

**JUNE
2022**

The Kennebunk

Village

Magazine

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KENNEBUNK OUTFITTERS STORE -A NEW Shopping Oasis

WELCOME SUMMER

**Spotlight on events, local artists, beaches, shopping, and
fine dining**

Maine's premier monthly magazine serving: York County

www.thekennebunkvillage.com



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On the Cover



Kennebunk Outfitters: An Oasis for Outdoor

Enthusiasts: Kennebunk Outfitters is located at 51

Western Avenue, Kennebunk, open 7 days a week. Visit:

kennebunkoutfitters.com. Article on page 4

Photo by: Bob Dennis, Images of Kennebunkport

<https://www.kportimages.com>

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Kennebunk Outfitters - An Oasis for Outdoor Enthusiasts

By: Shelley Wigglesworth, lead writer
Photos by: Bob Dennis | www.kportimages.com

Charlie and Robin Buckley are the husband-and-wife owners of the popular Kennebunk Outfitters store in Lower Village. They were first introduced to Maine, and the Kennebunks over 20 years ago when Robin's parents moved here to lead the Sea Road Church. They instantly fell in love with this community and vowed to move here one day. In 2019 they did indeed move to Maine making their dream become a reality. This not only allowed them to be closer to their two older children (Tyler, 25 and Hannah, 21) who were based in Boston, but it also allowed them to raise their youngest son Briggs, 10 in a small-town setting with a sense of community. Being an active family centered around the outdoors in all four seasons has given the Buckley's a keen sense of what people of all ages, skills, and ability levels are looking for when it comes to outside recreational products. Robin explained "We have always been active and enjoyed running, cycling, hiking, tennis, golf, fishing, and skiing. The idea for Kennebunk Outfitters began and grew organically from our own desire to have a local option for footwear and apparel geared toward outdoor activities. We noticed people in the Kennebunks had to drive 30-40 minutes north or south to find a pair of sneakers, hiking boots, or any technical outdoor apparel. We saw an opportunity to build a business where people could be 'outfitted' for an outdoors lifestyle."

Charlie added "We were also very conscientious of the brands we chose to partner with. We chose only those brands that are responsible environmentally and socially and priced in an inclusive manner. It is important to us that we offer products across a broad range of price points—good, better, and best all have a place



who walks through the door as their personal guests. They are welcoming, knowledgeable, and believe in what they sell. Top notch customer service is something for which they are known. They listen intently to their customer's needs and provide them with the best choices for apparel and gear to suit whatever they may be looking for. If they don't have what you want, they will do their best to custom order it.

Kennebunk Outfitters carries almost anything

one would need for year-round outdoor activity, carrying children's

sizes in 4-16, men sizes in S - XXL and womens sizes in XS - XL. Their vast stock of clothing, gear and outdoor essentials are tried and true, and often tested, approved, and recommended by the Buckley's themselves. Their offerings are American, and Maine made whenever possible. All lines carried are excellent



in our store. The brands we have are sold at the price you'll find online but with a very personal level of service."

When you step into Kennebunk Outfitters, the first thing you will notice is the airy, open layout saturated with natural light. The store was originally an 1840's barn which has been meticulously renovated to maintain the original charm and structural integrity and simultaneously exude the feel of a rustic, yet chic Maine cabin in the woods; and the Buckley's treat everyone

quality and competitively priced, with special savings for local loyal shoppers. Whether it is sneakers for running, tennis or hiking, helmets for biking, fishing tackle, swimsuits, sunglasses, sandals, rain gear, backpacks, boots for all weather, socks, hiking gear, tennis whites, casual lifestyle wear, or yoga mats and clothes, Kennebunk Outfitters

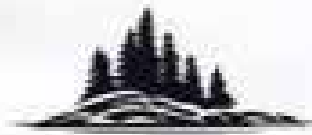
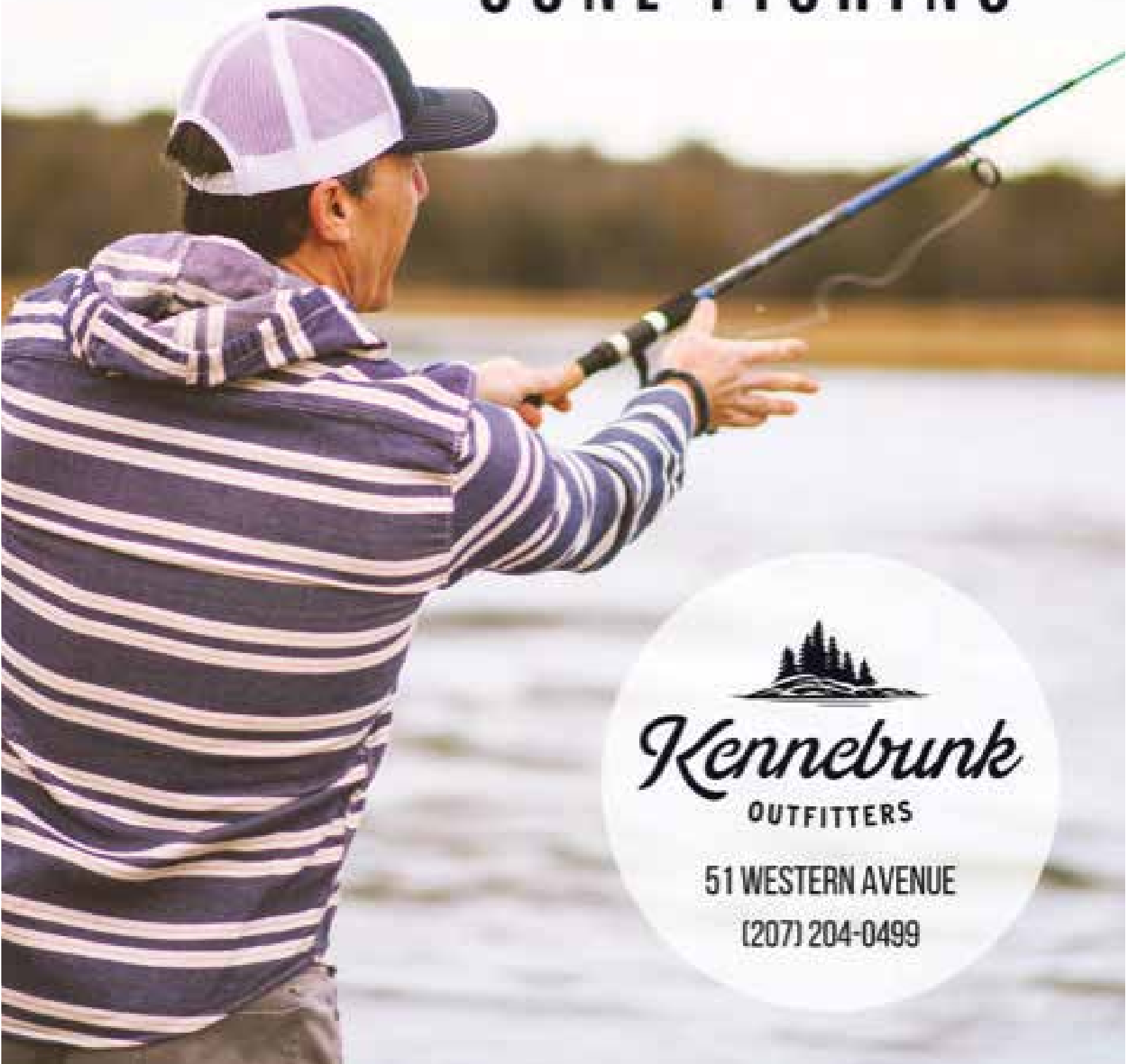
has you covered. They also offer beach chair and fishing pole rentals starting at \$15 per day and are planning to offer more rental items in the future.

"Our primary goal is to serve our local community. We are here to

Continue to page 6

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OUTFITTERS

51 WESTERN AVENUE

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Charlie and Robin Buckle owners of the popular Kennebunk Outfitters store in Lower Village.

improve the lives of people who live in and enjoy coming to the Kennebunks. We strive to be the place where people can go to for sound advice on the best footwear, apparel, and gear for their personal needs, and to connect them with other local businesses where they can enjoy memorable experiences (fishing charters, kayak tours, scenic boat tours offering lobstering or whale watching experiences, surfing, sailing, places to go hiking or camping etc.) We also strive to connect people with others who are like-minded. For example, we started a run group a month after we opened the store last year and the group (known as the KO Run Squad) has grown to over thirty members. Several 'KO Run Squad' members trained together for the Old Port Half Marathon which they ran last November," Charlie said.

Robin agreed and added "We want our customers to have a personal and experiential shopping experience where they feel welcome and known by the owners and our sales associates. We are committed to serving the broader community as well by partnering with the Kennebunk Rotary to support the CS3 program, supporting the Kennebunk High School Environmental Action Team by sponsoring a 5k road race to raise money for their courtyard landscaping project, co-hosting the Kennebunkport



Displays created by KO's store manager and visual merchandiser extraordinaire, Michael (Mike) Mahon, proud NJ native.

Conservation Trust Trail Fest, and this year creating a Turkey Trot Road Race Thanksgiving Day weekend. We plan to stay on top of trends and find more ways to nurture a sense of community within town, including hosting more events to help connect people with others who have shared interests."

The store's mission statement says it best, "Kennebunk Outfitters is not just a store. It's an idea. It's built on the belief that a life lived actively, outdoors and amongst friends and family will be a life filled with joy. It's the premise that as a store we have an obligation to carry only those brands that create quality products in an environmentally responsible fashion. A belief that employees of both our store and those brands we partner with should be paid fairly and work in an environment that inspires them and makes their life better. A belief that Maine, and the Kennebunks' community is special and that we are stewards who have an obligation to care for this special place the way those before us have. It's a belief that you always do the right thing. Always."

A sampling of brands and offerings in outdoor activity categories include:

- Run/Walk: footwear for road or trails (Brooks, Hoka, On, Altra) apparel (Brooks, On, Tasc) hydration packs, hydration and nutrition for endurance sports, head lamps, reflective vests, socks (Smartwool and Falke).
- Bike: apparel (Garneau, Gore) helmets for adults and children, socks.
- Hike/Trail: footwear (Oboz, Sportiva, Hoka, Altra, Brooks) clothing (Patagonia, Norrona, Cotopaxi, Fjall Raven) hiking poles, hydration packs, socks, backpacks (Hyperlite Mountain Gear made in Biddeford, Patagonia, Cotopaxi, Fjall Raven.)
- Fishing/Sailing/Boating: fishing rod rentals, fly fishing and spin casting equipment for inland and coastal fishing, protective hats, shirts, swimwear, deck shoes, boots for boating (Xtratuf, Grundens), sunglasses (Costa); towels (Nomadix.)
- Swim/Surf/Beach: beach chair rentals, bathing suits, rash guards for men, women, and children (Carve Designs, Snapper Rock, Johnnie-O, Prana, Vuori, Patagonia) UPF protective hats, shirts, swimwear, flip flops (Olukai, Hari Mari,) coolers, speakers, beach towels, beach blankets (Nomadix, Patagonia, Faherty), sunscreen (Sun Bum), beach bags, sunglasses (Costa, Knockarounds.)
- Tennis/ Golf/ Pickleball: apparel, footwear, hats, bags,

tennis balls, pickle ball paddles and balls (K-Swiss, Fila, Lucky in Love, Loufe Poche, Johnnie-O, Black Clover.)

- Skiing/Winter activities: ski pants, ski jackets (Patagonia, Norrona, Helly Hansen, Marmot) base layers (Smartwool, Kari Traa, Fjall Raven, Helly Hansen) snowshoes (Garneau) ski socks, snow boots (Bogs, Oboz.)
- Lifestyle and casual clothing: chinos, polos, dresses - things you can wear out for dinner or around town (Faherty, Outerknown, Vuori, Johnnie-O, Carve Designs, Prana, Indyeva, Fjall Raven) footwear (Olukai, Hari Mari, Blundstone, Johnnie O.)
- Rainwear: boots (Bogs, Joules, Xtratuf), waterproof jackets and pants (Patagonia, Helly Hansen, Grundens, Joules, Norrona, Indyeva) umbrellas.
- Yoga mats, Yoga apparel (Vuori, Prana.)

Kennebunk Outfitters Upcoming Events:

Late June: (specific date TBD) golf and tennis trunk show with evening wine cheese event offering exclusive access and discounts to tennis and golf apparel.

August and October: Co-hosting the Kennebunkport Conservation Trust Trailfest

November: Turkey Trot Road Race Thanksgiving weekend.

Kennebunk Outfitters is located at 51 Western Avenue, Kennebunk, next to Mike's All-Day Breakfast and is open 7 days a week. FMI: 207-204-0499 | kennebunkoutfitters.com.

Ogunquit Museum of American Art Announces Adopt a School Program

The Ogunquit Museum of American Art (OMAA) is launching a new pilot program in which the museum has partnered with a local school to enhance student learning of the visual arts in Maine. For the inaugural 2022 season, Biddeford Primary School has been selected for the program. This new initiative will connect students with original works of art, providing an opportunity to copy a work of Maine-inspired art in a museum setting with a pencil sketch. In addition to providing school buses for transportation, the museum will provide approximately 340 students with an art bag full of supplies for drawing and creating art. For more than half of the students, this will be their first time in an art museum.

"We are thrilled to continue to grow our education department using outreach to make our permanent collection more accessible for students," said Amanda Lahikainen, PhD, Executive Director of Ogunquit Museum of American Art.

"When they come to the museum with their classmates, they will recognize the work of art and have the confidence to discuss and engage with the object."

Biddeford's first and second grade students will learn about a work of art in the classroom before traveling to OMAA to see it in person. This year, the students will study an example of a modernist painting, *Sleeping Girl*, a 1922 oil painting by Walt Kuhn in class, and then travel to the museum to see it in person.

"We are grateful for the opportunity to partner with the museum to support student engagement in a real-life art experience," said Concetta Domenico, Maine artist and art educator at Biddeford Primary School. "As a teacher and an artist, my goal is to instill within each student a greater sense of self-worth while encouraging independence, co-operative, creative thinking, and decision making. This results in a sense of confidence and allows students to 'dream big' when it comes to their personal goals."



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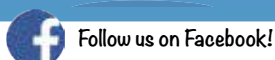
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Goose Rocks Beach. Photo by Bob Dennis.

Mother's Beach – Short sandy section of perfect sand beach which is well protected. Among the few beaches in Southern Maine accommodating children with a playground. Stickers required, available at Town Hall. No facilities. Lifeguard on duty.

Gooch's Beach – Largest part of Kennebunk Beach, along Beach Avenue with talcum powder sand. Parking sticker required, available at Town Hall. No snack bar. Portable toilets. Lifeguards.

Middle Beach – Rocky section of Kennebunk Beach between Mother's and Gooch's with pretty black stones. Sticker also required or pay station.

Colony Beach – At the mouth of the Kennebunk River lies this 150-foot beach. Limited parking. No lifeguard.

Cleaves Cove Beach – Secluded and scenic beach off Ocean Avenue. No parking. No facilities. No lifeguards. This is not a well known beach in Southern Maine.

Goose Rocks Beach – Very soft sand, great for walking. Scenic and beautiful. Parking sticker required or trolley access. No facilities or lifeguard.

Kennebunkport Beach - Parking

Stickers available at Chamber of Commerce, Town Hall and Police Station.

Biddeford and Saco Maine Beaches

Biddeford Pool Beach – Two mile sandy beach with gentle surf. Sticker required from Biddeford Town Hall. Bathhouse and Lifeguard.

Fortune's Rocks Beach – Small sandy beach. Lifeguards. Parking Fee.

Ferry Beach State Park – Sheltered from wind, natural sand dunes. Facilities, picnic area and nature trails.

Old Orchard Beach - is a classic beach town with a summer carnival atmosphere and accommodations for all tastes and budgets, including campgrounds, motels directly on the beach and hotels near the Old Orchard Beach Pier. Whether you're pitching a tent, renting a cottage or staying at one of the area's fine motels or inns, Old Orchard Beach offers an unmatched family vacation experience. Its a fun Maine destination with a beautiful 7-mile sand beach and historic Pier in the middle.

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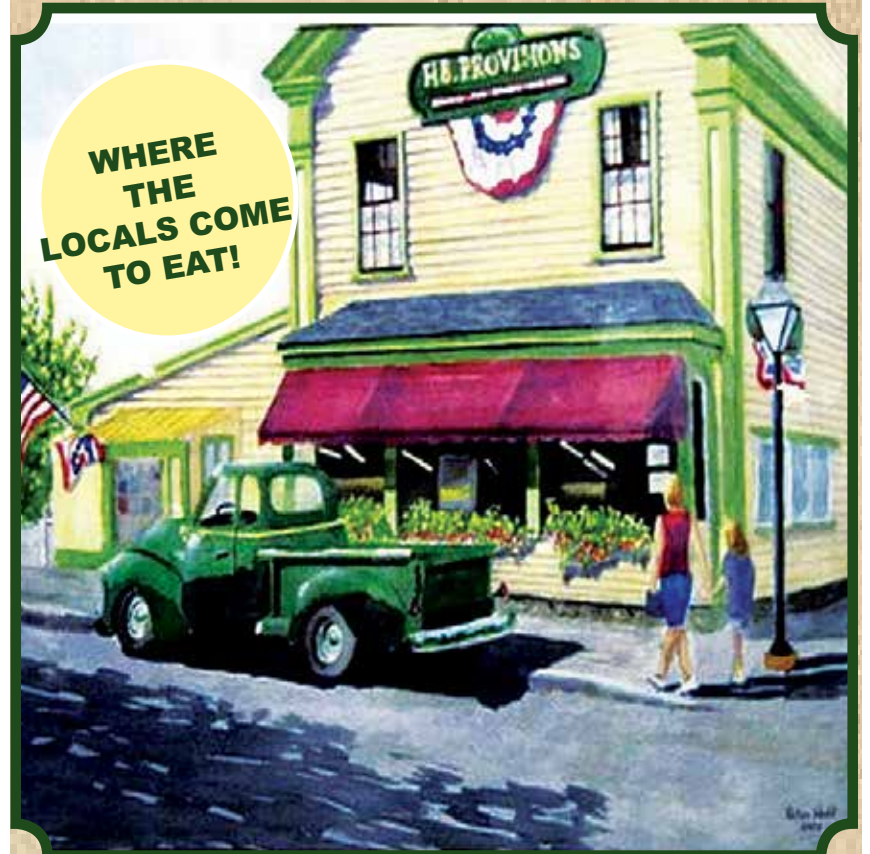
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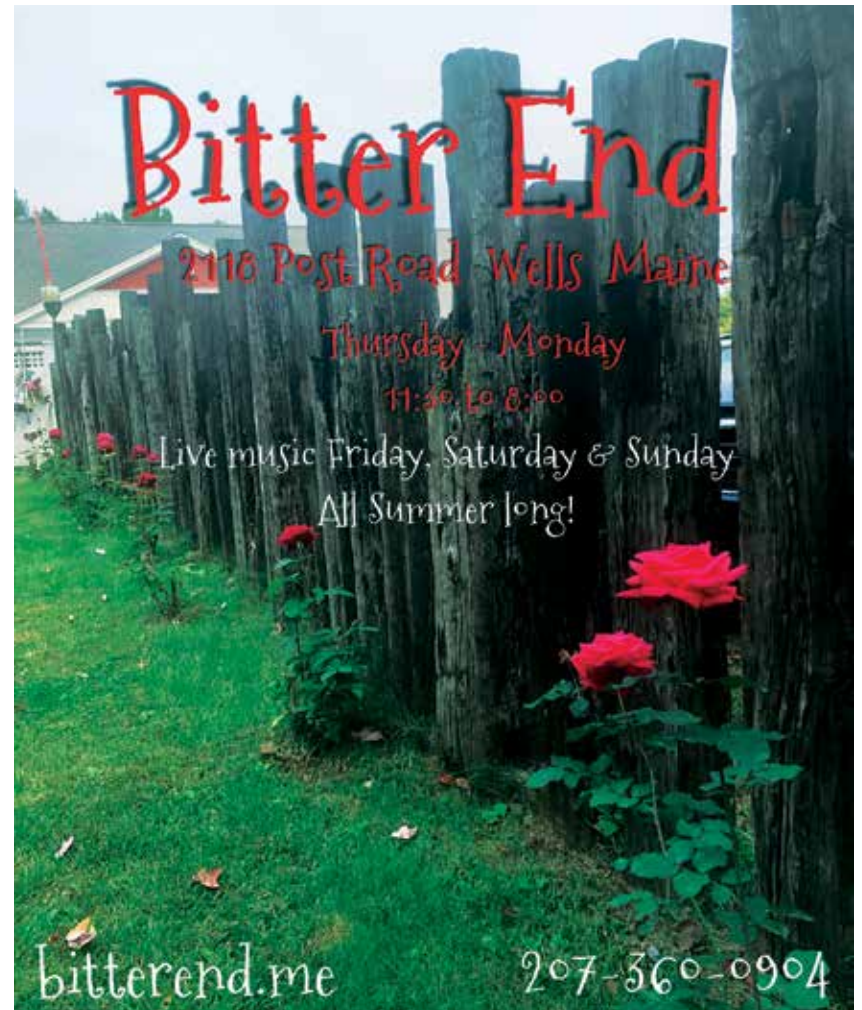
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See Facebook for store updates!



Shoebox and Co. is the newest addition to Kennebunkport

Shoebox and Co. is the newest addition to the Port's retail scene, a curated collection of some of the best global comfort shoe brands. John Daher a former shoe executive who led design and development for two global footwear companies, now helms the new concept store. John's knowledge of the business spans over many years of researching brands from around the world and his business travel has taken him to every continent searching for inspiration.

Moving to Kennebunk last year John realized there was a unique opportunity to utilize his knowledge and open a shop offering some of the best brands to this seaside community. A former Bostonian, John quoted "I am very excited to put together this collection of unique footwear from Germany, Portugal, Italy and Asia. The store has already received

wonderful acceptance from the local community and international tourists. Footwear is more than an article of clothing, it is fundamental to our health and the well-being of our active lives."

Early in John's career he owned five stores in Massachusetts where his now adult children worked at a younger age. His two daughters are now young aspiring footwear executives at global shoe brands. John's wife owns Daher Interior Design, a leading design firm in Boston where his son also works as an architect. John's wife joins him on the weekends and has been assisting with the launch of the new concept. "It is my hope to open more of these stores in resort towns on Maine's magnificent coastline." Birkenstock, Dansko, Oofos, Reiker are just a few of the brands offered.

Shoebox and Co. is located at 24 Ocean Ave., Kennebunkport. Open daily from 10 am until 5 pm.

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Ph: 207.204.0734

According to Cicero, “if you have a garden and a library, you have everything you need.”

We are very pleased to announce that Graves Library's Secret Gardens of Kennebunkport will be held again on Saturday, July 16, 2022 from 10:00 am to 3:00 pm (rain or shine).

Six homeowners have agreed to open their private gardens for this one day only to help raise money for the Library. Tickets are \$40 each and they can be purchased in advance online via Eventbrite or at the Library at 18 Maine Street. On the day of the event, tickets will only be sold at Kennebunkport Consolidated School at 25 School Street.

A detailed map will be provided on the day of the tours to all ticket holders

to reveal the secret locations of the six participating properties. Visitors will be treated to a wide variety of garden styles and plant types amid lovely natural settings hidden from view behind stone walls, seaside cottages, and privacy hedges. Colorful perennials and annuals, a scenic pond, woodland sculptures, ocean views, a Zen-inspired rock garden, trellised blooms, and many more delights are waiting to be discovered during this special garden tour opportunity.


All proceeds for this event benefit the Graves Memorial Public Library. Thank you for your support!



Please call us with any questions at (207) 967-2778. We hope you're able to join us!

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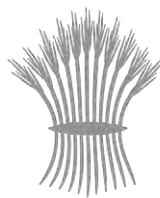


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We look forward to seeing you soon.

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As The Market Turns

As I write this in early May, it has become fairly obvious to me and the colleagues I've spoken with that



this extraordinary seller's market is beginning to turn. The reasons are just as obvious: fast-rising mortgage rates and inflation being the most prominent. What this means is we will likely see a new normal in the market by year's end or sooner, one characterized by stabilized prices, more inventory, and a better balance.

Having jumped relentlessly in the last two years, home prices will flatten. I don't see a collapse as you would in a bubble. In fact, pricing is likely to remain stable for a time, driven mainly by continued demand and low inventories. However, the

biggest change in our economic environment—high inflation—is what will continue to push prices higher after a pause. Since land can't be "printed" like a fiat currency, it has always been an excellent hedge against inflation.

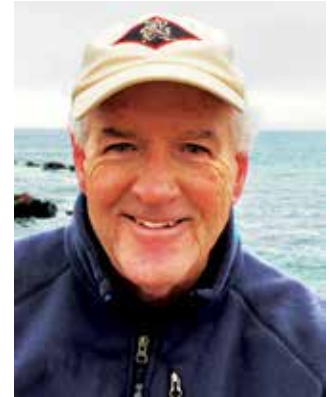
According to the National Association of Realtors, in the latest report, March 2022, sales volume across the country is dropping. Much of that is seasonal, but I suspect the April and May numbers will be lower too. Accompanying this are ever higher prices. The median price has risen, nationwide, by twenty-four percent, and days-on-market continue to drop, although more slowly now. At some point in the near future, prices will halt their frenzied upward climb.

Nationally, cash sales have increased from twenty-three percent of total sales, to twenty-eight percent year over year. One of the big changes in the

entire residential real estate market is the increasing prevalence of the buyer-investor, which comprised eighteen percent of all transactions. This dynamic is exacerbating the housing shortage for those looking to buy, as attractive rents are making such investments more and more viable. Large REITs (real estate investment trusts) are buying up single family homes, especially in the south and southwest, at rate never seen before.

Broken into price segments, the largest increase is in the highest priced category, \$750-1M, an enormous twenty-nine percent rise in prices from March of 2021 to March 2022. Over \$1,000,000, prices rose by twenty-five percent. Both these categories are a testament to "cash is king." Third highest was the \$500-750k range with a twenty-two percent increase. Interestingly, all categories below \$500k actually sold at lower prices, year over year, with homes in the \$100-250k range dropping in price by an astonishing twenty-eight percent!

These are national numbers remember, and in our corner of the world, things are somewhat different—but not that much. The Maine Association of Realtors publishes a monthly report which is less granular than the national one, although it shows the overall numbers for York County. From March 2021 to



By Mark Birmingham, Broker
Kennebunk Port & Shore Realty
Please forward comments to:
mark@kennebunkportandshore.com

March 2022, prices rose twenty-one percent, and sales volume dropped by nearly eight percent over the same period, echoing the national trend, and reinforcing both higher prices and the velocity of transactions. Nine days on the market was the average for a home to go under contract, down from eleven in 2021.

The bottom line is, sooner or later these bubble-like trends will end. But, unlike a bubble, I seriously doubt we will see a crash or even substantial drop in prices. Comparable sales values, buyer demand and inflation will remain high enough to keep that from happening. So, if you're thinking of selling though, "now" is the word.

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Happy Summer, Villagers!

Mobility: This month I have put together an article that will help you increase range of motion in your joints to become more mobile and more flexible!

Let's first define mobility. Mobility is the ability of the body to move freely and easily. Mobility goes hand in hand with stability, which is the ability of the body to maintain postural equilibrium and support joints during movement. All joints are defined as either mobile or stable, respectively:

Mobility joints: ankle, hip, thoracic spine, shoulder, and wrist.

Stability joints: foot, knee, lumbar spine, cervical spine, and elbow.

A clear pattern emerges in the kinetic chain, this chain is simple a series of joints stacked on top of each other, in an alternating sequence of stability then mobility. This creates the ideal platform for dynamic human movement. The kinetic chain – also described as the interconnected linkage of all the joints in the body – allows force to be transferred from the nervous system to the muscular and skeletal systems. Every movement in one joint has some effect on

movement further up or down the chain. When it comes to mobility, each joint has specific needs, but we will follow the same guidelines for each.

To increase mobility in a specific joint, we will follow these steps:

1. **Inhibit** – Inhibit tension in areas identified as being overactive or shortened (tight) to reduce muscular tension, relieve muscle soreness, and improve circulation. Example: foam roll tight muscles before working them.

2. **Lengthen** – Lengthen the muscles with dynamic stretching or neuromuscular stretching techniques to reduce stiffness, increase range of motion, and improve posture. Example: bring body part through light weight or no weight range of motion patterns.

3. **Activate** – the muscles identified as underactive or weak to activate individual muscles, improve muscular endurance, and increase strength. Example: isolate body part to activate just the muscle you're targeting.

4. **Integrate** – Use dynamic total body exercises that are progressed to solidify and coordinate the changes made

to improve total-body coordination, improve movement patterns, and enhance performance. Example: move through exercises while focusing on posture and coordination.

For the purposes of this article, we are going to focus on the mobility joints, let's start at the bottom!

Ankle: Inhibit – begin by foam rolling the calves, the shins, and the bottoms of the feet.

Lengthen – Next get a light resistance band around one ankle at a time, anchored to a low-point (couch leg works!), and practice bending at the ankle keeping the heel planted, 10-20 reps each. Practice pointing and flexing the foot.

Activate – standing on a stair with toes planted and the back 2/3 of the foot hanging off, perform negative calf-raise 15-20 reps each.

Integrate – While you are squatting, lunging, stepping, or walking, focus on the ankle getting maximal range of motion and maintain postural control.

Hip: Inhibit – begin by foam rolling the hamstrings, the quads, the outside of the hips and the inner thighs.



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

Lengthen – Next get a light resistance band around your ankles and practicing walking forward and backward. 10-20 steps each direction.

Activate – Laying on your back, alternate driving one knee into the chest and pausing at the top, 10-20 reps each.

Integrate – Focus on hips staying in neutral position while you move through your exercises.

Thoracic Spine: Inhibit – begin by foam rolling the glutes, the low back, the mid-back and the lats.

Continue to page 15

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Continued from page 14

Lengthen – Next lay on the foam roller, placed right at the base of your ribs, cross your arms at your chest, and practice bending over the foam roller, small movements to start, keeping your neck neutral.

Activate – In a half-kneeling position, bring both arms together in front of you, and practice open the arms like a book. If you are kneeling with the right knee down, the right arm will go back, have your gaze follow the right hand. 10-20 reps each side.

Integrate – In all movements, keep the chest open, and actively pull your shoulders back and down while engaging your lats.

Shoulder: Inhibit – begin by foam rolling the lats, the upper back, the pecs and the biceps.

Lengthen – Grab a resistance band and pull it tight across your chest, keeping the band taught, explore your range of motion bringing the band overhead and down towards the back of the hips. Start small and create larger movements as you go.

Activate – Use a light resistance band, keep your elbow in a locked position, and practice internal and external rotations.

Integrate – Low weight, high reps as you move through overhead shoulder press, lateral, frontal, and rear deltoid raises.

Wrist: Inhibit – begin by foam rolling the forearms front and back.

Lengthen – Extend one arm out in front of you at a time, using your other hand to pull extended hands' fingers back towards your chest, and then pull fingers down and in towards the underside of the wrist.

Activate – Forearm prone curls, light weight 10-20 reps each side.

Integrate – Maintain a flat wrist through all lifts. Potentially utilizing the 'hook grip' to maintain that neutral position. Hook grip: index and middle fingers clamp over the thumb while gripping a handle/barbell/dumbbell etc.

The warmer your body is, the better blood flow you are getting into the muscles, tendons, and ligaments, and this drastically reduces the risk of getting injured. When exploring mobility and flexibility of different body parts I recommend you always begin with at least 10 minutes of low-impact cardio, something to get your heart rate in a working order, around 120 bpm. •



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Benefit Art Sale of **Stephen Palermo's** Work to be held at The Atlantic Hall in Cape Porpoise

By: Shelley Wigglesworth, Lead writer

Well known abstract artist and accomplished fabric designer Stephen Palermo and his wife Grete called Lands' End Road in Kennebunkport home for over 50 years. When the couple passed away in 2017, they gifted their estate and Stephen's original modern art paintings and sculptures to the Kennebunkport Conservation Trust, and the Nature Conservatory. On July 9 from 9am - 3pm a benefit sale of Steve Palermo's original art will take place at the Atlantic Hall in Cape Porpoise, with proceeds going to the organizations the couple loved and believed in.

The well-known and well-loved couple split their time between New York City and Lands' End Road, before moving to the Kennebunkport full time in 2014.

Steve graduated from the Philadelphia Museum College of Art with a BFA in Fashion Design in 1958, advancing his art studies in Paris France in the following years. It was in Paris, that he met Grete and the couple married there in 1961. Shortly after they married, in the mid 1960's they purchased their little slice of heaven on Lands' End Road, which was their beloved



Grete and Stephen Palermo with their dog Molly in New York City. *Courtesy photos:*

retreat from the city life.

Steve worked for years as a freelance fabric designer in Europe in addition to designing and working for clothing companies in the United States. He ran a garment factory in Puerto Rico and showed his original fabric designs at NoHo Gallery in NYC. He was known as one of the premiere designers for swimsuits and sports clothing in the 1960's and 1970's.

It was his inventive, abstract patterns which set his art style apart from other fabric designers, and Grete played a large role in his success with her suggestions and influence, as well as her hands on work with him on mock-up designs throughout his career.

In addition to fabric designs, Steve also created abstract sculptures, working with found objects, discarded metals, and other materials he collected.

Sophie Kaufman is the goddaughter of Steve and Grete. She said the two "formed a remarkable couple, fiercely independent, yet deeply supportive of each other. They were warm, kind, generous, welcoming, curious about everything and everyone, and so committed to their friends, neighbors, and the community, always ready to help."

Katie Kerr and her husband are the current owners of the Palermo house



Stephen Palermo original fabric design art.



Stephen Palermo sculpture, Progression in Red.

and have left it much the same as the Palermo's kept it. Katie said "We love everything about this property, and the legacy. We feel so lucky to live here. I think other people might have bought this house and torn it down, but we love its character. Hopefully,



Stephen Palermo original fabric design art.

we can maintain the Palermos' legacy of keeping the property unique and interesting."

Neighbor and friend Susan Field added "It is fitting that Steve and Grete left so much of their assets to the Trust and the Nature Conservatory so that others could enjoy and experience what they loved and believed in."

A show and benefit sale of Steve Palermo's work will take place at the Atlantic Hall in Cape Porpoise, Saturday, July 9 from 9am - 3pm. All are welcome to attend.

FMI please contact: John Ripton (908) 399-2706.

Ham Radio Emergency Operations Demonstration

Come see the New England Radio Discussion Society demonstrate emergency communications during the national Amateur Radio Field Day exercise June 25-26 on the south yard of The New School in Kennebunk. Since 1933, amateur radio operators have established temporary amateur radio stations in public locations during Field Day to showcase the science and skill of Amateur Radio.

Field Day is the most popular on-the-air event in the US and Canada. Over 40,000 radio amateurs gather outdoors to simulate emergency conditions using a variety of antennas, transceivers and power sources.

Visitors will have a chance to meet and talk with local ham radio operators and see for themselves what the Amateur Radio Service is about. For the public's protection and the safety of radio equipment operators, please follow current Maine CDC covid protocols.

For details about ARRL Field Day, club meetings or amateur radio, contact Alex Mendelsohn: 207-967-8812.



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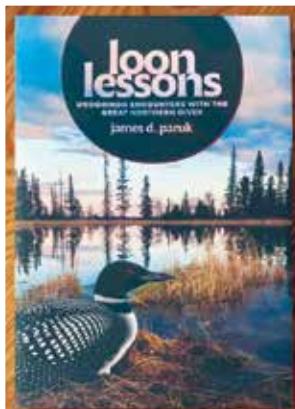
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Author James Paruk: Loon Lessons



The call of a loon is a familiar summer sound for many Mainers. But how much do you know about these fascinating birds? On Wednesday, June 29 at 6:00, biologist James Paruk will be at the Kennebunk Free Library to discuss loons and his book *Loon Lessons: Uncommon Encounters with the Great Northern Diver*.

James D. Paruk is a Professor in the Biology Department at St. Joseph's College of Maine. He is a senior scientist at the Biodiversity Research Institute's Loon Center

for Conservation. Paruk has studied breeding loons in Michigan, Wisconsin, Minnesota, Saskatchewan and Maine and non-breeding loons in California, Louisiana, South Carolina, and Maine. He also spent seven years monitoring the health of a population of loons off the Louisiana coast in the aftermath of the Deepwater Horizon oil spill.

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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Barry and Stacy Sea Love is for the inspired, to help create their happy place with thoughtfully curated home fragrance and lifestyle accents. With a commitment to choosing and crafting products with the least environmental impact and supporting US makers and

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A Series on Local Artist by John Forssen

Sleight-of-Hand

If you've ever tried to follow a magician's hands through a fast-moving routine, chances are, you understand the challenge of keeping up with the fascinating breadth of Artist Cheryl Lunde's work.

She started in oils some 15 years ago a few years shy of retiring from her job as a labor relations consultant and, without abandoning that medium, took up her current joy, watercolors, and, more recently, acrylics. But that's only the nose of the beast, for beyond the traditional 'renderings', which hang throughout her home, she is deep into rosemaling, a decorative Norwegian art form, along with traditional American decorative painting, as one is reminded by the squadron of colorful gnomes which occupy a shelf in her basement studio. There are also a variety of decorative 'plaques' and a growing collection of painted holiday decorations. Indeed, there is very little of 'painting' that these talented hands



Artist Cheryl Lunde demonstrates technique on a finished painting of Calla Lilies, just one of many media forms she enjoys.

have not touched.

The character of her work she describes as 'bright and cheerful, subjects with which I feel some emotional connection'...and, as if to prove her point, she offers a memorably executed watercolor of Calla Lilies, "one of my favorites," she says, adding, "I don't paint gloomy."

Cheryl's interest in art seems to have

developed more or less spontaneously. There was no 'bubbling up', nothing in her background to suggest such a turn in the road, given her schooling in bacteriology and primary education, not to mention her work in labor relations. However, she recalls, as a child there was a good deal of sewing and assorted craft projects...a latent seed, perhaps, an idea, if you will, left awaiting its proper season.

"I had a friend, an artist," she explains and, because, after retirement, I finally had the time, I attended several workshops with her, and I have been painting ever since here in Maine and on two memorable trips to France.

One painting, in particular, which has found wall space in her home, a watercolor, speaks to her interpretive

work as a painter. It's an old barn, not quite falling in on itself, a rusted metal roof attesting to the weight of weather and human endurance. The image possesses a softness like a well worn piece of felt that a man might pull from his pocket to mop his brow at the end of a hard day's work. "It needed to be painted, she said. "I couldn't waste it on memory."

When she's not painting or thinking about painting, Cheryl is active in both the The Art Guild of the Kennebunks and Maine Women in the Arts, the two volunteer organizations which constitute this area's artistic community. "That's work away from the easel," she says. "It doesn't put paint on canvas, but it's work that must be done if the community is to remain viable."

And, as if this were not distraction enough, in the shadows beyond her work lamp...her golf clubs wait patiently for her to put up her brushes and come out and play.

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Serge Hamad, and Heather Zusman. The opening reception will be held on Saturday, May 28th from 5 – 8 pm and is open to the public.

The exhibition explores the coastal influences on contemporary art while also infusing abstract qualities. Color and form inform the

works asking the viewer to look beyond their perceived notions and explore new avenues of thought. Each artist's unique vision and talent is put on display while also allowing the different medias and subject matter to mix and show us how to curate a collection in dynamic ways. Works ranging from abstract sculpture, paintings of birds in flight, interpretations of the sky, and contemporary photography will be on view.

KW Contemporary Art features a dynamic roster of artists ranging from emerging talents to mid-career established artists from around the world. The gallery can be found in Lower Village, Kennebunk near historical Dock Square above Spaces Interior Design store.

Celebrating our second anniversary KW Contemporary Art is pleased to present Summertide our annual summer group exhibition. Curated by owner and director Kiersten Wilcox, Summertide, features the newest work from gallery artists Pedro Bonnin, Elaine Coombs, Susan English, Havoc Hendricks, Jeremy Houghton, KX2, Matthew Langley, James Austin Murray, Yangyang Pan, AJ Oishi, Mareo Rodriguez, Michelle Sakhai, Chloe Saron, and Hunt Slonem.

The exhibition will premiere the works of Liz Barber,



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Mystic Acres Farm— Glen-Mor Legacy Continues

By: Shelley Wigglesworth, Lead writer

Located on Sinnott Road in Arundel, Mystic Acres Farm Roadside Stand is open seasonally May-October, primarily on weekends. The farm stand is stocked with freshly baked items that do not require refrigeration, fresh chicken and duck eggs, and homemade jams and jellies. Extended menu items requiring refrigeration are also available by order any time.

Maine natives Jenn and Todd – ΩShea own the farm. Jenn is the baker, and the recipes used for the products she offers are time tested favorites from her grandmother and grandfather Marjorie and Chet Eaton, who for three decades owned the popular Glen-Mor restaurant in Kennebunk which was known for homecooked meals that could not be beat and a bakery that was second to none.

Jenn explained how Mystic Acres Farm came to be. “In May of 2020, we were two months into the Covid-19 pandemic and spending a great deal of time at home. As was the case for many people, I took to the kitchen for baking therapy using my late grandmother’s recipes. My grandmother’s recipes are in her own handwriting, which I have always treasured. Todd and I and our daughters enjoyed the pies that I was creating and soon we began sharing the pies with others. Our neighbors became our official taste-testers, as well as friends and family in the area. Memories of the Glen-Mor came flooding back as they taste-tested the pies, and I so enjoyed hearing those memories and stories.”

At the time, Marjorie Eaton, affectionately known as “Nany” was still alive, and she herself took part in the taste-testing of Jenn’s baked goods. “Nany was sure to let me know when I needed to add another handful of this or a pinch less of that. Learning how to bake her pies took practice, especially given that the recipes are vague. For

instance, within her apple pie recipe, the ingredient list includes ‘a heap of apples and a sprinkle of cinnamon,’” Jenn explained.

Sharing weekend treats with neighbors in Kennebunk soon turned into a vision of a roadside stand for the Shea’s. “In the summer of 2020 we went under contract to buy the 1815 farm on Sinnott Road from the Seigel’s. We named it Mystic Acres Farm in honor of the mystic path that brought us to the farm, and to each other. In August of 2021, we found a farm stand for sale, set it in place, worked out the licensing requirements with the state, and began selling pies on weekends. We started with a couple of pies each day, and by the end of the season in October,



The Glen-Mor restaurant in the 1970’s.



Marjorie “Nany” Eaton with her pet chicken.

Photo by: Maureen Town

we were selling a dozen or more pies each weekend simply by baking them fresh in the morning and setting them in the roadside stand on cooling racks with an honor system cash box. Since then, we have been able to expand our offerings to include items that require refrigeration, thanks to the support of a friend and local business owner who offered to let us use her business during her off-hours as a commissary kitchen and helping us acquire a state license as a commercial food processor. We will use



Jenn and Todd Shea at their Mystic Acres Farm Stand.

Photo by Adrienne Dumas.



The Eaton family in the 1950’s. Left to right, back row: Peter, Chet, Philip. Front row: Janet, Becky, Annette, Marjorie.

our friend’s commissary kitchen until our own commercial kitchen is ready to use. Todd has been working out details with the Town and has begun constructing a commercial kitchen at our farm.”

Mystic Acres Farm prides itself on their traditional offerings that evoke memories of days gone by for the older generation while introducing the simple, satisfying home cooked foods of the past to the younger generations. Shortly before Mystic Acres Farm Stand opened, the matriarch of the family Marjorie “Nany” Eaton passed away at 101 years old. Her husband, Chet Eaton, who was an accomplished chef in his own right passed in 1986. Their recipes and baking legacy built on necessity and love, and passed down from generations before, are now in the competent hands of their granddaughter Jenn to continue. Jenn said baking in their honor is a way to keep her grandparents’ memory alive,

and to celebrate the close relationship she shared with her grandmother. “They both continue to live on through their food. When I bake from Nany’s recipes, it is a tribute to the strongest woman I have ever known. For as far back as I can remember, Nany worked tirelessly at the restaurant until she retired, and as a community volunteer, and generously helped in any way that she could as a daughter, a sister, a wife, a mother, a grandmother, a great-grandmother, a neighbor, and a friend. She was on the school board building committee

for Consolidated School and was a member of a variety of local organizations and groups. She was born during the Spanish Flu Pandemic and lived through the Great Depression. She said the Great Depression didn’t affect her family. Her reason was although they didn’t have any money, they had all they needed on the farm. She knew how to make use of everything, and waste was not in her repertoire. Although she became successful and comfortable financially over the years, she never forgot where she came from and what a struggle her early adulthood was when she waitressed and Grampy cooked for local restaurants trying to make ends meet for themselves and their five children until they built their own restaurant, The Glen-Mor.”
FMI on Mystic Acre Farms, or to place an order: mysticacresfarmmaine@gmail.com or (207) 204-0018. Instagram and Facebook @mysticacresfarmmaine. Custom orders must be placed with 24-48 hours’ notice. For menu and price list go to FB page @ Mystic Acre Farms,

THE DESSERT BAZAAR: FUN & FUNDS FOR THE MUSEUM

The Brick Store Museum is hosting a turn-of-the-century Dessert Bazaar on Saturday, June 25 from 1pm – 3pm. The event is planned to celebrate community connections with live music, a hat contest, a new exhibition and book signing, raffles, and games while raising much-needed funds for the Museum.

The Museum has spent 86 years in its existence preserving local histories, art and cultures of Kennebunk and its surrounding communities. With over 50,000 artifacts to illustrate human experiences through research, exhibitions, free programs for local schools, and public engagement; plus more than 20 major events offered each year in addition to a rotating slate of exhibitions and an award-winning educational website; the Museum fundraises 100% of its annual operating budget in order to serve its communities.

Join the Museum on Saturday, June 25th, to enjoy delicious desserts in our Bake Sale, all donated by local restaurants such as Congdons, Bandaloop, Village Tavern and local residents baking up a storm to help the Museum! Additionally, visitors can tour the brand-new “What A Relief: The Art of Salley Mavor” exhibition and meet Salley Mavor. The artist will sign her recent children’s books, including “My Bed: Enchanting Ways to Fall Asleep Around the World.” Live Acadian music will be performed and a Hat Contest invites visitors to wear their best to enter to win!

Attendee ticket (10+) start at \$10 each and includes Museum event admission and two Bake Sale tickets. Supporter ticket are \$25 (Museum admission, 2 Bake Sale tickets, commemorative Museum pin, \$15 donation to Museum*). Additional Bake Sale/Raffle tickets will be sold on site.

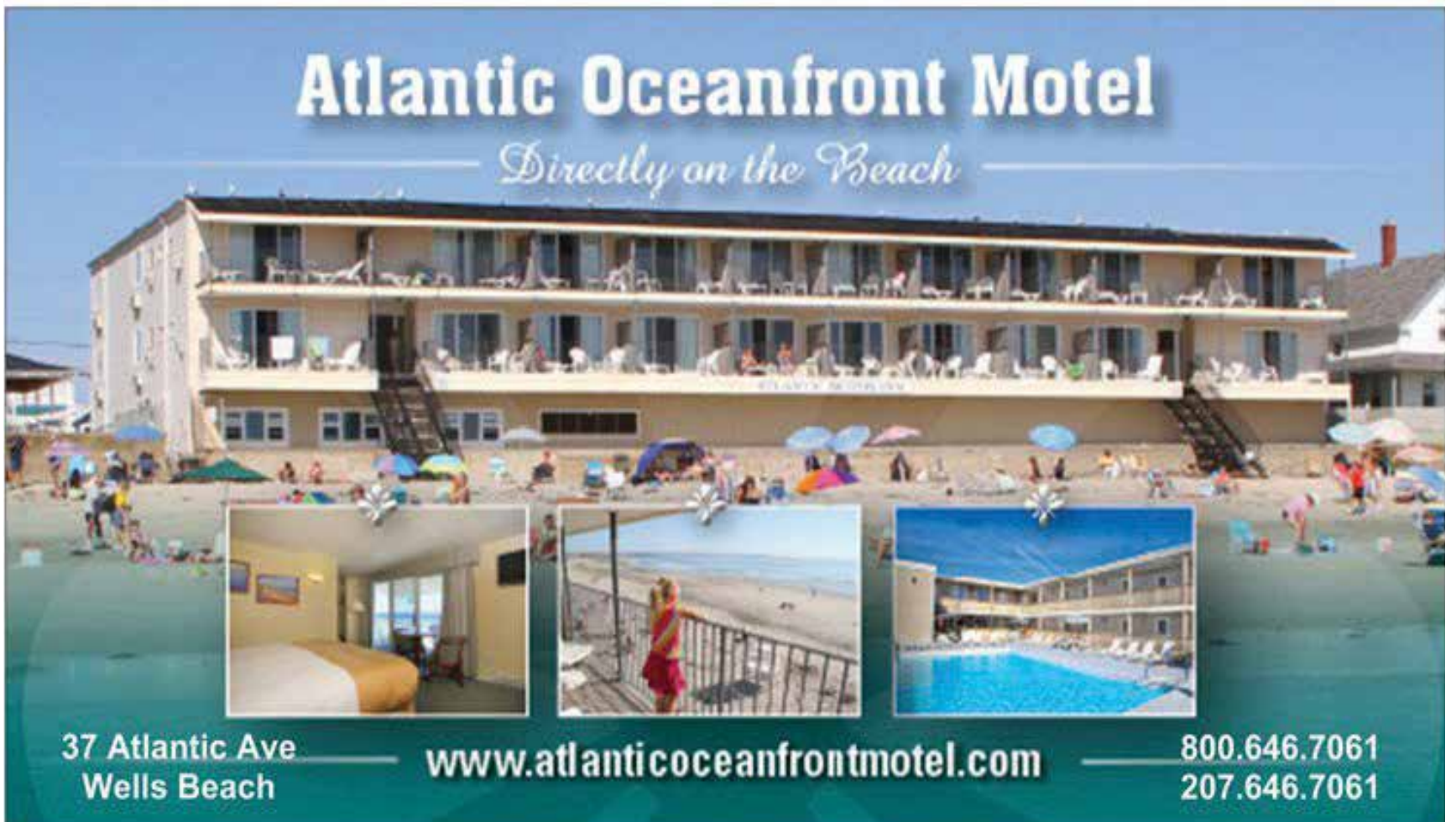


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The Importance of Birdbaths & Summer Bird Feeding

By: Amy Allenwood owner of Natures Gifts

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

Birds also need water for two reasons: drinking and preening. Water helps keep a bird's body cool both from the inside and outside.

Providing water for birds is important during the winter and equally important during hot summers!

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

Summer bird feeding is important to the survival of adult and new born birds. A reliable high quality food source, like your feeder, enables parents to better

protect and provide for their hatchlings. Adults that must travel far and search long for good food sources may miss an opportunity to chase off a predator. Also, studies have shown that sites with bird feeders have a larger, healthier bird population that will eat more insects overall and may help to reduce the need for pesticide use.

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

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

For more information please call Natures Gifts @ (207) 985-1511.



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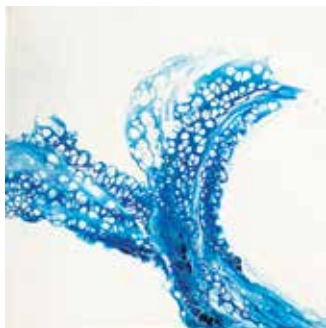
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The KFL announces its next Speers Gallery exhibit, "The Sea is Calling"

The Kennebunk Free Library announces its next Speers Gallery exhibit, "The Sea is Calling" by Joy Bennett Roberts, opening June 1. The exhibit features acrylic pours on canvas as well as some painting on upscaled items.

The public is invited to attend



an artist reception on Wednesday, June 8 from 6-8 pm.

Joy's pieces are inspired by the sea. She has been creating art since childhood, but acrylic pouring is something she stumbled upon a few

years ago and fell in love with. She has not taken an art class since college but found this type of painting to come very naturally.

Joy was born and raised in Kennebunk and still resides here with her family.

Kennebunk Free Library is pleased to display the work of this talented artist.

The public is invited to view the exhibit in the library's Speers Gallery from June 1-30, 2022 at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, www.kennebunklibrary.org.

Kathy Ostrander Roberts Discusses the Kennebunk Poor Farm

In the 18th and 19th centuries, even into the 20th century, most Maine towns had "poor farms."

These were properties owned and supported through taxes which took in and cared for children



Town Historian Kathy Ostrander Roberts.

and adults who could not take care of themselves. **On Wednesday, June 22 at 6:30 p.m.,** Town Historian Kathy Ostrander Roberts will be at the Kennebunk Free Library to share information about the Kennebunk Poor Farm.

The Kennebunk Poor Farm was on Cat Mousam Road and ran from 1825 to 1936. The building was torn down in 1959 but those who died there are still buried in unmarked graves on the site.

Kathy Ostrander Roberts has spent years learning who these individuals

were and how they were cared for. It is both a heartwarming and sad tale.

This program is free and wheelchair accessible. The Kennebunk Free Library is located at 112 Main Street in Kennebunk. For more information please call 207-985-2173 or email us at kfl@kennebunklibrary.org.



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Upcoming events

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5K, SUNDAY JUNE 5, 9:30 Free t-shirts to first 150 runners, walkers, joggers, and runners welcome. Prizes for age categories and team categories. Route is USATF Certified. Registration - <https://raceroster.com/events/2022/57278/kennebunk-beach-classic>

BOHEMIAN SUNDAY POETRY READINGS JUNE 5, 1:00-3:00 PM AT THE BRICK STORE MUSEUM (AUDITORIUM).

WePoets & Verse Founder, Madeleine Tunison with Patricia Davenport, Quincy Moy are excited to announce Portland's eminent poets will read their renown poetry at our upcoming June 5 poetry event. Hear Shana Genre, Meghan Sterling, Katherine Hagopian-Berry enchant the audience with their selected poems. Joined by admired local poets in the Kennebunks! Admission Free. Join us! Visit www.wepoets.weebly.com

BLIXXHORSES A Maine Experience Sunrise to Sunset with BlixxHorses.

Exercise for Saturdays June 2, 9 & 16, 9-10 am. \$500 individuals \$1000 family of 4 Non refundable \$100 deposit may be used to reschedule. The Maine horse experience includes non riding interaction with the horses and direct involvement in some or all horse and barn activities necessary to care for & enjoy horses and maintain the property. Included is a low impact exercise session tailor made for your fitness level - important to improve quickness, flexibility, strength & agility- all necessary for the 'horse lifestyle'. Includes educational/horse therapy and private time with the horses Refreshments provided/ Dinner included at a local restaurant through donated gift card. BlixxHorses is an Educational 501(c)(3) organization providing interactive, therapeutic non riding programs since 2007. BlixxHorses is a leader in non riding programming and horse advocacy.. FMI: voicemail 207.985.1994 or e-mail blixx@myfairpoint.net

The Kennebunk Artisans Marketplace will open at 51 Main Street at the Waterhouse Center in Kennebunk.

The Marketplace provides shoppers with a wide variety of items created by over two dozen Maine based artisans. A juried application process is utilized to ensure a high level of quality and diversification for all items being sold. The Marketplace is open each Saturday from May 28 through October 1 of 2022. A complete list of approved vendors and their products can be found online <https://www.kennebunk-maine.us/artisansmarketplace> Vendors could change from week to week but the quality and diversity is always maintained.

The Kennebunk Land Trust's 50th Anniversary

Gala event will be held in person on July 21st at the Colony Hotel. Admire the extraordinary views on the porch at the Colony and spend the evening celebrating with KLT. Tickets are \$50 PP, and members and non-members alike are encouraged to join in on the fun. Register online: <https://kennebunklandtrust.org/calendar/> Please follow KLT for more 50th events on Facebook, Instagram, or visit: www.kennebunklandtrust.org.

Birding Backpacks: Coming soon to a library near you!

York County Audubon has established a Birding Backpack program that donates complete birding kits to local libraries. After a successful trial at the Kennebunk Free Library, we are now engaged in an effort



to make these available to libraries throughout York County.

This project is being done in memory of one of our dearest friends and colleagues, Pat Moynahan.

The following Libraries now have Birding Backpacks: McArthur Public

Library in Biddeford, Kennebunk Free Library, D.A. Hurd Library in North Berwick, Dyer Library in Saco, Louis B. Goodall Memorial Library in Sanford, and Waterboro Public Library. If you are a patron of these libraries or in their borrowing network, you can take advantage of this program. FMI: www.yorkcountyaudubon.org

BRICK STORE MUSEUM

Tuesday, June 7: Free Admission Day, 10:00AM - 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and Kennebunk Savings Bank, visits to the Museum are free every Tuesday from June through December! FMI call 985-4802 or visit www.brickstoremuseum.org.

Tuesday, June 7: "What a Relief: The Art of Salley Mavor" opens, 10:00AM - 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. See the unique 3D textile sculpture created by artist Salley Mavor over a 40-year career. FMI call 985-4802 or visit www.brickstoremuseum.org.

Tuesday, June 14: Free Admission Day, 10:00AM - 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and Kennebunk Savings Bank, visits to the Museum are free every Tuesday from June through December! FMI call 985-4802 or visit www.brickstoremuseum.org.

Thursday, June 16: Historic District Walking Tour, 12PM, Brick Store Museum, 117 Main Street, Kennebunk. As part of the Launch! Festival, learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$10 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Friday, June 17: Art Night!, 5:00PM - 7:00PM, Brick Store Museum, 117 Main Street, Kennebunk. Celebrate art! Free admission to "What a Relief: The Art of Salley Mavor," and "Khmer Traditional Ceramics" exhibitions, plus free art activities for the whole family! FMI call 985-4802 or visit www.brickstoremuseum.org.

Saturday, June 18: Historic District Walking Tours, departing 12PM and 1PM, Brick Store Museum, 117 Main Street, Kennebunk. As part of the Launch! Festival, learn the history of the elaborate and historical homes that line Kennebunk's 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, June 18: Kennebunk Beach History Walking Tour, 11:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. As part of the Launch! Festival, learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5

for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Tuesday, June 21: Free Admission Day, 10:00AM - 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and Kennebunk Savings Bank, visits to the Museum are free every Tuesday from June through December! FMI call 985-4802 or visit www.brickstoremuseum.org.

Thursday, June 23: Historic District Walking Tour, 11AM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, June 25: The Dessert Bazaar Museum Fund-raiser, 1PM - 3PM, Brick Store Museum, 117 Main Street, Kennebunk. The Brick Store Museum fundraises 100% of its annual operating budget in order to serve our communities. The Dessert Bazaar is planned to celebrate our communities with live music, a hat contest, a new exhibition (see below!), raffles, and summer fun while raising much-needed funds for the Museum. Enjoy delicious desserts in our Bake Sale! Tour the brand-new "What A Relief: The Art of Salley Mavor" exhibition and meet Salley Mavor! The artist will be at the Museum for a book signing. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Tuesday, June 28: Free Admission Day, 10:00AM - 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and Kennebunk Savings Bank, visits to the Museum are free every Tuesday from June through December! FMI call 985-4802 or visit www.brickstoremuseum.org.

Thursday, June 30: Historic District Walking Tour, 11AM, Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Wells Reserve

Wednesday, June 1, 12-3pm Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/regular or \$48/member plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or wellsreserve.org/kayak

Wednesday, June 1, 1-2pm An Overview of Fisheries.

The sea has provided food for humans for millennia, but only in the last 200 years have scientists and governments tried to understand and manage the impacts of fishing on species and ecosystems. Meet Dr. Ben Gutzler, postdoctoral research fellow at the Wells Reserve, and learn about different fishing methods, their advantages and disadvantages, and how scientists monitor fishing activity and stock abundances to inform management. Free with site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116.

Monday, June 6, 10am-12pm Mindful Experience. Slow down and open yourself to the sights, sounds, and scents surrounding you on the Laudholm campus of the Wells Reserve. With heightened awareness as our goal, we will practice slow and quiet walking, using our senses in dif-

ferent ways. This is a peaceful, guided experience that teaches mindful practices you can apply anywhere. For ages 12 and up. \$8/regular or \$6/member plus site admission. Registration required at linda@wellsnerr.org or 207-646-1555 ext 128. FMI wellsreserve.org/calendar.

Tuesday June 7, 10am Explore the Shore. The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org/calendar.

Thursday June 9, 10am Treasures of the Trail. Discover the diversity of plants, wildlife, and habitats along the trails of the Wells Reserve at Laudholm. Be prepared to walk a mile or more over 2 hours. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org/calendar.

Saturday, June 11, 7:30-9:30am Bird Walk. York County Audubon birders lead a guided walk around the Wells Reserve property. Beginners welcome. Please bring binoculars if you have them. Free with site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Monday, June 13, 9am-12pm Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/regular or \$48/member plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or wellsreserve.org/kayak

Tuesday June 14, 10am 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 June 15, 10am Secrets of the Salt Marsh Walk. Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a docent-led walk at the Wells Reserve that covers about 1 mile. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110.

Wednesday, June 15, 6-7pm Science Communication Through Art. Jill Peltó is an artist and scientist whose work focuses on communicating human-environment connections. She incorporates scientific data, from local trends to global changes, directly into her paintings to create art presenting climate change data in ways that are emotionally relevant. In this virtual talk, Jill will describe how she began to combine art and science, why sci-comm is so important, and how she holds onto hope in the face of climate change. Jill has earned bachelor's degrees in studio art and earth science, and a master's degree focused on the sensitivity of the Antarctic ice sheet to changes in the Earth climate system, from UMaine. Free. Register at wellsreserve.org/calendar.

Thursday, June 16, 10am-12pm Wonderful Weeds. The weeds we often disregard and destroy are life giving and healing. Discover the medicines and foods underfoot on the Laudholm campus of the Wells Reserve so you will recognize them as you explore your own yard or local park. \$8/\$6. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org/calendar.

Saturday, June 18, 9am-11am Native Plant Sale. You can attract birds and beneficial insects to your garden by growing native plants. Choose from more than 30 species grown from wild or wild-type seed by Master Gardener Volunteers and other local sources. Proceeds benefit York County Master Gardener Volunteer programs at the Wells Reserve at Laudholm. Representatives of Wild Seed Project will be present to speak about restoring native plants to the Maine landscape. Rain or shine. Quantities limited. FMI wellsreserve.org/calendar.

Tuesday June 21, 10am Explore the Shore. The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org/calendar.

Thursday June 23, 10am Treasures of the Trail. Discover the diversity of plants, wildlife, and habitats along the trails of the Wells Reserve at Laudholm. Be prepared to walk a mile or more over 2 hours. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org. FMI wellsreserve.org/calendar.

Saturday, June 25, 7:30-9:30am Bird Walk. York County Audubon birders lead a guided walk around the Wells Reserve property. Beginners welcome. Please bring binoculars if you have them. Free with site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Monday June 27, 10am 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.

Tuesday, June 28, 10am-1pm Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/regular or \$48/member plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or wellsreserve.org/kayak

Wednesday, June 29, 10-11am Scavengers: Nature's Cleanup Crew. When it comes to food, most animals think that fresh is best, but not so with scavengers. They play such an important role in the breakdown of dead plants and animals that they leave their habitat cleaner than they found it. In this outdoor program at the Wells Reserve, Center for Wildlife educators and non-releasable animal ambassadors bust the most common myths and misconceptions about scavengers. Individual \$8/\$6, family \$20/\$15 plus site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar.

Wednesday, June 29, 1-2:30pm Estuary Discoveries. Take a peaceful and easy meander along the accessible trail at Harbor Park in Wells. We will learn about the value and importance of estuaries, where rivers meet the sea. Free. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org/calendar.

ursday June 30, 10am Secrets of the Salt Marsh Walk. Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a docent-led walk at the Wells Reserve that covers about 1 mile. Free with site admission. Registration required at caryn@wellsnerr.org or

207-646-1555 ext 110. FMI wellsreserve.org/calendar.

Thursday, June 30, 10:30-11:30am Preschool Story Hour. Enjoy an outdoor reading of Wonder Walkers by Micha Archer, then take a wonder walk of imagination and curiosity on a trail at the Wells Reserve. For ages 3 to 5 with a caregiver. Free with site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Louis T. Graves Library

Special Limited Offer - Not Many Remaining — Please call us to order your History Book Set, Kennebunkport: the Evolution of an American Town, researched and written by local historian Joyce Butler. This 400-year history includes people, places, and events that have shaped our lovely village over time. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at 967-2778 for more details. \$50 per set (includes the handsome cardboard sleeve). All proceeds benefit the Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport.

TECH HELP @ GRAVES LIBRARY

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

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, June 8 @ 10:00 am. Book Look with Miss Terri. Join Miss Terri (via Facebook or YouTube) to learn about books to inspire young writers. A fun program for all ages.

Thursday, June 9 @ 9:45 am. Morning Book Group. This group meets the second Thursday of every month. For June, the group is reading The Country of Pointed Firs by Sarah Orne Jewett. 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>.

Tuesday, June 14 @ 10:00 am. Miss Lyn Likes! Join us for a fun, informative program (virtually) with Miss Lyn who will feature various picture books that she loves for a plethora of reasons. Tune in to Facebook or YouTube and see what is suggested. Any of them sound good? Call us to reserve! (967-2778).

Wednesday, June 15 @ 9:30 am. Your Health Matters. Please join us and staff from the Kennebunkport Health Department to identify ways to improve healthy choices and overall well-being. Copies of the book The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter (from The Swedish Art of Living & Dying Series) by Margareta Magnusson are available at the Library. Not able to read the book before the discussion? Please feel free to join us and learn more about this month's book pick. Help set the course for a healthy you! Graves Library is located at 18 Maine Street, Kennebunkport, Maine. Please give us a call for further details about this healthy monthly program. (967-2778).

Monday, June 20 @9:30 am. Oceans of Possibilities — 2022 Summer Reading Program.

Beginning June 20th, the Graves Library will offer its 2022 Summer Reading Program — Oceans of Possibilities. We will be offering a wide range of programs including visits from local authors, a pirates and mermaids party, origami and crafts to-go, a watercolor class with a local artist, storytimes on the lawn, and a Stuffed Sleepover! Please call (967-2778) for more details. All ages are welcome to join.

Wednesday, June 29 @ 9:30 am. Avoiding Isolation. In this month's meeting with the Kennebunk Health Department, Officer Candice Simeoni (head of elder crimes in York County) will discuss resources in our community for staying engaged and active, and ways to avoid isolation. Light refreshments will be served! The Library is located at 18 Maine Street, Kennebunkport.

Thursday, June 30 @ 5:00 pm. Evening Book Group. Join us on Thursday, June 30 for this month's book group. For this session, we will be discussing The Lincoln Highway by Amor Towles. All are welcome to attend. Please give us a call if you are interested or need a copy. (967-2778).

Ongoing:

Our Fabulous Friday Virtual Family readings every Friday at 10:00 am on the Louis T. Graves Memorial Public Library Facebook Page (www.Facebook.com/GravesLibrary) on YouTube (www.YouTube.com) and local channel 1301. This program includes stories, finger plays, and songs. Crafts for the weekly Storytime can be picked up starting on Monday (located on the front porch bench). The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at <http://www.graveslibrary.org>.

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

children's, classics, health, and a whole lot more!

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

Meet Us @ the Museum — Starting May 1, 2022, the Graves Memorial Public Library will have passes to six different Museums throughout Maine for all Kennebunkport residents and patrons to visit for free. Brick Store Museum, Ogunquit Museum of Art, Seashore Trolley Museum, Children's Museum of Maine, Portland Museum of Art, and Coastal Botanical Gardens. Please give us a call at (207) 967-2778 to reserve a pass for a particular day.

River Tree Arts

Sea Glass Windchimes Workshops 2 dates! June 21 and August 23 (4-6pm) Located at the beautiful Nonantum Resort, these workshops are a great way to relax and stay creative this summer! Participants will use driftwood and sea glass to create a whimsical beach-inspired mobile. \$35. Registration required. River Tree Arts. rivertreearts.org
Lobster Buoy Art Workshop Tuesday, July 12, 4-6pm Located at the beautiful Nonantum Resort, this fun workshop is a great way to relax and stay creative this summer! Participants will learn simple techniques to decorate their own authentic Maine lobster buoy! Participants will leave with a complete buoy ready to hang. Led by local artist Abbeth Russel, this outdoor workshop is great for all levels of experience. \$35. Registration required. River Tree Arts rivertreearts.org

Earrings Galore Jewelry Workshop Friday, July 15, 5-7:30pm Even if you already have some familiarity with this type of jewelry making, this workshop will offer you an opportunity to refine your skills, spin off ideas with friends and create some new pieces of wearable art in a playful, inspiring environment. And what's more: You're welcome to bring a refreshment of choice, including beer and wine. \$75. Registration required. River Tree Arts, 35 Western Ave. rivertreearts.org

Driftwood & Seaglass Wreath Workshop 2 Day Workshop for Adults Monday & Tuesday, July 25 & 26, 2022 (2-5pm) Instructor: Cherie Herne (the Maine Salty Girl) Cherie and Sarah (her assistant mermaid at Salty Girl) have become known for their authentic, hand-crafted driftwood and sea glass wreaths and coastal beach house decor. Together, these gals will teach you step-by-step how to make your own beautiful, sea-inspired art piece from Maine's natural beach treasures. \$150. Registration required. River Tree Arts, 35 Western Ave, Kennebunk. rivertreearts.org

Watercolor Intensive Workshop 5 Day Workshop for Adults August 1-5 (1-5pm) Instructor: visiting artist Jun-Pierre Shiozawa The Watercolor workshop participants will be immersed in study of watercolor in the ideal setting for the medium. Painting fundamentals, technique and color will be explored as well as the study of drawing, specifically how tone, brush stroke and line can convey form, space, light and texture. The course will hold group critiques to provide feedback and discourse on each participants' works. With just few materials needed for plein air painting, various sites can be explored easily. \$360. Registration required. River Tree Arts, 35 Western Ave, Kennebunk. rivertreearts.org

Kennebunk Free Library

KFL Puzzle Exchange Meet-Up Over the long, trapped-inside months of the pandemic, many of us developed an expensive puzzle habit. On Wednesdays, June 14, and July 12 stop by the Kennebunk Free Library from 6:00 to 7:00 p.m. to swap a stack of puzzles you've completed for new-to-you puzzles. Puzzles of all sizes are welcome! We do ask that puzzles brought for the swap be in good condition, have all of their pieces, and come from a smoke-free home. It's helpful if the pieces are contained in a large Ziploc bag so none get lost during the exchange. 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.

Bill Hall Discusses the War in Ukraine Bill Hall, of the World Affairs Council of Maine, will be at the Kennebunk Free Library on **Tuesday, June 14 at 6:30** to discuss the War in Ukraine. He will provide a brief overview of Ukraine's history, talk about the current situation in Ukraine, and discuss American and European responses. Bill Hall is the president of the World Affairs Council of Maine. He was an intelligence officer in the U.S. Air Force and spent nearly 18 years overseas, in Asia and Europe. Bill graduated from Princeton University with a bachelor's degree in politics and from the University of Virginia with a master's degree in foreign affairs. He lives with his wife, Nancy, on Peaks Island. 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.

Take and Make Kits for Children at KFL Looking to get crafty? Kennebunk Free Library will be offering take and make craft kits with all the materials to make a craft or two. No registration required, available while supplies last! Kits will be available in the library and curbside by request. This month, we will be offering crafts to celebrate summertime! The kits will include everything you need to make a rainbow fish, an ice cream cone, and a watermelon paper plate fan. Kits will be available starting Wednesday, June 1. Visit us to grab some supplies that will help you get creative!

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

Lindsay and her Puppet Pals at KFL What better way to celebrate the start of summer reading than with a visit from Lindsay and her Puppet Pals? On Wednesday, June 29, at 3 pm, Lindsay and friends will join us at the library for some fun! Lindsay's funny, fast-paced, and highly interactive variety show delights the young and the young at heart! Kids will meet several larger-than-life, hand-crafted puppets... Perhaps a goofy moose, a heroic tiger, or a lovable bear. Oh my! Maybe a dancing robot or flamingo, an adorable mouse, a stubborn goat, a shy dragon, or a singing dinosaur! Come find out who's making an appearance this time! Lindsay has been performing full-time since 2011, presenting to several thousand children each year. Through animated storytelling and thoughtful messaging, she hopes to inspire creative play, resilience, and empathy in even the youngest. She also believes shared joy and laughter strengthen communities. This program is a great fit for ages 3-8 and

families. This event is planned to be held outside. In inclement weather, we will be inside the library. Masks are required when attending library programs.

Lindsay and her Puppet Pals' performance is part of Oceans of Possibilities, our Summer Reading Program. To learn more about the fun programs we're offering this summer, visit the library or our website for more information! This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173.

Ocean Zone Crafts for Children at KFL Kennebunk Free Library is going on a deep dive with crafts! Throughout the summer, explore ocean zones with a new craft every 2 weeks. Complete your craft during a visit to the library! Crafts will be set up to complete at the craft table in the Children's Room. You'll learn about the five zones of the ocean and make something fun to take home! From June 23-July 2, stop by the Children's Room during open hours and visit the Sunlight Zone of the ocean to make a whale friend. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. Ocean Zone Crafts are part of Oceans of Possibilities, our Summer Reading Program. To learn more about the fun programs we're offering this summer, visit the library or our website for more information!

Outdoor Storytime at KFL Outdoor storytimes are back! We're so excited! On most Mondays at 10:00 a.m., storytimes will be held outside the library near the faerie garden. Join Miss Maria for songs, stories, and fun! Bring a blanket or towel to sit on, and don't forget your sunscreen! In the event of rain or inclement weather, storytime will be held indoors. The location of storytime will be announced by 8 a.m. on the morning of storytime, and will be shared on our Facebook page and website. Masks are required when attending library programs. These events are free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. **Upcoming storytime dates include: June 6 • June 13 • Wednesday, June 22 • June 27**

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

Scavenger Hunt at KFL Calling all sleuths and searchers! Kennebunk Free Library offers a new scavenger hunt every month in the Children's Room. This month, rainbow cats are hiding in the children's room, and it's time for supper! Can you help tell them? Keep up the kitty cat fun at home by checking out some cat books!

The Dragon Hunter and Treasure Seekers Guild (D&D) Welcome young adventurers! Come and join in on an exciting quest in the world of Dungeons and Dragons. Open to new and experienced players alike, we will meet every Monday on June 6, 13, and 27 from 3:30-4:30 P.M. You're welcome to bring in a character from a previous game, to make a new one, or to use one of the pre-made characters provided in the starter set. All other supplies will be provided, just bring your imagination! Open to Teens ages 10 and up, and new players are encouraged to join in on the adventure. If you have any questions, see Miss Emmaline downstairs in the children's room at (207) 985-2173.

Author Marpheen Chann will be at the KFL on Tuesday, June 21 at 6:30 p.m. to discuss his new book Moon in

Full. A signing will follow the discussion, with books available to purchase at the event.

Moon in Full, a contemporary coming-of-age story, shines light on one young man's search for truth and compassion in a complicated era as it unwinds the deep-seated challenges we all face finding our authentic voice and true identities. Author Marpheen Chann's heart-warming journey weaves through housing projects and foster homes; into houses of worship and across college campuses; and playing out in working-class Maine where he struggles to find his place. Adopted into a majority white community, Chann must reconcile his fears and secret longings as a young gay man with the devoutly religious beliefs of his new family. Chann, a second-generation Asian American, recounts what he has learned, what he has lost, and what he has found during his evolution from a hungry refugee's son to religious youth to advocate for acceptance and equality.

Marpheen Chann is a politician, thinker, author, and speaker on social justice, equity, and inclusion. As a gay, first-generation Asian American born in California to a Cambodian refugee family and later adopted by an evangelical, white working-class family in Maine, Marpheen uses a mix of humor and storytelling to help people view topics such as racism, xenophobia, and homophobia through an intersectional lens.

For more information please call 207-985-2173 or email us at kfl@kennebunklibrary.org.

AWS

Sunday, June 5 @ 4 - 8 pm (rain date June 12) - Trucks & Pups Congdon's After Dark 1090 Post Road, Wells Our friends at Congdon's After Dark are supporting AWS with their annual Trucks & Pups fundraiser at the food truck park in Wells. Will have a variety of food trucks, music, entertainment, and giveaways from Tito's Handmade Vodka and New England Coffee! Admission is FREE and there's lots of free parking and seating onsite. Pets are welcome outside (on leash, please). FML: <https://cadfoodtrucks.com/>

Mondays, June 6, 13, 20, 27 @ 5:45 pm - Small Breed Learn + Play AWS Training Classroom 46 Holland Road, Kennebunk Open to dogs 5 months and older, under 25 lbs and have completed Basic Training Level 1, or an equivalent obedience/manners group class. Learn + Play for small breeds is a series of sessions that build upon basic training - reinforce skills, learn new skills, bond with your dog and have fun. \$25 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Tuesdays, June 7, 14, 21, 28 @ 4:30 pm - Puppy Learn + Play AWS Training Classroom 46 Holland Road, Kennebunk Open to puppies 5 months and under. Learn and Play is a series of one-time sessions that tackle the basics of raising a puppy. Each session includes a mix of socialization, obedience training, life skills, play and fun! \$25 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Saturday, June 11, Noon - 3: Fundraiser at Banded Brewing Banded Brewing, Building 13-W 32 Main Street Biddeford Join us at Banded Brewing in Pepperell Mill Biddeford for an afternoon of fun and pups. Stop by the AWS booth to learn more about our foster program and meet a pup or two. Well behaved dogs are welcome on the brewery's outdoor patio. \$1 from each pour that afternoon will be donated to AWS.

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Horses are Gentle, Prey Animals - But Are They Dangerous ? What is Prey ?

Part 1 of 3

Prey are animals hunted by predators. Examples of predators are dogs and cats, with humans due to intelligence and resources, the biggest predator of all. Animals including humans can, in different situations be prey or predator, but prey animals like horses, deer and moose are not aggressive unless threatened, whereas predators are. Prey animals like horses are not meat eaters. They consume plants, in which the plants can be considered prey. In the wild, horses are hunted by predators making their primary role, survival. Though people who use horses traditionally have heard the term 'prey', they often don't understand how it affects horses in daily activities from feeding, to stabling, to use.

Despite domestication, horse's instinct for self preservation is intact and hasn't changed for millions of years. They are gentle, peaceful and generally willing to co-operate. Though horses have adapted however, their instincts, reactions and reflexes make them horses. We admire them, but then some try to change them into a neat package to fit their needs. When a horse refuses or objects, communicating through expressions and body language, they are simply trying to survive and communicate their fears. It's our job to listen and not force or rush them into situations where those reactions become dangerous. An example is coercing or forcing a horse into a trailer without a companion, knowing the horse is terrified. It's important to help them adjust and take the time they need to adapt, even if that means changing plans. We need to be fair.

PHYSICAL & BEHAVIORAL CHARACTERISTICS OF HORSES

The Physical Horse - Horses are large, powerful, athletic animals. As prey, they must be quick with bursts of energy and ability to maneuver their bodies in any direction in order to out run a predator. Like humans, they are all built differently. Those with poor conformation, injured, sick or aged, are at high risk and often don't survive. **Survival**- The simple act of climbing

on top of a horse (a prey animal) or chasing a horse with a cart and whip in driving, is traumatic, hence the term 'breaking the horse', which basically means forcing them to do something completely unnatural, against their instinct to survive. Though terminology has changed over time, and practiced by some in a more thoughtful manner, the act has not. It's no surprise to find horses otherwise sweet and gentle, turn aggressive in situations they find confusing and frightening because they are alone without protection of a herd, restrained, forced, rushed and handled roughly.

The more fearful, the stronger the instinct to survive with protective reactions - from the predators which in domestication are generally people. To survive, horses are provided with quick, powerful reflexes and will do what they need including kick, bite and strike when there is no way out of a situation and they can't run away. If we stopped to think of how we would feel in a similar situation, we might be more considerate. There are better, more gentle ways to help a horse accept weight on their backs and to be chased, however, it will never be something natural. Mistreatment can ruin horses for life.

Horses being willing, and lacking control and the ability to flee, eventually comply. They have no choice. Those that don't are deemed dangerous, sold, sent to auctions or subjected to harsher methods physically or behaviorally where the term 'breaking the horse's spirit' comes. Though there are riders and drivers who are kind, thoughtful and knowledgeable, understanding horse's needs and don't take advantage, there is a lot of pressure to 'succeed' as the billion dollar equine industry thrives on breeding, selling, re-selling and using horses, for economic gain. So, while horses are not innately dangerous, they can be quickly ruined and made dangerous by just one person.

Restraint- Horses are a symbol of freedom. They are animals that need space, and room to move and by nature claustrophobic. In domesticity we take that away. To ride or drive a 1000#

plus horse, the majority of people use leverage for control mainly through the horse's mouth and head with a variety of bits, generally made of metal, as well as chains, harnesses and other devices. Being restrained in any way goes against the horse's instinct to survive.

The rider or driver's hands are an important instrument, as they are attached to the bit inside the mouth providing control, taking away the horse's freedom of movement, limiting use of their head which they rely on for balance and vision. The more challenging the horse is to control, the more leverage used through harsher bits or other methods, where the term 'upping the bit' originates. This restrains the horse further and should be no surprise if the horse objects or panics.

Though modern bitless bridles have been developed, they are not popular with many trainers, drivers or riders because they lack the control of bits, requiring the rider to have basic skills like balance, coordination and ability to isolate muscle groups in order to ride well without relying on the horse's head or interfering with their body. Good riders can ride at a gallop without hands. Since most people don't have these skills, particularly children and beginners, bits provide an easier way to get the job done at the cost of the horse's comfort.

When horses are restrained in any manner, whether through bits or enclosures, they must resort to other physical movements including bucks (raising the hindquarter up while kicking out), a movement made more difficult when they can't get momentum needed by lowering their head, often due to pain from bits which is why most riders don't allow horses to lower their heads. Horses also naturally 'rear', an action accomplished by raising their front legs and sometimes striking out, as seen in play or when stallions fight for leadership of a herd in the wild. These movements are natural for all horses particularly in defense. When someone asks if a particular horse that is for sale bucks... the answer is, of course.

Fight- Flight In domestic horses, bucks are done in an effort to remove the

Gabriela Rodriguez Quinn,
Director, BlixxHorses. In addition to formal education with a degree in Dental Hygiene and certification as a fitness instructor, Ms. Rodriguez has studied horses & behavior extensively for the past 30 years. This has included daily non riding interaction, training & care for horses, and continuing education.

'people helping horses help people help horses help people.'



Donations are welcome!

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rider, sometimes out of fear of a threat, pain from the 'aids' - bits, spurs, crops or whips, pain from the riders weight on their backs or injury. People still accuse horses of being 'mean', 'bad', 'rude' rather than understanding they are acting on the instinct to survive. Though horses are very smart they lack the intelligence to reason. Horses are generally cooperative animals but they have little choice when restrained. Unable to follow their natural response in fight:flight to flee at a gallop. They are not fighters, they react. It's people who don't respond well and listen to what they are trying to communicate.

Conserving energy- It's harder to survive and flee if you have no energy to spare. Rushing horses and getting mad at them because they are not moving fast enough is counterproductive. When they don't want to trot or canter, it's for a reason. They don't understand our time restraints or that time is money and the lesson has been paid. It is against their instinct for self preservation- to conserve energy in case it's needed to flee from a threat. Occasionally horses can be observed running from insects in warm months or running in play and galloping short distances on a cool day when the footing is forgiving. Otherwise they stand, graze and walk slowly with purpose. **It's always about self preservation.**

GIVE THEM A BREAK: Take the Halter off~

There is a lot of ignorance in the world. Some is due to lack of knowledge while some things are done for convenience at the risk of the horses safety & comfort. There is a saying among horse people:~

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Continued from page 33

Everyone does something different". While there is truth to that as every horse is an individual, some things are just not in the best interest of the horse's welfare & considered poor horsemanship.

Leaving halters on while a horse is turned out is uncomfortable & dangerous. While rope halters are particularly crude & only tighten with pressure, leather & nylon halters are heavy placing pressure on the cranial nerves particularly behind the horses ears. Though not enough research has been done, it only makes sense, since the anatomy of the human head is similar this can cause pressure & even headaches. Can you imagine how leaving a head-band on 24/7 would feel ?

Leaving collars on dogs is much different. Horses panic & the risk is high the halter will get caught on something, in a worst case scenario breaking the horse's neck. The horse owner may never know it happened if the halter stays intact and the horse won't tell. People do a lot of things for convenience. One of those is leaving halters on so they can catch a horse more easily - a bad idea. There is a reason a horse does not want to be caught. It's necessary to do the work, take the time & do the training.

The Non Ridden Equine, New England Meet & Greet Social

Join us Saturday June 18, 1-4pm 5 Portage Way, Kennebunk to meet horse owners who love their horses & have committed relationships, providing care for life. TNRE, NE is one of several growing private facebook groups in the U.S. Founded in 2017, it is composed of horse owners mainly from the New England states who value their horses regardless of use. Most were equestrians or pleasure riders while others continue that partnership.

Though horses are seen as 'agricultural animals' to be bought & sold, this is a misnomer as they are not consumed but used in sports & for pleasure. Slaughtering of horses was effectively banned in the US through the closing of slaughter facilities, but sadly horse are still transported to Canada & Mexico when they are no longer of use & given up by their owners. This is something we hope changes soon through legislation banning transport as well.

As more horse owners recognize the value of the relationship with their horses beyond tradition, more are becoming 'pets' and part of a family unit. If you are someone who shares these values & love for your horse, join others in giving back for the pleasure our horses have given us.

FMI: google The Non Ridden Equine, New England
e-mail blix@myfairpoint.net or voicemail 207.985.1994

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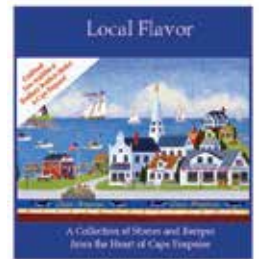
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Kennebunk High School

By Leanne Hayden
Collections Manager
Brick Store Museum

The 2021-2022 school year is ending! Teachers, students, and parents get to take a much-deserved rest from another rather unusual school year.

Many people in town remember going to Park Street school which is now Park Street Apartments. That building has a long history in the town, it used to be both the grammar and the high school. Over the decades lack of space and the growing student population was a continuous problem and by 1920 the building did not meet state building requirements and it was clear Kennebunk needed to construct a new school on the site of the old

fourth and fifth grade students with a capacity for thirty-five was holding fifty-four students. To alleviate the problem the fourth and fifth grade were split, with the fourth grade attending school in the morning and the fifth grade attending school in the afternoon. By 1936, twenty seniors graduated but that same year fifty-eight freshmen entered. It was clear the town needed a new high school.

On September 25th, 1939, the new six-year high school was completed and ready for occupancy. Located on upper Fletcher Street, the brand-new school was built on a six-acre lot on the former Ross Field. It held grades 7th-12th and started at 8:30 and closed at 2:30 with 23 minutes out for lunch. Three hundred and sixty students were enrolled.

The headline in The Eastern Star newspaper read; 'New High School, Colonial in Design, is Most Beautiful Building Ever Erected in the Town of Kennebunk.' They went on to describe the high school in intimate detail

with all its modern flourishes and fine construction. The building itself was made from Maine water struck brick with walls that sat on granite underpinning taken from quarries in North Jay. The interior finishes with few exceptions were milled from oak.

The article went on to describe every

aspect of the interior of the school. Inside the school all the classrooms received the "best possible orientation", so sunlight enters each room for at least part of the day. The school was outfitted with two laboratories each 40 feet long. One dual purpose laboratory for chemistry and physics with specially designed tables with central ceramic sinks.

The other laboratory for home economics was also for dual purpose teaching both cooking and sewing. The working tops near the cooking units were covered with a green Formica and banded with white metal. The inner half of the room was furnished with portable tables with sewing machines for dressmaking.

There was a central station room for the fire alarm system with a network of empty pipes lines to reach every classroom. These pipes were for the future use of a radio broadcasting and television system if and when it became practical for school instruction. There was also a typewriting room and a room for stenographic dictation and recitation.

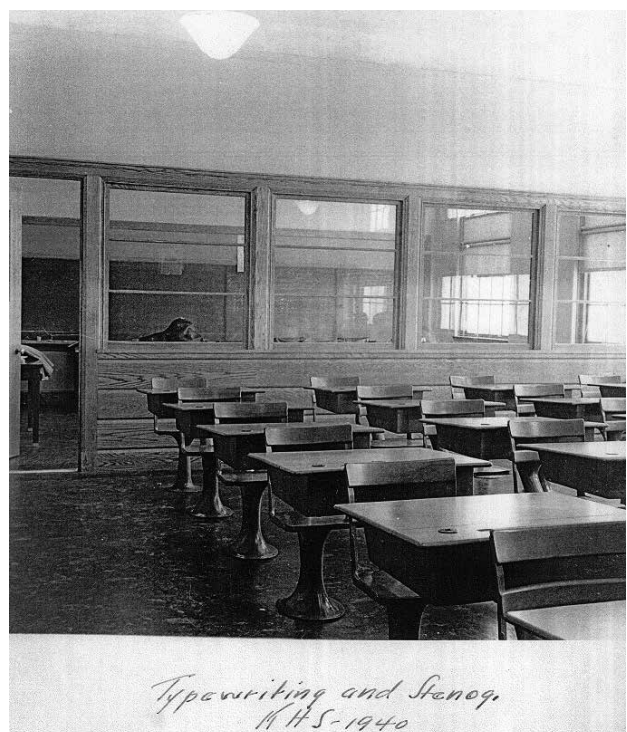
The best description was of the 'tireless mechanical Robot' connected to the new air-conditioning system. Not air conditioning as we know it of course. The paper went on to describe



Kennebunk High School.



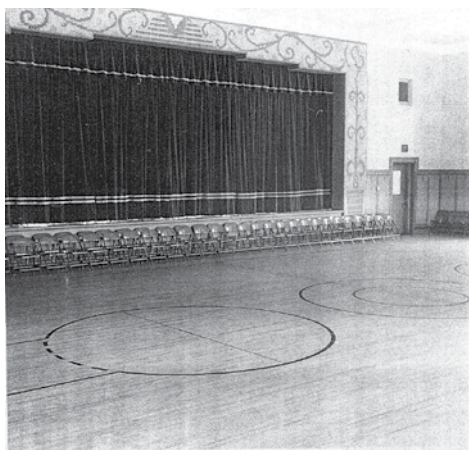
High school under construction.



Stenography and dictation 1940.

one, which was completed in 1922. The new building worked well for about fifteen years, but Kennebunk was a fast-growing town. Yet again, overcrowding became a constant struggle. A room constructed for

a modern system of air conditioning built into the school so unobtrusively almost to escape notice. Sleek metal cabinets partly recessed under the windows held these air conditioning units which all rooms were supplied. The metal cabinets held a new type of radiator, a fraction of the size of the cast iron radiators of old. The new system had a much greater heating ability due to the high velocity of air passing through the cabinet impelled by a quite motor driven fan equipped with dampers through which outside air is admitted. This brings me back to the "robot". Dampers, fan motor and steam are automatically operated by a "tireless mechanical robot" by which I assume they are referring to a thermostat. They went on to describe how the robot regulates the steam valve so that the room temperature would not fall below 50 degrees at night. Shortly before the students arrive in

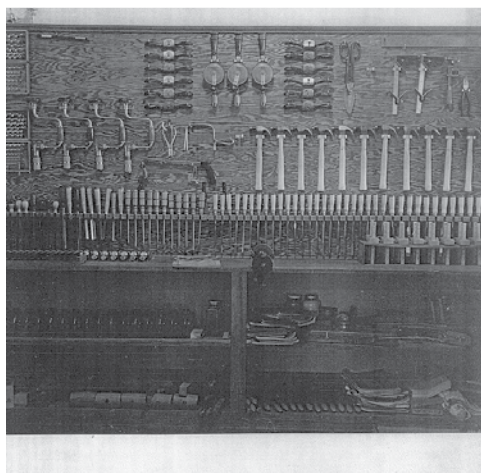


Gym and stage 1940.

the morning the robot turns on more steam to bring the room temperature up to 68 degrees. And if the day is warm, the robot closes the steam valve completely and uses the outside air to keep the room cool much as one uses an electric fan. "If the day is very cold and robot feels that more steam will be an unwarranted expense, he stealthily cuts down on the air supply and mixes with it some of the warm room air but

faithfully keeps the full volume of air circulating as before so that the students are unmindful of the change."

Although the High School has been remodeled and enlarged over the years, the 2018 renovation was by far the most significant expansion and modernization in its history. Now there are many tireless mechanical robots to keep the ever-expanding student population quite comfortable. •



Manual training tools 1940.

Art Sale to Benefit Ukrainian Seniors

A sale of original artwork to benefit Ukrainian seniors will take place on **June 17th from 4-7pm at the Center, 175 Port Road Kennebunk.** The opening night will kick off a week of silent auction bidding. The public is invited to bid three ways- on the Center's website, by phone or in person. All of the sale's profits will go to HelpAge, an organization designed in part to support seniors as they struggle to survive without basic necessities in a war-torn environment.

Six accomplished painters of the Center and their teacher Liz

Armstrong initiated the sale as a way to use their talent to support the Ukrainian cause. Work by other creative Center members will be for sale as well. Although some of the works are Ukrainian themed, most are a mix of landscape/seascapes, floral and other subject matter. Center director Bridget Dempsey provided the vision for choosing a senior based care organization to directly connect Maine seniors to Ukrainian seniors in great need. Refreshments and light hors oeuvres will be served.

FMI: visit www.seniorcenterkennebunk.org or call The Center at 207-967-8514.

30th Annual Kennebunk Beach Classic 5K, Sunday June 5, 9:30

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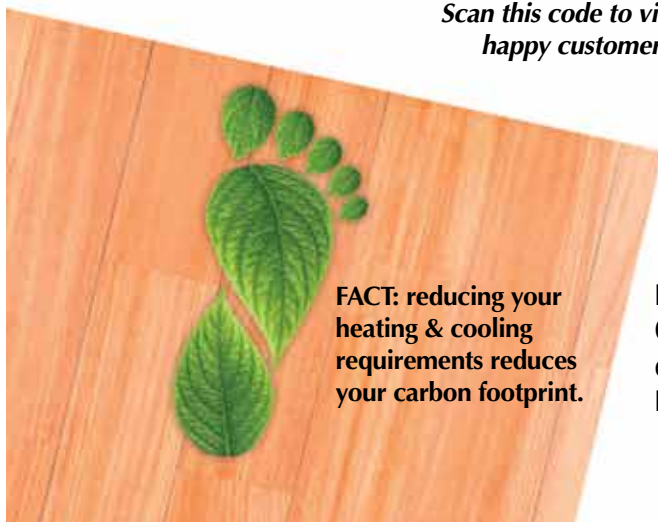
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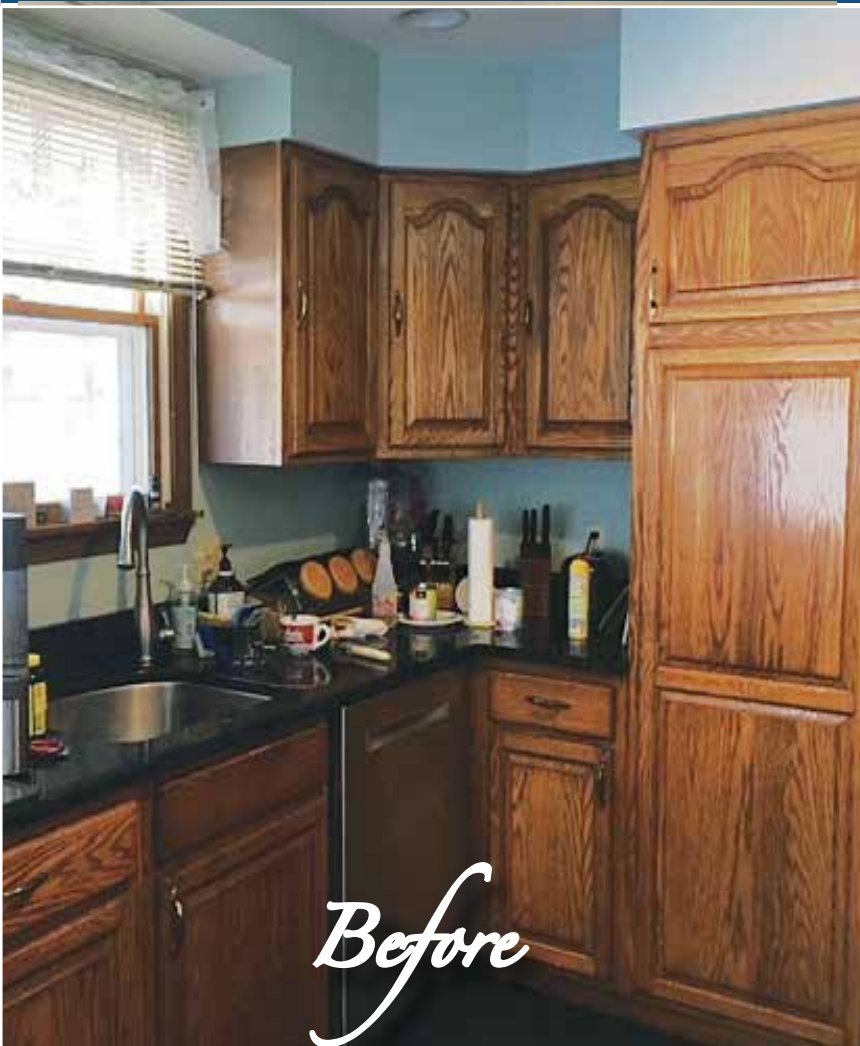
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