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# *On the Cover*



One of Hunt's antique cars parked in front of the Wedding Cake House. Bob Dennis photo.

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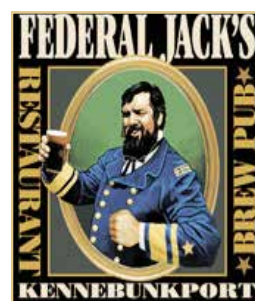
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The eight months of the Landing School's Wooden Boat program can be thought of as a process of continual refinement. September and October start big – big tables with big lines, big sheets of plywood cut into long planks, and much sawing and hammering. As fall transitions into winter, the woodworking becomes less general. Instead of four people crafting a large frame, two people are shaping a sheer clamp. Finally, just after winter break comes a momentous occasion. The boats are flipped. Up to this point, the boats were constructed upside down on "strongbacks" which are wooden frames the students constructed that the hull is built over.

With held breaths and a lot of cushions, the boats are lifted off the strong backs and flipped into wooden cradles. After months of seeing the boats come together upside down the act of flipping them is both a moment of accomplishment and a beginning. Once the boats are flipped, they're levelled in their cradles and the finer woodworking begins. Each member of the boat crew now rotates through independent and group tasks. Deck beams are planned and built. The mast step is installed. The floor cleats can be milled. Now that the boat is upright it must be filled with a million small woodworking pieces. As the deck goes on and the surface of the boat

# The Joy of Sanding

A series by Tom Laaser at the ... **THE LANDING SCHOOL**  
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Wooden boat students sanding the Town Class sailboats

approaches its final level the sanding begins.

Sanding. Say the word around a wooden boat builder and he or she may groan. The first few months of the school year we never sanded. We were taught to achieve smooth surfaces with edge tools as much as possible. But now as the boat was reaching the next stage, the sanding began. The majority of the sanding was done by hand so as to achieve as smooth a surface as possible. We were taught how to sand in different ways, when to change the sand paper (more often than you would think) and how to make a surface as uniformly smooth and flat as possible. You should be warned now if you plan to attend this program

that in the second half of the year, sanding happens a lot. So much so that the school is jokingly renamed "The Sanding School" for a period. To give you an example, many days are spent sanding the entirety of the hull. All day. Eight hours by hand. Then the next day a coat of paint, primer, epoxy, or something else is applied. The day after that, the entire boat is sanded by hand again. And again. Apply paint and sand. Apply and sand. It was at this point in the program that my shoulders and arm muscles grew larger than any time in the gym had done for me.

It should be pointed out that this sanding is not mindless. Every stroke of the sand paper counts. Often, one tiny swipe too near a corner or a pass of the sandpaper a little too aggressively would unsmooth a surface or "burn through" and cause damage that needed to be repaired. And once it was repaired it would require an additional day's worth of sanding to restore it. The sanding needed to be done with a constant vigilance as to how it was performed for hours on end. Most days I would leave the shop caked in dust with arms aching. I'll tell you a secret about sanding though. I love it. I absolutely can not get enough of it. It is the

bane of a boat builder's existence and I adore it.

Why? For many reasons. As I sanded the hull for example, my eyes and hands went over ever nook and cranny again and again. Each piece of the boat was examined so closely and critically that I came to a greater understanding of each piece I had built. With every mistake resulting in more work, I learned about the contours of the wood and how different paints and primers react after certain amounts of curing time. To build something and let it be is one thing, but to build something and then agonize mentally and physically over every square inch, every line, every surface again and again builds a relationship with your work that is unmatched. I was attracted to wooden boat building because of its intimacy. The relationship of a person to pieces of wood and tools. With every cloud of dust from sanding I was becoming a better woodworker and my attention to the boat was growing. In response, the boat's appearance got better and the final result was higher quality.

Is sanding overwhelming? Yes. Will you hate it most of the time? Yes. But, it is worth it. When the boats mirror finish paint glistens and the surface of the deck is near flawless in its smoothness, there is a pride in that work that is unparalleled. •

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Column by:

**Heather Evans**

Personal Trainer/Marketing  
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Hello Villagers! This month's article is a call out for middle aged and older adults who want to maintain their fitness as they age! If you are unsure what types of exercises you should be doing, or are frustrated with starting and stopping different routines, this article is for you!

Have you heard about the Centenarian Decathlon? This phrase was coined by Dr. Peter Attia, M.D. He uses it to build a framework to discuss the types of fitness you will need to continue practicing in order to enjoy activities in the last few decades of your life. He encourages all his patients to think of 10 important activities they want to continue to be able to do for the rest of their lives and train purposefully NOW to be able to do those things in the decades to come!

Quick challenge: jot down the 10 activities you want to still be able to do in the last 5-10 years of your life! Examples: pick up my grandkids, walk for 30+ minutes without getting breathless, drive, hike, bike, golf, tend the garden, reach high and low places without needing help, carry my groceries, etc.

## Fitness Across the *Lifespan*

At Quest Fitness, we have 8 personal trainers on staff with the expertise and knowledge to help you train for your personal centenarian decathlon! The best time to start is now! Although your 10 activities may differ from someone else's, the foundational principles that follow are important for everyone:

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### **TRAIN IN HEART RATE ZONES 2 AND 5!**

Zone 1 – 50-60% of your max • Zone 2 – 60-70% of your max • Zone 3 – 70-80% of your max  
Zone 4 – 80-90% of your max • Zone 5 – 90-100% of your max

An estimate of max heart rate is determined

by taking the number 220 and subtracting your age. Example: 65 years old = maximum heart rate of 155. The heart rate zones for a 65 year old would be as follows, (keeping in mind that activity level and activity history may alter these slightly):

Zone 1 = 77-93 bpm • Zone 2 = 94-108 bpm

Zone 3 = 109-124 bpm • Zone 4 = 125-139 bpm

Zone 5 = 140-155 bpm

**Zone 2** is crucial for preventing chronic disease. Pick a cardio activity like walking, jogging, rowing, biking, or swimming. Keep your heart rate elevated enough so that you can still carry on a conversation, but it is a bit strained. This will improve the health, efficiency and flexibility of your mitochondria which declines with age. It is also the BEST way to burn fat. Minimum recommendation: 3 hours/week

**Zone 5** is crucial for making you functionally younger. This is where you work on maintaining your cardiovascular efficiency. Yes, even older adults should do this. In this zone, you want to get your heart rate up high but a notch less intense than your full-on effort. You should be breathless! Talking is not possible here! Keep it there for 4 minutes, then slow down and fully recover for 4 minutes. Rinse and repeat 4-6 times. Vigorous activity creates oxidative stress which we can handle in large doses when young but in mid to late life too much vigorous exercise

will cause inflammation. BUT zero vigorous activity in our mid to late years is also bad. What we need is small doses (one to two sessions per week at most). These small doses of vigorous activity will initiate autophagy which is the process of cleaning out cellular junk. Minimum recommendation: One session lasting 35-45 minutes (high heart rate + recovery) per week.

Having a plan and learning proven strategies is the best way to increase not just lifespan but HEALTHSPAN! Healthspan refers to maintaining good enough physical health to continue to enjoy activities into your 8th, 9th or even 10th decade. The best time to start was yesterday. The second best time to start is today! We can connect you with one of our personal trainers to help you on your journey. You will have to do your own workouts as well to meet the minimum requirements referenced above but membership at Quest Fitness will give you access to all the equipment you will need. Even just one session per week with a trainer can keep you on track and be an excellent resource as you change the trajectory of your health. Make a list of the 10 activities you want to continue to be able to do for as long as possible. Call the number below or stop by to set up a membership and get a FREE V.I.P. appointment with one of our personal trainers so you do not waste any time training for your centenarian decathlon!

*Happy Training!*

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## A Series on Local Artist by John Forssen

# ...at the Heart of the Art

Many people appreciate art; some lesser number, in one form or another, actually do art...Kennebunk Artist Marguerite Genest, however, takes her work to a critically higher level, using her life-long passion as a means to help people gain true glimpses of themselves.

Digging deep into years gone by, she recalls her first piece of art. "two stick figures, Mary and Jesus, a reflection of our family's spiritual tradition which could not help but bring a smile to my mother's face." From then to now, however, has been quite a circuitous journey.

Following her sister's lead, she began a serious pursuit of art in high school and went on to earn a degree in fine arts from Elms College in Massachusetts...at which point her interest in the field seemed to take somewhat of a 'breather', while she pursued an emerging interest in counseling, which culminated in two additional degrees: a Masters in Clinical Psychology and a PhD in Educational Psychology, both from American International College in Springfield MA.

She has since worked in both Massachusetts and Maine schools as a counselor, some of her students working



Kennebunk Artist Marguerite Genest, brush in hand, practices art, education and social enhancing events.

through a variety of learning issues. For this latter group, she found art to be a tremendous 'liberator'. "Art," she maintains, "which is a right/brain activity, has the power to enhance the capacity for left/brain learning, e.g., math and reading." Mind mapping (plotting the interrelationships among multiple elements) and drawing characters which appear in history and literature are among the tools she has used with these students. "The visual activity helps them to see what otherwise might remain abstract and mysterious."

Since arriving in Kennebunk 12 years ago, she has been active in the local arts

community...painting, of course, and working actively with River Tree Arts, serving at one time as a member of the board. Open Studio is a program she supports for area residents through River Tree Arts (not available during the spring and summer seasons). It provides a place for people to paint and socialize, every other Monday. "It's really a great offering," she says. "It gives a different context for people to get together. Painting is the medium for socializing, not the object. She also teaches painting at the Senior Center in Kennebunk's Lower Village.

Her painting—which ranges from Everything Maine to commissioned portraits—is done now largely in acrylic which she favors over oil for its versatility and quick drying. "If you're in a hurry," she says, "acrylics will get you there on time." As for how she works: mainly from photographs... but, as a piece nears completion, "I often put the photos away and let my imagination run away with the brush."

"Of course I try to paint every day," she says. "In any endeavor, art in particular, habit is important...discipline. You learn by doing, you stay sharp by doing." And what does she stay sharp at? The ocean, principally. "The ocean is huge, ever changing. Sometimes it lulls you to sleep, sometimes it roars...an echo of the human heart."

## 6 AREA ARTISTS JOIN The Art Guild of the Kennebunks

Six area artists have been selected for membership in the Art Guild of the Kennebunks, following a juried event held on April 22, according to Linda Van Tassel, President of the Guild. These artists, reflecting a variety of media, subject interest and styles, were selected following a review of submitted work, judged by a jury of Guild's members.


### The new members include:

- Jody Agustadt of Gotham: medium - oil
- Kailleigh Archibald of Scarborough: medium - oil, colored pencils
- Joseph Cousins of Freeport: medium - acrylic, watercolors
- Robert Milaschewski of North Berwick: medium - pen & ink
- Deborah Platz of Springvale: medium - acrylic
- Nancy Van Tassel of Lyman: medium - watercolor

The the annual juried event, according to Van Tassel, "serves to maintain a vital and ever expanding horizon of talent, insight and energy within the Guild, securing its position and that of the Kennebunks both locally and in the broader New England Artistic community..

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## Doc Talk

# LONGEVITY – WHAT MATTERS MOST

I've been away from writing this column for a lot of months. I'm glad to be back; I've finished chemo a year ago and all my recheck PET scans have shown no evidence of cancer, praise God! I finally have recovered my energy and most of my endurance back; happy to be writing again.

This month I want to consider LONGEVITY: healthy, enjoyable longevity.

My studies in very recent years have taught me that good health is, mostly, a product of good self-care. The elements of good self-care is not a long list, it's 6 things that matter:

**Sleep:** Restorative sleep is critical. It's when the factory shuts down and the janitorial army comes in and cleans up all the ash and smoke and fixes or replaces the broken parts, especially in your genetic material and in the brain.

**Nutrition:** The foods we eat are probably the most important contributor to the state of our health. There is much to consider here.

**Movement:** We are built to move and most of our systems are dependent on it to maintain healthy function. (Movement sounds like a more comfortable term than exercise, doesn't it?)

**Stress – how you handle it:** Stress is included in being alive; some of it is good and some, not good. But it is how you handle it that determines its cost on your body.

**Toxin exposures:** We are exposed to many toxins every day – hundreds of them. Most are damaging to us. We'll need to spend some time on toxins in future columns.

**Supportive relationships:** Like the others in this list of 6 things that matter, your connection to the people around you and to society, in general, has a profound influence on your own well-being. I want to focus on this factor today.

In terms of longevity, supportive relationships are high on the list of things that matter. Our recent experience of the covid pandemic led to a marked increase in loneliness resulting from government control of our social lives. Loneliness has been repeatedly studied for its health effects. It has been said recently that the deleterious effects of loneliness are equivalent to being a 2 pack-a-day smoker affecting the genesis of cardiovascular disease!! On a more positive note, there are multiple studies and multiple examples of supportive relationships influencing unusually long and healthy lives.

The first that comes to mind is the Blue Zones of which much has been written including a National Geographic article (Nat\_Geo\_LongevityF (1).pdf). There are 5 Blue Zones: in localized areas of Okinawa, Japan, Sardinia, Italy, Loma Linda, California, Ikaria, Greece and Nicoya, Costa Rica. Their extraordinary health is due to multiple habits in their lifestyles.

One of their most important routines is a sense of belonging, being together frequently, caring about each other, as an integral part of their culture.

Another example is in the community of Rosetto, Pennsylvania. It was a small community into which a group of Italian immigrants came from Roseto Valfortore, Italy in the late 1800's, collectively seeking improvements in their lives. They found work in the local quarries and remained a tight-knit community with a common heritage. Their closeness, even several generations later, still influences their culture, despite the fact that some have moved to other areas. Someone in the medical world noted that, as a group, they experience an unusually low incidence of cardiovascular disease. Multiple studies have concluded that their culture of community and looking after each other is mostly responsible, not genetics. It is a sense of belonging as an antidote to loneliness and has come to be known as the Roseto Effect.

Then there is the Harvard Study of Adult Development. This is a very remarkable on-going study involving a large population of multigenerational participants for over 80 years. The clear result of this continuing study: "Good genes are nice, but joy is better". The participants were followed with questionnaires tracking health, income, social connections, marital status, and lots more. Some also had physical exams, some blood tests, etc. The surprising result was, despite the high importance of good nutrition, adequate exercise, and other factors, including social conditions and adequate finances, was that good relationships are the highest value factor in healthy, happy lives.

There is a great article about this study published a few years ago in The Harvard Review: <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>.

The recent pandemic has led to a great deal of loneliness, which, in turn, has led to increased emotional and physical illness. Given the above examples and many other indicators of the notable link between good health and a sense of connectedness and community with family, friends, and those around us, it becomes important for each of us to invest in relationships. One way is to contact someone that you have been thinking about – if nothing else, just say "I wanted to say hello; I've been thinking about you". Another possibility is to smile and say hello to some people you see in places like church or some other kind of meeting. If you're feeling alone, make the effort to be in places where there are other people. Take the initiative to smile and

make eye contact, it is an investment that may prove to be an antidote to feeling alone.

I am reminded of a patient of mine who was in her mid-80's, very capable, very healthy. She said she felt alone frequently because so many of her friends had died, limiting the activities that she had been used to with them. So, she said, "It's time to make younger friends". She searched and found a couple of groups with mostly people who were 10-20 years younger than her. She found herself involved in activities that she had not thought of, with more mental and physical

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pursuits. It was delightful to watch her become more alert and healthier.

The point is that being connected really matters. Take a small step in that direction – don't worry about immediate success – just keep taking small steps to connect with other people.

We will consider some of the other factors in good self-care in the coming months.\*

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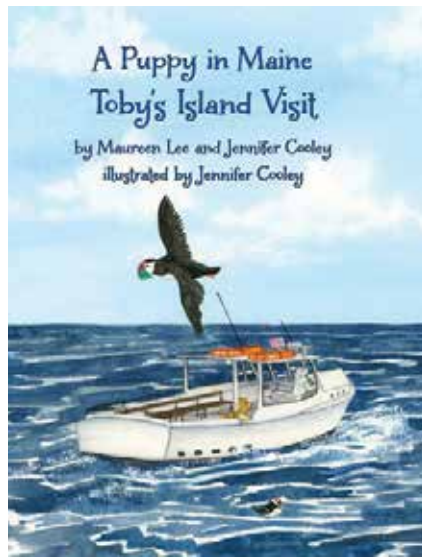


## Toby's Island Visit

The puffins are here! Patrick and Paulina Puffin with their baby chick Leo, come alive in a new children's book from the series: A Puppy in Maine. This series features a Golden Retriever named Toby who is modeled after the authors' family's pet. Toby's Island Visit takes place on Machias Seal Island, an island off the coast of Maine, inhabited by thousands of seabirds. Traveling from Cutler, Maine, was the latest adventure by author Maureen Lee and her daughter, author/illustrator Jennifer Cooley. "Going back to the island 37 years after my first visit, was a wonderful experience," says Maureen Lee. "Surprisingly, it seemed like time had stood still all those years. The puffins are just as cute and comical as ever!" she added.

Jennifer Cooley chimed in, "I'd never been that far up the coast of Maine and the landscapes and seascapes are breathtaking!" Jenny is a full-time teacher in Kennebunk, Maine, and found time to write and illustrate the book, even during the same year she got engaged, and married. "My head was spinning by Christmas 2022, but it's great to look back on all the events and this brand-new children's book." Maureen, an internal medicine physician in southern Maine, also enjoyed this busy time with her daughter, their third collaboration in this series.

In Toby's Island Visit, Toby takes a boat to



an island and meets up with a puffin friend. Just as he arrives, there is a discussion underway about family responsibilities. Suddenly, a family member gets into trouble and the group needs to act quickly!

You can meet the authors/purchase books at the July and Christmas Prelude shows of Maine Women in the Arts (website: [www.mainewomenarts.com](http://www.mainewomenarts.com)) or at Atlantic Hall, Cape Porpoise, Maine during Christmas Prelude in Kennebunkport, ME. The three books in this series can also be purchased on line at [www.apuppyinmaine.com](http://www.apuppyinmaine.com) or at Nonesuch Books in South Portland, Maine. The authors can be reached at [seacoastchildrensbooks@gmail.com](mailto:seacoastchildrensbooks@gmail.com).



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**Authentic Whiskey Barrel Smoking Cocktail Kits from Resurrected, Lower Village, Kennebunk**

# Gift Ideas for Dads-

Looking for the perfect Father's Day gift for the dad or special man/father figure in your life? We have compiled a list of 10 suggestion straight from local businesses right here in our Village. From unique gifts to dapper clothing, fitness classes, dining options and more. Don't forget to top off any of these gift suggestions with the gift best gift of all, spending time with dad.

## **Fitness Sampling at Quest Fitness, Kennebunk**

Treat dad to the gift of fitness! Quest Fitness has membership and day pass, as well as 5- and 10-day punch card options to try out this full spectrum fitness center before committing. Quest has offerings for all ages and abilities, with over 60 classes available in the full access membership. Personal training, spin, group fitness, pool access, massages, Tai Chi, Reiki, nutritional services, and more are all at your fingertips at Quest. <https://questfitnessmaine.com/>

## **Authentic Whiskey Barrel Smoking Cocktail Kits from Resurrected, Lower Village, Kennebunk**

Pam Roche of Resurrected has many options for the men on your list for Father's Day. "One of our vendors, Barrel-Art uses whiskey and wine barrels to create really cool products, which you will find at our shop. We feature items for home decor in the form of barrel hoop shelves. For the man cave lover, who likes an occasional cigar, we have cigar ashtrays made from whiskey barrels. Looking to elevate the flavor of your favorite cocktail? We have Authentic Whiskey Barrel Smoking Cocktail Kits. Each piece is handcrafted from authentic reclaimed whiskey barrels staves that bring deep smoky notes to your favorite drinks." <https://www.facebook.com/resurrected.kennebunkport>



**Fitness Sampling at Quest Fitness, Kennebunk**



## **Sneakers from Kennebunk Outfitters, Lower Village, Kennebunk**

Robin Buckley of Kennebunk Outfitters said sneakers are a best bet gift for dad's this Father's Day. "There's a HOKA for every dad! For those who enjoy walking or running there's the Arahi, Clifton, or Bondi, the Anacapa for the hiker, the Speedgoat or Challenger for the trail runner, and the Solimar for the cross trainer! And there's even an option for those dads who are commuting to work." Stop by and the knowledgeable staff will direct you to the perfect fit for the father figure in your life.

## **Woven Belts from Dannah for Men, Kennebunkport**

Diane Carr of Dannah for Men said "These multicolored woven belts are a fan favorite! The belts have a bit of stretch which makes for a comfortable and stylish fit for any occasion. We have many colors and color combinations to choose from." Don't need a belt? An array of fresh, comfortable, stylish, apparel is always available to choose from. Dapper dudes wear Dannah for Men! <https://www.dannahformenkpt.com/>

## **Duffel Bags from Port Canvas, Arundel**

Scott Phillips of Port Canvas suggests a multi-purpose canvas bag as a great Father's Day gift. He said "Both our Yardarm and Duffel Kit feature classic 'Duffel' bag styling. These can be used to store men's grooming items, small medical kits, shoeshine or car cleaning products, supplies, tie downs, etc. for use in cars, trucks, boats, and campers. The Yardarm bag can be used to store household tools, gym clothes, car essentials and more. With the Port Canvas Father's Day promotion, you will save 20% on the Yardarm, which is normally \$45, but will be discounted to



**Woven Belts from Dannah for Men, Kennebunkport**

\$36, and the Duffel Kit bag which retails for \$38 will be discounted to \$30. These bags can be personalized with embroidered initials or text for \$6. Matching key fobs, extendable straps and accessories are also great additional add on gift choices for the bags. <https://www.portcanvas.com/>

## Dining with Dad:



## **Dry Rubbed Smoked Beef Brisket Sandwich at Beach Fire Bar and Grille, Ogunquit**

Sit outside around the fire pit or inside in the newly renovated restaurant. Chef/owner Jared Laflin suggests the Smoked Brisket Sandwich. "This is a tender, dry rubbed and smoked beef brisket with creamy cheese sauce, coleslaw, bacon and Beachfire BBQ drizzle grilled and served on a Ciabatta Bun. It is the perfect messy BBQ Brisket sandwich that Dad wants for Father's Day!" <https://www.beachfiremaine.com/>



## **Fisherman's Platter at Lord's Clam Box, Sanford**

Treat your father like the king of the sea with a Fishermen's Platter from Lord's Clam Box. Generous portions of fried local haddock and scallops, baby shrimp and whole belly clams served with fries, tartar sauce, and your choice of pineapple coleslaw, or roll and butter. <https://lordsclambox.com/>



## **Local Oysters and Prime Rib at Litchfield's Bar & Grille, Wells**

The way to dad's heart is through his stomach! Start out with half dozen Litchfield's fresh and local oysters on the half shell served with lemon and homemade cocktail sauce. Followed by a 12-ounce Prime Strip Steak topped with garlic butter compound and served with your choice of two sides, or Tony's Steak, a 16oz grilled prime ribeye sliced to perfection for sharing. <https://www.litchfieldsbarandgrill.com/>



## **Seared Sea Scallops meal at Bitter End, Wells**

Treat the father figure in your life to a meal at Bitter End. With a sport inspired atmosphere combined with fun and funky vibes, dad is sure to enjoy the setting as much as he will the menu and full bar featuring specialty cocktails. Why not try the Seared Sea Scallops with mashed Yukon Gold potatoes, crispy pancetta, smoked tomato vinaigrette, with grilled vegetable. This savory Maine inspired dish is a sure bet to satisfy. <https://www.bitterend.me/>



## **Kennebunk's favorite long time breakfast spot All Day Breakfast and Mikes American Diner Serving breakfast and Lunch Daily.**

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## Kennebunk Girl Scouts Earn Silver Award for 'Comfort Keychain' Project Addressing Anxiety Amongst Local Youth

Cadette Girl Scouts, Lily Downing of Kennebunk, Libby Towne of Arundel, and Erin Morrison of Kennebunk, earned their Silver Awards for their project addressing increased anxiety levels in young children, specifically those in kindergarten. The Girl Scout Silver Award—the highest honor a Cadette can earn—is achieved when Girl Scout Cadettes focus on an issue they care about in their community and take action to make a difference.

After extensive research, the girls discovered several reasons behind the increase amongst young children: separation anxiety susceptibility, nerves about academic transitions, and increased general uneasiness in kids going to school during the pandemic.

After speaking with school counselors and local healthcare providers, the three Girl Scouts came up with the idea of providing kids with a “transitional object,” or an object that reminds them of home and loved ones. The tangible keepsakes would create a sense of comfort and alleviate some of the children’s anxieties.

With the help of the school superintendent, kindergarten teachers, and the local recreation department, the girls devised a program for kindergarteners to make fun, unique, and useful objects called “Comfort Keychains.”

The program allows students to keep their keychains near them during school hours to promote a sense of calm and readiness to learn. To ensure sustainability of their project, the girls made an agreement with the parent-teacher association to provide long-term funding.

“To really get something done, you have to be proud of what you’re doing and not be afraid of being judged for your opinions and goals. When trying to convince someone to help us, we were proud of our project and took responsibility by being transparent and listening to what others had to say [...] Our project did a lot for the youngest members of our community. It will hopefully better their educations and careers as students,” say Downing, Towne, and Morrison.

To learn more about their Silver Award project, visit [www.girlscoutsofmaine.org/highest-awards-stories](http://www.girlscoutsofmaine.org/highest-awards-stories).

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**Artist Russ Naughton 64 Port Rd**

Fine artist Russ Naughton, is opening his studio to the public. The studio will be open during the 2023 Summer season from 9AM to 5PM. Or, if you would be more comfortable, call and make an appointment at #207-360-1307. Located at 64 Port Rd, Kennebunk, you can meet and purchase directly from the artist. Russ considers himself a “contemporary impressionist” oil painter. Painting for most of his life, 1965 to present, interpreting local scenery along with other inspirational landscapes. Stop by his studio to see work in progress along with completed works for sale. The studio also has professional prints on hand. **We would love to see you!**

Examples: can be seen at [www.portrdstudio64.com](http://www.portrdstudio64.com)



# OFF THE BEATEN PATH: Island Hopping and Camping in Cape Porpoise

By: Shelley Wigglesworth, Lead writer Photos and graphics courtesy Kennebunkport Conservation Trust

Welcome to our summer series Off the Beaten Path, where we will feature monthly outdoor, nature centered, recreational activities that are free, low cost, or by donation, and not necessarily on the radar. This month we are featuring Island Hopping and Camping in Cape Porpoise. Find out all you need to know about the magical experience of exploring or camping on an island in our village, here in Kennebunkport, Maine, thanks to the Kennebunkport Conservation Trust.

Twelve of the thirteen islands of Cape Porpoise are preserved forever, for all to enjoy, thanks to the Kennebunkport Conservation Trust. The 12 islands are: Stage, Fort, Trott's, Cape, Goat, Vaughn's, Bumpkin, Bass, Pinkham, Milk, Savin, and Bush. Folly Island is the only one of the Cape Porpoise Islands that is privately owned. The KCT islands are easily accessible by small vessels (kayak, canoe, skiff, sailboat, etc.) with some islands being accessible by foot at low tide. These islands are continually monitored, maintained, and kept as natural as possible by volunteer Island Stewards Carol Morris, Jon Dykstra, and Donna Losardo. Together, with a crew of additional volunteers they are keeping the islands safe, clean, and memorable for day visits and/or seasonal overnight camping. The stewards are responsible for clearing the island campsites in the spring, making occasional checks during the summer, and the final cleaning and closing of the campsites each autumn.

Overnight camping is allowed on three of the 12 Trust



**Vaughn-Campsite.**

owned islands: Cape, Trott's and Vaughn's Islands. Each Island has several campsites with a designated maximum capacity (see below) Visitors to the Trust Islands are encouraged to share their experiences, thoughts and feelings in logbooks provided on each island. While exploring and camping on the islands are "free", you can help with care for the islands by becoming a Trust Member, by making any sized contribution. Those interested in camping on the Trust Islands should visit the KCT website to reserve a campsite within 7 days of your travel date(s). Advanced reservations are not accepted. Daytrip visits do not require advance registration.

**Designated Island Camping:** Trott's Island: Trott's Island is the largest of the islands forming Stage Harbor. This densely forested, 44-acre property is a favorite for camping. 14 campsites are available nightly in three designated areas.

**Vaughn's Island:** This 46-acre island has also been called Smyth's Island and Long Island. 22 campsites are available nightly in three designated areas.

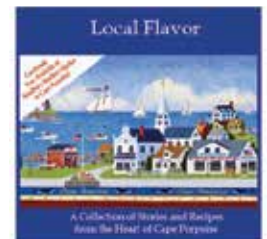
**Cape Island:** Cape Island is the most difficult of the Trust islands to access, though it is well worth it once there. This island is remote, rugged, and rocky with commanding views of the ocean. A trail on the perimeter of the island allows for a moderate level hike. 18 campsites are available nightly.

**FMI on the KCT islands and camping:** [www.kctislands.org](http://www.kctislands.org). [www.kporttrust.org/islands-lighthouse](http://www.kporttrust.org/islands-lighthouse) FMI on become a KCT member/ supporter: [www.kporttrust.org/becoming-a-member](http://www.kporttrust.org/becoming-a-member)

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## ROCOCO ICE CREAM IS OPENING A NEW LOCATION FOR ITS FLAGSHIP SCOOP SHOP, PLUS INTRODUCING A FIRST-OF-ITS-KIND DESSERT BAR, in Kennebunk's Lower Village

Right in time for Summer, the beloved artisanal ice cream company, Rococo Ice Cream, is moving from their previous Dock Square location, over the bridge (a two-minute walk) to a new flagship scoop shop in Kennebunk's Lower Village. The fully renovated space opens in early June and is nestled among the Shipyard Shops shopping center. This iconic destination is home to one of the original craft breweries, Shipyard Ale, as well as famed dining destinations Federal Jacks and Kennebunkport Brewing. Rococo is proud to join the culinary mix and provide a sweet option to diners in an area long known in Maine for having a strong food culture that embraces creative culinary experiences.

Set along the Kennebunk River and docks, the new space is being reimagined to bring Rococo's globally inspired vision to life, while keeping the charm and intimacy that the scoop shop is known for. The fresh renovations display stunning interior design choices exuding Rococo-era influence, along with a large outdoor patio space to enjoy tasty scoops under the summer sun.

"Rococo Ice Cream has always been about being bold," says Founder, Lauren Guptill. "12 years ago, I took a chance on some very unusual flavor pairings, and it paid off with a beloved award-winning ice cream brand. We are thoughtful in sourcing local and imported rare, quality ingredients and take time to develop recipes that allow our customers to travel to other countries with each scoop of ice cream — no passports required.

I'm thrilled that our new location offers the same Rococo offerings our customers love, in a refreshed space that has the room for new dessert concepts too!"

The 2023 Summer season will kick off with a neighborly collaboration with Shipyard Brewing Company, using their Sunfish Ale, turning the beer into a delicate wheat ale ice cream composed of fruity notes, apricot jam, and bites of candied ginger. Rococo will also bring back fan favorites including Strawberry Basil, Guava Maria Cookie and Goat Cheese Blackberry Chambord.

Adjacent to the new scoop shop location, Rococo Ice Cream is opening a first-of-its-kind dessert bar for the Seacoast area. Expected to open in mid-July, the Rococo dessert bar is gorgeously designed to transport people around the world; Mediterranean green tiles, hints of cream and gold ceramic Italian inspired flooring, gold-colored banquettes a la Paris and a bar space designed with a modern spin on Rococo-era architectural playfulness and whimsy. The menu, available to dine-in or go, will feature a take on ice cream cocktails and ice cream focused desserts including a variety of ice cream floats, milkshakes, affogatos, sundaes and ice cream desserts like Baked Alaskans, and cakes and pies too.

"I think of the dessert bar as the bold next step for the evolution of Rococo and these whimsical ice cream flavors I've created. I can't wait to enhance them with new flavor pairings like espresso, spirits, cakes and pastries," continues Lauren. "I see the dessert bar as the perfect

spot for a sweet nightcap or a mid-afternoon sugar rush. The romantic in me is imagining it will be the place of many first dates, as well as a gathering spot for friends and families. I'm excited to bring this new concept to the wonderful community of Kennebunk/Kennebunkport."

When transforming the new spaces, Lauren was thoughtful to bring in some of the best in Maine, ensuring it was done right. Renowned architect and construction company, Woodhull Maine, was careful to design and build Rococo's new home with purposeful choices and creative solutions. The interior design team selected is a duo of long-time Kennebunkport locals, Christy Ried

and Krista Stokes. They believe that a properly curated design allows all textures, patterns, colors, and styles to peacefully coexist. Their aesthetic is story driven, expressive, and approachable, which very much fits Rococo's vibe, making them a wonderful choice to collaborate on the new spaces.

Rococo Ice Cream's new scoop shop and dessert bar will be located at 8 Western Ave., Kennebunk Maine. Hungry customers can also visit [www.RococolceCream.com](http://www.RococolceCream.com) which includes a large assortment of flavors available to purchase with nationwide shipping available.

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## No Need to Speed! Kennebunkport launches anti-speeding campaign



The Kennebunkport Police Department is launching a new traffic safety campaign this spring and summer focused on promoting safer driving. Yellow solar-powered digital signs displaying “your speed” have been placed in areas where high speeds are often an issue.

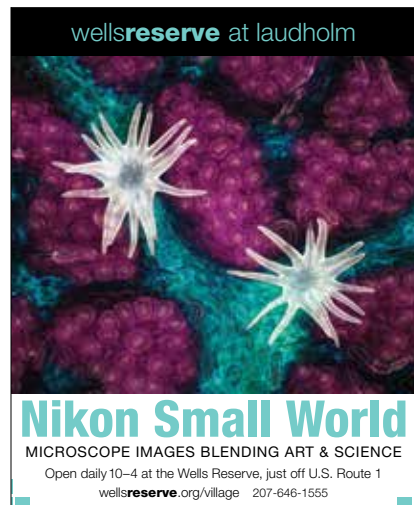
“The signs are an expansion of our ongoing traffic enforcement efforts,” said Craig Sanford, Chief of Police. “We are always looking for ways to add to our enforcement toolbox.”

In addition to displaying drivers’ speed, the new signs will also collect speed and traffic data, allowing the department to measure their effectiveness and enhance the overall speed control efforts. “Although Kennebunkport’s rates of speeding are on par with the communities around us, we take the safety of our community seriously,”

explained Chief Sanford.

The signs are part of a larger campaign effort to promote safe driving in Kennebunkport, No Need to Speed! Chief Sanford’s goal for the campaign is to seek improved voluntary compliance with speed and road laws, especially during out busier summer months.

To help spread the word, free lawn signs will be available with three designs. The signs are now available to pick up (one per household) at Town Hall or the Police Station.



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## Kennebunkport Historical Society News

On behalf of the Board of Directors, our dedicated staff, and our amazing volunteers, we are thrilled to announce that tickets for our upcoming fundraiser on July 29th are now available to the public. We extend our gratitude to our community sponsors for their generous support in making this event possible.

This year, our fundraising event will pay homage to Kennebunkport's rich history, with a special focus on the

1920s—the roaring 20s that occurred a century ago. Just like today, summers in Kennebunkport were filled with beach-goers, hospitality workers, local celebrities, and much more. Our lawn party will transport you back in time with live period music, delectable food, and refreshing beverages

catered by Musette and Kitchen Chicks. As an added touch, the Maine Classic Car Museum will showcase a vintage car, adding to the nostalgic atmosphere.

We are deeply grateful for the support of our esteemed sponsors, whose names are listed below. We kindly ask you to express your appreciation to our sponsors and, whenever possible, consider

supporting their businesses. It is thanks to their generosity that we can continue our mission.

In other exciting news, we are pleased to announce that the Nott House will be opening its doors to visitors starting this month. We invite you to join us for a historic tour and discover the fascinating stories it holds.

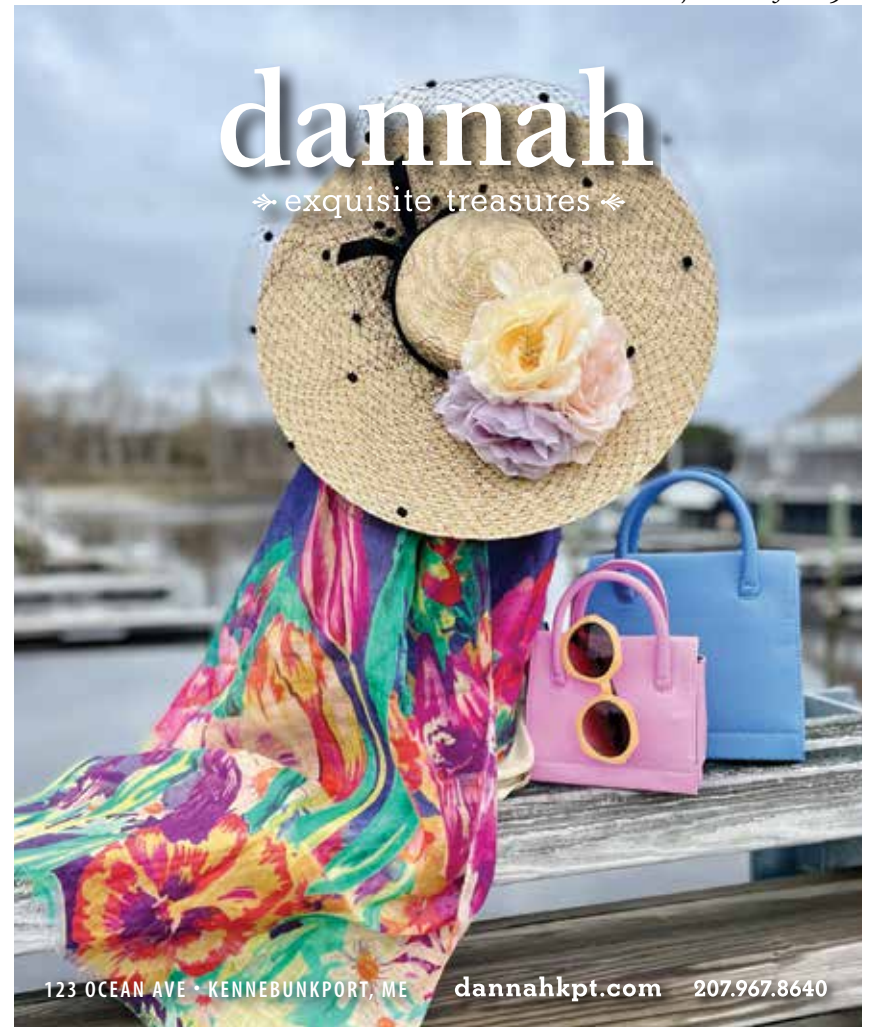
Our heartfelt thanks go to our diligent staff and passionate volunteers for their hard work in making this opening possible.

At the Kennebunkport Historical Society, safeguarding and preserving local history is a mission we hold dear. Your unwavering support plays an instrumental role in helping us fulfill this mission, and for that, we are sincerely grateful.

We eagerly anticipate your presence at our fundraising lawn party in July. It promises to be a delightful celebration of our vibrant history. Save the date, and we look forward to seeing you there!

If you would like to find a fun costume to wear to the party, please consider our Amazon link: <https://kporths.com/1920s-party-accessories/>

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## Upcoming Events

**The First Congregational Church is hosting baked bean & American chop suey supper-** are all Saturdays: June 24th, July 29th, Aug. 26th, Sept. 30th, Oct. 28th. October is the last supper of 2023. at the church, 141 North St., Kennebunkport. First Church bean suppers will be held on the last Saturday of each month through October 2023. There will be two types of home baked beans, American Chop Suey, hot dogs, rolls, and cole slaw, topped off with a slice of homemade pie. Church members are hoping that everyone will enjoy the meals as they have in the past, but in a safe setting. Social distancing is suggested. Exact change is required: adults and children age 12 and over \$10.00 per person, and children under 12 \$5.00 per child. There will be limited seating outdoors weather permitting. Please call Carol at (207)710-7060 if you have any questions. In addition to this supper hosted by church members, the congregation and minister Rev. Fred Gagnon welcomes you to attend Sunday worship service which begins at 9:30a.m. Currently, masks are optional. All are welcome. First Congregational Church is located 1.5 miles south of the Seacoast Trolley Museum where Log Cabin Rd. becomes North St., next to Arundel Cemetery, and the Kennebunkport Historical Society.

**KFL Announces June Art Exhibit, “Wabi-sabi: Finding Beauty in the Imperfect”** The Japanese concept of wabi-sabi -- which celebrates that which is imperfect, trans-



ient, aged, or incomplete -- is the theme of the June exhibit at The Speers Gallery, located on the lower

level of the Kennebunk Free Library, 112 Main St., Kennebunk, Maine. “Wabi-sabi: Finding Beauty in the Imperfect” is an exhibition of photography by Maine resident Elizabeth T. Schoch. “The idea of wabi-sabi resonates with me,” Schoch explained. “Wabi-sabi encourages us to see beauty in the imperfect. It reshapes our expectations of what beauty is. I view my subjects as perfectly imperfect.” “Wabi-sabi: Finding Beauty in the Imperfect” runs from June 1 through June 30. The public is invited to an opening reception on Saturday, June 3, from 2 to 4 pm. Schoch, a self-taught photographer and artist, is a retired writer who resides in Biddeford. She is the author of *The Everything Digital Photography Book* (first edition). Schoch’s photos and gelatin prints have been on display at various venues in Southern Maine, including Engine in Biddeford, Brick Store Museum Holiday Shop in Kennebunk, Fa-Fa Gallery in Portland, and Dyer Library in Saco, among others. She is a regular participant of the monthly Reader’s Choice group at Kennebunk Free Library. KFL is pleased to display the works of this talented artist. The public is invited to view the exhibit in the library’s Speers Gallery from June 1-30 at 112 Main St., Kennebunk, Maine, during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, [www.kennebunklibrary.org](http://www.kennebunklibrary.org).

**Kennebunkport Historical Society Invites Friends to Celebrate Summer with Gatsby-Inspired Lawn Party at White Columns on July 29th, Featuring Live Music by Bess Jacques.** It has been a century since the roaring 1920s, and the Society is excited to invite you to celebrate summer with them at their Gatsby-inspired lawn party at White Columns on the evening of July 29th. This event will feature food, cocktails, and live 1920s music by local musician Bess Jacques. For more information on the Gatsby-style lawn party, sponsorship opportunities, and ticket sales, please visit [www.kporths.com](http://www.kporths.com).

## Wells Reserve

**Monday, June 5, 2-4pm Mindful Experience.**

Slow down and open yourself to the sights, sounds, and scents surrounding you on the Laudholm campus of the Wells Reserve. With heightened awareness as our goal, we will practice slow and quiet walking, using our senses in different ways. This is a peaceful, guided experience that teaches mindful practices you can apply anywhere. For ages 12 and up. \$8/\$6 plus site admission. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or 207-646-1555 x128. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tuesday, June 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. FMI 207-646-1555 or [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Wednesday, June 7, 6-7pm Crowdsourcing Plastic Pollution Data through Citizen Science.**

Nurdles are small plastic pellets that are the basis of almost everything plastic. Nurdles look like food to animals, which can be harmed by eating them, and nurdles absorb harmful chemicals in the environment that have negative effects on fish and wildlife. More than 7,000 Nurdle Patrol volunteers search along beaches, lake shorelines, riverbanks, and railroads for nurdles. They have completed more than 16,000 10-minute surveys at 6,500 sites across the United States, Mexico, and 24 other countries. In this presentation, Jace Tunnell, the founder of the Nurdle Patrol, will describe the work of these citizen scientists, what the data is showing, and how the program’s future direction could change policy about plastics reaching the ocean. \$5 suggested donation. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Thursday, June 8, 1-4pm Kayaking on the Little River Estuary.** Paddle the quiet waters of a Maine estuary, watching wildlife and learning about this treasured habitat from a registered Maine Kayak Guide at the Wells Reserve. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. FMI 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

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

**Tuesday, June 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. FMI 207-646-1555 or [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tuesday, June 13, 1-3pm Piping Plover Beach Walk and Talk.** In 1981 there were only seven pairs of piping plovers in the entire state of Maine. After decades of hard work and dedication, a record 140 pairs were recorded

in 2022. Join Helen Manning, a biological science technician from Rachel Carson National Wildlife Refuge, on a walk to Laudholm Beach to learn about the biology of the piping plover and the monitoring and management efforts that have helped the species begin to make a recovery. 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).

**Wednesday, June 14, 1-2pm Meet the Scientist.** Join Jeremy Miller, research associate at the Wells Reserve, to learn about marine invasive species in the rapidly warming Gulf of Maine. Over the past three decades, a rapid change in water temperature has opened the door to species that can have negative impacts on habitats, fisheries, recreation, and local economies. Miller oversees a community-based volunteer monitoring program called MIMIC that records changes in intertidal communities. Find out how you can take part in your area. 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).

**Thursday, June 15, 10:30-11:30am Preschool Story Hour.** Enjoy an outdoor reading of Lisa Morlock and Carrie Anne Bradshaw’s *Track That Scat!* followed by a related craft activity and a search for scat along a Wells Reserve trail. For ages 3 to 5 with a caregiver. 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).

**Friday, June 16, 9am-12pm Kayaking on the Little River Estuary.** Paddle the quiet waters of a Maine estuary, watching wildlife and learning about this treasured habitat from a registered Maine Kayak Guide at the Wells Reserve. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. FMI 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**Saturday, June 17, 10-11:30am Estuary Discoveries.** Take a peaceful and easy meander along the accessible trail at Harbor Park in Wells. We will learn about the value and importance of estuaries, where rivers meet the sea. Free. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or 207-646-1555 x128. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tuesday, June 20, 10am-12pm Welcome Summer Walk.** On the eve of the summer solstice, join Maine Master Naturalist Linda Littlefield Grenfell to use all your senses to experience summer. What sounds and scents are different? What sights are compelling? What do you see that “says” summer? What does the air feel like on your skin? We will wander and explore and observe and share. \$8/\$6. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or 207-646-1555 x128. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Wednesday, June 21, 10am-12pm Shrubs for Habitat Restoration.** Native shrubs add year-round beauty to landscapes and are magnets for birds and pollinating insects, but many places have lost the understory and edge habitats where productive, fruit-bearing shrubs thrive. Restoring shrub habitats provides both food and shelter for many animals and is important to the recovery of the endangered New England cottontail rabbit. In this interactive program, learn about habitat restoration from Sarah Dudek, New England Habitat Restoration Coordinator, and enjoy a shrub identification walk with Emily Baisden of Wild Seed Project. You will become familiar with native shrub species and get inspired to add shrubs to the places you live, work, and play. \$10/\$8 plus 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).

**Thursday, June 22, 1-4pm Kayaking on the Little River Estuary.** Paddle the quiet waters of a Maine estuary, watching wildlife and learning about this treasured habitat from a registered Maine Kayak Guide at the Wells Reserve.

For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. FMI 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**Friday, June 23, 12-1pm Solutions to the Climate Crisis.** Most of us are aware of how dangerous the threats of climate change have become. In this presentation, David Kunhardt, a Climate Reality Leadership Corps mentor, retired leader of a solar benefit corporation, and long-time volunteer with Citizens Climate Lobby, will discuss efforts now underway not merely to adapt to sea level rise and other impacts but to push back. Actions include reducing fossil fuel use, enhancing natural carbon sequestration, and advancing natural and technical means of restoring healthy air and a vibrant natural environment. Kunhardt will touch on encouraging signs of affirmative actions taking place on both political and business fronts. \$5 suggested donation. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Saturday, June 24, 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).

**Tuesday, June 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. FMI 207-646-1555 or [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tuesday, June 27, 10am-3pm Dwellers of the Wells Reserve.** Participate in a community-created large-scale portrait of an animal that makes its home at the Wells Reserve. Artist Eric Gold has developed a process of creating paintings from 100 small pieces. He invites people of all abilities to paint a small segment of this portrait. Groups will sit together to make art, talk, and experience community, layered with themes of habitat conservation and the animal being painted. Time commitment is an hour or less, with five timeslots available. For ages 5 and up; children must be accompanied by an adult. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. Free with site admission. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Thursday, June 29, 8:30-11:30am Kayaking on the Great Bay Estuary,** Seacoast New Hampshire. Paddle the quiet waters of the Great Bay Reserve’s estuary while watching wildlife and learning about this treasured habitat. This will be a relaxing experience appropriate for all levels of kayaking ability. First-timers are welcome. For ages 18 and up. Some restrictions apply. \$60/\$48. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 x116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar). Wells Reserve at Laudholm 342 Laudholm Farm Rd

## AWS

**Thursdays, June 1, 8, 15 @3:30 and 4: Rescue Readers** AWS Adoption Center 46 Holland Road, Kennebunk. Rescue Readers brings together elementary/middle school students and AWS resident pets for a half hour of reading aloud. Students have access to special reading materials and receive reading comprehension guidance from our Humane Educator, as needed. Students are also welcome to bring their own reading materials. This program is sponsored by Kennebunk Savings. FREE, registration is required. Weekly registration opens by

*Continue to page 24*



noon on Mondays at <https://animalwelfaresociety.org/youth/rescue-readers/>

**Friday, June 2 @ 11 am: Furry Tales Story Hour @ AWS-** AWS Youth Programs Classroom (Boston House) 46 Holland, Road, Kennebunk- Furry Tales Story Hour combines pets, literacy and fun! Toddlers, preschoolers and their families explore the exciting world of animals with stories, playtime, crafts, songs, movement and plenty of time with various pets. FREE. No RSVP needed.

**Sundays, June 4, 11, 18, 25 @ 2 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, manners training, life skills, play and fun! \$29 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

## Louis T. Graves Library

**Mondays at 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, their 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 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch them on the Town of Kennebunkport's cable channel 1301.

**Wednesdays at 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 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch them on the Town of Kennebunkport's cable channel 1301. Please call the Library for more information on this creative collaboration of friends and neighbors!

**Wednesday, June 7 at 9:00 am. Death Cafe -** Community, Conversation, and Coffee. What is a Death Cafe? A Death Cafe is a safe and relaxed space to gather with people to discuss topics related to death and dying. The objective is to engage in interesting, thought-provoking, and life-affirming conversations. Please call us to register for this conversation. Facilitated by: Marilyn R. Gugliucci, MA, Ph.D., AGHEF, GSAF, AGSF, NAOEMF, Professor and Director of Geriatric Education and

Research at the University of New England. Hosted by: Kennebunkport Public Health Department and Graves Library. Pre-registration is required. The Library is located at 18 Maine Street, Kennebunkport, for further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Wednesday, June 7 from 12:00-4:00 pm. Early Release Wednesday** – Games & Crafts! Looking for something fun to do? Spend your early release Wednesday at the Library! Learn to play Carom, try our Lego station, fishing, chess, crafts, and more! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, June 8 at 9:45 am. Morning Book Group.** This group meets the second Thursday of every month. The group is reading *The Scapegoat* by Daphne Du Maurier. New members are always welcome. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, June 8 at 6:00 pm. C.A.R.E.S.** Join us for our

monthly discussion with 3 Towns: 1 Community C.A.R.E.S. (Conversation, Advocacy, Resources, Education, Support). C.A.R.E.S. meets the second Thursday of every month at 6:00 pm at the Graves Library for a guest speaker presentation, open discussion, and overdose first aid training. Anyone is welcome! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tuesday, June 13 at 1:00 pm. Be Alert, Be Safe:** Kitchen Fire Safety Awareness. Kennebunkport Fire Chief John Everett will be at the Graves Library on Tuesday, June 13 to talk about fire prevention, when to call 911, creating a safety plan, and what happens after a home fire. This program is presented by the Kennebunkport Public Health Department, Kennebunkport Fire Department, and Graves Library. The Library is located at 18 Maine Street, Kennebunkport. Please call 967-2778 for more details.

**Thursday, June 15 at 3:00 pm. Write On!** Enjoy putting pen to paper with your thoughts and stories? Join us for a different kind of writing group. When we meet, we will discuss our findings, share our writing, and get to know our own unique inner talents! Creative writing prompts will be given at the end of each meeting. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Saturday, June 17 at 10:00 am. Summer Reading Kick Off.** The Children's Department is pleased to announce this year's theme for Summer Reading, All Together Now, focused on kindness, community, and being back together. Our special kickoff event will have a firetruck, donuts, lemonade, lawn games and a showcase of new books! Plus, be the first to pick up your summer reading packet that will include Graves Library book bags, summer reading buttons, stickers, craft and more!

(Supplies are limited, so come early!) Be on the lookout for a special visit from Pete the Cat and others. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tuesday, June 20 from 3:00-4:00 Lego Madness and Pokémon!** Imagine, create, build! Are you an all-star Lego builder? Do you love Pokémon? Bring your imagination for an hour of fun unstructured build time followed by a group building challenge, games and prizes! We also have a Pokémon themed scavenger hunt right now for prizes and a few lucky patrons will find Poke Balls hidden in books and win a pack of cards! This program is for elementary-aged students. Pre-registration is required at 967-2778. Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Wednesday, June 21 from 10:30-11:30 am. Kindness Rocks.** Let's spread some kindness around! As part of our All Together Now summer reading program we will be painting rocks and writing positive messages for folks to find around town. You may help brighten someone's day. This is a fun, creative, and inspirational project suitable for all talent levels. Materials provided, pre-registration is required at 967-2778. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, June 22 at 5:00 pm. An Evening with David Baldacci.** The Trustees of the Louis T. Graves Memorial Public Library are pleased to announce the 11th Annual Author Event to be held Thursday, June 22, 2023. The Kennebunk River Club has graciously made the Casino available for this special presentation to patrons and friends in the community. This year's fundraising event will feature New York Times Best-Selling Author, David Baldacci. Mr. Baldacci has written over 47 novels for adults, 7 novels for children, and published in over 45 languages. A copy of his newest thriller, *Simply Lies*, will be provided to each attendee as part of the ticket price. This program is being underwritten by Spinnaker Trust, along with the

Kennebunk River Club, Fine Print Booksellers, Kennebunk Beach Realty, John and Mary Mills, Mike and Denise lafolia, Paul Mahoney, Robert and Marjie Dennis, Mutasia, Mark and Vicky Lamarre, Billy and Rosemary Shore, Bob and Jane Garvey, Ken and Anne Raynor, Kitchen Chicks Catering, the Colony Hotel, Edison Press, Hurlbutt Designs, Schooner Eleanor, and So Po Wine Company. All ticket proceeds benefit the Louis T. Graves Memorial Public Library.

**Monday, June 26 at 5:30 pm. Author Visit with Priest, Pastor, and Friend.** Reverend Dr. Russell J. Levenson, Jr. will be at the Graves Library to talk about his personal relationship with George H.W. and Barbara Bush. Witness to Dignity, details Reverend Levenson's intimate relationship with the former President and his wife. Copies of the book will be for sale and signing after the presentation. Light refreshments will be served. The Library is located at 18 Maine Street, Kennebunkport. For more information, please call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org). \*Additional parking is available at Consolidated School (Route 9) and at the Village Fire Station (North Street).

**Thursday, June 29 at 10:30 am. Mother/Daughter Author Event. Maureen Lee and Jennifer Cooley, authors of the children's book A Puppy in Maine,** will be at the Graves Library on Thursday, June 29 @ 10:30 am in the Community Room. This program will include a special craft! Copies of the book will be available for sale and signing. Pre-Registration is encouraged. The Library is located at 18 Maine Street, Kennebunkport. Please call 967-2778 for more details and to sign up for this event and other summer reading programs.

**Thursday, June 29 at 5:00 pm. Evening Book Group.** Join us for this month's book group. The group is reading *Wrong Place, Wrong Time: A Novel* by Gillian McCallister. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, June 29 at 6:00 pm. Author Mike Urban. New England Author** (and editor) Mike Urban will be at Graves Library on Thursday, June 29 to share stories from his newest book *Unique Eats and Eateries of Maine: the People and stories behind the food*. Copies of the book will be available for sale and signing after the presentation. Light refreshments (from Maine! of course) will be served. The Library is located at 18 Maine Street, Kennebunkport. For more information, please call 967-2778.

**LIBRARY CLOSURES: The Graves Library will be closed on Monday, June 19th for the holiday.**

### Ongoing:

**Fabulous Friday Family Story Time is every Friday at 10:00 am** in the community room (or outside in the garden). This program includes stories, finger plays, and songs. After story time be sure to check out our Guessing Game, Scavenger Hunt, Bookmark Station, Kaleidoscope Creations, and I Spy Terrarium, stations are always open! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Port Knitters join us on Wednesdays from 1:00-3:00 to sit and knit.** Bring any current project and supplies. This is not a learn-to-knit class. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Graves Library Community Art Show.** A variety of pieces created by staff, volunteers, and patrons will be on exhibit and sale at Graves Library. Fifty percent of all proceeds benefit Graves Library. The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. As items sell, new ones are added. We invite you to look in the Business Center whenever you get the chance.

**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 \$20.00 (10 for \$20). Cookbooks, sports, religion, fiction, biography, history, children's, classics, health, and a whole lot more! Looking for the perfect gift idea? Purchase a gift certificate for the book sale! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Caps for Sale.** Cool off this summer with a Graves Library ball cap now available in three different colors. All proceeds benefit the Library. \$20 each.

**Special Offer, Not Many Remaining** – Need a gift for someone special? Kennebunkport: the Evolution of an American Town, researched and written by local historian Joyce Butler is perfect for a birthday, wedding, or new resident to town. This 400-year history includes people, places, and events that have shaped our lovely village over time. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at 967-2778 for more details. \$50 per set.

**Meet Us at the Museum** – The Graves Memorial Public Library has passes to six different Museums throughout Maine for all Kennebunkport residents and patrons to visit for free. Brick Store Museum, Ogunquit Museum of Art, Seashore Trolley Museum, Children's Museum of Maine, Portland Museum of Art, and Coastal Botanical Gardens. Please give us a call at (207) 967-2778 to reserve a pass for a particular day (some passes are seasonal).

**Check-a-Tech** Did you know you can come in for technology help at any time? Come on over, we'll Google it together! The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

## Brick Store Museum

**Thursday, June 1: Gooch's Beach Plein Air Drawing,** 3:00pm, Brick Store Museum, 117 Main Street, Kennebunk. Sketch "in the open air"! All levels welcome. Join Suzanne De-meo, Artist & Instructor, to learn how to draw complex forms in plein air. Draw on location at Gooch's Beach (participants will receive location directions). Drawings can be embellished with value, color, and line. Ages 16 and up. Offered 6/1, 6/3, 6/8 and 6/10, join one or more. Fee: \$35 per session. FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Saturday, June 3: Historic District Walking Tour,** Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Saturday, June 3: Gooch's Beach Plein Air Drawing,** 2:00pm, Brick Store Museum, 117 Main Street, Kennebunk. Sketch "in the open air"! All levels welcome. Join Suzanne De-meo, Artist & Instructor, to learn how to draw complex forms in plein air. Draw on location at Gooch's Beach (participants will receive location directions). Drawings can be embellished with value, color, and line. Ages 16 and up. Offered 6/1, 6/3, 6/8 and 6/10, join one or more. Fee: \$35 per session. FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Tuesday, June 6: Free Admission Day,** 10:00AM – 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from William Lord of York and the Mrs. James Sage Coburn Fund, visits to the Museum are free every Tuesday through December! FMI on current exhibits call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Tuesday, June 6: Native Soul-Rock Concert,** 6:15pm, at Brick Store Museum, 117 Main St, Kennebunk. JJ Otero, Navajo/Hopi, visits Maine from New Mexico to play his award-winning Indigenous soul rock alongside interwoven storytelling. JJ is also a jewelmaker who will be exhibiting his work at Home & Away Gallery. Concert supported by

*Continue to page 25*



## Brick Store Museum *continued*

Home & Away Gallery. Purchase tickets by visiting [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Thursday, June 8: Gooch's Beach Plein Air Drawing,** 3:00pm, Brick Store Museum, 117 Main Street, Kennebunk. Sketch "in the open air"! All levels welcome. Join Suzanne Demmeo, Artist & Instructor, to learn how to draw complex forms in plein air. Draw on location at Gooch's Beach (participants will receive location directions). Drawings can be embellished with value, color, and line. Ages 16 and up. Offered 6/1, 6/3, 6/8 and 6/10, join one or more. Fee: \$35 per session. FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Sat, June 10: Historic District Walking Tour,** Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Sat, June 10: Gooch's Beach Plein Air Drawing,** 2:00pm, Brick Store Museum, 117 Main Street, Kennebunk. Sketch "in the open air"! All levels welcome. Join Suzanne Demmeo, Artist & Instructor, to learn how to draw complex forms in plein air. Draw on location at Gooch's Beach (participants will receive location directions). Drawings can be embellished with value, color, and line. **Ages 16 and up.** Offered 6/1, 6/3, 6/8 and 6/10, join one or more. Fee: \$35 per session. FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Tues, June 13: Free Admission Day,** 10:00AM – 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and William Lord of York, visits to the Museum are free every Tuesday from June through December! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Sat, June 17: Historic District Walking Tour,** Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**Sat, June 24: Historic District Walking Tour,** Brick Store Museum, 117 Main Street, Kennebunk. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

## Kennebunk Free Library

**Groovy 60s Summer Reading Kickoff Party at KFL** This year's summer reading theme is All Together Now, and Kennebunk Free Library is ready to get groovy! On June 26 at 5 p.m., KFL will host a Groovy 60s Party – and you're invited! Come dressed in your best 60s era costume! Our party will include a DJ, fun crafts for all ages, games, a photo booth, and tasty treats. Let's kick off the summer, all together now! The Groovy 60s Summer Reading Kickoff Party is part of All Together Now, our Summer Reading Program. To learn more about the fun programs we're offering this summer, visit the library or our website for more information! This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173.

**Beadcraft at KFL** It's time for Beadcraft! Perler Beads – tiny plastic beads that can melt – were first introduced as a craft in Sweden in the 1950's, and we still love them! **Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on Wednesday, June 7 at 1 p.m.** What a great way to spend the afternoon on RSU 21's early release Wednesday! Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. Registration is recommended but not required. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main

St., Kennebunk. For more information, please call 985-2173 or visit the [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org).

**Spring Seasonal Series - Birding Together** It's bird watching season! Have some birding fun with a self-guided activity from Kennebunk Free Library and Kennebunk Land Trust during the month of June. Start your avian adventure at the library by checking out our display of bird books. We have many to explore! While you're at the library, grab a bird coloring sheet. Head out on a trail and decorate your bird using natural materials found from a Kennebunk Land Trust property! If you'd like to decorate your bird at the library, we'll have craft materials ready. Then, bring your bird back to the library and add it to our bird mural! Don't forget – KFL has birding backpacks from York County Audubon available for checkout, and Kennebunk Land Trust has bird walks scheduled on Fridays with local guides. What a great way to bring us all together now!

**Kindness Club at KFL** In a world where you can be anything, be kind! Join us for an extra special meeting of our **Kindness Club on Tuesday, June 13, at 3:30.** This month, we are partnering with the Brick Store Museum to paint rocks for their community kindness rock garden! From 3:30-4:30, we'll paint and decorate rocks for the garden. At 4:30, we'll walk to the museum to place our rocks in their new home! This program is open to ages 6 and up; registration is appreciated but not required! Kindness has no age requirement – if a friend younger than 6 would like to join in, please reach out to Miss Maria at [mrichardson@kennebunklibrary.org](mailto:mrichardson@kennebunklibrary.org), or 985-2173 x 105. Parents are encouraged to join in! When your little sees you talking about and practicing kindness, they will want to join in even more! This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. FMI and to register, please call 985-2173 or [www.kennebunklibrary.org](http://www.kennebunklibrary.org).

**Summer Reading Program:** Oceans of Possibilities at Kennebunk Free Library Kennebunk Free Library's summer reading program is coming!! This year's theme is All Together Now, and all ages are welcome to participate! Keep track of how many hours you've read using a paper log and earn raffle tickets for local business gift cards! All ages will be eligible to enter a raffle in their age group. The summer reading program will run from June 26-August 19. Some of the awesome programs we're doing this summer: **For adults:** • Shank Painters pirate band • Carey Kish, author of Beer Hiking New England • Craft programs for adults **For teens (ages 10 and up):** • Teen Tie Dye Party • Dungeons and Dragons • Anime Club • Mario Kart Tournament **For kids:** • Stuffed Animal Adoption • Special guests Mad Science of Maine and Children's Museum of New Hampshire • 31st Annual Pet Parade and Show • Messy Art **For all ages:** • Groovy 60s Summer Reading Kickoff Party • Ice Cream Social Finale Party. We have even more program fun planned! Dates and times of all programs will be announced soon. Join us for some fun this summer!

**Storytime at KFL** It's time to get all together now for Storytime! On Mondays at 10:00 a.m., join Miss Maria or Miss Aspen for songs, stories, rhymes, and fun! If we have a warm morning, Storytime will be outside the Children's Room. If it's chilly or rainy, we'll be inside the library in Hank's Room. Storytimes are designed for ages 2-5, but everyone is welcome! Because of the holiday, we will be having Storytime on Tuesday, June 20. There will be no Storytime on Monday, June 19. These events are free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. Upcoming storytime dates include: • **June 5 • June 12 • Tuesday, June 20 • June 26**

**Lego Club at KFL** Ready to get building? Kennebunk Free Library is offering a Lego Club for children ages 4 and older. Lego Club will meet on Thursday, June 29, from 3:45-4:30 p.m. Come and build new and imaginative creations or ask the librarian for a challenge to complete. All

Lego blocks will be supplied; please leave yours at home. Registration is appreciated. Lego Club is free and wheelchair accessible.

**Stuffed Animal Adoption at Kennebunk Free Library** Do you have room in your heart and your home for a new stuffie? On Wednesday, June 28, from 2 to 4, KFL will be an adoption center for stuffies that are looking for their forever homes! Drop in during adoption hours to pick out a stuffie to keep. We'll have all sorts of animals to choose from! You'll also receive an adoption certificate to take home. The Animal Welfare Society will also be on hand to talk about their organization. While you're at the library, sign up for this year's summer reading program! Leave the library with everything you need for a summer of fun AND a new friend! This program will be held outside of the Children's Room. In the event of rain, we will hold the program inside the Children's Room. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. The Stuffed Animal Adoption is part of All Together Now, our Summer Reading Program. To learn more about the fun programs we're offering this summer, visit the library or our website.

**Thursday Family Fun Play** at Kennebunk Free Library. Have a morning of play at the library! On most Thursday mornings in the month of June, Kennebunk Free Library will bring out the toys for a library play date. These toys are best enjoyed when the whole family plays together! Come play and make new friends at the library! All programs will run from 10 am to 11 am. Thursday Family Fun Play is for children ages 0-5 and their grown-ups. Registration is required. Upcoming Thursday Family Fun Play dates: • **June 8 • June 15 • June 22 • June 29** Thursday Family Fun Play is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. FMI **or to register, call 985-2173 x-108 or register online starting June 1.** **The Dragon Hunters and Treasure Seekers Guild (D&D)** Welcome, young adventurers! Come join in on an exciting quest in the world of Dungeons and Dragons, and let's get started on a brand new campaign to kick off Summer Reading! Open to new and experienced players alike, we will meet on **Monday, June 5 & June 12, from 3:30-4:30 P.M.** Our first meeting (June 5) will be dedicated to making level 1 characters, familiarizing ourselves with the game, and embarking on our new story. Once we have gone through this step, we will begin a 7-session game that will conclude at the end of summer. All playing 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 (207) 985-2173.

**Teen Tie-Dye Party** Summer is here, so come join us for a fun afternoon as we tie-dye bandanas as a part of our Summer Reading Program, All Together Now! Tables and supplies will be outside of the Kennebunk Free Library on Thursday, June 29 from 2:00-3:00 p.m. This event will be open to teens and tweens ages 10 and up. White bandanas will be provided; but you may also bring your own items to dye if you would like to repurpose something for this program. Please wear clothes that you don't mind being stained – just in case! This event is free and wheelchair accessible. 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!

**Tech Time - Wednesdays and Thursdays** Are you stuck on a technology question that might need some extra help to be solved? Whether it be trying to use one of the library's digital services, making heads or tails of a new device, or just having a second pair of eyes help troubleshoot a piece of software, don't worry, the library is here to help! To sign-up for one of our Tech Time appointments, please

visit the front desk to be placed on our scheduling sheet. Appointments to meet one-on-one with our Technology Educator can be scheduled **Wednesdays from 2:00 P.M. -4:00 P.M., and Thursdays from 10:00 A.M. - 12:00 P.M.** Appointments are 45 minutes long, but there is always an opportunity to schedule a follow-up appointment if we run over our time limit. When setting up the appointment, help us to better assist you by describing the issue you want to discuss. If possible, also make sure to bring your charged device with you along with any needed usernames and passwords. If you have any questions or concerns, please feel free to visit us at the desk, call (207) 985-2173, or email our technology educator at [kfl@kennebunklibrary.org](mailto:kfl@kennebunklibrary.org) so we can help you further.

**Chill Gaming** Ready to chill, eat snacks, and play some 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! Anything that relaxes you is welcome and encouraged! We will meet on the second Thursday of the month, June 8, from 3:30 -4:30 P.M. The library will provide games, but players are free to bring their own games, learn new games at their own pace, or you can just come to hang out, eat snacks, and have a good time listening to some Lo-fi beats! 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 (207) 985-2173.

**First Friday Fun: Rainbow Friendship Bracelets** Looking forward to the weekend? Let's kick it off with an activity to take home from the library! Each first Friday of the month there will be a different crafting activity and Summer Reading pin for you to pick up. For this month, on June 2, there will be kits to make two rainbow friendship bracelets available in the Walker Room (where we keep our YA books). You can grab one of these crafts at any time, and the bags will be available until they are all taken. This event is free, wheelchair accessible, and open to teens ages 10 and up! If you have any questions, see Miss Emmaline downstairs in the children's room, or call at (207) 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

**Watercolor Workshops** at River Tree Arts Tuesdays 5-7pm, May 30 and June 27 (Adults ages 18+) Let's celebrate spring by creating fresh, colorful watercolor paintings inspired by nature and the season. You will learn tips and tricks for creating beautiful watercolor art while learning how to paint seasonal botanicals. This is a hands-on class, you will learn color mixing, wet into wet, dry brushing and brush strokes. All materials are provided. This workshop is perfect for all levels of experience. Grab a friend and your drink of choice and come relax and create! River Tree Arts, 35 Western Ave, Kennebunk. Register at [rivertreetarts.org](http://rivertreetarts.org)

**Wandering Watercolors with River Tree Arts** Wednesdays, 12-3pm (8 weeks) July 5 – August 23 (Adults ages 18+) Join Russel Whitten for a 8-week exploratory watercolor class. This class will be held outdoors weather permitting or else indoors at River Tree Arts. This is a great class for experienced beginners or intermediate to advanced artists looking to fine-tune their skills. River Tree Arts, 35 Western Ave, Kennebunk. Register at [rivertreetarts.org](http://rivertreetarts.org)

**Outdoor Sketching with River Tree Arts** Thursdays, 1-4pm (8 weeks) (6 weeks) July 6 – August 10 (Adults ages 18+) Sketch local breathtaking scenes from the ocean, to harbor and marshes! Students will meet at a scenic predetermined local location each week. Instructor Heather Lewis is a long-time artist/ instructor. Classes will begin with an instructional talk from Heather, and then students will break off to sketch at their own pace. This is a great class for all levels of experience. River Tree Arts, 35 Western Ave, Kennebunk. Register at [rivertreetarts.org](http://rivertreetarts.org)



**NEW PRICE- \$1,795,000**



**7 MASTWOOD LANE, KENNEBUNK**

**PERFECT LOCATION!**

Perfection! Your chance to live in a stunning home in the quiet River Locks neighborhood within walking distance to Lower Village and Dock Square on 1.76 private acres! This like-new home offers 3,976 custom built square feet with 3-bedrooms, 2 ½ baths, very close to beaches, shopping, boating, golfing, tennis, and restaurants. Endless amenities with two staircases, central air conditioning, generator, plus access to the Kennebunk River in the neighborhood!

**NEW LISTING- \$1,249,000**



**11 GREENE STREET, KENNEBUNKPORT**

**HISTORIC CAPE COD!**

This is the quintessential historic cape cod everyone would love to own nestled in the heart of Kennebunkport! Charm abounds in this 4 bedroom, 3 bath home surrounded by a gorgeous, private yard. With a separate wing encompassing a first floor primary bedroom suite and private study above, there is no end to the possibilities this house can afford. The lovely enclosed sun-porch is the perfect place to relax or entertain. Stroll down the street to watch the boats go by, shop or eat at any of the amazing Kennebunkport restaurants!

**MAUREEN ADAMS**

maureen@portsidereg.com

610.322.5832





# SUMMER is a great time to enjoy a wide variety of backyard birds

By, Amy Allenwood, Owner

You can awaken each morning to their cheerful songs and watch as they build their nests and raise their young!

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

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

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

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

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

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

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

With a little extra effort, we can help our backyard birds this summer and spend those days enjoying their company. FMI: Phone: (207) 985-1511 Visit Natures Gifts specialty retail shop featuring high quality wild bird feeders~ 106 York St, Kennebunk.

## Nature's Gifts Wild Bird Store Local Gifts



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- Pole Systems
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# The Wedding Cake House

## The Past, Present and Future of the Most Photographed House in Maine

By: Shelley Wigglesworth, Lead writer

There is a myth that the iconic Wedding Cake House in Kennebunk was built to resemble an ornate wedding cake by sea captain George Bourne as a gift to his bride who hadn't had a suitable cake at their wedding when he had to hastily ship out on a sea voyage on their wedding day. According to Sharon Cummins of the Kennebunkport Historical Society, "The truth is that the house was built in 1826, a year after shipbuilder George Bourne married Jane Jefferds. It was built as a traditional brick federal house. It wasn't until 1852, when the couple were middle-aged, that the Bourne barn burned down, and George built a new barn decorated like the medieval European cathedrals he loved so much. Once you commit to such a bold style choice you can hardly stop midway, so in 1855, Bourne added gothic gingerbread to his brick federal house to match his ornate new barn. Sadly, George Bourne didn't get to enjoy his newly decorated house for long. He died in December 1856, at 55 years old."

George Bourne was a fourth-generation shipbuilder in the Landing area of Kennebunk, where his home, later romanticized and known as the Wedding Cake House, still stands proudly 157 years later.

The Wedding Cake House sits on 3 acres of land abutting the Kennebunk River where large sailing vessels were built at the Bourne & Kingsbury shipyard. The home was passed down through generations of the Bourne family for over a century. In the mid 1900's rooms were rented out for "particular guests." In 1983 the Wedding Cake House was sold to the first non-family member since being built in 1826. The purchaser was artist Mary Burnett, who ran her art gallery in the attached carriage house for some time. While residing in the Wedding Cake House, Mary did an extensive restoration of the structure and also painted a two-story mural on the wall of the spiral stairway at the main entrance. The mural depicts the Kennebunk River with landmarks such as the Wedding Cake House, the house next door, now known as the Waldo Emerson Inn, and the First Parish Unitarian Universalist Church.

In 1998, the house was sold again, to retired gallery owner Jimmy Barker. Barker had seen, and fallen in love with the home, as a young man in the 1950's while visiting Channing Hare, a portrait artist in Ogunquit. Jimmy brought his own sense of style and flair to the mansion along with his extensive art collection. Always one with a sense of humor, Jimmy introduced

a bride mannequin to the home as a play on the Wedding Cake House myth, which he would pose in different rooms.

Upon Jimmy's passing, he left the Wedding Cake House and all of its contents, to his niece Lela Cason and nephew, Hunt Edwards. Today, Hunt and his wife Katie Edwards are the primary caretakers of the most photographed home in



Katie and Hunt sit in George Bourne's original study. Most of the books in the study belonged to George and his family.



A 1955 Bentley R-type, owned by the estate in front of the Wedding Cake House. Bob Dennis photo.

Kennebunk.

The couple resides in an apartment above the barn in the spring and summer, where they have been diligently working on the restoration of the beloved landmark since inheriting it.

Hunt, who has been in the construction business for decades is overseeing all aspects of the restoration, and Katie, an interior designer, decorates and works with aesthetics, as well as being a knowledgeable curator of the house, it's rich history, and the story behind the contents of the home.

The following projects have been completed to date: The front fence and arch gate were repaired. A new sign was made. The furnace system was updated. The electrical system was updated. The

entire West end of the carriage house was rebuilt. All of the floors in the carriage house and barn were re-engineered.

Clapboard and door and window trim have been replaced where it was needed.

The North wall of the carriage house was re-built with new doors and a new terrace.

The foundation on the East side of the barn

was replaced. Sill beams in the barn and carriage house were replaced. Rooms in the home have been restored by repairing cracks, removing damaged wallpaper and re-painting. A bathroom was re-located in the carriage house. Exterior painting, including tuck pointing the brick as needed, and painting all flat surfaces of house,



The bride bedroom.

Brandy the mannequin bride.

in the Wedding Cake House, Katie said "Hunt and I agree the most special feature is the space created with the carriage house, barn and terrace combined. The carriage house had been used mostly for storage but is now so beautiful opened up by the new doors."

The duo noted a new family tradition that has evolved since they inherited the house, and it involves the bride mannequin. Hunt said "We call her (the mannequin) Brandy-after the song by Looking Glass, it sort of fits the whole sailor going away theme perpetuated in the myth about the house. We place Brandy in her wedding attire in the upstairs middle window throughout the month of October for Halloween. We have a light on at night so there she is standing, waiting for her sea captain. We've had a great response to that from the townspeople." Katie said, "Our kids

and cousins have their own tradition with Brandy. When they visit during the holidays, they love to relocate her. We may see her in the shower, in bed, around a corner, you name it. We never know where Brandy is going to show up. I guess they share Uncle Jimmy's special sense of humor too."

While it is not known if any actual weddings have taken place at the Wedding Cake House, Hunt and Katie said they look forward to the possibility, someday. "Our plan is to have the Wedding Cake House create a revenue stream to help preserve and maintain the house for the future. Our dream is to share this beautiful home with the public for select venues such as engagement parties, cocktail parties, rehearsal dinners and events. The Wedding Cake House may be open for tours in the future, but we don't know when." FMI on the Wedding Cake House: [www.weddingcakehouse.com/](http://www.weddingcakehouse.com/)

Continue to page 29 for an exclusive historical look of the "Wedding Cake House" courtesy of Brick Store Museum.



Spiral staircase and mural.

carriage house and barn has been completed. Hunt said "We removed parts of the trim that were damaged so they could be repaired or

replaced later, and pressured cleaned, primed, and painted the remaining trim to preserve it until it can be replaced. In the works now is the detailing in the house, carriage house and barn. The next big phase is to replace or repair as needed all the decorative trim on the exterior of the house, carriage house and barn. The structure needs substantial repairs, and we hope to finish repairing all the trim as needed and continue to preserve the Wedding Cake House and bring it back to its original glory." He estimates another \$500,000 plus is needed to get the home to where they would like to see it. Katie added "We know how much this house means to the community, and we feel honored to be able to keep it updated."

When it comes to their personal favorite place



# The Wedding Cake House



George Bourne. | Jane Jefferts Bourne.



The George Bourne House in Kennebunk Landing is one of Maine's most photographed and visited houses. Most people know it as The Wedding Cake House. George Bourne, born in Kennebunk in 1801, became a successful shipbuilder and ship owner, however it is his outstanding house on Summer Street that causes all the tour buses to slow down every summer.

George Bourne obtained the land to build his house from his father, John Bourne. John Bourne, one of Kennebunk's leading shipbuilders, owned the home next door, today's Waldo Emerson Inn. This area was central to the burgeoning shipbuilding trade. In 1805, John Bourne purchased his house and the shipyard located behind it from shipbuilder Theodore Lyman, and with it came all the river frontage and the land opposite the road where Lyman built a long building to house the teamsters of oxen that would bring the lumber to the shipyards.

Theodore Lyman also owned the land that was used as the common town "landing" site on the river which was not

included in the sale. This is where this area of town gets the name, "Kennebunk Landing". The shipyard owners and other town leaders of Kennebunk had designated a tract of land along the river to be used and accessible to all as a common town "landing place." Here, lumber to build the ships and to be loaded onto the ships to be exported was "landed" after it was hauled by ox or floated down the river from the sawmills on the upper part of Kennebunk River. The privileges of this tract of land were conveyed to the town.

By 1820, John Bourne was in the shipbuilding business with his son George as "John Bourne and Son." In 1825, George Bourne

married Jane Jefferts and began to build his home next door to his family's home. The house was completed in 1826. In 1831, George formed a partnership with his brother-in-law, Henry Kingsbury to form the very successful shipyard of "Bourne and Kingsbury". His father, John Bourne, died in 1837 and it wasn't until his estate was probated in 1840, that George Bourne obtained the full ownership of the Wedding Cake House and all the land down to the river. Henry Kingsbury bought John Bourne's house, and it became known as the Kingsbury house. Although it is not known for certain, it is believed between the two houses was their store where they sold the goods brought back from the West Indies and beyond. Between the years of 1820 and 1850, the Bourne family ran the store and built 33 vessels in the shipyard behind the two houses.

During this time of shipbuilding the Wedding Cake house looked like a federal style home, similar to the other grand houses along Summer Street. In the fall of 1852, the Bourne & Kingsbury shipyard launched their last vessel, the Northern Crown, with that launching George Bourne retired from shipbuilding. That same year a fire destroyed his barn.

Andrew Walker, town clerk and diarist, wrote in his diary, "This afternoon there was an alarm of fire which was found to proceed from the barn of G.W. Bourne at the Landing. Nearly all the able-bodied men and a large number of boys from this village and many people from the Port came up to the Landing. By tearing down the shed between the house and barn the fire was confined to the barn



George Bourne house with lumber out front for the shipyards, c.1854.

which was entirely consumed with a few tons of hay and twenty-five bushels of oats."

Having just retired but filled with the creative spirit and inspired by the ornate carvings seen in gothic architecture in Italy, specifically the Milan Cathedral, George Bourne rebuilt the barn and added a wing with gothic-style ornamentation and trim. Afterwards, unsatisfied that his house did not match the new look of the barn, George continued adding the ornamentation to the main house, meticulously carving the pieces by hand, creating the Wedding Cake house we know today. George Bourne died in 1856 of typhoid fever not long after he completed it.

Andrew Walker wrote in his diary, "George W. Bourne was buried this afternoon from the Unitarian church. A larger number attended the funeral than I ever before saw in this town on a weekday. The pews in the church were all filled and probably nearly one hundred stood up near the singers' seats and lower part of the aisles. There were probably from five to six hundred in the house and there were probably a few out of doors."

The modern legend of the Wedding Cake House built to compensate a bride deprived of her wedding cake by

Column  
by:  
**Leanne Hayden,**  
Collections  
Manager,  
Brick Store  
Museum



her seafaring husband is not true. The folktale is believed to have been first documented in a postcard from the late 19th century, around 1888, during the time Kennebunk was being promoted as a summer destination for tourism.

The house was owned by descendants of George Bourne until the 1980s, including Harold and Mary S. Lord who operated it as an inn in the mid-20th century. In 1983 it was sold to Mary Burnett who owned it for 15 years. She sold the Wedding Cake House in 1995 to Jimmy Barker who owned it until he passed away in October, 2020. Now Barker's nephew, Hunt Edwards, has become its owner and caretaker working diligently to meticulously restore both the inside and outside of this historic home. George Bourne and his love for gothic architecture has not left him an easy task. •

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# Horses & Stress

Unlike their counterparts in the wild, domestic horses don't have to worry about survival ..... or do they ?

We know the feeling- deadlines, pressure to succeed, to be on time, to get to work, to get things done. But as humans, we have the freedom and ability to make choices and cope in positive ways. Not so for horses. Instead they survive any way they can- generally through behaviors that are destructive, dangerous or they simply shut down, spirits broken.

For horses in the wild, life is about not being eaten by a predator- a constant threat to survival. For safety, horses live in groups in quiet, vast, open spaces with an alpha mare keeping watch. When it's safe they lie down for deep sleep but must rise in an instant to run. Exerting energy needlessly is a threat to survival.

**Grazing** (eating) while walking is almost continuous in a 24 hour cycle, necessary for digestive health. When not moving horses stand resting quietly in preparation for a threat. Their stoicism lowers the risk of being targeted by a predator -the reason horses endure pain quietly and hide injury in domesticity. Showing vulnerability is asking for trouble, and why horses are often ridden while injured.

**Domestic horses'** instincts and needs remain the same despite an entirely different lifestyle. Instead there is a different type of stress - one inflicted by humans. To those who know, it is evident in behaviors attributed to lack of intelligence or laziness. This is far from reality. Horses stoicism is taken advantage of in an industry that capitalizes on this trait to benefit from use, leading to mistreatment. Since the majority are being used for our pleasure and it's our choice to keep them, they deserve comforts which far too many don't receive.

**Confinement** In a world where domestic horses exist, freedom and choice is taken away for human convenience or to lower costs. Rather than large, quiet, open areas, they are confined in small, overcrowded spaces often standing in their waste. Why ? It is more affordable and convenient to get the horse for a lesson. Roaming is not possible for digestive health. There is nowhere to run. They can not find shade from sun and insects and refuge from winds in winter.

In addition, there is stress in crowded spaces. As with people, little room to move increases aggression and competition for food. An otherwise friendly, calm animal becomes dangerous with reason. Competition for food can cause horses to be severely injured, go hungry and become ill.

Likewise, confining a horse in a box stall 24/7 except to be ridden is damaging mentally and physically as it would be to a person. It is generally done with racehorses and performance horses so they don't get injured or dirty. Often horses have nothing to eat, lack socialization with other horses and mental stimulation which intelligent animals need. Confinement is a cruel practice.

**Living conditions count** Horses are forced

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to live adjacent to busy roads, noise and insect infested woods with a lack of sunlight needed for health and where predators can easily hide. Some are outdoors 24/7 standing in urine soaked soil and slippery, muddy organic debris facing dangers of falling branches or stumps in the ground. Shadows created by trees can be frightening. They are less apt to rest or sleep especially at night or when alone. They don't feel safe. In domesticity horses should be protected. They need appropriate shelter and time outdoors.

**Restraint** With domesticity comes restraint. As with confinement, it is similar in that it takes away freedom of movement. Use of horses - bits, tight bridles, girths that keep the saddle in place, straps that prevent the horse from raising their head, all restrain movement. There continue to be 'standing stalls' in barns with horses tied unable to move or lie down to rest and get deep sleep. They cost less.

Tying is a popular form of restraint used in the industry. It's widely used in racing to force a horse not to pull and is also used as punishment. Why ? It's easier than holding the lead or teaching the horse to stand. It's not unusual to see a horse tied up alone or the handler not paying attention. Horses tied to trees while riders lunch, tied to posts enduring the bites of insects. People have freedom to do what they want while the horses' freedom is suppressed.

Crossties are dangerous. Horses can flip over backwards. Results are devastating, never forgotten by the horse. Horses are reactive and panic. Taking away their freedom to run from a perceived threat means allowing them to suffer

the consequences - like a broken neck. Yet the practice remains commonplace. Why ? It's convenient and generally the horse will be sold anyway. Buyer beware.

**Horses are clean** They don't stand or lie in waste damaging to feet (hooves) and skin.



## Sunrise to Sunset with BlixxHorses .

But cleaning is not a priority while lessons and riding is. Stalls and paddocks no matter how large should be cleaned every few hours every single day. Manure is produced about once an hour and urine which is more caustic every few hours. It should be completely removed from stalls and managed to prevent soil and water contamination. Wild horses don't stand in their waste.

**Food** - a comfort & need We all know the comfort food provides. Horses rely on us for sustenance. For digestive health and to prevent life threatening colic they need to eat forage (hay) regularly throughout a 24 hour period and move (walk).

Yet so often horses have nothing to eat, especially throughout the night. Outside they resort to bark, acorns, leaves - all toxic. In stalls they eat wood, bedding or waste. Why? It's cost effective to feed less of what they need. Grain is cheaper but hard to process. Lush or overgrazed pastures also are detrimental to health.

Many horses suffer from 'food insecurity'. Many are lesson and performance horses spending their lives in strenuous work. Though horses are known to eat wood in stalls and enclosures out of nervousness, doing it regularly is a sign the horse is in need of food. There's a lot to know about feeding horses. It's possible but more laborious and costly to do it right and that often makes the difference.

Horses don't overeat unless they've been starved and slowly adapt. Unlike people they stop eating when are not hungry. Fat ponies simply need to move more by providing more space or hand walked daily, something most people could also benefit from. Horses DO NOT need to be exercised and certainly not ridden. Generally it's the rider who needs the exercise to trim down.

**Safety in numbers** - Horses are social and feel safe with companions. Companions however raise costs, time and work required. Often owners find themselves with a horse alone after a companion dies. A good horse owner will do their best to ensure the horse enjoys life. Acquiring a horse to keep it alone

**Gabriela Rodriguez Quinn,**

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

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for pleasure however, should be given a lot of thought considering it is not the best situation. It is hard on a horse requiring more time and effort to ensure comfort and safety.

Providing well for a horse is a tall order requiring an abundance of knowledge. Their needs are great. Life is long. Expenses high. There many in good care however we can't ignore the reality of the industry. Laws don't protect horses as they should- standards of care are low in part because the industry would like everyone to have one. Horse people often point the finger at each other, blaming the other for being the cruelest. There is no such thing as the 'Eastern' way or the 'Western' way to care for a horse. There is however, the right and the wrong way.

**So are domestic horses stressed?**

**You decide.**

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**Why non ridden?** Because the majority of horses have injuries due to use. An example is Thoroughbreds that sustain broken bones in the hoof but continue to work. Camp horses are shuttled around to serve for lessons continuously for a variety of riders. All horses eventually have physical issues and suffer mental trauma. Eventually they can no longer be ridden often due to back & leg injuries at which point they are given them up which places them in tremendous jeopardy. Horses have always been used to serve people but this worldwide shift in how they are viewed and valued is good for horses and keeps them safe. Rather than use, there is a relationship.

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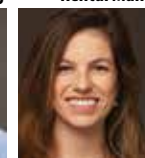
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