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## Navigating the "New Normal" in the food service industry

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*On the Cover*



"Today, as we reopen under circumstances we never imagined, we also celebrate our 10th birthday. In restaurant life, that's like 98 years. We still love what we do with all our hearts. Celebrating anything during this time is an inner struggle, we feel deeply heart-broken for the suffering of so many. But we stay hopeful and strong."- David Ross and Merrilee Paul, owner of 50 Local, located at 50 Main St. Kennebunk. See story page 9

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## Real Estate Amid COVID 19

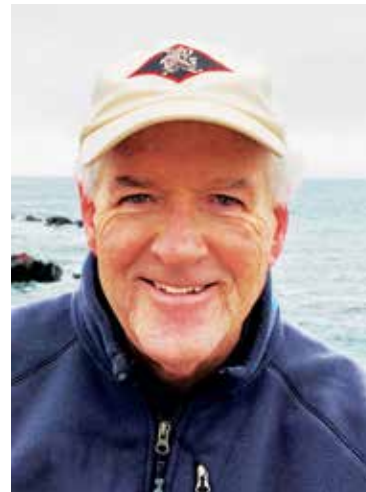
By Mark Birmingham, Village contributor

Most people expected a downturn in Maine real estate when the pandemic hit in March. There was a pause as buyers and sellers alike decided to wait until there was clear direction in the economy. That direction is not yet clear, and remain cloudy for some time. However, real estate prices have held firm, and in some cases buyers are paying premiums over asking price. Sellers are reluctant to have buyers in their homes, so generally, they are waiting. Yet, the buyer pool, already large, is swelling to a point that would seem to belie the circumstances we are in today. An indication of this is the record volume of mortgages reported by Residential Mortgage Services for May, despite higher FICO score requirements. They are expecting that record volume to continue at

least through June.

Many folks in Boston and other cities who have the means are more anxious than ever to escape to safe havens like Maine. Several industry reports indicate that this may be the best time to sell. The National Association of Realtors reported last week: “The pandemic isn’t scaring off home buyers. More than half—or 53% of about 1,000 home buyers recently surveyed—say they are more likely to buy a home in the next year due to the coronavirus outbreak. First-time home buyers and millennials may be the most eager to buy within the next 12 months, the survey from LendingTree shows.”

Also, this NAR statement is telling: “Home shoppers may be growing more comfortable with the idea of buying a home sight unseen, too. Three in 10 buyers surveyed say they’d purchase a home without physically touring it in person. Also, about six



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in 10 home buyers say they’ve toured a home virtually over the last two months.”

As noted above, some lenders are wary: “But a potential roadblock to buying a home could be qualifying for a mortgage... Lenders have

reportedly tightened credit access during the COVID-19 outbreak. Access to mortgage credit dropped by 12.2% in April, according to the Mortgage Bankers Association.”

The commercial side of the market promises to be very different. Since the hospitality industry has been brought to its knees, there is likely to be a flood of properties and businesses for sale in the coming months, and other classes of property proliferating “For Lease” signs. Those who are financially able to weather the storm will find opportunity here. Others will be forced to sell at steep discounts. Most credible economists predict it will take years to unwind the tangles brought on by this pandemic.

If you are a home owner considering selling, this is probably the best time to get the best price before the residential market is flooded with sellers. Not being part of the crowd is a good thing! •



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## York Hospital & Town of York to open 'Covid-19 Testing Center'

A drive-through COVID-19 Testing Center, the first of its kind in York County, will open at York Hospital's York Walk-In Care location on June 1. With hours from 8a-4p, Monday through Friday, for the months of June and July, this project is a collaboration between York Hospital and the Town of York. While previous plans located the testing site at York High School, further assessment of both safety and logistical efficiencies by the Hospital and York Police Department resulted in the decision to shift the service to the hospital's York Walk-In Care, 343 US Route One in York.

All patients must call to pre-register at 207-351-2000 and have a signed provider's referral in order to be tested. However, patients arriving without this documentation, who are symptomatic, or in a caregiver role for someone at risk or compromised, will be evaluated by Walk-In providers,

and if appropriate, given the necessary paperwork.

Erich Fogg, PA-C, the hospital's director of walk-in care, and Amber Harrison, health officer for the town, shared that two primary reasons for coordinating this collaborative drive-through project are a "spike" in people who are hesitating to go to the hospital until they are very sick, due to COVID-19 concerns, and an expected uptick in visitors as the summer season progresses. "We are excited to offer this drive-thru testing location in partnership with the Town of York. We believe it will greatly support the state's goal of expanded testing, so we can quickly identify cases, isolate, and contact all exposed in an effort to battle COVID-19," offered Fogg.

For more information about York's COVID-19 Testing Center, visit [www.yorkhospital.com](http://www.yorkhospital.com) or contact The York Hospital Fundraising Office at 207.351.2385.

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Village Salon & Day Spa is complying with all Maine CDC Covid 19 Protocols. This includes longer times between clients to allow for extra cleaning measures and wearing masks. We require customers wear masks (or face coverings) during appointments. Please bring your own. If you have gloves, we welcome those as well.

Additionally, we hope to open our new Salon space in the coming days! Stay tuned for details.

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## The Center announces \$30 for 30th Anniversary Celebration and Fundraising Initiative

The Center is celebrating its 30th year as a part of the amazing Kennebunk, Kennebunkport, and Arundel community.

The Center has proudly served as a meeting place for adults 50 and older in our community since it was founded by Annie and Hank Spaulding in 1990.

In those 30 years, we have hosted numerous events, classes, and programs, as well as offered volunteer opportunities that have strengthened the community. To celebrate our 30th year as a member of the Kennebunks, the Center is holding a \$30 for 30 donation drive through the month of July, which will allow the community to show their support of the important

work and programs that the Center facilitates. To donate or for further information about the Center, please visit our website at [www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org) or follow us on social media. As a way of showing our immense gratitude to our community for its many years of support, the Center is also planning a community barbeque in August that will be open to the public.

The Center is also seeking nominations for our Model of Positive Living Award. The Model of Positive Living Award is given to a community member who is 50 or older who makes a difference in the lives of others through kind gestures, volunteerism and a can-do attitude.

Please visit our website to fill out the nomination form. Deadline to nominate is August 1, 2020. The award will be announced by the Center in September.



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# Navigating the "New Normal" in the Food Service Industry

*Editors note: \*Since the writing of this article, restaurants in York County may be allowed to offer inside dining with restrictions. Please check with the establishment.*

By: Shelley Wigglesworth, Lead writer

We interviewed owners of five favorite dining establishments in our village about navigating the "new normal" in the food service industry during the phased re-opening of businesses in Maine during the COVID19 pandemic. Read on to learn about the challenges restaurant owners have faced, adaptations made, how they are addressing safety protocols, new offerings, and what their plans for the future consist of. An honest, candid look at restaurant survival in unprecedented times from the dedicated people who are facing the challenges presented to them head on.

## 50 Local

50 Main Street, Kennebunk

(207) 985-0850

[www.localkennebunk.com](http://www.localkennebunk.com)

A Maine farm to table bistro with local beer and wine.



Merrilee Paul, owner and general manager of 50 Local had this to say about some of the challenges she and her business have faced during the COVID 19 pandemic. "Like

everyone else, my life and business have been affected by the current situation.

At 50 Local we initially shut down a few days before the governor's order thinking it would be a couple of weeks until we were back to business as usual. Fast



50 Local dining room manager and master bartender Mat Garofalo and 50 Local executive chef Tyler Larochel enjoy a 50 Local hand crafted cocktail on the restaurant's patio dining area. Photo by: Merrilee Paul

forward to three months later and we are still not allowed to open our dining room. During the shut -down, we have converted our restaurant into a take -away joint. We amended our menu to make it more take-out friendly, added family meals, discounted our wines and beer, added online ordering and offered curbside delivery. We also created cocktail kits with our handcrafted recipes. The cocktail kits have proven to be the most popular, with some weekends selling out. We were planning to open our dining room June 1 with added seating in the vacant retail space next to us. We painted,



50 Local is working on new menu items for the re-opening of the restaurant.



50 Local's lobster scampi style with homemade tagliatelle pasta, lemon, Spinach, garlic and Romano.

decorated, and styled it out to mirror the main dining room. When the governor pulled that plug, I really felt deflated for several days. We had spent time and money updating, implementing new sanitization steps, and staff training. The state added new mandates, we obliged, knowing we would carry on doing what we had

been, just bigger and better with the safety and health of our guests and employees being a top priority. Her last-minute decision to close us down hit the heart, though I am

**" When the governor pulled that plug, I really felt deflated for several days. We had spent time and money updating, implementing new sanitization steps, and staff training. " -Merrilee Paul**

not giving up on my livelihood and my restaurant family at 50 Local."

In the midst of these setbacks, Paul said the restaurant celebrated their milestone ten year anniversary and opened for outside dining in June with a new cocktail menu and a refreshed food menu. "Our entire team is happily returning to work. Their morale is high, and they look forward to seeing each other and familiar faces in the restaurant. They will be smiling behind those face masks," she said. •





## Mike's American Diner

1200 Portland Road, Arundel

(207) 502-7739

All American classic diner meals & comfort food.



## All Day Breakfast

55 Western Ave, Kennebunk

(207) 967-5132

Full breakfast menu and a little bit of lunch.



Owner of Mike's American Diner and All-Day Breakfast, Mike D'Amico said "We have been working hard at both Mike's Diner and All -Day Breakfast to meet the demands of a changing world for restaurants. The diner never closed, and in fact, we shifted to takeout and delivery before we had to close dine-in service in March. The restaurant was reconfigured, and take-out became the focus.

**During the beginning of the closure we renovated the diner to include plexiglass barriers and a larger outside dining patio spanning the entire front of the building. Plans for a drive through are now in the works. Safety and sanitation have always been our top priority at both restaurants and we now include temperature checks of all employees before work."**

The diner is open seven days a week serving breakfast, lunch, and dinner on their new patio, with the diner being BYOB. All Day Breakfast in



Mike's American Diner is following protocol measures to ensure a safe environment.



Determined to get through this safely and be stronger in the future, D'Amico quickly retooled and opened with a newly renovated patio space. "Small steps guided by caring and safety will get us there. The staff and the loyal members of the community have literally saved and sustained these two small businesses" said D'Amico.

Lower Village, the sister restaurant to Mike's American Diner, is also retrofitted with COVID19 safety precautions and is open five days a week, 8am to 2pm, Thursday through Monday for take-out or outdoor seating. A large outdoor dining deck accommodating up to 40 people overlooking the marsh has been added.

D'Amico said "The loyal customers and staff have really sustained and supported us over the last few months. We appreciate their loyalty. With outdoor dining open



COVID safety precautions in place at Mike's American Diner include plexiglass barriers.



A newly constructed deck for outdoor seating now open at All Day Breakfast, Kennebunk.

now, we encourage folks to give it a try. All meals to medical and first responders have been, and will continue to be free as a small thank you from us."

*At Mike's and All Day Breakfast, breakfast specialties include: traditional eggs cooked any style with meat choices and hash browns, custom omelets, and home baked goods. "Omelet's are cooked in a pan-not on a grill, and they are big and loaded with fresh ingredients and homegrown herbs. All portions we make and serve are guaranteed healthy portions and special creations are common," Chef-Owner Mike D'Amico said.*



## Bandaloop

1200 Portland Road, Arundel

(207) 967-4994

<https://www.bandalooprestaurant.com>

A locally sourced, globally inspired organic eatery.



Bandaloop owners Bridget and Scott Lee recently completed a special course on sanitation and social distancing guidelines from Hospitality Maine Food Service Foundations to best protect staff and customers.

Bridget said the staff has been on top of all safety protocols and tent and patio reservations as well as take-out orders are happening now, Tuesday through Saturday, beginning at 4pm. She explained their new process for diners. "The host will be stationed outside near the patio. One member of your party should check in with the host, while the rest wait at an appropriate distance. Whatever your feelings are about masks and social distancing we ask that you please respect the needs of others and give them their space. We will have the tables spaced out six feet apart, staff will wear masks, and customers need to wear masks while moving about. You may enter the building for restroom use only, and we will be ushering you to the additional restroom located upstairs. We will be constantly cleaning and wiping down surfaces. Our new rule is to use paper menus which need to be tossed after each use. To reduce this waste we will give one menu per two people, or you can opt for a digital menu that we will text to you upon seating."

Lee added "We have had delays





Bandaloop's delicious hummus salad created with locally sourced ingredients!



Patio dining available for summer at Bandaloop.

in getting set up because we had planned to be making money to pay for the patio and furniture, and that didn't really happen with the pandemic. We feel fortunate that we have the space to spread out now and look forward to getting folks back here. For now, at least being able to offer outdoor dining is great. We have a lot of new summer wines, beers, and cocktails for our customers to try and we are putting the finishing touches on our latest menu. We are just taking it day by day, getting used to all the new rules, and hoping the trends continue towards re-opening and not the other way around."

### *The Bandaloop Story*

*When we opened Bandaloop in 2004, we wanted to offer something a little different than other restaurants: global flavors, local produce and a steadfast commitment to green practices. Over the past 15 years, we haven't just built a business; we became part of the community.*

*While we've bid adieu to our beloved Kennebunkport home, the new Bandaloop—located just down the road in Arundel—provides the perfect stage to keep our story going.*

*We think you'll love the new space—even if it isn't exactly 'new.' Built in the 1700s, our three-story barn at 1200 Portland Road (Route 1) is quintessential New England—the kind of place that draws you in and never lets go.*

*We're now offering three tiers of service: in the dining room, at the counter and our new-and-improved takeout option. Our new upstairs space is perfect for large*

*gatherings and special events. We have on-site parking, outdoor seating when the weather allows (always a crapshoot in Maine!) and plenty of options to please any palate. Best of all, we're open year-round, with menus that reflect our love of seasonal eating.*

*While the layout and service have changed, we'll never compromise on who we are or what we believe. We're still committed to using organic, locally sourced ingredients. Our menus will always be dynamic and delicious, with options for meat eaters and vegetarians alike. Going green (and staying that way) is in our blood. And the laid-back vibe that made our Kennebunkport restaurant so special—a vibe that you helped create—will always be how we roll.*

**Here's to new beginnings, great food and wonderful company, and a big old barn everyone can enjoy located in Arundel.**

## A Café & Bakery

2178 Post Road Wells

(207) 360-0888

<https://www.acafeandbakery.com>



Hot and cold artisan sandwiches served on house baked bread and paninis, hearty homemade soups, salads and fresh bakery goods and desserts.

A Café & Bakery owner Anthony Catalfano said he has implemented all recommended safety guidelines and his staff has been diligently sanitizing and wiping down contact surfaces since re-opening his cheery eatery for seven days a week patio dining for breakfast, brunch and lunch.



### **Take-out is also available.**

The patio has seating for up to 47 guests and Catalfano said he has added music to enhance the outdoor dining experience. "We are fortunate to have an open, sunny space for diners to enjoy their food and a loyal customer following. They have given us steady business since re-opening in early June. The staff morale has been great too, the employees are optimistic and happy to see the familiar faces returning. We strive to

provide a cozy, safe café setting.

A Café & Bakery is a destination experience surrounded by shops so diners can make a day of it and enjoy a bite to eat while shopping or browsing nearby stores and boutiques."

### **A PASSION FOR GREAT FOOD!**

*Anthony Catalfano brings his nationally-renowned interior design expertise and penchant for refined taste into the world of baking with the opening of A Café & Bakery. For decades, Anthony has served*



All sandwiches served on your choice of fresh bread w/house cole slaw and a pickle spear.



Delicious and mouthwatering cranberry scones served fresh at A Café & Bakery.

*as the bellwether for quality living. Now he draws on his passion for fine food (and a family history of wonderful Italian cooking) to create one of southern Maine's finest café and bakery experiences. Fresh baked breads daily, buttery croissants, delectable pastries, mouth-watering paninis, handcrafted and artisan sandwiches, homemade soups, and a host of garden fresh salads using only the best ingredients are served in a cozy café setting designed to welcome and embrace.*

**Located at Post House Commons. Adjacent to Anthony Catalfano Home. Parking in rear. "Call ahead! We'll have it ready for you," Catalfano said.**



## Letter to the Editor

It's sometimes easy to forget, amidst all the stress and upheaval that people are struggling with these days in this Great Pandemic, that really good things can still happen when people come together to work for a common cause. That's what happened on May 16th when Arundel residents, businesses and community leaders responded so positively to the Arundel Conservation Trust in our ACT Food Drive, asking people for food to be given to those in need during these tough times.

The ACT Food Drive was a huge success! We brought in over 2,000 pounds of much needed food, staples, and canned goods to the Community Outreach Services ("COS") food distribution center at Vinegar Hill Music Theater in Arundel. Volunteers from ACT picked up food donations at people's homes, and at donation containers at the Arundel Town Transfer Center, the Arundel Fire Station, J

Brothers Variety Store and at ACT's Welch Woods Preserve trailhead. The Arundel Historical Society donated a big supply of frozen home-made baked beans and pasta sauce, which is usually only available at their (Covid-19 suspended) monthly Saturday Night Suppers.

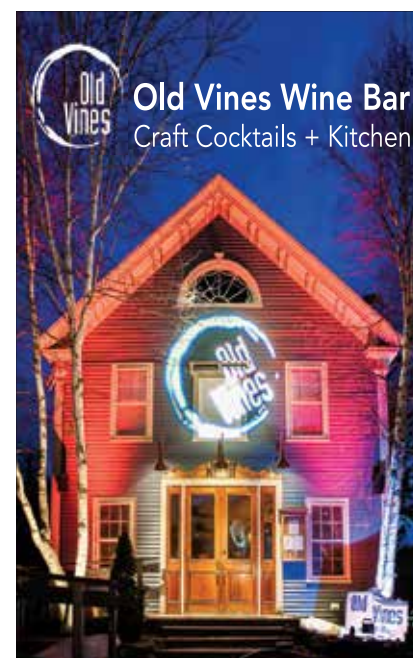
We have a couple of "shout-out's" for a few folks, although everyone who found it in their heart to make a food donation deserves thanks!

- **The anonymous town official who filled up the bed of his big pickup truck with a LOT of food for our drive,**
- **A lady who lives on Limerick Road and called Wendy Lank (Arundel's General Assistance Director) and asked where to bring 18 bags of food for the ACT Drive,**
- **Employees at the Town Transfer Station who, with their donations, took us over the top of our 2,000-pound goal,**

- **Someone we call the "Great PB&J Donor", who gave us LOTS of jars of peanut butter and jelly,**
- **David and his crew of volunteers at the COS Distribution center at the Vinegar Hill Music Theater, who opened up the center on Saturday for our drive.**

Usually at this time of year, ACT leaders and volunteers are busy building new trails and doing maintenance work on our conservation properties in Arundel. Since the pandemic makes that impossible now, we thought the food drive would be a great way for our members and supporters to help those in need as a tangible demonstration of our goal of building greater community amongst our residents and businesses in Arundel.

*The Board of Directors  
Arundel Conservation Trust*



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# Maine Bicen "trail"ial Challenge:

## 3 Land Trusts, 3 Trails, 1 Community

**To celebrate Maine's 200th anniversary, the Kennebunk Land Trust, Kennebunkport Conservation Trust and Arundel Conservation Trust have created a Maine BICEN"TRAIL"IAL CHALLENGE FOR YOU!**

**A**s Maine forges ahead for the next two centuries, we want to recognize the history of the land we have today and all the amazing places our community has protected. Here's how it works: Visit your local land trust's website and find the link to the bicen"trail"ial challenge. Then, download the map for each

Trust's featured property; visit all three properties by September 22nd, 2020, The Autumn Equinox. The challenge requires you take a photo of yourself at each preserve and tag @KENNEBUNK\_LANDTRUST, @KPORTCONSERVATION, and @ARUNDELCONSERVATION on Instagram; use the hashtag #maine200 and #bicentrailial. If you do not have Instagram, please email your photos to your local land trust. Participants who complete the challenge will be entered into a drawing for a Bicentrailial Swag Bag! The winner will be announced Friday September 25th, 2020.

Kennebunk Land Trust Director, Sarah Stanley, developed the concept earlier this year and invited the Kennebunkport Conservation

Trust and Arundel Conservation Trust to partner together to celebrate the bicentennial. "We may be three towns but we are one community. This challenge represents a fun collaboration, encourages people to opt outside, and celebrates open space that we've protected in our community. It's a wonderful way to celebrate Maine's bicentennial!" The organizations' emphasize that it is vital to follow Maine CDC's recommendations and practice social distancing when visiting a preserve; furthermore, if you are exhibiting symptoms related to COVID-19, or if you have recently been exposed to COVID-19, stay home. Stay at least six feet away from others if visiting a preserve. If you do decide to go for hike, be sure to tell someone where



Hope Woods trail. Photo by: Brooke Larrabee

you are going and when you expect to be back and remember to leave no trace.

**Continue to page 24 for a list of our walking trails!**

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## New Board members elected at 34th UWYC Annual Meeting

United Way of York County's Annual Meeting was held virtually on May 28th as part of the regularly scheduled board meeting due to pandemic social distancing requirements. The business portion of the meeting featured the election of three new board members: Erich Fogg of York Hospital, Thomas Hussey of Hussey Seating Co., and Robert MacKenzie of Kennebunk Police Department.

Erich Fogg, York Hospital

Tom Hussey, Hussey Seating  
Robert MacKenzie, Kennebunk Police Department

Outgoing board members Jon Hussey of Hussey Seating Co. and Andy Orazio of Sanford-Springvale YMCA were celebrated for their six years of service on the board.

Incoming board officers for 2020-



Erich Fogg, York Hospital



Tom Hussey, Hussey Seating



Robert MacKenzie, Kennebunk Police Department

2021 are: Todd Cesca of Charter Oak Capital Management, Chair; Paige Streeter of Libby Kingsley O'Brien & Champion, Vice Chair; Brian Ballute of Saco & Biddeford Savings Institution, Treasurer; Ben LaBelle of Hannaford, Secretary; and Lynn Brandsma of University of New England, Ethics Officer.

Established in 1986, United Way of York County was born of the merger of two smaller United Ways. Since then, UWYC has focused on the most important issues facing our community. Its community-influenced strategic plan is currently focused on ensuring the best start for children birth to age 8, helping youth develop

leadership skills and community connections through service, and supporting a safety net of services that meet basic needs, including improving nutritional outcomes for children and seniors.

United Way of York County improves lives by mobilizing people and resources!

### To the Selectmen of Kennebunk;

I am writing as to my great concern about the new rules that many of us with dogs on Gooches Beach. This is regarding the 6' leash rule while dogs are on the beach. I have to say that we feel very discriminated against! I have been going to this beach for a run and swim with my dog for over 10 years. It is by far my favorite thing to do. The look on these beach canines is one of pure pleasure, for both humans and dogs. The beach dog people have developed our own little community, and value it very much. The people that go to the beach with their dogs on a regular basis know each other, as do their dogs and we always clean up after our dogs. We also remind people that we notice that don't pick-up after their dogs. We also

have picked up the garbage that the tourist leave behind.

The beach has for 38 plus years been allowing dogs off-leash, from June 15th, till labor-day from before 9 in the morning and after 5pm off-leash. That is what was agreed to for 38 years. Barbara would write her letter to the selectmen and they would agree to continue.

This accommodation was satisfied by all. Tourists have it all to themselves all day from 9 to 5, dog free. They usually head around 5 to cleanup and out to eat. Local dog owners enjoy the beach with their canine companions, tick free swim, camaraderie for all. For many of us this is the only reason that we even go to the beach. Personally, I feel that the beach that I love has been taken from me.

I feel that since the passing of the Bushes that the very few that are not canine friendly have been trying

to remove dogs from the beach. Having dogs off leash is better for all. It is mean to take your dog to the beach where they are use to running and playing with other dogs and swimming, and then take it all away from them and us. It is confusing for both human and dog. People can sit on the beach now, go shopping at the mall, eat out, but dogs that do not carry the virus cannot run and play, or swim?

Personally that is mine and other locals only reason we go to the beach.

Having a dog friendly beach brings our town revenue, and has been published in many magazines.

I was told as of last year there were no incidences involving dogs on the beach. All of us dog owners that go there have been trying very hard to accommodate tourists and non-dog people.

I cannot state enough how



Tilly enjoying a ride around town.

important it is to the locals and economy of our town to bring back our dog beach. Please listen to us 800 plus local Gooches Pooches dog owners!!!!

*Sincerely, Theresa Willette & Tilley*



# Maine Lobstermen Facing a **Trifecta** of Uncertainty

By Shelley Wigglesworth, Lead writer

The entire state of Maine depends on, and is interictally connected to the lobster industry. Lobster is much more than the unofficial Maine mascot used to draw in tourists. For the lobstering families who have depended on fishing to make a living for generations, and the businesses that rely on them to bring their catch in, lobstering is much more than a tourism draw, it is an honest, sustainable and often times hardscrabble way of life, which is now endangered.

**Without lobster and the men and women who harvest the crustacean, Maine just wouldn't be Maine.**

Lobstering fuels the economy in countless ways. Commercial fishermen help us all live better by not only providing fresh food that sustains us, the fishery supports countless individuals, businesses and employers that rely on fishermen to survive—restaurants, fish markets, stores, seafood processors, truckers that transport seafood, bait dealers, fuel companies for boats and to fuel the trucks to deliver fish, marine mechanics, marinas, boat builders, fishing gear and product manufacturers and much more.

For years, fishermen have faced catch restrictions and cut-backs on the number of days they can fish in an industry where days to fish are already dictated by conditions at sea. Fishermen are also regularly forced to change or stop using certain gear, most recently, lobstermen have had to change fishing practices and gear used to avoid potentially tangling right whales. This change does not come without a price tag for lobstermen, not to mention the time they put in to comply, reducing yet more days to fish on their own dime. In the past,

when government regulations have proved ineffective, the government created new methods for fishermen to implement. Regulators get paid to have fishermen test these methods whether the methods work or fail. Fishermen do not get paid, in fact it costs them. In addition to this, there are more regulators in the fishing industry than there are fishermen in the waters; and unlike the regulators, fishermen do not get paid when they cannot work. There are no paid sick days, holidays, health insurance, vacations, monetary bonuses or benefits for fishermen.

On top of the costly regulations proposed by NOAA and the NMFS to protect Atlantic right whales, the lobstering industry in the state of



F/V Nancon, owned by Captain Bryan Tufts.



Lobstermen weigh in. Zone G Lobstermen gather to discuss proposed regulations that could severely affect the industry. Photos by Shelley Wigglesworth

Maine now faces threats of being sued for failure to protect whales by environmentalist Richard "Max" Strahan.

Further impacting everything is China's ongoing tariff and trade wars. Tariffs have fluctuated between 25% and 40% in recent years, dramatically reducing Chinese purchases of American lobster as China increased purchasing lobsters from nearby Canada to avoid the stiff tariff. The third blow came with the dramatic drop in market demand

due to COVID19 virus precautions shutting down the economy. Lobster price per pound continues to plummet and many fisherman have resorted to selling directly to consumers, or not fishing at all.

Cape Porpoise lobsterman Jon Nunan said "We are doing our best to try to follow the rules to save the whales and keep up with everything else, but who is going to save us when we can no longer fish?" Cape Porpoise lobsterman John Daggett said "I've never seen anything like this. We need help, now."



Crate of Maine lobster freshly pulled from traps.



**If you would like to support Maine lobstermen, the Maine Lobstermen's Association has set up a legal defense fund with a goal of raising \$500,000 to save Maine's lobster industry. FMI: <https://mainelobstermen.org>.**



# A fresh new look for the Kennebunk Baptist Church, Founded 1834

## A Landmark in the Heart of Downtown



Kennebunk Baptist Church prior to repairs.

The Kennebunk Baptist Church dates back to 1834. According to the former Town Historian Steven Burr, in his book entitled "Out Of The Past" he states: "In 1840 the cornerstone of the Baptist Church was laid. On October 15, 1840 ...

the meeting house, which had been completed and paid for at the expense of \$3,350.00, was dedicated."

An Act of incorporation was drawn up in July 1890 and the church was known as the Village Baptist Church. On October 4, 1926 the name was changed from Kennebunk Village Baptist Church to the Kennebunk Baptist Church.

At the 77 Main Street location the church has been a landmark through the years in the heart of downtown Kennebunk.

Although the dates are uncertain as to when the spires were removed, due to decay, they have now been replaced. The church has been cleaned, repaired and painted through the excellent work of Carl's Painting and Remodeling and Ille



Courtesy photos of Kennebunk Baptist Church after repairs.

Builders. The work of both businesses has restored the building to the 18th century look. The re-placement of the



spires of the church is in time for the 200th Anniversary of Statehood for Maine, and a reminder of the past as an historical landmark in downtown Kennebunk. One viewer remarked , "the spires point one to God."

REV. JAMES M. KING, Pastor  
Our Vision

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#### 272 Mills Road, Unit 7H



**SOLD**

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**SOLD**

26 Mile Stretch Road, Biddeford  
Offered at: \$1,175,000





# Big News!

When next you visit the Louis T. Graves Memorial Public Library located at 18 Maine Street, Kennebunkport, pretend you are living in the year **1920**.

Until we can get back to our customary way of operation, the Library will be offering all of the services it did when it opened 100 years ago (during the last pandemic!). It will offer books, newspapers, back issues of magazines, movies, and audio files. It will offer reference services and readers advisory. It will offer a mimeograph machine (a/k/a photocopier), notary services, and expanded outdoor seating area to picnic with family and friends.

Starting June 29 at 10:00 am, the Louis T. Graves Memorial Public Library will open its doors to the public after being closed for 3.5 months. Hours will be Monday, Wednesday, and Friday from 10:00 am to 4:00 pm; Saturday 9:30 am to 12:00 pm. Curbside Service will be

offered weekdays 10:00 to 4:00 and 9:30 to 12:00 on Saturday. Services will be limited to checking out books, movies, and other materials. No

computer usage or bathrooms will be available at this time. All programs have been moved to Face Book or Zoom Format for the summer.



Children's Reading Program is available. Summer packets will be given out (curbside) to any child joining. Please check out our website ([www.graveslibrary.org](http://www.graveslibrary.org)) and our weekly newsletter (sign up via email) for information on events and special pop-ups. Due to the size of public space, only 10 people will be allowed in the building at a time. Outdoor Wi-Fi and seating is available at all times. (We will have limited books for sale outside pop-ups and a daily cart...and the offering will change weekly).

As things move along, we will add more services to the mix. This is not the way we envisioned our summer. It is not the way we designed our space. It goes against everything we stand for as our community Library. However, it is more important to keep our patrons, visitors, volunteers and staff healthy and safe. We promise to add materials you will want to check out, keep our space clean, and our staff available to assist your needs. We appreciate your patience and support as we muddle through this summer together.

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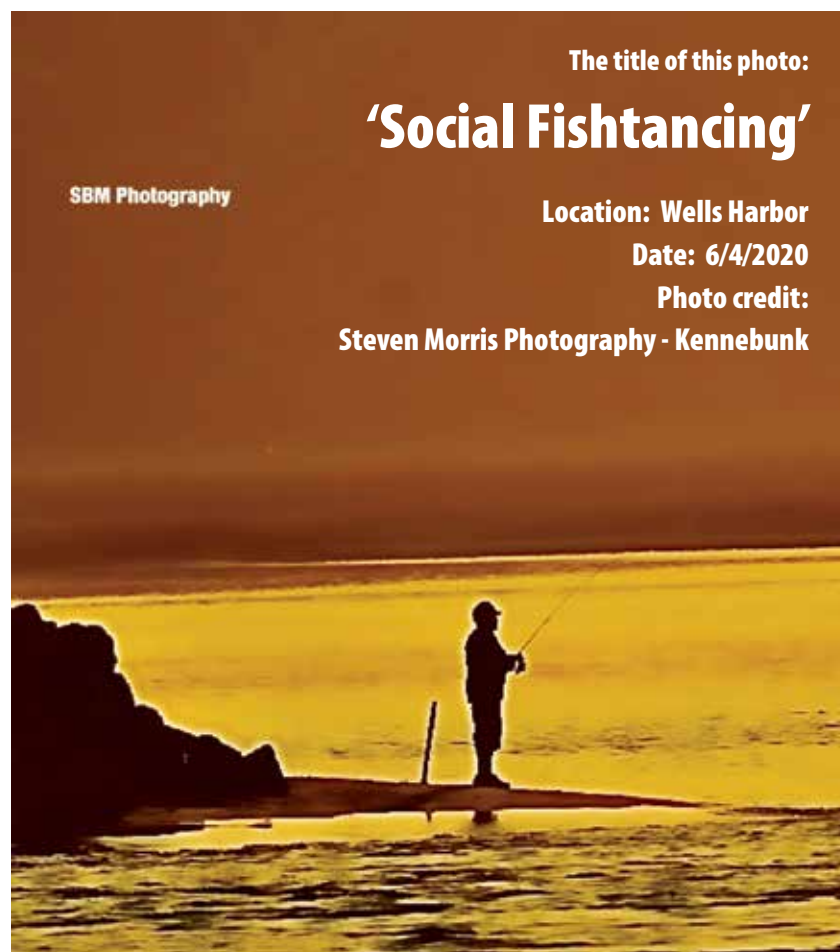
## Meal Delivery Volunteer Drivers Run on a Full Tank and a Huge Heart!

When COVID-19 changed life as we knew it and closed much of Maine's social and economic infrastructure in mid-March, York Hospital ramped-up home meal deliveries to seniors following orders to shelter in place. "Our volunteer drivers have continued non-stop to support the York Hospital Bridges & Meal Delivery Programs and our community members in need during Covid-19" said Jorge Descart, director of dining & nutrition. Descart added, "We have a total of 11 volunteer drivers who service the areas of Kittery, York, Eliot and Ogunquit. After COVID-19 hit southern Maine, York Hospital enlisted additional volunteer support from our Bridges Program to extend meal and grocery deliveries to shut-in seniors in Berwick, Wells and South Berwick". Since the pandemic began in mid-March, Descart explained the hospital has received requests for, and has delivered, two to three times more meals to seniors in their homes than in March, April and May of last year. "We are so grateful to partner with our

amazing team of volunteer drivers to deliver nutritious food to seniors in their homes during this extraordinary time."

The York Hospital Bridges Program is a volunteer-based service that introduces a York Hospital patient to someone in the community who provides a weekly check-in and help with grocery shopping, meal deliveries, visiting and companionship, transportation or errands. The York Hospital Home Meal Delivery Program started in 1999 in response to patient requests for assistance during recuperation from surgery and/or illness. Over the past 20 years, the program has grown to include not only York Hospital patients, but many community members at large – due to the high quality and low cost of the prepared meals.

If you would like more information about these York Hospital programs, or if you are interested in becoming a volunteer delivery driver, please contact Kate Ford, Director of Volunteer Services at York Hospital (207)351-2224 or [kford@yorkhospital.com](mailto:kford@yorkhospital.com). To donate directly to the York Hospital COVID-19 Caring for All Fund, please visit: [www.yorkhospital.com/giving-back](http://www.yorkhospital.com/giving-back)



The title of this photo:

# 'Social Fishtancing'

Location: Wells Harbor

Date: 6/4/2020

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Steven Morris Photography - Kennebunk



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Most of us are delighted by the arrival of summer, more pleasant weather as well as the relaxing of the “stay at home” regulations. Each of us has a favorite season but, of course, each change of season here in Maine, brings with it changes of delights and annoyances and risks. In the spring and summer, that’s BUGS !!! The Big 3 for us are Black Flies (a.k.a. Defenders of the Wilderness), as well as Mosquitoes and Ticks. Some folks say that black flies don’t bite, they suck!

Of particular concern are the infectious diseases transmitted by bug bites. Black flies get off easy in this regard. I know of no infection carried by Black Flies in the U.S. (not referring to the common house fly). They are found in great numbers where there is an abundance of clear, fresh sat-running streams – places where there

is great trout fishing. They cause plenty of annoyance and

suffering, but they carry no infections.

There are 3 mosquito-borne diseases endemic in Maine:

1. Eastern Equine Encephalitis (EEE)

2. West Nile Virus (WNV)

3. Jamestown Canyon Virus (JCV)

These illnesses, in humans, are rarely acquired in Maine, but have occurred. Mosquitoes are involved in many other diseases in other parts of the world.

The most well-known tick-borne disease is Lyme disease, carried by the deer tick, but there are several others as well as several species of ticks.

• **Deer tick:** Lyme disease, Anaplasmosis, Babesiosis, Powassan (common tick in Maine)

• **Dog / wood tick:** Rocky Mtn Spotted Fever, Tularemia (common tick in Maine)

• **Lone Star tick:** Ehrlichiosis (uncommon, but present in Maine) In both the deer and lone star ticks, the nymphal stage and the adult female are biters capable of transmitting infection. The adult female is the only dog/wood tick that bites to get a blood meal.

As an aside, it is worthwhile to describe the visible characteristics of these 3 species:

Deer tick, the black-legged tick Adult female: usually less than 1/8 inch in length, back half of its body is brownish red/orange. After feeding on its host (you and me and some other animals), its body can swell a lot, to over 1/2 inch. Adult male is also black to dark brown, no other

color, slightly smaller than the female – it does not bite! Nymphal stage: very small, about the size of a small poppy seed, usually colorless, and very difficult to see. It does bite and can be infected; some sources state that bites by the nymphal stage are responsible for more Lyme infections than the adult female. Not all Deer ticks in Maine are infected, however – only about 40%.

American Dog tick (a.k.a. wood tick). Adult female: Brown legs, about 1/4 inch long, reddish-brown with a cream-white U-shaped line on its back. After biting and a blood



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meal, it can increase to over 1/2 inch. The male does not bite and does not spread infectious disease.

**Lone star tick** Adult female: Round profile, about 1/4 inch in diam, can increase to over 1/2 inch after a blood meal. The female has a single white spot on its back, color can vary from white to light bronze. It can be a carrier of disease. The male has multiple small white spots along the margin of its back; it does not bite.

Both diagnosis treatment of Lyme disease can be controversial, and we have all heard multiple examples of prolonged problems. I will not go into that topic in this article; it was a topic of one of my earlier columns. Today I will focus on prevention. Protection from Lyme and other tick-borne diseases rests almost solely on prevention – preventing from getting bitten in the first place. The same is true of mosquito-borne illness; the best choice is: If possible, don't get bitten.

Ticks climb up on something like long grass, bushes; they are mostly found from a few inches to up to 2 – 3 feet off the ground, waiting for you

or another host to brush by. Each pregnant female produces many, many thousands of larvae. This 1st stage of a tick's life is not infected, until it bites an infected host, for instance, a white-footed mouse. With that 1st meal, it may become infected and will develop into an infected nymph, 2nd stage. These creatures are very tiny, and you probably won't be aware they are on your body or that you've been bitten. Some reports indicate that we are more likely to be bitten by a nymph than an adult female.

Ticks get on you because you happen to go by; they're just hoping you'll happen by. They are good at clinging to you and your clothes until they can find a way to get to a sheltered area of your skin. There, they will be protected from being rubbed off, giving them time to get attached. The food they require is a meal of your blood. So prevention revolves around preventing them to getting from your skin.



Ticks prefer cool, moist areas up a little off the ground – shady and damp. If you are going to be in areas like that, make it difficult for it to get to your skin. If possible, be in those areas during the hottest, driest part of the day.

Walk in the center of mowed areas and cleared trails, to avoid brushing up against vegetation.

Avoid exposed skin as much as possible  
Make your clothing inhospitable for ticks

Wear light colored sock and clothes – it makes the ticks easier to spot.

Tuck your pants legs into your socks.

Avoid open-toed shoes or sandals when walking in "tickville".

Tick repellents. This topic is not so simple. Some of the repellents are more toxic than others. There is a good article in the July, 2020 issue of Consumer Reports about repellents

1. Permethrin is effective but should not be applied directly to skin. It is used, primarily, for the external surface of clothing.

2. DEET, in laboratory studies, has been found to be the most predictably effective repellent, but there are reports of toxicity, and some authorities advise

against using on children.

3. Picaridin, in general, is considered significantly less effective than DEET, but also seems to be less toxic.

4. Lemon Eucalyptus Oil-containing product has some proponents. However, most studies rate its effectiveness significantly less than DEET.

5. IR3535 is a newer chemical repellent; it has some support from lab studies, but experience is limited.

6. Essential oils have some passionate proponents as repellents, but in the lab, they are not convincing.

The U. of Maine Cooperative Extension website is a good source of more detailed information: <https://extension.umaine.edu/ticks/>. Also, about repellents; <https://www.ewg.org/research/ewgs-guide-bug-repellents>

The bottom line about prevention of Lyme disease is to familiarize yourself with tick habits, tick habitat and personal protective measures.

Earl Freeman, DO  
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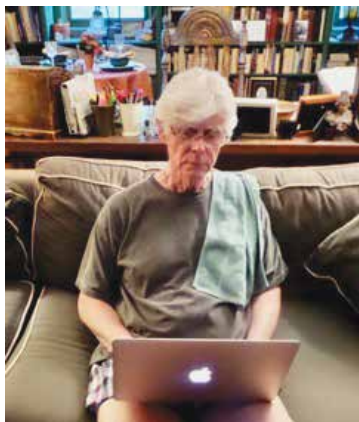
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# Housebound

by John Forssen, Guest writer



John Forssen "Housebound" work station.

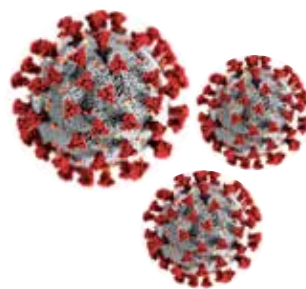
Stressful times, we're in, no doubt about it, a whole new measure of what it means to be housebound, day after day sitting back-to-back with an uncommunicative spouse or a cranky uncle, no offense slipping

by unnoticed —and no reprieve, each day the same as the one just put down.

It reminds me of long-ago rainy afternoons, parents away, and my older sister left in charge. At suddenly 13 (it came upon us that quickly and, dare I say, without warning), she couldn't help but take the title of teenager seriously, and she wore it as if touched by the hand of royalty, itself. As I recall the division of responsibilities when she was in charge, hers were to retreat to the privacy of her bedroom, the door locked securely behind her; mine were to resist temptation, a simple task on the face of it, just one moving part. I recall liking the sound of the word —spoken with proper inflection (Tem-Ta-Tion), it had a wonderfully

marshal quality to it— but I had absolutely no idea what it meant. Thus, on those lonely days, mischief had a way of following me on the one hand and leading me on the other. There was no escape. A train would jump its track more easily.

But to the point, in those days before snowblowers and power mowers, "housebound" had a different stripe. It was robust, something to be earned, a broken leg, for example, preferably the result of



some hare-brained stunt gone wrong —when, say, on a dare I rode my sled down a steep and well-forested hill thinking I could dodge the trees. For six weeks after that, I was a celebrity, signatures climbing up my cast from ankle to hip. On a grander scale there were blizzards so fierce that the roads were closed and the power might be out for weeks, nothing to lean on but a shovel and the stub of a candle.

Pick your catastrophe, we were on our own back then. Each hardship was a test of our fortitude, a thing that came with bragging rights —but there exists an important difference between then and now. Those hardships were generally smaller and always time limited. The leg would heal, the snow would melt and power would again buzz through the wires at the side of the house. Moreover, the sky was always clear somewhere and, to borrow a Broadway stage line, the sun would come out tomorrow.

Suddenly, however, the Coronavirus has taken the bridle out of the jaws of time, and it surges forward by the week, by the month, who knows? There is no blizzard, the lights are on and people around the world are wondering what to do with their once-in-school but now housebound children.

Of course, there are a million possibilities before one is tempted finally to put the little gremlins out in the night; but one idea that has gained prominence in recent days is parent-supervised tele-learning, a shared experience delivered through the internet and sure to strengthen generational bonds. The foundation on which this idea rests is as follows: two generations with few things in common meet on a field of play. One is older and wiser in the ways of the world —the other doesn't care.

How this works out is portrayed in at least one video that has gone viral in recent days: an Israeli woman, a young mother managing four children and only two computers



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in the midst of a school's efforts to create in the home what is normally done in the classroom. After just two days, the woman allows herself the luxury of a rant. Now rant is a familiar word. Even in the absence of actual dialogue, it connotes an unmistakable tone and energy. However, when couched in a foreign language, where incomprehensible syllables collide like cars in a train wreck, the effect rises to the level of a line by 17th Century playwright William Congreve: to the effect that

Hell hath no fury like a woman...." (see Utube: Angry Mom Rants about Homeschooling).

I have not had this experience, so I shouldn't judge; but I can commiserate. For in the long distant past, I can recall the hours I spent with my daughter playing Candyland, a game which could keep her spellbound for hours: a constant rolling of dice as characters on a board full of mishaps raced, three steps backward for every two forward, toward a goal set just beyond the limits of human patience.

I didn't realize it at the time, but I was in a kind of viral bootcamp during my tour in that place called Candyland. It was like a room with a door that opened in only one direction: once in, there was no way out, at least not until your shining five-year-old gatekeeper turned 13. Thus I learned to deal with such issues as endless and interminable... and to look kindly on a game called Candyland as a way to pass the time now that I'm housebound.\*

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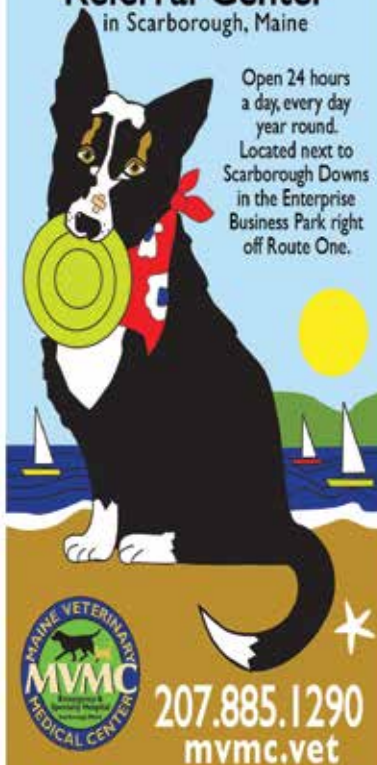
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## A SERIES OF PIECES ABOUT THE KENNEBUNK REGION'S MARITIME PAST

#3 by Ken Daggett

While wind, weather, and fluctuating markets could all work against making a successful voyage, the eighteen-teens and eighteen-twenties saw the rise of another threat to American shipping in the Caribbean: piracy. The ending of the Napoleonic Wars and the War of 1812 left many privateers unemployed while the ongoing Spanish American Wars of Independence added even more private armed vessels to the se-lanes. Tempted by the ever-growing number of vessels trading in the West Indies, many turned to piracy.

Robbery, murder, and destruction of property were reported with alarming regularity, and vessels registered in the District of Kennebunk were not immune. One of the earliest known cases was the brig Dion. Built in 1811, the 214-ton Dion had a legacy of luck, after being captured and then released by a British man-of-war while on her maiden voyage to Cadiz, Spain. However, the brig's first voyage following the end of the War of 1812 was a 5-month-long failure, beset by bad weather and worse markets.

The Dion's owners sent her out again in November of 1815. Searching for a market, the brig's master, Captain William Gooch, took her to a succession of islands until he met with success in Haiti. It was already January 1816 by the time his crew had loaded the cargo of logwood bound to Charleston, South Carolina.

On 11 January, four days after leaving Aquin, while in sight of the southern coast of Cuba, Captain Gooch and his crew spotted a vessel flying Spanish colors drawing near. The captain supposed her to be a Carthaginian privateer, a name given to vessels fitted out in Cartagena, Colombia to harass

and destroy Spanish shipping and often applied generally to any of the privateers licensed by Latin American governments in revolt against Spain.

When in range the stranger unexpectedly fired upon them. The fully loaded Kennebunk brig could not escape her pursuer and after the warning she lay to. The men of the Dion could now see that the deck of the belligerent brig was crowded with some 120 men and that six guns protruded from her sides. The attacking vessel lost little time in sending off her stern boat loaded down with nine men each carrying a "long, wicked looking knife."

While the pirate crew was Spanish, the captain, surprisingly, was an Englishman. Finding the Dion's captain and crew sensibly submissive, they sheathed their knives and began the business of plundering. Eager for coin, they were convinced by the Dion's papers that she carried no cash. However, loathe to leave empty-handed, the pirates then spread out to ransack fore-castle, cabin, and steerage. They took whatever caught their eye including all clothing, bedding, and food. Before they departed, they filled their boat with among other things a grindstone, some oars, handspikes, and tools. Little that was moveable was left; even the Dion's spare rigging was taken.

The pirates departed in silence, but the crew of the Dion had some small satisfaction in watching the internecine fighting that erupted among the bandits after they returned to their own vessel with the booty. Supposing the privateer to be licensed to attack Spanish vessels, Captain Gooch was somewhat mystified as to why they targeted an American vessel but stated that he "was not very particular in his

# Brig Dion



Photo courtesy of wikipedia- Golden Age of Piracy.

enquiries, being heartily glad to get clear of their villainous clutches."

The cargo of logwood, used to make black dye, remained in the hold, and Captain Gooch resumed the passage to Charleston. Unable to sell it there, he continued on to Boston where the brig arrived 24 February 1816.

Four years later, the Dion had another brush with piracy. In December 1820, under the command of Captain Daniel Tripp, she was in port at Jacmel, Haiti when the new Kennebunk brig Atlas dropped anchor. The Atlas had left home in November, and after calling at St. Thomas had sailed on to Mayaguez, Puerto Rico, where during the night of her arrival she was boarded and commandeered by 21 fugitive slaves armed with guns, swords, cutlasses, and knives.

Securing her master, Captain Luther Walker, and the crew in the cabin and fore-castle, the slaves cut the anchor cables and unfurled the sails. Managing to get the brig out to sea they waited two hours before releasing the brig's company and demanding to be taken to Haiti where they could live as free men. Walker's one attempt to confiscate the fugitives' weapons and regain control of the brig found him facing drawn swords inches from his chest. Resigned to the situation, he set a course for Haiti where the Atlas arrived on 8 December after what the captain described as "four sleepless days and nights."

Allowed to go ashore, Captain Walker gained the assistance of a Haitian colonel. He also sought the help of Captain Tripp of the Dion. Together with another shipmaster from Boston, they were successful in getting the fugitive slaves to shore where presumably they were granted asylum. With the Atlas once more under his unquestioned command Captain Walker was able to sell his lumber and find a cargo of coffee bound for Wilmington, North Carolina for which he set sail on 3 January 1821.

The men of the Dion and Atlas lived to tell the tale of their encounters with pirates, and the brigs' owners were left with their vessels and cargos intact. In retrospect their experiences seem almost benign, and in the Atlas's case almost humanitarian. However, for some of their neighbors in Kennebunk, Kennebunkport, and Wells, crossing paths with pirates resulted in very different outcomes.•

*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 commenme at kdaggett@roadrunner.com.*



# Kennebunk Land Trust Preserves

## GET OUT AND WALK ON SOME OF OUR POPULAR TRAILS!



Photo by Brooke Larrabee.

Since 1972, the Kennebunk Land Trust has conserved over 3,400 acres of land and river frontage including upland forest, coastal marsh, and fields. This acreage includes the Kennebunk Plains, which is now managed by Maine Dept. of Fish & Wildlife. Below is a description of some of our preserves open for public access.

**ALEWIFE WOODS:** Alewife Woods Preserve, located on Cole Road in Kennebunk is comprised of 625 acres of land with a 45-acre pond at its center. It is a favorite among community members. Parking available at trailhead.

**MOUSAM RIVER WILDLIFE SANCTUARY:** Located on Water Street in Kennebunk, The Mousam River Wildlife Sanctuary highlights another great preserve frequented by the community. The  $\frac{3}{4}$  miles of trail can be described as easy to moderate and provides views of the Mousam River. Parking lot directly

after the Water Treatment Plant's administrative building. Trailhead is at the end of water street on the lefthand side of the road.

**SEA ROAD PRESERVE:** KLT's Sea Road Preserve, located next to Sea Road School in Kennebunk, reveals a short  $\frac{1}{4}$  mile of trail and allows for an easy to moderate walk along a former train bed. Parking available at Kennebunk Elementary School.

**WONDER BROOK:** The perfect spot to admire a babbling brook, Wonder Brook Preserve offers a walk through the forest and fern beds with water views. You can find this property at the end of Plummer Lane in Kennebunk.

**BUTLER PRESERVE:** Butler Preserve, located off of Rt. 35 in Kennebunk, reflects an easy  $\frac{3}{4}$  miles of trails and features a glacial erratic, a boulder that differs in size and type from other rocks in the area. This boulder, known as Picnic Rock, is the

perfect spot to stop and admire your surroundings.

**MADelyn MARX PRESERVE:** Named for one of KLT's founding Board Members, Marx represents 24 acres with opportunities to spot coastal birds and is connected to the Kennebunk Bridle Path and borders the Rachel Carson Wildlife Sanctuary. KLT recently partnered with York County Audubon to establish a nesting tree for Purple Martin's here!

**HOPE WOODS:** This property is 72 acres of forest and field located just off Rt. 1/Main Street in Kennebunk, behind Hope Cemetery. The property contains about 2 miles of well-marked trails. Hope Woods was protected in 2017 through a conservation easement held by Kennebunk Land Trust. A universally accessible trail will be constructed at the property later this year, ensuring that people of all ages and abilities can enjoy nature. The trail may be accessed from four points: Barnard Lane (parking available

at the back of Hope Cemetery), Wood Pond Lane (in the cul de sac), Fletcher Street (across from Mechanic Street), and Woodhaven Drive (near the intersection with Longwood). Signs are at the trail heads.

**OXBOW PRESERVE:** The Oxbow Preserve, located on Spiller Drive in Kennebunk is comprised of 14 acres of forest and over a mile of frontage along the Mousam River; this property provides the perfect location for an afternoon stroll.

**WONDER BROOK:** A mix of town owned and KLT owned property, Wonder Brook comprises 80 acres of upland forest and fern beds, and crosses a brook and streams leading to the banks of the Kennebunk River near the head of tide. The preserve is located on Plummer Lane in Kennebunk.

If you are interested in volunteering for KLT, becoming a member of our organization, or just want to learn more about our work, please contact 207-985-8734, stop by our office at 6 Brown Street in Kennebunk, or visit [www.kennebunklandtrust.org](http://www.kennebunklandtrust.org). To ensure a safe and enjoyable visit, individuals are encouraged to view the list of trail guidelines and etiquette outlined on our website before walking our preserves. Please follow all CDC guidelines when visiting the trails!

**Sidebar:** Most physicians favor walking for exercise over running due to the fact that it is a low-impact exercise thus making it far less punishing on the joints and heart. Walking yields various health benefits regardless of how old or fit someone might be. It can also reduce the odds of developing various diseases and extend your lifespan. Walking is one exercise that won't cost you anything beyond time seeing as it requires no equipment and can be performed regardless of where you might be in any given moment. Here are eight of the best benefits that you can reap just by walking more. *courtesy of simply healthy*



# “BEHIND THE SCENES” AT THE LOST FIRE GRILL -WE ARE MAKING THE FOLLOWING CHANGES TO ENSURE PROPER SANITATION.

While our team will be wearing masks, we are still smiling behind them and ready to serve you as usual. Our team will be wearing gloves as appropriate. However, proper hand hygiene is far more important than just wearing a pair of gloves.

We will be adhering to a continuous schedule of handwashing and sanitizing frequent touch points i.e, door handles, point of sale terminals, check presenters, pens supplied for signatures.

Salt, pepper, olive oil will not be on the table but will be available upon request so we can ensure proper sanitation between use. Further, all condiments will be "single serve" so there is no cross-contamination.

All tables, chairs and booths will be sanitized between use.

Our kitchen team has always adhered to industry leading sanitation guidelines. We will continue to follow these guidelines with enhanced vigilance. They will continue frequent hand washing, preparation area sanitation and more. Our dishwashing equipment uses

extremely high temperature water and all dish- and flat-ware is fully sanitized between uses.

All staff undergo a temperature check when arriving for their shift. They will not be allowed to work if they are experiencing a fever and will be required to seek medical attention before returning to work.

My team and I are working very hard to ensure a safe space for you and your families to enjoy the “new normal” together. We are human and are all adjusting to these new guidelines as well. We will be working diligently to ensure all these guidelines will be enforced. If you have specific questions or concerns about our new operations, I ask that you please contact me directly to help ensure immediate response to any questions or concerns. I can be reached at [info@thelostfire.com](mailto:info@thelostfire.com).

With your help, we can ensure a seamless return to the new-normal in restaurants. Our top priority has and always will be the safety of our guests. Today, more than ever, this is paramount. We very much look forward to seeing you soon!

*Thank you, Germán Lucarelli, celebrated chef and restaurateur.*









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# Baskets by G.C. Brown

By: Shelley Wigglesworth, lead writer

Gabrielle Brown is a Maine metalsmith, basket maker, and forager originally from Kennebunk.

The daughter of Mark and Mary Beth (Dardia) Brown, she is the oldest of three children. A graduate of Kennebunk High School, Brown earned a BFA with Honors in Jewelry and Metalsmithing from Maine College of Art in May 2018.

Combining her background in jewelry and her interest in food systems and ecology, Brown began designing and creating a line of functional art baskets crafted of woven metal, to be used as vessels for gathering, storing, displaying and containing both organic and domestic goods.

Brown said her basket design inspiration comes from a combination of her interests, including Shaker aesthetics and ideology, the back-to-the-land movement, and her own connection to the rituals of everyday life. "Each design is meant to provide mindful engagement in activities relative to food and nature. All of my work is made to be used."

Utilitarian, functional, multi-use and durable, Brown's baskets are heritage quality and will be around for years to come. All baskets made are geared specifically for comfort and ease while being used to gather, forage, transport, and even display freshly picked and selected fruits, flowers, Herbs, nuts, mushrooms, vegetables, plants, and more.

"My life has been framed by rituals involving food and the natural world. I am at home in the places where those two things intersect: small-scale

agriculture, foraging, and using the materials gleaned from those activities. The rituals of planting, growing, and eating hold a spiritual value for me. We all engage with food and nature on some level, though it's often done passively and without much joy. Wandering in the woods or putting in the labor to grow or forage your own food isn't efficient when the same can be purchased from a supermarket with minimal effort, but maybe we need to evaluate our attachment to efficiency. We're encouraged to 'hustle' and to 'produce', often to the detriment of our well-being. My work serves as a reminder to participate in slow, quiet, neglected rituals. Not only for myself through the process of making, but also for anyone who



Gabrielle Brown collecting in the woods with one of her handmade baskets.  
G.C. Brown gathering basket. Tate Brown model.

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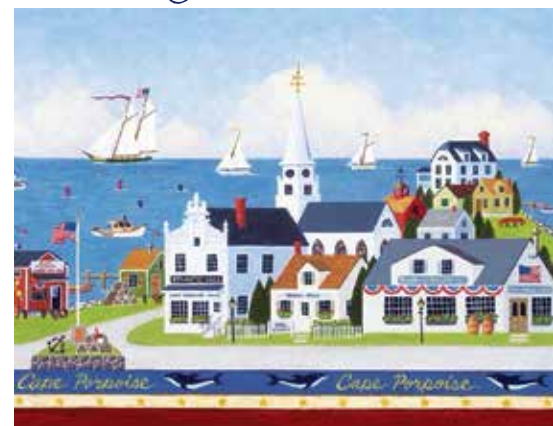
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interacts with the work. Walking an undetermined path through the woods, wading waist deep into blackberry brambles, storing away a harvest of garlic from your garden—there's a reason such activities are considered romantic. They are in many ways a reclamation of our labor and time in a world that seeks to possess and exploit those things. My baskets remind their users of the transcendent power of interacting mindfully with soil, sun, water, and your own body."

She added "I do not possess the belief that my humble baskets will create massive change. Still, I am confident that they will create change for the individuals who engage with them. If my pieces inspire only a handful of people to head into the woods in search of nourishment, or to elevate someone's home into a more sacred space, or help ritualize slow and quiet moments, that is enough."

Brown's work has been exhibited



G.C Brown gathering basket.



Garlic Basket and pegboard by G.C Brown.

at the Maine College of Art and the Maine Farmland Trust Gallery. Baskets are by commission and can be custom designed.

FMI: <https://www.gc-brown.com/> Instagram account @g.c.brown



Apple basket by G.C. Brown.





# CALENDAR

## Upcoming events

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

## Animal Welfare Society



**With new safety measures and social distancing protocols in place, the AWS Community Veterinary Clinic is open to all services.**

Located right on AWS' campus in Kennebunk, the Clinic is a full-service veterinary practice serving AWS residents and pets belonging to community members in our region. The staff is a team of caring veterinary professionals including full-time veterinarians, part-time veterinarians, licensed veterinary technicians, veterinary assistants, administrative staff, and dedicated volunteers. We offer a wide array of services and procedures to provide high-quality care to feline and canine patients, including wellness visits and preventative treatments, sick exams, surgeries (including spay/neuter), dental cleanings, lab work and more. With digital x-ray, dental suite, ultrasound, diagnostic lab, two surgery suites, and an in-clinic and online pharmacy, the Clinic serves nearly every need of our patients.

**Starting on July 6, our phone lines will open up for new appointments including wellness exams, dental procedures, spay/neuter surgeries and vaccinations.** We thank our new and existing clients for bearing with us. It will take a while to catch up on scheduling while continuing to maintain the necessary capacity to support urgent, critical care.

**The Clinic can be reached at (207) 292-2424 Monday – Friday from 9 am – Noon and 1 pm – 5 pm.** Existing clients (if you have been seen before) can call to make an appointment. If you call and can't get through, please leave a message, which will be returned within 2 business days. Brand new clients (including those who adopted their pet from AWS) can call for an appointment or fill out the New Client Information Form online: <https://animalwelfare.society.org/veterinary-care/new-client-form/>

### Adoptions are by Appointment

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

## Graves Library

**Thursday, July 16 at 5:30 pm Wine On-Line with Maine & Vine.** Join us on Thursday, July 16 at 5:30 pm for a fun hour of tasting, information, and trivia. Local shop owner, Lani Dietz, and guest sommelier, Betsy Ross, will guide us through the program with ideas, pairings, and educational tidbits as we sip. This will be a Zoom presentation moderated by Mary-Lou Boucouvalas at Graves Library. Please call the Library (967-2778) to Register by Tuesday, July 14 and we will send you the Zoom link on the day of the event. All participants are encouraged to purchase wine at Wine & Vine in Lower Village, Kennebunk prior to the start time. Wine & Vine is offering curbside pickup and home deliveries in addition to shopping in the store. We would love to see you! And you don't have to worry about driving!

**Thursday, July 30 at 6:00 pm Evening Book Group.** The Evening Book Group usually meets the last Thursday of every month at 6:00 p.m. If you would like to participate in our meeting via Zoom, please call the Library (207-967-2778) to be added to the invitation list. A link will be sent to all participants early in the day to access the meeting. We will be discussing *The Nickel Boys* by Colson Whitehead.

## Wells Reserve at Laudholm

### Thursday, July 2, 10-11:30am

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

### Monday, July 6, 10-11:30am

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

### Tuesdays, July 7, 7-10am

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

### Tuesdays, July 7, 8-9:15am

Virtual Morning Yoga via Zoom. A new 8-week series of gentle Hatha yoga classes begins online with the Wells Reserve. Increase your strength, flexibility, endurance, focus, and concentration with guidance from Leslie Fiore, founder of Port Yoga in Kennebunkport, who has been practicing and teaching yoga for nearly 20 years. The series costs \$96/regular or \$80/member. Registration required. Call 207-646-1555 ext 116 or email [suzanne@wellsnrr.org](mailto:suzanne@wellsnrr.org) to reserve your space.

### Wednesday, July 8, 12:30-3:30pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular

or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

### Friday, July 10, 10-11am

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

### Tuesdays, July 14, 7-10am

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

### Tuesday, July 14, 10-11:30am

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

### Thursday, July 16, 10-11:30am

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

### Monday, July 20, 10am-1pm

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

### Tuesdays, July 21, 7-10am

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

### Tuesday, July 21, 10-11:30am

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

### Wednesday, July 22, 6:30-8pm

Should We Move Away from the Coast? Sea level rise and storm surge threaten coastal infrastructure and put ecological pressure on coastal communities. In this free online talk, sociologist Dr. Amanda Bertana tells the story of Vunidogoloa, a Fijian village that in 2014 collectively moved inland to escape severe coastal erosion. This case study raises some difficult questions: When is relocation a viable response to climate change? How do communities ensure equal representation of all people in relocation efforts? What are the sociocultural barriers to relocation? Berta-

na is an assistant professor of sociology at Southern Connecticut State University, where she studies the political economy of global environmental change, environmental governance, and climate change adaptation. Support for her Ted Exford Climate Stewards lecture is provided by Dave and Loretta (Exford) Hoggland. Registration required through [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

### Thursday, July 23, 10-11:30am

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

### Thursday, July 23, 12-3pm

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

### Friday, July 24, 10-11am

Estuary Discoveries Walk. Take a peaceful, easy meander along the accessible trail at Harbor Park in Wells. We will learn about the value and importance of estuaries, those places where rivers meet the sea. Free. Registration required at 207-646-1555 ext 128 or [linda@wellsnrr.org](mailto:linda@wellsnrr.org). FMI [wellsreserve.org](http://wellsreserve.org).

### Monday, July 27, 10-11am

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

### Tuesdays, July 28, 7-10am

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

### Monday, July 29, 11-12pm

Meet the Scientists: Marine Invaders. Scientists, managers, and trained volunteers have been looking for invasive species in coastal areas around the northeast for more than a decade. Jeremy Miller, a research scientist at the Wells Reserve, leads the monitoring effort in Maine. In this free online presentation, Miller will describe the early detection program, what species are part of it, why the data is needed, and how anyone can help monitor invasive species in the marine environment. FMI 207-646-1555 or [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

### Thursday, July 30, 10-11:30am

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

### Friday, July 31, 9am-12pm

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



## Kennebunk Free Library

The KFL is pleased to be taking another step in our path to reopening, as we introduce curbside services. Beginning on Monday, June 15, you will be able to request items through the KFL catalog. We will also be accepting phone orders on Monday, Wednesday, and Friday afternoons from 1:00 – 5:00 (please have your library card ready).

We will process orders on a first-come, first-served basis. Once your order is ready, we will give you a call with a pick-up date. Pick-ups will be Tuesday, Thursday, and Saturday afternoons in the outdoor amphitheater behind the library. Please call us when you arrive and wait at the top of the ramp until the patron ahead of you has left. If you do not have a cell phone, call before you leave home with an expected arrival time. There will be plenty of signage in the parking lot to point you in the right direction. We are extremely excited to begin lending again. We have been busy ordering new books and movies and cannot wait for you to take them home. There will be some changes from our old procedures so we ask that you bear a few things in mind:

- We will work as quickly as we can, but we are expecting a very busy first couple of weeks. It might be a few days wait between your request and your pick-up date.

- We will be able to loan only our items. The van service that delivers Minerva books around the state will not resume until at least July.

- If you had something from another library waiting on the holdshelf for you before we closed, we will be calling to see if you still want it.

- We encourage you to order extra items, just in case the one that you want is not available. An item may say “available” in the catalog but might have been requested by the patron just before you or may be in its 3-day quarantine period and not available for immediate check-out.

- Printing services will be available for curbside pick-up if you email your document in advance. If you would like a Clynk bag or BookPage included in your order, let us know.

- We have changed the check-out period to 4 weeks and we will continue to waive fines.

- We are accepting returns only through the book drop. Please do not leave them on the pick-up table. Because of this, we are unable to loan out ukuleles, games, or other items that are too large for the book drop.

- We are not accepting donations at this time.

We will be doing our best to make sure that the items you take are safe. We are quarantining returned items and will be cleaning surfaces and hands frequently. However, we will have to handle the items that we pull and package for you. If you have concerns, we encourage you to quarantine them in your home. Staff will be masked for your safety. We ask that you also wear a face covering and follow physical distancing guidelines when picking up your items.

If you are unable to make it to the library, give us a call to discuss options. 07-985-2173 or email us at [kfl@kennebunk.lib.me.us](mailto:kfl@kennebunk.lib.me.us).

## Brick Store Museum

**Wednesday, July 1:**

Vintage Dress Day Open to the Public, 10:00AM – 5:00PM. Brick Store Museum, 117 Main St., Kennebunk. The Museum will be re-opening to the public at 10am. Visitors will be limited to 10 guests inside the Museum at a time to view the “Perspectives: 2020” Bicentennial Exhibition. In celebration of the Museum’s 84th birthday, we invite visitors to wear their favorite era clothing, or take part at home by posting fashions to social media! Learn more at [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Friday, July 17:**

18th Century Dinner, 6:30PM. Brick Store Museum, [www.brickstoremuseum.org](http://www.brickstoremuseum.org). In celebration of the Museum’s Bicentennial programming, join the community for an 18th Century dinner! A catered meal exploring 1700s-cuisine will be shared by participants (remotely!) while guests listen to a lecture on 18th Century cooking and culture. Tickets are \$40, and support the Museum’s year-round educational programs. Each ticket provides one boxed-18th Century meal, which can be picked up at the Museum on Friday, July 17th and taken home to eat while listening to the Museum’s virtual lecture series. Tickets must be reserved by Monday, July 13

**Saturday, July 18:**

18th Century Saturday Portal Opens, 12:00PM – 2:00PM. Brick Store Museum, [www.brickstoremuseum.org](http://www.brickstoremuseum.org). In celebration of the State and Town’s Bicentennials, Century Saturdays focus on one century in our region’s history through guest lectures, pop-up exhibits, activities, and foodways, funded by a grant from the Maine Humanities Council. July 18th features 18th Century Saturday, which will explore Maine during the 1700s. Visitors (digitally) will hear about 18th Century culture; and view an exhibit 18th Century pieces in the Museum’s collection; and take part in several at-home activities. For digital access and activity information, visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

## River Tree Arts

### River Tree Arts YOUTH ART CONTEST!

River Tree Arts is happy to announce that we are hosting a Youth Art Contest! Contestants can work on their pieces starting June 1 and entries must be received by July 1. Works should be completed on paper no bigger than 8.5 x 11 using materials such as paint, pencils, crayons, colored pencils, pastels, and charcoal.

**THEME: SUMMER LOVE!** What do you love about summer-time? 3 age groups: ages 6 and under, 7 - 11, 12 - 16.

**\*\*PRIZES\*\***

**1st Place Winners:** There will be 1 first place winner in each age group. Winners will receive a \$25 gift card to Kennebunk Toy Co and their artwork will be professionally framed by Industry Framing.

**2nd Place Winners:** There will be 1-second place winner in each group. Winners will receive a special gift bag filled with art supplies. Details here: <https://rivertreearts.org/youth-art-contest/>

**Monday, July 13**

Clay at Home for Adults, 6-week virtual series, River Tree Arts. This course is designed to be asynchronous with 5 weekly instructional videos with step-by-step instructions to create hand-built pieces and other recommended videos for students to further their ideas and creativity. The projects are designed to be created with tools and items found in your home and are suitable for beginners and advanced students. **Materials available for pickup. Register at [rivertreearts.org](http://rivertreearts.org)**



### THE BRICK STORE MUSEUM IS PROUD TO ANNOUNCE THE OPENING OF ITS NEW-EST EXHIBITION,

*“Perspectives: 2020,” its Bicentennial Art and History show, on July 1, 2020, when the Museum itself re-opens to the public.*

The exhibit features over 50 local artists and museum artifacts, which illustrate the many layers of our community. As a special twist, most of the modern works in the show are for sale by the artists (though they have to remain in the exhibit until it closes). The exhibition will run through December 2020.

The Museum’s re-opening depends on new COVID-19 guidelines to keep visitors, staff and volunteers healthy. Attendance will be limited to 10 guests inside the Museum at a time, with facemasks required of everyone, enhanced cleaning procedures, and physical distance measures enacted. Complete information about the Museum’s re-opening guidelines can be found on the Museum’s website at [www.brickstoremuseum.org/welcomehome](http://www.brickstoremuseum.org/welcomehome).

For the time being, most of the Museum’s programming will continue to take place digitally. Coming up, the Museum will host its summer fundraising dinner, an 18th Century meal, virtually on Friday, July 17. Participants are invited to purchase a take-out dinner created specifically for this event by For the Love of Food & Drink using an 18th Century menu. Meals will be available for pick up and can be taken home to enjoy while listening to a virtual lecture on 18th Century cooking. The meal is a fundraiser for the Brick Store Museum, and tickets are \$40 per person. **Tickets can be purchased on [www.brickstoremuseum.org](http://www.brickstoremuseum.org). Please purchase by July 13th.**

## LAUDHOLM CALLS OFF 2020 CRAFTS FESTIVAL

Since 1988, thousands of people have spent the weekend after Labor Day browsing unique handmade wares at the Laudholm Nature Crafts Festival, a prestigious event held on the Laudholm campus of the Wells Reserve.

*This year will be different, as the festival has been called off for the first time in 33 years.*

The organizing committee, after consulting with exhibitors, volunteers, and supporters, decided to put safety first and wait for September 2021 to hold its next event.

“Our festival has always showcased the best aspects of our region: Talented artists, in a beautiful landscape, with a warm welcome,” said Nik Charov, who leads the nonprofit that organizes the festival. “We will miss seeing everyone this year, but during this pandemic the health of our visitors, vendors, and volunteers is our priority.”

Charov called the crafts festival the most important annual fundraiser for Laudholm Trust. “Since the beginning, dedicated volunteers have poured their hearts into making the crafts festival a growing success,” he said. “It is such a disappointment to call it off. Worsening our sorrow, this month we lost a beloved friend and volunteer, Pat Frost, one of the originators of the festival and its grande dame. Pat spent more than three decades nurturing the event, and its stellar reputation was largely built on her vision and perseverance.”

Exhibitors who were accepted for the 2020 festival, or placed on the waiting list, are being advanced to the 2021 event. Laudholm Trust is planning an online display of their works this summer.



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This past January, MCFA lost our Chairman and friend, Joe Nickerson, when his boat the Hayley Ann sank at sea.

Joe's daughter, Hayley Brown, worked with MCFA and Sea Bags to create the beautiful F/V Hayley Ann Sea Bag.

"I worked with the Maine Coast Fisherman's Association and Sea Bags to create this bag to honor my dad, his crew, and the F/V Hayley Ann which we lost at sea earlier this year. I wanted to contribute to something that would be meaningful to my dad and I ask that you consider supporting this wonderful cause as well!

I don't have my dad around anymore, but I can attempt to do something more, something bigger to remember him."

-Hayley Brown

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[www.maine coast fishermen.org](http://www.maine coast fishermen.org)





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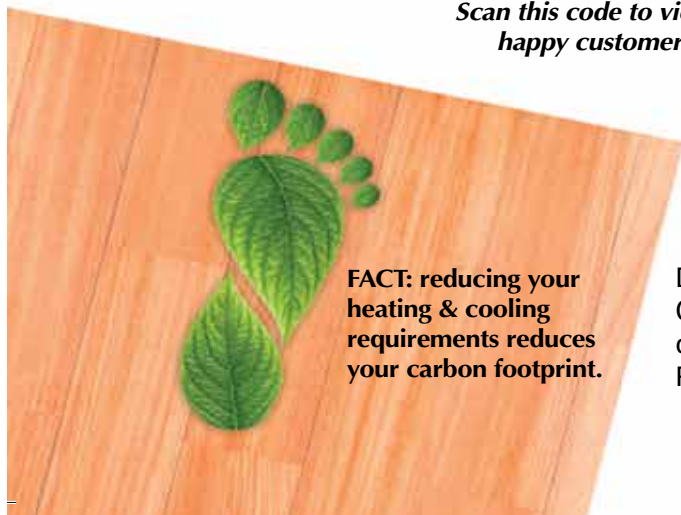
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# Blixx Horses

## High Anxiety & Uncertainty

Animals are healing. Prey animals like horses are especially therapeutic due to their calming energy. Studies over the years have shown the myriad of benefits pets including horses provide on human health, positively impacting physical and emotional well being. People who have pets often live longer, healthier lives.

During a time of high anxiety and uncertainty due to the continuing spread of a human virus, spending time with animals is an extremely safe, comforting activity and has residual effects that can last for days. Maybe this is the time to acquire a cat or dog since staying close to home is recommended. If you have an interest in horses, our fun non riding programs with our gentle horses in a serene environment may be something to try.

We employ a minimum of 6' distancing to keep you safe in a facility that is not enclosed with no worries about recirculated air. Visits are by appointment alleviating concern of being close to other people. See more on our Coronavirus Protocols and the programs below on our website.

Blixx HorseTherapy was designed to help people reduce stress by spending time privately with the horses. This is a great activity for families and individuals and makes a great memory. Experience with horses is required.



Opportunities to graze without being tormented by insects are few in summer.

Equine Assisted Therapy (EAT) is conducted with a therapist and benefits anyone who has experienced trauma. Done individually and in groups, the horses act to facilitate the process by which people are more able to express feelings in a healing atmosphere, a bi product of the horses calming energy, the essence of prey animals.

At A Distance is perfect for a time where distancing keeps us healthier. Observing and not touching allows you to use the senses of hearing and sight to learn, enjoy and interact in a different way. Horses respond to body language, sounds and tone of voice. They can learn words and phrases making communication possible without invading their



Clothing acts as a barrier preventing horses from being bitten on walks. *Courtesy photo*

space. This is a great way to interact for the 1st time and also a test of your communication skills with people.

### The Hazards of Summer on Horses

Can you imagine what it would be like to live unprotected from the elements year round without the benefits of clothing and shelter. Horses in the wild have no choices and succumb to disease and early death. By contrast, horses that are bred and in our care should have

their basic needs met, which includes protection from the elements.

Summers can be brutal. A higher body temperature and fur coat can make life difficult especially for older horses and those with compromised systems. A higher metabolism causes horses to age faster. It is estimated that for every human year horses age 21/2 - 3 times faster making the systems of a 20 year old horse similar to a person in their 50's or 60's with

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# July

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similar issues including arthritic joints. Often the age of a horse is not known or divulged placing the horse at higher risk.

This is also show season. Travel in hot horse trailers can have the same effects as dogs or children left in hot cars. Their use as lesson horses, in sports and casual riding causes stress and injuries. It's difficult to ignore the swaying of a horse's back, indicative of use but because horses are stoic, they do not generally express pain. Likewise lameness can be serious but subtle enough not to be seen, causing the horse to be further injured.

Insects, heat, pollen and summer allergies make horses miserable. Their skin is similar to human skin and responds similarly as does the respiratory system. Horses are subject to the same issues and reactions including itching, hives and infections leading to permanent damage.

With the 4th of July around the corner, it's important for horse owners to be aware of the dangers

and reactions by prey animals to protect their horses from the sights and sounds of fireworks. Horses are not 'bombproof'. Their instincts are the same as their wild counterparts and will run from threats. If left outdoors they can run through fences or suffer debilitating injuries as their 'survival' instinct is activated. In addition the stress could lead to colic, a potentially life threatening situation.

It takes a great amount of knowledge in many areas to become a competent horse owner and manage horses well. It shouldn't be considered a hobby but a lifetime commitment for an animal that can live 20, 30 or 40 years and be completely needy of care, the companionship of another horse and the associated costs. It's important to keep in mind that what is good for the industry is not usually good for the horse.

BlixHorses is a 501(c)(3) Educational Maine Non Profit. FMI visit [www.blixhorses.org](http://www.blixhorses.org) or [www.horsetherapy.me](http://www.horsetherapy.me)

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## So. Maine Innkeepers decry COVID test rule as unworkable

Alarmed at the prospect of a disastrous summer 2020 travel season, a group of frustrated innkeepers gathered Monday to challenge the governor's restrictions for out-of-state guests.

At a press conference at the Meadowmere Resort, they protested Gov. Mills' rule that guests (from all states except Vermont and New Hampshire) receive a negative COVID-19 test 72 hours before they check into a hotel, inn or B & B. Calling it unworkable, expensive and most importantly — unattainable — they demanded it be lifted.

"Our lodging members are telling us 'we can't survive,'" said Greg Dugal, government affairs officer for HospitalityMaine. "This is the only state with these Draconian measures put upon one industry."

And with neighboring destinations

such as Cape Cod accepting guests test free, they fear that dwindling crowds might be here to stay.

"Many have indicated that since Maine doesn't want them, they are headed to Cape Cod or New Hampshire," said Jean Ginn Marvin, owner of the Nonantum Resort in Kennebunkport, where occupancy rates in June are a fraction of what they were last year. "One of my concerns with this scenario is that in future years people will head back to their new favorite vacation spot because that spot was so welcoming this year when Maine wasn't."

Tired of hearing guests lament that tests are hard to come by, innkeepers took matters into their own hands. The group conducted a grassroots COVID-19 testing survey in popular Maine drive markets. Results revealed that in 10 states,

from Massachusetts, New York, New Jersey to Pennsylvania, more than 9 out of 10 test requests were refused.

As the only business sector in the state requiring negative results from visitors, innkeepers feel targeted and unfairly singled out. Fear that this season will be wiped out, they are challenging the rule.

"More and more families are dismayed at the testing requirement that they cannot achieve and are concerned that Maine may no longer be the way life should be," said Allyson Cavaretta, owner of the Meadowmere Resort. "With the economic impact these hurdles are having, six figure losses already, they may end up being quite right. We must be given a real chance to succeed. Our communities are counting on us to support them."

And the loss is palpable. In June alone, the Cliff House, a luxury resort a few miles away, saw \$3.5 million in revenue dry up.

"Every day that is lost due to the toughest travel restrictions in the

continental U.S. is a sad day filled with continued loss of jobs, homes, businesses, and livelihoods," said Nancy White, Cliff House managing director. "The decisions made today will impact generations of Maine families to come. Lift the quarantine and the testing and allow Maine to flourish, not diminish."

Since the beginning of June, the Nonantum Resort in Kennebunkport took more than 1,000 cancellations, mostly from residents of Massachusetts, New York and New Jersey, said Ginn Marvin. They have gone from 200 staff members in a normal season to 20 managers performing all jobs. General Manager Tina Hewett-Gordon is waitressing in their outdoor dining room, bussing tables, and hostessing every night.

If the testing rule was repealed they could salvage the summer. "This puts the lodging industry in a position to fail right out of the gate," said Dugal.

HospitalityMaine email: [greg@maineinns.cc](mailto:greg@maineinns.cc)  
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## Resident President, George H.W. Bush, greeting the pups at Kennebunk Beach.

Photo by: Jim Darroch.



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## RE/MAX Realty One Agents Showcase



**Susan Michaels | 207-205-3060**  
[Susan@yorkmaine.com](mailto:Susan@yorkmaine.com)

**How long in the business of real estate & what led you to this career?** I've been in this business for 34 years. At the time I was a widow and I enjoyed the flexibility of my real estate schedule. Have enjoyed every day of my real estate career.

**What energizes you in real estate?** Finding the perfect property for my buyers and getting the best price for my sellers. Love a happy closing.

**What advice would you give to your teenage self?** Study more and pay attention to the folks that have been around a long time. You don't know it all right now. You just think you do.

**One behavior or trait that you think most attributes**

**to your success in real estate?** Optimism and the willingness to "Hear" what my clients are saying.

**What's one thing most people don't know about you and what's a hidden talent?** I am actually an introvert (social distancing works for me). My hidden talent is that I listen and people (even people I don't know) talk to me and tell me their deepest secrets.

**Best advice you were ever given?** Stay in Real Estate because you love it.

**3 words friends use to describe you?** Always Kind. Always Optimistic. Always Loyal

21 Western Ave, Kennebunk | 207.967.6777



**How long in the business of real estate & what led you to this career?** A little over 15 years. Honestly I wanted to try something new and had been in the hospitality industry for years and run my own site selection/event planning business right before I entered into real estate.

**What energizes you in real estate?** I love helping the older person who is stressed and being their confidant and friend and helping them to laugh and enjoy the process. Heck, they make me pie and muffins! I like to educate the young buyers so they feel good about their decisions. I love my families and getting their Christmas cards that show how fast the kids are growing. I am blessed with wonderful clients and enjoy lots of hugs. I like to be a strong negotiator. I like to problem solve.

**What advice would you give to your teenage self?** Don't doubt yourself. Just do what you know, what makes you happy, what your gut tells you, and take risks.

**One behavior or trait that you think most attributes to your success in real estate?** Full service in the sense of time committed, communication, truly watching out for my clients best interest, and going the extra mile.

**What's one thing most people don't know about you and what's a hidden talent?** I went on a trip to Puerto Rico by myself and repelled an 80 foot waterfall, hiked a mountain stream, and zip lined 5 levels of the rainforest all while being afraid of heights, can't swim, and not prepared. Hidden talent: I enjoy throwing clay on a potter's wheel and am the messiest at it, ending up with clay in places on my clothes and body where no one else would believe.

**Best advice you were ever given?** You don't always get to be the colonels in life, win the elections, and shine. Sometimes you just have to be the tough working, unsung sergeant, and know that you are doing and being the best you can be even when no one notices.

**3 words friends use to describe you?** Bubbly, high energy, and thoughtful!



**Carmen Lessard | 207-590-8655**  
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**19 New Biddeford Rd, Kennebunkport \$1,695,000**

This quintessential Maine coast cottage offers year-round living w/all the updated features for your comfort. Renovated from the bottom up the attention to detail stands out. Extremely well maintained inside and out the home is just steps to beautiful Goose Rocks Beach.

**23 Rivers Edge Drive, Kennebunk \$1,450,000**

Spectacular 5 bedroom, 4.5 bath home in a desirable neighborhood with easy access to the beach, Dock Square, and area amenities. Custom built in 1995, with many recent updates.

**56 Clement Huff Road, Kennebunkport \$599,000**

In a lovely and private setting just a short distance from Cape Porpoise Harbor is this handsome and immaculately maintained home. Stylish rooms in a comfortable arrangement make this 4BR, 3 bath residence particularly appealing!

**32 Ericas Way, Kennebunk \$469,000**

Located in a nice residential neighborhood this spacious 4-BR 2.5-BA colonial offers a wonderfully open and sun-filled interior.

**5 Higgins Drive, Kennebunk \$155,000**

One of the last few lots in Howard Farm a 20-lot upscale subdivision in West Kunk w/underground utilities, sidewalk, tree lined street. This .63-acre lot has public water at the street -will need a septic system.

**5 Birch Road, Kennebunk \$259,000**

On a quiet 1/2-ac lot, 1 mile from the center of town, this adorable 2 BR, 1 BA home has more than meets the eye. Year-round sunroom, full basement, lots of attic storage, FHW heat and lovely landscaping.

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