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2022**

The Kennebunk

Village

MAGAZINE

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THE FASCINATING LIFE OF “CHICKEN” JOE TAYLOR

Archaeological Finds in Cape Porpoise – A Conversation with Game Warden, TV Star, & Archaeologist Tim Spahr

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On the Cover



"Chicken" Joe Taylor with his sweetheart Barbra Turner.
Photo courtesy of Joe Taylor.

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Am I HUNGRY or CRAVING something?

What is the difference between being hungry, or having a craving? Do you ever feel hungry, but can't think of anything you want? Or vice versa, have you experienced cravings for foods even when you are stuffed to the brim? If so, it may be helpful to differentiate between hunger and appetite.

Hunger is the biological response to replenish the body's energy reserves. This instinct is usually triggered by an event such as low blood-sugar, empty (growling) stomach, hormone fluctuations, a need to warm the body or to protect from starvation. Hunger usually comes on gradually and is generally satisfied by almost any food that provides energy.

Appetite on the other hand, is a desire or interest to eat a specific food. Your appetite is usually triggered by a thought process, mood, emotions, social event, cultural gathering or environmental, for instance walking

into a bakery. This feeling is usually a rapid onset and often persists after eating, generally only satisfied by eating the specific food you're craving, i.e., sweet, salty, etc.

They may not seem very different, but next time you feel 'hungry,' try to decide if you are truly in need of fuel, or if there is something specific that you want. Even just learning to identify these different feelings will help you monitor your calorie intake.

Speaking of calorie intake, this seems to stump a lot of my clients. Whether someone is trying to lose weight or gain weight, I get the most questions surrounding this topic. Before I get into some details, let's start with the basics!

Basal metabolic rate: your body's daily caloric requirement to function without physical activity.

Total daily energy expenditure: a daily estimation of the calories you burn based on your activity level.

Total daily energy expenditure: comprised of three parts,

1. Resting metabolic rate (RMR) – the energy required to keep your body functioning at rest. RMR supports breathing, circulation, neurological functions, etc.

2. The thermic effect of food (TEF) – the energy cost of chewing, swallowing, digesting, absorbing, and storing food.

3. The thermic effect of physical activity (TEPA) – the energy expended during exercise.

4. The thermic effect of non-exercise activity thermogenesis (NEAT) – energy spent doing anything in between that doesn't fall into an above category; simple standing, fidgeting, moving about.

There are calculations you could do to find out these values, or you could Google: 'NASM Total Energy Expenditure Calculator' and plug in your biometrics for a trustworthy result!



Column by: **Heather Evans**
Personal Trainer/Marketing @ Quest Fitness
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The latter three components of daily energy expenditure are dependent on what you do each day, but Resting Metabolic Rate, RMR, is more fixed depending on the following factors:

- Age – RMR can decrease by approximately 2% per decade after peak growth is attained.
- Genetics – over 100 different genes have been linked to obesity.
- Epigenetics – inheritable changes within our genetic expression that occurs without change to our underlying DNA sequence; influenced

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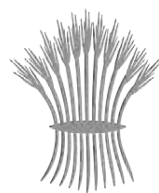


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FREE LECTURE SERIES ON HISTORY AT MUSEUM

Expanded Perspectives of History

The Brick Store Museum is hosting a virtual springtime lecture series called "Expanded Perspectives of History," supported by the Maine Humanities Council. The series will be delivered via Zoom every two weeks beginning on March 10, 2022. On these dedicated Thursdays at 2pm, the Museum will present a visiting virtual lecturer to speak on different perspectives of the history we know. Registration is free, and spots can be reserved on www.brickstoremuseum.org.

To kick-off the series, on Thursday, March 10, Professor Matthew Bahar of Oberlin College will speak on his recent book, "Storm of the Sea: Indians and Empires in the Atlantic's Age of Sail." On March 31, certified genealogist Pam Eagleson will present "Uncovering the Struggles & Stories of Our Ancestors"; April 14th will bring Professor Paul Kelton

of Stony Brook College to speak on "Germes and Colonialism," and May 5th will see Professor David Jones of Harvard University focus on "COVID-19 Through the Lens of Epidemic History." Lastly, the series will bring Kennebunk's own history into focus, with Town Historian Kathy Ostrander Roberts speaking on the town's history of Freed Enslaved People and Kennebunk's Poor Farm on Thursday, May 26.

Participation in these lectures is free and open to the public thanks to the generous support of the Maine Humanities Council, but you must register online at www.brickstoremuseum.org or call the Museum at (207)985-4802. Lectures will be recorded and made available to registrants and Museum Members through the Member Portal after the live presentations. www.brickstoremuseum.org.

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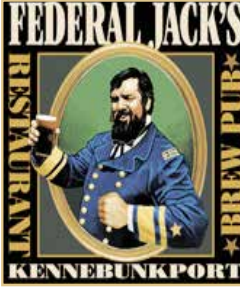
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A Series on Local Artist by John Forssen

...of Carnivals and Cotton Candy

Did you really say carnival...rides...and cotton candy!??

Yes, indeed...and it all belongs to fabric artist Kathy Angel Lee who maintains a production studio in her Old Orchard Beach home...a studio filled, wall-to-wall, with the products of her imagination, computer savvy and skillful fingers: vibrant landscapes large and small, colorful flowers and birds stitched into quilts, framed pieces for hanging, tiny easel presentations and a variety of gift

and note cards...many of the pieces skillfully imprinted with computer generated photographs.

The carnival was years ago, of course, "a hundred years or so," she says with a wink, when she and her husband applied their summers to a small family carnival which they kept on the road for as long as the 'midway' season lasted.

Long before that, however, long before either the husband or the carnival, Kathy was hard at work with needle and thread, sewing her own clothes as a child and sewing the clothes of her children when she became a woman. Quilting was a logical off-shoot of that experience, but she decided early on that she would rather be known as a fabric artist than a quilter.

"As an art form," she says, "There's much more room for creativity. Unconstrained by the endless array and uniformity of cut and

Continue to page 9

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Continued from page 8...of Carnivals and Cotton Candy



Fabric Artist Kathy Angel Lee has raised quilting to an art form.

stitched squares, a whole world of concepts and creative ideas presents itself." wAnd in Kathy's work, that presentation is awash in vibrant colors and memorable images, all precisely crafted.

It was an odd start, however. Her first entry into the world of fabric art was a juried exhibition; and the jurors, after considered study of her entry, agreed to accept the reverse side of her piece, so initially, it was hung with the backside on display.

Of her early work she has fond memories of a piece which has remained with her over the years. It has no name like some of her other

pieces, and it has been washed as often as 'the Velveteen Rabbit', so it may be only a memory of its original self. Still, it has purpose...and she says this with pride. "There is a draft in the basement. But for this quilt, the draft would have its way with the entire house."

A member of the Art Guild of the Kennebunks and Maine Women in the Arts, among other art organizations, she spends most summer weekends, exhibiting at art and high-end craft shows.

So where do the ideas come from?

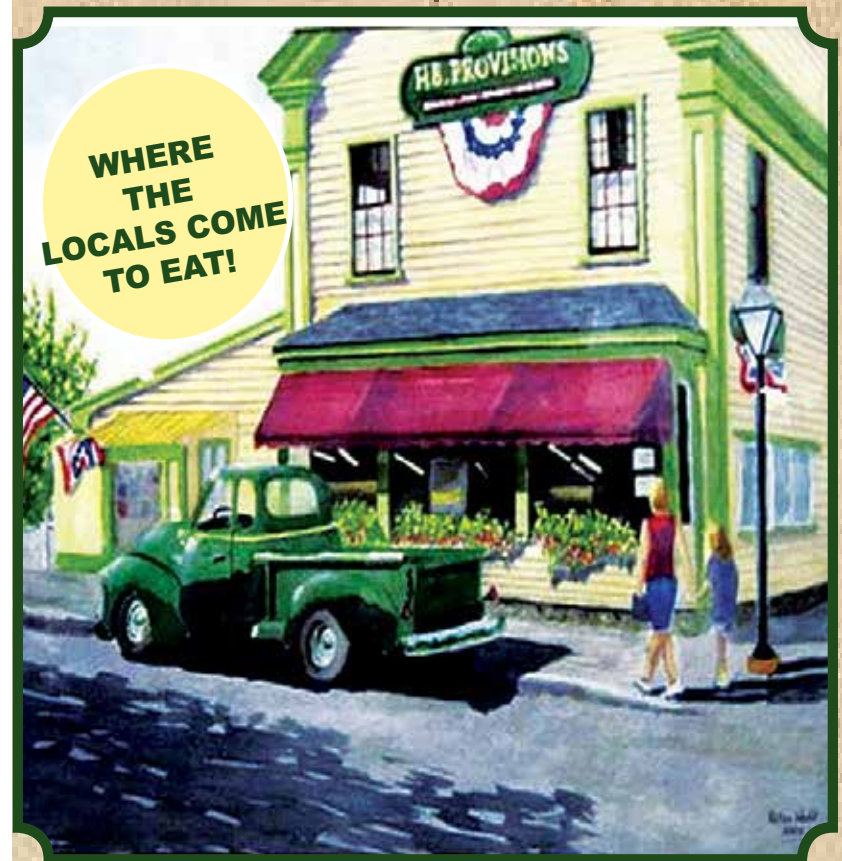
Most, one supposes, must simply lurk about in the dark waiting to be discovered, but there's also her Design Group, five women who meet each month to share ideas and provide support. A recent three-piece work, comprised of layered shades of gray, entitled "storm", came from a word challenge the group set for itself.

Aside from her early carnival years, Kathy has also taught grade school, adult reading and held administrative posts in Portland and Old Orchard Beach schools.

Fabric art, she describes as her 'encore career'.

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Continued from page 4. *Am I hungry or craving something?*

by age, environment, diet, geographical location, lifestyle, and disease.

- Stimulants – ingesting caffeine can boost your RMR daily by 4-5%

- Lean body mass – the ability to preserve muscle mass or even better, build muscle mass can help preserve age-related losses.

- Sleep – lack of sleep has a negative impact on you RMR.

- Low caloric intake – eating less than 800 calories a day or experiencing starvation can suppress RMR. This causes a stress reaction in your body which sends the body out of balance.

Alright, now that we have some background, let's get more specific on the types of fuel your body needs!

Protein: huge factor in weight loss, muscle growth, and hunger satiation. Individuals who are sedentary to lightly active require 1-1.2 g/kg/day. Individuals who are moderately active to extremely active require 1.4-2.2 g/kg/day. What does that mean? If we have a 150lb moderately active person, we first convert pounds to kilograms, (150lbs / 2.2 = 68kg). 68kg x 1.6g = 108g protein daily.

Fat: to prevent any fatty acid deficiencies it is recommended to consume a minimum of 1g/kg of fat per day. For the same size individual, at least 68g of fat per day is necessary.

Carbohydrates: Dietary Guidelines for Americans recommends that carbs make up 45-65% of one's daily calories. If you require 2000 calories a day, then your carb intake should be between 900-1300 calories of carbs.

There is no magic code to unlock a healthy diet, everyone is so different that we each require something special. The most successful people I know have a healthy relationship with food. They view it as fuel to replenish their working body as opposed to a reward or punishment for certain habits. If you are trying to lose weight, putting yourself into a slight calorie deficit is warranted, but emphasis on slight, drastic changes in eating habits only confuses the body and creates stress. If you are trying to gain weight, increasing that caloric intake is essential, with emphasis on protein intake.

Wishing everyone a warm and happy Spring! Namaste

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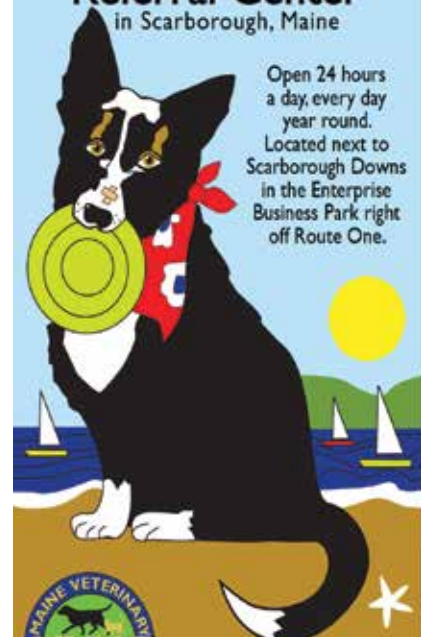
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The Fascinating Life of *CHICKEN JOE TAYLOR*

By: Shelley Wigglesworth, Lead writer

Seventy-two-year-old Joe “Chicken Joe” Taylor hails from Nashua, New Hampshire, though his notoriety in his adopted hometown of Wells, Maine and throughout Southern Maine is second to none.

His colorful bungalow on a strip of property adjacent to the Wells Hannaford has been a curiosity of sorts for decades. The property is known by locals as “Ostrich Island” because of the ostriches Chicken Joe once kept as pets. “I rescued South African ostriches at the Canadian border years ago. This species is known as the ‘Jurassic giant’ and they were headed for a breeding farm for the ostrich meat market before I intervened,” he said. Ostrich Island, which is also referred to as “The Enchanted Cottage” was one time the home of an 85-pound African tortoise named Olive, who could be seen grazing and sunning on the property along with the ostriches years ago. Olive was also a rescue. “I saw an ad in Uncle Henry’s years ago about a free tortoise, I immediately went to a location in rural Maine to pick her up.” The ostriches and Olive the tortoise now reside at the Southwick Zoo in Massachusetts where Chicken Joe continues to visit them.

Over the past decades, Chicken Joe has also shared his home and property on Ostrich Island with a standard sized Arabian mare named Denali, dozens of exotic chickens, Spanish Timbrado canaries, fish, and pure-bred dogs.

Currently, a miniature Arabian horse named Macaroon, two Pomeranian dogs, nine Japanese Chins, a handful of Spanish Timbrado canaries (Joe’s family has been connected to a heritage canary breeding family for over a century) and Joe himself reside there.

Chicken Joe’s love for animals was something he said has been with him all along. The son of a horse trainer, and one of five siblings, he grew up surrounded by pets and began breeding hamsters and guinea pigs as a youngster to sell to pet stores. He attended UNH after high school and for years he worked as a poultry geneticist.

He left his career as a poultry geneticist decades ago to come to Maine and work in the restaurant industry in Wells and Ogunquit. He then switched gears and began breeding Pomeranian and Japanese Chin dogs and offering dog grooming services. He quickly gained a reputation as a top-notch dog breeder and groomer, attracting clients from around the world, including well-known actors and famous musicians. Deborah Harry, the singer best



known as “Blondie” is one of Chicken Joe’s clients. “Debbie has three of my dogs now, and I am placing a fourth with her,” he said.

His grooming skills landed him a spot on the television show Animal Planet. Along with dog breeding and grooming, he later raised Silkie chickens for show and sale, and became a certified fitness instructor. An accomplished pianist, he also



Chicken Joe is “living life to the fullest” with his sweetheart Barbra Turner on Ostrich Island, which is his private home and his “Enchanted Cottage”. All photos courtesy of Joe Taylor

performs at local venues.

Today, Chicken Joe has scaled down his endeavors to being a cardio-aerobics instructor at No Limits Fitness in Wells, an animal placement facilitator, pianist, and most recently, a Malaysian Serama chicken hobbyist.

Malaysian Serama are show and

pet chickens. This miniature bantam breed of chicken which originated in Asia approximately fifty years ago is now gaining attention globally. Chicken Joe keeps his Malaysian Serama's in a climate-controlled room adjacent to his home



Tiny chickens produce tiny organic eggs. Malaysian Serama eggs are said to taste creamy and buttery.



Chicken Joe with his mini Arabian horse Macaroon.



An adoptee of Joe's Japanese Chins Singer Debbie Harry AKA Blondie and Chicken Joe. Photo by Margaret Carlson,



Chicken Joe's irresistible Japanese Chin dogs



which also has state-of-the-art ventilation and air purification systems. The chickens are loved, cared for, and adored, as all of Joe's pets are. The organic miniature eggs they produce are freely given away to friends and those who attend his fitness classes. "Occasionally a hen will hide a fertilized egg and a surprise chick will emerge, which is always fun," he said.

Today, Chicken Joe is "living life to the fullest" on Ostrich Island, which is his private home and not open to the public. He spends his time with his sweetheart and soulmate Barbara Turner, whom he adores and says he "couldn't live without." Turner is equally fond of Joe and said, "He is the kindest, generous person I have ever met." Chicken Joe added "We spend our time enjoying life. We care for the animals, keep each other company and we have so much fun together."

When asked to reflect on his life, and what has been the key to his many successes, Chicken Joe said, "I like to compare my life to the movie 'Big Fish.'

My life has been so different, doing and experiencing so many different things. I try to live a positive life with a positive attitude.

My father always said, 'Don't walk away from negative people, run,' And

I live by that sentiment. Always look for the silver lining, be nice, slow down, love people and pay it forward".



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York Hospital Receives \$25,000 Donation from Kennebunk Savings Hybrid Treatment & Wellness Room at Recovery Center Planned



A rendering of the Hybrid Treatment & Wellness Room, planned for the lower level in the Henry F. Warner, Jr. Building at York Hospital.

Kennebunk Savings is continuing their work as advocates for and supporters of substance use disorder prevention and recovery programs with a new, \$25,000 donation to York Hospital. The funds are being used to create a Hybrid Treatment & Wellness room at the Recovery Center housed within the hospital.

The largest conference room space on the hospital campus is being

renovated with new technology and hardware to facilitate meetings that will engage both in-person and virtual participants. This hybrid treatment model will provide the safest and most effective

way to move forward with intensive outpatient treatment at York Hospital.

"In the years we have spent working within the recovery community, we've learned to emphasize 'peer' recovery, because so much of the success of these programs depends on the trust that is borne out of shared experiences," said Bradford C. Paige, President and CEO of Kennebunk Savings. "Two years into a pandemic, and our partners in the recovery community have had to pivot multiple times to create safe, shared spaces for individuals seeking

that sense of community and support."

"It's not just the constraints imposed by the pandemic preventing access to recovery," added Liz Torrance, Social Responsibility Manager at Kennebunk Savings. "Access to childcare, transportation, and work schedules can be a barrier to adequate care. The new facility at York Hospital will allow patients who need to be virtual to engage remotely with in-person patients as one cohesive group, together in treatment."

"Our experience over the past 18 months with virtual treatment has taught us that this medium is an equally effective delivery model; however, our patients do experience screen fatigue," said Eric Haram, York Hospital Recovery Center Director. "We believe offering this hybrid experience will allow for a more dynamic set of options for appropriate in-person participants, improving overall engagement and retention in care."

"The benefit that will come to this vulnerable patient population cannot be overstated," said Dr. Patrick A. Taylor, York Hospital's President and CEO. "We could not do this important work without the generous support of the business community, and are incredibly fortunate to count Kennebunk Savings as a partner in our collaborative efforts to improve care for all who seek treatment and recovery from substance use disorders."

The York Hospital Recovery Center is the premier seacoast area program, offering outpatient treatment for patients with any substance misuse issues – alcohol, opioids, marijuana, and other substances – and for those affected by others' use. If you need help, call 207-351-2118, Monday-Friday from 8am-5pm. For more information about other York Hospital services and providers, visit yorkhospital.com or contact York Hospital's Community Relations Office at 207-351-2385 or info@yorkhospital.com.



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Column by: Mark Birmingham, Broker
Kennebunk Port & Shore Realty
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Social media has given birth to the acronym: FOMO—the “Fear Of Missing Out.” I doubt it is ever used in the real world. Still, this is a legitimate human phenomenon driven by the fear of missing out on opportunity. We are experiencing a real estate market where this fear is playing out over and over. Not being able to exploit historically high prices to sell your home because you can’t find a new home to move into, makes for a lot of hand wringing.

Powering this fear is the reality of rising mortgage rates which have moved fifty basis points in the first few

weeks of the year, and up from 2.77% a year ago to 3.56% as of February 1st. This, along with higher home prices, are causing angst among frustrated buyers who may have been crowded out of the purchase process repeatedly by cash buyers. And, those financing their purchase now have an added pressure to consider: their purchasing power is dwindling. A potential rise to 4% mortgage rates translates into a \$52,000 reduction in buying power.

All this points to a cooling off of the market. But with prices forecasted to increase 7-10% (source: MEREDA) this year, and inventories to continue their downward track, the “cooling off” won’t happen before the end of this year. Of course, if buyer income increases to offset the loss of buying power, that will only exacerbate the pressures on prices for FOMO folks. This appears to be happening now, and the buyer pool is continuing to swell, auguring more competition, not less.

Economists are not alarmed at an inflation rate not seen in forty

years—7%, saying supply shortages and the evaporating workforce are temporary conditions. But they are also making noises now that these dynamics may be more long term than originally thought. Few of us remember (I am one) the days of 15% inflation in the late seventies. Getting a 7% mortgage back then was a tremendous boon. Now that rate is seen as a recession-maker.

The fear of missing out is real, and is as much a function of sellers’ uncertainty of finding a place to move into as anything. This catch 22 paralysis is not intractable, though. In 2021, 76% of the sales in Maine were over the asking price! Why not ask a buyer for time rather than money? Sell your home at a fair price (perhaps at a slight discount), and lease it back from the new owner for six months or more to give you more time to find a suitable purchase

target. More buyers than you might think are willing to accommodate on terms in this market. This has the added advantage of putting you in a cash position and ready to jump on whatever opportunity comes along. More importantly, your FOMO is in the rear view mirror.



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Remembering Mona Jerome of Ever After Mustang Rescue

By: Lydia Studley, Mona's granddaughter.



Mona Olive Jerome, 83 years old, a resident of Biddeford Pool died Friday, January 21, 2022, at her daughter's home in Kennebunk after a brief illness.

She was born in Biddeford, ME on July 17, 1938, a daughter of Paul Roland and Pauline Althea (Young) Moulton and graduated from Trade Practical Arts High School in Boston, MA and from Southern Maine Vocational Technical Institute in Portland in the Nursing Program.

Mona worked at the former Webber Hospital (Southern Maine HealthCare) for over 20 years, as well as several nursing homes in the area.

In 2002 Mona established Ever After Mustang Rescue at her family farm in Biddeford, where she worked tirelessly to rehabilitate these magnificent animals, until she retired in 2021.

Mona loved her family and enjoyed spending time with them, especially her grandchildren. She was a member of the Order of Eastern Star of Biddeford.

She was predeceased by her husband, Bradford B. Jerome, Sr., who died in 2012 and by her sister, Elizabeth "Betty" Grinnell.

She is survived by her two sons Bradford B. Jerome, Jr. and his wife Dolly of Biddeford and Benjamin E. Jerome and his wife Mary of Biddeford; two daughters Sherry L. Jerome of Kissimmee, FL and Lori Jerome Boothby and her husband Daniel of Kennebunk; one sister, Connie Nixon of Inverness, FL; fifteen grandchildren, sixteen great-grandchildren and several nieces and nephews.

A Celebration of Life Service will be held at the family farm in Biddeford in the Summer of 2022.

Email and business/adoption inquiries to:
everaftermustangrescue@gmail.com

In lieu of flowers, donations in Mona's memory can be made to the Ever After Mustang Rescue, 463 West Street, Biddeford, ME 04005.

Most people have a grandmother who bakes for them and does knitting and, although my grandmother, Mona Jerome, would surprise us from time to time doing those things, she was better known for her tireless work advocating for and working with wild horses. We have a family joke used mostly by my brothers who strength train college athletes and need to motivate them to work harder, "my grandmother works harder than that," and the best part was they weren't lying!

My grandmother started her work with wild horse in the 1980's, when mustangs were looked down upon. They were seen as the underdogs. Her goal was to work with these horses and then showcase them and their potential at local horse shows, trail rides and community events. She would then find them homes. In 2002 she officially founded Ever After Mustang Rescue as a nonprofit organization to focus 100% on helping save America's Wild Mustangs. A lot of the horses she helped save had very traumatic starts. Once captured from the wild, coming to the Rescue was often their last chance.

My grandmother served as a mentor in the horse world for many years. A lot of people began taking lessons with my grandmother and, although she wasn't always considered easy on people, she was respected for pushing them to be better and for always putting what was best for the horse first. Her passion also helped bring many more wild horse owners and advocates to New England.

I want my grandmother to be remembered for devoting her life to her passion. Farm work isn't easy, but neither is rescue work. She really did give a lot of herself to the Rescue and her love for wild horses. I also want her to be remembered for her strong family values and faith.

Ever After Mustang Rescue will carry on with her work to help save as many horses as we can, one horse at a time, and I hope that it continues to be a positive environment for people as well. There is something so healing about working with horses and I want more people to experience that.

My grandmother influenced my life in more ways than I realized. I was fortunate enough to get to work alongside her for most of my life. As I got older it was always the plan that when she was ready, I would take over the work that she was doing and that's what I am doing now. Although she left me big shoes to fill, I will continue doing the work as she taught me. I am thankful that I have a huge family to support me - just as my grandmother had - and I think together we can make my grandmother proud.

Mona Jerome & the Mustangs

A personal note from Gabriela Quinn

We are sad to hear of the passing of Mona Jerome, Founder of Ever After Mustang Rescue. Her love for all horse and passion for the Mustangs will be remembered, as well as her commitment towards the rescue of feral horses.



existence of 'wild' horses and the continuing conflict with ranchers over grazing rights between their cows, and the horse's right to eat grass, preventing starvation.

It was due to Mona that more people are aware of the

round ups conducted by the Bureau of Land Management, part of the federal government promoting capture and sale of Mustangs. Round ups leave horses severely injured, tear herds and families apart, and ultimately take away the horse's freedom, so they can be sold for a dollar or placed in rescues.

In addition to all the unwanted domestic horses given up or sold every day, the Mustangs add another population for which homes are lacking, as horse owners continue to sell or give up their horses. As the number of unwanted horses continues to increase, many end their lives transported to slaughter across US borders. Mona helped domestic horses over the years, taking in unwanted horses. She was a loyal friend to horses.

When my 1st horse Blue died in 2008 we discussed the possibility of a Mustang becoming a part of BlixHorses. The decision was very difficult. I could only choose one horse. Since demonstrating the use of a modern bitless bridle for riding and good riding practices was and still is an important part of our work, I didn't feel it was necessary to use a Mustang that had never been ridden in this way. I felt it would be an injustice to the horse whereas the horse who came, Fritz, had always been ridden and was accustomed to that type use. It was a hard decision as I would have loved to to have a Mustang be a part of BlixHorses.

Due to Mona, locals and visitors to southern Maine are aware of the



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Ingredients:

1/2 cup butter, softened (1 stick)
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 1 small box instant vanilla pudding mix (3.4 oz)
 1/2 tsp salt
 1/2 tsp baking soda
 2 cups all-purpose flour
 2 tsp mint extract
 3 drops blue coloring + 10-15 drops green coloring
 1 1/2 cups chocolate chips

Instructions:

Cream together sugar and butter.
 Add egg, sour cream and pudding mix.



In a small bowl, combine flour, salt & baking soda.

Incorporate flour mixture into the pudding mixture and mix until well combined. Add mint extract and food coloring until desired color is achieved.

Add chocolate chips.

Drop by rounded tablespoonfuls onto greased cookie sheet.
 Bake at 375 for 10 minutes. Transfer to a cooling rack and enjoy! Yields 3 dozen cookies.

Looking for a Picture Perfect Day? Join Kennebunk Land Trust and Seacoast Photography School for a Photography Tour on March 12th.

As part of Kennebunk Land Trust's (KLT) 50th Anniversary event, join KLT and Seacoast School for a photography tour at KLT's Butler Preserve on March 12th (Rain Date March 13th) from 2:30-4:30pm.

Instructor David Mazur will help participants master the basics such as aperture, shutter speed, ISO and composition for successful photography and KLT's Butler Preserve is a little gem of a walk just off Rte. 35, a perfect setting to improve photography skills. This tour is open to people with DLSR, Mirrorless Camera or Smartphone.

Pre-registration is suggested by calling KLT 985-8734 or emailing kennebunklandtrustinfo@gmail.com. This is a FREE event (a \$175 value) but donations are gladly welcome). Winter weather can make trails challenging. Crampons, ice cleats, and poles are helpful.

About Kennebunk Land Trust: The mission of the Kennebunk Land Trust is to permanently conserve and steward land to benefit natural and human communities and began its work in 1972 and celebrating its 50th anniversary this year.

To learn more: www.kennebunklandtrust.org.

For the Birds: Kennebunk Land Trust's First Saturday Walk on March 5th at For All Forever Preserve.

As part of Kennebunk Land Trust's (KLT) 50th Anniversary events series, a recurring monthly first Saturday walk with Linda Littlefield Grenfell will take place on March 5th at 10 am at KLT's For All Forever Preserve. The 111 acre property contains a flawless forest as well as wetland areas, fields, and a mile of frontage on the Mousam River and is a beautiful location for this walk.

Linda is a Maine Guide and a Maine Master Naturalist and engaging guide and sharing thoughts and information on all things birds. Linda is an environmental educator at Wells Reserve at Laudholm and her passion is connecting people with their heritage.

Pre-registration is suggested by calling KLT 985-8734 or emailing kennebunklandtrustinfo@gmail.com. This is a FREE event (donations are appreciated). Winter weather can make trails challenging. Crampons, ice cleats, and poles are helpful.

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Tales from the ARCHIVES

Vice-President Charles G. Dawes

Comes to Kennebunk



By, Leanne Hayden
Collections Manager
Brick Store Museum

As the saying goes “History never repeats itself, but it does often rhyme.” This quote came to mind after reading a speech by United States Vice-President Charles G. Dawes that he delivered in Kennebunk in 1926. By this time, Dawes had served his country in various roles including, serving President McKinley as Comptroller of the Currency for the United States Treasury Department, he enlisted in the Army during WWI, after the war he served on the Allied Reparations Commission that helped Germany restore its economy with the Dawes Act for which he received the Nobel Peace Prize in 1925. Republican Calvin Coolidge chose Dawes as his vice-presidential candidate, and they won the election in 1924.

On July 4th, 1926, Vice-President Dawes came to Kennebunk, arriving by train at 11:28 Sunday morning. He was a guest of Kennebunkport native and well-known author, Kenneth Roberts. The speech he ended up giving in Kennebunk was not planned, it was arranged only after his arrival. The newspaper reported that if it had been known that he was to view the parade and make a speech that citizens from all over York County and beyond would have poured into the village. Instead about 1200 people assembled to hear the speech which lasted only about 30 minutes. He started out saying that he had just spent the last seven months presiding over the Senate and was not particularly interested in speeches. “But” he said, “this is the Fourth of July. And when one is called upon, it becomes his duty to respond in such degree as he may and for my part I

enjoy the privilege here in this quiet place, where the equipoise of the people lends itself to sober thought and happy memories.”

The Vice President had other acquaintances in town that he would be visiting during his stay. He would also be visiting Miss Georgia Parsons who was a classmate of his mother at Ipswich Female Seminary. After telling the crowd of this connection to Miss

too much on public opinion”.

The following are excerpts from his speech.

“We are following the crowd. We are taking little heed of the past and of the foundation of our Nation. We are merely thoughtless, not wicked or anything seriously bad.... The Constitution establishes checks on hasty thought, on emotional leadership, on following the crowd. That was its

that the demagogue has a fine chance to operate. It is the easiest thing in the world for the man who has a command of language and a power over human emotions to go about appealing to you to vote for him, for this reason or that. This is dangerous. The genius of the crowd is not intellect. The crowd rarely thinks at all. Its peculiar genius is a fusion of the things they all have in common, the essential emotions and feelings aside from thought. It is very impressionable. It has little reasoning power when swept by its sentiment or its anger, or its hate. The crowd can be stirred to do the basest of things-such as no individual alone would do; and it may be aroused to deeds of great heroism.”

The newspaper article made particular note of his closing sentence, “he said that in his opinion the introduction of the radio was of enormous benefit to sober thought.... He (the listener) could follow his own mind. He was not penned into a seat or held enchanted by scenes. Away from the physical presence of the speaker his own mind held sway.” He felt the radio was destined to “upset the appeal of the demagogue.... He no longer speaks to the few-but to the millions and only cold and reasonable thinking will prevail. He (the demagogue) will hesitate to make statements to the few that will not stand for the many.”

In closing the Vice-President spoke of Maine and its pleasures and Kennebunk and Kennebunkport as lovely towns with fine people. He thanked everyone especially his friends Kenneth Roberts and Booth Tarkington. The speech was a rousing success with people waiting to greet him and shake his hand afterwards. Dawes stayed with Mr. & Mrs. Roberts until Wednesday when he left for a celebration in Salem, Massachusetts accompanied by his Kennebunk host and hostess.

One of the most important aspects of historical research is understanding the context of events but when reading this speech, it is difficult to not let present-day politics come to mind and how much has changed but also how much is still relevant. One thing Vice-President Dawes clearly did not anticipate was the invention of television.



1926 Vice President reception. Photo credit: Kennebunk Free Library Collection.



1926 reception. Photo credit: Kennebunk Free Library Collection.

Parsons, she drove up to the stand in her auto. He stopped his remarks and made a bow to her saying, “How do you do, Miss Parsons.”

He then preceded on with his speech which was on the great danger of the day which he believed was “mob-thinking, mob voting and the danger of relying

great elemental principle. Nothing is more dangerous than the impulse of the crowd.... The passing today of popular thought is too often crystalized into law, and it should not be.... Again, this is the day of the demagogue. Such is the ease of public travel, the ease with which men may be reached and gathered in groups,

Ogunquit Museum of American Art Announces its Exhibition Schedule for the 2022 Season

Ogunquit Museum of American Art (OMAA) has announced its slate of exhibitions for the 2022 season, which takes place from Sunday, May 1 through Monday, October 31, 2022. This year, the galleries of the Museum will feature a variety of landscapes, sculpture, historic photography, political cartoons, and a dash of hopefulness.

The Museum opens May 1 with two exhibitions that continue through July 19: Josephine Halvorson: On the Ground; and Philip Koch: Isle of Dreams. The second half of the season opens on August 1 with two new exhibitions and continues through Oct. 31: Sue Miller: Personal Voyage; and John Walker: From Low Tide to High Tide. In addition, six exhibitions will be open throughout the season, from May 1 to Oct. 31: Jim Morin: Drawing and Painting; Virginia Overton: Untitled (Cardinal C-80); The View from Narrow Cove; I'll Bring the Luck with Me: Hunting and Fishing with Henry Strater; Robert Laurent: Open Studio; and Hopeful: A Project by Charlie Hewitt.

"The artists featured in the Museum this season have assembled incredible works in many mediums that reflect different views of American art," said Amanda Lahikainen, PhD, Executive Director of Ogunquit Museum of American Art. "We are very excited to welcome our visitors this year to share in the beauty of the works of art as they are portrayed in our vibrant galleries."

**Josephine Halvorson: On the Ground
Carol and Noel Leary Gallery
May 1 – July 19, 2022**

OMAA is pleased to present an exhibition of paintings by Josephine Halvorson (b. 1981, Brewster, Massachusetts) from the series, "On the Ground," which is also the title of her essay published in *Art in America* (June/July 2018). Each work consists of two components: a central panel depicting a patch of ground seen from above and a frame that incorporates materials from the site where the interior painting was made. Crushed rocks and debris constitute evidence of a place, such as Maine, and screen-printed units of measurement and calibration operate as keys to perception, indicating scale, orientation, and color. Making art outside since her earliest days growing up on Cape Cod, Halvorson pushes against traditional landscape painting and conceptual land art with her practice which, as she has described, is to "translate dimensionality into flatness, mapping the transformation of the real into the realm of metaphor."

**Philip Koch: Isle of Dreams
Little Gallery
May 1 – July 19, 2022**

This spring, OMAA will present an exhibition of paintings and studies by Philip Koch (b. 1948, Rochester, New York), known for colorful, panoramic landscapes and an affinity with early modern American artists such as George Inness, Winslow Homer, Rockwell Kent, and Edward Hopper. Koch

has been given unprecedented access to Hopper's studio in Truro, Massachusetts, completing seventeen residencies there since 1983. In the Hudson River School artists, such as Thomas Cole and Frederic E. Church, Koch sees a reflection of his own appreciation of nature's power and beauty. A selection of Koch's recent work highlights the island as subject and symbol, and its reappearance, again and again, in his depictions of Maine locations, such as Isle au Haut and Ogunquit, and other places.

**Jim Morin: Drawing and Painting
Long Gallery
May 1 – October 31, 2022**

This season, OMAA is pleased to present the multifaceted work of Jim Morin (b. 1953, Washington, DC). Best known as the distinguished editorial cartoonist for The Miami Herald for over 40 years, Morin is a longtime painter in oil and multiple Pulitzer Prize winner in journalism for his cartoons. He stands out among his peers by connecting the artistic process of working in these two different media, noting "My paintings affect my drawings and vice versa." This exhibition features a selection of the artist's drawings and paintings that spotlight the environment and landscape. Morin's enduring concern for the planet and how varied human activities impact it over time emerges as particularly compelling within the broad spectrum of issues addressed in the more than ten thousand cartoons made over his career. His keen interest in this topic sustains and underlies many of his paintings, which celebrate the beauty of the natural world and reflect a sense of place that includes the landscape in Maine, and in Ogunquit where he now lives and works.

**Virginia Overton: Untitled (Cardinal C-80)
Sculpture Garden
May 1 – October 31, 2022**

OMAA is proud to present Untitled (Cardinal C-80) by Virginia Overton (b. 1971, Nashville, Tennessee) in its sculpture garden this season. Untitled (Cardinal C-80) is made from a steel frame stood on end to create an L-shape and inlaid with pieces of salvaged white marble. Previously used as a forklift glass carrier, the title references an industrial mark on the frame's outer edge: "Cardinal C-80." Through subtle and drastic interventions, Overton re-contextualizes once utilitarian items commonly associated with factories, farms, and construction. Often sourcing materials in the places where she works, Overton found the discarded steel carrier in the west end of Toronto, where the sculpture was first shown at Evergreen Brick Works in 2019.

**The View from Narrow Cove
Minnie S. Ireland Gallery and Barn Gallery
May 1 – October 31, 2022**

At the turn of the 20th century, urban artists in search of new subject matter found inspiration in this stretch of coastline, forming schools, then communities. The resulting contribution to the greater art world seemed beyond the scale of the once sleepy fishing village that made it possible. Artists affiliated with diverse chapters of American art history, such as the Federal Art Project (1935–1943) of the Works Progress Administration, the Armory Show of 1913, the Ashcan School of the late 19th and early 20th centuries, and The Penguin (1917–1923) group in New York, came to work in Ogunquit, making connections and developing styles that would advance their work in Boston, New York, and beyond. With selections ranging from the late 19th

century to the present, The View from Narrow Cove draws primarily from the museum's permanent collection and provides an overview of artists from the early years of Ogunquit's artist colonies, including Charles H. Woodbury (1864-1940), Hamilton Easter Field (1873-1922), Yasuo Kuniyoshi (1889-1953), and Rudolph Dirks (1877-1968), among others.

**I'll Bring the Luck with Me: Hunting and
Fishing with Henry Strater
Henry Strater Gallery
May 1 – October 31, 2022**

A major theme for artist and OMAA founder Henry Strater (1896-1987) was what he called "the disorganized abundance of Mother Nature." Strater was an avid hunter, fisherman, "polar bear" swimmer, and adventurer. He kept pace with his friend Ernest Hemingway on globetrotting hunting and fishing expeditions, including the 1935 outing from Bimini rumored to have inspired Hemingway's 1952 novel *The Old Man and the Sea*, from which this exhibition takes its title. In hunting themed still life paintings of the 1930s, as well as in flower filled coastal landscapes of the 1960s, Strater's observations reflect his passion for outdoor activities and are rendered in a signature brushwork as bold as his lifestyle. Through paintings, historic photographs, and personal memorabilia, *I'll Bring the Luck with Me: Hunting and Fishing with Henry Strater* examines the connection between his occupation as a painter and his life as a sportsman. This exhibition brings together diverse works from various periods of Strater's oeuvre, including Goldeneye Drakes (1933), which appeared in OMAA's inaugural 1953 season, and *The Bait Stealers*, painted in Florida in 1966.

**Robert Laurent: Open Studio
Barn Gallery
May 1 – October 31, 2022**

Displayed in a re-creation of his studio in Cape Neddick, Maine, Robert Laurent: Open Studio presents drawings, paintings, and sculpture by Robert Laurent (1890-1970) and artists in his circle. This exhibition brings the personal side of his practice to the forefront and provides a glimpse into the space of his artistic production between 1922 and 1970. By highlighting his interactions with Hamilton Easter Field (1873-1922), Wood Gaylor (1883-1957), Bernard Karfiol (1886-1952), Elyot Henderson (1908-1975), and his son John Laurent (1921-2005), this installation examines Laurent's role in the Ogunquit artist colonies and the ongoing impact of his teaching career and legacy.

**Hopeful: A Project by Charlie Hewitt
Entrance Gallery
May 1 – October 31, 2022**

This season, OMAA is proud to participate in *Hopeful: A Project by Charlie Hewitt*. In 2019, Charlie Hewitt (b. 1946, Lewiston, Maine) was commissioned by Speedwell Projects, a nonprofit gallery in Portland, to create public art for its rooftop located at the nexus of five city neighborhoods. Hewitt installed a colorful and bright sign, lit with marquee lights and featuring a bold and simple message, "Hopeful." The retro design is influenced by signs for roadside attractions recalling an earlier era. Hewitt collaborates with David Wolfe at Wolfe Editions in Portland on the design and with Neokraft Signs in Lewiston on fabrication. A commitment to working with local artisans and makers is central to Hewitt's artistic practice. On January 20, 2021,

Hewitt's *Hopeful* sign in Lewiston appeared during the nationally televised *Celebrating America* event following the inauguration of Joe Biden as the 46th president of the United States. In addition to Portland and Lewiston, Hewitt has shown more *Hopeful* signs in Bangor and Brunswick, as well as in other cities and towns in Maine, and other states across the country.

**Sue Miller: Personal Voyage
Little Gallery
August 1 – October 31, 2022**

Sue Miller's (b. 1939, New York, New York) visionary painting is inspired by many things. Pulling from interests that range from mythology and art history to a love of poetry and music, she creates work that is simultaneously abstract and representational. Having sailed most of her life, she's informed by the memory of coastal landscapes, by light reflecting off water, and by nautical forms. But while the artist might draw upon direct observation, her paintings are essentially abstract, richly saturated with color and expressive in their intent. Some incorporate personal letters or marine charts and when a student sent her a picture of a Viking ship two years ago, the square shape of the sail became a launching point. "It was the shape lifted into motion that energized me," she later remarked about thickly painted work into which she's integrated fabric and wood. "Eventually the subject wasn't a boat or a sail. Instead, it became part of my own personal voyage into the act of painting itself."

**John Walker: From Low Tide to High Tide
Carol and Noel Leary Gallery
August 1 – October 31, 2022**

When John Walker (b. 1939, Birmingham, England) first visited Maine, he couldn't paint landscape. "It was too pretty, too scenic—I felt I couldn't do anything with it." Known for emotionally charged abstract work, the artist draws upon personal history and his love of art. A cinched-waisted shape pays sincere homage to Goya's *The Duchess of Alba*, and in the 1990s, he was inspired by that painter's meditation on the disasters of war to make paintings about his father's traumatic WWI experience. Following that, landscape made sense. Still determined not to paint pretty pictures, he concentrated on mud and debris left by outgoing tides and incorporated dirt into his medium, repeating observations made by other artists that "paint is only colored mud anyway." And, perhaps mindful of the capricious nature of war as a game of chance, he recorded mercurial shifts of weather on discarded bingo cards in paintings that are nevertheless monumental in scope. But large or small, "Low Tide" works from the early 2000s uniformly reflect upon loss and a kind of inherited trauma that poet Rosanna Warren describes as "pressed from memory's trench." After years of looking down at pools and rivulets formed by outgoing tides, Walker's mood unexpectedly shifted. "It used to be I could only paint when the tide was out," he says. "Now it's all about water coming in." Lighter and more open, his more recent "High Tide" work captures the zigzag reflection of sun on fast moving water, generously communicating a renewed optimism in painting's ability to take us to places we've not yet been.

For the 2022 Exhibition images visit <https://ogunquitmuseum.org/exhibitions-collections/current-exhibitions/>

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By John Forssen

When I was a boy, the Dead Sea was only sick....

That's a George Burns line. He started making us laugh back in 1935 and was still carrying on 60 years later when, at 99, he received the Screen Actors' Guild Lifetime Achievement Award.

Much of his later comedy, like the man himself, settled good-humoredly into old age....I'm very happy to be here, he once quipped, at my age I'm happy to be anywhere... or...At my age, flowers scare me.

Either one brings a chuckle and a knowing I-hear-you-brother nod from those of us who can hear the clock ticking.

The thing about aging is that sooner or later you figure out that it's not going to end well...no survivors. As the bright red leaf on an autumn maple reminds us, our days are numbered. So why fret...when you can die laughing.

For my own part, I met my approaching elderliness when one of my students took me aside one day and, lowering his voice to a conspiratorial whisper, asked me if I was married.

I should note here that this was an alternative program, middle school, and, even on our best days, what we accepted as peace and quiet, regular classroom teachers would call mayhem. To our credit, no one was swinging from the chandeliers, but that was only because we didn't have them.

So the question, while not surprising, was clearly a distraction. We were, after all, curiosities to these kids, nothing like the real-life teachers they left behind when they were removed from their regular classes. To them, we were oddities, evolution's dead-end, if you will, and as such, subject to constant probing.

Laughing at the Tick of the Clock

From his expression, I could tell he was serious. Indeed, if only for a passing moment, the boy had something on his mind...how delightful, I thought, regardless of how far it strayed from the language arts drill spread on the table before us.

This wasn't my first day, however; I could see the contest taking shape, a clever maneuver on his part to run out the clock on our allotted time for learning. So I offered a simple "yes" and tapped my pencil against the workbook to bring our attention back to the task at hand.

But he was suddenly crestfallen. "You mean, like you have a wife?" He replied, as if one could exist without the other.

I nodded apologetically. It seemed appropriate given his apparent disappointment. "Yes, a wife," I said.

He struggled for a moment, his eyes narrowing. Then, with sudden mocking authority, he hooked his thumbs in his jeans and declared "Too bad for you. You just missed a chance of a life-time."

"...Really?"

"Yeah....I was going to fix you up with my grandmother."

"Your grandmother...?" I said, the rise in my voice on the last syllable registering my disbelief. Then I said it again, "Your grandmother," more quietly this time, but still registering disbelief.

"Yes," he said, a little peevishly. "You're not all that old," he offered, tossing me a bone, I suppose, "and she's really hot."

I tried to fit that description to my own grandmother and the thought stuttered in my mind, unable to find purchase. My computer does the same thing when it spits out a misspelled password.

Until that moment, it had never occurred to me that I might be aging, that the years were stacking up, indeed, that unless I planned to live well past 100, middle age had slipped by some time ago.

Suddenly, I was distraught. No matter how I saw myself, it was obvious that the world was quietly watching

me make my way slowly 'round the bend...and, chuckling, no doubt. For a moment, I thought I could hear them.

To make matters worse, the next day he brought in a picture of his grandmother. She had flaming red hair and a smile that made her look like mischief's best friend. Dressed to the nines in her black leathers, helmet in hand, she was leaning...expectantly, it seemed...against a giant Harley-Davidson.

Indeed, she was hot...clearly, too hot for a man my age. Whomever she might have been expecting, she would have been dismayed at my approach.

It should have occurred to me, being some forty years older than this boy, that his grandmother could still be a decade or so my junior. If I wasn't, as he put it, all that old, she was even less so.

That should have made me feel better, but it did not...motorcycle or not, being compared to a grandparent

felt like having my measurements taken for a coffin. My life was over. The spell of eternal youth, that bit of magic we all carry with us, had been shattered.

I suppose I knew, somewhere in the back of my mind, that the years were going by: my step had slowed, the prescription for my glasses kept getting stronger, and I was on medications for digestion and cholesterol...yet, and this is important, I'd never been called out before.

That was the game changer.

"I'm really happy to be here." The words echoed in the back of my mind...at my age, I'm happy to be anywhere."

That night, the grandmother had the audacity to appear in my dreams. She was with her grandson, my student, and he was pleading with her. "Grandma, please, no...he's much too old for you."

He never mentioned me by name, but I knew...everyone knew...they could hear the tick of the clock, and they were laughing.

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ARCHAEOLOGICAL FINDS IN CAPE PORPOISE

A Conversation with Game Warden, TV Star, and Archeologist Tim Spahr

By: Shelley Wigglesworth, Lead writer

The Cape Porpoise Archaeological Alliance was formed and founded in 2016 by Registered Professional Archaeologist Tim Spahr and Dr. Gemma Hudgell. Spahr is a resident of Kennebunk and former Maine State Game Warden who formerly starred in the popular television series *North Woods Law* on Animal Planet. Hudgell is a professional archaeologist, co-owner, and the principal investigator of Northeast Archaeological Resource Center. In addition to Spahr and Hudgell, the CPAA team includes Arthur Anderson PhD, Kate Pontbriand MS, Dawna Lamson BA, and Elizabeth Kelley MFA.

Spahr talked about his journey to

becoming an archaeologist and forming the CPAA. "After completing my master's degree at Harvard in Museum Studies which included a practicum at the Peabody Museum of Archaeology and Ethnology and an internship under Dr. Arthur Spiess at the Maine Historic Preservation Commission, I organized the program with the Brick Store Museum and the Kennebunkport Conservation Trust. For the past six years, we have been conducting grant funded archaeological test surveys and some excavations off the islands off Cape Porpoise."

In those six years, Spahr and his colleagues have uncovered artifacts from peoples visiting Cape Porpoise for eight thousand years, and that Cape Porpoise was a place of early contact between Indigenous peoples and some

of the first Europeans to arrive in Northern New England. "There has been little archaeology done in southern Maine to document and archive this, which makes our work even more important; accruing data before it is lost to erosion," he said.

One very notable find in Cape Porpoise was the remains of a dugout canoe which was partially revealed by shifting tidal sands. A small sample of wood taken from the artifact gave a radiocarbon date of between 1275 and 1380 A.D. (about seven hundred years old), confirming its nature as a precontact vessel, and making it the oldest known dugout canoe in the northeast United States and Maritime Provinces.

Other artifacts such as stone tools from the Middle and Late Archaic



Tim Spahr of *North Woods Law*. *Courtesy photo*

periods (7,500 to 3,000 years ago), Woodland-Ceramic period (3,000









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to 500 years ago) and clay pipe stems from the first Europeans that arrived in Northern New England in the late sixteenth century were also recovered. "This means that people have lived in Cape Porpoise for at least 7,500 years. The Precontact artifacts have been recovered from various places on the islands and indicate the locations of former campsites or stopping-off places; each of these areas has been designated an archaeological site by the Maine Historic Preservation Commission," Spahr explained.

Spahr said the stone tools and flakes found were fashioned from several types of rocks from distant regions implying they came to Cape Porpoise through trade or travel. "The range of styles of stone tools recovered tell us the age of the sites, as these styles changed through time in a manner well documented through the northeast. The varieties of stone materials also inform on site age, as certain materials appear in the archaeological record at known times in the past and reflect patterns of trade and travel at those instances."

When archaeologists conduct field surveys and excavations, exact locations of their work are recorded, and artifacts are documented. Spahr said precise locations are kept confidential to keep the ancient remains in an undisturbed state for careful and accurate data



Spahr and the CPAA team conduct a field study in Cape Porpoise. Photos by Elizabeth Kelley.

as archaeologists as well as our mission as a team, comes from a place of respect for the original Wabanaki people of this land that is now called Maine. We stay in close contact with the Tribal Historic Preservation Officers and maintain good working relationships within the in the Wabanaki Federation."

Tools frequently used to recover artifacts are trowels, screens, compasses, and surveying devices called transits. Artifacts that are recovered from a site are meticulously and safely transported to a laboratory. In the case of the CPAA, that laboratory is at the Brick Store Museum. Once at the lab, artifacts are washed, analyzed and information is documented through photography and drawing, then cataloged.

Reports of the findings are submitted to the Maine Historic Preservation Commission annually and information and exhibits on findings have been/ or are on display at The Brick Store Museum.

In recent years, four professional

papers on the findings of the CPAA team and extensive research efforts have been published. "Two papers were published in the Journal of Island and Coastal archaeology which is an international scientific journal, and three papers were published in the Maine Archaeological Bulletin in addition to annual survey reports to the Maine Historic Preservation Commission. Copies of the papers published in JICA, and the Maine Archaeological Bulletin are available upon request become and part of the archaeological record," Spahr said.

When it comes to the future of CPAA, Spahr said, plans are to continue to conduct professional archaeology based in scientific principals and ethics while engaging interested citizen scientists, and to secure funding to allow for more

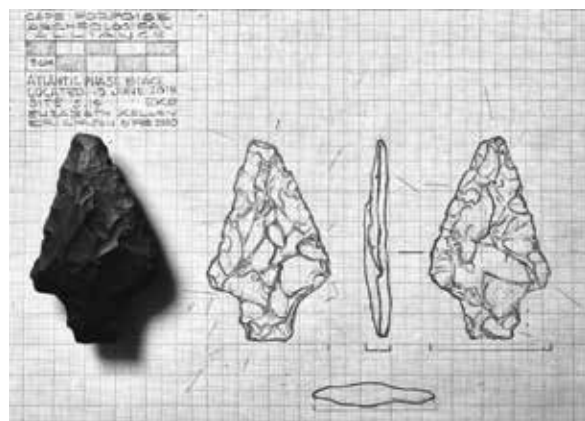
research. "When it comes to advancing projects, funding is always an issue and can advance the work or lead to setbacks. All CPAA activity is funded by grants. My hope is to see an endowment established but it's a difficult endeavor," Spahr said.

For more information about the CPAA, and how

to contribute, please contact Spahr at: timsphahr.cpaa@gmail



diagnostic artifacts found at CPAA dig sites. The artifacts in this photo range from 7,500 years before present to the mid 1600's.



Example of CPAA archeological find record and drawing.

collection and to discourage looting of artifacts. "All of our archaeological research is confidential. It is important to note, we are not just looking for things, we are trying to learn about the people who used those things hundreds or thousands of years ago. Our methods

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BRICK STORE MUSEUM

Thursday, March 10: "Indians & Empires in the Atlantic's Age of Sail" lecture, Brick Store Museum, via Zoom, 2:00pm. The "Expanded Perspectives of History" lecture series by the Brick Store Museum (supported by the Maine Humanities Council) welcomes Dr. Matthew Bahar of Oberlin College to speak on his recent book, "Indians & Empires in the Atlantic's Age of Sail." Registration is free, donations gratefully accepted to offset stipends for speakers. To register, visit www.brickstoremuseum.org or call (207)985-4802.

Thursday, March 31: "Uncovering the Struggles and Stories of Our Ancestors" lecture, Brick Store Museum, via Zoom, 2:00pm. The "Expanded Perspectives of History" lecture series by the Brick Store Museum (supported by the Maine Humanities Council) continues with Pam Eagleson, certified genealogist, focusing on the hidden histories of our ancestors. Registration is free, donations gratefully accepted to offset stipends for speakers. To register, visit www.brickstoremuseum.org or call (207)985-4802.

"Expanded Perspectives of History." To kick-off the series, on **Thursday, March 10**, Professor Matthew Bahar of Oberlin College will speak on his recent book, "Storm of the Sea: Indians and Empires in the Atlantic's Age of Sail." **On March 31**, certified genealogist Pam Eagleson will present "Uncovering the Struggles & Stories of Our Ancestors"; **April 14th** will bring Professor Paul Kelton of Stony Brook College to speak on "Germs and Colonialism," and **May 5th** will see Professor David Jones of Harvard University focus on "COVID-19 Through the Lens of Epidemic History." Lastly, the series will bring Kennebunk's own history into focus, with **Town Historian Kathy Ostrander Roberts speaking on the town's history of Freed Enslaved People and Kennebunk's Poor Farm on Thursday, May 26.**

AWS

Thursday, March 3, 10, 17, 24, 31 @ 3:30 pm & 4:00 pm – Rescue Readers AWS Adoption Center 46 Holland Road, Kennebunk Rescue Readers brings together elementary/middle school students and AWS resident pets for a half hour of reading aloud. Students have access to special reading materials and receive reading comprehension guidance from our Humane Educator, as needed. Students are also welcome to bring their own reading materials. FREE, registration is required. Weekly registration opens at Noon on Sunday at <https://animalwelfaresociety.org/youth/rescue-readers/>

Mondays, March 7, 14, 21, 28 @ 5:45 pm – Small Breed Learn + Play AWS Training Classroom 46 Holland Road, Kennebunk Open to dogs 5 months and older, under 25 lbs and have completed Basic Training Level 1, or an equivalent obedience/manners group class. Learn + Play for small breeds is a series of sessions that build upon basic training – reinforce skills, learn new skills, bond with your dog and have fun. \$25 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Tuesdays, March 1, 8, 15, 22 @ 4:30 pm – Puppy Learn + Play AWS Training Classroom 46 Holland Road, Kennebunk. Open to puppies 5 months and under. Learn and Play is a series of one-time sessions that tackle the basics of raising a puppy. Each session includes a mix of socialization, obedience training, life skills, play and fun! \$25 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

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Wells Reserve

Tuesday, March 1, 8-9:15am Morning Yoga via Zoom. Begin your day with gentle Hatha yoga designed for anyone who wants to stretch, strengthen, tone, and relax on a regular basis. This 9-week series is led by Leslie Fiore, founder of Port Yoga in Kennebunk, a certified Anusara and Kundalini yoga instructor with 20 years teaching experience. \$108/\$90 regular/member. Register with suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar.

Wednesday, March 2, 11am-12:30pm Wednesday Walk. Meet on the Wells Reserve's Laudholm campus to explore nature through a creative lens. We plan to walk a mile or more in about 90 minutes. The natural world has long been a muse for poets, writers, and other artists. What will you discover? Free. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar.



Wednesday, March 9, 12-1pm How Elusive is the Canada Lynx? The state's lynx biologist, Jennifer Vashon, describes the cat's status and behavior, and what is unique about Maine lynx. Vashon graduated from the University of Maine with a B.S. in Wildlife Management and from Virginia Tech with an M.S. in Wildlife Science. She has been the state's black bear and lynx biologist since 2003. This free virtual presentation is hosted by the Wells Reserve. Register through wellsreserve.org/calendar.

Saturday, March 12, 1-3:30pm Naked Shrubs: Shrub Identification in Winter. No leaves? No problem! Roland "Boot" Boutwell shows how to use habitat, branching pattern, bud and bark characteristics, persistent fruits, galls, and retained leaves to identify shrubs in winter. Indoor/outdoor program focused on 10 to 12 native shrubs and a couple of invasives. Boot is a free-lance itinerant naturalist who teaches nature programs for numerous organizations and is a regular at the Wells Reserve. For ages 16 and up. \$13/\$10 regular/member. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar.

Wednesday, March 16, 11am-12:30pm Wednesday Walk. Meet on the Wells Reserve's Laudholm campus to walk a mile or more in about 90 minutes. Poets, writers, and other artists often find a muse in nature. What will you discover? Free. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar.

Thursday, March 17, 7:15-8:45pm Full Moon Walk. Enjoy a peaceful winter walk, ancient stories, and a little lunar science at the Wells Reserve. We will take to the trails whether the moon is showing or not. Micro-

spikes/snowshoes available to rent. For ages 12 and up. \$8/\$6 individual, \$20/\$15 family. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110.

Tuesday, March 22, 12-1pm Introduction to Volunteering at the Wells Reserve. Discover the many ways you can make a difference at one of York County's best loved places while joining a friendly community of like-minded volunteers. Find out about spring and summer opportunities and hear from current volunteers about their experiences. Register for this webinar through wellsreserve.org/calendar.

Wednesday, March 23, 12-1pm Black Bear: Ghost of the Woods. Jennifer Vashon, Maine's black bear biologist, talks about the lives of black bears, their status in Maine, and how the state manages its bear population. She will also explain how to prevent conflicts with black bears and what to do when encountering one. Vashon graduated from the University of Maine with a B.S. in Wildlife Management and from Virginia Tech with an M.S. in Wildlife Science. She has been the state's black bear and lynx biologist since 2003. This is a free virtual presentation hosted by the Wells Reserve. Register through wellsreserve.org/calendar.

Wednesday, March 30, 11am-12:30pm Wednesday Walk. Spring is here. What will you discover at the Wells Reserve? Explore nature through a creative lens while walking a mile or more in about 90 minutes. Free. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar.

Thursday, March 31, 6-7pm Introduction to Volunteering at the Wells Reserve. Discover the many ways you can make a difference at one of York County's best loved places while joining a friendly community of like-minded volunteers. Find out about spring and summer opportunities. Hear from current volunteers about their experiences. Register for this webinar through wellsreserve.org/calendar.

New Face at Cape Porpoise Library



Androscoggin Baxter Butterbean Best Boy Giknis is now in training for the new Director of Security at the Cape Porpoise Library! Andy, as he is known to friends, is a

9 1/2 week old yellow Labrador Retriever. He has ties to Cape Porpoise as his Uncle Otis Smith and Cousin Hank Hill live nearby. His duties include being adorable, guarding books, licking patrons and amusing all visitors. Andy is also training to be a listener for children who would like to read him stories. He has big paws to fill. His predecessor, Tyler T. Bones, worked security for 5 years before he crossed the rainbow bridge in April 2021.

Louis T. Graves Library

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— Please call us to order your History Book Set, Kennebunkport : the Evolution of an American Town, researched and written by local historian Joyce Butler. This 400 year history includes people, places, and events that have shaped our lovely village over time. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at 967-2778 for more details. \$50 per set (includes the handsome cardboard sleeve). All proceeds benefit the Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport.

TECH HELP @ GRAVES LIBRARY We have tech help just for you every weekday from 2:30 – 4:00. If you are trying to (1) set up Facebook, (2) need help downloading a book on Cloud Library, (3) make a picture folder, or (4) learn how to add things to a virtual shopping cart, etc., please stop by the Graves Library. Kennebunk High School students are here to help with all of your technology needs. No appointment necessary! This program is being offered through a grant from the American Library Association. The Graves Library is located at 18 Maine Street, Kennebunkport. Please give us a call for more details (967-2778).

WE LOVE LADYBUGS. For the month of March the Graves Library is offering a special craft to go. Available for pick up on the Library porch starting March 1.

READ ACROSS AMERICA STORYTIME. Celebrate Reading with Miss Terri and friends on Tuesday, March 1 @ 10:00 am. This program is offered on Facebook or YouTube. Tune in and join the fun. (967-2778).

TAX HELP @ GRAVES LIBRARY. Every Wednesday during the month of March, tax assistance is available at the Graves Library from 9:00 am to 1:00 pm — by appointment only. Prior to appointment, packets are available for pick up at the front desk. In addition to completed paperwork, you must show proof of vaccination, driver's license/form of identification, and social security card. We also have 1040 forms in the vestibule. Please give us a call for more information (967-2778).

Mondays @ 7:00 pm What's Your Story? Have you heard about our Interview Show? Each week, our Library Director, Mary-Lou Boucouvalas, sits down with a community member and talks to them about where they came from, what they do, interests, etc. A great way to get to know who lives in your neighborhood, attends your church, or waits on you at a local business. You never know who you might see on What's Your Story? Tune in Monday evenings at 7pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channel 1301.

Wednesdays @ 7:00 pm. Portside Readers. Who does not like to be read a story? Listen to stories, poems, tales, essays, drama, songs and more by the Portside Readers, a small group of local actors, writers, book club members and a musician who love the written word and want to share the joys of reading

and listening. Tune in Wednesday evenings at 7pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channel 1301. Please call the Library for more information on this creative collaboration of friends and neighbors!

Thursday, March 10 @ 9:45 am. Morning Book Group. This group meets the second 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 <http://www.graveslibrary.org>.

Thursday, March 10 @ 5:30 pm. Wine On-Line. Join us on March 24 @ 5:30 pm for a fun hour of tasting, information, and trivia. For March — we are tasting wines from South Africa. Our two experts, Lani Dietz and Betsy Ross, will guide us through the program with ideas, pairings, and educational tidbits as we sip and critique. This will be a Zoom.com presentation moderated by Mary-Lou Boucouvalas at Graves Library. Please call the Library (967-2778) to register by Wednesday, March 23. We will send you the Zoom link on the day of the event. All participants are encouraged to purchase wine at Maine & Vine in Lower Village, Kennebunk or the Wine House on Main, Main Street, Kennebunk prior to the start time. We would love to see you! And you don't have to worry about driving!

Tuesday, March 15 @ 10:00 am. Miss Lyn Likes! Join us for a fun, informative program (virtually) with Miss Lyn who will feature various picture books that she loves for a plethora of reasons. Tune in to Facebook or YouTube and see what is suggested. Any of them sound good? Call us to reserve! (967-2778).

Wednesday, March 16 @ 9:30. Your Health Matters. Please join us and staff from the Kennebunkport Health Department to identify ways to improve healthy choices and overall well-being. Copies of the book Boom : The Baby Boomers' Guide to Preserving Your Freedom and Thriving as You Age in Place written by Lisa Cini are available at the Library. Not able to read the book before the discussion? Please feel free to join us and learn more about this month's book pick. Help set the course for a healthy you! Graves Library is located at 18 Maine Street, Kennebunkport, Maine. Please give us a call for further details about this healthy monthly program. (967-2778).

Wednesday, March 23 @ 10:00 am. Book Look with Miss Terri. Join Miss Terri (via Facebook or YouTube) to learn about books to inspire young writers. A fun program for all ages.

Wednesday, March 30 @ 9:30 am. Wills/Guardianship and Power of Attorney! Did you know that the Kennebunkport Health Department is celebrating its 75th year in service to the community? As part of the celebration, they are hosting monthly discussions held at the Graves Library. For March, Candice Simeoni (head of elder crimes) and an attorney from Legal Services will be at the Library to talk about the pros and cons. Light refreshments will be served! The Library is located at 18 Maine Street, Kennebunkport.

Thursday, March 31 @ 5:00 pm. Evening Book Group. Join us on Thursday, March 31 for this month's book group. For this session, we will be discussing Mrs. Dalloway by Virginia Woolf. All are welcome to attend. Please give us a call if you are interested or need a copy. (967-2778).

Ongoing:

Our Fabulous Friday Virtual Family readings every Friday at 10:00 am on the Louis T. Graves Memorial Public Library Facebook Page (www.Facebook.com/GravesLibrary) on YouTube (www.YouTube.com) and local channel 1301. This program includes stories, finger plays, and songs. Crafts for the weekly Storytime can be picked up starting on Monday (located on the front porch bench). 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>.

A Photography Exhibit of Hidden Kennebunkport. To continue or celebration of local heroes, local talent, more of Steve (Roscoe) Ross' photographs will be on exhibit and sale at Graves Library through the months of winter. Fifty-percent of all

proceeds benefit Graves Library. The Library is located at 18 Maine Street, Kennebunkport. Come see Steve's new images on the walls at Graves Library! An exhibit not to miss.

Ongoing Book Sale at the Louis T. Graves Memorial Public Library. Visit the Book Cellar for what's in the store. Thousands of books to choose from — during Library hours. We also have notecards, journals, special books, ball caps, special gift books, coffee mugs, tote bags, bookmarks, and more. If you are unable to make it in, you can call us with your genre requests and we will fill a bag for \$10.00 (10 for \$10). For information, please call 967-2778 or our website at <http://www.graveslibrary.org>. Cookbooks, sports, religion, fiction, biography, history, children's, classics, health, and a whole lot more!

Caps for Sale! We are now selling ball caps with our unique Library Logo. Colors are Gray and Raspberry. Hats are made locally (Arundel) at Charlie Horse. \$20.00. Give us a call for purchase or inquiry. We are happy to ship too! (207-967-2778). Check out our Store on either our Website ([graveslibrary.org](http://www.graveslibrary.org)) or Facebook (www.facebook.com/GravesLibrary) for more items. All proceeds benefit the Graves Library. We thank you very much!

Artists invited to Join the Art Guild of the Kennebunks

Artist who would like to become members of the Art Guild of the Kennebunks (AGK) are invited to submit samples of their art for consideration of the jurying committee. Membership in the AGK offers artists opportunities to exhibit and sell their work at well-attended shows throughout the season. The AGK also provides members on-line exhibits and zoom workshops.

Artists who would like to be considered for AGK membership must submit digital examples of their work, contact information and an artist statement by email to: artguildjury@gmail.com by March 13.

Applicants will be notified of the jurying results by mail by the end of April. Artists must submit 5 original recent pieces, all in the same medium, that were not done in a class or workshop. The work should be professionally presented. Judges look for consistency rather than diversity.

All types of art are welcomed. Over the years, in addition to traditional painters, AGK expanded to include photography, printmaking, sculpture, textile art, woodworking, pottery and mixed media. The Guild also accepts non-juried, Associate Members, who may participate in all AGK activities and programs, except participate in art exhibits.

Artists who became new member is 2021 through the jurying process were Catherine Santoro Hubble of Wells, Kelly D. Hudak of Kennebunk, Judy Plouffe also of Wells and Kay Sullivan of Palermo.



"Snail", photograph by Judy Plouffe of Wells.



"The Watch At Dawn" photograph by Kelly D. Hudak of Kennebunk.

This is the only opportunity in 2022 for artists to be admitted. All information, including the AGK New Member Application, can be found at www.artguildofthekennebunks.com.

If you have questions contact New Member Chairperson Sheila Clough, by emailing her at: Artguildofkennebunks@gmail.com, with "AGK Jury Process" on the subject line; or by calling: (207)651-5699

Kennebunk Free Library

Cherries water color painting by Bob Lown.



The Kennebunk Free Library announces its next Speers Gallery exhibit, "Watercolors" by Bob Lown, opening March 5.

The exhibit features watercolor paintings of local architecture, beaches, parks and scenery of the greater Kennebunk area. The public is invited to attend an artist reception on Saturday, March 5 from 3-5 pm in the Speers Gallery.

Bob has been painting since 1960. In his younger years when his time was filled with job and family, his painting had to be tucked in between other priorities. Upon retirement in 1995 Bob was able to paint more regularly. Though mostly self-taught, Bob has been able to take courses from various artists while on vacation and in retirement. Some memorable teachers were George Shedd, Carlton Plummer, Phoebe Flory, Russell Whitten, Carl Schmaltz and Dewitt Hardy. Bob is an active member of Art Guild of The Kennebunks, and has exhibited several times before at the library. Kennebunk Free Library is pleased to welcome back and display the works of this talented artist once again. The public is invited to view the exhibit in the library's Speers Gallery from March 5 – 31, 2022 at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, www.kennebunklibrary.org.

Teen Magic The Gathering Come and test out your Magic the Gathering deck among friends! Open to new and experienced players alike. We will meet every other week on Thursday on March 3, 17, and 31 from 3:30 – 4:30 P.M. Players are free to bring their own deck or use decks provided by the library. If you've never played before, feel free to come and learn at your own pace. Open to teens ages 10 and up! If you have any questions, call Miss Emmaline in the Children's Room at (207) 985-2173.

The Dragon Hunter and Treasure Seekers Guild (D&D) Welcome young adventurers! Come and join in on an exciting quest in the world of Dungeons and Dragons. Open to new and experienced players alike, we will meet every other Monday on March 7 and March 21 from 3:30-4:30 P.M. You're welcome to bring in a character from a previous game, to make a new one, or to use one of the pre-made characters provided in the starter set. All other supplies will be provided, just bring your imagination! This program is open to Teens ages 10 and up, and new players are encouraged to join in on the adventure. If you have any questions, call Miss Emmaline in the Children's Room at (207) 985-2173. **Zoom Storytimes at Kennebunk Free Library**

Ready to zoom, zoom, zoom into storytime? Get your zoomy hands ready and let's go! Zoom Storytimes will be held at 10 a.m. on Tuesdays in March. To participate, please complete our Google Form each week. Miss Maria will send the Zoom link and passcode one hour before Storytime on Tuesday mornings. Zoom Storytime will be held on the following Tuesdays:

- March 1
- March 8
- March 15
- March 22

All storytimes will begin at 10 a.m. Join Miss Maria for some stories, songs, and fun!

STEAM To Go Kits for Children at Kennebunk Free Library Looking for an activity with a side of STEAM? Kennebunk Free Library will be offering STEAM To Go kits for grades K and up with all the supplies for a fun experiment or activity. No registration required, available while supplies last! Kits will be available in the library and curbside by request. This month, we will be offering the materials to build a leprechaun trap! Kits will be available starting Tuesday, March 1. Visit us to grab everything you need for a STEAM-tastic good time!

Take and Make Kits for Children at Kennebunk Free Library Looking to get crafty? Kennebunk Free Library will be offering take and make craft kits with all the materials to make a craft or two. No registration required, available while supplies last! Kits will be available in the library and curbside by request. This month, we will be offering crafts for special days in March! Kits will be available starting Tuesday, March 1. Visit us to grab some supplies that will help you get creative!

Book Stacks for Children from Kennebunk Free Library Would you like to borrow a stack of library items handpicked by a librarian? We'd love to choose some materials for you! A KFL library card is required. If you're interested, fill out the Google Form and give us some information about your interests

and the types of things you like to borrow from the library. If you have any questions, you can reach us via email at ys@kennebunklibrary.org or by phone at 985-2173. We're excited to choose library items for you!

Virtual Nighttime Stories on Facebook from Kennebunk Free Library What better way to wind down at the end of the day than with a story or two? Join in virtually for nighttime stories with Miss Emmaline! Keep an eye on our Facebook page -- you will find videos from Miss Emmaline sharing some relaxing stories for bedtime. Videos will typical-

ly be posted once a week. Our Facebook page can be accessed at <https://www.facebook.com/Kennebunk-FreeLibrary>. You do not need to have a Facebook account to view our page! Settle in and enjoy the stories!

Scavenger Hunt at Kennebunk Free Library Calling all sleuths and searchers! Kennebunk Free Library offers a new scavenger hunt every month in the Children's Room. This month, come find the clues left by leprechauns on the loose! The leprechauns are writing rhyming riddles and leaving them scattered in the Children's Room. Each riddle you solve will bring you closer to a lucky prize! Good luck, detectives!

Kennebunk Wrestling Team 27 years in the making!



Kennebunk Wrestling Team came full circle, 27 years later. The last time Kennebunk won Regionals was in 1995. Parent Seth Soule was a student wrestler that year. 27 years later, his son Eli Soule was on the winning team! GO RAMS!



1st Row — Kale Inoue, Seth Soule, Hai Nguyen, Brian Huff, Mike Fleming, 2nd Row — Tyler Ingalls, Chris Wright, Matt Randall, Mischa Winters, Jake Noury 3rd Row — Coach Duecette, Anna Davis, Mike Green, Sarah Brennon, Charlie Pulire, Abby Lessard, Coach Gagne

Horse's Exquisite Senses, Hearing: Horses are 'The Silent Watchdogs'

Column by, Gabriela Rodriguez Quinn

Anyone who has made a point of quietly observing horses regularly knows that where the horse's head is pointed, the origin of the sound is located. We did not hear it because - they'll always hear it before we do.

The horses ears are amazing. Along with other senses they enable horses to stay alive in the wild and as domestics with the same prey instincts intact, to sense danger and decide which direction to run. Though bits and equipment in addition to rider weight and pressure provide leverage, the horses senses are the reason that no matter who you are or how well you ride, you will miss a signal, tumble out of the saddle or be sideswiped. Though safety and fine communication skills as well as luck are crucial aspects in long term horse interactions, no one is immune to the power and instantaneous quickness of the horse. The ears play a huge role.

Protection- the inside of the ears are lined with fur, giving protection from entry of foreign particles from dust to insects. The fur covering shields skin from the sun and provides insulation from cold, however the tips, especially in older horses are vulnerable and in severe conditions could result in frostbite. Horses can develop ear infections and should be checked for growths and plaques. Care must be taken to gently handle and clean the ears. Sometimes the horses ears are used as leverage in training. Practices such as this are inhumane and should be avoided.

Size & Movement Horses ears are large, but smaller than other equids like mules and donkeys. Large ears help dissipate heat in hot climates. Through aid from 10 different muscles (humans have 3), ears move independently and can rotate 180 degrees ! Where the ear is pointed is where their attention is focused, necessary to know which way to run but ears can be pointed in 2 different directions at once adding challenge to communication. Horses don't really 'spook' - they simply have heard sounds the human has not, and react to survive. It's humans who failed to notice the behavior before the reaction occurred.

In addition to individual movement

horses can also hear simultaneously from two different directions. Hearing is somewhat impeded when a horse is ridden due to the amount of stimulation and tack worn on the head, often placing pressure on the nerves around the ears, another reason a horse could become confused or frustrated.

Pitch & Volume Horses can hear sounds 1/4 mile away and depending on environmental factors like wind, up to several miles. Like dogs, they can hear and discern the sound of an engine enough to know it's you coming home. Sounds can also be confusing when there are many at once making them difficult to identify even when there is familiarity. Horses can hear higher and lower frequencies than humans and even sense low frequencies and vibration through their feet and teeth when grazing.

Prey animals are quiet gentle and peaceful. They do best and have lower stress in quiet environments. Loud sounds and overstimulation are especially disturbing to a prey animal, particularly sounds that occur without warning like that of gunfire, a motorcycle, all terrain vehicle, a truck revving the engine, backfiring or motorized equipment like a chainsaw. Horse can be gently desensitized over time, however may still startle enough to run. This is not because they are stupid but because due to their survival instinct as prey. Horses can adapt to sounds evidenced their use as police horses however that doesn't mean they are not frightened or comfortable in their jobs. It means they are co-operative animals and don't have choices as to how they are used.

When horse are able to identify a sound or connect it to a human being, it sometimes can prevent panic from ensuing. Noise at night is particularly frightening as it would be to us if we could not identify the sound. Even the sound of scraping ice at night might cause a horse to panic if it signals danger, whereas in daytime the sound might be identified. Horses alone are at higher risk of feeling fright and stress, especially at night, even more so if they are left out in the open without any shelter where they can feel safe.

Behavior , Expressions & Mixed Signals *Horses faces are filled with expression that like people, change regularly.* Forward, upright, back or in between, it all means something, indicating anything from simple interest,



Photo of Fritz in the snow.

fear, frustration, or pain. In general, ears are said to be 'alert' pointing in the direction of a sound, or 'pinned' somewhat similar to dogs and even humans when they are angry. There are however differences in individuals.

In order to react appropriately it's necessary to assess the big picture - the eyes, muzzle, nostrils and body language. This is especially evident when they interact with someone or are in the company of another horse. The problem is that so often, people fail to read them or are incorrect in assessments often making generalities rather than understanding the individual horse.

While 'pinned' ears are something horse people are wary of, often connecting them to aggression, they may fail to understand that the look in the horses eye and other factors are important, and punish the horse abruptly and unnecessarily. A horse will always communicate aggression before acting out and those reactions can be minimized or be completely avoided by using the correct action to reduce fear or simply distract the horse.

Voices aren't used enough to interact with horses. There is a lack of privacy for horse and owner in boarding facilities especially large, busy ones. This prevents relationships from growing. It's much easier to develop relationships with horses living at home and easier to use our voice to communicate, just as we do with our dogs and other pets.

Our voices signal we are human and nothing to fear. Silence from a human can

Gabriela Rodriguez Quinn,
Director

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be distressing and seen as a threat to a horse. Speaking to horses is not unlike speaking to other animals. Quiet voices are best however there are times when quiet does not get their attention if they are in survival mode and their focus is elsewhere, at which point a louder sterner voice may be in order.

Ageing and Hearing As with other species with age comes a loss in hearing. This can cause confusion and increase fear, especially for horses alone. It's good to be aware in order to be more patient and the older horse feel safe.

GIVE 'EM A BREAK: MAKING SENSE OF BLANKETING

Horse clothing is big industry with blankets ranking high in the retail market.

If you blanket your horse and the horse is not clipped, give them a break from those hot, itchy blankets when temperatures rise to 40 with no wind chill, as they have in Maine in February. Blankets should be changed regularly and different blanket weights should be used according to temperatures. Leaving the same coat on as temperatures fluctuate, allows the horse to remain cold when they drop.

Horses core body temperature is about 2 degrees higher than humans. Due to their size, they heat up about 10 times faster. If you don't need a coat when you walk outside, why would they? Imagine being confined to a coat in 70 degree weather !

Giving them a break allows them to cool off and with snow on the ground a chance to roll, get a snow bath, and relieve itchiness. It takes minutes for the coat to dry completely to re blanket. Be sure blankets fit well, and the inside that makes contacts with the skin is clean, free of manure and fits well. It's a lot of work but good management in the best interest of the horse.

Whether you blanket or not, horses need appropriate shelter and plenty of hay which generates heat. Barns with large stalls are always best providing a space where the horse can feel safe.

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Online Virtual Tour: lpsir.com/18nehoc**KENNEBUNKPORT - 18 NEHOC LANE**

Imagine the perfect retreat sited in a private enclave and perched on a granite bluff with panoramic views of the Maine coastline stretched out before you. This refined shingle style residence, featured in numerous national publications, is comprised of five ensuite bedrooms and six baths. Exudes an extraordinary level of elegance and craftsmanship. Association tennis court, swimming pool and runabout dock.

Bill Gaynor 207.468.3002Online Virtual Tour: lpsir.com/58langsford**KENNEBUNKPORT - 58 LANGSFORD ROAD**

Captivating views of Cape Porpoise harbor and Goat Island Lighthouse. In an A+ location, the house boasts beautiful views from every room. A wrap-around porch allows you to enjoy the sunshine and entertain guests seaside. With a dock and a mooring, you have a place for your whaler or kayak. The open floorplan lends itself to comfort and a true seaside escape. Three bedrooms, two baths, a fabulous rental history.

Betsy Coughlan 207.229.3661 | \$2,550,000

PENDING

**BIDDEFORD POOL - 122 HILLS BEACH ROAD**

New Waterfront Construction! Finished and ready to move in on closing day. Located on the edge of The Pool at Biddeford Pool. A Caleb Johnson Studio design being built by WoodHull their affiliated construction company. The design focuses on the views of water and nature, views of The Pool down to Mile Stretch and the marsh, as well as Saco Bay across the street.

Chris Stone 207.590.3425 | \$1,950,000

NEW

**KENNEBUNKPORT - 19 REID LANE**

Step into this well-maintained post and beam home and be amazed by the sun-filled floorplan that flows perfectly with 10 total rooms, 3 living levels, and 3 1/2 baths. Nicely updated with a first-floor primary suite, heat pumps, and deck out to a rolling private yard and a storage shed. The daylight basement offers options for guests etc with a full bath. 2-car attached garage. Perfect...

Randal Simon 207.590.9656**Rosane Hirschy 207.467.5792 | \$1,295,000**

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over \$5,000,000 in Maine

over \$2,000,000 in Maine

over \$1,000,000 in Maine

over \$600,000 in Maine

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9 GREAT HILL ROAD | KENNEBUNK – Rental

You can have it all at this Summer Rental. In-ground Pool, panoramic ocean views and steps to Kennebunk Beach also known as Mother's Beach with the playground. There is also a public path/walkway to the small beach area where you can walk to Strawberry Island or KBIA. 4 Bedrooms/5 Baths.



9 LORDS POINT | KENNEBUNK - Rental

This home is located on the exclusive Lord's Point peninsula. This unique property offers privacy, ocean, cove, and romantic sunset views from every room in the house along with comfort and immediate access to lovely Mother's Beach. You never have to worry about parking - there are three parking spots. 4 Bedrooms/3.5 Baths.



19 MAINE STREET | KENNEBUNKPORT - Rental

This is a spectacular home in the heart of Kbunkport featuring an in-ground pool, beautiful gardens, and fabulous patio area overlooking the pool for outside dining. The grounds are lush and green where the family can have plenty of room to play outside games such as croquet, horseshoes, and many more. 6 Bedrooms/8 Baths.



Gail Ann Arnold
Broker/Owner



Laurie Bassett
Marketing



Kathy Baker
Rental Manager



Tricia Gallagher



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Mark Gary



Claudette Batignani



Helen Curry



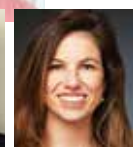
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