

September  
2020

# the Kennebunk Village Magazine

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*On the Cover*



All handmade rings, pendants and bracelets feature individually selected Maine beach shore stones. See page 18.

**Photo by, Phil Stone:** For more photos see page 17

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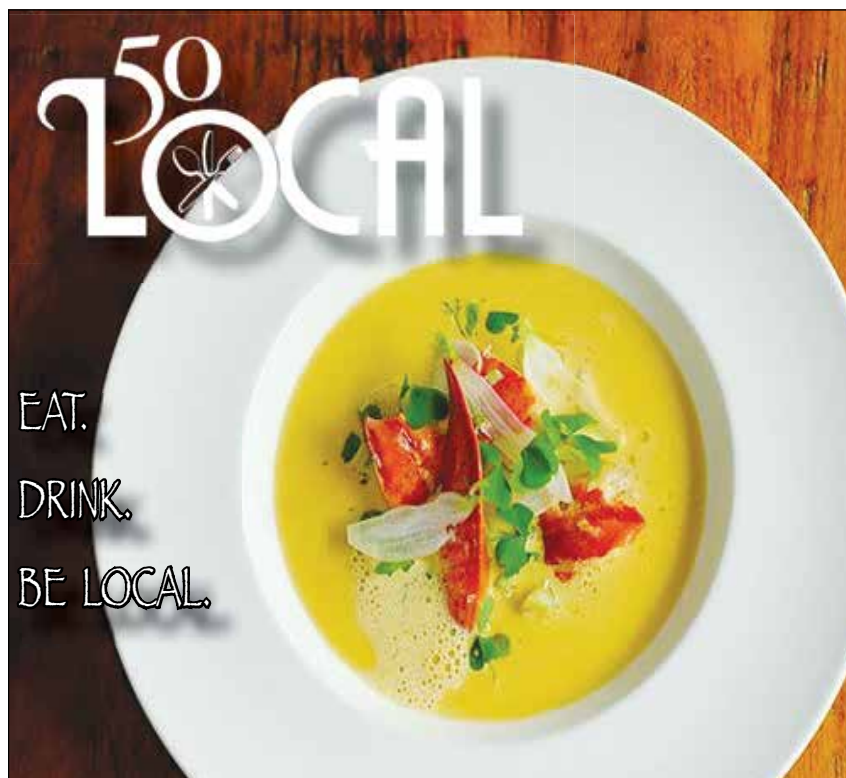
The Village welcomes letters, briefs & suggestions.

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Elaine Prendergast 207.604.0449 | \$5,995,000



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# Tales from the Archives

By Leanne Hayden, Collections Manager

## Brick Store Museum

# The Society Circus

In June 1915, a group of citizens in Kennebunk announced that there would be a Society Circus to raise funds for playground improvements at Parsons Field. Although a new idea to Kennebunk, these types of fundraisers had been held in other towns across the country with great success. Philanthropist George Parsons served as Chairman and committees formed to oversee costumes, refreshments, decorations, lighting, advertising, clowns, side shows, parades, first aid and music.

Although advertised as an exotic circus coming to town with experienced performers, this circus was homegrown and completely staffed by the residents of Kennebunk.

The local newspaper helped promote the circus with fanciful descriptions. The ring master, Professor Orlando Vesuvius Turina of Italy, the paper boasted, worked for eight years with Barnum & Bailey circus and two years with Ringling Bros. In reality, he was W.C. Berry, a local painter in town. Or the mysterious palm reader, the 7th daughter of the 7th daughter... played by Miss Greene of Dane Street. More than 200 people devoted hours of time to the fundraiser.

On August 19th, the circus was set up in the Park Street field. One large main tent, at 8000 square feet with three center poles and space for 1300 seats, came from Boston. Beside it were two smaller side show tents and various refreshment booths that sold ice cream, pink lemonade, hot dogs and popcorn. General admission to the grounds cost 50 cents; reserved

seats cost an additional 25 cents; and the side shows and fortune telling cost 10 cents each. One could get access to it all for \$1.00 when purchased in advance of the event. A number of box seats, selling for \$5.00 each, were requested by some of the town's summer visitors looking for entertainment.

desert, carefully labeled, "This is a camel."

The two main tent shows sold out well in advance, the first at 2:30 and second at 8:15pm. Standing room was sold to 300 and many more were refused admittance. It was reported that a New Yorker and his wife stopped their limousine and sent the

Bearded Lady; the "Wild Man of Borneo" who rode the parade route in a cage; and Mogo, the Tattooed man with more than 3,000 tattoos.

The two side shows opened that afternoon, too. One tent featured the palm reader; the other, the African Dodger Gallery. In the early twentieth century, many American

carnivals, circuses and fairs featured an "African Dodger," which was a black man or a white man in blackface (which was the case in Kennebunk's society circus), that stuck his head through a hole and taunted visitors; who would then pay to throw baseballs at his head. During the "game," the dodger would usually pull his head out of the hole in time to avoid getting hit, but sometimes he wasn't fast

enough. After 1910,

carnivals sometimes substituted the dodger game with a dunk tank, but the subject remained either a black man or a white man in black face. In the Society Circus program it was advertised, "Yes, He is Here! Who? The African Dodger! Step up and try your skill in throwing balls at him. He cares not if you use a Spitball, a Curve, the Emery ball or a Slow one." Over time, the racist overtones of this game have been stripped away; now we see dunk tanks or other aim-based games at fairs, but the origins can be



Society Circus Parade Kennebunk. Courtesy photos

A mile long parade kicked off the spectacle at 10am that day. The parade included Buffalo Bill, decorated automobiles, a clown band, and even wild animals in cages. The newspaper report of the event noted: "Their appearance aroused shouts of laughter from the packed automobiles which lined both sides of Main Street from the town hall to the bridge. The music was awful and fearful. A fine polar bear occupied the first cage; then came a lion, a leopard, a tiger, a gorilla and a wooden ship of the

chauffeur to buy seats, telling him to go as high as \$25 if necessary. But alas, they were too late and refused admittance.

The big tent included many traditional acts including strong men, bronco riding, juggling, and acrobats. There was also a Rocky Mountain Goat Race, an Arizona Pony Race and "Adam Forepaw Jr., the Well-Known Circus King" brought his educated elephants to perform. Visitors could also see a local lady garbed out as "Luscious Lizzie" The

Continue to page 6



## Portsmouth Naval Shipyard, Corning, Hyperlite -Donate PPE to Aid with COVID-19 Relief

York County continues to battle COVID-19 as one of the higher community-transmission regions of the state, and the need to wear masks to contain transmission is paramount to the health and safety of York County residents. Three local companies have come forward with Personal Protective Equipment (PPE): Portsmouth Naval Shipyard, Corning Inc, and Hyperlite Mountain Gear. The shipyard recently donated 1,500 PPE for United Way of York County (UWYC) to distribute, and Corning Inc. in Kennebunk donated 2,000 masks to distribute to nursing homes and daycare centers in Sanford and Kennebunk. Hyperlite Gear of Biddeford donated 100 masks sewn at its facility in Biddeford.

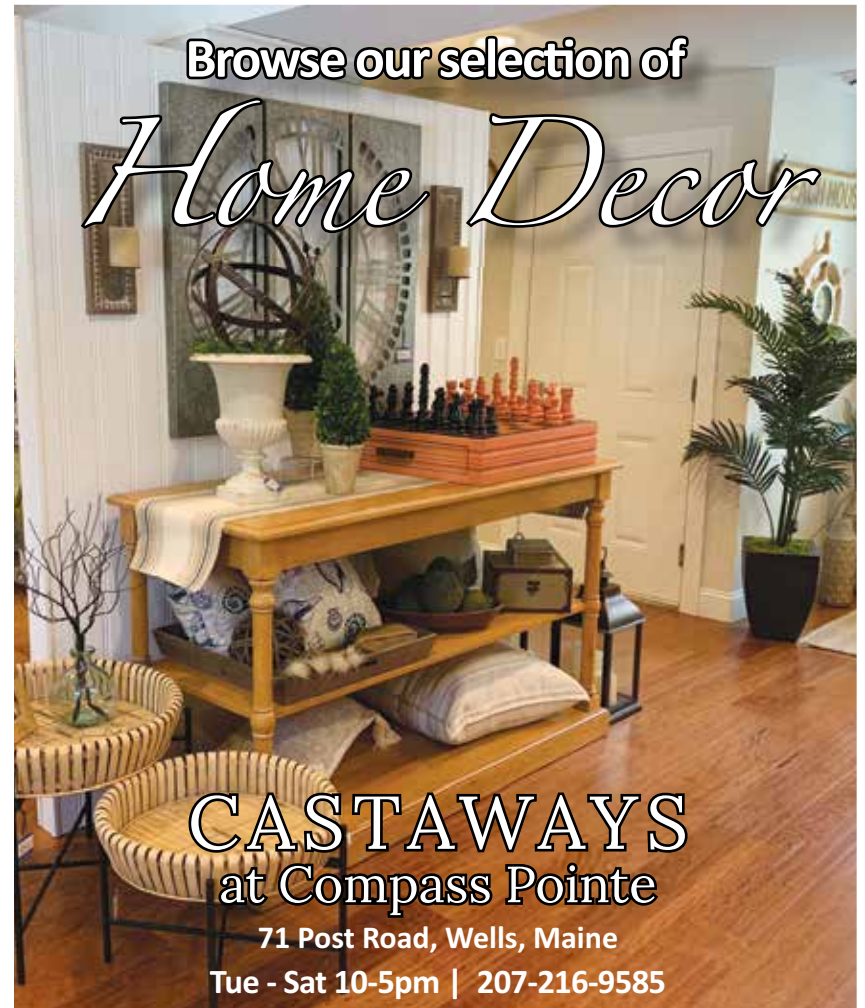
“These donations of personal protective equipment show the commitment our community partners

have to ensuring York County residents remain healthy and safe during COVID-19,” said Brian Petrovek, UWYC President & CEO.

UWYC is working to distribute the PPE into the community — if your organization has a need, please contact Jason Ketterick at [jketterick@buildcommunity.org](mailto:jketterick@buildcommunity.org).

### **About United Way of York County**

*United Way of York County connects people and resources to improve lives and create better communities. Since its inception in 1986, and thanks to the support of thousands of generous individuals, businesses, and organizations throughout York County, United Way has invested more than \$40 million in programs, projects, and initiatives that make a difference in the lives of those they serve. United Way of York County makes every dollar you give do more right here in your community. To learn more about United Way of York County, visit [www.buildcommunity.org](http://www.buildcommunity.org) or call 207-985-3359.*



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## SOCIETY CIRCUS 1916.

Continued from page 4

traced back to this origina

This is just one example of structural racism in society. Other historical attractions built on the beliefs of racial inequity have since changed into other games, too. These types of unfounded racial stereotypes were not uncommon at the beginning of the 20th century, and were often part of the vaudeville, wild west and minstrel shows performed across the

country. Because these performances were seen as entertainment, it is easy to understand why these repeated negative representations of black and indigenous peoples became entrenched in society and contribute to prejudice and discrimination to this day. Here at the Museum, we see history as a roadmap to show us all how we each play a role in repairing this system.

In the end, Kennebunk's Society

Circus brought out a crowd of more than 6,000 spectators and was judged to be one of the most popular events in town's history. Visitors arrived from as far away as Boston, New York, Missouri and California. The net proceeds from the circus were projected at approximately \$1100 (equal to nearly \$28,000 today). The funds were used for building a gymnasium at the Park Street Playground.

As work and research continues here at the Museum to build narratives of our diverse community, we invite you to take part. Visit [www.brickstoremuseum.org/societygrowsgreat](http://www.brickstoremuseum.org/societygrowsgreat) to learn more about how you can be involved in the future of history.

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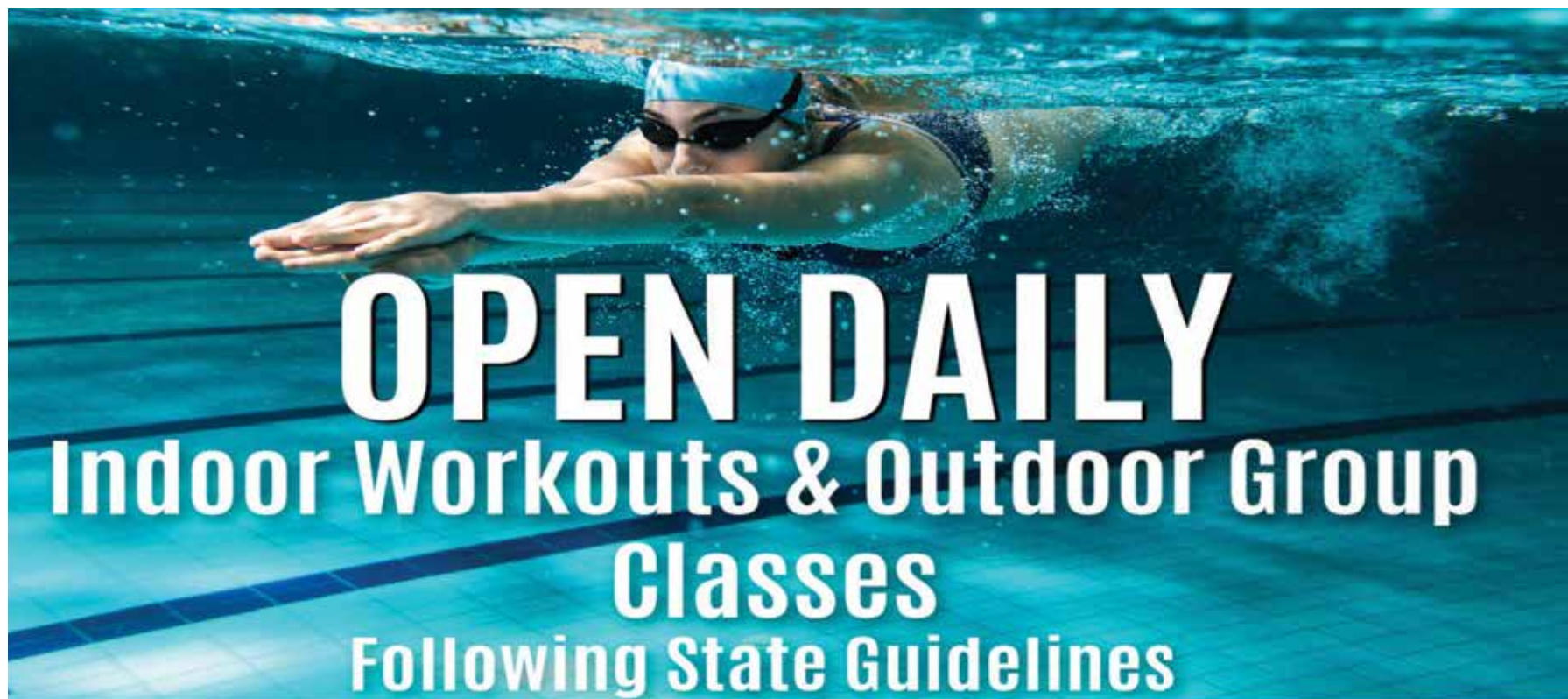


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## 2020 Herb Noble Ride

### Online Donating Only This Year



Herb Noble. Dwight Herb Noble courtesy photo

The Herb Noble Memorial Motorcycle Ride to raise funds for children with serious medical issues who are receiving treatment at the Barbara Bush Children's Hospital at Maine Medical Center in Portland has been taking place for the past 11 years. The ride is in memory of a very special Mainer who had a big heart. Dwight

"Herb" Noble of Kennebunkport, died in 2008 from injuries sustained from a tree limb that fell on him as he was riding his motorcycle with friends. Noble was a lifelong Mainer, father, grandfather, brother, uncle, friend and avid biker and outdoorsman. T-shirts for the yearly event read "Herb Noble 1941-2008- Born to Ride."

Herb's son, Bob Noble said his father was a longtime close friend of the late former President George H.W. Bush and the late former First Lady Barbara Bush and that is why the hospital was chosen to receive the proceeds from the yearly event. In past years, both the late President and late First Lady have attended the yearly event and posed for photos with BBCH patients, family members and supporters.

Each year the ride raises thousands of dollars to help children at the Barbara Bush Children's Hospital at Maine Medical Center in Portland. Due to COVID19, this year's ride



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has been postponed. Noble is asking all supporters to directly donate through the GO-FUND-ME account set up in Herb's memory instead of participating in an actual ride to keep the spirit of Herb and the ride which benefits so many alive. As always, 100% of all proceeds raised stay right here in Maine and benefit the children and families being served at

BBCH. A great cause in memory of a great Kennebunk man. Noble said he hopes to resume the actual ride next year.

For more information on The Herb Noble Memorial Ride please visit: [www.facebook.com/HerbNoble](https://www.facebook.com/HerbNoble)

To donate please visit:

[Gofundme.com/HerbNoble](https://Gofundme.com/HerbNoble)

## RE/MAX Realty One Agents Showcase



**Michelle Allen | 207-632-6767**  
[Michelle@yorkmaine.com](mailto:Michelle@yorkmaine.com)

**How long in the business of real estate & what led you to this career?** Since 2016. My dad has been in real estate for over 30 years in Downeast Maine where I grew up. When I left my corporate career in Marketing, I talked with my dad and a local friend who is also an agent that supported my coming into the business.

**What energizes you in real estate?** Being able to help people find their perfect home or sell a home so they can find one that better fits their needs at that time in their life. Life is always changing - it's fun to help people/families find what fits them best for each phase of their life.

**What advice would you give to your teenage self?** No matter how much you plan your life out, it will inevitably look different than how you imagined - and that's ok!

**One behavior or trait that you think most attributes to your success in real estate?** I'm very honest and real. I pride myself on my integrity and ability to be a real human being with my clients instead of a salesperson.

**What's one thing most people don't know about you and what's a hidden talent?** Most people might not know - I'm VERY involved in my community and have worked for our local food bank/pantry for the last 6 years in roles from Fundraising Chair to, currently, Development Director. My hidden talent - I've been a singer since I was 7!

**Best advice you were ever given?** Failure is inevitable - but it's the only way we'll ever learn to succeed. So always keep a positive attitude, especially when you fail - because it says a lot about you'll handle it.

**3 words friends use to describe you?** Driven, genuine, loyal!



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**How long in the business of real estate & what led you to this career?** I have been a Realtor for almost two years, I have been in the business for over 5 years investing and been involved with Real Estate since a young age with my father. I would say the influence of my father investing in real estate and including me which created my genuine interest of real estate!

**What energizes you in real estate?** My family. This career allows me to genuinely help people find homes but it also allows me to have a great home and work balance. My family is extremely supportive of me and that helps me succeed!

**What advice would you give to your teenage self?** I would tell my teenage self to focused on what you enjoy doing!

**One behavior or trait that you think most attributes to your success in real estate?** One trait that I attribute to my success in real estate in communication, I have based my business off of keeping my clients informed and communicating efficiently.

**What's one thing most people don't know about you and what's a hidden talent?** One thing most people don't know about me is that I have a Bachelors degree in history focused on US Military History.

**What's one thing most people don't know about you and what's a hidden talent?** A hidden talent of mine is that I am a marksman and a fire arm enthusiast. I received an award for the highest pistol shooting

score in the Marine Corps competing against my company of 200 Marines and before that I started an Olympic style pistol shooting team in College.

**Best advice you were ever given?** That "you get out of it what you put into it"

**3 words friends use to describe you?** Loyal, dependable, and caring!

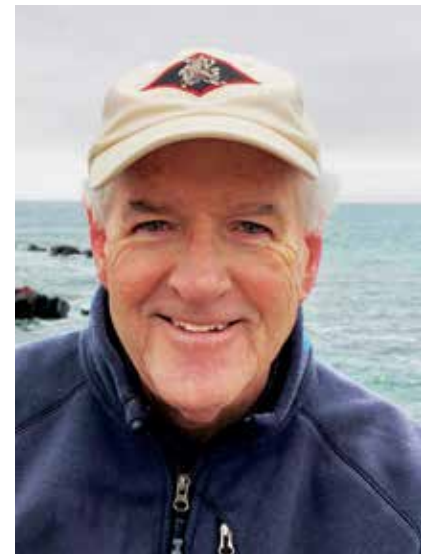


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# Why the Shortage?

**Real Estate Column**  
By, Mark Birmingham,  
*Village contributor*



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Agent/Broker at Port / Shore Commercial in Kenne-  
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It used to be that people moved much more often. Fifty percent of Americans moved every year in 1960. In 2000, fifteen percent of the U.S. population moved to other domiciles. In 2019 that percentage dropped to 9.8%. What's causing the drop? I began looking into this and found surprising answers. The first answer was: we don't really know.

How unsatisfying is that? The consensus is "there isn't enough data" to formulate solid reasons, but the numbers strongly infer there are reasons. 1) the aging population wants simply to move less (I hear ya, I'm 'older'), 2) the cost of relocating has increased dramatically.

According to the NY Times "These days, rents in many larger cities have exploded, making it much harder for a young person seeking better

opportunities to afford to move. And low-wage jobs, after adjusting for the local cost of living, pay about the same everywhere.

"There's a fundamental dynamic which we should consider: supply and demand. The supply of well-located real estate is fixed in mature metro areas, but since that is where most of

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EVERY YEAR IN 1960.**

the jobs are, the demand to live in those areas continues to rise, pushing prices ever higher, and forcing many to settle for the suburbs. Then the suburbs

undergo the same thing, experiencing price increases, followed by greater populations—the cycle repeats. Where supplies of usable land are fixed, prices

simply must go up, way beyond the underlying cost of living, creating what looks like a bubble, except this one will never pop. The economy might pop, but this dynamic cycle will continue uninterrupted as long as the population grows.

What does the foregoing have to do with people moving less? When something grows faster than the cost of living it gets increasingly difficult for most people to afford financing the new home. It is not unlike what has been happening to wages in general versus cost of living increases, which include housing costs. So, there are many forces at work to slow the turnover of homes, but the biggest one is economic and appears systemic.

The bottom line is inventory shortages will continue with no real end in sight. Residential construction has persisted to be a robust part of the economy, but those costs have been rising just as fast, as materials have become scarce

and more expensive. Given that wages, except for the top executives, have been rising at a fraction of the cost of living, this situation will not change. More people and more demand on a fixed supply of real estate equals less affordability.

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## No Shirt, No Shoes, No Service

by John Forssen. Guest writer

On its face, it sounds simple enough: the embodiment of a proprietor's long-established prerogative to set certain rules in his establishment regarding decorum and public health-and-safety.

We may snicker at such requirements or even bristle on occasion. I for one, irrepressibly barefoot in the warm weather, would challenge any suggestion that my bare feet pose a threat to public health (as was once suggested). Indeed, I would wager that the bottoms of my feet are subject to more care and maintenance than the soles of even the most fastidious shopkeeper's shoes.

### And safety (regarding my bare feet)?

That's like wearing two mittens on the same hand: the outer mitten protects against the cold, the inner is a guard against litigation.

Still, without rancor, we respect the shopkeeper's prerogative and with no more than the occasional mutter we don shirts and shoes.

### But a face mask?

My God!

That's worth going to war over...or so it often seems.

A close-to-home case in point:

When local stores began requiring face masks, they went about it as graciously as one could ask. Yes, they said, the masks are required (ouch), but it is for everyone's safety (could there be a higher purpose?) and if, perchance, a shopper does not have a mask, the store will happily supply one. Further, in addition to sanitizing carts, the store maintains a station where, before and after shopping, shoppers might sanitize their hands.

### Who could ask for more?

Let the wars begin.

"This is a free country, and I don't care what threat I might pose to you;

nobody's going to tell me I have to wear a mask."

"My goodness," we said to ourselves as the red-faced shopper barged into the store.

"He must be from away," a woman whispered to her companion. She was not a young woman and, like me, she was shopping in the early hour set aside for seniors—those most likely to be affected by the virus.

"Do you suppose he's carrying a gun?" Her companion asked, as the man strode by, impervious to suggestions that he don a mask.

1/3 What a wild idea.

Several of us spoke in his direction, thinking he might be embarrassed into compliance—or, how about humiliated? You know, social pressure.

But he was a stalwart soul, not one to wilt under the sort of imperative underwritten by logic and compassion.

I mentioned to an employee that the man was not wearing a mask, but he kept his back to me. Time is money, after all, and he was busy with

business, as was the next employee that I approached.

A short distance away, I spotted two more employees. They were talking with a third person who seemed to be in charge. So I called over, my voice rising to the occasion, that the man walking away from us was not wearing a mask.

Surely, I thought, one of them would leap into action, chase the rascal down and, at the very least, offer him a mask and a heartfelt explanation of the need—Seniors, you know. They're vulnerable. The mask is for their sake.

Such a simple thing to do.

But, no, I was speaking too loud, told to keep my voice down—and besides, as this person explained later over the phone, "We are not the police, we cannot put our employees at risk in a confrontation."

"So," I responded, "just to be clear on the point, masks are not required."

"Oh, but they are," came the reply...."unless, of course, for some reason, you know, a person cannot or chooses not to wear one."

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## No Shirt, No Shoes, No Service

"I see," I said. "Masks are required except when, for some inexplicable reason known only to the offender, they are not."

Our conversation was settling into a decidedly circular orbit. We could have gone on for days like this, and I began to think of Pooh Bear following himself around the tree, becoming increasingly concerned that, given the growing number of footprints, he was being followed.

In the face of this futility, I wished the voice on the other end of the call a pleasant day and hung up....but I wasn't finished.

An email to the store's headquarters produced the same "Yes, required, most definitely, except, of course...."

It the midst of this shifting breeze, my thoughts turned to my poor bare feet. How they resisted shoes, fought against them at every turn. Perhaps, at last, I had found an establishment where my bare feet, if not welcomed, would not be turned away.

2/3 And my (make-believe) brother whose (make believe) skin condition is such that he cannot, under any circumstances, wear clothes. I suspect he would pass through their doors undisturbed, as well.

After all, unlike the man who would not wear a mask, neither my bare feet nor my (make believe) naked brother pose any risk. I suggested these scenarios in my e-mail to the store's headquarters.

My (make-believe) brother and I are still waiting....

And what about the sign: No Shoes, No Shirt (No Mask), No Service?

So there he stands at the check-out, the Notorious Unmasked Man, and the checker simply walks away.

No confrontation.

The only option left is for him to leave the goods on the counter or leave store without paying....and you know, of course, that there's both a name and a consequence associated with the latter choice.

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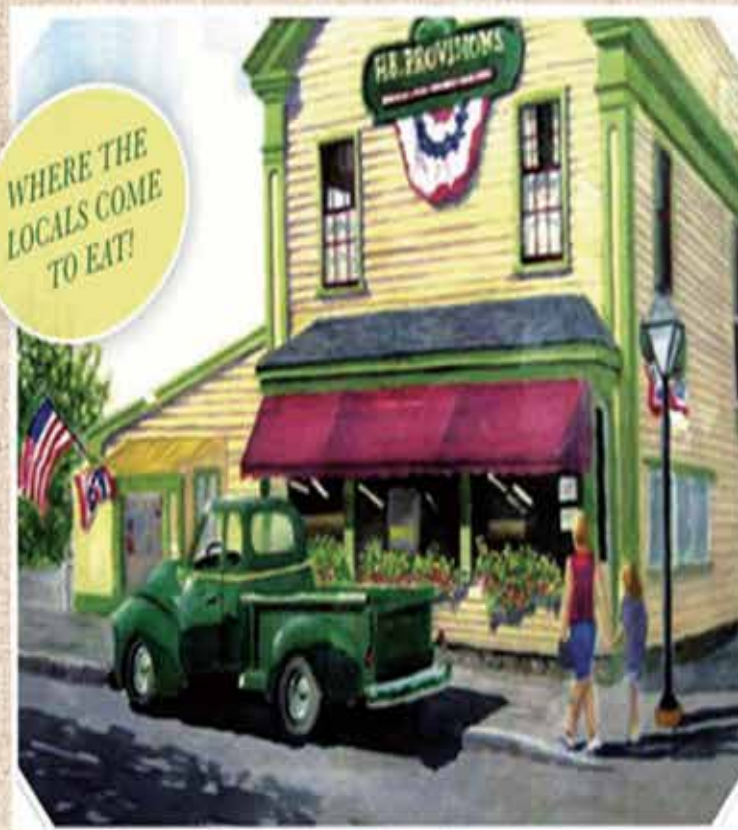


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# BlixxHorses News

## Looking Towards the Future

When the pandemic hit home in March, a decision was made to make safety a priority particularly due to the inherent risk that are already part of horse ownership. As the situation worsened it made sense to avoid congregation as is normal in horse interactions and our work. Events and presentations in the community, many in nursing homes and assisted living, were rescheduled.

As things progressed a decision was made to follow Governor Mills mandates in addition to Maine Department of Agriculture recommendations and those of the NEF, National Equestrian Federation. Maine Dept. of AG does not oversee equine facilities except for licensed shelters (rescues & sanctuaries), but encourage all businesses that are public facing to follow distancing and wearing of masks per Gov. Mills Orders.

Concerns can be communicated to a portal for the Dept. of Economic and Community Development. Links for Covid 19 and equestrian activities are as follows: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Pets-and-Animals> CDC COVID-19 Considerations for Animal Activities at Fairs, Shows, and Other Events <https://www.cdc.gov/coronavirus/2019-ncov/animals/events-animal-activities.html> United States Equestrian



BlixxHorses, Lexxie & Fritz looking as beautiful as ever.



Federation (USEF) COVID-19 Resource webpage (includes toolkit for events) <https://www.usef.org/media/coronavirus-resources>

Due to continuing risks of contagion, community programs were cancelled for the 2020 season. Potential risk to horses' welfare as well as public safety being in close proximity even with masks was also considered. In addition hot, humid weather is stressful for horses in addition to biting flies which can appear whenever a horse is nearby. For those reasons going forward, outings in the community will take

place in Spring and Fall leaving the hot summer months for programming in a cool barn.

**CURRENT PROGRAMMING-** We are pleased EAT, individualized Equine Assisted Therapy program for Veterans continues with precautions, practicing hand washing, distancing, and the wearing masks as needed. Visits and other programming continues for individuals and families. See [www.blixxhorses.org](http://www.blixxhorses.org) coronavirus protocols

**SENIORS-** A popular program, Senior Presentations began at Atria Kennebunk in 2007. Over

13 years the horses have visited over 20 facilities giving residents the opportunity to provide entertainment and "horse therapy" in the form of calming energy. The hour long on-site interactive Senior visits done in groups settings at nursing homes, rehabs, hospitals and assisted living facilities were also beneficial for people with memory impairment. Field trips and lunch outings providing another way to connect with Seniors. Due to public health concerns programming will continue in 2021 with Appearances in Spring and Fall with summer reserved for visits and programming at the facility. See our website for details.

**CHILDREN's** programs will also continue with Appearances rather than group presentations.

**The Beach program**, part public programming will resume this Fall, weather dependent during low tide when the beach is not crowded and distancing will be requested which dramatically changes interaction, but is safest in a pandemic, even outdoors. Concerns of a particularly challenging flu season may affect programming. Our Hotel program, also part of 'Education in a Casual Setting' will be suspended until 2022.

**Unbridled**, rescheduled to September has been cancelled. In the discussion stages is an Autumn event in October. We are in touch with donors and appreciative of their support. Like other businesses we are watchful of changes as schools re-open and travel continues bringing a potential increase in coronavirus cases, particularly with flu season in the shadows of the pandemic. We do this despite safety measures and our ability to provide a safe outdoor space for distancing, as events tend to bring people in close proximity. Our goal is to keep you safe. Look for updates on our website, facebook or contact us 207.985.1994.

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**11 Dyke Road, Kennebunkport**




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**The Resort at Goose Rocks, Kennebunkport**

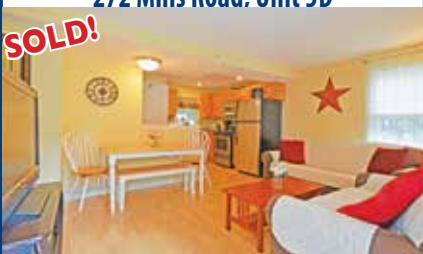
**272 Mills Road, 7G**



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**272 Mills Road. Unit 5D**



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**25 Dyke Road, Kennebunkport**



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**226A Kings Highway, Goose Rocks Beach**



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# Prepare Your Yard for Winter Bird Feeding

By Amy Allen, Guest writer

Our backyard birds and their needs change with the seasons. We can help them survive the winter elements so they can soon reward us with their songs of Spring.

Successful winter backyard birding starts with the right seed. Birds will seek the highest energy in the form of fats and proteins with the lowest energy cost. Bring the birds to your yard by selecting a high quality, fresh seed or seed blend with a black oil sunflower seed base. If empty seed hulls on the ground are a concern, shell free seed and blends will eliminate that problem. Add peanuts from a peanut feeder and you are likely to increase the variety of birds in your backyard. For winter visitors like the Dark-eyed Junco, millet spread on the ground is a nice choice.

Finally, suet is a great high energy food to add to your wild birds' winter diets. It is enjoyed by many types of birds but especially woodpeckers, nuthatches and chickadees. If squirrels become a problem for suet feeding, try a pure suet free of seeds and peanut butter.

With many of their natural water sources frozen birds are often in desperate need of a thawed body of water. Small song birds cannot survive by eating snow because the bird's body temperature will plummet to dangerous levels. Additionally, clean feathers are warmer than dirty feathers so taking a winter bath is important. If you add a thermostatically controlled heated birdbath to your yard it will provide the unfrozen water source the birds will need at a small energy cost.

Squirrels fight to survive each

winter, too. This may mean they steal from your bird feeders and maybe even damage them. Luckily there are well made, effective squirrel-proof feeders available like the Brome Buster Plus which uses the squirrel's weight to close access to food. It is best to avoid bird food with added hot pepper in an effort to thwart the squirrels. It is not effective on them and can be life-threatening for small songbirds especially in the cold weather. Of course, you could choose to co-exist with the squirrels by feeding them on the ground away from your bird feeding area. They may then be less likely to raid the bird feeders for food.

Because the winter sun will be lower in the sky, birds often fly into glass windows due to the change in reflections. Preventing strikes can be



With a little extra effort, we can help our chickadee birds and many other backyard friends survive this winter by feeding them and making sure they have a thawed body of water.

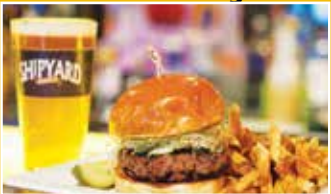
as easy as putting up a window feeder or placing feeders within a few feet of the window. There are specially designed window decals available that work too. Additionally, closing curtains or blinds can help.

With a little extra effort, we can help our backyard birds this winter and spend those days enjoying their company.

For more information phone Amy at : (207) 985-1511. Or stop in. Located at 106 York St, Kennebunk.

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# Annie Stone

## *Beach Stone Designs*



**ANNIE STONE OF WELLS IS BOTH A TEACHER AND AN ARTIST WHO WORKS WITH MANY MEDIUMS, INCLUDING WATERCOLOR AND OILS.**

By: Shelley Wigglesworth, Lead writer

Annie Stone has studied and worked with notable artists, including Robin Young, Don Stone, and Dewitt Hardy. With a degree

in Art Education from West Virginia University, Stone said her interest in art piqued at a very young age. "As a

child I was always fascinated by colors, shapes and what I could make with what I found in nature." In addition to being an artist, Stone is a Reiki Master and private art instructor. Stone, is married to photographer Phil Stone, whose wildlife and landscape photos have frequently graced the pages of the Village magazine over the years.

Most recently, Stone has added metalsmithing and working with natural beach stones to her repertoire of artwork. She specializes in pairing hand-picked beach stones from area shores with sterling silver and 14 karat gold and creating rings, pendants, and bracelets.

"I spend a lot of time outside at the local beaches of Wells and Ogunquit gathering inspiration along with

beach stones. I love what I do and am so happy to share my wearable art through my beach stone designs."

All handmade rings, pendants and bracelets feature individually selected Maine beach stones, however Stone welcomes custom orders and will work with a client's personal stones and gems in place of, or in addition to her own stones, to bring the vision of the client to life. Rings set in sterling silver start at \$39- and rings set in 14K gold start at \$89-

Rachel Barker purchased one of Stone's rings and had this to say: "Annie used a beach stone of mine and created a wearable work of art. The ring is gorgeous and personal- it is simply lovely."

All of Stone's pieces are made with love, care, positive energy, and attention to detail, and this is exactly what Stone finds so satisfying in her work. "My work is earth centered, the ocean and all the stones are a living part of each piece of art I make. When I work with clients, I get a feel for what they are looking for and create a unique piece for them from love and joy."



ANNIE STONE. PHOTO BY PHIL STONE.



A COLLECTION OF HAND-PICKED BEACH STONES FROM AREA SHORES MADE INTO RINGS.





# Phil Stone Photography

[www.philstonephotography.com](http://www.philstonephotography.com) Phone: 207-468-3902 or email [pstone36@hotmail.com](mailto:pstone36@hotmail.com)

Phil Stone is a professional Chef living on the Southern Coast of Maine with his wife Annie. His father, Don Stone (1929-2015) was an American Impressionist painter was his biggest inspiration.

When Phil was 18, his father gave him his first camera. Phil's favorite subjects include wildlife and landscapes, particularly at sunrise and sunset. "I started shooting landscapes but seeing

the herons, owls, and eagles was awe inspiring and I was hooked on the birds. My photography gives me a creative outlet and gets me out in Maine's natural beauty. I have been fortunate to have my

work featured at Norway Savings Bank, Rachel Carson National Wildlife Refuge, The Barn Gallery, Wells Estuarine at Laudholm Farm, Footlights Theatre, Sentry Hill in York and The Village Magazine.





## York Hospital Welcomes New Medical Director of Emergency Services



Jessica Stevens, MD, MPH, York Hospital Medical Director of Emergency Services

York Hospital is pleased to announce the arrival of Jessica Stevens, MD, MPH, as Medical Director of Emergency Services, effective August 3, 2020.

Prior to joining York Hospital, Dr. Stevens has held positions in Emergency Medicine at Beth Israel Deaconess Medical Center in Boston, MA, Central Maine Medical Center, Lewiston, ME and for the past eight

years has served patients at Southern Maine Health Care's Biddeford campus.

*"We are delighted to have Dr. Stevens join our team here at York Hospital," said Jennifer Cutts, MD, chief medical officer and interim co-CEO. "Her impressive clinical skills, combined with her natural aptitude and keen interest in public health matters, make her an immediate asset to our colleagues and patients, and ultimately to all of the communities we serve."*

Earning a BS degree, summa cum laude from the University of Oregon's Honors College, Dr. Stevens was also chosen for the Undergraduate Teaching Award in Biology. She then earned a combined degree in medicine and public health at Drexel University College of Medicine in Philadelphia, PA. While writing a

master's thesis, which examined the recidivism in drug treatment at a women's substance abuse treatment center, she was also co-president of the Public Health Interest Group and worked with Physicians for Human Rights. Ultimately, Dr. Stevens moved to Boston, completing her residency in Emergency Medicine at Beth Israel Deaconess Medical Center, the teaching hospital of Harvard Medical School. Dr. Stevens is board certified by the American Board of Emergency Medicine.

The daughter of an organic chemist, Dr. Stevens' father led various projects that brought the family to many locations; she enjoyed growing up both around the United States, and overseas. Yet, they still maintained close ties to Maine, with frequent summer trips to her grandparent's home in Bangor. Three years spent in Thailand, introduced her to the concept of "access"; primarily equitable access to quality health care and education. Combined with a love

of math and science, this focus led her to a career in medicine where both play pivotal roles. Dr. Stevens offered, "Although I don't have a particularly "focused" agenda as I arrive at York Hospital, I'm very excited to support the Emergency Department in any and every way possible, while continuing the work toward finding ways to better serve our community." With a self-described "practical Maine spirit", Jessica Stevens, MD looks forward to busy and fulfilling work at York Hospital, while finding time to ride Lulu the appaloosa; hike, swim and camp with her family and three dogs, and hopefully steal a few minutes each night to continue reading *The Heart is a Lonely Hunter*, the book currently residing on her nightstand.

*If you would like more information about other York Hospital providers and services, visit their website at [www.yorkhospital.com](http://www.yorkhospital.com) or contact Community Relations at 207-351-2385 or [info@yorkhospital.com](mailto:info@yorkhospital.com). To schedule an appointment, please call the Care Access team at 207-752-8642.*

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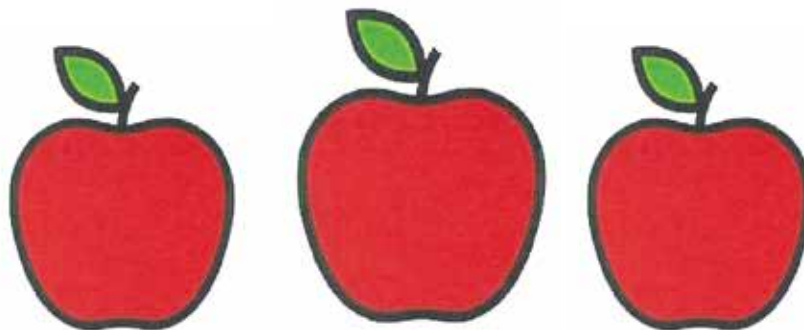
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# The Durrell Legacy

## 10 Generations Later, Descendants of the Original Durrell Settlers in the Kennebunks Still Close By.

By: Shelley Wigglesworth, Lead writer

Philip Durrell, 57, of Kennebunkport can trace his family roots in the Kennebunks back hundreds of years. He is the eighth generation of Durrell's to live in the area, and his fascinating heritage is a local legend.

Over 340 years ago, the Durrell family settled and set up a homestead on property near the banks of the Kennebunk River, where Durrell's Bridge Road is located, and is so named for his forefathers.

Leanne Hayden, Collections Manager of the Brick Store Museum

said "One of the earliest families to settle in the Kennebunks was the Durrell family, Thomas Durrell received a land grant in 1678. For generations they had several farmhouses by Durrell's bridge which was built prior to 1751. Many members of the Durrell family worked in the shipyards that once lined the Kennebunk River, or they worked on the ships."

According to records from Tom Bradbury and the Kennebunkport Conservation Trust, on August 10th, 1703, Native Americans (referred to as Indians in parts of this article, as taken from historical documents and context) carried off the first Mrs. Durrell, her two daughters Susan and



Old Durrell House 1903. The farm was located on the Arundel side of the Kennebunk River on the right side as you turn the corner from Durrell's Bridge Road to the River Road. Brick Store Museum photo.

Rachel, and two sons, Benjamin, and baby, Philip, while Mr. Durrell was away from home. The natives carried their prisoners as far as Peywacket, or Fryeburg, Maine, where Mrs. Durrell persuaded them to let her return with her infant, Phillip. One of the natives carried the baby for her to the Stone

## Poet's Glen, Longfellow Lane, Kennebunk

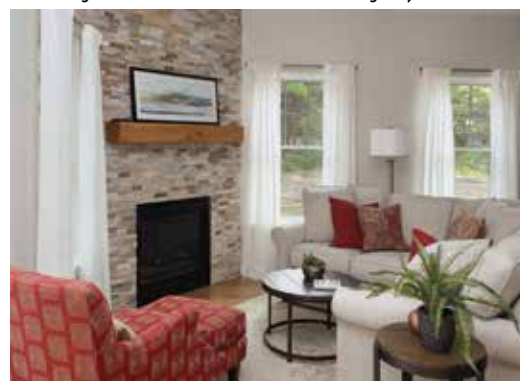
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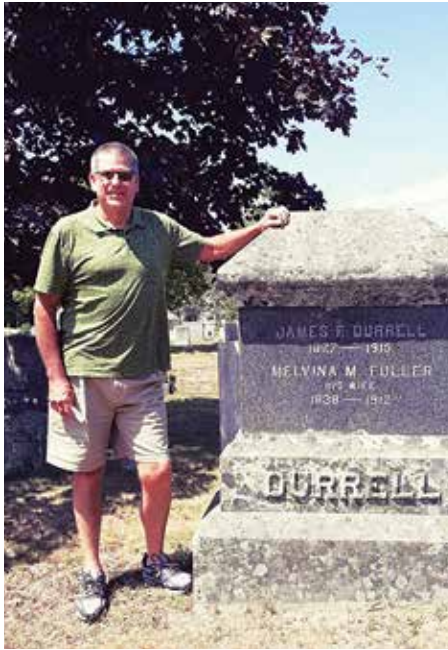
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Continued from page 22:



## The Durrell Legacy

PHILIP DURRELL  
STANDS NEAR HIS  
ANCESTOR'S  
GRAVESTONES AT  
EVERGREEN  
CEMETERY IN  
KENNEBUNK.

land and potentially in a home once occupied by his forefathers. "It's hard not to think it was just a coincidence."

Durrell, a father of two grown children and new grandfather, looks forward to sharing the rich family history with his granddaughter someday. He concluded "I'm not sure if my kids Philip (Alex) and Emileigh will be able to afford to live here, they are in neighboring towns now, which will mean the Durrell connection to the land in this area may end with me. When my granddaughter is old enough, I'd like to take her here to

land and likely the home he purchased was owned by Durrell's. "They (the original Durrell's) owned a lot of land in what is now Kennebunk, Kennebunkport and Arundel. This was when shipbuilding was big, and they were doing very well."

Durrell said he believes fate may have played a role in him living on



The 8th and 9th generations of the Durrell family. Courtesy photo.

the cemetery at least, and show her the stones of her ancestors and tell her the stories. After all, she is the 10th generation of Durrell's, no matter where she lives, and that is pretty

special."

Sources: *The History of Kennebunkport, Bradbury Pioneers on Maine Rivers, Spencer Ancient History of Kennebunk, Bourne New England Captives Carried to Canada Ancestry.com*

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# The sanguine hope of a

In the world of the COVID war, there is some good news; despite all we don't know, the virus has behaved predictably in the past 6 months, we've already learned a lot. Our experience with SARS and MERS has given us a little advance help, too. The picture provided by our prevention methods is sort of good. We truly "flatten the curve" when we wear masks, physically distance and wash our hands. Conversely, we know when people gather indoors or in large groups without masks, cases rise exponentially. We can have some control over new cases with current prevention practices.

Many, many people: scientists, politicians, government agencies, concerned citizens, in dozens of countries, are hoping and even predicting, that we will have a safe and effective coronavirus vaccine available for distribution by the end of this year. There are over 150 vaccines for COVID-19 under study right now, in labs all over the world. Several of these projects are far enough along to be in human trials (Phase 2 and Phase 3 trials). Billions of dollars have been committed to find at least one (maybe more) effective, safe vaccine, along with the means and infrastructure to be able to actually pull it off. Some production factories and now being built, even before the vaccine(s) have been approved. Some of these projects will spend millions of dollars and produce nothing useful. Of course, as in much of scientific inquiry, seeming unrelated data and information may prove highly valuable in other projects.

Things are looking a bit optimistic of being able to fulfill the predictions of a vaccine in the not-to-distant future.

**BUT**, many obstacles, uncertainties and unknowns remain !!!

There are many theories being tested to find some way to stimulate an effective human immune response to the SARS-CoV-2 virus. Many theories are being tested, for example:

- stimulating the immune system with mRNA (messengerRNA)
- This is a completely new concept.
- genetic modification of the DNA of Adenovirus (one cause of the common cold)
- recombinant Vesicular Stomatitis Virus (which infects some livestock)
- several other ideas.

These efforts are attempting to produce results in record time. The record for producing an approved vaccine goes to the Mumps vaccine. It took 4 years. The mRNA project was allowed to do preliminary human trials after only 66 days. Wow! Even though some of the new research platforms have allowed progress at breakneck speed, things still have to slow down when it comes to safety testing in humans. It may have been shown to be effective, but until it is shown to be safe, there will be no approval from the FDA. We don't know yet if any of the vaccines in studies are truly effective

## Other questions:

- If the vaccine actually produces enough antibodies, will that be enough to prevent COVID? If not, will it be enough to lessen the serious complications?

- How long will the immunity to COVID last? A recent study of naturally infected patients, indicated antibody levels tend to decline after only a few months.

- Does the immunity in survivors vary by the severity of the illness? Prior experience with other coronaviruses have shown that immunity to the coronavirus of the common cold has a very short-lived immunity. The immunity conferred by infection with SARS or MERS seems to last for years.

- We don't know if the SARS-CoV-2 virus will have the propensity to frequent mutations. If so, we may need to produce new vaccines periodically – similar to our experience with Influenza,

There are other questions, some of which haven't been thought of yet, hopefully no really big questions.

## COVID vaccine

### "Doc Talk" with Dr. Freeman

One of the known unresolved issues is the vaccine industries' ability, on a world scale, to be able to quickly produce billions of doses. It will require new factories; some are under construction now, and the vaccines for which they are being built, haven't been approved yet. What about the supply chain for materials needed – they haven't even been designed yet. Also need to develop logistical systems and legions of trained workers, some highly technical. It will require cooperation between countries, companies, scientists, politicians, often with competing interest, plus lots of money. Will all the players have the will for that kind of cooperation.

**Here's a tough question:** Once the flow of an approved vaccine starts, before there is enough for everyone, who will be the first groups to get it ???

Another question: will individual people accept the necessity of vaccination? A recent AP poll found that less than 50% of Americans plan to take the vaccine shot when it is available. There will need to be believable "proof" that "Risk VS Benefit" shows value. In order to really stop the spread of COVID, we will need to approach "herd immunity". We don't know what percentage of the population needs to be immune, either by natural infection or by vaccination, to substantially reduce the virus ability to continue smoldering – a time when the virus has no one to spread to.

Despite all the questions and concerns, we still have lots of "good news".

- Despite the heart-rending tragedies we've seen or heard about in the last 6-8 months, over 90% of people infected with COVID, fully recovered and many didn't have enough symptoms to know they had it.



Earl R. Freeman, Jr., DO | 207-967-3726 Email: efreeman.do@gmail.com | Located: Lower Village Doctor's Office 21A Western Ave, Kennebunk, ME | www.lowervillagedoc.com

- Despite all we don't know, the virus has behaved predictably in the past 6 months. We already know quite a lot.

- The data on our prevention methods shows they are worth it. Until a vaccine is here and in use, it's not like we're helpless; we have proven effective ways:

- Notably testing and contact tracing: Test, Trace and Isolate

- We have proof that we "flatten the curve" when we wear masks, physically distance and wash our hands.

- We have proof that when people gather indoors or in large groups w/o masks, cases rise exponentially.

In the midst of this uncertainty, personal loss and threat, we still need to protect some of our most precious assets: FREEDOM and PRIVACY. We've lost much of our God-given and lawful heritage of these assets in the COVID struggle. In order to be a free and prosperous country, we need to be ever vigilant to restore them to their rightful importance.

For more information please phone Earl R. Freeman, Jr., DO at 207-967-3726, email: efreeman.do@gmail.com or visit www.lowervillagedoc.com



## Letter from Director Sarah Stanley

Dear Friends,

These are challenging times for all of us, and

we hope you're in good spirits and health. Now, more than ever, our community needs us, the land needs us, and we need you! Though many of our fundraisers and programs were canceled due to COVID-19, we've implemented safety

measures that will allow some guided walks and smaller programs to continue. Preserves have remained open during the pandemic, providing comfort for all who visit as we continue to protect and steward wildlife habitat, trails, and open space. Increased trail use also means we need more resources and support. Please share our mission with friends and family and encourage them to join us in this important work!

KLT is a membership-powered organization. Thank you to our individual/family members and business sponsors who have remained dedicated to community conservation during these challenging times. The land trusts in us! In this newsletter, we share some of our exciting accomplishments

that occurred this summer thanks to folks like you!

Sincerely,

Sarah Stanley Executive Director

Visit KLT's YouTube Channel Search "Kennebunk Land Trust" on YouTube to watch aerial videos of many preserves, learn about tree identification, and more!

### Bicen'Trail'ial Challenge

To celebrate Maine's 200th anniversary, the Kennebunk Land Trust, Kennebunkport Conservation Trust, and Arundel Conservation Trust have created a Maine Bicentennial Challenge for you! As Maine forges ahead for the next two centuries, we want to recognize the history of the land we have today and all the amazing places our community has protected. Here's how it works: Visit KLT's website and find the link to the Bicen'trail'ial challenge on the homepage.

Download the map for each Trust's featured property and visit all three properties by September 22nd, 2020, The Autumn Equinox. The challenge requires you take a photo of yourself at each preserve and tag @kennebunk\_landtrust, @kportconservation, and @arundelconservation on Instagram; use the hashtag #maine200 and #bicentennial. If you do not have Instagram, please email your photos to KLT. Participants who complete the challenge will be entered into a drawing for a Bicentennial Swag Bag! The winner will be announced Friday, September 25th, 2020.

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## Are you ready to DRIVE?

The Kennebunk-Kennebunkport-Arundel Chamber invites you along for the ride! The Chamber's annual DRIVE to be the Best annual awards night will be virtual this year on Wednesday, Sept. 16. Traditionally a live event with more than 250 in attendance, the event this year it will be aired via ZOOM as a combination of live broadcast, recorded videos, serious business and serious fun, accompanied by a dinner from Destination Catering. The boxed dinner includes buttermilk fried chicken, potato salad, cole slaw and cornbread, plus a beer or cocktail from Batson River Brewing & Distilling; Boulangerie, Duffy's, Hurricane and other local restaurants will donate an assortment of desserts).

Winners of the 32 Drive to be the Best awards will be announced, followed by the Chamber's top

traditional seven annual awards: Business of the Year Award, Volunteer of the Year Award, NonProfit Business Award, President's Award, Municipal Award, Outstanding Achievement Award, and the Joel Stevens Community Spirit Award. This year the Chamber's "Rising Star" award will be given to a new business leader who has made an immediate impact in this community.

With support from DRIVE sponsor Nvest Financial Group, tickets for this event are \$25 each and include dinner with desserts will be available for drive-through pick-up before the awards. The first 100 tickets sold will have an option of a cocktail or beer from Batson River Brewing & Distilling, our cocktail sponsor. After the first 100, all guests will receive a beer.

Tickets can be purchased via GoKennebunks.com.

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## CALENDAR

### Upcoming events

**Evergreen Quilters:** Due to the current health concerns, the Evergreen Quilters will not hold their regular meeting in June. We are hopeful that meetings will resume in August. For more info, please visit our web page at <http://evergreenquiltersmaine.org/>

### AWS Kennebunk

#### Adoptions are by Appointment

Adoption appointments can be made by calling (207) 985-3244 ext. 125 between the hours of 11 am – 3 pm and you must speak to a staff member directly. If no one picks up, please do not leave a voicemail as that will not guarantee an appointment. Understand that appointments will be limited to 5 each day, as to promote social distancing. We appreciate your patience and understanding as we work to find our pets home and keep our community safe at the same time.

### RiverTree Arts



*Presented by River Tree Arts*

### LABOR DAY WEEKEND 2020

AN IN-PERSON AND VIRTUAL SHOW AND FUNDRAISER

#### River Tree Arts Small Works Fundraiser September 4 - September 7,.

Save the date for the River Tree Arts Small Works Fundraiser. This will be our biggest fundraiser of the year. The event will feature over 60 talented, local artists and over 80 pieces of art. Each piece will sell for \$125 and 100% of proceeds will benefit River Tree Arts Non-Profit Community Arts Center in Kennebunk, Maine.

There will also be a live stream auction featuring additional pieces from recognized artists. The event will be conducted primarily online starting Labor Day weekend, but we are also offering in-person previews, via reservations, for both patrons and artists. Visit [rivertreegallery.org](http://rivertreegallery.org) for details.

### Wells Chamber

#### WELLS ROTARY CLUB ANNOUNCES THEIR 21st ANNUAL "CHUCK CUMMING" MEMORIAL GOLF TOURNAMENT

The Wells Rotary Club will be hosting their 21st Annual Chuck Cumming Memorial Golf Tournament on Friday, September 25, 2020 at Old Marsh Country Club in Wells.

The event will be a "Scramble" format with the Shotgun start at 8:30am. Cost for a foursome is \$500 (individual golfer \$125) and includes greens fees, cart, goody bag, team mulligans, reception and box lunch.

The tournament is limited to 30 teams, so come and enjoy the full pleasures of play and the post-tourney celebration and fellowship (social distancing rules in place of course)! Each player will have three opportunities to win fabulous prizes from our Hole-In-One Contests. In addition, raffles and other contest opportunities will be available. Sponsorship information of all levels is also available so if you cannot join us for golf the day of the event, you can still get involved.

This golf event was started in honor of the late and memorable Rotarian Chuck Cumming who spent his long Rotary career in the service of projects which benefited our seniors and our youth.

For more information go to [www.facebook.com/WellsRotary](http://www.facebook.com/WellsRotary) or contact Tournament Chair Rick Coyne at 207-251-2119.

### Wells Reserve at Laudholm

#### Wednesday, September 2, 10am-1pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

#### Thursday, September 3, 10-11:30am

Nature Walk. Tour a variety of coastal habitats on a 1- to 2-hour walk with a Wells Reserve naturalist to discover what's happening in the ever-changing world of plants and animals. Free with site admission. Registration required at 207-646-1555 ext 110 or [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org). Wells Reserve at Laudholm, [wellsreserve.org](http://wellsreserve.org).

#### Thursday, September 3, 12-1pm

Architecture with Birds in Mind. Too many birds are killed by colliding with buildings. Hundreds

of millions die this way each year in the United States alone. In this free online talk, hosted by the Wells Reserve at Laudholm, Maine Audubon's Nick Lund will explain which building features are most dangerous to birds and what architects and homeowners can do to reduce their impact on bird migration. Nick is a Maine native, writer, and conservation professional who has built a following as "The Birdist" for his humorous and insightful musings on birding and nature. His writing has appeared in Audubon, the Washington Post, Slate, and National Geographic Online. Registration required through [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

#### Tuesday, September 8, 1-4pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

#### Friday, September 11, 2-3pm

Estuary Discoveries Walk. Take a peaceful, easy meander along the accessible trail at Harbor Park in Wells. We will learn about the value and importance of estuaries, those places where rivers meet the sea. Free. Registration required at 207-646-1555 ext 128 or [linda@wellsnerr.org](mailto:linda@wellsnerr.org). FMI [wellsreserve.org](http://wellsreserve.org).

#### Monday, September 14, 1-2pm

Lobsters and Climate Change in the Gulf of Maine. In this free webinar, research scientists Jason Goldstein and Ben Gutzler from the Wells National Estuarine Research Reserve will talk about how rapid warming in the Gulf of Maine is affecting lobsters, especially females and their young. What might warming waters mean for the future of Maine's lobster fishery? Jason and Ben will describe several projects, which include technology like datalogger backpacks, baby lobster swimming tanks, and ocean-drifting buoys. Registration required through [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

#### Wednesday, September 16, 9am-12pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

#### Friday, September 18, 2-4pm

Wonderful Weeds Walk. Those plants that are condemned, poisoned, and destroyed? They are wonderful! Come discover the benefits of weeds. For ages 10 and up. \$7/regular, \$5/member, or \$15/family plus site admission. Registration required at 207-646-1555 ext 128 or [linda@wellsnerr.org](mailto:linda@wellsnerr.org). Wells Reserve at Laudholm, [wellsreserve.org](http://wellsreserve.org).

#### Monday, September 21, 12:30-3:30pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

#### Thursday, September 24, 10am-12pm

Mushroom Discovery Walk. Alan Seamans, Maine Master Naturalist and lifelong science and nature enthusiast, reveals the diversity of mushrooms in southern Maine and the ecological role they play in the environment. \$7/regular, \$5/member, or \$15/family plus site admission. Registration required at 207-646-1555 ext 116 or [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org). Wells Reserve at Laudholm 207-646-1555 [wellsreserve.org](http://wellsreserve.org)

#### Saturday, September 26, 10am-12pm

Mushroom Discovery Walk. Alan Seamans, Maine Master Naturalist and lifelong science and nature enthusiast, reveals the diversity of mushrooms in southern Maine and the ecological role they play in the environment. \$7/regular, \$5/member, or \$15/family plus site admission. Registration required at 207-646-1555 ext 116 or [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org). Wells Reserve at Laudholm 207-646-1555 [wellsreserve.org](http://wellsreserve.org)

#### Wednesday, September 30, 9am-12pm

Kayaking on the Little River Estuary. Paddle the quiet waters of a Maine estuary, watching for wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up and some restrictions apply. \$50/regular or \$40/member plus site admission. Registration required. Wells Reserve at Laudholm, 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

**#Contacts: Scott Richardson** [editor@laudholm.org](mailto:editor@laudholm.org) 207-646-4521 ext 114



## Brick Store Museum

**Wednesday, September 23:**  
**20th Century Dinner, 6:30PM.**  
**Brick Store Museum, [www.brickstoremuseum.org](http://www.brickstoremuseum.org). In celebration of the Museum's Bicentennial programming, join the community for an 20th Century dinner!**

A catered meal exploring early 1900s-cuisine will be shared by participants (remotely!) while guests listen to a remote-broadcast concert of 20th Century music leading up to the Museum's 20th Century Saturday program on September 26. Tickets are \$35, and support the Museum's year-round educational programs. Each ticket provides one 20th Century meal, which can be picked up at the Museum on Wednesday, September 23 and taken home to eat while listening to the Museum's virtual program. **Tickets must be reserved by Friday, September 18, on [www.brickstoremuseum.org](http://www.brickstoremuseum.org).**

**Saturday, September 26:**

**20th Century Saturday Portal Opens, 12:00PM – 2:00PM.** Brick Store Museum, [www.brickstoremuseum.org](http://www.brickstoremuseum.org). In celebration of the State and Town's Bicentennials, Century Saturdays focus on one century in our region's history through guest lectures, pop-up exhibits, activities, and foodways, funded by a grant from the Maine Humanities Council. September 26th features 20th Century Saturday, which will explore Maine during the 1900s. Visitors (digitally) will hear about 20th Century culture through interviews with local citizens; view a concert of 20th Century songs by duo Monica Grabin and Dana Pearson; and view an exhibit 20th Century pieces in the Museum's collection; and take part in several at-home activities.

**For digital access and activity information, visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)**

## BICENTENNIAL VIRTUAL RACE SUPPORTS LOCAL HISTORY

**Support history education with a virtual race!**

The Bicentennial Distance Challenge is a virtual run, walk or bike that asks participants to travel an historic 7 mile distance to celebrate Maine and Kennebunk's dual Bicentennials this year, and support two local history organizations: the Brick Store Museum and the Historical Society of Wells-Ogunquit. The Bicentennial Distance Challenge is sponsored especially by Southern Maine Health Care, with additional support from Kennebunk Savings.

The virtual race allows participants to choose their race day and their course, as long as it's 7 miles. In 1820, three months after Maine became its own state, the towns of Kennebunk and Wells split to become two separate towns. Their meetinghouses sat 7 miles apart. "Originally, the Museum had planned this as part of our bicentennial celebration," Museum Director

Cynthia Walker said. "It's a great opportunity to work with our neighbors at the Historical Society to highlight our shared history in an active way. This virtual race allows for adequate distancing and health safety while encouraging our neighbors to get outside and get to know their communities."



The 7-mile distance race will feature fun prizes, donated by local businesses, including awards for fastest times; most creative course; and more. Participants can complete the entire 7 miles at once, or split up their distance over several days.

Registration for the race is \$35 per person, and \$10 for children under 16. Participants must complete their race before October 17th. Every participant receives a commemorative bib number to wear during their race; a short history of Wells and Kennebunk; race tips; and cast participant medal during the Virtual Finish Line event in October. **Registration is via [Runsignup.com](https://www.runsignup.com), and can be reached via [www.brickstoremuseum.org](http://www.brickstoremuseum.org) or <https://wellsogunquithistory.org/>.**



**SENIORS** A popular program, Senior Presentations began at Atria Kennebunk in 2007. Canceled this year but looking towards 2021. FMI: [www.blixhorses.org](http://www.blixhorses.org)

## Kennebunk Free Library

**Kennebunk Free Library Friday Afternoon Gaming** If you're looking for something fun to do with friends on Friday afternoons, join every Friday for Teen Gaming at 3 P.M. as we play JackBox! It's a fun multiplayer game that you can play from a distance, all you need is a device with internet access and before the game begins you will be given a code to log in and play along. We will meet via zoom at 3 P.M. to go over the rules and pass out the code. Here is the link, <https://networkmaine.zoom.us/j/88980582413> or check our calendar for the Zoom link! Open to all teens ages 10 and up.

**Kennebunk Free Library Teens Take Home Kits for September** Every week kits will be available to be picked either on library in person days or via curbside. Each kit will include the supplies and instructions necessary to complete the weekly project, either a craft or a fun science experiment! Every Monday we will meet via zoom to chat and complete the previous weeks project, join us here at 3 P.M. <https://networkmaine.zoom.us/j/86356573384> or see the library calendar for the zoom link. All Teens ages 10 and up are welcome! Join us for fantastic programs and spending time with friends.

For more information and to register, please call 985-2173 or visit the website [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org). 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 every two weeks with all the materials to make a craft or two. No registration required, available while supplies last! Kits will be available curbside and in the library.

For ages 2-6

- Available starting September 1: Fall Trees and Leaves
  - Available starting September 15: Apples Aplenty
- For ages 7-9
- Available starting September 1: Origami Fun
  - Available starting September 15: Tissue paper sunflowers

Stop in or visit us curbside to grab some supplies that will help you get creative!

### Public Notice of Annual Meeting of the Kennebunk Free Library Association

Public notice is hereby given to the public pursuant to the Kennebunk Free Library Association by-laws, that the annual meeting of the Association will be held on Tuesday, September 29, 2020 at 4:30 p.m. over Zoom. Boards of Trustees' meetings are typically held on the last Tuesday of the month at 7 p.m. in Hank's Room, with the exception of July and December, and they are open to the public. Through the pandemic we are conducting these meetings over Zoom at the 4:30 time slot.

For more information or to receive the meeting link, contact Library Director, Michelle K. Connors, at 985-2173 or [kfl@kennebunk.lib.me.us](mailto:kfl@kennebunk.lib.me.us).



## KW Contemporary Art presents TRANSMARINUS

A solo exhibition of work from artist Chloe Saron



ranging from her time living in Wyoming and Colorado to her travels in Southeast Asia, Australia, and Europe to her home base in Vermont and the Adirondack Mountains.

Chloe purposely blurs or 'fogs' her paintings to force the viewer to see the landscape as a whole. By eliminating tight detail, the eye is not distracted by 'this or that' in the landscape. The viewer is able to perceive

the scene as a moment. She hopes that such ambiguity enables each viewer to connect with the scene in his or her own way and pull from a personal memory- a place, a feeling, or a time.



Transmarinus represents a new collection of work from Chloe Saron inspired by the coastal landscapes. In keeping with Saron's modern romantic style these works will capture the stunning dichotomy of the ocean, it's terrible beauty and ineffable power that have captured the human imagination for generations.

For further information: Kiersten Wilcox  
207.204.0480 | [kiersten@kwcontemporaryart.com](mailto:kiersten@kwcontemporaryart.com). For more information on exhibition | [www.kwcontemporaryart.com](http://www.kwcontemporaryart.com)

KW Contemporary Art is pleased to announce their upcoming exhibition Transmarinus, a solo exhibition of work from gallery artist Chloe Saron. Saron, based in Stowe, VT, is a rising talent in the art world and this will be the first solo exhibition of her work. Contemporary Art located at 184 Port Rd, Kennebunk. **The exhibition will run thru – Sept. 7.**

Saron refers to her pieces as Modern Romantic Landscapes. Embracing her favorite part of the Romanticism movement, she aspires to experience and understand the world through emotion and feeling. Her landscapes are born from her subconscious, fusing her memory with her perception of an idealized scene. She starts each painting with only a loose sense of a specific memory and a vision of where light will reflect. The rest transcends through many fine layers and compositional arrangements.

Though subtle, some pieces have emerged with hints of the many landscapes Chloe has witnessed –



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## In-Library Browsing Hours Starting



The Kennebunk Free Library is once again opening our doors to the public for limited in-person browsing hours, beginning September 1. Because so many people have expressed a preference for curbside pickup we will also continue curbside-only service, alternating with in-person days. In-person hours will be Tuesday 4:00-8:00, Thursday 1:00-5:00, and Saturday 9:30-1:00. Curbside hours will be Monday 1:00-4:45, Wednesday 4:00-7:45, and Friday 1:00-4:45. Volunteers are available to make deliveries to homebound patrons. Call or email the library for an appointment.

The library building will be able to safely accommodate up to ten patrons at a time on a first-come, first-served basis. Visits can last up to 30 minutes. For the safety of patrons and staff, masks are required at all times inside the building.

If you are unable to wear a mask, we are happy to provide curbside service.

Though public computer use will not be available initially, we will have mobile hotspots and laptops available for checkout – for up to three days – with a KFL library card. If you have printing needs, email your document to the library and staff will print it for you.

The book drop will remain open for returns 24/7. Items from the book drop are being quarantined for 96 hours before checking in so they will stay on your account for a few days after you return them. Don't worry – we are waiving any fines that might accrue.

Interlibrary loan is going strong! You can now borrow items from most libraries in the state. Again, items are being quarantined so it might be a slightly longer wait than usual, but we are getting deliveries five days a week. Items borrowed from other libraries can be checked out for three weeks, but items that belong to KFL are checked out for four weeks to give you a little extra time.

Please feel free to call or email the library with any questions or concerns.

The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173. [www.kennebunklibrary.org](http://www.kennebunklibrary.org)

## Adopt a fun, fabulous, fascinating trio of ....

Ferrets! Willow, Tumbler and Wolf are particularly entertaining, friendly and loving ferret siblings looking to go home together! They are available for adoption at the Animal Welfare Society in Kennebunk. Adoptions are by appointment so interested adopters can call (207) 985-3244 to discuss the adoption process and learn more about the three ferrets! Check out these fun facts about our furry ferret friends:



1. The word ferret is derived from Latin and means 'little thief.'
2. A mother ferret is called a jill and a father ferret is called a hob. Baby ferrets are called kits. A litter of kits is usually 3-9 in number and they stay with their mother until at least 6-8 weeks old. Kits are blind and deaf until at least 4 weeks of age and communicate with their mother by crying loudly, which may sound like a goose honking.
3. Both males and females can be altered. A spayed female is known as a sprite and a neutered male is known as a gib.
4. A group of ferrets is called a business
5. When threatened, ferrets perform a dance of sideways and backwards hops in a hap-hazard, frenzied pattern. It is meant to scare off potential

predators.

6. Ferrets have fairly poor eyesight, but very strong senses of smell and hearing

7. Despite their high energy, ferrets sleep about 18 hours a day and are most active at dawn and dusk

8. They are incredibly entertaining house pets, known to jump and play to delight their people.

9. Ferrets are very mischievous and will hoard or secretly stash away items of importance. This could be socks, toys, keys or basically anything they can carry.

10. Domesticated ferrets have been used for rodent control for many years. The term "ferret out" refers to the practice of positioning ferrets to chase rodents (such as a rabbit or groundhog) from their burrows. With long, thin, agile bodies, they excel at this task.

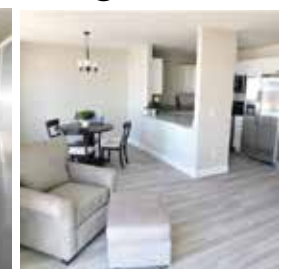
## Grand Opening—2 New Exciting Condo Projects

### Rock Pond Estates—Sanford



**Rock Pond Estates** offers duplex and stand alone condos offering 3+ bedrooms including first floor bedroom, 2 full bathrooms including guest bathroom with laundry hookup, 1 car attached garage, vinyl plank and laminate flooring, open concept kitchen or price out your own design, low condo fees, mini splits for heat & AC and some models have room over garage that can be finished for 4th bedroom or bonus room. **Starting at \$249,900.**

### Hillside Crossing—Springvale



**Hillside Crossing** offers triplex townhouse style condos offering 3 bedrooms, 2 full bathrooms on 2nd floor and well as convenient 1/2 bath on 1st floor, 1 car attached garage, galley style custom kitchen with granite with open bar area overlooking dining room, cathedral ceiling entry, vinyl plank or hardwood flooring, SS appliances, low condo fees, mini splits for heat & AC and close to everything in Springvale. **Starting at \$239,900.**

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## WELLS ROTARY CLUB TO SUPPORT UNITED WAY "TOOLS4SCHOOLS" PROGRAM

The Wells Rotary Club is pleased to announce that they will be supporting the York County United Way Tools4Schools 2020 Project. This much-needed initiative provides backpacks and supplies for children in need as they enter this very unique and historic school year.

As in years past, the United Way hopes to collect sufficient backpacks and school supplies to fill 850 backpacks in the York County region. The Wells/Ogunquit school system will be looking to provide 170 students with supplies that their families most likely would not be able to afford on their own.

To remain Covid19 compliant, United Way has established an online process so that community members can order and pay for needed supplies through their app / website. Their goal is to collect donations through August 31, 2020 as they hope to deliver backpacks by September 21st. If you would like to support this much needed initiative, please visit the United Way's school supply website at [www.roonga.com](http://www.roonga.com) or download their app "Roonga".

### About the Rotary Club of Wells

The Wells Rotary Club has a rich history as the lead on local fundraising projects such as the Wells Clock at the intersection of Routes 1 & 109, the Wells Activity

Center, Harbor Park Pavilion, Wells High School Concession Stand and the Wells Parks and Recreation Pavilion. They have doubled their charitable scholarships to the Wells High School and the York

County Community College. The Wells Rotary Club meets for breakfast every Monday at 7:30am at the York County Community College in Wells.

### About Rotary International

Rotary International is an organization of business and professional leaders united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. In more than 200 countries worldwide, approximately 1.2 million Rotarians belong to more than 32,000 Rotary clubs. The main objective of Rotary is service - in the community, in the workplace, and throughout the world. The Rotary motto is Service Above Self.

UNITED WAY OF YORK COUNTY

## Tools4Schools 2020

#LIVEUNITED

We want to provide children the tools they need to succeed in school! Through our annual Tools4Schools project, we're collecting school supplies to fill more than 1,000 backpacks for children in York County who qualify for free and reduced meals.

**How can you help?**  
By collecting and donating any of the items on the list below before early August.

**New for 2020:** Contact-free donations online! Check out the [Roonga.app](http://Roonga.app) connected with this year's supply drive. Create teams and engage employees and/or customers!



**Supplies Needed:**

• 1" 3-ring binders	• Pencil sharpener	• Markers (fat; 8- or 10-count pack)
• 1-subject spiral-bound notebooks	• Backpacks (esp. large sturdy ones for middle and high school students)	• Markers (thin; 10- or 12-count pack)
• Composition books	• Colored pencils (12-count pack)	• Erasers
• Pocket folders	• Crayons (24 count pack)	• Erasers (pencil-cap style)
• Pencils		• Glue sticks
• Pens (blue or black ink)		• 12" rulers
• Pencil pouch/box		

It's preferred that all supplies be plain, gender-neutral colors without patterns or characters


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## A SERIES OF PIECES ABOUT THE KENNEBUNK REGION'S MARITIME PAST

### #4 by Ken Daggett

# The Capture of the Brig Sarah Morrill

**I**t was estimated that between 1815 and 1822 there were 3,000 acts of piracy in the Caribbean. Not surprisingly, those involved in the shipping industry voiced concern. In 1821, Congress received a petition from the leading merchants of Massachusetts, which, along with other regional appeals, finally led to the creation of a naval force to try and deal with the problem.

Among the earliest vessels to benefit from the formation of the West India Squadron was the 204-ton brig Sarah Morrill. Named to honor the wife of her principal owner, Nahum Morrill, the Sarah Morrill slid off the ways in the early summer of 1821 and was registered at Kennebunk in July. Hailing from Wells, the brig spent her first year sailing twice to the Caribbean and once to Europe bringing molasses, sugar, coffee, and salt back to Boston.

Described as "The good brig SARAH MORRILL, burthen 200 tons, one year old," she was in Boston during the late summer of 1822 loading for New Orleans. Despite working out of Boston, there was a local connection as probable part

owner Tobias Lord, a Kennebunk native who had relocated in 1811, handled her business. After spending four weeks in port, the Sarah Morrill sailed on 3 October under the command of Captain Lord, carrying a crew of nine, two passengers, and a cargo that included lumber, fish, and beef.

The passage was uneventful until the morning of November 8th. The brig was entering the Nicholas Channel off the north coast of Cuba when around 10 A.M. the captain, crew, and passengers all noticed a schooner to the windward bearing down on them under full sail. Suspicious of the stranger's intent, Captain Lord ordered all sail set, but being a fully loaded merchantman, they could only watch helplessly as the faster vessel steadily gained; and spyglass observations soon revealed her to, indeed, be a pirate schooner.

Well aware of the plundering that was to come, everyone aboard the Sarah Morrill scrambled to prepare, donning extra clothing and hiding valuables. One of the passengers related how he "put on two shirts, and two pairs of pantaloons, vest, coat, and a new eight-dollar hat." With his wardrobe hopefully preserved, he hid his watch in the spout of the brig's pump. His efforts would have mixed results, and in the aftermath he lamented, "They took everything from me, except what I had on."

Soon, the pirate schooner was close enough for those on the Sarah Morrill to distinguish her name, the Revenge, as well as the thirty-five armed men packing her deck. Later described as a fine and "handsome coppered vessel," the Revenge measured about 80-tons and bristled with cannon, sporting a 12-pound pivot gun, four carriage guns (two long six pounders and two three pounders), as well as two swivels.

After the pirates fired a warning



*Courtesy photo resembling a 1800s Brig*

shot, the Sarah Morrill backed sail and came to a halt. A boatload of pirates armed with muskets, pistols, and sabers then boarded her, taking control and heading the brig toward Cuba. The brig's company of twelve was sealed in the forecabin, where they fretted and sweated in crowded, airless conditions exacerbated by their extra layers of clothing and the tropical heat.

However, mental anxiety trumped physical discomfort when just before midnight the prisoners felt a sudden jar as the pirates purposely ran the Sarah Morrill aground. Realizing all too well that their fate was tied to that of the brig, hope revived when the anchor was dropped only to evaporate when the cable was cut, and she continued to scrape against the shore. Then, unexpectedly, their mercurial captors ordered out the crew to tow the brig back into deeper water.

The Sarah Morrill's sailors were surprised to find they had help, and as dawn approached, it was revealed that the brig was not alone. In addition to the Revenge, two other

captured vessels, the ship William & Henry of New York and the schooner Nancy and Mary of Boston, were anchored nearby at the entrance to a large, shallow bay formed by Point Hicacos, Cuba's northernmost spit of land, and a range of small islands and cays. And providentially, just as the sun was rising, another unexpected vessel appeared just beyond a small island: the United States Schooner Alligator, part of the navy's West India Squadron.

Built in Boston specifically to combat slave traders and pirates, the 198-ton Alligator was commissioned in 1821 and after an active career off the coast of Africa had joined the West India Squadron in early 1822 where her successes continued. Armed with twelve six-pound carronades, the Alligator carried nine officers and forty-five sailors and marines, and since June had been commanded by 32-year-old Lieutenant William Howard Allen. The schooner's arrival off Point Hicacos that morning was the culmination of a series of events that had begun five days earlier.



**-Introduction Jennifer's story-**



Sturgeon Moon,.

**Inspiration** has many sources often brought on by loss, devastation and pain. It is also propelled by observing the action, often inaction of people to animal suffering and the desire to make change.

The inspiration for BlixxHorses of West Kennebunk, a 501(c)(3) educational organization, was an abused

Thoroughbred horse named Think Blue, nicknamed 'Death on 4 Legs' in 1999. In response Director Gabriela Rodriguez Quinn saw a need to inform and educate in order to increase compassion for horses in a culture driven by an industry making horses appear to be machines to be used and passed on. Blue was fortunate, loved and in great care, he found peace and died at home in 2008.

Jennifer Vickery, Director of Tomten Farm and Sanctuary in Haverhill New Hampshire had similar inspiration.

Tremendous loss propelled her to create a non profit to help horses and other animals. She courageously shares her compelling story and inspiration Sturgeon Moon, in hopes to change attitudes and misinformation about what often happens to horses when we let them go.

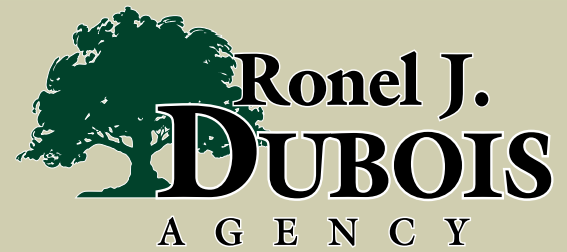
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**FMI: [www.blixxhorses.org](http://www.blixxhorses.org)**

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## Tic-Tac-Toe To-Go

### A Family Gives Back During Pandemic

By: Shelley Wigglesworth, Lead writer

At the beginning of the COVID19 pandemic in March, Sarah and Chad Hester and their 10 year old son Jackson, of Wells, wanted to do something simple to spread smiles and fun. The family came up with the idea to create TIC- TAC- TOE kits for others to enjoy now and in the future.



TIC-TAC-TOE BAGS TO-GO.

Sarah explained the process. “The three of us gather beach rocks from a friend’s private beach and bring them home to paint fun colors. We then mark the rocks with X and O and place 5 of each rock in burlap bags as kits. We leave 30-40 kits on a stand at the end of our driveway on the Wells/ Kennebunk town line each weekend.”

Hester said the game kits are free, though there is a donation jar as people began leaving money. “We love it when locals and tourist grab a bag for something fun. These are great for the beach, or while waiting at restaurants or to take as a Maine token.” She added



“We have received the most amazing notes from people about how they love the bags and have taken them back home with them to other states.”

To date the Hester’s have given away

approximately 350 kits. “That’s over 3,500 painted rocks since March,” Sarah said. The Hester family plans to make and place Tic-Tac-Toe bags out each weekend until at least the hard cold weather season.



10 YEAR OLD JACKSON HESTER, OF WELLS PAINTING BEACH ROCKS.  
PHOTOS BY SARAH HESTER

## Pinetree Institute’s Master Trainer Series Creates New Class of Community Leaders

The study of Adverse Childhood Experiences, or ACEs, is at the forefront of current research on trauma, toxic stress and their impact on disease and disorder later in life. The goal of the Pinetree Institute’s newly created Master Trainer Series is to carry the message of ACEs and the effect of toxic stress to every sector of the community, adapting the approach we take to education, health services, law enforcement, counseling, rehabilitation and social work.

Adverse Childhood Experiences are instances of abuse or neglect suffered by children which can have a negative impact on their health later in life. Repeated activation of a child’s stress response systems can create a cycle known as “toxic stress,” which impedes development and leads to negative health outcomes in the adults they become - including depression and substance use disorder. Understanding the effects of ACEs can help caregivers anticipate the needs of at-risk children, inform the way medical professionals administer care and allow ordinary citizens to be more aware and sensitive to the side

effects of trauma in our friends and neighbors.

“An informed community is a stronger community,” said Bradford C. Paige, President and CEO of Kennebunk Savings, the series’ sponsor. “The Master Trainer Series is meant for local stakeholders and engaged citizens – to provide them with the latest research, put it into the context of the struggles our communities face, and empower them to move us forward.”

Kennebunk Savings’ Spotlight Fund was created in 2016 to focus a dedicated portion of the bank’s charitable giving toward a critical community issue – in this case, substance use disorder. In 2020, the bank has committed to donating \$150,000 for programs aimed at community education and barrier reduction for those in recovery. Fostering a wider understanding of ACEs is a significant aspect of that plan. “Community education is critical,” said Dr. Larry McCullough, the Pinetree Institute’s founder. “We want to tell everybody we can, and then we want them to tell everybody else.”

The initial class of 30 Master Trainers was selected from nominated educators, mental health professionals, law enforcement officers, justice system personnel, medical professionals, and others working with individuals and families impacted by ACEs. The virtual initiative begins September 10, 2020 with an orientation, followed by three day-long sessions conducted by Dr. Rob Anda, one of the authors of the original ACEs research, and Laura Porter, a leader in the field of community implementation. The newly minted

Master Trainers will then be tracked for three years as they conduct their own trainings and work to further the message of ACEs and their impact throughout their organizations and surrounding communities. A second wave of “Community Champions” will be trained by the Pinetree Institute in the coming months.

For more information please visit [pinetreeinstitute.org](http://pinetreeinstitute.org).

Pinetree Institute: [jennifer@pinetreeinstitute.org](mailto:jennifer@pinetreeinstitute.org)  
Kennebunk Savings:  
[jennifer.radel@kennebunksavings.com](mailto:jennifer.radel@kennebunksavings.com)



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# Teaching, Learning and Growing During a Pandemic-Educators Articulate

**RSU 21 is preparing for the 2020-2021 school year to start on September 8th. Art LeBlanc, Board Chair, RSU21 said in a statement to the Village "Our hybrid plan represents a starting point for our September 8th return to school. The school board has approved three distinct plans allowing Dr. Cooper and RSU21 administration the flexibility to adapt between these plans as conditions permit following guidance from and maintaining compliance with the Maine Department of Education (DOE), Maine Center for Disease Control (CDC), and the Governor's office."**

By: Shelley Wigglesworth, Lead writer

We spoke with teachers and school counselors with ties to our community to learn how the COVID19 global health pandemic has impacted their students, their way of teaching, learning and growing together with students, staff and families. An honest, candid conversation with professional educators which we hope will shed light on some of the challenges families with children returning to school will face.

Emily Valentino is a Middle School Science and Math Teacher at St James Catholic School in Biddeford, Maine.

*"This school year is going to be challenging for teachers and parents, but we need to continue to work together for each child's education. It won't be like it was in February before the shutdown - it's going to feel and look different."*

She explained preliminary plans at St James. "One of the things we are doing at St James is communicating with our students before the first day of school. We have sent out newsletters showing the students what the room looks like, as well as videos with some of the new protocols and procedures we will be following. Teachers are also setting up a video meeting with students and parents so that we may

answer any questions and talk about any concerns before they step into the school on the first day. Teachers will also be inviting students into the classroom and school to see things as well. I think transparency is key in reducing any anxiety and will make for a smoother transition into this new school year." Teaching in creative ways is more important than ever this school year, and Valentino said one thing she plans to do is to "look for any opportunity to have classes outside."

Alicia Simino, formerly of Kennebunk, is a 4th Grade teacher at Bluff Elementary School in Claremont, NH. She has been teaching for 10 years.

"Last March when Governor Sununu cancelled school for the remainder of the school year, my heart broke. For the past 20 years Bluff 4th Graders have visited the White Mountains in June. Every child gets to see the spectacular views for two days and to enjoy nature and all that the state of NH has to offer in the mountains. Students go to the top of Mt. Washington via the Cog Railway, visit the Flume, ride the Tram to the top of Cannon Mountain and then do some hiking, and visit Lost River Gorge to explore the caves and challenge themselves to go through each and every cave. Students and teachers stay overnight at Indian Head Resort in quaint little cabins while



Nicole Breton is a former school counselor at Kennebunk Elementary School, and is now a school counselor at Waterboro Elementary School.

Nicole Breton is a former school counselor at Kennebunk Elementary School, and is now a school counselor at Waterboro Elementary School. A former Kindergarten teacher, she is also a MESCA (Maine School Counselor Association) board member. Breton holds specialist certificates in Anxiety and Stress Management, Bullying Prevention, Grief and Loss, Trauma and Crisis and is currently working on becoming a students with Special Needs Specialist.

"As a School Counselor, my responsibility is to promote academic, career and social/emotional development for

all students. This job is my calling. I'm particularly passionate about SEL (Social/Emotional learning) and MTSS-B (Multi-Tier System of Supports - Behavior).

As we all try to navigate the uncertainty of this global pandemic, we will never all agree on the decisions about wearing a mask, whether schools should open or not, etc. What we should agree on, is how we treat and support one another, no matter what our personal opinions are. What our reality looks like might be very different from what we expect and what we understand, but just because something is different and unfamiliar does not mean that it is invalid."

She added "We cannot blame the teachers, the administrators, or the school boards. They have been placed in an impossible situation. That being said, the pandemic is giving school counselors and schools an opportunity to implement and take advantage of Social/Emotional learning. SEL is the foundation and the heartbeat of the classroom. SEL is how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships and make responsible decisions."

having a pizza party, an all you can eat breakfast buffet along with a pool party. In short, this is a trip of a lifetime for our students at Bluff Elementary School." This year, that trip, which is paid for by an anonymous donor and staff members and parents of Bluff School never happened.

Simino explained "All the children build teamwork and trust with each other throughout the school year leading up to this trip. They learn about the locations before the trip so that once on the trip they can answer questions and see and touch what they've learned about all year. For many children in Claremont this is the only time they've left their town, many have never been to a resort, and many have never been on the summit of Mt. Washington. This trip changes the way kids think about the wild outdoors and hopefully leaves an impact on them that they'll remember for the rest of their lives."

Simino hopes the trip will be able to take place next year, but knows that the missed trip for 4th graders this year could have made all the difference in the world to some students, something not always considered when it comes to the silent impact and trickle -down effect of the pandemic.





Bluff Elementary School teacher Alicia Simino with fourth graders.

Breton believes applying a school-wide approach to social and emotional learning to re-start planning for fall is imperative. “At Waterboro we plan on making positive phone calls home, having conversations with students while sending out a traditional online survey to understand their experiences with the school closures

and economic changes. Our conversations will include open-ended questions about where the students and families are at with social, emotional, and mental health. We are also on the Dr. Marc Brackett train and his mission, ‘to educate the world about the value of emotions and



Emily Valentino is a Middle School Science and Math Teacher at St James Catholic School in Biddeford, Maine.

the skills associated with using them wisely.’ It’s about connecting everyone and helping them feel safe and secure before we get to the academics.”

Breton also said there is work that

can be done around relationship skills and how to talk to each other. “It’s more important than ever right now. If we neglect this opportunity, we will not be equipped to meet the nuanced needs of all our students for the future. My role and my responsibility as an educator is the same. I want to create that safe space for students to talk through their fears and apprehensions. The focus, (as always), is connection, community, and relationships. It is important to normalize emotions and give students creative ways to cope with what’s happening around us.” Breton said we can do this by: “Implementing check-ins, community circles, greetings and sharing, to help to create a sense of security and routine for students in a space that may feel new and scary. Social and emotional support doesn’t and shouldn’t stop with students. Staff connection, empathy and support is just as important as what we need to do for our student in this crisis.” She concluded “We’re all facing days with a lot of ups and downs. It’s important to stay connected in whatever way works for you. Don’t be afraid to ask questions or reach out to your school counselor.”



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# Fall back into your Healthy Habits

By Heather Evans, Guest writer

As we head into the fall season, the sun will begin to rise later and nightfall comes sooner. The air will become less humid and the heat more tolerable. Summer in Maine is wonderful, but Autumn in Maine is even better. As we progress out of the busy summer season, things start to slow down, but that doesn't mean you should! Use this cooling season to honor your body and your mind and take extra good care of yourself.

This year has been atypical to say the least, if you are one of the many people who have become disengaged from your typical exercise routine, it is time to reignite the fire within you! Fall is a beautiful time to be outdoors enjoying nature, fresh air and the beautiful foliage, but it is also a time to begin to think introspectively. What does your body need more of as we head into the new season?

With changing seasons come changing expectations for health,

activity, and lifestyle. Start carving out time everyday to work on your mental health. This could be done through physical exercise, positive self-talk, meditation, journaling, getting back into a healthy routine, etc. Also, start looking to get back into safe group exercise.

As the colder months approach, you want to start setting up a social scene that is conducive to your health and continued safety. Look for facilities that have private areas for training, classes that honor social distancing, or gyms that are following all state guidelines. At Quest Fitness, we have two private training studios designated for personal private training. We also enforce social distancing and have 40+ group fitness classes held outdoors covering a large variety of training styles!

As the days get shorter, us New Englanders can feel a sense of being down. Combat this by spending time outside whenever possible and by setting

**Start your  
September off  
strong!  
Resume your  
HEALTH QUEST  
today.**

targets for yourself to hit throughout the next few weeks!

A great place to start is with goal setting. No matter how big or small your goals are, there is a trick to goal setting. You want to make sure your goal is a SMART one. S-specific: what exactly is it that you want to achieve? M-measurable: how will you know when the goal has been achieved? A-achievable: is your goal challenging - yet still attainable? R-relevant: is this goal aligned with your values and should it be a priority right now? T-timely: every goal needs a target date. At what point will you know if your goal has been completed?

Once you have a goal and have answered these five questions regarding your goal, it is time to get to work! Create an outline for the next week/month/year with target dates related to your goal. Hold yourself accountable - or ask a friend or family member to

set a goal of their own and periodically check in with one another on your progress! Don't wait until the New Year or the next time you feel ready, because there will always be a reason to postpone moving forward. Start today! You don't need to be perfect, you are allowed to make mistakes along the way, and the sooner you start the sooner that goal will be achieved.

Our staff of personal trainers at Quest Fitness are always available to provide support when it comes to your health objectives. Start by talking aloud about your goals to get them out of the abstract mind and make them real! Our trainers are knowledgeable in the SMART goals method and are skilled at helping you succeed. When individuals work with fitness professionals to achieve their lifestyle and fitness goals, the results are able to come around full circle. Start your September off strong! Resume your health quest today.

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## 48 Riverwynde Drive, Arundel \$469,000

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