

**JULY  
2022**

The Kennebunk

# **Village** magazine

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### INSIDE STORIES

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*On the Cover*



Thar she Blows! Humpbacks whales in the Gulf of Maine! Page 13.

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# The First 4th of July Celebrations in Kennebunk

By Leanne Hayden- Collections Manager, Brick Store Museum [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

The first formal 4th of July celebration in Kennebunk is believed to have been in 1803. The people of Kennebunk gathered at Major William Jefferds hotel (later called the Mousam House) and marched to the “meeting house” which was likely the First Parish Unitarian Church. Prayers were given, songs sung, and an oration was given by Dr. Samuel Emerson and ode by Stephen Sewall. Everyone returned to Jefferds Tavern afterwards for a grand feast and many toasts. In the following years, the 4th of July celebrations followed the same type of program, everyone gathering at a local hotel like Jefferds Tavern and then walking to a meeting house like the church or later Washington Hall and back again for a feast.

Other surrounding communities also began formal celebrations in the early 19th century such as Arundel (Kennebunkport) and Alfred. In 1809, John Holms of Alfred delivered an oration that contained the following extract: “Be jealous of the man who boasts much of his love of liberty, who would persuade you that his political opponents are about to enslave you, and that he and his partisans are your only friends. This may be the patriotic zeal of an honest man, but it is too often the canting hypocrisy of a scoundrel. The man who solicits your suffrages is unworthy your confidence. Inquire into the motives of all the office seekers who at this day infest your country and see whether they are founded on real patriotism or private emolument. The restless, ambitious, and unprincipled will not be contented while out of office, and the people will never be happy while they are in”.

In 1813, the celebration took a different direction according to historian Daniel Remich. About 150 people celebrated by riding two or three large gondolas down the Mousam River, towed by long boats with a few sailboats following. “An awning was erected in the open field, in full view of the ocean, where the company partook of refreshments.” They returned to “Mousam Landing” where they were met by the Juvenile Infantry Company, and then marched to Washington Hall. The Juvenile Infantry Company was composed of about thirty boys between ten to fifteen-years in age. In 1820, Kennebunk and Kennebunkport celebrated together on a ship that landed everyone at Kennebunk Point (Lord’s Point) where they had their feast.

The fiftieth anniversary of 4th of July in 1826 was described as celebrated in a “spirited and appropriate manner” by historian Daniel Remich. “The bell was rung, a national salute of thirteen guns was fired at sunrise and noon of twenty-four guns at sunset. A large procession, preceded by a company of twenty-four boys and the same number of girls wearing badges on which were inscribed the names of the several States of the Union, proceeded from Major Frost’s Hotel to the meeting house.” Once at the meeting house speeches and prayers were given and there was a reading of the Declaration of Independence by Joseph Dane. They all returned to Frost’s Hotel to have dinner and make after-dinner toasts. One toast given was by shipbuilder Hugh McCulloch whose house still stands on the corner of Durrell’s Bridge Road. “The citizens of Kennebunk, Kennebunkport and Wells; may the harmony and friendship which has so long existed between them be as perpetual as the streams that separate them.”



326 Political Banner 1840. Courtesy photo

Although there were many more celebrations over the years, some large and some small, the last to note is the Whig County Celebration of 1840. The Whig Party was a major political party organized in 1834 and active until 1854. It began as a reaction to Andrew Jackson and his policies. The term Whig was taken from English politics, the name of a faction that opposed royal tyranny. In their first election of 1836, the Whigs were easily beaten by the Democratic candidate, Martin Van Buren. However, the 1840 election yielded a Whig victory for William Henry Harrison and John Tyler as Vice President. Harrison was the first president to campaign actively for office. He did so with the slogan "Tippecanoe and Tyler too." Tippecanoe referred to Harrison's military defeat of a group of Shawnee Indians at a river in Ohio called Tippecanoe in 1811. Harrison served only one month as president before dying of pneumonia on April 4, 1841.

Following the election, the Whigs of York County were elated with their

success. They planned a Whig County celebration on the 4th of July in Kennebunk. The Whigs were popular throughout the County so large delegations came from all over. Daniel Remich, who was chosen as a delegate to the National Convention of Whig Young Men

held in Baltimore, helped organize the celebration in Kennebunk. Remich writes, “It was unquestionably the largest political gathering ever before witnessed in Maine. At the lowest estimate, five thousand persons from other towns were in the village during the day, quite a number of them from Cumberland County, from Portsmouth and border towns in New Hampshire. It was a proud day for Kennebunk.”

The parade had soldiers of the Revolutionary War and a few from the War of 1812 in the procession. Benjamin Simpson, the last survivor of the party that destroyed the tea in Boston Harbor in 1773, was among the many honored guests. It was a grand day with the procession ending at a raised platform erected just for the day, speeches were given, songs were sung, and a dinner was served in a pavilion also built for the celebration. The Brick Store Museum has in the collection three political banners from this celebration. They are hand-painted on linen depicting various slogans of the 1840 election.

**Happy 4th of July Everyone!**



## Heart to Heart Offers More Than a Ride

Jud Knox, former CEO of York Hospital, was looking for a way to continue to serve his community in retirement. "I did a fair amount of soul-searching," he explained. "I asked myself, 'What do you want to do now? What's important to you? Who are you?'"

He quickly found himself on the path to providing volunteer services for older adults in his community, particularly transportation. "I have always felt that there are a lot of issues for older adults that are difficult to address, and in fact go unaddressed.

"Along with his wife, Laurie, Jud launched Heart to Heart Ageless Love and began providing free transportation for older adults in York. They provide rides to medical appointments, the grocery store, the pharmacy, social events and

other errands at no cost to the rider. "Requests came rolling in very, very rapidly," Jud said. Heart to Heart is currently providing 30-40 rides per week.

And the group is growing. Recently, Kennebunk Savings granted \$10,000 from its Huntington Common Charitable Fund (HCCF), which was created in 2006 to help older adults in York County lead complete and fulfilled lives. Kennebunk Savings has served as a steward for the fund since its inception.

"We talk a lot about access to social determinants of health," said Rachel Peter, Community Relations Administrator for Kennebunk Savings. "There are these basic services and needs that are easy to take for granted. They're not particularly glamorous or showy, but filling in the gaps can be transformative. Our HCCF advisors have long understood how critical transportation can be for older adults in our communities, especially in the more rural areas

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## COMMUNITY ARTfulness

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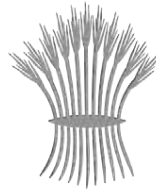
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On Sundays, join us for an afternoon of sipping tea by the iconic window display in White Barn Inn Restaurant. Seatings are available at 2pm, 2:30pm, 3pm.

**We look forward to seeing you soon.**





Laurie Knox, a volunteer driver, with one of the Heart to Heart Ageless Love's cars.

of York County. Heart to Heart's barrier-free approach is crucial to meeting the needs of older adults in our community."

"I am a person who loves connection," Jud added. "The relationships that one can develop, just from a conversation during a drive to the doctor's office... it is phenomenal. It is so much more than just a ride."

With the funds from the Kennebunk Savings HCCF, Heart to Heart will now be offering a stipend to their over 20 volunteer drivers to

help offset rising fuel costs. "It's not much, but it is an expression of appreciation to our volunteers," Jud said. He hopes to attract more volunteers to the program and increase the scope of their work.

The Kennebunk Savings Bank Foundation's

Huntington Common Charitable Fund is now approaching the second-quarter deadline for new grant proposals in 2022. The HCCF seeks to improve the lives of older adults in York County, Maine. For more information, and to apply for a grant, visit [www.kennebunksavings.com/about/community-promise/huntington-common-charitable-fund/](http://www.kennebunksavings.com/about/community-promise/huntington-common-charitable-fund/). For more information or to volunteer, please visit [www.hearttoheartagelesslove.org](http://www.hearttoheartagelesslove.org) or call 207-361-7311.

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# Maine Beaches

Kennebunk • Kennebunkport • Biddeford • Saco



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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# 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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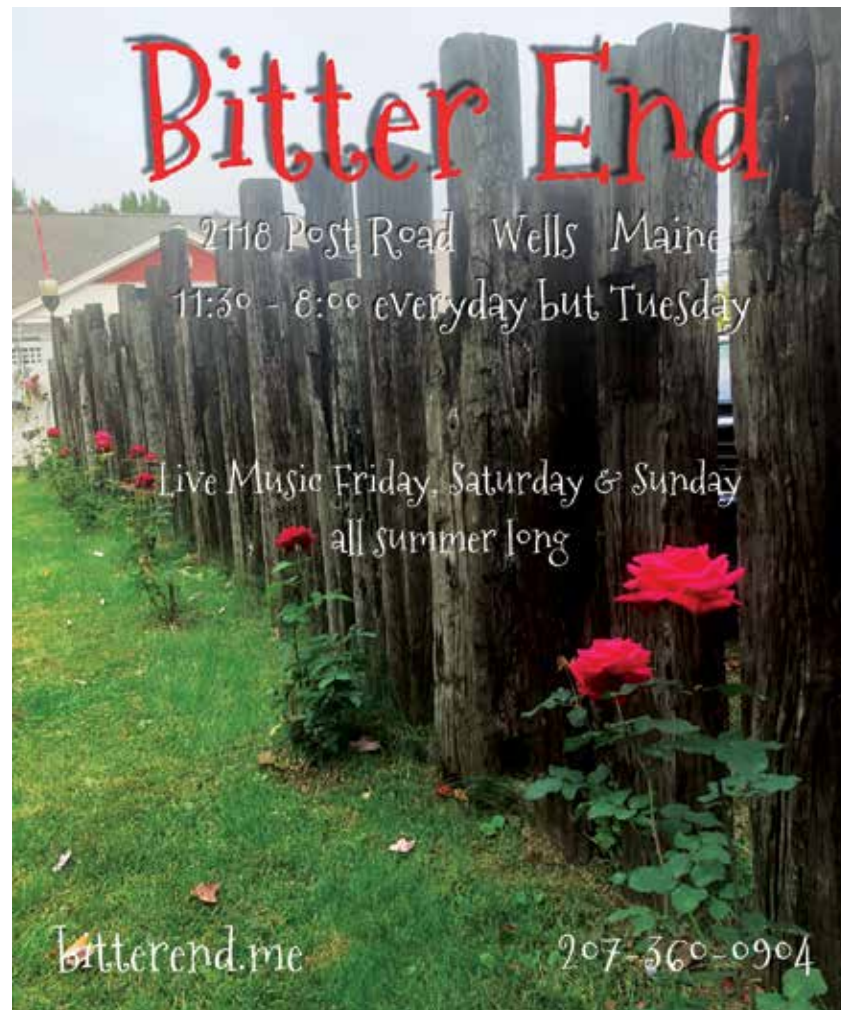
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**Ph: 207.204.0734**



# Summer Fun on the Ocean

By: Shelley Wigglesworth, Lead writer

Being on the ocean and taking in the salt air and sunshine is the best medicine for the soul, and Summer in our village is packed with recreational ocean experiences for all ages including fishing, whale watching, lobster cruises, paddle boarding, kayaking, sailing, pleasure cruises, lighthouse cruises and more! We have compiled short list of a few of the many recreational ocean activities in the Kennebunks as suggestions to beat the heat and enjoy summer to the fullest!

**Kayaking and Paddleboarding:**

Kayak and Paddleboarding, Coastal Maine Kayak- \$69- and up. Enjoy up to 4 Hours of Kayaking or paddleboarding on the Kennebunk River. The Coastal Maine Kayak dock is conveniently located right behind the storefront on Western Ave. in Lower Village, Kennebunk. All equipment, including personal flotation devices provided along with a mini-lesson and helpful tips for safe navigation.

Call: 207-967-6065 or book online at: <http://www.coastalmainekayak.com/>

If you have your own kayak, canoe, or paddle board, or if you want to purchase one at Coastal Maine Kayak, public access to the Kennebunk River is available at the Kennebunkport Conservation Trust's Old Grist Mill/ Clem Clark Boathouse property, on Mill Lane in Kennebunkport. Visitors may drop off kayaks, paddleboards and canoes then park at the public parking lot on North Street and walk back to the site to enjoy recreational river activities with access to the ocean. Picnic tables are on the site. All picnic items must be carry-in/carry-out. FMI on the Grist Mill Property and the Clem Clark Boathouse. Please visit: <https://www.kporttrust.org/land-and-trails>

**Scenic Cruises:**

Goat Island Light House Cruise with New England Eco Adventures-\$59-per person.

Partnering with the Kennebunkport Conservation Trust, Eco Adventures offers a tour of the Goat Island Light in Cape Porpoise. On this two-hour



Coastal Maine Kayak courtesy photo. Call: 207-967-6065 or book online at: [www.coastalmainekayak.com](http://www.coastalmainekayak.com).

tour, passengers will travel along coastal Kennebunkport, past Walker's Point, into Cape Porpoise Harbor with its working waterfront to historic Goat Island Light. The boat docks at Goat Island Lighthouse for a guided tour. Upon conclusion of the lighthouse tour, the boat cruises to Bumpkin Island look for seals that call this island home.

The tour wraps up with a cruise past Kennebunk Beach before returning to 8 Western Ave. Kennebunk, behind Federal Jacks. This trip is not recommended for children under 6 years old. 49-inch height requirement. Call to book: 207-502-8040 or book online at: <https://newenglandecoadventures.com/>

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Call to book: 207-967-5507 or book online: <https://firstchancewhalewatch.com/activities/kylies-chance-scenic-lobster-tour/>

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Schooner Eleanor owners Captain Rich and Kris. Terri Stevens photo.

in July and August are for guests 16 years or older, BYOB for the adults. 207-468-4095 <https://rugosalobstertours.com/>

Whale Watch:

Whale Watching on the Nick's Chance-\$34-\$54-per person

Go out looking for magnificent whales in the Gulf of Maine! This 4.5-hour trip leaves from 4 Western Ave, Kennebunkport, behind the Pilot House restaurant. The boat heads offshore to look for a variety of whale species including Finbacks, Humpbacks, Minkes, Blue and Right Whales. Snacks and drinks available for purchase. There is no guarantee to see whales, as they are wild. However, you do get a pass that does not expire to come back and try again. Call to book: 207-967-5507 or book online: <http://www.firstchancewhalewatch.com/>

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Deep Sea Fishing on the F/V Nor'easter-\$95- per person.

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Sea Turtle Catamaran Cruise. Courtesy photo



Noreaster deep sea fishing.



Whale breaching as seen from Nick's Chance. David Ladlow photo.



Public Access to the Kennebunk River-Kennebunkport .Conserbation Trust photo.

at approximately 3pm.Bring your own lunch and drinks. This trip is not recommended for children under 8 years old. Call to book: 207-450-1831. [www.noreasterfishing.com](http://www.noreasterfishing.com)

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Located on the Nonantum Resort docks in Kennebunkport. The Pineapple Ketch will take passengers on a sail towards Walker's Point and Cape Porpoise. Sails are ongoing throughout the day. Private charters are also available. Seating is limited with twelve spots available on each trip. Call to book 207-888-3445 or book online at: <https://www.pineappleketch.com/>

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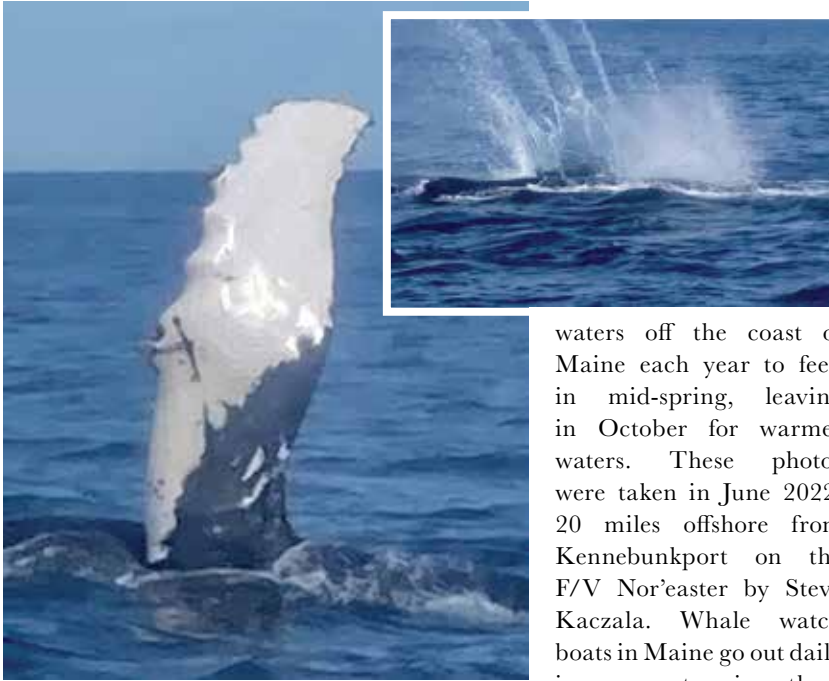


Captain Jerry with a rare blue lobster hauled up on Kylie's Chance. Courtesy photo.



# Thar she Blows!

## Humpbacks whales in the Gulf of Maine!



waters off the coast of Maine each year to feed in mid-spring, leaving in October for warmer waters. These photos were taken in June 2022, 20 miles offshore from Kennebunkport on the F/V Nor'easter by Steve Kaczala. Whale watch boats in Maine go out daily in season to view these magnificent creatures as

well as other species of whales.

### 10 Fascinating Humpback Whale Facts:

1. Adults range in length from 46–60 feet and can weigh up to 80,000

2. Humpbacks have long pectoral fins, with each fin around one-third of its body length.
3. Humpback whales can live for 80 to 90 years.
4. All Humpback tail patterns are unique, just as a human fingerprint is unique.
5. Humpbacks are found in oceans around the world.
6. Humpbacks use bubbles to catch prey, where a group of whales dive below the surface and swim in a shrinking circle while blowing air from their blowholes, creating a ring of bubbles that captures the

7. Humpback whales can swim at speeds of up to 16 mph.
8. Great white sharks and Orcas are the main natural predators of humpback whales.
9. Humpbacks do not have teeth, they have 270–400 baleen plates on both sides of the mouth.
10. Humpbacks reproduce every two years, with females being pregnant for approximately 11 months. •

Photos by: Stephen Kaczala.

By: Shelley Wigglesworth, Lead writer

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# Ayurveda, a natural system of medicine, originated in India more than 3,000 years ago

During my Yoga Teacher Training back in 2019, we spent quite a bit of time talking about Ayurveda, an ancient Indian medical system that revolves around natural and holistic approaches to physical and mental health. Ayurveda is a Sanskrit word and translates to the, 'Science of Life.' Sanskrit is one of the most ancient Indo-European languages dating back to 1700 BCE, also used in Yoga.

In some countries, specifically in India and Asia, Ayurveda is viewed as equivalent to standard "Western medicine," in the US you will usually find that people who use Ayurvedic medicine usually will also see a general practitioner.

Ayurvedic treatments begin with an internal purification process, followed by a special diet unique to your body type, herbal remedies, message therapy, yoga, and meditation.

The primary basis for Ayurveda is the concept of universal interconnectedness. While Western medicine is aimed at treating disease, Ayurvedic practitioners are more focused on disease prevention through the balance of energy via diet, exercise and mindfulness.

### What is a Dosha?

Dosha is a central term in Ayurveda originating from Sanskrit, which can be translated as "that which can cause problems," in reference to three categories or types of substances that are believed to be present in a person's body and mind. Doshas are the energy patterns that flow around our bodies, governing our thinking and behavior. There are three primary doshas: Vata, Pitta, and Kapha, and everyone supposedly can be assigned to one or multiple doshas. While everyone falls under a certain dosha, we are also at

risk of becoming unbalanced. Each dosha has different characteristics that can be unbalanced in varying ways depending on daily activities like what you eat, when you sleep, how you move, etc.

**Vata Dosha (Wind Energy)** The Vata dosha is derived from the elements of space and air and it is known as the energy of movement that governs all biological activities of the body. This is known as the king of the doshas since it governs the body's greater life forces and gives motion to the other two doshas.

- **Balanced characteristics:** Active, creative, natural ability to express themselves and communicate with others, quick learners, outgoing, fun-loving, and full of life and joy.
- **Unbalanced characteristics:** lack of impulse control, mood swings, fear, anxiety, worry. Physical



Column by: **Heather Evans**  
Personal Trainer/Marketing @ Quest Fitness  
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characteristics include dry skin, dry cough, constipation, lower back pain, abdominal pain.

- **Vata body type:** physically underdeveloped, tall, vascular, dry skin, thin hair, slim build, lanky, cold hands and feet, irregular sleep patterns, sweet-tooth, love hot beverages.
- **Vata mind:** short term memory,

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known to provide heat and energy to the body through the breakdown of complex food molecules and governs all the processes related to conversion and transformation in the body.

•Balanced characteristics: joyful, strong will, courageous, and intelligent.

• Unbalanced characteristics: angry, jealous, negative mindset.

• Pitta body type: slender frame, medium height, moderate muscle tone, fair complexion, soft skin and silky hair, tendency for premature greying, fast metabolism, good appetite.

• Pitta mind: sharp mind, excellent concentration, quick comprehension, leader, competitive, enjoy to be challenged.

• Exercises to balance Pitta energy: cooling activities like a cold shower, going swimming or just being near bodies of water when it isn't hot out, or being less rigid about schedules and your routines, saving room for spontaneity.

• Food/drinks to balance Pitta: avoid anything hot, spicy or fermented and gravitate towards more cooling foods,

especially during the summer months. Sweet fruits, coconut water and plenty of grains are also pitta-pacifying.

**Kapha Dosha (Water Energy)** Kapha dosha is the energy of building and lubrication that provides the body with physical form, structure, and smooth movements, store energy and give bulk to the tissues.

• Balanced characteristics: love being in nature, easy going, relaxed, slow-paced, compassionate, non-judgmental.

• Unbalanced characteristics: can be possessive, hold grudges, easily upset, greedy.

• Kapha body type: tendency to carry extra weight, broad chest, oily skin, thick hair, dark eyes. Regular appetite, but due to slow digestion they tend to consume less food. Good stamina and generally have a positive outlook.

• Kapha mind: calm, not easily aggravated, forgiving, peaceful nature, desire to maintain harmony in their surroundings.

• Exercises to balance Kapha energy: self-care is a must! Mental stimulation, plenty of exercise, mindful activities like meditation and breathwork are essential.

• Food/drink to balance Kapha: those

who are Kapha dominant should avoid oily foods and heavy dense carbs like pasta and rice. Instead seek out bitter, astringent ingredients and plenty of fruits and vegetables.

**Supporting Science & Incorporating Ayurvedic Wisdom into Modern Life**

• 38% of adults in the US use complimentary alternative medicine or CAM treatments like acupuncture, massage, reiki, and ayurveda, so it is helpful for us all to have a general understanding of these terms in case clients use them.

• Scientific research into ayurveda isn't super prevalent, it isn't non-existent. In the 70s and 80s the World Health Organization conducted research that detailed the safety and efficacy of Ayurveda for treating rheumatoid arthritis. A more recent study has also shown that Ayurveda can be helpful in determining a patient's risk of developing Parkinson's disease.

• Increased side effects, lack of curative treatment for several chronic diseases, high cost of new drugs, microbial resistance and emerging diseases are some reasons for renewed public interest in complementary and alternative medicines.

fast learner, forgetful, little to no will power, lacking confidence and independence.

• Exercises to balance the Vata Dosha: anything that brings stability and grounding will be helpful when Vata energy takes over, for example being more rigid about your morning and nighttime routines, practicing yin yoga or meditation, or limiting technology use.

• Food/drink to balance Vata energy: root vegetables, warm and creamy drinks, a variety of meats, and staying hydrated.

**Pitta Dosha (Fire Energy)** The Pitta dosha is the energy of digestion and metabolism in the body. It functions through carrier substances like hormones, enzymes, and bile. It is

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# John Mohan and students deploy Maine's first real-time shark detection buoy

On a beautiful day, with a sun-filled sky and calm ocean waters, John Mohan, Ph.D., assistant professor in the School of Marine and Environmental Programs, several graduate and undergraduate students, and a marine scientist from the Maine Department of Marine Resources (DMR) set out from the UNE dock to deploy the state's first-ever real-time



shark detection buoy between Ferry Beach and Old Orchard Beach.

"It is a buoy system with solar panels, an acoustic receiver, and Wi-Fi, a SIM card attached, so that it can send out a notification within minutes of a tagged white shark being detected," explained Mohan.

The buoy, purchased with funding from the Maine Outdoor Heritage Fund, is linked to a broader network of several other detection buoys in Maine and Massachusetts. The goal of the project is to increase safety and awareness by expanding monitoring of white shark populations along the coast of Maine.

The state began monitoring the

movements of white sharks after a woman was attacked and killed by a shark off of Harpswell in 2020.

"We really wanted to make an effort of tracking the activity of sharks in our area and slowly we have built a permanent white shark monitoring program," stated

Matt Davis, a marine scientist with DMR. "John Mohan here at UNE is part of that, so it was a natural collaborative effort that formed."

Mohan pulled in several of his students to help with the project, including graduate student Ben LaFreniere (Marine Science, '22).

"Most of my research revolves around sharks and fish," LaFreniere commented. "So, this buoy will give us great capabilities to look at white sharks in the area. You can't put a price on the experience and all of the knowledge that I am able to gain from doing this. It is just priceless."

Last year, the first full year of

monitoring sharks, the state detected more than 30 white sharks in Maine waters. Now, with this new buoy and another being deployed at Popham Beach, real-time alerts can immediately be sent to lifeguards so that they can warn the public about a shark in the area.

"This is a really big step in our monitoring program," Davis said.

Since sharks feed on seals, Davis says you'll typically see shark activity in areas where there are large populations of seals. With a rebound in the seal population the last several years, he says we are likely to see more sharks here.

"They are here and they have always been here," Davis said. "We are hoping to identify particular hotspot areas or areas where maybe there's a little bit more activity."

While the main goal of the project is to make the public more aware of shark activity in Maine waters, Mohan wants to remind everyone that shark attacks are extremely rare.

"We just want to create more awareness for the public in Maine," Mohan said. "A working group has formed to develop an actual plan of action for lifeguards and safety officials, so that they are ready if a shark is sighted."

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## Habitat for Humanity York County hosts FRAMING THE FUTURE, focuses on Community Impact

– T.S. Eliot once said, “Home is where one starts from.” This quote perfectly encapsulates the theme of Habitat for Humanity’s Framing the Future event at the Nonantum Resort on June 23rd at 5:30 pm.

Framing the Future, which is Habitat for Humanity York County’s largest fundraising event, is a celebration of Habitat’s impact on our local community. When planning the event, Executive Director Amy Nucci noted, “we were discussing our history in this area, and how since 1985, Habitat has partnered with thirty three local families for affordable homeownership.” “Giving families a stable shelter, helps them to put down roots and give back to their community. They’re invested in the betterment of this area.” At this event, Habitat will share how these families have given back, and how your donations will help generations to come.

An essential element of Framing the Future are the exclusive raffle

prize packages. This year does not disappoint. “We are offering something for everyone in this raffle” says Development Officer James Connally. “We are offering one-of-a-kind resort packages from Cliff House, Kennebunk Inn, and the Nonantum. We also have a brand-new Wolf Islander scooter, and several packages for families looking for fun this summer.” Raffle tickets are available now on the Habitat York County website, and are either \$10 or \$20. Winners will be announced the evening of June 23rd. You do not have to attend the event to win.

The work of Habitat for Humanity in York County is needed now more than ever. Indeed, according to Maine Housing, the median home price in York County is \$389,900. According to Amy, “the housing market is at a historic high along with building material costs. Demand for affordable housing in our community has never been greater.”

Framing the Future runs until June 23, 2022. Check out details at [www.habitatyorkcounty.org/framingthefuture](http://www.habitatyorkcounty.org/framingthefuture).



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# PORT CANVAS COMPANY -A Maine Tradition for over **50 Years**

**P**ort Canvas Company was established in 1968 by Jeff Aumuller in a tiny shop in Dock Square, Kennebunkport, Maine, where rugged, yet classic and stylish canvas products were made and sold onsite, and shoppers could watch stitchers in action while visiting the shop. (Coincidentally, Aumuller's daughter went on to establish Seabags of Maine, which has a current store in Dock Square.)

Port Canvas has grown significantly and moved, since the opening of the tiny shop founded in the center of town (Dock Square) in Kennebunkport, but the quality, craftsmanship and on location stitchers remain. In fact, every product ever produced by Port Canvas for over half a century has been and continues to be manufactured right here in Maine by hand, by one stitcher, one product at a time. Stitchers sign their name on each bag they stitch.

Owners of Port Canvas products can attest to the company's quality and durability. I am one of those happy, long term customers. My first Port Canvas bags were for schoolbooks and school supplies in the early 1980's. Today, I still own Port Canvas tote bags and prefer to give Port Canvas items as gifts. Their retail and sale and close-out room at the Arundel location offers deals that can't be beat. It is a must visit store.

Scott Phillips has been a principal shareholder and general manager of Port Canvas since 2012. He had this to say "We have been providing quality canvas tote and duffel bags as well as a variety of other products used for business, recreation and leisure for decades. Our bags are used around the world. Currently, consumer orders come from all over the United States through our



In addition to the current Port Canvas retail location and factory on 39 Limerick Road, Port North-Unit #2, in Arundel, the company offers an online, mail order shop, with free shipping on orders of \$100- more to the Continental US. Port Canvas in Arundel is open Monday - Thursday 10am-4pm and Friday by appointment. FMI: 207-985-9767 or 1-800-333-6788 | <https://www.portcanvas.com/>

website: [www.portcanvas.com](http://www.portcanvas.com).

Bulk sales business includes special events, awards and recognition, schools and clubs, company promotions, to name a few. It's largest, through praise of its products by celebrated author Haruki Murakami, customer is Japanese." He added "What sets us apart from others is our quality and customization. We can provide custom designs for special events and organizations and offer products in all price ranges, with most products between \$15- to \$125-."

Phillips said the most popular Port Canvas products are: The Schooner Tote, Clipper Tote, Shellseeker Tote, Sport Duffel, Sailor Duffel and Sailor Traveler Duffel.

He spoke about the production process. "Our canvas and colors start with 100% natural cotton canvas combined with fiber reactive dyes utilizing the vat dyeing process. We have a variety of colors to choose from and are always adding more color options. In house, custom embroidery services on all canvas products and custom ribbon choice offers a unique

way to promote your message or event while making a handsome and valued presentation. We have several monogram fonts and styles to choose from and capabilities which allows us to turn around an order in as little as a day in some circumstances."•



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# The Climate Initiative Weeklong Team Retreat Held in Kennebunkport



through educating, and empowering local action to build grassroots movements toward climate mitigation and adaptation. We believe that this generation will be paramount in solving the climate crisis and The Climate Initiative is there to equip them to take on this challenge,” Lowery said.

In early June, The Climate Initiative came together for their second annual staff retreat which also overlapped with the first ever in person board meeting since the inception of the organization. “The week’s theme was ‘Building a Beacon of Hope’ and was filled with team building activities as well as focusing on impact planning around our mission to empower youth voices for climate action,” said Jono Anzalone, TCI Executive Director. “We have grown from four full-time employees in early 2020 to 19 this summer. Staff from seven states participated in the retreat. With just over a year and a

half in the books for our operational history, we also came together to celebrate the expansive reach TCI has experienced in such a short time, which includes our climate education programming (which originated here in Maine) in more than 40 states and territories across the United States as well as more than five countries where TCI has youth ambassadors or programmatic reach.”

Part of the week was spent at the Trust properties. The group also experienced a lobster boat tour on the F/V Nor’easter to see Trust Islands, Goose Rocks Beach, Cape Porpoise Harbor and other Trust locations from the sea, which is symbolic as TCI is an idea that was born from the creation of the Gulf of Maine Field Studies course, a partnership between KCT, UNE, , RSU21 and GOMI.”

FMI on The Climate Initiative, please visit: [www.theclimateinitiative.org](http://www.theclimateinitiative.org), follow @the\_climateinitiative (on Instagram) or email: [jono@theclimateinitiative.org](mailto:jono@theclimateinitiative.org)

First started as a program of the Kennebunkport Conservation Trust (KCT) and now an independent nonprofit with a strong partnership with KCT, The Climate Initiative (TCI) is a non-partisan, youth-focused and science based organization pushing for local, tangible solutions to global climate challenges.


Leia Lowery, Director of Programs and Outreach at TCI and KCT,


KCT Executive Director Tom Bradbury and seed funder Robert King spearheaded The Climate Initiative in late 2019, inspired by a partnership with Dr. Pam Morgan from the University of New England, Melissa Luetje from Kennebunk High School, and Dr. John Terry from the Gulf of Maine Institute.

“The TCI mission is to empower youth action for climate change,



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## Annual July Summer Solstice Craft Show in Wells, Maine

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Enjoy the best of art and craft at our July 9 & 10, 2022 summer craft show that is a festive tradition in Wells: the annual July Summer Solstice Craft Show. Now in its 38th year, the popular two-day event will be held from 10:00am to 4:00pm at the Wells Jr. High School on Route 1 (1470 Post Road), Wells. This juried craft show features 60+ crafters and artists who display their handmade wares inside and also outside on the Jr. High. Traditional, contemporary and country crafts are featured. You'll see stained glass, jewelry of all types, pottery, soaps, clothing, wood crafts, fiber arts, graphics, photography, handcrafted specialty foods and much more. Many of the crafters and artists have been coming back for years, and they look forward to making new products for their cus-

tomers.

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

- Karol Peralta, Salem, Ma: Beautiful selection of sterling silver and gold-filled jewelry including bracelets and earrings. Her varied designs are a delight.
  - Ann Torrey, Worcester, Ma: Acrylic paintings. Her paintings are not only beautiful but unique. They made of eggshells. Absolutely incredible!
  - Nodine Webster, Wells, Me: Vegan and Gluten Free pastries. Not only are they delicious they are allergy free. Whoppie Pies, cookies, and much much more. Yum!
  - Dianna Starbranch, Augusta, Me: Porcelain ornaments for every hobby, occupation, animal and sports...yes, Red Sox and Patriots!
  - Maggie & Pete Adams, Camden, Me: Wire tree art. Maggie and Pete are both talented artists specializing in wire and painted trees. It is always an adventure to see what they have created.
  - Joyce Huff, Cape Porpoise, Me: Decorative tole painting. Adorable wall hangings and holiday Ornaments for every occasion.
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Lyman artist Jan Van Tassell with one of his tone-on-tone watercolors.

## A Series on Local Artist *by John Forssen* **A World Apart**

something in the background that teases the eye to look closer...or, as Van Tassell, himself, says, “invites the viewer to step into the picture.”

Once captain of his high school football team, Van Tassell earned a Bachelor of Arts degree from Syracuse University and went on from there to teach art in both New York and Maine schools...and then, for another 15 years, to practice his art as a potter.

It was not until after he retired, however, that this ‘artist’ actually stepped seriously into the art world that he occupies now. “We were retired,” he recalls, “my wife and I spending summers in Maine and winters in Florida and we began taking painting lessons at the Manatee Art Center from an established Florida artist, Barbara Simmonds...and they have been painting ever since, he and his wife in their Lyman studio on the

shore of Bunganut Lake.

That’s the history of it...but it’s the style and texture of the work, that makes Van Tassell’s paintings fascinating:

Some of it comes from photographs. “Walking in the woods,” he says, “I record useful details: the bark of trees, the quality of light and shade, ripples on water...the tiny things that give a picture depth and character. Camera angles also help me to record perspective, you know, how a tree loses girth as it rises gently into the overstory, a quality you might overlook, otherwise.

“Sometimes,” he continues, “the picture comes to the artist. I don’t have to go searching for it. Out on the water, for example: it’s early in the morning. The flowage is quiet, the fog lifting...we allow the canoe to drift as we drop a line in the water.” Here is the ethos of his work, the spiritual

stuff that artists are always seeking.

Indeed, using watercolors and spray dyes in combination, he manages to create a staging —light upon light, tone upon tone— that reveals the natural world as a living, sometimes shimmering, entity. Within this setting the objects in his paintings take on that otherworldly appearance... hence the reference to the JR Tolkien dream.

Van Tassel and his wife Linda, high school sweethearts married for more than 50 years, share the same studio and frequently exhibit together, as they did last month at an Art Guild of the Kennebunks show in the Bauman Gallery of the Brick Store Museum. His work will appear next July 7-13 at the Maine Art Hill, also in Kennebunk, and until July 12 at CIA’s galleries in South Portland and Saco.

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# Kennebunkport Conservation Trust Partners with Graves Memorial Library for Secret Garden Tour and Plant Sale Event!

By: Shelley Wigglesworth,  
Lead writer

Ganny's Garden on the River Green in Kennebunkport was unveiled and dedicated in 2011 as a gift and tribute to Former First Lady Barbara Bush. This popular garden full of perennials, sculptures and hardscape has received national attention and is visited year-round. What some people may not know, is there are other lovely Trust gardens located at the Gravelly Brook Road KCT Headquarters, and these may be some of the best kept secret gardens in town. Lovingly planted and maintained by KCT volunteer gardeners, this year these gardens, the Emmons's House Gardens, the entryway garden, a new perennial garden featuring stonework by Brian Fairfield, and flowering native plant areas will be highlighted as part of the Graves Memorial Library Secret Garden Tour, which is scheduled for Saturday, July 16th, 2022, rain, or shine.

Along with the self-guided Trust Garden



Complimentary packet of poppy seeds from the late former first lady Barbara Bush's "Ganny's Garden" with every plant purchase while supplies last!

tours, visitors may explore the Trust's Labyrinth and beautiful trails. A plant sale featuring Maine native and grown, lovingly cared for plants, all priced between \$5-\$25- will be held from 8:30am-3pm, or until plants are sold out. KCT gardeners will be on hand to offer planting and care tips, and a free packet of Ganny's Garden Shirley Poppy Seeds, harvested from the late former first lady's flowers at Ganny's Garden, will be given to each person who purchases a plant, while supplies last. Beach Dawg food truck will be on sight offering refreshments for purchase and Gemini cakes will offer desserts.

*Secret Gardens of Kennebunkport*  
For Graves Memorial Public Library

Saturday, July 16, 2022  
10:00 am to 3:00 pm

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For more information call (207) 967-2778 or visit graveslibrary.org

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"We have a variety of plants to choose from, all at reasonable prices, including unique, unusual, and hard to come by perennials such as the double white blood root. Hosta, lupines, Shasta daisies, and other garden favorites will also be available," KCT volunteer gardener Gail Roller said.

You do not have to be a part of the garden tour to visit the Trust gardens or properties, or to take part in the plant sale, as the Trust is open to all, free of charge, though those who purchase tickets to the Library's Secret Gardens Tour will have access by trolley to the Trust during the tour.

FMI: Secret Garden Tour: [graveslibrary.org/event/secret-gardens-of-kennebunkport-a-fundraiser-for-graves-library](http://graveslibrary.org/event/secret-gardens-of-kennebunkport-a-fundraiser-for-graves-library) Kennebunkport Conservation Trust: [www.kporttrust.org](http://www.kporttrust.org).

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# A LUSCIOUS LINE UP OF ART AND ART WORKSHOPS AT ARUNDEL FARM GALLERY

**Arundel Farm Gallery opens its doors again on June 15th welcoming several new artists, welcoming back some favorites, and offering an exciting line-up of adult art workshops.**

Featured Maine artist for 2022 is Kelly Derosiers from Unity. Derosiers' gouache paintings and collages are intricate landscapes where every detail has meaning. She says her works are influenced by "the intersection of science, history and art. While, like many artists, I receive inspiration from the natural world, I am not content to represent what is seen with the eye. I am most interested in ideas, from science and history, that I strive to weave into my art." All of her paintings are inspired by the remote and wild places in her home state of Maine.

Featured in our 1760 Gallery is New Hampshire artist Jayne Adams. Her oil paintings capture the feeling of summer, whether its bathers climbing on New England's rocky coastline or a group of children sitting on a bench eating watermelon. These are portraits of social



Jayne Adams - Summer Stoop.

gatherings, in nature, where those involved are enjoying pleasurable pursuits. They are reminiscences, shining moments in time, and they make us wish we were the participants.

We also welcome award winning Vermont artist, Jessie Pollock, with her richly textured "Vanishing Landscape Paintings" and nationally acclaimed floral photography artist, Jackie Kramer, who teaches several sold-out workshops at the gallery this season. For one of these, she partners with another well-known floral photographer from Maine, Kathleen Clemons.

The gallery is fortunate to welcome back one of our favorite local artists, Berri Kramer, formerly of Heartwood College of Art. She will not only exhibit her collage and cold wax works in our Carriage House Gallery, but will also teach these two exciting techniques, in separate workshops in August. No prior experience is needed to participate.

We also welcome back museum artist, Stephanie Rayner, who will teach her very well received Beautiful



Kelly DeRosiers - The Wind Swept In.

Botanicals in Watercolor printmaking workshop again in early September.

Our exciting line-up of art workshops take place in our Carriage House Gallery with small class sizes in a safe environment, and guaranteeing individual attention from our locally and nationally acclaimed instructors. Students can choose from watercolor painting, floral photography, printmaking, collage, cold wax, and mosaics. All skill levels are welcome.

The gallery's motto is "Create, Breathe, Explore" and we welcome visitors to discover this peaceful oasis, just a few minutes away the busy downtown of Dock Square.

Check the gallery website for complete class descriptions and dates. An easy online sign-up system is on the website. For more information visit [www.ArundelFarmGallery.com](http://www.ArundelFarmGallery.com) or contact Julie at [info@ArundelFarmGallery.com](mailto:info@ArundelFarmGallery.com). The gallery is located on a beautiful 9 acre property at 76 Arundel Road in Arundel, just 1.5 miles from Dock Square in Kennebunkport. 561-702-6396.

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# Help Is on the Way

By: John Forssen, Guest writer

Some years back, before she got really famous, Whoopi Goldberg did a solo routine in which she played a Jamaican maid working for a very old Jamaican gentleman. She recalled how she was doing the household ironing one day when the old man happened in on her...stark naked, he was.

Of course, she was surprised, but her first reaction, she said, was how badly he needed to be ironed.

I, too, being of a certain age, could probably stand a bit of ironing, as well. Indeed, stripped to the waist, I have begun in recent years to look like I might still be wearing the sagging and slightly rumpled T-shirt that I just took off.

But such is life: wrinkles have formed, flesh is slowly surrendering to gravity... just as promised in the 'grand plan'. In much the way that pain alerts one to danger and a welcoming smile signals safety, wrinkles acknowledge certain measures of progress...ah, sweet wisdom apparent at last. So there are advantages. Those wrinkles give me the appearance of knowing...even from the deep well of my

ignorance.

But wait...help is on the way.

There are creams and ointments which, with just the occasional dab, can make wrinkles disappear...like magic. I'm thinking I could fill the bathtub with Oil-of-Olay or some similar product and, after soaking for a week or two, become a teenager again.

Sadly, however, that would be like applying fresh paint to a car with a cracked engine block...unless, of course, I treated myself to one of the modern cosmetic industries' greatest innovations: spray-on make-up. All I would need is a little more foundation to fill the visible cracks and crannies and then, with a quick spritz from my cosmetic air-gun, I'd have the envied complexion of a china doll. But what in the world would I actually say to a teenager, if I happened to meet one in my reconditioned state?

So what's the point?

Just this: I have no interest in being young forever...especially now that I'm in my 80s. And I have even less interest in living that long, which is why I wear my do-not-resuscitate medallion like a spiritual icon. I never leave home with out it. Moreover,

right there on my Advance Directive it says, if you find me unconscious just leave me the hell alone. That sounds crotchety and peevish, I know, but I'm thinking the apparent 'attitude' will let people know that I'm serious.

(Just as an aside here. One day (before my pacemaker was installed), I passed out on the side of the road during a run. As I was just getting to my feet, prepared to continue, a neighbor stopped and had the nerve to threaten me with telling my wife if I didn't get into her car and submit to a humiliating ride home.)

Indeed, when my time comes, I do not want to end up as a post-grad project for some bright-eyed young doctor intent on my salvation for the sake of proving the 'possible'.

No, I would just like to bide my time growing happily and peacefully old, fidgeting now and again and wondering, my most serious thought for the day, where I might have left my teeth.

But there are complications...Lord help us. Science moves on...driven, it would seem, by an ineluctable contempt for something as simple and straightforward as a best-if-used-by date.

**For example:**

On the off chance that you find you're 'not as sharp as you once were', there are supplements which propose somehow to get rid of all the crusty stuff in your brain and polish your corroded synapses to just like new again. Indeed, if the promise is true, they will 'shine like the top of the Chrysler Building'...maybe, but probably not. The sad truth is this: all things wear out eventually. And that poor guy in the commercial who's popping pills to keep up with all the 'young people around him' will probably choke on a pill or stumble on a shoelace before he catches even the slowest of the young rascals in front of him. Better he should find a relaxing hobby.

Continuing on, someone has figured out how to fill a tiny capsule with all the fruits and vegetables you will ever need...so says the company, so confirms the young woman in the commercial who runs marathons... sometimes as long as 140 miles, a mere sprint. Who could ask for more? You might still crave the occasional burger, but you'll never again have to worry about fruits and vegetables. And, if you're already a vegetarian...just think of it...you can buy

**Continue to page 26**

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Continued from page 25

a week's groceries and carry them home in your shirt pocket. Better yet, nothing to cook, no dishes to wash.

We've known for many years that science is our salvation...and that may very well be true, but the young woman in yet another commercial doesn't even bother with the name of the product. She has only its initials at her finger tips. When she gets to nicotinamide mononucleotide, the new elixir, she simply says NAD and goes on to sing its praises: new support for energy, metabolism and cognition, presumably, long after the expiration date on such things as heart, lungs and bowels. I see myself comatose sometime in the future, silently amusing myself with a string of quadratic equations while I wait for the bright white light...also known as BWL.

In the second stanza of her presentation, she lauds the research behind this breakthrough, explaining how it was studied and developed at one of the country's leading (but unnamed) research institutions...all while the minuscule print at the bottom of the screen points out that the product has not been approved by the Food and Drug Administration, a tiny detail...nothing to worry about.

And, of course, life goes on. •



**The Wells Chamber of Commerce and the New Hampshire Inter-Tribal Native American Council proudly announce the 18th Annual Pow Wow to be held on Saturday and Sunday, July 16 and 17, 2022 at Wells Harbor Park, 331 Harbor Road, Wells, ME from 9:00am to 5:00pm daily.**

The event will include dancing, drumming, vendors, and storytelling. MC-Al Caron. Flute music by assorted musicians. The Grand Entry is at 12:00 Noon sharp on Saturday and there will be an auction at 11am on Sunday. Admission is \$5 for adults, \$3 for seniors and children 12 and under, children under 6 are free. The public is cordially invited - no drugs or alcohol are allowed. FML contact Sandy Chase at 603-651-8769.

The Wells Harbor Park Free Concert Series is teaming with the Pow Wow and will feature the band "The Bel Airs", a danceable mix with an authentic but eclectic bluesy-country-soul and rock 'n roll sound that is influenced by the likes of Wilson Pickett, Slim Harpo, and Johnny Cash. The concert begins at 6:00pm and is free and open to the public.

## 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.

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# Bedford Apothecary & Spa

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By: Shelley Wigglesworth, Lead writer

Bedford Apothecary & Spa began in 1998 when Derek Bedford's parents were working on a dairy farm in Pennsylvania and began making cow's milk soaps. In 2008, when Derek married his wife Jennifer, who is also the co-owner and operator of Bedford Apothecary & Spa, his parents taught them how to make soap so they could give bars of handmade, organic, soap as wedding favors. At that time, an idea was planted, which germinated just 2 years later.

With both Bedford's sharing a collective background in design, photography, and science, both with degrees and past work experience in those fields, they teamed up with his parents and started Possum Hollow Farm Soap company.

"In 2010, we opened our first retail store and spa in Pennsylvania. In 2015, we closed that store and moved to Maine. We looked for a new retail

space, and in 2019 we found the beautiful building we are in today at, 2178 Post Road in Wells. This past March we moved to the second floor and added two delightfully relaxing treatment rooms and a simple yet elegant retail area within," Derek said.

He added "In making the skin care for our spa, our approach is to utilize herbalism and holistic methods. To



Apothecary offers a full line of soaps. Everything is made by hand by them, at their facility in Sanford, Maine.

do this, we gently and slowly extract the skin beneficial properties from the plants and use it in our products to give your skin the most benefit from the treatment you are receiving to help with your skin care needs."

All Bedford products are made using traditional herbal preparations, and all are infused with botanicals from 1 week to 15 weeks. Everything is made by hand by them, at their facility in Sanford, Maine.

Jennifer explained the line of products they carefully and thoughtfully create, with the best benefits for the user always in mind. "Our Apothecary offers a full line of at home facial products, these

include cleanser, toner, and moisturizers for everyday use as well as exfoliators and masks for when you need a deeper cleanse. Our products are easy to use, and we offer three lines, one for each skin type; mature, oily, and dry. We also sell twenty-five different scents of bar soap, liquid hand soap, bath bombs, organic perfumes, clean burning soy candles, reed diffusers and organic cotton towels."

Bedford products stand out for not only being 100% natural with organic ingredients, but for the fact that they formulate, design, and make all the products they offer. Four generations of herbal knowledge go into each product they produce. "Not many people make their own products and do what we do. We have other companies seek us

out to make their products because of the knowledge we have about each ingredient, how they work with others and how they can help your skin. Our products are made without the use of artificial colors and additives, are chemical free, paraben free, phosphate free, SLS free, non-GMO and contain no artificial preservatives. No Artificial Anything. We do not test on animals. We also offer a soap that is safe and wonderful to use on your pets," said Derek.

Bedford Apothecary & Spa's new spa offerings, exclusively using all their own products, include facials, massage, foot soaks, reflexology, and face and body waxing, with plans to offer more services soon. "We can fully customize our spa treatments to each person's



Derek and Jennifer Bedford, owners of Bedford Apothecary & Spa located 2178 Post Road in Wells.



Bedford facial serum.

individual needs," Jennifer said.

The Bedford's look forward to welcoming you to their spa for a truly natural and relaxing experience.

Derek concluded "Our mission is to provide our customers with luxurious and natural skin care while considering the sustainability of the ingredients we use and our carbon footprint on the earth."•

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**Maine Women in the Arts, Summer Fine Art Show with Crafts:** July 29-31; 9:30-7 July 29; 9:30-5:30 July 30; 9:30-4 July 31; Masonic Lodge, 10 North St., Kennebunkport; free admission

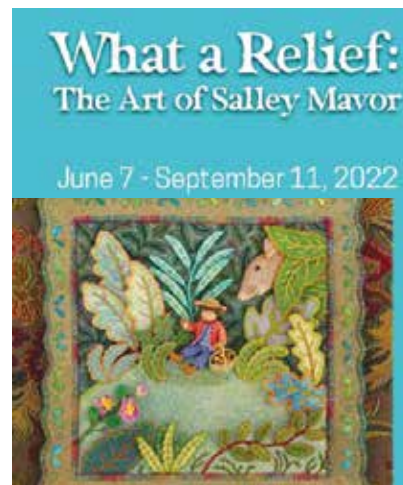
**KW CONTEMPORARY ART PRESENTS AUDRA WEASER: REFLECTIONS Exhibition Dates: 07.02.22 – 08.02.22** Artist Reception: Saturday, July 2nd 5-8 pm -KW Contemporary Art is pleased to present Reflections, a new collection of works from Audra Weaser. Audra Weaser's longstanding love of water and nature is evident in her paintings. Growing up in Southern California, Weaser was fascinated by the ocean and the ebb and flow of the tides. In this exhibition Weaser reflects on the play of water and light with one another and our interpretations of these ephemeral moments. The shimmering, movable surfaces reflect the outside world in an abstracted state which Weaser represents in a new painterly way to provoke our emotional response. These surfaces allow us to glimpse our inner states - creating a dynamic space between reflection and projection. The opening reception will be held on Saturday, July 2nd from 5 - 8 pm and is open to the public. 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.

**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](http://www.kennebunklandtrust.org).

**Tiny Art: Paint a Little, Sip a Little at KFL** Kennebunk Free Library will be hosting Tiny Art - Paint a Little, Sip a Little on Tuesday, July 19 at 6:30 p.m. All adults 21 and over are invited to join Artist John Forssen and paint a 4"x4" canvas and tiny easel. In keeping with our summer reading theme, "Oceans of Possibilities", we will create a beach sunrise or sunset. KFL will supply the acrylic paints, other materials, a glass of wine and light refreshments. Space is limited, please pre-register. Artists are invited to leave their creations for a "Tiny Art Show" in the library's display case. 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](mailto:kfl@kennebunklibrary.org).

**Kennebunk Free Library is hosting a Community Yard Sale on our lawn on Saturday, August 6** from 8:30-12:30. Shoppers will find an array of items from local artists and your neighbor's garage. 10'x10' spaces are available to rent for \$35 and 30"x72" folding tables are also available to rent for an additional \$15. A clean-up deposit of \$25 is required and will be returned at the conclusion of the event. You'll receive prime visibility on Main Street, free advertising and all for a small donation to benefit KFL. Applications and fees are due by Monday, August 1. Spots are limited. Applications and additional information can be picked up at the library or found on our website. [www.kennebunklibrary.org](http://www.kennebunklibrary.org).

BRICK STORE MUSEUM



FMI on all events please visit the museum at 117 Main St Kennebunk, or [www.brickstoremuseum.org/](http://www.brickstoremuseum.org/) (207) 985-4802

Wells Reserve

**Friday, July 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. Some restrictions apply. \$60/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**Tuesday, July 5, 8am-9:15am Morning Yoga.** A new 7-week series of gentle Hatha yoga classes begins both online and in person at the Wells Reserve. Increase your strength, flexibility, endurance, focus, and concentration with guidance from Leslie Fiore, founder of Port Yoga in Kennebunkport, who has been practicing and teaching yoga for 20 years. The series costs \$84/regular or \$70/member. Registration required. Call 207-646-1555 ext 116 or email [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) to reserve your space.

**Tuesday, July 5, 1-4pm Kayaking** on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**Wednesday, July 6, 7-10am Bird Banding Demonstration.** Visit the bird banding station at the Wells Reserve at Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 [wellsreserve.org](http://wellsreserve.org).

**Wednesday, July 6, 10am-12pm Explore the Shore.** The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects. Free with site admission. Registration required at 207-646-1555 ext 110 or [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Saturday, July 9, 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](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Monday, July 11, 9am-3pm Eco Nuts Summer Day Camp.** Hike, kayak, and explore environmental issues at the

Wells Reserve at Laudholm. Learn about plants, animals, habitats, and climate change. Week-long day camp for ages 12 to 14. \$300/\$240. Registration required; see [wellsreserve.org/camps](http://wellsreserve.org/camps).

**Monday, July 11, 10-11:30am Laudholm's Farming Past.** Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about 1/2 mile. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tuesday, July 12, 10-11:30am Secrets of the Salt Marsh Walk.** Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a docent-led walk at the Wells Reserve that covers about 1 mile. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Wednesday, July 13, 7-10am Bird Banding Demonstration.** Visit the bird banding station at the Wells Reserve at Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 [wellsreserve.org](http://wellsreserve.org).

**Wednesday, July 13, 9:30am-12:30pm 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/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**Friday, July 15, 10-11:30am Historique de la Ferme** Laudholm. Revivez les histoires du passé de cet endroit jusqu'à sa vocation d'aujourd'hui. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

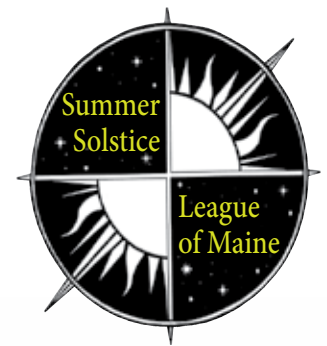
**Saturday, July 16, 7:30-10:30am Wildlife Track and Sign by the Sea.** The sands of Laudholm Beach reveal the stories of a diverse array of birds, mammals, and invertebrates. Join Certified Wildlife Tracker and Maine Guide Dan Gardoqui for an enlightening morning of decoding stories in the sand. We will walk about 3 miles and spend time on uneven surfaces. Co-hosted by Wells Reserve and York County Audubon. \$30/\$25 plus site admission. Registration required at 207-646-1555 x116 or [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org).

**Monday, July 18, 1-4pm Kayaking** on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$60/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**Tuesday, July 19, 10am-12pm Wabanaki Wonderings.** Reflect on life in southern coastal Maine before European settlers arrived, using art by Penobscot historian James Francis and a guided walk to the salt marsh. Imagine a sweetgrass camp, explore how people lived and thrived, and share insights about Wabanaki life past and present. Linda Littlefield Grenfell, of European descent, has studied about and with the Wabanaki people. All information and knowledge is referenced to the Wabanaki people. \$8/\$6 plus site admission. Registration required at 207-646-1555 x128 or [linda@wellsnerr.org](mailto:linda@wellsnerr.org).

**Wednesday, July 20, 7-10am Bird Banding Demonstration.** Visit the bird banding station at the Wells Reserve at Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 [wellsreserve.org](http://wellsreserve.org).

**Wednesday, July 20, 10am-12pm Explore the Shore.** The treasures we find on the beach can tell us stories about the land,



SUMMER SOLSTICE CRAFT SHOW 2022

July 9 & 10

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

10am-4pm Free Parking & Admission

[SummerSolsticeCraftShows.com](http://SummerSolsticeCraftShows.com) 207-967-2251



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](mailto:caryn@wellsnerr.org). [FMI.wellsreserve.org/calendar](http://FMI.wellsreserve.org/calendar).

**Thursday, July 21, 12-1pm** Ocean Photography: Discovering New England Marine Life through the Eyes of the American Lobster. Renowned underwater photographer Keith Ellenbogen presents a series of awe-inspiring images and stories about the extraordinary diversity of New England's marine wildlife, from ocean giants like great white sharks to tiny larval lobsters. Ellenbogen is associate professor of photography at SUNY/Fashion Institute of Technology, visiting artist at MIT Sea Grant, and senior fellow at the International League of Conservation Photographers. He is collaborating with the Wells Reserve in support of the NOAA Sea Grant American Lobster Initiative. \$5 suggested donation plus site admission. Registration required at 207-646-1555 x116 or [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org).

**Saturday, July 23, 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](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. [FMI.wellsreserve.org/calendar](http://FMI.wellsreserve.org/calendar).

**Monday, July 25, 11am-12pm** Flying Jewels: Dragonflies and Butterflies of Southern Maine. Get to know some charismatic insects with Sue Bickford at the Wells Reserve at Laudholm. Learn about life cycles and habitats of these beautiful creatures, then try your hand at catching them. \$8/\$6 or \$20/\$15 per family plus site admission. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. [FMI.wellsreserve.org/calendar](http://FMI.wellsreserve.org/calendar).

**Tuesday, July 26, 1-2pm** Wells Salt Marshes Over Time. While tidal flooding can create problems for people, it is a normal part of daily life in salt marshes. Under the right conditions a salt marsh grows, thrives, and adjusts to changing sea levels, but too much flooding can be detrimental, a problem made worse by rapid sea level rise. Can Wells salt marshes keep up? Meet Laura Crane, research associate at the Wells Reserve, and learn how long-term monitoring on the Webhannet salt marsh has evolved and expanded to help address this question. Laura will introduce the methods used to detect changes in plant communities, marsh elevation, groundwater, and other aspects of the salt marsh. Free with site admission. Registration required 207-646-1555 x116 or [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org).

**Wednesday, July 27, 7-10am** Bird Banding Demonstration. Visit the bird banding station at the Wells Reserve at Laudholm, where scientists from the Biodiversity Research Institute and the Maine Medical Center Research Institute study bird migration, breeding activities, life spans, and vector ecology. Free with site admission. 342 Laudholm Farm Rd, Wells. 207-646-1555 [wellsreserve.org](http://wellsreserve.org).

**Wednesday, July 27, 9:30am-12:30pm** 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/\$48 plus site admission. Registration required. Wells Reserve at Laudholm. 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak)

**Wednesday, July 27, 10-11:30am** Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. [FMI.wellsreserve.org/calendar](http://FMI.wellsreserve.org/calendar).

**Thursday, July 28, 10-11:30am** Secrets of the Salt Marsh Walk. Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a docent-led walk at the Wells Reserve that covers about 1 mile. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. [FMI.wellsreserve.org/calendar](http://FMI.wellsreserve.org/calendar).

**Friday, July 29, 10-11:30am** Les Secrets du Marais Salé. Learn the secrets of this special place, nestled between the forest and seashore. Apprenez les secrets de cette place unique, nichée entre la forêt et le bord de la mer. Free with site admission. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. [FMI.wellsreserve.org/calendar](http://FMI.wellsreserve.org/calendar).

**Saturday, July 30, 9:30am-12pm** Native New England Shrubs. Take a close-up look at nine or ten shrubs that occur naturally in New England, plus a few non-native invasive species. We will focus on key identification characteristics while learning about shrub natural history and lore. We will study a shrub whose fruits can be used to make candles, a shrub whose berries prevented scurvy on long sea voyages, and a shrub whose flowers have been used as a remedy for craziness. \$13/\$10 plus site admission. Registration required at 207-646-1555 x116 or [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org).

## Louis T. Graves Library

**Special Limited Offer** - Not Many Remaining – Please call us to order your History Book Set, Kennebunkport: the Evolution of an American Town, researched and written by local historian Joyce Butler. This 400-year history includes people, places, and events that have shaped our lovely village over time. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at (207) 967-2778 for more details. \$50 per set (includes the handsome cardboard sleeve). All proceeds benefit the Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport.

**TECH HELP @ GRAVES LIBRARY** We 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 (207) 967-2778.

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

**Wednesdays @ 7:00 pm. Portside Readers.** Who does not like to be read a story? Listen to stories, poems, tales, essays, drama, songs and more by the Portside Readers, a small group of local actors, writers, book club members and a musician who love the written word and want to share the joys of reading and listening. Tune in Wednesday evenings at 7:00 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch on the Town of Kennebunkport's cable channel 1301. Please call the library at (207) 967-2778 for more information on this creative collaboration of friends and neighbors!

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

**July 11, July 13, July 15, July 18, July 20, July 22 @ 9:00 am. Morning Yoga** with Kriya Yogi Virginia Williamson. Yogi Virginia Williamson is returning this summer for morning yoga at the Graves! Please call us to sign up for a session. Classes will also be available via Zoom so friends far and

wide can join. Virginia Williamson (Ginny) is a Kriya Yogi, in the lineage of Paramahansa Yogananda, initiated by Roy Eugene Davis. She has been practicing Yoga for 31 years; teaching in Southwest Florida for 23 years. She teaches traditional, 'old-school', Classical Yoga, with emphasis on meditative movements coordinated with the breath. Call us at 967-2778 for more details. If joining virtually, please give us your email so we can provide you with the Zoom link 24 hours prior to the class. A donation is suggested for this class. Go to our Homepage and Click on the Link to Donate through our Paypal Account. Please specify in Paypal that your donation is for Yoga with Virginia.

**Tuesday, July 12 @ 10:00 am.** Ocean Wonders Watercolor Class. Local artist Piper Castle will lead an ocean themed watercolor class outside the library. All supplies will be provided. Please bring a towel and sunscreen. Registration is required and the class is limited to 12 registrants. Ages: 6 and up.

**Tuesday, July 12 @ 6:00 pm.** Summer Music Series - Mark Gunter and Janet Wentworth. Join us for some good vibes and live music in the garden at Graves Library. Bring your friends, bring your chair, sit bag, tap your feet, and listen to some local beat. Let's celebrate summer, our community, and our fondness for talented artists right in our own backyard! Mark and Janet will be playing country blues and jazz.

**Thursday, July 14 @ 9:45 am.** Morning Book Group. This group meets the second Thursday of every month. For July, the group is reading *The Lincoln Highway* by Amor Towles. New members are always welcome. The library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>.

**Thursday, July 14 @ 4:00 pm.** Erase the Stigma. Join us for this monthly discussion with our friends from the Kennebunkport Public Health Department and Coastal Healthy Communities Coalition (through the University of New England) about helpful ways to arm you and your family with the appropriate tools to fight Opioid overdose and abuse.

**Saturday, July 16 @ 10:00 am - 3:00 pm. Secret Gardens** of Kennebunkport. 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 on Eventbrite or at the library at 18 Maine Street. On the day of the event, ticketholders should begin at Kennebunkport Consolidated School at 25 School Street to pick up their map. Day-of tickets will only be available for sale at Consolidated School. 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. The magical garden settings include an abandoned granite quarry, a historic riverfront home, a wooded wonderland, and yards with sweeping ocean and harbor views. Tour goers will especially appreciate the option to stop at the Kennebunkport Conservation Trust annual plant sale at 57 Gravelly Brook Road - perfect for shopping, grabbing lunch from Beach Dawgs, and dessert from Gemini Cakes! Additionally, tour goers are encouraged to avoid the parking crush by visiting the gardens on the trolley that will be looping past the stops to drop off and pick up visitors. All proceeds for this event benefit the Graves Memorial Public Library. Please call us with any questions. (207) 967-2778.

**Monday, July 18 @ 6:00 pm. Summer Music Series** - Michael Corleto. Join us for some good vibes and live music in the garden at Graves Library. Bring your friends, bring your chair, sit bag, tap your feet, and listen to some local beat. Let's celebrate summer, our community, and our fondness for talented artists right in our own backyard! Michael Corleto plays blues, jazz, and southern rock.

**Tuesday, July 19 @ 10:00 am.** Mermaid & Pirate Adventure. Stories, songs, mermaid games and pirate antics! Pirate or mermaid costumes are encouraged! A local mermaid

and author will read her mermaid story, and Pete the Pirate will share a pirate tale. Bring a box that will be your ship to sit in on the lawn. Decorations for your boat and sailor spyglasses will be provided. Registration is required and this program will be limited to 15 registrants. Ages: 4 to 10.

**Wednesday, July 20 @ 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 *Funny Farm* by Laurie Zaleski 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)

**Wednesday, July 20 @ 10:00 am.** Ocean Tales Storytime. Featuring books by the late beloved local author Tony Viehmann, with readings by his granddaughters Kiera and Madison. Make a whale crown, too! All ages are welcome.

**Wednesday, July 27 @ 9:30 am.** Home Safety. In this month's meeting with the Kennebunk Health Department, Officer Candice Simeoni (head of elder crimes in York County) Detective Cory Tardif (Kennebunkport Police Department) and a YCEATF member will talk about home safety, including ways to protect your home and valuables. This session will also introduce common targets within and around the home and empower you with ways to be a more proactive homeowner. Light refreshments will be served.

**Wednesday, July 27 @ 3:00 pm.** Middle Grade Book Group - The Pageturners. This is a Graves Library & Kennebunk Free Library program. Books are available at both libraries. This month, the group will meet at Kennebunk Free Library to discuss *Treasure Hunters* by James Patterson. Please call (207) 967-2778 for more information.

**Thursday, July 28 @ 1:00 - 3:00 pm.** Summer Flower Arranging. Join Dianne Trachimowicz in making a floral arrangement for your home. Each participant will make their own arrangement and learn many simple secrets of flower arranging. For over 40 years, Dianne (FLOWERS BY DI) has been creating floral arrangements as well as designing and maintaining gardens. She is a member of the Seacoast Garden Club where she is co-chair of programming and assists with maintaining the monument and community garden in Kennebunkport. She is also the lead volunteer, maintaining the gardens at St Ann's Episcopal Church. Dianne is a member of the National Garden Conservancy. To register, sign up at ([south-coast-senior-college.coursestorm.com](mailto:south-coast-senior-college.coursestorm.com)). Call South Coast Senior College at (207) 274-3105 with any questions. The cost of class materials is \$15, which will be collected by the instructor on the day of the course.

**Thursday, July 28 @ 5:00 pm.** Evening Book Group. Join us on Thursday, July 28 for this month's book group. For this session, we will be discussing *The Painted House* by John Grisham. All are welcome to attend. Please give us a call if you are interested or need a copy. (967-2778).

### Ongoing:

Virtual Family story time is streaming every Friday at 10:00 am on Facebook (<https://www.facebook.com/GravesLibrary>) and YouTube. You can always view on local access channel 1301 too. As always, feel free to post your photos of crafts made on our Facebook Page! The library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Children's Room or visit our website at <http://www.graveslibrary.org>.

**Ongoing Book Sale** 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](http://www.graveslibrary.org)) or Facebook ([www.facebook.com/GravesLibrary](http://www.facebook.com/GravesLibrary)) for more items. All proceeds benefit the Graves Library. We thank you very much!

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

## Kennebunk Free Library

**Family Fort Night at KFL** From octopuses to hermit crabs, sea creatures are masters at creating their own homes! On Thursday, July 14 from 5:00 to 7:00, throw on your comfy clothes and grab your blankets for Family Fort Night. After the library closes, stake out a spot and build your very own blanket fort. Spend some time in your family fort—reading, coloring, or playing games. We'll have fun crafts on hand, plus some yummy snacks. This is a families-only event. Adults must be accompanied by a child. Please call or e-mail the library to register. This program is free and wheelchair accessible. The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information or to register, please call 207-985-2173 or email us at [kfl@kennebunklibrary.org](mailto:kfl@kennebunklibrary.org).

**Chill Gaming** Want to chill, eat snacks, and play games? Come hang out with friends, test out your gaming card decks, play on our Nintendo Switch, try out new RPG board games, or anything else in between for our event, Chill Gaming! Basically anything that relaxes you is welcome and encouraged! We will meet every other Thursday on July 7 and July 21 from 3:30-4:30 PM. There will be games provided by the library, but players are free to bring their own games, learn new games at their own pace, or you can just come to hang out! This event is free, wheelchair accessible, and open to Teens ages 10 and up. If you have any questions, see Miss Emmaline in the Children's Room, or call at (207) 985-2173.

**Message-In-A-Bottle Rockets!** Did you know that the practice of bottled messages dates back to over 2,000 years ago? Philosophers, poets, scientists, and even spies have historically used them to deliver messages across the globe! While we won't be sending our bottled messages out into the ocean, we will write notes, design rockets, and build launch pads to blast them into the sky as a part of our summer reading program, Oceans of Possibilities! We will meet at the library near the faerie garden outside, and then we will walk to the field in Rogers Park where we'll set up our launch pads on July 28 from 1:30-4:30, with a rain date on August 16 from 1:30-4:30! Decorations and bottles will be provided, but we encourage you to repurpose one from home. This event is free, open to families with children ages 3-9 from 1:30-2:45, and open to teens ages 10 and up from 3:15-4:30. If you have any questions, see Miss Emmaline downstairs in the children's room, or call (207) 985-2173. To learn more about the fun programs we're offering this summer, visit the library or our website for more information!

**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 July 11, 18, 25 from 3:30-4:30 P.M. You're welcome to bring in a character from a previous game, to make a new one, or to use one of the pre-made characters provided in the starter set. All other supplies will be provided, just bring your imagination! This event is free, wheelchair accessible, and open to Teens ages 10 and up. New players are encouraged to join in on the adventure. If you have any questions, see Miss Emmaline downstairs in the children's room, or call at (207) 985-2173.

**Ocean Survival Adventure program** at KFL Could you survive in open water? How about on a deserted island? Learn some tips and have fun with activity stations at an Ocean Survival Adventure program! On July 5 at 4 p.m., try your hand at Morse code, make a water filter, build a tiny raft, and more. This event is designed for children and their grown-ups to work together. Everyone is welcome, but the activities will be best enjoyed by children ages 6+. Ocean Survival Adventure 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!

**Ocean Zone Crafts for Children** Kennebunk Free Library is continuing our deep dive with ocean zone 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! Ocean Zone Crafts in July include: July 5-July 16: Hermit crabs from the Twilight Ocean Zone July 18-July 28: Sea anemones from the Midnight Ocean Zone July 29-August 6: Jellyfish from the Abyssal Ocean Zone. 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!

**Jaws-Some Shark Party** CHOMP! Sharks are some of the most fascinating creatures of the ocean. On July 13 at 3 p.m., come celebrate and learn about these often-misunderstood fish with crafts, activities, and games. Join us for a jaws-some time! The Jaws-some Shark Party 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!

**Outdoor Messy Art** What's more fun than making a mess? Join us on Thursday, 7/21 from 2-3:30, and get your hands dirty while creating art! Try painting with spray bottles, bubble wrap, and more. Wear clothes that can get messy! Bring your masterpiece home or leave it for display in the Children's Room! This program will be outside the library. In the event of inclement weather, we have scheduled a rain date of Friday, 7/22 from 2-3:30. Masks are strongly recommended. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. To learn more about the fun programs we're offering this summer, visit the library or our website for more information!

## 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](http://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 Ab-beth Russel, this outdoor workshop is great for all levels of experience. \$35. Registration required. River Tree Arts [rivertreearts.org](http://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](http://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](http://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](http://rivertreearts.org)

## AWS

**Mondays, July 11, 18, 25 @ 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. Pre-registration is required: <https://animalwelfare.org/training/learn-play/>

**Tuesdays, July 12, 19, 26 @ 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. Pre-registration is required: <https://animalwelfare.org/training/learn-play/>

**Woofstock: Family-Friendly, Dog-Friendly Food & Beer Festival: July 30, 11 am - 2 pm** Woofstock is a FREE family-friendly, dog-friendly beer and food festival held annually on the grounds of the Animal Welfare Society, 46 Holland Road in Kennebunk. Enjoy live tunes, dozens of local craft brews, 14 different food trucks, games, kids activities, dog agility courses, raffles, vendors, giveaways and so much more! Music provided by Seacoast Oldies and the Kennebunk River Band. Woofstock is generously presented by Kennebunk Savings. Sponsorships, donations, raffle tickets and beer garden tasting sales benefit AWS' Companions for Life Fund, providing veterinary care to pets in need right here in our community. FMI: <https://animalwelfare.org/woofstock/>

# The Wright Gallery

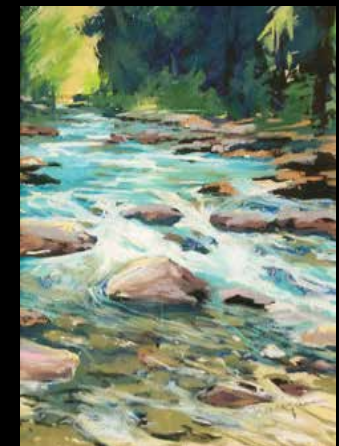
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# Horses are Gentle, Prey Animals - but Are They Dangerous? **Part 2 of 4**

**Grazers & Roamers** Horses were designed to graze almost continuously and roam in wide, open spaces. Their systems and instincts have not changed. Though in order to survive a species must adapt, that doesn't mean it does so without issue. So much of what we do to and with horses is contrary to their natural instincts. Although an imbalance of hormones and genetics as well as treatment and management play a role in behavior, forcing horses not only to go against their instincts and needs but also work more, cause many of the behavioral problems we see. Horses are often blamed for natural behaviors including aggression or punished for expressing displeasure in efforts to communicate. These behaviors seen as negative, can actually be caused by pain, frustration or boredom increasing the potential for danger.

As herbivores, horses consume only plants unlike animals like lions which are carnivores with a diet limited to meat, or dogs which like humans are omnivores consuming both plants and animals. Horses complex digestive systems averaging 100 feet from beginning to end, were designed for small but regular meals consumed while moving. They were intended to graze on meager, not lush pastures, and tear grasses with incisors moving them to the molars to chew in preparation to swallow. As with us, saliva acts as a lubricant easing food through the esophagus and buffers stomach acids preventing ulcers. In a natural habitat horses spend 60% -75% of a 24 hour cycle grazing, the remainder sleeping, or resting quietly to conserve energy needed to gallop from a threat.

In the wild grazing land is meager but in domesticity pastures are sometimes fertilized to produce lush grasses horses' systems can't handle. The sugars grasses contain, particularly at certain times of day can have devastating long term health effects, leading to 'laminitis' a painful disease affecting the feet. It can also lead to mild or severe digestive upset and colics, the #1 killer of domestic horses. Hay also contains sugars but is easier to manage and often safer to feed.

Pasture saves on costs but due to a lack of land on which to graze, most domestic horses eat hay and grain. Hay is dried, processed grasses that eventually lose much of their nutritional value but

should be the primary source of food to replicate grazing, preventing ulcers and keeping the horse in health. The average 1000# horse needs one bale of clean, quality hay per day averaging \$7-\$10 or more per bale. Unfortunately keeping horses in good care is not cheap or easy. If a horse can not eat hay, bagged forages are available to supplement or feed exclusively. Providing regular forage of some type throughout the 24 hour day keeps saliva flowing and prevents digestive issues which lead to unwanted behaviors.



**Having forage available 24/7 is best for horses digestive systems , health & temperament.**

As with pasture grasses, horses eat what hay they need, leave what they don't, but have something available so they are not hungry. Though it's difficult to see wasted hay, the horse is doing as the horse should. Horses that aren't provided enough forage can become 'mouthy' or aggressive, and may not want to be ridden because they don't feel well or lack energy especially in summer's heat. When reducing costs, hay is the last thing that should be cut from the budget but it's often the first. As intelligent, curious animals, horses also become bored. Toys are not a substitute for food or companionship.

Grains can be a necessary component in a horses' diet adding needed calories and carbohydrates for energy, vitamins and minerals lacking in hays. Still, horses should always have ample forage so they are not without for more than 2- 3 hours. In order to save costs however, horses are sometimes provided large grain meals and not enough forage. Feeding grain at 'dinner' time with enough hay to last only an hour or 2, leaves the horse with nothing until the following morning.

It's no surprise many horses suffer from stomach ulcers or behave in an unpleasant

manner when finally provided food after many hours without. Hungry horses may resort to eating bedding, manure or bark on trees if left outside, and develop other health issues in addition to the increase in stress. Horses instincts and ability to gallop instantly should a threat arise is in part is why they are grazers and don't consume large meals as they are given in captivity.

In domesticity, most horses 'work'. Basic instincts intact regarding conserving energy for self preservation, are challenged. If they've just been fed grain which is harder to digest than hay, it's best to wait a few hours before riding yet most lessons start early in the morning. This happens to performance horses involved in sports or those used in rigorous work in camps, for trail rides and lessons for general and therapeutic riding. Doing slow gaits for an hour several

times a day in the heat of summer may not seem difficult, but it is hard on horses. They may

object to having the girth that holds the saddle in place tightened and kick out or be sluggish, only to be kicked or struck with crops repeatedly to move faster, or labeled as lazy which is simply unjust.

Horses in the wild don't overeat but in domesticity we have created fat ponies. This is often due to lack of movement from lack of space or safe footing needed to self exercise and burn calories. Some breeds like people easily gain weight or have conditions like insulin resistance. Putting a horse on a diet is not simple since for mental and physical health they need to chew regularly and have food in their systems. Removing hay from their diet is never the answer but reducing grain and adding a simple exercise regimen including regular hand walking or taking hikes burns calories, reduces boredom, provides gentle stimulation and has similar benefits for the handler. Horses don't need to be ridden to get exercise and some horses can't be ridden.

When horses are viewed as a source of income, recycled throughout their lifes-

**Gabriela Rodriguez Quinn, Director, BlixHorses.** 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.

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pan, their value is reduced. If they survive and don't go to slaughter, they often continue working with injuries and health problems. Health and behavioral issues can be traced back to the type of care previous owners provided. With each sale comes more change and a reduced quality of life with an increased potential of behavioral problems. They lose familiarity of surroundings, routines, handlers and horse companions, along with care and diet. If they were in good care, chances are it will diminish and they will continue without companions locked in a stall 24/7, or in overcrowded turnouts with no space. Abrupt changes considered 'normal' in the industry cause major confusion and stress for horses.

**Roamers:** When not resting, horses need to move. Unless there is a reason to run, they walk slowly, conserving energy. It's rare to see a horse in domesticity walking at a fast pace unless the horse is anxious or frightened however it's not unusual to see handlers rushing horses into trailers, to lessons or the agenda at

hand. Many of the horses' daily routines, which they enjoy most like feedings are also rushed, leaving the horse stressed.

Ideally horses require many acres on which to roam. This provides variety, keeping the horse interested, mentally stimulated and in health allowing them to search for small meals of grasses in temperate months if not fed hay. As intelligent animals, horses can get bored quickly. Having enough space enables horses to run and gallop, necessary for physical and mental health. Yet, horses are often locked in small enclosures and small stalls without adequate room to turn or lay down without getting stuck (cast) against a stall

Continue to page 33



wall. Horses are sometimes kept inside all day or brought out of a stall only to be tied while the stall is cleaned, then put back in for the remainder of the day. It's often due to time restrictions and convenience that facility managers don't take the needed time to take them to go out for even just a few minutes in weather that is otherwise tolerable. This is very hard on horses mental states and they systems- particularly the digestive system

Managing horses is not an easy task. Most people don't have the land horses require, and so must provide good care on a smaller acreage. However, keeping horses in small, crowded enclosures where there is not enough space is stressful and could be dangerous if horses that normally choose 'flight' over 'fight', have no choice. There is a 'pecking order' in every herd whether there are 2 horses or 10. Every time a new horse enters or leaves, the order changes. When offered plenty of space there is less issue or danger of a horse or handler getting seriously hurt.

In addition to roaming, horses need to run or gallop when they want. Running helps keep the musculoskeletal system healthy and strong, preventing muscles from atrophy, reduces mental stress and helps handle pressures of confinement and unnatural activities like forced breed-

ing. Horse owners need to give serious consideration to the space they provide so horses can self exercise. They do not need to be ridden- that is only for our enjoyment. A simple hand walk does the trick and also provides fitness benefits for the handler. Though the amount of exercise horses receive in captivity is much less than their counterparts in the wild, a careful balance of diet and movement provides health.

It's important to consider horses' needs. It is not fair to place a horse in an environment where they will be stressed, just to have a horse in a back yard or a boarding facility that doesn't have the space or provide the best of care. Interestingly we as humans enjoy the space a large home provide, yet 1000# horses that need to move are placed in tiny enclosures. Some facilities continue to use 'standing stalls' that don't allow the horse to move or lay down. Providing for a horse is not an easy task but if we get a horse, it's our job to do it right.

The Bottom Line: If horses are pushed beyond what they can handle - hunger, diets that lead to digestive upset or poor health, kept in tight or overcrowded spaces, horses will react, behavioral issues will climb. Unfortunately the horse always pays. •

### Here Come the Fireworks

The 4th of July means celebrations & fireworks, but it's good to remember not everyone looks forward to this day or days prior. To some, particularly Veterans of war or those who suffer PTSD from other sources, the sights & explosions are filled with stress. What some consider enjoyment is upsetting to others. While people can avoid them most animals can not.

If you're in a neighborhood, consider others and their pets including horses, especially horses alone. If you are a horse owner, prepare as best you can including a buffer of days in the plan. Small animals can stay indoors and feel safe but horses prey instinct to run from danger makes that difficult and dangerous. Horses and other animals like deer can panic and run into roadways causing an accident.

No matter where you live, firework displays can be heard for miles. If you do, enjoy but consider limiting activity or better yet let your neighbors with animals know when you'll be celebrating. If pets are stressed, most assuredly their owners are too. Don't forget to inquire about permits

### Give Them a Break: Insects & Heat

Imagine having to tolerate flying insects of all sizes hovering around your face, in your ears & eyes, biting your ankles, all day long. This is what many horses endure unnecessarily in warm weather. One of the 1st things you hear upon entering a facility in summer is the sound of horses stomping, heads shaking, kicking at their bellies and trying to get flies off their lower legs- an area that has no muscle.

Insects not only transmit disease, they wreak havoc on the skin - the horses largest organ leaving them

with all sorts of dermatitis. Even if horses are vaccinated against diseases like encephalitis, insects bites cause itching, allergic reactions and infections. The hotter and more humid, the more big bugs like horse and deer flies.

There is all kinds of armor to protect your horse, but finding something effective safe & comfortable is not easy. Horses like us have sensitive areas that should not be sprayed and not every square inch can be covered, allowing insects to find a way in. Some insects like mosquitos thrive in shade, while others including flies do best in sunlight. Most like humidity. Insects make horses miserable.

Horses were meant to be out in the wild roaming and grazing, seeking shelter and breezes but domestic horses can't do that. Providing adequate shelter by far offers the best protection & comfort all year round and should be a priority.

Inside, fans circulate air and reduce the carbon dioxide scent from people & animals that attract insects. Screens on windows and hanging in doorways help keep insects out. Sunlight streaming into a barn is like a calling card for insects. Keeping the barn dark, cool & dry has the opposite effect

Rotating openings according to where the sun is located at certain times of day particularly in July & Augusts when the sun is strongest, even keeps tiny biting flies responsible for so many allergic reactions in horses down. Horses work hard enough in the summer just surviving. If you ride or trailer them, emember they heat up 10 times faster than people. Help them out.



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# UNE alum convinces Maine legislators to pass new law regarding prosthetic devices



During her four years at UNE, Jordan Simpson, B.S. '21 (Social Work), was focused on getting her degree. But she also spent a lot of time on something she is very passionate about, advocating for people who have experienced limb loss.

"This issue has been important in my life and in the lives of my friends," Simpson explained. "I am a congenital amputee, due to amniotic band syndrome. I was born missing my right leg below the knee and some fingers on my right hand. My left foot was also clubbed when I was born and is also missing some toes."

Despite the challenges she faced, Simpson says she had a fairly normal childhood.

"Obviously there were things that I had to figure out that other kids did not have to, but I wanted to be as active as I possibly could," she said.

Jordan loved to run, but found it difficult to do so with her prosthetic leg.

"It was like running like on a very stiff, almost brick-like device," she stated. "It was just not good in the long term for your body's mechanics to run on a regular prosthesis."

When her mother first tried to get her a running prosthesis, she was told by her insurance company it was not medically necessary for her daughter to have, and her request was denied. Prosthesis can range in cost anywhere from \$5,000 to \$120,000.

"Insurance companies should not play a part in determining what is right or wrong for a person,"

Simpson commented. "That really should be between a patient and their prosthetist."

Simpson used that experience for a project she was required to do for her Social Welfare Policy and Advocacy class. Little did she know at the time that the project would eventually bring her story to people who could actually make a difference: members of the Maine Legislature.

L.D. 1003, "An Act To Improve Outcomes for Persons with Limb Loss," began to take shape after Maine State Representative Colleen Madigan (D-Waterville) visited Simpson's class at UNE.

"I would never have known that this was a problem if I had not met Jordan in her class that day," Madigan explained.

Together, Simpson and Madigan began crafting the legislation and working to convince enough lawmakers to pass the bill into law.

"It became law and will take effect 90 days from the date of the legislature's adjournment," Madigan said. "It requires that all health insurance policies regulated by the state of Maine must consider the recreational needs of children when a decision is made on what prosthesis they will cover."

Madigan says it was Simpson's passion that convinced her colleagues to support the measure.

"Jordan is a powerful speaker, and she made a compelling case," Madigan stated. "I am not surprised that we won on this bill. I think this shows that one person can make a huge difference."

Simpson recently received her master's degree in social work from the University of Tennessee and plans to continue to work at Open Heart Advocates where she did her field placement, an advocacy agency for victims of domestic violence and sexual assault in Craig Colorado, where she now resides.

With one successful effort to change the law under her belt, Simpson says her work advocating for people who have experienced limb loss is only just beginning.

"I have been involved with various organizations and amputee camps for a number of years, and I know children and adults are still experiencing what I did," she said. "My goal is to see this change nationally, because where you live should not determine your care. If I have to go state by state to ensure people receive the care and tools that they need to live their lives to the best of their ability, that is what I plan on doing." •

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Grab a picnic blanket or lawn chair and head to the library lawn on Tuesday, July 26 at 6:00 for an evening of Sea Shanties and Sno-Cones at Kennebunk Free Library! Musicians Castlebay will be performing songs from their book Songs of Ships and Sailors.



Who is Castlebay?

Since 1986 Castlebay has been weaving together Maine's nautical and British Isles legacies transporting their audience through time and across the Atlantic. Julia Lane and Fred Gosbee have loved and researched traditional music for most of their lives and blend history, legend and experience into their personable performances. Finely crafted ballads with evocative imagery and beautiful melodies depict Maine characters, history, and life close to the elemental beauty of the sea and shore. Rich and exuberant renditions of traditional and original songs are supported with Celtic harp, 12-string guitar, fiddle & woodwinds

Julia Lane, singer, songwriter, and folklorist, has been playing the Celtic harp since 1989. Self-taught, she rapidly became a skilled and exciting player, winning the Senior Professional division at the New Hampshire Scottish Games Harp Competition in 1990 and 1991 and the International Irish Harp Competition at Stonehill College in 1992. Her vocals have been compared favorably to Judy Collins and Jean Redpath. Julia has done extensive research in folksong archives throughout New England.

Fred Gosbee, singer, songwriter, and storyteller,

plays classic and 12-string guitar, violin, viola and

Irish flute. He learned many traditional songs from his family, who worked as lumbermen in the forests of New Brunswick and Maine. His original songs have been sung and recorded by other artists. Fred has engineered most of Castlebay's recordings and has also built Julia's harps and many other instruments.

Castlebay has toured the Eastern US and Canada, United Kingdom, Ireland, and Kosovo performing at festivals, museums, schools and folk clubs. They have released over three dozen recordings. Notable festival experience includes five International Festivals of the Sea in the UK, the Mystic Sea Music Festival, the New Bedford Working Waterfront Festival, the Golden Link Festival, and the Somerset Folk Harp Festival. Since 2003 they have annually toured the east coast in the late winter from their home in coastal Maine to Florida, performing in libraries, concert series, folk clubs, retirement communities, and house concerts.

For more information please call 207-985-2173 or email us at [kfl@kennebunklibrary.org](mailto:kfl@kennebunklibrary.org).

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This refined residence on over 3 acres offers numerous features and a gracious layout that will make the Maine living experience a joy. As you enter the two-story foyer the quality of construction and artfully curated materials are immediately evident throughout. Fully appointed with high-end appliances, 3 en-suite bedrooms, state-of-the-art utilities.

**Bill Gaynor 207.468.3002 | Offered at \$1,795,000**



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**BIDDEFORD POOL - 131-133 HILLS BEACH ROAD**

Unobstructed views from this waterfront cottage at Hills Beach. Open views of Saco Bay and all its islands. Perennial gardens surround the house. Enjoy your own private beach, moor a small boat directly off the front. Walk the sand bar at low tide or just watch the boats entering and leaving the Saco River.

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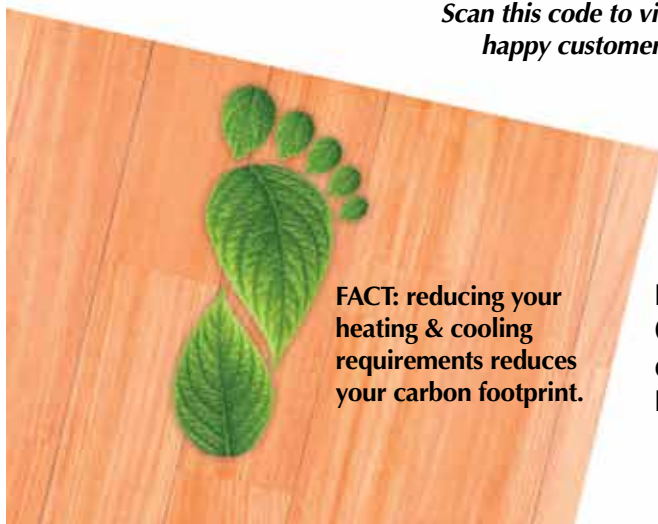
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**25 WESTERN AVENUE (ROUTE 9) KENNEBUNK, ME 04043**



**59 NEW BIDDEFORD ROAD | KENNEBUNK-PORT** - One-half mile from beautiful Goose Rocks Beach! The perfect house for those looking for lots of family and guest space.... both inside and out. The house offers 3,908 sq. ft. consisting of 12 rooms plus a 3 car-garage and an enclosed (screened) in-ground swimming pool. This one-of-a-kind FURNISHED home has so much to offer. \$1,295,000.



**201 SINNOTT ROAD | ARUNDEL**- 3-Bedroom home on 3.3 acres of land in Arundel. This property is minutes to Dock Square and to Kennebunk. Over 2,200 square feet of living area with a basement for more potential room if needed. Enjoy the property yourself and/or take advantage of the location and the high demand for rental property in this area. \$524,900



**412 CAT MOUSAM ROAD | KENNEBUNK** - Meticulous 2-Bedroom 2-Bath home on 3.66 acres with a new one-bedroom in-law apartment with high end finishes through both units move in condition. 3 car garage with a full basement with finished space. 4 season sunroom and well landscaped. \$759,000



**24 NORWOOD LANE, UNIT #4 | KENNEBUNK-PORT** - It does not get much better than this! A private setting at Goose Rocks Beach with a Dock on the river and sunsets beyond belief! This is the last of a small 4-unit condo project offered for sale. It has shared river frontage and a deeded ROW; just a minute or two walk to the beach. There is 1/4-mile walking path on an island adjacent to the property. \$1,300,000



**698 OCEAN AVENUE, WELLS** - Moody Point is a very sought-after area in Wells, and homes in this area do not come on the market often. This is one of two free standing homes that were converted into condos. No condo fees! This home looks at the Atlantic Ocean on a corner lot with magnificent views of the ocean from many rooms. \$1,125,000



**107 MARSHALL POINT ROAD | KENNEBUNK-PORT**- Enjoy spectacular views from this newly renovated ocean-front home. Panoramic ocean views from the back are breathtaking from every room of this contemporary style home. You will love the total 2020 renovation. Enjoy serene vistas from the front of the home to expansive & protected tidal marshlands. 3 Bedrooms – 2.2 Baths \$3,949,000



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Laurie Bassett  
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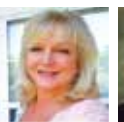
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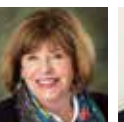
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