

An abstract collage artwork featuring a central figure with a red and white head, surrounded by various colored papers, strips, and brushstrokes in shades of blue, green, orange, and brown. The background is a textured mix of these colors.

TOURIST & TOWN

Volume 65 Issue 12

July 27, 2023

FREE

CELEBRATING SOUTH COASTAL MAINE SINCE 1958

Our mission is to be an indispensable guide to life in South Coastal Maine, a champion for local businesses and a source of entertainment and goodwill for locals and tourists alike.

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TOURIST & TOWN

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Publisher's Note



As I prepared this issue of the newspaper, I found myself thinking, as I often do, about how much I adore the printed word. If you're like me, you can't imagine life without books and magazines – and newspapers.

It's not only the touch and feel that makes hard copy so special, it's also that unique level of engagement we have with the printed word.

Newspapers play a special part in small communities, shining a light on community spirit and knitting people together in a shared sense of pride and enthusiasm.

Newspapers play a unique role in tourist communities as well, giving visitors not only the information they need, but also a feel for the character of the place they're visiting.

At the end of the day, there's just something wonderfully old school and special about picking up a newspaper.

Yes, our connection to the local newspaper runs deep.

I feel it. Do you?

Kingsley

Kingsley Gallup, Publisher

"People don't actually read newspapers. They step into them every morning like a hot bath."
~ Marshall McLuhan



Some of you are finding us tucked into the *Maine Sunday Telegram* today, thanks to our exciting new partnership with the *Portland Press Herald*. Now, in addition to our local distribution to hundreds of drop sites throughout coastal York County, *Tourist & Town* is inserted into the *Maine Sunday Telegram*. What an incredible honor this is for *Tourist & Town* and its readers. If this is your first time reading our publication, now in its 65th year, we hope you enjoy it. And be on the lookout our summer magazine!



Photo by Josh Hrehovcik

Hot off the press! Just look for the flag in front of *Tourist & Town* headquarters at the old Kennebunk Train Depot, 12 Depot Street. When the flag is out, a new issue awaits you!

Thanks to our friends at



24 Industrial Park Road, Unit 2, Saco

Cover Artist: Ryan Kohler

"I am a painter living and working in Maine with my wife, our Australian Shepherds, studio cats and a handful of chickens. I paint every day in my home studio, usually while stumbling over the Aussies at my heels. I received a BA in Art from the University of Maine at Augusta in 2011, with a concentration in drawing. I was briefly enrolled in the new Media program at Orono and the Architecture program at Augusta before I realized I was most comfortable getting messy in my art classes and ultimately made the switch to the fine art program.



Ryan Kohler. Courtesy photo

My subject matter can range pretty greatly, but it's usually color and shape that attract me to a scene. Representational painting is still the root of what I'm trying to achieve, but to me, the fun lies in trying to find ways to describe my subjects through expressive gesture and varied mark making. Recently, mixed media and collage has become a significant element to my work.



Bits of colored paper, maps, album covers, posters, and found materials are collaged to the surface of my paintings, adding an extra physical presence to my work and enriching the viewing experience. ryankohlerpaintings.com

Visit Ryan Kohler's show at *Maine Art Hill* (14 Western Avenue, Kennebunk) through August 16.

**Publishing Calendar 2023
Remaining 2023 Newspaper Dates**

DATE	DEADLINE
July 27	July 19
August 3	July 26
August 10	August 2
August 17	August 9
August 24	August 16
August 31	August 23
September 14	September 6
September 28	September 20
October 12	October 4
October 26	October 18
November 9	November 1
November 23**	November 15

** The Holiday Issue

The Timely and The Timeless

VOTED BEST LOCAL PUBLICATION 2019, 2020, 2021 & 2022



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Vince Thelin opens the doors of Rockin' Horse Farm to local events, meaningful causes - even an annual circus

by Jo O'Connor

Every now and then you come across a charitable and generous individual whose timeless efforts and great care need to be recognized. Vincent Thelin is such a person.

Since 2006 (minus the two pandemic years), Thelin has offered his Kennebunkport property, Rockin' Horse Farm, to host Circus Smirkus. The circus is the Consolidated School's (an elementary school in Kennebunkport) only fundraiser.

This year's event, called A Mid-Summer Night's Circus, is on August 10 and 11 at the farm (4 shows), and tickets are now on sale. Circus Smirkus is the only tented traveling youth circus in the United States. Thelin already had a connection as his two children attended Consolidated School.

Apart from donating his property for a good cause, Thelin has been a volunteer in the Civil Air Patrol (an auxiliary of the U.S. Air Force) for 12 years. He is the Deputy Commander of the squadron located at the Sanford Airport. The Civil Air Patrol helps train and shape future leaders with their cadet program (starting at age 12) through a curriculum that focuses on leadership, aerospace, fitness and character.

Thelin grew up on a property that straddled the York and Ogunquit town lines. His father, Valfred Thelin, was an internationally known artist who painted in both watercolors and oils.

Thelin spent his youth surrounded by horses and loved cooking, and in his teens, he started a career in the culinary arts. "I knew Jonathan of 'Jonathan's' since it was his grandpar-

ent's farmhouse. I would go on to work in that kitchen on two different occasions," said Thelin.

A few years after high school, he moved to Las Vegas to work as a chef in a number of establishments for 15 years. There, he met his wife, Susan. They eventually moved back to Maine and purchased the 10-acre Rocking Horse Stables in 1994. They first provided very popular horse-drawn rides, and now have a spectacular wedding and events venue in their barn and on the property (and can host up to 150 guests comfortably).

Due to the immense size of the property, in 2006, they were approached by the Consolidated School's PTA to host the first Circus Smirkus. It was quite an undertaking, but, without missing a beat, Thelin said yes.

"When it comes down to it, it's all about the kids. . . It's better than having bake sales all year long," said Thelin.

Hosting Circus Smirkus is a tremendous undertaking. It requires months of planning from an all-volunteer committee, and it gets busiest when summer is in full swing (and kids are home). KCS families and community members host Circus Smirkus performers in their homes and/or volunteer at one or more four circus shows.

Local businesses step up with sponsorships, program ads, free publicity (like the Sugar Shack's fun window displays) and more. Daytrip Jr. has been a partner for several years, selling tickets from their busy store, and the presenting sponsor is Kennebunkport Resort Collection. After the event is paid for, remaining funds go to the school's PTA to provide resources to teachers and

students at the school, including flexible seating for classrooms, extra supplies for student projects, extracurricular events like Teacher Appreciation Week.

The circus proceeds have funded annual field trips to places like Strawberry Banke, York's Wild Kingdom, Boston (Freedom Trail, Old South Meeting House, USS Constitution Museum), Gray Fish Hatchery, plus Kennebunkport Conservation Trust's properties for all grades 3x/year.

They have also fulfilled grant requests from teachers for things that fall outside the school budget like the Imagination Playground, artists in residence and classroom transformations. These funds contribute to events throughout the year, such as Wellness Day, Field Day, Sock Hop, Arts Night, Fifth Grade Celebration, a school-wide Holiday Celebration Day, Indigenous People's Day guest speakers, the Ice Cream Social and more.

The PTA has provided two \$500 scholarships to Kennebunk High School students annually and often anonymously contributes to community members in need. Lastly, the school is able to underwrite the KCS School Play each year, in which over half the student body participates.

Last year's circus fundraiser raised more than \$35,000 for the school and conservatively estimates that Circus Smirkus and the Thelins' gracious hosting has helped raise more than \$250,000 to support the KCS students and teachers since 2006.

"None of this would be possible without Vince, Susan and the Thelin family," said Leah Adams, KCS

PTA Co-Chair, Chair Circus Committee. "Without their willingness to share their beautiful property with us and host the Big Top Tour each summer, Circus Smirkus could not come to Kennebunkport. We cannot overstate our gratitude and appreciation for everything they do and all the good it is able to do for the KCS community as well."



Above: Susan and Vince Thelin of Rockin' Horse Farm. At left: Rockin' Horse Farm. Photos by Bob Dennis



Tickets for the August 10 and 11 shows at Rockin' Horse Farm (245 Arundel Road) are on sale at Daytrip Jr. in Kennebunkport or at smirkus.org.



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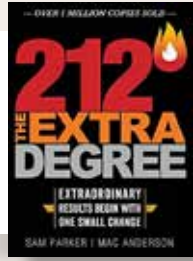
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Book:
212: The Extra Degree
Reviewed by
Zach Fine, age 15
Student • Athlete • Seeker

How did this book make its way to you?
This book was introduced to me by my mother.

What did you like most?
I think what I liked most about this book was its simplicity, yet directness. It was easy for me to understand – and retain. And what really stuck out to me was the mindset this book talked about and the way of looking at things – for example, going the extra mile. A 1000-mile journey has to be taken one step at a time, as they say.

How would you explain the primary concept of this book?
At 211 degrees, water is hot. But at 212 degrees, water boils. Thinking about things in that way, and looking at things in terms of going the extra degree, is important. After all, the difference between 211 and 212 is quite substantial.

Why do you recommend?
I recommend this book because it offers genuine life advice for anybody.

Be sure to visit Tourist & Town's Book Depot, where you can take a book, leave a book, return a book – and enjoy visiting the historic train depot. The Book Depot is open every Saturday from 9 AM to 12 PM at 12 Depot Street in Kennebunk.

Double your Mid-Week Music pleasure

Mid-Week Music presents two concerts in August at the Kennebunkport Historical Society's Town House School at 135 North Street. The first is held Wednesday, August 9 at 7PM, when John Kumnick (bass), Dylan Kumnick (drums), and Dana Pearson (guitar, keyboard) perform "Master / Pupil: Dylan / Waits." The concert will be split into two distinct yet connected sets: one of songs by Tom Waits ("Downtown Train," "Come On Up to the House"), the other of songs by the man who initially inspired him, Bob Dylan ("Highway 61 Revisited," "You Ain't Goin' Nowhere"). Then, on Wednesday, August 16 at 7PM, Pearson will be joined by singer-songwriter Dan Blakeslee (danblakeslee.com) to play an evening of original songs on their acoustic guitars. The duo last performed on the Mid-Week Music stage in February for a Johnny Cash tribute show. FMI and tickets: kporths.com/events, info@kporths.com, or 967-2751.

Depot Day + Community Yard Sale = Save the Date!

The Old Kennebunk Train Depot • 12 Depot Street, Kennebunk
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All are welcome to participate! Just email your wishes to publisher@touristandtown.com

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A not-to-miss annual event hosted by Biddeford Pool Community Center

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The Retro Roadtrip Report – Portland walking tour

by Joshua Hrehovcik and Geraldine Aikman

Break out your best walking shoes, Retro Roadtrip Nation, because we're getting our steps in with an invigorating promenade around the great city of Portland.

Immerse yourself in the city's history, and what better place to start than at

a local eatery? Let's begin by fueling up at Marcy's Diner on Oak Street. Give their tasty French toast a try, and while you're there, be sure to bring home one of their mugs adorned with a groovy mid-century modern design – a cool keepsake of your visit.

Next, head up to Con-

gress Street and take a right to Mechanics Hall, the home of the Maine Charitable Mechanic Association. Check out their library, steeped in history, and the event space that has hosted everything from dances to feeding the troops during the Civil War. Maine Mechanics Hall was built in 1857 and is listed on the National Register of Historic Places. Consider contributing to their cause for a new roof, as any donations would be warmly appreciated.

We'll wrap up our Portland walking tour by heading back to Congress Street and visiting the Green Hand Bookshop, one of the most eclectic book destinations in Maine. For book enthusiasts of all stripes, this literary haven is just the place to enjoy the happiness of pursuit.

Marcy's Diner: 47 Oak Street, Portland. Open Wednesday–Sunday, 7 AM–1 PM.

Mechanics' Hall: 519 Congress Street, Portland. Open Tuesday, Wednesday and Thursday, 10 AM–3 PM.

Green Hand Bookshop: 661 Congress Street, Portland. Open Tuesday–Saturday 11 AM–5 PM, Sunday 12–4 PM.

Visit retroroadtripper.com for the family of *Retro Roadtrip* books.



Marcy's Diner



Green Hand Bookshop



Mechanics Hall dates back to the Civil War.

Summer Band Blast 6 at the Waterhouse Center
Save the Date!
 The Waterhouse Center at 51 Main St. in Kennebunk will be rocking once again on the afternoon of Sunday, August 13, from 5 to 7:30 PM, when Summer Band Blast 6 kicks off at 5 PM, rain or shine. FMI call Faith at 985-6570.

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Not-to-miss events at Bell Farm Shops

Bell Farm Shops (located at 244 US Route 1 in York) will be hosting their second annual Christmas in July event the last weekend in July. Enjoy 10% off most of the store and 15% off Christmas merchandise. There will be special giveaways and a gift with every \$50 purchase while supplies last. There may even be a special appearance from Santa!

Next in line will be Flower Fest, to be held on Bell Farm's back lawn on Sunday, August 6, from 9 AM to 12 PM. The intention behind this event is to share the wonderful Bell Farm grounds with the community during the daylily season and to raise money for York Land

Trust. Bell Farm Shops will be donating 10% of their sales for the day to the York Land Trust. Funds will also be raised through a raffle.

The aim of York Land Trust is to conserve the natural resources and heritage of York. The Trust welcomes you to come and enjoy the grounds while browsing through the many goods and services offered by other local businesses.

Bell Farm Shops will have items available for sale outside at the event, including daylilies. Bell Farm Shops sells gifts, home decor, wild bird supply and Christmas all year round. While Bell Farm Shops are technically one



shop, shoppers have a variety of distinct experiences under one roof – and this will be the case at Flower Fest as well.

Home Made by Rivka will be selling homemade jams and jellies.

Living Arrangements will have a craft available, as well as succulents, wreaths, gift sets, terrariums, crafting, classes and more.

Nectar Cafe will have flower-inspired refreshments and delectable goodies for sale. Nectar Cafe offers breakfast foods, superfood smoothies, delicious treats, creative lunch specials and fresh-roasted local coffee, including a full espresso bar equipped with delicious seasonal specialties.

Nest Handmade will be offering a botanical printmaking craft and will have lovely products for sale.

Nowadays Flowers will be offering make-your-own bouquets and pre-made bouquets.

RISE Wellness Collective will have a wellness corner where shoppers can indulge in some self-care.

Sage Clarke of Inner Knowing Wellness will be

offering \$10 Reiki boosts and Tarot readings for \$20.

Amy Hopkins of Saltwater Mountain Co. and Cold-Water Dipping will offer a fun way to try the cold tub. There will be a changing room and she will have apparel for sale.

Kathie White of Artemis Healing will be on hand to offer Integrated Energy Therapy and crafts.

Beth Tgettis will be offering 10 minute chair massages.

We Fill Good will be offering sustainable and minimally-packaged clean products.

Bric-A-Brac Mainewill have their woven trivets, potholders, placemats and small rugs that are designed with the highest standards of quality.

Join local printmaker Rhonda Lynch for a fun and easy botanical printmaking project using fresh flowers and leaves.

And the York Land Trust will be there educating the community on what they do.

Vendors are being added all the time. FMI call 363-8181, email events@bellfarmshops.com or see bellfarmshops.com.



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Brick Store Museum showcases art, culture and social issues

This summer, the Brick Store Museum features several unique exhibits: "Wrapped in Blue: Fashions to Promote Global Health," "Making the Modern World: A Century+ of Progress" and the contemporary art show "Earthly Observations." The exhibitions will close August 20 to make way for the fall exhibition featuring the Pastel Society of Maine.

The "Wrapped in Blue" exhibit showcases 11 fashions created completely of "blue wrap," the polypropylene fabric used in hospitals to sterilize equipment, and highlighting the issues related to hospital waste and the preservation work done by Portland-based Partners for World Health.

The history exhibition "Making the Modern World: A Century+ of Progress" is based on the style and theming of the 1933 Chicago World's Fair, the exhibition explores changes in communications, transportation, health, and wellbeing, all of which affect each of our lives today.

Be sure to take in these exhibits, plus the contemporary art show, during museum hours, Tuesday through Sunday. Visit www.brickstoremuseum.org to learn more about the exhibitions and when to visit.



Courtesy photo

History & Art Outdoors

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It's as though we're living parallel lives

Elsewhere in this fine publication I reviewed *Mission: Impossible – Dead Reckoning Part One*, in which I focused on the blood-curdling motorcycle stunt performed by Tom Cruise off a Norwegian mountain. It's a truly stunning sequence in which, starting with a close-up to establish that it's him doing it, Cruise powers a motorcycle off a ramp-like spur into an abyss in order to save the day. While other movie stars have done their own stunts, no one has taken them to such Bond-on-steroids extremes. And what makes Cruise's stunts – particularly this one – so nauseatingly thrilling is that the immersive camerawork allows us to imagine ourselves doing them with him. It's almost like VR.

I experienced a similar sensation several days ago – one that was so electrifying that I continue to vibrate from its effects on

my nervous system. I'm still baffled how I was able to pull off such a feat of speed and dexterity, that I find it hard to believe that it was me. And it didn't happen on a Norwegian mountaintop; it happened in my kitchen.

Was my life – at any time – at risk during the lightning-quick event which I shall soon describe? Perhaps not. But does that diminish its awesomeness? Perhaps significantly. Nonetheless, I shall cherish its memory forever; I am convinced that one day I'll be sitting on my patio slurping liquified baby food through a straw, all comfy in my extra-padded Depends and newly adjusted orthotics, thinking, "Wow, I can't believe that was me doing that awesome thing five years ago."

But it *was* me. Diane – you know, my wife – and I were feeling the need for chocolate. Because that doesn't exactly narrow down the time field in any way whatsoever, let me clarify by saying it was early evening. Although it could have been

mid-afternoon. No, it had to have been after dinner. Is that true? More importantly, does it even matter? Upon reflection, no, it does not matter.

So anyway, Diane and I were feeling the need for chocolate. We were in the kitchen, standing by the refrigerator, having determined that the cookie cabinet (yes, we have a cookie cabinet) was empty, since a couple of pigs had recently rooted through it with extreme prejudice and then failed to replenish the stockpile.

I opened the fridge, so that while facing the inside of the opened door, I stood to the left, Diane to the right; this is important to know, since blocking and choreography are crucial in any stunt sequence. It's also important to keep in mind that this is no flight of fancy, no wishful thinking, no "oh-wouldn't-that-have-been-cool" fantasy – this *actually happened*.

The upper right compartment is ostensibly the butter container – you know, the little shelf with

a clear plastic door that opens like an old-fashioned garage door. Except ours doesn't hold butter; it holds chocolate, especially in the warmer months when we protect our stash from the threat of meltage (technically speaking, the state chocolate achieves when it gets too warm and begins to lose its structural integrity).

Inside the chocolate compartment was an opened bag (is there any other kind?) of Hershey's Nuggets (dark chocolate with almonds, naturally) and, as a reminder of the compartment's original purpose, a corn on the cob butter spreader (which, as far as inventions go, is up there with the automobile and stretchy pants). The chocolate was on the right, the white plastic butter spreader, measuring three inches long and one and three-quarter inches wide per side, on the left.

As we were talking (probably about the chocolate), Diane reached up with her left hand and opened the clear plastic door. [Cue *Mission: Impossible* theme.] She reached for the bag of chocolate and began to remove it from its perch. Within the next two seconds, the left edge of the bag caught on the butter spreader, causing it to lean forward, lose balance, and tumble toward the floor.

I say "toward the floor" instead of "onto the floor," because when I glanced down, the butter spreader was in my hand. I didn't even know I had reached for it. With what can only be described as Spidey-sense, I had intuited the displacement of the butter spreader and instantaneously intercepted it less than a foot from the precarious edge of the chocolate compartment. It was almost like VR.

Tom Cruise may be able to drive a motorcycle off a cliff, but I bet he wishes he could catch a quarter-stick of butter falling out of a refrigerator.

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La Dolce Vita



Laura Dolce is director of the Kennebunk Kennebunkport and Arundel Chamber of Commerce

The weeks and months after my mom died were rough. I was exhausted, I was sad and days felt long and gray.

Be kind to yourself, everyone said. Don't put pressure on yourself, others said. Give yourself a break, everyone agreed.

And so I took a break from the gym, both to try to get more sleep and quell some anxiety / pressure. I came off my nutrition program and ate (and ate) what I wanted.

I stayed up a bit later. Bought more vintage Coach bags. Watched more TikTok.

And things went to hell.

Sure, some things have gone well. My tomato and herb garden is looking pretty robust, my flower planters are overflowing (thanks rain!) and the plants we chose for our side garden two summers ago are thriving.

(I'd love to be able to sit out on the patio and enjoy them more, but RAIN. That's a column

for another day!)
Seamus finished basic training class and while it take him a while to warm up to both other dogs and their owners, he got through it.
He and Finn continue to be a joy.

But I've gained 10 pounds, I'm not sleeping much better and trying to incorporate some of my mom's things with my own has left my bedroom looking like a jumble sale.

I can just hear my mom's voice telling me I've moved beyond being kind to myself.

"You're WALLOWING," she'd say while rolling her eyes.

And she's right.
So this week it's time to get the eating back on track.

It's time to get this room straightened up and realize I can't keep EVERYTHING.

And it's time to figure out how to get both more sleep and more exercise.

I say this not only because I'm tired of looking and feeling this way, but because it's my birthday this week and I think most of us get a little more reflective when our birthdays roll around.

And even more than the beginning of a new year, I think birthdays can be a time to assess and plan.

The good: Our kids are doing well, both living with their forever people and adorable pups - and in homes of their own, no less.

Dave's kidney is doing GREAT (this despite four hospitalizations for other issues in recent months).

Our house finally feels DONE.

And my Dad is a blessing.

But despite all the good

- or maybe because of it - I have work to do and I think this is the year.

So this is my year, 58, and as the great Elle Woods would says, "Let's do this, instead of doodling hearts all through this."

Wallow over.

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PAINTING A SUMMER STILL LIFE - ACRYLICS OR OILS
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COLLAGE AS A VISUAL LANGUAGE
WITH BERRI KRAMER - AUGUST 4, 5 & 6TH

INTRODUCTION TO COLD WAX
WITH BERRI KRAMER - AUGUST 18, 19 & 20TH

Farmers' Market Roundup

Kennebunk Farmers Market

Saturdays, 8 AM - 12:30 PM
May - November
Garden Street Lot
www.kennebunkfarmersmarket.org

Kittery Community Market

Sundays, 10 AM - 2 PM
June 4 - November 19
Post Office Square
10 Shapleigh Road, Kittery
www.kitterycommunitymarket.com

North Berwick

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

Saco Farmers' Market

Saturdays 8 AM-12 PM
Saco Valley Shopping Center, Saco
www.sacofarmersmarket.com

Sanford/Springvale

Saturdays, 8 AM-12 PM
May through October with a market
the Saturday before Thanksgiving
Central Park (across from City Hall) Sanford
www.sanfordfarmersmarket.org

Wells Farmers' Market

Wednesdays, 1:30- 5 PM
June - September
Wells Library, Post Road, Wells
www.wellsfarmersmarket.org

York Farmers' Market

Saturdays, 9 AM-1 PM
May 27-October 7
Behind York Region Chamber of Commerce
1 Stonewall Lane, York
www.gatewaytomaine.org

Thursday, July 27

27th Annual Affairs to Remember Auction, Kennebunk River Club Casino, 6-8 PM. Hosted by The Center, this event features both a live and silent auction with get-aways, unique experiences, special items and family outings. Your \$50 ticket includes one drink ticket and hors d'oeuvres. Tickets are available at the door, online or at The Center. FMI call 207-967-8514 or see seniorcenterkennebunk.org.

Weekly Conversational French Language Group, Wells Public Library, 1434 Post Road, Wells, 6:30 PM. An informal approach to practicing or re-learning French. All are welcome. FMI contact cappleby@wellstown.org or call the library at 207-646-8181.

Papermaking for Kids, Brick Store Museum, 117 Main St., Kennebunk, 1-3 PM. Paper has been around for 2000 years. In this class, students will first learn how the process of making paper spread throughout the world. They will examine samples of handmade paper from around the world and learn about materials that paper is made from. Following this introduction, students will have the opportunity to make their own sheets of paper from various pulps. Instructor: Gayle Fitzpatrick. Fee: \$30. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Friday-Sunday, July 28-30

Maine Women in the Arts Summer Fine Art Show with Craft, Masonic Lodge, 10 North Street, Kennebunkport. Summer in Maine is the perfect time to enjoy the work of local artists and craftsmen. The Maine Women in the Arts "Summer Show" highlights many local and regional artists and features a variety of fine art mediums and an eclectic selection of handmade crafts. The show is a treasure trove of unique items for your home or as a special gift or memento of your time in Maine. Join in the celebration at the opening reception on Friday, July 28, 5-7 PM. Refreshments are provided and there is live music to enjoy. The full show schedule is Friday, July 28, 9:30 AM - 7 PM; Saturday, July 29, 9:30 AM - 5:30 PM; Sunday, July 30, 9:30 AM - 4 PM.

Artists by the Sea, Biddeford Pool Community Center, 2 Yates Street, Biddeford. An annual showcase of local artists. Hours are Friday, July 28, reception from 5-7 PM; Saturday, July 29, 10 AM-5 PM; Sunday, July 30, 10 AM-3 PM.

Friday, July 28

Car Wash Story Time, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10 AM. We are so excited to partner with the Maine Classic Car Museum again this summer for a very special story time. Music, stories, songs, buckets & sponges! Be prepared to get wet! What car will the Maine Classic Car Museum bring? For toddlers to preschoolers. Pre-registration is required. For further information, please call 967-2778 or visit www.graveslibrary.org.

Water Coloring & Flower Printing, Brick Store Museum, 117 Main St., Kennebunk, 10 AM-12 PM. Want to learn more about painting techniques with watercolors? In this class beginner's students will explore basic techniques of water coloring painting and practice their skills outside in the gardens. Students will also learn how to use flowers to print and make their own tea towel. This workshop is for 7 and older. Instructor: Elizabeth Winter. Fee: \$30. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Fiber Arts, Wells Public Library, 1434 Post Road, Wells, 10:30 AM. Come show off your latest knitting creation, get tips on your crochet technique, and just chat with old friends and make some new ones. All ages & levels of ability are encouraged to join us for ideas, inspiration, and lively conversation. For more information, please contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 207-646-8181.

Artists by the Sea Reception, hosted by the Biddeford Pool Community Center, 5-7 PM. This is showcase of local artists. Following the reception on Friday, July 28, the gallery will open Saturday, July 29, from 10 - 5 and Sunday, July 30, from 10-3. BPCC is located at 2 Yates Street, Biddeford Pool.

Goose Rocks Beach Association Book Discussion, Community House at Goose Rocks Beach, Kennebunkport, 5 PM. The book, *Frankie's Place: A Love Story* by Jim Sterba, will be the topic. Wine and cheese will be served. All are welcome.

Saturday & Sunday, July 29 & 30

Christmas in July Sale, Bell Farm Shops, 244 US Route 1, York. See page 8 for detailed information.

Saturday, July 29

Kennebunk Beach History Walking Tour, 10 AM. Begins at Trinity Chapel, Railroad Avenue, Kennebunk

Beach. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Woofstock, hosted by the Animal Welfare Society, 46 Holland Road, Kennebunk, 11 AM-3 PM. Southern Maine's only free, family-friendly, dog-friendly food and beer festival. All proceeds benefit Companions for Life, AWS' fund dedicated to providing quality and affordable pet veterinary care. FMI visit animalwelfaresociety.org/woofstock.

Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 12 PM. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Baked Bean and American Chop Suey Supper, First Congregational Church, 141 North Street, Kennebunkport, 4:30-6 PM. This is the church's monthly baked bean and American chop suey supper. First Church bean suppers will be held on the last Saturday of each month through October 2023. Exact change is required: adults and children age 12 and over, \$10 per person, and children under 12, \$5 per child. There will be limited seating outdoors weather permitting. FMI call Carol at (207) 710-7060.

Kennebunkport Summer Lawn Party: A Fundraiser for the Kennebunkport Historical Society, 8 Maine Street, Kennebunkport. See opposite page.

Sunday, July 30

Christ Church Worship Services, 6 Dane Street, Kennebunk, 9:15 AM. Christ Church invites the community to celebrate the final worship services at 6 Dane Street during the month of July. After July, the Sunday 9:15 am worship services will be held with the West Kennebunk United Methodist Church at 160 Alfred Road, West Kennebunk.

Victory Garden Day, Brick Store Museum, 117 Main Street, Kennebunk, 2-4 PM. Join the Brick Store Museum on for a fun and free family event exploring gardening and history. Learn about Victory Gardens (historic and today) with a theatrical twist. This special Victory Garden Day includes garden tours, food tasting, interactive presentation on WWII history, and children can make their own Victory Garden in a jar! Bonus: dress in 1940s style or your patriotic best! (fun but not required) Registration is appreciated but not required by calling 985-4802 or visit www.brickstoremuseum.org.

Tuesday, August 1

Fiction Book Club, Wells Public Library, 1434 Post Road, Wells, 6 PM. This group meets the first Tuesday of every month and is open to all adults. Join in to chat about books, share favorite books/authors, and discover new favorites. This month the book is *Night of the Living Rez* by Morgan Talty. For more information, please contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 207-646-8181.

Model of Positive Living Award: Nomination Deadline. The Center is seeking nominations for its 9th Annual Model of Positive Living Award, an award given to a community member who is 50 or older and makes a difference in the lives of others through kind gestures, volunteerism and a can-do attitude. Visit seniorcenterkennebunk.org, call 967-8514 or email info@seniorcenterkennebunk.org to nominate. Deadline is August 1.

Wednesday, August 2

Lindsay & Her Puppet Pals, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10:30 AM. As part of our summer reading program, Lindsay brings her larger-than-life Puppet Pals to delight child and family audiences. Funny, fast-paced, and interactive, this variety show delights the young and the young at heart! With positive messaging and professionalism, this program is a favorite among libraries. Pre-registration is required. For further information, please call 967-2778 or visit www.graveslibrary.org.

Thursday, August 3

Crafty Kids, Wells Public Library, 1434 Post Road, Wells, 3 PM. Drop in art projects include painting, drawing, gluing, collaging, and more! All programs will be held at the library. All materials will be provided and all ages are welcome. This free event is sponsored by the Friends of the Wells Public Library. For more information, please contact Allison Herman at aherman@wellstown.org or call the library at 207-646-8181.

Music on the Library Lawn Concert with Dana Pearson (acoustic guitar, covers of songs we know!), Graves

Library, 18 Maine Street, Kennebunkport, 6 PM. Bring your chairs, sit back, tap your feet and listen to some local beat. \$10 donation as an appreciated entrance fee. FMI call 967-2778 or visit graveslibrary.org.

Friday, August 4

Fiber Arts, Wells Public Library, 1434 Post Road, Wells, 10:30 AM. Come show off your latest knitting creation, get tips on your crochet technique, and just chat with old friends and make some new ones. All ages & levels of ability are encouraged to join us for ideas, inspiration, and lively conversation. For more information, please contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 207-646-8181.

Double or Nothing featuring Illusionist Steve Corning, Wells Public Library, 1434 Post Road, Wells, 11 AM. In addition to Steve Corning, with his juggling routines, escape artistry, contortion and stunts, magician Shane Miclon will be performing. It's double the fun when there are TWO talented performers! FMI contact aherman@wellstown.org or call the library at 207-646-8181.

Astronomical Society of Northern New England (ASNNE) Meeting, Talmage Observatory at Starfield, West Kennebunk. This is an annual barbeque meeting and potluck. Both members and the general public are invited. ASNNE will provide grills, but all guests should bring their own food and favorite beverages. Plan on arriving between 5 and 6 PM. At about 6:30 PM, the general meeting will begin. Following the meeting, there will be observing. If cloudy, the meeting will proceed as planned. If rainy, a regular meeting will be held at the New School at 7:30 PM and there will be no cookout. The New School is at 38 York Street, Kennebunk. Directions to the Talmage Observatory at Starfield and the New School, may be found at: <http://www.asnne.org/where-to-find-us.php>. To learn of any last-minute changes to the August meeting, please email asnne.astronomy@gmail.com. FMI visit www.ASNNE.org.

Saturday, August 5

Biddeford Pool Community Center Garden & Art Tour. This event includes a self-guided walking tour of home owner gardens in the coastal communities of Biddeford Pool, Hills Beach, Fortunes Rocks and Granite Point. Local artists will feature and offer some of their work for sale and Master Gardeners will be on hand at a few locations to answer attendee questions. Purchase tickets online at Eventbrite – Search for: Biddeford Pool Community Center Garden & Art Tour – for \$30 each. Proceeds benefit the BPCCC. FMI www.biddeford-poolcommunitycenter.org

Community Yard Sale, Kennebunk Free Library, 112 Main Street, Kennebunk, 8:30 AM-12:30 PM. Shoppers will find an array of items from local artists and your neighbor's garage. 10'x10' spaces are available to rent for \$35 and 30'x72" folding tables are also available to rent for an additional \$15. A clean-up deposit of \$25 is required and will be returned at the conclusion of the event. You'll receive prime visibility on Main Street, free advertising and all for a small donation to benefit KFL. Applications and fees are due by Monday, July 31. Spots are limited. Applications and additional information can be picked up at the library or found on website. FMI call 207-985-2173 or visit kennebunklibrary.org.

Textile Collection with The Planeteers of Southern Maine, at Quest Fitness, 11 Livewell Drive, Kennebunk, 10 AM to 2 PM. The Planeteers are sponsoring a textile collection by "HELPSY," with the environmental mission of keeping unwanted clothing out of landfills. Donate new and old unused clothing including footwear, accessories and linens. FMI contact SoMePlaneteers@yahoo.com. For a full list of items being collected, contact info@helpsy.co.

Sunday, August 6

Author Jennifer Ackerman, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 PM. Jennifer Ackerman has been writing about science, nature, and health for more than three decades. Her work aims to explain and interpret science for a lay audience and to explore the riddles of the natural world, blending scientific knowledge with strong storytelling. Special thanks to the 1802 House for sponsoring this event. Doors open at 1:30. Parking is available at the Village Fire Station (North Street) and Consolidated School (School Street). Light refreshments will be served, copies of the book *What the Owl Knows* will be for sale and signing after the program. For further information, please call 967-2778 or visit www.graveslibrary.org.

Monday, August 7

31st Annual Pet Show and Parade, Kennebunk Free Library - front lawn, 112 Main Street, Kennebunk, 6 PM. In the past, the library has been visited by a variety of animals from cows to snails – and everything in between. Share your pet and receive a certificate. This year, owners can lead their pets across the library lawn

for everyone to admire. Kennebunk Veterinary Hospital will be on hand to help give each pet a special title. Registration and signed waiver are required. One pet per child. Pets must be up-to-date on shots, on leash or caged, and accompanied by an adult. To register, visit the library's online calendar or call 985-2173. In the event of inclement weather, the event will be held on Monday, August 14, at 6 PM. FMI call 985-2173 or visit www.KennebunkLibrary.org.

Wednesday, August 9

Mini-Golf Fundraiser for the Center for Grieving Children, Schooner Mini-Golf, Saco, 4-6 PM. This family-friendly event will raise funding to support the Center's grief peer support services. A fun-filled evening of mini golf, ice cream, prizes and more. Corporate tickets and sponsorships available (FMI email emma@cgcmaine.org). Prizes awarded. FMI visit cgcmaine.org or 775-5216.

Mid-Week Music's "Master/Pupil: Dylan/Waits," Kennebunkport Historical Society's Town House School, 135 North Street, Kennebunkport, 7 PM. John Kumnick (bass), Dylan Kumnick (drums), and Dana Pearson (guitar, keyboard) perform "Master/Pupil: Dylan/Waits." The concert will be split into two distinct yet connected sets: one of songs by Tom Waits ("Downtown Train," "Come On Up to the House"), the other of songs by the man who initially inspired him, Bob Dylan ("Highway 61 Revisited," "You Ain't Goin' Nowhere"). FMI and tickets: kporths.com/events, info@kporths.com, or 967-2751.

Thursday, August 10

Santa in the Summer, Wells Public Library, 1434 Post Road, Wells, 5:30 PM. Come hang out with the big man and tell him your wishes early this year. Stories and activities will be provided for the whole family to enjoy. All ages welcome. FMI contact aherman@wellstown.org or call the library at 207-646-8181.

Adult Crafternoon: Bug Repellent Bracelets, Wells Public Library, 1434 Post Road, Wells, 2 PM. Sick and tired of slapping at mosquitoes? Come make your own natural bug repelling bracelet using macrame knotting and lava beads and look quite stylish to boot! FMI contact sclaydon@wellstown.org or call the library at 207-646-8181.

Saturday, August 12

Woodies in the Cove 2023, 974 Post Road, Wells, 8:30 AM-2 PM. Interest in these unique vehicles has made this show one of the largest attended and most popular car shows in New England and on the East Coast. The show is the largest fundraiser for the Historical Society and remains free to the public. Vehicle registrants are for Woodies only, with some additional unique and high-end cars that may attend by invitation only. Please contact woodiesinthecove@gmail.com and supply a picture of your car if you feel you have a vehicle that fits into that category. Trophies will be awarded by The Historical Society. The event will be held next to McDonalds on Route 1 in Wells, Maine, at 974 Post Rd. and runs from 8:30 AM until 2 PM, followed by a parade from the venue through Ogunquit and into Perkins Cove between 2 and 3 PM.

Sunday, August 13

Sea-Vu Campground's David F. Talevi Memorial Bike Ride and Run/Walk. Adults can choose from 12-, 24- or 36-mile rides or a 5 1/2-mile run/walk and there will be a 1-mile fun ride for children. Registration is \$30 for adults. Kids are free. When registering, you will be entered into a drawing for a Huffy Mountain Bike or a \$100 Gift Certificate to Sea-Vu. Proceeds from this event help fund the many local charities that the David F. Talevi Foundation supports, as well as grants for local students. FMI or to register, call Sea-Vu Campground at 207-646-7732.

Summer Band Blast 6 at the Waterhouse Center, 51 Main Street, Kennebunk, 5-7:30 PM. Rain or shine, this will be an afternoon of entertainment offered by local musicians including The Biddo Honeys, Byon Yeatts, Dana Pearson, Gary Vail, Lincoln Continental, The Dock Squares and other special guests. The free show is a benefit for Community Outreach Services; concert-goers are asked to bring a non-perishable food item or cash donation to help those in need in the local community. Grab a chair and some dancing shoes and enjoy this fun community event. FMI call Faith at 985-6570.

Wednesday, August 16

Henry Lowery Concert, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 6 PM. Bring your friends, bring your chair, sit back, tap your feet and listen to some local beat. Henry is a Kennebunk High School graduate that plays an array of country and blues on his guitar. A suggested donation of \$10 per person would be appreciated. This event will be held in the community room if it rains. Parking is available on Maine Street or at Consolidated School. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

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Inspiration Sidebar

If I had my life to live over

– by Erma Bombeck

- I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.
 - I would have burned the pink candle sculpted like a rose before it melted in storage.
 - I would have talked less and listened more.
 - I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.
 - I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.
 - I would have taken the time to listen to my grandfather ramble about his youth.
 - I would have shared more of the responsibility carried by my husband.
 - I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.
 - I would have sat on the lawn with my grass stains.
 - I would have cried and laughed less while watching television and more while watching life.
 - I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.
 - Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.
 - When my kids kissed me impetuously, I would never have said, 'Later. Now go get washed up for dinner.' There would have been more 'I love you's' More 'I'm sorry's.'
- But mostly, given another shot at life, I would seize every minute, look at it and really see it ...live it and never give it back.

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Model of Positive Living Award

The Center is seeking nominations for its 9th Annual Model of Positive Living Award, an award given to a community member who is 50 or older and makes a difference in the lives of others through kind gestures, volunteerism and a can-do attitude. Visit seniorcenterkennebunk.org, call 967-8514 or email info@seniorcenterkennebunk.org to nominate. Deadline is August 1.



Church on the Cape's annual Ship's Cargo Fair – a Cape Porpoise tradition

The Church on the Cape's annual Ship's Cargo Fair began in the 1950s and continues to be a quintessential, small town Americana experience.

Local resident Tom Bradbury recalled some of his early memories of the fair in his book, *Our Harbor Home*.

"The annual (COTC) church fairs were also held at the Atlantic Hall and the ladies of the congregation

went to great lengths to make the place look festive. The walls were covered with quilts, Afghans, baby blankets or other crafts that had been lovingly made for the benefit of the church's budget. Tables filled the upstairs, some covered with pies, cakes, homemade preserves and cookies, items whose ingredients had been bought, brought home, mixed, beaten, baked, and deliv-

ered before being sold for pennies on the dollar. No one seemed to care. What you paid for your contribution was made up for with what you bought from someone else."

This year, the Ship's Cargo Fair will take place

inside the church Saturday, August 5, from 8:30 AM to 1:30 PM. In addition to baked goods and canned goods, there will be crafts, household items, linens, jewelry, clothing, toys and more. FMI call 967-5787 or visit churchonthecape.org.

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1950s Church on the Cape fair. Courtesy photo



Luverne Tinkham at the Church on the Cape fair. Courtesy photo

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Business Spotlight

FAT FACE
Dock Square
Kennebunkport



What we wear is part of the journey. FatFace clothing is carefully crafted to live life in, to embark on everyday adventures that make you smile. The world around us inspires our considered British style. We're constantly working on making the most sustainable choices for our products, our planet, and our community. We make clothes for our customers to live life in ALL DAY. EVERYDAY.

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It's not too early to put this on your calendar. "Bohemian Sunday Poetry Readings" will feature three poet luminaries on September 24, 1-2 PM, followed by Reception and refreshments. Listen to the deep succulent power of poetry featuring former Portland Poet Laureates Linda Aldrich and Steve Luttrell with local poet Paul Nelson. Free and open to all at Brick Store Museum's Program Center auditorium in Kennebunk. WePoets & Verse is thrilled to host this unforgettable event and your presence matters. FMI: poetryawakenings@gmail.com.

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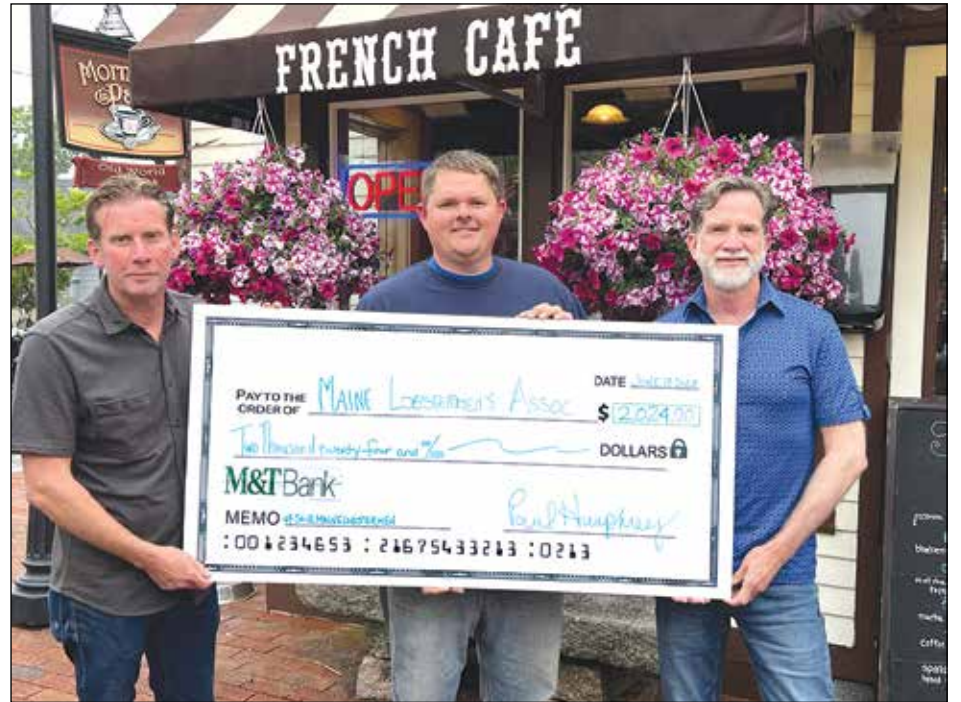
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Mornings in Paris raises funds for Maine Lobsterman's Association.

When Mornings in Paris owner Paul Humphrey heard about the struggles of Maine's lobstermen and women, he decided to do something that would both raise awareness and raise funds.

First, he created a custom coffee called Save Maine Lobstermen. Next, he marketed it to his growing customer base. And finally, he took the funds raised through the sales of the coffee and wrote a check to the Maine Lobstermen's Association, which he recently presented to local MLA member Chris Welch.

"The lobstering industry is an integral part of our community and essential to support thousands of lobster fishing families across the state," Humphrey said. "Equally important is what the industry does and has done for a long time to bring people to Maine. What would Maine be without locally caught lobsters? This is why we felt compelled to do what we can to raise awareness for the



Mornings in Paris owner Paul Humphrey, left, and manager John Nickulas, right, present a check to local lobsterman and Maine Lobstermen's Association board member Chris Welch. Humphrey raised the money through sales of his specially blended Save Maine Lobstermen Coffee. Courtesy photo

challenges the industry is facing."

Humphrey said the company decided to focus on the lobstering industry a year ago as their annual fundraiser, donating \$4 for every pound sold. Total

donations exceeded \$2,000.

"We developed and roasted a special coffee that we sold by the pound nationwide," Humphrey said. "We managed to get on the Maine news and we're featured on Maine Life, which shows the importance of this issue for us all."


For his part, Welch said the support received by Humphrey and his customers meant even more than the check.

"Owning and operating a small business in Maine is difficult and most people don't realize that each licensed lobsterman in Maine is, by law, a small business owner," he said. "Maine doesn't

have large, corporate-owned lobster boats. So it means a lot to us when other small business owners, like Paul, step up and offer to help us fight burdensome federal regulations that threaten to put all of us out of business."


Welch, who also serves on the MLA board, said lobstermen still have a fight ahead.

"Lobstermen are proud of our long record of conservation," he said, "and with the support of our friends and community members, we will have the financial resources we need not only to fight the unfair rules but also to protect our lobstering heritage for generations to come."




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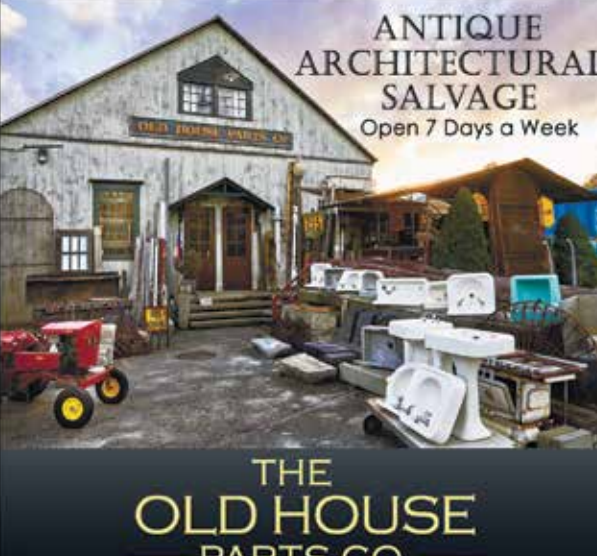
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Michael, from Virginia, found this 6' piece of reclaimed fireslate in our inventory. He took it back home and used it to cap his hearth and line the bottom of his firebox.

We've seen it all so contact us any time to discuss the possibilities that lie ahead for you and architectural salvage! Wanderers and explorers welcome.




Kitchen Talk

A few favorites from a private chef – plus lobsters, lobsters, lobsters!

Hana Pevny: Former inn owner embraces new role as private chef

Last week I popped into the Coffee Roasters of the Kennebunks (163 Port Road) to stock up on Mocha Java when a confection on the counter caught my eye. Labeled “gluten-free Lemon Polenta Cake,” I was skeptical when told the cake is one of the shop’s most popular items. (To me, most gluten-free cakes taste like old sawdust.)

I bit into a piece, then bought the entire cake. Tangy, moist, ambrosia! The proprietor told me that Hana Pevny, former owner of the Waldo Emerson Inn on Route 35, Kennebunk, makes these cakes exclusively for Coffee Roasters.

Being somewhat inquisitive, I quickly discovered that Hana taps a deeply impressive culinary resume. While admitting she’s an “intuitive and self-taught chef” who “rarely follows a recipe, loves to experiment, and once owned 500 cookbooks,” it was attending Leith’s School of Food and Wine in London that launched her professional cooking career.

Hana was born in Czechoslovakia and raised in Texas, then enjoyed a successful international career in the tech industry and private equity. But cooking remained her passion. After culinary school, she worked as a private chef in England, Greece, Italy and Aspen, then returned to Maine to become an innkeeper where her breakfasts were “legendary.” Five seasons later, Hana decided to pursue private chef-ing full-time.

“I’m inspired by many cooks but my favorite is Yotam Ottolenghi, an Israeli-born British chef, restaurateur and best-selling cookbook author,” she said.

“I tailor each meal to the client’s taste profile and dietary preferences, so each job is different. In winter, I might start with a chicory and pear salad with blue cheese, then offer peppercorn-crusted tenderloin or coq au vin with either polenta or potatoes Dauphinoise. My flourless chocolate fondant with berries is always a big hit.”

Hana lives in Kennebunkport with a 10-year-old Yorkie named Sloane (after Sloane Square where she lived in London). Sloane is also the “face” of her other endeavor: Mainely Bed & Biscuit, a doggie day care and boarding business. Busy lady.

Here are several of Hana’s favorite recipes:



Hana Pevny at work in her “cuisine.” The private chef “has spatula and will travel” to prepare delectable healthy meals for clients around the world. Courtesy photo

Loads of Lobster

It’s “shedder season” along the southern Maine coast. Here are two fun kitchen items from Kennebunkport’s LobStore (“a clawfully good gift shop” just around the corner from Dock Square).

24-Piece Cupcake Party Set featuring our favorite crustacean. 12 liners, 12 toppers, \$15, party-worthy.



For kids’ birthday parties or afternoon tea, this whimsical crustacean-themed cupcake kit makes a Maine statement. (Available at the LobStore in K’port.) Photo by Val Marier

Lobster drawer pulls, \$10 each. (Nifty way to identify where you store all those lobster picks and crackers).



This unique lobster drawer pull is available at Kennebunkport’s newest shop, The LobStore, right off Dock Square.. Photo by Val Marier

Grilled Zucchini and Goat Cheese Salad

Serves 2-4

- Ingredients:
 2 zucchinis, peeled into ribbons
 2 tbsp. olive oil
 6 oz goat cheese from a log, cut into rounds
 Grated zest and juice of 1/2 lemon
 1 garlic clove, finely chopped
 4 tbsp extra-virgin olive oil
 2 tbsp pine nuts, toasted
 2 large handfuls of arugula

Directions:
 Toss zucchini in 1 1/2 tbsp olive oil. Heat grill to medium-high, cook zucchini for 1-2 minutes on each side until charred and tender, then place in a serving dish. Put goat cheese on a tray lined with foil and drizzle with the remaining olive oil. Season with black pepper. Grill for 2-3 minutes until golden. Mix lemon zest and juice with garlic in small bowl, then whisk in the extra-virgin olive oil. Pour over the zucchini, add pine nuts and arugula and gently toss. Top with warm goat cheese.

Grilled Peach Caprese Salad

Serves 2

- Ingredients:
 1 ripe peach
 2-3 medium tomatoes “on the vine”
 1 avocado
 1 ball of burrata
 3 basil sprigs
 1 tbsp. extra-virgin olive oil
 1 tbsp balsamic vinegar

Directions:
 Heat grill on high. Lightly brush peaches with canola oil, then grill until golden brown and just cooked through. Let cool, then slice into wedges. Chop tomatoes and avocado into bite-size pieces, then put into bowl and add cooled peaches. Tear the burrata into pieces or put it in the center of the salad as a whole ball, then tear basil leaves and arrange on top. Dress with olive oil, vinegar and a good amount of cracked black pepper and salt flakes.

Blueberry Lemon Ricotta Cake

(Hana says, “This is a perfect summer dessert.”)

- Ingredients:
 1 1/4 cups granulated sugar
 1/2 cup vegetable oil
 2 tsp. vanilla extract
 Zest of 1 lemon
 2 large eggs
 1 large egg yolk
 1 1/4 cup full-fat ricotta cheese
 1 tsp. baking powder
 1/4 tsp. baking soda
 1/2 tsp. kosher salt
 1 1/2 cups all-purpose flour
 2 pints fresh blueberries (half wild Maine blueberries, if possible)
 Sprinkling of turbinado sugar
 (Note: Turbinado sugar differs from more common sugars because it comes from the first pressing of sugar cane and retains more of the plant’s flavor and natural molasses.)

Directions:
 Preheat oven to 350. Spray 9-Inch round cake pan with cooking spray. In large bowl, whisk (by hand or using the whisk attachment of a hand or stand mixer) together the granulated sugar, oil, vanilla and lemon zest until well combined. Add eggs and egg yolk, one at a time, whisking after each addition. Add ricotta, baking powder, baking soda and salt, whisking until combined. Using a rubber spatula, gently stir in the flour just until flour is absorbed. Do not overmix! Spread half the batter into the prepared pan and top with half the berries. Gently spread remaining batter onto berries in pan. Sprinkle with remaining berries and a bit of turbinado sugar. Bake 55-65 minutes until toothpick comes out clean. Note: Rotate pan after 30 minutes and cover with foil during last 15 minutes to prevent excess browning. Let cool in pan for 10 minutes, then remove and let cool on wire rack.

Garnish option: powdered sugar or lemon glaze (1 cup powdered sugar mixed with juice of 1/2 lemon). If garnishing with lemon glaze, poke holes in the cake with a toothpick while cake is warm and brush glaze all over to penetrate the cake.

This page is curated by Tourist & Town’s Val Marier
 valmarier@me.com

Lobster Mania: an affliction Mainers wholeheartedly embrace

by Valerie Marier

A red VW beetle topped with a gigantic lobster on its roof passed through Kennebunk again recently, and it reminded me: when you live in Maine, "anything lobster" goes. Sometimes it goes beyond the norm.

Lobster-Maine-ia starts early when we outfit babies with lobster booties and bibs. We're tickled to discover that LL Bean sells toddler-size navy blue bathing suits splashed with red lobsters. And what's better than the bedtime story hour with the little ones snuggled on the sofa wearing Dr. Denton-style PJs emblazoned with lobsters?

Let's be honest. If we lived in Oklahoma, would we buy grandchildren wool sweaters featuring oil rigs? Or that toothy Oregon beaver? Or the big bad grizzly from Montana? I don't think so.

The Maine lobster not only isn't attractive, it isn't even vaguely cute. But somehow it has inspired and created a crustacean cartel that goes way beyond the purchase of paper cocktail napkins.

The lobster is on my license plate, it's on throw pillows decorating my dining room window seat and on bed sheets in my guest room. I treasure a kitchen spoon rest that is the color of a cooked lobster. I prize my lobster butter dish. I adore my glass sconces etched with lobsters!

My personal inventory multiplies yearly. I have lobster salt and pepper shaker sets, plus countless lobster-shaped appetizer spreaders, some of which even sport antennae. I own several sets of dishes showboating red and blue lobsters, along with numerous white linen napkins embroidered with red lobsters.

I've purchased lobster platters and bowls for shower and wedding gifts. Our late-lamented pussycat Molly loved nothing better than batting around her catnip-stuffed toy lobster.

Seriously, would I have bought a cat toy for Molly that looked like the Mississippi magnolia? Or sent a nuptial gift to my niece that was a tray shaped like the Grand Canyon? No, but the niece sure loves her red lobster tray!

And it gets worse. I own several pairs of red dangly lobster earrings with matching bracelets. My favorite shoes are black Galo flats accented with red lobsters. I have two cashmere pullovers grandstanding lobsters. I have three purses that parade lobsters across the front. And when I play golf, I protect my driver with a lobster head cover.

Do you really think I'd head out for the evening with a clutch showcasing the Alabama yellowhammer? Or swathe my Ping driver in a Mount Rushmore head cover?

Let me say this. My "last meal" will be steamed lobster with melted butter. I'm proud to live in a state where one of the key industries, if not the time-honored profession, is lobstering. Few things make me happier than driving through Dock Square in Kennebunkport and spotting a local lobsterman's truck stacked to the gunnels with iconic traps. To me, lobsters ARE Maine.

You can even eat lobster ice cream at a shop in Bar Harbor. Do you think we've taken the motif a little too far? Not on your lobster, er, life!



Making a statement in Kennebunk recently. Photo by Val Marier.

On Your Feet! The Story of Emilio and Gloria Estefan electrifies stage at Ogunquit Playhouse

by Steve Hrehovcik

In a dazzling presentation of the inspirational life and popular songs of Gloria Estefan and her husband/manager Emilio, the Ogunquit Playhouse becomes a non-stop entertainment feast with the hit show *On Your Feet! The Story of Emilio and Gloria Estefan*.

The musical starts with a rousing production of "Rhythms is Gonna Get You." To the pulsating Latin sound of bongo drums and blaring trumpets, Gloria leads a twirling and leaping ensemble that gives a hint of the excitement that follows. In a clever use of flashbacks, the story shows Gloria growing up in Miami as a shy, young girl. Although she loves music, she needs to be coaxed to sing a song she wrote at a band rehearsal. When her talents are recognized, Emilio, who is part of the band, invites her to join the band and her career begins.

From there her confidence as a performer grows, one hit song after another, until she becomes a musical sensation around the world.

Gaby Albo plays Gloria and recreates the powerful singing voice and energetic dancing that became the trademark of Gloria's rise as an international entertainer. Albo gives a sensitive portrayal of Gloria as she struggles with family quarrels about her career, as well as the rewards of stardom.

Helping her is Emilio, the man she falls in love with and marries. Samuel Garnica provides a powerful presence as Emilio and guides Gloria, as her manager. As a successful team, they win awards and fame and popularize Gloria's distinct Latin style of music.

The show opened on Broadway in 2015, followed by national and foreign tours. Alexander Dinelaris wrote the book, with music by Emilio and

Gloria Estefan and the Miami Sound Machine.

Among the famous songs in the show are "Anything For You," "1-2-3," "Here We Are," "When Someone Comes Into Your Life," "Live for Loving You," "Conga," "If I Never Get to Tell You," "Famous," "Don't Wanna Lose You," and many more.

The song "Get on Your Feet" hints at the show's title and serves as an inspiration for Gloria to return to singing after a near fatal bus accident that broke her back. As she struggles to recuperate, letters from fans pour in with encouragement. The thousands of letters along with Emilio's loving support help restore Gloria's health and confidence in herself.

Francisca Tapia plays Gloria's mother, who adds tension to her relationship with Gloria. She doesn't want Gloria to follow a singing career and refuses to approve of her relationship with Emilio.

Adding the humor and wisdom of age, Adela Romero plays Gloria's grandmother who introduces Gloria to Estefan, and is a constant support to Gloria.

Phil, a record label executive, played by Jake Dylan with a comic pseudo sophisticated attitude,

-continued on next page

Textile Drive Saturday, August 5

The Planeteers of Southern Maine are sponsoring a textile collection by "HELPSY," with the environmental mission of keeping unwanted clothing out of landfills, at Quest Fitness, 11 Livewell Drive, Kennebunk. Donations will be accepted from 10 AM to 2 PM of new and old unused clothing including footwear, accessories and linens. FMI contact SoMePlaneteers@Yahoo.com. For a full list of items being collected, contact info@helpsy.co.




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at first refuses to see the merits of Gloria's Latin style. Following Gloria's performance at a Shriner's convention in Las Vegas, Phil changes his mind and helps launch Gloria's career.

All the performers – including the talented ensemble cast members – have excellent voices and their acting and dancing skills add to the momentum of the story.

An expansive video screen that covers the entire stage creates an extraordinary visual impact on the production. It gets lowered and raised, and shifts as new scenes emerged. Appearing on the screen is a variety of locations and graphic effects that show the progress of Gloria's career. It also provides mood-creating atmospheric designs, such as the snowstorm and accident when Gloria is injured.

The orchestra, under the excellent direction of Daniel Gutierrez, appears on stage and often becomes part of the scenes that take place in nightclubs.

Directed by Luis Salgado, *On Your Feet!* The Story of Emilio and Gloria Estefan pays tribute to the remarkable lives and career of a loving couple that entertained millions with their Latin style of music.

The show continues through Saturday, July 19. The Ogunquit Playhouse is located at 10 Main Street, Ogunquit. For tickets call 207-646-5511 or visit www.ogunquit-playhouse.org.



Samuel Garnica and Gaby Albo star in the current Ogunquit Playhouse production of *On Your Feet – the Story of Emilio and Gloria Estefan*. Photo by Gary Ng.

Sea-Vu's annual David F. Talevi Memorial Bike Ride, Walk/Run

The annual ride will take place Sunday, August 13. (There will also be a 5 1/2-mile run/walk.) Adults can choose from 12-, 24- or 36-mile rides and there will be a 1-mile fun ride for children. Registration is \$30 for adults. Kids are free. When registering, you will be entered into a drawing for a Huffy Mountain Bike or a \$100 Gift Certificate to Sea-Vu. Proceeds from this event help fund the many local charities that the David F. Talevi Foundation supports, as well as grants for local students. FMI or to register, call Sea-Vu Campground at 207-646-7732



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If afternoon works best for you, join group facilitator Denise on Monday, August 7 at 2 PM. The theme for the month is "Kindness." This group typically meets on the second Monday of each month but sometimes switches weeks for a Monday holiday. If evening is your preference, Ian's group meets on Wednesday, August 9 at 6 PM. In August they will be discussing "Classics You've Always Wanted to Read." This group meets on the second Wednesday of each month.

The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at kfl@kennebunklibrary.org.



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Southern Maine Saltwater Fishing Report

by Captain Greg Metcalf

Fishermen all along the Maine coastline have been enjoying steady in-shore action on striped bass, mackerel and had-dock on the offshore grounds.

As we move into August, the offshore tuna and shark fishing will start to perk up and hopefully bluefish will move into the inshore waters.

Kennebunkport: The striper fishing has been very good in an around Kennebunk and Kennebunkport.

The activity in the Kennebunk River, the beaches and rocky shoreline, requires some patience and good luck but there is some quality fishing for those who put their time in.

Mackerel are still plentiful most of the time, which make great live offerings for a hungry striped bass.

Anglers aboard my

boat, the *Striper Swiper*, enjoyed a decent week of fishing with a couple of exceptional days thrown in. Walkers Point, Saint Ann's, Gooch's Beach and Mother's Beach have all been producing impressive catches.

Wells, Ogunquit: Webhannet Bait and Tackle reported striped bass pleased anglers from Kennebunk to York Beach over the last week.

There were several big stripers in the Wells area caught this week with the largest one measuring 46 inches. That fish was caught from shore using clams for bait.

There was also another very nice striper taken inside of Wells Harbor that measured over 40 inches. Mackerel fishing has also been very good.

York: Captain Phil Breton from Breton Charters told me he has been enjoying very fast fishing at Long Sands and Short

Sands Beaches this week, and some big ones too. All of the bites were on fresh chunks both under floats and on the bottom. Mackerel fishing still very good.

Goose Rocks Beach: Captain Dave Rand reported Goose Rocks still remains slow for stripers. The rocks outside the beach are holding some small fish.

Cape Porpoise Harbor is improving. The best fishing occurs in the incoming tide as the fish move onto the flats.

Saco River and Saco Bay: Captain Cal Robinson of Saco Bay Guide Service told me there are still no bluefish on the hooks to report. Mackerel fishing has gotten better as the water temperatures cooled a bit and there are still plenty of big bass along Old Orchard Beach.

There have been some small snapper blues caught along the beach



Derek and Sinyee Tarek from Tampa Bay, Florida caught this beautiful 48-inch striper aboard Captain Bruce Hebert's *Libreti Rose* on July 21.

front and at the mouth of the Saco River. The weather has been great week and fishing was very good.

Above Board - All Hands on Deck hosts "Endless Summer"

Above Board will host its fifth annual fundraising event on Thursday, August 17, at The Boathouse Restaurant in Kennebunkport. Proceeds will directly support Believe in Kids Maine, a non-profit organization that provides resources for foster children living in York County. There are currently 900 foster children living in York County. The aim is to raise \$30,000. The need in Maine is massive, with over 30,000 kids throughout the state living in poverty.



Believe in Kids Maine provides simple necessities such as: food, clothing, mattresses, iPads with programming for impaired children and school supplies. Attendees of Endless Summer can look forward to a fabulous end-of-summer party at the Boathouse with live music, gourmet food, cocktails and more. For tickets, donations and sponsorships visit aboveboardmaine.org. Look for an expanded story in an upcoming issue of *Tourist & Town*.

Seas the Day!

Enjoy a day of fishing or sight-seeing with Captain Greg Metcalf aboard *Striper Swiper*.



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Tide Chart July 27-August 10

Thursday, July 27	Tuesday, August 1	Sunday, August 6
Low 12:23 AM...1.33	Low 05:09 AM.. -0.77	High 03:15 AM..10.26
High 06:37 AM.....7.7	High 11:26 AM....8.98	Low 09:25 AM.... -0.7
Low 12:34 PM...1.57	Low 05:17 PM....0.12	High 03:48 PM..10.17
High 06:55 PM.....8.9	High 11:36 PM..10.97	Low 09:57 PM.. -0.27
Sunrise: 5:26 AM	Sunrise: 5:31 AM	Sunrise: 5:36 AM
Sunset: 8:11 PM	Sunset: 8:05 PM	Sunset: 7:59 PM
Friday, July 28	Wednesday, August 2	Monday, August 7
Low 01:20 AM...1.09	Low 06:02 AM.. -1.15	High 04:12 AM....9.62
High 07:35 AM.....7.65	High 12:19 PM....9.46	Low 10:18 AM.. -0.13
Low 01:28 PM...1.56	Low 06:12 PM.... -0.3	High 04:42 PM....9.97
High 07:48 PM.....9.21	High 12:19 PM....9.46	Low 10:58 PM....0.06
Sunrise: 5:27 AM	Sunrise: 5:32 AM	Sunrise: 5:38 AM
Sunset: 8:10 PM	Sunset: 8:04 PM	Sunset: 7:58 PM
Saturday, July 29	Thursday, August 3	Tuesday, August 8
Low 02:19 AM....0.72	High 12:30 AM.. 11.16	High 05:12 AM....8.95
High 08:35 AM.....7.77	Low 06:53 AM.. -1.37	Low 11:13 AM....0.49
Low 02:25 PM...1.39	High 01:11 PM....9.86	High 05:39 PM....9.69
High 08:45 PM.....9.62	Low 07:07 PM.. -0.57	Sunrise: 5:39 AM
Sunrise: 5:28 AM	Sunrise: 5:33 AM	Sunset: 7:57 PM
Sunset: 8:09 PM	Sunset: 8:03 PM	Last Qtr: 6:30 AM
Sunday, July 30	Friday, August 4	Wednesday, August 9
Low 03:17 AM....0.25	High 01:25 AM.... 11.1	Low 12:01 AM....0.38
High 09:34 AM....8.07	Low 07:43 AM.. -1.36	High 06:15 AM....8.36
Low 03:23 PM...1.05	High 02:03 PM..10.12	Low 12:12 PM....1.06
High 09:43 PM...10.11	Low 08:02 PM.. -0.64	High 06:37 PM....9.38
Sunrise: 5:29 AM	Sunrise: 5:34 AM	Sunrise: 5:40 AM
Sunset: 8:08 PM	Sunset: 8:02 PM	Sunset: 7:55 PM
Monday, July 31	Saturday, August 5	Thursday, August 10
Low 04:14 AM.. -0.27	High 02:19 AM..10.78	Low 01:07 AM....0.62
High 10:32 AM....8.5	Low 08:34 AM.. -1.13	High 07:20 AM....7.94
Low 04:21 PM....0.6	High 02:55 PM..10.23	Low 01:13 PM....1.5
High 10:40 PM...10.59	Low 08:58 PM.. -0.53	High 07:37 PM....9.14
Sunrise: 5:30 AM	Sunrise: 5:35 AM	Sunrise: 5:41 AM
Sunset: 8:07 PM	Sunset: 8:00 PM	Sunset: 7:54 PM

Note: The number for each high and low tide indicates the height in feet above or below sea level. This chart shows tides for the mid-coast of York County; tide times are a few minutes earlier to the north (Old Orchard Beach) and a few minutes later to the south (York Beach). Tides are affected by the weather and cycles of the moon; the actual times and tide heights can differ slightly from the predictions above.

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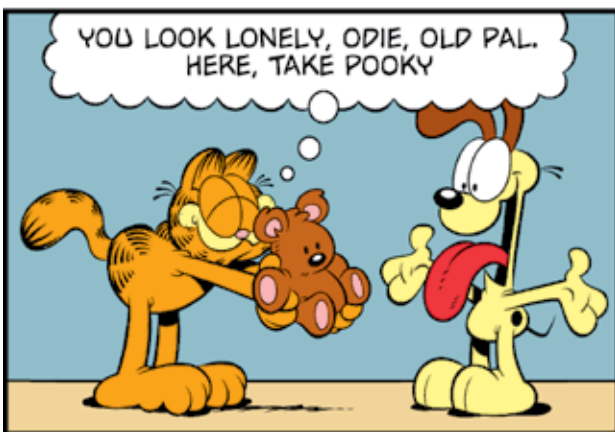
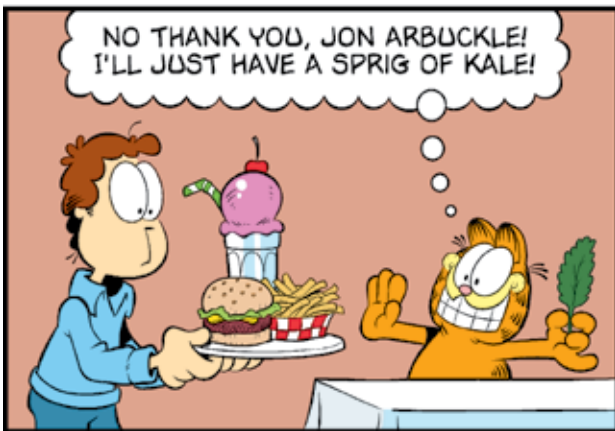
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DRESS CODE: GATSBY (OPTIONAL)

GARFIELD
BY JIM DAVIS



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JIM DAVIS 8-6



It's no spoiler to discuss the jaw-dropping stunt Tom Cruise performs toward the end of the seventh *Mission: Impossible* flick, where he rides a motorcycle off not just a cliff but a bona fide mountain in order to – you know – save the world again. After all, it's featured in the trailer.

While set in the Austrian Alps, the stunt was executed in Norway, where they found this unique

Giving the audience what it wants

geological formation at the top of a mountain, basically a ramp, perfectly suited for riding a motorcycle at top speed off into space and the idyllic valley below, where Ethan Hunt's colleagues are wrestling with bad guys on a train over the McGuffin.

Cruise, as *Impossible* Mission Force hero Hunt, has long performed his own dangerous stunts for the simple reason to thrill his audiences, and the best way to thrill them is to show them that, without a doubt, he is putting himself in great peril for their enjoyment. It's insane, but it's worked ever since Brian DePalma directed the first *M:I* movie in 1996.

We've all stopped breathing as Cruise has hung from the outside of an airplane, walked on the outside walls of the world's tallest building, and solo climbed a thousand feet up the side of a cliff.

This climactic stunt in *Dead Reckoning Part One* is especially nuts (the IMAX screen helped, I'm sure). It begins with a close-up of Cruise's helmet-free face (as if a helmet would help), then pulls away gradually as he speeds up the natural ramp towards it terminus. We know Tom Cruise is alive today (how else could he promote the film?), yet it's still terrifying to see him propel himself off the mountain-



Director Christopher McQuarrie consults with Tom Cruise before filming a climactic stunt sequence in Norway for *Mission: Impossible - Dead Reckoning Part One*. Photo/Paramount Pictures

top, separate from the motorcycle, and drop hundreds and hundreds of feet down into the abyss before pulling his chute. And yes, it was one take.

I was reminded of the opening stunt in *The Spy Who Loved Me* (1977), which was the first 007 movie I saw in the theaters. My father and I sat there utterly gobsmacked as James Bond flew off a snowy cliff on skis, flying and flying for

what seemed an eternity before pulling his Union Jack parachute. But as exciting and revolutionary as that stunt was, we knew Roger Moore was sipping Earl Grey while watching his stuntman do the work that only stuntmen should do.

Other actors have pushed the limits of the studios' insurance companies, insisting on doing their own stunts, like Steve McQueen riding his motorcycle for most of *The Great Escape* (1963) and Daniel Craig often risking life and limb during his run as Bond. My favorite example is Clint Eastwood dropping off the edge of the mountain in *The Eiger Sanction* (1975) with just a net between himself and certain death; he later told a comic story of watching the movie with a regular audience, and overhearing a couple of women saying it must have been filmed in a studio because there was no way that Eastwood would do that himself. Well, we all know Cruise has done all those stunts himself, and eagerly await how he'll thrill us in Part Two next summer.

Dead Reckoning Part One brings back many of the characters of the series, and introduces a new female counterpart (Hayley Atwell), who has believable on-screen chemistry with Cruise; their car chase through Rome is especially hilarious. Christopher McQuarrie, who helmed previous *M:I* instalments *Rogue Nation* (2015) and *Fallout* (2018), has wisely been retained by Cruise; the man knows how to make action movies on par with the best Bond and Jason Bourne movies. Catch this one on the big screen. dana@touristandtown.com



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Through the Lens with Bob Dennis

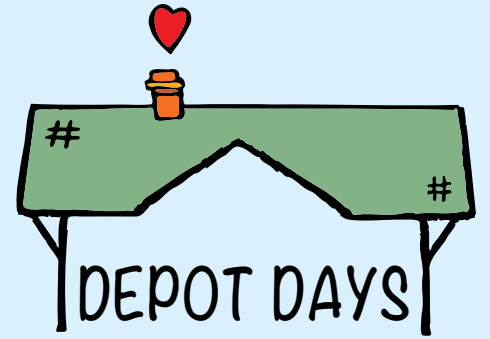


With its shiny black hull and distinctive red sails, the *Pineapple Ketch* looks like a new boat but is actually nearly fifty years old. The beautifully restored 76' vessel has been offering sailing trips in the waters of Kennebunkport since 2005 and looked majestic at full sail on a recent July afternoon. ~ Bob Dennis

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As we prepare to kick off Depot Days 2023, we would like to extend an open invitation to local makers and emerging businesses to join us!

NO CHARGE
to participate this summer!

To inquire about setting up shop at one of our Depot Days this summer, email touristandtown@gmail.com. Bookings will be confirmed on a first come, first served basis and will be confirmed via email.

We hope you will join us. We are here for YOU!

Follow us on Facebook and Instagram and visit our online edition for the schedule of upcoming vendors!

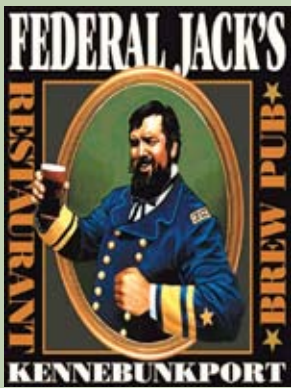
- ACROSS**
- 1 Cockeyed
 - 6 Definitely will
 - 11 Rte. finder
 - 14 Excel
 - 15 Self-help book's genre
 - 16 50 Cent piece
 - 17 Library's policy forbidding book reservations?
 - 19 She raised Cain
 - 20 Even so
 - 21 Absorbent fabric
 - 22 Avarice
 - 24 Old MacDonald's refrain
 - 25 Animals in a pride
 - 26 Pals who need more room to stretch out at a sleepover?
 - 30 Length x width, for a rectangle
 - 31 Dance partner?
 - 32 Annex
 - 35 Digitizes, as a document
 - 39 Dress up at a comic con
 - 41 Roadwork gunk
 - 42 Finds a function for
 - 44 Name within "mesmerized"
 - 45 True statement about a Crown Dependency in the Irish Sea?
- DOWN**
- 1 Far from ruddy
 - 2 One has a sole
 - 3 Bagpiper's wear
 - 4 Wrap up
 - 5 White terrier, informally
 - 6 Omar who portrayed Doctor Zhivago
 - 7 "How terrible!"
 - 8 Out of whack
 - 9 Wireless standard letters
 - 10 Hotels and such
 - 11 Spicy sauce made with tomatillos
- 12 Applies
 - 13 Didn't dillydally
 - 18 "Cold one"
 - 23 Fishing pole
 - 24 "A Visit From the Goon Squad" author
 - 25 Carson's successor on "The Tonight Show"
 - 26 Bringing up the rear
 - 27 Aptly named boat in "Jaws"
 - 28 Close calls
 - 29 Paris 2024 grp.
 - 33 Condemn to perdition
 - 34 Turned red, say?
 - 36 What floods into a glass house
- 37 Egyptian fertility goddess
 - 38 Nintendo's Super ___
 - 40 Kind of grant for a student
 - 43 Fill to excess
 - 46 "How relaxing!"
 - 47 Thirds of thirds
 - 48 Bad day for Caesar
 - 49 Walk down the runway
 - 50 Bros
 - 52 Story that takes hours to tell
 - 53 Average, in statistics
 - 54 Big furniture retailer
 - 55 Contact, for one
 - 56 Aspiring atty.'s exam
 - 59 Big name in outdoor gear
 - 60 Exist

Universal Crossword

Solution on page 20 (no peeking)

No Less by Paul Coulter

1	2	3	4	5		6	7	8	9	10		11	12	13
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17						18						19		
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64					65						66			



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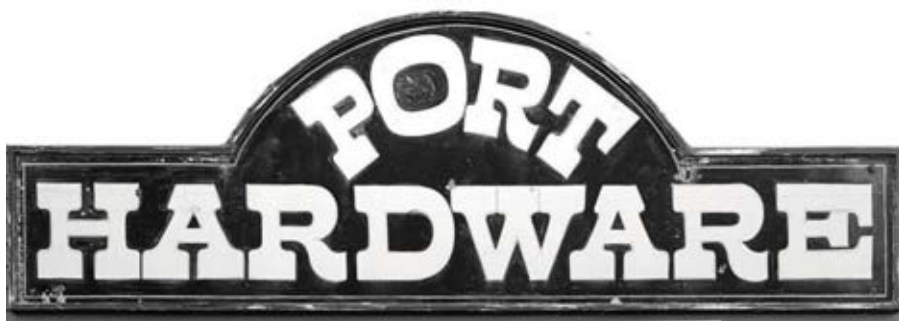


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