



# TOURIST&TOWN

FREE

February 2, 2023

The Month of Love Issue

Volume 65

Issue 1

T&T  
LOVE

THE NEWSPAPER WITH HEART • SINCE 1958

[touristandtown.com](http://touristandtown.com)



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publisher's note (aka love letter)

We're baaaaack!  
Same team. Same talent. Same heart.

At the start of each publishing year, I like to get back to the basics and reflect on who we are, what we do and why we do it. I see it as a time of revisiting our goals, refreshing our mission and renewing our commitment to our readers, advertisers and communities.

And so. . .

Who are we? What do we do? And why do we do it?

At this, the start of our 65th year, **who we are** is a joy-filled, community-centered, socially conscious and unapologetically old school part of south coastal Maine's living history.

**What we do** is inform, entertain and uplift. We do so by seeking out the riches in our communities, packaging them up in true Tourist & Town fashion and presenting them to an ever-widening readership.

**Why we do it** is because we believe local businesses deserve spokespeople, because good people bring out the good in others and because the press has an uncanny ability to draw people together and grow community.

Here's to another year of connecting, collaborating and 'gathering the good' – all for the love of south coastal Maine!

*Kingsley*

Kingsley Gallup, Publisher  
Tourist & Town

"Do your little bit of good where you are;  
it is those little bits of good put together  
that overwhelm the world."

– Desmond Tutu



Publishing Calendar 2023

ISSUE DATE	ADS/PR DUE	ISSUE DATE	ADS/PR DUE
February 2	January 25	August 3	July 26
April 6	March 29	August 10	August 2
April 20	April 12	August 17	August 9
May 4	April 26	August 24	August 16
May 18	May 10	August 31	August 23
June 1	May 24	September 14	September 6
June 15	June 7	September 28	September 20
June 29*	June 21	October 12	October 4
July 6	June 28	October 26	October 18
July 13	July 5	November 9	November 1
July 20	July 12	November 23**	November 15
July 27	July 19		

\* Summer weeklies begin  
\*\* The Holiday Issue

+ 4 Editions of Tourist & Town's Magazine  
SPRING • SUMMER • FALL • HOLIDAYS/WINTER  
Ad/PR deadlines for magazines TBA

T&T CONTRIBUTORS THIS ISSUE



Faith Gillman has called Kennebunk home for 34 years. A wife, mother and "Nonny," Faith has enjoyed writing for a number of Maine-based magazines and newspapers over the last several decades. She is happiest when she's able to share the stories of the people and places that make Maine the best place to be in every season and is truly thankful to be part of the *Tourist & Town* team.



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



Val Marier LOVES to write, play golf, knit, cook, watch her granddaughter play basketball and have fun — and it's always fun to write for *Tourist & Town*.



Kathy Oberman Tracy is a classically trained chef with a Masters in Culinary Arts from the New School and a degree in Food Styling from the Culinary Institute of America. Oberman worked with Martha Stewart as TV Producer and Food Stylist and was a private chef and caterer for the late Paul Newman & Joanne Woodward. In her "free" time Kathy is a mom and races sailing yachts!



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



Dana Pearson lives in Kennebunk with his adorable wife Diane, and hosts the monthly concert series Mid-Week Music at the Kennebunkport Historical Society's Town House School ([kports.com/events](http://kports.com/events)). His books can be found at [amazon.com/author/danapearson](http://amazon.com/author/danapearson).

Thank you as well to all of our additional contributors!



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THE NEWSPAPER WITH HEART SINCE 1958 • LIKE US ON FACEBOOK & INSTAGRAM







HERE WE GO!

IT'S YEAR **65** AND T&T IS READY TO INFORM, ENTERTAIN AND SPREAD LOADS OF FRESH SUNSHINE IN 2023!

LET THE FUN BEGIN!

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SCAN HERE TO DISCOVER WHAT'S HAPPENING IN ALL LOCATIONS



# A heart-warming story, brought to you by your local fire department

by Valerie Marier

In 1963, President Lyndon Johnson established February as National Heart Month. In the years since, the American Heart Association has focused on February as a good time to learn the symptoms of a heart attack, participate in organized heart health walks, and make an appointment for a comprehensive physical. A spokesman for the AHA adds, "We actually would like this to happen all year long — not only in February."

For John Crowley, who vacations frequently in Kennebunkport with his in-laws, Anne and Elliott Speers, these AHA caveats are now key to his daily regimen and routine. Last year, the 60-year-old director of operations for a fiber telecommunication infrastructure engineering company in Brea, California, suffered a near-fatal heart attack. He said, "A local fire department saved my life."

On Friday, March 11, John was in his office preparing for a conference call with his team. He remembers looking forward to catching an afternoon flight to Denver for a relaxing and fun weekend with his family. But he also sensed something "unusual" was happening in his body.

The prior night, he and a work colleague had gone out to dinner. He said, "Later, as I was getting ready for bed, I felt some indigestion. I woke up several times during the night feeling 'gurgling' sounds in my chest, but I drank some water and tried unsuccessfully to go back to sleep."

He wasn't overly concerned.

Later that morning in the midst of the conference call, John felt the same gurgling sensation in his chest. "I asked the team to finish the call because I knew something was wrong. I began questioning whether I should phone 911 or do a little research first."

He Googled "hospitals," figuring he could probably drive to the nearest one, "but the only places that showed up on my phone were acute care locations and I didn't think that was the best solution. I was worried that if I called 911 it might take the EMTs too long to find my third floor office in a confusing labyrinth of corridors. Then I remembered the fire station."

Every day driving to work from his hotel ("my 'home' away from my home"), John passed the Placentia Fire Station #2. He recalled that it was less than half a mile from his office and believed he could get to the station faster than EMTs could get to him. "So I drove to the station, knocked on the front door, and what happened next saved my life."

John was greeted by seven Placentia firefighters. "When I told them something was wrong with my heart, they opened the firehouse garage door and told me to have a seat. The team had just wrapped up training and still had their EKG gear open. One firefighter shaved my chest. Another attached leads and hooked me to the machine. Then I noticed that she looked at the Chief standing behind me and shook her head."

"That doesn't look too positive," John said.

The firefighter replied, "Mr. Crowley, it appears you are having a heart attack right this second. We need to transport you to the hospital immediately." The Chief called for an ambulance, adding "STAT!" Within minutes, John was on a gurney and loaded up for the seven-minute ride to St. Jude Medical Center.

During the ride he was given aspirin, four doses of nitroglycerin and finally morphine in an effort to keep his blood flowing. His blood pressure was a frightening 220/170. He also remembered that the ambulance was going "very fast."



Nearly one year ago John Crowley suffered a heart attack. "I owe my life today to the firefighters at the Placentia Fire Station in California." Photo by Whitney Coviello-Crowley

Arriving at St. Jude's ER portico, a swarm of medical professionals ran out and quickly examined John, "taking information, blood, scans, and God knows what else," he said. The lead doctor confirmed what was feared at the firehouse: John was suffering a STEMI heart attack, meaning he had a completely blocked coronary artery.

He was whisked to the Cardio Lab where the director of cardiology explained he would be "going into an artery in my right arm, clearing out the blockage in my heart and installing a stent." John was awake through the entire procedure and was told "what was happening" every step of the way.

Within 20 minutes after arriving in the Cardio Lab, the doctor's work was done, blood was flowing and John was transferred to ICU where he stayed for the next 24 hours. "Amazingly, it was 75 minutes from the time I knocked on the fire station door until I was wheeled to the recovery room," John noted.

The cardiologist called John's wife, Whitney Speers Coviello-Crowley, in Denver. "If John hadn't gone to the fire station when he did, there is a strong likelihood he would have died," he told Whitney.

Two days later John was released from St. Jude's Hospital. Three weeks later he was cleared to fly home to Denver.

"It's been almost a year since this happened," John said. "My general physical condition is excellent now and I've been given a clean bill of health from the cardiac surgeon, with no heart damage as a result of the STEMI. I watch my diet and limit sodium and fatty foods. I'm savoring life! I am an avid golfer and I enjoy daily biking and walking."

He's also one lucky guy.

February is American Heart Month, a time to focus on your cardiovascular health. The AHA suggests learning the symptoms of an attack, doing daily exercises, getting a comprehensive physical and signing up for a CPR class. FMI go to heart.org or call the 800-AHA-USA-1.



John and Whitney Coviello enjoying a round of golf in Colorado after his near-fatal heart attack. Photo by Whitney Coviello-Crowley.

This February, help **Paint the Town Red** by sharing your love and support for your neighbors in need. Winter can be an especially challenging time, as heating expenses and increasing food costs add strain to many families who are already struggling to keep up. The Share Your Love Event aims to spread the message that our in-need neighbors are near and dear to all of us. A fifty-dollar donation To Community Outreach Services will provide you with a #lovecos Valentine's yard sign to proudly announce the support you are giving through food, fuel and specific needs. Each sign comes with stakes. Purchase a #lovecos yard sign today.

<https://cos.networkforgood.com/projects/183695-share-your-love>

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# Holy Cow! Holy Donut comes to Arundel!

by Jo O'Connor

It's one of Maine's growing – and now iconic brands – and has touched down on Route One in Arundel. If you have never heard of The Holy Donut, you are now in the minority.

This family-owned business had humble beginnings. The story began in late 2010 when the founder, Leigh Kellis, started making donuts from scratch in her kitchen on Portland's Munjoy Hill. With an affinity for flavorful, wholesome food made with quality ingredients, Kellis felt that Portland lacked a really good donut – so she set out to make one.

After months of experimenting and taste testing with friends and family, Kellis finally landed on

a northern Maine recipe that, with some of her own adjustments, met her standards. Everyone who tried the donuts knew immediately they'd be a hit. Her new recipe included a rather unique ingredient: riced potatoes. This added a flavor, texture and consistency unlike any donut that was on the market.

Coffee By Design, a local coffee shop in Portland, was the first to give Kellis a shot. Each morning, she would make a couple dozen donuts and take them down to the shop to sell. Portland is a moderately sized city, so it wasn't long before other shops (including Whole Foods) took notice. With an increase in local orders, Kellis quickly outgrew her small kitchen.

After securing a commercial kitchen space in Portland, Kellis' father, Allan, showed up to do what good dads do. He started helping in any way he could, from frying donuts to making deliveries.

Before too long (2012), it was clear they needed to open up a shop of their own; they settled on a small location on Park Avenue in Portland. Together with her father, mother, sister and one other employee, Kellis started her brick-and-mortar donut journey.

Today, Holy Donut has four Maine locations (two in Portland and one in Scarborough). The Arundel campus consists of a walk-up or drive-through retail shop

(there is no indoor seating); some administrative office space (IT, operations and marketing); and the commissary, where they produce and distribute the donuts to all four stores.

"In the first few weeks, the Arundel location is doing well. The team is falling into place and getting used to the donut chaos. We are excited about the new chapter of The Holy Donut," said Katie McHenry, marketing coordinator for the family-owned business.

Try their all-around best-seller: Chocolate Sea Salt!

The Holy Donut is open daily 7 AM – 2 PM. FMI 1197 Portland Road, Arundel; theholydonut.com.



Going on throughout February!  
[www.gokennebunks.com](http://www.gokennebunks.com)



At left: courtesy photo. Above: Photo by Sandy Gnidziejko

HOT  
OFF THE  
PRESS!

## 8th Annual Frosted Event!

The 8th Annual Frosted event, which is the kick-off event of Kennebunkport's Paint the Town Red month, will be held Saturday, February 4, at 8 PM! Ice sculptures, signature cocktails, dance music with DJ Chad, a dessert bar and the Magic Mirror photo booth. Tickets include one drink. Cash bar available. Event is 21+. FMI [gokennebunks.com](http://gokennebunks.com).

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# For the love of all things puzzles, put that piece down!

by Faith Gillman

From crossword to Sudoku to cryptoquips, I love puzzles. But my favorite, especially on a wintry afternoon, is the classic jigsaw puzzle. I enjoy organizing the pieces by color, shape and/or theme, as well as the challenge of finding the right piece to bring a section together. But even more than that, I love the way it consumes my thought.

You see, my brain is rarely still – to the point of mental exhaustion at times – but with a puzzle I can think of nothing else. When I’m working on one I’m not pondering my growing to-do list, how I will juggle all that needs to be accomplished in a given day, why I said ‘that!’ or why my elbow hurts so much (is it just old-age or arthritis or something worse? Damn the internet). Thank goodness for a puzzle break.

Working a jigsaw puzzle has been an absorbing pursuit for a long time.

The invention of the puzzle in 1767 is credited to John Spilsbury, an English engraver and mapmaker. Spilsbury attached a map of the world to a piece of wood and then cut it apart. Created as an educational aid rather than a pastime, the puzzles were used to teach geography. Students learned about the world by putting the map back together.

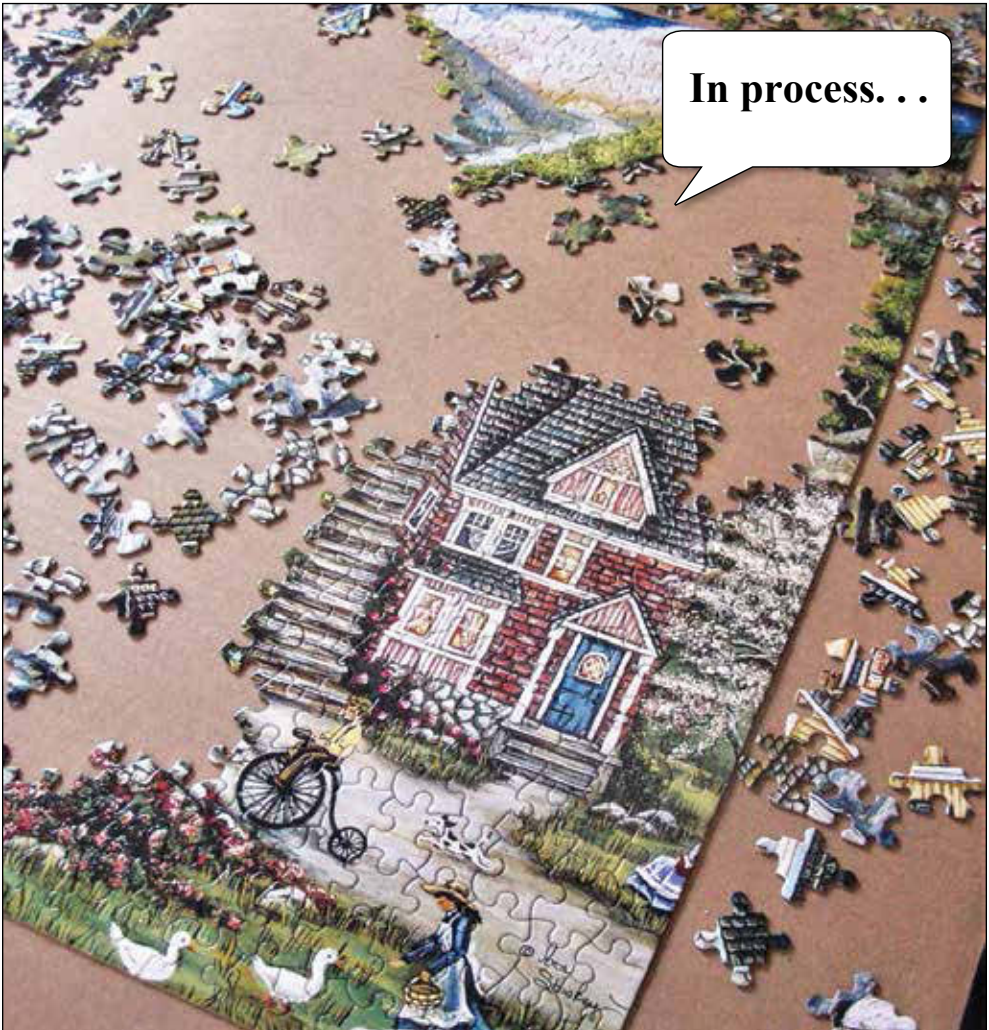
As innovation in machinery took off, so did the jigsaw puzzle. According to Mary Bellis, author of “Invention of the Jigsaw Puzzle” for ThoughtCo. com, with the “invention of the first fret treadle saw [later to be called the jigsaw] in 1865, the ability to create machine-aided curved lines was at hand.”

By 1880, machine-crafted wood jigsaw puzzles became popular. Although cardboard puzzles entered the market toward the turn of the century, wood jigsaw puzzles remained the largest seller. According to Bellis, mass pro-

duction of jigsaw puzzles began in the 20th century with the development of die-cut machines.

“In this process, sharp metal dies for each puzzle were created and, operating like print-making stencils, were pressed down on sheets of cardboard or softwoods to cut the sheet into pieces,” Bellis writes. “This invention coincided with the golden age of jigsaws of the 1930s. Companies on both sides of the Atlantic churned out a variety of puzzles with pictures depicting everything from domestic scenes to railroad trains.”

Happily, the jigsaw puzzle market still flourishes today. Puzzles are available from numerous companies in every shape/size/theme imaginable. And while virtual jigsaw puzzle apps are now available for a tablet or smartphone, I think I’ll stick with the real thing laid out on a card table sprinkled with pieces just waiting to find their place.



Info box: Jigsaw puzzles can be found at many shops around southern Maine, including Mail-It Unlimited in Kennebunk and Daytrip Society in Kennebunkport. Kennebunk Town Hall also offers a Puzzle Swap during office hours. Puzzles are located on the third floor next to the Parks and Recreation Office. Drop one off or pick one up and get puzzling.



A winter afternoon is a great time to work on a puzzle (pictured is an Ann Stookey design by KI Puzzles), complete one (The Kennebunks puzzle was fun and challenging) or choose the next one (can’t wait to get started on “Party Fowls”). Photos by Faith Gillman



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### For the love of ... beautiful photographs!

Calling all photographers!  
We are always on the hunt for photographs for our quarterly magazines, so please, whether you're a seasoned professional or someone who just loves snapping beauty, send in your submissions! We want to showcase our beautiful local area - and YOU! Our first magazine of 2023 will be out Spring 2023 edition. Send your photos to [publisher@touristandtown.com](mailto:publisher@touristandtown.com).

Send in  
your Maine  
photographs!



Help us  
celebrate the  
beauty of the  
area!



**Romantic Reads**  
**Love stories to read while**  
**sitting next to the fire. . .**  
**as snowflakes fall . . .**

by Val Marier

Return to (and revel in the) 1800's with Emily Bronte's *Wuthering Heights*, Leo Tolstoy's *Anna Karenina*, Charlotte Bronte's *Jane Eyre*.

Or fast-forward to more modern days with Ernest Hemingway's *A Farewell to Arms*, Margaret Mitchell's *Gone With the Wind*, or Boris Pasternak's *Doctor Zhivago*.

Perhaps re-read Eric Segal's *Love Story* or M.M. Kaye's *The Far Pavillions*. Go to the library and check out Colleen McCullough's *The Thorn Birds*, Gabriel Garcia Marquez' *Love in the Time of Cholera*, Robert James Waller's *The Bridges of Madison County*, or Dana Gabaldon's *Outlander* (Jamie!).

Mary-Lou Boucouvalas, director of Kennebunkport's Graves Library, also suggests Rebecca Searle's *In Five Years*, Jojo Moyes *Me Before You*, Kathryn Hughes' *The Letter*, Elin Hilderbrand's trilogy *Winter Street*, Christina Lauren's *Love and Other Words* or Patrick Taylor's *An Irish Country Love Story*.

You'll love them all!



**Blakeslee and Pearson cover**  
**The Man in Black**

Mid-Week Music continues Wednesday, February 8, at 7 PM with "Hello, it's the Music of Johnny Cash." The monthly concert series is held at the Kennebunkport Historical Society's Town House School at 135 North Street.

Host Dana Pearson will be joined by fellow guitarist and singer-songwriter Dan Blakeslee, whose tour calendar (and more info) can be found at dan-blakeslee.com. The duo will perform a mess of Cash tunes spanning his half-century career, including the classics ("I Walk the Line," "Flesh and Blood") and lesser known gems ("Mean Eyed Cat," "I Hardly Ever Sing Beer Drinking Songs").

Avoid heartbreak and order your tickets now at [kports.com/events](http://kports.com/events), [info@kports.com](mailto:info@kports.com), or 967-2751.

Future concerts in the Wednesday night series include: "The Musical Poetry of Paul Simon" (March 8, with Pearson, guitarist Andy MacLeod, and percussionist Rob Duquette); "Grab Bag" (April 12, with Pearson, pianist Mark Gunter, and mandolinist Carl Mabee); and "Hits from the Eighties" (May 10, with Pearson, MacLeod, and drummer Susan Richardson).



Dan Blakeslee and Dana Pearson. Photo by Faith Gillman

**Valentine's Day – A holiday you'll love**

by Steve Hrehovcik

If you haven't already done so, mark your calendar for Tuesday, February 14 – it's Valentine's Day.

While celebrated around the world, how Valentine's Day started makes a fascinating study.

One of the most repeated accounts of the holiday's origin dates back to the Ancient Roman Empire. It began as a celebration of the feast of Lupercalia, a pagan festival honoring fertility and the arrival of spring on February 15. One of the festival's rituals had girls write their name on a piece of paper and place it in a jar; boys would pick out a name. Romance and marriage often followed.

A more perilous fable about Valentine's Day occurred in the third century AD when Emperor Claudius II needed soldiers for his military exploits. To his annoyance, he discovered young men preferred to stay home with their wives and sweethearts rather than face deadly danger in a far-off war. To solve his problem, Claudius outlawed marriage.

In defiance of this unjust law, a romantic priest named Valentine performed marriages in secret. However, when Claudius discovered Valentine disobeyed the law, Claudius had Valentine beaten and executed.

A variation of the legend has another priest, also named Valentine, performing the marriage of prisoners, then helping them escape. He, too, faced execution when his



Even lobsters love Valentine's Day. Photo by Josh Hrehovcik

exploits became known.

Perhaps the most romantic beginning of the holiday follows the story of a passionate young man named – you guessed it – Valentine. While in

prison he fell in love with the guard's daughter. Just before Valentine's death sentence, he wrote a loving farewell letter to his sweetheart and signed it "from your Valentine."

Around 500 AD, Pope Gelasius moved the holiday from February 15 to February 14. He wanted to discredit the pagan festival of Lupercalia and to honor the date of two martyrs named Valentine, who the church canonized as saints. As a result, many call the holiday "St. Valentine's Day."

Through the years the popularity of Valentine's Day grew to acknowledge a person's love for a sweetheart. Lovers would exchange gifts like chocolates, flowers and personalized mementoes. By the Middle Ages, the people in France and England believed birds began their courtship ritual on February 14. In 1382, iconic writer Geoffrey Chaucer wrote this poetry: "For this was on St. Valentine's Day, when every bird cometh there to choose his mate."

While hand-written love poems became popular, it wouldn't take long

before tongue-tied lovers found an alternative in printed greeting cards.

Around 1850, while working in her father's book and stationery store in Worcester, Massachusetts, Ester Howland created the first mass produced Valentine's Day cards. She embossed her cards with ribbons and lace and placed them in heart shaped designs. The popularity of these cards earned Howland the title of "Mother of Valentine's Cards."

Today more than 190 million Valentine cards get sent each year. In addition to greeting cards, Valentine's Day has become a major marketing success for industry leaders. They look forward to Valentine's Day to boost sales. Heart-shaped candy boxes and flowers designed with lovebirds continue to find appreciative audiences.

While Valentine's Day is not a national holiday, it gets wholehearted recognition as one of the days when people can express their love for each other. It could be said, "If we didn't have Valentine's Day, we'd have to invent it."



FREE admission throughout February!

Fun events & activities all month!

HOURS:

Tuesday – Friday:  
10:00am – 5:00pm

Saturday:  
10:00am – 4:00pm

Sunday:  
12:00pm – 4:00pm

117 Main St., Kennebunk | [brickstoremuseum.org](http://brickstoremuseum.org)





# VALENTINES DAY MENU

## TUESDAY, FEBRUARY 14, 2023

**APPETIZERS:**

**MINI MAINE CRAB CAKES**

w/Lemon Dill Aioli 3 per order @\$8.00

**BABY PEA & SPINACH ARANCINI**

w/ Fire Roasted Tomato Sauce

4 per order \$ 6.50

**CLASSIC CAESAR SALAD W GARLIC BUTTER CROUTONS & SHAVED PARMESAN**

\$ 8.00

**HUNGARIAN MUSHROOM SOUP \$6.00**

**ENTRÉE CHOICES:**

**BEEF WELLINGTON**

Tenderloin, Truffle Duxelle, Red Wine demi glace-

Yukon Gold Mashed Potatoes & Haricot Vert

\$35.00

**PAN SEARED DIVER SCALLOPS WITH LEMON CAPER SAUCE**

Herbed Basmati Rice & Grilled Asparagus w/Lemon Zest

\$ 32.00

**CHICKEN CORDON BLEU**

Stuffed w/Prosciutto & Swiss Cheese

Yukon Gold Mashed Potatoes & Haricot Vert

\$28.00

**EGGPLANT PARMIGANA**

Grilled Asparagus w/Lemon Zest

\$22.00

**DESSERTS - HANDCRAFTED BY PASTRY CHEF JEN:**

**CHOCOLATE DIPPED STRAWBERRIES \$3.00 EA**

**MOLTEN CHOCOLATE LAVA CAKE \$6.00**

**RASPBERRY LINZER HEART COOKIES \$2.75 EA**

**CHOCOLATE DIPPED SHORTBREAD HEARTS W SEA SALT \$2.75 EA**

**NEW YORK CHEESE CAKE WITH FRESH STRAWBERRIES \$4.75 EA**

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We are excited to share this lovely piece submitted in 2022 about the Sanderlings we so love...

## Sanderling

*Calidris alba* has arrived on Maine's isles,  
But he won't be here very long.  
He soon will be flying two thousand more miles.  
He needs to be rested and strong.

He dances and pirouettes just out of reach  
of the waves as they harden the sand.  
Leaving him morsels to pluck from the beach  
for his journey to a far northern land.

From the straits of Magellan to Melville sound.  
The length of the entire New World.  
A longer migration is not to be found,  
by the time his wings have been furled.

His destination: a level and barren strand,  
made of clay and strewn thick with stones.  
Dressed with an aggregate of gravel and sand.  
Set away from the wet tidal zones.

The Sanderling doesn't make much of a nest.  
It's a small hollow set in the ground.  
Lined with some grasses or leaves at best.  
With little willows scattered around.

Eggs are laid in the middle of June.  
Four, or occasionally three.  
Dozens of spots of brown festoon  
The buff, or green, eggs that you see.

Scholars aren't sure whether males incubate.  
Some say they do, others, they don't.  
Twenty four days until the hatch date.  
When the chicks begin feeding, as is their wont.

When the down plumage of the last chick is dry,  
Mother leads her brood on the plain.  
To places where they can find bugs if they try,  
And stay under her wing in the rain.

The young are guarded by a vigilant mother,  
foiling foes by using distraction.  
Towards one location instead of another.  
By ground, or by aerial action.

The young are all downy for the first seven days  
for escaping a predator's eye.  
Then feathers erupt in speckled displays.  
At fourteen days they can fly.

With its brilliantly spotted black and white livery,  
a young Sanderling cannot be confused  
with the breeding adult, who is known to have every  
front feather with rust infused.

When Sanderlings aren't chasing waves with derision,  
or probing for clams in the sand.  
Over the water they fly with precision,  
or rest on one leg on the land.

When late summer comes towards the end of July,  
the chicks are all feathered and grown.  
The time has now come for the species to fly  
to their winter home on their own.

*C. alba's* winter range, like its migration, is huge.  
Though some will reach Argentina.  
Or descend upon Chile in a feathered deluge,  
some won't get past Carolina.

But whether they start from Cape Horn or Cape Fear,  
Regardless of where they have been.  
They'll find their way back to the arctic next year.  
And start their cycle again.

Kevin Byron, 2020







The Cape Porpoise lobster trap tree was already an icon, attracting visitors from all over during the holiday season. Then Christine Faiella, co-owner of Bradbury Brothers Market, had a creative idea to extend the life of the “tree” and make it even more special, adding large red hearts to signify Valentine’s Day. The lateo Mark Dufoe turned Christine’s concept into reality and the tree has been a big Valentine’s hit.

~ Bob Dennis, Cape Porpoise

kportimages @portimages



Photo submitted by Alissa Krzenski

HOT  
OFF THE  
PRESS!

Love at the  
Museum!

The Brick Store Museum is celebrating the month of love by offering free admission ALL MONTH. The museum is also offering a "Love in the Kennebunks" indoor tour! FMI <https://gokennebunks.com/paintthetownred/do/>

HOT  
OFF THE  
PRESS!

Bourbon  
Tasting!

Join Certified Whisky Ambassador Michael Nugent of The Perfect Dram on Monday, February 13, at 6 PM, at Ryan’s Corner House Irish Pub in Lower Village, Kennebunk, for a tasting of 4 Bourbons. FMI <https://gokennebunks.com/paintthetownred/do/>

All you need is love. But a little chocolate now and then doesn’t hurt.  
~ Charles M. Schulz

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### A Love Story...

Frida Kahlo, a talented young Mexican painter, visited the studio of muralist Diego Rivera one day in search of career advice. He noticed, "She had unusual dignity and self assurance and there was a strange fire in her eyes." They had a volatile relationship, yet Rivera knew early on that Kahlo was "the most important factor in my life and would continue to be until she died 27 years later."

Kahlo noted, "You deserve a lover who listens when you sing, who supports you when you feel shame, and respects your freedom; who flies with you and isn't afraid to fall. You deserve a lover who takes away the lies and brings you poetry, hope and morning coffee."

(And perhaps a romantic dinner on Valentine's Day?)

### "Happy Hearts" Breakfast Treat for the kids

#### Cinnamon Toast with a Twist

**Ingredients:**  
2 slices white sandwich bread  
Unsalted butter (room temperature)  
1 tbsp. sugar  
1/2 tsp. ground cinnamon

**Directions:**  
Preheat oven to 425.  
Cut XOXO letters or hearts out of parchment paper.  
Spread butter on both sides of bread.  
Place bread on a parchment-lined sheet and adhere stencils.  
In small bowl mix sugar and cinnamon.  
Sprinkle cinnamon sugar over toast.  
Bake until crispy and golden brown (8-10 min.)  
Peel off stencils and serve immediately.

### Timely Tips for Cast-Iron Skillets

Cast-iron skillets reign supreme, especially during the cold winter months when grilling can be iffy. They provide perfect sears and golden-brown crusts on juicy steaks. They heat evenly and retain the warmth. They also go from the stovetop into the oven to finish any dish under the broiler.

The more you use a cast-iron skillet, the quicker (and more) you build up its seasoning which, incidentally, makes it more nonstick as time progresses.

Clean immediately after using. Do not use detergent! Instead, dampen a paper towel to clean and scrape inside of pan, then soak in sink. If necessary, use 1 cup coarse sea salt to scrub. Dry well, then wipe with dish towel dipped in 1/2 tsp. vegetable oil.

### The Root of the Issue

Root vegetables get more "exciting" and flavorful when pickled. If you're a fan of roasted carrots, parsnips, beets and butter-nut squash, try this delicious formula which is guaranteed to perk up a winter grain bowl or side dinner dish.

Start with peeling, then chopping the root vegetable into 1-inch cubes. Place in a bowl and toss with pickling liquid (1 tbsp. lemon juice, 1 tsp. red wine vinegar, 1 tsp. honey per pound of veggies). Let them soak up the liquid for 10 minutes while oven preheats.

Scoop veggies onto sheet pan (leaving excess liquid in bowl). Toss with olive oil again (1 tbsp. per pound of veggies). Season with salt/pepper and roast until deeply caramelized. (Use leftover liquid in salad dressing or a marinade.)



# KITCHEN TALK

by Valerie Marier



## Candlelit Valentine's Day dinner... a deux

### Start with: "Four of Hearts" Salad

Serves 2

**Ingredients for salad:**  
Romaine lettuce hearts  
1 cup hearts of palm  
1 cup hearts of celery  
1 cup artichoke hearts  
1/2 cup flat Italian parsley, finely chopped  
1/4 cup chives, minced  
2 tbsp. olive oil  
1 pinch red pepper or chipotle flakes

**Directions for the salad:**  
Dice hearts of palm, celery and artichoke, then toss with parsley, chives, olive oil and red pepper in a bowl. Cover, refrigerate for half an hour.  
Split romaine lettuce hearts lengthwise. Trim the bottoms into a point. Lightly brush the lettuce with olive oil, sprinkle with salt, and GRILL the lettuce until a brown char forms. Plate the grilled lettuce on a plate in a heart shape and set aside. (Note: salad can be enjoyed without grilling the romaine)

**Ingredients for dressing:**  
6 strips bacon  
2 shallots, finely sliced  
1/4 cup honey  
1/4 cup rice vinegar  
1/4 cup apple cider vinegar  
1/2 cup Dijon mustard  
1 tsp. salt  
1 tsp. pepper  
1/4 cup goat-cheese crumbles  
1 tbsp blood-orange juice and zest

**Directions for the dressing:**  
Cook bacon until crisp; drain and reserve drippings.  
Saute shallots in 4 tbsp. bacon drippings until soft, approx. 3-4 minutes.  
In small bowl, whisk blood orange juice and zest, honey, vinegars, and mustard until thoroughly combined. Add to pan, turn up heat until mixture begins to bubble, then lower heat to a simmer. Stir in chopped bacon.

Spoon chilled heart of palm, artichoke heart and celery heart mixture on top of each grilled Romaine leaf. Drizzle with warm dressing. Top with goat-cheese crumbles.

### And for the entree: Caprese Steak

Serves 2

**Ingredients:**  
3/4 cup balsamic vinegar  
3 cloves garlic, minced  
2 tbsp. honey  
2 tbsp. olive oil  
1 tbsp. each dried thyme and oregano

**Directions:**  
In small bowl whisk balsamic vinegar, garlic, honey, olive oil, dried thyme and oregano. Pour over steaks and marinate 20 minutes.  
Season tomatoes with salt and pepper.  
Heat grill to high (or use black cast iron skillet on stovetop; SEE TIPS on using cast iron skillet above. Cook 4-5 minutes per side. Top with mozzarella and heart-shaped tomatoes, then cover grill or pan until cheese melts, approximately 2 minutes.  
Top with basil.

2 6-oz. filet mignon (or sirloin) steaks  
2 beefsteak tomatoes (cut into heart shapes)  
Kosher salt  
4 slices mozzarella  
fresh basil

For love-ly side dishes, serve baked sweet potatoes, candied carrots, maple-bacon Brussels sprouts or sesame snow peas.

Valentine's Day dessert can be a chocolate lava cake, chocolate-covered strawberries, white chocolate raspberry parfait, or go wild with a Pavlova topped with strawberries and cream!

### Just in case: Gluten-free sweets for your sweetheart Five-ingredient Chocolate Chip Cookies – no flour! (makes 30)

**Ingredients:**  
1 cup almond butter  
1 cup semisweet chocolate chips  
1/2 cup packed light-brown sugar  
2 large eggs  
1/2 tsp. coarse salt

**Directions:**  
Preheat oven to 350 degrees.  
In a bowl, stir together almond butter, chocolate chips, sugar, eggs and salt until a dough forms.  
Place 1 tbsp. mound of dough one-inch-apart on parchment-lined baking sheet.  
Bake cookies until puffed and tops are set, approx. 10 minutes.

This page is curated by  
Tourist & Town's Valerie Marier.  
Is there something,  
someone or someplace you'd  
like to hear more about?  
Email [valmarier@me.com](mailto:valmarier@me.com)





She was supposed to be born on February 14th – after all, that’s when her mother went into the hospital to deliver her – but she decided to keep her audience waiting in order to make a dramatic entrance. Typical.

“I thought she’d be born on Valentine’s Day,” said Peg – you know, her mother. “But she didn’t show her little head till the next day.” Paging through a book of baby names, Peg, considering her newborn a little Valentine, said, “I saw Diana, Goddess of Love, and thought, ‘OK, that works.’” All she did was switch out the second “a” for an “e,” and the world was introduced to Diane.

When it came time to celebrate the first birthday of Peg and Harlan’s fourth and final child, a serious and highly consequential decision had to be made: what sort of cake would be made?



These two hearts have come together every year since 1965 to make a certain birthday cake.

In early 1965, poking around the fairly new Northshore Mall in Peabody (the second shopping mall to be built in Massachusetts), Peg’s eye was caught by some heart-shaped baking pans. “I bought them at a five-and-dime, probably Kresge,” said Peg, referring to the store that would later be rechristened as Kmart. “There’s no brand name on them. They weren’t top of the line. I probably spent two or three dollars each.”

The first heart-shaped birthday cake was vanilla with white frosting. Because the tins had less volume than standard round pans, Peg would have to deal with excess batter for decades to come. Sometimes she’d make a few extra cupcakes, otherwise she’d let the heart-shaped cakes rise above the rims and then shave their high rounded tops with a serrated blade.

“The cake was vanilla until she was old enough to tell me she preferred chocolate,” said Peg. “That was when she was three.” Various chocolate recipes would

be used until the classic Hershey chocolate cake was settled upon. The vanilla frosting, a simple buttercream concoction, would remain inviolate. And, as a continual reminder of Diane’s originally planned birthday, Peg would decorate the bright white cake with red cinnamon heart candies.

After we married, I believe I suggested a Reilly’s cake for her birthday. She looked at me as though I had suggested we bake a cake of industrial sludge with an icing of puréed spider’s eggs. Which surprised me, because I knew (and know) that she loves Reilly’s cakes.

“You can have a Reilly’s cake on your birthday,” she said matter-of-factly (which indeed I would). “My mother’s making my birthday cake. She’s always made my birthday cake. She always will.” Well, that removed the guesswork out of any birthday cake decisions for the next 35 years (and counting).

So deeply engrained is the tradition of a Peg-made, heart-shaped, chocolate-with-white-frosting birthday cake, that the following anecdote will be understood to have been a comically traumatic experience for Diane:

It was about five years ago, and I went to pick up Peg to bring her over to our house to celebrate Diane’s birthday. And, naturally, to bring her over The Cake. She had just finished frost-

ing it, and it sat on her kitchen counter, not yet placed in the Rubbermaid cake container for transport.

“What the ----, Peg?” I said, looking at the cake. Even I knew something was horribly wrong. She looked confused. I had to utter the awful words, “That cake is round.” I had never seen Peg look so distraught. Evidently, she had been distracted and simply blanked on using the half-century-old heart-shaped tins for the first time ever. Diane, when presented with her cake, was equal parts stunned, mystified, and amused. Though putting on a brave face, she made it known to all present that such a mistake should never, ever, ever, ever be repeated. When all is said and done, she is a strict traditionalist.

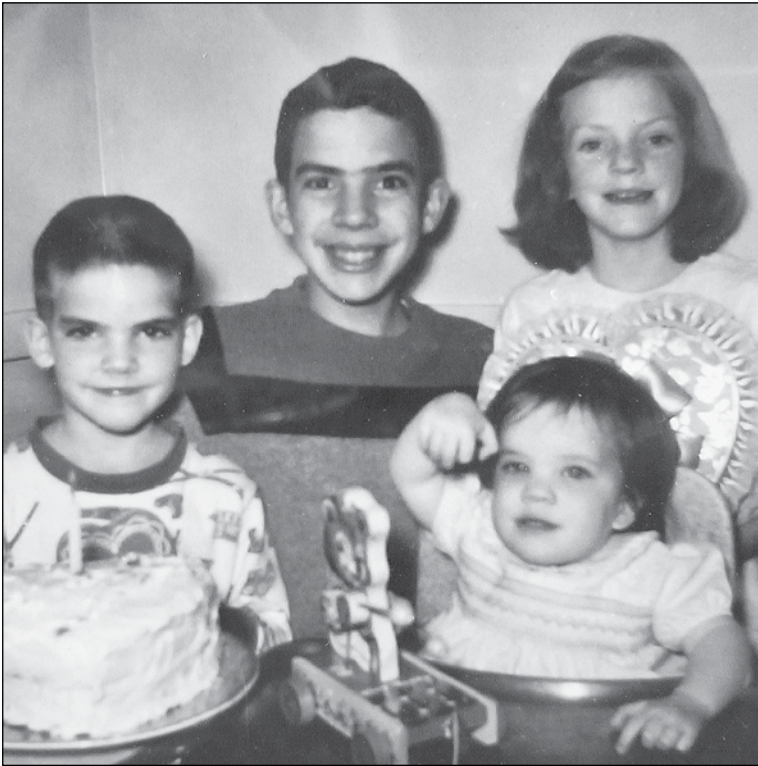
One day, after she had made The Cake, Peg showed me the heart-shaped tins and said, “You know that these are going to you, right?”

“Oh yeah,” I said. “I don’t want to mess with her when it comes to her birthday cake.”

“No, you don’t want to do that.”

But that’s not my problem, because Peg’s on board to bake Diane’s 59th birthday cake this month. Which she will do, of course, with heart.

# Two hearts, one cake



Diane enjoys her first heart-shaped birthday cake in February 1965 with, from left, brothers Kevin and Ron, and sister Kathy.

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**Snow Stroll!**

Kennebunk Land Trust and Boulangerie are partnering again to bring you the "Snow Stroll." Wear your brightest red outdoor clothes and take a nature walk at Mousam River Wildlife Sanctuary. Attendees will receive a coupon to Boulangerie to redeem before or afterward the walk. Support environmental efforts and local Kennebunk businesses as part of Paint The Town Red events. Register by February 3 to order your very own red KLT scarf for the festivities! Attendance is limited so register today! FMI [gokennebunks.com](http://gokennebunks.com)



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# Heart-Healthy Tips – Your Diet Can Help.

by Jo O'Connor

Heart disease accounts for nearly one-third of all deaths worldwide. Diet plays a major role in heart health and can impact your risk of heart disease.

While the new year is underway, there's no time like the present to do a diet changeup. In fact, certain foods can influence blood pressure, cholesterol levels and inflammation, all of which are risk factors for heart disease.

When you are out grocery shopping next time, add these items to your grocery cart to lower your blood pressure, fight inflammation and reduce your stroke risk:

Leafy green vegetables

Leafy green vegetables like spinach, kale and collard greens are well known for their wealth of vitamins, minerals and antioxidants. In particular, they're a great source of vitamin K, which helps protect your arteries and promote proper blood clotting.

Whole grains

Common types of whole grains include whole wheat, brown rice, oats, rye, barley and buckwheat.

Berries

Strawberries, blueberries, blackberries and raspberries are jam-packed with important nutrients that play a central role in heart health. Berries are also rich in antioxidants.

Avocados

Avocados are an excellent source of heart-healthy monounsaturated fats, which have been linked to reduced levels of cholesterol and a lower risk of heart disease.

Fatty fish and fish oil

Fatty fish like salmon, mackerel, sardines and tuna are loaded with omega-3 fatty acids, which have been studied extensively for their heart-health benefits.

Green tea

Green tea has been associated with a number of health benefits, from increased fat burning to improved insulin sensitivity.

Olive oil

A staple in the Mediterranean diet, olive oil has heart-healthy benefits that are well documented. Olive oil is packed with antioxidants, which can relieve inflammation and decrease the risk of chronic disease.

Almonds

Almonds are incredibly nutrient-dense, boasting a long list of vitamins and minerals that are crucial to heart health.

Dark chocolate

Dark chocolate is rich in antioxidants like flavonoids, which can help boost heart health.

Walnuts

Walnuts are a great source of fiber and micronutrients like magnesium, copper and manganese.

# York County Audubon announces 2023 Hog Island Educator's Scholarship

York County Audubon (YCA) is seeking an educator or community leader to participate in a one-week program on famed Hog Island off mid-coast Maine in July, 2023. YCA will sponsor one participant who can benefit from the Hog Island experience and use it to teach others. Complete information is available at [www.yorkcounty-audubon.org/scholarships](http://www.yorkcounty-audubon.org/scholarships), and applications are due by March 15, 2023.



The program is entitled "Sharing Nature: An Educator's Week" and will run from July 16 through July 21. Program details and descriptions are available at <http://hogisland.audubon.org/sharing-nature-educator-s-week>. The YCA scholarship will pay 70% of the recipient's cost for program tuition, room and board.

Since 1936, some of the world's most well-known and highly respected naturalists have come to Hog Island and inspired thousands to learn about and protect birds and the environment. Roger Tory Peterson was among the first teachers on the 335-acre island. Rachel Carson described her visit to Hog Island in her landmark book, *Silent Spring*. Kenn Kaufman, only nine years old when he read Peterson's account of Hog Island, is now an international authority on birds and nature.

York County Audubon fosters understanding, appreciation, and conservation of the natural world through the education of present and future generations. This Hog Island scholarship is dedicated to June Ficker, bird bander extraordinaire, who shared her love for birds with thousands of York County residents and visitors. YCA is a chapter of Maine Audubon.

# The York Raid, the Maine Frontier and the Salem Witch Trials – a virtual Program with Emerson "Tad" Baker



Join Emerson "Tad" Baker in a virtual program presented by Historic New England on Thursday, February 2, from 6 to 7 PM, as he traces the connection between the Maine frontier and the Salem Witch Trials.

The Salem Witch Trials resulted from a "perfect storm" of factors, but a critical one was the war panic that gripped New England when the region was losing a conflict on the Maine frontier to the Wabanaki and their French allies. A number of the afflicted and the accused were war refugees, and many of

the judges had suffered serious financial losses in the conflict. In particular, the devastating Wabanaki raid on York, Maine, in January 1692, which resulted in over one hundred settlers being killed or taken captive, can be seen as a trigger of the witch hunt.

Emerson "Tad" Baker is a professor of History at Salem State University and has previously served as vice provost and dean of the graduate school. The York, Maine, resident is the award-winning author or co-author of six books on the history and archaeology of early New England, including *A Storm of Witchcraft: The Salem Trials* and *The American Experience*.

Tickets are free; donations are encouraged. Advance tickets required and can be reserved at <https://my.historicnewengland.org/16414/york-raid>. The link for the webinar will be included in the order confirmation for this program. FMI call 617-994-6678.

*Historic New England is the largest and most comprehensive independent preservation organization in the U.S. and welcomes the public to thirty-eight exceptional museums and landscapes, including several coastal farms. The organization operates a major collections and archives center in Haverhill, Massachusetts, and has the world's largest collection of New England artifacts, comprising more than 123,000 decorative arts and objects, and 1.5 million archival documents including photographs, architectural drawings, manuscripts, and ephemera.*



HOT OFF THE PRESS!

# Paint night!

Join The Creative Soul at Alisson's and paint this beautiful, modern lobster piece. Lobster is on an 88 cradled wood panel. Wood is pre-stained and pre-sketched making it a very relaxing and meditative project. Gather a few friends and make a fun night of it.

<https://goken-nebunks.com/paintthetownred/do/>



# Won't you be my Valentine?

According to 1-800-Flowers, in rank order, here are the most popular flowers given on Valentine's Day – and the meaning of those flowers:

- Roses (love)
- Irises (faith and hope)
- Lilies (class and style)
- Sunflowers (warmth and happiness)
- Orchids (beauty and strength)



Art by Holly C. Ross



# Ogunquit Playhouse announces 2023 season

by Steve Hrehovcik

On the anniversary of its 91st season, the Ogunquit Playhouse features the return of previous hits and premiere presentations of new shows in both the Ogunquit location and the Musical Hall in Portsmouth, New Hampshire.

Ogunquit Playhouse executive artistic director, Bradford Kenney, said, "Our 2023 season showcases the versatility and dependable high caliber of Ogunquit Playhouse's theatrical offerings. When audiences made clear that they weren't ready to say goodbye to Carole King last fall, we were happy to extend *Beautiful* to kick off this season."



The Ogunquit Playhouse celebrates its 91st anniversary with an extended season of previous hits and premiere productions. Courtesy photo

This year Kenney has extended the playhouse season to 33 weeks.

"Bringing an old friend like *Singin' in the Rain* to the stage is an enormous pleasure," Kenney said, "and I can't wait for a new generation of theatergoers to discover this classic, tap-dancing musical comedy. Then *On Your Feet!* will practically leap off the stage with an exuberant Latin music score, followed by the new thriller, *The Da Vinci Code*, which we're delighted to work with Simon Friend Entertainment in London and Dan Brown to bring to the US. Finally, we'll bring the 2023 season home with the uproarious antics of *Tootsie*."

The 2023 season starts in the Music Hall in Portsmouth:

**Million Dollar Quartet**  
Shows run Wednesday, March 22 to Sunday, April 9

Legendary singers Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins gather for a jam session at Sun Records in

Memphis in 1956. Songs include: "Blue Suede Shoes," "Fever," "That's All Right," "Great Balls of Fire," "Whole Lotta Shakin' Goin' On," "Folsom Prison Blues" ... and more.

The season continues at the Ogunquit Playhouse:

**Beautiful – The Carole King Musical:**  
Show runs Thursday, May 11 to Saturday, June 10

The hit from the 2022 season returns for 5 weeks. It features the life and music of singer-songwriter Carole King and the impact she made on Rock and Roll. Highlights include "You've Got A Friend," "A Natural Woman," "Will You Love Me Tomorrow," "I Feel the Earth Move" ... and more.

**Singin' in the Rain:**  
Show runs Thursday, June 15 to Saturday, July 15

Based on one of the most popular MGM musicals. Relive this classic about romance, comedy and backstage shenanigans in the early days of

talking movies. Highlights include "Singin' in the Rain" in a rain downpour on stage, plus "Fit as a Fiddle," "Good Morning," "Make 'Em Laugh," "You Are My Lucky Star" ... and many more.

**On Your Feet!**  
Show runs Thursday, July 20 to Saturday, August 19

A new international production of the inspiring lives of Emilio and Gloria Estefan, from humble beginnings to global sensations. An inspiring story of love, heritage and family devotion. Songs include "Rhythm is Gonna Get You," "Conga," "Get on Your Feet," "Don't Wanna to Lose You" ... and more.

**The Da Vinci Code**  
Thursday, August 24 to Saturday, September 23

Dan Brown's worldwide bestselling novel *The Da Vinci Code*, which has sold more than 100 million copies, serves as the basis for the American theatrical premiere. A non-musical production

that delves into one of the greatest mysteries of the last 2000 years.

**Tootsie**  
Show runs Thursday, September 28 to Sunday, October 2

A regional premiere. The Tony Award winning adaptation of the popular 1982 film, follows struggling actor Michael Dorsey as he makes a drastic change to get a part in a Broadway musical. Songs include: "I Like What She's Doing," "Who Are You?" "The Most Important Night of My Life," "Talk to Me Dorothy" ... and more.

For ticket information, call 207-646-5511 or email: [boxoffice@ogunquitplayhouse.org](mailto:boxoffice@ogunquitplayhouse.org).

Building upon a legacy of leadership in American theatre, Ogunquit Playhouse produces world-class performances, educates people of all ages, cultivates new works for the stage, and preserves an iconic and historic playhouse for future generations.

The Ogunquit Playhouse is located at 10 Main Street in Ogunquit.

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## Nature's Valentine

by Jo O'Connor

I love collecting things and I love rocks. I have rock walls, a granite fireplace and I love stone firepits, too. As a self-professed beachcomber, I gather sand dollars, washed-up buoys and heart-shaped rocks. Many years ago, my friend Corde started pointing out rocks that she would find in the shape of hearts. These are mostly perfectly imperfect, bumped around and loved into shape by the tumultuous sea and waves crashing over them for years. My heart rock collection has grown over the years now. I find myself giving these away to friends and visitors. I even have a section in my rock garden under my birch trees dedicated to these treasures. Thanks to my friend, I find that my eye has been trained to spot them – it's also a way of being present on my beach walks.

**HOT  
OFF THE  
PRESS!**

## Pilates Special!

Enjoy \$15 off a couples private duet Pilates session! Book a couples private duet session for \$115 (\$130 regularly). Make sure to mention the chambers deal when booking. Please email [info@pilateskennebunk.com](mailto:info@pilateskennebunk.com) to schedule. Pre-payment required. Valid for the month of February. \*No refunds. Payment can be transferred towards the purchase of another session if session does not get used in February \*FMI <https://go-kennebunks.com/paintthetownred/do>



## "My Funny Valentine"

"My Funny Valentine" is a show tune from the 1937 Richard Rodgers and Lorenz Hart musical *Babes in Arms*, in which it was introduced by former child star Mitzi Green. The song became a popular jazz standard, appearing on over 1300 albums performed by over 600 artists. In 2015 it was announced that the Gerry Mulligan quartet featuring Chet Baker's version of the song was inducted into the Library of Congress's National Recording Registry for the song's "cultural, artistic and/or historical significance to American society and the nation's audio legacy". Mulligan also recorded the song with his Concert Jazz Band in 1960.

My funny valentine...  
Sweet, comic valentine...  
You make me smile with my heart.  
Your looks are laughable,  
unphotographable  
yet you're my favorite work of art.  
Is your figure less than Greek?  
Is your mouth a little weak?  
When you open it to speak,  
are you smart?  
But don't change a hair for me,  
Not if you care for me.  
Stay little valentine,  
Stay.  
Each day is Valentine's day.

## What are you giving your Valentine this year?

by Kathy Oberman Tracy

Chocolate and cherries, Champagne and wine, Ranunculus and roses... and a dash of scented bath salts all add up to a fabulous combination of Valentine gifts!

Giving the gift of love doesn't have to be just for your sweetheart. Family, friends and the kids all delight in receiving a little special something. Even just one of these gifts will be fun to give, but combining a few will elevate the average to decadent. And, these can all be purchased ready to go or they can easily be made at home, even with the kids!

### Chocolate and Cherries

While chocolate-covered cherries are my personal favorite, they are not for everyone. Shaved chocolate is an instant gratification... a garnish that looks stunning and delivers a chocolate lover's dream.

Shave some over vanilla ice cream with gourmet cherries in syrup like Luxardo Cherries. It's a sinfully delicious dessert and so easy to make. Better yet, top a brownie with all of this goodness!

Scoop ice cream into a beautiful glass or bowl,

add a few cherries over the top, then drizzle with some jarred cherry sauce. Using a vegetable peeler, lightly peel some dark chocolate from the edge of your favorite chocolate bar over the top.

Beautifully shaved chocolate curls look nice on top of cupcakes, cakes or puddings – even the store bought kind. Sprinkle over berries and whipped cream or segmented orange slices. This will take your dessert to the next level.

### Wine for your Valentine

There is always something special about a glass of sparkling wine or a champagne cocktail – be it champagne, Prosecco or pink sparkling wine, have a glass to celebrate! There is a multitude of whimsical sparkling cocktail recipes online. Try adding orange bitters with a Luxardo cherry and a teaspoon of the juice to your sparkling wine for a deliciously beautiful cocktail.

Red wine is always a good choice for a Valentine's dinner, or you could

splurge a little and try different wines with each course of your dinner.

Whether you are dining at home or you are out on the town, a sherry is nice with a cheese course, white wine with your salad or soup, red wine with your main course and red wine or port with your dessert.

Stop by The Wine House on Main Street, Kennebunk, and meet Betsy Ross, whose effervescent personality is quite like the sparkling wine she sells (yes that's her real name!). Betsy will help you find the perfect wine at the right price. You can even sit and sip a glass of wine at her petit wine bar.

### Flowers – Roses or Ranunculus

Whether you are a straight-up traditionalist and love roses, or you like to mix it up a bit with vivid colorful flowers, you can't go wrong with flowers of any kind.

However, Ranunculus flowers are elegant and whimsical at the same time. They come in a variety of beautiful shades from white to purple, and shades of orange and pink to deep red. While these flowers could easily rival roses, there is nothing wrong with combining the two in one bouquet.

Purchase some Ranunculus flowers from your local florist or have them make an arrangement for you. Fleurant is an excellent choice or Snug Harbor Farm, if you wish to buy some Valentine flowers. You can often find these flowers at Trader Joe's or Hannaford's as well.

Cut the flowers at varying heights and place them into a vase, fancy jar, or even in a wine or champagne glass. Tie a pretty ribbon or raffia around the top or base to bring it all together.

### Scented Bath Salts

Scented bath salts are a luxurious gift and easy to make at home for a different twist on the store-bought version. At this time of year, bath salts sprinkled over a hot bath release beautiful aromas that help relax and rejuvenate the mind and body.

Combine sea salt, Epsom salts, pink and gray salts, a few drops of essential herbal oil, along with a dash of food coloring. Try adding dried flowers or herbs for color.

You can find plenty of fabulous recipe combinations online. New Mornings Natural Foods in Kennebunk has an excellent selection of essential oils, including chamomile, lavender and rose to relax, sandalwood and cedar for men, sweet orange and rosemary to invigorate and eucalyptus to clear your head.

Here is a basic recipe to create an 8 oz jar.

- 1 - 8 ounce airtight jar
- ½ cup Epsom salts
- ¼ cup pink Himalayan salt
- ¼ cup gray salt
- ⅛ cup dried flowers and/or herbs
- 2 teaspoons vitamin E oil
- 5-10 drops of essential oil

Make sure your jars are airtight, or use ziplock bags... and don't forget to label your bath salts! Wrap them up in layers of multi-color tissue paper and tie with a ribbon.

Just remember, presentation is everything, so make sure you take a little time to wrap your gifts beautifully. It says you care.

### Find it:

Chocolate - Market Basket sells chunks of dark, milk or white chocolate in their bakery section or use any candy bar of your choice

Cherries - Gourmet food store, Whole Foods

Salts and Essential oils - Some grocery stores, New Mornings Natural Foods, health food stores and online

HOT  
OFF THE  
PRESS!

## Sip & Learn!

On Saturday February 25 from 4-6 PM, join Wine House on Main in Kennebunk to learn about red wine varieties. Taste various styles of red wines to explore their differences in flavors, body, structure and ripeness levels. This will be a fun and informative exploration into the vast world of red wines! Light snacks will be provided. \$39 per person (Space is limited) FMI <https://gokennebunks.com/paint-thetownred/do/>

## How Do I Love Thee?

Elizabeth Barrett Browning

*How do I love thee? Let me count the ways.*

*I love thee to the depth and breadth and height*

*My soul can reach, when feeling out of sight*

*For the ends of being and ideal grace.*

*I love thee to the level of every day's*

*Most quiet need, by sun and candle-light.*

*I love thee freely, as men strive for right.*

*I love thee purely, as they turn from praise.*

*I love thee with the passion put to use*

*In my old griefs, and with my childhood's faith.*

*I love thee with a love I seemed to lose*

*With my lost saints. I love thee with the breath,*

*Smiles, tears, of all my life; and, if God choose,*

*I shall but love thee better after death.*

## 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.

Jennifer Zeiner, owner of Maine Tideline and artisan of recycled lobster rope mats, knows a thing or two about reusing. She and her husband, Chip, salvaged this charming board-and-batten door and lovely leaded glass window to create an inviting entry way at their home. Well done!



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# For the love of . . . pasta!

by Valerie Marier

Growing up, I thought Mom made the tastiest spaghetti in the whole wide world. Granted, she was 100% Irish and happily married to a man of German descent, but her Italian meat sauce was the best. I begged her to make spaghetti for my birthday dinner every year.

Then, during a family trip to Europe decades ago when I was in my late teens, we were having lunch at a sunlit sidewalk ristorante in Flor-

ence, only a stone's throw from the Duomo, and I ordered a simple pasta with garlicky tomato sauce. I'd been honed on Mom's cooking but that day changed everything. Twirling my semolina spaghetti in a spoon and slathering on the sauce, I thought: now THAT'S Italian. I was hooked.

I've probably eaten at half the Italian restaurants up and down the east coast, from Maine to Florida, sampling every dish from Linguini Von-

gole to Pasta Puttanesca to Lasagna alla Vodka to Tortellini Alfredo. On nights at home when I don't want to fuss, I'll smother Angel Hair in Rao's Marinara Sauce or saute pine nuts in olive oil and douse my penne with that and fresh grated Parm.

When I feel low, spaghetti makes me happy. When I feel good, pasta makes me feel even better. I can't live without it and, for the love of pasta, I'll do just about anything.



## 20 Things for Singles to do on Valentine's Day

by Geraldine Aikman

Valentine's Day is a time to show your partner how much you care for them, and often involves roses, hearts, chocolates, and romantic getaways. However, just because you're single doesn't mean you can't celebrate February 14 in your own way. Keep in mind that over 45% of Americans over age 18 (110.6 million people) are single, so you are definitely not on your own.

Although being in a relationship has its perks, being single has plenty of advantages, too. Chances are, if you're single – whether by choice or circumstance – you're independent and self-sufficient.

Savoring your solitude, and choosing how much quality time you spend with others, is part of being single. What's important is that you get to create the life that's most meaningful to you.

You can sleep sprawled across in your bed like a starfish and hog the blankets (unless you share it with a pet), pamper yourself for as long as you like in the bathtub, go on long solitary walks, choose your own pizza topping, and have total control of the remote while you binge watch your favorite show. You can even go off on your own for a few days, and enjoy doing things and seeing places you'd prefer to savor all on your own.

Here are some things you can do solo, or with good friends on Valentine's Day, or at any time of the year:

1. Watch the kids for a couple who never get a night out.
2. Deliver flowers or cookies to older neighbors who might be alone.
3. Put on a movie marathon featuring your celebrity crush.
4. Do a Secret Santa style Valentine exchange with your single friends.
5. Spend the afternoon strolling through a museum. Take your sketch pad!
6. Pick up your camera and go on photo shoot around town.
7. Gather friends together for a round-table chat about books, movies and music.
8. Pack a lunch and a book, and go on a hike.
9. Go to the cinema and treat yourself to your very own large tub of popcorn.
10. Sign up for a local class and learn something new.
11. Join your friends and play Tinder roulette.
12. Enjoy a comedy club, or stand-up on Netflix, and have a good laugh.
13. Go on a weekend getaway alone – or with a couple of friends.
14. Take a day trip and explore a nearby city you don't usually go to.
15. Invite a friend along to take advantage of a restaurant's Valentine's special.
16. Gather with friends at a bar you've never been to, and play pool or poker.
17. Unplug for a day and take pleasure in the silence.
18. Pamper yourself at a spa or salon. For guys, try the deluxe treatment at a barber.
19. Throw an anti-Valentine's Day party to celebrate with your single friends.
20. Spend the day with someone you love.



## Billy Joel + Elton John tribute concert will tug at your heartstrings

Treat your Valentine to a heart-warming tribute to two amazing musicians, Billy Joel and Elton John, at 7 PM, Saturday, February 11, at the Sanford Performing Arts Center.

"Piano Men – The Music of Elton and Billy" is a tribute featuring the amazing songs of Billy Joel and Elton John. This concert experience features Joe Boucher on piano and vocals, combined with a four-piece band and a string orchestra section.

Specially arranged by Christopher Eastburn, "these songs have rarely been performed live in this way," said SPACE Director Brett Williams. "The show features many of the same musicians who performed 'Classic Rock' on our stage last New Year's Eve."

The music of "Piano Men" concentrates heavily on recordings by Elton and Billy during their '70s heyday when their many hit albums featured lush orchestrations. The concert opens with Billy Joel's thrilling "Prelude/Angry Young Man" and works its way through #1 hits including "Tiny Dancer," "Scenes From an Italian Restaurant," "Your Song," "Goodbye Yellow Brick Road," "Piano Man" and many more!

Tickets range in price from \$35 to \$44 for adults, with discounts for students, seniors and subscribers. Call the box office at (207) 206-1126, or visit in person Tuesdays and Thursdays from 9AM- 12 PM. Online ticketing is available 24/7 at [www.sanfordpac.org](http://www.sanfordpac.org).



Courtesy photo

## KFL announces February art exhibit "Inspiring the Love of Art"

The Speers Gallery at the Kennebunk Free Library presents "Inspiring the Love of Art", an exhibition of artwork created by students from The New School and School Around Us. This is the fifth year the library has hosted an exhibit by these young artists. The exhibit will run February 2-27, and the public is invited to a reception on Wednesday, February 8, from 4-5:30 PM.

The New School is a democratic high school located in Kennebunk, and School Around Us is a holistic co-learning community for homeschoolers ages 5-14. The arts are an important part of the curriculum at TNS and SAU, and local artists are frequently a source of inspiration and teaching for the students.

This year the work of students includes puppetry, digital art, pottery and drawing from The New School and drawings and paintings from the School Around Us. Students have created, collected and prepared work, and are excited to see their voice and diligence celebrated on the wall of the Speers Gallery. Kennebunk Free Library is pleased to welcome back and display the works of these talented artists once again.

The public is invited to view the exhibit in the library's Speers Gallery from February 2- 27 at 112 Main Street in Kennebunk during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, [www.kennebunklibrary.org](http://www.kennebunklibrary.org).





## Famous love letter quotes

*The fire and excitement may be gone now that we don't go out there and sing them anymore, but the ring of fire still burns around you and I, keeping our love hotter than a pepper sprout. – Johnny Cash*

*I don't ask you to love me always like this, but I ask you to remember. Somewhere inside of me there will always be the person I am tonight. – F. Scott Fitzgerald*

*I love you more than anybody in the world... I love you for millions and millions of things, clocks and vampires and dirty nails and squiggly paintings and lovely hair and being dizzy and falling dreams. – Dylan Thomas*

*I just miss you, in a quite simple desperate human way. I miss you even more than I could have believed; and I was prepared to miss you a good deal. So this letter is really just a squeal of pain. – Vita Sackville-West*

*I don't want to live – I want to love first, and live incidentally. – Zelda Fitzgerald*

*There are several kinds of love. One is a selfish, mean, grasping, egotistical thing which uses love for self-importance. This is the ugly and crippling kind. The other is an outpouring of everything good in you – of kindness and consideration and respect – not only the social respect of manners but the greater respect which is recognition of another person as unique and valuable. The first kind can make you sick and small and weak but the second can release in you strength, and courage and goodness and even wisdom you didn't know you had. – John Steinbeck*

*Your word travels the entirety of space and reaches my cells which are my stars then goes to yours which are my light. – Frida Kahlo*

*I cannot get that beautiful afternoon out of my head, above me where I lay the grass was silhouetted against the blue of the heavens, small clouds were rushing past as the wind drove them on an endless journey. Then close to me was the most lovely of all, your soft hair against my cheek, your kisses so cool and unearthly and my happiness so great. – Julia Lee-Booker*

*My love for you tonight is so deep and tender that it seems to be outside myself as well. – Katherine Mansfield*

*Nothing has happened as we imagined it would except our children. We never thought we'd roam the world. We never thought our occupations and interests would cover such a range. We never thought that our thirty-third anniversary would find us deep in our second war and me again at the front. Well, darling, we've lived up to the most important part of the ceremony, "In sickness and in health, for richer for poorer, till death do you part." – Theodore Roosevelt Jr.*

*I told you once that [our marriage] was like an adolescent's dream of what marriage should be like. That hasn't changed. – Ronald Reagan*

*I have a thousand images of you in an hour; all different and all coming back to the same. I think of you once against a sky line: and on the hill that Sunday morning. The light and the shadow and quietness and the rain and the wood. And you. Your arms and lips and hair and shoulders and voice – you. – Rupert Brooke*

*You might drop your heart into me and you'd never hear it touch bottom. – Katherine Mansfield*

*I answer one of your letters, then lie in bed in apparent calm, but my heart beats through my entire body and is conscious only of you. I belong to you; there is really no other way of expressing it, and that is not strong enough. – Franz Kafka*

*I hurt with the insatiate longing, until I feel that there will never be any relief until I take a long, deep, wild draught on your lips. – Warren Harding*

## Love letters straight from their hearts

by Dana Pearson

There was an episode of *The Big Valley* (a wildly popular TV Western in the late '60s) in which the Barkley brothers Jarrod, Nick, and Heath had to save their hometown of Stockton, California, from a raging wildfire by transporting a wagonload of nitroglycerin with which to create a firebreak. Happens all the time. At any rate, the suspense was created by the liquid dynamite's volatile nature; if the wagon were to hit a particularly large 19th-century pothole, the three male leads could be blown to bits...just like the unknown guys in the opening sequence doing the same thing to save their own hometown. It was such a cool and exciting premise that it merited the two-parter treatment.

In related news, my mother recently entrusted to me a collection of love letters written by her parents (to each other, just to be clear) from 1922 to 1928. I was astonished to learn that they existed (the love letters, not my grandparents, to be clear), and was curious – and a bit anxious – about what they might contain (again, the love letters).

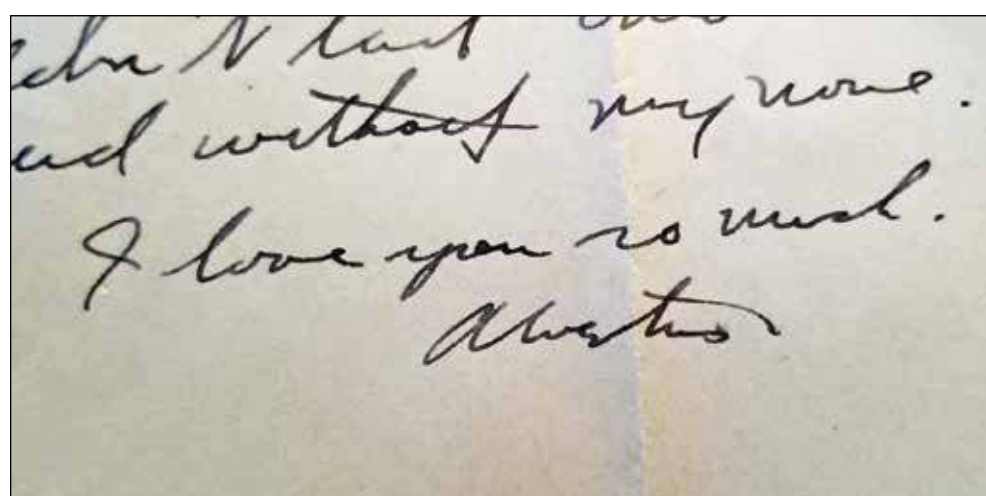
When I brought them home from Massachusetts, I arranged them chronologically by postmark; with the lone exception of a folded love note, all the envelopes were intact, which was a good thing, since my grandmother had a tendency to start her letters with just the day of the week, whereas my grandfather meticulously provided the day, date, year, and quite often the time. He would become a lawyer.

There are 55 letters; 32 by the woman I would call Grammy, and 23 from Grampy. However, their names were Drucilla and Alvertus (yes, they born in the early 20th century), with the most constant appellations for each other during their courtship – and beyond – being Dru and Morsie.

The letters are charming, G-rated, old fashioned missives that see my grandparents getting all mushy over each other from the time they left high school in Northampton, Mass. until shortly after their 1927 wedding. They were apart a good deal of the time, with Grampy being in school either at Amherst College or Cornell University in New



Alvertus Morse and Drucilla Griffiths.



Words of affection, straight from the heart.

York, and Grammy being at home in Northampton, working as a librarian at Smith College, or beginning a short-lived teaching career in upstate New York. And it's a good thing they were apart, otherwise there'd be no letters for their descendants to pore over a century later.

As I typed the letters up (and thank goodness my grandparents had excellent penmanship), I was pleased to read about the mundane day-to-day events they shared with one another, whether it was going to the (silent) movies, taking a picnic to the lake, passing on the opportunity to listen to a Jack Dempsey-Gene Tunney boxing match on the radio, or enjoying reading under the glow of a newly purchased lamp. I'll admit to some frustration at my grandmother not mentioning the films' titles; however, with some research I think I'll be able to identify them. I do recall her saying to me that she used to go with friends to see Valentino

movies, noting, "We knew what was going on in that tent."

Their expressions of love to one another are so sweet and tender...and frequent. We think people these days won't stop texting? Well, a hundred years ago, letters were texts, and it soon became clear that as far as young lovers were concerned, it was imperative letters be sent – and, more importantly, received – daily. And by daily, I don't mean often, I mean every day. There's plenty of scolding going on here, with the occasional "I didn't get a letter today, so I expect to receive two tomorrow" thrown in for good measure.

Oh, but the sentiments. I'll share one passage that choked me up. On July 2, 1925, four nights before the full moon (gotta love the internet), a 20-year-old Drucilla in Northampton wrote to Alvertus in Ithaca, New York: "I wonder if you noticed what a heavenly moon there is tonight. I walked home from Mary's

just now & I wish you had been walking along with me under such a gorgeous moon. When I get into bed it will shine thru my window at me & I will tell it to give you my love."

I know. I know.

But getting back to the nitroglycerin. There was a rocky patch in their relationship between July and October of 1923 where it looked like they were done. Something bad happened, and it appeared as though their romance was about to be blown to bits. And reading those letters, a chill went down my spine as I realized that I came very close to never existing.

Thankfully, their love had already set down roots, which would support them well beyond their fiftieth wedding anniversary, which I attended in Northampton with my family. And thankfully, the words they wrote as they navigated their way through the early days of their romance, potholes and all, have survived even longer.

*"I love you precious with all my heart and to know that you love me means my life. How often I have thought about the immeasurable joy that will be ours someday. How lucky our children will be to have a mother like you." ~ George Bush Sr., from one of countless love letters to Barbara.*

If you didn't catch Jo O'Connors story "Love Conquers All" in the June 21, 2018 issue of *Tourist & Town*, you can always read it online at [touristandtown.com](http://touristandtown.com).



# Whether sending Valentines or thank you notes, the cost of sending love letters has grown “dear” over the years

by Valerie Marier

This January, the United States Postal Service lovingly announced that the price of a “forever stamp” was rising to 63 cents. When originally introduced in 2007, a forever stamp cost a mere 41 cents. Digging deep into my aging memory bank, and with a little parsimonious postal research, I discovered just how much the price of sending a first class letter has escalated since I first put pen to paper.

Back in the summer of 1949, I spent a few July weeks at a Girl Scout camp near Harriman, New York. Since my mother saved every scrap of paper her kids wrote as we grew up, I recently discovered my scribbled notes home, pre-addressed and bearing 3-cent stamps. “Mom, I miss you and Bozo (our dog) so much, can I come home?” Mom later told me I sent four identical notes the entire two weeks I remained at Camp Robin Hood.

A decade later, as an American Field Service exchange student to Norway, I wrote Mom and Dad on those lightweight gossamer-thin blue tissue Aero-grams that folded and glued together at the edges. I don’t know what they cost, but I remember that they provided enough writing space to describe the fabulous fjord outside my bedroom window and my futile attempts to speak Norsk with my host family.

After heading off to college in the early 1960s, my parents received my Dean’s-Other-List grades from Skidmore in envelopes mailed with a 4-cent stamp. Later in that decade, engraved invitations were sent to family and friends stating, “Mr. and Mrs. Robert J. Burkhardt request the honor of your presence at the wedding of their daughter, Valerie Lucille.....”

Because the invitation included an RSVP enclosure card, these thick white envelopes apparently needed more postage than the 5-cent stamp then required for first class mail.

In the months after I got married in 1967, my Crane ecru thank you notes, engraved with my new married name, bore 6-cent stamps. I recall struggling to be sincere in thanking friends for the six nearly-identical pairs of Towle sterling



A thank-you note from Grandson Miles (then 8)



Valentine to Grandma Val from Maddie — 2016

silver candle sticks I received. And it took every ounce of creativity to gush about the humongous silver grooved asparagus platter (2’x3’, I swear!), complete with a pitcher for the requisite Hollandaise sauce. (After several arduous cleanings with Twinkle Silver Polish, I happily deep-sixed that horror.)

Soon I was posting pink and blue birth announcements, in 1969 and 1971, each bearing 8-cent stamps. Within a few years, Alex and Chris were writing letters to Santa but I didn’t put stamps on those special envelopes. They went directly to the Christmas “to-do” list stashed in my purse.

As the kids grew older, they enjoyed making hand-made Valentines and sending them to MomMom and PopPop in gummy red envelopes that toted 18-cent stamps. During their teen years, they mailed thank-you notes with 29-cent stamps to their grandparents for birthday and graduation gifts.

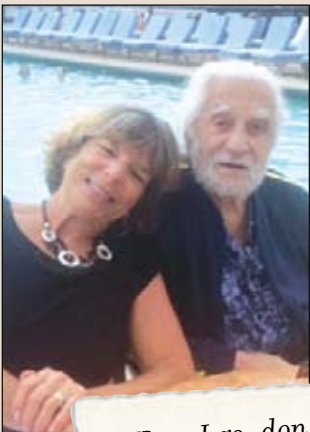
In the late 1990s, I kept a box of Kleenex on my desk as I answered loving condolence notes following the deaths of my mother and father. By then, the price of a first class stamp had risen to 33 cents. By then too, I had come to realize the sincere meaning of words I had written so many times to friends: “I’m truly sorry for your loss.”

In recent years, sending birthday cards and funny notes to my four Grands has come with a steady escalation of postal prices. I pasted a 37-cent stamp on Max’s first birthday card in 2002, then a 41-cent stamp on Maddie’s first Valentine in 2006. Not so long ago, when I sent Star Wars-themed cards to my New York City grandboys, I used forever stamps that sold for 55 cents. Today, in 2023, they run 63 cents.

That cost will never stop me from sending notes, cards or letters. Like “brown paper packages tied up with string,” few items put a smile on my face more than opening the mailbox and finding a hand-written note. As a wise and anonymous person once said: To write is human, but to receive a letter: DIVINE!

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*“The Coffee Roasters are heartbroken to share the news that we have lost Samuel Azar, affectionately known as “Uncle Sam.” He was a giant part of the history of Coffee Roasters and he will be sorely missed.”*

*“When I go, don’t learn to live without me, just learn to live with my love in a different way. And if you need to see me, close your eyes, or look in your shadow when the sun shines. I’m there. Sit with me in the quiet and you will know, that I did not leave. There is no leaving when a soul is blended with another. When I go, don’t learn to live without me, just learn to look for me in the moments. I will be there.”*  
~ Donna Ashworth



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*There must be millions of people all over the world who never get any love letters... I could be their leader. ~Charlie Brown*

To write a good love letter,  
you ought to begin without knowing what  
you mean to say, and to finish without  
knowing what you have written.  
Jean-Jacques Rousseau

### Ongoing at the Louis T. Graves Memorial Library 18 Maine Street, Kennebunkport

Family Story Time, Fridays at 10 AM: This program includes stories, finger play, and songs. For January, there will be a Marshmallow Guessing Game, Scavenger Hunt, Bookmark Station, Photo Booth and Winter I Spy Terrarium! Have you tried the library's new design your own Kaleidoscope Creations?

Graves Library Community Art Show: A variety of pieces created by staff, volunteers and patrons will be on exhibit and sale at Graves Library through next May, 2023. Fifty percent of all proceeds benefit Graves Library.

Ongoing Book Sale: Thousands of books to choose from as well as note-cards, journals, special books, ball caps, special gift books, coffee mugs, tote bags, bookmarks and more. If you are unable to make it in, call with your genre requests and the library will fill a bag for \$20 (10 for \$20). Cookbooks, sports, religion, fiction, biography, history, children’s, classics, health and a whole lot more! Looking for the perfect gift idea? Purchase a gift certificate for the book sale! .

Special Offer: Need a gift for someone special? *Kennebunkport: the Evolution of an American Town*, researched and written by local historian Joyce Butler, is perfect for a birthday, wedding or new resident to town. This 400-year history includes people, places, and events that have shaped our lovely village over time. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at 967-2778 for more details. \$50 per set.

Meet Us at the Museum: The Graves Memorial Public Library has passes to six different museums throughout Maine for all Kennebunkport residents and patrons to visit for free.

FMI call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).



**Wednesday, February 1**

**Art in Nature: Block Printing**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 6-8 PM. Discover your inner artist by creating your own block print. Try this fun and easy way to create unique cards and decorate other paper items. You will make your own block print, build new skills, and take home a set of handmade greeting cards. No experience required. All materials provided. For ages 16+. \$16/12. FMI 207-646-1555 or wellsreserve.org/calendar.

**Thursday, February 2**

**Estate Planning for Families**, Kennebunk Free Library, 112 Main Street, Kennebunk 5:30 PM. Parents and their children are invited to join us at the Kennebunk Free Library for a casual and easygoing program with local attorney Erin Sherman from Treehouse Legal. You will learn about the essential legal documents that make up an Estate Plan and how to name legal guardians for children in case something happens to you. Children are welcome to join and there will be special activities in the children's room for them. Please call or email the library to register. FMI call 207-985-2173 or email us at kfl@kennebunklibrary.org.

**Semi-Precious 4-6mm Stone Bracelet Workshop**, The Local Bottega, Agatha James Drive in Kennebunk (off Route 1), 6-8 PM. Facilitated by Lauren Cahoon. Cost is \$39. Each participant will create their own masterpiece. FMI email hello@localbottega.com or call 207-569-0077.

**Friday, February 3**

**Great Decisions**, Wells Public Library, 1434 Post Rd, Wells, 10:30 AM. Join other community members for lively and informative discussions on the major global issues of our time. Meetings center on topics outlined in the *Great Decisions* briefing book provided by the Foreign Policy Association. Books may be purchased online at fpa.org/great\_decisions or facebook.com/greatdecisions. The

library will have one copy on reserve. This month's topic is China and the U.S. with a focus on Taiwanese sovereignty. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 207-646-8181.

**Sunday, February 5**

**Winter Wildlife Tracking**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 9 AM-12 PM. Can you tell the tracks of a fox from those of a fisher? Have you ever trailed a porcupine to its den? Join Dan Gardoqui, a certified wildlife tracker and registered Maine guide, to seek out, interpret, and follow the tracks, trails, and signs of wildlife at the Wells Reserve. Dan has a master's degree in natural resources and has contributed to studies of wolf, lynx, and flying squirrel. Co-sponsored by York County Audubon. For ages 16+. \$30/25. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

**Full Moon Walk**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 5-6:30 PM. Experience the Wells Reserve at Laudholm after dark, exploring moon science and stories and enjoying a peaceful walk under the moon's glow. For ages 10+. \$8/6 individual, \$20/15 family. Registration required at caryn@wellsnerr.org or 207-646-1555 x110. FMI wellsreserve.org/calendar.

**Magic Potion Workshop** The Local Bottega, 7 Agatha James Drive in Kennebunk (Route 1), 2-4 PM. Cost is \$19. FMI email hello@localbottega.com or call 207-569-0077

**Tuesday, February 7**

**Fiction Book Club**, Wells Public Library, 1434 Post Rd, Wells, 6 PM. The Fiction Book Club is a new book group that will meet on the first Tuesday of every month at 6 PM and is open to all adults. Join us to chat about books, share favorite books/authors, and discover new favorites. This month we will be reading *The Maidens* by Alex Michaelides. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 207-646-8181.

**Wednesday, February 8**

**Wednesday Walk**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 10:30 AM-12 PM. The natural world has long been a muse for poets, writers, and other artists. Meet on the Wells Reserve's Laudholm campus to explore nature through a poetic lens with guide Norma Fox. Ages 12 and up. Free. Microspikes/snowshoes available to rent with advance notice. Registration required at caryn@wellsnerr.org or 207-646-1555 ext 110. FMI wellsreserve.org/calendar.

**Mid-Week Music**: Blakeslee and Pearson cover The Man in Black, Kennebunkport Historical Society's Town House School, 135 North Street, 7 PM. "Hello, it's the Music of Johnny Cash" is part of a monthly concert series. Host Dana Pearson will be joined by fellow guitarist and singer-songwriter Dan Blakeslee, whose tour calendar (and more info) can be found at danblakeslee.com. The duo will perform a mess of Cash tunes spanning his half-century career, including the classics ("I Walk the Line," "Flesh and Blood") and lesser known gems ("Mean Eyed Cat," "I Hardly Ever Sing Beer Drinking Songs"). Avoid heartbreak and order your tickets now at kporths.com/events, info@kporths.com, or 967-2751. Future concerts in the Wednesday night series include: "The Musical Poetry of Paul Simon" (March 8, with Pearson, guitarist Andy MacLeod, and percussionist Rob Duquette); "Grab Bag" (April 12, with Pearson, pianist Mark Gunter, and mandolinist Carl Mabee); and "Hits from the Eighties" (May 10, with Pearson, MacLeod, and drummer Susan Richardson).

**Thursday, February 9**

**Stormwater 101**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 10-11 AM. This online series sponsored by the Wells Reserve and Maine Department of Environmental Protection is a great starting place or refresher for people interested in how stormwater is managed. This session will cover better management practices and innovations in stormwater management. Free. Registration required at wellsreserve.org/calendar.

**Wine On-Line**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5:30 PM. A fun hour of tasting, information, and trivia right on Zoom. For February, we will be tasting wines you will truly love. Our two experts, Lani Dietz and Betsy Ross will be on hand to guide us through the program. Please call the Library at 967-2778 to be added to the Zoom List! Stop by Maine & Vine or the Wine House on Main to pick up your wine prior to the event.

**C.A.R.E.S. Discussion**, Louis T. Graves Memorial Public

Library, 8 Maine Street, Kennebunkport, 6 PM. Join this monthly discussion with 3 Towns: 1 Community C.A.R.E.S. (Conversation, Advocacy, Resources, Education, Support). C.A.R.E.S. meets the second Thursday of every month at 6 PM in the Community Room at the Graves Library (18 Maine Street, Kennebunkport) for a guest speaker presentation, open discussion, and overdose first aid training. Anyone is welcome! FMI call 967-2778 or visit our website at www.graveslibrary.org.

**How the Personalities of Small Mammals Shape the Growth of Forests**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 12-1 PM. Cats and dogs have personalities, but what about squirrels, mice, and voles? In these forest animals, some individuals act more boldly or are more active than others and these differences affect where individuals live, how they forage, and what they do with the seeds they find. In this talk at the Wells Reserve, Maisie Merz, a Ph.D. student at the University of Maine, explains how mammal personalities shape the growth of forests and how this may shift under different land use scenarios and with climate change. This Ted Exford Climate Stewards lecture is supported by Dave and Loretta (Exford) Hoglund. \$5 suggested donation. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

**Adult Crafternoon – Small Mosaic Trivets**, Wells Public Library, 1434 Post Rd, Wells, 2 PM. Join Leslie Doherty, Ways of Color artist/owner, for this afternoon craft of designing and creating your own small mosaic trivet. Leslie has over 25 years of experience designing, creating, and teaching stained glass art. All materials will be provided, and this workshop should take approximately 1.5 hours. This event requires registration as space is limited. This free event is sponsored by the Friends of the Wells Public Library. For more information and to reserve your spot, please contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 207-646-8181.

**Weekly Conversational French Language Group**, Wells Public Library, 1434 Post Rd, Wells, 6:30 PM. Join us for an informal approach to practicing or re-learning French in person. We welcome anyone with a French Language interest to participate. Venez parler français avec nous! This free event is sponsored by the Friends of the Wells Public Library. For more information, please contact Cindy Appleby at cappleby@wellstown.org or call the library at 207-646-8181.

**Friday & Saturday, February 10 & 11**

**Red Tag Sale**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 9:30 AM-12:30 PM. Come treasure hunt in the book sale; new items are added weekly. FMI call 967-2778 or visit www.graveslibrary.org.

**Friday, February 10**

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

**Saturday, February 11**

**Winter Tree Walk**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 10 AM-12 PM. Visit the Wells Reserve at Laudholm to learn how to identify common Maine trees and discover the strategies they use to handle the winter. Led by Maine Master Naturalist Eileen Willard, who spent 15 years as a University of New Hampshire dendrology (study of trees) instructor. Ages 12 and up. \$8/\$6. Registration required at suzanne@wellsnerr.org or 207-646-1555 ext 116. FMI wellsreserve.org/calendar.

**Paint Night Goes on a Date**, The Local Bottega, 7 Agatha James Drive in Kennebunk, (Route 1), 2-4 PM. Tickets are \$40 1st person, \$15 each additional person. FMI email hello@localbottega.com or call 207-569-0077

**Opera Afternoon**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 PM. Come enjoy a fun afternoon with someone special. Free event, donations welcome. Chocolate and bubbles too! FMI call 967-2778 or visit our website at www.graveslibrary.org.

**"Piano Men – The Music of Elton and Billy,"** Sanford Performing Arts Center, 100 Alumni Boulevard, Sanford. 7 PM. This tribute features the songs of Billy Joel and Elton John, with Joe Boucher on piano and vocals, combined with

HOT OFF THE PRESS!

**Watercolor Classes!**

Enjoy taking a moment to create your own watercolor masterpiece with local artist, Diane. You will have plenty of inspiration to choose from at *Earth at Hidden Pond*. Diane will guide you through basic watercolor painting techniques, so you can create your own one-of-a-kind masterpiece. Each paint night is themed and includes one glass of bubbles. Advance tickets required. FMI <https://gokennebunks.com/paintthetownred/do/>

February 4th: Pinks & Reds

February 16th: Valentine's Night Out

February 23rd: Family-friendly for kids

HOT OFF THE PRESS!

**Tie-dye Shirts!**

Come to *Earth at Hidden Pond* to create your own uniquely you tie-dyed shirt. In keeping with the themes of *Paint the Town Red*, we'll be using red dye and tying our shirts to create mesmerizing patterns and shapes. FMI <https://gokennebunks.com/paintthetownred/do/>





a four-piece band and a string orchestra section. Tickets \$32-44. FMI call (207) 206-1126 or visit [www.sanfordpac.org](http://www.sanfordpac.org).

Sunday, February 12

**Galentine's Day Bath Bomb Workshop**, The Local Bottega, 7 Agatha James Drive in Kennebunk (Route 1), 2-4 PM. Hosted by Lindsay Kamon. Cost is \$39. Take away multiple sizes with choice of essential oils. FMI email [hello@localbottega.com](mailto:hello@localbottega.com) or call 207-569-0077

**Spirits Alive's 2023 Winter Lecture Series: The Ethnic History of an Intersection**, presented by Ted Fleischaker, Etz Chaim Synagogue, 267 Congress Street, Portland. This series explores the history of early New England. Lectures are free. Donations are gratefully accepted.

Tuesday, February 14

**Craft Time! Pom Pom Wreath Workshop**, River Tree Arts, 35 Western Avenue, Kennebunk, 10 AM-12 PM. (Adults ages 18+) Come join the fun and creativity with our new Craft Time workshops for adults. In our first session, River Tree Arts instructor Miss Satsi will guide you through the process of pom-pom making, having fun with colors, and creating a one-of-a-kind wreath! Your wreath will be a welcome addition to your winter decor. Members: \$40, Non-Members: \$45. River Tree Arts, 35 Western Ave, Kennebunk. Register at [rivertreearts.org](http://rivertreearts.org)

Wednesday, February 15

**Death Cafe - Community, Conversation, and Coffee**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 9 AM. What is a Death Cafe? A Death Cafe is a safe and relaxed space to gather with people to discuss topics related to death and dying. The objective is to engage in interesting, thought-provoking, and life-affirming conversations. FMI call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Maine Won't Wait: A Climate Action Update**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 12-1 PM. Since its introduction in December 2020, Maine Won't Wait has pushed the needle on climate action in Maine, creating momentum for reducing emissions, advancing clean energy, and protecting Maine people and communities from the harm of climate change. Join Kathleen Meil, senior director of policy and partnerships at Maine Conservation Voters and a member of the Maine Climate Council's steering committee, for a look at the state's remarkable progress and the urgent work ahead. Free. This Ted Exford Climate Stewards lecture is supported by Dave and Loretta (Exford) Hoglund. Registration required at [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

Thursday, February 16

**Monthly Movie Night**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 6:45 PM. Join us for our monthly movie night. All are welcome to attend. Light refreshments will be served. Come to movie night or risk a ticket from Officer Krupke. Can you guess the film? FMI call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**An Introduction to Community Solar**, Wells Public Library, 1434 Post Rd, Wells, 2 PM. Join the Wells Public Library and EnergySage representatives for an info-session regarding the options for solar power in our community. EnergySage is the go-to for making confident energy decisions and gaining control over the buying process. Their online marketplace was developed to make solar and other renewable energy options affordable and accessible to all Americans. This free event is sponsored by the Friends of the Wells Public Library. This program will be presented both in the library and via Zoom. For more information and the Zoom link, please contact Stefanie Claydon at [sclaydon@wellstown.org](mailto:sclaydon@wellstown.org) or call the library at 207-646-8181.

Saturday, February 18

**Cold Process Soap Making Workshop**, The Local Bottega, 7 Agatha James Drive in Kennebunk, 2-4 PM. Cost is \$48. FMI email [hello@localbottega.com](mailto:hello@localbottega.com) or call 207-569-0077.

Sunday, February 19

**Rochelle Trudo's Intention Crafting Workshop**, The Local Bottega, 7 Agatha James Drive in Kennebunk, 3-5 PM. (Route 1). Cost is \$48. FMI email [hello@localbottega.com](mailto:hello@localbottega.com) or call 207-569-0077

Tuesday February 21

**Tricky Tracks**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 1-2:30 PM. When out on the trails, we don't always see lots of animals, but we often see the evidence they leave behind. In this program, we will investigate different types of animal feet and walk the trails of the Wells Reserve to discover where tracks might lead us. \$8/6 individual, \$20/15 family. Registration required

at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 x110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Monthly Your Health Matters Book Club**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 11:45 AM. The Graves library and the Kennebunkport Public Health Department invite you to participate in a book discussion on *My Glory Was I Had Such Friends*, by Amy Silverstein. Copies of the book are available at the Library. Not able to read the book before this date? You may still join the discussion. FMI call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Lego Club**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10-11 AM. Bring your imagination for an hour of fun. Unstructured build time followed by a group building challenge and game. This program is for elementary-aged students. Pre-registration is required at 967-2778. FMI call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

Wednesday, February 22

**Wednesday Walk**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 10:30 AM-12 PM. The natural world has long been a muse for poets, writers, and other artists. Meet on the Wells Reserve's Laudholm campus to explore nature through a poetic lens with guide Norma Fox. Ages 12 and up. Free. Microspikes/snowshoes available to rent with advance notice. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Tech & Tea**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10 AM. This month's topic in Tech & Tea will be computer icon basics. FMI call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Kids Winter Garden Club**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 4-5 PM. Children ages 8 and up are invited to learn about Chestnuts! Each child will get a chestnut with information on how to plant/grow it at home. Stories, too! The class will be taught by Shelley Wigglesworth, Maine Master Gardener. All supplies are provided. Pre-registration is required. FMI call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).

Thursday, February 23

**Stormwater 101**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 10-11 AM. This online series sponsored by the Wells Reserve and Maine Department of Environmental Protection is a great starting place or refresher for people interested in how stormwater is managed. This session will cover maintenance of stormwater structures and other installations. Free. Registration required at [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Make Your Own Stamp**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 1:30-4 PM. It's family art time at the Wells Reserve. Come carve a unique stamp, your very own art creation. Adults may create their own stamps, but will need to assist younger carvers. Participants will be using a cutting tool. No experience necessary and all materials provided. For ages 5 to 15. \$8/6 individual, \$20/15 family. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Evening Book Group**, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5 PM. Join us on Thursday, February 23, for this month's book group. Check the website for the 2023 list of titles. All are welcome to attend. FMI call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Experience Candle Making**, The Local Bottega, Agatha James Drive in Kennebunk, Maine 04043 (Route 1), 6-8 PM. You can look forward to a fun time learning about the candle making process. And you'll walk away with your own poured candle! Cost is \$29 for an 8.5 oz candle in a glass vessel with gold lid (retails for \$21) and \$35 for a 10 oz candle in a ceramic vessel and cork lid (retails for \$28). FMI email [hello@localbottega.com](mailto:hello@localbottega.com) or call 207-569-0077

Friday, February 24

**Wine Tasting Event**, The Local Bottega, 7 Agatha James Drive in Kennebunk (Route 1), 5-8 PM. Come and go as you wish. Bring your kids so they can enjoy the standing Kids Party, held on Fridays from 5-8 PM. (The kids parties are for children over age 3; cost is \$35 for 2 hours and \$45 for 3 hours; siblings 15% off.) FMI email [hello@localbottega.com](mailto:hello@localbottega.com) or call 207-569-0077

Saturday, February 25

**Spirits Alive's 2023 Winter Lecture Series: "And the Sea**

Shall Take Them All – The Wreck of the SS Portland," presented by Herb Adams in the 7th Floor Event Room, Glickman Library, Bedford Street, USM Portland Campus. This series explores the history of early New England. Lectures are free. Donations are gratefully accepted.

Sunday, February 26

**Lavender Neck Wraps**, The Local Bottega, 7 Agatha James Drive in Kennebunk (Route 1), 2-4 PM. Cost is \$39. FMI email [hello@localbottega.com](mailto:hello@localbottega.com) or call 207-569-0077

Monday, February 27

**Dance & Movement Class**, River Tree Arts, 35 Western Avenue, Kennebunk, 9:30-10:30 AM. Class will be held on Mondays: February 27, March 6, March 13, March 20 and March 27. This is for adults ages 50+. This class offers a perfect opportunity for older adults to enjoy a fun and easy-going approach to creative movement exploration, movement games, and mini-dance combinations. Enhance your brain/body connection while stretching, moving, and dancing to exhilarating music. Members: \$90 / Non-Members: \$100. River Tree Arts, 35 Western Ave, Kennebunk. Register at [rivertreearts.org](http://rivertreearts.org)

Tuesday, February 28

**Be the Spark!** Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 12-1 PM. Join this online discussion with Wells Reserve docent volunteers and find out how you can join this fun and supportive community. Docents engage visitors of all ages in creative ways and it's easy for you to get involved. Bring your curiosity and love of learning. We will provide training and support amidst a welcoming community. Free. Registration required at [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

Coming Soon

Thursday, March 9

**See, Draw, Paint Class**, River Tree Arts, 35 Western Avenue, Kennebunk, 10 AM-1 PM. Class will be held Thursdays, March 9-April 13, 2023. This class is for adults ages 18+. The purpose of this class is to help the student-artist, see and accurately capture what is seen in 3D, on a two-dimensional surface. Understand the importance of the "Big 3" – the key elements of drawing and painting: measuring/ composition, line, and value; while identifying and importing what inspires them. All skill levels welcome. Members: \$260 / Non-Members: \$285. River Tree Arts, 35 Western Ave, Kennebunk. Register at [rivertreearts.org](http://rivertreearts.org)

### Candles & Cocktails!

Enjoy an evening of candles and cocktails on **February 23, 5:30-7:30 PM**, at *Sea Love Candles in Kennebunkport*. Cost is \$90/pp. Pre-registration is required at [sealove.com](http://sealove.com). FMI <https://gokennebunks.com/paintthetownred/do/>

### Sushi Making!

Join *Great Wave Sushi* upstairs at *Alisson's in Kennebunkport* on **February 27, from 6-8 PM**. More details will be coming soon. Find them at [www.gokennebunks.com](http://www.gokennebunks.com) or <https://www.greatwavesushi.com>.





A Sampling of  
Live Music Venues

The Brunswick  
39 West Grand Avenue, Old Orchard Beach  
Live Music Fridays & Saturdays and Sundays  
[www.thebrunswick.com](http://www.thebrunswick.com) | 934.4873

The Boathouse  
21 Ocean Avenue, Kennebunkport  
[www.boathouseme.com](http://www.boathouseme.com) | 800.569.8713

The Burleigh at Kennebunkport Inn  
1 Dock Square, Kennebunkport  
[www.kennebunkportinn.com](http://www.kennebunkportinn.com) | 800.207.7415

Clay Hill Farm  
220 Clay Hill Road, Cape Neddick  
[www.clayhillfarm.com](http://www.clayhillfarm.com) | 361.2272

Cowbell Burger Bar  
140 Main Street, Biddeford  
Live Music Every Friday & Saturday  
[www.eatatcowbell.com](http://www.eatatcowbell.com) | 284.2355

Féile Restaurant & Pub  
1619 Post Road, Wells  
Live Music every Saturday night  
[www.feilerestaurantandpub.com](http://www.feilerestaurantandpub.com) | 251.4065

The Front Porch  
9 Shore Road, Ogunquit  
Live Music at The Piano Bar Every  
Wednesday through Sunday  
(Sundays starting at 2 PM)  
[www.thefrontporch.com](http://www.thefrontporch.com) | 646.4005

Funky Bow Brewery and Beer Company  
21 Ledgewood Lane, Lyman  
Live Music every Fri-Sat-Sun.  
[www.funkybowbeercompany.com](http://www.funkybowbeercompany.com) | 409.6814

Hurricane Restaurant  
29 Dock Square, Kennebunkport  
[www.hurricanerestaurant.com](http://www.hurricanerestaurant.com) | 967.9111

Jimmy the Greek's  
215 Saco Avenue, Old Orchard Beach  
Live Music Every Friday and Saturday  
[www.jimmygreeksopa.com](http://www.jimmygreeksopa.com) | 934.733

The Nonantum Resort  
95 Ocean Ave., Kennebunk  
[www.nonantumresort.com](http://www.nonantumresort.com) | 967.4050

Old Vines Wine Bar  
173 Port Road, Kennebunk  
[Oldvineswinebar.com](http://Oldvineswinebar.com) | 967.2310

The Pilot House  
2 Harbor Lane, Kennebunk  
[www.thepilothouseme.com](http://www.thepilothouseme.com) | 204.0709

Ryan's Corner House Irish Pub  
17 Western Avenue, Lower Village Kennebunk  
Live Music Every Friday and Saturday  
967.3564

Vinegar Hill- Home for the Holidays  
53 Old Post Road, Arundel  
[www.vinhillmusic.com](http://www.vinhillmusic.com) | 985.5552



Our Live Music listings  
will commence with our  
first April issue!

Through the Lens with photographer Bob Dennis



For the love of.  
... Winter!







Conversation heart design by Geraldine Aikman

## More famous love letter quotes

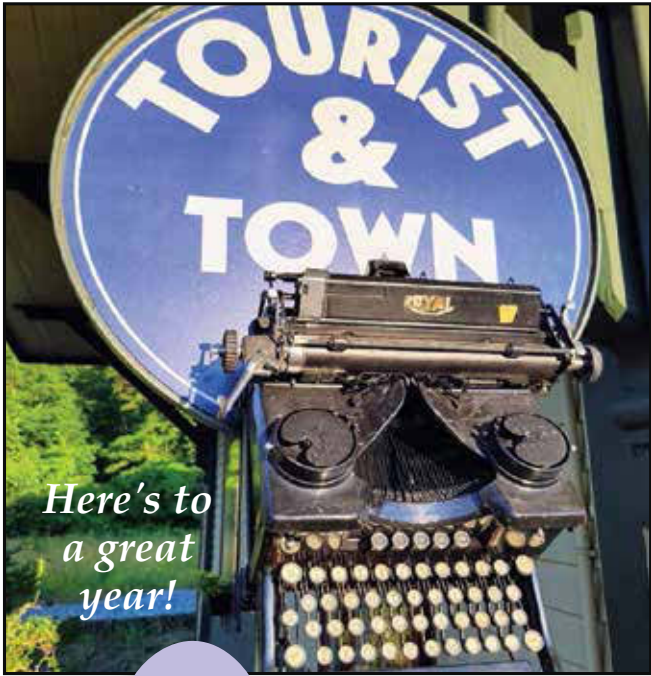
Happiness is within you... so unlock the chains from your heart and let yourself grow — like the sweet flower you are. I know the answer — just spread your wings and set yourself free. – Jimi Hendrix

As one needs happiness so have I needed love; that is the deepest need of the human spirit. And as I love you utterly, so have you now become the whole world of my spirit. It is beside and beyond anything that you can ever do for me; it lies in what you are, dear love — to me so infinitely lovely that to be near you, to see you, hear you, is now the only happiness, the only life, I know. – Rockwell Kent

Dearest — my body is simply crazy with wanting you — If you don't come tomorrow — I don't see how I can wait for you — I wonder if your body wants mine the way mine wants yours — the kisses — the hotness — the wetness — all melting together — the being held so tight that it hurts — the strangle and the struggle. – Georgia O'Keefe

I came in at half past eleven. Since then I have been sitting in an easy chair like a fool. I could do nothing. I hear nothing but your voice. I am like a fool hearing you call me 'Dear.' I offended two men today by leaving them coolly. I wanted to hear your voice, not theirs. When I am with you I leave aside my contemptuous, suspicious nature. I wish I felt your head on my shoulder. – James Joyce

As always, a million heartfelt thanks for bringing such joy into this chick's life. – Princess Diana



## An Opera Afternoon!

For an afternoon of opera, head to the Louis T. Graves Library in Kennebunkport on Saturday, February 11, at 2 PM. There will also be an art show with chocolate and champagne! FMI <https://gokennebunks.com/paint-thetownred/do/>

Send your questions to [rsimon@legacysir.com](mailto:rsimon@legacysir.com)!

**Q:** We just experienced a terrible real estate issue in selling our house. We had two offers come through pretty quickly. Both were good offers and one of them was not based on the buyer getting a mortgage as they said that they had the cash to do the deal. As we approached the closing, that buyer told us that it turned out that the money that they were going to use in the sale was from the will of a family member and it turned out that the money that was going to be used for the purchase did not come through to the buyer due to a family legal issue. So our transaction literally fell apart. Is there any way that we could have avoided this problem? We don't think the buyer had any idea that this would happen, but we really got screwed over as we were going to be buying another property with the proceeds from our sale and that transaction fell apart as well.

SIMON Says



**A:** That truly is an unfortunate situation. The one way that this could have been avoided is to have a written condition in your contract for the purchase of your property that the buyer supply you in a day or two with a letter confirming that they had the funds. If this could not be given to you, you would know that there was an issue and you should not commit to this buyer. A letter that clearly states that the money is in the buyer's bank account would insure the legitimacy of the transaction. Unfortunately this issue can happen, but the letter confirming that the money exists is the way around the problem. Sorry this happened to you.

**Q:** This is just a quick question as to value and spending money on building a house. We are in the process of getting ready to build a new place. My spouse and I have a difference of opinion and just wanted your input as we have been reading your columns for years and know that you are helpful. Our house plan is complete and we are having an issue as to whether we should have a front porch to add to the appeal of the place. Our builder gave us a price for a porch and it just takes us over our budget. How important do you think having a front porch is? My husband just thinks that having a front door with no amenities is not the way to go? Your input? Thanks, Marilyn

**A:** I guess I agree that having some kind of walkway or a few steps added to the front does add to the visual appeal. I agree that you definitely do not have to have a large and costly porch but a few steps or even just a small roof over the front door can add to the visual appeal.





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