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MARCH 2025

A magazine for those who live here and love it here.

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On the Cover:
Cape Porpoise lobsterman Chelsea Nunan
with an oversized lobster before throwing
it back. Courtesy photo

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Issue	Ads/PR Due
April	Thursday March 20
May	Sunday April 20
June	Tuesday May 20
July	Friday June 20
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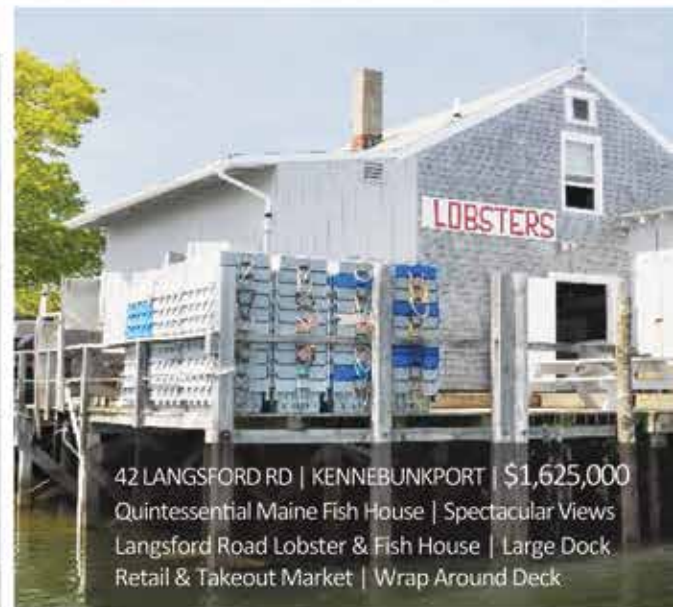


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Tribute

We are sad to share the news of the passing of Kenneth "Sonny" Hutchins. Founder and longtime owner of Port Lobster Company, Sonny worked well into his 90s, even after selling the business to Allen Daggett. Sonny founded Port Lobster in 1953 and owned it for 63 years. The market was originally housed in the former Peabody's Boat House across the street from the current building on Ocean Avenue. Sonny was also a dedicated Kennebunkport firefighter who joined the Wildwood Volunteer Fire Co. during the fire of 1947. During his 70+ year tenure as a firefighter, he was the longest serving Chief of the Wildwood Volunteer Fire Co. from 1960 to 1976. Before that, Sonny served as 2nd Assistant in 1950 and 1959. He continued to share his passion for firefighting - even when he was no longer able to run calls - by sharing stories and experiences from his younger years to up-and-coming firefighters.

Our sincere condolences to the Hutchins family.

Visitation: March 4, 2025: 2-4 p.m. & 6-8 p.m.,
Bibber Memorial Chapel, Summer Street, Kennebunk.

A Masonic Service will be held at 7:30 p.m.,
officiated by Brethren of Arundel Lodge #76.

A graveside service at Arundel Cemetery in Kennebunkport will be held in the spring and announced by Bibber Memorial Chapel.



Courtesy photos

The Center "Scene"

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Top o' the morning! St. Paddy's Day is a favorite holiday around the Spaulding Center, complete with leprechauns, Irish whiskey, and corned beef. We will be hosting our monthly luncheon on March 20, sponsored by Avita of Wells. Our annual whiskey tasting at Ryan's Pub will be on Monday, March 24. For information and tickets, visit seniorcenterkennebunk.org.

Coming to you will be our new singing group every Monday morning. Whether you're an opera pro or you've never sung a day in your life, this group is to have fun while singing classics we all love and learn something new. We will also be preparing for Easter with a wet-felting class with Beth Crowe to make adorable Easter eggs.

Looking to meditate and be more in the present moment? We will be offering a 5-week introduction to mindfulness course. How about adding some resistance training into your weekly routine with our new resistance band class on Thursday mornings?

For a full list of new and recurring programs, stop by for a calendar. As the weather gets nicer and the snow starts to melt, we can't wait to host new programs in our new outdoor courtyard. Stop by for a tour!

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Wellness Wisdom

The truth about modern medicine: Are we just managing symptoms?

by Annie Watts

With healthcare becoming so siloed, finding a doctor who views patients as whole, interconnected beings is increasingly difficult. We are not just a GI tract or a cholesterol number – our systems affect each other. Digestive issues cannot be considered without also considering stress or eating hygiene, just as hormonal imbalances can relate to diet, stress, and chemical exposure. When was the last time your doctor asked about your stress, sleep, or personal care products? If asked, you were most likely prescribed a medication to manage the symptoms.

Consider my personal experience. As a young woman, I suffered from painful GI issues. A gastroenterologist immediately prescribed medication for “spasming,” but no one asked about my diet, stress, or hydration. Nothing helped. Eventually, I realized I was chronically dehydrated, stressed, and sensitive to dairy. Why didn’t my doctor explore these factors?

Our healthcare system seems designed to manage symptoms rather than to heal.

This isn’t the doctors’ fault. According to an NIH article discussing the financial ties between medical schools and the pharmaceutical industry there is a big connection. Two thirds are heavily funded by pharmaceutical companies which in turn affects their curriculum. Our medical community struggles to treat the whole person – limited time with each patient prevents nuanced conversations, insurance reimbursements don’t cover holistic approaches to health, and many practitioners lack the broad integrative training required to identify the nutritional and environmental factors that impact overall health and wellbeing. In fact, most medical schools require no dedicated nutrition courses at all. There are tens of thousands of scientific papers linking chronic health issues to poor diet and environmental factors, yet these findings are largely absent from medical education.

Our system excels at acute care—surgeries, emergencies, infections—yet, according to an NIH article from 2020, these account for only 5% of medical costs, the other 95% comes from chronic conditions, which for the most part are managed through pharmaceuticals. Heartburn? Take a proton pump inhibitor. High cholesterol? Take a statin. Hypertension? An ACE inhibitor. Type 2 diabetes? Ozempic. Anxiety? An vSSRI. Trouble focusing? An amphetamine. Acne or painful periods? Birth control.

There seems to be a drug for everything. Doesn’t that make you wonder?

Take proton pump inhibitors (PPIs), one of the pharmaceutical industry’s biggest moneymakers. When introduced, doctors were advised they should only be used for a period not exceeding three months. Now, they are sold over the counter, and many people take them for years. Long-term PPI use can cause nutrient deficiencies, yet few doctors address this. Many reflux cases stem from poor eating hygiene and insufficient stomach acid. Low acid impairs digestion, leading to partially broken-down food causing reflux. Stress and poor chewing compound the issue. Yet rather than addressing the causes and eliminating them, people are usually prescribed acid blockers which can offer temporary relief, but over time may worsen the problem. As well, patients most likely are not changing the behaviors which may have been contributing to the heart burn to begin with.

Most pharmaceuticals have some negative downstream effects. Here are some examples. Oral birth control pills have been connected to “leaky gut” and nutrient deficiencies. Statins result in muscle weakness, an increased risk of type 2 diabetes and a failure to address the underly-

ing causes of heart disease: chronic inflammation. Ozempic, another drug which was meant to be taken for just a short time, has shown to reduce muscle mass, cause inflammation of the pancreas, create gallbladder and kidney problems and much more. NSAIDs are directly linked to digestive issues, kidney function problems, and with long term use an increased risk of stomach ulcers internal bleeding. The point being, there is no such thing as “no side effect”. Sometimes the benefit definitely outweighs the risk. I just ask that people start really thinking about what they put into their body, and not just take something because a commercial, or even their doctor, suggested it.

We need to use common sense with our health. Question the drugs advertised to us.

Pharmaceuticals have their place – they save lives. But we should think critically before using them to mask symptoms that could be resolved through lifestyle changes.

As always, I hope this information was helpful. Please reach out with any questions.

Annie Watts is a Functional Health Coach in Kennebunk. You can follow her under Annie Watts Wellness on Facebook & Instagram. Her website is www.anniewattswellness.com.





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Kacy in Kennebunk

A love letter to the three towns

by Kacy Fallon, Guest Contributor

Dear Kennebunk, Kennebunkport, and Arundel,

We first met on New Year's Eve, 2016. I had never seen such beauty, with the sun, the snow, and the sea. I didn't want to leave. But I was smitten with someone who had unfinished business in Massachusetts. I hoped you'd understand.

I returned in October of 2017, this time with friends. I wanted to introduce you to them. It felt like the right time. You all hit it off, and they loved you!

In December of 2018, I finally got my dream-come-true: a proposal on Gooch's Beach! I walked your breathtaking shores and strolled your charming streets, and I imagined a life here. Every boutique and shop, the libraries and town hall, the restaurants and bars, the rolling hills and farms – everything felt straight out of a fairy tale. The tall pine trees and glassy water, the historic homes and friendly people...I fell more and more in love.

Time passed, the way life does,

and we visited you again around the holidays and in the summer, but we had to follow other paths. We had to see other plans through.

At last, we returned to you for good. I am not the same young, single girl I was when we first met. I have three young children in tow now, and, like me, they love you too. They chase your waves and exclaim at your beauty.

The walk across the bridge that connects Kennebunk and Kennebunkport makes me feel like I'm in a romance novel or Hallmark movie, every single time.

Kennebunk was my first love, Kennebunkport is one of my favorite places in the world, and Arundel reminds me of an idyllic version of where I grew up in Wisconsin.

I am so in love with you three that I find myself writing love letters and poetry. I am exactly where I want to be.

When Corduroy says, "You must be a friend. I've always wanted a friend," I see you and think, "You

must be a home. I've always wanted a home."

You are historic but trendy. You are quintessential New England. You are classy and sophisticated, but not stuffy. You are artsy and charming; you are small-town but never boring.

You are beautiful. Thank you for all you have given me and continue to give me and my family. Thank you for existing!

With love and gratitude,
Kacy

Kacy Fallon is a proud mom, military wife, writer, and educator. Her work has appeared in PANK Magazine, Euphony, 50-Word Stories, and Boston Poetry Magazine, among others. She earned her MFA from San Francisco State University and is an adjunct professor of English at Endicott College.

She currently lives in Kennebunk with her husband and three young children. Read more of her work at kacyfallon.com and follow her @kacyinkennebunk on Instagram and Facebook



Step this way to Sanford stage

On Saturday, March 1 at 7 p.m., The StepCrew, an extraordinary show merging Ottawa Valley stepdance, Irish stepdance, and tap, will take place at the Sanford Performing Arts Center. This dynamic ensemble, featuring virtuosic dancers and musicians from The Chieftains, Cherish The Ladies, and Bowfire, offers a unique dance journey. The show highlights the intricate similarities and vibrant differences between these captivating vstyles.



courtesy photo

In addition to the stunning choreography, The StepCrew showcases three world-class fiddlers and a five-piece band, comprised of top Celtic musicians. Tickets are \$39-\$48, with discounts for subscribers, students, seniors and military veterans. FMI, call the box office at 207-206-1126, or visit in person Tuesdays and Thursdays from 9 a.m.-noon. sanfordpac.org

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Small measument, big consequences: The implications of 1/16th of an inch in the lobstering industry

Part 4 in our series on the American commercial fishing industry

by Shelley Wigglesworth

The Maine Lobster Fishery is one of the oldest continually-operated industries in North America, with the first documented catch dating back to the 1600s.

According to the Maine Lobster Marketing Collaborative, there are approximately 5,600 lobstermen in Maine who harvest 100 million pounds of lobster annually, contribute over 1 billion dollars to Maine's economy annually, and supply 90% of the nation's lobster supply.

Hundreds of years after the first documented lobster harvesting for commercial use, Maine's Lobster Fishery is one of the most sustainable fisheries in the world, thanks to conservation practices to which fishermen respectfully abide. In Maine, these practices include the requirement that harvested lobsters be between 3 1/4 and 5 inches long to be legally bought, sold, or possessed. Measurements are taken from the eye socket of the crustacean to the end of the shell. (See photo on opposite page.)

Each lobster that comes up in a trap is inspected and hand-measured. Lobsters under 3 1/4 inches are immediately returned to the sea to continue growing. All lobsters over 5 inches are also returned to the sea, as these are proven survivors and mature breeders. And all female lobsters (egg-bearing females are marked with a v-notched on the tail) are also returned to the sea, never to be harvested. Although a trap might contain many lobsters when hauled in, once measurements are completed, and egg bearers are returned, there might be only a few that are legal to keep.

This year, the Atlantic States Marine Fisheries Commission's (ASMFC) proposed a gauge size change of 1/16th of an inch. This would mean fewer lobsters to legally harvest for Maine fishermen, giving an advantage to Canadian lobstermen, who share the same waters and would be able to keep the lobsters American fishermen would be permitted to keep.

During two packed public hearings in Maine this past January, the opposition to the lobster industry's proposal was evident, with the New England Fishermen's Stewardship Association leading the opposition. As a result, Maine Department of Marine Resources Commissioner Patrick Keliher decided to withdraw the proposal and on February 4, the ASMFC voted to repeal the gauge changes from Addendum XXVII. In other words, the proposed change will not be implemented in 2025. (Soon after Maine opposed the proposal, New Hampshire and Massachusetts joined the opposition as well.)

While the potential consequences of non-compliance with the ASMFC proposal was unclear, according to multi-generational lobsterman and Chief Operating Officer of the New England Fishermen's Stewardship Association Dustin Delano, "The New England Fishermen's Stewardship Association (NEFSA) firmly believes that the risks of non-compliance outweigh the economic harm that would have resulted from a 1/16-inch increase in the minimum gauge size.

-continued on next page

Photo above: Cape Porpoise lobsterman Blaine White and his sternman at sea (Mike Perkins photo).



“Raising catch sizes at this time would bankrupt many lobstermen and surrender the U.S. market to foreign competitors. NEFSA is grateful that the commission has chosen to support our historic trade, which contributes billions to New England’s economy and shapes the character of the region.”

Some may question why a mere 1/16th of an inch is such a big deal. Delano explains: “Imagine losing 10-15% of your landings (earnings). For a fisherman catching 40,000-50,000 pounds of lobster annually, that could be a loss of \$40,000- \$50,000-more than half their take home income. Expenses like bait, fuel, gear, and boat payments would not decrease, but their livelihoods would.”

According to fisherman Troy Lewis, “Every single business in the community that the lost income would have been spent on/at by fishermen and their families and employees would lose out, as far less money would be re-invested back into the local and national economy.”

Delving deeper into the ramifications of implementing the 1/16-inch change, Delano made the following seven points:

1. Economic Impact on Fishermen

The proposed 1/16-inch increase is double the size of past changes from the late 1980s, placing a much greater financial strain on fishermen. Suggestions by fishermen for a more gradual 1/32-inch increase were ignored, leaving fishermen at risk of reduced catches without a



corresponding decrease in operating costs. Additionally, dealers fear a drop in lobster prices due to lower demand, as consumers may be priced out of the market.

2. Issues in the Gray Zone. In Eastern Maine’s Gray Zone, American and Canadian fishermen work side by side in the same waters. Canadian lobstermen would remain with the same minimum size requirement, meaning they could harvest the lobsters that Americans would be required to throw back under the new rules. This would severely harm the American lobster industry without yielding conservation benefits.

3. Impact on the Chick (one pound lobster) Market. The proposal would give Canadian fishermen a monopoly on the highly sought-after one-pound lobster market, affecting sales to cruise lines, restaurants, and other buyers.

4. Threats to New England Processors. With a reduced catch, regional lobster processors could struggle to stay in business. Addendum XXX already limits their access to Canadian lobsters smaller than the American

minimum gauge size, creating further challenges. Establishing proper grading infrastructure would increase costs for American processors, reducing their competitiveness.

-continued on next page

Photos top to bottom: Banded and crated lobsters (Josh Audet photo); baby lobster (Alex Hutchins photo); measuring a Maine lobster (Atwood’s Lobster photo).



5. *Uncertain Conservation Benefits.* The stated goal of increasing egg production to boost future lobster stocks lacks scientific evidence. ASMFC has not provided data proving the effectiveness of this approach, with previous efforts, such as in Long Island Sound, yielding no success.

6. *Flawed Stock Health Metrics.* ASMFC relies on three surveys – trawl, ventless, and sea sampling—using a baseline from the best years on record. This has resulted in a reported 44% stock decline, which may not accurately reflect current conditions. A major benchmark stock assessment due in 2025, incorporating a broader range of data over five years, would provide a clearer picture. Implementing a gauge change before this assessment is premature.

7. *Lack of Alternative Resiliency Measures.* ASMFC has not explored other strategies to enhance lobster stock resilience, leaving the industry without viable alternatives to the proposed gauge increase.

"For now," Delano said, "it is crucial that regulators understand the message sent by the industry: the lobster stock remains healthy and sustainable, and there is no immediate need for drastic changes." He continued, "NEFSA applauds the hundreds of fishermen who united to voice their concerns. Collective action remains a powerful tool, and together, we can continue to protect the future of the lobster industry."

Whether we feel it directly and immediately, as seafood harvesters and the businesses they support would feel it, or indirectly and down the road a bit, as grocery stores, restaurants and other small businesses interconnected with the fisheries would feel it, the bottom line is this: 1/16th of an inch would affect us all.

American commercial fishermen are our family, friends, neighbors, co-workers, community members, small business owners, and loved ones. They play a quiet, yet key role in our lives by feeding us the cleanest local, wild-harvested food available. In doing so, they not only sustain us, they help us all live better.



Photos clockwise from top left: Lobsterman Sonny McIntire of Perkins Cove lobstering (Gary Grenier photo); Cape Porpoise lobsterman Chip Zeiner with a load of traps (Bob Dennis photo); Lobstermen Bryan Tufts and Dennis Leach crate lobsters at Government Wharf (Shelley Wigglesworth photo); Tom Bickford and Andrew Goulden crating and offloading lobster at Government Wharf Kennebunkport (Shelley Wigglesworth photo).



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Healthy Habits

The power of your choices: How small shifts lead to big change

by Kimberly Helene

Let's get real for a second. Have you ever felt like one area of your life is thriving, but another is just dragging you down? Maybe your career is soaring, but your health? Struggling. Or your relationships are strong, but your finances feel like a never-ending battle.

That's life. Everything is connected. And when one thing feels off, it doesn't just stay in its corner – it ripples into everything else.

But here's what I need you to hear today: You are not stuck. You have never been stuck.

Because the most powerful thing you own – the thing that no one can take from you – is your ability to choose.

And I'm not talking about some massive, overnight transformation. I'm talking about one small shift. One decision. One step in the direction of the life you want.

Big change starts in the mind

If there is one thing I have learned, it is this: your mind is where it all begins. The way you think about your

life determines how you experience it. Period.

Some people look at a challenge and say, "This is it. I'll never get past this." Others say, "This is hard, but I will find a way." Which voice are you listening to?

Because let me tell you something – you are more powerful than you know. But if your mind is telling you that change isn't possible, you'll believe it. And that belief will shape your life.

So today, I want you to ask yourself: What if the shift you need isn't in your circumstances – but in how you see yourself?

Because the moment you change your mind, you change your life.

The ripple effect of one small choice

Let's break this down. If you could shift just one thing in your life right now – just one – what would it be?

Not ten things. Not everything all at once. Just one.

- Feeling overwhelmed at work? What's one boundary you can set

today? Even if it's just closing your laptop at a set time.

- Struggling with energy? What's one small way you can care for your body? Maybe drinking more water, moving a little more, or going to bed 30 minutes earlier.

- Feeling disconnected? What's one person you can reach out to today? A text. A phone call. A moment of connection.

Because here's what I know for sure: small actions lead to big shifts.

That one choice? It creates momentum. And momentum? That's how progress happens.

Mind. Body. Spirit. The foundation of everything.

If you want to feel strong, if you want to feel alive, you have to nurture all three:

Mind: Your thoughts create your world. If the voice in your head is tearing you down, it's time to shift it. Speak to yourself with the same kindness you'd give your best friend.

Body: This is your power source. You don't have to be perfect. Just start honoring it. Move a little. Rest a little more. Fuel yourself with things that make you feel good.

Spirit: This is your light. Your joy. The thing that makes you feel connected to something bigger.

And listen – it doesn't have to be some grand purpose. It can be as simple as listening to music, laughing with someone you love, or stepping outside and breathing it all in.

Because when you take care of these three things – mind, body, and spirit – you show up differently in your life.

So, what's your next move?

Here's what I want you to do: take a deep breath. Right now. Inhale. Exhale. And ask yourself: What is one small shift I can make today?


Because I promise you – one shift leads to another. And another. And before you know it, you're standing in the life you've been waiting for.

And the best part? You did it. You chose it. Now, go make your move. The power has been in you all along.


To Your Strength,
Kimberly

Kimberly Helene Brown is a Personal Trainer & Health Coach. FMI visit kimberlyhelene.com or email her at kimberlyhbrown00@gmail.com.







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Trying to find the missing link in your family tree? Unsure how to find your ancestors? On Wednesday, March 5, The Historical Society of Wells and Ogunquit will be hosting Professional Genealogist, Dan O'Brien, for Zoom talk on researching your New England ancestors. Uncovering your family history can be a fun, enlightening, and sometimes arduous journey, and Dan will guide attendees through the steps to make the process more fruitful and enjoyable. Dan O'Brien earned a certificate from Boston University's Genealogy Research Program, and he is a member of the Association of Professional Genealogists. He lives in southern Maine and is well-versed in regional genealogy sources.

The program will be held online via Zoom and the cost is by donation. To register, simply visit the Society's website at: www.wellsogunquithistory.org. For more information: Contact Bryce Waldrop at info@wohistory.org or call 207-646-4775.





Coming Home

A Return to Kennebunkport and a Commitment to Real Estate Excellence

After 35 years away, I am thrilled to have returned to my hometown of Kennebunkport, a place that has always held a special place in my heart. Life's journey has taken me across the country multiple times, allowing me to cultivate a wealth of experiences and pursue my passions in horses, equine welfare, and property development, the arts and eventually real estate. Now, as I settle into my 1790s home near Dock Square with my two beloved English Cream Golden Retrievers Gunnar and Sunny, I am eager to contribute my expertise to the real estate landscape of this beautiful coastal town.

I left Kennebunkport in my early 20s and my journey has been diverse and fulfilling. I first moved to Jackson Hole, Wyoming, working as a ranch caretaker and in the backcountry ski industry. I immersed myself in the environment and enjoyed countless hours of horseback riding, skiing, fly fishing, rafting and more. Living in Wyoming was an amazing experience and it will always hold a special place in my heart.

I moved back to Maine in my late 20s where I eventually settled in the beautiful coastal community of South Freeport and lived there for 12 years. During my time there I worked in start-up management at Maine's prestigious Pineland Farms project where I launched the equestrian and events programs. I also had a small non-profit dedicated to equine welfare and a small organic farm business. Then I was recruited by the Humane Society of the United States and worked in Farm Animal Welfare and eventually Equine Protection on a National and State level. While working at HSUS I purchased my beautiful farm in Pownal.

I renovated and owned my horse farm in Pownal for many years. I lived at the farm off and on and it provided a wonderful home for me and my animals. During that time span, I was recruited by the former owner of the Houston Rockets basketball team, who at the time was the largest donor in animal welfare history, to launch the Evelyn Alexander Home for Animals senior horse sanctuary in Middleburg, VA. So my career took me to Virginia for three years. While there, I oversaw the renovation and buildout of a historic 300-acre farm which eventually housed the sanctuary and then rescued and rehabilitated many senior horses. The founder of the sanctuary also appreciated my business skills and my enthusiasm for and knowledge of real estate and land use. By that time I had flipped many investment properties and real estate had become a significant hobby of mine. Therefore he also engaged my services as a real estate scout for luxury investment properties along the Eastern Seaboard. This opportunity really planted the seed for my future real estate career.

Later, my journey took me to Hood River, Oregon, where I advocated for wild horses that lived on federally protected and Native American lands. And although I loved my time there and working in wild horse advocacy, my heart was in Maine and I returned to my farm in Pownal in 2016 and decided that I had returned to Maine for good. It was at that time that I decided to take my past real estate experiences and make it my primary focus for my career.

I started my full-time professional real estate in the Kennebunks. But, it was just not realistic as I still lived in Pownal. So I moved my license to Legacy Properties Sotheby's International Realty and primarily served the Greater Portland area. At that time I just fell in love with Sotheby's International Realty and developed a deep appreciation for the brand, their marketing platform and global reach. That coupled with my dedication, personalized service, marketing strategy and connections within the state has enabled me to assist my clients in achieving their real estate goals. Thankfully, over the years I have consistently ranked as one of the top realtors in the state and in 2024, with just under \$18 million in sales and am honored to have ranked in the top 3% of realtors in the State of Maine

Now, back in Kennebunkport, I am excited to bring my extensive experience and expertise to the local real estate market. My knowledge of new construction, historical renovation and land use, combined with my sense of integrity, personalized approach and connections throughout the state and beyond, allows me to provide my clients with insightful guidance and unparalleled service. Whether helping buyers find their dream coastal home or assisting sellers in maximizing their property's value, I am committed to making their real estate experience seamless and rewarding.

To say I'm grateful to be home is an understatement!



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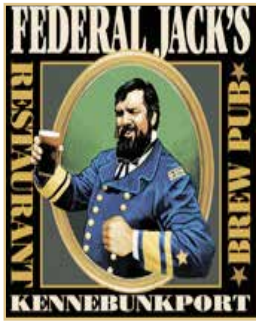
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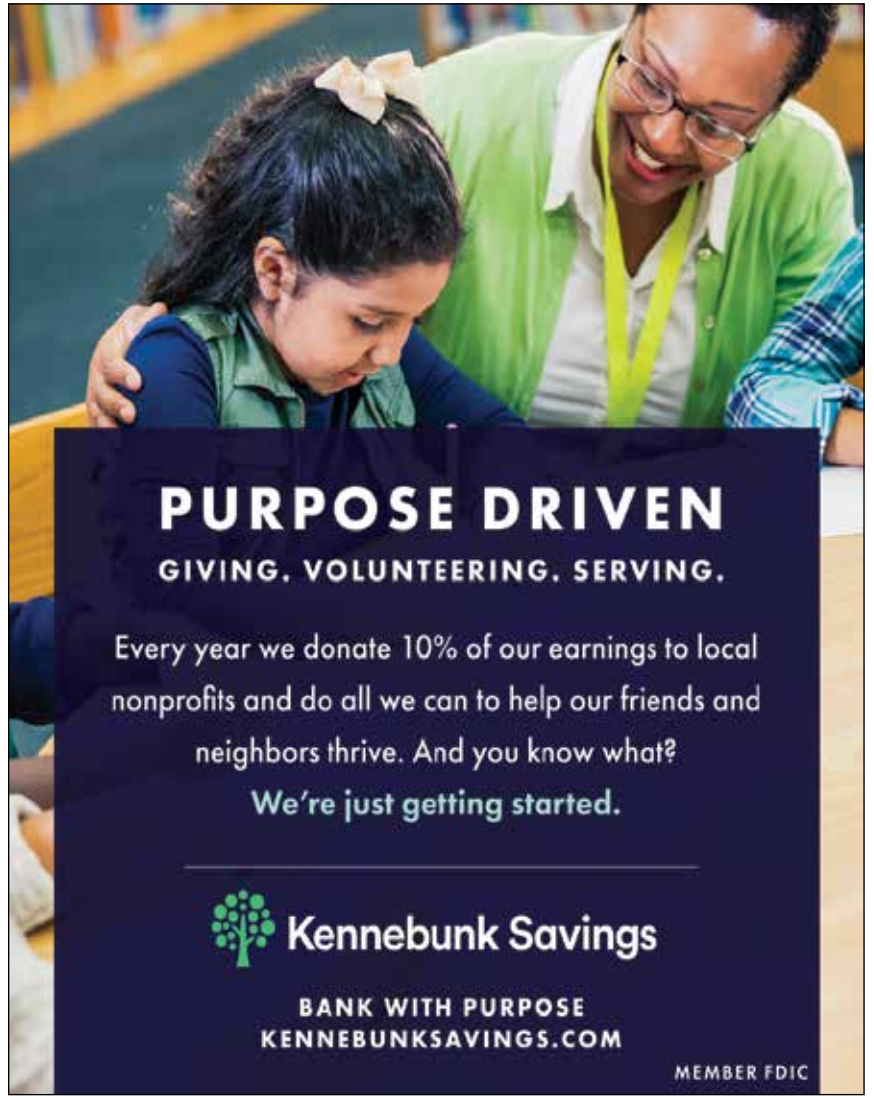


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Aligned Visions: Present and past owners Tara Baker and Gail Arnold on the continued success of Kennebunk Beach Realty

by Shelley Wigglesworth

Founded in 1966, Kennebunk Beach Realty is an established and trusted real estate agency with a strong community presence. KBR's 12 full-time brokers and seven part-time and referral agents understand intimately the town's dynamics and have a unique edge in providing tailored real estate services. With a legacy of trust and satisfaction, KBR prides itself on building long-term relationships with homeowners, buyers, sellers, and renters. Its reputation as one of the best in the business stems from its quality of service, making KBR an excellent choice for anyone looking to navigate the local market.

Gail Ann Arnold

For close to four decades, Maine native Gail Arnold was the broker/owner and heart and soul of Kennebunk Beach Realty. Arnold started at KBR in 1980, became part owner of the business with Norman Merrow in 1984, and in 1986, became the sole proprietor. In 2023, Arnold sold her beloved real estate agency to Tara Baker.

A trailblazing businesswoman and dedicated community supporter, Arnold served on and chaired numerous committees over the years. For two years, she was President of the York County Board of Realtors and in 1992, was voted "Realtor of the Year." She also served as President of the Maine Association of Realtors and has been continually active in civic organizations, including the Kennebunk Rotary Club, of which she was the first woman to serve as President. Arnold has a passion for animals and has always been a huge supporter of the Animal Welfare Society.

Tara Anne Baker

Tara Baker's story is one of dedication, resilience, and a deep connection to her community. Growing up in Kennebunk as the daughter of two hard-working, philanthropic parents, Baker was raised with a solid work ethic and a commitment to giving back to the community. Having spent childhood summers at KBIA (Kennebunk Beach Improvement Association), Webhannet Golf Club, and Edgcomb Tennis Club, Baker's connections extend beyond the local, year-round community. Baker has a long history with summer residents as well. After earning a degree in Psychology from Saint Michael's College, Baker traveled the world, gathering experiences - such as living in France and teaching impoverished children in Kenya - that helped shape her current perspective.

Baker's international experiences, local roots, and volunteerism (which includes working with at-risk youth, with those experiencing food insecurity, and with clients at treatment facilities) continue to shape her leadership at KBR, bringing a broad understanding of the world together with a strong commitment to community. Her leadership approach combines a strong work ethic, a global perspective, and a heart for service.

Baker's real estate journey reflects both her early interest in property and her drive to build a career in the field. Baker purchased her first property - a one-bedroom condominium in Denver - at 25 years of age. In 2012, she began working with a high-volume real estate agent in

-continued on next page

Connecticut, an experience that provided valuable insights into the industry, especially in terms of managing a busy, fast-paced market (which proved to be beneficial when the COVID market hit). When she moved back to Maine in 2015, Baker continued her career in real estate, becoming a licensed sales agent and assistant before beginning to sell homes full-time with Kennebunk Beach Realty. In each stage of her career, Baker has built on her knowledge and passion for real estate, eventually becoming a key player at KBR.

Changing of Hands

At Kennebunk Beach Realty, Baker found herself collaborating closely with former owner Gail Arnold, which eventually culminated in a proposal from Arnold to buy the business Arnold had grown and nurtured. "I was shocked," said Baker. "What an honor (it was) for her to have the faith and trust in me to run the business she worked tirelessly to build for close to 40 years, but I also knew I'd have huge shoes to fill." After deciding to move forward with buying the company, Baker admittedly felt trepidation telling the staff. "I didn't know how the brokers in the office would receive this news, knowing they had been successful there for so much longer than myself," said Baker. "Thankfully, every full-time broker stayed, and I am so grateful to have such a driven, smart, and ethical team of experienced brokers here with me today."

"I immediately felt Tara would be the perfect fit as owner of the business," said Arnold, "yet I wasn't sure how she would react or respond. To my delight, she quickly picked up the reins and ran with them. I could not be more pleased with how this all came together for me and KBR!"

Visions Aligned

According to Baker, the two women's visions are "completely aligned." Arnold agreed. "Our philosophy is based on honesty, integrity and following The Golden Rule of 'Do unto others as you would have done to you.'" said Arnold. "Our clients' needs and best interests are at the heart of everything we do. At Kennebunk Beach Realty we promise uncompromising dedication to customer service and deliver it with honesty and professionalism. We believe in the value of helping others and pride ourselves in assisting folks achieve the American Dream of home ownership."

Baker was quick to point out a key factor in the company's success. "KBR has always treated every client the same, no matter their budget. Clients each have unique needs depending on their familiarity with the selling and buying process, but we meet them where they are. A first-time home buyer will have different needs than a seasoned investor, or seller of a multi-million-dollar home, but each person deserves the highest level of service and care as the other."

In 2024, for example, KBR helped a client purchase a parcel of land in Limerick for \$32,500 – and in that same month, represented both sides of a \$6.25 Million property sale in Kennebunkport. "At the end of the day," said Baker, "all our clients enjoy the great care and education that our brokers provide."

Helping the community remains a passion for Baker, just as it was for Arnold. "Having a place to call home is a basic human right," said Baker, "and we feel blessed to be in the position to make a purposeful difference in people's lives. The brokers at Kennebunk Beach Realty recognize the emotional complexity that comes with the buying or selling process, because a home is more than just physical property, it is a space full of memories, emotions, and personal stories."

Kennebunk Beach Realty excels in the real estate market for several reasons. Their long-standing presence in the community for over half a century gives them knowledge and trustworthiness in the local market. The fact that so many of their brokers have been with the company for decades reflects an exceptional level of expertise and consistency. KBR agents prioritize building meaningful, supportive relationships with their clients, understanding that real estate sales are not just transactional, they are often tied to significant life changes. With a client-centered approach, KBR is committed to helping clients navigate one of the most important decisions in their lives.

Another thing that sets KBR apart is Baker's leadership style and focus on team development. By stepping back from selling real estate herself, Baker is able to prioritize her brokers' growth and support them more effectively. Reflecting on the last 18 months as owner of Kennebunk Beach Realty, Baker said she could not be happier with how everything has come together.

"I am really enjoying being a business owner in the community in which I was raised and being in the company of the next generation of young, local entrepreneurs. It is incredible seeing so many of my KHS classmates move back to the area and either start businesses of their own or buy well-established companies that have been staples in our community for decades. I feel like this is where I am meant to be and I hope to successfully grow Kennebunk Beach Realty over the decades, just as Gail did."



Gail Arnold. Courtesy photo



Tara Baker. Courtesy photo

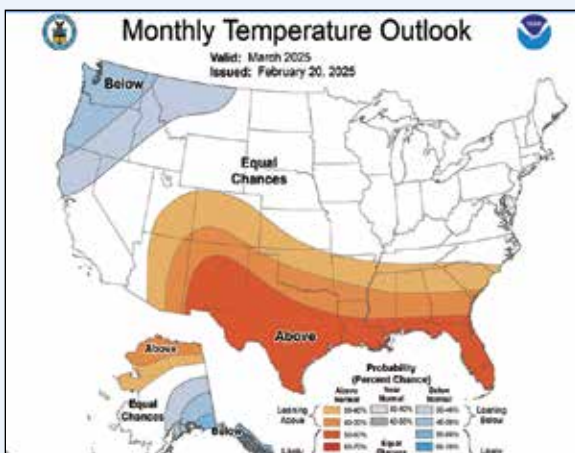


Cloudy, with a Chance of Pizza *with Independent Meteorologist and Foodie Jason Nappi*

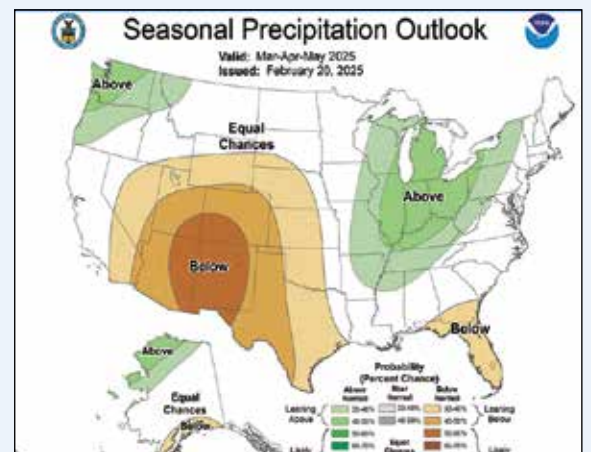


Lobster pizza and the end of winter into spring weather outlook

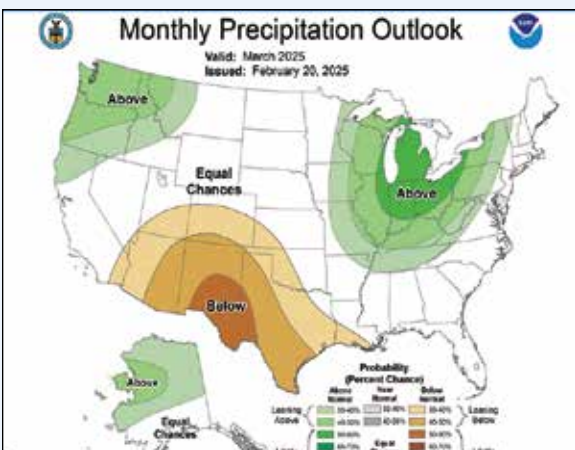
Cloudy with a Chance of Pizza takes us down Route 1 into Ogunquit for a rare treat - lobster pizza. It was against the rules for my family to put seafood on pizza when I was growing up, but it's 2025 and rules are meant to be broken. If you love lobster and pizza why not put them together? I found this pizza to be especially delicious - and the Italian wedding soup as an appetizer made for a great meal. Don't forget about the side of the house-made meatball, so satisfying and I need to try that with pasta next time. La Pizzeria in Ogunquit does Italian food right, even if Grandma might not have agreed back in the day. Yes, seafood *does* belong on pizza; I love you Grandma!



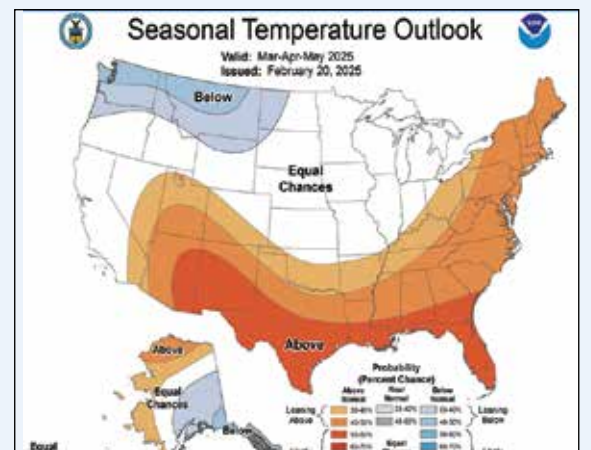
February was our first "real" winter month for southern Maine in a long time. The snow added up to feet and now we are rounding the corner into March. Weather patterns change sooner than the equinox so it's technically Spring beginning March 1, but our weather patterns can make it feel like winter into April. This year we have an opportunity to see above typical temps for March and into the beginning of Spring according to the Climate Prediction Center. That doesn't mean the storms will stop coming. I expect drought removal and several more storms with an active weather highway into March and April.



You can watch my latest episode of Cloudy with a Chance of Pizza on my website, www.nappicast.com or Facebook/Youtube daily.



Nappi's years as an on-camera meteorologist at NEWS CENTER Maine got him out in the community tasting Maine's pizza, ice cream, and more. Jason's driven as far as 10 hours round-trip for a pizza and ice cream adventure. But he has found that some of the best culinary dishes Maine has to offer are right here in our backyard.





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Kennebunk Conservation Trust hosts the Amphibian Migration Monitoring Project

The Kennebunkport Conservation Trust is excited to introduce Trust Talks, a new series designed to showcase diverse voices within the community. Each session will feature a different speaker, whether a KCT board member, community leader, or representative from an organization who will share their expertise and unique programs, fostering education and collaboration within our network of communities.

The first Trust Talk will be about Maine Big Night - Amphibian Migration Monitoring Project, hosted by Jenna Van Haren, KCT's Education Coordinator, and led by Dr. Jeff Parmelee, Ph.D., professor of biology at the University of New

England and board member of the non-profit group Maine Big Night Amphibian Monitoring Project. A discussion on native amphibians and the importance of monitoring and preventing road mortality during their annual migration will take place.

The talk will be held March 5 at 5:30 p.m. at the KCT Head Quarters, 57 Gravelly Brook Road, Kennebunkport. All Trust Talks are free and open to the public.

FMI, or if you're interested in sharing your own unique topic with the Trust community, please reach out to Jenna Van Haren at Jenna@kporttrust.org, 207-967-3465 x110 FMI www.kporttrust.org.



Dr. Jeff Parmelee, Ph.D.



Jenna Van Haren



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What's That You Say??

How Deep the Roots...

by John Forssen

There's no denying it.

If one starts out early enough (there's the secret, the early start) and if there are no slip-ups along the way (there's another secret), soon or later he's bound to turn up...well, old... some other things, too, I suppose... but mainly, just old which, if you think about it is no small achievement in today's world. So, yes, when all is said and done, give me old.

Longevity, it seems, is one of life's little rewards...and all you have to do is lay claim to it. As the saying goes, just Keep on Truckin'... through thick and thin, through happiness and sorrow, one plodding resolute step after another.

The same, of course, goes for one's partner as long as he or she doesn't wander off to parts unknown chasing a midnight phantoms or looking for a bathroom sometime in the wee hours...speaking of which, my old Uncle Wallace, who had a habit for night walking, made it all the way from East Sullivan, New Hampshire to Brattleboro, Vermont one night, clear on the far side of the Connecticut River, before he discovered it was a false alarm. Waking in somewhat of a panic, he found the allusive young beauty in his dream had quit for the night and his bladder was as dry as a handful of parched sand. What he ran into there on the far side of the river was my Aunt Edith, his wife of sixty years...She was wearing a pink flannel night gown and matching cap and, believe it or not, for all the tender years between them and as pretty as she was standing there in the moonlight beside the patrol car, she was not smiling.

Uncle Wallace was, as they say, in deep sneakers.

...which brings me to the point of the story:

Just like Uncle Wallace and his sweet bride, we celebrated our 60th anniversary recently (the one that calls for diamonds), and much of that time, as we looked back through the bliss, we were, even in our most cantankerous moments, on speaking terms. That would be the baseline: speaking terms— something more or less on the lower edge of 'mid-dlin' but ranging happily upward on many occasions toward idyllic.

And isn't that the point? When we were kids and the lady in the

ice cream parlor asked what we wanted on our sundaes, I recall saying, "I want everything, give me the works!" – which, I suppose, translates to the complete experience, no flavor left unturned, despite the occasional upset stomach/heartburn when the experience became too rich.

And so it has been...

I have, for example, over the course of these 60 years been given credit for never aging a day over 14 (few people dispute that, and those who do have problems of their own)...and my erstwhile spouse has been judged by a panel of female friends as qualifying for sainthood. Could there be a better match? Like two plump kids on a seesaw: there's no advantage unless one of us falls asleep. I mean, what if we had both been 14 all these years? Sooner or later, we would have burned the house down...and sixty years of joint sainthood. It makes me yearn for one more of those 12-scoop sundaes with at least six different toppings.

Of course, there was a party... and, as you might expect, a celebrative affair like this resembles in no small part a coroner's inquest because the interest, by its very nature, is invasive – not to discover the cause of death, for there has been no mysterious demise, at least not yet. No, here the focus is on the most embarrassing moments. You can see it in their eyes, as the questioning begins. They wait for the he actually did that? moment. Of course, it could have been her; but, as we've already established, as the 14-year-old I would be the more likely offender. And had it not been for her saint-like patience and perseverance, it might not have happened at all. It was the temperature of my feet, you see... chilly, to say the least, which means I proposed five times, as I recall – rescinding the first four proposals within 24 hours and then, allowing the fifth to dangle like a hanged man, uncertain minutes ticking, by as the arguments – pros and cons – ebbed and flowed like Pong dots in the eyes of my beloved.

For me, it was love at first sight. I was in college, an undergraduate dreaming my way through a boring criminology class, when there at the door, seemingly out of nowhere, appeared a platinum blond

graduate student, short skirt, red go-go boots...and, after a moment's hesitation, realizing that the seat in from of me was her only choice, she headed in my direction. I could taste my heart in my throat.

It didn't take me long to convince her that I was a fool. Some things come easy to a 14-year-old. In fact, when a mutual friend asked her to join him and his girlfriend on a weekend date and he suggested that I might be available, she said, "That jerk?" And she made a face that would have made sour milk turn bad.

It is surely a mystery just what about me won her over. Whatever it was, her mother continued to issue dire warnings even as we made our way down the aisle. To this day we acknowledge my victory as one of the larger mysteries in our lives...but love, they say, is blind; and in some cases, I'm thinking, blindness comes on slowly enough to put down deep roots along the way.

And, yes, she did get a diamond. We were in Walmart the other day to get a battery for my watch – and

wouldn't you know it, right there next to the batteries, they were were selling diamonds, nice big ones – just \$8.95.....Happy Anniversary, Dear.

John Forssen has spent most of his working a either writing or teaching writing: Since retiring in 2008, Forssen has taken up painting, showing his work in events sponsored by the Art Guild of the Kennebunk and Maine Women in the Arts.



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Arundel Conservation Trust (ACT)

Officially founded in 2017, The Arundel Conservation Trust's mission is "to conserve Arundel's unique natural, recreational, and scenic resources to foster a strong, vibrant community, to promote a community where members are connected to the land and one another through use, enjoyment, and appreciation of our conserved natural resources."

The land conserved includes the following nature trails open to all to enjoy:

Arundel Community Trails: A community trail system at the flagship property that connects the Arundel Town Hall on Limerick Road to the Eastern Trail which offers a multi-use trail open year-round, a mountain biking flow trail open seasonally for enjoyment, and a multi-use trail looping trail for walkers, bikers, and hikers.

Welch Woods Trail: Located on River Road about a 1/2 mile beyond Durrell's Bridge towards Kennebunkport, this trail offers an easy 1/2 mile loop through woods and ferns to the shore of the Kennebunk River. At the river you can sit for a while and enjoy the river from benches and log stools.



In the works: Cluff Preserve, Goff brook, off Sinnott Road.

In addition to the beautiful trails, ACT has community activities and events throughout the year, including the annual fall Trail Fest Day and race, Fairy Trails and more.

Membership starts at just \$10.

FMI on ACT: www.arundeltrust.org or email info@arundeltrust.org



Courtesy photos

God Bless the Fishermen

Photo prints benefit NEFSA

Cape Porpoise portrait and conservation photographer Tess Johnson is offering 20 X 24 prints of her fine art photo "God Bless the Fishermen" for sale, with 50% of the proceeds to benefit the New England Fishermen's Stewardship Association. (NEFSA). "Living and working on Langsford Road along the shores of Cape Porpoise Harbor allows me a unique opportunity to share this beautiful and rare gem of a working waterfront," said Johnson. "The harbor is the foundation for everything I do. It fuels my conservation efforts and provides a stunning backdrop for my portrait work. I am forever in awe of where I live. Each morning as I hear the low rumble of the motors setting out to sea, a piece of my heart goes with them. I am reminded that there are still



hardworking folks who take great pride in providing sustenance for our communities. Fishermen (and women) feed us. They inspire us with their strength and perseverance. They are a living link to the past and bridge to the future of ocean sustainability. I hope sales of this print can provide exposure, awareness, and funding for research for NEFSA, an organization dedicated to the working men and women in the industry and our ocean's sustainability."

Order prints at tessjphoto.com/nefsa/



Newberry & Verch open "Concerts in West K!" season

The 2025 season of "Concerts in West K!" kicks off Friday, March 7, at 7:30 p.m., with a concert by the highly-regarded duo Newberry & Verch. Joe Newberry and April Verch are superb musicians who grew up steeped in the traditions of home and hearth. Known around the world for his clawhammer banjo playing, Newberry is also a powerful guitarist, singer and songwriter. April Verch started step dancing at age three and fiddling at age six. Original songs join timeless classics, and lively fiddle and banjo numbers combine with traditional dance steps. The Newberry & Verch show is part of "Concerts in West K!"



Photo by Sandlin Gaither

series put on by Mousam River Music and the Brick Store Museum. The concert will be held in the museum's Dane Street Program Center. Admission is \$25 per person; advance tickets or reservations are strongly advised. Tickets are available at brickstoremuseum.org/calendar; reservations may be made by e-mail to: paul.wells@mousamrivermusic.net.

Alissa Wigglesworth receives Aspiring Leader in Prevention Award

The Maine Prevention Certification Board (MPCB) recognizes aspiring leaders and/or exemplary Maine prevention professionals with the Aspiring Leader in Prevention Award. The recipient is someone who demonstrates leadership through innovation and deep commitment to the implementation of prevention science to address substance use challenges in their community. This individual is a role model to their peers and community and exemplifies dedication, character, compassion, intelligence, and effectiveness in Prevention.

Wigglesworth has seven years of experience supporting healthier outcomes for children and families as a community educator. She has experience working with vulnerable populations including victims of abuse, at-risk families, and as a tobacco prevention coordinator. An accomplished Prevention Coordinator with a rich background in the nonprofit and public health sectors, Alissa demonstrates a keen focus on prevention, mental health advocacy, and community outreach. Armed with expertise in public speaking and Motivational Interviewing, she effectively engages with diverse audiences to promote positive change. She is employed as a Program Manager at Maine Health at Maine Medical Center.



Kory Rosell recognized for his dedication to senior care

Avita of Wells is proud to announce that Kory Rosell, Wellness Nurse, has been named to the Senior Housing News Frontline Honors Class of 2024. The Frontline Honors program celebrates outstanding frontline professionals who go above and beyond in providing compassionate, high-quality care to residents, patients, and families. Honorees are recognized as the best in their field, setting a standard of excellence in the senior living industry.

Kory is constantly raising awareness and funds in the fight against Alzheimer's Disease. His guiding philosophy, 'Do what you can, and the rest we can do together' reflects his dedication to maintaining the dignity and independence of his residents. Dean Kivela, Avita of Wells Executive Director, shared, "the traits Kory shows as a caregiver are not something you can teach, they are heartfelt by a young man who wants to dedicate his life to assisting others." Tim Mullaney, Vice President and Editorial Director of Healthcare for WTWH Media, added, "We are thrilled to have received a record number of nominations for this year's Frontline Honors class. These honorees represent a diverse array of frontline professionals across different sectors, all united by their passion, commitment, and skill in delivering exceptional care."

The Frontline Honors program, featuring nominations from local, regional, and national organizations, serves as a key benchmark for excellence in senior care. A special thanks to TeamHealth for sponsoring this year's Skilled Nursing honorees. Avita of Wells is honored to have compassionate caregivers like Kory as part of our dedicated team.

FMI about Avita of Wells, contact Lisa Nassif at 646-3444



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**Ad & PR deadline for the April 2025
edition of The Village is March 20.**

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The Village Roundup

by Jo O'Connor

Each month, The Village takes a look at local businesses to highlight. We like to keep it local.

The Pilot House: In the heart of Lower Village on the Kennebunk River, the new Pilot House is a nautical eatery that has now elevated the southern Maine's dining scene to new heights. The 160-seat restaurant boasts spectacular views of the Kennebunk River and marina. Their menu includes favorite Pilot House staples: reubens, chicken wings, pizza, fish'n'chips, fresh seafood and other specials. Plus, there are eight taps and seven are local Maine brews. The upstairs can also be able to be booked for private events and functions. FMI: 2 Harbor Lane, Lower Village Kennebunk; open daily at 11:30 a.m.

Sotheby's Real Estate: Looking for a realtor with deep experience? Meet Marika Alexis Clark of Sotheby's in Kennebunk as she has developed her passion for real estate and construction over many years. As part owner of a construction company, she acquired extensive experience in new construction and home renovation and has privately built, renovated and sold multiple properties. Her strong communication skills, keen understanding of buyer and seller needs and brings a unique perspective to the Sotheby's real estate team. Her sense of integrity, good nature, drive and enthusiasm make it clear that she genuinely cares about the wellbeing of her clients and makes their real estate interests a top priority. FMI: mclark@legacysir.com; 150 Port Road in Lower Village Kennebunk

Z.R. Noble Rubbish Removal: Looking for convenient private rubbish removal in Kennebunkport and the Goose Rocks Beach area? Look no further than Z.R. Noble Rubbish Removal. They come to you; no need for curbside trash cans. Year round or seasonal. Call Zach today at (207) 502-9894.

Bradbury Bros. Market: This is your go-to local market offering a full deli and sub-shop menu featuring Boars Head brand deli meats and cheeses and serve up exceptional offerings of Bradbury's Meat Department. Don't forget to visit their expansive wine and liquor section too. From groceries to gifts, Bradbury's has it all. Open Monday-Saturday 7 a.m.-7 p.m., Sunday 8 a.m.-6 p.m. FMI: bradburybros.com/167 Main Street, Cape Porpoise,



In the Arts

The tools of his trade

by John Forssen

They change, you know...the tools...as time and circumstances roll on.

At least, they did for Kennebunk artist and craftsman Dan Earnest who began his career some 28 years ago as a geo-hydrologist in the field of ground water remediation. That was all about cleaning up in the generally soiled shadows of abandoned mining and oil operations. The tools for that trade were largely chemical and analytical, maybe a pair of protective gloves for safety's sake.

But his work required an uncomfortable amount of travel for a young family. As Dan said, "There were

times, when I felt like a stranger in my own home...never a good idea."

Then came a conversation with a friend whose tools were also about to change. He was a lawyer. "We wanted to try something different, something we could do together, a business," Dan recalls. They were living in Montana at the time: big sky, wide open spaces and lots of cattle from which everything but the 'moo' was available for commercial production.

Maybe a day or two before this conversation, the friend came in with a \$100 belt on which the snaps holding the buckle had broken.

Dan not only agreed to fix the belt, he came up with an improved design which begged entry into the marketplace...thus was born 'Whiskey Leatherworks', named for a horse his daughter once rode during their time in Montana... and, along with it, an operational commitment not just to make products, but to make products better.

The new tools of his trade are all about leather: designing, cutting and trimming, embossing and sewing. That is Dan's role... the business, on the other hands springs from the genius of his wife and CEO Allyson.



Dan Earnest. Courtesy photo

The hides, the raw material, come to the shop in large rolls, smooth on one side and a little burred, like suede, on the other. And as evidence that leather is serious business, there is a sewing machine in the window of his shop, a sturdy beast, that one might imagine once having drilled for oil.

The shop is located at Coopers Corner just before Route 9 (Western Avenue) slips across the bridge into Kennebunkport... and it is stocked with all manner of leather goods: belts, pocket books, wallets, leashes – even checkers and checker boards, all on display.

Most artists recall a childhood filled with art and parents who support art, but there was little of that in Dan's back background. "But, you know," he recalls, "My dad had a way about him. He could fix just about anything because he wasn't afraid of taking things apart to see how they worked. He was self-reliant like that, and I think he passed a lot of that on to me."

As for the leather – his medium – "it's a good natural material. It's clean; it has a nice feel to it and it's easy to work with."

Who could ask for more?

THE GROOVE SOCIETY

of the Kennebunks



On Valentine's Day, dance-loving locals and 'Groove Society' founding members Robert Akers and Kingsley Gallup hosted their first-ever Groove Society Dance Party Fundraiser. This successful event, which raised over \$1000 for the Tommy McNamara Charitable Foundation, took place at South Congregational Church's Community House in Kennebunkport, with tunes spun by DJ WBOB and food and drink provided by Above and Beyond Catering, Coffee Roasters of the Kennebunks, Congdon's Doughnuts, For the Love of Food & Drink, Kitchen Chicks, and Seven High. The Groove Society is eager to grow its happy following and continue hosting dance party fundraisers for local causes. Follow The Groove Society on social media for information about its next fundraiser, the beneficiary of which will be determined. You can find TGS on Instagram @groovesocietykbbk and on Facebook @ The Groove Society of the Kennebunks.



100% of the proceeds went to the Tommy McNamara Charitable Foundation
 Developing and maintaining quality recreational and sports facilities for local youth.
tommymacfoundation.com

Paino trio to perform in Kennebunk

On Friday, March 28, at 7 p.m., Maya French, violin, Nathaniel Taylor, cello, and Chris Staknys, piano, will perform as a Piano Trio at the First Parish UU Church of Kennebunk. The program will include selections by Brahms, Esmail, and an original composition by Staknys.

FMI visit www.uukennebunk.org.



Chris Staknys



Maya French



A \$25 donation is requested at the door.

Upcoming Special Events

Wednesday, March 5

Researching Your New England Roots with Dan O'Brien

Via Zoom, 7 p.m.. Cost: By Donation. The Brick Store Museum is excited to open the following Winter Archaeology Session to the public. It is an important time to look to the arts, humanities, and social sciences to build the society we want to live in. Archaeology gives us the vital tools to examine and explain human behavior, understand how society functions, learn from the past and apply those lessons to the present, and analyze the drivers and implications of a changing world. The Winter Archaeology Session is an exciting opportunity for the public to learn from professionals in archaeology about current trends in our community. The event is appropriate for the curious, students, adults, and professionals in the field.

Saturday, March 22

Microchip & Rabies Vaccine Clinic

AWS Community Veterinary Clinic, 9 a.m.-12 p.m. AWS Clinic is hosting a FREE microchip and rabies vaccine clinic for dogs and cats. Free. Please RSVP. RSVP closes Friday, March 21 at noon. (207) 292-2424; clinic@animalwelfarecommunity.org

Sunday, April 13

27th Annual Mary's Walk

Walk in support of the Maine cancer community, your friends, family and neighbors, and Maine Cancer Foundation. Register at maryswalk.org

Louis T. Graves Library

18 Maine Street
 Kennebunkport
graveslibrary.org

Mondays at 7 p.m.

What's Your Story?

Have you heard about the Interview Show? 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, their interests, etc. It is a great way to get to know who lives in your neighborhood or waits on you at a local business. You never know who you might see on What's Your Story?

Tune in Monday evenings at 7 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch them on the Town of Kennebunkport's cable channels 2 and 1301.

Wednesdays at 7 p.m.

Portside Readers

Who does not like listening to a story? 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 at 7 p.m. on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channels 2 and 1301. Please call the library for more information on this collaboration between friends and neighbors.

Saturday, March 1, 9 a.m.

On the Nightstand – Book Discussion Group

This group will meet in the Dow Room on the first Saturday of every month. Bring a book that is currently being read on your nightstand. During the hour, the group will share what attendees are reading and create a list for others to explore. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Saturday, March 1, 10 a.m.

Super Saturday

Spend your Saturday morning in the Junior Room at the library with craft to-go, games, puzzles, hands-on stations, and more. And don't forget to try out the themed scavenger hunt for a chance to win a prize. For further information, please call 967-2778 and ask for the Junior Room or visit www.graveslibrary.org.

Saturday, March 1 - 31, during library hours

Sharing for Shamrocks

Join in the spirit of giving as the library partners again with Community Gourmet to provide much-needed care packages for local seniors. Bring food items and help fill up the pot of gold. For every item donated, we will add a shamrock to the windows. Help make the Library green! You can also make a handmade card to include in the care packages. *This event will run through 3/31. Needed food items: Hormel meals, flip-top soups, Carnation Instant Breakfast,

-continued on next page

Lorna Dunes, Tuna fish/chicken packets, Nutri Grain bars, macaroni and cheese cups, and fruit cups. For further information, please call 967-2778 and ask for the Junior Room or visit www.graveslibrary.org.

Saturday, March 1, 2 p.m. Authors Bill Roorbach and Sarah Braunstein

The Patsy Bray Mahoney Lecture Series presents Bill Roorbach and Sarah Braunstein. Bill and Sarah will talk about their latest works and what it takes to be a successful author in Maine. These two novelists, who are old friends first, will reunite for an afternoon to make us laugh, cry, ask questions, and get books signed. Bill Roorbach is the author of eleven books, most recently the novels *Beep*, *Lucky Turtle*, and *The Remedy for Love*. His Maine-based nonfiction includes *Temple Stream* and *Into Woods*. Sarah Braunstein is the author of two novels, *Bad Animals* and *The Sweet Relief of Missing Children* (both from W. W. Norton). Her short stories and essays have appeared in *The New Yorker*, *Playboy*, *AGNI*, *Ploughshares*, *The Harvard Review*, *The Cincinnati Review*, *The Sun*, and in other publications. Her first novel was the winner of the Maine Book Award for Fiction and a finalist for the first novel prize from the Center for Fiction. Light refreshments will be provided by the Graves Library Snack Team. Copies of the books will be available for sale and signing after the discussion. Parking is available on Maine Street, Consolidated School (Route 9), and the Village

Fire Station (North Street). Doors will open at 1:30 p.m.

Wednesday, March 5 – April 9, 9 a.m.-12 p.m. Tax Help

Tax Preparation has resumed at Graves Library - by appointment only. Prior to scheduling an appointment, please pick up the information packet and fill it out. The packet includes an instruction sheet that includes a phone number or email to call for your appointment. Assistants are available every Wednesday until April 9. Individuals are asked to bring all necessary paperwork, including their social security card, proof of identification, and last year's tax returns. The Library also prints out tax forms from the IRS for your convenience. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Wednesday, March 5, 12:15-1:30 p.m. Paint by Number Club

Join Ms. Terri and work on your own paint-by-number. Meet some new friends too. All supplies will be provided, program for school-aged children and pre-registration is required. For further information, please call 967-2778 and ask for the Junior Room or

Friday, March 7, 10 a.m. Fabulous Friday Family Story Time

This is in the community room every Friday, and everyone is welcome to Stay & Play at 10:45 a.m.

visit www.graveslibrary.org.

Thursday, March 13, 9:45 a.m. Morning Book Group

Landscape of a Marriage by Gail Ward Olmsted will be discussed. This group meets on the second Thursday of every month. New members are always welcome. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thursday, March 13, 5:30 p.m. Wine Online

A fun hour of tasting, information, and trivia right on Zoom. For March, the group will be tasting wines to celebrate the arrival of spring. Two experts, Lani Dietz, and Betsy Ross, will be on hand to guide the group through the program. Please call the Library at 967-2778 to be added to the Zoom List. Stop by Maine & Vine or the Wine House on Main to pick up your wine prior to the event.

Friday, March 14, 10 a.m. St. Patrick's Stories!

Stories, songs, shamrock crafts, a shamrock selfie station, a scavenger hunt, and more. For further information, please call 967-2778 and ask for the Junior Room or visit www.graveslibrary.org.

Saturday, March 15, 4 p.m. Portside Readers

Come One, Come All to a "lively" afternoon with the Graves Library Portside Readers. Several members of the group will read in front of a live audience. Portside Readers is usually a recorded production and is seen on social media and Local TV. During this special event, you, the audience, will be able to laugh, cry, and enjoy the presentations of this merry troupe of readers. A diverse mix of quality stories, poems, tales, essays, drama, songs, and more will be shared. Readers include Bob Domine, Karen Stathoplos, Nonie Freeman, Paul Beach, Andy Young, and Valerie Reid. Light refreshments will be served. Doors open at 3:30 pm. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Wednesday, March 19, 9 a.m. Death Cafe - Community, Conversation, and Coffee

What is a Death Cafe? A Death

Cafe is a safe and relaxed space to gather with people to discuss topics related to death and dying. The objective is to engage in interesting, thought-provoking, and life-affirming conversations. Please call to register for this conversation. Facilitated by Marilyn R. Gugliucci, MA, Ph.D., AGHEF, GSAF, AGSF, NAOMEF, Professor and Director of Geriatric Education and Research at the University of New England. Hosted by Kennebunkport Public Health Department and Graves Library. Pre-registration is required. The For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thursday, March 20, 3 p.m. Write On!

A different kind of writing group. Discuss findings, share writing, and learn about unique inner talents! Creative writing prompts will be given at the end of each meeting. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Friday, March 21, 10 a.m. Fabulous Friday Family Story Time

Everyone is welcome to Stay & Play at 10:45 a.m.

Wednesday, March 26, 3:30 p.m. Book Swap

This event is a great opportunity to refresh your home library while encouraging a love of reading in young ones. Bring gently used books that your family has outgrown or no longer reads, and exchange them for exciting titles that are new to you.

Thursday, March 27, 5 p.m. Evening Book Group

This month, the group is discussing *84 Charing Cross Road* by Helene Hanff.

Thursday, March 27, 6:45 p.m. Monthly Movie Night

Join this monthly movie night. All are welcome to attend

Friday, March 28, 10 AM Furry Tales Story Time

The Animal Welfare Society of Kennebunk will join for a very special story time.



This program includes stories, finger plays, and songs. After story time, be sure to stop at the hands-on stations that are always open: Puzzle Cubes, View-Master, Coloring Crafts, Legos, I Spy Terrarium, and more. Try out the themed Counting Scavenger Hunt for a chance to win a prize! For further information, please call 967-2778 and ask for the Ju-

Wells Public Library
1434 Post Rd., Wells
wellslibrary.org

**Monday, March 3, 10:30 a.m.
Mother Goose Storytime**

Join Mother Goose Mondays! Children ages 0-24 months and their caregivers are invited to engage in lap activities, rhymes, songs, and fingerplays. For more information, please contact Allison Herman at aherman@wellstown.org or call the library at 207-646-8181.

**Wednesday, March 5 at 10:30 a.m.
Toddler Storytime**

Children ages 2-5 years old and their caregivers are invited to meet us for stories, songs, and movement, all followed by a craft. For more information, please contact Allison Herman at aherman@wellstown.org or call the library at 207-646-8181.

**Wednesday, March 5 at 1 p.m.
Teen Crafting: Paint Your Own Pottery**

Join WPL for a fun and creative afternoon of painting your own pottery! With a variety of pieces to choose from, there's something for everyone. For grades 5 and up, snacks will be provided. For more information, please contact Sabrina Smyke at ssmyke@wellstown.org or call the library at 207-646-8181.

**Friday, March 7 at 3 p.m.
Lego and Rubik's Cube Club**

Participants are invited to build master creations with Legos provided by the library. There are Rubik's cubes on hand with instructions on how to solve the Cube. All ages welcome. For more information, please contact Sabrina Smyke at ssmyke@wellstown.org or call the library at 207-646-8181.

**Wednesday, March 12, 1 p.m.
Teen Challenge Mode: Blindfold Drawing Challenge**

Unleash your inner artist (or at least give it a shot) during this week's Teen Challenge! Team up with friends and compete for a chance to win a prize. It's all about creativity, fun, and friendly competition—don't miss out! For students in grade 5 and up. For more information, please contact Sabrina Smyke at ssmyke@wellstown.org or call the library at 207-646-8181.

**Wednesday, March 19 at 1 p.m.
Teen Gaming: Minecraft**

Join WPL for an exciting afternoon packed with fun! Play your favorite games with friends and unleash your creativity with a Minecraft-themed craft activity. It's the perfect way to enjoy some friendly competition and craft something awesome! For students in grade 5 and up. For more information, please contact Sabrina Smyke at ssmyke@wellstown.org or call the library at 207-646-8181.

**Adult Programs
Adult Book Bags**

Library card holders who are 18+ may sign up during the last two weeks of the month. Bags will be held for one week after the patron is notified that they are ready for pick up. Each bag will contain two library books personally chosen for you by a librarian, and some extra goodies for you to keep. This event is limited to 24 registrants. Once registered, an email will be sent with a survey to fill out about your reading preferences. Registration for this event is required. Please register on our event calendar. For more information, please call the library at 207-646-8181.

**Tuesday, March 4 at 6 p.m.
Fiction Book Club**

The Fiction Book Club meets every month and is open to all adults. Join us to chat about books, share favorite books/authors, and discover new favorites. This month, participants will discuss *Remarkably Bright Creatures* by Shelby Van Pelt. For more information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

**Thursday, March 6 at 4 p.m.
Weekly Conversational French Language Group**

Join an informal approach to practicing or re-learning French! For more information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

**Friday, March 7 at 10:30 a.m.
Fiber Arts**

Join on Fridays to show off your latest knitting creation, get tips on your crochet technique, and just chat with old friends and make some new ones. All ages & levels of ability are encouraged to join us for ideas, inspiration, and lively conversation. For more

information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

Monday, March 10 from 10 a.m.-1 p.m.

SMAA Medicare Info Sessions
Southern Maine Agency on Aging Medicare Program will answer any questions you may have on Medicare. If you have any questions, please call Southern Maine Agency on Aging at 207-396-6524 for more information.

**Thursday, March 20 at 5:30 p.m.
Mainely Ticks Presentation**

Did you know that Maine has the highest incidence of Lyme Disease in the entire United States? Mainely Ticks will share strategies to better protect your family from the ever-increasing threat of ticks and tick-borne diseases. For more information, please contact Kim at kswejkoski@wellstown.org or call the library at 207-646-8181.

**Have you heard
of the Good News
Film Festival?**

The First Parish UU Church of Kennebunk, 114 Main Street, will be hosting the Good News Film Festival every Sunday at 4 p.m., starting March 2 and running for 8 weeks.

Films include *The Minimalists: Less is Now*, *2040*, *Kiss the Ground*, *Green Gold*, *Re-greening the Desert*, *Join or Die*, *The Great Green Wall of Africa*, *Gather*, and more.

This program is free and open to all.
First Parish Church Kennebunk, 114 Main St.



Explore

**CURRENT TRENDS IN ARCHAEOLOGY:
WORKING IN SOUTHERN MAINE**

Date: Saturday, March 1, Time: 1PM-4:30PM
Place: Brick Store Museum, 117 Main St., Kbk, Cost \$20/PP
Register & Learn More go to:
<https://brickstoremuseum.org/calendar/>



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