

# TOURIST & TOWN

Quarterly Magazine

Summer 2022



BRINGING YOU THE BEST OF THE SOUTHERN MAINE COAST



# Craft cocktails, live music, and a fresh taste of Maine.



**Old Vines Wine Bar**  
Lower Village, Kennebunk, Maine

[ovwb.me](http://ovwb.me)



# way to be

WAYTOBEYOGA.COM

## Down-to-earth yoga experiences on the coast of Maine.

**Classes:** private + small group, all levels

**Retreats:** custom or curated

**Events:** bridal, birthday, getaways, reunions

**Workshops:** food, fitness, meditation, wellness

**Partnerships:** hospitality, healthcare, work, school, camp

**Coaching:** fitness for life + work

**Studio Rentals:** convenient, accessible, free parking

**Way to Be Goods:** Maine wellness gifts + yoga gear

VINYASA • YIN • MEDITATION • FITONE  
STUDIO • DECK • TRAILS • BEACH • RESORTS

3 minutes to Dock Square • 149 Port Road, Lower Village Kennebunkport  
Text: 617-913-9000 • @waytobeyoga • waytobeyoga.com



## HURLBUTT DESIGNS

FINE HOME FURNISHINGS | UNIQUE GIFTS | INTERIOR DESIGN



51 Western Avenue | Kennebunk, ME | (207) 967-4110

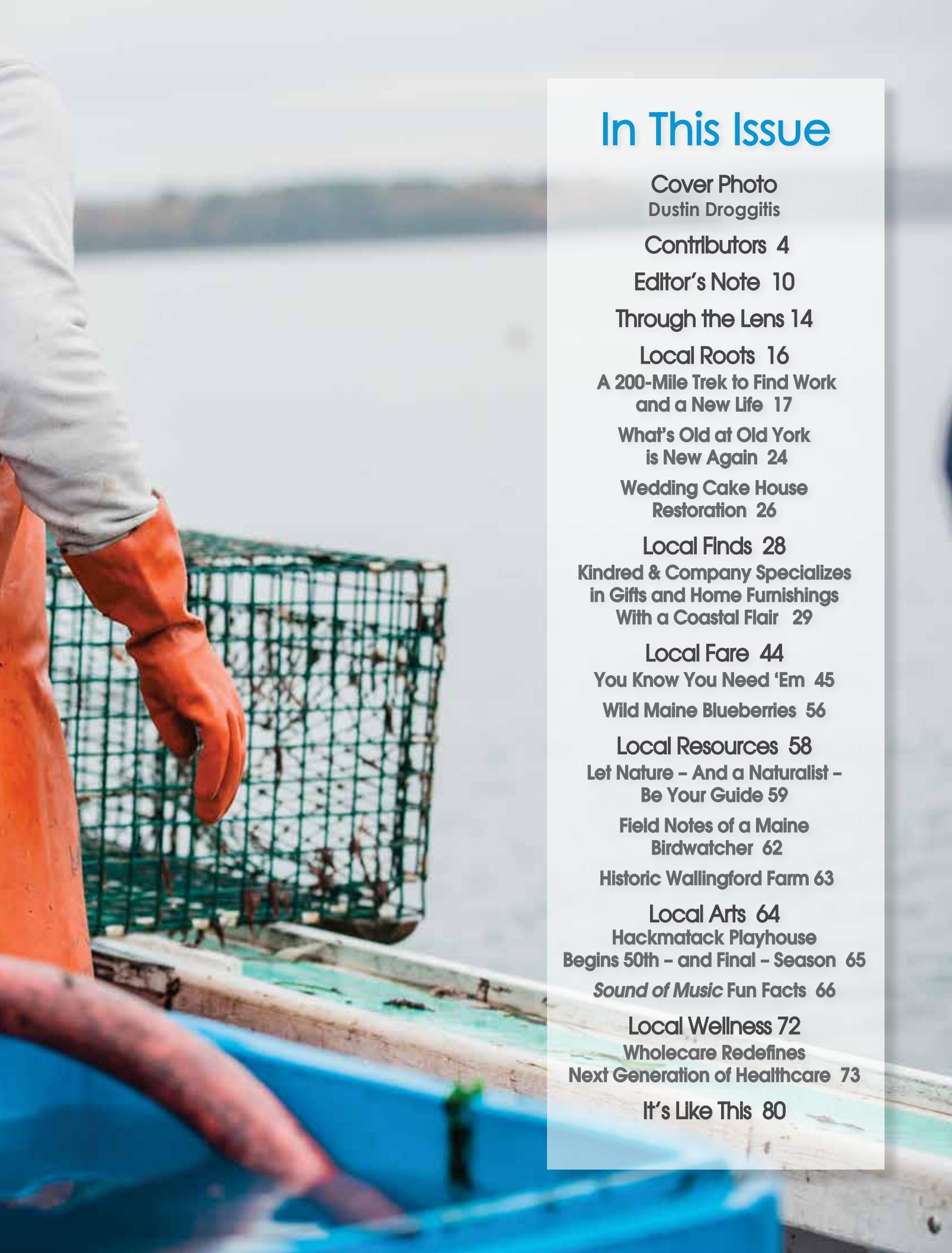
HURLBUTTDIGNS.COM

# TOURIST & TOWN

A photograph of fishermen on a boat. They are wearing bright orange waders and gloves. In the foreground, there are blue and white plastic containers, one of which has a lobster tail. The background shows the boat's structure and other people.

Quarterly Magazine  
Summer 2022

Jim and Sabin of Cousin's Maine Lobster pull traps aboard with Jonathan aboard *Another Dawn*. Photo by Heidi Kirn

A person wearing orange overalls and orange gloves is handling a green mesh lobster trap on a boat. The background shows a body of water and a distant shoreline.

## In This Issue

Cover Photo  
Dustin Droggitis

Contributors 4

Editor's Note 10

Through the Lens 14

Local Roots 16

A 200-Mile Trek to Find Work  
and a New Life 17

What's Old at Old York  
is New Again 24

Wedding Cake House  
Restoration 26

Local Finds 28

Kindred & Company Specializes  
in Gifts and Home Furnishings  
With a Coastal Flair 29

Local Fare 44

You Know You Need 'Em 45

Wild Maine Blueberries 56

Local Resources 58

Let Nature - And a Naturalist -  
Be Your Guide 59

Field Notes of a Maine  
Birdwatcher 62

Historic Wallingford Farm 63

Local Arts 64

Hackmatack Playhouse  
Begins 50th - and Final - Season 65

*Sound of Music* Fun Facts 66

Local Wellness 72

Wholecare Redefines  
Next Generation of Healthcare 73

It's Like This 80

# TOURIST&TOWN

## contributors



A PK (preacher's kid), **Faith Gillman** was born in New York (but lived in New Jersey). In second grade, she moved to Cape Cod, in fifth grade to New London, Connecticut, and in ninth grade, to Newburyport, Massachusetts. Thirty-four years ago, she moved to Kennebunk. It has yet to be determined what her accent – if any – actually is! Faith loves writing about Maine, the people that make it the best place to be in any season and the perfect place to finally put down her roots. [faith@touristandtown.com](mailto: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](http://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](http://amazon.com/author/danapearson). [dana@touristandtown.com](mailto: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](http://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. [jfoconnor@gmail.com](mailto:jfoconnor@gmail.com).



### Publisher & Editor

Kingsley Gallup  
Gallup Publishing, LLC

### Feature Writers

Faith Gillman  
Steve Hrehovcik  
Valerie Marier  
Jo O'Connor  
Dana Pearson

### Advertising

Ryanne Coombs  
Sandy Janes

### Content Editors

Geraldine Aikman  
Jo O'Connor

### Social Media

Meghan Candee

### Distribution Manager

Josh Hrehovcik

### Guest Contributor

Kathy Oberman Tracy

### TOURIST&TOWN

12 Depot Street  
Kennebunk

Mailing Address:

P.O. Box 647

Kennebunkport, ME

04043

207-467-3292

[publisher@](mailto:publisher@touristandtown.com)

[touristandtown.com](http://touristandtown.com)

[www.touristandtown.com](http://www.touristandtown.com)



*Find us at the depot!*

Follow us on  
Instagram



Photo by Dustin Droggitis

**Tourist & Town: The Magazine**  
is an unabashed celebration of  
all things Southern Maine.

We tell the stories  
of the people who live,  
work and visit here.

We capture the essence of  
this unique part of the world that has  
attracted visitors for 200 years.

Whether you're a local  
or you're passing through,  
this seasonal magazine is for you.

Strategically distributed  
as well as offered online,  
**Tourist & Town: The Magazine**  
is a travel companion,  
an engaging read  
and a coffee table keepsake  
- all for the love of Maine.



Spring • Summer • Fall • Winter/Holidays • An Edition for Every Season  
Find it Locally • Read it Online • Subscribe to Receive it at Home  
[publisher@touristandtown.com](mailto:publisher@touristandtown.com) • [www.touristandtown.com](http://www.touristandtown.com)



# Saltwater HOME

Maine + Maui



interior design

saltwater-home.com  
207.888.0552 | 808.359.1081

**BATSON RIVER**  
BREWING • DISTILLING • MAINE

KENNEBUNK | PORTLAND | WELLS | BIDDEFORD  
*Batsonriver.com*

# Kennebunk Port & Shore Realty



Kathy  
Roberts  
- Owner -



Cyndy  
Thompson



Debra  
Finn



Mark  
Birmingham



Rick  
Roberts

**LOCAL, EXPERIENCED  
HOMETOWN BROKERS**



**Kennebunk Port & Shore Realty**

*2 Storer Street, Suite 112, Kennebunk, ME. 04043*

*207-205-3417*

*[www.kennebunkportandshorerealty.com](http://www.kennebunkportandshorerealty.com)*



**Colorful & Coastal!**

**Gifts, Clothing & Accessories for you and your home**

Local Color is located down the lane next to the Colonial Pharmacy. We are the 2nd shop on the right.  
 30 Dock Square, Kennebunkport • Ph: 207-204-0704 • [www.shoplocalcolor.com](http://www.shoplocalcolor.com) • [www.katenelligan.com](http://www.katenelligan.com)



Live in the sunshine,



swim the sea,



drink the wild air.



- Ralph Waldo Emerson



### Editor's Note

To my forever love,  
From the day I first laid eyes upon you, I  
knew you were something special.

Now, when I close my eyes, I picture  
you; when I'm far from home, I think of you;  
and when I drive back over that bridge (you  
know the one), I sit back and smile, knowing  
wherever I roam, you will always be home.

You are the beautiful backdrop to a life –  
and though I might not always say it (truth  
be told, I **always** say it), I love you with all  
my heart.

Great State of Maine,  
I'm yours forever,  
Kingsley



Oh my, that was revealing.

Lest I continue oversharing, I give you  
now our latest **collaborative** love letter to the  
South Coast of Maine. We think it's a keepah.

Kingsley Gallup, Editor



### It's a book depot!



Our shelves are filling up  
at 12 Depot Street in  
Kennebunk.  
Follow us on social media for  
updates on the opening of our  
used book depot.

### PRINCIPAL PHOTOGRAPHERS THIS ISSUE

#### Cover Photographer: Dustin Droggits



I'm a Maine native who lives and works in southern Maine. I've been teaching high school social studies the past 10 years. I've always been interested in travel. In the years leading up to the pandemic, I made frequent trips abroad, both with students on educational tours and on my own adventures with friends. When Covid put a halt on travel, I turned my focus toward exploring my home state, something I regret I hadn't done earlier. I started taking sunrise and sunset photos of different Maine landmarks and nature spots – and the activity rapidly turned into an obsessive hobby for me. Photography has made me appreciate Maine more than I ever had before, and it makes me happy to share my photos of this beautiful state for others to enjoy.

@stormborn.photography

Bob Dennis has been a scenic photographer for the Kennebunk - Kennebunkport - Arundel Chamber of Commerce for more than 25 years. His 22nd Images of Kennebunkport calendar comes out this summer. Dennis has published three photography books on Kennebunkport, most recently Reflections: Four Seasons of Beauty in Kennebunkport. Find his photos at [www.kportimages.com](http://www.kportimages.com) and on IG at @portimages.



Heidi Kirm is a professional photographer located in Kennebunk, Maine. Before launching Kirm Creative, Heidi was a high school art teacher, a graphic designer for Nickelodeon and a magazine Art Director. Her varied creative background has given her a unique perspective on visual storytelling. When she is not behind the camera you can find her at the beach or exploring back roads in Maine.

Karl Ramsdell grew up on the Maine coast and is a professional wildlife photographer. In addition to photography, his passions include surfing, paddleboarding, ice skating, hiking and cycling. Be sure to check out his Instagram @karl.ramsdell.



Phil Stone is a professional chef living on the Maine coast with his wife Annie, "who inspires and supports me every day." Stone recently rediscovered his love of photography. He 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](mailto:pstone36@hotmail.com).

*We thank all of our contributing photographers who so generously share their talents with us.*

**PHOTOGRAPHERS & WRITERS WELCOME!  
WE WOULD LOVE TO SHOWCASE YOU!**



Photo by Karl Ramsdell

It's where the  is.



5 RIVERS EDGE DRIVE | Gracious Contemporary Cottage in Highly Desirable River Locks Neighborhood | Sited on 1+ Acre  
Land in Common on 2 Sides | Open Concept Kitchen | Family Room with Built-ins | Large Primary Suite | Renovated Home Office-Den

**FOR SALE**  
KENNEBUNK  
\$1,799,000

   Follow us!



**KENNEBUNKPORT** | Private Oasis on Nearly 3 Acres | Sweeping Views of Little River & the Ocean | 6 Bdrm, Beautiful Post & Beam Farmhouse  
Open Concept Kitchen & Dining Area with Walls of Windows | Venture to Timber Island & Goose Rocks Beach | 3 Car Detached Garage | \$1,595,000



**KENNEBUNK** | Brand New Subdivision with Field & Wooded Lots  
0.5 to 1+ Acres | Ward Brook Frontage | Starting at \$259,000



**KENNEBUNK** | Renovated Captain Ivory Lord Home on Summer Street  
5 En-Suite Bdrms | Large 3.9 Acre Lot with Private Backyard | \$1,685,000



**KENNEBUNKPORT** | Custom Craftsman Style | 3 Bdrm, 3.5 Bath  
1 Acre | Carriage House & Entertainment Shed | \$2,295,000



**KENNEBUNKPORT** | Showstopper Executive Ranch on Ocean Ave.  
2 Acres | Additional 1 Bdrm Rec House & Garage | \$2,895,000

# Through the Lens

~ with photographer Bob Dennis

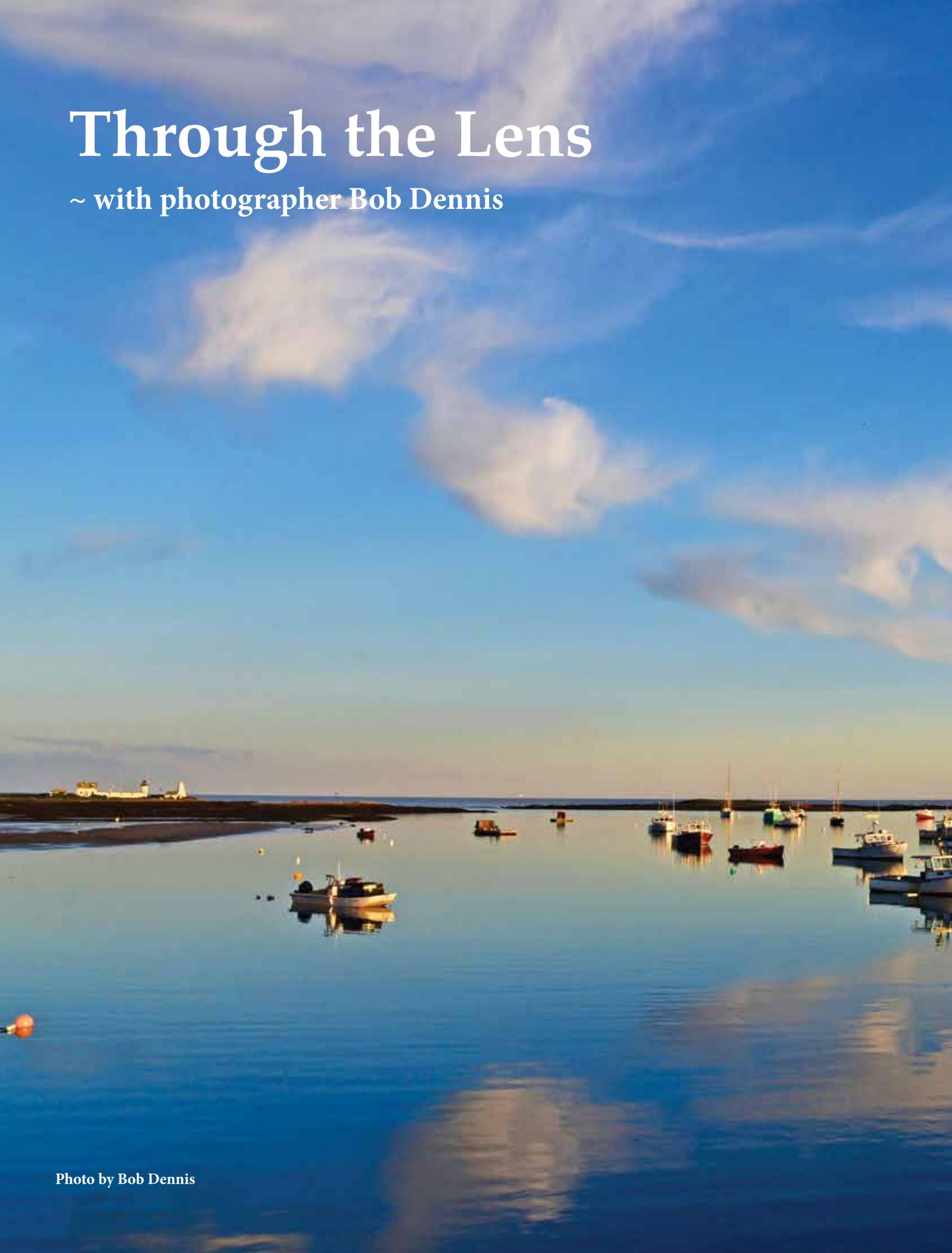


Photo by Bob Dennis



*“I’ve been photographing Cape Porpoise for more than 30 years and, to sum it up, it never gets old. Kennebunkport’s quintessential and historic fishing community never ceases to amaze and fascinate me with all the beauty it has to offer, much of it in plain view but some requiring some local knowledge to find. Every time I visit Cape Porpoise pier, no matter what the season, I never fail to find something photo-worthy. Sometimes the light and conditions are so spectacular that it resembles a spiritual event for me. Such was the case just before sunset on the evening of June 17 when the water was smooth as glass, the full fleet of lobster boats reflecting in the still water, Goat Island Light perfectly lit and beautiful clouds in the dazzling blue sky. As I headed home after capturing a number of pleasing scenes, I once again thought about how fortunate I am to be able to witness such beauty.”*

*kportimages.com • @portimages*

# Local Roots



Old York Historical Society has many exciting projects underway, including the revitalization of the Old Gaol, colonial Maine's first prison. Inmates at the Old Gaol were fed from this kitchen. Photo by Ari Kellerman. Courtesy of Old York Historical Society. Read full story on page 24.



*Israel Shevenell,  
a Gritty, Courageous 19-Year-Old Farm Boy,  
Walked from Canada to Biddeford in 1845*

## A 200-mile trek to find work and a new life

by Valerie Marier

Snow still dusted the hayfields in the Eastern Townships of Canada in early April, 1845, when 19-year-old Israel Shevenell said goodbye to his family and set off on an arduous and amazing journey. He left his home in Compton, an agricultural hamlet 40 miles north of Quebec and, over the next two weeks, walked 188 miles to Biddeford, Maine. He was the oldest son in a farming family struggling to survive. He simply wanted to find a job.

In the mid-1800s, Biddeford stood on the cusp of a boom, galvanized by the rushing waters of the Saco River that powered textile mills built right along its banks. Between 1845 and 1850, the city's population



nearly tripled, leaping from approximately 2500 to 6000 as workers flocked there with their families. During the heyday of the Industrial Revolution, this small mill town in Maine had gained recognition as a worldwide hub for cotton products. There was also a pressing need for strong young men who could make bricks for the construction of the burgeoning factories and mills. Within days of his arrival, Shevenell was hired as a brick maker.

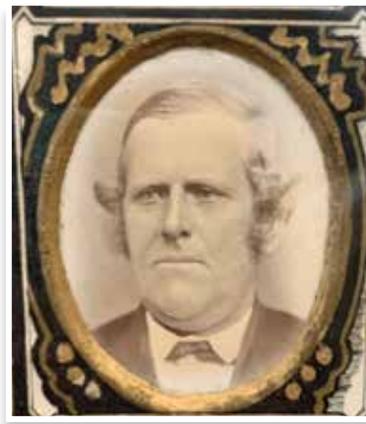
His timing was perfect.

But the journey had been tough.

Imagine leaving home, hearth and family to walk into unknown territory, penniless and speaking only a few words of English. Shevenell wore home-spun

*—continued on next page*

Photo top: Ray Shevenell leaving Compton, Canada in late May, 2015, retracing the pioneering journey of his great-great-grandfather walking to Biddeford. Photo bottom: Drawing courtesy of Peter Shevenell, great-great-great-grandson of Israel Shevenell. Tonya Shevenell said, "This is a drawing my brother did showing Israel on the trek because we have no photographs of him actually walking the nearly 200 miles." Photos courtesy of Tonya Shevenell.



clothing and simple leather boots which provided scant protection against harsh April weather. One week prior to his departure from Canada, the Saco River had “iced out,” signifying winter’s end in northern New England. Yet freezing temperatures challenged Shevenell from sun-up to sun-down as he trudged over rutted roads and narrow wooded trails.

A map from 1844 shows a road heading southeast from Compton toward Vermont and New Hampshire. (Note: At that time, most roads were dirt and used by people, horses and carts.) Shevenell walked that rocky road and crossed the Canadian border without documentation as there were no official crossing points at that time.

In New Hampshire, Shevenell hiked through a section of the White Mountains, often plodding in four feet of drifting snow. After passing Crawford Notch, he followed a road south along the Connecticut River on the New Hampshire side until he crossed into Maine. There, he discovered the thawing Saco River and walked along a muddy path that was thigh-high in mud. Using the Saco as his guide, he eventually arrived in Biddeford.

The route was punitive and grueling, without a Tim Horton or Holiday Inn in sight. Shevenell bartered for food and lodging along the trails, frequently sleeping overnight in drafty dairy barns in exchange for his labor. He carried no luggage but perhaps toted a small sack with extra socks. He had no GORP or Gatorade, no insulated goose-down jacket or waterproof hiking boots, no Tylenol for muscle aches or moleskin padding for blisters.

“But he had perseverance,” said Tonya Shevenell, his great-great-great-granddaughter, a resident of Cape Elizabeth. “His mental and physical strength kept him going and, when he arrived in Biddeford, he proved he also had an amazing entrepreneurial spirit.”

At the end of Shevenell’s first summer making bricks in Biddeford’s Yoe Cat Gully, he returned to Canada, retracing his nearly 200 mile route back to Compton. He carried \$50 in his pocket, savings from a brick maker salary of \$8 a week – the equivalent of a month’s pay in Canada. The following April, he hiked to Biddeford again and was hired

*–continued on next page*



**Photo top left:** Other French-American immigrants in Biddeford called Israel Shevenell their “grand old man.” After arriving here in 1845 as a 19-year-old, he lived another 67 years until his death in 1912. Photo courtesy of Biddeford’s MacArthur Library. **Photo top right:** This photo of Israel Shevenell was probably taken when he was in his late 60s. He was always proud to have cast his first vote for Abraham Lincoln. Photo courtesy of Tonya Shevenell (great-great-great-granddaughter of Israel). **Photo bottom:** The four Shevenell brothers in Biddeford during the mid-1800s. Israel, the oldest and first of the family to arrive in Biddeford, sits on the far right. Photo courtesy of Tonya Shevenell.

as a brick maker by the Kimball Brickyard. He immediately started saving money so his family could join him.

Later that same summer, his father, mother, plus several brothers and sisters loaded their few household possessions onto a one-horse two-wheel "caleche" and headed south. Weather conditions were far more favorable in late August, but the roads and trails were still primitive. When they arrived a week later, they immediately sold the horse for rent and food money. Because the family spoke "halting English" along with French, they were able to settle into their new life, and today the Shevenells are recognized as the first French-American family group to live permanently in Biddeford.

Over the next two decades, Israel Shevenell continued working as a brick maker in the Kimball Brickyard. (Of note: between 1845 and 1849, more than 10,000,000 bricks were used to build mills, boarding houses and the Biddeford House, later known as the Thacher Hotel.) Mill owners developed an appreciation for the French-Canadian work ethic. "Most of these immigrants were accustomed to working on farms which required 12-hour days and extensive physical labor. Also, the whole family was willing to work." (*A Brief History of Biddeford*)

Shevenell's labor paid off. By the 1880s, he had accumulated \$500 in savings which allowed him to retire from brick making and pursue other entrepreneurial ventures. According to his obituary, he apparently told his wife, "I am not going to be bossed by someone else any more. I will be my own boss." He purchased a gravel pit and became a house builder, living "in comfortable circumstances the rest of his days without worry or bother."

Shevenell married twice, first to Mary Louise Belanger, and later to Celina Landry. He fathered 16 children. As an active member of St. Joseph Catholic Church, he also served as treasurer of the parish for many years. In 1863, when the Biddeford Public Library opened in a spare room in a city building, town records reveal that Shevenell enrolled as "an early member." In 1890, his son Joseph became the first French-American to graduate from Biddeford High School.

At 79, Israel Shevenell marched along Main Street in the festive parade honoring Biddeford's 50th anniversary. He carried a banner that read, "I was here in '55." His obituary reveals that he was "held in high regard by all classes and



**Ray Shevenell's Compton to Biddeford walk**

Over 13 days and 188 miles, Ray Shevenell traced the steps of his great-great-grandfather, Israel Shevenell, who walked from his home in Compton Quebec, to Biddeford to find work and became the city's first French-Canadian settler.

Date	Destination	Miles traveled
1 Sunday, May 31:	St. Hermenegilde, Quebec	22.3 miles
2 Monday, June 1:	Colebrook, N.H.	13.6 miles
3 Tuesday, June 2:	Stratford, N.H.	21 miles
4 Wednesday, June 3:	Lancaster, N.H.	16 miles
5 Thursday, June 4:	Bretton Woods, N.H.	19.8 miles
6 Friday, June 5:	Bartlett, N.H.	15.6 miles
Saturday, June 6: Rest day		
7 Sunday, June 7:	North Conway, N.H.	15.5 miles
8 Monday, June 8:	Brownfield, Maine	13.1 miles
9 Tuesday, June 9:	Corinth, Maine	15.5 miles
10 Wednesday, June 10:	Limerick, Maine	12.3 miles
11 Thursday, June 11:	Hollis Center, Maine	11.7 miles
12 Friday, June 12:	Biddeford, Maine	10.8 miles

nationalities, and his own people were proud of him as their 'grand old man' and pioneer in this city."

But Shevenell's proudest achievement, also according to his obituary, "was that he had become an American citizen by law, as well as by spirit." The first vote he ever cast was for Abraham Lincoln, for "whom he had the greatest admiration."

Israel Shevenell remained "hale and hearty until well into his 80s, with a strong voice and laugh that rang out as clear as that of a man of 45." But one morning he decided to "dig up a sewer connected with his property. Neighbors advised that he ought not to be taking any chances as he was liable to injure himself. Shevenell replied that, if he was 86 years old, he wanted it understood that he was no child and considered it good exercise to dig up the sewer and repair any damage he might find." (Shevenell obituary)

Sadly, Shevenell did suffer an injury which kept him in bed and on his living room couch for weeks. Several months later, in September, 1912, he died "peacefully and quietly." Survived by his wife Celina, five sons, three daughters and one

brother, he was buried at St. Joseph's Cemetery in Biddeford where his tombstone remains today.

Tonya Shevenell, Israel's great-great-granddaughter, said, "Israel arrived in Biddeford during the height of the Industrial Revolution and quickly became a role model during this time of significant change. If I had three words to describe him, they would be: pioneer, builder and Franco-American. But he was a leader too."

His historic journey from Canada to Biddeford in 1845 was not an anomaly. As noted in *A Brief History of Biddeford*, "The immigration of French Canadians started as a trickle; lone men traveled south for seasonal work to supplement their family's income. This soon fostered a desire to relocate the entire family for year-round employment."

"This trend also marked a new kind of immigration. Previously, European men traveled across the Atlantic alone, seeking adventure, and often traveling beyond the Colonial settlements westward to explore the new frontier. However, this would become the history of the French-Canadians as they moved en masse to find work while maintaining a closeness of the secular family cherished by their culture."

"Israel was at the forefront of a French migration," Tonya adds. "But his homeland was not an ocean away, it was just

-continued on next page



Ray Shevenell followed his great-great-grandfather Israel's walking route from Compton, Quebec to Biddeford, Maine — aged 74, over 13 days, along 188 miles, with multiple blisters. When he arrived at Shevenell Park in Biddeford, he told his greeters, "I could do it again!"



over his shoulder. I like that he's buried here because that means he's still here in a way."

The "grand old man" is still honored in Biddeford. His legacy is a small park named in his honor and located at 149 Main Street. Shevenell Park is a peaceful haven in this thriving city, a tree-shaded spot where visitors sit at tables and chairs set atop granite pavers that are, appropriately, lined with brick walkways. More than 175 years after walking into Biddeford to find a job, Israel would be proud that his bricks are still present in this city by the Saco River.



Israel Shevenell's legacy lives on in a serene park right along Main Street in Biddeford. Note the brick walkways, a fitting tribute to one of the original brick makers in this city during the mid-1800s. Photo by Val Marier.

## Retracing the trek: Shevenell's great-great-grandson walks in his ancestor's footsteps

### *Israel Shevenell's great-great-grandson walks in his ancestor's footsteps from Compton, Canada, to Biddeford, Maine*

When Ray Shevenell was 10, he read a newspaper article about his great-great-grandfather Israel Shevenell's trek from Compton, Canada, to Biddeford, Maine. "I'm going to do that someday," he promised himself.

That day came in late May 2015, when 74-year-old Ray drove 188 miles north to Compton with his daughter Tonya. Their goal was twofold. Ray wanted to retrace Israel's pioneering journey and walk in his ancestor's footsteps to Biddeford.

After having being told by his heart surgeon several years prior that he "should never run again," Ray took up walking. He had grown up in Portland and lettered in track at Cheverus High School. He attended Georgetown University on a four-year track scholarship. "I've run and walked all my life," he said. He had no doubt he could successfully handle a nearly 200-mile hike.

Tonya, a resident of Cape Elizabeth, had never made a film before but she wanted to record her father's trek for history. She followed and filmed him every step of the way, then produced *The Home Road*, a 76-minute documentary which "explores family, history and identity – and how a journey into the unexpected inevitably leads to .... home."

"The idea of actually doing the trek started to take hold in 2009," Tonya said. "We committed to it in 2013. But it took two more years to organize the logistics, so he didn't actually take the first step until June 1, 2015." Shevenell was still working full time at UNUM then, so he used vacation time for the walk.

"Dad's trek route was based on our best estimation of Israel's route after studying road maps from 1844-1845," Tonya said. "Dad left Compton and, over the next two weeks, hiked through Colebrook, Stratford, Lancaster, Bretton Woods, Bartlett and North Conway in New Hampshire. Once he crossed into Maine, his route went from Brownfield, Cornish, Limerick, Hollis Center and then into Biddeford. We knew that when Israel had arrived in Maine, there were multiple roads he could have taken but we think he probably stuck closer to the Saco River in 1845 than we did in 2015."

Little is known of Israel's personal hardships as he walked here from Canada. But Tonya was filming Ray's ambulatory adventure so every blister or raindrop is accounted for. Ray said, "That first day, May 31, was cold and rainy, and my feet blistered up by my ninth mile." Daily temperatures during Ray's trek ranged from 35F to 85 F. While walking, he noshed on bananas, trail mix and Gatorade for energy.

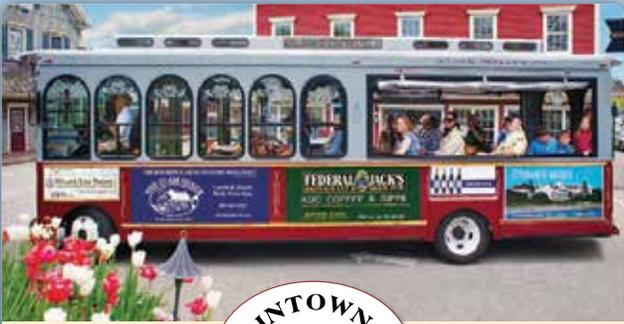
Throughout the documentary, Tonya captures Ray's positivity, resilience and spirituality. "Let's say a prayer to protect us during our trek," he stated before leaving Compton, clad in a yellow LL Bean slicker and rain hat. Waving at every passing car and truck during the entire two weeks, he admits he enjoyed hearing "non-civilized noises" of birds chirping, cows mooing and the wind rustling through overhead branches as it swept down from the mountains. "The scenery was spectacular," he said.

Because of his blisters, Ray walked almost the entire route in excruciating pain. He tried to find relief by switching from leather hiking boots to running shoes, then to thick-soled sandals, and then to a combination of sandal and running shoe. But he never stopped smiling, even in the emergency room of a hospital near North Conway, New Hampshire, where he went for treatment of his ulcerating blisters.

"How he responded to all this made me so proud," Tonya said. "He was determined to finish — and he did — even though he used more bandages every day."

On Friday, June 12, 2015, Ray Shevenell walked into the town his great-great-grandfather Israel had come to in 1845. As townspeople gathered in Shevenell Park to welcome and cheer his amazing accomplishment, Ray said, "I'm very proud of what my great-great-grandfather accomplished. I now know how difficult his original trek was. But after nearly 200 miles walking in his footsteps, here we are — safe and home. I'm exhilarated and I feel I could do this again!"

*Tonya Shevenell's documentary The Home Road can be seen by going to [homeiceproduction.com](http://homeiceproduction.com).*



### *Sightseeing Tours of the Kennebunks*

Enjoy a fun and informative tour through our village streets and along the rocky coast.

#### *60 Minute Narrated Tour*

To book your seat in advance, view tour schedules and fares visit [intowntrolley.com](http://intowntrolley.com) & click **BOOK NOW**.

Trolley Stop is located at 21 Ocean Avenue, Kennebunkport. Cash fares for walk-ups will be allowed if seats are available. Please arrive 10 minutes prior for check in.

◆ *Private charters also available* ◆

207.967.3686

# Port Lobster Co.

**Fresh Fish Daily**  
**Lobsters**  
**Lobster Meat**  
**Clams**



since 1953



Lobster rolls & lobster meat, lobster mac 'n' cheese, fresh fish – haddock, salmon, swordfish, shrimp – clam chowder, cheddar biscuits and more!

### **Beer & Wine Available**

Open Daily 9-6

122 Ocean Avenue, Kennebunkport  
[www.portlobster.com](http://www.portlobster.com) • [portlob@gwi.net](mailto:portlob@gwi.net)  
207-967-2081

# BRANCH BROOK

since

1996

Fuel Oil

Kerosene

Propane

*Arundel, Maine*

# 985-1500

## NEW CUSTOMERS WELCOME



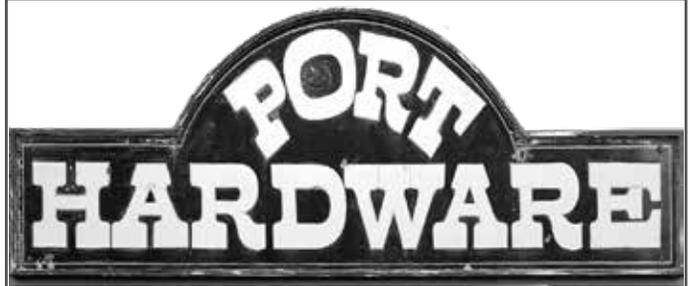
**THE DOCK SQUARES**  
Guitars, Saxophone  
Percussion, Vocals  
WE BRING THE FUN!

Check us out at:

- The Pilot House
- Old Vines Wine Bar
- Vinegar Hill Music Theatre
- The Colony Hotel
- The Bitter End
- Lafayette Park
- The Waterhouse Pavillon
- Sandy Pines
- Chalk Fest
- Harvest Fest

Find us on Facebook  
@docksquares

*We do private parties too!*



*"Serving the community for over 40 years"*

FEATURING



PAINT

- Knife Sharpening
- Glass Cut
- Keys • Lamp Repair

*True Value.*

**207-967-2371**

**153 Port Road, Lower Village, Kennebunk**

207-967-9989



**Best Sellers**  
**Maine Authors**  
**Children's Books**

Port Walk, Dock Square, Kennebunkport

Call Store  
for Updated  
Hours



*Fresh, local, carefully curated*  
*Something for all your*  
*shopping needs*



*750+ selected wines*  
*to choose from*  
*State Agency Liquor Store*

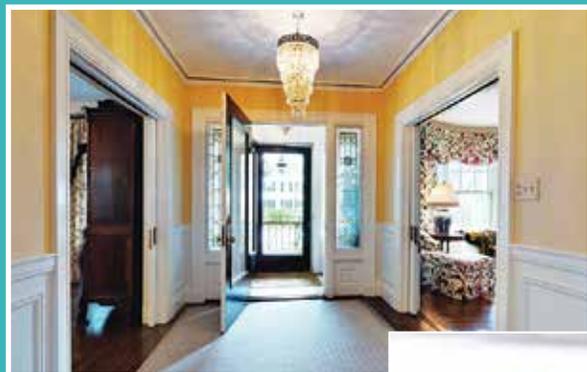
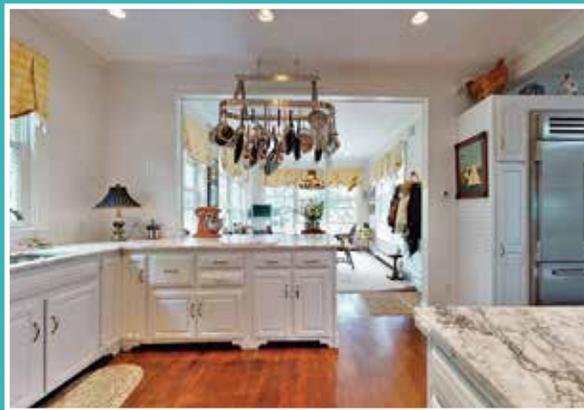


*All roads lead to Bradbury's*

207-967-3939 • [bradburybros.com](http://bradburybros.com) • 167 Main Street, Kennebunkport, Maine



*34 Summer Street Kennebunk*



*The "Crown Jewel" of historic Summer Street!*  
 A rare occasion to own this magnificent estate. Completely renovated and updated with 5 spacious and light-filled bedrooms, 5 1/2 bathrooms, plus all of the living space required for modern times. The carriage house has another astounding 3 bedrooms and 2 1/2 bathrooms to make gatherings of family and friends even more enjoyable. The heated in-ground pool is embraced by gorgeous landscaping including bountiful apple trees and even a treehouse. You can have it all on a lush 3.8 acres near beaches, restaurants, shops and so much more!

*"Maureen Adams was extraordinary. Her knowledge of the local market was instrumental. Her ties to the community were a huge asset in every aspect of the buying process. We are thankful we chose Maureen and believe you will be as well." ~ Tim K*



maureen@portsidereg.com  
 www.portsidereg.com  
 610.322.5832

**MAUREEN ADAMS,  
 ASSOCIATE BROKER**



# What's old at Old York is new again

*After pandemic-induced downtime, museum is revitalized for 2022*

by Dana Pearson

A cheese press does exactly what you'd think it does; it presses cheese. They've been around for ages to help in the cheese-making process, with some becoming interesting historical artifacts. Old York Historical Society had five of them in its collection. Five cheese presses. But if only three of the five had a proven connection to York, wouldn't three cheese presses be plenty?

That's what Joel Lefever thought. And he did something about it. As Executive Director and Chief Curator at Old York since 2012, he could. With the Covid pandemic having shut down or severely curtailed so many organizations, the people at Old York have had time to work on certain projects that otherwise may have remained on the backburner – culling the museum's collection of artifacts being one of them.

Of course, the absence of items from a collection isn't something the public will necessarily notice, unless one has been assiduously researching Old York's cheese presses. However, people are sure to appreciate exhibits that focus primarily on York, and there are plenty of changes and improvements that people will enjoy this year, when Old York returns to a level of normalcy not seen since 2019.

"We were closed in 2020," said Lefever on a pristine late spring day in the Museum Center, "and in 2021, we offered totally timed tickets for one-hour visits. For this year, we've reinvented Old York to engage people in a safe way."

To that end, their goal is to focus people to come to Old York at a certain time, with reserved tickets for either a morning or afternoon visit available online ([oldyork.org](http://oldyork.org)). However, if that isn't possible or feasible for some, walk-ins are still accepted. Separate from the ticket price for those visits, one can also book a themed outdoor walking tour (e.g., Slavery in York County, the Story of Colonial York, Women of York), conducted daily at 1PM now through October.

Talking to Lefever, one gets the impression that, of all Old York has to offer this year, he's most jazzed about the revitalization of the Old Gaol. And with good reason.

*—continued on next page*



Photo top: The Old Gaol will now solely highlight the lives of the people who worked and were incarcerated there. Photo bottom left: Executive Director Joel Lefever and the Old York Historical Society staff have staged a new exhibit in the Remick Gallery, "The Best of York," which includes the beautiful 18th century embroidered bed hangings seen in the foreground. Photo bottom right: Old York Archivist Marlane Bottino spent a beautiful spring day working in the educational gardens for school groups outside the museum's Visitor Center. "I couldn't stay in the archives today," she said. "I had to get out." Photos by Dana Pearson

"It used to be more of a museum of old-timey York," he said of the structure that was colonial Maine's first prison. "It was interpreted more as a home than a jail." That has changed.

"We did research, checked the county court records, and discovered firsthand accounts and court dockets of specific cases of people who served time here," said Lefever of the iconic stone and red-clapboard building "that served as a functioning prison on that hill from 1656 to the early 19th century."

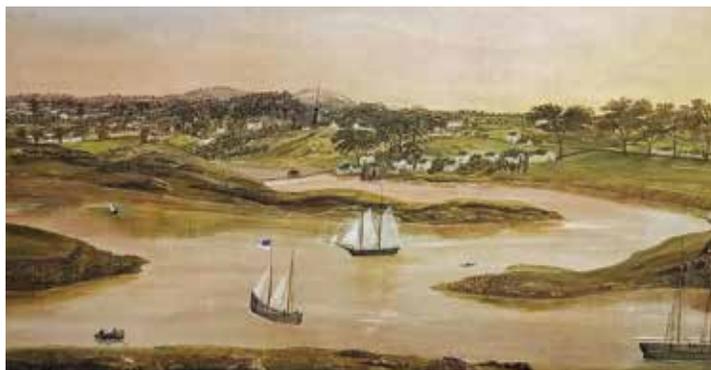
Using words lifted directly from court records, new banners have been created to tell the stories of those who spent time in the Old Gaol, for crimes including (using contemporary terms) fornication, theft or prison breach. And they'll be displayed in the same cells where they were held. One man who was nearly incarcerated was Hugh Holman, a weaver who lived in a house below the jail. While it was legal to use prison labor (which he did to process flax), it was severely frowned upon to sell rum and flip (a heated concoction of beer, rum, and sugar) from the jail's kitchen; Holman was fined in 1738 for his nervy transgression.

"The Gaol will now only display stuff specifically related to prison life, with artifacts," said Lefever. That will include an archaeology display of items found on site, including the aforementioned flax and leather patterns for shoes. Perhaps thankfully, they will refrain from using a common Old Gaol recipe, namely head soup, which, like a cheese press, is self-explanatory. Still, it's nice to hear about the process.

"Yeah, they'd take the head of a pig, deer, cow or sheep," said Lefever, "get the hair off, break the skull and boil it. It was typical fare in England, and here too." Prisoners were also served mussels and lobsters which, while more palatable by today's standards, were considered a poor man's diet back then.

Inside the Museum Center at the corner of York Street and Lindsay Road is the Remick Gallery, which houses a new exhibit for 2022. "The Best of York" presents the museum collection's greatest hits, which Lefever and his team sorted out over the past couple of years.

"We found that Old York has such a fantastic collection of super rare things," he said. While their collection has plenty of artifacts from the Victorian and Federal era, this exhibit features mostly pre-Revolution items, which typically fascinate more visitors. There's an 18th century bombé desk/bookcase



bought in 2020 and restored for a full year, with its missing top reproduced by a NH carpenter; locally made chairs with the distinctive York finial; various dishes shipped to York from all over the world; the stump of an apple tree (sprung from a seed brought over from England) that achieved national notoriety when its owner chopped it down because it was drawing too many tourists; one of the first paintings of York Harbor; the violin played by Eliphalet Grover on Boon Island, where he was the lighthouse keeper from 1816-1839; and the most complete set of American crewel-embroidered bed hangings from the 18th century, made by Mary Swett Bulman Prentice of York in the 1730s.

Because of their rarity and value, Lefever said the pieces to be found in "The Best of York" are better off in the climate-controlled gallery rather than in one of their old houses. Speaking of their old properties, one of them, the Emerson-Wilcox House, is out of commission until further notice, having been struck by an asleep-at-the-wheel driver on Memorial Day weekend in 2021.

"It looked like a bomb went off," said Lefever of the aftermath, adding that fortunately the driver wasn't injured and no valuable objects were in the room that received the brunt of the damage.

One of Old York's big draws, the Perkins House, has re-opened after a \$700,000 renovation that began in 2019, when long-standing electrical problems, mechanical defects and a lack of both a heating system and func-

tioning bathroom finally forced its closure to address all those issues. With the additional time given them by Covid, Lefever and his people consulted all the inventories of the house's contents, with the one from 1953 deemed the most complete. It was in 1954 that the house was given to Old York with all its contents, which were considerable, since the Perkins family had lived there from 1898 to 1952.

"Looking at the inventories, and consulting with historic photographs, we've been able to put thousands of objects back in the proper rooms," said Lefever. Also, the museum's previous inclination to focus on daughter Elizabeth Perkins – the one who willed the property to Old York – has been changed so that more attention is given to her father, an Anglican minister, and mother, who was a historic preservationist and archivist.

For more information on Old York's properties, events and programs, go to [oldyork.org](http://oldyork.org) or call 207-363-1756.



Photo top: Artifacts found on site at the Old Gaol are on display in the 17th-century prison. Photo courtesy of Old York Historical Society. Photo middle: This fiddle and wooden box owned by 18th-century Boon Island lighthouse keeper Eliphalet Grover are in the "Best of York" exhibit this year. Photo by Dana Pearson. Photo bottom: An unknown painter created this earliest known depiction of York Harbor around 1850. The work is found in the Remick Gallery's "Best of York" exhibit this year. Photo by Dana Pearson.

# Wedding Cake House restoration – a family project

by Steve Hrehovcik

Folklore and myth have made the Wedding Cake House in Kennebunk one of most revered and romantic buildings in New England. Prominent ship builder George W. Bourne constructed the original structure in a traditional Federal style in 1825-1826. It consisted of a two-story square brick building with an adjacent ell, shed and barn. In the mid-1850s, Bourne added elaborate spires, turrets and pinnacles to his basic brick home, inspired by the Gothic architectural designs in Europe, and the Cathedral of Milan in particular. The delicate façade provided those with vivid imaginations to describe the ornate building as a wedding cake.

To elaborate on the wedding cake image, the legend evolved that Bourne had to abandon his bride on their wedding night to launch his ship on the outgoing tide. When he returned a year later, to make up for leaving his bride, he built her a house that looked like a wedding cake. Although this story has no basis in fact, this legend lives on.

While this beloved building, at 104 Summer Street (Route 35), continues to attract sightseers, photographers and artists, a more desperate story about its condition has emerged. Over the years, it has suffered the ravages of severe Maine weather, harsh rain and windstorms, exposure and neglect. Paint has peeled, wood decorations rotted and the barn foundation needed attention.

A winter storm caused damage to art stored in the cellar, which was part of the collection by the former owner James Hunt Barker. He had galleries in Palm Beach, New York and



Nantucket, Massachusetts.

When Barker passed away at age 92, in 2020, his nephew Hunt Edwards and niece Lela Cason inherited the property.

As one of building's new owners, Edwards became the general contractor on the project to restore the building to its former glory. Edwards is coordinating repairs with his wife Katie, who is the creative director and interior curator. Also on the family team is their daughter Montgomery, known as 'Meme,' who serves as the

marketing manager and administers internet communications and publicity.

To handle the monumental restoration work required, Edwards uses his extensive experience in the building industry. He started in the construction business in 1975 in Lexington, Kentucky, where he grew up. He moved to Florida in 1985 where he established a construction company.

Edwards said, "Anyone who has worked on an old building knows to expect surprises. When we started restoration in 2018, we had to decide whether to make cosmetic repairs or replace deteriorated woodwork. The eight columns and decorative trim that gives the building its elegant appearance all required serious work. In addition, many of the tops and spindles of the fence had to be cut and turned to match the original design. While we still have a great deal of work to do, we repainted these exterior sections to give the building a finished look."

In addition to replacing original woodwork, a new porch is planned for the rear of the house. Repairs were needed for sections

*-continued on next page*



**What a Relief:**  
The Art of Salley Mavor

June 7- September 11

BRICK STORE MUSEUM  
117 Main St., Kennebunk  
www.brickstoremuseum.org

Sponsored by:  
Kennebunk Savings  
H.B. Provisions

**Wine**



**House**  
on main

WINE • FINE ART • WINE TASTINGS

17 MAIN STREET, KENNEBUNK  
(207) 467.3462  
WWW.WINEHOUSEMAINE.COM  
@WINEHOUSEMAINE



of the carriage house and barn foundation.

With the shutdown of the past two years, progress has been limited with a focus on interior projects.

Katie Edwards said, "Work inside the building included relocating a bathroom and moving the laundry from the cellar. We will also remodel the kitchen, and we have some decisions to make on the best way to proceed."

Since the building is a private residence in an historic section of town, Hunt Edwards has been providing town officials and the Kennebunk Historical Preservation Commission with progress reports and future plans for the property. These have included drawings, detailed projections and a slide presentation describing work-in-progress.

Frances Smith, Chairperson of the Kennebunk Historic Preservation Commission, said, "We are very pleased with the presentations Hunt Edwards has made to the commission that shows the work to restore the Wedding Cake House. Hunt has provided detailed information to help us understand his progress and plans for the future. We know this is a costly and ongoing project. He has also shown sensitivity to the town and his neighbors and is aware of the importance this historic building has for the community. We have been in constant communi-



cations with him as he moves forward with the complicated restoration."

While it is impossible to predict how long repairs will take, the Edwards team hopes to have the major work finished by 2025 to celebrate the Bicentennial of the building.

Through the years, the Wedding Cake House has had a number of owners. It remained with direct family descendants of George Bourne until 1983 when Kennebunk native Mary Burnett purchased it. She also had major renovations completed to the interior and exterior. When this work was done, she opened a studio and art gallery in the carriage house.

Hunt Edwards' uncle, James Hunt Barker, first saw the building in 1954 when he was 26 years old and fell in love with it. Forty-four years later, in 1998, Barker purchased the Wedding Cake House.

With so many unknown factors and surprises ahead, it is impossible to determine the cost of restoration. In keeping with the romantic nature of the building, in spite of all the hard work, it is a labor of love for Hunt, Katie and Meme. They are determined to restore the Wedding Cake House to its original beauty and splendor as a featured attraction in the community.

For information on the progress of restoration and how to help, visit [www.weddingcakehouse.com](http://www.weddingcakehouse.com) and follow on Facebook.



**Photo top:** The main section of Wedding Cake House shows the delicate façade that has become a legendary attraction in Kennebunk. **Photo bottom:** Katie Edwards, Hunt Edwards and Montgomery "Meme" Edwards have been working to restore the Wedding Cake House. On opposite page: Before and after pictures of the sign at the Wedding Cake House showing the skilled work required as part of the restoration of the property. Courtesy photos

# Local Finds



Dannah, Kennebunkport  
Courtesy photo



## Kindred & Company specializes in gifts and home furnishings with a coastal flair

*Three generations of “strong independent women”  
mastermind new shop in Wells*

by Valerie Marier

When Kindred & Company opened its doors over Memorial Day Weekend, visitors discovered two floors amply stocked with soaps and scents, china and clothes, sofas and side tables, lamps too. Originally and years ago, this multi-purpose building on Route 1, Wells housed a lobster restaurant. It later served as the popular gift shop known as Pallian.

Today, under the creative entrepreneurship and welcoming personalities of three generations of women, all related and with the same last name, Kindred & Company is likely to become a frequent destination for finding hostess gifts (such as aromatic Reed diffusers), useful books (*The Art of the Cheese Plate: Pairings, Recipes, Style, Attitude* by Tia Keenan), Spartina purses, and ultra cool straw hats. Owner Denny Turmelle said, “We also want our customers to feel comfortably at home here, like they’re with family.”

That mission underscores the shop’s name: Kindred & Company. Denny Turmelle and her daughter-in-law Molly Turmelle bought the building in May, 2021, with the idea of opening a coastal home decor and garden gift shop. They enlisted Molly’s daughter Sophie to be the business manager. The entire Turmelle family engaged in a “store naming contest” (“Should we call it the Drake?”). Denny said, “Someone in the family suggested ‘Kindred,’ and it fit perfectly with our goals.”

“We are family but we are also three strong and independent women working together,” Sophie states. Her mother Molly adds, “We want our customers to discover that we have both high end and very affordable treasures here.” Her mother-in-law Denny notes, “We are in a great location on Route 1 and we hope you’ll put Kindred on your list of ‘places to visit’ when company comes during the next few summer months.”

*—continued on next page*



Kindred & Company specializes in home furnishings and accessories with a coastal flair. Photo by Sophie Turmelle of Kindred & Company



Molly Turmelle grew to know and love Wells Beach as a young girl when her family rented a house there over several summers. Later, she and her husband owned a home on Drakes Island. “We always used to stop in and shop at Pallian. I remember thinking it was a terrific store in a great location. When we heard the property was for sale, we leapt for it!”

The Kindred motif is decidedly beach and garden, and the shop echoes with a colorful summer-scape of pale blue, teal, tan and white accessories. But even for folks who live in midtown Manhattan, temptations abound, from funky travel wraps and dresses by MERSEA, white wicker baskets and blue ceramic planters, plus puzzles by Werkshoppe displaying retro beach scenes.

The long wall of birthday and greeting cards will delight the most discriminating card aficionado. The book selection is quite good. Learn gardening tips in Bunny Mellon’s *Garden Journal* and enjoy down-home recipes from the best restaurants, food artisans, bakeries and farmers across the state in Ben Conniff’s REAL MAINE FOOD. “And while we are not an art gallery, we’re delighted to have several local artists displaying their work here,” adds Molly Turmelle.

The three Kindred ladies anticipate staging book signings and holiday open houses in the future. “We want everyone in the area to know we are open for business, we’re adding new merchandise almost daily, and we can’t wait to meet you,” said Denny Turmelle.

*Kindred & Company is located at 2049 Post Road (Route 1), Wells; open 10 AM-5 PM, Thursday-Monday; closed Tuesday/Wednesday; FMI call 646-1600.*



**Photo top left: Vases, books, cheese trays and wooden boxes with a coastal home and garden motif are beautifully displayed at Kindred & Company. Photo top right: “We want our customers to feel at home here,” said owner Denny Turmelle. Photo bottom: Decorative pillows, planters in a multitude of sizes and colors, plus wicker baskets reflect the ample accessory collection at Kindred & Company. Photos by Sophie Turmelle of Kindred & Company**



# dannah

↪ exquisite treasures ↪

- BAREFOOT DREAMS • ELIZABETH W • INIS • JELLYCAT • JOHN MICHAEL RICHARDSON JEWELRY •
- LATICO • MERSEA • POWDER • SIXTON • SUGAR/ANGELROX •

123 OCEAN AVE KENNEBUNKPORT, MAINE

[dannahkpt.com](http://dannahkpt.com) 207.967.8640



# dannah

unique gifts | **FOR** men

- BILLYBELT • CAPT FAWCETT • CHART METAL WORKS • COTTON CITIZEN • FAHERTY • LONG WHARF SUPPLY •
- MARINE LAYER • OPOLIS • PIG & HEN • SECRID • SHINOLA • TAYLOR STITCH •

127 OCEAN AVE KENNEBUNKPORT, ME

[dannahformenkpt.com](http://dannahformenkpt.com) 207.204.2007

When you think of Maine, it's natural to imagine lighthouses on the rocky coast, tasty lobsters, and vast acres of pine trees.

*But...* did you know Maine has more than 25 places with foreign names throughout the state.

## Visit Maine and tour the "World"

NORWAY	14 MI
PARIS	15 MI
DENMARK	23 MI
NAPLES	23 MI
SWEDEN	25 MI
POLAND	27 MI
MEXICO	37 MI
PERU	46 MI
CHINA	94 MI

**No... You won't find:**

- \* The Fjords in Norway
- \* The Eiffel Tower in Paris
- \* The Great Wall of China
- \* The Parthenon in Athens
- \* The Inca Ruins in Peru

**Even better, you'll discover a world of wonderful people. fun and happy memories.**

map by Steve Hrehovcik

## What can you make out of a lobster trap and rope?

*by Jo O'Connor*

If you live in Maine, or visit here, you must be aware of Mainer's resourcefulness. Let's take the iconic lobster trap. You might be surprised at the variations out there.

From lobster traps, we get coffee tables, rocking chairs, wine caddies and more. From lobster rope, we get doormats and swings, baskets and trivets, keychains, dog toys and wreaths – oh my!

All of these make great keepsakes and gifts for loved ones – and all are borne of down home resourcefulness.



Photos courtesy of Cape Porpoise Trading Company



*"Tap into resourcefulness; unleash creativity; progress will follow."*  
*Anonymous*



Fashion Accessories and Gifts for Home and Garden

**Kindred & Company**  
2049 Post Road, Wells, Maine • 207-646-1600  
Open 10-5, Closed Tuesday & Wednesday



## Largest Gift Shop in the Area!

Yankee Candles, Jewelry, Mugs, Wind Chimes, Calendars, Seaside Décor, Gifts for Guests, Greeting Cards & More!

Recognized by as the #2 independent shipping service in the USA!

www.mailitunlimited.com

www.shopkennebunk.com

45 Portland Road, Shoppers Village, Kennebunk  
207-985-2087

Hours: M-F 8:30-6; Sat 9-5, Sun 10-4



# KING'S WHARFE



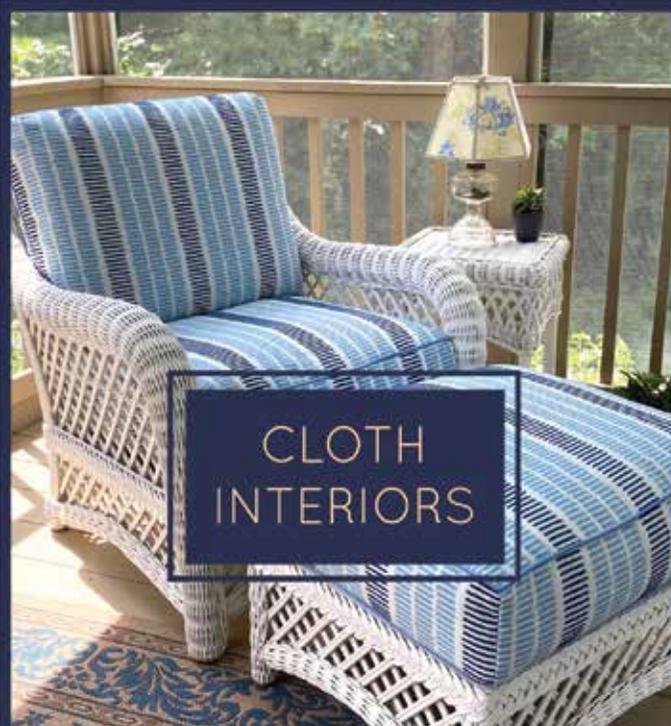
*LADIES'*  
*Saint James*  
*YC*  
*Hinson Wu*



*MEN'S*  
*Alberto Pants*  
*Alan Paine*  
*Haupt*

**King's Wharfe Fine Clothing**

**Open Wed-Sun 10 AM - 4 PM • 45 Ocean Avenue, Kennebunkport • 207-967-1208**



**CLOTH  
 INTERIORS**

**Fine Fabrics & Wallpaper**

WINDOW TREATMENTS | DESIGN SERVICES | UPHOLSTERY | SHUTTERS

Visit our Facebook page @clothinteriors for current showroom hours and latest promotions

99 York Street, Kennebunk 207-965-0032 clothinteriors.com

# SEA LOVE



**NEW FACTORY & STUDIO SHOP  
 PEPPERELL MILLS | BIDDEFORD, ME**

**WORKSHOPS & RETAIL BOUTIQUE**

**SEALOVE.COM**

**2 Ocean Ave., Kennebunkport (above Abacus)  
 40 Main St., Bldg. 13-135, Biddeford (next to Portland Pie Co.)**

# Eyephoria Optical

Beautiful . Unique . Chic  
Eyewear and Accessories



*Independent Eyewear at its Best*

## Summer Sale!!

Enjoy 50% off select eyewear and accessories

2178 Post Rd., Ste. 102 , Wells, ME

*A word from Renee Arbisi of Morph Gallery and Emporium and why she loves framing:*

"I love taking something beautiful and enhancing it through framing, it makes me so happy to do that! I want to make it work for the customer even if we create something together that is a bit unique or even considered "not right" within the conventions of the framing world. I have no rules. I've had customers come in with already framed items that they want re-done because it doesn't work for them, even though a professional did the work. I look at the item to be framed (it could be a quilt or a painting or even recently a television) and ask the customer what they want it to feel like after it's framed. Is it a warm tone to reflect the love they have for the person who painted it? Is it a cooler tone to highlight the ocean in the photo? I love the process as much as the product. I listen to the customer and as they describe what feeling makes sense I let them know I will figure out the rest. I love a challenge...I framed a nickle one time, in a frame that allows both sides to show. I have framed original art from Miro and Chagall: and although of course they were very special, I am equally drawn to all the items and the stories behind and beneath them. My favorite project was actually a series of drawings a man had done as a child. His wife was having them framed for their children as a celebration of his 80th birthday. Very touching.

"I am honored to have this job and serve the people in this area and the visitors. I feel so supported in this special community."

## T&T'S PICK-OF-SUMMER



*This one-of-a kind woodcarved sea snail is available at Hulrbutt Designs, 51 Western Avenue in Kennebunk, for \$235*

# FATFACE

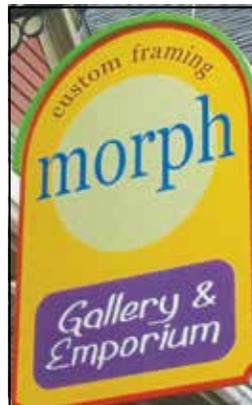
Outdoor Casualwear  
& Accessories



## MADE FOR LIFE™

16 Dock Square, Kennebunkport

207.204.2023



morph

Gallery & Emporium

whimsical • elegant • unexpected • cherishable

155 Port Road, Kennebunk 207-967-2900

ample customer parking



**Bell Farm Shops**  
*Christmas in July Sale*  
 Saturday, July 30th & Sunday, July 31st  
 20% off Christmas decor! 10% off everything else\*  
 Free gift with purchase over \$50 until supplies last

CARDS		FAUX FLORALS
HOME DECOR		MAINE MADE PRODUCT
CHRISTMAS ALL YEAR ROUND		CANDLES
GARDEN GIFTS		WIND SPINNERS
KIDS & BABY GIFTS		BACKYARD BIRD SUPPLY

244 US ROUTE 1, YORK ME 03909  
 207-363-8181  
 BELLFARMSHOPS.COM

EXCLUDES BIRD SEED, AIR FRESHENERS, JEWELRY, CUSTOM ORDERS, LARGE FURNITURE AND SHIPWAY

**Local Maine Scene Bracelets**  
 Mother's Beach • Goose Rocks • Gooch's Beach • OOB & more  
 unique • metal • adjustable – the perfect gift for Maine lovers!

**at Morph Gallery**  
 155 Port Rd., Rte. 35, Kennebunk



\$21

designed by Geraldine Aikman  
 aikmandesign.com

**Looking for an interesting shopping experience?**

**Shop Resurrected**  
 unique  
 upcycled  
 fair trade  
 small batch  
 eco-friendly

13 WESTERN AVE KENNEBUNK.  
 LOWER LEVEL (BELOW ZEN)  
 @RESURRECTED.KENNEBUNKPORT

**Give the Gift of Maine**  
 Are you visiting the area and looking to bring home a piece of Maine?  
 Looking for Maine-made gift ideas?  
 Tourist & Town's Jo O'Connor offers suggestions from Maine makers and southern Maine businesses.

<b>For the Kitchen</b> Spices and rubs Savory gift basket Maine food & snacks Lobster-eating utensils Maine Mud chocolate sauce Granite cheeseboard Maine-shaped cutting board Locally brewed beer	<b>For the Home Cont'd</b> Rope doormat Harbor sound wind chime Pet treats, collars and toys Maine coon cat calendar Art, pottery and jewelry
<b>Family Fun</b> Slate tic-tac-toe board Retro board games Card games & puzzles Wooden toy log cabin set Music from a Maine singer/songwriter Paint-your-pet class	<b>For Adults</b> Maine mystery books Canvas or sailcloth bag Book by a local author Locally made clothing & fashion
<b>For the Home</b> Pine-scented sachets Tree ornaments Tide clock Lobster buoy birdhouse Hand-forged iron hooks	<b>For the Adventurous</b> Maine maps & sailing charts Pizza cooking class Maritime signal flags poster Winery or distillery tour Windjammer excursion Photography workshop Surfing class Family adventure trip Whale watching Saltwater fishing trip

*A word from Pam Roche, owner of Resurrected, located in Lower Village Kennebunk. Resurrected features a unique collection of items ranging from bags, to jewelry to home decor.*

"What makes our shop "unique?" We carry bags made from upcycled military tents, vinyl billboard signs, feed bags, fire hoses, seatbelts, or rubber inner tubes and more.

"We also carry many, different jewelry artisans who create the most interesting, and beautiful pieces from many different sources, like typewriter keys, circuit breakers, paper, vintage National Geographic magazines, telephone wire, bullet casings, deconstructed watches and jewelry refashioned into amazing new pieces. You have to come visit to see it all!

"We have so much more than jewelry and bags for you to see. We are a shop offering up-cycled, recycled and climate-conscious products. Come and check out the unbelievable innovation of the makers that we feature."

Junebug's  
**BEACH & HOUSE**

Coastal Inspired Gifts for  
People, Pets and Home.



17 PERKINS COVE RD . OGUNQUIT  
15 OCEAN AVE . KENNEBUNKPORT  
[junebugsbeachhouse.com](http://junebugsbeachhouse.com)



**Americana**  
WORKSHOP

THE AREA'S PREMIERE  
ANTIQUE & CUSTOM FURNITURE SHOP

**Open Daily**  
**9 AM to 5 PM**

111 York Street (Rte. 1), Kennebunk  
207-985-8356 • @americana\_workshop  
[www.AmericanaWorkshop.com](http://www.AmericanaWorkshop.com)

farm  
+  
table

COASTAL MAINE'S  
PREMIER  
GIFT GIVING  
DESTINATION

CURATED FOR THE  
FARM TO TABLE LIFESTYLE +  
EASE OF ENTERTAINING

SMALL BATCH MAKERS +  
CREATORS

FIND US ON FACEBOOK +  
INSTAGRAM

8 LANGSFORD RD  
KENNEBUNKPORT  
(207) 604-8029



[www.farmtablekennebunkport.com](http://www.farmtablekennebunkport.com)

# T&T's WHADDYA SEE?



How keen are your powers of observation?

Can you find the differences in these photos from Bell Farm Shops in York? How many are there?



Photographs by Joshua Hrehovcik/Photo editing by Geraldine Aikman

# WHERE DID YOU GET THAT?

HARBOR BEACH  
RIVER HOUSE



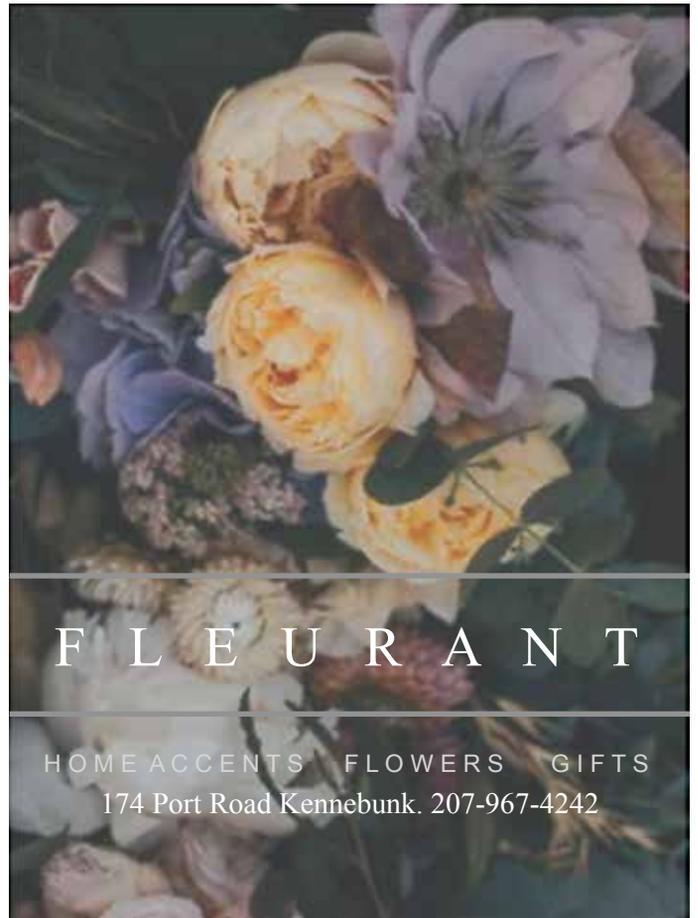
HOME  
GARDEN  
VINTAGE  
GIFTS  
APPAREL

## THE SHOPS *at Cape Neddick*

— Women-owned boutique shops —

1300 Route One  
Cape Neddick, Maine

[THESHOPSATCAPENEDDICKMAINE.COM](http://THESHOPSATCAPENEDDICKMAINE.COM)



## FLEURANT

HOME ACCENTS FLOWERS GIFTS

174 Port Road Kennebunk. 207-967-4242

featuring :

Birkenstock, Naot, Oofos, Dansk,  
and so much more .....

# shoebox and CO.

Active lives depend upon healthy feet. At Shoebox and Co, we know proper footwear is essential. Our buyers take great pride in choosing purposeful products that function seamlessly with the foot's anatomy.

We carefully select each brand with attention to the utmost quality, design and function for daily life. Our mission is to offer you a curated collection of the world's finest footwear for all of life's walks.

journey well

24 Ocean Avenue  
Kennebunkport Maine



[shoeboxandco.com](http://shoeboxandco.com)

[shoeboxandco\\_kpt](https://www.instagram.com/shoeboxandco_kpt)

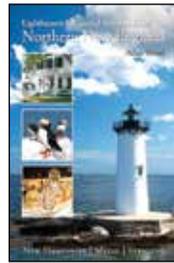
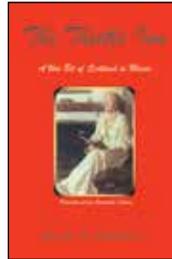
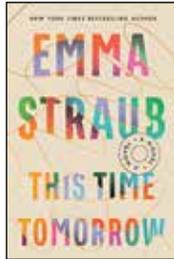
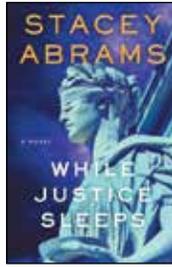
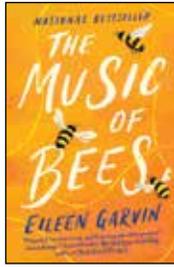
# Summer Reading

Whether you pick up or download a hardcover or paperback, or download an ebook or audiobook, summer is a great time to kick off your sandals and relax with a good book. Here are a few fiction and non-fiction books, some with a Maine connection, that you may enjoy. Ask for a copy from your library, local bookseller or download from the internet. Good reading!

*The Music of Bees: A Novel*, Eileen Garvin: Three lonely strangers in a rural Oregon town, each working through grief and life's curveballs, are brought together by happenstance on a local honeybee farm where they find surprising friendship, healing – and maybe even a second chance – just when they least expect it.

*While Justice Sleeps: A Novel*, Stacey Abrams: A gripping, complexly plotted thriller set within the halls of the U.S. Supreme Court, where a young law clerk finds herself embroiled in a shocking mystery crafted by one of the most preeminent judges in America.

*This Time Tomorrow: A Novel*, Emma Straus: What if you could take a vacation to your past? On the eve of her 40th birthday, Alice is happy with her life but her father is ailing, and it feels to her as if something is missing. When she wakes up the next morning she finds herself back in 1996, reliving her 16th birthday.



She is reunited with a vital, charming, 40-something version of her father. Now armed with a new perspective on her own life and his, some past events take on new meaning. Is there anything that she would change if she could?

*The Thistle Inn*, Hilary E. Bartlett: Colorful tales of the Thistle Inn paint a vivid portrait of a Maine fishing village during the 1960s and '70s. When shrimp boats filled the harbor, martinis were less than two dollars and famous actors, musicians and ballplayers dropped by. Photos and vintage menus spice up the pages, plus the secret ingredient for the Thistle's Downeast steak is finally revealed.

*Lighthouses and Coastal Attractions of Northern New England: New Hampshire, Maine and Vermont*, Allan Wood: With more than 360 color photos and maps, this image-rich guide covers all 76 lighthouse locations in Vermont, New Hampshire and Maine. For tourists, historians, lighthouse enthusiasts, and other travelers, here are practical directions and historical tidbits on the lighthouses – and also on tours, attractions, and other sites of interest. Enjoy boat cruises, organizations involved in local lighthouse preservation, and plenty of attractions and entertainment, including those off the beaten path like snack shacks and strange amusements.

\* WOMEN'S \* CLOTHING \* ANTIQUES \* CHILDREN'S \*

**Outta the Box**  
8 York St., Kennebunk

Open 7 days a week  
9 AM-4 PM Monday-Saturday  
11 AM-4 PM Sunday

**Donations accepted daily**

 Our wonderful thrift shop is a recycling creation of The New School. To learn more about our amazing high school visit our website or call for a visit or virtual tour. 207-985-3745 [www.thenewschoolmaine.org](http://www.thenewschoolmaine.org)  
38 York St., Kennebunk 04043

 Voted #1 Thrift Store



207-604-5050 • 8 York St., Kennebunk • Proceeds benefit The New School

\* HOUSEHOLD \* LINENS \* FABRIC \* HOME DECOR \*

YARNS \* BOOKS \* JEWELRY \* MEN'S TOYS \* ACCESSORIES \* FURNITURE

**Saint David's** Clothing for Women & Men

**Budget Box** Household Goods

**Consignment Shop** Jewelry

Donations & Consignments Accepted Mondays & Tuesdays 10-12:30  
- Store not open for shopping at these times -  
Shopping hours: Tues, 1-4 PM; Wed-Sat, 10 AM-4 PM

207-985-3544  
2 Bragdon Lane, Kennebunk (Next to Anchor Fence)

**Super Savings Saturdays – all white tickets half price!**

**Just Ducky**  
Shop of Fun  
100s of rubber ducks!



24 Ocean Avenue, Kennebunkport  
401-426-8191 • [info@justduckygifts.com](mailto:info@justduckygifts.com)  
[Justduckygifts.com](http://Justduckygifts.com)

# Must-Read Mysteries



These two mysteries should be at the top of all armchair sleuths' list this summer, according to Paula Keeney of Mainely Murders in Kennebunk.

Keeney said the Mike Bowditch series "is far and away Mainely Murders' best-seller among Maine books. With each tale, which started with *Poacher's Son* (2010), the author gets better."

*Hatchet Island* by Paul Doiron: A remote island off the coast of Maine is the setting for Paul Doiron's 13th Mike Bowditch adventure. This time the Maine game warden, accompanied by his girlfriend Stacey Stevens, is summoned by a former colleague to a research station far offshore. As soon as they arrive, they realize there's plenty of tension among those on the island. And, before long, they're dealing with two murders and the disappearance of a third person. That's really tension – for Mike.

*Muddled Through* by Barb Ross

When Julia Snowden returned home to Busman's Harbor to help save her family's clambake business in *Clammed Up*, the 2013 series debut, she immediately became a Maine favorite.

*Muddled Through*, the 10th title in this fun-filled series, is a summer read not-to-be-missed by fans of "cozies," the "lighter side" of mysteries.

Mud season takes on a new meaning in Busman's Harbor when local business owners sling dirt at one another in a feud over a proposed pedestrian mall. Vandalism is one thing, but murder means Julia Snowden of the Snowden Family Clambake steps in to clean up the case.



Follow Our Pack  
@scalawagpetboutique



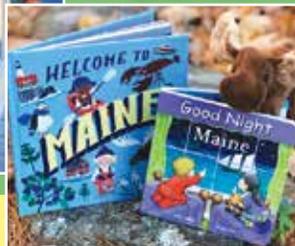
207.967.2775  
3 Dock Square | Kennebunkport  
www.scalawagpetboutique.com

## NEXT GENERATION

Clothing • Footwear • Games • Toys • Books



Unique things for the kids in your life!



17 Dock Square  
Kennebunkport  
info@nextgenerationclothier.com • 207-967-3611

## SQUISH KPT



16 DOCK SQUARE, 3RD FLOOR  
KENNEBUNKPORT, ME  
OPEN DAILY AT 9:30 AM • CLOSED TUESDAYS





## HOW'D YOU DO?

### A Maine Quiz

How much do you know about Maine? Take the following quiz to test your mettle.

1. What Maine candy maker still hand rolls candy canes?  
A. Harbor Candy, Ogunquit  
B. Len Libby, Scarborough  
C. Haven's, Westbrook
2. Which city is Portland closer to than it is to Fort Kent?  
A. Manhattan  
B. Philadelphia  
C. Montreal
3. Which month brings Mainers the largest increase in daylight?  
A. March  
B. April  
C. May
4. How many quarts of sap does it take to make a quart of maple syrup?  
A. One  
B. Fourteen  
C. Forty
5. What is a sea parrot?  
A. A gull  
B. A penguin  
C. A puffin



One of a Kind Handmade Bouquets, Road Stand Flowers and Special Orders lovingly made by Kennebunk's Own Charlene and Lili Stearns

To order, email [stemstostearns@gmail.com](mailto:stemstostearns@gmail.com), call (207) 967-9766 or find us this summer at the Kennebunk Depot 12 Depot Street, Kennebunk • Fridays-Sundays, 9-3

Come visit us. Find out what makes our flowers truly special.

6. What is a dogfish?  
A. A fish that barks  
B. A fish that bites  
C. A shark
7. What is Down East short for?  
A. Down the wind to the northeast  
B. Down to the east  
C. Down and over to east
8. Maine has more of these than any other state:  
A. Campgrounds  
B. Seasonal dwellings  
C. RV dealers

Answers:

1 C, 2 A, 3 A, 4 C, 5 C, 6 C, 7 A, 8 B



Spectacular blooms and creative arrangements for special occasions and everyday

*Calluna*  
fine flowers and gifts

[www.callunafineflowers.com](http://www.callunafineflowers.com)

193 Shore Road, Ogunquit, Maine 207.641.0867

Extraordinary jewelry, luscious bath and body care, unique clothing pieces and one-of-a-kind finds



Every picture tells a story...



Love the Ocean    Love Maine    Love of my Life



COASTAL  
JEWELERS

28 Dock Square, Kennebunkport, ME | 207.967.0100 | [www.CoastalJewelers.com](http://www.CoastalJewelers.com)  
Specializing in Maine's state stone, Tourmaline | Diamonds | Sapphire | Tanzanite | Charms & more



**JAK**  
KENNEBUNKPORT

CLOTHING - JEWELRY - ACCESSORIES



25 DOCK SQUARE  
[WWW.JAKDESIGNS.COM](http://WWW.JAKDESIGNS.COM)  
HANDMADE IN THE USA

# Local Fare



Bandaloop Restaurant, Arundel  
Courtesy Photo

# You know you need 'em

## How a Saco couple carries on a sweet Maine tradition

by Dana Pearson

At the far end of an expansive grassy rise sits a modest home of weathered natural clapboards and white trim, beyond which begins a forest that dips down to Deep Brook and the turnpike. To reach it, you have to head west out of downtown Saco toward farm country. The driveway, off a dead-end road, passes a 20-foot-tall row of arborvitae standing sentry. Except for the low hum of traffic, it's quiet and pastoral.

Gerard and Malaika Picard have lived here for 30 of the 31 years they've been married. Gerard grew up in the house you can see from his kitchen window; his folks broke off this lot for him to build on. Standing outside and surveying the scene, it's hard to imagine how this house could be the site of such a high level of commercial productivity. And such tasty productivity, too.

The Picards own and operate the Maine Needham Company. It pains one to have to explain what a Needham is, but for the uninitiated, it's a sweet little square confection of coconut and potato dipped in dark chocolate. A verifiable Maine invention commonly attributed to John Seavey of Auburn, the Needham marks its sesquicentennial this year, just as the Picards are on the cusp of expansion.

It was just three years ago that they purchased the operation from Linda Lenberg, who started the one-woman company in her Norway kitchen in 2007. When she decided to sell, she turned to the Picards, fellow parishioners of a Westbrook church.

Gerard, who had recently installed a kitchen in their basement in which to make gorgeous designer cakes for friends and family, made some adjustments in the 600-square-foot space to accommodate the equipment Lenberg had acquired over the years. The



Picards may not notice the scent anymore, but anyone stepping into their house for the first time cannot help think, "Man, this place smells awesome!"

That may change.

"We're looking to possibly be off-site next year," said Malaika, whose day job is administrative assistant to the Saco Fire Chief. "We'd like to stay in Saco and have more space, so people could stop by and watch what we do. We'd also like to add an employee."

The stats provided by Gerard back that up.

"Our first full year was 2020, which saw over 100 percent growth from the previous year," he said. "In 2021, it was 96 percent growth. And in 2022, to date, we're up over 130 percent."

Gerard is a busy man, spending most of his time in their basement churning out the needhams. He used to build homes with his brother full-time; however, as the candy business took off, Gerard fully committed himself to it last fall. Lenberg used to create 2,000 Needhams a week; Gerard makes between 2,000 and 4,000 of the addictive sweets every day, five to six days a week.

"We do work well together," said Malaika. "He just loves the process, and I'm better with the people. This way, we cover both aspects of the business."

They clearly do it well. At the New England-Made Gift and Specialty Food Trade Show held this past March in Portland, their needhams won the Best New Product Award.

"What excited us most about buying the company from Linda is that we're both very methodical," said Malaika. "We really wanted to tweak the operation and improve it."

—continued on next page

Photo top: Gerard and Malaika Picard operate the Maine Needham Company from their home in Saco, and hope to physically expand their operation as it continues to grow. Courtesy photo. Photo bottom: Though undetectable by one's taste buds, potato is a crucial ingredient in the Maine Needham as it helps bind the coconut. Courtesy photo.

On her end, Malaika dove into the Maine Needham Company's online presence, spiffing up the website (maineneedhams.com) and making it more user-friendly, and revitalizing a mostly dormant Facebook page. "I took advantage of the tools Linda already had in place," she said.

Malaika noted that 10 percent of their sales are online. She ran a successful campaign, with the hashtag #NeedhamNation, with the goal to sell their needhams to every state in America. The ironic holdout was the potato state, Idaho, which finally notched a sale earlier this year.

Lenberg handed over existing Maine accounts, the largest being Reny's. The needhams are found at various places including Ace Hardware, Sherman's Bookstore, Trillium gift shop in Biddeford, and Mainely Drizzle in Kennebunkport. Hannaford's supermarkets have recently been added to their accounts, which are handled by several distributors that the Picards are grateful to have. "We don't want to be responsible for selling them," said Malaika. "We just want to make them."

And how exactly are they made?



From being mixed to being boxed, "It's a 36-hour process from start to finish," said Gerard, demonstrating an abbreviated version of the routine one afternoon in the basement factory that's kept at 68 degrees with 35 percent humidity, which is ideal for working with chocolate.

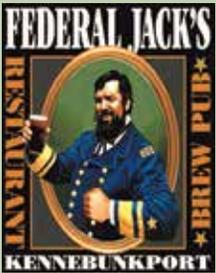
He begins his typical 10-hour day between 5 and 6 AM with his favorite part, mixing up the next batch of batter for the needhams. Lenberg's original recipe has been left unaltered, and includes potato flakes (preferable to potatoes in that the moisture content can be controlled), confectioners' sugar, coconut, coconut oil, salt, vanilla and water. Using an enormous mixer called Bertha (all their machines have names), Gerard blends all the ingredients, and since a batch of maple needhams is scheduled for today, he adds Maine maple syrup from Hilltop Boilers in Newfield.

Blueberry (using dehydrated highbush blueberries from Michigan, since no Maine producers make dehydrated lowbush berries yet) and espresso (the Picards grind the beans and brew the coffee) are other regular flavors. Seasonal flavors include peppermint

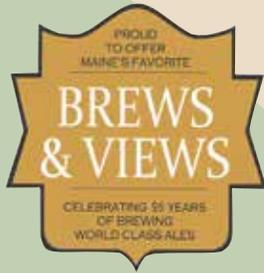
-continued on next page



Using a die handed down by the founder of the Maine Needham Company, Gerard Picard outlines pieces for a batch of maple-flavored Needhams. Photo by Dana Pearson



**FEDERAL JACK'S**  
KENNEBUNKPORT



**BREWS & VIEWS**  
CELEBRATING 55 YEARS OF BREWING WORLD CLASS ALES



*Below Federal Jack's*  
**Kennebunkport Brewing Co. Shipyard Store**  
207-967-1261 • www.kbcshipyardstore.com  
Free Brewery Tours and Tastings!

- Shipyard Bottles • Pugsley Signatures
- Nautical Gifts • Logo Wear
- KBC Growlers • Kegs
- Toys and Books

Mon.-Fri., 10-6 • Sat.-Sun. 9-6

**GREAT MAINE GIFTS & SOUVENIRS**

Shipyard Shops • 8 Western Ave • Lower Village, Kennebunk • 207-967-4322 • www.federaljacks.com



**Shipyard Shops**  
**8 Western Avenue**  
**Lower Village, Kennebunk**  
**207-967-4322**  
**www.federaljacks.com**





**INSPIRED FOOD • HAND-CRAFTED BREWS • LIVE MUSIC • GREAT MAINE GIFTS & SOUVENIRS**

stick (using peppermint oil and crushed candy canes) for Christmastime and key lime planned for the summer.

After the batter is mixed, Gerard separates a portion of the dough and spreads it out into a rectangle over a piece of parchment paper between two stainless steel spacing bars. By putting a second piece of parchment paper over the dough and smoothing it with a rolling pin, the rectangle – thanks to the spacers – will achieve the correct height for the finished needhams. A metal die handed down from Lenberg is used to mark 40 perfect squares, which Gerard then slices with a large curved knife, lifts onto a tray, and slides into a tall tray rack for curing (8 to 12 hours; then flipped and cured for another 12). Each rack holds 25 trays of 40 pieces, with Gerard working on 1,000 pieces at a time.

Gerard won't get to the next step with these maple Needhams until tomorrow; now, he takes a tray of original flavor Needhams he prepared yesterday and carries them to Gerty.

Gerty is an old conveyor belt machine that enrobes the pieces



in chocolate and makes a first-time visitor immediately think of a classic *I Love Lucy* episode. According to Malaika, "Gerty was found in Pennsylvania, and Linda brought it up to Maine in a Jeep." Its heated reservoir is always filled with smooth flowing chocolate transferred from the nearby proofing cabinet (named Stanley), where 90 pounds of chocolate pieces in metal bowls take six to eight hours to melt.

Inside Gerty's main chamber are a small electric heater and handheld hair dryer, which Lenberg had installed to boost the internal temperature to the desired 115 degrees for perfectly enrobing the coconut delights; the Picards see no reason to mess with the successful modification.

Gerard places the pieces on a vinyl conveyor belt which, in the heated chamber, segues into a moving metal grill, allowing the pieces to be coated top and bottom. Returning to a vinyl belt, the shiny confections are led through a four-foot-long air conditioning unit (made by Lenberg) which, blowing 63-degree

–continued on next page

With Gerard Picard overseeing the operation, Needhams that have been freshly enrobed in melted chocolate travel down the conveyor belt to an air conditioning unit for cooling so they can be handled and packaged. Photo by Dana Pearson

The advertisement features a large, vibrant bowl of red soup with avocado, green onions, and shredded cheese on the left. The background is a dark wood grain. The logo for 'BANDALOOO' is prominently displayed in the center, with the tagline 'LOCALLY SOURCED, GLOBALLY INSPIRED, ORGANIC EATERY' below it. To the right of the logo is a stylized illustration of a radish. The text 'Patio Opens Memorial Day Weekend Full Menu for Take Out' is written in a bold, white font, followed by 'Reservations Recommended'. At the bottom, the address '1200 Portland Rd (Route 1) Arundel, ME 04046', website 'www.bandaloooprestaurant.com', and phone number '207-967-4994' are listed.

**BANDALOOO**  
LOCALLY SOURCED, GLOBALLY INSPIRED, ORGANIC EATERY

**Patio Opens  
Memorial Day Weekend  
Full Menu for Take Out**

**Reservations Recommended**

1200 Portland Rd (Route 1) Arundel, ME 04046  
[www.bandaloooprestaurant.com](http://www.bandaloooprestaurant.com)  
207-967-4994

air on the treats, cools them so they can be handled. Gerard inspects every single one to make sure they've been completely coated.

After Gerty comes Guido, the horizontal flow wrapper. Gerard's job here is to place the needhams atop little square informational cards on the conveyor belt, and Guido's job is to seal them in clear plastic.

Gerard has high praise for his vintage equipment, saying, "The beauty of older machines is that they're not computerized, and can be repaired." However, he does point to one of Guido's little quirks: "Sometimes the cards get caught, because the machine was not designed to handle them. It all depends on the mood Guido's in." To detect any mishaps quickly, Gerard keeps an eye on monitors connected to cameras installed in both Guido and Gerty.

Guido is connected to Buddy (the newest member of the assembly line, having been added in February), which labels the confections. Then they're deposited in a large container, all ready to be manually boxed – in display boxes from which people can take individual pieces, or in gift boxes of various flavors. For the record, Gerard's favorite is peppermint stick and Malaika's is maple.

With growing sales, enthusiasm of their craft, and a product that's hard to resist, the Picards seem to be on track in fulfilling their mission to preserve, revitalize and expand the tradition of the Maine Needham.

To reach Dana Pearson: [dana@touristandtown.com](mailto:dana@touristandtown.com)



*"It's a smile, it's a kiss, it's a sip of wine ... it's summertime!"*

*~ Kenny Chesney*



Talula's Market & Cafe, Kennebunk  
Courtesy Photo



Three Sea's Fish & Lobster, Kennebunkport  
Courtesy Photo

capeporpoisekitchen.com

207.967.1150



CAPE PORPOISE KITCHEN  
*great food to go*

GOURMET MARKET OPEN YEAR ROUND



we

**CATER**  
your cravings...  
and your dinner too

chef-prepared breakfast, lunch and dinner to go  
bakery, deli, wine, cheese, gift baskets  
full-service catering available

1 Mills Rd | Cape Porpoise ME 04046

## Farmers' Market Roundup 2022



**Kennebunk**  
Saturdays 8 AM-1 PM  
Through November 19  
Garden Street Lot  
Garden Street, Kennebunk  
[www.kennebunkfarmersmarket.org](http://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](http://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](http://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](http://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 throughout the season.  
[publisher@touristandtown.com](mailto:publisher@touristandtown.com)

## Golden Beet & Quinoa Salad

*Makes a great summer salad or side dish*

### Ingredients:

One bunch of medium size golden beets with tops  
1.5 cups of quinoa  
4 sprigs fresh thyme  
2 tblsp. of olive oil  
1 lemon  
Pinch kosher salt  
Pinch cracked pepper  
1 European cucumber  
1 bunch scallion  
Small block of feta cheese  
4 sprigs of fresh oregano  
3.25 cups of water

### Instructions:

Cut beet greens off of beets. Boil beets in water with salt and pepper until fork tender. Rinse, peel, cool and medium dice beets. Bring 3 1/4 cups water to a boil, add quinoa and cover for 15 minutes without flame. Fluff quinoa with fork and let cool. Peel and dice cucumber, same size as beets. Rise beet greens and ribbon cut. Slice scallions into small circles. Remove thyme from stem. Rough chop oregano. Zest and juice on lemon into a bowl. Whisk in olive oil. Combine all ingredients (1/2 of the feta) and toss together. Add remaining feta to top. Serve warm or cold.

*This recipe comes from Jason Coombs, a graduate of the Culinary Institute of America*



*local and fresh*

**AWARD WINNING COFFEE**  
**ESPRESSO**  
**AFFOGATO**  
**TEA**  
**PASTRIES**  
**DONUTS**  
**BAVARIAN PRETZELS**  
**SMOOTHIES**  
**SMALL FARE**  
**SEASONAL SPECIALS**



**GERMAN ICE COFFEE**  
chilled coffee over ice cream topped with whipped cream and a wafer

*for news and updates follow us*

 [docksquarecoffeehouse\\_kpt](https://www.instagram.com/docksquarecoffeehouse_kpt)

 [docksquarecoffeehouse](https://www.facebook.com/docksquarecoffeehouse)

*Please check our website for current open hours*

**18 Dock Square, Kennebunkport 207-967-4422**  
[docksquarecoffeehouse.biz](http://docksquarecoffeehouse.biz)

# BOULANGERIE

A PROPER BAKERY

July

July 23 - Lesser Known Grapes and Regions Wine Tasting  
10:30 - 1:30 PM

July 29 - Southern Hemisphere Wine Class

Accompany sommelier Gary Murfitt on a grand tour of the wines from the Southern Hemisphere  
6:45 - 8:30 PM

August

August 6 - New Zealand and Australia Wine Tasting  
10:30-2 PM

August 12 - Sparkling wine and Rosé Wine Class and acoustics by Kirk Killer

Experience the wonderful world of sparkling wine and Rosé with Sommelier Gary Murfitt, with live music  
6:45-9:30 PM \$15 per person

August 20 - French Wine tasting  
10:30 - 1:30 PM

August 26 - Light Wines From Around the World Wine Class  
Experience some of the wonders of the wine world as we taste some hidden gems.  
Wines curated by sommelier Gary Murfitt  
6:45 - 8:30 PM



Win a \$100 gift certificate!  
To play, mention this ad while at the market.  
Raffle drawing on October 8



Saturdays 8 AM - 12:30 PM • May to November  
Garden Street Bowl Parking Lot



@KennebunkFarmersMarket

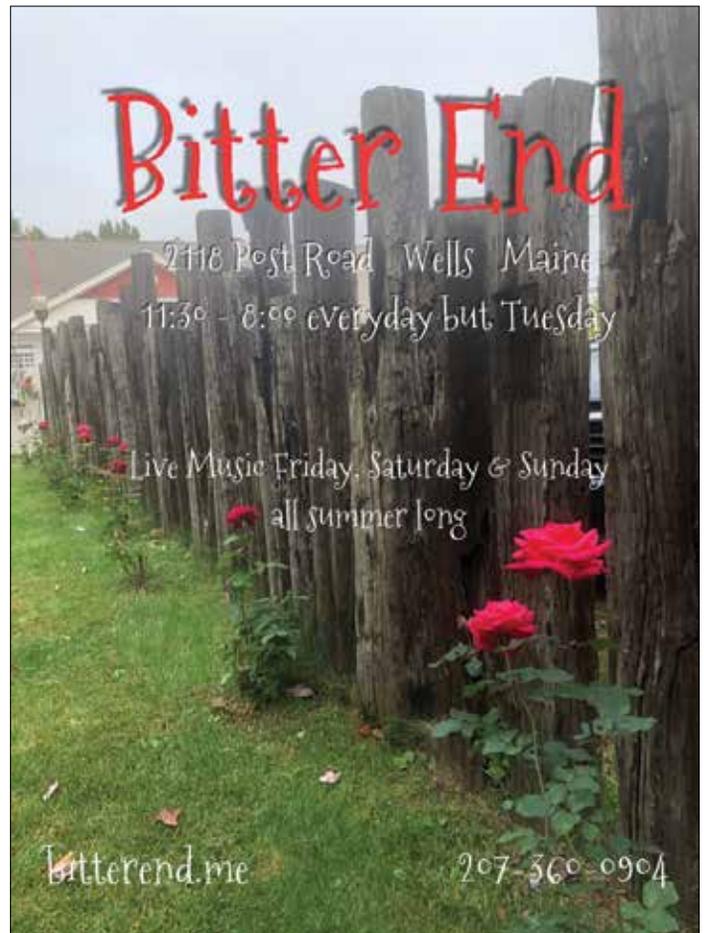


Coffee • Tea • Delicious Grab & Go Food  
Coffee Shop & Gift Emporium  
40+ Years Experience Roasting Coffee  
Committed to Quality



207-967-8304

163 Port Road, Lower Village, Kennebunk  
www.coffeeroastersofmaine.com



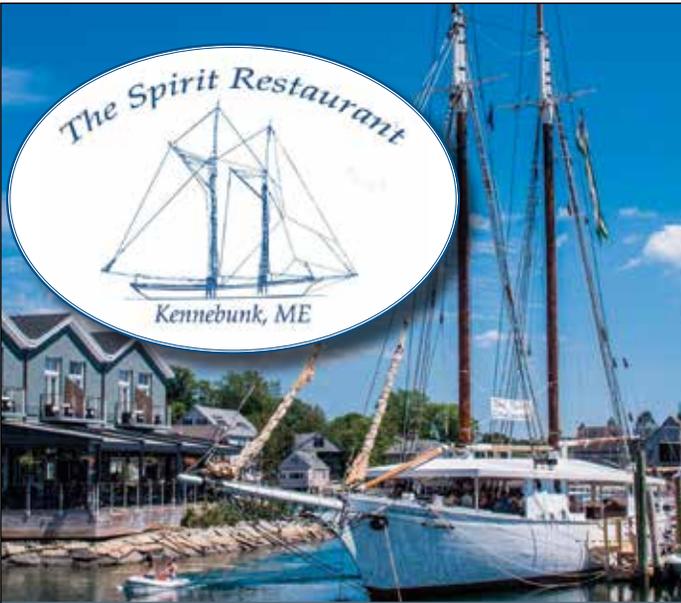
# Bitter End

2418 Post Road, Wells, Maine  
11:30 - 8:00 everyday but Tuesday

Live Music Friday, Saturday & Sunday  
all summer long

bitterend.me

207-360-0904



## THE FLOATING RESTAURANT

ALSO BOOKING PRIVATE PARTIES  
CORPORATE EVENTS  
CUSTOM MENUS  
EXCLUSIVE EXPERIENCE

4 Western Avenue | Kennebunk | [TheSpiritRestaurant.com](http://TheSpiritRestaurant.com)



Casual Waterfront Dining  
featuring fresh, local seafood  
Cocktails & Sea Breezes on the Deck

A unique dining experience

Open daily  
for lunch and dinner  
at 11:30 AM

43 Ocean Avenue, Kennebunkport 207-967-3444

## *Oceanfront Lodging, Dining & Gatherings*



**COLONY HOTEL**  
KENNEBUNKPORT

207-967-3331   [thecolonyhotel.com](http://thecolonyhotel.com)   140 Ocean Ave, Kennebunkport, ME

# Healthy Food – Healthy Living

by Daryl Conant, M.ED.

Far too many of us fail to pay attention to our nutritional needs. We eat either too much or too little. We are malnourished. In our competitive world, where our focus is geared toward greater earnings, we have lost that perfect balance of diet and proper eating. This has affected our lives, and filled them with physical stress and mental pressure. It is high time that we all prioritize healthy eating and enjoy healthier lives.

Increased responsibilities actually require us to take in more nutritious and healthy food. With so much to do, our bodies need to get all the essential minerals and vitamins. Improper diets lead to weakness, fatigue and stress. We need to take precautions and have proper meals at the right time, as having little food to fulfill the body's needs will only leave us sick and tired.

As we repeatedly tell our kids they need to eat healthy to keep fit and trim, we actually find ourselves grabbing a burger, pizza or other junk food to fill our own stomachs. This encourages our kids to learn the wrong habits. Truth is, our habits set a good example for our kids – and junk food, while it may curb hunger, does not take care of the body's nutritional needs.

Unhealthy eating allows your body to fall prey to health-related problems. You simply cannot enjoy life if your diet and lifestyle leave you feeling stressed and weak.

What our bodies need are proteins and other essential minerals to stay fit. To give our bodies what they need, it is important to set time aside to eat. Have small, but healthy meals at regular intervals. Whether you want to lose or gain weight, you must make breakfast the first meal of the day. Starving does not make you lose weight. All it does is shortchange your body of required amounts of nutrients. Proper food intake at proper times will keep you energetic all day long – and you can carry on with your activities without feeling stressed.

When you are well nourished, your brain is sharp and more alert. You can perform well at work and home and you are better able to manage your life. A healthy diet also ensures healthy and glowing skin. Healthy food intake revitalizes your body's systems and helps keep many diseases at bay. If the body gets what it requires, the immune system gets stronger and is able to fight health problems. Even if you fall ill, a healthy immune system will help you to recover faster.

It is never too late to realize the facts about healthy eating and healthy living. Start with a proper diet right now and it won't be long before you see the difference for yourself.

The next time you go to the food market, choose your foods wisely. Choose healthy food for healthy living.

## H.B. Provisions

...a general store and so much more



**2022  
Tide  
Chart**

Grab & Go Sandwiches & Salads

Craft Beer ~ Wine ~ Liquor

Coffee Bar ~ Cold Brew ~ Espresso

Bakery ~ Pies ~ Whoopie Pies

Maine Gifts ~ Lottery and more...



15 Western Ave, Kennebunk ~ 207.967.5762

open everyday 6am - 8pm

# Rampant rambling rhubarb – It's the season!

by Valerie Marier

Way back then, my brothers and I used to roam the woods surrounding our white clapboard farmhouse in Central Valley, New York, looking for crawfish hiding under rocks in the rushing brook and building forts atop mossy greenery in an area we named Sherwood Forest. I vividly remember a June day we three discovered a patch of rhubarb thriving near the apple orchard. "Why not?" we said, snapping off long red stalks to chomp.



"Yuck!" "Gross!" "Horrible!" Sourest thing I ever put in my mouth.

That night Mom served stewed rhubarb for our dessert. "Oh no," I gasped, then proceeded to clean my bowl of the simultaneously sweet and sour concoction. Her recipe was absolutely delicious, and every June since I look for fresh rhubarb to make her rhubarb.

Last week I dropped off a container of the wonderful stuff at a friend's house. She emailed: "Val, what do I DO with this?" (OMG, I thought, this gal is an amazingly inventive and creative cook but she doesn't know rhubarb. I suggested she dollop it on vanilla ice cream, or eat as is.)

If that smart gal didn't know much about rhubarb, I figured there was a lot I didn't know either. So I started poking around Google.

I found two definitions. "Rhubarb" is baseball slang for a fight among players and/or umpires. To wit: when in 2004 the Red Sox pitcher hit A-Rod with a pitch and the benches cleared ... THAT was a rhubarb.

The other definition was more to the point, revealing that rhubarb starts as a vegetable with thick leaf stalks that are reddish or green, and is eaten as a fruit after cooking. Mother Nature at her most practical.

Bakers opt to put rhubarb in crumbles and crisps, tarts and

pies, cobblers and scones, even jams and chutneys. You can freeze rhubarb raw, blanched or fully cooked (but be aware that it breaks down as it defrosts).

Is rhubarb good for us? A resounding yes!

It was originally grown in China and traded for medicinal purposes. Ancient Greeks cultivated rhubarb and called it "rha barbaron," a combination of two words meaning "not from around these parts." (We Mainers call that "being from

away.") Somehow, fortunately, rhubarb found its way to the states.

Health-wise, rhubarb is rich in antioxidants, particularly anthocyanin and proanthocyanidins, completely unpronounceable words that translate to anti-bacterial, anti-inflammatory and anti-cancer properties. One cup of cooked rhubarb contains 65% of your daily recommended amount of vitamin K (essential to blood clotting). It also keeps you, uh, regular. You know what I mean...

Down in Portsmouth, daughter Alex and husband Tim tend a lush rhubarb patch in the woods behind their house. Over the years she's baked enough rhubarb pies to stock a bakery. They also belong to a Cocktail Club with three other couples who meet once a month at their different homes for "unique cocktails and nibbles."

Last year, Tim eyeballed his bumper crop and decided to concoct Rhubarb Fizzes for their guests. He said, "It starts with rhubarb syrup which Alex makes by simmering the rhubarb, then straining it. Then I add gin, club soda and a dash of lemon juice. Let me tell you, the party went well into the night."

This year, he'll present their guests with a Rhubarb 'n' Strawberry Cocktail, which is the same as the fabulous Fizz but served in glasses rimmed in cinnamon sugar and garnished with fresh strawberries. (I'm still waiting for my invitation, but mail can be slow here in the Wells woods.)



Lobsters and Lobster Meat sourced from our family boats.  
Fresh haddock, scallops, swordfish, halibut - and more!

Open Monday-Saturday 10-7 | Sunday 10-6  
(207) 204-0402 • 130 Main Street • Kennebunkport

## F.O. GOLDTHWAITE'S Pool Lobster

3 Lester B. Orcutt Boulevard  
in scenic Biddeford Pool

Full Take-Out Menu • Grilled & Fried Seafood  
Lobster Rolls • Soups • Salads • Entrees  
Fresh Lobsters, Steamers, Mussels  
~ Live or cooked to order  
Great Selection of Wines and Beer

Take-out or eat in our scenic ocean-view picnic area

Like us on  at Goldthwaite's/Pool Lobster  
Find us on  @goldthwaitesbp  
[www.poollobster.com](http://www.poollobster.com)

Online Ordering at [www.poollobster.com](http://www.poollobster.com)  
Phone orders 207-284-5000

Open daily 7:30 AM to 7:30 PM (kitchen)  
7:30 AM to 8 PM (store)

## Grandma's Rhubarb

### Ingredients:

3 pounds rhubarb,  
trimmed and cut into 3/4" slices  
1 3/4 cup sugar

*If you're hunting for a foolproof,  
delicious way to cook the stuff, here's  
my mom's recipe. ~ Valerie Marier*

Preheat oven to 350. Place rhubarb in 13x9" baking dish, add sugar and toss well. Cover tightly with heavy-duty aluminum foil and bake 25 minutes. Uncover. Stir. Replace foil and continue cooking 20 minutes or until tender. Keeps 10 days in refrigerator.

## Letting the Air Out: The Power of Aerating Wine

by Jo O'Connor

Have you ever heard that your red wine needs to "breathe" before being consumed? After being cooped up in a bottle for so long, exposing wines to oxygen just prior to drinking opens up its flavors and lets them settle in its taste. Because of a narrow neck, simply uncorking a bottle doesn't expose enough wine to oxygen to make it effective.

That's where a decanter comes in. You know, those weird-looking, glass-bottomed receptacles, where you pour the entire bottle of wine into? Slowly pour the bottle and let it sit for 40 minutes. You have now decanted your wine. Or another way to achieve adequate aeration is to pour the wine into a large wine glass and let it sit for 10-20 minutes – but who wants to do that?

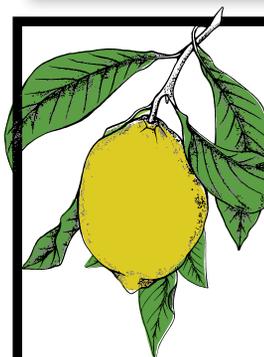
"I personally always decant a wine that's vintage is six or more years old. But if a decanter is not available, you can still achieve the full expression of the wine by simply enjoying it in small glass pours of 2-3 ounces," said Old Vines Wine Bar in Lower Village Kennebunk's Wine Director Sam Cote.



Eat, drink & enjoy.  
Like a local.



In the heart of town,  
near Dock Square  
4 Western Avenue, Kennebunk

EST. 2017

# TALULA'S Market & Table

"Take & Bake" Hors d'oeuvres & Meals

"Grab & Go" Salads, Sandwiches & Soups

Artisanal Pastry & Quiche

Custom Cakes

Scratch Pies & Cookies



Craft Coffee & Beers

Sommelier Curated Wines

Boutique Catering



**TAKE + BAKE + SIP + GATHER**



*Where the Locals  
Eat, Entertain & Shop!*

Open Year-Round  
**207-274-0247**

FOLLOW US:

 @TalulasKnbk  
 @TalulasKnbk  
 @MorningWalkKnbk

2 MORNING WALK LANE  
LOWER VILLAGE | KENNEBUNK

# Wild Maine Blueberries

by *Kathy Oberman Tracy*

Intensely colored indigo blue, the berry when ripe is a perfect hue... round, plump and juicy!

Maine is well known for its wild blueberries. A staple native crop, the wild blueberry can be found from one end of the state to the other. Each summer, locals and tourists alike look forward to the bountiful harvest, and eat these blueberries in every way imaginable.

Generally, much smaller in size than its cultivated cousin, wild Maine blueberries are considered such a treasure and a treat. Incredibly, the tiny berry packs a big flavor punch!

They are considered a super-food, packed with antioxidants, vitamins, minerals and fiber, and are not only good for you, but for 'man's best friend' too. Studies have shown that blueberries are linked to reducing high blood pressure, heart disease, diabetes and building strong bones and immune systems.

This is also true for your dog – blueberries are a perfect sweet treat that can be added to their food. Just add a few well-chosen berries in their bowl. Dogs love blueberries, but as a rule of thumb, this nutritious and fiber-rich fruit should not exceed more than 10% of their daily diet.

While delicious alone, blueberries can be served both as a sweet and a savory. They lend themselves quite nicely to sauces, syrups and fillings. On a hot summer day, sip a thirst-quenching, ice cold, homemade blueberry lemonade. You can always add vodka, gin or Prosecco.

Purple Rain is the new mocktail/cocktail rage made with a lavender simple syrup, but you can add a few blueberries and shake things up. Guests visiting for the weekend? Whip up an easy blueberry maple syrup to go with those pancakes or waffles. Make some homemade blueberry hand pies to go into your picnic for the beach or as dessert for your lobster bake.

A savory blueberry sauce is nice over grilled chicken or pork. So head out to a local Pick-Your-Own blueberry farm or farmers' market, or grow your own and enjoy one of Maine's best summer delights and toast to your good health.

*The fruit mixed with water in layers of leaves,*

## Blueberry Lemonade

- ¼ cup sugar
- 1¼ cup water
- 1 cup blueberries
- ½ cup fresh lemon juice

Add ¼ cup water, sugar and blueberries to a small saucepan over medium heat. Stir until the sugar has dissolved, remove from the heat and use a potato masher to mash the blueberries. Allow the blueberry mixture to come to room temperature and either strain the blueberry mixture or puree in a blender.

Add the blueberry mixture, 1 cup water, and lemon juice into a pitcher and stir until well combined. Refrigerate for 1 hour until cold, and serve over an ice-filled glass.

## Blueberry & Lavender Simple Syrup

- ½ cup water
- ½ cup sugar
- ½ cup blueberries
- 2 teaspoons dried lavender buds

In a small saucepan, bring the water, sugar and blueberries to a boil over medium-high heat and reduce to a simmer. Add the dried lavender buds and simmer for 10 minutes stirring occasionally. Strain the syrup through a fine sieve and press the solids to release the remaining essence. Allow the syrup to cool to room temperature. The syrup can be stored in a container for up to one month in the refrigerator.

## Blueberry Purple Rain Cocktail

Now that you have your Blueberry & Lavender Simple Syrup...

Add ice to a cocktail shaker, pour 2 Tablespoons B&L syrup, ½ teaspoon fresh lemon juice and 2 ounces vodka. Shake vigorously and strain into a martini glass... add a splash of soda water and garnish with a twist of lemon peel, sprig of lavender or 3 blueberries on a toothpick. If you like it a little more sweet you can add a splash of blue curacao or grenadine.

# Blueberry Hand Pies .....

## For the Crust

### Ingredients

5 cups all-purpose flour, plus more for dusting  
½ cup granulated sugar, plus more for sprinkling  
2 teaspoon kosher salt  
2 sticks, cold unsalted butter, cut into small cubes  
¾ cup butter-flavored vegetable shortening, cut into small pieces  
1 tablespoon white vinegar  
1 cup ice water  
1 egg, for brushing

### Directions

In a large bowl, add the flour, salt and sugar and whisk to evenly distribute the ingredients. Add the butter and shortening. Using your hands, two knives or a pastry blender; blend the butter and shortening into the flour mixture until it resembles a shaggy mixture.

Add the vinegar to the ice water and sprinkle ¾ cup over the mixture and knead adding more as needed until the dough holds together but is not wet. Knead the dough on a floured surface until it holds together.

Cut the dough in half and form into two disks, wrap the dough with plastic wrap and let chill for at least one hour in the refrigerator or overnight.

## Filling

### Ingredients

2 cups wild Maine blueberries, fresh or frozen (do not thaw)  
1 teaspoons lemon zest  
1 teaspoon fresh lemon juice  
1 tablespoon tapioca flour  
½ cup granulated sugar  
1 teaspoon ground cinnamon

### Directions

In a large bowl, combine the berries, lemon zest and juice. In a small bowl, whisk together the tapioca flour, sugar and cinnamon.. Sprinkle over the fruit and mix until thoroughly combined.

Preheat the oven to 375° and set a rack to the middle position. Line a baking sheet with parchment or silpat. Remove one disk of dough from the refrigerator and allow it to warm up for 10 minutes then roll the dough out on a floured surface to 1/8 " thickness and cut into 12, 3"x4" rectangles. Brush excess flour off the pastry. Mix the egg with 1 tablespoon of water and using a pastry brush, gently brush the egg wash around the edge of the pastry one at a time, then add 1 tablespoons filling to the center and fold the pastry over creating a rectangle. Press the edges closed with the back of a fork. Brush the tops with more egg wash and sprinkle with sugar. Using a spatula transfer each pie to the baking sheet. Cut 3 small slits into each pie and bake for 10-15 minutes or until the dough is golden brown and the filling is bubbling. Allow to cool to room temperature before eating.

*Allow to cool to room temperature before eating. Makes 2 dozen 3" hand pies*

## Dog Treat!

On a hot summer day these blueberry ice cubes are perfect for your furry best friend.

Mash blueberries with the back of a fork. Distribute evenly in an ice cube tray, fill with water and freeze. Eating them outside is probably best.

*like two kinds of jewels, a vision for thieves. ~ Robert Frost*

## Savory Blueberry Sauce

### Ingredients

3 tablespoons unsalted butter, divided  
2 tablespoons olive oil  
1 small shallot, minced  
2 cloves garlic, minced  
1 tablespoon, minced and seeded  
Jalapeno (optional)

### Directions

In a medium saucepan over medium-high heat, melt 2 Tablespoons butter with olive oil. Add the shallots and jalapeno and saute until the shallots are translucent, roughly 2 minutes. Add the garlic and blueberries, sauteing for 1 minute. Add the flour and stir until the flour is completely dissolved and has no lumps, then deglaze the pan by adding the rose wine, cooking 1 minute longer and adding chicken stock, fresh herbs and any pan drippings you may have from chicken, pork or steak allowing the sauce to thicken slightly. Pour half of the sauce into a blender and puree - adding the puree back to the sauce over low heat add salt and pepper to taste and remaining 1 tablespoon butter to finish the sauce. Spoon over your chicken, pork or steak.

1½ cups blueberries  
1 tablespoons all purpose flour  
½ cup Rose wine  
1 cup chicken stock  
1 teaspoon minced, fresh parsley  
1 teaspoon minced, fresh thyme  
Salt & pepper  
Pan drippings from pork, chicken or steak

## Blueberry Maple Syrup

### Ingredients

1½ cups fresh or frozen blueberries  
1 cup Maine maple syrup  
¼ cup brown sugar  
2 tablespoons unsalted butter (optional)  
Pinch of sea salt  
1 teaspoon vanilla extract

### Directions

Add the blueberries, maple syrup, brown sugar and butter to a medium saucepan over medium-low heat. Stir the mixture until the brown sugar and butter have dissolved, remove from heat and add the vanilla. Puree half the mixture and add back to the syrup or gently mash the berries with a potato masher in the syrup and serve warm over your favorite pancakes, waffles or vanilla ice cream!

# Local Resources



Photo by Ken Janes



# Let nature – and a naturalist – be your guide

*by Faith Gillman*

It was a beautiful afternoon with bluebird-blue skies and fair-weather clouds skittering across the heavens. A gentle breeze mostly kept the insects at bay; all-in-all a perfect day for a stroll along the Hope Woods Trail in Kennebunk. The afternoon was made all the more special, as Maine Master Naturalist Gordon Collins led a group of 12 on a guided walk through the woods; one of many such events planned at the site this year.

Hope Woods, which encompasses 72 of the 100 acres that comprise Hope Cemetery, is a natural respite from the busy Route One corridor that runs through Kennebunk. The system includes a universally accessible five-foot-wide trail, the first of its kind in the area, that is approximately .9 miles and meets all ADA requirements. The natural setting offers an excellent chance to observe and spend time in a unique habitat in the heart of town.

“Hope Woods is a natural treasure right in the middle of our community. Not only is it perpetually protected as a natural area but we have also seen to it that it is accessible to all of our citizens and visitors; even those with limited mobility,” said Collins, board member of the Friends of Hope Cemetery and Woods who has also served as chair for the Kennebunk Land Trust. “Immersing one’s self in nature restores mental and physical health. We have that opportunity in our own backyard.”

During guided walks Collins points out and provides information on the wide array of native trees, plants and wildlife found in Hope Woods.

*~continued on next page*



Photo above right: Maine Master Naturalist Gordon Collins leads guided walks along the Hope Woods trail in Kennebunk. Here a group assembles for a guided walk in late May at Hope Woods Trail in Kennebunk. Photo below: “This is the partridge berry,” said Collins. “It takes two flowers to form the fruit, which makes it appear to have two eyes looking back at you.” Photos by Faith Gillman.



## Upcoming Friends of Hope Cemetery & Woods Guided Trail Walks:

Sunday, July 24 at 1 PM  
 Saturday, August 20 at 10 AM  
 Sunday, September 25 at 1 PM  
 Saturday, October 22 at 10 AM  
 Sunday, November 20 at 1 PM

FMI or to register, email [friendsofhw@gmail.com](mailto:friendsofhw@gmail.com) or see [hopecemeterykennebunk.com](http://hopecemeterykennebunk.com). Hope Woods trails are open from daily, year-round, from dawn to dusk. Leashed dogs are welcome. Motorized vehicles are not allowed with the exception of motorized wheelchairs or other mobility devices. Fires, camping, alcohol, smoking or picnicking are not allowed.

“We find mixed deciduous trees, a lot of Northern and red oak and Red Maple, side by side with evergreens,” said Collins. “Low bush and high bush blueberries abound along the trail. Bear and moose also migrate and move through the area.”

The trail winds its way through multiple habitats, including a mixed hardwood forest, a meadow, Hemlock grove, a bog area complete with cranberries and a pine forest. Wildlife and birds combine with the flora to make the area a treat for the senses.

While Hope Woods is not actively managed it is conserved, which means keeping invasive plant species under control.

“The board began discussing the issue of invasives several years ago,” said Collins. “We have identified several: Winged euonymus, Norway maple, Japanese barberry, privet, Morrow’s honeysuckle Asiatic bittersweet, glossy buckthorn, autumn olive, and multiflora rose. There are also small pockets of Japanese Knotweed and Phragmites. We brought in a specialist from the state to confirm our findings and develop a plan for their control. The Norway maple is our first target (the tree will crowd everything else out). We have begun to remove them from the Woods as well as the Cemetery. Overall, our long-term plan is to bring these invasives under control if not outright eliminate some of them.”

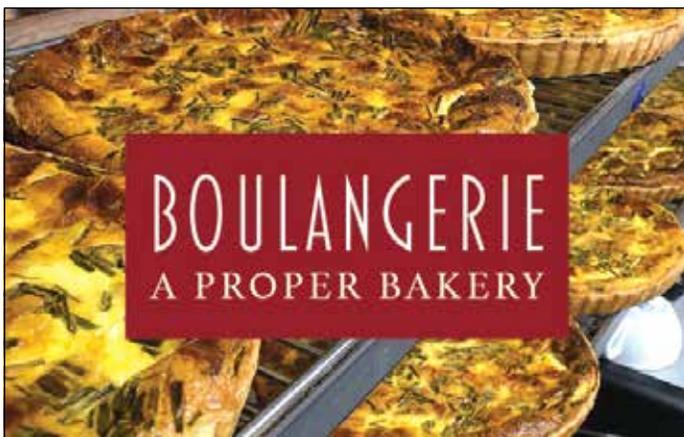
In late May, a family from Wisconsin visiting Maine for the first time took part in a guided walk.

“We were just looking for things to do in Maine while we are here and saw this walk,” said Debbie McCoy. “We walk in the woods all the time back home so wanted to check this out. It is beautiful.”

—continued on next page



The New York fern frond narrows to a point at both ends, the only common fern to do so. Photo by Faith Gillman.



5 Nasons Court #12, Kennebunk, ME  
 (207) 502-7112 | [www.aproperbakery.com](http://www.aproperbakery.com)

Saturdays 9 AM - 2 PM  
 51 Main Street • Kennebunk

**Kennebunk**  
**Artisans Marketplace**  
 May 28 to October 1



*Make us part of your vacay-staycation!*  
[www.kennebunkmaine.us/artisansmarketplace](http://www.kennebunkmaine.us/artisansmarketplace)  
 for pictures, vendors and more!

Collins, who has led many guided walks, has always been interested in the natural world and was excited to be accepted to the Maine Master Naturalist Program.

"This program formalized my general knowledge and gave me the tools to convey that knowledge to others," he said.

During walks, Collins offers interesting facts about plants and trees along the trail—including seasonal varieties, such as the Star flower, Canadian May flower and the little bluets that line the path in late spring. He stops to point out a "Nurse trunk," an old stump that is now home to several species growing on it, from Eastern white pine, hemlock, a cherry tree, to wintergreen, may flowers, mosses and lichens.

Stopping at a large stand of sweet fern growing among one of two species of quaking aspens, Collins asks walkers to take a moment to smell the leaves of the plant. While it appears fernlike, the sweet fern is not actually a fern, rather a woody plant that offers a beautiful, fresh scent.

Collins noted that Native Americans and settlers used the sweet-smelling plant for multiple purposes, such as stuffing for mattresses, which helped to keep bedding fresh smelling.

The walk continued through multiple ecosystems, including a new growth forest—the area was all farmland at one time—



and a biologically diverse meadow. The meadow serves as a habitat for the Bobolink bird, provides milkweed for butterflies and supplies wild strawberries for wildlife. On the far edge of the meadow is an Eastern White Pine grove, the only mono-culture along the trail.

Hope Woods is also home to a large variety of ferns, including the Christmas, sensitive and double paper or "New York" fern.

"The New York Fern is the only common fern where the frond narrows to a point at both ends," said Collins. "Hence the phrase that it appears to be a 'candle burning at both ends' – like the frenetic pace of life in New York City."

Lisanne James of Kennebunkport relishes the educational aspect of the guided walks.

"I signed up because I enjoy being outside and love to walk in the woods and learn about the habitat," she said. "It has been a perfect day for it."

For Collins, each walk is a "very rewarding experience."

"I thoroughly enjoy opening people's eyes and minds to the natural world around them as we explore Hope Woods," he said. "People of all ages want to know more about the world around them; particularly in their own backyard."



**The Star flower is one of many varieties of ground cover that line the Hope Woods trail. Photo by Faith Gillman.**

**SNUG HARBOR FARM**

87 WESTERN AVE. RTE 9 | KENNEBUNK, ME 04043  
SNUGHARBORFARM.COM (207)967-2414

## Field Notes of a Maine Birdwatcher Nature's Aviators

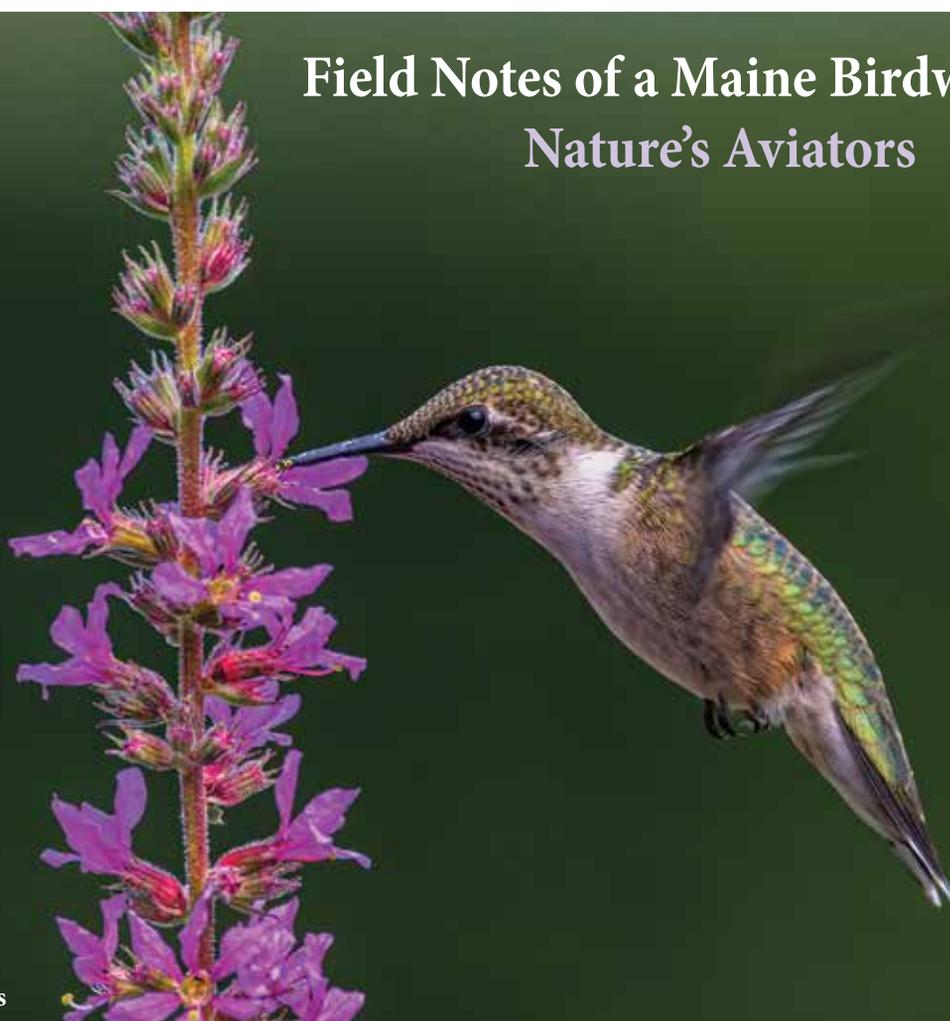


Photo by Ken Janes

### *By Ken Janes*

There are over 300 species of hummingbirds in North and South America, some with fanciful names like Tufted Coquette, Long-tailed Sylph and Swordbilled Hummingbird, but the Ruby-throated Hummingbird is the one we see in Maine every spring. The males arrive in May to stake out a breeding territory after a long migratory flight from Mexico or Central America. Somehow these three-gram bits of fluff manage a solo flight of thousands of miles, including a 900-mile non-stop flight across the Gulf of Mexico. Their flying ability is unique in the animal world. Ruby-throats beat their wings 50 times per second and can hover in place, fly backwards and even upside down. They regularly fly at 30 mph and can reach 60 mph when showing off for a female.

All this effort requires enormous caloric intake everyday. Hummers eat small insects and spiders but their main source of energy is nectar from tubular red or orange flowers. Their vision has adapted to see in the UV spectrum helping them find red flowers in a green garden. Columbine is an excellent source of nectar in the spring and then bee balm and cardinal flower are favorites later in the summer. The photo shows a young male that has not yet developed his red throat but he is busy getting nectar from a garden flower.

They defend their territory vigorously from any intruders because a reliable source of food is critical to survival. Hummingbird feeders with a simple solution of one part sugar to four parts water is an easy way to attract hummers to your yard. Remember to clean the feeders often and put them high enough off the ground to discourage predators. We discovered the neighborhood raccoon was taking apart one of our feeders to get to the sugar water!



## Historic Wallingford Farm offers year-round products and services

by Steve Hrehovcik

Charles Godfrey's appreciation for historic properties began as a young man in Newburyport, Massachusetts. He was surrounded by stately homes built by prosperous sea captains and entrepreneurs of the colonial era. This inspired Godfrey to take an active role in the restoration of prominent buildings that fell into disrepair. These included structures in his hometown, plus Salem, Massachusetts, and Portsmouth, New Hampshire.

When Godfrey learned that the old yellow buildings known as Wallingford Farm, at 21 York Street (Route 1, south), Kennebunk, would be torn down to make room for an auto parts store, he realized he could not let this happen.

The farm included a massive Federal-style home, carriage house and two barns. It was built in 1804 by George Wallingford on 4 acres of land. Wallingford was among the early pioneers that settled in Kennebunk when it was still part of Wells.

In 1820, he served as Chairman of the Statehood Committee separating Kennebunk from Wells, and became the first moderator of the new town. Wallingford was also on the committee to separate Maine from Massachusetts and achieve statehood as part of the Missouri Compromise of 1820.

In 2004, on the 200th Anniversary of Wallingford Farm, the United States Congress placed the buildings and farm on the National Register of Historic Places.

With his passion for historic preservation, Godfrey believed a property with such a rich history had to be acknowledged and respected. In 1994, using the management and motivational skills he learned working for Proctor & Gamble and as an independent broker for the paper industry, he raised the money to purchase the property and began to restore it.

Godfrey said, "One of my goals was to return the buildings as close as possible to their original condition. It's been a challenging job, and I'm pleased that I've had a lot of support from town officials and local citizens as the structural and decorative restoration work proceeded. The color of the buildings is the original salmon that George Wallingford painted them when they were built."

To make Wallingford Farm self-sustaining Godfrey established it as a farm market and full-service garden center. The farm offers plants, garden supplies, soils, mulch, straw, firewood, salt marsh hay and other yard items. A popular attraction is the



farm store located in the Lower Barn. It features a bakery and selections of Maine specialty foods including their own line of private label jams, plus birding, chicken, dog and other small animal supplies. Many of the items come from the 20 Amish communities throughout Maine.

Godfrey said, "We have a theme for each season. Last year during Halloween we sold 86,000 pounds of pumpkins. In the winter holiday season, we have local Christmas trees, wreaths, yule logs and decorations. We take pride in that

almost everything sold at Wallingford Farms comes from Maine suppliers."

During the summer, Godfrey adds products for outdoor activities, such as firewood and propane and cookout food.

As the business expanded, in 2009 Godfrey built a greenhouse to grow fresh flowers and organic vegetables. He went to great lengths to make sure the new greenhouse followed the style of the original historic structures. Today, the greenhouse has become a shopping area for seasonal specialties.

Godfrey also introduced new services to meet customers' changing requirements. He now offers gardening teams, a landscaping crew and small engine repair. With the help of a Community Development Block Grant (CDBG), which made it possible to build bathrooms, Wallingford Farms offers space to host functions such as weddings, parties and meetings in their historic Upper Barn that is complete with a woodturning stove.

Ellen Callaway, the farm's events and marketing manager, said, "The barn décor of the farm provides a down-home atmosphere that is ideal for small functions. We've hosted birthday parties, graduation celebrations, and weddings and rehearsal dinners. We can provide complete arrangements for food, music and decorations or guests can select which part of the event they prefer to plan themselves."

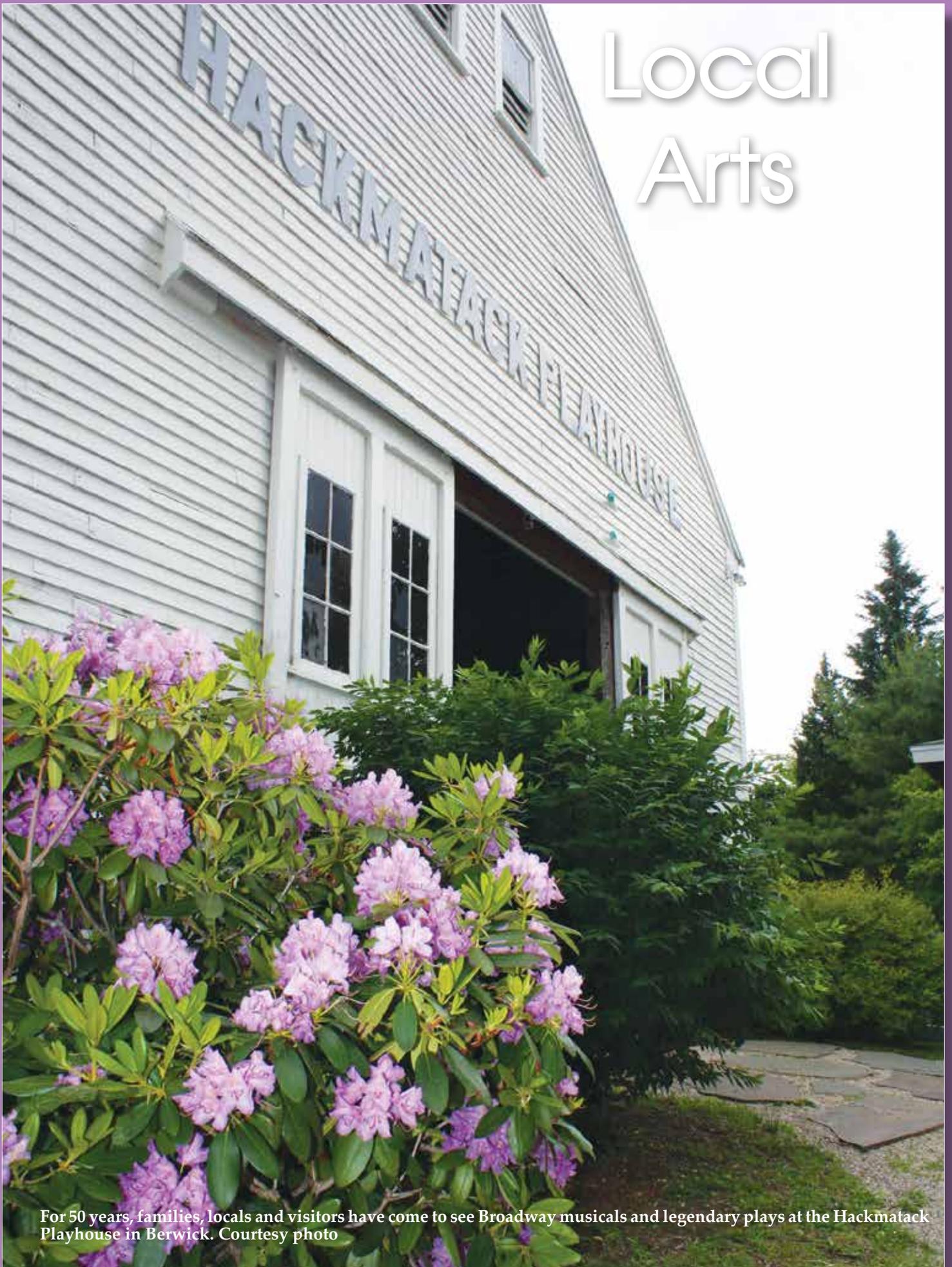
One major innovation that has expanded the farm to new markets is the internet. Godfrey now can reach customers in 48 states.

Godfrey credits a great deal of the farm's success to his staff of 6 full-time and 13 part-time employees. Trusting in their creativity, he encourages his staff to figure out what needs to be done and how to accomplish it. Many of the innovative products and decorations are the result of their ingenuity.

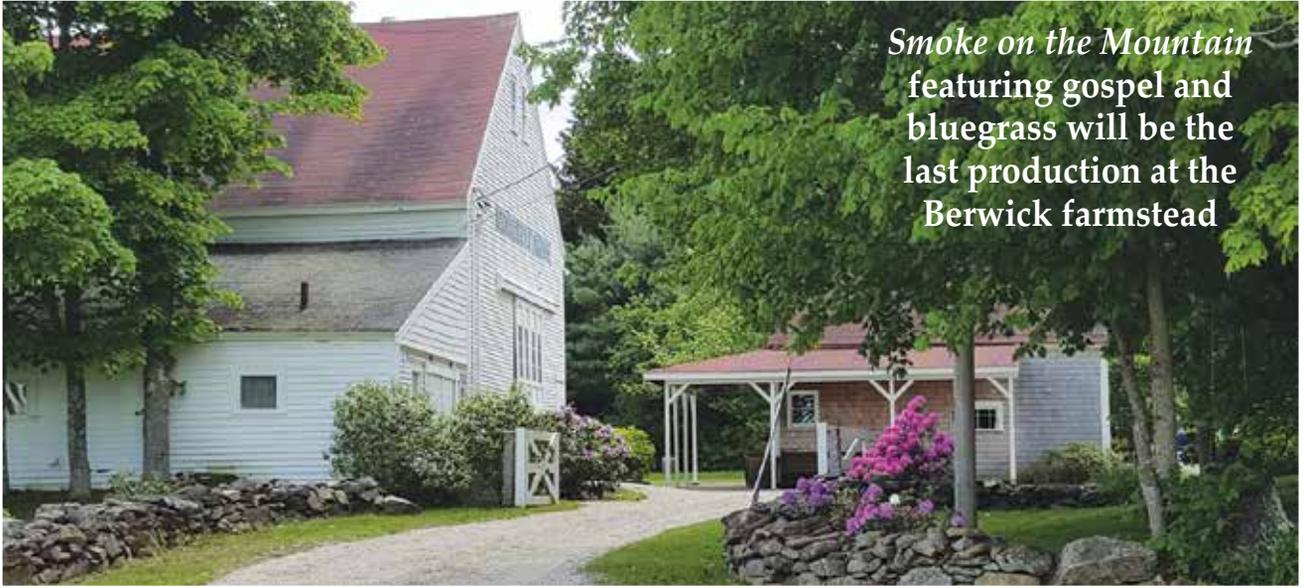
*Wallingford Farm is open daily, 9 to 5, April through December 24. For more information call 207-985-2112 or visit [www.wallingfordfarm.com](http://www.wallingfordfarm.com).*

Photo top: During last year's Halloween season, Wallingford Farm sold 86,000 pounds of pumpkins. Photo bottom: Ellen Callaway, events and marketing manager, and Charles Godfrey, owner of the historic Wallingford Farm. Courtesy photos

# Local Arts



For 50 years, families, locals and visitors have come to see Broadway musicals and legendary plays at the Hackmatack Playhouse in Berwick. Courtesy photo



*Smoke on the Mountain* featuring gospel and bluegrass will be the last production at the Berwick farmstead

## Hackmatack Playhouse begins 50th – and final – season

by Valerie Marier

After 50 years of standing ovations for Broadway musicals, light operas and legendary plays, the Hackmatack Playhouse in Berwick will lower the curtain for the final time on August 20.

“A half century of live theater is a significant accomplishment,” said Michael Guptill, executive producer and son of Hackmatack founder S. Carleton Guptill. “We are proud to have been a part of rural Americana, creating a place where Maine farmers, future Broadway stars, touring actors and even a former United States President could all be part of the summer-stock experience.”

And what a 50-year run the Playhouse has enjoyed! *The Fantasticks. Oklahoma! Fiddler on the Roof. South Pacific. Evita. Guys and Dolls.* Plus, more than 100 other shows simultaneously advancing the arts in Maine while providing affordable entertainment for families and visitors. Note: The current Off-Off-Broadway ticket price for “Smoke on the Mountain,” this season’s last production, is \$30 for adults, \$25 for seniors 65 and over, and \$20 for kids under 20. (Compare that to “Hamilton’s” back balcony seats that go for \$500!)

Hackmatack Playhouse opened its doors in the summer of 1972 when S. Carleton Guptill decided to leave his teaching position at Oyster River High School in Durham, New Hampshire, and pursue his passion. His son Michael said, “Carleton always loved the theater, his community and the arts, and he committed the remaining years of his life to his backyard theater which became a continuing legacy, even after he passed away in 1995.”

The original Guptill family had emigrated from the British Isles in the mid-1600s, eventually settling on lush fertile farmland in Berwick. Over ensuing centuries, the farm functioned like others in southern Maine, with daily milking and late summer haying. In July, 1934, however, the huge barn was struck by lightning during a massive summer storm and burned to the ground.

Family history reveals, “Lewis Guptill, then owner, began looking for the right barn to replace what had been lost. He finally purchased a large old structure with pegged timbers, measuring 54-feet-long by 42-feet-wide. It was the perfect replacement but there was one small problem: the barn was located across the street.”

With signature Guptill ingenuity, “The entire barn was jacked up and rollers placed underneath. A cable was attached to one end of the barn that ran through a large turnstile. An old white horse was hitched to the turnstile and walked in circles, stepping over the cable on every lap. Each time the horse made a circle, the barn moved one-half inch. The entire operation took three days, one of which was spent crossing over Maine Route 9 which, at the time, was far less busy than today.”

After Carleton Guptill decided to convert the big barn into his summer theater, he added several additions, built a stage and cemented the floor. He also salvaged 218 seats from a Durham movie theater. Then, on a summer evening in 1972, the curtain was raised for the first time.

“Every year,” Michael Guptill said, “thousands of people gathered outside the Playhouse holding tickets for summer productions. Every year, talented actors auditioned for their chance to perform. Hackmatack Children’s Camp attracted aspiring young thespians. This summer, our last, we welcome new guests, patrons of the arts, community members and long-time friends for one final night of music, laughter and charm inside Carleton’s homegrown playhouse.”

RIP Hackmatack Playhouse: 1972-1992. “So long ... farewell ... auf wiedersehen ... goodbye.”

*Smoke on the Mountain* runs July 29 to August 20 at Hackmatack Playhouse, 538 School Street (Route 9), Berwick; FMI call 698-1807 or visit [hackmatack.org](http://hackmatack.org).



**This summer Hackmatack Playhouse is staging *Smoke on the Mountain*, its last production (of hundreds!) since the theater first opened in 1972.**

# Sound of Music Fun Facts

by Jo O'Connor

The hills are certainly alive with the number of factoids about *The Sound of Music*. Here are some little-known facts about the movie originally called *The Singing Heart*.

## Who do you love?

The real Maria was not in love with Captain von Trapp. . . at least not at initially. In the movie, Maria fell for the children and Georg von Trapp simultaneously. But in real life when he proposed, "I really and truly was not in love," Maria wrote in her 1948 memoir. "I liked him but I didn't love him. However, I loved the children, and so in a way I really married the children."

## Blown Away

Julie Andrews kept falling over during the mountain scene. In the opening scene of Andrews twirling on the mountaintop, she makes it look effortless; it was anything but. Not only was it cold and raining throughout production, but the wind created by helicopter kept knocking Andrews over. "This was a jet helicopter. And the down draft from those jets was so strong that every time . . . the helicopter circled around me and the down draft just flattened me into the grass. And I mean flattened," said Andrews.

## Shooting "Do-Re-Mi" was not as easy as ABC

The Salzburg, Austria location filming that served the movie so well was in a constant battle against the elements since it was a wet and chilly spring in the von Trapps' hometown. Waiting for the sun extended location shooting from eight to 11 weeks, and the "Do-Re-Mi" number, which has nearly nine minutes of screen time, took almost two months to complete.

## What's on the menu?

Contrary to the song, *My Favorite Things*, in Austria, no one eats schnitzel with noodles.

## Austria? Really?

*The Sound of Music* has been a smash hit everywhere it's been released – except in Austria. There, the movie ran for only three weeks in 1965, and it was not shown on television until 2000. The theories are that Austrians have disliked the musical's Americanized portrayal of their culture. Others have speculated that Austrians objected to the show's depiction of the Nazi occupation, a painful part of their history.

## Pick a star, any star.

The stars of the movie version could have been Doris Day and Sean Connery. Doris Day, then at the height of her box-office



power, was being pitched heavily. Other potential Marias were Shirley Jones, Leslie Caron and Anne Bancroft. To play Captain von Trapp, executives were keen on Bing Crosby, Rex Harrison and Maximilian Schell. Yul Brynner lobbied extensively for the part.

## Climb every mountain? – not so.

The von Trapps didn't flee over the Alps. In the movie, the family escapes the Nazis by crossing over a mountain into Switzerland. In reality, they took the train to Italy and then traveled to America, where they had a concert tour scheduled. If they had gone over the Austrian mountains, they would have ended up in Germany – right by where Hitler had his mountain retreat.

## Overall, the movie is historically inaccurate.

For one thing, Maria was brought to the von Trapp home to care for one child, who had scarlet fever and was too ill to walk to school. There were 10 children, not seven as the film depicted.

Maria and Georg von Trapp were married 11 years before the Nazis took over Austria.

## How do solve a problem like Maria?

If you look closely at the film, you'll spot the real Maria von Trapp in a cameo shot walking past a stone archway while Julie Andrews sings *I Have Confidence*.

## And the award goes to . . .

*The Sound of Music* won five Oscars in 1965, including Best Picture. It's one of only four films ever to win a Tony Award for Best Play or Musical, and later win Best Picture.

So long, farewell, until my next edition of movie fun facts!

Sources: *Reader's Digest*, *Mental Floss*, *Biography.com*, *Houston.broadway.com*



Photo top: Julie Andrews in *The Sound of Music* (1965). Photo bottom: Christopher Plummer and Julie Andrews in *The Sound of Music*. Photo Credits: 20th Century Fox Home Entertainment.

BIDDEFORD MAINE'S HISTORIC OPERA HOUSE  
*City Theater*  
 HEART OF THE PERFORMING ARTS

RICHARD O'BRIEN'S  
**THE ROCKY HORROR SHOW**

FRI & SATURDAY AT 7:30 PM  
 SUNDAY AT 2:00 PM  
 NO PERFORMANCE ON JULY 24TH

**JULY 22ND - AUGUST 7TH**

Tickets Available for Online Purchase at [CityTheater.org](http://CityTheater.org) or Call (207)282-0849

THE OLD HOUSE  
 PARTS CO.

ANTIQUE ARCHITECTURAL SALVAGE

1 Trackside Drive | Kennebunk, Maine | 207-985-1999  
[oldhouseparts.com](http://oldhouseparts.com) | Open 7 Days a Week



**Native American jewelry and  
arts marketplace**

2 Christensen Lane  
Harbor Village  
Kennebunk Lower Village  
[www.homeandaway.gallery](http://www.homeandaway.gallery)

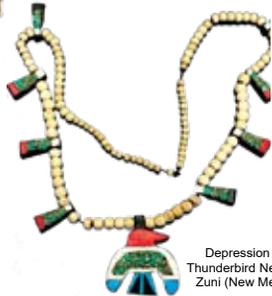
Please call for hours: **207 423-8473**



Jeremy Frey  
Passamaquoddy (Maine)



Earl Plummer  
Navajo (New Mexico)



Depression Era  
Thunderbird Necklace  
Zuni (New Mexico)

Jewelry | Baskets | Beadwork | Sculpture

**PASTRIES | ESPRESSO | WINE**



**BOULANGERIE**  
A PROPER BAKERY

5 Nasons Court #12, Kennebunk, ME  
(207) 502-7112 | [www.aproperbakery.com](http://www.aproperbakery.com)



*Carrera*  
**mary woodman studio**

15 northwood dr.  
kennebunkport 207-251-1228 by appointment

MAINE  
**PHOTOGRAPHY**

# The Wright Gallery



**Dennis Poirier**

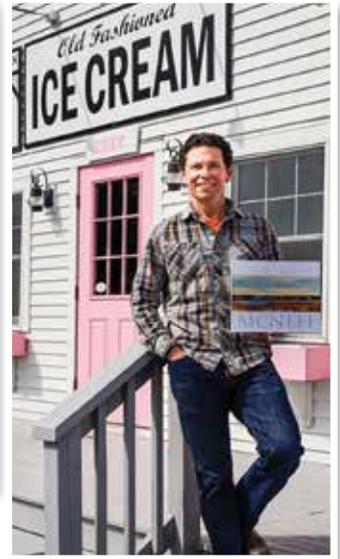


**Berri Kramer**



**Todd Bonita**

[www.thewrightgallery.com](http://www.thewrightgallery.com)  
5 Pier Road, Cape Porpoise  
207-502-0012



## Wells artist "Paints the Town"

### Scott McNeff's coffee table book spotlights the third oldest town in Maine

by Valerie Marier

When fine artist and photographer Scott McNeff told his wife Emily he was heading out to "paint the town," she wasn't worried he'd end up in the Wells pokey. McNeff's passion was, and always has been, the town and environs of Wells. "She simply encouraged me to pursue my interests," he said.

The 45-year-old grew up in this coastal village, spending carefree childhood days splashing in the waves at Moody Beach and exploring tidal pools at Fisherman's Cove. He attended Cub Scout meetings in the Division 4 School House and bought candy and soda pop at the Beachcomber. As a Wells High School Warrior, he ran track and played soccer.

That's the town he wanted to paint and commemorate.

Three years in the making, McNeff's 224-page hardcover book, *Wells, Maine: The Art of Scott McNeff*, is both a homage to his home town and an expression of his pride in being a Mainer. "It's all about my journey as an artist and my love for Wells," he said. He spent months scouting iconic and historic buildings throughout the town, including others that were dear to his heart and clear in his boyhood memories. He also wanted to highlight the flora and fauna that are unique to the north Atlantic coast.

The result is a stunning coffee table book featuring nearly every site and activity in Wells, from deer romping through a meadow next to a salt marsh, to a colorful mid-summer depiction of Chase's Farm Stand on Route 1, to an ink and water color sketch of Laudholm Farm basking in a late autumn sun. He even painted the food trucks at Congdon's After Dark and the Indian Moccasin Shop.

-continued on next page



Photo top left: When McNeff first held a copy of his new book, he remembers thinking, "Wow, this is so long! And it's a real book!" He also admits he was very pleasantly surprised as he flipped through the pages. Photo by Jennifer Lippe. Photo middle: McNeff holds one of his favorite paintings - "Mrs. Sprinkles" - a female house sparrow who developed a taste for rainbow sprinkles she found at Scoop Deck. He says, "Employees began referring to her as Mrs. Sprinkles and she became a steadfast part of our work-family for the season." Photo by Jennifer Lippe. Photo right: McNeff holds a copy of his book in front Scoop Deck, which he lightheartedly calls "ice cream jail." Photo by Jennifer Lippe.



Ogunquit  
MUSEUM  
of American Art

543 Shore Rd.,  
Ogunquit, ME 03907  
207-646-4909  
ogunquitmuseum.org

Museum Open 10 AM - 5 PM daily, May 1 - October 31  
Landscaped sculpture gardens on the coast,  
perfect for a sunny picnic or gallery tour of contemporary and modern art.

## COMEDY NIGHT W/TT TOM CLARK

Comic TTTom Clark Presents  
**"More Things that Aint Right"**  
Starring Clark's character  
**"C.L. Thomas"**

10th Season!

Comic actor TTTom Clark returns to the Colony Hotel!

**WEDNESDAYS 8 PM THROUGH LABOR DAY**

\$15 at door or online at TTTomTalks.com  
Colony Hotel • Ocean Ave • Kennebunkport • 967-3331

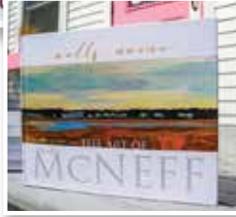
**Longest running weekly summer one man Downeast Comedy Show in the state of Maine!**

Not surprisingly, but perhaps ironically, McNeff's book also includes his watercolor rendering of Big Daddy's Ice Cream on Route 1. It was one of the first paintings he made for the book and underscores his mission to "capture all of Wells." The irony is that, when Scott isn't photographing with his Nikon or sketching at his easel or painting plein-air at Drakes Island, he is up to his elbows in vanilla ice cream and pastel sprinkles at Scoop Deck, Wells' equally popular ice cream shop on Eldridge Road. Scott and wife Emily have owned this "rival to Big Daddy's" ice cream mecca since 2014.

"I worked at Scoop Deck when I was at Wells High School and during summer breaks from Ohio Wesleyan University," Scott said. (Scott later attended Vermont's Saint Michael's College and received a Masters in Education.) While still in his early 20s, Scott's mother married Doug Erskine who owned Scoop Deck, thereby making his old boss ... his new step-father. In 2006, after he'd been away from Wells for about five years, Erskine called Scott. "I'm beginning to feel my age," he said. "Any interest in coming home and helping run this place?"

The notion of returning to Wells and selling ice cream was "extremely attractive," Scott admitted. Doug taught his stepson the tricks of the ice cream trade, including inventory control, property taxes and ways to keep his employees content. Scott said, "When Doug decided to fully retire in 2014, I felt ready to take over and run the business. So my wife and I bought Scoop Deck outright."

McNeff is proud of the culture he's instilled at Scoop Deck. He said, "Every one of my nearly 40 employees is special to me and I and strive to be a mentor for them. They're all good citizens and students. I give them love, acceptance and support, and consequently, there's a strong feeling of family among us."



(Definitive proof that Scott McNeff is a supportive and caring boss was manifest last summer. While numerous area restaurants and shops were desperately short on help, Scoop Deck remained fully staffed. "We never had a problem and it looks good for this year too," he adds.)

"I call Scoop Deck my 'ice cream jail' because I'm there 24/7 during four months of the year, but I truly enjoy everything about it," Scott admits. However, when he locks the doors in late September, the artist blissfully restocks his art supplies, sets up his easel and starts painting.

"I've been drawing for as long as I can remember," he said. "My folks gave me paper and ink when I was a little kid, probably to keep me busy and out of trouble. Then too, my Uncle Patric gave me drawing lessons and I remember sitting at my grandmother's table dabbling in watercolors and acrylics."

Typically, McNeff paints six days a week from October to mid-May. "It's not unusual for me to spend eight hours a day at my easel," he adds. While he enjoys working in his home studio, which faces north and features three large windows that provide natural light, he relishes plein-air. The day before this interview, he sat in a Kennebunk field for most of the afternoon, painting a neighbor's barn "and capturing daffodils and forsythia that were in full bloom. It's fun to paint on location because folks I don't even know see me working and walk over to chat."

"I work in all different mediums – oils, watercolor, acrylics, gouache and inks," Scott said. "I used to be jealous of artists who only used one medium – oils or whatever – until I went to an N.C. Wyeth exhibit at the Portland Museum of Art several years ago. What impressed me most was that N.C. was all over the place, using different mediums and techniques. That helped me accept my different approaches to art."

*–continued on next page*

Photo top: Scoop Deck, the "other" ice cream mecca in Wells, boasts countless flavors, as evidenced here. Photo by Joshua Hrehovcik. Photo bottom: As an artist, photographer, falconer and ice cream impresario, McNeff's employees frequently ask him: "Is there anything you haven't done?" He answers, "I'm 45 and I've already got so much fun in life. I've been very lucky!" Photo by Jennifer Lippe.



Maine Art Hill

GALLERIES | SHOWS | STUDIOS  
POP-UPS | SCULPTURE | FRAMING | PRINTS

Now Open!

# PHOTOGRAPHY

on Maine Art Hill

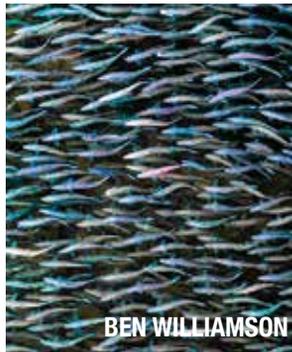
Featuring Work By:



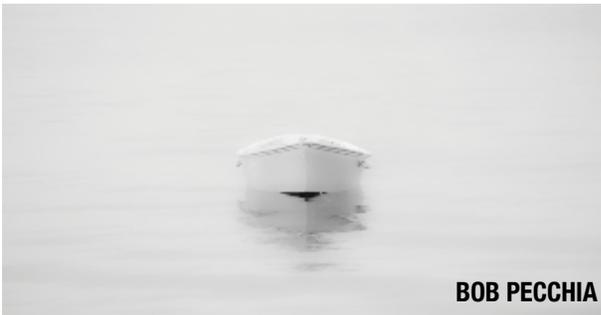
**BOB DENNIS**



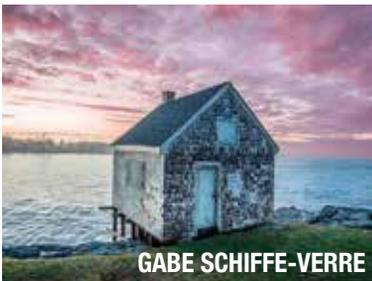
**NATALYA DESENA**



**BEN WILLIAMSON**



**BOB PECCHIA**



**GABE SCHIFFE-VERRE**

Printed on  
High Quality  
Metal

Available in  
Various Sizes

5 CHASE HILL RD. | KENNEBUNK, ME | 207.204.2042 | MAINE-ART.COM

"I also realized that the subject matter guides me in deciding whether to paint in acrylics, oils or whatever. When I look at something – an old building, birds along the shoreline or rowboats lashed to a dock–I feel it tells me what it wants and that becomes my medium," he said.

Many of the illustrations in his book were painted from photos Scott took in different seasons of the year. He said, "Obviously, I have much more time during the winter to paint, but I didn't want to show too many locations with snow or with bare trees, so I used summer photos and painted them during the winter."

Scott also note, "A lot of pictures in the book were done in a technique known as 'urban sketching,' which is quick and fun to produce." (Note: Urban Sketching is the act of drawing or painting on location in the cities or villages one lives in or travels to, thereby capturing a moment in time in a unique, artistic way.) "But," Scott adds, "since the conclusion of the Wells book project, I'm becoming obsessed with producing more demanding images that take hours to complete. Right now I've got over 40 hours into a painting that is probably only one-third finished."

One of McNeff's paintings is currently on display in the Kittery Art Association Gallery. "It shows a nude sitting on a patchwork quilt, and there's a touch of mystery to it," he said. Although he's had little gallery representation prior to this, he sold 84 original works last year directly from his website. "That was pretty cool," he said.

Besides being an ice cream enthusiast with an artistic gift, McNeff has spent a good part of his 45 years pursuing yet another hobby: falconry. His interest began when he was 13 and attended a fair at Mount Okemo in Vermont with his mother. While there, he spotted a man holding a peregrine. "I was absolutely fascinated," he recalled. "We talked for more than an hour and I decided right then that I would become a falconer." (Note: a falconer is a person who keeps, trains or hunts with falcons, hawks or other birds of prey.)

Over the next few years Scott studied and apprenticed with established falconers in the area, including Kennebunk resident Peter Spadone. At 16, he earned his falconer license before getting his driver's license. After high school graduation in 1995, he applied for and was accepted into a falconry program in England, and spent

*-continued on next page*

*Create, Breathe, Explore*  
**ARUNDEL FARM GALLERY**  
 June 15 - October 15

FINE ART AND ADULT WORKSHOPS IN A BEAUTIFUL SETTING  
 JUST AROUND THE CORNER FROM DOCK SQUARE  
 76 Arundel Road, Arundel [www.ArundelFarmGallery.com](http://www.ArundelFarmGallery.com)

a gap year in the United Kingdom training falcons. "It helped that I also had equestrian experience because I rode English tack on thoroughbreds. I wasn't paid that much but I loved it!"

Scott returned to England in 1998 and trained falcons for several royal families of the Middle East, including the President of the United Arab Emirates. He then came back to the states and co-managed the British School of Falconry in Manchester, Vermont, while also working part-time as a consultant for the Vermont Institute of Natural Science Raptor Center.

During a winter in New Zealand, Scott worked at several vineyards and trained falcons during his free time. Later, he became president of the largest falconry organization in the world and is currently on the board of directors for the Falconry Heritage Trust.

Although he still regularly slips on a leather gauntlet to take his pet goshawk Finn out to the York marshes, Scott admits, "I'm truly trying to put more time these days into my pursuit of art. When I'm an old geezer, I want to look back and say, 'Damn! I'm proud of those paintings.' So I will work every day to get better and better."

Several years ago, Scott McNeff espoused his personal philosophy of life. He said, "I had to figure out where I was going, and who I was going with. I wanted to establish myself as an artist with a following of collectors, and I wanted Emily by my side, at home and at Scoop Deck. I'm additionally lucky because I've got my goshawk Finn and two wonderful dogs - Fritzy, a small Munsterlander, and Frannie, an 11-year-old Vizsla."

And to top that off, he's published a marvelous book that's bound to interest not only his townsfolk but art aficionados throughout the state: *Wells, Maine: The Art of Scott McNeff*.

*Wells, Maine: The Art of Scott McNeff* (\$37.95) is available in Wells at Scoop Deck, the Beachcomber, Anthony Catalano Home and S.E. Hall Furniture & Design; FMI go to @mcneffstudio on Instagram or mcneffstudio.com.

## DIANNA ANDERSON

Studio & Gallery

Oil Paintings



*Slack Tide, 22 x 28, oil on linen*

May - October

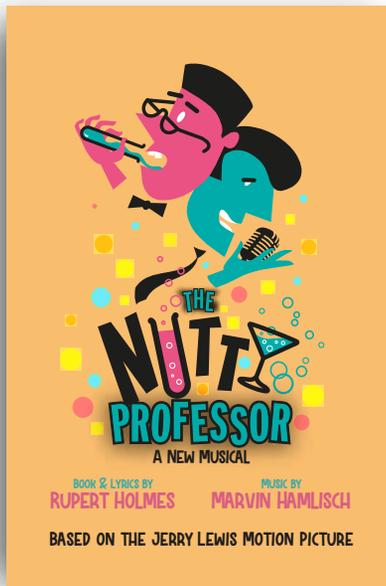
Saturdays 1-4 PM

or by Chance or Appointment

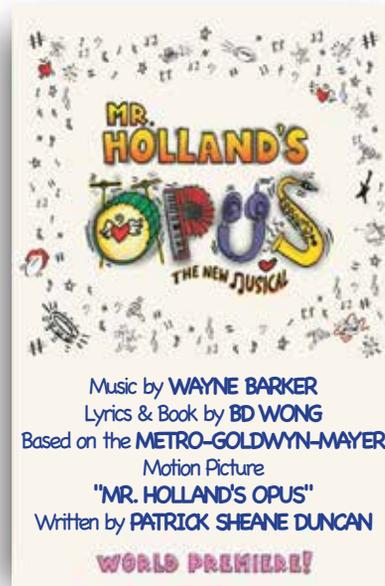
207-651-1043

32 Brown Street, Kennebunk

[www.DiannaAndersonArt.com](http://www.DiannaAndersonArt.com)



JUL 01 - AUG 06



AUG 12 - SEP 17



10 Main St. (Rte 1) Ogunquit, ME  
207.646.5511 • [OgunquitPlayhouse.org](http://OgunquitPlayhouse.org)

**OGUNQUIT  
PLAYHOUSE**

# Local Wellness



Photo by Phil Stone



Photo by SuO

## Wholecare redefines next generation of healthcare

*by Jody Levy*

During these unprecedented times, many people are experiencing more stress than ever as they balance the daily global news of strife, natural disasters and illness with their personal stresses. Stress has been shown to be the leading cause of doctor visits. It is often a contributor to sleep issues, burnout/low energy, chronic pain, anxiety, depression and many other conditions.

During this extraordinary time of stress, many are seeking support for the emotional and physical issues that are emerging. Traditionally, one goes to a mental health professional for emotional needs and one (or several) doctors for physical ailments. This process results in a plethora of appointments and often very few solutions. In fact, the person is often left feeling disappointed and frustrated that they are not feeling better.

There is a new approach to healthcare that is emerging, with evidence of improvements in health and well-being measurements. This new approach to healthcare, called Wholecare, focuses on the whole person, based on the understanding that the mind, body, and spirit and your environment are all interconnected. Another important difference is that this approach focuses on the root cause of the symptom rather than just treating the manifestation.

Whole-person care is now a strategic priority for the National Institute of Health. The Veterans Administration (VA) is a leader in demonstrating the benefits of a whole-person approach. A pilot study with over one hundred thousand veterans showed that veterans who used the VA's Whole Health approach improved their ability to manage chronic pain as measured by the Perceived Stress scale.

Let's explore why the Wholecare approach often results in measurable healing. In a traditional approach, we work on one part of ourselves and not the whole self, which means we often address only part of the problem. For example, suppose you have shoulder pain and start with physical therapy (PT). It might feel good temporarily, and then the pain returns. Many do not realize that the food we eat greatly impacts inflammation in our body, which is often a source of pain. So, if you are making progress on your shoulder with the PT, but are eating foods that are causing inflammation, you are triggering the pain to return. In fact, if the person took a Wholecare approach and changed their diet and did the PT at the same time, they would likely see a sustained improvement in their pain relief.

Everyone can use the Wholecare approach to seek optimal health and wellbeing. If you are interested in learning how a Wholecare approach can support you, contact Hopespring Holistic Health Institute, where their team of leading experts in integrative medicine, holistic counseling, and mind-body medicine are pioneering Wholecare practices. Contact: 207-850-9011 or email: [www.hopespringholistic.com](http://www.hopespringholistic.com)

# The Salt Works & Spa

**HALOTHERAPY • WELLNESS • BEAUTY**

Experience our Luxury Salt Room, a calm and soothing atmosphere designed to cleanse and restore body and mind. Halotherapy (dry salt therapy) is an all natural alternative improving general wellness, respiratory issues, skin conditions, detoxification, athletic performance and more.



### Dry Salt Therapy can aid in:

- Cleansing the respiratory system
- Improving lung function
- Boosting the immune system
- Relief from allergy, asthma, COPD symptoms



### Relax in our new Infrared Sauna which provides benefits for:

- Reducing stress
- Improving appearance of skin
- Anti-aging
- Detoxification
- Easing joint pain
- Muscle relief and recovery
- Weight loss and increased metabolism

**Massage • Skin Care • Nail Care**

Elm Street Plaza  
321 Elm Street, Suite 7, Biddeford  
207-292-0003  
thesaltworksandspa.com



## HOW LONG DOES IT TAKE FOR YOUR CAR TO GET HOT?

Even with car windows cracked, the temperature inside your vehicle can increase within minutes. When in doubt, leave your pet at home!



**Bailey & Maggie say:  
HOT DOGS ARE NOT COOL!**

### CAR TEMPERATURE PET SAFETY CHART

Outside Temp (F)	Inside Temp (F)	
	10 mins	30 mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°



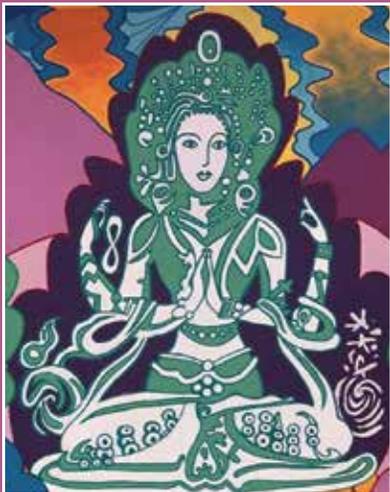
## Positive Pressure

**Therapeutic & Sports  
Mobile Massage Clinic**

Kennebunk, Maine  
Nationally Board Certified  
Massage Therapist  
781-801-6836

Current Special: \$20 off (reg \$135)

[positivepressure.net](http://positivepressure.net)

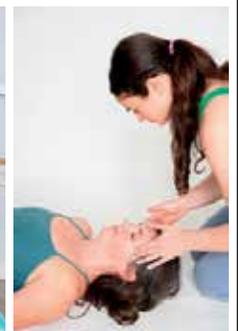


*Biddeford's Best Kept Secret*

## Flourish

Local Art • Music • Wellness Events  
Metaphysical Shop • Reiki  
Reflexology

**Flourishme.life**  
**flourishmaine@gmail.com**



call: 207.569.0999  
write: [thedailysweatkennebunk@gmail.com](mailto:thedailysweatkennebunk@gmail.com)  
visit: 65 portland rd, kennebunk

our mission is to ensure that every person that walks through our doors feels welcomed, safe and inspired through a balanced wellness program that will stretch, strengthen and get your heart pumping.

**new clients, \$30 one week unlimited OR 3 class pack.**

# Keep Calm and Carry On

by Jo O'Connor

We all have our moments. It's a normal part of life. Then, there are those times when anxiety or frustration take over. When you need to calm down, try these seven tips:

## 1. Breathe

"Breathing is the number one and most effective technique for reducing anger and anxiety quickly," according to Licensed Social Worker Scott Dehorty of Delphi Behavioral Health.

When you're anxious or angry, you tend to take quick, shallow breaths reinforcing your fight-or-flight response. What is suggested is taking long, deep calming breaths to disrupt that loop.

## 2. Admit it

Allow yourself to say that you're anxious or frustrated. When you label how you're feeling, the anxiety and anger you're experiencing may decrease.

## 3. Challenge your thoughts

During your moments, you could have irrational thoughts that don't necessarily make sense. These thoughts are often the worse-case scenarios or you get caught in "what if" cycle.

Stop and ask yourself the following questions:

Is this likely to happen?

Has this ever happened to me before?

What's the worst that can happen? Can I handle that?

How important is this matter?

## 4. Release what's pent up with exercise

Replace the emotional energy with exercise. Go for a walk or run. This releases serotonin to help you calm down and feel better.

## 5. Listen to music

Grab some headphones and tune in to your favorite music. Listening to music can have a very calming effect on your body and mind.

## 6. Change your focus

Leave the situation, look in another direction or walk out of the room. Get some fresh air. Remove yourself from that environment as soon as possible and go outside — even if it's just for a few minutes.

## 7. Fuel your body

If you're hungry or not properly hydrated, many of these techniques won't work. That's why it's important to slow down and get something to eat — even if it's just a small snack.

Namaste!

Source: Healthline



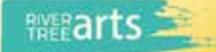
Be sure to enjoy  
*Tourist & Town: The Newspaper,*  
on newsstands weekly  
throughout summer!

Mark your calendars! **MEDITATE & DONATE**  
at River Tree Arts in Kennebunk, ME

Thursday, June 23  
Thursday, August 25  
Thursday, September 22  
Thursday, October 27  
Thursday, November 17  
Thursday, December 15

7:00PM- 8:00PM EST  
or on FB LIVE   
@growyourknowing

In person seats are limited.  
MUST register for in person at [melissaboyd.net](http://melissaboyd.net)

 Come Experience  
**Wholecare**  
**Ignite Your Power & Thrive**

- Rejuvenating Self-care Experiences
- Health Coach Supported Memberships
- Comprehensive Integrative Consults

and much more!

**Are you ready to support all of YOU,  
mind-body-spirit and lifestyle?**

1013 Old N. Berwick Rd. Alfred, ME 04002  
207-850-9011  
[info@hopespringholistic.com](mailto:info@hopespringholistic.com) [www.hopespringholistic.com](http://www.hopespringholistic.com)

*Focused*  
**RESULTS-DRIVEN**  
*healing* **BODYWORK**

 Craniosacral Therapy  
Neuromuscular Therapy  
Therapeutic Massage

Thoughtfully curated therapeutic  
retail made by the women of NE.



SEAGRASS  
THERAPEUTICS 169 Port Road, Suite 12, Kennebunk, ME 04043

FB: @seagrasstherapeutics [www.seagrasstherapeutics.com](http://www.seagrasstherapeutics.com) IG: @seagrasstherapeutics



**LEARN TO FLY WITH CHI**

FLIGHT TRAINING & AIRCRAFT RENTALS

VAN'S RV12  
CESSNA 172

**START YOUR AEROSPACE CAREER TODAY!**

BIDDEFORD AIRPORT B19  
88 LANDRY STREET  
603.205.2798

**WWW.CHIAEROSPACE.COM**

## Lighthouses on the South Coast

Maine has 64 lighthouses still standing. The five lighthouses below sit along Maine's south coast, and are listed from south to north.

**Whaleback Light**, Kittery. Views are from Fort Foster Park on Gerrish Island and Fort McClary State Park on Route 103.

**Boon Island Light**, built on a rock ledge, is six miles off the York coast. Views available from Sohler Park at Cape Neddick Light. FMI newenglandlighthouses.net.

**Cape Neddick Light**, also known as The Nubble, York. It is one of the most photographed lighthouses in the nation and can be viewed from Sohler Park in Cape Neddick. FMI lighthouse-friends.com. FMI for boat trip, finestkindcruises.com or 646-5227.

**Goat Island Lighthouse**, Cape Porpoise Harbor, Pier Rd., Kennebunkport. The lighthouse can be seen from the wharf in Cape Porpoise Harbor and is accessible by boat. Owned and maintained by Kennebunkport Conservation Trust. FMI kporttrust.org.

**Wood Island Light**, Biddeford. Two miles east of mouth of Saco River. Visible from East Point Sanctuary, end of Lester B. Orcutt Blvd., Biddeford Pool. FMI woodislandlighthouse.org or 200-4552.



**207-967-5507**

**firstchancewhalewatch.com**

## "Botox at the Beach"

Looking to return home from vacation even more refreshed?  
Schedule your BOTOX visit today!

Offering  
a full range of  
Beauty Services and  
Medical Aesthetics  
Schedule your  
consultation today and  
begin achieving  
your goals



Botox & Fillers for a  
more youthful  
appearance  
Micro needling for  
acne scars, skin texture  
and stretch marks  
Kybella to reduce  
chin fullness

Loretta Pratt, MD, Board Certified Dermatologist  
22 Main Street, Unit A, Kennebunk • 207-751-7719 • chanelfrances.com

## TalespinStudio - Amy Kelly, Art



**207-467-0590 • 119 Perkins Cove, Ogunquit**

Ad Hoc Galleries: Cliff House, York; New England Fishmongers, Kittery;  
Maine Art Collective, Portland, Focus 244, York and Joe Coffee, Provincetown, MA



Wood Island Light  
Photo by Karl Ramsdell



Photo by Joshua Hrehovcick

**Because it's summer and  
the memories are just waiting to happen.**

## Always Something to do in Maine in the Summer

by *Dean Johnson (1954-2021)*

So what is there to do in Maine this summer?

Start by walking. Anywhere. There is Gooch's Beach, Ogunquit Beach, Goose Rocks Beach, Long Sands, Short Sands, any kind of sand. A startling variety of beaches are within a short drive of wherever you are on Maine's southern coast.

Not exactly a sand-between-the-toes kind of person? Not a problem. Hike the many trails on Mount Agamenticus in York. You'll be hard pressed to find a more impressive oceanside walkway anywhere than Ogunquit's Marginal Way.

The Kennebunkport Conservation Trust maintains all manner of woodland trails. Don't overlook Laudholm Farm and the Rachel Carson Wildlife Refuge in Wells or more seaside spectacle at the East Point Audubon Sanctuary in Biddeford Pool.

The beauty of just taking a walk is that it can be done solo or with a family, and the degree of difficulty is completely up to you. We have everything. Just pick.

And if you prefer taking a bike to taking a hike, it all starts with the 65-plus miles of the Eastern Trail that begins in Kittery and ends in South Portland.

It's also not unusual to see entire cycling teams training on the roads in and around the Kennebunks. Again, the variety of sceneries and roadways can meet most every ability from family-of-four to "I've biked in France, y'know!"

And now a word about food: lobster. It's okay to overindulge. Us locals and relocators (That may be a new word, but it's a nice one, isn't it?) do each summer, too.

We just don't do bibs. That's our little joke on people from away, and it never grows old. To us, anyway. Don't get caught up in trying to find the best lobster roll, though a visit to perennial contenders such as the Clam Shack in Kennebunk or Red's in Wiscasset is never a bad thing.

Just remember that a lobster roll is like that old joke about democracy: When it's great there is nothing like, and even when it's not so great.... it's still better than almost anything else.

*This originally appeared in our 2019 "Positively Summer" issue. We miss you desperately, Dean.*

## Live Music Venues

Alisson's Restaurant, Kennebunkport  
alissons.com | 467.4841

Back Street Sanford, Sanford  
backstreetsanford.com | 850.1228

Bentley's Saloon, Arundel  
bentleyssaloon.com | 985.8966

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  
thecolonyhotel.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

Live Cafe, Kennebunk  
livecafemaine.com | 204-2055

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

*Thank you for  
spending time again  
with Tourist & Town.  
We appreciate you  
– and your enjoyment  
of what we do!*



—“It’s Like This” with Dana Pearson—

## Getting hit by a surprise dose of existentialism

The voice startled me. Not because of its tone or loudness; it was a pleasant female voice of moderate volume, the engaging sort of smooth-edged voice that exudes friendliness (though not obsequiousness) and immediately engenders familiarity and trust. Think Meryl Streep.

Her words formed a question, and the question she posed came out of the blue like a metaphysical gut punch. There are times when one is prepared to field a thought-provoking question that requires a modicum of soul-searching – such as after dinner with close friends and a a bottle of pinot grigio – and then there are times when one is not, such as while scanning a 52-ounce container of Tropicana (No Pulp, Calcium, Vitamin D) at the self-checkout counter at the Hannaford.

“Do you wish to continue?”

The query literally gave me pause. I stopped what I was doing – I may have raised an eyebrow – and looked down at the screen, where the words just uttered so pleasantly were on display.

“Do you wish to continue?”

You know how you’ll leave the house with your loved one, you lock the door behind you, you get in the car, and then your loved one asks you if you locked the door, and you’re sure you did, because you always do, but simply because your loved one, whom you credit with good judgment, asked you the question, you’ll likely exit the car and go check the door to make sure? Good. I’m glad I’m not alone here.

So it was with this unsettling question.

“Do you wish to continue?”

Of *course* I wished to continue. It had been a fine morning. Nothing to write home about, but it had been decent enough. I had had a satisfying breakfast. I had done some writing – not as much as I would’ve liked, but some. The weather was pleasant. I was looking forward to completing a couple of house projects in the afternoon and preparing dinner for me and my wife. And then the day would be capped with another episode of *The Dick Van Dyke Show* and maybe a movie. *Why wouldn’t* I wish to continue?

But then again, she had asked the question. One typically doesn’t ask a question if there’s no doubt as to the answer. Unless it’s a rhetorical question. Had it been a rhetorical question? No. It couldn’t have been. Why would a computerized grocery self-checkout system be programmed with rhetorical questions? That would be ridiculous. And an egregious waste of people’s valuable time. No. I had to credit her with having asked an actual question, and I was the one who had to mull it over and determine the correct answer – not her.

“Do you wish to continue?”

*Continue.*

Oh my god. She wasn’t talking about continuing on with my day. It was far more profound, more far-reaching, more existential, more...well, it was just *more*. Clutching the neck of my container of orange juice – well, not legally mine yet, as I had yet to purchase it – I pondered the gravity of the question, scouring my mind for any doubt about wishing to continue. And what were my options? To reverse? To pause? To cease? To sleep? Perchance to dream?

Or, having just received a scan of the first item in my cart, the machine was informing me that it would only accept credit and debit cards – not cash – and was pausing to inquire if I still wished to continue the transaction.

Right. Of course. Credit.

Are your kids growing?  
Or is your house shrinking?

We have loans to help.

**At Kennebunk Savings, you can bank on something greater.** We take the time to really understand your challenges. Like that moment you realize a home office shouldn’t double as a basketball court. When that time comes, we can provide you with loan options to expand your home—or even get a new one. So, ready to make room?

 **Kennebunk Savings**  
PURPOSE DRIVEN.

[KennebunkSavings.com/home-loans](https://www.KennebunkSavings.com/home-loans)

833.686.1873  
Member FDIC

 Equal Housing Lender  
NMLS: #407721



# The Shade Shop



185 Port Road, Lower Village, Kennebunk  
Open Monday-Friday 10-4 • Evenings and Saturday, by appointment.  
Hunter Douglas Shutters, Shades & Blinds • Draperies • Roman Shades • Solair Retractable Awnings



WE KNOW THE  
PROPERTIES

WE KNOW THE  
PLACES



WE KNOW THE  
PEOPLE



WE ARE KENNEBUNK BEACH REALTY

LET US GET TO KNOW YOU



SALES AND RENTALS  
KENNEBUNK BEACH REALTY  
25 WESTERN AVE. KENNEBUNK, MAINE  
207.967.5481  
KENNEBUNKBEACHREALTY.COM



Follow Us