

TOURIST & TOWN

FREE

Volume 65 Issue 9

July 6, 2023



CELEBRATING SOUTH COASTAL MAINE SINCE 1958

Andley Cross

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

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Publisher's Note



My advice to you is not to inquire why or whither, but just to enjoy your ice cream while its on your plate – that's my philosophy.
~ Thornton Wilder

I always loved this quote.

While some folks seem to be able to live this way (in other words, living fully in the moment, being in 'the now,' and so forth), I myself tend to struggle a bit (okay, more than a bit) with the concept. That being said, it certainly seems easier to grasp in the summertime.

Live, laugh and enjoy – right here, right now.

There are so many ways to do so during these precious summer months. Visit a lighthouse. Pick berries. Play mini-golf. Get out on the water. Eat fun food. Play with your kids – or play like a kid.

In the summertime, the same rules just don't seem to apply. There's a wonderfully light and unstructured undercurrent to life. And for those of us who struggle with existing fully in 'the now,' the concept definitely feels more natural right about now.

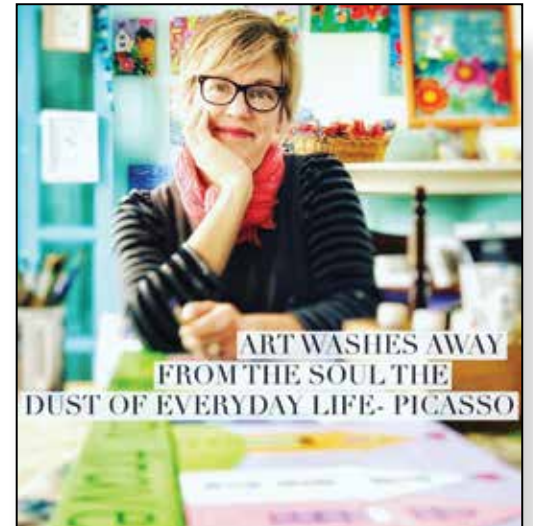
Enjoy these summer days. They're numbered – and as with anything of which we have short supply, they're precious.

Enjoy them!

Kingsley
Kingsley Gallup
Publisher, *Tourist & Town*



On the Cover: Holly C. Ross



Holly Chamberlain Ross, the artist behind Fish House Designs, has been drawing and designing since she was a child. Holly grew up outside Boston and spent weekends and summers at her family's beach house in southern Maine. She has lived in Kennebunkport for 25 years with her husband, kids and their silly dog Nellie. Maine has always been an integral part of Holly's life and art. Maine's vibrant colors, rugged seacoast, weather beaten cottages, lobster boats, buoys and seagulls meld with cherished childhood memories to act as inspiration for Holly's playful designs. Her work is bold, colorful, a little folksy and a little nostalgic. Holly starts with a pencil sketch, frequently using elements from snapshots of quintessential seaside scenes taken by her husband. Holly includes words and prose in some of her work; some her own, and some borrowed. Holly has a full line of cards, giclees, calendars and tiles as well. Her signature style, with it's bright and cheerful joie de vivre, appeals to the young and the young at heart. Her designs easily find a place in coastal cottages, children's rooms or houses whose inhabitants are dreaming of seaside summer days. FMI visit her on Instagram @artbyhollyross.

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Photo by Josh Hrehovcik

Publishing Calendar 2023		
Remaining 2023 Newspaper Dates		
ISSUE DATE		ADS/PR DUE
July 6	_____	June 28
July 13	_____	July 5
July 20	_____	July 12
July 27	_____	July 19
August 3	_____	July 26
August 10	_____	August 2
August 17	_____	August 9
August 24	_____	August 16
August 31	_____	August 23
September 14	_____	September 6
September 28	_____	September 20
October 12	_____	October 4
October 26	_____	October 18
November 9	_____	November 1
November 23**	_____	November 15

* Summer weeklies begin
** The Holiday Issue

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PH + **TOURIST & TOWN** = **BREAKING NEWS**
 Some of you are finding us tucked into the *Maine Sunday Telegram* today, thanks to our exciting new partnership with the *Portland Press Herald*. Now, in addition to our local distribution to hundreds of drop sites throughout coastal York County, *Tourist & Town* is inserted into the *Maine Sunday Telegram*. What an incredible honor this is for *Tourist & Town* and its readers. If this is your first time reading our publication, now in its 65th year, we hope you enjoy it. And be on the lookout for the summer edition of our quarterly magazine!

HOW LONG DOES IT TAKE FOR YOUR CAR TO GET HOT?
 Even with car windows cracked, the temperature inside your vehicle can increase within minutes. When in doubt, leave your pet at home!



**Bailey & Maggie say:
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CAR TEMPERATURE PET SAFETY CHART

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	10 mins	30 mins
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80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

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This Week's Book: All Her Little Secrets by Wanda M. Morris

Reviewer: Ella Ross: Graphic designer, lover of plants, podcasts and cooking

How did this book make its way to you? I found it on a list of fast paced crime thrillers on Goodreads.

What did you like about the book? This book doesn't wait around with the plot! It starts out with a murder and gets right into the drama without feeling forced. The pacing is done really well and has well-fleshed-out characters. I love books that give you a look into a character's past history and this one does that very well. The subject matter in both timelines is heavy. It covers race, women's rights and the intersection of both in a way that felt very real. I was also a fan of How To Get Away With Murder and this book has some of the same vibes.

Favorite character? Ellice Littlejohn! She is a great protagonist. I am not always a fan of a first person perspective but the way her inner monologue is written is compelling. She is very smart and successful but is also self aware. The backstory she is given informs the reader about her present and her choices. You really root for her through the entire story.

Why do you recommend this book? I love reading and listening to crime dramas and thrillers but they often bleed together and the stories feel a little too dramatic or sensational. All Her Little Secrets features a primarily black cast of characters and is a refreshing addition to the genre.

Be sure to visit Tourist & Town's Book Depot, where you can take a book, leave a book, return a book - and enjoy visiting the historic train depot. The Book Depot is open every Saturday from 9 AM to 12 PM at 12 Depot Street in Kennebunk.

Hope Woods: enhancing and conserving a unique place for all to enjoy

by Faith Gillman The Friends of Hope Cemetery and Woods have been busy conserving and improving the accessible two-and-a-half-mile Hope

Woods trail. The project, funded by a \$1.4 million campaign to help Hope Cemetery enhance and safeguard Hope Woods is part of a 72-acre parcel in the heart of Kennebunk. While safety and access are paramount, conserving, and reestablishing habitats is also important. A recent project, restoring the forest edge along a meadow, does just that. A decade ago, 40 trees that lined a meadow on Hope Woods property were removed by a former abutting landowner. Because the forest edge is an area of biodiversity, it was important to reestablish it.



Numbered markers were placed on posts along the Hope Woods trail to help pinpoint location in the event of an emergency. Photo by Faith Gillman

"The first goal for Hope Woods was to create an accessible, ADA compliant trail so everyone, including individuals with mobility issues could enjoy nature," said Gordon Collins, president of the board. "Once done, we invited folks to walk with us to provide feedback. During one walk a participant became dehydrated. We had a first aid kit and water so could help. It was a minor incident but it brought up a much larger point. What happens if there is a serious event?"

The fire department has access through a maintenance gate but there's a lot of ground to cover.

"We felt a system that could pinpoint location in the event of an emergency was needed. Jeff Rowe, who has since retired as chief of the Kennebunk Fire Department started the project," said Collins. "It's been a great pleasure to work with Jeff and now with the new chief, Justin Cooper."

A system of number markers at 13 different points was devised; red discs with white numbers were placed on posts along the trail.

"If an emergency arises, dial 911 and tell them you are at Hope Woods, station 1 or 4 or 10, or wherever you are. That information is sent electronically to the central emergency system, alerting the Kennebunk fire and police departments. Every vehicle in those departments can

call up a map and know the location," said Collins. That map is available to everyone in printed form and online.

While safety and access are paramount, conserving, and reestablishing habitats is also important. A recent project, restoring the forest edge along a meadow, does just that. A decade ago, 40 trees that lined a meadow on Hope Woods property were removed by a former abutting landowner. Because the forest edge is an area of biodiversity, it was important to reestablish it.

"We first tried digging up and replanting several small Eastern White Pine from our pine barrow. It was not successful. George and Dede Harrington came to us and offered to purchase and plant native trees," said Collins. "We had the good fortune to have help from Peter Brewitt, who researched suppliers and sent out request for proposals on 17 to 20 eight-foot Balsam Fir trees to be procured, planted, and guaranteed for a year. Peter did a fabulous job. In late spring, the trees were planted. We'll let the meadow grow up around them. The wildflowers and milkweed in the meadow are all very important to pollinators."

Hope Woods accessible trail is attracting a lot of attention from groups and individuals interested in access and spending time in the woods as a healing process.

"We've provided guided walks for The Center in Lower Village and other programs aimed at getting everyone, despite mobility or other special issues out

-continued on next page



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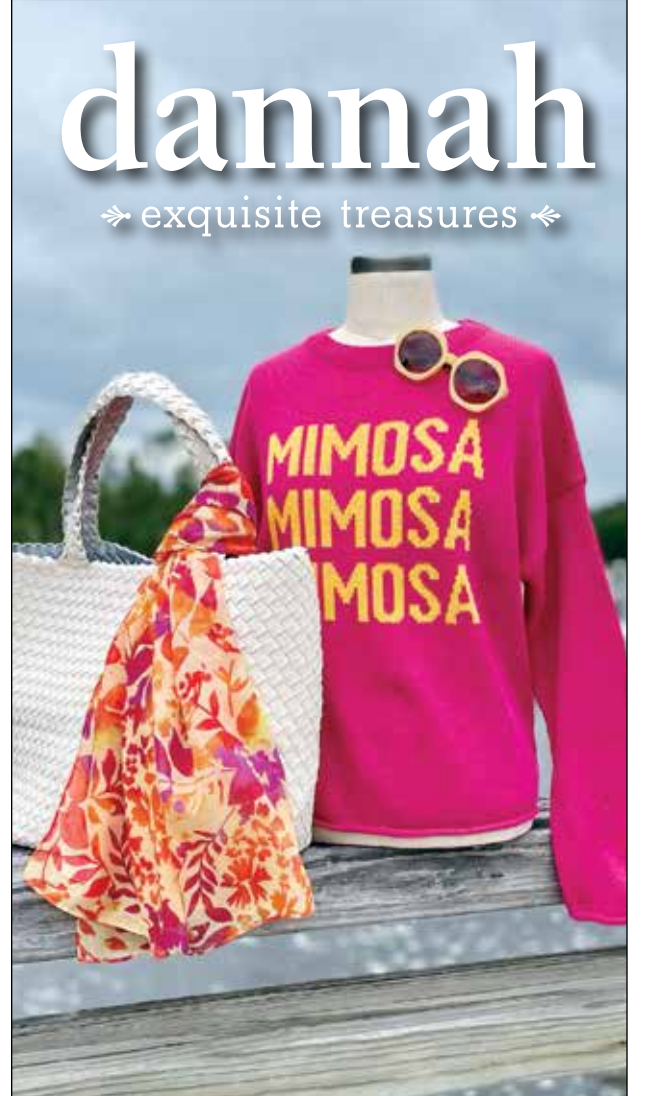
Advertisement for The Spirit Restaurant, a floating restaurant in Kennebunk, ME. Includes logo and contact information.

into nature," said Collins. "We're working with Karen Winton [Kennebunk's Deputy Director of Community Development] on building a program to help folks with special needs. We are so pleased to be focusing on the healing aspect of time spent in nature and broadening accessibility on a number of fronts to a unique place for all people to enjoy."

FMI see hopecemeterykennebunk.com. Guided walks with Gordon Collins, master naturalist, will be offered on Sun., July 9, at 1PM, Sat. Aug 19 at 10AM, Sun., Sept. 17 at 1PM, Oct. 14 at 10AM and Sun, Nov. 12 at 1PM. Hope Woods is open daily from dawn to dusk. Motorized wheelchairs or other devices for mobility challenged users and leashed dogs are allowed. Interested in a group activity? Contact Friends of Hope Cemetery & Woods at friendsofhcw@gmail.com.



Two rows of Balsam Fir trees were procured and planted to restore the forest edge of the meadow along Hope Woods Trail through a generous donation from George and Dede Harrington. The project was directed by the non-profit Friends of Hope Cemetery and Woods Board of Directors, which includes President Gordon Collins, Vice President, Jay Bartner, Secretary Patsy Hemeon, Treasurer Tom Dobens; Pam Eagleson, Tom Kasprzak, Steve Mahler, Cheryl Price, and George C. Harrington (President Emeritus). Photo by Faith Gillman



dannah

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The Center kicks off capital campaign to enhance services to the 50+ community

On Tuesday, June 27, The Center in Kennebunk officially kicked off its capital campaign with its "Building the Future" Open House, held at The Barn at the Kennebunks at 149 Port Road, Kennebunk.

A leader in programming and resources for the 50+ community – and a lifeline for so many in our area – The Center will not only be increasing programming through its capital campaign, it will also be making important improvements to its facilities.

The Center is a local treasure, one that deserves our support in order for it to achieve its meaningful objectives. To learn more about The Center, its annual campaign and the important work The Center does in the community, visit seniorcenterkennebunk.org.

You can also visit The Center at 175 Port Road in Kennebunk or call The Center at 967-8514.

At right, top: Andy Spaulding, Chairman of the Board and Bridget Dempsey, Executive Director. (Photo by Rob Coburn) At right, bottom: The Center's intended building enhancement. (Courtesy image)



"I almost wish we were butterflies and liv'd but three summer days - three such days with you I could fill with more delight than fifty common years could ever contain."

~ John Keats

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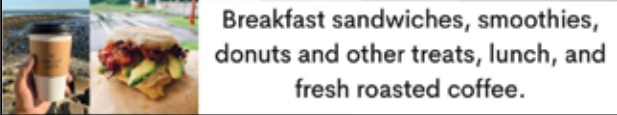


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www.kennebunkmaine.us/artisansmarketplace for pictures, vendors and more!

Maine Renaissance Faire is reborn

by Steve Hrehovcik
Heraldry, pageantry and merriment have returned with the rebirth of the Maine Renaissance Faire at the Acton Fairgrounds for two weekends – Saturday and Sunday, July 22 and 23, and July 29 and 30.

Organizer and owner of the Faire, Melanie Huard, participated in the original Maine Renaissance Faire in Lebanon from 1998 until its closure in 2004. Huard said, "I missed the original Faire and am thrilled to be able to revive it at our cur-

rent location at the Acton Fairgrounds. I contacted many of the former performers, merchants and patrons and discovered they were eager to join in the spectacle and fun."

Building on its original tradition, this year's Faire features an array of costumed characters and fairground events celebrating the merriment and extravagance of the flamboyant Renaissance era.

Faire highlights include Round Table Jousting, with horse-mounted knights in thrilling and comic battle, Queen Elizabeth I reigning over the Faire, the Sheriff Braken's Trial and Dunke show, Aaron Bonk Fire, Whip and Swords Show, Hey Nunnie Nunnie, a pair of improvising jokesters, Wishing Well Wenches performing vaudeville and comedy sketches, plus musicians and many more attractions. Performances take place on 9 stages, 2 fight rings and jousting fields.

In addition to the shows and entertainment, visitors have the opportunity to stroll through the fairgrounds and shop at the gift, arts and crafts stores, jewelry and leather works, specialty arcades and food concessions. Also, they can enjoy psychic readings, mystical inspirations, crystals, clothing, books and much more. A map describing locations of important features is provided to help visitors find their way around the fairgrounds.

Huard, who also owns Dragon Star Creations at 106B York Street (Route 1) Kennebunk, added, "Although not required, to add to the fun, many visitors come dressed in period costumes, such as Renaissance ladies,

—continued on next page



Sheriff Braken dunking one of his "law-breaking" victims during the Maine Renaissance Faire at the Acton Fairgrounds. All photos are courtesy photos.



The Baechtold and Abel high flying team perform aerial acrobatics.



Knights of Round Table jousting in the list during the Maine Renaissance Faire.

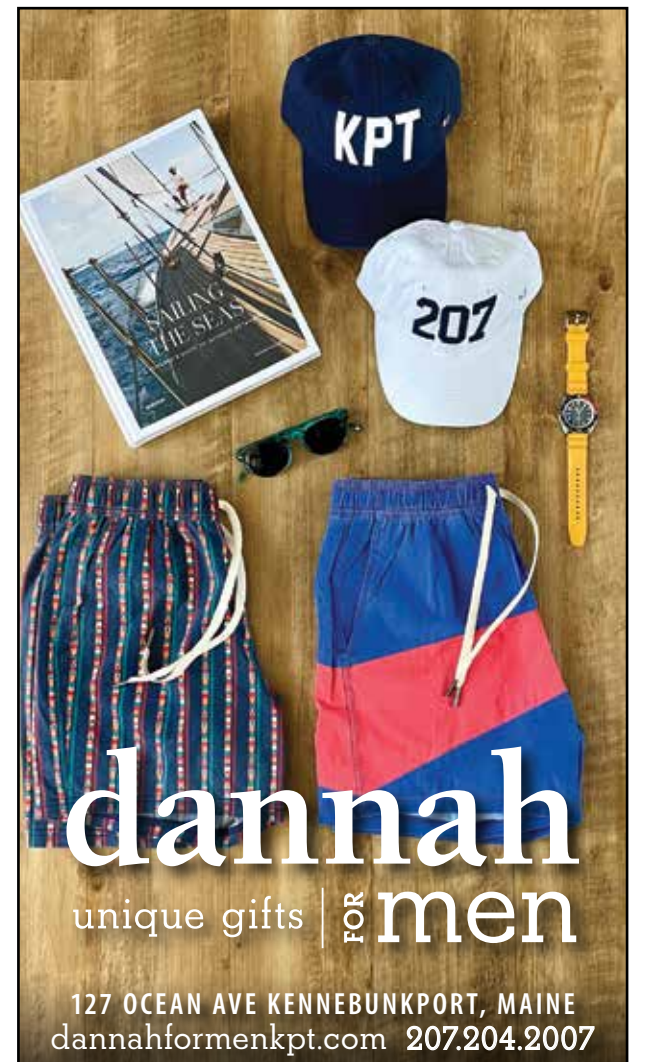


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ing footwear so you get to all the attractions."



Queen Elizabeth I and her knights hold court during the Maine Renaissance Faire.

This will be the 4th season for the Faire. In past years it has attracted more than a 15 thousand patrons over the four days, many who visit other Renaissance Faires in New Hampshire and Vermont. To make a successful Faire requires more than 300 performers, vendor and volunteers.

Tickets may be purchased at the gate or on the website, www.mainerenfaire.com. Tickets are: Adult, 1 day: \$20; child (5-12) 1 day: \$15, children 4 and un-

der: Free. Multiple day tickets are also available on the website. Free on-site parking opens at 9 AM. Faire hours are 10 AM to 6 PM.

The Acton Fairgrounds is located at 550 Route 109, Acton.

FMI call 207-850-1162 or visit www.mainerenfaire.com.

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A quick visit to York Village

Our first stop was at **Sara Fitz** in York Village. Fitz has turned her sweet illustrations and watercolor designs into countless beautiful products. She began as with stationery and created a lifestyle brand. In addition to her shop, Fitz sells wholesale to boutiques and collaborates with Chappy Wraps, Sea bags and LL Bean. The store is stunning and is brimming with home decor, stationary, framed art, wallpaper, apparel, wrapping paper, needlepoint, stickers and her just-ropped collection of pillows, quilted bags and dog bandanas, all with her simple, sweet and refreshing images. Sara Fitz, 127 Long Sands Road York Maine



Just around the corner was **Daisy Jane**, a store that has it all – clothing, jewelry, books, cards, bath and beauty, gifts and more. It was filled with customers and everyone was happily conversing with each other. Seemed like a *Cheers* environment "where everybody knows your name..." Up the road is their sister store **Daisy Jane Trading**, another store filled with goodies. There is a gift item for everyone in this amazing store! (PS: There's **The Lazy Daisy** in Ogunquit, which calls for another trip!) Daisy Jane 250 York Street, York; Daisy Jane Trading 388 US -1, York; The Lazy Daisy 45 Shore Road Ogunquit.



Heading back, we stopped at **Anthony's Food Shop**, for lunch. Yum!

Kittery-based handmade clothing and home goods pop-up coming to Atlantic Hall in Cape Porpoise

"Three years in the making, Zapapa Handmade is finding its niche," said business owner and designer Johanna Thomas.

Founded in 2020, Zapapa Handmade produces women's clothing and home goods exclusively by hand and only in "dead stock" all-natural fabrics, reflecting Thomas's lifelong commitment to conservation.

Zapapa's clothes are designed for simplicity, comfort, and everyday elegance. "Zapapa Handmade allows women – if they so choose – to move away from

constricting fashion and artificial fabrics and towards clothing that is comfortable, beautiful, and long-lasting," said Thomas.

"The styles inevitably reflect designers that I love – labels that are normally out of price range - so Zapapa Handmade hopes to fill a gap – allowing women access to gorgeous clothing with the highest

quality of natural fabrics and tailoring without the high price tag."

Everything Zapapa makes is from natural fabrics: cotton, wool and linen. Thomas works one-on-one with seamstresses in Maine and Mexico on the designs. At the heart of Zapapa is a commitment to frugality and

-continued on next page



New this year are "Zapapajamas" in gorgeous fabrics.



Above left: Zapapa specializes in comfortable, elegant and versatile designs in high end natural fabrics like this tunic dress and vintage kaftan. Above right: Zapapa's signature car-length, 100 percent cotton canvas coat.



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Zapapa aprons in colorful combinations of 'deadstock' cotton fabrics.

conservation. Zapapa Handmade uses virtually all discontinued fabric and uses every scrap of fabric in an inventive way.

This year, in addition to women's dresses, tunics, pants, coats and kaftans; Zapapa is launching a Zapapa Woolens line that includes men's wool and cashmere "over shirts." Zapapa also makes vibrant cross-back aprons, as well as napkins and towels.

"Zapapa is rooted in my mother's inspiration," Thomas said. "Like many mothers of her generation, she sewed our clothing as a means to save money, but she was also an absolute fabric maven. Her love of handmade items, and the joy she felt when working with fabrics, flowed through to me. When my mother died in 2020, it is not a coincidence that, within months, I made the big step to leave a 30-year career in environmental conservation to create a business focused on handmade clothing and home goods."

Zapapa Handmade will hold its Cape Porpoise pop-up from Thursday, July 13, through Sunday, July 16, 11 AM to 5 PM each day, at Atlantic Hall, 173 Main Street, Cape Porpoise.

The pop-up will also include beautiful handmade textiles and glassware from Oaxaca, Mexico. Thomas plans to hold numerous pop-ups this summer and fall, including a pop-up to benefit her mother's church, Kittery Point First Congregational, on July 22. FMI email zapapausa@gmail.com or find Zapapa on Instagram site @zapapa-handmade.



Zapapa Handmade's long tunic dress in pure cotton.

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BY LYMAN WHITAKER

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CALENDAR

Thursday, July 6

Weekly Conversational French Language Group, Wells Public Library, 1434 Post Road, Wells, 6:30 PM. An informal approach to practicing or re-learning French. FMI contact Cindy Appleby at cappleby@wellstown.org or call the library at 207-646-8181.

Laudholm's Farming Past, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10-11:30 AM. Presented in French as Histoire de la Ferme Laudholm, this tour covers four centuries of change at a prominent farm that is now a protected reserve. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 x110. FMI wellsreserve.org/calendar.

Kayaking on the Little River Estuary, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 12-3 PM. Paddle the quiet waters of a Maine estuary, watching wildlife and learning about this treasured habitat from a registered Maine Kayak Guide. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. FMI 646-1555 or wellsreserve.org/kayak.

Maine Art Collective's First Thursday Gallery Party, 157 Middle Street, Portland, 5-8 PM. Music, Wine & Cheese, Dancing, Fun. FMI call Sue Vittner - 207-807-1044 or Amy Kelly - 207-467-0590.

Friday-Sunday, July 7-9

Anthony Catalano Designer Warehouse Sale, 2190 Post Road, Wells, 10 AM-4 PM daily. Furniture, antiques, lighting and decor. FMI anthonycatalano-home.com

Friday, July 7

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

Estuary Discoveries, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 1-2:30 PM. Take a peaceful and easy meander along the accessible trail at Harbor Park in Wells. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org/calendar.

July Astronomy Club Meeting, The New School, 38 York Street, Kennebunk, 7:30 PM. The Astronomical Society of Northern New England (ASNNE) is a local association of amateur astronomers that meets monthly. All those interested in astronomy are welcome, from stargazers and hobbyists, to serious observers, astrophotographers, and those interested in astronomical theory. The general public is also most cordially invited and welcome. ASNNE also owns its own Observatory. ASNNE hosts Star Parties at its Talmage Observatory at Starfield, on Route 35 in West Kennebunk. FMI visit www.ASNNE.org.

Saturday & Sunday, July 8 & 9

Summer Solstice Craft Show, Wells Junior High, 1470 Post Road, Wells, 10-3. Free admission. FMI summersolsticecraftshows.com or 207-967-2251.

Saturday, July 8

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

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

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

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

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

Bird Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 7:30-9:30 AM. York County Audubon birders lead a guided walk around the Wells Reserve property. Beginners welcome. Please bring binoculars if you have them. Free with site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 12 PM. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org<http://www.brickstoremuseum.org>.

Kennebunk Beach History Walking Tour, begins at Trinity Chapel, Railroad Avenue, Kennebunk Beach, 9 AM. Learn the history of the development of Kennebunk Beach as a tourist destination. About a one-mile loop, 90 minutes, led by trained tour guide. \$10.00 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org<http://www.brickstoremuseum.org>.

Music on the Library Lawn at Sunset: Beau Dalleo, Graves Library, 18 Maine Street, Kennebunkport, 6 PM. Bring your chairs, sit back, tap your feet and listen to some local beat. \$10 donation as an appreciated entrance fee. FMI call 967-2778 or email ml@graves.lib.me.us

Sunday, July 9

Christ Church Worship Services, 6 Dane Street, Kennebunk, 9:15 AM. Celebrate the final worship services at 6 Dane Street during the month of July. After July, the Sunday 9:15 am worship services will be held with the West Kennebunk United Methodist Church at 160 Alfred Road, West Kennebunk.

Kittery Community Market, Post Office Square, 10 Shapleigh Road, Kittery, 10 AM - 2 PM. FMI www.kitterycommunitymarket.com

Guided Walk in Hope Woods with Maine Master Naturalist, Gordon Collins, hosted by Friends of Hope Cemetery & Woods, 1 PM (and Saturday, August 19 at 10 AM). Come enjoy and learn about the flora that is right here in the center of Kennebunk. To register, email friendsofhw@gmail or call 207-387-9100.

Monday, July 10 (and August 14)

Explore the Shore, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10 AM-12 PM. The treasures we find on the beach can tell us stories about the land, the ocean, and the beach itself. While strolling Laudholm Beach, we will explore questions about the sand, the wrack line, and found objects. Free with site admission. Registration required at 207-646-1555 x110 or caryn@wellsnerr.org. FMI wellsreserve.org/calendar.

SMAA Medicare Info Sessions, Wells Public Library, 1434 Post Road, Wells, 10 AM-1 PM. Southern Maine Agency on Aging Medicare Program comes to Wells Library every second Monday of the month to help answer any questions you may have on Medicare, such as how to enroll, help understand your Medicare coverage or help you understand your billing issues. FMI call Southern Maine Agency on Aging at 207-396-6524 for more information.

Tuesday, July 11

Bird Banding Demonstration, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 7-10 AM. Visit the bird banding station at the Wells Reserve at Laudholm. Free with site admission. FMI 207-646-1555 or wellsreserve.org/calendar.

Morning Yoga, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 8-9:15 AM. A new 6-week series of gentle Hatha yoga classes begins both online and in person at the Wells Reserve. The series costs \$72/regular or \$60/member. Registration required. Call 207-646-1555 x116 or email suzanne@wellsnerr.org to reserve your space. FMI wellsreserve.org/calendar.

Free Admission Day, Brick Store Museum, 117 Main St, Kennebunk, 10-5. Visits to the Museum are free every Tuesday from June through December! Basketmaking and paper folding demos offered during your visit alongside history and art exhibitions. FMI call 985-4802 or visit www.brickstoremuseum.org<http://www.brickstoremuseum.org>.

Meet the Scientist: A Southern Crab in a Warming Gulf of Maine. Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 1-2 PM. Laura Crane describes ongoing research aimed at better understanding the extent and implications of blue crab range expansion into the Gulf of Maine. Free with site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Wednesday, July 12

Yoga with Virginia Williamson (July 12, 13, 14, 15, 17 & 19, 20, 21, 22, 24), Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 9 AM. Virginia is a Kriya Yogi, in the lineage of Paramahansa Yogananda, she holds multiple teaching certifications and has had more than 2200 hours of training, study, and practice. A \$15 donation is suggested for this class and can be paid to the instructor. Classes will also be available via Zoom so friends far and wide can join. FMI call 967-2778 or visit graveslibrary.org.

Wells Farmers' Market, Wells Library, Post Road, Wells, 1:30-5 PM. FMI www.wellsfarmersmarket.org

Flying Jewels: Dragonflies and Butterflies of Southern Maine. Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 1-2 PM. Get to know some charismatic insects with Sue Bickford at the Wells Reserve at Laudholm. \$8/\$6 or \$20/\$15 per family plus site admission. Registration required at suzanne@wellsnerr.org or 207-646-1555 x116. FMI wellsreserve.org/calendar.

Peter Boie Magic Show, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10:30 AM. Mind-blowing magic and side-splitting comedy. Peter first became fascinated with magic at the age of eleven when he stumbled across a magic book at his local library. He now travels around the country performing his award-winning magic that will defy your reality. FMI call 967-2778 or visit graveslibrary.org.

Ice Cream Night at Seashore Trolley Museum, Kennebunkport. All aboard! Join Seashore Trolley Museum for a fan favorite – Ice Cream Night! This summer tradition is held every Wednesday in July and August from 5:30PM-7:30 PM. Guests are treated to a special evening trolley ride AND an ice cream sundae with all the fixin's! Tickets are \$12/each (children ages two and under are free). Admission includes the trolley ride and ice cream sundae. Trolleys depart at 5:30PM, 6PM, and 6:30PM. Because Ice Cream Night is very popular, guests are encouraged to purchase tickets in advance at https://icecreamnight.eventbrite.com. Seashore Trolley Museum has selected nine nonprofits from the local community, one for each of the nine Ice Cream Night events. These partner nonprofits receive 50% of all ticket sales during their event; this means they receive \$6 for every ticket sold to support their mission. July 12's beneficiary is the Arundel Conservation Trust.

Mid-Week Music's "Three of a Kind & Friends Play Good Songs" Show, Town House School, 135 North Street, Kennebunkport, 7 PM. Mark Gunter (keyboards, vocals), Janet Wentworth (vocals) and Ron Breton (drums), who often perform as Three of a Kind, will be joined by bassist John Kumnick on an eclectic setlist of tunes covering various genres. All shows are BYOB and are for audiences 21 and older. For advance tickets: kpoth.com/buy-tickets, info@kpoth.com, or 207-967-2751.

Thursday, July 13

Morning Book Group, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, at 9:45 AM. The group is reading *Honor* by Thrity Umrigar. This group meets on the second Thursday of every month. New members are always welcome. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Mark Gunther & Janet Wentworth Concert, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 6 PM. Good vibes and live music in the garden at Graves Library. Bring your friends, bring your chair, sit back, tap your feet, and listen to some local beat. Mark and Janet are part of a variety of bands in the area playing country blues and jazz with keyboard and vocals. A suggested donation of \$10 per person would be appreciated. This event will be held in the community room if it rains. Parking is available on Maine Street or at Consolidated School. FMI call 967-2778 or visit graveslibrary.org.

Historic District Walking Tour, Brick Store Museum, 117 Main Street, Kennebunk, 10:30 AM. Explore the history of the elaborate and historic homes that line Kennebunk's Summer Street neighborhood in Downtown Kennebunk. Led by Museum tour guide. \$10 per person/\$5 for members. Reserve in advance by calling 985-4802 or visit www.brickstoremuseum.org<http://www.brickstoremuseum.org>.

Adult Crafternoon – Zentangle with Joyce Amend, Wells Public Library, 1434 Post Road, Wells, 1:30 PM. Zentangle combines simple shapes and lines to make beautiful and interesting artworks. Registration is

required as space is limited. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 207-646-8181.

Kayaking on the Little River Estuary, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 8-11 AM. Paddle the quiet waters of a Maine estuary, watching wildlife and learning about this treasured habitat from a registered Maine Kayak Guide at the Wells Reserve. For ages 12 and up. Some restrictions apply. \$60/\$48 plus site admission. Registration required. FMI 207-646-1555 or wellsreserve.org/kayak. **Laudholm's Farming Past**. Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10-11:30 AM. Delve into the rich history of the Wells Reserve at Laudholm, from homestead to farmland to estuarine reserve. This docent-led walk covers about ½ mile. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 x110. FMI wellsreserve.org/calendar.

Friday, July 14

Drive Thru BBQ, American Legion Post 159, 102 Main Street (across from the police station), Kennebunkport, 5 PM until food runs out. The menu consists of pulled pork, smoked chicken, beans, bratwurst, potato salad, cole slaw, jalapeno cornbread and desert. Donations welcome. FMI call 967-2400.

Music on the Library Lawn at Sunset: Andy MacLeod, Graves Library, 18 Maine Street, Kennebunkport, 6 PM. Bring your chairs, sit back, tap your feet and listen to some local beat. \$10 donation as an appreciated entrance fee. FMI call 967-2778 or email ml@graves.lib.me.us

Annie Royer Concert, Vinegar Hill Music Theatre, 53 Old Post Road, Arundel, 8 PM. See ad this page.

Kennebunk Free Library's Road Race, 112 Main Street, Kennebunk, 6 PM. Register early to ensure that you are among the 200 lucky participants to claim one of the fabulous goodie bags, including a 5K T-shirt! This scenic course begins and ends in the library parking lot, winding through peaceful local neighborhoods and the beautiful and perfectly-maintained Hope Cemetery and Woods trails. USATF certification is pending.. Following the race, there will be a party on the library lawn, with live music, food, and a beer tent! Prizes will go to the top male and female finisher in each of nine age categories. If you are unable to join in person, run your own course and send photos. One winner, determined by KFL staff vote, will receive a prize. FMI email kfl@kennebunklibrary.org or call (207) 985-2173.

Saturday, July 15

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

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

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

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

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

Chris Van Dusen Author Event, Maine Classic Car Museum, 2564 Portland Road, Arundel 10 AM. Maine Author/Illustrator Chris Van Dusen will visit the Maine Classic Car Museum from 10 Am to 12 PM to read from one of his many books and sign copies of *If I Built a Car!* See the museum cars that made history and take home a cool car craft. There is no charge for children. Adult admission is \$12 per person. FMI call 967-2778 or visitgraveslibrary.org.

Seaside Fair. sponsored by the Biddeford Pool Community Center, on Saturday, July 15 from 10 AM to 2 PM, with raindate of July 16. Craftsmen, raffles, lunch, children's activities. BPCC located at 2 Yates Street, Biddeford Pool.

Sunday, July 16

Christ Church Worship Services, 6 Dane Street, Kennebunk, 9:15 AM. Celebrate the final worship services at 6 Dane Street during the month of July. After July, the Sunday 9:15 am worship services will be held with the West Kennebunk United Methodist Church at 160 Alfred Road, West Kennebunk.

National Ice Cream Day/Family Yoga, Scoop Deck Ice Cream, Wells, 12 PM. Join this class, hosted by The Daily Sweat, on the lawn at Scoop Deck. Enjoy a free cone or discount after class from Daily Sweat's favorite scoopers. Proceeds from this donation-based class go to Special Surfers.

Monday, July 17

Wonderful Weeds, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10 AM-12 PM. Discover the medicines and foods underfoot on the Laudholm campus of the Wells Reserve. \$8/\$6. Registration required at linda@wellsnerr.org or 207-646-1555 x128. FMI wellsreserve.org/calendar.

What is AI and How is it Used: An Introduction, Wells Public Library, 1434 Post Road, Wells, 4 PM. If you've been wondering how AI can impact daily life, join Ellen Bradley, Business Developer for Digital Mountain, Inc., to help answer your questions. FMI email sclaydon@wellstown.org or call the library at 207-646-8181.

Tuesday, July 18

Bird Banding Demonstration, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 7-10 AM. Visit the bird banding station at the Wells Reserve at Laudholm. Free with site admission. FMI 646-1555 or wellsreserve.org/calendar.

Secrets of the Salt Marsh Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10-11:30 AM. Learn what is special about these productive ecosystems on a docent-led walk at the Wells Reserve that covers about 1 mile. Free with site admission. Registration required at caryn@wellsnerr.org or 207-646-1555 x110. FMI wellsreserve.org/calendar.

Build a StoryMap, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 11 AM-1:30 PM. During this hands-on, virtual workshop, learn how StoryMaps can help you tell compelling, interactive stories while creating your own draft StoryMap. To register, visit wellsreserve.org/calendar.

Two Species, Two Coasts, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 12-1 PM. In this virtual talk sponsored by the Wells Reserve, learn about gray whales on the west coast, right whales on the east coast, and feeding strategies of large baleen whales. To register, visit wellsreserve.org/calendar.

Resume Workshop with York Co. Career Center, Wells Public Library, 1434 Post Road, Wells, 2 PM. Discuss how to create a winning resume and cover letter. Following the workshop, learn how to schedule a virtual meeting with a Career Center consultant who can review your new resume and provide additional support. FMI contact Stefanie Claydon at sclaydon@wellstown.org or call the library at 207-646-8181.

Sparks Ark, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport 1 PM. What do a boa constrictor, a barred owl, and a hedgehog have in common? They will all be here at the Graves Library to meet you! See them and other animals up close and hear their amazing stories of rescue. Sparks Ark has over 30 years of experience with wildlife and domestic animals. Fun for the whole family! Pre-registration is required. FMI call 967-2778 or visitgraveslibrary.org.

Wednesday, July 19

Find Your Summer Beach Read, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 11 AM. Visit the Book Cellar for what's in the store. Thousands of books to choose from, as well as notecards, journals, rare collectible books, ball caps, special gift books, coffee mugs, tote bags, bookmarks and more. The Book Cellar is open Monday-Friday 9:30-5, Saturdays 9:30-12:30. FMI call 967-2778 or visitgraveslibrary.org

Thursday, July 20

2023 Kennebunk Savings Summer Concert Series: The Dock Squares, 20 Recreation Way, Kennebunkport, 6-8 PM. Hosted by Kennebunkport Parks & Recreation. Live music, food trucks, Batson River Brewery, Banded Brewing Co., Bounce House, Face painting. FMI Kennebunkportrec.com or 207-967-4304

Nonfiction Book Group, Wells Public Library, 1434 Post Road, Wells, 4:30 PM. The Nonfiction book group will meet in person - all are welcome! Our pick for this month is *Finders Keepers: A Tale of Archaeological Plunder and Obsession* by Craig Childs. FMI contact Cindy Appleby at cappleby@wellstown.org or call the library at 207-646-8181.

Banjo Jimmy, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport 10:30 AM. The groovy events continue for the summer reading program, as Banjo Jimmy performs some Beatles tunes and other family favorites. There will also be a musical craft for kids. All ages are welcome to this rain or shine event. Pre-registration is required. FMI call 967-2778 or visitgraveslibrary.org.

Write On! Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport, at 3 PM. Enjoy putting pen to paper with your thoughts and stories? Join a different kind of writing group. Creative writing prompts will be given at the end of each meeting. FMI call 967-2778 or visitgraveslibrary.org.

Friday, July 21

Biddeford Art Walk, downtown Biddeford, 4-8 PM. Art Walk is held every third Friday.

"Summer Celebration of Art," Community House, 8 Temple Street, in Kennebunkport. This Art Guild of the Kennebunks exhibition will run through July 23: 10 AM-6 PM on Friday and Saturday, 12-4 PM on Sunday. There will be a reception from 4-6 PM on Friday evening.

Saturday, July 22

Blueberry Festival & Craft Fair, First Parish Unitarian Universalist Church, 114 Main Street. Kennebunk. 9 AM-3 PM, Featuring home-made blueberry pie and blueberry buckle, crab rolls, hot dogs, veggie wraps, home-made lemon ice cream and beverages; 40 artists, crafters and artisans; folk music; vintage jewelry; perfect weather on order. All welcome, Free! uukennebunk.org.

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

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

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

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

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

Sunday, July 23

Christ Church Worship Services, 6 Dane Street, Kennebunk, 9:15 AM. Christ Church invites the community to celebrate the final worship services at 6 Dane Street during the month of July. After July, the Sunday 9:15 am worship services will be held with the West Kennebunk United Methodist Church at 160 Alfred Road, West Kennebunk.

Friday, July 28

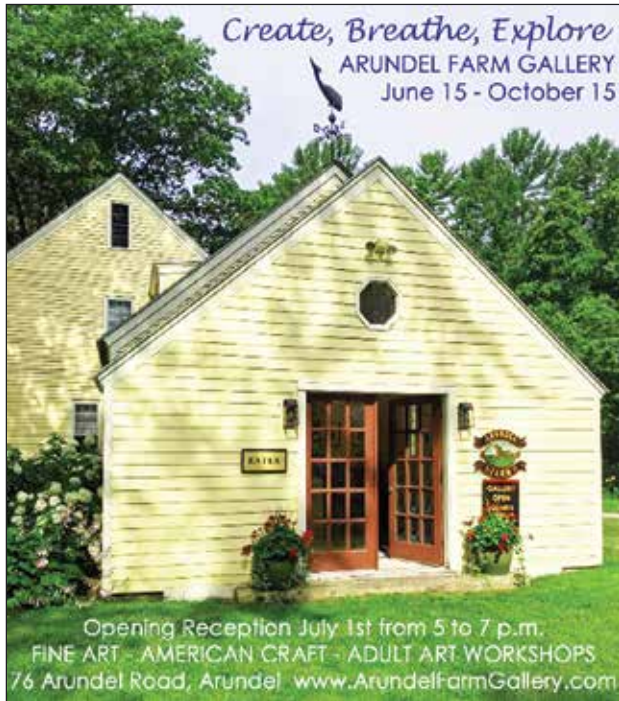
Artists by the Sea Reception, hosted by the Biddeford Pool Community Center, 5-7 PM. This is showcase of local artists. Following the reception on Friday, July 28, the gallery will open Saturday, July 29, from 10 - 5 and Sunday, July 30, from 10-3. BPCC is located at 2 Yates Street, Biddeford Pool.

Music on the Library Lawn at Sunset: Mark Gunter and Janet Wentworth, Graves Library, 18 Maine Street, Kennebunkport, 6 PM. Bring your chairs, sit back, tap your feet and listen to some local beat. \$10 donation as an appreciated entrance fee. FMI call 967-2778 or email ml@graves.lib.me.us

Sunday, July 30

Christ Church Worship Services, 6 Dane Street, Kennebunk, 9:15 AM. Christ Church invites the community to celebrate the final worship services at 6 Dane Street during the month of July. After July, the Sunday 9:15 am worship services will be held with the West Kennebunk United Methodist Church at 160 Alfred Road, West Kennebunk.

If you don't see your calendar item listed here, remember you will find an extended calendar in our online edition at touristandtown.com!



Experience the vibrant Greek culture at St. Demetrius Orthodox Church's Summer Festival

by Valerie Marier

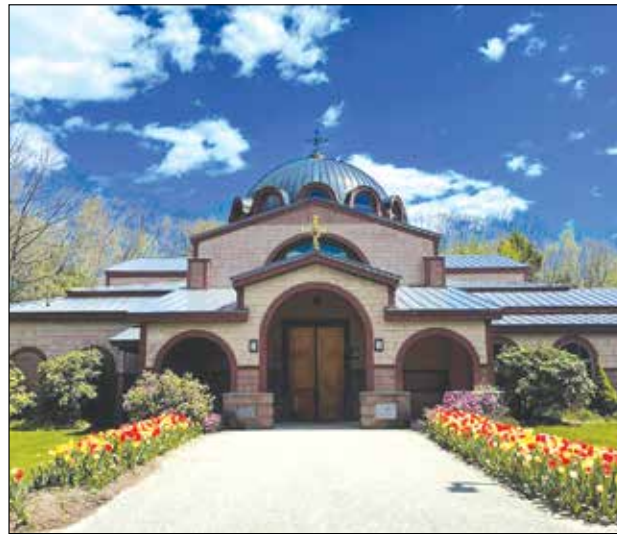
No passports or eight-hour flights to Athens are necessary to discover and enjoy Greek music, cuisine, crafts and dance. Instead, just drive to Saco and stop at St. Demetrius Greek Orthodox Church, 186 Bradley Street, on July 14, 15 and 16. After a two-year Covid pause, their popular summer festival is back.

Sample Hellenic hospitality and culture at the "bakaliko," an authentic Greek marketplace showcasing savory olives and cheeses, home-made pastries and other goodies, plus hand-crafted soaps. Let your body sway to traditional music while watching the authentically-costumed church youth group perform "syrto," a Greek dance. At the gyro

stand, savor the tastiest tzatziki sauce and pita sandwiches this side of the Peloponnese.

"It's a wonderful day for showing off our vibrant culture," says Anne Maragus of Wells and a longtime participant in the festival. "We hope people come hungry to try our food – everything is made by hand and the stuffed grape leaves (dolmades) are delicious! But we also hope visitors— take a tour of St. Demetrius with its unique iconography."

Originally founded 1909 in Biddeford, St. Demetrius moved to its present Saco location in 2020. Father Basil Arabatzis, who's been the shepherd at St. Demetrius for nearly 40 years, looks forward "to welcoming festival guests with open arms."



St. Demetrius Greek Orthodox Church was originally in Biddeford but moved to Saco in 2020. The church is renowned for the unique iconography in the sanctuary. All photos courtesy of St. Demetrius.

The summer Greek Festival is held at St. Demetrius Orthodox Church, 186 Bradley Street, Saco; free parking/admission; open 11-9 (July 14 & 15), and 11-3 (July 16); FMI call 284-5651.

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www.coffeeroastersofmaine.com



Members of the Youth Group at St. Demetrius Greek Orthodox Church wear traditional Greek dress during their presentation of the "syrto," the Greek national dance.



The summer festival at St. Demetrius celebrates the vibrant Greek culture and showcases Hellenic crafts, dance and cuisine.

GRAMMY ROSE
Dog Rescue & Sanctuary

1542 Route 109, Acton

grammyrose.org 🐾 (844) 364-5433 🐾 wickyralph.com

All proceeds from ice cream and mini golf benefit our dog rescue

Remember to mark your calendars for the annual **Summer Solstice Craft Show** on Saturday and Sunday, July 8 and 9, at the Wells Junior High School in Wells. 70+ crafters and artists will be represented. Hours are 10 AM to 4 PM on Saturday, and 10 AM to 3 PM on Sunday. FMI contact Rita Poli by calling 207-967-2251, visiting summersolsticecraftshows.com or emailing summersolsticecraftshows@gmail.com.

Casual Waterfront Dining
Featuring Fresh, Local Seafood

Cocktails & sea breezes on the deck

Join us for Lunch & Dinner
Open Daily at 11:30am

A unique dining experience

43 Ocean Avenue, Kennebunkport 207-967-3444

For outdoor, sporty fun, visit Kennebunk Outfitters

by Jo O'Connor

Summer is now is the go mode: locals and tourists alike are out running, biking, walking, fishing, beaching and the like. Ready to get your fit on? Head on over to Kennebunk Outfitters in Lower Village Kennebunk.

The reinvented space on Western Avenue features an expansive array of brands at different price levels including Patagonia, johnnie-O, Carve designs, K-Swiss, Brooks, Hoka, OluKai and Oboz. Its mission is to carry brands that create quality products in an environmentally responsible fashion.

"Trending now is the Hoka brand of footwear. They have perfected sneaker technology to assist all age groups across all activities. In our women's section, check out the Vuori brand – a super soft fabric made for comfort. It's poly/elastane blend," said Charlie Buckley, proprietor.

There is such a great variety of apparel in this

shop. Kennebunk Outfitters carries performance wear including base layers, performance shorts and shirts, running and hiking shoes, tennis and pickleball apparel, socks, hiking accessories and fishing tackle (and they also rent out fishing poles). Ready to hit the beach?

Look for their beach chair rentals (yes, you can buy them too – complete with a carrying strap). Don't forget they sell bathing suits, cover-ups, towels, goggles, snorkels and sunscreen.

The expansive 3,000 square-foot, two-story store was designed with

reclaimed wood, oversized cooper/steel industrial lighting pendants and a rough-hewn barn feel.

Hours are Monday through Friday, 10 AM to 5 PM, Saturdays and Sundays, 10 AM to 4 PM. FMI kennebunkoutfitters.com; 51 Western Avenue, Kennebunk



Mark your calendars: August 11-13 is their annual tent sale with 40-60% of merchandise.

If you are an outdoor enthusiast, this store's for you. Courtesy photo

Port Lobster Co.

Fresh Fish Daily
Lobsters
Lobster Meat
Clams



Lobster Roll w/Chips \$21.99 + tax
(made with our own fresh-picked lobster meat)

Plus: Lobster Meat, Haddock, Salmon, Swordfish, Shrimp, Clam Chowder, Cheddar Biscuits and more!

Beer & Wine Available

Starting June 18: Open Every Day 9-6
122 Ocean Avenue, Kennebunkport
www.portlobster.com • portlob@gwi.net
207-967-2081

It's Maine blueberry season at the holy donut

blueberry glazed
blueberry lemon
blueberry cinnamon sugar
blueberry holy cannoli

the holy donut
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Kitchen Talk

A little of this, a little of that...

Tool of the Week: Gripper Jar Opener

My friend Anne gave me a Kuhn Recon Gripper Jar Opener for my birthday, declaring it's her "favorite kitchen tool." When I used it for the first time, the gripper immediately leapt into my Top Ten.

Designed in Switzerland, the 12x6x2" red and silver tool features "a gripper that moves via ratcheting and holds lids tightly in little metal teeth." Simply put: if you have arthritis or "older" hands, this gripper is a lifesaver. It works for both righties and lefties, and the tops pop off with ease. Available at Amazon and fine culinary shops for under \$30 – and worth every cent!



This Gripper Jar Opener is a lifesaver. Simply attach to lid, turn the handle, and pop goes the top.



Designed in Switzerland and usable for both righties and lefties, this Gripper Jar Opener is available at Amazon and fine culinary shops.

Did you know?

Bechamel sauce is considered one of France's "mother sauces." But wait just one Tuscan minute! Italians claim the original sauce was known as Besciamella and exported to France by Caterina de' Medici. Although recipes for this wonderful concoction date back to the 1600s, most culinary experts agree that the sauce's namesake was the powerful financier, Marquise Louis de Béchamel, a member of King Louis XIV's court. (They also concur that it was likely named in his honor, rather than being invented by him.) Helpful hints for making perfect Bechamel...or Besciamella... sauce:

Use equal amounts of butter and flour (i.e. 4 T. all-purpose-flour and 1/4 cup unsalted butter.)

After melting butter in a small pot with high edges, add the flour all at once (a flour sieve helps avoid lumps). Then add 2 cups of warmed milk to the roux. Stir with whisk. Sauce is ready when it coats the back of a wooden spoon.

Excellent in quiches and gratins to bind ingredients and thicken the dish. Some restaurants use béchamel to give extra body to cream-based soups. It dresses up cooked vegetables, such as broccoli and cauliflower, and is a wonderful alternative to Bolognese sauce in lasagnas.

Earth at Hidden Pond

Culinary reviews for Earth at Hidden Pond pinpoint the positives: "It's a flawless and stunning restaurant" with "simple but innovative farm-to-fork fare," and "definitely an experience, not just a dinner."

Executive Chef Joe Schafer changes the menu seasonally, tapping local sources for the freshest seafood, meat and produce. (He also selects the "pick of the crop" from two on-site organic vegetable gardens.)

Chef Schafer graciously shared his popular recipe for Braised Lamb Shanks.

Braised Lamb Shanks (Serves 2)

Ingredients:
2 lamb shanks
1 carrot, diced
1 onion, diced
2 stalks celery, diced
1/2 cup garlic, whole
2 sprigs rosemary
4 bay leaves
2 cups red wine
2 cups chopped tomatoes
2 tbsp. tomato paste
2 quarts veal stock

Directions:

Pat lamb shanks dry and season generously with salt and pepper.

Place shanks on their side in a pan and cover halfway up with veal stock. Brown until caramelized, then remove meat from pan and drain excess fat.

Add and saute vegetables, garlic, rosemary, bay leaves and tomato paste over medium heat with red wine. Reduce by 2/3. Add chopped tomatoes, bring to a boil and cook down slightly more.

Cover shanks with sauce and place in 300 F degree oven until meat appears to fall off the bone.

Strain vegetable out of braising liquid and reduce until sauce consistency. Use this sauce to baste lamb shanks.

Serve shanks on a bed of creamy polenta and roasted seasonal vegetables.

(Earth at Hidden Pond is located at 354 Goose Rocks Road, Kennebunkport; open year-round; reservations are strongly suggested: 967-6550.)



Tomato and Green Olive Tartare

With local tomatoes coming into their July glory, try this recipe that features the earthy and savory flavor of the French bistro classic, yet it's meat-free, and especially tasty with your favorite cracker or on grilled country bread.

Ingredients:
2 pounds ripe red tomatoes (cored, seeded, finely diced)
3/4 cup green olives (preferably Picholine), pitted and finely chopped
2 tbsp. capers
1 small shallot, finely minced
1/2 cup fresh parsley
6 tbsp. extra-virgin olive oil
1 tbsp sherry vinegar
2 tsp. Tabasco sauce (optional)
Sea salt and freshly ground pepper.

Directions:

In bowl, combine tomatoes, olives, capers, shallot, parsley, olive oil, vinegar and Tabasco. Season to taste with salt / pepper. Using a small ice cream scoop, divide the tartare among four small plates or serve family style, placing tartare on large platter.

Serve with grilled bread or crackers. Bon appetit, buon appetito, enjoy!

So you went to Costco and stocked up on coffee filters??

I tend to over-buy at Costco or BJ's. On my last visit I couldn't resist purchasing several gigantic packages of coffee filters at a "great price." I have enough to last me until 2042. So now what?

I Googled "extra uses for coffee filters." Who knew there were so many ways I could tap my supply:

- Use to clean windows and mirrors or dust the TV.
- Line a colander or sieve when straining liquids.
- Excellent for greasing a baking dish.
- Also, they are great liners for a cookie sheet.
- They act as a wine strainer and help pull silks off corn cobs.
- Use to dry glassware to a sparkle finish.
- Prevent splatter in microwave. (Spread filters beneath pyrex dish when melting butter and let the filter absorb anything that escapes the pyrex.)
- Polish or clean stainless steel appliances.
- Dust the dashboard of your car.
- Remove nail polish.
- Dog owners frequently use a filter as a pooper-scooper.

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



The strawberry bush is always greener on the other side

The most difficult part about picking your own strawberries is determining which will be the last one. But we'll get to that.

Diane – you know, my wife – said I should check my phone to see if Lavigne's was open yet. We had heard that this year's strawberry crop statewide wasn't so hot, what with June's seemingly incessant rain and clouds, so the topic hadn't been on my mind; I wasn't even sure we'd be getting any local berries this summer. So I checked the Facebook page of the Sanford farm where I usually do my picking, and lo! and behold, they would be opening the following day, a Friday, at 6AM.

I awoke at 7. Di asked if I wouldn't be going picking after all, and I said, "Yes, but just not at 6 o'clock." Had my biorhythms been amenable, I would have gone at 6, but such was not the case. Besides, getting there around 7:30 meant that I'd be done a little after 8, making it highly likely that I'd be able to deliver to Peg (Di's mother) her first quart of fresh strawberries of the year. I said highly likely, not a slam dunk, because Peg has the best neighbor on the planet – let's call him Joe, if only because that's his name – who is always doing wonderful things for her, like mowing her lawn or bringing her a quart of strawberries on the first day of picking. You can see where this is going.

I had just purchased a pair of Carhartt work pants at Reny's earlier in the week (my former pair having been torn to the point where disposal was unavoidable), so I slipped them on, put on my old sneakers, a paint-spattered shirt, and my ancient straw cowboy hat, and drove over to Lavigne's with eight faded green card-

board quart baskets and a black plastic nursery tray to hold them.

The joint was hopping; I'd never seen it so busy. There were around 150 people there, standing, squatting, kneeling, crawling, talking, crouching, hunting, picking, waiting in line to weigh their hauls, some singly, some families, some groups of friends, on this rare beautiful early summer morning. I tried something different this time, making my way to a row with a stretch of decidedly scraggly little shrubs. I usually go for the big thick leafy numbers, my fingers foraging through the greenery in search of those rich red rubies, but with so many people there – and with so many having already been there (so the parking attendant told me) – I thought I'd try a location that may have been overlooked.

I had my eight quarts in less than half an hour. They were good looking berries. Were they as good

looking as the berries being picked by my competitors – I mean, fellow pickers? Does that even matter? Of course yes – I mean, no. Aww, who am I kidding? I'm the type of person who, as I neared the strawberry fields that morning, found myself speeding up, convinced that the best looking strawberries had yet to be picked, but they would be if I didn't get there in less time than it would take to get there if I drove the speed limit. I know...I know.

As my quart containers reached their capacity to hold strawberries, I wondered how much more they could hold before spilling over. After all, this would likely be my only day picking luscious fresh strawberries this year, and there was a chance I had yet to find the best berry I could possibly pick. Unless Joe had already picked it. I looked up and down the row; in either direction there were tantalizing glimpses

of red. I shuffled down in one of the directions, doing a Quasimodo as I feverishly plucked one last berry after another, but there was always another because that next one looked so damn good.

And then I found it. Hanging from a little vine alongside a cluster of half a dozen green berries, there it was, a dew-shiny red strawberry glistening in the morning sun, not the largest berry of the day, but the most perfectly proportional, a true illustration of a strawberry, a spirit-lifting June day made edible. *Pluck.*

I drove over to Peg's, where a quart of enormous, gorgeous, mouth-watering



strawberries sat on her stoop. Ahh, Joe.

Back at home, I slid the Last Strawberry out of my breast pocket (where it had been isolated from the herd), rinsed it, examined it, photographed it, appreciated it, and ate it. I froze the bulk of my haul

(nothing like a strawberry daiquiri in September), but did make a strawberry cream pie and a loaf a strawberry bread, both of which were enjoyed by Peg. For that, I'm thankful that Joe has a fulltime job.

dana@touristandtown.com

Model of Positive Living Award

The Center is seeking nominations for its 9th Annual Model of Positive Living Award, an award given to a community member who is 50 or older and makes a difference in the lives of others through kind gestures, volunteerism and a can-do attitude. Visit seniorcenterkennebunk.org, call 967-8514 or email info@seniorcenterkennebunk.org to nominate. The deadline is August 1.



The restorative delights of the Kenyon Hill Preserve

by Dana Pearson

It's an eight-minute drive from downtown Ogunquit, yet feels so remote and wild that it may as well be in an unincorporated territory. At the halfway point of the road running to North Berwick, yet lying in South Berwick, is one of Great Works Regional Land Trust's holdings open to the public for exploring – one of several I had never visited (an oversight I'll be sure to rectify this summer).



A cluster of bluets lends the Kenyon Hill Preserve trail a touch of delicate beauty.

The Kenyon Hill Preserve is a 108-acre parcel located at 110 Ogunquit Road. It popped up on the map I was examining online one day in June; I grabbed my cap and drove just a little over 20 minutes from my home in Kennebunk.

The "parking lot" was empty, and I intentionally used quotes there because, for now, it's just a little area evocative of a WWI no-man's-land. It's rough, and the good people at Great Works know it, because they've just wrapped up crowdsourcing \$10,000 for improvements that will involve removing roots, rocks, and trees, followed by regrading to develop a solid surface to provide eight to 10 parking spaces.

"I'm really excited about that," said Dan Maxton, the trust's community engagement coordinator. "It's on the books

to have someone come and do that parking area, and some trail work, too. It should be completed by the end of the fall."

One reason I chose Kenyon Hill was that it had an easy one-mile loop trail through hilly terrain, which previous visitors had noted took about half an hour to complete. The rules are posted: Stay on marked trails; don't move rocks or branches; no overnight camping, motorized vehicles, smoking or vaping; pets allowed but must be controlled and cleaned up after.

I took the blue blazed trail in a clockwise fashion, birds chirping as I walked among the witch hazel, white oak, white pine, and beech trees,

healthy clumps of bracken and ferns on either side of the mildly undulating trail. At about the halfway point, the trail curved to the right and went uphill by some large granite rocks and through an old stone wall – a relic of an early farmstead.

"That was all old pasture," said Maxton, "and now it's a good mix of hardwoods and softwoods. There's going to be a tree identification walk with a dendrologist coming up this fall." (Keep an eye on the trust's website at gwrlt.org for details.)

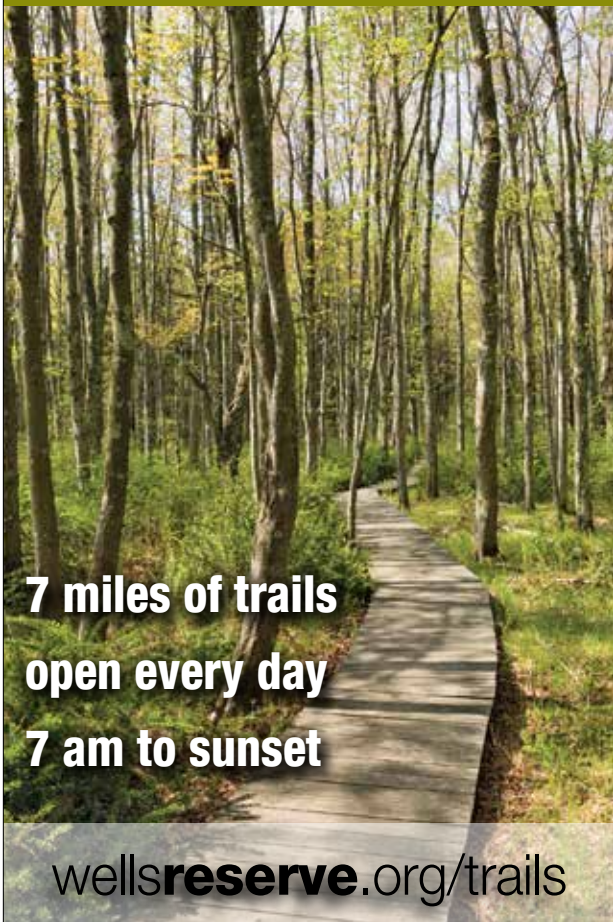
As enjoyable as my walk had been to that point, things got really interesting (geologically speaking) when I ap-

proached an enormous colony of glacially-deposited boulders covered with smooth rock tripe. Shortly afterward, I spied a battleship through the trees, which turned out to be a massive granite ledge – Kenyon Hill (which, as Maxton informed me, was named after a local man who helped the U.S. Geological Survey assess the Tatnic Hills in the 1950s). When I climbed up the hill to peer over the ledge, I was surprised to learn it afforded a nearly 50-foot drop.

"Of all our 20 preserves," said Maxton, "Kenyon Hill is the only spot that has rock climbing on it."

dana@touristandtown.com

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The Kenyon Hill loop trail passes by massive glacial boulders. Photos by Dana Pearson



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A season of workshops and exhibitions is underway at Arundel Farm Gallery

Arundel Farm Gallery kicks off its 2023 season with the lovely oil paintings of artist Paul Noel, on exhibit now. Noel is one of the talented guest artists who will be exhibiting work and leading work-

shops – which include photography, painting and collage – this season.

Arundel Farm Gallery, a seasonal art gallery that sits on 9 acres of beautiful property just over a mile from Dock Square,

Kennebunkport, is open annually, June through mid-October.

The rustic Carriage House Gallery is filled with the work of numerous local artists - work which celebrates nature, folk art and decorative arts. The 1760 (yes, 1760!) Gallery houses several juried shows and solo artist exhibitions each year.

Arundel Farm Gallery might be a bit off the beaten path, but its well worth a visit. Stroll the property for a breath of fresh air, beautiful scenery and a unique collection of original art and fine craft.

Additional information on gallery hours, classes and artists and their work can be found at www.arundelfarmgallery.com or call 561-702-6396.

The gallery is located at 76 Arundel Road in Arundel.



Julie Feingold in a quiet moment at the start of the opening reception to kick off the season at Arundel Farm Gallery. The diverse and delightful show runs from now until October and features local artist Paul Noel. Photo by Rob Coburn



Artist Paul Noel, seen here with one of his paintings in the gallery, is slated to teach an oil painting workshop in September. Photo by Rob Coburn

La Dolce Vita: The sun will come out tomorrow – maybe



Laura Dolce, director of the Kennebunk Kennebunkport and Arundel Chamber of Commerce

RAIN.

I read today that it rained 23 out of 30 days in June. It felt like 30 out of 30, honestly, and I'm over it. If I wanted to move to Seattle I'd be heading to the OTHER Portland.

Frankly, it's hard to feel happy and up when the weather just beats you down every day.

And when you're wearing a heavy sweatshirt in July.

And you have cool new sandals you can't wear because you're still wearing boots.

Here's the deal: We put up with cold, dark winters, muddy springs and short falls just so we can have beautiful Maine summers – and this ain't that.

I feel for the visitors who had a week to enjoy the beach, eat lobsters outdoors and take a boat ride and probably spent the time huddled in their hotel rooms.

But I REALLY feel for our local businesses, some of which are down 60% over last year.

Many of our guests check the weather forecast before making final plans to come or cancel. Day trippers may not leave home if the weather is bad. And so our hotel rooms go empty, our boats stay docked and the usual lines don't form outside our eateries.

So what can we do? Shop and eat local. You know how you locals always think you have to avoid the Port because it's "too crowded," so you

aim for off-season? Good news - the crowds are low, so you can still go!

The sun will come out (tomorrow), so pick up a gift card to a shop, restaurant or attraction that you know you'll enjoy later.

Pray for sun!

On another note...

I now have a 33 year old and a soon to be 27 year old and there are days I can't help but think: How did I get here?

How is it possible to have children this old when most days, in my head, I don't feel much older?

And I get a little overwhelmed just thinking

that I have more days behind me than I do ahead (I clearly don't deal well with death).

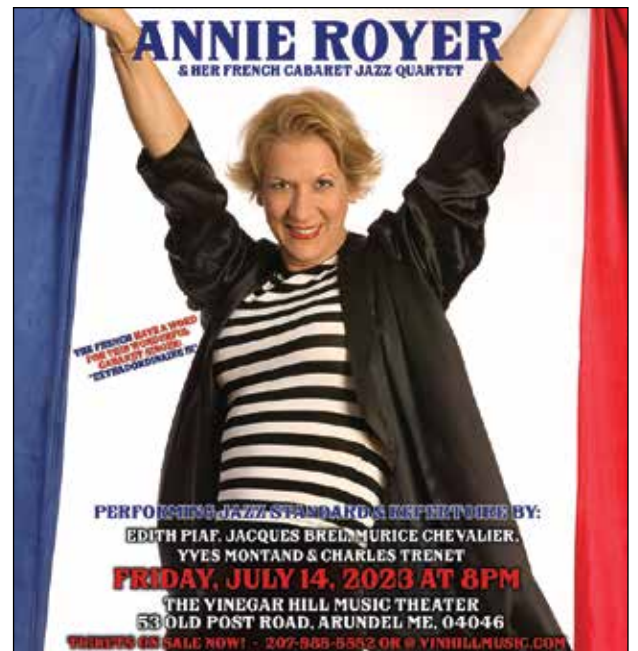
And how, if I'm barely 30 in my own head, are my kids this old?!

But seriously, watching our girls become adults and starting this time in their lives - buying houses, living with partners - has been an amazing new stage.

So happy birthday to Em and almost-birthday to Sarah. You may have turned my hair gray (jk, sort of), but I'm so proud to be your mom. And excited for what's to come.

Now how about a grandchild...?

"Smell the sea, and feel the sky. Let your soul and spirit fly." —Van Morrison



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Darren, -8:00 12/OC
Friday July 7, 1-5 PM: Hall Heist, 5-8
PM: Dan & Darren
Saturday July 8, 1-5 PM: Mo Bounce,
8:30 PM: Diezel
Sunday July 9, 1-5 PM: Trifecta,
8:30 PM: Quiet Riot Act
Monday, July 10: 1-5 PM: Ginna &
Keith, 7-11 PM: Randy & Brad
June 10: 8:30 PM: Tickle
Tuesday July 11: 1-5 PM: Dapper
Trio, 7-11 PM: Faceplant Duo
Wednesday July 12: 1-5 PM: Ben
Lons & Brian Rex Duo, 7-11 PM:
Alex Roy Trio
Thursday July 13: 1-5 PM:
Dan 7 Darren, 8 PM: 12/OC
39 W Grand Ave, Old Orchard Beach
www.thebrunswick.com
934-4873

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Friday, 6 PM: Katherine Mayfield
Saturdays, 6 PM: Katherine Mayfield
Sundays 5 PM: Sweet Serenity w/
Curt Bessette and Jenn Kurtz
220 Clay Hill Road, Cape Neddick
www.clayhillfarm.com
361.2272

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Friday, July 7, 7 PM: Mike & Paul
Friday, July 14, 7 PM: Xander Nelson
Friday, July 21, 7 PM: Mike Mellen
Friday, July 28: Ric Roy
40 Main Street, Biddeford
www.eatcowbell.com
284.2355

Crew OGT

Thursday, July 6, 4:30 PM:
Isaiah Bennett, 8:30 PM: TJ Swan
Friday, July 7, 8:30 PM: Mike Forgette
Saturday, July 8, 8:30 PM:
Ryan Halliburton
Saturday, July 9: 8:30 PM: Lucas Roy
Sunday, July 10, 8:30 PM:
Pete Peterson
Monday, July 11, 8:30 PM:
Maddie Ryan
Tuesday, July 13 4 PM: Maddie Ryan,
8:30 PM: ucas Roy
8 Shore Road, Ogunquit
www.crewogt.com | 216-9236

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July 8, 7:30- 9 PM: Leland Martin
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July 9, 5-7 PM: Jazz Casual Series;
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July 13 6:00-7:30 Paul Howes & The
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July 20 Lisa Mills
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Friday July 7, 6-10, Brazen Cane
Saturday July 8, 5-9 Mike Lewis
Sunday July 9, 1-4 John Demers,
5-9 Mica's Groove Train
Thursday July 13, 7-9
Justin Bethune Solo
US Route 1, York
www.theroughyorkmaine.com
363-1285

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Morley, 9-11, Bill Gearin
Friday July 7, 2-5 Kaia Mac, 8:00-
11 PM Jason Weber
Saturday July 8, 2-5
Beau Dalleo, 8 PM Eric Andrews
Jazz Quintet
Sunday July 9, 12 PM
Amanda Dane, 3 PM Jason Weber,
Thursday July 13, 2-5 Harrison
Goodell, 8 PM Meraki
73 Main Street, Ogunquit, Maine
646-1112 | www.nikanos.com

The Nonantum Resort Latitudes

Thursday July 6, 1-4 Henry Lowery
Thursday July 6, 5-8
KT McCammond
Monday, July 10 5-8 Jim Ciampi
Tuesday July 11, 5-8
Jim O'Neil & Byron Yeatts
Wednesday July 12 5-8
Jim Macisso
Thursday July 13 5-8
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Old Orchard Beach
www.seasidepavilion.org
935-2024

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July 12, 7-9 PM: Three of a Kind
7 Friends Play Good Songs
July 26, 7-9 PM: Katherine Rhoda;
Songs of the Suffragettes
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info@kporths.com
967-2751

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Friday, July 7, 6-9 Andy Macleod
and Paul Chase JR.
Saturday, July 8, 6-9
Magnificent Danger
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www.wildbevy.com
251-8868

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SIMON
Says



Q: In your past column you wrote about doing a walk-thru on a property right before you are closing. That is something that I have never heard of and wonder if you could just give me an overview of what that entails. I am closing on a place next month and could use some information. Thanks Robert

A: On the day of, or the day before the closing, you should take a walk through the house and look at the walls, doors, windows and plumbing fixtures. There are times that damage occurs when the seller is moving out. You will also want to check the operation of the plumbing, electrical and heating systems. Also make sure that all the appliances are working. If any of these inspections come up with a problem you should bring it up at closing. Often dollar adjustments will be made to correct any of those issues. It is always important to check, as things can happen that the seller has no knowledge of, and you want to be sure you are being treated honestly and fairly.

Q: We have a house under contract and will be closing on it in the next few weeks. Our broker has said that it is important that before the closing we go to Town Hall and talk with The Code Enforcement Officer and make sure that there are no issues or problems that we are stepping into. Is that a good idea and is it a usual process? I have bought several houses over the years and have never been told to do this. Just checking as I do not to insult the seller. Marvin

A: Yes, your broker is giving you good and accurate advice. You need to check that there are no issues or problems with the property before you take ownership. There can be issues that the seller is not knowledgeable about so it is not something that should insult the seller. You are just being careful and prudent and making sure that you know everything you can about what you are taking ownership of. It is truly the right thing to do.

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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You hurt my feelings

designer, and her hubby Mark (Arian Moayed), a stage actor. It takes a while to get to the true conflict, but writer-director Holofcener is wise to hold off on it, so that we're able to determine what these characters' relationships are really like.

Some movies feel like they weren't written; it's more like they're being witnessed. Nicole Holofcener's movies are often like that - *Friends With Money* (2006), *Enough Said* (2013) being two examples. Julia Louis-Dreyfus, who co-starred in the latter, co-stars as Beth in Holofcener's new film, *You Hurt My Feelings*, along with Tobias Menzies, who plays her husband, Don. (I've got to say that, after seeing Menzies play the most depraved villain in the TV series *Outlander*, it was a relief to see him as a normal human being.)

We catch glimpses of Beth's and Don's lives in New York - she as a college creative writing teacher and he as a psychiatrist - and those of their son Eliot (Owen Teague), who works in a pot dispensary, and Beth's sister Sarah (Michaela Watkins), an interior

The conflict occurs when Beth and Sarah are walking through the city and see their husbands in a store. They (bringing the audience along with them) slowly sneak up on them, with the intent to surprise them. Unfortunately, as they near the men, they hear Don tell Mark something that absolutely crushes Beth, who retreats from the store with Sarah, undetected.

It takes a while, but when Beth finally confronts her husband with what she heard him say, it opens up an on-and-off-again conversation about the sorts of things loved ones share with each other. Louis-Dreyfus and Menzies display their considerable dramatic acting chops in these scenes that are emotional dynamite, yet peppered with humor - as life often is.

Holofcener is gener-

ous with her supporting characters, giving Eliot, Sarah, and Mark plenty of screen time, presenting them as fully formed people with their own doubts and struggles; they are not there just to give Beth and Don people to talk to. The greatest comedic episodes feature two of Don's patients, a highly dysfunctional married couple (who ought to have a sitcom of their own) played by David Cross and Amber Tamlyn. There are also painfully humorous moments in Beth's writing class, with her students not exactly aware of her memoir that landed Beth the gig.

You Hurt My Feelings addresses a marriage (and other loving relationships) truthfully, in a way that is not even close to being contrived, as they are in too many movies. I'll tell you one thing: I'm definitely never buying my wife another pair of earrings.

dana@touristandtown.com



Tobias Menzies and Julia Louis-Dreyfus co-star in Nicole Holofcener's insightful dramatic comedy, *You Hurt My Feelings*. Photo/A24

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Webhannet Charitable Foundation

"The Rematch"

Sunday, July 16, Webhannet Golf Club, 26 Golf Club Drive, Kennebunk

The gauntlet has been thrown and the amateurs want a rematch against the pros. The date is set!

The Webhannet Charitable Foundation announces this year's fundraising event, set to take place Sunday, July 16 (rain date, July 23). Competitors will shake hands on the first tee for an 18-hole morning match, followed by a second 18-hole match in the afternoon. All bets are on!

The Pros, Kirk and Eric, are playing for the Kennebunk Recovery Initiative, started by Police Chief Bob MacKenzie. This tri-town initiative of Kennebunk, Kennebunkport and Arundel offers a coordinated response to substance use disorder (SUD) and overdose.

The Amateurs, Joe Alvarez and Justin Irish, are teeing off for Kennebunk's A Place to Start, whose mission is to provide hope, help and guidance to families living with Alzheimer's and Dementia.

Please consider pledging for Birdies & Eagles, or to caddie for one of the players. You can rent a golf cart for the day to watch the event or sponsor a hole. You can also sign up to be a Friend of Webhannet. The pledge board and sponsorship forms will be available in the Pro Shop.

Line the fairways for this fun competition and support two important local charities.

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Saltwater Fishing Report – Some hot fishing!

by Captain Greg Metcalf

As the summer of 2023 kicks into high gear, so has the saltwater fishing along the southern Maine coastline. The striped bass fishing from York to Saco Bay has been excellent. There are tons of striped bass from 22 to 27 inches our local waters with more and more keeper and jumbo-sized fish moving in every day. It is shaping up to be one of the best seasons we have enjoyed in quite a while.

Kennebunkport: Saltwater anglers fishing the waters between Kennebunkport and Wells had a great week of fishing. The water temperature finally broke the 60-degree mark and striped bass fishing perked up considerably.

Mackerel can be found from the Kennebunk #1 bell buoy to the shoreline of Saint Ann's church and along Ocean Avenue, as well as a few offshore spots a few miles out. Fishing aboard the *Striper Swiper* this week was really good. Anglers aboard my boat enjoyed some hot fishing this week with sized fish from 24-inches to the 43-inches.

Wells, Ogunquit: Brandy from Webhannet River Bait and Tackle told me striped fishing has been fantastic. There are plenty of fish along the beaches from Moody to Parsons. The Webhannet and Mousam Rivers have been extremely productive. Live bait fishing with

live mackerel and chunks of fresh has been the most productive method. The offshore haddock bite is also excellent.

York: Captain Phil Breton Charters reported fishing has been red hot to steady in every spot from Wells to York. They are mostly school-sized fish, but Captain Phil is still catching an average of one to two keepers per trip.

There are some jumbo-sized stripers swimming around near Long Sands beach in York but they have been hard to hook. Mackerel have been hard to find on the inshore grounds but are plentiful three to five miles offshore

Goose Rocks Beach: Captain Dave Rand told me fishing at Goose Rocks Beach improved this week. Chunk mackerel was the bait of choice. There are not many big fish but plenty of sub legal stripers. The water is crystal clear along the beach and you can see the fish cruising. Cape Porpoise was also starting to produce up on the flats at higher tides.

Saco River and Saco



Gary LaPierre of Westbrook caught this beautiful 43-inch striper aboard the *Striper Swiper* on June 20th

Bay: Captain Cal Robinson of Saco Bay Guide Service told me the most consistent striper fishing is still in the Saco River. The bigger fish have moved outside along the Old

Orchard beachfront, Biddeford Pool and the rocky shoreline outcroppings. Mackerel fishing has been very good at the mouth of river and around the Saco Bay islands.

"Although my time so far with special surfers has been short, my experience has been nothing short of incredible! Being a part of a community and team that works so passionately to provide a positive and fun experience for the participants is truly heart warming. My first event was in June, and I'm more than certain there will be many more in my future. With so many ways to contribute such as getting in the water, helping with check-in, or being a part of the events safety-care team, there is certainly a way for everyone to be involved and make a significant impact in the participants' lives, as well as their families."
~ Caroline Ross, age 21, Kennebunkport

TIDE CHART July 5 – July 19

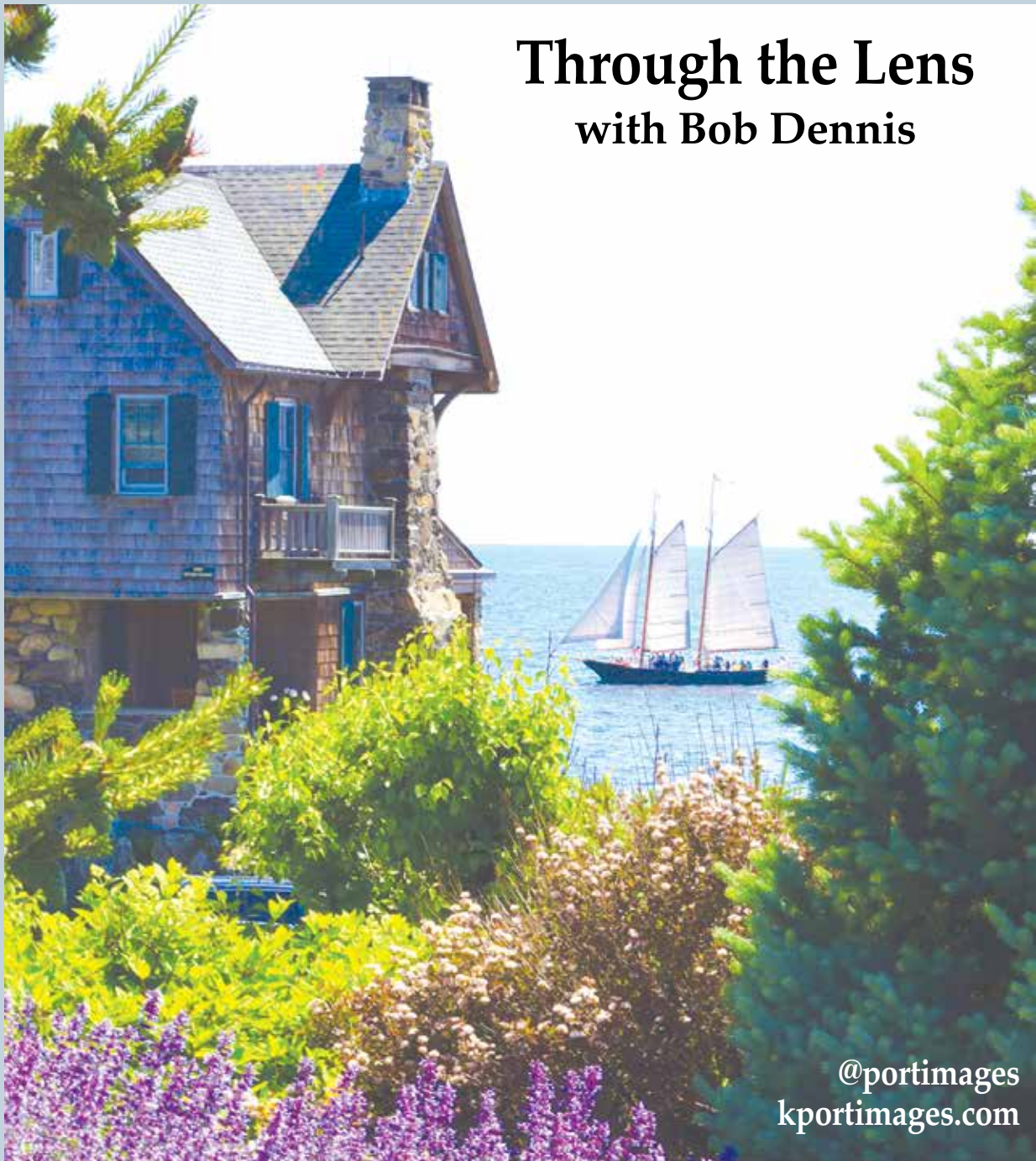
Wednesday, July 5 High 12:43 AM...10.96 Low 07:10 AM...-1.09 High 01:30 PM...9.29 Low 07:20 PM...0.05 Sunrise: 5:07 AM Sunset: 8:25 PM	Last Qtr: 9:49 PM	Saturday, July 15 Low 04:24 AM...0.32 High 10:38 AM...8.07 Low 04:23 PM...1.5 High 10:42 PM...9.46 Sunrise: 5:15 AM Sunset: 8:21 PM
Thursday, July 6 High 01:39 AM...10.95 Low 08:03 AM...-1.11 High 02:24 PM...9.49 Low 08:17 PM...-0.01 Sunrise: 5:08 AM Sunset: 8:25 PM	Tuesday, July 11 Low 12:25 AM...0.38 High 06:37 AM...8.82 Low 12:41 PM...0.59 High 07:07 PM...9.67 Sunrise: 5:11 AM Sunset: 8:23 PM	Sunday, July 16 Low 05:13 AM...0.27 High 11:26 AM...8.11 Low 05:10 PM...1.48 High 11:27 PM...9.47 Sunrise: 5:16 AM Sunset: 8:20 PM
Friday, July 7 High 02:35 AM...10.75 Low 08:56 AM...-0.96 High 03:19 PM...9.64 Low 09:15 PM...0.02 Sunrise: 5:09 AM Sunset: 8:25 PM	Wednesday, July 12 Low 01:30 AM...0.43 High 07:42 AM...8.42 Low 01:40 PM...0.98 High 08:05 PM...9.58 Sunrise: 5:12 AM Sunset: 8:23 PM	Monday, July 17 Low 05:57 AM...0.24 High 12:09 PM...8.17 Low 05:53 PM...1.42 Sunrise: 5:16 AM Sunset: 8:20 PM New Moon: 2:33 PM
Saturday, July 8 High 03:33 AM...10.37 Low 09:50 AM...-0.68 High 04:15 PM...9.74 Low 10:16 PM...0.14 Sunrise: 5:09 AM Sunset: 8:24 PM	Thursday, July 13 Low 02:32 AM...0.43 High 08:45 AM...8.18 Low 02:37 PM...1.27 High 09:00 PM...9.51 Sunrise: 5:13 AM Sunset: 8:22 PM	Tuesday, July 18 High 12:09 AM...9.48 Low 06:37 AM...0.25 High 12:49 PM...8.22 Low 06:34 PM...1.35 Sunrise: 5:17 AM Sunset: 8:19 PM
Sunday, July 9 High 04:33 AM...9.87 Low 10:46 AM...-0.29 High 05:12 PM...9.77 Low 11:20 PM...0.28 Sunrise: 5:10 AM Sunset: 8:24 PM	Friday, July 14 Low 03:31 AM...0.38 High 09:44 AM...8.08 Low 03:32 PM...1.44 High 09:53 PM...9.47 Sunrise: 5:14 AM Sunset: 8:22 PM	Wednesday, July 19 High 12:49 AM...9.47 Low 07:15 AM...0.28 High 01:27 PM...8.28 Low 07:14 PM...1.31 Sunrise: 5:18 AM Sunset: 8:18 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.

COASTAL JEWELERS

NOT ALL WHO WANDER ARE LOST.

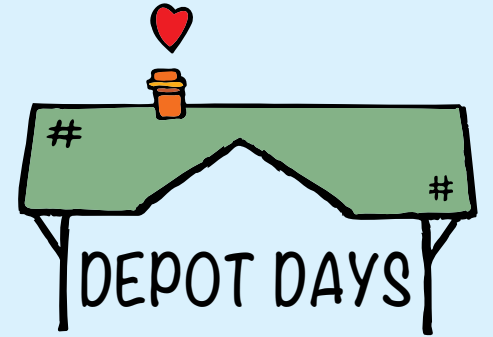
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Through the Lens with Bob Dennis

@portimages
kportimages.com

This is a photo from one of the infrequent days of sunshine we've had during this unusually damp and dreary summer. Taken on the afternoon of Thursday, June 22, it shows two local icons coming together under blue skies and with colorful purple florals. The Schooner Eleanor has been offering sailing trips in local waters since 1999. Built in 1915, the distinctive Stone House is one of the most photographed seaside cottages in Maine. I'm gratified that this photo was awarded special recognition by the Nautical Images group on Instagram.



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Our mission at *Tourist & Town* is to showcase and champion local businesses. Our Depot Days were founded on that same mission.

Depot Days take place on the lawn of the Kennebunk train depot – aka *Tourist & Town* headquarters – throughout the summer season (and into early fall).

As we prepare to kick off Depot Days 2023, **we would like to extend an open invitation to local makers and emerging businesses to join us!**

NO CHARGE
to participate this summer!

To inquire about setting up shop at one of our Depot Days this summer, email touristandtown@gmail.com. Bookings will be confirmed on a first come, first served basis and will be confirmed via email.

We hope you will join us. We are here for YOU!

Follow us on Facebook and Instagram and visit our online edition for the schedule of upcoming vendors!

ACROSS

- 1 Bob or bun
- 7 Greek god of desire
- 11 First of the five W's
- 14 Commotion
- 15 Kitten's cry
- 16 Payment promise
- 17 Low-growing plants
- 19 Snack mix morsel
- 20 Herbal tea flavor
- 21 Enjoy a home-cooked dinner, say
- 22 Disorganized jumble
- 23 Ernie who won two U.S. Opens
- 24 Curie who won two Nobel Prizes
- 25 Zap with a focused beam
- 26 Hornet's cousin
- 29 Baby that hoots
- 32 Initial development
- 33 Life-altering line at the altar
- 34 ___ benefit (perk)
- 36 "You're way off base!"
- 38 Close friend, in slang
- 39 "Steal This Book" author Hoffman
- 43 "No more, thanks"
- 44 Riveting
- 47 "Not guilty," say

- 48 Gunky buildup
 - 49 Avocado toast topper
 - 52 Switch companion
 - 53 Canine companion
 - 54 Purple boba flavor
 - 55 End of UNICEF's URL
 - 56 Some helpers on the Hill
 - 58 To the ___ degree
 - 59 Pre-owned
 - 60 Flight to sleep on
 - 61 "All the News That's Fit to Print" paper, briefly
 - 62 Workplace bigwig
 - 63 Thinly populated
- DOWN**
- 1 Candy heart message to embrace?
 - 2 Black Women's History Month
 - 3 Golfers' alternatives to woods
 - 4 Major defeat
 - 5 Castellaneta of "The Simpsons"
 - 6 Grueling experience
 - 7 Joy or jealousy
 - 8 Yelp blurbs
 - 9 Wilson of "Zoolander"
 - 10 Camera type, briefly

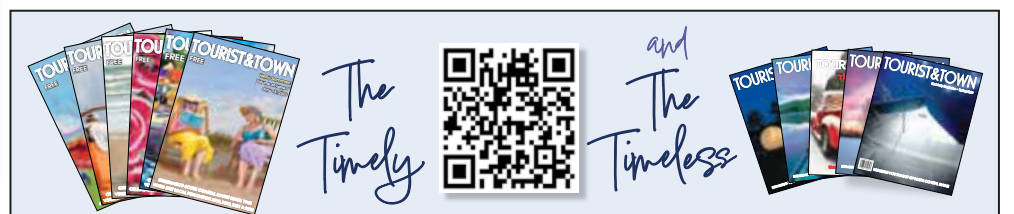
- 11 Bacchanalia
- 12 Casino's advantage over bettors
- 13 Ways of escaping
- 18 Monte ___
- 22 PC alternative
- 24 Annual Manhattan celebrity fundraiser
- 25 Barracks toilet
- 26 It's spent in Sapporo
- 27 Yom Kippur observer
- 28 Play, as a horn
- 29 Trade-___ (concessions)
- 30 End-of-filming shindig
- 31 Center of attention
- 35 Draw away from shore
- 37 Texter's "Holy moly!"

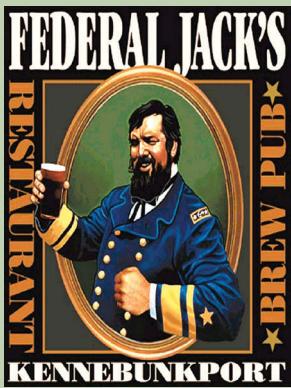
- 40 They "get away" in fish stories
- 41 Beginnings of progress
- 42 Formal decree
- 45 Do-over, in badminton
- 46 "She has all my love"
- 49 Champing at the bit
- 50 "Anatomy"
- 51 "Check it out for yourself!"
- 52 Beethoven's German birthplace
- 53 Washington, D.C. : dollar :: Mexico City : ___
- 54 Cry made with a flourish
- 56 Teaching temp
- 57 Word before "rally" or "talk"

Bookends by Alex Eaton-Salners

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Universal Crossword
Solution on page 20 (no peeking)





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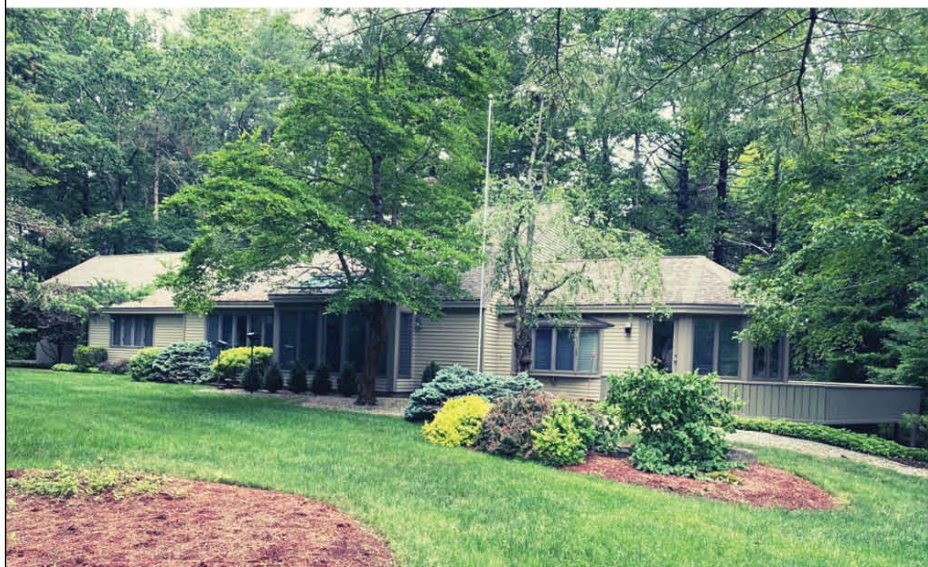


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