# IOURSTAIO WIN FREE Volume 65 Issue 22 **November 9, 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 & Editor**

Kingsley Gallup Gallup Publishing, LLC

#### **Feature Writers**

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

Kathy Oberman Tracy

#### Advertising:

Rayanne Coombs

Sandy Janes

**Content Editor:** Geraldine Aikman

Social Media:

Meghan Candee **Distribution Manager:** 

Joshua Hrehovcik

**Business Consulting:** 

Melissa Ross

12 Depot Street, Kennebunk P.O. Box 647

Kennebunkport, ME 04043 207-467-3292

publisher@touristandtown.com touristandtown.com

#### **Contributors this issue:**



Valerie Marier is a wife, mother and grandmother, who enjoys knitting, reading, golf and travel, and writes about them in her blog Wandering With Val. ww.wanderingwithval.com



**Jo O'Connor** is a mother of twins and founder/lead singer of the local band The Dock Squares. She teaches Zumba and aqua classes and is a marketing communication professor. jfboconnor@gmail.com



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

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# URIST&TO

## **SERVING SOUTH COASTAL MAINE SINCE 1958**

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#### **Publisher's Note**

As I sat down to write this week's Publisher's Note, I knew I wanted to say a few words about how touched I have been by the outpouring of support for the victims and families of the Lewiston tragedy.

One of the thoughts I would have shared was that I hope the outpouring continues...that it doesn't fade away once the immediate aftermath of the horrific events of October 25 have passed...that we allow what happened to inform how we treat our neighbors, now and always.

Just as I started my note, which is always the final step in putting together the newspaper, an email came in with a "Letter to the Editor" attached – and coincidentally (or perhaps not coincidentally), the letter included the same thought I was having, and expressed it far more eloquently than

I would have done.

And so, following is the letter I received today.

May we continue to stand for Lewiston. May we be there for our neighbors. And may we stand up against senseless violence always.



Kingsley Gallup, Publisher

My husband and I were thousands of miles away visiting Ireland when we learned about the heartbreaking shootings in Lewiston. We were on a tour bus having a good time and found it hard to believe what we were hearing.

At first, everyone wanted to know if it really happened. When we heard more details, we wondered what could have caused a 40-year-old Maine man to lose his mind, grab his semi-automatic weapons and mow down so many wonderful people?

When I tried putting myself in his shoes, I suspected that his mental pain was crushing and caused infinite despair. The man probably had no clear understanding of the source of his suffering and falsely believed that others were the cause. God knows how easy it is for us to blame each other for our trials and if we listen to that voice long enough, who knows what we, too, might feel driven to do?

We all deal with emotional and mental pain. There are no perfect people or trauma-free childhoods. It's part of the fabric of life.

I wish we each had someone who loved and accepted us just the way we are. I wish we each had someone who would not judge, but rather steer us in the right direction when we've been hurt or have hurt someone else. Then, the hateful inner voice would have no power and we could learn how to forgive and heal.

It's too late to make a difference in the lives of all those who were killed in Lewiston, but it's not too late to make a difference in the lives of those of us still here. When you look in the mirror today, I hope you say, "I am good. I am kind. I am smart. I am worthy of love." And when you look at someone who upsets you, remind yourself that they are too.

Norene Freeman Kennebunk, ME

#### **Cover Artist: David Witbeck**

"The summer after my sophomore year of college, while working on a schooner in Maine, I met a retired fisherman who knew a bartender in Fairhaven, Massachusetts, who had a lot of fishing connections who could get me a site on a scallop boat out of New Bedford and set me up with the necessary gear. Alas, at that time, there was a general fishing strike in the harbor, the first in a century or more. After the bus ride from



Maine and several days in the two-dollar-a-night Windsor Hotel, my money was running out and there was no end in sight for the strike. Much of the rest of that summer I screwed handlebars onto pogo sticks in a toy factory in Troy, NY. That's as close as I ever got to being an actual fisherman... and it's not nearly as interesting a story to tell my grandkids. As a freelance photographer, between paying jobs, I often contrived to get myself out on fishing boats. I've been up to my knees in fish and covered in scales on the decks of fishing vessels in Rhode Island. I spent a few days on a small wooden dragger in the Gulf of Maine one January until we were driven, almost fishless, back to port by high seas. I spent the better part of two Januaries photographing lobstering on Monhegan Island ... even helped to bag bait. Every summer I rake a few pecks of quahogs.

"The foregoing is intended to establish a little fishing "cred", because the answer to the question I'm most frequently asked is, no, I don't fish.

"Having been a photographer for almost three decades, it's a joy to be free of the bonds of objective reality. While photographs may occasionally trigger an idea, I never paint from them. I prefer to bend, stretch and twist things any which way they'll make an interesting composition. My paintings are completely made-up. They are meant to be iconic rather than descriptive, creating a feeling, an emotional response, with somewhat generic symbols rather than to accurately catalogue the particulars of an identifiable person, place, or thing. A blank canvas is my place I make the world as it "should" be. My places and things have analogs in reality, but specifically, they exist only in my mind and on the canvas. They are irreverent fantasies made up of love of boats and the seacoast, respect and admiration for people who wrest a living from saltwater, and maybe just a little bit of envy or disappointment of never having been one of them. They come from years of observation, a good amount of imagination and just a smidgeon of actual experience.

"I feel most successful when people tell me that my work makes them smile and when working fishermen enjoy my work. I hope you enjoy it as well."



Burning Off #4, Oil on Canvas, 22" X 31"

#### **Remaining 2023 Newspaper Dates**

Our November 23 issue – The Prelude Issue – is the final issue of 2023. Ads and PR are due on or before November 15!

VOTED BEST LOCAL PUBLICATION 2019, 2020, 2021, 2022 & 2023!

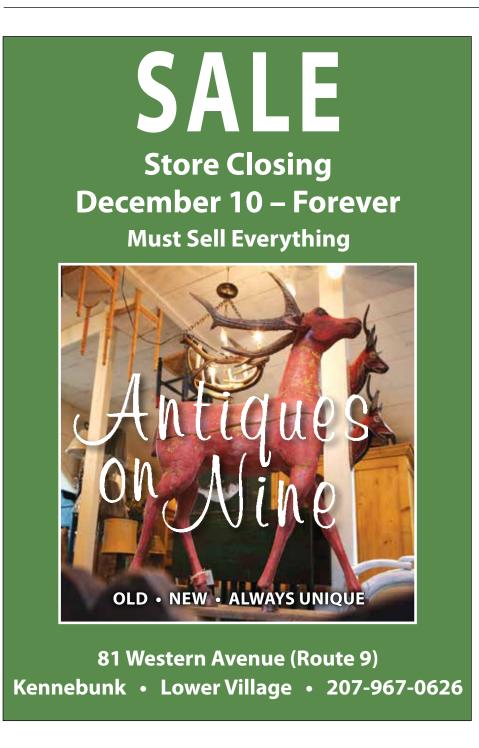


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Wearing blue in solidarity with Lewiston, Kennebunk High School students met at midfield at their athletic complex on Friday, November 3, to form an L and raise their hands in the shape of hearts to show their support for the victims and families. Photo by David Singer. See page 7 of this issue for more demonstrations of support from across our state.







Pack Maynard is proud to once again sponsor a FOOD & HOUSEHOLD PRODUCT DRIVE to support our local **Community Outreach Services** *or* **COS** in their mission to extend a helping hand to our neighbors... Join the PACK and help us stuff the COS VAN!







Scan the code for list of items we need!









PACK MAYNARD

# The New School to host "Bowls of Hope" fundraiser supporting educational intensives and local hunger relief

is thrilled to announce nity Outreach Services. the upcoming "Bowls of Hope" event, set for Saturday, November 11, 5 to 7 PM, at St. David's Episcopal Church in Kennebunk.

The fundraiser is planned as a warm, cozy night of wonderful soups and bread from local restaurants, and will serve a dual purpose: supporting The New School's 3-week Intensives Program and combating hunger in Kennebunk and neighbor-

The "Bowls of Hope" fundraiser exemplifies The New School's core philosophy of education three levels, each which allows attendees to leave with a soup bowl at the end of the evening: recycled soup bowls donated by Outta The Box Thrift Boutique; bowls made by The New School students; to create a selection of

The New School contributions to Commubowls donated by area Bread from local bakeries teachers in order to create

All proceeds will be divided between supporting The New School's 3-week Intensives – an paired with social respon- immersive educational sibility. Attendees will experience for students have the opportunity to - and Community Outpurchase tickets at one of reach Services, a local organization committed to hunger relief.

Local restaurants, including Alisson's, Chez Rosa, Ševen High, Bev's Cafe, and others, will volunteer their expertise

will also be provided. Attendees can sample the Pond Studio, which offers soups, then fill a handmade bowl with their favorite soup and grab some bread for dipping. By joining us for this culinary experience, attendees will be found at millpondcebe directly contributing to both educational enrich-

Pond Ceramics Studio at www.thenewschooland studio owner Tammy Ackerman for opening her doors to New School ing communities through or handcrafted ceramic gourmet soups and stews. students, parents and or (207) 985-3745.

bowls for this event. Mill adult and youth classes, workshops and membership to local makers, is located in the North Dam ing project-based learning Mill in Biddeford and can and active community ramicsstudio.com.

Tickets are \$15, \$30, ment and hunger allevia- or \$45 per person. Reserve your spot through Special thanks to Mill The New School website maine.org or by contacting The New School at thenewschool@tnsk.org

About the fundraiser beneficiaries:

The New School is located in Kennebunk, and offers a unique learning environment, emphasizengagement.

Community Outreach Services' mission is to extend a helping hand to our neighbors who face challenges with food, fuel, or specific needs. We serve the individuals and families in the towns of Kennebunk, Kennebunkport, and Arundel, Maine.



A peek at the underside of one of the many handmade bowls made by New School students, parents and teachers. Courtesy photo



A sampling of the wonderful creations made specially for the Bowls of Hope event. Photo courtesy of Mill Pond Ceramics Studio.





everyone on your list

# La Dolce Vita Finding joy in the memories

loss, heading into the holidays can seem fraught with land mines.

Do you carry on the same traditions, knowing that empty chair, that missing presence may leave you absolutely gut-

Or do you try to create new traditions, do something completely different, thinking that might make things easier?

And, of course, the reality is nothing is easy when it comes to loss.

The everyday losses, the missed phone calls, the shopping trips, the lunches out, are like a thousand paper cuts that leave you bleeding.

The holiday losses, though, are like a dagger to the heart. It's the memories that bombard you, the lost traditions, that person used to be.

After my brother died, we dipped our toe into holiday loss with July 4th. It was just a few weeks later, and not a through it without much of an issue.

We sailed into Thanksgiving, making some changes, sharing some memories. We were sad, yes, but got through it together.

handle things, we entered the Christmas season. And that's where things changed. Fewer decorations went up. No Christmas cards went out.

The march through the family traditions was grim. My mom wanted to keep things the same, thinking that would help, everything worse somehow.

As for me, I was busy busy busy - doing fine! - barking orders at my family and moving moving moving until I found myself sobbing in the garage, alone, on Christmas Eve day.

We learned that year that we couldn't keep everything the same because nothing would ever be the same again.

Last year, we decided the gaping hole where to change things up. We made plans to spend the holidays in NY, with Sarah hosting Christmas Eve and Em hosting Christmas Day.

It turned out that Mom major holiday, so we got wasn't up to traveling as planned, so she and dad stayed home with my brother Tommy and my nephew. I dropped off food and gifts, promising to return in a few days.

Our holidays away went well. New houses, Feeling somewhat and a blend of old tradi-

After experiencing confident in our ability to tions and new. It gave me hope for this year.

> Mom was gone a month later, though, so this year we'll navigate another difficult holiday

> We'll push through, do the best we can, and try to find joy in the mem-

For all of you feeling a but instead it just made loss this holiday season, all I can say is I see you. I know this time isn't easy, and there will be moments when you just want to chuck it all in and pretend the holidays aren't happening. I get

But push through. See if you can build something new, find a new way forward.

And hold all of the good memories in your heart. They'll carry you through.



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

# **Lewiston Strong**

From vigils to fundraisers to all sorts of acts of kindness, Mainers and non-Mainers have been showing up in a big way for the victims and families of the recent Lewiston shooting and for the Lewiston-Auburn communities as a whole. These are but a few examples of the outpouring for Lewiston:



On Halloween, Bates students expanded their annual trick-or-treating event to accommodate even more children and families of Lewiston.

On November 1, James Taylor performed the national anthem at the Lewiston vs. Edward Little High School football game.

November 3 was declared Love Lewiston Day.

On November 4, Governor Janet Mills launched her "Healing Together" website, which offers resources, donation information and more.

On November 6, 7 and 8, all Maine Dunkin' Donuts locations will be donating \$1 from every hot or cold coffee to the City of Lewiston Support Fund.

A Lewiston man who has been collecting bottles in the Lewsiston area for years is currently donating his collection money to Lewiston, with "Lewiston Strong" written on the cart he uses for collecting.

The Portland Sea Dogs have started an online auction with a wide range of items, the proceeds of which will go to Lewiston relief. The Sea Dogs are also planning a deaf and hard of hearing awareness night, as well as a Lewiston-Auburn Community Night, during which the team will wear Lewiston Strong jerseys.

A portion of all ticket sales through December 31 at Portland's State Theatre will go to victims and families of the Lewiston tragedy.





T-shirts are available in men's, women's and kids' sizes!

Daisy Fine, an artist and 10th grader at The New School in Kennebunk, has designed a T-shirt to raise funds for the victims and families of the Lewiston tragedy. Order your \$28 T-shirt today by emailing publisher@touristandtown.com. With your order, you will also receive a large complimentary sticker with the above design. The first round of orders will be taken through November 30. Proceeds will go to the City of Lewiston Support Fund.

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# Dana Pearson

It's still there, yet it's gone. Allow me to explain.

It was there in 1979, when I started living in Kennebunk year-round, and it was most likely there for many years beforehand. Anyone who lives in town has passed it pretty much every day; whether or not they've given it much notice is another thing.

# And remember: No...wire...staples...EVER!

that's what it's there for. mulated over the years, I am, of course, talking as people have posted about the wooden wall on notices there for lost cats, Main Street that not only blocks off the claustrosons, 5K road races, and blocks off the claustrophobia-triggering narrow alley between the Ross Block and the Oddfel- board for that last categolows building, but also ry – concerts and assorted serves as a de facto com- gigs - for over 15 years, by the roughly 8-foot- attendee "How'd you tall wooden wall, and hear about this show?" have been particularly and they respond, "I saw impressed by how it has a poster for it on Main supported the weight of Street." I tell you, it pays the thousands of wire to advertise.

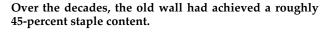
Speaking of notices, staples that have accu-

I've been using the munity bulletin board. I and have been pleased have long been fascinated every time I've asked an

One thing I've often wondered is: Who's responsible for that ricketv old beautiful piece of pseudo-billboard? Well, that question was answered one day in late October as I approached Will's Copy Center on Main Street to have a few more posters printed off for the Mid-Week Music concert series I've been hosting at the Town House School in Kennebunkport since August 2021 and for which I often engage in shameless

-continued on next page







Stan Frank, left, and Jeff McInnes replaced the old bulletin wall on Kennebunk's Main Street in late October.



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"The thinnest yellow light of November is more warming and exhilarating than any wine they tell of." Henry David Thoreau

plugging; for example, under the proper circumstances, I might mention the Third Annual Christmas Show being held there Wednesday, December 6 at 5PM and Sunday, December 10 at 1PM, when I'll be joined by bassist John Kumnick and keyboardist Mark Gunter (but that's only if I really wanted to plug it).

As I was saying...I was strolling up the sidewalk when I saw a guy coming my way with several rickety old beautiful boards in his hand. I hailed him and said, "Are those what I think they are?" Indeed, they were.

Jeff McInnes of Kennebunk, with help from Stan Frank of South Portland, were on site to finish up a job they had started two weeks earlier. me to where I was already going – Will's Copy Center.

Come to find, Will Bradford, as general manager of the 19th century been the overseer of the bulletin wall. It wasn't his intention to replace the wall anytime soon, but what happened was that a rep from the insurance company providing coverage for the Oddfellows building showed up a little while ago.

"They noticed that the upper wood trim was damaged and needed repairs and paint," said Will, "and that more trim in the back of the building

needed replacement, too. You see, if a building is deemed dangerous by the insurance company, then you risk losing insurance coverage, and without insurance coverage, you can't have a mortgage, and then the mortgage becomes due instantly."

That would be called a motivator. So Bradford, whose copy center has been housed in the Oddfellows building since 2005, and who would rather not be forced to find a new location, arranged for McInnes and Frank to do the work. During their inspection, the insurance people hadn't identified the bulletin wall as a problem, but McInnes did, saying of the rotting artifact, "the wall's gonna go."

So now there's a beau-For details, they directed tiful new white wooden wall there, and yes, I hung the first poster there, and ves, I snagged a few of the old staple-laden boards (I enjoy collecting silly semi-historical stuff like Oddfellows building, has that; e.g. I have one of the orange-and-white boom gates from the late swing bridge over the Kennebunk River, a sign from the Lord's Point Inn, and several bricks from the 1902 Abbott Graves Town Hall/Arundel Opera Theatre/St. Martha's Catholic Church).

> Speaking of staples: Will would absolutely love it if people using the board to post notices



The new wall between the Ross Block and the Oddfellows building is refreshingly staple-free, which overseer Will Bradford hopes it will remain.

(for all sorts of obvious never make it into my reasons). Who knows, if would do so with push it's cared for properly, it pins and NOT staples may last so long that it'll com

collection.

dana@touristandtown.



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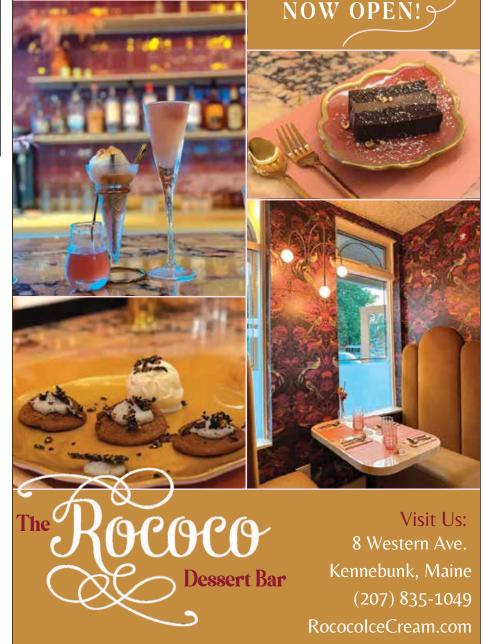
#### 2024 Friends of Rachel Carson National Wildlife Refuge Wall Calendar available for pre-order

Proceeds support the Refuge's preservation of land for migratory birds and local wildlife.

The calendar is made up of winning photos from the Refuge's 2023 photo contest. www.friendsofrachelcarsonnwr.org/calendar











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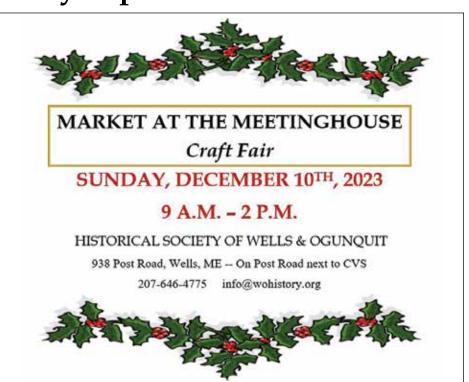
# Market at the Meetinghouse Craft Fair: It's not too early to put this on the calendar

The Historical Society of Wells and Ogunquit announces its Market at the Meetinghouse Craft Fair, to be held on Sunday, December 10, from 9 AM to 2 PM. Enjoy shopping for unique crafts, while enjoying family activities, food, and more.

Be sure to grab a hot hot cocoa before watching the Wells Holiday Parade go by the historic Meetinghouse. The parade begins at 2 PM.

Don't miss this fun, festive event to get your holiday season started!

For more information, email info@wohistory.org or call 207-646-4775. The Historical Society of Wells and Ogunquit is located at 938 Post Road in Wells.



# Rachel Carson's holiday apparel sale going on now

Carson National Wildlife Refuge announces a popup online market, which is going on now through November 19. Available for sale are fabulous Refugethemed T-shorts, fleece jackets, vests and hats. The yond the costs associated Ogunquit, Wells,



The Friends of Rachel items depict a few of the life Refuge is located in morder.com/shop/ species seen on the refuge York and Cumberland home/ including the endangered counties and consists of piping plover, egret and eleven divisions the Blue Goose which is the iconic symbol of the scattered through-National Wildlife Refuge System. All proceeds be-

> with vendor charges Kennebunk, Kenwill be used directly in the Friends' mission to support the Refuge's preservation of land for migratory birds and local wildlife.

> son National Wild- nwrm23.ite-

totaling 5,600 acres out the towns of Kittery, York, nebunkport, Biddeford, Saco, Old Orchard Beach, Scarborough and Cape Elizabeth.

To view the sale, visit The Rachel Car- https://rc-









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# The Retro Roadtip Report: **Spring Point Ledge Light**

by Joshua Hrehovcik and Geraldine Aikman

We received an enthusiastic response (thanks,

**Spring Point** 

Ledge Light

First lit on May 24, 1897

The lighthouse is maintained by the

Spring Point Ledge Light Trust

Mom) to the previous Park. Due to this fantasinstallment of The Retro tic feedback, we decided Roadtrip Report, when to share another southwe delved into Bug Light

ern Maine lighthouse with you. This sparkplug- or caisson-style lighthouse might be slightly off the beaten path but it is certainly worth a road trip. Since 1897, Spring Point Ledge Light in South Portland has illuminated Portland Harbor. When you visit, you will be rewarded by outstanding views of the water and the opportunity to do some ship-spotting of ferries, big commercial ships and smaller pleasure craft. Pack your hiking

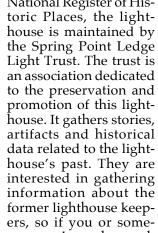
boots! You'll need them for some horizontal rock climbing across the 950foot breakwater, allowing you to get an upclose and personal experience with this historic lighthouse.

Designated on the @retroroadtripper65

one you know has such information, the trust welcomes your input. A note of caution for those planning to visit: when driving on

Light: 2 Fort Road, South

Follow The Retro





the Southern Maine Community College campus, please observe the speed limit. Spring Point Ledge

Roadtripper on Instagram

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# WADE ZAHARES

presents

# **Painting House Portraits**

Pastel demonstration from sketches to completed work.



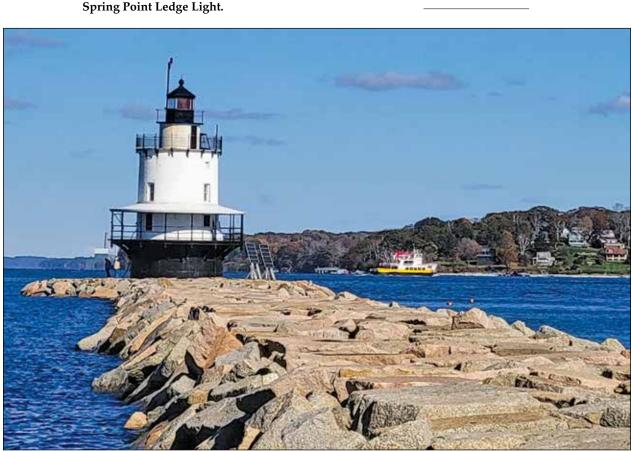
Thursday, Nov. 9: 6 to 8 PM **Brick Store Museum's Program Center** 4 Dane Street, Kennebunk

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

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Art Guild of the Kennebunks



Spring Point Ledge Light in South Portland is worth a road trip.





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# **CALENDAR**

Going on Now

Friends of Rachel Carson National Wildlife Refuge Pop-Up Online Market, going on now through November 19. Available for sale are fabulous Refugethemed T-shirts, fleece jackets, vests and hats. The items depict a few of the species seen on the refuge including the endangered piping plover, egret and the Blue Goose which is the iconic symbol of the National Wildlife Refuge System. All proceeds beyond the costs associated with vendor charges will be used directly in the Friends' mission to support the Refuge's preservation of land for migratory birds and local wildlife. To view the sale, visit https://rcnwrm23.itemorder.com/shop/home/

#### 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 owww. 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-bystep 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.

Adult Crafternoon: Card Making, Wells Public Library, 1434 Post Road, Wells, 2 PM. An afternoon of making unique cards to celebrate the fall season and upcoming winter holidays. This program is a drop-in craft, no registration required. All materials will be provided. FMI contact Stefanie Claydon at sclaydon@wellslibrary.org or call 207-646-8181.

TAB: Teen Advisory Board, Wells Public Library, 1434 Post Road, Wells, 3 PM. Teens in grade 5 and up are welcome to join TAB to voice input and ideas about teen programs, space, and materials and exercise their leadership skills. Community service hours available for each meeting, as well as potential other opportunities in upcoming events. New members welcome. FMI email Kayla Sawyer at ksawyer@ wellstown.org or call 207-646-8181.

Saturday & Sunday, November 11 & 12

Rummage Sale, First Parish UU Church, beside Kennebunk Free Library, Main Street, Kennebunk. The sale will run 8 - 11 AM on Saturday and 8 - 10:30 AM Sunday. Sunday block-buster: \$3 per bag! Clothing, household articles, decor, books and more.

Saturday, November 11

Portaling Awareness Walk. 342 Laudholm Farm Road, Wells, 9:30-10:45 AM. Learn about compassion and mindfulness from author, therapist, compassion educator, and grief worker Elizabeth Straka. Free. Registration required at growloveportalingawareness@gmail.com. FMI wellsreserve.org/calendar.

Cranberry Walk, 342 Laudholm Farm Road, Wells, 10 AM-12 PM. Bask in the drama of field and forest in late fall while looking for cranberries and searching for seasonal changes. Guided at the Wells Reserve by environmental educator Linda Littlefield Grenfell. \$8/\$6. Registration required at linda@wellsnerr. org or 207-646-1555 x128. FMI wellsreserve.org/

Bowls of Hope: A Fundraiser to Benefit Community Outreach Services and The New School, 5-7 PM. See story in this issue for details. Get your tickets today!

Durham County Poets at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, 7:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

#### Monday, November 13

Mother Goose Storytime, Wells Public Library, 1434 Post Road, Wells, 10:30 AM. Mother Goose Mondays are for children ages 0-24 months and their caregivers. Lap activities, rhymes, songs and fingerplays. FMI contact Allison Herman at aherman@wellstown.org or call 207-646-8181.

Wabanaki Wonderings, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10 AM-12

to begin reflecting on life in this area before European settlers arrived, then walk to the edge of the salt marsh and imagine an indigenous people's sweetgrass camp. Explore how people lived and thrived, and share insights about Wabanaki life past and present. Presenter Linda Littlefield Grenfell, of European descent, has studied about and with the Wabanaki people and all information and knowledge is referenced to them. \$8/6. FMI wellsreserve. org/calendar.

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.

**Walking Club,** York Public Library, 15 Long Sands Road, York, 11 AM-12 PM. Join a rotating selection of your favorite librarians to take a walk around town. Start from the library lobby and try out a variety of different routes. The group will set the pace together. Some weeks there will be special guests who can share more about the flora, fauna, and history of the area we traverse. Some weeks we might arrange offsite meetups to encourage visiting other parts of the beautiful town. FMI yorkpubliclibrary.org

Tuesday, November 14

Special Harvest Story Time, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10:30 AM. Flora the Farmer from Frinklepod Farm will be visiting for a special harvest story time. Enjoy farm stories and activities. Space is limited and preregistration is required. FMI call 967-2778 or visit www.graveslibrary.org.

Nest Monitoring, Tagging and Migration of Broadwinged Hawks: A Zoom Presentation, York County Audubon, 7 PM. Fall Migration is considered to be one of the birding wonders of the world. Well known birder Phil Brown is the Bird Conservation Director of the The Harris Center for Conservation Education. For complete information, please visit yorkcountyaudubon.org

Your Health Matters Book Club, Louis T. Graves Evening Book Group, Louis T. Graves Memorial Memorial Public Library, 18 Maine Street, Kennebunkport, 11:45 AM. Louis T. Graves Memorial Public Library and the Kennebunkport Public Health Department invite you to participate in a lunchtime book discussion of Prescription for Admission, by Monique S. Nugent, MD, MPH. Copies of the book are available at the Library. Not able to read the book before this date? You may still join the discussion. Feel free to bring your lunch. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

**Understanding Gender and Sexuality Today, Wells** Public Library, 1434 Post Road, Wells, 5:30 PM. This workshop facilitated by Christine Caulfield, a volunteer at MaineTrans.net, aims to present basic terminology to clarify participants' understanding of gender and sexual identities. There will be discussion of the impacts of discrimination, and how to be an ally of the LGBTQ+ community. This workshop is designed to equip participants with the knowledge to be a part of today's discourse. This is not the space for debating. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call 207-646-8181.

Looking Outward with Tom Carnicelli, York Public Library, 15 Long Sands Road, York, 7-8:30 PM. Tom Carnicelli will give a reading of poems from his latest collection, "Looking Outward." In his new collection, Carnicelli has shifted more of his attention to the world around him, to people, places, and things in the outside world. His poems are always accessible. He tries to write about experiences that everyone can relate to. And he usually keeps a light touch. Registration recommended: visit yorkpubliclibrary.org.

Wednesday, November 15

Toddler Storytime, Wells Public Library, 1434 Post Road, Wells, 10:30 AM. Ages 2-5 years old and their caregivers are invited for stories, songs, and movement, all followed by a craft. FMI contact Allison Herman at aherman@wellstown.org or call 207-646-8181.

PM. Gather inside the Wells Reserve visitor center **Wednesday Walk,** Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10:30 AM-12 PM. The natural world has long been a muse for poets, writers, and artists. On this walk at the Wells Reserve, docent Norma Fox will choose a route for exploring and finding inspiration. For ages 12 and up. Free. Registration required at 207-646-1555 x110 or caryn@ wellsnerr.org. FMI wellsreserve.org/calendar.

> Teen Collaborative Crafting: Perler Bead Jewelry, Wells Public Library, 1434 Post Road, Wells, 1 PM. Back by popular demand, come make melted art using Perler beads. Whether you are making earrings for yourself or a keychain for someone else, it is always a fun time. Snacks will be provided. For students in grade 5 and up. FMI contact Kayla Sawyer at ksawyer@wellstown.org or call 207-646-8181.

> Your Health Matters Book Club, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 11:45 AM. This lunchtime book discussion will focus on Prescription for Admission by Monique S. Nugent, MD, MPH. Feel free to bring your lunch. FMI call 967-2778 or visit www.graveslibrary.org.

Thursday, November 16

Write On! Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 3 PM. Creative writing prompts will be given at the end of each meeting. FMI call 967-2778 or visit www.graveslibrary.org.

Art in Nature: Block Printing Workshop, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 1:30-4 PM. Block printing is a fun and easy way to create unique cards and decorate other paper goods. Discover your inner artist by crafting your own make-and-take block print at the Wells Reserve. No experience needed. All materials provided. For ages 16 and up. \$16/\$12. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar.

Nonfiction Book Group, Wells Public Library, 1434 Post Road, Wells, 4:30 PM. The Nonfiction book group will meet in person - all are welcome! Our pick for this month is The Sound of Gravel by Ruth Wariner. FMI contact Cindy Appleby at cappleby@ wellstown.org or call 207-646-8181.

Public Library, 18 Maine Street, Kennebunkport, 5 PM. For November the group is reading Demon Copperhead by Barbara Kingsolver. FMI call 967-2778 or visit owww.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! We welcome anyone with a French Language interest to participate. Venez parler français avec nous. FMI contact Cindy Appleby at cappleby@ wellstown.org or call 207-646-8181.

Virtual Talk: Joy Harjo, York Public Library, 15 Long Sands Road, York, 4-5 PM. United States Poet Laureate and winner of the 2022 Academy of American Poets Leadership Award Joy Harjo discusses her most recent memoir Catching the Light and discusses her rewarding lifetime as a writer and poet. In Catching the Light Harjo examines the power of words and how poetry summons us toward justice and healing. FMI visit yorkpubliclibrary.org.

Friday, November 17

Furry Tales Story Time, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10 AM. The library is partnering with Animal Welfare Society of Kennebunk for a very special story time. FMI call 967-2778 or visit owww.graveslibrary.org.

Fiber Arts, Wells Public Library, 1434 Post Road, Wells, 10:30 AM. 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 and 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.

Lego and Rubik's Cube Club, Wells Public Library, 1434 Post Road, Wells, 3 PM. Participants are invited to build master creations with Legos provided by the library. There will be Rubik's cubes on hand with instructions on how to solve the Cube. All ages welcome. FMI contact Kayla Sawyer at ksawyer@ wellstown.org or call 207-646-8181.

#### Saturday, November 18,

Portaling Awareness Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 9:30-10:45 AM. Learn about compassion and mindfulness from author, therapist, compassion educator, and grief worker Elizabeth Straka. We will meet and talk at the welcome kiosk, then take a facilitated walk to discuss principles of compassion and elements of awareness. Free. Registration required at growloveportalingawareness@gmail.com. FMI wellsreserve. org/calendar.

Holiday in History on Summer Street, Brick Store Museum, 117 Main Street, Kennebunk, 3-5 PM. Join the museum for its first Holiday in History, an afternoon spent inside the historic 1823 Burleigh Smart House on Kennebunk's Summer Street. Maine Fiddlers Paul Wells and Sally Wells will be performing 1820s fiddle music inside the house while participants take a tour through the recently remodeled home and enjoy delicious sweet and savory bites with a twist of 19th century preparation by chef and historian Bill Irish. Tickets: \$50 per person. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org.

Boston-based Nightingale Vocal Ensemble Presents Work Inspired by May Sarton, hosted by York Public Library, Boston-based Nightingale Vocal Ensemble and Surf Point Foundation, 1 PM. All are invited to York Public Library to hear Nightingale's Maine premiere of Andrew List's vocal quartet, clarinet, and piano cycle titled, "Journey of Seasons." Featuring poetry by May Sarton, "Journey of Seasons" uses the image of a garden as a metaphor for the self amidst life's seasons. Dr. Ivy Schweitzer, Professor of English and Creative Writing at Dartmouth University, will give a brief presentation on Sarton and her impact on 20th century American literature before the musical portion of the program. Nightingale Vocal Ensemble is a Boston-based vocal ensemble dedicated to creating unique and imaginative concert experiences by performing members' original compositions, presenting varied chamber and ensemble works, and engaging in innovative collaborations. Register to hear Nightingale Vocal Ensemble on York Public Library's website at yorkpubliclibrary.org/calendar (look for November 18). This event is free and open to the public. Concert registrants are also specially invited by Surf Point Foundation to visit the "Wild Knoll Foundation Garden" before the concert from 11:30 AM to 12:30 PM (this is optional for concert attendees). The garden is a public art project by 2021 Surf Point alumna Carly Glovinski who will be in attendance to talk to visitors about May Sarton and her project. FMI contact Karen Blass, Programming Librarian, at kblass@ yorkpubliclibrary.org.

#### Sunday, November 19

Cornhole Tournament (11 AM) and Turkey Shoot (1 PM), American Legion post 159, 102 Main Street (across from the police station), Kennebunkport. A variety of prizes including turkeys will be awarded. FMI call 967-2400.

#### Monday, November 20

Walking Club, York Public Library, 15 Long Sands Road, York, 11 AM-12 PM. Join a rotating selection of your favorite librarians to take a walk around town. Start from the library lobby and try out a variety of different routes. The group will set the pace together. Some weeks there will be special guests who can share more about the flora, fauna, and history of the area we traverse. Some weeks we might arrange offsite meetups to encourage visiting other parts of the beautiful town. FMI yorkpubliclibrary.org

#### Tuesday, November 21

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.

Scandinavian Woven Wood Stars & Hearts Workshop, Brick Store Museum, 117 Main Street, Kennebunk, 1-3:30 PM. This workshop is hands on where each student will learn how to make a woven wood star and a heart from standard basket weaving material. No prior knowledge or experience is required. Students will be provided with an at ksawyer@wellstown.org or call 207-646-8181. instructional handout, weaving materials, clamps and super glue, as well as a selection of ribbon that may be added for hanging the completed star and Store Museum, 117 Main Street, Kennebunk, 5:30-

serve in advance by calling 985-4802 or visit www. brickstoremuseum.org.

York County Career Center Drop-in Info Session, Wells Public Library, 1434 Post Road, Wells, 1:30 -3 PM. Presenters from the York County Career Center will be at the library with information about entering or re-entering the workforce, including interviewing, writing resumes, opportunities for paid internships and apprenticeships, and local job fair postings. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call 207-646-8181.

#### Thursday, November 23

**Sea Change Yoga Benefit Class,** The Daily Sweat, 9:45-10:45 AM. This donation-based class will benefit Sea Change Yoga. The mission of Sea Change Yoga is to increase access to healing-centered yoga for people living in systemic oppression. Sea Change works within the community and institutions to remove financial, physical and cultural barriers for people, creating spaces where every person is honored and celebrated. FMI and to sign up, email thedailysweatkennebunk@gmail.com or go to thedailysweatkennebunk.com

#### Saturday, November 25

Dasher Can't Wait for Christmas Book Reading with Illustrator Matt Tavares, Brick Store Museum, 117 Main Street, Kennebunk, 10 AM. Meet author and illustrator Matt Tavares of the popular holiday book Dasher, for the premiere of his sequel Dasher Can't Wait for Christmas. Matt will be doing a reading, drawing, question and answer session and a book signing. Free admission. FMI call 985-4802 or visit www.brickstoremuseum.org.

Tree Lighting Open House, Brick Store Museum, 117 Main Street, Kennebunk, 10 AM-5 PM. Free admission all day to the Museum to explore current exhibits and the expanded Holiday Market featuring local artists. Free admission. FMI call 985-4802 Friday, December 1 or visit www.brickstoremuseum.org.

#### Monday, November 27

Full Moon Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 3:30-5:30 PM. Gather at the Wells Reserve to watch the Sun set and the Moon rise, then walk to the beach to admire the Moon over the ocean. We will share stories and poems and leave time for reflection and connection. Children who can be quiet are welcome. \$8/\$6. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI The Astronomical Society of Northern New wellsreserve.org/calendar.

#### Tuesday, November 28

Cribbage Game Night, Wells Public Library, 1434 Post Road, Wells, 6 PM. Calling all cribbage players. The Wells Public Library is starting up a casual monthly game night. Players of all ages and abilities are welcome to come and play, watch others play, learn the game, or just kibbitz. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call 207-646-8181.

#### Wednesday, November 29

Wednesday Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10:30 AM-12 PM. The natural world has long been a muse for poets, writers, and artists. On this walk at the Wells Reserve, docent Norma Fox will choose a route for exploring and finding inspiration. For ages 12 and up. Free. Registration required at 207-646-1555 x110 or caryn@ wellsnerr.org. FMI wellsreserve.org/calendar.

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

Teen Game Tournament: DIY Level Up, Wells Sunday, December 10 Public Library, 1434 Post Road, Wells, 1 PM. Get inspired by game pieces of different kinds to create (and play) your very own game. Who knows, you may very well be pitching your ideas to Hasbro in the near future! Snacks will be provided. For students in grade 5 and up. FMI contact Kayla Sawyer

heart. Tickets: \$30 per person/\$25 for Members. Re- 7:30 PM. Join the Brick Store Museum this holiday season in our second annual wreath making workshop, dedicated to the creation of all-natural foraged wreaths. Participants will leave with a finished classic green holiday wreath that is adorned with locally sourced materials. Workshop will be taught by local artist and wreath maker Elizabeth Winter. Gather some friends and feel free to bring a beverage of your choice to enjoy while you create. Registration: \$65/\$60 for Members. FMI call 985-4802 or visit www.brickstoremuseum.org.

> Virtual Talk: Naomi Aldernam, York Public Library, 15 Long Sands Road, York, 3-4 PM. Bestselling and award-winning author Naomi Alderman will talk about her new book *The Future*. This new novel delivers a dazzling tour de force where a handful of friends plot a daring heist to save the world from the tech giants whose greed threatens life as we know it. By turns thrilling, hilarious, tender, and always piercingly brilliant, The Future unfolds at a breakneck speed, highlighting how power corrupts the few who have it and what it means to stand up to them. The future is coming. "The Future" is here. FMI visit yorkpubliclibrary.org.

#### Friday & Saturday, December 1 & 2

Annual Christmas Marketplace, Bar Mills Community Church, 13 Hermit Thush Drive, Buxton. The Marketplace will be held Friday, December 1, from 4-7 PM, and Saturday, December 2, from 9 AM-1 PM. As usual, there will be a great selection of fresh greens to decorate your home, a wide variety of baked goods-cookies, breads, pies and candy to satisfy your taste buds. There will also be plenty of handcrafted gift ideas for your family, friends and even your pets. There is something for everyone on your list. Cash and checks only. FMI visit www.barmillscommunitychurch.org, visit Bar Mills Community Church Facebook or contact Judy at 929-5555.

**Opening of Elf: The Musical,** City Theater, Main Street, Biddeford. Based on one of the most beloved holiday films in recent years, City Theater is thrilled to bring *Elf the Musical to* their stage December 1–17, Fridays and Saturdays at 7:30 PM and Sundays at 2 PM. There is no performance on Sunday, December 3. Tickets are \$25 & \$30 (All fees included) and are available at www.citytheater.org/buy\_tickets or 207-282-0849

England (ASNNE) Monthly Meeting, The New School, 38 York Street, Kennebunk 6:45 PM. The December Meeting an annual meeting and Christmas Party Pot-Luck Supper. Members and guests meet to celebrate the holiday season, socialize and discuss astronomy. All members and guests, are welcome. but we do request that you contribute to the supper, either with a dish or a dessert. ASNNE is a local association of amateur astronomers that meets monthly. Meetings are on the first Friday of each month; all those interested in astronomy are welcome; from stargazers and hobbyists, to serious observers, astrophotographers, and those interested in astronomical theory. The general public is also most cordially invited and welcome. ASNNE also hosts Star Parties at its Talmage Observatory at Starfield on Route 35 in West Kennebunk. FMI about ASNNE, including directions and events, or to contact the Club, please visit us at www.ASNNE.org.

Saturday, December 2 & Saturday, December 9 Prelude Craft Fair, Kennebunkport Consolidated School, School Street, Kennebunkport. The fair will be held from 9 AM-3 PM both Saturdays. Over 75 crafters will be there selling crafts, bakery, art, and anything you can imagine. There is sure to be something for that special person in your life of the hard to buy for family members. Suggested door donation of \$2 to benefit the Kennebunk High School Freshman and Senior classes and the Recreation Scholarship Fund.

Historical Society of Wells and Ogunquit's Market at the Meetinghouse Craft Fair, 938 Post Road, Wells, 9 AM-2 PM. Enjoy shopping for unique crafts, while enjoying family activities, food, and more. Be sure to grab a hot cocoa before watching the Wells Holiday Parade go by the historic Meetinghouse. The parade begins at 2 PM. Don't miss this fun, festive event to get your holiday season started. For Wreath Making Workshop at the Museum, Brick more information, email info@wohistory.org or call 207-646-4775.

#### **Agency Liquor Store**



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# Society of Southern Maine Craftsmen announces annual Home for the Holidays Craft Show

On Friday and Saturday, November 24 and 25, the Society of Southern Maine Craftsmen will hold its annual Home for the Holidays Craft Show at Scarborough High School at 11 Municipal Drive. This 90-vendor event has been an annual favorite for more than 10 years.

Great food and sweets will be for sale to benefit the Scarborough High School Swim Boosters. A drawing will be held, with the lucky winners receiving handmade products donated by our featured craftsmen.

its 55th year of existence and currently has 135 juried artisan members who ber arts, and more. The reside mostly in York and artisan is always present Cumberland counties. It in their booth at shows sponsors five popular ju- to answer any customer ried craft shows each season. All artists displaying their work are Maine residents and produce high shows also feature our ernmainecraftsmen.org quality handmade arts, well-established, faithful or follow on Facebook or

The Society is enjoying pottery, glass, wood, fine with the Society for many art, soaps, specialty foods, jewelry, photography, fiquestions.

new members in 2023. Its visit www.societyofsouthincluding the categories of members who have been Instagram.

There is ample parking and free admission. Show hours are Friday, 10 AM to 4 PM, and Saturday, 9 AM to 4 PM. For more information about this and SSMC has juried several other scheduled events,



# **Holiday in History:** An afternoon at the 1923 Burleigh Smart House

To kick off the holiday season, the Brick Store Museum is presenting Holiday in History on Saturday, November 18, from 2 to 5 PM. The event is an afternoon spent inside the historic 1823 Burleigh Smart House on Kennebunk's Summer Street. The afternoon will include live fiddle music, historic appetizers and beverages, and a tour through the recently remodeled historic home at the start of Summer Street, once owned by local doctor Burleigh

In celebration of the house turning 200 years old (1823 – 2023), an 1820s theme will run throughout the event. Maine fiddlers Paul Wells and Sally Wells will be performing 1820s fiddle music inside the house while participants take a tour through the historic home (owners Tom Hartfield and Mimi Gurbst). Alongside the tour will be delicious sweet and savory bites with a twist of 19th century preparation by chef and historian Bill Irish; plus historic beverages and cider.

Timed tickets allow storemuseum.org or call



The historic Burleigh Smart House. Courtesy photo

for participants to take their time touring the home and enjoying the beginning of the holiday season together! This event is generously sponsored by H.M. Payson in Portland; with the generosity of the Hartfield family. This event is not necessarily childoriented, however, multigenerations are welcome to take part.

To reserve tickets, please visit www.brick-

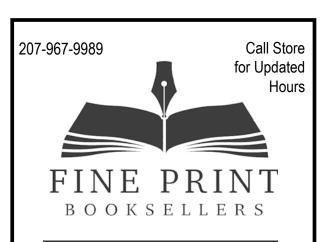
#### **York County Audubon presents: Nest Monitoring, Tagging and Migration** of Broad-Winged Hawks with Phil Brown

Fall Migration is considered to be one of the birding wonders of the world. Well-known birder Phil Brown is the Bird Conservation Director of the The Harris Center for Conservation Education in Hancock, New Hampshire.

On Tuesday, November 14, at 7 PM, York County Audubon is delighted to host a Zoom program in which Brown will discuss his work and findings. For complete information and to register for the Zoom program, please go to www.yorkcountyaudubon.org where you can find the registration link. After registering, you will receive a confirmation email containing information about joining the meeting.



Phil Brown will present on Tuesday, November 14. **Courtesy photo** 



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

Port Walk, Dock Square, Kennebunkport



# Edible Lavender, Cold Weather Tips and so much more!

## Hidden Meadows Farm and Vineyard

Tucked away in a peaceful corner of Eliot, Maine, are four lush acres containing a vineyard, brewery, lavender field, fruit and vegetable orchards, flower beds, beehives and an old barn, all overseen by a vibrant 40-something woman who has more get-up-and-go than the Energizer bunny. Meet: Janee Marie Beck, private chef, cooking class instructor and gastronomic enthusiast.

Janee's specialty is edible lavender. She uses her homegrown lavender in a smorgasbord of culinary delectables, including granolas, appetizers, scones, fruit soups, baked salmon, roasted potatoes, tarts, cheesecakes, hot chocolate and more. Note: her lavender is "culinary lavender," which is mild, sweet and has less than 1% camphor. (In other words, it tastes good in all her concoctions.) Janee's lavender and recipes are available at Hidden Meadows Farm, plus several other outlets in southern York County, including Just Us Chickens in Kittery.

Cooking classes take place in Janee's spacious chef's kitchen. She said, "I like to have around six or seven people and the classes often last for four hours." She charges \$75-\$125 per person, depending on the menu.

She'll also travel to your home and prepare/cook a dinner party for two or a large gathering of family and friends.

To contact and / or visit Hidden Meadows Farm, text or call 218-269-2325, visit her website (janeemarie.com) or email janeemarieyourprivatechef@gmail.com

Following are two of Janee's recipes:

## Honey Lavender Glazed Salmon

**Ingredients:** 

2 tbsp. lavender buds (crushed/rolled) (note below)

2 tsp. finely chopped garlic

2 tbsp. finely chopped red onion

1/3 cup honey

1/4 cup olive oil

2 tbsp. butter, melted

1/4 tsp. sea salt

Spritz of fresh lemon juice

1 lb. fresh salmon

#### **Directions:**

Combine all ingredients above (except salmon) to make mari-

Lay salmon flat on baking dish that's a little larger than salmon. Spread mixture evenly over fish. Refrigerate for 2 hours.

Preheat oven to 350 and place a second rack 5" from broiler

Loosely cover salmon with foil and place on center rack, then bake for 15-20 minutes or until cooked through to your desire. Remove salmon and turn oven to broil.

Take foil off salmon and scoop up as much marinade as possible. But be careful: this liquid is hot. Strain liquid through fine sieve, then discard liquid.

Using only reserved lavender buds, spread on fish with a spatula, then place salmon back in oven for a 2-4 minute broil. Watch closely! When lavender buds start to blacken, fish is ready. Remove from oven, place on a serving platter, serve immediately.

NOTE: Lavender buds available from Janee Marie at Hidden Meadows Farm, Eliot; call 218-269-2325)

#### **Helpful Hint:**

#### A button I rarely pushed on my microwave ... until now!

Fact is, I don't use my microwave to its fullest utility and creativity. It's a help for melting butter and warming leftovers but that's just about all I do with it. Then I saw a video that now has me pushing a button I've rarely touched: the Cook Power button. Check out this video and I think you'll agree and understand. Google: USA TODAY — PROBLEM SOLVED: the microwave button you really should be using. (The video is not long, but it's helpful.)

#### Sourdough Bread-Making Class

Chef Ole (of the Back Road Bakery in Alfred) will demonstrate the art of making sourdough pizza at Kennebunk's White Sails Inn (61 Fletcher Street) on Wednesday, December 6 at 3 PM.

Inn owner Susanne Willis said, "The class is for 10 people, it costs \$55 which includes coffee and snacks, and lasts about three hours. Everyone takes home 2 balls of pizza sourdough, plus a sourdough bread starter." The December class is filling up so sign up today if you want to attend, but there will be more cooking classes at the inn later in the winter. FMI or to sign up for the class, text Susanne at: 207-467-3599 or email: innkeeper@ whitesailsinn.com

#### **Lavender Roasted Potatoes**

(Serves 4)

**Ingredients:** 

5 medium/large red potatoes

2 tbsp. olive oil

2 tbsp. dried culinary lavender (see note below)

1/2 tsp. kosher salt

Cracked black pepper to taste

#### **Directions:**

Preheat oven to 350 degrees.

Line a baking sheet with parchment paper.

Scrub potatoes but don't peel. Cut out any bad spots and chop into bite-sized pieces.

Toss in bowl with olive oil, then add lavender, salt and pepper. Spread out in a single layer on baking sheet, place in oven for approx. 30 minutes, turning pieces half-way through.

Potatoes are done when soft inside and lightly crispy on outside.

NOTE: Culinary lavender is available at Hidden Meadows Farm (50 Hidden Meadows Lane, Eliot; phone 218-269-2325; or at Stock + Spice, 25 Ceres St., Portsmouth, NH.)

#### Fight flus and colds with elderberry

Last September at the Nature Crafts Festival at Laudholm Farm in Wells, I was browsing through the the culinary section and discovered the Healthy Harts Elderberry display. I tasted elderberry lemonade (delicious and tangy) and an irresistible syrup, all concocted of organic elderberries.

The Harts told me that elderberries have been used for centuries for their anti-viral, anti-inflammatory and immune-boosting properties. It can also reduce the severity and duration of a cold or flu if taken within 48 hours of the first symptoms.

Several years ago the Hart family began making elderberry syrup in their Wells home. After offering the product to friends and relatives, and hearing raves ("This really works!"), they created a family business and today have an extensive following. They ship their products but also sell their elixirs at numerous local outlets, including HB Provisions in Kennebunk, Five Acre Farm in Kennebunkport, Lois' Natural Marketplace in Scarborough, Anthony's Food Shop in York and Spillers' Farm Store in Wells.

One customer said: "Since my husband has been taking Healthy Harts Elderberry Syrup, he has not had bronchitis or chest issues in two years. He used to get something almost every year, and the only change we made in our diet was adding elderberry syrup, so I'm a believer!"

FMI go to: HealthyHartsElderberry.com or call 606-4180. Hart's farm is located at 47 Spruce Lane, Wells.

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

# A New England holiday tradition: Kennebunkport's 42nd annual Christmas Prelude begins November 30

## Traditional favorites return, along with exciting new ones and more Midweek Magic

The 42nd annual cember 10) will soon greenery, with a buoy- our traditional favorites Christmas Prelude (No- see the town decked out decked Christmas tree return, like the caroling

Alisson's. "All of on the first Friday."

vember 30 through De- in twinkling lights and at its center - like a Hall- at the Franciscan Monasmark Christmas tery, tree lightings, Hat movie come to life! Parade and more, and "Each year Pre- then are joined by even said Kennebunk- the Lucky Pup Rescue port Business As- Adopt-A-Tree Festival sociation President and a pre-tree lighting Ashley Padget of party at Bradbury Bros.

ta's arrival by lobster boat is a traditional event that river, landing at the Nongot bigger and better last year, with a move to the Nonantum Resort. It will lude gets better" more magical events like be back at the inn this year.

> to have Santa return this unique, hand-crafted year," said the Nonantum's Tina Gordon. "He's

The re-imagined San- getting on the boat 12:30 - he'll go up and down antum at 1, where the party will be underway!"

Also returning this year are the craft fairs Prelude is known for – "We are super excited the perfect places to find

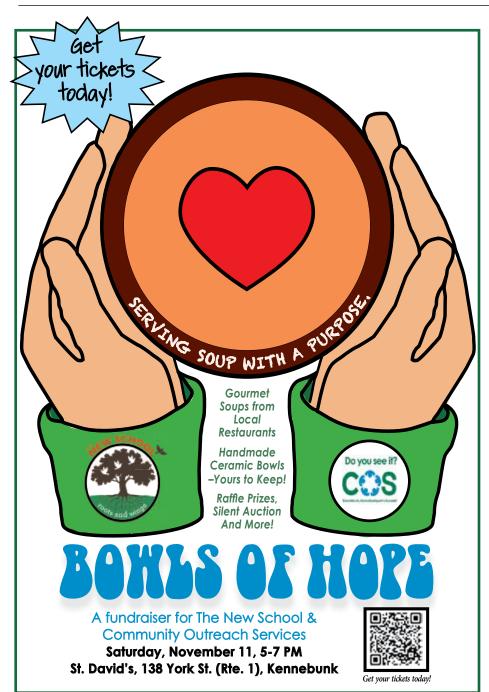
-continued on next page



**Photo by Bob Dennis** 



Photo by Bob Dennis









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Following its success in 2019, the Kennebunk-port Business Association is also working to bring a little Midweek Magic back to Christmas Prelude.

"We are working hard to build Midweek Magic events for travelers looking to extend their stay, and locals hoping to enjoy a less hectic celebration!" said KBA President Ashley Padget.

Midweek merriment includes a Cookie Crawl, house tours of the beautifully decorated White Columns, a Merry Market at Maine Art Hill, cookie decorating, art classes and the return of the ever-popular Storybook Christmas for children on December 7.

Christmas Prelude has been brought to you for 42 magical years by the Kennebunkport Business Association, an all-volunteer group that works to plan the events all year long.

For a full schedule of events for the 42nd annual Christmas Prelude, visit www.christmasprelude.com.



Photo by Bob Dennis







That's five years in a row
- and counting!

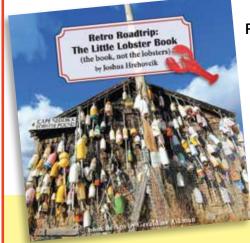






# **Retro Roadtrip: The Little Lobster Book**

Beautiful photos of everything lobster: Lobster rolls, lobster boats, lobster buoys, lobster traps, lobster signs, lobster pounds, lobster dinners, and even a lobster centerfold...



This is the 9th Book in the Retro Roadtrip Family of Books!

Buy your copy at
Kindred & Company (Wells)
Morph Gallery (Port Rd., Kbunk)
173 Mercantile (Port Rd., Kbunk)
Lobstore (Kport)
Wright Gallery and Bradbury's
(Cape Porpoise)

"There are no words. Actually there are a couple of words, but mostly it's pictures." www.retroroadtripper.com

#### Reclaim It! Brought to you by Old House Parts

Antique architectural salvage is not only very attractive, exquisitely crafted, and a source for unlimited creativity, it also contains volumes of embodied energy: the total sum of energy consumed to produce a given product. And it's FUN. Sometimes folks aren't sure how to use it. Meet us here each issue for inspiration on how to use architectural salvage to add character and sustainability to your life.

Here at Old House Parts, we occasionally snatch some of our own inventory. We had this incredible antique solid wood apothecary that had a ton of potential. We needed storage and surface behind our sales counter, so when the perfect length of marble came in to top it off, how could we not jump on it?!

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.





Courtesy photos

# Immerse yourself in over 2 million lights at New England's brightest, largest and most creative light show

Sandy Hill Farm's Winter Wonders Holiday Light Show in Eliot mand for tickets will Holiday Light Show continues to grow and improve with every passing year. The 2023 version of the light show is the brightest, largest be starting this event one and most creative walkthrough light show in New England.

In comparison to Winter Wonders 2022, this year's light show has almost twice as many lights. Come to Eliot and experience the magic.

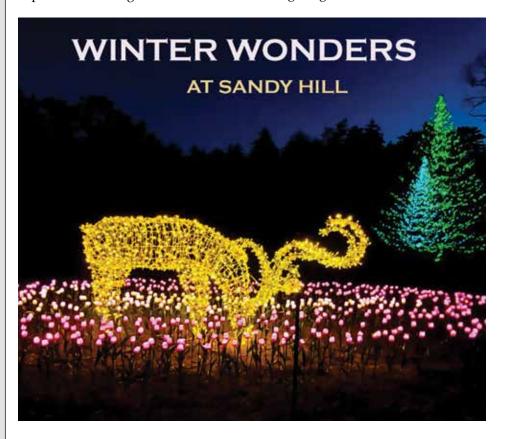
With popularity that visitors coming in early. grows each year, the dethis year, especially for the peak dates and times.

Sandy Hill Farm will week earlier than last year, on the weekend be open November 17 before Thanksgiving. This is for those people that would like to enjoy the lights in warmer who have Thanksgiving hillmaine.com.

The Winter Wonders likely be extremely high is the perfect event to enjoy with your family and friends, especially while you are celebrating Thanksgiving.

The light show will through January 1. Sandy Hill Farm is located at 34 Sandy Hill Lane in Eliot.

FMI on the Winter weather with smaller Wonders Holiday Light crowds and for those Show, visit www.sandy-



# Hydi's Cellphone Help



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#### **Maine News Briefs**

Just for foodies: Here is a list of some past James Beard award winners in York county: The Village Tavern, West Kennebunk; Pacifico, Saco; Walker's, York and Fisherman's Catch, Wells. Eat up!

Get your Java here. There will be a new Starbucks coffee shop moving into Sanford in the near future. It will be located in the former Bank of America building at 1363 Main Street.

Congratulations to St. Thomas Aquinas high school's girl's soccer team for capturing the state title in Division III. File Under:

Welcome to BiddoBanh, a new Vietnamese sandwich shop, which just opened in Biddeford at 299 Main Street. It will be open Wednesdays-Saturdays from 11 AM-6 PM and serve sandwiches on bread that are like a cross between a croissant and a baguette.

Legalized sports wagering has just been passed. The Department of Public Safety has announced that the new rules for sports betting have been approved in the Pine Tree State.

Can I get an alright for Kennebunk High School's former basketball starter Emily Archibald? Now a junior playing for Providence College, she was recently named one of the team captains.

According to Reader's Digest, Camden has been named one of the top winter destinations in the country.

Known as the crown jewel of the North Atlantic coast, Acadia National Park has just been named the most dog-friendly national park in the country. That's no surprise as there are 158 miles of hiking trails.

# Kennebunkport Conservation Trust's "Looking Back" reaches milestone of 500 KCT posts

Kennebunkport Conservation Trust executive director Tom Bradbury will be sharing the 500th "Looking Back" post.

For those not familiar with it, "Looking Back" is Bradbury's weekly Kennebunkport Conservation Trust post which features photos and quotes character of Kennebunk-

"My hope is that they honor and exemplify the spirit of the community, and our connections to place, which transcend time," Bradbury said.

In 2006, Bradbury started sharing his "Thought of the Week." All KCT members, as well as those who follow the KCT Facebook page can read the weekly posts for inspiration, nostalgia, or insight on the heritage of the community many love.

"Each week I review photos from all parts of town, and each week I continue to be amazed at the ever-changing beauty, season after season, that we all get to enjoy.

"As I go through the process of matching the photos with the thoughts and quotes of notable authors and of those far wiser than me, I gain a deeper insight into why we do what we do. I have come to learn that it's not just the land, but people's relationship with the land that really matters, and I have come to realize that the world of man and the wonders of nature are not isolated and apart," Bradbury said.

Bradbury has served as both President, then Executive Director of the Kennebunkport Conser-Reflecting on his tenure is about several people, in The Best of Me.

On November 21, thus far, he said, "Our including me, who lived is but a small part of a Maine coast that is noted for its beauty, but it is for a yearly visit, love it November 29, 2022 like no other.

character as possible to all who will follow so that they can come to admire this place as we do, and thus the Trust was born. The Trust's mission is simple: to preserve land for use by current and future generations and to manage properties in a way that reflects the natural and cultural heritage of Kennebunkport. Changing thought to action was quick in coming, but turning the dream to reality has become a lifetime's work, and beyond.

'Along the way, one protected property grew to over a hundred, encompassing over 2,800 acres of the village. These are special places, our islands, including Goat Island Lighthouse, beach parcels, the local parks, access points to the shore and woodlands, suited both for wildlife habitat and hiking paths. John Muir once said, 'Everybody needs beauty as well as bread, places where nature may heal and give strength to body and soul.' These are the lands we continue to set aside, for all to enjoy, and for all time.'

Following are a few "Looking Back" exam-

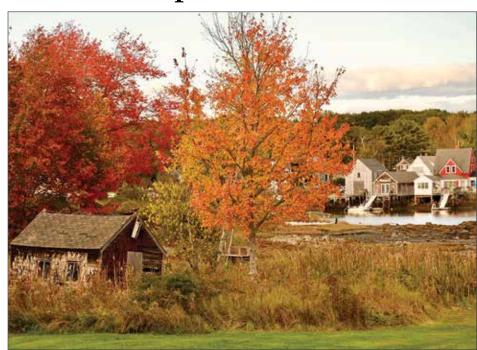
October 20, 2013

little corner of the earth through a great change, for we were born in the last years of one story and lived into the beginour small part, and those ning of another." - Wenof us who have chosen dell Berry in A Place in to live here, either for a Time: Twenty Stories of the short time, a lifetime or Port William Membership.

"The chief source of 'From that love grew year-round revenue of about the history and the desire to pass on as the Cape's fishermen much of its essential now was lobstering (c. 1930). Nearly all owned two boats; large, strong craft that were used in winter to catch the seasonally migrating crustaceans several miles offshore and smaller motorboats that could be used inshore during the summer. Most of the boats of the lobster fleet were equipped with power trap-lifts. The lifts allowed them to haul three times as many pots in a day as had their fathers, who hauled their traps by hand." - Joyce Butler, from the book Kennebunkport, The Evolution of an American Town.

July 25, 2023

"I don't think our father would have cared whether he took a vacation or not. Being away from home left him anxious and crabby, but our mother loved the ocean. She couldn't swim but enjoyed standing at the water's edge with a pole in her hand. It wasn't exactly what you'd call to play in and pray in, fishing, as she caught nothing and expressed neither hope nor disappointment in regard to her efforts. What she thought about while looking at the waves was a complete mystery, yet you could tell that these thoughts pleased her, and that she liked herself "For this is a story, better while thinking vation Trust since 1979. really, of two stories. It them." - David Sedaris



Fall in Cape Porpoise. Photo by Bob Dennis

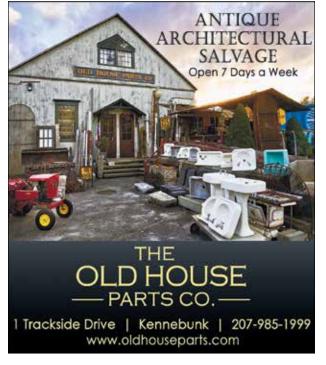


Frank and John Wakefield at Will Stone's fish house in Cape Porpoise. Photo courtesy of Kennebunkport Conservation Trust



Gooch's Beach in Kennebunk. Photo courtesy of Kennebunkport Conservation Trust

To access Looking Back posts, please visit www.kporttrust.org looking-back?fbclid=IwAR0Vqduf4h9gH3BSmOoyc.





# Live Music

#### **Back Street Grill**

Saturday Night Karaoke 16 School Street, Sanford www.backstreetsanford.com 850-1228

#### Bentley's Saloon

Wednesdays: Open Mic and Old School Rock with Blues 7-10 PM Thursdays: Karaoke 7-10 PM Fridays: Bands 7-11 PM 3rd Friday of Every Month: Dance and Costume Party Saturdays: Bands 2-6 PM and 7-11 PM Sundays: Bands 1-5 PM and Acoustic/Duo 5-8 PM 1601 Portland Road, Arundel www.bentleyssaloon.com 985-8966

#### Billy's Chowder House

Thursdays 5-8: Live Music with Scot Stinson 216 Mile Road, Wells www.billyschowderhouse.com 646-7558

#### Clay Hill Farm

Mondays, 4:30-8: Curt Bessette and Jean Kurtz Thursdays, 5 PM: Gordon Shannon Friday, 6 PM: Katherine Mayfield Saturdays, 6 PM: Katherine Mayfield Sundays 5 PM: Sweet Serenity w/ Curt Bessette and Jenn Kurtz 220 Clay Hill Road, Cape Neddick www.clayhillfarm.com 361.2272

#### Crew OGT

8 Shore Road, Ogunquit www.crewogt.com | 216-9236

#### The Dance Hall Kittery

November 10: 8-9:30 PM Biriba Union: Mike Block, Christylez Bacon, Patricia Ligia November 11:8-9:30 PM Old Hat Strongband November 12: 4-6 PM Aliento Chamber Players November 17: 8-9:30 PM Stu Dias & The Ancient Well November 18: 8-9:30 PM Ayan Imai-Hall Quintet November 19: 3-4:30 PM Derek Gripper 7 Walker Street, Kittery thedancehall.org Tickets Needed

#### Féile Restaurant & Pub

Live Music 1619 Post Road, Wells www.feilerestaurantandpub.com 251.4065

#### The Front Porch

Live Piano Bar Wednesdays 5-10 Thursdays 5-10 PM Fridays 5-11:45 PM Saturdays 4-11:45 PM Sundays 2-8 PM 9 Shore Road, Ogunquit thefrontporch.com | 646.4005

#### Funky Bow Beer Company

Live Music Every Weekend 21 Ledgewood Lane, Lyman funkybowbeercompany.com 409-6814

#### Kennebunk Inn

Facebook @kennebunkinn Insta @kbkinn 45 Main Street, Kennebunk www.thekennebunkinn.com 985-3351

#### Nikanos Mediterranean Bar & Grille

73 Main Street, Ogunquit www.nikanos.com 646-1112

#### The Nonantum Resort Latitudes

95 Ocean Avenue, Kennebunkport www.nonantumresort.com 967-4050

#### Ryan's Corner House Irish Pub

Live Music Often, Call Restaurant 17 Western Avenue Lower Kennebunk 967.3564

#### Sand Dollar Bar & Grille

Live Music on the Outside Deck 2 Beach Street, York Beach www.sanddollarbarandgrille.com 606-0077

#### Town House School Kennebunkport Historical Society

October 25, 7-9 PM Mid-Week Music Mark Gunter, Dylan Kumnick, John Kumnick, and Dana Pearson perform Jimi Hendrix covers 135 North Street, Kennebunkport info@kporths.com 967-2751

#### Wild Bevy

November 10: Dan Walker November 11: Soulcolour November 17: Kiana Renae November 18: Paul Chase Jr. November 25: Kiana Renae 596 N. Berwick Road, Wells www.wildbevy.com 251-8868

> Send us your listings!



#### Send your questions to rsimon@legacysir.com



Q: We are ready to close on our new house and move in. It turns out that there are Closing Costs that we have to pay that we had no idea were our responsibility. Er have the money for it but were planning on using that money to do some work on the house. No one mentioned this issue to us and we are really annoyed. Is this a typical problem and how could we have handled it differently? Cal



A: That is understandable and frustrating. It is a cost that the lender usually explains to the borrower. There are times that this does not happen. It is important that as a borrower you ask your lender to go over all the costs that you will have at the closing. Lots of buyers trip on this issue and it is impor-

tant to ask about it when you initially meet with your lender so that you are also prepared for all the costs coming your way. Understandably frustrating.

Q: I have been reading your column for many years and have learned a lot from it. One of the issues that I disagree with is choosing the right broker. My experience in selecting a competent broker that is genuinely looking out for me as the client has not been very good. Some of the brokers that I have met are just interested in making the sale and collecting their commission. Looking out for me and my well being appears to be a non-issue for them. Any thoughts on how to make sure that a client is working with the best broker for them? Just curious, thanks Earl

A: Yes, as we know, there is a variety of individuals in all professions. What I recommend is before a client commits to working with a broker that they get information from other individuals who have worked with the broker. Buying and selling a property is a major event and you have to be sure that the broker that you are working with is experienced, competent and trustworthy. I feel that trust is a major piece of choosing the right broker to work with. It takes some time to do the work that is necessary to tell you who you will be working with. Be sure to know that it is time well spent.

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 150 Port Rd, Kennebunk (C) 207-590-9656 (O) 207-967-0934 rsimon@legacysir.com www.legacysir.com

# **Tide Chart**

#### November 8 - November 22

LOW 0 1. 17 AWI 1.34	LOW 04.20 AW0.02
High 07:31 AM 8.16	High 10:40 AM 9.78
Low01:38 PM1.64	Low04:59 PM0.17
High 07:48 PM 8.26	High 11:15 PM 8.74
Sunrise: 6:25 AM	Sunrise: 6:32 AM
Sunset: 4:26 PM	Sunset: 4:20 PM
Thursday, November 9	New Moon: 4:29 AM
Low02:02 AM1.2	Tuesday, November 14
High 08:15 AM 8.55	Low05:04 AM0.82
Low02:26 PM1.23	High 11:15 AM 9.95
High 08:35 PM 8.42	Low05:37 PM0.35
Sunrise: 6:25 AM	High 11:54 PM 8.69
Sunset: 4:26 PM	Sunrise: 6:33 AM
Friday, November 10	Sunset: 4:19 PM
i i i u u y, i i o i cili b ci i o	
	Wednesday November 15
Low02:42 AM1.06	Wednesday, November 15
Low 02:42 AM1.06 High 08:55 AM8.93	Low05:42 AM0.85
Low02:42 AM1.06 High08:55 AM8.93 Low03:08 PM0.82	Low 05:42 AM0.85 High 11:53 AM10.03
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Sunday, November 12

Low...... 03:54 AM.... 0.86

High ...... 10:06 AM .... 9.56

Low......04:23 PM....0.11

High ...... 10:36 PM .... 8.73

Sunrise: 6:30 AM

Sunset: 4:21 PM

Wednesday, November 8 Monday, November 13

Low....... 01:17 AM....1.34 Low....... 04:28 AM....0.82

1..10.03 ber 16 1....0.92 1..10.02 *1*.. -0.39 Friday, November 17 High ...... 01:22 AM .... 8.44 Low......07:09 AM....1.04 High ...... 01:22 PM .... 9.89 Low......07:51 PM.. -0.23

Saturday, November 18 High ...... 02:13 AM ..... 8.3

Low....... 08:02 AM......1.2 High ......02:17 PM .... 9.66 Low......08:46 PM.. -0.01

Sunrise: 6:38 AM Sunset: 4:16 PM

#### Sunday, November 19 High ...... 03:11 AM .... 8.24

Low...... 09:01 AM....1.32 High ......03:18 PM ....9.38 Low......09:46 PM....0.21 Sunrise: 6:39 AM Sunset: 4:15 PM

#### Monday, November 20

mber 15 High ...... 04:14 AM .... 8.31 Low...... 10:08 AM....1.34 High ......04:26 PM .... 9.14 M...-0.44 Low.......10:51 PM....0.33 1....8.58 **Sunrise: 6:41 AM** Sunset: 4:14 PM

#### First Qtr: 5:51 AM Tuesday, November 21 High ...... 05:19 AM .... 8.59

Low...... 11:20 AM....1.15 High ......9 Low...... 11:56 PM....0.34 Sunrise: 6:42 AM Sunset: 4:13 PM

#### Wednesday, November 22 High ...... 06:23 AM .... 9.04 Low......12:31 PM....0.72

High ...... 06:46 PM .... 9.01 Sunrise: 6:43 AM Sunset: 4:12 PM

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

Sunrise: 6:37 AM

Sunset: 4:16 PM

# Elf: The Musical: A Christmas musical for the whole family

most beloved holiday Theater is thrilled to bring stage. The holiday-film turned-musical features songs by Tony Award nominees Matthew Sklar a book by Tony Award winners Thomas Meehan and Bob Martin. This comedic confection will make you want to spread Christmas cheer by singing loud for all to hear. Elf opens December 1 and runs through December

Jeff McNally stars as Buddy, a human accidentally transported to the North Pole as a baby and raised there with the misbelief that he, like everyone around him ex-(played by Peter Salsbury and Lynn Boren-McKellar), is an elf. Upon learning the truth, he journeys lip Harris). Arriving in Phoenix Williams.

Based on one of the the big, bad city, he is believe in Santa.

and Chad Beguelin, with some new friends in the and Rachel & Eliza Viocity, including love-interlette. It is wonderful that est Jovie (Emma Chasse), this show has something and even Walter's secretary Deb (Kallie Brown) enjoy watching but to a and the two writers (Oliver Caron and Zimra Winters). Even so, things go badly with his father Linda Sturdivant (Direcwhen Mr. Geenway (Tad tor) Patrick Martin (Mu-Williams) arrives on the scene. Buddy seems more lost than ever, but when row MacLean (Assistant Santa's sleigh is stranded Director), Karl Carrigan in New York, Buddy rallies those around him Director), Darnell Stuto help Santa and save Christmas! Completing cept Santa and Mrs. Claus the Ensemble: Kiki Belanger, Rebecca Crist, Natalie Fortier, Diane Leo, Ashley Shevenell, Rachel and Éliza Violette, to New York City to find Nick Chasse, Konner Tarhis father (Brian Phil- box, Alex Venturelli, & plause to our season

This production has distraught to learn that a cast of 23 and is a real films in recent years, City his birth father is on the family affair. Along with "naughty" list and that our City Theater family Elf the Musical to their his half-brother Michael we have 4 real life famiand his stepmother (John lies performing together: and Elisha Cicio) don't Elisha and John Cicio, Tad and Phoenix Williams, Luckily, Buddy makes Emma and Nick Chasse for all ages to not only part of.

City Theater's production team includes sic Director), Mariel Roy (Choreographer), Car-(Set Designer/ Technical art (Costume Designer), Janice Toomey (Production Assistant), Florence Cooley (Lighting Designer), Matt Eaton (Sound) and Greg Brackett (Stage Manager).

A huge round of ap-



Emma Chasse as Jovie and Jeff McNally as Buddy The Elf. Photo credit: Rich Obrey

Supply Company and ings Bank, Maine Com-Pizza By Alex, and our munity Bank, Pratt Abseason sponsors: Carefree bott and The Real Estate Creative, Jim Godbout Store. Plumbing and Heating, and Stoner & Co. Elf's ed-ninny-muggins. Tickshow sponsors are: An- ets are going fast so get dy's Agway, Bamboo and yours now. Elf the Musical

Don't be a cotton-headunderwriters: Builder's Wonton, Kennebunk Sav- runs December 1-17, Fri- 207-282-0849.

days and Saturdays at 7:30 PM and Sundays at 2 PM. There is no performance on Sunday, December 3. Tickets are \$25 and \$30 (All fees included) and are available at www.citytheater.org/buy\_tickets or







# **Falling Into Winter**

by Jo O'Connor photos by SuO

Brrrrr – as we prep for winter, we are tasked with numerous chores to ready ourselves and our surroundings. As Mainers, we tend to wait it out to stretch out our Indian Summers (which barely happened this year).

I wonder who here made it until November 1 before turning on the heat? I used my thermostat four times in October (because I needed to). Between the raking, weed whacking and hedge trimming, I can say, I have not turned off the outside water yet. A bonfire has been built from fallen trees and limbs this year. It will be interesting to find out when I'll get around to burning it (#theprocrastinator).

My screen porch will be dismantled and put away along with my blue and turquoise furniture. I will bundle up to put away the outdoor furniture, basketballs, soccer balls and bocce orbs. I am patiently waiting for the last leaves to fall from my great maple before I do the final clean up.

My outdoor plants have now become indoor friends and get sprayed twice a day – the Thanksgiving cacti are showing off their hot pink buds.

It is indeed sweater weather – you know that time when you exchange your colorful beach towels for your wool and cashmere pullovers. It's time now to get out your collection of everlasting LL Bean boots and longjohns. I, for one, regularly use a hot water bottle to keep warm (a tradition I learned from my Irish family).

So go on and light your fire pits, layer up for comfort and sit back with a good book or TV series as 6 PM now looks like 11 PM. Who here goes to bed at 7:15 PM?









# Field Notes of a Maine Birdwatcher Long-haul flights

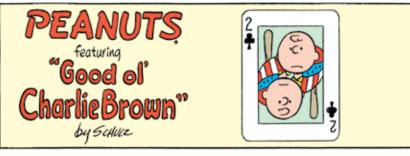
by Ken Janes

In the airline business trips lasting longer than seven hours are called long-haul flights, but that is nothing compared to the flights of Hudsonian Godwits. These birds nest and rear their young in arctic Canada and Alaska, building nests in muskeg swamps where mosquitos are plentiful. In late July and August, adult birds congregate on the shores of James Bay in Canada with juvenile birds following a few weeks later.

According to data from geolocators, most of these birds fly 3,000 miles nonstop over the Maritimes and New England and then over the Atlantic to South America. They average 25-30 miles per hour and fly for days without stopping. Once they reach South America, they have a brief rest stop then continue thousands of miles to Tierra de Fuego where they spend our winter in two places, one in Argentina, the other in Chile. In the spring they fly directly from distant South America to the Texas coast and the cross the Great Plains, finally returning to the breeding grounds between late April and early June. This remarkable trip adds up to over 18,000 miles in one year.

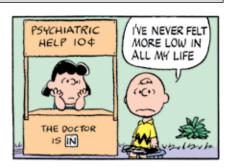
Fortunately for Maine birdwatchers, one or two of these long distance fliers will make an unexpected stop in our neighborhood. This year we were lucky to have this photogenic individual showing off along the Back Cove Trail in Portland for several weeks. Don't worry, resting on one leg is a common pose for shorebirds. The bird is not injured, but saving energy for the long-haul flight coming soon.



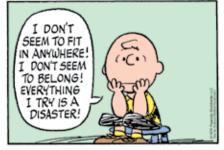














THEY'RE NOISY



→ DING-DONG!

BARK! BARK! BARK! BARK!

ODIE

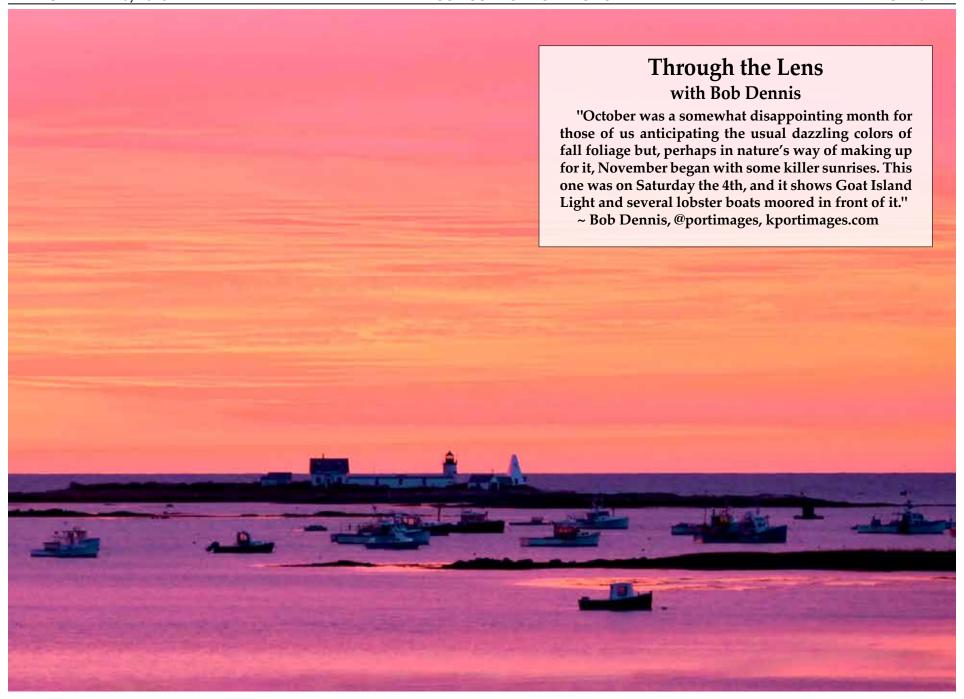












#### ACROSS

 Monopoly token with a seat

4 Thick carpet

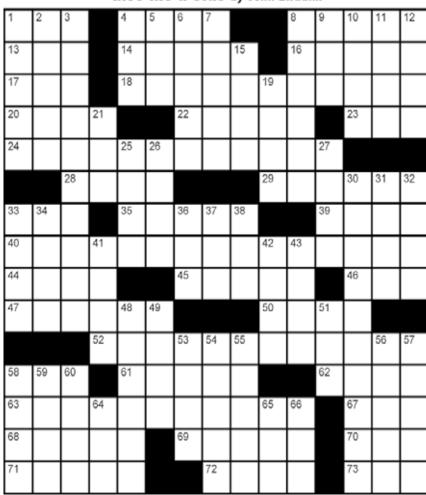
- variety Ballpark
- figures? Feel bad
- about Sounds from
- happy cats Nintendo character originally named
- Jumpman Pop-ups, e.g.
- Possible crossword clue for 'Release"?
- Devices that might sit on pads
- Whatsoever "Breaking
- Bad" agcy. Possible crossword clue for
- "Toll"? 28 Swelled
- heads Relinquished "This matters
- to me how?' 35 Old record
- player setups Japanese electronics
- brand 40 Possible crossword clue for "Refrigerate"?
- Takeout order
- "All Eyez on Me" rapper
- 46 Approx. fig.
- Marching harmoniously
- Voting alliance

- 52 Possible crossword clue for
- "Sting"? 58 Michael of "SNL"
- 61 Sanctify "Game of Thrones" actress
- Headey 63 Possible crossword clue for
- "Aloft"? 67 Some retro album
- purchases 68 Moving day
- rental TV, radio, etc. 70 Vixen's
- offspring 71 Wi-Fi connection
- device 72 Bad
- impression? "Told you so!" DOWN
- 1 Studies at the last second
- 2 Livestream's sound
- portion 3 Pound pickups
- UV-blocking concealer abbr.
- "Ben-
- Regions "Our House Is on Fire" activist
- Thunberg 8 Part of an
- "@" symbol 9 What one might pick
- up at a bar 10 Bone-dry
- 11 Lose steam

- 12 Vending machine purchase
- Defunct Swedish automaker
- 19 Whole bunch 21 HS class with
- book reports
- 25 2022 FIFA World Cup city
- 26 Unchanged Actor
- Hemsworth 30 Impromptu mood assess-
- ments
- 31 Wool sources
- 32 Bar game projectile 33 First part of
- a play 34 Common
- lunch time 36 Blubber
- Hosp. area "How's it
- goin'?" 41 Bunches
- 42 Alternatives to Lyfts

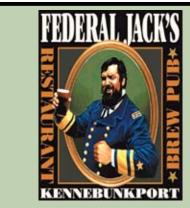
- 43 Sch. near Hollywood
- 48 Mummify 49 Buds
- 51 Bird associated with wisdom
- 53 Paper purchase
- 54 Voiced dis-
- approval Remark to
- the audience 56 Like some nonmainstream
- record labels Ctrl+V
- 58 Buddy Seven Dwarfs'
- refrain Exclamation that might cause a monocle to
- fall off 64 Tint
- 65 Metal no longer used in cans or foil
- 66 Chow down

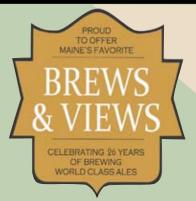
# Give Me a Clue by John Ewbank



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

Enjoy!





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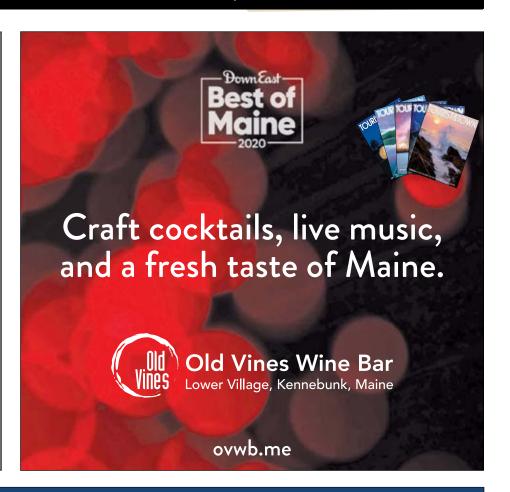


**PAINT** 

Glass • Cut Keys Lamp Repair **American Flags** 

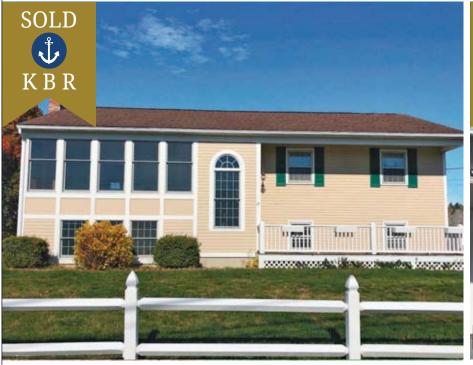
True Value

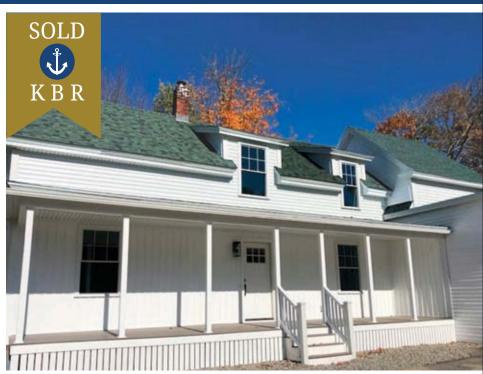
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