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2022

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Village

MAGAZINE

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**The Clem Clark
Boathouse**

**Hugh McCulloch
of Kennebunk Landing**

**Dogs
of our Village**

**Remembering
Peter Sargent**

**Hormones
& Health**

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Read the Village online at:

thekennebunkvillage.com

On the Cover



The Publisher's 6 year old Pomeranian Ariana 'Toasty Marshmallow' and 3 year old Japanese Chin Brandy 'Shangri La' that were born and bred by famous local breeder Chicken Joe of Wells. Daily activities include walks on the beach, car rides, or going anywhere in their stroller.. Dogs of our Village page 24.

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PACK MAYNARD

The Clem Clark Boathouse- *A Step Back in Time*

By Shelley Wigglesworth, Lead writer

On Mill Lane in Kennebunkport, next door to the site where the old Perkins Grist Mill once stood, sits a rambling red building which was once the bustling and productive Clement Clark Boathouse.

Nestled on the bank of the Kennebunk River, the Boathouse was built by Clem Clark himself, and from 1920 until 1958 when Clem Clark died, it housed his successful boat building business in town. Clem Clark was a skilled carpenter who built lobster boats, pleasure boats and skiffs. He also provided boat winterization services and boat storage as well as boat upgrades and cosmetic repairs. The proximity of the boathouse to the Kennebunk River allowed for boats to be launched directly from the workshop, and for incoming boats to dock and be worked on while still in the water when possible.

Clark and his family resided in a house which once stood in front of the boat shop on Mill Lane, allowing him the convenience of always being steps away from his livelihood. In his well-equipped workshop, Clark meticulously crafted

boats by hand using techniques he learned from his father, uncle, and grandfather before him, who all worked as shipbuilders on the nearby banks of Kennebunk River, when shipbuilding in the Kennebunks was in its heyday. In a 2008 article in by Sharon Cummins of the Kennebunkport Historical Society, Cummins noted "Clement Clark, his father, a master carpenter, worked on the last of the sailing vessels to be built in Kennebunkport and his uncle was in the shipbuilding business most of his life. Clark worked on his first vessel when he was eighteen and after going into business for himself built several pleasure cruisers for the famous Booth Tarkington."

82-year-old Harrison Small is the grandson of Clem Clark. He remembers his grandfather as "a good natured and hardworking man." He said his grandfather was "friendly, but always kept busy." Clem Clark is credited for building numerous fine craftsmanship fishing boats and skiffs over the years, including a handful for local lobstermen such as Hadley McLean, whose boat was named the Glad Gary M. He also built pleasure boats. Abbott Pendergast of Kennebunkport and, as previously noted,

Pulitzer Prize winning novelist Booth Tarkington, among others, were owners of recreational Clem Clark boats. Two Clem Clark lobster boats, although fiber glassed and retrofitted, are still in use in Cape Porpoise harbor.

Small shared a few memories of growing up around his grandfather. "My mother remembers him putting his toolbox, chocked full of tools on his shoulder and hiking to work, before he went into business for himself building boats." As a boy, Small also remembers visiting his grandfather's boat shop often watching the steamer located outside the furnace room where the bending and shaping of the ribs for the boats his grandfather built took place.



In 2006, the Trust acquired the Grist Mill property on Mill Lane. This historic property includes public access to beautiful Mast Cove, the site of the Perkins Grist Mill and the Clement Clark boathouse. Set within walking distance to Lower Village, it is a unique setting we encourage you to visit. *Caption and photo courtesy from the Kennebunkport Conservation Trust. Kporttrust.com*

Today the Clem Clark Boat House remains much the same as it did in 1958 when it closed. The workshop space is original, Clark family photos are still in corners and drawers, authentic antique tools used in shipbuilding and boatbuilding are throughout the building, along with various maritime items and vintage fishing

Continue to page 6

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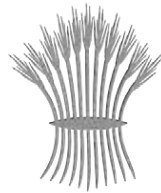


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Continued from page 4

gear. A skiff built by Clem is also inside, along with the bow of Booth Tarkington's sailing ship the Regina. Chunks of coral from far away shipping destinations which were used as ballast in ships and found in the tidal bank here in Kennebunkport, where they were discarded long ago rest on the workbench Clem once toiled away at daily. Because so much of the contents of the building remains untouched since Clem occupied, it is like walking back in time when you visit and view the building. Tom Bradbury, Executive director of the Kennebunkport Conservation Trust said it best "When you step into the Boathouse, Clem Clark's spirit is alive and well."

Today, the Boathouse building is a Kennebunkport Conservation Trust property and is used for lectures, tours, meetings, school field trips, and as a classroom for programs.

FMI on the Clem Clark Boathouse please visit: <https://www.kporttrust.org/land-and-trails>

A skiff built by Clem Clark. Courtesy photo



Harrison Small, grandson of Clem Clark in the Boathouse with a hull model.



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Title: Real Estate Deeds



By Mark Birmingham,
Broker
Kennebunk Port &
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To convey legal ownership of real estate, a deed is necessary to describe the property being transferred, and to announce to the world how that property will be treated in a court of law, should there be contested title. This is why a new deed must be notarized and recorded at the registry of deeds. Without doing so, challenges to the property's title will be difficult to defend.

This is a dry subject, but an important one. There are several types of deeds spanning different levels of protection. The highest and most common deed is the warranty deed, which declares that a property is guaranteed to be free of liens and other encumbrances, and gives a new owner the best possible protection

against challenges to that ownership. While it is the most preferred deed, it's not perfect, and without title insurance to pay for and defend the owner against claims to the property, the owner is misguided in thinking a warranty deed, by itself, is protection enough.

The further away from a warranty deed we go, the lesser are the guarantees of ownership. But, each deed type has a specific function for different situations. For instance, a personal representative deed conveys a real estate asset following a death. It releases the personal representative from liability or claim on the property, and makes no warranties at all.

A quitclaim deed, meaning "to release or relinquish a legal claim to" the next most commonly utilized deed. Its purpose is to transfer property between trusted parties, such as adding a spouse to the title, or as part of a divorce, or gifting property to family or friends. It's important

to recognize that this deed usually includes a warranty deed immediately preceding it, and therefore, a warranty deed could follow the quitclaim deed without much or any risk of a title issue.

A "deed in lieu of foreclosure" is a deed instrument that conveys all interest of a property to a mortgagee to avoid the mortgagor's (owner) public scrutiny of foreclosure, and provides the lender the ability to speed the process of selling the property more quickly, and to be made whole on the mortgage balance. It also reduces the impact on the owner's credit score, versus going through a public foreclosure proceeding which could drop that score by 100 points or more.

In Maine, a married couple or two or more individuals can own property together with a warranty or quitclaim deed. However, a choice between "tenants-in-common" and "joint tenancy" must be made by the parties. There is no default to either

of these situations in Maine as in some states. So, understanding the difference is more likely, but must be made consciously. Should the wrong choice be made inadvertently, it could be a massive headache upon the death of a

With a description of owners as "tenants-in-common," a deeded partner who believes he or she will automatically inherit ownership of their deceased co-owner will learn this is not the case. Without a will to redirect the ownership interest, the deceased partner's share will go into probate. Even with a will, it may go to another heir. In either case, that ownership interest may not be with the partner. A deed with "joint tenancy" guarantees the transfer of ownership to the surviving stakeholders, automatically.

So, the next time you buy property, these issues should be carefully considered, preferably with an attorney. •



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By: Leanne Hayden
Collections Manager, Brick Store Museum

The McCulloch house on the Kennebunk River near Durrell's Bridge Road is one of the oldest homes in Kennebunk, it was built by Dr. Thatcher Goodard in 1782. The house has several interesting features but one of the most notable is on the second floor, the walls of two bedrooms have large iron hinges so that they can be lifted and hooked into the ceiling to convert them into one large room. It has been described in that past as the ballroom, but it was most likely used for meetings by the next owner, Capt. Hugh McCulloch (1773-1830) who purchased the home in 1801.

Capt. Hugh McCulloch was a trader and shipbuilder, the McCulloch shipyard was one of six along the Kennebunk River in Kennebunk Landing. He married Abial Perkins in 1794 to their families' objections. They were very young and in love so ran away to be wed, then settled in Cape Porpoise. Hugh continued shipbuilding and family lore says Abial brewed drinks for the sailors and other town folk. They proved they could support themselves enough that their families eventually accepted the union, so they returned to Kennebunk buying the house at Kennebunk Landing.

They ended up having eleven children, the most well-known was their son Hugh McCulloch (1808-1895). In 1825 he entered Bowdoin College but left after only two years due to ill health. He was a teacher in Kennebunk from 1826-29 which allowed him to save up money so he could study law which he did under Joseph Dane in Kennebunk

and then later in Boston. In 1833, he moved to Fort Wayne, Indiana, where he practiced law. In 1835, he married Eunice Hardy who died after just two years of marriage. In 1838, he married Susan Mann, she was a native of Plattsburg, New York and one of the first schoolteachers in Fort Wayne. Always a community leader, Susan hosted the great abolitionist pastors of the Beecher family in their home in Indiana.

Besides practicing law, Hugh became interested in banking and was cashier of the Fort Wayne branch of the State Bank of Indiana from 1835-56. When the institution was reorganized as the Bank of the State of Indiana in 1856, he was elected president, serving till 1863 when he was called to Washington by President Abraham Lincoln's administration to serve as the first Comptroller of the Currency. McCulloch, once a foe of national banking legislation, organized the agency and launched the national banking system. During McCulloch's 22 months in office, 868 national banks were chartered. Two years later, in 1865, President Lincoln chose McCulloch to be Secretary of the Treasury, a position he continued to hold in the administration of President Johnson. McCulloch is said to have been the last person to whom Lincoln wrote before the assassination and was at the President's bedside when he died.

McCulloch is also credited with having founded the Secret Service, established in 1865 (as part of the Treasury Department) for the express purpose of stopping counterfeiting operations which had sprung up



following the introduction of paper
McCulloch House c. 1891.

currency during the Civil War.

After serving as Secretary of the Treasury, McCulloch joined in partnership with investment banker Jay Cooke and set up an office in London where he worked from 1870 to 1878. Mary McCulloch, the youngest of their children, born to Susan McCulloch when she was 49 years old, was three years old in London and would play in the garden of Kensington Palace with a girl who would become Queen Mary, wife of George V. At the time she was little Princess Mary of Teck who was also three years old. It was during their time living in London that Mrs. McCulloch had the opportunity to meet Queen Victoria at the Queens Ball in 1871. The dress she wore is in the Brick Store Museum's collection. It is made of a deep purple velvet with lace trim, but the best feature is the generous pocket set into the seam and invisible in the folds of the skirt which was included by the designer of the dress. A feature most women can appreciate is often lacking from women's clothing.

The McCulloch house in Kennebunk Landing remained in the family until recently when it was sold to a family passionate about preserving its history and so it still retains many of the original historical details. •

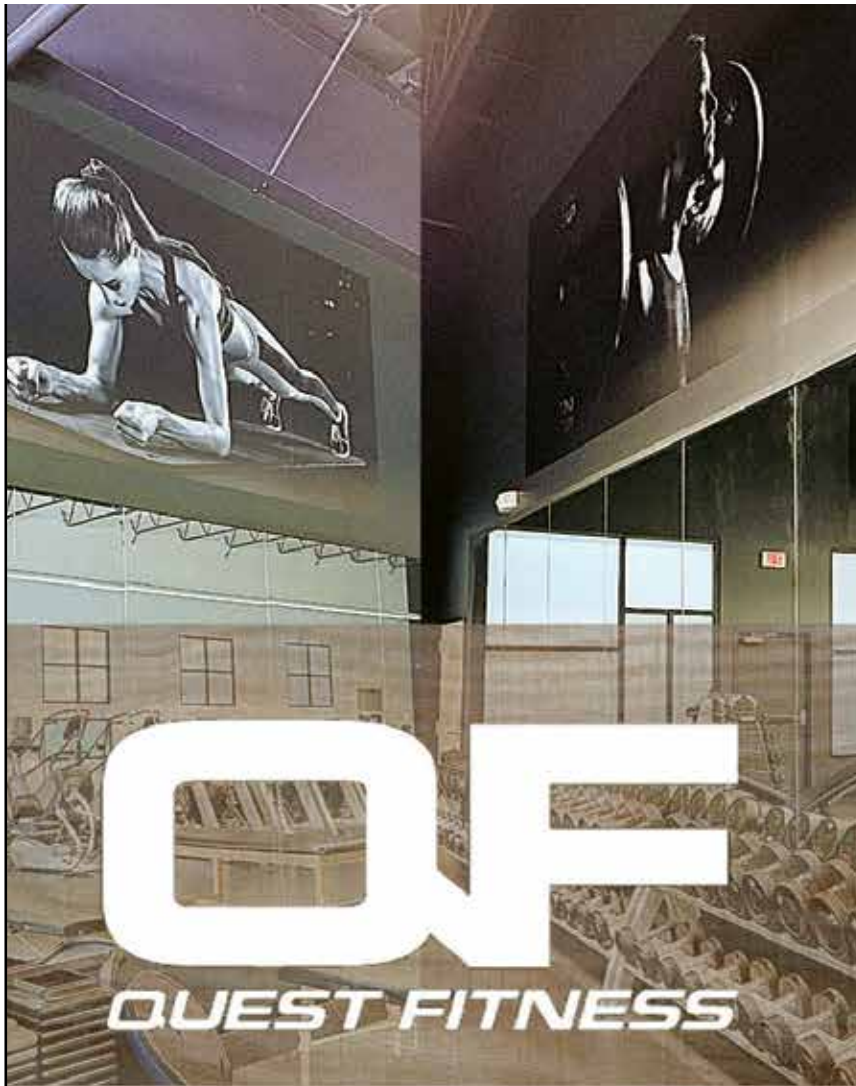


Hugh McCulloch, By Alexander Gardner c.1865.



Mrs. Hugh McCulloch and Daughter Mary.

Susan McCulloch's dress worn to the Queen's Ball will be on display for the Brick Store Museum's annual Steampunk Fair when we celebrate all things from the Victorian Era and 19th century science fiction. It will be on view Sat., Sept., 17th, between 11-4pm.



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...in the Blink of an Eye

To hear her tell it, Kennebunk photographer Nora Ordway is the most uninteresting person in the world...“the entire word,” she adds for emphasis. And you might well believe her — she has an honest face— until, that is, you see her work... masterful... and learn of her current approach to that work... breathtaking.

Originally from away (most Mainers are from that fabled place these days), Ms. Ordway has been serious about photography since her early teens when, armed with what she calls a simple “point-and-shoot” camera, she was the self-appointed roving eye at family events. “It was,” she says “an experience that took hold immediately and has lodged ever since in my heart.”

In this context, she talks of photography as a medium that “captures the moment” like none other. “In the blink of an eye...the shutter opening

A Series on Local Artist *by John Forssen*



Two Ms. Ordway's favorite photos: a lone fisherman tending his fishing boat in Cape Porpoise and, now that she's in flight, an aerial of Kennebunkport and the Breakwater.

and closing...the world comes to an unexpected halt, producing images that are at once intimate and universal.”

Beyond the art, however, she speaks of her work as “being my comfort, a place I can go when life becomes too difficult or disappointing.”

She keeps a large-format book of prints that reveal a clear style in her work, lights and shadows converging, marvelous gradations of color and, of course, her singular awareness that somehow, in this particular spot, the world has stopped just short of its future. A case in point: her photo of a lone fisherman tending his dory in Cape Porpoise. The water is calm, the colors soft, muted...the overall effect, a study in the virtues of solitude

and, perhaps, fidelity, as well.

Her work took a turn in the last couple of years, however, following a friend's invitation to put her camera in flight... yes, in the air, out the window of a small airplane.

Aside from the expanded panorama, a magnificent new dimension for a photographer, she speaks of the “adrenaline rush” that accompanies flight...the startling moment of weightlessness that occurs when the plane lifts off the ground. On the heels of that revelation, she turns to a photo which she took inside the cockpit...a flashing light on the fuel gauge which reads low fuel. You must wonder how far from home

she was when she snapped that picture and why she wasn't too busy worrying to think of it.

Maine's land and water are among her favorite subjects, but she also enjoys “taking to the streets” from on occasion to record the routine comings and goings of people, their anonymous expressions, how a smile or a frown can reveal so much about the fabric of their lives... which brings to light a new project, about which speaks only sparingly. “It's too early to bring it out in the open,” she says...allowing only that it concerns work that her mother would recognize: a kind of retrospective...and perhaps a loving nod to the memory of a parent. •

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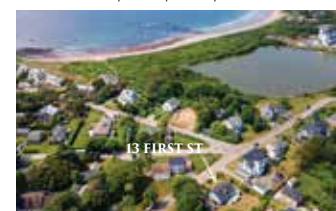
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Teaberry-Maine's Autumn Berry



NOTE: When foraging for teaberries, be sure to positively identify the plant before ingesting.



Clark's Teaberry is a brand of chewing gum developed by the D. L. Clark Company and dates back to 1900.

By: Shelley Wigglesworth. Lead writer

If you are a Mainer or have spent time in the Maine woods, you are probably familiar with the Teaberry plant, also referred to as Checkerberry plant. A variety of wildlife species rely on teaberry for food including deer, pheasant, mice, fox, squirrels, grouse, turkeys and more.

The Teaberry plant is an evergreen species native to New England as well as other areas of the Northeastern parts of the United States and Canada. Berries

form in the late summer into fall, in Maine. It grows in shady and wet woodland areas where ferns, mushrooms and moss thrive. It has small, rounded semi-shiny leaves with tiny bell-shaped white flowers that mature into berries with a red-pink hue. The berries are typically the size and shape of a pea, though they are firmer than most berries and have a mealy texture with a light scent and an understated berry flavor with a hint of a mint and spice undertone.

Teaberries/Checkerberries were used commercially in the making of Teaberry chewing gum — one of the first chewing gums marketed in the United States at around 1900 —which is still available today. For centuries Teaberries have also been used medicinally and as a flavoring for candies, herbal remedies, toothpaste, tea and even wine.

The foliage was once used to make oil of wintergreen which has astringent, stimulant, and diuretic properties. Leaves were once made into poultices for arthritic pain and sore muscles.

A versatile and easy growing plant, it is being used more in landscapes, particularly Maine and other areas to which it is native. It is a perfect choice

for gardeners who want to create natural habitats in their backyard. Because the Teaberry plant stores moisture and grows best in shaded areas, it requires little if any watering once established. The trailing leaves can also be easily trained to climb around stakes or garden statues. It prefers acidic, moist soil and partial shade. Teaberry plants thrive around pine trees because the plant enjoys the acidic soil provided by the pine needles. Since the plant and berries are edible, it is a safe plant to have for households with children and pets. Once established, the Teaberry will spread on its own and require little if any care.

Teaberry Planting and Growing Instructions

Planting time for the Tea Berry is in the late spring. Choose a partially shaded area with well drained, yet rich soil. Transfer healthy, newly dug up plants with a generous root system to the shaded area and plant as deep as the roots allow without being stretched. If you are planting from seeds instead -plant the seeds 2-3 inches deep and be sure to leave at least 4 inches of space for growth in between the seeds. Keep the soil consistently moist. Expect germination to begin in approximately 6-8 weeks. Once established, the Teaberry will spread on it's own and require little if any care. Because the Teaberry plant stores moisture and grows best in shaded areas, it requires very little if any watering once established. The trailing leaves can also be easily trained to climb around stakes or garden statues. FML:newengland.com/today/living/gardening/teaberry-plant/

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A Puppy in Maine



Toby's Winter Rescue, the second children's book written by the Maine mother-daughter team of Maureen and Jennifer (Lee) Cooley, is completed, and they are happy to announce it as a continuation of the series they are writing entitled, *A Puppy in Maine*. In this book, Toby, a Golden Retriever, continues his playful days in Maine and experiences his first snowfall. In his last story, Toby was visiting Maine's Midcoast and Islands region; for this new story, Toby travels inland to spend some time at the lake with his forest friends in the Maine Highlands. While enjoying newly fallen snow, a young baby moose slips into danger. Come along with Toby and his friends to see how a team can work together and overcome this situation.

When author Maureen Lee is asked why she chose a moose to highlight in this story, she replies, "When I moved to Maine many years ago, I visited Moosehead Lake with my husband and I saw my first moose. The moose came to the road to lick the road salt, and as they stood there, these huge brown animals would stand out against the white snowy background." Maureen noted that she found the lake region of Maine to be exquisite in winter." Maureen adds, "We had time to cross country ski in the forests, and the snow muffled all the outside noises making the experience so serene and magical!"

Jennifer Cooley (Lee) recently married this summer and had to fit time in for editing the book as well as completing all the illustrations before her big bridal day. Jennifer said, "It was a lot to do this summer, but was worth all the hours of labor. I'm very happy how our second book came out and hope our readers will be, also." Jennifer finds watercolor painting to be relaxing and rewarding at the same time. Even after a full day of work, she would sit down at the art table just to unwind.

Jennifer is a teacher in the Kennebunk school system and Maureen is a primary

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THE PLANETEERS OF SOUTHERN MAINE TO HOST CLOTHING DRIVE



SAVE THE DATE! The Planeteeers of Southern Maine, in collaboration with Helpsy, will host a clothing drive on Saturday, September 17, 2022 from 9 am – 2 pm. Used clothing, footwear, accessories, and other household textiles will be collected during this event held at the Kennebunk Transfer Station (Next to Treasure Chest) located at 36 Sea Road in Kennebunk, ME. Collected clothing will be reused or recycled, keeping it out of the waste stream.

As a grassroots effort, the Planeteeers of Southern Maine is a group of individuals dedicated to helping create a sustainable future for the planet by encouraging action on climate change, clean oceans, and other environmental issues at the local level.

“The Planeteeers hope many will come through on Saturday, September 17th to show their support for this initiative. We are hoping to collect 15,000 pounds of clothing during this upcoming drive, surpassing the 7000 pounds collected last September and 11,000 pounds collected in April! We are so grateful for the ongoing support received from the town and community. With ever increasing tons of textile goods being produced, we need more than ever to

find ways to recycle them,” said Andrea Roth Kimmich, Founding Member of the Planeteeers of Southern Maine.

“Helpsy’s mission is to keep clothes out of the trash,” says Dan Green, Co-Founder and CEO of Helpsy. “We are dedicated to changing the way people think about, dispose of, and buy second hand clothing in a world where more than 85% of clothes end up in the trash.”

According to the U.S. Environmental Protection Agency, textile waste is the fastest growing waste stream in the United States, occupying nearly 5% of all landfill space, which is why Helpsy is committed to working with organizations such as The Planeteeers in order to give clothing the longest life possible.

Through its integrated businesses - Helpsy Shop, Helpsy Collect, and Helpsy Source- Helpsy works to reuse, resell, and repurpose the clothing it collects -- amounting to 29 million pounds of clothing collected in the last year alone, which is equal to 560 million pounds of CO2 emissions and 14 billion gallons of water. Working to extend the life of clothing is crucial because it reduces the enormous environmental burden of the clothing industry. As one of the largest textile collection companies in the U.S.,

Helpsy is unique in the second hand clothing space because the brand stands strong in its environmental mission: to keep clothes out of the trash by any means possible, which is why Helpsy has multiple outlets to ensure clothing stays out of landfills.

In addition to fine wearables and reusables--Helpsy also accepts torn, worn and/or stained items, if the items have no odor or mildew. So bring your bagged clothing and fashion accessories, including dresses, shirts, pants, suits, coats, gloves, hats, belts, ties, scarves, wallets, purses, backpacks, totes, shoes, boots, bedding, curtains, placemats, tablecloths, and other household textiles. Please use paper or recycled plastic bags when possible.

Items not accepted include pillows, rugs/carpet remnants, underlayment for area rugs, breakable houseware or glass, electronics, furniture, building material, scrap metal, appliances, mattresses, encyclopedia sets, phone books or magazines.

Organizers request no late or early bird drop-offs. Come by between 9 & 2! Planeteeers will be on hand to direct traffic to parking and for drop-off.

For more information about this upcoming clothing drive, contact Andrea Roth Kimmich at someplaneteeers@yahoo.com. To learn more about the Planeteeers, visit their FB page: <https://www.facebook.com/SomePlaneteeers> or <https://someplaneteeers.wixsite.com/someplaneteeers>

If you are interested in learning more about Helpsy go to www.helpsy.com

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care physician in Biddeford, Maine. Both writers enjoy exploring their home state of Maine with their families and Summer, Jennifer's Golden Retriever and the inspiration of the book series. "We all had a wonderful time hiking, swimming, and playing in the Moosehead Lake area, before writing the newest book," says Maureen. "I think the vacation/research, before writing the book and drawing the illustrations, is as fun as the actual completion of the book."

With that in mind, the family recently returned from Machias Seal Island and touring the Far Downeast region of Maine. This is where the wind, waves, and land meet to form the summer habitat of the Atlantic Puffin in Maine. This cute, tiny sea bird will be featured in their next book of the series, *A Puppy in Maine*.

Along the way of being able to produce these books, the writers/illustrator have had invaluable help with ideas and prose from family members Molly Lee (daughter-in-law and Editor in Chief), Maureen's husband, as well as the book's graphics designer, Geraldine Aikman. "The book project would never have been completed without the skills and input from these people," Maureen adds. The final product reflects the hard work of the authors and their collaborators.

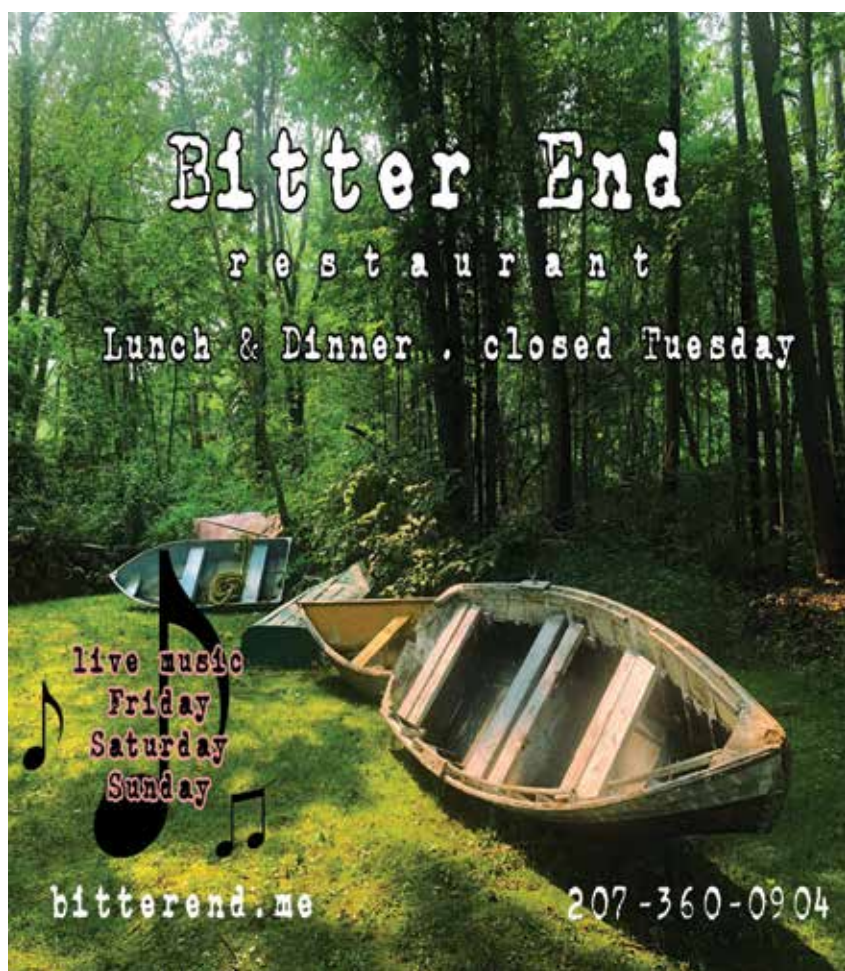
"We have sold our first book to people

in many states including Florida, Texas, and California." Maureen was initially surprised by the attraction of readers outside of Maine. She feels the books are cute and very colorful, especially to attract young readers in the age group of 3-8 years old. At a recent invitation to a summer reading program at Kennebunk Free Library, about 50 children with their parents came out for the book reading provided by this mother-daughter team; they also assisted in the craft project that followed the reading. "Every child was given a pin with Toby's picture on it as a keepsake made by the Children's Librarian Ms. Maria Richardson," Jennifer recalls.

This hard cover children's picture book, as well as their first book entitled *Toby's Sea Storm Treasure*, are available for purchase at their website: www.apuppyinmaine.com and at Nonesuch Books in South Portland, Maine.

Their books are also available at the Maine Women in the Arts shows in Kennebunkport, Maine. This artist group was the encouragement needed by this mother-daughter team to branch out into writing and illustrating children's books. Please see the website for dates of the three shows they put on each year at www.maineartwomen.com.

The books are likewise available to read at the local public libraries: Kennebunk Free Library and the Louis T. Graves Memorial Library in Kennebunkport, Maine. And lastly, Maureen and Jennifer can be reached at seacoastchildrensbooks@gmail.com.



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Annual Summer Solstice Craft Show in Wells, Features Distinctive Maine & New England Artisans



Judy Rose, Kennebunk, Me.

Enjoy the best of art and craft at our **September 10 & 11, 2022** summer craft show that is a festive tradition in Wells: the annual Summer

Solstice Craft Show.

Now in its 38th year, the popular two-day event will be held from 10:00am to 4:00pm at the Wells Jr. High School on Route 1 (1470 Post Road), Wells.

This juried craft show features 60+ crafters and artists who display their handmade wares inside and also outside on the Jr. High. Traditional, contemporary and country crafts are featured. You'll see stained glass, jewelry of all types, pottery, soaps, clothing, wood crafts, fiber arts, graphics, photography, handcrafted specialty foods and much more. Many of the crafters and artists have been coming back for years, and they look forward to making new products for their customers.

Here's just a sampling of the variety you'll find at the September show.

- Karol Peralta, Salem, Ma: Beautiful selection of sterling silver and gold-filled jewelry including bracelets and earrings. Her varied designs are a delight.

- Ann Torrey, Worcester, Ma: Acrylic paintings. Her paintings are not only beautiful but unique. They made of eggshells. Absolutely incredible!

- David Sullivan, Ogunquit, Me: Beautiful photographs of the surrounding areas. Great keepsakes, gifts, or memories of your vacation.

- Dianna Starbranch, Augusta, Me: Porcelain ornaments for every hobby, occupation, animal and sports...yes, Red Sox and Patriots!

- Maggie & Pete Adams, Camden, Me: Wire tree art. Maggie and Pete are both talented artists specializing in wire and painted trees. It is always an adventure to see what they have created.

- Joyce Huff, Cape Porpoise, Me: Decorative tole painting. Adorable wall hangings and holiday Ornaments for every occasion.

The craft show is held rain or shine. Parking and Admission are FREE.

For more information contact show director Rita Poli at 207 967-2251 rpoli3@roadrunner.com. Also visit www.summersolsticecraftshows.com

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The event is weather permitting (rain or high winds can cause cancelation) - follow our Facebook Page for updates on the event!

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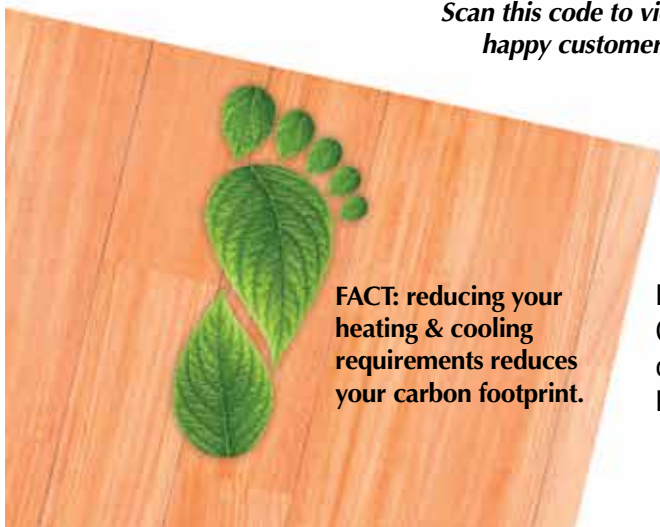
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Remembering Peter Sargent -

AS TOLD BY THE PEOPLE WHO KNEW AND LOVED HIM



By: Shelley Wigglesworth, Lead writer

Peter Edward Sargent was born January 13, 1950. He passed away October 19, 2014, after a long battle with Younger-onset Alzheimer's disease. His obituary stated "Peter was a caring and devoted man to his family, friends, and the Kennebunkport community. His passions ran deep - music, conservation, bicycling and volunteerism. His entrepreneurial spirit resulted in the successful establishment of Cape-Able Bike Shop. Peter's heartfelt commitment to cycling put generations of people onto two wheels and left a

legacy in southern Maine. Peter lived his life with a spirit of adventure, enjoying every moment of every day."

Eight years have come and gone since Peter passed away, though memories of him are alive and well. Friends, family, and the greater community eagerly shared some of their fond memories of this man whose influence, guidance and spirit will continue to live on through them in not just memories, but in how they live their lives. To many people, Peter Sargent was a hero. So much so, that his employees made a shirt in the 1990's "Pete Sargent is my hero." Those shirts, and the iconic Cape-Able bike bag are still common sights in our village and beyond, today. The following memories are being shared with the permission and approval of Peter's wife Karen MacGregor, son Mac and family. "I want him to be remembered for his love of community, music, the environment, family and friends," Karen MacGregor said.

Theresa Lush Violette, Cape

Porpoise native. "Peter was an amazing man who was patient, kind, and fun. As a child, I always loved riding my bike, around the head of the cove to his shop or stopping by in a boat I'd tie at the back door. He was a stop-in-and-chat type of guy. There were many folks like that back in the day. If there was any way I could 'help' Pete, even as a 9- or 10-year-old, he would put me to work. I'd help him get new bikes out of boxes to put them together, oil chains, put bikes in storage at the end of the day, and he'd teach me as I watched intently as he fixed bikes. I tried not to get in his way. However, when too many of us locals got to playing around, he'd tell us it's time to go. On special days he'd send us kids to Bradbury Brother's Market to get snacks we could all have together at the shop. He helped all of us get the right bike for us! One summer when we were all into dirt biking, with his help, we made a BMX trail near his shop to race around. It took a long time to make! After work we had timed races. At that



time, it was the best. Pete even invited us kids, some evenings with our parent approval, to go on bike rides with him-long rides. I treasure these memories of my childhood with him and his shop being right across the cove."

Jane Sargent Smith, Peter's cousin

"Peter was a naturalist: eat right, get enough sleep, no alcohol, no smokes, no weed, no experimentation with chemicals. He was a Dump Parade volunteer and had the first and only bike shop on a wharf on road to Cape Porpoise. Later his Cape-able Bike Shop building incorporated wood from the old Narragansett. Peter had a great disdain for pompous asses, ostentatious disgusting wealth, liars, and cheaters. He was always there for me in every way during all my challenges. He was my hero, my trusted friend, my confidante. I miss him badly. His virtues and community respect and down Maine genuine personality will live on forever. He's also famous for buying dozens of the circular navy-blue boxes of Danish


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Remembering Peter Sargent

shortbread cookies, and in lieu of Xmas cards, hand delivered every box to friends and relatives annually a few days before Xmas. I never thought I'd miss those; but to not have Peter bring one to the house, I now buy myself one and put it under the tree and think of him."

Christopher Godin

"Peter was the best. When my bike was stolen in high school, he financed a new one for \$5- a week! He was such a good soul, but at the same time didn't put up with any disrespect. I met him when I lived in Cape Porpoise in 5th grade back in 1975. His shop was at the top of Crow Hill then. He was a mentor to young kids like me. He was a blessing to our community and is sorely missed."

Geoffrey Dardia

"Cape Able Bike Shop was the hub for a small group of cyclists in Kennebunkport. From the age of 9, I spent most of my days over there with my great childhood friend, Mike Pickering, helping Peter out at the shop in exchange for parts for our bikes. We worked for parts and Wink's sandwiches until we were old enough to collect a paycheck. Every day, we would ride over to Cape Able, drop our bikes on the grass and walk up the wooden ramp where we would see Peter standing at the top with his big smile, bushy beard, and his wise crack of the day. Peter was always quick witted and never missed an opportunity for a perfectly timed joke, jab, a life lesson, or some (then unappreciated) knowledge of his favorite music he listened to from his solar powered radio. Besides teaching us how to assemble and repair bicycles, Peter also taught us how to be conscious about nature and the need to preserve it. Peter was ahead of the times when it came to being resourceful and recycling. Every time I drive by the old Cape Able Bike Shop on the way to ride at Smith Preserve, I automatically reminisce about those warm, fun-filled childhood summer days in Kennebunkport with my best friends and can still picture Peter in there with a wrench in his hand, and a big smile on his face."

Mike Pickering

"I was one of several wayward boys who hung out at Peter's bike shop. Much like Geoff and I, a lot of people who hung out and showed a passion for hard work and biking eventually became employed by Peter in an unofficial capacity. Peter's no-nonsense brand of humor in concert

with passion for biking left with us an instant favorable opinion of Peter. This was at an age when most grownups were overbearing and generally avoided. Peter was a father figure to a lot of us. He recounted his life experiences with us, including a lot of bands and music we were interested in at the time. There was never a time when the bike shop wasn't full of hip and 'alternative' music before it became a genre. Peter allowed us to work in exchange for parts and updates to our BMX bikes. I think he allowed us to do this only because we showed the passion and drive to put in the work. He was knowingly or unknowingly teaching us life lessons. I and the 'crew' will be forever grateful for Peter and Cape-Able for that period of our upbringing."

Tom Bradbury, Executive director of the KCT

"Peter was instrumental to the success of the Kennebunkport Conservation Trust. He was there to help at every turn and approached every activity with great energy, enthusiasm, an infectious optimism, and a fun-loving spirit. He was our conduit to youth in the community and an ambassador to all. We miss him terribly to this day. Our only comfort is that his memory always brings a smile."

Bruce Cachon-Negrete

"Pete was a huge influence on my life. When we moved to Kennebunk, I was overweight, and we were dirt poor. We were staying at a family friend's house that was around the corner from Capeable. I didn't know anyone my age, so I used to wander into his shop and look at the bikes. I started talking to Peter and learned that we both had a deep love of baseball. So, I started to come into the shop to talk baseball with him. And I did it a LOT. I have no idea how a grown man had the time and patience to talk to a chubby, grubby little 12-year-old so much, but he always found it. Eventually, he learned that we couldn't afford a bike. So, he offered me one and let me work it off in the shop even though I knew NOTHING about fixing bikes. So, I spent a few months working for him. I surely cost him money because I couldn't even do the simplest tasks like replace a tire tube. I think I popped like four tubes before he realized I was best off just sweeping the shop. He also fed me lunch pretty much every day I "worked" for him. That bike was my first step to eventually losing weight and getting healthy, which started me down the road to self-confidence. When I got into the University of Chicago,

Pete gave me a Cape-able bike bag that I brought with me to college and wore proudly on my bike there. Sometimes, I wonder if I would have ever gotten to Chicago if Peter hadn't shown me such kindness. He was literally my first friend in Maine."

Peter Philbrick

"For many years Pete Sargent had a shop at the end of my road (Arundel Road, Kennebunkport) and was THE bike man to go to. Everyone in the neighborhood knew Pete as one of the nicest people around. He helped so many kids with bike problems and very seldom if ever charged a youngster for his services. My kids stopped there all the time and he was always willing to talk to them and help or offer advice about which bike to have or how to fix a problem."

Gail Roller

"Peter was a character with a heart as big as you can get. He would hand write the Kennebunkport Conservation Trust meeting minutes and get everything to fit on one sheet of paper so that he didn't waste paper. Pete rode his bike everywhere and helped to make us all conscious of the need to conserve and recycle - he was a master at both."

Harold Burbank

"Peter was a speaker at my Kennebunk High School graduation. He was a philosopher at heart. He loved young people and pure ideas, not material trappings. He lived his beliefs. He was a noble soul."

Pam Newsome, Peter's sister

"Peter was my quirky brother living in the woods. At the age of 21 he made the decision to settle in Kennebunkport and do it his way. He bought land and built his own house. He built Cape-Able Bike Shop from the ground up and mentored many local youths there, employing them and letting them 'hang out'. He was continually involved as a volunteer in many community efforts, absorbed in giving back to the town he now called his own. He was a founding member of the Kennebunkport Conservation Trust and did almost anything they asked him to do in the over 20 years he served on the Board. He co-chaired the 350th Anniversary of Kennebunkport. And he loved and participated in the Dump Parade. I so admired Peter who was so true to himself, the life he wanted and all he gave back to his forever home, Kennebunkport."

Terri Bauld

"When I first moved to Kennebunk in the 1980s, I didn't know anyone. I

wanted to do the trek across Maine, so I went to Cape Able Bike Shop. There I met Peter Sargent who helped me get what I needed. He was so helpful- he would talk me out of buying so many things 'too much, or you don't need it.' What a salesman I thought, he cared more about me than making money. When he found out I was new to the area he told me about his wife Karen's local bike group, The Zippy Bike Group. I ended up joining and met many very welcoming Kennebunk area folks. Peter helped us through the years with bike assistance, stories, and kindness. He was a great guy."

Hugh Spiers

"Peter was a great guy. Years ago, I was trying to quit smoking for the umpteenth time. I decided that if I took up cycling it would help -but I didn't want a super expensive bike. He basically built a bike out of used parts for me. I wanted a touring bike, drop bars but I wanted them set high because of neck and back problems. I wanted a rack to carry stuff. I wanted a gel padded seat and I wanted it all under \$200! He did it all! The one and only flaw was the aluminum rimmed rear wheel which I egged by popping spokes. He explained it was because I was a big guy and when I stepped on the pedal, I torqued the hub to the point that spikes pulled out of the rim and 'tacoed' the wheel. He found a steel rim and installed it for free. Before local artist Cookie Davis/Dominique London had a driver's license or a car, Peter set up a payment plan so Cookie could purchase a bike which he was VERY proud of! It was his only mode of transportation. When I was working at Sweetser I wanted some bikes for kids. He gave me at least a dozen bikes for free. Whenever those kids saved enough money to buy their own bike, I would take them to see Pete. He would talk to them for a bit, find out what their wants and needs were and would personally fit them to their dream bike. They loved it. He told me of the annual Cape-Able Century ride, a hundred-mile round trip to Winnepesaukee. He encouraged me to participate, I did, and I completed it! I miss our chats. I miss his shop. I miss his encouragement and kindness. With Pete's passing our community lost something and someone that might never be replaced."

Peter's legacy lives on in his wife Karen MacGregor, son Mac and two grandchildren. •

Hormones & Health

Column by: Heather Evans Personal Trainer/Marketing @ Quest Fitness Located at 2 Livewell Dr. Kennebunk

Hormones have an important role in everyone's health. Hormones affect everything from blood sugar to blood pressure, growth and fertility, sex drive, metabolism, sleep, and more. Hormones are extremely powerful and can impact how you feel and act day to day.

We are going to focus on 5 main hormones but just know that there are over 50 hormone types naturally produced in the body, to really get to know your body you will want to learn about each hormone and its relative function. The best way to learn about your current hormone levels is to ask your primary care physician to order a blood test. If they are hesitant here are some trigger words that will convince them to test your hormone levels! {"I have less energy than I did 5 years ago." "I lose focus on tasks that I never used to struggle with." "My body doesn't perform or recover like it used to."}

1. Insulin

a. Insulin's Role in the Body: For individuals who do not have metabolic syndrome or diabetes, insulin helps to regulate blood sugar levels. After you eat, carbohydrates are broken down into glucose, a sugar molecule that is the body's primary source of energy. In a well-functioning metabolic system, insulin takes your food and turns it to energy for your muscles and brain to utilize. Many people have experienced a low blood sugar – or hypoglycemic – event, and that is when you aren't providing your body with the carbohydrates needed for insulin to create energy.

b. Insulin Related to your Health: Your insulin levels throughout the day fluctuate in response to what you eat, when you move, what you're doing, etc. The goal with insulin is to avoid spikes and crashes, this is most readily controlled via eating a balanced diet. Fiber is important because it slows the absorption of glucose, so including high fiber foods with your meals will help your blood sugar stay regulated. Protein acts in a similar way to fiber. A good way to avoid spikes is avoiding sugary drinks and choosing water instead.

2. Melatonin

a. Melatonin's Role in the Body: When many of us hear melatonin, we think about the little dissolving tablet you take when you can't fall asleep. Some view it as a 'magic sleeping pill.' Although, many others feel no difference when they take melatonin as a sleep aid. It is worth mentioning that diet, exercise, alcohol and caffeine intake and stress affect sleep quality more than a single hormone, melatonin, ever could.

b. Melatonin Related to your Health: Melatonin is a hormone that helps to synchronize circadian rhythms in different parts of your body that follow a 24-hour cycle. The most well-known of these, is the sleep-wake cycle. Melatonin also interacts with biologically female hormones and research has shown that balanced melatonin levels help in regulating a woman's menstrual cycle. We all produce melatonin, what would be more helpful than taking a supplement would be to reinforce the natural things that make our body go to sleep. For example, keeping lights low and

below eye level after the sun sets. Getting outside into the early morning sunlight. There is a mechanism within your iris that can tell at what level the sun is on the horizon. That helps your brain know when to be producing sleep hormones versus wakeful ones!

3. Estrogen

a. Estrogen's Role in the Body: Estrogen is known commonly as the female sex hormone, it is important for sexual and reproductive health, but it has many overlooked important functions. Women produce estrogen in their ovaries, while men produce it in their testes. We all produce estrogen in the adrenal gland and fat cells also secrete estrogen. For those assigned females at birth, estrogen is a major player in going through puberty. Hips widen, armpit and genital hair grows, breasts are developed etc. As you age, your estrogen levels naturally increase towards pubescent age, and gradually decrease as females head towards menopause, marking the beginning and end of the reproductive window.

b. Estrogen Related to your Health: Having balanced estrogen levels supports bone health, mood regulation, decreases cancer risk in both genders, and has an impact on nearly every organ system. When estrogen levels are high, this helps to keep triglycerides (a type of fat) low, which increases the good cholesterol, HDL, and lowers the bad cholesterol, LDL. The link between estrogen and heart health is still being studied, but it appears that sustained estrogen levels in men and women helps heart tissue stay strong and healthy. Low levels of estrogen across both genders have resulted in complaints of feeling foggy, lethargic, and loss of concentration.

4. Testosterone

a. Testosterone's Role in the Body: Testosterone is an androgen, or male-type sex hormone, though all of us have testosterone, just at different levels. In general, testosterone plays a role in reproduction, energy levels, and growth. In men, testosterone primarily regulates body fat, stabilizes mood, aids in the production of red blood cells and the growth of muscle fibers, along with impacting sperm count and sex drive. In women,

testosterone affects primarily bone health, breast health, sex drive and fertility.

b. Testosterone Related to your Health: Women who have low testosterone levels (relative to their individual norm), may experience low sex drive, fertility issues, vaginal dryness, irregular periods, and osteoporosis. Women who have high testosterone levels may experience acne, blood sugar irregularities, weight gain, holding onto excess fat, and more hair growth. Men with lower levels of testosterone may experience low sex drive, erectile dysfunction, depression, fatigue, and irritability. Men who have too much testosterone may experience aggressive mood swings, headaches, high sex drive, increased appetite, hypertension, and heart and liver issues.

5. Cortisol

a. Cortisol's Role in the Body: Cortisol is the primary stress hormone. When released, cortisol increases glucose levels in the bloodstream, enhances your brain's use of glucose, and increases the availability of substances that repair tissue. Cortisol also halts functions that would be nonessential in a fight-flight situation. This hormone also helps control the salt-water balance, regulate blood pressure, and metabolism.

b. Cortisol Related to your Health: When your body is not releasing enough cortisol you may experience weakness, fatigue, and low blood pressure. If your cortisol levels get too high, you may experience bloating, high blood pressure, and possibly develop type 2 diabetes.

To summarize, what should everyone do for optimal hormone health? I have six answers for you! The goal is to find an individualized approach to balance each of the following factors: diet, exercise, stress level, sleep quality, sunlight exposure, and the most important one – feed your spirit! Do something every day that doesn't check any box other than that it makes you happy! Refer to your primary care person before starting any supplemental hormones, and I urge you to get a blood test! *In health, Heather Evans*

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Volunteers Needed for The Arundel Conservation Trust’s TrailFest- The Arundel Conservation was awarded a grant from Athletic Brewing, and the money will be used to complete trails for their annual Trailfest and volunteers are needed.



Volunteers of all ages and abilities are welcome at ACT. Courtesy photo, ACT volunteers.

By: Shelley Wigglesworth, Lead writer

The Arundel Conservation Trust received a \$10,000 grant from Athletic Brewing, a non-alcoholic craft brewery, from their Two for the Trails" donation program. Athletic Brewery donates 2% of their sales to protecting and restoring and building local trails throughout the country.

The Trust is using the money to purchase lumber, materials, tools and to develop signage to complete the trail behind the Arundel Municipal Building. This multiuse trail will create a loop trail that connects to the Eastern Trail. "With this grant and other community support, ACT volunteers are working to get the second trail finished in time for the second annual Trail Fest trail run in September. There are four major bridges to be built and several boardwalks over wet areas. As of this date two bridges have been completed with two more to go," said Joan Hull of The Arundel Conservation Trust.

Volunteers of all ages and experience levels are welcome to help the ACT to achieve this goal by September 14. "We have jobs for everyone," Hull said, "ACT is particularly grateful for four students from Kennebunk High School who volunteered as part of their senior project earlier this spring: Ashley Medina, Roy Nolan, Rachel Plaisted and Emma Sayer, and to the community and our sponsors for their generous support thus far."



If you would like to help, even for a few hours, or if you would like more information, <https://www.arundeltrust.org/> 207.967.3465 / info@arundeltrust.org

FMI on Athletic Brewing Company: <https://athleticbrewing.com/>

About Trail Fest:

*The second annual ACT Trail Fest will be held September 24, 2022. There will be three runs: 5K, 10K, and half marathon.

*All events will be held at ACT's Arundel Community Trails behind Arundel's new Municipal Building 257 Limerick Road.

*The half marathon will start at 9am, the other trail runs will start at 10 am.

* A fun ride for kids ages 5-12 will take place during the event on the ACT pump track. Hull said "It is a fun ride on our special pump track through the forest. Sort of a rollercoaster for bikes."

*There is plenty of parking at the Mildred L Day

School parking lot 600 Limerick Road. The Arundel Recreation Department will provide bussing. There will be limited parking at the Arundel Municipal building.

*Prizes will be awarded, and race day volunteers are needed. FMI, or if you would like to donate a prize, volunteer for Trailfest or register for a run: <https://www.arundeltrust.org/> 207.967.3465 info@arundeltrust.org

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Dogs of our Village

Dogs are man's best friend, and we know how special the pooches in our family are. Because of this, we are periodically featuring dogs of the community in the Village. We hope you enjoy our first installment in our new series: Dogs of our Village.



Andy- owned by Mary Giknis of Cape Porpoise. "This is Androscoggin Baxter Butterbean Best Boy aka Andy. Andy is the new Cape Porpoise Library security guard in training. Andy is 7 months old."

Zeus

-owned by Bonnie Rivard of Kennebunk. "He is a year old and has excelled in his training. He loves to play ball, swim, and goes to Uptown Hound doggie daycare where he is king."



Winston-owned by Gail Burgess Murphy of Arundel. "Winston was adopted from AWS in Kennebunk last October. He was 11 years old then and blind and deaf. We are both in our 60's and my husband is retired so I thought he'd be a perfect companion. It turned out better than I could have ever imagined. My husband takes him everywhere with him and he sleeps at the end of our bed. We think he may not have had a great life previously, so we spoil him outrageously! Apparently, he was returned to AWS a few times before we adopted him, so we were lucky to find him. He's a grumpy old man but he's ours! P.S. he also kind of looks like my husband."



Flora – owned by Izzy, Valerie, and Will of Kennebunk. "Flora loves chasing balls, playing with other dogs, belly rubs and lounging on the couch."



DJ and Lucy-owned by Christine Jim Faiella of Bradbury Bros. Market, located in Cape Porpoise..

Fenway-owned by the Truman family of Kennebunkport.



Ivy-owned by Sue Ward Rioux "Ivy is a rescue from American Bulldog Rescue. She is amazing! So smart, sweet, and funny."



Fergus, Bauer, and Genny-owned by Chris and Maribeth Ross of Kennebunk. "Rescue dogs are the best dogs, as evidenced by these three local pups, each adopted from a different southern state. From front to back: Fergus (Fergie) a perpetual puppy at age 3, Bauer (Mister Bee Bow,) 10 years old, and Genny, the pack leader and the elder of the pack at age 11."



Winston Church Hall-

owned by Karen E. Hall, D.M.D. of Cape Porpoise. "He is a 7-year-old flashy fawn European Boxer! He is a registered Therapy dog who recently retired. We love to hike, travel, play ball and romp on the beaches near us!"



Lacey owned by Maria Pettinato Wells. "She is a lab who doesn't swim but loves to spin around in tide pools."



Theo-owned by Bob and Marj Dennis of Cape Porpoise. "Theo is well known in Cape Porpoise both for his friendly disposition and his eccentric habits such as lying down in the middle of the street during walks."



PJ- owned by Annmarie Allen of Kennebunk

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FREE drive thru bbq Friday September 2, 5pm til we run out. American Legion Post 159, route 9 (across from the police station) Kennebunkport. The menu consists of pulled pork, smoked chicken, bratwurst, beans, cole slaw, potato salad, jalapeno cornbread and a dessert. Donations welcomed. fmi call 967-2400

Two more Bean suppers for the season. Mark your calendars for Sat., September 24th and October 29, 2022 for First Church's bean and American chop suey suppers. Please call Carol at (207)710-7060 if you have any questions. In addition to this supper hosted by church members, the congregation and interim minister Rev. Fred Gagnon welcomes you to attend Sunday worship service which begins at 9:30a.m. Currently, masks are optional unless it's announced otherwise. All are welcome. First Congregational Church is located 1.5 miles south of the Seacoast Trolley Museum where Log Cabin Rd. becomes North St., next to Arundel Cemetery, and the Kennebunkport Historical Society. From Kennebunkport's Dock Square area take Spring St. to a left on Maine St. to North St. and follow North St. to First Congregational Church on the right. For directions or more information, you may call the church office on Tuesdays at (207) 967-3897. The church's website is www.firstchurchkport.org. The church's Facebook page can be found by typing "First Congregational Church Of Kennebunkport" in the search line on Facebook.

Christmas is a magical time of the year and you can add to the magic! The Town of Kennebunk wants to celebrate the spirit of the season with a beautiful tree to be displayed at Tibbetts Plaza for all to enjoy. The town is looking for a donation of a fir tree approximately 30'-40' high and full all the way around and easily accessible. We have a team ready to come and take a look so please contact us at ljohnson@kennebunkmaine.us or 207-604-1341.

Chalk the Port Event Youth Chalk Art Contest Art plays an important part in our community, and we are inviting youth artists to show off their talents during the "Chalk the Port" event by creating chalk pieces that celebrate this year's theme, "Kennebunkport: Past, Present, and Future." Youth artists will participate in "Chalk the Port" on **Saturday, September 24 beginning at 8:00 am finishing up at 2:00 pm.** For more information on the Chalk the Port event, visit www.chalktheport.com

Public Notice of Annual Meeting of the Kennebunk Free Library Association Public notice is hereby given to the public pursuant to the Kennebunk Free Library Association by-laws, that the annual meeting of the Association will be held on Tuesday, September 27, 2022 at 4:30 p.m. over Zoom. Board of Trustees' meetings are typically held on the last Tuesday of the month at 4:30 p.m. over Zoom or in Hank's Room, with the exception of July and December, and they are open to the public. For more information or to receive the meeting link, contact Library Director, Michelle K. Conners, at 985-2173 or kfl@kennebunklibrary.org

"Bohemian Sunday Poetry Readings" trumpet end-of-2022 poetry fete On Sunday October 9, 1-3 PM at the Brick Store Museum auditorium in Kennebunk. WePoets & Verse presents three luminary stars of the poetry world. Richard Foerster of Eliot. His ninth collection is forthcoming in Fall of 2023 With Little Light and Sometimes None at All. Mimi White of Rye, NH. Author of four full-length books. Awarded the Philbrick Poetry Prize for her chapbook, *The Singed Horizon*. Martin Steingesser of Portland. Author of three books of poems. *Yellow Horses*, *Brothers of Morning* and *The Thinking Heart: the Life & Loves of Etty Hillesum*. Admission Free. All are welcome. <https://wepoets.weebly.com>

MWA Annual Awards & All Original Fine Art/Small Works Show – Sept. 30-Oct. 2 Show opens Fri., Sept. 30, 9:30 AM – 7 PM; reception with live music 5 – 7 PM. Show continues Sat., Oct. 1, 9:30 AM – 5:30 PM and Sun., Oct. 2, 9:30 AM – 4 PM. Masonic Lodge, 10 North Street, Kennebunkport. FMI, go to www.maineartists.com.

Wells Reserve

Thursday, September 1, 10am-12pm Mindful Experience. Slow down and open yourself to the sights, sounds, and scents surrounding you on the Laudholm campus of the Wells Reserve. With heightened awareness as our goal, we will practice slow and quiet walking, using our senses in different ways. This is a peaceful, guided experience which teaches mindful practices that can be applied at home. For ages 12+. Registration required at linda@wellsnerr.org or 207-646-1555 ext 128. \$8/\$6 plus site admission. FMI wellsreserve.org/calendar.

Friday, September 2, 10am-12pm Explore the Shore. Though it isn't always obvious the treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. We will stroll Laudholm Beach investigating the sand, the wrack line, and objects we find. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 x110. FMI wellsreserve.org/calendar.

Wednesday, September 7, 6-7pm Closing Vacationland to Green Crabs. Invasive green crabs disrupt important fisheries, compete with native species, and harm salt marsh habitats. One way to keep their population in check could be to find commercial uses for the overabundant crustacean. But knowing where and when to concentrate harvest efforts requires studying the crabs' habits. In this virtual talk, Dr. Jason Goldstein, research director at the Wells Reserve, describes traditional trapping methods, determining molt stage and timing, tracking with acoustic telemetry, and analyzing environmental DNA to learn about the ecology of green crabs in estuaries. Registration required at wellsreserve.org/calendar.

Friday, September 9, 9am-12pm Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine salt marsh, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. FMI 207-646-1555 or wellsreserve.org/kayak.

Saturday, September 10, 10am-4pm Laudholm Nature Crafts Festival. Find seaside hospitality and professional vitality at the 34th running of this juried event. The Laudholm show highlights 130 of New England's most skilled creative people and attracts thousands of visitors to appreciate their fine work. The festival is a major fundraiser for Laudholm Trust, the nonprofit that supports the Wells National Estuarine Research Reserve. \$10/\$5. FMI 207-646-4521 or wellsreserve.org/crafts.

Sunday, September 11, 10am-4pm Laudholm Nature Crafts Festival. Avoid the crowds at this popular weekend event by attending on Sunday. The same seaside hospitality and professional vitality is found on day two of the Laudholm show, which highlights 130 of New England's most skilled creative people. The festival is a major fundraiser for Laudholm Trust, the nonprofit that supports the Wells National Estuarine Research Reserve. \$10/\$5. FMI 207-646-4521 or wellsreserve.org/crafts.

Thursday, September 13, 2-3:30pm Estuary Discoveries. Take a peaceful and easy meander along the accessible trail at Harbor Park in Wells. We will learn about the value and

importance of estuaries, where rivers meet the sea. Free. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org/calendar.

Wednesday, September 14, 1-4pm Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine salt marsh, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. FMI 207-646-1555 or wellsreserve.org/kayak.

Sunday, September 18, 9-11am Using Nature's Help in Healing from Grief. Anyone undergoing the grieving process can benefit by engaging with the natural world. Here is an opportunity for adults and children (ages 6 and up within the same family group) to take a guided walk in the woods of the Wells Reserve with an experienced facilitator from the Center for Grieving Children. Sue Ford brings a lifelong interest in nature, 12 years of experience as a literacy education technician, and the knowledge of a master gardener to this program. Free with site admission. Registration required at smf791333@gmail.com.

Tuesday, September 20, 2-4pm Wabanaki Wonderings. Reflect on life in southern coastal Maine before European settlers arrived, using art by Penobscot historian James Francis and a guided walk to the salt marsh. Imagine a sweetgrass camp, explore how people lived and thrived, and share insights about Wabanaki life past and present. Linda Littlefield Grenfell, of European descent, has studied about and with the Wabanaki people. \$8/\$6 plus site admission. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org.

Thursday, September 22, 10:30-11:30am Preschool Story Hour. Join Education Director Suzanne Kahn for an outdoor reading of Denise Fleming's *The Cow Who Clucked*, followed by a craft activity and barnyard treasure hunt. For ages 3 to 5 with their caregiver. Free with site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org.

Friday, September 23, 9am-12pm Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine salt marsh, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. FMI 207-646-1555 or wellsreserve.org/kayak.

Monday, September 26, 2-4pm Secrets of the Soil. Play in the dirt with Maine Master Naturalist Linda Littlefield Grenfell. Learn about the origin of soil and its necessity for all life. Dig in and get dirty while examining soil up close. \$8/\$6 individual, \$20/\$15 family plus site admission. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org/calendar.

Wednesday, September 28, 12-1pm Historic Apples of Maine. John Bunker has dedicated 40 years to tracking down, identifying, and preserving rare apples. In this talk, he shares his efforts to discover the last of Maine's ancient apples. Bunker started Fedco Trees in 1984 and founded the Maine Heritage Orchard in 2012. His recent book is *Apples and the Art of Detection*. \$5 suggested donation plus site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI 207-646-1555 or wellsreserve.org.

Thursday, September 29, 12-3pm Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine salt marsh, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up. Some

VINE HILL MUSIC THEATRE



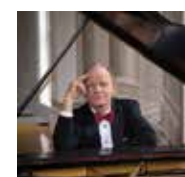
SEPT 2
Country Legends
THE GATLIN BROTHERS



SEPT 10
Comedian
TODD BARRY



SEPT 16
Classic Movie
PRETTY WOMAN



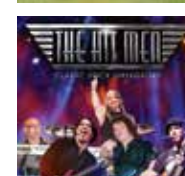
SEPT 24
Singer/Songwriter/
Educator
LIVINGSTON TAYLOR



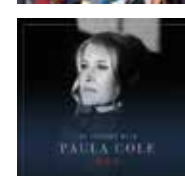
SEPT 25
LIVINGSTON TAYLOR MASTER CLASS



SEPT 30
DEEP BLUE C STUDIO ORCHESTRA



OCT 1
Legendary Rock
Supergroup
THE HIT MEN



OCT 9
Grammy-Winning
Artist
PAULA COLE



OCT 22
Pumpkin Carving &
Decorating, Live Music,
Food Trucks, Kids'
Crafts & Activities
FALL FESTIVAL

**For the full schedule
& tickets, visit
vinhillmusic.com**



restrictions apply. \$60/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. FMI 207-646-1555 or wellsreserve.org/kayak.

Thursday, September 29, 7-8pm Green Newton. Learn how a nonprofit works with city government, schools, and businesses to conserve energy and protect the environment around Newton, Massachusetts. Marcia Cooper, for 14 years the president of Green Newton, leads the group's efforts to work with elected officials, city staff, business leaders, residents, schools, and partner groups to make steady progress toward meeting the environmental sustainability goals spelled out in Newton's Climate Action Plan. Free virtual talk hosted by the Wells Reserve at Laudholm. Registration required at wellsreserve.org/calendar.

River Tree Art

River Tree Arts Small Works Fundraiser Friday, September 2, 6-8pm Location: River Tree Arts Gallery, 35 Western Ave, Kennebunk Maine. Please join us for our biggest fundraiser of the year! Patrons and artists are welcome to view the artwork from 6 - 7pm, while enjoying light refreshments. Starting at 7pm all pieces in the show will be made available for immediate purchase. Thank you for your continued support. Rivertreearts.org

Artists Open Studio at River Tree Arts Tuesdays, 9:30am-11:30am Dates: 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 11/29, 12/6. Location: River Tree Arts Gallery, 35 Western Ave, Kennebunk. Open Studio for Artists is a new initiative to promote sharing, exploring, and community building among artists, working in all mediums. This is a bring-your-own project and supplies format and participants will direct the plan/exercise for each session. Free for members. Suggested donation of \$5 per session for non-members. No Registration Required. Rivertreearts.org

Metalsmithing (6 weeks) Beginning September 14 Wednesdays 4-6pm Location: River Tree Arts Gallery, 35 Western Ave, Kennebunk In this course, students will conduct basic metalsmithing with the use of various heating and forming methods to make one's own jewelry. Students will learn how to use basic hand tools and the torch. Hot and cold connections will be taught. Through demonstrations and work time, each student will learn sawing, piercing, surface decoration, light forging, forming and basic stone setting. Students are encouraged to create their own designs using the techniques that are demonstrated. Adults 18+. Rivertreearts.org

Introduction to Oil Painting (6 weeks) Beginning September 19 Mondays 10am-1pm Location: River Tree Arts Gallery, 35 Western Ave, Kennebunk You will be introduced to oil painting materials while gaining hands-on experience mixing colors, painting on canvas, and properly cleaning up. This class is for beginner and intermediate painters who are trying out oil paint for the first time. A background in drawing may be helpful but is not required. Adults 18+. Rivertreearts.org

Artists Workshop Series: How To Grow Your Business On Instagram Dates: September 21 & 28 Time: 9:30 - 11:30am Location: River Tree Arts Gallery, 35 Western Ave, Kennebunk

Are you an artist looking to grow your business on social media? Join us for a two-part Instagram workshop with social media expert Jaimie Crawford. Jaimie teaches the "Art of Storytelling", which is the foundation of your brand and your marketing success. The workshops will cover all you need to know to get comfortable with the platform, hands-on instruction in setting up your 'feed', tips on effective post content, hashtags, photos, videos, building your audience, and more. Members: FREE / Non-Members: \$25. Rivertreearts.org

Jewelry Creations (8 weeks) Beginning October 6 Thursdays 6-8pm Location: River Tree Arts Gallery, 35 Western Ave, Kennebunk. Join Emily each week for a fun, relaxing jewelry-making extravaganza! Learn some cool tips, tricks and techniques to spin out your own necklaces, earrings and bracelets to wear right out of the studio or give as gifts! Each week, participants will complete a different project using a combination of wire, beads, crystals, string and leather cord - no heat or solder! We'll simply use jewelry pliers to manipulate our wire and findings, assembling our creations using jump rings, headpins, crimp beads, clasps and chain as needed. If you enjoy working with your hands, being creative or just love jewelry, beads and crystals, then this is your jam! Adults 18+. Rivertreearts.org

Brick Store Museum

Thursday, September 1: Historic District Walking Tour, 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 3: Kennebunk Beach History Walking Tour, 9:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 3: Historic District Walking Tour, 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Tuesday, September 6: Free Admission & Drop-In Art in the Gallery, 10:00AM, Brick Store Museum, 117 Main Street, Kennebunk. Free admission to the Museum 10am - 5pm. Visitors can drop-in between 10am - 12pm to help create a collaborative artwork from needle felting. No experience necessary! FMI call 985-4802 or visit www.brickstoremuseum.org.

Thursday, September 8: Historic District Walking Tour, 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 10: Kennebunk Beach History Walking Tour, 9:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 10: Historic District Walking Tour, 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Tuesday, September 13: Free Admission & Drop-In Art in the Gallery, 10:00AM, Brick Store Museum, 117 Main Street, Kennebunk. Free admission to the Museum 10am - 5pm. Visitors can drop-in between 10am - 12pm to help create a collaborative artwork from needle felting. No experience necessary! FMI call 985-4802 or visit www.brickstoremuseum.org.

Thursday, September 15: Historic District Walking Tour, 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 17: Kennebunk Beach History Walking Tour, 9:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 17: Southern Maine Steampunk Fair, 11AM - 4PM, Brick Store Museum, 117 Main Street, Kennebunk. Festival offering Steampunk arts and craft, performances and history lectures, silent movie, live music, historic walking tour and fun exploring history! Tickets \$5 per person. More information by calling 985-4802 or visit www.brickstoremuseum.org.

Tuesday, September 20: Free Admission & Drop-In Art in the Gallery, 10:00AM, Brick Store Museum, 117 Main Street, Kennebunk. Free admission to the Museum 10am - 5pm. Visitors can drop-in between 10am - 12pm to help create a collaborative artwork from needle felting. No experience necessary! FMI call 985-4802 or visit www.brickstoremuseum.org.

Thursday, September 22: Historic District Walking Tour, 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 24: Kennebunk Beach History Walking Tour, 9:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 24: Historic District Walking Tour, 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Louis T. Graves Library

Special Limited Offer - Not Many Remaining - 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 (207) 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 offer tech help just for you every weekday from 9:30 - 10:30. If you are trying to (1) set up a 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. Staff members

are here to help with all your technology needs. No appointment necessary! The Graves Library is located at 18 Maine Street, Kennebunkport. Please give us a call for more details (207) 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 7:00 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch 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 7:00 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch on the Town of Kennebunkport's cable channel 1301. Please call the library at (207) 967-2778 for more information on this creative collaboration of friends and neighbors!

Fridays @ 10:00 am. Family Storytimes. Join us every Friday morning for books, songs, and movement! Storytime will be held outside on the lawn (weather permitting). Blankets for seating are encouraged. Ages: babies to pre-school.

Thursday, September 8 @ 4:00 pm. Erase the Stigma. Join us for our monthly discussion with our friends from the Kennebunkport Public Health Department and Coastal Healthy Communities Coalition (through the University of New England) to present helpful ways to arm you and your family with the appropriate tools to fight Opioid overuse and abuse. This program takes place on the second Thursday of every month at 4:00 pm in the Community Room at the Graves Library (18 Maine Street, Kennebunkport). Anyone is welcome!

Friday, September 9 @ 5:30-7:00 pm. Artists of Graves Library: A Community Art Show Open House. Join us for the opening reception for the Artists of Graves Library community art showcase celebrating artists in our community who are staff, volunteers, or members of the Graves Library. The art show will hang in the Business Center of the Mother's Wing through May 2023.

Thursday, September 15 @ 9:45 am. Morning Book Group. This group meets the second Thursday of every month. For September, the group is reading *The Ride of Her Life* by Elizabeth Letts. 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, September 15 @ 10:30 am. Storytime with Local Author Jocelyn Lacey. Joined by a Kennebunkport Police Officer, local author Jocelyn Lacey will be sharing her new children's book *What Do Police Officers Do?* The program will take place outside on the lawn (weather permitting). Join us as we learn about police officers and the many jobs they do in the community where they live!

Wednesday, September 21 @ 9:30 am. Your Health Matters. Please join us and staff from the Kennebunkport Health Department to identify ways to improve healthy choices and overall well-being. Stay tuned for this month's book! Copies will be 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)

Thursday, September 22 @ 6:45 pm. Monthly Movie Night at Graves Library. The Graves Library's monthly movie night is back by popular demand! For one night a month, the Library's Community Room will transform into a movie theater. Meet up with your friends, snack on some popcorn, and enjoy a FREE night out at the movies! Please check graveslibrary.org for this month's movie selection.

Thursday, September 22 @ 5:00 pm. Evening Book Group. Join us on Thursday, September 22nd for this month's book group. For this session, we will be discussing *Fresh Water for Flowers* by Valerie Perrin. All are welcome to attend. Please give us a call if you are interested or need a copy. (967-2778).

Thursday, September 29 @ 5:00 pm. Annual Author Event with David Maraniss. The Trustees of the Louis T. Graves Memorial Public Library are pleased to announce their Annual Author Event, featuring award-winning journalist and New York Times bestselling author, David Maraniss, at the Kennebunk River Club (116 Ocean Avenue, Kennebunkport). The evening will include a wine reception, a discussion between David Maraniss and Peter Slen, Senior Executive Producer at C-SPAN, and a book signing. Tickets (\$60/pp, non-refundable) are available for purchase at the Graves Library (18 Maine Street, Kennebunkport), online via Eventbrite, or at graveslibrary.org. Ticket sales will end the day before the event, on Wednesday, September 28th at 3:00 pm. Due to limited capacity, tickets will not be available for purchase at the door.

Ongoing:

Virtual Family story time is streaming every Friday at 10:00 am on Facebook (<https://www.facebook.com/GravesLibrary>) and YouTube. You can always view on local access channel 1301 too. As always, feel free to post your photos of crafts made on our Facebook Page! For further information, please call 967-2778 and ask for the Children's Room or visit our website at <http://www.graveslibrary.org>. Ongoing Book Sale. 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) or Facebook (www.facebook.com/GravesLibrary) for more items. All proceeds benefit the Graves Library. We thank you very much!

Meet Us @ the Museum — Graves Memorial Public Library now has daily passes to six different Museums throughout Maine for all Kennebunkport residents and patrons to visit for free: Brick Store Museum, Ogunquit Museum of Art, Seashore Trolley Museum, Children's Museum of Maine, Portland Museum of Art, and Coastal Maine Botanical Gardens. Please visit <https://graveslibrary.org/resources/museum-passes/> for more information or give us a call at (207) 967-2778 to reserve a pass for a particular day.

Kennebunk Free Library



The Kennebunk Free Library announces its next Speers Gallery exhibit, "Beauty Unnoticed" by Yuko Hasegawa

Lynch. The exhibit runs September 1-30, and features colored pencil drawings of Monarch butterflies and other figures from nature. "My hope is to inspire people with my Monarch drawings to help protect and promote their population." KFL is pleased to display the work of this talented artist. The public is invited to view the exhibit in the library's Speers Gallery from September 1-30, 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.

Book Stacks for Children from KFL 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!

Outdoor Storytime at KFL It's time for Storytime! On some Mondays at 10:00 a.m., storytimes will be held outside the library near the faerie garden. Join Miss Maria for songs, stories, and fun! Bring a blanket or towel to sit on, and don't forget your sunscreen! In the event of rain or inclement weather, storytime will be held indoors. The location of storytime will be announced by 8 a.m. on the morning of storytime, and will be shared on our Facebook page and website. Masks are required when attending library programs. These events are free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. Upcoming storytime dates include: • September 12 • September 19 • September 26

Take and Make Kits for Children at KFL 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 starting Thursday, September 1. Visit us to grab some supplies that will help you get creative!

Lego® Club at KFL It's back! Kennebunk Free Library is offering a Lego® Club for children and 4 and older. Lego® Club will meet on Friday, September 23, from 4:00-4:45 p.m. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego® blocks will be supplied; please leave yours at home. Registration is appreciated. Masks are required when attending library programs. Lego® Club is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information or to register, please call 985-2173 x-108 or visit the website www.KennebunkLibrary.org.

STEAM To Go Kits for Children at KFL 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. Kits will be available starting Thursday, September 1. Visit us to grab everything you need for a STEAM-tastic good time!

Fantastic Mr. Fox Apple Printing Ready to celebrate the beginning of Autumn with Fantastic Mr. Fox and some crafting? Bring your friends and come join us at the library to learn how to create art with apples! For this activity, we will meet on September 27 from 3:30-4:30 P.M. Apples will be available, but teens are welcomed to bring their own to use for this craft. Also, we will be using washable paint, but make sure to wear clothes that you are ok with getting messy. This event is free, wheelchair accessible, and open to Teens ages 10 and up. If you have any questions, see Miss Emmaline in the Children's Room, or call at (207) 985-2173.

Hobbit Day We're going on an adventure to the Shire! To celebrate the birthdays of both Bilbo and Frodo Baggins, join us at the library for a day of Hobbit-themed activities and fun! We will meet on Thursday, September 22 from 3:30-4:30 P.M. There will be music, crafts, games, and more! Don't forget to bring your friends for this journey, and maybe some second breakfasts along the way! This event is free, wheelchair accessible, and open to Teens ages 10 and up. If you have any questions, see Miss Emmaline in the Children's Room, or call at (207) 985-2173.

The Dragon Hunters 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 Monday on

September 12, 19, and 26 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 event is free, wheelchair accessible, and open to Teens ages 10 and up. New players are encouraged to join in on the adventure. If you have any questions, see Miss Emmaline downstairs in the children's room, or call at (207) 985-2173.

Chill Gaming Ready to chill, eat snacks, and play some games? Come hang out with friends, test out your gaming card decks, play on our Nintendo Switch, try out new RPG board games, or anything else in between for our event, Chill Gaming! Basically anything that relaxes you is welcome and encouraged! We will meet every other Thursday on September 1, 15, and 23 from 3:30 -4:30 P.M. There will be games provided by the library, but players are free to bring their own games, learn new games at their own pace, or you can just come to hang out and have a good time listening to some lofi beats! This event is free, wheelchair accessible, and open to Teens ages 10 and up. If you have any questions, see Miss Emmaline in the Children's Room, or call at (207) 985-2173.

Wright Gallery

The Wright Gallery will be hosting an event over Labor Day Weekend: "Cape Porpoise - A Working Harbor" Artists Dennis Poirier, Todd Bonita, and Mike Maron will be featured with new works of the harbor, the boats, and the lobstermen of Cape Porpoise. **Opening reception Saturday, September 3rd from 5:30-8:00 at The Wright Gallery, 5 Pier Rd., Cape Porpoise.** (207) 502-0012 for more information.

AWS

Mondays, Sept 12, 19 @ 26 @ 5:45 pm [No session Labor Day] - 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. \$29 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Tuesdays, Sept 6, 13, 20, 27 @ 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! \$29 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Romac Apple Orchard

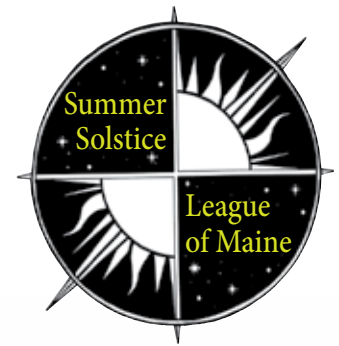
SUNDAY SEPTEMBER 11th 1pm-3pm -"B-Side" This great local group will perform covers and some of their original material.

SATURDAY SEPTEMBER 17th 1pm-3pm -"Mr. Drew and His Animals Too" Come see some amazing exotic animals such as snakes and lizards-Maybe even touch one! <https://www.mrdrewandhisanimalstoo.com/>

SATURDAY SEPTEMBER 17th 11am-2pm -Kite flying event hosted by Three Rivers Land Trust. You will see some amazing kites or come fly your own!

SATURDAY SEPTEMBER 24th 12pm-4pm -"Seven Lakes Snowmobile Club Orchard Day" Raffles, activities, and burger/hot dog trailer. Come check it out! www.sevenlakesnowmobileclub.com

SATURDAY SEPTEMBER 24th 12:30pm-3:00pm -"Classic Memories Good Humor Ice Cream Truck" Enjoy an ice cream from the vintage 1967 Ford F-250 ice cream truck <https://www.classicmemoriesicecream.com/>



SUMMER SOLSTICE CRAFT SHOW 2022

September 10 & 11

Location:

Wells Junior High
1470 Post Road (Route 1), Wells

10am-4pm
Free Parking & Admission

SummerSolsticeCraftShows.com
207-967-2251

Not As Sharp As I Used To Be

Perhaps, you've seen those TV ads where a guy says, "I began to notice I wasn't as sharp as I used to be..." And —Bingo!— a few tiny pills and he's back on his game, 21 again, and beating up on the competition.



John Forssen,
Village contributor

He should be so lucky.

Another of these ads features a guy who says he's been taking the pill for 11 years, and you think, "Good Lord, by now he must have a mind like a knife edge. Or, another thought creeps in, maybe it's simple addiction, too much of a good thing; and off camera you find him drooling in his hat.

My druggist says not to worry, the pills are a fantasy...you want to stay sharp, stay active. It's the old rust-belt dictum: use it or lose it.

Even so, every time that ad comes on the television, I can feel the pressure of my wife's eyes on the back of my head... yes, actual pressure, like she's searching feverishly for something that may never have been there in the first place. Ahhh, but hope springs eternal. The eyes never

blink...and, on occasion, she will look across the dinner table, her eyes shining in the candlelight and ask without warning, "Is it time...should we have you see someone?"

What she doesn't realize is that I'm doing the best I can. She should have been acquainted with me before...when I was known in the old neighborhood as the 'Little Wanderer'. In those days, my mother would pin an envelope to my jacket whenever I left the house. The envelope contained a small card with our address and a promise of five dollars for my safe return.

Later on, as I became more independent, she offered a phone number and five dollars simply for news of my whereabouts.

There may be something to this aging business, though, for I must admit to being at least marginally distracted on occasion...reading or even noticing directions being among my greatest shortcomings.

But it's not all my fault...it's not like she hasn't been warned, you know, living with me all these years.

For example: the label on her new sweater stated clearly, unequivocally, in fact, that it was delicate...that it should

be washed with a mild detergent...in cold water...by itself...and then laid on a thick towel to dry. I know these things now. I will never forget them. But she knew them then...beforehand. Still, she put the sweater in the basket with the rest of the laundry and left me alone on this now memorable Saturday to do the wash.

"Have a nice day," I called to her as she left the house.

She blew me a kiss and called and back, "I love you."

And those were our last kind words to each other before we went out the next day to get a new sweater. To my credit, the old sweater was clean...lustrously so. On the downside, however, it was also a good deal smaller and those delicate fibers, I have to admit, had coarsened some. It was enough to trump any credit I might have claimed for helpfulness.

"I can't believe you didn't read the label," she said, cradling the ruined sweater in her cupped hands and strumming the words over and over like the sad refrain in a country/western ballad.

"Label?" I said, my voice rising to greet the possible blessings of ignorance, but there was no help there. Ignorance, I quickly learned, may be the cause of many things, but it is an excuse for none.

Still, we soldier on...through big catastrophes and small, we stagger along our plotted path.

But then one day I was ambushed.

I went in for my annual physical, and the young tech who took my blood pressure and checked my oxygen level muttered something that sounded to me like nonsense syllables...like she might have been talking to herself, reciting items on a personal 'to do' list.

I was in the midst of a daydream, so I paid little attention. Daydreams were meant for times like this, when anxiety calls for distraction.

When she was done with her business, she gave me a gown. "Down to your socks and underwear," she said smiling and left the room. Moments later she returned and asked, "So, what are they?"

It was not an idle question. That was clear in an instant, but I must admit to being at a disadvantage, for truth be told, I had no idea what she was talking about, and my face was not about to cover up that fact—as open and uninformed as an empty serving dish, it was.

"You don't remember, do you?" she said sadly.

I shook my head, mimicking her sadness. I

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had no intention of playing the dark cloud in her day. She was so young. Certainly, she was entitled to more happiness than I was offering at that moment. I would try harder, I thought, if only I knew what she wanted.

Just then, in the midst of my confusion, I noticed my wife nodding her head and smirking. I should note here that she always accompanies me to the doctor fearful that, left unaccompanied, I should forget some important detail or deliberately smooth over or even ignore some bit of news that could be worrying.

But there she was, smirking quietly, her head bobbing as if to say, "Yes, I suspected as much."

When our eyes met, she said, "hubcap, porcupine, sunbeam," spitting the words as if they had some significance.

"What!" I replied, not even bothering to form a question.

"You failed the test. Before she left the room, she recited those three words. You were supposed to remember them. She told you that."

"What in God's name for?" I said. "Spoken like that, they don't even make any sense."

She sat back then and patted my hand. "I rest my case."



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SOUTHERN MAINE STEAMPUNK FAIR EXPLORES FUTURISTIC HISTORY



On Saturday, September 17, 2022, the Brick Store Museum in Kennebunk will host its 8th annual Southern Maine Steampunk Fair from 11:00am to 4:00pm. The event will explore Steampunk (a unique blend of history and future), reimagined history, and Victorian aesthetics. Steampunk crafts, costuming and artwork will be on display and for sale; history lectures, live music, fashion design presentations and a children's book reading will round out the program of events. Entry to the museum's exhibitions are all included in the Fair. The \$5 ticket is a fundraiser for the Museum's year-round programming.

Steampunk is a blend of history and

future; a view of the world if Victorian aesthetics and steam power existed in modern day. Novels like *20,000 Leagues Under the Sea* or *Sherlock Holmes* featured the Steampunk theme.

During the Fair, visitors will hear scheduled lectures from historic costume designer Paula Gallucci; Professor Elizabeth DeWolfe of UNE on "Women's Industry & the Work of Hair Jewelry in the 19th Century" (with a one-day pop up exhibit at the Museum); children's book readings and more authors and speakers on Steampunk style and stories.

Live music will be performed by the Bellamy Jazz Band. In between, the silent film "20,000 Leagues Under the Sea" (1916) will be shown. Throughout the day, vendors of steampunk-themed works, costumes and technology will be on display, and family-friendly activity stations offer creative stops along the way. This is the most unique event in Southern Maine! The full schedule can be found on the Museum's website, www.brickstoremuseum.org. This event is sponsored by Kennebunk Savings Bank.

Panera FUNDRAISING

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**Services vary by cafe.

ABOUT BlixxHorses: Gabriela Rodriguez Quinn, Director will be at Panera from 11-2pm. BlixxHorses Educational organization providing interactive, therapeutic non riding program. **Donations are welcome!** P.O. Box 435 West Kennebunk, Maine 04094 www.horsetherapy.me | www.blixxhorses.org | 207-985-1994 501(c)(3)

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38 LANGSFORD ROAD | KENNEBUNKPORT Sit back, relax, and enjoy the views from the wrap-around porch of this adorable Maine cottage. This tranquil year-round home offers water frontage on the tidal Cape Porpoise Harbor and is just a quick stroll from the shops and market in Cape Porpoise center. A spacious eat-in kitchen - enjoy each meal in awe of the surrounding natural beauty. This peaceful home will make you feel like you're always on vacation. \$1,990,000



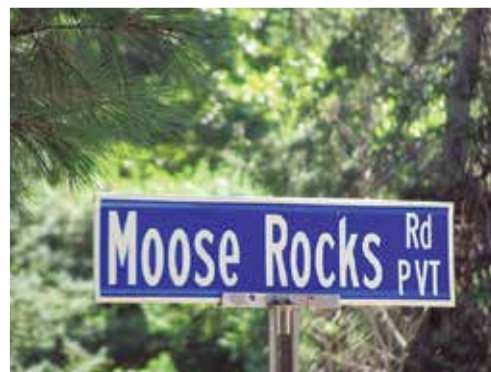
12 LOCKWOOD DRIVE | KENNEBUNK - Welcome to River Locks - MOVE-IN READY! Being sold fully furnished with some exclusions. Conveniently located just outside of Lower Village & Dock Square and only 1.5 miles to the beach! This well-kept spacious 4BR/3.5BA home has been used solely as summer retreat for the past 7 years. Offering one-floor living with a large 1st floor primary suite with 3 additional bedrooms. \$975,000



698 OCEAN AVENUE, WELLS - Moody Point is a very sought-after area in Wells, and homes in this area do not come on the market often. This is one of two free standing homes that were converted into condos. No condo fees! This home looks at the Atlantic Ocean on a corner lot with magnificent views of the ocean from many rooms. \$995,000



24 NORWOOD LANE, UNIT #4 | KENNEBUNKPORT - It does not get much better than this! A private setting at Goose Rocks Beach with a Dock on the river and sunsets beyond belief! This is the last of a small 4-unit condo project offered for sale. It has shared river frontage and a deeded ROW; just a minute or two walk to the beach. There is 1/4-mile walking path on an island adjacent to the property. \$825,000



40 MOOSE ROCKS RD | KENNEBUNKPORT - Tucked away on a beautiful country road close to beaches, Kennebunkport center, restaurants, and shopping is where you will find this 3 plus acre lot. Abutted by conservation land, enhancing your privacy, it is fully surveyed, and a soils review has been completed. Start to make your dream come true, of living in Kennebunkport Maine. Building packages will be offered shortly. **\$180,000**



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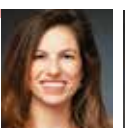
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