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On the Cover



Helen Thorgalsen and Bonnie Clement are *Making a Difference*- HB Provision's Fuel Fund Raises Nearly \$200,000 to Keep Neighbors Warm.

Photo by Bob Dennis. To view his full online photography collection visit rad1212@aol.com

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 **PACK MAYNARD**

Kennebunk Fire and Rescue is First Fire Department in the Nation to Have in Fleet

By: Shelley Wigglesworth, Lead writer

According to Kennebunk Fire and Rescue Chief Jeff Rowe, Kennebunk is the first fire department in the country to have a Tesla vehicle as part of a fire department's fleet. The car is a Tesla Model 3 long range AWD, manufactured by Tesla Motors, an American manufacturer of luxury cars. The company was founded 2003, with all vehicles being electric, powered by a large battery pack and electric motor instead of a gas engine. The vehicles boast high-tech features that are ahead



KFR Chief Rowe with the new Tesla vehicle.

of most other car makers, including a partial self-driving system. According to the Tesla website, this vehicle can operate 353 miles between charges and is also capable of reaching an impressive 0-60 mph in 3.1 seconds.

Though owning or choosing a Tesla often comes with a pre-conceived notion of extravagance, which Rowe himself admitted to having before doing research on the vehicle, supporters of the state-of-the-art car say the long-term benefits make the Tesla an equal and potentially more affordable choice over a traditional vehicle in many cases, as there is no need for gas purchases,

oil changes, or other maintenance associated with gas powered vehicles. Many Tesla owners can further benefit from an electric vehicle tax break. In this case, the town of Kennebunk received a \$7,500 rebate from Efficiency Maine.

It is important to note that the KFR's Tesla is outfitted to serve as both the Fire Chief's response vehicle as well as a command unit, (referred to as car 1) which can be utilized during emergency incidents but is not intended to be a primary vehicle to combat emergencies, as there are specifically designed and designated vehicles in the fleet for this. Rowe explained what a car 1 (most car 1 vehicles are upgraded or replaced every 10 years) is designated for. "Car 1 is the vehicle assigned to the chief of department for day-to-day use. In that use it gets used as a command vehicle at the scene of emergency incidents and as a mobile office. It is equipped with computers, radios, and the accountability system for tracking members when they enter hazardous environments. The vehicle is encouraged to be used by other department members to go to out-of-town training as this realizes the savings. This vehicle can go to Augusta and back without charging."

When it comes to the numbers, Rowe, who has been with the department for six years said, "The list price for this vehicle was \$48,490, and with the \$7,500 rebate from Efficiency Maine, the cost was brought it down to \$40,990. Factors such as the rebate bringing the price down significantly, and the support system behind the car, which includes Tesla technicians performing on site repairs and remote computer upgrades which is factored into the vehicle cost, made the Tesla the chosen vehicle (which was then approved by the select board) over a Chevy Tahoe, which was originally scheduled to be purchased." He added "The Tahoe, which was first bid to replace the 2009 Yukon that was the previous car 1, was about \$42,000. The operational cost of the previous car 1 vehicle was about \$1800 a year for gas



KFR Chief Jeff Rowe stands between the old and new command vehicles. The Yukon was replaced with a Tesla.

(about 10K miles per year). Based on a local architect's use of a Tesla of the same model, at 13,000 miles, she was paying \$30 per month to charge. With these numbers based on 10K miles per year the savings would be around \$1200- per year immediately."

The town of Kennebunk also received an unrelated grant from Efficiency Maine for a two- vehicle charging station behind the Washington Hose Fire Station for the Tesla as the vehicle requires an adaptor that typical electric car charging stations do not have. Rowe added "Currently any of the Class 2 chargers around our community are free to use, by anyone with an electric vehicle." When it comes to finding Tesla equipped charging stations on the road when the car is in use, the mapping system in the Tesla alerts the driver to the Tesla capable charging station locations, and also when a charge is needed, in a feature similar to GPS mapping/routing.

Because Tesla is a relatively new company, founded in 2003, with vehicles being used in municipalities such as police departments across the country since 2013, the long- term effectiveness and any potential drawbacks of this make and model are still being studied and will not be known for at least for a few more years. The old command vehicle

(Yukon) is still in the KFR fleet and will be used as back- up for the Tesla, and for towing or off-road capabilities when, and if needed.

Rowe said he is aware of cited cold weather climate performance concerns in the AWD vehicle. He said he did not consult with other towns in Maine or other state municipalities with similar climates who have utilized electric vehicles, though he did contact experts in the electric car field across the country including mechanics, before proceeding in the Tesla/electric car direction.

When asked whether more practical (4WD instead of AWD) and/or cost- effective choices could have been made for a car 1 vehicle which may have free up money for other areas of need, Rowe said "Many departments use a large SUV but might be able to benefit from a vehicle of this type. More manufacturers are getting into the game and several pickups are being designed." Rowe also cited the beneficial environmental impact of reducing a carbon footprint, and the investment in making the climate cleaner now, and for the future were also intangible yet compelling reasons for the Tesla choice as well. Rowe said he is keeping a journal on the Tesla and hopes his choice will prove to be a good one for the town. He concluded "I feel it is a step in the right direction. Time will tell."

Rowe welcomes comments and feedback and is happy to answer any questions about the Tesla. He can be reached at: 207-604-1340 or jrowe@kennebunkmaine.us. FMI on the 2020 Tesla Model 3 Visit <https://www.tesla.com/model3>

Chartering a Course For Climate Action:

The Southern Maine region is uniquely positioned to be a beacon of hope for climate change mitigation and action. The Gulf of Maine is warming at a rate that is 99% faster than any body of water its size in the world, and the Northeast is the fastest-warming region in the contiguous United States. As recently reported by Ryan Breton, meteorologist with WCSH 6, Portland just experienced its warmest year on record. The warming ocean is pushing Maine's largest export, lobsters, further north and the threat of sea level rise looms heavy. If we do nothing, many of the beloved beaches and coastal villages of Southern Maine will be underwater by 2100.

For these reasons and other environmental concerns, the Kennebunkport Climate Initiative (KCI) was formed in early 2020. KCI originated from a climate change education initiative called the Gulf of Maine Field Studies class, co-created by three local passionate environmental educators. Awarded the Gulf of Maine Council 2019 Visionary award, this

meaningful curriculum led to youth-led conversations with local policymakers that in turn created real action, mitigation and change. KCI's goal is to replicate and expand on this success to catalyze climate action with youth across the U.S. and beyond.

In order to reach these goals, KCI launched a nationwide search this past summer for an executive director and is thrilled to announce the hire of Dr. Jono Anzalone. Prior to KCI, Anzalone served as the Head of Disaster and Crisis, Preparedness, Response, and Recovery for the International Federation of Red Cross and Red Crescent Societies for the Americas and Caribbean region. Anzalone's doctorate is in education and his 20-year career expertise in global disaster and crisis response strengthens and drives his passion towards proactive mitigation and problem solving of the climate crisis.

"Having roots in Maine, I was intrigued by the recently launched Kennebunkport Climate Initiative and its Gulf of Maine Field Studies partnerships with the longstanding

Kennebunkport Conservation Trust, Gulf of Maine Institute, University of New England and Regional School District 21. Within minutes of my conversation with the KCI board and staff, I was convinced that the bold nonpartisan vision to educate, empower, and activate 10 million youth by 2025 was not only doable but essential for us to ensure the future health of our planet." said Dr. Anzalone.

Anzalone continues, "I joined KCI as the first full-time executive director in November and could not be more humbled by the work and dedication of the KCI team, youth ambassadors, advisory council, donors, and board to create the foundation for mobilizing the KCI mission in its first full year of operation. The progress made in 2020 allows KCI to expand the mission reach, where great focus will be on ensuring that those most impacted by the effects of climate change are part of our youth movement."

Learn more about Dr. Anzalone, KCI's programming and impact



Dr. Jono Anzalone, KCI Executive Director

at kportclimate.org. We hope you will join the KCI movement by signing up to receive emails on how you can get involved to make a positive impact on our changing climate here in Maine.

About KCI

KCI is a nonpartisan, science-based climate change organization based in Kennebunkport, Maine whose mission is to empower youth voices for climate action. Through education and empowerment initiatives, youth are learning about climate solutions and becoming agents of change in our communities and beyond. Learn more about KCI at kportclimate.org and by connecting with @weareKCI on Instagram, Facebook and Twitter.



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Functional Medicine Approach to COVID-Resistance, Resilience and Recovery

Doc Talk By Dr. Earl Freeman, Village contributor

In the past year or so, we have been forced to learn a lot about COVID. One of the things we've learned is that physically distancing ourselves from each other lowers transmission of some infectious diseases. The seems to be evidenced by the early data on the 2020/2021 flu season: the incidence of influenza this year is substantially less than at this same time last year. We need to be careful not to think this is a certain fact of cause and effect; it may be coincidence. One of the clearest examples of things we've learned is that if one's body is already challenged by chronic disease, COVID tends to be more severe, probably because of immune vulnerability. It appears that countries having lower obesity rates than ours, in general, have significantly lower COVID deaths per million population. For example, we have over 500 deaths per million population and China has about 3 deaths per million - China has a

2.6% obesity rate; the US obesity rate is 42%. Does obesity cause COVID to be more severe? Not specifically proven, but it sure seems to.

There are many reasons for a weakened immune system. Chronic disease, in many forms, contributes to it, for instance, diabetes, hypertension, arthritis, COPD, neurodegenerative conditions. There are also the senescent changes in immunity that supposedly automatically come with age. Add to those issues, our daily exposure to toxic substances, such as many plastics, industrial pollutants, pesticides, additives, personal care products, many cosmetic components, "heavy" metals such as Mercury and Lead, etc., etc., etc. Our bodies do not have metabolic mechanisms to remove these toxins. Also, the Standard American Diet contains excessive carbohydrates, especially sugars, along with high proportion of fats from animal sources, which prove to be major causes of chronic inflammation, which is the basis of most chronic degenerative disease -

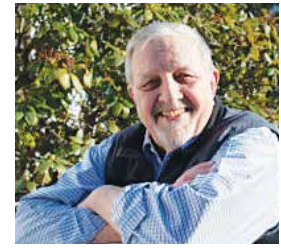
poor metabolic health. As modern humans, especially in the US, we are often in disharmony with the natural world. That imbalance has allowed us to be ripe for calamity when the COVID wave struck.

Our treatment tools for COVID are a bit crude, for the most part -limited to managing symptoms with little ability to reverse or cure the infection. Now, of course, we are finding the post-COVID symptoms, the so-called long-termers, may be equally difficult. Some of the post-COVID symptoms are similar to other viruses: brain fog, difficulty concentrating, sleep disturbances, exercise intolerance.

So, what's a fella to do???

The Functional Medicine concept of health and disease has some real suggestions. The basis of Functional Medicine thinking is that rather than concentrate on the treatment of the symptoms of illness, search for root causes - upstream contributors that led to the illness. Of course, symptom treatment is appropriate and cannot be ignored, but let's see if, in addition,

"Doc Talk"



Dr. Earl Freeman practices Functional Medicine in Kennebunk Lower Village
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we can figure out ways to modify those root causes. In the case of COVID, are there fundamental ways to rejuvenate the immune response? Can we make ourselves more COVID-resistant?? Can we do anything to make ourselves more resilient to the viral attack?? How do we help people be healthy enough so they are not overwhelmed by it?? How can we be immune-healthy enough to respond well to the vaccine?? How can we be less likely to develop long-term consequences?? We, practicing Functional Medicine doctors, are focused on the science of creating health, looking at the whole person, in the continuum from health to illness.

continue to page 7

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“Doc Talk”

continued from page 6

The foundations of optimum health are first and foremost, a nutritious diet. This means nutrition-dense foods, with minimal contamination during its production, from pesticides, hormones, etc., as well as avoidance of adulteration during processing. We need whole foods, as near as possible to their natural state with very little processing. We need a variety of foods, predominately from plants in various deep colors. We can have meats and healthy fats, like good olive oil, avocado, but no more than 25% of our daily food.

Adequate healthy sleep is highly important for a resistant, resilient immune system. During sleep, most of the bodily repair happens – repair of DNA and mitochondria, reusing some things, dismantling and disposing of others – all highly active during sleep. Inadequate sleep is a big deal for a lot of people. Medicines for sleep, if effective at all, are so for only a short time;

many sleep aids cause dependency. If you aren't sure what to do to improve your sleep health, research the subject, learn about its root causes and ways to enhance good sleep.

Exercise is one of the big 3 foundations of maintaining a healthy immune system. It doesn't have to be strenuous and sweaty. It needs to be movement and balance and flexibility, insofar as you are able. Exercise at whatever level of ability you're at, then keep doing it and the level will increase, maybe a little, maybe a lot. It will improve your immune response.

In addition to adequate nutrition, adequate sleep and adequate exercise, there is the stress thing. We all have it, some more than others. Much of minimizing the negative effects of stress is the attitude with which we deal with it. Of course, some stress is good. For example, when we stress muscle structure, it gets stronger over time. Learn how to use stress to help you make constructive decisions. Stress can help you grow if you develop the

coping skill to manage it.

We are a 3-part being. This has been a known part of the human condition for thousands of years through many philosophies. We are made up of Mind, Body and Spirit. Much of what I have discussed above in this article has to do with Mind and Body. I don't pretend to know what you need to do to support your Spirit, BUT I do know that you need to do something. Your Spirit needs as much attention and support as the other parts of you. If you ignore it, you do so at your own peril. Just like exercise, support your Spirit, start at the level you are at, keep doing it and your spiritual level will become stronger. We know a healthy spirit supports a healthy immune system, which gives you better resistance and resilience with COVID.

Given the above ideas on what we can do in general to improve a robust immune response, are there specifics about COVID that may be useful? Yes!

One of the most important is to

make sure your diet causes the least amount of inflammatory inducement. So, minimize sugar intake, avoid high-fructose corn syrup completely (read labels) and minimize high-glycemic starches, e.g., a Low carb Mediterranean diet. Some immune improvement often can be seen in a couple of weeks!

Vitamin D supplementation has shown some evidence of improving resistance to COVID and may help improve recovery. It's a good idea for you to check with your doctor if you are on medicines or have medical conditions, before taking Vitamin D supplement

Other supplements that have some research support are Melatonin, Vitamin A, Vitamin C, Quercetin, N-acetyl cysteine, prebiotics.

Good self-care and a healthy immunity can improve your resistance to getting infected, can minimize your acute symptoms if you do get infected, and can significantly assist in your recovery.

Stay well, my friends.

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CAPE PORPOISE DUGOUT CANOE ON EXHIBIT



The Brick Store Museum is proud to announce its first exhibition of 2021: "Cape Porpoise: Archaeology in the Archipelago." This exhibition is presented in partnership with the Cape Porpoise Archaeological Alliance, of which the Museum is a part. The exhibition will be on view until April 2021.

Explore 8,000 years of artifacts uncovered during recent archaeological investigations conducted by the Cape Porpoise Archaeological Alliance (CPAA). Learn about Indigenous stone tool technology and the science of archaeology through the work undertaken in the past few years on the

islands of Cape Porpoise.

A highlight of the exhibit is the remains of the oldest dugout canoe ever found in the Wabanaki homeland of the Far Northeast, first identified in 2018 and painstakingly excavated in the summer of 2019 by CPAA. Carbon dating places the canoe between 1280-1380 C.E. CPAA was formed in 2016 to conduct scientific archaeological research on the islands and intertidal zone of the Cape Porpoise Archipelago. CPAA is a collaboration between the Kennebunkport Conservation Trust and the Brick Store Museum, in which a team of professional archaeologists works with citizen scientists to conduct

archaeological surveys and excavations. Over several seasons, a variety of objects have been uncovered from Wabanaki stone tools to early Euroamerican pipe stems, revealing histories of culture and colonization in southern Maine.

To view the exhibition, visitors are required to make a timed reservation through the Museum's online reservation system. This helps to prevent the spread of COVID-19, while allowing the galleries to remain open to the public. Like in the past, the Museum is running its Free February campaign, meaning admission is free for the month of February. However, visitors **MUST** have a valid reservation time (free, through the Museum's website) to enter the buildings.

The Brick Store Museum is located at 117 Main Street in Kennebunk's historic district. For over 80 years, the Museum has been dedicated to preserving and exhibiting the region's rich cultural and artistic heritage. Its galleries and research archives are open to the public year-round: Tuesdays – Fridays, 10am – 5pm; Saturdays, 10am – 4pm; and Sundays, 12pm – 4pm. Museum admission is \$7.00 for adults, \$6 for seniors, and \$20 for families. Saturdays are half price for families! Visit www.brickstoremuseum.org or call 207-985-4802 for further information.

The Brick Store Museum

Tuesday, February 2:

"Cape Porpoise: Archaeology in the Archipelago" exhibition opens, 10:00am. Explore 8,000 years of artifacts uncovered during recent archaeological investigations conducted by the Cape Porpoise Archaeological Alliance (CPAA). Learn about Indigenous stone tool technology and the science of archaeology. A highlight of the exhibit is the remains of the oldest dugout canoe ever found in the Wabanaki homeland of the Far Northeast, first identified in 2018 and painstakingly excavated in the summer of 2019 by CPAA. Carbon dating places the canoe between 1280-1380 C.E. Over several seasons, a variety of objects have been uncovered from Wabanaki stone tools to early Euroamerican pipe stems, revealing histories of culture and colonization in southern Maine. **Runs through April 2021. FMI call 985-4802 or visit www.brickstoremuseum.org**

Saturday, February 13:

"Dear Sarah" Play & Dinner, 6:30pm. Enjoy the Museum's original play, "Dear Sarah," from your favorite chair! The play uses archival letters written between 1847 and 1850 by Charles and Sarah Barry, a married couple in Kennebunk. As a ship captain, Charles was often away at sea, and wrote letters back to his wife at home. Along with the play, streamed to ticketholders via an online platform, participants also have the option to sign up for a take-out catered Valentine's meal; and/or a package treat of a rose, champagne and chocolates to share with a loved one. A variety of ticket options can be found on www.brickstoremuseum.org. **Please register by February 9th. FMI call 985-4802 or visit www.brickstoremuseum.org**

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Procrastination, why do we do it?



Column by: Heather Evans
Personal Trainer @ Quest Fitness

questfitnessmaine.com

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Procrastination, or the act of delaying or postponing something, is not viewed as a serious problem by most, but instead as a poor habit like laziness. Though, studies have shown that chronic procrastinators don't simply lack time management skills, these individuals actively choose not to act. We all experience indecision from time to time, weighing your options before committing to a decision. Procrastination is more than putting off the occasional task, but doing this habitually, always with plausible excuses.

TODAYS TECHNOLOGY CAN HELP US TO NOT PROCRASTINATE IF USED WISELY. WE DON'T NEED TO SURF THE WEB FOR HOURS. WE CAN UTILIZE THE SYSTEMS THAT TIME US OUT AFTER A CERTAIN AMOUNT OF TIME. WE DON'T NEED TO HAVE OUR SMART PHONE WITH US EVERY WAKING MOMENT, INSTEAD WE SHOULD WORK ON USING IT AS A TOOL AS OPPOSED TO A MEANS OF DELAY.

Contrary to popular belief, procrastinators are not just the hyperactive kids in school who do anything to avoid classwork, instead many people who procrastinate also identify as perfectionists. They feel it may be more acceptable to never tackle a job rather than face the possibility of not doing it well. This tendency to avoid a task that appears intimidating or time consuming can also stem from insecurity, fear of failure, low self-confidence, anxiety, or lack of structure.

We know it's a bad habit, so how can we combat it? Whether you see it in yourself or in your children,

coworkers, etc., you can help! The key to changing thought processes is changing your cognitive behavior. Cognitive behavioral therapy is a form of psychotherapy that focuses on modifying dysfunctional emotions, behaviors, and thoughts by uprooting negative or irrational beliefs. This is something that a mental health professional spends 6-12 weeks working on with a client, if you or someone you know procrastinates to the point that it causes negative impacts to their livelihood, then you should consider talking to a Healthcare professional. But here are some activities you can practice on your own or with your child to begin this process.

Thought replacement: If you have ever taken a self-help course or practiced mindfulness, this probably sounds familiar. Thought replacement is exactly what it sounds like, when those negative thoughts arise telling you that you aren't good enough, or you don't have the time, immediately replace them with true and positive statements about yourself. "I am worthy," "I am in control of my thoughts and feelings," "I am not defined by my weaknesses, they teach me how to improve," etc.

Identify triggers: What makes your anxiety bubble to the surface? Do time restraints stress you out? Are you unable to focus on the task at hand? Once you identify what makes you begin the procrastination process, you can start to avoid that specific thought pattern or change your environment to support your needs.

Plan: If time management is

Continue to page 10

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Procrastination, why do we do it?

Continued from page 9

where you struggle then take control. If there is an assignment coming up, write specific 'to-dos' on a calendar to keep you on track. Or ask a peer or mentor to help hold you accountable by checking up on your progress over time.

PRACTICE: PRACTICE THESE POSITIVE BEHAVIORS IN SMALL MUNDANE TASKS TO MAKE THEM HABIT. FOR EXAMPLE, KEEP A JOURNAL AND BE STRICT ABOUT MAKING AN ENTRY EVERY DAY, EVEN IF IT IS JUST A SENTENCE. THIS WILL TEACH YOU THAT YOU CAN GET THINGS DONE PROMPTLY AND REGULARLY. OVER TIME THIS BEHAVIOR WILL FIND ITS WAY INTO THE PARTS OF YOUR LIFE WHERE IT IS REALLY NEEDED.

Most of the time we flourish not by learning new things but by remembering what we already know. Don't we know that exercise and a balanced diet result in a healthy body? Haven't we heard that building healthier relationships is good for us? Is it news to us that a

cluttered mind leads to lack of emotional control? Cognitive behavioral therapy is less about learning, and more about repetition of good habits until they become routine.

TAKE SOME TIME THIS MONTH TO THINK ABOUT PERSONAL DEVELOPMENT. EVEN IF YOU ARE NOT PLAGUED BY PROCRASTINATION, WE ALL HAVE ROOM FOR IMPROVEMENT. REMEMBER, THE KEY TO CHANGING YOUR LIFE IS MAKING CHANGES IN YOUR DAILY ACTIVITIES AND TURNING THEM INTO ROUTINE.

"IF YOU CHANGE THE WAY YOU LOOK AT THINGS, THE THINGS YOU LOOK AT CHANGE," (DR. WAYNE DYER).

Thank you all for reading and thank you to the Village for giving me the vessel from which to share my thoughts!

My soul honors your soul, I cherish the light and love that resides in each of you because it also resides in me. In sharing this there is no distance between us, we are one. Namaste.

Villager wishes to thank stranger for kindness in December

To the observant shopper at the Hannaford Store who found my purse Upon the floor.

She turned it in to the workers there, so I could find it and replace the scare.

Because of the mask I won't know her face.


But I'll remember the deed Which time won't erase.

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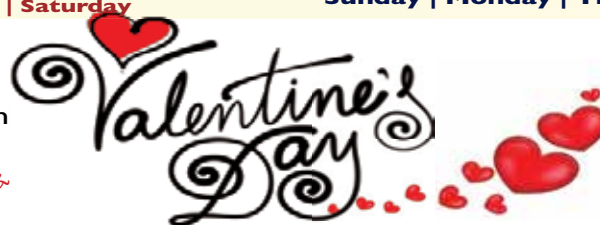
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Geoff Herguth *Artist, Designer, Craftsman*

By: Shelley Wigglesworth, lead writer

Geoff Herguth first came to Kennebunkport some 50 years ago. “I met a woman, Mary Spalding, at Syracuse University in 1967, where I studied sculpture in the School of Fine Arts. The summer after my graduation we married, then drove to Tempe, Arizona,



Geoff Herguth mermaid sculpture.

where I did my MFA in sculpture at Arizona State University. Mary’s parents had a summer cottage in Kennebunkport and the summers between graduate school we travelled back to Kennebunkport for the season. My brother-in-law, Ed Spalding, was a school teacher but also lobstered out of Turbat’s Creek. It was through him I met many of the local fishermen, and did a little fishing with them over the years. Arthur and Jimmy Gott, being two of the most memorable,” Herguth said.

In the summer of 1972, while finishing his master’s degree, Herguth applied for several college teaching jobs. With no immediate prospects of employment, Mary’s parents, Ed and Bertha Spalding offered their cottage in Kennebunkport to the young couple. “I had worked at the Shawmut Inn as a cook the previous summer and could resume work there. We packed up and drove across the country

with our first daughter, six-month-old Maddie (two more daughters would follow in the coming years, Meghan and Morgan) and our Irish setter Maggie. We started to settle in at the cottage. No sooner had we unpacked, I got a call from my parents, who had been contacted by the University of California, Santa Barbara, which wanted to hire me as chairman of their new sculpture department. As a formality, they wanted me to fly out for an interview. Having just driven several days and several thousand miles across the country, I turned the job down. We decided to give it a go in Kennebunkport, and I went back to work at the Shawmut Inn.”

Because of his previous steel work experience at



Arizona State University, Herguth had become an accomplished welder, and soon an opportunity in this trade was made available to him. He explained “One of Ed’s friends, Calvin Cook, had a portable welding service out of Kennebunk. He told me that there was more than enough work for two of us, and, if I bought a welding machine, he would steer work to me. I did, and he did. He was right, this kept me busy. A lot of the welding work involved the fishing and boat building industry, which is where I met Dwight Raymond of DMR Yachts. I then went to work for DMR. While working there, one of

my first friends in town, Chuck Reid and I got talking about starting up a boat building business of our own. I subsequently left DMR and set up a welding shop in a space at the old Brendzy and Wester boatyard. That space, was in the building that is now the Pilot House restaurant in Lower Village.”

Herguth and Reid continued to make plans for a boat building business together and by 1979, had worked out a deal to acquire the old Port Harbor Maine boat yard on Front Street in South Portland. “We formed Commercial Marine Enterprises and began building boats ourselves. We bought Young Brothers bare hulls and built them up from there. We engineered some very nice fishing vessels in the following years including three 42’ lobster boats and three 56’ Royal Lowell designed, commercial fishing boats.” Some of the boats built by Commercial Marine Enterprises include F/V Kit Kat- a Scottish seiner, F/V Gale Force- a grouper / snapper hook boat, and F/V Speculation-an offshore lobster boat.

That same year Commercial Marine Enterprises was formed, Mary and Geoff divorced, and Geoff moved from Kennebunkport to Portland. After his boat building years ended in 1983, he pursued careers as a construction supervisor, cabinet maker, general contractor, architectural designer, industrial designer, welder, and as CAD (computer aided design) designer. He elaborated “During my time as an industrial designer, I did a lot of work within the seafood processing industry designing and fabricating conveyors and processing equipment. One of my good customers was Jerry Knect, who I met when we both lived in the Kennebunk area. At that time Jerry was selling marine engines



Geoff Herguth Backer sculpture by Herguth.

Photos by: Maddie Herguth and Geoff Herguth.

for D.N. Kelly out of New Bedford, Massachusetts. Jerry’s dream was to build a fleet of steel fishing boats capable of processing at sea. His company was North Atlantic Seafood Solutions.”

When Knect moved into a new building at the Portland Fish Pier in 1999, Herguth worked with him to make his dream of building a fleet of fishing vessels capable of processing fish at sea a reality, by designing, fabricating and installing a modular processing line which could quickly be switched over from groundfish processing to salmon, and back. Though he did not know it at the time, his work with Knect would lead him to what some may say is his true calling in the art world; adding even more dimension to an already multi-faceted career. He explained “Because of the way Knect’s lease was structured with the city of Portland, he was required

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Continued from page 11

to provide a piece of public art on the Commercial Street side of the building. Knecht was familiar with my fine- arts background, and he asked me to get involved, which I did. In December of 1999 I installed the arch with schools of fish swimming up through it which I had fabricated on the street side of the building. From there, people and businesses began to take notice and soon began ordering their own custom sculptures and the rest is history."

Today, Herguth has a successful business creating life size aluminum, steel, and bronze sculptures for indoors and out. He summarized the fabrication process of his fish pieces "Wireframes start with a profile of the fish formed typically from 1/2" or 3/8" round steel bar with a machine called a Hossfeld bender. Then the transverse frames are formed and welded in place. The body at that point is placed in a hydraulic press and the profile is bent so the fish appears to be swimming. Then the longitudinal members are welded in and finally the fins and tails are welded on. They are copper. The piece then goes to the powder coat shop to have the steel components coated, and the copper elements are masked off to remain metallic copper." He explained the casting process for aluminum and occasionally bronze sculptures. The process is called "lost Styrofoam." The original pattern is carved from Styrofoam, a plastic foam which is about 98% air. The finished pattern is then packed in casting sand in a container called a flask. The sand, fine enough to pick up a fingerprint, is mixed with oil to allow it to pack tightly. Molten metal is then poured into the flask and the Styrofoam is vaporized and displaced. What went in as foam comes out, in identical detail, in metal. After cooling, the sand is broken away to reveal the cast metal. The rough cast piece is then finished by a variety of techniques: sand blasting, grinding, polishing, and

chasing (hammering) the surfaces." He added "The value of lost Styrofoam casting is that each pattern is hand carved. Even if the subject is repeated it will be unique as no two patterns can be identically reproduced."

And the end results of Herguth's work are palpable-all reflecting his innate artistic vision and maverick spirit, along with his deep love of ocean life and lore. All pieces created reveal precise detail, rendering extraordinary representation of the subject. His timeless pieces are displayed inside and outside private homes and businesses, creating a focal point that draws the eye into the room or landscape. Basic

sculptures average between \$4,000-\$10,000 and take approximately 24-100 work hours to complete, depending on the complexity of the piece. In addition to his free standing and suspended large scale sculptures, Herguth also fabricates decorative iron work, signage incorporating sculpture, and welded frame mixed media furniture in addition to operating a commercial welding service providing traditional custom welding repairs and restoration.

When it comes to favorite pieces of work, Herguth said "Two come to mind. The mobile at



Geoff Herguth mobile "School" in the lobby of the Portland Harbor Hotel.



Geoff Herguth "Wave" Gate in Portland.



Herguth with daughters Meghan Morgan and Maddie.



Suspended tuna fish by Geoff Herguth at the Salt Water Grill South Portland.



Portland City Hall Gates restoration by Geoff Herguth.

the Portland Harbor Hotel, 'School', and a piece that I did for Julie and David Backer of South Portland. The Backer's had two antique iron Ford tractor wheels they wanted incorporated into a lawn sculpture. I wrestled with developing a concept for it for almost a year, and almost turned it over to a friend. Then the concept began to gel. It was installed a year ago this past July."

When asked what plans for the future this father, grandfather and great-grandfather has, Herguth said he is "open to whatever may come his way." He is currently working on a life-sized mermaid sculpture, and a large lobster sculpture, which will be about 36" across the claws, for two different clients. He looks forward to more commission work and restoration projects, and in his spare time he will continue restoration work on his 1957, 14 foot, Wolverine Cadillac aluminum boat, which he plans to "put down on the Hudson River in the Spring." Herguth credits his early studies and work in sculpture for enabling him to think outside of the box throughout his vast and interconnected career, which he compares to "branching out like a tree, rather than climbing a vertical ladder." A career which some may say has come full circle, a half century later, though Herguth himself will tell you it is still far from over.

FMI Herguth and his work: www.geoffherguth.com

Information about Rotarian Million Mask Challenge Part 2



Once again, Ted Rossi, a Rotarian from District 7980 in Connecticut, donated 1 million masks to be distributed to Rotary Clubs throughout New England in January. The first distribution took place on October 6 and provided 100,000 masks for distribution by clubs throughout Maine and Southern New Hampshire. The forty-three clubs of District 7780 distributed the masks on January 11th for first responders, health facilities, homeless

shelters, schools and other community organizations with need.

Rotary District Governor Peggy Belanger, and Portside Kennebunk Club member met with other Rotary leaders divide the second round of masks for distribution throughout the area. The Kennebunk Portside Club received over 1,000 masks for the second time and worked with Caring Unlimited, Kennebunkport EMS, and Kennebunkport Town Offices to distribute the masks to those most in



need in our area. Club Distribution Coordinator Bob Wester commented, "Kennebunk Portside Rotary is proud to be part of the "second wave" of mask donations in our community! We need to work together the beat this deadly virus."

About Rotary: Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people

unite and take action to create lasting change – across the globe, in our communities and in ourselves. Rotary mission is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. The Rotarian motto is "service above self." Rotary District 7780 includes 43 Rotary Clubs from Portsmouth, NH to Rumford, ME and northeast to Damariscotta.



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20-Year Liveaboard Sailor Shares How to Simplify Your Life

GET ON BOARD AND GET INSPIRED!

With the current pandemic, many people have reassessed their priorities and are looking into simplifying their lives. With the boats stored away for the winter, take a journey with Carole Fontaine and S.A.I.L. Above the Clouds with her adventures and inspirational stories.

Unafraid to 'rock the boat,' this sailor-turned-author drops her truth bombs—like an anchor. Here's your chance to live vicariously through one woman's journey of finding her voice, taking control of her health, and discovering her passions, strength, and capacity for love and forgiveness.

Join Carole as she moves onto a boat, adapts to a new lifestyle, learns hard 'beginner' lessons, sails the breathtaking ocean, survives gale storms, and navigates life for 20 years in a meager 41 feet of living space with an unconventional husband and, of course, a dog.

S.A.I.L. Above the Clouds weaves

big emotions, humorous impasses, and motivating results through topics such as overcoming major health concerns and chronic disease, tackling mental health, surviving the doldrums of a 30-year marriage, discovering life's purpose, and learning when you're the crab's dinner, or receiving a naked spank from Mother Nature.

How to SIMPLIFY Your Life is the first of a four-book series where each book represents a unique aspect from the author's signature program S.A.I.L: Simplify, Align, Integrate, Let Go. Readers will benefit from tips and insights on how to simplify all aspects of their life all while exploring different healing modalities, writing prompts, and exercises that follow each chapter.

This book is packed with stories that will make readers laugh, cry, or cringe—all weaved into an interactive set of tools that invites you to dive deep into a journey of self-discovery and come out of it energized, enlightened, and inspired!



Raise your sails and set course on an exciting and purpose-driven adventure!

AUTHOR BIO:

Carole lives in Arundel and a part of the Maine Writers and Publishers Alliance.

Carole sailed from Florida to Maine two years ago where she currently lives with her husband of 30 years. She empowers women to live their best life by sharing stories about her 20 years of living aboard a sailboat and her journey to heal from chronic disease. She is a successful professional graphic designer, and continues her life-long study of holistic and yogic philosophies and learning ways of managing her health.

Carole is a certified Life Coach, Meditative Writing, Shakti Dance® Yoga, and Reiki Master Teacher. She teaches online classes for stress-relief, mindfulness, yoga, and meditative writing (and, when not in a pandemic, offers in-person classes at local studios).

Praised for her ability to connect with individuals on a deeply personal level, she inspires change through storytelling, mindfulness education, and meditative writing. She focuses on helping people who seek to live a stress-free and purposeful life.

Fontaine was awarded an Inspirational Leadership Scholarship Award by Female About Business (FAB), a division of the Florida Deland Chamber of Commerce. Book #1 of her "SAIL Above the Clouds" series has been a #1 New Release on Amazon for 14 consecutive days.

Her passion is to inspire, energize, and help people become proactive towards healing their bodies and minds to lead healthier lives.

Follow Carole on social media, and sign up for her newsletter for helpful tips, stories, classes and inspiration.

Carole D. Fontaine 954-471-6615 34 Memory Lane, Arundel, ME 04046 CaroleDfontaine@gmail.com/www.inspirelivedbycarole.com

DISCUSSION PROJECT

MAINE HUMANITIES COUNCIL

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Brick Store Museum

Facilitated by
Dr. Libby Bischof &
Kartika Wright

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Making a Difference-

HB Provision's Fuel Fund Raises Nearly \$200,000 to Keep Neighbors Warm

By: Shelley Wigglesworth, Lead writer

Almost two decades ago, native New Englander's Helen Thorgalsen and Bonnie Clement purchased the former Meserve's Market on Western Ave. in Lower Village and embarked on a journey to create a general store, and much more—a place where customers feel like they are at home, a place where comfort, convenience and customer service are always the top priority—and from this concept, HB Provisions was born and continues to grow and flourish. “We have a little bit of everything here—not just food and grocery store items. We have a bustling coffee shop with fresh bakery items such as our homemade scones, cinnamon buns, muffins, cookies, and seasonal specialties such as holiday breads. We have a full-service deli with hot and cold sandwiches, soups and our own house smoked meats,” Clement said. Popular comfort foods such as meat loaf, pot roast, turkey dinner, macaroni and cheese and other alternating dishes are available all day in addition to salads. “People can order take out or sit down to eat or have a cup of coffee. We also carry an extensive wine inventory ranging in price from \$8- per bottle to up to \$400- and an extensive craft beer selection. We sell spirits, games, toys, gift items, Maine products, beach supplies, dog treats, some weather appropriate must-haves, specialty items, souvenirs and more,” Thorgalsen added.

Patrons may have noticed the collection jar at HB Provisions. This is not your typical tip collection receptacle—in fact, it is not for tips at all. It is for giving back to community members in need, and all money donated goes directly to the HB Fuel



Helen and Bonnie of HB Provisions. Photo by: Bob Dennis

Fund. The HB Fuel Fund is a 501 C3, Not for Profit, which does not take any money for operating costs. 100% of funds go directly to fuel assistance. The HB Fuel Fund was established by Thorgalsen and Clement, over a decade ago. “We started collecting money in a jar at the registers in 2010, and in 2015 we became a non-profit. We knew there were many people who needed help to heat their homes but were, and still are, too proud to ask. We wanted to do something where we could help and those receiving assistance could remain anonymous,” Thorgalsen said. Clement cited her own experience as a child as being an inspiration for the program. “My mom was a single mom raising four girls and struggling to make ends meet. One day we had to go to the town to get help with food and heat. What I remember most is my mom's reaction on the way to the town hall, she said to us very proudly, but we could tell it was a ridiculously hard moment in time, ‘Sometimes you have to put your pride in the back seat and ask for help.’ I knew it was difficult for her and I always remembered that, so having an opportunity to help out now has been a real full circle experience.”

Both Thorgalsen and Clement credit the success of the program, now in its 11th year, to “the very generous folks in and out of the town and state who have donated to the jar and given cash or sent checks, and to events such as the Wicked K Road race, which donated a portion some of their proceeds to the fund one year.” Thorgalsen added “If anyone wants to either donate to the fund or is looking for a charitable organization to fundraise for, we, and our neighbors in need would always appreciate it.”

In the past year and a half alone, HB Provisions has donated over \$10,000 to Kennebunk's Habitat for Humanity weatherization program to help them build plastic window inserts for people's homes to keep the heat in. “To date, we have raised

almost \$200,000 since HB Fuel Funds inception in 2010, and of the 100% of proceeds donated, the majority has been going to local fuel companies including Kennebunk Light and Power to help those who have no other state or federal heating assistance given to them,” Clement said.

Todd Shea, General Manager of Kennebunk Light and Power District said “The HB Fuel Fund contributes each year to KLPD to help our customers in need. We know our customers' accounts well, and deal with folks who struggle all year long. The funds from the Fuel Fund help a variety of KLPD customers from all walks of life that might be struggling to make ends meet. When customers get the call that a portion of their bill, or in some cases their whole bill, has been paid the reactions really are heartwarming. Considering that KLPD doesn't even serve HB physically speaks volumes for HB Fuel Fund's charity.”

Clement concluded “We started this program from a known need here in our community. I would like more people to know, that even during these incredibly difficult times people are giving, and we are thankful; even if it is just a handful of change, because that change really does make change.”



HB Provisions. Photo by: Shelley Wigglesworth

**For more information on the HB Fuel Fund please call: 207-967-5762, email: info@hbprovisions.com or visit their website: www.hbprovisions.com To donate directly to HB Fuel fund, please stop by the store, or mail a check in any amount to:
H.B. Fuel Fund HB Provisions 15 Western Ave. Kennebunk, Me 04043**

Points of Intersection



By John Forssen, Guest writer

It should go without saying that wherever two or more lines intersect, there is, at the point of intersection, a disturbance of some sort, large or small.

I believe that to be a scientific fact but, more to the point, the science is only a cover. In real life, it is a dire warning. Do not doze off.

The disturbance could be of no greater consequence than a thickening of ink as one line crosses over another,

trailing the nib of a pen; or it could be the blunt force of two football players colliding at the intersection of their pre-established routes. Either way, the intersection is the place where stuff happens.

So we got married anyway.

My wife's mother was thinking that a stockbroker from New York, which she had already selected would make a more respectable match for her daughter than a God knows what (her words) from the distant hills of New Hampshire. Her father was silent on the matter.

Not so, my father. He was hoping for nothing less than a Protestant, and he made that indisputably clear when my older sister brought home a Catholic some years earlier, eventually forcing her and her about-to-be to elope. Within six months, all appeared to be well among the combatants, miraculously healed, lethal arms buried, never to be

spoken of again.

Aha! said I. That line where stuff happens has been crossed, the path cleared and no one was burned at the stake (an old family tradition). I was free to follow my heart wherever it might lead. By God, I thought, I might just marry a muskrat!

That thought in mind I proposed to my own Catholic nearly 60 years ago.

Then, stuffed with confidence because my sister had already broken this ground, I called home to announce the good news. My parents did not know my about-to-be well, but they had met her; and the meeting, as far as the naked eye could tell, was amicable.

So much for naked eyes; a set of bald tires would have done as well.

My father answered the phone, very happy to hear from me, his son in the service, until we got to the Good News part of my call.

"Mmm," he mused, allowing a

curdling silence to gather. "You're a bit young for that sort of thing, don't you think?"

I ventured the rare contradiction. "I don't believe so," I said, thinking suddenly that I had been caught in a carefully laid trap. The new found happiness with my sister and the Catholic she brought into the lair was only a ruse —I was the real prize or, maybe, as any fisherman worth his salt will tell you, maybe he was just trying to catch his limit.

I was perplexed. I don't suppose it would have made any difference, but to this day I wonder how he knew. What were the signs? How does a Catholic unknowingly reveal himself?

Whatever case, he said he hoped I'd make it home soon...alone," and he handed the phone to my mother.

She expressed a subdued joy, disappointing but understandable

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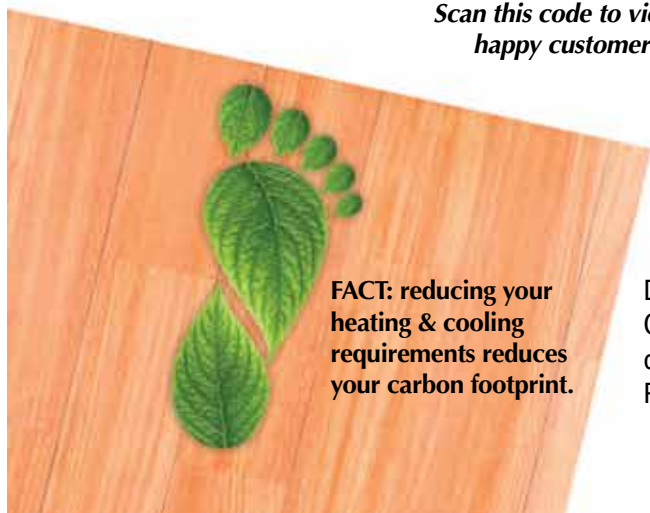


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given her inescapable proximity to that spot where the stuff had just happened; and, when finally the big day arrived, the wedding, she came alone, again expressing subdued joy. Conflicts in the heart can do that.

The church, meanwhile, long in my wife's family, was not about to let a garden variety Protestant slip into the sanctuary without bouncing him on the scales a few times.

It was necessary, of course, for me to take religious instruction. The purpose of this, I recall, was to preserve my wife's steadfastness in the shadow of this affront to the faith, protect any future children and -with luck- bring me into the light, as well. But there was one extra precaution: someone who

had known me for at least 20 years, who was not a member of my family, to vouch for my good character. That would have required a friendship which started when I was two.

There seemed to be no end to the hurdles, but we were getting ever closer.

The night before the wedding, my best man and I and another friend had a sort of stag party at the motel where we were staying. It was neither wild nor disruptive. We gave the front desk no reason to call.

But my wife's father, until then a silent partner in this enterprise, had endured enough agony and doubt that he was not about to allow any missteps in these closing hours; and, as he cast about for possibilities, leaks to be

plugged, his focus locked on the hotel where his about-to-be son-in-law was spending his last night of freedom. He had nothing concrete to go on, but if there was to be a problem, instinct told him it would be there. After all, he had been a young man himself once.

So he arrived at the motel just after daylight, when our hangovers were just getting a serious grip.

Banging on the door, he sang out, "Open up, you slackers, I know you're in there."

Once the two friends were up and dressed, he looked over at me and said, "You, too!"

"But the wedding isn't until four o'clock," I complained, still curled under the covers."

There is a look that moves mountains and stoppers volcanoes, and within minutes I was out of bed, fully attired in my dress blues. It was 7:07, only nine hours to go.

Ever so slowly, the clock crawled toward the wedding -and then the evening.

The next morning, returning as man and wife, there was an understandable awkwardness, you know, and unable to think of anything else to say, my mother-in-law looked at me sweetly and asked, "Well, did you take any pictures?"

We had reached another intersection. •

LoveLight ILLUMINATIONS

Events Online

Crystal Healing Workshop
February 12 2-3pm
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April 9 2-3pm

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February 26 5-6pm
March 29 5-6pm
April 26 5-6pm

Sound Healing Experience
February 16 12-1pm
March 16 12-1pm
April 20 12-1pm

Spring Equinox Meditation
March 20

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February 24 12-1pm
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NEVER ALONE

How spiritual ideas work in us

A talk on Christian Science
Thursday, February 11
7:30pm EST

Location
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Or 669 900 9128 then 86136812473

Contact
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www.cskennebunk.com

Melanie Wahlberg, CS
Christian Science practitioner
A member of the Christian Science Board of Lectureship

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Kennebunk, ME

Tales from the Archives

The Port-Bunk Baseball Rivalry

Tales from the Archives by:

Leanne Hayden, Guest writer

Collections Manager | BRICK STORE MUSEUM
207-985-4802 | www.brickstoremuseum.org

Under normal circumstances, February and March means spring training where hundreds of baseball players convene in either Florida or Arizona to get ready for the upcoming season. Baseball has always been popular, especially in Red Sox Nation, but its 'Golden Age' was in the 1920's when it was considered the "national pastime." It was the most widely played game in just about every town and the most popular of all spectator sports. In the Kennebunks there was a heated but well-loved rivalry between Kennebunkport and Kennebunk.

The Kennebunkport Collegians were a hand-picked team by none other than the grandfather of President George H.W. Bush. In 1926, he put together a team of no fewer than seven college team captains and then hired legendary "Colby Jack" Coombs to coach.

He even hired the Yale groundskeeper to get Parsons Field in shape for summer play. One paper had this colorful description, "Last Saturday afternoon the Kennebunkport All-Star and Greatest Gosh-all-Hemlock Phalanx of Hand-picked Collegiate Baseball Talent in Captivity, made its initial bow before a large and critical audience, on Parsons Field, in the opening game of the season. George Herbert Walker, of Walker's Point, has gathered together a real nifty little bunch of ball tossers." Needless to say, the Collegians were a hard team to beat. The Kennebunk Advertisers, made up of local men, lost 25 out of 26 games to them one season.

Fast-forward 20 years to 1947, with the Kennebunkport Collegian team now consisting of members of the Walker-Bush family with Uncle Lou Walker on the mound; Herbie Walker's sons, Ray, at second base, Bert, in center field, George H.W. Bush, at first and Johnny, behind him in right field. Other Yale stars would join this line up



Kennebunkport Baseball Team 1948. Front row left to right: Warren Raynor, George H. Walker III, Charles Hammond, Charles Curtis, Ray Walker, Kenneth Raynor. Second row: Lawrence Dwight, John Kingsley, John Little, Robert O'Brien, Chris Emerson, George H. Walker, Jr. (Uncle of President George H. Walker Bush)



Photograph of the Kennebunk Advertisers, c.1947

First row, left to right: Lefty Matheson, George Cousens, Sonny Stevens, Al Murray, Manager Frank Walker, Dick Oldham, Irving Driscoll, Red Bridges, Arthur Pitman.

Second row: Omer Butler, Bailey Wentworth, Unidentified, John Ellsworth Bob Schmidt, John Bowdoin, batboy Steve Wentworth.

from time to time during the season.

Kennebunk Star publisher Perley L. Watson was the manager of the Kennebunk Advertisers for the 1947 season. Arthur Pitman, a textile worker at Sanford Mills played left field, Omer

Butler, who worked for Kesslen Shoe Shop, was in center field. George Cousens, cabdriver, batted clean-up and played first. Joe Kearns, who later taught at Kennebunk High School,

manned second and Dick Michaels, a local plumber, was catching.

The first game of the '47 Bunk-Port series was played on Saturday, August 2nd before a crowd of 300 at Kennebunk's Park Street playground. Billed as a pitcher's duel between two high school aces, Dick Oldham, of Wells (for the Advertisers), and Ted Behan of New Haven, Connecticut (for the Collegians), the game ended in a 4-3 victory for the Kennebunk home team.

Edgar Allen Beem wrote about the ongoing rivalry and the big 1947 Labor Day game in his aptly titled article, The Great Bunk-Port Diamond War.

"By the second match up of the summer, Herbie Walker had added some Yale players to the Collegians line up, that, along with home-field advantage, led to a 7-6 victory over the Advertisers. A toss of the coin after the second game determined the Labor Day match would be played back at Kennebunk's Park Street Playground giving the Advertiser's home-field advantage.

A crowd of 400 turned out for the Labor Day game. The Advertisers had a big lead in the seventh when the townies scored six runs with George Cousens leading the charge. As it happened, "Big George" had made a bet with some fans that he could hit one out and, with the count one-and-one, and the bases loaded, he made good on his promise and drove Lou Walker's third pitch through the trees in deep center to the McAlister lawn for a grand slam. When the Advertisers scored four more runs in the eighth, some spectators began to leave but in the top of the ninth the Collegians mounted a rally of their own which brought the score quickly to 11-8. It was a tense game, it came down to two out, three on, in the ninth inning, Ray Walker came to bat and popped one up to Joe Kearns for the third and final out of the game. Advertisers 11, Collegians 9 – Victory for the common man!"

The Advertisers had a season of 19-18-1 but despite this record, there was sweet satisfaction of beating their archrivals the Collegians 2 out 3 that year. That was the last year President George H.W. Bush played. The Kennebunk Collegians continued to play without President Bush but it was said that they were never quite the same. •

Legacy Properties Sotheby's International Realty Ranks #1 in Maine For Luxury Property Sales

Maine Real Estate (January 2021) - Legacy Properties Sotheby's International Realty, with offices in Portland, Kennebunk, Brunswick, Damariscotta, and Camden, announced today that it again retained the #1 Ranking for Luxury Property Sales in Maine. The company reported results based on its ongoing success selling residential homes priced over \$1 million.

According to Maine Listings' statistics, Legacy Properties Sotheby's International Realty closed 183 transaction sides over \$1 million in 2020 which is a nearly 54% increase from its own 2019 record. Dollar sales volume also expanded by more than 95% to \$351 million in luxury sales compared to \$180 million the previous year. The statistics also show that the company held a very substantial lead over the #2 agency in this highly competitive market segment. With luxury sales

performance exceeding that of its next closest competitor by more than double in dollar terms, the company continues to extend its leadership role in both listing and selling the highest value homes in Maine.

"We have been investing heavily in innovative products and global advertising that were critical to cementing purchase decisions when buyers and sellers did not have the flexibility to travel. This high-value segment of the market really requires the global access, luxury branding, and white-glove service we provide," said Chris Lynch, President. "There were lots of new buyers looking at Maine real estate this year and we were well-positioned to help them."

Legacy Properties Sotheby's International Realty is also proud to report that it ranks as the #1 real estate company in Maine for all property sales

above \$450,000. "We are very fortunate to have so many top-performing agents who have built their businesses around a high-touch approach, exceptional personal service, and professional sales results," adds Lynch. "We have been able to offer our exceptional service and advertising model across more price points and new markets. The size of our company allows us to be focused on our efforts while providing the service our clients expect. We believe that all of our clients' homes deserve the kind of custom attention we provide."

Legacy Properties Sotheby's International Realty attributes its success to offering its clients a very strong package of marketing services including extraordinary professional photography, Matterport 3D Virtual Tours, glossy print advertising, global property distribution through its exclusive network of dedicated

and professional agents, and luxury branding through its affiliation with Sotheby's International Realty.

"Despite the very low availability of homes for sale, we managed to achieve a record number of transaction sides," Lynch concludes. "Closing 1,034 sides as a company in 2020 is a direct reflection of the focus, diligence, and professionalism of our talented agents. They were able to find the gems for their clients and get the properties closed, which should not be taken for granted in 2020."

Legacy Properties Sotheby's International Realty can be reached at 207-780-8900 and info@legacysir.com. Legacy Properties Sotheby's International Realty, with offices in Portland, Kennebunk, Brunswick, Damariscotta, and Camden, is Maine's leading luxury and lifestyle property company with more than 80 agents and 5 offices serving Maine coastal communities from York County to Hancock County as well as Seacoast New Hampshire.

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CALENDAR

Upcoming events

FOCUS ON MENTAL HEALTH USING HISTORY

The Brick Store Museum is embarking on a new interpretation of its historic collections: how archival letters of former citizens can be used to highlight the importance of mental health. The Museum is partnering with the Maine Humanities Council to present a unique discussion series, running one Wednesday a month between February and April. Registration is free and open to the public, though limited to 15.

The series of virtual discussions (via Zoom) will be grounded in letters and journals from the Brick Store Museum's collection, and will take place at 6:00pm on **February 24, March 24, and April 21**. Each session will feature three archival texts as well as a companion text, with discussion led by trained facilitators Dr. Libby Bischof and Kartika Wright.

Participation is free and all materials are provided. To register, please contact Cynthia Walker at cwalker@brickstoremuseum.org or (207)985-4802. This program is a part of the Museum's "Year of Stories," which places special focus on what makes us all human: stories and the various ways we can tell them. Throughout the year, the Museum will be presenting programs, recording oral histories, and celebrating the community through events that highlight people (past and present) and their experiences.

NEVER ALONE How spiritual ideas work in us **A talk on Christian Science Thursday, February 11 7:30pm EST.** Ideas directly from God companion us, bless us, heal us, and feel like home. They transform and impel our lives forward. Location **Attend online or by phone** www.bit.ly/CSKennebunk2-11 Or 669 900 9128 then 86136812473. **Contact:** 207 985 7820 www.cskennebunk.com Melanie Wahlberg, CS. Christian Science practitioner A member of the Christian Science Board of Lectureship. Sponsored By First Church of Christ, Scientist Kennebunk, ME

Helen Rousseau has just published her third book of poetry called: *Poems for a World on Fire: Meditations on Hope*. These poems reflect the roller coaster ride that we have been through this past year. Helen's concerns for the environment, global warming, refugees, the loss of animal habitat, and finally the coronavirus, are all reflected in these poems where she faces the hardships and confusions of life today yet always finds reasons for hope. Helen has been trained in the Amherst Writers and Artists Program for leading writing groups. She has been doing this for eleven years, more recently at the Senior College located at York County Community College. In the past, her Reflections columns appeared in the Portland Press Herald. To learn more about Helen and this book you can go to www.helenrousseau.com. There you can contact Helen by email or order a copy of the book. **Contact: Helen Rousseau 207-332-0046** hrousseau72@gmail.com

Louis T. Graves Library

LIBRARY CLOSINGS FOR FEBRUARY: February 15 (Presidents Day Holiday). Please call the Library during inclement weather or check your local television listings to make sure we are open. The Library usually follows the local school closures and abides by any parking bans enforced by the Town of Kennebunkport. If there are major power outages, we will do our best to act as a warming center for residents and friends.

Tuesday, February 2 @ 4:00 pm. Write Now, Right Now. Enjoy putting pen to paper with your thoughts and stories? Join us for a new and different kind of writing group. 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.

Looking for an Easy Way to Use the Graves Library? We are now offering **BOOK BUNDLES TO GO!** Topics included : friendship, diversity/multicultural, holiday, new books. Just give us a call and we will get a bundle ready for your entire family (children and adult materials).

Thursday, February 11 @ 9:45 am. Morning Book Group. This group meets the second Thursday of every month via ZOOM link. A variety of books are chosen. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>.

Wednesday, February 17 @ 2:15 pm. Middle School Book Club – The Page Turners. This group will meet via ZOOM.com in collaboration with the Kennebunk Library. Copies of the book will be provided ahead of time at either Library. Call either Library for details and we will get you started!

Thursday, February 18 @ 10:00 am. Terri Tales with guest reader "Larry the Lobster." A fabulous program with story and song. These programs are always posted to our Facebook ([Facebook.com/GravesLibrary](https://www.facebook.com/GravesLibrary)) and Youtube ([youtube.com : search Graves Memorial Public Library](https://www.youtube.com:search/Graves%20Memorial%20Public%20Library)) Pages. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at <http://www.graveslibrary.org>.

Thursday, February 18 @ 5:30 pm. Wine On-Line with Maine & Vine. Join us on February 18 @ 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 wines selected by our two experts. This will be a Zoom.com presentation moderated by Mary-Lou Boucouvalas at Graves Library. Please call the Library (967-2778) to register by Wednesday, February 17. We will send you the Zoom link on the day of the event. All participants are encouraged to purchase wine at Maine & 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!

Wednesday, February 24 @ 10:00 am. Library Sketch Club. Do you like to draw, paint, and/or doodle? Join others via ZOOM to talk about art and share your work/creations/frustrations, etc. A prompt will be given at the first meeting on what to sketch. This group meets twice per month. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 to acquire the ZOOM link.

Thursdays, February 25 @ 6:00 pm. Evening Book Group. The pick for February is being determined at the January 28 meeting. Please call the Library or check the website for the book chosen. This group meets the last Thursday of every month via ZOOM. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>

Ongoing:

Starting February 1, the Graves Library will offer "Storytime Kits to Go." Included in the kits are all the tools your child needs to participate in Ms. Bryce's Fabulous Friday Family readings every Friday at 10:00 am on the Louis T. Graves Memorial Public Library Facebook Page ([Facebook.com/GravesLibrary](https://www.facebook.com/GravesLibrary)). This program includes stories, finger plays, songs, and crafts. Designed for children 5 and younger, however, all ages are welcome. Parents and caregivers are encouraged to participate. No registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at <http://www.graveslibrary.org>.

Computer Q and A every Friday via ZOOM @ 10:00 am at the Louis T. Graves Memorial Public Library. Please join Mary-Lou Boucouvalas from Graves Library with your questions. We will help you with your computer questions, show you how to Subscribe and Receive Free E-Mail Alerts from the Town of Kennebunkport, copy and paste documents, scan, fax and copy. Please call the Library for details (967-2778) on acquiring the ZOOM link.

Ongoing Book Sale at the Louis T. Graves Memorial Public Library. Because you are unable to visit the Book Cellar for what's in the store, call us with your genre requests and we will fill a bag for \$10.00 (10 for \$10). We will continue our porch sale as soon as the weather gets warmer. For information, please call 967-2778 or our website at <http://www.graveslibrary.org>. Cookbooks, sports, religion, fiction, biography, history, children's, classics, health, and a whole lot more!

Kennebunk Free Library

MSK Book Group Our favorite Middle School Bookgroup is returning! On Wednesday, February 17th we will meet via zoom to chat and discuss the book. Meetings will run from 2:15 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. This month we will be reading *Look Both Ways* by Jason Reynolds. You can stop by either library to pick up your copy of the book. Please sign up in advance by calling either the Graves Library 967-2778 or Kennebunk Library 985-2173. Please read the book in advance of the meeting. If you have any questions, please call either library for more information.

Kennebunk Free Library Teens Take Home Kits for February 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.

AWS

Kindness to Animals Week: Winter Wellness Webinars: Feb 16 - Feb 19

Four of Maine's premier animal non-profits are teaming up to present a special series of educational webinars on animal wellness during February School Vacation week. Participating non-profits include Animal Welfare Society in Kennebunk, Center for Wildlife of Cape Neddick, Maine State Society for the Protection of Animals (MSSPA) located in Windham, and Marine Mammals of Maine, based in Bath.

Each day will feature a forty-minute-long webinar from one of the participating non-profits, focusing on the animal population its mission serves and how those animals survive – and thrive – in the wintertime.

During the interactive webinars, students will be encouraged to ask questions, explore the animals' world virtually and engage their feelings of empathy and compassion. Students will leave the webinars knowing how they can help animals of all kinds this winter. These winter wellness webinars are open to children in kindergarten through eighth grade.

Winter Wellness Webinar Schedule

Tuesday, February 16th @ 10 am: Animal Welfare Society

Wednesday, February 17th @ 10 am: Center for Wildlife

Thursday, February 18th @ 10 am: MSSPA

Friday, February 19th @ 10 am: Marine Mammals of Maine

The daily webinars will take place via the meeting app Zoom. Registrants will receive the Zoom credentials, which will be good for one or all of the presentations. Students are welcome to attend one, two, three or all four, based on their interests. Kindness to Animal Week webinars are presented free of charge. **Donations to the participating non-profits are welcome. Donations support each non-profit's operations and daily animal care needs. REGISTRATION OPENS 1/22 at <https://animalwelfaresociety.org/youth/kindness-week>**

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West Brook Skating Rink,

Biddeford. This rink is maintained and operated by volunteers. Stephanie Raymond of Kennebunk recently visited with her middle school aged son. She said "It is a great alternative with Waterhouse Center in Kennebunk being closed this year." <https://www.facebook.com/BiddefordVWSR>

Balancing Rock at Orris Falls Conservation Area,

South Berwick. The conservation area itself consists of a 171-acre preserve. Hikers may visit the 90-ft. gorge of Orris Falls, Big Bump, and Balancing Rock. Visitors have a choice of trails ranging from a 1.5 mile round trip to Orris Falls to the 3-mile round trip to Balancing Rock. Pets are permitted. FMI <https://www.mainetrailfinder.com/trails/trail/orris-falls-conservation-area>

Rachel Carson National Wildlife Refuge,

Wells. Established in 1966 in cooperation with the State of Maine to protect salt marshes and estuaries for migratory birds. There are 50 miles of coastline in York and Cumberland counties, with eleven divisions between Kittery and Cape Elizabeth. The Wells trail on Route 9 wide and does not include steep inclines. This short trail is wheelchair and stroller accessible in fall, summer, and spring months. Laudholm Farm-The Wells Reserve. A place to discover nature, science, history, and paths to coastal waters. It features 2,250 acres of diverse landscapes with trails, programs, and amazing views. Moderate trails, open year-round, every day 7am to sunset for hiking, snowshoeing, and cross-country skiing. Trails are not groomed in winter. No pets. No smoking.



Disc golf Timothy Legere photo



Balancing Rock.

Mount Agamenticus, or "Mount A"

in York. Mount A may be seen from Colony Beach in Kennebunkport on clear days. The Mount Agamenticus Conservation Region consists of more than 10,000 acres and is located within an additional 30,000-acre expanse of conservation land in southern Maine, boasting trails

for hikers, bikers, and other seasonal activities such as snowshoeing. Select trails are open to equestrians and ATV riders. Open year round, dawn to dusk. Leashed pets welcome. <https://agamenticus.org/>

Continue to page 25



Laudholm Farm-The Wells Reserve. Photo by Bob Dennis

The Great Outdoors

Continued from page 24

Kennebunk Land Trust

(KLT), Kennebunk. Sarah Stanley, Executive Director, Kennebunk Land Trust said KLT has is “busy maintaining trails and providing fun, socially distant community programs. The preserves are wonderful locations for birdwatching, hiking, snowshoeing, cross country skiing, trail exploring and more. This Winter, KLT is excited to partner with the Kennebunk Free Library for a Read and Recreation Series, a program designed to highlight fun, nature/outdoor-themed books and local trails. This series will run throughout the winter. Details will be shared on social media and via email. Kennebunk Land Trust Preserves With Trails include: Kennebunk Wildlife Management Area, Alewife Woods Preserve, Clark Preserve, Mousam River Wildlife Sanctuary, Sea Road Preserve, Wonder Brook/Murphy Preserve, The Secret Garden, Butler Preserve, Madelyn Marx Preserve,

Kennebunkport Conservation Trust,

Kennebunkport and Cape Porpoise. Emmons Preserve, James Woods, Ganny’s Garden, Smith Preserve, Tyler Brook, Meadow Woods Preserve, The Grist Mill, Islands and Beaches, a Labyrinth, and more. Tom Bradbury, Executive Director of KCT said “The woods are beautiful this time of year for you can see deep into them. When snow does arrive we will be grooming the immediate trails around our headquarters at the Emmons Preserve. For those who haven’t seen it yet, the labyrinth on the Emmons Preserve is a magical sight. Also, when the temperature falls skating on Trust ponds would be fun.” <https://www.kporttrust.org/> Disc golf. Disc golf is a sport quickly gaining



Kennebunkport Conservation Trust Labyrinth.



Mount Agamenticus.



West Brook Skating Rink

Kennebunk resident Mark Ettinger
Suggested outdoor/nature photography



Kennebunk Land Trust



**“Sunset on Ocean Avenue”
by Mark Ettinger**

during visits to winter activity locations, or just outside your home. He said “Trying different times of the day can make a big difference in photos.”

'How Old is Too Old to Get a Horse'

Part 2

Property and Housing: Boarding



Indoor arenas serve a bigger purpose than riding. They allow horses to roll, stretch and run in winter when footing makes it difficult to walk. In summer it is a respite from insects.

Once the decision is made regarding purchase, adoption or rescue of a horse boarding or keeping the horse at home follows. This should be done with ethics in mind not just cost. The life and welfare of the horse is dependent upon the situation in which the horse is placed. For the 'older' owner, there are even more factors to consider including the time, work involved and risk level. Often people are not prepared for the reality.

Lack of knowledge crosses all ages. Horses can be placed in questionable or poor situations due to lack of knowledge or points of comparison by the owner. If ethics are a factor, the horse should not be kept in filth, neglect or abusive conditions. Sometimes facilities are shorthanded or have a concerning amount of turnover in staff inevitably affecting care. Economics also affect these businesses leading to cuts in care, often in hay, the most important source of calories. Due to fluctuations in the industry it's wise to be aware of potential issues.

Unfortunately horses are still viewed by many as an animal to be used, to fend for itself, survive

regardless of care, shelter or nutrition when in reality horses systems and needs are as complex as ours. The information could fill a library. The simple act of feeding an apple, requires knowledge regarding a horse's diet, dentition and understanding the horse could choke or have an allergic reaction.

Costs, Time and Work

Considerations abound: Know what you are paying for and who is handling your horse.

Boarding is similar to purchasing a house, where needs of the owner, knowledge on construction, plumbing and electricity, as well as comparison with other homes, help make informed decisions. Similar to choosing childcare, trust in the facility owner, manager, and staff that the horse will receive the care promised is crucial and should be in writing. A horse can't vocalize mistreatment.

Taking good care of horses is time consuming and laborious. The inexperienced horse owner young or old, may not have basic information to know a properly fed horse should produce manure 15-20 times in a 24 hour period, realize the stench of ammonia from urine left in stalls is a red flag, caustic to both horse and human, recognize that eating bedding or other substances signals hunger and need for forage (hay), or that the presence of flies or rodents is a sign of mismanagement. Manure and urine left in stalls or paddocks is a bad sign.

Owner accessibility to their horse, stall size and frontage which can include bars decreasing useable space and preventing interaction, type of outdoor enclosure, type and quality of hay, whether round the clock feedings are provided or if hay is rationed are crucial to the horse's health and safety. Placing a horse in a 'standing' stall not allowing the horse to lay down to rest their legs fully is an abusive practice that exists today. Companionship with other horses is necessary for a horse's well being. As with children it is not a 'one size fits all' as every horse is unique, still as a species some

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practices benefit horses while others do not.

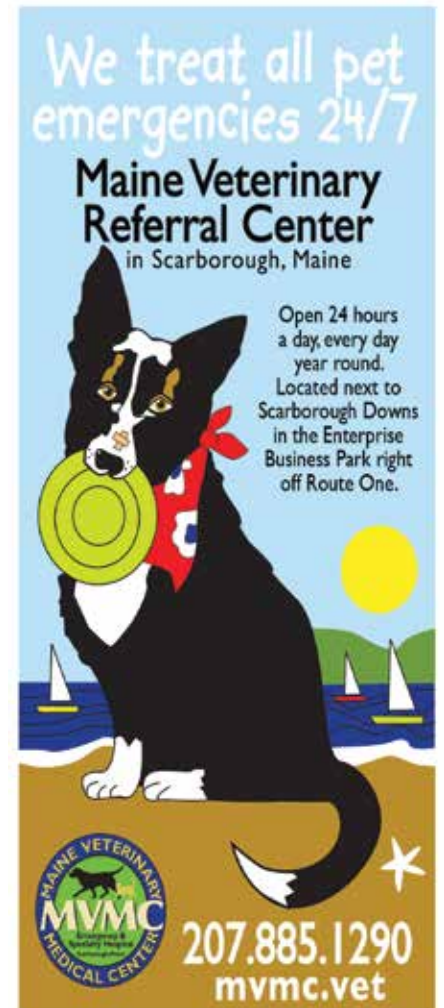
Things are not always what they seem and scrutiny is necessary. A questionable facade may find the horses in great care with nothing in disrepair. A small private barn may seem in disarray due to hay strewn about with a look of 'use', but free of waste and organized. Likewise, a breathtaking property adjacent to the ocean may be wrought with abusive practices and poor management.

Public barns with a large number of horses should be neat, clean, be organized and have plenty of workers. If excessively clean however there may be concern of overzealous sweeping causing dust to linger harming the respiratory systems of both horses and boarders. Spider webs are present in barns but are filled with dust and droppings and should be controlled.

Knowing what lies under mats is important. It is physically stressful to horses legs and feet to stand on cement floors, uneven surfaces and ice. While time outdoors is important, forcing them to endure elements like snow storms, rain or biting insects rather than protecting them should be a factor. Some facilities have large indoor spaces but often are reserved for riding, not shelter. There are endless scenarios and to sift through the information, experience and knowledge helps.

Knowledge, experience and reputation of barn owners or managers is helpful. Each facility has a culture and personality. Making sure you and your horse fits that mold assures a better experience. Absentee owners can spell trouble. Managers who avoid questions, are defensive, intimidating or do not appreciate your presence is a bad sign.

Some stables do not allow unsupervised children due to possibility of injury and liability while



others ignore unruliness. Some are quiet and serene while others loud and chaotic. As prey, horses do better in calm environments. Finding a good facility is a blessing. A bad decision can be a nightmare putting the horse's health, safety and welfare at risk. Where horses are involved, having Plan B and Plan C can help prevent disaster as things can change quickly and without notice.

Some barns discriminate against certain breeds or horse owners who, in their estimation do nothing with their horses in terms of riding and sports. Others embrace the idea of horses regarded as pets and companions. Some allow smoking while others ignore alcohol and drug use. Your presence helps assure proper care. A good barn owner will appreciate dedication and be welcoming.

How a barn handles care from diet and blanketing changes to injuries, accidents, illness and death is good to know before it happens. Are there monitors or cameras installed to help observe a sick or injured horse. Who

Continue to page 28

Oil and Indigenous Peoples in the Russian Arctic

The Camden Conference and the Kennebunk Free Library present Laura Henry, Professor of Government at Bowdoin College, on Wednesday, **February 3 at 6:00 p.m. via Zoom**. Please visit the library's website at kennebunklibrary.org or email kfl@kennebunk.lib.me.us for the Zoom link.

The rapid growth of the oil and gas industry in the Russian Arctic is crucial the country's plans for continued economic growth and international influence. However, many of these sites of extraction are located in close proximity to the country's Arctic Indigenous communities and overlap with their territories of traditional use, such as reindeer herding, hunting, and fishing. In this talk, Professor Henry examines how oil companies interact with indigenous peoples and when they come into conflict and when they reach agreement. Examining several cases in the Russian Arctic and sub-Arctic, Henry considers how local communities navigate a complex political context in which global rules and standards that prioritize indigenous rights and environmental protection interact with domestic laws and institutions that tend to advantage industry. Research in Russian indigenous communities in the Nenets Autonomous Okrug, the Komi Republic, and on Sakhalin Island also illustrates how expectations based on the Soviet era shape how communities engage extractive

industries in order to ensure their economic and social well-being.

Laura A. Henry is a Professor in the Department of Government and Legal Studies at Bowdoin College in Brunswick, Maine. Her research investigates Russia's post-Soviet transformation, focusing on state society relations, environmental politics, and the interaction of transnational and local actors. Henry's current book project (Bringing Global Governance Home) compares how NGOs from the BRICS countries use global agreements on climate change, HIV/AIDS, and deforestation to leverage policy change at home. Henry is the author of *Red to Green: Environmental Activism in Post-Soviet Russia* (Cornell University Press, 2010) and the co-editor of *Russian Civil Society: A Critical Assessment* (M.E. Sharpe, 2006). Her work has appeared in *Environmental Politics*, *Global Environmental Politics*, *Post-Soviet Affairs*, and *Europe-Asia Studies*, among other journals. She has been a Watson Foundation fellow and a Fulbright Scholar. Her research has received support from the National Security Education Program, the Social Science Research Council, and the International Research and Exchange Board. The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at kfl@kennebunk.lib.me.us.



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'How Old is Too Old to Get a Horse'

Continued from page 26

is responsible for care. Has the water that boarders and horses drink been tested for contamination. Are horses buried on the premises. Are stalls disinfected before a horse moves in. Is there a clean, safe horse trailer available for transportation to a hospital or activities off the property. If not, is parking available for yours. How is security handled. Are your belongings, horse and trailer safe.

The pandemic has raised awareness of the importance of hygiene. Washing hands and other infection control practices keep people and horses healthier. Is there hot and cold water and sanitizer available. Lack of proper hygiene measures is the number one source of disease transmission between horses. Lack of health and safety regulations in barns puts horses at risk despite vaccination.

With so much to know there is a tendency to rely on opinion. Sometimes horse owners adopt poor practices because it is what they learned and never questioned. Years of riding, going to a dude ranch, participating in summer camp or riding a horse on a beach in Mexico does not make a person knowledgeable regarding care, or help understand horses needs or behavior. Often horses involved in such work are mistreated, old, ill, broken down or simply shut down.

For the older horse owner the right facility can offer support, help with daily care as well as social interaction or privacy, for a price. Boarding can offer support when a horse is sick or injured or when you can't be there. Caring for a 1000 lb. sick animal and giving medications is challenging and requires skill. Having a good relationship with the barn staff and

knowing that your horse will receive good care is reassuring.

RISK: Risk level for any horse owner is real. Riding is a high risk activity, but interactions on the ground can also put people in jeopardy if they don't understand reactions, reflexes, behavior, and have an understanding and ability to practice safety also requiring skill. Safety is critical in horse ownership.

Daily labor required to keep the stall clean, removing and disposing of waste, replenishing bedding, cleaning and filling water buckets and food bowls may not seem like much until the responsibility is yours. Taking into consideration the horses needs for companionship is also part of stewardship.

Boarding makes it feasible to have a horse and for the horse to have a companion without the additional cost and risk of injury that comes with a 2nd horse. Horses do however feel loss when a pasture mate dies or leaves the barn which can happen regularly.

Age doesn't guarantee wisdom or good habits but an educated and ethical horse owner will be discerning, recognizing all forms of mistreatment, blatant and subtle. Horses can survive poor conditions but flourish with high standards of care. Boarding can be limiting but in the right facility, the horse can enjoy routine and quality of life and the horse owner more time to enjoy and to bond.

Next: Part 3 'Transporting and Keeping Your Horse at Home'

Donations to BlixxHorses are graciously accepted. We thank you for generosity, and for your love and care of these beautiful, majestic & peaceful animals. P.O. Box 435 West Kennebunk Maine 04094

Students Ready to Radio Contact with the Astronauts



ISS Student.

The students at Kennebunk's Sea Road elementary school are continuing to get ready to talk directly with astronauts aboard the orbiting International Space Station (ISS). The Sea Road School serves over 300 third, fourth, and fifth-grade students. NASA indicates the direct radio contact will likely take place this coming January.

The New England Radio Discussion Society, a Maine radio club comprised of Federally-licensed Radio Amateurs, known as ham radio operators, is actively helping plan the contact.

Significantly, NASA is celebrating its 20th anniversary of Amateur Radio operations on the ISS. The new crew includes Commander Bill Shepherd, with American ham radio call sign KD5GSL, Soyuz Commander Yuri Gidzenko, and Flight Engineer Sergei Krikalev, with Russian ham radio call sign U5MIR.

Just a few days after the new ISS crew arrived, they set up the Amateur Radio equipment. ISS crews will now use the new gear to talk to schools as they orbit the Earth.

Here are some typical questions students ask the astronauts:

- 1. How has ISS changed your outlook on life?
- 2. What is your favorite thing to look at in space?
- 3. What is most difficult when returning to Earth?
- 4. What does it feel like when you are on a space walk?
- 5. What was the strangest thing that's happened to you in space?
- 6. What is your favorite activity



Mike Hopkins.

when you have free time on the ISS?

- 7. Do you think I will visit outer space in my lifetime, even if I never become an astronaut?
- 8. What does it feel like to sleep on the ISS?
- 9. What mission were you most scared of?
- 10. What are your favorite ISS experiences?
- 11. What has been your favorite experiment on the ISS?
- 12. How many repairs are made aboard the ISS?
- 13. What are your three favorite foods on the ISS?
- 14. What language has been the most challenging to communicate aboard the ISS?
- 15. What food are you most looking forward to eating when you get home?
- 16. What fear have you had regarding space?
- 17. Which holidays have you enjoyed celebrating on the ISS?
- 18. Could we use space to help manage our problems with waste disposal on Earth?

Ham radio is a popular public service hobby that brings people, electronics, and communication together. Hams use Amateur Radio to talk across town, around the world, and into space, all without the Internet or cell phones. It's fun, social, educational, and can be a lifeline during times of need.

MORE: Information about Amateur Radio can be found on the Web here: <http://www.arrl.org/what-is-ham-radio>



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Mark Daniels: the Lyric Tenor

Press release courtesy of James King.

Article courtesy of www.585mag.com

From the first notes of Cavaradossi's aria from Puccini's *Tosca*, "E lucevan le stelle," you know that you are hearing an exceptional voice. For Mark Daniels, singing comes naturally and, to the listener, appears effortless.

Daniels has made Rochester his personal and artistic home since he arrived at Eastman School of Music as an undergraduate. He grew up in Kennebunk, Maine, but has family ties to Rochester. His great uncle, Ernest Kimball, owned Kimball Trucking and worked at Hallman Chevrolet on Winthrop Street (the building that housed 2 Vine, where Daniels once worked as a waiter) fifty years before Daniels arrived to study at Eastman. As he likes to say, "My great uncle and I grew up in the same farmhouse in Maine and somehow worked in the same state, city, and building decades apart."

Like most kids, Daniels started singing in school. His first- and second-grade teachers told his family, "You know, he can sing!" Daniels joined the Boy Singers of Maine and, in junior high, auditioned for the Southern Maine Music Festival. As a freshman in high school, he



Tomas Flint and Mark Daniels. Tomas Flint photo.

auditioned for his first musical, *Joseph and the Amazing Technicolor Dreamcoat*, and was cast in the title role. Life led him to a career in music, and he made his professional debut in *Brigadoon* in Portland, Maine. He was accepted into the undergraduate program at Eastman School of Music, where he made his opera debut as Sam in Carlisle Floyd's *Susannah* with Eastman Opera Theatre. His operatic career has taken him to Italy, to engagements in Buffalo, and all over the Finger Lakes region.

Musicians chart their professional lives through their

teachers, coaches, and mentors much like people chart their family trees. Daniels's first voice teacher in Portland was David Goulet, who worked with the legendary Sarah Caldwell. On arrival at Eastman, Daniels joined Rita Shane's studio. Shane, a coloratura soprano, had a glittering career at the New York City and Metropolitan Operas and the great opera houses of the world.

Since 2017, Daniels has worked with acclaimed coach and accompanist Rob Goodling. Goodling's professional career began as a violinist in the Elmira Symphony and Corning Philharmonic orchestras, but the greater part of his career has been as a coach, accompanist, and trainer of singers. An Eastman alumnus, Goodling spent twenty-eight years teaching at Churchville-Chili High School, where his students included Renée Fleming and her sister, Rachele. He was an affiliate professor of music education at Eastman School of Music and the music history instructor at Hochstein School of Music and has worked with the board of the Rochester Opera Guild.



Congratulations to Kennebunk HannaFond employee of the year Amanda Reynolds of Kennebunk!

Amanda began her career at the former Garden Street Market in Kennebunk and moved to HannaFond Kennebunk when GSM closed. A friendly, knowledgeable, and dedicated employee who knows the store inside and out and is always ready to help. Well deserved Ms. Reynolds.

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With many of their natural water sources frozen birds are often in desperate need of a thawed body of water. Small song birds cannot survive by eating snow because the bird's body temperature will plummet to dangerous levels. Additionally, clean feathers are warmer

than dirty feathers so taking a winter bath is important. If you add a thermostatically controlled heated birdbath to your yard it will provide the unfrozen water source the birds will need at a small energy cost.

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

Because the winter sun will be lower in the sky, birds often fly into glass windows due to the change in reflections. Preventing strikes can be as easy as putting up a window feeder or placing feeders within a few feet of the window. There are specially designed window decals available that work too. Additionally, closing curtains or blinds can help.

With a little extra effort, we can help our backyard birds this winter and spend those days enjoying their company. FMI: Phone: (207) 985-1511

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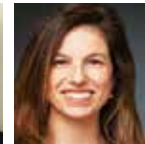
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