

Volume 66 Issue 11 • JULY 25, 2024

# TOURIST & TOWN

SOUTHERN MAINE'S AWARD-WINNING ARTS, ENTERTAINMENT  
AND LIFESTYLE PUBLICATION • SINCE 1958



# TOURIST & TOWN

ARTS & ENTERTAINMENT & LIFESTYLE • SINCE 1958

### Above Board's

- White Lotus Summer Adventure, page 3
- Port & Pine, page 7
- It's Like This, page 8
- Field Notes of a Maine Birdwatcher, page 9
- Too Hot to Cook, page 10
- Lobster Spread, pages 12-13
- Kitchen Talk, page 14
- The Olympic Way of Life, page 15
- Lobster Boats, page 18
- Tide Chart, page 18
- Simon Says, page 19
- Fishing Report, page 19
- Calendar, pages 22 & 23

### Publisher's Note

The Arts are alive and well in York County – and it's a wonderful thing. As I was putting this issue together, I was struck yet again by the immense creativity that exists all around us.

I am proud to be in an area that values artists and artisans as we do. It speaks to the vitality and vibrancy of our communities. The arts bring people together, build bridges, create joy, and contribute to quality of life in so many ways.

Let's support the arts by visiting local galleries, attending live music events and local theater, going public with our enthusiasm on social media, and by encouraging young artists and helping nurture their artistic passions.

Let's make evident our gratitude for everything our local artists and artisans contribute to our communities. Our lives are infinitely richer for them.

In deep appreciation for all who color our lives so beautifully,



*Kingsley*  
Kingsley Gallup  
Publisher

**Art helps us see connections and brings a more coherent meaning to our world."**  
~ Ernest Boyer

The next issue of *Tourist & Town* will be our August 1 issue. And please be on the lookout for the August edition of *The Village Magazine*, on stands soon!

Since she was a young girl, high school student and this week's cover artist **Daisy Fine** has yearned to do something to counteract negativity in the world. Daisy hopes that her art can begin to serve this purpose and that it can be a source of joy for those who see it. Daisy has begun putting her art on note cards, stickers, magnets and prints. You can find her at the next Kennebunk Art Walk in August. You can also email her at [daisyfinedesigns@gmail.com](mailto:daisyfinedesigns@gmail.com). She welcomes special orders.

## OUR PUBLICATIONS

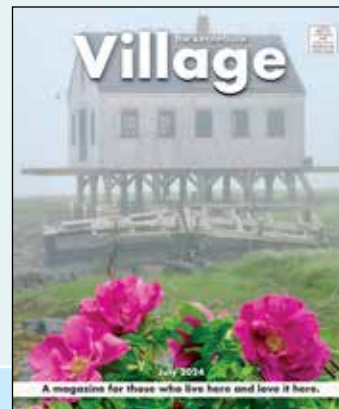
### TOURIST & TOWN NEWSPAPER

- A full color arts, entertainment and lifestyle newspaper; established 1958
- Originally designed for tourists and summer residents – now a locals' favorite
- The foundational publication in our family of publications
- Published spring through fall
- Circulated throughout York County to hundreds of pick-up sites, as well as inserted into the Maine Sunday Telegram and available online



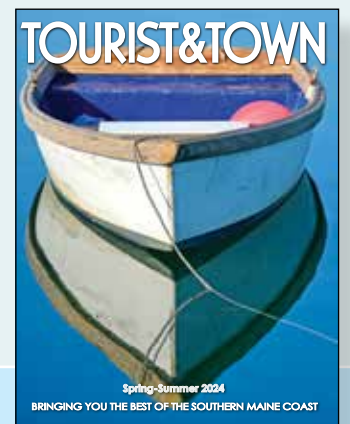
### the Kennebunk Village

- A community magazine for those who live here and love it here; established 2012
- Serving The Kennebunks the immediate vicinity
- Local feature stories and columns by area professionals
- Published monthly, year-round.
- Distributed locally to select pick-up site, mailed directly to rotating zones in The Kennebunks, and available online



### TOURIST & TOWN MAGAZINE

- A glossy, keepsake magazine celebrating all things southern Maine; established 2020
- Filled with beautiful photography by local contributors and in-depth, timeless stories on the people and places that make southern Maine so special
- Published twice annually: Spring/Summer and Fall/Winter
- Circulated locally via distribution to select sites and available online



**Publisher**  
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### Feature Writers This Issue:

**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](http://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](http://wanderingwithval.com).



**Kathy Oberman Tracy** is a classically trained chef. Oberman 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. Kathy is a mom and enjoys racing 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. [jfbocconnor@gmail.com](mailto:jfbocconnor@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](http://amazon.com/author/danapearson), [dana@touristandtown.com](mailto:dana@touristandtown.com)





# Above Board - All Hands on Deck presents The White Lotus Summer Adventure to benefit Food Pantry Fund

Above Board committee members invite the community to attend their sixth annual fundraising event on Thursday, August 22 at Hidden Pond in Kennebunkport. The proceeds of this special evening will directly support local food pantries serving York County.

The Above Board Food Pantry Fund will be launched in an effort to support local food pantries in York County who tirelessly provide food to those in need, in time of need. Food pantry donations are essential for supporting individuals and families facing food insecurity. The local food pantries are experiencing an increase in demand like never before.

Attendees can look forward to a fabulous end of summer party at Hidden Pond. Hidden Pond



is the perfect venue for this year's White Lotus Summer Party. Tucked in the woods and under the stars this enchanting venue will set the perfect backdrop for an unforgettable celebration of summer's bounty and elegance.

DJ Lloyd will be spinning tunes as guests can dance and mingle. Enjoy food and beverages for the senses, with an array of dishes Asian and tropical inspired by Hidden Pond. Resort Wear attire suggested.

For tickets, donations, sponsorship, and additional information visit [aboveboardmaine.org](http://aboveboardmaine.org).

About Above Board: Above Board is a volunteer committee of proactive community

members looking to support initiatives that directly affect the greater York County region. The organization hosts one event per year and relies on sponsorships, ticket sales and donations to meet its goals.

As a 501(C)3 organization, Above Board is proud to have raised in excess of \$250,000 to benefit various local initiatives that directly affect this community including: providing resources to the over 600 York County foster care families for daily needs through partnership with Believe in Kids Maine; providing surf boards, wetsuits, paddleboards and all other water equipment needed for the Special Surfers organization; recovery coach training for community members and first responders; mental health services to



Above Board's Kim Vieira, Ronni Hass, Rick Taranto, Cyndi Smith and Stephanie Stellwagen are busy prepping what is sure to be a wonderful "White Lotus Summer Adventure," to be held Thursday, August 22. Courtesy photo

assist local police departments; funding to help rebuild Kennebunk's Skatepark; and sponsorship of the 2020 CS3 Christmas Party, where families in need receive clothing and toys for children. The common thread for Above Board's fundraising efforts is to assist our community with inclusive initiatives.

FMI on Above Board and its upcoming annual fundraiser, visit [aboveboardmaine.org](http://aboveboardmaine.org).

**THE WHITE LOTUS  
SUMMER ADVENTURE**  
TO BENEFIT THE ABOVE BOARD  
FOOD PANTRY FUND

**8.22.24  
6-10 PM**  
**Hidden Pond, Kennebunkport**

*Tickets available at  
[aboveboardmaine.org](http://aboveboardmaine.org)*

Did you know?



Beetle & Magnolia will be bringing its fun, happy and always inspirational jewelry to The Space at the Depot Tuesday-Saturday, July 23-27. Make your own fun novelty bracelets and bag charms. 11-3 daily or by appointment. 12 Depot Street, Kennebunk



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## Plein Air Acrylic Workshop at Frinklepod Farm

Kennebunk's River Tree Arts is pleased to announce a special plein air workshop set to take place at the picturesque Frinklepod Farm in Arundel on Thursday, August 1.

This workshop, led by the talented Marguerite Genest, offers a unique opportunity to immerse yourself in the natural beauty of an organic farm, capturing the essence of the land-

scape through your own artistic lens.

The workshop is designed for ages 15 and up and the fee is \$40 for River Tee members and \$45 for non-members. Painting materials will be provided, but please bring a comfortable outdoor chair, beach towel, sun protection (hat, sunscreen, etc.) and water bottle. Layers of clothing for varying weather conditions are suggested.

Genest, an accomplished landscape artist and experienced instructor, will guide you through the process of setting up your painting station, selecting a composition, and developing your work with confidence and skill. All of this will take place

against the backdrop of Frinklepod Farm, with its fields, farm structures, and gardens.

Whether you're a beginner or an experienced painter, Marguerite will offer personalized tips and techniques to help you improve your plein air painting abilities. From understanding light and shadow to mastering color mixing, you'll gain valuable insights to enhance your artistic practice.

Connect with like-minded individuals who share your passion for art and nature. This workshop fosters a supportive and inspiring environment, perfect for learning and growth. Let the serene environment fuel your creativity as you paint en plein air.



Marguerite Genest



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FMI visit rivertreearts.org or call 207-967-9120.

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## Woofstock promises a day of fun on July 27

The Animal Welfare Society (AWS) presents Woofstock, Southern Maine's only free, family-friendly and dog-friendly food and beer festival. Now in its fifth year and always held the last Saturday in July, Woofstock will be held rain or shine Saturday, July 27 from 11 a.m. to 3 p.m., on AWS's campus at 46 Holland Road, Kennebunk. Due to the kindness of title sponsor Rarebreed Veterinary Partners, all sponsorships, fees, merchandise and beer garden proceeds support pet veterinary care at AWS' Community Veterinary Clinic and throughout the state. Woofstock is AWS' primary annual fundraiser.

Live performances are offered by Kennebunk River Band (11 a.m. to 1 p.m.) and local musician Kris Hype (1 p.m. to 3 p.m.). Both musical acts generously donate their time to the event. Seacoast Oldies, the Festival's media sponsor, provides additional tunes. In the Kids Zone, youngsters enjoy a bounce house, face painting, temporary tattoos, crafts and games. Dogs are encouraged to try out an indoor agility course, watch training demonstrations, enjoy wading pools, and try a special non-alcohol broth-based dog beer, made right here in Maine by Dogs on Dough and sponsored by Cornerstone Artisanal Pizza and Craft Beer in Ogunquit.

For craft beer enthusiasts, attendees purchase 4 oz tasting tickets to sample dozens of offerings from 15+ local breweries and beverage companies. Food trucks and carts provide ample food and dessert items for sale for the duration of the festival. Three dozen makers, crafters, sponsors and area nonprofits have booths, selling everything from pet-related products to artisanal wares or presenting services available to the local community. New this year is the Pet Services Zone, where local pet supply shops and vendors showcase their products and services. Visit animalwelfaresociety.org/woofstock for a complete list of vendors, and for more information about the festival.





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# Port and Pine graphic designer follows through with her plans

by Dana Pearson

Sometimes, someone knows what she wants to do when she grows up. And sometimes, she actually does it.

"I knew pretty early on what I wanted to do," said Sarah Bath, the Kennebunk graphic designer who runs Port and Pine, which got off the ground in the summer of 2020 and has since snagged numerous clients. "I was really into pop art as a kid."

Thankfully, she attended a school district that encouraged students interested in pursuing the arts. Mt. Blue High School – in Farmington, the town where she grew up as Sarah Smith – had a visual arts program that Bath latched onto with excitement and commitment.

"I learned Photoshop, we did printing for the sports teams, and we had tech classes four hours every other day," she said. "I learned the basics there. It was great."

Her path led her to Roger Williams University

in Rhode Island, where she majored in graphic design and minored in marketing, with a concentration in visual arts – all of which would provide a practical background for her career. It was there that she met Tim Bath of Kennebunkport, the man she would marry. But that wouldn't happen until they reconnected later in Boston, after graduating college in 2014.

"I wanted to work in Boston," said Bath, so she did, landing a gig with a commercial real estate company. She created marketing materials, and "loved creating visual elements for the buildings." She did such work for two businesses until 2019, when she and Tim said, "Let's just move."

"We always vacationed here, we skied up at Sugarloaf, Tim's from the Port, and his folks have a place at Mt. Abram," said Bath. "So here we are."

Because she couldn't find a satisfying graphic design job up here, she be-

gan working for mailers. When Covid hit in 2020, she started doing graphic design jobs on the side, "to have fun, to be creative, and to get my name out there." In July 2020, she called her nascent business Port and Pine, to honor the coast and the western woods of Maine, "places that are important to me." Early clients included a carpentry business of a friend's husband; Scout & Bean, a Lincolnville outfit that makes rope bowls and baskets; and The Elective, a gourmet grocery store and gift shop on Main Street in Kennebunk.

Due to Covid-related issues with the USPS, the mailer business folded, and Port and Pine became a fulltime endeavor in September 2020. Which was fine with Bath. Having established herself through word of mouth, she dove into graphic designing – mostly for Maine businesses, but also for those in Canada, Florida, and Arizona. ("Instagram and Pinterest are where most people find me.") Some of her clients in the Kennebunks include Mainely Bicycle, Lupine Books, and Sea Love, a candle bar and boutique.

Another is the Lighthouse Real Estate Group in Kennebunkport, whose owner, Julie Grady, has nothing but good things to say about Bath.

"Sarah helped us with our launch," said Grady. "Sarah was extremely patient with all of my indecision, and once I had the vision for my logo, she came up with the perfect design and color scheme for our company. She is very talented and a good listener."

"Every time I look at our signs or printed materials, I smile," said Grady. Bath feels the same



Projects begin with sketches drawn by hand by Sarah Bath, which are later digitized and joined with typography. Courtesy photo

way, saying, "It's fun to see my logos around town."

To get to those logos, Bath starts with a consultation. Then, after a 50 percent deposit and the signing of a contract, they take a brand discovery questionnaire.

"We figure out who's the target audience, what their business goals are, and what makes their business unique," said Bath. "I'll ask them, 'What are you visually drawn to? What brands are you attracted to?'"

Ideally, Bath will guide her clients, "getting them to places they couldn't get to on their own. I try to pull it out of them." Then she'll draw in a sketch book, take a photo of it with her iPad, and then use Procreate on iPad to refine or redraw her illustration. "Then on



Lighthouse Real Estate Group owner Julie Grady of Kennebunkport said Sarah Bath of Port and Pine "came up with the perfect design" for her company. Courtesy graphic

my iPad I'll use Adobe Illustrator to integrate what I've created with typography."

As busy as she is – she typically books four clients a month, including one-off projects like business cards and brochures – she's keen

to balance her job with her home life, which includes time with Tim and their 2-year-old son Wally.

"We run, ski, hike, go to the beach, hang with friends," she said. "I absolutely love what I'm doing."



Sarah Bath has been running Port and Pine, a Kennebunk-based graphic design company, since 2020. Courtesy photo

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## ELLEN WELCH GRANTER July 6 - 29 The Gallery at the Grand



## RYAN KOHLER July 20 - August 14 SHOWS #1 on Maine Art Hill



## DAVID WHITBECK July 20 - August 14 SHOWS #2 on Maine Art Hill

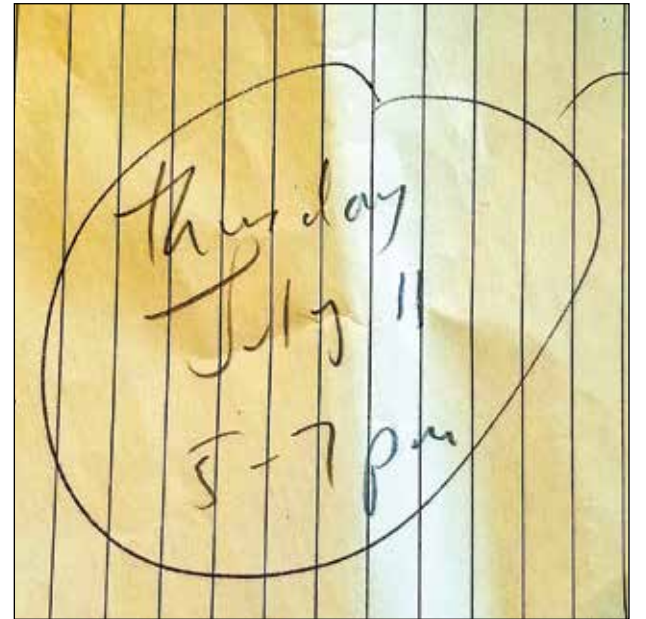


+ The visit the home of DeLeo Group at 5 Chase Hill Road!



## A date (and time) which will live in forgettable infamy

The specific two-hour window in the specific day has come and gone, and I have absolutely no idea what I was supposed to have been doing in it. And you'd think I would, since the hours and the date are in my handwriting on a pad of paper found in my house. It was as if I had been made aware of an event that I wanted to attend – perhaps while on the phone, or while texting, or while watching TV or reading a newspaper – and was prescient enough to jot down the day, date, and time so as not to forget; however, not providing that information with any sort of notation regarding the nature of the event proved a grievous oversight, so here I am, a couple weeks later, still wondering what the hell I was supposed to be doing on Thursday, July 11 from 5 to 7 p.m.



I don't believe it could have been a concert; most shows don't run during dinnertime – and if any did, I wouldn't want to have anything to do with them, as I value dinnertime so highly. However, if I had promised a friend I was going to attend their gig, or join them at a show, or even perform with them in a concert, I herein tender my deepest apologies and regret.

Speaking of dinnertime, it couldn't have been for a dinner engagement, could it? No, it couldn't possibly be that. Dinner dates have starting times only; they're open-ended affairs that draw to a conclusion organically. Unless, of course, someone

had a specific window in which to eat. But I only have one friend I can think of who'd make such a proposal, and he never called or texted me to ask, "Where the hell are you?" So no, dinner's out. That being said, if I'm wrong, and that person was too polite to call me on my lapse in etiquette by failing to appear, I herein tender my deepest apologies and regret.

Diane – you know, my wife – guessed that 5 to 7 p.m. was a prime time for cocktails; however, why would I go out for cocktails on a summer night without Diane – you know, my wife? That makes the least sense of all. But again, if I'm wrong, blah blah blah, deepest apologies and regret.

Was I going to interview someone somewhere for an article? An article so heartwarming or inspirational or educational that I haven't missed pursuing

it for one minute? Man, I hope not. But if so, I have plenty of apologies and regrets to go around.

For the record, on Thursday, July 11, I was out of town all day, returning sometime in that 5 to 7 p.m. window, showering, having dinner with Diane, and most likely watching another episode of *Doc Martin* and/or *Midsomer Murders*. I consider it highly unlikely that someone was supposed to come to my house during that time for some sort of apparently forgettable appointment; however, if someone did – perhaps to provide an estimate for a job that was so unimportant that it has irretrievably slipped out of my brain – and their knocks on the door or rings of the bell or shouts of consternation fueled by an overwhelming and justifiable sense of being ignored somehow went unanswered by both Diane and me... that's right, apologies and regrets.

I have received no notification since July 11 of having missed out on something, but I'm fairly certain I have, for I wrote that day and time down sideways on a pad of lined yellow paper. Sideways? Is that significant? Or just lazy? Or maybe, propelled by urgency, I grabbed the tablet and jotted down the information so quickly that I dispensed with the Stationery Golden Rule of Writing on a Legal Pad and failed to turn the pad 90 degrees so as to write within the lines, thereby writing...illegally? And what would make me act with such blatant disregard of those time-honored edicts?

No clue. All I'm left with are deepest apologies and regrets. Which, someday soon, will probably pop up in my head and make me wonder where the hell they came from.

Now through August 15, the Arundel Farm Gallery at 76 Arundel Road in Arundel is hosting an eye-opening show called "A Different Perspective," featuring the paintings, pastels, mixed media, and collage works of 20+ artists. Don't miss this one!

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# Field Notes of a Maine Birdwatcher Southern Songster: The Carolina Wren

by Ken Janes

In my neighborhood I am known as the "Bird Guy" so I often get asked to identify birds, usually with a fuzzy smart phone photo. Every once in a while, somebody asks about that loud bird singing outside the window first thing in the morning. There is a new free application called Merlin that is a game changer when it comes to identifying bird songs, but I don't need that remarkable bit of software to know my friend is hearing a Carolina Wren.

Carolina Wrens are small cinnamon colored birds with a white eyestripe, long down-curved bill, and a perky upright tail. They are difficult to see as they skulk in the bushes but their loud "teakettle, teakettle, teakettle" song is unmistakable. Like all wrens they are known for tireless energy, dodging in and out of the underbrush or a handy brush pile as they search for food. Usually, only the males sing to mark territory and keep in touch but females will add a few notes of their own and both have loud, rattling alarm calls.

These wrens were found only in southeastern North America years



The Carolina Wren. Photo by Ken Janes

ago, but since the mid 1900s they have been moving further north. After a few mild winters they have become regular summer visitors in southern Maine and some may be spending the winter here. They can be confused with the more common House Wren but are slightly larger, lighter colored, and the white eyestripe is distinctive.

Carolina Wrens are monogamous and a male and female vigorously defend their territory. They are very adaptable to suburban backyards and nest in birdhouses. Sometimes any abandoned flower pot, tin can or old mailbox will do for a nesting spot. Wrens are a very successful species because they eat almost anything, including bugs, spiders,

seeds, berries, and fruit, and they love suet feeders in the winter. These charming little birds are increasing in numbers but they are still susceptible to losses from outdoor cats and window collisions.

So the next time you hear that loud song, check with the Merlin app, and I bet it will be a Carolina Wren, our new visitor from the south.



**BIDDEFORD MILLS MUSEUM**  
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Reserve your tour at  
[biddefordmillsmuseum.org](http://biddefordmillsmuseum.org)

*A stroll through the past on Summer Street*

**Backyards & BARNs**

Friday, July 26 from 4 - 7pm  
a benefit for the Brick Store Museum

**BRICK STORE MUSEUM**  
117 Main Street, Kennebunk | [brickstoremuseum.org](http://brickstoremuseum.org)

## Maine Women in the Arts SUMMER FINE ART SHOW WITH CRAFTS Friday, July 26 – Sunday, July 28



Kathleen King



Cindy Mathieson



Jennifer Cooley



Patti Genest

Friday, July 26: 5-7 p ~ Reception  
with refreshments/live music

Friday, July 26: 9:30a-7p

Saturday, July 27: 9:30a-5:30p

Sunday, July 28: 9:30a-4p



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## It's too darn hot to cook!

by *Kathy Oberman Tracy*

When the temperature goes over 85 degrees it's just too hot to be in the kitchen. Keeping a simple menu with fresh picked summer vegetables, fruits and herbs will help keep meals packed with flavor and meal prep easy. If you grow your own, even better, you don't even need to go grocery shopping. However, it's the perfect time of year to go to your local farmer's market and see what is in season and perfectly ripe. I am a big fan of cold soup, cool vegetable salads and cold noodle salads with plenty of Rosé and Sangria. There are so many amazing recipes available online now so search for cold, raw or seasonal soups, salads and main courses to expand your recipe file and palate. A drizzle of olive oil, a dash of salt, a sprinkle of vinegar and freshly ground pepper bring out the flavors of summer's best crops.

Plan out a few cool dishes and shop for them the day before making them. I find it less crowded and cooler to shop in the early morning. Then clean and prep your vegetables when you get home and store them in the refrigerator. Best to enjoy the rest of the day anyway you can to keep cool! The next morning cook noodles, make syrups or sauces and chop vegetables. Depending on your recipe, you can fully cook and assemble your dish, then cover and refrigerate until ready to eat. Many cold dishes need time to allow the flavors to meld together creating the perfect cool bite on a hot summer night.

While fresh vegetables and fruit are the stars of the show during summer, most dishes will benefit from a simply grilled fish, chicken or steak. You can grill earlier in the day and allow the protein to cool to room temperature and then wrap and refrigerate. Allowing any protein to chill before slicing will help you carve the perfect slice to top even the most simple salad. Any type of chilled, grilled protein will benefit from allowing it to return to room temperature before serving for the best flavor.

Once you dive in, cold dishes are endless and you should always have fun experimenting with your food. Here are a couple of my favorite summer creations.

### Thai Noodle Salad

#### Ingredients:

4 ounces rice vermicelli  
 ½ cup Fish Sauce  
 ¼ cup granulated sugar  
 3 Tablespoons lime juice, lime wedges for garnish  
 3 Tablespoons Rice Wine Vinegar  
 2 teaspoons Dark Sesame Oil  
 1 medium shallot, halved and thinly sliced  
 3 cloves garlic, finely grated or minced  
 Black pepper to taste  
 1 medium English cucumber, halved lengthwise, seeded and cut into matchsticks  
 2 Fresno or Jalapeno chilies, seeded and thinly sliced (optional)  
 ½ cup salted roasted peanuts, coarsely chopped  
 ½ cup lightly packed torn basil leaves  
 ½ cup lightly packed mint leaves, roughly chopped

#### Directions:

Bring a large pot of water to a boil. Add the vermicelli, stir to combine and turn off the heat. Let stand until the noodles are fully tender, about 3 minutes. Drain in a colander, rinse under cold running water until completely cooled, then drain again. Transfer to a medium bowl. If the noodles are very long, use kitchen shears to snip them into more manageable lengths.

In a small saucepan, combine the fish sauce and sugar. Bring to a boil over medium, stirring to dissolve the sugar. Remove from the heat and stir in the lime juice, rice wine vinegar, sesame oil, shallot, garlic and ½ teaspoon pepper. Pour the mixture over the noodles, then add the cucumbers. Toss to combine, then let stand, tossing occasionally, for about 15 minutes.

Add the chilies, red pepper and peanuts; toss to combine. Taste and season with salt and pepper. Toss in the herbs then transfer to a serving dish. Serve with lime wedges.

### Strawberry Rhubarb Rosé Sangria

#### Rhubarb Simple Syrup

½ cup water  
 ½ cup sugar  
 3-4 cups rhubarb (2 large stalks; diced into 1 inch cubes)

#### Sangria

750 ml dry rosé (1 bottle)  
 ½ cup Vodka  
 2 cups strawberries, sliced  
 1 recipe simple syrup (cooled & strained)

#### Finishing Ingredients

1 bottle club soda or seltzer  
 1 bottle Prosecco  
 2 limes, sliced thinly  
 Several basil leaves and or mint

#### Instructions

##### Rhubarb Simple Syrup

In a medium non-reactive pot, combine sugar and water. Bring to a boil, stirring until sugar is dissolved.

Add rhubarb, stir and cover. Simmer for 10 minutes. Remove from heat.

Cool and strain off rhubarb before adding to sangria.

##### Sangria

Combine all ingredients in a pitcher. Allow to 'marinate' in the fridge for 4 hours as this is how you get your strawberry flavor.

##### To Serve

Pour the Sangria into a wine glass adding ice if you like... make sure to get a few strawberry slices into the glass, top off with either club soda or Prosecco (my personal favorite)

Garnish with a slice of lime and basil leaf



### The annual Blessing of the Animals A furry, well-behaved crowd was in attendance



Each year, pets of all shapes and sizes are invited to a special service at St. Ann's in Kennebunkport to receive blessings and have their love, loyalty and companionship honored - and this year's service was special as always. Photos by Bob Dennis



### Brick Store Museum Walking Tours

Summer is a great time to get outside and explore the history around us. Visit the museum's online calendar to choose from weekly and monthly tours. All tours can be reserved in advance, or at the door. Tickets are \$10 per person, and \$5 for members. Tickets can be reserved in advance at [www.brickstoremuseum.org/engagement/tourstalks](http://www.brickstoremuseum.org/engagement/tourstalks). Walk-ins are also welcome.



## LATITUDES OUTDOOR BAR + GRILL

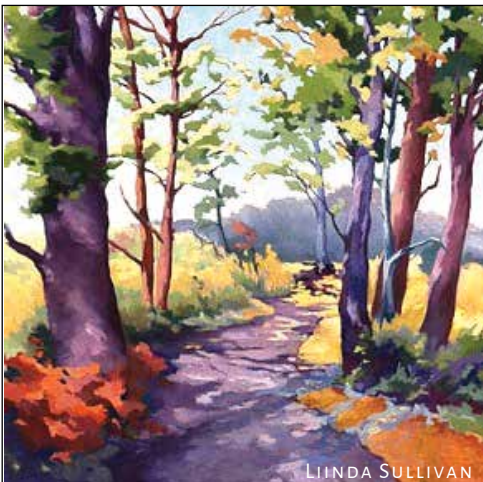
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Critics are raving about *A Little Night Music*, currently on stage at the Ogunquit Playhouse. The show runs through August 17. Don't miss this one!

Did you know?

Did you know

Daniel Tiger will be visiting the Seashore Trolley Museum on Saturday and Sunday, July 27 and 28! Get your tickets at [danieltiger.eventbrite.com](http://danieltiger.eventbrite.com) or FMI visit [seashoretrolleyuseum.org](http://seashoretrolleyuseum.org).



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ANNOUNCING!  
KATHLEEN TURNER  
as *Madame Armfeldt*

# A Little Night Music

MUSIC AND LYRICS BY  
**STEPHEN SONDHEIM**  
BOOK BY  
**HUGH WHEELER**

JUL 18-AUG 17

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## Lobster Trivia

- Lobsters were originally seen as the poor man's chicken. In Colonial times, it was fed to pigs and goats and only eaten by paupers.
- Lobsters that are too small and lobsters that are too big are thrown back. The small ones need to grow. The large ones add value to the gene pool.
- Lobsters are not red. They turn red when cooked. In nature they can be green or yellow - even blue.
- Lobsters molt - meaning, they shed their shells.
- A female lobster can only mate just after she has molted.
- When food is hard to come by, lobsters can turn cannibal and dine on smaller lobsters.
- Lobsters can swim forward and backward. When they're alarmed, they tend to move away in reverse by rapidly curling and uncurling their tails.
- Lobsters reproduce by laying lobster eggs. The eggs are carried by the female until they're ready to hatch.
- In addition to American lobsters, people also enjoy European lobsters, Spiny lobsters, scampi, and crayfish.
- Lobsters usually feed on bottom dwellers like clams, snails, and crabs.
- Lobsters can grow up to four feet long and weigh as much as 40 pounds.
- It is believed that lobsters can live as long as 100 years.
- Native Americans ate lobsters after wrapping them in seaweed and baking them over hot rocks.
- Native Americans also used lobster as bait and to fertilize their crops.
- Lobster meat is a great source of protein, providing 28 grams of protein per cup.
- Lobsters are a great source of heart-healthy omega-3 fatty acids.
- If you refrain from butter, lobsters aren't fattening. Three and a half ounces only have 96 calories and about two grams of fat.
- The American lobster, found in the Atlantic Ocean, bears the scientific name *Homarus americanus*.
- Lobsters were originally gathered by hand. It wasn't until the mid-19th century that lobster trapping became popular.
- A soft-shelled lobster is one that has just molted and is in a growing phase.
- Hard-shelled lobsters have darker claws than the soft-shelled ones.
- Since striped bass have no teeth, they swallow lobsters whole, but only the tiny ones.
- Even full-grown lobsters can fall prey to codfish and the occasional octopus.
- Lobsters have poor eyesight, but they have highly developed senses of smell and taste.
- Lobster blood is not red like ours; it's clear.
- It's a myth that lobsters scream when you put them in hot water - they have no lungs and no vocal cords.
- Lobster steamed in beer is delicious. A pilsner or lager is the best choice.
- The design of the lobster pot has not changed much in the last 200 years.
- There is meat in lobster legs. Bite down hard and you can suck it out.
- Lobsters are the original pea brains. Their brains are no bigger than the tip of a ballpoint pen.
- The tomalley is not the lobster's liver, it's part of the digestive tract.
- The tomalley turns green when cooked; some people considered it a delicacy.
- A lobster's claws are strong. A very large lobster could break your finger.
- Lobsters use their three pairs of antennas as sensors.
- Some people consider lobster an aphrodisiac.
- People were once ashamed to eat lobsters because it was considered a poor man's food.

## THE LOBSTER

Did you know?

*Dogs like lobster rolls too. Yes, you can pick up a lobster roll dog toy at Scalawag's Pet Boutique in Dock Square, Kennebunkport.*



### Beef Tenderloin Stuffed with Lobster

*This wins the "Delicious and Decadent Award," hands down.*

#### Ingredients:

6 bacon slices  
Tenderloin (3 1/2-4 lbs., trimmed)  
Meat from 2 cooked lobster tails  
1 1/2 tsp. lemon juice  
1 tbsp. unsalted butter, melted  
1 cup (2 sticks) unsalted butter  
1/2 cup sliced scallions  
2 garlic cloves, minced  
1 cup dry white wine  
2 tsp. chopped fresh tarragon

#### Directions:

Preheat oven to 425.  
Cook bacon in skillet over medium heat until partially done. (Don't let it crisp!) Remove, then drain on paper towel.  
Cut tenderloin lengthwise almost through to "butterfly" it. (Leave about 1/2" so it opens like a book.) Lay lobster meat on meat.  
In small bowl, stir lemon juice and 1 tbsp. melted butter; drizzle over lobster meat. Close tenderloin and tie together with twine at 1" intervals.  
Put tenderloin on rack in roasting pan and roast for 30 minutes.  
Then lay partially-cooked bacon on top, return to oven and bake until bacon is crisp and internal temperature reaches 130 degrees with meat thermometer.  
Remove bacon and slice beef for serving.  
To make sauce, melt 2 tbsp. butter in saucepan over medium heat.  
Reduce heat to low, saute scallions and garlic for 3-4 minutes, add remaining butter and wine and raise heat to medium. Cook until butter melts and sauce is hot. Stir in tarragon.  
Arrange sliced tenderloin on warm platter and drizzle with butter sauce.



### Lobster-related movie and tv quotes

The Big Bang Theory (2007 TV Series) - I am a monk now. From now on I renounce all worldly pleasures. Except lobster. And garlic butter.

How I Met Your Mother (2005 TV Series) - Why should bibs only be socially acceptable when you're eating lobster?

Gigi (1958) - Last week she taught her to eat cold lobster to perfection.

Seinfeld (1990 TV Series) - Yeah. I met this lawyer, we went out to dinner, I had the lobster bisque, we went back to my place, yada yada yada, I never heard from him again.

Frasier (1993 TV Series) - Oh, let's just say, when I picked my lobster out of the tank, I had no idea he was in for a better evening than I was.

Get Smart (1965 TV Series) - It is said a wise lobster knows the power of its own claws.

101 Dalmatians: The Series (1997 TV Series) - What do you mean you liberated a lobster? But it's stealing! The lobster police will get us for sure.

Paris Holiday (1958) - Do you know it's mating season for shellfish? Maybe the lobsters are having a hayride tonight.

Ragged Isle (2011 TV Series) - Yeah. Ragged Isle has always been a high-profile terrorist target. Control the lobster, control the world.

Carousel (1956) - Nobody in our family ever did anything to be ashamed of, Clem Poops. Now you just find me a couple of good big lobsters or git!

Kid Galahad (1962) - Plenty of food, men. Plenty of food. You think you've eaten lobster before, Maynard, just wait till you taste this.

The Last Day of Summer (2007 TV) - Lola The Lobster: Hello, Walker's Point! Fifteen minutes until show time! Summer's last hurrah!

*Lobster rolls are the de rigueur welcoming meal for visiting relatives and out-of-stater guests. One area businessman, who frequently travels overseas, declares he "won't leave Logan Airport for a long flight without having a lobster roll."*



Did you know?

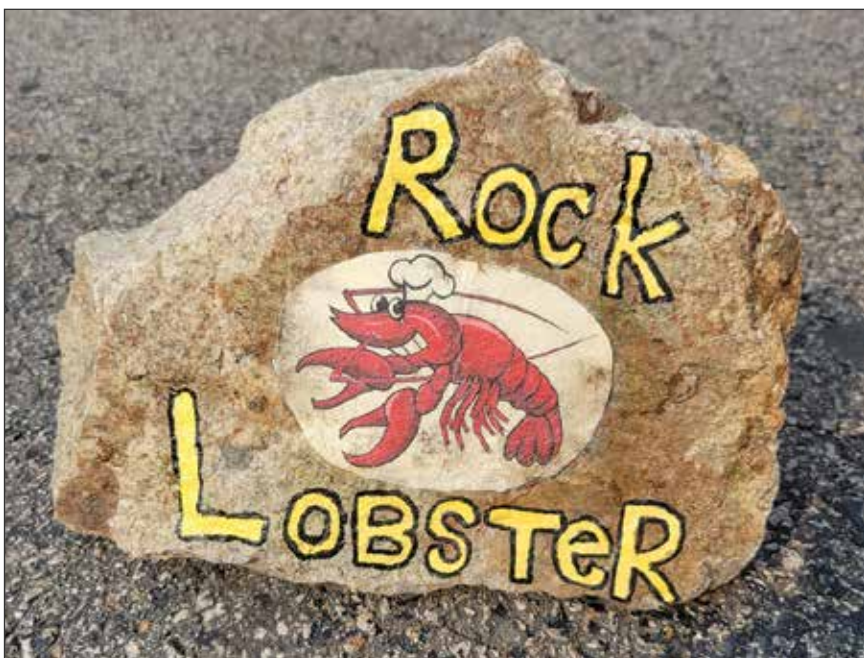
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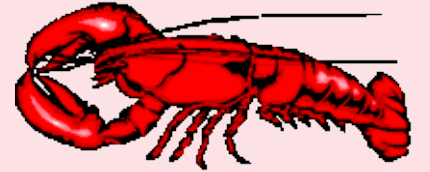
SPOTLIGHT



Photos by Josh Hrehovcik

Recognize this wonderful background lobster design by Kate Nelligan? It has always been a Tourist & Town favorite and it graced a summer cover several years back.

Lobster Lore Quiz



A True/False Quiz pulled from the Tourist & Town archives:  
True or False?

1. Summer residents and vacationers can apply for a special short-term license.
2. Adult Maine residents and visitors are allowed to catch one lobster each per season with their bare hands.
3. Lobsters are attracted to light and are easier to catch after dark.
4. Lobster dung is poisonous to other lobsters.
5. Lobsters make great fertilizer.
6. In a fight, a lobster can drop a claw from its body at will in order to escape.
7. After it molts, a lobster eats its own cast-off shell to replenish minerals in its system.
8. Most lobsters are green before they are cooked.
9. Lobsters are uniparous and hermaphroditic.
10. On some stretches of the Maine coast, lobster antennae are considered a delicacy and are chopped fine for garni on soups and salads.
11. Maine lobstermen love to talk about their work, especially to visitors who show an interest.
12. If you stroke a lobster's back for a few minutes before dunking it into the pot of boiling water, you hypnotize the unsuspecting creature, thereby ensuring that it will not suffer.
13. The yummy green stuff inside the lobster is partially digested seaweed and all the lobstermen gobble it up to ward of rickets in the long, cold winter months.
14. Any lobster trap washed up on the beach is fair game and can be taken home to be made into a funny-looking coffee table to prove that you vacationed in Vacationland.
15. Lobstermen can set an unlimited number of traps.

Answers to the Lobster Lore Quiz"

1. Nope. You have to be a year-round Maine resident for at least six months and be able to prove it with driver's license and state income tax return.
2. Nope. If the lobster doesn't remove a finger or two, the warden will. Lobsters can only be caught with a regulation trap by a licensed lobster fisherman.
3. Nope. On two counts. Lobsters shun light (next time you peek in a lobster tank, notice that they're huddled together in the darkest corner).
4. Ayuh. Natives don't eat it either.
5. Ayuh. If you can afford it. In Colonial days, lobsters were so populous that they were, in fact, used for fertilizer.
6. Ayuh. It's called "throwing a claw." If you come across a lobster with one claw significantly smaller than the other, it's in the process of regenerating a claw that's been thrown.
7. Ayuh. If they know what's good for 'em. The lobster's new shell is very soft after it sheds its old shell. It's as stiff as shoe leather after about two days and gradually gets harder. Those that don't eat their molt harden slower than those that do. Some natives say that "shedders," lobster that have recently molted, have the sweetest meat. (They also have less meat since their bodies have not yet grown to fill out the new shell.)
8. Ayuh. Green is the most common color, but they can also be blue, red, calico or even white.
9. Nope. Extra points if you didn't have to look up either word. The female lays from 3,000 to 10,000 eggs, or more. Only a few survive to adulthood because the eggs and developing larva are favorite foods of many sea creatures. A female is fertilized by a male in the usual way, and like some other creatures, the process takes about a minute, 30 if you count foreplay.
10. Nope. No more edible than a TV antenna.
11. Nope.
12. Maybe. But only the lobster knows for sure and lobsters talk less than lobstermen. Some say the word has gotten 'round in the lobster community that the stroking business is the last thing that happens to a lobster before it's boiled to death. "They're not hypnotized," snorted one fisherman, "they're just frozen with fear."
13. Nope. That green stuff is the lobster's liver, called to-male. Some like to eat it. Others would rather have rickets.
14. Nope. It's against the law to remove any trap from the beach or anywhere else if it has an identifying number on it (sometimes branded into the wood, sometimes on a metal tag attached to the trap). Better to buy your funny-looking coffee table from a lobsterman. The new vinyl-covered metal traps look great in a contemporary décor.
15. Ayuh. So far. The number of traps is limited only by the lobsterman's ability to tend the them. One local lobsterman estimates it takes about 3 hours to tend 100 traps, "dependin' on the age and speed of the boat and the lobsterman" and on weather conditions. Lobstermen in this area typically have from 300 to 1000 traps in the water. Each trap is hauled to remove the catch and rebait the trap about every three days. The gov'ment is debating various methods to conserve the lobster population, including limiting the number of traps that can be set, an unpopular notion with lobstermen who value, above all, their independence.



# Kitchen Talk

## Recipes for Jellies and Jams

Neighbor Gert Reoch of Wells makes Blueberry Marmalade year-round. Last January she dropped off a jar of her delicious confection (which transported me right to a balmy July day) and I begged for the recipe. Her Wendover Farm Blueberry Marmalade, she recalls "was originally featured in *Better Homes & Garden* magazine — in the late 1960s!"

### Gert's Blueberry Marmalade

(makes 9 half-pints)

#### Ingredients:

1 medium orange  
1 medium lemon  
3/4 cup water  
5 cups blueberries (fresh or frozen)  
5 cups sugar  
6 oz. liquid pectin (2 packages)

#### Directions:

Remove peel from orange and lemon, then scrape excess white membrane from peel and discard.  
Cut peels into very fine shreds, then place in a large saucepan and add 3/4 cup water. Bring to a boil, then simmer, covered, for 10 minutes.  
Scrape any white membrane from the fruit, then finely chop pulp, removing any seeds.  
Add pulp to peel with crushed blueberries.  
Add sugar.  
Bring to a full rolling boil, then boil for 1 minute, stirring constantly.  
Remove from heat and quickly stir in liquid pectin. Skim foam.  
Stir and skim for 7 minutes, then ladle into scalded jars.

Louise Vaillancourt divides the year between her home in Quebec and a sweet cottage at Kennebunk Beach. Louise is an exceptional cook. I tasted Duck Confit for the first time at her dining room table (*trés bon*). Another evening, she served incomparable seafood chowder. But when she gave me a jar of her Express Strawberry Jam, I really wanted that recipe. It's so simple, and, start to finish: 1/2 hour!

### Louise V's "Express Strawberry Jam"

(10 oz.)

#### Ingredients:

3 cups strawberries, quartered  
1 cup real maple syrup (Please! Not Mrs. Butterworth's.)  
Juice of 1/2 lemon

#### Directions:

Place all ingredients in large sturdy sauce pan and bring to a boil.  
Cook 15 minutes over medium heat until texture thickens slightly.  
Pour jam into glass jars. And then, as they say in Quebec, voila!

NOTE: Louise often replaces strawberries with blueberries or raspberries.

Joanne Wright owns a backyard garden in Wells that would impress Farmer McGregor. Among her many crops (tomatoes, squashes, beans, kale) she also tends a well-established bed of rhubarb and uses it to make a sweet and tangy fruit spread called Rhubarb Butter.

### Joanne's Rhubarb Butter

(Servings: 1.5 cups)

#### INGREDIENTS:

1 lb. rhubarb  
1/2 cup sugar  
Squeeze of fresh lemon

#### DIRECTIONS:

Rinse rhubarb and trim ends, then slice into 1" pieces.  
Put in heavy bottomed pot with sugar.  
Add 2 tbsp. water and lemon juice, then stir to combine.  
Heat, stirring constantly, until rhubarb starts to give off juice and mixture comes to a boil. Boil gently for 15-20 minutes, until rhubarb is soft and mostly broken down.  
Puree mixture in blender or food processor, getting it as smooth as possible. (Be careful when pureeing hot food because it can "explode" up through the spout of the processor. Make sure top is on tight.)  
Put puree back on stove, bring to a boil, turn down heat and let it gently bubble until reduced and thickened, about 20 minutes. Stir often. As the rhubarb butter gets close to being done, it will darken a bit and get glossier. It's done when you can drag a spoon across bottom of pan and jam doesn't fill in the space.  
Remember: the longer you cook it, the thicker it will be.  
Spoon into glass jar, let cool, cap and refrigerate.

(NOTE: you can also add small amount of cinnamon or cardamon.)

"You ought to have seen what I saw on my way  
To the village, through Mortenson's pasture to-day:  
Blueberries as big as the end of your thumb,  
Real sky-blue, and heavy, and ready to drum  
In the cavernous pail of the first one to come!  
And all ripe together, not some of them green  
And some of them ripe! You ought to have seen!"

"Blueberries" by Robert Frost

### Helpful Hints

According to *Cook's Illustrated*, "It's fine to freeze berries or stone fruits before turning them into preserves. The freeze-thaw process ruptures the fruit's cell walls which is a good thing when it's destined for jams and jellies because the fruit will soften quickly, speeding the cooking process. Hull and halve or quarter large strawberries but leave smaller berries whole. Halve or quarter and pit stone fruits."

Church cookbooks are a treasure-trove of time-tested recipes. I especially enjoy "old" ones from the 1950s and 1960s because of their simplicity. With peaches coming into season, here's a recipe for jam that's you'll want to slather on Bay's English muffins, or even vanilla ice cream.

### Mrs. Davis' Peach Conserve

#### Ingredients:

5 lbs. peaches (cut small)  
3 lbs. sugar  
1 lb. seeded raisins (cut fine)  
3 oranges (cut into small pieces)  
1 lb. English walnuts, chopped.

#### Directions:

Put ingredients together in large pot, cook until thick. then add chopped walnuts just before removing from stove.  
Pour into glass jars and cover with wax.

This page is curated by  
**Tourist & Town's  
Val Marier**

[valmarier@me.com](mailto:valmarier@me.com)



# The Olympic way of life

by Jo O'Connor

This Friday, July 26 marks the opening ceremonies of the games of the Olympiad XXIII in Paris, France and marks a great time for us to think globally, don our patriotic gear and show up to support our teams. This has caused me to reflect on the values of leading an Olympic life and to further impart some things I have learned.

To dive in to the Olympic bible for official details on all things-Olympics, we visited Olympics.com. There they state that "the three values of olympism are excellence, respect and friendship." They constitute the foundation on which the Olympic movement builds its activities to promote sport, culture and education with a view to building a better world.

This started me thinking about going for the gold in my own life and ways to promote sport, culture and education.

### Sport/Health

One thing is certain, while you can be competitive, it is critical that you show good sportsmanship. Congratulate your opponents on a good shot, good pass or a fair win.

Try to keep healthy by moving every day. Remember napping and sleeping are important to delegate as rest time and part of a healthy life. And if you can, try to get your heart rate up for 30 minutes each day. Stretch, walk, lift weights and MOVE! In doing so, you can add to your longevity.

Healthy eating should be planned in this order: vegetables, protein, fiber and fruits. If possible, cut

back on sugar and salt. Eliminate soda and processed foods for a start. The old adage is true - you are what you eat!

Visit your doctor and dentist annually. When was the last time you had your eyes checked? If you are a gal, have a mammogram and pap smear regularly. Everyone needs to have doctor-sanctioned colonoscopies after the age of 50.

Drink plenty of water. Wear sunscreen.

### Regarding culture:

One thing is true: southern Maine is the perfect location to get your culture on.

There are numerous museums and art galleries and even more artists that would love to show their works. Take advantage of this.

This region (especially Ogunquit and the Kennebunks) is brimming over with musical artists.

It's never too late to learn a new instrument - music has been shown to enhance memory.

Improve your wellbeing with a tap dance class, a Zumba workout, or some line dancing.

Attend a poetry slam, a writing class or a Pecha Kucha program.

### Regarding education:

Reading is key. Our communities are rich with local libraries where you can partake in their programming and clubs, which help our minds stay fresh. Don't forget to read *Tourist & Town* weekly.

Have you ever thought of teaching an adult ed class? Or grab a friend and take a class together - many towns have thoughtful and varied enrichment

programs. If you have a specialty, why not teach a class?

How about learning on your own? YouTube and Lynda.com have superb tutorials on everything from fixing a toilet to playing the accordion.

Keep your mind active: do a crossword or Wordle, play Scrabble, get a card game going, or try charades - it's making a comeback.

Be a joiner. Link up with like and unlike minds to expand and light up your neurons.

### Finally, be a good citizen:

Ask people if they need help.

Volunteer for an organization you love - the benefits will come back to you in spades.

Say please, thank you and I'm sorry - and mean it.

Be kind.

As we head into the Summer Games, think about your life as a champion. The saying: do unto others as they do unto you; if everyone practiced this, our world would be kinder.

Carry the torch, do your best and go for the gold!

You got this!  
**Making Maine Proud**  
Here are our Maine natives who competed in the Olympic Trials this year. Congrats!

Women's 800-Meter Race - Victoria Bossong, a Cumberland native and on the Harvard team.

Women's 800-Meter Race -- Hannah Steelman, an Orono High School graduate, who ran in college at Wofford College and North Carolina State University.

Men's 800 Meter Race -- Isaiah Harris from Lewiston.

5,000 Meter and 10,000 Meter Races -- Rachel Smith from Sanford.

In other news: a big shout-out to two Maine-based companies who have partnered with Ralph Lauren to make elements that will be worn by Team USA. According to the *Bangor Daily News*, Lewiston-based shoemaker Rancourt & Co. have made suede shoes for the athletes, while Rogue Industries of Standish have created a woven belt with a leather detail for their outfits. One could say Maine has a passion for fashion!

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Mark your calendar for "Poetry in the Friary," Saturday July 27, 1-2:30 p.m. at St. Anthony Franciscan Monastery, 28 Beach Avenue, Kennebunk. Five stars in poetry's orbit will read their poems at this WePoets & Verse event: Julia Bouwsma, Maine's sixth Poet Laureate; Mihku Paul, Wolastoqey poet; Jefferson Navicky, poet and author; Sandra Regan, poet, author, MWA artist; Joao R. Victor, won 2019 Maine Poetry Out Loud. Donations benefit the monastery. Free. Refreshments.

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## Summer Speaker Series in Biddeford Pool

Union Church's 23rd Annual Summer Speaker Series in Biddeford Pool continues on August 1 with Philip Bermingham. A distinguished photographer, Philip Bermingham is known for his portraits of politicians, royalty, and world leaders (published in *Portraiture: Philip Bermingham on the Job*). His portrait of the late Justice Ruth Bader Ginsburg graces a "Forever" stamp. But he is also devoted to the landscape of coastal Biddeford. His photographs will be displayed at the Biddeford Pool Community Center.

On Thursday, August 15, Dr. Matthew Edney, author, and Osher Professor in the History of Cartography at USM, will explore how the state of Maine came to be. Drawing on the vast map and rare book collections at USM, Harvard, Brown, Yale, and other collections, he will trace John Smith's travels along the New England coast in 1614 and track the Massachusetts Bay Colony's expansion northward.

Further information on the speaker series can be found in the next issue of *Tourist & Town*.



Philip Bermingham



Dr. Matthew H. Edney

For tickets: [unionchurchme.com](http://unionchurchme.com)

## Church on the Cape welcomes new pastor

The Reverend Greg Smith began his appointment as the full-time pastor at Church on the Cape on Sunday, July 7 to a full and expectant house. And

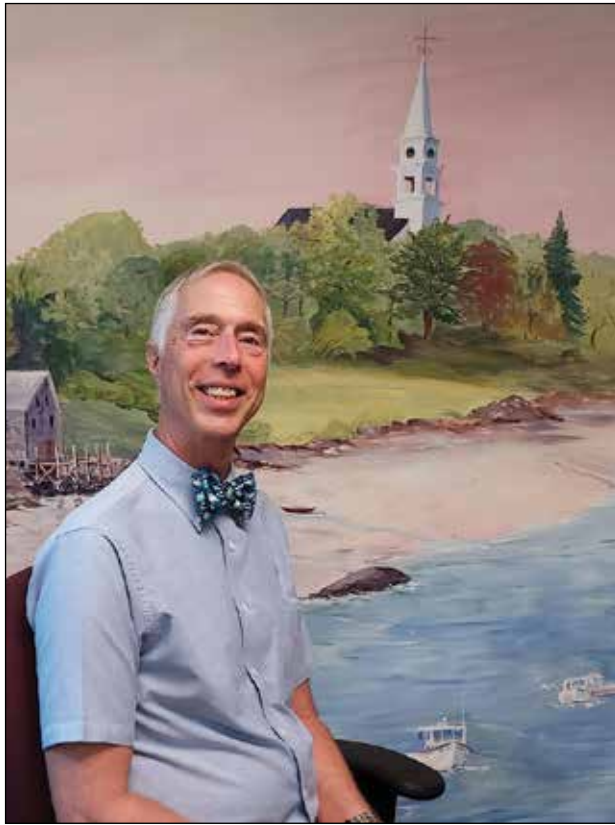
Smith did not disappoint.

Leading the congregation in the sung liturgy for Holy Communion, Smith surprised congregants with his full baritone voice. His warm, interactive, humorous demeanor was reflected in his sermon.

Smith and his wife Diana have relocated from Shelburne, Vermont, where Greg served as pastor at the Shelburne United Methodist Church for the past 17 years. The Smiths were pleased to be appointed to Church on the Cape. Our local beaches have been their summer destination for decades. The church family is also thrilled that they have made the Kennebunks their full-time home.

Church on the Cape at 3 Langsford Road, sits in the heart of the small Cape Porpoise community. COTC enjoys its reputation as "The Music Church." From local legend Keith McClelland to the current Music Director, Paul Stephan, decades of quality choral and instrumental music have enhanced worship and the word of God. Today, Reverend Smith brings a new energy not only to music, but also to Bible Scholarship.

Hymn Sing begins at 9:45 a.m. each Sunday with Worship at 10 a.m. The church is wheelchair accessible and open to all. FMI visit [www.churchonthecape.org](http://www.churchonthecape.org) or call the Church at 207-967-5787.



Reverend Greg Smith is the new pastor of Church on the Cape in Cape Porpoise. Courtesy photo

### Road race this week

July 26

Ocean Park 5K run | kids run

[www.runreg.com/ocean-park-5k](http://www.runreg.com/ocean-park-5k)



## Maine News Briefs

compiled by Jo O'Connor

- The Rotary Club of Biddeford-Saco and the City of Saco are working on plans to build a splash pad (where water dumps, sprays, shoots and produces rain and mist) at the Saco Community Center on Franklin Street. They hope to raise \$72K.
- Congratulations to the two Maine hotels who made *Travel & Leisure* magazine's top 100 best hotels in the world: Norumbega (#52) and Quisisana Resort in Lovell (#85).
- Looking for a fun, fabulous evening? The 35th Annual Illumination Night in Ocean Park is happening on Saturday, August 3 from 6-9 p.m. It's a walk about from street to street starting at 14 Temple Street.
- Head on over to the Kennebunk Rotary's 75th Annual Chicken BBQ on August 1 from 4-6 p.m. at the Waterhouse Center on Main Street. Drive thru or dine-in available.
- Mark your calendars for July 31- August 4 for the Maine Lobster Festival in Rockland. It's five days of fun and feasting on the coast of Maine. Running since 1947, this non-profit organization has donated more than \$500,000 to mid-coast Maine charities.
- Don't forget the annual Woofstock is slated for July 17 from 11 a.m.-3 p.m. at the Animal Welfare Society at 46 Holland Road in Kennebunk. A family fun and dog friendly day!



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Andrew, of Andrew Smith Carpentry, installed this antique marble sink top in his own home and it became the centerpiece of the space. In fact, most of the materials in this bathroom renovation are reclaimed.

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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# York County Audubon offers accessible bird walk in Wells

York County Audubon's final bird walk of our summer series co-hosted with the Wells Reserve will be held on Saturday, August 3 in Wells Harbor at the Webhannet Marsh trail, which is an ADA accessible trail.

The Webhannet Marsh Trail crosses land that was salt marsh before being filled with material dredged from Wells Harbor.

The trail consists of two paths, one (to the left at the trail junction) which leads to an overlook of the estuary. The landscape includes grass, shrub, and wooded areas along the edge of the Webhannet River salt marsh. Interpretive signs along the trail explain salt marsh ecology and historical changes at the site.

The trail is 6 feet wide, with a crushed gravel surface. It is of minimal grades, 1:12 or better, and does not include any steps or ramps.

The trail is adjacent to Wells Harbor, where the Wells Reserve maintains



Photo by Phil Stone

weather and water monitoring stations. An additional interpretive sign describing the equipment is situated there. It is also adjacent to other accessible waterfront features, including the public dock at Wells Harbor.

Surrounded by part of the Rachel Carson National Wildlife Refuge and lands associated with the

Wells National Estuarine Research Reserve, this is an excellent place for birding. Birds along the Webhannet Marsh Trail are primarily songbirds typical of the area, with some shorebirds, waders, ducks, and geese visible from the overlook or flying over.

The walk will start at 7:30 a.m. Beginners are

welcome. Please bring binoculars. These walks are free and open to the public. Space is limited and reservations are requested. Email [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or call (207) 646-1555 x116 to reserve your space.

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## Baked Bean and Chop Suey Supper July 27

The First Congregational Church is hosting its next baked bean and American chop suey supper of 2024 on Saturday, July 27 from 4:30 to 6 p.m. at the church, 141 North Street, Kennebunkport. First Church bean suppers will be held on the last Saturday of each month through October, 2024.

There will be two types of home baked beans. One type of beans will be meatless for our vegetarian or vegan friends. There will also be American

Chop Suey, macaroni and cheese, hot dogs, rolls, and cole slaw, topped off with a slice of homemade pie. Adults and children age 12 and over \$10 per person, and children under 12 are \$5 per child.

Please call Carol at (207) 710-7060 if you have any questions.

In addition to this supper hosted by church members, the congregation and minister Rev. Fred Gagnon welcomes you to attend Sunday worship service which be-

gins at 9:30a.m. Currently, masks are optional. All are welcome.

First Congregational Church is located 1.5 miles south of the Seacoast Trolley Museum where Log Cabin Road becomes North Street, next to Arundel Cemetery, and the Kennebunkport Historical Society.

For directions or more information, you may call the church office on Tuesdays at (207) 967-3897 or by visiting [www.first-churchkport.org](http://www.first-churchkport.org).

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# Lobster boats ride the high seas of Maine history

by Steve Hrehovcik

How lobsters and lobster boats became identified with Maine makes a fascinating and historic tale – pun intended. Long before Europeans settled in the New World the Mic Mac (Mi'kmaq) and Maleseet Indian of Atlantic Canada had fished for lobsters for hundreds of years. They didn't need boats to catch the lobsters because they were so numerous the sea creatures were found beached at low tide.

At that time lobsters were not considered the delicacy they are today. Indians used lobsters for fertilizer and bait for fishing. When the colonists arrived, lobsters still "got no respect." They were served to children, prisoners and servants.

According to the Lobster Institute the first recorded lobster catch occurred in 1605. The independent nature of fishermen and their need to satisfy their particular seamanship created a variety of boat designs that emerged through the years.

By the late 1700s one of the boats many lobstermen preferred was called a smack, a compact sailing vessel. A smack had a holding tank below deck where the lobster catch was stored until the boat returned to land. The tank had holes which allowed sea water to circulate to keep the lobsters fresh for long distances. The

catch was dropped into the tank through a hatch on the deck. A sea lore superstition warned that if the tank hatch cover was placed upside down the ship would sink.

By the early 1800s the popularity of lobsters began to rise. New York and Boston restaurants increased the demand so Maine fisherman responded by going further out to sea for larger catches which required a bigger boat.

Another popular boat for hauling lobsters as well as a workhorse throughout the fishing industry around the world is the dory. A graceful and easy to maneuver rowboat, the dory has a flat bottom, pointed bow and narrow flat transom at the back. The transom is often referred to as the "tombstone" because of its shape. Ranging from 16 to 24 feet, dories have high sides with wide overlapping boards.

Similar in size to the dory but designed with points at both ends and rounder sides is another row boat called the peapod – so named because it has the shape of the garden vegetable. Lightweight and flexible, lobstermen could row in either direction with ease, most often standing up and facing forward.

The Hampton boat has an open design and is equipped with a sail fore and aft. It originated in Hampton, New Hamp-

shire and was prevalent with fishermen.

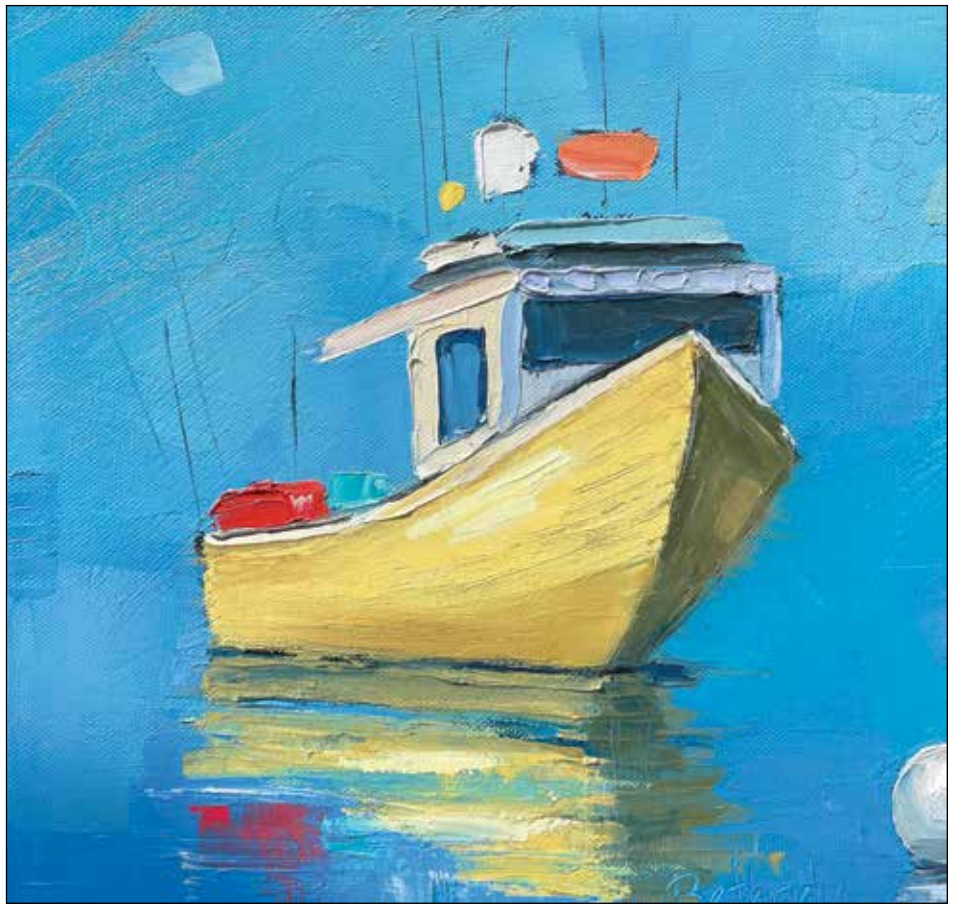
A blend of designs between the peapod and Hampton emerged into a new concept called the Reach boat. Most often the Reach is about 14 feet long and has an open hull. With its square sails, pointed bow, round bilge and keel, lobstermen maneuvered it by sail or rowing with equal ease.

Most familiar today as a pleasure craft, the Friendship Sloop started out as a lobster boat. It has a single mast rig that one man could operate as he hauls traps. At 16 to 20 feet in length, it has room to carry large cargos.

The early 1900s saw the emergence of gasoline engines to power boats which evolved into the lobster boats familiar on Maine waters today. Gas engines, and later diesel, allowed lobstermen to journey further out to sea and deal with strong winds and menacing ocean waves. In addition to powering the boat, the engine could be used to haul traps, making the lobsterman's job less strenuous and more efficient.

The design of the Hampton and Reach boats made them a logical choice for conversion to gas powered engines.

Today's typical lobster boat has a single inboard gas or diesel engine. For easy maneuverability it has a round bottom, double-wedge hull and varies in length from 20 to 40 feet.



Yellow Lobster Boat by Bethany Harper Williams

It also has sloping rails so the distance to haul traps out of the water is shorter.

At first, most boat builders used cedar planking over an oak frame. Starting in the early 1960s fiberglass hulls began to replace wooden construction. The boats had a compact forward cabin with a windshield for protection during inclement weather. The open deck allowed for storing traps and gear.

In the early days of lobstering, traps were hauled into the boat by hand. Lathe pots used to haul lobsters started in Maine around 1850. They replaced hoop nets. Wooden traps appeared in the 1930s. Wooden traps had the disadvantage because they had to be removed from the water often for repairs. Today, most traps are made from wire and use gas-powered winches to haul them from the deep. Modern electronic

equipment, including radar, a CB radio and/or a VHF marine radio telephone, and depth sounders have become standard gear on most lobster boats.

To protect the harvest for future generations, lobsters that are longer than 5 inches and shorter than 3 1/4 inches must be returned to the sea.

Another way lobstermen regulate their catch is with the colorful buoys seen floating in harbors and far out to sea. Each lobsterman chooses the color combinations for his license number attached. When hauling traps, the buoy must be conspicuously displayed and match the buoy of the hauled traps. Serious penalties, including the suspension of a license, can result for violating this practice.

The lobster industry in Maine is governed by the Department of Ma-

rine Resources. The waters around Maine are divided into seven zones. Most of the zones allow for a maximum of 800 traps for commercial fishermen. Non-commercial lobstermen can have up to 10 traps per boat. The latest figures for 2010 show there are 8,220 commercial lobster license holders and 1,890 noncommercial license holders.

Lobsters and Maine have a proud heritage. Many factors contribute to this extraordinary partnership - chilly ocean water around the state where lobsters thrive, hard-working lobstermen who brave hazardous oceans and the sturdy boats they use to haul their catch. Of course one of the most important factors that has made Maine the nation's largest supplier of lobster are the people who enjoy feasting on lobsters.

Here's to their hearty appetites.

## Tide Chart July 17 – July 31

<b>Wednesday, July 17</b> Low ..... 02:25 AM ..... 1.47 High ..... 08:39 AM ..... 7.36 Low ..... 02:27 PM ..... 2.02 High ..... 08:46 PM ..... 8.76 <b>Sunrise: 5:17 AM</b> <b>Sunset: 8:19 PM</b>	<b>Monday, July 22</b> High ..... 12:00 AM ..... 10.31 Low ..... 06:25 AM ..... -0.53 High ..... 12:43 PM ..... 8.88 Low ..... 06:32 PM ..... 0.38 <b>Sunrise: 5:22 AM</b> <b>Sunset: 8:15 PM</b>	<b>Saturday, July 27</b> High ..... 04:21 AM ..... 9.65 Low ..... 10:28 AM ..... -0.24 High ..... 04:52 PM ..... 10.11 Low ..... 11:08 PM ..... -0.07 <b>Sunrise: 5:27 AM</b> <b>Sunset: 8:10 PM</b> <b>Last Qtr: 10:53 PM</b>
<b>Thursday, July 18</b> Low ..... 03:17 AM ..... 1.17 High ..... 09:32 AM ..... 7.48 Low ..... 03:17 PM ..... 1.89 High ..... 09:36 PM ..... 9.07 <b>Sunrise: 5:18 AM</b> <b>Sunset: 8:18 PM</b>	<b>Tuesday, July 23</b> High ..... 12:49 AM ..... 10.57 Low ..... 07:11 AM ..... -0.81 High ..... 01:29 PM ..... 9.29 Low ..... 07:22 PM ..... 0.04 <b>Sunrise: 5:23 AM</b> <b>Sunset: 8:14 PM</b>	<b>Sunday, July 28</b> High ..... 05:22 AM ..... 9.10 Low ..... 11:23 AM ..... 0.23 High ..... 05:49 PM ..... 10.03 <b>Sunrise: 5:28 AM</b> <b>Sunset: 8:09 PM</b>
<b>Friday, July 19</b> Low ..... 04:06 AM ..... 0.77 High ..... 10:23 AM ..... 7.73 Low ..... 04:06 PM ..... 1.61 High ..... 10:24 PM ..... 9.48 <b>Sunrise: 5:19 AM</b> <b>Sunset: 8:17 PM</b>	<b>Wednesday, July 24</b> High ..... 01:39 AM ..... 10.64 Low ..... 07:57 AM ..... -0.93 High ..... 02:17 PM ..... 9.65 Low ..... 08:14 PM ..... -0.18 <b>Sunrise: 5:24 AM</b> <b>Sunset: 8:13 PM</b>	<b>Monday, July 29</b> Low ..... 12:12 AM ..... 0.08 High ..... 06:26 AM ..... 8.60 Low ..... 12:23 PM ..... 0.69 High ..... 06:49 PM ..... 9.88 <b>Sunrise: 5:29 AM</b> <b>Sunset: 8:08 PM</b>
<b>Saturday, July 20</b> Low ..... 04:54 AM ..... 0.32 High ..... 11:11 AM ..... 8.07 Low ..... 04:55 PM ..... 1.23 High ..... 11:12 PM ..... 9.92 <b>Sunrise: 5:20 AM</b> <b>Sunset: 8:17 PM</b>	<b>Thursday, July 25</b> High ..... 02:30 AM ..... 10.49 Low ..... 08:45 AM ..... -0.87 High ..... 03:07 PM ..... 9.92 Low ..... 09:09 PM ..... -0.26 <b>Sunrise: 5:25 AM</b> <b>Sunset: 8:12 PM</b>	<b>Tuesday, July 30</b> Low ..... 01:19 AM ..... 0.19 High ..... 07:33 AM ..... 8.25 Low ..... 01:25 PM ..... 1.06 High ..... 07:52 PM ..... 9.74 <b>Sunrise: 5:30 AM</b> <b>Sunset: 8:07 PM</b>
<b>Sunday, July 21</b> Low ..... 05:40 AM ..... -0.13 High ..... 11:57 AM ..... 8.47 Low ..... 05:43 PM ..... 0.80 <b>Sunrise: 5:21 AM</b> <b>Full Moon: 6:18 AM</b> <b>Sunset: 8:16 PM</b>	<b>Friday, July 26</b> High ..... 03:25 AM ..... 10.14 Low ..... 09:35 AM ..... -0.63 High ..... 03:58 PM ..... 10.08 Low ..... 10:06 PM ..... -0.21 <b>Sunrise: 5:26 AM</b> <b>Sunset: 8:11 PM</b>	<b>Wednesday, July 31</b> Low ..... 02:25 AM ..... 0.22 High ..... 08:40 AM ..... 8.09 Low ..... 02:29 PM ..... 1.27 High ..... 08:54 PM ..... 9.66 <b>Sunrise: 5:31 AM</b> <b>Sunset: 8:06 PM</b>

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.

Did you know?

Photographer Bob Dennis is teaming up again with Tom Bradbury to produce a second volume of the popular 2017 book "Reflections: Four Seasons of Beauty in Kennebunkport." Profits will go to support the Kennebunkport Conservation Trust. The new 178-page, 200 image book is due out around August 1. Dust off your coffee tables now.



# The Southern Maine Saltwater Fishing Report

by Captain Greg Metcalf

Fishermen all along the Maine coastline have been enjoying steady inshore action on striped bass, mackerel and haddock, tuna on the offshore grounds. As we move into August the offshore tuna and shark fishing will start to perk up and bluefish will move into our inshore waters.

**Kennebunkport:** The striper fishing has been very good in an around Kennebunk and Kennebunkport. The activity in the Kennebunk River, the beaches and rocky shoreline requires some patience and good luck, but there is some quality fishing for those who put their time in. Mackerel are still plentiful most of the time, which make great live offerings for a hungry striped bass. Anglers aboard my boat, the *Striper Swiper* enjoyed a decent week of fishing with a couple of exceptional days thrown in. Most of the striped bass are between 25 and 31 inches, with an occasional fish in the upper 30-inch to the low 40- inch range.

**Wells, Ogunquit:** Brandy from Webhannet Bait and Tackle reported striped bass pleased anglers from Kennebunk to York Beach over the last week. There were several big stripers in the Wells area caught this week with the largest one measuring 46 inches. That fish



Andrew Santa Barbara from Hillsborough, New Jersey, caught this 40-inch striped bass while fishing aboard the *Striper Swiper* on July 21.

was caught from shore using clams for bait. There was also another very nice striper taken inside of Wells Harbor that measured over 40 inches. There have been a few reports of bluefish that were caught inside Wells Harbor and the mouth of the Mousam River, so you don't need to be in a boat to get some of the great action.

**York:** Captain Phil Breton from Breton Fly Charters told me he has been enjoying very fast fishing at Long Sands and Short Sands Beaches this week and some big ones

too. All of the bites were on fresh chunks both under floats and on the bottom. Mackerel fishing is still good and he even caught a bluefish out in front of Cliff House.

**Goose Rocks Beach:** Captain Costa Moreshead reported fishing at Goose Rocks Beach this week was fair to good. Fish were there one day and gone the next. Early morning has proved to be the best time. Cape Porpoise Harbor is getting better with bigger fish showing up at Stage Harbor, Goat Island Light and the inner harbor.

**Saco River and Saco Bay:** Captain Cal Robinson of Saco Bay Guide Service told me there are still no bluefish on the hooks to report. Mackerel fishing has gotten better as the water temperatures cooled a bit and there are still plenty of big bass along Old Orchard Beach. There have been some small snapper blues caught along the beach front and at the mouth of the Saco River. The weather has been great week and fishing was very good.



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**Q:** Getting ready to put our condo on the market. We have had a difference of opinion about choosing a broker to sell it. We have spoken to some brokers who have been in the business for a long time. My wife thinks these are the people we should be seriously considering due to their experience. My sense is that a newer member will be more motivated to build their reputation and will work harder to get the sale done for us. I know you are a long timer but would be interested in your take on this issue. If this is too personal a question for you due to your years, I have no problem with you taking a pass on this question. Aaron

**A:** Actually this is a question that I have been asked before, and I have no problem dealing with it. Broker experience is a plus to build knowledge and expertise. Being a newcomer to the industry can certainly add to motivation. That said, I believe that this is a business choice based on the individual broker. You want to check references from previous clients as to their satisfaction with the broker as well as their background and success in the industry. Also a major aspect of making your decision is trust. You really have to trust the individual you hire to ensure that you have confidence in their work ethic, skills, forthrightness and honesty. It is a complicated process, but in my opinion those are the decision makers.

**Q:** Everything we are reading and hearing in the media seems to say that this is a strange time in the real estate marketplace as to stuff that is going on in the industry, the economy and the number of properties available. What is your take on this? We have been thinking about selling our home but are uneasy as to if we should do it during this time. Appreciate your take and suggestions. Barbara and Alan

**A:** Without question, this is a very erratic time in our business and in the economy as well. It is having its ups and downs in different price ranges due to all of the aspects that you mention and in the industry as well. There is no easy decision. I recommend that you meet with a knowledgeable broker and let that individual research and share with you what the market is doing in your location and in your price range. Also evaluate the number of properties for sale in your price range and what your competition will be like as the season kicks in. Also you want to evaluate your needs. Is liquidating the asset now something that will be a positive for you in these market conditions or would you be better off to wait for another time? This information will help you make the right decision for you.

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## Live Entertainment Spotlight



### Boston's finest Funk and Disco Band rolls into The Leavitt Theatre Stage in Ogunquit

The Leavitt Theatre, in conjunction with JM Productions of Quincy, Massachusetts is thrilled to announce a spectacular dance concert honoring the nation's best Funk & Disco music, on July 27 at 8 p.m. starring Booty Vortex.

Get ready! Some of the finest, funkier musicians from across New England have banded together to play the groovy tunes from the '70s. These timeless disco, funk songs will have you shakin' what yo' mama gave ya! And the heat these players/singers bring is guaranteed to knock you off your feet!

Reviews of this powerhouse band include: "Boston's finest funk and disco band, Booty Vortex is indeed unconventional, full of character, and possesses a bit of a wild side. Their enthusiasm is infectious, their voices powerful, and their music, a collection of mostly '70s disco cover songs, are tailored for a truly devoted '70s and retro dance crowd."

Do you miss those crazy, hazy disco days? Come see Booty Vortex, an 11-piece kick-ass disco band that's been selling out shows all over Boston. You want to be able to tell your friends that "you were there the night they blew the roof off of The Leavitt."

Tickets for the concert are now available for purchase online at [www.leavitttheatre.com](http://www.leavitttheatre.com). Don't miss this unforgettable night of music, dancing, and nostalgia.

The Leavitt Theatre, located in Ogunquit, is a historic landmark dedicated to showcasing a diverse range of live performances. Since its inception in 1925, The Leavitt Theatre has remained a beloved cultural hub, providing entertainment and inspiration to audiences of all ages. The Leavitt boasts an award-winning cocktail program and exceptional dinner menu, both of which are available to enjoy in the auditorium during the show.

## THE PILOT HOUSE

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We are happy to open our doors to all our faithful locals and visitors from away too. 160 seats in our new two-story restaurant. Great menu with classic favorites and new specialties. Incredible river views.

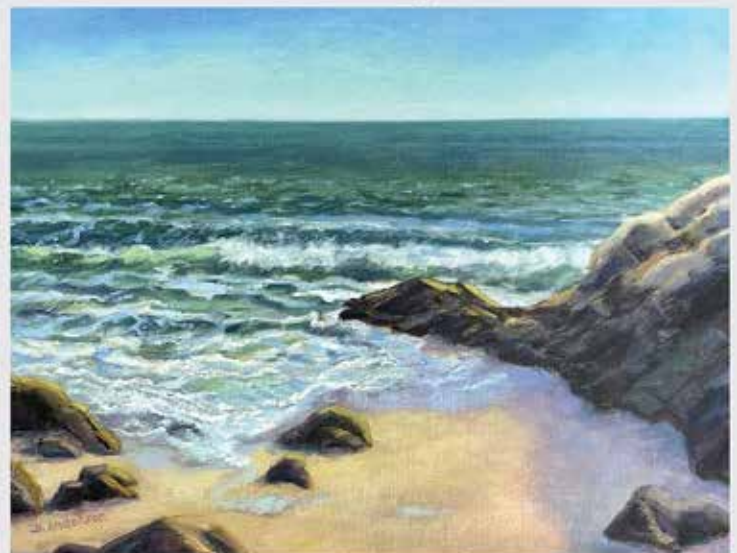
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# Through the Lens ~ with Bob Dennis

"As in many aspects of life, sometimes keeping things simple is the best strategy. When I saw a familiar blue sailboat back in the water in Cape Porpoise Cove, I envisioned the image I hoped to capture. With a favorable tide, blue skies, and — most importantly — still water, the right conditions came together in the early morning of Wednesday, July 17. I patiently waited for the boat to glide into the position I hoped for. With a different perspective, I could have included fish houses, lobster boats, and other subjects in the composition but I thought it would work best with just the boat. Upon reflection, I think I made the right choice!"

~ Bob Dennis  
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*Benefit for Community Outreach Services*  
 Donate cash or a nonperishable food item to help our neighbors!

**AUGUST 25**  
 5 to 7:30 p.m.

**The Waterhouse Center**  
 51 Main St., Kennebunk

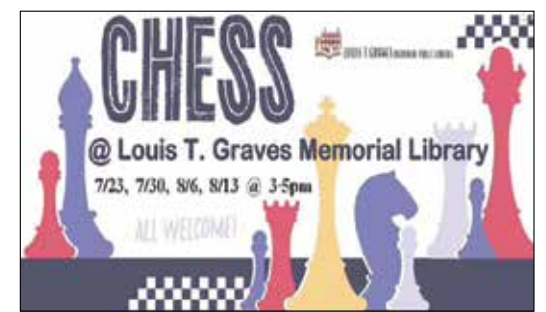
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**Did you know?**

Great news for chess enthusiasts: The Graves Library in Kennebunkport hosts a weekly chess group.



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**Andi Robinson**

207.604.2479  
 arobinson@legacysir.com



**Elaine Prendergast**

207.604.0449  
 eprendergast@legacysir.com



# CALENDAR

## Going on now:

**Beetle & Magnolia Pop-Up at The Space at the Depot**, 12 Depot Street, Kennebunk. This special pop-up - with custom jewelry and novelty items - will run 11-3 daily through Saturday, July 27.

**"A Different Perspective: Small Works From Maine and Away,"** Arundel Farm Gallery, 76 Arundel Road, Arundel. Carefully curated by gallery owner Julie Feingold, 20+ artists have been invited to submit original work including paintings, pastels, mixed media, and collage works. In brief statements artists explain how their work fits the theme, and the gallery has added relatable quotes. With diverse subject matter, it's an intriguing experience. Viewers will walk away seeing the world in an entirely new way. The show runs through August 15.

**Exhibit: Gordon Carlisle "Panorama,"** York Public Library, 15 Long Sands Road, York, through August 29. This show features the work of Eliot artist Gordon Carlisle. Gordon Carlisle has been actively involved as a visual artist in the greater Portsmouth area since 1982. A graduate of the San Francisco Art Institute (BFA, printmaking), he makes his living as a visual artist, creating not only Public Art murals and paintings but theatrical set design, portraits, graphics and illustration as well. FMI visit [yorkpubliclibrary.org/art](http://yorkpubliclibrary.org/art)

**Ice Cream Nights at Seashore Trolley Museum**, 195 Log Cabin Road, Kennebunkport. Every Wednesday in July and August from 5:30-7:30 p.m., guests are treated to a special evening trolley ride on the museum's heritage electric railway through their wooded campus and an ice cream sundae with all the fixin's. Tickets are \$12/each (children ages 2 and under are free). Admission includes the trolley ride and ice cream sundae. Guests are encouraged to purchase tickets in advance at <https://icecreamnight.eventbrite.com>

**Grief Support Group for Adults**, facilitated by Carol MacLeod APRN, Psychiatry, Brick Store Museum, 117 Main Street, Kennebunk, Thursdays 11 a.m.-12:30 p.m. FMI [mugbob66@gmail.com](mailto:mugbob66@gmail.com) or 207-468-0668.

**Adult Book Bags**, Wells Public Library has launched a book bag service for adults. Library card holders 18+ can register online. Once registered, an email will be sent with a survey to help select the perfect reading materials. Each book bag will contain two library books personally chosen for you by a librarian, and some extra goodies for you to keep. Bags will be held for one week after receiving notification for pick up. This program is limited to 24 registrants. FMI contact Kim Swejkoski at [kswejkoski@wellstown.org](mailto:kswejkoski@wellstown.org) or call 646-8181.

**What's Your Story?** (This takes place every Monday), Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 7 p.m. Each week, Library Director Mary-Lou Boucouvalas sits down with a community member and talks to them about where they came from, what they do, what their interests are, etc. Tune in Monday evenings on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch on the Town of Kennebunkport's cable channels 2 and 1301.

**Portside Readers** (this event takes place every Wednesday), Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 7 p.m. Listen to stories, poems, tales, essays, drama, songs and more by the Portside Readers, a small group of local actors, writers and book club members who want to share the joys of reading and listening. Tune in Wednesday evenings on the Louis T. Graves Memorial Public Library's Facebook page and YouTube channel, or watch on the Town of Kennebunkport's cable channels 2 and 1301. FMI call 967-277

## Thursday, July 25

**Banjo Jimmy**, Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10:30 a.m. 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 and ask for the Junior Room or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Adult Crafternoon: Blackout Poetry**, Wells Public Library, 1434 Post Road, Wells. 2 p.m. Make newfound art from old pages. All supplies will be provided. Registration required. For more information and to secure your spot, please contact Kim at [kswejkoski@wellstown.org](mailto:kswejkoski@wellstown.org) or call the library at 207-646-8181.

**Evening Book Group**, Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 5 p.m. For June, the group is reading *Women in White Coats* by Olivia Campbell. All are welcome to attend. FMI call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Newcomers Book Club**, McArthur Library, 270 Main Street, Biddeford, 5:30 p.m. The selection is *The Villa* by Rachel Hawkins, with a field trip to Edelweiss Pastry Shop. FMI email [kcheeseman@mcarthurlibrary.org](mailto:kcheeseman@mcarthurlibrary.org).

**French Conversation Group**, Wells Public Library, 1434 Post Road, Wells, 4 p.m. An informal approach to practicing or re-learning French. FMI contact Cindy Appleby at [cappleby@wellstown.org](mailto:cappleby@wellstown.org) or call the library at 207-646-8181.

**Affairs to Remember Auction**, Kennebunk River Club Casino, Kennebunkport, 6-8 p.m. The Center's annual live and silent auction. Tickets are \$50 per person including food and drink. To purchase tickets, visit [www.senior-centerkennebunk.org](http://www.senior-centerkennebunk.org), visit The Center at 175 Port Road in Kennebunk, or call 967-8514.

## Friday-Sunday, July 26-28

**Maine Women in the Arts Summer Fine Art Show with Crafts**, Masonic Lodge, 10 North Street, Kennebunkport. Opening reception Friday, July 26, 5-7 p.m. The show runs Friday, 9:30 a.m.-7 p.m., Saturday, 9:30 a.m.-5:30 p.m. and Sunday, 9:30 a.m.-4 p.m. Refreshments and live music.

## Friday, July 26

**Fabulous Friday Family Story Time**, Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10 a.m. This program includes stories, finger plays, and songs. After story time, be sure to stop at our hands-on stations that are always open. FMI call 967-2778 and ask for the Junior Room or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Stay and Play**, Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 10:45 a.m. Looking for a fun and educational activity for your kids? A one-hour playtime for children and caregivers to engage in educational toy. FMI call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Fiber Arts**, Wells Public Library, 1434 Post Road, Wells, 10:30 a.m. 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. FMI contact Kim Swejkoski at [kswejkoski@wellstown.org](mailto:kswejkoski@wellstown.org) or call the library at 207-646-8181.

**Week in Review**, York Public Library, 15 Long Sands Road, York, 3-4 p.m. This is a casual gathering of individuals interested in having a civil discussion about the week's events. Come with an open mind and a willingness to engage with people from different perspectives as we talk about what's happening in the world around us.

**Author Diane Madden**, Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 p.m. Maine author Diane Madden will read her book *The Story of Neeps and Tattie*, which is about two tortoises that were rescued near the shore of Loch Ness. FMI call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**"Astrocar" Exhibit Opening**, Maine Classic Car Museum, 2564 Portland Road (Route 1), Arundel, 5 to 8 p.m. Tickets are available in advance or at the door. Admission is \$25 per person and includes refreshments. FMI visit [mainecarmuseum.com](http://mainecarmuseum.com) or call 207.602.6620. See full story on page 10 of this issue.

## Saturday, July 27

**Summer Wildflowers**, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 9:30 a.m.-12 p.m. Come and explore mid-summer blooming wildflowers with "Boot" Boutwell, a freelance itinerant naturalist. The reserve has seven miles of trails through a rich variety of habitats, but we won't have to walk very far to see a host of flowers in bloom, as well as several plants in fruit. We will enjoy their beauty, learn some basic identification characteristics, and also learn some wildflower natural history and lore as we stroll through the meadows and wet meadows of the Reserve. \$15/ \$12. Pre-registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or (207) 646-1555 x116. Please note: Program fee does not include site admission fee. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**"Poetry in the Friary,"** hosted by WePoets & Verse,

St. Anthony Franciscan Monastery, 28 Beach Avenue, Kennebunk on Saturday, 1-2:30 p.m. Refreshments. Book signing. Come join.

**Woofstock Festival at the Animal Welfare Society**, 46 Holland Road, Kennebunk, 11 a.m.-3 p.m. Now in its fifth year, Woofstock is Southern Maine's premier family-friendly, dog-friendly food and beer festival. Woofstock is free to attend.

**Blueberry Festival & Crafts Fair**, Kennebunk, 9 a.m.-3 p.m. Delicious treats, more than 40 crafters, vintage jewelry, and live music are featured in festive tents set up on the lawn between First Parish Church and Kennebunk Library. Event moves inside in case of rain. Sponsored by First Parish.

**Wire Tree Workshop, River Tree Arts, 4-6 p.m.** This workshop is for adults 18+. The cost is \$70 for members; \$75 for non-members. Join award-winning wire artist Ryan Kelly for this unique workshop! Ryan will reach you how to create a wire tree in any style you'd like. All materials are provided.

**Baked Bean and Chop Suey Supper**, First Congregational Church, 141 North Street, Kennebunkport, 4:30-6 p.m. There will be two types of home baked beans. One type of beans will be meatless for our vegetarian or vegan friends. There will also be American Chop Suey, macaroni & cheese, hot dogs, rolls, and cole slaw, topped off with a slice of homemade pie. Adults and children age 12 and over \$10 per person, and children under 12 \$5 per child. Please call Carol at (207)710-7060 if you have any questions.

**Booty Vortex**, Leavitt Theatre, Ogunquit, 8 p.m. The Leavitt Theatre, in conjunction with JM Productions of Quincy, Massachusetts, is thrilled to announce a spectacular dance concert honoring the nation's best Funk and Disco music. Some of the finest, funkier musicians from across New England have banded together to play the groovy tunes from the '70s. These timeless disco, funk songs will have you shakin' what yo' mama gave ya! Booty Vortex is an 11-piece disco band that's been selling out shows all over Boston. Tickets for the concert are now available for purchase online at [www.leavitttheatre.com](http://www.leavitttheatre.com).

## Monday, July 29

**Estuary Discoveries**, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10-11:30 a.m. Join this peaceful and easy meander along this accessible trail. Learn about the value and importance of estuaries, where rivers meet the sea, while exploring the newest trail in the Reserve's network. Free with site admission. Pre-registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or (207) 646-1555 x128. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

## Tuesday, July 30

**Native Seed Pops**, Graves Memorial Public Library, 18 Maine Street, Kennebunkport, 2 p.m. Create seed pops with Native Maine Wildflowers. When conditions are right, seed pops break down and sprout into plants. Fun for all ages. FMI call 967-2778 and ask for the Junior Room or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Sunset Kayaking on the Little River Estuary**, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 6-9 p.m. Come explore where the river meets the sea—by kayak. Paddle the quiet waters of the Reserve's estuary while watching for wildlife and learning about this treasured habitat. This is a relaxing paddling experience appropriate for all levels of kayaking ability. First timers are welcome. Minimum age is 12 (and 12-15 year olds must be accompanied by an adult). Maximum number of participants is 4, providing the added value of a smaller group experience. Kayaks are single (not tandem) boats, so each participant paddles their own kayak. \$75/\$60. Pre-registration is required at [www.wellsreserve.org](http://www.wellsreserve.org).

**Virtual Author - Graphic Novels are Life! Telling Your Own Story in a Graphic Novel with Dan Satat**, York Public Library, 15 Long Sands Road, York, 2 p.m. Join this year's winner of the National Book Award for Young People's Literature, Dan Santat, as he inspires tweens and teens to tell their own stories through graphic novels. His winning book, *A First Time for Everything*, is a graphic memoir based on his own awkward middle school years and the trip to Europe that changed his life. Dan Santat began drawing as a young boy and although he first studied microbiology, he pursued his passion in illustration. He spent many hours as a child and teenager teaching himself to draw



by copying illustrations from comic books until he developed the unique, recognizable style that we see today. His talk will inspire listeners to draw their own story as well as give them practical tips on the creation of graphic novels.

**Wednesday, July 31**

**Secrets of the Salt Marsh**, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10-11:30 a.m. Join this jaunt past meadows and forests down to our floating dock on the Little River. Here we will look out over the salt marsh and learn the secrets of this special ecosystem. This guided walk covers about 1 mile of fairly flat, slightly uneven trail terrain. Insect and sun protection are highly recommended. Preregistration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or (207) 646-1555 x110. Free with site admission. [FMI wellsreserve.org/calendar](http://FMI.wellsreserve.org/calendar).

**Weekly Summer Crafts-Felting**, York Public Library, 15 Long Sands Road, York, 5-6 p.m. Join us by the fireplace and try your hand at a variety of simple fun crafts. For adults and teens. Registration required; visit [yorkpubliclibrary.org/calendar](http://yorkpubliclibrary.org/calendar) to sign up.

**Thursday, August 1**

**Laudholm's Farming Past**, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10-11:30 a.m. Delve into the stories of what these historic buildings were and are today. Explore the rich history of this site, beginning in the 1640s, from family home and farmland to National Estuarine Research Reserve. Tour buildings that are not open to the public such as the bull barn and garages. This docent-led walk goes into and out of buildings and covers approximately ½ mile over 1 ½ hours. Free with site admission. Preregistration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or (207) 646-1555 x110. [FMI wellsreserve.org/calendar](http://FMI.wellsreserve.org/calendar).

**Martha's Garden Through the Year: Summer**, York Public Library, 4-5:30 p.m. Martha Fenn King returns to York Public Library after four fabulous presentations in August, November, January and April. This presentation will focus on how best to keep up with our gardens this summer. Martha will be reading passages and poems from her book *A Maine Garden Almanac* and helping facilitate any conversations about flowers, vegetables and gardening. Martha will also be talking about the weather this current growing season. What is bountiful and what is a complete failure in our gardens? How do we control or live with weeds? Martha will bring a bouquet of flowers to raffle off at the end of the presentation. Registration required; visit [yorkpubliclibrary.org/calendar](http://yorkpubliclibrary.org/calendar) to sign up.

**Friday, August 2**

**Kayaking on the Little River Estuary**, 9 a.m.-12 p.m. Come explore where the river meets the sea—by kayak. Paddle the quiet waters of the Reserve's estuary while watching for wildlife and learning about this treasured habitat. This is a relaxing paddling experience appropriate for all levels of kayaking ability. First timers are welcome. Minimum age is 12 (and 12-15 year olds must be accompanied by an adult). Maximum number of participants is 8. Weather dependent. \$60/48. Pre-registration required at [www.wellsreserve.org](http://www.wellsreserve.org).

**Saturday, August 3**

**Accessible Bird Walk**, presented by York County Audubon, 7:30 a.m. This walk will be held at the ADA trail at Wells Harbor. Beginners are welcome. Advance registration is requested.

**Tuesday, August 6**

**Italian Conversation Group**, York Public Library, 15 Long Sands Road, York, 6:30-8 p.m. This group meets monthly.

**Paint & Sip**, York Public Library, 15 Long Sands Road, York, 7-8 p.m. Spend an evening with local artist Jeanine Means

and Adult Services Librarian Michele Bertolini as we learn to paint a summer scene and enjoy a glass of wine together! You must be 21 years or older; ID required. Visit [yorkpubliclibrary.org/calendar](http://yorkpubliclibrary.org/calendar) to sign up.

**Wednesday, August 7**

**Virtual Author - Your All Access Pass Behind the Scenes at the Space Station with Smithsonian Curator Dr. Jennifer Levasseur**, York Public Library, 15 Long Sands Road, York, 2-3 p.m. Virtually step inside one of the greatest international achievements with a behind-the-scenes guide to space exploration with the Smithsonian National Air and Space Museum curator Dr. Jennifer Levasseur. Revealing a new perspective into the world of space exploration and the daring astronauts who make it possible, Dr. Levasseur will guide you through the Smithsonian's Behind the Scenes at the Space Station and take you on a once-in-a-lifetime virtual tour of the International Space Station. Brimming with astonishing visuals, step-by-step explanations of everyday space work in action, and job profiles of the adventurous people who make it happen, Dr. Levasseur's tour Behind the Scenes at the Space Station is the perfect way to spend an hour and experience life in space. Register now for your all-access pass to a spectacular home in space.

**Friday-Sunday, August 9-11**

**Artists by the Sea Exhibit and Sale**, Biddeford Pool Community Center, 2 Yates Street, Biddeford Pool. The opening reception will take place Friday, August 9, from 5 to 7:30 p.m., featuring a fundraiser and silent auction. Small works priced at \$200 will be available on Friday only. The sale starts at 5:45 p.m. Larger works by the Artists by the Sea group will also be available during the show. The show will run Saturday, August 10, from 10 a.m. to 4 p.m., and Sunday, August 11, from 10 a.m. to 3 p.m.

**Thursday, August 15**

**Invasive Species Removal with York Land Trust**, York Public Library, 15 Long Sands Road, York, 9 a.m.-12 p.m. Join York Land Trust and learn to confidently identify multiple aggressive invasive plant species. These plant species are opportunists that can be seen everywhere from roadsides and backyards to forests and fields. How did they get here and why do they need to be removed? Join us and learn more during this active, hands-on event. Participants should come prepared wearing work gloves, closed-toe shoes, long sleeves, and pants. Bring water and layers as needed. Tools and materials will be provided. The group will meet by the pond. This event will take place rain or shine. This workday is free and open to the public with registration. Visit [yorkpubliclibrary.org/calendar](http://yorkpubliclibrary.org/calendar) to sign up.



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Garden Street Lot  
[www.kennebunkfarmersmarket.org](http://www.kennebunkfarmersmarket.org)

**Kennebunk Artisans Marketplace**  
Saturdays, May 25 - October 5  
9 a.m. - 3 p.m.  
The Waterhouse Center  
51 Main Street, Kennebunk  
[www.kennebunkmaine.us/artisansmarketplace](http://www.kennebunkmaine.us/artisansmarketplace)

**Kittery Community Market**  
Sundays 10 a.m. to 2 p.m.  
June 2 - November 24  
Community Market, Post Office Square  
10 Shapleigh Road, Kittery  
[www.kitterycommunitymarket.com](http://www.kitterycommunitymarket.com)

**North Berwick Farmers' Market**  
Thursdays 3 to 6 p.m.  
June 6 - September 26  
Mill Field, 10 Canal Street, North Berwick  
[www.tritownfarmersmarkets.com](http://www.tritownfarmersmarkets.com)

**Saco Farmers' Market**  
May - October, Saturdays 8 a.m. to 12 p.m.  
Saco Valley Shopping Center  
Corner of Spring and Scammon streets, Saco  
[www.sacofarmersmarket.com](http://www.sacofarmersmarket.com)

**Sanford/Springvale Farmers' Market**  
Saturdays 8 a.m. to 12 p.m.  
May - October  
Central Park (Main, Washington, and School streets), across from City Hall, Sanford  
[www.sanfordfarmersmarket.org](http://www.sanfordfarmersmarket.org)

**South Berwick Farmers' Market**  
Mondays 11 a.m. - 2 p.m.  
June - September  
Central Elementary School  
197 Main Street, S. Berwick  
[www.tritownfarmersmarkets.com](http://www.tritownfarmersmarkets.com)

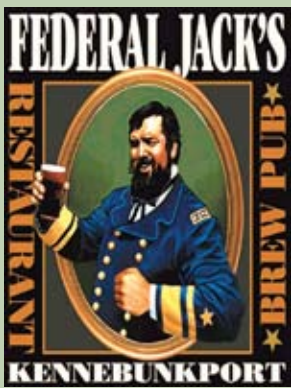
**Wells Farmers' Market**  
Wednesdays 1:30 to 5 p.m.  
Rain or shine  
June - September  
Wells Public Library  
1434 Post Road (Route 1), Wells  
[www.wellsfarmersmarket.org](http://www.wellsfarmersmarket.org)

**York Farmers' Market**  
Saturdays 9 a.m. to 1 p.m.  
May - October  
Lot behind York Region Chamber of Commerce  
1 Stonewall Lane, York  
[www.gatewaytomaine.org/farmers-market/summer-farmers-market/](http://www.gatewaytomaine.org/farmers-market/summer-farmers-market/)

Did you know? Trip Advisor rated **Portland Farmers' Market** one of the best farmers' markets in Maine. This outdoor summer market takes place in Deering Oaks Park every Saturday and Wednesday, 7 a.m. - 1 p.m., through November 27.

 Please let us know of any markets to be added to our list.  
[publisher@touristandtown.com](mailto:publisher@touristandtown.com)





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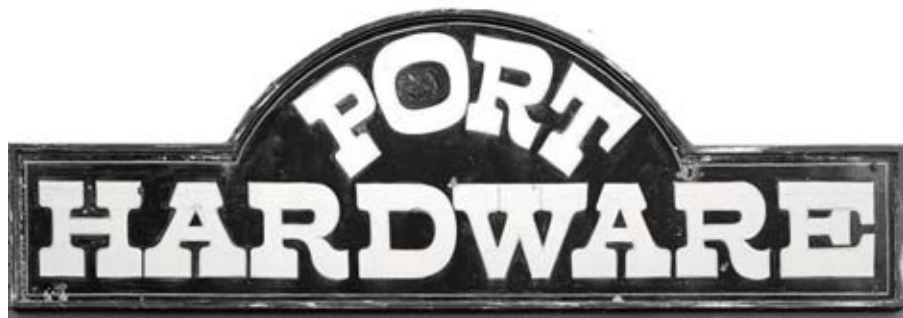


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