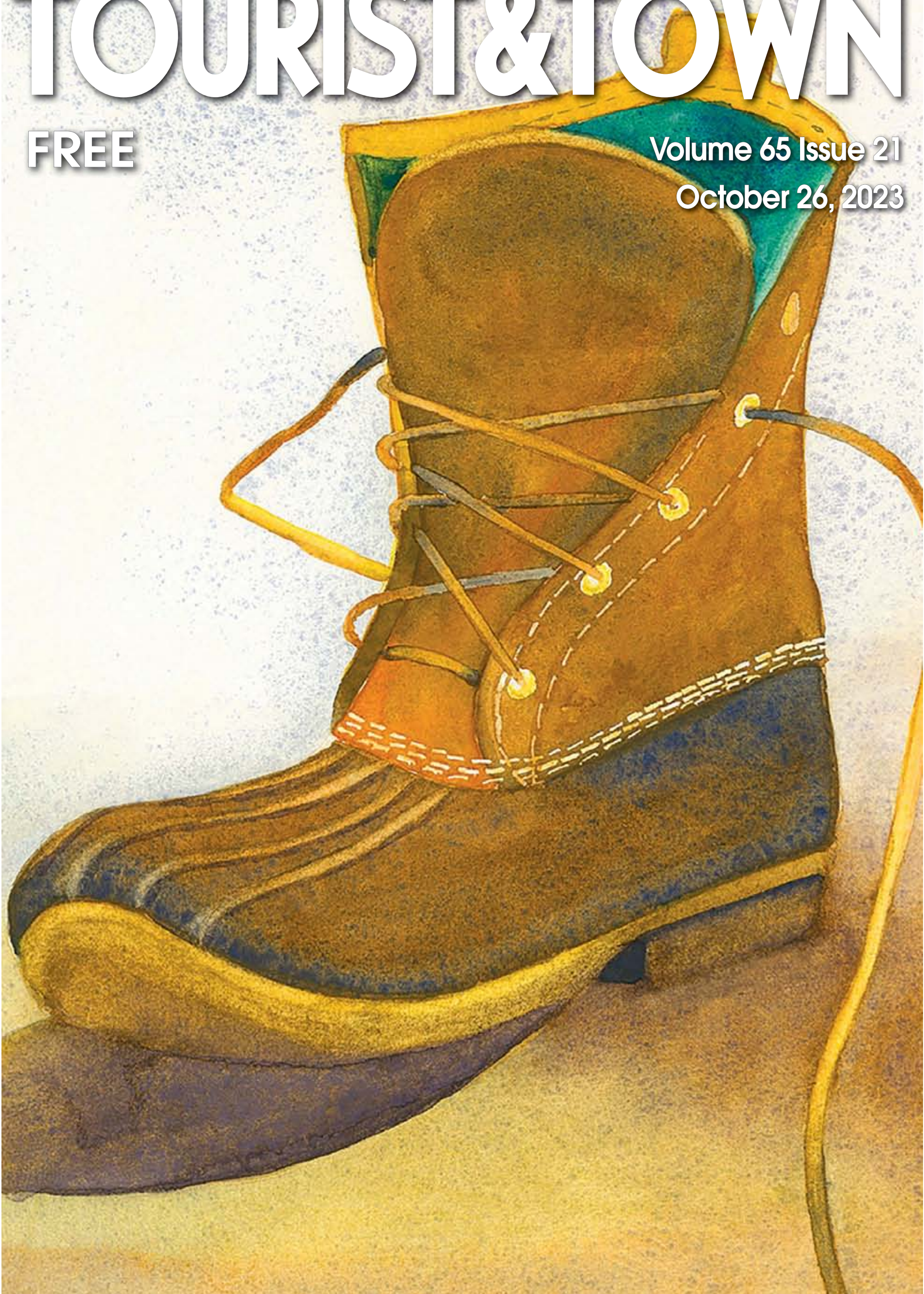


TOURIST & TOWN

FREE

Volume 65 Issue 21
October 26, 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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Publisher's Note

Originally, the word "iconic" meant "resembling an icon." As it is used today, however, "iconic" basically describes something admired, something immortal, something popular, celebrated and recognizable, something that represents a particular place or time.

Many years ago, I fell in love with all that is iconic about Maine. And I am still in love – more now than ever, in fact.

We know what's on the "iconic" list. Locals and lovers of Maine can recite it well. We have lobster, blueberries, maple syrup and whoopie pies; pine trees, lighthouses, sandy beaches and rocky coastline; moose sightings, whale watching, leaf peeping and fishing; Acadia and Sebago... and L.L. Bean.

Yes, the famous retailer, founded in 1912 by Leon Leonwood Bean, is about as iconic as it gets. And so is that boot. (Did you know the giant boot in front of Bean's flagship store is a size 410?)

I do love a place with character. I love a place so well-defined, so recognizable, so hugely appreciated, that one can easily rattle off this kind of list. And that list is only the beginning, of course. The riches go on and on.

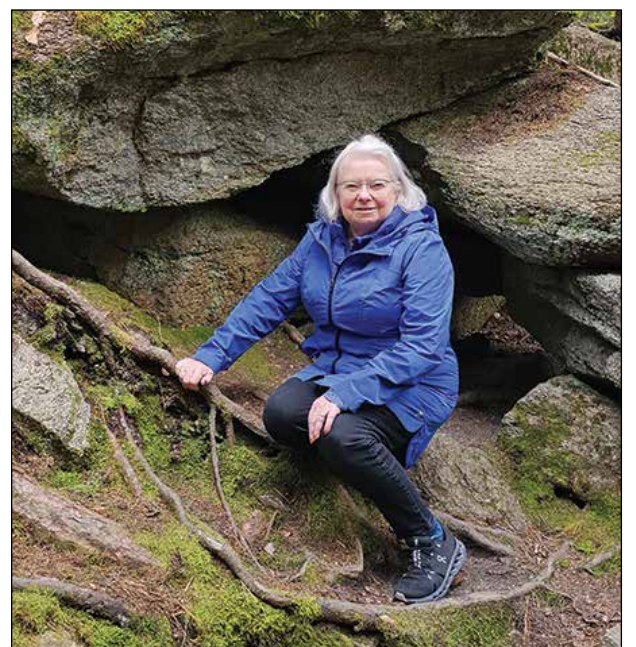
Enjoy this latest celebration of Maine!

Kingsley Gallup, Publisher



Cover Artist: Cheryl Lunde

Cheryl Lunde is a retired educator who grew up in the Midwest and moved to Maine in the late 1980s. She lives in Wells. Lunde's love of painting began years ago but has matured in recent years with her primary interest in watercolor and other water-based media. Wells and the coastal area and country settings are rich in subject matter. She has a passion for travel which also melds well with her interest in painting, with the world providing vast inspiration. Cheryl is active in the Art Guild of the Kennebunks and Maine Women in the Arts.



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Finding Our Voices and Kennebunk Free Library host a powerful evening of shared stories and hope

Maine domestic abuse survivors shared their stories of entrapment and freedom to a full house on Wednesday, October 18, at a Finding Our Voices program at the Kennebunk Free Library.

The Kennebunk event was the fifth stop of a fall "Let's Talk About It" tour for the grassroots nonprofit that breaks the silence of domestic abuse, one conversation and community at a time, across the state. The group was at the York Public Library on October 17.

The nonprofit, founded in 2021 by Patrisha McLean, following the domestic violence arrest of her then-husband Don "American Pie" McLean, alerts the public to the domestic abuse all around us and supports Maine survivors. Their programs include the Get Out Stay Out Fund that pays for car, shelter, legal, food costs; on-line support groups and writing, horsefarm and healing retreats. During the Camden-based group's time in York County, Dr. Ryan Smith of York Village Dental became the 25th dentist to step up to their Finding Our Smiles program of dignified pro-bono dental program.

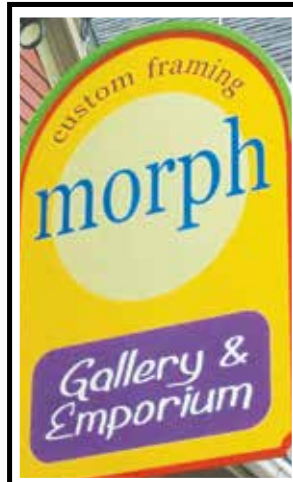


Panelists from left to right are Rebekah Lowell, Mary Kamradt assistant to the president of Finding Our Voices, Mary Lou Smith, Sarah Graham of York, Bethany Perkins, and Dr. Kerry Roarke, a pharmacist in Biddeford. In front is Patrisha McLean, president/founder of Finding Our Voices. Missing from the photo, but also on the panel in Kennebunk, is Jeannine Oren, former news anchor for the WMTW TV station. Photo courtesy of Finding Our Voices.

Business sponsors of the York County breaking the silence fall events were Kennebunk Savings, Cosmetic Enhance-

ment Center of New England, Hurlbutt Designs, York Harbor Inn, The Wanderer Cottages, and The Colony hotel.

For more information visit <https://findingourvoices.net> or contact McLean directly at hello@findingourvoices.net



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A new chapter for The Bitter End in Wells

by Jo O'Connor

Imagine a partnership that traverses four restaurants, a triad of chefs/owners and comes full circle over a 14-year journey. The locally renowned hospitality team of Pete and Kate Morency has been integral to the southern Maine hospitality scene, owning, managing and successfully running numerous iconic establishments such as Pier 77, The Ramp, Pedro's and now, the Bitter End. Each one of these locations has brought tourists and locals alike delicious cuisine, a groovy

ambience with a hip vibe and just an overall great feeling completed by an affable waitstaff team.

The year is 2009. Enter a young, eager and hard-working (native Mainer) Rich Ellis at age 19. Coming through the ranks with Morencys in all of their locations; you can say Ellis has earned his ups. And the big news is he will be taking over the reins of the Bitter End in the coming years.

"After I graduated from Kennebunk High, I backpacked in Europe for four months and then moved to Califor-

nia to make a go of it. After three months, I was broke and had nowhere to live, so I headed back to Maine, and a few of my buddies were working in the kitchen of Pier 77. So, I joined as a dishwasher," said Ellis.

After two years scrubbing dishes for both Pier 77 and The Ramp, Ellis moved up to the position Garde-Manger (French for keeper of the food), handling the area of cold storage—salads and desserts. Ellis would then be promoted to the role of running the fryer (blanching fries, making onion

rings and creating New England's famous batter-rich fried clams). It was there he started to learn the art of kitchen prep and recipes (sauces, dressing, vinegarettas). After a year, he took over the Flat Top position (Planche—hot grill)—running the metal grill (for fish to order and more intricate entrees). After much work, he eventually made it to the line.

"I started getting close to Pete and my responsibilities became more intense. Everything had to be well orchestrated—from calling orders to the speed, the spins. It was fast every night... We worked well together grinding it out on the line. Every day was a battle," said Ellis.

In 2011, Ellis jumped back and forth from Cape Porpoise to Lower Village Kennebunk to help with the opening of Pedro's Mexican Restaurant. The Morencys eventually sold Pier 77/The Ramp. Ellis stayed on with the new Pier 77 owners for two seasons but then wound his way over to the line at Pedro's.

The triumvirate talked about opening a new restaurant in 2017, and within six months, they came up with a game


—continued on next page



Together, dedicated trio Rich Ellis, Pete Morency and Kate Morency have made The Bitter End the cool spot it is. Photo by Jo O'Connor

Amateur Radio Society
The New England Radio Discussion Society meets biweekly on Tuesdays at 7 PM at the New School in Kennebunk. The club informally gathers to support and promote Amateur (ham) Radio. Wide-ranging discussion topics include early and contemporary equipment, digital technology, internet integration and more. Most meetings include a "tech talk" by one of the society's members. Upcoming meetings will be held October 31 and November 14 and 28. The New School is located at 38 York Street. FMI contact Alex at: 967-8812.

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Pete and Kate Morency, pictured with Rich Ellis, will remain involved in the establishment for which they have such passion. Photo by Jo O'Connor

plan of purchasing Captain Hook's in north Wells on Route One to create a new space. They purchased it in February 2018, and by Memorial Day they were opened to the public.

The Bitter End is a cool indoor-outdoor spot, serving lunch and dinner year-round and focusing on delicious fresh food made to order, an unexpectedly diverse wine list not typically found in such a casual place, and icy artisan cocktails, all with a friendly price point. And, as expected, the sports and antique décor is a feast for the eyes.

During this transition time, Ellis was the chef at Pedro's for three days and at the Bitter End for four days. Once he was handed the keys, he dealt with contractors, handled sewer and water issues and had complete input into the Bitter End's kitchen design.

The Bitter End opened with great fanfare. When Tourist & Town interviewed the Morencys before its opening, it was clear that Ellis had been a part of the long-range planning.

"Rich has been a great asset to us since day one. We are a family," said

Kate Morency.

Rest assured: Pete and Kate aren't going anywhere. Kate will still continue to run the front-of-the-house responsibilities and Pete, as always, will be omnipresent.

A few fall specials are lined up: Happy Hour is 3-6 PM (with 50% off select beer and wine) and they will be open for a Traditional Thanksgiving dinner from noon-7 PM.

Open year-round Thursdays-Mondays 11:30 AM-8 PM

FMI: 2118 Post Road, Rte. One, Wells; bitter-end.me

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Healing Waves: delivering wellness through good vibrations

by Faith Gillman

Therapies using energy to treat body, mind, and spirit, such as acupuncture and yoga have been practiced for centuries. Each operates on the belief that

illness results from blockages or imbalances in the body's energy. Such techniques work to unblock or rebalance that energy.

Enter Healing Waves, a new venture in Saco

that taps into that idea, utilizing The Harmonic Egg®. The wooden chamber combines the science of bio-resonance with sacred geometry (geometric relations through form, pattern, and number), using light, color, sound, frequency, and vibration to activate the body's ability to restore itself. Healing Waves is the first location in Maine to offer Harmonic Egg® sessions.

Judy Stark, a fitness professional, Yoga teacher and lab scientist, along with Bill Carey, who retired after a career with Idexx and is also a martial arts instructor and professional musician, are co-owners of Healing Waves.

They're excited to share the Egg with clients. Carey first heard of it after his sister experienced it.

"She knew of my interest in energy work and suggested I look into it," said Carey.

Carey was amazed with the effects after his first session. He connected with Gail Lynn, the inventor of the Egg. Lynn opened her first therapy center in 2010 and worked on creating a chamber to enhance resonance. In 2020 she received a patent for her invention.

"I invited Judy to try the egg. It impressed her enough to discuss becoming 'Egg Guardians,'" said Carey. "Within three

days of committing to purchase the egg, I suffered a stroke."

Lynn recommended remote egg sessions for Carey, who experienced increased mobility after each and is now doing remarkably well.

"I'm excited to bring this to Maine so others can benefit from this marvelous healing modality," he said.

Stark became involved through a desire to reduce stress.

"My first session was amazing. In months following, a big challenge was thrown my way," she said. "I was able to move calmly through it."

Stark's passion is to promote wellness through exercise and nutrition. Introducing others to the Egg "takes things to the next level."

"The thought of bringing this to Maine absolutely thrilled me. So here we are, Harmonic Egg Saco-Healing Waves has arrived," she said. "Where else can you go to detach for 50 minutes, bathed in beautiful light, color and sound? The Egg creates a paradigm shift in our thinking. How the Egg can accomplish transformation cannot be explained in a few sentences. The frequency of light, color and sound, the power of your thoughts and emotions, beliefs and intentions are vibrational energy. Com-

ined with other components the Egg [creates] the environment for transformation. Light nourishes the body, stimulates, and supports our organs, endocrine and immune systems."

Stark said color can influence well-being, each having its own frequency and vibration.

"When disease or injury disturbs the vibration, applying color frequency can restore health," she said. "Sound resonance is the most important aspect of sound healing. It will re-harmonize cells that have become imbalanced. Sound can open channels, enabling cells to be fed and communicate again."

Clients fill out an intake form before the session. Shoes, jewelry, and cell phone are removed before being seated in a zero-gravity chair; a bell is proved should a client feel uncomfortable.

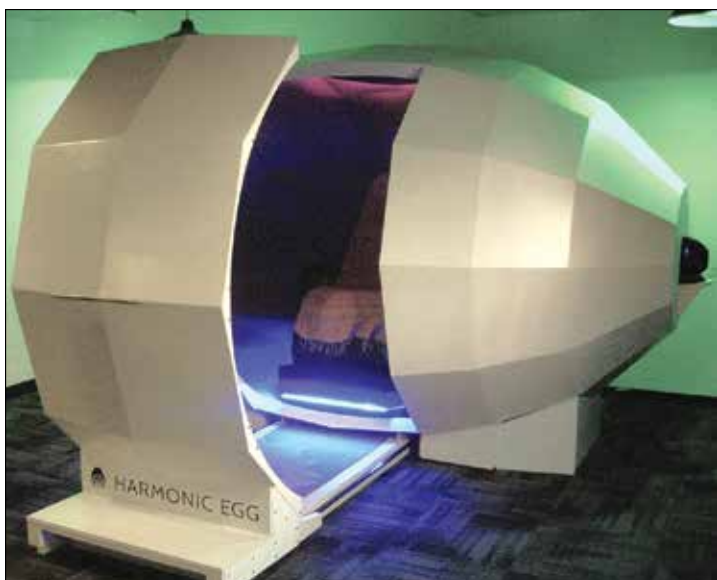
"If you experience claustrophobia, we can start the session with the door open and only close to a point of comfort," said Stark. "The Egg is as large as a small room."

Custom music is selected in real time. Each session has 40 minutes of music and 10 minutes of silence for integration. Carey and Stark are happy to discuss the session afterwards if a client desires. A reminder card with recom-

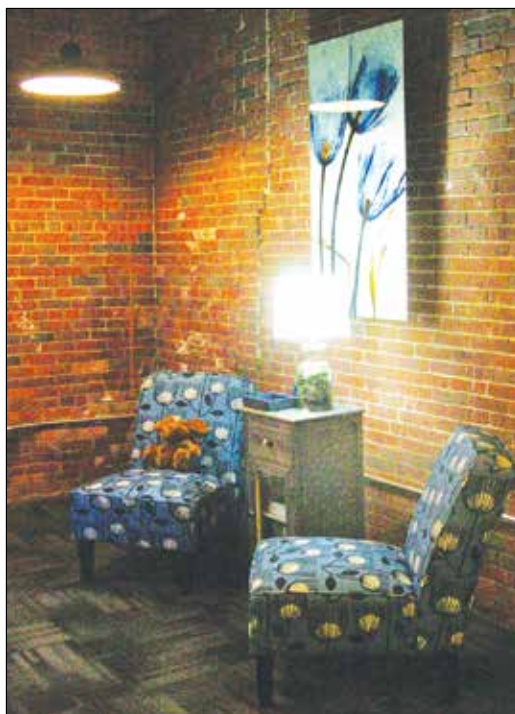
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Bill Carey and Judy Stark, co-owners of Healing Waves in Saco, offer a new wellness modality to clients through Harmonic Egg® sessions. All photos by Faith Gillman



Above: The Harmonic Egg® is a wooden chamber that creates an environment for relaxation and balance using light, color, sound, frequency and vibration. While there are many egg locations across the United States and Canada, Healing Waves is the first in Maine. At right: Healing Waves office space is warm, comfortable, and inviting.



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mendations for after the session, and an electrolyte drink to help detox and rehydrate, are provided. The room is cleaned and chair disinfected after each session.

Full integration takes five to seven days, according to Stark.

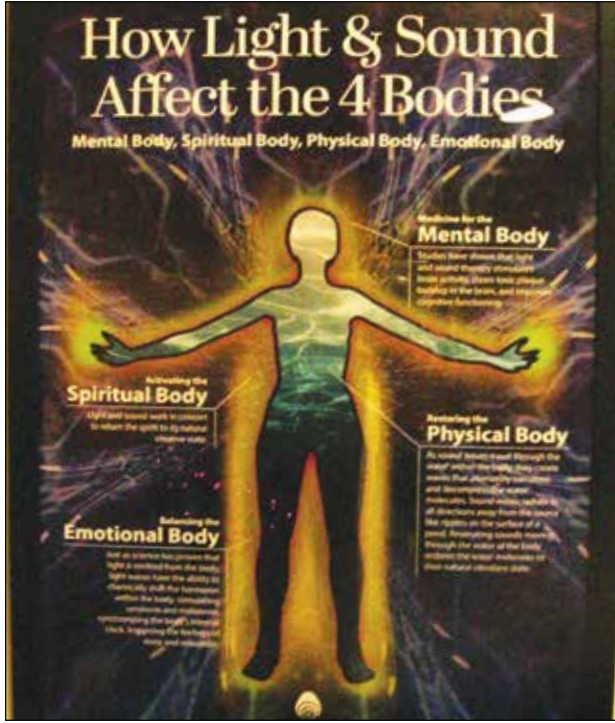
"Integration is equivalent to digestion," she said. "We eat, digestion happens and nutrients are slowly absorbed into the body. Integration occurs when one stays in that peaceful place, no strenuous activity or exercise or another healing modality is advised in the days following the session. This allows the effects to "sink" into the cells."

Stark and Carey want Healing Waves to provide a wellness solution, edu-

cating people about the benefits of light, color, and sound therapy.

"Afflictions helped by the Egg range from addiction, ADD, ADHD, Dementia to Autism, anxiety, stress, and physical ailments. My hope is to make the world a better place by delivering love, reliability, integrity and building community," said Stark. "Disease lives at a low vibration. The Harmonic Egg® helps raise the vibration where wellness and peace can flourish."

Healing Waves, located at 110 Main Street, Suite 1210, in Saco, is open Tuesday through Saturday by appointment. FMI or to schedule, see www.harmoniceggsaco.com or call 207-831-4344.



Colorful and informative posters provide specifics about how light and sound affect the mental, physical, spiritual, and emotional body. Photo by Faith Gillman



An "egg"ceptional experience

by Faith Gillman

I admit, I was a little nervous and a tad skeptical before my own session in the Harmonic Egg at Healing Waves in Saco. What would it be like, closed inside an egg-shaped chamber for 50 minutes? Would I be scared? Bored? Wasting my time? I'm happy to report that the experience was none of the above.

My session began by sitting down with Judy Stark (co-owner of Healing Waves) to go over the comprehensive intake form I had filled out. We discussed my intentions for the process. Judy listened closely and explained in detail what would take place during the session.

Once inside the egg and snuggled under a cozy blanket in a comfortable chair, Judy pointed out the button I could press if I needed anything, handed me a package of Kleenex (just in case), and reclined the chair to my level of comfort. She closed the door (which is not locked—it can be opened from the inside) and the customized music began. The floor of the chamber was bathed in blue light, while a

beautiful purple aurora radiated overhead. My first thought was how spacious it was and my second was 50 minutes is going to be a long time.

I was so wrong! I was completely surprised when the music ended. It didn't seem like 50 minutes had passed. Early in the process I had tingling sensations as the vibrations rose and fell. The music moved through me, making me feel both happy and sad. Tears sprang from my eyes a few times. And I'm pretty sure I fell asleep. When a gong sounded letting me know the process was just about over, I didn't really want it to end. I felt as though I had been floating down a river at dusk, completely at peace.

When Judy slid open the door, I couldn't keep the smile from my face. She helped me gently from the egg and gave me an electrolyte drink. While I drank, she went over steps to best utilize the session, which includes staying well hydrated for the several days as integration takes place. No longer nervous or skeptical, I know I'll be back for more...

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Annual November League of Maine Craft Show features distinctive Maine & New England artisans

Enjoy the best of arts and crafts at the League of Maine's November 4 and 5 craft show. This show, now in its 37th year, is a festive tradition in Wells. The popular two-day event will be held Saturday, November 4, from 10 AM to 4 PM, and Sunday, November 5, from 10 AM to 3 PM at the Wells Junior High School on Route 1 in Wells.

This juried craft show features 50+ crafters and artists who display their handmade wares. Traditional, contemporary and country crafts are featured. You'll see stained glass, jewelry of all types, pottery, soaps, clothing, wood crafts, fiber arts, graphics, photography, handcrafted specialty foods and much more.

Many of the crafters and artists have been coming back for years and they look forward to making new products for their customers. This is a great pre-holiday show. Here is just a sampling of the variety you'll find at the November show:

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.

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

Veronica Howley, Boylston, MA: Christmas and winter-themed florals, signs and decor. All created by Veronica...bringing that holiday spirit alive.

Matt Burke, Belfast: Artisan shortbread cookies and superfood granola...all made in small batches.

Amy Mazzurco, Freeport: Handmade minimalist sterling silver jewelry. Earrings, rings, and necklaces. Truly stunning.

The show is held rain or shine. Parking and admission are free. FMI contact Rita Poli at 967-2251, rpoli3@roadrunner.com, or visit summersolsticecraftshows.com.



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KFL announces "Coastal World" by Open Studio Artists

The Speers Gallery at the Kennebunk Free Library presents "Coastal World" by the Open Studio Artists. This exhibit will run November 3 to 28. The public is invited to an opening reception on Wednesday, November 8, from 5:30-7:30 PM.

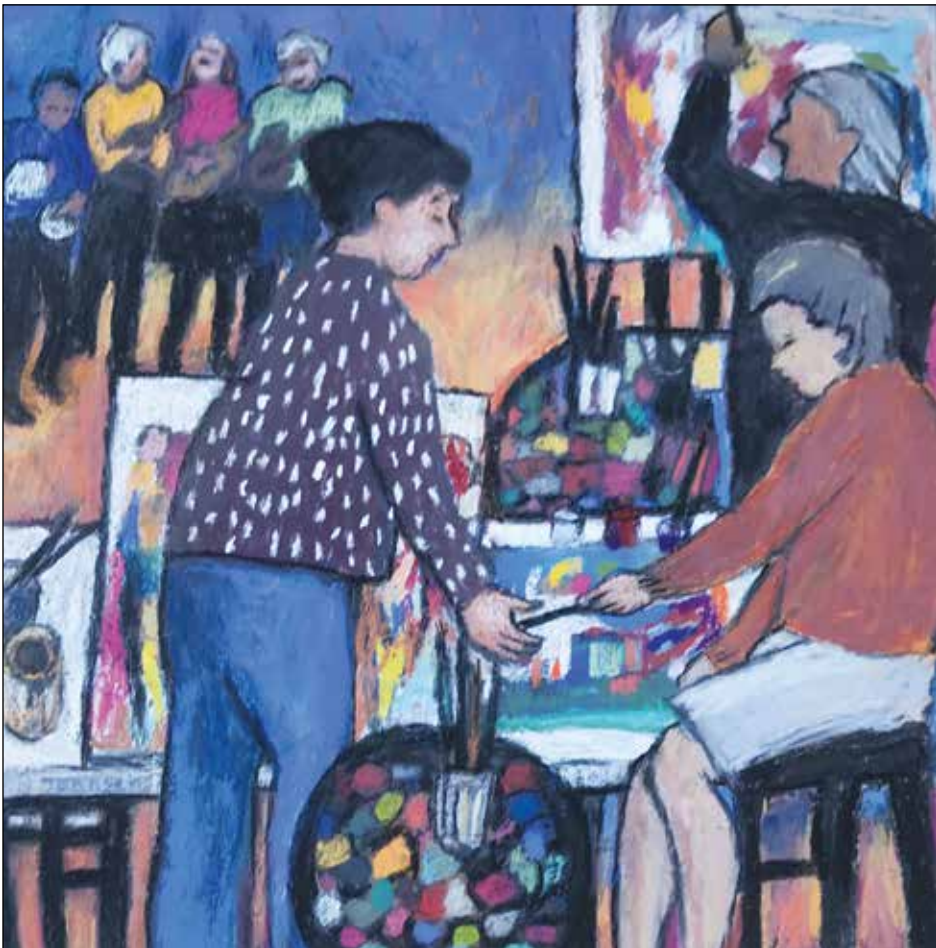
The Open Studio Artists are a group with ties to Kennebunk and the local area who meet weekly at Kennebunk's Unitar-

ian Universalist Church. They have been meeting for 10 years and range from experienced professionals to newer painters. Each person works independently on their choice of projects, but shares in a supportive community as they sketch, draw, and paint in their favorite medium.

Exhibitors include Ellen Pelletier, Cheryl Dahn, Norma Johnsen,

Ruth Wallingford, Sara Ostrov, Mary Barrett, Kathryn Davis, Susan Gilbey, Cheryl Lunde, Elizabeth Hunter, and Polly Cecchetti.

The public is invited to view the exhibit in the library's Speers Gallery from November 3 to 28 at 112 Main Street, Kennebunk. For current hours and gallery access, visit www.kennebunklibrary.org.



Art and Music by Norma Johnsen



FALL INTO WINTER FASHION SHOW

November 1, 2023
4-6pm

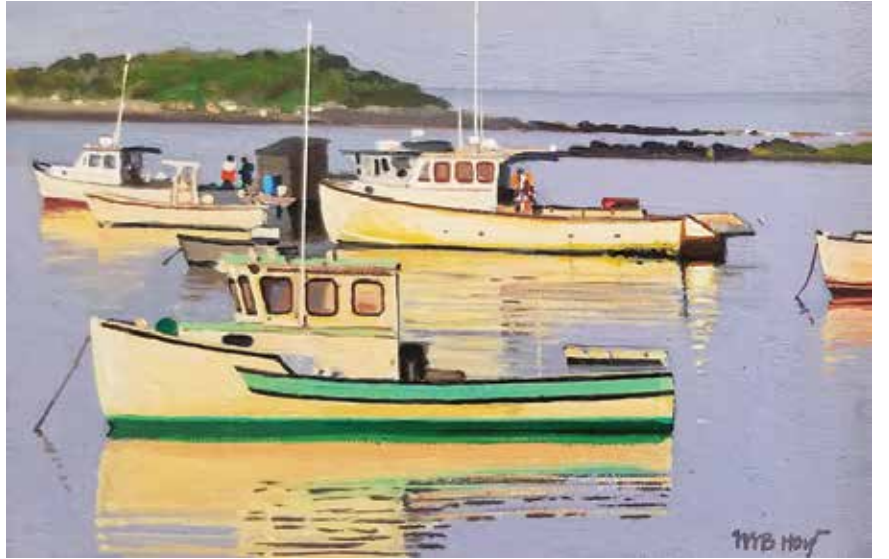
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THRU NOVEMBER 20

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CALENDAR




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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. 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. Bring your costume to the library to swap for a new (to you) costume. 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, October 26

Preschool Story Hour, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10:30-11:30 AM. Join Wells Reserve education director Suzanne Kahn for a reading of *Bats at the Beach* by Brian Lies, followed by a related craft activity and a trail walk. For ages 3 to 5 and their caregivers. Free. Registration required at 207-646-1555 x116 or suzanne@wellsnerr.org. FMI wellsreserve.org/calendar.

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

Lego Madness! Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 3:15 PM. Imagine, create, build. Bring your imagination for an hour of fun. This program is for elementary-aged students. Space is limited and pre-registration is required. FMI call 967-2778 or visit www.graveslibrary.org.

Monthly Movie Night, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 6:45 PM. All are welcome to attend. Light refreshments will be served. FMI call 967-2778 or visit www.graveslibrary.org.

Evening Book Group, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5 PM. The group is reading *The Swimmers* by Julie Otsuka. FMI call 967-2778 or visit www.graveslibrary.org.

Walk Among the Shadows with Spirits Alive, Eastern Cemetery, 224 Congress Street, Portland. This year's theme is "Portland's Inferno, 1866: Fire and Resurgence" and will run October 19-21 & 26-28, from 6:30 to 7:30 PM, and Sundays, October 22 and 29 from 5:30 to 6:30 PM. FMI visit www.spiritsalive.org/wats.

Friday, October 27

Spooktacular Story Time, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10 AM. Wear your costume to this Halloween Parade story time. We'll have a special craft and treats, it'll be adoraboo! For further information, please call 967-2778 and ask for the Junior Room or visit our website at www.graveslibrary.org.

Kids' Night at the Museum: Dia de Los Muertos, Brick Store Museum, 117 Main Street, Kennebunk, 5 - 7:30 PM. Drop your children off at the Museum to explore the Day of the Dead with sugar skull making, a movie (rated G) and dinner. (Great for a parents' night out!). Directed by Museum staff. Cost: \$40 per child with \$5 off for siblings. Price includes craft, pizza, and movie. FMI and to pre-register, call 985-4802 or visit www.brickstoremuseum.org.

Saco River Theatre Presents *Outside Mullingar*, a play by John Patrick Shanley, on October 27, 28 and November 2, 3, and 4 at 7:30 PM, and on October 29 at 2:30 PM. Tickets are \$15 for general admission and can be purchased at www.sacorivertheatre.org or by calling 207-929-6473. Saco River Theatre is located at 29 Salmon Falls Road, Bar Mills.

Saturday, October 28

Full Moon Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 5-7 PM. The sun sets at 5:39 PM and the moon rises at 5:31PM. Watch these events from the Knight Trail at the Wells Reserve, then walk to beach to observe the moon over the ocean and share quiet time and reflections. Enjoy a slow, quiet experience with poetry and stories. \$8/\$6. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org/calendar.

All Souls' Walk, Brick Store Museum, 117 Main Street, Kennebunk, 12-3 PM. Celebrate the 20th anniversary of the All Souls' Walk. Begin at the Museum for a narrated walk with costumed interpreters through Hope Cemetery to visit the graves and hear the fascinating and sometimes tragic tales of Kennebunk residents from the past three centuries. Not too spooky, it's perfect for the whole family! Cost is \$15/person; advanced registration highly suggested. Call 985-4802 or visit www.brickstoremuseum.org.

Sunday, October 29

Fun with Fungi, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 1-4 PM. Dr. Lawrence Millman gives a 1-hour indoor presentation on fungal ecology followed by a 2-hour trail walk at the Wells Reserve. Learn about the importance of habitat with respect to fungi and how to identify fungi based on diagnostic features. Please note: The word "edible" will not be used during this program. Millman has led mushroom walks in Labrador, Western Samoa, Slovakia, Nantucket, Maine, and elsewhere. He is the author of 20 books. For ages 21 and up. \$8/\$6. Registration required at 207-646-1555 x116 or suzanne@wellsnerr.org. FMI wellsreserve.org/calendar.

Monday, October 30

SMAA Medicare Info Sessions, Wells Public Library, 1434 Post Road, Wells, 10 AM-1 PM. Southern Maine on Aging Medicare Program will provide an unbiased free service to help you make an informed decision about your health insurance. They will answer Medicare questions: how to enroll, understanding your coverage, or understanding your billing issues. If you have any questions, please call SMAA at 207-396-6524.

New England Senior Adults Gospel Festival, Lakeside Community Church, 1248 Sokokis Trail, North Waterboro, 6 PM, with Performing artist and composer Gordon Jenson, Blackwood Brothers Quartet, and Ryan & Friends (Christian comedian and ventriloquist. \$20 donation at door.

Tuesday, October 31

Imagine That: Three Centuries of Kennebunk Commerce Tour, Brick Store Museum, 117 Main St, Kennebunk, 10:30AM. This walking tour explores Main Street and its commercial history over three hundred years. Stretches from the Museum down to the Mousam River Bridge. (about a half mile, 60 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.

Haunted New England with Chris Daley, Wells Public Library, 1434 Post Road, Wells, 5:30 PM. Join Chris Daley for a spooky evening of melding historical fact together with legend and myth to produce a new look at events that really happened. FMI contact Stefanie Claydon at sclaydon@wellstown.org or 207-646-8181.

The Aging Brain, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 PM. This is a talk about ways to stay healthy, reduce risk and live well with dementia. There will be an overview of "dementia worry" or the anxiety one might have about a dementia diagnosis. Grace Simonson is a medical student on the board of the Geriatrics and Palliative Care Club at UNE College of Osteopathic Medicine. Susan Wehry is a board-certified geriatric psychiatrist with almost 40 years of experience. She is the director of AgingME, a GWEP, to create a more age-friendly health system. FMI call 967-2778 or visit www.graveslibrary.org.

Scooby Doo and Mystery Inc., Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 3 PM. Scooby dooby doo where are you? He's at the Graves Library with all your treats! Visit Scooby and the gang from 3-5:00 on Halloween for a treat, no tricks. Pose with Scooby and the Mystery Machine for a photo. FMI call 967-2778 or visit www.graveslibrary.org.

New England Radio Discussion Society Meeting, The New School, 38 York Street, Kennebunk, 7 PM. The society meets biweekly on Tuesdays at 7 PM. The club informally gathers to support and promote Amateur (ham) Radio. Wide-ranging discussion topics include early and contemporary equipment, digital technology, internet integration and more. Most meetings include a "tech talk" by one of the society's members. Upcoming meetings will be held October 31 and November 14 and 28. The New School is located at 38 York Street. FMI contact Alex at: 967-8812.

Halloween in the Kennebunks. Visit the 3 towns for some Halloween festivities. Trick-or-treating among area businesses in Main Street and Lower Village Kennebunk, plus Dock Square and any other business that wants to open its doors, will take place between 4 and 6

PM. Local businesses should RSVP via email at events@gokennebunks.com if interested in participating. Business Trick-or-Treating (Various Locations) will take place 4-6 PM, Trunk or Treat (Weirs Buick GMC, Arundel) will take place 4-6 PM, and trick or treating will take place on Summer Street, Kennebunk, from 5-8 PM.

Wednesday, November 1

Wednesday Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10:30 AM-12 PM. Docent Norma Fox chooses a trail she thinks will be best for exploring on that particular day, using the natural world as her muse. For ages 12 and up. Free. Registration required at 207-646-1555 x110 or caryn@wellsnerr.org. FMI wellsreserve.org/calendar.

Potato Pals! Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 1 PM. Come design your own Potato Pal. Come to the Library, select a potato, take it home, and transform it into a favorite character. Bring it back to the Library to go on display. It's that easy. Potatoes will be available starting November 1 with spudtacular prizes awarded by November 30. FMI call 967-2778 or visit www.graveslibrary.org.

The Center's Fall Into Winter Fashion Show, Nonantum Resort, Ocean Avenue, Kennebunkport, 4-6 PM. Featuring local boutiques. \$35 includes light fare and a swag bag!

Thursday, November 2

Blue Zones, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 9 AM. Community screening and discussion of *Live to 100: Secrets of the Blue Zones*. View and discuss part four of a documentary featuring Dan Buettner as he discovers five unique communities where people live long and vibrant lives. Dan Buettner is an explorer and best-selling author who has studied Blue Zones for twenty years. This documentary features five regions across the globe with the highest number of centenarians or people who live to 100. All screenings will be at the Library from 9-10:30 AM. FMI call 967-2778 or visit www.graveslibrary.org.

C.A.R.E.S. Discussion, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 6 PM. Join this monthly discussion with 3 Towns: 1 Community C.A.R.E.S. (Conversation, Advocacy, Resources, Education, Support). C.A.R.E.S. meets the first Thursday of every month at 6 PM at the Graves Library for a guest speaker presentation, open discussion, and overdose first aid training. FMI call 967-2778 or visit www.graveslibrary.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. FMI contact Cindy Appleby at cappleby@wells-town.org or 207-646-8181.

Friday, November 3

Fiber Arts, Wells Public Library, 1434 Post Road, Wells, 10:30 AM. All ages & levels of ability are encouraged to join us for ideas, inspiration, and lively conversation. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call 207-646-8181.

Great Decisions, Wells Public Library, 1434 Post Road, Wells, 10:30 AM. Join with other community members at the library for lively and informative discussions on the major global issues of our time. Meetings center on topics outlined in the *Great Decisions* briefing book provided by the Foreign Policy Association. Books may be purchased online at fpa.org/great_decisions or [facebook.com/greatdecisions](https://www.facebook.com/greatdecisions). The library will have one copy on reserve. This month's topic is homelessness. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call 207-646-8181.

Book Signing, Fundraiser, Art Show, Portsmouth Historical Society, 10 Middle Street, Portsmouth, New Hampshire, 5-8 PM. Join not-bad-selling author and photographer Joshua Hrehovcik to raise money for the Portsmouth Historical Society. Bid on prints at the silent auction, take a chance with the raffles and wheel of fortune and yes, there will be a putting contest. Joshua will be signing his book *Retro Roadtrip: Portsmouth and Dover* (and a couple of side trips) as well as his other *Retro Roadtrip* books. FMI call The Portsmouth Historical Society at 603-436-8433 and at portsmouthhistory.org.

Friday-Monday, November 3-5

Little River Antiques & Estate Sale, Poet's Lane, (in the shadow of Walker's Point), 9 AM-3 PM daily. Visit Little River's website for photos and description of sale contents at www.antiquesandestatesalesme.com. FMI also call (207) 751-6466 or email sfgnidziejko@gmail.com.

Saturday & Sunday, November 4 & 5

November League of Maine Craft Show, Wells Junior High School, Route 1, Wells. Now in its 37th year, the popular two-day event will be held Saturday 10 AM-4 PM and Sunday, 10 AM-3 PM. This juried craft show features 50+ crafters and artists who display their handmade wares. This is a great pre-holiday show.

Saturday, November 4

Harvest Fair, St. David's, St. David's Episcopal Church, 138 York Street, Kennebunk, 9 AM-2 PM. Good food will abound with delicious baked goods and sweets for sale along with homemade frozen potpies and jams and jellies. Lunch will be a special treat featuring sandwiches provided by Kitchen Chicks Catering, as well as award-winning soups by outstanding local providers. The silent auction will include over 50 high quality items and gift certificates from local businesses as well as a one of a kind donation from the Bush family. FMI call (207) 985-3073 or visit www.stdavidskennebunk.org.

On the Nightstand – Book Discussion Group, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 9 AM. This group will meet in the Dow Room on the first Saturday of every month. Bring a book that is on your nightstand currently being read. This new program will become a monthly event starting in 2024. FMI call 967-2778 or visit www.graveslibrary.org.

Sunday, November 5

Journalist Shannon Mullen and special guest Governor Janet Mills: A Conversation, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 PM. Journalist Shannon Mullen will be present – with very special guest Janet Mills – to discuss her book *In Other Words, Leadership: How a Young Mother's Weekly Letters to Her Governor Helped Both Women Brave the First Pandemic Year*. Letters between Mills and a young mother named Ashirah Knapp are the focus of Shannon A. Mullen's book, in which the author weaves from these two women's letters and the governor's journals an intimate and compelling true story that is a celebration of civility and compassion in the face of rancor and of resolve in the face of adversity. Doors open at 1:30. Parking available at the Village Fire Station (North Street) and Consolidated School (Route 9). FMI call 967-2778 to register for this event or visit www.graveslibrary.org.

Tuesday, November 7

Morning Yoga, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 8-9:15 AM. Begin your day with a gentle Hatha yoga class designed for people who need to stretch, strengthen, tone, and relax on a regular basis. This is the first in a series of six weekly sessions hosted by the Wells Reserve on Zoom and led by Leslie Fiore, founder of Port Yoga in Kennebunk. \$72/\$60 for the series. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar.

Fiction Book Club, Wells Public Library, 1434 Post Road, Wells, 6 PM. The Fiction Book Club meets the first Tuesday of every month and is open to all adults. This month the book is *The Extraordinary Life of Sam Hell* by Robert Dugoni. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call 207-646-8181.

Technology Class, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 11:15 AM. This session will explore online shopping – and safety online – for the holidays. FMI call 967-2778 or visit www.graveslibrary.org.


Wednesday, November 8

Gulf of Maine, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 12-1 PM. Discover features of the peculiar body of water known as the Gulf of Maine in this virtual talk hosted by the Wells Reserve and presented by docent Steve Podsiadlo. SRegistration link at wellsreserve.org/calendar.

Thursday, November 9


Morning Book Group, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 9:45 AM. The book *Call Me American* by Abdi Nor Iftin will be discussed. This group meets on the second Thursday of every month. New members are always welcome. FMI call 967-2778 or visit www.graveslibrary.org.

Award Winning pastel artist Wade Zahares presents "Painting House Portraits," Brick Store Museum's Program Center, 4 Dane Street, Kennebunk, 6-8 PM. Acclaimed for his distinctive style of perspective, Zahares demonstrates his step-by-step process of painting homes from early sketches to completed work. Also available for purchase will be Wade Zahares' books, prints, notecards and other artwork. This free event is sponsored by the Art Guild of the Kennebunks.



WADE ZAHARES
presents
"Painting House Portraits"
Pastel demonstration
from sketches to completed work.
FREE Public Welcome Thursday, Nov. 9: 6 to 8 PM
Brick Store Museum's Program Center
4 Dane Street, Kennebunk

Wade Zahares' books, prints notecards and art will be available for purchase.

sponsored by  Art Guild of the Kennebunks




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9 AM - 2 PM

- *AMAZING SILENT AUCTION
- *TABLE OF TREASURES
- *SIGNATURE JEWELRY
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Kitchen Talk

Sweet and Savory Sunday Night Sandwiches

It's late Sunday afternoon. The kids have soccer (basketball, football, dance) practice and you want to make dinner in a hurry. Or, maybe that loaf of sourdough you baked two days ago needs to be used up. Or, you forgot to defrost chicken breasts. Or, you cooked dinner last night, the night before that, and the night before...

Lettuce Wraps (a la P.F. Chang's) Healthy and tasty!

For sauce, mix 3 tbsp. soy sauce, 3 tbsp. Hoisin sauce, 1 tbsp. sesame oil, 1 tbsp. rice vinegar, 1 tbsp. peanut butter, 1 tbsp. honey, 2 tsp. sweet chili sauce, 1/2 tsp. garlic powder and 1/4 tsp. powdered ginger. Combine well.

Heat 1 tbsp. peanut oil in frying pan and, when hot, add 1 lb. ground chicken. Cook until pieces start to brown, then add 1/2 minced (medium size) onion; saute 5 minutes until onion is translucent. Add 1 cup red or green diced pepper and 1 8-oz. can water chestnuts (drained, minced) and cook until peppers soften.

Add sauce and simmer over low heat until chicken and veggies are evenly coated and everything is heated through. Serve in lettuce leaves (iceberg is best).

TASTY TIPS: Finely diced chicken breasts substitute nicely for ground chicken. If you have peanut allergy, use olive or avocado oil instead. If you have soy allergy, substitute coconut aminos. (Remember, gluten-free soy sauce and Hoison sauce can also be substituted.) Peanut butter offers the best taste but if you're allergic, any nut or seed butter works.

Sandwich Trivia

Rou jia mo – “meat sandwich” – is a street snack eaten in the China's northwest Shaanxi province. It's said to be the world's oldest sandwich, dating back to the Zhou dynasty which ruled ancient China from 1046 BC.

Quick and Simple

A sandwich can be a humble meal and still bring great joy.

Avocado Toast for 2: Mash one ripe avocado with 1 tsp. lemon juice, 1/4 tsp. Kosher salt and a sprinkling of black pepper. Spread on toasted whole grain bread and top with a drizzle of extra-virgin olive oil.

Fluffernutters: Variety is the spice of life. So, spread peanut butter and marshmallow fluff on crusty bread (or cinnamon raisin, challah, corn tortilla — even Ritz crackers for mini-fluffers). Top with either ruffled potato chips, sliced bananas, crisp bacon, Nutella, apple or celery slices. (Gladys Presley always said that Elvis' favorite sandwich was a fluffernutter featuring sliced bananas and crisp bacon.)

Egg Salad: Think beyond the shell! Mix 2 or 3 hard-boiled eggs with mayo and diced onion to taste; then add cooked crisp and crumbled bacon, or finely chopped carrots and sunflower seeds, or a dollop of sour cream, or minced cucumbers and a dash of Ranch dressing, or a sprinkling of curry powder, or a dash of Dijon mustard, or chopped dill pickles, or a spoonful or two of pesto sauce, or chopped green onions.

Elevate your deli-bought chicken salad: To add zip to chicken salad, add fresh chopped herbs (basil, tarragon, dill, thyme or oregano), or toasted nuts and seeds (i.e. chili-roasted pumpkin seeds), or curry powder and minced apples, or hot sauce, or zest of lemon (lime and orange work well too), or chopped pickled veggies, or horseradish.

Did You Know?

Sandwiches are actually named for John Montagu, 4th Earl of Sandwich, an eighteenth-century English aristocrat. It's said that during long sessions of cribbage and other card games at public gambling houses, Lord Sandwich ordered his valet to bring him salt beef between two pieces of toasted bread. And he loved them!

Grilled Cheese: America's Favorite Grilled Gruyere Sandwiches for two

Saute 1 tart apple (peeled, cored, sliced thin) in 1 tsp. butter and 1 tsp. olive oil for 3 minutes, stirring gently. Drizzle with 1 1/2 tbsp. maple syrup and cook for another 2 minutes until apples are caramelized and tender, but not mushy. Remove from heat. Place 4 slices crusty bread in small broiler pan, top with apple/syrup mixture, then thinly sliced Gruyere cheese. Broil for 2-3 minutes until cheese bubbles.

Lobster Grilled Cheese for 4

Mix 1 cup fresh picked lobster with 1 tbsp. lemon juice. Add 4 oz. Brie-type cheese (minced into small pieces), 2 tbsp. chopped fresh chives, 3 sun-dried tomato halves (or fresh tomatoes chopped), and enough mayo to bind the ingredients. (Err on the light side.) Place 4 slices crusty, buttered white bread in griddle, place lobster mixture evenly on bread slices, top each with Jarlsberg cheese, followed by remaining buttered bread slices. Cook 3-4 minutes per side. Slice sandwiches in half or on the diagonal.

Open-Faced Grilled Cheese with Bacon and Apples

Bake bacon in preheated (350 degrees) oven until crisp; drain, cool and cut each slice into quarters. Place 4 slices whole-wheat sandwich bread on clean baking sheet, top with sliced cheddar cheese, 1 red apple (cored and thinly sliced crosswise) plus bacon. Bake 10-12 minutes (350 degrees) until cheese melts.

Turkey Brie Panini

Slather honey mustard (or a mixture of your favorite mustard and honey from your pantry) on a ciabatta roll. Top with sliced turkey, thinly sliced crisp apple (Honeycrisp or Cortland), toasted walnuts and a generous slice of Brie. Use panini press to cook until warm (or heat on a griddle under a weight.)

Remember this TASTY TIP from Ina Garten: “The best kitchen shortcut I know is to make really simple recipes. They can be as delicious as complicated ones.”

Tuna Melts for 4

(Sometimes the simplest sandwiches are the most satisfying)

Mix 1 thinly sliced green onion (including green tops), 3 tbsp. chopped fresh parsley, 2 tbsp. chopped fresh tarragon (substitute dill, if you prefer), zest of 1 lemon, 2 tsp. lemon juice, 1 tsp. Dijon mustard, 1/8 tsp. black pepper, 1/3 cup mayonnaise. Add 2 6-oz. cans drained tuna (preferably solid tuna canned in extra olive oil). Use fork to break up tuna and stir mixture.

Butter 8 slices of French bread (or Italian loaf bread, sourdough, country loaf). Put four slices (butter side down) in hot griddle, top with tuna mixture, 2 slices of tomato and grated sharp white cheddar cheese (or Swiss, provolone, Havarti). Top with bread slices (buttered side up). Cook 3 minutes or until nicely browned, then flip carefully and cook another 3 minutes.

Tips: Don't rush the cooking. Use medium heat so the bread toasts and the insides get warm. For crunchier sandwich, add diced celery or chopped water chestnuts. Substitute minced shallot for green onion. Consider adding a chopped hard-boiled egg. It all works.

Seacoast Garden Club invites potential members to November 13 meeting, to include "Hydrangeas of the Northeast" presentation by Master Gardener

The Seacoast Garden Club is hosting an Open Meeting on November 13 at the Community House, 8 Temple Street, Kennebunkport. Coffee, tea and refreshments will be served at 9:30, followed by a short business meeting before the program, "Hydrangeas of the Northeast," led by Cheryl Monroe.

Author of a blog titled "Garden in the Burrow," Monroe is a Master Gardener who specializes in horticultural design. Her presentation will include

tips about planting, growing and pruning hydrangeas. She promises to answer the age-old poser: Why won't my hydrangeas bloom? She will also cover zone/climate for the best bloomers, native selections, hydrangeas for sun, shade and in-between, plus container and small space gardening.

This is the only open meeting during the year of the Seacoast Garden Club which draws members from Kennebunkport, Kennebunk Beach, Arundel, Wells, Biddeford,

Sanford, Cape Porpoise and Exeter, N.H. The club meets once a month from October through May, and the 2023-24 programs focus on edible landscaping, growing dahlias, sustainable mushroom cultivation and creating a personal garden retreat.

For more information about the open meeting and joining the Seacoast Garden Club, contact Membership Chairmen Diane Israelson (disrlsn@yahoo.com) and/or Susan Joakim (susanjoakim@gmail.com)



Photo above left: Members of the Seacoast Garden Club plant, weed, water and tend boxes during the summer months at The Center in Kennebunkport. Photo above right: Members of the Seacoast Garden Club plant and tend flower beds throughout Kennebunkport and Kennebunk, including the Kennebunkport Post Office garden. Photos courtesy of Seacoast Garden Club

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Gourmet Soups from Local Restaurants
Handmade Ceramic Bowls -Yours to Keep!
Raffle Prizes, Silent Auction And More!

Do you see it?
COS

BOWLS OF HOPE

A fundraiser for The New School & Community Outreach Services
Saturday, November 11, 5-7 PM
St. David's, 138 York St. (Rte. 1), Kennebunk
WWW.THENEW SCHOOLMAINE.ORG/EVENTS

Get your tickets today!

"I hope I can be the autumn leaf, who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift."
~ Dodinsky

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The Retro Roadtrip Report – Bug Light Park

by Joshua Hrehovcik and Geraldine Aikman

When most people think of Maine, they think of lighthouses, and in this edition of the Retro Roadtrip Report we will visit a little lighthouse with a big presence in South Portland. The Portland Breakwater Lighthouse, affectionately known as Bug Light, stands at the entrance to Portland Harbor. Built in 1855 and first lit in 1875, Bug Light – with its 25-foot tall cast iron, conical shape that resembles an early Greek monument – is considered a ‘spark plug’ lighthouse. The

grounds are accessible but the lighthouse itself is not.

The lighthouse is part of the Bug Light Park that boasts lovely views of Portland Harbor. This 8-acre park was the home of two huge ship building companies that at one time employed over 30,000 people, and constructed Liberty Ships during World War II.

You should also stop at The Liberty Ship Memorial, a tribute to the ships and the men and women who made them, when you visit the South Portland Historical Society and Museum. The

memorial, 35-foot tall and 65-foot long steel sculpture, portrays the bow section of a Liberty Ship under construction.

This is a beautiful time of year to visit Bug Light Park. Be sure to pack a picnic basket and bring your kite so you can make the most of this very special place in our very special State of Maine. Bug Light Park: 40 Madison Street, South Portland South Portland Historical Society: 55 Bug Light Park, South Portland

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At left: The Liberty Ship Memorial. Above: The Portland Breakwater Lighthouse aka Bug Light. Photos by Joshua Hrehovcik

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A tale of two phone booths

steep descent down a cleft in those cliffs to Pennan.

I rode the brakes coasting down the twisting singletrack lane, wondering how the hell I'd be able to get back up afterward, and if there were any film-minded tourists who'd been trapped down there for years.

I reached the tiny village's lone street and its row of freshly painted white cottages lining the waterfront. I gratefully exhaled as I spotted the iconic red phone booth featured prominently in *Local Hero* [Bill Forsyth's charming 1983 film about an American oil company president (Burt Lancaster) sending a representative (Peter Riegert) to scope out a quaint Scottish fishing village as a site for a refinery.

As Britain was phasing out its phone booths for obvious and fiscally sound reasons, Pennan was given the option to adopt theirs from the phone company in order to transform it into a defibrillator or a mini library. But the town held onto the operational phone box for two good reasons: Cell phone reception in the village was patchy at best, and movie-loving visitors came from all over the world to see it.

This movie-loving visitor received advice from a local woman (who served me the best scone I've ever had) on how to manage the road back out of town without stripping the transmission of my rental car. It was good advice, for 10 days later I was able to drive onto the ferry in Oban to get out to the Isle of Mull for Phone Box No. 2.

Most of my favorite movies are well known; however, I'm confident in saying that *I Know Where I'm Going!* is not. I could go

on and on about how much I love the movies made by the woefully underappreciated team of Michael Powell and Emeric Pressburger, especially their hot streak in the 1940s, but for the purposes of this column, I'll just say I had to see the phone booth featured in their magical 1945 feature (as well as a couple of castles and a pier on Mull also seen in the movie).

I nearly didn't make it, what with torrential rains and choppy seas that day. But then I nearly choked on the irony; *I Know Where I'm Going!* is about a woman who is prevented from sailing from Mull to a neighboring island (in order to marry her fiancé) by continued foul weather. I went ahead and dealt with the less than ideal conditions.

The main roads on Mull are singletrack lanes peppered with countless passing places. I've driven such roads before, so they weren't too troublesome. However, the island's secondary roads are in a category all their own, especially the unnamed lane that runs down to Carsaig Pier.

It's a comically unsafe

road, with guardrail-free drop-offs into a steep wooded valley, no doubt made worse by pelting rain and unfamiliarity. I actually stopped before the final stretch, eyeing the narrow lane narrowed even further by encroaching bracken that would eventually scratch the driver and passenger doors. But I figured, hell, I made it this far, might as well keep going.

That was to reach the pier. I had already passed the phone box, for which there was absolutely no place to park. As in the film, there was a thunderous waterfall crashing down directly behind it, with some of it overflowing across the road. My innkeeper would call those rains that caused landslides and flooding throughout western Scotland "unprecedented," which is saying something, since people in that region wake up every morning confident it'll be raining.

So, to recap: I willingly drove out of my way down dangerously narrow and steep twisting roads to look at a couple of phone booths.

We all need hobbies.
dana@touristandtown.com

I recently went to Scotland to find a couple of phone booths. I'm not kidding. I mean, I also went to visit a couple of dear old friends and to check out a battlefield, a few castles, some standing stones, 5,000-year-old burial cairns, a distillery, an astonishing number of bakeries, and a monster-free Loch Ness.

Ahh, but the phone booths. How could I forget the phone booths?

The classic red phone box (as the Brits call them) don't just serve as portals through which to access the Ministry of Magic. They've also been used as crucial movie props. I was seeking two such phone booths.

Pennan was not on the way to my next town, but I had to add a couple of hours to my day's travel because of the phone booth there. For a little value added content, I discovered that a certain historical site was en route, one that I couldn't possibly miss: Deer Abbey. (Little things amuse me.)

A road closed for utility work forced a time-consuming detour as I neared Pennan, but I continued, undeterred, as it was crucial I see the phone booth. I will admit to a lump forming in my throat as I finally reached the turn-off to the tiny village, and it wasn't because I was getting emotional over seeing the phone booth. Paused atop a grassy headland towering high above sea level with less than half a mile to the harbor, I could tell it would be a seriously



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Sara and Casey Robinson, owners of Seven High in Kennebunk, renovated the space that was previously Cherie's Bistro using a little architectural salvage. I spy reclaimed doors and millwork on the bar bases as well as salvaged lumber, lighting, hooks, and a stained glass window.

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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Chime Choir in concert on November 12 at Kennebunkport's South Congregational Church

Back by popular demand: the fall concert of Kennebunkport's South Congregational Church Chime Choir on Sunday, November 12 at 3 PM.

South Congo's Chime Choir plays hand chimes which are different from hand bells and have a unique mellow tone. Eight different players play 29 different chimes, resulting in a dynamic and integrated sound. During the concert, the director and Chime Choir members engage the audience with demonstrations and explanations about the musical selections.

The repertoire includes familiar popular music and show tunes, including selections from *West Side Story*, *Porgy and Bess*, *My Fair Lady* and *The Sound of Music*. Piano, vocal, and other instruments will also be incorporated into the musical selections, ensuring a fun, upbeat program.



The Chime Choir will be playing Broadway tunes and other popular music on Sunday, November 12 at South Congo Church. Photo courtesy of South Congregational Church

This is a performance

you won't want to miss! The concert is free and open to the public. South Congregational Church is

located at 2 North Street in Kennebunkport, Maine (near the Post Office) and is handicap-accessible.

St. David's will host annual Harvest Fair November 4

On Saturday, November 4, from 9 AM to 2 PM, St. David's Episcopal Church will be hosting its annual Harvest Fair. St. David's is located at 138 York Street (Route 1 South just before the Wells town line) in Kennebunk.

Good food will abound with delicious baked goods and sweets for sale along with homemade frozen potpies and jams and jellies. Lunch will be a special treat featuring sandwiches provided by Kitchen Chicks Catering, as well as award-winning soups by outstanding local providers.

The silent auction will include over 50 high quality items and gift certificates from local businesses as well as a one of a kind donation from the Bush family.

First Lady Barbara Bush's hand painted women's purse featuring many local landmarks including, the Wedding Cake House, St. Ann's Church, the Brick Store Museum and of course

Walkers Point will be on display. The bidding is sure to be fierce!

The Basket Raffle will feature over 30 exciting collections of themed items such as Coffee Lovers, Family Movie Night, Seasonings and Spices, Mexican Dinner and a "Winter Car Care" Basket.

Other tables include Table of Treasures with unique finds, our famous Jewelry Table with an array of old and new offerings, and Hand Made items that would make great gifts for the holidays.

Harvest Fair at St. David's is an annual favorite, providing a good time with neighbors and friends and an opportunity to welcome in the season of harvest and the holidays to follow.

There is plenty of parking and weather will not be an issue, as the Great Hall has plenty of warm, dry space.

For more information, call (207) 985-3073 or visit www.stdavidskennebunk.org.



First Lady Barbara Bush's hand painted women's purse will be on display at the Harvest Fair. Courtesy photo

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Henry David Thoreau



La Dolce Vita Let the leaves fall

Maybe it's global warming, maybe all the rain we had in spring and early summer, but has anyone else noticed that the plants have gone wild this year?

Our potted plants have gone beyond abundance and into positive extravagance this year, and our new patio planters, about four feet tall, have sent forth such robust vibes that they've connected all the planters firmly to each other,

Lupine, a flower that lures influencers to Maine when it begins to bloom in June, seemed to lose track of the seasons. I had my last lupine bloom just a few weeks ago, deep into September.

Driving to work today, I saw hydrangeas blooming on Kennebunk's Main Street - in mid-October.

At home right now, I have plush wave petunias and bountiful begonias. Our geraniums are a bright pop of color spilling over their planters.

The plants, it seems, have decided it's still summer, despite the leaves sending a different message.

They're bright and blooming and not showing many signs of slowing down.

My neighbors have Halloween displays and pumpkins aplenty. I have a tropical rainforest.

Will I have bright pink flowers poking through

the snow? Have to hang Christmas lights around my hanging plants?

Probably not. Because while the flowers seem to want to flourish, I'm pretty much over them. I'm done with the yellows, pinks and reds of summer. I'm ready for mums and pumpkins, oranges and burgundies, golf and scarlet.

So the flowers have to go. But I feel guilty outright killing them, so I do what any self-respecting wife would do: I make my husband do it, preferably while I'm at work.

Today the hanging plants disappeared. Tomorrow the potted plants get the boot. By the weekend, I should have a clean



slate, ready for me to fall deeply into fall.

I'm ready for it. So bring on the pumpkins.

Layer in the mums. And let the leaves fall where they may.

At least until snow flies.



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



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Q: We are in the process of relocating to Maine. We have been looking at existing houses for sale for quite awhile and have not found one that meets our needs. Now we are beginning to look at land options where we can build a house that works for us. Honestly, we are a bit out of our depth in terms of evaluating land as to its results for us to be able to build what we are needing. Any thoughts or suggestions of what we can do to make this process work for us? Thanks Ernie and Beth

A: Yes you are correct, buying land is a totally different process and venue than buying a house. I would recommend that you find a builder that is knowledgeable and has experience. Your real estate broker can help you find a builder that will be good for you to work with. You can evaluate him by meeting with him and looking at some of the homes that he has built. When you find a lot that is in a location that works and appeals to you, I would contact the builder and have him go out on the lot and evaluate it. This process will move you in the right direction.

Q: I have just come across a house that is a really good fit for my family. Unfortunately, it appears to need a lot of work to bring it up to date. The asking price seems to reflect that and we are not concerned about that. Any suggestions on how we should proceed so we are guaranteed that we are doing this right? Thank you...Cal

A: Yes, similar to the question above, it would be in your best interests to have a builder take a look at the house and take into account those things that you want done and those things that need to be done as far as safety and town rules and regs. Again, your broker can help you find a builder to help you through this and do a good job for you.

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.

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Tide Chart

October 26 - November 9

<p>Thursday, October 26 Low 03:15 AM.. -0.22 High 09:36 AM....9.87 Low 03:44 PM.. -0.34 High 10:00 PM....9.98 Sunrise: 7:09 AM Sunset: 5:43 PM</p> <p>Friday, October 27 Low 04:08 AM.. -0.46 High 10:27 AM..10.45 Low 04:39 PM.. -0.88 High 10:54 PM....10.1 Sunrise: 7:10 AM Sunset: 5:42 PM</p> <p>Saturday, October 28 Low 04:57 AM.. -0.54 High 11:14 AM..10.83 Low 05:30 PM.. -1.23 High 11:45 PM..10.04 Sunrise: 7:11 AM Sunset: 5:40 PM Full Moon: 4:25 PM</p> <p>Sunday, October 29 Low 05:43 AM.. -0.44 High 12:00 PM..10.95 Low 06:19 PM.. -1.32 Sunrise: 7:12 AM Sunset: 5:39 PM</p> <p>Monday, October 30 High 12:34 AM....9.82 Low 06:29 AM.. -0.16 High 12:44 PM..10.81 Low 07:06 PM.. -1.16 Sunrise: 7:14 AM Sunset: 5:37 PM</p>	<p>Tuesday, October 31 High 01:22 AM....9.45 Low 07:14 AM....0.27 High 01:29 PM..10.46 Low 07:54 PM.. -0.78 Sunrise: 7:15 AM Sunset: 5:36 PM</p> <p>Wednesday, November 1 High 02:11 AM....8.99 Low 08:00 AM....0.79 High 02:15 PM....9.96 Low 08:42 PM.. -0.26 Sunrise: 7:16 AM Sunset: 5:35 PM</p> <p>Thursday, November 2 High 03:01 AM....8.49 Low 08:47 AM....1.33 High 03:03 PM....9.4 Low 09:33 PM....0.31 Sunrise: 7:17 AM Sunset: 5:33 PM</p> <p>Friday, November 3 High 03:53 AM....8.05 Low 09:39 AM....1.81 High 03:56 PM....8.87 Low 10:28 PM....0.83 Sunrise: 7:19 AM Sunset: 5:32 PM</p> <p>Saturday, November 4 High 04:49 AM....7.72 Low 10:36 AM....2.16 High 04:53 PM....8.44 Low 11:27 PM....1.21 Sunrise: 7:20 AM Sunset: 5:31 PM</p>	<p>Sunday, November 5 High 04:47 AM....7.56 Low 10:39 AM....2.32 High 04:54 PM....8.17 Low 11:28 PM....1.41 Sunrise: 6:21 AM Sunset: 4:29 PM Last Qtr: 3:38 AM</p> <p>Monday, November 6 High 05:46 AM....7.6 Low 11:44 AM....2.26 High 05:56 PM....8.08 Sunrise: 6:23 AM Sunset: 4:28 PM</p> <p>Tuesday, November 7 Low 12:25 AM....1.43 High 06:41 AM....7.82 Low 12:44 PM....2.01 High 06:55 PM....8.13 Sunrise: 6:24 AM Sunset: 4:27 PM</p> <p>Wednesday, November 8 Low 01:17 AM....1.34 High 07:31 AM....8.16 Low 01:38 PM....1.64 High 07:48 PM....8.26 Sunrise: 6:25 AM Sunset: 4:26 PM</p> <p>Thursday, November 9 Low 02:02 AM....1.2 High 08:15 AM....8.55 Low 02:26 PM....1.23 High 08:35 PM....8.42 Sunrise: 6:25 AM Sunset: 4:26 PM</p>
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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.





Spooks, goblins and other haunted delights

by Jo O'Connor
Photos by SuO

Trick or Treat! It's that ghoulish time of year when decorations of orange and black come out to play.

Breezy ghosts, flying witches, oversized skeletal structures, vampires, creepy clowns seem to be everywhere.

While youngsters will don their favorite costumes for the mega candy journey, All Hallows' Eve starts on the 31st of October as a nod to the eve of the Christian fest of All Saints' Day. Costumes come in all varieties celebrities, fictional characters, medical staff, firemen, princesses, hobos, the clergy, ninjas and the like. Even pet owners dress up their pooches for the big day. Apple bobbing, pumpkin carving, and watching scary movies are all in line with this special season.


The National Retail Federation states that Americans are expected to spend upwards of \$12.2 billion (yes, that's billions) for Halloween in 2023. That's up from 10.6 billion in 2022.

So dress up, show up and by all means have a bit of fun.

Boo!



YO, GARFIELD




Zip line though the spooky night sky on a *Zombie Zip Line Tour*

by Valerie Marier

Fog machines create a spectral setting and loudspeakers boom with Halloween classics, including "Monster Mash" and "Thriller." Dressed as zombies, the Take Flight staff offers glow sticks before sending you off on a frightfully fun, half-mile ride, zip-lining through treetops and past illuminated skeletons in this 12-acre complex. It all starts as it should at dusk on Halloween weekend.

"We introduced Zombie Zips several years ago," said Sam Stocks, general manager of the aerial adventure challenge course on Route 1, Kittery. "They've been amazingly popular and this year we're adding even more eerie stuff to the 30 minute rides. These are not for the 'faint of heart' as you climb and zip-line through the dark. It's just pure excitement and something the whole family will enjoy."

Stocks said "all ages and anyone weighing between 50 and 250 pounds" to arrive wearing Halloween costumes. "Just no capes or anything inflatable," she added. Closed toe and heel shoes are required for participation.

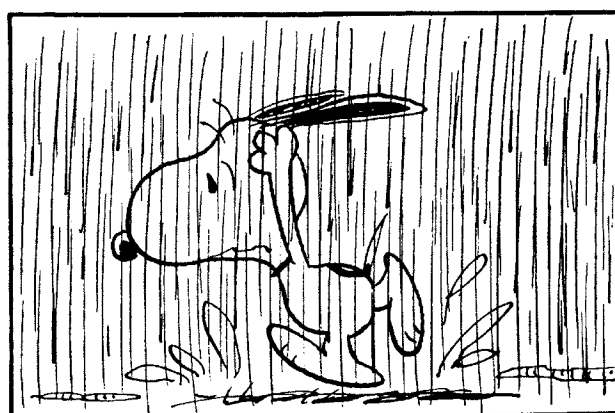
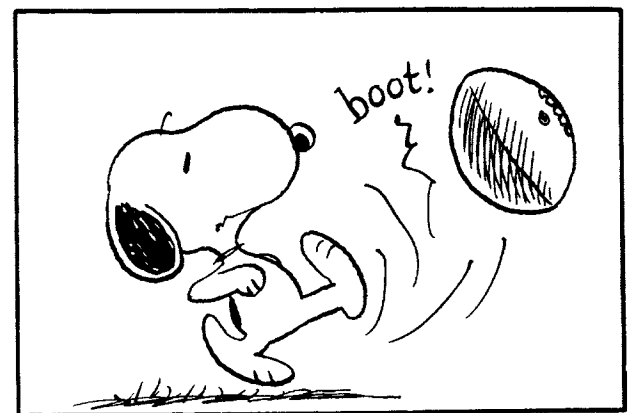
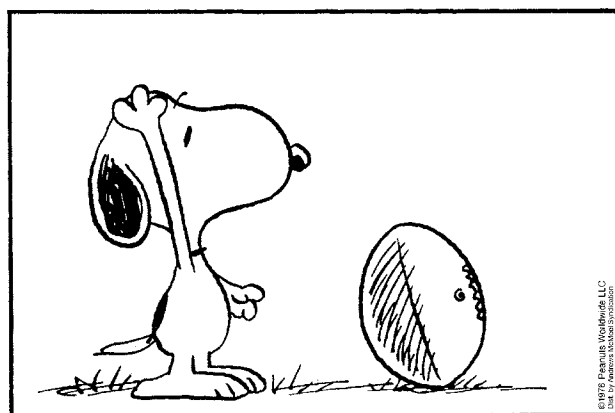
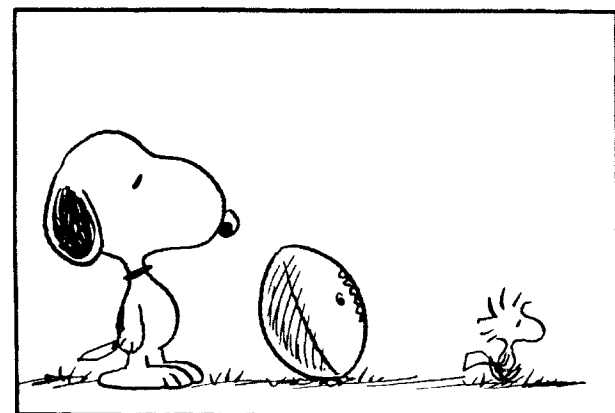
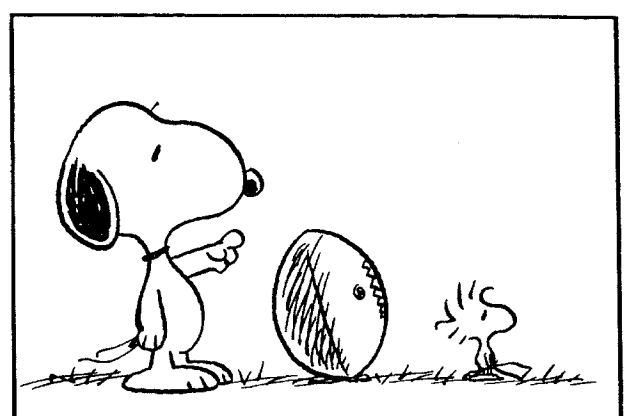
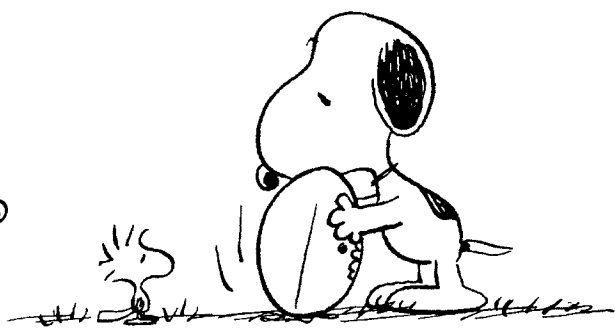
Throughout the summer and early fall, Take Flight offers two and a half hour aerial adventures, including multi-vines, cat walks, Burma bridges and swinging tires. Participants choose their own adventure at three different levels (12, 24 or 36 feet up), with cargo nets to climb up, on, across, over and through. Everyone gets outfitted with a harness and is introduced to a "buddy," a staff member who accompanies them on the challenging course, offering advice, help and encouragement.

"Zombie Night is a little different!" Stocks said. "We're just as careful and it's lots of fun for everyone, including our staff. But space is limited, so we strongly urge making reservations in advance because tickets sell fast."

Zombie Zips start Friday, October 27, from 6-9:30 PM; Saturday, October 28, 4-9:30 PM; Sunday, October 29, 6-9:30 PM. Cost is \$60 per person; Take Flight Aerial Adventure Challenge Park is located at 506 US Route 1, Kittery; FMI call 439-8838.

PEANUTS

featuring "Good ol' Charlie Brown" by SCHULZ



Through the Lens with Bob Dennis



"It has not been a great October for fall foliage. Many trees have been either slow to turn or haven't turned at all. In many cases, the colors we've seen have not been as brilliant as in the past. But I'm very passionate about foliage, and by going out every day and searching for photo-worthy scenes, I've been able to capture quite a few. One of them stands out. As I was passing through Dock Square in the early afternoon of October 18, I observed some promising conditions in the Kennebunk River basin. It was overcast but the water was unusually calm, the three dories were lined up nicely, and fall color was evident across the way. The reflections were perfect and, standing along the grassy area between South Church and the water, I composed the shot so that some of the best areas of foliage were highlighted between the dories. With a little editing, the result was a pleasing and well-received image that convinced me that maybe this October wasn't so bad after all." ~ Bob Dennis, @portimages, kportimages.com



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*"Last night you were unhinged.
You were like some desperate,
howling demon.
You frightened me.
Do it again."
~ Morticia, "The Addams Family"*

ACROSS

- 1 Smidge of salt
- 6 First Greek letter
- 11 Degs. for linguistics majors
- 14 Honda luxury brand
- 15 Luau performances
- 16 One of 15 in this puzzle's grid
- 17 Period in Earth's history that started 66 million years ago
- 19 Exist
- 20 Writing assignments
- 21 Say further
- 22 Web destination
- 23 Bagpiper's garb
- 25 Purr-fect rest?
- 27 Unusual
- 30 Serve, as coffee
- 32 "Frozen 2" character who sings "When I Am Older"
- 33 Vice ____ (the other way around)
- 35 Backbending yoga asana
- 39 Urgent letters?
- 40 Like at least two angles in every triangle
- 41 Large diving bird
- 42 Long ride?
- 44 Time for self-care
- 45 Runs on TV

- 46 Figures to analyze
- 48 44-Across destination
- 49 "Er, that's incorrect ..."
- 51 Critter whacked in arcades
- 53 Woes
- 54 Big ____ (semi)
- 57 Basic skateboard tricks
- 61 Code-cracking org.
- 62 "That pushes things" ... or what you could say about 17-, 35- or 42-Across?
- 64 Barely lit
- 65 Gaggle members
- 66 Chili in Tex-Mex cuisine
- 67 Setting for current events?
- 68 Skilled
- 69 Western lake between two states

DOWN

- 1 Walk back and forth
- 2 Soothes, as a sprain
- 3 Ones with a daily habit?
- 4 Frog sound
- 5 Brew with a cloudy name
- 6 Omakase tuna
- 7 2021 animated film set in Italy
- 8 Begged
- 9 Extremely loyal

- 10 Cool-cucumber connector
- 11 Some are eaten to enhance memory
- 12 Artery from the left ventricle
- 13 Use a broom
- 18 Scandinavian capital
- 22 Rice or beans, e.g.
- 24 Stanley with a celebrity cookbook
- 26 Order ____ carte
- 27 Track shape
- 28 Arnaz of "I Love Lucy"
- 29 Histrionic person, casually
- 31 What might be on you at the bar
- 34 Gives away the ending of

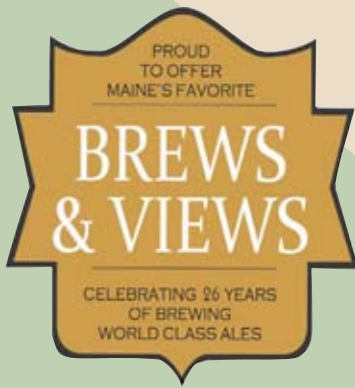
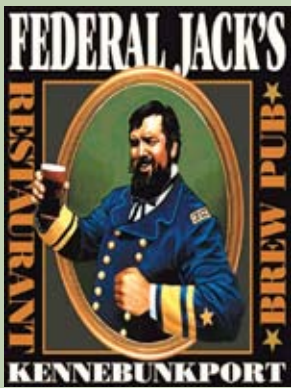
- 36 Second-string squad
- 37 Daytime TV option
- 38 "Orinoco Flow" singer
- 40 Varied
- 43 Coffee dispenser
- 44 Food court regular
- 47 Tugboat noise
- 49 Piccolos and oboes, e.g.
- 50 Fisher of "Eighth Grade"
- 52 Princess of Avalor, on kids' TV
- 55 "Gotcha" (OMG!)
- 58 Restless urge
- 59 Reverberate
- 60 Word after "soft" or "tap"
- 62 Tennis pro Swiatek
- 63 Volleyball action, or part of a match

You're Unbelievable! by Taylor Johnson and Matthew Stock

1	2	3	4	5		6	7	8	9	10		11	12	13
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Universal Crossword
Solution on page 20
(no peeking)

Enjoy!



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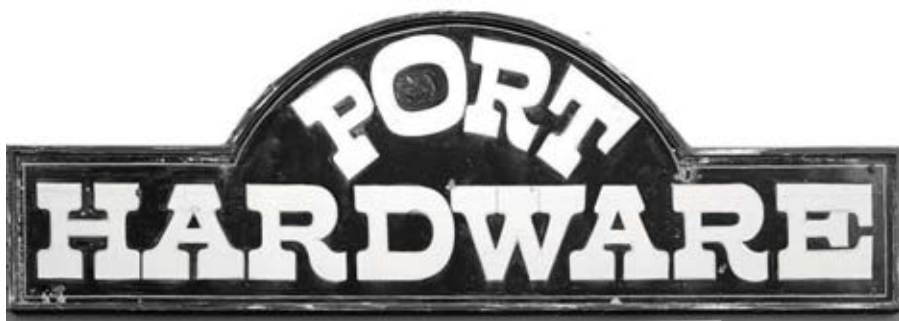


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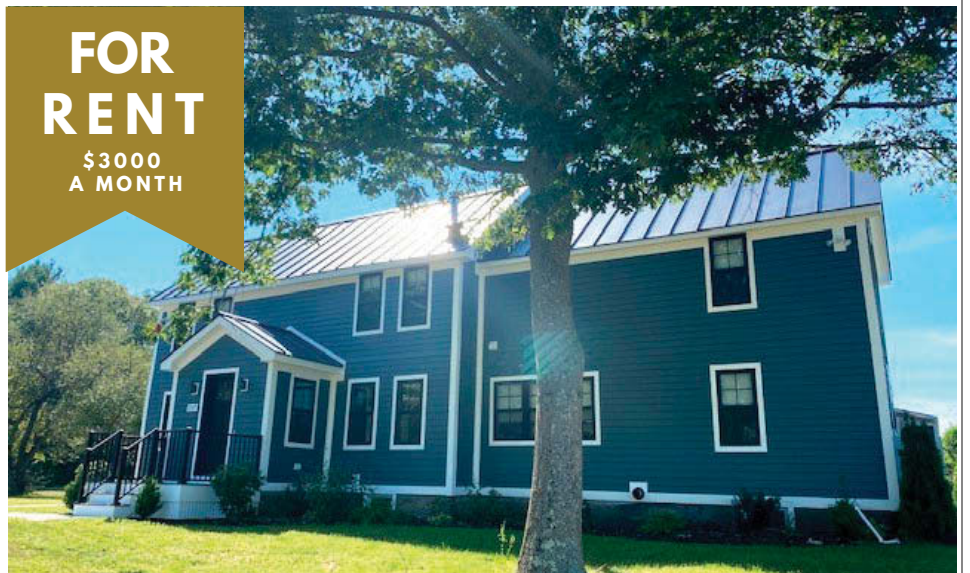
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