



# TOURIST & TOWN

FREE

Volume 65 Issue 19  
September 28, 2023

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

## SERVING SOUTH COASTAL MAINE SINCE 1958

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### Publisher's Note

Fall in New England is simply unrivaled. As as our landscape becomes increasingly colorful and vibrant colors begin blanketing the ground, I pinch myself - regularly.

The shedding of the trees might be nature's promise of new blooms ahead, but in my view, the shedding itself is as glorious as it gets.

This gal needs no promise of something new to come. Fall is more than enough.

Fall completely fills me up.

Here's to the joy and sweetness of autumn!



Kingsley Gallup, Publisher

*"If I were a bird,  
I would fly about the Earth  
seeking the successive autumns."*

- George Eliot



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We will then connect you with a member  
of our sales team.**



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*. If this is your first time reading our publication, now in its 65th year, we hope you enjoy it. And be sure to pick up our quarterly magazine!

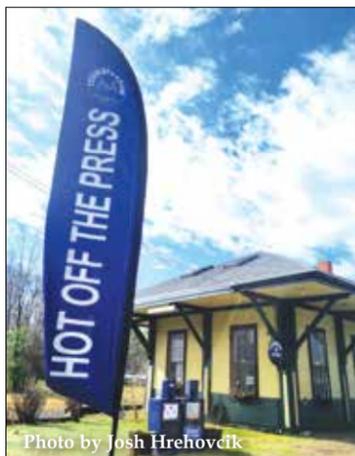


Photo by Josh Hrehovcik

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

Thanks to our friends at



### Cover Artist: Lisa Biasin Loder

Lisa Biasin Loder is a Maine coastal artist who is constantly inspired by the ocean and the symphony she plays upon the senses. Her fondest memories of childhood were those afternoons spent at the beach with her family. For 30 years, Loder has owned and operated a gallery and frame shop where she showcases her art, which is always expanding to include new techniques and styles. Over the years, Loder has added whimsical block prints, watercolors and sea glass art to her offerings. Her popular "Shoreline art" seascapes are created using a resin technique Loder developed through trial and error and are intended to capture the motion of the tide. Each piece is individually poured to create a unique experience to the viewer. (See story on Loder's resin technique on pages 10 and 11 of this issue.)



**Publisher's Mea Culpa:** In September 14 issue of *Tourist & Town*, featuring Del Bourree-Bach's lovely *Done for the Day* on the cover, the publisher misspelled the artist's last name in the advertisement built for The Wright Gallery, where Bourree-Bach shows work locally. Sincere apologies for the error.

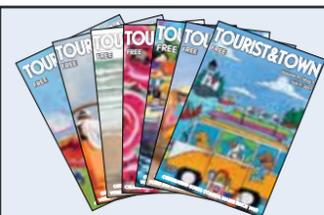
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# The Center announces its 18th Annual Coastal Kitchen Tour, including a peek inside local designer kitchens

The Center in Kennebunk is pleased to announce its 18th annual Coastal Kitchen Tour, expanded this year to include a full weekend of fun. The Coastal Kitchen Tour is a unique opportunity to gain knowledge from design experts, have a peek inside local designer kitchens, enjoy a beer and food tasting and attend a special "sip and shop" event.

This popular annual event has been expanded into a full weekend of activities. On Friday, October 6, there will be a kick-off party at 173 Mercantile, located at 173 Port Road in Kennebunk, from 4 to 6 PM. Attendees will enjoy wine and cheese

and have the opportunity to speak with kitchen experts.

On Saturday, October 7, from 10 AM to 3 PM, it is the main event, with 7 beautiful kitchens in the Kennebunks open for attendees to explore. This is a self-guided tour and participants are welcome to visit the homes in any order they choose. This is a wonderful opportunity to gain ideas and see design concepts in action.



Immediately following the Kitchen Tour, The Center will be hosting an Octoberfest Beer and Food Tasting, from 3 to 5 PM at its headquarters at 175 Port Road in Kennebunk.

Finishing out the weekend will be a "Sip and Shop" event at J. McLaughlin at 2178 Post Road in Wells. This event will be held Sunday, October 8, from 12 to 4 PM. This is an opportunity to update your wardrobe

for fall while supporting the Center at the same time. 15% of all sales at this event will benefit the Center.

The Center is a meeting place for adults 50 and older to explore their interests through engaging programs, social connection and volunteer opportunities that strengthen the community.

More information on the Center, as well as details and tickets for the 18th Annual Coastal Kitchen Tour, can be found at [www.senior-centerkennebunk.org](http://www.senior-centerkennebunk.org), on social media @Center-Kennebunk, by calling 207-967-8514, or by visiting 175 Port Road in Kennebunk.

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Thank you to our loyal readers and advertisers for voting *Tourist & Town* Best Local Publication 2023. That's five years in a row - and counting!



### Remaining 2023 Newspaper Dates

DATE	DEADLINE
October 12	October 4
October 26	October 18
November 9	November 1
November 23*	November 15

\*\* The Holiday Issue

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# Simply Painters: It's not work when you're doing what you love

by Faith Gillman

Alicia Bolduc and Roberta "Robbie" Pinkham met each other 25 years ago. Both were pursuing careers in the nursing field but soon discovered that they shared a passion outside of work: painting. About 18 years ago they turned that skill into a business.

"We both grew up with fathers who painted and picked up the skill," said Alicia Bolduc, co-owner of Simply Painters. "We began painting for friends and decided to make a business of it with help from our friend Deborah

Roberts, who was a general contractor at the time."

As Alicia notes, both women value family time and are "Made in Maine," Robbie growing up in Hudson and Alicia in Cape Porpoise.

"A major reason for starting our own business was because we were moms," said Alicia, who like Robbie has two children. "The idea of owning our own business and having the flexibility to choose our hours to be there for our children was extremely appealing."

After the first year, Simply Painters didn't need to

advertise. Word of mouth grew the business.

"When we started, we were the only girls out there," said Robbie Pinkham. "Customers would give us a 'test drive' project but once they saw what we could do they'd have us do more. Our goal is to make our clients fall back in love with their home."

"We love our customers and want to be sure it's a good fit," said Robbie. "We are in a position where we can choose jobs. We swap ideas with other painting contractors and have built relationships. We

can recommend another contractor when we can't do the job."

The women offer several "pro tips" when it comes to painting: Always use good products and remember to caulk. Experiment with rollers and brushes to find what will accomplish the best possible paint job. Always take the time to get clients' input.

"We hear that we make it look easy, but we've been doing this almost every day for close to two decades," said Alicia. "We take great pride in our work and always strive to

do the extras that give it "a woman's touch." We wash fan blades or skylights while the ladders are up or vacuum a dryer vent while the dryer is pulled out. We think it's important to leave everything better than we found it and always go the extra mile."

Alicia offers another pro tip, for people who operate their own business.

"It's easy to think you're a superhero; that you can eat, sleep, and breathe your business. You can get caught up in being a people pleaser and forget that sometimes you need to say no. It took

us 16 years to realize we can't get every job done or scheduled immediately and it's okay to book jobs out. We love painting so much that it's hard to stop. Another woman business owner gave us a word of advice. I think many can apply it to their work. She said, "we are not heart surgeons. People will not die if they have to wait for us." It's important to maintain a healthy balance between your career and your personal life."

But the women are quick to note that they

*continued on next page*



Alicia Bolduc and Roberta (Robbie) Pinkham of Simply Painters have been friends for 25 years and business partners for nearly 18 years. All photos courtesy of Simply Painters



No job is too big or too small for Simply Painters. Owners Alicia and Robbie always go the extra mile for clients, like washing fan blades or skylights while the ladders are up.

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have “endless amounts of clients we just love. We are in people’s homes and get to know them. We have so many stories and can honestly say we have enjoyed almost every day we have worked. We’ve had to send a client to the hospital and spend the night with her until her husband could get home, we’ve walked into a home to find the family screaming and afraid to come downstairs because they saw a mouse. They wouldn’t move until we trapped and removed it from the house. We didn’t dare bring up the fact that if there’s one... We’ve sent a client a text that we let their cat in before we left only to find out they didn’t have a cat! We have had a blast painting and getting to know families. An entire day’s work flies by for us. We found a career we both love that allows us to use our creative side.”

Serving the Kennebunks, Arundel, Biddeford, Wells, Saco and surrounding towns, Simply Painters have had their challenges—choosing a paint color and getting clients to understand paint can’t fix everything tops the list—but they enjoy what they do.

“It was a man’s world when we started, but we have proved ourselves,” said Alicia. “We are excited to get to work every Monday, doing something we love.”

FYI: Call Simply Painters at 207-229-9817 or 207-650-7914.



Simply Painters helped the Clam Shack to pay tribute to the lobstermen they work with by painting stools to match the buoy color of each boat.



Before



After



Simply Painters provides interior painting services, including walls, kitchen and bath cabinet refurbishing, and ceilings.



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3-4 PM: Round 2 of the Amazing Pottery Smackdown. (free)  
FMI contact Tammy (207) 229-3560  
millpondceramics@gmail.com

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## Kids these days say the darnedest things

It's certainly different than it was before the... you know. But in the past couple of years, going to the movies has brought me a kind of joy – an escape – that has been desperately needed ever since...you know.

During that deceptive lull in the summer of 2021, my adorable wife and I ventured back to the cineplex for *A Quiet Place Part II*. There may have been two other people in the theater up in Falmouth (Saco being closed) on that day, July 13, but that was fine; as far as public spaces went, "the fewer the merrier" was the sentiment back then.

But the main thing was that we were back at the movies! (And yes, that deserved an exclamation mark.) Those old feelings of being together in a dark room watching a brand new story unfold before our eyes swept over us like warm waves. Nothing like it. It was good to be back.

We would be highly selective, only going to movies we felt were worth the risk – and indeed, risk of catching the dread disease continued that year. It was two months later that we went to see Clint Eastwood's latest, *Cry Macho*, as we couldn't possibly miss seeing him on the big screen for perhaps the final time. And then, on October 9, we bade Daniel Craig's James Bond adieu in *No Time to Die*.

Here we are, two years later, and Diane and I have seen quite a few movies since, although not nearly at the rate we ingested them pre-you-know-what. We have been aware of the hazards, especially since we all started removing our masks. But nothing could have prepared us for what happened when we went to catch Nic Cage's latest, the unremarkable *The Retirement Plan*.

We hadn't pre-purchased our tickets for this Saturday evening show, so we snaked our way through the empty corral leading to the tickets and concessions counter, where we were greeted by two young and courteous

employees. When I named the movie we wanted to see, the young woman asked if we had seen Cage in the recent *Dracula* flick, so we chatted briefly about *Renfield* as her colleague, a young man of about 18 years, fired up the two-sided computer screen so we could select our seats in what turned out to be an entirely empty (save us) theater. I picked out two seats, and when he clicked on them, the next screen popped up, in which we'd confirm that we wanted two adult tickets.

Instead, he paused, looked up, and asked, "Are you seniors?"

"Well, we're getting there," I said good-naturedly, "but we're not there yet." Having started receiving that AARP magazine nine years ago when we turned 50, I know that there's no hard and fast number for the beginning of senior citizenship, and figured the movie theater chain's definition must have it at maybe 55 or 60. But Diane was curious.

"Excuse me," she said to the young man, "but at what age is one considered a senior here?"

After the briefest of pauses and a slightly befuddled expression, as though he wasn't entirely sure, he said, "Seventy, I think."

I didn't utter the expression that entered my mind, because it would have been considered obscene, inappropriate, and possibly combative. Diane and I did a slow turn to each other, each of us smiling resignedly.

I get it. When I was teenager, anyone over 30 was old. And my beard is 94 percent white. So, you know, how could I get upset over an honest mistake made by a well-intentioned, polite, naive, clueless, legally blind, unintentionally insulting, socially inept young lad who probably thinks Taylor Swift is already collecting her Social Security benefits? Seriously, how could I?

Damn. Now that I think of it, I should've said "Yes, we're seniors." We could save enough money on our movie tickets to double our monthly supply of Ensure.

*dana@touristandtown.com*

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## Finding Our Voices' "Let's Talk About It" statewide library tour makes stops in York and Kennebunk this October

On Tuesday, October 17, and Wednesday, October 18, Finding Our Voices' statewide library tour will stop in York and Kennebunk for two "York County Breaks the Silence of Domestic Abuse" events.

These special presentations include short films and survivor-led discussions, all surrounding the issue of domestic violence.

Finding our Voices is an organization created by and for survivors of domestic abuse. Finding Our Voices seeks to mitigate the economic abuse and shame that are too often barriers to finding freedom and safety from domestic abuse. Finding Our

Voices spreads its message through bold public awareness campaigns and programs.

The October 17 event will take place at the York Public Library at 15 Long Sands Road in York. The October 18 event will take place at the Kennebunk

Free Library, at 112 Main Street in Kennebunk.

Finding Our Voices aims to break the silence of domestic abuse, one community and conversation at a time. One of the ways it does so is with these short films and panel discussions. FMI email [hello@findingourvoices.net](mailto:hello@findingourvoices.net) or visit [findingourvoices.net](http://findingourvoices.net).

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# The Retro Roadtrip Report: The history of Portsmouth in 101 objects

by Joshua Hrehovcik and Geraldine Aikman

You have until October 28th to Roadtrip south of the border to visit the Portsmouth Historical Society in New Hampshire and take in their exhibit, entitled "A Sense of Place." This most excellent exhibition is designed as a companion to the just-as-excellent book, "A History of Portsmouth in 101 Objects" that was recently published.

The historical society is dedicated to preserving and sharing objects, art and stories that have shaped this city and the surrounding Seacoast area. The current exhibit features a selection of maps, paintings and objects that tell the story of the city, and shaped

the daily lives of its inhabitants over the past four centuries.

If you can't make it to this exhibit, Retro Roadtrippers, don't worry, because the great city of Portsmouth is celebrating their 400th anniversary this year. You can join in the festivities, including special events and trib-

utes, during the year-long celebration.

Whenever you visit the Portsmouth Historical Society you will be able to sign up for their walking tours, view any number of rotating exhibitions and pick up some New Hampshire souvenirs in their gift shop. And, be sure to plan to visit for the holidays

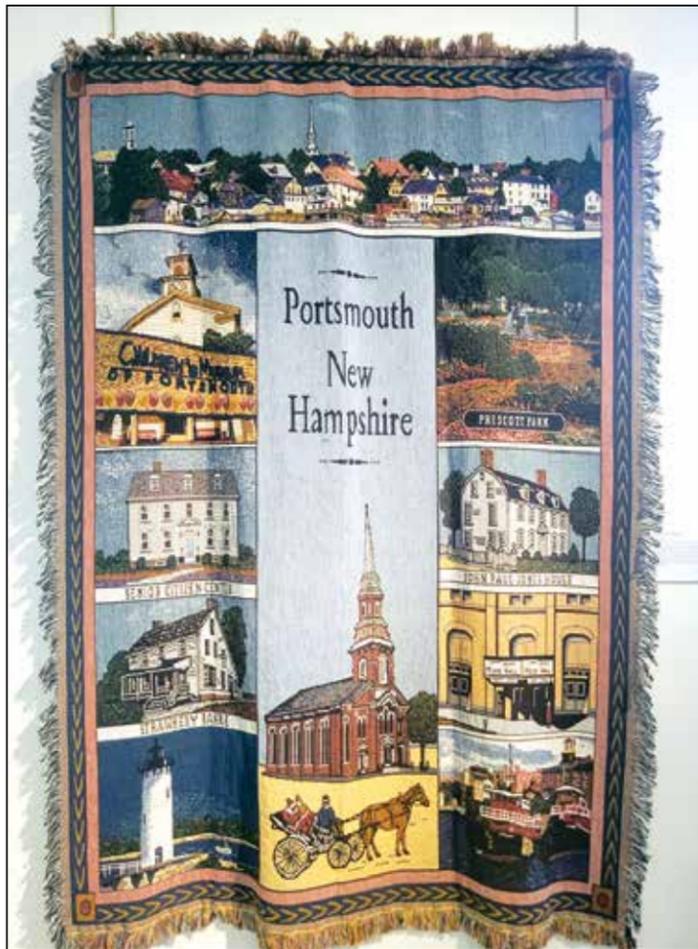
and take in their legendary Gingerbread House Contest.

The Portsmouth Historical Society, located at 10 Middle Street in Portsmouth, New Hampshire, is open 7 days a week, 10 AM to 5 PM daily.

Joshua and Geraldine's family of travel books can be found at [retroadtripper.com](http://retroadtripper.com)



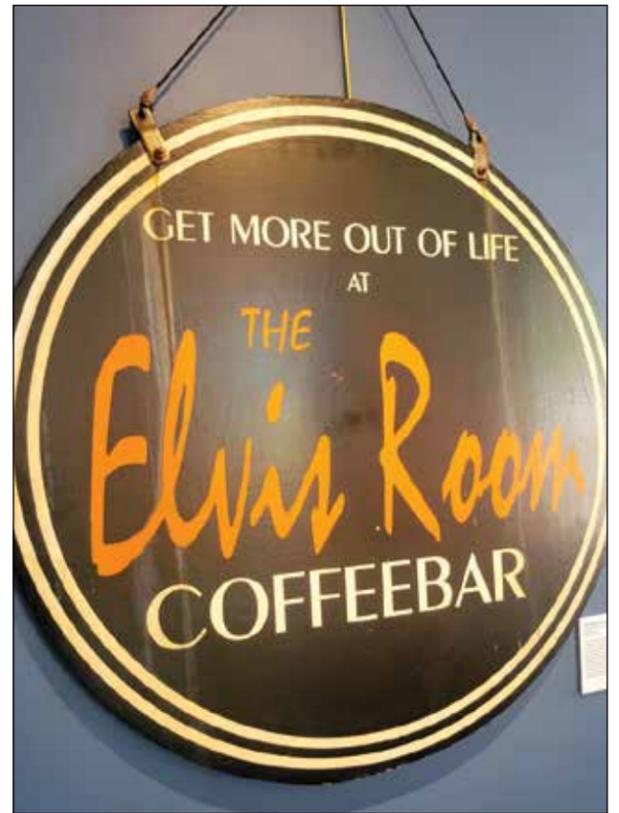
Portsmouth has always had a strong maritime history, as is reflected in the art shown at the historical society.



Banner depicting the landmarks of Portsmouth.



An exhibit at the Portsmouth Historical Society.



Sign from the Elvis Room, a coffee bar and music club, closed 20 years ago.

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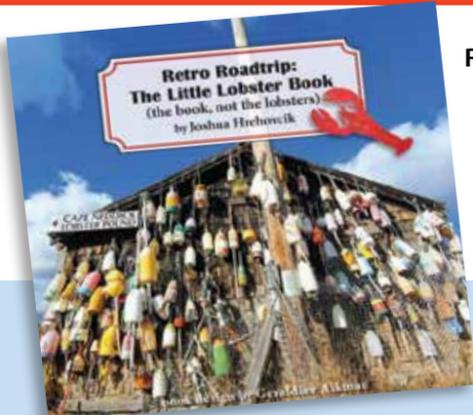
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"What can I say? It's a book!"  
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"There are no words. Actually there are a couple of words, but mostly it's pictures."  
[www.retroroadtripper.com](http://www.retroroadtripper.com)

# Craft Corner: Resin-pour serving board

by Jo O'Connor

And now in the ongoing series of how-to crafts, I am taking it up several notches, visiting with a true pro Lisa Loder. She is both an artist and framer with an adventurous spirit and eye for detail. Her creativity shines through

her work. With 30 years in the business (LISART in Wells), she feels there are significant moments in everyone's life that deserve to be captured. She is passionate about connecting those moments through her shadow box framing, sea glass art and the now-trending lit

coastal buoy trees. Her signature pieces are distressed cottage-framed beach photos of inspirational and fun messages in the sand.

And now onto the resin pour –

**Materials:**  
Hardener  
Resin

Blue and Green acrylic paint (Lisa recommends the brand Golden Fluid)

White pigment paint (to create waves)

Several plastics cups (3 shot glass sized cups, 3 small cups and 1 larger cup)

Micro Torch (think crème brulee) and a heat gun.

Three stirring sticks

One wooden food-safe serving board (hard wood)

Sandpaper or a mini hand sander

Wood Conditioner (Lisa recommends Emmet's)

Over-sized bin

Plastic Drop Cloth

*Please note this is a project that had to be done all in one setting.*

**Step One:** Place the plastic drop cloth down on a level surface. Sand the board to a smooth finish and make sure it is dust free.

**Step Two:** Paint the upper 1/3 of the board

(artist discretion where you want image to be) with the blue and green variegated look – let dry (40-60 minutes).

**Step Three:** Line up the three mini plastic shot glasses in a triangle and place the board on top of it. This way the pour goes over the edges.

**Step Four:** Pour a small amount (approx. 4 tablespoons) of hardener in one other plastic cup; then pour a small amount (approx. 4 tablespoons) of resin in another plastic cup. These should be equal amounts. Then mix the two substances into one larger cup – use the stirring stick to get all of the liquid out of both of the cups.

**Step Five:** Stir both the hardener and resin together thoroughly for three minutes. This combination is referred to as epoxy. Pour this over the upper 1/3 (where you had painted the blue/green image). Pour this mixture approx. 1/4" down on the board (beyond the blue/green image) onto the wood part. The epoxy over the wood will appear as sand.

**Step Six:** Take the remaining epoxy and pour that into a small cup (approximately 3 tablespoons). Then pour a dol-

–continued on next page



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lop of the white pigment mixture to create a curved line (like a wave edge) Feel free to thinly drizzle more of that mixture to create more seaside

**Step Seven:**

Carefully pour this

foams and waves at your discretion. Step Eight: Use the micro torch to gently heat where you see the

bubbles to remove them. Then take a heat gun and carefully blow your white shoreline image into place. The heat helps to create the image. You may eventually see the cells forming, which replicates a realistic, foam-upon-the sand look. When you are pleased with your look, stop.

Step Nine: Cover the whole board with an oversized bin – to ensure a lint-free environment. Let it cure for 48 hours at room temperature.

Step Ten: Sand the backside of the board to remove any extra resin. Treat the exposed wood area with Emmet’s Wood Conditioner.

Voila! Enjoy your seaside serving board. See Lisa’s complete coastal collection at LISART, at 2145 Post Road in Wells.

See Lisa’s complete coastal collection at LISART, at 2145 Post Road in Wells.

See Lisa’s complete coastal collection at LISART, at 2145 Post Road in Wells.



All photos by Jo O'Connor



**Order a MemoryLight in honor of a loved one**

Take part in the Brick Store Museum's MemoryLights Project, an installation of globe lights in the Museum's courtyard to memorialize and honor loved ones and ancestors. Order a light (\$15 donation) to be included in the installation and share the story of a family member you want to honor. On October 1, the installation will open to the public. When the installation is taken down in January, participants may pick up their Globe Light to keep. FMI [brickstoremuseum.org/memorylights](http://brickstoremuseum.org/memorylights).

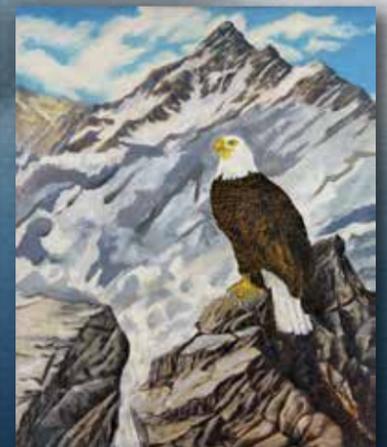
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# CALENDAR

wellsreserve at laudholm  
A PLACE TO DISCOVER



**Krisanne Baker: subMerge**  
Open Daily 10-4 through October 13  
wellsreserve.org/art

## Maine Women in the Arts Fall Fine Art & Small Works Show ALL ORIGINALS

Friday, Sept. 29, 9:30a-7p  
Opening Reception 5-7p  
live music & refreshments

Saturday, Sept. 30, 9:30a-5:30p  
Sunday, Oct. 1, 9:30a-4p

Masonic Lodge, 10 North Street,  
Kennebunkport



Artists, clockwise from top left: Richard Winslow, Doris Porell, Erin Sherman, Cindy Mathieson, Beulah Jean Cadwell, Sara Ostrov

**Admission is Free**

### ONGOING Through October:

**Art Exhibit: "York Art" at the York Public Library**, 15 Long Sands Rd., York. Open during library hours, through the end of October. The current exhibition honors York Art Association members; some are professional exhibitors, some are art teachers, and some engage art for the deep pleasure of making art. In this exhibit you will view the work of Maine artists at every skill level. Opening reception on Tuesday, September 12, at 5 PM. Refreshments will be provided. FMI 363-2818 or yorkpubliclibrary.org.

**Costume Swap**, York Public Library, 15 Long Sands Rd., York, through October 31 at 5 PM. YPL is hosting a costume swap! Do you have a gently used costume that you are ready to pass along? Improve your carbon footprint and recycle those like-new costumes from a previous year. Bring your costume to the library to swap for a new (to you) costume. Drop-off your costume downstairs in Youth Services in September or October. Select a costume from the swap between October 1 and October 31. PLEASE make sure costumes are clean and in a gently used, like new condition. All sizes from babies to adults accepted. FMI 363-2818 or yorkpubliclibrary.org.

### Thursday, September 28

**Kayaking on the Little River Estuary**, 342 Laudholm Farm Road, Wells, 9 AM-12 PM. Paddle the quiet waters of a Maine estuary, watching wildlife and learning about this treasured habitat from a registered Maine Kayak Guide at the Wells Reserve. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. FMI 207-646-1555 or wellsreserve.org/kayak.

### Thursday, September 28

**Historic District Walking Tour**, Brick Store Museum, 117 Main Street, Kennebunk, 10:30 AM. 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.

**Evening Book Group**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5 PM. The group is reading *The Storied Life of A. J. Fikry* by Gabrielle Zevin. FMI call 967-2778 or visit graveslibrary.org.

### Friday-Sunday, September 29-October 1

**Little River Antiques & Estate Sales' Estate Sale**, 15 Arbor Crossing Drive, Kennebunk, 9 AM-3 PM daily. A treasure trove extravaganza! FMI antiquesandestate-salesme.com

### Friday, September 29

**Haloye & The Boys Concert**, Brick Store Museum, 117 Main Street, Kennebunk, 7 PM. Looking to listen to some fun tunes on a Friday night? There's a new band in town called "Haloye and the Boys"! This band performs tunes in various different genres ranging from artists like Nina Simone to Bruno Mars! Admission is free, the only thing you need to bring are good vibes! Donations are encouraged to support the arts. More: visit www.brickstoremuseum.org.

**Saturday, September 30 Kennebunk Artisans Marketplace**, Waterhouse Center, 51 Main Street. 9 AM-2 PM. FMI visit www.kennebunkmaine.us/artisansmarketplace

**Kennebunk Farmers' Market**, Garden Street Lot, Kennebunk, 8 AM-12:30 PM. FMI www.kennebunkfarmersmarket.org

**Saco Farmers' Market**, Saco Valley Shopping Center, Saco, 8 AM-12 PM. FMI www.sacofarmersmarket.com

**Sanford/Springvale Farmers' Market**, Central Park (across from City Hall) Sanford, 8 AM-12 PM. FMI www.sanfordfarmersmarket.org

**York Farmers' Market**, Lot behind York Region Chamber of Commerce, 1 Stonewall Lane, York, 9 AM-1 PM. FMI www.gatewaytomaine.org

**Discovery Demonstration**, 10 AM-12 PM, Brick Store Museum, 117 Main Street, Kennebunk. Drop in and visit the Museum's Discovery Demonstration Station. Artist/Educator Suzanne Demeo demonstrates the magic of drawing and color. Leave with artistic inspiration! Included with museum admission. FMI 985-4802 or brickstoremuseum.org.

**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.

**Mixed Media Workshop for Adults**, Brick Store Museum, 117 Main Street, Kennebunk, 2-4 PM. Adults can join mixed media artist Elizabeth Winter in creating your very own assemblage art piece. This class is a hands-on art class that will use paint and drawing techniques as well as decoupage and other assemblage techniques. This class is perfect for beginners. FMI 985-4802 or visit www.brickstoremuseum.org.

### Monday, October 2

**Mother Goose Storytime**, Wells Public Library, 1434 Post Rd., Wells, 10:30 AM. Children ages 0-24 months and their caregivers are invited to the library to engage in lap activities, rhymes, songs, and fingerplays. Free. FMI contact Allison Herman at aherman@wellstown.org or call library at 646-8181.

**York Public Library Walking Club**, 15 Long Sands Rd., York, 11 AM-12 PM. Join a rotating selection of your favorite librarians to take a walk around town on Mondays. Starts from the library lobby and takes a variety of different routes. The group will set the pace together. Some weeks we'll be joined by special guests who can share more about the flora, fauna, and history of the area we traverse. Some weeks we might arrange off-site meetups to encourage visiting other parts of York. Rain or Shine. Also October 2, 16, 23\*(off site), 30\*(cemetery walk with James Kences) FMI 363-2818 or yorkpubliclibrary.org.

### Tuesday, October 3

**Kayaking on the Little River Estuary**, 12:30-3:30 PM. Paddle the quiet waters of a Maine estuary, watching wildlife and learning about this treasured habitat from a registered Maine Kayak Guide at the Wells Reserve. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. FMI 646-1555 or wellsreserve.org/kayak.

**Preschool Storytime**, York Public Library, 15 Long Sands Rd., York, 10:30-11:30 AM. Join us in the Children's Storytime Area on Tuesdays for stories, movement and songs. Suggested for ages 3 - 5, with a caregiver. This is a drop-in program. FMI 363-2818 or yorkpubliclibrary.org. October dates: October 3, 10, 17, 24, 31.

**The Fiction Book Club**, Wells Public Library, 1434 Post Rd., Wells, 6 PM. Meets the first Tuesday of every month and is open to all adults. Join us to chat about books, share favorite books/ authors, and discover new favorites. This month we will be reading *The Maid* by Nita Prose. For more information, please contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 646-8181.

**Parliamo Italiano!** York Public Library, 15 Long Sands Rd., York, 6:30 PM-8 PM. Join the group in York Public Library's Wheeler Room for casual conversation in Italian. Suitable for those with intermediate to advanced conversational skills in the Italian language. This group meets monthly. FMI 363-2818 or yorkpubliclibrary.org.

### Wednesday, October 4

**Toddler Storytime**, Wells Public Library, 1434 Post Rd., Wells, 10:30 AM. Ages 2-5 years old and their caregivers are invited to meet us for stories, songs, and movement, all followed by a craft. 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.

**Teen Collaborative Crafting: Full of Hot Air Races**, Wells Public Library, 1434 Post Rd., Wells, 1 PM. Alternative energy cars are all the rage right now- try your hand at making a balloon car powered by air! Of course, we will have all the materials- you bring your innovative brains. Snacks will be provided. For students in grade 5 and up. This free event is sponsored by the Friends of the Wells Public Library. For more information, please contact Kayla Sawyer at ksawyer@wellstown.org or call the library at 207-646-8181.

**Morning Yoga**, York Public Library, 15 Long Sands Rd., York, 10:15-11:30 AM. This meditative, gentle yoga classes is held on select Wednesdays. We will move at



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a steady pace, slowly cycling through a series of floor-based or seated asanas. Though one can expect a few standing poses, as well as balance exercises, we'll spend most of the class on our mats. While the intensity may be lower, the focus and commitment are high. This class is appropriate for all levels and ages or practitioners. Bring a mat and any props you prefer. Limited mats will be available at the Library. Maria Lovo is designated a Reiki Master Teacher and studied with Kimberly Beekman in the Inner Alignment System Coach Certification program. Registration Required: visit [yorkpubliclibrary.org/calendar](http://yorkpubliclibrary.org/calendar) to sign up. October dates: October 4, 11, 25.

## Thursday, October 5

**Monthly Meeting of American Legion Post 159**, 102 Main Street (across from police station), Kennebunkport. Monthly meetings take place on the first Thursday of the month at 7 PM. Dates are: October 5, November 2, December 7; January 4, February 1, March 7, April 4, May 2, June 6, July 11, August 1, September 5, October 3, November 7 and December 5. All Veterans and Sons of the American Legion are welcome to attend. FMI call 967-2400.

**Explore the Shore**, 10 AM-12 PM. The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects. Free with site admission. Registration required at 207-646-1555 x110 or [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Weekly Conversational French Language Group**, Wells Public Library, 1434 Post Rd., Wells, 6:30 PM. Join us for an informal approach to practicing or re-learning French! We welcome anyone with a French Language interest to participate. Venez parler français avec nous! This free event is sponsored by the Friends of the Wells Public Library. For more information, please contact Cindy Appleby at [cappleby@wellstown.org](mailto:cappleby@wellstown.org) or call the library at 646-8181.

**The 1619 Project: Many Ways to Tell a Story**, York Public Library, 15 Long Sands Rd., York, 5-7 PM. Join York Diversity Forum at York Public Library for a reception beginning at 5 PM before the presentation begins at 5:30 PM. The 1619 Project asserts that American history began when white people brought the first enslaved Africans to what would become the United States. The 1619 Project assumes that African Americans, and the institution of slavery, are so central to the country that took shape here that the moment they arrived, enslaved, is the moment of this country's origin. This session will explain what professional historians do (essentially use artifacts to construct stories of the past and argue with each other about them), and apply it to The 1619 Project. There are many ways to tell a story, and we will explore what this means for American history, and increasingly for American politics. With Julie Weiss, who holds a Ph.D. in American Studies from Brown University. Her academic expertise was US Women's History and media analysis, and she taught media studies at Hampshire College and the University of New Hampshire before embarking on a career as an education writer, focusing on curriculum, textbooks, and student assessment. Presented by York Diversity Forum. FMI 363-2818 or [yorkpubliclibrary.org](http://yorkpubliclibrary.org).

## Friday, October 6

**Lego and Rubik's Cube Club**, Wells Public Library, 1434 Post Rd., Wells, 3 PM. Participants are invited to build master creations with Legos provided by the library. We will also have Rubik's cubes on hand with instructions on how to solve the Cube. All ages welcome. This free event is sponsored by the Friends of the Wells Public Library. For more information, please contact Kayla Sawyer at [ksawyer@wellstown.org](mailto:ksawyer@wellstown.org) or call the library at 207-646-8181.

**Fiber Arts**, Wells Public Library, 1434 Post Rd., Wells, 10:30 AM. Join us on Fridays to 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](mailto:sclaydon@wellstown.org) or call the library at 207-646-8181.

## Saturday, October 7

**Kennebunk Artisans Marketplace**, Waterhouse Center, 51 Main Street. 9 AM-2 PM. FMI visit [www.kennebunkmaine.us/artisansmarketplace](http://www.kennebunkmaine.us/artisansmarketplace)

**Kennebunk Farmers' Market**, Garden Street Lot, Kennebunk, 8 AM-12:30 PM. FMI [www.kennebunkfarmersmarket.org](http://www.kennebunkfarmersmarket.org)

**Saco Farmers' Market**, Saco Valley Shopping Center, Saco, 8 AM-12 PM. FMI [www.sacofarmersmarket.com](http://www.sacofarmersmarket.com)

**Sanford/Springvale Farmers' Market**, Central Park (across from City Hall) Sanford, 8 AM-12 PM. FMI [www.sanfordfarmersmarket.org](http://www.sanfordfarmersmarket.org)

**York Farmers' Market**, Lot behind York Region Chamber of Commerce, 1 Stonewall Lane, York, 9 AM-1 PM. FMI [www.gatewaytomaine.org/farmers-market/summer-farmers-market/](http://www.gatewaytomaine.org/farmers-market/summer-farmers-market/)

**Maine Craft Weekend - Biddeford**. Biddeford Mills Museum will open at 10 AM on Saturday, October 7, to participate in the Maine Craft Museum. The Museum's 30-minute film A Walk Through History will be shown in the museum at 11 AM and again at 2 PM. While here, visit the new exhibit featuring a small-scale loom refurbished by the curator staff at the Lowell Historic National Park in Lowell, Massachusetts. Entrance to the museum and both film shows are free to the public.

**Gravestone Talk and Cemetery Walk**, Historical Society of Wells and Ogunquit, 10 AM, Ron Romano, a cemetery historian and author from Portland, will begin with a brief lecture at the Historical Society, after which attendees will reconvene at Oceanview Cemetery in Wells for a walking tour. This program is limited to 15 participants and has sold out in the past! A link to purchase tickets is here: <https://www.eventbrite.com/e/713719051897?aff=oddtcreator>

## Tuesday, October 10

**Writing Effective Survey Questions**, 9-11 AM. Surveys are a popular community engagement tool for helping people understand their stakeholders and quickly assess large populations. But poorly designed surveys can yield questionable results. In this virtual workshop, Dr. Chris Ellis provides best practices for writing effective survey questions. Ellis is a social scientist at the National Ocean Service who has extensive experience working with state and local municipalities. \$20. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

## Wednesday, October 11

**Autumn Tree Walk**, 10 AM-12 PM. Why do leaves change color in the fall? Why do some leaves turn earlier than others? To find out, join this guided hike through the woods at the Wells Reserve with Maine Master Naturalist Eileen Willard, who spent 15 years as a University of New Hampshire lab instructor in dendrology, the study of trees. For ages 12 and up. \$8/\$6. Registration required at 207-646-1555 x116 or [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**KFL's New Evening Reader's Choice Book Club**, 6 PM at the Kennebunk Library. This month's theme is LGBTQIA+ authors. Readers are invited to share a book written by any author that identifies as part of the LGBTQIA+ community. We will gather in the Walker Room at 6 PM to discuss what we've read. Please reach out to the library if you are in need of recommendations. The group meets on the second Wednesday of every month at 6 PM. November's topic will be Nature, Conservation and Climate. This program is free and wheelchair accessible. The library is located at 112 Main Street in Kennebunk. FMI 207-985-2173 or email [kfl@kennebunklibrary.org](mailto:kfl@kennebunklibrary.org).

## Thursday, October 12

**Secrets of the Salt Marsh Walk**, 10-11:30 AM. Learn what is special about these productive ecosystems nestled between seashore and uplands, on a docent-led walk at the Wells Reserve that covers about 1 mile. Free. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 x110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

## Friday, October 13

**Kayaking on the Little River Estuary**, 9 AM-12 PM. For ages 12 and up. Some restrictions apply. \$60/\$48. Registration required. FMI 207-646-1555 or [wellsreserve.org/kayak](http://wellsreserve.org/kayak).

## Gravestone Talks and Cemetery Walks

The Historical Society of Wells and Ogunquit announces its first Cemetery Lecture and Walking Tour, to be held Saturday, October 7, at 10 AM. Ron Romano, a cemetery historian and author from Portland, will begin with a brief lecture at the Historical Society, after which attendees will reconvene at Oceanview Cemetery in Wells for a walking tour.

Romano will present a 30-minute slideshow followed by a 30-minute walk through Ocean View Cemetery to celebrate his latest book *Curious Gravestones in Northern New England*. The slide show will be packed with photos and stories about an interesting form of grave marker from the mid-1800s that Ron discovered and named "billboard monuments" (for their large and unique construction resembling signboards).

This program is limited to 15 participants and has sold out in the past! A link to purchase tickets is here: <https://www.eventbrite.com/e/713719051897?aff=oddtcreator>

### Upcoming Programs

Oct. 7:	Cemetery Lecture & Tour
Oct 11:	Annual Meeting
Oct 21:	Wells Quarry Tour
Nov. 4:	Wabanaki Textiles Lecture
Nov. 18:	Paleo Indian Life in Wells
Dec. 9:	Holiday Children's Program
Dec. 10:	Holiday Market Craft Fair

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**Friday, October 6 - Kick Off Party!**

**4:00 PM - 6:00 PM** - Celebrate with us at **173 Mercantile!** Tickets to this party are \$10 and include wine, light bites, and the chance to meet some of our amazing Coastal Kitchen Tour Vendors.

**Saturday, October 7 - Kitchen Tour & Beer Tasting!**

**10:00 AM - 3:00 PM** - Spend your day touring beautiful kitchens in the Kennebunks at your own pace - our docents will be on-site to show you in during tour hours! Advanced tickets are just \$35!

**3:00 PM - 5:00 PM** - Welcome October with an Oktoberfest Craft Beer Tasting! **Crusin' Infusions** will be on-site at the Center, pouring drafts from Baxter Brewing and talking us through a tasting. Tickets are \$50 and include your tasting and a delicious food sampling!

**Sunday, October 8 - Sip & Shop!**

**12:00 PM - 4:00 PM** - Enjoy an afternoon sipping and shopping at **J. McLaughlin** in Wells, to support the Center. 15% of sales made during this time will benefit the Center. Tickets are not required for this event!

**Purchase event tickets a la carte or make it a full weekend package for just \$80!**

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# La Dolce Vita

I have a sock problem. Some of you might remember my column of a few years back, when I confessed to allowing my unmatched sock bag to grow to the size of a large laundry basket.

Most of them had to be thrown out, and I promised I'd never let it get that bad again.

Good news: It hasn't!

Bad news: I've developed a NEW sock problem.

And I didn't see it coming...

It all started last week when I thought I'd go through my now-small sock bag, pull all the socks out of my drawers and put them all together in a special sock bin.

It turned out that my husband had put a bunch of pairs in the sock bag, so I started pulling out one

after the other, until I had a fairly good sized pile on the bed.

Huh, I thought. There are more than I expected.

Next, I went through the small lingerie drawers in my dresser, and that's where things went off the rails. I thought I'd pull out a few pair, but instead the pile grew and grew.

I found socks under my pajamas, my bras and underwear. Socks on top of socks on top of other socks.

Pile complete, I started counting.

I found one online site that suggested the average person needs eight pairs of socks. Frankly, that doesn't seem like enough, unless you're doing laundry every day (which I most certainly am not). Another suggested a more reasonable 20 pairs.

And how many do I have?

More than 60, when I stopped counting and shoved them all into the bin, which they are currently overflowing.

I'm even more embarrassed to say that I had just ordered a dozen more, with cute Halloween theming.

Because I honestly thought I NEEDED socks.

And here's another confession: I really only wear socks when it's really cold outside (think November to maybe April) or I'm wearing sneakers to the gym. The rest of the time I am sockless, foot-loose and fancy free.

Now that I think back, my daughter Emily just last year asked me to stop buying her socks, since she had nowhere left to put them.

Em loves wearing cool socks under the suits she has to wear as a detective, so I've bought her super hero socks, socks with messages, socks with dogs and

special socks for holidays.

Maybe I was buying myself some at the same time?

Maybe I bought socks along with all the sweats I purchased seeking comfort (and embracing working from home) during the early days of the pandemic?

Maybe I just go into a fugue state when sitting in front of the computer and order socks?

I really don't have an answer. It seems the possibilities are endless.

Just like my collection of socks.



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

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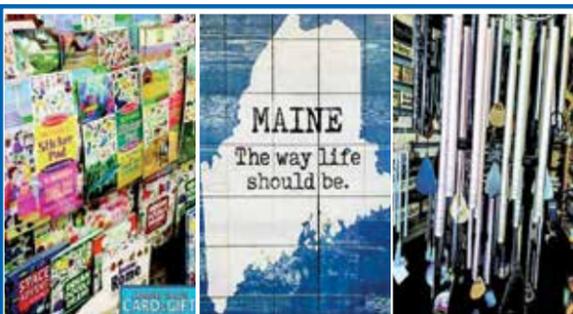


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# League of Maine Craft Show features distinctive Maine and New England artisans

Enjoy the best of arts and crafts at the League of Maine's October 7 & 8 show in Wells. Known for its three Summer Solstice/League Of Maine shows, held in July, September and November, this fourth show has just been added. The two-day October event will be held

Saturday from 10 AM to 4 PM and Sunday from 10 AM to 3 PM at the Wells Jr. High School on Route 1 (1470 Post Road), Wells. This juried craft show features crafters and artists who display their handmade wares featuring traditional, contemporary and country crafts.

You will see stained glass, jewelry of all types, pottery, soaps, clothing, wood crafts, fiber arts, graphics, photography, handcrafted specialty foods and much more.

Artisans from all over New England are featured at this pre-holiday show. Here is just a sampling of

the variety you'll find at the October show.

Karol Peralta, Salem, Massachusetts: Sterling silver and rose gold filled jewelry with semi-precious stones. Truly gorgeous jewelry. Wonderful to keep or give as a gift.

Al Pelletier, Kennebunk: Al's pottery is not only lovely to look at but it is functional as well. A great gift for a friend or for yourself.

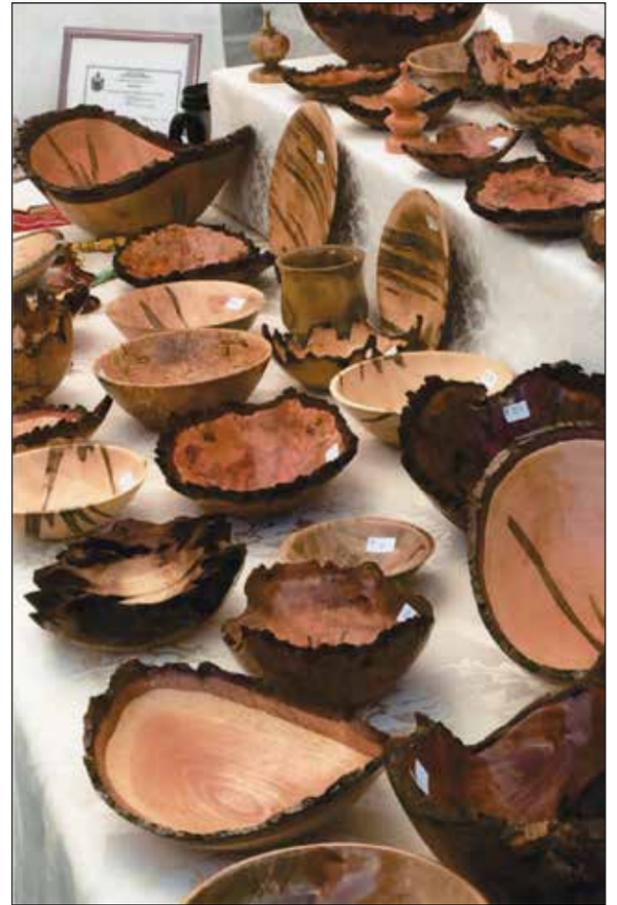
David Sullivan, Ogunquit: Beautiful photographs of the surrounding areas. Great keepsakes, gifts, or memories of your vacation.

Dianna Starbranch, Augusta: Porcelain ornaments for every hobby, occupation, animal and sports...yes, Red Sox and Patriots!

Maggie and Pete Adams, Camden: Wire tree art. Maggie and Pete are both talented artists specializing in wire and painted trees. It is always an adventure to see what they have created.

Joyce Huff, Cape Porpoise: Decorative tole painting. Adorable wall hangings and holiday ornaments for every occasion.

The craft show is held rain or shine. Parking and Admission are free. For more information contact show director Rita Poli at 207 967-2251 [summersolsticecraftshows@gmail.com](mailto:summersolsticecraftshows@gmail.com)



Louis Marchand



David Sullivan



Maggie and Pete Adams



Reed Pike

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# Kitchen Talk

## All good things come in threes!

During the past three months, three different friends (all excellent cooks) shared three dishes with me. These tried-and-true, reliably delicious recipes are now staples in my go-to collection of meals to share with company and family. I feel like I've won the Trifecta.

### Swordfish

(that had me craving seconds)

Background: I'm not a swordfish aficionado. Never have been. But Susan Doherty Hannaford's recipe changed my mind and predilection, and not only because of the incredibly tasty sauce concocted by this summer resident of Kennebunk Beach.

Ingredients for six servings:

3 pounds swordfish — make sure it's an "even thickness."

Old Bay seasoning

Olive oil

1/2 cup sour cream

1/2 cup mayonnaise

1-2 tsp. lemon grass from the tube (Susan uses 2 tsp.)

Juice of 1 lime, plus zest

1 tsp. cumin (or more, depending on your taste)

1 tsp. chipotle pepper (or more...ditto)

Directions:

Generously sprinkle Old Bay seasoning on the swordfish, then slosh on olive oil.

Cook swordfish on a very hot grill or skillet, 5 minutes on one side, then flip and cook 3 minutes on the other side.

Serve with sauce. Mix sour cream, mayonnaise, lemon grass, lime juice, cumin and chipotle pepper in a bowl.

(Susan adds: "This sauce lasts for days. I use it as a dip for shrimp or roasted potatoes, on fish or chicken tacos, anything really except a coffee ice cream cone from Big Daddy's.")

### Zesty Chicken Enchaladas

(that had me shouting Ole!)

Background: When Susan Thigpen Carlson retired, her work colleagues presented her with a booklet of their best recipes. This enchilada dish became one of her favorites for company or just a simple Sunday supper at her Kennebunk Beach home, which is where and how I tasted it.

Ingredients for 4 servings:

1 tbsp. canola oil

1 lb. tomatillos (papery skins removed), chopped

1 white onion, chopped

1 poblano pepper, seeded and chopped

2 cloves garlic, minced

3/4 tsp. ground cumin

Kosher salt and black pepper

1 cup heavy cream

One 2-1/2 lb. rotisserie chicken, meat shredded

1 14.5-oz. can diced tomatoes, drained

1 1/2 cup grated Monterey Jack (5 oz.)

8 6-inch corn tortillas

Directions:

Heat oil in large skillet over medium-high heat, then add tomatillos, onion, poblano, garlic, cumin and 1/2 tsp. salt. Cook until veggies are tender, approx. 10-12 minutes. Transfer to a food processor, add the cream, and puree.

In large bowl, combine the chicken, tomatoes, 1 cup Monterey Jack, 1/2 cup tomatillo sauce and 1/2 tsp. each salt and pepper. Warm tortillas according to package instructions. Spread 1 cup of the remaining sauce in a 9x13" baking dish. Roll chicken mixture in the tortillas and place in the dish, seam-side down.

Top with remaining sauce and cheese. Bake at 350 until beginning to brown (approx. 10-15 minutes).

Serve with Pico de Gallo.

Ingredients for Pico de Gallo:

2 cups fresh cilantro leaves

2-3 jalapeños

1 lime

Salt

12 Roma tomatoes (slightly under-ripe is fine)

3 yellow or red onions

Directions:

Dice up equal quantities of tomatoes and onions. Roughly chop cilantro.

Slice 1 or 2 jalapeños in half. Scrape out seeds with a spoon. (If you like spicy, leave in some of the white membranes.)

Dice jalapeños very fine, then add all ingredients to a bowl.

Slice lime in half, squeeze juice from half a lime into bowl.

Sprinkle with salt and stir until combined. Be sure to test the pico de gallo and adjust seasonings to your liking by adding more lime, salt or diced jalapeño.

### Chili

(like you've never tasted)

Background: Anyone who knows Jennifer McCabe of Kennebunk Beach respects her culinary talent. On a nippy day a few weeks ago, she emailed and said, "I'm making chili — does my heart good to be back in the kitchen and starting to fill our freezer for the winter." She also dropped off a large tupperware container of the stuff. We liked it so much, there was nothing left to put in freezer.

Ingredients for 6 or more:

1 lb. ground sirloin or turkey

1 lb. ground Italian sausage

1 large onion, chopped

2 garlic cloves

1 1-oz. pkg. ranch dressing mix

2 1-1/4 oz. pkgs. taco seasoning mix

2 16-oz. cans black beans, undrained

1 16-oz. can kidney beans, undrained

1 16-oz. can pinto beans, undrained

2 cans Rotel

2 16-oz. cans fire-roasted diced tomatoes

2 16-oz. cans white corn, undrained

Tabasco to taste

2 cups water

Garnish: sour cream, shredded Monterey Jack cheese, chopped green onions, Tabasco, chopped jalapeños

Directions:

Cook meat, onion and garlic together until browned. "Use Mix 'n Chop tool on meat." (see below)

Stir ranch style dressing mix and taco seasoning mix into meat.

Add remaining ingredients with juices from all.

Add water.

Simmer for two hours. If mixture is too thick, add additional water.

Serve with garnishes and cornbread.

### Helpful Hints

- Stack skillets in reverse size order to prevent scratching. Put 8" skillet on bottom, place 10" skillet on top of that, and 12" on top of that.
- Remove solids from stock by placing chicken bones and veggies in a large vegetable steamer pot with a strainer insert. After simmering for 1-2 hours, remove the strainer to easily discard the solids.

### Groovy Gadget: the Mix 'n Chop

Jennifer McCabe uses this tool to make her sensational chili. "I was skeptical at first," she said, "but it works far better than a wooden spoon to break up the meat. I also use it when making tomato sauce from fresh tomatoes - it doesn't scratch my pot and mashes things well. Every time I use this gadget I wonder how I cooked so many years without it."

Pampered Chef says, "The unique, beveled pinwheel blades of our Mix 'N Chop™ make it easy to chop and crumble food. It's a customer favorite for finely crumbling and browning ground beef, turkey, and sausage. It can quickly mash up avocados and eggs. You can even crush tomatoes for a chunky tomato sauce."

Mix 'n' Chop is available from Pampered Chef (\$16) or Amazon (\$10)





**Coffee Culture at Dock Square Coffee House**

The weather is cooler, the crowds have dwindled, the kids are back in school – the perfect reason to grab a friend, shop the beautiful and fun selection of shops in the Port and then take time to stop, sit and enjoy your coffee in a porcelain cup, have a little treat, all while catching up with a friend. That’s how it’s done in Europe and that’s what Anette Barba, the owner, would like to bring to you. Meeting friends for coffee after school, running errands or an appointment is common in her native Germany, where the towns are full of cafes, and the cafes are filled with people all day.

So come on down and take a moment to sip your latte or cappuccino in peace, all while catching up with a friend.

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# Love, Loss, and What I Wore proves that fun comes as One Size Fits All

City Theater in Biddeford opens its 2023-24 season on Friday, September 29, with *Love, Loss, and What I Wore*. This intimate collection of stories by superstar sisters Nora Ephron and Delia Ephron is based on the best-selling book of the same name by Ilene Beckerman.

The show uses clothing, accessories and the memories they trigger to tell funny, startling and poignant stories that every woman can relate to. The actresses of all ages sit side-by-side with script in-hand, deftly guiding the audience through an evening of humor, nostalgia and, of course, fashion.

Nora Ephron is a writer, director and producer best known for writing comedy screenplays. She received three Award

nominations for Screenplay, for *Silkwood*, *When Harry Met Sally* and *Sleepless in Seattle*. Her sister, writer-producer Delia Ephron, wrote *You've Got Mail*, and *Sisterhood of the Traveling Pants*. In the introduction to Beckerman's book, Nora Ephron wrote that the book, "is not about fashion; it is about what clothes really are to us, those moments when we are constantly trying to find our identity through them."

*Love, Loss, and What I Wore* has been produced

on six continents and in more than eight countries. The production has won several awards and features a cast of five, including Stephanie Atkins, Andrea Carr, Jessica Chaples Graffam, Rebecca Cole, Mia Foley Perron.

The five actresses will present 28 hilarious and poignant vignettes about life's journey and the clothes we wear along the way. From purses and prom dresses, bra fittings, what was I thinking? purchases and struggles with our mothers; connections

are drawn between what we wear and who we are. It's a message that goes straight to the heart of all women (and the men who love them).

*Love, Loss and What I Wore* runs September 29 through October 15, Fridays and Saturdays at 7:30 PM and Sundays at 2 PM. (There is no performance on Sunday, October 1.)

Tickets are \$25 & \$30 (all fees included) and are available at [www.citytheater.org/buy\\_tickets](http://www.citytheater.org/buy_tickets) or 207-282-0849.



Jessica Chaples-Graffam, Rebecca Cole, Stephanie Atkins, Andrea Carr and Mia Foley-Perron. Photos by Rich Obrey



Rebecca Cole, Jessica Chaples-Graffam, Stephanie Atkins, Mia Foley-Perron and Andrea Carr.

Love, Loss, and What I Wore

September 29<sup>th</sup> - October 15<sup>th</sup>

Fridays & Saturdays at 7:30pm  
Sundays at 2pm  
No performance on October 1<sup>st</sup>

by Nora Ephron & Delia Ephron based on the book by Ilene Beckerman

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## A paycheck toward Nic Cage's retirement plan

a background in dealing with baddies, Matt tells his daughter that they need to deal with them one at a time. He tells her to open the door quickly – so that he can pull one into the room – and then close it quickly.

*The Retirement Plan* has its moments of silliness and hilarity. I'll share one, so consider this a spoiler alert:

Matt (Nicolas Cage) and his daughter Ashley (Ashley Greene) are in a hotel room. Three baddies are at the door, and they want to come in. Matt is convinced they're here to kill them. With

flick in the theaters. That's because we've seen the bulk of this movie before: a former bad-ass government agent has to help his family out when they get in trouble with a bunch of ruthless killers.

I love Cage. He's made plenty of stinkers in his career, but so has Michael Caine, and yet they've each made enough fantastic movies to be justifiably regarded as the best actors of their respective generations. He's riding a wave now of renewed popularity, thanks to *The Unbearable Weight of Massive Talent* and *Renfield*.

This movie won't be added to his list of great

movies, like *Lord of War*, *The Weather Man*, *Joe*, and *Pig*, but there's enough in it to merit a streaming in the near future. The best parts, for me, were the scenes with Matt's granddaughter Sarah (Thalia Campbell) and her kidnapper Bobo (Ron Perlman), who surprises the intelligent young girl with his knowledge of *Othello*. If it weren't for his standing order to eventually off the kid, they'd probably really like each other.

Grace Byers, who was excellent in *The Blackening*, goes over the top as a sexy villain, and Jackie Earle Haley, who started his acting career in *The Bad News Bears* (1976), goes even further over the top as another baddie. But there's a huge problem in the movie when it comes to – another spoiler alert here – their demises, simply because they're not brought about by the characters who truly deserve to kill them. Frankly, I felt robbed.

But that's OK, because it looks like Nic Cage is soon to deliver another strong movie with *Dream Scenario*, which is receiving excellent buzz. Can't wait.

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



Thalia Campbell plays Nicolas Cage's granddaughter in the comedy-crime thriller, *The Retirement Plan*. Photo by Productivity Med

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Bloggers Robin and Ed of The DIY Life salvaged this piece of exterior gingerbread trim and gave it new life inside their home, where it adorns the top of their mudroom coatrack. A little cleanup and fresh paint go a long way.

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.

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Send your questions to  
rsimon@legacysir.com



**Q:** My wife and I are having a difference of opinion as to whether we should buy a home or keep renting. I am truly wanting to get out of being a tenant mode and put us in a better financial position and closer to the quality of life that I believe we deserve. Just curious about your stance on this issue. I know you have been in the real estate venue for many years. Do you ever have the opportunity to guide people into buying or not buying. Thanks, will not hold you responsible in any way. Joel

**A:** Truly, I have never been asked that question before. Yes, I have been in the real estate industry for a long time and I have seen lots of pluses and minuses for different people. An important factor to consider is that this decision will truly impact your lifestyle. Owning a house is not just about paying the mortgage, it is about paying taxes, maintaining the interior and the exterior of the property as well as purchasing new appliances etc as necessary. So it is not just absorbing the cost of the purchase but the importance of knowing that you will have to spend money in order to maintain the quality of the property and your lifestyle. So it is understandable that you can have a difference of opinion but it is truly important to lay out all the costs and ascertain if you can absorb those at this time in terms of your finances. And last as you know the real estate market ebbs and flows in terms of the cost and value of properties. You need to be sure that this is the best market for you to jump into because as we all know, it does change. Best of luck to you. Truly is a complicated decision for you both.

**Q:** We are about to put a house under contract. Have read your column for many years and just wondering how you recommend that we find a competent individual to inspect the place. We are just clueless and appreciate your suggestions.

**A:** Your best option is to have your real estate broker make a referral and then you contact the individual and see how u feel about working with him. It's about his skill and trust.

*Randal Simon has been a real estate broker for over 30 years. His column was in the Portland Press Herald for many years; he is now pleased to be participating locally in Tourist & Town. He has been a contributor to The Wall Street Journal, Unique Homes and The New York Times.*

Randal Simon, Legacy Properties, Sotheby's International Realty  
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rsimon@legacysir.com www.legacysir.com

# Tide Chart

## September 30-October 12

Thursday, September 28	Wednesday, October 4	Monday, October 9
Low ..... 04:29 AM...-0.77	High ..... 03:26 AM...8.81	Low ..... 02:11 AM....1.25
High ..... 10:47 AM...10.03	Low ..... 09:17 AM...0.93	High ..... 08:25 AM....7.74
Low ..... 04:50 PM...-0.71	High ..... 03:37 PM...9.62	Low ..... 02:21 PM....1.94
High ..... 11:07 PM...10.69	Low ..... 10:03 PM...0.22	High ..... 08:36 PM....8.51
<b>Sunrise: 6:35 AM</b>	<b>Sunrise: 6:42 AM</b>	<b>Sunrise: 6:48 AM</b>
<b>Sunset: 6:30 PM</b>	<b>Sunset: 6:20 PM</b>	<b>Sunset: 6:11 PM</b>
Friday, September 29	Thursday, October 5	Tuesday, October 10
Low ..... 05:19 AM.....-1	High ..... 04:22 AM...8.23	Low ..... 03:03 AM.....1.1
High ..... 11:36 AM...10.55	Low ..... 10:12 AM...1.54	High ..... 09:14 AM....8.04
Low ..... 05:44 PM...-1.14	High ..... 04:32 PM...9.07	Low ..... 03:13 PM....1.59
High ..... 11:59 PM...10.68	Low ..... 11:03 PM...0.75	High ..... 09:27 PM....8.71
<b>Sunrise: 6:36 AM</b>	<b>Sunrise: 6:43 AM</b>	<b>Sunrise: 6:49 AM</b>
<b>Sunset: 6:29 PM</b>	<b>Sunrise: 6:18 PM</b>	<b>Sunrise: 6:09 PM</b>
<b>Full Moon: 5:59 AM</b>	<b>Sunset: 6:18 PM</b>	<b>Sunset: 6:09 PM</b>
Saturday, September 30	Friday, October 6	Wednesday, October 11
Low ..... 06:06 AM...-1.01	High ..... 05:23 AM...7.79	Low ..... 03:47 AM...0.92
High ..... 12:23 PM...10.84	Low ..... 11:12 AM...1.99	High ..... 09:57 AM...8.41
Low ..... 06:35 PM...-1.31	High ..... 05:32 PM...8.64	Low ..... 03:59 PM...1.22
<b>Sunrise: 6:37 AM</b>	<b>Sunrise: 6:44 AM</b>	High ..... 10:11 PM...8.9
<b>Sunset: 6:27 PM</b>	<b>Sunrise: 6:16 PM</b>	<b>Sunrise: 6:50 AM</b>
Sunday, October 1	<b>Last Qtr: 9:49 AM</b>	<b>Sunset: 6:07 PM</b>
High ..... 12:50 AM...10.45	Saturday, October 7	Thursday, October 12
Low ..... 06:53 AM...-0.78	Low ..... 12:08 AM...1.12	Low ..... 04:26 AM...0.76
High ..... 01:10 PM...10.86	High ..... 06:26 AM...7.56	High ..... 10:36 AM...8.76
Low ..... 07:25 PM...-1.21	Low ..... 12:17 PM...2.21	Low ..... 04:40 PM...0.88
<b>Sunrise: 6:38 AM</b>	High ..... 06:35 PM...8.4	High ..... 10:51 PM...9.02
<b>Sunset: 6:25 PM</b>	<b>Sunrise: 6:45 AM</b>	<b>Sunrise: 6:51 AM</b>
Monday, October 2	<b>Sunrise: 6:14 PM</b>	<b>Sunset: 6:06 PM</b>
High ..... 01:41 AM...10	Sunday, October 8	Friday, October 13
Low ..... 07:40 AM...-0.33	Low ..... 01:12 AM...1.28	Low ..... 05:01 AM...0.65
High ..... 01:57 PM...10.62	High ..... 07:28 AM...7.55	High ..... 11:11 AM...9.06
Low ..... 08:16 PM...-0.87	Low ..... 01:22 PM...2.18	Low ..... 05:17 PM...0.6
<b>Sunrise: 6:40 AM</b>	High ..... 07:38 PM...8.37	High ..... 11:29 PM...9.07
<b>Sunset: 6:23 PM</b>	<b>Sunrise: 6:47 AM</b>	<b>Sunrise: 6:53 AM</b>
Tuesday, October 3	<b>Sunrise: 6:13 PM</b>	<b>Sunset: 6:04 PM</b>
High ..... 02:32 AM...9.43	<b>Sunset: 6:21 PM</b>	
Low ..... 08:27 AM...0.27		
High ..... 02:46 PM...10.17		
Low ..... 09:08 PM...-0.36		

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.





**The Timely**



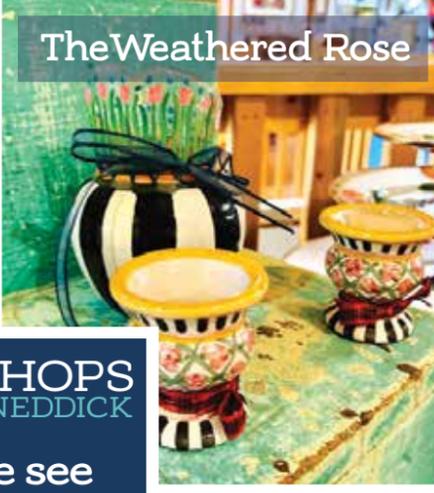
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## Maine News Briefs

by Jo O'Connor

- Travel will be getting easier soon if you fly out of Portsmouth International Airport at Pease as they enter Phase 2 of the terminal expansion and upgrades. In this phase, which is expected to cost more than \$9 million, focuses on what will become the new 5,200-square-foot Pease Arrivals Hall.
- Mark your calendars from now until October 9 as the Ogunquit Art Association is now showing their Fall Exhibition. BTW: Happy 95th anniversary to them.
- Congratulations to Pulitzer-Prize winning author Paul Harding's with his third novel, *This Other Eden*, which was named as one of six finalists for the prestigious Booker Prize. The novel fictionalizes the real-life atrocity of Maine's Malaga Island in the early 20th century.
- In very welcome news, the minimum wage in Maine will increase from \$13.80 to \$14.15 per hour on January 1, 2024.
- Maine basketball phenom Cooper Flagg will have his first official college visit this weekend. The Newport native and No. #1 basketball prospect nationwide is scheduled to visit UConn next week. All right Cooper!
- *The New York Times* has officially shared their third annual Restaurant List featuring 50 establishments in the country. Congrats to Tinder Hearth in Brookville. The restaurant specializes in wood-fired, naturally leavened bread, pizza and pastries. Way to represent our state.
- Shine on Harvest Moon – look up people! On Friday, September 29, the moon will be closer than usual to the earth making it appear bigger and brighter.
- Do you love monster truck shows? How about one that features the monster trucks that resemble your favorite Hot Wheels cars? And what if those trucks were lit up. Mark your calendars for the Hot Wheels Monster Truck Love Glow Party for October 20-22 at the Cross Insurance Arena in Bangor.

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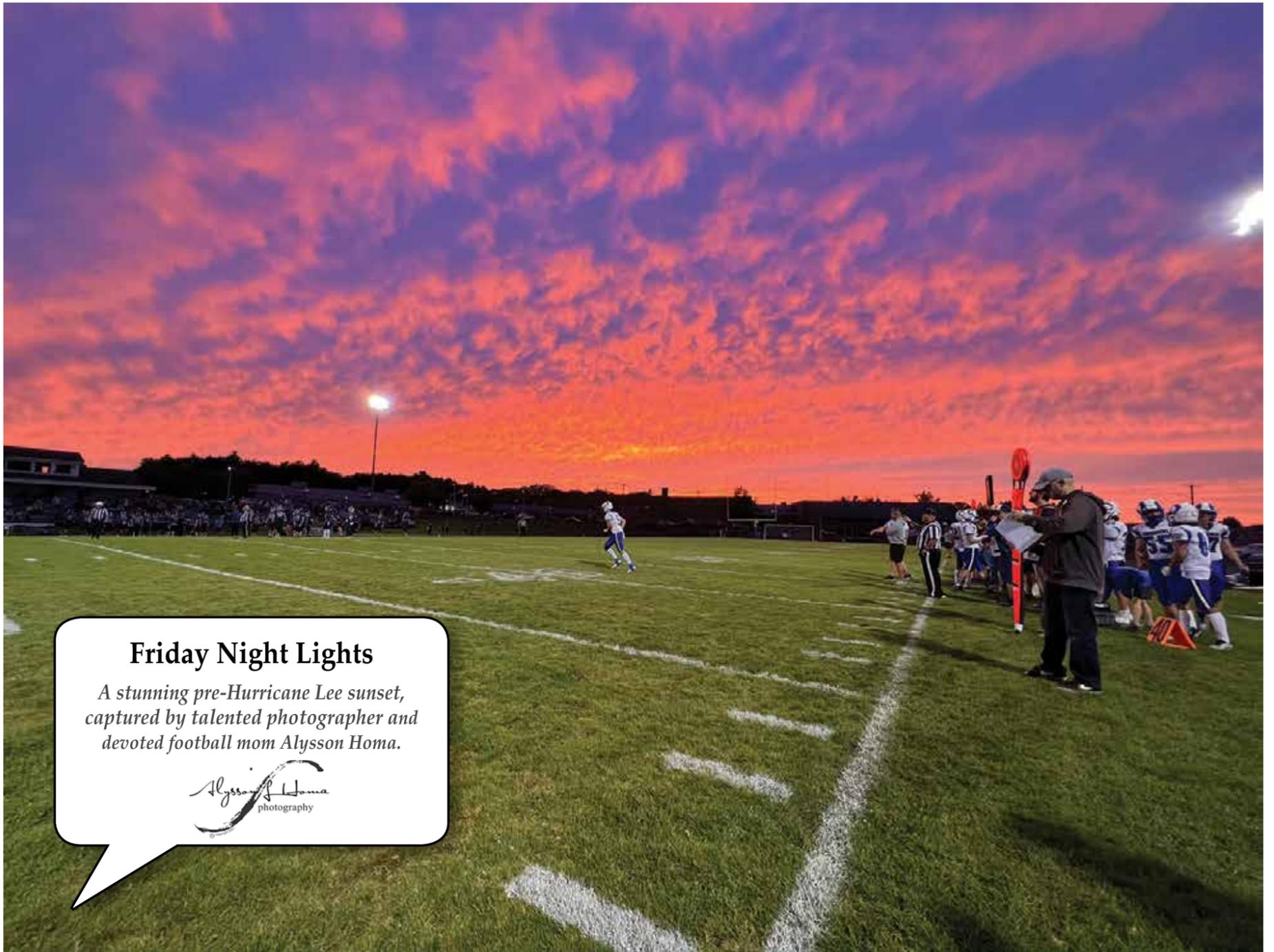
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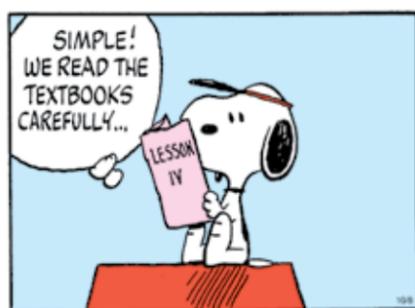
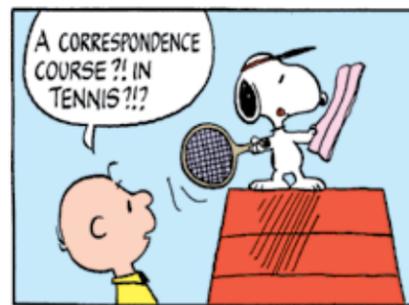
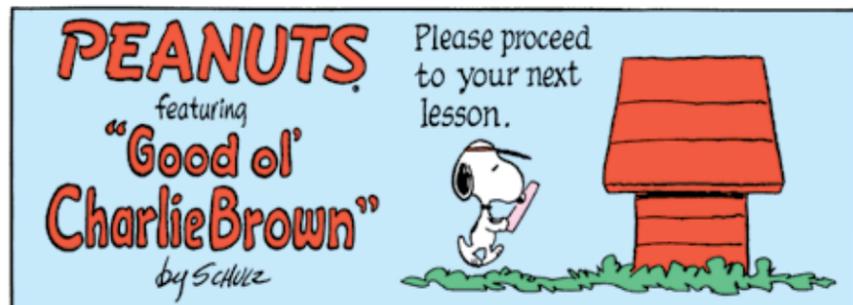
SCAN ME



### Friday Night Lights

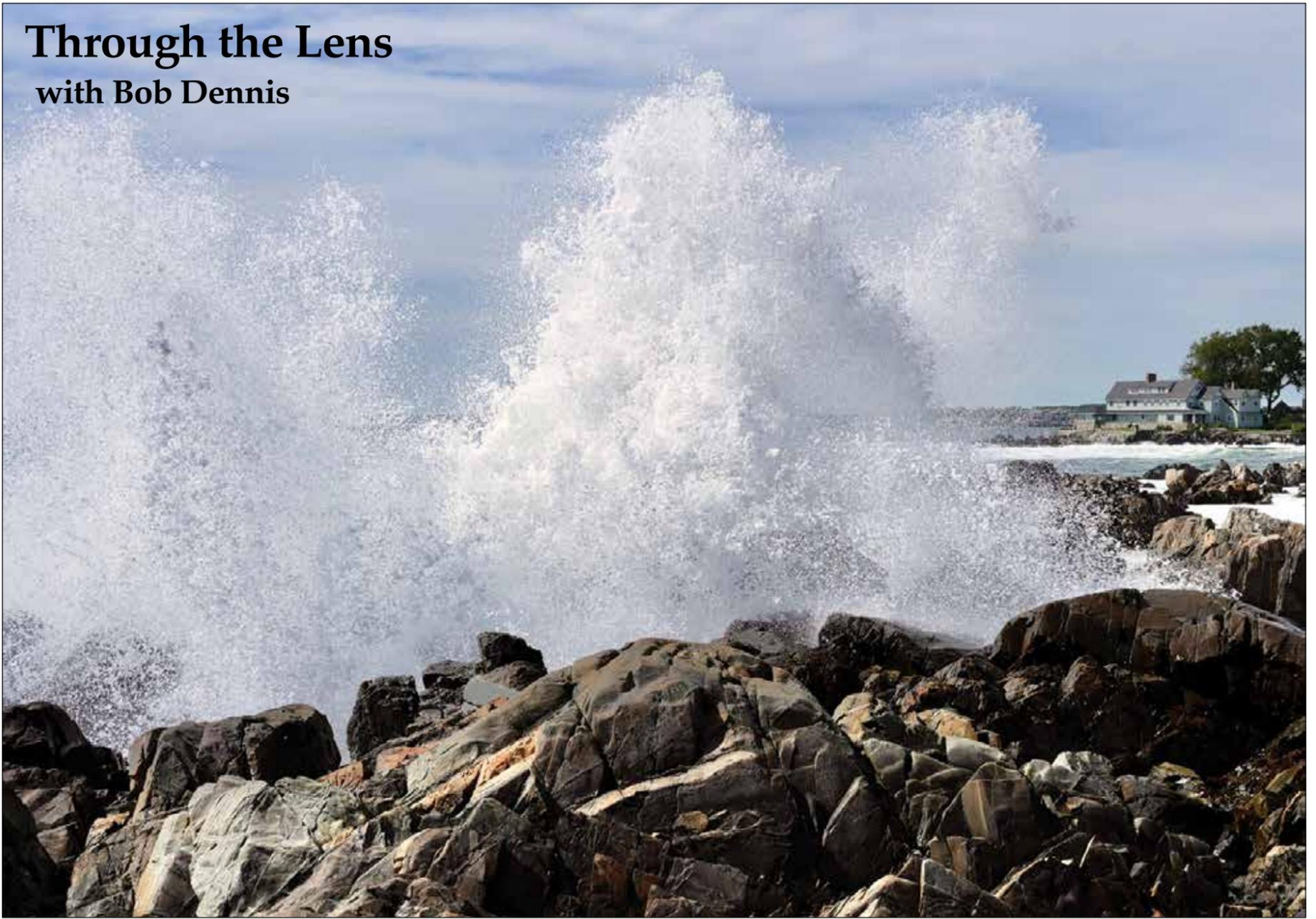
A stunning pre-Hurricane Lee sunset, captured by talented photographer and devoted football mom Alysson Homa.

*Alysson Homa*  
photography



# Through the Lens

with Bob Dennis



"By the time it made landfall in Maine on Saturday, September 16, the much-heralded Hurricane Lee had already been downgraded to a tropical storm. In York County, we had very little rain while the winds, while not strong enough to cause any serious damage, were just strong enough to make it a memorable day for surfers and photographers. Some of the best photos of the day were taken at Kennebunk Beach, showing surfers reveling in the huge swells. I chose to stick with the spot where I've been capturing big wave events for many years – "Spouting Rock", between St. Ann's Church and the Stone House on Ocean Avenue. I shot from a number of angles and I believe these are my images that most accurately depict the power and the beauty of the ocean that day." ~ Bob Dennis

**ACROSS**

- 1 Driver in "Star Wars" films
- 5 Colored pens' contents
- 9 They end with "Z"
- 13 Apple assistant
- 14 Early hours, poetically
- 15 High-five sound
- 16 Industrial and Stone
- 17 Starting group
- 19 Not out, in softball
- 20 Where some pachyderms frolic after class?
- 23 Prescription drug, for short
- 24 Boot-shaped country
- 25 The 9,090-piece Titanic, e.g.
- 27 Cover story?
- 30 "America's Next Top Model" judge Barker
- 32 Critical time in 1944
- 35 Where some primates chatter over drinks?
- 38 "Woof!"
- 39 Remote batteries, often
- 40 "NCIS" network
- 41 Soccer Hall of Famer Hamm

- 42 Where some poultry wing it on the dance floor?
  - 45 Suckling site
  - 46 Diarist Nin
  - 47 Church recesses
  - 49 Japanese robes
  - 52 Catherine of "Schitt's Creek"
  - 56 Put two and two together?
  - 57 Any creature celebrating at this puzzle's featured venues?
  - 60 Dryer fuzz
  - 62 Conceals in one's hand
  - 63 Be nomadic
  - 64 Vietnam neighbor
  - 65 Deficiency
  - 66 Dino whose full name means "tyrant lizard king"
  - 67 Utah ski town
  - 68 "Me day" spots
  - 69 Components of blood
- DOWN**
- 1 Popular Japanese beer
  - 2 Part of a phone number
  - 3 Colombian corn cake
  - 4 Fielder's error
  - 5 Apple on a teacher's desk, perhaps?
  - 6 \_\_\_ bene
  - 7 Russian fortress

- 8 Severus \_\_\_ (Alan Rickman role)
- 9 Pompous person
- 10 Critical thinking exercise?
- 11 Food fight setting
- 12 Raced
- 18 Beer stein
- 21 Olive of "Popeye"
- 22 Some headphones and cameras
- 26 Bro or sis
- 28 "Perhaps"
- 29 Pear variety
- 31 Exam for an aspiring J.D.
- 32 Word before "point" or "set"
- 33 Call while wasted
- 34 Polite, terse rejection
- 36 Single-serving coffee holder
- 37 Flows back

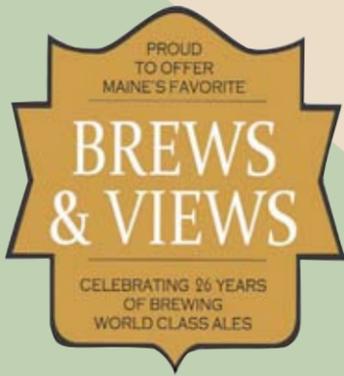
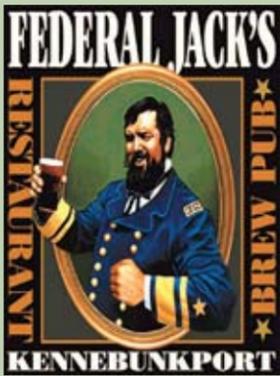
- 39 Major fable writer
- 43 "The Kardashians" star
- 44 Race portion signaled by waving the white flag
- 45 Garments in cannons
- 48 Really long time
- 50 Toddler's time out?
- 51 Spoken exams
- 53 Love, in Roma
- 54 Lover of electronic music
- 55 Amazon assistant
- 56 "It was \_\_\_ dream"
- 58 Where "it's fun to stay," per the Village People
- 59 Requests
- 61 Airport safety org.

**Wild Time by Lance Entinger**

1	2	3	4		5	6	7	8		9	10	11	12	
13					14					15				
16					17			18		19				
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38					39			40				41		
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	49				50	51				52		53	54	55
56					57				58	59				
60			61		62						63			
64							65				66			
67							68				69			

**Universal Crossword**  
 Solution on page 20  
 (no peeking)

Enjoy!



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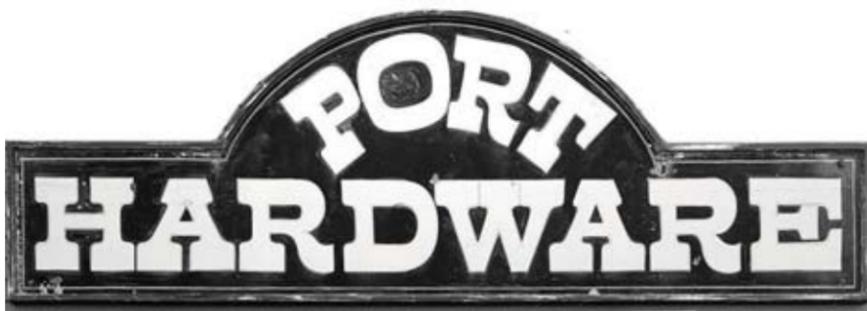


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