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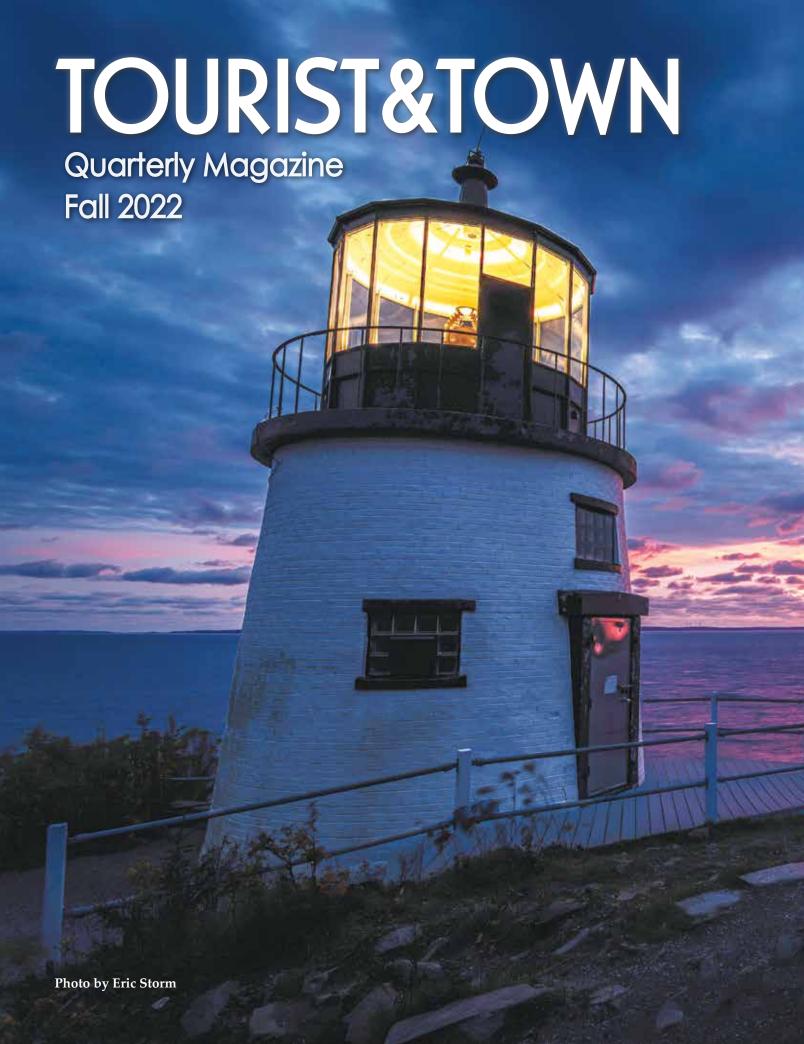


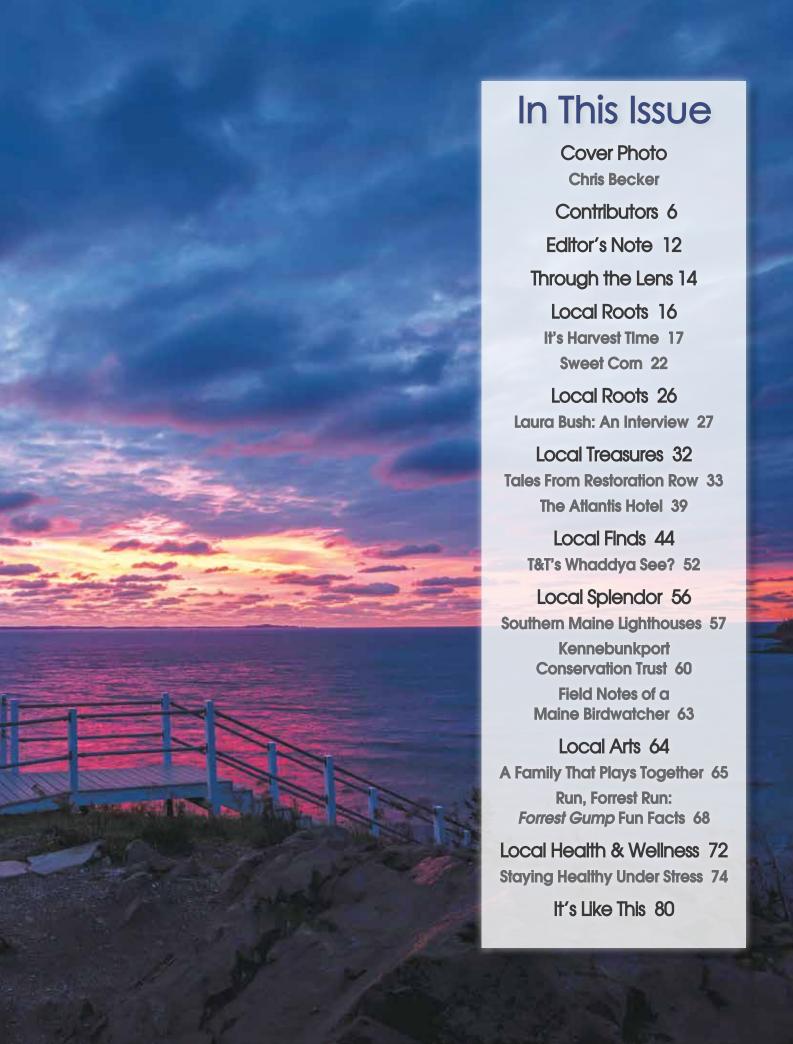






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Faith Gillman has called Kennebunk home for 34 years. A wife, mother and "Nonny," Faith has enjoyed writing for a number of Maine-based magazines and newspapers over the last several decades. She is happiest when she's able to share the stories of the people and places that make Maine the best place to be in every season, and is truly thankful to be part of the Tourist & Town team. faith@ touristandtown.com



Steve Hrehovcik, writer, editor and artist, has been with Tourist & Town (formerly Tourist News) since 2006. He and his wife Carol have lived in Kennebunk for almost 51 years. Steve's book Rebel Without A Clue: A Way-Off Broadway Memoir can be found at kennebunkartstudio.com.

Dana Pearson is a writer and musician living in Kennebunk with his wife Diane. His books can be found at amazon. com/author/danapearson. dana@touristandtown.com

We thank all of our special contributors as well. It's an honor to have you with us. Valerie Marier is a freelance journalist who has traveled the world writing for magazines and newspapers. Val is a wife, mother and grandmother who enjoys knitting, reading, golf and travel, and writes about them in her blog Wandering With Val. www.wanderingwithval.com



Jo O'Connor is a local writer with deep roots in Kennebunkport. She is a mother of twins and founder/lead singer of the local band, The Dock Squares. She teaches Zumba and aqua classes and is a marketing communication professor. ifboconnor@gmail.com.





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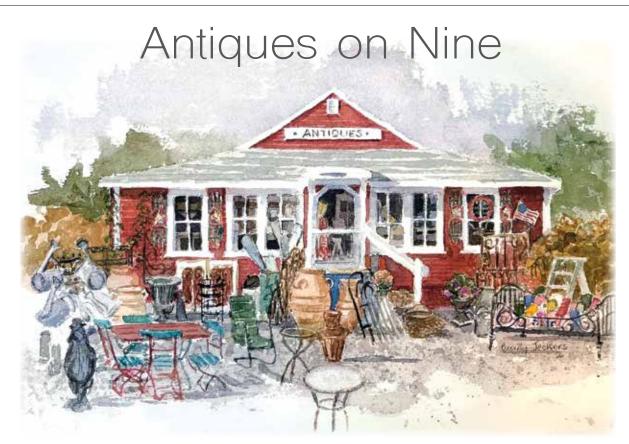
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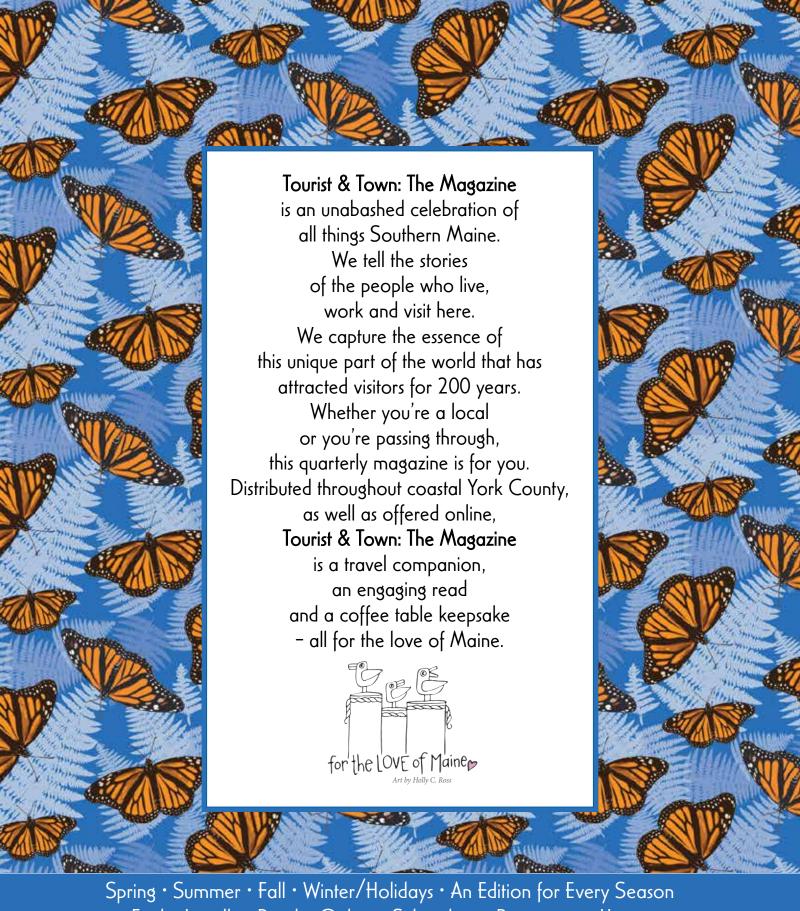
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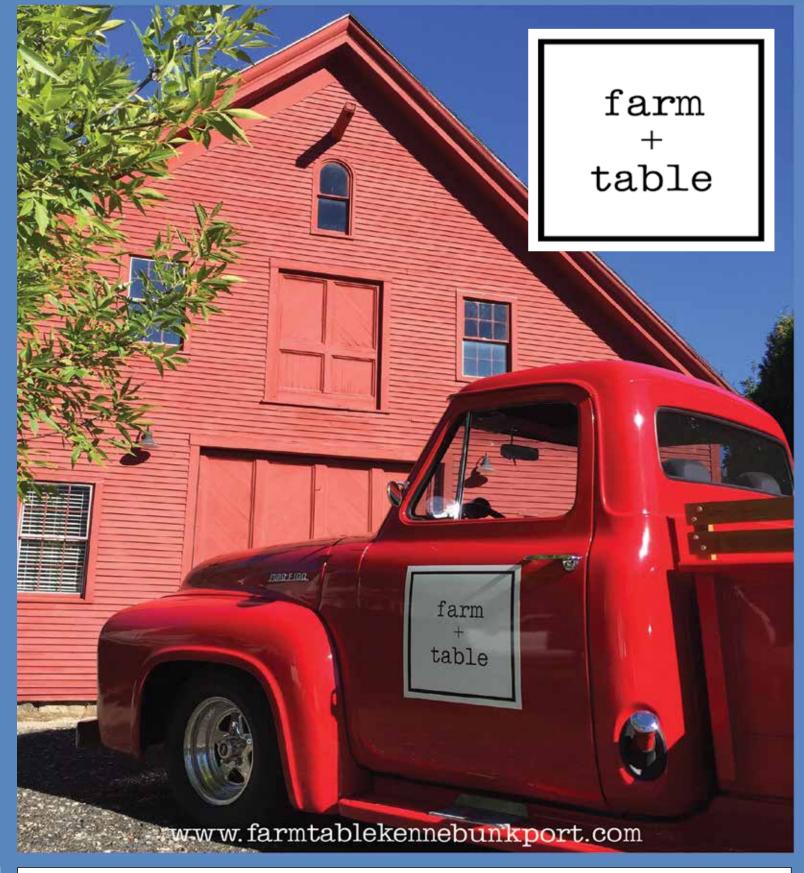
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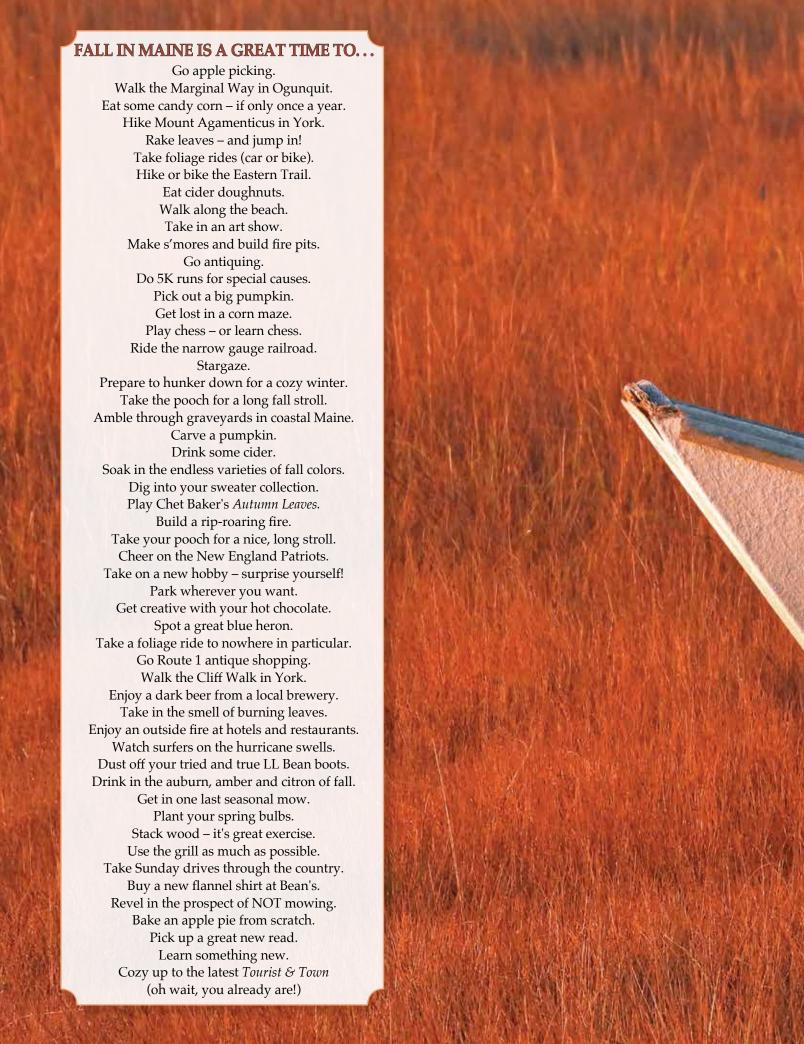
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Editor's Note

I might not be donning a Catholic school kilt these days, paired with a hand-me-down IZOD shirt, droopy knee socks and docksiders, but for me, fall will forever mean a fresh start.

It's not surprising really, since we spend such a big chunk of our lives following a school calendar. It's no wonder I associate cooler temperatures and falling leaves with new beginnings. It's no wonder I feel compelled to sharpen pencils, buy notebooks and get some new outfits - or at least some new socks. Nonetheless, I can't help but wonder if my feelings for fall are more than just a Pavlovian response?

After all, there are countless things I happen to adore about this time of year, simply for what they are – the colors, the coziness, the chill in the air, the smell of fires in the fireplace, the look of the sky, the sweaters, the layers, the blankets, the comfort food, the books. . .

That being said, fall does seem to bring out the child in me (even more than usual)... and that mysterious, annual surge of youthful energy does appear to be returning. . . and, come to think of it, my nostalgia level is pretty off the charts right about now . . .

So perhaps it *is* all a matter of conditioning. Maybe my affinity for fall is, at its core, just a sentimental harkening back to younger days...

And you know what? I'll take it!

Yes, the kilt has been hung up and the sagging socks have run their course, but that wonderfully novel feeling of fall endures.

And I say. . . BRING. IT. ON.

I ungdel.

Kingsley Gallup, editor







A heartfelt thank you to all of our contributors who so generously share their talents with us.

CONTRIBUTING PHOTOGRAPHERS



Cover photographer Chris Becker's body of work ranges from exquisite fine art images taken a night, to editorial story-telling

moments captured in time. Becker is often in front of the camera, on the "canvas" during the exposure, lighting his subject and/or landscape. Says Becker, "I am an awe of the cycle life and the constant change in our world. Whether it be on the streets in an urban environment, on the water of a pond or even in a field of hav bales, there is movement, change and beauty in everything." No post exposure occurs, just slow shutter and use of light. Find his work at www.chrisbeckerphoto. com or stop by his gallery on 127 Ocean Ave, Kennebunkport, open most days from 11-5 during the fall.



Bob Dennis has been a photographer for the Kennebunk - Kennebunkport - Arundel Chamber of Commerce for more than 25 years. Dennis has published three photography books on

Kennebunkport, as well as multiple calendars. Find his photos at www.kportimages.com and on IG at @portimages.



Dustin Droggitis is a Maine native who lives and works in southern Maine. A high school social studies teacher, Droggitis enjoys not only travel photography, but also photographing

his home state. "Photography has made me appreciate Maine more than ever before, says Droggitis, "and it makes me happy to share my photos of this beautiful state for others to enjoy." Find him @stormborn.photography.



Originally from New Jersey, Sandy Gnidziejko is a professional photographer, who got to Maine as soon as she could. You can see her work in Tourist & Town or meet her

at one of her Little River Estate Sale events in York County and beyond. Reach her at sfgnidziejko@gmail.com.



Josh Hrehovcik is a Maine based photographer and the author of the Retro Roadtrip family of travel books. His goal is to get more Instagram followers than his brother. You can help him by following him @retroroadtripper65.



Eric Storm is a hobbyist photographer based in North Waterboro. His passion is "to chase the light from Maine's sandy beaches and rugged coastline, its historic towns

and villages to the wild mountains and wilderness."

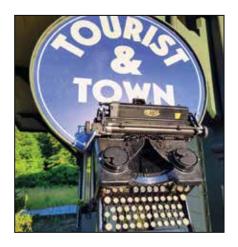


Phil Stone is a professional chef living on the Maine coast with his wife Annie. Stone received his first camera at 18 from his father Don Stone, who was an American Impressionist painter

and Stone's biggest inspiration. Stone's favorite subjects include wildlife and landscapes, particularly at sunrise and sunset. FMI: 207-468-3902, pstone36@hotmail.com.





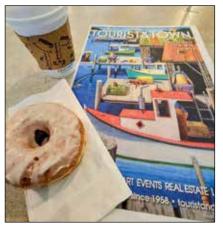








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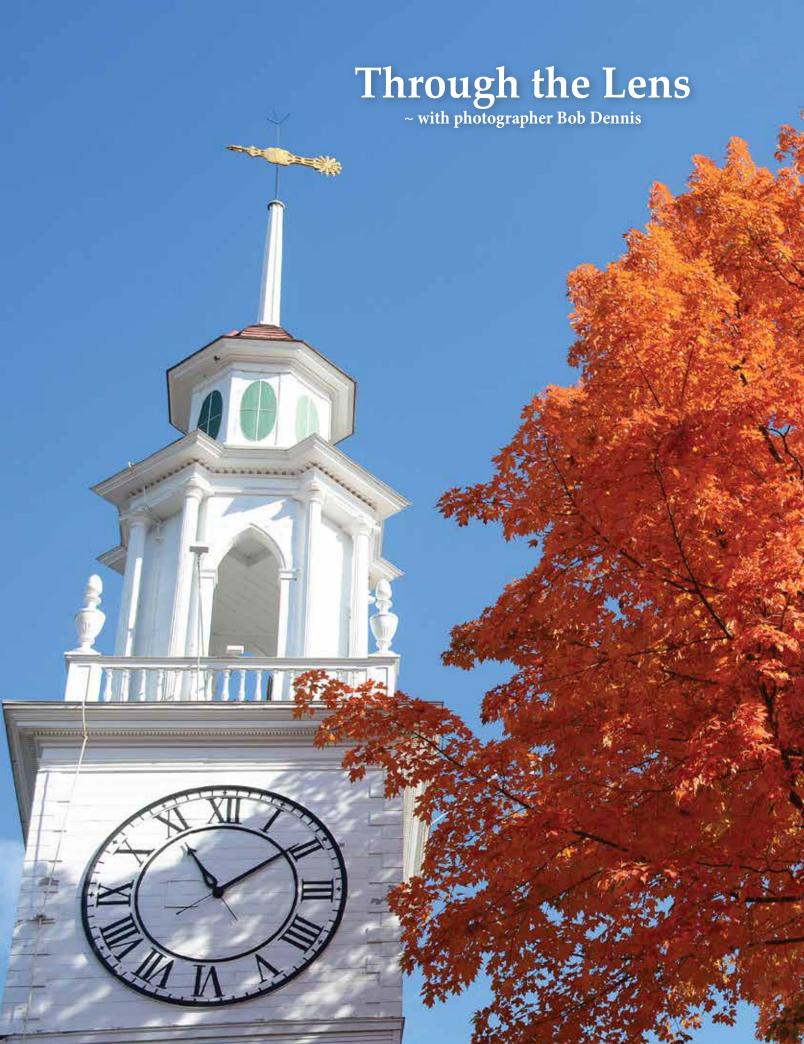




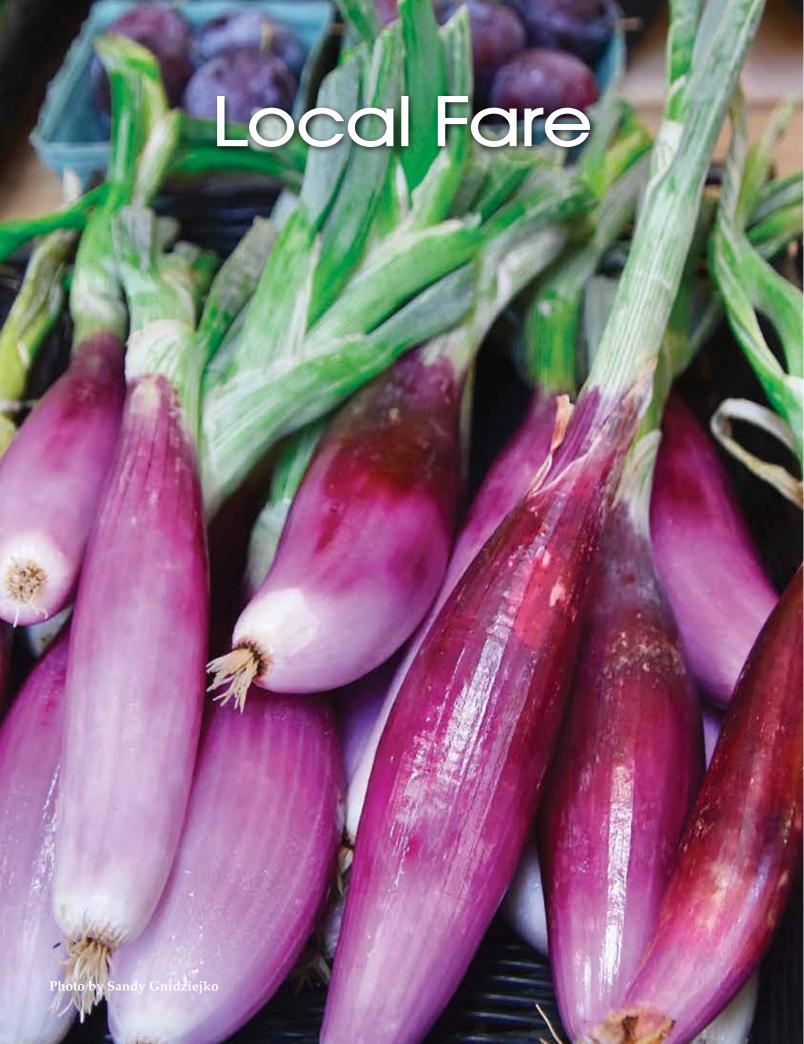






















It's Harvest Time

by Jo O'Connor

It's that time of year, when farmstands and roadside carts are brimming over with vegetables from A-Z (artichokes to zucchini).

This fall, spend some time cruising York County and supporting your local farmers and growers. The offerings are there for the taking. There are many varieties of cabbage, peppers and gourds available now. Leafy greens and root vegetables are fan favorites in September and October.

Spinach, mustard, Oriental greens, beets, carrots, radishes, turnips, arugula, cress and sorrel make good fall crops.

Summer cabbage, cauliflower, broccoli, Florence fennel, endive, escarole and collard greens are also ready for you to take home.

By the way, leafy crops such as lettuce as well as brussels sprouts, kale and parsnips are noticeably more flavorful when exposed to cooler temperatures and even frost.

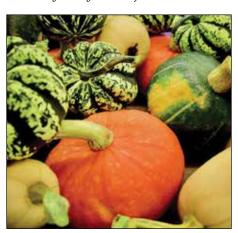
Don't forget the health benefits to eating your vegetables. According to eatingwell.com, here are some reasons why vegetables are so good for your health:

- They fight inflation
- They improve blood pressure
- They up your fiber
- They reduce your risk of heart disease and cancer
- They boost your immune system

When it comes to eating vegetables, Mom was right. They're good for you! Eat up, buttercup.

Sources: Chase Farm, Farmer's Daughter Farmstand, Frinklepod Farm, Wallingford Farm.

Photos by Sandy Gnidziejko

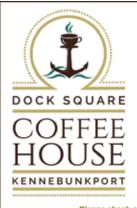












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Fun Maine Foodie Facts: What soft drink was once known as "nerve food" due to the medicinal qualities it was considered to have?

"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating."

~ Luciano Pavarotti

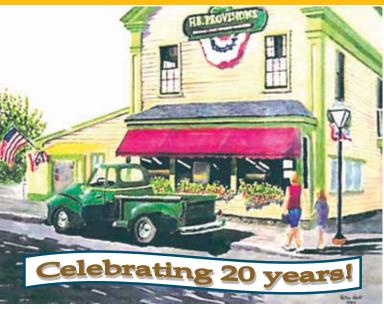
Apples, Apples, Apples!

A little apple trivia for you

- 7500 varieties of apples are grown throughout the world.
- Apples are grown in all 50 U.S. states.
- The Pilgrims planted apple trees in the Massachusetts Bay Colony.
- The top apple producing states are Washington, New York, Michigan, California, Pennsylvania and Virginia.
- Most apples are still picked by hand.
- The apple variety 'Delicious' is the most widely grown in the United States.
- In Europe, France, Italy and Germany are the leading apple producing countries.
- The apple tree originated in an area between the Caspian and Black seas.
- Apples have no fat, sodium or cholesterol.
- One apple has five grams of fiber and about 80 calories.
- The science of apple growing is called pomology.
- Apples were the favorite fruit of ancient Greeks and Romans.
- Apples are a member of the rose family.
- It takes about 36 apples to create one gallon of apple cider.
- 25 percent of an apple's volume is air, which is why they float.

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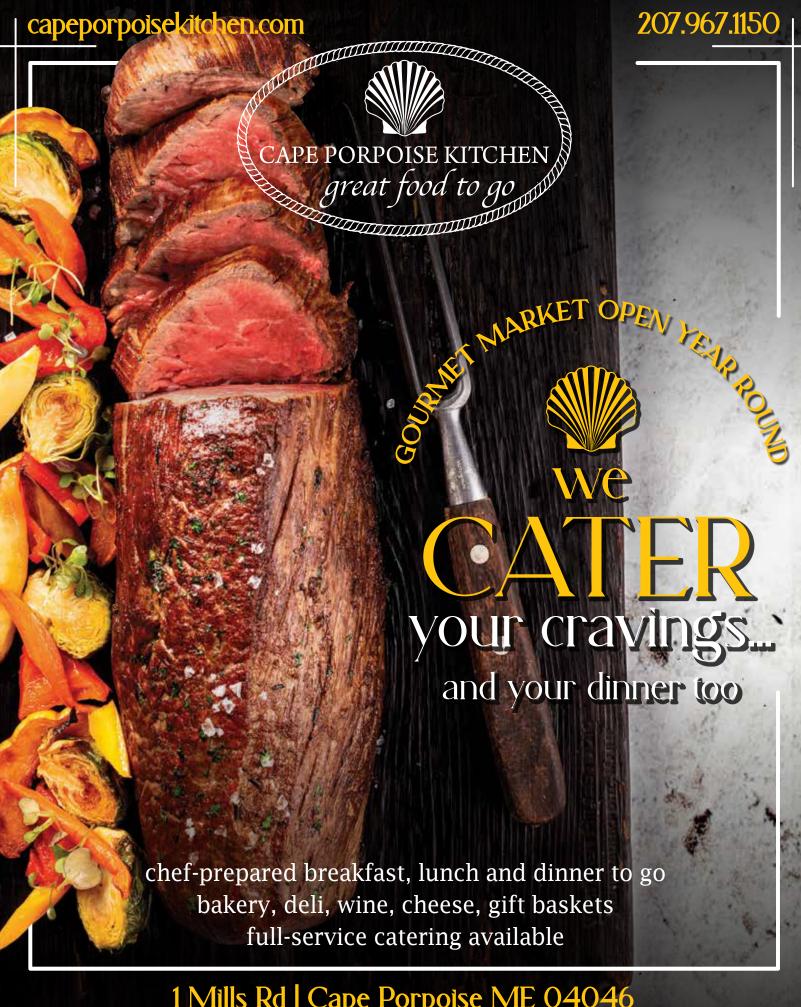






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Keeping it Cold!

Making delicious cold brew coffee at home

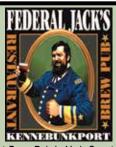
Cold brew coffee has become more popular than ever because of it's velvety, less bitter flavor. The process of brewing your coffee grounds in cold water causes up to 65% less acidity than a regular drip coffee because the cold water doesn't disturb the oils in the coffee beans, and the result is a much smoother taste that is easy on the digestive system. Here's what you'll need to make yourself a batch of cold brew at home:

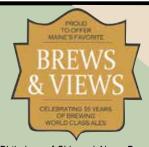
A one gallon pitcher (gallon sized mason jars work well, too), a cheesecloth bag (can be purchased through Amazon), and ½ pound course ground coffee (Coffee Roasters of the Kennebunks has an amazing blend called "Salt and Honey" which is a mixture of French, Ethiopian, Costa Rican and Columbian Beans).

Fill your pitcher with cold water. Scoop ½ pound of your coarse ground beans into your cheesecloth bag. Place your bag in the pitcher. Refrigerate and let your coffee steep in the cold water for at least 8 hours. Remove cheesecloth bag before serving

Never let a drip of coffee go to waste! Use your leftover coffee to freeze in an ice cube tray so you can enjoy your cold brew without being watered down or diluted by a plain ice cube!

Fun Maine Foodie Facts: What sweet Maine tradition going back to the 19th century has been called the "Maine Potato Candy"?





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Sweet Corn

by Kathy Oberman Tracy

Although summer is at its end, corn is at its best! The harvesting of corn starts in mid-summer and goes through early fall. One of summer's most delicious bounties, sweet corn, can be dressed up or simply served. Whether on the cob or a warm side dish or soup, any leftovers can be turned into a cool

refreshing salad the next day.

Corn is considered to be both a grain and starchy vegetable, full of fiber, vitamins A, Bs and C, iron, protein, potassium, phytochemicals and antioxidants, so it's packed with many "good for you" reasons to eat it! The phytochemicals lutein and zeaxanthin are good for your eyes and the prevention of cataracts. The combination of vitamins, minerals and antioxidants in corn also helps fight against heart disease, Alzheimer's and cancer. Corn actually feeds the good bacteria in your gut, helping you to stay regular and feel full longer, which in turn is good for weight loss. While corn is a sweet vegetable it only has roughly 6 grams of sugar per ear much less than any of the other sweet vegetables such as beets.

If you are concerned about GMOs (genetically modified organisms) in corn - eat organic corn! As per the USDA, a very small percentage of the corn grown in the US is genetically modified, and the vast majority of that goes directly into making processed foods like cereals, chips, corn syrup, oils, feed for animals and fuel. The larger share of corn grown for human consumption is not genetically modified thereby offering another good reason to eat fresh corn straight from your local farmers' market or supermarket.

Now is the time to enjoy fresh sweet corn, so dig in and try a few of these recipes...

Grilled Mexican Street Corn

Serves 4

4 ears of fresh sweet corn

1/4 cup mayonnaise 1/4 cup plain yogurt

1 Tablespoon sriracha or (1/4 teaspoon tabasco sauce)

Zest of one lime

1 Tablespoon fresh lime juice

4 lime wedges

2 cloves garlic, minced

1 chipotle chili in adobo sauce, minced

1 teaspoon taco seasoning

¼ cup crumbled Cotija cheese

2 Tablespoons coarsely chopped cilantro

Kosher salt & pepper

Make the sauce by combining mayonnaise, yogurt, sriracha, lime zest and juice, garlic, chipotle chili and taco seasoning in a small bowl. Taste the sauce and adjust seasoning with salt and pepper to taste - set aside. Heat grill to medium-high and shuck the corn while the grill comes up to temperature. Using tongs, grill the corn for 10-12 minutes, turning occasionally until it is charred in spots and tender. To serve the corn, spoon sauce over each ear of corn and top with Cotija cheese and cilantro. Serve with a lime wedge.

(Sauce can be made and refrigerated for a week. Corn can also be served as a warm side dish or salad the next day. Simply allow the corn to cool and remove the corn from the cob. Separate the kernels, mix with sauce, reheat or serve at room temperature, sprinkle with toppings and serve with a lime wedge.)

Corn Salsa

2 cups cooked corn, fresh or frozen

¼ teaspoon chili powder

½ teaspoon cumin

½ jalapeño, minced

½ cup diced red pepper

½ cup diced, tomato seeded

½ cup diced, red onion

2 cloves garlic, minced

Zest of one lime

2 Tablespoons fresh lime juice

1 Tablespoon white wine vinegar

2 Tablespoons chopped basil

2 Tablespoons chopped parsley

¼ cup live oil

Kosher salt and pepper

Husk the corn and remove the corn kernels from the cob. Use your hands to separate the

Boil the corn in salted water for 3 minutes or until tender and strain. Allow the corn to cool completely.

In a medium bowl mix together the corn, pepper, tomato, red onion, garlic, basil, parsley, olive oil, lime juice and vinegar.

Toss to coat all the ingredients and then taste and add in salt and pepper to taste.

Grilled Corn, Blueberry and Feta Salad

Serves 6-8

Salad

6 ears of sweet corn (roughly 4 cups)

21/2 cups fresh blueberries

½ cup crumbled feta cheese

½ cup minced red onion

½ jalapeño, minced (optional)

1/4 cup chopped basil

1 Tablespoon chopped cilantro (optional)

Dressing

¼ cup olive oil

1/4 cup white balsamic vinegar

1 Tablespoon honey,

1 Tablespoon lime zest

½ teaspoon dark chili powder (optional)

½ teaspoon Kosher salt

½ teaspoon black pepper

Directions:

Simple Sauteed Buttered Corn

Serves 4

4 ears of corn

3 Tablespoons unsalted butter

1 teaspoon Kosher salt

1 teaspoon fine ground pepper

Husk the corn and remove the corn from the cob. Use your hands to separate the kernels. Boil the corn for 2 minutes and strain. Melt the butter over medium heat and add the corn sauteeing for 2 minutes. Add the salt and pepper and saute for an additional minute. Serve immediately.

Heat grill to medium-high and shuck the corn while the grill comes up to temperature. Using tongs, grill the corn for 10-12 minutes, turning occasionally until it is charred in spots and tender. Allow the corn to cool completely and remove the corn kernels from the cob. Use your hands to separate the kernels. In a bowl combine the corn, blueberries, feta, red onion, jalapeño, basil and cilantro. Lightly toss to combine. Using a small jar with a tight fitting lid, add all of the dressing ingredients. Secure lid to jar tightly and shake until the dressing is well combined. Dress the salad with the mixture, lightly toss to coat the ingredients and taste, adjust the seasoning with salt and pepper to taste and more dressing if desired. Dressing can be refrigerated and stored for a week.

Corn Soup with Roasted Jalapeño & Hazelnut Sauce

This is my riff on Alice Waters' very simple corn soup...

Serves 4 - 6

1 jalapeño, roasted, skin removed and seeded

½ cup hazelnuts, toasted

1 vidalia onion, chopped

1 clove garlic, minced

6 ears of fresh corn or 116 oz bag frozen corn

4 tablespoons of butter or olive oil

4 cups chicken stock (vegetable stock or water is easily substituted)

To make the sauce:

Roast jalapeño over an open flame, or on a sheet pan under the broiler, rotating often until the skin turns almost all black. Place in a paper bag and fold over to close, allowing the pepper to cool. Once cool enough to handle, remove the stem, skin and seeds.

In a 350 degree oven roast the hazelnuts on a sheet pan - they are usually done once you can start to smell them, 5-8 minutes. Nuts burn easily so keep an eye on them until done. Immediately remove the hazelnuts from the pan onto a clean kitchen towel. Allow to cool briefly. While still warm, bring all four corners of the towel together making a pouch, hold the pouch just above the nuts with one hand and with the other rub the nuts together removing as much of the brown skin from the hazelnuts as you can. In a small food processor or blender add the jalapeño, hazelnuts and 3 tablespoons olive oil. Puree until smooth adding more olive oil if necessary then scoop out into a bowl and stir in ½ teaspoon sea salt and set aside.

To make the soup:

Dice the onion and saute in butter or olive oil. Let simmer for 10 or so minutes then add the garlic and saute for 1 minute longer. While cooking, cut the corn off the ears and add to onions and garlic with a pinch of salt. Mix and cook for another 2 minutes then add chicken stock, bring to a boil and turn down to a simmer. Cover the pot with a lid and cook for twenty minutes. Let cool slightly and puree in a food processor or blender until smooth. Season with salt and pepper to taste. Serve simply as is or with a dollop of jalapeño hazelnut sauce.

Farmers' Market Roundup 2022

Kennebunk Saturdays 8 AM-1 PM **Through November 19 Garden Street Lot** Garden Street. Kennebunk www.kennebunkfarmersmarket.org

Kittery Community Market Sundays 10 AM-2 PM **Through December 4** Community Market, Post Office Square 10 Shapleigh Road, Kittery www.kitterycommunitymarket.com

North Berwick Thursdays 3 PM-6 PM **Through September** Mill Field, 10 Canal Street, North Berwick

Saco Farmers' Market Saturdays 8 AM-12 PM Through October Saco Valley Shopping Center, Saco www.sacofarmersmarket.com

Sanford/Springvale Saturdays 8 AM-12 PM Through October Central Park (Main, Washington and School streets), across from City Hall. Sanford www.sanfordfarmersmarket.org

Wells Wednesdays 3-6 PM Through September Wells Library, Post Road, Wells https://mainefarmersmarkets.org/market/ wells-farmers-market/

York Saturdays 9 AM-1 PM **Through November 12** Lot behind York Region Chamber of Commerce 1 Stonewall Lane, York https://www.gatewaytomaine.org/farmers-market/ summer-farmers-market/

Let us know of farmers' markets to be added to our list. We publish this list in our newspapers and magazines on a regular basis. publisher@touristandtown.com

Autumn Salad

by Valerie Marier

The purple asters blooming in my front garden signal it's time to put away those splattered recipes for Pico de Gallo or Tomatoes with Burrata and Basil and start slicing fennel for this delicious autumn salad.

In a bowl combine 2 cups diced ripe Bosc or Anjou pears, 2 cups diced fresh fennel bulb, 2 cups halved seedless green grapes. Then gently toss with a mixture of 1/3 cup fresh orange juice and 1/4 cup fresh lime juice. Just before serving fold in chopped parsley. A nice touch: scrape very thin slivers of Parmesan cheese and sprinkle over the top. Serves 10.

Fun Maine Foodie Facts: What "secret" ingredient is used in cooking tasty lobsters?

Pumpkinhead

For pumpkin-flavored craft beer lovers, fall is a special time. Every September through November since 1995, the Kennebunkport Brewing Company and its sister company Shipyard Brewing Company in Portland have released their famed Pumpkinhead Ale. It has been a top-seller for the two breweries since its release. Pumpkinhead is described by SBC as "a crisp, refreshing wheat ale with delightful aromatics and subtle spice flavor." The recipe's proprietary blend of pumpkin-inspired spices includes cinnamon and nutmeg, but that's the extent of what the brewers will reveal. Pumpkinhead lovers can enhance the beverage, which is 4.5% alcohol, by serving it in a pint glass rimmed with sugar and cinnamon. And for an extra kick, they suggest you accompany it with a shot of spiced rum or vanilla vodka.

FMI shipyard.com/beer/pumpkinhead



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Laura Bush: An Interview The former First Lady is "happy and grateful" for her

Kennebunkport summers. (But no pickleball)

by Valerie Marier

"George and I walk the beach nearly every morning when we're here in Kennebunkport," Laura Bush said. "But if he decides to take a spin class instead, I'll go with his sister Doro, his brothers or visiting friends. Those walks along the ocean are what I truly miss and remember most when we head back to Texas."

After eight years serving as America's First Lady – when she traveled to 76 countries (28 without President George W. Bush by her side), championed education reform and women's health issues, initiated national book festivals while simultaneously overseeing last-minute details of celebrity-studded state dinners and diplomatic receptions at the White House – Laura Bush treasures "these relaxed and casual days" of post-Presidential life.

True ... she still cannot leave the gates at Walker's Point, the nine-plus-acre family estate on Ocean Avenue, without Secret Service agents hovering an elbow's-length away. She travels in shiny black SUVs driven by stern-faced agents for pop-in visits to the Northlight Gallery or True North Gallery ("our favorites"), or shops in Dock Square. When the Bush family dines at nearby Ocean Restaurant, she says, "We always order before we arrive so that we can get in and out without causing a fuss."

Even when attending local events, such as last July's "Secret Garden Tour" sponsored by Kennebunkport's Graves Library, head-swivels, whispers and murmurs start the minute she appears. "Look, there's Laura Bush!""Oh, she's lovely." "And so trim!"

The former First Lady is unquestionably aware of the stares and stealthily-snapped iPhone photos, but she walks quietly, eyes glancing somewhat downward, yet smiling discretely. As she wrote in her 2010 autobiography, *Spoken From the Heart*, "I wonder when the novelty of our lives will diminish, and George and I will occupy more of the background."

That may never happen, judging from the steady stream of "Bush-watchers" who gather daily along a bluff on Ocean Avenue, just across the cove from "the big house" on Walker's Point. On foggy June mornings, hazy July afternoons, even during scattered August showers, buses, RVs and cars pull in constantly to park and photograph the family estate, especially when the Texas flag hangs next to the Stars and Stripes on the two flagpoles. "They're here!"

Continued on next page

Tourist & Town's Valerie Marier interviews the former First Lady Laura Bush in the sitting room at Walker's Point. Courtesy photo.



"Here" is a century-old sprawling grey-shingled home straddling the rocky peninsula, hemmed by summer gardens blooming with pink and blue alliums, sweet peas and daisies. Formerly owned by President George Herbert Walker Bush and his wife Barbara, "the big house" became the summer residence of George W. and Laura after his parents' deaths four years ago.

"We miss them so much but we do enjoy living in this house," Laura Bush says. One of her favorite spots is the spacious and gracious living room. "The natural light is so good here and it's a wonderful place to sit and read, especially on rainy afternoons." (She had just finished – "and enjoyed very much" – *The Lincoln Highway: A Novel* by Amor Towles.)

The row of living room windows facing the Atlantic Ocean offers a technicolor vista of lobster boats chugging home to port and sailboats tacking in the wind. Pale turquoise walls ("they're calmed with white," Laura said), plush ecru area rugs atop wooden-plank floors, and lengthy nap-perfect sofas upholstered with muted Ralph Lauren floral prints establish a sense of serenity. Even the soft-hued painting of Walker's Point by local artist Robert Paine, which hangs above the fieldstone fireplace, enhances the zen.

The sole splash of color is a painting that hangs on a wall across the room near the jigsaw puzzle table. "George painted that," Laura Bush explains proudly, pointing to the bright and bold impressionistic rendering of the residence. "He had such fun doing it."

The jigsaw puzzle table gets "a lot of use," Laura said. "Barbara Bush was the master of puzzles and enjoyed doing them with her grandchildren, and we are continuing that tradition. But Bar also taught me a lesson about doing jigsaws. Early in my marriage, she told me, 'Just sit here, listen and learn, because people open up when they're working on puzzles. You can ask the most innocuous questions, and they'll ramble away and you find out a lot about them and their world.' She was so right."

For both Laura and George Bush, summers at Walker's Point focus on family, both nuclear and extended. "George's brothers and sister each own homes here, so we see them daily," she said. "Every night we all walk our dogs around the property." (When they come for the summer, the Bushes bring their mixed-breed rescue dog Freddy, along with "Barn Cat Bob" who "just showed up at our Texas ranch one day.")

"Pickleball is a big deal out here," Laura added, "especially when all the cousins and grandkids arrive. We'll gather at the two pickle ball courts late in the day and the games get quite competitive." Asked if she played, Laura put her palms up, laughed and said, "Not me! I'm only a spectator."

"And now we have our own grandchildren visiting during the summer!" Laura Bush added. "Despite busy jobs and careers, our daughters Jenna and Barbara like to come and recreate with their children the fun and games they had when Bar was in charge. I don't organize activities quite like my mother-in-law did but I absolutely LOVE having them here and I'm thrilled to be a grandmother!"

Continued on next page

Former First Lady Laura Bush stands proudly next to husband George's colorful rendition of Walker's Point, which hangs in the puzzle room. Photo by Bob Dennis.

Jenna, 41, and named in honor of Laura's mother, is an author and journalist who co-hosts the fourth hour of NBC's TODAY. She and husband Henry Hager are parents of nine-year-old Margaret ("Mila"), six-year-old Poppy and two-year-old Hal.

Her twin sister Barbara, named for her paternal grandmother, co-founded Global Health Corps, an organization that mobilizes young leaders to solve the world's most pressing health issues. She is married to Craig Coyne and, in September 2021, gave birth to their first child in a hospital named after her late grandmother, the Barbara Bush Children's Hospital in Portland, Maine. "She'll be baptized here in Kennebunkport at Saint Ann's Episcopal Church late this summer," Laura added.

Laura Bush first arrived in Kennebunkport as a new bride 45 years ago. An only child who'd grown up in the unpretentious oil town of Midland, Texas, she enjoyed the welcoming embrace of the exuberant world-traveled Bush siblings. She loved how George "made me laugh." Her motherin-law, however, the formidable "Silver Fox," was a bit more challenging.

As noted in her autobiography, Laura initially found Barbara Bush to be "ferociously tart-tongued."

As noted in her autobiography, Laura initially found Barbara Bush to be "ferociously tart-tongued." But as they got to know each other better (perhaps at the jigsaw puzzle table?), and discovered their shared passion for reading and books, "I grew to love her," Laura said. "She was an amazing woman in so many ways, and I miss her every day."

Laura's blue eyes sparkle whenever she mentions her husband George. "We are anchored to each other," she wrote in *Spoken From the Heart*, of the man she affectionately calls "Bushie." They both grew up in Midland, "and probably passed each other in the hallways during seventh grade."

Years later, in late July, 1977, a chance meeting at the Midland home of friends sparked their whirl-wind romance. "Our childhoods overlapped so completely and our worlds were so intertwined, it was as if we'd known each other our whole lives," she wrote. On their first date, George took Laura to play miniature golf.

That November, the librarian who'd graduated in 1968 from Southern Methodist University, and later earned her Masters in library science from the University of Texas at Austin, married George W. Bush, budding oil entrepreneur. They were both 31 years old and had no inkling that within two decades George would be elected governor of Texas, or that in 2000 she would move with her husband, the newly-elected President of the United States, into the White House.

Over the ensuing eight years as the nation's First Lady, Laura Bush championed women's health issues along with pre-school education. She created the Ready to Read, Ready to Learn initiative, conducted White House summits on early childhood development, and hosted conferences on Preparing Tomorrow's Teachers. She inaugurated the Library of Congress' National Book Festival and became the first presidential spouse to deliver the White House weekly radio address in which she highlighted the Taliban's repressive treatment of Afghan women.

Continued on next page



The former First Lady looks forward to each return to the scenery and serenity of "the big house." Photo by Bob Dennis.

With her thoughtful and dignified manner, bolstered by a wry sense of humor and ready smile, Laura Bush became one of the 43rd President's greatest assets. "We loved our years in the White House. I took great pleasure in the chance to keep and conserve it, and work on projects such as restoring the elegant silk wall covering in the Green Room that Jackie Kennedy had selected more than four decades before. But we always knew it was a temporary home," she wrote in her autobiography.

On January 20, 2008, the Bushes flew back to Texas to begin life anew as "everyday citizens" at their beloved Prairie Chapel Ranch near Crawford. She wrote, "We reached our land in the dark. George parked his mountain bikes in the garage, and we unloaded the luggage. I was struck by the stillness. There were no staff members, no briefers, no military aides. The grounds were quiet, except for the rustle of the Texas winter wind, the murmur of our own voices, and the soft shuffle of our feet on the crushed stone."

Sic transit gloria.

Today George and Laura Bush divide their time between a ranch-style brick home in Dallas, their 1583-acre ranch seven miles north of Crawford, Texas, and "the big house" on Walker's Point in Kennebunkport. "Here in Maine especially, we do feel a great sense of freedom," Laura said.

"People let us live our lives and for that I am very happy." •



Walker's Point

Two of Maine's most photographed venues are the Portland Head Light and the 16-foot-high boot outside the entrance to LL Bean in Freeport. But few visitors drive into Vacationland without stopping across from Walker's Point in Kennebunkport to focus their Canons on the summer home of two former United States Presidents.

Known originally as Damon's Point, the nine-acre property was purchased in 1901 by David Walker and his son George Herbert Walker (for whom golf's Walker Cup is named). The new owners promptly christened it Walker's Point, and began construction of "the big house."

In 1981, then Vice President George Herbert Walker Bush and his wife Barbara bought the turn-of-the-century house from an uncle. When Bush was elected President in 1988, Walker's Point served as his summer White House. After his and Barbara's deaths, the home became the summer residence of George and Laura.

The grey-shingled home with nine bedrooms and baths has survived vicious Nor'easters, clamorous Ocean Avenue protest marches, umpteen rambunctious grandchildren and the near-daily scrutiny of Bush-watchers. During the two Bush Presidencies, Mikhail Gorbachev, Margaret Thatcher, King Hussein, Francois Mitterrand, John Major, Brian Mulroney and Vladimir Putin, among other noted dignitaries, walked across the welcome mat.

Today, all of George W.'s siblings (Jeb, Neil, Marvin and Doro) have homes on Walker's Point. "We are a close family," Laura Bush said. "It's quite special that we can all spend summers here in Maine on this magnificent property. We are so grateful."









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Tales from Restoration Row

Kennebunkport's Seashore Trolley Museum is preserving America's railway past

by Dana Pearson

Even if they could have all the scores of old trolleys and railway cars hibernating inoperably at the Seashore Trolley Museum restored and running tomorrow, their job still wouldn't be done.

"Preservation never really stops," said Brian Tenaglia, the Kennebunkport museum's restoration shop assistant director, walking along Restoration Row, where several relics of America's railway past are visible to those entering the museum off Log Cabin Road. Rusted hulks of old rapid transit, elevated-train, and subway cars due for overhauls, including a few New York models used during the 2000 World Series, a.k.a. "the subway series," line the drive.

His point – and it's a logical one – is that what's new today will soon be old. A 1960s Chicago L-train that may not seem worth saving today, as compared to a trolley car straight out of Meet Me in St. Louis, will hold great interest to people one hundred years from now. In short, pretty much every railway car is worth saving – if not for us, for our descendants.

Of course, that's not going to happen. And in fact, of the nearly 100 cars at the trolley museum founded in 1939, Tenaglia said, "Some will never be restored. Some were acquired never intended to be restored. They're just used for parts." While Tenaglia and his colleagues methodically disassemble old cars to acquire those parts, historically, people have used harsher methods to get what they wanted out of the relics. "There's good scrap metal underneath that people would use or sell, including copper. People would burn the cars, then sift through the ashes for metals."

Burning a trolley car to ashes is quick work; the restoration of one is a painstakingly slow process. Everyone who's ever been involved in such a lengthy and arduous task has been fully aware that they might very well never see the finished results. The job not only takes dedicated craftsmen, it also takes decades.

Dave Rogers is the director of the Donald G. Curry Town House Shop, named after the man who served a 64-year stint at the museum from 1953 to 2017. (Though officially retired, Curry is often seen still busy at work in the shop.) A modest man, Rogers sums up his main function in the restoration shop by saying, "I'm a road block remover." With restoration work naturally moving at a glacial rate, that's a good thing to be.

Continued on next page

Above: Restoration Row presents an array of future projects facing the Seashore Trolley Museum. Photo by Dana Pearson



As an example of the work going on at the Seashore Trolley Museum, Tenaglia leads us to the *Narcissus*. This is no ordinary trolley car. Described by Tenaglia in a train-of-thought fashion as "first-class, white gloves, smoking section," the Narcissus was built in 1912 in Laconia, New Hampshire along with five nearly identical models. It ran on the Portland-to-Lewiston track from 1914 to 1933, when "the Depression and automobile competition finished off the line."

Before the automobile became prevalent, trolleys "offered mobility, let you go where you wanted to go," said Tenaglia, who started as a volunteer operator at the museum 10 years ago when he was 18. The man whose mechanical engineering degree from UMass Lowell has been put to good use at the museum ("I deal with the greasy nasty stuff underneath") said that trolleys were often "the first experience with electricity for most people. It must've been like NASA opening its space shuttle for visitors. It's difficult to imagine, but the trolley was like the computer in how it changed people's lives. Its day in the sun was very short - from around 1905 to World War II – but its effect on society was profound."

Spared the grisly fate of being torn apart or burnt for scrap metal, the *Narcissus* was first used as a hot dog stand in 1933, making it certainly one of the best-looking hot dog stands in American history. (Many trolley cars had interesting second lives, e.g. a storeroom, a dentist's office, a sand and salt car.) It then served as a summer camp on Sabattus Pond near Lewiston, before being acquired by the trolley museum on Halloween Day in 1969. The car may have been gutted to its shell, but its condition is preferable to that of its five brethren, none of which are known to have survived. Tenaglia said that one of them, the *Arbutus*, was scrapped for metal during World War II; from its remains the trolley museum was able to secure some parts, including sections of stained glass, which will be fitted into the *Narcissus*.

"The *Narcissus* is why I'm here," said Seth Reed of Biddeford, a master carpenter who's been working on it for three years – when he's not drawn away to perform regular maintenance on the handful of trolleys enjoyed by tourists throughout the season. With a background in architectural restoration, Reed is ideally suited to the task which may best be described as herculean. To the casual observer, it's a mind-boggling prospect to think of bringing back to life the current skeletal hulk of the *Narcissus*, which may bring to mind the famous movie quote, "Think ya used enough dynamite there, Butch?"

"No matter what it's attached to, wood rots," said Reed with authority. While taking apart sections of the *Narcissus* to determine what needed to be replaced, he discovered that the 38-foot-long side sills of the car had rotted from the inside. Not the sort of piece of lumber one picks up at Home Depot, the restorationists finally found what they needed in the beams of an old mill building. Pointing out one of the two impressive lengths of wood that he's drilled bolt holes into so they can eventually be attached to the car, Reed said, "That's a 6-by-8-inch, 38-foot piece of antique yellow pine."

Continued on next page

Above: Restoration Shop Assistant Directtor Brian Tenaglia works on a Boston Elevated Railway car at the Seashore Trolley Museum. Photo by Dana Pearson.

When dealing with the restoration of a structure that is out of whack, one typically chooses a reliable starting point and then lines up everything else with that point. However, the *Narcissus* provided no such reliable starting point, causing Reed to create one. He's done so on the rear platform – or rather, the fragments of 110-year-old wood that, with much augmentation, will become the rear platform. And it's an important platform.

How? Teddy Roosevelt, that's how.

It was long suspected that the 26th president traveled aboard the *Narcissus* in the summer of 1914 while campaigning for Maine candidates of the short-lived Progressive Party that he had founded in 1912. Tenaglia says that certainly contributed to the success of recent grant applications, which brought in six-figure grants to help propel restoration work on the trolley car. However, in August of this year, museum volunteer Phil Morse, who's been writing a Theodore Roosevelt Maine Heritage Trail blog, chronicling TR's Maine journeys, finally turned that belief into fact.

A contemporary article from the *Lewiston Evening Journal* indicated that one of its reporters boarded Roosevelt's train on August 18, 1914, when it stopped in Kennebunk en route to Lewiston. Morse consulted with Sharon Cummins of the Kennebunkport Historical Society, who unearthed an article from the August 19 edition of the *Kennebunk Enterprise*, which described the scene at the Kennebunk depot, in which TR freely engaged with the hundreds of locals who showed up to see the former president. (An *Eastern Star* article provided to Morse from Leanne Hayden of the Brick Store Museum shone further light on the visit.) One of those locals, a grocery store owner and "enthusiastic Progressive" named George E. Cousins, was allowed to accompany Roosevelt for the remainder of the day.

The *Enterprise* article described Roosevelt's train reaching Lewiston, where he and his party boarded a trolley to Portland, stopping along the way to greet supporters. That trolley was referred to as "the special car 'Narcissus'."

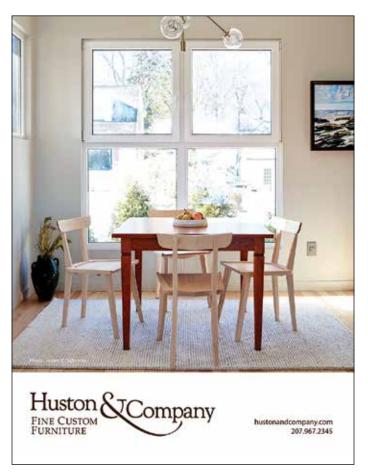
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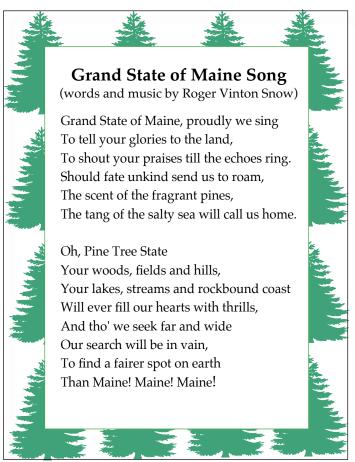




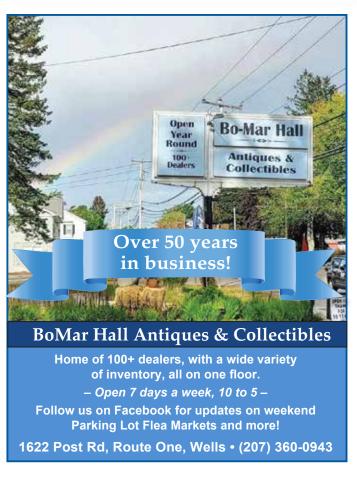


Top to bottom: 1) Brian Tenaglia (left) inspects a part (a contact block for an air compressor) being cleaned by Bill Catanesye, who started as a volunteer four years ago before being taken on as a paid employee; 2) To create a replica of the part on the left, the mold on the right was created by Brian Tenaglia using 3D imaging software; 3) To keep the components lubricated properly, Brian Tenglia installs a wool rag freshly soaked in oil into the truck, which supports the car on the axle. Photos by Dana Pearson.









The project manager for this special piece of history is Ernie Eaton, who grew up in Kennebunk and now lives in Massachusetts. Around four years ago, Eaton fired up his SolidWorks 3D modeling software program to create various full-color images and videos of the *Narcissus*. As new information has become available, whether through vintage trade journals or online resources, Eaton has been continually adjusting his 3D digital models (which contain 13,000 components), which are used by the *Narcissus* team as guides.

"There are two old black-and-white pics of the *Narcissus*, and that's it," said Eaton. "The beauty of a 3D model is it stays together without glue or nails. And we can create a blueprint and then look at slices of it." The 3D software has also been used by Tenaglia to design composite molds that are then used to create metal parts that otherwise would be impossible to find.

Completing the *Narcissus* will take plenty of time and plenty of money, with an estimated final price tag somewhere between \$1-1.5 million. Tenaglia says the motors have already been rebuilt, yet a brake system is needed. The vanished seating will be replicated from an existing 1904 model that was also built in Laconia, and assumed to be similar to what was in the *Narcissus* during its 20-year run. Plans, of course, will change as they learn more about the illustrious trolley car.

"We have a great staff of three fulltime and two parttime workers in restoration," said Tenaglia, noting that there are more licensed master cheesemakers in the U.S. than trolley restorationists. "There are less than 20 of us in the country."

Their work, helped out by a pool of highly appreciated volunteers, including all of the trolley conductors, continues in the restoration barn that was fashioned out of old Quonset huts between 1963 and 1969. Tenaglia says they can use the facility from April through Christmas Prelude.

"It can get chilly," he admitted. "But this is Maine. We put on jackets."

For more information about the Seashore Trolley Museum, including hours and tickets, go to trolleymuseum.org. •





Top photo: Project Manager Ernie Eaton shows the 3D digital model he's been creating and modifying for use on the *Narcissus*. Above: Carpenter Brian Reed (left) and Project Manager Ernie Eaton discuss the work they've been doing on the *Narcissus*, a first class trolley car built in 1912, and one used by Teddy Roosevelt when he toured Maine in 1914. Photos by Dana Pearson.



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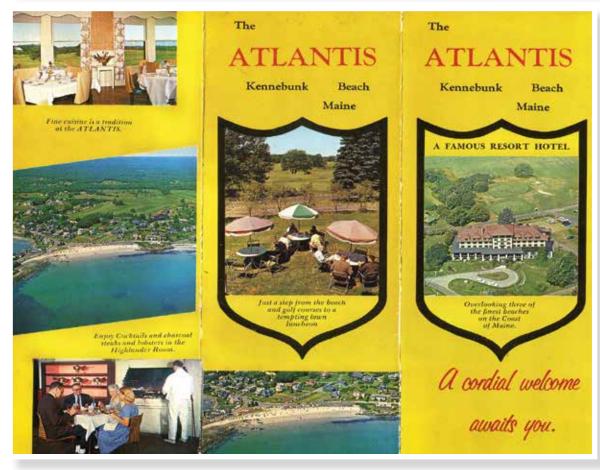
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The Atlantis Hotel Built in the early 1900's, this "Queen of Hotels" sat at the highest point of Kennebunk Beach

by Valerie Marier

Even before the Atlantis Hotel was constructed at the turn of the 19th century, glimmers of its grandeur were noted. The 1902 mid-summer edition of *The Wave*, the paper of record for who's-arriving-when and who's-seeing-whom-where in the popular seaside sprawl of the Kennebunks, noted, "The new Atlantis Hotel is to be erected this coming winter and ready for occupancy on June 15, 1903. It will be strictly First Class."

First class indeed! The 100-room five-story Atlantis, designed by the Boston architectural firm of Dwight and Chandler and situated overlooking the 18th fairway of Webhannet Golf Club, was outfitted with the most up-to-date trappings of the era. A hotel brochure touted "the opportunity" to sojourn in suites with private bathrooms, the "excellent plumbing and perfect disposal" of sewage, plus dining rooms and corridors heated by steam.

Electricity would illuminate each guest room. A detached hotel kitchen would ensure diners "freedom from its heat and odors." An 8-by-8' outdoor open-sided elevator with a rope pulley, akin to a behemoth dumb-waiter, hoisted Saratoga steamer trunks and luggage to the upper floors.

Located on the highest parcel of land along Kennebunk Beach, guests could stand on the upper porch of the Atlantis and see past Mount Agamenticus in York. On blue sky mornings, they might spot the White Mountains of New Hampshire, nearly 75 miles away. Guests could also gaze down at other hotels along the beaches, such as the Bass Rock House, the Sagamore and the Narragansett, and recognize that their hotel was architecturally unique.

Unlike most of the "boxy" hotels scattered throughout Kennebunk and Kennebunkport in the early 1900s, the Atlantis was built in the Mission style which drew inspiration from the late 18th and early 19th century Spanish missions in California. This is particularly noticeable in the hotel's lower level which was framed with Moorish-style arches.

Summer guests typically stayed for three to four weeks, and some even for the entire season which ran from the end of June until Labor Day. Many returned year after year, invariably to the same room. The last week of July was known as "changing over week," as guests left and the hotel staff raced around preparing for August arrivals.

Guests came by train from Boston, New York, Philadelphia, Cincinnati, Montreal and Quebec. An early advertisement for the Atlantis stated the hotel had "Everything in the way of summer sports and summer gaiety to offer."

Hotel guests could play golf at the adjacent Webhannet Golf Club or tennis on nearby courts. The ocean was a five-minute walk away. At Mothers Beach, the Dipsy Baths Bathing Pavilion offered towels and chairs for rent, along with spacious changing rooms. In the evenings, according to the hotel brochure, "A competent orchestra furnishes music whenever desired."

Continued on next page

Opposite page: Atlantis brochures tout the elegant appointments and ameneties of the hotel to prospective guests and show its location "just a step from the beach and golf courses." Above: This postcard shows the Atlantis in its early days. Perched on the highest point of land along Kennebunk Beach, guests could stand on the upper porch of the Atlantis and see Mount Agamenticus in York and the White Mountains of New Hampshire.



Postcard of the Atlantis Hotel, July, 1915.



Atlantis Hotel, c 1930. Courtesy of Brick Store Museum



The Atlantis in the early 1950s.

As reported in various editions of *The Wave*, summertime was party-time at the Atlantis. An item from July 29, 1905 read, "A very pretty affair at the Atlantis this week was the dinner given for Miss Hazel M. Merrill Monday night. One of the private dining rooms was most handsomely decorated with greens and wild roses."

Another from July 18, 1906 noted, "The serving of afternoon tea at the Atlantis is a new feature appreciated by the guests, and the silver tea urn and trays and the dainty Haviland china make it seem quite like a gathering of friends in a private home." The Wave name-dropped frequently: "Dr. S. Adolphus Knopf, an authority on tuberculosis and the author of works on the subject, is at the Atlantis for August."

But perhaps *The Wave* blurb that put the biggest smile on manager Almon J. Smith's face was from July 25, 1914: "The Atlantis is full to overflowing and turning away guests." It was a bountiful beginning for this grand hotel.

Then, tourism in the Kennebunks dropped during World War I and the Great Depression of the 1930s. Many of the more than 40 wooden hotels in the area lacked sprinkler systems and burned to the ground.

Additionally, the family car was replacing the train as the primary means of transportation, allowing families to drive in and out of Maine in a day or for a week. But the Atlantis, along with several other large hotels in the Kennebunks, managed to remain open for summer business.

Kennebunk resident Ellen Fagan worked at the Atlantis during the mid-1940s as a waitress. Fagan said, "We worked seven days a week and three meals a day. The first two summers I got \$3 a week, payable at the end of the season. My last summer there I was elevated to head waitress so my salary jumped up to \$5 a week. I wore a white nylon uniform that got grayer by the week!"

Fagan's salary included room and board. "There were only four of us because it was wartime and guys weren't readily available. The few we had worked as bellhops. The girls all stayed in a large room in the basement, everyone in her own bed. For meals, we ate whatever didn't sell on the menu that day," she said.

When the dining room closed at 7:30, Fagan said, "We would wash all the glassware, polish the silver, then set the tables for breakfast. We always tried to get this done quickly so we could race over to the 9 PM show at the Lyric Movie Theater in Kennebunkport."

Fagan also recalled El Buco, the cocktail bar on the hotel's lower level. She said, "The town was 'dry' then so everyone provided their own liquor. They'd buy it at a store on Route 1 in Arundel and stash their initialed bottles downstairs."

Continued on next page



Judy Merrow and her husband Norm at the front desk. The Merrow family purchsaed the Atlantis and adjoining 15-room cottage in 1961.



Guests enjoying cocktails at the Atlantis.

One of the most memorable lunches Fagan served at the Atlantis was on August 15, 1945, also known as VJ Day, when World War II ended in the Pacific. She recalled that many of the guests brought their bottles up from El Buco, placed them on their luncheon tables, and said, "Try this" to the waitresses. "I did and I was so sick later," Fagan said.

R. Hampden Bryant served as general manager during the

1940s and early 1950s. He is described by Bruce Morang in Journal of the Kennebunks as "a genial host" who planned bingo games, square dancing and barrel bakes (unique beach parties) for his guests.

One of the summer highlights during "Hamp" Bryant's managership was the spirited Atlantis Hotel golf championship held at Webhannet, with prizes awarded for both low gross and net. The two-and-a-half-foot tall silver-plated trophy stood on a table in the Atlantis main lobby and was inscribed with winners from 1939 through 1954.

Vic Nunan, Kennebunk resident and former caddie at Webhannet during several of those championship, said, "There were really good players who stayed at the Atlantis for the summer, like Dr. Victor Fischbach and George Drysdale. They not only had very low handicaps, they were gentlemen. They dressed and tipped well. Many became regular members of Webhannet even though they were guests at the hotel."

By the 1950s, the Atlantis could comfortably accommodate 150 guests, having added the nearby Mavoshen, Gable and King cottages which operated in conjunction with the hotel. Morang noted that these additions to the hotel were "available for family groups and those desiring a more homey atmosphere. No expense has been spared to make for more comfortable and restful living at the Atlantis this season."

In 1954 "Hamp" Bryant's son Robert assumed managership of the Atlantis, assisted by his wife June Hill Bryant (later Ficker). Her son Peter was eight when he moved with his mother into the Atlantis for the summer.

"I had my own room, number 109, and we had our own table in the dining room," Hill said. "I knew the chef and he let

me scrounge for my own breakfast early so I could head over to Webhannet. I was a junior member so I'd play 18 holes, then shag balls for a while, then go to the beach and later stop at the Cove Store for penny candy. I'd play another 18 holes late in the day and often had a friend for dinner at 'our' table. It was the best childhood! I loved growing up in the hotel."

Hill recalled that most of the waiters, who wore crisp white

jackets and black pants, were from Kentucky and Tennessee. "We housed them in the basement dormitories, girls on one side, guys on another," he said. One of the staff then was also a Sanford, Maine native – 14-year-old T Doiron.

"I lied about my age because I was supposed to be 16 to work there," Doiron said. "I washed dishes one year, pots and pans the next, and slept in the boys dorm downstairs. Those southern waiters were very polite and watched out for the younger guys."

"When we had beach parties at night, with watermelons saturated with vodka, they would encourage me to come to the beach but they wouldn't let me drink. I also remember that every morning, one of them would wake us up by blasting Duane Eddy's 'Rebel Rouser' on his record player."

By the late 1950s, the Bryants were struggling to meet payroll. The grand old hotel needed constant plumbing and painting repairs. In an interview before her death, June Bryant Ficker said, "That building was like an old woman to

me. That grand old gal would creak and groan in the winter time and come alive again in the spring, when we'd undrape the furniture and start working in the garden again."

The Bryants' budget was further strained by the replacement of an outdated coal oven for a more expensive model. They were working with a skeletal staff. Ficker said, "Instead of staying for a month or three weeks, guests were more independent with their cars and hopping from one location to another. And if the weather got bad, they would just pick up and leave." It became time for the Bryants to leave.

Fortunately, they found buyers in a local family with deep roots in the hospitality business – the Merrows, who also owned

Continued on next page



Photo top: This trophy is inscribed with winners of the Atlantis golf championship (held at the Webhannet Golf Club) from 1939 through 1954. It stood on a table in the Atlantis lobby. Photo bottom: The Atlantis was a major employer among the many hotels that stood along the beach and surrounding landscape of Kennebunk Beach. Pictured above is the staff from the hotel's early years.

the nearby Sea View House. Sons Norman and Scott purchased the Atlantis and adjoining 15-room Mavoshen Cottage in 1961 for \$55,700, with funding from a group of local investors. In the offseason, the brothers taught school.

Judy Merrow, widow of Norman, recalls how numerous members of the extended Merrow family arrived early each spring to help clean and prepare the hotel for opening. She said, "We washed all the windows, even cleaned the lightbulbs and bedsprings, and painted everything in sight. My sister-in-law Jan and I would plant the gardens with primroses, calendulas and peonies so we'd have bouquets for the tables later that summer."

"We had many return guests who would come for three or four weeks. One Canadian family always wanted the big table by the back door. There were 10 or 12 of them – grandparents, parents, grandkids – and the father insisted on having dry English mustard on the table every day which he would mix with vinegar."

"Another couple, an older gentleman and his second wife, came from Chicago and always requested Room 110. It was our best room, at the head of the stairs – remember, we didn't have elevators. The room had twin four-poster beds covered with cream-colored chenille bedspreads. It

also had a private bath and a view down to the gardens."

Under the Merrows, the Atlantis continued the American plan of three meals a day. In the early 1960s, that cost, including room, was \$17.50 per day. "Norm and I worried about that price, hoping it wasn't too high," Judy says. The staff of 20, including waiters, waitresses, chambermaids, chef and kitchen help, all slept and ate at the hotel.

Judy Merrow can still picture the main floor of the Atlantis. She said, "The huge lobby had a large check-in desk where





When sherry was served every afternoon, Judy Merrow recalled, "there was always a silver finger bowl and a floral-trimmed cream-colored charger from Johnson Brothers Belgravia Pareek china. Our dusty-rose dinnerware. . . was made expressly for the Atlantis by Morris Gordon & Son of Boston."

Jan and I worked every day. The floors were wooden with colorful area rugs. At one end of the lobby was a large fireplace surrounded by upholstered furniture in light blue and green fabrics."

"We had a 'sherry area,' with small comfortable chairs, where the staff would put out sherry every afternoon at 4:30. Beyond the fireplace was a large room used for entertainment. There was a grand piano there, and we often had performances by itinerant entertainers, including magicians, singers, even a Mark Twain impersonator."

Most meals were served in the spacious dining room where the ceiling-high windows looked out towards the golf course. Judy and her sister-in-law found "fabulous gold fabric" which they used to make decorative covers for the tall wooden chairs and matching window valances.

"When you sat down to eat," Merrow said, "there was always a silver finger bowl and a floral-trimmed cream-colored charger from Johnson Brothers Belgravia Pareek china. Our dusty-rose dinnerware, which featured a white full-sail clipper ship in the center, was made expressly for the Atlantis by Morris Gordon & Son of Boston."

"On fair weather days, we also served lunch on the lawn at umbrella tables. Every few weeks, on good days and at mid-tide, we might have a lobster bake in the Cove, complete with a fire pit filled with sea-

weed, clams, corn, the works," Merrow said.

Shortly after assuming ownership, the Merrows also added a popular feature to the Atlantis – the Highlander Room on the lower level. Kennebunk resident Bob Bauman remembers bringing his wife Patsy to join friends and dance in the Highlander on Saturday evenings.

Cape Porpoise resident Ray Brearey recalled that the Highlander was used by Webhannet for it's gala "calcutta nights" during their annual August member-guest tournaments. Brearey

Continued on next page



Fall Cocktail: Figgy Bourbon

by Dana Pearson

This is the only reason I need to justify the existence of bourbon. If you need something to sip while sitting by a fire on a chilly evening, this is the ticket. I'm going to be specific with the brands here, but feel free to use what you have and/or prefer. By the way, this is the drink that made me finally buy a cocktail shaker (an Oxo, which works well). This is what you drop in the shaker: 2 tablespoons of fig jam (Bonne Maman), 3 ounces of bourbon (Woodford Reserve), half an ounce of Cointreau, one tablespoon of honey (Swan's – made in Maine!), and one ounce of fresh lemon juice (I'll sometimes use ReaLemon juice, and I frankly can't tell the difference). Mix with a few ice cubes, shake like hell, strain it, garnish with an orange twist, sit by the fire, and enjoy. Sinatra helps.

said, "The Highlander was our 19th hole."

"There was always a rousing crowd in late August with the band playing and the floorboards bouncing up and down," Judy Merrow said. "The Highlander was also quite popular with the 'cottage people' at Kennebunk Beach. The Muskies were frequent guests. One gentleman in particular wanted the male guests to wear jacket and tie at all times. If he noticed someone without that garb, he would immediately complain to the management."

But by the mid-1960s, management was realizing

they had a myriad of other problems. Many tourists preferred rooms with private baths and telephones. (The Atlantis had few.) The all-inclusive American Plan didn't suit the increasing number of visitors who had greater mobility traveling by car.

"A new sprinkler system and fire escapes were now required by local laws, but the investment really wasn't worth it," Merrow said. "We tried to extend the season with special convention weekends for the Knights of Columbus and Rotarians. But actually, the Atlantis was old by the time we bought it, and that basically was the killer."

Demolition of the grand old hotel began in late 1967. A liquidation sale by auction was held June 7-8, 1968, at 10



Demolition of the grand old hotel began in late 1967. An auction to liquidate furnishings was held June 7 and 8, 1968.

AM, featuring "Large lots of spreads, blankets, sheets, pillowcases, towels....twin beds with box springs, chests of drawers, night stands, and many Boston wicker chairs," and much more. The advertisement concluded with: NO RESERVE – BUILDING BEING DEMOLISHED.

Today only several of the grand old summer hotels still operate in the Kennebunks – the Colony in Kennebunkport, the Beach House (formerly known as the Sun Dial), and the Seaside House. Others have been lost to fires, bankrupting maintenance, stringent new fire safety laws, and a

tourism industry that's completely different from 100 years ago. The Narragansett, one of the largest of the old hotels, is now a condominium residence.

A spacious grey-shingled family home now sits on the site where the Atlantis Hotel once stood. Neighboring Webhannet Golf Club thrives. The Mavoshen annex is a condominium. But the memories of that grand old building remain, especially at Kennebunk Beach.

Summer resident Rod MacPhie remembers hearing about the closure of the Atlantis. He says, "I was so sad. It was iconic and a symbol of life here at the beach. We were proud to have the Atlantis in our neighborhood. We truly enjoyed it." •

















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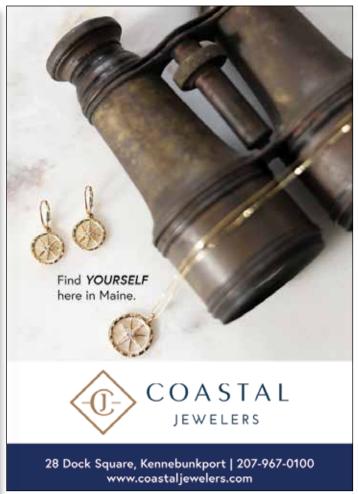
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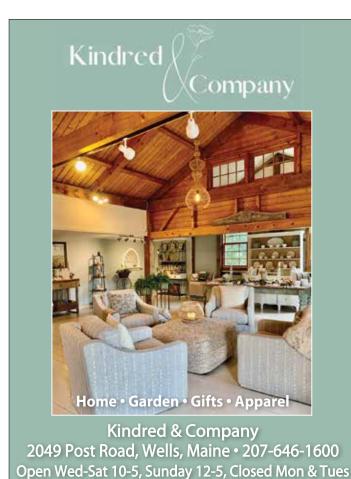
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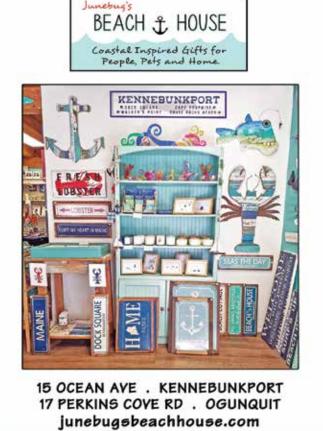
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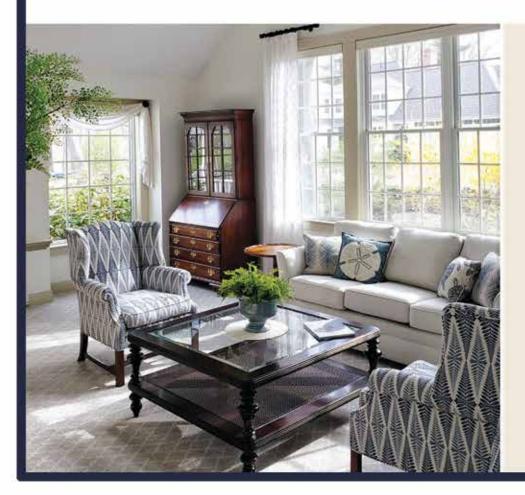
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Windows to your soul

by Io O'Connor

Now that summer is over, it is the perfect time to hit the refresh button and give your home a new look. The Shade Shop, located at 185 Port Road in Lower Village Kennebunk, offers some of the finest window treatments on the market with Hunter Douglas-classics like roller shades, window blinds and shutters. But did you know that they also offer a variety of innovative window treatments that feature exciting updates and make your windows one of the best design features of your home? Well, they do.

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Answers on page 54!



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Fall Cocktail: Rosemary's Baby

by Dana Pearson

I named this one after both a key ingredient and Roman Polanski's classic thriller, which my wife and I usually watch around Halloween. The first thing you have to do is make the rosemary simple syrup, which is a breeze. Just mix half a cup of sugar and half a cup of water in a small pan at medium-high, and bring to a boil so the sugar dissolves (takes about one minute). Remove from the heat, and toss in four springs of fresh rosemary. Steep for around 15 minutes, then strain the syrup and refrigerate for up to four weeks (which means you'll be having several Rosemary's Babies this month).







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Southern Maine Lighthouses "Glow" with Historic Reputations

by Steve Hrehovcik

In addition to their proud history for saving lives and ships sailing along Maine's rocky coast, lighthouses have acquired a mystique and aura that makes them among the most photographed and painted subjects in the state.

Through the years, the state has built 70 lighthouses in critical locations on the coastline. Each one has a history and reputation for providing protection at night and stormy weather.

Individuals and families had the lonely responsibility of operating the lighthouse, until they were all automated. Most lights were replaced with specially designed Fresnel lens, which gave brighter glow for longer distances. In addition, many lighthouses have foghorns and warning bells.

There are ten lighthouses along the southern coast from Kittery to Portland. Since two lighthouses in Portsmouth are so close, they are included here.

From south to north, the lighthouses are:

1 Isle of Shoals - White Island Light

Located nine miles east of Portsmouth, New Hampshire. First built in 1821 and 87-feet high. Rebuilt in 1859 and 58-feet high. Automated in 1987.

2 Whaleback Light

Built in Kittery on a ledge in Maine waters at the entrance of the Piscataqua River in 1829. Damaged by storms and due to poor construction, a new 75-foot granite block tower was built in 1872. Automated in 1964.

3 Portsmouth Harbor Light

Part of Fort Constitution off Route 18 in the New Castle section of Portsmouth, New Hampshire. First colonial "lighthouse" was a lantern on a pole in 1771. A permanent lighthouse was built 1782-1784. Rebuilt in 1804 and 1877 with a 48-foot cast-iron tower. Automated in 1960.

4 Cape Neddick "Nubble" Light

On a small rocky island, a short distance from the eastern point of Cape Neddick, the 41-foot cast iron tower was first lit in 1879. The keeper's house was added in 1902. Workers use a towline to the mainland with a bucket to transfer supplies and maintenance equipment. A popular attraction, an estimated 250,000 people visit each year. Automated in 1987.

5 Boon Island Light

Severe storms in 1804 and 1831 destroyed towers built on this remote island 6 1/2 miles southeast of Cape Neddick. Among the many tales of the island, the most renowned is the wreck of the British ship Nottingham Galley in 1710. Survivors resorted to cannibalism during their three-week desperate struggle to stay alive. The present 133-foot tower – the tallest in New England – was placed in service in 1855. Automated in 1978.

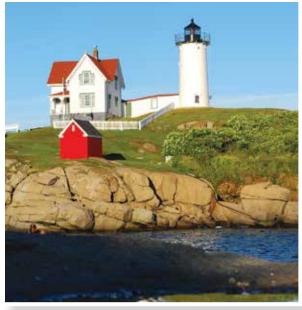
6 Goat Island Light

On a small island about a mile away from the Cape Porpoise pier in Kennebunkport, this lighthouse was established in 1834 to protect the harbor. Between 1860 and 1890 the current 25-foot brick lighthouse was built with a covered walkway connecting the keeper's home. It was the last lighthouse to have a keeper. When President George Bush visited his summer home at Walker's Point in Kennebunkport, the island was used as a security post. Automated in 1990.

7 Wood Island Light

At the mouth of the Saco River, on a 32-acre island between Biddeford and Saco, the original 47-foot rubblestone tower built in 1808 still exists. It is Maine's oldest tower. In 1972 a rotating light was installed, but neighbors complained about its intrusion and was replaced with a smaller light. Automated in 1986.

Continued on next page



Nubble Light, York. Photo by Bob Dennis



Boon Island Light. Photo by Ken Janes



Wood Island Light. Photo from the Tourist & Town archives



8 Cape Elizabeth Light – Two Lights

Two 67-foot cast-iron towers, about 300 feet apart, built in 1874, replaced several towers constructed in 1811, 1827, 1855. They marked the entrance to Portland Harbor. At one time only the east light stayed operational until complaints came about confusion with the Wood Island Light. Both the east and west towers stayed lit until 1924 when the west light was permanently discontinued. Now a private property. Automated in 1963.

9 Spring Point Ledge Light

Many ships ran aground on the ledge on the west section of the Portland Harbor, so ship owners convinced the government to build a lighthouse on the ledge. After many delays, a brick "sparkplug" style tower was built. A 900-foot breakwater connected the lighthouse to the mainland in 1951. Automated in 1934.

10 Portland Breakwater "Bug" Light

Following a severe storm in 1831 that damage Portland Harbor, and after funding delays, a 2,500-foot breakwater and small octagonal lighthouse was built in 1855. The breakwater was extended 200 feet in 1870 with a new cast-iron lighthouse built with Corinthian columns to depict a 4th century B.C. Greek monument. It was declared surplus property in 1942 and was sold to a private owner, and later donated to the city.

11 Ram Island Ledge Light

In 1855 an iron spindle was constructed on jagged rocks off Ram Island at the northern entrance of Portland Harbor. It was replaced in 1873 with a 50-foot tripod. But frequent shipwrecks convinced Congress to appropriate funds to build a 90-foot tower. Since high tides covered the rocks, construction could only take place at low tide. It was completed in 1904. Automated in 1959.

12 Portland Head Light

The most famous Maine lighthouse. While there were other lighthouses in the American colonies, the first lighthouse constructed by the US government was commissioned by President George Washington. The 72-Foot tower was completed in 1791 along the channel leading into Portland Harbor. Adjacent to Fort Williams in Cape Elizabeth. Automated in 1989.

On Maine Open Lighthouse Day each year, visitors have an opportunity to visit more than a dozen historic lighthouses in Maine. For details, visit www.lighthousefoundation.org.



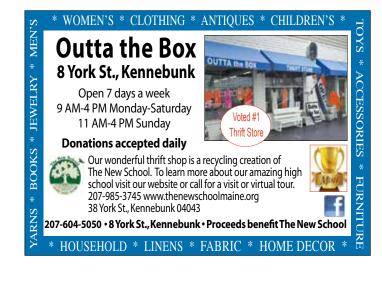
Spring Point Light, South Portland. Photo by Bob Dennis



Portland Breakwater Light, also known as Bug Light, in South Portland, was rebuilt in cast iron to resemble a Greek monument. Photo from the Tourist & Town archives.



Portland Head Light, Cape Elizabeth. Photo by Bob Dennis





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Conservation trust on the cusp of golden anniversary Kennebunkport group's director reflects on the past and plans for the future

by Dana Pearson

It was going to be so easy.

In 1978, Tad Dow asked Cape Porpoise market-owner Tom Bradbury if he'd be interested in joining the Kennebunkport Conservation Trust. It was a fairly new group that Dow and several others had been created in 1973 to save the property that would become the Village Green. Bradbury recalls Dow's simple pitch: "We meet a couple times a year, have coffee and doughnuts, and talk about the town."

"I thought I could handle coffee and doughnuts," says Bradbury, sitting in the KCT's headquarters on Gravelly Brook Road on an August day. So he joined. And the next year, when his work of creating conservation commissions all over Maine grew all-consuming, Dow asked Bradbury to take over. Because he had missed a meeting since joining, Bradbury had attended just one. His new responsibilities would include providing the refreshments for future meetings. Reflecting on his decision with a smile, he says, "I thought, 'Yeah, I could bring coffee and doughnuts'."

The trust's to-do list became more daunting after Bradbury's second meeting, in which the group discussed the possible acquisition of Cape Island, which at that point was owned by an English lord who had never set foot on the property. The island was then valued at \$25,000.

"We sent a letter to him," says Bradbury, "but he'd already sold it to two people in town. They bought it for \$50,000, and they said they'd sell it to us for \$500,000." He pauses to let the math sink in, then says, "We agreed to \$100,000."

The little problem that the trust had, he says, was that "We had \$16 in the bank." As it had taken three years to raise the \$32,500 for the two buildable lots of the Village Green, the trust needed not only money but also time. Thankfully, the owners of Cape Island agreed to give the trust five years in which to pay the \$100,000. The catch was that they'd need the first \$20,000 within a few weeks.

Bradbury cocks his head and deadpans, "A problem."

He recalls a meeting held at trust member Sandy Brook's Cape Porpoise home, in which the editor of the *York County Coast Star* and staunch environmentalist summed up their financial situation by saying, "If we had some bacon, we could have bacon and eggs. But we need eggs."

It was Brook himself who provided the eggs for the first payment, and even more: publicity. He suggested Bradbury take a reporter out to the island to gather information and photographs for an article that would pique people's curiosity and generate support and funding (which it would). So, on a chilly late autumn day, Ed Wedlock secured a skiff to his powerboat and hauled it across the harbor close enough to Cape Island so that Bradbury and the Coast Star reporter could row in from there.

"The reporter and I got in the skiff, and I couldn't help notice this little plaque stating a weight limit of 400 pounds," says Bradbury. "My half was already exceeded, and the reporter was a little bigger than me. I assumed it was a suggestion."

Continued on next page

Tom Bradbury, left, with Ed Wedlock out on Cape Porpoise Harbor around 40 years ago, when the Kennebunkport Conservation Trust was working on acquiring and protecting the harbor's islands. Photo courtesy KCT.





They made it to the island, where the reporter took photos and notes. Back in the skiff, they began rowing out to open water so that Wedlock could retrieve them. However, water began trickling over the gunwales.

"Then the water just broke over, and we went straight down," says Bradbury, shaking his head. "The reporter was holding his cameras above the water, and that water was freezing. Ed came racing over the harbor and took us back to his house. I thought, 'This

wasn't really the start I had envisioned'."

But it was a start. When people learned how close Cape Island had just come to being developed – a fate Vaughn's Island had been spared back in 1969 – sufficient funds were raised, as well as awareness. (Spoiler: the Kennebunkport Conservation Trust would end up taking ownership and stewardship of all the Cape Porpoise Harbor islands.)

With the trust's golden anniversary coming in 2023, Bradbury and his fellow campaigners have good reason to pause to pat themselves on the back for a job well done. But that would involve a pause, and while they're good at many things, they don't seem well suited to pausing. That would mean pausing from raising money to secure more holdings, pausing from building trails on newly acquired properties, pausing from figuring out their next steps...you get the picture.

In fact, the main reason for today's visit is not so much to recall the KCT's past struggles and triumphs, which have resulted in (according to their website) "over 2,300 acres of lands, 27+ miles of trails, a dozen islands, 7 beachfront lots, a lighthouse, a historical boat house, and a headquarters full of



activity." Rather, we're here to head over to the Meadow Woods Preserve.

It's a work in progress. With nearly 350 acres (eight connecting properties – five purchased and three donated), the preserve stretches from Route 9 near the Biddeford border to Oak Ridge Road. It's an example of what Bradbury calls the "most interesting dynamic: people calling not to sell property, but to give it." Others have willed parts of their estate to

the trust, which "always comes at the perfect time, because we're always working on something."

He pulls into the gravel driveway and a minute later is pointing out his window at the dog park, a mostly cleared section of woods which is soon to be fenced in. "We allow dogs on all our properties," he said, "but someone had the good idea to have a dedicated dog park here."

The centerpiece is the pond, which for many years had been filled in as a worksite.

"It's nice to bring it back," says Bradbury, who then apologizes for the low water level (as if he's responsible for this year's drought). "It looks even nicer when there's more water in it." Even so, it's impressive, with a trail winding its way along the higher rocky ground encircling the pond, with a gazebo and seating so visitors can take a breather and enjoy the view. Native perennials dot the landscape, as well as blueberry and bayberry bushes. It's an open and breezy spot, yet cozily hemmed in by the woods, except for the northern edge, where a trail heading toward Oak Ridge Road runs through a wildflower meadow.

Continued on next page

Clockwise from top left: Cape Island was the third island acquired by the Kennebunkport Conservation Trust, and the first project tackled by Tom Bradbury after he became executive director in 1979. Photo courtesy KCT; The first island saved in Cape Porpoise was Vaughn's Island (1969), which was initially overseen by the Nature Conservancy before that group gave it to the KCT in 1982. Photo courtesy KCT; One of the jewels in the Kennebunkport Conservation Trust's crown is the highly photogenic Goat Island with its iconic lighthouse. Photo by Tom Bradbury.

Raising money to complete the site, which will include "a welcoming cabin" and all-access trails, is ongoing. Just as with the trust's other holdings, it's money well spent, as it preserves land for us and for future generations to enjoy. That's been the mission all along; rather than fighting to change zoning laws to prevent people from building on the very land that has helped create the town's character, the Kennebunkport Conservation Trust has striven, in Bradbury's words, "to make these local lands common to all. That's helped keep the town more friendly and welcoming."

Putting a price tag on saving the town's natural heritage isn't easy, as it is continually evolving, from one project to the next. Still, it makes sense for the trust to know how much it would need to keep carrying out its mission. Bradbury recalls a pointed conversation with eHarmony founder Neil Clark Warren (who then summered in the Port) in the early days of the KCT.

"He said, 'What would it cost, for everything?' I said, 'I haven't the slightest idea.' He said, 'I thought you were the executive director.' I said, 'I am, but I'm also a local kid who never thought I'd ever have everything I'd ever wanted.' He said, 'I think that'd be the first thing you'd want to know.' I said, 'It is.'"

That back-and-forth inspired Bradbury and his colleagues to spread out a map of Kennebunkport and target areas they deemed worthy of protection, including Timber Island, a beautiful property at the end of Goose Rocks Beach that now is one of the KCT's holdings. Every spring, when Bradbury composes a fundraising letter (sometimes followed up with a reminder in the summer), he's sure to spotlight a specific project, as he did this year with the Meadow Woods Preserve.

"I try to state the need," he says. "People are always responsive." While large donations are great, Bradbury says the number of donations is particularly significant, since "it shows how many people care. And the smaller donations help activate the larger ones. We've been so blessed."

Blessed not just with supportive benefactors, but also with a devoted crew, many of whom, like Arnie Amoroso, Gail Roller, Bud Danis, Ruth Fernandez, Scott and Karen Dombrowski, have been deeply involved for decades.

"It's a really dedicated group of people," says Bradbury, praising the corps of volunteers who've made the trust's accomplishments possible. "But you know, it's not a job, it's a passion. We're always saying, 'I wonder if we can pull this one off."

As to whether he's given any thought to resigning his post after nearly half a century, Bradbury smiles at the prospect of a successor, saying, "Any applicant would be better suited." In his self-effacing manner, and not factoring in all his years of on-the-job training, the man who was recognized in 1996 by The Catto Foundation as the leading Citizen Conservationist in the nation says, "I have absolutely no qualifications."

He knows the Kennebunkport Conservation Trust will continue, with or without him, admitting that "the dream will never be completed." He pauses, then hopefully completes his thought: "But it'd be nice to leave it largely completed."

And it can be, as long as people bear in mind the words Bradbury always uses to close his missives: "Together we can make a difference. Together we can do great things." •



Bradbury walks the trail bordering the pond at the Meadow Woods Preserve, the trust's latest acquisition. Photo by Dana Pearson.

Field Notes of a Maine Birdwatcher

Monarch Migration

by Ken Janes

Everyone is aware of the miracle of bird migration in the fall as millions of birds leave their breeding grounds in North

America and head for warmer winter climates in the south. Unless you were lucky enough to raise Monarch butterflies in your middle school biology class, not many people are aware that these colorful four inch, orange and black insects also make a journey of thousands of miles every year.

Butterflies first appeared in the geological record during the Cretaceous period beginning 135 million years ago. During the ensuing millennia Monarchs and other butterflies developed a complex life cycle. After mating the Monarch females lay hundreds of tiny, one millimeter, white eggs on milkweed leaves. Monarchs have a special relationship with their host plant because after hatching, the larva eat nothing but milkweed, which contains a toxin making them unpalatable to hungry birds. The tiny caterpillars go through four stages of development until they reach full size of about two inches long. The black, gold, and white striped caterpillar then finds a safe spot to form a pupa, or chrysalis, as it is sometimes called. After about a ten to fourteen day metamorphosis, the adult butterfly emerges and is ready to fly when their wings have expanded and dried. Because of predators and pathogens only about 10% of eggs make it to become an adult butterfly.

It wasn't until 1975 that scientists realized that in eastern North America the last generation of the year, born in August or September will make a 3000 mile journey across southeastern farmland, Texas and then to the Sierra Madre mountains of central Mexico to spend the winter. They usually arrive on November 1, el Día de los Muertos (the Day of the Dead). The native tradition is that the butterflies represent

the returning spirits of loved ones. When they return north in the spring, they will lay eggs and hatch several generations along the way before getting to their summer locations.

Unfortunately Monarch populations are decreasing because of the disappearance of prairies with the wildflower

nectar they need for energy on their long flights. Statistics vary but their numbers may be down 80% since the 1990s.

There are many causes for their population loss but it is now common practice to spray agricultural crops like corn and soybeans with herbicides that kill the milkweed that returning generations depend on. Widespread use of insecticides on farm land and in suburbia has had the expected negative effects. And finally, illegal logging in the Mexican forests has decreased the area where the butterflies can roost in the winter sun.

Because of the loss of Monarchs and concerns about the likelihood of extinction, there are now almost 2000 groups dedicated to their preservation and there is plenty that you can do in your own backyard. Two years ago in an attempt to create a native flower garden we planted a species of milkweed called Swamp Milkweed (Asclepius incarnata). Soon there were Monarchs laying eggs and we had plenty of adults to watch as they visit the Joe-Pye Weed, Black-eyed Susans, purple cone flowers and asters. It didn't take long to find out there were groups and businesses willing to sell you butterfly tents and many videos to watch showing how to raise Monarchs indoors. It has been great fun and recently we released four, hopefully on their way to Mexico.

Like everything in life there are trade-offs. A consensus has been reached that raising butterflies indoors on any large scale is not the answer to population losses. It turns out that hand-reared butterflies are not as strong as wild ones and they have to be raised in a place where they are exposed to normal diurnal fluctuations of sunlight so they can orient themselves to fly in the right direction when released. It is also important to keep them clean and not too crowded to prevent

the spread of parasites.

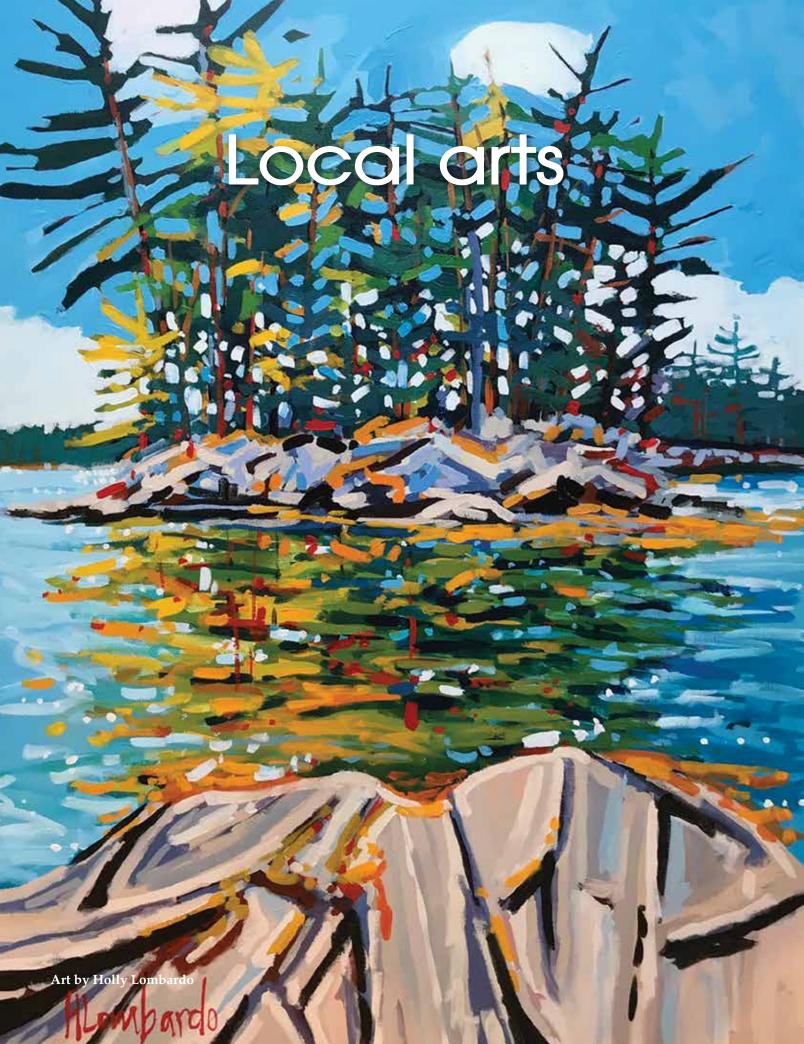
So the message is; limit pesticide use, plant some milkweed and have fun raising a few butterflies for a family project. And when that orange, black, and white butterfly stops in your garden this fall wish them buen viaje (have a good trip).







Photos by Ken Janes



A family that plays together...

by Faith Gillman

Ray Brown thought his days playing with a band were behind him. The Kennebunk father and musician played with The Ray Brown Band until about five years ago, when Brown decided it was time to settle into retirement. That didn't last long. Brown is back with a new band but with a twist: "Straight Up No Ice" is a family band.

"We just started talking about how it would be fun to get together and jam," said Brown. "After a few jams last fall we decided it was something we would like to pursue and play out."

The first gig for Straight Up No Ice was at Lafayette Park as part of the Kennebunk Parks and Rec summer concert series. The band also played at West Kennebunk Family Fun Day in August and has shows lined up in September, including the Mill Field Festival in North Berwick, Maine, on September 10.

"Next year we will play out more," said Brown, "and we're always open to small gatherings and shorter gigs."

Band members include Ray Brown on rhythm guitar, his two daughters – Holly Abell, lead singer, and Heidi Bragdon on bass – Chris Abell (Brown's son-in-law) on lead guitar and "honorary" family member Rich Boucher on drums. A close friend of the family, Boucher also played drums for the Ray Brown Band.

The group is quick to point out that although she isn't in the band, Lesley Brown is the glue that "holds it all together." She makes it possible for her daughters, husband, son-in-law, and Boucher to rehearse each week "by feeding us dinner beforehand and watching her grandchildren so the moms can practice without kids," said Boucher.

So why "Straight Up No Ice?" Brown said the band struggled for a month to come up with a name. "Someone said "Straight Up" and then "No Ice" and we said, hey, let's put them together," said Holly Abell. "There's really no special significance."

"But we usually have a drink every time we practice, so..." said Heidi Bragdon, with a grin.

Continued on next page



The opening gig for Straight Up No Ice was at Lafayette Park in Kennebunk in mid-June. The band played before a large crowd gathered for Kennebunk Parks and Rec Summer Concert Series. Photo by Faith Gillman.



Already a tight knit group, performing together has brought the family even closer. "Playing with your family, there's nothing better," said Brown. "We fit together." Chris Abell agrees.

"It brings everyone closer and we can give each other a hard time, with love of course," he said.

Bragdon enjoys "getting to hang out every Tuesday with people you love." Although love is evident at practice, being part of a band comes with challenges. "Agreeing on songs is our biggest one," said Chris Abell.

That's due to the fact that band members are "fairly low-key personalities," according to Bragdon.

"And we tend to be overly polite with each other, don't want to make anyone uncomfortable," said Holly Abell. "But it's cool – we got my dad into Stone Temple Pilots."

Boucher said the band has a "lot of fun and banter in the building process of songs. Our diversity makes us more well-rounded."

Straight Up No Ice plays a mix of songs from 60s to 90s to present day. During a recent Tuesday night practice, the group worked on a rendition of Lenny Kravitz's "Are You Gonna Go My Way" before launching into a classic take of "Mustang Sally."

A collaborative venture, Straight Up No Ice is a true garage band without the drama.

"There are no tantrums, no yelling, no divas," said Holly Abell. "We do this to have an outlet, do something for ourselves and as a family...and I get to do this with my husband!"

FMI or to book Straight Up No Ice, contact Ray Brown at straightupnoice2021@gmail.com or at 207-216-7207. •

Photo top: Straight Up No Ice members from left: Rich Boucher, Holly (Brown) Bragdon, Ray Brown, Chris Abell and Holly (Brown) Abell. Photo bottom: Straight Up No Ice practices a rousing rendition of "Are You Gonna Go My Way" during a recent Tuesday night practice in Ray Brown's garage in West Kennebunk. Photos by Faith Gillman.



Plus Platers Photo by Phil Stone

Song for Autumn

Don't you imagine the leaves dream now how comfortable it will be to touch the earth instead of the nothingness of the air and the endless freshets of wind? And don't you think the trees, especially those with mossy hollows, are beginning to look for the fires that will come-six, a dozen-to sleep inside their bodies? And don't you hear the goldenrod whispering goodbye, the everlasting being crowned with the first tuffets of snow? The pond stiffens and the white field over which the fox runs so quickly brings out its long blue shadows. The wind wags its many tails. And in the evening the piled firewood shifts a little, longing to be on its way.

~ Mary Oliver

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There is still so much to see and do!



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Fall Arts & Entertainment

A Sampling of upcoming events

Fryeburg Fair, Fryeburg

October 2-9

1154 Main Street, Fryeburg

Fryeburg Fair is a family-friendly fair including a horse show, sheepdog trials, ox pulling, flower show, poultry show, sheep shearing, hog show, tractor pull, harness racing, draft horse and pony show, entertainment, rides, food and more.

Freeport Autumn Arts and Crafts Market, Freeport

October 15, 11 AM-3 PM

Freeport Grange, 13 Elm Street, Freeport

Freeport Autumn Arts and Crafts Market features a rich assortment of art and craft makers who will showcase and sell their original creations. It will also have delicious food, seafood, baked good and other items. Free admission.

37th Annual York Harvestfest & Kidfest, York Beach

October 15, 9 AM-4 PM

Short Sands Beach, next to the York Beach Fire Station, 18 Railroad Avenue, York Beach

York Harvestfest and Kidfest will feature live music, old-fashioned market vendors, juried crafters, food vendors and more. There will also be kids' activities including storytelling, roaming railroad, interactive activities, painting, horse-drawn wagon rides, face painting and more.

OgunquitFest Artisan Craft Fair, Ogunquit

October 22-23, Sat 9 AM-4 PM, Sunday 9 AM-3 PM Dorothea Jacobs Grant Common, 88 Obeds Lane, Ogunquit.

OgunquitFest features Halloween-themed events, an artisan craft fair, classic car show, scarecrow contest, kids' events, wine and beer tastings, food and more.

Portland Fall Makers Market, Portland

October 23, 10 AM-3 PM

Thompson's Point, Thompson's Point Road, Portland Portland Fall Makers Market will include local crafters, makers, artisans and farms. Come support them.

Biddeford Fall Craft Fair, Biddeford

November 5, 9 AM-3 PM

J Richard Martin Community Center, 189 Alfred Street, Biddeford

Biddeford Fall Craft Fair will host crafters and vendors selling their items and unique holiday gifts. Food will also be available.

Run, Forrest Run! Fun Facts about Forrest Gump

by Jo O'Connor

Forrest Gump. Just saying that beloved film's title can bring a smile to everyone's face. The lovable characters of Forrest Gump, his girlfriend Jenny, his best friend Bubba, and of course, Lieutenant Dan all leave an indelible mark on the viewer. Here are some fun facts about the film:

Left Out

The book of the same name, like the film, is about a naive man making his way through life while finding himself in the middle of many noteworthy historical events, sometimes inadvertently causing them. Forrest catches the Watergate burglars, for example. The book featured some events in Forrest's life that didn't make the movie, though. For example, he goes into space and also becomes a professional wrestler.

Not First Choice?

It's hard to imagine anybody but Tom Hanks in the role of Gump now, but he wasn't the first choice. They wanted John Travolta, but he passed. It could have been a truly amazing year for Travolta. In 1994, he had his "comeback" by starring in Pulp Fiction. In the end, Hanks got the role, though Bill Murray and Chevy Chase were also considered.

A Big Break for an Upstart Young Actor

Actor Haley Joel Osment would break into stardom as a child in *The Sixth Sense*. Even before that, though, he was in a hit movie. Osment plays Jenny's son at the end of Forrest Gump. It was his first film, having been discovered thanks to a Pizza Hut ad he appeared in for their Bigfoot Pizza offering.

Isn't That Special

Zemeckis is known for his affinity for special effects. After all, he's the guy who made *The Polar Express* and *Beowulf*. The director used a lot of CGI, especially for the time. Zemeckis used CGI to have Hanks interact with folks like John F. Kennedy, and also to create the illusion that Gary Sinise's Lieutenant Dan had actually lost his legs.

Awards Abound

Hanks wasn't the only one who went home happy at the Academy Awards winning Best Actor. *Forrest Gump* took home six Oscars total. One of those went to Zemeckis for Best Director. It took home the big prize as well in Best Picture. The year 1994 also gave us *Pulp Fiction* and *The Shawshank Redemption*, two much-loved movies.

Band on the Run

Sinise, who plays Lieutenant Dan, used his role in this movie to lend a helping hand. He is the frontman of the Lt. Dan Band, a cover band that has played at USO shows and has done extensive work to raise money for veterans.

Run, Forrest Run?

Tom Hanks is not a runner so on the wide shots were filmed with his younger brother Jim Hanks. Maine got into the film After the long-bearded, title character decides to run his problems away, his non-ending run does end at the Marshall Point Lighthouse near Port Clyde, Maine. Gump comprehends that he has hit the end of his eastward run when he runs up the lighthouse's wooden plank. Realizing that he cannot proceed eastward, he concludes to turn around and pick up his run back west.

Continued on next page

Shrimp for everyone

Forrest's best friend, Bubba, lists 21 kinds of shrimp if you include the cooking methods. As quoted directly from the movie, "Shrimp is the fruit of the sea. You can barbecue it, boil it, broil it, bake it, sauté it. There's, um, shrimp kabobs, shrimp Creole, shrimp gumbo, pan fried, deep fried, stir fried. There's pineapple shrimp and lemon shrimp, coconut shrimp, pepper shrimp, shrimp soup, shrimp stew, shrimp salad, shrimp in potatoes, shrimp burger, shrimp sandwich. That's, that's about it."

Sources: Yardbarker.com; Wikipedia Commons; answers.com; biography.com.



Marshall Point by Paul VanDerWerf

Forrest Gump

A Quotable Film

"From that day on, we was always together. Jenny and me was like peas and carrots."

"Mama says, 'stupid is as stupid does.'"

"My name's Forrest Gump. People call me Forrest Gump."

"Bubba was my best good friend, and even I know that ain't something you can find just around the corner."



"My Mama always said you've got to put the past behind you before you can move on."

"My Mama always said life was like a box of chocolates. You never know what you're gonna get.'"

"Have you found Jesus yet, Gump?" – Lieutenant Daniel Taylor "I didn't know I was supposed to be looking for him, sir." – Forrest Gump.

"I'm not a smart man. But I know what love is."

Portland Holiday Arts and Craft Show, Portland

November 5-6, 9 AM-4 PM both days Portland Fireside Inn and Suites, 81 Riverside Street, Portland

Portland Holiday Arts and Craft Show features a diverse group of artists and crafters. You will find wearable art, soaps and lotions, candles, cards, jewelry, fine art, glassware, gourmet goods and more.

South Portland Holiday Vendor Event, South Portland

November 11-13, 10 AM- 6 PM each day The Maine Mall, 364 Maine Mall Road, South Portland

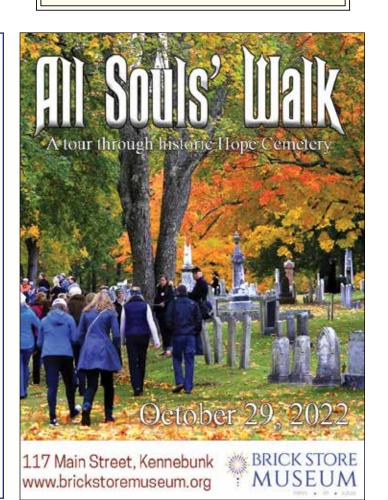
South Portland Holiday Vendor Event will host local vendors and small businesses offering their products and services.

Portland Autumn Makers Market, Portland

November 13, 10 AM- 3 PM
Thompson's Point Thompson's Point

Thompson's Point, Thompson's Point Road, Portland

Portland Autumn Makers Market will host local crafters, makers, artisans and farms.



Alisson's Restaurant, Kennebunkport alissons.com | 467.4841

Back Street Sanford, Sanford backstreetsanford.com | 850.1228

Bentley's Saloon, Arundel bentleyssaloon.com | 985.8966 Live Music Venues

Bitter End, Wells bitterend.me | 360.0904

The Brunswick, Old Orchard Beach thebrunswick.com | 934.2171

Clay Hill Farm, Cape Neddick clayhillfarm.com | 361.2272

The Cliff House, Ogunquit cliffhousemaine.com | 361.1000

The Colony Hotel, Kennebunkport the colonyhotel.com | 967.3331

The CowBell, Biddeford cowbellmaine.com | 284-2355

Féile Restaurant & Pub, Wells feilerestaurantandpub.com | 251.4065

Funky Bow Brewery & Beer Company, Lyman funkybowbeercompany.com | 409.6814

Inn on the Blues, York innontheblues.com | 351.3221

Jimmy the Greek's, Old Orchard Beach jimmygreeksopa.com | 934-7499

Lobster in the Rough, York theroughyorkmaine.com | 363.1285 Nikanos, Ogunquit | nikanos.com | 646.1112

The Nonantum Resort, Kennebunkport nonantumresort.com | 967.4050

Old Vines Wine Bar, Lower Village, Kennebunk oldvineswinebar.com | 967.2310

Outlook Tavern at the Links, South Berwick outlooktavern.com | 384.4653

Pedro's Mexican Restaurant, Kennebunk pedrosmaine.com | 967.5544

The Pilot House, Lower Village, Kennebunk | 967.5507

The Pirate's Patio, Old Orchard Beach piratespatioandgalley.com | 934.0031

Run of the Mill Restaurant, Saco therunofthemill.net | 571.9648

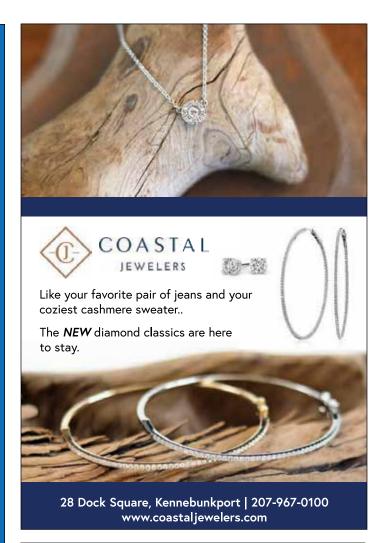
Ryan's Corner House, Lower Village, Kennebunk 967.3564

Sea Salt Lobster Restaurant, Saco seasaltlobsterrestaurant.com | 494.1178

Sunset Bar & Grill, Old Orchard Beach | 934.0000

Vinegar Hill Music Theatre vinegarhillmusictheatre.com | 985-5552

York Harbor Inn, York Harbor yorkharborinn.com | 363.5119

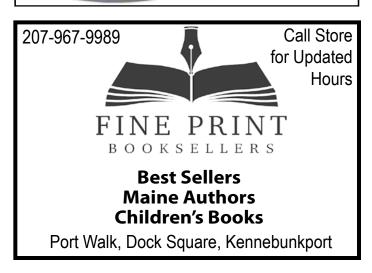


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Mother's Beach • Goose Rocks • Gooch's Beach • OOB & more unique • metal • adjustable — the perfect gift for Maine lovers!

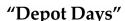


Mother's Beach designed by Geraldine Aikman available at Morph Gallery 155 Port Road, Kennebunk















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Holly C. Ross Fish House Designs

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Beetle & Magnolia **Jewelry**

Steve Ross Photography

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We've been keepin' it old school this summer at the Kennebunk Train Depot with weekly "Depot Days" – and we're not stopping now! Come see us on Saturdays throughout the fall – and likely beyond. Sometimes it will be all of us... sometimes some of us... and sometimes you'll find surprise vendors! Follow us on Instagram for updated dates and times @touristandtown

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Take a Fall Hike (or Stroll)

Mount Agamenticus, York

With nine hiking trails, some for hiking and some for biking, Mount A. is a great place to watch the leaves fall and the hawks migrate. The hike is 1.4 miles round-trip. Mountain Road, off Route 1 in Cape Neddick. FMI agamenticus.org.

Cliff Walk

Grab your hiking boots or sneakers for a walk on this narrow path carved out of rocky cliffs. There is just one access point, near the York Harbor Inn on Route 1A. The hike is less than one mile and takes about 30 minutes. Experience the wildness of the Atlantic.

Bauneg Beg Mountain, North Berwick

From an 89-acre conservation area in North Berwick, the entrance to which is on Fox Hill Farm Road, one can take an easy hike to the middle of three peaks, which has an elevation of 866 feet. The hike is less than a mile and can be completed in about 30 minutes. From the top, there is a 180-degree view towards the north. FMI gwrlt.org.

Vaughan Woods Memorial State Park, South Berwick

These 250-acres along the banks of the Salmon Falls River offer a series of loop trails with options for as long or short a walk as desired. 1 to 2-mile loop. \$2 fee. FMI www.maine.gov/dacf.

The Marginal Way, Ogunquit

The most unique and beloved footpath in Maine, traveled by over 100,000 people annually, the hike is 1.25 miles and is something to experience. FMI www.marginalwayfund.org.

Rachel Carson National Wildlife Refuge, Wells

Take a lovely hike around estuaries and salt marshes, where over 350,000 nature enthusiasts visit each year. FMI www.fws.gov/refuge/rachel_carson.

The Wells Reserve at Laudholm, Wells

The Wells Reserve at Laudholm is a National Estuarine Research Reserve with its headquarters listed on the National Register of Historic Places. The Wells Reserve at Laudholm and the Laudholm Trust are dedicated to preserving coastal environments. Walk amidst this beautiful setting. FMI www.wellsreserve.org.

Kennebunk Bridle Path

Owned by the town of Kennebunk and only minutes from downtown Kennebunk and Kennebunkport, the Bridle Path can be accessed from the Sea Road School or from Route 9, near the bridge spanning the Mousam River.

Massabesic Experimental Forest, Alfred

This is one of the largest areas of publicly owned land in southern Maine. It is a scenic and easy walk, less than 20 minutes from downtown Kennebunk. FMIhttps://www.nrs.fs.fed.us/ef/locations/me/massabesic/.

Emmons Preserve, Kennebunkport

The Emmons Preserve, home of the Kennebunkport Conservation Trust, was named for the family that donated the property. The preserve includes woods and water, thanks to the beautiful Batson River. Begin your walk at the trust's headquarters at 57 Gravelly Brook Road, then select a trail from trails varying in length from .4 to 2.5 miles. FMI, kporttrust.org.

Parsons Way/Ocean Avenue

Take a scenic walk along Ocean Avenue, starting near The Colony Hotel and ending about a mile away at Walker's Point, the home of former president George Herbert Walker and Barbara Bush. Discover how Blowing Cave and Spouting Rock got their names.

East Point Sanctuary, Biddeford Pool

This 1.5 mile loop offers beautiful views of the ocean and Wood Island lighthouse. The sanctuary is a favorite of birdwatchers and can be accessed off the Lester B. Orcutt Boulevard in Biddeford Pool. Wildlife, such as deer and fox, also inhabit the sanctuary.

Saco Heath, Saco

The Nature Conservancy protects this 1,223-acre preserve, where a trail and boardwalk combine to guide visitors through the woods. 1 mile round-trip.FMI www.nature.org.

Spring Point Shoreway, South Portland

This historic pathway is a beautiful walk along the South Portland waterfront. 1.5 miles round-trip. FMI www.southportlandlandtrust.org.

Staying healthy – and heart healthy – even while under stress

by Daryl Conant, M.Ed, Exercise Physiologist and owner of Conant Conditioning

Stress is an unavoidable companion of nearly everyone in our fast-paced world. High stress, however, can force us into unhealthy eating patterns, which are dangerous to health and heart. The good news is, eating healthy foods can actually reduce stress levels, in addition to being beneficial to our bodies.

Work and time pressures often cause us to reach for unhealthy fast foods, which only starve our bodies of the vitamins, proteins and carbohydrates essential to powering body and mind. Trans-fat and cholesterol rich food, instead of helping your body and mind, actually weaken the body's immune system. Instead of reaching for fast foods, look for healthy alternatives that can be prepared quickly. Rather than picking up donuts, burgers or pizzas, pick up fruit, fruit juices without preservatives, sandwiches made of whole wheat bread or cookies made of whole wheat.

A healthy breakfast of eggs, grilled bacon, whole wheat bread, fresh fruit juice, or even bananas blended in cold milk doesn't require a lot of preparation time, yet tastes good. For lunch, consider pasta or rice noodles with fresh vegetables, which should not be fried, but lightly sautéed or boiled. Salads made of various vegetables and fruits are also a healthy option – and if you don't have time to make a salad, have a tasty vegetable juice. Sandwiches made of grain bread with a variety of fillings like vegetables, lightly grilled white meat, or egg whites also make for a healthy lunch.

For in-between snacks, try natural canned fruit or whole wheat crackers. Restrict your tea or coffee intake to two cups in a day, replacing those extra cups with lemon juice or any other vegetable juice. If you start eating the right foods, you will begin to experience a refreshed body and mind, which will help you keep the stress-causing demons at bay.

Cardiac arrest and heart related problems continue to be the leading cause of medical-related deaths. Thankfully, studies show that about 80% of heart diseases can be reduced through healthy and proper diet. Some heart-healthy tips include:

Eat vegetarian foods: There is nothing as healthy as pure vegetarian food. Green leafy vegetables, carrots, tomatoes, cucumbers are considered very healthy and adds no cholesterol to your body.

Be selective about non-vegetarian foods: Add spice to your non-veg foods by mixing sage, dill, dry mustard, marjoram, tarragon, oregano, garlic, onions etc., as these reduce cholesterol and fat saturation.

Eliminate unhealthy activities: Smoking, alcohol and excess caffeine in the body can also add to the risk of heart diseases. In order to keep your heart healthy, reduce or eliminate these from your life, and be involved in regular physical exercises that include cycling, running, jogging, cross training, etc.

Incorporate these foods in order to stay fit and keep your heart healthy: White meat, lean red meat, wholegrain foods, green/red fruits and vegetables, low fat milk and milk products, and low cholesterol oil or olive oil. Eat low saturated fat foods and carefully read the ingredients used in your food. Chocolates, fast food, mayonnaise, cheese, butter and the like should be avoided as much as possible.

While things like heredity, gender and age cannot be controlled, eating healthy food and keeping a watch over your diet will help keep your heart as safe and healthy as possible.



Museum offers fall walking tours

Fall is a great time to explore history outside.

The Brick Store Museum offers two walking tours of Kennebunk during the fall. Tours of Kennebunk's Historic District, the first in the State of Maine, run along Summer Street on Thursdays and Saturdays at noon; Tours of Kennebunk Beach, following the development of the tourist boom, occur on Saturdays at 9 AM. Tickets are \$10 per person, \$5 for museum members, and can be purchased on the day of the tour or in advance. The beach tours depart from Trinity Chapel on Railroad Avenue, at Kennebunk Beach. The historic district tours depart from the museum's lobby at 117 Main Street, Kennebunk. FMI and for advance tickets: www.brickstoremuseum.org/engagement/ tourstalks or (207)985-4802.













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tional Park, with Cadillac Mountain as its backdrop.

Boothbay Harbor: This classic, coastal Maine town is the perfect Mid-Coast spot for outdoor activities and the arts.

Damariscotta: Located on the Damariscotta River, this area is central to the oyster industry, with an annual oyster festival, as well, of course, as the ever popular Damariscotta Pumpkinfest and Regatta (October 7 to 9 this year).

Source: newengland.com

Rockport: A popular tourist destination and art colony just south of Augusta, it's a hidden gem of the Mid-Coast.

Cutler: Unspoiled and picturesque, this town just east of Machias offers visitors an authentic Maine experience. It is Maine beauty at its best, with a resident colony of puffins, a working lighthouse where you can spend the night and Canada's Grand Manan Island off in the distance.

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Come September

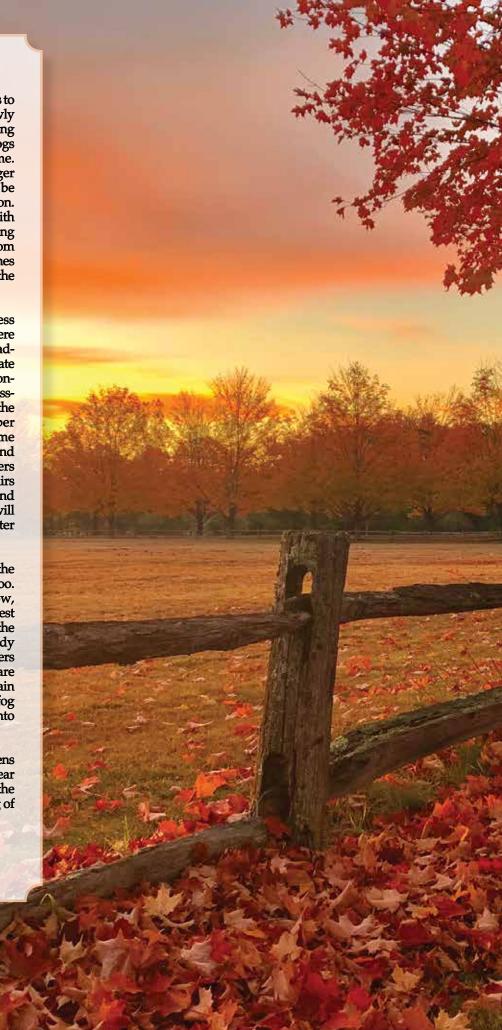
Come September, the town starts to change. Slowly like the leaves, slowly like the angle of the sun, the darkening evenings. Come September, the dogs are allowed on the beach any time. Beach parking passes are no longer needed, and spaces can actually be found on a sunny weekend afternoon. The beach empties out. Families with school-age children are gone, giving the middle-aged and the elderly room to walk, or sit on the sidewalk benches and connect—to each other and to the open expanse of sea and sky.

Come September, stores are less crowded, the atmosphere everywhere is more relaxed. Traffic in town gradually eases; no need to find alternate routes across the river to avoid congestion in the village. Pedestrian crosswalks become less hazardous, and the massive tour buses for leaf-peeper season have not yet arrived. Come September, the chrysanthemums and pumpkins appear at garden centers and roadside stands. Final craft fairs punctuate the season's end. By the end of the month, the ice cream stores will be closing, posting signs to "Winter Well."

Come September, the blue of the sky changes, the blue of the water too. The goldenrod is out in force now, indeed fading already in the sunniest spots. Fallen apples rest beneath the roadside trees; the sumac is already turning, its scarlet fronds harbingers of the color to come. The nights are cool now, mornings too. Even the rain on the leaves sounds different; the fog seems more mysterious as it rolls into the woods from the coast.

Come September, my heart lightens even as the light fades. The bright clear days, the crisp nights, the cry of the geese, the prelude to fall, the easing of the spirit. Come, September.

©ElizabethGrant September 20, 2021





"It's Like This" with Dana Pearson

For some, the waiting is the hardest part

One day in mid-July, I went to the DMV. I'm back home now.

You see, that's the sort of joke that's been leveled at the Department of Motor Vehicles ever since it was the Department of Hoofed Vehicles, the supposedly comic premise being that one entering a DMV office to conduct business does so under the full understanding that the wait for services will be of such a remarkable duration that one would find it wise to inform next of kin beforehand so as to avoid the unnecessary filing of a missing person report.

But seriously, when I went to get my driver's license renewed, by the time I got my photo taken, I no longer recognized myself. I tell you, I was at the DMV for so long that when I finally got to the window, they charged me rent.

I know. Tiresome. Yet it's become such a truism that one is caught off guard by people who seem surprised and disgruntled at having to wait at the DMV. We're fine spending an hour having our hair done or shopping for a new lawn mower or running errands, but when that hour is spent sitting in a chair at the DMV waiting to get a license plate for a boat trailer, the gloves come off.

I wasn't kidding when I said I went to the DMV one day in mid-July, but I was kidding when I said I just got back home. This is what actually happened:

I arrived at the Kennebunk office on a Tuesday morning around 11 o'clock. My mission was to acquire a Real ID-compliant driver's license as well as a license plate for the aforementioned boat trailer. Because it was the DMV, I didn't expect it to be quick. I had nothing planned until later in the afternoon, so I wouldn't have to worry if I had to wait a long time. Around 16 other people were already in their chairs.

When I know I'm going to wait, it's not so bad. I get into a certain headspace where waiting is like breathing – it's simply what I have to do. It's not like I'm a Zen master or anything like that; to help stave off impatience, I always bring a book (in this case, Blue Monday, Rick Coleman's fascinating biography of Fats Domino). I printed out my number, took a seat, and began reading.

The number relates to what service you want rendered, and certain windows render certain services. In other words, a person entering the DMV 20 minutes after me could be called up to a window first, simply because he wants to renew his registration and the next window to become available is the one that only renews registrations. Does that policy make one wonder why every window can't render every service? Yes, it does. But that's the policy, so that's what we have to live with. That's why we should all bring books.

To my right, three empty seats separated me and a man who had the appearance of a hard worker. In other words, he wasn't holding a paperback biography of a rhythm and blues pioneer. Here was a man who didn't want to be here. His body language was easily read: Get me the hell out of here. He rocked back and forth on his seat, kept turning his head from side to side, and scrunched the rolled-up paperwork in his hands. I tried to ignore him and his impatience, but his constant movements kept grabbing my attention.

When the woman on the PA system, after calling for numbers 17, then 18, then 19, then 20, jumped up to 28, the man – who must've been number 21 – nearly leapt out of his chair. In a stage whisper that cut through the otherwise quiet room, he dropped the f-bomb in the middle of a complaint about how the DMV made no sense.

My first inclination was to turn to him and say, "You realize this is the DMV, right?" But my second inclination, immediately pushing the first inclination away, was to not get my face pounded, so I read about how Fats Domino's song "Be My Guest" was directly responsible for the birth of ska in Jamaica.

For the record, my trip to the Kennebunk DMV was quick and pleasant. Within 45 minutes, I was called up to a window, where a kind and humorous woman helped me get a Real ID license and a trailer plate. I was almost disappointed that it was such a smooth process, since I had gone there thinking I'd find good material for a column.









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