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2021

The Kennebunk Village magazine

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On the Cover



David Yates, Wildlife Biologist has been studying bats for the last two decades at the Biodiversity Research Institute in Portland, Maine. Read on to learn more about the Bats, the only mammal that can fly, and are highly beneficial to people and the advantages of having them around. with our Questions and Answers interview with David Yates.



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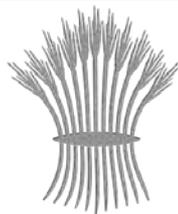


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Statin Medications and Cholesterol: GOOD OR BAD

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“Doc Talk” by Earl Freeman, DO

For those of you who follow my monthly contribution to The Village, I apologize for my absence for several months. Well, I’m back with pen in hand, writing another piece for you.

This month I’m going to enter the fray of discussion about the use of statins, which are prescribed medications ostensibly for the prevention of cardiovascular disease. They have certainly become standard therapy for elevated cholesterol levels, but they have not been without controversy. Remember also that cholesterol is an essential ingredient for every cell in your body; it performs innumerable necessary functions

There are several: atorvastatin (Lipitor), fluvastatin (Lescol XL), lovastatin (Altoprev), pitavastatin

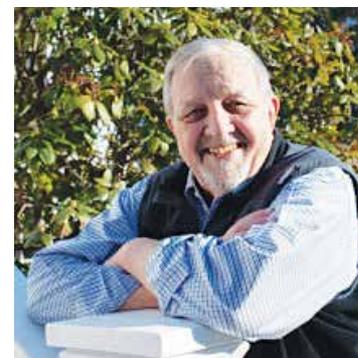
(Livalo), pravastatin (Pravachol), rosuvastatin (Crestor, Ezallor) and simvastatin (Zocor, FloLipid). They are called HMG-CoA reductase inhibitors; that doesn’t mean much if you have no interest in physiology, but, acting in the liver, they reduce the production of cholesterol. Their presence was found in fungi about 40 years ago. Intensive pharmaceutical development led to great clinical and commercial success. Despite this, there is increasing concern among many physicians about the emergence of some side effects, which include raised incidence of diabetes, cataracts, cognitive impairment, and frequent muscular symptoms.

They have been commonly prescribed over recent decades for Primary Prevention of heart disease. Primary Prevention means risk reduction in someone with no

evidence of heart disease, but with at least one risk factor for heart disease. Several extensive reviews have shown that if 140 people in this category are treated with a statin for 5 years, one death would be prevented.

Preventive treatment of people that already have evidence of heart disease is called Secondary Prevention. Statin use has been shown to be effective in reducing mortality in those with pre-existing cardiovascular disease. The various statin formulations, listed above, vary in their effectiveness and the incidence of side effects.

So, if there were no side effects, the statins would appear to wonder drugs, but the side effects have caused them to be controversial. Some of the most common complaints are fatigue, achiness and mental fog. These of course are common complaints for



Earl Freeman, DO
Lower Village Doctor’s Office
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a variety of reasons, and the causal factors are difficult to delineate. These symptoms do not have any neat lab test to say Yes or No as to cause. But the symptoms seem real and seem to resolve with the discontinuation of the drug. However, quitting the statin puts one back to square one in heart disease risk, if nothing else

Continue to page 6

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Continued from page 5

changes. I certainly have had my share of patients feeling lousy taking a statin, and markedly improving after stopping it, as well as some patients with serious side effects, which seem to be reversible.

There are other side effect concerns. One is increased risk of developing diabetes; this relationship is not clear, and the reviews are mixed. It certainly is more likely with higher doses and is more likely in post-menopausal women. The most severe muscle side effect is rhabdomyolysis – the breakdown of muscle cells. Muscle pain is a more common complaint and is reported more frequently by patients than the frequency predicted by research studies. There is likely some genetic predisposition to its frequency and intensity. Coenzyme Q10 (CoQ10) production in the liver is impaired by statin effect. It is often recommended that anyone taking a statin, also take CoQ10 supplement. Liver, kidney and pancreas toxicity, and skin reactions have all been reported as side effects. The list is a bit

Statin Medications and Cholesterol: GOOD OR BAD

concerning, but the list of side effects from almost all medications, both prescription and over-the-counter, is equally concerning. I don't know of any drug that simply does what it is intended to do without influencing something else.

The statin controversy has not been settled, and probably will not be in the near future. These drugs are useful, sometimes very effective, but there are problems, sometimes very big problems. So, "what's a fella to do?" There are many other issues involved in cardiac disease prevention and treatment. Probably the biggest other risk factor is smoking. Smoking is so damaging in innumerable ways. If you are still smoking then you aren't listening to what the world is telling you. If you smoke – STOP! For some, stopping is difficult, yes, but dying and leaving loved ones mourning is difficult, too. It may be difficult, but many things of great value are difficult. I recommend that you become so angry and so passionate about the addiction of smoking that

you are willing to invade the gates of hell in order to quit. It's a big deal.

So, back to use of statins. Given all the concerns about statins, please recognize that for most people, taking statin drugs is a 2nd choice. The best way to reduce the likelihood of heart disease, including improving cholesterol lab values, is to change some of our lifestyle influences. For some people, taking a prescription medicine is easier than making sensible, but difficult changes. The most sensible changes include: 1. Getting adequate sleep, 2. Eating optimum nutrition, 3. Getting adequate exercise, 4. Coping with stress, 5. Having healthy relationships. I know when I think about this list for myself, almost instantly I hear my mind providing a list of excuses: - not enough time, - too expensive, - I've never done that before, - I don't know how to do that, - impossible. Resistance to change is part of the human condition, and it's easier to simply go with the flow. The flow we're in is mostly commercially and

socially driven, and those influences are self-serving, and mostly have no concern about our health or benefit.

The sensible changes listed above are each fairly deep subjects and can require several articles to explain. Several of my past writings in this magazine have featured some of those topics. I believe they are worth learning about; what you can do to change the trajectory of your health. The goal is to increase your healthspan and maybe your lifespan.

So, first, start where you're at !!!

Avoid making sudden wholesale changes: start small steps in the 5 sensible changes listed above, progressing with more steps toward optimum. If you are already taking a statin medication, continue taking it while you start to make lifestyle changes, and the same if your doctor suggests you start a statin. The best way to manage your cholesterol risk is to have a lifestyle habits that reduce the likelihood that you'll need a prescription – to me that sounds better than the risk of the drug's side effects.



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Maine Bats Beneficial Creatures of the Night



By Shelley Wigglesworth, Lead writer

David Yates, Wildlife Biologist has been studying bats for the last two decades at the Biodiversity Research Institute in Portland, Maine. Armed with a B.S. in Wildlife Biology and Management from Unity College and a M.S. in Conservation Biology from Antioch New England University, he has been a wildlife research biologist with Biodiversity Research Institute since 1998.

His current role is director of the mammal program, where he is researching bats as an indicator species for mercury exposure and has been studying Myotis bats in Acadia National Park.

We reached out to Yates to learn more about Maine bats and how these often-misunderstood creatures of the night play a crucial role in our ecosystem. Read on to learn more from our Questions and Answers interview



Hoary Bat. Photo by Dave Yates

with David Yates.

Q. What is the worldwide bat population?

A. There are about 50 species of bats in United States at any given time, and over 1,400 bat species in the world, with mores species being identified each

year. Bats occupy every continent on the planet except Antarctica, so they have a wide variety of habitats and feed behaviors. Bats are the second most diverse mammal group behind rodents.

Q. How many species of bats live in Maine?

A. There are 8 Species of bats in Maine: big brown, little brown, eastern small footed, tricolor, red, silver haired, hoary bat and the northern long eared, which is federally threatened.

Q. What is the lifespan and habitat of Maine bats?

A. Some bats can live over 35 years, such as the little brown bat. We break up the bats we have in Maine into two groups: the cave dependent species (big brown, little brown, eastern small footed, northern long eared and tricolor) and tree bats (red, silver haired and hoary) and these bats have a little bit different strategies for living. The cave dependent bats seek a cave for at least one part of their lives usually in the winter, for hibernation but one species, the small footed bat prefers boulder fields and cliffs during most of its life. The other species in this group will seek a cave for the most part, with big brown bats sometimes hibernating in attics or barns. They go to caves to be protected in winter months from cold and lack



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Single Big Brown Bat. Photo by David Yates

of food on the landscape. When they emerge in the spring, they return to their natal area and have their pups in summer months.

Q. When do Maine bats mate and breed?

A. Bats breed in the fall before going into hibernation. A process of delayed fertilization takes place over the winter months and if the bat is in good body condition in the spring the egg is fertilized, and pup(s) will be born in June or July. Bat pups nurse from mother bats for a month or more and before learning to fly and hunt in later months. Bats will return to the area where they were born and possibly the same roost where they will one day will reproduce pups of their own. Cave bats will only have one pup. Instead of going to caves, tree bats will migrate south and hibernate in trees or on the ground in leaf litter. Once spring comes, they will return to natal areas and have up to three pups which the mother will take care of for the summer nursing them.

Q. What are bat food sources?

A. Bats are the most significant predators of night-flying insects. There are over 40 different kinds of bats in the U.S. that eat nothing but insects. A single little brown bat, which has a body no bigger than an adult human's thumb, can eat 4 to 8 grams (the weight of about a grape or two) of insects each night. Although this may not sound like much, it adds up—the loss of the one million bats in the Northeast has probably resulted in between 660 and 1320 metric tons of insects no longer being eaten each year by bats.

Q. How do bats hunt?

A. Bats locate each insect by echolocation, then they trap it with their wing or tail membranes and reach down to take the insect into their mouth. This action, as well as the chase, results in the erratic flight most people are familiar with when they observe bats feeding in the late evening or around lights at night.

Q. Do bats pollinate plants?

A. Other species of bats eat many different things, including fruit, nectar, and pollen. Bats are important pollinators as they fly from plant to plant in search of food. In the southwestern deserts of North America, bats are the key pollinators of saguaro and organ pipe cactus. Tequila is made from the agave plant, which is pollinated by bats.

Q. What is the most common bat in Maine?

A. The big brown bat. It used to be little brown bat and northern long eared bat. White nose syndrome has wiped many of the cave bat species out in New England. Before WNS we had millions more bats than we do now.

Q. What is White nose syndrome?

A. White nose syndrome is an emergent disease of hibernating bats that has spread from the Northeastern to the Central United States at an alarming rate. Since the winter of 2007-2008, millions of insect-eating bats in at least 37 states and seven Canadian provinces have died from this disease. The disease is named for the white fungus, *Pseudogymnoascus destructans*, that infects skin of the muzzle, ears, and wings of hibernating bats. The fungus

thrives in cold and humid conditions characteristic of caves and mines used by bats. Scientists believe that WNS is transmitted primarily from bat to bat. There is a strong possibility that it may also be transmitted by humans inadvertently carrying the fungus from cave to cave on their clothing and gear. Bats affected with WNS don't always have obvious fungal growth, but they might behave strangely inside and outside of the cave where they hibernate during the winter.

Q. How are bats beneficial to the environment?

A. Bats play an essential role in pest control, pollinating plants, and dispersing seeds. Recent studies estimate that bats eat enough pests to save more than \$1 billion per year in crop damage and pesticide costs in the United States corn industry alone. Across all agricultural production, consumption of insect pests by bats results in a savings of more than \$3 billion per year. While many bats eat insects, others feed on nectar and provide critical pollination for a variety of plants like peaches, cloves, bananas, and agaves. In fact, bats are the sole pollinator for the agave plant. A third bat food source is fruit, leading to yet another important role in the ecosystem - seed dispersal. Fruit-eating bats can account for as much as 95% of the seed dispersal responsible for early growth in recently cleared rainforests.

Q. What interests you most about bats?

A. They are such awesome animals if you think about it -they fly at night, can see everything, can echolocate things and are amazing and diverse group of mammals. One of the biggest draws for me was the lack of scientific knowledge we have about these animals. Bats have a bad reputation through silly myths and mistruths out there, and they are important in the ecosystem.

Q. What are some commonly misunderstood notions about bats?

A. The most common misunderstanding is that bats have rabies. Although bats are common carriers of the virus, very few actually transmit the virus, and even fewer are rabid. However, rabies prevention and awareness are still vital to our health and well-being. Another common myth about bats is that they are blind. The reality is that bats can see quite well,

even in the dark. They have a built-in sonar system called Echolocation, which they use to better dive and dart for prey at night. Echolocation is not used in place of vision; it simply enhances their nighttime navigational skills. Bats will not attack humans unless they are provoked, sick or nursing.

Many people are wrongly under the impression that bats suck blood. The only species that consumes blood is the Vampire bat, and they live in Central/South America. They mostly target livestock like cows, pigs, and horses.



Red Bat. Photo by Carl Anderson

Furthermore, they do not kill their prey; it is more of a symbiotic relationship. They make a small incision in the flesh, lap up the pooling blood with their tongues, and then scurry off into the night. The wound seals up quickly and the animal is not harmed or bothered in anyway. When I was in Central America working with bats, I had the pleasure of catching some vampire bats and they were very interesting species of bats that are highly intelligent and have very interesting lifestyle where they will share blood with roost mates that did not get to eat which in the wildlife world is called altruism and is truly rare.

Q. What would you like the public to know about bats?

A. Do not be afraid of bats- they are providing an ecological service every night by of eating tons of insects, spreading fruit for new forests and/ or even pollinating for us, so please be kind to these animals and learn more about them at BRI or other sites like Bat Conservation International or USGS/USFWS, or ask your local biologist.

FMI on bats:

www.batcon.org

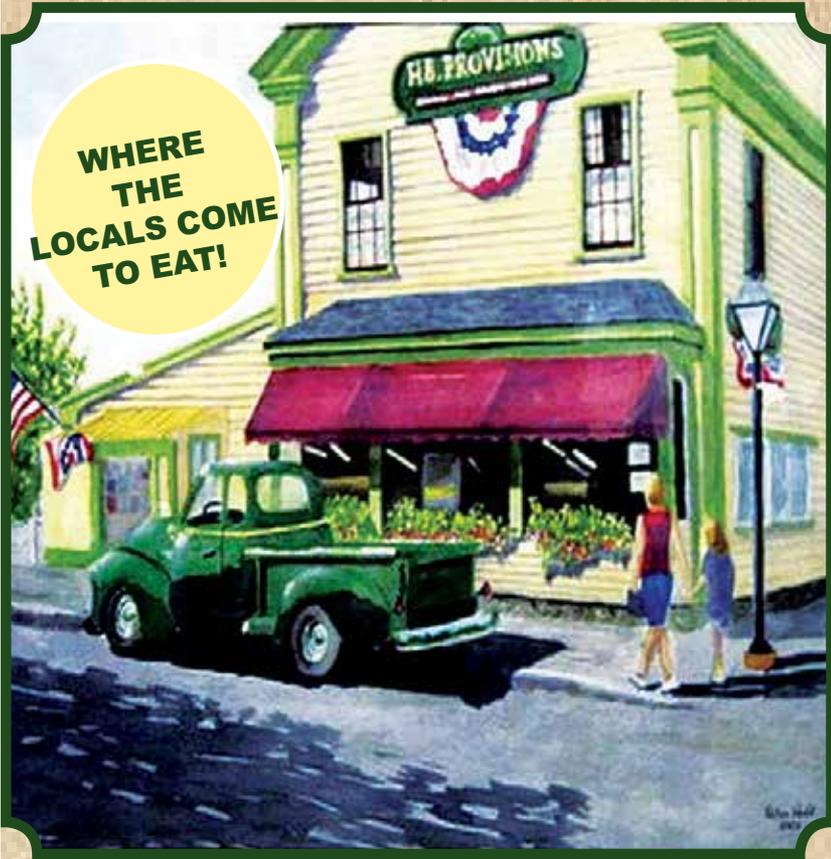
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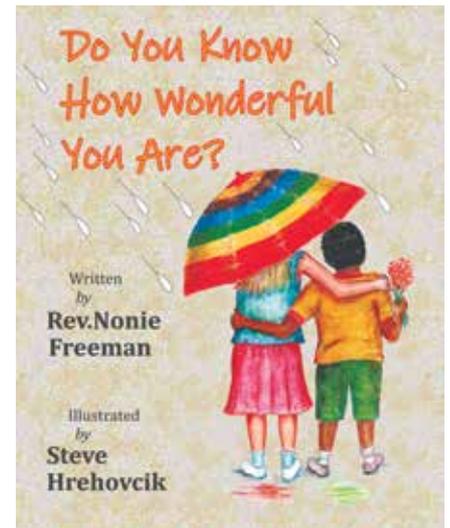
Kennebunk resident Reverend Norene Freeman has just published her first children’s book “Do You Know How Wonderful You Are?” The 38-page rhyming and color illustrated book celebrates the goodness and precious qualities all children possess.

Inspired by Freeman’s two grandchildren, Amelia Rose and Gracie May, the book describes the variety of feeling, emotions and challenges youngsters face as they grow up.

Freeman, who at age 70 describes herself as a “Queenager,” said, “Never did I have an inkling of how much joy my grandchildren would bring me. Watching them develop though the years, I found myself pouring out my love for the girls on paper and the book was born. I believe every child is holy and needs to know it. I hope this book helps them realize that no matter what bad may have happened to them or what bad they might have done, each child deserves to be loved and appreciated.”

Freeman contacted Kennebunk artist Steve Hrehovcik, who has illustrated more than a dozen children’s books, to create drawings to visualize her story. Hrehovcik said, “When I first read Norene’s manuscript, her story presented many opportunities to dramatize the variety of touching moments in a child’s life. It has been a great pleasure working with Norene.”

Nicknamed “Nonie” by her grandchildren, Freeman is an ordained interfaith minister and creative artist.



She describes herself as being passionate about the well-being of families, the empowerment of children, plus the health of our Earth home. Prior to her ministry, Freeman enjoyed careers in education, counseling and public speaking.

Early editions of the book have received positive reviews. It is available on www.Amazon.com as a paperback for \$14.95 and Kindle for \$9.99. Both Freeman and Hrehovcik will visit schools, clubs and other organizations to read and discuss the book. For more information call 603-568-2513 or email NoreneFreeman@greatnessbecomesus.com to schedule a visit.

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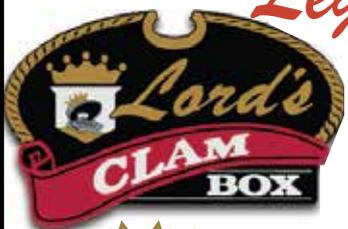
In 2019, Meagher moved from his role as a legal adviser as General Counsel to a role as a decision maker as Senior Commercial Credit Officer.

“Lex has a thoughtful, attentive, and personable approach that people immediately respond to – both customers and fellow employees,” said Bradford C.

Paige, the Bank’s President and CEO. “He has been an asset to this company for a long time, and I am pleased to have him join the Executive Management team.”

The ability to assist members of the local business community in his current role is very meaningful to Meagher. “As the Senior Commercial Credit Officer, I work to shape the direction and operation of commercial lending – which unlocks so many opportunities for people in the business community,” he said. “I can so clearly see the tangible benefit of our day-to-day work.”

Kennebunk Savings has announced the promotion of Senior Commercial Credit Officer Lex Meagher to Executive Vice President. Meagher joined the bank in 2011 after receiving his law degree from the University of New Hampshire School of Law and clerking for the Maine Superior Court and Supreme Court. The culture at Kennebunk Savings made an immediate and strong impression on him. “Working with a team of genuine and helpful people committed to each other and their community—what else would you want?” Meagher said.



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TALES FROM THE ARCHIVES

Albert Todd -The One-Armed Fisherman from Kennebunkport Part II

By, Leanne Hayden
Collections Manager
BRICK STORE MUSEUM
117 Main Street | Kennebunk,
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www.brickstoremuseum.org

The following is the conclusion to the story of Albert Todd, the one-armed fisherman from Kennebunkport. As you may recall, he was accused of stealing Peter Lamothe's horse and wagon outside a grain store in Biddeford on January 4th, 1913. State Detective Obed Stackpole of Biddeford was assigned to the case and was searching for Todd, who was now a fugitive. Todd managed three rather dramatic escapes from capture over the course of two years on the run. On January 14th, 1915, it finally came to end.

Detective Stackpole heard that he had been working in a town near Dover, New Hampshire driving a team in a lumber camp, but that Albert Todd had recently gone home to Kennebunkport. Acting on this information, Detective Stackpole, along with Deputy Sheriff Rex Wormwood of Biddeford, Granville Murphy of Saco, and Ernest L. Jones of Kennebunk, took the 7am Atlantic Shore trolley from Biddeford to Kennebunkport. When they got to Todd's farm, they broke through the front door and found Todd standing barefoot at the foot of the stairs with his wife and son nearby. At the sight of the officers, Todd simply remarked, "I'm here," and instantly gave himself up, making no resistance.

Stackpole later told the newspapers, "There was a loaded Winchester and a double-barreled shotgun in the house within easy reach and he took good pains that none of the occupants of the house should get possession of either of them." The Detective went on to report that Todd spoke little after his capture, except to say that "he was

sorry he had not given himself up at first, that if he had known Stackpole as well then as he did at the present time, he would have done so."

There had been many sensational newspaper headlines over the two years detailing the hunt and escapes of Albert Todd. On May 20th, 1915, Todd finally had his day in Court at the York County Court House in Alfred. The trial began with the prosecution, they brought several witnesses to the stand starting with Cornelius Horigan the owner of the grain store in Biddeford, who testified to Todd being in his store when Lamothe came in but left before Lamothe did. Walter Baker was next, he lived on Mountain Road, and testified to a team passing him going towards Kennebunkport that night and said he was quite sure it was Mr. Lamothe's team. There was only one man in the wagon, and Mr. Baker thought it was Mr. Lamothe.

Another witness was Charles Wetherall, foreman of the freight department of the Boston & Maine Railroad in Charlestown, Massachusetts. He was called to testify that Todd shipped a horse from Charlestown later that week and at the time had a big roll of bills from which he paid the freight of the horse. He told the court that he recalled Todd saying, "I'm no bum or tramp, I've got money."

Herbert Carter a policeman from Everett Massachusetts also testified, he had investigated the claim made by Todd that he purchased the horse from a man named Goldberg, but the policeman could not locate anyone by that name. Other witnesses came forward, yet as the case unfolded, it became clear that the evidence presented by the prosecution was mostly circumstantial.

It was finally Albert Todd's turn to take the stand, he was cross examined by County Attorney Hiram Willard. Todd began with a detailed account of January 4th, 1913. He said he had



Alfred Court House..

spent much of his time at Doyle's cigar store on Alfred Street before he went to Andrews & Horigan's store. Afterwards Todd went to J. F. Hannaways store and then back home walking along the B&M railroad tracks.

When Stackpole came out to his farm to arrest him, Todd ran out of fear because the Detective had told his young son, pulling him from school during his investigation, that he would take Todd dead or alive. This threat was only reinforced when the Detective started shooting his revolver at Todd when he first tried to arrest him. Detective Stackpole on cross examination denied ever having said that to his son and had taken the boy out of school only to find out where his father might be located.

Albert Todd explained that on January 5th, the day after the theft had occurred, he had spent the day at his neighbor's house, James Cowgill, who later testified on his behalf. On Wednesday, he went to Massachusetts to buy a horse which he shipped to Kennebunk by freight. He walked through the streets of Kennebunk with the animal, passing Deputy Sheriff Jones, who could also testify to this fact.

Todd told the judge that he stayed on the run out of fear of being arrested

as he had no means to get bonds and he would have to stay in jail. His family could not afford to have him not working.

After hearing Todd's testimony and his witnesses, Judge Spear called Detective Stackpole and Mr. Lamothe to the bench and talked with them privately after which he announced that while he disliked to do so, he did not consider the evidence was sufficient to allow the case to go to jury and he ordered a verdict of not guilty. Albert Todd was finely a free man.

And so, was this a story of a Detective who hunted a man for two years based on the simple fact he was in the wrong place at the wrong time? Albert Todd, the one-armed fisherman and peddler, was clearly not part of the upper class and may have been mistaken for this crime because he had recently had the means to buy a horse in Massachusetts. Or did Albert Todd steal Lamothe's horse and wagon that winter night in 1913, take the horse to Massachusetts to exchange it for a new horse which he then paid to have shipped back to Kennebunk? There are still more questions than answers. In the end, we may never know the full truth. You will need to be the judge.

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A SERIES ON LOCAL ARTISTS by John Forssen

Like Mother, Like Daughter

Leah Payne of Kennebunkport, a promising young illustrator who has just graduated from the Massachusetts College of Art and Design can hardly remember a time when she wasn't drawing.

That might be because her mother, Kennebunkport landscape artist Suzanne Payne, showed her what a pencil could do all those years ago, entertaining her with drawings of Sesame Street's Elmo, the little red puppet of tickling fame. Also formally trained, Suzanne works primarily in oil and takes her inspiration from the rich fabric of this area's many and unique natural settings. During 'the season' her work is on display at Thompson & Company, a Dock Square gallery...but she recalls with a smile her first sale while she was still in college.

"It was a still life," she says, "a tea cup on a draped canvas, which I was excited to sell for \$40."

Leah, too, has a sale to her credit, having

already illustrated a children's book entitled Reesie the Blind Dachshund, the profits from which went to charity: Guiding Eyes for the Blind. Her medium is gouache which she describes as a "middling ground between watercolor and acrylic", and she has an impressive portfolio of colorful, finely-tuned drawings which should be more than welcome at any publishing house worth its salt.

Suzanne paints mostly in the relative quiet of the off-season, working from photos she takes of local scenes which, in her travels, have given her pause...enough to stop the



Kennebunkport landscape artist Suzanne Payne with daughter Leah Payne of Kennebunkport, a promising young illustrator.

car and take the picture. The photograph, however, is only a record of details. "I gain what you might call an artistic sense of a painting from being on the ground, actually witnessing the scene. It's that 'sense' that drives the work."

And, while the actual 'work' may be seasonal, she is never away from the idea of it. "I am always engaged," she says. "Even

when I'm not actually working, the paint brush in my mind is busy."

Like most successful artists, Suzanne's work comes together in stages. She paints on panels, starting with an acrylic undercoat to develop relative values: colors and tone and, then, in oil, moves on to the structure and details of the subject —always with an end in sight.

"Of course," she says, "it's frustrating when that anticipated end is elusive, but even our 'almosts', are instructive. They help us to work out the 'kinks' in style and interpretation, paving the way for the next success.

Suzanne is a longstanding member of the Art Guild of the Kennebunks and, as a measure of her versatility, holds memberships, as well in the Pastel Society of Maine and the Pastel Painters Society of Cape Cod.

Almost as a 'fail-safe', she recalls taking an array of business classes in high school... "you know, just in case"...but that was a long time ago; and, in the years since, she has managed, in broad, colorful strokes, to paint the future she once only dreamed of.

And daughter Leah seems to be doing the same.

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Help Wanted- Employers Weigh in on Local Labor Shortage

By: Shelley Wigglesworth, Lead writer
 Courtesy photos.

According to the US Bureau of Labor Statistics, the number of U.S. job openings increased to a series high of 10.9 million on the last business day of July 2021. In a study by Forbes, Inc. 43% of small businesses across all industries have job openings and are unable to currently fill positions. These national statistics accurately reflect the situation here in our village as well. More and more businesses have resorted to limiting their hours and reducing days of operation due to lack of workers. "Help Wanted" signs are on every corner. We reached out to local businesses to see what positions they are hiring for, how they have adapted with the lack of workers, and what they are doing to try to address this unprecedented labor shortage.

Hospitality:

The Colony Hotel in Kennebunkport is hiring for all positions, including Front Desk, Bellmen, Gift Shop, Housekeeping, Kitchen, Waitstaff and Maintenance. John E. Martin, Managing Partner of Colony Kennebunkport said all the staff are working very hard to make up for the lack of workers. "Very few staff are working under 50 hours per week, and I have seen many working 60 plus hours per week." As a result of the staffing shortage, adjustments to offerings had to be made. "We have limited seating in the poolside restaurant and have completely closed the upstairs restaurant for dinner service." As fall approaches, Martin said they are discussing whether the Colony will need to further limit what they offer.

To apply for a position at the Colony Hotel: <https://colonymaine.com/contact/>.

Jean Ginn Marvin, Innkeeper at The Nonantum Resort, echoed many of Martin's sentiments. "We are hiring for Breakfast Servers, Line Chef, Housekeepers and Bellhop." To accommodate the lack of employees, Marvin said "We have allowed for flexible scheduling, raised our pay rates, and offer sign on bonuses and referral bonuses."

Though these incentives have helped, Ginn Marvin said they have had to close food service two nights per week, and no longer clean rooms if you are a stayover. She added "Work force development continues to be an area of focus for us. We have been working in concert with the Maine Community College System to ensure our employees have the opportunity to go to school while they are working."

To apply for a job at the Nonantum Resort, please call 207-967-4050.

Grocery/Food Industry:

Christine Faiella of Bradbury Brothers Market said "Bradbury Brothers Market has several openings. Some are full time, and some are part time, and all are for year-round work.

Our community grocery store is busier than ever, and we would love to hire a full-time meat cutter, a deli associate, pack out stock truck helpers, and an afternoon and weekend person or two as well to cashier and help filling our shelves." When it comes to adapting to the staff shortage, she echoed Martin's sentiments. "Our amazing core staff has gone above and beyond to make the schedule work for Summer, and we are extremely lucky to have each one of them. They offer to work 6 days if needed to not have to close a day and that says a lot. Our employees are family. They are your neighbors and friends and are there for you, our guests. Thank you for being kind to them and being patient."

To apply for a position at Bradbury Bros. Market, please email: chrisjim2299@icloud.com

Transportation:

RSU #21, Kennebunk, Kennebunkport and Arundel are in desperate need of bus drivers and bus aides. As an incentive, to attract drivers, the district is offering a \$1,500- sign on bonus. Paid training, including school bus driving lessons and testing is also offered. In a statement made last month, Richard J. Terwilliger-Smith, Director of Operations elaborated "Our staff goes through a rigorous driving and safety test by the State of Maine. The transportation



John Martin, Jestena Boughton and Hilary Roche Colony Hotel Kennebunkport Partners at the front desk. Courtesy photo.

department oversees a multitude of bus routes to expand multiple communities within the district. School bus drivers support 6 schools, after school programs, sporting events, field trips and special education programs."

Terwilliger-Smith said those interested in applying for a bus driving or bus aide position should call (207) 985-1100 ext. 1330. Or visit www.rsu21.net

Federal:

Steve Doherty, Strategic Communications Specialist United States Postal Service in Boston had this to say about the staffing issues over the last few months. "This has been an extraordinary year of unprecedented challenges given the COVID-19 pandemic and we continue to experience challenges with employee availability. As a result, staffing is occasionally impacted, and we thank our customers for their understanding and continued support. We have taken specific actions to continue service to our valued customers, which includes working with union leadership. We recently adjusted and increased fulltime career staffing by more than 10,000 positions in several facilities across the country which will stabilize our operations and

improve performance." He said the USPS is implementing the following to address the current situation. "We continue to fully authorize overtime to allow employees to work the time necessary to deliver mail and have expanded mail deliveries to earlier in the morning, later in the evening, and on Sundays to ensure customers receive mail at the earliest date possible as well as using additional carriers from nearby offices, when necessary, to maintain mail deliveries."

To view available USPS positions, please visit: <https://about.usps.com/careers/>

When it comes to suggestions and potential solutions surrounding the staff shortage dilemma,

Martin said "We can all be part of the solution when it comes to being short staffed. We can be kinder and more patient when confronted by staffing challenges. The irony is that sometimes the same people who complain when service is lacking also have capable relatives who are not working." He added "I remember a time in the Kennebunks where every kid had a summer job, and it was the priority. It is fine if you want your kid to be a doctor or lawyer but how about they learn the skills of navigating schedules, time management, communication and self-respect that come with your first dishwashing job?"

Buying Land

On the surface, buying a piece of land seems simple enough, especially if the land is high and dry--a level, cleared pasture. But, a nice-looking piece of land can also have pitfalls which may not be apparent without investigation. To buy raw land hoping to build either a dream home, a subdivision, or a new factory requires a significant investment in order to reveal what's going on under the surface. It is the reason that 104 hours of study is required to gain an "Accredited Land Consultant" designation (ALC) from the National Association of Realtors, by far the most intensive course of study of and real estate designation.

For owners of raw land, there's a strong reluctance to spend money on investigations, which might include completing a costly survey, a wetlands delineation, a zoning ordinance analysis, and some assessment of the presence of ledge. Short of gaining

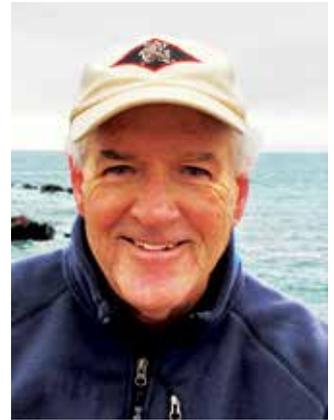
this knowledge, coming up with a price is little more than guessing at its value. There may be underground tanks. There may be hidden deed restrictions. The soil may be unsuitable for a septic system. There may be a vernal pool on the property, which no one would know about unless examined by an expert.

To sell land, an owner must walk in the buyer's shoes, to imagine what financial commitment is necessary to build anything there. Without making at least some rudimentary calculations, pricing the property is not likely to be realistic. Even with have completed a survey, and a wetlands delineation, sellers need to be aware of added cost a buyer might incur if a lengthy driveway is needed, or a considerable amount of ledge needs to be extracted. Furthermore, should the land lend itself to a subdivision, the cost of engineering, planning board presentations, storm water plans, and

perhaps lighting plans may be needed. At the end of the day, a developer is in business to make a profit, and land acquisition is only one of the costs to consider. A price that is too high will sabotage a potential sale when the numbers just don't work.

To a lesser degree, this same dynamic comes into play for a would-be builder of a single home. But, before any construction calculations can be made, the buyer must know the lay of the land – the investigations must be undertaken. Who pays for this? Ultimately, even when the seller does the work and pays the bill, the buyer pays the tab inherent in the purchase price. The difference is: the seller, having gained the knowledge from the investigations, can now price the land appropriately, instead of guessing. The other benefit: the land will sell much more quickly because buyers like to know everything before buying.

Of course, not everyone can pay for



By Mark Birmingham, Broker
 Kennebunk Port & Shore Realty
 mark@kennebunkportandshorerealty.com

these expensive investigations. But for sellers who are simply reluctant, they can offer to pay for the investigation (a survey or wetland delineation), and get reimbursed by a buyer who closes on the property. I've done this more than once, and it is a fair compromise, when possible. More than any other real estate transaction, it is crucial to have a competent real estate agent to help you navigate the unknowns of buying land.

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Museum Presents All Souls' Walk on October 23rd

The Brick Store Museum will once again make spirits come alive for one afternoon for its 18th Annual All Souls' Walk on Saturday, October 23, 2021. The popular Halloween event features continuous tours through Hope Cemetery beginning at 12:00pm, with the last tour departing at 3:00pm. Tickets are \$10 per person, children under 12 are free.



The narrated historical walks begin at the Brick Store Museum at 117 Main Street, Kennebunk, and cover a half-mile loop through Kennebunk's Hope Cemetery, lasting approximately 75 minutes. Costumed interpreters portray the historical figures, and share their stories of love, loss, and fate. Not too spooky, it's a perfect activity for the whole family. Participants visit more than a dozen gravesites and learn local history through the fascinating and often tragic tales of residents from bygone eras.

Tours conclude back at the Museum, where guests are invited to enjoy the event's Fall Arts Fair and view the museum's new exhibitions. This signature event is sponsored by Kennebunk Savings Bank, Dock Square

Emporium and Port & Shore Realty. The Museum especially thanks Hope Cemetery for once again hosting the All Souls' Walk this year. In addition to the in-person tour, the Museum will be premiering a smartphone tour of the Walk in which visitors can watch videos of all of the actors while touring the Cemetery at their leisure.

For the safety of all guests and actors (who cannot wear masks during the program), masks for walking tour participants are required. To control the flow of tours, tickets must be purchased in advance at the Brick Store Museum, or online at www.brickstoremuseum.org. Few standby tickets may be available that day. In the event of inclement weather, a rain date will be announced.

American Legion Doll House Raffle

The American Legion, Webber-Lefebvre Post #74 in Kennebunk is raffling off this beautiful 6-room dollhouse to benefit the Kennebunk High School (KHS) Scholarship Fund. Only 100 raffle tickets at \$10.00 per ticket will be sold. The drawing for the winner of the dollhouse will be held on December 8, 2021, in plenty of time for Holiday giving.



This beautiful dollhouse ("The Painted Lady") was built and generously donated by John Dulude, a member of Post #74. It is a Victorian style structure with 6 rooms on three levels and measures 30" w x 43" h x 22" d. The dollhouse is ready to be furnished and will provide many hours of fun and amusement for a child or grandchild.

Please support the American Legion and a worthy KHS student by buying one or more tickets at our booth at the Kennebunk Farmer's Market on Saturdays from 8:00am to 1:00pm or by contacting:

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John Gouveia: jgouveia@msn.com or (C) (516) 236-9244

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Hundreds of Pounds of Textiles to be diverted from landfill

LAURA JOHANSON
Marketing/Public Relations Manager
HELPSY - Clothes Aren't Trash
laura@helpsy.com

The Planeteers of Southern Maine is partnering with HELPSY – the largest clothing collection company in the Northeast, to host a clothing drive event on Saturday, September 18, 2021. Donations of unwanted clothing and other textiles will be accepted at the Kennebunk Transfer Station (Next to Treasure Chest location) at 36 Sea Road, Kennebunk, ME.

As a grassroots effort, the Planeteers of Southern Maine is a group of individuals dedicated to help create a sustainable future for the planet by encouraging action on climate change, clean oceans, and other environmental issues at the local level.

“The Planeteers hope many will come through on Saturday, September 18th to show their support for this initiative. In the New England tradition ‘Use it up, wear it out, make it do, or do without.’ With ever increased tons of textile goods being produced, we need more than ever to find ways to recycle them,” said Andrea Roth Kimmich, Founding Member of the Planeteers of Southern Maine.

“HELPSY’s mission is to keep clothes out of the trash,” says Dan Green, Co-Founder and CEO of HELPSY. Textile waste is one of the fastest growing waste streams in the United States. The EPA estimates that more than 100 pounds of clothing gets thrown away by the average person every year, this is double what it was 20 years ago. Of that amount, 95% can be reused or recycled. HELPSY partners with municipalities and organizations across ten states to collect unwanted clothing and other textiles. Through a combination of clothing drives, home pick-ups, thrift store partners and clothing receptacles, HELPSY diverts nearly 30 million pounds of textiles from landfills every year.

The clothing drive will accept clean, dry, and bagged clothing and fashion accessories (stained, worn or torn is fine) including dresses, shirts, pants, suits, coats, gloves, hats, belts, ties, scarves, wallets, purses, backpacks, totes, shoes, towels, bedding, costumes, curtains, placements, tablecloths, stuffed animals and throw rugs. They will not accept breakable houseware or glass, electronics, furniture, building material, scrap metal, appliances, mattresses, encyclopedia sets, phone books



or magazine. Once clothing is collected... 50% is reusable; and 45% is recyclable. It is first sorted by HELPSY partners and divided into grades. The higher grades are resold to thrift stores in North America and other secondhand markets around the world. The lower grades go to industrial use or things like stuffing and insulation.

HELPSY is dedicated to changing the way people think about clothing recycling while adhering to the highest level of social and environmental performance, earning it a Certified B Corporation designation...using business as a force of good™.

For more information about HELPSY and clothing recycling, please check out www.helpsy.co. More information about the Planeteers of Southern Maine can be www.someplaneteers.org.

THE PLANETEERS' OF SOUTHERN MAINE PLANS CLOTHING DRIVE SUCCESS! THOUSANDS of Pounds of Textiles diverted from landfill

The Planeteers of Southern Maine, partnering with HELPSY – the largest clothing collection company in the Northeast, hosted a clothing drive event at the Kennebunk Transfer Station on September 18, 2021. The group welcomed a steady stream of cars and collected more than 7000 lbs. of unwanted clothing to recycle, diverting these items from filling up local landfills!

According to Andrea Roth Kimmich, Founding Member of the Planeteers of Southern Maine even the local animal shelter came to drop off unwanted textiles. “In the New England tradition ‘use it up, wear it out, make it do, or do without,’ with ever increased tons of textile goods being produced, we need more than ever to find ways to recycle them,” said Roth Kimmich.

On average, items collected during a clothing drive are 50% reusable; and 45% is recyclable. The bags will now be sorted by HELPSY partners and divided into grades. The higher grades are resold to thrift stores in North America and other secondhand markets around the world. The lower grades go to industrial use or things like stuffing and insulation. Only 5%...mostly wet or moldy items are unusable.

HELPSY accepts clean, dry, and bagged clothing and fashion accessories (stained, worn or torn is fine) including dresses, shirts, pants, suits, coats, gloves, hats, belts, ties, scarves, wallets, purses, backpacks, totes, shoes, towels, bedding, costumes, curtains, placements, tablecloths, stuffed animals and throw rugs.

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The background of the advertisement features a composite image. At the top, a woman in a black sports bra and a man with a tattooed arm are shown in a black and white style. Below them is a photograph of a gym interior with several treadmills and people working out. The Quest Fitness logo is in the top left corner, and a large circular graphic with the text 'MAINE'S PREMIER FITNESS CENTER' is centered over the gym image.

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“The Finer Details”

The Kennebunk Free Library announces its October 2021 “The Finer Details” exhibition of colored pencil and pastel art by Deborah Joan Granneman. The public is invited to view the exhibit in the Speers Gallery beginning October 1 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.

Deborah’s formal education includes a BA in Fine Arts from the University of Delaware, with a major in print-making and photography. She has also taken several Graphic Arts courses at the Southern New Hampshire University and attended the Portland School of Art in Portland, Maine, currently known as the Maine College of Art, for a course in lost wax bronze sculpture.

Deborah has been a Forensic Artist and Mapper in Accident Reconstruction for the past twenty-four years. She has also designed several logos for individuals and organizations. Her fine art mediums of choice have always been pencil and pastels. For the last twenty years she has also been a pet portrait



Days End. Deborah Joan Granneman.

artist in graphite and colored pencil.

Deborah has been a member of the Kittery Art Association Board of Trustees since 2017 and has exhibited in five shows at the KAA gallery from 2017 to 2021.

She feels that “As artists, the most that we can hope to do is capture that moment and depict it in the best way that we can and if we’re lucky, someone else will feel it.”

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



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...C'mon-in the Water's Fine



Column by John Forssen

It was time. Old and familiar as it was, you might even say comfortable, the old toilet in the downstairs half-bath, after 35 years of devoted

service, was ready to be put out to pasture.

An old friend about to be retired.

Little by little, one piece at a time, I had replaced most of its internal organs, but there remained a mystifying leak somewhere along its digestive tract, imperceptible...if it were not for its constant, albeit intermittent, running. Like an allergenic nose at the height of pollen season, it would not quit.

I resisted at first, insisting that a new flapper—the plumbing equivalent of the human epiglottis—would solve the problem. But alas, there was no relief, not even after the third replacement. Throughout the day and on into the night, the leak persisted and the thirsty beast continued to guzzle.

Also, and perhaps more disturbing, it had lost a good deal of its pristine, fresh-from-the-crate efficiency...which is to say, as discreetly as possible, it could no longer be trusted in polite company.

And so the adventure began.

And with it the dread. Plumbing is never easy, you know. Water, for all its necessity and delight, is an implacable enemy, an undisciplined, freedom-seeking creature just waiting for its opportunity: a worn gasket, a faulty valve, a pin hole...any small oversight.

And I am no longer a young man...but I am stubborn, a descendant of vikings. So, "No," I sniffed, "I will not be hiring a plumber.

I will not sully this project by giving it over to someone whose only virtue is experience and a license to practice his trade."

Moreover...I had a friend who, upon hearing my tale of woe, offered to help.

"Out with the old and in with the new," he offered gleefully, and just about that easily the project was complete.

Sadly, however, it was not finished. For we had yet to actually 'experience' this new toilet, to see it in what we would call familiar surroundings or to test it for comfort.

It failed both tests. While the picture on the box gave no reason for alarm, the beast itself was oversized in our small half-bath, shaped like the bow of a cruise ship and as comfortable, we agreed, as sitting on a chicken carcass.

"Curses," I said. "Foiled again..." but adding hopefully, "I suppose over time we'll get used to it." That said, I was ready to move on. I had expressed that sentiment on other occasions, often enough it would appear, for it to have become timeworn and, in this case, completely unacceptable.

It was a thoughtful silence that ensued. We were not at odds with each other...not yet.

She broke the silence with a simple declaration. "We will not get used to it."

Only a fool would have scoffed at that notion...Clearly, I am a fool. I had the temerity to make a joke: a planter for plastic flowers, I suggested, thinking what a funny remark, as the words slipped out of my mouth.

That quickly, the silence returned...and I knew for a certainty that the new toilet was about to become the old toilet.

To its credit, however, the efficiency of the new beast, despite its downsides, was awesome. It could swallow that metaphorical chicken carcass and a side of golf balls without so much as a glimmer

of indigestion...while its predecessor performed like a finicky child at war with its assigned portion of vegetables.

Out of the now murky silence, rose the idea that the old toilet, mysterious leaks and all, would have to be reinstalled. Comfort, after all, was king and one suffers willingly and with grace in the service of royalty.

"You have to be kidding," I said, my tone appropriately meek.

Look at my face," she replied.

Ah, t'was grim, indeed.

It took less than 30 minutes to decommission the new toilet and lug it out to the garage...another hour or so to purchase a fresh set of 'innards' with which to bring the 'old soldier' out of retirement.

From that point forward, until I could no longer distinguish between tears and the recalcitrant discharge from ill-fitting gaskets, I played whack-a-mole with an endless parade of leaks...mounting and remounting the tank, changing the wax ring, tightening bolts to within an inch of stripping their threads. I tried prayers. I tried threats...but to no avail. The 'old soldier' was happy in retirement and, like General MacArthur himself, he was content to just 'fade away'.

Granted, some of the difficulty might be

traced to my cavalier attitude toward written instructions ('never use the things'...but then, what man does?). However, when all was said and done, a simple lesson remained: there is little solid truth in the claim 'designed to fit all makes and models'. What I had before me could be compared to an organ transplant, and everyone knows the new organ has to be the right organ. There is no such thing as one-size-fits-all.

Thus, when we met at the 'peace camp' that evening, it was determined that the only solution was yet another new toilet...a growing inventory, it was beginning to seem, suitable to start a small store: whole units or lightly used parts. Happily, to make room for #3, the store agreed to take back #2, accepting with a smile the fact that the box was gone and the beast itself had been put through a certain amount of 'testing'.

The new toilet, a collaboration among congenial parts, went in with relative ease...as-it-was-designed-to-do (no need for instructions). It tumbled out of the car like a frisky, 80-pound puppy and slipped into its moorings without so much as a whimper.

How proud I was. All I needed was a sign in the yard: C'mon-in the Water's fine.

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The Unsolved Murder of Mary Catherine Olenchuk - Part 1

By: Shelley Wigglesworth, Lead writer



Mary Catherine Olenchuk at Little Beach. Courtesy photos.

According to the Maine State Police Unsolved Homicide Unit, “Thirteen-year-old Mary Olenchuk was last seen alive at 5 p.m. Sunday, August 9, 1970, just 200 yards from her Ogunquit home. She was standing beside a maroon car, possibly a 1967 Chevy. The driver of the car was described as a white male in his mid-thirties and wearing dark clothing. A massive search turned up no leads. On August 22, 1970, Olenchuk's body was found in a barn at the Parson's Estate in Kennebunk, 10 miles from where investigators believe she was abducted. Her murder

remains unsolved.”

Kennebunk Police Chief at the time, George LeBarge and Peter Gunn, the farm's handyman found the badly decomposed body of young Mary Olenchuk under 2 feet of hay. A rope was around her neck. The barn where Mary's body was found burned to the ground not long after her murder.

Kennebunk native Amy Goldman was 14 years old when the body of Mary Olenchuk was found. “Back then we would think nothing about hitchhiking a ride to the beach, after all we were children of the 1960's. Usually, it was someone we knew that would pick us

up. After this happened, my mother sat me down and told me I was never to hitchhike, or take a ride from anyone, friend or otherwise. It was also one of the few times we had a curfew to come in after dark.” Cheryl Delisle was also a child in 1970. She said “I was only 10, but I remember this so well. It made all of our parents hold us a little tighter.” Becky Valentine added “I remember it like it was yesterday. I always look in that corner of that field where the barn stood whenever I pass by.” Gail Weeman Phillips agreed and said “We all remember this all too well. Our parents kept a close eye on all children when this happened in the summer of 1970. It was a very scary at the time for the small town of Kennebunk.”

Maryann Stacy was Mary Olenchuk's childhood friend. She had this to say about the freckle faced red headed girl she adored, and still misses to this day. “Mary was a sweet girl, full of life who loved the Marginal Way, Little Beach across from her family summer home, her family, and her dog, who had the same

I truly believe there is still someone in the area who knows something.”

Stacy contacted me in hopes of reigniting interest in the case, with the goal of having it solved. She is not the only one who would like to see the case solved and closure brought to the remaining Olenchuk family members and friends. Brian Wood said, “This case needs to be kept alive.” Stephen Usher agreed and said “Hope springs eternal. Let's all



Mary Catherine Olenchuk with her dog.



SEARCH ENDS—A decomposed body found in this barn in Kennebunk, Maine, has been tentatively identified as that of Mary Olenchuk, 13, missing since Aug. 9. (AP)

News clipping of the barn where Mary Olenchuk was found.

auburn colored hair as she did. She was my friend when I moved to Ogunquit as a child. Yes, this is an old case, and

pray for resolution.” Others feel the case has not received the attention it deserves over the years. One person, who is not being named due to the case remaining open said. “Every year or so around the anniversary, the Maine State Police will ask if the public has any information. I tried calling the police at least 5 times, most recently about a few months back and not once did I receive a response. I completely understand that if there is no DNA it is very difficult to investigate, however why do they post to call with information? It is just for appearances?” The person

added "I believe there is only one member of Olenchuk's family left, a sister in California, and my guess is that it would take her calling the police and demanding they follow up."

In 2017, NESCom Productions began filming a documentary centered around the unsolved murder of Olenchuk. The documentary, named Entangled Strangers, reviews and re-traces the timeline of the unsolved murder, the massive search efforts from the local and state police, townspeople, military, and FBI. The film also explores the possibility of a military scandal, as Peter George Olenchuk, Mary's father, was an Army Major General involved in controversial military program of the 1960's. One Kennebunk man, who was cleared in the murder, and townspeople who cannot forget the horrendous crime that left such an indelible mark on the community are also interviewed. FMI on the movie, please visit: <https://www.facebook.com/EntangledStrangers/>

Next month we will follow up with a story on the docudrama "Entangled Strangers" which has a tentative release date of early winter 2022.



Wells, Main -- Brigadier General Peter Olenchuk, holds a missing flyer put out by the Maine State Police in a search for the General's 13 yr. old daughter, Mary Catherine, missing from the family's summer home at Ogunquit the passed eleven days. Olenchuk is requesting the publics support and help in the search for his daughter. UPI TELEPHOTO

Brigadier General Peter Olenchuck with a missing person poster of his youngest daughter Mary.

Anyone who knows anything about Mary Catherine Olenchuk's abduction and murder in 1970 please contact the Maine State Police, Major Crimes Unit at 1-800-228-0857or 207-324-1150 (In Maine); 207-657-3030 (out of Maine).

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BlixxHorses Autumn Horse

Join BlixxHorses for Autumn Horse, 5 Portage Way, Kennebunk, Saturday & Sunday, October 9 & 10, 10-2 pm for our Fall Open Barn. Meet Lexxie & Fritz, making our work as an educational and advocacy organization possible since 2007.

Our unique non riding programs began with a Thoroughbred racehorse named Take A Mile, renamed Think Blue, RIP. The horses are rescues and BlixxHorses is an industry leader in this unique non riding programming.

The horses live in a stress free environment and so are able to provide the therapeutic effects, and calming energy these magnificent prey animals are known for. In addition, Fall brings crisp days, cool nights, less insects and more time outdoors to graze, run, nap and play before the ground freezes. Unfortunately humans and horses do not share the same comfort zone. Horses have a

higher body temperature and thrive in weather and conditions uncomfortable for people.

Horses are widely misunderstood as are their needs and care they require. This is due in part to the abundance of dangerous myths passed down through generations. They are highly intelligent animals capable of learning, emulating and are co-operative otherwise they would not be able to be ridden. BlixxHorses acknowledges science shows horse were not designed to carry weight. In order to ride, extreme care must be taken not to hurt the horse.

Our Open Barns allow people to enjoy the horses privately for 15 minutes or longer if there is no one a waiting. Visits are in the barn, a clean controlled environment with good ventilation, allowing for safe and close interactions. Time with the horse includes simple lessons including how to properly approach & touch. Basic communication, including voice and words not just body language is

something horses understand and helps to develop relationships. Often it's better to allow the horse to come to you and not invade the horses space. This teaches patience.

If you are a horse owner, non riding groups on facebook may be of interest. The majority of members are or were equestrians and pleasure riders who have made decisions to keep their horses for life regardless of use. This is in part due to a partnership and understanding of the dangers of unwanted horses on the market, especially when they are injured, aged, in poor health or can no longer be ridden. Horses age 2-3 times faster than humans and so a 13 year old horse is actually much older physically. If a horse has been ridden their entire life, the wear and tear on joints, ligaments and tendons are similar to human athletes. Eventually every horse



This year's Autumn Horse is dedicated to an Arabian mare named Lil' Bit of Honey.

becomes unable to be ridden but continues to need care and someone to provide it.

Join us in our 15th year of programming. If you prefer to visit privately please call for an appointment. We are also in need of volunteers for Fall Clean Up. FMI: www.blixxhorses.org or www.horsetherapy.me, check our facebook page or leave a voicemail 207-985-1994. BlixxHorses a 501(c)(3) Educational Non Profit committed to helping people experience horses.

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**MAUREEN ADAMS,
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The Beauty of *Non Ridden*

Having horses and not riding has received ample press within past years as have programs promising everything from therapy, a magical experience, transformation or a fix for all your problems- one for the bucket list, for up to \$1000 for 2 hours. Non riding programming provides a unique animal experience through non profits and for profit businesses but it's important to be knowledgeable enough to know what you are supporting. Unfortunately, it can be seen by some as just another way to use horses without providing for their needs.

There is no mystery about horses ability to calm. As prey animals, horses are stoic and quiet, and by sharing their space this energy can benefit people. This doesn't happen when the horse is involved in other activities including riding in part due to the stress and injuries horses in work receive. A bond achieved through riding as the primary relationship isn't a strong glue in the long term where it counts for the horse.

It's important to understand the

concept of non riding programming and know whether there is advocacy for the horses used in this work . It's also good to know what type of care all the horses at the facility receive. If they are used for riding and sports, that may indicate the possibility of injury or pain. Even if the horse is healthy, the environment in which the horse is kept says a lot about stress levels.

Every horse is an individual and every environment is unique, however in general, horses kept outside in the elements, particularly in summer, may feel stressed fighting off insects or trying to stay cool. Likewise, horses kept locked in stalls without freedom of movement, regular forage, or a companion , allowed out only to be groomed in preparation for riding, feel tremendous stress. Horses are intelligent with a high capacity to learn so they often become bored without enough mental stimulation- which has nothing to do with riding. Their stoic nature often makes it difficult even for horse people to recognize their true state.

**Gabriela Rodriguez Quinn,
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In order to make good judgments, knowledge is necessary to understand their needs and care they require. The idea behind non riding is one derived from awareness of potential damage to horses backs and legs over time, from rider weight and use in sports. Though some horse owners have never ridden, the majority of non riders were equestrians or pleasure riders who have made decisions not to sell their horses. Instead they keep their horses in good care for life, keeping them safe.

Navigating non riding programming grows increasingly confusing as most people have no idea what to expect. Enamored by the horses, overwhelmed by their beauty, power and refinement,



it's easy to exercise poor judgment. To be effective, non riding programming should always provide education and an understanding of their vulnerability. These program are good for horses and are a way to change public perception and increase advocacy. One thing is certain: when their needs are met, a horse is safe and has plenty of calming energy to share.

MYTH: It's safe for horses to eat acorns and they won't be interested if they have plenty to eat

NO, acorns are toxic to horses. They not only fracture teeth but the mycotoxins cause all sorts of long term health problems including laminitis, drastic weight loss and even death. It can mean a long recovery. Even with ample hay horses are curious and emulate behavior. Sometimes they can even become 'addicted' possibly to the crunching, as acorns are bitter . If one horse eats them, others might try them. Small or large, it doesn't take long for a horse to consume many. Spaces with oaks should be fenced off, acorns raked or oaks removed.

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Upcoming events

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The Wells Chamber of Commerce is pleased to be hosting their 12th Annual Family Jambo-ree on Saturday, October 2. The event will be held from 11:00am to 3:00pm at Wells Harbor Park, 331 Harbor Road - Fair weather only. This event features "FREE FAMILY FUN" featuring games including a doughnut/apple eating challenge, ball toss, beanbag toss and relay races; Activity Booths to make your own beaded bracelet, get a temporary tattoo, pumpkin decorating and mask decorating. The Wells Democratic Party will have a Pinwheel Making table at their booth and the Wells Republicans will have a "Pin the Tail on the Elephant" game at their booth. Admission, parking and all games and activities are FREE. For detailed information, please go to our web site www.wellschamber.org or contact us at 207-646-2451.

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

Kennebunk Free Library Seeks Artists for 2022 Exhibits The Kennebunk Free Library is currently accepting applications for artists to exhibit during the 2022 calendar year in the Speers Gallery. The gallery hosts exhibits in a variety of mediums including photography, textile arts and mixed media assemblages in addition to renditions in oil, pastel, enamel oil, encaustic, pen and ink, and watercolor. The application process is open to either individual or group shows. **Applications must be received by October 15, 2021 to be considered for exhibition in 2022.** The submitted applications will compete in a juried review conducted by an Art Committee consisting of members from the Library and Art communities. Upon completion of the review, applicants will be contacted regarding the Committee's decisions. Application forms are available at the Library or by visiting the Library's website <https://kennebunklibrary.org/galleryspeers.asp>. The offering of monthly artist exhibits allows the Kennebunk Free Library to serve the diverse cultural, informational, educational, and recreational needs of the community. The Library is very proud to have showcased the many talented artists who have previously exhibited and is looking forward to continuing this tradition with the 2022 exhibit schedule.

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Outside or in Open Barn at the Pasco Center**

Kennebunk Free Library

Take and Make Kits for Children at Kennebunk Free Library Looking to get crafty? Kennebunk Free Library will be offering take and make craft kits with all the materials to make a craft or two. No registration required, available while supplies last! Kits will be available in the library and curbside by request. This month, we will be offering crafts to celebrate Halloween! Kits will be available starting Monday, October 4. Visit us to grab some supplies that will help you get creative!

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

Nighttime Stories on Facebook from Kennebunk Free Library What better way to wind down at the end of the day than with a story or two? Join in for nighttime stories with Miss Emmaline! Every week, you can find a video from Miss Emmaline sharing some relaxing stories for bedtime. The videos will be posted on our Facebook page, which you can access at <https://www.facebook.com/KennebunkFreeLibrary>. You do not need to have a Facebook account to view our page! Settle in and enjoy the stories!

Kennebunk Free Library Teen Magic the Gathering Club Come and test out your Magic the gathering deck among friends! Open to new and experienced players alike. We will meet every other week on Thursdays at 3:30 P.M. We will meet this month on **October 14th and October 28th**. Players are free to bring their own deck or use decks provided by the library. If you've never played before, feel free to come and learn at your own pace. Open to teens ages 10 and up!

Outside storytimes are continuing for the month of October! We will be taking a short break for the first two weeks of the month. Most Mondays at 10:00 a.m., storytimes will be held outside the library. Join Miss Maria for songs, stories, and fun! Bring a blanket or towel to sit on, and don't forget your sunscreen! In the event of rain, storytime will be held on Facebook Live. The location of storytime will be announced by 8 a.m. on Monday morning, and will be shared on our Facebook page and website. Masks are strongly recommended. These events are free and wheelchair acces-

sible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. Upcoming storytime dates include: **October 18 • October 25 MSK Book Group On Wednesday, October 27th** we will meet virtually to chat and discuss the book. See the libraries event calendar or Facebook page for the link to the zoom meeting. Meetings will run from 2:15 until 3:30, open to teens in the 6th – 8th grade. The book club is being offered by Louis T. Graves Memorial Public Library and Kennebunk Free Library. Hosts will be Terri Bauld from Graves Library and Jon Roy from Kennebunk Free Library. This month we will be reading *Small Spaces* by Katherine Arden. You can stop by either library to pick up your copy of the book. **Please sign up in advance by calling either the Graves Library 967-2778 or Kennebunk Library 985-2173.** Please read the book in advance of the meeting. If you have any questions, please call either library for more information **Kennebunk Free Library Friday Afternoon Gaming** If you're looking for something fun to do with friends on Friday afternoons, join us for Teen Gaming at 3:30 P.M. as we play a variety of games from Boomerang Fu, Overcooked and Gang Beasts! We also occasionally dabble in Minecraft, come join us and build. We will meet via zoom at 3:30 P.M. to chat as we game! Check our event calendar for the Zoom link! Open to all teens ages 10 and up. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Teen Dungeons and Dragons Adventures Come and join in on an exciting quest in the world of D&D. Open to new and experienced players alike. We will meet every other Monday on October 18th and 25th at 3:30 – 5:00 P.M. You're welcome to bring your own character or make a new one, all other supplies will be provided. New players are encouraged to come and join the adventure. If you have any questions see Mr. Jon. Open to Teens ages 10 and up!

A Not-So-Spooky KenneB00nk Halloween! Boo to you! Join us on Wednesday, October 27, at 6 p.m. for a spooktastic time! Enjoy a story or two, take home a bewitching craft, and wear your costume for all to see! Get ready for an eerie time! This event is designed for all ages – please keep your super spooky things for Halloween night! This event will be located outside the Children's Room, near the Faerie Garden. Masks are recommended. In the event of rain, this event will be held via Zoom. For updates on event location, please visit our website or Facebook page. The 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 website www.KennebunkLibrary.org.

Louis T. Graves Library

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

Mondays @ 7:00 pm What's Your Story? Have you heard about our Interview Show? Each week, our Library Director, Mary-Lou Boucouvalas, sits down with a community

member and talks to them about where they came from, what they do, interests, etc. A great way to get to know who lives in your neighborhood, attends your church, or waits on you at a local business. You never know who you might see on What's Your Story? Tune in Monday evenings at 7pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channel 1301.

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

Tuesday, October 5 @ 10:00 am. Chair Yoga in the Garden (4 week session). Gently rock your body with yoga instructor Mindy Miller Muse E-RYT/CCLTY. Designed For Seniors. Waiver required. Donations can be made to Mindy at each session. Please call the Graves Library to sign up or for further details (967-2778). The class is limited to 12 people.

Tuesdays October 5 and 19 @ 4:00 pm. Write Now, Right Now. Enjoy putting pen to paper with your thoughts and stories? Join us for a new and different kind of writing group. Creative writing prompts will be given at the end of each meeting. When we meet (either indoors or in the garden), we will discuss our findings, share our writing, and get to know our own unique inner talents! Give us a call at 967-2778 or send an email to mlbgraves@gmail.com to get on board, right now! We will either meet in the garden or in the Community Room. A hybrid option is available too.

Thursday, October 14 @ 9:45 am. Morning Book Group. This group meets the second Thursday of every month. For October, the group is discussing *The Thursday Murder Club* by Richard Osman. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>.

Wednesday, October 20 @ 9:45 am. Your Health Matters. Please join us and staff from the Kennebunkport Public Health Department to identify ways to improve healthy choices and overall well-being. Copies of *The Coming Clean: A Memoir* by Kimberly Rae Miller are available for checkout at the Library. Not able to read the book before the discussion, please feel free to join us and learn more about this month's book pick. Help set the course for a healthy you! Graves Library is located at 18 Maine Street, Kennebunkport, Maine. Please give us a call for further details about this healthy monthly program. 967-2778.

Thursday, October 21 @ TBD. The Trustees of the Louis T. Graves Memorial Public Library are pleased to announce a virtual Lunch Conversation with New York Times Best Selling Author, John Grisham. Mr. Grisham has authored more than forty books, nine of which have been made into feature films. Tickets for this Virtual event are available through Eventbrite or at the Graves Library (\$50 pp—includes link to this special live event AND a copy of The Judge's List—in stores and

CALENDAR

libraries on October 19.) All proceeds benefit the annual operations of the Louis T. Graves Memorial Public Library. Please give us a call for further details (967-2778).

Tuesday, October 19 @ 10:00 am. Miss Lyn Likes!

Join us for a new program (virtually) with Miss Lyn who will feature various picture books that she loves for a plethora of reasons. Tune in to Facebook or YouTube and see what is suggested. Any of them sound good? Call us to reserve! (967-2778). A special Halloween craft to go will also be available on the Porch!

Tuesday, October 26 @ 10:00 am. Scary Tales with Miss Terri!

Tune in to Facebook, YouTube, or local channel 1301 to see this special Scary Tales. A spook-tac-u-lar way to spend a morning with Graves Library.

Wednesday, October 27 @ 2:15 pm. Middle School Book Club

—The Page Turners. This group will meet via ZOOM for the month of October. Copies of the book will be provided ahead of time at either Kennebunk Free or Graves Memorial Public Library. Call us for details and we will get you started (967-2778)!

Thursday, October 28 @ 5:00 pm. Evening Book Group.

The pick for October the Mystery of Mrs. Christie by Marie Benedict (This group meets the last Thursday of every month outside in the garden — or in the Community Room). New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>

Ongoing:

Our Fabulous Friday Family readings every Friday

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

Book Bundles To-Go. From apples to zombies — everything about October can be put together in a bundle to go. We have so many books on leaves, pumpkins, fall, trees, and don't forget Halloween! Give us a call at the Graves Library to help you get a bundle of books to go! (967-2778).

Ongoing Book Sale at the Louis T. Graves Memorial Public Library.

Visit the Book Cellar for what's in the store. Thousands of books to choose from — during Library hours. We also have notecards, journals, special books, ball caps, special gift books, coffee mugs, tote bags, bookmarks, and more. If you are unable to make it in, you can call us with your genre requests and we will fill a bag for \$10.00 (10 for \$10). For information, please call 967-2778 or our website at <http://www.graveslibrary.org>. Cookbooks, sports, religion, fiction, biography, history, children's, classics, health, and a whole lot more!

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

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

Our Wi-Fi is reaching new limits! If you are looking for a quiet place to check your email or study, the garden at the Graves Library is always open. Project Connect is a statewide program that is helping all Libraries extend their Wi-Fi. We have comfortable seats and tables. The Graves Library is located at 18 Maine Street, Kennebunkport. For more information about all of our services, please give us a call. 967-2778.

River Tree Arts

Lobster Buoy Art Monday, October 4, 5-7pm

Outside at the Nonantum Resort, 95 Ocean Ave, Kennebunkport Adult workshop. Located at the beautiful Nonantum Resort, this fun workshop is a great way to relax and stay creative this fall! Led by local artist Piper Castles, this outdoor workshop is great for all levels of experience. Participants will leave with a complete buoy ready to hang. This workshop will be held outdoors and inside in the event of rain. \$30 per person. Registration required. www.rivertreearts.org

Acrylic Paint Pour Workshop Saturday, October 9,

11am - 1pm (Adults) Saturday, November 6, 11am - 1pm (Teens) River Tree Arts, Lower Village, 35 Western Ave, Kennebunk. Come see what the Art of Acrylic Paint Pouring is all about! No art experience is necessary to have fun in this class. You will learn how to mix and blend paint colors to get the right consistency for pouring and what can be added to the paint to get stunning effects. Three different paint pouring techniques will be demonstrated, including color combination and paint manipulation to create your very own masterpiece. Each participant will go home with 2 of their own creations. All materials included. \$50 per person. Registration required. www.rivertreearts.org

"Zentangle" Workshops October 28, 10am-12pm

December 2, 6-8pm River Tree Arts, Lower Village, 35 Western Ave, Kennebunk Adult workshops. Zentangle is a relaxing and fascinating new art form, often called meditative art, and it is an easy-to-learn method. It increases focus, awareness, expands your imagination, and promotes inner peace. Registration required. www.rivertreearts.org

Gnome Sweet Gnome Workshops Friday, November 12,

3:30-5:30pm (Teen) Saturday, November 13, 10am-12pm (Adult) River Tree Arts, Lower Village, 35 Western Ave, Kennebunk. For the Holiday season or all year long these little guys live inside on a shelf or fireplace mantle. Using both machine and hand sewing techniques, Lynne will show you how to make these adorable Gnomes from fleece, recycled sweaters and faux fur. \$40 per person. Registration required. www.rivertreearts.org

Wells Reserve at Laudholm

Friday, October 8, 10-11:30am Secrets of the

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

Friday, October 8, 2-3:30pm Secrets of the Soil.

Play in the dirt at the Wells Reserve with Maine Master Naturalist Linda Littlefield Grenfell. Learn about the origin of soil and its necessity for all life. We provide garden mats and utensils so you can dig up dirt and examine it in different locations. Individual \$8/\$6, family \$20/\$15 plus site admission. Registration required at linda@wellsnerr.org or 207-646-1555 ext 128. FMI wellsreserve.org/calendar

Saturday, October 9, 10am-12pm Fall Foliage

Walk. Why do leaves change color in the fall? Why do some leaves turn earlier than others? Find out at the Wells Reserve from naturalist, nature writer, and University of New Hampshire instructor Eileen Willard. Ages 12 and up. Individual \$8/\$6, family \$20/\$15 plus site admission. Reservations required at 207-646-1555 ext 116 or suzanne@wellsnerr.org. FMI wellsreserve.org/calendar

Monday, October 11, 10-11:30am Estuary Discoveries.

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

Wednesday, October 13, 2-4pm Ways of the Wabanaki.

Reflect on life in this area before Europeans settled here, first by examining artwork in the Wells Reserve visitor center by Penobscot artist James Francis, then by walking to the salt marsh to imagine a sweetgrass camp. Explore how people lived and thrived; share insights about Wabanaki life past and present. Led by Linda Littlefield Grenfell who, of European descent, has studied about and with the Wabanaki people. \$8/regular, \$6/member. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org/calendar

Thursday, October 14, 10-11:30am Explore the Shore.

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

Saturday, October 16, 10-11:30am Nature Walk.

Tour a variety of coastal habitats with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Wednesday, October 20, 10-11:30am Laudholm's Farming Past.

Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about 1/2 mile. Free. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Wednesday, October 20, 5:30-7:30pm Full Moon

Walk. Watch the Moon rise just after sunset from one of the highest points in Wells, then experience the Wells Reserve at Laudholm at night, listening for owls and other animals. Learn the lore behind the so-called Hunter's Moon, Travel Moon, and Dying Moon. Spend time with poems and stories, but also quietly communing, and finish with a gratitude circle on the beach. A great family experience for those who can enjoy the quiet. Individual \$8/\$6, family \$20/\$15. Reservations required at 207-646-1555 ext 128 or linda@wellsnerr.org. FMI wellsreserve.org/calendar

Thursday, October 21, 10:30-11:30am Preschool

Story Hour. Introduce your kids to animals through a storybook reading, a short trail walk at the Wells Reserve, and a related craft project. This month we will read "The Busy Tree" by Jennifer Ward and Lisa Falkerstern. For children aged 3 to 5 and their caregivers. Free. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar

Thursday, October 21, 10-11:30am Secrets of the

Salt Marsh Walk. Learn what is special about the productive ecosystems found between seashore and upland. This walk at the Wells Reserve covers about 1 mile. Free. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Saturday, October 23, 10:30am-12pm Yankee

Woodlot Walk. Learn the management practices that enhance wildlife habitat and water quality while allowing income to be generated from forest products. Led by Wells Reserve naturalist Tomas Dundzila, who offers hands-on experience with fun forestry tools. Individual \$8/\$6, family \$20/\$15. Reservations required at caryn@wellsnerr.org or 207-646-1555 x110. Program meets at Yankee Woodlot trailhead behind Alheim Commons at 100 Laudholm Farm Road, Wells. FMI wellsreserve.org/calendar

Tuesday, October 26, 12-1pm

What's the Buzz? Answering Questions About Beekeeping. Discover the joys, heartbreaks, and importance of keeping honeybees and how to create a bee-friendly space in your back yard. Presented by Beth Goodwin, a fifth-year beekeeper and member of York County Beekeepers and Maine State Beekeepers Association. Honey tasting offered. Mask required while indoors. \$5 suggested donation. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar

Wednesday, October 27, 10-11:30am Nature

Walk. Tour a variety of coastal habitats with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar

Brick Store Museum

Saturday, October 2: Kennebunk Beach History

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

Saturday, October 2: Historic District Walking

Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$10 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Thursday, October 7: Historic District Walking

Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$10 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, October 9: Kennebunk Beach History Walking Tour, 11:00 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 60-90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, October 9: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Final tour of the season! Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$10 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Thursday, October 14: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$10 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

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

Thursday, October 21: Historic District Walking Tour, departing 12PM, Brick Store Museum, 117 Main Street, Kennebunk. Learn the history of the elaborate and historical homes that line Kennebunk's Summer Street neighborhood. Led by Museum tour guide. \$10 per person/free for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Saturday, October 23: All Souls' Walk, 12PM – 3PM, Brick Store Museum, 117 Main Street, Kennebunk. Begin at the Museum for a narrated walk with costumed interpreters through Hope Cemetery to visit the graves and hear the fascinating and sometimes tragic tales of Kennebunk residents from the past three centuries. Not too spooky, it's perfect for the whole family! Cost is \$10/person; advanced registrations requested as groups tend to sell-out. FMI call 985-4802 or visit www.brickstoremuseum.org

MAINE DEPARTMENT OF LABOR

Effective January 1, 2022, the state minimum wage will increase from \$12.15 to \$12.75 per hour. Maine law requires annual adjustments to the minimum wage based on the cost of living index (CPI-W) for the Northeast Region.

In addition to the minimum wage, the new "tip wage" or service employee minimum wage, in 2022 will be \$6.38 per hour. This means that the service employees must receive at least a direct cash wage of \$6.38 per hour from the employer. The employer must be able to show that the employee receives at least the minimum wage of \$12.75 per hour when the direct wage and tips are combined at the end of the week. More information on the service employee minimum wage can be found here <http://legislature.maine.gov/statutes/26/title26sec664.html>.

The minimum salary threshold for exempting a worker from overtime pay is also based on the minimum wage. Starting January 1, 2022, the new minimum salary threshold is \$735.59 per week, or \$38,251 per year. This is only one of the factors used in determining whether a worker is exempt from overtime pay under federal or state law. An individual can earn more than the minimum salary threshold and still be eligible for overtime. The duties of each worker must be considered as part of this analysis. The law can be found here <http://legislature.maine.gov/legis/statutes/26/title26sec664.html>. More information can be found here https://www.maine.gov/labor/labor_laws/wagehour.html.

The Department's Bureau of Labor Standards is responsible for enforcing the state's minimum wage and overtime statutes and ensuring that both workers and employers understand and comply with the law.

MAINE OUTDOOR DINE CAMPAIGN

The Maine Outdoor Dine campaign will launch a final Phase 3 with a new video and Autumn foliage scenes. The campaign will run from October 5 to November 7. Restaurants wishing to be listed in this last push can visit <https://www.maineoutdoordine.com/featured>.

HOSPITALITY MAINE

Hospitality Maine announced their Hospitality Summit 2021 will take place on Monday and Tuesday, November 15 and 16 at the Samoset Resort in Rockport, Maine. Speakers and Topics announced include "What's Next in Hiring" featuring Nate Wildes and Katie Shore of Live & Work in Maine; "What's Next in Marketing" - Rob Holmes of GLP Films will break down the new Regenerative Tourism movement; "What's Next in Tourism - Cannabis"; Charlie Langston of Wellness Connection and Daniel Walker of Preti Flaherty explain all you need to know to leverage Maine's adult-use market to attract visitors to your business. For more information or to register for the Summit, go to www.hospitalitymaine.com/page/2021SummitHome.

Don't Quit Your Day Dream: Manifest Your Financial Freedom

Life doesn't happen TO you, life happens THROUGH you.

In a new workshop at Hopespring Health Holistic Institute, teachers Kerry Keating and Emily Clement invite you to shift from living a life by default to a life by design. Two sessions of this workshop will be held at the Alfred campus at 1013 Old North Berwick Road on Tuesday, Oct. 5, either from 10 a.m. to 12 p.m. (in person) or 6 to 8 p.m. (via ZOOM).

You've been gifted with free will and choice. You are constantly creating your own reality with your thoughts, feelings and behaviors. If you want to change your life, you need to change your story. In this workshop guests will learn to shift their attention from problems to solutions, from lack to abundance, and from giving away your power to owning it; flirt with the edges of your comfort zone ; create an extraordinary life by improving the quality of your emotions in regards to finances; define your desires regarding financial freedom and how that impacts your health, relationships and career; and recognize how day-to-day decisions impact your financial vision.

Kerry Keating is a MWA Financial Representative and Emily Clement is a life coach.

Registration fee is \$50 and includes self-discovery worksheets and a one-hour complementary financial assessment session with Keating. To register, visit www.hopespringholistic.com.

Learn to embody life cycles through nature

Every emotion has a cycle. Every period of growth

has a beginning, a middle, and an end. Connecting to the natural world through our bodies can help us remember what we all know at our core: this too shall pass.

Whether you are experiencing loss, stress, life transition or loneliness, a new monthly outdoor workshop at Hopespring Holistic Health Institute will offer participants the opportunity to learn how to ground our bodies into the present moment, calm our nervous systems by aligning to the rhythms of the earth, and connect to the land to listen deeply to its wisdom.

This Embodying Our Cycles Through Nature workshop will take place on the second Saturday of every month and the theme will change with each season. The first session will be held from 10 a.m. to 12 noon on Saturday, Oct. 9.

Workshops will include gentle yoga-inspired movement, mindful breathing, and easy Earth-based exercises. Practices are designed to be accessible and all bodies are welcome. These are non-clinical workshops where the experience will be largely individual with some optional group sharing. Participants are encouraged to bring yoga mats and/or cushions to sit on for added comfort. Folding chairs will be provided upon request.

Jessica Wallner, LCPC, RYT200, will lead the class. Cost is \$35, and for October registered guests may bring one friend for free. To register, visit <https://www.hopespringholistic.com/classes-workshops-events>.

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Intermittent Fasting

Happy Spooky Season Village Readers! I hope everyone is pumpkin spicing their lattes, cobwebbing their porches, spiking your hot apple cider, getting lost in corn fields, and simply enjoying the best season in Maine! The air is crisp, the sun is warm, the tourists are heading home... pure bliss! Among all the fall festivities it can be tough to avoid all the yummy fall treats! So, I would like to share some information on Intermittent Fasting, a unique form of eating that puts less emphasis on what you eat, and more focus on when you eat. I hope you enjoy!

Before farming practices existed and humans survived by hunting and gathering, our ancestors were able to survive and thrive for long periods of time without eating, even days or weeks. While it may be a stretch to draw a comparison from your modern-day life to prehistoric times, try thinking back even just 50 years ago. There were no computers or smart phones, TV programs turned off by 11pm, and people stopped eating because they went to bed! Today, anything you could desire is available 24/7, we stay awake later and we are sitting and snacking all day long, and into the night. Extra calories and less activity is leading to higher incidents of obesity, type 2 diabetes, heart disease and other chronic illnesses. Scientific studies are showing how intermittent fasting can reduce and reverse these trends!

All intermittent fasting methods are based upon the same idea: when you reduce your caloric intake, your body will use its stored fat for energy. Instead of trying to limit your diet for days or weeks or months, just limit the timeframe you eat within. There are many different approaches to intermittent fasting, such as the 5:2 approach – which involves eating normally for five days, and for two days a week you restrict yourself to eating only one 500-600 calorie meal. Another approach is to limit yourself to only eat inside an 8-hour period throughout the day, and this may be practiced 3-7 days a week. For example, only eat between 7am-3pm on weekdays, and eat normally on the

weekends; or 10am-6pm, or anything that works with your schedule!

What to eat during fasting periods?

Water, black coffee, black tea, or any zero-calorie drinks are permitted, but anything else is off limits! This is where you will kick any cravings you have. Whether its sugar, soda, carbs, whatever your weakness is – this style of fasting will eradicate that craving once practiced for even just a couple weeks. During your regular eating times it is important to try to eat smaller portions at a time and focus on eating healthy foods! Avoid sugars and refined grains, instead eat vegetables, legumes, lean protein, and healthy fats (nuts, seeds, dairy).

After a century of research on intermittent fasting and caloric restriction, studies found that living on a decreased caloric intake robustly increases the lifespan. One study in Wisconsin followed 2 groups of women over six months. One group was assigned a 5:2 fasting regimen. (This meant each week they would eat normally for five days and then for two days consume just one 500-600 calorie meal per day), the other group was put on a diet that reduced calories by 25%. Both groups lost the same amount of weight, but the fasting group had a greater decrease in waist circumference and a greater increase in insulin sensitivity both indicative of the body functioning more optimally, (New England Journal of Medicine, 2019).

When we digest food, all the molecules are broken down and absorbed into the bloodstream to be used as energy. The molecules that are not transformed directly into energy are stored as fat to be used later. The key mechanism of intermittent fasting is metabolic switching, where the act of fasting triggers the body to switch its source of energy from glucose stored in the liver to ketones, which are stored in fat. Ketones are chemicals made in the liver used as an alternative fuel when glucose or fat stores are depleted. According to the National Institute of Health (2020), ketones are not just fuel

for during fasting periods, but these molecules continue to provide positive benefits on cell and organ functions. Ketogenesis, or the increase of ketones in the bloodstream, initiates activity in a variety of cellular signaling pathways known to influence health and aging. This activity enhances the body's defenses against oxidative and metabolic stress and initiates the removal or repair of damaged molecules. The impact of ketogenesis carries over into the non-fasting period and can improve glucose regulation, increase stress resistance, and suppress inflammation. The “broad-spectrum benefits” include not only disease resistance but also improved mental and physical performance.



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

When you shorten the eating window and extend the fasting window, you spend more time in the fat-burning mode. The moment you re-enter the eating window (that first bite after fasting), the body switches back to burning carbohydrates and storing fat, so healthy choices are important! Some other proven benefits to intermittent fasting are improved cognition & memory, heart health, increased energy and physical performance, reduced risk and incidence of diabetes and obesity. The health gains from intermittent fasting go beyond just weight loss and stretch across the entire body! If you are nervous to try fasting, start with a smaller window and grow it as you get comfortable!

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This enchanting 1835 vintage New Englander is sited in the heart of picturesque Cape Porpoise Village. Overlooking Sampson's Cove, it is steeped in the memories of a bygone era of a peaceful fishing village. Living many lives as a residential home, business offices, medical offices, and home occupations property, it is currently being used as doctor's offices.

Andi Robinson 207.604.2479
Elaine Prendergast 207.604.0449 | \$950,000



LAND

KENNEBUNK - BUFFLEHEAD COVE LANE

1.5 acres, this important property consists of two buildable lots being sold as one. Travel down a hidden lane and pass an enchanting lilypond to this high and dry piece of nature's charm. Build an estate home on the combined lots, perhaps a house with a cottage, or create a homestead. Walkability along sidewalks for easy access to shops, restaurants, and galleries of Lower Village and Dock Square.

Elaine Prendergast 207.604.0449 | \$899,000

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*Based on information from the Maine Real Estate Information System, Inc. (d/b/a Maine Listings) for the period 1/1/2020 through 12/31/2020. © 2021 Maine Listings



KITTERY POINT - 52 GOODWIN ROAD

RARE OPPORTUNITY TO BUILD ON 1 ACRE WITH OCEAN VIEWS on Gerrish Island, Kittery Point. Only 15 min to Portsmouth this surveyed parcel defines a building envelope sitting high with ocean views and 4 minute walk to Crescent and Seapoint beaches. Offering privacy, amazing views, great fishing, swimming, and paddling, this address offers wholesome recreation and nature at its best. Perc test complete and permitting process well underway..

Mary Jean Labbe 207.337.3661 | \$730,000



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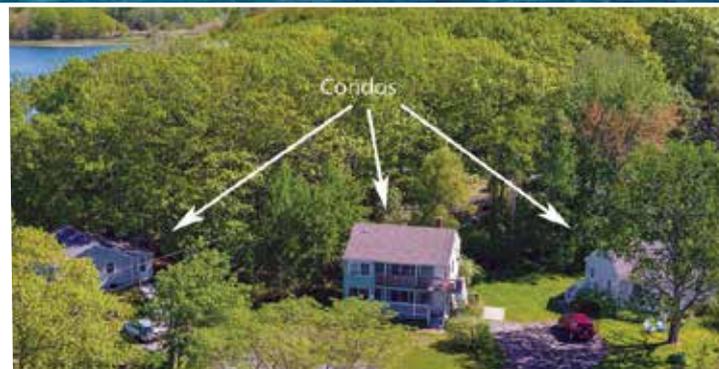


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122 Sycamore Lane, Kennebunk

Newly constructed, energy efficient home offers 3 bedrooms on the 1st floor plus a finished bonus room & full BA on the 2nd floor. Open concept floor plan, lots of natural light, 9' ceilings, crown moldings, gas fireplace, and central air. Great kitchen, large island, pantry closet, quartz counter tops. Master suite with walk-in closet, BA with double vanity and tiled shower w/ glass doors. High end luxury vinyl plank floor throughout. Convenient location about a mile from the center of town and easy access to shopping and area amenities. \$649,000



22 Pier Road, Kennebunkport

Own a slice of Cape Porpoise! 1.39-acre parcel of waterfront property abutting conservation land. This plot currently has 2 single family homes and 1 duplex on the property. Live in 1 property, rent the others, rent all properties. \$1,700,000



142 Brown Street, Kennebunk

Situated just 1.7 miles from Parsons Beach, this beautiful wooded .53 acre lot is the first lot to be sold from a 65 acre parcel which borders the Mousam River. The large parcel also has a spring fed pond. Both the pond & river will be accessible to homeowners of a future subdivision. \$110,000



Beryl's Way, Kennebunkport

A short distance to Goose Rocks Beach, eateries and Cape Porpoise pier and harbor. Builder can design a home to meet your needs and desires or bring us your plans to get started. Some of the most competitive home package pricing in the area. \$179,900 - \$229,900



56 Old Cape Road, Kennebunkport

Here's your chance to own a very private parcel on almost 1 acre with 3-bedroom home Kennebunkport! 5 minutes to Dock Square, Cape Porpoise, and 10 minutes to Goose Rocks Beach! This modular home is spacious and only 1 person has lived here. \$369,000



Gail Ann Arnold
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