

SEPTEMBER
2021

The Kennebunk

Village

magazine

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The Work of Maine

Artist *Alan Bull*

**PICK YOUR OWN
APPLES**

**The Ancient Art of
Wattle Fencing-Woven Wood**

The One-Armed Fisherman
from Kennebunkport

School Bus Safety Tips

Featuring Local: Artists, Galleries & Exhibitions

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On the Cover



Romac Orchards is back in operation to give you a fun-filled family apple picking experience and to share with you one of the most scenic views in Southern Maine.

Visit page 10.

Romac Orchards courtesy photo

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The Village welcomes letters, briefs & suggestions.

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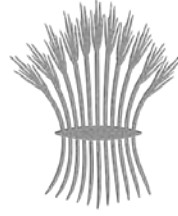


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The Kennebunkport Historical Society announces new Oral History Project

The Kennebunkport Historical Society is pleased to announce an intergenerational video project designed to capture the oral history of Kennebunkport by interviewing its oldest citizens.

"We are so excited about this project and all of its possibilities," shared Kristin Haight, executive director, "by collecting oral histories and connecting with Kennebunkport's elders, we will be able to deepen our understanding of recent history and create valuable first hand stories and images for future generations."

The project will launch in September 2021 with the call for citizens over 100 years old. Frank Handlen, for example, a beloved Kennebunkport artist, sculptor and community friend, will turn 105 at the end of September and has agreed to be our first interviewee. The Society will honor his life and work with a lecture by Peter Whalen on October 1 at 1pm. (Details and

tickets available to members starting 9/1/2021).

October will focus on people who are in their 90s. November will seek citizens in their 80s, December: 70s, and so on. We aim to grow our videoarchive collection with this project and include our community youth as well.

Interviews will be scheduled for Tuesdays and will take place at the Townhouse School or virtually. If you or someone you know would like to participate in the Oral History Project, please contact Kristin Haight at KHaight@KportHS.com or call the office at 207-967-2751. If a participant would prefer that our team come to you, record the interview virtually, or offer transportation, please let us know.

For more information about how you can participate, become a member, volunteer, or make a gift to support our programming, please visit: KPortHS.com. Thank you for your support, Kennebunkport!

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School Bus Safety Tips for Driver, Riders and Parents from RSU 21 Veteran Bus Driver Renda Turner

By Shelley Wigglesworth, Lead writer

Renda (Eaton) Turner grew up in Kennebunkport and was once a student transported to the schools in the district she now drives for. For the last 23 years Turner has been a dedicated school bus driver for the RSU 21 school district. "Renda has provided bus support for families in the community for over 23 years," Richard J. Terwilliger-Smith, Director of Operations 21 said. "In addition to being a dedicated employee she has held the position of Vice President and President of the Transportation Employees Association. Renda's knowledge on the negotiations, grievance, and participation in executive committees have helped create a fair and equitable environment for all employees."

Turner, who has always transported students from the West Kennebunk area of town, said her favorite part of the job is connecting with her "kids" on her bus route. "Listening to all the stories the children share, seeing all the wiggly teeth and empty spots where a tooth came out at school, and listening to the children laugh while having fun." She added "Transporting children of past students that have ridden on my bus is always exciting too. You know you've been doing the job for a long time when this happens."

The 54-year-old mother and grandmother said she has kept countless handmade pictures and cards from her bus passengers over the years. "Many of them are tucked away in totes. It's fun to take them out and reminisce about former students. The relationships built with the children and family members have always been of great importance to me. That is why I've stayed on the same bus route for nearly two decades."

She said her top priority on and off the job is looking out for each child's best interest. "As drivers and aides, we strive to create a happy and safe environment. When parents trust and support our decisions regarding bussing concerns and safety, it helps us do our job and keep passengers safe."



RSU 21 Transportation Department. *RSU 21 photo.*

She added "Bus drivers and aides wear many hats, we counsel, encourage good behavior, ensure the bus is clean, and help set a child's perspective for the day. Bus drivers are educators in safety, teamwork, kindness, and respect."

Turner said there are a few challenges she faces driving bus. Those include bicyclists who do not follow the laws on the road and pass busses when the stop sign is up. "This can be a safety issue as the bus driver cannot always see you as they are watching for the student's safety."

Motorists who speed up when they see yellow bus lights flashing, are also a hazard faced daily. "It is always safest to slow down and stop. Children can be unpredictable. They may step out onto the road before it is safe to do so. We teach them all the safety rules but sometimes they are excited or distracted."

Turner offered the following safety tips for bus riders and drivers.

1. Always follow the bus driver's instructions for safety on and off the bus. Children should always follow the direction of the bus driver when loading and unloading and crossing busy streets. It's so tempting for parents to take over the crossing of students and not allow the children to follow the bus driver's signals.
2. Patience from drivers encountering school buses. Our goal is not to make you late to your destination. We are focused on protecting the lives of children. Please help us keep them safe. Leave 10 minutes early if continue to get stuck behind a bus or take a different route if you can. We



Renda Turner 23 year bus driver.

RSU 21 courtesy photo.

pull over when we can but it's not always possible.

3. If your child misses the bus, drive them to another stop you see on the route or to their school. It is unsafe to chase the bus and send your child walking alongside the bus to get on it.

4. Never out drive your sight distance. Many bus stops are around sharp turns. You never know when you will encounter a stopped bus, loading or unloading.

5. Always keep children at least ten feet away from the edge of the road while waiting for the bus. At group stops have them cross close together.

6. The bus may come a little early or a little late. Please understand that we do all that we can to stay on schedule.

Having your children out of your vehicle and ready to get on the bus helps to keep us on track. Say your goodbyes and give last minute instructions while the bus is approaching. Every minute counts, especially during inclement weather.

Turner added

"There is a shortage of bus drivers nationwide, our community is included. We seek motivated employees to fill roles as bus driver, bus aides, and mechanics. RSU21 transportation department has a great benefits package, competitive pay scale, and excellent training that prepares employees to pass the CDL licensing exam."

Terwilliger-Smith elaborated "RSU 21 employs 53 highly qualified and motivated drivers. Our staff goes through a rigorous driving and safety test by the State of Maine. School bus drivers bear a degree of responsibility imposed upon no other class of professional drivers. Being a school bus driver requires constant attention, driving skills, and the ability to handle all passengers safely. Our drivers are delivering one of the most precious cargo-students. The transportation department oversees a multitude of bus routes to expand multiple communities within the district. School bus drivers support 6 schools, after school programs, sporting events, field trips and special education programs.

Our school bus drivers are professional, kind, and empathetic to all students. They are the first people students see in the morning to start their day. School bus drivers' positive interactions with students sets the tone for the remainder of the day and it brings great joy knowing a student is taken care of. The Transportation Department prides itself with delivering the highest level of support to our District schools, parents, and communities."

FMI on school bus safety tips or to apply for a bus driving or bus aide position, please call (207) 985-1100 ext. 1330. Or visit www.rsu21.net

Author Anne Gass – We Demand: The Suffrage Road Trip





Down the Rose: Florence Brooks Whitehouse and Maine's Fight for Woman Suffrage, about her great-grandmother. Gass is a frequent lecturer on suffrage history, and is active in promoting women's history and equality through her work with groups such as the Maine Suffrage Centennial Collaborative and the Permanent Commission on the Status of Women in Maine.

Author Anne B. Gass will discuss her latest book *We Demand: The Suffrage Road Trip* on Monday, September 27, 2021 at 6:00 at the Kennebunk Free Library.

Anne B. Gass is an independent historian and the author of *We Demand: The Suffrage Road Trip*, based on the true story of an epic cross-country journey for women's voting rights. Her first book was *Voting*

Depending on conditions at the time, the program may be held at the library or may be on Zoom. Please check www.kennebunklibrary.org the week of the program for location information.

This program is free and wheelchair accessible. 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@kennebunklibrary.org.

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The 1031 Exchange Cap Debate



By Mark Birmingham, Broker
Kennebunk Port & Shore Realty

In the current political landscape, the age-old tug of war between liberals and conservatives is as tense as ever. The urge to dismantle what is perceived to be a tool solely for the rich, is truly misguided. In place for over 100 years, the Internal Revenue Code Section 1031, is a valuable tool to defer capital gains taxes on income real estate, and it benefits land owners directly, and many other people indirectly. Currently, there is no limit on the amount of gain to be deferred. The Biden administration has proposed capping the lifetime gain to \$500,000 of capital, to help fund the \$1.8 trillion American

Families Plan, released in April and still under review.

The proposed change would generate \$2 billion per year for the treasury, amounting to 0.001% of the total cost of the bill. What is not mentioned is the loss of tax revenue that would ensue after the change goes into effect. One of the most respected accounting firms in the country, Ernst & Young, estimates 1031 exchanges generate more than \$5 billion in federal tax revenue per year, and billions more in state and local taxes.

It's not just a tax revenue shell game being played here. The bill would have a sweeping effect on the entire real estate industry, hurting many sectors, and many people who are not rich, and not commercial property owners. The program stimulates the movement of capital to invest in many underserved communities. If a commercial property owner must pay the capital gain of 20% after reaching the cap of \$500,000, many would not sell in the first place, as the tax would dramatically inhibit a decision to sell, and provide less capital to invest in a

future project. Such a dynamic has the unknown risk of actually stifling tax federal revenues as well.

In recent studies by Syracuse University and the University of Florida, like-kind 1031 exchanges stimulated greater capital investment in properties using the tax provision compared to those that didn't use it. Bill Brown, owner of Springhill Real Estate Partners said "Every time we sell an apartment complex, we use the 1031; if it were not available, we would not be able to complete that transaction." His company's investments in new projects provides jobs, and revenue for material providers such as carpet, cabinets, plumbing, electrical, roofing, siding, etc.

The President has touted "jobs, jobs, jobs" as his mantra for bring the economy back. Research clearly shows that like-kind exchanges have a multiplier effect in creating jobs in a community. According to the Ernst & Young study, if the 1031 exchange were limited as proposed, real estate transactions would decrease, causing a contraction of the gross domestic

product. As it stands now, \$4.4 billion of investments and 568,000 jobs are supported each year under the program, generating \$27.5 billion labor income in 2020. "The like-kind exchange is a great tool to create jobs for our members," states Frank Furco of a local electrical contractor's union in Illinois.

The ripple effect of the 1031 investment tool directly impacts real estate investment trusts (REITs), and the pension plans that invest in them. It can also serve a different purpose—the preservation of open space. Land conservation organizations rely of 1031s, often to exchange environmentally sensitive areas for less sensitive ones. These entities have used it to enable the creation of a wide range of conservation lands nationwide. A \$500,000 cap on the gain deferred would impact this activity considerably.

It is clear, therefore, that a cap on the 1031 exchange program would have a deleterious effect on the economy, and on working peoples' livelihoods—the very thing this President wishes to preserve and stimulate.



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APPLES- How and Where to Pick Your Own in York County

By: Shelley Wigglesworth

Apple Facts:

It takes up to four years for an established apple tree to produce fruit, and most apple trees reach their peak production point at approximately 10-12 years. On average, apple trees can live and produce apples for 100 years or longer, though orchards typically keep an apple tree for 20-30 years. Apple trees should be pruned in the Spring.

How to Properly Pick Apples:

When picking apples from the tree, be sure to twist the fruit stem off. Pulling apples down off a tree can damage tree limbs. Don't forget to place apples gently in a bag or box after picking as apples bruise easily.

How to Properly Store Apples:

To prolong the life of apples, store them in a cool area, preferably in the refrigerator. An enclosed porch that does not reach freezing temperatures is also a good option. If you are unable to store in a cool spot, put apples in

a crate or ventilated box away from other stored vegetables like onions and potatoes and mist with water every week or so.

Four Pick Your Own Apple Orchards in York County:

Maine Apple Sunday at Spiller Farm will take place September 12. Apple picking, horse drawn wagon rides, cows, calves, and a bull to see in their pasture, a picnic/play area will be open with goats, geese, roosters and chickens to see, a retired farm tractor for kids picture taking, a corn stalk teepee and a small red covered bridge leading to a sand pile for kids.

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For a listing of Maine apple orchards, please visit: www.orangeippin.com/orchards/united-states/maine

Apple Varieties				
	VARIETY	TASTE	BEST FOR	RIPENS
	Cortland	crisp, juicy, sweetly tart	baking, hand-eating, salads	Mid-Sept
	Gala	firm, sweet, snappy	sauce, hand-eating, salads	Late Aug
	Golden Delicious	mildly sweet, juicy, crisp	sauce, pie, cooking, hand-eating	Mid-Sept
	Granny Smith	tart, crisp, juicy	cooking, hand-eating, juice	Late Oct
	Braeburn	rich, tart, spicy, crisp	baking, hand-eating	Late Oct
	Jonathan	sweetly tart, juicy, spicy	baking, hand-eating, sauce	Mid-Sept
	Red Delicious	juicy, sweet	hand-eating, sauce	Late Sept
	Fuji	super sweet, crisp	cooking, hand-eating, sauce, pie	Late-Oct
	Honeycrisp	sweet, slightly tart	salads, baking, juice, hand-eating	Sept
	Empire	crisp, juicy, sweet, spicy	fruit cups, hand-eating, salads	Sept
	Macintosh	crisp, juicy, sweetly tart	cooking, hand-eating, salads	Sept
	Ida Red	sweetly tart, firm, juicy	baking, hand-eating	Mid-Oct

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TALES FROM THE ARCHIVES

Albert Todd -The One-Armed Fisherman from Kennebunkport **PART 1**

By: Leanne Hayden,
Collections Manager, Brick Store Museum

This is the story of Albert Todd (1874-1939), the one-armed fisherman from Kennebunkport, who was charged with larceny, went on the run for two years and made three escapes from the pursuing officers. By the end, this story has more questions than answers and since those involved are long gone, you will need to be the judge. Although the newspaper headlines referred to Albert Todd as the "One-armed fisherman from Kennebunkport", he was also a man that lived with his wife, Dolina, and young son, Colin, on the old Furbush Farm in Kennebunkport. The exact location is hard to determine from the description, but the farm was located somewhere between Durrell's bridge and Bartlett Mills. He was born in Brooklyn, New York in 1874 and moved to North Kennebunkport where he worked as a farmer, fisherman and even as a machinist for a time at the Saco & Lowell Machine Company.

This story begins with Peter Lamothe who had finished work at the Diamond Match Company on River Street in Biddeford, on his way home to his farm on Mountain Road, he stopped to get some grain at the Andrews and Horigans Grocery store on Jefferson Street, he hitched his team to a telegraph pole before going inside. Albert Todd was also in the store that night and left just before Peter Lamothe. When Mr. Lamothe left the store, the horse and wagon were gone so he immediately contacted the police.

The investigation was given to State Detective Obed Stackpole of Biddeford whose suspicions quickly fell on Albert Todd. The Detective went to work on the case and the newspaper reported that he had secured sufficient evidence to get an arrest warrant from the court. On January 31, Detective Stackpole and Deputy Sheriff Napoleon Ducharme drove out to the Todd Farm. Detective Stackpole hid at the edge of the woods, while Deputy Ducharme drove up into the yard. Todd appeared behind his barn, described as being without any hat or coat, and walked across the lot towards where Detective Stackpole was hidden. The Detective stood up suddenly with his revolver pointed at Todd and ordered him to walk slowly towards him or he would shoot.

Albert turned and ran back towards the barn while Stackpole took one shot at him. The detective and deputy sheriff quickly moved to cover both sides of the barn, but Todd managed to get away running into the woods all while several shots were fired after him.

The hunt was on for Todd who was now a fugitive. Detective Stackpole had heard that a man in Kennebunkport had taken Todd's horse which had recently come from Massachusetts. It was believed it had been exchanged for the Lamothe horse. The Kennebunkport man furnished Todd with enough money to go to Canada.

For the next two years Albert Todd evaded arrest, yet in that time, there were two alleged sightings and two near captures. The first alleged sighting came in April 1913 when he was seen in West Kennebunk. According to a witness account, Todd had dyed his moustache as well as other changes to his appearance in the hopes of escaping being recognized. The paper reported, "The man's one arm is missing just the same, however, and this is one of the good points which he can be identified."

The second alleged sighting ended up being a case of mistaken identity. In May 1913, Detective Stackpole got a message from the Chief of Police in Salmon Falls, New Hampshire that a one-armed man giving the name of Todd had been arrested and was believed to be Albert Todd. Stackpole left immediately on the next train but upon arriving he discovered the man under arrest was not Todd at all but a Portland man. The story goes that a local policeman had seen a one-armed man step off the train at Salmon Falls and asked him if his name was Todd. "Yes, that's my name", he replied. Without further questioning, he was locked up and held until morning when he had sobered up sufficiently to give his real name which was Growley.

Although the sightings did not lead to much, Albert Todd did get captured but managed to make two sensational escapes. In the fall of 1913, he was captured in Colebrook, N.H. by a deputy sheriff but ended up escaping right before Detective Stackpole could arrive. The second escape came on May 24th, 1914. State Detective Fred Tarbox and Obed Stackpole were in Wells acting on information that someone

was selling short lobsters, Sam Nadeau had accompanied them as a driver. They ended up seizing 60 undersized lobsters which they had in their automobile when they decided to swing by the Todd farm just to check. By chance, Albert Todd was at home, so was his wife and their dog, Bowser. The policemen and Nadeau quickly moved in to capture him, but his wife and dog moved first, the dog lunged at Detective Tarbox biting him on the leg. With the ensuing chaos, Todd managed to get away again out a trapdoor and through the cellar. The newspaper's headline read, "Todd Still Has Luck. Biting Dog Was His Salvation. Obe and Tarby Have Very Exciting Time." The article went on to say, "Todd has the record of being the champion escapee of the County. We are sorry to admit



Workers and displays at the Andrews & Horigan Grocery store, 229-231 Main Street, Biddeford, 1899. Courtesy of the McArthur Public Library.

that the fleet footed Nadeau of Ferry Lane was outdistanced by Todd, who having lost one arm runs like a pacer and of the swiftness of a deer."

But this story does not end here, check back next month for the conclusion to the story of Albert Todd, his capture and his day in court. Did Todd commit the crime? Is he found guilty? Is this a case of an overzealous Detective hunting down the wrong man? Stay tuned to find out more...



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A SERIES ON LOCAL ARTISTS by John Forssen

A Basket Full of Buttons

There is something magical about the work of Lyman artist and President of the Art Guild of the Kennebunks Linda Van Tassell.

She is a watercolorist, a “great mingler” of tones, as she describes her style, working from light to dark and saving the all important ‘focal point’ for last. But her ‘mingling’ involves much more than random strokes of her brush. Her renderings—a saxophone in bright sunlight, for example—are composed of discreet shapes, lights & shadows, which, if removed from the work and reproduced individually, would look like a basketful of colorful buttons. But, no, gathered as they are, organized and assigned, the saxophone appears real and deliberate...and ready to pick up and play—like I said, ‘magic’.

She recalls with a smile the old magazine ads for correspondence courses in art. One of the ads showed a cartoon dog with the challenge ‘Draw Me.’ “I was amazed,” she says. “I drew

the dog...I was an artist.”

More than likely, however, she was an artist long before that, at least in spirit. Her grandfather, who emigrated from England, was a lace designer and an accomplished charcoal artist. He sparked her interest with his many renderings of the works of the ‘great masters’. One of them, a painting of a woman entitled ‘Innocence’, she thought was of her grandmother until she came across it years later in an antique shop.

That early interest led her eventually into the art program at Skidmore College and then to Syracuse University where she earned a masters degree, also in art.

One interesting aspect of her work is the extensive ‘book of possibilities’, which she maintains. This is a careful record of colors and the variety of options they offer when mixed. “It removes a lot of the guesswork,” she says. “Even if I’m not sure of a color, I can go to the ‘book’ and review the possibilities before I start

mixing. It’s very handy.”

And to that age-old question, the same we ask of authors...do you know the ending before you get there?—she answers, “Yes. For the most part, I have a good idea. Still, at some point, you have to let the painting lead the way.”

Newly established as President of the Art Guild of the Kennebunks, she notes how difficult this past year has been for its members, there being very few venues for exhibition. “I normally paint every day,” she says. “There’s an urgency to the work, but during the pandemic, time seems to have stalled and much of the painting along with it.”

Still, prospects are brightening.

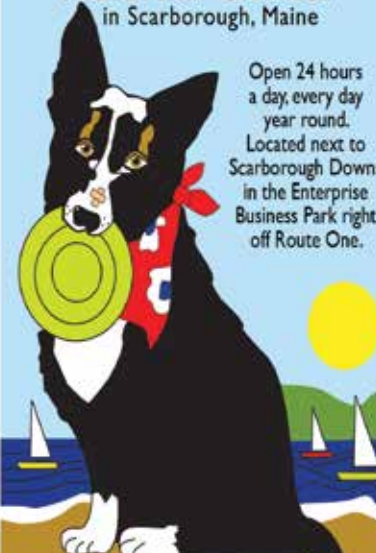
The Guild will be sponsoring a ‘pop-up’ show in Kennebunk, at Maine Art Hill, September 23 thru 29...and again, at the Community Center in Kennebunkport October 8, 9 and 10.

“Clearly, it’s time,” she says. “We have so many outstanding artists in this area. We have to find ways for them to show their work.”

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Educating the Rescues

The horse community has been actively evolving in recent years. In addition to equestrians and pleasure riders, more women which are 90% of horse owners are opting not to ride and simply enjoy caring for their horses which they consider large pets. This is increasing the non riding population throughout the country, traditionally seen as an unacceptable practice perpetuated by the myth that horses should serve, be ridden or used, then sold, recycled over and over and over.

This change in thinking has been coming for a long time, now getting the publicity it deserves. Part of the reason is social media which has helped the public more fully understand horses use in sports and how use eventually leads to a physical and often mental break down. As horses are passed along and age, neglect, mistreatment and overuse spiral, the horse joins the unwanted category of equines. Sadly after a lifetime of service to many, the horse ends their life at auction, possibly transported to slaughter or continues to be used until there is nothing left to give.

It is due to social media the public is also better able to judge - to compare

good practice to bad, high standard of care to poor and to better understand horses and their needs. More research on behavior, intelligence and physical ability has shown a high level of intelligence and ability to learn which has nothing to do with being ridden. Riding is for the pleasure of people, not the horses. In addition scientific research has shown horses are not designed to carry weight, and that bits not only cause pain regardless of experience but also damage tissues in the mouth. Riders continue to use them because bits enable them to control the horse by this very sensitive area.

With all this information available why are some rescues still in the dark regarding the adoption of horses to non riders who have the necessary income, property and facility, as well as the knowledge and ability to properly care for a horse even if the horse is young? Why are rescues turning down non riders and non riders intimidated to admit they want to adopt a horse simply as a companion?

The negative attitude by the horse community and industry towards non ridden horses, or horses not in traditional

Horses are no longer used in the military or needed for transportation. The purpose of the horse was not to be used. Instead horse owners should

be stewards providing a permanent home and good care for life.

work and the people who own them is due in part to ignorance but also is seen as a threat. Non ridden horses don't support the industry in terms of the recycling of horses - which is better for the horse, or the purchase of riding equipment and apparel which continues to be purchased each time a rider purchases a new horse. Non riders don't take lessons or attend shows. Often riders spend more on



riding necessities and expensive saddles then they do on care.

Non riders spend more dollars on care and related products. They often have more knowledge spending more time researching, educating themselves, trying to make the lives of their non ridden horses better which they often keep for life requiring more care, translating into more expense. They support agriculture and feed stores by purchasing hay, grain and care items. Veterinary care, foot care, bedding,

Continue to page 16

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The Work of Maine Artist *Alan Bull*

By: Shelley Wigglesworth, Lead writer

Maine native Alan Bull is an artist, teacher and illustrator based in Newburyport, Massachusetts. "I grew up in Old Town, Maine with three equally creative siblings and took a few art classes at the University of Maine during my senior year of high school before going on to the Philadelphia College of Art (now University of the Arts)," he said. To work his way through school, he started doing portrait drawings and caricatures at the Bangor Mall. After graduating

Langsford Road at the home of his aunt and uncle. Bull's featured scenes of the Cape Porpoise area took center stage along with other works of people and places around the country. "I've been a full-time painter and part-time art instructor for over 20 years, but I've been making art all my life. I also enjoy playing music and



Fish House by Alan Bull. *Courtesy photo.*



Maine native Alan Bull with his tractor painting. Bull is an artist, teacher and illustrator based in Newburyport, Massachusetts.

Photo by Shelley Wigglesworth

with a BFA, he worked for a few Philadelphia art galleries and later as a studio assistant to glass sculptor Dan Dailey in New Hampshire.

Today he resides in Newburyport, MA and spends time in Orient, NY, and Kennebunkport and Cape Porpoise, Maine with family. It was in Cape Porpoise that we caught up with him at a private art showing on

occasionally working as an actor," he said.

A visual artist in the fullest sense of the word, Bull follows his instincts and intuition when selecting what to paint and how to paint each piece. His work encompasses architecture, seascapes, vehicles, nudes, portraits, murals, trucks and more. He elaborated "I think the trucks I paint have always been a fascination for me since I was a little kid, spending time on my grandparents' farm in Long Island, NY and my other grandparents' farm near Presque Isle, ME. Potato trucks were a common site and I eventually realized that

they would make for a great subject in paintings. I keep adding to each of these series when I see something that catches my eye and seems to fit the theme. The tractor painting is the most recent in the 'Truck Series' and is an example of the monochromatic style that I've used off and on for the past 20 years. I think this approach creates an interesting image and



Early Times by Alan Bull. *Courtesy photo.*

allows for the drama of brushwork and values to carry the work. Also, I like working on a larger scale with these pieces, so it has a powerful presence when viewed in person. The Fish House painting is an example of nocturnes that I've been doing for a few years now. I really enjoy the challenge of these, which have a deceptively simple appearance based

on careful drawing and study of values and color relationships. I find people respond very strongly to these pieces, and the mysterious quality allows viewers to fill in the gaps with their imagination, just as in real life when we see a scene in low light."

Bull is currently working on a series of

portrait paintings of some legendary songwriters and musicians to raise funds for AIDS charities. He is also looking forward to painting more of his beautiful home state of Maine.

To view or purchase Bull's work, please visit: www.alanbull.com, or on Instagram @ [abullstudio](#) and @ [redchairportraitproject](#). Email: abullstudio@gmail.com.

Phone: 1-978-417-9778. Bull's studio is always open by appointment.



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Educating & Rescues-

continued from page 14

sheets and blankets are where non riders dollars are invested. They also support pharmaceutical companies through the purchase of medication generally as the horse ages.

Non riders have historically been shunned by the industry. Boarding, lesson and show facilities are often concerned when a horse is not being used and consider that horse to be a 'waste of horseflesh'. Though that is changing non riders still opt to build their own barn and take their horse home rather than deal with the disdain from trainers and others who have no respect or care for a non ridden horse or for them. In reality non ridden horses are indeed very lucky.

My personal experiences over many years, after making a decision that my 6 month old Arabian mare, now 21 would never be ridden were similar. The last occurred at a local show where I participated in an in-hand class which she won. A woman who was part of the show organization that I supported by paying for classes, rudely yelled at me publicly for not riding my horse. The behavior some people exhibit is ludicrous particularly with all the scientific information available to show horses are better off. Rather than focusing on care,

the focus is use.

Equine rescues and the people who run them are an important part of the 'horse communities'. They also provide a means by which horses often in miserable situations can be saved. More than not these horses have been ridden all their lives. On occasion there is a seizure of non ridden horses like the one that recently occurred in Sanford.

What the public doesn't understand is that most likely all the horses seized were local horses and riding horses. Most had several owners who passed them on. No one helped or took responsibility for the animal they used. The woman who relinquished the horses was trying to help because the rescues would not take the horses. She was unable but if she hadn't taken the horses when asked by the horse owner or barn owner, they in all likelihood would have been sent to slaughter in Canada through the slaughter pipeline. It was a difficult decision.

Rescues all with guidelines and Missions

regarding the condition of the animals they help often don't accept horses simply because they became unwanted. If they did, there would be no end to people giving up their horses for completely selfish reasons. Many of those horses should never be ridden again due to leg and back injuries among other things including their mental state

particularly after what they have been through. In addition there comes a time when horses have had enough and need support, care and an ability to live their lives safely and pain free. Adopting out horses to riders and not following through for years to be sure the horse remains in good care falls short of ensuring the animal's safety as horses live into their 20's, 30's and beyond.

The public is led to believe people who have non ridden horses are to blame for the problem. The reality is that it's not hard to find a horse being abused in a myriad of ways, or neglected in boarding/show facilities, given up after show season. Camp horses are used like machines until they are no longer valuable. The

next rescue or unwanted horse is as close as the barn down the street. There are many as some horse owners continue to exploit horses uncaring of their welfare and future. When the public contacts law enforcement, the state veterinarian or Animal Welfare regarding concerns of abuse and neglect in facilities, often nothing is done to help the horses.

As non ridden groups grow and horse owners network, they are able to connect, share and grow giving the thumbs up for non ridden horses. Non ridden facebook groups are growing throughout the country enabling riders who care for their horses, and non riders alike to make owning these horses a source of pride knowing the right thing was done by the horse, especially at the end of the horses life.

Running rescues & sanctuaries, educating the public & horse owners as we do are all honorable ventures, but in order to make a dent in the problem of unwanted horses, more needs to be done. Although some rescues happily adopt out horses into a non riding life as long as the adopter meets the criteria, others run by equestrians still have difficulty with the idea, preventing horses from finding permanent homes where they will not be used. Embracing the idea of not using the horses for riding and embracing those unselfish people who have the ability to care for them would be a good start.

Gabriela Rodriguez Quinn, Director

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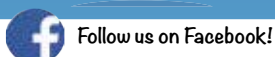
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NEWS - Both Good and Bad

~ Andrea Roth Kimmich. Andrea@someplaneteers.org

Not at all easy taking in the news that the the Intergovernmental Panel on Climate Change (IPCC) provided us August 9th, is it? For those reeling in pain and anguish, Resources for Working with Climate Emotions are a click away at AllWeCanSave.Earth/Emotions.

In the mean time... and something I had intended to share last month is this **INCREDIBLY GOOD NEWS!** And yes, it is indeed Time to "Warrior Up"!

While celebrating July as ZeroWaste and #BreakFreeFromPlastics Month, Governor Mills signed off on LD1541!

Here, directly from Sarah Nichols of Maine's Natural Resource Council, who, along with her colleague Chrissy Adamowicz, gave this their all, and boy, it sure paid off!

"Somebody pinch me. Maine just became the first state in the nation to pass an Extended Responsibility for Packaging law to hold big corporations accountable for the plastic pollution and wasteful packaging they create ... This new law grew out of a crisis our towns are facing, not of their own making ... But as Mainers we stood up to those big corporations and said enough is enough ... WE are not going to let recycling fail, and Maine is no longer willing to shoulder the cost of your wasteful packaging ... This new EPR for Packaging Law, together with the ban on single-use plastic bags, foam food containers, and intentional balloon releases build on other victories this legislative session to reduce toxic chemicals and plastic pollution in Maine's communities and environment."

I was born in the 1950s - a Baby and Petro-Chemical Plastic Boom time:

Many of us conceived during the Baby Boom are now becoming grandparents, which means exponential population growth is taking place. Growth itself wouldn't necessarily have been a burden on the planet we depend on for life IF that growth hadn't been accompanied by a trend to value efficiency and convenience over conscience, when it comes to living on Planet Earth. [Check out Prince EA's terrific "Man vs Earth" talk: <https://www.youtube.com/watch?v=VrzbRZn5Ed4&t=114s>].

We grew to appreciate the artificial over the natural, and profit over people and planet. The Anthropocene has become obscenely toxic, in great part because of the introduction to Plastics and our addiction to them, which is in great part caused by those mining fossil fuels needing a market, and politicians turning a blind eye. Geologists refer to this era as the Plastocene. In the 70 years since "The Graduate" and the celebration of "Plastics", a mere 9% has been recycled, which leaves Planet Earth with 7.55 billion metric tons of plastic waste, not even counting nurdles, which are released in every wash of synthetics. [check out <https://www.oceancleanwash.org/>].

Picking up on my piece last month, one focusing far more broadly on our Climate Emergency and Maine's Climate Action Plan, I hope to point out that Plastics isn't just a "Plastics Problem" but one profoundly linked to the "Climate Issue" [<https://www.greenbiz.com/article/why-plastics-are-also-climate-issue>]

And remember too that when it comes to plastic, there truly is no "away"; over time, they just get smaller; every beach comber knows that. I recently snorted coffee when my friend Grace commented, "People need to know they are not only eating a lobster they are eating the trap too!"

"To seriously address the plastics crisis, we must do more than clean up; we must end the demand for plastic: use less, or ideally, use none. "You wouldn't just mop up water off your floor if your bathtub were overflowing with water" says Möhl, the Danish plastic expert. "You'd turn off the tap." [YES! p. 26 Summer 2021]

"Long-term solution to the plastics problem is stopping the flow at its source. ... January 1st 2021 an agreement among 187 countries took effect to limit international trade in plastic scrap for "recycling" to prevent it from ending up in the environment". (The USA did not sign on.) (50% of plastic waste collected from recycling is traded internationally; the US sends plastic scrap to 89 trade partners, mostly in poorer countries.)

Again! It will be interesting to see how we Mainers benefit from Maine passing LD1541, whereby the burden of waste is partially lifted from our shoulders to the producers of packaging.

OUR HOMEWORK: MAKING OUR OWN CONNECTIONS, and CHARTING NEW WATERS:

Whether it's through reading, listening to podcasts and music, watching movies, or actual hands-on doing, that you connect best to the issue of our shared climate emergency, this month specifically on our "Plastics Problem", here are recommendations for you to tune in to or try.

MAGAZINES:

Summer 2021's YES! Journalism for People Building a Better World' Magazine's "The Solving Plastic issue" - either hard-copy or online; herewith two highlights from Sarah Lazarovic:

How We Can Combat Throwaway Culture in Comic-strip format

<https://www.yesmagazine.org/issue/solving-plastic/2021/05/10/how-to-get-rid-of-throwaway-culture>

2-minute read: Why the Shift from "Climate Change" to "Climate Emergency" Matters: <https://www.yesmagazine.org/opinion/2021/07/05/climate-emergency>

More General, and on-line, keep up with:

- Follow Sarah Lazarovic, author of Bunch of Pretty Things I Didn't Buy, and Minimum Viable Planet: An undepressing newsletter about how to fight the climate crisis. <http://mvp.ist>
- grist.org Climate. Justice. Solutions.
- ClimateRealityProject.org
- CoveringClimateNow.org
- CorporateAccountability.org

MOVIES:

The latest and greatest? <https://www.storyofstuff.org/storyofplastic/> & [storyofstuff.org/movies/story-of-plastic-animation/](https://www.storyofstuff.org/movies/story-of-plastic-animation/) & more:

<https://plasticchange.org/knowledge-center/5-movies-about-plastic-pollution-that-will-make-you-think-twice/>

<https://ecocycle.org/videos/zero-waste-series/week7-complete-with-Activity-Guides/>

MUSEUM VISITS:

Art of Mending Exhibit at the Brick Store Museum, featuring Maine artists

MUSIC:

HIT Songs by BIG Recording artists

<https://www.udiscovermusic.com/stories/best-earth-day-songs/>

And more current ones, by the lesser known:

Keb'Mo' "Don't Throw it Away" www.youtube.com/watch?v=1ZdNipkansw

Brian Goodall, Goes Around Comes Around: A Song About Plastic Pollution in Our Oceans www.youtube.com/watch?v=eUtpUPAz2M

Pinkunoizu: The Great Pacific Garbage Patch www.youtube.com/watch?v=mnGM1s-tzGA Tik Tik Plastic | Shaan | Bhamla Foundation <https://www.youtube.com/watch?v=1nDbkfCt2t4>

DeStorm Power's Paper or Plastic Song <https://www.youtube.com/watch?v=kqfpJhMEk0>

www.youtube.com/watch?v=kqfpJhMEk0

Irish Ocean Literacy Network and the Galway Ukers, PigFish <https://www.youtube.com/watch?v=djxbcgfRME>

Aaron Kane. Alaska <https://youtu.be/ZVwkOXsZEGo> Todd Snyder. "That Great Pacific Garbage Patch" <https://m.youtube.com/watch?v=z6RKH2o-9vA&feature=youtu.be>

POETRY:

Tune into our 3.31.21 event, What Would Rachel Say? Women Poets Speak

Moderated by Kennebunk's Kate Cheney Chapell www.youtube.com/watch?v=sR4gexvHW4M&t=16s & One of that evening's featured poets, Meghan Sterling, has a new book out: <http://meghansterling.com/book/>

PODCASTS:

<https://upstreamolutions.org/podcast> with Matt Prindiville,

CEO and Chief Solutioneer at UPSTREAM, out of Rockport, Maine

think100climate.com/podcasts/coolest-show-on-climate-change/

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drops new episodes every Monday on environmental justice & how we solve the climate crisis. Follow @Think100Climate and @RevYearwood on Instagram, Twitter, and Instagram.

<https://drillednews.com/podcast-2/> Drilled is a true-crime podcast about climate change.

ALL of those connections, hopefully leading us to TAKE ACTION:

On the federal level, sign on to and support the Break Free From Plastic Pollution Act: <https://www.breakfreefromplastic.org/pollution-act/>

On the state level, offer up BIG THANKS to Maine's Governor and your other lawmakers for passing LD1541, the Extended Producer Responsibility Act & NRCM who worked it!

On the very local level, join grassroots efforts such as ours and/or participate in town meetings and committees, and contribute to local newspapers.

The Surfrider Foundation is beta-testing an Interactive Map of U.S. Plastic Reduction Policies; check it out, and act: <https://www.surfrider.org/coastal-blog/entry/the-surfrider-foundation-releases-interactive-map-of-u-s-plastic-reduction-policies>

Bear Witness to, while connecting with, and contributing to, global efforts in tracking trash:

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Heat and Horses



If your horse has no access to shade & a strong breeze outdoors, if given the opportunity they may be better off in a dark, cool barn with fans, cold water, plenty of hay, and company.

Autumn is on the way bringing cooler temperatures, but heat and humidity can continue to make life difficult for horses. Horses suffer the same effects from heat as humans including heat exhaustion and heat stroke. Dehydration can lead to organ failure and in horses, overheating can lead to colic. Every year horses die as a result of heat stroke often from being overworked on hot days. Common sense tells us if we're hot, the horses must be hotter.

Horses actually become overheated much faster - up to 10 times, more than humans due to size and their large muscle mass. Though they sweat which helps with cooling, horses produce such large amounts, that about 75% drips off their body having no effect on cooling. Horses also lose salts and other

minerals in sweat which must be replenished with more than just water. Hot horse trailers have the same effects for horses as small animals or children left in cars.

Don't buy into these myths disproven and published by exercise physiologist, Prof. Michael Lindinger, University of Guelph, Ontario

Myth 1 - Don't let a hot horse drink cold water: Some believe that horses should not be allowed to drink unrestricted amounts of water when hot due to hyper-distension of the stomach leading to colic, but the truth is that a horse's stomach can hold between 2 and 4 gallons of fluid without becoming excessively distended.

Myth 2 - Don't hose your horse down with cold water: The belief that cold water can harm a horse has been thoroughly debunked based on extensive research conducted during 1995 at the University of Illinois and University of Guelph and at the 1996 Olympic Summer Games in Atlanta.

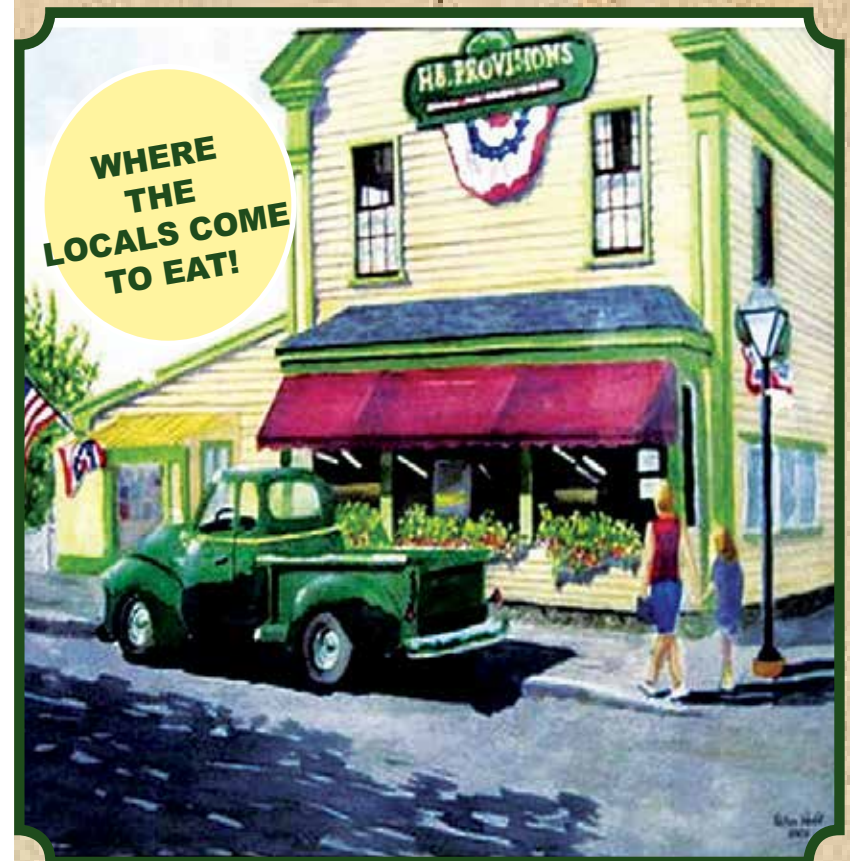
Myth 3 - Switch from salt to an electrolyte supplement: Making a change from salt to an electrolyte supplement is the wrong thing to do and potentially dangerous. Sodium and chloride, which are the components of salt are the major electrolytes lost in sweat, followed by potassium.



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NEWS - Both Good and Bad

Continued from page 18

Participate with us in our Brand Audit we will conduct in September in tandem with World Clean Up and Global Coastal Clean Up efforts - all details will be on our FB page.

NOAA National Centers for Environmental Information (NCEI): <https://www.ncei.noaa.gov/products/microplastics> - BRAND-spanking NEW site/tool! & first-of-its-kind global microplastics database:

<https://www.ncei.noaa.gov/news/nci-releases-groundbreaking-microplastics-database>

NOAA's Marine Debris Tracker App for iPhone & Androids: Tracks location, type & count.

Ocean Conservancy's Clean Swell mobile app offers a variety of tracking options

Litterati App for iPhone/Android: Download it; snap pic; tag it. Tracks location & count

On Instagram: #JustGrabBits - Get set with Instagram; upload your snapshots of trash/debris/litter & hashtag them, always including #justgrabbits

Make a Statement! Join a workgroup or coalition: <http://plasticpollutioncoalition.org>

Want to #breakfreefromplastics and/or help others do so? Then get involved with this group! breakfreefromplastic.org/pollutionact breakfreefromplastic.org/brandaudit

<https://marinedebris.openchannels.org/marinedebris-listserv>

SoMePlanetees.org, where we come together to support each others' eco-passions/efforts

Schedule a tour of either Casella's or Eco-Maine's MRF (materials recycling facility) in Lewiston or Portland, respectively, or watch their virtual tours:

<https://www.casella.com/services/recycling/zero-sort-recycling> ; <https://www.ecomaine.org/tours-and-educational-outreach/tours/>

Bearing witness to the magnitude of unwarranted waste, along with the subhuman work-environment this concern poses for those who work it, should go a long way in our curbing our addiction to plastics. Our practices are WASTE-Full, and we now have a planet, and our own flesh and blood FULL of waste.

Use your power as a (non)consumer:

Refuse to buy or be served synthetics... in service-ware as well as in packaging, food, and in clothing. <https://www.oceancleanwash.org>

Engage with the Reverend Billy

Talen, the Church of Stop Shopping Choir, and the Shopocalypse Tour. If you haven't as yet participated in one of his events, and don't plan on being in NYC any time soon, check him out via his podcast, <http://revbilly.com/podcast/> or watch this docu-comedy: <https://vimeo.com/ondemand/whatwouldjesusbuy>; I promise you will feel energized.

ZeroWasteMovement (anti-consumerism) and Planet Aid.

Here in Maine, we have some great examples of Reuse/Repurpose - notably, SeaBags: Once a Sail, forever a SeaBag and Maine Coast Rope Rugs and Mats, but beware too of "Green/Bluewashing", the act of producing items marketed as being good for the environment, when in fact producing them might be far from that.

RethinkDisposable.org Address related concerns with establishments you frequent as a consumer & Support places that allow you to bring in your own containers for REFILL

Because Plastic's Largest Market is Packaging (65% of US household trash), and despite LD1541 being passed this July, we need to Refuse/ReUse; Refill: here in Southern Maine we have some stellar players: GoGoFill (SoPo), WeFillGood (Kittery) and New Morning (KBK)

Every coffee shop in the KBK/KPT area visited, welcomes you bringing in your own mug, and provides more generous serving if you do!

Long term solution to "the plastic problem" is stopping the flow at its source. To seriously address the plastic crisis we must do more than clean up; we must end the demand for plastic: use less, or ideally, use none. We need to come clean ourselves, sure, but we need too to hold big business accountable, and those still mining the Earth. We need to rebalance our concern with people and planet, placing that over profit, and if we do so, in the end, we too will profit.

"I think we're seeing it, and it's our children who are hearing this rebalance. And it's our children who are breaking free of gender roles and breaking free from racial stereotypes. So why can't we break free from plastic? Why can't we break free from fossil fuels? Well, we can. Let's just do that. Warrior Up." - Casey Camp-Horinek, Environmental Ambassador, Matriarch & Hereditary Drumkeeper of the Ponca Nation of Oklahoma. •

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Tying Shoelaces

by John Forssen



It was enough of a struggle for me to determine which shoe went on which foot. Handling laces was simply a bridge too far. I was only a toddler, still learning very basic things about the world, but I remember clearly my mother's eyes drifting toward my shoes where, invariably, the toes were splayed. The shoes were on the wrong feet.

It was humiliating, to be sure, but I was perplexed, for while there was apparently this iron-clad rule about shoes, there was no such constraint on socks. You could put them on any which way. It made no difference—which made no sense.

We had a bit of a quandary, however, for lying ahead of the splayed toes remained the stickier issue of tying the laces. My mother solved the quandary (she was good at quandaries) by putting a tiny spot of nail polish on the big toe of each shoe. I had only to line up the spots, one next to the other, and—voilà!—my shoes were properly donned. No one had to know.

Years later, married and an early riser (before dawn early) I sometimes struggled in the dark to determine the right slipper from the left. Slipper socks, they were, and my wife, recalling the story of the splayed toes, took the liberty of sewing directions on the instep of each: “left” with an arrow pointing to the left and “right” with an arrow pointing to the right. She insisted she was only trying to be helpful, but her insistence provided only the slimmest covering for her amusement.

But...onward. The shoelaces are waiting.

I found them mystifying: one moment a simple piece of string, the next a graceful alliance of loops and tails with no discernible start or finish. Magic, I thought, watching my mother's nimble fingers subdue the unruly laces. I studied her fingers as they moved. I leaned in and I squinted to sharpen my focus; and, thus armed, I eagerly scrambled

the laces this way and that, proposing a number of fleeting alternatives and producing knots upon knots, but alas, not a single bow.

All was not lost, however, for years later (yes, I could tie my shoes by then), I turned this heartbreaking exercise over to a group of students. I was at the time an English teacher. “In narrative form,” I instructed, “teach me to tie my shoes.”

To say the least, they were incredulous, but they soldiered on. It was not for me, however, to judge the effectiveness of their work, not in this instance. Here, clearly, the proof would be in the pudding.

On the day the assignment was due, the students exchanged papers and, proceeding strictly by the narrative, they established almost to the last of them that, although their laces were tight, they had no idea how they got that way.

In another assignment, I asked the same students to produce a similar narrative on the proper use of chopsticks, a kindred finger-twister. This one left them happy to be living in a culture that favored forks.

My early difficulty with shoelaces should have been a private affair. There was no need for anyone to know or even suspect. I looked normal enough, and my mother always made sure that I tied the double-knot, guarding against having to do the “shoelace thing” in public. But somehow, if such early challenges produce longterm effects, the evidence of mine must have been leaked...for one morning, in the fourth grade, I was called to the library, where a smiling lady with a bag of colored beads offered me a seat.

Her smile was packed with information, but I was too young to be suspicious. She would never get away with it today.

With a great flourish, she released the strings on the bag and poured the contents out between us. Then she took a length of cord and began stringing the beads, talking and asking me questions as she did so. Back and forth, up and down, my attention wavered between the growing number of beads on the cord and the sound of her voice and the many interesting shapes of her words.

It was a lot to take in.

When she got to the end of the cord, she held it up. “Can you see what I’ve done here?” She asked.

When I nodded in the affirmative, she let the beads drop from the cord, stirred them in with those that had remained on

the table—and handed the cord to me.

All at once I understood why my shoelaces had been such a mystery. I remember looking at the ocean of beads, but I can’t remember ever picking one up. As far as I know that cord is empty to this day, and I should probably consider myself lucky ever to have gotten out of the library.

What was to be deduced from this exercise?

To be honest I don’t know, but the fact that they let me go at all suggests that, although I may have been a slow learner with limited attention, I was at least educable.

Who could ask for more?—educable, a new lease on life.

Not so long ago, I went in for my annual physical. Septuagenarians are encouraged to do that. While the nurse “took my vitals”, she said, “I am going to tell you three words, and when the exam is over I will ask you to repeat them.”

I was suddenly overcome with images of colored beads. “You don’t have to bother,” I replied, “I already took that test.”

“Ahh,” she rejoindered, “but did you pass it?”

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Fat Burning

Column by: **Heather Evans** *Personal Trainer*

Happy September! Summer is wrapping up folks, instead of feeling summertime sadness, choose to embrace the change and switch your focus! Moving into a cooler and darker season can be tough as we all know, sometimes it is helpful to change the scenery! Take a short trip, rearrange furniture, hang new art, try a new recipe or my personal favorite – try something new at the gym, during your home-workout, walk a different route, etc. Take a moment to reflect on your daily routine; analyze your habits the good and the bad, and experiment with switching things up!

On that note, I would like to share some information related to fat burning, muscle metabolism, weight training, and heart rate zone tracking that I have learned recently. A lovely client of mine shared a New York Times article, *Lifting Weights? Your Fat Cells Would Like a Word* (Reynolds, 2021), with me that had some new research findings regarding the communication between cells across different tissue types during and after exercise, commonly known as cellular crosstalk. It is commonly understood that lifting weights or other resistance training modalities will make your muscles grow by expanding the muscle fibers and increasing your strength, but recent studies have been diving deeper into what happens in the body during and after

exercise on a cellular level. Research shows that after 6 months of continuous weight training muscle size will increase and the targeted muscles will burn more calories while at work simply because the mass of the muscle is larger.

Cellular crosstalk, as mentioned before, is a phenomenon in which cells in the body communicate with one another across various tissue types. Muscles, for instance, release a cascade of hormones and other proteins after exercise that enter the bloodstream and course through the body carrying specific genetic factors that trigger biochemical reactions in the body. According to Reynolds, 2021, scientists found specific mRNA markers that are released from muscles, after exercise, into the bloodstream and are deposited into adipose tissue – or fat cells. These mRNA markers command the cell to begin the breakdown of fat into fatty acids, which other cells use for fuel, therefore depleting the fat stores throughout the body. Reminder that fat burning is based on full-body distribution, I'm not claiming that doing rapid succession lifting will evaporate the fat in that area. Essentially, as we lift weights our muscles are releasing agents that encourage the body to start the breakdown of fat specifically, as opposed to burning calories. But there is a catch – the intensity needs to be there!

Exercise because you love your body! Not because you're trying to change it.

Positive change will come in time, just quiet the mind.

The more we learn about the human body and the respective processes we encounter throughout life, the better our understanding

is about how to condition the body more efficiently. Although a few factors maintain their importance. One of the biggest methods is heart rate monitoring. To monitor heart rate zones, you first need your heart rate maximum which is roughly $(220 - [\text{your age in years}])$. For example, I am 25 years old, so my maximum heart rate is approximately 195 bpm, if you join me for an Edge class at Quest you will see that heart max is not an exact science. A very well-conditioned person, or someone able to push themselves to The Edge, may achieve that heart rate and even exceed it, but we use this as a baseline and work from there!

Now that we have the heart rate max, we use percentages to find the correct zone for training. Zone 1 is resting, light effort, heart rate is less than 60% of your individual maximum, going for a walk, gentle yoga, etc., (ex. $195 \times 0.6 = 117$ bpm). Zone 2: 60-70% warm-up or cool down pace, you could easily carry a conversation,

but you're creating heat. Zone 3: 70-80% strength endurance, you're working hard but you can sustain consistent effort for 5-15 minutes, still can talk, but starting to feel breathless. Zone 4: 80-90% this is nearing maximum capacity, you are unable to hold a conversation, and Zone 5: over 90% of your max., in our Coach by Color system Zone 5 is red, and red is a place that you can only hang onto for 20 - 90 seconds at the most! I know that was a lot of information, but once grasped, it is a game changer for fitness types. To get all the benefits of a workout, the heart rate needs to stay elevated throughout the entire session, above that 60% threshold. Aiming to spend 20-45 minutes between zone 2-4 (60-80%) is ideal for cardiovascular health and fat burning. Our cardio machines at Quest Fitness have heart rate sensors on the handle, so you can easily monitor what your current heart rate is while exercising.

Utilizing heart rate zone tracking during cardio and strength and any other type of workout is key to understanding your body's limits, and to see improvements in cardiovascular health. As you get fitter, you'll notice yourself last longer and longer at higher heart rates, and this helps you know when to increase your workout duration or intensity.

Thank you for reading!



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The Ancient Art of Wattle Fencing-Woven Wood By: Nicholas “Crow” Boutin

By: Shelley Wigglesworth, Lead writer

Wattle is an ancient art of creating fences by weaving flexible saplings or suckers of trees into structures.

Cape Porpoise, Maine resident Nicholas “Crow” Boutin is one of only a handful of Wattle Fence craftsman in the area. He explained his take on the history of Wattle and how he has adapted this ancient craft to fit modern life. “Wattling goes as far back as the Stone Age- it’s one of the very first types of actual structure ever made. Wattling in general is done with straw, willow, or reed, which are light and almost flimsy materials. I use only hardwoods- birches, maples, beach, cherry, and a variety of others. Because of this, my work is stronger, more durable and will last many years. This is what is exclusive and unique about my personal style of wattling.”

He explained his personal process of creating Wattle fences. “I have

to venture deep into the woods to find the correct materials. I walk for miles selecting each live piece by eye, harvesting it using a handsaw.” Boutin said he has encountered bears on some of his treks into the woods and has been lost more than once, after sunset. “I use exclusively hardwood, trunk only, no branches. Hauling this material out is physically demanding.”

After the collection of materials, set-up for construction and weaving begins. “I have two major types of pieces in the process: posts and threads. Each piece that I use is an entire sapling. I shave the branches off, unlike the traditional Wattle process, I don’t use any branches. The posts are thick, and I carve them into the shape of the pencil with an axe so that I can pound them into the ground with a large hammer. Once those are set in place, I begin the weaving process. The weaving process is all about creating tension between the ground and the wood. I don’t use nails. The first foot of threading is the most important part and is what sets the course for the rest

of the fence. Once the course is set, any tension that is created after needs to complement the existing tension. This is what creates the strength within the fence. I move from left to right and right to left depending on how I feel, and I work from the bottom up.” He went on to say “Each sapling, or thread, is hammered into place and then tapped in for tightness using my bare hands and strength. There is a number system that I use with my post and my threads that help me determine what kind of weave is going to happen depending on the species of wood and the length of the sapling.”

Boutin said each species of tree wood has a unique range of abilities. “Because a sapling is bigger on one end and smaller on the other, I must be aware of how I place these saplings to not create too much tension pushing out yet have enough tension to avoid any slack. I leave the ends of the fence long until the very end so that the fence itself



Nicholas “Crow” Boutin stands with a Wattle structure.

has room to flex through construction, then I shave everything down neatly after everything is done and set.”

Boutin’s wattle work is not limited

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- Erika A., Kennebunk



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Wattle fence by Nicholas "Crow" Boutin. Photos by: Nicholas Boutin.



Wattle headboard by Nicholas "Crow" Boutin.

to fences. He also creates trellis', headboards, ornamental art, borders for flower beds, garden enclosures and more.

In addition to Wattle fencing, the 36-year-old father of one also works for Allen Daggett at Cape Porpoise

Bait Company and is a professional cage fighter who trains under Jon Pinette, a black belt fighting instructor of the Choi Institute. Boutin credits his martial arts training for providing the tools he needs mentally and physically to do Wattle work.

The pricing for Boutin's Wattle fencing depends on the height and length of the installation, as well as location. For a 20-foot fence that is 4 feet high- Boutin charges \$20 a foot plus travel time.

He summarized "The most gratifying part of each project I take on is the moment a project is finished. I just look at it for a moment and take it in. I weave this wood to mend the broken heart. Mine and others."

FMI on Woven Wood- the art of Nicholas "Crow" Boutin, please call: 207 391 0962, or email: boutincrowneck@yahoo.com.

Some of Boutin's work may be viewed from his home at 53 Mills Rd Kennebunkport/Cape Porpoise.

The Trustees of the Louis T. Graves Memorial Public Library are pleased to announce their Annual Author Event to be held virtually on Thursday, September 16 at 6:00 pm.

This year's fundraising event will feature New York Times Best Selling Author, Lisa Wingate.

Lisa Wingate is the author of the #1 New York Times bestseller *Before We Were Yours*, which remained on the bestseller list for fifty-four weeks in hardcover and has sold over 2 million copies. She has penned over thirty novels and coauthored a nonfiction book, *Before and After* with Judy Christie. Her award-winning works have been selected for state and community One Book reads throughout the country, have been published in over forty languages, and have appeared on bestseller lists worldwide. The group Americans for More Civility, a kindness watchdog organization, selected Lisa and six others as recipients of the National Civics Award, which celebrates public figures who work to promote greater kindness and civility in American life. Booklist summed up her work by saying, "Lisa Wingate is, quite simply, a master storyteller."

Her work has garnered or been nominated for many awards, including the Pat Conroy Southern Book Prize, the Oklahoma Book Award, and the RT Booklovers Reviewer's Choice Award. Her blockbuster hit, *Before We Were Yours* remained on the New York Times Bestseller List for over a year, was Publishers Weekly's #3 longest running bestseller of

2017, and was voted by readers as the 2017 Goodreads Choice Award winner for historical fiction. *Before We Were Yours* has been a book club favorite worldwide and to date has sold over two million copies. *Before and After* was a finalist for the 2019 Goodreads Choice Award for Non-Fiction History and Biography.

Lisa was inspired to become a writer by a first-grade teacher who said she expected to see Lisa's name in a magazine one day. Lisa also entertained childhood dreams of being an Olympic gymnast and winning the National Finals Rodeo but was stalled by a mental block against backflips on the balance beam and by parents who stubbornly refused to finance a rodeo career. She was lucky enough to marry into a big family of Southern tall tale enthusiasts who never let the truth get in the way of a good story. Lisa writes her novels at home in Texas where she is part of the Wingate clan of storytellers. Of all the things she treasures about being a writer, she enjoys connecting with people, both real and imaginary, the most.

Tickets for this Virtual event are available by calling the Graves Library or go to the "Buy Tickets" Button on the website (www.graveslibrary.org) and specify in the event in the notes section. (\$25 pp-includes link to this special live event.) All proceeds benefit the annual operations of the Louis T. Graves Memorial Public Library.

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Upcoming events

FREE drive thru bar b q. American Legion Post 150, route 9, (across from the police station) Kennebunkport. The menu consists of pulled port, smoked chicken, beans, bratwurst pieces, potato salad, and jalapeno corn bread. donations welcomed. For more information call 967-2400 **The event will be held on, Fridays September 3 and September 10. 5p.m..**

Historical Society Seeking Craftspeople The Arundel Historical Society is seeking craftspeople for its annual Heritage Day , Saturday, Sept.18 from 10 AM to 4PM. The event is a family event located at the corner of Limerick Road and Route 111 and is a day of showcasing rural living, historical displays, Civil War encampment, food, music, exhibits,etc. For information and application forms please contact Joanne at 985-3087 or visit our website info@arundelhistorical.org.

BOHEMIAN SUNDAY POETRY READINGS are returning to the Kennebunks at the Brick Store Museum in Kennebunk. We are thrilled to have five highly acclaimed poets share the stage —Jeri Theriault, Dawn Potter, Mike Bove, Helen Rousseau, Pat Spiller. Admission free. We will follow the museum's guidelines for Covid. Meet our poets and old friends and new at this unique afternoon of poetry. Hosted by WePoets & Verse in Kennebunk, visit wepoets.weebly.com.

Arundel Conservation Trust Hosts First Annual Trail Fest Arundel Conservation Trust (ACT) is pleased to announce our first annual Trail Fest on Saturday, September 25, 2021. Trail Fest features 5K, 10K, and Half Marathon trail runs. As "Proud Partners in Trust" this event is in partnership with our sister organization, the Kennebunkport Conservation Trust (KCT) who is hosting its annual KCT Trail Fest on October 2, 2021. The ACT Fall Trail Fest Half-Marathon race starts at 8:00 AM and the 5K/10K races start at 9:00 AM. The courses are set on the beautifully maintained ACT Multi-Purpose Trail and the Eastern Trails with stunning woodland and stream views. Runners will start at the new Arundel Municipal Building parking lot on 257 Limerick Road, Arundel, Maine. All races return and finish at the Arundel Municipal Building parking lot. We encourage all participants to take part in the Arundel Conservation Trust Trail Fest and the Kennebunkport Trust Trail Fest weekends. An awards ceremony will follow the ACT races on 9/25 and a larger celebration including music, food and drinks will take place after the KCT Trail Fest on 10/2/21 at their Registration and information: <https://raceroster.com/events/2021/49953/arundel-conservation-trust-trail-fest>.

Come learn how to manage your mind-body connection. For information or to register, call Hopespring at (207) 850-9011 or visit www.hopespringholistic.com.

SCHOOL BELLS "ZOOM" AT SOUTH COAST SENIOR COLLEGE Learn From Home in Courses Focusing on Politics, History, Music and Books. This fall students can enjoy a six-session class called "Swing's the Thing" that celebrates the history of jazz and swing. Or they might settle into a favorite armchair with a cup of coffee, at home, while listening to a discussion on Kenneth Robert's "Oliver Wiswell." Currently, classes are filling up fast and new classes are added to the catalog each week. FMI about South Coast Senior College, go to south-coast-senior-college.coursestorm.com or email southcoastseniorcollege@gmail.com

Kennebunk Free Library



Portland Head Light, Cape Elizabeth, Maine 24x30 inches.

The Kennebunk Free Library announces its September 2021 "Maine Coast Scenery" exhibition of oil paintings created by Ernest Pevny. The public is invited to view the exhibit in the Speers Gallery starting September 1st at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs. Library hours are: Monday and Tuesday 9:30 am - 8:00 pm, Wednesday 12:30 pm - 8:00 pm, Thursday and Friday 9:30 am - 5:00 pm, and Saturday 9:30 am - 5:00 pm. Mr. Pevny began painting at the age of five in his homeland, Bratislava, Slovak Republic (formerly known as Czechoslovakia). He received his formal art training from prominent Slovak artist, Michael Tilner. He is also a medical doctor and a classically trained pianist. The beauty of nature provides inspiration for his landscape and still life paintings. All of his art work is done on location en plein air. Mr. Pevny's technique is early impressionist. His earlier works included portraits. Kennebunk Free Library is pleased to display the works of this talented artist.

Outside Storytime at Kennebunk Free Library It's time for storytime — outside! On Mondays at 10:00 a.m., storytimes will be held outside the library. Join Miss Maria for songs, stories, and fun! Bring a blanket or towel to sit on, and don't forget your sunscreen! In the event of rain, storytime will be held on Facebook Live. The location of storytime will be announced by 8 a.m. on Monday morning, and will be shared on our Facebook page and website. Masks are strongly recommended. These events are free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173.

Book Stacks for Children from Kennebunk Free Library Would you like to borrow a stack of library items handpicked by a librarian? We'd love to choose some materials for you! We have lots of brand-new books to share with you! A KFL library card is required. If you're interested, fill out the Google Form and give us some information about your interests and the types of things you like to borrow from the library. If you have any questions, you can reach us via email at ys@kennebunklibrary.org or by phone at 985-2173. We're excited to choose library items for you!

Survey About Programming For Children From Kennebunk Free Library Kennebunk Free Library is working on adding indoor programming for children, and we'd love to hear thoughts and questions, especially from parents! The survey includes a few multiple choice questions and a space for sharing thoughts. The survey can be accessed at the following link: <https://forms.gle/XwFagNabeeRjDr1T7>. All responses are anonymous. Any of our program plans are subject to change as the world around us changes. Thank you for your time!

Take and Make Kits for Children at Kennebunk Free Library Looking to get crafty? Kennebunk Free Library will be offering take and make craft kits with all the materials to make a craft or two. No registration required, available while supplies last! Kits will be available in the library and

curbside by request. This month, we will be offering crafts to celebrate Fall! Kits will be available starting Wednesday, September 1. Visit us to grab some supplies that will help you get creative!

MSK Book Group On Wednesday, September 22nd we will meet in person to chat and discuss the book. The location for September's meeting is still to be determined please see either library for more information. Meetings will run from 2:15 until 3:30, open to teens in the 6th - 8th grade, snacks will be provided. The book club is being offered by Louis T. Graves Memorial Public Library and Kennebunk Free Library. Hosts will be Terri Bauld from Graves Library and Jon Roy from Kennebunk Free Library. This month we will be reading *The Unteachables* by Gordon Korman. You can stop by either library to pick up your copy of the book. Please sign up in advance by calling either the Graves Library 967-2778 or Kennebunk Library 985-2173. Please read the book in advance of the meeting. If you have any questions, please call either library for more information

HavestFest Book Sale at the Kennebunk Free Library The Friends of the Kennebunk Free Library will have a book sale on Saturday, September 25 from 8:30 a.m. to 12:30 p.m. in conjunction with the Town's HarvestFest. The sale will be held outside (weather permitting) and will move indoors if needed. Come and support the Library and get some great deals on gently-used books and media. Please bring your own bags. Current Friends will each get two free books. Membership forms for joining the Friends will be available. For more information, please call the Library 207-985-2173 or email us: kfl@kennebunk.lib.me.us.

Public Notice of Annual Meeting of the Kennebunk Free Library Association Public notice is hereby given to the public pursuant to the Kennebunk Free Library Association by-laws, that the annual meeting of the Association will be held on Tuesday, September 28, 2021 at 4:30 p.m. over Zoom.

Boards of Trustees' meetings are typically held on the last Tuesday of the month at 7 p.m. in Hank's Room, with the exception of July and December, and they are open to the public. Through the pandemic we are conducting these meetings over Zoom at the 4:30 time slot. For more information or to receive the meeting link, contact Library Director, Michelle K. Conners, at 985-2173 or kfl@kennebunklibrary.org

Louis T. Graves Library

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

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

Wednesdays @ 7:00 pm. Portside Readers. Who does not like to be read a story? Listen to stories, poems, tales, essays, drama, songs and more by the Portside Readers, a small group of local actors, writers, book club members and a musician who love the written word and want to share the joys of reading and listening. Tune in Wednesday evenings at 7pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channel 1301. Please call the Library for more information on this creative collaboration of friends and neighbors!

Wednesday, September 1 @ 6:00 pm. Summer Music Series at Graves Library. Join us for some good vibes and live music in the garden at Graves Library. Bring your friends, bring your chair, sit back, tap your feet, and listen to some local beat. Let's celebrate summer, our community, and our fondness for talented musicians right in our own backyard! A donation of \$10 would be appreciated. Parking available on Maine Street and Consolidated School.

Tuesday, September 7 @ 10:00 am. Chair Yoga in the Garden (4 week session). Gently rock your body with yoga instructor Mindy Miller Muse E-RYT/CCLTY. Designed For Seniors. Waiver required. Donations can be made to Mindy at each session. Please call the Graves Library to sign up or for further details (967-2778). The class is limited to 12 people.

Tuesdays September 7 and 21 @ 4:00 pm. Write Now, Right Now. Enjoy putting pen to paper with your thoughts and stories? Join us for a new and different kind of writing group. Creative writing prompts will be given at the end of each meeting. When we meet (either indoors or in the garden), we will discuss our findings, share our writing, and get to know our own unique inner talents! Give us a call at 967-2778 or send an email to ml@graves.lib.me.us to get on board, right now!

Thursday, September 9 @ 9:45 am. Morning Book Group. This group meets the second Thursday of every month. For September, the group is discussing *Dear Edward* by Anna Napolitano. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>.

Wednesday, September 15 @ 9:00 am. Virtual Yoga at the Library. Virginia Williamson (Ginny) is a Kriya Yogi, in the lineage of Paramahansa Yogananda, initiated by Roy Eugene Davis. She has been practicing Yoga for 31 years; teaching in Southwest Florida for 22 years. She teaches traditional, 'old-school', Classical Yoga, with emphasis on meditative movements coordinated with the breath. Her instruction accentuates moving from one posture to another in a progressive manner that supports the nervous system while developing strength and relaxation in the rest of the body and calmness in the mind. Call us at 967-2778 for the Zoom Link. A donation for this class is suggested. All proceeds benefit the Louis T. Graves Memorial Public Library, Kennebunkport.

Wednesday, September 15 @ 9:45 am. Your Health Matters. Please join us and staff from the Kennebunkport Public Health Department to identify ways to improve healthy choices and overall well-being. Copies of the book *Now What: A guide to gifts and challenges of aging* written by Ruth Rashid Kaleniecki and David Crumm (editor) are available for checkout at the Library. Not able to read the book before the discussion, please feel free to join us and learn more about this month's book pick. Help set the course for a healthy you! Graves Library

CALENDAR

is located at 18 Maine Street, Kennebunkport, Maine. Please give us a call for further details about this healthy monthly program. 967-2778.

Thursday, September 16 @ 6:00 pm. The Trustees of the Louis T. Graves Memorial Public Library are pleased to announce their Annual Author Event to be held virtually on Thursday, September 16 at 6:00 pm. Tickets for this Virtual event are available by calling the Graves Library or go to the "Buy Tickets" Button on the website (www.graveslibrary.org) and specify in the event in the notes section. (\$25 pp—includes link to this special live event.) All proceeds benefit the annual operations of the Louis T. Graves Memorial Public Library.

Tuesday, September 20 @ 10:00 am. Miss Lyn Likes! Join us for a new program (virtually) with Miss Lyn who will feature various picture books that she loves for a plethora of reasons. Tune in to Facebook or Youtube and see what is suggested. Any of them sound good? Call us to reserve! (967-2778).

Tuesday, September 28 @ 2:15 pm. Book Look. This program is all about back to school. Let us help suggest ideas and books for a successful transition to school, higher grade levels, different school, etc. This is a pre-recorded program with Miss Terri. Please tune in to our Facebook or Youtube pages whenever it's convenient.

Wednesday, September 29 @ 2:15 pm. Middle School Book Club — The Page Turners. This group will meet via ZOOM for the month of September. Copies of the book will be provided ahead of time at either Kennebunk Free or Graves Memorial Public Library. Call us for details and we will get you started (967-2778)!

Thursday, September 30 @ 4:30 pm. Evening Book Group. The pick for September is works by James Baldwin — Go Tell it on the Mountain and/or Nobody Knows My Name. (This group meets the last Thursday of every month outside in the garden). New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>

Ongoing:

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

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

Caps for Sale! We are now selling ball caps with our unique Library Logo. Colors are Gray and Raspberry. Hats are made locally (Arundel) at Charlie Horse. \$20.00. Give us a call for purchase or inquiry. We are happy to ship too! (207-967-

2778). Check out our Store on either our Website (graveslibrary.org) or Facebook (www.facebook.com/GravesLibrary) for more items. All proceeds benefit the Graves Library. We thank you very much!

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

River Tree Arts

Please join us! Small Works Fundraiser In-Person at River Tree Arts, 35 Western Ave, Lower Village, Kennebunk Friday, September 3th from 6pm-8pm This year's Small Works Fundraiser will take place in person on Friday, September 3rd from 6pm – 8pm. We hope to host the event in our traditional format – therefore artists and patrons attending can expect refreshments and will be able to walk the galleries. During this time, patrons will also be able to view and bid on silent auction pieces. Starting at 7pm each piece of artwork in the general fundraiser may be purchased for \$125 and taken directly off the walls – excluding silent auction pieces.

All funds raised during the evening will directly benefit River Tree Arts and our non-profit, community arts mission. While registration is not required, we ask those that are interested in attending to RSVP so we have an understanding of the evening's headcount. RSVP HERE Be sure to check www.rivertreegallery.org for all the up-to-date details including previews of the artwork, a list of participating artists, and a detailed program for the evening! Questions? Connect with a member of the Gallery Committee at gallery@rivertreearts.org

Wells Reserve at Laudholm

Wednesday, September 1, 10-11:30am Secrets of the Salt Marsh Walk. Learn what is special about the productive ecosystems found between seashore and upland. This walk at the Wells Reserve covers about 1 mile. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Thursday, September 2, 2-4pm Ferns: Ancient Plants. Maine Master Naturalist and environmental educator Linda Littlefield Grenfell will fill you in on fern parts, the fern life cycle, and the various kinds of ferns that can be found along the Wells Reserve trails. Individual \$8/\$6, family \$20/\$15 plus site admission. Registration required at linda@wellsnerr.org or 207-646-1555 ext 128. FMI wellsreserve.org/calendar

Saturday, September 4, 10-11:30am Estuary Discoveries. Meander along the accessible trail at Wells Harbor Park to learn about the value and importance of estuaries, where rivers meet the sea. Free. Registration required at linda@wellsnerr.org or 207-646-1555 ext 128. FMI wellsreserve.org/calendar

Tuesday, September 7, 8-9:15am Virtual Morning Yoga via Zoom. A new 6-week series of gentle Hatha yoga classes begins online with the Wells Reserve. Increase your strength, flexibility, endurance, focus, and concentration with guidance from Leslie Fiore, founder of Port Yoga in Kennebunkport, who has been practicing and teaching yoga for nearly 20 years. The series costs \$72/regular or \$60/member. Registration

required. Call 207-646-1555 ext 116 or email suzanne@wellsnerr.org to reserve your space. FMI wellsreserve.org/calendar

Tuesday, September 7, 10-11:30am Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Wednesday, September 8, 10-11:30am Secrets of the Salt Marsh Walk. Learn what is special about the productive ecosystems found between seashore and upland. This walk at the Wells Reserve covers about 1 mile. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Wednesday, September 8, 6-7pm Lobsters and Climate Change in the Gulf of Maine. Hear the latest about lobster research at the Wells Reserve in this Zoom presentation by Dr. Jason Goldstein, the reserve's research director. Goldstein and his colleagues are studying the impacts of warming waters on the movements of female lobsters and the fate of their larvae, with an eye to how this will be felt in the fishery. They are also using technology, including datalogger lobster backpacks, for tracking lobster movements, heart rates, and feeding activity. This free Ted Exford Climate Stewards lecture is supported by Dave and Loretta (Exford) Hoglund. Register at wellsreserve.org/calendar.

Thursday, September 9, 10:30-11:30am Preschool Story Hour. Introduce your kids to animals through a storybook reading, a short trail walk at the Wells Reserve, and a related craft project. This month we will read "Noisy Bug Sing-Along" by John Himmelman. For children aged 3 to 5 and their caregivers. Free with site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar

Saturday, September 11, 10am-4pm Laudholm Nature Crafts Festival. A favorite with exhibitors and those who love their work, this prestigious show fits more than 120 displays in a historic seaside setting. The Laudholm festival features consistently high quality work, whether products are practical, inspirational, whimsical, or dignified. Artists in the juried event work with precious metals, fabric, clay, glass, wood, and other mediums. \$10/\$5. FMI wellsreserve.org/crafts

Sunday, September 12, 10am-4pm Laudholm Nature Crafts Festival. A favorite with exhibitors and those who love their work, this prestigious show fits more than 120 displays in a historic seaside setting. The Laudholm festival features consistently high quality work, whether products are practical, inspirational, whimsical, or dignified. Artists in the juried event work with precious metals, fabric, clay, glass, wood, and other mediums. \$10/\$5. FMI wellsreserve.org/crafts

Monday, September 13, 10-11:30am Nature Walk. Tour a variety of coastal habitats with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Wednesday, September 15, 10-11:30am Explore the Shore. The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects.

Good footwear recommended; beach terrain can be sandy, rocky, and uneven. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org/calendar

Wednesday, September 15, 12-1pm Tracking Maine's Great Blue Herons Beyond State Lines. Did you ever wonder where Maine's great blue herons go in winter? Wildlife biologist Danielle D'Auria has been finding out. Since 2016, the Maine Department of Inland Fisheries and Wildlife has tracked herons using GPS to follow their movements during nesting, migration, and winter. Tracking has revealed impressive flights, sometimes non-stop over open ocean for 60 hours or more, as herons migrate to Florida, the Bahamas, Cuba, and Haiti. In this lunch-and-learn at the Wells Reserve, hear about these majestic birds, how volunteers have monitored their Maine colonies for 13 years, and how students are integral to tracking their movements. \$5 suggested donation. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar

Saturday, September 18, 9-11am Native Plant Sale. Help create and restore beneficial environments by purchasing native plants that will attract essential pollinators to your home garden. Proceeds benefit York County Master Gardener Volunteer programs, activities, and garden spaces at the Wells Reserve at Laudholm. Offered plants are grown from wild or wild-type seed and include information on growing conditions, benefits to wildlife, and complementary species. Sale held rain or shine. Quantities are limited. FMI wellsreserve.org/calendar

Thursday, September 23, 10-11:30am Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Thursday, September 23, 2-4pm Mindful Experience. Slow down and open yourself to the sights, sounds, and scents surrounding you on the Laudholm campus of the Wells Reserve. With heightened awareness as our goal, we will practice slow and quiet walking, using our senses in different ways. This is a peaceful, guided experience that teaches mindful practices you can apply anywhere. For ages 12 and up. Individual \$8/\$6, family \$20/\$15 plus site admission. Registration required at linda@wellsnerr.org or 207-646-1555 ext 128. FMI wellsreserve.org/calendar

Wednesday, September 29, 10-11:30am Explore the Shore. The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects. Good footwear recommended; beach terrain can be sandy, rocky, and uneven. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org/calendar

Thursday, September 30, 8am-4pm Basic and Advanced Coastal Erosion Control Practices. Learn effective techniques for controlling erosion in coastal areas. This course, offered at the Wells Reserve, is primarily for contractors but is helpful to municipal code enforcement officers, consultants, engineers, and public works employees. The course is necessary to become certified in erosion and sedimentation control practices by the Maine Department of Environmental Protection. \$50. FMI wellsreserve.org/calendar

Thursday, September 30, 10am-12pm Wonderful Weeds. The weeds we often disregard and destroy are life-giving and healing. Discover the medicines and foods underfoot on the Laudholm campus of the Wells Reserve, so you will recognize them as you explore your own yard or other local lands. Individual \$8/\$6, family \$20/\$15 plus site admission. Registration required at linda@wellsreserve.org or 207-646-1555 ext 128. FMI wellsreserve.org/calendar. Wells Reserve at Laudholm 342 Laudholm Farm Rd Wells ME 04090. wellsreserve.org

Brick Store Museum

Thursday, September 2: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 4: Kennebunk Beach History Walking Tour, 11:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

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Thursday, September 9: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Thursday, September 9: "Who Makes History?" Museum Open House, 4:30pm - 7:30pm, Brick Store Museum, 117 Main Street, Kennebunk. Free Open House for the community to view the new exhibit, "Who Makes History?"

How Peoples, Museums and Archaeology Can Tell the Full Story," inviting guests to discover two recent archaeological projects in the Kennebunks that are working to tell the story of indigenous and Black history in our area. At 5:30pm, brief talks by team leaders of both archaeology teams will lead to a Q&A session. The event is free and open to the public. Registration is requested to help control traffic flow and can be completed at www.brickstoremuseum.org or by calling 207-985-4802.

Friday, September 10: After-Hours at the Museum!, 5:00PM - 7:00PM, Brick Store Museum, 117 Main Street, Kennebunk. Free admission to the Museum with a free art activity for the whole family, and tour the new "Caleb Cole: Remains" contemporary exhibit! FMI call 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 11: Kennebunk Beach History Walking Tour, 11:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 11: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Thursday, September 16: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 18: Kennebunk Beach History Walking Tour, 11:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 18: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical

homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Thursday, September 23: Museum Annual Meeting & Colin Woodard Keynote (open to public), 5PM, Brick Store Museum, 117 Main Street, Kennebunk. The Museum's Annual Meeting will update Members on Museum happenings during the past year; free to Members. Starting at 6pm is the public portion of the program, a keynote lecture by author Colin Woodard, on his new book "Union: The Struggle to Forge the Story of the United States." Members are free, general admission is \$10 to support the speaker. Please reserve tickets in advance by calling 985-4802 or visit www.brickstoremuseum.org/calendar.

Thursday, September 23: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical

homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 25: Kennebunk Beach History Walking Tour, 11:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, September 25: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$5 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

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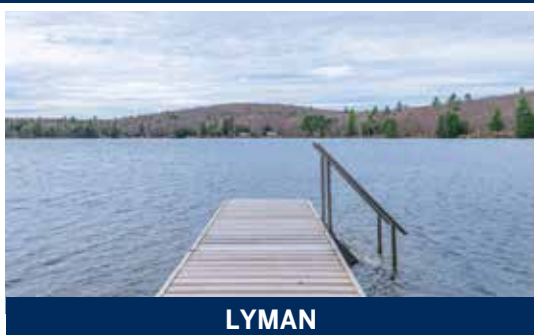


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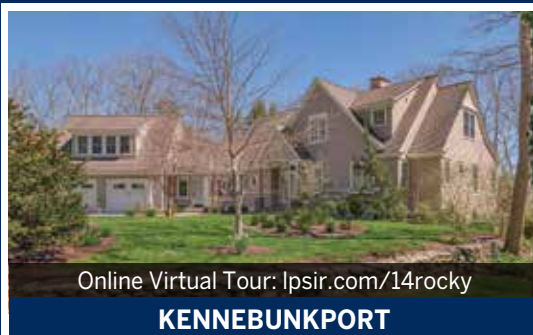
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