

TOURIST&TOWN

FREE

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Volume 65 Issue 3



CELEBRATING SOUTH COASTAL MAINE SINCE 1958

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

TOURIST&TOWN

SERVING COASTAL YORK COUNTY SINCE 1958

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Thank you always,
Bob Dennis, for making
Tourist & Town beautiful
with your photographs!

Publisher's Note

A lively conversation at a shop my colleague and I were visiting for a story brought to the surface something I had not really thought about in some time – at least, not in any concrete way. (I realize now it's something I have appreciated for as long as I can remember.)

It reminded me of my love of storytelling.

Each of us has a story to tell. Each of us has a lesson to teach – a lesson learned through our life experiences. And one thing Mainers know how to do is to slow down long enough to enjoy – or tell – a good story.

And this means everything.

This is the difference between connection and disconnection, between community and isolation.

I only wish that in a lifetime one could be exposed to each and every story out there. There's so much wisdom and inspiration to be had – I just want to soak it all up.

Here's to soaking up as much as we can – and always, *always* making time for the story.

Kingsley Gallup, Publisher

On the Cover



Betsy McLellan

I am a full-time artist living in coastal Maine. Originally from the Boston area, I received a BFA in Painting with a minor in Art History from Boston University. I have lived in Maine since 2000 and was awarded a Monhegan Carina House Residency in 2001. My favorite medium is oil paint and I am inspired most by Maine's glorious coastal landscape, quirky animals and nature. I have exhibited my work in numerous Maine galleries and am currently a self-representing artist on Etsy.

Save the Date

The Education Foundation of the Kennebunks and Arundel's 16th Annual Spelling Bee will be held on Thursday, April 27, at 6 PM at Kennebunk Elementary School. Typically, over 300 fans come out to cheer on their favorite spellers! To register for the 2023 spelling bee, email info@educationfoundationka.org or go to educationfoundationka.org. And a huge congratulations to the winners of the spelling bee poster contest, Caroline Crocker & Mia McCarthy from the Middle School of the Kennebunks.



Happy News

Habitat for Humanity has a new home at 123 York Street in Kennebunk! Just a stone's throw from the facility the ReStore has been in for the last 10 years, this new space will allow Habitat's work to thrive. Stay tuned for grand opening information!

Tell me the facts and I'll learn.

Tell me the truth and I'll believe.

But tell me a story and it will

live in heart forever."

~ Native American Proverb



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Through the Lens

with Bob Dennis



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I don't know much about flowers but I do track the progression of spring through the blooming of various species. There are the daffodils and crocuses of April, the rhododendrons, azaleas, and the tulips (my favorite!) of May, and the lupine of early June. Daffodils made their eagerly awaited appearance throughout the Kennebunks last week. These were seen in a certain back yard in Cape Porpoise, with some of the fish houses and homes along Pier Road in the distance. ~ Bob Dennis



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Spring Auction

• Online May 1-14 •

Mark your calendars!

From sought-after tickets and special events to professional service packages and top-notch original art, The New School in Kennebunk's Spring Auction is filled with amazing auction items.

The auction will go live on Monday, May 1, at 12 noon, and bidding will close on Sunday, May 14 at 8 PM.

To view and bid on items, visit thenewschoolmaine.org and click the "Auction" button.

Winning bidders are invited to a Spring Auction Celebration on Saturday, May 20, from 3 to 6 PM at St. David's Episcopal Church in Kennebunk. Enjoy food and fellowship while picking up your items!

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Our South Berwick jaunt was full of unexpected surprises, leaving us buzzing with enthusiasm, not only for the businesses we have chosen to write up, but also for the countless, talented makers out there – and the endless stories they have to tell.

Let's start with the lovely **H.S. Mercantile**, located at 261 Main Street. One peek in the window – at a collection of stunning cotton dresses – and we knew we were headed in. What lovely surprises awaited us!

From hand-printed cotton dresses, organic cotton pjs and colorful table linens, to one-of-a-kind jewelry, miniature ceramic items and artisan gifts, this yummy shop owned by Holly Smith (the H.S. in H.S. Mercantile) is stocked with delectable, well made goods, each item seemingly imbued with love. The bright, loft-like space was the perfect backdrop for the carefully-curated items filling it.

Whether you are looking to treat yourself or someone else to something truly special, make a point of visiting the equally special H.S. Mercantile.



Housed in an historic brick building on Main Street, H.S. Mercantile is filled with lovely items, carefully selected by shop owner Holly Smith.

[hsmmercantile.com](https://www.hsmmercantile.com)

A couple blocks away, at 11 Paul Street, across from the Stage House Inn, was the ever-eclectic **A Little Something**. It was a shop already on our radar because of the unique items the shop recently donated to The New School in Kennebunk's upcoming auction. Well, this shop was a feast for the eyes.

The work of hundreds of local artists, makers and authors fills this colorful shop. Shop owner Jennifer Parker lights up as she talks, not only of the wide-ranging creations themselves, but of the stories behind them. As we strolled through her shop, Parker shared story after story of creative passion and determination. She had her finger on the story behind each and every item we excitedly picked up, expressing genuine respect and appreciation for her dedicated artisans.

What ensued during our visit was a rich discussion about happiness, well-being and a shared love of Maine – a place, we decided, that draws people who appreciate the importance of slowing down, savoring life and taking the time to share stories.

Parker's professional journey has been as eclectic as the creations filling her shop. Among the many hats she currently wears, Parker interviews a diverse array of guests for her "Just Impolite Love" podcast, whose mission is to connect people in an authentic, loving way.

Before leaving this special shop and wrapping up a conversation that could have continued until nightfall, we made plans to talk further about Parker's podcast, her artisans and, most likely, much, much more.

We suggest putting A Little Something on your must-visit list right away.



It's something for everyone at Jennifer Parker's A Little Something (pictured here with one of her artists) at 11 Paul Street. See the information box on page 8 for an interesting tidbit about the paper cranes pictured above.

[alittlesomethingsobo.com](https://www.alittlesomethingsobo.com)

Bags, Baubles & Bubbly!

by Jo O'Connor

Are bags your bag? Then Bags, Baubles and Bubbly will be right up your alley! The Center, a non-profit which serves the greater-Kennebunk area, supporting adults 50+, has created a one-of-a-kind event where hundreds of designer bags, nearly a thousand pieces of jewelry and tons of accessories will be on sale for 50-70% off retail prices.

The event takes place on Thursday, May 11, from 3-7 PM at the Community House on Temple Street in Kennebunkport (across from the post office).



With upwards of 350 designer handbags, tote bags, purses, beach bags, clutches, wallets and wristlets, shoppers can expect to see designers such as Kate Spade, Coach, Michael Kors, Dooney & Bourke, Longchamp, MCM, Nached, Vera Bradley, Cole Hahn, Baggallini and more.

Is bling your thing? This sale will feature high-end necklaces, bracelets, rings, pins and earrings as well as four-season accessories including hats, gloves, scarves and pashminas.

The Center has been soliciting merchandise since January (and are still accepting donations through May 4th). Local retailers have been quite generous, too, including Dannah, Carla's, PJ's Sneak Peek, This is it!, FatFace, the Wildwood Oyster Company and LL Bean.

About 40 Center volunteers are coordinating this massive undertaking.

"As one of our large fundraisers, Bags, Baubles and Bubbly is now starting to take shape and everyone is getting excited. We are thrilled with the generosity

Don't miss The Center's Bags, Baubles and Bubbly on Thursday, May 11, 3-7 PM, at the Community House on Temple Street in Kennebunkport.

of the in-kind donations that are continuing to pour in," said Bridget Dempsey, Executive Director of The Center.

Event tickets are \$25 from 4-7 PM. This admission cost covers your shopping spree, beverages and a dessert bar. If you want to get first dibs on the merch, you'll want to buy a \$50 VIP pass (only 25 tickets will be sold at this level) – along with early-bird shopping with fewer patrons, from 3 to 4 PM. VIPers will receive a great swag bag with one fabulous accessory, a split of champagne and more.

Are you a student getting ready for your prom? With a student ID, your admission is free. Yes, there is something for everyone who loves to accessorize.

For a visual preview of the items, go to The Center's social media pages on Facebook and Instagram.

Tickets are on sale now online at: <https://www.eventbrite.com/e/bags-baubles-bubbly-tickets-608687680237> or you can purchase them by calling or visiting The Center.

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

FMI: Contact The Center at (207) 967-8514 or visit them at 175 Port Road in Lower Village Kennebunk; [seniorcenterkennebunk.org](https://www.kennebunkcenter.org)

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Her sister's death inspired Danielle Gerrish to pursue a dream

Four years later, her design studio won Best New Business of the year

by Valerie Marier

Growing up in Shapleigh, Danielle Gerrish admitted, “I hated doing crafts and I wasn’t very good at them.” After graduating from Massabesic High School, she worked in the hospitality business and briefly in insurance, then got married and became a contented stay-at-home mom. But her life turned upside down in 2019 when, tragically, her

46-year-old sister Wendy died from breast cancer.

“Wendy’s death was like losing a leg,” Gerrish said. “All my life, she had encouraged me in everything. We were so close. She knew I had a small home-based business, a side hobby really. I’d buy and repaint used furniture, then sell them on the Marketplace. I was thrilled they sold quickly but I was getting tired of operating out

of my garage. So, inspired by the memory of my late sister, I began to seriously consider opening a shop.”

Danielle started combing yard and estate sales in a search of farmhouse and mid-century furniture that she could “repurpose and up-cycle.” She became a regular at the Habitat for Humanity ReStore, eyeballing dressers, sideboards, bedside tables and bookcases that “needed help.”

Her friend Melissa Paquette of Melissa’s Mighty Finds, a consignment shop on Route 1 in Arundel, frequently asked Danielle to “paint some of this old furniture in here so it looks better and will sell.” (After Danielle worked her magic, they sold!) Equally important, her husband’s “strong encouragement” stoked her ambition and confirmed her drive.

During a family trip to Florida three years ago, Danielle admits she did a lot of thinking, then turned to her husband and said, “Okay, I’m ready to find a shop. Let’s do it.” After returning to Maine, she heard that a “retail space with a workshop in the back and storage room in the basement” had recently come on the market.

The shop opened in 2021 as Mia Sorella’s Studio. Gerrish explained, “Loosely translated, ‘mia sorella’ means ‘my sister’ in Italian slang. Wendy loved everything Italian and I wanted the shop to honor her. She would have been so proud that I finally did it.”

Wendy had adored dragonflies which symbolize change, transformation, adaptability and self-realization. Gerrish added, “Many people also believe that dragonflies are a sign of a deceased loved one, like a guardian angel. So in honor of Wendy, I made dragonflies the logo of the shop and we feature them on all our bags, tissue paper and business cards.”

Gerrish’s ultimate goal in launching Mia Sorella’s Studio was to change

the perception of painted furniture from basic to a professional product that elevates any room. She delighted in finding and repurposing an old dresser, then using paint, decoupage or new hardware to make the piece “relevant for today.” When she won the Biddeford+Saco Chamber of Commerce & Industry 2022 Business of the Year award, she confessed it was a “complete shock but also validating and confidence-building.”

She added, “Like everyone, I want to be successful and make money but the staying power, the longevity here, is that this business gives me amazing fulfillment. I truly love my job!”

That job can be extraordinarily messy, judging from the condition of her workroom (aka “The Underbelly”) in the back of the store. She starts by removing dated laminates and cracked veneers, perhaps sawing off clumsy looking legs and discarding old hardware, then sanding until the surface is silky smooth before finally dipping her paint brush in a new can of Benjamin Moore Advance Satin Finish. She said, “Chairs are labor intensive with all those spindles.”

Gerrish’s current turnaround time is four to six weeks. She prefers starting with a consultation at her shop but believes she should also see the space and atmosphere where the refinished piece will eventually go. (“We’re happy to pick up and deliver too.”)

Mia Sorella’s Studio is located around the corner from Rapid Ray’s in the heart of Saco’s Pepperell Square on Common Street. The shop is anything BUT common and, in addition to furniture of every shape and size, showcases clothing, lamps, vases, pillows and unique hand-made soaps.

“I love it when people stop by just to browse,” she said. “And if they bring their dog with them, I’ve got doggy biscuits in a container on the counter.”

Mia Sorella’s Studio is located at 26 Common Street, Saco; open Wednesday (11-4), Thursday and Friday (10-5), Saturday (10-3), or by appointment. FMI call 494-9044 or go to www.miasorellasstudio.com



One wall of her workroom (aka The Underbelly) is lined with various paints and sprays she uses to update farmhouse furniture.



BEFORE! This is what Danielle Gerrish found at a yard sale.



After! This is what the dresser looks like today after Danielle worked her magic.



In addition to “repurposed and up-cycled” furniture, Mia Sorella’s Studio showcases new pillows, lamps, vases, clothing, soaps and unique gifts to please your hostess or daughter. All photos by Val Marier

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The Chains of Cranes Project

Folding cranes for a cause



Above and at right: Chains of Cranes founder Michael Stone and his colorful creations. Courtesy photo. Below right: Cranes actually hang in the entrance to Tourist & Town's offices.

Origami artist Michael Stone has been folding Origami objects for many years now. The crane, however, a symbol of peace and hope, is his favorite design.

Stone's Chains of Cranes Project began after he helped a friend get out of a difficult living situation. In so doing, Stone discovered that many people he knew had also supported loved ones who had been in domestic violent relationships.

"Folding peace cranes," Stone shares on his website, "offered me a chance to be in the moment, spending time in peace, mindful of how fortunate I have been in my own personal relationships. I believe that everyone should be surrounded by love and kindness and feel safe at home."

Stone's "for-profit" Chains of Cranes Project donates a portion of proceeds to Caring Unlimited, York County's Domestic Violence Resource Center, to support their important work.

To date, supporters have helped raise over \$2800 for Caring Unlimited.

A selection of Chains of Cranes are available for purchase at chainsofcranes.com or at the following shops:

A Little Something
in South Berwick

Kit Supply and Co.
in Kittery Foreside

and cranes are now nesting at **TipToe Eco Marketplace** in Kennebunk

Folding Cranes for a Cause
Promoting Peace at Home
www.chainsofcranes.com





Cranes greet staff and visitors at Tourist & Town headquarters



The hearts adorning each package of cranes are the perfect reflection of the heart behind this meaningful project – the heart of its founder Michael Stone.





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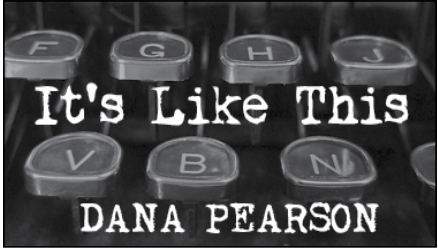
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Nothing like a well-placed four-letter word

I don't understand some people. Like the guy who has a vanity plate that glaringly incorporates the f-word. (At least I hope it's a vanity plate.) Not only do I not understand that guy, I don't understand the people at the DMV that let it pass; it's so obviously obscene. While I don't feel as violent as Holden Caulfield does toward people who display written profanity in public, I do wish those people simply wouldn't do it. Children have eyes, too.

For me, that's the most memorable part of *The Catcher in the Rye*, which I read in high school: The running gag toward the end when the narrator goes to pick up his little sister at school, and comes across one scrawled "F*** you" after another. It drives him nuts. He says it'd be impossible to eliminate all the "F*** you" signs in the world, even if you had a million years to do it in. He's says there are no nice and peaceful places, because if you

when you're not looking, somebody'll sneak up and write 'F*** you' right under your nose. Try it sometime."

When I rolled up close to a car at a red light the other day, I could see that something had been written with a finger on the extremely dusty rear window. I figured it would be the classic "Wash me," which I believe was first etched onto the canvas flap of a Conestoga wagon in 1848, but as it came into focus, I could see that the second word was "you." I grimaced. Really? Someone felt the need to write that certain phrase on somebody's rear window, so that everybody close enough to read it could be hit by that sentiment? Or, worse, had the owner of the car done it?

Lest anyone think I'm some sort of Victorian prude who cringes every time a curse word is uttered, let me assure you I'm rather a big fan of profanity – when used properly. Some people feel that many comedians use the f-word as a crutch,

and shouldn't use it at all. I disagree. I feel that if it's used incessantly, it loses its punch; however, it can not only elevate but make the joke if used with surgical precision. (An example would be the classic Three Sons Asking Their Mother for French Toast joke.)

It's the whole swearing in public I can't stand, especially when children are around. Even when children aren't around, it's unseemly...and sometimes hostile. Take, for example, the case shared by the Leech family, owners of Congdon's Doughnuts in Wells (which reminds me: I need one of their coconut doughnuts). Apparently, there were some people whose selfishness trumped decency during the pandemic, which everyone with one tenth of a brain understood led to businesses being understaffed (as many still are). In one of their monthly newsletters, they wrote: "If for any reason not having chocolate raised is going to cause you to tell a teenage girl to 'Go ---- yourself' then please, please just stay home."

The difference with written obscenity is that it's just sitting there, day

after day, perhaps for weeks or months or years, and there's no doubt that at some point, a child will be exposed to it. A political flag. A bumper sticker. Graffiti. A vanity plate. What's the point?

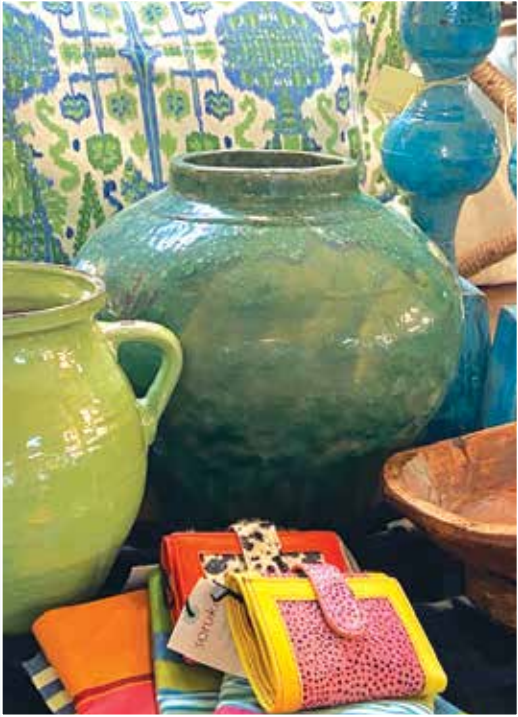
I'm a humanist. I believe that most people are good and kind and loving, and that, regardless of differences in religion or politics or ice cream flavor preferences, we naturally want to help each other out and abide by the Golden Rule. When an old lady needs help crossing the street, she isn't first asked which cable news channel she watches. At least I hope not. But that still leaves plenty of room for people who have no compunction about running the tip of their finger across the surface of a dirty car window to spell "F*** you."

Except that's not what happened the other day. As the words on the rear window of the car at the traffic light came fully into focus, I could see that someone had actually written: "I love you."

Much better.

Dana Pearson can be reached at dana@touristandtown.com

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Wildfire Awareness Week at the Brick Store Museum: Smokey Bear storytime and exhibit

In promotion of Wildfire Awareness Week across Maine, the Brick Store Museum in Kennebunk is exhibiting 19 original paintings by Rudolph Wendelin of Smokey Bear, currently on loan from the USDA National Agricultural Library in Washington, DC.

Wendelin, who passed away in 2000 at the age of 90, was an artist with the U.S. Forest Service for 40 years. Wendelin was best known for creating the

firefighting icon Smokey Bear.

The exhibit will run from Friday, April 21, through Sunday, May 14. On Friday, April 21, at 10 AM, a Maine Forest Ranger will be reading the story of Smokey Bear in the exhibition – and Smokey Bear will make an appearance! Better yet, Smokey Bear will stick around for pictures with visitors.

Bear paintings by Rudolph Wendelin were

made into fire awareness posters and have made an enormous impact on wildfire prevention in the United States.

This event, which includes take-home activities, is free and open to the public.

To learn more about the exhibition please visit www.brickstoremuseum.org/calendar or call (207)985-4802.



Mark your calendars

The Louis T. Graves Library will host David Baldacci at its 12th Annual Author Event, to be held at the Kennebunk River Club Casino on June 22 at 5 PM. Ticket price of \$75 includes an autographed copy of *Simply Lies*. Tickets can be purchased now at Graves Library and online through Eventbrite. FMI call 967-2778. Seating is limited.

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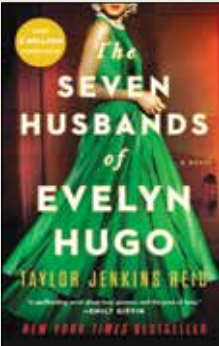
Your name
Melissa Ross

How did this book make its way to you ?
Funny story – I grabbed this book to add to my summer reading pile last summer and when both of my daughters (early twenties) came home from college they were reading it also – so all three of us read it at the same time!

What did you like about this book?
This book was a real page turner, there were a lot of twists and turns and at times it was very hard to put down (like to make dinner). The characters and setting were very well developed and I loved the images that I created in my mind of each character, old Hollywood, and the relationships between them.

Favorite character?
My favorite character was Monique Grant – I love that she was thrown into a position that she thought was over her head, questioning how and why she was in the position, but quickly gained the confidence to conquer the job and become a strong powerful character.

Other books by Taylor Jenkins Reid that I loved: *Daisy Jones and the Six* and *Malibu Rising*.
P.S. There are rumors that *The Seven Husbands of Evelyn Hugo* is also coming out as a movie.




Has a special book made its way to you? Let us know!

Email touristandtown@gmail.com

May Day Book Sale at Kennebunk Free Library

The Friends of the Kennebunk Free Library, 112 Main Street, will host a book sale on Saturday, May 6, from 9 AM to 1 PM in conjunction with the Town of Kennebunk's May Day Festival.

The sale will be held in Hank's Room as well as outside (weather permitting) and will feature 4-for-\$1 adult paperbacks. Come and support the library and get some great deals



Book Sale
Saturday, May 6
9 AM-1 PM

on gently-used books, CDs, DVDs, and puzzles.

Friends support the library by raising funds that help sponsor library programs and materials, including passes to local museums and parks, summer reading programs, Kanopy streaming service, OverDrive e-content and large print books.

FMI call the Library 207-985-2173 or email kfl@kennebunklibrary.org.

Earth Day Movie Night

The three regional land trusts - Kennebunk Land Trust, Kennebunkport Conservation Trust, and Arundel Conservation Trust - are celebrating Earth Day with a movie night. Attendees will be greeted with wine and popcorn and will watch *Kiss the Ground*, a documentary on increasing soil health and regeneration to affect climate change. FMI and to register visit threetownsonearth.eventbrite.com or kennebunklandtrust.org. Space is limited at this free event, so register today!

Annual Poetry Bash in honor of Michael Tarabilda

On Sunday, April 23, at 2 PM, the Graves Library will hold its Annual Poetry Bash, this year in memory and honor of the late Michael Tarabilda of Kennebunkport.


While Tarabilda wore countless hats in his lifetime, including many hats at the Graves Library, at the heart of Tarabilda's life was poetry.

The former US Poet Laureate Billy Collins once wrote: "All babies are born with a knowledge of poetry because the lub-dub of the mother's heart is in iambic meter."

Bring a poem to read that you have written, share a favorite poem by another author, or just hunker down and listen.

Inaugurated in April 1996, National Poetry Month brings together publishers, booksellers, literary organizations, libraries, schools and poets around the country to celebrate poetry and its vital place in American culture. Be part of the celebration. Light refreshments will be served.

The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport, and is open Monday- Friday 9:30-5 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.



Reclaim It!

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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.


Joyce Jackson and Peter Mealey of Fine Artist are all about restoration and know that old wood window sashes with no significant rot are salvageable! These windows that the duo stripped, sanded, stained, and are about to reglaze will last another 100 years. Well done!

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



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Annual Poetry Bash

Sunday, April 23rd, 2:00



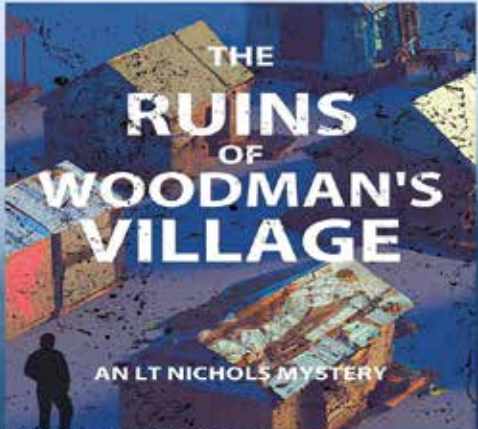
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Light refreshments will be served

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Albert WAITT

Wednesday, April 19 at 6:00

Join us for a discussion and book signing of *The Ruins of Woodman's Village* with Albert Waitt. Copies will be for sale and light refreshments will be served.



THE RUINS OF WOODMAN'S VILLAGE
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La Dolce Vita

This week was my mom's birthday. She would've been 80, and it breaks my heart to say that, because we lost her at the end of January and I know how much she wanted to reach that milestone.

In some ways it hasn't hit me, and in others it hits me over and over again every day: each time the phone rings and I think, "oh, it's Mom." And every time something good/bad/interesting happens and I reach for the phone.

A few weeks ago we held our job fair at the social hall at St. Martha's, a place our family enjoyed many Knights of Columbus breakfasts and dinners. I was busy checking in with employers when I turned toward the door and saw a woman at the door, backlit, and thought, "there's Mom" and then it all rushed back to me and stopped me in my tracks.

Each time these things happen it takes my breath away and a door slams shut in my brain. It's like the loss is so deep and so raw that I can't let myself feel it.

Sometimes, a little of it leaks through. I cried recounting her final days to her best friend. I sobbed online at Dunkin' Donuts one morning when a song with the refrain "how do I say goodbye" came on. And I sobbed coming up the aisle at her funeral mass.

But still, that slamming door keeps so much of the grief at bay that I worry it's building up back there and will one day burst through, flattening me with its weight.

My mom's death felt very sudden to us, since she had been recovering from Covid and pneumonia and was excited to be going to rehab to get stronger. But the day before she was due to transfer her body started shutting down. Her will was strong, but her body had fought long enough.

We did have a few days to be with her, and even in the weeks she had been in the hospital we talked a lot. And always, always she told me how much she loved me. How proud she was. That she didn't know what she'd do without me.

It turns out I don't know quite what to do without her.

I know it was a gift that there was nothing left unsaid. That I held her hand right to the end. That she isn't suffering any longer.

But then the phone rings or I catch a glimpse of blonde hair and it slams into me anew.

She taught

me to be strong, though. She taught me to keep moving and stop crying unless you're bleeding (former nurses are TOUGH). And she taught me to celebrate when you can and if you're celebrating, do it with an ice cream cake.

So on her birthday I'll do just that. Settle in with my ice cream and some reality TV and remember a life well-lived.

I miss you, Mom.



Laura Dolce. Courtesy photo

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New at the Brick Store Museum!

Music Together Classes with Sammie Haynes of Treetops Music

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Start date: Wednesday, April 26 - 8 weeks

9:30 AM; 10:45 AM; 12:00 PM

FMI: <https://treetopsmusic.com/index.aspx>

WePoets announces 2023 season

WePoets & Verse is pleased to announce its 2023 series of "Bohemian Sunday Poetry Readings."

Local poets from the Kennebunks and beyond will read original poems.

Free and open to the public.

The kickoff event will take place Sunday, May 21, from 1-3 PM at the Brick Store Museum's auditorium in Kennebunk.

FMI email poetryawakenings@gmail.com.

Consider reading at a future event. This warm gathering of poets awaits you!

The Speers Gallery at the Kennebunk Free Library presents "Color, Mood and Time!", an exhibition of watercolors and acrylics by Kennebunk resident Liz Roper. The exhibit runs May 1-31, and the public is invited to a reception on Tuesday, May 2 from 5-7 PM. The collection of fourteen paintings in watercolor and acrylics on watercolor paper will be exhibited in the library's Speers Gallery from May 1-31 at 112 Main Street, Kennebunk.



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Location: 974 Post Road in Wells (next to McDonald's)
For more information please call: 207-646-4775 or email: info@whistory.org

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Walks are from 10 to 11:30am. at rotating KLT preserves with different themes each month - always the first Saturday!

FMI and to register:
info@kennebunklandtrust.org
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or call 207-985-8734

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Going on now:
The York Public Schools Student Art Show, York Public Library, 16 Long Sands Road, York, through April 26, during open hours. The show features a variety of art from paintings to drawings, sculpture and multi-media masterpieces created by students. FMI call 207-363-2818 ext. 1016 or visit yorkpubliclibrary.org

Wednesday, April 19
Explorer's Club Day Camp, Wells Reserve, 342 Laudholm Farm Road, Wells, 9 AM-3 PM. See what a feather, ocean plankton, or your finger looks like under a microscope. Search for the signs animals leave behind, like tracks, or scat, or gnaw marks. Use tools and gadgets on the trails and in the lab to investigate plants, animals, and habitats of the Wells Reserve. For ages 7 to 12. \$75/\$60. Registration required at caryn@wellsnerr.org or 207-646-1555 ext. 110. FMI wellsreserve.org/calendar.

Thursday, April 20
Earth Jams Outdoor Family Concert, Wells Reserve, 342 Laudholm Farm Road, Wells, 10:30-11:30 AM. Sing along with Matt Loosigian of Earth Jams, who performs playful, funny songs about ecology and being green. Matt has the ability to capture and keep the attention of babies, toddlers, kids, and adults. Inspired by his dynamic voice and charismatic style, the audience sings, plays, and dances along as this musical wizard pulls giggles out of his guitar. Rain or shine at the Wells Reserve at Laudholm. Free. FMI wellsreserve.org/calendar.

Wine Online with The Graves Library and Maine & Vine, 5:30-7:30 PM. FMI visit www.winehousemaine.com or graveslibrary.org.

Nonfiction Book Group, Wells Public Library, 4:30 PM. The Nonfiction book group will meet in person - all are welcome. The pick for this month is *All Blood Runs Red: The Legendary Life of Eugene Bullar: Boxer, Pilot, Soldier, Spy* by Phil Keith. FMI email cappleby@wellstown.org or call the library at 207-646-8181.

Friday, April 21
Fiber Arts, Wells Public Library, 10:30 AM. Show off your latest knitting creation, get tips on your crochet technique, and just chat with old friends and make some new ones. All ages and levels of ability are encouraged to join for ideas, inspiration, and lively conversation. FMI email sclaydon@wellstown.org or call the library at 207-646-8181.

York Hospital Lunch and Learn: Depression and Anxiety in Older Adults, 12-1:30 PM. Join Brandon Rivard, PA-C from the Center for Older Adults, to learn about the differences between depression, anxiety, and dementia in aging adults, as well as how these may surface. Complimentary boxed lunches will be available "to-go" after the program concludes. At the request of the hospital, masks will be supplied and required for all attendees. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call the Wells Public library at 207-646-8181.

The Originals present Ice Glen, a wistful period comedy, at Saco River Theatre, 29 Salmon Falls Road, Bar Mills on April 21, 22, 27, 28 and 29 at 7:30 PM and April 23 at 2:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

Exhibit Opening: The Work of Rudolph Wendelin, Brick Store Museum, 117 Main Street, Kennebunk, 10 AM. Displayed will be Wendelin's paintings of Smokey Bear, currently on loan from the USDA National Agricultural Library in Washington, DC. This is exhibit is in honor of Wildlife Appreciation Week. At 10 AM, a Maine Forest Ranger will be reading the story of Smokey Bear in the exhibition – and Smokey Bear will make an appearance! Better yet, Smokey Bear will stick around for pictures with visitors. This event, which includes take-home activities, is free and open to the public. FMI visit www.brickstoremuseum.org/calendar or call (207)985-4802.

Saturday, April 22
Drawing Nature: Painting Skills, Wells Reserve, 342 Laudholm Farm Road, Wells, 9 AM-1:30 PM. Build your nature journaling skills with Michael Boardman, wildlife artist and Maine Master Naturalist. Nature journaling is a great way to learn and meditate about the world around us. This class introduces watercolors to nature journaling. We'll go over tools, colors, and paper types, and practice some basic techniques for making atmospheric mini landscapes and creating depth and weight in three dimensions. Demonstration and teaching will happen mostly inside, with outdoor time to practice and explore. \$75/\$60. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Art Guild of the Kennebunks – Submission Day, exhibit hall behind Brick Store Museum, Kennebunk. Five works in one medium must be submitted by an applicant. Work submitted for consideration is to be dropped off by 12 PM. Pick-up following the event is from 2:30 to 3 PM. The Guild sponsors several exhibitions each year, including Christmas Prelude and a special awards show in the fall. There are also opportunities to attend workshops and programs. FMI call Judith Kinsman Ameson (207) 229-9659, email judithkinsman@gmail.com or visit artguildofthekennebunks.com.

Sunday, April 23
Annual Poetry Bash: In Memory and Honor of Michael Tarabilda, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 PM. Please join Graves Library for National Poetry Month and get back in touch with your inner poet. Inaugurated in April 1996, National Poetry Month brings together publishers, booksellers, literary organizations, libraries, schools and poets around the country to celebrate poetry and its vital place in American culture. Be part of the celebration. Light refreshments will be served. FMI call 967-2778 or visit www.graveslibrary.org.

Ogunquit Performing Arts' 21st Annual Classic Film Festival: *Paint Your Wagon* (1969), Dunaway Center's community auditorium, 23 School Street, Ogunquit, 2 PM. OPA's Classic Film Festival concludes on May 7 for the summer. Next season's Festival begins again in November, 2023. Admission, parking, and popcorn are free. For more information visit www.ogunquitperformingarts.org

Monday, April 24
Movie Night and Social Event; An Earth Day Celebration in collaboration with the Kennebunkport Conservation Trust, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5:30-8 PM. The library will be showing a documentary that is inspiring and ground-breaking when it comes to our climate crisis. Light refreshments will be served. FMI call 967-2778 or visit www.graveslibrary.org.

Tuesday, April 25
Tech & Tea, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 3 PM. This month's topic in Tech & Tea will be spotting misinformation online. Join in this information session on what to look for in reliable online sources. FMI call 967-2778 or visit www.graveslibrary.org.

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

Wednesday, April 26
Family Yoga with Celina, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 3:15-4 PM. Parent and child yoga class led by Celina McMichael. Pre-registration is required. FMI call 967-2778 or visit www.graveslibrary.org.

Piping Plovers: Sharing the Beach with an Endangered Species, Wells Public Library, 4 PM. Join Laura Williams of Maine Audubon as she discusses

the unique characteristics of the Piping Plovers, and the many efforts taken each year to protect the species and their habitat. Learn details of the volunteer monitoring program and how you can sign up to help. FMI email sclaydon@wellstown.org or call the library at 207-646-8181.

Thursday, April 27
The Education Foundation of the Kennebunks and Arundel's 16th Annual Spelling Bee, Kennebunk Elementary School auditorium, 6 PM. Typically, over 300 fans come out to cheer on their favorite spellers. To register for the 2023 spelling bee, follow the QR code on the following page of this issue or email info@educationfoundationka.org or go to educationfoundationka.org.

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

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

Saturday, April 29
Birding by Ear, Wells Reserve, 342 Laudholm Farm Road, Wells, 7:30-10:30 AM. Expert bird mimic Dan Gardoqui will help you connect with birds you can't see by teaching you their songs and calls, as well as what they're saying. We will do a little exploring on the trails of the Wells Reserve and a lot of careful listening. Dan will mimic bird sounds as you locate and watch the actual birds. If you're experienced with visual bird identification, this course will be a good next step in building your birding skills. Co-hosted by Wells Reserve and York County Audubon. \$30/\$25. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Historical Society Bean Supper, M.L. Day School Gym, Limerick Road, Arundel, 4:30-6 PM. The supper will have two kinds of beans, mac 'n' cheese, American chop suey, hot dogs, cole slaw, bread/rolls, homemade desserts, drinks, and coffee with takeout available. Donation of \$8/pp is requested and children 5 and under are free. Historical displays will be shown and our annual spring raffle calendar will be available. This is to benefit the Arundel Historical Society. This is a family friendly event and all are welcome. FMI 283-9699

Sunday, April 30
Yoga Nidra, The Daily Sweat, Kennebunk. Yoga Nidra is a powerful meditation technique and one of the easiest yoga practices to develop and maintain. This systematic meditation takes you through the five layers of self, leaving you with a sense of wholeness. Please bring your blankets and pillows! \$20 drop in/free for members. FMI call 569-0999 or visit thedaily sweatkennebunk.com.

Ogunquit Performing Arts' 21st Annual Classic Film Festival: Seven Brides for Seven Brothers (1954), 2 PM. OPA's Classic Film Festival concludes on May 7 for the summer. Next season's Festival begins again in November, 2023. Admission, parking, and popcorn are free. For more information visit www.ogunquitperformingarts.org

Wednesday, May 3
Early Release Wednesday: Games & Crafts, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 12-4 PM. Looking for something fun to do? Spend your early release Wednesday at the library. FMI call 967-2778 or visit www.graveslibrary.org.

Coming Attractions:
Friday, May 5
Season Opening Day: Antiques on Nine, 81 Western Avenue, Kennebunk, 10 AM. FMI 967-0626.

Saturday, May 6
May Day Book Sale, Kennebunk Free Library, 112 Main Street, Kennebunk, 9 AM-1 PM. The sale will be held in Hank's Room as well as outside (weather

permitting) and will feature 4-for-\$1 adult paperbacks. Come and support the Library and get some great deals on gently-used books, CDs, DVDs and puzzles. FMI call the Library 207-985-2173 or email kfl@kennebunklibrary.org.

Sunday, May 7
Ogunquit Performing Arts' 21st Annual Classic Film Festival: Jaws (1975), 2 PM. OPA's Classic Film Festival concludes on May 7 for the summer. Next season's Festival begins again in November, 2023. Admission, parking, and popcorn are free. For more information visit www.ogunquitperformingarts.org

Thursday, May 11
The Center's Bags, Baubles and Bubbly Fund-raiser, Community House, Temple Street, Kennebunkport, 3-7 PM. Hundreds of designer bags, plus jewelry and accessories will be on sale for 50-70% off retail prices. With upwards of 350 designer handbags, tote bags, purses, beach bags, clutches, wallets and wristlets, shoppers can expect to see designers such as Kate Spade, Coach, Michael Kors, Dooney & Bourke, Longchamp, MCM, Nached, Vera Bradley, Cole Hahn, Baggallini and more. FMI: Contact The Center at (207) 967-8514 or visit them at 175 Port Road in Lower Village Kennebunk; seniorcenterkennebunk.org

Virtuoso Piano Concert, Kennebunk Unitarian Universalist Church, 7 PM. Pianist Llewellyn Sanchez-Werner, 26, an award winning graduate of Juilliard, was named a Gilmore Young Artist, an honor awarded to the most promising American pianists of the new generation. A donation of \$20 is suggested at the door that night, or pre-register online to attain the Link for viewing by ZOOM at home. Be aware that viewing from home may not meet the quality you would receive in person. Link: uukennebunk.org/piano-concert

Saturday, May 13
Mother's Day Depot Day, the old Kennebunk Train Depot, 12 Depot Street, Kennebunk, 9 AM-12 PM.

Sunday, May 21
DaPonte String Quartet, Sanford Performing Arts Center, 3 PM. Tickets are \$18-\$20 for students and seniors and \$20-\$22 for adults in advance via https://sanfordpac.org/shrek/ or available at the door.

Saturday, May 27
KW Contemporary Art's Annual Summer Soiree and Opening Reception, 184 Port Road, Kennebunk, 5-8 PM. The exhibition will show new work from Hunt Slonem, Yangyang Pan, Paul Villinski, Liz Barber, Havoc Hendricks, and more. The opening will also feature the premiere of the work of Carolyn Johnson and Betsy Enzensberger. Johnson's work utilizes reclaimed surfboards which have been layered with resin, ink, paint, and metallic pigments to create unique pieces that reference the ocean and its boundless depths. The gallery can be found in Lower Village, Kennebunk near historical Dock Square above Spaces Interior Design store and Bliss Boutique. This event is free and open to the public.

Please be sure to send us your calendar listings on or before the due dates listed on our publishing schedule. You can find our schedule at the end of each issue of the newspaper and on our website. touristandtown.com We want to be sure your important events get listed!

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Upcoming Event

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Wine Online with The Graves Library
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www.winehousemaine.com

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Food for thought: Cobb Salad Who? What? Where? Why?

by Valerie Marier

I've a hunch that Cobb salad is one of the top three choices for ladies who lunch. I've munched on Cobb salads at restaurants in Maine, New York, Florida and California. It's been chopped, stacked, tossed, layered or grilled, and always includes sliced chicken or turkey breast, hard-boiled eggs, tomatoes, avocado and crisp bacon.

The last time I ordered it at a Vero Beach, Florida, restaurant overlooking the ocean, my husband asked, "Why's it called Cobb salad?" Which prompted me to start sleuthing.

The original Cobb salad was actually served as a late-night snack at the Brown Derby restaurant in Los Angeles in 1936. The owner, Mr. Robert H. Cobb (aha!), was about to close his kitchen when pal Sid Grauman (of the renowned Grauman's Chinese Theater) popped into the restaurant. Sid was hungry and apparently had recently undergone major dental work.

So Mr. Robert Cobb ransacked the restaurant refrigerators and pulled out a variety of lettuces, blue cheese, tomatoes, chives, hard-boiled eggs, avocado and chicken.

He spotted a plate of cooked bacon sitting on one of the kitchen counters and added that to his improvised dish. After carefully minced all the ingredients, he tossed the mixture with a French dressing and presented the dish to his friend.

Sid Grauman gave the salad Five Stars! The next day it was added to the Brown Derby's daily carte! Cobb salad became a local sensation! Hollywood biggies, like movie mogul Jack Warner, regularly dispatched his chauffeur to pick up a carton of the mouth-watering stuff.

Until the Brown Derby closed in 1985, it's estimated the restaurant sold more than four million Cobb salads. The original had been made with a French dressing (a combination of red wine vinegar, olive oil, lemon juice, Worcestershire sauce, dry mustard and garlic) but, over the decades, blue cheese or ranch dressing became popular alternative toppings.

One urban myth suggests the Cobb salad was named for Ty Cobb, the "Georgia Peach" who played for the Detroit Tigers for 22 years. Nope.

A verified fact is that Jennifer Anniston, Lisa Kudrow and Courteney Cox ate Cobb salad every day on the set while filming "Friends." Cox said, "Our Cobb was actually doctored up because we were all watching our weight. So we had turkey bacon, garbanzo beans, bulgur, pistachios, parsley, mint and crumbled feta in it. But it was a Cobb!"

Cobbs comes in all varieties. Some are garnished with shrimp, crabmeat, lobster or salmon. Southwest-style Cobb features cilantro, lime, black beans, corn, tortilla strips. Other Cobbs include pulled pork. There are also Buffalo chicken-style Cobbs, pasta salad Cobbs, even kale Cobb salads.

Hungry for a Cobb yet?

Here's the original recipe from the Brown Derby:

- Salad ingredients:**

 - 1/2 head lettuce (about 4 cups)
 - 1 bunch watercress
 - 1 small bunch chicory (about 2 1/2 cups)
 - 1/2 head Romaine (2 1/2 cups)
 - 2 medium peeled tomatoes
 - 6 strips crisp bacon
 - 2 cooked and minced chicken breasts
 - 3 hard-boiled eggs
 - 1 avocado
 - 1/2 cup crumbled Roquefort cheese
 - 2 tbsp. chopped chives
- Directions:**

Cut lettuce, half the watercress, chicory and romaine in fine pieces and arrange in large salad bowl.

Cut tomatoes, bacon, chicken, eggs and avocado in small pieces and arrange, along with the crumbled Roquefort cheese, in strips on the greens.

Sprinkle finely-cut chives over the salad and garnish with remaining watercress.
- Dressing Ingredients:**

1/4 cup water	1 tsp. freshly squeezed lemon juice
1/4 cup virgin olive oil	2 tsp. salt
1/4 cup red wine vinegar	3/4 tsp. freshly ground black pepper
1/4 tsp. sugar	3/4 tsp. Worcestershire sauce



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Kitchen Talk

Chicken and Bisquits
and everything
in between



Btz 'n' Pieces

Mom said...
Cooking tips from years
past are still helpful today.

When I was young, my mother suggested, "Set your dinner table an hour or more before you plan to serve. When your hungry husband or ravenous kids notice plates on the table, they'll think dinner is any minute, even if it isn't. For some reason, this stifles 'When's dinner?' questions and makes family dynamics more pleasant during that busy hour before you actually sit down to eat."

I took her advice and it worked. So here are other "Mom said" tips from our readers.

Beverly Meserve of Kennebunkport recalls her mother telling her: "Never put hot stuffing into a cold turkey. So I never have."

Karen Walsh of Wells shared a secret her late husband Pat learned from her grandmother. "He was preparing a roast beef dinner one night. My grandmother whispered in his ear, 'Always add a little dry instant coffee to brown gravy.' He did and it was absolutely delicious every time he made it."

Wendy Baker of Portsmouth thanks her grandmother for this gravy tip: "To make gravy for a holiday feast, always add water from the vegetables you're cooking to give the gravy extra flavor."

My daughter-in-law Jennifer Tamis, who lives in New Jersey, remembers her Italian mother saying, "NEVER add sugar to homemade tomato sauce. Mom was Sicilian so I listened to her!"

Amy Marier Adams, who grew up in Kennebunk and now summers here, watched her mom put sticky notes inside or on platters, plates, bowls and utensils the day before a dinner party. "That way there's no last-minute scramble and hassle looking for the correct serving container."

Susan Doherty Hannaford, who travels from Montreal to spend summers at Kennebunk Beach, remembers her mother worrying that her four children might not like the dinner she prepared. "So Mum would crush up a bag of Humpty Dumpty potato chips and sprinkle them over the top and pop the casserole into the oven. We kids would eat ANYTHING with potato chips in the recipe."

Sandy Janes of Kennebunk Beach can still hear her mom saying, "Keep your elbows off the table." Judy Orne, who summers in South Thomaston, confessed that her mother was a terrible cook. "So when I got married, her only advice was: just buy ready made. That way everyone is happy."

Helpful Hints

What's the real deal with
food expiration dates?

My spacious pantry features ceiling-to-floor shelves, allowing me to load up on canned goods and other food stuffs, especially after a trip to Costco. Once a year, if I remember, I check expiration dates. This week, curiosity led me to research the safety of a jar of pesto I bought last summer and never opened. Here's what I discovered.

Vinegars, honey, vanilla (or other extracts), sugar, salt, corn syrup and molasses last forever with minimal change in quality.

That's also true with dried beans, lentils and mustard. Ketchup might fade color within 12 months but remains palatable for several years. The shelf life of mayonnaise is amazingly long (at least a year), but only if it doesn't feature fresh lemon juice or garlic.

White flour can be used no matter how long it sits on your shelf. But whole wheat and other whole-grain flours often get a metallic or soapy odor within a few months. Supermarket breads made with oils and preservative stay "soft" in the refrigerator for weeks.

Steel-cut or rolled oats last only a year before going rancid but par-cooked or instant oats stay good indefinitely. (Same with grits.)

Keep in mind: the U.S. Department of Agriculture stipulates that "food product dating" is voluntary. Their spokesman said, "Not only that, but expiration dates have nothing to do with safety. They act solely as the manufacture's best guess as to when its product will no longer be at peak quality."

Hmmm: I'm keeping the bottle of pesto. I'm sure it's fine.

Southern Style Homemade Biscuits

My dear friend Katie Cunningham grew up south of the Mason-Dixon line in Memphis and raised her three children in Atlanta. Katie speaks with a "y'all" drawl and owns a recipe box filled with authentic family heirloom instructions for making Hoppin' John, collard greens, barbecued pork and pecan pie.

At dinner parties, Katie always serves mouth-watering home-made biscuits. Bless her heart, she agreed to share her Mama's century-old recipe.

Ingredients:
2 cups white Lily self-rising flour ("That's the only flour Mama bought.")
1/4 cup butter or shortening ("She used Crisco during WW II.")
3/4 cup buttermilk
2 tbsp. melted butter

Directions:
Heat oven to 475
Place flour in large bowl. Using a pastry cutter or fork, work butter or shortening into the flour until crumbs are the size of peas. ("Mama used her hands.")
Add buttermilk and stir with fork until flour is moistened. ("Again, Mama always did this with her hands.")
Turn dough onto lightly floured surface. Gently roll dough with floured rolling pin until 1" thick. Cut out biscuits using a floured 2" biscuit cutter or the rim of a cup/glass.
Dip biscuits through melted butter.
Place biscuits on baking sheet and let the edges touch. Re-form the scrap dough to make additional biscuits.
Bake 8-19 minutes or until golden brown. Remove from oven and brush tops with butter.

BUT, Katie adds, "If you're pressed for time, buy a bag of frozen Pillsbury Buttermilk Biscuits. Heat oven to 375. Melt 2 tbsp. butter on cookie sheet. Run frozen biscuits through melted butter. Bake 20-22 minutes and serve. Much easier and ('Forgive me Mama') just as delicious!"

Tastiest Weeknight Roast Chicken
~ a NEW method

Instead of a roasting pan, put the chicken in a black iron-cast skillet. This allows juices to pool deeper in the pan's smaller surface area, so less liquid evaporates.

Roast the chicken (in skillet) at 450 degrees but TURN OFF HEAT midway or until breast registers 120 degrees and thighs register 135 degrees, usually 25-30 minutes. (Note: Turning off oven when the meat is midway done allows the chicken to finish cooking very gently. It will rise 40 degrees and not dry out.)

April Showers Bring...
Fresh Vegetables

In April, asparagus and artichokes are at their peak. Snap peas, young carrots, onions, leeks and fennel are thriving, as are the first spring radishes. Eat your veggies!



(Share your mom's or grandmother's age-old cooking tips by sending to valmarier@me.com)

Bodybuilding: Amanda Cyr has what it takes to win

by Faith Gillman
What do you do when you turn 40 and want to challenge yourself? If you're Amanda Cyr--a single mom of two teen-



Daryl Conant of Conant Conditioning on Main Street in Kennebunk coached Amanda Cyr for her first bodybuilding competition in April. She won first place in Women's Physique. He hopes to see her do as well in a national competition coming up in July. Photo by Robert Akers Photography

agers, realtor, educator at Kennebunk High School and Air BNB host—you take up bodybuilding. A Maine native, Cyr graduated from Bidd-eford High School and the University of Maine. Physical fitness has always been important to her. “I was a runner. A friend inspired me to do more. I began training for a triathlon,” said Cyr, who lives in Kennebunk. “Then I took a boot camp at Quest Fitness with Michelle Allen; the first time I used weights. Last summer I did Cross Fit, which included more weights. The way my body responded was awesome.” Trying to master the technical aspects of weight training led Cyr to bodybuilding, that and being approached by strangers asking her if she was training for a competition. “People thought I was already a bodybuilder, which sparked my interest. And my response to trauma is to get into projects,” said Cyr. “Divorce, being an invested mom, working through issues, I needed something to fill my plate once past that. I knew bodybuilding required dedication. I wanted to prove I was up to the challenge.” Cyr began training less than a year ago. “I sat down with Daryl Conant right after my 40th birthday,” she said. “I asked how long would it take me to get to competition. He said “let’s

aim for a show in April.” Conant knew she had potential. “Amanda came to me in September to learn more about bodybuilding,” said Conant. “To body build requires good genetics, symmetry, muscle definition and mass; Amanda exhibited all. Not everyone is capable of bodybuilding. I told her that with fine tuning, nutrition and exercise she could be a true contender at the 2023 OCB (Organization of Competition Bodies) Pine Tree Bodybuilding Championship in April.” The OCB is the largest all-natural bodybuilding federation in the US. According to OCB rules, competitors must be drug free and compliant with the World Anti-Doping Agency code. Participants are also required to pass polygraph screenings prior to competitions. Cyr’s workout is intense. She’s at the gym twice a day, six days a week. “I get up at 4:30, at the gym by five, train till seven then off to work; back to the gym in the late afternoon,” she said. “In training, the diet and meal prep are very specific; eating every two to three hours.” In between trips to the gym, Cyr is busy with her ‘day jobs.’ “I’ve been interested in real estate for a long time. I love the idea of helping people through the process of buying/selling properties. After five years of processing mortgages, I wanted to be out front rather than behind the scenes. The Air BNB I run had a solid 2022 schedule, so I left processing, took my real estate course over the summer and became a realtor. I’m also at Kennebunk High in Special Education. I love working with students—it’s fuel for my soul.” Cyr is affiliated with Coldwell Banker in Portsmouth and Saco, easing into it and learning which “will help me be a better agent. I’ve built confidence and relationships and the extra support from my office is awesome.” Conant said Cyr’s dedication to bodybuilding is equally impressive. “She followed the nutrition and exercise program I designed exactly. The transformation was incredible. The closer we got to the contest I knew she would win.” And win she did. Cyr competed as a novice in three rounds of the Women’s Physique category, which included muscularity, symmetry, and an individual routine. “I have been working in bodybuilding for 30 years and have seen many competitors. Amanda is one of the most complete physiques I have ever seen. She has incredible definition and symmetry,” said Conant. “I was not surprised when she won every division in the physique category. It’s a pleasure to work with her and I’m proud of her accomplishment.” Cyr said she “couldn’t have had a better coach. He created my workout plan. He’s dedicated, encouraging, professional and enthusiastic. He’s always there to help. I come in drained sometimes, and want to throw in the towel. But there’s Daryl shouting out “Alright, alright, Amanda in the house!” He’s always there to pump me up. The value of the programs he puts together is amazing.” Cyr had no idea what to expect during the competition. “I was nervous, don’t like to be the center of attention. I was afraid I’d freeze but my family’s shout-outs kept me going,” she said. In the routine round, Cyr was the first competitor. “Right before we went out, they informed us that routine times had been shortened,” she said. “That was hard but we trouble shot it.” To add to the challenge, Cyr’s music got lost. “They couldn’t get it to pull up. Daryl told me to just go through the routine even without music. Eventually the song, which wasn’t set like the one I had trained with came on. I ran through my routine and did the best I could. I

-continued on next page

A New Home for Habitat!

Spring, 2023

We are excited to announce we have purchased our own permanent home at

123 York Street in Kennebunk

just a stone's throw from the facility we have rented for the past 10 years.

To learn more about the new building and sponsorship opportunities visit www.habitatyorkcounty.org/123yorkstreet

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Habitat for Humanity York County
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www.habitatyorkcounty.org/restore

Brick Store Museum seeks support for its collections and programs

The Brick Store Museum tells stories in three dimensions through artifacts relating to the local community. Sometimes, in order to properly tell these stories, the Museum asks for support to improve the collections for the public to enjoy and access. This year, the Museum has a goal of \$4,000 to support three major goals this year:

First, a transforming exhibition case: Sometimes, artifacts are simply too delicate, too large, or too difficult to put on display, and that means the public can rarely view them. The Museum is building a custom, transforming case that can move from laying flat to 30 degrees; from 4-feet to 8-feet in a matter of moments.

Second, preservation & framing: A second navigation chart used by a Kennebunk ship captain in the mid 19th-century is in danger of deteriorating because of its continual use as a nautical map (people continuously rolled and unrolled these massive maps). In order to stabilize its condition and preserve the information found on this map (which includes old place names, water marks, shipping routes, etc.) while also remaining accessible to visitors and researchers, the Museum needs to properly mat and frame the map so it can be viewed and preserved for future generations.

Third, a rare painting: Edith Barry, founder of the Museum, was a well-known painter in New York City in the mid 20th century. After her death, the paintings in her possession came to the Museum's collections; the Museum now owns the largest collection of Edith Barry artwork in the world. However, since her death in 1969, there have been no new acquisitions of Barry artwork. *The String Quartet*, painted in the 1930s by Edith Barry in New York City, has come up for sale from a private owner in Denver, Colorado. This is the only opportunity the Museum has ever had to purchase one of Edith's pieces and hold it for the public to enjoy.

Interested donors can visit the Museum's website at www.brickstoremuseum.org/support to learn more about the projects, see photos of the plans, and donate online or by phone.





Amanda Cyr competed as a novice in three rounds of the OCB Pine Tree Bodybuilding Championship in April. The Women's Physique category includes muscularity, symmetry, and an individual routine. Photos by Robert Akers Photography

was nervous as all heck," she said. "I wasn't sure I even wanted to compete again."

But the win gave Cyr her "pro" card, which means she can compete on the professional level.

"Know I want to know how I would do against the professionals and know things I want to improve on so we'll see how I do at OCB Pro/Am in Springfield, Massachusetts on July 22."

Conant is confident. "The next goal will be to win the OCB National," he said. "Amanda has what it takes to win it all."

Cyr encourages other women to give bodybuilding a try.

"Do it, don't be afraid—get a coach and go after it. It challenges you," she said. "It builds you up physically, emotionally, beyond lifting and bodybuilding. It changes your life."

Call for new artists

The Art Guild of the Kennebunks will be receiving work on Saturday, April 22, from artists seeking to join the Guild, according to Guild Membership Chair Judith Kinsman. Various media are welcome, including oil, acrylic, pastel, pen & ink, pencil, encaustic, mixed media and sculpture (clay, wood, stone and metal). Artists must pre-register by Saturday, April 15, with payment of a \$25 jury fee. The registration form and instructions may be found at artguildofthekennebunks.com. Work submitted for consideration is to be dropped off by 12 PM at the exhibit hall behind the Brick Store Museum on Saturday, April 22. Pick-up following the event is from 2:30 to 3 PM.

Maine News Briefs

by Jo O'Connor

- Congrats to Gorham native Mackenzie Holmes, the Indiana Hoosier basketball star named as a finalist for the John Wooden Award for best men and women's basketball players.
- Welcome to Bev's Café & Marketing on Main Street in downtown Kennebunk, a new breakfast and lunch place that is slated to open in early June. It will replace Christian's Café.
- Let's give an alright to York High School's Choral Director Rob Westerberg for being named the 2023 Northeast Recipient of the Outstanding Music Educator award from the National Federation of State High Schools.
- Yahoo goes out to Wells Junior High eighth-grader London Chadwick for receiving first place in the Old York Chapter of the Daughter's of American Revolution History Essay Contest in 2023.
- More congrats go out to University of New England's Dance Team who won the Division III national title (category: jazz) last weekend in Orlando.
- Maine is making another great list again: according to Safewise, Maine has the lowest violent crime rate in the US for a second year in a row. Maine's safest city overall? Eliot!
- Have you wondered why the Nubble Lighthouse located in York is lit up in blue? It's because April is World Autism Awareness Month.
- Congdon's Donuts will host Maine Coastal Cruisers every Monday night from 4-7 PM starting at the end of June. Always a great time!

Source: WGME TV 13, Seacoastonline, WCYY, portland-presshearld.com, Safewise.com

Did you know? The Kennebunk Land Trust hosts monthly Nature Walks!

- May 6: Mousam River Wildlife Sanctuary. Theme: "Vernal Pools"
- June 3: Butler Preserve. Theme: "Water"
- July 1: For All Forever Preserve. Theme: "Wildflowers"
- August 5: Hope Cemetery and Woods. Theme: "Trees in Summer"
- September 2: Sea Road Preserve. Theme: "Bugs/Ferns"
- October 7: Mousam River Wildlife Sanctuary
- November 4: Butler Preserve. Theme: "Geology"
- December 2: For All Forever Preserve. Theme: "Winter Weeds"

To register, visit www.eventbrite.com/cc/saturday-nature-walks-with-kennebunk-land-trust-1507749



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Tourist & Town Contributors This Issue



Faith Gillman has called Kennebunk home for 34 years. Faith has written for a number of Maine-based magazines and newspapers. She is happiest when she's able to share the stories of the people and places that make Maine special. faith@touristandtown.com



Valerie Marier is a freelance journalist who has traveled the world writing for magazines and newspapers. Val is a wife, mother and grandmother, who enjoys knitting, reading, golf and travel, and writes about them in her blog Wandering With Val. www.wanderingwithval.com



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. jfboconnor@gmail.com



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

Celebrate

EARTH DAY

with your local land trusts!

Come out for a movie showing and conversations around soil health and native plants.

Join in for Earth Day to learn about our environment and talk with others on these important topics

April 24

5:30 - 8p.m.

GRAVES LIBRARY

18 MAINE ST.

KENNEBUNKPORT

5:30 p.m. - wine + popcorn

6 - 8p.m. - 'KISS THE GROUND' + interactive discussion with soil and native plant experts

Registration Required! Limited space available.

Register: [ThreeTownsOneEarth.eventbrite.com](https://www.threetownsoneearth.eventbrite.com)

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Coming up at River Tree Arts

35 Western Ave, Kennebunk

Spring Watercolor Workshops at River Tree Arts, Tuesdays, 5:30-7:30 PM (April 25, May 30, June 27): (Adults ages 18+) Members: \$37, Non-Members: \$42. River Tree Arts, 35 Western Ave, Kennebunk. Register at rivertreearts.org

Gallery Exhibit: Closing Reception "What We Leave Behind" at River Tree Arts, Saturday, April 29, 5-7 PM: Join us at the closing reception for Brendan Roddy, current featured artist in the River Tree Arts Micro Galleries! Please RSVP at rivertreegallery.org

Dance & Movement at River Tree Arts, Mondays, 9:30-10:30 AM (4 classes) May 1, May 8, May 15, May 22: Recommended age 50+. Register at rivertreearts.org

Alla Prima Watercolors Workshop at River Tree Arts, Mondays, 2-5 PM (3 sessions) May 1, May 8, May 15: (Adults ages 18+) For oil painters, this approach is all about creating a painting in one sitting. In this class we will explore the history, materials and techniques of oil painting in the alla prima style. Register at rivertreearts.org

Outdoor Sketching Class at River Tree Arts Thursdays, 10am-1pm (6 weeks) May 4 – June 8 (Adults ages 18+) Sketch local breathtaking scenes from the ocean, to harbor and marshes! Register at rivertreearts.org

Decoupage Shell Workshop at River Tree Arts Friday, May 12, 5-7 PM: (Adults ages 18+) Take some time for yourself and spend an evening mingling with friends while creating one of the newest hot trends – decoupage seashells. Fee: \$65 River Tree Arts, Register at rivertreearts.org

Sea Glass Workshop at River Tree Arts, Tuesday, May 30, 10-12 PM: (Adults ages 18+) Come join the fun and creativity with our new Craft Time workshops for adults. Members: \$45 / Non-Members: \$52 Register at rivertreearts.org

Classical musician from Vienna at museum

Renowned Viennese fortepianist Daniel Adam Maltz brings the musical genius of Mozart and Haydn to life at the Brick Store Museum on Saturday, May 20, at 4:30 PM.

Maltz's historically-informed performance style offers a rare and unique opportunity to experience the music of these great composers the way that they would have heard it during their own lifetimes. Seating is limited to 50 guests inside the Museum's first gallery, with a wine reception and "meet & greet" with the artist following the performance.

Maltz is in demand worldwide with 50 tour dates per year and hosts Classical Cake, the podcast about Viennese classical music and culture. He specializes in Wiener Klassik (Viennese Classicism), especially the works of Haydn, Mozart, and Beethoven, and performs on Viennese fortepianos typical of their time. He studied historical performance at the Royal Academy of Music in London and the Universität für Musik und darstellende Kunst in Vienna.

To reserve tickets, please visit www.brickstoremuseum.org/calendar or call (207)985-4802. Tickets are \$40 per person, and \$30 for Museum Members. This event is sponsored by Tracey Bricker, State Farm and Kennebunk Savings Bank. All proceeds from this event support the Museum's educational programming and historic preservation efforts.

Viennese fortepianist Daniel Adam Maltz brings the musical genius of Mozart and Haydn to life.

Ogunquit Performing Arts' 21st Annual Classic Film Festival continues

There are several more classic films ahead as part of Ogunquit Performing Arts' 21st Annual Classic Film Festival. Films are screened at the Dunaway Center's community auditorium, 23 School Street, Ogunquit, on Sunday afternoons at 2 PM.

Paint Your Wagon (1969) April 23

Adapted by Paddy Chayefsky from the 1951 Broadway musical of the same name, the film is set in a mining camp in California during the Gold Rush era where the "wild, wild west" comes alive.

Upon the discovery of gold while digging a grave, prospector Ben Rumson (Lee Marvin) stakes a claim to the burial site. He adopts the surviving, injured brother as his "Pardner" (Clint Eastwood) while he recuperates from his injuries in the accident that killed his brother.

As more prospectors arrive, a tent city, known as No Name City springs up. Polygamy, wife selling, polyandry, brothels with "French tarts," gambling, drunkenness, saloon fights, and property destruction of an entire town follow, - along with a great musical score.

Seven Brides for Seven Brothers (1954) April 30

Adapted from the short story, "The Sobbin' Women" by Stephen Vincent Benet, which was based on the ancient Roman legend of the Rape of the Sabine Women, the film is an original musical made expressly for the big screen.

Set in 1850, in backwoods of Oregon, Adam Pontipee (Howard Keel), the oldest of seven brothers, heads into town to look for a bride. He meets and proposes to Milly (Jane Powell), who falls in love with him at first sight, and eagerly accepts his proposal of marriage.

Surprised to discover his six ill-mannered, uncouth younger brothers all living with him, she accuses him of deliberately deceiving her. Milly also

embarks on efforts to teach the brothers cleanliness, manners and how to behave around women so that they might be able to woo and win wives of their own. When their courtship efforts result in a brawl, Adam hatches a plan for the brothers to follow the example of the Sabine Women by carrying off their future brides before winter sets in.

The townspeople vow to hang the six brothers, but due to the ingenuity of the women, a satisfactory solution for all is ultimately found. Thanks to the songs of Johnny Mercer, choreographer Michael Kidd, and 14 brilliant singer/dancers in the cast, the movie was showered with awards.

Jaws (1975) May 7

Everyone's favorite beach movie, this Steven Spielberg classic stars Roy Scheider, Robert Shaw, Richard Dreyfuss, and The Shark.

The summertime thriller about a great white shark attacking beachgoers at a summer resort town, was based on the novel by Peter Benchley, who also co-wrote the screenplay with Carl Gottlieb.

Benchley was inspired by several real-life incidents in writing his novel *Jaws*, such as the 1916 Jersey shore attacks that left four people dead over the course of twelve days.

Paul Newman, Steve McQueen, and Robert Redford were originally considered for the leading roles, but producer David Brown knew the movie required no stars: "The star of this movie was a fish."

The ominous music by John Williams also contributed in no small measure to the great success of the film.

OPA's Classic Film Festival concludes on May 7 for the summer. Next season's Festival begins again in November, 2023. Admission, parking, and popcorn are free.

For more information visit www.ogunquitperformingarts.org

A collage of three movie posters. The top poster is for 'Paint Your Wagon' (1969) featuring Clint Eastwood and Lee Marvin. The middle poster is for 'Seven Brides for Seven Brothers' (1954) featuring Howard Keel and Jane Powell. The bottom poster is for 'Jaws' (1975) featuring Roy Scheider, Robert Shaw, and Richard Dreyfuss.

Ogunquit Playhouse casting young Cosmo, young ensemble, for *Singin' in the Rain*

"The Greatest Movie Musical of All Time" becomes one of the greatest theatrical tapdancing extravaganzas of all time! Ogunquit Playhouse presents this beloved musical and is seeking local youth to be part of the professional cast.

The Playhouse is seeking young performers who tap well to play Young Don and Young Cosmo. Performers must be between 4 and 5 feet tall, any ethnicity, any gender.

The Playhouse is also seeking ensemble young performers to play teen autograph seekers, etc. Performers may be any height, any ethnicity, any gender.

Auditions will be held Monday, May 3, and Tuesday, May 4, at 4 PM,

at the Ogunquit Playhouse Colony, 48 Hartwig Lane, Ogunquit.

Auditionees must sign up in advance. All auditions will begin with a tap/movement routine. Some students may be asked to stay and sing a short song of their choice. The song does not need to be from the show. Bring sheet music. No a capella or tracks. Auditions will be filmed for director and choreographer reference.

Rehearsals will begin Friday, June 9, with full cast rehearsals beginning Sunday, June 11. Performances will begin Thursday, June 15. This is a 5-week production with 8 performances a week.



The full performance schedule can be found at tickets.ogunquitplayhouse.org/2614

This is an Equity cast with all COVID protocols in place for auditions, rehearsals, performances.

To secure an audition, email Joyce A. Presutti, Arts Academy Education Director, yp@ogunquitplayhouse.org. A confirmation will follow with any additional instructions.

Now in its ninth decade, Ogunquit Playhouse has served as a cultural hub for Maine's southern seacoast, producing exceptional regional theatre and fostering inclusive arts education programs, creating a welcoming and collaborative environment for people of all ages and diverse backgrounds.

FMI visit ogunquitplayhouse.org and follow @ogunquitplayhouse on social media.

Virtuoso piano concert in Kennebunk

A special concert featuring works by Debussy, Stravinsky, Schumann, Liszt, Ponce and Gershwin will be held on Thursday, May 11, at the Kennebunk Unitarian Universalist Church.

Pianist Llewellyn Sanchez-Werner, 26, an award winning graduate of Juilliard, was named a Gilmore Young Artist, an honor awarded to the most promising American pianists of the new generation.

Sanchez-Werner's performance on May 11 is an opportunity to hear a "gifted virtuoso" (San Francisco Chronicle) and "poetic and electrifying" (Michigan Live). The program features works by Debussy, Stravinsky, Schumann, Liszt, Ponce, and Gershwin.

A donation of \$20 is suggested at the door that night, or pre-register on-line to attain the Link for viewing by Zoom at home. Be aware viewing from home may not meet the quality you would receive in person. Link:

www.kennebunk.org/piano-concert

A native of California, Sanchez-Werner has performed throughout United States, Europe and the Middle East and been featured at the White House, Metropolitan Museum of Art, Smithsonian, Kennedy Center, Louvre and Grenoble museums in France and the Royal concert house in the Netherlands.

Sanchez-Werner's commitment to public service is impressive. Among his many awards is the Atlantic Council Young Global Citizen Award, which recognized his dedication to social action through music. On UN World Day for Cultural Diversity he played with the Iraqi National Symphony in Baghdad raising funds for their



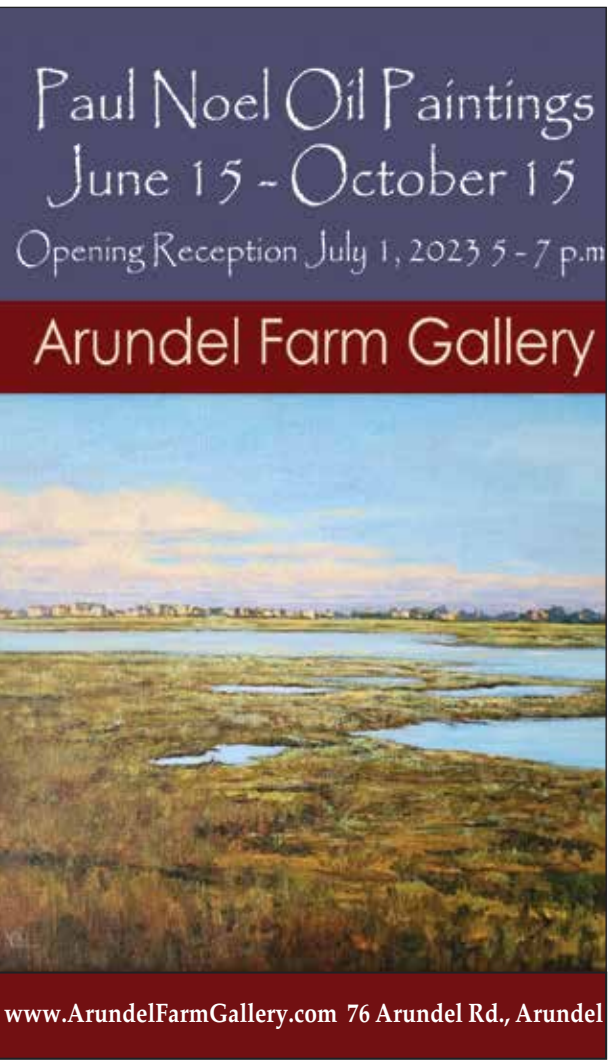
Pianist Llewellyn Sanchez-Werner. Courtesy photo

Children's Cancer Hospital. General Petraeus commended his "courageous humanitarian contributions through the arts...strengthening the ties that unite our nations."

Sanchez-Werner has also promoted classical music for youth. Partnering with the Gershwin family he performed a tribute to the Gershwin brothers. He performed the Philip Glass piano concerto, "After Lewis

and Clark", under the baton of Tito Munez.

Featured in the Miami International Piano Festival's "Prodigies and Masters of Tomorrow" at the age of 7, he was selected the youngest-ever Discovery Artist of the New West Symphony. His graduation from Juilliard was exceptional in that his studies started at age 14 and then 18 to achieve undergraduate and master's degrees.



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Live Music

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

The Brunswick
Friday, April 21, Stolen Mojo, 8:30 PM
Saturday, April 22, Trifecta, 6 PM
Saturday, April 22, Tickle, 8:30 PM
Sunday, April 23, Ginna & Keith, 1 PM
Sunday, April 23, Quiet Riot Act, 10 PM
Friday, April 28, 12/DC, 8:30 PM
Saturday, April 29, Ben Lyons & Brian Rex, 6 PM
Saturday, April 29, Diezel, 8:30 PM
Sunday, April 30, Quiet Riot Act, 6 PM
Friday, May 5, Clayton Blanck & The Stoney Coast, 8:30 PM
39 W Grand Avenue, Old Orchard Beach
www.thebrunswick.com | 934-4873

Clay Hill Farm
Every Thursday, Gordon Shannon at the piano, 5-7 PM
Fridays, Katherine Mayfield at the piano, 6-9 PM
Saturdays, Katherine Mayfield at the piano, 6-9 PM
220 Clay Hill Road, Cape Neddick
www.clayhillfarm.com | 361.2272

Cowbell Burger Bar
Friday, April 21, Ben Lyons, 7 PM
Saturday, April 22, The Biddo Honeys, 7 PM
Friday, April 28, Cole Downing, 7 PM
Saturday, April 29, Adrian and Tom, 7 PM
40 Main Street, Biddeford
www.eatatcowbell.com | 284.2355

Féile Restaurant & Pub
1619 Post Road, Wells
www.feilerestaurantandpub.com | 251.4065

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

Funky Bow Brewery and Beer Company
21 Ledgewood Lane, Lyman
www.funkybowbeercompany.com | 409.6814

Hurricane Restaurant
Dock Square, Kennebunkport
www.hurricanerestaurant.com | 967.9111

Mike's Clam Shack
Saturday, April 22, Mike Mazola, 6:30 PM
Saturday, April 29, Brian Johnson, 6:30 PM
1150 Post Road, Wells
www.mikesclamshack.com | 646.5999

Pedro's
Thursday, April 20, Kris Hype, 5:30-8:30 PM
Thursday, April 27, 5:30-8:30 PM, Chase Jabe
181 Port Road, Kennebunk
www.pedrosmaine.com | 967-5544

The Pilot House
Saturday, April 8, Ben Lyons
2 Harbor Lane, Kennebunk
www.thepilothouseme.com | 204.0709

The Kennebunk Inn
Thursday, April 20, Don Wessels and Michael Corleto
Thursday, April 27, Don Wessels
45 Main St, Kennebunk
www.thekennebunkinn.com | 985-3351

Ryan's Corner House Irish Pub
17 Western Avenue, Lower Kennebunk
967.3564

Send your questions to
rsimon@legacysir.com!

SIMON
Says



Q: I am ready to put my house on the market now as I have been told that inventory is low and it is a good time to sell. I have had two brokers come to look at my place which is an antique turn of the century cape. Over the years I have had an abundance of improvements made to the property and it seems to be in good shape. Both brokers have recommended that I have and pay for a home inspection to be done before it goes on the market. That is not something that I have bud-geted for and seems like it is what the buyer should and will do. Appreciate your take on this. Thanks, Aaron

A: Yes you are correct and it is more than definite that your buyer will have an inspection done and it will be a condition of their offer. The reason that your brokers are suggesting that you have it done is that there are always issues about a house that an owner is not aware of. If you find out what those issues are, you can remedy them yourself before a buyer is involved in the process. Doing that can eliminate issues that a buyer might reject and withdraw from their offer. Also remedying that problem first can enable you to do it for less money than if it is being done with the buyer involved. Your brokers are making viable suggestions and it is your decision as to if you take their advice.

Q: I have been reading your column for many years and find it interesting and helpful. One of the suggestions that I have read on different websites about buying a house is that buyers should get themselves pre-approved by a lender before they make an offer on a house. Do you think that is something that we should do? Just nothing that we had ever thought of doing and would appreciate your take on it. Jason

A: Yes it is a good plan. Having the pre-approval from the lender will make your offer more positive and appealing to the seller. This will also help you by making your offer stronger if you are competing with other buyers. It definitely enhances your position as a buyer.

Q: Getting ready to sell. Wondering how many brokers you think we should meet with and interview before we commit to someone? Just looking for your take on this as we are ready to get it going. Jason

A: There are no definite rules on this issue and it is about how you feel about the brokers that you interview in terms of trust and positive info that the broker shares with you. Many folks meet with three brokers and make their decision from there.

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

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rsimon@legacysir.com www.legacysir.com

Tide Chart

April 19 – May 3

Wednesday, April 19 Low 05:04 AM.. -0.97 High 11:18 AM.. 10.38 Low 05:23 PM.. -0.88 High 11:40 PM.. 10.69 Sunrise: 5:54 AM Sunset: 7:28 PM	Monday, April 24 High 02:32 AM....9.38 Low 08:59 AM....0.53 High 03:14 PM.....7.9 Low 09:02 PM....1.65 Sunrise: 5:46 AM Sunset: 7:34 PM	Saturday, April 29 Low 01:06 AM....2.21 High 07:22 AM....8.34 Low 01:53 PM....1.34 High 08:04 PM....7.76 Sunrise: 5:39 AM Sunset: 7:40 PM
Thursday, April 20 Low 05:52 AM.. -1.06 High 12:04 PM.. 10.09 Low 06:06 PM.. -0.59 Sunrise: 5:52 AM Sunset: 7:29 PM New Moon: 12:14 AM	Tuesday, April 25 High 03:22 AM....8.88 Low 09:53 AM....1.05 High 04:10 PM....7.46 Low 09:56 PM....2.11 Sunrise: 5:45 AM Sunset: 7:35 PM	Sunday, April 30 Low 02:02 AM....1.88 High 08:15 AM....8.54 Low 02:39 PM....1.1 High 08:49 PM....8.18 Sunrise: 5:37 AM Sunset: 7:41 PM
Friday, April 21 High 12:22 AM.. 10.62 Low 06:37 AM.... -0.9 High 12:49 PM....9.63 Low 06:47 PM.. -0.12 Sunrise: 5:51 AM Sunset: 7:31 PM	Wednesday, April 26 High 04:19 AM....8.48 Low 10:54 AM....1.43 High 05:11 PM....7.22 Low 10:58 PM....2.37 Sunrise: 5:43 AM Sunset: 7:36 PM	Monday, May 1 Low 02:50 AM....1.48 High 09:02 AM....8.75 Low 03:18 PM....0.87 High 09:30 PM....8.61 Sunrise: 5:36 AM Sunset: 7:42 PM
Saturday, April 22 High 01:04 AM.. 10.34 Low 07:23 AM.. -0.54 High 01:35 PM....9.07 Low 07:30 PM....0.46 Sunrise: 5:49 AM Sunset: 7:32 PM	Thursday, April 27 High 05:21 AM....8.25 Low 11:59 AM....1.59 High 06:13 PM....7.21 Sunrise: 5:42 AM Sunset: 7:38 PM First Qtr: 5:21 PM	Tuesday, May 2 Low 03:33 AM....1.08 High 09:44 AM....8.93 Low 03:54 PM....0.68 High 10:06 PM....9.01 Sunrise: 5:34 AM Sunset: 7:43 PM
Sunday, April 23 High 01:46 AM....9.89 Low 08:09 AM.. -0.03 High 02:23 PM....8.46 Low 08:14 PM....1.08 Sunrise: 5:48 AM Sunset: 7:33 PM	Friday, April 28 Low 12:03 AM....2.4 High 06:24 AM....8.21 Low 01:00 PM....1.53 High 07:12 PM....7.41 Sunrise: 5:40 AM Sunset: 7:39 PM	Wednesday, May 3 Low 04:12 AM....0.7 High 10:24 AM....9.05 Low 04:28 PM....0.55 High 10:41 PM....9.37 Sunrise: 5:33 AM Sunset: 7:45 PM

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



Affleck and Damon reunite in Air Jordan flick

Before I get to the movie, a little something about the movies. Now, I know it was Easter Sunday, and it was a sunny day, but still, it was opening weekend for a new movie co-starring Matt Damon and Ben Affleck (which doesn't happen often), and the 112-seat theater in Saco had three people in it for the 4:30 matinee: me, my wife, and our pal John. While I appreciate the sensation of screening a film in my own private theater, it was a little unsettling how quiet the joint was.

As theaters slowly reopened as the pandemic waned, the number of patrons didn't seem to return to pre-covid levels. Part of it may be a continued concern of gathering publicly. But I believe it's mostly due to the viewing public having grown accustomed to streaming movies in their homes, which was made commonplace during the pandemic (out of necessity), but has not been curtailed since. Movie studios must have done the math, and figured that they'll make as much – if not more – if they keep theatrical runs as brief as possible. That may make it more convenient for millions of viewers, but it certainly puts a nail in the coffin of the

entire movie-going experience. So, the flick we watched in our private movie theater was *Air*, directed by Ben Affleck, who also plays Phil Knight, the CEO of Nike back in the early 1980s, when Converse was the go-to sneaker for NBA stars. Matt Damon plays Sonny Vaccaro, a salesman in Nike's basketball division who is inspired to take a long shot and seek out NBA rookie Michael Jordan to wear and promote their shoes. Jordan was known and admired at the time, but Vaccaro could see how he would become a legend. And the only other person who felt that way was Jordan's mother Deloris (Viola Davis), with whom Vaccaro would negotiate to try to land the 19-year-old basketball player.

With a soundtrack (and wardrobe design) that transported me back to my college days, *Air* uncannily captures the 1980s, when pro athletes wouldn't dare ask for a piece of the marketing action tied to their own images. We know that Jordan changed all that, and this movie efficiently shows how it happened. Efficiently, but not compellingly. It's a well-acted movie (with the two leads, along with Davis, Jason Bateman, Chris Tucker, Chris Messina, and Matthew Maher as Air Jordan designer Peter Moore, it has to be), but it didn't create that odd breed of suspense that we get with other historical movies where we go in knowing the ending. Vaccaro's pitch

to the Jordan family was performed with the heartfelt integrity we've come to expect from Damon, and is helped out by a creative flash-forward of Jordan's career, but it felt too short and ultimately underwhelming.

I guess I was expecting something along the lines of *Moneyball* or *The Social Network*, where potentially dry subject matter is brought thrillingly to life. That didn't happen here. I give it points for making Michael Jordan a background character in the film, seen infrequently, and when on screen, only in silhouette



(From left) Matthew Maher, Matt Damon, and Jason Bateman play the Nike team trying to land Michael Jordan in director-star Ben Affleck's *Air*. Photo by Ana Carballosa/Amazon Studios

or from the rear; however, the real Michael Jordan participated in the movie's production, which may have softened any potential edges it might have

had. Whether or not that's the case, it's a safe, soft movie. So, after bemoaning the state of American movie-going, ironically I'm going

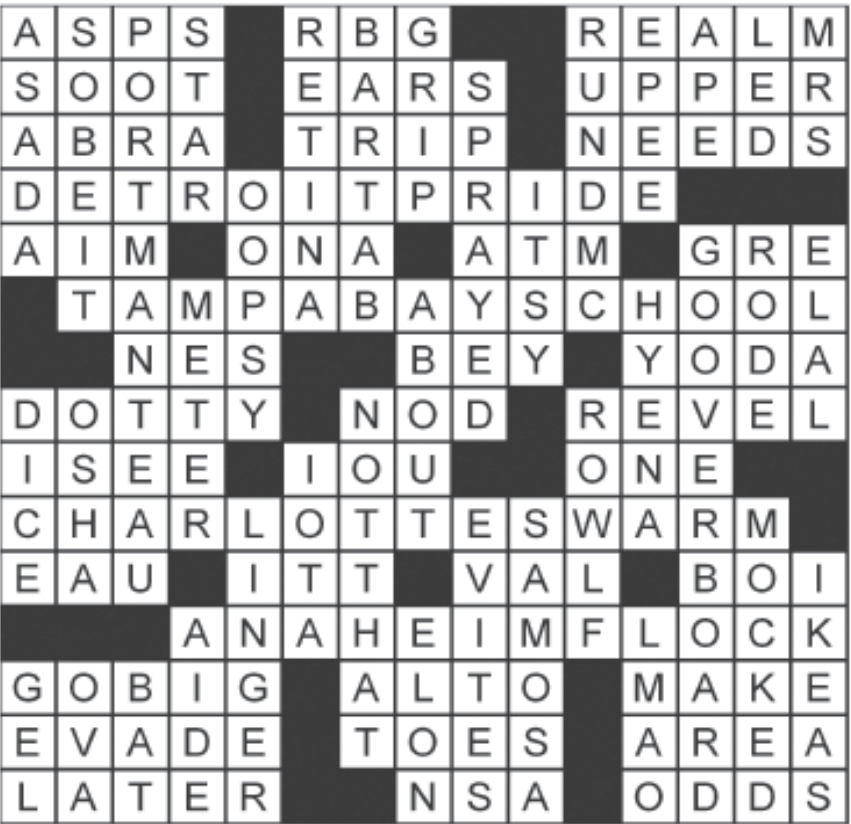
to have to suggest that *Air* needn't be seen in the theater, but can be streamed... if one is willing to wait, what, one month for it to start streaming?

Last-call at Sanford Performing Arts Center for the season

Relax and experience the stunning acoustics of the Sanford Performing Arts Center with a classical performance by Maine's premier string ensemble, DaPonte String Quartet, at 3 p.m. Sunday, May 21. The four musicians of the DaPonte String Quartet embody the contemporary version of a classical string quartet. They have achieved a balance of technique and passion that makes performances magic. The Quartet's standard repertoire is extensive, from the works of Haydn, Mozart and Beethoven, to Debussy, Bartok, and Shostakovich.

They have received awards from the National Endowment for the Arts, the Philadelphia Musical Fund Society, the Music Teachers National Association, Chamber Music America, and have participated in several of the nation's most prestigious concert series to rave reviews. Musicians and critics alike wondered, why would the DSQ move to Maine, where, as the New York Times noted, they create an experience "like watching the Celtics play in the local gym."

The DaPonte musicians include Kirsten Monke, violist; Ferdinand "Dino" Liva, violin; Lydia Forbes, violin; and Myles Jordan, cello. Tickets are \$18-\$20 for students and seniors and \$20-\$22 for adults in advance via <https://sanfordpac.org/shrek/> or available at the door.



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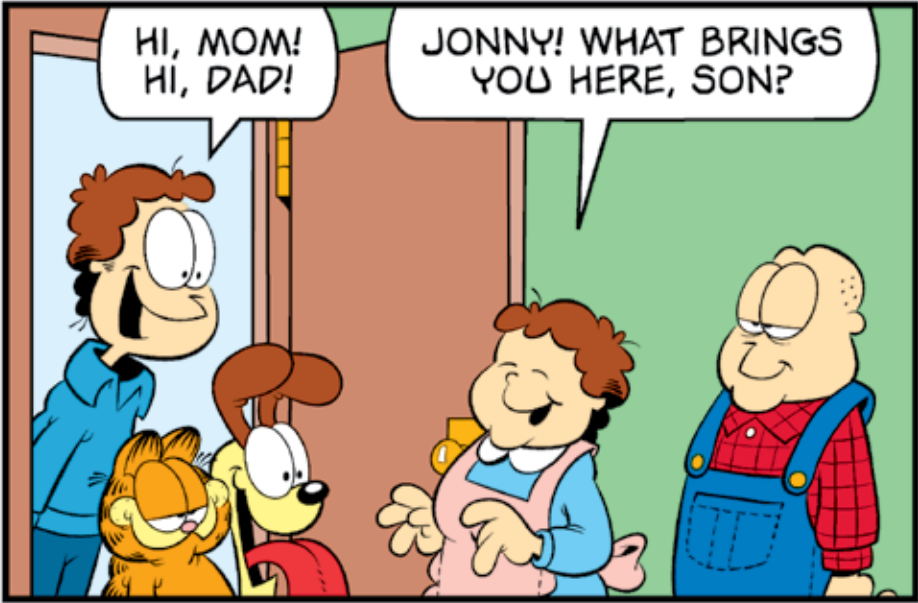
Publishing Calendar 2023

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
Ad/PR deadlines for magazines TBA

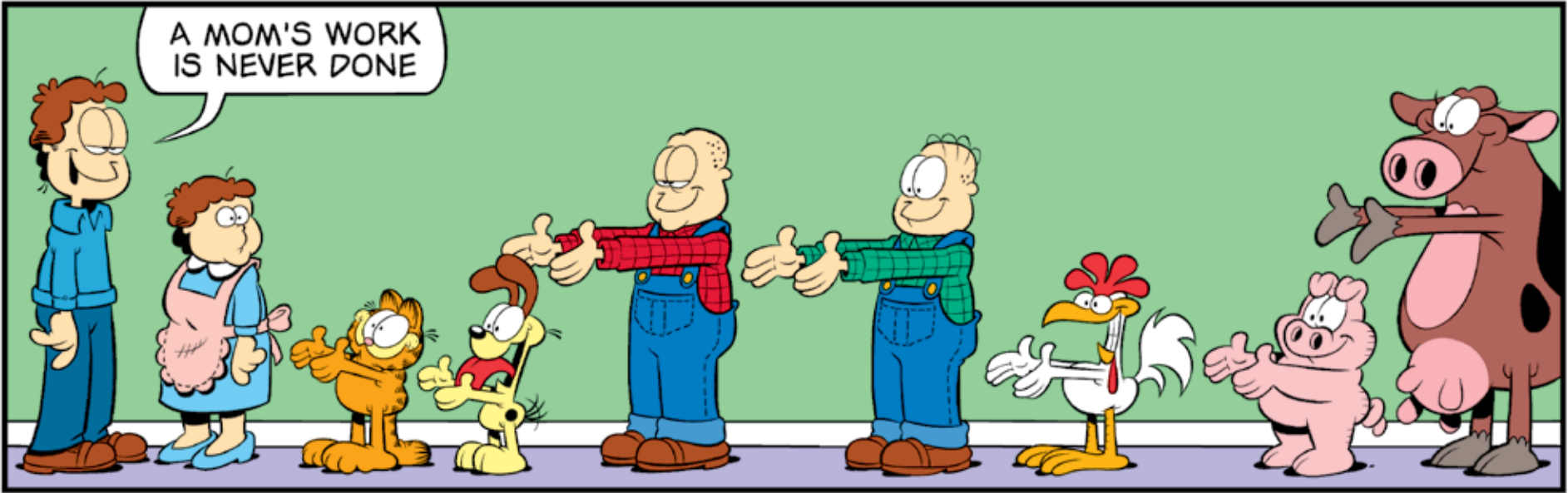
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CLASSIC PEANUTS


BY CHARLES SCHULZ





Guess who has a name at last!
Thanks to the many submissions
from our readers and to the discerning
crew who made the final decision,
we present Toto,
Tourist & Town's mascot.
Stay tuned with some fun with this
fella in upcoming issues!

Fun Fact:
The first place in the US to receive
morning sunshine is Eastport, Maine,
which is the easternmost city in the nation.
It lies on an archipelago of the same name.



Universal Crossword

Edited by Amanda Rafkin March 16, 2023

ACROSS

- 1 Snakes in some hieroglyphics
5 "Notorious" former justice, informally
8 The Underworld, for Hades
13 Chimney grime
14 They might be pierced or burning
16 Stimulant
17 ___ Kadabra (comics villain)
18 Drop acid
19 Requirements
20 Michigan NFL players, when together as a group?
23 Goal
24 Based ___ true story
25 Bread machine?
26 Test for many Ph.D. applicants
29 Florida MLB players, when together as a group?
33 GameCube predecessor
34 Queen ___ ("Single Ladies" singer, to fans)

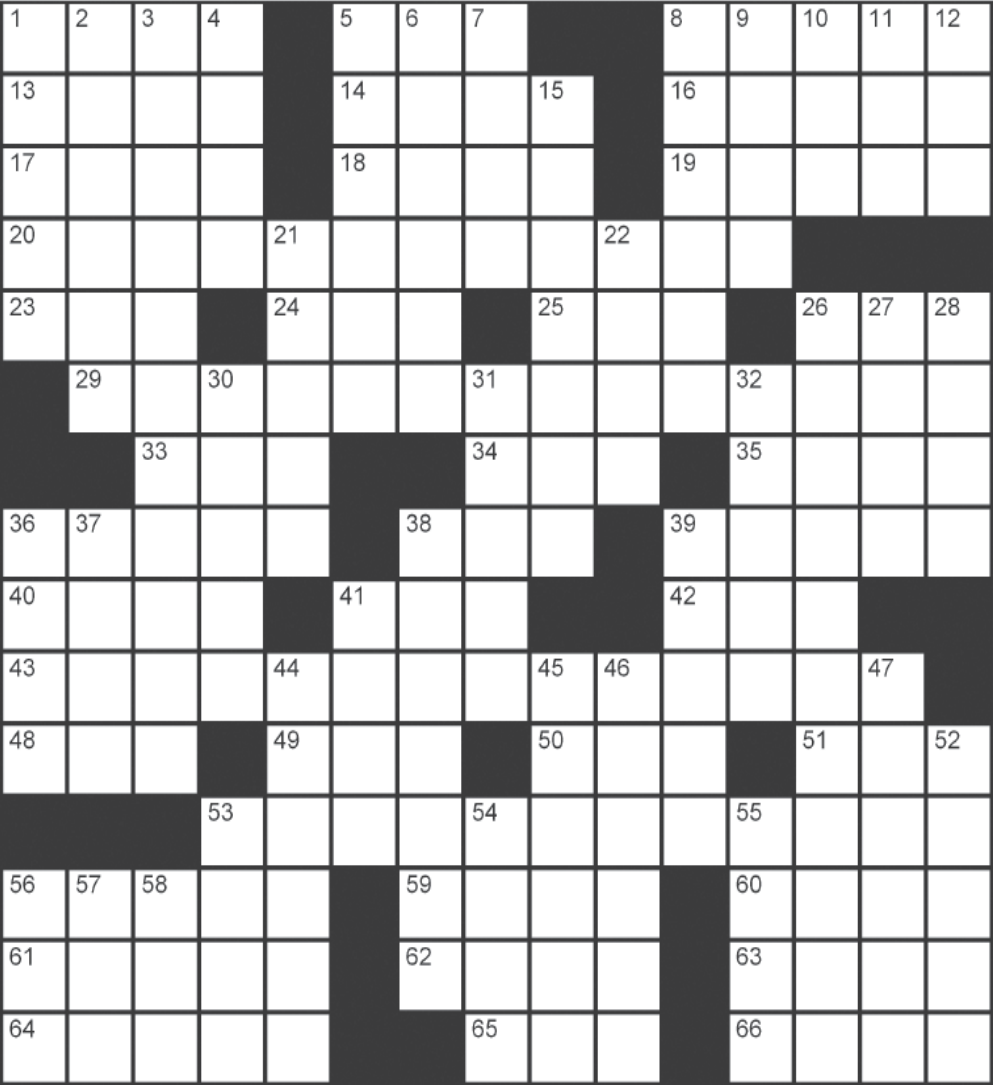
- 35 Baby ___ ("The Mandalorian" character aka Grogu)
36 Nickname for Dorothy
38 Indicate agreement
39 Party hearty
40 "Ah, OK"
41 "Expect the money later" slip
42 "___ ring to rule them all ..."
43 North Carolina NBA players, when together as a group?
48 French for "water"
49 "The Addams Family" cousin
50 Kilmer of "Top Gun"
51 "Sk8er ___" (2002 hit)
53 California NHL players, when together as a group?
56 Pull out all the stops
59 Adele's vocal range
60 "___ a wish!"

- 61 Give the slip to
62 Feet "fingers"
63 Vicinity
64 "See ya!"
65 Code-cracking org.
66 Chances
DOWN
1 Carne ___
2 "Very well"
3 "Bromance" or "Bennifer," e.g.
4 Headliner
5 Eye part with rods and cones
6 What you down runs it up
7 Hold tightly
8 "Walk This Way" hip-hop trio
9 Fencing sword
10 Mimic
11 Went first
12 Mme., in English
15 Spritzed
21 "My bad!"
22 Teeny
26 Do way more than necessary
27 Went by pinto (or Pinto)
28 Israeli airline

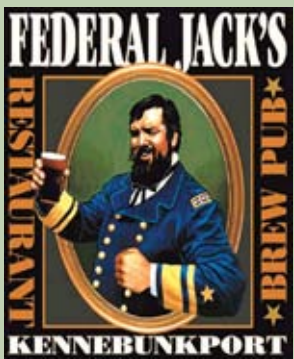
- 30 Inanimate object that has to be fed
31 Circa
32 Laughing carnivore
36 They're rolled in crabs
37 Workplace safety org.
38 "Anything else!"
39 "The Muppet Show" dog
41 Smidgen
44 Hang around
45 Digital party announcements
46 Savory South Asian pastry
47 Ridiculed
52 Stores where board gamers buy KALLAX shelves
53 Sanders' little helper?
54 North Carolina university
55 "OMG that's hilarious"
56 Hair goop
57 Eggs in Caesar's salad?
58 Animal that hangs in a cave

3/16

Teaming Up by Katherine Baicker and Ross Trudeau



Crossword solution on page 21



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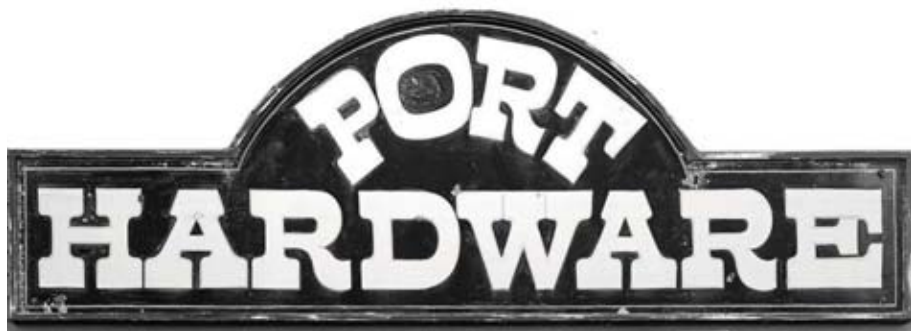


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