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August 2024



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On the Cover:
Nick Nieuwkerk
Photo by Bob
Dennis

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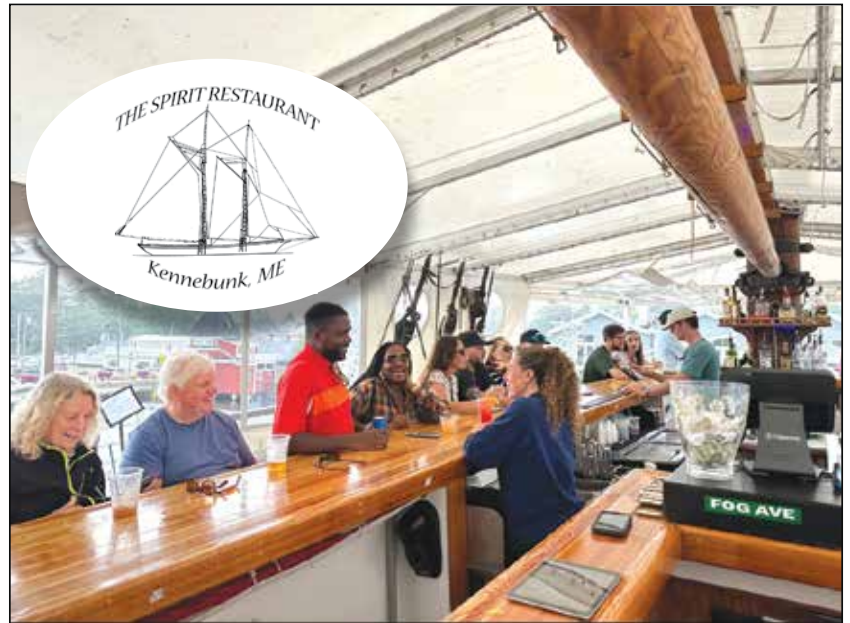
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 **PACK MAYNARD**

Chef Steve

Recipes and photos by Village contributor Stephen Kaczala.

Steve Kaczala is a USCG licensed Captain, mate on the F/V Nor'easter, licensed electrician, chef, and avid fisherman. This month Chef Steve shares his recipes for usk Kabobs with Grilled Zucchini Fried Rice.



Cusk Kabobs with Grilled Zucchini Fried Rice

Kabob Ingredients:

8 medium size skewers
1.5 pounds cusk, cut into the size of a large scallop
4 medium size squid cut into 3/4-inch rings
9 fresh pineapple chunks
1 orange bell pepper cut into bite size pieces
1 red bell pepper cut into bite size pieces
1 cup of teriyaki or Yoshida sauce

Instructions:

Season fish chunks and pineapple chunks with salt and pepper separately. Pour a half cup of teriyaki sauce into two separate bowls. Place the fish and squid chunks in one bowl and pineapple chunks in another. Arrange skewers by alternating a piece of fish with a piece of squid, keeping it to three or four pieces of fish per skewer. There should be enough to make four skewers. Do the same with the pineapple and pepper pieces. You should have enough for three skewers. Place the fish kabobs on the top rack of a low heat grill. Place the pineapple skewers on the bottom rack. Grill for approximately 10 minutes per side for the fish. The pineapple may cook quicker. When pineapple becomes charred on both sides remove.

Grilled Zucchini Fried Rice

Ingredients:

2 medium size green zucchinis, cut in half, long way
1 medium yellow zucchini cut in half, long way
1-quart cooked white rice
1/2 red onion, rough cut
2 eggs scrambled
1cup, frozen peas, and carrots
1/2 cup soy sauce 3 tablespoons Italian dressing

Instructions:

Season the zucchini with salt and pepper. Coat the cut side with Italian seasoning. Place on a medium heat grill, cut side up. When the bottom starts to char, flip and grill till the cut side chars. Remove and cut into bite-size pieces put on the side. In a large skillet, add 3 tablespoons of olive oil and sauté onions till tender. Add peas and carrots seasoned with salt and pepper, stir under low heat for about five minutes. Add scrambled eggs to the peas, carrots, and onions. Stir in cooked rice and soy sauce and add the grilled zucchini. Enjoy with some homemade mint iced tea!



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It Takes a Village

Me vs. Her



Deidre Braley

Our family recently spent the weekend at camp, where we skipped naps and broke rules and stayed up way past bedtime. I tucked scones and barbecue chips into little outstretched hands and wondered how many days a human can survive on carbs alone. I snapped, I apologized. At one point I said, "Just get away from me!" to a child underfoot in the kitchen; minutes later I pulled her into my lap and ran my fingers along the delicate skin of her legs, her arms.

This morning the kids are back in daycare and I am sipping a cold chai latte alone. I am both relieved—and feeling like I shouldn't be. It's a familiar theme in my mothering: this dissonance between the woman I think I should be and the woman I really am.

These two women were at particular odds on Sunday morning at the camp. Our daughter had woken up at 4 AM, telling me that she was ready to get up and play for the day. I tucked her in bed with me, where she promptly fell back to sleep—along with my right arm and leg. A little later, our son woke and also climbed into bed with us, crawling on my head and thrashing about in my hair. He was cold, he didn't have

enough room, he wanted to cuddle too. He snuggled against me with his bum high in the air, one last vestige of his babyhood.

And inside my soul, the woman I think I should be and the one I actually am began to wage war.

One of these women was irate. She was exhausted and uncomfortable. She wanted to sleep alone, to be untouched and have someone bring her coffee in bed. She wanted to scream, "GET OUT OF MY BED!" and then find a position where her body didn't feel like it was splitting into a thousand pieces and being distributed to everyone around her.

This woman, I fear, is my basest self.

But there was another woman there too. This woman hushed the other, speaking in soothing tones and saying, "Come now. Is this really the end of the world? Let's find the beauty here."

She looked over at her daughter and noticed the pouting perfect pink of her lips. She watched her chest rise and fall and felt thankful that she had this day to breathe alongside her—that for this moment at least, they got to exist in the same realm.

Then she ran her fingers down the

bare skin stretched across her son's spine, feeling each vertebrae and thinking how strong he'd become someday, this child who clutched a toy boat under his elbow now and squirmed so mercilessly.

The too-small bed was filled with life, and all of it was hers to care for. It was a scary and wonderful responsibility. She wanted to be worthy of the task.

That woman is the one I think I should be. I sometimes embody her, but I also often loathe her.

She's so altruistic, so perfect, so... hard to hold onto.

I have this constant and terrible fear that she will lose to my basest self. I worry that my humanity will be too strong, and that it will triumph and take over—at the cost of my children.

But maybe we don't have to be at war with ourselves at all.

Maybe we actually don't have to be one woman or the other. Yes, sometimes we'll be altruistic and adoring, and others we'll beg to be left alone and, for the love of everything holy, for someone to just bring us a cup of coffee. But maybe those are just different pieces of the whole, real package.

Maybe it's not about whether we fit inside the perfect mother mold, but rather whether we have the grit to just keep trying the hard thing – every single day – even after we've been kicked down and we're spluttering blood and things aren't pretty but we're still here, like a bad penny that keeps on showing up.

What if what matters more is that we don't wallow in the shame of being imperfect?

Mom guilt is a bad cycle. I know from experience that it makes it harder to mother, and it makes it harder to love. It has a strange way of making us even more me-centric. It's got the power to cripple us and leave us bitter, under the guise of trying to make us better.

Instead, we must find the courage to say, "Yes, I am human. But I also love these humans I've been given to nurture, and you better believe I'll try over and over again to give as much love as

I can, even though I'm a limited and finite creature that really does need sleep and silence once in a while, too."

So, instead of spending any more time this morning wrestling with whether or not I should be relieved that my children are at daycare right now, I'm going to drink these last delicious drops of iced chai, and then I am going to walk out onto the sidewalk and let the sun wash over me. I will enjoy the next five hours of uninterrupted work time. I will embrace the present, just for what it is, and me, just for what I am.

And when it's time to pick my kids up at the end of the day, I'll pull them into my arms and kiss their cheeks and say—with the way I look into their eyes and prepare their supper and tell their bedtime story—that though I am limited and human and often broken into lots of self-serving little pieces, I'm willing to try over and over again to show them how much I love them. That

I'm committed to keep on doing this very thing until I die.

And I think – I just have to believe – that at the end of the day, that's the most any of us can give our children. A love that just won't quit: bloody and spluttering and limping and all.

Deidre Braley lives in Arundel with her husband and three children. She is a poet and freelance writer and editor. Find more of Deidre's writing on her weekly online column The Second Cup at thesecondcup.substack.com or connect with her on Instagram @deidressecondcup.

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What's That You Say?

Nothing is ever lost... as long as it's only missing

Certain parts of this story are true, really, but even if that aren't...

You have to ask yourself, "Not so much what they were doing there...but what in the world were they thinking?"

Two elderly women, women of comfortable means and proper breeding, should have no business inside a dumpster in the middle of the night... and no one is really sure how long they may have been there...although they insist it was only momentary.

"Just a quick look," the taller of the two women explained once the police arrived. Her name was Anna, short for Anathema, according to her ex-husband, and she was only helping her friend Bettymae who had misplaced a needle-point pillow. It was a gift from a long-deceased great aunt... ill-tempered, so they say, and rumored to pace the upper room where she died some thirty years earlier, not the sort that the living should demean with either negligence or disrespect.

At any rate, Bettymae was on her way out, several articles of clothing in hand, which she would carry to the seamstress for some minor repairs, just a few stitches here and there, nothing serious. It was a beautiful day, the morning sun rising and a warm breeze whispering through the condo gardens.

The fact that she was on her way to the seamstress, did nothing to lessen her anxiety over the misplaced pillow. Nor

was it any help to take a philosophical view. This was a failure. Be that as it may, clearly, her great aunt in these moments was taking up much more than her rightful amount of space in her poor niece's aging mind. It was a distraction pure and simple and, as distractions will do, it was taking its toll.

How much of a distraction, you ask?

The last place she checked before leaving her condo was the refrigerator—that's how much—including both the vegetable crisper and the freezer. Of course, she didn't really expect to find them there, but what else could she do? She'd exhausted all the other possibilities...and the day was moving on without her.

And please...don't say that you haven't done the same. When all else fails, when the loss begins to take on a life of its own, the possibility of last resort is always the refrigerator. Often has been the time that I've searched there for my keys, if only to show that I had not given up. In year's past—before refrigerators—I suspect it was common to find people at sixes and sevens, searching for whatever may have gone missing in the cool darkness of their root cellars.

Bettymae, however, had a means of last resort, a trick up her sleeve, you might say, and it came to her, as if out of nowhere, once she climbed into the elevator that would take her to the underground parking facility where

she kept her car. Saint Anthony was the champion at her christening more than 70 years ago, and it occurred to her just as the elevator doors closed and she felt the sudden thrill of a free-fall in the pit of her stomach.

St. Anthony was the Patron Saint of many causes, but she remembered him most from the tiny prayer her mother used to recite whenever something was misplaced: Tony, Tony, look around; something lost must be found. She didn't even have to name the lost item. St. Anthony just knew...and it seemed he never failed the test.

I don't know that Saint Anthony was ever credited with a sense of humor, but that would be a worthy speculation because, no sooner had Bettymae recited the poem, than the elevator doors opened and there before her was the gaping mouth of the dumpster, and it was beckoning.

There was nothing she could do about it at that moment—the seamstress would be waiting—but the answer had declared itself, and she would take it up with Anna after dinner.

They decided it would be best to wait until late in the evening. It wouldn't do for one of the residents, retiring a car for the night, to happen across them appearing to be rummaging through the dumpster or to appear as if just having done so.

Thus, as the clock passed midnight, Bettymae more certain than ever that she had mistakenly discarded the pillow in the dumpster along with her garbage, the two women, wearing trench coats over their pajamas, tiptoed on slippered feet to the elevator, and from there, giggling at the outrageousness of their enterprise, found themselves moments later in the underground garage, peering upward at the edge of the residential dumpster. It was labeled Garbage; and from the odor, Anna was thinking it must

be close to full.

She gagged quietly, but Bettymae was a trooper through and through.

When Anna cupped her hands and offered her a stirrup, she secured her foot and went over the top like a bird in flight.

It wasn't long, however, before she called for help.

Yes, victoriously, she had the pillow...but the garbage was soft, and it was deep and she was sinking. If Anna—who was tall—could lean over the top, just a bit, perhaps she could give her a hand...just enough so she could swing a leg over the edge. It was simple enough. Anna straddled the side of the dumpster and was just reaching toward Bettymae's outstretched hand, when her center of gravity shifted suddenly, and she tumbled into the dumpster on top of Bettymae.

The rest is pretty much history.

Someone reported that there were vandals in the garage apparently trying to break into the cars. It was quite a commotion, and it was still going on when the police arrived...but then, quite suddenly, the banging stopped, replaced by pitiful cries for help. And when the first officer peered over the edge of the dumpster, he saw Anna smiling up at him.

...his mother, he'd recognize her anywhere.

John Forssen has spent most of his working life 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.



John Forssen

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"For many years, I had a strange obsession with New England photo calendars. In 2001, I finally published my own calendar, featuring Kennebunkport, which was our family's summer home at the time. The calendar was surprisingly successful and 24 years later, my 2025 Images of Kennebunkport calendar is now available in local shops and through my website. The cover image shows the *Schooner Eleanor* at sea. I am gratified that my calendar not only has a loyal following among tourists and locals, but is shipped to people all over who have fond memories of Kennebunkport." ~ Bob Dennis, kportimages.com, @portimages



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Traditionally, an affogato (meaning “drowned” in Italian) features a scoop of creamy vanilla ice cream or gelato drowned in a shot of hot espresso. The Tawny Port Wine

Affogato, however, swaps out espresso for a rich Tawny Port which has luscious notes of caramel, toffee, bitter orange and hazelnut. This combination creates a harmonious blend of flavors when the sweet, nutty Port melts into the cold, smooth ice cream.

To make this exquisite treat, simply pour one ounce of a chilled, high-quality Port wine over a generous scoop of vanilla ice cream or have fun experimenting with your favorite flavor. We love to add some crunch and serve ours at Wine House on Main with a crispy almond biscotti. Topping with fresh sliced strawberries also

adds a vibrant brightness to this treat.

This combination would also work well with a Ruby style Port wine. Think rich cherry compote with a touch of chocolate over the ice cream vs caramel and nutty notes.

For an even more decadent version, you could try Pedro Ximénez Sherry, which is a naturally sweet, dark and dense dessert wine with concentrated flavors of chocolate, dates and dried figs.

Whether you're hosting a summer gathering or simply relaxing on a hot afternoon, a Tawny Port Affogato offers a refreshing and luxurious way to beat the heat with a touch of elegance.

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Betsy Ross is a sommelier and owner of Wine House on Main in downtown Kennebunk.



Betsy Ross

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Nick Nieuwkerk aboard the F/V *Jenny Cal*. Photo by Bob Dennis

Nick Nieuwkerk's F/V *Jenny Cal*, the newest commercial fishing boat in the Kennebunk River, is a workhorse and a showstopper

by Shelley Wigglesworth

Commercial fisherman Nick Nieuwkerk, 30, has been fishing the waters off Kennebunkport since he was a youngster. In addition to tagging along on his father Knoep Nieuwkerk's gill netting boat *Hannah Jo*, named for Nick's sister, Nick began hand hauling lobster traps at a young age on a skiff supervised by his mother Lucinda Nieuwkerk, just as his brother Eben and sister Hannah did while their father was at sea.

All five of the Nieuwkerk's are deeply connected to the fishing industry, the fishing way of life, and to each other. Commercial fishing for them is a family affair in every sense. In fact, a third generation of Nieuwkerk's, Nick's four nieces, are also growing up in

the fisheries, learning the ways of the water at an early age. If you don't see the family helping each other on their boats, you will find them onshore doing all the related maintenance, tasks, and chores associated with commercial fishing, from net and gear work to painting buoys, working on boat parts, delivering fish, and more.

Moored alongside one another in the Kennebunk River, the Nieuwkerk family fleet is perhaps the most photographed trio of boats in the Kennebunks. Knoep's is the red boat, *F/V Hannah Jo*, Eben's is the bright yellow boat the *F/V Flying Dutchman*, and Nick's is the aqua blue boat *F/V Calypso*. Together, they make for a beautiful photo op – a portrait of quintessential and colorful coastal

Maine. The picturesque image of the family fleet can be found featured on websites, social media, magazines, and in art galleries.

For the last two years, when he wasn't lobstering, Nick spent his days onshore at his home in Arundel building the latest addition to the family fleet. His new vessel *F/V Jenny Cal* is named for his fiancé Jenna (Lebarge) and his faithful German shepherd Callie. The new boat is gray with bold aqua accents, a nod to the *Calypso*.

Nick described the years-long process of building the 44' X 18' boat, which boasts a 60 Series, Detroit 800 HP engine. "I custom ordered the hull from H & H Marine in Stueben. It is longer and wider than the standard specs. It was trucked here, and I

started to work on her shortly after. I paid attention to what was important while building her. I made sure she was pitched right, had a good size fish hole, a longer wheelhouse, decent water tank, and bigger fuel tanks. She has auto pilot and a shower onboard.

"Any time I wasn't fishing, I worked on her," Nick added, "with a lot of help from my dad and my stern men Dustin Cady and Brent Tupper. Every single day we didn't fish or work on my other boat, we were at my house working on the new one. When I did take a break, all I could think about was that I should be home working on the boat."

continued on page 15



Clockwise from top left: Members of the Nieuwkerk family at Government Wharf - Shelley Wigglesworth photo; Nick, Knoep and Eben on the F/V Hannah Jo - Shelley Wigglesworth photo; the Nieuwkerk fleet - Chris Becker photo; pogies on the F/V Jenny Cal - Nick Nieuwkerk photo; Nick and Jenna with a halibut - courtesy photo.



**January 22, 2023:
Setting fuel tank in place**



January 29: Laying up the rudder



**March 14, 2023:
Getting ready to set engine**



**November 23, 2023:
Fiberglassing dash and bunks**



**February 7, 2023: Got the first bit of deck down;
portside fuel tank to the right**

Nieuwkerk documents the building of the *F/V Jenny Cal.*



**January 24, 2024:
Sanding gelcoat**



A proud Nick Nieuwkerk and his *Jenny Cal.* Photo by Bob Dennis



Nick, his father, and his sternman take the boat out for the first time. Courtesy photo



The recently-completed F/V *Jenny Cal*. Photo by Bob Dennis

Nick admits that the two-year process was a lot more work than he envisioned, and being patient was not always easy, especially while waiting for the engine, which arrived this spring.

"We had to work around not having the engine here until the end, when the boat was pretty much done," Nick said. "When it did get here, it was a bit tricky getting it in because it was mud season – what a mess that was."

Reflecting on the entire process from start to finish – the good days and bad, the obstacles faced, the setbacks and comebacks, and finally the boat's completion – Nick said he gained a lot of knowledge along the way, most of it from his father. "It was great to be able to spend time working with him on my boat," said Nick. "Dad taught me everything I know – first fishing, then taking care of a boat, and now building a boat from the ground up – fiberglassing, wiring, hydraulics, engine install. . . you name it."

Content that his boat is finally done, and in the water where she should be, Nick said he is pleased with the overall boat-building experience and with the vessel's performance in the weeks since launching her. With that being said, building another boat from scratch is not something he plans to do again any time soon. "Knowing that the boat has everything I want and need," Nick said, "and is set up the way I want it to be to work, I hope I won't have to build again – or at least not have to think about it for a long time. Believe it or not, this boat is more economical than my 36' boat (*Calypso*). It is a lot lighter due to being built with 100% foam composite marine Coosa board."

Plans for the *Jenny Cal* include lobstering, scalloping, and groundfish dragging, though Nick has to sell the *Calypso* and switch over the permits first. The *Calypso* is currently on the market for \$100,000. In the meantime, Nick has been fishing Pogies (menhaden) to sell for bait fish on the *Jenny Cal*, getting ready for his 2025 wedding, and mapping out his future as a second-generation commercial fisherman.

It is all full speed ahead now for Nick, with a capable new vessel leading the way to a promising future – both on the water and off.

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PENDING



9 JUNIPER KNOLL LANE, KENNEBUNKPORT, ME

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Betsy Coughlan 207.229.3661 | \$695,000



Betsy Coughlan

207.229.3661
bcoughlan@legacysir.com



Bill Gaynor

207.468.3002
bgaynor@legacysir.com



Andi Robinson

207.604.2479
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Wellness Wisdom

Healthy digestion – where it all begins



Annie Watts

Poor Digestion? Heartburn? Here are some functional wellness tips for you!

Hello, lovely readers! As a functional wellness coach, I am amazed about the number of people taking acid reducing medication (PPI's) for heartburn. Did you know that when PPIs were introduced, the physicians were instructed to have clients use them NO longer than 3 months!

They were never meant to be a long-term solution. Yet today, PPIs are one of the most prescribed medications. "Living" on PPIs have long term health implications including nutrient deficiencies such as magnesium, B12 and Iron. I know there are cases where it is appropriate to be on PPIs. But more than not, acid reflux, aka "heartburn", is caused by TOO LITTLE stomach acid...not too much. We need strong stomach acid to break down our food and denature protein. When we have too little stomach acid our food is only partially digested and often "revisits" up the esophagus where it causes a burning sensation.

A quick review of the digestive process: Digestion is the process of breaking down food and absorbing the nutrients our bodies need to stay

healthy. Did you know that digestion starts in the mouth? In fact, 33% of digestion begins here. This is the only part of the digestive process we can control. After we swallow, provided we have optimal stomach acid, food is further broken down in the stomach, bile is added, and it continues through our intestines where essential vitamins and minerals are absorbed. This intricate process happens all day long, yet many people are unaware of its importance. Optimal stomach acid production is vital, and good eating hygiene ensures that our bodies can function at their highest potential

Often poor "eating hygiene, mixed with low stomach acid results in digestive issues. But fear not.. By following a few simple tips, you can easily improve your digestion and avoid uncomfortable symptoms such as gas, bloating, reflux, and abdominal pain.

Eating hygiene:
Eating hygiene involves being mindful of how you eat to ensure you're getting the most out of your meals. Here are some tips for maintaining good eating hygiene:

1. Sit Down to Eat: Prioritize your meal. Make time for it.
2. Eat in a Calm State: Take four

slow, deep breaths in through your nose and out before you begin. This shifts you into a parasympathetic state which is optimal for eating.

3. Chew Thoroughly: Aim for a salsa-like consistency. Saliva contains enzymes like amylase and lingual lipase that start breaking down starches right in your mouth.

Try and chew 20-30 times before swallowing, especially if eating animal protein.

4. Limit Fluids with Meals: Drinking large amounts of water can dilute stomach acid and slow digestion. This can lead to early fullness and indigestion after you eat.

5. Be Present and Mindful: Avoid watching TV or having stressful conversations while eating.

6. Don't Rush-Avoid Overeating: Eating too fast and too much can lead to indigestion. Your gut takes about 20 minutes to signal to your brain that you're full, so eating slowly helps prevent overeating.

7. Take Breaks: Put down your knife and fork between bites, take a full, cleansing breath, then pick up your utensils for another bite.

8. Consider Supplements: Digestive enzymes, apple cider vinegar mid

meal, HCl capsules (stomach acid), and bile support can be beneficial, especially if you have sluggish bile or have had your gallbladder removed. Bile salts mid-meal can work wonders!

9. Walk After Meals: A 10-minute walk after each meal aids digestion. It also helps regulate your blood sugar!

I would say 85% of my clients eliminate their digestive issues just by incorporating the above suggestions. It is VERY important, however, to NOT just stop taking your PPIs if you are on them. If you wish to try to get off PPIs, please work with your Dr. to SLOWLY reduce the amount over several months WHILE working on the suggested tips for eating hygiene. It is different for everyone.

If you have any questions on this topic, please don't hesitate to contact me. Here's to your health and happiness!

"And remember, take care of yourself"

Warmly, Annie Watts, Functional Wellness Coach; anniewattswellness@gmail.com; 203-415-4334; www.anniewattswellness.com



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BIDDEFORD POOL
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Ayurveda – A personalized look at health care



Heather Evans

Ayurvedic medicine, one of the world's oldest holistic medical systems originating from India, continues to be relevant today. Its principles can be integrated into modern health practices to promote wellness and address various health issues. Ayurvedic medicine has a place in western cultures, specifically in personalized health care.

Dosha Assessment: Ayurveda identifies three primary doshas (Vata, Pitta, and Kapha) that represent different combinations of the five elements (earth, water, fire, air, and space). Personalizing health strategies based on your dosha can help tailor dietary and lifestyle recommendations to balance your individual constitution and address specific health needs.

Customized Diet: Ayurveda promotes eating foods that balance your dosha and support overall health. Modern applications involve using these dietary principles to manage weight, improve digestion, and enhance overall well-being.

What is a Dosha?

Dosha is a central term in Ayurveda originating from Sanskrit, which can be translated as, "that which can cause problems," in reference to three cat-

egories or types of substances that are believed to be present in a person's body and mind. Doshas are the energy patterns that flow around our bodies, governing all our thinking and behavior. Each dosha has different characteristics that can be unbalanced in varying ways depending on daily activities like what you eat, when you sleep, how you move, etc. Below I will give a general description of each Dosha, and what each type looks like when balanced vs. unbalanced and how to find balance!

Vata Dosha

Elements: Air and space

Characteristics: Vata is associated with movement, creativity, and communication. It is responsible for bodily functions related to movement, circulation, breathing and heartbeat.

Qualities: Dry, light, cool, irregular, and mobile.

Exercises to balance the Vata Dosha: anything that brings stability and grounding will be helpful when Vata energy takes over, for example being more rigid about your morning and nighttime routines, practicing yin yoga or meditation, or limiting technology use.

Food/drink to balance Vata en-

ergy: root vegetables, warm and creamy drinks, a variety of meats, and staying hydrated.

Pitta Dosha

Elements: Fire and Water

Characteristics: Pitta governs metabolism, digestion, and transformation. It is responsible for processes like digestion, absorption, and body temperature regulation.

Qualities: Hot, sharp, oily, light, and fluid.

Exercises to balance Pitta energy: cooling activities like a cold shower, going swimming or just being near bodies of water when it isn't hot out, or being less rigid about schedules and your routines, saving room for spontaneity.

Food/drinks to balance Pitta: avoid anything hot, spicy or fermented and gravitate towards more cooling foods, especially during the summer months. Sweet fruits, coconut water and plenty of grains are also pitta-pacifying.

Kapha Dosha

Elements: Earth and Water

Characteristics: Kapha provides structure, stability, and lubrication. It is responsible for bodily functions related to growth, stability, and immunity.

Exercises to balance Kapha energy:

self-care is a must! Mental stimulation, plenty of exercise, mindful activities like meditation and breathwork are essential.

Food/drink to balance Kapha: those who are Kapha dominant should avoid oily foods and heavy dense carbs like pasta and rice. Instead seek out bitter, astringent ingredients and plenty of fruits and vegetables.

In summary, Vata is responsible for movement and creativity (Air + Space). Pitta is responsible for metabolism and transformation (Fire + Water). Kapha is responsible for structure and stability (Earth + Water).

Search online for a Dosha Test to find out your composition.

Heather Evans was born and raised in Maine and has always been a lover of being active and the outdoors. Evans is certified to teach yoga and group fitness. She currently works full time as a personal trainer and loves helping people find their confidence in the gym, and watching as that confidence translates into confidence in everyday life!

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The art of "Cookie" Davis reflects a deep love of home through colorful, nostalgic images. This and all art in this story photographed by Shelley Wigglesworth

The life of the late local artist Dominique Helene London/Coleman "Cookie" Davis *"In the world of art, you can do anything you want."*

by: Shelley Wigglesworth

2024 marks 17 years since Dominique Helene London, also known as Coleman "Cookie" Davis, passed away. Residents of Kennebunkport and surrounding communities either knew Ms. London personally or heard of her. She was somewhat of a local celebrity – a trailblazing folk hero in her own right. Those lucky enough to have met her were left with memories that will not soon be forgotten.

Perhaps the most memorable thing about Cookie in her later years was the fact that she was a flashy dresser. Cookie rarely left home without a full face of makeup and a wig. She wore either a jet black or a platinum blond wig, depending on her mood. Her everyday clothing was over the top – animal prints, faux fur, gowns, platform shoes, and her signature high heel go-go boots. Cookie was friendly, loud, and a hugger. She would joyfully call out to those she knew with a



Self portrait

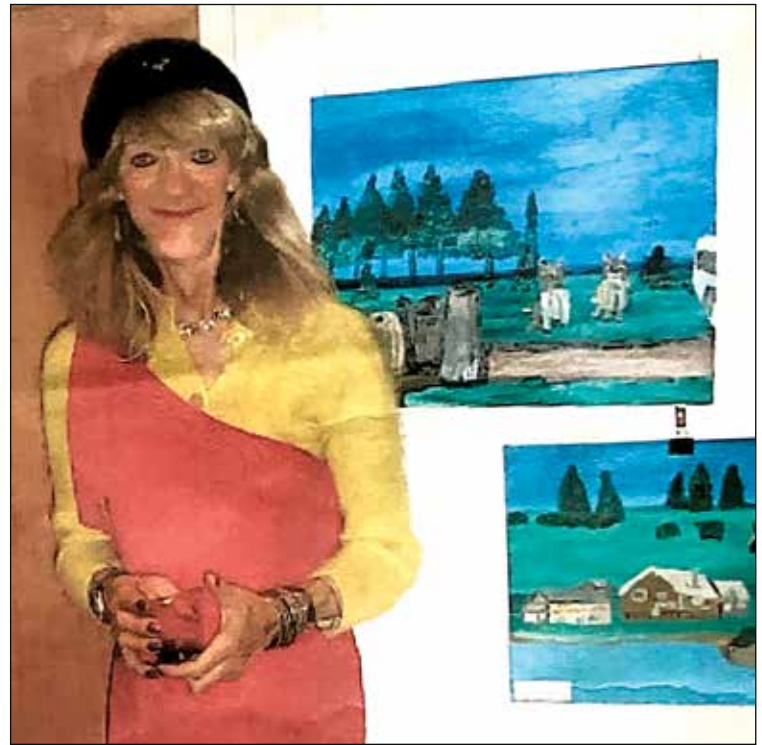
big smile and greet them with a tight embrace. She could be found bombing around town in her silver Mercury Cougar sedan with "Ms. London" vanity plates, window down, cigarette in hand, and wig blowing in the wind. (Her vanity plates now hang on the wall at Nunan's Lobster Hut.)

Dominique Helene London was born male on December 19, 1951 to the late Viola and Daniel Davis, who named her Coleman Davis. Cookie grew up with sisters Donna and Millie in a small bungalow on Old Cape Road in Kennebunkport. According to Cookie's sister Donna Porter, Cookie was "a beautiful baby and happy young child." In fact, this is how the nickname Cookie, came about. Viola always said her third baby was "sweet and as cute as a cookie." The nickname remained for the rest of Cookie's life.

continued on next page



London pre-transition. Photo by Don Golini.



London at an art show. Courtesy photo

Porter said life was not easy for Cookie growing up. "Cookie was born premature and suffered a seizure that resulted in developmental delays. He struggled in school with learning disabilities and was bullied for being different. Taunting, teasing, being chased, pushed down staircases and having rocks thrown at him were daily occurrences. This continued into high school."

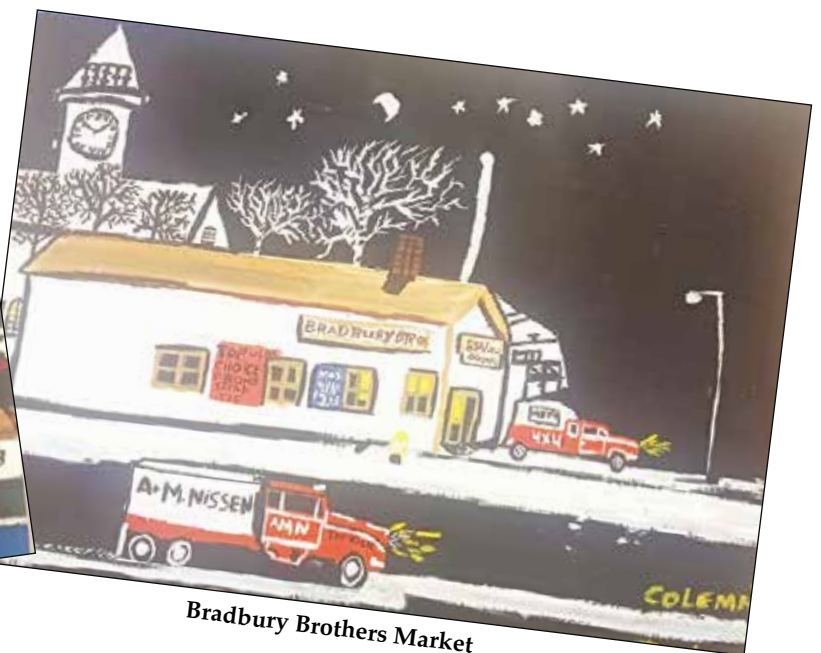
Cookie left Kennebunk High School after 9th grade and spent many years lobstering with her father. After her father passed away, Cookie went on to work as a sternman for several local lobstermen, including Bryan Tufts, to whom Cookie gave a painting of Tufts' boat *F/V Nancon* years ago, when Cookie began dabbling with oil and acrylics before transitioning.

Cookie painted on canvas when she had it, but was known to use boards, cabinets, walls, and fences as canvases as well. Cookie loved to paint murals, with seascape murals in Cape Porpoise and Florida still on display. The majority of Cookie's work reflected her life in Kennebunkport and Cape Porpoise. Paintings of the Church on the Cape, Cape Porpoise Pier, Goat Island Lighthouse, and the fishing boats she worked on and around. In addition to hometown subject matter, Cookie also painted self-portraits before and after transitioning, as well as fantasy paintings including mermaids and mermen.

continued on page 23



1802 House



Bradbury Brothers Market



The Village for Good is a new monthly column highlighting an organization making a difference in our community.

This month:

**Above Board: All Hands on Deck
An Interview with Ronni Hass,
Founding Board Member**

When did you start Above Board?

2018

What need did you feel Above Board could meet?

We wanted to be able to raise money to address emerging needs in York County. We also wanted to have one event per year so that our community could party with a purpose.

How has Above Board impacted the community? Tell us some of the organization that you have supported?

- Recovery coach training for community members and first responders to help address substance use disorder
- Mental health services to assist local police departments
- Funding for the Kennebunk Skate Park
- Funding for Special Surfers to buy new equipment
- Funding for Believe in Kids Maine to provide necessities to foster children

The common thread for all of our fundraising initiatives is to help our community become more inclusive.

How do you decide what organizations you will raise funds for?

We look at what issues are emergent and in need of funding and raising awareness. This year we are raising funds for food insecurity as the rise need for assistance has skyrocketed.

Please tell us how the community supports Above Board?

The community is so incredibly generous. From the support of business sponsorship and donations, to sold-out ticket sales, to the generosity of attendees the night of the event, and in-kind sponsors we have raised over \$250,000.

How has Above Board grown over the years?

We are a recognized 501c-3 in the community and have gained creditability through running lean organization – all hands on deck, all the while throwing a fabulous, fun party.

When is your event(s) and how can people find out more about your organization?

August 22, 2024

White Lotus Summer Adventure

Hidden Pond, Kennebunkport

To benefit the Above Board food pantry Fund

aboveboardmaine.org

Facebook - Above Board

Instagram - aboveboardmaine



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



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Cookie's work has been described as primitive, with bold brush strokes and bright primary colors. Early pieces are signed Coleman Davis, and later pieces are signed Dominique Helene London.

In 1990 a "Coming Out" party was held for Cookie at the former Blue Moon Diner (Now Mike's American Diner.) In the early 2000s, Cookie gave up working as a sternman on lobster boats to pursue art full-time. Cookie's first solo art exhibit "Transformation" was held at the Kennebunk Free Library. The show was a success, and many of Cookie's originals (priced in the \$150-\$450- range) were sold on the spot at the opening reception.

Shows in local coffee shops, restaurants and homes of friends followed. Today, Cookie's work can be seen in the Cape Porpoise Library, The Church on the Cape, Nunan's Lobster Hut, Langsford Road Lobster, The Cape Porpoise Pier, and other establishments, as well as in the homes of private collectors. Some of Cookie's art has even been spotted hanging in businesses in Key West, Florida.

In a newspaper interview in the early 2000s, Cookie is quoted as saying "In the world of art, you can do anything you want." And Cookie did just that. If you look closely at Cookie's work, you can usually find a reference to Cookie's herself. Whether it is a boat named "Ms. London" or a merman that bears a strong resemblance to Cookie, there was a kind of proclaiming – or reclaiming – of self through the art.

"Being female is who I always felt I was," Cookie said not long before passing. "People can say I am a male, they can laugh at me if they want. I don't care, I know who I am."

Cookie's last years were spent painting in the home she grew up in while at the same time battling lung cancer. Cookie died peacefully at home at the age of 56 with her 17-year-old cat Wolfgang, by her side. She died knowing she was accepted and loved by her community.

FMI on Dominique Helene London and to see more of her work please visit: <https://www.facebook.com/groups/205909765575> or visit the Brick Store Museum in Kennebunk where her work is currently on display. <https://brickstoremuseum.org/visit/exhibits/>



Atlantic hall

Dominique London, born Coleman L. Davis, and lovingly known to friends and family as "Cookie", died on Feb. 27 at home in Kennebunkport, Maine.

Dominique was born on Dec. 19, 1951 to the late Viola L. Davis & Daniel R. Davis. She attended Kennebunk High School and Gray New Gloucester Technical College.

Dominique lived her entire life in Kennebunkport. For years, Dominique made a living as a lobsterman, first with her father and then later with other fishermen. In recent years, Dominique discovered her talents as an artist and painted unique murals and other colorful paintings of Cape Porpoise Harbor life. In an interview in 1993, Dominique described herself as an imaginit, saying, "I see things and I remember them and then I put it all together on canvas. In the world of painting, you can do anything you want." She was very proud of her art showings held in Kennebunk and Kennebunkport in 2006, where she sold quite a few of her paintings. Dominique also handcrafted Christmas wreaths and sold them during the holiday season. She also had a great love for cats and nice cars.

Dominique is predeceased by her mother Viola L. Davis and her father Daniel R. Davis. She is survived by two sisters, Millicent V. Pease Windsor, Connecticut and Donna Savasuk of Belgrade, Maine. She is also survived by her nieces, Leann Rabin, Terry Lynn Griswold, and Heather Purvis and nephews, William Curlew and Brent Ladd; her beloved cat, Wolfgang; and by her many friends in the community.

Memorial donations in lieu of flowers may be made to Hospice of Southern Maine, 901 Washington Avenue, Portland, ME 04103.

Arrangements by Bibber Memorial Chapel, 67 Summer Street, Kennebunk,





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Cloudy, with a Chance of Pizza

with
Jason Nappi

Sometimes in life you just know something is worth the wait, this was one of those times. It

was late in the Summer season last year when my brother Jon and I had been scouting for the next best pizza joint to open up and we both had our eyes on Peng's Pizza Pies in Biddeford, Maine. Peng's Instagram was the only place we could find any information about when they would open the doors on the Main Street location. We even went for ice cream next door at Sweetcream Dairy to investigate. We were told, "soon." Then the day we had been waiting nearly a year for, the Instagram post of our dreams. I placed an order online for 3 pizzas that my brother and I could sample and went up to Biddeford. What happened next was a life-altering pizza experience.

It was a full house waiting for the first Peng's pizza pie to come out of the special pizza oven that Chris Daniels and his staff were hard at work using. It was more than worth the wait. I shared pizza with total strangers that night and it felt great to be a part of something special. Crispy, New Haven and New York style thin crust pizza in southern

Maine. All made by a guy that knows food better than most people I've ever met. Chris has worked at some of the best bakeries in the Portland area. He's got bread aka pizza down to a science and it IS a science.

Some of my favorite pies at Peng's on the new menu are the sausage and peppers, cheese or just added, "build your own" option. Chris tells me this was the most highly requested feature for the menu, and he delivered. Recently I changed things up and ordered a hot sausage and mushroom pie. I got a box thinking I would take half home. That didn't happen. It was gone in minutes, the whole pizza. I didn't even get a drink. It's that good. Chris and his staff are that good.

This pizza is not burned. It's charred in all the right spots. The "leoparding" is exactly what you want to see and indicates how perfectly it's cooked. Air bubbles rise and get charred in a delicate way thanks to the sugars in the dough and the high heat. It's magical.

Chris Daniels lost his father a few years ago. The name "Peng's Pizza Pies" was created in his honor. Chris and his staff will treat you like family. They are kind and welcoming. Please understand there is high demand for his pies. Ordering online or in person early

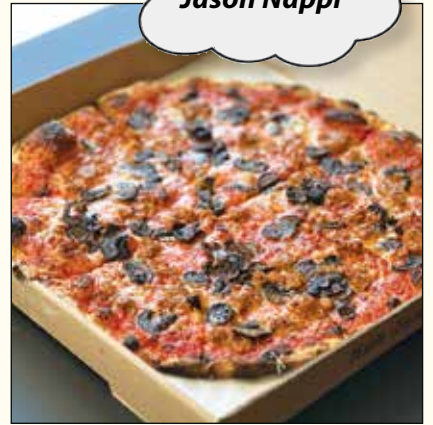
in the night is the best shot to secure a pie. Otherwise, you might have to wait a while for some of the best pizza on the planet at Peng's Pizza Pies.

Don't sleep on the Basque cheesecake. It's to die for.

You can find more of my pizza and ice cream adventures by following me on Facebook or Instagram. I also have a pizza and ice cream blog at jasonnappi.com where I gush about my favorite spots. Happy adventure, friends!

Jason Nappi's family moved to Maine in 1993 to make a better life. The Nappis are full-blooded Italians that used to run The Bakery and Cafe on Main Street in Kennebunk from 2007-2009. Jason would make pizza a couple nights a week at the bakery. It was a family recipe, to which he added his own twist, using pizza stones in the deck ovens to get the pies crispy.

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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In The Arts

The Artist at the Top of the Stairs

by John Forssen

Dianna has fashioned a bright studio out of what must once have been a common barn loft on Brown Street in Kennebunk. The staircase walls leading to the second floor studio-gallery are filled with paintings, and a stunning rendition of the UU Church at the center of town promises more to come. It's a delicate painting, the colors as soft as mist lifting from the surface of a pond at first light. Reaching the upper level gallery, a wide expanse of whitewashed walls, hewn timbers and windows designed for light, one encounters a lifetime of passion and purpose.

Dianna Anderson has been painting and studying the nature of painting, both the art and the materials it requires, for over 50 years. At the age of eight, her mother gave her a paint-by-numbers set to feed a creative spirit left untouched by the family's sweeping interest in music. "That was the start," Dianna says.

Years later, Dianna attended college with the intention to study art and become a painter. Artists, however, must frequently do something other than painting in order to pay the bills. She could have become a baker or a mechanic to meet that need, painting nights and weekends. But she chose, rather, to become an art teacher. A career in art education broadened her knowledge of painting while relating to the demands of teaching... which has produced a lifetime

of study: techniques, style, materials and media. She prefers to use oils to create her Plein air paintings and will use her own photographs and Plein air studies to do studio work.

Through it all, however, she maintains that she "fell in love with painting from the first stroke of her brush... and never fell out of love. I began exhibiting in 2001, after a fellow teacher offered me a commission and then paid more than I was asking because, as he said, the finished painting was so much more than he expected. With all my walls and closets full of my paintings, I decided it was time to start showing my work professionally.

"I don't paint every day," she admits. There are times when life simply gets in the way. "But I think about art all the time and I paint as often as I can. When I paint, it is to capture the energy of the moment, hoping to share my vision with others. That moment could have to do with light and shadow, color, composition—all of those things and more. I want people to see my paintings as I see them in order to share my experience as I stepped into the vision and began to apply paint to canvas."

It goes without saying that the sea occurs frequently in Dianna's work. She is a Mainer, after all. You can find



Dianna Anderson reviews paintings on display in her Kennebunk studio. Courtesy photo

Dianna Anderson in her barn studio and gallery at 32 Brown Street, Kennebunk on Saturdays from 1-4 p.m. or by chance or appointment.



John Forssen

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The Village Roundup

Highlighting several local businesses each month

by Jo O'Connor

In this month's Village Roundup, we are taking a look at some local favorite restaurants.

BeachFire Bar & Grille specializes in smoked food including BBQ, \ seafood, cheeses and more. They take pride in making almost everything by scratch to ensure fresh and delicious food. They regularly offer many local rotating beer and spirit selections. Of course, don't forget their signature fire pit on the patio. Hours of Operation: Sunday 11:30 AM-10 PM; Monday-Thursday 4-10 PM; Friday 4-11 PM; Saturday 11:30 AM-11 PM. FMI; beachfiremaine.com; 658 Main Street, Ogunquit

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The Colony Hotel Satisfy your appetite with American cuisine at the Marine Room Restaurant, a poolside family restaurant featuring a bar/lounge and ocean view. Their menu offers a wide range of menu items from salads, house-made chips & salsa, fish tacos, burgers off the grill to steamed lobsters. Hours of Operation: Opened noon- 9 PM daily. FMI: colonymaine.com; 140 Ocean Avenue, Kennebunkport



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The Center Scene

A word from The Center
in Kennebunk

August? Already?! The summer is in full swing at the Center and our August calendar is packed with fun things to take part in!

Stop by the Center on August 16 and 17 for our annual Porch Sale. All are welcome to come and shop our sale, which will include all kinds of home goods and unique items! If you are in the midst of a summer clean out, please consider donating your items for us to sell. We are accepting tables, desks & chairs, bookshelves & shelving, artwork and home decor. We cannot accept the following: clothing & jewelry, electronics & lamps, glassware & dishes, tools & garden equipment. Donations can be dropped off at the Center Wednesday, August 14 and Thursday, August 15 from 9-3.

For the adventurers, we are hopping aboard the *F/V Nor'easter* for a sunset cruise to Perkins Cove on August 5th. We have just a few seats left, so contact us soon to reserve one!

We would like to send a big thank you to everyone who attended our annual Affairs to Remember Auction in July. It was a magical evening at the Kennebunk River Club.

Have you heard all the hammering and sawing at 175 Port Road? Construction has been continuing at a fast and furious pace on our new building. The interior walls are up and it's looking more amazing by the day! A ribbon cutting will be happening this fall (stay tuned), and we couldn't be more proud to show off our new space.

We look forward to seeing you at the Center as we enjoy another beautiful August in Maine. If you're not a member yet, we welcome you to come in and try your first activity for free.



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seniorcenterkennebunk.org

Check it Out!

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Graves Memorial Library
in Kennebunkport

New Books on the Shelf

Daniel Silva's *A Death in Cornwall*. Art restorer and legendary spy Gabriel Allon has slipped quietly into London to attend a reception at the Courtauld Gallery celebrating the return of a stolen self-portrait by Vincent van Gogh. But when an old friend from the Devon and Cornwall Police seeks his help with a baffling murder investigation, he finds himself pursuing a powerful and dangerous new adversary. [from the publisher]

Erik Larson's *The Demon of Unrest*: a saga of hubris, heartbreak, and heroism at the dawn of the Civil War. On November 6, 1860, Abraham Lincoln became the fluky victor in a tight race for president. The country was bitterly at odds; Southern extremists were moving ever closer to destroying the Union, with one state after another seceding and Lincoln powerless to stop them. Slavery fueled the conflict, but somehow the passions of North and South came to focus on a lonely federal fortress in Charleston Harbor: Fort Sumter. [from the publisher].

On July 13, the Library held its bi-annual Secret Gardens of the Kennebunks. Six homeowners opened their properties to over 400 guests to meander and admire the laborious work that goes into keeping gardens alive and filled with color. We are grateful to the volunteers, the staff, the sponsors, and especially the homeowners for another fantastic garden tour.

And speaking of gardens, when you are looking for a place to read, picnic, or share a coffee with a friend, we invite you to our space behind the library. We have tables and chairs set up just waiting for you. Our friendship garden is in full bloom. While you are here, please stop at the Book Cellar for some great deals on summer reads or gifts for your favorite bibliophile. The inventory is always changing. Open during library hours.

18 Maine Street
Kennebunkport
graveslibrary.org

Doc Talk

Dementia / Alzheimer's disorder

Dementia is a subject on many people's minds, especially if there is someone in your family who has been afflicted. Over 6 million Americans are living with it. Currently, it is the 6th leading cause of death in the US. Many people fear developing dementia more than they fear getting cancer. We have been taught that nothing can prevent it and there is no treatment. None of the current prescription medicines approved for the treatment of dementia can cure it, or even improve it; they can only slow its progression – you'll only get worse, slower.

There are numerous recent studies showing the Alzheimer's disorder can be prevented, and, in some cases, reversed – and early intervention is key.

Late-stage dementia appears to be more untreatable, probably because treatment requires the patient's participation. The roots of Alzheimer's begin as early as the person's 20's, possibly earlier. It doesn't just pop up in later life.

There are several types of intellectual decline other than Alzheimer's, and they are not the subject of this article. Alzheimer's is by far the most common of dementia; the others include Lewy body dementia, toxic dementia (such as alcohol, others), frontotemporal dementia, vascular dementia, et al.

Alzheimer's has been shrugged off as "just getting old". We now know that most cases have their roots in lifestyle factors, many of which are modifiable. Approaching the treatment of Alzheimer's, according to Dale Bredesen, MD, a prominent researcher in intellectual function for many decades, is not a single factor, but multiple factors:

- Genetic predisposition: While certain genes like APOE E4 can increase risk, the expression of these genes is influenced by lifestyle and environmental factors.

- Chronic inflammation: Systemic inflammation can lead to neuroinflammation and cognitive decline. Identifying and addressing sources of inflammation is crucial.

- Hormone and Nutritional Deficiencies: Deficiencies in hormones (such as thyroid, estrogen, and testosterone) and nutrients (such as vitamins B, D, and E) can impair brain function.

- Toxin Exposures: Exposure to environmental toxins, including heavy metals, mold, and pesticides, can damage brain cells and contribute to cognitive decline.

- Metabolic Imbalances: Issues such as insulin resistance, metabolic syn-

drome, and poor mitochondrial function affect brain health.

Almost all these factors can be modified; it may take some testing to identify the imbalances and correct them. People who carry the EPO e4 gene appear to have a higher risk of developing intellectual problems, although many people with this gene do not develop any. It's an easy blood test and inexpensive. If you carry this gene, it makes it important to reduce the lifestyle factors that you can. Some imbalances may require additional testing in o People who carry the

EPO e4 gene appear to have a higher risk of developing intellectual problems, although many people with this gene do not develop any. It's an easy blood test and inexpensive. If you carry this gene, it makes it important to reduce the lifestyle factors that you can. order to identify them.

There are some primary factors that can be improved without any testing:

- Sleep: This is one of the critical factors in brain health. It is unequivocally proven that 7-9 hours of good sleep are required for healthy recovery and maintenance of healthy function, especially the brain. 6 hours is not enough; you may feel Ok but there are cumulative tiny damages that add up over time, and a tendency to intellectual decline is one of them. Sleeping pills or alcohol disrupt this function and contribute to decline in same way.

- Movement (a word much more acceptable word than "exercise" to most people): Some level of exercise is critical to the preservation of brain function and other functions. Many people think of exercise to sweating in a gym. If you are significantly impaired physically or get pain from exercising, start where you're at and slowly increase. If it's difficult for you to do some things, start a keep moving program, or you will lose further function.

- Nutrition: Good nutrition is a huge subject beyond this article's scope. My best, simple advice is to eat mostly vegetables, healthy oils, modest amount of meat and carbohydrate – lots of vegetables with lots of color – fresh is best, frozen next.

Part 2 of this column will appear in the September Village.

Earl Freeman, DO, IFMCP, efreeman.do@gmail.com; FreemanCenterforMaximalHealth.com



Earl Freeman, DO, IFMCP

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Portland Camera Club visits Graves Library

The Graves Library is thrilled to host the Portland Camera Club, one of the earliest camera clubs in the country, during the month of August. Stop by and take some time with the exhibit located in the Business Center. In addition to the historical images, there will be prints by several current members, including Kevin Schochat, Susan Partridge, Mary Powers, and Linda and Mike Cullivan. The show runs from August 5-31, with an opening reception on Friday, August 9, 5:30-7 p.m. at the library at 81 Maine Street in Kennebunkport. PCC President Richard Sawyer will give a short presentation with stories about the early photographers.

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A few calendar highlights

Nordic Walking – Mondays, 9-10:30, ongoing. Nordic walking is a style of walking with specialized poles, which has been linked to numerous health benefits. The use of the poles switches walking from a lower-body workout to a whole-body workout. No matter how fast you go or how long you walk, you are guaranteed to get a beneficial workout! This is a free program and is held at Hope Woods Trail. Trial poles are available to all participants.

Adult Rec Softball – Wednesdays, 6:00 pm, Parsons Field (next to Consolidated School). Join us for a friendly, fun-focused game of slow-pitch softball. Teams will be divided upon arrival. It is free to play. Please bring your own glove and any extra equipment you have. Balls are provided. Please register on our website so we can notify you of any changes to the schedule.

Line Dance – Wednesdays 1 pm-2 pm ongoing. Experience the joy of dancing with instructor Diane Anderson in line dance class. This class promises not only a fantastic time but also a chance to enhance your dance skills. Strap on your dancing shoes and prepare for a delightful journey. Fee is \$5 per week or \$22 per session. Session dates are July 10-August 7. (The August 31 class will be held at the North St. Fire Station)

Summer Concert Series – August 15, 6-8 pm, All ages. Kennebunkport Recreation is thrilled to announce our highly anticipated Summer Concert Series. The August concert will feature the Ben Lyons Band. Food trucks, breweries and lots of kids activities. The concert will be held at 20 Recreation Way, conveniently located next to Consolidated School in Kennebunkport.

Upcoming Events

Sunday, August 11
67th Kennebunk River Club Art Show and Sale (only Sunday 8/11), 115-116 Ocean Avenue, Kennebunkport, 10am-5pm. Admission \$10, under 18 free. Lemonade and blueberry buckle. Come visit and explore the works of over 125 Maine artists at this prestigious show and sale at the Kennebunk River Club. Paintings, watercolors, photographs and sculpture are installed in the Club's historic Casino and Boathouse overlooking the Kennebunk River. This prestigious show celebrates artists and the tradition of late 19th century summer art colonies up and down the New England coast. All works of art are for sale and admission includes refreshing lemonade and blueberry buckle on the Boathouse porch. Proceeds from the show support our historic buildings that are listed on the National Register of Historic Places.

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>

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 22
The White Lotus Summer Adventure: An Above Board Fundraiser to benefit the Above Board Food Pantry Fund, Hidden Pond, Kennebunkport, 6-10 p.m. See page 3of this issue for full story on this event.

Sunday, August 25
Summer Band Blast 7, Waterhouse Center, 51 Main Street, Kennebunk 5 p.m., rain or shine. An afternoon of

entertainment will be offered by local musicians including The Biddo Honeys, The Lisa, Jim & Byon Band, Dana Pearson, Gary Vail, Lincoln Continental, The Dock Squares, Gentlemen & Hooligans, Fugitive, and other special guests. The free event runs from 5 to 7:30 p.m. The show is a benefit for Community Outreach Services; concert-goers are asked to bring a non-perishable food item or cash donation to help those in need in the local community. FMI call Faith at 207-502-2883.

Brick Store Museum

For a full list of offerings including their wonderful walking tours, visit brickstoremuseum.org

Kennebunk Free Library

For a full list of offerings visit kennebunklibrary.org

Louis T. Graves Library

Mondays at 7 PM. What's Your Story? Each week, 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 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.

Wednesdays at 7 PM. 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. Call the library for more information on this collaboration between friends and neighbors.

Thursday, August 1
Author Ben Barrowman, 10:30 a.m. Parmesan Pig is back! Listen to the latest story in the series. Young readers will learn how to distinguish facts from opinions in enjoyable ways. Copies of

the books will be available for sale and signing.

Maine Author Matt Cost, 5:30 p.m. Join the launch of Maine Author Matt Cost's newest book, the latest release in the Brooklyn 8 Ballo PI Series *City Gone Askew*. Cost is the highly acclaimed, award-winning author of the *Mainely Mystery* series.

Saturday, August 3
On the Nightstand – Book Discussion Group, 9 a.m. 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.

Super Saturday, 10 a.m. Spend your Saturday morning in the Junior Room at the library, with craft to-go, games, puzzles, hands-on stations, and more. Do not forget to try out the themed Scavenger Hunt for a chance to win a prize.

Monday, August 5
Author Cheryl Farrington, 10:30 a.m. Artist, photographer, and now children's book author Cheryl Farrington will read from her debut book *A Moose is Loose in Southern Maine*.

Tuesday, August 6 & 13
Chess Club, 3 p.m. Calling all chess players! Bring your own board or use one of the library's.

Wednesday, August 7
Lisa Mills, Jim O'Neil, and Byon Yeatts Concert, 6 p.m. Join for some good vibes and live music in the garden at Graves Library Music Series. Bring your friends, bring your chair, sit back, tap your feet, and listen to some local beat.

Thursday, August 8
Morning Book Group, 9:45 a.m. *Tom Lake* by Ann Patchett will be discussed. This group meets on the second Thursday of every month. New members are always welcome.

Authors Maureen Lee and Jennifer Cooley, 1 p.m. Toby is back in a new book from the *Happy Puppy Adventure Series*. Join the mother-daughter team for a fun story.

Author Peter Orner, 6 p.m. It is a great honor to welcome Vermont-Based Author (and Dartmouth Professor) Peter Orner. Mr. Orner will be here for a special tribute to help honor and celebrate Thomas Staley, who died in 2022. Dr. Staley, the Director of the Harry Ransom Center in Austin, Texas, was well known for acquiring the papers of a host of literary lions (James Joyce, F. Scott Fitzgerald) and of Woodward and Bernstein to boot. Peter's essay collection/memoir, *Am I alone here?: Notes on Reading to*

Live and Living to Read was a finalist for the National Book Critics Circle Award. A special reception with light refreshments will follow the discussion.

Saturday, August 10

Author Chris Van Dusen, 10 a.m. Join in at the Maine Classic Car Museum for a reading by Chris Van Dusen of *Big Truck, Little Island*. Entry fees. Please RSVP to the museum at 207-602-6620. There is no charge for children. Adult admission is \$12 per person.

Monday, August 12

Yoga with Virginia Williamson. August 12, 14, 15, 16, 17, 19, 21, 22, 23 & 24. \$15 donation is suggested for this class and can be paid to the instructor.

For a full list of offerings visit graveslibrary.org

Wells Public Library

Going on now Adult Book Bags

The Wells Public Library has launched a book bag service for adults. Library card holders who are 18+ can register online. Once registered, an email will be sent with a survey to help select the perfect reading materials. This program is limited to 24 registrants. FMI contact Kim Swejkoski at kswejkoski@wellstown.org or call 207-646-8181.

Tuesday, August 6

Fiction Book Club, 6 p.m. The Fiction Book Club meets the first Tuesday of every month and is open to all adults. Join in to chat about books, share favorite books/authors, and discover new favorites. This month, participants will discuss *Portrait of a Thief* by Grace Li.

Friday, August 9

Fiber Arts, 10:30 a.m. Join in 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.

Monday, August 12

SMAA Medicare Info Sessions, 10 a.m.-1 p.m. Southern Maine Agency on Aging Medicare Program will help answer any questions you may have on Medicare.

For a full list of offerings visit wellslibrary.org

Wells Reserve

For a full list of offerings visit wellsreserve.org

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,



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

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."

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 or call the Church at 207-967-5787.



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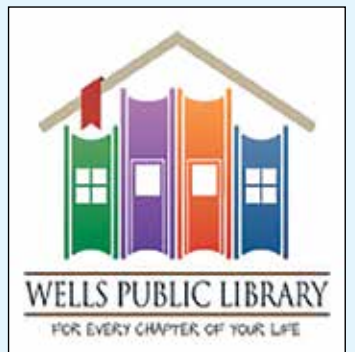


*Brought to you by the
Wells Public Library*

Patrons have had a wonderful time at the Wells Public Library this summer. Jugglers, magicians, puppets and more have entertained hundreds! Summer Reading will wrap up August 17. Check our website for our August programs - www.wellslibrary.org.

You may have heard that the van delivery service between libraries was suspended in early June due to a dispute over the awarding of the new contract with the Maine State Library. The good news is that the dispute is settled, and the van delivery service will resume in the near future. We will post the resumption date on our website as soon as we know it.

Did you know Mice in the Bookshelves is a good thing? The Wells Public Library is proud to host the Illustration Institute's art exhibition "Mice in the Bookshelves" in the Ethel Weymouth Art Gallery starting Monday, August 12. The exhibition will showcase illustrations of mice in literature, created by contemporary and historic illustrators from the U.S. and around the world! Come see original illustrations of the most beloved mice in children's literature curated by the Illustration Institute. Through mid-November.



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