

June 2021 Summer Edition

The Kennebunk

# Village

Magazine

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& Nunan's Lobster Hut**

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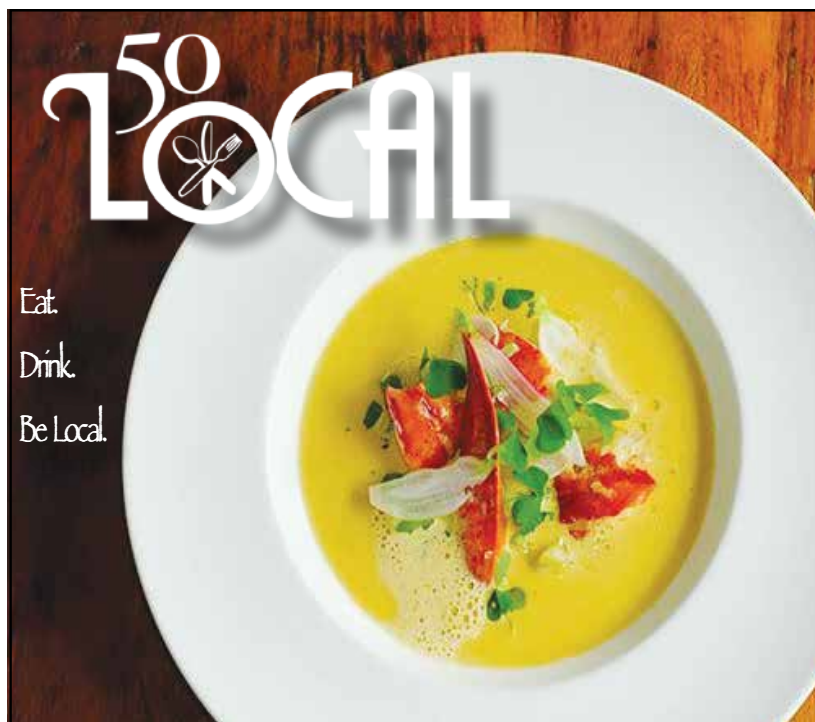
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***On the Cover***



Twin lobster meal, served the old fashioned way at Nunan's Lobster Hut in Cape Porpoise. Photo by Bob Dennis



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# Ah, summer in Maine

Dr. Earl Freeman practices Functional Medicine / Direct Primary Care in Kennebunk Lower Village  
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Ah, summer in Maine (almost!) 'Tis the time of year when half the country comes to enjoy the cool summer breezes of the woods, lakes and ocean (at least it sometimes seems like half the country).

Even if the warmth of summer is being a bit tardy, it's still time to heat up the grill – culinary delights “al fresco”.


However, as with most activities, there are some cautions. Grilling or barbecuing meats at high temperatures leads to the production of some chemical compounds not present in other forms of cooking. Some of these compounds are known to damage the DNA in our genes and have the risk of being “mutagens” – those things which increase the risk of developing cancer. When the proteins and the sugars that

are on the meat react under high temperature, they form heterocyclic amines (HCA's) and polycyclic aromatic hydrocarbons (PAH's) – big words meaning “methyl-ethyl bad stuff”. In addition, the liquid fat dripping onto the flame creates smoke with lots of PAH's which coat the surface of the meat. The best solution is to use other cooking methods, if possible, but there are some easy ways to reduce the potentially harmful effects of grilling your food.

One is to marinate your meats. These preparations add more flavor and be somewhat protective at the same time. Marinades that contain acid, such as vinegar or lemon juice, are best for reducing the carcinogenic HCA's. Also note that

Continue to page 5

“...the highpoint of summer in Maine...”



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# Ah, summer in Maine

Continued from page 4

many barbecue sauces contain sugar which increase those same HCA's – these products are best added to the food after cooking.

Secondly, be wise when choosing your meat. Choose leaner cuts – with less fat, there will be less smoke and less exposure to PAH's. When grilling chicken, remove the skin before cooking so as to reduce formation of HCA's.

Another good idea is to add herbs and spices to the meat before cooking. These have been shown to reduce formation of HCA's when meats are grilled. Mint, onion, turmeric, garlic, rosemary, ginger, thyme, and red chili pepper are all great choices – use them as a dry rub, mixed into ground meats, or as marinades.

Caution about over-cooking or charring. The amount of time your meat contacts the grill makes a difference. Consider using quicker-cooking proteins, like fish, shrimp, or

cutting your meat into smaller pieces (meat and vegetable kabobs are a terrific solution). In order to cook the middle of the meat to desired doneness, rotate the meat frequently so the surface does not get as hot, yet the center gets some cooking. If some of the meat gets charred or blackened, it is best to cut it off and dispose of it, reducing your exposure to HCA's.

Try grilling other foods. Fruits and vegetables have been shown to inhibit activity of HCA's and reduce damage caused by these compounds. What a great idea it is to use produce that is rich in antioxidants; it can be delicious when grilled. Try grilling zucchini, bell peppers, sweet potatoes, apples, peaches, pineapple, even watermelon, for tasty additions to your meal.

It's grillin' season – get outside while the grillin's good !. It's only 3months 'til Fryeburg Fair – and we all know what comes after The Fair.



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This pristine 5,600 sq.ft. home includes a laundry room, attached 2-car garage, full basement, two extra 3rd floor bedrooms, and a large rear parking lot. Great location near area beaches, shops, restaurants, nature trails and attractions. This is an excellent opportunity for a fresh start or a continuing passion in one of Maine's most desirable destinations areas. **Offered at \$1,200,000.**

## 12 Low to No Cost Outdoor Summertime Activities Around our Village!

**Franciscan Monastery Garden Trails, Kennebunk.** COST: FREE

Free garden and property tours happen on Saturdays from April to September at 11AM and 12PM. Learn about the history of the Monastery grounds and the architecture, plants, and friars as you explore the formal upper garden with historical statuary and the natural lower flower garden, on site vegetable garden and bee apiaries behind the monastery. Gardens and trails are open daily to the public for self-guided tours from 9AM. – 4:45 PM. [myfranciscan.org](http://myfranciscan.org)



Franciscan Monastery Garden Trails.

**Mount Agamenticus, York.** COST: FREE

Mount A may be seen from Colony Beach in Kennebunkport on clear days. The Mount Agamenticus Conservation Region consists of more than 10,000 acres and is located within an additional 30,000-acre expanse of conservation land in southern Maine, boasting trails for hikers and bikers. Select trails are open to equestrians and ATV riders. Open year round, dawn to dusk. Leashed pets welcome. [agamenticus.org](http://agamenticus.org)

**Kennebunk Land Trust, Kennebunk.** COST: FREE

These preserves are wonderful locations for birdwatching, hiking, trail exploring, nature photography and more. Kennebunk Land Trust Preserves with trails include Kennebunk Wildlife Management Area, Alewife Woods Preserve, Clark Preserve, Mousam River Wildlife Sanctuary, Sea Road Preserve, Wonder Brook/Murphy Preserve, The Secret Garden, Butler Preserve, Madelyn Marx Preserve, Oxbow Preserve, For All Forever Preserve and Hope Woods. [kennebunklandtrust.org/](http://kennebunklandtrust.org/)

**Camp on an Island off Cape Porpoise.** COST: FREE

The Kennebunkport Conservation Trust maintains 8 wilderness island camp sites off 3 Cape Porpoise islands. One of the largest islands, Vaughn, is accessible by an easy, couple hundred yards walk at low tide. Cape Island is the most rugged, beachless, and remote, accessible only by kayak or canoe. All campsites are carry in/ carry out set with a field-stone fireplace and gently cleared tent sites. Reservations are required for camping. Camping is free of charge. [www.kporttrust.org](http://www.kporttrust.org).



Explore the most popular trails in Kennebunk Land Trust.

**Disc Golf**

Disc golf is a sport quickly gaining popularity with plenty of places throughout Maine to give it a try. Disc golf is like traditional golf except for throwing a disc at targets and into baskets instead of using clubs and balls. It is usually played on a course with 9 or 18 holes. Players complete a hole by throwing a disc from a tee area toward a target, throwing again from where the previous throw landed, until the target is reached. Price to golf averages \$5 per round. FMI: [www.discgolfscene.com](http://www.discgolfscene.com).

**Explore the Village on a Bicycle** COST: \$15-\$25 per hour.

Rent a bike, tandem bike, or electric bike, from Coastal Maine Kayak and Bicycle for a day trip exploring in the Kennebunks. A single standard bike rental is \$15- per hour, or \$45- per 24 hours. E-Bike rentals are \$22- per hour. Tandem bike rentals are \$25- per hour. All rentals include a helmet, basket, and bike lock.

**Rachel Carson National Wildlife Refuge, Wells.** COST: FREE

Established in 1966 in cooperation with the State of Maine to protect salt marshes and estuaries for migratory birds. There are 50 miles of coastline in York and Cumberland counties, with eleven divisions between Kittery and Cape Elizabeth. The Wells trail on Route 9 wide and does not include steep inclines. This short trail is wheelchair and stroller accessible. 321 Port Rd Wells, ME, (207) 646-9226 · [www.fws.gov](http://www.fws.gov)

**Laudholm Farm-The Wells Reserve.** COST: FREE

A place to discover nature, science, history, and paths to coastal waters. It features 2,250 acres of diverse landscapes with trails, programs, and amazing views. Moderate trails, open year- round, every day 7am to sunset. No pets. No smoking. [www.reserve.org](http://www.reserve.org).

**The Marginal Way, Ogunquit**

COST: FREE

A paved, one mile cliff walks along the ocean, from Perkins Cove to Shore Road in Ogunquit. Benches are available in many spots to take a rest, take a photo, or just breathe in the salt air and enjoy the ambiance. [www.ogunquit.org/marginal-way/](http://www.ogunquit.org/marginal-way/)

**Mini Golf** COST: Adults: \$12 Seniors, Military and Children: \$9 Children Under 12: FREE

Raptor Falls Mini Golf, Arundel is an 18-hole miniature golf course featuring life-like animatronic dinosaurs that move and roar and a play through volcano. Locally made ice cream is also sold. [www.raptorfalls.com](http://www.raptorfalls.com)



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**Kennebunkport Conservation Trust, Kennebunkport, and Cape Porpoise.** COST: FREE

Explore Goat Island Light House, Emmons Preserve, James Woods, Ganny's Garden, Smith Preserve, Tyler Brook, Meadow Woods Preserve, The Grist Mill, Islands and Beaches, a Labyrinth, and more, including Island exploration and camping. [www.kporttrust.org](http://www.kporttrust.org)

# The Nunans of Cape Porpoise

21 was already a seasoned seaman.

Captain Richard J. Nunan, one of Charles and Emily's 10 children, was born in Cape Cod in 1840. At the age of 9, he left school to work on a dragger boat to help support his parents and siblings. At the age of 10 he began fishing for lobsters and squid. By the age of 14 he was working as a cook on the Carrie E. At the age of 17 he had his own dragger boat which he named for his one and only schoolteacher, Salome Lothrop.

Shortly after settling in Cape porpoise, Captain Richard Nunan, along with two of his brothers William, and Charles, went on to establish the Nunan Fleet of fishing schooners. In the heyday of the Nunan fleet, there were 14 Nunan schooners in Cape Porpoise. The prosperity from the Nunan fishing fleet fueled the economy in Cape porpoise for decades by providing jobs, food, financial security, and stability to many families, which in turn enabled the townsfolk to build a solid, tight-knit foundation and infrastructure. Schools were built, the church was funded, real estate prospered, and subsequent businesses opened as a result. The Nunan Store

was established, The Nunan School was built and named in honor of the family, and the front left stained-glass window in the Church on the Cape was installed, featuring an anchor, a nod to the Nunan maritime heritage.

By the early 1900's gillnetting and lobstering began to take precedence over schooner fishing. Lobster was in high demand and commanding a decent price and the Nunan's, along with other fishermen began filling this demand for lobster by setting traps and supplemented lobstering by taking on the gillnetting method of fishing.

More than a 150 years later, descendants of the original Nunan settlers who made their living harvesting the sea aboard Captain Richard Nunan's infamous fleet carry on the family fishing tradition and way of life today. This book traces the Nunan fishing fleet today back to their ancestors in 1861. Fishing methods have changed greatly over the years, yet the way of life of fishermen has not. The passion,

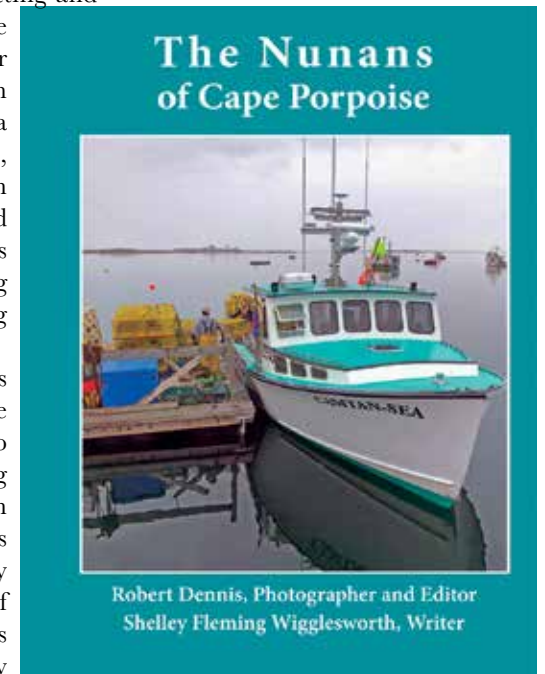
Photographer Bob Dennis & Journalist Shelley Wigglesworth  
Release a New  
**COFFEE TABLE BOOK**



The late Dale Nunan and his boat the F/V Sou Wester in Cape Porpoise circa 2004.

By, Shelley Wigglesworth, Lead writer

"Charles F. Nunan and Emily Tarrant Nunan, immigrants from Ireland settled in Cape Porpoise in 1861 with their family at the urging of their son, Master Mariner Captain Richard J. Nunan, who at the age of



Robert Dennis, Photographer and Editor  
Shelley Fleming Wigglesworth, Writer

knowledge, tenacity, and spirit of the generations of Nunan's who fished these waters is alive and well today in

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the Nunan fleet of Cape Porpoise.

Growing up in this fishing village, just as many generations before me have, I have been blessed to know the Nunan family. I have childhood memories with them, just as my parents, grandparents and great grandparents have with their parents, grandparents, and great grandparents. We have a shared connection and longstanding bond and trust built through the years and without it, I am not so sure they would have allowed me to tell their story. This book is a collaboration, a historical record, and a labor of love of which I am proud to be a part of."

**Side Bar:**

Generational guide for each Nunan fisherman featured in this book, tracing each branch of the family tree back to Charles F. Nunan and Emily Tarrant Nunan: Norman Sr., Norman Jr., Cooper, Ben, Nunan

**First generation:** Charles F. Nunan and Emily Tarrant Nunan

**Second generation:** William Howard and Anna Laura (Nickerson) Nunan

**Third generation:** Howard Ernest and Bertha (Huff) Nunan

**Fourth generation:** Ernest Howard and Gertrude (Wildes) Nunan

**Fifth generation:** Norman Nunan Sr. and Shirley "Peggy" (Cooper) Nunan

**Sixth generation:** Norman Nunan Jr. and Lisa (Stevens) Nunan

**Seventh generation:** Norman's children: Kayla Nunan (Petrin), Molly Nunan Greene, Bailey Nunan, Cooper Nunan, Ben Nunan

**Eighth generation:** Fletcher and George Greene, sons of Molly and Seth Greene, Quinn Petrin, daughter of Kayla Nunan and Josiah Petrin. Norman Sr., Chris,

Cody, Chelsea Nunan

**First generation:** Charles F. Nunan and Emily Tarrant Nunan

**Second generation:** William Howard Nunan Anna Laura (Nickerson) Nunan

**Third generation:** Howard Ernest and Bertha (Huff) Nunan

**Fourth generation:** Ernest Howard and Gertrude (Wildes) Nunan

**Fifth generation:** Norman Nunan Sr. and Shirley "Peggy" (Cooper) Nunan

**Sixth generation:** Chris Nunan (Melanie Tracy)

**Seventh generation:** Cody Nunan, Colby Nunan, Chelsea Nunan

**Eighth generation:** Cody's daughter, Cameron

Yogi, Keith, Jonathan, Ben Nunan

**First generation:** Charles F. Nunan and Emily Tarrant Nunan

**Second generation:** Richard James Nunan and Caroline (Hutchins) Nunan

**Third generation:** George W. Nunan Jr. and Victoria (Wagner) Nunan

**Fourth generation:** George W. and Florence Pearl (Hutchins) Nunan

**Fifth generation:** Clayton B. and Bertha (Hanson) Nunan

**Sixth generation:** Richard "Yogi" and Terri (Hutchins) Nunan

Keith and Kimberly (Perry) Nunan

**Seventh generation:** Benjamin and Lindsey (Gerber) Nunan, Jonathan and Jillian (Souza) Nunan

**Eighth generation:** Ben's children: Paige, Audrey, and Eli Nunan

Jon's son: Clayton Nunan, Mitch and Blake Nunan:

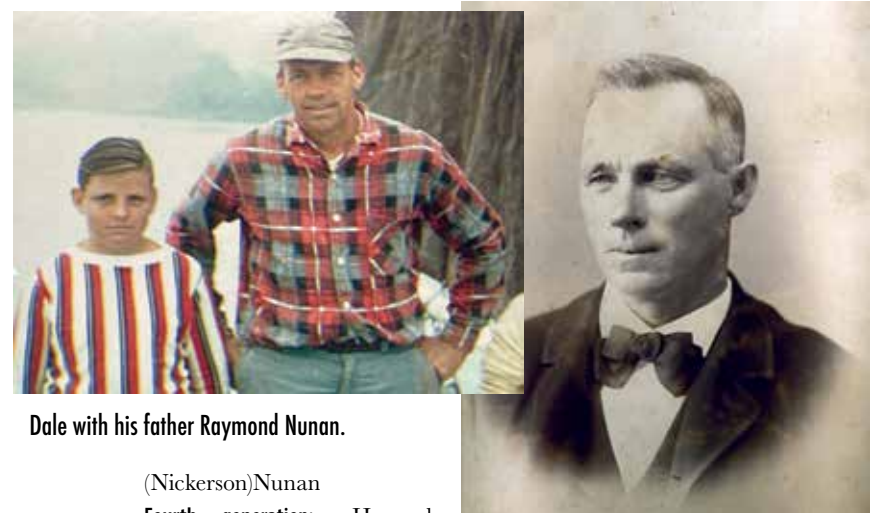
**First generation:** Charles and Emily Tarrant Nunan

**Second Generation:** Richard James and Caroline (Hutchins) Nunan

**Third generation:** William Howard and Laura Ann



Left to right-top to bottom. Yogi Nunan, Norman Nunan Jr., Keith Nunan, Chris Nunan, Mitchell Nunan, Jon Nunan, Cody Nunan, Chelsea Nunan, Cooper Nunan.



Dale with his father Raymond Nunan.

(Nickerson)Nunan

**Fourth generation:** Howard Ernest and Bertha (Huff) Nunan

**Fifth generation:** Raymond Wilbur and Ardelle (Eaton) Nunan

**Sixth generation:** Dale and Eleanor (Holbrook) Nunan

**Seventh generation:** Mitchell and Sarah (Wilson) Nunan, Rebecca (Nunan) and Joshua Jacobs

**Eighth generation:** Mitchell's children: Blake and Ellie Nunan, Rebecca's children Ian and Miles Jacobs

**Capt. Richard Nunan.**

Visit Nunan's Lobster Hut Restaurant for the freshest lobsters in Maine!



Located: 9 Mills Road Kennebunkport

**Robert Dennis, Photographer and Editor**

Robert has been a primary photographer for the local Chamber of Commerce since the early 1990s. He has published two photo books about Kennebunkport and collaborated with the Kennebunkport Conservation Trust on the book, "Reflections: Four Seasons of Beauty in Kennebunkport." This year he published his 21st "Images of Kennebunkport" Calendar.



**Shelley Fleming Wigglesworth, Writer**

Shelley is an award-winning journalist specializing in maritime topics and the commercial fishing industry. She is well known in the community for her articles on people, places, and issues that resonate with readers. Shelley works on the commercial fishing vessel *Nor'easter*. You can find her stories in *The Village Magazine*, *The York County Coast Star*, *Yankee Magazine*, *National Fisherman* and others.





## Robert Dennis

"Photographing lobster boats in Cape Porpoise has been a longtime passion of mine. For over thirty years, in all seasons, at all times of the day, I have captured hundreds of attractive images, many of which found their way into various publications and media. But I never really knew anything about the boats I was photographing or about lobstering in general. After reading several of her articles in The Village and elsewhere about local lobstermen, I began to ask my friend Shelley Fleming Wigglesworth if she knew who owned a particular boat I had just photographed. Almost always, she would immediately tell me who owned the boat, how it got its name, as well as other interesting information about it. Thanks to Shelley, I began to learn that many of the lobster boats not only had compelling stories but were owned by lobstermen from families who have been fishing out of local waters for generations. There were the Daggetts, the Hutchins', and others but the family mentioned most often was the Nunans.

I found all the anecdotes and stories Shelley told me to be so interesting that I told her I wished she would write more about the local lobstermen in her periodic articles. I also told her several times that the stories about the local lobstering families would make for an interesting book. It finally dawned on us a few months ago that we should combine our talents to produce and publish such a book ourselves, Shelley telling the stories and me producing the photos. And we should do it now, to have the book ready for the tourist season.

Doing this book with Shelley, I was truly inspired by what I learned. How all the Nunan fishermen (and women) were born with fishing in their blood. How they

all began to go out to sea with their fathers at a young age. How they never considered any other profession. How as they go out to sea every day, they feel a connection not only to Mother Nature but to all the other Nunans who fished in the same waters in past generations as well as to those who are continuing the tradition today. I do not think I have ever met a family who is as passionate about what they do as the Nunans.

Our book is not meant as a publicity vehicle for the Nunans and their popular restaurant. It is a window into the history of Cape Porpoise as a leading village for fishing and lobstering and how one family has played a prominent role in the community's development. I think readers will enjoy reading Shelley's interviews with all the active Nunan fishermen. I know I was touched by several of the stories about how close-knit the family is and how much they love what they do. Shelley's brief history of the Nunan family, going back to their arrival in Cape Porpoise in 1861, as well as her story of the founding of the restaurant nearly 70 years ago, will give readers a good understanding of why we chose to do this book. Lovers of lobster boats should appreciate my photos of the family's boats, both past and present, taken in all seasons. But truthfully, the most amazing photos in the book are those taken by the Nunans themselves while out at sea.

People come to Cape Porpoise to enjoy the town's impressive scenic beauty. Hopefully, this book will help people understand that without multi-generational families like the Nunans, there would be no Cape Porpoise as we know it today."

"The Nunans of Cape Porpoise" is a 64-page, 8 1/2 by 11, soft-cover book priced at \$19.95. It is sold at Nunan's Lobster Hut, Three Seas Fish and Lobster, at several shops around town, and online at [www.kportimages.com](http://www.kportimages.com). A portion of proceeds will support the Maine Coast Fishermen's Association.

## MAUREEN ADAMS ASSOCIATE BROKER

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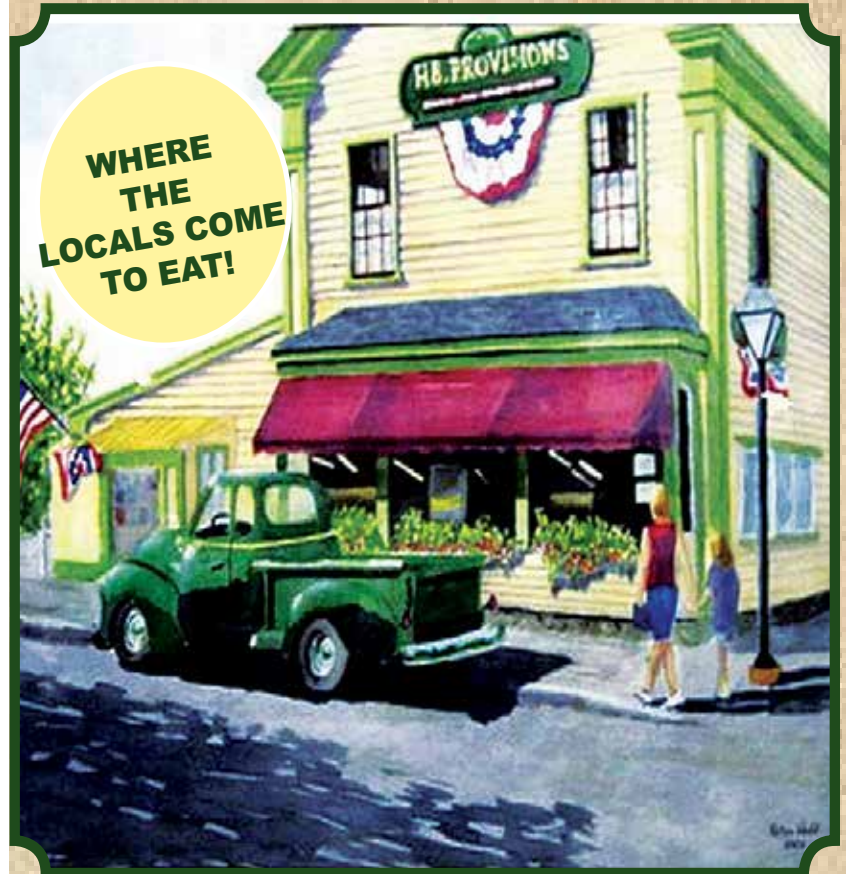
"I have used Maureen Adams as an agent for four real estate transactions- twice as the buyer and twice as the seller. She handled each situation professionally and quickly, and made it easy for me, even though the transactions were complicated. As a native of Kennebunk, she knows every neighborhood and every area more thoroughly than any other agent in town. She is incredibly knowledgeable and has all of the contacts to make things happen for her clients."

- Erika A., Kennebunk



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## KW CONTEMPORARY ART ANNOUNCES NEW EXHIBITION WITH ARTIST PAUL VILLINSKI, HOMEWARD

**Exhibition Dates: July 3 – August 3, 2021**



KW Contemporary Art is pleased to present Homeward, a new exhibition with Paul Villinski. Paul Villinski is a sculptor of international note who has created studio and large-scale artworks for more than three decades. A pilot of sailplanes, paragliders, and single-engine airplanes, metaphors of flight and soaring often appear in his work. With a lifelong concern for environmental issues, his work frequently re-purposes discarded materials, effecting surprising and poetic transformations. This exhibition marks the first time Villinski's work has been exhibited in his home state of Maine.

**KW Contemporary Art will celebrate the opening of this new exhibition Saturday, July 3rd from 5-7 pm. All are invited to attend.**

### About the Artist

His work has been included in numerous exhibitions nationally, recently including the solo exhibitions "Paul Villinski: Burst" at the McNay Art Museum in San Antonio, TX and "Passage: A Special Installation," at the Blanton Museum, University of Texas, Austin. Recent group shows include "Material Transformations" at the Montgomery Museum of Art, Montgomery, AL; "Re: Collection," at the Museum of Arts and Design, New York, NY; "Making Mends," at the Bellevue Museum of Arts, Bellevue, WA; and "Prospect .1," an international Biennial in New Orleans, LA. "Emergency Response Studio," a FEMA trailer transformed into an off-the-grid mobile artist's studio, was the subject of a solo exhibition at Rice University Art Gallery, Houston, TX; the exhibition also travelled to Ballroom Marfa, in Marfa, TX; Wesleyan University's Zilkha Gallery, Middletown, CT; and the trailer was featured in the New Museum's "Festival of Ideas for the New

City", in New York, NY.

Villinski's work is widely collected, including major public works created by commission. His studio recently completed "SkyCycles," three full-scale "flying bicycles" to be installed at "Ocean Breeze," a new Parks and Recreation Track and Field facility, through the New York City Percent for Art Program. The City of New Haven Percent for Art Program commissioned "Dreamdesk," a flying school desk with 18' wingspan which was installed at the entrance to the East Rock Magnet School in 2014. Permanent collections include the National Soaring Museum, Elmira, NY; the Museum of Arts and Design, NY; the New Orleans Museum of Art, LA; the Virginia Museum of Fine Art, Richmond, VA; Miami International Airport; the Museum of Contemporary Art, Jacksonville, FL; and the University of Michigan Mott Children's and Von Voitlander Women's Hospital, Ann Arbor, MI. Corporate collections include Fidelity Investments; Microsoft; Progressive Insurance; the Cleveland Clinic; ADP; McCann Erickson International; New York Life; Ritz-Carlton and many others. He has been a recipient of a National Endowment for the Arts grant, and has been an Artist-in-Residence at the Serenbe Institute,

GA; Socrates Sculpture Park, NY; the Millay Colony, NY; the Ucross Foundation, WY; the Djerassi Foundation, CA; and the Villa Montalvo Arts Center, CA. He is represented in New York by Morgan Lehman Gallery; in New Orleans by Jonathan Ferrara Gallery; in Jackson Hole, Wyoming by Tayloe Piggot Gallery; and in Palm Desert, California, by Austin Art Projects.

His work has frequently been reviewed in periodicals including ARTnews; Artforum; Art in America; Sculpture; Interior Design; Design Bureau; New York Magazine; ID; The New York Times; Wall Street Journal; Los Angeles Times; Washington Post; Houston Chronicle; International Herald Tribune; Village Voice; Seattle Times; New Haven Register; Toronto Star; Times-Picayune and many others.

## Art Guild of the Kennebunks

Art Guild of the Kennebunks Holds Jurying For New Members in September

In view of the world-wide Corona Virus pandemic The Art Guild of the Kennebunks (AGK) is postponing its spring 2021 jury date until September 2021. Specific information will be forthcoming throughout spring and summer.

At that time artists will be asked to submit 5 original, recent pieces, all in the same medium, that were not done in a class or workshop. The work should be professionally presented. Judges look for consistency rather than diversity.

A bonus featured this year for membership is the "Mentoring Program" where new members are teamed with an existing AGK artist. The purpose is to provide assistance and guidance to new members. As an AGK member, artists can display their works at well-attended exhibits held several times each year as conditions permit. In addition, members have their names, style of work and contact

information published in the annual Membership Guide.

Artist Kathryn Terwilliger-Smith, who works in oils and acrylics in her home-studio, has lived in Southern Maine for 11 years. Terwilliger-Smith said, "I joined AGK in the spring of 2020. Though it was the beginning of the shutdown, having access to online art shows, and friendly faces on Zooms was such a blessing in keeping up with creativity." Terwilliger-Smith's oil painting "The Game" is shown here.

An additional benefit of AGK membership is taking part in special programs presented by artists in special disciplines. These include pottery making, book binding, art criticism, printmaking and sculpture demonstrations. Program will be scheduled on Zoom or in person throughout the year.

As soon as details for artist to submit their work for consideration for AGK membership have been completed, there will be notices provided in the media and the AGK website: [www.artguildofthekennebunks.com](http://www.artguildofthekennebunks.com).

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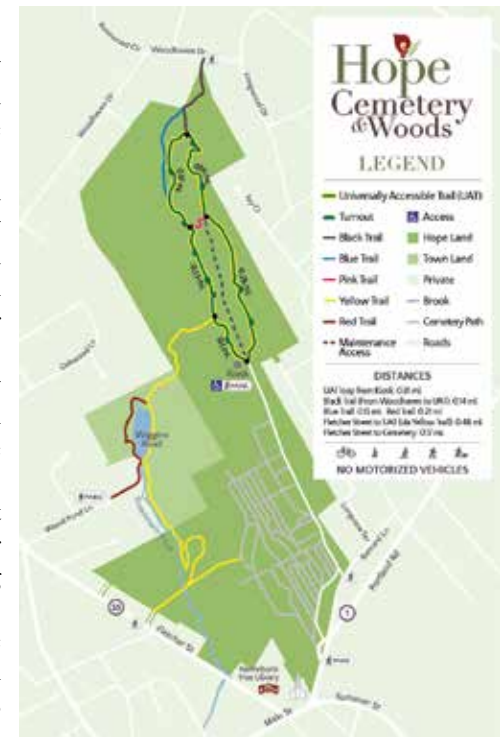
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## Hope Cemetery & Woods

On June 13th, 2021 at 1:00 PM, Friends of Hope Cemetery & Woods will host guided walks through beautiful Hope Woods. Gordon Collins, Maine Master Naturalist (and Friends of Hope Cemetery & Woods Vice President and Universally Accessible Trail Project Manager), will be your guide.

These walks will be socially distanced and group sizes will be limited to allow for a safe enjoyable experience for all. To sign up please email us at [friendsofhcw@gmail.com](mailto:friendsofhcw@gmail.com) or call 207-985-0990. Parking is available at the trailhead, which is located behind Hope Cemetery in downtown Kennebunk with street access at 2-12 Barnard Lane.

Hope Woods, 72 acres of forest and meadows, features two miles of nature trails for public enjoyment year-round. In 2019, a conservation easement (held by Kennebunk Land Trust) was placed on Hope Woods,



preserving the Woods for future generations. More information can be found on the Hope Cemetery website [www.hopcemeterykennebunk.com](http://www.hopcemeterykennebunk.com) and on the Friends of Hope Cemetery & Woods Facebook page.

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# What's New at Coastal Maine Kayak, Bike and Scooter

By, Shelley Wigglesworth, Lead writer

Everything you need to have a fun outdoor adventure on land or on the water in our village is available at Coastal Maine Kayak, Bike and Scooter. It all started 13 years ago, when Theresa Willette, an avid outdoorswoman and registered Maine Guide opened Coastal Kayak and Bike on 8 Western Avenue in Kennebunk. She started out with 15 kayaks and 2 bicycles for rent. Today her business boasts two locations, 50 kayaks and paddle boards, 40 bicycles, and 19 motor scooters available to rent. Delivery is also available. Willette said “At Coastal Maine Kayak, Bike and Scooter our goal is to develop responsible, safe enjoyment of outdoor activities and nature in Maine’s coastal eco-system.”

## **Bicycle Rentals, Sales and Repairs, 8 Western Ave., Kennebunk:**

“We have regular bikes, E-Bikes, Baria Bikes, tandem bikes, mountain bikes and fat wheel bikes. We also sell bike accessories, sunglasses, hats and clothing, and have a full-service bicycle repair shop on location where Lead bike mechanic Al Zullo and his apprentice are on duty daily,” Willette explained. Bicycle Tune-ups and Repair cost is \$60- per hour plus part cost. All rentals include a helmet, basket, and bike lock. Electronic Bikes, or E-Bikes are a new offering this year and one that Willette is excited to share. “Our Aventon and Linus E-Bikes are pedal assist and are a great choice for those with mobility issues or people who may not have the stamina to bike for long periods of time, though they are fun for all ages and abilities. The E-Bikes have a throttle pedal mechanism and are great for uphill biking. These bikes can reach speeds up to 20 mph,” she said. A single standard bike rental is \$15- per hour, or \$45- per 24 hours. E-Bikes are \$22- per hour, or \$80- for 24 hours. Tandem bikes are \$25- per hour or \$70- for 24 hours. Guided bicycle tours are available as well for \$75- per person. Guided Bike Tours Options: Ocean Avenue and Cape Porpoise (8 Miles.) Goose Rocks Beach, Kennebunkport (11 Miles.) Kennebunk Beach, Kennebunk (7 Miles) The Kennebunk Bridal Path, The Eastern Trail in Kennebunk.

FMI: 207-967-6065 [coastalmainekayakandbike@gmail.com](mailto:coastalmainekayakandbike@gmail.com) [www.coastalmainekayak.com](http://www.coastalmainekayak.com)



**The Linus E-Bike boasts a 9-0 mile range with 9 speeds.** Photos by, Shelley Wigglesworth

## **Kayak and Paddle Board Rentals, 8 Western Ave, Kennebunk:**

When it comes to kayaks, both single and tandem kayaks are available to rent, as well as paddle boards. “We also have inflatable paddleboards which are a newer option and are rugged and easy to use. These are great for people who like to kayak with their dogs,” Willette said. Mini lessons and life jackets are included with kayak and paddle board rentals. Kayaks and paddle boards are launched just steps from the 8 Western Ave. location, in the Kennebunk River. The cost to rent is \$55- per half day, or \$80- for a full day for a single kayak, \$70- per half day or \$85- per full day for a tandem kayak, and \$55- per half day or \$80- per full day for a paddle board. All guided kayak and paddle board tours are \$85- per person. Choices for guided tours are: Cape Porpoise Light House Tour. Kennebunk River Tour. Mousam River Estuary Tour. Customized Corporate Tours.

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## **Scooter Rentals, 169 Port Road, Kennebunk:**

Scooter rentals are now available at a fun and funky new location, on 169 Port Road, alongside Live Café. Willette said “It is a really cool set up, the business is in a container building with a deck.” 19 scooters are available to rent by the hour, day, week, or tour. Map routes are provided. All rentals include a helmet and basket as well as a mini lesson/tutorial on Scooter operation and safety. Prices are \$75 for two hours, \$90- for three hours, \$110- for four hours or \$150- for the full day. Weekly rental rates are also

available with a 15% discount on multi-day rentals. Or take part in a 5-stop guided Scooter tour of local landmarks for \$85- per person which includes helmet, basket, water, and guide. Guided tour stops include: The St. Anthony Franciscan Monastery, which is open to



Theresa Willette of Coastal Maine Kayak, Bike and Scooter on a tandem paddleboard great for people who like to venture with their dogs,



Theresa Willette of Coastal Maine Kayak, Bike and Scooter.

the public and boasts groomed trails and walking paths, gardens, and statuary. St. Anne’s Episcopal Church, an 1887 seaside place of worship constructed in stone. Walker’s Point, the Bush family’s seaside estate, The Cape Porpoise Pier a working fish harbor with views of Goat Island Light House. The Wedding Cake House, an 1815 infamous mansion with an interesting story this estate has ornate carvings resembling a wedding cake.

FMI: 207-204-0734 [coastalmainescooter@gmail.com](mailto:coastalmainescooter@gmail.com) [www.coastalmainescooter.com](http://www.coastalmainescooter.com)



# SNOWBIRDS

Danie Connolly and Robby Dean Ferguson



our quirky optimism won over and we collaborated taking the word ‘Snowbird’ literally. I ordered Bird Masks from every corner of the world and feathers to match!

Robby brought his award-winning photographer talent and his eye for the perfect shot. I dusted off my cameras and applied my humor for creative direction. Together, we had a blast! We put bird masks on our volunteers doing everyday things and before we knew it, everyone wanted to be a bird and be a part of this crazy exhibit! We never expected the response we got! People loved transforming into these colorful nutty birds and the more outrageous the photoshoot, the more people wanted to participate!

Remember Fun? It’s been a crazy year, hasn’t it?

Things that were planned got canceled, routines got changed, attitudes got adjusted and shrugging shoulders should have been the new dance craze-if we were allowed to dance. The good news is we preserved, masked up, double downed and waited out this strange time called the Pandemic.

Through it all, we celebrated new

births, anniversary and birthdays and milestones. We said distant goodbyes to many loved ones and made promises that when we made it through this storm, we’d appreciate who we love and what we have with a new intensity.

We grew our Covid style hair, experimented with beards, took our dogs on longer walks than they every expected and for the first time in a long

time, looked up at the clouds.

Along the way, my dear friend Robby Dean and I decided that what the world needed now was not only love sweet love but a glimmer of hope in the way of a sorely absent sense of humor. Behaving as a Snowbird for a few months every year, it felt like my wings were clipped. And, like birds, we were a bit apprehensive of fellow human beings. Fortunately,

Museums, hotels and stores offered their facilities to be part of the celebration. We asked some business owners if we could stage specific parties and they couldn’t wait to be a part of the festivities. The Covid safety factor was paramount to the project so wearing clean boiled bird masks made sure we were Covid safe in epic proportions.

We created a Gulls Night Out for a Roaring 20’s Gin Party at Antiques



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and Oddities. Surely a museum in itself for the macabre and quirky, the owner gave us cart blanc to throw a wild party. He even volunteered to be the penguin bartender! It was a fantastic feather frenzy getting it all together complete with a wild black feathered cake!

We celebrated a Swan birthday party in the mist of the wonderful Coastal Market – famous for their incredible bird artwork and unique furniture. It was a hilarious time with every bird outshining the last! This time we had a Flamingo feathered cake for this event and even customers were christened with bird masks!

The owners, Lynn and Robb gave us no hold barred permission to create the best time ever and we did! Anything? We asked. Anything! We plunked a

giant Florida sign on a credenza, adorned their heads with bird masks, put two champagne in their hands and the rest is magic! If you look to their right, you'll see their wedding picture on the wall behind them! Happy Anniversary indeed!

Our next party on the agenda was a Peacock celebration. After a few dozen butterflies were added to the party table, we asked our outlandish feathered friends to join the merrymaking. The colorful glassware justified it was a ridiculous affair you simple could not miss!

The fabulous Coastal Aire décor business was the next stop on the circuit, It is an unparalleled décor center with exquisite furniture that any flamingo would die for! It proved to be the perfect backdrop for a laidback afternoon reading outside in one of their gorgeous patios. A couple of parrots flew in for the photoshoot and if you look at the tree, you'll discover their beautiful lantern tree!

Inside, we had a couple of flamingos that took the invitation literally and

popped down on the beds in designer robes, toasting their good fortune and lounging the afternoon away. They raided the fridge for more champagne, tried on baubles and pecked their way into the fabulous shower! It was a mini honeymoon in paradise.

At some point, you simply must get your feathers coiffed and what better salon catering to roosters, gulls and swans than at the Joseph Michael Salon. Pampered beyond belief, ruffled feathers were soothed and we were on to the next memorable event.

Saint Petersburg's iconic Don Cesar rolled out the red carpet for us on a

perfect blue-sky day. It couldn't have looked more magnificent with its majestic pink hotel shining as we posed parrots and seagulls and swans and flamingos peeking at the photographer (along with an amused audience not quite understanding what was going on but loving every second of it!).

*We've celebrated the Holidays and captured family moments that are too funny not to share-including a phenomenal feathered Christmas tree and many one-of-a-kind moments we've all taken for granted in the past.*

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*Besides, isn't it about time we laughed again?*

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# The Escalation Addendum

In this insane market, there have been many ways buyers and sellers have altered the process of selling a home. The disproportionate advantage which sellers have these days is somewhat mitigated by the cold reality that once sellers sell, they may become buyers, subject to the flip side of the same coin, such as quickly rising prices and low inventories.

A significant tool buyers should consider employing is the "Escalation Addendum", which gives buyers some control over the competition in making an offer. But, it's not perfect, and has pitfalls and risks.

The mechanism of the Escalation Addendum goes like this: Offer "A" comes in at \$300,000; Offer "B" comes in at \$295,000 with an Escalation Addendum, which states that the buyer is willing to

pay up to a ceiling of \$310,000, but with increments of a selected dollar amount (we'll use \$500) that are higher than offer "A". In this case, offer "B" wins the bid at \$300,500, and the buyer goes under contract, right? Well, not quite.

When an Escalation Addendum is included, the Buyer will have informed the Seller of the highest price they are willing to pay, in this case, \$310,000. The Seller is not obligated to accept the escalation mechanism, and could instead choose to negotiate with the buyer with a counter offer in the normal fashion, knowing already how much the buyer is willing to pay.

Should the seller accept the escalation addendum of Buyer "B" at \$500 above the competing bid from buyer "A", the seller would be required to provide a copy of the competing offer to the buyer to



By Mark Birmingham, *Broker*  
Kennebunk Port & Shore Realty

recalculate the purchase price. A formal "Rejection of Offer" is also required to be executed before such a disclosure to Buyer "B".

If the escalation price is substantially above the asking price, and the winning bid includes financing, the percentage of the loan may need to be recalculated. If not, the buyer will have to make up the difference in cash. Additionally, when financing is involved, the question of whether the property will appraise to the satisfaction of the lender comes increasingly into play as the loan

to value percentage gets higher. A lender will allow more flexibility with respect to appraisal value if the loan to value is 50%, versus 80%, because the lender's risk is only the amount being loaned.

Using the escalation addendum is especially useful for multiple offers, since it clearly defines parameters that the buyer can live with, including not overpaying. In a multiple offer situation, the competitive environment would likely preclude the scenario in the fourth paragraph of this article, since gaps between offer prices would be clustered closely. Whereas, with two offers competing the likelihood of a wider gap between offers is greater, tripping the possibility of a counter at the ceiling price of the escalating offer.

The bottom line is, your buyer agent or listing agent should know these nuances well, and should explain them to you as proof. In this environment, it could make a big difference, and avoid frustration and confusion.



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# Living Her Craft



Alfred artist Susan Mesick

Like so many in the Maine artistic community, Alfred artist Susan Mesick lives her craft. She sets Tuesdays aside to paint, inviting friends and neighbors to work alongside her, painting or sewing or knitting. . .understanding, as she does, that all creative endeavor embraces this thing we call art.

Otherwise, she accompanies colleagues on occasional plein air sessions, has served as president of the Art Guild of the Kennebunks for the past two years and, on weekends, shares her artistic talents via zoom with her Idaho-based grandchildren.

Her primary medium is oil, and her work —land- and seascapes and an

occasional still-life— is crisp and colorful, no wasted brush strokes, every element an essential part of the finished piece. Inspiration, she says, is spontaneous. “It simply happens, the day I saw that rocking chair, for example,” And she points with pride to a painting of a rocking chair on a country porch, accomplished with such precision that you half expect to see it start tipping ever so quietly to-and-fro. She points also to the nice weather and the steadily shrinking pandemic, noting that inspiration has been all but starved during the past year.

In addition to oil, she works in pastels, which she says are great for plein air sessions because you can match colors without first having to mix them.

As for the more frustrating elements of her art, she notes the challenges presented by watercolors...“very little margin for error or a change in direction once the painting is started,” she says, “a very demanding medium.”

A lifetime doodler, she traces her early interest in art back to junior high school and a local artist who provided what she calls her “first and only actual lessons”.

One memorable work from that time was a still-life of a hard-boiled egg in an egg cup alongside a jar of jelly. Otherwise, she is essentially self-taught, drawn by inspiration and a willingness to dabble in the occasional failure, “an essential part of any artist’s development,” she says with a smile.

With the passage of time and circumstance, children arrived, “and you know,” she says, “when there are children, there is little time for painting.” But she soldiered on and now marks her arrival “as an artist” to an occasion some 15 years ago when several neighbors, all practicing artists, invited her to paint along with them.

Among her accomplishments has been the hanging of five of her paintings in the new Sanford High School. These were purchased by the school district through the federal “Percent-for-Art” program, which reserves a certain portion of federal funds to ensure that new Federally-assisted construction is about more than bricks and mortar. The program recognizes that art, in all its forms, creates the soul of a building.

Not surprisingly her paintings also hang throughout her house. Husband Mike nods approvingly, but complains ever so gently that “she tends to sell all the ones I really like.”

## A series on local artists by John Forssen

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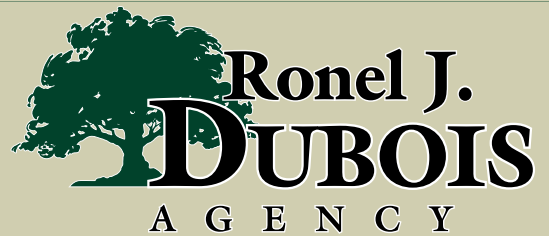
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# June 2021 -Summer Edition- Page 17-25

## A Guide to a Fun Summer *Activities, Restaurants, Spas & Shopping* FOR YOUR BEST SEASON EVER

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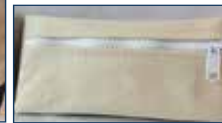
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## The Bitter End Restaurant is a unique gem that sparkles in Wells



One in Wells.

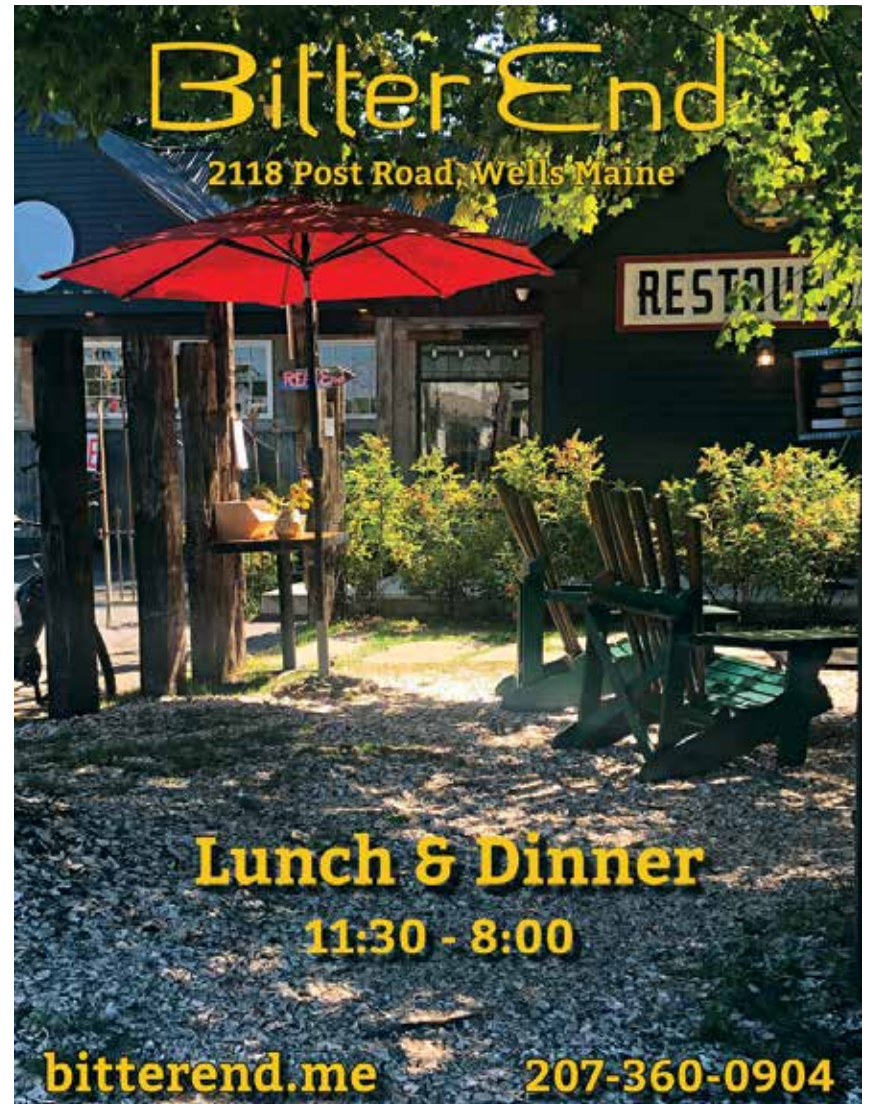
Open for lunch and dinner from 11:30 to 8:00 Thursday thru Sunday until further notice, the restaurant features two bars with local draft beers, a full bar and a nice little wine list to accompany the Contemporary

Kate and Pete who created Pier 77 & The Ramp in Cape Porpoise as well as Pedro's in Kennebunk decided not to retire after all and have been having fun with their newest venture for the last three years.



The Bitter End in Wells. Named to imply it is their last venture, "but not a bitter one!" The Bitter End is a casual, and of course eclectic, spot with an enormous outside patio that once seated, you completely forget you are on Route

Cuisine cooked up by Chef Richard Ellis who worked side by side with Pete Morency at Pier 77 for 10 years.



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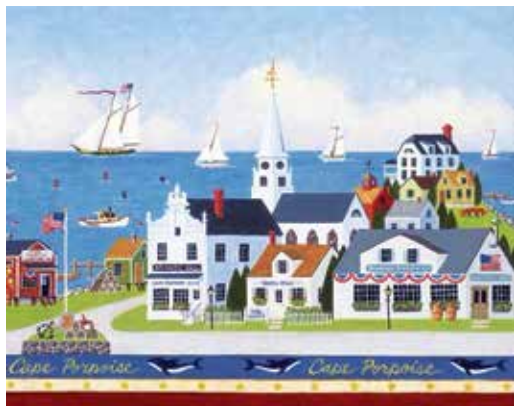


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# If This is an Emergency...

I am old enough now that each trip to the doctor's office is a milestone. It tells me that I've beat the odds, that I'm qualified for the next heat. And so it goes, one physical to the next. Or, if you prefer the long count, the intervals between colonoscopies. The beauty of that second method is the fewer numbers to remember, a blessing at this age.



Column by: John Forssen

At any rate, it's been two years or so since my last annual physical and I find a certain level of anxiety attending any break in this particular routine. Under ordinary circumstances, my number would have come up in the doctor's "tickler file", but these are far from ordinary times. Thus, I must assume that the "file" is no longer "ticklish"—hence, my man, you are pretty much on your own.

A virtual nurse answers my call, her mechanical voice monotonal, deadpan. She wants to know if this is an emergency. . .but only to suggest, if it is, that I call 911. That message delivered, she has no further interest.

Next we go through the list of Covid symptoms, recent travel history and contacts with potential "spreaders". If my answer is "yes" to any of the questions, I am instructed to stay home.

Physical be damned.

I wait with growing impatience. Whatever the

doctor might happen across when finally he gets his hands on me, I fear is getting a head start.

The living counterpart of the virtual nurse appears momentarily when this routine is finished and, in less than 60 seconds, my appointment is set. That done, the mechanical nurse returns, no change in her temperature. She is as disinterested as before.

"When you arrive," she instructs, "call from the parking lot and then wait in your vehicle until the receptionist calls for you to come in. And be sure to wear your mask. She sounds like my mother close to the end of her patience."

Days pass, upward into weeks—but, at long last, the hour arri

As instructed, I park and make the required call, expecting to hear the familiar, reassuring voice of the receptionist. But no, the virtual nurse is still on duty—Good Lord! Does that woman never take a day off?

"If this is an emergency," she begins. . .and then on to the list of symptoms, travel history and contacts with potential "spreaders". She is relentless and, yes, if I answer in the affirmative to any of the aforementioned questions, I should go home. Otherwise, I should wait and someone from the office will call me.

I am generally considered to be a patient person. However, that I can still be smiling after the traffic light has turned red for a third time without our moving so much as a car length and I suggest that my wife be patient, she calls my patience a curse, a sure sign of mental illness.

At the end of 30 minutes, I think I should call again. . .you know. . .just to be sure they know I am

here.

Of, course, I get the virtual nurse again, and her routine has not changed, except to offer that I might leave a message, which I do:

"I am in the parking lot," I say gently. "I have been here for about a half-hour and, since no one has come out with milk and cookies, I'm wondering. . .you now. . .what's happening."

Thirty minutes later, my cell phone rings. At last, I think.

But it is not the receptionist. It is my wife.

"Where in the world are you?" She asks, clearly worried.

"I'm in the parking lot outside the doctor's office where I've been sitting for the last hour."

"Well," she replies, "the doctor's office just called here. I was taking a nap. They want to know where you are. I will call and tell them."

Some moments later, my phone rings and, miracle-of-miracles, it is the virtual nurse's living counterpart.

Would I like to reschedule my appointment, she asks. But that's why I'm here, I say, for my appointment. Yes, she agrees, her voice soft, but that appointment is gone. Would you like to schedule another.

"Not for the moment," I say, thinking I will try the folks where my wife goes.

That practice, too, has a virtual nurse, but the routine is shorter and I get an appointment right away—none of this virtual stuff. The PA will actually take my temperature and press a stethoscope to my chest.

I can feel a physical starting to take shape, I am reassured.

What I learn, however, once the PA puts her stethoscope back in the pocket of her scrubs, is that this is only an introductory visit. I must still make an appointment for the elusive physical. . .which will be scheduled, I am told, subsequent to an additional appointment for lab work.

Patience, I tell myself. The light may still turn red again.

But at last, I am in the room with the doctor who reviews my lab results, and types simultaneously into her computer with the speed and dexterity of a jazz pianist.

When she is finished, she smiles and asks if I have any questions.

"Just one," I say. "When do I get a physical?"

"Well," she replies, "this is what we call a wellness visit; but, to tell you the truth, the only difference between this and a physical is you don't get naked for a wellness visit.

I'm thinking now of past doctors and past physicals, the poking and prodding, the occasional invasiveness, the discomfort. I should be happy.

But I'm not. As I said at the outset, I'm old enough now to need my milestones.

So I look at her with sad eyes and I answer solemnly, "I want to get naked."

She nods. "But for that," she says, "you will need another appointment, which (she consults her records) according to your insurance, will have to wait until sometime next year."

## Grand Opening - Final Phase!

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## CALENDAR

### Upcoming events

**Join us for our Grand Opening! Saturday, June 5th 10-4** Hopespring Holistic 1013 Old North Berwick Road Alfred Maine 207-850-9011 An Interactive Day of Education and Wellness Learn simple self-care to calm your stress response. Demystify Acupuncture by learning how it works. Set intentions in our walking labyrinth. Learn about the FDA-approved Biomat. Experience how food can support your health. Participate in a fire ceremony. Feel the vibration of the singing bowls. Rejuvenate on our 9-acres of serenity. LEARN MORE by VISITING US AT: [www.hopespringholistic.com](http://www.hopespringholistic.com) 5 miles from Rt 95 Kennebunk Exit

**Kennebunk Baptist Church. is open** with very limited numbers. Guess better to wait until later to announce this. We don't do reservations because we do not have a secretary to answer the phone.

### Brick Store Museum

**Tuesday, June 1: "The Art of Mending" exhibition opens, 10:00AM**, Brick Store Museum, 117 Main Street, Kennebunk. One of the most beautiful characteristics of human nature is our desire to fix that which is broken. This compunction is especially poignant during and after tumultuous times. "The Art of Mending" is an exhibition that explores the artistic manifestation of this loving art. This exhibit will focus on three interpretations of mending: Practical mending that restores beloved objects, or as a sustainable effort; Aesthetic mending, art that conveys a healing force; and Cultural mending, art that engages the community in a conversation about healing. Open through August. FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Tuesday, June 8: Free Admission Day, 10:00AM – 5:00pm**, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund, visits to the Museum are free every Tuesday from June through December! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Tuesday, June 15: Free Admission Day, 10:00AM – 5:00pm**, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund, visits to the Museum are free every Tuesday from June through December! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Thursday, June 17: Historic District Walking Tour, 12PM**, Brick Store Museum, 117 Main Street, Kennebunk. As part of the Launch! Festival, learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Friday, June 18: Art Night!, 5:00PM - 7:00PM**, Brick Store Museum, 117 Main Street, Kennebunk. Celebrate art! Free admission to "The Art of Mending," free activity to make your own bird mask, and grand opening of "The Migration" weekend-only exhibit with a special curator's tour! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Saturday, June 19: Historic District Walking Tours, departing 12PM and 1PM**, Brick Store Museum, 117 Main Street, Kennebunk. As part of the Launch! Festival, learn the history of the elaborate and historical homes that line Kennebunk's

## June Happenings!

Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Saturday, June 19: Kennebunk Beach History Walking Tour, 11:00 AM.** Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. As part of the Launch! Festival, 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](http://www.brickstoremuseum.org).

**Saturday, June 19: The Migration at the Museum!, 10:00AM – 1:00PM.** The Migration event is in full swing! This weekend only, join the Museum for events including a bird-themed Road Rally, a three-day-only exhibition, an omelet brunch on Sunday (for Father's Day!) and bird activities from 10-1 on Saturday! FMI on the events and how to join: 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Sunday, June 20: The Migration at the Museum!, 10:00AM – 1:00PM.** The Migration event is in full swing! This weekend only, join the Museum for events including a bird-themed Road Rally, a three-day-only exhibition, an omelet brunch on Sunday (for Father's Day!) and bird activities from 10-1 on Saturday! FMI on the events and how to join: 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Tuesday, June 22: Free Admission Day, 10:00AM – 5:00pm**, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund, visits to the Museum are free every Tuesday from June through December! **Thursday, June 24: Historic District Walking Tour, 11AM**, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Tuesday, June 29: Free Admission Day, 10:00AM – 5:00pm**, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund, visits to the Museum are free every Tuesday from June through December! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

### Louis T. Graves Library

**Special Limited Offer** – 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. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at 967-2778 for more details. \$50 per set (includes the handsome cardboard sleeve). All proceeds benefit Graves Library.

**SUMMER READING** – TAILS AND TALES @ Graves Library. Give us a call for details on what we have planned for the kids this summer! (207-967-2778).

**Tue, June 1 and 15 @ 4:00 pm.** Write Now, Right Now. Enjoy putting pen to paper with your thoughts and stories? Join us for a new and different kind of writing group. Creative writing prompts will be given at the end of each meeting. When we meet (either indoors or in the garden), we will discuss our findings, share our writing, and get to know our own unique inner talents! Give us a

call at 967-2778 or send an email to [ml@graves.lib.me.us](mailto:ml@graves.lib.me.us) to get on board.

**Mon @ 7:00 pm What's Your Story?** Have you heard about our new 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 Wednesday evenings at 7pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channel 1301.

**Thur, June 10 @ 9:45 am. Morning Book Group.** This group meets the second Thursday of every month. A variety of books are chosen. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Wed, June 16 @ 9:45 am.** Your Health Matters. Please join us and staff from the Kennebunkport Public Health Department to discuss ways to help identify "hidden" sugars in your food and ways to reduce your overall sugar consumption to help improve your health. Copies of the book Sugar Shock by Carol Prager and Samantha Cassetty are available for checkout at the Library. Not able to read the book before the discussion, please feel free to join us and learn more about sugars in our diet. Join us and help set the course for a healthy summer!

**Wed, June 16 @ 2:15 pm. Middle School Book Club** – The Page Turners. This group will meet via ZOOM.com in collaboration with the Kennebunk Library. Copies of the book will be provided ahead of time at either Library. Call either Library for details and we will get you started!

**Wed @ 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 Fireside Readers, a small group of local actors, writers, book club members and a musician who love the written word and want to share the joys of reading and listening. Tune in Wednesday evenings at 7pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channel 1301. Please call the Library for more information on this creative collaboration of friends and neighbors!

**Thur June 16 @ 10:00 am. Book Look with Miss Terri.** Miss Terri answers your letters and suggests a variety of books based on a particular subject (example: feelings, pets, biting, siblings). This program is pre-recorded and will be uploaded to Facebook, YouTube, and local access television.

**Tue, June 22 @ 3:00-3:30 pm. Wee Reader Book Group.** This new and exciting program is offered to all of our "wee" readers. Please call the Library if you are interested in receiving the Zoom link. This is a "live" program.

**Thur, June 24 @ 6:00 pm. Evening Book Group.** The pick for June 24 is Shuggie Bain by Douglas Stuart. (This group meets the last Thursday of every month outside). New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org)

### Ongoing:

**Our Fabulous Friday Family readings every Fri at 10:00 am** on the Louis T. Graves Memorial Public Library Facebook Page ([www.facebook.com/GravesLibrary](http://www.facebook.com/GravesLibrary)) and on ([www.youtube.com](http://www.youtube.com)). This program includes stories, finger plays, songs, and crafts. Designed for children 5 and younger, however, all ages are welcome. Parents and caregivers are encouraged to participate. No registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Ongoing Book Sale** at the Louis T. Graves Memorial Public Library. Visit the Book Cellar for what's in the store. 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). Books are Also Available for Sale on the Porch (for those folks who do not hold a current Library Card). 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 ([www.graveslibrary.org](http://www.graveslibrary.org)) or Facebook ([www.facebook.com/GravesLibrary](http://www.facebook.com/GravesLibrary)) for more items. All proceeds benefit the Graves Library. We thank you very much!

**Our Wi-Fi is reaching new limits!** If you are looking for a quiet place to check your email or study, the garden are the Graves Library is always open. Project Connect is a Statewide program that is helping all Libraries extend their Wi-Fi. We have comfortable seats and tables. The Graves Library is located at 18 Maine Street, Kennebunkport. For more information about all of our services, please give us a call. 967-2778.

### Kennebunk Free Library

#### Kennebunk Free Library is open by appointment

The Kennebunk Free Library will open for browsing and computers, both by appointment, beginning May 10. You can schedule an appointment through our website or by calling us starting May 8. Curbside services remain available as well during curbside-only hours.

**Monday: Appointments 9:30-12, Curbside 1-4:45**

**Tuesday: Appointments 12:30-3, Curbside 4-7:45**

**Wednesday: Appointments 12:30-3, Curbside 4-7:45**

**Thursday: Appointments 9:30-12, Curbside 1-4:45**

**Friday: Appointments 9:30-12, Curbside 1-4:45**

**Saturday: Curbside 9:30-12:45, Appointments 2-5**

Appointments are for 30 minutes. Masks and distancing are required. If you are unable to wear a mask, we are happy to provide curbside services or homebound delivery.

#### Kennebunk Free Library Will No Longer Collect

**Overdue Fines** Most can agree that a public library belongs to the community it serves and that everyone deserves equal access to it. In our years of experience working with this community, KFL staff has seen over and over again how library fines work against the goal of equal access. Overall fines accounted for less than 1% of our revenue and of this amount more than half went toward resources and staff time collecting those fines.

## CALENDAR

### Virtual MSBA 2020-2021 Challenge at Kennebunk

**Free Library** It's the last month for the MSBA Challenge on Beanstack! Through 6/30/21, students in grades 4-8 can earn a virtual badge for every Maine Student Book Award title read and reviewed. Readers will also earn a raffle ticket for a \$25 gift card to Amazon! We will be selecting 2 winners on 7/1/21. The raffle is open only to KFL patrons. To register for this challenge, visit [kennebunklibrary.beanstack.org](http://kennebunklibrary.beanstack.org). If you have previously registered on Beanstack, you may use your existing login information. Each student participating will need to make their own profile. For any help or questions setting up your account, please contact Kennebunk Free Library at 985-2173 or via email [ys@kennebunklibrary.org](mailto:ys@kennebunklibrary.org). MSBA titles are available at KFL, via the MINERVA system, and digitally on Cloud Library. Enjoy this year's MSBA titles and have fun!

**Summer Reading Program: Tails and Tales at Kennebunk Free Library** Kennebunk Free Library's summer reading program is coming!! This year's theme is Tails and Tales, and we're celebrating with stories and fun. All ages are welcome to participate! We'll be continuing many of our regular events, and we'll have some special events as well. Keep track of how many hours you've read using Beanstack or a paper log, and earn raffle tickets for local business gift cards! At registration, teens will be entered into a special raffle and children ages 0-10 will be able to choose a free book. The summer reading program will run from June 28-August 21. Join us for some fun this summer!

**Book Stacks for Children from Kennebunk Free Library** Would you like to borrow a stack of library items hand-picked 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](mailto:ys@kennebunklibrary.org) or by phone at 985-2173. We're excited to choose library items for you!

### Take and Make Kits for Children at Kennebunk Free Library

Looking to get crafty? Kennebunk Free Library will be offering take and make craft kits with all the materials to make a craft or two. No registration required, available while supplies last! Kits will be available curbside and in the library. This month, we will be offering rainbow crafts to celebrate Pride Month! The kits will include:

- A chenille stem rainbow craft
- A weaving fish rainbow craft
- A torn paper rainbow craft

A paper plate woven rainbow craft will be available for more experienced crafters. Kits will be available starting Monday, 6/7. Visit us curbside or in the library via appointment to grab some supplies that will help you get creative!

Zoom Storytimes at Kennebunk Free Library

**Ready to zoom, zoom, zoom into storytime?** Get your zoomy hands ready and let's go! From May 3-June 28, join us on Zoom for storytime! Storytime for ages 2-5 will be most Monday's at 10:00 a.m. To receive the Zoom link and password for storytime, please register by email at [ys@kennebunklibrary.org](mailto:ys@kennebunklibrary.org) or by phone at 985-2173. Please plan on attending as many storytimes as possible! Upcoming storytime dates are:

- June 7
- June 14
- June 21
- June 28

All storytimes will begin at 10 a.m. Zoom Storytime Kits including crafts, shaker egg, scarf, and song sheet are available while supplies last! Join Miss Maria for some stories, songs, and fun!

### Kennebunk Free Library Friday Afternoon Gaming

If you're looking for something fun to do with friends on Friday afternoons, join us for Teen Gaming at 3 P.M. as we play a vari-

ety of games from Jackbox, Among Us, and Keep Talking and Nobody Explodes! We also occasionally dabble in Minecraft, come join us and build. We will meet via zoom at 3 P.M. to chat as we game! Here is the link, <https://networkmaine.zoom.us/j/88980582413> or check our calendar for the Zoom link! Open to all teens ages 10 and up. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org).

**Kennebunk Free Library Teens Take Home Kits for June** Every week kits will be available to be picked up via curbside. Each kit will include the supplies and instructions necessary to complete the weekly project, either a craft or a fun science experiment! Every Monday we will meet via zoom to chat and complete the previous weeks project, join us here at 3 P.M. <https://networkmaine.zoom.us/j/86356573384> or see the library calendar for the zoom link. All Teens ages 10 and up are welcome! Join us for fantastic programs and spending time with friends.

This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org).

**MSK Book Group** On Wednesday, June 23rd we will meet via zoom to chat and discuss the book. Meetings will run from 2:15 until 3:30, open to teens in the 6th – 8th grade. Book club is being offered by Louis T. Graves Memorial Public Library and Kennebunk Free Library. Hosts will be Terri Bauld from Graves Library and Jon Roy from Kennebunk Free Library. This month we will be reading *Focused* by Alyson Gerber. You can stop by either library to pick up your copy of the book. Please sign up in advance by calling either the Graves Library 967-2778 or Kennebunk Library 985-2173. Please read the book in advance of the meeting. If you have any questions, please call either library for more information

### Wells Reserve at Laudholm

**Tuesday, June 1, 7-10am** Bird Banding Demonstration. Visit the bird banding station at the Wells Reserve at Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 [wellsreserve.org](http://wellsreserve.org)

**Tuesday, June 1, 10am-12pm** Explore the Shore. The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects. Free with site admission. Register at 207-646-1555 ext 110 or [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org). FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Wednesday, June 2, 10am-12pm** Nature Journaling. Engage your senses to discover nature through writing prompts, sketching, and self-reflection on the Laudholm campus of the Wells Reserve. No experience necessary. Geared toward adults, but ages 12 and up welcome. Individual \$8/\$6, family \$20/\$15 plus site admission. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Thursday, June 3, 10am-12pm** Wonderful Weeds. The weeds we often disregard and destroy are life-giving and healing. Discover the medicines and foods underfoot on the Laudholm campus of the Wells Reserve, so you will recognize them as you explore your own yard or local park. Individual \$8/\$6, family \$20/\$15 plus site admission. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or 207-646-1555 ext 128. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Friday, June 4, 10am-12pm** Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Saturday, June 5, 7:30-9:30am** Bird Walk. Join a birder from York County Audubon to look and listen for the many kinds of birds found in spring at the Wells Reserve at Laudholm. Free with site admission. Beginners welcome. Binoculars strongly recommended. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Monday, June 7, 10am-12pm** Nature Walk. Tour a variety of coastal habitats with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Tuesday, June 8, 7-10am** Bird Banding Demonstration. Visit the bird banding station at the Wells Reserve at Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 [wellsreserve.org](http://wellsreserve.org)

**Tuesday, June 8, 10am-12pm** Dirt Walk. Soil is essential to life. We will carefully examine dirt, determine its origins, and consider the importance of good soil. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or 207-646-1555 ext 128. Individual \$8/\$6, family \$20/\$15 plus site admission. Wells Reserve at Laudholm. 207-646-1555 or [wellsreserve.org](http://wellsreserve.org)/calendar

**Wednesday, June 9, 6-7pm** Monitoring Regional-Scale Landscape Change: Examples from Iceland and Greenland. Using remote sensing and satellite image analysis, Firooza Pavri studies society-environment interactions, natural resource conservation and policy, sustainable development, and geospatial technologies. Firooza is director of the Muskie School of Public Service and is professor of geography at the University of Southern Maine. In this free Zoom talk, she will discuss recent shifts in ice cover and vegetation across subarctic Iceland and Greenland. This Ted Exford Climate Stewards lecture is hosted by the Wells Reserve and supported by Dave and Loretta (Exford) Hoglund. Registration required at [wellsreserve.org](http://wellsreserve.org)/calendar.

**Thursday, June 10, 10am-12pm** Secrets of the Salt Marsh Walk. Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a docent-led walk at the Wells Reserve that covers about 1 mile. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Friday, June 11, 11am-2pm** Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/regular or \$48/member plus site admission. Registration required. FMI [wellsreserve.org](http://wellsreserve.org)/kayak.

**Saturday, June 12, 9-11am** Native Plant Sale. You can attract birds and beneficial insects to your garden by growing native plants, and Master Gardener Volunteers of York County will offer more than 30 kinds in this fundraiser at the Wells Reserve at Laudholm. Offered will be plants grown from wild or wild-type seed, with proceeds going toward gardens and master gardener programs at the re-

serve. Master Gardeners will be joined by Heather McCargo of the Wild Seed Project, who will also discuss rewilding. Sale held rain or shine. Quantities are limited and COVID-19 precautions will be in place. 342 Laudholm Farm Rd, Wells 207-646-1555 [wellsreserve.org](http://wellsreserve.org)

### Saturday, June 12, 10am-12pm

Fronds and Fiddleheads. Learn some common ferns of coastal Maine with Maine Master Naturalist instructor Jeff Pengel. Jeff will emphasize ecology and biological adaptations while providing identification tips for the species we find. A hand lens is helpful but not required. Cameras are welcome. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116. \$8/regular, \$6/member plus site admission. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Monday, June 14, 10am-12pm** Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Monday, June 14, 1-4pm** Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/regular or \$48/member plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or [wellsreserve.org](http://wellsreserve.org)/kayak

**Tuesday, June 15, 7-10am** Bird Banding Demonstration. Visit the bird banding station at the Wells Reserve at Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 [wellsreserve.org](http://wellsreserve.org)

**Wednesday, June 16, 10am-12pm** Explore the Shore. The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects. Free with site admission. Register at 207-646-1555 ext 110 or [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org). FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Thursday, June 17, 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 that teaches mindful practices you can apply anywhere. For ages 12 and up. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or 207-646-1555 ext 128. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Saturday, June 19, 7:30-9:30am** Bird Walk. Join a birder from York County Audubon to look and listen for the many kinds of birds found in spring at the Wells Reserve at Laudholm. Free with site admission. Beginners welcome. Binoculars strongly recommended. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Monday, June 21, 10am-12pm** Nature Walk. Tour a variety of coastal habitats with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org](http://wellsreserve.org)/calendar

**Tuesday, June 22, 7-10am** Bird Banding Demonstration. Visit the bird banding station at the Wells Reserve at

## Wells Reserve at Laudholm

Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 wellsreserve.org

**Tuesday, June 22, 8-9:15am** Summer Solstice Morning Yoga. Celebrate the solstice with a gentle Hatha yoga class. You will need your own mat for this all-level class. Yoga blocks and a blanket are optional. The class is led by Leslie Fiore, certified Anusara and Kundalini yoga instructor. \$12/regular, \$10/member plus site admission. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116.

**Tuesday, June 22, 8:30am-12pm** Coastal Erosion Control and Living Shorelines. This course describes the challenges facing Maine's coastline, including sea level rise, climate change, coastal development, and traditional drainage practices. Participants will discuss traditional erosion and sediment control practices, including seawalls, breakwaters, bulkheads, and revetments, then explore living shorelines as a method of restoring and protecting coastal ecosystems. Among the methods covered will be dune restoration, nature-based solutions, and wave attenuation. Continuing education credit available. \$25. Registration required at [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tuesday, June 22, 1-2pm** Crabs on the Move. As ocean waters warm, southern crab species like blue crabs and fiddler crabs are moving northward, expanding their ranges into areas that were originally inhospitable to them. Meanwhile, species from around the globe, like the European green crab and Asian shore crab, have become established after hitching rides in the ballast water of ships. Wells Reserve scientists monitor these "crabs on the move" to understand how their populations affect native species already present in Maine. In this free Zoom talk, Laura Crane, a research associate at the reserve, describes how she and others monitor crab populations and detect the arrival of new species. Registration required at [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Wednesday, June 23, 9am-12pm** Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/regular or \$48/member plus site admission. Registration required. FMI [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**Friday, June 25, 10am-12pm** Secrets of the Salt Marsh Walk. Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a docent-led walk at the Wells Reserve that covers about 1 mile. Free with site admission. Registration required at [caryn@wellsnerr.org](http://caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar)

**Saturday, June 26, 10-11am** Estuary Discoveries. Meander along the accessible trail at Wells Harbor Park to learn about the value and importance of estuaries, where rivers meet the sea. Free with site admission. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or 207-646-1555 ext 128. FMI [wellsreserve.org](http://wellsreserve.org)

**Tuesday, June 29, 7-10am** Bird Banding Demonstration. Visit the bird banding station at the Wells Reserve at Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 wellsreserve.org

**Tuesday, June 29, 1-4pm** Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/regular or \$48/member plus site admission. Registration required. FMI [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**Wednesday, June 30, 10am-12pm** Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about 1/2 mile. Free with site admission. Registration required at [caryn@wellsnerr.org](http://caryn@wellsnerr.org) or 207-646-1555 ext 110.

## Sweet and Simple Joys of Summer in Maine

By Shelley Wigglesworth, Lead writer.

We asked our readers what summer means to them, and as usual they did not disappoint. We have compiled the top 10 responses here with readers sharing their personal photos of the joy of summertime in Maine.

**Going to "camp" or the "lake house"**- Francine Battles Tanguay of Wells and Mona Hatch Descoteaux of Kennebunk share their special summer retreat photos.

**Maine lobster feeds**-Lobster, lobster lobster-what is summer in Maine without at least one lobster bake! Mona Descoteaux photo.

**Days and evenings at the beach**- Little Karlee Jean Paradis of Saco enjoying the surf. Beach sunsets in Maine are a sight to behold. Coming the beach for treasures is a fun activity for young and old alike.

**Corn on the cob**- Young Sam Wade of Kennebunk loves sweet butter and sugar summer corn!

**Blueberries**- Picking blueberries and making tasty treats and jams is something Danielle McPherson of Kennebunk and Rich Beaudoin, a Kennebunkport native have in common.

**Campfires**-Danielle and Scott McPherson of Kennebunk enjoy summer evenings around the campfire so much, they built their own fire pit at home.

**Fireflies**. A twinkling in the warm night sky is a simple summertime pleasure enjoyed by many.

**Gardening** -flowers and veggies.

**Cook outs and grilling**- Especially with family and friends!



Boating and on the water activities- Billy Dries of the Harbor Inn treating guests to summer boat rides.

## Grand Opening of New Phases & New Construction



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# SUMMER bird feeding is important to the survival of adult and new born birds

Summer is a great time to enjoy a wide variety of backyard birds. You can awaken each morning to their cheerful songs and watch as they build their nests and raise their young!

To achieve the fullest from this time of year, create a song bird friendly yard. Start with a good bird feeder filled with a high quality seed. If waste is a concern, try a shelled sunflower seed which will leave nothing behind.

Summer bird feeding is important to the survival of adult and new born birds. A reliable high quality food source, like your feeder, enables parents to better protect and provide for their hatchlings. Adults that must travel far and search long for good food sources may miss an opportunity to chase off a predator. Also, studies have shown that sites with bird feeders have a larger, healthier bird population that will eat more insects overall and may help to reduce the need for pesticide use.

You don't need to let pesky, determined squirrels ruin your bird watching experience. There are a number of well made and effective squirrel-proof feeders available. The best work by the squirrel's own weight closing food access. Another

method to ban them from your feeders means using a squirrel baffle that, when properly placed, can make even the boldest squirrel give up and stay on the ground!

**Once the food is available next thing to add is a water source. Bird baths and fountains will add life and to your garden and provide a clean water source for birds to drink and bathe.**

If space allows, providing a birdhouse or nest box can encourage birds like bluebirds, tree swallows, chickadees and wrens to nest nearby. Once you witness a mother bird bringing her young ones to your feeder or bird bath, you will be looking to add more bird dwelling options!

Creating a summer songbird environment will help to sustain and strengthen the birds while they nest and rear their young. You will have the opportunity to see and hear so many different types of birds in your very own backyard.

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# Happy June!

What a beautiful spring we have had! I don't know about all of you, but I have been sensing this beautiful air of positivity all around me; in the leaves gently unfolding to absorb the sunlight, the bright pink sky sending me off to bed at night, and the vibrant spring and summer creatures emerging from the earth. The fact that 70% of Maine adults have received at least their first dose of the COVID-19 Vaccine is also very uplifting! \*claps all around\*

As restrictions ease, I stress the importance to be gentle and kind to one another. We have all been living in a state of trauma for over a year, whether you feel it or not. Some people are not ready to rip the masks off, so let them keep that extra level of security. Others have been wearing this mask religiously for 15 mos., have completed their civic duty by getting vaccinated, and can't wait for life to feel a little more normal! This is not the focus of my article today, but I am aware that many people have been so caught up in keeping themselves masked and distanced, that some other elements of maintaining a healthy lifestyle have slid into the background, so let's get back to the basics with the relationship between diet & exercise.

Diet is the element of health that many

people struggle to balance. Whether you're trying to lose weight, gain muscle, or increase mobility and energy, there is no one-size-fits-all plan. A nutritionist blogger for the National Academy of Sports Medicine explains how there are no secrets or quick fixes.

**"Genetics loads the gun. Lifestyle pulls the trigger, the ideal way to be the best you can be, based on your genetics is to live a healthy, balanced lifestyle," (Aragon, A. A., 2017)**

If you are thinking, 'well that's vague advice,' you are right! The best diet is the one that compliments your lifestyle and the one you can commit to. I do not have a certification in nutrition, but I am going to share with you some of the research I have done personally and for my clients. I have found that each body will react to a specific diet in a different way.

**"CALORIES-IN = CALORIES-OUT"**

Calories are an important part of any diet and keeping track of them is a useful way to take inventory of your diet and monitor what you're eating. Although, I often see people – especially in the attempt to lose fat – restrict themselves to an extremely low caloric intake: this almost always creates a damaging relationship with food that results in a decline in health. Calorie restriction can mess with your metabolism, which is something that we want to keep as regular as possible. If you aren't feeding

your body enough to meet your daily energy requirements, then you are not going to see positive changes, you will start to break down protein and metabolize nutrients in the body that you need.

**"NOT ALL CALORIES ARE CREATED EQUAL"**

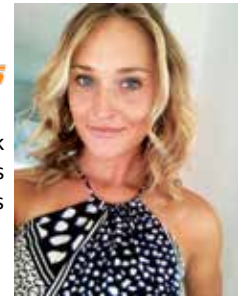
We all know that eating 200 calories worth of spinach is going to be quite different than eating 200 calories worth of marshmallows, and that is mainly because what you eat signals hormones to store or burn fat, increase, or decrease your rate of metabolism, and help muscle grow or break it down. Hormones like insulin, cortisol, thyroid, testosterone, and estrogen each play a vital role in the way your body processes food. Having a balanced diet where your calories come from a variety of sources will keep these hormones working with you and not against you. Giving your body whole foods allows it to recover from hard workouts and helps avoid injury.

**"OUT-EXERCISE A BAD DIET"**

The misconception here is that if you have a bad diet, you don't need to change it if you are exercising vigorously 5 days a week. While intense exercise sessions can help you work out the toxins from an unhealthy meal, your body will not perform at its highest potential without



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



getting the proper nutrition. Even if you are super active, donuts are not going to refuel the muscles you've worked! When you first begin an exercise program, you may notice weight loss occur regardless of a change in the diet, but to maintain health long term (more than 6-months) you must get the body and metabolism to work together. We do this by feeding the body simple carbohydrates (fruit, veggies, 1-2 servings of pretzels or crackers), protein (nuts, seeds, dairy, lean meat, protein supplemental drinks/bars), and plenty of hydration. If you take anything from this article, I hope it is the following:

**Every meal should include a serving of fruit/veggies, carbohydrates, protein, and some good fat (unsaturated)**

**Your health quest doesn't end after your workout, continue to live a balanced lifestyle in and outside of the gym**

**Genetics and lifestyle habits play a much larger role than we give them credit for!**

**Eat to fuel your body, not to punish or reward yourself!**

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# Wells, Maine - The Art of Scott McNeff

By: Shelley Wigglesworth, Lead writer.

Forty Four-year-old Scott McNeff grew up in Wells and is a 1995 graduate of Wells High School.

At an early age he showed a keen interest in creating art inspired by the flora and fauna of his surroundings. His uncle Patric took note of this interest and took the time to teach him drawing lessons at his grandmother's kitchen table, when he was a young child. While in high school, his art teacher Vanessa White-Capelutti recognized his skills and further encouraged him to explore art classes, from there, he took a few official art classes.

A skilled falconer, after high school he traveled to the UK to meet with fellow falconers and became friends with Liam O'Broin, an artist from Ireland who presented him with an art book

he published featuring his drawings of the town of Drogheda. McNeff referred to this book often over the years and this is what ultimately prompted him to work on a similar project about his hometown of Wells.

After college and graduate school, studying, learning, and teaching both falconry and biology abroad, McNeff came home to Maine to take over the family ice-cream business, The Scoop Deck, in Wells, at the urging of his father. After settling in Kennebunk with his wife and business partner Emily, he found himself drawn to many local landmarks and scenes in Wells, and once again, his creative side was ignited. For three years he created mixed media artwork of landmarks, nature scenes, buildings, churches, landscapes, schools, cafes, local business, the beach, woodlands and the flora and fauna of his hometown, finally compiling 224 pages of his favorite works to create the book Wells, Maine - The Art of Scott of McNeff.

McNeff's new hardcover coffee table book pays homage to his seaside hometown and his pride as a Mainer in a variety of mediums including pencil, ink, watercolor, gouache, oil,

and acrylic paints. Alongside the visual representations of the town are facts and comments about some of the buildings and locations. "The process of creating this book simultaneously allowed me to continue my growth as an artist and renew my love of home; I found myself looking all over town with eyes wide open, seeing it again with a freshly cleaned lens," he said.

Each scene holds a personal connection with McNeff as well. For example, on page 5, his drawing of the Division #4 School House is a building where he and generations of Wells Cub Scouts met to attend meetings. On page 141

added. "The same could be said of page 100, which shows a Dunlin (a shorebird) wading in the bubbles of some sea foam at the beach. There are some black and white drawings in the book that I really like because they allowed me to dive into fine detail with pen or pencil. The John Wells Cape on page 177 is an example of utilizing clean lines to really show off the fine details of a subject."

Upon reflecting on his book, McNeff said, "During the process I discovered that an artist could easily spend an entire lifetime making paintings strictly from the subject matter within his or her own town. This book is not an attempt to

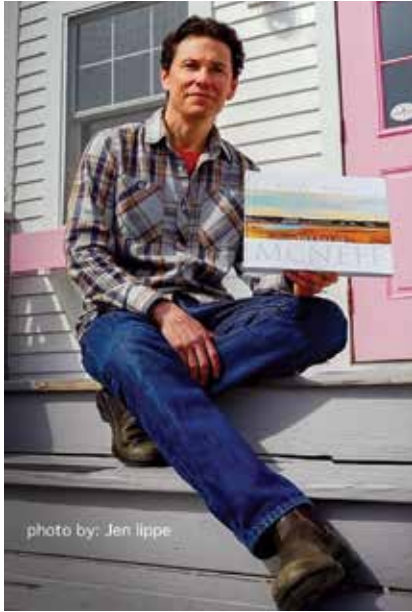
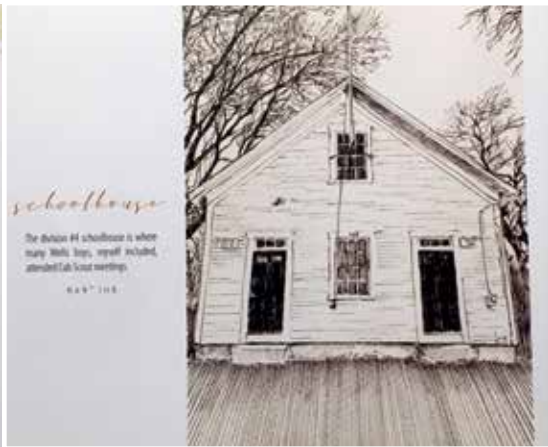


Photo of Scott McNeff by: Jen Lippe All other photos by Scott McNeff

season. Rather, it is a way of taking you on a tour through town and allowing you to see Wells from my point of view. My hope is that locals and seasonal tourists alike are sure to find their favorite spots included in the pages."

Wells, Maine - The Art of Scott McNeff, sells for \$37.95. For information on how to order the book as well as original paintings and drawings by Scott McNeff, please visit: [www.mcneffstudio.com](http://www.mcneffstudio.com)

there is a small pencil drawing of a high tide scene at the end of Eldridge Road, which McNeff said "I especially like that because it was made at the location where I spent a huge amount of time as a child. Hopping over that sea wall and exploring the well tumbled stones that are built up above the tide line, or the creatures of the intertidal zone at fisherman's cove were favorite activities when my movement was restricted to local exploration via bicycle or skateboard."

When it comes to favorites in the book, McNeff said a few come to mind. "I really like the page 31-32 spread which features Aubuchon Hardware and The Indian Moccasin Shop. Both illustrations were done with ink before receiving a bit of watercolor to dress them up a bit. Making illustrations in this style is something I feel comfortable doing, as it is the approach I typically use in my sketchbooks for architectural sketches. Clean lines, fun colors." He also cited page 187-188 which shows three paintings: a great blue heron, a red-tailed hawk and a peregrine falcon chasing a pair of mallards as another favorite. "As a self-described bird nerd, licensed bird bander, falconer, I'm always interested in painting birds." He

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## Rotary Club of Wells Completes Veteran's Stone Project

On May 1, 2021 a Rotary led team of volunteers gathered at the Ocean View Cemetery in Wells in an effort to honor and enhance the condition of each and every Veteran's gravestone. Volunteers included, members of the Rotary Club of Wells, Rotarians from the Ogunquit Rotary Club and several students from the Wells High School Rotary Interact Club.

Enhancements included, cutting grass, removing mildew and mold and power washing all stones that needed improvements in preparation for Memorial Day. Many of the stones had not been cleaned for years. Some were buried under grass or had mildew that grew over their name and rank. In addition, many of the volunteers took a moment to say the name of the Veteran in an effort to recognize the deceased Veteran for their service.

The Rotary Club of Wells identified this event as a much-needed

service project which would not only improve the Veterans' stones but also allow community members to come together and provide an initiative that improves the condition of the cemetery and makes a positive impact for the families of each Veteran. More than 600 Veterans have been laid to rest at Ocean View Cemetery with service ranging from the Civil War through military tours in the Middle East.

Kevin Fox, Co-advisor for the Wells High School Rotary Interact club states "When the students learned of the project it was clear that they wanted to be part of an initiative. It gave them the chance to show their respect and to honor our deceased Veterans. Having an opportunity to connect with community leaders while taking action for their school and community has been key to choosing worthy projects. This was certainly one of them."



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# The Non Ridden Equine



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Maine resident and equestrian Gabriela Rodriguez Quinn always knew there were horse owners like her with horses they didn't ride or where riding was not the primary relationship. In October 2000 when she acquired another horse as companion for her former Thoroughbred race horse Think Blue, she contemplated that question more, knowing the answer would not be found in boarding facilities.

Though research had not yet been published to prove horses were not designed to carry weight, observing the horse's back particularly with rider weight, concerned Rodriguez. Having made a firm decision her 6 month old Arabian and 2nd rescue would not be ridden, she began a journey that would lead to the founding of a non profit organization, BlixHorses in 2007. She hoped the primary goal of education would help replace commonly held myths rampant in the horse communities, with science to help people understand horses and their needs in captivity to help improve the welfare of horses.

Sixteen years later, across the ocean in the UK, equestrian Vicki Jayne Yates purchased a horse with plans to ride. She soon found that for medical reasons her Irish Cob, Kez could not be ridden. Devastated with the news and contemplating the future, she decided to use social media as the tool to find other horse owners in similar situations. On May 1, 2017 The Non Ridden Equine (TNRE) facebook group <https://www.facebook.com/groups/thenonriddenhorse/> was founded.

The group stood out and caught the eye of horse owners around the world including Rodriguez Quinn. International membership soared and though some had similar quandary, others wanted connection with other horse owners and support. Four years later membership has reached 22 thousand in TNRE. Membership continues to grow with 8,659 of the members from the U.S.

To further assist members, a group of people came together to form a Non Profit Board and founded TNRE Association UK, which launched August 1, 2017 <https://www.thenonriddenequineassociationuk.org/>. The website provides a platform for support and access to resources from a diversity of professionals. It showcases ideas, knowledge, skills and good practice on a range of non riding interactions. No matter where you live in the world access and membership is free.

The answer for Rodriguez and Yates was overwhelming clear. Though data continues to be collected, thousands of horse owners primarily from the U.S. don't use horses traditionally. Instead they go against industry tradition of selling their horses and keep them for life regardless of the time, labor and cost involved in caring for a horse especially as they age. These horse owners view their

horses as dogs are regarded, much like another member of the animal family.

But how are these 'against the grain' horse owners impacting a billion dollar industry that counts on horse sales to keep the industry vital? Breeding, horse sales, sporting event and shows as well as professional services and items for horse and rider are the backbone of the industry and a huge money maker.

Owners of non ridden horses often keep their horses for life, making an investment in a relationship, purchasing what impacts the horses health and tend to spend more dollars on care, including food, especially hay, medications and supplements. They also need professional services as non ridden horses still require routine hoof care, but often can be barefoot, cutting costs on shoes needed for sports.

Non ridden horses need routine veterinary care but they often have less injuries, reducing the need for expensive diagnostics and vet services. In good care they also have less mental stress that can lead to health issues. Professional services are impacted in other ways as horses kept privately do not require the large number of vaccinations as horses stabled or pre-purchase exams each time a horse is sold.

These horses don't need saddles, bridles, bits, specialty products, training or performance items like leg wraps, martingales and other equipment. Retail clothing sales account for a large part of industry earnings but these owners don't need clothing or footwear for specific disciplines. They also don't require enclosures or riding arenas to train, only space for their horses to roam and run.

Though non ridden horses can participate in horse shows performing liberty work and in-hand classes, shows are not a primary goal. In addition, the abrasive attitudes by some towards horses that are not ridden keeps horse owners from supporting these activities. Though having a truck and trailer for transportation is always an advantage, many owners of non ridden horses don't have one.

Horses kept for life can use the same halters, sheets and blankets whereas owners of riding horses purchase new items every time they purchase a horse. Horses kept for life may need a change in diet and medications as they age and these purchases continue to support the industry whereas horses that continue to be bought and sold often do not get the highest standard of care when the goal is to use the horse temporarily.

## The Unwanted Horses

Unwanted horses make up a large part of the horse population in the U.S. and throughout the world. A horse sold is a horse unwanted by the owner. Horses that are not ridden or 'not in work' are not regarded highly in the equine industry and by those who support their use, who often feel threatened when a horse doesn't 'have a job' often pressuring these owners to give the horse up for a profit. Horse owners with horses in this category continue to be shunned and ridiculed keeping them out of competition and often out of public boarding facilities where riding, supporting barn activities and training programs is a priority. Often they feel they have no choice.

The majority of riding horses are used in sport which often results in injuries and chronic health issues over time. Horses that remain relatively uninjured age, living into their 20's, 30's and even longer but like people, are often afflicted



. Bint Ali Alexis (Lexxie) has never been ridden. It's ok not to ride your horse.

by health issues and costs of care rise. These horses are often given up when care becomes too expensive or the horse is not meeting the owners expectations. When they can no longer be 'used' as expected they continue to be 'recycled'



Vicki in the UK with her horse Kez.

when they often should be retired. Sometimes they're sold without concern over their fate, 'donated' to therapeutic riding facilities, sent to auctions, sold to dealers and kill buyers.

In 2006, Congress passed the SAFE Act (Safeguard American Food Exports) preventing the inspection of horse slaughter plants in the U.S., but horses continue to be transported to slaughter in Mexico and Canada from all 50 states. Currently there is a Bill in Congress to also prevent transport of horses out of the U.S. Though Maine does not support slaughter, without enforcement horses are easily transported through the 'slaughter pipeline' when they are no longer valuable. Sadly some horse owners prefer this to humane sedation and euthanasia.

Typically horses with lifetime commitments from their owners do not experience this fate. For the thousands of owners in the non ridden groups averaging 2-5 horses often acquired as 'throwaways', many thousands of horses are safe and in good hands. The groups have provided horse owners with support, resources and the ability to connect and organize. They have also provided support to horse owners who have contemplated giving up their horses due to a lack of time or pressure by the industry to sell, in order for the horse to continue to work, making a positive economic impact on the industry. Keeping a horse at home and in good care often strengthens the relationship making it more difficult to let the horse go.

According to the 2017 Economic Impact Study of the

U.S. Horse Industry done by the American Horse Council, based in Washington DC, the current U.S. equine population is 7.2 million. This estimate however does not include many privately owned and 'backyard' horses which dominate the non ridden population. According to an official at the USDA, acquiring data to show the # of US horses sent to slaughter will no longer be funded. The last estimate was 130,000 which may not include

horses sent to feedlots and auctions by the owners. These include foals, yearlings and pregnant mares.

There are those within the horse community that insists horses must be ridden. Considering horses 'lawn ornaments without jobs' or feel a horse with no work is a waste of horseflesh. Though neglect, abuse and mistreatment occurs in all settings, it is more often seen where horses are stabled particularly when horse are pushed to perform often to be sold.

## Things are changing

In January 2018, Rodriguez created the 1st non ridden facebook group in the U.S., The Non Ridden Equine, New England <https://www.facebook.com/groups/248225149045881>. The smaller regional group, an affiliate of the original UK group provides the same support and encouragement for horses owners. In addition to new groups abroad, several other U.S. regional groups have been created with more on the horizon. The groups have been featured in equestrian publications including Horse Illustrated, Horse Canada and soon Equus.

The attention has been positive as horse owners find they have choices and their decisions supported. The groups are also tremendous resources as these horse owners go the extra mile to provide good care, for life. Groups are closed and members screened for privacy and though all groups are affiliated and have the same Rules of conduct, each group has its own personality as do boarding facilities. Members are from all walks of life and range in age from 18- 82. They include professionals in the industry, Directors of rescues and non profits, and of course the average horse owner. The majority of members were equestrians, many high level accomplished riders. Some still ride.

Currently Rodriguez and Administrators of other U.S. groups are planning the creation of a U.S Association with a similar Mission as the U.K. The Association will also provide support and professional resources for non riding activities. Unfortunately because the industry only promotes riding, often horse owners have no idea of the myriad of non riding activities they can enjoy, including that very special relationship not possible to get when you spend all your time on a horse's back.

What happened to Rodriguez's 6 month old Arabian Alexis? She is enjoying her life as a healthy, uninjured 21 year old horse, loved and in great care with her companion Fritz. While in the UK, Kez, Vicki Jayne Yates horse is also living a happy, unpressured life, enjoying liberty work, and not being ridden.

**Myth #3: Horses need to be ridden. No. Scientific research has shown horses were not designed anatomically to carry weight. If you choose to ride you must be proficient and never overdo.**



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# AUTHENTIC | LOCAL | EXPERIENCE



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**31 Edgewood Road, Wells**

Completely renovated perfect Summer House or Year-Round Home. 4-Bedroom, 2-Bath 1768 Sq. Ft. On quiet dead-end road in established neighborhood located less than one mile from Moody Ogunquit Beach. **\$474,500**



**8 Chestnut Lane, Kennebunk**

Attractively sited on a quiet cul-de-sac just outside downtown Kennebunk. This to be built home has 3 bedrooms with primary bedroom on the first level with it's own BA. Radiant heat on the first floor. An attached 2 car garage are just a few of the standard options on this +-2,200 sq.ft home. **\$589,000**



**10 Chestnut Lane, Kennebunk**

Sited on a quiet cul-de-sac just outside downtown Kennebunk. This to be built home has 3-BDR w/ primary bedroom on the first level with it's own bath. Radiant heat on the first floor. An attached 2 car garage are just a few of the standard options on this +-2,050 sq.ft home. **\$589,000**



**22 Pier Road, Kennebunkport**

Own a slice of Cape Porpoise paradise! 2.64 acre parcel of waterfront property abutting Rachel Carson conservation land. This plot currently has 3 single family homes and 1 duplex on the property. Live in 1 property, rent the others, rent all properties, or buy for the land and build your dream home! **\$3,300,000**



**0 Portland Road, Arundel**

Located in a highly visible area of Arundel, this property offers 850' +/- of road frontage along RT 1. Included are 17+/- acres with commercial and/or residential potential. **\$415,000**



**98 Mills Road Subdivision, Kennebunkport**

All lots are cleared and numbered and serviced by town sewer. Builder can design a home to meet your needs and desires or bring us your plans to get started. **\$179,900 - \$229,900**



Gail Ann Arnold  
Xt: 111



Kathy Baker  
Rental Manager  
Xt: 123



Tricia Gallagher  
Xt: 113



Laura J Ross  
Xt: 114



Mark Gary  
Xt: 116



Claudette Batignani  
Xt: 117



Helen Curry  
Xt: 119



Denise Hodsdon  
Xt: 127



Rick Natoli  
Xt: 138



Tara Baker  
Xt: 141



Katie Palmer  
Xt: 147



Dan Roche  
Xt: 139



Mark Seeley  
Xt: 149