The Wells Reserve manages land with woodcocks in mind, so it's a great place to experience this fascinating ritual. Leader Paul Dest is well versed in the woodcock's life history, conservation status, and management. \$7/\$5 or \$15 per family. Registration is required at 207-646-1555. For more information, visit wellsreserve.org.

Thursday, April 16, 10:30-11:30am Preschool Story Hour. Join us for an introduction to animals through a storybook reading, a short trail walk, and related craft project. This month we will read "The Busy Tree" by Jennifer Ward and Lisa Falkenstern. For children aged 3 to 5 and their caregivers. Free. Dorothy Fish Coastal Resource Library, Wells Reserve at Laudholm. 207-646-1555 wellsreserve.org

Thursday, April 16, 7-8:30pm Woodcock Watch at Wells Reserve. Take a walk at dusk in search of the famed American woodcock. In early spring, the male performs a display that impresses both female woodcocks and lucky human observers, as he spirals high above the earth while creating a high-pitched twittering with his wings. The Wells Reserve manages land with woodcocks in mind, so it's a great place to experience this fascinating ritual. Leader Paul Dest is well versed in the woodcock's life history, conservation status, and management. \$7/\$5 or \$15 per family. Registration required at 207-646-1555. For more information, visit wellsreserve.org.



Wednesday, April 22 Earth Day 50—Detailed in a separate release.

Thursday, April 23, 9am-3pm Fishy Friends Vacation Camp. Here's a chance for kids to have a salt marsh adventure, exploring aquatic habitats and investigating fishes up close. What's a mummichog? What do fish scales tell us? What's it like to be a salmon headed home after years at sea? Answers are revealed through games, hands-on activities, and outdoor exploration. For ages 7 to 12. Register by April 20. \$60/\$50. Scholarships available. Wells Reserve at Laudholm 207-646-1555 wellsreserve.org

Saturday, April 25, 10am-12pm Spring Tree Walk. Learn to see the forest and the trees. Do all trees have flowers? How do they use wind to help with pollination? How do trees get ready for summer? We will explore tree questions on a leisurely walk through the woods at the Wells Reserve with naturalist, nature writer, and dendrology instructor Eileen Willard. For ages 12 and up. \$7/\$5 or \$15 per family. Registration required. 207-646-1555 wellsreserve.org

Monday, April 27, 12:30-3pm Signs of the Seasons Citizen Science Training. Are you in tune with nature? Do you notice when the first robins return in the spring, or when monarch caterpillars begin to munch on milkweed, or when that first hint of red appears on late-summer maples? This training will prepare you to turn your observations into valuable data used by scientists to document impacts of climate change. Gain the skills needed to document nature at the Wells Reserve and in your own back yard. Presented by Beth Bisson and Esperanza Stancioff from the University of Maine Cooperative Extension and Maine Sea Grant program. Free, but registration required. 207-646-1555 ext 110 or wellsreserve.org

Contacts: Scott Richardson editor@laudholm.org 207-646-4521 ext 114 wellsreserve.org/media [Tweet @wellsreserve](https://twitter.com/wellsreserve)

Suzanne Kahn suzanne@wellsnerr.org 207-646-1555 ext 116 Wells Reserve at Laudholm 342 Laudholm Farm Rd Wells ME 04090

PLEASE NOTE:

CALL FOR UPDATED

INFORMATION ON ALL

EVENTS POSTED FOR

THE MONTH OF APRIL OR MAY.

WE APPRECIATE YOUR TIME & CONSIDERATION~

River Tree Arts

Thursday, April 2, 6-8:30pm Watercolors: Spring Botanical Wreath Have you ever wanted to learn how to paint with watercolors? In this workshop, you will learn about watercolor technique and materials, basic brushstrokes, how to paint several different types of flowers and leaves and we will combine the elements into a painted wreath. All materials will be provided. No experience needed. Fee \$35. River Tree Arts, 35 Western Ave, Lower Village, Kennebunk. rivertreearts.org

Friday, April 3, 5:30pm - 7:30pm A Photography Pop Up Friday Opening Reception 5:30. The show continues Saturday, April 4, 10m - 2pm Photography Pop Up featuring four local photographers, each with unique perspectives in a two-day show at River Tree Arts. Featured Photographers: Christine Anuszewski, Gabe Bornstein, Paula Gagnon, Nicholas Howley River Tree Arts, 35 Western Ave, Lower Village Kennebunk. rivertreearts.org

Sunday, April 5, 12 - 3pm Mother/ Daughter Sewing & Tea Party Come join us for an afternoon of scones and tea in our mother-daughter tea and sewing workshop. This is event is open to all and no sewing experience is necessary. Just bring your mom, dad, grandparent or anyone who's been a special person in your life for bonding time with traditional afternoon sewing. (fathers, sons, grandparents are welcome to join). Each pair will work together on their own machine. Together you'll learn how to operate your sewing machine and make a treasure to cherish forever. Fee \$75/ pair. River Tree Arts, 35 Western Ave, Lower Village, Kennebunk. rivertreearts.org

Saturday, April 11, 11am - 1pm Acrylic Paint Pour Workshop Come see what the Art of Acrylic Paint Pouring is all about! You will learn how to mix and blend paint colors to get the right consistency for pouring and what can be added to the paint to get stunning effects. Three different paint pouring techniques will be demonstrated, including color combination and paint manipulation to create your very own masterpiece. Each participant will go home with 2 of their own creations. All materials included. No art experience is necessary to have fun in this class. Fee \$40. River Tree Arts, 35 Western Ave, Lower Village, Kennebunk. rivertreearts.org

Thursday, April 30, 6-8:30pm River Tree Arts Student Showcase We are delighted to share with the community, for the fifth year in a row, the artistic talents and achievements of all River Tree Arts students. We will be showcasing everything that River Tree Arts has to offer with an assortment of student performances. This event will be held at the beautiful YCCC (York County Community College) auditorium. This is a free event open to all River Tree Arts families, as well as the community. Donations welcome rivertreearts.org

Friday and Saturday, May 8 & 9 Charlie and The Chocolate Factory River Tree Arts Children's Theater Presents: Charlie and The Chocolate Factory! Friday, May 8 at 7pm, Saturday, May 9 at 3pm and 7pm. LOCATION: Vinegar Hill Music Theatre 53 Old Post Road, Arundel, Maine. Tickets available at the door or online at rivertreearts.org. \$12 adults / \$8 children. All proceeds benefit RIVER TREE ARTS Non-Profit Community Arts Center.

Churches

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

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

First Congregational Church of Kennebunkport, 141

North St., Kennebunkport. Worship services every Sun at 9:30 a.m. FMI, call 967-3897

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

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

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

Kennebunk Baptist Church, The Kennebunk Baptist Church Sundays: Adult Bible study at 9:30. Coffee hour at 10am. Morning Worship at 11am.

St. Ann's Episcopal Church, Closed for the winter: Reopens Sunday, June 21, 2020.

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

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

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

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

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

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

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

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

The Village Baptist Church, 6 Maine St., Kennebunkport. Worship schedule for the Village Baptist Church: Sundays @ d Sunday Services 10:30 AM at the Village Baptist Church 6 Maine Street Kennebunkport. Thank you. If you have any questions, please let me know via e-mail or phone. E-mail: vbc.kportsecretary@gmail.com Phone: (207) 651-0632

Apologetics group. "Soup-or Theology" at the Village Baptist Church, 6 Maine Street, Kennebunkport. Every Friday 6:00-8:30pm. "Spoons provided. Bring thinking caps." Wilhelm and Sally Hojer. Wilhelmhojer@gmail.com. We all face the Big Questions of life—it doesn't matter whether we're religious or not. We wonder about God, identity, meaning, morals, and death. We'll tackle some of the Big Questions and compare how the world generally answers them with how Christians respond.

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

Keep your 'social distance'

GoKennebunks.com

Still need to get out and about but keep your "social distance"? The Kennebunks have some great outdoor options. With spring finally here, it will do us all good to take a deep breath.

- Take a walk on the beach and breathe in the fresh salty air. Take your choice of sand at Goose Rocks Beach or the sidewalk along Kennebunk's three beaches.

- Take a walk or ride along Ocean Avenue in Kennebunkport.

- Enjoy the grounds and walking paths at the Franciscan Monastery.

- Ditto that, but over the Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells. (use 55 Skinner Mill Road on your GPS.) The property is open 7 a.m. to sunset, every day, so that visitors can take advantage of fresh air, wide open spaces, diverse habitats, beautiful landscapes, and seven miles of trails. They even have some guided walks still on the schedule! Visitor Center currently closed. For information and updates, call (207) 646-1555.

- The Kennebunkport Conservation Trust has 25 miles of beautiful, marked trails, while the Kennebunk Land Trust has multiple properties across town with varied terrain and interest.

- Hope Woods offers a variety of trails in downtown Kennebunk for a quick jaunt into nature. Located behind Hope Cemetery in Downtown Kennebunk near the junction of Summer Street and Main Street. Enjoy about 2 miles of well-marked trails through open and wooded areas and alongside Scotchman's Brook. Hope Woods is well known for its many bird species. Access the trails through Hope Cemetery (Barnard Lane), at Fletcher Street (across from Mechanic Street), Wood Pond Lane (in cul de sac), or Woodhaven Drive (near intersection with Longwood).

- Have you ventured out on the new Welch Woods trail in Arundel, off River Road, the first project by the Arundel Conservation Trust? Welch Woods is a beautiful, gentle half-mile loop through a peaceful forest with lovely ferns along the way. Trail crosses a small brook and

leads to a clearing by the shore of the Kennebunk River. Rest a while on one of the benches built by the local Scout troop. Enjoy the serenity of the tidal marsh, and the gentle flow of the river. The perfect place for a picnic and some relaxation. Small off-road parking located just east of 227 River Road, Arundel.

- The Eastern Trail is another great option for biking and running. The Eastern Trail, a 65-mile section of the East Coast Greenway stretching from Kittery to South Portland, has two entrances: Kennebunk Elementary School off Alewife Road, and Limerick Road in Arundel. The trail is perfect for walking and cycling as well as snowshoeing and cross-country skiing. The trail, which is approximately 10 feet wide, is also dog-friendly.

- The Bridle Path in Kennebunk is a flat dirt path about two miles long that parallels the Mousam River and the marshes in Kennebunk. This is an excellent ride for beginners and families. Park at Sea Road School on Sea Road for access, or access the path on Route 9 by the Mousam River.

- Want to take the plunge? Bill over at the Harbor Inn in Kennebunkport has been leading ocean group "swims" complete with breathing sessions and cold-water plunges at Colony Beach with locals. Times and days vary according to participants. For information, email innkeeper@harborinnkennebunkport.com

- Take a walk and learn a little about Kennebunk history along the way. Kennebunk's Museum in the Streets includes a series of 25 panels that makes up the tour, with rare photographs, documents and records of Kennebunk's history. They invite people to discover our unique story at their own pace, over the course of an afternoon, or several return visits.

- Pack a lunch (or pick up take-out from your favorite restaurant!) and take a ride along the beaches. Park there for the perfect picnic lunch with a view!

- Need some retail therapy? Go for a walk and "window shop" your way through the Kennebunks!

For further updates please visit: Gokennebunks.com



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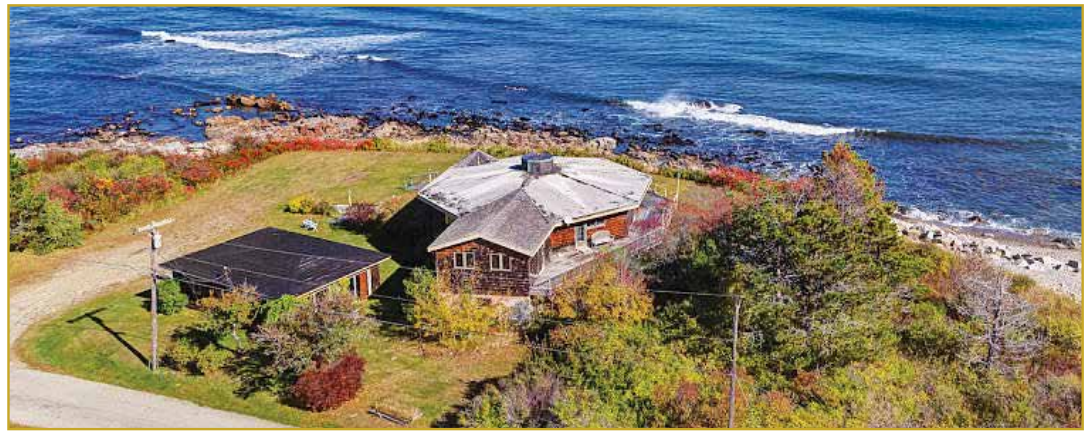
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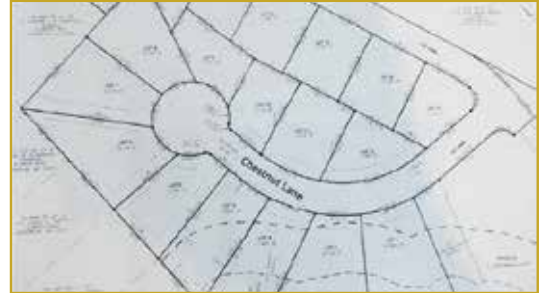
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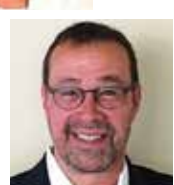
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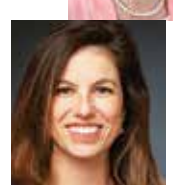
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Denise Hodsdon
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