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2023

The Kennebunk

Village

MAGAZINE

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WINTER WELLNESS-
Tips for Self-Care and Self-Love

Open this Winter
*Not everything closes until warmer
weather*

**45 Years After the Blizzard of 1978 -
Readers Reflect**

**KHS Alternative Education Class
at Kennebunk High School**

Maine's premier monthly magazine serving: Arundel • Biddeford • Kennebunk • Kennebunkport • Saco • Wells
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Winter 2023. A heart shaped snowflake just in time for Valentine's Day. Photo by Bob Dennis..

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The twenty-second annual calendar
from Kennebunkport's award-winning photographer

IMAGES OF KENNEBUNKPORT

2023 CALENDAR

Photographs by Robert Dennis



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NATIVE SEED SWAP & SOW PARTY

All are invited to join us in a “SEED SWAP & SOW” party as part of the “Native Immersion Workshop” series the Planeteers of Southern Maine and School Around Us have designed. It will be held at the School Around Us come sun or snow from noon to 2 pm **Saturday February 11th**, just in time to sow a little seed for your loved one this Valentine’s.

The School Around Us will have a roaring bon fire and crock of hot cider on, so bring a mug. Also if you have native/heirloom seeds to share, please bring them. Also a container for sowing some yourself, although we will have an ample amount available too.

In addition to core members of the Planeteers and School Around Us, you’ll have the chance to interact with the following 3 Facilitators:

LISA PAGANO: HS Science teacher and environmentalist who became interested in native plants after attending a Winter Seed Sowing workshop in 2019 at the Wells Reserve. Unbeknownst to her (and everyone else) as to what the coming months would bring, she used her quarantine time to learn more about native plants, developing a pandemic passion. Lisa is excited to pass on the knowledge she has received from others on the important roles native plants play in mitigating the effects of climate change and how incorporating them into our backyard gardens can support our local wildlife.

LEE SULLIVAN: A lifelong gardener who got hooked on native plant gardening in 2021 after watching YouTube videos by entomologist Doug Tallamy.



She created a Facebook group, Kennebunk Area Native Plants, to connect people in the area who want to transform their yards into habitats that promote biodiversity.

COLIN McKEVITT: Biological Technician at the Rachel Carson National Wildlife Refuge. Colin has been focusing on invasive plants, shrubland habitat management, and native plant propagation. Fascinated

with the natural world since his youth, he has held a wide array of natural resource positions working with everything from alligators and seabirds to pollinators and plants. He has “homegrown” seed varieties to share with workshop participants.

FREE AND OPEN TO ALL; kids under 12 need to come with guardian. FMI: someplaneteers@yahoo.com or www.facebook.com/SoMePlaneteers



Open this Winter

By: Shelley Wigglesworth, lead writer

Some of the best kept secrets may just be the abundance of area shops, restaurants and businesses that stay open all winter long in a tourist town. Not everything closes until warmer weather. This is the time of year when locals can enjoy the slower paced atmosphere and all the relaxing perks of the warm, community centered, off-season in our village, all the while supporting our local economy. Read on for suggestions of places to eat, drink, shop and most importantly, to beat the winter blues and stay connected.

Cozy up at restaurant.

Whether it is a hearty breakfast before a day of snowshoeing, skating, or skiing, a family style casual comfort food lunch or dinner, drinks with friends, or fine dining for special occasions or a romantic Valentine's Day meal, there is something for everyone here in our village!

Breakfasts and Lunch:

The Maine Diner, Wells.

This nationally recognized award-winning diner is famous for "old fashioned homecooked food like grandma use to make." Hearty country breakfasts, surf and turf meals, comfort food, salads, chicken dishes, seafood both baked and fried, homemade pies and desserts to die for are just some of the offerings. Karen MacNeill of the Maine Diner said, "We sure would like to be open for dinner again, but we are so short staffed." The Maine Diner is hiring, and hopefully will have the help they need to start serving dinner again. 7am-3pm every day except Wednesdays. www.mainediner.com

Mike's All-Day Breakfast, Kennebunk.

Casual and friendly offering full hearty breakfasts, omelets, pancakes, homemade muffins, crepes and more, along with a little bit of lunch: grilled sandwiches, tuna melts, chicken sandwiches, and salads, kid's menu. 7 days a week, 8am – 2pm. <https://www.mikesalldaybreakfast.com/>

Mike's American Diner, Arundel.

Full hearty breakfasts, omelets, pancakes, homemade muffins, crepes. Grilled sandwiches, burgers, Reubens and pastrami, fried and broiled seafood, chicken, steak salads, turkey dinner, pot roast, mac and cheese, chicken tenders' kid's menu and more. 7 days a week, 8am-3pm. www.mikesamericandiners.com/

Coffee Roasters of the Kennebunks, Kennebunk. Coffee roasted on the premises with a 100-year-old roasting machine, breakfast sandwiches made with organic eggs, cheddar cheese and your choice of bacon, pork sausage or turkey sausage, served between Portuguese rolls. Lunch sandwiches, salads, desserts, side dishes, grab and go items are also on the menu. All delicious artisan foods may be purchased to go, enjoyed inside, or outside on the patio, weather permitting, if desired. 7 days a week, 8 am - 4pm. <https://coffeeroastersofmaine.com/>

Lunch and Dinner:

Litchfield's Bar and Grille, Wells.

Offering seafood, steaks, pizza, ribs, oysters, appetizers, seasonal specials, burgers, classic desserts, and more. Trivia night happens every Wednesday and Friday. Wear flannel on Friday and get a discount. Football Sunday specials. Tuesday, Wednesday, Friday, and Saturday 11:30 am - 11 pm. Sunday, 11:30 am 8pm. <https://www.litchfields.com/>

Bitter End, Wells.

Innovative twists on classic dishes, and signature meals. Full bar with custom cocktails. A menu sampling includes Lobster Sliders, Salmon Niçoise, Gyro, Fish and Chips, Seafood Stew, Meze Plate, Nine Hour Bolognese, Parmesan Truffle Fries, Chicken Taquitos and more. Eclectic vintage decor and fun fresh atmosphere. 11:30am - 8pm, Thursday-Monday. www.bitterend.me/

Lord's Clam Box, Sanford.

Legendary seafood, famous chowders, soups, salads, pastas dishes, comfort food, burgers, combo meals, poutine, desserts, pastries and more. Great food and prices since 1969. Owner David Kershaw is well known for his high standards, homestyle, family -friendly food. Eat in or take out. 11 am - 7:15 pm everyday but Monday

Dinner:

The White Barn Inn, Kennebunk.

A Five Diamond, Forbes Five Star restaurant, where you can enjoy an extraordinary dining experience featuring contemporary New England cuisine using locally sourced and foraged surf, turf, and vegetables. Beautiful winter wonderland views compliment the experience. Open 5:30pm – 9pm, Wednesday – Sunday.

The Lost Fire, Cape Porpoise.

A steakhouse unlike others, with true wood fire, Argentinian style musk, char, and flame meals. A place to experience smokey, hearty and authentic Patagonian BBQ food.

Vegetarian options available. Full bar, wine cellar. Wednesday-Sunday, 5pm-Close.

50 Local, Kennebunk.

A French bistro style restaurant with an American flair. 50 Local uses local farms, fisheries, and foragers for their meals. Sample offerings include, roasted duck, gnocchi, handmade pasta, lobster dishes, braised ribs, oysters, homemade ice-cream and original desserts. Served in a comfortable, elegant, and friendly atmosphere. Monday-Saturday, 5-9pm. www.localkennebunk.com

BeachFire Bar and Grille, Ogunquit.

Specializing in dry-rubbed and smoked meat and seafood dishes with choice of side dishes, other meals, include burgers, pulled pork, fried haddock, Jamaican jerk chicken, ribs, bourbon marinated steak tips, mac and cheese, chicken parm and more. Decadent desserts including, cheesecake, chocolate cake, peanut butter pie and others. Eat in or around the massive fire pit.

Tuesday-Thursday, 4-9pm, with bar open until 10pm. Friday and weekends, 4-10pm, with bar open until 11pm. Closed Monday. Happy Hour daily 4-6pm. <https://www.beachfiremaine.com/>

Old Vines Wine Bar, Kennebunk.

In addition to their world class wine selection, OVWB serves dinner in the traditional tapas style, each dish is cooked to order and served immediately. Short ribs, pork belly, mussels, vegan curry, Charcuterie Boards, salads, meatballs and more. Tuesday-Saturday 5pm-Close. <https://www.oldvineswinebar.com/>

Bandaloop-Arundel.

Globally inspired, locally sourced and organic. Soups, appetizers, sandwiches, haddock, salmon, chicken and steak dishes, pasta, tofu, vegetarian and vegan offerings. Tuesday - Saturday 4:30 – Close. <https://www.bandalooprestaurant.com/>

Shopping and Services:

Winter is the time to rest and re-fresh. A time to pamper and enlighten ourselves and enhance our surroundings and spirit. Whether it be a meditation class, room re-fresh, gift for ourselves, accent piece for our home, or wardrobe upgrade, you can find all you need and more in our village!

Americana Workshop, Kennebunk.

Owner, operator and woodworker at Americana Workshop,

Owner, operator and woodworker at Americana Workshop, Cynthia Hamilton sells a wide variety of pieces including her custom-made country cupboards,



The Shade Shop, Kennebunk.



Kennebunk Outfitters, Kennebunk.



Auntie's House Bakery and Chocolate Shop,



Mike's American Diner, Arundel.



BeachFire Bar and Grille, Ogunquit.

farm tables, and furniture, estate jewelry, vintage and antique furnishings and décor, architectural salvage, old and newer hardware, art, new nautical home décor, classic accent pieces and more. The store is always buying gold and silver and estate jewelry pieces and is open to purchasing

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AWS Assists the Humane Society of the United States with Dog Fighting Rescue

In partnership with the Humane Society of the United States (HSUS), Animal Welfare Society (AWS) has taken in three dogs rescued by HSUS from an alleged dog fighting ring in South Carolina.

The rescue of 275 dogs took place in September 2022. HSUS reported that dogs were found living outdoors in pens or on chains with barrels or other makeshift shelters as their only protection from the elements. Many of the dogs were thin and had no apparent access to food or water, despite the sunny and hot weather. Responders observed dogs with severe scarring, as well as festering open wounds, lacerations and abscesses. Some dogs eagerly greeted responders with wagging tails and kisses, while others hunched over and peered reluctantly at the responders.

"It's truly distressing to come upon dogs who are severely injured yet chained to trees or left to languish in a pen instead of getting the care they desperately need," said Adam Parascandola, vice president of the animal rescue team for HSUS, on the day of the rescue. "Thanks to all the agencies who intervened on behalf of these dogs, this is the last day they're going to

have to live like this."

After treatment and care at HSUS facilities, the rescued dogs were placed in the care of partner animal adoption organizations, like AWS, throughout the country. AWS received Spirit Bear, Oliver and Brandon. They are happy and eager young dogs, ready for a chance to shine. One-year-old Spirit Bear is really a puppy at heart. She is playful, social and ready to explore the new world available to her. Brandon is truly a gentle soul. He quietly takes in the world around him but at three years old, he still has his youthful optimism. Also three years old, Oliver is a very active guy who wants the excitement of the world at his paws. He's ready for adventure.

"Even though these dogs didn't have the best start in their lives, we know that through the support of the community, their future is much brighter," says Adam Ricci, AWS Director of Operations and Programs. "We have enjoyed having Spirit Bear, Oliver and Brandon in our care, getting to know them and preparing them for the next chapter of their lives as family pets. Now it's time to find them happy homes."

Spirit Bear, Brandon and Oliver will



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be available for adoption in the coming days. AWS's Adoption Center at 46 Holland Road in Kennebunk is open by appointment, which can be scheduled by calling (207) 985-3244. During the hour-long appointment, potential adopters will have ample time to spend with the dog they are interested in adopting. Adoption counselors will answer questions and provide information on the pet's background and medical history. Counselors will advise on the dog's personality and temperament as well as dispel any misinformation about dogs bred for dog fighting. As with every adoption, the goal is to make sure it's a

good fit for both the family and the dog. Those interested in learning more about adopting one of these dogs should call (207) 985-3244.

More information about Spirit Bear, Brandon and Oliver, including photographs, will be available on AWS' website: <https://animalwelfaresociety.org/adoption/dogs/>.

For more information, please contact Stephanie Kelley, Marketing Communications Manager, (207) 985-3244 ext. 130

Adam Ricci, Director of Operations and Programs, (207) 985-3244 ext. 102



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Open this Winter

Continued from page 6

select antique pieces. “The great thing about buying antique and/or used furniture and pieces is that it is a great way to save money, support the local economy, and acquire lifelong pieces that were made to last,” Hamilton said. Open 7 days a week, 10-5. www.americanaworkshop.com

The Shade Shop, Kennebunk.

Featuring Hunter-Douglas products The Shade Shop offers shades and blinds in all styles including roman, vertical and woven, wood, metal, and more. Shutters, outdoor awnings, drapery, window treatments, wall coverings, light enhancing products, room darkening products, energy efficient blinds, door coverings, sound absorption items and programed, self-adjusting window treatments are just a few examples of what is available. Known for innovative quality and style products. The Shade Shop offers free in-home consultation so that you can match your window treatments effortlessly to your existing home décor. Make the most of the light in your home and workspace. Monday-Friday 10-4. Saturday by appointment.

Kennebunk Outfitters, Kennebunk.

A shopping oasis for outdoor enthusiasts, Kennebunk Outfitters carries almost anything one would need for year-round outdoor activity, carrying children's sizes in 4-16, men sizes in S-XXL and women's sizes in XS-XL. Their vast stock of clothing, gear and outdoor essentials are tried and true, tested, approved, and recommended by the owners and staff. All lines carried are excellent quality and competitively priced, with special savings for local loyal shoppers. To keep connected this winter KO will have the following events:

A free customer-appreciation Spin Class, Thursday, February 2, 5:30-6:30pm, at Maine Revolution (169 Port Road, Kennebunk - 2nd floor.) followed by appetizers and beverages. (Pre-registration required as space is limited)

Valentine's Date Night Shopping Spree, Saturday, February 11 from 4: -7 pm with champagne, sweet treats, and irresistible deals. Couples will receive 50% off two or more items from the KO Winter Collection. Patagonia Film Night, Thursday, March 2 at 6:00 pm, free. Robin and Charlie Buckley of KO said “Escape the winter doldrums and join us for an evening of inspiration and a glimmer of hope for the return of summer sunshine, surfing! KO will be transformed into a space for mingling and movie

watching where we will present one of Patagonia's epic films, The Yin, and Yang of Gerry Lopez., aka Mr. Pipeline. Lopez is one of surfing's most enigmatic heroes - a Zen Buddhist on land who built his early career on aggressive surfing. There will be Patagonia raffles, and snacks and beer from one of Maine's local breweries.”

Kennebunk Outfitters Run Squad meets on Tuesday evenings at 5:30 behind the KO store for 5k runs. Headlamps required and weather permitting.

Monday, Thursday, Friday, 11am - 5pm. Saturday, 9am - 4pm. Sunday, 10am - 4pm. <https://kennebunkoutfitters.com/>

Resurrected, Kennebunk

Unique recycled, upcycled and re-purposed gifts, clothing, and functional products. Pam Roche, owner said “Resurrected will be open all winter for your gift buying needs! In January, February, and March, we will be open on weekends. Friday, Saturday, Sunday from 11-5. During these winter months, we are also offering appointment shopping. If you are planning a visit to the area, or if you are from the area, and have a small group, we would be thrilled to have you come in and shop on your choice of date and time, and at your leisure. Please contact Pam at Pam@resurrectedonline.com to make arrangements.” Look for updates on Instagram and Facebook Live. During the live presentations, there will be special pricing on the items that will be highlighted. www.facebook.com/resurrected.kennebunkport

Port Canvas, Arundel

Every product ever produced by Port Canvas in its 50 years of doing business has been manufactured here in Maine by hand, by one stitcher, one product at a time. Tote bags, handbags, sea bags, luggage, sports bags, business bags, raincoats, director chairs, belts, key chains, customized and personalized bags and more. Don't miss the substantial savings in the popular saleroom where products that are extras, discontinued or slightly flawed are heavily discounted. Monday - Thursday 10am to 4pm. Friday by appointment. <https://www.portcanvas.com/>

LoveLight Illuminations, Wells

Support for mind, body, spirit, and soul. The LoveLight Center offers quick and easy meditation that benefits all from beginners to experienced. Offerings include soul soothing sound healing events to bath in uplifting vibrational energy. Experience a

personalized one on one session for a reading for the New Year or receive an energy clearing or healing to enhance your physical and spiritual energy. LoveLight founder Cheryl Banfield said “The LoveLight Center offers monthly energy workshops that align with the Equinox and Solstice, giving you a boost of energy for renewal and change. In addition, the monthly Full Moon meditations bring clarity and energy movement. Increase your energy, raise your vibration, and accelerate your healing.”

Upcoming events:

Full Moon Workshops online select days in February, 6pm - 7pm

Equinox workshops online February 21 and March 20, 5:30pm - 6:30pm

Sound Healing events February 16, 5:30pm - 6:30pm online and in person

Living In the Light - deep healing 4-day retreat over two weekends March 4 and 5, April 1 and 2 online and in person.

Crystal Boutique shop hours: Thursday - Saturday 12-4pm. Individual sessions are scheduled Tuesdays - Fridays by calling the Center at 207-216-9584 or emailing info@lovelightilluminations.com www.lovelightilluminations.com/

Auntie's House Bakery and Chocolate Shop, Kennebunk, and NEW LOCATION in Portland!

Just in time for Valentine's Day, Auntie's House, a small bakery and a chocolate shop, will have sweets for the sweeties in your life when they re-open February 1st in both Kennebunk and their new location in Portland at 40 Free St. Auntie's House is well known for their decadent original Whoopie Balls, which are a take on the classic Maine whoopie pie. “Whoopie Balls are essentially a miniature whoopie pie dipped in fine chocolate. Flavors offered are: Classic Cream, Peanut Butter, Espresso, Hostess Mint, Blueberry, Oreo Cream, Pistachio, Amaretto, Banana Cream, Raspberry, Almond, Chocolate Cream, Coconut, Cheesecake, and Dark Salted Caramel. Whoopie balls are dipped in dark chocolate or milk chocolate and are by far our best sellers,” Tracey Hart of Auntie's House said. Other bakery items include cookies, whoopie pies, made to order cakes, pies by order, muffins, scones, and cheesecakes, handmade chocolates, cookie dough bites, hot chocolate bombs, fine signature chocolates such as turtles, caramels, barks and clusters, peanut butter treats, chocolate lobsters, chocolate “moose pops” Needhams and more.



50 Local,/The Elective Kennebunk.



LoveLight Illuminations, Wells



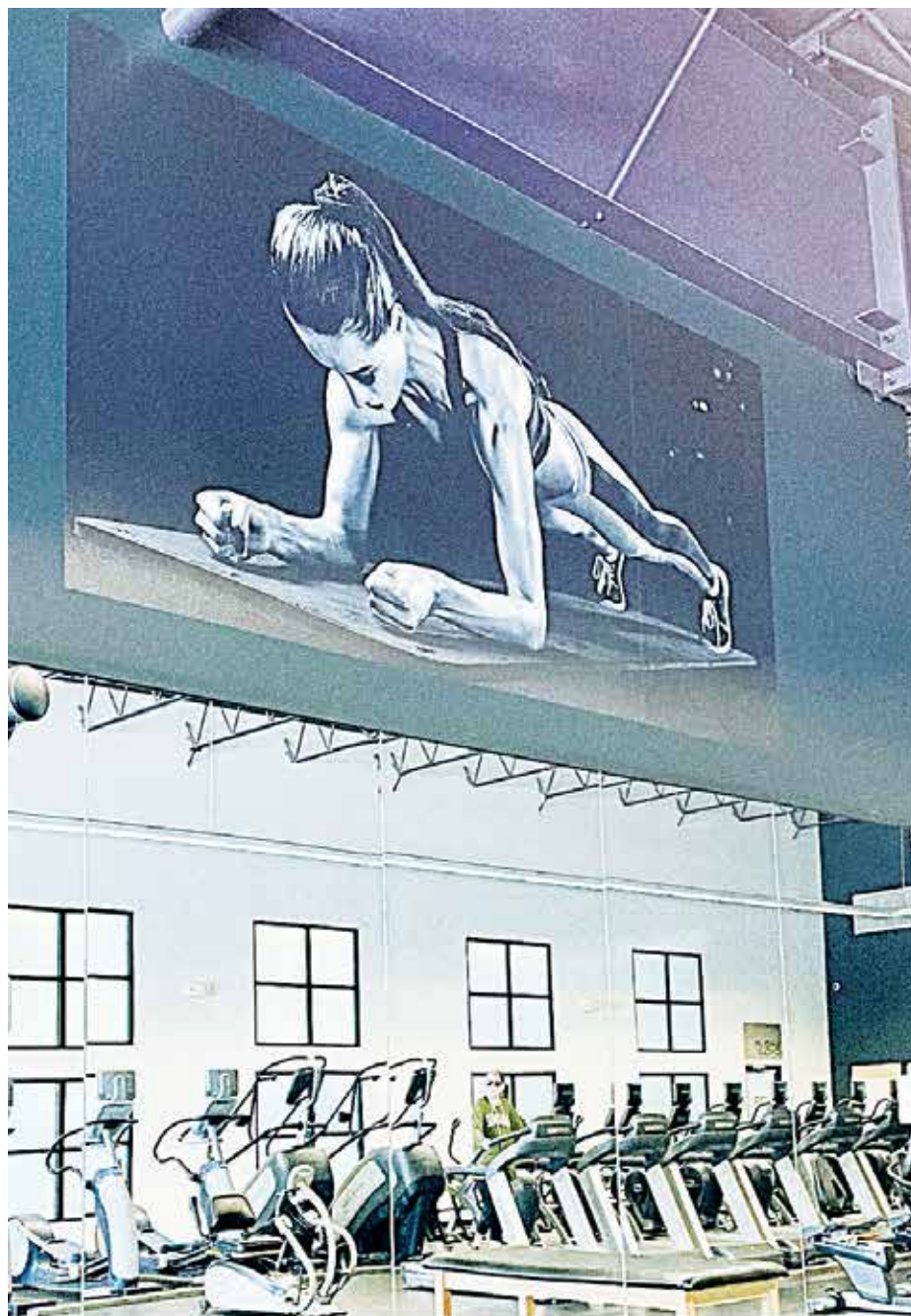
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Winter Wellness - Tips for Self-Care and Self-Love



By: Shelley Wigglesworth, lead writer

Winter is a time to replenish and renew, and what better way to replenish and renew ourselves than by practicing self-care and self-love. When we take care of ourselves physically, spiritually, and mentally, we are better positioned to enjoy and experience life in a productive, balanced manner, and everyone we come in contact with benefits from the trickledown effect. In addition to eating a nutritious diet, getting plenty of sleep, and seeking medical and mental health care from qualified professionals for treatment of chronic conditions, we have compiled suggested winter wellness tips for self-care and self-love from people in our village who pride themselves on their wellness offerings.

Dress for the Weather, Get Fresh Air and Stay Active! Robin and Charles Buckley of Kennebunk Outfitters.

"As winter sets in, so do the 'winter blues. Staying active, despite the weather, is critical to maintaining your physical and mental wellbeing. The cold temperatures and biting wind often make it challenging to find the motivation to get dressed and head outdoors. However, we promise if you are dressed in the proper attire, you will hardly notice the elements! Kennebunk Outfitters has an extensive selection of base layers from Smartwool, Helly Hansen, Patagonia and Faulk, which are the foundation to dressing for outdoor winter activities. Our knowledgeable staff will also be able to help you select proper socks and footwear for walking the dog on icy roads, winter hikes on the Conservation Trust trails or in the White Mountains, or simply playing in the snow as a family. Outerwear for activities such as snowshoeing, alpine, or cross-country skiing, can also be sourced at Kennebunk Outfitters. However, if you prefer indoor activities, Kennebunk Outfitters can also

provide you with sneakers and apparel for when you hit, they gym or play indoor pickle ball. Our KO run group meets throughout the winter on Tuesday evenings at 5:30 behind the store for 5k runs. Headlamps required and weather permitting."

Adopt the Right Fitness Plan for Your Needs -Richard Evans of Quest Fitness

"At Quest, all levels of individual fitness needs are assessed and addressed with knowledge, compassion, and experience. Quest is a gym for all ages and abilities. With 20,000 square feet of cardio and strength training equipment, members can work out when they want, and how they want, with exceptional equipment and under the guidance of our amazing instructors. At Quest we have a variety of offerings and approaches to allow you to achieve your personal health goals at your pace. With over 60 classes per week including aqua classes in our indoor heated saltwater pool., We also offer yoga, pilates, and barre classes, indoor cycle classes in our 'Quest Cycle' studio, and Studio 1 at Quest offers cardio and strength classes for all fitness levels. Customers are able to try different classes with their membership and explore new ways to stay healthy as their fitness needs change. For those who cannot commit to a regular membership option, we offer 5 or 10 Visit Passes, which work like punch cards, allowing you to utilize the facility and indoor cycle, yoga, and studio 1 classes at a reasonable cost. We encourage a diverse approach to exercise, as it is the most effective for long-term results. Quest Fitness is open at 5 am Monday through Friday and closes at 8:30 pm Monday through Thursday. Quest closes at 7pm on Fridays. We are also open on the weekends from 7 am to 6 pm. These hours give customers excellent opportunities to address their fitness needs."(207) 467-3800..

The Power of Touch-Massage Therapy- Quest Fitness

25-, 50- or 75-minute massage services at Quest Fitness are available for members and non-members. Choose one of the three massage styles offered or combine styles to create a customized massage experience.

1. Relaxation Massage: A classic Swedish massage that uses long gentle strokes to stimulate blood flow and promote muscular relaxation. 2. Therapeutic Massage: A customizable massage that may include elements of the relaxation massage combined with deep tissue work as requested. 3.Sports Massage: Great for helping the body to release lactic acid build up after an activity.

Massage therapy can be a powerful ally in your personal healthcare regimen and in conjunction with a healthy diet and regular exercise it can result in important benefits including enhanced quality of sleep, greater energy, improved concentration, increased circulation, reduced fatigue, relief from muscle soreness. 2 Livewell Dr. Kennebunk, (207) 467-3800.

Meditation and Nourishing Mind, Spirit, and Soul- Cheryl Banfield of LoveLight Illuminations

"Winter can be a time for inner reflection, healing the past and starting anew. With a new year's energy coming into 2023, everyone can benefit from extra support for mind, body, spirit, and soul. LoveLight Illuminations is an enlightenment and healing modality that supports mind body spirit and soul. The staff at LoveLight assist you with your customized experience to meet your individual needs. Check out the Crystal Boutique shop and sit in the high vibrational energy vortex room. Try a soul soothing sound healing to bathe in uplifting vibrational energy. If you are looking for quicker healing or self/spiritual development we offer online and in person meditation options that benefit all- from beginners to experienced or experience a personalized one on one session for a

reading, energy clearing or healing session to enhance your physical and spiritual wellbeing. We offer monthly energy workshops and Full Moon meditations that align with the Equinox and Solstice. Bring clarity, energy, movement, raise your vibration, and accelerate your healing with LoveLight Illuminations at the LoveLight Center." 2089 Post Rd, Wells. (207) 216-9584

Protect your Vision and Boost your Confidence - Laird from Eyephoria.

"See clearly and look great. At Eyephoria Optical we believe there is more to just improving your vision. Your eyeglasses are the first thing other people see. Not only should they look good, but they should be fitted properly. The proper fit improves your vision as well as ensures comfort. Eyephoria optical combines innovative technology with the latest in fashion allowing our patients to get the absolute best out of their purchase. Our optometrist boutique store specializes in prescription glasses for corrective vision, non-prescription lenses for statement and style, and sunglasses for ultimate eye protection. Eyephoria customers are privy to frames created by independent designers from around the world. From fun and funky, to the latest trends, and timeless classic frame shapes in every imaginable shape and style are in stock and waiting for you. A well-fitting pair of glasses in a shape and color combination that compliments your face, features, and personal style, will not only protect your vision, but it can boost your confidence as well. Laird of Eyephoria in Wells provides free consultations where you can discover what eyewear best suits you and your needs. Belts, jeweler, watches, accessories, travel cases and handbags for both men and women are also available at the store to compliment and complete your newly framed look. Eye exams appointments can be arranged. 2178 Post Road Wells, Ph:207.216.9937 •



Kennebunk Outfitters has the proper clothing and gear for indoor and outdoor fitness. Located 51 Western Ave Kennebunk. (207) 204-0499



Quest Fitness - a gym for all ages and abilities. 20,000 square feet of cardio and strength training equipment, 2 Livewell Dr. Kennebunk,



The LoveLight Illuminations team: Mandy Mathiesen, LoveLight Practitioner, Cheryl Banfield Founder of LoveLight, Emily Medri, LoveLight Practitioner..



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KFL Announces February Art Exhibit, “Inspiring the Love of Art”



The Speers Gallery at the Kennebunk Free Library presents “Inspiring the Love of Art”, an exhibition of artwork created by students from The New School and School Around Us. This is the fifth year the library has hosted an exhibit by these young artists.

The exhibit will run February 2-27, and the public is invited to a reception on Wednesday, February 8, from 4:00-5:30 pm.

The New School is a democratic high school located in Kennebunk, and School Around Us is a holistic co-learning community for homeschoolers ages 5-14. The arts are an important part of the curriculum at TNS and SAU, and local artists are frequently a source of inspiration and teaching for the students. For example, this year students worked with Pamela Moulton, a fiber/installation artist in Portland. Josie Perkins teaches

performance music and music theory. Rhonda Miller teaches visual art; 2-D and sculpture. Other local artists have enjoyed sharing their love of the arts. They give students the opportunity to interact with professional artists and form relationships with adults beyond their core teachers. The balance between academic pursuits and artistic expression meets the belief in holistic education for both schools.

This year the work of students includes puppetry, digital art, pottery and drawing from The New School and drawings and paintings from the School Around Us. Students have created, collected and prepared work, and are excited to see their voice and diligence celebrated on the wall of the Speers Gallery. Kennebunk Free Library is pleased to welcome back and display the works of these talented artists once again.

The public is invited to view the exhibit in the library’s Speers Gallery from February 2- 27 at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, www.kennebunklibrary.org.

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U.S. News & World Report ranks York Hospital as “High Performing” Hospital for Maternity Care

U.S. News & World Report recently ranked York Hospital as a “2022-2023 High Performing Hospital for Maternity Care,” the highest recognition a hospital can receive for maternity care. The annual evaluation assists expectant parents, in consultation with their providers, in making informed decisions about where best to receive maternity care. Fewer than 300 hospitals earned this designation.

“I am so proud of the birthing center team for the comprehensive and collaborative care they provide our patients. Their focus on safety and ensuring the best possible birthing experience has made it possible for them to receive this recognition,” said Chief Nursing Officer Pam Poulin, MS, RN, CENP.

The rating focused on uncomplicated pregnancies, where high performing hospitals had fewer early deliveries, fewer C-sections, fewer newborn complications than other hospitals, and higher rates of breast milk feeding. U.S. News evaluated nearly 650 hospitals that provide labor and delivery services and submitted detailed data for analysis. The data was collected for a two-month period, beginning March 9, 2022.

The ranking draws information regarding the quality of care from three categories:

outcomes (60%), processes (35%), and structure (5%). This year’s methodology incorporates four measures not previously included in the ranking metrics: episiotomy rates, vaginal birth after Cesarean (VBAC) rates, and whether each hospital met new federal criteria for “birthing-friendly” practices.

U.S. News reports York Hospital Maternity Care by the numbers: Scheduled Early Deliveries: Never or rarely scheduled deliveries earlier than recommended.

C-sections: Less than 23.6% of first-time, low-risk pregnancies at full-term were delivered by Cesarean section.

Newborn Complications: 3.3% of lower-risk births involved newborn complications. National average is 3.2%.

Breast Milk Feeding: 80% of babies were exclusively breastfed or fed breast milk during their hospital stay. The average in the Northeast is 45% and nationally 50%.

Vaginal Births After Cesarean (VBAC): Routinely offers to support VBAC with rate of 6.5%.

Episiotomies: Rate is under 5%.

Birthing-Friendly: Participated in quality improvement collaborative and implemented patient safety practices which improve maternal outcomes.

Miracles – The Diana Baldwin Dunnan Family Center at York Hospital provides a full array of obstetric services including immersive tub hydrotherapy, antepartum testing (a variety of tests performed late in pregnancy to verify fetal well-being), labor and delivery, postpartum and newborn care, as well as inpatient pediatric services. It also offers expectant parents private suites, which comfortably allow partners to stay overnight post-delivery.

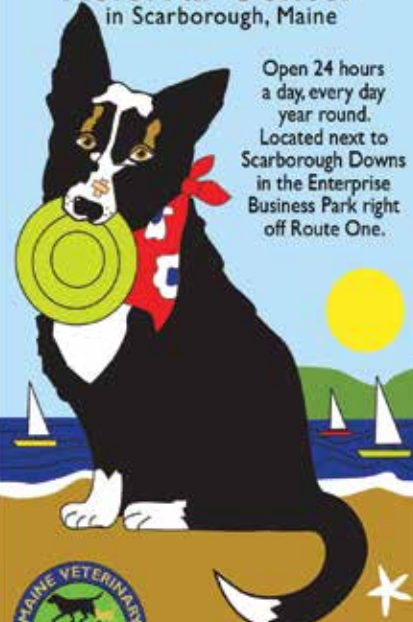
Physicians, experienced nurse midwives and specialized obstetric and pediatric nurses use the latest technology, such as fetal monitoring surveillance, electronic medication administration, and the HUGS security system. Additionally, York Hospital’s newborn telemedicine partnership with Massachusetts General Hospital offers comprehensive and immediate access to world-renowned experts in neonatal medicine. The center is designated a Baby-Friendly® site, where lactation specialists are always available to assist breastfeeding mothers.

To make an appointment or for more information regarding obstetric services at York Hospital, contact the team at OB/GYN, Surgical & Midwifery Associates of York Hospital, at 207-351-3455.

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New England Haddock Chowder

How about a little haddock chowder to beat the winter blues? USCG licensed Captain and avid fisherman Stephen Kaczala shares his recipe for New England Haddock Chowder. This recipe serves 8.

Stephen says "It all starts with fish stock which can be purchased at your local supermarket, but I prefer to make my own. If you ocean fish, the next time you're out on the water save a few fish heads or the whole racks from 3 to 5 saltwater fish. This stock recipe allows for extra to be frozen for future use. Make sure the entrails and gills are removed from the racks. Along with the fish carcasses you will need:

Fish Stock Ingredients:

3 Tablespoons Sea salt
3 Tablespoons mixed peppercorns
2 Pinches black pepper
1 Pinch white pepper
3 Bay leaves
1 Large carrot
1 Medium onion
1 Shallot
1 Can of beer (whichever you prefer, half is for the stock the rest is for the chef) or 8 oz Dry white wine
Cut all vegetables in half.

Fish Stock Instruction:

Combine all ingredients in a large stock pot. Add approximately a gallon and a half of cold water to the pot. Heat mixture under a high flame covered till boiling.



Uncover and reduce the heat to a rolling boil for 30 minutes. Taste. If you are satisfied with the flavor shut off the flame, if not continue to boil for another 10 to 15 minutes. Strain and reserve the liquid. You now have your stock. This recipe yields the amount needed for the chowder recipe and allows extra to be frozen for future recipes.

Haddock Chowder Ingredients:

1/2 Lb. bacon, thick cut
1/2 Sweet onion
1 shallot
3 celery ribs
1/2 Lb. salted butter
1/4 Cup dry white wine
1/2 Cup flour
2 1/2 Lbs. white potatoes, peeled and cubed into small bite sized pieces.
1 1/2-quart fish stock (use one quart if a thicker chowder is preferred.)
1 Quart heavy cream
3 Lbs. Haddock filets
1/2 Teaspoons salt
1/2 Teaspoon pepper



Haddock Chowder Instructions:

Place the bacon in a large pot and heat medium/ low until the bacon is crispy. Remove bacon and set aside. Finely chop the onion, shallot and celery and season with salt and pepper. Sauté the chopped vegetables in the bacon fat under low heat. Stir for 15 minutes. Add the fish stock and increase the heat to medium. Add potatoes. Keep under medium heat until potatoes are tender. Reduce to low heat. In a large saucepan melt a stick of butter under low heat. Do not overheat, this will cause the butter to get brown and effect the taste. After the



USCG licensed Captain and avid fisherman Stephen Kaczala shares his recipe for New England Haddock Chowder.

butter is melted, add 1/2 cup of flour while stirring constantly. Once the flour is dissolved in the melted butter increase the heat slightly while continuing to stir. You want the mixture to thicken and bubble. It should remain under heat for around 10 minutes. At this point stir in the wine and cook for about another minute. Transfer mixture into the pot. Stir for the next few minutes.

Wipe the saucepan when cooled then place under low heat. Add about a third of the cream to the saucepan, when it starts to bubble on the edges stir it into the chowder. Repeat two more times until the cream is all used. When all the cream is mixed in increase to medium heat. Let the chowder get up to temperature for 10 -15 minutes occasionally stirring. Add the fish cut into bite sized pieces. Continue heating for another 15 minutes occasionally stirring. Remove from heat.

At this point your chowder is ready to eat. You can garnish with chopped parsley or crumble up any leftover bacon. I suggest adjusting the seasoning only by the individual bowl and not the whole pot at this point. It takes a day for all the flavors to blend. It tastes better the next day. Pair with a nice New Zealand Sauvignon Blanc or local lager if so desired. •

York Hospital Recognized by The Women's Choice Award for Best Hospitals™

The Women's Choice Award for Best Hospitals™ 2023 has recognized York Hospital in the following categories: Mammogram Imaging, Minimally Invasive Surgery, and Outpatient Experience.

The Women's Choice Award identifies the nation's best hospitals based on criteria that include clinical performance, patient satisfaction and appropriate accreditations. The hospitals recognized, demonstrate exceptional ratings, along with the highest level of care and commitment to their patients' health and well-being, while considering the preferences of women when choosing a hospital. The research team's understanding of what matters most to women when selecting a hospital is based on surveys of 10,000 plus women, in conjunction with research conducted in the partnership with the Wharton School of Business on the driving factors of consumer experience for women vs. men. The survey methodology utilizes the most recent data from the Centers for Medicare and Medicaid Services (CMS).

In receiving recognition as a **Best Hospital for Mammogram Imaging**, York Hospital's Breast Care was named in the top 1% of those hospitals scoring above the national average (70%) on the HCAHPS survey. Award recipients must also be accredited by MAP (Mammography Accreditation Program) and carry the Breast Imaging Center of Excellence seal from the American College of Radiology. York Hospital Breast Care locations in York and Wells are staffed by fellowship-trained breast radiologists, Amanda Lewis, DO, Rebecca Hultman, DO and Kristen Koconis, MD. The sites offer 3D tomosynthesis for all patients, and a dedicated ultrasound unit for patients with dense breast tissue. All patients receive same-day results, unless requesting otherwise.

"York Hospital Breast Care is honored to receive this recognition," offered Amanda Lewis, DO, breast radiologist.

Our team of experienced, empathic, and professional technologists, nurses, schedulers, and physicians, all share the same goal; to provide both timely access and high-quality care to our patients. For those with imminent concerns, we will do whatever necessary to ensure prompt placement on our schedule and provide the answers they need, to allay their fears or move forward to create and navigate a plan of care, together. "

Organizations recognized as a **Best Hospital for Minimally Invasive Surgery** must provide robotic surgery or be accredited by the American Institute of Minimally Invasive Surgery and have an HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) recommendation rating of at least 70%. OB/GYN Surgical & Midwifery Associates and Surgery Associates of York Hospital offer a variety of robotic procedures in multiple specialties with the da Vinci surgical robot, while our orthopedics team performs surgeries for shoulder, hip, and knee concerns with Exactech and Mako computer-assisted robots. The hospital's Cardiology and Interventional Radiology services also offer an array of minimally invasive surgical procedures.

The methodology for assessing the **Best Hospitals for Outpatient Experience** cross references the Outpatient & Ambulatory Surgery Survey (OAS-CAHPS) results with a survey of five hundred women to determine those questions that are most important to them in assessing satisfaction with an outpatient hospital visit. For this survey the most weight was given to the communication and care provided by the health care providers and staff, overall facility rating, patients' recommendations, and pre- and post-surgical coordination. Only hospitals achieving rankings higher or equal to the national average, in all of the categories, are eligible for the award.

"We understand and appreciate the significant role that women have in making health care decisions, as they advocate for themselves, their families, and friends. York Hospital is proud to be their choice for their health care. We are honored that they trust our providers who offer forward-thinking and effective care, communicated clearly and with compassion," said President, Patrick Taylor, MD, MBA.

For more information or to schedule an appointment with these services at York Hospital call the hospital's Care Access team at 207-351-2273. For further details about other York Hospital providers and services, visit www.yorkhospital.com or contact Community Relations at 207 351-2385 or info@yorkhospital.com.

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The KHS Alternative Education Program's ongoing partnership with the KCT and the Community



By: Shelley Wigglesworth, Lead writer

The students who are part of the KHS Alternative Education program work best in non-traditional learning environments with alternate approaches to traditional learning. These students often excel through real world experiences and hands on learning models.

For over a decade, students in the KHS Alternative Education class at Kennebunk High School have teamed up with community organizations including The Kennebunkport Conservation Trust, where a mutually beneficial, partnership has evolved, and continues to grow and thrive.

Under the guidance of KHS Alt. Ed teachers Edward Sharood and Jacqui Holmes, the students have worked extensively and have been an intricate part of the construction of trails at the KCT Headquarters. Two of those trails are: The Storybook trail for preschoolers, and The Fitness trail for all ages. The Storybook trail is a small trail featuring a children's book accompanied by covered storyboards where copies of the story are placed. This allows children to simultaneously enjoy a story while walking along the trails and learning. This interactive way of learning not only introduces youngsters to the joy of reading, but the wonder of being outside in nature where all senses are engaged, with the bonus of physical fitness activity from walking.

The fitness trail is a .33-mile-long trail with ten stations. Each station offers an exercise suitable for different ages and abilities, and was designed for all fitness levels, to encourage families to be

active outdoors. Both of these trails were blazed, researched, and constructed by the Alt. Ed students at Kennebunk High School, with funding from the Elmina B. Sewall Foundation.

"The students were able to incorporate all four standard educational requirements as well as art, health, and physical education throughout these projects," Sharood said

In addition to working with the KCT



RSU 21 Kennebunk High School Alternative Education courtesy photos.

on trails, the KHS Alternative Education students also provide ongoing work with younger students in the school district for "Trust in our Children" educational field trips, events, and projects.

Holmes said. "To watch our students build connections with the younger students in the district is so special. You can see the pride in their faces as they answer questions, read stories, and help the students with activities such as building birdhouses."

In addition to their ongoing work at the Trust, the Alternative Education

community and its rich history. It is a way to give back to the community and provide long term connections to nature and their environment that they can access at any point in their lives beyond their high school years."

The next KHS/Alt. Ed partnership project is tackling the Emmons House and barn at the Trust Headquarters. Holmes said "Through the project, our students will learn the process of renovating a house- from getting a permit and hiring a contractor to installing a

new HVAC system and decorating the interior. The hope is that the project introduces the students to a variety of career paths and gives them the opportunity to make connections with trades people in our community.

In addition to a learning opportunity for our students, the renovation will get the Emmons House back into shape for guests, visitors, and other students to use in the future."

KHS Alternative Education alumni who are now professionals in their trades will be actively giving back to the Alternative Education/ KCT partnership on this building project rehabbing the Emmons House.

Sharood concluded "We now have former students who are running their own construction

companies, or are masters in their trades, and licensed to do the work we need to do. This will provide another layer- to give back to the program that was one part of their success while also connecting current students to the trades and community members who were in the very seats that they now sit in. It has been powerful to be able to see this start to come to fruition."

FMI on KHS Alternative Education Program: <https://sites.google.com/rsu21.net/alted/home>

FMI on the Kennebunkport Conservation Trust: <https://www.kporttrust.org/>

students also work with the Seashore Trolley Museum, Community Outreach Services, Kennebunk Rotary Club, Kennebunkport Recreation, Arundel Recreation, Kennebunk Compost Group, RSU 21, Kennebunk Community Garden, The Planetarians, and more.

The years long partnership between the KHS Alternative Ed class, the Trust and the greater community has been of value for all involved. Sharood noted, "The environment outside the traditional classroom is what has fostered students learning, maturation, sense of belonging, and understanding of the

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Free February at the Museum

The Brick Store Museum is showing its love for the Kennebunks by opening its doors for free for the entire month of February in its Free February program. Visitors to the Museum will enjoy “The Great State of Illustration in Maine” exhibition, a partnership with the Illustration Institute of Portland, and activities throughout the month.

“The Museum preserves the history, art and culture of the Kennebunks. Exploring what we all share allows us to grow closer together. Especially in the dark, cold days of February, we hope everyone will take advantage of free admission this month and add your own stories to the Museum,” director Cynthia Walker says. Though the Museum depends on admission sales as part of its operating income, offering Free February gains much more than financial support – it gains friends and new learners.

Exhibitions on view in February include The Great State of Illustration

in Maine, featuring over 80 illustrators calling Maine home; and Sea of Stories, a closer look at people who lived in Kennebunk through their own words and diaries. A Free February Kick off Event on Wednesday, February 1 will offer a hot chocolate bar, art activities, and a Red Tag sale in the Museum Store. Illustrator Stephen Costanza will visit the Museum on February 11th at 2pm to read his book, “The Story of Scott Joplin,” and the end of the month will welcome a Virtual Roundtable with 6 illustrators discussing their craft alongside a take-out meal catered by For the Love of Food and Drink. More information on www.brickstoremuseum.org.

The Brick Store Museum is open six days per week: Tuesday – Friday, 10:00am – 5:00pm; Saturday, 10:00am – 4:00pm; and Sunday, 12:00pm – 4:00pm. From February 1st through February 28th, the Museum will be open for free.

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45 Years After the Blizzard of 1978-Readers Reflect

By: Shelley Wigglesworth, lead writer.

45 years ago this month, the infamous winter storm of 1978 hammered the Eastern Seaboard for three days straight, from February 5th- 7th. According to the National Weather Service, on the 5th of February, a "Winter Storm Watch was issued for Maine and New Hampshire," predicting "six or more inches of snow, coastal flooding, and erosion." What was to come was far worse.

It wasn't long before hurricane force winds with gusts nearing 100 mph tore through New England. Simultaneously, a new moon ushered in astronomical moon tides causing severe flooding. 50-80-foot waves were recorded. In Maine alone, three lighthouses, the Norseman in Ogunquit, and the Old Orchard Beach pier were destroyed. All the while snow continued pellet the area, with a total accumulation of 3 feet recorded in areas over the course of three days. When it was all over, the storm killed over 100 people and

injured about 4,500 people. \$520 million in damage was sustained, the equivalent of over \$2 billion today.

Michael Goff- who worked for the Wells Highway Department at the time is quoted as saying "It was the first time in my life that the ocean scared me. I was sitting in a piece of machinery that weighs 18 tons, and I could feel the water shake it." 45 years later, memories of that fateful storm are still fresh in the minds of those who lived through it-me included.

I was almost 9 years old that winter. I remember being housebound, looking out the window and not being able to see or hear anything but the snow blowing and howling. There was no school for days. No power. I remember my father periodically going outside to check the Mousam River behind our home as it flooded and crept closer and closer to the house as my siblings and I huddled by the Franklin woodstove-grateful that we had that for heat. Read on for more memories from readers who lived through one of the worst winter storms of the century-the blizzard of 1978.

Kate McGrory Foran- "We lived at



Cape Porpoise during the Blizzard of 78. Tom Bradbury photo.



Marjie Dennis stands on a snowbank after the Blizzard of 78.

the end of Goose Rocks Beach. The Batson River was lapping waves all the way up to our kitchen window. 4 cords of firewood went out to sea. Dad's Cadillac went under water. The Goose Rocks Fire Department came to rescue us out of our house in boats, but dad didn't want to leave the house behind, so we stayed. We lost everything in the basement, no power for days. I was 16 at the time but remember it well."

Bruce Lovett- "In 1978, I was living

with my ex on Storer St. in Kennebunk across from the Lafayette Elm. I worked at Post Machinery in Portsmouth. The day of the blizzard, they sent us home early. Driving back to Kennebunk was no problem. The guys driving back to MA drove right into it. Some got

stuck on the highway. When I returned to work days later, some employees worked, and others, me included, were given shovels to dig out the doorways and the loading dock. The snow on that side of the building was up over the doors. Nine months after the storm, my son was born. He was apparently part of the 'Blizzard of '78 baby boom' as it was called then."

Tom Bradbury- "My wife Shirley and I were living in an apartment at the head of the cove in Cape Porpoise. The wind was so strong that we had to put a board under the door handle to keep it shut. Debris was floating

down the cove an onto the lawn. We soon learned that the walkway of Goat Island lighthouse had been lost. It was frightening at the time and the memory of its strength lingers."

Dale St. Pierre- "I remember in West Kennebunk having to climb down from a window so we could shovel out the front door because the snow was too high to open it from inside."

David April- "We got 36 plus inches of flood water and snow in the lower level of our house on Surf Lane off



Perkins Cove Ogunquit during the blizzard from Brenda Goodale during the storm of 78 .

Continue to page 21

The Blizzard of 1978

Continued from page 21

Kennebunk Beach. I remember being taken to Washington Hose Fire station by boat. The sea water made the snow look like it was alive as it traveled below the feet of fresh snow that came first. We walked down our front steps and climbed in the boat, and we all praised the rescuers."

Jeff Merrow- "My dad lost his property in that storm. The Lords Point Inn. We watched on WGME channel 13, as it slipped into the cove. The next morning at low tide, the cove was littered with debris: toilets, tubs, sinks, avocado-colored blankets, and other hotel stuff."

Judy Desrosiers- "During the blizzard of 1978, my husband Bob and I lived in my uncle's apartment house on York Street in Kennebunk, across from the laundromat. The turnpike had been closed down that night and the traffic was at a total stand still on route one. We could see Paul Bedard, who then owned Paul's Superette on High Street, passing out snacks and hot drinks to the people stranded in their cars."

Minerva Doane Shields- "My mother-in-law, Susan Shields, of Kennebunk was a nurse at the Biddeford hospital and worked three straight shifts during that storm. The police later brought her home in a cruiser."

Terrylynn Tufts- "I was 8 at the time. I after the storm, I remember building huge snow forts on the Sinnott Road in Arundel where we lived. The snow was up to the living room windows of our house."

Mark Baker- "I lost my 1968 Torino squire wagon to the water over the bridge. The car went through no problem but froze all the parts that night."

Peter Landry- "I was not home in Cape Porpoise for the Blizzard of 1978. I was editor of the Marblehead Messenger newspaper in Massachusetts. All we had was an oil tanker go aground (the Global Hope), a pilot boat called the 'Can Do' set out from Gloucester to help, only to flounder off Marblehead,



Storm of 78 Kennebunk Beach. Wendy Gibson photo



Camp Ellis, Saco. Photo courtesy of Debbie Harris.

were jumping out of the second-floor windows into the snow, until we lost Jeff Bonney. We dug him out, he was buried in like 10 feet of snow drifts. We stopped jumping after that."

Peter Hickey- "I Remember the road at Kennebunk Beach being washed away/undermined, stones washed onto road.



The April family being rescued by boat during the storm of 1978.

killing all four crew members. We followed the fate of the 'Can Do' on wireless radio in the office through the night, until the transmissions tragically went quiet. Bodies of two of



Vintage Journal Tribune newspaper clippings from the storm.

the dead washed up in Marblehead, the other two in neighboring Nahant."

David Shields- "After the storm was over, all the neighborhood kids

Many of the front row of houses facing ocean were gone. KHS teacher Joe Foster's winter rental lost the entire northeast corner of his house. We found his stereo tuner out in the marsh."•

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part 1 of 2

The world is filled with very bad people. They make up a sizable population in the horse industry harming not only other people but innocent horses.

Though there is always good within the element of bad, some are those we entrust to be ethical and do what's right, don't. It includes law enforcement, those in esteemed positions like judges, and those having made oaths not to harm animals like veterinarians and other industry professionals who look the other way.

The list continues with barn managers, barn owners and trainers, to the very seedy bottom of the barrel scum that accumulates in water buckets that are not cleaned, like kill buyers and dealers. There are also those who disguise generational 'family businesses as 'Feed & Saddlery', welcoming children for riding lessons, but also 'help people out' when they no longer want their horses by sending them to very inhumane deaths abroad for a fee.

An example, according to a 2010 Boston Globe article titled 'Not all the pretty horses come home, Maine farm plays role in export to Canada slaughterhouses' http://archive.boston.com/news/local/maine/articles/2010/03/08/not_all_the_pretty_horses_come_home/ is Brenda Hemphill owner of the business in Vassalboro who stated that after all, "people need to make money".

For those who argue that the slaughter process for horses is humane, a lack of education prevents them from understanding that as intelligent, prey animals with an instinct for flight, it is exceptionally cruel. If horses are not terribly injured or have acquired difficult behaviors from use, they are shuttled off to be lesson horses in summer riding programs at local riding facilities. Providing a horse with a kind end to life is so simple through humane euthanasia, but is not even considered. They are used until they have nothing left.

Then there are those who tip the scales like auctioneers, show officials, stewards and breeders creating even more life, knowing in a life that spans 20-30+ years, they will face uncertain futures. Finally there are the horse owners who go through horses like shoes, uncaring of their fates, throwing them out when they're scuffed from use. Like shoes they care only of how the horse can serve them.

Many of these people seem so nice, so kind and giving but they have learned to do what it takes to make you feel they are a friend. The commonality is they are not to be trusted. They don't care about the horses. Who's to blame - the kill buyer,



Lita will turn 22 in February. Horses this age are often injured from use & considered worthless by their owners if they can't be ridden.

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the breeders, or the numerous people who support the industry, including the vast majority of women who dump their horses rather than kindly and humanely euthanize because they don't want to spend the money.

For those who have never had pets or experienced the relationship and bond with a helpless animal, and don't realize horses are sentient beings worthy of kindness and care, it is one of the most unselfish relationships one can have because we don't expect anything in return as we do in other relationships.

To steal: To take another person's property without permission or legal right, and without intending to return it. There are also other forms of stealing which are a regular occurrence in the horse industry. An example is when a person is entrusted morally, ethically, by word or written contract with someone's property and does not return it in the condition in which it was given, or return it at all. Instead, as is often the case, deviously making money on the horse, using them and ultimately placing them in jeopardy. It happens all the time and people often get away with it.

Social media has helped bring attention to the practice but it has also aided unsavory people who use fake identities and have fake accounts. Certainly the person who owned the horse bears responsibility, however how can someone who has been trusting, naive of the ways of the horse industry be condemned.

The world in which horses are used and seen as commodities is rough, full of unscrupulous human beings, many - the kinder sex, are women. Here you will find some of the most low, worthless, evil people, their hands connected to the fate of every horse they touch.


Stealing a Horse: There are various ways to steal a horse. It requires deceptiveness, callousness and a disregard for the animal's life. Generally horses are stolen to benefit the person who commits the act. Even though a horse is seen as 'worthless' due to injury, illness, age or behavioral issues, there is always an unscrupulous person who sees the monetary value, including 'kill buyers', dealers and those who scout for them- more on this in Part 2. Though the industry has it's share of men who put little or no value on animal suffering, the vast majority of these people are women.

Why would anyone steal when it's easy to obtain a horse for little or nothing through advertisements on social media and even Craigslist? People make money on horses in 2 ways: for value in the meat market in Canada, Europe, Mexico and others countries not necessarily due to a starving population, but because horse meat is seen as a delicacy. The other, for the resale value of the horse.

How Horses are stolen from boarding facilities, private homes and horse shows regularly. Horse thieves make fast and easy money unloading illegally obtained horses to killer buyers and slaughterhouses where they are processed (killed) so quickly, it is virtually impossible to recover them in time to save their life. Though slaughtering of horses stopped in the U.S. many years ago, it is known in horse circles the practice continues in a more discreet fashion. In resale, horses easily change many hands quickly and are transported out of state, travelling thousands of miles in days, impossible to track.

Prevention: Among the tips include warnings about what some horse owners routinely do like leaving horses unattended for hours, and keeping halters on horses kept outdoors 24/7. Boarding facility charge to keep other people's horses safe and should not be without theft prevention. A dog on the premises is not enough. Boarders should ask if there are motion detectors, sensor lights, monitors or alarm systems. Horses can easily be microchipped. Some owners worry about aesthetics, but what's more important? Documentation is crucial and should be updated regularly to include photos of every part of the horse's body. Videos distinguishing movement in all gaits with & without a rider are important.

Each year, about 50,000 horses are stolen by bands of organized thieves who often work one area or state. The actions taken in the first 24 to 48 hours are critical to recovery. The task of searching for your horse is horribly unpleasant and heartbreaking. In order to find yours, you will see many in slaughterhouses, livestock

Gabriela Rodriguez Quinn, Director, BlixHorses. In addition to formal education with a degree in Dental Hygiene and certification as a fitness instructor, Ms. Rodriguez has studied horses & behavior extensively for the past 30 years. This has included daily non riding interaction, training & care for horses, and continuing education.
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auctions and parking lots filled with animals on their way to death, all dumped by their owners in need of rescue. Some will be saved but most will not.

A 501(c)(3) organization NetPosse ID, aka Stolen Horse International has been helping people find their horses for over 20 years. Pt 2 of this article in the March Village will provide more information including what inspired Debi Metcalfe President, to help other horse owners.

Please share. Maybe you can help find Lita

INFORMATION and direct link to Lita's info: <https://netposse.com/tag.asp?id=2534>

Phirlita Bey, Polish Arabian mare D.O.B- 02/10/2001 Approximately 15 hands-She has a scar in the middle of her face and one on her right hind leg on the inside of her stifle, and likely has more scars by now. Lita was gray but now white now -I showed her Hunt seat but she could have gone western or be used as a lesson horse or for breeding. Every time I see horse that has been recovered, it gives me hope. If you have any information on Lita please reach out. Thank you

Autumn Bennett Phirlita@gmail.com 763-354-8189

For additional photos/details NetPossID 704.484.2165 www.netposse.org

A note from BlixHorses: To some 'horse people' Lita's owner may seem naive, however it's not the trusting nature of the person that is at fault, but the deviousness of those in the horse industry.

I personally experienced the same from a barn manager at a Kennebunk facility. On a January day in 2001 she abruptly screamed "get your horses out now" . It's not easy to find a suitable facility for 2 horses. If it wasn't for my threat to call the police & file a lawsuit, and the owner who interceded, I would not have had a choice. Every day my horses remained I was concerned they would be neglected or abused in some way by this woman- who still manages the property. Fortunately, she was told to take a vacation for the remainder of the time my horses remained.

My 1st horse, an abused Thoroughbred named Blue was sold to me surreptitiously by a barn owner in North Berwick. The horse did not belong to her but she thought she could get away with making money not only on me, but the actual owner who was in Rhode Island. When she finally provided the bill of sale it read the horse was free and the fee was for a saddle.

It happens all the time. It is a practice supported by a majority in the industry.

Effects of Alcohol

Happy February, Villagers!

This article is about alcohol and the effects it has on your body and brain. I am a firm believer that everything is healthy in moderation. There are negative health-related effects from drinking alcohol that I was unaware of until doing this research. I think that everyone should have access to the science behind the body's ability to process alcohol. I don't seek to scare you, but rather to inform you of the negative effects of alcohol and provide some helpful suggestions!

What is chronic drinking? Chronic drinking for years has been associated with alcoholism. In the past 5 years, scientists have homed in on that definition. Chronic drinking is the equivalent of 1-2 drinks per day. This could look like 7-14 drinks in one day, or 2-4 drinks 2-3 nights a week, or 1 glass every night. Unless you are someone who only has a drink or two every other month, this article applies to you!

Let's start with the makeup of alcohol. What is it? Alcohol is ethanol, which is a product of carbohydrates and yeast. It is water and fat-soluble, unlike most chemicals we put into our bodies, meaning it can pass through the membranes of all tissue types and it can

cross through the blood-brain barrier. Alcohol (ethanol) is a toxin, for the body to process ethanol it must convert it into an even more damaging toxin: acetaldehyde. Acetaldehyde is then converted into acetate which can be used as a fuel source. This process occurs in the liver cells and it is very damaging to the liver. The faster this process occurs, the better, because that is less time for acetaldehyde to wreak havoc.

Many people assume that alcohol is what makes them feel drunk, but it is the toxic by-product acetaldehyde, or ADH, that is responsible for the behavior change. The presence of ADH in the brain is what suppresses the frontal cortex, which is where your executive functioning and decision-making take place. People who drink regularly experience increased alertness when they drink. In comparison, someone who drinks infrequently (once or twice a month at the most) will experience a shorter period of feeling awake and alert. This is different from tolerance; we're talking about the good feeling that can come from drinking and how long it lasts. Studies have also shown that people who drink regularly experience more impulsive and habitual behaviors even when they are not drinking, versus

people who don't drink a lot. This has been proven to be reversible with a 2-6-month alcohol cleanse depending on how much you typically drink and for how long you have been drinking regularly.

Alcohol kills bacteria. That includes all the healthy bacteria in your gut that keep your immune system strong. If you plan to drink, it is highly recommended to eat at least 2-4 servings of fermented, low-sugar foods and take probiotics.

Hopefully the information above conveys how stressful it is for our bodies to process alcohol. If you are truly dedicated to improving your overall health and longevity, taking a serious look at your relationship with alcohol is one of the most important things you can do. The next most important thing you can do is begin a regular exercise routine that includes cardio, strength, and mobility.

As we age our body deals with alcohol less efficiently. The body experiences a certain amount of stress processing the toxins discussed above, and when the body is stressed, it produces and releases into your body higher levels of the hormone, cortisol. Increased cortisol results in fatigue, poor quality of sleep, weight gain, irritability, low libido, etc.

Column by:

Heather Evans Personal
Trainer/Marketing @
Quest Fitness Located at
2 Livewell Dr. Kennebunk



One major thing you can do to reduce cortisol is lower your intake of alcohol.

In summation, there is no downside to reducing the amount of alcohol you consume. It is unfortunate that drinking is such a fixture in our society around socializing and group events. But taking a 4-8-week cleanse from alcohol can begin to reverse some of the negative effects on your brain health, your sleep, and your mood.

If you, or anyone you know is struggling to decrease their alcohol consumption you should go to Maine's center for Alcoholics Anonymous which you can find information about here: <https://csoaamaine.org/>

Final reminder: if you drink heavily, it is life threatening to stop drinking 'cold turkey.' Please seek medical guidance if you are trying to stop drinking alcohol altogether.

Stay safe and happy Villagers!

In health,

Heather Evans

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By John Forssen, Village contributor

In 1952, I was eight years old.

I was in the 3rd-Grade at Tapley Elementary School somewhere south of here, where my family had lived since my grandfather's arrival from Sweden at the turn of the last century. Like most of my Third-Grade friends —boys, to be sure, with one not-so-promising exception— I believed with all my heart that a towel strung around my neck like a cape would, with a properly uttered secret word, carry me soaring into the air.

I also believed that I would grow up to be a cowboy, and with equal fervor, that Mary-Margaret Cooperton, whom I loved to the depths of my eight-year-old heart, would return that love, heartbeat-for-lovestruck-heartbeat. I had only to make her aware of my affection....

Mary-Margaret, as you may already have surmised, was the one 'not-so-promising' exception noted above. For her I was willing to violate the oath to hate girls forever that I had sworn with my small band of neighborhood brothers. It was a ghastly oath, but measured against the love of Mary-Margaret, even for a single moment, I was ready to sacrifice myself to death and dishonor.

Had I been a brighter child less given to fanciful dreams and hero worship, I might have realized from the get-go that I was out-classed in this endeavor and, as a result, stirred myself to take some strategically responsive action...retreat, for example. I could simply have walked away like a seasoned gambler, leaving heartbreak and humiliation on the table.

But I was, in this instance, neither bright nor particularly perceptive. I

knew, for example, that my slightly older sister did not care for me, but Mary-Margaret...the possibility never entered my mind. I'd have sooner believed that the sky would fall.

On that strength alone, I persevered. My heart was set on the moon, and I would have nothing less —or so I told myself, alone each morning in front of the bathroom mirror, practicing sure-fire bits of conversation before I left for school. At such times, I could feel the magic of Mary-Margaret's presence. I could see us, like the two dogs in 'Lady and the Tramp', ingesting a single strand of spaghetti until, at the strands midpoint, our lips met.

A wonderful vision it was, but Mary-Margaret, in addition to being the prettiest girl in the 3rd-Grade, was a child of privilege: her father was a doctor, her mother the president of some prominent charity and their house, surely the largest most daunting I had ever seen, was surrounded by an iron picket fence, each picket sharpened to a lethal point. I never saw a dog, a huge growling German shepherd in my imagination, but I knew he must be there somewhere, lurking, already sensing my passion and preparing to defend the honor of his young mistress against it.

As it happened, Mary-Margaret lived just a few blocks from my house along the route I walked to school, sort of —well, maybe a mile out of the way— so I figured that I had proximity on my side. We were neighbors, more or less, which should have tipped the scales at least somewhat in my direction. Being neighbors, after all, was just a step away from being friends... and being friends, as everyone knew, was just a few more steps away from being 'close friends' (if you know what I mean).

But it was soon apparent that Mary-Margaret would prove to be a challenge equal to that of achieving flight-by-towel.

...a not so promising exception

It was her privilege, finally (or perhaps all along) her station in life, and the extent to which it rendered me invisible that became the instrument of my undoing...a story as old and heartbreaking as love, itself.

Clearly, I needed a plan.

Even an ill-considered one which, as it turned out, was the only sort available in 1952.

My first move, the opening salvo: I stood outside her house at odd hours, sometimes in the rain, patiently soaked to the skin, sometimes after the sun had gone down...waiting to be noticed. At this early stage, that's all I wanted. That would, as they say, break the ice. Her curiosity would get the best of her and she would come out to inquire, at which point I would stun her with some of my sure-fire, well-practiced bits of conversation.

It must have looked to those inside the house like I was talking to myself, gesturing occasionally as I supposed one would when engaged in sure-fire conversation with the love of one's life. Of course, I was too young to understand that such play might also look like madness. But such distractions aside, it did produce a certain level of curiosity. I was noticed, I thought -at last-as I saw

the door opening...but it was her father who stepped out, and he crossed the street in a purposeful way and told me with no wasted words to go home.

Later that evening, as I was falling asleep, I searched the echo of his voice for some soft note, but no, all the notes were harsh; and in my dreams, as I sought to conjure Mary-Margaret, my thoughts drifted as if magnet-drawn to the German Shepherd that prowled restlessly about in the recesses of my imagination. Mary-Margaret was turning into a nightmare.

Then, as if out of nowhere, came Valentine's Day...my salvation, or so I thought.

With renewed purpose, I set about making the world's most magnificent Valentine's card: it was large; it was bold, it was festooned with lace and ribbons and sparkles of every color and description. Saving the best for last...I stapled a picture of me in the center with a word-bubble declaring, "Mary-Margaret I will love you forever." It was a heroic card, a card designed to move mountains...a card destined for failure.

For sadly, when all was said and done, Mary-Margaret was not a mountain... she was a child of privilege and I was only an embarrassment. •

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The Magic Is in the Grain

Imagine asking a child in the world's largest toy store to select just one toy —just one— as his favorite. Then take a seat across from Kennebunk artist Andrea Roth Kimmich and try taking in the length and breadth of her creative spirit in a single hour, just one...not out of the question, but certainly challenging.

Currently a member of Maine Women in the Arts, Andrea works in three media: food, acrylic on wood and knitting/crocheting. She is also an occasional sign maker, delighting in its three-dimensional possibilities which put to task her capacity for design, painting and wood carving. "Art," she says, "encompasses so much more than the stroke of a brush...the entire universe is a surface upon which to create something meaningful."

And create she has...from the age of four when, after watching her father paint windows in her childhood home, she picked up his brush, left unattended, and continued his work on the walls.

This inauspicious start aside, she



Kennebunk artist Andrea Kimmich at her work table selecting colors for another wood-grain painting.

stakes her artistic beginnings in 'folk art' where, in her early years, she hand-sewed and crocheted sundry pieces of her dolls' wardrobes.

From that unlikely beginning, an artist emerged... eventually.

But...turn the page for a moment, change the focus, and Andrea RothKimmich, a Columbia University graduate, an educator, appears in George Soros' Open Society Foundations (formerly Open Society Institute) an international organization devoted to creating educational opportunity in places like former countries within the U.S.S.R. and the former Yugoslavia... where the freedom of the human spirit to soar had been shut down for a generation or more.

She sells real estate now to hold house and hearth together but her devotion to the world of art is everywhere in the colonial cottage which she and husband Joe restored following their arrival here

from Ossining, NY., seven years ago.

Her first sale was a painting she titled "The Drowning Farmer", and she asks rhetorically as she tells the story, "Who would want such a painting?...It was a mistake, actually, it was supposed to be 'A Farmer Drawing Water', but there was just too much water...enough to drown in, hence the title."

Her chosen medium is acrylic; however, if you were to look closely at any one of her works, you would see that the board is as important as the paint. Its in the magic of the grain: it figures into the visible texture of the work or, in some cases, actually establishes the subject. As an example, she produces a piece of scrap lumber, gray with weather and age. A local restaurateur wants her to make a sign of it. The surface of the wood is raised —furred, you might say— and the way the grain travels around a prominent knot suggests the sort of pursuit that might stock a barbecue restaurant's larder.

"Just look at it," she says, her fingers tracing the grain. "The board has done all the thinking. All I have to do is apply the paint."

It's an exciting moment for an artist. •

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Upcoming events

Estate Planning for Families On Thursday, February 2 at 5:30, parents and their children are invited to join us at the Kennebunk Free Library for a casual and easygoing program with local attorney Erin Sherman from Treehouse Legal. You will learn about the essential legal documents that make up an Estate Plan and how to name legal guardians for children in case something happens to you. Children are welcome to join and there will be special activities in the children's room for them while adults attend the program in the adjoining meeting room. Please call or email the library to register. This program is free and wheelchair accessible. 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@kennebunklibrary.org.

BlixxHorses Hosts Vacation Week Visits Monday, February 20 - Friday 24th, Blixx-Horses welcomes kids & families for visits with Fritz and Lexxie. Visits are a great introduction to horses & include simple exercises for all ages. There is no riding which has an element of danger & causes stress to horses. The billion dollar equine industry encourages use at their expense and the public has been taught through film & media that the primary use for horses is riding. That's not true. In fact, horses are not designed to carry weight and carrying a rider has long term damaging effects. It's disappointing to see the film industry continue to have an appeal to violence in the popular series 'Yellowstone', handling horses so roughly, depicting them as stupid animals that only serve one purpose. It would be refreshing to see actors like Kevin Costner influencing people in positive manner in regards to horses by educating themselves & setting a better example.

Though there are huge differences, horses can be enjoyed similarly to other pets. This is where true bonds occur, not in the saddle. Bundle up- warm weather is hard on horses and this time of year is comfortable for them. Like other activities, being around animals increases endorphins in the brain which make you feel good. Horse's energy is unique however from other animals in that it is calming because they are prey, not predators. As prey they are quiet, calm and often still. Reserve a time: voicemail 207.985.1994 e-mail blixx@myfairpoint.net

York Hospital to offer "Signs, Symptoms & Treatment for Erectile Dysfunction" webinar on Feb. 15 Approximately 30 million men in the U.S. suffer from some form of erectile dysfunction (ED). Contrary to what many believe, it is not limited to those over 50. To help educate the community on the prevalence, causes, risk factors and treatments of ED, urologist Egbert Baumgart, MD, a board-certified physician with Urology Associates of York Hospital, will present an interactive webinar, "Signs, Symptoms & Treatment for Erectile Dysfunction," Wednesday, Feb. 15, from 6-7 p.m. To schedule an appointment with the providers at Urology Associates of York Hospital, please call 207-351-3975.

Spaghetti Supper March 11 (snow date March 18)- 4:30 to 6 PM M.L. Day School Gym-Limerick Road, Arundel Spaghetti, salad, rolls/bread, drinks, homemade desserts Historical displays- 31 Day Calendar Raffle \$8/pp - Children under 5 Free Benefit Arundel Historical Society

Brick Store Museum

Wed, Feb 1: "Free February" Kickoff Celebration, 10:00am - 5:00pm. The Museum kicks off its Free February month, offering free admission all month long, on February 1st with a hot chocolate bar, art activities, and Red Tag Sale in its store (February 1st only). FMI call 985-4802 or visit www.brickstoremuseum.org

Sat, Feb 11: Illustrator Stephen Costanza Visits to Celebrate Scott Joplin, 2:00pm. Local author, illustrator, and rusty piano player Stephen Costanza hosts "The King of Ragtime" - a multimedia presentation celebrating composer Scott Joplin, ragtime music, and picture book illustration will be held at the Museum. With slides and animations, he'll give a behind-the-scenes peek at the creation of his book, from sketches to finished art. He'll also tickle the ivories with the joyful sounds of Joplin ragtime. This is a FREE program for all ages. FMI call 985-4802 or visit www.brickstoremuseum.org

Tue, Feb 21: February Vacation Art Workshops, 10:00am - 2:30pm. Join the Museum for February break workshops! On Tuesday, February 21, students ages 7-12 are invited to take part in morning and/or afternoon sessions in gelli printing (AM session) and/or paper bowl making (PM), led by a museum teaching artist. \$35 per session, or \$75 for both (includes time for bag lunch). To register, please visit www.brickstoremuseum.org

Thursday, February 23: February Vacation Art Workshops, 10:00am - 2:30pm. Join the Museum for February break workshops! On Thursday, February 23, students ages 7-12 are invited to take part in morning and/or afternoon sessions in toy creations (AM) and paper marbling (PM), led by a museum teaching artist. \$35 per session, or \$75 for both (includes time for bag lunch). To register, please visit www.brickstoremuseum.org

Thursday, February 23: CPAA Winter Series: Visual Anthropology & Archaeology, Session 1, 5:30pm, Brick Store Museum, 117 Main Street, Kennebunk. Learn more about the art and science of archaeology with Cape Porpoise Archaeology Alliance during a 5-week series! Session One will feature Tim Spahr, CPAA Archaeologist, discussing his recent attendance at the Indigenous Peoples Film Festival in Finland and includes an overview of what visual anthropology is. Admission is a suggested donation to help support our speakers. Registration is optional and suggested, please call (207)985-4802 or visit www.brickstoremuseum.org/calendar

Wells Reserve

Wednesday February 1, 6-8pm Art in Nature: Block Printing. Discover your inner artist by creating your own block print. Try this fun and easy way to create unique cards and decorate other paper items. You will make your own block print, build new skills, and take home a set of handmade greeting cards. No experience required. All materials provided. For ages 16+. \$16/12. FMI 646-1555 or wellsreserve.org/calendar.

Sunday, February 5, 9am-12pm Winter Wildlife Tracking. Can you tell the tracks of a fox from those of a fisher? Have you ever trailed a porcupine to its den? Join Dan Gardoqui, a certified wildlife tracker and registered Maine guide, to seek out, interpret, and follow the tracks, trails, and signs of wildlife at the Wells Reserve. Dan has a master's degree in natural resources and has contributed to studies of wolf,

lynx, and flying squirrel. Co-sponsored by York County Audubon. For ages 16+. \$30/25. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI 646-1555 or wellsreserve.org/calendar

Sunday, February 5, 5-6:30pm Full Moon Walk. Experience the Wells Reserve at Laudholm after dark, exploring moon science and stories and enjoying a peaceful walk under the moon's glow. For ages 10+. \$8/6 individual, \$20/15 family. Registration required at caryn@wellsnerr.org or 207-646-1555 x110. FMI 646-1555 or wellsreserve.org/calendar.

Wednesday, February 8, 10:30am-12pm Wednesday Walk. The natural world has long been a muse for poets, writers, and other artists. Meet on the Wells Reserve's Laudholm campus to explore nature through a poetic lens with guide Norma Fox. Ages 12 and up. Free. Microspikes/snowshoes available to rent with advance notice. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar.

Thursday, February 9, 10-11am Stormwater 101. This online series sponsored by the Wells Reserve and Maine Department of Environmental Protection is a great starting place or refresher for people interested in how stormwater is managed. This session will cover better management practices and innovations in stormwater management. Registration required at wellsreserve.org/calendar.

Thursday, February 9, 12-1pm How the Personalities of Small Mammals Shape the Growth of Forests. Cats and dogs have personalities, but what about squirrels, mice, and voles? In these forest animals, some individuals act more boldly or are more active than others and these differences affect where individuals live, how they forage, and what they do with the seeds they find. In this talk at the Wells Reserve, Maisie Merz, a Ph.D. student at the University of Maine, explains how mammal personalities shape the growth of forests and how this may shift under different land use scenarios and with climate change. This Ted Exford Climate Stewards lecture is supported by Dave and Loretta (Exford) Hoglund. \$5 suggested donation. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Saturday, February 11, 10am-12pm Winter Tree Walk. Visit the Wells Reserve at Laudholm to learn how to identify common Maine trees and discover the strategies they use to handle the winter. Led by Maine Master Naturalist Eileen Willard, who spent 15 years as a University of New Hampshire dendrology (study of trees) instructor. Ages 12 and up. \$8/\$6. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar.

Wednesday, February 15, 12-1pm Maine Won't Wait: A Climate Action Update. Since its introduction in December 2020, Maine Won't Wait has pushed the needle on climate action in Maine, creating momentum for reducing emissions, advancing clean energy, and protecting Maine people and communities from the harms of climate change. Join Kathleen Meil, senior director of policy and partnerships at Maine Conservation Voters and a member of the Maine Climate Council's steering committee, for a look at the state's

remarkable progress and the urgent work ahead. Free. This Ted Exford Climate Stewards lecture is supported by Dave and Loretta (Exford) Hoglund. Registration required at wellsreserve.org/calendar.

Tuesday February 21, 1-2:30pm Tricky Tracks. When out on the trails, we don't always see lots of animals, but we often see the evidence they leave behind. In this program, we will investigate different types of animal feet and walk the trails of the Wells Reserve to discover where tracks might lead us. \$8/6 individual, \$20/15 family. Registration required at caryn@wellsnerr.org or 207-646-1555 x110. FMI wellsreserve.org/calendar.

Wednesday, February 22, 10:30am-12pm Wednesday Walk. The natural world has long been a muse for poets, writers, and other artists. Meet on the Wells Reserve's Laudholm campus to explore nature through a poetic lens with guide Norma Fox. Ages 12 and up. Free. Microspikes/snowshoes available to rent with advance notice. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar.

Thur, Feb 23, 10-11am Stormwater 101. This online series sponsored by the Wells Reserve and Maine Department of Environmental Protection is a great starting place or refresher for people interested in how stormwater is managed. This session will cover maintenance of stormwater structures and other installations. Registration required at wellsreserve.org/calendar.

Thursday February 23, 1:30-4pm Make Your Own Stamp. It's family art time at the Wells Reserve. Come carve a unique stamp, your very own art creation. Adults may create their own stamps, but will need to assist younger carvers. Participants will be using a cutting tool. No experience necessary and all materials provided. For ages 5 to 15. \$8/6 individual, \$20/15 family. Registration required at caryn@wellsnerr.org. FMI wellsreserve.org/calendar.

Tuesday, February 28, 12-1pm Be the Spark! Join this online meeting with Wells Reserve docent volunteers and find out how you can join this fun and supportive community. Docents engage visitors of all ages in creative ways and it's easy for you to get involved. Bring your curiosity and love of learning. We will provide training and support amidst a welcoming community. Registration required at wellsreserve.org/calendar.

International Ice Rescue Instructor Academy-Lifesaving Resources will be conducting our 24th annual INTERNATIONAL ICE RESCUE INSTRUCTOR ACADEMY, February 16 - 19, in Portland, Maine. Approximately 30 - 36 First Responders will be participating in this intensive boot-camp style 4-day training program from Alaska, Minnesota, Oklahoma, New Mexico, New Jersey, New York, Massachusetts, Rhode Island, New Hampshire, and Maine. This intensive training program is conducted at the Embassy Suites at Portland International Jetport with practical sessions conducted at the Wassamki Springs Campground in Scarborough.

Please refer to the Course Registration page of our website for schedule of training programs at <https://lifesaving.com/courses-registration/> Gerry Dworkin gerald@lifesaving.com LIFESAVING RESOURCES www.lifesaving.com P. O. Box 3006 (3 Mills Rd.) Kennebunkport, Maine 04046 (USA) 207/967-8614 (Office) 207/604-4240 (Cell)

Obituary



Jacqueline (Jackie) Starace died peacefully on January 15, 2023 due to Alzheimer's Disease. She was born in March 1940 to Emile M. and Louise (Masse) Lembree. Born in Massachusetts, she was the second of six children.

When Jackie was 15, the family moved to Kennebunkport, Maine. They lived in the house next to the Colony Hotel. Jackie graduated from Kennebunk High in 1958. She went on to get her degree at Gorham Maine Teachers College, which is now the University of Southern Maine. She loved telling stories of her adventures with her sister Jo, her best friend Diana Abbott, and other great friends from her high school and college days.

Jackie met Joseph J. Starace in Connecticut when she moved there for her first teaching job. The couple had two children, Michael (Jennifer Lacher) Starace and Michele (Kurt) Wheeler, both of South Dakota. In later years, Jackie enjoyed telling people that both of her children became teachers.

The family moved to Kennebunk in 1970. Jackie taught briefly in Biddeford and then first and second grade in Kennebunk. Her career spanned 39 years. Hundreds of students befriended Jackie on Facebook, and several posts describe her beautiful penmanship, her loving responses in their daily journals, her handmade ornaments, and more. Jackie also made many friends while working at Cafe Topher in the 80s. She enjoyed her time waitressing there. She also did beautiful calligraphy on the menus and signs.

Several years ago, Jackie moved to Brookings, SD. She is survived by her siblings Gilbert (Lily) Lembree of North Carolina, Eloise Stevens of Kennebunk, and Larry Lembree of Kennebunk; her sister-in-law MaryAnn (Jim) D'Amato of Connecticut; her children and their spouses; her grandchildren Charlie Wheeler, Nate (Courtney Sullivan) Wheeler, Olivia Lacher-Starace, and Jonathan Lacher-Starace; one great-grandson, Bentley Wheeler, and several nieces and nephews.

She was pre-deceased by her parents, her sister Josette, her brother Rick, her sister-in-law Dang, her nephew Barry, her great-nephew Christopher, and her great-niece Calista.

Local Bottega

All events listed will be at The Local Bottega. We will have our calendar on our website fully updated with any new information. Each event below has a link to the coordinating event info. Address - 7 Agatha James Drive in Kennebunk, Maine 04043 (Route 1) Questions - hello@local-bottega.com / 207.569.0077

Semi-Precious 4-6mm Stone Bracelet Workshop Thursday, February 2, 2023 6-8pm- Facilitated by Lauren Cahoon - \$39 - Each participant will create their own masterpiece

Magic Potion Workshop February 5, 2023 at 2-4pm Cost: \$19/magician

Paint Night goes on a Date Saturday, February 11, 2023 at 2-4pm Tickets - \$40 1st person, \$15 each additional person

Valentine's Day Bath Bomb Workshop Sunday, February 12, 2023 at 2-4pm -Hosted by Lindsay Kamon -\$39 - Take away multiple sizes with choice of essential oils

Cold Process Soap Making Workshop February 18, 2023 at 2-4pm -Cost - \$45-

Rochelle Trudo's Intention Crafting Workshop Sunday, February 19, 2023 at 3-5pm Cost - \$48 v

Experience Candle Making Thursday, February 23, 2023 at 6-8pm. You can look forward to a fun time learning about the candle making process! And you'll walk away with your own poured candle! \$29 - 8.5 oz candle in a glass vessel with gold lid (retails for \$21) \$35 - 10 oz candle in a ceramic vessel and cork lid (retails for \$28)

Wine Tasting Event Friday, February 24, 2023 - 5-8pm come and go as you wish. Bring your kids so they can enjoy STANDING KIDS PARTY

Lavender Neck Wrap Sunday, February 26, 2023 at 2-4pm Cost - \$39

Standing Kids Party Every Friday 5-8pm Enjoy a night out and let us care for your kiddos for a fun-filled evening! We will have seasonal crafts, food, movies, and fun! Good for all children over 3 years of age - fully potty trained required. 2 hours = \$35 / 3 hours = \$45 (siblings get 15% off)

Standing Happy Crafting Hour Every Saturday 2-4pm Every Saturday at 4-6pm please join like-minded crafters to create a project of your own or get a kit from our shop. The event is BYOB. Registration is \$5

AWS

Thursdays, Feb 2, 9, 16 @3:30 and 4: Rescue Readers

AWS Adoption Center 46 Holland Road, Kennebunk. Rescue Readers brings together elementary/middle school students and AWS resident pets for a half hour of reading aloud. Students have access to special reading materials and receive reading comprehension guidance from our Humane Educator, as needed. Students are also welcome to bring their own reading materials. FREE, registration is required. Weekly registration opens by noon on Mondays at <https://animalwelfaresociety.org/youth/rescue-readers/>

Thursday, Feb23 @3:00, 3:30 ad 4: Beary Special

Rescue Readers AWS Adoption Center 46 Holland Road, Kennebunk. Join us for a special session of Rescue Readers held on the Thursday of February School Vacation Week. We will have a very special visitor, Kenny Bear, from Kennebunk Savings. Kennebunk Savings has generously sponsored Rescue Readers for the school year. As always, students have access to special reading materials and receive reading comprehension guidance from our Humane Educator, as needed. Students are also welcome to bring their own reading materials. Students are also welcome to bring their favorite teddy bear or stuffie to read to. FREE, registration is required. Weekly registration opens by noon on Mondays at <https://animalwelfaresociety.org/youth/rescue-readers/>

Sundays, Feb 5, 12, 19, 26 @ 2 pm - Puppy

Learn + Play AWS Training Classroom 46 Holland Road, Kennebunk. Open to puppies 5 months and under. Learn and Play is a series of one-time sessions that tackle the basics of raising a puppy. Each session includes a mix of socialization, obedience training, life skills, play and fun! \$29 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play>

Historical Society Wells/Ogunquit

Zoom Program: How old is my house? Researching your historic property in York County: Feb. 9:

How Old is my House? (Zoom) Mar TBD: Ann Little, author of *The Many Captivities of Esther Wheelwright*. Please join us as Architectural Historian and Historical Society of Wells and Ogunquit's Executive Director, Bryce Waldrop, discusses how to research your historic property in York County. Ever wondered how old your home might be? Or how your property changed over time, or what may have been there before? Using public records and historical society resources, this program will show you the tools and sources you will need to uncover your home's unique story.

For more information: Bryce Waldrop, Executive Director call or email for the Zoom link. Historical Society of Wells & Ogunquit 207-646-4775 info@wohistory.org

Louis T. Graves Library

Mondays at 7:00 pm. What's Your Story? Have you heard about our Interview Show? Each week, our Library Director, Mary-Lou Boucouvalas, sits down with a community member and talks to them about where they came from, what they do, their interests, etc. A great way to get to know who lives in your neighborhood, attends your church, or waits on you at a local business. You never know who you might see on What's Your Story? Tune in Monday evenings at 7 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch them on the Town of Kennebunkport's cable channel 1301.

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

Wed, Feb 1 from 12:00-4:00 pm. Early Release Wed

— Games & Crafts! Looking for something fun to do? Spend your early release Wednesday at the Library! Learn to play Carom, try the indoor ice fishing shack, chess, crafts, and more! The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Sat. Feb 4 from 9:00-10:00 am National Bring Your Child to the Library Day! Join us for donuts, try the February scavenger hunt, and get a special bookmark for the kids! The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Sat. Feb 4 at 10:00 am. Saving Money on Home Energy Bills! With rising costs in heating and electricity, it's hard to know the best ways to save energy in the home and stay comfortable! Come learn more about what you can do to save money in your home and bring your questions about what options make the most sense and will save the most money! We'll also go over the rebates available for Maine homeowners and what additional federal funding will be coming with the recently passed Inflation Reduction Act. Colin McCullough is a BPI-certified Home Energy Auditor who has worked for several state energy efficiency programs for 12 years, advising homeowners on the most efficient options for a more affordable, comfortable, and safe home. He is currently renovating his 110-year-old home in Farmingdale to achieve Net-Zero Energy status. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Wed, Feb 8th 4:00 to 5:00 Kids Winter Garden Club. Children ages 8 and up are invited to make a Marimo Garden. The class will be taught by Shelley Wigglesworth, Maine Master Gardener. All supplies are provided. Pre-registration is required. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thur, Feb 9 at 9:30 am. In Case of Emergency. Join us for a presentation by KEMS to learn what to expect when you call for an ambulance and more. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thur, Feb 9 at 9:45 am. Morning Book Group. This group meets on the second Thursday of every month. This month, the group is reading *Killer Angels* by, Michael Shaara. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thur, Feb 9 at 6:00 pm. C.A.R.E.S. Join us for our monthly discussion with 3 Towns: 1 Community C.A.R.E.S. (Conversation, Advocacy, Resources, Education, Support). C.A.R.E.S. meets the second Thursday of every month at 6:00 pm in the Community Room at the Graves Library (18 Maine Street, Kennebunkport) for a guest speaker presentation, open discussion, and overdose first aid training. Anyone is welcome! The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thur, Feb 9 at 5:30 pm. Wine On-Line. Join us on Thursday, February 9th at 5:30 pm for a fun hour of tasting, information, and trivia right on Zoom. For February, we will be tasting wines you will truly love. Our two experts, Lani Dietz and Betsy Ross will be on hand to guide us through the program. Please call the Library at 967-2778 to be added to the Zoom List! Stop by Maine & Vine or the Wine House on Main to pick up your wine prior to the event.

Fri, Feb 10 & Sat, Feb 11 from 9:30-12:30 Red Tag Sale in the Book Cellar. Come treasure hunting in the book sale, new items are added weekly. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Sat, Feb11 at 2:00 pm. Opera Afternoon with chocolates and bubbles. Suggested donation of \$25 for two tickets. Come enjoy a fun afternoon with someone special. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Wed, Feb 15 at 9:00 am. Death Cafe - Community, Conversation, and Coffee. What is a Death Cafe? A Death Cafe is a safe and relaxed space to gather with people to discuss topics related to death and dying. The objective is to engage in interesting, thought-provoking, and life-affirming conversations. Please call us to register for this conversation. Space is limited. Facilitated by: Marilyn R. Gugliucci, MA, Ph.D., AGHEF, GSAF, AGSF, NAOMEF, Professor and Director of Geriatric Education and Research at the University of New England. Hosted by: Kennebunkport Public Health Department and Graves Library. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thur, Feb 16 at 6:45 pm. Monthly Movie Night. Join us for our monthly movie night. All are welcome to attend. Light refreshments will be served. Come to movie night or risk a ticket from Officer Krupke. Can you guess the film? The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Tue, Feb 21 at 11:45 am. Monthly Your Health Matters Book Club. Louis T. Graves Memorial Public Library and the Kennebunkport Public Health Department invite you to participate in a book discussion on *My Glory Was I Had Such Friends*, by Amy Silverstein. Copies of the book are available at the Library. Not able to read the book before this date? You may still join the discussion. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

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Tue, Feb 21 from 10:00-11:00 Lego Club for all ages!

Imagine, create, build! Bring your imagination for an hour of fun. Unstructured build time followed by a group building challenge and game. This program is for elementary-aged students. Pre-registration is required at 967-2778. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Wed, Feb 22 at 10:00 am. Tech & Tea. This month's topic in Tech & Tea will be computer icon basics. Join us for this information session on what some icons mean and how to use them. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit www.graveslibrary.org.

Wed, Feb 22, 4:00-5:00 pm. Kids Winter Garden Club. Children ages 8 and up are invited to learn about Chestnuts! Each child will get a chestnut with information on how to plant/grow it at home. Stories, too! The class will be taught by Shelley Wigglesworth, Maine Master Gardener. All supplies are provided. Pre-registration is required. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit www.graveslibrary.org.

Thur, Feb 23 at 5:00 pm. Evening Book Group. Join us on Thursday, February 23rd for this month's book group. Check the website for the 2023 list of titles. All are welcome to attend. The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

LIBRARY CLOSURES: The Graves Library will be closed on February 20, for President's Day. In case of weather, please call the library or check the list of closings on the local stations.

Ongoing:

Fri at 10:00 am. Our Fabulous Friday Family Story Time is every Friday in the community room. This program includes stories, finger plays, and songs. For January we will have a Marshmallow Guessing Game, Scavenger Hunt, Bookmark Station, Photo Booth, and Winter I Spy Terrarium! Have you tried our new design your own Kaleidoscope Creations? 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 www.graveslibrary.org.

Graves Library Community Art Show. A variety of pieces created by staff, volunteers, and patrons will be on exhibit and sale at Graves Library through next May 2023. Fifty percent of all proceeds benefit Graves Library. The Library is located at 18 Maine Street, Kennebunkport. As items sell, new ones are added. We invite you to take a look in the Business Center whenever you get the chance.

Ongoing Book Sale at the Louis T. Graves Memorial Public Library. Visit the Book Cellar for what's in the store. Thousands of books to choose from — during Library hours. We also have notecards, journals, special books, ball caps, special gift books, coffee mugs, tote bags, bookmarks, and more. If you are unable to make it in, you can call us with your genre requests and we will fill a bag for \$20.00 (10 for \$20). Cookbooks, sports, religion, fiction, biography, history, children's, classics, health, and a whole lot more! Looking for the perfect gift idea? Purchase a gift certificate for the book sale! The Library is located at 18 Maine Street, Kennebunkport, and is open Monday-Friday 9:30-5:00, and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Caps for Sale. Keep your head warm this winter with a Graves Library ball cap available in three color choices! All proceeds benefit the Library. \$20 each. Special Offer, Not Many Remaining — Need a gift for someone special? Kennebunkport: the Evolution of an American Town, researched and written by local historian Joyce Butler is perfect for a birthday, wedding, or

new resident to town. This 400-year history includes people, places, and events that have shaped our lovely village over time. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at 967-2778 for more details. \$50 per set.

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

Kennebunk Free Library

It's time for Beadcraft! Perler Beads — tiny plastic beads that can melt — were first introduced as a craft in Sweden in the 1950's, and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on **Wed, Feb 1 at 1 p.m.** What a great way to spend the afternoon on RSU 21's early release Wednesday! Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. Registration is recommended but not required. This event is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website www.KennebunkLibrary.org.

There's no better way to show your love than with a handmade valentine! Come to Kennebunk Free Library on Saturday, February 4 between 12:00 and 4:00 to make a valentine for a friend or loved one! We'll have all the supplies ready — just stop in and get creative! Work together as a family or create your own valentines. All ages are welcome to attend. No registration required. This event is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk. FMI, please call 985-2173 or visit the website www.KennebunkLibrary.org.

Junior Science at KFL Have you ever wanted to be a spy? Come to Junior Science on **Mon, Febr 6th at 3:45pm** to explore some spy methods! Learn how to write secret messages, take fingerprints, and maybe even solve your own mystery! Registration is required for this event. For ages 6+. This event is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk. FMI and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

What's better than sharing stories? Sharing stories with a furry friend! Come to Kennebunk Free Library on **Fri, Feb 10 at 11:30 a.m.** for our very first Furry Tales Storytime with Animal Welfare Society. We'll share stories and songs with Amanda from Animal Welfare Society and meet a guinea pig friend! All ages are welcome to attend. No registration required. This event is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website www.KennebunkLibrary.org.

It's time for Storytime! On Mondays at 10:00 a.m., join Miss Maria inside the library for songs, stories, rhymes, and fun! Because of the 2/20 holiday, Storytime will be held on Tuesday, February 21. Storytimes are designed for ages 2-5, but everyone is welcome! These events are free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. Upcoming storytime dates include: • February 6 • February 13 • Tuesday, February 21 • February 27

Ready to get building? Kennebunk Free Library is offering a Lego Club for children ages 4 and older. Lego Club will meet on **Fri, Feb 24, from 3:45-4:45 p.m.** Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. Registration is appreciated. Lego Club is free and wheelchair accessible.

KKFL is located at 112 Main St., Kennebunk. To register, please call 985-2173 x-108 or visit the website www.KennebunkLibrary.org.

In a world where you can be anything, be kind! Start your new year off with kindness at the third meeting of KFL's Kindness Club for kids. We will meet on **Tuesday, Feb 14, at 3:45.** This month, we will be creating lollipop flowers to share with others. This program is open to ages 6 and up; registration is appreciated but not required! Kindness has no age requirement — if a friend younger than 6 would like to join in, please reach out to Miss Maria at richardson@kennebunklibrary.org, or 985-2173 x 105. Parents are encouraged to join in! When your little sees you talking about and practicing kindness, they will want to join in even more! This event is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.kennebunklibrary.org.

Are you stuck on a technology question that might need some extra help to be solved? Whether it be trying to use one of the library's digital services, making heads or tails of a new device, or just having a second pair of eyes help troubleshoot a piece of software, don't worry, the library is here to help! To sign-up for one of our Tech Time appointments, please visit the front desk to be placed on our scheduling sheet. Appointments to meet one-on-one with our Technology Educator can be scheduled **Wednesdays from 2:00 P.M. -4:00 P.M., and Thursdays from 10:00 A.M. - 12:00 P.M..** Appointments are 45 minutes long, but there is always an opportunity to schedule a follow-up appointment if we run over our time limit. When setting up the appointment, help us to better assist you by describing the issue you want to discuss. If possible, also make sure to bring your charged device with you along with any needed usernames and passwords. If you have any questions or concerns, please feel free to visit us at the desk, call (207) 985-2173, or email our technology educator at kfl@kennebunklibrary.org so we can help you further.

Ready to chill, eat snacks, and play some games? Come hang out with friends, test out your gaming card decks, play on our Nintendo Switch, try out new RPG board games, or anything else in between for our event, Chill Gaming! Basically anything that relaxes you is welcome and encouraged! Because of the holiday break, we will meet on the second Thursday of the month, **February 9th, from 3:30 -4:30 P.M.** There will be games provided by the library, but players are free to bring their own games, learn new games at their own pace, or you can just come to hang out and have a good time listening to some lofi beats! This event is free, wheelchair accessible, and open to teens ages 10 and up. If you have any questions, see Miss Emmaline in the Children's Room, or call at (207) 985-2173.

Digital Decluttering: Organizing Photos on Your Phone It's so easy to clutter up our phones because they're not taking up any visible space. When it's out of sight and out of mind, decluttering our devices might not seem so important; but, when we can't find what we need, it can become a daunting task to try to clean it up. However, never to worry, KFL is here to help! Here to give you tips and tricks to begin and maintain a clean digital space, KFL's Technology Educator will hold an informative presentation on **Feb 16 from 10:30-11:30** to start you on the path of digital decluttering. In this program, we are going to learn how to organize digital photos and videos so you can find what you need quickly, and we will answer any other related questions you may have during this time. FMI call 207-985-2173 or email kfl@kennebunklibrary.org.

Welcome, young adventurers! Come and join in on an exciting quest in the world of Dungeons and Dragons. Open to new and experienced players alike. Because of the holiday break, we will meet on Monday February 13 & 27 from 3:30-4:30 P.M. You're welcome to bring in a character from a previous game, to make a new one, or to use one of the pre-made characters provided in the starter set. All other supplies will be provided, just bring your imagination! This event is free, wheelchair

accessible, and open to Teens ages 10 and up. New players are encouraged to join in on the adventure. If you have any questions, see Miss Emmaline downstairs in the children's room, or call at (207) 985-2173.

River Tree Arts

Craft Time! Pom Pom Wreath Workshop at River Tree Arts Tuesday, February 14, 2023 (10am-12pm) (Adults ages 18+) Come join the fun and creativity with our new Craft Time workshops for adults. In our first session, River Tree Arts instructor Miss Satsi will guide you through the process of pom making, having fun with colors, and creating a one-of-a-kind wreath! Your wreath will be a welcome addition to your winter decor. Members: \$40 / Non-Members: \$45. River Tree Arts, 35 Western Ave, Kennebunk. Register at rivertreearts.org

Dance & Movement at River Tree Arts Mondays, 9:30am-10:30am (5 classes: February 27, March 6, March 13, March 20, March 27) (Adults ages 50+) This class offers a perfect opportunity for older adults to enjoy a fun and easy-going approach to creative movement exploration, movement games, and mini-dance combinations. Enhance your brain/body connection while stretching, moving, and dancing to exhilarating music. Members: \$90 / Non-Members: \$100. River Tree Arts, 35 Western Ave, Kennebunk. Register at rivertreearts.org

See, Draw, Paint at River Tree Arts Thursdays, 10am-1pm (6 weeks) March 9-April 13, 2023 (Adults ages 18+) The purpose of this class is to help the student-artist, see and accurately capture what is seen in 3D, on a two-dimensional surface. Understand the importance of the "Big 3" — the key elements of drawing and painting: measuring/ composition, line, and value; while identifying and importing what inspires them. All skill levels welcome. Members: \$260 / Non-Members: \$285. River Tree Arts, 35 Western Ave, Kennebunk. Register at rivertreearts.org

Craft Time! Decorative Spring Planters at River Tree Arts Tuesday, March 21, 2023 (10am-12pm) (Adults ages 18+) Come join the fun and creativity with our new Craft Time workshops for adults. To celebrate the first day of Spring, we will create fabric-covered flower pots. We will have a variety of spring fabrics to choose from. River Tree Arts instructor Miss Satsi will guide you through the process of picking your fabric, measuring and cutting, and creating your spring delights. Each participant will get 3 pots to work on and take home. Your pots will be a welcome addition to your spring decor. Members: \$40 / Non-Members: \$45. River Tree Arts, 35 Western Ave, Kennebunk. Register at rivertreearts.org

I Want to Work With Animals with Melissa McCue-McGrath Do you know a kid who loves animals or an adult still trying to figure out what they want to be when they grow up? On Wednesday, February 8 at 6:00 p.m. Melissa McCue-McGrath is back at KFL to excitedly walk all ages through the many ways in which people can work alongside animals! She will introduce arson detection dogs used to solve criminal cases in the fire departments across the country, archeologist assistant dogs who have found 3,000 year old remains in Croatia, library cats who calm patrons, humans who use aqua-therapy to help baby elephants heal from injuries, and more! So if you are 3 to 93 and still dream of working alongside animals, this is the talk for you! As a professional dog trainer and behavior consultant of nearly 20 years, Melissa has lots of experience working with people who "just love animals" and are looking to find their own way of working with them. You can find Melissa, when she's not playing Ukulele at KFL, teaching dogs at AWS, or you can listen anytime to her podcast, BewilderBeasts, at BewilderBeastsPod.com. This program is free and wheelchair accessible. 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@kennebunklibrary.org.



The Language of Love

In honor of Valentine's Day, Village readers share their original love poems

Together Again

By: Doris E. West

Written November 27, 1945, and submitted by her daughter Judy West Desrosiers.



Two little girls at Christmas, standing near the tree. Thinking of their daddy, far across the sea.

Wishing he could be there, sharing all their joys.

Hoping to open presents, looking at their toys.

Wondering and asking, why he isn't home.

Wishing that he never, ever had to roam.

Mommy standing near them, thinking in her heart.

Oh, why can't he be here? Why are we far apart?

A knocking then is sounding, then the bell starts ringing clear.

It's daddy and he's saying, 'Merry Christmas dear.'

The family all together, just like it used to be.

Standing there and thanking God, near the Christmas tree.

Love

By: Taylor Burton

Love is pure
Love is true

The magic is inside of you

Send your laughter, hope and prayer
Those in need will find it there

And if you ever feel alone
Just look within
Your heart's your home.



A photo of the hand written "Together Again" poem by Doris E. West. Doris E. West with her two daughters mentioned in her poem.

More than just a Kiss

By: Kathleen Simonin

You took me to the water's edge,
Expecting me not to fall
Mending shattered glass
with bleeding fingertips
Visions of the past walking
through these empty rooms
Insanity clawing at the seams
Floating through,
Lost in the mist
Echos of scattered dreams
You must believe what you believe
But let me tell you this
Things are rarely what they seem
It was more than just a kiss

Love is a Flower

By: Alva Fleming

Love is a flower
To harvest?
No
Cut flowers dry
Cut flowers die
Love is a flower
To nurture
To grow.

The Lighthouse

By: Emily R. Green

You were a lighthouse, a safe haven.

I was the wanderer.
Your hand softly guiding me back home.

It was your swift intellect and careful demeanor that I admired.
You spoke calmly of the storm and embraced the change of sails.
Your soul was a harbor, no doubt.
Beckoning me to shore, you wrapped me in light and compassion.

I was drawn to you, you felt like a place of security.

Safe winds and fair glances are what I took.

The waves of your curling hair swept me overboard.

Your blue eyes were the ocean, I was lost at sea.

I knew not of your storms and though I row aimlessly to love born madness,

I was capsized in the depths sinking further to unreachable.

It was never about the push and pull of the tides.

It was about the presence of familiarity.

In desperation I reached out, but you were simply the wind.

And so, I drank my tears till I drowned, lost in your eyes fathoms deep.

Love in Blooms

By: Molly Dore

I know it wasn't supposed to be a joke.

Everyone thought they were roses.
They looked and smelled the part.

That's what he ordered.

But in my heart, I knew they weren't.

The bouquet was gorgeous,
I only wish I hadn't pretended they weren't carnations.

Because it means I 'll never trust

my senses to know a flower.

Not completely.

I won't stop admiring the arrangements on adjacent tables.
But I won't wonder if there's one for me?

I don't think I even want them anymore.

Adorned with daisies and dandelions.

I'll watch these blossoms fade and fall apart.

They did seem like roses.

Idiosyncrasies

By: Pat Lacey

What we'll eat
And what we won't
What we like
And what we don't
What we think
(You so deeply)
My shallow thoughts
I offer meekly

The movies viewed
Might make me shiver
But some, perhaps,
Could make me quiver

Don't like to vacuum
Perhaps you might
If not, we'll hide
The dust from sight

I drink my coffee while it's hot
I make decisions on the spot
(However, I must also say
I get myself in jams that way)

My thought is that
You're much more reasoned
I think, my dear,
That you're more seasoned

I'll make your life a little bumpy
But happily, I'm seldom grumpy
I'm always glad to share the load
As we go traveling down the road
I know we'll have both hits and misses
But always end our days with kisses

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NEW LISTING 135 OCEAN AVENUE, UNIT #3, KENNEBUNKPORT - Enjoy spectacular Ocean Views from this stunning Point Arundel Condominium. Recently remodeled, offering 2100+ sq. ft., which includes a large Master Suite with fireplace and waterside balcony. An additional Bedroom suite and a generous, upper-level Great Room offering two ocean view balconies, full bath and sleeping accommodations for 4. The spacious, bright openness of this unit offers the ultimate in relaxation and convenience to the beach and all area amenities. \$1,995,000



21 LILAC LANE, KENNEBUNK - This building is empty and ready for a owner occupied buyer or an investor. All new hardwood flooring thru out. Both units have been fully freshly painted. Both units have all new kitchens with granite counter tops, fixtures, and new appliances. The baths in both units have new tiled floors and vanities with granite. The projected income was estimated from current market rents. Both units are empty. \$629,000



187 WESTERN AVENUE, KENNEBUNK - Rare opportunity to own multiple water view houses in Kennebunk! The 3BR/2BA main house is 1,200+ sq. ft. and the adorable 554 sq. ft. 1BR/1BA cottage has recently been updated and has a very successful AirBnB rental history. Parson's Beach is around the corner. Surround yourself with the beauty of nature while earning passive income! \$995,000



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Owner, Broker



Laurie Bassett
Marketing



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