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2020

The Kennebunk Village

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Sand WITCHES
of the Kennebunks

Tales from the Archives
Women's Suffrage Victory

Tips on Connecting with
Spirit

The
Montgomery
Witches

A Quick Guide to a
Happier & More Productive Life

Maine's premier monthly magazine serving: York County

www.thekennebunkvillage.com

PUBLISHER

Gina Martel

VP, FINANCE

Steve Martel

LEAD WRITER

Shelley Wigglesworth

DIRECTOR OF SALES

Joyce Robillard

VILLAGE CONTRIBUTORS

Casey Clark • Ken Daggett • John Forssen

Leanne Hayden • Heather Evans

On the Cover



Sand Witches of the Kennebunks: Rosane Hirschy, Heather Burke, Kim Noble, Colleen Osselaer, Diane Carr, Maureen Adams, Julie Ann LaBouve.

Photo by Paul LaBouve: For story and more photos see page 5

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For advertising, information, questions, or comments please call: 207.467.5368 Or email: kennebunkvillage@gmail.com

The Village welcomes letters, briefs & suggestions. Email: info4thevillage@gmail.com. P.O. Box 682 Kennebunk, Me. 04043



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Current listings and homes recently sold by our team.



\$1,350,000
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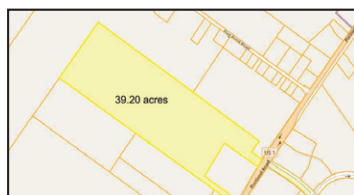
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\$505,000
 47 Maine St, Unit 4, Kennebunkport, ME

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\$600,000
 Lot 3A, Portland Rd, Saco, ME



\$1,000,000
 Lot 4, Portland Rd, Saco, ME

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Lot 3A - This opportunity zone parcel is split in half with the front in the B-6 business zone and the rear, I-1 industrial zone. So, a wide variety of business uses are possible, including heavy industry.

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\$675,000
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UNDER CONTRACT
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This information has been assembled from various sources of varying degrees of reliability. Any information that is critical to your buying decision should be independently verified.

Tales from the Archives

By, Leanne Hayden, Collections Manager
BRICK STORE MUSEUM, 117 Main Street | Kennebunk,

Women's Suffrage Victory in Kennebunk

Women in Kennebunk voted for the first time on September 13th 1920 when Maine held its elections for statewide and congressional offices. Maine had a tradition of holding this vote in September due to warmer weather and Maine's early harvest. Two months later women cast their ballot for the first time in the Presidential election helping secure a win for Warren G. Harding and his running mate, Calvin Coolidge.

For those involved in the suffrage movement, that day in September was the culmination of years of hard work and sacrifices. Like many states in New England, Maine was a place of early suffrage activity. At least 28 times between 1854 and 1919, women petitioned the Maine Legislature for the right to vote. While the passage of the 19th amendment was a historic victory, it was not without its detractors. There was plenty of opposition to the idea of women voting from both men and women. Anti-suffragists were worried voting rights would make the country more unstable by unraveling the family dynamic. The Eastern Star reported after that first election that, "Members of the Republican town committee and ballot clerks were very much surprised

at the number of women who expressed to them confidentially that they really did not want to vote and were sorry that equal suffrage had been granted."

On September 13th, 384 women registered to vote in Kennebunk and 280 voted. Although there were many husbands that escorted their wives to the polling place, there were just as many that would not allow it. One man in Saco refused to drive his wife to the polls so she got a friend to driver her in their automobile. In Kennebunk, women arrived early at the polls. The day began with the town clerk casting the first ballot,



then he stepped aside to permit a woman the distinction of voting next. Instead, two men, Oliver Hutchins and A. W. Bragdon, passed behind the rail to enter the booths before the first woman could even approach the gate.

Not at all deterred, Mrs. Josephine

Pollard, who was also the first woman to register to vote in Kennebunk along with Mrs. Carrie Emmons became the first women to cast their ballot. The next women in line were Mrs. Bessie Waterhouse, Miss Mary English, Mrs. May Dwight, Mrs. Sylvia Cousins, Mrs.

Ellen Allen, Mrs. Lucinda Dane, Mrs. Annie Russell and Mrs. Alice Smith. After voting, all of these women and many more worked the polling station instructing women on how to vote although very few women had to be told what to do. Two other women, Mrs. Cora Spencer and her daughter, Mrs. Myrtle Tomlinson, helped women get to the polls by picking them up in their automobile.

The Eastern Star reported, "Naturally there were instances where the new voters appeared confused and made mistakes. The greater number, however, had studied the ballot printed in the Star and knew how to mark them to express their opinions." The article went on to describe a few incidents at the polling station such as when one woman, "slapped her ballots down on the box with much force because she had to give her name the second time. She said it had been given at the first gate and she guessed that was enough. Or when a business woman after entering to vote opened the door and asked if she could consult her minister as to how to mark her ballots. He was in the adjoining booth. When informed that an official would give her information, she evidently

Continue to page 7

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Sand Witches of the Kennebunks:

GOOD WITCHES | GOOD DEEDS

By: Shelley Wigglesworth, Lead writer.

Although Sand Witches are present in the community year-round, offering good deeds and a bit of magic when most needed and least expected, October is the month where they really shine.

It all started four years ago around Halloween, when Julie Ann LaBouve of Kennebunkport asked six of her friends to join her on Colony Beach in Kennebunkport dressed in witch attire for a light hearted photo she would call "Sand Witches."

Shortly after the photo shoot, LaBouve's friend, Kim Noble shared a story of a young boy in the hospital

with a wish for Halloween cards. In return, LaBouve sent the child a card with some stickers and a photo from the "witches" on the beach. From this simple, yet meaningful holiday gesture, LaBouve said an idea was born. She asked her group of friendly witches, "What else could we do as 'witches', to bring a little positive magic to people in need in our community?"

The posse of good witches wasted no time working together to create a grass roots organization with a mission to raise awareness, volunteer,



Sand Witches at the beach in 2019. Photo by, Paul LaBouve

and collect donations to benefit local charity and community outreach organizations already in place- and this is how Sand Witches of the Kennebunks was born.

The all-women organization soon grew to 50 witches strong, and together they are a powerful force ensuring the magic continues without missing a beat, steadily touching the lives and hearts of hundreds, if not thousands in the community.

LaBouve elaborated "Most recently, we were honored to help organize a fundraiser for Grahamstastic Connection, a nonprofit that provides free technology to children with cancer and other serious illnesses for educational purposes. We participated in an "Above Board" fundraiser to battle the opioid addiction crisis and create a recovery coach training program. Together, we raised enough funds to sponsor



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View from above of Sand Witches at the Beach. Photo by, C.A. Smith Photography



Sand Witches at the Grahamtastic Croquet Tournament. Photo by, Bob Dennis.



Sand Witches at the Annual Hat Parade. Photo by, Bob Dennis.

three coaches. We also collaborate with many community organizations such as the Arundel Conservation Trust, Ben's Fight, Center for Wildlife, COS, CS3, Kennebunk Rotary, Kennebunkport Festival, the Red Cross, and Special Surfers. Our amazing group of women hail from Kennebunkport, Kennebunk, Arundel, Wells, Cape Neddick and York."

Leslie Morissette, Executive Director Grahamtastic Connection said "Last summer the Sand Witches hosted a Croquet Tournament to help support our work of providing free technology to children with cancer and other serious illnesses. Their event, which they all carefully planned and organized for us, raised

over \$20,000 for our non-profit! What was extra special for our Grahamtastic team who attended their tournament was to personally meet all the Sand Witches during their fun and successful event. The Sand Witches are extremely kind and generous women all focused on making a positive difference for those less fortunate. I'm sure I speak for the many non-profits that have been recipients of their generosity, our community is very fortunate to have them."

The COVID19 pandemic hasn't put a damper on these good witches either. "Even though we have not been able to gather and support our community as we normally do, we

have been busy doing good deeds as best we can. We have stayed connected to each other, and the

community, by volunteering time, giving blood, collecting donations and supporting our local businesses," LaBouve said. She concluded "I'm beyond thrilled at how we've come together and evolved. These women are dynamic, kind and generous souls. We are a group of friends, old and new – we inspire, encourage and love each other and our community. We bring out the best in each other. We have fun together. We pull together when times are tough. We get things done. We are not sisters by blood, but sisters by spirit."

FMI on Sand Witches of the Kennebunks: www.facebook.com/SandWitchesoftheKennebunks



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became suspicious and went it alone. All in all, the women voted in an intelligent and business like manner."

For every woman that felt uncomfortable at the idea of voting there was also someone like Alice Hill who recently had her foot amputated at a Portland Hospital. She had someone drive her to the polling place where she requested that a ballot be brought to the automobile so she could vote but when that was denied, some of the officials lifted her to a chair and carried her to a booth where she marked her ballot.

There was also Mrs. Johanna Perkins of Alfred, formerly of Kennebunk. She was born May 8 1822 and was the oldest woman to vote. She voted in the state election and again in the presidential election for Harding and Coolidge. When asked why she voted Republican, Mrs. Perkins explained that "she was an admirer of President Wilson until he went to France without selecting a number of the ablest men in the two great parties to act with him in the matter of the peace treaty and League of Nations. She says she cannot approve of a one-man country or a small group of men with what she considers a selfish and arrogant spirit attempting to boss the affairs of a great nation. In Harding

and Coolidge she sees a different type of manhood."

As with any great social change, the reality of the 19th Amendment was a complicated one. Many wanted voting rights to be decided by states, rather than the federal government — leaving it up to the states to regulate suffrage and potentially exclude on the basis of race or class. In the end, it was up to states to change the administration of the elections which led to disenfranchisement of black people especially in the South. From the beginning, black women were distanced from the suffrage movement intentionally, to keep the support of many white women in southern states. Many states employed tactics such as poll taxes, white-only primaries, and literacy tests to prevent minorities from voting. Native Americans were not classified as citizens until 1924, and those in Maine were not citizens until 1954 so could not vote.

In many respects, the ratification of the 19th amendment was symbolic and just one victory in the long struggle still being fought to this day for the rights of marginalized communities. For those 280 Kennebunk women that exercised their right to vote on September 13th 1920, it was milestone moment of empowerment.





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Readers Share Their Favorite Pumpkin Recipes



Robert Philbrick's favorite Pumpkin Chiffon Pie Recipe from Ruth Wakefield's Toll House Cookbook. Philbrick is a native to Kennebunkport.

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Pastries and Pies

PUMPKIN CHIFFON PIE

Bake	1/4 teaspoon nutmeg
1 9-inch shell of Plain Pastry.	1 teaspoon cinnamon
Place in top of double boiler	2 tablespoons melted butter.
1 cup steamed, strained fresh or canned pumpkin. Cook 10 minutes, stirring occasionally. Combine	Cook until of custard consistency. Remove from heat. Add
3 egg yolks, beaten	1 tablespoon gelatin softened in 1/4 cup cold water. Stir until dissolved. Chill. when mixture begins to congeal fold in
1/2 cup sugar	4 egg whites, beaten stiff, with 1/2 cup sugar, gradually beaten in
1 cup milk. Stir into pumpkin. Add	
1/2 teaspoon salt	
1/2 teaspoon ginger	

Turn into baked pastry shell. Chill. At serving time, spread with whipped cream. Sprinkle with candied ginger. Or spread with cream cheese delicately flavored with Roquefort cheese.



Baked Stuffed Pumpkin Recipe by: Dorie Greenspan featured in her cookbook *Around My French Table*. A favorite of Effie Van Wyck, West Kennebunk

1 pumpkin, about 3 pounds

Salt and freshly ground pepper

1/4 pound stale bread, thinly sliced and cut into 1/2-inch chunks

1/4 pound favorite cheese (cheddar works well) cut into 1/2-inch chunks

2-4 garlic cloves -split, germ removed, and coarsely chopped

4 strips bacon, cooked until crisp, drained, and chopped

1/4 cup chives or sliced scallions

1 tablespoon minced fresh thyme

1/3 cup heavy cream

Pinch of freshly grated nutmeg

Center a rack in the oven and preheat the oven to 350 degrees. Line a baking sheet with a silicone baking mat or parchment paper.

Using a very sturdy knife cut a cap out of the top of the pumpkin. Cut off enough of the top to make it easy for you to work inside the pumpkin. Clear away the seeds and strings from the cap and from inside the pumpkin. Season the inside of the pumpkin generously with salt and pepper, and put it on the baking sheet. Toss the bread, cheese, garlic, bacon, and herbs together in a bowl. Pack the mix into the pumpkin. The pumpkin should be well filled. Stir the cream with the nutmeg and some salt and pepper and pour it into the pumpkin.

Put the cap in place and bake the pumpkin for about 2 hours, checking after 90 minutes — or until everything inside the pumpkin is bubbling and the flesh of the pumpkin is tender enough to be pierced easily with the tip of a knife.

When the pumpkin is ready, carefully, bring it to the table or transfer it to a platter that you'll bring to the table. Cut wedges of the pumpkin and filling and serve.



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For more info Check our Website Coastal Maine Scooter Rentals, or call us at (207) 204-0734.

Enjoy our guided tours this Fall Season: Franciscan Monastery

The St. Anthony Franciscan Monastery is one of the most serene and scenic locations in Kennebunkport. It's an active Monastery that has been in continuous operation since the land was purchased by Lithuanian Friars in 1947. Now, the site is open to the public for mass, as a retreat center, or simply for a beautiful walk through the well-kept paths that crisscross the land. On the tour, you will become acquainted

with St. Anthony, the patron Saint of the Monastery, and the unusual circumstances surrounding his burial and the later analysis of his remains. St. Anne's Episcopal Church

This amazing stone church was constructed in 1887 using stones gathered from around the site. It now stands as an active church, and one of the most sought-after wedding locations in Kennebunkport. The Bush family attends services here, and the church has a distinguished history of over 100 years of use with only minimal restorations. On the tour, you will become acquainted with St. Ann, grandmother of Jesus Christ, and her relevance to the Christian faith.

Walker's Point

This prominent peninsula that juts out into the middle of Kennebunkport's rolling waves is, almost without comparison, one of the most well-known and frequently visited locations in town. Home to the Bush family since 1902, the house has been the center of national attention as the summer home of choice for not just one, but two Presidents. You will learn about the fantastic history of the peninsula itself, as well as the family that calls it home, and you will come to understand the impact that the Bushes have had on this otherwise small and unassuming town.

The Cape Porpoise Pier

The pier at Cape Porpoise is a truly fantastic location, surrounded by the ocean and boasting an incredible view of the Goat Island Lighthouse. Cape Porpoise, the original English settlement of Kennebunkport, has been almost continually inhabited since the 1620's. The Goat Island Lighthouse which can be easily seen from the pier, has been in operation since 1833, and it had a keeper until 1990, making it the last station in Maine to avoid automation. On the tour, you will learn the history of the Lighthouse and its relevance to the town's inhabitants, and experience the thrill of the ghost story that accompanies its tale.



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Become a Friend of the Kennebunk Free Library- “Be a Friend, Make a Friend”

By: Shelley Wigglesworth, Lead writer

The Friends of the KFL was founded in 1993 with a mission to support the mission of the Kennebunk Free Library and to create and maintain an active membership of library supporters by assisting the library in fundraising and to promote understanding and appreciation of the library in the community.

They began with a membership drive, a raffle of a painting and book/bake/treasure sales for the year raising \$1,100-. They also successfully advocated for a special bond that funded an addition to the library, more than doubling the library space.

Over the next few years, membership and fundraising increased. In 1996, \$4,800- was raised to support KFL programs and to purchase equipment and materials. In 1998 the Friends of the KFL provided their support to make the first KFL Road Race the success it has grown to today. By the year 2004 the group managed to raise \$10,581- for the



Courtesy photos from the KFL.

library over the course of a year.

In recent years, the group revised by-laws under the directorship of Jill LeMay and past Presidents Lora Kline and Deb Redding-Sampson and become a more active and organized group under current library director Michelle Connors. The group is incorporated as a standing committee under KFL, although with their own bank account. In the year 2019 over \$5,000- was raised from book sales alone. Other than fundraising, they underwrite special library programs for children and adults, assist in maintaining, improving, and enlarging library resources and services, and work on grant gifts to the Library along with organizing and executing the quarterly book/bake sales



and promoting the ongoing, year-round inside book sale.

Deb Redding-Sampson, member of the Friends of the Kennebunk Free Library said the group is always open to new members “Anyone who is a library patron can become a Friend

of KFL. Modest membership dues go towards the many projects and programs that promote and support the library and its services. Friends of the KFL help with book sales, book sorting, bake sales, and other library volunteer tasks. Pre-pandemic, the Friends of the KFL had around 60 members. New membership and current membership renewal is happening now.” Donna Gomez, President of the Friends of the KFL said it is a both a treasure and a pleasure to be a part of Friends of the KFL. She said it is a common ground where “friendships

are forged, a sense of accomplishment is earned, and your fondness for this town treasure is deepened.” She added

“Joining the Friends is easy and cost-friendly at \$5, through the library’s website <https://kennebunklibrary.org/aboutfriends.asp> or by calling the library at 207-985-2173.”

Money raised by the Friends of the KFL does a lot of good for the community.

Examples from 2019-2020 include:

- Funding for the OverDrive program to enhance library’s digital collection during shutdown.
- Funding for the annual April Children’s concert in conjunction with National Week of the Young Child .
- Purchasing of annual membership passes to local places such as the Brick Store Museum and Seashore Trolley Museum.
- Donation of funds towards new children’s room bookshelves.
- A telescope was purchased for patron use.
- Funding for purchasing of large print books.
- Purchase of a bicentennial flag for the library.
- Maintaining of curbside plantings.



SAMANTHA KING, DMD

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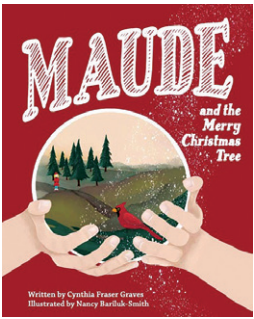


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Maude and The Merry Christmas Tree



There's a new kid in town. As the leaves of Fall turn and the temperatures dip, Christmas is not too far ahead, and we turn

to the celebration of the festive season. Maude and The Merry Christmas Tree, a delightful new, Maine based Christmas story for children (and adults) has been released by Cynthia Fraser Graves (author) and Nancy Bariluk-Smith (illustrator), both residents of West K. In this beautifully illustrated tale, Maude, a young girl living in the world of the 1950's, goes into the Maine woods to find and mark her Christmas tree just as an unannounced snowstorm arrives and her way home is lost. Maude and The Merry Christmas Tree is now available on Amazon and Ingram Spark, and will soon be seen in local shops. For more information contact The ART CO-OP at 207-502-7118 and on Facebook at Androscoggin Press

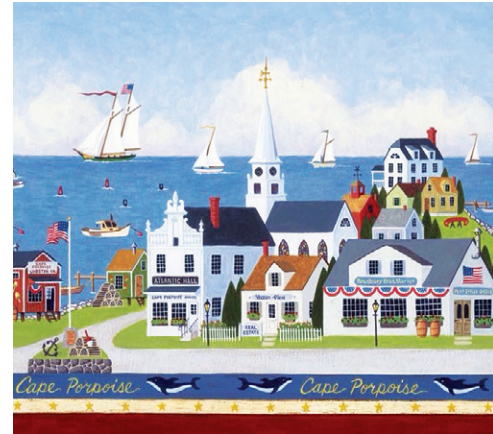
Meet the illustrator and writer:

Nancy Bariluk-Smith, Illustrator Nancy's adventurous nature has taken her on backpacking journeys to Australia, New Zealand, and rural Alaska. Her lifelong passions revolve around color, nature, texture, and design. Nancy's latest endeavor is children's book illustration. She blends her unique images with the playful nature of childhood perspectives. In Maude and the Merry Christmas Tree, Nancy has hidden birds throughout the story for children to find. Nancy is a flourishing artist from Kennebunk, Maine. Learn more at NewBeginningsMaine.com.

Cynthia Fraser Graves, Writer Cynthia is an accomplished writer, with published works including her latest novel Dusk On Route 1; a memoir, Never Count Crow: Love and Loss in Kennebunk, Maine; an extensive poetry collection; and A Year With Henry: A Twenty-first Century Blog. In Maude and the Merry Christmas Tree, Cynthia reaches back to her childhood in Rumford, Maine-days absent of technology and the complications of the modern world. Learn more at lCynthiaFraserGraves.com.

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A Quick Guide to a Happier and More Productive Life

As Autumn wraps its chilling arms around our cozy little community here in southern Maine, it is important to stay positive and active. I would like to share with you a practice I have committed to for the past year that has had incredible benefits on my mental, physical and emotional health!

I call this practice my morning ritual, mind you this doesn't have to be religious or spiritual, it can be whatever you want it to be. I am going to walk you through my morning routine and steps to creating a routine that works for you - emphasis on you!

First off is finding a space. This space must be one that you find comforting and tranquil. This space may only exist for the allotted time you carve out for your ritual, but it is important the space feels like your own and that it is free from interruptions if possible.

Once you find a space, it is time to make it your own. Surround yourself with things that bring you happiness and security. Pictures of loved ones, a candle you love the scent of, trinkets that remind you of special trips or moments, art, quotes, plants, anything that makes the space feel like a representation of you when you are feeling your very best. Lastly, be sure to leave a journal in this place.

Now that you have created a beautiful place for self reflection, it is time to utilize it! This is where your imagination can take over. Your ritual must be meaningful to you, so it may take some time to develop the perfect routine. Here is a guide that can help get you started:

I like to begin my morning ritual by lighting a candle, this indicates to me that the ritual has begun. Next I close my eyes and begin to internally ask myself some questions, assessing how my mind and body are feeling at this specific moment.

What am I enduring? This question boils down to, what am I struggling with right now. What is alive in me; is there some thought or worry that keeps jumping to the front of my mind? If so I seek to understand this entity. Listen. Observe. Pass no judgement. This may take 30 seconds, or it may last a few minutes.

What do I need? This can either build from the previous question or stand alone. If the thing that I am enduring is a physical thing, what tools do I need to move forward? If I am not enduring anything in particular, this question may be answered more literally. Answer with honesty and unconditional love to the mind and body.

What is beginning for me?

This is my time to investigate any new relationships, work projects, opportunities, personal goals, etc. You are never too old or too young to start something new, this may also be a time where you think about what you would like to begin doing, and make an action plan. This is your chance to reflect and prioritize.

What do I need to let go of? Life is filled with ups and downs, beginnings and endings, shame and honor. Reflect on the past few days or weeks and think about something that you feel you have grown away from, it is time to let go.

Once you answer your version of these questions, just sit in silence for a few more moments. You could call this meditating or just relaxing. Spend any amount of time here that feels reasonable. One day might be just a few moments, another day may be minutes. Next I encourage you to journal. Journaling can be writing a short narrative on your thoughts and findings, bullet points, paragraphs, or just a few words that you think represent you in that moment. Following your journaling, make a list of what you hope to accomplish throughout the day.

Once I feel ready, I blow out my



Column by: Heather Evans
Personal Trainer @ Quest Fitness

candle indicating the ritual has ended. Last but certainly not least: move! I do something that I enjoy. Dance, run, jump, exercise, swim, practice Tai Chi or Yoga. It doesn't have to be graceful or impressive, simply move the body!

The most important aspect to your daily routine, is the idea of practicing self appreciation. Carve out a few moments to take care of yourself and express gratitude for your body. You can not take care of others until you are able to care for yourself. Practice positive self talk and feeling comfortable in your skin. I hope this can offer some guidance to cultivating a healthy and happy life! The light in me honors the light in each of you. *Namaste to you all!*



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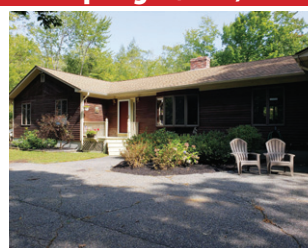
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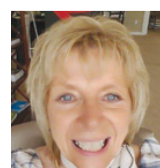
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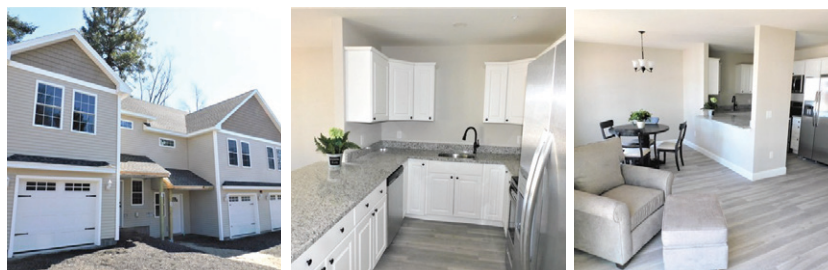
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The *Montgomery* Witches

By, Richard Beaudoin, Guest writer

Across the road from my childhood home in Kennebunkport, was a winding dirt road, along which there were large fields of wildflowers, wild blueberries and strawberries. At the end of the road, at the top of a hill, was an old house, which we'd been told had no running water and no electricity. As children, my grandmother, who lived with us, often told my sister, Michelle, and I not to go anywhere near that house, because inside lived two old witches.

Many summer days, we would spend hours in the field closest to our home, picking berries. Inevitably, we'd get closer and closer to the house, but we never dared go beyond the apple orchard. There, we would sit, behind a rock wall, eating berries, staring at the house on the hill, hoping to catch a glimpse of the witches. From where we sat, we could see the entire house, an old clapboard farmhouse, that had grayed with age. Occasionally a plume of smoke



Montgomery house. Photo credit: Crystal Cluff

would rise from the chimney, so we knew someone certainly lived there.

One day, while sitting in the shade of the apple trees, watching the house, we decided to get a closer look. We walked with determination up the road, beyond any point we'd gone before. We rounded the final curve and walked slowly up the hill, past a well, to the opposite side of the home. Standing in the driveway,

we looked around. No witches. The barn seemed huge, looming well over our heads. Near it was a door in a part of the building that seemed to connect the main house to the barn. Slowly, we approached one of the nearest windows to peek inside. Through lacy curtains, we could see furniture. Pressing our faces against the glass, with hands cupped to prevent a reflection, we looked closer.

"Can I help you?" Asked a voice from behind us! We turned, and from the door near the barn, peered an old woman. She wore a flowered dress with an apron. Her graying hair pulled back behind her head. "Um, we were just looking," I stammered, convinced I was now speaking with a witch. Michelle's grip on my hand tightened, clearly she was as scared as I was. "Well, why don't you come in, we just made some biscuits." Go in? My mind flashed to the story of Hansel and Gretel, and I was petrified. "Come now, they're fresh out of the oven." Slowly, we approached the door, hesitating at the threshold as the old woman held the door open. We walked past her, into the house.

Upon entering, we were in the small connecting room, full of wood. To the right, through a door, we could see the inside of the barn, old and seemingly empty of any animals. She guided us to the left, past the firewood, and through the next door, into a large, well-lit and airy kitchen. A stove to our right filled the air with the smell of burning wood and something freshly baked. The room contained several chairs around a small

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The view the author and his sister had of the Montgomery house from behind the rock wall in the apple orchard. Photo credit: Crystal Cluff.



Richard and his sister, Michelle, circa 1976. Beaudoin family photo.

table, cupboards and counter. On one wall, there was a sink, without any faucet, under a window that looked out toward the apple orchard. She led us through the kitchen and into the next room, the dining room. The walls were covered in old, peeling wall paper. In the center of the room, under a chandelier, was a large table surrounded by chairs. In one of those chairs sat a very old woman. She was quite short, with pure white hair. A few tiny hairs grew on her chin. The other



witch.

We were asked to take a seat at the table, and I began looking around the room. Old photos and pictures hung on the walls. There was a radio, playing

quietly on a shelf. There was a white iron bed in one corner. The house was old, but neat and tidy.

In front of each of us the woman placed a plate, with a hot steaming biscuit. "Go ahead, eat them while they are hot, they are best that way." As we nibbled on the biscuits, we answered the questions that were asked of us. "Where do you live? Who are your parents?" asked the younger witch. "We live across the street. Our Dad's name is Dick. Our Mom's name is Joan," I replied as politely as I could, still scared, still astounded that we were actually inside the

witch's house. "Little Joanie May's kids?" asked the older witch. They introduced themselves. The older, white haired woman's name was Grace, and the younger of the two was her daughter Henrietta. They lived there alone, and very rarely received visitors. We chatted for quite a while, eating a second biscuit. Realizing at least an hour had passed, we told the women that we should be getting home. They thanked us for visiting, and asked us to come again. We walked home talking excited

"Where have you been?" Mom asked as we entered our house. "We went to see the witches," said Michelle. "You what?" was Mom's reply. "The witches, we went to see the witches, and they gave us biscuits. They were really good," Michelle replied. "You went, inside the house?" Mom asked. "Yes, they were very nice. They asked us to come again."

And we did, many times. Over the course of several years, we visited with Grace and Henrietta Montgomery often. They always had freshly baked biscuits to serve us as we chatted about what we had done at school, and at home. We always filled their wood box before leaving. Eventually, even my Mom came to visit with us. She had never been inside, because her Mom had also warned her

to stay away from the witch's house when she was little. One Christmas I remember bringing gifts up on a sled. An afghan my Mom had crocheted, some cookies, and some batteries for their radio.

Grace and Henrietta Montgomery were two wonderful old women, who befriended two curious young children. They were not witches. Grace passed away in 1979, at the age of 91 years old. Henrietta eventually moved from the family home to live with her sister, Charlotte, about half a mile away. She died in 1998, just a few days before her 89th birthday. **Having started the friendship thinking they were witches, it is interesting to note the actual date that Grace died in 1979. October 31, Halloween.**

In recent conversations with my Aunt Linda, I asked to hear the story behind my grandmother referring to them as witches. Apparently when my Mom, aunts and uncles were little, they would often cross the street to pick the wild berries. Back then Grace did not like people on her property and would walk to the road to tell my grandmother to keep her kids off her land. Kids being kids, they didn't listen. So, my Grammy told them all that the woman living there was a witch. Fear can deter many things, and

it worked. It only made sense, that when grandchildren came along, the story be repeated for the same reason. But Michelle and I were curious, and time softens people. You know the rest...

About:

Richard Beaudoin

Richard Beaudoin grew up on Arundel Road in Kennebunkport, with his two younger siblings, Michelle and Norm in a house that was the childhood home of their mother



and grandmother as well. Throughout their childhood, they had many adventures in and around the family property. He attended Consolidated School from kindergarten through eighth grade. He graduated from Kennebunk High School in 1987. Richard, now 51, lives in Saco with his partner, David, along with their dog, Molly, and cat, Oliver. For the past twenty-three years, he has worked for Brockway-Smith Company in Portland, Maine. In the recent past, Richard has enjoyed writing and sharing memories about his childhood in Kennebunkport.

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What Do Police Officers Do?

Jocelyn M. Lacey, Children's Book Author
Native of Johnson City, TN
Resident of Kennebunkport.

I have always had the upmost respect for police officers, having worked with law enforcement during my employment at a domestic violence shelter in my hometown of Johnson City, Tennessee. I also worked with detectives during my time at the Children's Advocacy Center and one detective encouraged me to sign up for the Citizen's Police Academy that the Johnson City Police Department offered. It was one of the absolute best things that I have ever done in my life. All different aspects of a police officer's job were presented over a 9-week course, but my absolute favorite thing was my participation in a Ride-Along with a police officer, which consisted of riding with a police officer during his or her shift and responding to calls. If the calls were deemed too dangerous, the citizen would be dropped off for their safety. The Ride-Alongs enabled participants to get a glimpse of what police officers encounter during their shifts interacting with people in different situations. The Ride-Along with an officer during his 12-hour shift truly changed my life!

I am a children's book author and my latest book, "What Do Police Officers Do?" was inspired by my participation in the Citizens Police Academy. In January of 2018, there were 9 police officer deaths and I remember thinking, "The new year just started and there's already this many officers who have been killed in the line of duty?" I began thinking of a way that I could honor police officers for the hard and selfless job they do, while also honoring the memory of the ones who have died. I wanted to do something that would give people all across the country an opportunity to also honor police officers in their own communities. Suddenly, I had an idea: What if I promoted the book on GoFundMe so that everyone would have a chance to help publish the book and in turn get a signed copy that they could give to their local school, library, nurse, police department, or even a special child in their life? While it was my story that I created, I wanted it to also belong to those who wanted to be a part of it as well...and by contributing to the publishing cost, it could! I contacted my publisher at Jan-Carol Publishing in Johnson City and luckily, she thought it was a wonderful idea! I was putting everything into motion when my mom died unexpectedly just three months later in April 2018, causing me to immediately switch gears towards publishing the first story I ever wrote and dedicating it in my mom's memory called "Coral's First



Please Help Publish Children's Book about Police Officers.

This story is in honor of all the police officers who risk their lives daily to protect the citizens and communities they swore to protect and serve, as well as in memory of all the fallen police officers who have lost their lives in the line of duty.

"Sleepover" about a mermaid who lives off the coast of Maine and goes to her first sleepover.

All the while, my husband and I made a move back to Maine--our second time living here--then life got busy until I declared that 2020 was going to be the year that I finally launched my police officer story! All the pieces were finally in place and it went live on GoFundMe on March 5, 2020! Little did I know that the world was about to shut down due to the global pandemic we found ourselves in, as well as the civil unrest that would follow just a couple of months later. However, as a woman of faith, I believe that it was God's plan for my police officer book to be promoted during this trying and volatile time for police officers. While there are bad people in every occupation, I truly believe that there are far more good officers than there are bad. With the latest news of the ambushing of police officers and talks of defunding police departments, I feel that this is a vital time for children to read this book so they can know that a police officer's job is to help in any way they can.

The details on the GoFundMe are as follows: I will sign each book and make it out the person or persons of your choice. Books retail for \$15.00 each and around \$5.00 for shipping, as well as a \$10.00 contribution per order to go towards the publishing of the book, which is \$35 total. You can find the campaign on the homepage of GoFundMe by typing in my name Jocelyn M. Lacey.

The completion of the book depends on how soon we get the necessary funds, so I am hopeful our goal will be met sooner than later to get this book into little hands all across the country. I want to thank you so very much for joining me in educating the young minds of America

on the jobs that police officers do while also thanking our police officers for what they do and honoring the memories for the ones we have lost!

Lastly, I encourage everyone to participate in a Citizen's Police Academy, as it truly was an eye-opening and life changing experience! If your police department doesn't have such a program, ask if they

would consider starting one and I'll help! Email: hapigirl10@hotmail.com

BEHIND THE BADGE

Poem by: Jocelyn Mooneyhan Lacey

Each new day they get ready for work
To go out and protect the communities they serve
Will they come home that night
Only God knows for sure
But their families pray they walk through that door
Behind the badge is a person like me and you

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

#5 by Ken Daggett

The Rescue of the Brig Sarah Morrill

Last month's installment recounted the capture of the brig Sarah Morrill by the pirate schooner Revenge in November of 1822. After locking the brig's passengers and crew in the forecabin, the pirates sailed the Sarah Morrill into Bahia de Cardenas on the north shore of Cuba where they ran her aground until during the night second thoughts made them force the crew to pull her back into deeper water. As the sky lightened, the men of the Sarah Morrill saw that theirs was just one of three captured vessels. At the same time, the rising sun also revealed, to both pirates and Americans alike, the arrival of the United States Schooner Alligator.

Although those aboard the Sarah Morrill did not know it, the Revenge was one of three piratical schooners working in concert from the shallow bay, whose shore was "literally covered with wrecks of vessels, trunks, [and] goods." Earlier, on 4 November, the Revenge and her two cohorts had seized the brig Iris of Boston and the schooner Mary & Eliza of Salem. Both vessels had been stripped of valuables and cargos while their men were beaten, choked, and brutalized. After threatening to burn the American vessels with their crews onboard, the pirates allowed greed to overcome caution, permitting the Iris's captain and Mary & Eliza's mate to seek a \$7000 ransom in nearby Matanzas. Arriving November 7th, the two men had no luck until the Alligator unexpectedly sailed into port the next day. It was their pleas for help that brought the Alligator to Point Hicacos on the morning of the 9th.

While the Iris and Mary & Eliza were ten to twelve miles further up the bay, Lieutenant Allen and the men on the Alligator could see the Revenge guarding the Sarah Morrill and the other two prizes. Recognition of the changing situation was instantaneous and universal. The pirates aboard the hijacked vessels abruptly abandoned their prey and retreated to the Revenge, which used her sweeps to escape further up the bay. Handicapped by the shoal water, the Alligator quickly lowered three boats, which set out in pursuit. Sizing up the situation, the men on the liberated Sarah Morrill put their own launch into the water and after stopping by the naval schooner to get "some muskets

and boarding pikes made all haste to join the other boats."

After rowing roughly ten miles, the men from the Alligator came within range of the Revenge, forcing her to turn. She hoisted the red flag signaling no quarter and fired off two shots, which caused a second pirate schooner, the Saragariana, to appear

from further up the bay where it had been guarding the Iris and the Mary & Eliza. Commanding the Saragariana was the pirate leader Domingo, a man Commodore David Porter, commandant of the West India Squadron, called "the notorious head of this horde of desperadoes."

Braving shot that reportedly "flew like hail," the Alligator's sailors and marines responded with musket fire and quickly captured the Revenge without loss after the bandits abandoned her for the Saragariana. Leaving one boat to man the prize, the Americans chased the Saragariana, now loaded with eighty men and using its sweeps to pull away. The twenty-eight Americans in the Alligator's cutter and launch got within ten yards, before their foe's superior firepower caused them to fall back with four killed, including Lieutenant Allen, and three seriously wounded. The fleeing Saragariana made it to shore across the bay where she was joined by the third pirate vessel. Estimated pirate casualties were fourteen dead with several injured.

The whole exchange lasted only half-an-hour and was over by the time the Sarah Morrill's men arrived. While the pirates had robbed her of "everything they could lay their hands on," including \$300 and the clothes off her sailors' backs, the arrival of the Alligator had spared the brig from harsher treatment. She and the other rescued American vessels, along with the captured Revenge, were taken to Matanzas, after which the five rescued merchantmen were ordered to Charleston, South Carolina for settlement of salvage. Unfortunately, while escorting them the Alligator struck a submerged



Photo of the United States Schooner Alligator. Public domain

coral reef. Unable to be refloated, the naval schooner was burned to keep her out of pirate hands.

Captain Lord was evidently an unflappable customer whose only surviving comment on the whole affair was "I was taken, 8th inst. about 40 miles to windward of this (Matanzas), by the pirates, and after being in their possession 16 hours, the Alligator hove in sight, and

they left us. They did not take much of any value from me – we were robbed of some clothes, provisions, and money."

Lord's apparent composure did not, however, equate to indifference. Before the American convoy left Cuba, the irate pirates had publicly announced that in future any American vessel they captured would be destroyed, and its crew slaughtered. Accordingly, the Sarah Morrill departed Charleston in company with two other vessels, including the Iris, and was armed with "muskets, cannon, [and] pistols," as everyone aboard her was determined to sell their lives, "as dearly as possible, [rather] than be murdered in cool blood by [the] Spanish robbers."

The brig made it safely to New Orleans and survived to sail for many years, eventually working in the transatlantic cotton trade. In 1828, she was driven ashore on the coast of England and brought into Liverpool, where she was either condemned or sold.

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Rounded Stones

Is Reality an Illusion?

By Casey Clark, Village contributor

Boy, there's an oxymoron. If reality is illusion, then illusion is reality. It sounds non-sensical, even ludicrous to make such a statement in earnest. But, we know that reality is at best, a relative experience for each person. There's nothing absolute about reality, nor could there be, when the variety of human perception is factored in. Each person has her own singular, unique perspective, not unlike a fingerprint. Inevitably, it's her unique distortion of reality. An absolute reality cannot exist in the first place. Whose version is absolute? And how would you know if you were faced with even a moment of absolute reality?

I'm not talking about facts. I'm referring to the experience of human perception as it relates to reality, that perception being all we have. I've thrown a lot at you here. If you're still reading, you will be rewarded I assure you. My point is this: reality is only what our distorted perceptions tell us it is. That automatically makes our reality at least a small illusion, if not a big one. This is also where the phrase "you create your own reality" comes from, and has its roots in quantum science, but I'll save that for another article.

If there's still a doubt in your mind that what I'm saying is true, perhaps you'd be persuaded by this statement: Everything we see, hear, feel, taste and smell is what Albert Einstein reportedly called "a very persistent illusion". Let's drill down a bit. For those of you not familiar with this quote or what it means, I'll simply say "you are 99.9999% empty space." Think about that for a second. Do you look or feel empty? This also holds true for that coffee table in front of you. It's just as empty. How could this be? Well, our sensory illusions are very effective and persistent.

To put this in visual terms, if a nucleus of an atom was the size of a soccer ball, the electrons would be circling it at a distance equivalent to the distance from the earth to the moon, and at seven thousand trillion times per second. The

space in between accounts for the other 99.9999%. With all that going on in a single atom, I'm awed and forced to recognize the illusion of consciousness.

Our senses are designed for our survival as living beings. Awareness of the quantum has no bearing on that survival. Your vision captures about 5% of all light that exists, from cosmic rays to radio waves. Your hearing would never exceed 20 – 20,000 herz on your best day. Both elephant and mole hearing is 0-160,000 Herz. So, are you hearing every sound being generated? Maybe what some animals hear saves them from things like tsunamis, warning them in advance to go to higher ground, but who knows? It's just a guess. We can't hear that reality in any case, and that illusion let's us order another marguerita just before the tsunami hits.

If our human senses can perceive only a fraction of reality, there can only be illusion, since we are not perceiving all of what is really there. In Merriam's Dictionary, one of three definitions describes illusion well: "perception of something objectively existing in such a way as to cause misinterpretation of its actual nature." So, we misinterpret reality as a matter of every day existence. It's a humbling thought.

Back to the empty space. Every atom in the universe is occupied by a tiny nucleus made up of neutrons and protons, the only real "matter" within it. The rest of an atom is made of electrons, which are either waves or particles, which is its own mind-bending concept. Safe to say, the entire atom except for the tiny nucleus comprising roughly 0.00001% of its space, is pure energy, not matter. Why do you care? Maybe you don't, but being aware that you are really an empty shell should give you pause about your very existence. Accepting this is, at best, purely an intellectual exercise. I for one cannot fight the obvious sensory input that a table is a solid thing. The illusion is truly "persistent."

With this awareness, a certain

humility is inevitable. When we extend this awareness to our every day lives, we realize our views on literally everything is distorted a little or a lot. It can be no other way. If we allow our egos to run roughshod through life, these distortions are guaranteed to grow. The more dominant our egos are, the more distortions are likely, since seeking input from corrective sources diminishes accordingly. Leaving to our own minds alone to form an opinion or a belief is the basis of the greatest illusions we could have. Eliminating illusion, based on the

**Everything we see, hear,
feel, taste and smell is what
Albert Einstein reportedly
called "a very
persistent illusion".**

above, would seem to be impossible, and it is. All we can do is get closer to reality, never all the way there.

The process of finding truth and understanding reality is dependent on our learning, our research, and input from others, all of which carry their own measures of distortion. Inevitably, our final viewpoint on any subject is built on illusion, tiny though it may be ultimately. So, it seems like a logical conclusion that the more we seek answers, the more we should recognize how illusive the truth really is.

The Zen parable, Is That So?, illustrates this well: "A beautiful girl in the village was pregnant. Her angry parents demanded to know who was the father. At first resistant to confess, the anxious and embarrassed girl finally pointed to Hakuin, the Zen master whom everyone previously revered for living such a pure life. When the outraged parents confronted Hakuin with their daughter's accusation, he simply replied: "Is that so?" When the child was born, the parents brought it to the Hakuin, who now was viewed as a pariah by the whole village. They demanded that he take care of the child since it was his responsibility. "Is that so?" Hakuin said calmly as he accepted the child. For many months he took very good care of the child until the daughter could no longer withstand



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the lie she had told. She confessed that the real father was a young man in the village whom she had tried to protect. The parents immediately went to Hakuin to see if he would return the baby. With profuse apologies they explained what had happened. "Is that so?" Hakuin said as he handed them the child."

Other than the Zen master's acceptance of caring for the child, and not defending himself, the big take away regarding the forming of opinions is clear: relying on what is said to us, which includes what we read, should be taken the same way, "Is that so?". So, much of our "research" is already so colored by opinion and perhaps misinformation that getting to reality is difficult if not impossible. Remaining open about any subject, allowing all illusions to enter your consciousness, and maintaining the question throughout, "is that so?" is possible only when our egos are disengaged, freeing us from our culture's mandate to be right, to seek justice, and to make another person see "reality". •



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COVID19 has caused all kinds of problems, but also some real innovations and opportunities. After 50 years as a school, School Around Us (SAU), in Arundel, decided to stop being a school and become a Co-Learning Community. This change at SAU is in response to changing needs in these COVID19 times. Many parents do not want their children in large institutions right now for their safety, so SAU has real opportunities for them. Children become home schoolers and can make use of 5 or 2 day programs at SAU or multi-generational Friday community ex

SAU now offers outdoor learning, projects, programs, mentorships, independent studies, open studios, clubs, book groups, and community learning. School never looked like this and it is very exciting. COVID19 may well change the way we think of educating our children and for

the better. SAU is a great example of possible innovations for the future. You can get more information at their web site: www.schoolaroundus.org. Or you can contact marylyn.wentworth@tnsk.org. Marylyn is one of the original founders of SAU 50 years ago. She has followed the metamorphosis of this community learning space through all kinds of evolutions over 50 years. This new Co-Learning Community is the latest innovation, featuring gifted teachers and myriad opportunities.

For more information please contact: Marylyn Wentworth marylyn.wentworth@tnsk.org. Ph. 207-602-0245.

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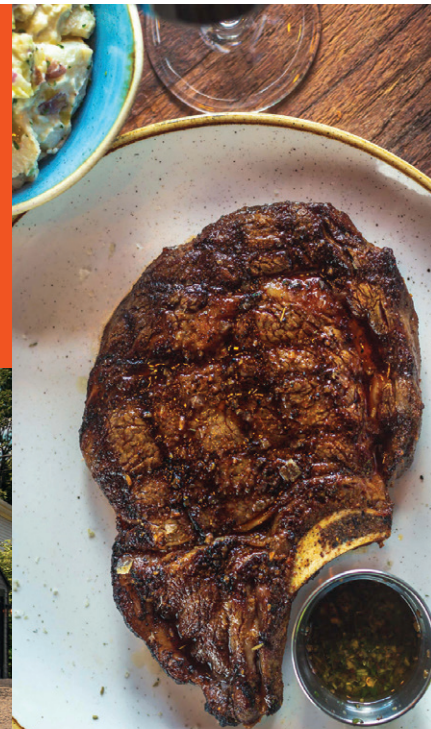
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Tips on Connecting with Spirit from Kennebunk Native Charlotte Grace,

EMPATH MEDIUM AND PARANORMAL INVESTIGATOR

By: Shelley Wigglesworth. Lead writer

It has been said that the connection between the physical dimension that we live in and the spirit world and afterlife is strongest in October when the veil that separates the two is thin. With this in mind, we asked Kennebunk native and Empath Medium and Paranormal Investigator Charlotte Grace to weigh in and offer tips for those interested in trying their hand at communicating with Spirit. Read on to learn about her work and advice.

Charlotte Grace is an empath medium and paranormal Investigator originally from Kennebunk, now located in Portland. She is a graduate of Kennebunk High School and the University of Southern Maine with a Bachelor's degree in Social Work.

Grace said she began noticing her ability to manifest connections between the material world and spiritual realms as a child when visitors from those who



Charlotte Grace, Erik Winter photo.

have crossed became frequent and normal for her. One common theme resonated with her from these experiences—that spirits are around, ready to connect and are seeking understanding. With a strong desire to help unite the deceased and the living at her core, Grace was motivated her to pursue degrees in Social Work and Behavioral Health. Today, she uses her abilities and education to facilitate services as a psychic medium,

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paranormal investigator, and intuitive empath across the country.

Her work includes investigations at private homes as well as The Assonet Ledge in the infamous Bridgewater Triangle where she collaborated with Ben Ring and Anthony Mazur of Beyond Paranormal as well as The Kennebunk Inn, The Captain Fairfield Inn in Kennebunkport, The Mount Washington Hotel, Hawthorne Hotel, The Weld Street Inn in Dixfield, Maine and more. She is currently investigating with Sean Austin of The Travel Channel's Ghost Loop.

Grace offers these tips for those seeking to connect with loved ones who have crossed over into the spiritual realm.

1. Set an intention: Entering investigations and spiritual connections with respectful intentions is so important. We are guests in their physical spaces, at their tombs, in their presence. We are guests in their locations. Setting your intention will create that psychic connection you seek. "I want to connect with..." is a simple enough way to start! This also acts as a grounding measure, to cultivate a sense of belonging in the space and mindset you are in.

2. Keep one foot in the logic, one foot in the mystic: As a behavioral health professional and social worker, it's my job to figure out if there are logical explanations present in a "haunting", to ensure my own safety, and the safety of others. Never doubt your ability to connect, but be



responsible and know that your safety and sanity is at stake. With that being said, all paranormal experiences are subjective, and I always believe that anyone is capable of spiritual experiences and connections on many levels.

3. Believe in your abilities: Do not let anyone talk you down from your spiritual pedestal. Spirits want us to keep that continuous, intentional energy going when we are attempting to explore their essence. If you believe in crystals, bring some black tourmaline for protection, or rose quartz for self-love. Bring an item belonging to the spirit you wish to connect with. Whatever you believe will strengthen the connection and is the right way to go.

4. Reflect upon your experiences and know they are valid. Look for signs and "coincidences."

FMI on Charlotte Grace and her work: www.facebook.com/charlottegracepsychic Instagram: @charlottegracepsychic



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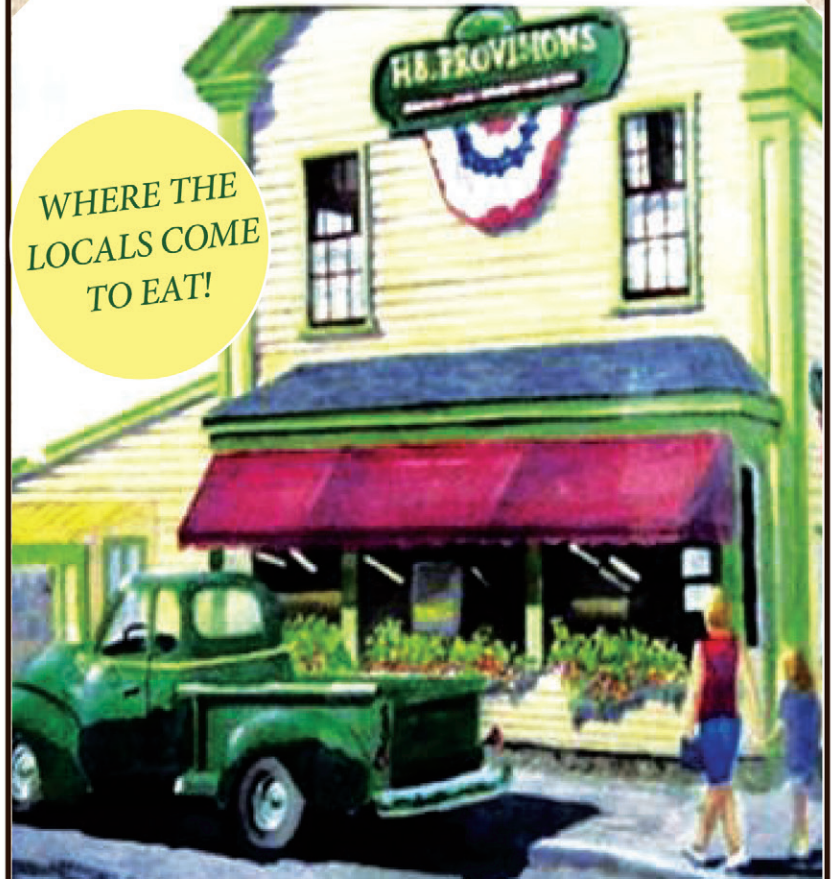
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CALENDAR

Upcoming events

BlixxHorses: Not So Scary Halloween Depending on the public health situation at that time, our Halloween event with the horses will be held October 31, 4-6 pm. FMI check our facebook page or www.blixxhorses.org www.horsetherapy.me

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.

We have restarted our Rescue Readers program in a socially distanced way (and will continue it as such as long as it is safe to do so)

Rescue Readers brings together elementary/middle school students and AWS resident pets for a half hour of literary-based confidence building. Reading aloud forms a special bond between student and pet. It provides enrichment and positive socialization for the animal, it boosts confidence in children, and it gives students a safe space to build a positive association with reading. Students have access to special reading materials and receive reading comprehension guidance from our Humane Educator, as needed. Students are also welcome to bring their own reading materials. Due to social distancing requirements inside the AWS Adoption Center, Rescue Readers is no longer a drop in program. Readers must register in advance for no more than one half-hour session per week. Readers (and their waiting parent/guardians/siblings) must be prepared to wear face coverings and maintain social distancing from other readers and adopters while inside the Adoption Center. Rescue Readers is free to attend, though donations to support AWS' Youth Programs are always appreciated and support our humane education curriculum.

Sessions are held at 3:30 pm and 4:00 pm on Thursdays. The registration form for the week's Thursday's sessions opens up on Sundays at noon on AWS' website: <https://animalwelfareofsociety.org/events/category/youth/literacy/rescue-readers/>

We have a rooster! Hope he's adopted by October but in case he isn't..... Hi friends! Looking for a rooster

ROOSTER

SEEKING NEW BARNYARD



"Foghorn"

ADOPT!

The Animal Welfare Society in Kennebunk currently has a handsome rooster looking for a new home. Foghorn is friendly and easy-going and will make a nice addition to your farm or barnyard. His adoption fee is waived.



CONTACT

(207) 985-3244
info@animalwelfareofsociety.org

to add to your barnyard, look no further than Foghorn! This handsome guy came to us as a stray from a neighboring town. We'd like to find Foghorn a good home where he can cock-a-doodle-doo to his heart's content. We know our kind and patient neighbors on Holland Road and Mill Street will be glad when he finds his own barnyard. He's named Foghorn for a reason. Foghorn's adoption fee is waived. Please give AWS a call at (207) 985-3244 to learn more!

Virtual Halloween Costume Slideshow at Kennebunk Free Library



Bring out your costumes! This year Kennebunk Free Library will be compiling a slideshow showcasing all of the awesome costumes your family needs an opportunity to wear. Get dressed to the nines, find the perfect backdrop, snap a picture, and send it to us at ys@kennebunk.lib.me.us by 5pm on Thursday, October 29th. Remember to tell us what you're dressed as! Then at 6pm on Saturday, October 31st, we will have a Facebook Premiere of the resulting video, where you can watch and comment with others in real time. Feel free to wear your costume to watch, and maybe make a spooky snack to eat while you do. Can't make the premiere? No problem! It will be saved on our Facebook page to watch at your leisure.

Wells Reserve at Laudholm

Thursday, October 1, 6:30-8:30pm Full Moon Walk. Watch the Moon rise just after sunset from one of the highest points in Wells, then experience the Wells Reserve at Laudholm at night, listening for owls and other animals. Learn the lore behind the so-called Hunter's Moon, Travel Moon, and Dying Moon. Spend time with poems and stories, but also quietly communing, and finish with a gratitude circle on the beach. A great family experience for those who can enjoy the quiet. \$7/regular, \$5/member, or \$15/family. Reservations required at 207-646-1555 ext 128 or linda@wellsnerr.org wellsreserve.org

Friday, October 2, 1:30-3pm Life Under the Dock. Take a close look at the plants and animals living on and under the Wells Harbor dock. We will collect samples, put out a net to collect plankton, and pull up a trap to discover who lives below the surface. Magnifying lenses and microscopes will be provided. Ideal for families with students in grades K to 5. \$7/regular, \$5/member, or \$15/family. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org wellsreserve.org

Friday, October 2, 2-4pm Mindful Experience. Slow down and open yourself to the sights, sounds, and scents surrounding you on the Laudholm campus of the Wells Reserve. Our goal is heightened awareness as we move like a fox, watch like a hawk, and listen like a deer. This is a peaceful, guided experience focused on mindful practices for ages 10 and up. Wheelchair accessible. \$7/regular, \$5/member, or \$15/family plus site admission. Reservations required at 207-646-1555 ext 128 or linda@wellsnerr.org wellsreserve.org

Saturday, October 3, 10:30am Laudholm's Farming Past. Delve into the rich history of the Wells Reserve at Laudholm, from Native American life to English settlement and from farmland to estuarine reserve. This tour covers about ½ mile. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org wellsreserve.org

Wednesday, October 7, 10:30am Secrets of the Salt Marsh Walk. Learn what is special about these productive ecosystems, nestled between seashore and uplands, on a walk covering about 1 mile. Free with site admission. Registration required at 207-646-1555 ext 110 or caryn@wellsnerr.org wellsreserve.org

Saturday, October 10, 10am-12pm Fall Foliage Walk. Why do leaves change color in the fall? Why do some leaves turn earlier than others? Answer these questions and many more on a hike through the autumn woods with naturalist, nature writer, and dendrology instructor Eileen Willard. Ages 12 and up. \$7/regular, \$5/member, or \$15/family plus site admission. Reservations required at 207-646-1555 ext 116 or suzanne@wellsnerr.org wellsreserve.org

Wednesday, October 14, 12-1pm New England Cottontail Conservation in Maine. Once widespread in the region, the New England cottontail has become endangered in Maine and is now found in just a few

towns in coastal York and Cumberland counties. These small, shy rabbits are habitat specialists. They need dense early-successional shrublands and young forest (collectively known as "thickets") to survive. Unfortunately, these habitats are in short supply in southern Maine, putting the New England cottontail in peril and causing other species to decline. In this free online talk presented by the Wells Reserve at Laudholm, Jeff Tash will discuss efforts by state and regional partners to conserve cottontails and other thicket specialists. Tash, a wildlife biologist, is the New England Cottontail Habitat Restoration Coordinator for Maine. He holds a Master's degree from the University of New Hampshire, where he studied the status and distribution of New England cottontails throughout their historic range. FMI wellsreserve.org/calendar.

Contacts: Scott Richardson editor@laudholm.org 207-646-4521 ext 114

Suzanne Kahn suzanne@wellsnerr.org 207-646-1555 ext 116

Wells Reserve at Laudholm 342 Laudholm Farm Rd Wells ME 04090 wellsreserve.org

Brick Store Museum

Saturday, October 10: Indigenous People's Day at the Museum, 12:00PM – 2:00PM. Brick Store Museum, www.brickstoremuseum.org. This weekend (once called Columbus Day) is a special time to focus on the People of the Dawnland, the Wabanaki. Visit the Museum's website for virtual programming to enjoy, and learn more about the Wabanaki in the Kennebunk region. For digital access and activity information, visit www.brickstoremuseum.org

Saturday, October 15: Build Your Legacy Through Effective Planning and Giving webinar, 4:00PM. Brick Store Museum, www.brickstoremuseum.org. Not all gifts are created equal! Chris Penfield of Vigilant Capital Management will talk about how best to maximize the tax effectiveness and efficiency of your legacy building and charitable giving using different financial planning strategies. Free webinar via Zoom. Please RSVP in advance by emailing info@brickstoremuseum.org. More information can be found at www.brickstoremuseum.org.

Saturday, October 17: 21st Century Saturday Portal Opens, 12:00PM – 2:00PM. Brick Store Museum, 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. October 17th features 21st Century Saturday, which will explore Maine today. Visitors (digitally) will hear about current culture through interviews with local citizens; watch lectures by scientists and makers working in our area today; and view an exhibit of 21st Century pieces in the Museum's collection; and take part in several at-home activities. This marks the final Century Saturday Program, and asks participants: Where does Maine go from here? For digital access and activity information, visit www.brickstoremuseum.org

Graves Library

Join us on Thursday, October 1 at 5:30 pm for a fun hour of tasting, information, and trivia. Local shop owner, Lani Dietz, and guest Sommelier, Betsy Ross, will guide us through the program with ideas, pairings, and educational tidbits as we sip "MALBECS." This will be a Zoom presentation moderated by Mary-Lou Boucouvalas at Graves Library. **Please call the Library (967-2778) to Register** by Wednesday, September 30 and we will send you the Zoom link on the day of the event. All participants are encouraged to purchase wine at Wine & Vine in Lower Village, Kennebunk prior to the start time. We would love to see you! And you don't have to worry about driving!



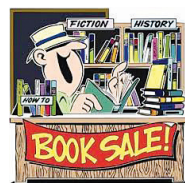
Looking for something to do this fall? Enjoy putting pen to paper with your thoughts and stories? Join us for a new and different kind of writing group. Everything is virtual, everything is safe. Members of the group will meet using basic Zoom.com platform. If you would like to join (EVERYONE is welcome!), please let us know and we will send an EMAIL invitation to YOU to join the meeting 24 hours prior.

Creative writing prompts will be given at the end of each meeting. When we meet, we will discuss our findings, share our writing, and get to know our own unique inner talents! Give us a call at 967-2778 or send an email to ml@graves.lib.me.us to get on board.

THE INTRODUCTORY SESSION WILL MEET ON TUESDAY, OCTOBER 6 AT 10:00 AM (VIA ZOOM)

Each of us has a story to tell. Perhaps some of you have engaged in journal writing as a way of capturing the fleeting images and memories resulting from the past several months of isolation and social distancing. We would like to invite you to transform those images and memories into stories or essays, for some of you, maybe even poetry. While writing workshops work best in person where members collaborate and offer personal, constructive critique, we offer an online approach that we believe will work well with interested participants. Every two weeks, after the initial introduction, we will provide a prompt in the form of a question or directive. For example, we might begin with this prompt: "I don't know why I remember but..." Memories are a great way to tap into the creative process and this type of writing often leads to more imaginative writing. When we zoom together after two weeks, you can choose to share (or not) and hopefully each participant will respond to the reading in a constructive, non judgmental way. During our initial meeting we will be open to suggestions regarding the time interval, the format and possible prompts. As we approach fall and particularly winter this writing workshop will provide a wide window into the possibilities of written expression. What we decide to do with these exercises will be up to you!

Join us on Thursday and Friday October 8-9 from 10:00 to 4:00 and Saturday, October 10 from 9:00 to 1:00 for a Holiday Weekend Book Sale. Look for



the red white and blue tents in the parking lot. Lots of great stuff to choose from with rock bottom prices. All in good shape! This fundraiser is to help supplement canceled events earlier this year. We have not been able to allow any one in our book sale since the start of the pandemic lock down. That is thousands of dollars in revenue loss for the Library. All sales benefit the Louis T. Graves Memorial Public Library.

We will have cookbooks, craft books, fiction, non-fiction, biography, children's books, videos, coffee mugs, history books, journals, and much more. Stop by and shop for high quality, cheap stuff! The Library is located at 18 Maine Street, Kennebunkport. Please call (967-2778) if you have any questions.

BICENTENNIAL VIRTUAL RACE ENDS OCTOBER 17

The Brick Store Museum and Historical Society of Wells & Ogunquit joined together early in the pandemic for a virtual race to support local history and education. The race, called the Bicentennial Distance Challenge, asks participants to complete 7 miles (all at once or split up) to highlight the distance between the two town's original meetinghouses. The run coincides with 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.

With so many events and programs canceled this year, this virtual event is the largest fundraiser for both institutions. They are asking participants to register before the October 17th deadline to help keep history alive in their communities.

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."

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 or <https://wells-ogunquithistory.org/>.

Kennebunk Free Library

Looking to get crafty? Kennebunk Free Library will be offering take and make craft kits with all the materials to make a craft or two. No registration required, available while supplies last! Kits will be available curbside and in the library.

For ages 2-6: • Available starting October 5: Pumpkins and Not-So-Spooky Halloween Fun

For ages 7-9 or with grown-up help: • Available starting October 5: Spiders and Snakes

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

Ready to zoom, zoom, zoom into storytime? Get your zoomy hands ready and let's go! Starting October 19, join us on Zoom for storytime! Storytime for ages 2-5 will be every Monday at 10:15 a.m. To receive the Zoom link and password for storytime, please register by email at ys@kennebunk.lib.me.us or by phone at 985-2173. Please plan on attending as many storytimes as possible! Upcoming storytime dates are:

• October 19 • November 2 • November 9 • November 16 • November 23 • November 30 • December 7 • December 14. All storytimes will begin at 10:15 a.m. Join Miss Maria for some stories, songs, and fun! Take and Make Kits for Children at Kennebunk Free Library

Are you ready for Virtual Zoom Storytimes? We want to make sure you have everything you need! Storytime friends who register for our upcoming storytime session will be able to pick up a Zoom Storytime Kit while supplies last! Each kit will include a scarf, an egg shaker, lyrics to our favorite songs, and craft supplies. Be sure to keep your kit someplace special and have it ready for each Zoom Storytime! Kits can be picked up starting October 5, and can be picked up on in-person or curbside days. To register for our upcoming Zoom Storytime session, please email us at ys@kennebunk.lib.me.us or call us at 985-2173. Get ready to blast off into storytime fun!

Bring out your costumes! This year Kennebunk Free Library will be compiling a slideshow showcasing all of the awesome costumes your family needs an opportunity to wear. Get dressed to the nines, find the perfect backdrop, snap a picture, and send it to us at ys@kennebunk.lib.me.us by 5pm on Thursday, October 29th. Remember to tell us what you're dressed as! Then at 6pm on Saturday, October 31st, we will have a Facebook Premiere of the resulting video, where you can watch and comment with others in real time. Feel free to wear your costume to watch, and maybe make a spooky snack to eat while you do. Can't make the premiere? No problem! It will be saved on our Facebook page to watch at your leisure.

Please note: The images you submit will be shared on our social media. If you prefer not to share your or your child's image but would still like to participate, send in a picture of a stuffed animal or pet in costume instead. Get creative, and have fun!

Our favorite Middle School Bookgroup is returning! On Wednesday, October 14th we will meet via zoom to chat and discuss the book. Meetings will run from 2:00 until 3:30, open to teens in the 6th – 8th grade. Book club is being offered by Louis T. Graves Memorial Public Library and Kennebunk Free Library. Hosts will be Terri Bauld from Graves Library and Jon Roy from Kennebunk Free Library. Stop by either library to pick up a copy of *The Miscalculations of Lightning Girl* by Stacy McAnulty. Please sign up in advance by calling either the Graves Library 967-2778 or Kennebunk Library 985-2173. Please read book in advance of the meeting. If you have any questions, please call either library for more information

Kennebunk Free Library Teens Take Home Kits Every week kits will be available to be picked either on library in person days or via curbside pickup. 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. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

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 also occasionally dabble in Minecraft, come join us and build. We will meet via zoom at 3 P.M. to chat as we game! 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. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.



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The Horse Alone



The privilege of owning a horse comes with immense responsibility. Only horse owners understand the gravity of decisions made to assure a horse's needs are met. Horses are expensive, challenging to manage and live long lives. If they are fortunate enough not to be sold for various reasons including issues being ridden, injury, disease or old age, cost and time spent on care increases, just as with people.

Most horse owners know that science shows being alone is not a natural state for a horse. Healthy, normal horses are not alone by choice. They are social animals and live in herds which offers companionship, social interaction including mutual grooming and safety. Despite this there are those who profit and put horses on the market claiming they are bombproof and have no problem being alone. This appeals to people who are fearful and want to ride but it is far from the truth.

Horses are prey animals with instincts honed to keep them safe by reacting and fleeing from a threat. In the wild this keeps them alive. Domestic horses have the same instincts and though desensitizing is a necessary part of training, it is unfair to attempt to eliminate these instincts by forcing them to tolerate frightening and potentially dangerous situations, just to have a horse. Additionally, horses are often confined in small spaces with electric fencing. They don't have a choice but to endure what they must in order to survive.

Horses are stoic and don't express fear or pain like other animals. They can't talk and tell us what's wrong.



Miscommunication and missing signals is not unusual even when you have provided daily care for many years and know your horses well. Behaviors are generalized as well as breed specific but the uniqueness of the individual horse is an important factor. A horse kept alone the majority of time can become bored or lonely. If the owner is generally absent, behaviors go unnoticed.

An essential need for all horses is sleep. Like humans, horses need different types of sleep including deep (slow wave) sleep, the deepest being REM (rapid eye movement) sleep. Horses have a locking mechanism in their legs allowing them to nap in a standing position however this is not sufficient to get the full range of sleep. For this, they must lie down.

Additionally, carrying 1000 pounds makes it necessary to rest their legs, something they can do more easily in captivity for longer periods as opposed to the wild. Horses living adjacent to

busy roads with insufficient shelter or a dry space may not feel safe and be less inclined to lie down. They are also less likely to lie down, particularly at night if they lack a companion to stand watch.

Little research or concern is given in the veterinary field to behavior and the need for sleep because sports and performance drives the industry. According to equine behaviorist Bonnie V. Beaver, BS, DVM, MS, DPNAP, DACVB, professor at Texas A&M University, though some horses fare better than others, many will fret, pace or otherwise act out when no other horses are around.

Even more concerning are those who are more stoic and instead live in worried silence, developing behavioral quirks or physical problems. If a horse has been kept alone and is then sold, there may be considerable adjustments needed in order for that horse to relearn socialization and should only be done with someone who is experienced handling these type situations. Otherwise the horse could be at high risk for trauma or injury from being kicked which could be life threatening.

Horse ownership is a serious undertaking if it's to be done correctly and with the best interest of the horse in mind. Though horses and other animals can fulfill our needs they should not be obtained primarily to fill a void in one's life but to provide a home and care for that animal, hopefully for life.

While it's true the best companion for a horse is one of their own kind, another animal they can bond and be with 24/7 is an alternative. Playing soft classical music may be soothing. Some horse owners rely on horses nearby to keep their horse company but that can be short lived and still doesn't fulfill the need for companionship.

Taking into consideration their needs for interaction, making sure those needs are met is very important. Using monitors

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or camera's to observe behavior is helpful to know how your horse is handling their environment. Anything that can be done to give a horse alone a nurturing and safe place to live assures you are stepping up to the responsibility and doing your best.



It's Autumn

Autumn is the best time of year for horses. The heat and insects cease to be a problem and instead the air is fresh and crisp giving horses renewed energy and life. Though events including Autumn Horse have been cancelled due to coronavirus, individual programs and family visits continue as does our Veterans Program. This is a great time to visit. Distancing and hygiene protocols will be followed and mask worn as needed. Come see the horses before the cold weather begins!

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Ashley O'Neil
207.229.3661
aoneil@legacysir.com



Betsy Coughlan
207.229.3661
bcoughlan@legacysir.com



Bill Gaynor
207.468.3002
bgaynor@legacysir.com



Chris Lynch
207.650.7644
clynch@legacysir.com



Chris Stone
207.590.3425
cstone@legacysir.com



Dawn Belliveau
207.200.7644
dbelliveau@legacysir.com



Elaine Prendergast
207.604.0449
eprendergast@legacysir.com



Ginny Whitney
207.451.3093
ginny@ginnywhitney.com



Jan Kovarik
207.363.3939
jkovarik@legacysir.com



Jane Chase
207.351.7529
jchase@legacysir.com



Jim Nadeau
207.337.3687
jnadeau@legacysir.com



Kristie Jorgensen
207.200.5082
kjorgensen@legacysir.com



Mary Jean Labbe
207.337.3661
mjlabbe@legacysir.com



Maureen Adams Weaver
207.370.7174
mweaver@legacysir.com



Pierre Bouchard
603.722.0530
pbouchard@legacysir.com



Randal Simon
207.967.0934
rsimon@legacysir.com



Rosane Hirschy
207.467.5792
rhirschy@legacysir.com

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301 Ocean Avenue, Kennebunkport \$1,749,000

OWN THE LIFESTYLE! This tastefully appointed single level home offers lovely water views plus deeded Cleaves Cove beach and water access. Offering just over 2,500 sq ft of living space, some of the amenities of this home include a Large cook's kitchen, gleaming HW floors, wood burning fireplace and numerous built ins. For outside entertainment areas there is a large back deck and an open porch. A full basement with a workshop and an oversized 1-car Garage, all sited on just under an acre. Located in a much sought-after location, just minutes to the Village of Kennebunkport, this immaculate home is **MOVE IN READY!**



326 Ocean Avenue, Kennebunkport \$469,000

Move in condition 3-bedroom 2 bath ranch sited on .23 acres with deeded access to Turbats Creek beach.... tons of upgrades, beautiful master suite, with walk in closet, open concept living room and dining room. Great rental history. Some furniture included.



22 Pier Road, Kennebunkport \$1,475,000

This home is in a much sought-after location with views of the Harbor from the front and Samsons Cove bordering the back! Watch the tides rise and fall as you enjoy this quiet & idyllic Kennebunkport location. All 22 Pier Road properties can be purchased together at \$3,300,000.



28 Maple Avenue, Kennebunk \$284,000

Meticulous move in condition furnished 2-bedroom ranch in a quiet neighborhood. New kitchen with granite counters, hardwood, and tile floors. Full immaculate basement. Enjoy the beautifully landscaped yard from the comfortable deck. Just an adorable gem!



20 Oakwood Drive, Kennebunkport \$1,245,000

Waterfront, overlooking a beautiful spring fed pond, this exceptional, custom designed home offers a stunning floor plan. Sited on 2.89 acres, just steps away from Cleaves Cove Beach. The in-ground pool includes a pool house & bath.



122 Old Post Road, Arundel \$299,000

Don't miss this opportunity to own a beautiful raised ranch in convenient location. Newer siding, all new windows and 2 sliding doors, new bamboo floors throughout, newer furnace & hot water tank. Sited on 2 acres, this house has a wonderful backyard and large deck for summertime grilling!



23 Rivers Edge Drive, Kennebunk \$1,450,000

Spectacular 5-bedroom, 4.5 bath home in a very desirable neighborhood with easy access to the beach, Dock Square, and all area amenities. Custom built in 1995, the home has many recent updates. Enjoy a "Stay-cation" in the beautifully appointed and very private backyard which abuts conservation land.

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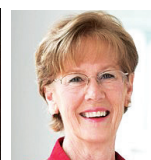
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Mark Gary
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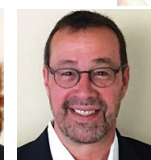
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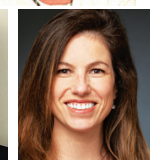
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Denise Hodsdon
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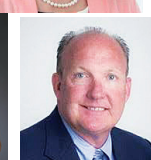
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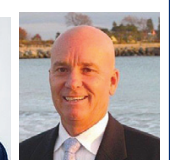
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