

MARCH
2020

Village

the Kennebunk

NEWS Magazine

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WICKED TUNA



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On the Cover



Fisherman Zack Plante of F/V Wasabi from Saco will be featured on the new season of Wicked Tuna. For more information turn to page 9.

Photo by: Pilgrim Film Television



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We love to bring you something to warm your hearts during these cold winter days. Here’s a recipe from Cindy and Pop Sugar Fitness.

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- 1 Bag Lentils – rinsed
- 1 lb. Butternut Squash - cubed
- 3 Stalks of Celery – sliced
- 3 Large Carrots – peeled and sliced
- 2 Cloves of Garlic – minced
- ½ teaspoon Nutmeg
- 1 Yellow Onion – chopped

Cook all together 8 hours on low or 5 hours on high. ENJOY!



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The Good Cheer Club

By Shelley Wigglesworth, Lead writer

Originally founded by women in the community who sought to help others at a time in history when welfare and public assistance was not readily available; The Good Cheer Club continues to meet and serve the current needs of their neighbors, 90 plus years later.

Good Cheer Club member Darnice “Dar” Cook said “It started



The Good Cheer Club of Kennebunkport, Serving the Community Since 1928. Photo by, Shelley Wigglesworth

as a group of local women including some doctor’s wives. They decided to start a group to help provide families in the area with necessities they may need, such as diapers for families with young children, services for the elderly, and general local assistance.”

Today, the club has evolved to provide support to a variety of outlets prevalent to today’s needs. They work with Community Outreach Services, which has a weekly food

pantry and delivers nonperishable foods daily Monday through Friday in Kennebunk, Kennebunkport and Arundel. They provide heating cost assistance to those in need, and provide funds for specialized needs for specific individuals, such as a child who may need supplies or clothing. “As a group we collect and knit hats, gloves and mittens annually for local elementary school children.

We buy presents for Secret Santa annually as well. We contributed to the Historical Society for their building project, and donated to a local church for a new organ for their sanctuary, to mention a few of our endeavors,” Cook said.

Good Cheer Club member Sandy Severance said anyone interested in joining the club must first and foremost “be willing to help.” Though the club has consisted of women since the 1920’s, Severance said men are welcome to join.

The club meetings and monthly luncheon is held at North Congregational Church on the corner of Log Cabin and Arundel Road in Kennebunkport from 11am-1pm, the fourth Thursday of the month from September to May. Dues are \$20-per year, year plus individual lunch cost (approximately \$10 per person) at the meetings where they work on their projects.

Anyone who would like more information or is interested in joining the Good Cheer Club may contact Joanna Dillon at 207-967-4220. Or Dar Cook at 207-205-1149.



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Stickman Dialysis of Arundel to host Kennebunk's 3rd annual Cabane À Sucre

The White Barn Inn Restaurant is proud to partner with Stickman Dialysis of Arundel to host Kennebunk's 3rd annual Cabane À Sucre (*A sugar shack (French: cabane à sucre), also known as sap house, sugar house, sugar shanty or sugar cabin is a semi-commercial establishment, primarily found in Eastern Canada and northern New England).*

tourtière, cretons, taffy on snow and much more.

Event will be held on March 29th at 12:00 pm.



One hundred percent of the ticket and auction proceeds will be donated to the American Kidney Fund.

Seats are filling up fast, purchase your tickets on eventbrite.com. Cost: \$75 per person.

Please call The White Barn Inn for more information (207) 967 2321. The White Barn Inn is located at 37 Beach Ave. KENNEBUNK.

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OUR FINANCIAL ADVOCACY TEAM INCLUDES (FROM LEFT) TORIE LAVOIE, ROBIN LETARTE, KIM SHAW, AND ANNABELLE HARCOURT.

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ROUNDED STONES

The Wealth Of Emptiness

I would love to hear from you. Please send your message to CaseyClarkF12E1@gmail.com Thank you!

Guest column by Casey Clark

It's safe to say the thing held in highest esteem in western culture is money. Eastern and Middle Eastern cultures appear to have installed it at the top as well. It is the measure by which we judge success, a way to keep score for everything we believe matters to us. We let everyone know the score if it's high and we're secretive when it's low. Our identities are captured by money. Our egos are fed by it. And, misery (outside of poverty) cannot be extinguished by it.

With something so central to our lives, it's curious, even shocking we don't teach our children anything about money. It's almost as forbidden a subject as sex. A testament to this is a stunning statistic: 90% of wealthy families lose that wealth by the third generation, 70% by the second. Furthermore, as children learn by example how we interact with money, we instill values in them by osmosis without a conversation. Why is that? Are we subconsciously ashamed? Not vocalizing our ideas about money (one of the three forbidden subjects: money, religion and politics) indicates something is amiss. After all, it is more important than religion and politics, since both of those vast areas of endeavor are propelled by money too.

Of course, money is about power. A great cathedral projects the power of the Catholic church and supposedly God, who could care less. The church has to show how mighty it is. Who would come to a puny little chapel when down the street a massive basilica with a 12,000-pipe organ is there to impress the congregation? Such a fantastic edifice is a spectacle that has nothing to do with humility or love, and everything to do with power. If you've ever heard the full power of a great pipe organ, you know how awe inspiring it is. The argument

that a magnificent cathedral was built to glorify God is disingenuous, to put it mildly. It was built to glorify man, but especially the church.

So seductive is the love of money that our government is also enslaved by it. Bought by corporate interests who have spent billions lobbying Congress for over a century to enact favored legislation, and whose money elects our congressmen, congresswomen and senators, how could it be any other way? This love permeates all of western culture like a stage-four cancer patient who hasn't seen a doctor and doesn't want to. Do we really think this is working for humanity? Clearly, it is unsustainable and does nothing for human wellbeing, whether you're a billionaire or a thousandaire.

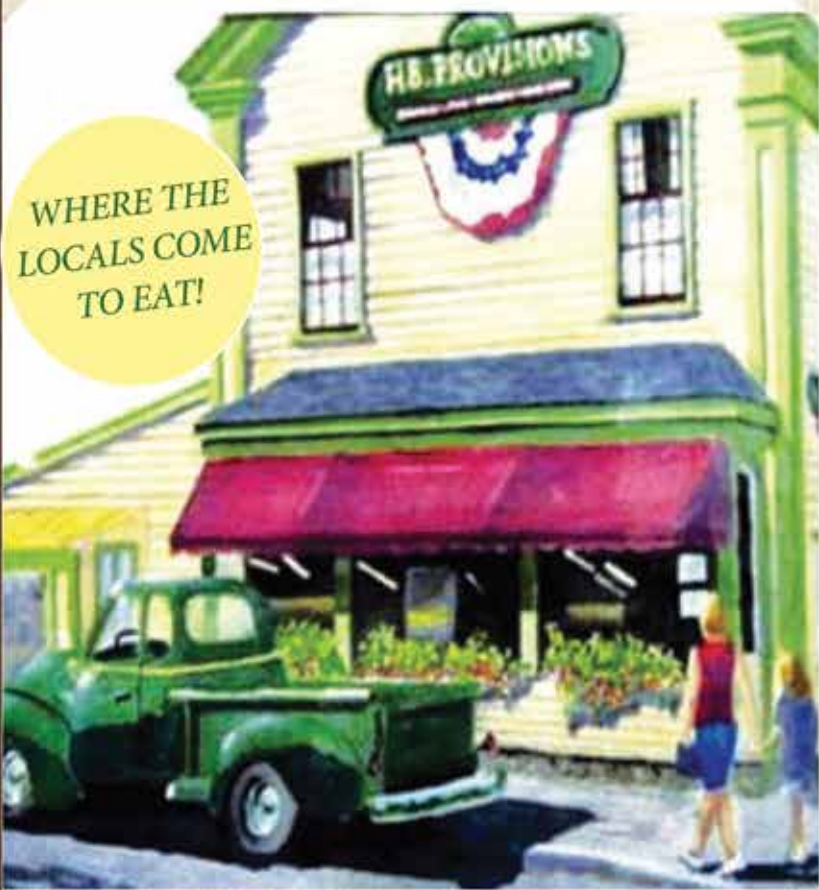
Sure, money is essential for survival, security and comfort. But ultimately it is a poor stand-in for what may be lacking. Observe other cultures marked by happiness. Where are their excesses? These cultures have little material wealth, and many thrive in a joyful way that should be the envy of anyone feeling emptiness amid abundance and wealth.

Human beings have wanted what the other guy has since the caveman days. It's in our DNA, like it is with other creatures who act on instinct to survive. Man has re-enacted clubbing his cave-neighbor over the head to steal, rape, and pillage throughout history. Seduced by our senses and lust for power, the few have taken all there is to take at the cost of the many. This addiction has no resolution. There is no possibility the few would ever be satisfied with "enough".

Money sweeps away any semblance

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of integrity for those club-wielding few. It has been this way for millennia. It is the part of mankind more animal than sentient being, the brute refusing to discard the addiction of acquisition, perhaps incapable of doing so. The cave man club is brandished globally in myriad modern ways to compete with others with larger or smaller clubs. Club or be clubbed! The control gained by this ubiquitous practice effects nearly all the world's population. Is there any hope for this small segment of the species to ever become enlightened? Is there any possibility of making compassion the focus of their power instead of self-interest? Without being taught the importance of compassion at an early age, these individuals really can't be blamed for falling into the groove of the cultural norms which compel their adult behavior.

Homo Erectus has the ability to reason, to plan, to create, to love and to hate. We can choose. We have chosen to amass power and wealth to thwart the others amassing power and wealth and to glorify ourselves and our egos. Now this motif is played out in nearly the entire American population. Envy and its brother greed has increased exponentially with the media as its accelerant. Little consideration is given to spiritual development to enable a state of well-being, therefore eliminating the need for such wealth. The great religions have all but lost this core value in favor of money and/or power. Love is their foundational essence, though they have largely chosen to ignore this value to advance their institutional agendas and self-preservation.

The point is: we become what we think about, and we can choose what we think about, unlike every other species on the planet. Lao Tzu, the great ancient Chinese philosopher said it so well:

"Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny."


Is our destiny to club or be clubbed? Will our ultimate destruction happen because the few in power are incapable of consciously discarding the club, i.e. the obsessive pursuit of power, money and control?

Realists among us would say "tough, it's just the way of the world." Or are they really just pessimists? Perhaps both. The optimists could only be described as "Pollyannaish" to think we as a species can change fundamentally. This is simply because of the grip of power of the few over the many would need to loosen, and mindsets holding tight that grip are unmovable. The only hope is in the numbers of the many. Revolution comes when the many decide change is worth dying for.

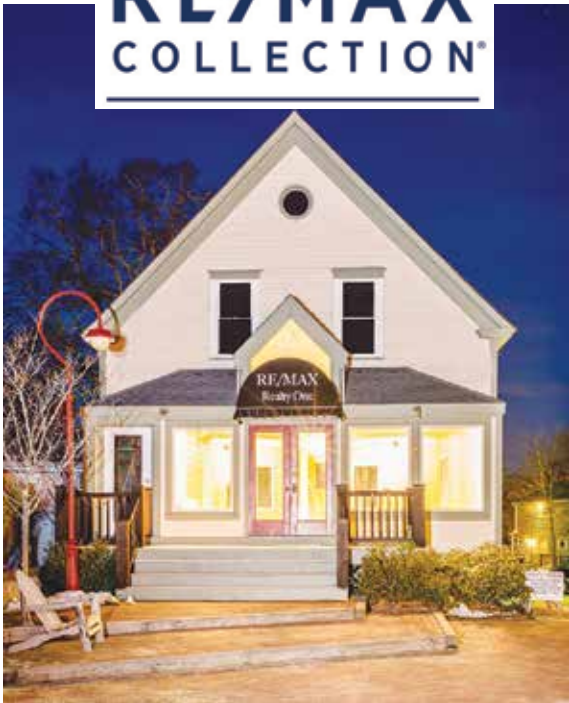
Perhaps you've heard the parable where all people fall into one of three categories: wolf, sheep or sheepdog. The sheep are the masses. The sheepdogs seek to protect them from the wolves, who would easily drive them off the cliff to their doom or make a meal of them. The current global economic and political climate is dominated by wolves. The sheepdogs, try as they might, appear to be fighting a losing battle. Steadily, ominously, the rest are backstepping towards a slow explosion of chaos and ruin. And, to make matters more dire, many of the sheep perversely align with the wolves' desires, acquiring their own power base to fulfill their ego's drive for ever more.

This allegory illustrates the fundamental problem facing humanity. With power in the hands of the few, what will force a collective coup d'état? Bigger clubs? Since all but wolves are not "clubbers", there has to be another way. Persuading minds is the only way to change the way we operate, to change the focus of our work and to change the essence of how we interact. This is a monumental task to be sure.

It has been said that "love is the most powerful force in the universe". Is it? Or is this whistling in the dark? Those who embrace love as their mantra for living are on a separate track than the wolves, but still at their mercy. Those










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wolves know where the power is. And power is control – control of you and me.

It's pretty hard to practice embracing love when you're putting all of your energy into surviving. However, that is precisely what the poorer classes must do to survive. Otherwise, life is intolerable for them.

Ironically, life is intolerable in a different way for the wealthy who do not embrace this magic elixir. Their misguided thirst for the material can never be quenched - the definition of addiction. Happiness eluding them, they buy a bigger house, a fancier car, and for a time are excited by the new toy like a child who quickly tires of it. The hunger, the envy begins anew. The emptiness of their lives is unobserved by them but felt none the less. Distracted by all the bling, they have little chance to be still, to reflect, to investigate what is wrong. For a life such as this, ego usually rejects the challenge of self-reflection. To do so

would be to question everything that person has done to get to this point - a scary, humbling experience the ego would never allow.

So, it seems making the "choice" to lead a different kind of life may not be possible for many people, even if the rewards of that life look appealing. Ingrained in modern culture as we are, our best option is to acquiesce, and make the best of things. Cultural momentum moves like a wide, powerful river that requires a visceral determination to swim upstream. What will give a person the courage and fortitude to do that?

Some would say "faith", others "love". Once a person is imbued with a sense of appreciation for any amount of abundance they have, something extraordinary happens. They lose the drive for acquisition. The insatiable monster is out of business. Gratitude quiets that person with a moment of reflection. The hollowness is filled by meaning. The insecure ego deflates. Life no longer looks like an endless chase, but a wondrous string of opportunity to love and be loved. Generosity springs from that gratitude, and the world starts to look like an entirely different place.



MARCH EVENTS:

Full Moon Meditation
March 7th 4-5pm \$11 Event

Evolving Into Your Light (Spiritual Program)
March 11th - March 14th 9am-3pm \$500

Activating Your Light Centers (Workshop)
March 19th 9am-3pm \$199

Spring Equinox Meditation
March 19th 5-6pm \$11 Event

Accessing Divine Within (2 Day Workshop)
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Captains, Crews and Boats from Maine, New Hampshire & Massachusetts to appear on New Season of



WICKED TUNA



Bob Cook of the F/V Fat Tuna. Photo by: Pilgrim Film Television

By: Shelley Wigglesworth, Lead writer

Captains, crews and boats from Maine, New Hampshire and Massachusetts will appear on the new season of National Geographic Channel's Wicked Tuna television series which will begin airing in March of 2020. Wicked Tuna first aired in 2012 and is National Geographic Channel's top-rated reality show which is based on commercial tuna fishermen from Gloucester, Massachusetts, who fish for lucrative bluefin tuna in the North Atlantic Ocean. Individual captains and crews compete with one another to see who can make the most profit catching the giant fish during the bluefin tuna fishing season. This season, two of the three new boats and crews joining the show have connections to Maine. Read on to learn more about the newest cast members.

Zack Plante F/V Wasabi, Saco, Maine

Twenty eight year-old Zack Plante is the captain of the F/V Wasabi, a 35' 1981 Bruno, homeported in Saco, Maine.

Plante has three seasons of commercial bluefin fishing under his belt, and in that time, he has proved to be a natural fisherman, putting 16 fish on deck last year. He credits tuna fishing with changing his life after a motorcycle accident left him paralyzed six years ago. Never one to give up, he worked hard and was back on his feet in six months but was unable to work in his previous job. After an invitation from his friend Charles Boivin, he began bluefin tuna fishing and became hooked as soon as he caught his first fish. He is now a full-time commercial fisherman.

Plante's crew consists of 37-year-old Co-Captain Charles Boivin, who has been fishing commercially for bluefin for seven years. Boivin also



John Kusler, Manny Pereira and Bob Cook of the F/V Fat Tuna. Photo by: Pilgrim Film Television.



Co-captains Zack Plante and Charles Boivin of the F/V Wasabi are from Saco, Maine. Photo by: Pilgrim Film Television.



Sam Law of the F/V Kraken. Photo by: Pilgrim Film Television.



Jack Patrican, Carrie Law and Sam Law of the FV Kraken. Photo by: Pilgrim Film Television.

The new Wicked Tuna season premiere is Sunday, March 1, 2020 at 9/8c on The National Geographic Channel.

works construction in the off season. Plante said he feels he and Boivin have a competitive edge, due in part to fact that they are not from the Gloucester area. “Nobody knows us, or our style of fishing.” Though that same fact has proven to have some obstacles. “We didn’t know Gloucester waters, it was a foreign territory. Learning the ledges was new, we had to find detailed charts. Getting dialed into a new area was the biggest challenge.” The crew of the Wasabi overcame their challenge

and are full speed ahead. FMI on Zack Plante and the F/V Wasabi: Instagram - @fv_wasabi
Sam Law F/V Kraken, Seabrook, NH
 Sam Law is a 30 year old captain of the F/V Kraken a 44’, 2002 C & M Marine Custom Built. His homeport is Seabrook, NH. The grandson of a tuna fisherman and son of a Maine boat builder, Steve Law of Seaworthy

Marine in Arundel, Maine, Law graduated from Maine Maritime Academy in 2012. He gained his at sea experience working on lobster boats through high school and got into commercial bluefin fishing four years ago while serving as a Merchant Marine. In the past, he drove tankers in Alaska part of the year and fished for bluefin tuna based out of Newburyport during the tuna

season. His crew consists of his older his sister, Carrie Law who has fished with him for two season, and veteran fisherman Jack Patrican. Law had this to say about his crew “We have fun – we make sure we’re having fun. We work hard. We try to work harder than any boat around us. We all get along, there are no arguments. We stay calm, cool and collected. And we’ve got the fishing knowledge. Having put 19 fish on the deck last year, we know we have what it takes to compete against the Wicked Tuna Gloucester fleet.”

FMI on Sam Law and the F/V Kraken: Facebook: www.facebook.com/fvKraken/ Instagram - @fv_kraken

Bob Cook F/V Fat Tuna, Beverly, Massachusetts

Bob Cook is 47 years old and the captain of the F/V Fat Tuna. He is married and has 2 dogs. His boat, a 40’ 2001 Duffy, is homeported in Beverly, Massachusetts. He has been fishing for bluefin for 15 years, pulling in 30 or more fish each season. When he’s not commercial fishing, Cook runs Little Italy Beverly Pizza.

His crew consists of Manny Pereira and John Kusler. Kusler is better known as “Johnny Ice” because of the way he stays cool under pressure. He has captained boats in the past, and is a husband and father of 9-year-old twins. Pereira, also known as “Manny Mayhem” is an electrician in the off-season, and the go-to electronics guy on the Fat Tuna. Pereira is the captain of his own boat, and occasionally tackles other fisheries. Pereira is a husband and father to one son.

Cook said the crew knows one another well, which they feel is their strength as a team. “We know each other’s next move, and we have each other’s back at all times. We get along really well, we’re laid back, we don’t yell or scream. We’re methodical in our approach. We know how to get ‘em.”

FMI: Instagram @fattuna_charters |Twitter -@fvfattuna.

Gardening Workshops for Children at Graves

Marimo Garden Workshop, March 12, 3-4 PM A Marimo is a tiny living aquatic seaweed ball consisting of solid algae. It requires minimal care and can live up to 100 years or more! Native to fresh water lakes in Japan, Estonia, Iceland, Scotland and Australia these fuzzy green balls are becoming popular house plants all over the world, in fact, some people even refer to Marimo balls as extremely low maintenance pets. Marimo balls are safe to go in to fresh water fish tanks and freshwater aquariums. In fact, when added to aquariums, they act like miniature filters, helping to clean the water. Some fish actually enjoy pecking at and playing with the balls.

Each student will receive their own Marimo ball and a clear glass container with a lid for the ball to grow in. Colorful stones, rocks, sticks and seashells will be provided to decorate gardens. Instructions for care will be included.

Grow an Avocado Plant Workshop, April 23, 3-4PM Learn how to grow

an Avocado plant from seed. In this hands- on workshop students will each peel their own ripe avocado and extract and prepare the pit seed to take home with directions and supplies for growing an Avocado plant.

Examples of avocado plants in various stages of growth will be on hand to show children what to expect.

We will then mash the peeled avocados and make fresh guacamole to eat with chips as a snack after the class.

Tea Cup Terrarium Workshop, April 16, 3-4PM Students will hand select a vintage tea -cup for juice or tea to be served in at a tea-party to be held at the library. Sweet treats and fruits will also be served. There will be a children's poetry reading and music. After the tea party, each child will turn their hand selected tea- cup into a mini-tea cup terrarium to take home.

Gardening classes will be taught by Shelley Wigglesworth, certified Maine Master Gardener and local journalist. All classes are free. Pre-registration is required. As space is limited The Library is located at 18 Maine Street, Kennebunkport. For further information and to pre-register, please call 967-2778 and ask for the Junior Room or visit our website at www.graveslibrary.org.

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Continued

When is the best time to sleep? More important than the best time is the regularity of your daily bedtime. Sleep appears to be most restorative when we go to bed and get up about the same time each day, every day. If you get up at 6 AM on most days, it is best to go to bed between 10 and 11, and continue that schedule every day. The closer your schedule parallels the daylight and dark periods of the day, the more efficient your diurnal rhythms will assist your sleep. This is where we need to talk about melatonin.

Melatonin is a naturally occurring hormone which responds to the light / dark cycle of the day. It starts increasing with darkness, and contributes to falling asleep, as well as staying asleep for much of the night. As a pill, it does not make you sedated or drowsy, nor does a higher dose make you drowsier, as various sleep medications will. Melatonin as a sleep aid is most

effective when used to mimic the way it is naturally secreted, taken about 60 – 90 minutes before anticipated bedtime.

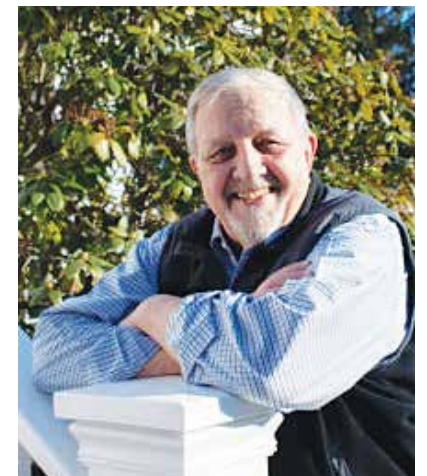
The recommended dose for insomnia; 2 -3 mg.

At least 1 hour prior to your anticipated bedtime, reducing the light in the room will encourage eventual sleep. This is very Important; staying in a brightly lit area prior to bed will inhibit melatonin secretion and discourage falling asleep. The light emitted from screens, smart phones, computers, tv's has the same effect. If you really want to sleep, it is best to turn off the screens an hour before. During this time, reading in soft light, relaxing activity, prayer, meditation, gentle warm shower or bath all can help you calmly slide down the slope to dreamland.

Sleeping pills, both over-the-counter and prescription have very little place in improving restorative sleep. Each of these medicines, as well as alcohol, can induce a sense of drowsiness and

maybe even cause sleep. But it is not normal sleep with all of its cycle of REM stage and the various nonREM periods. Each of these stages has specific purpose. Sleep meds can be a significant help over the short term to help modify temporary circumstances, but like so many medications that act on our brains, anything more than brief use often leads to dependence on them. Anxiety is often closely allied with sleep difficulties; one of the most effective, well proven ways of dealing with it is participation in CBT (cognitive behavioral therapy), often better than anti-anxiety meds.

I can't overstate the importance of regular exercise, avoiding it in the couple of hours before bed, however. During the day, get outdoors, get some sunshine, keep your surroundings bright until it's time to prepare to sleep. Food and beverage choices in your daily diet have profound influence on your sleep, but especially let your stomach be empty when you retire – avoid eating for at least 90 minutes before climbing into the sack. You are well advised to practice some form of



Dr. Freeman practices primary care Family Medicine. His office is in Kennebunk Lower Village. Appointments available at 207-967-3726. More info at www.lowervillagedoc.com

relaxation before bed – quiet reading, prayer, meditation, light yoga.

We can only scratch the surface of this very large subject in a brief column.

What about advice to shift workers? What about physical impairment, pain, heart conditions, etc? The information above is directed at average well people. But no matter your circumstances, you can help your sleep effectiveness with some of this information. •

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BICENTENNIAL TREE PROJECT AT MUSEUM

The Brick Store Museum, celebrating local history, art and culture year-round, looks forward to celebrating the dual bicentennials of the State of Maine and the Town of Kennebunk this year.

The Museum will be introducing several Bicentennial projects, programs and events throughout 2020 for locals and visitors to enjoy. The first project announced is the Bicentennial Tree Project, which invites families to purchase tree seeds at the Museum to plant and watch grow into the future.

“This project marks our 200th birthday in a permanent way. Not only will your tree hold memories for your family, but the environmental benefits of planting a tree mean that future generations can enjoy this beautiful place as well,” Cynthia Walker, museum director

The Museum is offering two Tree Seed Kits from which to choose: the

stately American Elm, which used to be a plentiful tree in Kennebunk before Dutch Elm disease wiped them out in the 1970s (it is also the tree on Kennebunk’s Town Seal); and the Paper Birch tree, historic in Maine for its use by the Wabanaki in canoe-making. Tree Kits are \$25, with \$20 of that amount being a donation to support the Brick Store Museum’s mission of education, preservation, and community access to our shared history.

Kits can be purchased online at www.brickstoremuseum.org, by calling (207)985-4802, or by visiting the Museum Tuesday through Sunday during open hours.

The Brick Store Museum is located at 117 Main Street in Kennebunk’s historic district. Since 1936, the Museum has been dedicated to preserving and exhibiting the region’s rich cultural and artistic heritage. Its galleries and research archives are open to the public year-round: Tuesdays - Fridays, 10am - 5pm; Saturdays, 10am - 4pm; and Sundays, 12pm - 4pm. Museum admission is \$7.00 for adults, \$6 for seniors, and \$20 for families. Saturdays are half price for families! Visit www.brickstoremuseum.org or call 207-985-4802 for further information.

Congratulations and Happy Valentine's Day from the York Equestrian Team!



IEA Regionals Photo and Valentines Day Theme. *Courtesy photo.*

On Sunday, February 9, 2020, members of the York Equestrian Team competed at a Regional Interscholastic Equestrian Association (IEA) horse show in Byfield, Massachusetts. Over 174 rides were analyzed by IEA judges as riders competed in both team and individual classes to advance to Zone I Finals held March 28-29 at The Big E in Springfield, MA.

Congratulations to the York Equestrian Middle School Team represented by Elle McDaniel of Eliot, Ivy Landry of South Berwick, Katie Plaisted of Berwick, and Lilly Leonhard of York for winning their competitions and being named Regional

Champions – as well as 9th grader Sara Plaisted for winning all first place ribbons and qualifying to advance to Zone I Finals! Other highlights included a 4th place finish by Madison Hurley of Portland and 2nd places earned by Élise Handy of Scarborough and Posie Price of Cape Elizabeth.

The York Equestrian Team is comprised of middle and high school-aged students from southern Maine. Current co-captains, Meg Brewer and Posie Price, both from Cape Elizabeth, explained that students who are interested in joining the York Equestrian Team are not required to have their own horse, as IEA hosting barns provide mounts and tack for all competitions and riders draw the horse they ride at random the morning of each show. York Equestrian Team coaches, Kate McDaniel from Eliot and Stephanie Plaisted from Berwick, provide instruction and guidance in hunt seat equitation over fences and on the flat out of Greystone Stables in Berwick, Maine. **FMI visit: www.greystonestablesme.com.**

Retired Workers Job Fair set for Tuesday, April 7

Get out of the house and stay active! Earn extra fun money. Share your time and talents this season! Enjoy a flexible schedule. Share your love of our community. Learn something new! These are just a few of the reasons why retirees re-enter the workforce.

And that’s a very good thing, because not only do retired folks have so much to offer, local hotels and restaurants need more help in the Kennebunks. The Kennebunk-Kennebunkport-Arundel Chamber of Commerce is planning a job fair in a comfortable, low-key setting at Avesta Housing’s Park Street School Apartments, specifically for retired adults, from 11 a.m. to 2 p.m. Tuesday, April 7, in Kennebunk. This is a change from last year to a larger location that will accommodate more employers. Admission is free, and on-street parking is available on Park and

Dane streets.

Local businesses are looking for part-time and full-time seasonal front-desk, reservation and sales agents, gift shop attendants, night auditors, maintenance and landscaping workers, housekeepers, cruise and bus greeters, concierge staff, hosts, bartenders, breakfast attendants, pet sitters, childcare, pool and marina attendants, and more.

Need a ride? Volunteer drivers for There’s No Place Like Home are offering rides to anyone who needs transportation by advance reservation; space is limited, call No Place Like Home at (207) 558-2270.

The fair is open to the public; no advance reservations necessary. For information, call the Kennebunk-Kennebunkport-Arundel Chamber of Commerce at (207) 967-0857, visit GoKennebunks.com or email events@gokennebunks.com.

Holy Week



Stations of the Cross

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Wednesday, April 8th @ 6:30pm*

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*April 12th @ 9:30am
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By: Shelley Wigglesworth, Lead writer

New England Bombers is an ice hockey organization affiliated with the American Special Hockey Association (ASHA) where all the players are children and young adults with intellectual and developmental disabilities. The players and their families come from Maine, New Hampshire, Massachusetts and beyond to get a chance to skate and play hockey together as a team.

New England Bombers Team Manager Melly Brown, who is the mother of New England Bomber, Silas, said “The goal of our team is to give everyone a chance to play the sport of ice hockey at their own pace and level of ability in a safe environment.” She added “We work with each individual closely to find the best way to get them onto the ice safely and comfortably with our special sleds and different pieces of equipment. We do not let any barriers get in our way, we will

Meet the New England Bombers Adaptive Hockey Team

figure out a solution to help anyone who wants to, to join us. We are a non-competitive team complete with a wide range of different skill sets, so we work with whatever level the child is at and help them grow.”

Brown said the idea for the New England Bombers team began when she and her son met Johnny Minahan and Daniele Gentile while at Project Walk Boston (in Stratham, NH) for therapy. “We all had an instant connection and a common interest in wanting to do something bigger for kids with special needs. Our dream finally came to light when Silas, my husband and I attended an event and met the Executive Director of the American Special Hockey Association (ASHA), Jen O’Brien. She told me about ASHA and pitched me an idea to start my own team. I knew I couldn’t do it alone, so I asked Silas’ therapists if they’d want to take this on with me. They immediately said yes without hesitation and we started creating our program.”

Minahan and Gentile are the head coaches of the team, and Brown said “They couldn’t be more fit for the



Left: Daniele Gentile, Middle top: Melly Brown, Middle: Silas Brown, right: Johnny Minahan.

position. Both work five days a week helping individuals with spinal cord injuries, brain injuries, and a host of other disabilities. Outside of work, they both have played in local ice hockey pick-up leagues, so of course they have a passion for the sport as well.”

The Bombers play at Breakaway Ice Center in Tewksbury, MA. “

Breakaway Ice Center has generously donated ice time to our team to hold our event at no cost to us, which allows us to keep our event free for all families to participate; which is huge for special needs families who already endure so many extra costs in their child’s life.” Breakaway Ice Center also has the space needed to transfer athletes out of wheelchairs



New England Bombers group photo: Photo by: Vinny Marino

and into their adaptive equipment.

The organization is now in the early stages, so families are meeting on the ice with their Bombers and getting a feel for the program at this point, though Brown said they will be incorporating more structure in the near future. Passing, scoring goals, stick skills, and more will be offered, depending on each child's desire.

Brown said the many volunteers and sponsors who help the New England Bombers by donating money, in-kind gifts and their time and skills is the key to the team's success. "They put together adaptive sleds, show up early to check in other volunteers and athletes, and help with set up and clean up. They transfer athletes on to the ice and back off again, and basically do anything they can to assist. We also have my very dedicated husband Matt, who has tirelessly spent his days off out in his workshop welding and designing adaptive sleds and specialty sticks for our athletes."

A highlight for the team members and their families is when other teams show up at the rink and when those players, and members from surrounding communities come to the ice and cheer them on. "It is just as special to them to help and encourage our athletes as it is for the athletes themselves. To witness the interactions of our volunteers and supporters with our athletes will bring tears to your eyes. They are out there treating them like the typical thrill-seeking children and young adults they are, they do not see a diagnosis on the ice, they see a child who wants a chance to play just like they do."

Breydin Strandburg and her family of Kennebunkport, take to the ice with her son Mason who is a Bomber. "We are thankful that Mason has the opportunity be a part of New England Bombers. He's able to experience something that most kids with disabilities are unable to join in on due to the lack of physical help, equipment or support. To witness the immense joy these kids'



Bombers name: Mason Bain of Kennebunkport. Photo by: Vinny Marino



Bombers name: Jack. Photo by: Vinny Marino

have as they're 'bombing' around the ice will warm your heart. My family and I appreciate this opportunity for our son to be involved in such an amazing experience."

Brown added "Given the right tools, most experiences are achievable for children of all abilities. Adaptive hockey is a sport that has been around for a while. But is actually not easily available to most. And if it is available, it is very expensive. Our program provides equipment to our athletes that need the extra support

free of cost. We are the first fully adaptive team in the US that has over 75% of our athletes in wheelchairs. And due to the severity of the physical limitations of many of our players we require far more equipment than your standard adaptive hockey team. For our volunteers it gives them a glimpse into the lives of families raising children with different needs. The preparation that goes into doing activities with differently abled children, transferring out of chairs, disconnecting feeding tubes,

hooking up vents, strapping in their legs, positioning their heads, but also the reward of it, seeing how special it is for them and that beyond the diagnosis, is just a typical kid wanting to play hockey too. It allows people to see how happy the kids are, being able to participate in a sport that otherwise isn't easily accessible to them. I think that this experience is just as important for the volunteers as it is for the athletes themselves."

The New England Bombers program is completely volunteer based, and the team hopes that others will join them by supporting this very worth-while endeavor. "We are so grateful for the high school teams, college teams, and community members from all over New England that come and support the program now," Brown said. "We will be running our program year round, and hope to get together once a month. Our biggest hope is that we can keep our program free of charge for all families participating. This means reaching out for sponsors and support from local organizations. We still need adaptive hockey sleds, especially with the growth of our program in just two months. We have over 50 athletes interested and only 17 sleds at the moment. Each adaptive sled runs between \$900-\$1,200. We also hope to continue holding our program in Tewksbury but the rink might not always be available for us. Ice time is typically around \$300- an hour. We do not want to ask families to pay when they are already facing so many financial hardships due to the expenses associated with medical needs. To keep the program free would be our dream come true. We have a non-profit ID so all donations made are tax deductible. And we have a sponsorship package as well with different tiers and benefits. We'd love to continue to get the word out to anyone who might be able to help us.

FMI on the New England Bombers | Website: newenglandbombers.com | Instagram: [nebombers](https://www.instagram.com/nebombers) | Twitter: [nebombers](https://twitter.com/nebombers) | Email: nebombers@gmail.com | Contact: 207-542-2552 (Melly Brown)

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PASCO LECTURE SERIES – JAED COFFIN

March 8 @ 2:00 pm - 3:30 pm

We are thrilled to invite Maine Author Jaed Coffin to Graves Library for a Pasco Lecture on Sunday, March 8 at 2:00 pm. Mr. Coffin will be here to talk about his latest work, *Roughhouse Friday*, a meditation on violence and abandonment, masculinity, and our inescapable longing for love.



white family and his mother's Thai roots, Coffin didn't know who he was, much less what path his life should follow. His father's notions about what it meant to be a man—formed by King Arthur legends and calcified in the military—did nothing to help. After college, he took to the road, working odd jobs and sleeping in his car before heading north.

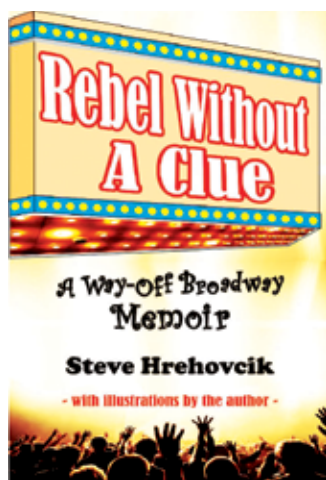
While lifting weights in the Seldon Jackson College gymnasium on a rainy autumn night, Jaed Coffin heard the distinctive whacking sound of sparring boxers down the hall. A year out of college, he had been bidding his time as a tutor at a local high school in Sitka, Alaska, without any particular life plan. That evening, Coffin joined a ragtag boxing club. For the first time, he felt like he fit in.

Despite feeling initially terrified, Coffin learns to fight. His coach, Victor "the Savage," invites him to participate in the monthly Roughhouse Friday competition, where men contend for the title of best boxer in southeast Alaska. With every successive match, Coffin realizes that he isn't just fighting for the championship belt; he is also learning to confront the anger he feels about a past he never knew how to make sense of. (MacMillan Publishers)

Coffin washed up in Alaska after a forty-day solo kayaking journey. Born to an American father and a Thai mother who had met during the Vietnam War, Coffin never felt particularly comfortable growing up in his rural Vermont town. Following his parents' prickly divorce and a childhood spent drifting between his father's new

Jaed Coffin is also the author of *A Chant to Soothe Wild Elephants*. A regular contributor to *Down East Magazine*, his essays and stories have appeared in the *New York Times*, *Nautilus*, *Jezebel*, *The Sun*, and many other publications. He's been a featured speaker at TEDx and Moth.

Steve Hrehovcik Describes "Secret" of Survival in *Rebel Without A Clue* – A Way-Off Broadway Memoir at the Kennebunk Free Library



With persistence, patience and pluck, Kennebunk writer/artist Steve Hrehovcik reveals how he became an expert on survival in his book *Rebel Without A Clue – A Way-Off Broadway Memoir*. Blending a candid confessional with a sense of humor, Hrehovcik describes his turbulent,

often farcical, journey in a desperate search for a career in the theater. Hrehovcik makes a presentation about his book at the Kennebunk Free Library on Monday, March 30 at 6:00 p.m.

Never giving up, his story also reveals how he managed to carry on with some semblance of dignity and achieve a few surprising triumphs along the way – most important, a marriage of 55 years, three remarkable children and a wonderful grandson. At the end of each chapter Hrehovcik includes a cartoon drawing, adding fun to the theme of his story.

In addition to reading from his book and showing the cartoons, Hrehovcik discusses some of the advantages of self-publishing as part of his presentation.

This program is free, wheelchair accessible, and open to all. The Kennebunk Free Library is located at 112 Main

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Peter Landry a Kennebunkport resident



Booth getting some action with one of his creations.



A dapper Booth Chick in 1935.

Hard to believe it's been 20 years since the Port lost Booth Chick. Admired in later life for his busy marina, big lobster boats and little Chickadees, he loved speedboats as a young man, building them with Norman Hoff and Henry Clark and racing them on the Kennebunk River. Even young Poppy Bush was a fan. As a young boy he said he was "jealous" of Booth Chick, because "he was racing up and down the river in a little skiff with a great big overpowered outboard motor on it. I ate my heart out



Booth with Norman Hoff and some of the boats they built.

and said someday I'd like to be able to do that."

Thank you Shelley Wigglesworth for posting on Village F/B page.

7th Annual
**UPCYCLE
Boutique**

Save the Date
Sunday, March 29
2pm-5pm

Join us for our 7th Annual Upcycle Boutique at Weirs Buick GMC, Rt. 1, Arundel.

\$30/Ticket includes light snacks, 2 drink tickets and all purchases, excluding Live Auction participation. To purchase tickets, visit coskennebunks.org/upcycle or contact Michelle at 207-632-6767 or michelle@coskennebunks.org.

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gymNation gets kids MOVING

A FITNESS-BASED (FIRST OF IT'S KIND IN SOUTHERN MAINE) NURSERY SCHOOL, PRE-K AND AFTER SCHOOL PROGRAMS

By Katherine Collins, Village contributor

The mission at gymNation is simple; get kids moving and teach them healthy habits they can use throughout their lives.

Brenda Plante and Carol Dickinson co-own the gym, which started in Kennebunk in 2004. The two then opened a second location in Saco in 2016.

The Kennebunk gym is located at 63 Portland Road and the Saco gym is at 15 Lund Road. Call 985-6621 or 602-6525 respectively for more information.

The gym began with a focus on gymnastics, but its programs now include martial arts and a type of child-friendly yoga, as well.

Plante said she and Dickinson started gymNation because they are both



At gymNation, the goal is to teach young kids the art of movement and to help them feel comfortable with their own bodies. *Courtesy photo.*

"very passionate about children and keeping them physically fit." She also said that mental wellness has become a key part of their programming.

Plante said kids can start taking classes at gymNation "as soon as they can walk" and are welcome up to about age 10.

She said gymNation offers a first-of-its-kind fitness-based nursery school and pre-school program, along with after school events and classes, including both a boys and girls junior competitive gymnastics program in Saco.

The education center at both

locations is open Monday through Friday and specialty classes are held Tuesday, Thursday and Saturday.

Plante has a degree in early childhood education and always loved gymnastics, so combining the two just seemed like a natural fit, she said. She fills the role of educational programs director.

Dickinson was a physical education major with a minor in dance while in college and she first got into coaching from there. She's the programs director at gymNation.

Plante said gymNation first began offering taekwondo about 10 years ago and then added Zumbini a few years ago. She described Zumbini as being a combination of yoga, music and dance.

While all the classes and programs are ultimately about physical fitness, Plante said, what gymNation offers is a fun, adventurous way for kids to build self-confidence, to challenge themselves and to become comfortable with their own bodies.

Dickinson said that gymnastics provides a "foundation for all later movement. It's about body control, spatial awareness, strength and flexibility."

Plante agreed and said, "what we really want is for kids to become in tune with their bodies at a young age."

Both women said what they enjoy most about their jobs is seeing a child who was hesitant or uncomfortable or who would say, "I can't do that," conquer a movement.

Hearing them say, "I did it and the feeling of pride and accomplishment that comes with it is just awesome," Plante said.

In addition to teaching kids movement, Dickinson said gymNation



Teaching physical fitness, along with encouraging early childhood socialization and building self-confidence is what it's all about at gymNation. *Courtesy photo.*

also provides them with "a lot of exploration and problem-solving skills." The program, she added, also provides a "good early social experience and helps kids to form lasting bonds."

What's more, Dickinson said that gymNation is a place where kids who, for whatever reason, can't participate in school sports or activities can come and be accepted and encouraged.

Kids can start taking classes at gymNation "as soon as they can walk" and are welcome up to about age 10.



While physical fitness is the primary goal, at gymNation it's all about having fun while learning. *Courtesy photo.*

The gym employs about 20 people and Plante said gymNation is a certified member of USA Gymnastics.

She said the staff at gymNation is expected to keep up with the trends and she and Dickinson always send a contingent to the USA Gymnastics convention every year. "We also bring in clinicians and do a lot of other in-house training," Dickinson said.

She said that gymNation works hard to cultivate "very personal connections"

with their clients and Plante said, "we have a very good reputation for how we treat kids."

Overall, Plante said, "I just love walking through the doors every day. There's no negativity in here. It's always very positive and happy."

For upcoming class information contact: Kennebunk (207) 985-6621 • Saco (207) 602-6525. Or visit: gymnationsport.com.

After School Club: Give your child a great fitness-based after-school activity.

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United Way of York County Invests \$600K in 2020 Community Investments



United Way of York County has awarded \$600,000 in grants to organizations throughout the community that provide direct services. A total of 37 nonprofits will receive investments this year for 61 programs addressing a variety of critical needs for children, youth, adults, and families. These investments support United Way's strategic priority areas of Bright Beginnings, Connected Youth, and Supportive Services.

"Each year we are very proud to invest financial and in-kind resources into high quality direct services that support York County residents and that align with our strategic priority areas," noted United Way of York County President & CEO Barb Wentworth. "Those areas include

providing the best start for our youngest children, increasing access to healthy foods for children and seniors, engaging youth in meaningful service, and meeting basic needs – all critical components of our collective efforts to build an even stronger York County."

Since its inception in 1986, and thanks to the support of thousands of generous individuals, businesses, and organizations throughout York County, United Way has invested more than \$40 million in programs, projects, and initiatives that make a difference in the lives of those they serve.

New investments this year include LearningWorks Afterschool; Sweetser's New England Eating Disorders; Mental Health Support for York County Community Action

Corporation's Head Start; Locker Project's York County School Pantries; Spurwink's Therapeutic Preschool and School-based Behavioral Health Supports; and Woodfords Family Service's EnRICHment Summer and After-school Program. The complete list of 2020 community investments is available online.

United Way of York County also invests \$260,000 in strategic projects and initiatives. This includes \$33,000 for 211 Maine, a statewide free, confidential resource that connects Maine residents to services to keep them healthy and living independently. A new strategic investment for 2020 is \$37,000 for Biddeford Ready!, which prepares children for Kindergarten.


About United Way of York County

United Way of York County improves lives by mobilizing people and resources. United Way of York County makes every dollar you give do more right here in your community. To learn more about United Way of York County, visit www.buildcommunity.org or call 207-985-3359.


Kristen Holmberg of Kennebunk took these AMAZING WILDLIFE shots during her travels in our village and beyond.

Thank you for sharing Kristen!





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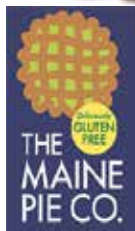
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Framing the LEGACY

By John W. Forssen, Village contributor

I have always been an artist of sorts, but drifting into my seventies, I have become a frame maker, as well, pursuing the perfect angle, the tight fit —and a certain level of thrift.

It has been a long and unlikely journey, however, a tenuous thread, if you will, unwinding through the twists and turns of an entire generation.

My father, unlike his Number One Son, was a true craftsman.

He had the eye, the steady hand and, above all, the intuition to “see” a project fully formed, start to finish, even before he considered the first step. There was first and always a vision, and it came to him measured and precise. At a glance, he could see in a random pile of boards the purpose those boards were meant to fulfill: a simple box for storage, an antique cupboard or an addition to our summer camp in southwestern New Hampshire. It was all the same. The boards spoke to him.

He told me so; he had only to listen.

There were days, as a child, standing in his shadow, when I would listen, too. But, try as I would, cocking my ear first in one direction and then another, I could hear only the silence of his dream.

The simplicity of his tools made all that he accomplished even more remarkable: a hammer, a cross-cut saw, a homemade miter box and a hand-cranked drill. That was it. There was no need for electricity, as long as he quit before dark. His simple tools and what he called “elbow grease” reached to every corner of his craft.

To paraphrase what is sometimes



At his “chop” saw, Forssen cuts 45s—perfect every time— for a frame. *Courtesy photos.*

reputed to have come from Michelangelo: he simply carved away the raw material until only the vision remained.

Sounds so easy, almost poetic.

I can only imagine the joy of Michelangelo’s Number One son growing up in the shadow of such capacity, that and the corresponding filial expectation...like father like son. On a lump of coal, such pressure would produce no less than a handful of diamonds.

Except....

DNA is seldom transmitted in a ways that favor exact copies.

“There ain’t,” as my father came to realize, “no Xerox machine in the gene pool,” which must have been a

great disappointment since I was the Number One son, the only son—and our paths, like the disappearing tracks of a railroad, by their very nature, would never come together.

Taking after my mother, I was as English as a cup of tea. My father’s ancestors, on the other hand were vikings. Separating us in so many ways was an expanse about equal to the length and breadth of the North Sea.

He must have sensed this early on, but for a period of time, he brought me along, ignoring all the signs, his good angels in constant battle with a growing certainty that I might be a lost cause.

A case in point: Like most craftsmen, he held firmly to the idea that by measuring twice it was seldom necessary to cut more than once. It was a time-honored guide, and he repeated it to me at critical points in

every project, his voice as stern as if he were administering an oath.

I never understood the necessity for that second measure, but I was dutiful. I measured once; I measured twice; and, for good measure, especially if he was watching, I measured a third time, carefully counting out the ticks on the tape with the point of my pencil. It was a great show, but it made little difference. The board, when finally the saw cut through, was still short.

I suppose we could have gone on like that forever, but I put an inadvertent end to it one day when he happened across me forcing a screw into a board with a hammer. It was my own small project, outside the loop, you might say. It should have been of no concern to anyone but myself. Still, it was the last straw, the sin that could not be forgiven. It violated every sacred notion my father had about tools; and it marked, at last, the surrender of his better angels. For all practice purposes, we had no more business to conduct.

However, this was not really the end; for the thread mentioned earlier remained, anchored in my sundry failures and disappointments; and it continued to keep me connected through the years. My father’s genius, after all, if only in modest measures, was my legacy.

It simply needed time and opportunity to cure: building a somewhat lopsided coffee table for the first apartment my wife and I occupied, for example. A contractor friend I have now would have smiled at the effort, comforting me that it was clearly “the work of the well-intended”.

There followed other projects: a butcher-block table



Forsen in his "garage" gallery strings his "corner gizmo" to hold the framefast while glue dries.

of which we spoke kindly as "the monster", a cradle for my daughter which had the appearance of a "swinging doghouse" and, then,

some years later, my confidence swelling, a house, an actual full-size, live-in structure. Somewhere in the midst of that adventure, I began to cut boards more or less to their intended length, to drive nails without bludgeoning the wood around them and, wonder of wonders, to limit my use of tools to their intended purpose. Thus armed and (some 35 years later) established as a painter of at least moderate ability, I played the last lingering bits of that thread. I invested

in a chop saw, designed a thing I call my "corner gizmo" and began making frames—a service to myself and to other artists who might seek to frame their work without having to price themselves out of the market.

Marine Mammals of Maine- Public Notice



This adult harp seal was resting in Biddeford in February -a less common age class seen in Maine! We received numerous reports from beach walkers concerned about its well-being, so our trained responders were dispatched to examine it.

Unfortunately, well-meaning individuals spotted it far from the water while our team was en route and forced it closer to the water in an effort to help. Due to the nature of this interaction, the seal ingested sand and was observed coughing it up-a dangerous stress response exhibited by ice-seals-and entered the water

shortly after we arrived. This resulted in our team having little chance of performing an exam or taking action if needed, and caused considerable stress to the seal. Though not an ideal situation, we are grateful for the clear well-meaning compassion which motivated this interaction.

IF YOU SEE A SEAL ON THE BEACH
-seals are semi-aquatic and do not need

to be wet

-seals naturally spend time out of the water, requiring time on land to rest, regulate their temperature, and pup -seals, especially harps, can spend extended periods of time out of the water, and may be considerable distances from water, which is normal

-seals are highly susceptible to stress, and though human presence may not appear to impact them, it often has very harmful effects

-the federal Marine Mammal Protection Act requires people to stay at least 150 feet away from all marine mammals

-the best thing to do is stay 150 back, and call your local stranding network for help-in Maine, call 1-800-532-9551.

Thank you Shelley Wigglesworth for posting on Village F/B page.

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A former Thoroughbred racehorse owner gets a lesson in walking a horse in the open with a simple halter and leadline. Courtesy photo.

Horses were designed to handle cold weather and have an easier time than with heat. Every horse should be given the opportunity to be outdoors. It is a fundamental need regardless of use of the horse which is sometimes seen with performance/show horses locked in



stalls 24/7 to be kept clean, uninjured and for owner convenience.

New England and other cold weather regions offer challenges with footing, precipitation and winds. It's due to these factors that horses are safer when kept indoors at night. Shelter also provides a dry space to lay down, rest and get deep sleep. Unless a horse is not in optimum health or physically compromised, suffering from injuries or debilitating conditions like laminitis, when the weather cooperates, fresh air, interaction, play & grooming with other horses on a daily basis helps reduce stress, if only for a few hours.

Horses not allowed to have social interaction and confined to stalls continuously suffer behavioral issues from frustration and loneliness that can occur when prevented from being with their own kind. In addition the distress and inability to move and roam can cause colics that may be subtle enough for the owner not to notice, yet become an emergency

when least expected.

Unless a series of storms prevents the necessary work to be done in order to get horses out, laziness is no excuse to keep the horses in. Horse ownership in cold climates includes extra expense and time to shovel, blow, plow and prepare for the next storm. Various methods of treating ice can be used to make footing safer including the use of salt, sand and even dust from hay & bedding. If the footing is treacherous, horses should be fed regularly, allowed out of their stalls and hand walked or visited several

times a day to prevent boredom. The extra care and companionship keeps them healthy and moving especially if a horse is cramped into a small stall. The space that a 12 x12 stall provides benefit all but the largest horses and enough room to lie down comfortably, roll and not get stuck (cast) against a wall.

In addition to a higher core temperature, horses grow winter coats that provide great insulation similar to a down comforter. Blankets however are an item all horses owners should have on hand but need to be maintained and cleaned. It's also best to change blankets and have blankets for different levels of cold as temperatures dip then climb. Blankets shouldn't be too loose or snug and checked throughout the day to be sure they are not shifting or dragging. If temperatures climb into the 40's, removing blankets allows the horse to roll and get relief from the coats. Blanketed horses also risk danger of making a depression in deep snow

when they roll, getting stuck with their legs in the air, unable to roll out of that position.

Once a horse begins to be blanketed the mechanical process alters the natural lay of the coat, resulting in the need to continue blanketing through the season so the horse stays warm. Blankets should be removed daily and



Mutual grooming is important for the well being of horses and reduces stress, something that's not possible when a horse lacks a companion. Courtesy photo.

the horse groomed manually to reduce discomfort from itchy skin, as well as check for ill fitting blankets that could pose a danger or rub the skin.

So far this winter, mild temperatures and safe footing has enabled programs to continue for those who can handle the cold. Our 14th year of programming will include the Beach program continuing until the last day horses are allowed on Kennebunk Beaches, May 15. A that point the Hotel program, also part of 'Education in a Casual Setting' will continue as will presentations, appearances, and outings until mid June, when insects make outdoor activity uncomfortable. For the comfort of visitors and the horses programming will continue indoors until the end of August. The Beach program will resume September 15.

Ongoing individualized programs including HorsePlay and HorseTherapy continue, as we explore programming with more organizations and groups. For those who are unsure visits are an easy way to decide how to go forward. Though a single visit can make a lifelong memory, ongoing visits build relationships and are educational. For those involved in riding BlixxHorses provides information and knowledge about horses and behavior that is often lacking at riding facilities and can help immensely with the ground and riding relationship.

Annual events begin with

Unbridled April 25, continuing with open barns and special events to be announced.

The Non Ridden Equine facebook groups continue growth and have been instrumental in connecting people through a large population of horses that are no longer ridden due to injury, health, behavioral issues, age or simply because of their valuable status as companions.

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Pi Day Bake Sale



Pi Day falls over the weekend this year so Kennebunk Free Library is celebrating early! We will be hosting a Pi Day Bake Sale on **Thursday, March 12 from 9:30 a.m. - 5:00 p.m.** Looking for a piece of pie to satisfy the sweet tooth? A whole pie for the family? A savory pie for lunch? We'll have it all!

We welcome baked contributions from the community. Be as creative as you want when deciding what fits the theme! Please call or stop by to sign up to let us know what you will be bringing in. Contributors are asked to please bring your pies to the morning of the sale to the staff entrance, located on the side of the building facing the church. Please include a listing

The Kennebunk Free Library is located at 112 Main St. in Kennebunk. For more information, visit our website at kennebunklibrary.org or call (207)985-2173.

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Nor'easters visit Atria Kennebunk to dance with residents



The spirit of Valentine's Day was in full force on Friday (Feb. 14) as student-athletes from the University of New England visited nearby Atria Senior Living to participate in its annual Sweetheart Dance for the ninth straight year.

The UNE Student-Athlete Advisory Committee (SAAC) and Atria Kennebunk came together for a themed dance in 2012, and the relationship has grown stronger with every edition of the event. Local musicians set the tone for the evening while Nor'easters representing several teams mixed in with the residents and facility staff in the center of the ballroom.



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The White Barn Inn Restaurant is proud to partner with Stickman Dialysis of Arundel to host Kennebunk's 3rd annual Cabane À Sucre.



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100% of the ticket and auction proceeds will be donated to the American Kidney Fund.

Seats are filling up fast! Please purchase your tickets on [eventbrite.com](https://www.eventbrite.com).

Upcoming Events

Join local Maine chef and seafood expert Barton Seaver and The White Barn Inn Chef Matthew Padilla for a unique culinary experience featuring a 5-course sustainable seafood dinner and oyster and beer tasting masterclass.

Friday, April 24th 7 pm: Sustainable Seafood Dinner.

Saturday, April 25th 11:30 am: Oyster and Beer Tasting Class with Chef Barton Seaver.

Room packages available! Please call for reservations 207.967.2321.

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The Art and Life of Kennebunk Native

Donna Nadeau

By: Shelley Wigglesworth, Lead writer

Artist Donna Nadeau grew up on Fletcher Street in Kennebunk, the daughter of Gloria Welch Nadeau and the late Fredrick “Buckwheat” Nadeau, one of four children. Her mother is a Kennebunk native and her late father was of Lebanese decent.

Donna showed an interest in art at an early age and took pottery lessons at the Brick Store Museum, with Marilyn Welch, as a child. Later, immersing herself in art classes as a student at Kennebunk High School.

After high school, in 1973, Nadeau went to the University of Southern Maine in Gorham as part of a work study program and began modeling for art classes.

She later married Kennebunk native Danny Goodwin and the



Donna Nadeau self portrait.

home she grew up in, with mid-wife assistance from her childhood pottery teacher, Wentworth. “Coming home for the birth was at my mom’s insistence, she didn’t want me to give birth in a tipi in January,” Nadeau said.

She, her husband and infant son

Donna Nadeau Key West Exhibit.

alongside her, while living at the Wentworth Farm in Arundel (the Wentworth’s founded The School Around Us and later, Marilyn Wentworth founded The New School in Kennebunk.) Her pottery was sold at fairs and craft shows.

In the late 1970’s, Nadeau and Goodwin split up and she moved around the country where she painted landscapes and scenes around her which she sold in coffee shops. While pursuing her art she worked other jobs, including exotic dancing. “I started dancing in high end clubs to earn money to go back home, but I soon got hooked on the \$100-tips, and got stuck in the lifestyle.”

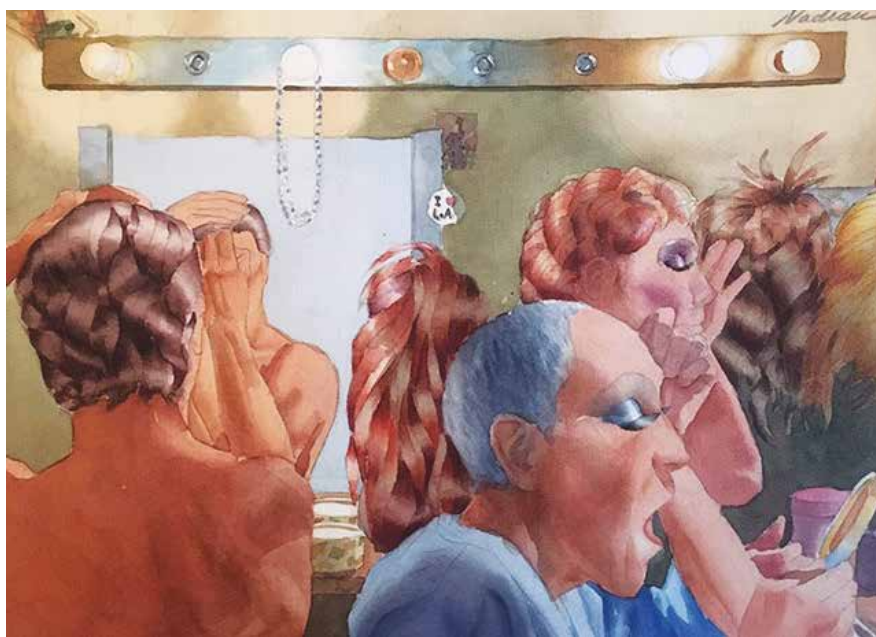
On her periodic visits home to Kennebunk, Nadeau worked with the late artist DeWitt Hardy trading her modeling time for painting lessons. She would later submit her work to him for him to review, correct and critique before she completed pieces. Hardy remained her mentor and friend until he died in 2017. “He would always encourage me, he believed in me, and told me my work was going to put me on the map someday,” she said.

While living in the Kennebunks in the summers of 1998-2000, Nadeau built up a watercolor portfolio of

scenes from her hometown including *Dock Square, the Wedding Cake House, Christmas Prelude, seascapes and more.* Her work was very well received, and for some time, she had her own summer gallery where she sold her signed prints.

When she returned to Key West at the end of each summer, she resumed dancing, though her art was still very much a part of her life. During her dancing years, Nadeau said she got swept up in many of the destructive by-products that often go hand in hand in this business, including substance abuse, domestic violence, and multiple brushes with dangerous and potentially deadly situations. All of which took a toll on her mentally, physically and spiritually.

At the end of her exotic dancing years in 2000-2003 she began creating art depicting the lifestyle which had consumed so much of her life, portraying subject matter that was unlike anything she had created before. Her work embodied the emotions, viewpoints, mindset and perspective of herself and those she worked with on stage dancing. She painted the scenes she encountered day in and day out in the clubs she worked in. Her pieces show herself and her co-workers preparing for their performances, entertaining and



Donna Nadeau Key West Art.

two bought 60 acres of land in rural Garland Maine where they lived off the grid and off the land in a tipi for some time before returning to Kennebunk in January of 1977 for the home-birth of their son Keeya, at the

moved back to Garland for a while before the isolation got the best of them, and they once again came home to the Kennebunks.

Nadeau resumed making pottery (which by that time she was quite skilled at) with Wentworth, this time



Donna Nadeau.

working the crowd. She captured interactions between dancers and customers and between the dancers themselves, and the dancers in moments of solace. Unlike her soft watercolors of the quaint scenes of Kennebunk and Kennebunkport, this body of work (which is also done in watercolor) is bold and raw, with

vibrant colors, further defining the intensity of the environment depicted.

When asked why she chose to portray what often is considered taboo by some, Nadeau said " After years of hearing ' Don't show anyone don't tell anyone, don't admit you painted these or did this ' my hope is these paintings are finally going to be seen in the spirit they were intended, not pornographic, offensive or even erotic but as a documentary of an exotic dancer's life from a an exotic

Nadeau's work has now caught the attention of art critics across the globe with a recent piece being featured in New Art Examiner and an exhibit "Dollars and Dancers-Behind the Velvet Curtain" on display in January of 2020 at the Studio's of Key West in Florida. For more information please visit: tskw.org.



Dock Square by Donna Nadeau.

dancer's point of view. I hope people will look at my work and think about why the dancers are in the situations portrayed, what brought them there, and how it affects them. I hope to get people thinking of this perspective.

This world has only been seen from a man's point of view before now. I can only hope that through my work, our side will be seen and heard, and that people are now ready to look at that side."•

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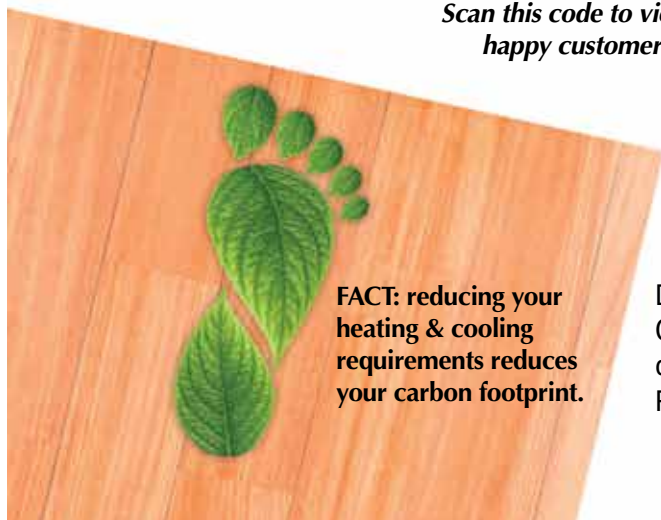
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CALENDAR

Upcoming Events

Calling all quilters! The Evergreen Quilt Guild will meet on Monday, March 23rd, from 6-9 PM, at St. David's Episcopal Church, Route 1, two miles south of Kennebunk Village. Evergreen Quilters usually meet the 4th Monday of each month except July and December, and the 3rd Monday of May. Newcomers are always welcome. FMI please visit our web site at www.evergreenquiltersmaine.org March is National Quilting Month!

Come to Kennebunk Free Library on Friday, March 13 between 2:30 and 4:30 to make a no-sew quilting craft. We will have several crafts available to complete. Create a paper square to be added to a community quilt that will be displayed in the Children's Room. All ages are welcome to attend. No registration required.

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

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

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

Animal Welfare Society

Drop In Rescue Readers Tuesdays, March 3, 10, 17, 24, 31 and Thursdays, March 5, 12, 19, 26 @ 3:15 - 4:30 AWS Adoption Center Students must become Certified Rescue Readers before dropping in to read to the animals. For more information, visit animalwelfare.org/events/category/youth/literacy/rescue-readers/

Furry Tales Story and Adventure Hour Thursdays, March 5, 12, 19, 26 @ 10 am Humane Ed Toddlers, preschoolers and their families explore the exciting world of animals with stories, playtime, crafts, songs, movement and plenty of animal time. Each week is a new adventure!

***NEW* Puppy Playgroup Tuesdays, March 5, 12, 19, 26 @ 4 pm and Thursdays, March 5, 12, 19, 26 @ 9 am** Canine Training Classroom at AWS Led by one of our professional trainers, this 45 minute drop-in class is exclusively for puppies and their people! To participate, puppies should be under five months old. To keep everyone healthy, puppies should have started their vaccines and produced a negative fecal test result. Register in advance online or pay at the door. visit animalwelfare.org/events/category/training/drop-in-programs/puppy-playgroup/

Half Day Pet Pals Wednesday, March 4 @ Noon - 4 pm Humane Education Classroom (Boston House) at AWS On select early release days (per the RSU21 calendar), elementary school kids (K-5) spend the afternoon in the Humane Education classroom. The Pet Pals play games, work on pet-related projects and have fun, interactive lessons in animal care and compassion. Registration is \$35 per session. Register online: animalwelfare.org/events/category/youth/half-day/half-day-pet-pals/

Species Spotlight: Snakes Saturday, March 14 @

10 - 11:00 am Humane Education Classroom (Boston House) at AWS Each workshop, presented by HerpHaven Reptile Rescue and Sanctuary, covers the extensive care that goes into having an exotic animal as a pet including daily care, proper habitats, safe handling, animal behavior and body language. Attendees will have the opportunity to interact with the animal first-hand and ask questions. Young attendees will be given a fun, educational project to complete during the session. The project will be geared towards children ages 9-13 but all ages are welcome to come and learn. Workshops are free and open to the public.

Louis T. Graves Memorial Public Library:

LIBRARY CLOSINGS FOR MARCN: Please call the Library during inclement weather or check your local television listings to make sure we are open. The Library usually follows the local school closures and abides by any parking bans enforced by the Town of Kennebunkport. If there are major power outages, we will do our best to act as a warming center for residents and friends.

Wednesday, March 4 through April 8, 2020.

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

Wednesday, March 4 @ 12:00 pm. Love to Read Book Club at Louis T. Graves Memorial Public Library. For School Age Children Grades 3-5. Registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at <http://www.graveslibrary.org>.

Sunday, March 8 @ 2:00 pm. We are thrilled to invite Maine Author Jaed Coffin to Graves Library for a Pasco Lecture on Sunday, March 8 at 2:00 pm. Mr. Coffin will be here to talk about his latest work, *Roughhouse Friday*, a meditation on violence and abandonment, masculinity, and our inescapable longing for love. The Pasco Lecture Series is sponsored by the Stephen and Tabitha King Foundation, Kennebunk Savings Bank, and the Graves Library Snack Team. Sales and signing of *Roughhouse Friday* will follow the talk. Please give us a call at 967-2778 with questions about this event or to find out what else is going on at Graves Library. Doors open at 1:30 pm

Thursday, March 12 @ 9:00 am. Senior Education Seminar. Join us for some coffee and conversation with Margy Gambell, RN from Comfort Keepers. Margy will help us with issues that come up at home, how to prevent falls, what services are offered through home care agencies. No registration is required. Light refreshments will be served.

Thursday, March 12 @ 9:45 am. Morning Book Group. This group meets the second

Thursday of every month. A variety of books are chosen. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>.

Thursday, March 12 @ 10:00 am. Balance Screening. Southern Maine Agency on Aging and York Hospital present a Balance and Strength Screening Session here at the Graves Library on Thursday, March 12 from 10:15 am to 12:15 pm. At this free screening event you will have the opportunity to learn about different risk factors such as balance, blood pressure, and medications that may contribute to your chance of falling. For questions or to RSVP, please contact the Southern Maine Agency on Aging at (207) 396-6578.

Thursday, March 12 @ 10:00 am. Library Sketch Club. Do you like to draw, paint, and/or doodle? Join others and find a spot at the Library to sketch something. Discussion and refreshments to follow. No registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

Thursday, March 12 @ 3:30 pm. Calling All Crafters! Sign up to make a special STEM craft. What can you create with toothpicks and marshmallows? Join us as we play with our food! All supplies will be provided. All ages are welcome to attend. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call the Junior Room at 967-2778.

Saturday, March 14 @ 2:00 pm. An Afternoon at the Music Hall. Join us for a special showing of a Celtic music concert in the Community Room (Title will be revealed soon). Light refreshments will be served (including soda bread and hot crossed buns). The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

Tuesday, March 17 @ 1:00 pm for an Afternoon At The Movies! In honor of St. Patrick's Day, The Secret of Rowan Inish will be shown in the Community Room. Hot popcorn will be served!

Thursday, March 19 @ 10:00 am. Southern Maine Agency on Aging and York Hospital present a Matter of Balance Workshops here at the Graves Library beginning on Thursday, March 19 and ending May 14 from 10:15 am to 12:15 pm. This eight week workshop is meant to help older adults identify balance and strength concerns, to empower seniors to promote active independence through awareness of risks, and to share resources related to fall prevention for them and their families. Pre-registration is required. Please contact the Southern Maine Agency on Aging at (207) 396-6578 or (800) 427-7411 to get your name on the list... and start getting stronger now.

Thursday, March 19 @ 6:45 pm. Movie Night. Join us for a special showing of Green Book. Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx.

Tuesday, March 24 @ 2:00 pm. Middle School Book Club. This group will meet at the Middle School of the Kennebunks Library. Choice for March is *Last Pick* by Jason Walz. Light refreshments and copies of the next book will be provided.

Wednesday, March 25 @ 1:00 pm Art to Heal

Workshops are designed for Cancer survivors and their caregivers. Chinese Calligraphy is the theme for March. Practice the art of Chinese characters with Sumi ink and beautiful brushes. Learn to write words and discover their origin and meaning. You will simply be amazed at how easy this can be. There is no charge for these classes and no experience is necessary. Limited seats are available so please call the Library to sign up (967-2778). All supplies will be provided. These workshops are being led by local artist and author, Ms. Barri Kramer. ***Other classes in this series are scheduled for April 15.**

Thursday, March 26 @ 3:00 pm. Kids Garden Program. For our first meeting we will learn how to make Marimo Gardens. A Marimo is a tiny living aquatic seaweed ball consisting of solid algae. All supplies will be provided. This program is designed for children ages 4 and up. Please call the Children's Room at the Library to register (967-2778).

Thursday, March 26 @ 6:00 pm. Evening Book Group. This group meets the last Thursday of every month. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org

Friday, March 27 @ 10:00 am. Special Storytime with Guest Reader. Stories, Songs, and Special morning with Nurse Alison. Nurse Kenneway will tell us all how to stay healthy! Designed for children 5 and younger, however, all ages are welcome. Parents and caregivers are encouraged to participate.

Tuesday, March 31 @ 10:00 am. Music and Movement for Minis. Join us for music and dance with your little ones. A great time to blow off some steam and meet new friends. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778.

Ongoing:

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

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

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

ASH WEDNESDAY WORSHIP AND LENTEN EVENTS

The clergy of the Kennebunks, Arundel and Wells invites the Central Coastal York Community to a worship service of the presentation of Ashes on Ash Wednesday, February 26, 2020 at 7 PM at Christ Church at 9 Dane St. in Kennebunk. Parking and handicapped entrance are available in the back in the parking lot shared with Kennebunk Town Hall. During Lent, Christ Church will be holding weekly **Bible Studies led by Rev. Jim Anderson and a midday Lenten Musical Interlude performed by Music Director, Warren King on Wednesdays from March 4th to April 1st. Bible studies will be from 11:30 AM to 12:30 PM with the musical program from 12:30 to 1:00.** For more information please call the church office at (207) 985-4494

Kennebunkport Historical Society



Kennebunkport Historical Society offering a lecture about the town's role in Maine's path to statehood

— In honor of Maine's bicentennial Kirsten Camp, executive administrator of the Kennebunkport Historical Society, will be giving a lecture entitled *The Story of a State and Kennebunkport's Role in Maine's Statehood*. This presentation is part of the Society's 2020 lecture series "A Walk Through History."

All are welcome to join us for this free presentation on Tuesday, **March 3 at 11 a.m. and again at 7 p.m.** in the Town House School, located at 135 North Street in Kennebunkport.

Tax Forms and Tax Help at KFL

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

If you need some help preparing your taxes, we will once again be hosting AARP Tax Aides every Thursday from 9:30 a.m. to 12:00 p.m. The first

session this year will be held on **February 6, with the program running through April 9.** People will be seen on a first-come, first-served basis only. We will have a sign-up sheet available in the lobby when the library doors open at 9:30.

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

KKA Chamber of Commerce

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

Job Fair set for Monday, March 9 The Kennebunk-Kennebunkport-Arundel Chamber of Commerce and the Town of Kennebunk will hold the fifth annual Job Fair from 2 to 5 p.m. Monday, March 9, at St. Martha's Church on Route 1. The job fair has been moved from Kennebunk Town Hall to accommodate more parking.

Local businesses and organizations include those looking for full-time and part-time work, both season and year-round. Organizers have invited employment agencies and local businesses, as well as local high school students.

The fair is free of charge for job seekers. Cost for a shared 8-foot table is \$25 for member businesses and \$50 for nonmembers. To reserve a table, please email events@gokennebunks.com or call The Chamber at 967-0857.

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

The Center

Gentle Yoga - Monday at 1 pm and Thursday at 9 am. Mat Yoga on Thursday at 10 am. Drop in. \$3 per class.
Open Bridge - Tuesday at 9:30 am for Intermediate Players.

Tai Chi - Wednesday, March 4 and March 18 at 9 am. Drop in. \$3 per class.

Book Club - Wednesday, March 25 at noon. March book is "Elsey Come Home".

Cribbage - Wednesday at 1 pm.

American Mahjongg - Wednesday at 1 pm.

Grief Support - Thursday at 11 am.

Bowling at Garden Street Bowl - Thursdays at 11:30 am at Garden Street Bowl, downtown Kennebunk. Reduced rates for adults 60+, \$10 for two hours of bowling and shoe rental.

Chinese Mahjongg - Thursday at 1 pm.

Knitting Group - Friday at 10 am. Bring your project, ask questions and make new friends. Acrylic Art Class - Friday at 10 am. Bring canvas, brushes and paints. \$10 per class. To attend: please call the Center at 967-8514.

Movie Day - Friday, March 27 at 1 pm. "Ford v Ferrari" will show at the Center. Free. Please sign up at 967-8514.

Cornhole Tournament - Saturday, March 28 from 1 to 3 pm. Adults 50+ bring your cornhole skills and a potluck dish or snack to share. Limited to first 24 players to sign up: 967-8514.

SaVida Health, an Outpatient Medical Practice for Opioid and Alcohol Addiction, Opens in Biddeford, SaVida Health, a leader in outpatient medication-assisted treatment for opioid and alcohol addiction, opened a new treatment center in Biddeford, ME in December 2019 to address the opioid and alcohol epidemic.

SaVida Health's holistic and customized approach to care sets it apart from other programs by treating each patient on an individual basis and providing comprehensive, evidenced based services designed to meet a person's unique needs.

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

Churches

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

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

First Congregational Church of Kennebunkport, 141 North St., Kennebunkport. Worship services every Sun at 9:30 a.m. FMI, call 967-3897

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

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

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

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

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

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

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

St. Martha's Church of Kennebunk, 30 Portland Road, Kennebunk. The weekend schedule is Sat at 4 p.m., and Sun

at 8 and 10 a.m., weekday Mass Mon through Fri at 9 a.m. FMI call 985-6252.

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

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

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

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

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

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

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

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

Messiah Church

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

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

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

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

Kennebunk Free Library

Applications Accepted for KFL Board of Trustees KFL is seeking individuals with a passion for their local library to apply to join the Board of Trustees. There are openings available for our new fiscal year, beginning July 1, 2020.

This is a very exciting time for KFL. We have recently completed a new strategic plan and are looking forward to putting the plan into action. Would you like to bring your ideas and skills to the table? Thank you for your consideration.

To learn more about being a Trustee, visit our website for FAQs and a Trustee job description. The application is available online or can be picked up at the library's adult circulation desk.

Pi Day Bake Sale Pi Day falls over the weekend this year so Kennebunk Free Library is celebrating early! We will be hosting a Pi Day Bake Sale on Thursday, March 12 from 9:30 a.m. - 5:00 p.m. Looking for a piece of pie to satisfy the sweet tooth? A whole pie for the family? A savory pie for lunch? We'll have it all! We welcome baked contributions from the community. Be as creative as you want when deciding what fits the theme! Please call or stop by to sign up to let us know what you will be bringing in. Contributors are asked to please bring your pies to the morning of the sale to the staff entrance, located on the side of the building facing the church. Please include a listing of ingredients. The Kennebunk Free Library is located at 112 Main St. in Kennebunk. For more information, visit our website at kennebunklibrary.org or call (207)985-2173.

Beadcraft at Kennebunk Free Library Perler Beads - tiny plastic beads that can melt - were first introduced as a craft in Sweden in the 1950's and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on Wednesday, March 4 at 1 p.m. Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. No registration required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Books and Beyond at Kennebunk Free Library Read, make, and do! Kennebunk Free Library is starting a new program called Books and Beyond. Every month, we will read picture books that share a theme, and explore activity and craft stations. This month, the program will meet on Thursday, March 19 at 3:45. Our theme will be Women's History Month. We'll wrap things up with a march through the library. This program is for ages 3 and up. No registration is required. Come read, play, and learn with us! This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website

Discovery Station at Kennebunk Free Library Full STEAM ahead to Discovery Station at Kennebunk Free Library! Discovery Station is a monthly STEAM program designed for children 2-5 years of age accompanied by a parent or caregiver. STEAM is an approach to learning that uses Science, Technology, Engineering, Art, and Math through activities that support curiosity and creativity. STEAM activity stations will give children, with their parent or caregiver, an opportunity to engage in hands-on learning while having fun! Join us on **Wednesday, March 18, at 3:45 p.m. and have fun with this month's theme, Transportation and Things That Move!** The program is limited to 12 children, and registration is required. The event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more

Visit the Kennebunk Free Library to place a bid on an amazing auction item during our silent auction fundraiser, March Madness, from March 2 through March 27. We have a range of fabulous auction items this year, including signed sports memorabilia, tickets, gift cards and themed baskets. New this year, in addition to the auction items, we will have one raffle basket: a Seabag tote filled with 5 Dahlov Ipcar books, a retail value of \$250. Tickets will be \$1 each.

Raffle tickets and bid numbers will be available at the library's adult services desk. Bidding will end at 5 p.m. on Friday, March 27 at the close of business. **Winning bidders will be notified on Monday, April 2. KFL is a nonprofit organization.** Each year, we must raise about 25% of our operating budget through fundraisers such as this. kfl@kennebunk.lib.me.us information or to register, please call 985-2173 x-5 or visit the website www.KennebunkLibrary.org.

Kennebunk Free Library Teens March Friday Fun Are you looking for something fun to do after school on Friday afternoons? Come to the library at 3 p.m. every Friday for fun crafts, interesting activities, and amazing experiments! Just for teens ages 10 and up. This coming month on the 6th we will be creating Frozen Bubbles, on the 13th we will be making Steam Powered Boats, on the 20th we will be creating Pearler Bead Designs, and on the 27th we will be experimenting with Glass Etching! Join us for fantastic programs and spending time with friends. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Lego Club at Kennebunk Free Library The Kennebunk Free Library is offering a Lego Club for children ages 4 and older. The Lego Club will meet on Wednesday March 25th at 4 p.m. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. Registration is not required but encouraged. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Quilting Crafts at Kennebunk Free Library - March is National Quilting Month! Come to Kennebunk Free Library on Friday, March 13 between 2:30 and 4:30 to make a no-sew quilting craft. We will have several crafts available to complete. Create a paper square to be added to a community quilt that will be displayed in the Children's Room. All ages are welcome to attend. No registration required.

This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website www.KennebunkLibrary.org.

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

Tech Time dates are 3/6, 3/13, 3/20 and 3/27. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the

website www.KennebunkLibrary.org.

Windows and Mirrors Family Book Club

Kennebunk Free Library, in partnership with the Maine Humanities Council, is excited to start a new family book club that centers on picture books that highlight the beauty of our diverse world. Children in grades K-5 with their caregiver are invited to join us to hear stories, create art, and talk about the special things that make us both different and the same. Maya Williams, local poet, will be joining us to talk about ways to celebrate ourselves and each other. Registration is required. **We will be meeting at the following dates and times:**

- Monday, March 23 at 6 pm
- Monday, April 27 at 6 pm
- Monday, May 11 at 6 pm
- Monday, June 15 at 6 pm

At our March 23 meeting, we will be reading and discussing All the Colors We Are by Katie Kissinger and Honeysmoke by Monique Fields. Discover how we can find ourselves and learn about others in stories. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Wells Reserve at Laudholm

Tuesdays, March 3, 8-9:15am Hatha Yoga. Begin your day with gentle yoga designed for those who want to stretch, strengthen, tone, and relax on a regular basis. These all-level classes are small enough for personal attention from certified yoga instructor Leslie Fiore, founder of Port Yoga in Kennebunkport, who has studied yoga for 14 years and taught for 12. \$96/\$80 for the 8-week series. Class is ongoing and participants can join mid-series, but pre-registration is required. 207-646-1555 ext 116 or suzanne@wellsreserve.org. 342 Laudholm Farm Rd, Wells. wellsreserve.org

Wednesday, March 11, 12-1pm Living with the Rainforest: The Cultural Knowledge of Borneo's Dayak People. Borneo is among the most biodiverse places on Earth and its indigenous Dayak people hold vast cultural knowledge about the island's native plants. To help document traditional uses of plants for food and medicine, Kristen Grant recently traveled to Borneo. In this lunchtime talk, she will share highlights from her time living with and learning from the Dayak people. Grant is an extension associate with Maine Sea Grant whose work includes a range of activities to build the capacity of coastal communities to plan and adapt for their future. She has lived and worked internationally, holds a Master of Science focused on environmental education, and has an extensive background in outreach education and community development. \$2 suggested donation. 207-646-1555 wellsreserve.org

Saturday, March 21, 10-11:30am Welcome Spring Walk. It's time to look for signs of spring at the naturally beautiful Wells Reserve. Are new shoots coming up? Are flower buds bigger? Is the air lighter? What birds and bugs are returning? Join us to welcome spring with shared laughter and stories. \$7/\$5 or \$15/family. Registration required. Wells Reserve at Laudholm. 207-646-1555 wellsreserve.org
Thursday, March 26, 10-11:30am Wells Reserve Volunteer Fair. Every year, hundreds of community members contribute thousands of hours to the Wells Reserve at Laudholm. They are vital to the reserve's



*Happy
Saint
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research, education, and conservation programs; help maintain the historic campus and extensive trails; and organize top-tier events. New volunteers are always welcome. This Volunteer Fair is an excellent way to learn about opportunities, trainings, and the special benefits of donating time to the Wells Reserve at Laudholm. Meet current volunteers and the staff, who will help you find a good fit for your interests and availability. Free. Mather Auditorium, Wells Reserve at Laudholm, 342 Laudholm Farm Rd, Wells. FMI call Lynne at 207-646-1555 ext 118 or visit wellsreserve.org.

AWS Adoption

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

animalwelfaresociety.org/adoption



Meet Rosie! Fee Waived Rosie is a Golden Girl and can't wait to find herself a new friend. To help her do so, her adoption fee has been waived. Learn more animalwelfaresociety.org/adoption/golden-girls/ "What a lovely thing a rose is!"



Meet Miss Kitty! Miss Kitty takes her title very seriously, and expects her new people to do so as well. She's no scruffy alley cat, she's a "Miss!" She demands class and respect. She also demands a home without young children, where she can get peace and quiet when she wants it. A calm, easy going home will suit her quite nicely. And she best be allowed on the furniture that she pleases, lest she take offense. Allow this gorgeous gal to live on her terms and she'll be very sweet and friendly in return.

Kennebunk Savings' employees surpass 10,000 volunteer hours in 2019

Kennebunk Savings celebrated a milestone as employees volunteered more than 10,500 hours to charities in their communities in 2019 as part of their Community Promise program.

Longtime employee Mike Moloney says once people realized 10,000 hours was within reach, there was a lot of excitement. "From June on, you could feel the energy. Whole departments were looking for ways to get out and volunteer." For many, 10,000 hours became a way to celebrate the 25th anniversary of the bank's Community Promise program which supports local community organizations and causes. The program focuses on meeting an array of community needs from health and wellness to community and economic advancement, arts and culture, education and innovation, the environment and animal welfare.

"Our employees work hard, have family obligations and still find time to support organizations they are passionate about," said Bradford C. Paige, President and CEO of Kennebunk Savings. "They served meals at soup kitchens, took care of animals at local humane societies, read books to children, cleared walking paths, and volunteered at countless community events. The fact that 310 employees could reach 10,000 service hours is a testament to their commitment to our community. For that, I'm truly grateful."

Liz Torrance, the Senior Social Responsibility Administrator in charge of the volunteer program, agrees. "We all live locally and want to be part of our

communities - we want to walk the walk and give our time. . .It's something that's really celebrated at the company."

For employees, the Community Promise program and commitment to volunteering sets Kennebunk Savings apart as a great place to work. When Samik Roy moved to Maine and began networking a few ago, he kept hearing about the bank's commitment to community involvement. "It really drove me to want to work here." Now he's an employee and he's Vice President of the Kittery Rotary Club. "The bank is very giving at allowing us time to do these things," explained Samik, "the Community Promise is one of the most fun parts of my job."

It's also one reason Mike Moloney has stayed at Kennebunk Savings for 23 years. "The bank attracts people who want to give back. You have people that come here for a job, but they stay here because the bank values are consistent with the way they want to live their lives, helping others and doing good."

2019 saw the Community Promise program reach more than \$1 million in giving to nonprofit organizations across York County and seacoast New Hampshire. Since it began a quarter of a century ago, the program has distributed more than \$14 million and Kennebunk Savings employees have volunteered more than 135,428 hours in its name. They look forward to continuing the tradition of giving into the next decade.

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The Early Bird Restaurant Features “Neon” Photographs by Josh Hrehovcik

South Berwick. Cara Maxfield, owner of The Early Bird, is pleased to announce photographs by Josh Hrehovcik will be featured in her South Berwick restaurant through Monday, March 16.

On display are 15 color photographs of distinctive neon signs taken by Hrehovcik during his travels to various states of the country, including Colorado, New Jersey, Pennsylvania and several sections of New England.

Kennebunk resident Hrehovcik said, “You can get a sense of the character of a location by the inventive design, vivid colors and helpful information these neon signs convey. They can be considered a form of art deco styling introduced in the early part of the 20th century. Art deco influenced the designs of architecture, furniture,



“Neon” Rio Photograph by Josh Hrehovcik

jewelry, automobiles, ocean liners, along with household item like radios and clocks. I hope these photographs capture the fun and spirit of the places where they appear.”

Hrehovcik’s colorful photos of neon signs include business names, directions, products, hours of operation and always helpful “open” notices. Size of photo are 4” x 6” and 8” x 10.” All photos are available for purchase and range from \$10 to \$25.

Maxfield said, “It has been a pleasure to provide visitors to the café the creative neon photos by Josh. He has had several themes on display in the past months and the neon signs make a wonderful addition to his photographic style.”

Maxfield, also a silversmith artist, has owned The Early Bird for three years. “It’s a family run restaurant,” said Maxfield. “My son Evan is the chef, and daughters Jillian and Julia help when their schedule permits. We make the kind of food we like to eat. It’s like making a visit to our home. And, we have a lot of fun.”

Hrehovcik said, “It’s a great honor to have my photos featured at The Early Bird. It’s an opportunity to introduce my photos to a new audience. As an artist herself, Cara has shown great support of local photographers and artists by providing a friendly venue to display their works. It also makes a visit to the restaurant a pleasurable experience for great food, while surrounded by works of art on the walls.”

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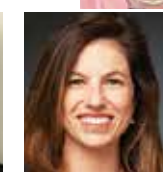
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