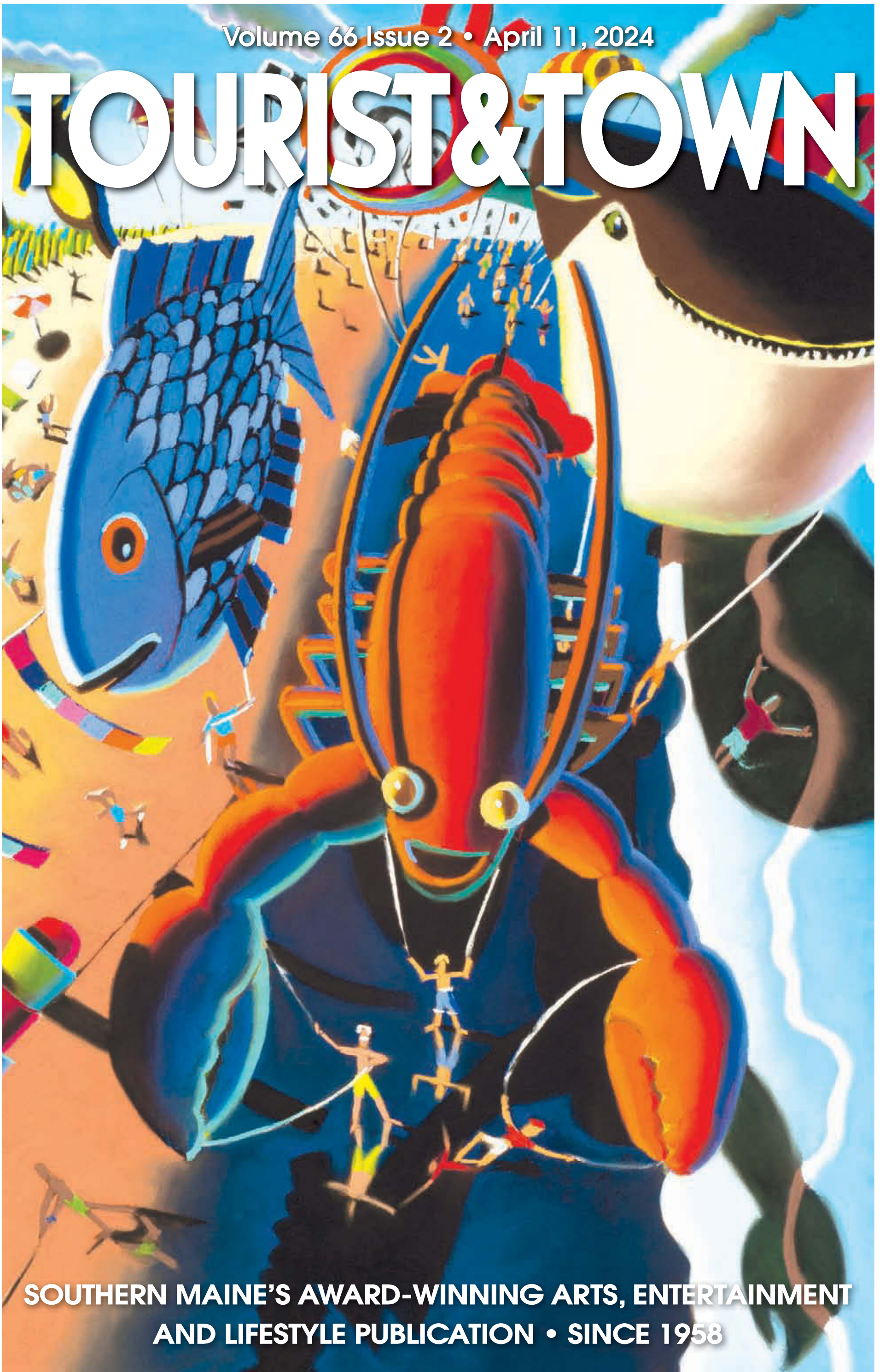


Volume 66 Issue 2 • April 11, 2024

TOURIST & TOWN



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TOURIST & TOWN

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Faith Gillman has written for a number of Maine publications and is happiest when she can share the stories of the people and places that make Maine the best place to be. faith@touristandtown.com



Steve Hrehovcik has been with Tourist & Town (formerly Tourist News) since 2006. Steve's book *Rebel Without A Clue: A Way-Off Broadway Memoir* can be found at kennebunkartstudio.com.



Val Marier has been a "from-away local" for 40 years now and is still discovering new places and people to write about. As a freelance travel writer, Val roamed the world, but now is quite content in the Pine Tree state. Check out her blog *Wandering With Val* at wanderingwithval.com.



Kathy Oberman Tracy is a classically trained chef. She worked with Martha Stewart as TV Producer and Food Stylist and was a private chef and caterer for the late Paul Newman and Joanne Woodward. In her "free" time Kathy is a mom and races sailing yachts.



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



Dana Pearson of Kennebunk is a writer, gardener, and host of the monthly concert series Mid-Week Music (FMI, check out its Facebook page). His books can be found at amazon.com/author/danapearson



2024 Publishing Schedule

Tourist & Town: The Newspaper

Issue Date	Special Focus/Content	Ads/PR Due
Thursday, March 28	2024 Kickoff Issue/A Look Ahead	Wednesday, March 20
Thursday, April 11		Wednesday, April 3
Thursday, April 25		Wednesday, April 17
Thursday, May 9	Mother's Day	Wednesday, May 1
Thursday, May 23	The Memorial Day Issue	Wednesday, May 15
Thursday, June 6	Father's Day	Wednesday, May 29
Thursday, June 20	Summer Preview/July 4th Preview	Wednesday, June 12
Thursday, July 4*		Wednesday, June 26
Thursday, July 11		Wednesday, July 3
Thursday, July 18		Wednesday, July 10
Thursday, July 25		Wednesday, July 17
Thursday, August 1		Wednesday, July 24
Thursday, August 8		Wednesday, July 31
Thursday, August 15		Wednesday, August 7
Thursday, August 22		Wednesday, August 14
Thursday, August 29	The Labor Day Issue	Wednesday, August 21
Thursday, September 12		Wednesday, September 4
Thursday, September 26		Wednesday, September 18
Thursday, October 10	The Columbus Day Issue	Wednesday, October 2
Thursday, October 24		Wednesday, October 16
Thursday, November 7		Wednesday, October 30
Thursday, November 21**	The Prelude Issue	Wednesday, November 13

* Summer weeklies begin
**Final Issue of 2024

Tourist & Town: The Magazine
Spring/Summer & Fall/Winter
Spring/Summer Deadline: April 20



If you are finding us tucked into the *Maine Sunday Telegram* today, it's thanks to our ongoing partnership with the *Portland Press Herald*. In addition to our local distribution to hundreds of drop sites throughout York County, *Tourist & Town* is inserted into the *Maine Sunday Telegram*. If this is your first time reading our publication, now in its 66th year, we hope you enjoy it.



Publisher's Note: Time to downshift

April 11 Just when you think spring has 2024 arrived, winter returns.

We got a tantalizing little nibble of spring recently – and I responded as many of us did, pulling out my warm weather clothes, pumping up my bicycle tires and dusting off the deck furniture (which of course sat out all winter). If I owned a kite, I would have dusted that off too. April is National Kite Month, after all.

In grade school physics, I learned that the momentum of something will continue as long as it's left alone. Our springtime momentum also would have continued – had it only been left alone.

But, we live in Maine.

And winter isn't done with us quite yet.

Yes, right as I was starting to kick into seriously high springtime gear, winter was busy making other plans – and now it's time to downshift.

The good news is, this seasonal change of course is sure to be short-lived. Spring will return – and to stay this time.

(I just wish I could put tiny snow jackets on all the daffodils and crocuses out there.)



Happy spring everyone. Yes, it IS spring.

Kingsley
Kingsley Gallup
Publisher

➔ NEXT ISSUE: APRIL 25 ➔

On the Cover: Go Fly a Kite by Wade Zahares

Wade Zahares, whose wonderful *Go Fly a Kite* (pastel, 20" x 24") graces this issue's cover, creates art noted for its strong lines, bold colors and dazzling perspectives. Since graduating from the Maryland Institute, College of Art, Wade has been a full-time, professional artist. He got his start doing corporate commissions; his captivating pastel paintings have been commissioned by Boston Duck Tours, Bank of America, McDonald's, HBO, Cinemax, Family Circle and Sesame Street magazines. His work is also in the permanent collection of the DeCordova Museum and Addison Museum of American Art. In addition to his *New York Times* Best Illustrated Book *Window Music*, Wade has illustrated a number of critically-acclaimed picture books. He is currently working on his 9th picture book *Wonders of the World* (Little Brown Publishing, due out in 2025).

www.zahares.com



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April is National Kite Month: Go fly a kite!

For kite lovers, April is the perfect month to let your kites fly. April is National Kite Month, organized by the American Kitefliers Association as a time to celebrate this beloved pastime.

According to the American Kitefliers Association, April was chosen as National Kite Month because April, the first full month of spring, is a time of hope and joyful anticipation. It's a time when we are more than ready to get outdoors and have start having some fun. It's also a time when kite fliers pull out their kites and get ready for flying season.

Are you ready for some kite flying fun? FMI about National Kite Month and the American Kitefliers Association, visit www.kite.org.

And April is just the beginning...

Feel like a road trip? And a colorful thrill? Head to the awe-inspiring, annual Newport Kite Festival, to be held July 13 and 14 this year at Brenton Point State Park in Newport, Rhode Island. It's a weekend of food, fun and fabulous kites. You can't go wrong! FMI visit www.newportkitefestival.com.

On the local front, it's the annual Capriccio Festival of Kites, which will take place Saturday, September 7, at Ogunquit Beach.



Capriccio Festival of Kites. Courtesy photo



Calling all amateur pie bakers!

The Great Ogunquit Pie Bake-Off, which celebrates the Ogunquit Playhouse's production of the Broadway hit *Waitress*, is a once-in-a-lifetime opportunity to prove that you are The Best Pie Baker. Like Jenna (in *Waitress*), do you have what it takes to win the Bake-Off?

The Tasting/Judging Party will take place Saturday, May 4, from 3-5 PM at the Ogunquit Playhouse, with ice cream, cooking demonstrations and the judging of the pies. The winners will be chosen by the public and an esteemed panel of judges based on taste, presentation and creativity.

There are two categories - Adult Bakers and



It's the Great Ogunquit Pie Bake-Off!

Kids 17 and Under. Entrants must submit their recipe, an image of their pie and a 300-word (max) essay on "Why You Qualify?" to <https://forms.gle/me1NZJL16VRn25Zr5>. This is an amateur-only event. Applications will be open until midnight on Monday, April 15. Five finalists per category will be notified by Tuesday, April 23, and will showcase their pies at the May 4 event (entrants must attend), with samples available for 50. The winner will be announced at 5 PM.

Prizes include a commemorative pie pan, 4 tickets to *Waitress*, a signed poster, Playhouse merchandise and more. FMI contests@ogunquitplayhouse.org.

"Capture Culture" photography contest underway

The annual Brick Store Museum Photography Contest, whose motto is "Capture Culture," is open for submissions through Wednesday, May 15. Amateur photographers are invited to participate in the documenting of our world in the 21st Century. Photographs can be entered in one of five categories: Kennebunk, Travel, Nature, Abstract or Youth (12 and under). Winners will be selected from each category. Applicants may submit a maximum of three entries, which will appear on the museum's website. Winning photographs, including "Visitor's Choice," will be displayed in the museum's Patsy Bauman Contemporary Gallery this summer. FMI and for rules, visit <https://brickstoremuseum.org/engagement/bsmphotocontest/> or call 985-4802.



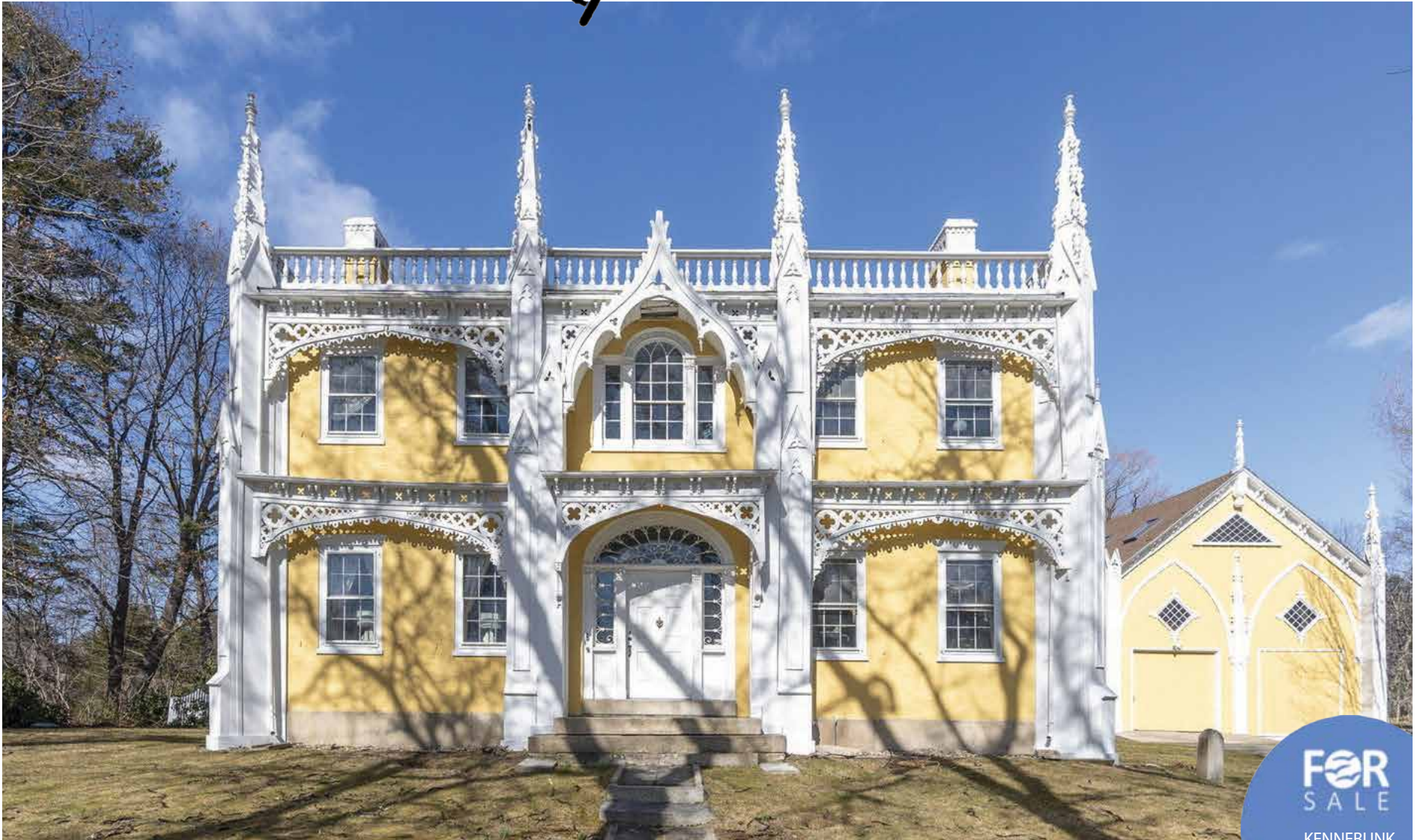
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Maine & Vine relocates to Ocean Avenue: Lani Dietz welcomes novices and connoisseurs to her amply-stocked wine cellar

by Valerie Marier

Walking into Maine & Vine on Ocean Avenue, Kennebunkport,

customers discover an inviting display of reds and whites, roses and Rieslings, champagnes

and sparkling vintages. Barely three months after moving from her original shop on Western Av-

enue, owner Lani Dietz has created an amply stocked wine cellar with more than 2000 bottles, including a rare 2017 Petrus Merlot with a \$3000 price tag. ("It's an investment - it'll never go bad!")

Possessing the savvy of a seasoned sommelier and a welcoming smile, Dietz enjoys helping customers "find the perfect wine, whether it's for a simple dinner at home or a special party with friends. I have okayed every wine on my shelves and I'm constantly adding to my stock." Dietz decorated her sunny shop with vintage post-

ers and antique maps from around the world which steer customers to their favorite New Zealand chardonnay, Napa Valley pinot noir or Tuscan chianti.

Dietz admitted she "sells more reds than whites, and more screw tops than corked bottles because screw tops have no spoilage. With corks, there can be 3 to 5%. Plus, that's no longer a 'quality issue.' Easy-off tops are not only convenient, the wine remains perfect." Dietz also offers 10% discounts on cases. "I can put together a mixed case of six reds and six whites for under \$200. It's a great way to sample different wines."

She is no novice in the hospitality business. At 15, Lani started host-

essing at Alissons, later bartending at the Pilot House. After graduating from the University of Maine Orono, she moved to southern California and worked at a wine bar where she "tasted and learned first-hand about wines from the owner." She then spent 10 years bartending in Boston, "almost always at a wine bar. But the late hours were exhausting. I started dreaming about having my own shop."

In 2019, she learned that Kennebunkport's Down East Wine Imports was closing and decided to return home to open a business. "That location on Western Avenue was great but I was renting," she said. "When I heard this building on

-continued on next page



Maine & Vine has a new, well-stocked home in Kennebunkport. Photo by Bob Dennis

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Owner Lani Dietz has decorated her shop with vintage posters and maps which steer customers to their favorite varieties from around the world. Photo by Bob Dennis

Maine & Vine's free wine tastings will take place every Thursday, from 4-6 PM, starting after Memorial Day.



Main & Vine co-hosts the popular "Wine On-Line" - an hour of tasting, information and trivia, held via Zoom. Sponsored by the Graves Public Library in Kennebunkport, and with co-host Betsy Ross of Wine House on Main, the next Wine On-Line event will take place Thursday, April 18, at 5:30 PM. Call 967-2778 to be added to the Zoom list.

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Ogunquit Performing Arts' Classic Film Series is underway - next up is Chicago

This popular film series, which features two classic films per month at the Dunaway Center at 23 School Street in Ogunquit. The films are shown on Sundays at 2 PM. Next up is *Chicago*, starring Renee Zellweger, Catherine Zeta-Jones, Richard Gere and Queen Latifah. This is a jazzy musical about two actresses who find themselves on death row together, fighting for the fame that will keep them from the gallows in 1920s Chicago. *Chicago* explores the themes of celebrity, scandal, and corruption in Chicago during the Jazz Age. The film is based on the 1975 Broadway musical of the same name, which ran for 936 performances. Admission is free. Parking and popcorn available. FMI visit ogunquitperformingarts.org.

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by *Agatha Christie* adapted by Leslie Darbon

Ocean Avenue was for sale, I was immediately tempted. It's bigger, the parking situation is better, and I was able to co-purchase this with the owner of La La Luna next door."

When not attending board meetings at Kennebunkport's Graves Library, Lani spends her free time studying for her Wine & Spirit Education diploma from the Commonwealth Wine School in Boston. "I'm learning about farming, chemistry and the business aspect of selling wines." She enjoys sharing this knowledge with customers, but added a caveat: "You really need to drink wine to know what you like."

This summer Lani plans to have free wine tastings on Thursday afternoons, from 4 to 6, starting after Memorial Day. "We usually have 10 to 15 people and offer a red, a white and a sparkling wine. I'll post notices on my website and Instagram and look forward to seeing locals and visitors."

These tastings are fun, educational and sociable because, as Lani says on her website: "The best conversations are found

around a glass of wine."

Maine & Vine is located at 45 Ocean Avenue in Kennebunkport. Hours are 12-6 PM, Tuesday through Sun-

day. After Memorial Day, hours are 11-7 PM, Wednesday through Saturday, and 12-6 PM, Sunday through Tuesday. FMI call 967-9171 or visit maineandvine.com



"There are no silly questions in a wine store," owner Lani Dietz says. "I want my customers to feel comfortable and I'm happy to help them learn more about wine." Photo by Bob Dennis



In addition to more than 2000 bottles, Maine & Vine sells craft beers (including Bissell Brothers and Belleflower Brewery), gourmet cheese and cigars. Photo by Bob Dennis

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For more information about jurying contact: Judith Kinsman Arneson, Membership Chairperson 207-229-9659

Applications can be found on the website at www.artguildofthekennebunks.com or by scanning the QR code

All media are accepted to be juried into the Guild; including oil, watercolor, pastel, pen and ink, pencil, and mixed media.

Wood carvings, sculpture, found art and specialty art are also accepted. The guild sponsors several exhibition each year including a special awards show in August. It offers opportunities to present artwork for sale and to participate in programs, workshops and events presented to members throughout the year.



Art Guild of the Kennebunks



Nordic Walking Program enhances health and well-being

by Jo O'Connor

As a category, exercise in all forms tends to rank high on the trends list on a regular basis. Nordic walking is now way up on the list. It's a low-impact exercise regimen that utilizes specially designed poles, to enhance physical fitness and overall well-being.

In a bid to promote active and healthy lifestyles in the area, the Kennebunkport Recreation Department has partnered with Katie Palano, a Clinical Specialist in Neurologic Physical Therapy and a board member for the Friends of Hope Woods Cemetery & Woods, to launch a pioneering Nordic Walking program for free.

Originating in Finland in the 1930s, Nordic Walking has gained popularity worldwide for its numerous health advantages. Unlike regular walking, which primarily engages the lower body muscles, Nordic Walking incorporates the use of poles to engage the upper body resulting in a full-body

workout. This unique combination strengthens muscles, improves cardiovascular health, and enhances balance and coordination.

"We are thrilled to introduce Nordic Walking to our residents as part of our ongoing efforts to promote healthy living. This program offers a fun and effective way for people of all ages and fitness levels to stay active and reap the benefits of physical activity," said Andy Caswell, Program Coordinator for Kennebunkport Recreation Department.

According to Caswell, one of the primary reasons Nordic Walking holds particular importance for an aging population is its ability to mitigate the effects of age-related decline in muscle strength and bone density. As individuals age, they often experience reduced muscle mass and bone density, leading to increased risk of falls and fractures. Nordic Walking, with its emphasis on strengthening both upper and lower body muscles,

offers a practical solution to combat these issues, helping older adults maintain mobility and independence.

Kennebunkport Recreation Department has also partnered with Toronto, Canada-based Urban Polling, an award-winning company who have generously donated poles to the town for newcomers, who have never tried Nordic Walking before.

The Nordic Walking program offered by Kennebunkport Recreation will feature instructional sessions led by certified instructors, providing participants with the necessary skills and techniques to maximize the benefits of this exercise modality. They are hosting an Open House on April 22 and from 9 AM to 10:30 AM at Hope Woods,



Nordic Walking continues to grow in popularity as a low-impact exercise regimen. Photo courtesy of Urban Polling

where people can stop by and learn about Nordic Walking and try out the poles. Additionally, group walks will be or-

ganized to foster a sense of community and camaraderie among participants. These group walks will happen on Mondays

(except for the Memorial Day holiday) with the first one starting on April 29 through July 1. There is no charge for this program.

York County Audubon presents "Maine's Champion Big Trees" with Jan Santerre

The 2020 edition of the Maine Register of Big Trees lists 146 champion trees located throughout the state. York County Audubon's upcoming presentation "Maine's Champion Big Trees" offers an opportunity to learn about these trees and how they and other big trees play a significant role in our environment. State champion big trees capture people's imagination for their size and strength, but there is more to a champion than just its size. These trees are symbols of all the good work trees do for the quality of the environment and our quality of life. Presenter Jan Santerre is the Project Canopy director for the Maine Forest Service where she focuses on all aspects of program management. Project Canopy is a federally funded program in support of urban forestry programming in Maine's municipalities. Santerre has managed the Maine Register of Big Trees for more than 20 years.

This program, to be held in the Mather Auditorium at the Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, is free and open to all ages. No registration is required. It will also be live-streamed via Zoom. To view it via Zoom, you'll need to register in advance at www.yorkcountyaudubon.org.



Photo left: Presenter Jan Santerre. Photo above: Santerre with the former state and national champion yellow birch in Deer Isle. Courtesy photos

Birds, bees, bugs, bats and blossoms: Celebrating Earth Day

Come celebrate Earth Day '24 in Kennebunk on Sunday, April 21, in and out of doors at First Parish Unitarian Universalist Church, Hope Cemetery and Hope Woods. Native plants will be the topic of the morning sermon at 10 AM by Shawn Jalbert of Native Haunts in Alfred. Mingle with naturalists and nature lovers during the early afternoon, with vegan wraps at 11:30 AM and outdoor activities 12 to 2 PM. Join Gordon Collins for an ecologist's view of Hope Woods or a bird walk and talk with Bill Grabin and Kathy Donahue of York County Audubon. Reserve a spot for the Hope Woods tour or bird walk at someplaneteeers@yahoo.com. Native Plant advocates and educators will also be on hand to discuss native plantings from those in your backyard to public spaces, even roadsides. All are welcome to this celebration of Earth Day and spring! This event is sponsored by the Planeteeers of Southern Maine, First Parish Unitarian Universalist Church and York County Audubon.

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Orange you glad I didn't say banana?

To say that making fresh orange juice is labor intensive would be...well, accurate. First, you have to separate the juice from the orange. And then you have to drink it.

Perhaps I've oversimplified the process.

OK. First, you have to live in or move to a clime where the planting of an orange seed would not be futile. Plant the seed. Wait seven to 15 years until —

Fine. I'll present a more measured, realistic approach.

What I've done is take four or five large navel oranges, slice them in half, press the business ends into the Citrus Juicer attachment on our KitchenAid mixer, and watch in amazement as the bowl underneath slowly — and I mean *slowly* — fills up with orange juice. It's not quite the stunningly high ratio of sap to maple syrup, but it's still remarkable. And it's messy. Which is why freshly squeezed orange juice is a rarity in our household.

For several years, we made it regularly. We got into it bigtime after having enjoyed the best orange juice in our lives, served to us from a streetside stand in — hold it. No. I'm not going to do that. I was about

to identify the city where we had it, but that would just be name-dropping, an obvious case of Look Where We've Been. The point is that we had a memorable experience watching someone grind up a bunch of oranges for us, not that it happened in a stunningly beautiful European city. Oh god. C'mon. Why did I do that? It doesn't matter that it was in Europe. That's irrelevant. Forget I even said it was in Europe. It doesn't matter that it happened in a European city so stunningly beautiful that if you were to tell me I had to move there, I'd say fine, I don't even need to pack, let's go now.

So. What was I talking about? Right. Orange juice. Yes. There was this stand on wheels, and it contained a large juicer, and it was housed in a clear glass box so that we could watch the oranges (which weren't orange, but mostly yellow) be fed into the grinder in their entirety and turned into a smooth pulpy juice. We paid several euros for that tasty citrus concoction, which tells you that we weren't in Bulgaria, Poland, Romania, Sweden, Hungary, Denmark, the Czech Republic, Croatia, Switzerland, Norway, England, Scotland, Northern Ireland, or Wales — not

that that matters. Seriously. I mean, who cares if we bought that remarkably delicious freshly squeezed orange juice in a country that ceased using its traditional monetary unit of the guilder in 2002? Anyone?

Besides being freshly squeezed, that tasty orange juice in the euro-using nation also was remarkable in that it was not refrigerated. If there's one thing I've learned, it's this: cold beverages can numb the taste buds and make flavors less intense, whereas lukewarm beverages can open them up and intensify flavors. (Which is why pretty much any beer tastes good when served cold.)

I mentioned that we had fresh-squeezed OJ at home regularly for several years. That has tapered off such that it happens now only on special occasions, like when we receive our quarterly 401K statements. Lately, though, we've im-

proved the flavor of our regular orange juice by emulating the OJ vendor in that magical city that needn't be mentioned because then I'd come off like an obnoxious tool bragging about one of his fabulous vacations, even though, by way of explanation, it would only be to provide some color to the story of how we discovered the best orange juice we've ever had. Nonetheless, I'll stick to the essentials and not be distracted by memories of the picturesque canals and St. Martin's Cathedral and — nope. I said I wouldn't go there.

The way we've improved the flavor of our OJ is to pour it in advance and let it achieve room temperature so that it can be fully embraced and worshipped by our taste buds. And so it has. Just like it did in Utrecht. *Dammit!*

dana@touristandtown.com

"Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer."

~ from An Opinionated Gardener by Geoffrey B. Charlesworth

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Celebrate Earth Day with Land Trust organizations

On Tuesday, April 16, from 5:30 to 8 PM, the Kennebunkport Conservation Trust, Kennebunk Land Trust and Arundel Conservation Trust will present an Interactive Climate Policy Workshop at the Graves Memorial Library in Kennebunkport. Peter Dugas, EN-ROADS Climate Ambassador, and Leia Lowrey of The Climate Initiative will present this workshop on climate policy. FMI visit kennebunklandtrust.org/2024-land-trust-climate-simulator-presentation. Or reach out to the Graves Library at 207-967-2778.

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For more information contact Bridget Dempsey at the Center (207) 967-8514 | seniorcenterkennebunk.org

Kitchen Masters Fare – and more!

Talk

Tickets to this revered golf tournament in Augusta, Georgia are the second hardest to obtain after Super Bowl tickets. But that shouldn't stop you from enjoying what the patrons nosh on as they follow Tiger, Rory or Scottie down the lush green fairways.

Want to feel like you're standing right at Amen Corner? Turn on CBS, listen to the evocative music, check out those blooming azaleas, and nibble on genuine Masters fare. (Note: these "official recipes" were sent exclusively to Kitchen Talk by an annual attendee.)

Augusta Egg Salad Sandwiches

(on white bread, of course)

Ingredients:

6 large hard-boiled eggs
4 tbsp. Hellman's mayo
1 tsp. white vinegar
1 tsp. yellow mustard
1/2 tsp. salt
1/2 tsp. finely grated Vidalia onion

Directions:

Peel eggs and place in food processor. Pulse several times but don't over do it. In medium bowl, stir mayo, vinegar, mustard, salt and onion. Add chopped eggs and mix until combined. Slather on white bread and enjoy.



Augusta Pimento Cheese Sandwiches

Ingredients:

8 oz. each grated extra-sharp white cheddar and medium orange cheese. (1 pound total)
2/3 cup Hellman's mayo
3 oz. cream cheese (softened) or creme fraiche
1 tsp. Worcestershire sauce
1/4 tsp. salt
1/8 tsp. cayenne pepper
1 jar (4 oz.) pimentos, drained, chopped
1 tsp. finely grated Vidalia onion

Directions:

Put pimentos, mayo, cream cheese (or creme fraiche), onion, cayenne and Worcestershire sauce in a bowl. Mix well. Add cheese and continue to mix until combined and creamy. Slather on white bread.

(Time-saving hint: Hannaford sells this delectable mixture already prepared and it's excellent. Find in cheese aisle.)

(Tasty hint: Southern cooks put pimento cheese dip on burgers, use it for grilled cheese sandwiches, even mix into a deviled egg filling.)

Then, celebrate the Masters champion with an

Azalea Cocktail

(This refreshing Augusta drink combines fruity sweetness with vodka.)

Ingredients for 1:

5 oz. fresh-squeezed lemonade
1/2 oz. Grenadine
1 1/2 oz. Vodka
1 Maraschino cherry
1 slice orange
Dried rose petals (optional)

Directions:

Combine lemonade, grenadine and vodka in a cocktail shaker with ice. Strain the contents into an ice-filled glass. Garnish with Maraschino cherry and orange slice. (Dried pink rose petals add a special touch.)

Helpful
Hints

Leftover fish? Actually, reheating thick fillets (such as swordfish, halibut and salmon) becomes a delicious next-day lunch. Just place fillets on a wire rack set in a rimmed baking dish, cover tightly with foil and heat in a 275-degree oven until a meat thermometer registers 125 to 130 degrees (about 15 minutes for 1" fillets.). But sorry, this doesn't work for thin lean fillets, such as sole or trout. Instead, serve them cold atop a healthy green salad.

Ever cut into an **avocado** and discover it **wasn't ripe**? A plant physiologist with the U.S. Dept. of Agriculture suggests wrapping the avocado tightly in plastic wrap (to prevent drying and oxidation), then putting in the 'fridge for a couple of days to ripen. Apparently and according to our USDA expert, the metabolic processes that ripen an avocado continue whether it's whole or cut.

Frustrated or stymied cooking for 1 or 2?

Hannaford Supermarket to the rescue! If you're an empty nester or living alone, cooking for one or two people can be challenging. How do you reduce Grandma's lasagna recipe that feeds a crowd or even the California Spaghetti Salad recipe shown here.

I took a free online zoom class run by Hannaford. It provided pertinent pointers and delicious recipes, plus good suggestions. (To learn more, Google: Hannaford Cooking for 1 or 2)

One of the tips was "how to reduce a recipe."

Reducing a recipe by half:

If a recipe calls for:

1/4 cup... use 2 tbsp.

1/3 cup... use 2 tbsp. + 2 tsps.

3/4 cup... use 1/4 cup + 2 tbsp.

1 tbsp.... use 1 1/2 tsp.

To reduce by a third:

If a recipe calls for:

1/4 cup — use 1 tbsp. + 1 tsp.

1/3 cup — 1 tbsp. + 2 2/3 tsps.

1/2 cup — 2 tbsp. + 2 tsps.

Hannaford's Cooking for 1 or 2 also offers an array of recipes. (Another source is Facebook's One Dish Kitchen.) Below are two recipes from the Hannaford cooking class.

Apricot Ginger Chicken – for two

Ingredients:

1/4 cup flour
Salt and pepper to taste
2 boneless, skinless chicken breast halves (6-8 oz.)
1 tbsp. olive oil
1/4 cup apricot jam
1/2 cup canned apricots in light syrup
1 tbsp. reduced sodium soy salt
1 tbsp. water
1/8 tsp. ground ginger powder
Pinch of pepper

Directions:

Place flour in plastic bag, then add salt/pepper and shake to mix.

Add chicken breasts and shake to coat.

Heat oil over medium-low power, add chicken and cook, stirring once, until

cooked through (approx. 10-15 minutes).

While chicken is cooking, mix remaining

ingredients in small saucepan, then heat

gently over low.

Pour apricot mixture over cooked

chicken and serve.

Garlic Steak – for one

Ingredients:

1 small, extra-lean 4 oz. steak
2 tbsp. Worcestershire sauce
1 clove garlic sliced into 10 pieces
Salt and pepper, if desired.

Directions:

Use a sharp knife to make 10 slivers on

steak, then stuff holes with garlic

pieces.

Marinate steak in plastic bag with

Worcestershire sauce for at least 1 hour.

Fry steak in black cast-iron pan or broil/

grill until done to your liking, turning at

least once.

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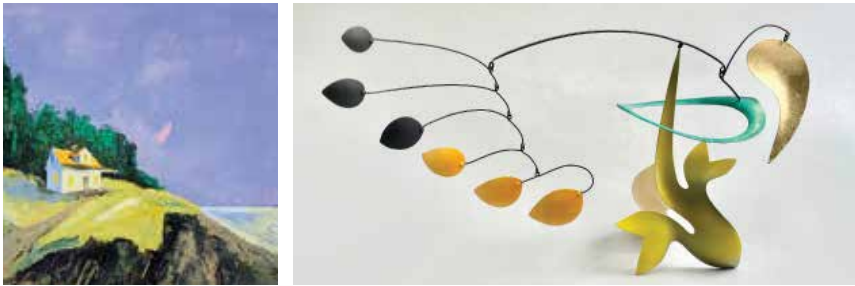


Maine Art Hill

Spring Arrivals

Over 50 new works by Maine Art Hill Artists

On view through April 29 at SHOWS #1 & SHOWS #2: 5 Chase Hill Rd. Kennebunk



Saco River Theatre opens 34th season with Agatha Christie's *A Murder is Announced*

Leslie Darbon's adaptation of Agatha Christie's *A Murder is Announced* will kick off Saco River Theatre's 34th season. The theatre is located at 29 Salmon Falls Road in Bar Mills.

Evening performances will be held April 19, 20, 25, 26, 27 at 7:30 PM, and matinees will be held April 21 and 28 at 2:30 PM. Thursday, April 25, will be a pay-what-you-like showing.

When an announcement in the local paper

states that a murder is to be committed at Miss Letitia Blacklock's home, Little Paddocks, that same evening at 6:30 PM, the household is sent into a frenzy. Soon neighbors come calling to see what the fuss is all about and the entire village is pulled into the danger that awaits. Who is to be murdered? And by whom? Is everyone in the village exactly who they say they are? Might some of them have ulterior motives? Luckily, Agatha Christie's plucky

busybody detective, Miss Jane Marple is on hand to provide the solution -- but perhaps not without great risk to herself!

Featuring Jennifer Porter, Dawn Tucker, Dana Packard, Karen Ball, Elisabeth Hardcastle, Gerald Davis, Amanda Painter, Josh Brassard, Lilianne Klein, Hal Cohen, and Thomas C. Vail. *A Murder is Announced* will keep you guessing until the very end!

Tickets \$15 at www.sacorivertheatre.org.



Jennifer Porter as Miss Letitia Blacklock and Josh Brassard as Inspector Craddock. Photo by Dana Packard

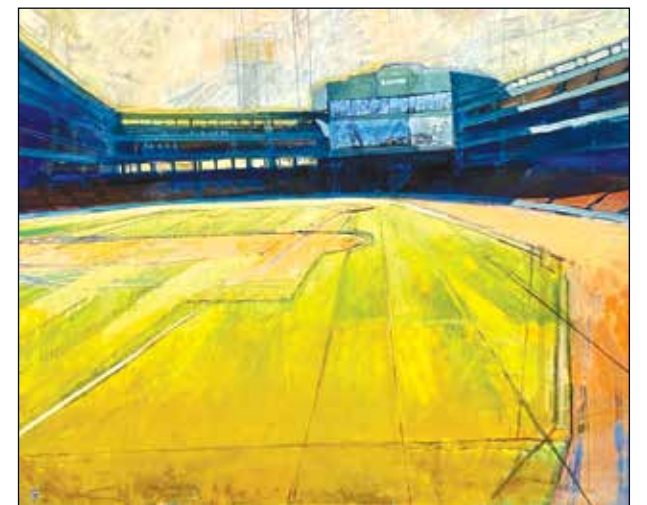
Attention Maine Artists:
Tourist & Town welcomes submissions for consideration for our covers. Please send to publisher@touristandtown.com.

York Art Association opens the year with "Vibrancy" exhibition

York Art Association in York Harbor has announced its 2024 exhibits and opened its season on Friday, March 8, with an exhibition of paintings by local artists entitled "Vibrancy," which will run through the end of April.

Tom Glover leads off the season as the guest featured artist, showcasing a small collection of his works on the artist wall. One of the many talented Seacoast artists to grace the walls of York Art, Glover graduated from the University of New Hampshire in 1984 and committed himself to painting, alternating between realistic landscapes and complex abstractions. Glover will speak about his art on Sunday, April 7, at 3 PM, in the gallery, part of this season's ongoing series of artist talks.

"We've been proudly celebrating local artists here at 394 York Street since opening our doors in 1968," said Maryse Newton, Vice President of York Art. "We invite everyone to visit our gallery, encourage our members to exhibit their work and



Art by Tom Glover

encourage new artists to become members."

Come and enjoy oil paintings by Martha Hesse, exquisite carvings of local wildlife by Bill Coite, still life and colorful florals by the talented Pamela duLong-Williams, portraiture and funky upholstered chairs by Susan Egerton Griggs and fun works by ceramist/artist Laurie Chapman.

York Art's 2024 season offers a diverse display of artwork in all mediums, including paintings, sculpture, ceramic works

and a quaint gift show. Gallery hours are Friday through Sunday, 11 AM to 5 PM. York Art is a 501c non-profit and volunteer run. Your support is greatly appreciated.

Upcoming exhibits include May/June's "Mixed-Media," July/August's "Embracing Blue," September/October's "Artist Choice" and "Small Works," which will run November/December. The gallery closes for the season on December 18.

FMI visit www.yorkartassociation.com.

How Arundel got its name

by Steve Hrehovcik

Like many Maine communities that date back to early colonial times, the town to become known as Arundel went through many dramatic changes.

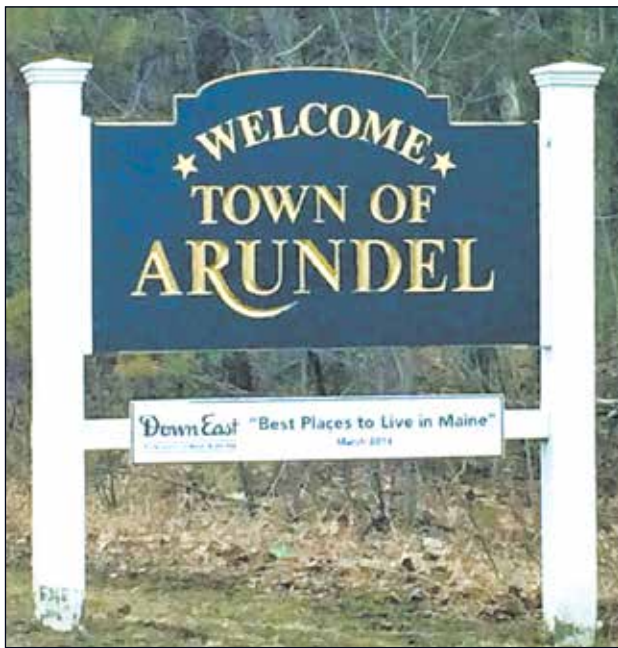
In 1614 legendary English adventurer Captain John Smith, of Jamestown and Pocahontas fame, sailed north to the coast of Maine in search of food and supplies for the struggling Virginia plantation. At one cove, it's reported Smith saw groups of porpoises basking on the beach. From this sighting, it inspired Smith to name the area Cape Porpoise. At that time the area was home to the Native American Abenaki tribe.

Soon English fishermen inhabited the area on a seasonal basis. Then in 1629 pioneers established a year-round village. As new settlers arrived, in 1653 the town became incorporated under the legal jurisdiction of the Massachusetts Bay Colony. Its name: "Cape Porpus" The land stretched from the ocean to the present location of Arundel on the north side of the Kennebunk River.

Language scholars enjoy learning the name "porpoise" has its roots in the Latin "porcopiscus" which combine "porcus" (pig) and "piscus" (fish.)

Tragedy struck the area in 1689 when an Indian uprising depleted the entire European population. Rebounding from the massacre, in the 1700s, fisherman, farmers and traders resettled the area.

Still part of Massachusetts, by permission of the state's General Court, in 1719 the residents re-named the area "Arundel." They chose the name to honor Thomas Arundell, Earl of Wardour, one



A special thank you to the following for help with this article: Jake Hawkins, President, Arundel Historical Society; Rachael Bull, Arundel Town Clerk; Bryce Waldrop, Executive Director, Historical Society of Well & Ogunquit; Leanne Hayden, Collection & Archive Associate Manager, Brick Store Museum; and Joyce Butler's Book *Kennebunkport, The Evolution of An American Town.*"

of the sponsors of the 1605 expedition to Maine.

The spelling change also altered its early pronunciation with the accent on the first syllable – AIR-un-del.

Neighboring towns also had an impact on Arundel's name changes.

To the south of the Kennebunk River, in 1653 Wells became the third town in Maine. It was named in honor of the cathedral town of Wells in Somerset, England. In 1820, the same year Maine became a new state as part of the Missouri Compromise, Kennebunk broke away from Wells and became a separate community.

While Maine has more than 30 communities that borrow names from loca-

tions around the world – such as Paris, Norway, China, Mexico and Moscow, not so Kennebunk. One of Kennebunk's great distinctions appears on the sign that greets travelers on Main Street as they cross the Mousam River Bridge. The sign reads, "Welcome to Kennebunk, the only village in the world so named." The name Kennebunk comes from the early Abenaki residents which translates "the long cut bank" and refers to the extended bank behind Kennebunk Beach.

During the mid-1850s, shipping building on the Kennebunk River brought great prosperity to residents on both sides of the river. More than 500 sailing ships built here traveled around the world.

As a result of its enormous commercial success, in 1821 residents changed the name from Arundel to Kennebunkport.

But all did not go well for the dairy and produce farmers and traders further inland. Rather than pay the high taxes to support the growing tourist industry, in 1915 they decided to separate from Kennebunkport and form their own town. They called it "North Kennebunkport."

Anecdotal accounts report that residents got weary of writing the long name North Kennebunkport, plus a desire for their own identity, in 1957 they renamed the town "Arundel" in honor of its historic heritage.

Today, Arundel consists of approximately 24 square miles, with a population of 3,571 people according to the 2000 Census. It has an ideal rural location near major roads and neighboring towns with commercial centers.

It may have served as the motivation for Pulitzer Prize winner, Kenneth Roberts to write his book entitled *Arundel*. Published in 1930, it told the dramatic account of Benedict Arnold's attack on Quebec during the American Revolution.

The town of Arundel looks back on a rich tradition that helped form this historic area of Maine.

Name Changes and Dates

Cape Porpus from 1653-1719;

Arundel from 1719-1821;

Kennebunkport from 1821-1915;

North Kennebunkport from 1915-1957;

Arundel since 1957



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Joshua Hrehovcik photo

Tresspasses is next in the Irish Authors Book Group Series with Deborah McDermott

Louise Kennedy's *Tresspasses* is the focus of the upcoming Irish Authors Book Group gathering on Thursday, April 18, from 2 to 3:30 PM, with facilitator Deborah McDermott. These gatherings are sponsored by the York Public Library.

"This is set during a dark time in Ireland, specifically the troubles in Northern Ireland," said McDermott "It's about an illicit relationship between an Irish Catholic school teacher and a married Protestant barrister. It's a *Love in the Time of Cholera*-type of book. And it's pretty damn wonderful."

Through May, McDermott (formerly a *York Weekly/Portsmouth Herald* reporter) will facilitate these sessions all the way from Ireland. You may sign up for as many as you prefer. This group is

limited to 15 individuals, so only sign up for the dates you are sure you can attend.

A dual citizen of the US and Ireland, McDermott moved to Ireland after retiring, where she has lived ever since. McDermott is studying Irish archaeology, as well as volunteering at a cat shelter, participating in Tidy Towns (a nationwide town beautification program) and leading an effort to establish a climate master plan in her town. McDermott has a blog about life in Ireland and her travels. Find it at www.wanderofwanders.com.

FMI yorkpubliclibrary.org

Vacation week offerings and more at Kennebunkport Recreation Department

Don't let the kids get bored over the vacation week! Kennebunkport Recreation has you covered. **April Vacation Adventures** is scheduled for April 16 through 19 and is for children ages Pre-K through 5th grade. Each day there will be an adventure by bus – and there are some great trips planned. Hours are 8:30 AM to 4:30 PM. The cost is \$225 for the week. Visit kennebunkportrec.com for all the details.

Experience the joy of dancing by joining instructor Diane Anderson in the new line dance class at the Kennebunkport Recreation Building, 20 Recreation Way, Kennebunkport. Class is held every Wednesday from 1 to 2 PM (excluding April 17 and May 1). There is a \$5 drop-in fee for the program. Visit kennebunkportrec.com for all the details.

Did you know that Kennebunkport Recreation offers Zumba? Class meets on Mondays and Wednesdays from 9 to 9:45 AM at the Kennebunkport Recreation Building, 20 Recreation Way. Drop-in fee is \$12 per class Visit kennebunkportrec.com for details and join the fun.

Reclaim It! Brought to you by Old House Parts

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

Justin Lutes found a piece of Tennessee pink granite in our inventory and fulfilled his vision for what he wanted for his shower window sill, shelves, and threshold. 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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Crossword Solution

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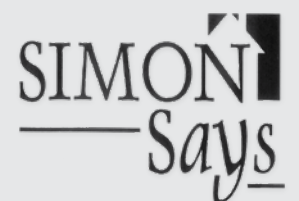
Q: We were about to begin the process of listing our house. All of a sudden the Real Estate World seems to be a chaotic mess. Any suggestions of what we should do? It is really off putting! Thanks, Earl and Margaret

A: Your concern is truly understandable. The industry is clearly in an uncertain time. I would recommend that you sit down with a competent experienced broker and discuss what is going on and what the individual recommends for you during this bizarre time. You may want to have a conversation with more than one broker and get their perspective and suggestions as well. Then once you are confident that your needs are being met you can decide to move forward or perhaps wait a bit longer. As always you want to choose the individual that you have confidence in and trust.

Q: We are looking to buy a condo in the area and finding that there are very few options that are available. Why do you think that is? It wasn't that way when we were looking last season. What is going on? Frank

A: This is the early cycle for the market. As we move more into Spring the season should improve and there will be more choices for you. You want to be working with a broker who is keeping you updated as the market unfolds. More is coming.

Send your questions to rsimon@legacysir.com!



Real Estate Q & A

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

Edelweiss: A taste of Switzerland comes to Biddeford

by Dana Pearson

Alex and Valentina Weissenfluh have brought the taste of Switzerland to Biddeford with their new pastry shop. The appropriately named Edelweiss opened late January at 5 Alfred Street, where the young couple has been busy making the sort of treats they've been perfecting since meeting at culinary school.

Though Alex grew up in Delaware, his family has deep roots in Switzerland; he's had dual citizenship his entire life. While in high school, he became interested in The Food Network's *Good Eats*, because the host, Chef Alton Brown, delved into the science behind the cooking. Long fascinated by the culinary arts, and desirous of pursuing them in the land of his forebears, Alex investigated schools in Switzerland that taught in English, and found one just outside Lucerne.

It was there that Alex met Valentina Correa, who was already six months into her training.

"My grandmother loved to cook, and I spent a lot of time in the kitchen with her," said Valentina, who was born and raised in Nicaragua. With Christmas breaks from school lasting more than two months, she spent plenty of quality time learning to cook at her grandparents' house. "Every meal was an occasion, and they were all from scratch."

Having seen their daughter make her first pizzas when she was 10, Valentina's parents encouraged her, enrolling her in baking courses on weekends. Every time she'd see a TV commercial for a kitchen gadget, her interest intensified. And when the dean from a culinary institute made a presentation at Valentina's high school, she knew what type of

school she wanted to attend.

Fortuitously, said Valentina, "My folks had friends in Switzerland," which is where she'd pursue her love of cooking and baking, and meet Alex. Not that they immediately became a couple. They stayed in touch with each other as they separately pursued gigs in Switzerland and beyond, finally reuniting in Pennsylvania in 2011 when Valentina invited Alex to join her there in a hotel restaurant.

When that hotel laid off half its staff, their manager assured them he would find them a job somewhere else, and asked where they'd like to go.

"We said, 'Let's try California,'" said Alex, and so off they went to a Relais & Chateaux hotel in 2012, the year they were married. Soon, they decided to come back east to be closer to Alex's family, and, seeking another Relais & Chateaux property, Valentina secured the head baker position at the White Barn Inn in Kennebunk. Not long after, she moved on to Standard Bakery in Portland while Alex was a pastry chef at On the Marsh in Kennebunk, Solo Italiano in Portland, and the Press Hotel in Portland.

For nearly a decade they discussed how they'd like to open their own pastry shop. Having lived in Saco and then Biddeford for the past seven years, they focused on those towns while working with the Small Business Administration on a business plan. They were also greatly helped by Heart of Biddeford, the organization that fosters economic development of downtown businesses. Valentina said its director, Delilah Poupore, along with providing invaluable



Valentina Weissenfluh prepares pastry dough for some of the Swiss-inspired creations available at Edelweiss, which opened in late January on Alfred Street in Biddeford. Photo by Dana Pearson

advice, connected them with Seth Harkness, the owner of the building that now houses Edelweiss.

Wholesaling their chocolates locally and selling goods at holiday markets preceded the opening of Edelweiss, which was a thrilling moment for the couple.

"We would not feel so confident if it weren't for the support of the community," said Valentina, who alternates with Alex in coming in early to prepare the chocolates, batters, and doughs. Helping out part-time is Whitney Francis, a fellow baker.

At Edelweiss, one can get a quick and tasty breakfast, like a chocolate-filled croissant or a blueberry and orange brioche, the focaccia of the day for lunch (e.g. with goat cheese and roasted cherry tomatoes), and desserts, like apple cake with vanilla custard or a chocolate-cherry ganache tart. Of special note is the braided Swiss bread called butter zopf, which,

per tradition, is made only on Sundays.

Check out edelweiss-pastryshop.ch for their

menu and hours; they're also on Facebook.

dana@touristandtown.com



Alex Weissenfluh chops rhubarb in Edelweiss, the pastry shop he's opened in Biddeford with wife Valentina. Photo by Dana Pearson



Above left: There's a different focaccia every day at Edelweiss, the new pastry shop in Biddeford. Above right: Schoggi weggli, a white roll filled with chocolate pieces, is a Basel specialty that Valentina and Alex Weissenfluh learned to make while in culinary school in Switzerland. Courtesy photos



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Quick and easy herb appetizers

by Kathy Oberman Tracy

Every once in a while it's nice to entertain simply! Quick and easy recipes for hors d'oeuvres or appetizers before a lovely meal are always a god-send to the chef and a nice discovery for last minute, fuss free entertaining.

Boursin cheese, while widely available in the supermarket, can be made very easily at home. The classic recipe is a combination of cream cheese, butter, chives, parsley and garlic. I have taken the liberty of adding goat cheese to this recipe for just the right amount of tang. You can also use other herbs in conjunction with the parsley and chives - there are no hard rules to this recipe! Serve your Boursin with sour-dough bread, crackers, chips or veggies.

Now that you have made your Boursin cheese,

use just a couple of Tablespoons to make another easy hors d'oeuvre or appetizer. The combination of Boursin with prosciutto and asparagus is truly amazing and terribly easy to make. Once baked the prosciutto is lightly crisp and salty, the asparagus is al dente with just enough snap and the Boursin ties it all together in an elegant yet simple hors d'oeuvre.

Fresh herbs lend a balance of fresh taste to almost anything savory and the following two recipes will not disappoint. These recipes build off of each other also adding to the quick and easy preparation for these appetizers.

While these hors d'oeuvre suggest spring they are good all year round so keep them on hand. I have also included wine pairings for both of these recipes to make your preparation even easier!

Homemade Boursin

Recipe by Kathy Oberman Tracy

Ingredients

8 oz whipped cream cheese - room temp/softened
 2 oz unsalted sweet butter - room temp/softened
 2 oz creamy goat cheese - room temp/softened
 2 Tablespoons mixed dried herbs - Chive, Parsley, Marjoram, Summer Savory, Tarragon, Thyme, Oregano and Sage
 3 cloves garlic - dehydrated or fresh but minced

Directions

Whip all ingredients in a small food processor or use a hand held mixer... place in an airtight container and refrigerate for at least a few hours or overnight for best results.

Wine Pairings:

Hasen Sprung, Grüner Veltliner, Niederösterreich, Austria
 Baglio di Pianetto, Frappato, Sicily, Italy
 Available at Wine House on Main - Kennebunk

Prosciutto Wrapped Asparagus

Recipe by Kathy Oberman Tracy

Makes 1 dozen

Ingredients

3 slices prosciutto
 2-3 Tablespoons homemade Boursin Cheese
 12 Asparagus spears, cleaned and cut into 4 inch lengths

Line a tray with parchment paper
 Heat oven to 350 degrees

Directions

Using a small offset spatula or butter knife, spread each slice of prosciutto with 1 tablespoon Boursin cheese. Spread evenly just enough to cover the slice but not all the way to each edge. Slice prosciutto lengthwise in half - then diagonally cut each half through the middle perpendicular to first cut.

Gently wrap each asparagus spear with one section of Boursin prosciutto... the Boursin will help the prosciutto wrap nicely around the spear.

Lay each spear on the parchment lined tray and cook for 8-12 minutes. Prosciutto should be just lightly browned and asparagus al dente.

Serve immediately.

Wine Pairing:

Sohm & Kracher, Gruner Veltliner, Niederösterreich, Austria
 Available at Wine House on Main - Kennebunk

NEFSA Earth Day Coastal Clean Up

The New England Fishermen's Stewardship Association invites you to join us in an Earth Day Coastal Clean Up, which will take place on Saturday, April 20, from 1 to 4 PM, from Bayview Beach to Camp Ellis. Meet at 1 PM in the parking area at the end of Bayview Road. Wicked Tuna Captain Tyler McLaughlin will be joining in to help keep our coastline clean.

Want to join our clean-up virtually? Visit: <https://www.nefishermen.org>. Make a \$10 donation and enter in a drawing to win some NEFSA swag. FMI: Contact Dustin Colson at fundraiser@fishermenstewardship.org.

Tide Chart

April 10 – April 24

Wednesday, April 10 High 12:33 AM...11.29 Low 06:49 AM...-1.62 High 01:02 PM...10.21 Low 07:02 PM...-0.85 Sunrise: 6:08 AM Sunset: 7:19 PM	Monday, April 15 High 05:11 AM...8.69 Low 11:50 AM...1.12 High 06:08 PM...7.36 Low 11:57 PM...2.17 Sunrise: 5:59 AM First Qtr: 3:14 PM Sunset: 7:24 PM	Saturday, April 20 Low 03:44 AM...1.04 High 09:55 AM...9.04 Low 04:10 PM...0.55 High 10:19 PM...8.86 Sunrise: 5:51 AM Sunset: 7:30 PM
Thursday, April 11 High 01:20 AM...11.02 Low 07:40 AM...-1.21 High 01:54 PM...9.52 Low 07:50 PM...-0.17 Sunrise: 6:06 AM Sunset: 7:20 PM	Tuesday, April 16 High 06:21 AM...8.47 Low 01:00 PM...1.20 High 07:16 PM...7.45 Sunrise: 5:58 AM Sunset: 7:26 PM	Sunday, April 21 Low 04:24 AM...0.73 High 10:34 AM...9.11 Low 04:44 PM...0.49 High 10:53 PM...9.14 Sunrise: 5:50 AM Sunset: 7:31 PM
Friday, April 12 High 02:10 AM...10.49 Low 08:34 AM...-0.57 High 02:49 PM...8.76 Low 08:42 PM...0.61 Sunrise: 6:04 AM Sunset: 7:21 PM	Wednesday, April 17 Low 01:07 AM...2.09 High 07:27 AM...8.50 Low 02:01 PM...1.07 High 08:14 PM...7.73 Sunrise: 5:56 AM Sunset: 7:27 PM	Monday, April 22 Low 05:00 AM...0.51 High 11:11 AM...9.08 Low 05:15 PM...0.51 High 11:26 PM...9.32 Sunrise: 5:48 AM Sunset: 7:33 PM
Saturday, April 13 High 03:04 AM...9.83 Low 09:32 AM...0.13 High 03:50 PM...8.07 Low 09:39 PM...1.35 Sunrise: 6:03 AM Sunset: 7:22 PM	Thursday, April 18 Low 02:08 AM...1.80 High 08:24 AM...8.68 Low 02:51 PM...0.87 High 09:02 PM...8.11 Sunrise: 5:54 AM Sunset: 7:28 PM	Tuesday, April 23 Low 05:35 AM...0.39 High 11:46 AM...8.95 Low 05:47 PM...0.63 High 11:58 PM...9.39 Sunrise: 5:47 AM Sunset: 7:34 PM Full Moon: 7:50 PM
Sunday, April 14 High 04:04 AM...9.18 Low 10:38 AM...0.75 High 04:57 PM...7.57 Low 10:44 PM...1.91 Sunrise: 6:01 AM Sunset: 7:23 PM	Friday, April 19 Low 02:59 AM...1.42 High 09:13 AM...8.88 Low 03:33 PM...0.68 High 09:43 PM...8.50 Sunrise: 5:53 AM Sunset: 7:29 PM	Wednesday, April 24 Low 06:10 AM...0.37 High 12:21 PM...8.74 Low 06:18 PM...0.82 Sunrise: 5:45 AM Sunset: 7:35 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.

APRIL 22 - 29, 2024
 ONLINE




EARTH DAY AUCTION


Fundraise for Land Conservation!

biddingforgood.com/kennebunklandtrust


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Through the Lens ~ with Bob Dennis

"Many of us love to eat Maine lobster but few of us appreciate the difficult and arduous work involved in catching the prized crustaceans. Lobsters don't just enthusiastically enter the traps they encounter. Lobstermen employ many tools of the trade in their craft, many of them unseen to those at the dinner table. During a recent visit to Cape Porpoise pier, I was captivated by a display of traps, ropes, and buoys that, with Goat Island Light in the distance, not only made for a pleasing and colorful composition but also served as a testimonial to the hard-working Maine lobstermen." ~ Bob Dennis, @portimages, kportimages.com

ACROSS

- 1 Write (down)
- 4 Beasts of burden
- 9 "Silent Night" or "Joy to the World"
- 14 Astound
- 15 Eager children's plea
- 16 Colombian cornmeal cake
- 17 Hibernation location
- 18 High ceiling?
- 20 They can be loose or split
- 22 Where surgeons work: Abbr.
- 23 Kept going and going
- 24 Dismissive sound
- 26 Occupy, as a desk
- 27 Slam bang?
- 31 Have a bite
- 34 Tweak the fit of
- 35 "Barbie" actress Issa
- 36 "Ciao!"
- 37 Snooped (around)
- 38 It may be closed after last call
- 39 ___ Vader
- 40 Little ones
- 41 Kraken's realm, briefly?
- 42 Children's song refrain that's all vowels
- 43 Bay Area airport code
- 44 Place setting?
- 47 "In memoriam" bios

- 49 It becomes a name in another clue when "l" is added
- 50 Beach, in Mexico
- 51 Org. whose members tee off
- 52 Pathological suffix
- 56 Tire wear?
- 59 "Merci, mon ___"
- 60 Purplish cousin of a daisy
- 61 Word before "circle" or "tube"
- 62 King Triton, to Ariel
- 63 Backyard buildings
- 64 Sweetie
- 65 Lumberjack's tool

DOWN

- 1 Gemstone paler than an emerald
- 2 "Wedding Crashers" actor
- 3 Care for, as a garden
- 4 Be someone else
- 5 Sever, as a branch
- 6 Sounds from a bull
- 7 Females in a flock
- 8 Dr. Ruth's field of expertise
- 9 Diamond units
- 10 Madison Square Garden, e.g.

- 11 Many a part of the Amazon or Sahara
- 12 Like some markets and tournaments
- 13 ___ Vegas
- 19 Preschooler's wheels
- 21 Shopping binges
- 25 F-150 manufacturer
- 26 Striker's bane
- 27 Huffs and puffs
- 28 Standoffish
- 29 Bad news for a procrastinator, say
- 30 Toothbrush brand
- 32 Usually dusty storage spot
- 33 Tourist mecca near Reno
- 36 Capital of Taiwan
- 38 Therefore
- 39 From South Asia, perhaps

- 41 Duty-free
- 44 They prefer not to hire pros
- 45 ___ Beach, Calif.
- 46 It removes crossword errors
- 48 Bundled, like hay
- 50 Marketing blitz
- 51 Window section
- 53 "Look what I did!"
- 54 Ginormous film format
- 55 One of 12 for a dodecahedron
- 56 Prosecutors, briefly
- 57 Concealed
- 58 Make an effort

Perfect Couple by Drew Schmenner

1	2	3		4	5	6	7	8		9	10	11	12	13		
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56								57				58		59		
60								61						62		
63								64						65		

Solution on page 14. Don't peek!

Fun Maine Fact

Maine has 3,478 miles of coastline. Alaska has the most coastline, with 33,094 miles, then Florida and Louisiana, and then Maine!

CALENDAR

Going on Now

Faerie House Supply Pickup, Kennebunk Free Library, 112 Main Street, Kennebunk. It's time to welcome the faeries back to the library and supply pickup at the library is officially open. Natural materials are now available for pickup. Faerie houses will be accepted at the library from April 22 through April 31. Build a house with a base no larger than 14" by 14," and no taller than 30," with natural materials only. All faerie houses submitted by April 31 will receive a certificate from the Seacoast Garden Club. Stop by the Faerie Festival on May 4 from 9:30 to 11 AM and receive your certificate. Faerie houses will be on display through May 10. May 11 is the last day to pick up faerie houses. Prefer to keep your faerie house at home? Snap a photo and send it to ys@kennebunklibrary.org by April 31. FMI call 985-2173 or visit kennebunkfreelibrary.org.

Wednesday, April 10

Frinklepod Container Garden Presentation, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5 PM. Noah Wentworth, owner of Frinklepod Farm, will be in the Community Room to give a thorough presentation on creating the perfect container garden. He will discuss container options, soil mix, plant selection, water management and pest and disease concerns. FMI call 967-2778 or visit www.graveslibrary.org.

How World War I and Its Aftermath Created the Modern Middle East with Lou Salome (Wednesday, April 10, 17 & 24), sponsored by South Coast Senior College, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 12-2 PM. Register online at south-coast-senior-college.coursesstorm.com or call South Coast Senior College at 274-3105. FMI call 967-2778 or visit www.graveslibrary.org.

Mid-Week Music Presents "Acoustic Stones," Historical Society's Town House School, 135 North Street, Kennebunkport, 7 PM. Mark Gunter (vocal/keyboards), Jim O'Neil (vocal/guitar) and Dana Pearson (vocal/guitar) band together to play stripped-down versions of songs from the legendary Rolling Stones, including "Let it Bleed," "Time Waits for No One," and "Heartbreaker." The is a monthly concert. The next entry will be "More Paul, Please" on Wednesday, May 8 at 7 PM, with Pearson joined by guitarist Andy MacLeod for an exploration of McCartney's hits, B-sides and deep album cuts. FMI and for tickets, visit kporths.com/buy-tickets, email info@kporths.com or call 967-2751.

Thursday, April 11

Morning Book Group: Lady Tan's Circle of Women by Lisa See, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 9:45 AM. This group meets on the second Thursday of every month. New members are always welcome. FMI call 967-2778 or visit www.graveslibrary.org.

Storytime at York Land Trust, 1 Long Neck Marsh Road, York, 10:30 - 11:30 AM. Join a York Public Library librarian for stories, songs and rhymes at York Land Trust headquarters. This month the stories will be about rainbows and weather. Please register at yorkpubliclibrary.org/calendar

Weekly Conversational French Language Group, 4 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.

Retirement Readiness with Steve Turner, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 6 PM. Join local financial advisor Steve Turner and his team for an informative program on retirement readiness. Retirement readiness is an essential aspect of financial planning that helps individuals prepare for their post-retirement years and feel confident about their financial future. FMI call 967-2778 or visit www.graveslibrary.org.

Friday-Sunday, April 12-14

Estate Sale: Public Welcome! 112 Shore Road, Cape Neddick, 9 AM-3 PM daily. "Not your Typical 10,000 Sq. Ft. Barn Sale!" Visit Little River Antiques & Estate Sales' website for details and photos of sale contents at www.antiquesandstatesalesme.com.

Friday, April 12

Ogunquit Museum of American Art (OMAA) Opens Season with Anthony Cudahy: Spinneret,

Ogunquit Museum of American Art, 543 Shore road, Ogunquit. This will be Anthony Cudahy's first solo exhibition in the United States. The exhibition will be on view through July 21. FMI visit FMI.visitogunquitmuseum.org. See full story on page 17 of this issue.

Guest Reader at Kennebunk Animal Welfare Society's Bunny Hop, 48 Holland Road, Kennebunk 2-4 PM. Join Miss Terri as she reads at the AWS Youth Program's second annual Bunny Hop. Children and families can enjoy crafts, stories, face painting and time spent with real springtime animals. FMI call 985-3244.

Public Star Party (rain date April 13), Astronomical Society of Northern New England (ASNNE), Talmage Observatory at Starfield, State Route 35, West Kennebunk, 7:30 PM. Observe the heavens with guidance from ASNNE members. Detailed driving instructions may be found at: <http://asnne.org/where-to-find-us.php>. ASNNE is a local association of amateur astronomers that meets on the first Friday of each month at the New School, Route 1, (York Street), Kennebunk. All those interested in astronomy are welcome. FMI visit www.ASNNE.org.

Fiber Arts, Wells Public Library, 1434 Post Road, Wells, 10:30 AM. Join us on Fridays to show off your latest knitting creation, get tips on your crochet technique, and just chat with old friends and make some new ones. All ages and levels of ability are encouraged to join us for ideas, inspiration, and lively conversation. For more information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

In-Person Preview of Springvale Library's 4th Annual Online Auction Begins, hosted by Springvale Library, 443 Main Street, Springvale. The auction will be online from April 22 to April 28. The auction will include camping gear, adirondack chairs, tools, crafts and craft supplies, auto services, signed copies of books, an orchard CSA and many gift cards to restaurants and area activities. FMI call 324-4624 or email spl@springvalelibrary.org.

Saturday, April 13

Author Talk - Lisa Masé, Community Room at York Public Library, 15 Long Sands Road, York, 1-2:30 PM. For over fifteen years, Lisa Masé, BCHN, RHNC, has been helping clients and groups to transform their lives through healthy eating. Lisa will share how to incorporate foods and herbs to help harmonize with the season, the current conditions, and your constitution. You will hear passages from Lisa's book, *The Culinary Pharmacy: Intuitive Eating, Ancestral Healing, and Your Personalized Nutrition Plan*. Please register at yorkpubliclibrary.org/calendar.

Sunday, April 14

Annual Poetry Bash, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 PM. 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. Light refreshments will be served. FMI call 967-2778 or visit www.graveslibrary.org.

Monday, April 15

Last Call for Artists, Art Guild of the Kennebunks. This is the deadline for artists interested in joining the Art Guild of the Kennebunks. Artists are asked to submit five pieces in one of the following categories: oil, watercolor, pastel, pen & ink, pencil and mixed media. Also acceptable are wood carvings, sculpture, found art and specialty art. There is an application fee of \$25 due with the submission of work. Go to the Art Guild of the Kennebunks' website for forms and directions at www.artguildofthekennebunks.com. See full story on page 20 of this issue.

Deadline for Submissions for The Great Ogunquit Pie Bake-Off, cut off is midnight. There are two categories - "Adult Bakers" and "Kids 17 and Under." Entrants must submit their recipe, an image of their pie and a 300-word (max) essay on "Why You Qualify?" to <https://forms.gle/me1NZJL16VRn25Zr5>. This is an amateur-only event. FMI email contests@ogunquitplayhouse.org. See page 3 of this issue for more details.

Tuesday, April 16

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

Earth Day Celebration, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5:30 PM. Join three local land trusts for a climate presentation celebrating Earth Day. Light refreshments will be served. FMI call 967-2778 or visit www.graveslibrary.org.

Martha's Garden Through the Year - Spring!, Community Room, York Public Library, 15 Long Sands Road, York 4-5:30 PM. Martha Fenn King returns to York Public Library after three fabulous presentations in August, November and January. "It is time to start your seeds! Let's talk about what you might plant at this time, how to sow the seeds, how to keep them healthy and when to transplant into the garden. Demonstrations and hands on seed sowing for participants. Bring your questions!" Martha will also be reading passages from her book *A Maine Garden Almanac*. Books will be available for purchase. Held in the Community Room. Please register at yorkpubliclibrary.org/calendar.

Writing Group, Wheeler Room, York Public Library, 15 Long Sands Road, York 5:30-7 PM. Join this casual group for support with your writing works in progress. Held monthly. Upcoming Dates: May 21

"Maine's Champion Big Trees" Presentation, Wells Reserve, 342 Laudholm Farm Road, Wells, and also via Zoom, 7 PM. This event is presented by York County Audubon, with speaker Jan Santerre. FMI visit yorkcountyaudubon.org. See full story on this event on page 8 of this issue.

Wednesday, April 17

Card Making Station, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 3:15 PM. Attend the kick-off of this card-making program, where you will design cards to go with care packages from the Community Gourmet. This is a beautiful opportunity to show your support and positivity to those in need. These cards will be included in care packages distributed to seniors and individuals in the local community. The Community Gourmet is a grassroots effort to address food insecurity in Southern Maine. FMI call 967-2778 or visit www.graveslibrary.org.

Wicked Good Fiddling Concert, Brick Store Museum, 117 Main Street, Kennebunk, 7:30 PM. Concert featuring the Pine Tree Flyers and NEA National Heritage Fellows Don & Cindy Roy will showcase the rich, living traditions of Maine fiddling. Tickets are \$20/\$15. FMI visit www.brickstoremuseum.org or call 985-4802. See full story on page 10 of this issue.

Alzheimer's Support Group, Wheeler Room, York Public Library, 15 Long Sands Road, York 2-3 PM. Get the support you need with this monthly support group. Meet safely with others for supportive, meaningful discussion led by a trained facilitator. For caregivers or for people living with early memory loss. **Upcoming Dates: May 15**

Virtual Author Talk - Xochitl Gonzalez, York Public Library, 15 Long Sands Road, York 8-9 PM. Award-winning and bestselling author Xochitl Gonzalez will talk about her newest novel *Anita de Monte Laughs Last* - a propulsive, witty examination of power, love, and art, daring to ask who gets to be remembered and who is left behind in the rarefied world of the elite. This is a novel - and a conversation - that you don't want to miss. Please register at yorkpubliclibrary.org/calendar.

Thursday, April 18

Write On! Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 3 PM. Enjoy putting pen to paper with your thoughts and stories? Join a different kind of writing group. Discuss your findings, share your writing and learn about your unique inner talents. Creative writing prompts will be given at the end of each meeting. FMI call 967-2778 or visit www.graveslibrary.org.

Wine On-Line, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5:30 PM. Join this event on Zoom for a fun hour of tasting, information

CALENDAR

and trivia. Experts Lani Dietz and Betsy Ross will be on hand to guide us through the program. Please call the library at 967-2778 to be added to the Zoom list. Stop by Maine & Vine or the Wine House on Main to pick up your wine before the event.

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

Irish Authors Book Group Series with Deborah McDermott: *Trespases* by Louise Kennedy, via Zoom, sponsored by York Public Library, 2-3:30 PM. FMI visit yorkpubliclibrary.org. See page 14 of this issue for more details.

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 *Beaverland: How One Weird Rodent Made America* by Leila Philip. This free event is sponsored by the Friends of the Wells Public Library. For more information, please contact Cindy Appleby at cappleby@wellstown.org or call the library at 207-646-8181.

Friday, April 19

Fabulous Friday Family Story Time, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10 AM. This program, held every Friday, includes stories, finger plays and songs. After story time, stop at the hands-on play stations that are always open for crafts and more. FMI visit www.graveslibrary.org or call 967-2778 and ask for the Junior Room.

Saturday, April 20

Rethinking Your Local Landscape – A Guided Hike, York Land Trust, 1 Long Neck Marsh Road, York, 10 AM-12 PM. Join YLT stewardship staff for a guided hike along Near Point Preserve at YLT's headquarters. Learn how climate change is impacting our ecosystems, how to identify signs of these changes, and what York Land Trust is doing to manage the impacts of climate change. Please dress warmly and wear sturdy shoes. This event is free and open to the public. Please register at yorkpubliclibrary.org/calendar. This event is part of York Public Library's 2024 climate programming series, "Living in a Climate Changed World." For more information, please visit yorkpubliclibrary.org/climate.

Pondering Poetry, Wheeler Room, York Public Library, 15 Long Sands Road, York, 11 AM-12:30 PM. This program will make time to share poems written by others that speak to us and perhaps may even serve to transform us and our world. In acknowledgement of Earth Day, all are invited to bring earth-inspired poems to share and offer stories about how they resonate with you and your life. FMI

Sunday, April 21

A Pop-up Visit with Television Celebrities Lisa Lucas and Debrianna Mansini, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 PM. The Stars of *Corona Kitchen* (Lisa Lucas and Debrianna Mansini) will visit the library for an entertaining afternoon. In *That Time We Ate Our Feelings: 150 Recipes for Comfort Food from the Heart*, Lisa and Debrianna share their most beloved dishes along with never-before-shared creations and top-voted dishes by members of the Corona Kitchen community. Parking is available along Maine Street, the North Street Fire Station Parking Lot, and Consolidated School (Route 9). Please enter through the white door in the Parking Lot. FMI call 967-2778 or visit www.graveslibrary.org.

Birds, Bees, Bugs, Bats, & Blossoms, First Parish Unitarian Universalist Church, Hope Cemetery and Hope Woods, Kennebunk. See page 8 of this issue for more details.

Monday, April 22

Springvale Library's 4th Annual Online Auction Kickoff, hosted by Springvale Library, 443 Main Street, Springvale. The auction will be online from April 22 to April 28. View the auction online now at www.springvalelibrary.org. FMI call 324-4624 or email spl@springvalelibrary.org. See April 12 listing in this calendar for additional details.

Earth Day Auction Goes Online, hosted by the Kennebunk Land Trust. The auction will be online through April 29. Fundraise for land conservation at biddingforgood.com/kennebunklandtrust. See full story on page 17 of this issue.

Nordic Walking Program Open House, Hope Woods, Kennebunk, 9 AM-10:30 AM. Stop by and learn about Nordic Walking and try out the poles. Group walks will be starting up soon and will be held on Mondays (except for the Memorial Day holiday), with the first series starting on April 29 and running through July 1. There is no charge for this program. See full story on page 8 of this issue.

York Public Library Walking Club, York Public Library, 15 Long Sands Road, York, 11 AM-12 PM. Join a rotating selection of your favorite librarians to take a walk around town. Start from the library lobby and try out a variety of different routes. Some weeks guests will join to share more about the flora, fauna and history of the area. Additional dates: April 29, May 6, 13, 20.

Open for Submissions for Faerie House Exhibition, Kennebunk Free Library, 112 Main Street, Kennebunk. It's faerie house time! Build a faerie house to welcome the faeries back to the garden at Kennebunk Free Library. Faerie houses will be accepted from April 22 through April 31. FMI call 985-2173 or visit www.KennebunkLibrary.org. See first listing in this calendar for more details.

Thursday, April 25

Maine Author Barbara Walsh, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 3:15 PM. Pulitzer Prize-winning journalist Barbara Walsh will discuss her new book *Spencer: Boston's Beloved Marathon Dog*, a story of hope, inspiration and a dog who lit up the world with his love. With a heart as big as the Boston skyline, Spencer gained worldwide fame as the beloved Boston Marathon dog. For eight years, the golden retriever cheered for thousands of runners in the cold, freezing rain, even as he recovered from cancer. Spencer began rooting for Boston Marathon runners in 2015. At Mile 3, Spencer held his Boston Strong flags, inspiring athletes and fans to be brave and never give up. Honored as the marathon's official race dog in 2022, Spencer grew so famous that runners lined up to hug and photograph their loyal fan. FMI call 967-2778 or visit www.graveslibrary.org.

Evening Book Group, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5 PM. For April, the group is reading poetry. All are welcome to attend. FMI call 967-2778 or visit www.graveslibrary.org.

History in Your Own Backyard – Virtual Lecture, Brick Store Museum, 117 Main Street, Kennebunk, 12 PM. This is part of the "Your Old House and Other Preservation Stories" series. From settlement subsistence through twentieth-century extravagances, experience an armchair tour of Maine's rich garden legacy, uncovering the unique qualities that define each stylistic tradition. Combining history, horticulture, and landscape design, this lecture by landscape preservationist Cindy Brockway has something for everyone. FMI and to register, visit www.brickstoremuseum.org or call 985-4802.

Friday, April 26

Fabulous Friday Family Story Time, Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10 AM. FMI visit www.graveslibrary.org or call 967-2778 and ask for the Junior Room.

Saturday, April 27

May Day Basket Workshop, Brick Store Museum, 117 Main Street, Kennebunk, 12 PM. Basketmaker Kathy Polletto will teach participants to make a May Day Basket. May Day Baskets were a popular tradition in the Victorian era. The basket is a small round hanging basket that will hang on a door knob. Tickets: \$65/person. FMI visit www.brickstoremuseum.org or call (207)985-4802.

Clothing Drive, hosted by Planeteers of Southern Maine and Helpsy, Quest Fitness parking lot, 2 Livewell Drive, Kennebunk, 10 AM-1 PM. Used clothing, footwear, accessories, and other household textiles will be collected, to be reused or recycled, keeping it out of the waste stream. All donations need to be dry and clean. No early birds. FMI visit FB/someplaneteers.

Friday, May 10

Public Star Party (rain date May 11), Astronomical Society of Northern New England (ASNNE), Talmage Observatory at Starfield, State Route 35, West Kennebunk, 7:30 PM. See April 12 listing for all the details. FMI about ASNNE, including directions and events, visit www.ASNNE.org.

"Singing Seniors" Spring Concert, Church on the Cape, 3 Langsford Road, Cape Porpoise, 4 PM. The

Senior Moment Chorus is an enthusiastic group of "singing seniors" based in Kennebunkport, comprised of participants from several communities throughout Southern Maine. They are proud to present 2 Spring Concerts in May which will focus on a theme of optimism and joy. The program is made up of popular songs including a medley from *The Music Man* and *The Lion King* to name a few. Additional concert to be held on Tuesday, May 28, at 4 PM, at Holy Cross Lutheran Church, 2 Lord Street, Kennebunk.

Saturday, June 8

Public Star Party (no rain date), Astronomical Society of Northern New England (ASNNE), Talmage Observatory at Starfield, State Route 35, West Kennebunk, 7:30 PM. See April 12 listing for all the details. FMI about ASNNE, including directions and events, visit www.ASNNE.org.



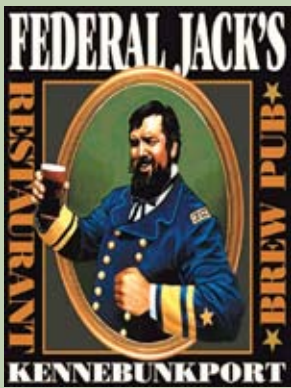
What is the space??

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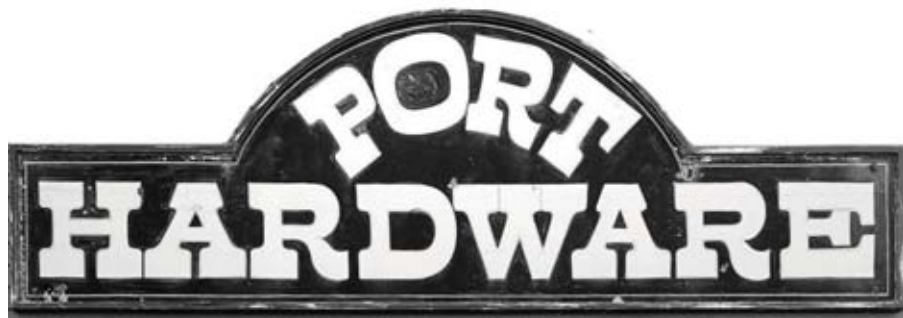
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