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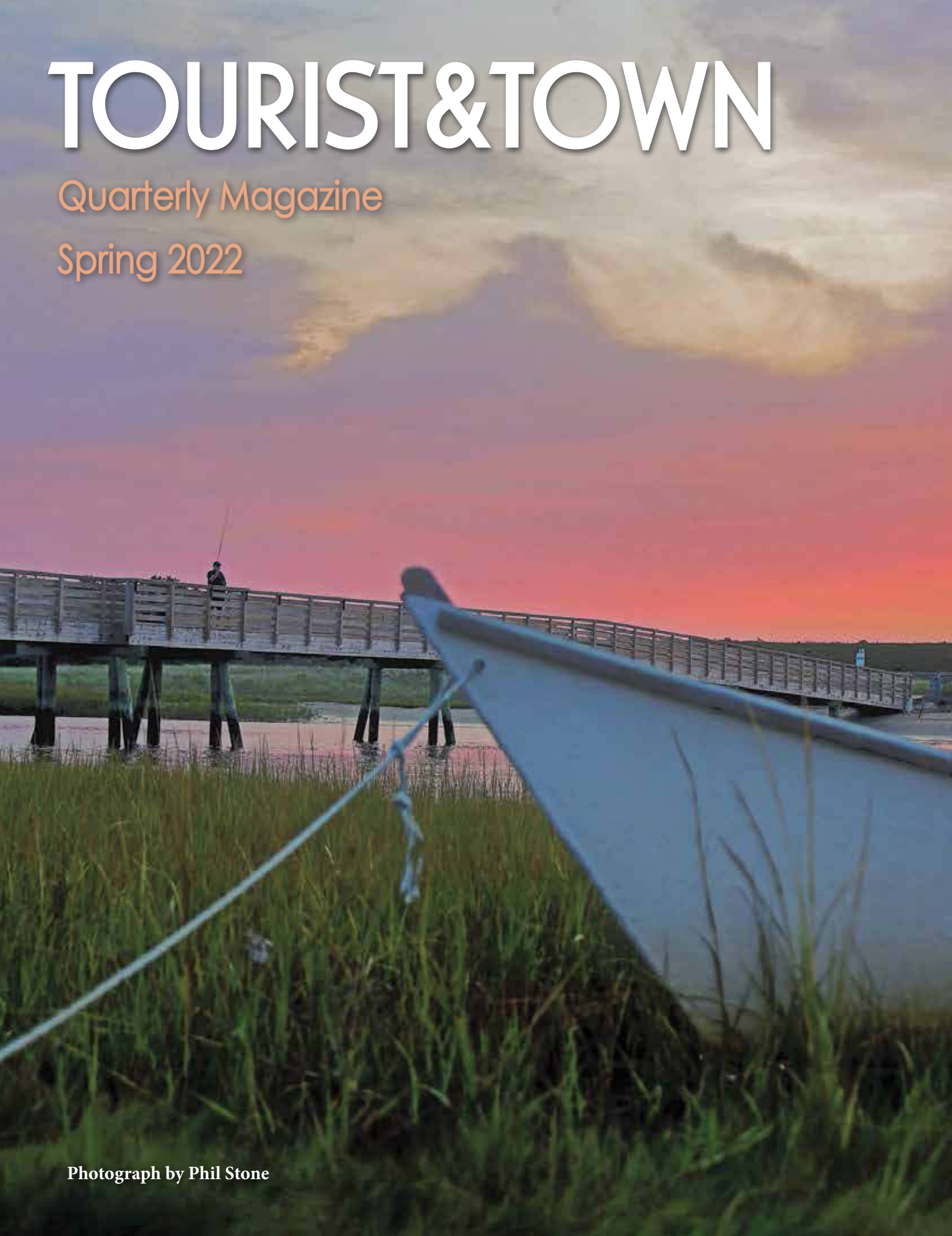
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Spring 2022



Photograph by Phil Stone

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Karl Ramsdell

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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



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

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

We thank all of our guest contributors as well. It's an honor to have you with us.

Valerie Marier is joyfully putting her winter woolens in mothballs and embracing spring in Maine. She will be writing about the long-awaited thaw in her weekly blog, *Wandering With Val*. www.wanderingwithval.com



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



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In 2011, the Maine State Legislature designated the whoopie pie as Maine's official state treat – and rightfully so. A good whoopie pie can be life-changing.

But loving Maine is more than loving whoopie pies and blueberries, lobster and lighthouses. For this gal 'from away,' it's about being 'in' love with Maine – with the people, the character, the whole heart of the place. And with this particular love affair, the honeymoon never ends.

To say it's a "pleasure" to present this latest issue of *Tourist & Town: The Magazine* is as much of an understatement as it is to say Maine is all about blueberries and lighthouses.



The truth is, it's an honor – one that never fails to choke me up when I get to this final step in the making of the magazine. As the words start flowing, so too does this humble sense of gratitude – for a truly amazing *Tourist & Town* team and for the chance to present yet another love note to the great state of Maine.

Happy spring!

Kingsley
Kingsley Gallup, Editor / Publisher



Photo by Joshua Hrehovcik



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Principal Photographers This Issue

Cover photographer 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.



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 and on IG at @portimages.

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.



Eric Storm is a hobbyist photographer based in North Waterboro. He has been published in *Down East Magazine*. His passion is "to chase the light from Maine's sandy beaches and rugged coastline, its historic towns and villages to the wild mountains and wilderness."

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

Photographers & Writers
Always Welcome!



Photograph by Bob Dennis

FOOD



Harris Farm, Dayton. Courtesy photo



Bandaloop Restaurant, Arundel. Courtesy photo



T&T file photo

Farmers' Markets • Spring Recipes • Foodie Gifts Kennebunk's "Hidden Gem" Has New Owner



Hurricane Restaurant, Kennebunkport. Courtesy photo



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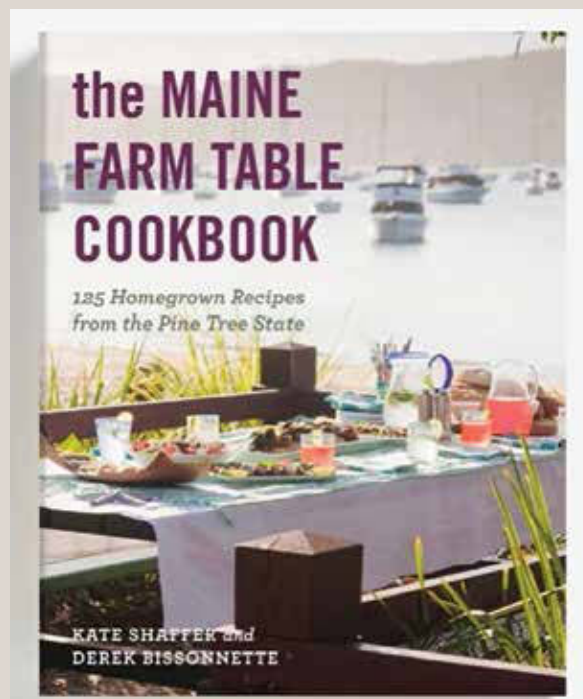
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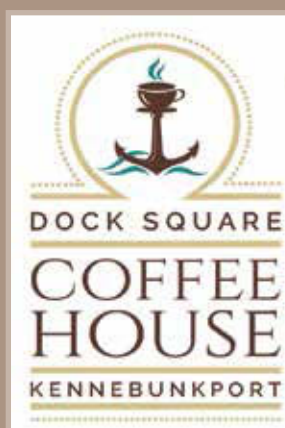
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Kennebunk's "Hidden Gem" Has New Owner

by Steve Hrehovcik

On a warm summer night in 2012, Ken and Kathryn Anderson visited the Kennebunk Inn to celebrate Ken's birthday and the promotion Kathryn had recently earned working at the Liberty Mutual Insurance Company. After an enjoyable dinner and memorable evening, as they left the historic building, both had the same idea – "Wouldn't it be great to own a place like this."

They knew the building had a historic significance. Built in 1799 as a private residence, it is one of the oldest structures in Kennebunk. It was converted to an inn in the 1930s. As the Andersons walked around the property, Kathryn said, "We fell in love with it. We thought it was the missing piece of a puzzle that we dreamed of having."

Flash forward to December 14, 2021, their dream became a reality. Kathryn Anderson, along with two partners, Andrew Warde and Matthew Blain became the new owners of The Kennebunk Inn.

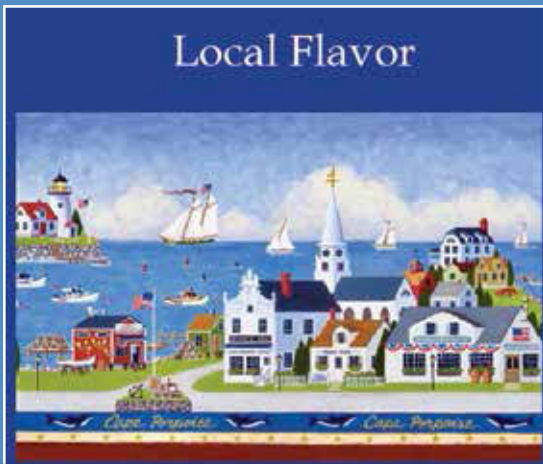
Warde, who owns the Merriland Farm Café in Wells with Blain, approached Anderson about the possibility of purchasing the Kennebunk Inn. Warde knew about Kathryn's love of Kennebunk and connection in hospitality. She had an AirBnB in their Kennebunk home.

– continued on page 18



.....

Kathryn Anderson, new owner of The Kennebunk Inn, in one of her "favorite" rooms in the building dating back to 1799. Photo by Steve Hrehovcik



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Brian and Shanna O'Hea, who purchased the inn in 2003, made the decision to sell after continuing the long tradition as a popular restaurant and inn.

Kathryn Anderson said, "I'm excited about the idea of the Kennebunk Inn providing visitors with the quality meals and hospitality established through its long history. I'm pleased to say that Nick Zammarelli of the Merriland Farm Café will step in as executive chef for the restaurant and Diane de Seversky will remain the director of operations of the inn. Also, most of the staff of ten will stay on."

Anderson will handle strategic planning and marketing for the inn. She considers the inn a "hidden gem" and has begun reintroducing the property with promotions on Facebook, Instagram and Twitter. She will also coordinate marketing campaigns with the town for such events as the May Day Celebration on Saturday, May 7, the popular Prelude in December and other festivities throughout the year. During the May Day Celebration, the inn will have its official Grand Opening and give visitors an opportunity to meet the new owners.



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The inn has 23 rooms, no two alike, each with an old-world charm. The first time she made a tour of the rooms, Anderson would say, "This is my favorite room," until she went into the next room. The restaurant, featuring a polished wooden décor and stained glass windows, provides a warm, informal setting. It can accommodate 100 guests, including seating at the bar. The inn also has a function room with seating up to 18. During the summer and early fall, the inn also offers outdoor dining on an enclosed brick patio.

While the inn remains open year-round, at the present time the restaurant serves diners Thursday through Saturday from 4:30 to 9 PM. The new owners decided to rename the restaurant "The Tavern at the Kennebunk Inn," reinstating one of the names of the Inn from the past.



Anderson grew up in North Reading, Massachusetts, and knew her husband-to-be as a youngster. She earned her degree in Economics from Gordon College in Wenham in 1984. She also works part-time for Liberty Mutual as a software engineer. Like so many people at this time, she works from her home.

The Andersons have been married for 33 years. They have a daughter, Chelsea and son, Ian.

The storied history of the Kennebunk Inn continues and includes a "haunted heritage." Rumors persist that the spirit of one of the inn's clerks, Silas Perkins, who passed away in the mid-1950s, returns for sporadic "visits."

The Kennebunk Inn is located at 45 Main Street. For room or dinner reservations call 207-985-3351. FMI visit www.thekennebunkinn.com

• • • • •

Photo opposite page: The private home built in 1799 – one of the oldest buildings in Kennebunk – became The Kennebunk Inn in the 1930s. Photo above: The Kennebunk Inn, located at 45 Main Street, has new owners – Kathleen Anderson and her partners Andrew Warde and Matthew Blain. Courtesy Photos



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Take grace out of the box and spread it around. Let it spring from your soul anytime and anywhere. Let it find its way into everything you do, into all your experience. And don't just utter words of thankfulness. Live in a spirit of it instead.

Part-time gratitude simply won't do.

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86,400 seconds today.*

*Have you used one to say "thank you?"
~ William A. Ward*

[excerpt from *Project Personal Freedom: Tips and Tools for a Liberated Life*, by Kingsley Gallup, MA, Goodman Beck Publishing]

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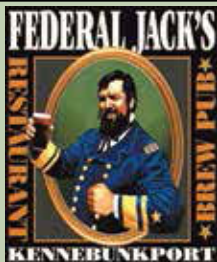
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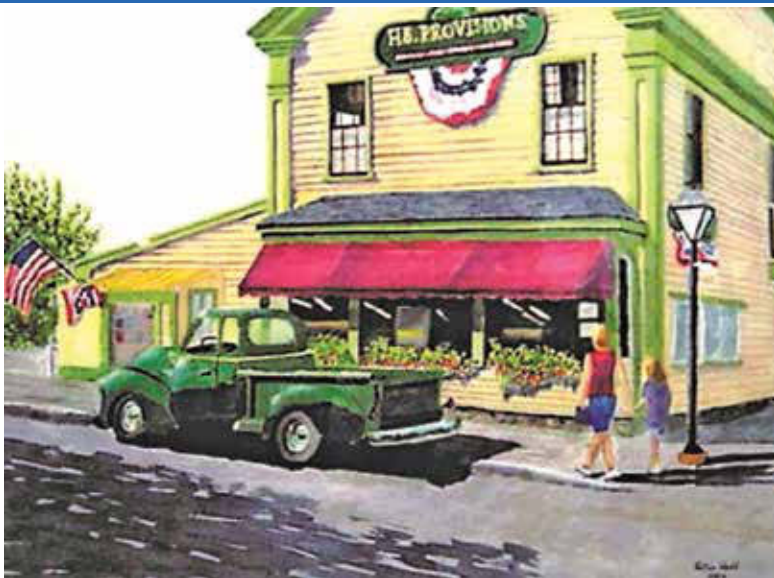
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Tourist & Town cover, April, 2020. Art by Daisy Fine

FLOWERS & GARDENS



Fleurant, Kennebunk. Courtesy photo



Photograph by Joshua Hrehovcik

Flowers • Landscaping

..... Tips From a Landscape Architect



Calluna Fine Flowers, Ogunquit. Courtesy photo



Photograph by Geraldine Aikman

A whole new look: Tips from a landscape architect

Sarah Vance offers advice on updating your shrubs and gardens

by Valerie Marier

The long hard winter of 2022 is finally abating and it's the perfect time to take a critical look at the shrubs, trees and garden beds surrounding your home.

Is your property pinched by walls of tilting arbovitae planted years ago? Are overgrown junipers, originally placed in front of the dining room windows for privacy, now eclipsing any view to the outside? Perhaps those yews bordering the front porch are suffering from winter-kill, as do those boxwoods listing sadly along the sidewalk. Or perhaps you simply want to widen the front walkway for a spiffier look.

All these concerns are underscored by the National Garden Association's recent survey which indicated a well-designed and maintained property enhances house values by more than 15%.

Right now, local nurseries are stocked with budding azaleas, lilacs and rhododendrons ready to be planted in your garden. A neighbor might tell you about his "fabulous landscaper whose price is so low you won't believe it." But before you start digging, pruning or hiring, perhaps consider the savvy advice of part-time Kennebunk Lower Village resident Sarah Vance, who has a degree in landscape architecture from the Graduate School of Design at Harvard.

"This is the season to assess the trees, shrubs and beds that have been on your property for a long time, and not be afraid to get rid of them," Vance said. "I call this 'releasing the space.' People often think you can just put different plants or trees in the garden and have a whole new landscape. To landscape architects, the structure of the space has to be thought through, designed and built before it is planted. Plants are only one component of a larger plan."

Vance equates the process of revamping your property to editing a manuscript — getting rid of the timeworn, the trite and, in your garden, the tottering. She said, "It's also similar to renovating or redoing your kitchen. You might want to gut the whole room or you could just change the countertops or cabinet fronts to get a fresh look. It's the same with updating a garden. It can be a big job or a little one, but refreshing a landscape requires

vision and a long-range plan. And remember, it might end up costing as much as redoing a kitchen!"

Vance said, "A landscape architect is not a landscaper and does not do landscaping." Specifically, a landscape architect has earned a degree in a multi-disciplinary field that incorporates design, site planning, grading, drainage, construction technology and plants. Vance put all that to use as a senior associate with the renowned landscape architecture firm Reed Hilderbrand based in Cambridge, Massachusetts, where she became a key member of the team restoring the Blue Garden in Newport, Rhode Island, one of the most celebrated gardens of its era.

Featuring a monochromatic palette of purple and blue flowers and enhanced with reflecting pools, pergolas and lawn paths, the Blue Garden was designed from 1912 to 1918 by Frederick Law Olmsted, Jr. and the Olmsted Brothers firm for the Beacon Hill House estate owned by Arthur Curtiss and Harriet Parsons James. Until the early 1930s, invitations to social events in the Blue Garden were among the most coveted in this fabled seaside enclave. Alas, time was not kind to the Blue Garden. Half a century later it had become subsumed under a thick covering of invasive trees, shrubs and vines. Reed Hilderbrand was

hired to restore the garden to its original vibrancy. From 2012-2014, Vance was a designer on the Blue Garden's project and today serves as its director.

Vance's passion for landscape architecture was ignited years ago during a visit to the chateau Chantilly outside Paris. She remembers exploring and admiring the scale and composition of the landscape created by renowned French landscape architect Andre Le Notre, who also created the 2000-acre park surrounding the palace of Versailles for King Louis XIV.

These grandiose gardens might be more than what a York County homeowner has in mind but Vance stresses that similar considerations must be given, whether the job is large or small, lavish or natural. "Serious landscape architecture is rooted in context and site, not in the latest trends," she said. "The work of the Olmsted firm is as relevant today as it was 100 years ago because of their ability to design based on unique site characteristics."



Revamping one's landscape can be expensive, Vance said, and it can take one, two or even more seasons to complete. She said, "But it's not necessary to do everything all at once. Phasing the project over two or three years helps homeowners on a tighter budget." Equally important, Vance notes that this also allows those homeowners to enjoy and appreciate each step.

Whether the project is a beachfront home on Drakes Island or a Colonial in the heart of York Village, Vance said every project must take into account key factors of design, including grading, drainage, circulation, open space, tree cover, views and solar orientation. And while there is no such thing as a quick-fix in landscape architecture, the rewards can be immediate when you simply "release the space" and get rid of overgrown trees, shrubs and plants. Vance said, "Have the courage to remove what doesn't belong anymore and your garden will improve dramatically."

Suddenly, there is more space, more sun and less maintenance. Vance said, "You will ask yourself, why didn't I do this earlier? Just remember to take time to ponder and enjoy the new situation before you add anything back. Then design with sustainability in mind. In a broad sense, this means using organic fertilizers and food, incorporating native plant materials and using locally-sourced material. It is important to remember that we are stewards of the land."

She also suggested that if plants are healthy, keep them, and if they work well on your property, plant more of

them. "That forsythia on your side lawn might only bloom for two weeks each April, but if you love it, keep it and add more," she said. "Figure out what's happy and what's growing in your garden. Plant more of what you love and

remove the plants you don't love," she said.

A redesigned front walkway can provide a whole new look to an older house. "Circulation is a major component of the design," Vance said. "Circulation can be beautiful if it simply and efficiently connects the street to the driveway and then connects to doors, terraces and gardens. In most cases paths and walkways are straight lines, unless they go around something like a landform, a tree or a planting. I wouldn't

build curved paths on flat land because they just draw attention to themselves. It almost doesn't matter what the material is. Crisp fresh asphalt is great, but if there is a budget for stone, opt for that. Stone, or a change in material, can give hierarchy to the overall look and circulation."

Vance offers several final tips. She said, "Take photos of gardens that appeal to you and cut pictures out of magazines of gardens you like. Going online is a great resource too. Then find a person you trust who can do the installation. If you have more ambition for the project, start asking around for recommendations for designers. Take a good look at their portfolio and listen to what they have to say about their approach to a project. A home in Kennebunkport or Ogunquit may be in a neighborhood close to town or overlooking a wind-

swept beach. Understanding what makes each property special is the key to a successful design."



Creating your own Blue Garden by the Sea

After working with the team that resurrected Newport's Blue Garden, Sarah Vance now serves as its director, working with the property manager and his staff, developing budgets and determining planting requirements for the next season. She said, "I had never worked with annuals, so my surprise and delight has been learning about the blue and white annuals we plant at the Blue Garden. Pinch the blooms and they will last all summer. However, they need full sun."

Here is a list of blue and white flowers for you to create your own Blue Garden.

Centaurea cyanus, Bachelor Buttons
Ipomoea 'Heavenly Blue,' Morning Glory
Lobelia laguna 'Sky Blue,' Lobelia
Passiflora caerulea, Passion Flower Vine
Plumbago auriculata, Cape Leadwort
Salvia farinacea 'Victoria Blue,' Mealycup Sage
Salvia farinacea 'Victoria White,' Mealycup Sage
Salvia guaranitica 'Black and Blue,' Anise-scented Sage
Salvia patens 'Deep Patio Blue,' Gentian Sage
Viola x wittrockiana 'Delta Premium Pure White,' White Pansy
Viola x wittrockiana 'Delta Premium True Blue,' Blue Pansy

• • • • •

Opposite page, top: The Beacon Hill House estate, home of the Blue Garden. Opposite page, bottom: Landscape architect Sarah Vance, who helped restore the Blue Garden in Newport, Rhode Island, enjoys sharing her experience and expertise with eager gardeners. Above: The Jameses hired Frederick Law Olmsted Jr. to design a secret garden, created over six years from 1912 to 1918, in a monochromatic color palette of blue. Courtest photos. FMI on the Blue Garden today, visit www.thebluegarden.org.

Gardens and Parks

Coastal Maine Botanical Gardens, Barthers Island Road, Boothbay. The largest botanical garden in New England boasts 248 acres featuring display gardens, ornamental gardens, waterfalls, and incomparable stonework and sculpture, native plant collections, a library and visitor's center plus miles of trails to experience the tidal shore frontage and woodlands. FMI: 633-4333 or www.maine gardens.org.

Elizabeth Perkins House, Southside and Seabury roads, York. Part of the Museums of Old York, the colonial revival house overlooking the York River features a reproduction of a 1940s garden designed by Elizabeth Perkins from her records. FMI: 207-363-4974 or www. oldyork.org.

Gilsland Farm, Maine Audubon Society, Route 1, Falmouth. Farm is known for its more than seven acres of June-blooming peonies growing "wild" in the fields and woods of the sanctuary as well as in five neat beds near the environmental center. FMI: 781-2330 or www.maine audubon.org.

Hamilton House, 40 Vaughan's Lane, South Berwick. A National Historic Landmark, the c. 1785 Hamilton House is sited on 33 acres of grounds above the Salmon Falls River and includes remnants of an early 20th-century formal garden, now renovated. FMI: 207-384-2454 or www. HistoricNewEngland.org.

Longfellow Arboretum, Payson Park, Ocean Avenue and Baxter Boulevard, Portland. Three acres of trees not native to Maine planted in 1976 by the Longfellow Garden Club and the City of Portland.

Longfellow Garden, Wadsworth-Longfellow House, 489 Congress Street, Portland. Colonial Revival Longfellow Garden is on the grounds of the childhood home of Henry Wadsworth Longfellow, now the headquarters for the Center for Maine History. FMI: 207-774-1822.

Marrett House, 40 Ossipee Trail East (Route 25), Standish. An extensive Victorian perennial garden created by the Marrett sisters in the 1920s and 1930s has been restored at this historic 1789 home. FMI: 207-642-3032 or www. HistoricNewEngland.org.

Nott House Garden, 8 Maine Street, Kennebunkport. Owned by the Kennebunkport Historical Society, the period garden at the 1853 Nott House was restored by the society after two years of historical research to create an appropriate scheme. FMI: 967-2751 or www. kporthistory.org.

Ogunquit Museum of American Art, 543 Shore Road, Ogunquit. Museum grounds feature three acres of landscaped gardens, lawn and oceanfront ledge, including numerous large sculptures, a reflecting pool and secluded benches for quiet contemplation. FMI: 207-646-4909 or www. ogunquitmuseum.org.

Rose Circle, Deering Oaks Park, High and State streets, Portland. A 51-acre city park features an award-winning rose garden with more than 600 species of roses. FMI: 207-874-8793 or www. mainer-osesociety.com.

St. Anthony's Franciscan Monastery Grounds, Beach Avenue, Kennebunk Lower Village. Bordering the Kennebunk River, this former estate with an elegant Tudor House, purchased by Lithuanian Franciscans, features an English park ornamented with gardens and shrines and trails designed by Frederick Law Olmsted. It is known for its rhododendrons. FMI: 967-2011.

Sanford Parks, Main Street, Sanford. Two parks designed by noted Boston landscape architect Arthur Schurcliff in the 1930s: Gowen Memorial Park, site of an impressive stone gazebo, and Central Park, featuring a statue of local mill owner Thomas Goodall.

Sarah Orne Jewett House, 5 Portland Street, South Berwick. Features a garden in back and an herb garden at one side. Grounds open dawn to dusk. FMI: 207-384-2454 or www. HistoricNewEngland.org.

Spring Point Arboretum, Southern Maine Community College, Fort Road, South Portland. On the college campus, this one-acre arboretum overlooking Casco Bay was planted by the city of South Portland in 1981 and features 70 species of trees, shrubs, vines and groundcovers.

Stone House Gardens, 642 Wolf Neck Road, Freeport. Former estate is now a University of Southern Maine conference center and demonstration center for organic gardening. It features hundreds of heathers, as well as perennials, daylilies, azaleas, peonies and iris gardens with views of the Harraseeket River and Freeport Harbor. The Maine Chapter of the American Rhododendron Society maintains a rhododendron display garden with more than 40 species and hybrids.



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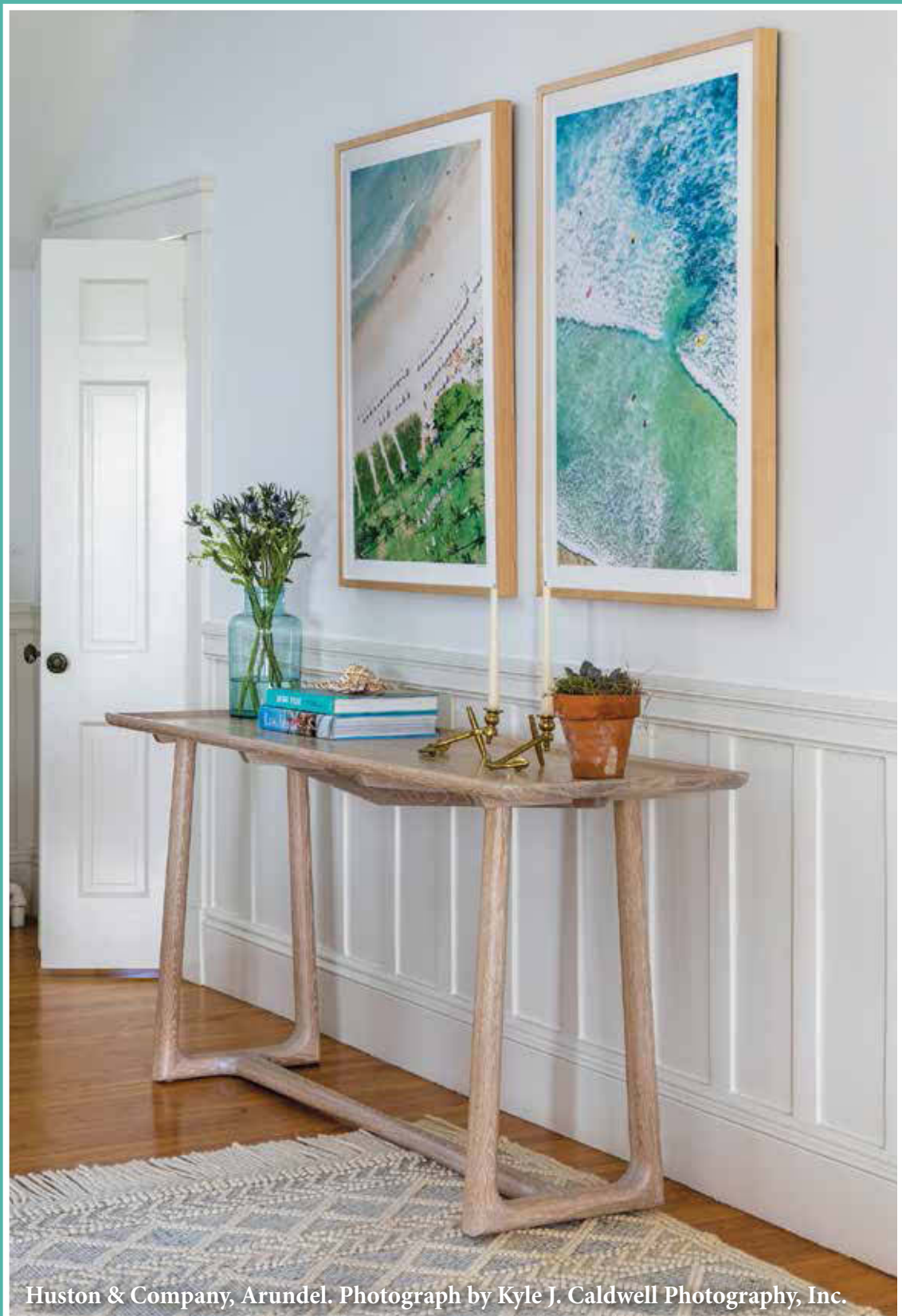


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Huston & Company, Arundel. Photograph by Kyle J. Caldwell Photography, Inc.



Cloth Interiors, Kennebunk. Courtesy photo.

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A Visit with Bill Huston of Huston & Company • Two New Habitat Builds



Hurlbutt Designs, Kennebunk. Photograph by Francois Gagne

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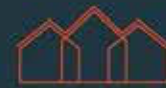
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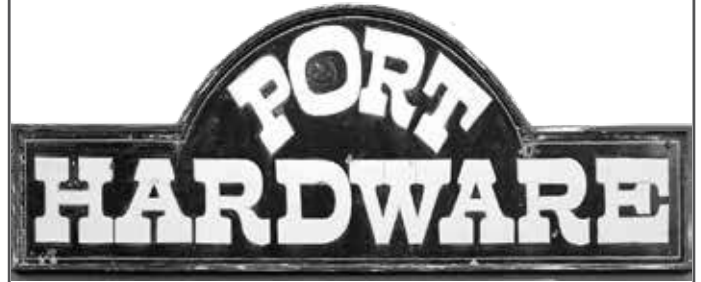
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A fine place in which to stay put

by Dana Pearson

As soon as Bill Huston said, “This place touches my soul,” his wife Mia Millefogie knew their short-lived house hunt was over.

“Oh man,” she said with a comic roll of her eyes in their Kennebunk home overlooking the Mousam River, recollecting the moment in 2004 when Bill fell in love with the house built off Brown Street in 1993. “Really? It touches your soul? Okay, fine, we’re moving.”

Not that it didn’t touch Mia’s soul, too. Eventually.

It was the Summer Street traffic that propelled Bill to seek a new home 18 years ago. However, it was only recently that the couple agreed that their new home, tucked in the woods and treated to several tasteful renovations, is likely to be their last.

Having founded Huston & Company in 1988 in Poland Spring, Bill brought his furniture company in 1995 to a brand-new facility on Log Cabin Road in Arundel, where it still operates. Meanwhile, Mia became vice president of marketing and development for MaineHealth Care at Home, a post she retired from two years ago. (She has since been working on a memoir of growing up in Gloucester, Massachusetts.) While Bill is still deeply involved in the furniture company, “and still really enjoying it,” he said. “I’m stepping back a little. My [middle] son Saer has taken over ownership of the business.”

As they eyed their retirement years, Bill and Mia looked to move from Kennebunk to South Portland to be closer to their children and grandchildren. But then the pandemic hit in 2020, followed by insanely ballooning market values. Tentative plans to relocate were shelved. The couple considered their home from a new perspective, and imagined what changes could be made so that they could live there happily ever after.

A couple of adjustments had already been made to the house that Bill described as having an Arts and Crafts feel to it. Shortly after moving in, they walled up the two half-walls on either side of the living room on the river-side of the house. That room’s cathedral ceiling was likewise floored over, giving them a cozy reading room upstairs.

To reach the living room, one walks from the front door down a long hallway (with a gallery vibe) that has the garage on the right and wide windows overlooking a garden on the left. The far end of the hallway was widened by removing a closet; now, one has a stunning first exposure to the river, akin to the classic VistaVision shot in John Ford’s *The Searchers*, where the opening of the cabin door reveals the widescreen splendor of Monument Valley – but instead of mesas, one soaks in poplars, white oak, swamp maples and a marsh-lined river.

Upstairs, the roof above the garage was raised to allow space for a couple of bedrooms, one of which has since become Mia’s study. Bill said the addition of maple sliding doors “inspired us to lighten up the downstairs,” which features original wainscoting and trim work, and is highlighted by darker woods, mostly cherry.

– continued on page 36

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Several changes have been made to the Huston house on the Mousam River in Kennebunk, including the raising of the roof over the garage to make way for two new rooms. Photo by Dana Pearson



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Forming a T with the entrance hallway, the main corridor running lengthwise through the house (always with views over the river) used to end at a wall in the kitchen, with a pocket door positioned slightly to the left. By moving that door so that it lines up with the corridor – and by keeping it open most of the time – there’s now a straight shot down the entire length of the house, from the new dining room to the den.

Beyond the pocket door used to be a modest dining area separated from a three-season, river-view porch by a wall. The dividing wall came down, the enlarged space with vaulted ceiling was insulated, and now there’s an airy dining room with a TV area. As with the rest of the house, this inviting space is mostly furnished with Huston originals, including a classic York dining table designed by Bill with more modern

(yet complementary) Shovel chairs designed by Saer.

The heart of the home, as with most, is the kitchen, with its cherry cabinets and black granite counters. For years, Bill and Mia would sit on stools at the counter, facing across the kitchen, their backs to the river. By installing a bookcase in the side of that counter (preventing one from sitting there) and building a high-top table by the window, they now enjoy constant nature views.

So yes, now the place touches Mia’s soul, too. It certainly helps that she loves canoeing and kayaking the Mousam, sometimes paddling upriver with Bill to enjoy a dinner in downtown Kennebunk.

Noting that the ground-floor den can be transformed into a bedroom someday, Bill said, “We’ll stay here as long as we can.”



• • • • •

This page, top: The view from the kitchen explains why Bill and Mia spend much of their time here. **This page, bottom:** This York dining room table was designed by Bill Huston; its Shovel chairs by his son Saer, who has taken over ownership of Huston & Company. **Opposite page, top:** The living room with fireplace lies along the corridor that runs the entire length of the house. **Opposite page, middle:** Furniture maker Bill Huston has several of his own creations in his house, which he and wife Mia Millefoglio have remodeled for their retirement. **Opposite page, bottom:** The gallery-like front hallway leads to the rear of the house which overlooks the river. Photos by Dana Pearson



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Staying Salty with Saltwater Home

by Jo O'Connor

Born on the coast of Maine with a love of salt air, sandy toes, nature, water and earthy tones, Saltwater Home aims to design spaces that elevate the function and beauty of a coastal lifestyle. Saltwater Home is a female-founded, family-run, full-service boutique interior design firm, specializing in residential coastal design in southern Maine and created out of a love of comfortable and inspiring spaces.

"Home holds a different meaning to each individual, and we are the conduit in bringing a design vision to life for our clients. We listen, learn and collaborate with our clients to form a unique partnership in the design process," said Annie Talmage, founder and lead designer.

Saltwater Home's residential design services include end-to-end project management including sourcing, specification, construction management and installation. From spaces that need a refresh to new construction, they will guide you every step of the way. They offer comprehensive design consultations - from spaces as small as one room - to expansive long-term projects involving design and purchase.

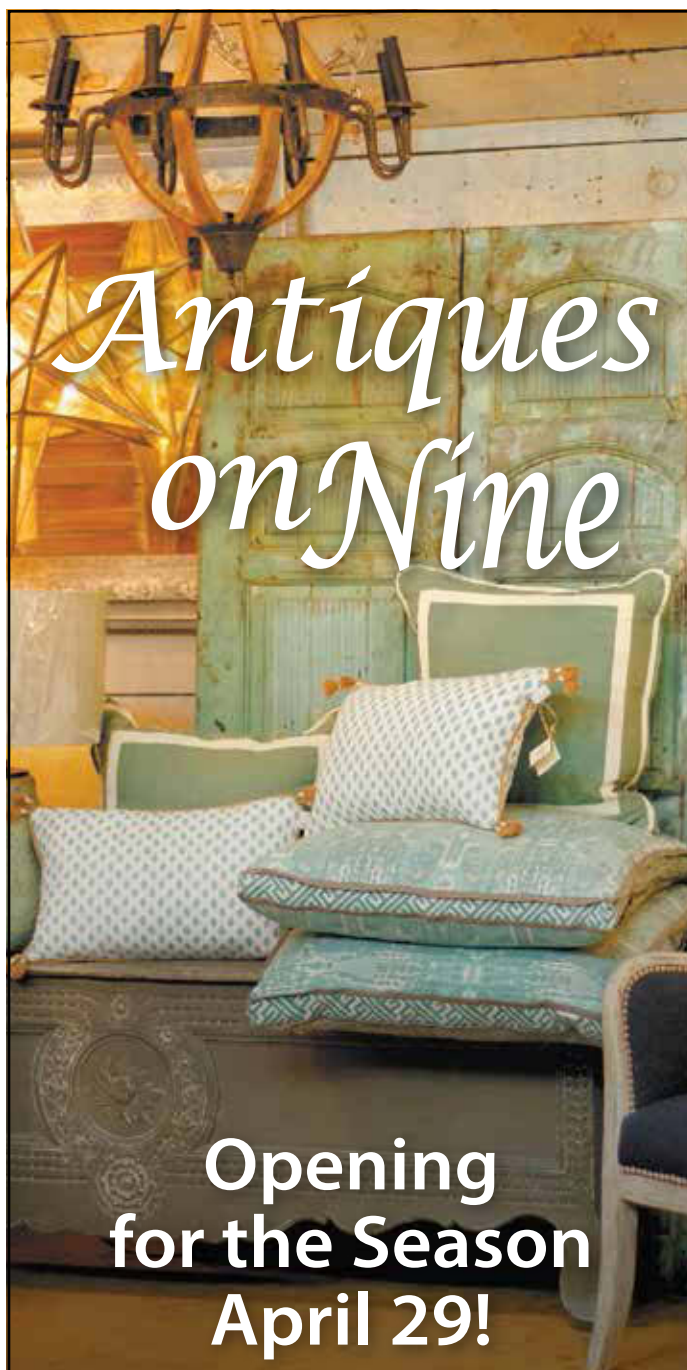
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Habitat for Humanity builds two homes in Cape Porpoise

"The moment my wife and I found out Habitat for Humanity was going to build in Cape Porpoise it brought tears to our eyes," wrote Derek after he and his wife Alicia learned they were selected to purchase the first of two homes in Cape Porpoise to be built through Habitat for Humanity York County's affordable homeownership program. "I have worked in Kennebunkport for 14 years and we have fallen in love with the town. We couldn't believe there might be a possibility for us to move there."

Derek, an army veteran who has worked at the Hurricane restaurant for the past 14 years, and Alicia, are like many hardworking families in York County, unable to purchase a safe, decent home on the conventional market as housing prices continue to rapidly increase. Kennebunkport is often particularly out of reach for those seeking affordable homeownership opportunities. According to Maine Housing data, the median home price in Kennebunkport in 2021 was over \$900,000.

Habitat for Humanity York County is rooted in the belief that everyone deserves a safe, decent place to live, and has been creating affordable homeownership opportunities in York County since 1985. The two homes in Cape Porpoise will be the 32nd and 33rd homes completed by Habitat in York County, and they are needed now more than ever.

Finding affordable property to build on is one of the biggest challenges to Habitat York County's mission. The two homes in Cape Porpoise were made possible by a generous donation of property from a local individual. "We are so incredibly grateful to David Doubleday for his generous donation of property and his ongoing support of these builds, which will create a life changing difference for two local families," said Habitat Executive Director Amy Nucci.

The two homes will be constructed using volunteer labor, donated funds and materials. Throughout construction, the future homeowners will work side by side with volunteers, fulfilling their pre-purchase "sweat equity" requirement. Families selected to purchase Habitat homes must complete up to 400 hours of sweat equity by helping build their home, attending pre-purchase homeownership classes and volunteering in Habitat's ReStore or office.

When the homes are completed, they will be sold to homebuyers through an affordable mortgage, and the mortgage proceeds will be recycled to support the construction of future Habitat homes. In these ways, each Habitat for Humanity homebuyer is truly a critical partner in the creation of safe, affordable homes in York County.

In March, Habitat for Humanity is opening the application process for the second home. Households apply to Habitat for Humanity for home ownership, and home buyers are selected using three main criteria: a demonstrated need for safe, decent affordable housing; the willingness to partner with Habitat to complete all sweat equity requirements; and the ability to pay an affordable mortgage.

To learn more about home ownership with Habitat for Humanity York County, or to volunteer or donate to the Cape Porpoise homes, please visit habitatryorkcounty.org or call 985-4850.

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Photo top: Future homeowners Derek and Alicia with their two sons. Photo bottom: Architect's rendering of the homes to be built in Cape Porpoise. Courtesy photos



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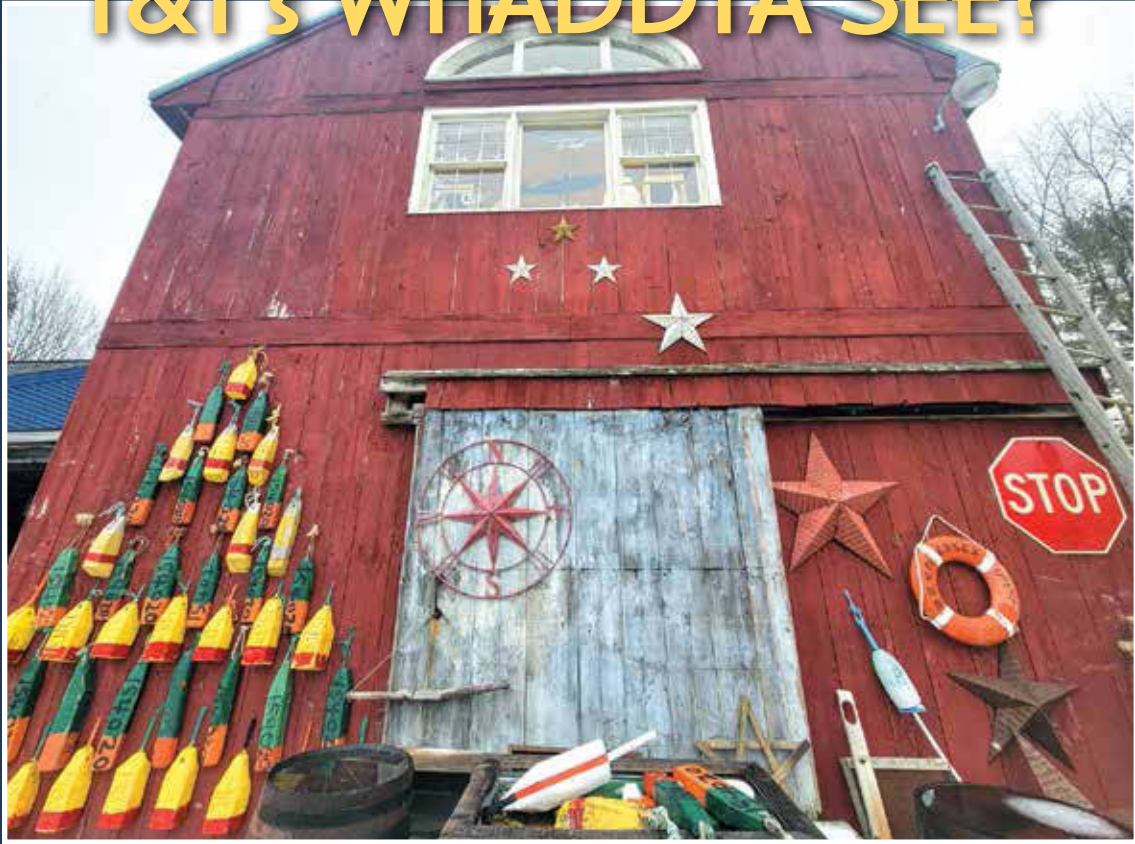
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Spotlight on: Ben's Flooring

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The Beaulieus are as proud of the shop's roots as they are of how far Ben's has come over the years. Founded on a Beaulieu family belief that honest, professional and skilled work will always be in demand, Ben's has managed to stay true to its roots while at the same time consistently expanding its services. It's a special kind of business that can make this claim – and truly achieve it.

The Ben's of today is one-stop shopping in every sense – from countless flooring options, to window treatments galore, to kitchen and bath design for all tastes and budgets. In-house designers, contractors and craftsmen partner with clients from start to finish. This full-service approach gives clients, many of whom are daunted by the prospect of home projects, great piece of mind.

All you have to do is walk in the door and get inspired. The Ben's team will take it from there.

Visit Ben's Flooring, Kitchen and Bath Design at 584 Elm Street in Biddeford. For more information, visit their website at bensflooring.com or call 207-284-7013.

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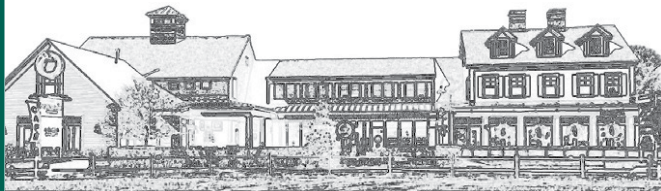
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Spotlight on: Gateway Title

Gateway Title of Maine, Inc. is a full-service real estate title and escrow company serving Maine. In May of 2021, Gateway Title approached Kim Chilton, Maine native and longtime York County resident and began a conversation on how expand their services into Southern Maine.

Kim worked as a mortgage broker for 12 years before making the transition to title in 2015. At the time, Chilton was the sitting President of the Kennebunk Rotary Club. She is also a longtime member of Kennebunk Kennebunkport Arundel Chamber of Commerce, having previously served as Board Member and President.

Kim's vision was to have an office on Route 1 in Wells, easily accessible from the turnpike with plenty of parking. Additionally, she wanted someone in the office processing the incoming orders, thereby keeping everything in-house. The deal was struck, and the process began.

On February 1, the keys were handed over. The finished office space is located at The Post Road Commons on the second floor over the A Café. There is an elevator for those who need it, with plenty of parking out back and easy access from either the Wells or Kennebunk exits. Orders are being accepted at wells@gatewaytitleme.com.



Kim Chilton
Account Executive/Closing Agent
M 207.229.6738

2178 Post Road, Suite 204, Wells
360 US Route 1, Suite 100, Scarborough
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Photograph by Joshua Hrehovcik

"Maureen Adams was extraordinary, especially working for a buyer in a seller's market. Her knowledge of the local market was instrumental. Her ties to the community were a huge asset in every aspect of the buying process including assistance with a mortgage broker, closing company and even Happy Hour locations! Maureen helped us find our dream home that we didn't know was possible or even existed!" ~ Tim K

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"Maureen's deep knowledge of the area and wide network make her an incredible resource when searching for a home in what was an extremely hot but low inventory market. Nonetheless, she persevered and was always willing to listen and work with us until we found the right home. As buyers, we were extremely pleased with her as our realtor and would recommend her without hesitation if you're looking to purchase a home in Southern Maine." ~ Michael S.

"Falling back into Maine real estate after returning to my hometown in 2007 was natural, and with a new perspective as a "local" who was also a "summer resident" for a time has proven a great asset in helping those who are looking to purchase and sell real estate in Southern Maine."



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Local Color, Kennebunkport. Courtesy photo

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Dannah for Men, Kennebunkport. Courtesy photo



Dannah for Women, Kennebunkport. Courtesy photo

Carried away by history at the Way Way Store

by Dana Pearson

[This article originally ran in *Tourist & Town* in April 2019.]

He had little say in the matter. True, no one put a gun to his head to have him sign the lease. But it wasn't something he set out to do, nor did he actively pursue it when the idea was first suggested to him.

As Peter Scontras himself said, "I didn't have any desire to do it."

The "it" in question was the re-opening of the historic Way Way Store in Saco in 2011. But as Scontras knows so well, the inexorable flow of history has a way of pulling people into doing things they might not do on their own.

So how was it that Scontras and his wife Bridget rescued the Way Way Store – known mostly in its later years as a nostalgic penny candy store – after it had lain fallow eight years, having been closed in 2003 by the family that had run it since the late 1920s?

We can all thank used canoes. But wait, there's more.

"My grandfather used to fill up with gas here, when I was three, four years old," said Bridget, who, though having grown up in Saco, spent the bulk of her 34-year teaching career at Wells High School. Peter, also raised in Saco, taught English and writing in the town's middle school for 34 years, during which time he wrote *Saco, Then and Now: A Diverse Heritage* (1994), for which he held a book signing at the Way Way Store. Among his students were members of the Cousens family, whose forebear, Eugene Cousens, founded the store after moving out to the country to marry a farmer's daughter.

He began in 1916 by selling items out of his barn. Encouraged by the response, he built a wooden structure in 1924. But Cousens's little business of providing goods, gas, and outhouses to people traveling northwest to Buxton proved too little as it grew in popularity, so from 1927 to 1928 he built a larger store out of handmade beveled cement blocks painted red and white (now on the National Register of Historic Places).

The store at 93 Buxton Road (Route 112) stayed in the family until Peggy Tyrell and her niece Catherine Cousens, both getting on in years, decided to shutter it in 2003. Peter and Bridget were still teaching, so they, like everyone else, were left to mourn its passing.

Two years after retiring in 2008 (Bridget would retire in 2013), Peter had four used canoes to sell. They went so quickly, he got his hands on more, and ended up selling 40 by the end of the summer. Recognizing it as a bona fide

– continued on page 50



"People have an emotional attachment to the store. We look at it as a human being. It has a soul."
~ Peter Scontras

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Clockwise from top left: The iconic Way Way Store on Route 112 in Saco is enjoying a renaissance under the stewardship of historian and former schoolteacher Peter Scontras, who took over the landmark in 2011; Nearly a century of use has worn out parts of the sliding door accessing the Way Way Store's assortment of candy; A tantalizing array of penny candy awaits visitors at the Way Way Store. Photos by Dana Pearson

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business, he set his sights on finding a more visible property from which to sell the canoes the following year.

Peter had a discussion with Catherine's husband Maynard and his son Don, the fourth generation Cousens on the property, about using the Way Way Store as a site for his enterprise. They agreed, stipulating that he secure a permit. During the process, then-Town Planner Bob Hamblen asked why Peter didn't re-open the Way Way Store.

"He said, 'You had 7,000 students, you wrote a book about Saco, you have a business degree...this is a good fit for you,'" said Peter. "I told him, 'I'm not interested in that.'"

Peter may not have been interested in that, but everyone else was. A couple days later, Peter's uncle greeted him on the steps of the post office with a hit to his elbow, saying, "How come you didn't tell me you were opening the Way Way Store?"

"It had gone viral," said Peter, who finally succumbed to the inevitable. The Cousens family told him nobody in the family wanted to re-open it, and that if anybody outside the family was up to the task, it was him.

So it was him.

Upgrades were necessary. Water, septic, new wiring, antique schoolhouse lights, structural repairs. The Way Way Store returned to public life on June 17, 2011, and the first customer was the deputy building inspector, who stocked up on penny candy. Plans for a soft opening were dashed as sign-wielding employees at the side of the road and word-of-mouth succeeded in filling the store. Within an hour, a former student of Bridget's, now a reporter, showed up to write an article. Other newspapers followed suit, and soon the Way Way Store was featured on 207.

Not many small businesses get a plug on the floor of the U.S. Senate, but so it was on July 21 that year when Senator Olympia Snowe offered laudatory remarks on the re-opening of the Way Way Store, concluding, "As many specialty shops fall to the wayside due to competition from larger chains, it is inspiring to see a small business rediscover success and continue its contribution to the local economy."

"People have an emotional attachment to the store," said Peter. "We look at it as a human being. It has a soul."

Certainly the former proprietors felt so. Glowing at the memory, Peter recalled how Peggy Tyrell, in the summer of 2011, persuaded her nursing home to arrange a field trip to the Way Way Store.

"She wanted to see how it was going," said Peter. "She came in with a walker, and we brought her behind the counter with Bridget and me for a photograph. I asked her what she thought. She said, 'Go with the flow.' What she meant was, 'Do what you have to do to make it successful.'"

Tyrell, who worked the counter from the age of 14 till she was 85, is gone now, but her blessing remains.

"We want to keep the flavor of the store, and be successful," said Peter. They added a Gifford's ice cream counter and installed a heating / AC unit to extend the season. Fresh farm produce is offered, including pumpkins at Halloween. Antiques are now sold, including baskets, blueberry rakes, and potato chip tins.

The century-old glass candy counters are still there, loaded with mint juleps and cow tails and other sweets hard to find elsewhere. Grandparents have been known to place a child on the wooden box on the floor for a better view of the candy, saying, "We put your father up on that box when he was a boy, now it's your turn."

While the original plan was to act as temporary stewards of the Way Way Store and hand over the reins after a brief tenure, Peter said he and Bridget are having too much fun to consider leaving now.

Spring hours are Friday through Sunday from 10AM to 6PM. From Memorial Day to Labor Day, hours expand to seven days a week from 10AM to 8 PM. FMI or to make a private appointment, call 207-286-6990.

Spotlight on: Shops at Cape Neddick & Signature Finishes

Spring is in the air and with the season comes a refresh and rebirth. . . much like you will find in Cape Neddick. At the Shops at Cape Neddick and Signature Finishes, you will find fresh merchandise and displays celebrating the beauty of each season.

Open daily year-round, the shops cater to locals, seasonal residents and tourists alike. The Shops at Cape Neddick occupy a beautifully renovated two-story barn filled with an eclectic array of boutique shops. Browse through antiques, gifts, furniture and home decor, along with many locally sourced items and custom designs. You will also find a bookstore, baby, soap and candle shops.

Signature Finishes is next door, occupying the carriage house and connected buildings. The shop is well stocked with paint and wallpapers by eco friendly Farrow & Ball, as well as Annie Sloan Chalk Paint® and Wall Paint. Signature Finishes offers an array of classes where you can learn painting techniques to transform furniture or update kitchen cabinets. Private parties are welcome. In addition to DIY supplies, Signature Finishes has gifts for all occasions, including apparel, furnishings, jewelry and bath and body products.

Both shops collaborate on monthly themed events, such as Sip & Shop evenings with hostess gifts and special promotions. Coming up is a Garden Party the weekend of May 6-8, just in time for Mother's Day. In June, dads and grads will be celebrated, and there will be more fun shopping events throughout the year.

Visit these shops at 1300 Route 1, Cape Neddick. FMI visit www.TheShopsatCapeNeddickMaine.com and www.ShopSignatureFinishes.com.



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For the fun of it: Skateboard maker champions the joy of riding

by Faith Gillman

Billy Landenberger of Sad Lumberjack Company isn't heartless. It's not that he intends to make lumberjacks sad, it's just that they might be when they realize their services are not required to craft the stunning wooden skateboards he creates at his home in Arundel.

"My wife Bridget came up with the name. It focuses on what makes our boards different. Lumberjacks are sad because they don't have to chop down trees to make our boards since we only use reclaimed or scrap wood," said Landenberger, the 45-year-old craftsman, father of three and schoolteacher.

Growing up in Attleboro, Massachusetts, Landenberger loved being outside. He participated in a number of sports, including baseball and basketball. He took up skateboarding in middle school, when a friend built a half-pipe in his back yard.

"Skateboarding felt different. I was on my own, deciding where to go, how fast to go. It was a way for me to get away as a teenager, enjoy my independence while having fun with my friends," he said.

Landenberger's love of being outdoors and active led to



his day job as a middle school physical education teacher in Salem, Massachusetts, and the side project of building skateboards.

"This year is my 20th teaching. I went back to school for teaching after starting my career in high-tech PR. I wanted to do something I felt passionate about," he said. "I love to be active and enjoy showing kids that there are a variety of ways to move and be healthy while having fun."

So how did a teacher from Massachusetts end up living and building skateboards in Maine?

"My wife's family had a cottage on Bunganut Lake (in Lyman). We came up all the time, as we are both outdoorsy and really liked Maine. We knew we wanted to get out of Massachusetts and slow down a bit," said Landenberger.

The couple, who have three children, took a few years to make their way to Maine.

"We first moved to Hampton Falls, New Hampshire. We renovated a house there, which is something we had done every few years; redo a house and resell. In 2013, we moved to Alfred. We worked on the house there but it didn't need as much as others we had done. I had the tools, some wood-



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working knowledge and time on my hands,” said Landenberger. “There was an old cedar fence on the property. I pulled it apart and decided to make a skateboard out of it. I loved working with wood and thought building skateboards would be a fun hobby. It’s definitely turned into more than a hobby now.”

Several years ago, the Landenbergers moved to a new development in Arundel featuring solar powered homes, which fits well into the family’s – and Sad Lumberjack Company’s – focus on sustainability.

“Our family believes we should do everything we can to be environmentally responsible. We have 53 solar panels powering our 100 percent electric house and an electric car that I drive to Salem, Massachusetts, every day,” Landenberger said.

When he started, Landenberger was one of very few on the East Coast crafting skateboards out of reclaimed wood. At first, he just made decks but now builds complete boards. Making one board takes about six hours over a 10-day period. The finished product is sold online at Sad Lumberjack.com, at Aquaholics in Kennebunk and the Maine Surfer’s Union in Portland,

“Each are unique. I could make 10 boards out of the same wood; the shape may be the same but all are different because the wood is different. I just go with it, it’s a natural process. The epoxy I use brings out the details, the grain of the wood,” he said. “They are straight longboards made out of hard wood – there is not a lot of flex. They are old school, 1960s and 70s rigid boards.”

– continued on next page

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Opposite page: Sad Lumberjack Company offers beautiful wooden longboards in multiple shapes and lengths for all sorts of riders. At right: Billy and Bridget Landenberger of Sad Lumberjack Company. Billy turned his life-long love of skateboarding into a “fun side project” in 2013, building boards using only reclaimed and scrap wood. Photos by Christina Wnek Photography



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The shaping, sanding and cutting of the wood happen outside at the family home. A solar-powered A-frame outbuilding provides additional space for finishing. Landenberger hopes to add a barn at some point for more space.

Sad Lumberjack Company offers three styles of boards but also does custom orders. Landenberger is happy to confer with a customer on details. The lead time for boards is about six weeks; a custom board adds more time.

"We shipped about 50 boards last year. I am a big believer in reusing or upcycling as much as we can. When I started, I was using pallets. I have moved to scraps from furniture makers and craftsmen in Maine, like Scott Masi owner of Chairman of the Board Furniture in Sanford," said Landenberger. "I generally use black compound trucks [skateboard steering devices on the bottom of the board] and Black Mercer wheels. I really like the way the black looks against the wood."

Landenberger said anyone can use his longboards "just for the joy of riding." As they are solid wood, the boards are heavy, which makes them perfect for riders that like to carve, take long turns or ride straight – not so much for tricks. With a wide wheel base, the boards are stable and can be built for any rider, from a shorter model for little kids to five feet or longer for bigger riders.

"My kids still have the first three I ever made. The fact that I'm using material that already had a life somewhere else is what drives Sad Lumberjack. It is mostly about being sustainable – followed closely by it just being cool and fun. Making the boards has given me a focus for my creative energy in a singular way," said Landenberger, who also surfs and is currently in training for an Ironman competition. "An escape from the responsibilities of being a dad to three teenagers and supporting my kids at school, enjoying time to myself, that's what skateboarding is for me. I like to stay active and busy."

Sad Lumberjack has seen the benefit of the "maker's movement," people tending toward locally made products and an inclination to seek them out.

"People are willing to spend more for something that is different and locally made and will last a lifetime," Landenberger said, "and with Covid, more people are getting outside, which has picked up the pace a bit."

Landenberger offers some guidance for newcomers to the sport:

"My biggest piece of advice is to wear a helmet! Other than that, skate on your own terms, there are no rules. Whether you are 15 or 45, get out and enjoy yourself. Our three kids skate, not as often as I would like, but, in the summertime, it's normal to see a bunch of kids in our neighborhood flying down the street longboarding. It's a nice feeling knowing I had a part in creating that fun," he said. "I love the feeling of carving along the road / sidewalk. Your only goal is to have fun. What other activities in life are like that? I like the skating community / scene. People who get together to simply enjoy life, be outside and active."

That's not to say skateboarders are always welcomed with open arms. Landenberger finds that the attitude of skateboarders 'causing trouble' tends to happen with activities that fall outside of organized sport.

"People have a general wariness of things out of control," he said. "The more adults, the more gray-haired folks we can see out there skateboarding the better. Get rid of the old-school fallacy that boarders are up to no good. Getting outside is incredibly beneficial on so many levels and it's a nice escape, a stress relief. Now more than ever we see what really matters – we shouldn't be killing ourselves for a job or what is perceived as the right thing to do. I'm a big proponent of fun – we get one shot here, the more fun we can have the better. If it ever stops being fun, I'll stop...but I don't think it will stop being fun."

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Photo top: Landenberger cuts, shapes and sands the wood for his boards outside, while a solar-powered A-frame outbuilding provides space for finishing. **Photo bottom:** Each board is emblazoned with the Sad Lumberjack logo and finished with epoxy to bring out the grain of the wood. Photos by Christina Wnek Photography. FMI www.sadlumberjack.com or email billysadlumberjack@gmail.com

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Life List: Field Notes of a Maine Birdwatcher

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THE ARTS



This and opposite page, top: City Theater, Biddeford. Courtesy photos



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Jane Morgan: An Interview • Meet the King of Accordians



Photograph by Sandy Gnidziejko Photography



Bob Baggin' Bait by David Witbeck.
Courtesy of Maine Art Hill

Jane Morgan: An Interview

Morgan reminisces about a 'fascinating' career



by *Steve Hrehovcik*

"It was fascination..." The first line of Jane Morgan's hit song "Fascination" can describe her remarkable career as a recording artist, actress, nightclub performer, Broadway and television star. In addition to her lifetime of achievements that included performing for five U.S. Presidents, royalty, world dignitaries and charitable benefits, she earned a star on the Hollywood Walk of Fame.

Morgan was born in 1924 in Newton, Massachusetts. Her parents, Olga and Bertram Currier, named her Florence Catherine Currier. Four years later, the Currier family moved to Daytona Beach, Florida, where her parents opened a music school. Showing a musical talent at an early age, Morgan took lessons in singing, dancing, acting and piano.

After Morgan graduated from high school, her melodic soprano voice earned her the opportunity to study lyric opera at the Julliard School of Music in New York City. While she studied opera during the day, at nights she sang at nightclubs, private parties and other gatherings to pay for her tuition and expenses.

During these early years she also worked on the radio with orchestra leader Art Mooney, known for the song "I'm Looking Over a Four-Leaf Clover." At the time, she performed as Florence Currier.

Morgan said, "Mooney had to announce my name every night on the show, and he had trouble with Florence Currier. So, he decided to announce me as Jane Morgan. The members of the band started to call me Janie, so I was kind of stuck with Jane Morgan."

In a sense, the planets seemed to be aligning for Morgan, giving her several big breaks to advance her singing career.

In 1948, Bernard Hilda, a well-known French society band-leader and gypsy violinist, invited Morgan to sing at the Club des Champs-Élysées, a nightclub he planned to open near the Eiffel Tower. Morgan said, "Hilda told me, 'I would like to hire you to come to Paris to be the star in this new nightclub. If you come to France, I will make you the toast of Paris.' So, I went to Paris by myself and that was my first big break."

Morgan and Hilda worked together for five years, touring prestigious European nightclubs and collaborated on producing television and radio shows.

Morgan's mother taught her to speak French and Italian, and she performed her act in French, singing the classics of Cole Porter, George Gershwin along with popular French standards.

Morgan added, "It turned out that 'Jane Morgan' became a great name because they could spell it easily in France. In the end, I didn't have any problems switching to that name."

Her popularity grew and several French songwriters wrote songs for her, which became hit recordings. She considers Paris a favorite place because she had major success there.

— continued on page 60

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Jane Morgan modeling one of the gowns worn at the height of her career. Courtesy photo

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Morgan's second big break occurred when Frank Sinatra came to Paris and saw her perform. He asked her to come to sing in New York, because he had a contact at the Saint Regis Hotel.

Morgan recalled, "It was there that Ed Sullivan saw me. He booked me on his television show more than 24 times. This was my third big break. From then on, I appeared on many television shows, including Dean Martin, Perry Como, Jack Benny and the other famous celebrities of the time."

Her whirlwind schedule took her to Canada in 1952 for soloist performances, followed by a return to New York, where she appeared in several nightclubs and had her own radio show on NBC. She followed this 1954 with a singing tour in London.

Back in New York, she worked at Latin Quarter, owned by Lou Walters, father of television journalist Barbara Walters. Barbara Walters would visit often, and she and Morgan became very good friends.

While singing at the Latin Quarter, David Kapp, who was starting his own recording label, Kapp Records, noticed Morgan and invited her to sign a recording contract. She considers this contact another big break.

Pianist Roger Williams also had a contract with Kapp Records. They recorded several songs that became hits. Among them: "The Autumn Leaves," "Two Different Worlds" and "Around the World."



Morgan's most famous hit, "Fascination," almost came about as an accident. In 1957, Kapp brought a virtually unknown musical group, The Troubadours, in for a recording session. They would play "Fascination," a song they performed in the movie *Love in the Afternoon* starring Gary Cooper and Audrey Hepburn.

Morgan said, "Kapp asked me to sing the lyrics. It was not a serious recording session. I only sang it two times. But, I'm honored it became a huge hit, selling 4 million copies."

Toda, Morgan travels between her summer home at the Blueberry Hill Farm in Kennebunkport, and Naples, Florida, in the winter.

As a young girl, she came to Kennebunkport many times to visit her older brother Robert Currier. He started the Kennebunkport Playhouse in 1949 on a piece of property across from the Cape Arundel Golf Course.

Morgan said, "Later, I appeared in several musicals at the playhouse. These included *Affair of State*, *Can-Can* and *Kiss Me Kate*. From there I went to Broadway to play in *Ziegfeld Follies* and *Mame* and in touring companies of *The King and I*, *Gentlemen Prefer Blondes*, *Hello, Dolly* and others."

A sampling of Morgan's 'fascinating' career is on display at an exhibit at the Brick Store Museum, 117 Main Street, Kennebunk, through Saturday, May 21. It features more than 30 gowns Morgan wore at the height of her career. FMI, call 207-985-4802 or visit www.brickstoremuseum.com.



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Photo top: Jane Morgan with David Kapp, owner of Kapp Records, who recorded Morgan's classic song "Fascination" and many other hits. Courtesy photo. Photo bottom: Three of the gowns Jane Morgan wore during her performances on display at the "In My Style" exhibit at the Brick Store Museum, Kennebunk through Saturday, May 21. Photo by Heidi Kirn

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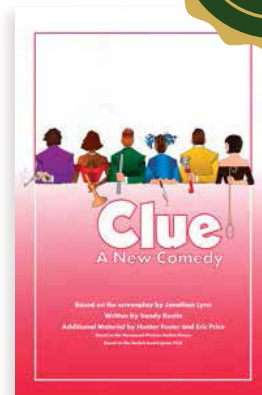
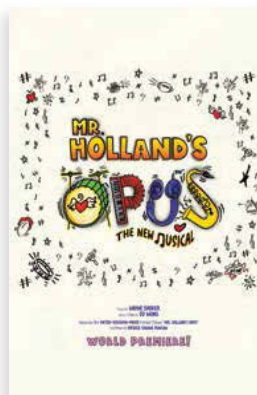
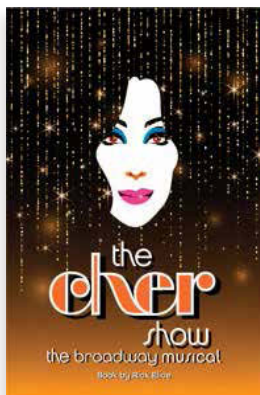
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Meet the King of Accordions: Master Aldo Mencaccini!



by Jo O'Connor

Within the walls of Atria lives Aldo Mencaccini at 101 young! As spry as ever, this Kennebunk resident's journey and the success he earned is nothing short of incredible. Due to his deep work ethic and love of what he did during his 69-year career, he will go down in history as founding one of the most prestigious accordion companies in the world: Bell Accordion.

Mencaccini grew up in the Remini region of Italy. As an inquisitive young lad, he found himself tinkering with pieces and building things all the time.

"You could say I have been a builder, designer and engineer, but I don't have the official credentials for any of those things," said Mencaccini.

A curious youth, he often foraged dumpsters for parts behind a factory, and one day, 11-year-old Mencaccini came upon a small button accordion that had been tossed away. The discovery would change his life forever.

From that point on, he learned the inner workings of the instrument by spending time in Italian accordion factories. Young Mencaccini did well in school and even played the clarinet in the local symphony (note here: he does not play the accordion). He would go on to graduate from high school and then complete one year of college studying business. At age 16, he was beckoned to New York to be with his father (and to escape the threat of Mussolini's invasion of Ethiopia). Due to health reasons, his mother and brother stayed behind in Italy until they could eventually journey to the US.

At age 16, new immigrant Mencaccini was put to work within in days of his arrival. He was hired as a tuner for Excelsior Accordions.

"I arrived on a Wednesday and was working full-time by Monday."

His first order of business was to set up the working space, and since the train went by the front of the building regularly, he asked for a more quiet room. By Tuesday, Excelsior had created a new sound-reduced space for him. The first week ended on Saturday at 1 PM, and then the salary envelope came.

When he arrived home, he handed the envelope to his father (this was the custom as it was "family money" – with a good portion earmarked for Italy).

"My father said that I earned it, so I should open the envelope. This was never done."

It was astounding \$124.24 – three times the highest wage his father ever earned. In his second week of work, Mencaccini received \$186.35. The father was so overwhelmed by his son's success that he cried tears of joy. This talented 16-year-old was on his way – as he was to become Excelsior's best-paid employee.

After a decade of work as a tuner, designer and engineer, Excelsior's owner wanted to make Mencaccini a partner in the business. He declined.

"I said, I wanted to make my own accordions."

According to the Free Reed, a site about accordions, "Mencaccini founded a new company, which eventually became the Bell Accordion factory. When Chicago Musical Instruments (CMI) heard about the Bell Accordions, they wanted to be the national distributor of the brand, and eventually became a partner of the Bell Accordion. After 1 1/2 years of cooperation, the CMI said there was one thing to do. Either Mencaccini would buy CMI's share of the company or CMI would buy him out of the company. Aldo Mencaccini held onto Bell Accordion, and thus became the owner of Bell Accordions in the United States."

CMI sold at least 25 Mencaccini's "Cordovox" accordions per week, sometimes up to 100 pieces. The market was hot.

Mencaccini immediately found a great 5,000 sq. ft. location on Park Avenue South on the ninth floor, where his business would remain for next 40 years. Seventeen employees left Excelsior to join him with his company. Bell Accordions became the gold standard, because of their high quality – the creation of a silent button for the bass notes, an outstanding keyboard structure and all four pounds lighter than the other brands. These differences made a Bell Accordion the one to own.

"One of my friends told me, Excelsior bought a Bell accordion and they took it to Italy to copy it for their own production," smiled Mencaccini.

People were paying attention to Bell Accordions. A friend of Mencaccini said that TV host and accordion player Lawrence Welk had heard of Bell and wanted to visit Mencaccini at the factory. After playing it in front of him, Welk said he loved the instrument and its sound. Welk wanted to order two, one for himself and the other one for The Lawrence Welk Show's famous accordionist Myron Floren. After reviewing the specifications for the order, Mencaccini asked for a down payment to start the custom order.



"Lawrence Welk said, 'What are you talking about? I am given all the instruments I play with for free.' I said, 'Thank you. Looks like you'll have to keep playing with the one you were given,'" laughed Mencaccini.

On the personal side of things, Menaccini would go on to get married (1944) to his bride Inez from Scranton, Pennsylvania, and bought a house in New City, New York. Together, they had a daughter Linda. He has three grandchildren and six great grandchildren.

Over the years, the family would vacation in Portland and loved it here. Inez passed after a long illness in New York. At age 80, Mencaccini decided to retire and sold his very stable company to a musician. Within six months, the company went bankrupt.

"This broke my heart. I know people still play with Bell Accordions and I know that they are out there."

After retiring, Mencaccini moved to Kennebunk, a place he always loved. And though his work life slowed, his social life is as rich as ever! At Atria, a retirement community, he is quite active with a wide array of social, educational and entertainment activities. He also plays a weekly poker game on Friday nights. His daughter and her family live in Wells.

Please keep him in mind on May 2, when he will turn 102. After 101 years of a charmed life, Master Aldo Mencaccini says, "Molto Bella! My life has been very pleasant. You have to love what you do. I wouldn't change a thing."

Buon Compleanno Aldo!

• • • • •

Opposite page, photo top: Aldo Mencaccini. Photo by SueO. Photo middle: Bell Accordions Advertisement. Photo bottom: Aldo and Inez Mencaccini's Wedding picture 1944. Photo courtesy of Silver and Steinberg, Newark, NJ



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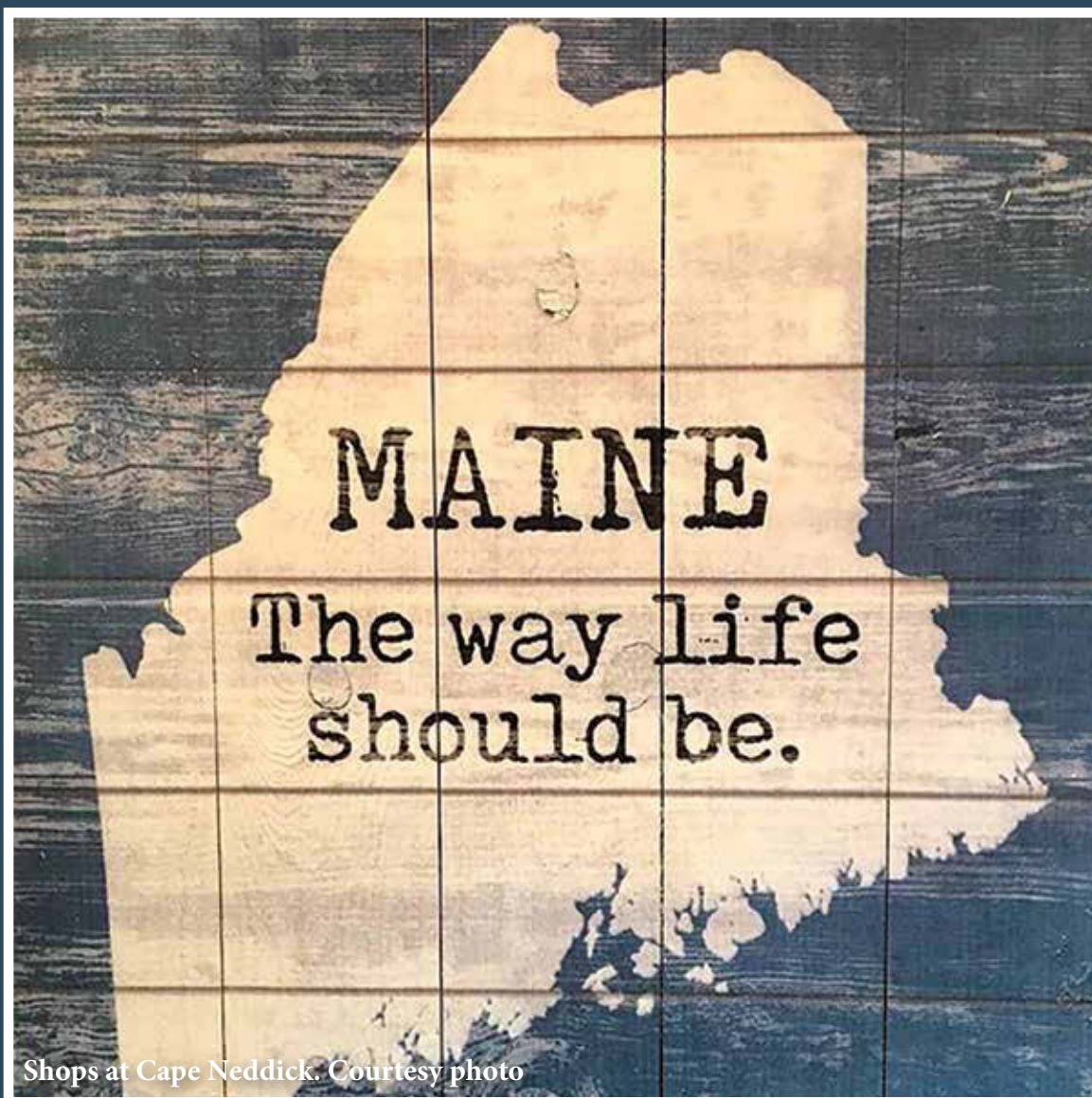
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The Past, Present and Future of a Historical Enclave Billy Shore: Local Fireman and National Advocate



T&T file photo

The past, present, and future of a historical enclave

by Dana Pearson

Twenty years ago, current Kennebunk Town Historian Kathy Ostrander Roberts was chair of the town's Cemetery Committee. At some point, she came across references to a "slave cemetery."

"I began researching it," she said, "and as I did, I wondered why it had gone under the radar for so long." She learned that there had been a settlement of formerly enslaved people living on the outskirts of Kennebunk about 200 years ago. Documentation was scarce and light on detail. It seemed the only way to verify the community's existence, and to ascertain what it was like, was to find physical evidence.

Professionals were required for an archaeological dig. To that end, Roberts, after becoming chair of the town's Bicentennial Committee, contacted the Maine Historic Preservation Commission (MHPC) in 2018. "We needed a legacy project, and I figured that would be so much better than a [commemorative] brick on the sidewalk." The MHPC sent its historic archaeology coordinator Dr. Leith Smith her way.

"I was so excited to learn about it," said Smith, whose schooling had been focused on African American and historic African archaeology. Friends had questioned his move to Maine 10 years ago, telling him he'd never be able to use his expertise again. "I'd say, 'You're probably right, but that's where I want to go.' I hoped sites would show up."

Scant documentation and institutional knowledge brought Smith, Roberts, and several others to the middle of the woods, where Smith quickly went to work.

"On that first visit, I identified the first two sites from the slight depressions," said Smith, explaining, "you learn to read the land."

On the next visit, sliding a shovel into the earth for the first time, he hit a shard of brick two inches below the surface of the forest floor. The next shovelful, taken from the second depression, unearthed a little piece of redware pottery, making Smith think, "Okay, we've got two house sites here."

Though Roberts was accurate in describing the settlement's existence as under the radar, it had not been entirely off the radar. Betsy MacDonald has known about it since childhood.

"My dad would talk about it," said MacDonald, who served on the Bicentennial Committee. "I've known since I was a kid that they had lived out there. I didn't know that much about it, other than it existed." MacDonald eagerly volunteered on the dig, even though "it was the first time I'd ever done anything like that. Talk about being a greenhorn."

The dig officially began in 2019. With Smith at the helm, and other MHPC staffers on hand, MacDonald and other volunteers learned how to carefully work the soil to identify and remove potential artifacts.

The area consists of well drained yet wet sandy soil, so that anything buried in it would have been subjected to constant frost heaves and thawing over the years. Consequently, artifacts and building materials have so long deteriorated that their presence has been detected primarily through color variations in the sand. To date, very few intact artifacts have been recov-



ered. Mostly shards and fragments of pottery, utensils, glass, and other domestic detritus have been sent to the MHPC lab in Augusta for cleaning, tagging, and cataloging into a database.

This past winter, the Brick Store Museum hosted an exhibit of findings from the (to date) two house sites, with Smith providing complete versions of the fragmented items, to give people a much better idea of what was being found. More than 140 ceramic, glass, tin, and iron artifacts had been retrieved from the main site and an adjacent site a short distance away, where a freed slave named Chance made her home, although Smith said there is “frustratingly little evidence of the building footprint so far.”

What has surprised Smith is the quality of life evidenced by the findings. Whether inhabitants had bought the goods secondhand or had received them as gifts from former owners or local benefactors remains to be determined; however, remains of cast iron pots, tin ovens, brooms, forks, scissors, boot buckles, blue hand-painted pearlware, creamware plates, bowls, saucers, tea cups, and glass stemware led Smith to say they “had it tough, but at the same time they were probably able to enjoy some pleasures of life like everybody else.” Based on what’s been found, “If we didn’t know they were African Americans, we wouldn’t know it.”

“We’ve learned they lived better than we had anticipated,” agreed Roberts. “I went in thinking they were living in squalor.”

From what’s been gleaned from the digs and from Kennebunk historians Edward Bourne’s and Daniel Remich’s books (1875 and 1911, respectively), it appears they may have made and sold baskets, brooms, and clothing, worked at the shipyards, and did some timbering. Smith said there’s no evidence of plowing in the poor soil, but it was less wooded then and sunny enough for gardening and the grazing of livestock. From the soft-shell clams found on this site, he said, “A seasonal job could have been digging clams and selling them.”

The number of buttons found at Chance’s house site makes Smith think she may have been a seamstress. She and other formerly enslaved persons moved to common lands in the town of Wells (now Kennebunk) following the 1783 emancipation of slaves in Massachusetts and Maine. At the main site, at least four older couples of mostly African Americans, with several Wabanakis, lived from around 1785 to 1830, when the surviving member of the community, Tom Bassett, a fiddler, died at the age of 100.

The demographic skewed toward mature people, it is believed, since the Fugitive Slave Act of 1793, which saw ordinary citizens capturing runaway slaves (and sometimes freed ones), likely prompted younger Blacks to head to Canada. Even though anti-slavery sentiments were strong throughout New England at the time, slavery did exist here for nearly 200 years, and local industries such as shipbuilding relied heavily upon slave-made goods for their prosperity.

“It may have entered into their decision to stay, and not head out,” said Smith, “that they received support from families they used to work for, and from the church. It was better off to stay in a familiar area, rather than set out on their own.”

Smith has long pondered that scenario. And it frightens him.

“You’ve been a slave, been in a household, you’ve had food, clothing, and a place to sleep,” he said. “Then all of a sudden, you’re free, you’re on your own with nothing. Just that thought scares me to death. How would I survive in the woods in New England on my own? You’ve got to figure out really fast how to eke out an existence.”

Yet they did it, their little enclave on the edge of town lasting nearly 50 years. It’s an inspirational story, particularly for one woman who volunteered on the dig last fall.

After a 13-year career in corporate America, Christina Cartwright moved to Kennebunk from the Boston area in 2021 with husband Nate, who had grown up in Guilford, Maine.

“We closed on MLK Day,” said Cartwright, who learned through the Brick Store Museum of Roberts’s work on the dig site that summer.

A friend arranged a meeting between the two women in August. Cartwright said Roberts “was so cool. I was geeking out as a history nerd should. Essentially, I invited myself [to participate in the dig]. She said yeah.”

In November, Cartwright received a text from Roberts, with possible dates for the dig. There was no hesitation from the woman who described herself as having been “a little girl from Iowa who had always dreamed of doing an archaeological dig like Indiana Jones.”

As an archaeologist wannabe, history nerd, and Black woman, Cartwright was pumped to participate in the dig, even though it meant being away from her infant daughter for the first time. She met Smith, was given instructions on how to proceed, and worked five hours. Summing up her experience, she said it was “absolutely life-changing...celestial...cosmic.”

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Opposite page, clockwise from left: Christina Cartwright of Kennebunk, who had “always dreamed of doing an archaeological dig like Indiana Jones” found the experience to be “a breakthrough moment” for her. Photo by Kathy Ostrander Roberts; Dr. Leith Smith of the Maine Historic Preservation Commission is leading the archaeological dig in Kennebunk, a legacy project of the town’s Bicentennial Committee chaired by Town Historian Kathy Ostrander Roberts. Photo by Dana Pearson; Betsy MacDonald of Kennebunk has been one of the many volunteers to help at the dig site since 2019. Photo by Dana Pearson. Above: Artifacts discovered at the Kennebunk archaeological dig site, like this bit of colorful pottery, have been fragmented due to the nature of the soil. Photo by Kathy Ostrander Roberts.



She had had visions of “the antebellum South, tattered clothing, a post-apocalyptic society. That’s what I thought it’d be like. And I’m digging out fine heirlooms, buttons, beautiful shards of white and blue pottery.”

Like Smith and others, she was surprised to learn that the quality of the lives of the freed slaves was far better than she had long believed. However, the impact was likely more profound on Cartwright, who has been invested in civil rights her entire life, and has been aware of the legacy of slavery and reality of systemic racism.

“My husband uncovered that one of my ancestors was a slave who had children with her slave master,” she said. “It’s been an interesting journey to find my own identity.” Because of the archaeological dig, which showed that the inhabitants enjoyed “pockets of happiness,” Cartwright said she’s feeling “more connected to history. Kathy handed me a breakthrough moment on a platter.

“At the end of that day, I felt a sense of new energy, new power,” she said, “like I could find a decoder for part of my identity. It transformed me.”

The formerly enslaved people lived apart from the white people in town. When they went to church, they had to worship apart, too.

When she was a candidate for the post nearly eight years ago, the Rev. Lara K-J Campbell, current minister of the First Parish Unitarian Universalist Church, learned of the seating for Blacks up in the bell tower. The outlines of the ends of pew seating are visible in the plaster and wood on what is essentially the third-floor loft, with the now removed seats facing over the congregation below; that view has long since been walled over for the church organ.

However, while that has been the theory, it had never been proved.

In 2018 she received permission from the board of directors to take a sabbatical, “with my project being to go through our records and definitively come back and say ‘Yes, it was’ or ‘No, it wasn’t,’” said Campbell.

In February 2019, as the archaeological dig was gearing up, Campbell was joined by Roberts – and then Al Adams – in poring over the church’s archives. They found the invoice and receipts in 1805 for “Negro seats” that were installed after the bell tower was added out front.

“When we found that,” said Campbell, “for me, it was ‘here it is’.” They further found documentation that a parishioner in the mid-18th century had counted a Black woman among his belongings; others had been mentioned as being slave owners in local histories, but this was the first one backed by evidence.

Since then, Campbell said she has preached it to the congregation and helped raise funds for the dig. She’s also lectured about the church loft a couple times for a history class at Kennebunk High School.

While Blacks were allowed in the church, “they were definitely set off from the congregation,” said Campbell, noting that “the soul of a congregation holds onto its past, even if not still engaged in those actions and behaviors. We have to own our history, we have to acknowledge it, and make it better.”

That there’s more to unearth at the site is doubtless. Smith said he could spend up to 10 years seasonally working in Kennebunk. Since what the future holds hinges upon funding, Roberts and Smith will explore grant opportunities, as well as private and business donations.

“Moving forward, we’d like to get it listed on the National Register of Historic Places,” said Smith. That designation would preserve the site in perpetuity.

“We haven’t found the cemetery yet,” said Roberts, who started this endeavor initially with that goal in mind. “That’d be huge.”

For her part, Cartwright said she wants to join Roberts on her journey, saying, “It’s kind of magical.”

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Determined to find evidence that the removed seating in the Unitarian Church’s bell tower was once used by formerly enslaved people in Kennebunk, Rev. Lara K-J Campbell did so during a recent sabbatical, with help from Town Historian Kathy Ostrander Roberts and Al Adams. Photo by Dana Pearson

Billy Shore: Local volunteer fireman and national advocate for ending childhood hunger

The founder of Share Our Strength, a nationwide organization working to ease food insecurity and poverty across the United States, treasures his life at Goose Rocks Beach.

by Valerie Marier

Twice a month on Wednesday evenings throughout the year, Billy Shore and his 17-year-old son Nate drive to the Goose Rocks Beach Fire Station on Winter Harbor Road for training sessions. At a recent meeting with 40 other volunteers, they learned about gas meters and thermal imaging, then practiced emergency evacuations while creeping in and under the old Arundel town hall on a cold dark February night.

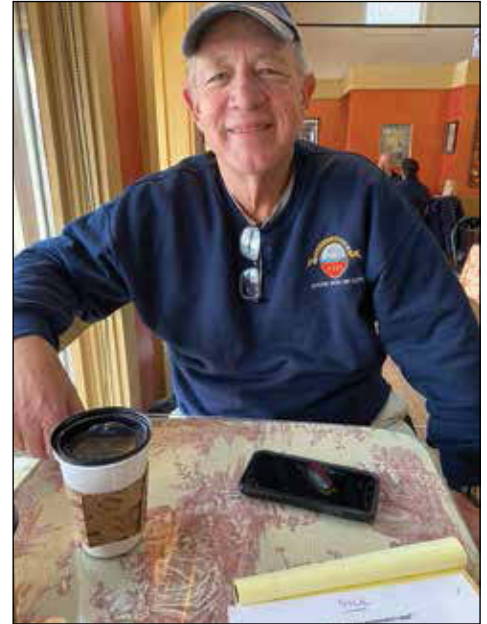
That type of training is standard firemen's fare. It's also not unusual that a father and son decide to become certified as volunteer firemen. What's striking about the Shore duo is that it was the son's idea. Billy said, "Nate kept asking me but I told him, 'I'm just not mechanical and I'm on the road constantly for Share Our Strength. I'll think about it.'"

Nate's response? "You will actually save lives, Dad, instead of trying to save them on your computer." Within a year Billy was CPR certified and is today one of his station's most consistent and loyal responders. "I won't miss a meeting either," he adds.

Their commute to the bimonthly meetings is longer than most locals, however, because the Shore family lives in Boston during the week. Billy said, "We drive to Maine on the Wednesday afternoons of our training classes, then get up at 5:30 the next morning and take Nate back to school in Brookline."

— continued on next page

Billy Shore, national advocate for easing poverty and hunger issues, is proud to wear his Goose Rocks Beach Fire Department sweatshirt. "Being on the local fire department is one of the most important things I do," he says. Photo by Val Marier



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Billy's daily dedication to worthy causes and his eager sincerity to "help the helpless" are traits honed and honored at his boyhood home in Pittsburgh. "My father was an assistant to Congressman William S. Moorhead," Shore said. "Dad never preached but he always encouraged us to look out for others who didn't have as much." After graduating from the University of Pennsylvania and receiving a law degree from George Washington University, Shore decided to settle in Washington, D.C. where he joined Senator Gary Hart's staff, and later ran his 1988 campaign for president.

One day while idling in a snarl of traffic in downtown D.C., Shore glanced at the *Washington Post* sitting on the front seat next to him. The 1984 headline reported that an estimated 200,000 people in Ethiopia would die that summer from starvation. "I was shocked and horrified, and suddenly knew I had to get involved," Billy said.

He contacted his sister Debbie and said, "I'm appalled by the hunger and poverty here in the States. Let's work together to do something about it." Using a \$2000 cash advance from his credit card, the sibling team rented space in the basement of a row house on Capital Hill, installed phones and simple furniture, including a folding card table that Billy still uses today.

They named their non-profit organization Share Our Strength and wrote a mission statement focused on ending hunger insecurity everywhere in the United States. His wife Rosemary adds, "Billy's personal goal was to shine a light on the struggles of so many who suffer the indignities of hunger and poverty."

Billy kept his day job on Capital Hill for several years but raced over to Share Our Strength headquarters during lunch hour and after work. From 1988 to 1991, while serving as chief of staff to Senator Robert Kerrey, he began realizing that his heart was happiest working with his sister in that small basement room, soliciting donations and even cold-calling celebrities with philanthropic reputations.

One of his first successful solicitations triggered a \$500 check signed by Alice Waters, chef, author and owner of the renowned Chez Panisse restaurant in Berkeley, California. "I hope this helps," she wrote. Billy never forgot her generous gesture and admits today, "Her donation was a catalyst that had ripple effects."

By the mid-1990s, Billy had left Senator Kerrey's office and was devoting all his energy and concentration to Share Our Strength, working in tandem with his sister and a small staff in Washington, D.C.. Today, that staff has grown to 270 employees, plus thousands of volunteers nationwide. In the 38 years since its inception, the non-profit organization has raised in excess of \$1 billion which has gone directly to feed more than 22 million hungry kids.

In addition to seeking philanthropic sponsors, Share Our Strength also raises funds and hunger awareness through culinary-related programs such as Taste of the Nation. Launched in the late 1980s, Taste of the Nation is today one of the country's premier culinary events. Every Spring thousands of the best chefs and restaurants donate time, talent and products at more than 60 locales throughout the United States and Canada, all

to support the No Kid Hungry program which is an integral part of Share Our Strength.

Another innovative fundraiser sponsored by Share Our Strength is the Great American Bake Sale. Initiated in 2003, this volunteer-led effort encourages bake sales at workplaces, schools and houses of worship. Proceeds help fund after-school and summer meal programs as well as nutrition education programs for low income children.

Shore is quietly modest yet undeniably proud about the impact and success of Share Our Strength and its No Kid Hungry campaign in easing food insecurity and poverty. Now in his mid-60s, he walks softly but wields a mighty big stick luring noted sponsors such as General Mills, American Express, the Discovery Channel, Williams-Sonoma and others to the cause. But he shies away from any reference to being named one of

"America's Best Leaders" by *US News and Work Report*, and also being appointed to the National Commission on Hunger.

His eyes light up, however, when discussing his four books. All four focus on social change but a paragraph in his second, *The Cathedral Within*, published by Random House in 1999, reveals what puts Billy Shore into high gear.

"I find myself refusing to accept the world as it is," he wrote. "I'm not just speaking of hunger, poverty, injustice and the need for social change. What I refuse to accept is the narrow range of choices for thinking about such issues So I've been a seeker not of fortune, glory or the holy grail, but of new ideas, common grounds, and unexpected intersections of interest."

Prior to the pandemic, Shore was on the road 300 days a year for Share Our Strength. Wearing a suit and tie and carrying a bulging briefcase, he flew from Boston to Los Angeles and points in between,

meeting potential donors and public officials. When Covid-19 quarantines effectively closed the country in mid-March 2020, Billy, wife Rosemary and son Nate left Boston for their Goose Rock Beach home where they spent the next 18 months. "My 9-to-5 attire became khakis and flannel shirts," he said. "But things are returning to normal now and I'm traveling again."

Billy's daily schedule could exhaust a person half his age. When he arrived for an 8 AM interview several months ago at Mornings in Paris in Kennebunk, he'd already completed four tasks on his 16-item to-do list (which he starts anew each morning after getting out of bed at 5:30 AM). He'd also written for an hour ("scrips and scraps that turn into articles or eventually books") and answered emails on his Lenovo computer. "Around 8:30, I actually get to work," he said.

One morning, he might be interviewing chefs, social innovators and people actively working to lessen hunger and poverty for the weekly podcast sponsored by Share Our Strength, "Add Passion and Stir." Billy hosts most of the interviews. "Topics range from preventing gang violence to solving hunger and poverty, but all episodes share one thing in common — the critical role food plays in creating social change," he said.

On recent podcasts, Billy quizzed best-selling author John Grisham and his wife Renee why they made childhood hunger and police reform their primary philanthropic cause. With Ben & Jerry ice cream icons, Ben Cohen and Jeffrey Greenfield,





**“All of us have
the capacity to
Share Our Strength
in our own best
way.”**

Shore discussed ways “fun businesses” can make a vital difference dealing with serious social issues. He asked actor Jeff Bridges (who serves as national spokesman for Share Our Strength’s No Kid Hungry program) about the “importance of nourishing relationships and fighting hunger.”

In another podcast, Shore queried sociologist, poverty guru and author Kathy Edin (*\$2 a Day: Living on Almost Nothing in America*) how one-and-a-half million households survive on \$2 or less a day. Shore also probed George Stephanopoulos, ABC commentator and political journalist, how public and political opinions shifted over the past 20 years and during the pandemic.

(Each podcast is free and approximately 50 minutes; to access, go to: www.shareourstrength.org/podcasts.)

On any weekday afternoon, Shore might meet with a “budget-strapped governor” in the midwest, or attend a hearing on poverty in Washington, or participate in a Share Our Strength event in California. But his goal every day is “to be home for dinner with Rosemary and Nate.”

Rosemary said, “First and foremost, Billy is a wonderful father who puts Nate’s interests and passions at the center of all we do.” The family treasures their life at Goose Rocks Beach. “We look at each other every day in disbelief that we get to be here,” Rosemary said. Billy credits his wife for their decision to purchase a home at Goose Rocks, noting, “She had summered on the Cape as a child, but after her mother died she wanted a new vista with fewer sad memories.”

After originally renting at the old Tides Inn (“We loved that place!”), the Shores ultimately found “the perfect house” overlooking the beach. “I’d never vacationed in a place of such beauty and serenity,” Billy recalls. “It was a real escape too from the business world. Initially, I had to go outside to get cell phone service.” Rosemary adds, “We wake early to see the sunrise every day and it never fails to delight. What more do you need?”

Rosemary Jordano Shore, now 59, founded ChildrenFirst, Inc. in Boston in the early 1990s. Within a few years the company had become one of the nation’s largest network of backup child care centers, serving more than 250 corporate clients in the top ten metro markets across the United States. After marriage to Billy, she retired and put her energies into helping raise their son Nate while also serving as a sounding board for Billy’s creative ideas and as an active partner in Share Our Strength events.

Together, Billy and Rosemary Shore are a juggernaut of endless compassion. They are involved in many local charitable outreaches, especially at Kennebunkport’s Louis T. Graves Memorial Public Library where they were instrumental in arranging for author John Grisham to discuss his latest book, *The Judge’s List*, on a Zoom fund raiser last November.

On summer and fall weekends, Billy, Rosemary and Nate head off for hikes on Conservation Trust trails, bike rides to Fortunes Rocks beach or kayaking to the Goat Island lighthouse. “We always bring our guests on these outings too,” Billy said. They favor brunches at Musette in Cape Porpoise and dinners at Elda in Biddeford or, best of all, “just sitting on the porch reading books.” (Rosemary recently finished Elizabeth Letts’ *The Ride of Her Life* and declared it “thoroughly enjoyable,” while Billy savors biographies and old Dashiell Hammett mysteries.)

Billy’s passion for “giving voice to the voiceless” is ever present, whether he’s at the Goose Rocks Beach Fire Station in Maine or in the Washington, D.C. headquarters of Share Our Strength. In his 24-7 quest to combat childhood hunger and poverty, his philosophy has rarely strayed from “picking battles big enough to matter and that we’re smart enough to win.”

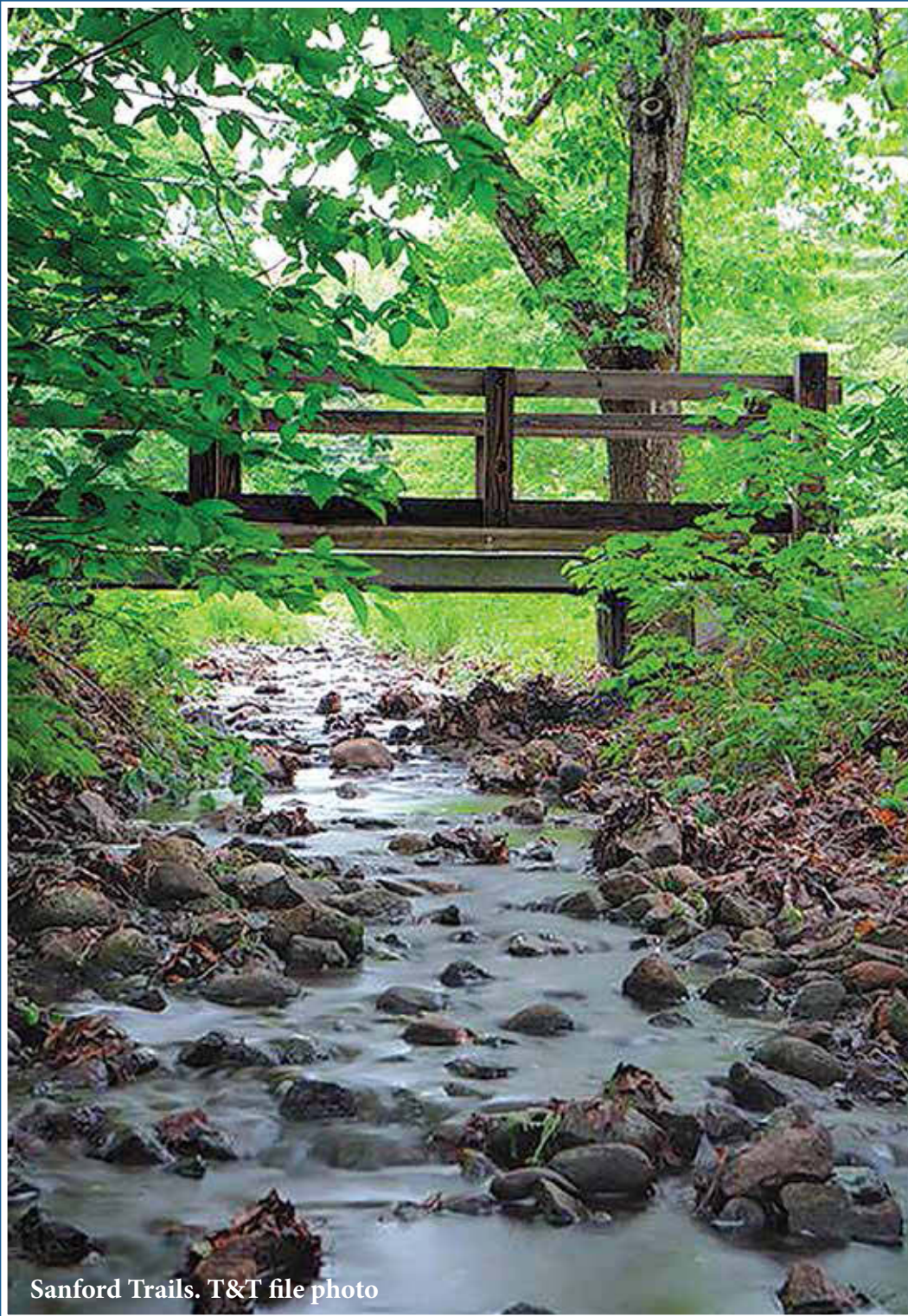
“All of us, no matter what we do or where we are, can, and want to, contribute,” he said. “All of us have the capacity to Share Our Strength in our own best way.”

For more information on getting involved with, donating to or learning about Share Our Strength, go to this site: www.shareourstrength.com

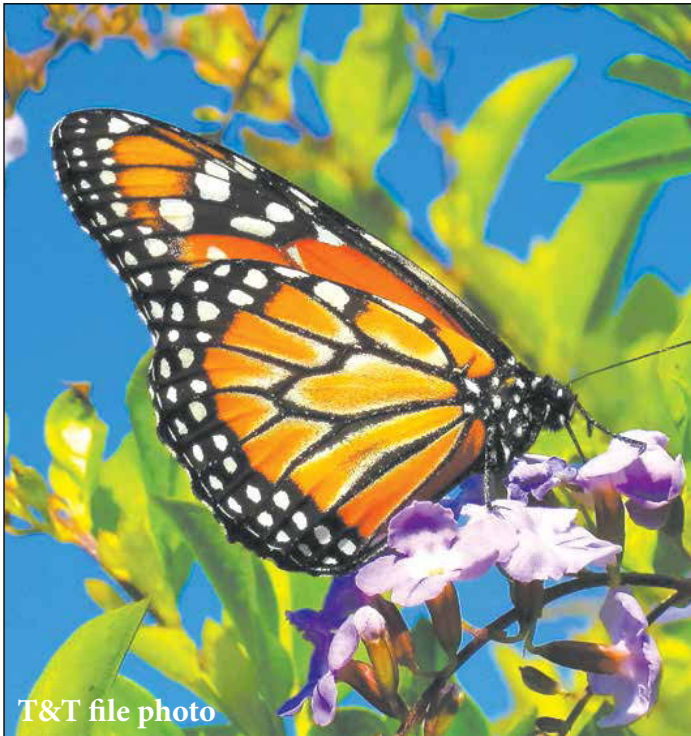
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Opposite page: “My son Nate convinced me to become a volunteer fireman. He said, ‘Dad, you will actually save lives instead of trying to save them on your computer.’” Photo by Joshua Hrehovcik. Above: Rosemary, Nate (17) and Billy Shore treasure their downtime at Goose Rocks Beach. But the father-son duo never miss a training session of the Goose Rocks Beach Fire Department where they are both active and certified volunteers year-round. Photo by Joshua Hrehovcik

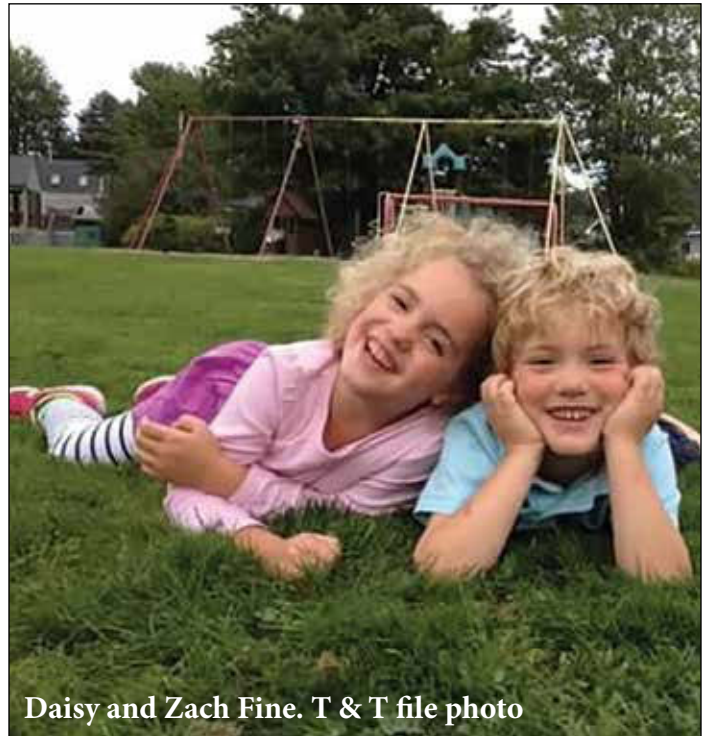
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Sanford Trails. T&T file photo



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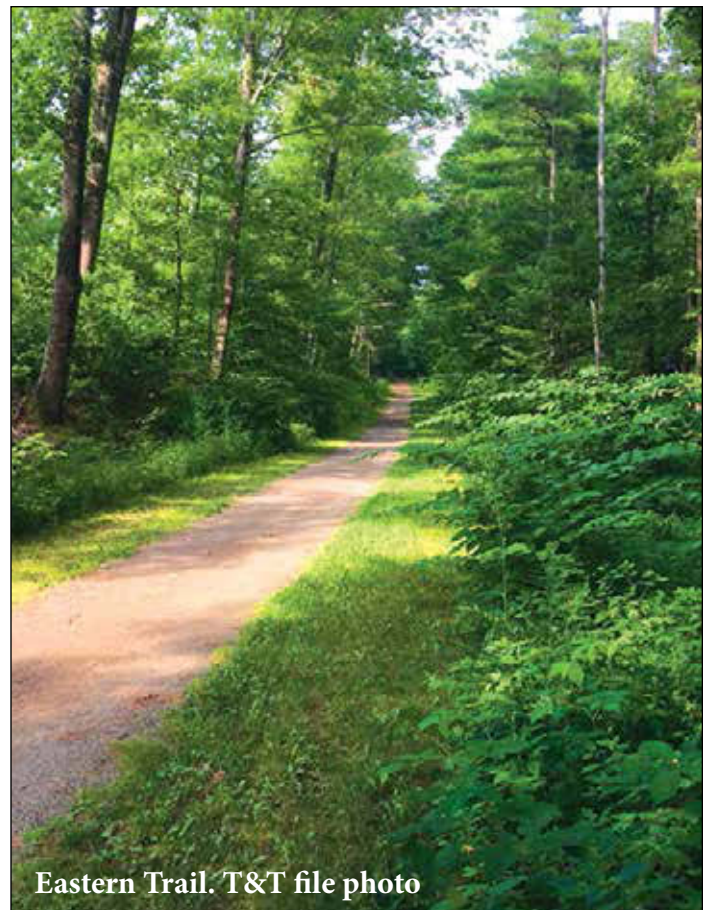
Daisy and Zach Fine. T & T file photo

Yoga • Plants for Healing • Fitness • Vacation Habits

..... An Interview with Vet at Your Door



Bailey Aikman. Photo by Geraldine Aikman



Eastern Trail. T&T file photo



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Serotonin is known as the happy chemical, as it can help prevent depression. Many of us have low serotonin levels and don't know what to do about it. With the right foods, activities and habits, we can raise our serotonin levels. Suggestions include:

- Eat healthy carbs such as barley, oats, buckwheat and carbohydrate-rich vegetables.
- Step up certain proteins such as chicken, white fish, pork, veal, cottage cheese, lamb, low fat cheeses, milk and dairy products, soy and legumes.
- Meditate, visualize and think positively.
- Do things you love.
- Sleep. The next day's serotonin production requires at least seven hours of high quality sleep the night before.
- Get plenty of healthy sunshine.

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Yoga for the mind

by Leslie Cargill

As a clinical child psychologist, my daughter knows firsthand that our mental health is as important, maybe moreso than our physical health.

She and her colleagues advocate for a healthcare system that includes annual emotional and mental health check-ups just as we have our annual physicals. She'll also say that everyone needs a therapist, just like everyone needs a dentist.

Sadly, there is a mental health crisis and therapy waitlists often exceed six to nine months. Between a global pandemic, the daily news, not to mention just plain life, there's a lot that has impacted on us emotionally. Having an outlet is important.

I am not a therapist, nor is our studio a substitute for professional mental health care. But I do know something about the emotional benefits of yoga and related practices like mindfulness, meditation, massage and breath work.

An article in the *American Psychological Association's Monitor on Psychology* states: 'What was once a practice for a centered few has now become mainstream American. According to a survey by *Yoga Journal*, 'more than 15 million US adults practice yoga and, not surprisingly, there is research supporting its physical benefits. The practice combines stretching and other exercises with deep breathing and meditation and can improve overall physical fitness, strength, flexibility and lung capacity, while reducing heart rate, blood pressure and back pain.'

The article goes on to say, 'What is perhaps unknown to those who consider yoga just another exercise form is a growing body of research documenting yoga's psychological benefits. Recent studies suggest yoga may help strengthen social attachments, reduce stress and relieve anxiety, depression and insomnia. With these mental health benefits, an increasing number of psychologists are weaving yoga into work with their clients.'

Along with the physical benefits of strength-building, balance and joint mobility, yoga's warrior 2, eagle pose or high lunge are just three of many poses that can calm the mind, help to focus, build self-confidence, improve patience and boost our mood.

Yoga is whatever you want or need it to be. Come for a power workout, a meditation, the release of stress and tension, to work on balance, flexibility, centeredness, core strength, cross-training, soul-searching, focus, mindfulness, self-awareness, to be part of a community or for simple peace of mind.

Yoga creates space in the mind, body and sometimes even the soul.

With Yoga, the practice of breath and movement makes it different from other activities. Both physically and emotionally, we all need a little space.

Leslie Cargill is founder and owner of Way to Be Wellness and Yoga Collaborative in Kennebunk Lower Village and Cargill + Co. Communications, Marketing, Brand. She creates custom wellness programs and retreats for individuals and groups. www.waytobeyoga.com

The American Psychological Association feature article "Yoga as a Practical Tool" by Amy Novotney was posted on apa.org in November, 2009, Vol 40, No. 10.

Did You Know? Plant Facts From a Pro

- Each plant has its own unique requirements that make it thrive.
- Since succulents and cacti store water in their stems and leaves, they don't need to be watered as frequently as other plants.
- Adding plants to your office or home reduces stress and purifies the air.
- Indoor plants actually boost productivity.
- Plants can help you recover from illness faster.
- Plants can boost your attention.
- Indoor plants may reduce stress levels.
- Plants are good communicators. They tell us when they are under/overwatered or need different light requirements.
- There's no such thing as too many houseplants!

Kristy Verdel, the owner of Moon Lady Plants, creates high-vibe healing environments through plants and plant care. She uses her extensive houseplant knowledge to provide high quality consultation services to her clientele.

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Get Moving / Love to move your body at home? Has life gotten in the way and you're missing your favorite sweat session? Vacation is a great chance to carve out a little time for yourself during a hopefully flexible week, and if you do, you just may fall in love with the other side of your comfort zone.

Boutique studios put their own spin on what you may be used to. It's a great time to get your sweat on in hot yoga, try out a barre class or find your bounce for the first time. As a bonus, many boutique studios have great out of town weeklong packages to keep you sweating throughout your trip. Whether you are used to it or missing it – sweating on vacation is great for your skin, your stress and your immune system.

Hydrate, X2 / Vacation usually comes with cocktails and dessert you'd normally skip, plus more vitamin D than your work-from-home skin is used to. Double up on water (maybe with a custom Hydroflask from your new fave workout spot).

Water flushes out toxins, hydrates the body inside and out, and will keep you headache-free the morning after a late night dinner.

Air Please, Make it Fresh / Why drive to scenic spots when you can rent a beach cruiser, kick on your running shoes or hit a trail that links them? Personally, we plan our lunch around a few locations at the top of our to-do list. We park and then head out for a loop on foot, knowing that at the end we're heading right back to some good food.

Visiting Kennebunk? Our personal fave is soaking up vitamin D on the Kennebunk beaches, or walking the trails at the Franciscan Monastery and ending at Mornings in Paris for a croissant sandwich – yum!

Get Local / Scope out local farmsteads for fresh fruit and veggies to stock your bag. This will help you skip heavy pastries (or at least eat them in moderation). Find restaurants that support local farms and fisheries. Many of them share where they grab their greens. Eating fresh greens, supporting local, and what we feel is usually the most delicious cuisine in town will make your dining experiences memorable.

Memories / Our family tradition is to always pick up a memento that we'll use (Sorry, Aunt Petunia, the T-shirt three sizes too big ends up at the bottom of our drawer). A tank from your new favorite workout spot or brewery is something you'll use all year long. We also love ornaments that help us remember a trip every holiday season.

And, above all else, enjoy every moment!

~ Tiffany Lathrop, Owner, The Daily Sweat Kennebunk

Vet at Your Door offers unique approach to veterinary medicine ~ An interview with Diedre Frey, VMD ~

What was your motivation for starting Vet At Your Door, which follows an in-home model?

I was working in a typical general practice and I was feeling really burned out. Oftentimes, there were multiple exam rooms needing to be seen, and they were filled with stressed-out animals who didn't want to be there. Additionally, the pet parents were stressed, as they don't like seeing their animals that way. It was really hard to witness that human-animal bond that I fell in love with as a kid and made me want to become a veterinarian in the first place.

I also noticed that a lot of my colleagues and the veterinary staff with whom I worked also felt the same way as I did. I left and was determined to find a way to make the veterinary experience less stressful for the animals, their people, and the veterinary staff, where we could all witness and enjoy that human-animal bond again. I researched many options and landed upon the house-call model and started Vet At Your Door in 2015.

What are the benefits of this model of care, for your practitioners and for the clients?

By the nature of entering someone's home, there is an immediate closer connection with both the client and the patient than a typical veterinary environment allows. Everyone is just more relaxed, feeling "at-home", because they are literally in their home.

The more I do this, the more I realize that a lot of veterinary medicine is about the people. If you sincerely connect, it makes it so much easier to communicate in general, and find the best plan for the animal.

Since the beginning of Vet At Your Door, I have had an uncompromising mission of making the staff happy, because I believe if that is accomplished, everything else will follow. If the veterinary staff has well-balanced lives, the ability to practice our best medicine follows. So every day, I try to feel out the staff, making sure they feel happy and balanced.

Who is the team you have built for our area?

I am so thrilled to have a new dream team launching our presence in this area. Dr. Kate Borland is our wonderful, compassionate, experienced veterinarian, who has practiced and lived in the area for many years. And Karen Hludik, LVT, who some of you may know from her many years at Homeport Veterinary, will be the team's licensed veterinary technician. I have no doubt that their capacity for empathy and practicing great medicine will serve the pets, and their people in the area for years to come.

For whom is this model best suited?

I think this model works great for anyone who truly wants to connect with their veterinary practice in a meaningful way. We have longer appointments so there is more time to address more issues. We typically hire veterinarians, like Dr. Kate Borland, who enjoy being thorough and having the time to do that. Again, in the end, this creates a very meaningful veterinary experience.

We do see a lot of people who have trouble getting to the vet, whether it be because they physically have difficulty, or their animals don't enjoy the typical veterinary practice

– continued on next page

environment. I also think specifically for euthanasia, there is no better way to have a beloved pet leave this earth than in the comfort of home surrounded by those they love.

What services do you offer?

We offer wellness services, sick visits, chronic condition management, hospice care, pain management, and euthanasia, all in the comfort of home.

How does the process work?

The best way to get in touch is to go on our web site at www.vetatyourdoor.com and click "contact us" or "Make an appointment" and fill out the form there. We are sticklers about customer service so we will be in touch asap. We have a wonderful client liaison team who live and love to help! Then



we will show up at your home within a one-hour window. Visits last between 30 and 60 minutes, sometimes more if we are seeing multiple animals.

What's new or upcoming at Vet At Your Door?

Our new Kennebunk-based team – Dr. Borland and Karen! I don't think we could have

asked for a more experienced, empathetic, and all-around-wonderful set of individuals to help the pets in this great area.

How can people find you?

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“It’s Like This . . .” with Dana Pearson

Absence makes the heart palpitate excessively

I had a few errands to run within the greater Kennebunk-Kennebunkport-Arundel metropolitan area. I figured I’d be out and about for an hour or so.

Some people bemoan having to run errands. I rather enjoy it. It gets me out of the house. A change of scenery. A new set of faces. A sense of purpose and, when completed, a sense of accomplishment. It’s all about keeping sane in these insane times.

I drive out to West Kennebunk for Errand #1. It’s a quiet Monday, close to noon, overcast, gloomy, fairly mild for early February. Snow and rain are coming later today. Unless it persists for days on end, this sort of weather doesn’t depress me; I don’t need constant sunshine to be happy.

Errands #2-4 take me through downtown Kennebunk, and by Errands #5-6, I’m in Arundel. Everything’s going smoothly, except for one moment when I put the brakes on for Errand #3 (the Kennebunk Post Office), and an inch-thick cake of frozen snow slides forward off the roof of my truck’s cab and lo! and behold, its dimensions are exactly those of my windshield. That’s what I get for being lazy with snow removal.

Errand #7 takes me to the Port, and it’s there, at the Kennebunkport Historical Society’s Town House School, that my day turns upside down, the earth shudders on its axis, the tides no longer obey gravitational forces, and the incident with the cake of frozen snow that could’ve caused an accident now seems as insignificant as a stubbed toe in wartime.

I’ve left my smartphone at home.

I frantically check every pocket. Twice. I look in the truck’s console, on the floor, under the seat. Nope. Didn’t bring it. I suddenly have a flash of it impudently resting on my desk, a study in imperiousness, flaunting its awareness that I need it more than it needs me. The peace and tranquility I had been enjoying evaporates. I am adrift.

Let me first address the obvious irony and hypocrisy of my reaction to suddenly finding myself phoneless. For years I have mocked people for not being able to detach themselves from their cell-phones; for strolling the sidewalk, phone on ear, oblivious to their fellow humans and, perhaps more importantly, traffic; for texting while dining in a restaurant; for taking selfies everywhere, anytime, with anybody and everybody; for basically ignoring the world around them and, instead, focusing on their handheld computers. For long I have compared such folk to the pod people from *Invasion of the Body Snatchers*; however, like pretty much every character in that classic sci-fi thriller, I, too, have finally turned.

Okay, so I’m standing outside the Town House School, my mind on the precipice of madness. I tell myself not to panic, that I’ll get through this, that I’ll be reunited soon with my Samsung. In a noble attempt to ease my soul, I decide to pretend it’s the late twentieth century, when one of the little pleasures in life was driving home, wondering how many messages would be waiting on the answering machine.

Ahh, those were good times. Remember delayed gratification? Me neither. I believe it had something to do with not being able to communicate with someone, acquire a piece of information, take or view a photograph, listen to a song, or watch a TV show or movie immediately the moment you desire to do so. That type of gratification was, well...delayed. While that may seem an ugly and baffling predicament today, I somewhat recall that it was enjoyable. Sort of like receiving a personal letter and setting it aside to open later. Again, we’re going back to the twentieth century for those things, too.

I’m driving phone – I mean home – and I keep repeating to myself that I can wait, I can wait, I can wait, when I realize I’m about to drive past The Landing Store and it’s midday and if I’m lucky they’ll still have some whoopie pies, so I pull over and dart inside and lo! and behold, the world hasn’t completely gone to hell in a handbasket.

But I do delay this gratification; the whoopie pies make it home unscathed, for they will be needed later this evening for a celebratory nosh over my narrow escape from a fate worse than poor connectivity issues. Yes, I am reunited with my smartphone, yes, it was on my desk, and yes, I am far too happy to hold it again. I eagerly check to see how many texts and emails and calls I missed in the hour and 15 minutes I was gone.

One text.

I’m seriously considering placing the phone back on the desk and heading out for the rest of the day.

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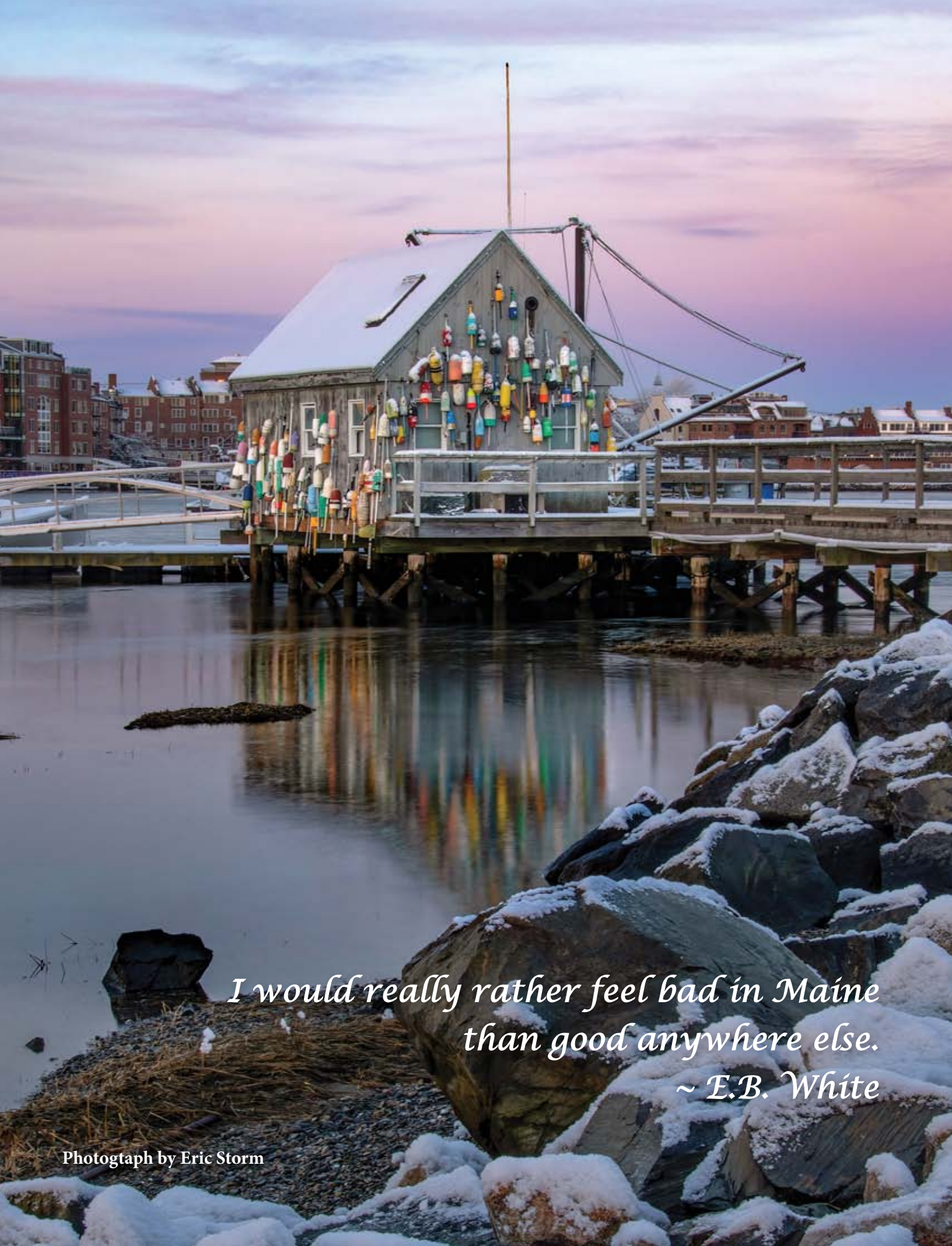
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*I would really rather feel bad in Maine
than good anywhere else.
~ E.B. White*

Photograph by Eric Storm



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