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NORWAY in Kennebunk**

A Very Village Thanksgiving

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PUBLISHER

Gina Martel

VP, FINANCE

Steve Martel

LEAD WRITER

Shelley Wigglesworth

DIRECTOR OF SALES

Joyce Robillard

VILLAGE CONTRIBUTORS

Mark Birmingham • Dr. Freeman • John Forssen

Heather Evans • Cynthia Wallker

INSIDE STORIES

Tales from the Archives 4

Veteran's Day Exclusive 11

Doc Talk- Dementia 14

Real Estate-The Covid Bubble-17

A Very Village Thanksgiving 18

Sweet Sia's Grape Jelly 27



Also in this Issue

The Curse of Attila's Horse 6

Our Inspiration: Sturgeon Moon 9

Service Directory 26

Calendar Listings 28

BlixxHorse- Veterans program 28

For advertising, information, questions, or comments please call: 207.467.5368 Or email: kennebunkvillage@gmail.com

The Village welcomes letters, briefs & suggestions. Email: info4thevillage@gmail.com. P.O. Box 682 Kennebunk, Me. 04043



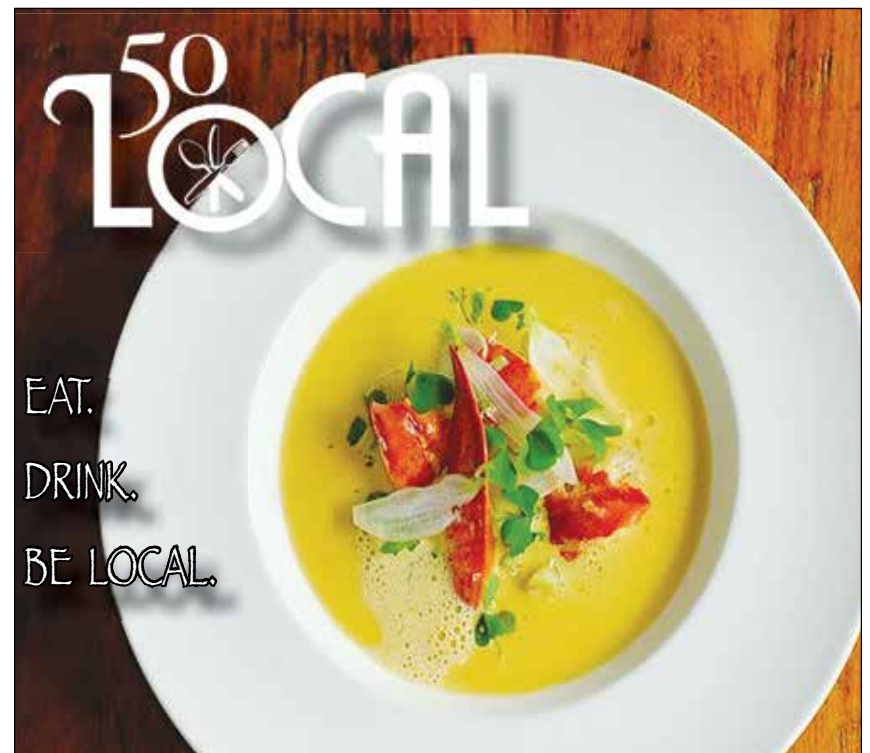
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On the Cover



Purple Heart Recipient and Disabled American Veteran Lance Corporal Matt Hunter of Kennebunk who served in the USMC in 2009-2010 in Marjah Afghanistan in the Helmand Province. Martha Joan Dempsey photo.



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106 Farragut Way #369, Kennebunk \$205,000.

Light and bright with views of the pond and beautiful trees. This is a one bedroom, 1 bath home, living room/dining area with a lovely gas fireplace and gleaming hardwood floors. This is comfortable living. A single car garage is dedicated to this unit. Also includes a community swimming pool, exercise room, library/study.



53 Wakefield Road, Kennebunk \$489,900. Enjoy living in the country with easy access to I-95, dining and shopping. This lovely Cape style home is situated on a beautiful 3 acre lot. The house has three bedrooms, with a first floor bedroom option. A bright and sunny one bedroom in-law apartment with full kitchen, two car garage and 30x36 Morton Barn. This is a wonderful property with many possibilities!



5 Nason's Court #9, Kennebunk \$449,000. Perfect get-away retreat or cozy spot for year 'round living! Delightful one-of-a-kind three bedroom, two bath condo just seconds to downtown shops and restaurants. Minutes to area beaches. Wood and tile floors, kitchen with upgraded appliances and granite counter tops, upgraded baths. Some antique features create beautiful accents. In-town location and across from the park. Private. Furnishings included.



55 Storer Street, Kennebunk \$689,000. Elegant, warm, and homey all in one package. Gorgeous woodwork and architectural detail. Enjoy the front porch with its light breezes and community feel or the side yard patio for the more private moments. This home is located in a fabulous village location with sidewalks to town. Four bedrooms, three updated baths, eat-in kitchen and formal dining room, two working fireplaces. Just an elegant home with warmth, energy and space. Lovely!



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PACK MAYNARD



Norway in Kennebunk

Dette er historien om familien Tvedt i Kennebunk ("This is the story of the Tvedt family in Kennebunk").

Hans Tvedt, of Aust-Agder, Norway, arrived in Kennebunk at age 25. Like many in 1880, he and his wife, Clara, emigrated to the United States to start a new life. In the span of forty years (1880 - 1920), the United States welcomed roughly 30 million immigrants, mostly from Southern, Eastern and Western Europe.

Immigrants were met with varying degrees of acceptance, depending very much on their country of origin. For instance, Germans and Scandinavians were generally accepted, as they easily assimilated because of similar cultural practices and appearance. The cruel caricatures of peoples from other cultural origins stoked a growing public fear of immigrants and inspired Congress to pass restrictive immigration laws in 1917 and again in 1924. Immigration to this country, and understanding of a wider range of cultures, was impacted for generations to come.

Hans and Clara made their home in downtown Kennebunk, where Hans started his own business called the Leatheroid Company. The business manufactured leatheroid products (in fact, not leather at all, but multiple layers of strong cotton paper pressed together). Four years later, in 1884, Hans' two brothers Antoine and Samuel (and their wives, Gusta and Hilda, respectively) arrived to help him with the business. The Leatheroid Manufacturing Company, taking up significant land area on Water Street near the Mousam River (its buildings are now all demolished) was a success.

Due to mental health issues, Hans and Clara moved away, leaving Antoine and Samuel to run the factory. Antoine took control of staffing the mill and sought to employ his fellow

Norwegian and Swedish countrymen. The Tvedts were proud of their success in their new homeland and encouraged others to come to Kennebunk as they had. Antoine recruited many families from the Tvedts' hometown of Bergen, Norway, to join them here. Most of the men worked in the factory and many of the women went into domestic service in town.

After a successful few years, Antoine and his family built their home at 4 Winter Street in 1893. In his spare time away from the mill, Antoine played the guitar for family gatherings. He lost his first two wives – Gusta, who emigrated with him from Norway, and Karen – to disease. He also lost a young daughter, Nellie. His third wife, Lena, was a Norwegian immigrant like himself. In addition to his own family, Antoine lent rooms in his house to Scandinavian immigrants.

Samuel Tvedt, working at the factory as well, found his true passion in preaching. He shared the word of God to everyone who would listen. His favorite place to preach was in the center of town, in front of Libby's Hardware (now near Tibbets Plaza). He often stood on a wooden box, a Bible in his hand, and passionately reminded passerby to live a pious life, or they would be doomed. To support his brother's teachings, Antoine built a new church in town, where Samuel became its first preacher. The Scandinavian Church was constructed in 1893 on Hall Street. With so many Scandinavian residents of Kennebunk, the community appreciated its very own place of worship.

By 1910, Kennebunk's Federal Census shows many more Scandinavian families living in the area of the Mousam River bridge (and of course, the mill), including: The Christensons and Knudsens on Hovey Street; Samuel Tvedt's family and the Gulichsons on Day Street; the Anderson, Bye and Linquist families on

York Street; the Larsens on High Street; the Furnwalls on Parsons Street; the Tvedts, Bocks, Enstroms and Rudgists on Winter Street; and the Furngalls on Pleasant Street. Perhaps unsurprisingly, this area close to the mills was also home to Kennebunk's two other largest immigrant groups: French Canadians and Irish.

Single young people from Norway and Sweden rented rooms or worked as servants at homes throughout the town as they started their lives here. Hilda Sandberry immigrated in 1893, and worked at the Summer Street home of Charles Goodnow. Other women, like Mary Mitchell, emigrated from Sweden and married a local man (Oscar Mitchell) around 1900.

We have the Tvedt brothers to thank, almost single-handedly, for the great influx of Scandinavian immigrants to Kennebunk at the turn-of-the-twentieth century. Additionally, their contributions to Kennebunk's manufacturing economy after the fall of large-scale shipbuilding in the 19th century helped carry Kennebunk's workers into the mid-century, when the Leatheroid Company (later Rogers Fibre Company) was sold in 1930.

Do you have family members who may have worked at this company? Or artifacts related to this mill? What are your family's immigrant or indigenous stories? Share with the Brick Store Museum by emailing us at info@brickstoremuseum.org.

Looking to get outside this fall? Take a walking tour of Norwegian influence on Kennebunk! Factory Pasture Lane, now home to Kennebunk Light & Power, is named for the large factory

TALES FROM THE ARCHIVES

By Cynthia Walker Executive Director,
Brick Store Museum



Tvedt brothers! (Antoine seated with guitar; Samuel standing.)

buildings that once made their home near the river. The turn-of-the-century workers' homes on Winter, Day, Hovey, High, Friend, Brown, and lower York Streets (among others) were built by those working in the mills – many of whom immigrated here. One such home, Antoine Tvedt's at 4 Winter Street, still stands today (as a private home – please, no trespassing!). The Scandinavian Church at 5 Hall Street, also a private home, still stands, too.

You can learn more about Kennebunk's diverse immigrant stories through the Museum's upcoming Holiday Candlelight Stroll on December 12th! In our second annual event, guests take a virtual tour of their stories and traditions while enjoying a holiday meal including tastes from the many nationalities that call Kennebunk home. Learn more and sign up at www.brickstoremuseum.org.

Eagle Scout Builds Support for AWS'

Caning Training Program

The Animal Welfare Society (AWS) was the recipient of a donation of hand-crafted agility equipment for its Canine Behavior and Training Program. AWS' training program runs group training classes and one-on-one behavior consultations for members of the public and supports the training and wellbeing of resident (shelter) dogs during their stay at AWS. Annually, the program reaches more than 1,000 dogs. The program is supported by three full- and part-time Certified Professional Dog Trainers.

The donation was the result of an Eagle Scout service project completed by Connor Carey, 17, of Eliot. Carey reached out AWS because of his life-long love of dogs and his desire to make a difference for pets in his community. Through this Eagle Scout service project, Carey worked with AWS training staff to plan the project to best benefit AWS, he fundraised to purchase parts and he oversaw the construction and creation of the agility pieces. Through it all, he developed the strong leadership skills needed to earn the rank of Eagle Scout.

"The agility equipment that Connor designed and built is a huge asset to AWS,"

explains Roberta Guertin, AWS' Behavior and Training Administrative Manager. "With the number of dogs that take part in our programs each year, our agility and training equipment takes some wear and tear. Connor's contribution will help us to continue to provide enrichment and fun to the dogs here at AWS awaiting adoption as well as the dogs that participate through our public group classes."

Guertin continues, "We are grateful to Connor for all his hard work and dedication to the project and the animals. The equipment has already been used by our eager dogs here at the shelter and by agile students in several of our classes. We have had nothing but positive reviews!"

The staff and volunteers at AWS congratulate Carey on earning his Eagle Scout rank and thank him for supporting the dogs in his community. To learn more about AWS' Canine Behavior and Training program, visit <https://animalwelfaresociety.org/training/>

For more information, please contact Roberta Guertin, Behavior and Training Administrative Manager, (207) 985-3244 ext. 111. Stephanie Kelley, Marketing Communications Manager, (207) 985-3244 ext. 130

All roads lead to... Bradbury Brothers Market!



Photo by: Bob Dennis

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The Curse of Attila's Horse

By: John Forssen, Guest writer

'Twas Attila the Hun who once said "no grass will grow where once my horse has trod" and here, some 2500 years later, I find myself scratching my head and thinking: that rascal could have been talking about me —or, outrageous as it may seem, the genetic connection between me and his horse. For while his trodders (those of the horse) may have been larger and sharper than mine, my lawn attests to the fact that they could not have been more lethal.

In a word, my trodders are killers, undisputed masters of slow, shriveling death.

And here's the proof: the shabby patch of real estate that masquerades as my front lawn—I call 12 inches of snow an improvement—is in shambles. In England they'd call grass like mine the dog's breakfast. Either way, it would be worthy of a police order if I lived in a better neighborhood.

It all started a little over 30 years ago when my wife and I, new to the area and full of dreams and energy, bought a freshly-built house complete with a level plain of seeded loam, the depth of which was contractually noted as six inches...on average, the contract added. On average: that term put me in a bit of a quiver at the time, but, with assurances, I supposed as long as there were six inches somewhere, there was no point in quibbling over only three inches somewhere else —or, for that matter, even the occasional square yard given to gravel hard enough to break a shovel on.

For some weeks after we moved in, nothing much happened. Our level plain remained just that, despite an abundance of sun and nourishing rain.

Be patient, we were told by those who said they knew, add water (yes, above and beyond the rain; you can't have too much water) and wait. It was so simple. It sounded like a recipe for my daughter's holiday mud cookies (chocolate chip if she happened to have a handful of pebbles nearby).

My wife's mother reminded her that watched pots do not boil. I had never in my life watched a pot; but to please her, I vowed that I would not start now. "I have no eyes for pots," I said, even as I

moved the living room curtain and stole a hopeful glance at the well-groomed dirt in our front yard. It was as blank and unpromising as a death mask.

In the heat of the second season, the soil had settled and hardened sufficiently that, underfoot, I would not sink to its contractual depth and, miracle of miracles, we had begun to develop stubble. It was short, it was tentative —but it was there, even mildly green in spots.

"Sweetheart," I called from the yard, my heart churning, "Our lawn has come into puberty!" and such a day it was! We called the neighbors, we opened our private stock of Three-Buck Chuck's and we danced long into the night.

Each morning thereafter, I stepped into the yard to admire our teen-age stubble and, at intervals, walking to and fro, I stooped to caress and encourage the tender shoots, humming quietly to myself

because it is well known that plants like music. By September, however, my tender shoots had tired of my gentle song; and with deliberate speed, a surprising sense of purpose for a plant, they abandoned the contractual six inches of soil which had lifted them up from scattered seed.

The shoots were dead, undeniably so. Long live Monte Python's parrot.

When the new season brought no improvement, I called a landscaper who, at reasonable rates, guaranteed his work. Who could ask for more? Within weeks, however, two things were apparent: first, his results were lacking, and, second, his guarantee extended only to those elements of the job not controlled by God, which meant he could rake, and scrape, and fertilize and seed, even throw rocks at the moon; but, if the grass did not grow, it was not his fault.

More work would require more money. Success had never been on the table.

For too long, I had remained passive.

When spring arrived, I took to the yard humming snatches of The War of 1812. What self-respecting plant could resist that? —and, one shovelful at a time, I dug and hand-sifted every last

cubic inch of my contractually placed topsoil, cleansing its tiny memory of past disappointments and promising, with all my heart, a new beginning. We would be partners.

I raked, I tamped, I spread lime and fertilizer, I scattered seeds and then, a pair of boards bolted to my sneakers (think short, wide skis) I walked about, creating a bond between seed and soil in preparation for their initiation by water, a kind of baptism.

My work was done. The War of 1812 still humming in the back of my head, I sat down to wait.

And eventually the grass grew. It was green and thick and prospering. It was marvelous, my fortunes had changed.

But then, almost as quickly, one more time, it died.

And I knew in that moment that somewhere in the far beyond, Attila and his mighty horse were waiting for me. There was work to be done, grass to be trodded.

In the meantime, I have installed a fieldstone patio, and I pass the days tending the tiny flowers in my rock garden. •

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Kennebunkport Historical Society awarded Mooneyhan Family Foundation Grant towards Educational Programs

The Mooneyhan Family Foundation has made a Grant of \$10,000 to the Kennebunkport Historical Society. Longtime volunteers Larry and Marylou Ryan applied for the grant in March to help support educational programs run at the Historical Society.

"We are so excited to receive this generous grant from the Mooneyhan Foundation. The Kennebunkport Historical Society has worked with schools in York County for many years to provide local schools with local history. These funds will be used to help with transportation of school kids to and from Historical Society locations and will also help fund our educational programs," said Executive Administrator Kirsten Camp. "We are grateful to Steven and Jocelyn Lacey for their continued support and volunteerism at the Kennebunkport Historical

Society, thanks to their family's foundation a new generation of local kids will get firsthand knowledge of Kennebunkport's rich history."

The Mooneyhan Family Foundation was formed by the family of Dr. Jerry Mooneyhan in April 2001 to pay tribute to his life. Dr. Mooneyhan was a dentist in Johnson City, Tenn., where he was involved in a variety of community endeavors. He was also the inventor of an endodontics tool, a flexible root canal file made from nickel titanium. After his untimely death to lung cancer in 1997, Dr. Mooneyhan's family sought a way to remember and honor his life. The Mooneyhan Family Foundation strives, through grantmaking, to carry on Dr. Mooneyhan's vision of building on a community's strengths to improve life for all.

*About The Kennebunkport Historical Society
In 1952, the Kennebunkport Historical*



Kennebunkport Historical Society Volunteers Marylou and Larry Ryan receiving a check for \$10,000 from Jocelyn and Steven Lacey along with Executive Administrator Kirsten Camp from the Mooneyhan Family Foundation.

Society was founded to preserve, protect, and present Kennebunkport's social, cultural, and architectural assets. The Society stewards multiple period buildings, an extensive clothing collection, and archives that include artifacts, photographs,

books, and artwork; all of which are open to the public and available for research. For more information, please visit our website at www.kporths.com or our Facebook page at www.facebook.com/KennebunkportHistoricalSociety.



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US Veteran's and service members to a day of free deep sea fishing

Captain Mike Perkins of the F/V Nor'easter moored in the Kennebunk River recently treated US Veteran's and service members to a day of free deep sea fishing as a thank-you for

their service. The day was a success with plenty of haddock, cod, pollock and cusk caught. **Bags of filleted fresh fish packaged and ready for the Veterans and service members to take home to cook or freeze.**



F/V Mate Stephen Kaczala, Jeff Miele-US Navy, Paul Winn-US Air Force, Mickey Kellum-US Coast Guard, Phil Spinney-US Navy, Damien Vassell-US Navy, Gary Grenier-US Coast Guard, Tom Parker-US Army, Jeffrey Gaylord-US Army, F/V Nor'easter Captain Mike Perkins, Brian McBride-US Navy, Steve Babb-US Army, Charlie Driver-US Army, Al McLean-US Army. Photo by: Shelley Wigglesworth.

AMERICAN LEGION DOLLHOUSE RAFFLE

The American Legion, Webber-Lefebvre Post #74 in Kennebunk is raffling off this beautiful 6-room dollhouse. Only 100 raffle tickets at \$10.00 per ticket will be sold. The proceeds of the raffle will benefit the American Legion's Kennebunk High School (KHS) Scholarship Fund. The drawing for the winner of the dollhouse will be held on December 9, 2020, in plenty of time for Holiday giving.

This beautiful dollhouse was built and generously donated by John Dulude, a member of Post #74. It is a Victorian style structure with 6 rooms



on three levels and measures 34" w x 43" h x 22" d. The dollhouse is ready to be furnished and will provide many hours of fun and amusement for a child or grandchild.

Please support the American Legion and a worthy KHS student by buying one or more

tickets for this striking dollhouse by contacting: Bob De Clercq: or John Gouveia: rjdeclercq@aol.com or (C) (781) 264-5178 or jigouveia@msn.com or (C) (516) 236-9244.



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Our Inspiration: Sturgeon Moon

When I was younger, in college and far more naive, I reluctantly had to place my beautiful thoroughbred mare, Sturgeon Moon in another home. Despite my parents' financial help, there just wasn't enough money for college and a horse, so she sadly went to a "good home" with a safety net contract... a signed promise to return her to me if they could not keep her.

As it turned out, "Moon" was not the best fit for the girl who took her and her father soon asked if they could place "Moonie" with their neighbors. We allowed it (with the another signed contract, another promise) and visited her both on the property and again at a horse show, checking up on her regularly. But then, out of nowhere, something went terribly wrong; we couldn't reach them. After dozens of unanswered phone calls and countless phone calls to vets, rescues, and slaughterhouses, we learned we were too late.

Much to our dismay, she had been sent to auction. Her new owners had broken their contract and abandoned the horse they promised to protect. The auction house further confirmed our worst nightmare, the first horse I ever owned, the only horse I had ever owned,

had gone to slaughter. My beautiful mare, the horse who depended on me for peace, protection and possibility, had spent her last days, her last hours, alone and scared, first at auction, than en-route in a double decker trailer (legal at that time) and finally at the slaughter house. She died a horrible, horrible death and I vowed to never, ever, no matter what it took, allow an animal in my care to find itself in that situation again.

I have never forgiven myself for "allowing" her to be sold by-the-pound and slaughtered. It is that permanently etched memory that gives me strength every day: to be more, to do more, to help more. It's also why many of our rescues are pulled directly from equine and livestock auctions. For Moon, that would have made all the difference, one person, just one, to be there, to be able to have stepped up to save her.

And so, together with the support of others who have joined us in this journey, I rescue. Horses, pigs, goats, sheep, donkeys, dogs, rabbits and more. And I offer them sanctuary here at my farm and/or into rigorously-screened adoptive homes, where they can find the peace, protection and possibility that Moon did not. Where, with your help, they can find dreams come true.

Story courtesy of BlixxHorses, Visit: <http://www.blixxhorses.org/index.html>



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Heather Swanson 207-604-4286

Kennebunkport \$174,000



Kennebunkport parcel consisting of 7.75 acres, located in Farm & Forest Zone for opportunity as house site or some other use with town approval, see attached documents for allowed uses. Field work is complete with updated survey, wetland delineation and septic design for 3 bdrm septic. Easy access to all area attractions -- beaches, town, trails and more. This is a 3 acre upland minimum zone. Parcel being split off from larger parcel, street address and taxes to be determined.

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Simple Body Mechanic Adjustments to IMPROVE YOUR POSTURE

We often hear that good posture is essential for good health. We can recognize poor posture in others, and many people seek out medical attention in relation to back pain caused by poor posture. What many people do not realize is how accessible it is to improve! By making a few very simple adjustments to the body you can start improving your posture today, feeling relief from back pain in a matter of days.

As we grow and age it is vitally important to constantly work to maintain and improve posture and alignment through the kinetic chain. If you have ever worked with a Physical Therapist, Personal Trainer, Certified Coach, etc., then you have probably heard about the kinetic chain. The kinetic chain is made up of the interrelated groups of body segments, connecting joints,

and muscles working together to perform movements and the portion of the spine to which they connect. A kinetic chain assessment is designed to identify dysfunction within the human movement system. There are five key checkpoints when assessing the kinetic chain: 1) Feet and ankles, 2) Knees, 3) Lumbo-Pelvic-Hip-Complex (LPHC), 4) Shoulders, 5) Head and Cervical Spine.

As a Personal Trainer, it is my job to assess the positioning of these five checkpoints while my clients are performing exercises. There are simple cues we can use to help our clients alter their body position to improve alignment through the kinetic chain. Let's start at the top!

Head/Cervical Spine: Wherever you are right now, go ahead and take a seat somewhere that has a back support. Assess where your head is in relation

to your shoulders. The most common position here is for the head to be protruding forward. To correct this, pull the chin inward, almost to the point where you feel you are creating a, for lack of a better term, double chin. Next, drop your chin slightly down towards the chest, creating length at the back of the neck. Finally, aim for the sensation of growing taller through the top of the head. Actively lifting the head up and away from the shoulders. Each of these cues may only lead to the slightest movement, barely noticeable to the eye, but you should feel the changes throughout the body, especially if practiced over time.

Shoulders: Take a moment to notice where the shoulders sit naturally. Now take an inhale, feel the shoulders rise, as you exhale press the shoulders back and down, creating space between the ears and the shoulders. If someone



Column by: Heather Evans
Personal Trainer @ Quest Fitness

were looking at you from the side view, your head should be stacked directly over the shoulders. The chest should feel like it is lifting through the shoulders, creating length across the collarbone.

Lumbo-Pelvic-Hip-Complex (LPHC): So this checkpoint has the most going on. Basically, this point refers to everything between the naval and the pelvic floor. Including the pelvis, low spine, and hip region. One of the most common cues here is known as the Drawing-in

Continue to page 13





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Veteran's Day Exclusive with Purple Heart Recipient LCpl Matthew Hunter of Kennebunk

By: Shelley Wigglesworth, Lead writer

Purple Heart Recipient and Disabled American Veteran Lance Corporal Matt Hunter of Kennebunk served in the USMC in 2009-2010 in Marjah, Afghanistan in the Helmand Province. He was part of operation Moshtarak. This is his story.

31 year old Matthew Hunter was born August 21, 1989 at Maine Medical Center. An only child, he grew up in the Kennebunks, spending most of his time at Goose Rocks Beach as a youngster. He attended Consolidated School, Kennebunk Middle School and Kennebunk High School, graduating from KHS in 2007. He was described as "very social and athletic" throughout his childhood and adolescence, by his mother Laura Wilson Hunter. "Matt participated in different sports and was a pitcher at KHS on the varsity baseball team."

Two years after graduating from KHS, Hunter, who said he did not want to go to college, enlisted in the USMC. "I had been bouncing around from job

to job after graduating, until my dad finally said 'You have four options,' and listed all four branches of the military. I chose infantry because I wanted the challenge, I wanted to do something not many people do. I knew I wanted to serve and protect."

Hunter said "Boot Camp was hell. I thought I was prepared for the pressure, but the intensity was something else. The USMC's job is to break you down to be what they want you to be in Boot Camp. I was defiant at first, but one day I decided I was sick of going to the sand pit for punishment (which sometimes included non-stop forced push-ups until vomiting occurred) and from that point on I cooperated."

After Boot Camp and a month of visiting home, Hunter was sent to Infantry training in North Carolina, then sent to 1st Battalion 6th Marines, Weapons Company, before training at a base in Virginia. He was then deployed to Camp Leatherneck, Afghanistan. "It (Camp Leatherneck) was a large base. Other countries were serving there too, a lot of Brits. From there I went to the Helman Province and Camp Dwyer for exposure roles before any big

operations."

Hunter described his first experience with enemy fire "It was an ambush. We were in a compound and rounds were whizzing by. I was an assistant gunner for a friend that had a machine gun, carrying 500 plus rounds of weight. When we ran, I was behind and out of breath because of the extra weight. It was a big eye opener."

Eventually Hunter found himself being part of Operation Moshtarak, which involved taking down a Taliban stronghold. "It was a helicopter insurgence. As we were flying in, I could see the anti-aircraft tracers flying by. It was daybreak and we were in active fire. It was too muddy for the choppers to land, so we had to jump out in the mud, sometimes landing on each other. The mud was thick and slowed us down. We got set up just before daylight and as soon as the sun rose the rounds started flying and it kept going for many hours. For two weeks straight it was action every day. A lot were wounded and killed during that time."

Hunter did not escape his deployment unharmed. On May 5, 2010, he himself was shot. "I heard a loud bang and the next thing I knew I was on the ground. I thought I had stepped on an IED. I looked down and saw blood. The last thing I remember I was being rolled up on a stretcher and loaded on the medivac. When I came to again I was in a military hospital Germany."

Hunter lost a kidney, his spleen, and one foot of his colon, he had a collapsed lung, broken ribs, and his diaphragm had to be re-built. He faced extensive rehab. Hunter received the Purple Heart medal for his heroic actions that day.

MSgt Nelson A. Adames (retired) who was there the day Hunter was shot said "These are the acts from 5 May, 2010 in Marjah, Afghanistan that I kept in a book: 'May 5th was a crazy day for

my platoon as well as the company. Matter of fact the whole month of May was a difficult one with WIA's and KIA's for the platoon and company. LCpl Hunter was on a foot patrol that day with a squad of marines. LCpl Hunter was shot in the abdomen with

an entry and exit wound. The Marines in the squad quickly moved him from



LCpl Matthew Hunter. Recipient of the Purple Heart medal, combat action ribbon, sea service deployment ribbon, Afghanistan campaign medal, global war on terrorism medal, national defense service medal and NATO medal-HS-AF Afghanistan.

All Photos courtesy of USMC and Matt Hunter.



Hunter on post on the roof top of the compound where he and other Marines were living. "Sometimes we would take small arms fire up there but most of the time it was incoming RPG's."



Hunter under heavy fire in Afghanistan. "We got the call for mortar support. Because of this we were able to take out the enemy fighters and get the squad back to the compound. This picture actually made it out into the real world and I got a serious butt chewing because I didn't have any PPE on. Oh well, we didn't have time to get everything, our brothers needed our help."

the kill zone and the Navy Corpsman (DOC) took over and treated his wounds. As the platoon sergeant I had remained on the Forward Observation Base (FOB) that day and listened in on the radio traffic in the Command and Control Center (COC) that was going on. It was very busy in there that day. Once I heard one of my squads coming under fire and several of my Marines wounded, I quickly gathered my gear and linked up with another platoon to get on sight with my Marines. Once I

arrived the enemy had been neutralized and DOC was still attending to LCpl Hunter. When he saw me, LCpl Hunter said 'I'm Sorry Sgt,' I said 'it's alright (jokingly), you trying to get a day off?' Along with DOC and several other Marines we carried LCpl Hunter to bird for the medical evacuation."

Hunter's mother Laura Wilson Hunter said, "Navy Corpsman Joshua Pittman was on foot patrol with Matt when he was shot and tended to him. I am forever grateful for him and what he did for Matt that day."

Adames added "This was only one of many missions that LCpl Hunter took actions in. Once we had arrived in Afghanistan, we quickly received mission that found LCpl Hunter and my platoon conducting missions out of Fiddler's Green, FOB Huskers and then finding ourselves on the largest HELO insertion since the Vietnam War on 13 February 2010."

Hunter reflected on his war experience. "You see someone die or you see someone being off loaded from a vehicle to be taken away in a helicopter. You may have known them for a year, or you may have just met them weeks ago. No matter the circumstances the outcome messes with you the same way. You are always thinking 'why them and not me? Why did I get spared yesterday when he died today?' That can really mess with someone. The patrols do not stop though, you still have to go out there and do your job. All while having that



traumatic experience in the back of your head. Especially in the beginning of a seven-month deployment."

He added "I was lucky to get out of there alive. On the same day I was shot so were two other Marines from my unit. They were in a different area then I was, one died and one survived like me. I knew both of them well and to this day I always wonder why one was taken and not myself. I will never stop thinking that. Even so, I still miss the military aspect of life sometimes. I've never found a job I liked so much as the USMC."

When asked what he would like the public and civilians to understand about war and veterans, he said "We weren't always told what was going on until we were doing it. We had to make split second decisions and we were on autopilot. War and tactics take a psychological toll. Sometimes the enemy would dress in full burkas

as women to gain access, sometimes the wounded would come to us for medical treatment, and we knew they were the same ones we were fighting with earlier, but we could not deny them. They knew who we were, we didn't always know who they were. The same ploys were made in the Vietnam and other wars. Most of us were in our late teens or early 20's, and yeah, we were adults, but really just kids. One thing I have a hard time with is stereotypes about PTSD, how some people perceive it."

When it comes to life today, Hunter, who is recently married to Martha Joan Dempsey, also of Kennebunk, said therapy with other Veterans helps. Therapeutic outdoor activities such as fishing and hunting trips with Vets have made a positive impact on him as well. He said he has a new sense of responsibility and maturity which influences his life, and he looks forward to his future.

Hunter's wife Martha Joan commented "The biggest thing I think many people don't understand is that the experiences of war frames a person's life forever. I wish they would take that into consideration before they judge."



Hunter at Bethesda Naval Hospital in Maryland receiving his Purple Heart from Commandant of the USMC General James T. Conway and Sargent Major of the USMC Carlton W. Kent.

Hunter's father Tom Hunter reflected "Our son Matt has become a very caring and respectful young man, a loving husband and a great friend to many in the Kennebunk area. I am extremely proud of his service to the country, but even more so of the fine man he has become. Believe me when I tell you, it wasn't easy, but it rarely is.



Hunter and Ward enroute staging for the helicopter insertion into Marjah, Helmand Province, Afghanistan. The start of operation Moshtarak.



Hunter on foot patrol with a few of the Afghan army guys. This was just outside of FOB Marjah shortly after it was built.



The courtyard of the compound USMC took over on the first day of operation Moshtarak.

He just had that summer of 2010 thrown in for good measure."

Adames summarized "LCpl Hunter is a great warrior, Marine, and a much better person than the Marine Corps

gave back to society. Anyone that comes into contact with him will become a better person for just knowing him."

FMI on Operation Moshtarak en.wikipedia.org/wiki/Operation_Moshtarak

Continued from page 10

Simple Body Mechanic Adjustments to Improve your Posture

Maneuver. To practice this, work on pulling the naval back towards the spine, causing the tailbone to tuck underneath the pelvis flattening the low-back. This will cause the hips to shift forward slightly. This motion pulls the spine into proper alignment for all exercises and recruits the core muscles to engage taking stress away from the low back.

Knees: Depending on your lifestyle, knee alignment can vary drastically. When considering knee alignment it is important to acknowledge any structural issues at the knee joint. For example: any past surgery, injury, trauma to the knees or associated tendons or ligaments. Common cues are to engage the quads so you feel the thighs lift up and off of the knees, and while exercising we aim to keep the knee in a medial position, with no side to side motion.

Ankles/Feet: It may sound arbitrary to include feet when discussing posture,

but they are very important to the kinetic chain since they function as the foundation for every movement we make. When standing, the feet should remain the same distance apart as your hips. It should feel as though your weight is evenly distributed over all four corners of each foot. Things to look out for are the ankles either sinking in towards the midline of the body, or rolling out away from the midline. This may be due to over/under active muscles surrounding the knees and ankles.

Next time you go to the gym, try to work out in front of a mirror. This allows you to monitor your body positioning and notice any discrepancies on the right versus the left side of the body part you are targeting. Through this practice, your brain will learn how to monitor the body without seeing its reflection. This is called proprioception: awareness of the position and movement of the body.

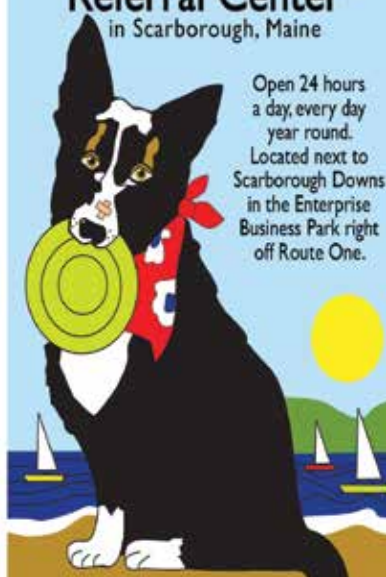
Overwhelmed? I hope not - but if so that is okay! Here is a simple way to start: Whenever you are driving or sitting in the car, for the entirety of the ride press each vertebrae into the back rest, and press the back of the neck into the headrest. This may be uncomfortable, but it is important to recognize the difference between pain and discomfort. Discomfort is okay as long as it is tolerable. This will retrain your body and mind to find this body positioning more naturally over time.

If you are interested in getting a full assessment of your posture or kinetic chain alignment stop by Quest Fitness! Our Personal Training staff uses a device called TRX MAPS to detect postural insufficiencies in under 30 seconds. This state of the art technology can find muscle imbalances, structural differences, and it ranks your mobility on a scale from 0-100. It then prescribes specific workouts you should focus on to correct the body's alignment and improve range of motion.

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"Doc Talk" with Dr. Freeman

Dementia – Part 1

A Wave of Trouble For Today's World

In my medical career, seeing people with dementia has got to rank in my top five most distressing experiences. This, of course, includes my experience with my own mother. An additional troublesome factor, in recent years, is the increasing incidence of the condition. In many decades of private practice, I have also been a Medical Examiner for the State of Maine, and I have seen many, many death certificates in the line of that duty. The escalating incidence of seeing “dementia” listed in the cause of death is a

Let me share some of that alarm:

- Over 5 million Americans of all ages are living with Alzheimer's. That number is projected to increase to 13.8 million in just 30 years.

- Alzheimer's is generally known to be incurable and largely untreatable. Despite many billions spent by government agencies, pharmaceutical

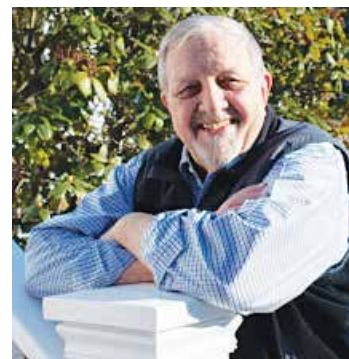
companies and biotech enterprises, no “effective” treatment has been developed. There are four available drugs approved for the treatment of Alzheimer’s; they may lessen symptoms, but none of them can do so for more than a limited time.

Most scientific studies are done with one variable measured against a control group. Most of the research Alzheimer's has followed that time-honored practice. This has led to the concept that the problem is amyloid plaques. Lots of effort and expense has been, and is being, directed at ways to remove amyloid from brain tissue. The real problem comes from the fact that successfully removing some amyloid from the brain; the patients got no better and some got worse.

Research continues using the amyloid theory. One of the issues is that most drugs can “fix” only one thing; it is clear that Alzheimer’s has its roots in many causes. This creates a significant problem for researchers: how do they do research with many variables.

Recently there has been some interest in some different and somewhat promising treatments, albeit not without some controversy. It appears, with some good scientific support, that what we know as dementia had its beginnings at least 20 years before symptoms become apparent. But, before I delve into that, let me review types of dementia:

- Vascular dementia. This is caused by impaired blood flow in the brain. It



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is sometimes marked by a succession of small strokes, each one leaving a little decline in cognitive function.

- Frontotemporal dementia. Cause, like most other neurodegenerative conditions, is basically unknown. It is much less common than Alzheimer's. The hallmarks of this condition are progressive language decline and behavior problems.

- Lewy body dementia. Also less common than Alzheimer's.

Continue to page 16





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Continued from page 14

Characteristics include increased sleep, hallucination and delusions, REM behavioral disturbance (adverse behavior during sleep).

- Alzheimer's disease. Diagnosis is usually on the basis of progressive symptoms: memory loss, cognitive deficits and eventually inability to care for oneself. What marks this type is "amyloid plaques and neurofibrillary tangles". It is invariably fatal with current standard treatment.

- Subjective cognitive impairment (SCI). Cognitive function may be noticeable to the patient, but will usually be found "normal" with standard neurologic testing. However, some imaging studies may be abnormal, even at this early point. These mild symptoms may be apparent for over a decade before progressing to MCI

- Mild cognitive impairment (MCI). This is, obviously, a progression to more impairment. The patient is still able to care for their own needs, but is more impaired in doing their own "executive" functions, such as organizing, planning, calculating, managing money. If there is also memory issues, then Alzheimer's disease will follow in a few years.

Let's turn our attention to genetic causes. There are two categories of genes: 1. Risk genes. 2. Deterministic genes.

- Risk genes increase the likelihood of developing a disease, but do not guarantee it.

- Deterministic genes directly cause a disease, guaranteeing the person will develop it.

APOE4 is the first risk gene identified with influence on the development of Alzheimer's. It remains the one with the strongest impact on that risk. There are three common APOE genes: APOE2, APOE3 and APOE4. We all inherit



one copy of one of the APOE genes from each parent. Current scientific belief is that if you have one copy of APOE4, you have a slightly increased risk of developing Alzheimer's. If you have 2 copies, one from each parent, the risk is higher, but still nowhere near a certainty. Only about 2% of Americans have two copies.

(With several ways for an individual to get their own genetic information, I add a word of caution. Accurate interpretation of genetic results will sometimes require some knowledgeable advice, especially if you're looking for your prognosis for developing Alzheimer's. Please get some expert assistance in doing that.)

Deterministic genes cause a disease or disorder and guarantee you will develop it if you inherit these genes. Research shows that gene variations in three proteins, amyloid precursor protein (APP), presenilin-1 (PS-1) and presenilin-2 (PS-2), will result in Alzheimer's disease. Also called familial Alzheimer's disease, deterministic gene variations often affect many family members in multiple generations, and symptoms typically develop before age 60. They remain rare and are beyond the scope of this article.

Some recent research has indicated there are 3 distinct types of Alzheimer's, with plenty of overlap between them.

Type 1 is inflammatory. This type is the one most related to APOE4. Inflammation is absolutely necessary for us to be alive – necessary for wound repair and infection recovery, along with hundreds of other functions. If inflammation becomes chronic and persistent, it has many adverse effects.

One of the most important sources of chronic inflammation is from our GI tract. This is the topic for a huge discussion on another day.

Type 2 is atrophic. This means its roots are in inadequate nutritional support of the brain. It could be in the food you eat, your ability to absorb appropriate nutrients, transport nutrients to where they're needed, ability to assimilate nutrients into cellular function, etc. Again, another subject too big for this article.

Type 3 is toxic. It is fairly easy to understand how toxic substance can wreak havoc on fine-tuned cellular functions. The difficulty is seeing the multitude of toxins we encounter in modern life. In the air, in foods, in our clothing, etc. But there are many other, many produced by the trillions of microbes around and in us, many of which we can't live without. Once more, a vast topic for another time.

BUT. In these 3 types there is the glimmer of a promise – a suggestion that maybe Alzheimer's may not be incurable and untreatable. There is a hope that this scourge which we currently fear may be even be preventable.

To be continued

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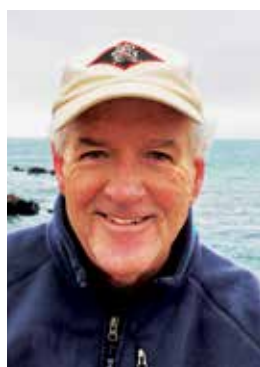
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The COVID Bubble

Most sectors of the economy have been either favorably or adversely effected by COVID 19. Real estate is split between these outcomes, where commercial values are stagnant and poised to decline, residential values have exploded in areas attracting those seeking refuge from the city. In the Kennebunk area, prices have increased dramatically, just in the last several months. According to the Maine Association of Realtors September report, York county saw an almost thirteen percent increase

from August 2019 to August 2020, most of which occurred since June of this year. The increase statewide was seventeen percent for the same period. It's a classic example of supply prices pushed by demand. If you think this smells like a bubble, you are right.

Buyers with boatloads of cash have been scooping up waterfront and other pricey properties for well over the asking price in many cases. Bidding wars are common, and to make matters more acute, the on-market housing inventory, already at historic

lows, has dropped even lower. Those seeking to buy using a mortgage will lose out on these very desirable homes because a bank would be involved, and appraisers, not wanting to speculate, have not caught up with the realty on the ground, and may not for some time. This creates a challenge for any agent, whose job it is to price a listing correctly, to yield the highest sale price for a client.

Using comparable sales from last year need to be adjusted to reflect a "COVID Premium" over and above the underlying appreciation that would have occurred anyway. Adding buyer pressure to the mix, this premium is higher still, and temptation to overprice is strong. But, as always, the market determines within days if a property is positioned too high, as the buyer pool is the largest in the first two weeks of every new listing. More concern these days would be pricing too low, except there are always savvy brokers ready to attached the appropriate eye-popping price tags we're seeing today.

With housing supplies low, and demand at peak levels, cash reigns and will continue to push the sale prices

outside of true value for some time to come. This is a classic formula for a bubble, which means these same property values will level out at the peak, and stay flat perhaps several years. Prior to the 2009 financial crisis, although not a bubble, much the same thing happened where expensive home prices remained flat for nearly a decade. For the rest of the market, financing brings us down to earth again largely because of mortgage appraisals. Without a satisfactory appraisal that justifies a purchase price, a transaction will fail. Still, price appreciation for the entire market is ongoing, and will eventually push appraisals in the same direction.

In my September article I mentioned a statistic that today sixteen percent of home owners will sell this year. With COVID, that statistic has jumped to thirty-seven percent nationwide. That can only mean inventories will increase for those seller markets where sellers are leaving, and buyer pressure will continue or even increase here, with fewer folks wanting to sell, to leave our little haven of sanity and safety.

Sell if you will, and enjoy the bubble!

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A Very Village Thanksgiving

Recipes from Local Restaurants, Eateries and Villagers

By : Shelley Wigglesworth, Lead writer

From tips on preparing and cooking a moist and delicious turkey, to recipes for all the fixin's including gravy, stuffing, side dishes, desserts, and perfect Thanksgiving cocktails. Village readers and local restaurants and eateries share their special, tried and true, time tested recipes. A complete Thanksgiving meal can be made from all the recipes and tips gathered; and this is something to be thankful for!

Brining a Turkey

Village reader and personal chef Deb Meier shared her brining recipe and tip. "The biggest tip to ensuring a juicy, flavorful turkey is to brine it. Brining is a process of submerging the turkey in a salt bath accompanied with favorite herbs and citrus, approximately 24 hours before cooking. Brining guarantees the turkey is infused with extra flavors."

Boil 10-12 cups of water with 2 cups of salt and a 1/2 cup of brown sugar. At boiling point add 2-3 limes cut in half, and 2-3 sliced oranges, for a turkey around 10



-12 lb. The larger the turkey the more citrus you can throw in. Add sage, rosemary and bay leaves. If using fresh herbs, 1/4

handful of each, if using dry herbs: 3-4 tablespoons of each. Simmer for 10 to 15 minutes. Once cool, pour over the turkey and add additional cold water until the turkey is completely covered. Store in the refrigerator for 12-24 hours before removing from brine to cook.

Thanksgiving Dry Cured Turkey with Cider-Sage Gravy

These Yankee magazine recipes are favorites of Christine Faiella of Bradbury Bros. Market.

"For me, every meal is a chance to connect with my family. I feel gratitude each time we can meet at the table together. Thanksgiving has always been a way to be together with family and share what we were always most thankful for. This year, more than ever, even though the table might not be as full as we wish it could be, I will give thanks for all that we have, and that our family is healthy. I appreciate things even more now and try not to take anything for granted. Cooking this Thanksgiving dry cured turkey with cider-sage gravy is my way to show my family that I am thankful for them."

Please note the dry-cure is made and applied to the turkey 3 days in advance of Thanksgiving cooking and is an alternative to brining.

Thanksgiving Dry Cured Turkey

2-1/2-3 tablespoons kosher or sea salt

2 tablespoons dried rosemary leaves

1-1/2 tablespoons dried thyme

1-1/2 tablespoons dried crumbled sage

1-1/2 teaspoons whole mustard seeds

1 13- to 15-pound fresh (untreated) turkey

3 tablespoons unsalted butter, at room temperature

2 tablespoons unsalted butter, melted

1 large firm-tart apple, unpeeled, cored and cut into large chunks

1 small onion, peeled and cut into chunks

1-1/4 cup reduced sodium turkey or chicken broth

3/4 cup medium-sweet hard cider

Three days before you plan to roast the turkey, put salt, rosemary, thyme, sage, mustard seeds, and pepper in a spice grinder and pulse together until they form a fine powder.

Rinse turkey and pat dry. Sprinkle outside of turkey all over with two-thirds of spice mixture, concentrating on breast and thighs. Toss remaining spices into cavity. Cover turkey with plastic wrap and chill in refrigerator for 3 days.

To roast, preheat oven to 425°. Set a V-shaped roasting rack into a large roasting pan and set aside. Gently separate skin from breast meat on both sides so that you can get your hand all the way in, being careful not to tear the skin. Rub 3 tablespoons butter onto breast meat on both sides. Brush skin all over with 2 tablespoons melted butter. Put apple and onion pieces in turkey cavity. Set turkey, breast side down, onto roasting rack. Pour broth and cider into bottom of pan and put in oven. Roast 45 minutes, basting occasionally. Flip bird over; then roast, basting occasionally, until thickest part of breast to the bone reaches 160° on an instant-read thermometer, another 1-1/4 to 1-3/4 hours, depending on size of bird.

Tip turkey to drain cavity juices, and transfer to a cutting board or serving platter. Tent with foil and let sit 30 minutes while you make gravy, then carve and serve.

Cider-Sage Gravy

Roasted turkey pan drippings

1/4-1/3 cup all-purpose flour

1 teaspoon ground sage

2-1/2 cups hot turkey or chicken broth

1/2 cups medium-sweet hard cider

Kosher or sea salt and freshly ground black pepper, to

taste

Pour pan drippings into a glass measuring cup and let sit until fat rises to the top, about 15 minutes. Skim off most of the fat, reserving 1/4 cup of fat, discard the rest.

Set roasting pan on top of stove so that it spans two burners; turn burners to medium-low. Spoon 1/4 cup



turkey fat back into pan (add butter if you don't have enough). Whisk 1/4 cup flour and sage into fat. Cook, whisking, until flour is nicely browned. Slowly whisk in hot turkey or chicken broth until smooth. Whisk in defatted pan drippings and cider until mostly smooth; then use a wooden spoon to scrape up any browned bits from the bottom of the pan. Whisk again until smooth.

Increase heat to high and let gravy boil until thick, 3 to 5 minutes. If gravy still seems thin, sprinkle in an additional tablespoon or two of flour, whisking as you go. Season to taste with salt and pepper. Pour gravy through a strainer into a serving boat and serve hot.

Apple Cranberry Stuffing

Mike Lippe, Kitchen Manager at A Cafe and Bakery shared this recipe for seasonal stuffing.

1 large sourdough loaf, cut into cubes

6 tablespoons butter, divided, plus more for baking dish

2 apples, cored and chopped

1 cup dried cranberries

2 medium onions, chopped

Kosher salt

Freshly ground black pepper

2 tablespoons freshly chopped parsley, plus more for garnish

1/2 tablespoons freshly chopped sage

1/2 tablespoons freshly chopped thyme leaves

1/2 tablespoons freshly chopped rosemary

2 cup low-sodium vegetable (or chicken) broth

Tear or slice bread into cubes and leave out overnight to dry, or place bread on baking sheets and bake at 200° for 20 minutes.

Preheat oven to 350° and butter a large baking dish. In a



large skillet over medium heat, melt butter. Add onion, celery, and apple and cook until soft and fragrant, approximately 8 minutes. Stir in parsley, sage, thyme, and rosemary and cook until fragrant, 1 minute more.

Season with salt and pepper. Stir in remaining 3 tablespoons butter and parsley.

Place bread and cranberries in a large bowl and add onion mixture and chicken broth. Transfer mixture to prepared baking dish and cover with foil. Bake until cooked through, 45 minutes, then remove foil and cook until bread is golden, 15 minutes more. Cool and stuff bird.

Country Style Green Beans

By: Village reader Susan Thurston Simonian

2 to 3 large handfuls of fresh green or waxed beans

2 small shallots, peeled and diced fine

1 clove garlic, peeled and diced fine

1/2 cup ham diced small

2 teaspoon olive oil

Salt and pepper to taste

1/4 cup water

Cut the ends of the bean, rinse, set aside. Sauté the onion and garlic until they start to soften. Add ham and cook 5 minutes over low heat. Add beans and the remaining ingredients. Cover and cook over low heat until the green beans are cooked to your taste. Approximately 30 minutes.

Roasted Brussels Sprouts

By: Village reader Adam Ramsell

Cut ends of 20 or so Brussel Sprouts and remove any brown or damaged outer leaves. Blanch for 3-4 minutes to speed roasting time. Pre-heat oven to 425 degrees. Drain sprouts, spread on baking sheet and drizzle with olive oil. Add pepper to taste. Cut slab style apple wood bacon into 1/4 inch cubes then dice and brown lightly in a skillet. Drain most of the fat and add to sprouts on baking sheet. Roast until charred and bacon is crisp. Place in a warmed serving dish and drizzle with Maine maple syrup.

Fresh Cranberry Sauce

By: The Nest family of Gray Beaver Cranberry Bog in Kennebunk

1 lb. fresh or frozen cranberries

1 cup sugar

1 cup water

In a medium-sized saucepan over medium heat, dissolve the sugar in the water. Stir in the cranberries



and cook until the cranberries start to pop (about 10 minutes). Remove from heat and place sauce in a bowl. Cranberry sauce will thicken as it cools. Refrigerate after it has cooled.

Arnie's Sweet Potatoes

By: Village reader Amy Goldman

2 large cans of sweet potatoes, drained
1 can of whole berry cranberry sauce
1 can apple pie filling
8 oz chopped pecans or walnuts

Grease the bottom and sides of an 11 X 13 in. pan. Spread apple pie filling on the bottom. Put sweet potatoes and cranberry sauce in a medium bowl and mix gently until potatoes are well coated with cranberry sauce. Spread mixture on top of apple pie filling. Sprinkle nuts on top of mixture. Bake at 350 degrees for 30 minutes or until bubbly.

Cranberry Apple Crisp

Submitted by Bonnie and Helen of H.B. Provisions

10 cups apples peeled, cored and sliced
1- 12 oz bag cranberries, slice some in half
1 cup sugar
1 tablespoons flour
1 teaspoon cinnamon
1/2 cup water

Toss and place in a 9 X 13 inch baking pan. Sprinkle the topping (below) over the apple and cranberry mixture.

Topping:

1 cup oats
1 cup flour
1 cup brown sugar
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/2 cup melted butter

Combine and crumble evenly over apples and cranberries.

Bake at 350 for 45 minutes until apples are soft. Serve warm or chilled with a dollop of whipped cream.

Serves 7.

Grandma's Apple Sauce

By: Jared Laflin of Beachfire Bar and Grille
Core and peel 25 Macintosh apples

Cut apples into chunks
In a large pot add:
Apple chunks
10 cinnamon sticks
1/2 cup apple cider vinegar
2 cups water
2 tablespoons nutmeg
32 oz brown sugar
1.5 C. of Sauvignon Blanc white wine

Bring all ingredients to a low boil and cook until apples are soft. Remove from heat and remove all cinnamon sticks. Then use a potato masher to mash to a consistency you prefer. Let cool overnight and eat cold or reheat.

Appertivo Cocktail:

By: Bridget Lee of Bandaloop. "A perfect cocktail aperitif before a big holiday meal to aid in digestion featuring Maine made ingredients. It can be made individually or by the pitcher."

Appertivo by the glass:

1.5 oz Hardshore gin
.5 oz Drink Me 94
.5 oz Aperol

Generous squeeze of fresh lemon juice

Splash of Izzie grapefruit soda

Combine spirits and lemon juice over ice and shake.

Strain into a glass and top with grapefruit soda. Garnish

with orange peel and a sprig of rosemary



Appertivo by the pitcher:

750ml bottle of Hardshore gin
2 cups Averna
2 cups of Drink ME 94
2/3 cup Lemon juice
1/2 cup Izzie grapefruit soda
Combine all ingredients in a pitcher or punch bowl. Serve on the rocks with

fresh thyme and orange peel garnish.

Jack of Clubs Cocktail

By: Mathew Garofalo of 50 Local

2 oz Laird's Applejack
1 oz fermented apple syrup
1 oz cranberry juice
3 dashes Cardamom bitters

To ferment the apples: Take three Golden Delicious apples and slice. Put in a large mason jar, add 3 cups of water, 2 tablespoons of salt, 1 tablespoon of cloves, 1 tablespoon of green cardamom, 1 tablespoon of black pepper corns, and 2 tablespoons of sliced fresh ginger. Leave the lid loose and don't seal all the way. Put the jar on a towel to catch any brine and set at room temperature for two days.

To make the syrup: Once apples are fermented, remove from the brine and strain the spices out. Take 1 cup of the brine, 1/2 cup of water, and 1 cup of sugar and simmer until the sugar is dissolved. Let cool and bottle. The syrup should last in the refrigerator for three months. Use apples to garnish and/or eat by themselves for a tart, delicious snack.



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PROJECT PILGRIM PIVOTING TO CURBSIDE PICK-UP OR DELIVERY FOR THANKSGIVING

On Thursday, November 26th, 2020, Community Harvest, a local nonprofit organization, will host the 22nd Annual Project Pilgrim at St. Martha's Church on Route 1 in Kennebunk. Traditionally, Project Pilgrim is a complimentary Thanksgiving Day dinner for community members to come together and share in delicious food and wonderful company. This year, due to the spread of COVID-19, the organization is pivoting to curbside pick-up and delivery options rather than a gathered meal.

While the organization has long relied on dozens of volunteers to plan and hold the dinner, volunteer opportunities will be strictly limited this year due to the pandemic. Meals will be professionally prepared and packaged by the kitchen staff at Walker's Restaurant in York, ME. Chef Justin Walker, a longtime Community Harvest volunteer, has generously donated his time and space to this effort. "When I asked Justin for help envisioning how we could continue the Project Pilgrim tradition this year despite COVID-19, the words couldn't come out of his mouth fast enough," said Project Pilgrim Co-Chair Mario Barros. "He was ready to jump right in and help us plan the safest event possible. We are grateful to have the support of Walker's Restaurant to keep this event alive."

Community members are welcome to reserve their complimentary meals by calling (207) 967-1911 or visiting www.communityharvestonline.org. All meal reservations must be made in advance by November 16, 2020. Both curbside pick-up and delivery methods will adhere to CDC guidelines for social distancing, sanitizing, and other safety measures. Meals will be ready for pick-up or be delivered locally on Thanksgiving Day from 12:00 – 1:30 pm.

Last year, Project Pilgrim served dinner to approximately 400 people, including dozens of first responders. Community Harvest was founded in 1999 and is a 501(c)3 nonprofit organization located in Kennebunk, Maine. The organization focuses on providing food and emergency community assistance for those living in Kennebunk, Kennebunkport, and Arundel, and offers all services free of charge.

Community Harvest was founded in 1999 and is a 501(c)3 nonprofit organization located in Kennebunk, Maine. The organization focuses on providing food and emergency community assistance for those living in Kennebunk, Kennebunkport, and Arundel, and offers all services free of charge. In addition to Project Pilgrim, Community Harvest hosts the complimentary Noel Dinner on Christmas Day, as well as Harvest Café, a complimentary dinner for the community on the third Thursday of every month at the Lutheran Church in Kennebunk.

More information about programs and services offered by Community Harvest can be found by visiting www.communityharvestonline.org or by calling (207) 967-1911.

Secret Santa

In a departure from its decades-long practice of asking the community to shop for specific gifts for local children at holiday time, Secret Santa of Kennebunk, Kennebunkport and Arundel is asking for monetary donations this year as part of its Covid response.

The all-volunteer organization, whose members remain anonymous, will still shop for specific, requested gifts for children whose families would otherwise have a difficult time providing them. Requesting cash from the community was decided upon for several reasons, all of which center on the uncertainty surrounding the pandemic as the colder weather approaches. It is expected that 2021 will see a return to the non-profit's mission of full community participation in shopping for gifts.

Donations may be made using Venmo: @secretsanta-kka, or by check made out to "Secret Santa," P.O. Box 301, Kennebunk, ME 04043. Questions may be directed to secretsantakka@gmail.com. All donations are tax-deductible.



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Photographer Peter Ralston at KFL



enduring character.

His work has been seen in many books and magazines, featured on network television and has been exhibited in galleries, collections and museums throughout the United States and abroad.

In 2003 he was awarded an Honorary Doctor of Laws Degree at Colby College for his photography as well as his role as co-founder of the Island Institute in 1983.

He opened Ralston Gallery in Rockport, Maine, in 2011, selling his photographs as well as the work of his lifelong friends, Andrew and Jamie Wyeth. He is currently working on a book about coastal Maine.

More information is available on his site, www.ralstongallery.com.

The Camden Conference is an annual world affairs conference held each February in Camden, Maine. The theme of the 2021 conference, held online from February 20-21, is The Geopolitics of the Arctic: A Region in Peril.

The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at kfl@kennebunk.lib.me.us.

The Camden Conference and the Kennebunk Free Library present Peter Ralston on Wednesday, November 18 at 6:30 via Zoom. Ralston will be sharing photographs and stories from the West Coast of Greenland and the Northwest Passage, featuring the landscape and wildlife of the Arctic and the people who live there. Please visit the library's website at kennebunklibrary.org or email kfl@kennebunk.lib.me.us for the Zoom link.

Peter Ralston grew up in Chadd's Ford, Pennsylvania, worked for a decade as a freelance photojournalist and then began photographing the coast of Maine in 1978, drawn especially to the working communities that define the coast's

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Sweet Sia's Grape Jelly

Sia Van Wyck, 7 years old, of Kennebunk passed away in July 2017 as the result of a tragic incident while visiting a farm in Nova Scotia, leaving a deep hole in the lives and hearts of her parents, brother, extended family members, friends, teachers, classmates, pets -and quite honestly, all the beings she crossed paths with during her all too short life.

"Sia was someone that children and adults alike gravitated to. She had a knowing and caring way about her, and yet at the same time she was funny and silly," Sia's father Erik Van Wyck said. Sia's mother Effie Van Wyck added **"Sia was an old soul. She came into this world with a strong sense of herself and knowing what is right and wrong. At an early age she displayed a need to dig deeper- to know why things were the way they were, and to make sense of it in some way. She was both intuitive and joyful."**

Sia's altruistic qualities at a young age paired with her carefree attitude and love of laughter and garnering the smiles of others was a positive and contagious combination that impacted many, and her lively spirit has helped to sustain those who loved her since her passing.

Sia loved dancing, entertaining, dressing up, making people laugh, pets, writing and drawing, art, animals and nature, and wildlife. She was particularly fond of fairies and fairy gardens.

To celebrate and honor her bright life and strong positive energy that is still very much alive, community members, family and friends worked together to build a Fairy Garden in Sia's memory at Kennebunk Elementary School. This beautiful garden has flourished, and Sia's family, particularly her younger brother Niko, take great joy in visiting the garden, working in it, and adding plants and garden ornaments. A recent addition Sia's garden is grapes. Grape vines from four different families of KES students and KES employee Tammy Nadeau, whom Sia adored, were planted last year and in the Spring, they soon began growing around the arbor in the garden. By late summer, a bounty of grapes could be seen hanging and ready



to harvest.

Christina DeFilipp, who teaches at KES said she was moved to see the abundance of fruit while taking a break in the garden. "The grapes were unexpected. Normally it takes years to cultivate that type of harvest from new vines. These grapes came as a reminder of how sweet life can be." DeFilipp wanted to preserve this memory and decided on a whim to make jelly from some of the grapes, as a meaningful and delicious gesture to be shared with Sia's family and friends. "I went back inside to get a box and scissors from my classroom, and when I returned, was met with help from Kelly Wright, our school guidance counselor."

The two began snipping



Sia's grape arbor at Kennebunk Elementary School.



bunches of grapes and soon filled a giant box.

DeFilipp said "The grapes weighed in at just under 19lbs. They had to be cleaned, pulled from

stems and crushed. Then came the boiling, sugar and pectin. Jars were sterilized, then filled, then pressurized and sealed, before being labeled 'Sweet Sia's Grape Jelly' The jars were then distributed to Sia's family and close friends."

Sia's mother Effie was touched by the gesture. "Knowing that Sia's love is reciprocated and that she isn't forgotten by those she cared about, is a comfort in an otherwise agonizingly painful reality," she said.

DeFilipp reflected "I learned this from Sia's grapes: Like the phoenix who rises from the ashes, all is not lost- even when it seems we are in the darkest of hours. From loss, there can be gain. From tragedy, there can be hope. Sia's Garden is her legacy. When we



Sia Van Wyck. Photos courtesy of Effie Van Wyck



Niko Van Wyck, Sia's brother (front) and friends Cadence and Bauer Bridges enjoy the jelly made in Sia's honor.

all planted it in 2019, we could not know the future. But I like to think Sia in some way did."•



Upcoming events

Evergreen Quilters: We meet on the fourth Monday of each month (no meetings in July and December). In May we meet on the third Monday of due to Memorial Day. ***Due to COVID restrictions and concerns, Evergreen Quilters will not be meeting in person until 2021. Our September, October, and November monthly meetings will be conducted via Zoom. Social time will start at 6:30 with a business meeting following at 7:00 PM. We are in the process of scheduling virtual programs; please check back for updates. Additional social time will be available after the business meeting and program. FMI please visit: <http://evergreenquiltersmaine.org/meeting-times/>

AWS Kennebunk

Adoptions are by Appointment

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

Engaging books with a variety of reading levels that share the same message of empathy and kindness to animals (and each other!) that is pivotal to the Animal Welfare Society's Humane Education mission. We offer several programs to promote literacy, animals and fun.

GO ON A STORY HOUR ADVENTURE @ CYBER FURRY TALES Each week is a new animal adventure for our toddler and preschool friends! We invite everyone – daycares, classrooms and little friends home with their parents or babysitters – to join us via Zoom!

Thursdays at 10 am (Nov, 5, 12, 19, no Furry Tales on Thanksgiving) Meeting ID: 818 4108 2830 Passcode: For passcode, visit <https://animalwelfare.org/youth/furry- Tales/> If you can't make it to the live reading, the recorded program will be available on demand on AWS' YouTube Channel (@AnimalWelfareSocietyKennebunk)

READ ALOUD TO AWS PETS @ RESCUE READERS

Rescue Readers brings together students and AWS resident pets for a half hour of literary-based confidence building. Reading aloud forms a special bond between student and pet. It provides enrichment and positive socialization for the animal, it boosts confidence in children, and it gives students a safe space to build a positive association with reading. **In November, Rescue Readers will be held on Thursdays, Nov 5, 12, 19, with limited slots in two sessions: 3:30 – 3:55 and 4:00 – 4:25. The registration form for the week's Thursday's sessions opens up on Sundays at noon.** Due to social distancing requirements inside the AWS Adoption Center, Rescue Readers is no longer a drop in program. Readers must register in advance for no more than one half-hour session per week. Readers (and their waiting parent/guardians/siblings) must be prepared to wear face coverings and maintain social distancing from other readers and adopters while inside the Adoption Center.

MAKE NEW FRIENDS @ BOOK BUDDIES BOOK CLUB

Book Buddies read together, create new groups of lit-



eracy loving friends and learn more about how we can advocate for our shelter pets! Our next book club session is for 9-11 year olds. We will be reading *Vet Volunteers: Fight for Life* by Laurie Halse Anderson. This session will take place Tuesday afternoons Oct 27 – Nov 17 from 3:30-4:30 in the AWS Humane Education classroom. **Access via Zoom is available for students learning remotely.** The book we will read together is provided to each registered student at no cost and is theirs to keep. Sessions are limited to 8 students. Register online: <https://animalwelfare.org/youth/book-buddies/>

Wells Reserve at Laudholm

Tuesday, November 3, 2-3:30pm Detectives of Disguise. Are you and your kids getting too much screen time these days? Would you like to get outdoors for some nature-based learning? In this program, we explore animal camouflage and coloration by playing games and putting our powers of observation to the test on a short hike. Who blends in and who stands out? This program focuses on school-age kids while fostering shared learning among families. From \$5. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org.

Wednesday, November 4, 12-1pm How Are Our Estuaries Changing? In this free virtual talk, Wells Reserve scientist Laura Crane shows how water chemistry in the Webhannet, the Little, and other local rivers has been changing over time. Changes in our local waterways can have significant impacts on fish and wildlife and the people who depend on them. Since 1995, reserve scientists have tracked water chemistry 24/7 as part of a national effort to monitor estuarine ecosystems. The data generated are made available to students, educators, citizens, and key decisionmakers. FMI wellsreserve.org.

Wednesday, November 4, 2-3:30pm Detectives of Disguise. Are you and your kids getting too much screen time these days? Would you like to get outdoors for some nature-based learning? In this program, we explore animal camouflage and coloration by playing games and putting our powers of observation to the test on a short hike. Who blends in and who stands out? This program focuses on school-age kids while fostering shared learning among families. From \$5. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org.

Thursday, November 5, 10:30-11:30am Nature Walk. Tour a variety of coastal habitats on a 1- to 2-hour walk with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org.

Friday, November 6, 2-3:30pm Detectives of Disguise. Are you and your kids getting too much screen time these

days? Would you like to get outdoors for some nature-based learning? In this program, we explore animal camouflage and coloration by playing games and putting our powers of observation to the test on a short hike. Who blends in and who stands out? This program focuses on school-age kids while fostering shared learning among families. From \$5. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org.

Thursday, November 12, 10:30-11:30am Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from English settlement to progressive farming and to national estuarine research reserve. This tour covers about ½ mile. Free. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org.

Saturday, November 14, 10am-12pm Cranberry Walk. Investigate the world of cranberries on a hike along the Wells Reserve's Muskie Trail with environmental educator Linda Littlefield Grenfell. We will discover what cranberries need for growth, how they are used, and why they thrive in this location but not others. We will explore their medicinal properties, use among ancient people, and benefits to wildlife. From \$5. Registration required at 207-646-1555 ext 128 or linda@wellsnerr.org. FMI wellsreserve.org.

Monday, November 16, 7-8pm Out of the Sky. Explore the wonders of space from the comfort of your home through this free virtual presentation by local astronomer Scott Negley. Scott will focus on the Leonid meteor shower, which peaks overnight, but will describe other space wonders too, like comets, meteors, and asteroids. Scott has been an astronomy educator for decades and is a NASA Solar System Ambassador. FMI wellsreserve.org.

Contacts: Scott Richardson editor@laudholm.org 207-646-4521 ext 114 Suzanne Kahn suzanne@wellsnerr.org 207-646-1555 ext 116 Wells Reserve at Laudholm 342 Laudholm Farm Rd Wells ME 04090 wellsreserve.org

Safety First at 50 Local



50 Local is at 50 Local

For your continued safety & health, our pals at @jimgodbout Plumbing & Heating installed an air purification system. This system produces an electric field of highly charged ions that act as a natural scrubbing agent to the air in our restaurant. These ions disable viruses making our restaurant super safe. As the weather gets cooler and our outdoor dining becomes less of an option, we got you covered inside. Bonus: ions help you feel invigorated, awake, & alert. **Located at: 50 Main St, Kennebunk. For more information or make a reservation please visit: loalkennebunk.com or Phone: (207) 985-0850**

BlixxHorses

The Best Time of Year for Horses



We encourage people to incorporate other therapies during programming. Soft music is also soothing for horses-just the action of touching a horse can be calming.

Another 'Not So Scary Halloween' is behind us as we enjoy another month of Autumn. This is a great time of year for visiting the horses now that the heat and insects that make life stressful in summer are gone. Visitor can watch them be free, running, playing and rolling until the ground freezes or quietly at peace, giving off the prey energy that so comforting.

Our Veterans program was a great success and we begin planning for 2021. Due to coronavirus there were changes. Instead of groups, the program was individualized making it personalized according to each person's background and familiarity with horses. In many ways it was more effective and made the experience extra special. The year was filled with inconvenient but necessary changes but there was a silver lining. The pandemic instilled awareness of good hygiene practices including the effectiveness of washing hands. Events were cancelled beginning with Unbridled in April as were visits to groups in the surrounding communities. Scheduled senior presentations and visits to nursing homes were also cancelled, but our individualized programming remained the same except for distancing and the use of masks in the barn.

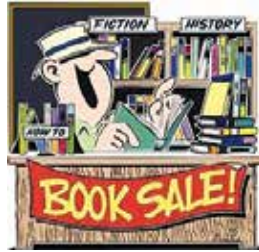
The horses have traveled as far north as Portland and south to Kittery for non profit work since 2007. Although we have been asked to travel further, horses are not comfortable enclosed in tight spaces riding in trailers even with a companion. Trailering is stressful for all breeds and due to their stoicism, an inherent trait of horses, we can miss the signals they send. In order to provide therapy, they should not be stressed. The pandemic also affected public programming including our beach program. Since interactions with the horses encourage people to get physically close, often without masks we felt it was prudent and more responsible to wait. Even when masked and outdoors, close proximity to others can increase risk should someone be shedding the virus and causes confusion. In addition people generally touch the horses in the same spot which also can increase risk of transmission. Though our practice has always been to have people use sanitizer beforehand, we are in a time where caution should be heeded. We continue to practice CDC guidelines to make sure you are safe and we are safe. **We will miss taking the horses to the West K Thanksgiving but look forward to 2021. In the meantime we look forward to seeing you here and wish everyone a Happy Thanksgiving. Join us on facebook and if you are a horse owner or interact with horses check The Non Ridden Equine facebook groups.**

BlixxHorses, aka Blixx 'All About Horses and Their Care' is an Educational & Therapeutic, Maine 501(c)(3) Non-Profit organization. <http://www.blixxhorses.org/index.html>

Graves Library

HOME FOR THE HOLIDAYS – ONLINE AUCTION - NOVEMBER 16 THROUGH DECEMBER 1

The Louis T. Graves Memorial Public Library will be hosting an on-line fundraiser in November to help with budget shortfalls due to canceled events earlier this year. "Home for the Holidays" consists of themed baskets that will be for sale through 32auctions.com/HOMEFOR. If you are looking for a gift for the holidays, stay-at-home nights, or a treat for yourself, sign on to the auction site (November 16-December 1) and start bidding. Twenty-five baskets are being designed and donated by friends of the Library, which means that 100 percent of the sales will directly benefit the Library. A few choices to consider: A Night in Boston's North End (sort of), Tequila Mockingbird, Of All the Gin Joints, Games People Play, and many, many more. Please feel free to visit the Graves website (graveslibrary.org) or call (207) 967-2778 for more details. Your support means so much to so many!



WRITE NOW ... RIGHT NOW - NOVEMBER 3 AND NOVEMBER 17 @ 4:00 PM VIA ZOOM

Looking for something to do this fall? Enjoy putting pen to paper with your thoughts and stories? Join us for a new and different kind of writing group. Everything is virtual, everything is safe. Members of the group will meet using basic Zoom.com platform. If you would like to join, please let us know and we will send an EMAIL invitation to YOU to join the meeting 24 hours prior. Creative writing prompts will be given at the end of each meeting. When we meet, 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 to get on board.

WINE ON-LINE WITH MAINE & VINE – NOVEMBER 12 @ 5:30 PM (VIA ZOOM)

Join us on Thursday, November 12 at 5:30 pm for a fun hour of tasting, information, and trivia. Local shop owner, Lani Dietz, and guest Sommelier, Betsy Ross, will guide us through the program with ideas, pairings, and educational tidbits as we sip "WINES FOR THE HOLIDAYS." This will be a Zoom presentation moderated by Mary-Lou Boucouvalas at Graves Library. Please call the Library (967-2778) to Register by Wednesday, November 11 and we will send you the Zoom link on the day of the event. All participants are encouraged to purchase wine at Wine & Vine in Lower Village, Kennebunk prior to the start time. We would love to see you! And you don't have to worry about driving!

EVENING BOOK GROUP – NOVEMBER 19 @ 6:00 PM (VIA ZOOM)

The Evening Book Group usually meets the last Thursday of every month at 6:00 p.m. If you would like to participate in our meeting via Zoom, please call the Library (207-967-2778) to be added to the invitation list. Because of Thanksgiving, this month's meeting will be held on Thursday, November 19 at 6:00 pm. A link will be sent to all participants early in the day to access the meeting. We will be discussing Light on Snow by Anita Shreve.

ONGOING BOOK SALE – MOVED TO THE DOW ROOM

The Book Cellar and Store has been relocated to the Dow Room (Main Reading Room) for the winter months. Unique gifts and hundreds of books available at low prices. All titles are in great condition. Open during Library Hours. To anyone visiting the book sale, you must have a Graves Library card. To find out more about our book sale and other fundraising efforts, please give us a call at 967-2778 or visit our website at <http://www.graveslibrary.org>.

MIDDLE SCHOOL OF THE KENNEBUNKS – BOOK GROUP November 18 @ 2:00 PM (VIA ZOOM)

For this meeting the book chosen is Ban this book by Alan Gratz New members are always welcome!

GRATITUDE SCAVENGER HUNT

throughout November Sheet available for pickup November 2nd complete the hunt and you will be entered in a drawing for a Graves Library book bag with gift certificate for book cellar. Drawing on November 30th.

TERRI TALES - ART WITH ANNIE – NOVEMBER 23 @ 3:00 PM (VIA FACEBOOK/GravesLibrary)

Get crafty with Annie and make a Thanksgiving centerpiece! From toddler and young adult! Craft kit will be available in advance before virtual program airs. (This program pre-recorded so you watch and create with Annie at your convenience)

STORYTIME EVERY FRIDAY - Posted @ 10:00 AM (VIA FACEBOOK/GravesLibrary)

(pre-recorded so you can watch at your convenience) New storytime kits will be available soon!

Public Notice



KENNEBUNK FIRE SOCIETY ANNUAL MEETING CANCELLED.

According to its by-laws, Kennebunk Fire Society is required to post notification of its annual fall meeting. Due to COVID, the 208th Annual Meeting of the Kennebunk Fire Society is CANCELLED this year. The Kennebunk Fire Society (KFS) is NOT the Kennebunk Fire Department, and is not to be confused with the municipal Fire Department, of whom the KFS is justly very proud. The Kennebunk Fire Society is simply one of the oldest organizations in the United States in continuous existence, and hence, their current purpose is historical, to keep it going. Eric Harrison photo of a past Kennebunk Fire Society annual meeting

Kennebunk Free Library

KFL Offering Movie Downloads Beginning in November

As we all get ready to hunker down inside during the cold winter months, the Kennebunk Free Library is unveiling a new service to help you pass the time. Beginning on November 1, we will be offering Kanopy video streaming service to all KFL cardholders. Kanopy offers a wide variety of movies, documentaries, foreign films, classics, children's content and more.

How does it work? Each month, you will have seven "credits" to use to download movies. Please note that if you watch more than five seconds of any movie, Kanopy will count that as one of your seven selections. To make the most of the service, only hit play when you have found a movie you are sure you want to watch. Once you select a movie, you will have 72 hours to finish watching it or to watch it again. The children's content – Kanopy Kids – is a little different. Once you watch your first Kanopy Kids video, you have access to the entire children's selection for the rest of the month without having to use your credits.

Kanopy works with most devices, including Roku, Chromecast, and AppleTV. If you have questions about the service or need help getting started, visit our website at www.kennebunklibrary.org or ask a librarian.

The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at kfl@kennebunk.lib.me.us.

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're celebrating DiNovember! Each kit will come with a dinosaur egg to hatch. Kits will be available starting 11/2.

Level One crafts:

- Build a Paper Shape Dinosaur and Paper Plate Dinosaurs

Level Two crafts:

- Q-Tip Dinosaur Skeletons and Solar Print Dinosaur Footprints Stop in or visit us curbside to grab some supplies that will help you get creative!

Virtual MSBA 2020-2021 Challenge at Kennebunk Free Library

Beanstack is back at Kennebunk Free Library! On November 1, a new challenge is launching for students in grades 4-8. Between 11/1/20 and 6/30/21, earn a virtual badge for every Maine Student Book Award title you read and review. You 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. 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 at ys@kennebunk.lib.me.us. MSBA titles are available at KFL, via the MINERVA system, and digitally on Cloud Library. How many can you read? Enjoy this year's MSBA titles and have fun!

Zoom Storytimes Continuing at Kennebunk Free Library

Ready to zoom, zoom, zoom into storytime? Get your zoomy hands ready and let's go! Continuing through the Fall, join us on Zoom for storytime! Storytime will be select Mondays at 10:15 a.m. Storytimes are designed for ages 2-5, but everyone is welcome! To receive the Zoom link and password for storytime, please register by email at ys@kennebunk.lib.me.us or by phone at 985-2173. Please plan on attending as many storytimes as possible! Upcoming storytime dates are:

- November 2
- November 9
- November 16
- November 23
- November 30
- December 7
- December 14

All storytimes will begin at 10:15 a.m. There are still some Storytime Kits, including a scarf, shaker egg, and crafts, available for registrants! Join Miss Maria for some stories, songs, and fun!

Kennebunk Free Library Teens Take Home Kits for November

Every week kits will be available to be picked either on library in person days or via curbside pickup. 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.

Kennebunk Free Library Friday Afternoon Gaming

If you're looking for something fun to do with friends on Friday afternoons, join every Friday for Teen Gaming at 3 P.M. as we play Jackbox! It's a fun multiplayer game that you can play from a distance, all you need is a device with internet access and before the game begins you will be given a code to log in and play along. 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.

MSK Book Group Our favorite Middle School Bookgroup is returning! On Wednesday, November 18th 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. Stop by either library to pick up a copy of Ban this Book by Alan Gratz. 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.

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LegacySIR:**SOLD**Online Virtual Tour: Ipsir.com/21reef**CAPE ELIZABETH - 21 REEF ROAD**

Custom built by Knickerbocker Group in 2015, Whales Watch offers stunning ocean views from nearly every room. This outstanding property includes a classic 4,700SF Shingle-style home and luxurious outdoor living areas with infinity pool with waterfall, spa, alfresco kitchen and pool cabana all perfectly sited to capture views of Portland Head Light.

Andi Robinson 207.604.2479**Elaine Prendergast 207.604.0449 | \$3,600,000****KENNEBUNKPORT - 14 REAR LANGSFORD**

A rare offering on pristine Cape Porpoise Harbor and just a minutes stroll to the Village with water views everywhere. This quintessential Maine cottage will delight you with its' features and enchant you with its' extraordinary setting alongside the peaceful shore looking out to The Atlantic. Also, included is a newly constructed boathouse which could be the perfect work-from-home space.

Bill Gaynor 207.468.3002 | \$2,100,000Online Virtual Tour: Ipsir.com/22summer**KENNEBUNK - 22 SUMMER STREET**

This exquisite residence is perfectly sited on the famed Captain's Row of Summer Street in Kennebunk Village. Lovingly restored by combining the best of the past with the casual elegance of the present, you will be embraced with numerous period details, a spacious chef's kitchen, formal dining and wet-bar in the den. The stone terrace and outside kitchen complete the ideal NewEngland home in Maine.

Bill Gaynor 207.468.3002 | \$1,650,000**SOLD****CAPE ELIZABETH - 15 REEF ROAD**

This 2,850SF Mid-Century Modern home was completely renovated inside and out in 2018 by Knickerbocker Group including new windows, roof, shingles, wrap around porch and landscaping. Offering gorgeous ocean views, three bedrooms, two full baths and ample space for outdoor entertaining the property is just a short walk from Trundy Point Beach.

Andi Robinson 207.604.2479**Elaine Prendergast 207.604.0449 | \$1,390,000**Online Virtual Tour: Ipsir.com/2edgewater**BIDDEFORD - 2 EDGEWATER PLACE**

Private sandy beach access from this roomy ranch. Enjoy water views of Saco Bay and The Pool. The sandy beach is just one house away with a private path. The kitchen features granite counter tops and a gas stove. The kitchen breakfast nook has views of Basket Island. Open floor plan with a 3-sided fireplace between the living and dining room provides a cozy atmosphere on chilly nights. A spacious living room has views of "The Pool" across the street.

Chris Stone 207.590.3425 | \$795,000**KENNEBUNK - 7 EBS COVE LANE**

A rare offering on pristine Cape Porpoise Harbor and just a minutes stroll to the Village with water views everywhere. This quintessential Maine cottage will delight you with its' features and enchant you with its' extraordinary setting alongside the peaceful shore looking out to The Atlantic. Also, included is a newly constructed boathouse which could be the perfect work-from-home space.

Bill Gaynor 207.468.3002 | \$349,000**Andi Robinson**
207.604.2479**Ashley O'Neil**
203.219.1421**Betsy Coughlan**
207.229.3661**Bill Gaynor**
207.468.3002**Chris Lynch**
207.650.0283**Chris Stone**
207.590.3425**Dawn Belliveau**
207.200.7644**Elaine Prendergast**
207.604.0449**Ginny Whitney**
207.451.3093**Jan Kovarik**
207.363.3939**Jane Chase**
207.351.7529**Jim Nadeau**
207.337.3687**Kristie Jorgensen**
207.200.5082**Mary Jean Labbe**
207.337.3661**Maureen Adams**
207.370.7174**Pierre Bouchard**
603.722.0530**Randal Simon**
207.967.0934**Rosane Hirschy**
207.467.5792**KENNEBUNK**

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CAMDEN

46 Bay View Street | 207.230.1003

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22 Windemere Place, Kennebunkport \$2,195,000

STONE'S THROW FROM YOUR OWN DEEDED ROW TO BEAUTIFUL CLEAVES COVE BEACH, this exceptional Brian Beaudette designed custom 4br/3.5ba home is located in one of Kennebunkport's premiere neighborhoods. Completely renovated in 2018 with all modern and custom features, including chef's kitchen w/pantry and bar area, master suites on both 1st & 2nd floors, 2 gas fireplaces, efficient heat pumps, central air, irrigation, whole home generator, beautiful woodwork and finishes and much more. Simple yet elegant landscaping puts the finishing touch on this special property. Sit on the back deck and listen to the calming surf, or better yet set up a chair at your nearly private beach and dangle your toes in the ocean.



26 Gold Ribbon Drive, Wells \$1,795,000

Breathtaking 180-degree unobstructed ocean views! How often do you find an oceanfront property which offers spectacular east and south ocean views! Plus, have it located high above the surf? This is a one-in-a-million setting, for views & location.



4 Talbot Drive, Arundel \$464,500

Welcome to your sun-drenched single-level dream home in the quiet Talbot Woods neighborhood. This 3 BR, 2 BA Southwestern style abode sited on 2 acres has an open concept layout with a large Trex deck & backyard making it perfect for entertaining.



35 Tuckers Way, Arundel \$649,000

This home offers it all! From 2600 square feet of living area on 3.79 acres of privacy to its location just minutes to Kennebunkport center and area beaches to its skating pond, heated pool, and extra separate large multi bay garage.



17 Maine Street, Kennebunkport \$1,749,000

Beautiful 1801 in-town Federal style home. This home is steps to Dock Square Kennebunkport. 3 bedrooms all with their own bathroom. Home also offers a one-bedroom apartment with separate entrance. A great addition for guests or to rent. This home is gorgeous and truly one of a kind.



22 Pier Road, Kennebunkport \$1,475,000

This home is in a much sought-after location with views of the Harbor from the front and Samsons Cove bordering the back! Watch the tides rise and fall as you enjoy this quiet & idyllic Kennebunkport location. All four 22 Pier Road properties can be purchased together at \$3,300,000.



1672 Branch Road, Wells \$379,000

This lovely bright and sunny home has a great location. Close to area beaches and less than 1/2 mile to Kennebunk. There are 3 bedrooms, 2 baths, open concept kitchen/living room. Beautiful wood laminate flooring and tile, granite countertop, double sinks in bath. All on a nice lot. Home was remodeled in 2016.

25 WESTERN AVE, ROUTE 9, KENNEBUNK, MAINE
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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 Patterson
Xt: 141



Katie Palmer
Xt: 147



Dan Roche
Xt: 139



Mark Seeley
Xt: 149