

A close-up photograph of a pond filled with water lilies. Two large, vibrant pink and white water lilies are in full bloom, their petals glistening with water droplets. The flowers are surrounded by numerous large, green lily pads, some of which show signs of aging and discoloration. The water is dark and still, reflecting the surrounding foliage.

TOURIST & TOWN

The Magazine

Maine's South Coast | Spring 2021

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Editor's Note

Blossom by blossom, it begins. The signs are all there. We know them well.

The buds. The peepers. The woodpeckers and songbirds. That heavenly spring smell. Yes, spring has returned – glorious, familiar spring – and hope is on the horizon.

But something's different...

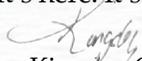
It's a quieter kind of arrival this year. As we emerge from countless months in hibernation and reflection, we welcome the newness of spring with great anticipation – and yet there's something new about how we do so.

Perhaps, as spring is gradually unfolding, post-pandemic life is also beginning to show itself. There are those signs we recognize – and there is so much that's different. We find hope in the return of the familiar – and yet we are cautious about how much, or how quickly, to give in to that hope.

Maybe spring just grew up a little. It hasn't lost its sweetness, or its wonder, or its ability to surprise – quite the contrary. But it has, this year, gained a little something else. And there's something quietly beautiful in this.

Yes, spring arrives a little bit wiser this year... a little wiser, and, if it's even possible, a lot more welcome.

Wishing you, our readers, a beautiful spring season. It's here. It's really here.



Kingsley Gallup, Publisher | Editor

.....
*We shall not cease from exploration,
And the end of all our exploring,
Will be to arrive where we started,
And know the place for the first time.*
~ T.S. Eliot



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The Magazine





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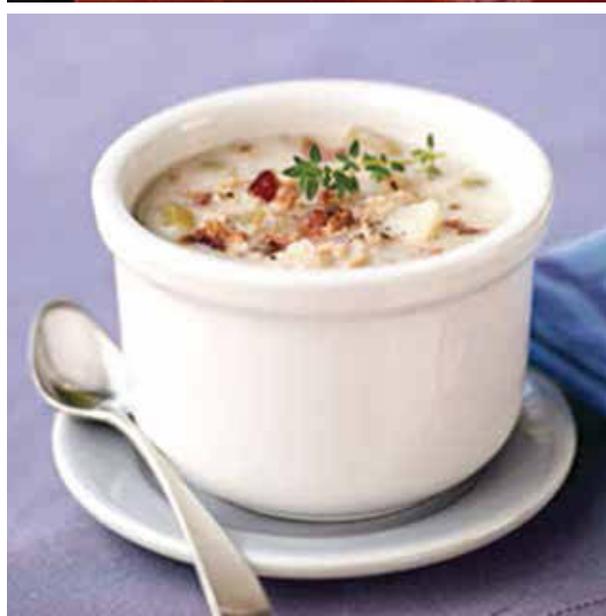


Photograph by Sandy Gnidziejko

From fancy to frivolous,
there's something for every palate on the
south coast of Maine this spring.



Photograph by Sandy Gnidziejko



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Photograph by Heidi Kirn



Staying Fresh and Vital During Challenging Times

by Dean Johnson

Short ribs, scallops, seared salmon, pan roasted free range chicken...it's difficult to imagine such upscale entrees as "comfort food." But those items were all of that and more for the good folks in Kennebunkport, and especially Cape Porpoise, during this dreadful pandemic.

Despite the devastating effect COVID-19 had on the local restaurant industry, Musette, in Cape Porpoise center, stayed open for most of the "plague year" and offered all of the above items and more on a regular basis.

Those who know the cozy, single-room eatery may recoil in horror at the idea of eating inside, in such a confined space.

But that has not been a problem because even as of this writing, the restaurant is maintaining curbside delivery service...not even your standard take-out. Curbside service.

That could not have been an easy decision, but Musette owner Jonathan Cartwright didn't hesitate. "We wanted to be part of our community in these tough times," said Cartwright, who was in the White Barn kitchen for two decades before leaving to open his own place.

"Our executive chef Selena Roy had started a take-out business early in the shutdown, and we kept it going all year long as it was safe for our team and our guests."

During the warm weather, Musette offered outside and safe-environment dining. But when the mercury dropped, so did all those other forms of serving their clientele. But curbside service? That was good for everybody, especially those of us in the Goose Rocks/Cape Porpoise region who craved a little of that culinary flair the Kennebunks is so well-known for, during the dreary COVID-soaked 2020.

"We were lucky, and we have a great team that works together and has each other's back," Cartwright added. "Our locals have supported us with takeout in the same manner they support us when we are safely open. We feel blessed."

Cartwright and his crew even managed to raise \$45,000 by serving as a major cog in the local version of the Dempsey Challenge on September 26 and 27. The virtual bike/walk/run event was a fundraiser for actor and Maine native Patrick Dempsey's non-profit Dempsey Center that provides free quality of life care for people impacted by cancer. Dempsey even personally participated in the local Sunday run.

Well, at least something positive came out of 2020 for Cartwright and his staff, because there was so much that was so difficult. Cartwright admitted, "Not being able to go out as much to restaurants. Having to keep love ones and friends at a safe distance," was tough for him.

But he was still able to find some brightness amidst all that pandemic murk. "I realized how fortunate we are to be surrounded by a healthy caring team...and to be living in a town that pulls together like a big family when they need help."



Pictured above: Musette owner and chef Jonathan Cartwright and actor Patrick Dempsey. Courtesy photo

Kitchen Talk

Tourist & Town 's Dean Johnson catches up with Musette chef and owner Jonathan Cartwright:

What would choose as your last meal?

I am English so it would have to be great fish and chips!

What would your "Iron Chef" key ingredient be?

Kennebunkport lobster, as it has always been so good to me, and helped me create some fantastic dishes.

Worst day in the kitchen?

A 36-hour shift in London; it seemed like I would never get caught up!

Why become a chef?

For the love of ingredients, and creating special memories for so many people around the globe.

Guilty pleasure food?

My daughters' Chocolate Mousse, Vanilla Cream and Chocolate Bark. It's on the Musette dessert menu, when my daughters are in for dinner we add vanilla ice cream as well!!

The one thing in your kitchen you couldn't live without and why?

A glass of Champagne!!! And a great sous chef!!

If you had to eat at a restaurant other than yours, what would it be?

I love to go back to the White Barn Inn and see how it is progressing and evolving. I love to go to Burgundy and eat at the famed Relais Bernard Loiseau for similar reasons, and fantastic wine.

Favorite cookbook and why?

The Haerberlin Auberge de l'III Edition Limitee cookbook. It's a magical book with so much history in there.

Worst meal you've ever had?

Not sure I ever had a worst meal. You can find something good in everything. I used to be often disappointed as I read menu items and thought of the way I would serve them. Now I just skip over the dish and choose an item I fancy for my meal, and let the chef create his dish for me to be wowed by.

Worst meal you've made?

Hmmm... not sure about that one. I did have a few test dishes that didn't make it to the menu!

If you could invite anyone to your home for a dinner of four... who and why?

Anyone in the world dead and alive? Definitely Laurie Bongiorno, the old owner of the White Barn Inn. There is a long list of people I know and some I would like to get to know! I love cycling, and there are many cycling heroes I would love to share a meal with. I love spending time with Patrick Dempsey. I think he has a wonderful grip on life for a super star. I love rock stars that have stood the test of time, gone through so many errors, and lived to tell the tale. I love sports personalities and chefs. For this one, I will go with Laurie, my two daughters and Selena, for a fun dinner, and to be thankful for my wonderful friends and family.

Favorite "quickie" recipe when you're at home?

Roast chicken and vegetables, simple nice and delicious.

What should first-timers sample when visiting Musette?

Selena does such a wonderful job, I like it all. Perhaps the Crispy Broccoli of all first bite items!

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Springtime is Made for Bubbly

Spring evokes wonderful memories and thoughts for me about birds singing, longer days, and trying to get in as many last ski runs as possible. Yet, for a Cork Dork like myself, it is an exciting time in the wine world. The Southern Hemisphere wineries are coming to their vintage end while the Northern Hemisphere wineries are starting their vintages.

It is a time of anticipation as well, with “En Premier” – where the Grandes Marques houses of the Grand Cru and Premier Cru classes of Bordeaux allow eager journalists to enter their beautiful estates to taste and assess the juvenile wines in barrels of the previous vintage.

Yet, it has not always been a happy and exciting time for everyone in the wine world. In 16th century France, sparkling wine was created by accident, when Chablis bottles exploded in the cellars in the Champagne region.

During the winter, when the temperature plummeted, wine’s fermentation process was prematurely halted in the cold cellars. The warmer weather of spring reinvigorated the yeast, and fermentation started again. This caused a buildup of CO2 pressure in the bottle – a byproduct of the fermentation process. The pressure was so great that the bottles made of French glass started exploding and caused a chain reaction in the cellars.

Originally, wines from Champagne were light, pink still wines made from the Pinot Noir grape and did not sparkle. Still wine that turned into sparkling wine due this accidental fermentation process was originally seen as “faulty.”

Sparkling wines have been around since biblical times as referenced by “Wine...when it moveth itself” (Proverbs 23:31) and “Neither do men put new wine into old skins: else the skin breaks” (Matthew 9:17).

During the 17th century, the dry wines from Champagne started to grow in popularity when they were introduced to the Court of Versailles, notably by the Marquis de Sillery and the Marquis de St-Evremond. St-Evremond also introduced Champagne to London society after he was exiled to Britain in 1662.

In Britain, appreciation for the sparkling fizzy rose wine began to thrive in Royal Court. With the growing popularity and appreciation of the wine, combined with the limited supply of product, the British glassmakers stepped in. With their coal-fueled ovens, as opposed to the French wood fueled ovens, they were able to make a stronger glass bottle that could contain the pressure.

In London in 1662, Christopher Merrett did a presentation at the Royal Society on the process of making sparkling wine. This was the first documentation of adding sugar to a finished wine to induce a second fermentation – with the deliberate intention of making it sparkle.

Noted in the documentation: “Our wine coopers of later times use vast quantities of sugar and molasses to all sorts of wines to make the drink brisk and sparkling and to give them spirit as also to mend their bad tastes.” This process is now referred to as “Traditional Method,” which is used in the production of Champagne, Cava, Cremants and Franciacorta amongst others.

So, this spring, enjoy a glass of bubbly and give a slight nod to the British glassblowers.

About the author: Gary Murfitt is a Certified Sommelier (The Court of Master Sommeliers), a Certified Specialist of Wine (Society of Wine Educators) and holds a diploma in Wine and Spirits (Wine and Spirits Education Trust - WSET).



Traditional Method Wines: A Couple of Recommendations

Champagne Montaudon, France

This highly rated sparkling wine from Champagne is perfect for sharing. Prominent aromas of ripe stone, tropical fruit, zesty citrus and a touch of white flowers and Chamomile create a lively freshness that is accompanied by the toasty nuttiness of almonds and hazelnut.
\$45.00

Chapillion, “Secret” Cava

This beautiful sparkling wine from Spain will make you smile. Pronounced ripe stone fruits and a hint of tropical notes create a crisp complex palette. The primary fruits give way to a toasty nuttiness of almonds and brioche, which are associated with traditional method sparkling wines.
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Roast Farm-Raised Chicken Nestled on a Bed of Corn Hash

Ingredients:

One 3 lb. Farm-raised Chicken (oven ready)
6 Fresh Corn Ears
1 Small Onion (diced)
2 Potatoes (peeled)
1 Sprig Rosemary
1 Sprig Thyme
2 Clove Garlic (peeled)
1 Pint Dark Chicken Stock
Salt and freshly ground white pepper
Few drops of vegetable oil to start the roasting

Method:

Clean and strip the corn kernels from the cob, reserve the kernels and the cob.

Dice the potatoes in 1/4 inch cubes and place to the side. Season the chicken with salt and pepper inside and out.

Place 1 clove of garlic and 1/2 a sprig of thyme and rosemary inside the bird.

Roast the chicken in a pre-heated 350 F degree oven until golden brown cooked (approximately 1 hour and 15 minutes). Remove the chicken from the roasting pan and rest in a warm place.

In a pan, sauté the onions in the roasting fat from the chicken, add the corn kernels and the diced potatoes.

Continue sautéing for a further 5 minutes stirring continuously. Add the dark chicken stock, bring to a boil, and reduce the heat to a simmer until the corn and potatoes are cooked. Season to taste.

Whilst the corn hash is cooking, remove the chicken from the bone, starting with the legs then the breast meat, reserving the breasts in a warm place. Remove the dark meat from the legs and dice it in 1/4 inch cubes.

Once the corn hash is cooked and seasoned, add the diced leg meat. Reheat the breast under a hot grill or in the oven, place the corn hash in the center of the plate, and arrange the breast on the top (carving the breast is optional).

Reserve all the chicken bones to make stock with and for this recipe. The corncobs may also be cooked in the stock to add flavor. Serve with broccoli or other green vegetables.

Recipe courtesy of chef Jonathan Cartwright



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“What’s for Dinner, Mom?”

by Valerie Marier

During the long months of the Covid pandemic, many pajama-clad homebodies used the lock-down to learn Spanish on Coursera or initiate family searches on ancestry.com. But a family in Ogunquit cooked up something quite different when they donned aprons and created a cookbook that features simple recipes with a delectable dash: each book purchased provides 100 meals to Feeding America, the nation’s largest domestic hunger-relief organization.

Feeding Family, Feeding America: Easy, Foolproof Recipes from Our Family to Yours (Seacoast Press of Portsmouth, New Hampshire) is the brainchild of Allison Hill and her lively “quaran-team,” a loving extended family of daughters, grandparents, visiting nieces, plus an aunt and uncle, all originally “from away.” They call themselves the Maine Squad.

Writing a cookbook was not Allison’s plan when the pandemic triggered school closings in March 2020. But the Atlanta resident thought it made sense for her family to quarantine at their summer home in Ogunquit. Her two teenage daughters could continue their education via virtual learning while she and husband Geoff could work remotely with client Zooms. Late that month, accompanied by their three dogs, the family drove 16 hours straight from Georgia to their vacation house near Perkins Cove.

Several weeks later, Allison was jogging through Ogunquit when she spotted a CLOSED sign at Bintiff’s Restaurant on Main Street. “Between seeing that sad sign, apparently the result of restaurant closings due to Covid, and hearing the kids ask, ‘What’s for dinner?’ every night, I got thinking. But my thoughts crystallized when we heard about the long food lines across the country. Children and families were going to bed hungry. I asked my girls, ‘What can we do to help?’”

By May, three nieces had joined the Hill family in Ogunquit, along with Florida grandparents returning to their summer home next door. Over long and “spirited” dinner conversations, Allison says, “We decided to go ahead with the cookbook. Our mission was to offer delicious and flavorful foods that take very little effort and that the whole family loves. Our underlying hope was that the book might positively impact our community and neighbors.”

No one in the family had written a cookbook before “or even contemplated doing one,” Allison said. But over the next few months, the enthusiasm of these budding sous chefs seldom dimmed, even when someone declared, “That tastes disgusting!” more than a few times. “Then it was back to the drawing board.”

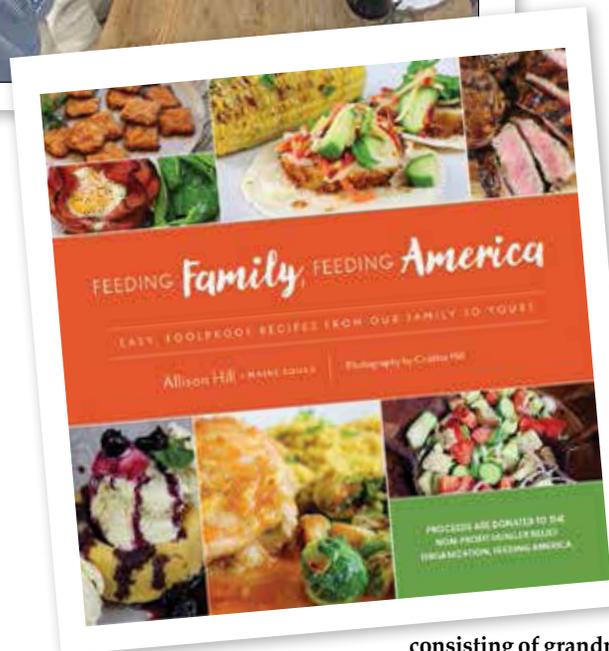
In the process, each family member revealed heretofore hidden talents. Allison’s daughter Cristina (16) found focus as the food photographer. Daughter Chauncey (19) became creative director.

Nieces Carlisle (22), Cate (19) and Caroline (16) enjoyed styling the food and naming each recipe. Allison adds, “My mother, Noni, cooked, tasted and edited until she couldn’t take it anymore – lots of laughs in that process! And Pop (76) was our key taster.”

Aunts and uncles contributed from afar, including Allison’s sister-in-law, LPGA seven-time winner Michelle McGann. “Auntie Michelle’s PB Toast,” a protein-rich breakfast featuring multi-grain bread, peanut butter and mixed fruit and nuts, is the first recipe in the book. McGann’s husband, Jonathan Satter, affectionately called “Unky Monkey” by his nieces, added Cheesy Crisps, his favorite appetizer.

“Just What the Doctor Ordered Pancakes” originated from one of Allison’s pet peeves. “The kids have a habit of leaving half-drunk soda cans around,” she said. “On a whim one day, I decided to add leftover Dr. Pepper to a pancake batter – it was a huge hit!”

— continued on next page



Top left: The Maine Squad, an extended family “from away” consisting of grandparents, parents, daughters, nieces, uncles and aunts, sitting around their dining room table in Ogunquit. Photo by Allison Hill. Left: *Feeding Family, Feeding America*. Courtesy photo

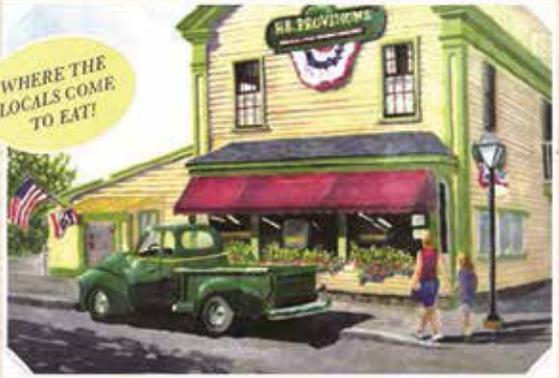
During the week the family concentrated on developing one recipe. Over weekends, they often perfected three. Allison admits that breakfast recipes were the hardest to create but “they turned me into an egg lover.”

When she held the finished book, Allison felt “undeniably proud” of the Maine Squad’s family project. She says, “Looking back, it’s so important we did this. It made each of us aware of the nationwide hunger crisis, and if our donations to Feed America help alleviate that, we will feel nothing but grateful.”

Feeding Family, Feeding America (Seacoast Press of Portsmouth, New Hampshire) is available on Amazon. With the purchase of each book, 100 meals are donated to Feeding America.

Feeding America is a nationwide network of 200 food banks and 60,000 food pantries and meal programs that provides food and services to people in need. It is the nation’s largest domestic hunger-relief organization. By supporting it and purchasing this book, you are joining efforts to help provide food to people in your community since its network food banks operate in all 50 states, Washington, D.C., and Puerto Rico.

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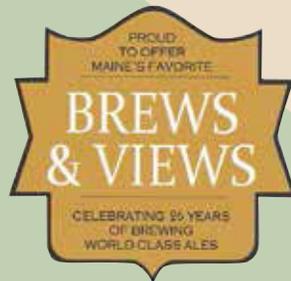
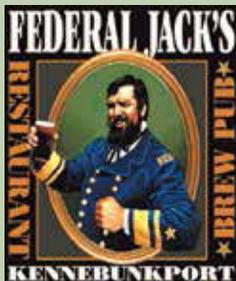
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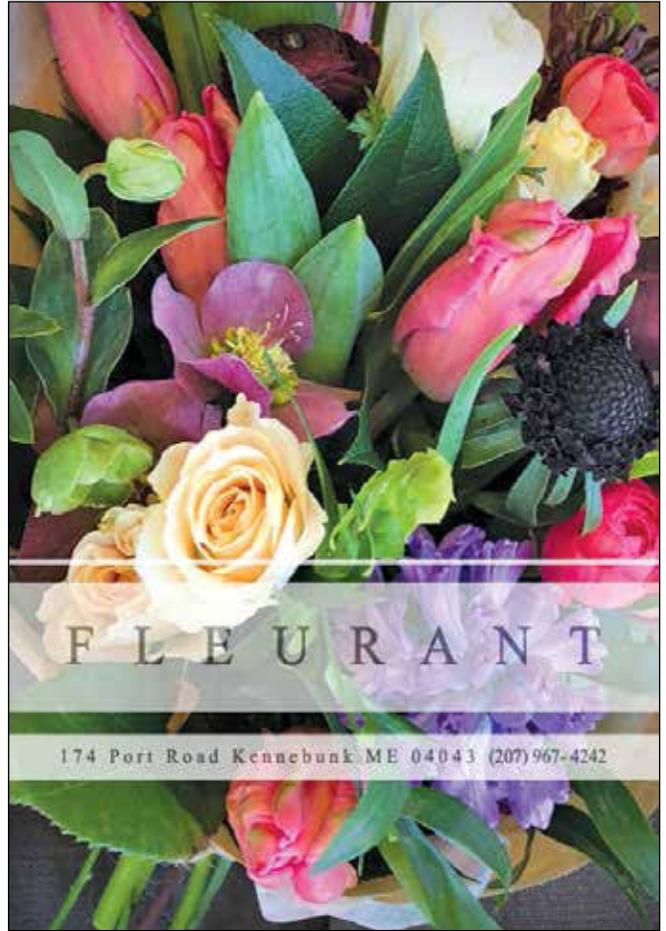
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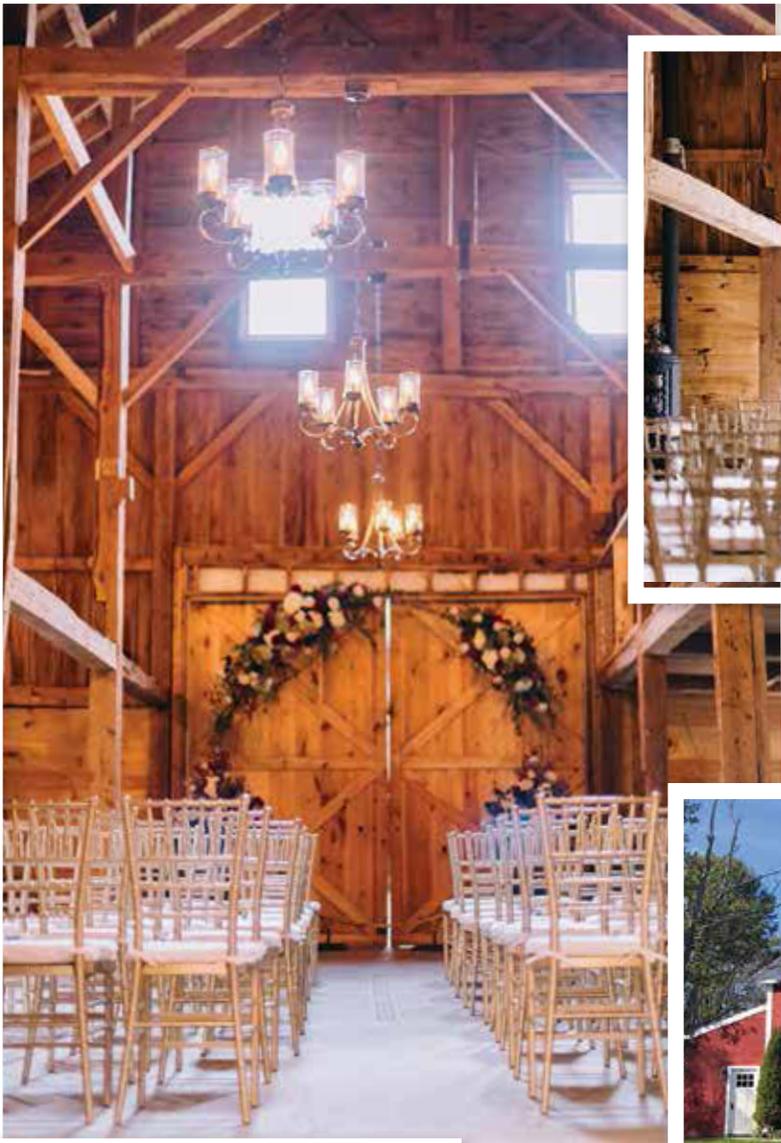


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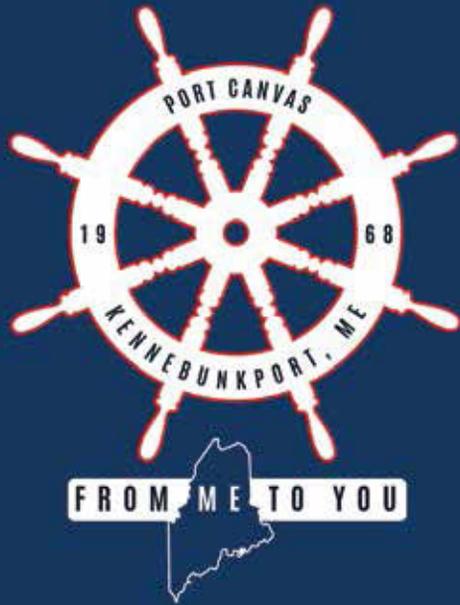
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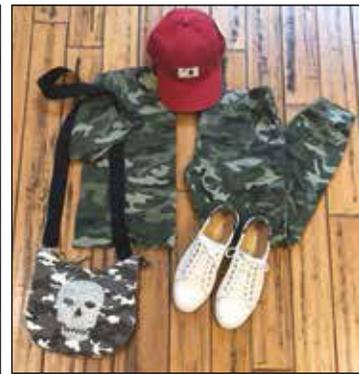
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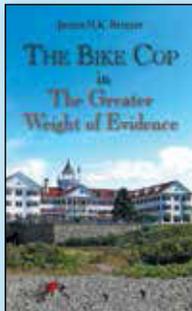
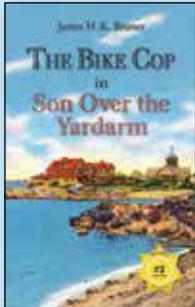
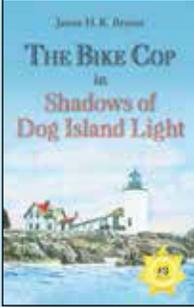


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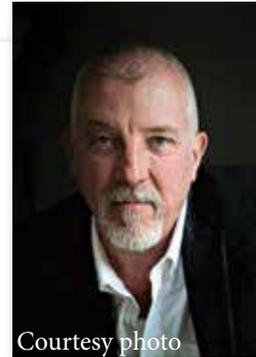


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“Writing in the Time of COVID”

by Kristen Kuehnle

Bruce Robert Coffin is the award-winning author of the Detective Byron mysteries. A former detective sergeant, he supervised all homicide and violent crime investigations for Maine’s largest city. Following the terror attacks of September 11, 2001, Bruce spent 4 years investigating counter-terrorism cases for the FBI, earning the Director’s Award, the highest award a non-agent can receive. His short fiction appears in a number of anthologies, including Best American Mystery Stories 2016. (www.bruceroberthcoffin.com) This interview focuses upon whether and how the pandemic has affected him and the writing process.



Courtesy photo

What inspires you to write during the pandemic? Inspiration has been much harder to come by during the pandemic. While I think drawing on past adversity can ratchet up the emotional quotient of writing, writing while still dealing with that adversity is very difficult.

When was your last novel published? My last novel, *Within Plain Sight*, was published February 4th, about a month before everything shut down.

What are you working on now? I am currently working on several standalone novels as well as Detective Byron number 5, tentatively titled *Under the Gun*. Also, I have written several short stories that are part of soon to be released crime fiction anthologies. One of these anthologies, *The Great Filling Station Holdup*, is based upon the songs of Jimmy Buffett. My story is titled “Incommunicado.” I very much enjoyed being a part of such a fun project.

When did you begin writing this work? I’ve been writing throughout the pandemic, but I started working on the fifth Byron novel last fall.

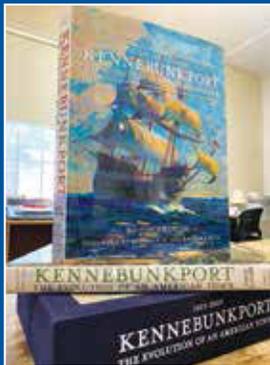
Where do you like to write? I can write anywhere but libraries and diners were my go-to locations. Has that changed with the pandemic? Yes, with closures and limited use restrictions on libraries and eating establishments I’ve had to reprogram myself into producing my writing at home. I have designated a space specific to writing.

For your unpublished novel, are you working with a publisher? I began writing this novel without a contract, just as I did with the last. The last book was published by HarperCollins. Given the difficulties of writing during the pandemic, not having a contractual deadline has been a blessing.

Are you aware of any issues with the stock availability of your published novels? While there have been issues with shipping and printing during the pandemic, overall, I am happy with how my publisher has addressed these issues.

How are you reaching out to your readers who want to know when the next novel is coming? I’ve maintained contact with many of my readers through social media.

What advice would you give an author who is trying to publish their first work? This is a very difficult time to accomplish that feat. Like most industries publishing has been forced to make dramatic changes. Many editors are working from home, and most conferences have either canceled or gone virtual. Don’t let the current chaos get you down. This, too, shall pass. Use this time to your advantage and write. And then write some more.



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Seeing Stars Everywhere You Look

by Dana Pearson

In April 2015, my old college pal Peter came up from Long Island with a mind to resettle in southern Maine. I played tour guide, driving him from town to town to see which neighborhood might appeal to him. Having come from the Hamptons, which have a New England vibe, he was used to and fond of shingled cottages; architecturally speaking, there wouldn't be too much of an adjustment for him.

At one point – I believe we were driving along Route 35 out in Lyman or Dayton – he aimed a finger out the window at a passing house and said, “What’s up with those things?”

“What things?”

“Those stars.”

I glanced out the window and caught a large five-tipped painted star attached to the side of the house.

“Oh yeah,” I said. “Those things. Right.”

“They’re everywhere.”

“Are they?”

“Yeah. You can’t tell me you haven’t noticed them.”

“I haven’t.”

“But they’re everywhere. I keep seeing them.”

“Okay.”

“What do they mean?”

“Mean? Hell if I know.”

“They’ve got to mean something,” Peter, who always held a darkly cynical yet comical worldview, said, “I suspect a coven.”

I laughed and put it out of my mind. Or at least I tried.

You know how if someone were to tell you that way too many people still have their Christmas wreaths up, then all you ever notice is brown Christmas wreaths? Yeah, well, ever since that day – and it’s been six years – I have seen nothing but stars. Peter was right. They’re everywhere.

People decorate the interiors of their homes, and often add architectural touches to their gardens, but affixing decorations to the sides of homes happens far less frequently. Used to be that painted metal or wooden eagles with widespread wings were big, especially in the years leading up to the Bicentennial – survivors still exist to this day. And then you’ve got those cats or squirrels, typically in groups of three or four, deftly crawling up the walls or roofs. Otherwise, not much.

Except for the stars. Which are everywhere. Like the pods in *Invasion of the Body Snatchers*, they’ve been multiplying. I wouldn’t go so far as Peter and suggest they possess nefarious qualities, but there is something fascinating about their proliferation.

“They’ve been a constant seller,” said Cindy Hamilton, who opened Americana Workshop on Route 1 in Kennebunk 22 years ago. Though her primary stock consists of antiques that Hamilton scours the countryside for, barn stars have remained a best-selling item for decades. “We’ll order 20 to 30 of them four times a year. People love them.”

Indeed, they do. Because, as it’s been noted, barn stars are everywhere.

Conventional wisdom (i.e. online research) has it that they originated (with only three points) in southeastern Pennsylvania in the 18th century with the Pennsylvania Dutch, the collective term for the religious refugees from Germany, among them the Amish, Mennonites and Lutherans. They’d decorate their barns with painted birds, flowers, and stars, sometimes to identify the owner, sometimes simply for decorative purposes. There are theories on the significance of the color they’re painted; e.g. violet may represent the sacred, red means passion, blue is for peace, etc. Stars also



came to be attached to the sides of factories and other large commercial buildings, mostly in the antebellum South.

Despite the shared background of the originators, there is no Biblical significance in the barn stars. However, they came to be imbued with spirituality, supposedly conveying good luck to the farmers.

“Oh, they’re definitely for good luck,” said Mark Ruest, whose large black star pops on the side of his yellow Sea Road home in Kennebunk. “There were a lot of them in New Hampshire, a lot of them in rural areas for farmers. I had this one on my barn when we lived in New Hampshire, and brought it with us.”

Ruest, with his wife Janet, returned to the home he grew up in when he inherited it from his mother eight years ago. The early 18th century house already had an eagle over the front door, but Ruest had to add his barn star, along with another classic symbol of good luck – but with a novel twist.

Below the eagle, and just above the doorway, an old horseshoe is nailed into place, but tilted about 20 degrees to the left.

“If it’s positioned straight up, then it fills up with good luck all the way to the top, just for us,” said Ruest. “But if it’s tilted, then it can overflow, and that overflow of good luck can be shared with others. That’s nothing I read,” he added. “I just feel it in my soul.”

Likewise, the Ruests aren’t about to hang their five-sided barn star upside down, as such an unnatural positioning supposedly indicates an affinity with the devil. (Let this serve as a public service announcement.)

While some people adorn their barns or homes with them today as the Ruests do – as symbols of good luck – others seem to admire them for purely decorative reasons. That was why the Ivancic family on Alewife Road in Lyman put three matching white stars on their front porch when they moved in 10 years ago. Others have admired their aesthetics, too.

“We noticed them on farmhouses and garages in the area,” said Todd Sudora, who moved to Cape Porpoise with wife Dawn Matera from Connecticut six years ago. An agent with OceanView Properties since 2018, Sudora thought a barn star would look beautiful on their house, and picked up one emblazoned with the American flag’s stars and stripes, though in muted tones. “We’ll often fly the U.S. flag, so the design seemed right...just, you know, the American thing to do.”

The star, positioned by the main doorway, welcomes visitors to their home, although it is clearly visible from Main Street. And while it was purchased without a thought for good luck, that isn’t to say they dismiss such notions out of hand. Like the Ruests, Sudora and Matera put some stock in a classic good luck symbol.

“When we were tearing out the walls down in the cellar, we found all this stuff,” said Sudora, “including old license plates and horseshoes.” Not wanting to tempt fate, they nailed the horseshoes up on the walls. “Why take any chances, right?”

Over at Donald Hewitt’s house on High Street in Kennebunk, the two barn stars on display are just that – on display.

“Funny thing is,” said Hewitt, who moved up from Port Jefferson, Long Island 35 years ago, “in New York, most of my decorating had a Mediterranean vibe. But I came up here and fell in love with country themes. I subscribed to Country Home and Country Life magazines, and got hooked on old homes.” Which explains why he soon moved into the 1815 house he still lives in with his second wife, Pearl, whom he married 16 years ago.

It was in one of those magazines that he first noticed the barn star shortly after marrying Pearl. Considering it a beautiful decoration, he bought one for the gable above his front door. He likely would have kept just the one star had it not been for the increasing bother of hanging a large Christmas wreath on the side of the attached barn (“which came with a lot of mice,” he noted). So, around five years ago, he picked up a larger metal star, which he painted a deep forest green to match the first one, and nailed it in place – although additional nails were required after a windstorm knocked it down early on.





Like the Ruests, there's another married couple living in the husband's childhood home, and that's Mona and Gene Lemelin on the Old Post Road in Arundel. Hitched 62 years ago, they bought their barn star around 20 years ago at the Christmas Tree Shops, and placed it on the front of their house. Mona said there's no symbolism attached to their star, explaining, "We'd drive down the road and see them on houses, and we really liked them." That being said, the Lemelins are aware of the historical significance of the stars.

About a year ago, they received a decorative metal sun as a gift, which displaced the star, which Gene treated with a new coat of rich red paint and nailed up by their garage. Their garage, notably, enjoys the decorative trifecta of the barn star, an eagle, and a family of squirrels crawling up to the roofline.

On the other side of the Old Post Road, in sight of the Lemelin house, two more homes boast barn stars, one of them belonging to Leo Bourque and his wife, Connie Verville-Bourque. While Mona claimed that the Lemelin star inspired her neighbors to purchase theirs, Connie said, "We're friends...but we got ours first."

Following a mirthful bout of laughter, Connie said, "We had seen them in Lancaster, Pennsylvania. We didn't know why they had them, and didn't care." Again, another architectural accent based solely on looks. Both fans of Pennsylvania Dutch décor, they have candles in their windows year-round, "not just at Christmas," said Connie.

Connie and Leo, whose first spouses had passed, married three years ago, and live in the house that Connie had bought with her first husband. She and Leo bought the deep red barn star eight years ago in New Hampshire. Leo had bought one for his previous home, saying, "I had one inside the house, because it just sort of fit in, you know?"

Their star hangs prominently in the gable of their two-car garage, facing out over the Old Post Road and the Lemelin house, where Mona is sure she bought hers first.

Getting back to those country-themed magazines: Cindy Hamilton recalled how one of them kick-started a noticeable increase in sales of her barn stars – an increase that hasn't abated.

"About 20 years ago, one of them was bought by someone in Wells," she said, "and then soon after, their barn was on the cover of Country Living magazine. That boosted business."

The five-point stars she offers at Americana Workshop are hand-made in Amish country. Purchased from a middleman buyer in Massachusetts, they're fashioned out of recycled barn roofing metal, giving them the sought-after distressed look, but naturally, with texture and rust. Diameters range from 10 to 22 to 36 to 48 inches, with the largest ones coming apart for easier shipping.

"We've shipped them to California, Texas...everywhere," said Hamilton, who considers them mostly as a home-warming decoration, like the eternally fashionable pineapple. "We keep thinking we'll be done with them, but they're still popular. They keep selling, so we keep ordering them."

Which is lucky for her.



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Architectural Finds at Well-Housed

by Steve Hrehovcik

With 30 years of experience in residential and commercial architecture, Stefanie Otto, owner of Well-Housed, knew she wanted to locate her studio/shop in a welcoming place that reflected her design style values.

Otto said, "I looked for years to find the right place to open my shop. When 42 Main Street in Kennebunk became available, I immediately knew I had finally found the perfect location. It was important to me that the space would feel inviting and reflect a sense of history upon walking in. I often do designs for renovations and additions to homes and those projects can be a labor of love for a homeowner, so it was important to me to be in a town where it was evident that the residents cherish their homes."

Otto invites visitors to see her location in downtown Kennebunk, adjacent to Tibbetts Plaza. The products offered are distinctive and highly crafted. They reflect her vision of the shop as being a place where homeowners, designers and builders can come to find architectural elements they may not have seen elsewhere. Visitors will see an array of displays that feature custom entry doors, shutters, cabinet and door hardware, molding, balusters, hand-carved quarterboards, solid wood countertops, fabrics, wall coverings and Mylands paint.

Otto moved to Maine in 2016 from Houston, Texas where she grew up and co-owned OC+A Architects for 15 years. She attended Fordham University in New York City, studied in Italy and graduated from Texas A&M University's College of Architecture.

FMI www.well-housed.com, 207-604-5858 or info@well-housed.



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Photograph by Karen Hall



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The Compromise

Restoring Domestic Harmony During COVID

by Valerie Marier

Do the math: since a year ago March when Covid began wreaking havoc and we went into serious lock-down, I have cooked 356 dinners. Most served in our “garden sunroom” on Villeroy & Boch china with colorful linen napkins and placemats. I don’t mess around.

Pasta Bolognese. Chicken piccata. Susie’s Hot Dish (family favorite). Broiled salmon with fresh dill and lemon wedges. Fifteen varieties of bean soup. That was just during the first three months of the pandemic.

In August my exhausted recipe box went into cardiac arrest. All my Ina Garten cookbooks were dog-eared and greasy. I even trolled Martha Stewart on the web for ideas. (“30 potluck side dishes” – OMG, these sound fantastic.) If a friend mentioned a new way to cook cod loins, I tackled her for the recipe.

Variety. I needed variety! I had sunk into culinary stupefaction. Many nearby restaurants were closed or took a reservation only if you booked two weeks prior, and that was to sit outside, hopefully near a heater, but invariably at a wobbly table adjacent to the dusty parking lot.

(Plus, if we decided to go out, we couldn’t let our kids know we were at Alisson’s for fried clams or burgers. Even if we swore we wore double masks and PPE up to our armpits, they’d send the National Guard to make sure we stayed “safely at home.”)

You get the picture.

I sat my husband down and gave him the news. “I’m not going on strike, I’m simply taking a breather. I’d like you to be in charge of two evening meals each week.” I paused and added, “From now on.”

Truthfully, he didn’t react as if I presented him with a Sunday ticket to the 2021 Masters.

Gently, but with riveted resolution throbbing through my carotid, I said, “You don’t have to actually cook.” Immediately, he exhaled and smiled. I think he envisioned making cheese omelets (his specialty) twice a week for the rest of our lives.

“You can pick up dinner at Cherie’s Bistro or Italian sandwiches at the Landing Store. Get fried haddock at Billy’s Chowder House or cheese fondue from Chez Rosa. I don’t care what it is, where it comes from and I won’t suggest what you get. Surprise me.”

So here’s how it’s going. A day later he announced, “I’m ordering Thai. I love Thai and we never have it. I’ll get you lettuce wraps and I’ll have sweet and sour chicken.” He literally drooled when he added, “And fried rice too!” It was a tasty meal, no pots to clean, so far, so good.

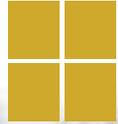
Several days later he bought a New York strip to put on the grill. “I love to barbecue, this will be fun,” he said. (Mind you, he hadn’t noticed that it was starting to snow and the thermometer registered 25 degrees here in the Wells woods.) (But that’s not my problem.) “I also got frozen French fries – maybe you can cook them and make the salad?”

So we are still working through details of The Compromise.

Rome wasn’t built in 24 hours and the creation of the world took seven days. Time is on my side. I’m not giving up. It just might take longer than originally planned.

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Photograph by Geraldine Aikman



Photograph by Meghan Candee

There are a few essential elements you find
in the spirit of a Mainer;
a humble appreciation of crafted things,
wit dry enough you may not know when the joke ends and when it begins,
and most importantly, a love for the land and the sea.
Anthony Bourdain



Photograph by Karen Hall



Photograph by Geraldine Aikman

Field Trips for Fresh Air and Fun

Last spring, I started “Momming Like It’s My Job.” Determined not to just stay at home, my family took ‘field trips’ for fresh air and family fun. Here are some of our favorite spots to explore in the spring.

Nature Trails – We love Timber Point, the Tyler Brook Preserve, and Wells Reserve. Also the new Arundel flow trail for biking. Venture to East Point in Biddeford Pool, or Cascade Falls in Saco for amazing views and plenty of cool spots for kids to climb and explore. The key to hiking with kids is to pick trails with exciting features (boardwalks, waterfalls, story-book trails) and that are not too long. Always bring water and snacks!

Educational Adventures – Learn about farm life, like milking cows and feeding the animals at Smiling Hill Farm in Westbrook, Wolfe’s Neck Farm in Freeport, or Pineland Farms in New Gloucester. All have fun family programs, and are open for you to explore on your own. Or you can meet some other local animals like turtles, snakes, owls and porcupine at the new Center for Wildlife in Cape Neddick.

Opening Day! – In early May, the Seashore Trolley Museum and Raptor Falls dinosaur mini golf both reopen for the season. The Portland Sea Dogs play again, after a year-long Covid hiatus. And stay tuned for the brand new Children’s Museum & Theatre of Maine (opening date tba).

Visit Nicki Noble Bean’s website for more ideas.

www.Momminglikeitsmyjob.com

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The Wells Reserve: A Much-needed Breath of Fresh Air

by Faith Gillman

For Scott Richardson, every visit made to the Wells National Estuarine Research Reserve at Laudholm Farm provides a chance to discover something new.

“With seven miles of trails and hundreds of acres of varied habitats to explore, frequent visits can be truly rewarding,” said Richardson, who serves as communications director for the Reserve.

Headquartered at a restored saltwater farm in Wells, Maine, the Wells Reserve’s mission is threefold: to understand nature through exploration and educational programs for all ages; to conserve and protect the 2,250 acres of coastal habitats that comprise the Reserve and serve as a model for best management practices in conservation; and to engage in research that will ensure healthy salt marsh ecosystems by studying watersheds, estuaries and the coast.

The Reserve’s campus offers a mix of upland fields and forests, wetlands, salt marsh, swamps, intertidal and beach environments ripe for exploring, especially in the spring, as nature rouses from its winter slumber.

Spring at the Reserve also provides a perfect opportunity to “join the ranks of naturalists, scientists and careful observers like Gilbert White, Henry David Thoreau, and Nina Leopold Bradley in studying and keeping records of plant and animal life cycles (known as phenology),” said Caryn Beiter, the Reserve’s coordinator of School and Docent Programs.

Beiter provides programs, along with resources and information on the Reserve’s website – including a “seasons scavenger hunt” and “nature notebook” worksheet – for anyone interested in learning more. In her blog on the website, Beiter encourages naturalists of all ages to practice phenology by choosing a plant in their “yard, neighborhood or another favorite spot and visit it every week. Bring a magnifying lens and a notebook if you have them. Notice: Does your plant have flowers, newly emerged leaves or fruits? Record your observations, making sure to note the date, weather and anything else that calls your attention. In phenology, catching the “firsts” is vital. See if you can find the first flower, first leaf, first fruit, first appearance or first song while at your special spot.”

Beiter notes that phenology relates specifically to the timing of biological life cycle events in plants, animals and other organisms.

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Above: Flowering apple trees and lilacs let you know spring is in full swing and summer is just around the corner.

“Phenology originates from the Greek word *phainos*, meaning “to appear, to come into view” and *logos*, meaning “to study,” which provides a great description for what is often talked about as the science of ‘firsts’ – the first bud to burst, the first open flower, the first change in leaf color, the first warbler to arrive back in the spring,” said Beiter. “Projects like iNaturalist and Nature’s Notebook encourage each of us to spend time in and take a closer look at nature, while contributing to science.”

On the broader scale, data collected through phenology can be a valuable scientific resource on numerous levels. Changes in nature are “often cued by temperature, so the study of phenology is seen as a tool for monitoring the effects of climate change over the long term,” said Richardson.

According to Beiter, the data collected can also “help inform decisions in many sectors: climate change, natural resource management, public health – such as allergens – agriculture, energy and even tourism; think flowering cherry trees in Washington D.C.”

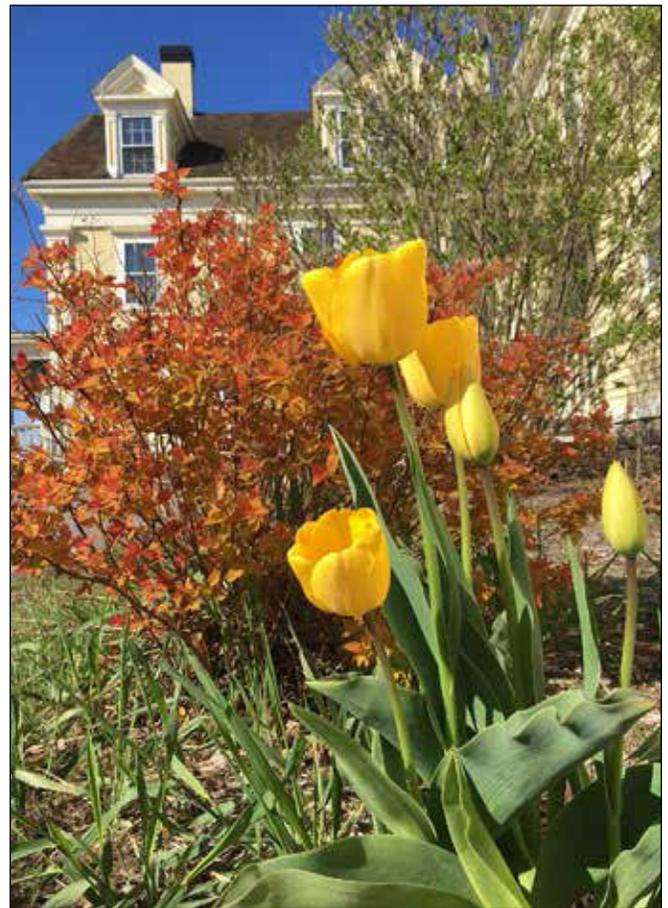
Beiter explains that biological life cycle activities, such as flowering and hibernation are often prompted by temperature and precipitation, along with daylength. As the climate changes, biological events may also change.

“Living organisms certainly adapt and evolve, but this takes time and often many generations. Evidence of rapid climate change can be found all over the globe, as well as right here in the Gulf of Maine. A changing climate can create asynchrony, in space and/or time, between species that interact or rely on each other,” said Beiter.

This ‘phenological mismatch’ could have local, regional and global consequences.

“An often-used example is that of the pied flycatcher that winters in Africa but migrates back to Europe to nest and raise its young in the spring. The bird is likely cued to start its journey back to Europe by day length but the oak trees and caterpillars that feed on the leaves are cued by temperature. The birds rely on these caterpillars to raise their young,” said Beiter. “A warmer spring means that the timing of the oaks and caterpillars is often earlier but the bird doesn’t get the memo and arrives too late, presenting a major challenge to raising young.”

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Clockwise from top left: This beautiful farmhouse setting overlooking fields and meadows serves as headquarters for the Wells National Estuarine Research Reserve Laudholm Farm; Blooming tulips make for a stunning display near the farmhouse; Skunk cabbage along the Laird Norton boardwalk at the Reserve loves spring weather. All photos courtesy of the Wells Reserve

Beiter presents a more local example.

“Comparing current data with that of Henry David Thoreau’s observations from the 1850s, has shown that canopy tree leaf out is more responsive to warmer spring temperatures than are the understory wildflower species. This has implications for the wildflower populations and in turn, the insects that interact with them.”

According to the article, “Phenological mismatch with trees reduces wildflower carbon budgets,” published in the April 2019 issue of *Ecology Letters*—a monthly peer-reviewed scientific journal—many wildflowers that reside on the ground (“understory”) in deciduous forests leaf out and flower in the spring when light availability is the highest before the trees above (“overstorey”) block the light.

“Therefore, different phenological responses by understory and overstorey species to increased spring temperature could have significant ecological implications. Pairing contemporary data with historical observations by Henry David Thoreau, we found that overstorey tree leaf out is more responsive to increased spring temperature than understory wildflower phenology, resulting in shorter periods of high light in the understory before wildflowers are shaded by tree canopies. Because of this overstorey–understorey mismatch, we estimate that wildflower spring carbon budgets in the northeastern United States were 12–26 percent larger during Thoreau’s era and project a 10–48 percent reduction during this century. This underappreciated phenomenon may have already reduced wildflower fitness and could lead to future population declines in these ecologically important species.”

In terms of climate change, current observations hold the greatest significance in the context of historical observations which can “create baselines from which comparison can be made,” said Beiter. “Phenological observations made by researchers and citizen scientists can be merged with things like historical frost or ice out dates or melt of land glaciers to create a deeper story of how things are changing.”

Both Beiter and Richardson encourage everyone to visit the Reserve, whether it’s to practice phenology

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WELLS RESERVE PROGRAMS

Morning Yoga: Tuesday mornings from 8-9:15 AM beginning May 4 and running through June (via Zoom until it is safe to hold indoors).

Summer Solstice Yoga: One morning in late June. TBD

Earth Day: Take a walk and view inspirational quotes from around the world, posted on campus and on trails, that highlight Nature and Mother Earth.

Story Walk on the Saw-Whet Owl Trail: These walks are held in April, May and June.

ReVision Energy’s “Save the Planet with Sunsquatch” Story Walk: Featuring the importance of solar energy, this will be installed on the Reserve’s Barrier Beach Trail in June.

Monthly “Lunch & Learn” Speakers (noontime lectures on a variety of topics) and monthly Climate Stewards Speakers (noontime in April, and in the evening in May and June, focused on climate change topics), on Zoom or indoors, as conditions permit.

Kayaking on the Little River Estuary: Resumes in late June.

Summer camps begin the last week of June.

Nature Journaling with Suzanne Kahn: Date/time TBD

Docent-led Nature Walks, Laudholm’s Farming Past, Secrets of the Salt Marsh, and Explore the Shore: These trail-based programs will resume in late June.

“Meet the Scientist” programs: Held in the summer months.

FMI: The Wells Reserve is located at 342 Laudholm Farm Road, Wells. For more information, see www.wellsreserve.org/visit/helpful-info or call 207-646-1555. Trails are open from 7 AM to sunset. For more information on phenology and focused programs at the Wells Reserve, contact Caryn Beiter at cbeiter@wellsnerr.org / or 207-646-1555 ext 110.

Online phenology resources:

www.wellsreserve.org/blog/keeping-natures-calendar

www.usanpn.org/natures_notebook

<https://budburst.org/>

www.usanpn.org/about/why-phenology

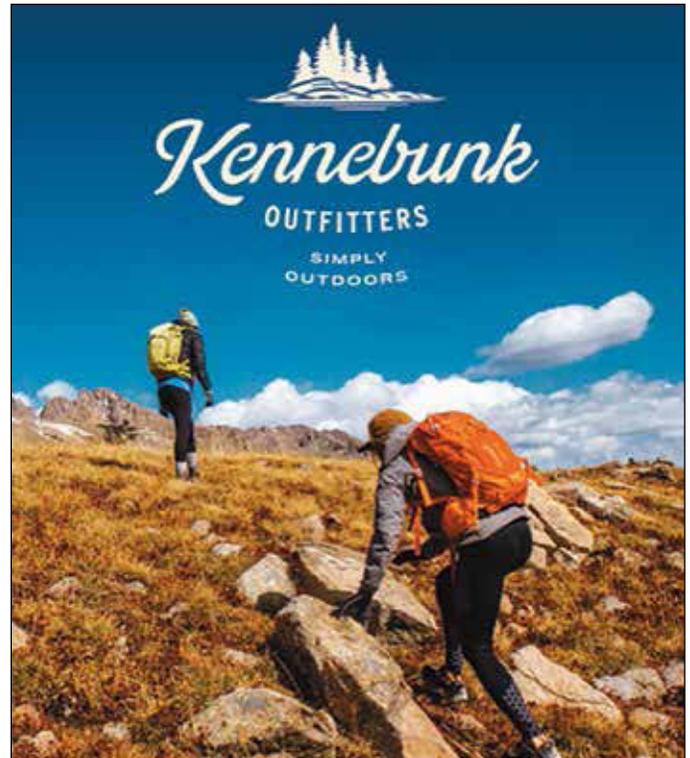
or just to take a walk and be out in nature. And while the Covid pandemic has created programming challenges at the Wells Reserve, Richardson reports many new visitors in 2020 as “people broadened their search for places to get outdoors for exercise.”

“Last spring, summer, and fall required visitors, along with our staff and volunteers, to adapt to circumstance and adopt new routines. With extra effort by everyone, things went well,” said Richardson. “This year, we are better prepared from the start so we are optimistic. We have also joined the “Look Out for ME” campaign by the Maine Office of Tourism to promote responsible recreation.”

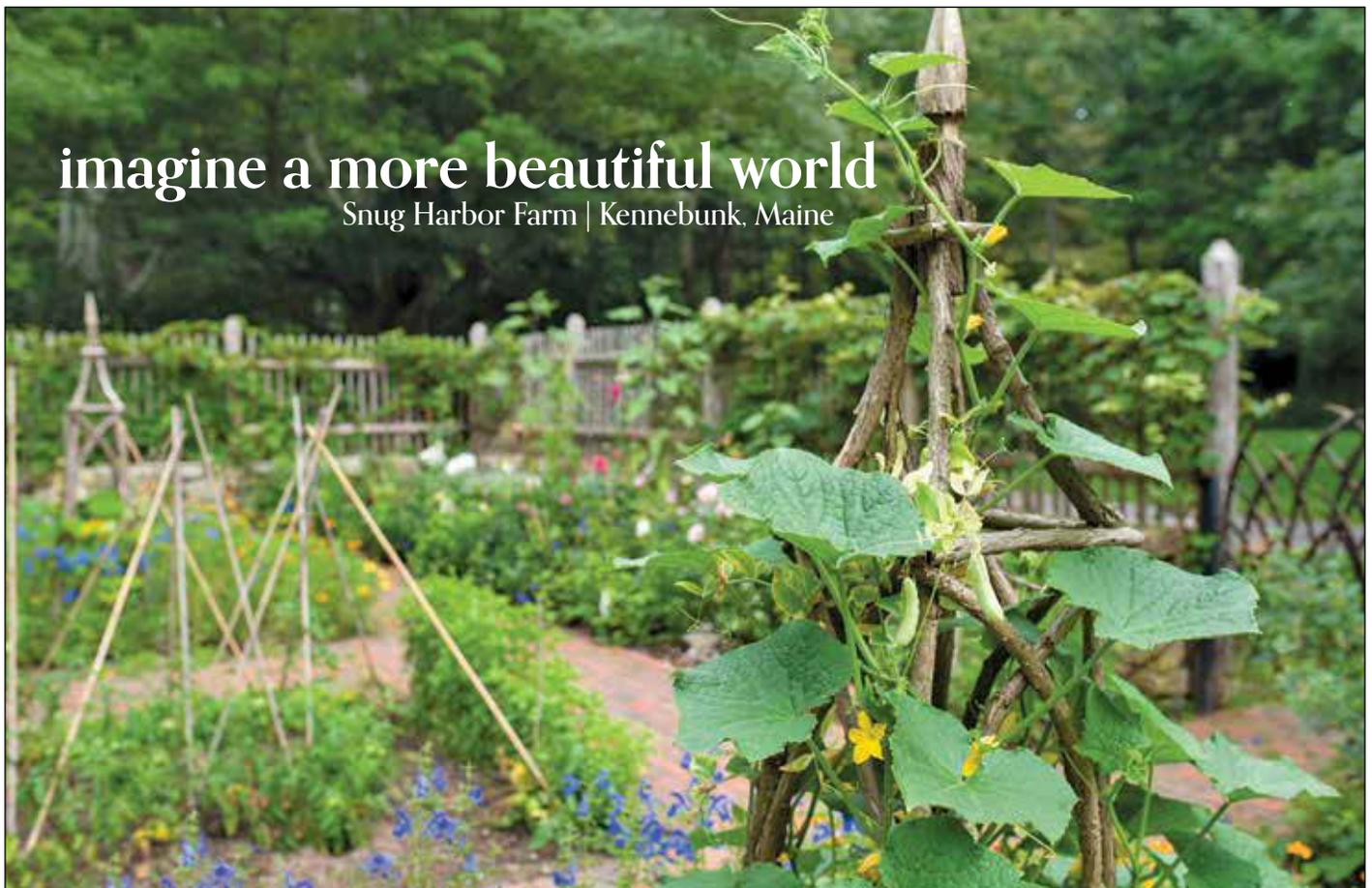
Wells Reserve Education Director Suzanne Kahn said that while the Reserve is “largely taking things one month at a time these days due to the pandemic’s uncertainties,” there are a wide variety of programs available this spring and summer, with more to come as conditions improve. Kahn encourages everyone to check the Reserve’s website for updates.

“We will begin a new Morning Yoga series on Tuesday, May 4. It will run through June, Tuesday mornings from 8-9:15 AM, held virtually on Zoom until it is safe to hold it indoors at the Reserve’s auditorium again,” said Kahn. “We will also have a Summer Solstice yoga class one morning in late June, and for Earth Day, we will post inspirational quotes from around the world on our campus and trails that highlight Nature and Mother Earth.”

So, grab your notebook, binoculars and magnifying glass, put on your walking shoes and explore all the Wells Reserve has to offer. It’s a breath of fresh air everyone could use.



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Increased Appreciation of the Natural World Brings Increase in Trail Use

by Dana Pearson

In 2018, an economic impact study for the Eastern Trail Alliance (ETA) estimated that 250,000 people annually used the mostly off-road portion of the trail that runs between Kennebunk and Scarborough. In the year of Covid-19, it looks like that figure rose to 750,000.

"Those are my estimates," said ETA Executive Director Jon Kachmar, based upon counts made by Portland Trails, statistics gleaned through Google Analytics, and personal observations of the trail and parking lots. Because of how the pandemic has altered everybody's lives, "We've easily tripled the volume across the board."

That remarkable increase in use of the trail that runs from South Portland to Kittery, available to walkers, runners, cyclists and birders, "has been a real recognition of how important outdoor spaces are," said Kachmar. "It's about health, exercise, sanity...to get your thoughts together and to get away from the crazy Covid happenings. It's an outlet that helps people navigate their way through their lives."

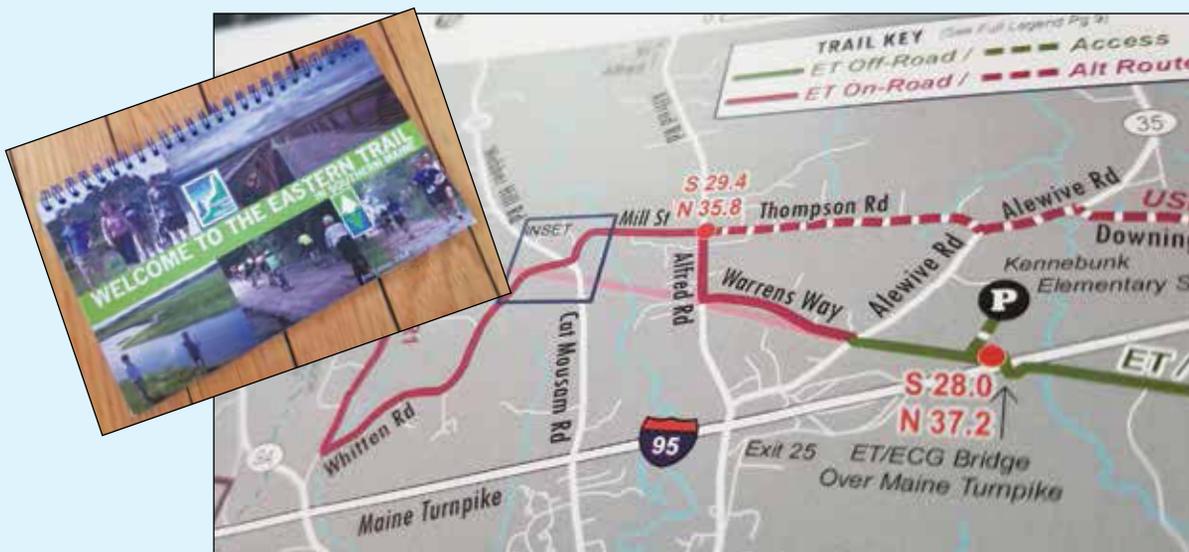
That outlet began more than 20 years ago, when John Andrews led a group of outdoor enthusiasts to create a trail on the abandoned rail corridor running from the Scarborough Marsh to Route 1 in Saco. The Eastern Trail Alliance formed in 1998 and received support from other communities interested in creating trails along the rail corridor. The initial trail that Andrews envisioned was completed in 2004; since then, of the 65 miles of proposed trail between South Portland and Kittery, 22 miles of off-road sections have been created.

Though more people have used the trail this past year, the ETA did not offer its usual slate of events, and those that were held were done virtually – a notable exception being the full moon walks at the Scarborough Marsh, the next one scheduled for April 26 from 7-8 PM (FMI on this and other planned events: eastertrail.org).

Kachmar was pleased to note that the ETA's annual appeal yielded "by far the most we've ever raised. People recognize how important our outdoor spaces are."

Which is a good thing, as it will help fund projects to create more off-road sections of trail, including the lengthy Kennebunk-to-North Berwick stretch. A consultant has been hired, said Kachmar, "to determine costs, constraints, bridges, culverts, road crossings. We're about eight to nine months out to get the results."

The same consultant is figuring out the logistics of the Closing the Gap project, which will finish the northern portion. A simple pre-fab bridge will span the Nonesuch River, and a far larger bridge (which Kachmar says will dwarf the one spanning the turnpike by the Kennebunk exit) will cross over the railroad tracks and Pleasant Hill Road in Scarborough in order to join up with the South Portland Greenbelt Pathway. That plan will go out to bid in the fall, with the 18-24-month project beginning either late this year or early in 2022.



Above left: The Eastern Trail map, which includes detailed maps, etiquette info and a trail overview, can be found at eastertrail.org. Above: The Eastern Trail map includes this page showing where the off-road portion ends in Kennebunk...and where it is planned to continue. Photos by Dana Pearson

Meanwhile, Out on the Eastern Trail. . .

by Dana Pearson

A mostly sunny day, a crisp breeze, and a deep blue river meandering through the vast dun expanses of marsh grass. No wonder that so many people were out on a mid-March weekday on the section of the Eastern Trail that cuts straight through the Scarborough Marsh. To paraphrase George Harrison, it'd been a long cold lonely winter, and it was high time the smiles were returning to their faces.

"There's a blue heron down there," said Carmen Brochu brightly by way of introduction, pointing back down the trail whence she had just walked with her goldendoodle, Nancy Drew. Her peppy attitude could have been attributed to the glorious weather, but it may also have been due to this being her first time on the ET.

"I've lived in southern Maine a long time, and South Portland for four years," she said. The plan today was to get her ninth-grade son Diego outside between classes, "but he's crashing in the car now," she said, looking over at the parking lot off Pine Point Road.

"Oh, I'll definitely come back," said Brochu when asked if she would. "I like to bird, and I bike in the summer. I can't wait. Totally psyched. I want to explore all of it."

With their Scarborough worksite a convenient 10-minute drive away, George Forrest and Ezra Anderson have been partaking of the trail's joys for over a month. Technicians at Prime Motor Cars, Forrest, of Buxton, said that he and Anderson, of Standish, were "forcing ourselves to take a lunch break."

Anderson found that the pandemic had one good thing going for it, in that it has reminded many people – or revealed to them for the first time – about what's truly important in life. "Reconnecting with nature," he said.

"This is good, getting out into the world. And we'll keep doing this...if we're alive." He smiled and said, "Nothing is certain, right? But this is a beautiful day, and that is certain."

He and Forrest then retreated to the bridge over the Nonesuch River to practice some breathwork (a respiratory routine designed to expel more CO2 and raise the blood's pH level) before heading back to work, as a young family of three approached on foot. Well, two of them were on foot; Apollo was sitting astride his mother's shoulders, holding onto her neck.

Jill Burkett and Alex Dubow moved to South Portland from Cape Elizabeth last year, moving into their first house "the week of St. Paddy's Day, just as Covid was breaking," said Dubow. Getting outside for long walks has been a regular activity for the family, which has two other school-age children.

"It's a regular thing to get out and about," said Burkett. "It used to be the Greenbelt Walkway [which the Eastern Trail will eventually connect with] and Robinson Woods and the beaches. Now we alternate between the beach and here. We see kayakers, the Polar Bear swimmers, birds, seals in the river, bikers.

"It's everchanging," she said of the trail. "We're grateful there's a lot of preserved land around here."



• • • • •

Clockwise from top: Carmen Brochu and her goldendoodle Nancy Drew strolled the Eastern Trail through the Scarborough Marsh for the first time in mid-March; Jill Burkett, Alex Dubow and their son Apollo recently took their usual walk along the Eastern Trail through the Scarborough Marsh; George Forrest, left, and Ezra Anderson often use their lunch break from Prime Motor Cars in Scarborough to enjoy the Eastern Trail. Photos by Dana Pearson

Southern Maine has lots of parks where your dog can run off-leash in a safe, fenced and clean area.

Dog Parks



Photograph by Chris Becker

Not all the parks are open year-round. Also, water is not available at all sites, so pack water, snacks and waste disposal bags. And remember to wear masks!

Old Orchard Beach's K9 Veteran's Memorial Dog Park is at 4 Heath Street, near the tennis courts, and is part of the town's Veterans Memorial Park. The park is open year-round, daily, from 9 AM to 9 PM. There is a section for small dogs, under 30 lbs. The park was named in honor of dogs who served in wars (dogs were used in combat as early as World War I, where they sniffed out mustard gas), dogs who work as service dogs to people with disabilities, police dogs and search-and-rescue dogs. FMI, [OOBDogPark](#) on Facebook.

The Saco Dog Park is in Pepperell Park, which can be accessed from Beach or School Streets, near Saco's downtown. The park has shady areas, and places (for humans) to sit. It is a small park by some standards, but your dog won't notice that. Like many dog parks, the impetus for this special place came from a Saco couple, Carol and Ed Radin, who, in 2012, donated \$5000 as seed money to the city to create a park. Soon after, enough donations were raised to erect fences and create a place for unleashed dog to romp. FMI, [SacoDogPark](#) on Facebook, or 283-3139.

The Biddeford Dog Park, spearheaded by The Animal Welfare Society of West Kennebunk, is located at Rotary Park at 550 Main Street in Biddeford. The spacious park is in need of volunteers to help with weed whacking and filling in holes that the canines enjoy digging, but can prove hazardous to people and animals. Recent improvements include trees and a water spigot. FMI, [Biddeford Dog Park](#) on Facebook.

The Kennebunk Dog Park at 36 Sea Road in Kennebunk (near the recycling center) calls itself "the park with a bark!" The park was created in large part by a generous donation made to the Animal Welfare Society in West Kennebunk in 2004. There are both large and small dog areas, a gazebo with seating, several benches, shaded areas, running water and a doggie pool in season. Regularly sprayed for ticks. Today, this popular park serves the people and pets of West Kennebunk, Kennebunk, Kennebunkport and Arundel. Volunteers manage and operate it. The safe and fenced-in areas allow pets to socialize and exercise off-leash. It is open from dawn to dusk, daily. Donations to cover operational costs such as doggie bags, fence repairs can be made to Kennebunk Dog Park, PO Box 205, Kennebunk, ME 04043. FMI, [KennebunkDogPark](#) on Facebook.

The Sanford Dog Park, created by The Animal Welfare Society of West Kennebunk, is near the armory, by the Number One Pond in Sanford. The official address is 148 William Oscar Emery Drive. A bonus of creating a park here is that there are also many nature trails that dogs and owners can enjoy afterwards, although a leash is required on those trails. Community members bring water. Two fenced-in areas, shade trees, seating available. FMI, visit the [Sanford-Maine-Dog-Park](#) Facebook page.

The Ogunquit Dog Park, near 323 Berwick Road, (look for signs, for Spring Hill Road) is open daily, dawn to dusk. Berwick Road is off Route 1 near the center of Ogunquit; the entrance to Spring Hill is marked. This popular park has a website, at [ogunquidogpark.com](#). It also has a Facebook page: [ogunquidogpark](#). The one-acre park is open to all. Special features of this park include plenty of shade and sunshine; water from April through November; and, also, it is sprayed every two months to prevent ticks. There is also a section for small dogs. Donations are welcomed to help with the park's operation. You can make a check payable to Ogunquit Dog Park, and mail to PO. Box 875, Ogunquit, ME 03907. Several businesses in town also have donation boxes. A great feature of the website is a list of pet-friendly places, including beaches that allow pets, plus a link with more detailed information about the beaches. Visit [www.maine.info/beach-southern-maine-coast.php](#).

The Berwick Bark Park, at 410 Portland Street, is privately owned, but it is free and open to the public. The park, about an acre in size, has two separate spaces for large and small dogs. There is lots of shade, plus benches. This park is open seasonally only, from May through October; daily, from 8 AM to 6 PM. FMI, and for dog park rules visit [Berwick-Bark-Park](#) on Facebook. The owners accept donations to help with the upkeep; a donation box is at the park. A special feature: the park owners run a food concession on the weekends, with homemade specialties.



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Did you know? **Honey Bee Trivia**

The United States has an estimated 211,600 beekeepers.

Honeybees represent a highly organized society, with various bees having specific roles during their lifetime, such as nurses, guards, grocers, housekeepers, construction workers, royal attendants, undertakers, foragers, scouts, etc.

Honey bees are not native to the USA. European in origin, they were brought to North America by early settlers.

American Indians called honey bees the "white man's fly" because they were brought to North America by colonists.

Bees have been producing honey for at least 100 million years.

Honeybees are the only insects that produce food for humans.

A honey bee visits between 50-100 flowers during one collection trip.

A honey bee can fly up to 15 miles per hour.

It would take about one ounce (two tablespoons) of honey to fuel a honey bee's flight around the world.

The honeybee's wings stroke 11,400 times per minute, hence their buzz.

The average worker honey bee makes 1/12 of a teaspoon of honey in her lifetime.

To make one pound of honey, honey bees must tap 2,000,000 flowers.

Honey is the only food that includes all the substances necessary to sustain life, including water.

Honey bee trivia courtesy of Maine Beekeepers



health & wellness





Photograph by Kingsley Gallup

Happiness is
the highest form of health.
Dalai Lama



Rethinking Wellness

A year ago, while preparing to open the doors of a new wellness and yoga business in Kennebunk, I asked friends, family, and strangers a question: What's wellness to you?

Responses were straightforward: Healthy foods. Getting to the gym. A good book. A good laugh. Time with friends. Time with my kids. Time alone.

Fast-forward 13 months, I've asked the same question. Answers are more introspective now.

Wellness is . . .

...living my best life with health, vitality and courage. a continuous journey pursuing physical, emotional, mental, social and spiritual health and peace.

...daily time for something that makes you happy or brings peace. Covid has allowed me to slow down and reconnect with hobbies I love.

...prioritizing your own needs so you're able to take care of work, school, family and each other.

...reaching out to friends and reminding myself of everything I'm grateful for. It is essential to stay positive and hopeful.

...balance in all things. It's healthy to take breaks during the day, listen to how you feel, to have energetic, productive days and also laid-back days. To know you don't have to push all the time. a good reminder to not put things off, to live in the present, keep a fluid approach to everything. As Bruce Lee said, "Be like water."

...our ability to adapt to life experiences and come out on the other side better.

...the importance of assessing my own needs in real-time.

...learning that having less on the calendar and slowing down feels good.

...intentionally making time for things that bring me joy.

Of the pandemic, one friend said, "Life got quiet." When things are quiet, we're better able to listen to ourselves. We have fewer distractions. Less on the calendar. Time to pause. So we've been able to listen. And consider what wellness means to each of us.

Leslie Cargill is founder and owner of Way to Be Wellness and Yoga Collaborative in Kennebunk Lower Village; and Cargill + Co. Communications, Marketing, Brand. She helps individuals and businesses define wellness and implement plans for growth and resilience. www.waytobeyoga.com





Training Starts Today!

Big dreams? Big ambitions? Are you after something that lights your heart on fire? Today, right at this moment, you can prepare your body and your mind to chase your goals. Choose to say yes, choose to start today, choose to sign up for the race you think you may do, say yes to writing that book you've always thought about, say yes to your health.

First, find movement that gets your heart pumping.

Loud music, good vibes, your best pals? You will definitely say yes to that. My all time fave is a Buti yoga class – dance, drumming, stomping combine into a sweaty hour-long cardio session that sends my endorphins to an all-time high. There's also spinning, which has come so far from just simply pedaling on a bike. Swimming is very healing for your joints – think low impact with big movements to get your cardiovascular system pumping without doing damage to your joints. Get outside and enjoy the sunshine with a walk on the beach or a hike in the woods. Bonus points if you bring your pup.

Second, think twice about what you put into your body.

Coming off the sugar high of the thousand heart-shaped sugar cookies you ate in February? Yeah, me, too. Take small steps. Make one meal mostly green (I'm currently in love with pasta mixed with roasted veggies – think Brussels sprouts, broccoli, spinach, cauliflower, peppers and carrots). Salad can be hard when you're cold all day, so find recipes that make you warm, and craving greens. Two other menu items that frequent our home are stir-fry and veggie-loaded risottos.

Third, drink all the water.

Hydrate, hydrate, hydrate. Get your body used to it now so when it's summer, and you are dehydrating more quickly in the sunshine, you are reaching for water rather than an iced coffee or soda. I aim to drink half my body weight in ounces of water, every single day. For simple math: if you weigh 100 lbs, you would drink 50 ounces of water each day.

Fourth, go to sleep earlier.

Create good sleep habits and you will reap the rewards. Nix the Netflix before bed and hit your pillow earlier. It's so easy to wake up when the sun has already risen (not in the dead of winter). In our home we plug our alarm clocks in as far away as possible, and whoever gets up first turns the lights on so we don't fall back asleep.

Restorative yoga, yoga Nidra, massage and chiropractic care are more great ways to help you release tension, find mental focus, relax, unwind and stay at the top of your game. Find what works for you.

The best part about these tips? They will help you reach your goals, no matter what they are. Cross-training, a healthy diet, water and sleep are all necessary to perform at your peak. Create your healthy habits now for a healthy mind and body, and commit to being your best version of you, today.

Tiffany Lathrop, The Daily Sweat, Kennebunk



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Accept Yourself Exactly as You Are

It's one of the great paradoxes of personal growth. In order to change certain things about ourselves, we need to accept ourselves exactly as we are.

This is clearly a contradiction. To change, we accept what is. To shape a healthier tomorrow, we plug into today. To become who we want to be, we embrace who we are right now.

Truth is, as long as you withhold from yourself your own love and acceptance, you can't expect to grow. None of us evolves in an atmosphere of blame and shame. Love, acceptance and unconditional positive regard - these are what inspire growth.

If there are things you want to change, try accepting yourself exactly as you are. Right here, right now.

"Kiss your life.

Accept it, just as it is.

Today. Now.

So that those
moments of happiness
you're waiting for
don't pass you by."

Anonymous

~ excerpted from *Project Personal Freedom:*

Tips & Tools for a Liberated Life,
(Goodman Beck Publishing), by
Kingsley Gallup, MA, LPC



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Social Skills in a Post-Pandemic World

One year ago, as our schools and businesses locked down, did we think that a year later, we'd still be feeling the impact of COVID-19? As a former counselor and facilitator of social emotional learning (SEL) in private schools, I am sensitive to parents' concerns regarding the impact of extended virtual learning on childrens' social development. Frequent exposure to peer interaction makes it easier to learn how to make and keep friends, especially when direct instruction and role modeling are provided. Since SEL is closely tied to academic functioning, many school systems have adopted these programs into their curricula.

I feel empathy for parents who balance work with the demands of homeschooling. Direct social skills training often suffers as students experience more time relying on technology for learning. Having sat with children as they navigate the virtual world, I am in awe of teachers who meet the challenge of providing a structured approach to learning, enabling their students to interact both personally and technologically. While many prefer having their students in school full-time, they rise to the challenge of providing both in-class and virtual learning. Amazing.

With that said, there remains the question regarding the long-term effects of this pandemic on our children. Will they be socially stunted? Will mask wearing and social distancing affect their ability to discern facial expressions and non verbal cues? Will social distancing foster anxiety around closeness and personal space? How will they relate with other children upon their return to school full time? Will any reversal in their social development be reflected in their academic functioning?

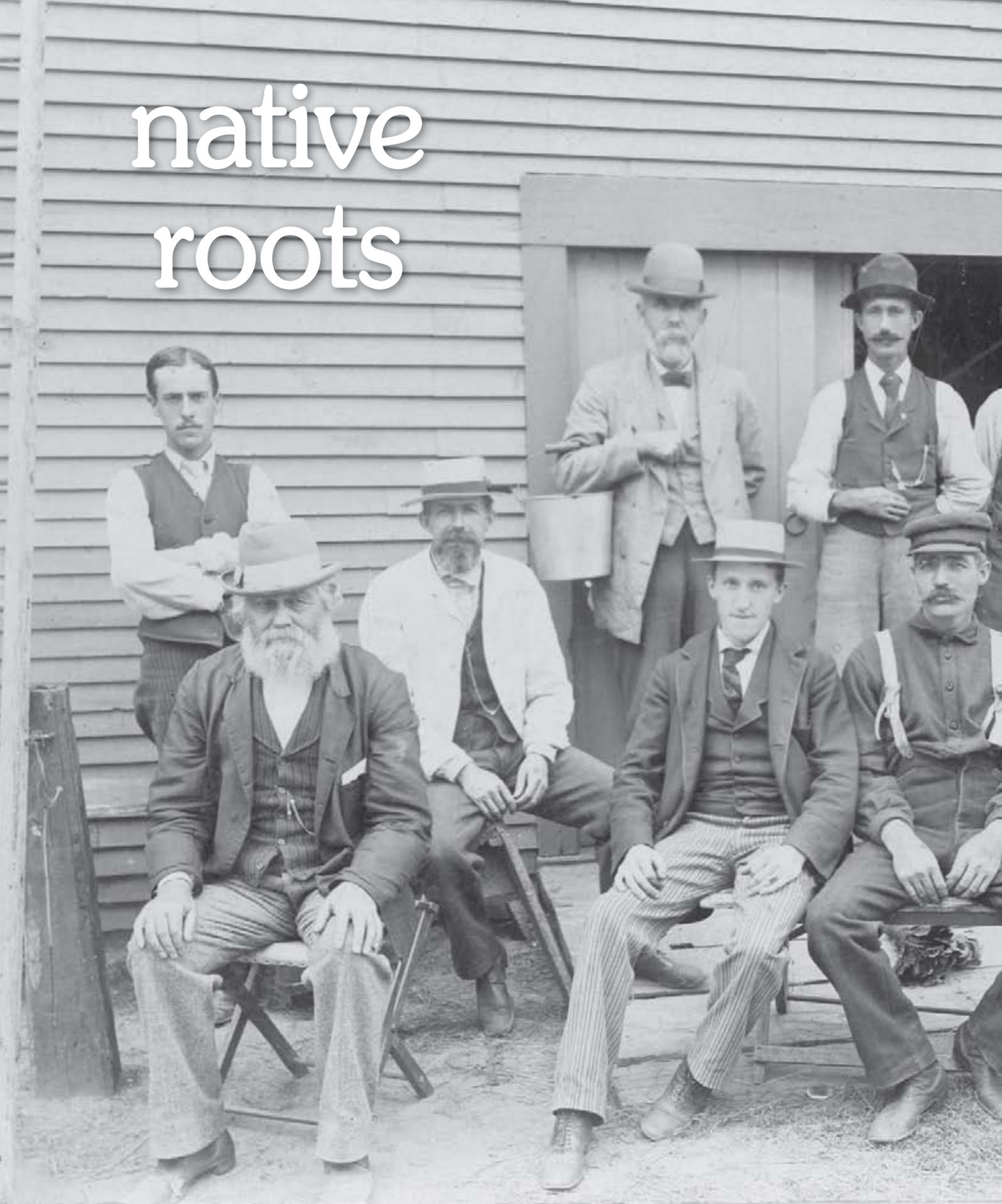
The answers to these questions lie in large part with us as parents, family members, caregivers and community. Our children's brains are wired to be adaptable, but we can play a significant part in teaching our kids to care for themselves and others. Effective communication plays an important role in reducing anxiety and building confidence when faced with challenges. Interactions with family members are learning experiences which we can enhance through very simple methods. For example, making eye contact when speaking, using an appropriate tone of voice, taking turns when conversing and staying on topic are good basic communication skills which we can reinforce. In my classes, we role-played these and other related topics before we moved onto the subtleties of nonverbal communication. Applying these principles promotes positive feelings when one is fully heard and respected. This is the foundation for the development of empathy, which is a critical skill always, but especially now as we work together to navigate these uncertain times.

Along with these basic skills, it's important to keep lines of communication open. Finding the best time to talk to your children about how they're feeling allows for the opportunity to normalize feelings of discomfort or worry, and reassure them that they are safe, loved and protected.

I agree with the science that promotes the safe return to school full-time, with our children having gained an experience of a lifetime and developing the appreciation for those who have guided them through this challenging year. With the continued guidance of their parents, teachers and caregivers, they will adapt once again, academically and socially. I have faith in the resilience of our children and, as Aristotle claimed, we are all social beings who, for the most part, thrive with the company of others. With continued Social Emotional Learning at home and school, I am confident that they will, with time, thrive.

Marguerite Genest, Ed.D. is an educational consultant and artist currently living in Kennebunk. Originally from Western Massachusetts, she holds a masters degree in Clinical Psychology and an Ed.D. in Educational Psychology. As a teacher of Social Emotional Learning and executive functioning skills, she focuses on how the development of self awareness ultimately impacts social, academic and life success. She often uses art, including the meditative process of mandala drawing, to reduce anxiety, enhance self-understanding and promote resilience. She has exhibited her art in galleries and shows in New England, and paints commissioned portraits of children and pets.

native roots

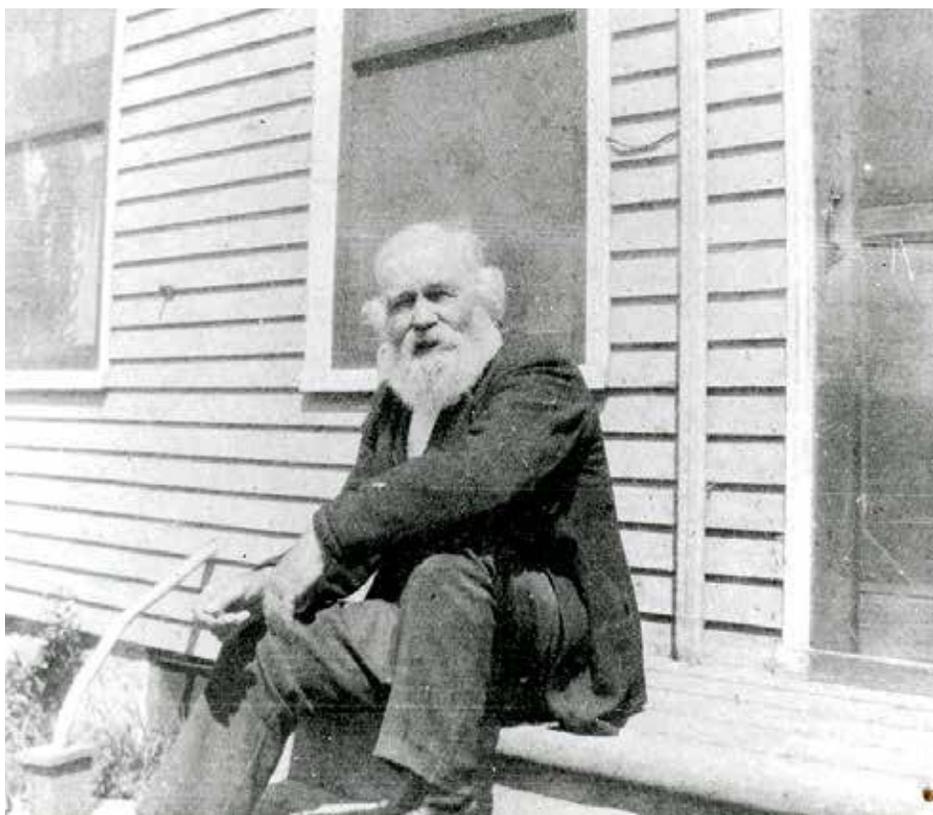


In 1897, Owen Wentworth posed with his "hotel crew." Owen sits in the front row, far left, identifiable by his bushy beard and fedora. Photo courtesy of Brick Store Museum. Top right: Every summer Owen Wentworth engaged a photographer to take photos of his guests and also his employees. These waitresses and chambermaids, who wore white blouses and long dark skirts, started work in late June and slept in a dormitory on the second floor of one of the outbuildings. This photo was taken in 1895. Photo courtesy of Brick Store Museum.



I never fastened my door, night or day,
though I was to be absent several days;
not even when the next fall I spent a fortnight in
the woods of Maine, and yet my house was more
respected than if it had been surrounded by
a file of soldiers.

Henry David Thoreau



At right: Owen Wentworth taking an afternoon break from his daily schedule and chores as owner of the Wentworth Hotel. Photo courtesy of Kennebunkport Historical Society.

The Vision of a Maine Country Farmer

by Valerie Marier

In the spring of 1866, prominent Kennebunk attorney Edward E. Bourne posed a question to his friend Owen Wentworth, a 42-year-old cattle drover, farmer and father of four.

The question changed Wentworth's life.

Bourne asked Owen if he would provide rooms at his family farmhouse on Sea Road to accommodate several of his friends, members of the York County Bar Association, who were gathering at Kennebunk Beach for a hunting party. Wentworth's affirmative answer signaled the onset of an auspicious new era in the placid, sparsely populated village of Kennebunk Beach.

In those immediate years after the Civil War, Bostonians and New Yorkers were beginning to seek respite from the clamorous congestion of city life. Their new-found wealth, accrued during the Industrial Revolution, sparked and facilitated the new concept of enjoying leisurely summer vacations near the sea. Fortuitously, the Boston & Maine Railroad soon provided seven passages daily to Kennebunk, in under three hours.

The stage was set. Wentworth — courageous, creative, pragmatic and enterprising — strode forward as catalyst and impresario.

After realizing the financial benefit of opening his home to boarders, he quickly purchased additional bedroom and porch furniture. Later that summer, when the first guest signed the Wentworth House register, the \$1 nightly fee included a simply furnished room, plus tea and supper cooked by Owen's wife, Mary Ann.

Over the next 35 years, Wentworth expanded the rambling farmhouse four times to accommodate the ever escalating arrival of paying guests. The Wentworth Hotel, as it became known, grew to include 60 rooms, with bathrooms at each end of the halls. He hired dozens of waitresses, chambermaids and kitchen staff to tend to visitors from Boston, Cincinnati, St. Louis and Philadelphia, who arrived laden with steamer trunks for their two week and month-long stays.

Recognizing that most of his guests returned to the Wentworth Hotel season after season, Owen sensed an opportunity. In the early 1880s, he opened three other multi-room hotels — the first ever built at Kennebunk Beach — including the Granite State House, the Sea View House and the Eagle Rock House. On his vast property that swept from Sea Road to the Mousam River, he also constructed and rented nearly a dozen guest cottages. Tourism was thriving.

Today, few people remember or recognize Owen Wentworth as "the first hotelier of Kennebunk Beach." Scant visible traces of Wentworth family holdings remain, other than a large barn that was moved to Arundel in 1975 from its site next to the Wentworth Hotel. There's also a spacious house on Sea Road, straddling the corner opposite Great Hill Road, that was originally built as a rental property and later used as the Wentworth family home. Then known as the "Bay View Cottage," the private home is now twice its original size and stands adjacent to a side street called Wentworth Avenue.

Otherwise, the farmhouse hotel is gone, Wentworth's ample acreage has all been sold, and his hotels have been razed. But during those last few decades of the 19th century, Owen Wentworth was king of the hill. ■



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The Wentworth Hotel on Sea Road, Kennebunk Beach, opened to paying guests in 1866. Four additions later, it featured 60 rooms, a spacious wrap-around porch, and "delicious meals" cooked by Mary Ann, owner Owen Wentworth's wife. Photo courtesy of Brick Store Museum.



The Diary

The name “Wentworth” first appeared in town records in 1803 when two brothers from New Hampshire, Benjamin and Nahum, paid \$1600 to purchase 124 acres “with ocean and Mousam River footage” from Richard Gilpatrick. A story-and-a-half wood frame house built in 1721 was included in the sale. In 1815, the brothers signed a “deed of partition” to divide the property. Nahum took the northern side which today comprises much of Webhannet Golf Club. Benjamin chose “the land towards the sea,” including the stretch from Sea Road to the Mousam, including Great Hill Road. He then moved into the old farmhouse with his wife Olive and 11 children. Owen was their 10th.

Despite growing up a short walk to the Atlantic Ocean, young Owen spent little time swimming, clamming or riding the waves on hot summer afternoons. Like many other local youngsters, he worked from sunup to sundown with his father on the family farm.

(He did, however, demonstrate an early entrepreneurial streak when he found part-time employment as a cattle drover, traveling north to Kennebec County, frequently pocketing \$800 for cattle he bought, then “drove” back to Kennebunk.)

When Benjamin died in 1854, Owen moved his wife Mary Ann and their children from a nearby home into the Wentworth farmhouse. Like his father, he settled into the life of a country farmer, driving livestock to pasture, gathering and hauling seaweed from the Cove to fertilize large gardens of corn, potatoes and squash, and lending his oxen team to help neighbors haul timber from nearby forests.

Then, in 1866, Edward Bourne asked him the question.

Shortly after, Owen opened the front doors of the Wentworth Hotel, he began writing in a yearly diary, a practice he continued daily until a few years before he died. In pencil and later blue ink, he scrawled brief sentences, often only a word or two: “sold beans, firewood and a load of seaweed today” or “cased 30 pounds of cranberries from the meadow” or “good hay week.”

But an entry from 1892, underscores the energy and effort Wentworth spent creating and stoking his successful hotel business: “Wednesday, September 21 — I went to the Port today for the first time after two and a half months.”

The Port was two miles away.

Owen’s diaries indicated that bookings grew steadily each year, as did his income. During the 1880s, a single room now cost \$7 to \$9 for the week, a “medium” room for two was \$14 per week, and the “best rooms” occupied by two garnered \$16 to \$18 a week.

A boom for tourism occurred in 1883 when the Boston & Maine Railroad added a “spur” from the Kennebunk station to three beach depots. Passengers no longer had to bounce in buckboards over the rutted dirt roads leading to the beach; instead they boarded a rail shuttle which dropped them near or at their hotels. “The close proximity of the stations to the hotels and cottages allowed visitors to either ride by horse and buggy or walk to their home away from home for the summer.” (Rosalind Magnuson, *Quiet, Well Kept, For Sensible People: The Development of Kennebunk Beach from 1860-1930*)

Owen then began placing advertisements for the Wentworth Hotel in metropolitan newspapers, describing “a homelike atmosphere for those who seek quiet and rest,” “comfort rather than style” and “a commanding ocean view from the wrap-around porch.” The furnishings were far from fussy. But the wicker rockers, oriental scatter rugs atop wood plank floors, floral wallpaper and piano in the main living room satisfied the clientele.

— continued on next page

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Above left: The Wentworth Hotel on Sea Road, Kennebunk Beach, opened to paying guests in 1866. Four additions later, it featured 60 rooms, a spacious wrap-around porch, and “delicious meals” cooked by Mary Ann, owner Owen Wentworth’s wife. Photo courtesy of Brick Store Museum. Above right: After Owen Wentworth opened his front door to paying guests, he started keeping a yearly diary chronicling daily events (“planted corn” and “found a hen sitting in the shed”) in addition to noting cash accounts and requests for rooms (in 1892, he wrote on January 1: “Received 260 boarding letters in 1891). Photo by Valerie Marier

The hospitable hotelier arranged an array of activities for his guests. Wentworth delighted in taking them for a midday cruise on the Atlantic aboard his new 30-foot sailboat (at 50 cents a pop). They enjoyed tennis outings, watermelon and ice cream parties, afternoon whist or hearts games, and post-dinner theatricals and musicals in the living room, often starring the guests themselves.

Recognizing the burgeoning interest in golf, Owen created six holes in his cow pasture that faced the ocean. Guests could also join, or watch, baseball rivalries between his hotels. "The Wave," a summer tourist publication chronicling Port and Beach activities, noted, "On Wednesday morning, the Eagle Rock Hotel baseball team defeated the Wentworth House team, 7-5." (Baseball was played at low tide on the hard sand beaches.)

Wentworth frequently took his guests for buggy rides "into the countryside" (nearly every hotel had a stable with buckboards and wagons for hire) or over to Kennebunkport to witness a ship launching on the Kennebunk River. On occasional evenings, guests attended dances and cultural events at nearby Ramanascho Hall; one evening in 1897, they heard Booker T. Washington speak.

During each summer season, Owen engaged a photographer and invited his guests and staff to join him in a photo on the front porch of the Wentworth Hotel. Photographic archives in the Brick Store Museum depict ladies in long frilly white dresses, gentlemen wearing hats and ties, young boys in knickers and girls in black lace-up boots, and Owen Wentworth — immediately identifiable with his bushy beard and fedora — right in the midst, smiling wryly at the camera as if he were the patriarch at a family reunion.

Which is perhaps how he felt as the proud proprietor of a family hotel. Today, his great-grandson Stacy Wentworth suggests that Owen's success might partly be due to his "sense of community and love of family."

"The hotel was situated in the middle of a large piece of property," Stacy said. "All the farming activities necessary to keep the hotel running were in plain view. Guests saw sheets hanging on the clothes lines and farm vehicles parked near the big old barn. Owen's family lived right there too."

"I think it made the guests' vacation experience unique and a change from their city lives. The barn sat only a few yards from the hotel. Guests sat on the wraparound porch and saw vegetable gardens, hay fields and pastures, plus the usual assortment of farm animals — draft horses, milking cows, pigs, chickens, ducks and sheep. Riding atop a fresh load of hay in one of the huge wagons was something the younger guests would not miss."

The simple pleasures of staying at Owen Wentworth's hotel were apparent in a poem written by a guest in 1896. Three stanzas capture those special moments.

The poem's title is:

"WAH-HOO-WAH! WAH-HOO-WAH!"

Wentworth's, Wentworth's, RAH-RAH-RAH!"

*"From the mine of gold and copper, and of much despised silver,
With Free Coinage in the back ground and politics foresworn,
From the mills and stores and work shops, and the treadmill of the school-room,
Came a hungry crowd to Wentworth's to be fed noon, night and morn.*

*With their tennis balls and racquets, and their jaunty cycle jackets.
And their bathing suits so fetching, as they sport upon the shore,
We are led to ask: "Who are they?" and the register is haunted
"Till the name and fame is mated evermore.*

*But the secret of our comfort is Mrs. Wentworth in the kitchen,
With the practical Elvira in the Hall:
Ben and Albert in the stables, Isaiah, Robie on the Buckboard;
And our host, Owen Wentworth, overseeing all."*

The poem was signed: With compliments of One of 'Em ■

More Tourists Meant More Hotels

While the Wentworth Hotel occupied most of Owen's interest and time, he was keenly and constantly aware also of the rising influx of summer tourists to the Kennebunks. In Magnuson's book about the development of Kennebunk Beach, she wrote, "As the shipbuilding era of Kennebunk drew to a close the new industry of summer visitors took its place."

Wentworth soon expanded his business with three new hotels. In 1884, he built the Granite State House, the first hotel constructed at Kennebunk Beach. (An ad boasted: "The finest of bathing directly in front of the hotel.")

The Sea View House, financed by Owen, opened in mid-June, 1884, with accommodations for 50 guests. An advertisement read: "It sits on an elevated ground near the sea, commanding the finest ocean view with Boon Island Light plainly to be seen. Excellent facilities for sailing, bathing, gunning, fishing and driving, with Piano in the house and various sources of amusement outside. Smooth water bathing within one hundred feet and Surf bathing within two hundred feet of the house."

The Eagle Rock House, built by Owen in 1886, sat opposite the Wentworth Hotel on Sea Road. Expedient to the core, Wentworth directed that the Eagle Rock House ice boxes and larders be supplied with vegetables and fruit grown across the street in the Wentworth Hotel gardens.

An ad from the early 1890s read: "The Eagle Rock House is situated on a hill commanding one of the finest views to be found on the coast. It's within a few rods of the Ocean, the house has spacious verandas, and is furnished with an abundance of pure spring water." ■



Top left: The Granite State House was the first hotel constructed at Kennebunk Beach. Owned by Owen Wentworth and built in 1884, an ad touted: "the finest of bathing directly in front of the hotel. It burned down in 1941. Top right: The Sea View House opened for guests in June 1883. Owen Wentworth helped finance the building and still held half-interest when he died. It accommodated 50 guests who paid \$7 to \$15 per week. The hotel was razed in 1963. Above: Owen Wentworth built the Eagle Rock House in 1886; it was later called the Webhannet Inn. Situated across from the Wentworth Hotel on Sea Road, its top two floors were removed in 1967 and the remaining structure was converted into a private home. Photos courtesy of Brick Store Museum.

The Wentworth Hotel in the Twentieth Century

Owen Wentworth died unexpectedly of a heart attack in 1901, leaving his wife Mary Ann and their four children (Alice, Benjamin, Elvira and Robie) to maintain the flourishing hotel business. A Wentworth family genealogy book notes: "Elvira followed in Mary Ann's footsteps in running the hotel. Benjamin did the farming and livery service."

Robie opted out of the day-to-day running of the Wentworth Hotel, leaving that to his siblings. He preferred overseeing other Wentworth enterprises, constructing and supervising the rental cottages and managing the sawmill that provided lumber for local construction. When Robie died in 1931, his estate totaled around \$230,000. Included in the assets were a 57-room hotel, 20-plus cottage lots, various wood lots, the large pasture behind the hotel and 100 acres on both sides of Parsons Beach Road.

After Robie's death, Owen Wentworth's grandson Warren then took the helm. But times and tourism had changed.

In the early 1900s, tourists began arriving by automobile to vacation for only a few days, rather than a month. By the late 1920s, automobiles replaced most rail travel and the spur from the Kennebunk station to the three beach depots was shut down.

In a family memoir, Warren recalls, "The area was busy, with waitresses and cooks going to and from work, cars being washed, cows being milked and horses pulling hay wagons. Ice cream was made almost daily and from time to time magicians and other entertainers gave performances in the hotel parlor."

But the hotel business was hurting. After the stock market crash, the long hard years of the Great Depression and the onset of World War II, bookings dropped significantly at the Wentworth as they did at other Kennebunk Beach hotels. Warren wrote, "The Wentworth did not open in 1942, due to the war. Money became scarce and all my older brothers went off to war."



Wentworth House. Photo courtesy of Brick Store Museum

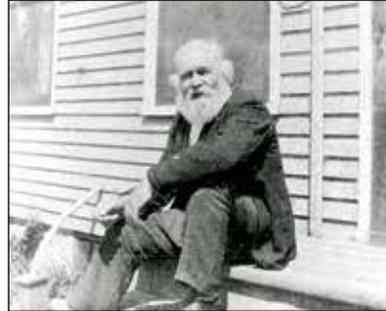
In 1944, the family sold the Wentworth Hotel to Wallace Jack who, for the next few years, operated the hotel from the end of June until the Tuesday after Labor Day. After his death, Jack's widow welcomed paying guests until 1982 when it was razed. Today, Sea Fields condominiums occupy the land where the Wentworth Hotel once stood.

Warren's only surviving son (of 13 children) lives in Arundel. Stacy Wentworth admits he feels a "strong connection to my great-grandfather Owen. He was a farmer who was in touch with the land, just like I am."

But Stacy's most tangible tie is the original barn that once stood next to the Wentworth Hotel on Sea Road. In 1975, with the help of numerous friends, the barn was moved piece by piece to Stacy's farm on Log Cabin Road.

"I really expected to find a date on the barn," Stacy said in an interview with SALT magazine in 1975. "The property that my great-great-grandfather Benjamin and his brother Nahum purchased in 1803 had a house and barn. I'm not sure this is that same barn. The cupola had some dates and lots of initials. I think the oldest we found there was 1888 or 1887, but we know the barn is older than that."

It's also a treasured legacy of the country farmer who opened the door to tourism at Kennebunk Beach — Owen Wentworth. ■



Owen Wentworth. Photo courtesy of the Kennebunkport Historical Society.



Stacy Wentworth, great-great-grandson of hotelier Owen Wentworth, stands on the site of the Wentworth Hotel at the crest of Sea Road. He says, "Back then, there was a pasture and a long field that swept down to the cove." Photo by Valerie Marier.

Forging a Lifelong Dream One Blade at a Time

by *Faith Gillman*

James Fuller loves how the simple act of heating steel makes it as malleable as a hard clay. The Texas native, who made Maine his home in 2017, is finally realizing his long-time ambition to create one-of-a-kind knives, axes and swords with the opening of Hammersong Forge in West Kennebunk.

"Being a blacksmith/bladesmith has been my dream job for a long time, but it wasn't until we moved to Maine that I could realize that dream," said Fuller, the father of two and former police officer in his native Houston. "As a kid, I remember thinking it was a cool idea to be a blacksmith. I love the creative and tactile parts of the work and the idea of taking one of the hardest materials known to man and molding it into something useful."

With the help of his "uncle-in-law and some helpful volunteers along the way," Fuller built a blacksmith shop and forge on his property. A member of the American Bladesmith Society, Fuller is ready to take custom orders for knives, including hunting, skinning, chef's and everyday carry. He also makes leather sheaths and can sharpen and repair knives, axes and tools.

While he has only been working on his craft full time for a few years, Fuller wants customers to know he is "dedicated to it" and looks forward to "growing my skills working for my new community."

Fuller came to Maine by way of his wife. Born in Vermont, she moved to Texas as a child but her family always visited Maine during the summer.

"I was able to join them only twice, but fell in love with the state," said Fuller. "In 2017, we decided to move to Maine, parents and all, and haven't looked back since."

Fuller attended The New England School of Metalwork in Maine, taking multiple courses there, including a two-week introduction to bladesmithing with world renowned Master Smith Timothy Potier.

"There is really no end to what you can forge out of the proper steel. I really enjoy seeing a knife come together near the final steps," said Fuller. "My greatest challenge is knowing when to let a blade rest. It can be difficult trying to hammer out every single imperfection, or make a piece just right."

Fuller likes being part of a trade that has been so "important to humanity. Iron and steel have been important to civilization, in the way we use it," he said. "Without it, we wouldn't have what we have, buildings, homes; we'd still be living in hovels."

Using 1084 high carbon steel to make his knives, Fuller does work with softer, mild steel in his blacksmithing work. He sources his material from various vendors but when available, likes to use Morin Steel in Sanford. For knife handles, he uses a variety of materials, including beautifully grained wood.

A custom chef's knife generally takes a week or two to complete. When forging a knife, Fuller starts with the most basic stock bar steel.

"I heat it in my custom blade gas forge to over 2,000 degrees, or "white hot" and I begin to shape the knife. Forging as much as possible saves time and money on expensive grinding belts and ensures the highest quality product," he said. "Once the piece is forged, I finish the shaping on my custom bladesmithing belt grinder. Then I go through the process of heat treating the blade, which not only allows the metal to reconstitute itself after all of the smacking I've done to it, but the end process ensures the blade is hardened, and will maintain a razor-sharp edge. After heat treating and finishing the blade with a lengthy hand sanding process, I begin to add and shape handle material. I secure my handles with both clear epoxy and decorative but functional pins that will hold steady for decades without repair."

Fuller said it takes a lot of practice to get the basic shape and taper to a blade.

"Knowing when to stop is important but steel is a forgiving material, to a point. Steel is an organic material; heating brings it alive. But the more you work the metal, every time you heat it, it loses energy and you lose material. Whether it's scale, that crispy soot that forms on it, or just the working of it, eventually there would be no material left," he said. "You need to get the shape as quickly and smoothly as possible."

Fuller said scientists have spent considerable time working to perfect steel.

"I get that perfected steel and then I beat it up to bring it back to perfection. That changes the structure; there's lots of chaos and then you bring it back," he said. "The calm fixes it—letting it chill out. The difference between a good and great steel smith is the ability to bring it back to something perfect."

• • • • •

Top: Bladesmith James Fuller is the owner of Hammersong Forge in West Kennebunk. Courtesy photo. Bottom: Fuller creates all types of beautiful knives at his forge, like the one shown here. Courtesy photo. FMI: www.thehammersongforge.com/, jimmy@thehammersongforge.com or call 207-337-0072. By appointment only.



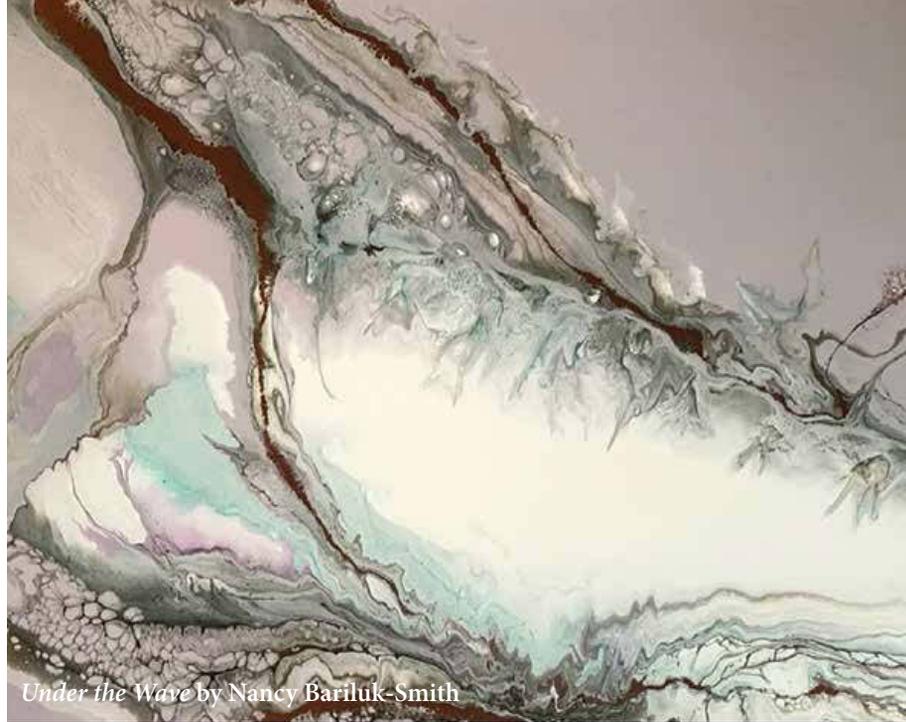
A little shot of spring courtesy of photographer Bob Dennis



art & artists



Witbeck



Under the Wave by Nancy Bariluk-Smith



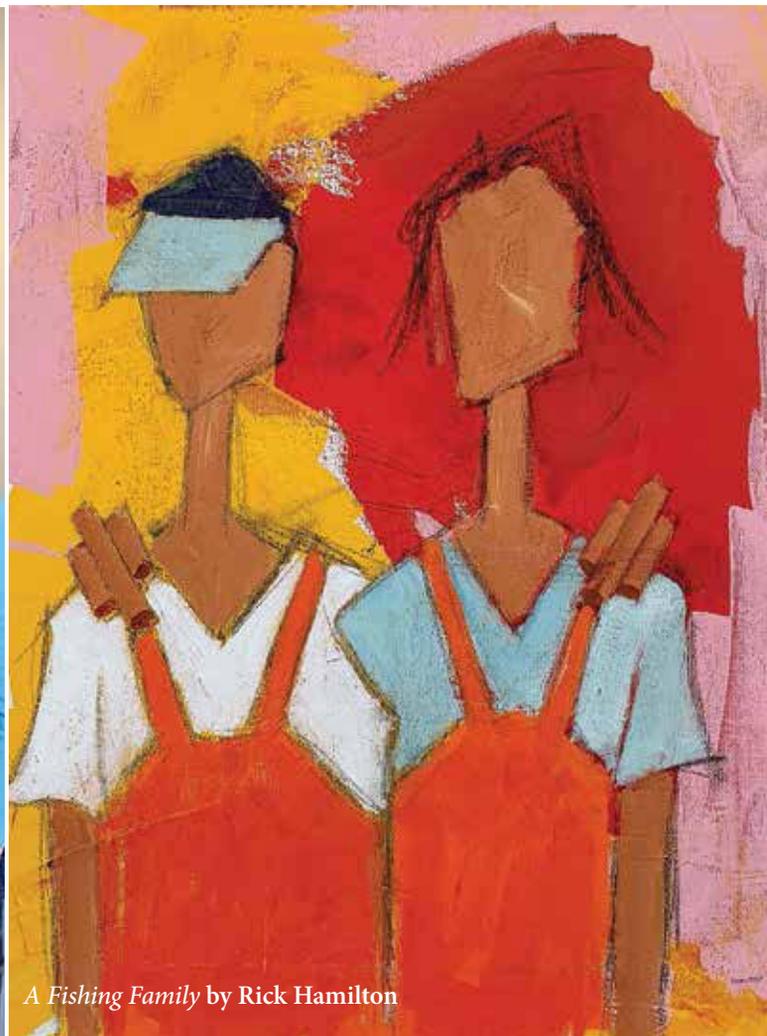
Lobster by Julie Doughty

Practice any art, music, singing, dancing, acting, drawing, painting, sculpting, poetry, fiction, essays, reportage, no matter how well or badly, not to get money and fame, but to experience becoming, to find out what's inside you, to make your soul grow. Seriously! I mean starting right now, do art and do it for the rest of your lives.

Kurt Vonnegut Jr.



Cheeseburger in Paradise by Robin Swennes, pictured here



A Fishing Family by Rick Hamilton

Creativity Meets Community at “Common Roots”

Just off Main Street in Biddeford something truly special is happening.

It's happening at Common Roots Studio – a collaborative, community arts center, where local artists come together to display and sell their work.

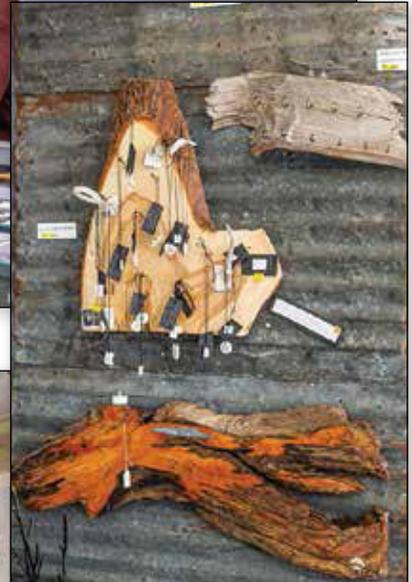
Fueled by owner Nick Blunier's commitment to fostering community, Common Roots is a gathering place, a creative work space, and everything in between.

In the gallery and shop one finds a mixture of mediums, ranging from skate decks to original paintings. With a constantly rotating display of local artwork, it's a fresh experience at every visit. Upstairs in the studio one finds the work of four resident artists as well as numerous visiting artists, all of whom contribute to Common Roots' eclectic vibe.

This community-minded studio also offers youth art classes, adult art nights and is a perfect space for low-number gatherings.

Pay a visit to Common Roots Studio at 165 Main Street and experience the essence of collaboration and community.

Hours of operation are every Saturday and Sunday, 9 AM-1 PM, or by appointment. FMI commonrootsstudio.com



• • • • •

Clockwise from top: Nick Blunier, owner of Common Roots Studio; Blunier's live edge and driftwood jewelry hangers display artist Ramune Bulmer's handmade jewelry; it's a feast for the senses inside Biddeford's Common Roots Studio.

SAVE THE DATE
2021



Maine Art Hill



Janis H. Sanders
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CHOICE Art Show
May 29 - June 10

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Claire Bigbee, Ryan Kohler, & Karen Bruson
July 3 - 22

Bethany Harper Williams & David Witbeck
July 24 - August 12

Craig Mooney & Margaret Gerding
SKY August 14 - September 2

**William B. Hoyt, Ellen Welch Granter, Jill Matthews,
& Kathy Ostrander Roberts**
WATER September 4 - 23

Liz Hoag
September 25 - October 7

INSPIRE Fundraiser
October 1 - 31



Stay connected & up to date via weekly blog posts at maine-art.com

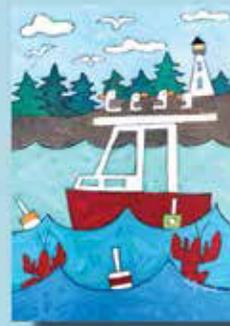
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Fundraising and Auto Racing – a Perfect Pairing

by guest contributor and artist Bob Bryant

As a young man working in marketing with Bridgestone Corporation of Japan, I was introduced to the world of auto racing. Standing in the credentials line with folks like Mario Andretti was a regular occurrence, and though the smell of enriched gasoline and burning rubber have long since faded, the memory lives on.

Auto racing came full circle in my life soon after purchasing Kennebunkport's Mast Cove Gallery, when I was introduced to Patrick Dempsey - actor, Porsche Proton Racing driver and founder of the Dempsey Centers, whose purpose is improving the lives of those affected by cancer. Dempsey Center services are provided at no cost in memory of Dempsey's mother, who passed away from cancer, and are funded through donations from the Dempsey Challenge, a summer cycling event held to support the centers.



Dempsey's riding partner Jonathan Cartwright, chef and owner of Cape Porpoise's Musette, joins hundreds of cyclists each summer in the Dempsey Challenge. While I am not a cyclist myself, I am committed to the cause. I also know a little something about cars, I'm handy with sable brush, and I had an idea.

The idea was to paint Dempsey's Porsches, create giclees of the paintings and initiate a fundraising engine to support the centers. The

first run of Dempsey's Number 77, a 22 x 16-inch, is now complete and available for a donation of \$250.

Orders may be reserved at Mast Cove Gallery, the Framers' Workshop in Wells and Musette in Cape Porpoise. Ideas are taking shape for signing events with Patrick Dempsey and the original paintings will likely be available for auction to support the Centers.

FMI: mastcovegallery.com; dempseycenter.com



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A Trip to the Brick Store, Tina Ambrose, 2003

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- + Tours, programs, events
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The Snowbirds: An Exhibit

Ever wondered what the snowbirds do when they head south for the winter? Thanks to Kennebunk author, producer and photographer Danie Connolly and her photographer pal Robby Dean Ferguson, you will soon find out.

The two spent the winter and early spring photo-shooting hilarious images of how our fine feathered friends enjoy their sunny winter days. The snowbirds can be found frolicking in the waves, lounging with a cocktail, motorcycling, bicycling, golfing and doing all that the warm states have to offer.

This fun-loving exhibit takes place at the Brickstore Museum June 18, 19 and 20, as part of The Migration: A Celebration of Birds, Bees and Butterflies.

FMI: brickstoremuseum.org



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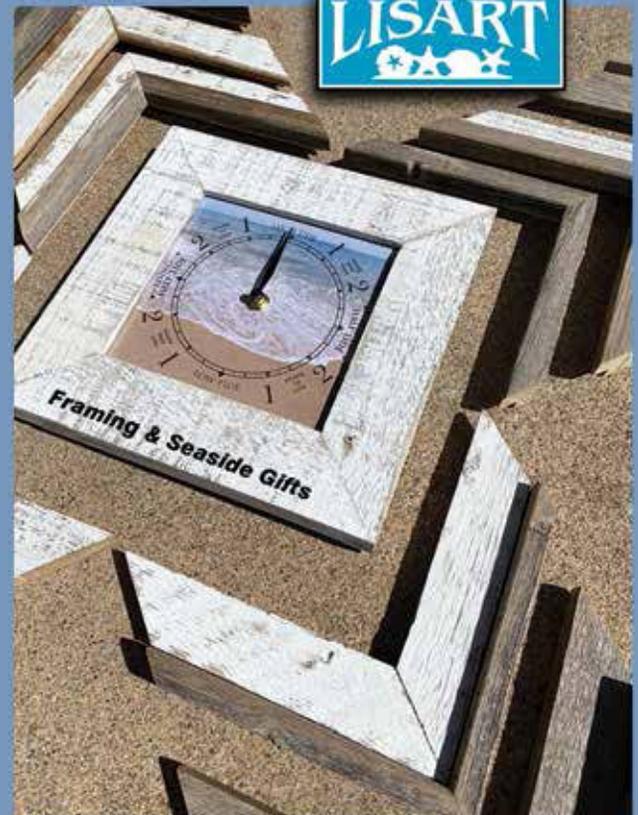


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fun & games





Never, ever underestimate
the importance of having fun.
Randy Pausch



Fun & Games in Southern Maine

by Guest Contributor Joshua Hrehovcik

There is a reason Maine is called Vacationland. It's because there's so many fun things to do!

Here is a list of 5 activities you'll want to experience to make your visit to the Pine Tree State complete - or, if you're a local, just because.

1. Mini Golf

Wonder Mountain, Moody

Windmills? Waterfalls? Pirates? How about Dinosaurs! These are the just some of the challenges that await when you tee up at the multiple mini golf courses here in Southern Maine. Whether you prefer the traditional or the over-the-top, Mini Golf in Southern Maine is a must-do on any visit to Maine.

2. Shuffleboard

The Colony Hotel, Kennebunkport

No need to book a cruise to take advantage of this fast-paced and exciting pastime. Ok, maybe fast-paced is a bit of an overstatement. But you must admit, shuffleboard can get pretty competitive when you get the right group together.

3. Skeeball

Palace Playland, Old Orchard Beach

"We're gonna need more tickets" is the familiar phrase when you visit the arcades of Southern Maine. But that just means you'll get to play more of this perennial summer favorite.

4. Par 3 Golf

Pine Hollow Little Par 3 Golf, Sanford

All the triumphs and tribulations of traditional golf is neatly compressed into an hour or so when you decide it's time to Pitch and Putt. Bring your own clubs (you'll only need a couple) or utilize the ones provided for you. But always remember to "Be the Ball."

5. Go Karts

Wonder Mountain, Moody

It's Go Time! As in Go Kart Time. Southern Maine provides you with multiple options to satisfy your need for speed. Just remember: No Bumping.



Another great outing is Motorland, featuring 50 of the world's finest motorcars, 2564 Portland Road, (US Route 1) in Arundel. FMI www.motorlandamerica.com

Hit the road with the Retro Roadtripper

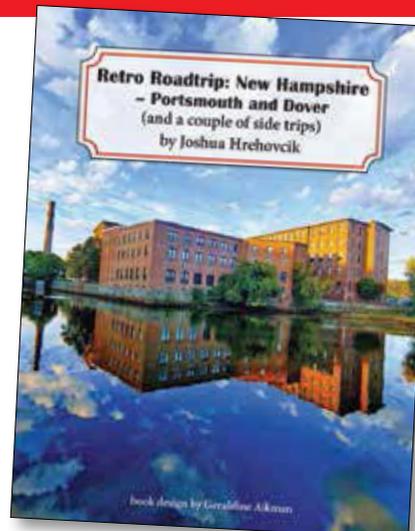
Joshua Hrehovcik has just published his third book in a year, and he's already planning two more due out this summer. His new travel and photography book, *Retro Roadtrip: New Hampshire – Portsmouth and Dover (and a couple of side trips)* takes you on a journey through along coastal New Hampshire, and includes colorful images of not only Portsmouth and Dover, but also Rye, Hampton Beach, Tendercrop Farm and Fuller Gardens.

The Kennebunk photographer likes to joke around, saying, "There are lots of books about New England and this is one of them," but his distinctive style is eye-catching, and appeals to both people familiar with the area and visitors.

His previous *Retro Roadtrip* books explore Maine, from Kittery to Portland, and winter in southern Maine. They are designed and edited by Geraldine Aikman, also of Kennebunk.

The books are available at fine retailers in Maine and New Hampshire, and through retroadtripper.com.

Retro Roadtrip: New Hampshire – Portsmouth and Dover (and a couple of side trips) NEW BOOK!! by Joshua Hrehovcik



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Map by Steve Hrehovcik

Take a Lighthouse Tour

Boon Island Light, York. The lighthouse, built on a rock ledge, is six miles off the York coast. It was built in 1811, then replaced in 1851. At 133 feet, Boon Island Light is the tallest in Maine. It's better to view the light from a distance than to venture there in a boat, as the rock ledge makes landing difficult.

Cape Elizabeth Light, Cape Elizabeth. There are two lighthouses here – which is why they were originally known as Two Lights – but only one is now operational. The lights were built in 1829 and replaced in 1874. The lighthouses are accessible by car.

Cape Neddick Light, York. Also known as The Nubble, this lighthouse was built in 1879. The 88-foot tower is central to the town's holiday celebrations and is draped with festive lights every year. It is accessible by car.

Goat Island Light, Kennebunkport. There's a great view of the lighthouse from Cape Porpoise Harbor. The brick lighthouse was first constructed in 1835 and then rebuilt in 1859. A boathouse, oil house and keeper's quarters also stand on the island ledge. Accessible by boat.

Halfway Rock Light, Portland. This 76-foot granite structure is between Portland Head Light and Seguin Light. It was built in 1871 on submerged ledge. The lighthouse is not open to the public, and the island is very difficult to reach by boat. Best viewed from a distance.

Portland Head Light, Cape Elizabeth. The lighthouse, built in 1791, was the country's first under the new government. The keeper's quarters are now a museum. The lighthouse, accessible by car, is located on the grounds of Fort Williams State Park.

Ram Island Ledge Light, Portland. The lighthouse is on the National Register of Historic Places. The 72-foot granite block tower was erected in 1905. Accessible by boat.

Spring Point Ledge Light, South Portland. The light began shining here in 1897. It's accessible by a breakwater built in 1951.

Wood Island Light, Biddeford. Visible from Biddeford beaches, this lighthouse guards the entrance of Saco Bay. It was built in 1808 and rebuilt in 1858. Not open to the public, except through tours by Friends of Wood Island Lighthouse. Email brad@woodislandlighthouse.org or call 286-3229 for tour information.

Isles of Shoals Lighthouse, White Island, New Hampshire. This lighthouse, about seven miles off the coast from Portsmouth Harbor, is currently not open to the public, but plans are to open it once restoration efforts are completed.

coming attractions





Photo courtesy of Lark Hotels



Photo courtesy of Kennebunk Outfitters

GOOD THINGS AHEAD



Old Vines Wine Bar owners Jon Ellms, James Warwick and Rick Taranto



Photo courtesy of Dock Square Coffee House

Up and Coming

by Jo O'Connor

Lark Hotels: Five New Properties

Things are really popping just outside Dock Square, Kennebunkport, where Newburyport, Massachusetts - based Lark Hotels has transformed The Kennebunkport Captain's Collection, which is comprised of four historic inns within a two-block radius:

Acton Patterson House (Formerly Captain's Garden House): Opening May 15th with four cozy and handsome rooms; Pearl Street

James Fairfield House (Formerly Captain Fairfield Inn): Now open with nine eclectic and artful rooms; 8 Pleasant Street

Nathaniel Lord Mansion (Formerly Captain Lord Mansion): Opening May 15th with 16 opulent and jewel-toned rooms; 6 Pleasant Street

William Jefferds House (Formerly Captain Jefferds Inn): Now open with 16 airy and serene rooms; 5 Pearl Street

These properties are marketed as a single village resort with a total of 45 rooms with grounds that are connected. These four inns underwent extensive renovations over the winter; the properties feature local art, working fireplaces, four-poster beds, soaking tubs and screened-in porches. Each transformed house has expansive indoor-outdoor common areas, along with grand drawing rooms, libraries, dining rooms and gardens.

In addition, the property formerly known as The Maine Stay Inn will now be called AWOL Kennebunkport. It will be opening in May with 17 rooms offering guests an escape from the ordinary and will provide stark contrast from Kennebunkport's many nautically inspired accommodations. AWOL Kennebunkport will boast an expansive outdoor common area and a seductive, relaxed design scheme.

Seeking modern luxury steeped in history and tradition? Book your stay today – on a lark. You will experience the vacation of a lifetime. FMI: Larkhotels.com

Dock Square Coffee House: A Fresh New Look

Looking for a great place to grab a cup of Joe, a delectable smoothie and some delish breakfast items? You'll find these at Dock Square Coffee House in the heart of Kennebunkport. Last year, they added new ocean-inspired front counter, custom-made by Kennebunkport contractor Joshua Mace at The American Tradesman, with resin design assistance from Meghan Surette at La Marée Art in Yarmouth. It's a custom piece made of aged maple wood, concrete, sand from Kennebunkport and finished with layers of resin, all to resemble the coastline.

For this season, the coffee house is redoing the back counter and cabinets, also by a local contractor (D.A. McCullough – Builder), as well as upgrading the cafe with new furniture for a fresh look (by mid-May). Opening in early April. Check out this modern and bright hang-out space. FMI: docksquarecoffeehouse.biz; 18 Dock Square, Kennebunkport



Photo courtesy of Lark Hotels



Photo courtesy of Lark Hotels



Photos courtesy of Dock Square Coffee House



Kennebunk Outfitters: Everything for the Outdoor Enthusiast

Spring has sprung, and more and more these days we are seeing people out running, biking and walking. As we turn the corner on the pandemic, it's time to think about getting out in the elements and getting your fit on.

Enter: a brand-new retailer located just outside Lower Village, called Kennebunk Outfitters. The reinvented space on Western Avenue will feature an expansive array of numerous brands at different price levels including Patagonia, Prana, Johnnie-O, Brooks, On, Hoka, OluKai and Teva. It's their mission is to carry brands that create quality products in an environmentally responsible fashion.

"When it comes to purchasing quality outdoor apparel and footwear, you had to travel to Kittery or Portland. We wanted to present a local option to the community with price points for everyone. The way we think about our store is in three tiers: good, better and best," said Charlie Buckley, owner of the store.

With merchandise pouring in these days, Kennebunk Outfitters carries performance wear including base layers, performance shorts and shirts, running and hiking shoes, tennis apparel, bathing suits, socks, hiking accessories and fishing tackle.

Eventually, they plan on having a "Made in Maine" section including the Hyperlite brand, and starter logs made of hemp.

Since summer will be here before you know it, you can expect them to carry accessories such as beach chairs, towels, goggles, snorkels and sunscreen.

Along with store manager Mike Mahon, Buckley hired many local contractors to re-imagine the shop (formerly occupied by Maine Coastal Scooters and Armada Antiques). The newly reconfigured 3,000 square-foot store should be featured on HGTV with its use of reclaimed wood and oversized copper/steel industrial lighting pendants, all staged with a rough-hewn barn feel. Its finishes are of high quality and there's a cool vibe and open feel to the two-story space.

With ample parking behind the building (on Route 9), it's worth stopping by to get a look-see, buy some merch and just say hello to the affable team. Spring hours are Monday through Friday, 10 AM - 5 PM, Saturday, 8 AM - 4 PM, and Sunday, 11 AM - 4 PM. FMI: kennebunkoutfitters.com; 51 Western Avenue, Kennebunk.



Kennebunk Outfitters' manager Mike Mahon and owner Charlie Buckley

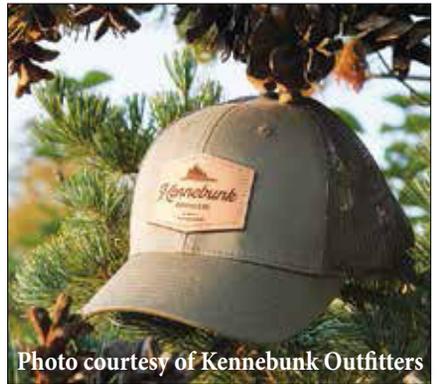


Photo courtesy of Kennebunk Outfitters

The Elective: 50 Local's New Space in Downtown Kennebunk

Located at on Main Street in Kennebunk, The Elective is an arm of the ever-popular 50 Local bistro-style restaurant. This new space will flex its culinary creativity by providing hands-on cooking and cocktail classes. These experiential classes will run weekly for individuals and groups, and the dining room can be rented for private parties.

The Elective is the brain-child of partners Matthew Garofalo, Tyler Laroche and Merrilee Paul. The newly renovated space (formerly Cottage Designs) showcases a ceramic bar, upholstered banquettes spanning windows that overlook downtown Kennebunk, and a fresh style curated by Kennebunkport designer Nicki Bongiorno. Additionally, there is an ample retail shop featuring its own line of products that have been tried and true through the kitchen and bar at 50 Local.

Look for fresh pasta, an array of pickles, fresh bread, homemade ice creams, sauces and baked goods. Daily grab'n'go meals and snacks will change with seasons. From the bar, homemade bitters, brandied cherries, bitters-soaked sugar cubes, syrups and cocktail kits. In addition, they offer hand-picked gourmet food-and-drink inspired gifts and a boutique selection of wines, beer and non-alcoholic options. Now open daily. FMI: electivekennebunk.com; 58 Main Street, Kennebunk



Photos courtesy of The Elective



Lucky's Barber Shop Coming in May

Opening May 1 in Kennebunk, Rick Corleto's traditional barber shop and shave parlor will be offering men's and boy's haircuts, hot lather head shaves, old-fashioned straight razor shaves, beard clean-ups, facial massages and more. Hours will be Monday through Saturday by appointment only. FMI 207-289-5361 and www.luckysbarbershopmaine.com

The Nail Spa & Hair Lounge: Combining Forces in Kennebunk

Two well-known and established businesses are now going to be housed in the same space. The Hair Lounge by Erin (formerly Salon Delage) and The Nail Spa by Thao (currently on York Street) are relocating their businesses to be under one roof – 28 Portland Road in Kennebunk (formerly Blooms and Heirlooms). It opens on May 17.

"We are looking forward to this collaboration. We already share a large client base in the area and are excited about our new location, where our businesses can feed off each other," said Erin McCabe, owner of The Hair Lounge by Erin.

The Hair Lounge by Erin will offer all hair services including cuts, colors, texturizing services and photo shoot-worthy blow-outs. The Nail Spa by Thao will offer a full range of nail services, plus eyebrow micro-blading, permanent makeup, waxing and esthetics. This new power duo offers rejuvenating and beautifying services, making it the perfect one-stop shop for wedding preparation.

The Nail Spa by Thao will be open Monday through Saturday, 9 AM-7 PM, and Sundays in the summer, 10-4 PM. The Hair Lounge by Erin will be open Mondays through Saturdays by appointment. FMI: 28 Portland Road, Route 1, Kennebunk



The Hair Lounge
by Erin



The Nail Spa
by Thao

Bitter End: Expanded Digs for Popular Eatery

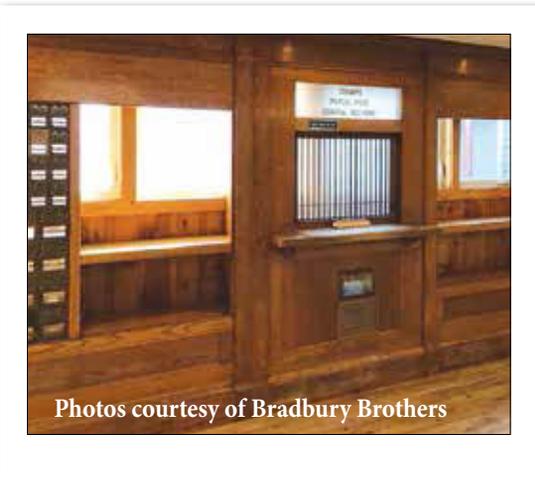
Did you know that the Bitter End restaurant on Route One in Wells plans on expanding its kitchen this season? Happy cooks make happy customers. Also, look for new pavers being installed in the outdoor seating area. Such a groovy spot with great eats. FMI: bitterend.me; 2118 Post Rd., Wells



Bradbury Brothers: Post Office with New Purpose

Take a cruise down to Bradbury Brothers Market and check out the redesigned space previously occupied by the Cape Porpoise Post Office that closed in December. The new space incorporates elements of yesteryear including the old post boxes, window and door. Look for the store to now offer a "world market" setting with specialty grocery, wine and liquor selections.

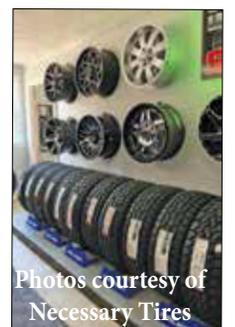
FMI: 167 Main Street, Kennebunkport; bradburysbros.com



Photos courtesy of Bradbury Brothers

Necessary Tires

With Necessary Tires, located on Route One in Kennebunk, you can expect fair prices and great service with 35+ years of experience. For your convenience, while your car is being serviced, they offer free Wi-Fi, hot coffee and TV, all available in their clean, comfortable waiting room. 102 York Street, Kennebunk; necessaryautosalesandtires.com



Photos courtesy of
Necessary Tires

Old Vines Wine Bar: Big Plans for 2021

Since 2015, anyone who has visited Old Vines Wine Bar has known that the owners Jon Ellms, Rick Taranto and James Warwick have delivered superb customer service, offer an incredible and unique food selection and host tremendous theme-based charity events.

While 2020 was certainly challenging for Maine's hospitality industry, the entire Old Vines team stayed the course, dealing with ever-changing capacity limits, closing time restrictions and, yes, Maine's unpredictable weather. Rest assured, its pristine reputation is fully intact. One can only imagine that Old Vines has an incredible repeat customer rate with its top-notch-menu/cool-environment equation at the forefront of its business model.

With 2021-2022 comes the start of a long-in-the-works dream for the triumvirate owners: a brand-spanking new and glorious additional state-of-the-art space for indoor/outdoor dining and special events.

Phase 1 is now complete. In 2017, Old Vines purchased the former Infinity Federal Credit Union building next to restaurant. This purchase was necessary to provide additional parking as required by the town to support plans to expand the upstairs and seasonal patio. That building was razed in February.

This spring, in Phase 2, Old Vines will erect a 40'x70'-foot tent complete with flooring, and will serve food and host events/live music through Columbus Day weekend 2021.

"Our goal has always been to re-imagine the site, and expand, without changing what we love about Old Vines, and staying true to what we do well. We have always believed in doing well by doing good, and by being good neighbors and citizens," said Jon Ellms.

Drum roll please! Phase 3 (a 4- to 6-month construction; slated for completion in the spring season 2022) is to create a new kind of daytime restaurant, where guests enjoy a casual environment and a healthy, family-friendly, Maine-inspired menu, in an open and airy patio all with a stunning greenhouse-styled look with a retractable roof. A full bar will offer additional bottled and draft beer selections, and Old Vines will introduce a new line of delicious craft cocktails designed for mid-day sipping. Of course, there will be better access and ample parking too.

The flexibility of the space will set it apart: a large, open room, anchored on one end by a bar, all under a striking glass and steel three-season retractable roof. On sunny days, customer will dine al fresco. When weather turns (Welcome to Maine), Old Vines will close the roof and visitors can still feel like they are dining outside.

Old Vines has long been a supporter of charitable causes. Since 2015, it has hosted events that returned over \$200,000 directly to local charitable organizations. The new space will enhance its ability to host more charity events, private receptions and weddings, as well as more live music, comedy shows and other themed events that give back to the community.

Designed by renowned architect Kristi Kenney at KW Architects, a fellow Lower Villager, the building's architecture and environmental footprint complement the eclectic, historic nature of the village.

Move over Walkers Point and the Wedding Cake House, in 2022, there will be a new landmark to rave about! Meanwhile, head on over to Old Vines, grab a glass or two and some small plates – I'll bet you'll return time and time again.

Old Vines Wine Bar is open Tuesdays through Saturdays, 4-8 PM, at 173 Port Road, Lower Village Kennebunk. For more information, visit www.oldvineswinebar.com.



In the know

- Under new management, On the Marsh restaurant in Kennebunk is planning to open early summer with a fresh new look.
- Looks like a new BBQ restaurant will be opening in the space formerly occupied by Herb's Seafood on Route One in Kennebunk.
- Congrats to Nicholas Zammarelli, now the new owner Merriland Farm Cafe in Wells, a seasonal farmhouse-style breakfast and lunch restaurant. Opening soon.
- Castaways at Compass Pointe, a home decor store in Wells, will be featuring Coastal Living furniture in May.
- Mornings in Paris, a European-style café in Lower Village Kennebunk, had added another bistro – stop in at its new Main Street, Ogunquit location.
- Spurling Fitness in West Kennebunk has expanded its space to add 5,300-square feet. The Infinity Center will feature wellness businesses and an art center. Suites are also for lease, and there is a large community space that can be rented out for parties and events.
- Fat Face, the chain retailer selling outdoor casualwear and accessories is opening up in the heart of Dock Square in Kennebunkport in April. It will be located in the building previously occupied by Julia's Gifts Shoppe at 16 Dock Square.
- The word on the streets is that a new Vietnamese restaurant is moving to Route One in Kennebunk (former Toppings Pizza).



Photograph by Karen Hall



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For the tempus, they are a-fugitin’

The other day I picked up my copy of Marcus Aurelius’s *Meditations* and continued reading the Roman emperor’s philosophical musings that he had jotted down while on a military campaign in the second century along the Danube – you know, keeping the hordes on Roman-haters at bay – in a series of notebooks he labeled “To Myself,” as he had no intention of ever making them public, which is exactly what happened to them after his death, which also marked the end of the Pax Romana. It was either that or watch more *Bridgerton*, but frankly, after two episodes...I don’t know, it just didn’t grab me. A little light.

This Marcus Aurelius was one of those “good” emperors who didn’t put people’s heads on spikes for the fun of it or in any way inspire Bob Guccione to make a movie about him. He was a Stoic, meaning he adhered to the philosophy that insisted on just and virtuous dealing, self-discipline, unflinching fortitude, complete freedom from the storms of passions, and the refusal to flinch while quickly removing a Band-aid. Though a profoundly wise and noble man, he made the tragic error in judgment, upon his death, of handing the reins of power over to Joaquin Phoenix, a weak and incompetent ruler who began the Roman Empire’s inexorable decline into decay and ruin. Other than that slip-up, Marcus Aurelius maintained a stellar record of leadership and moral rectitude.

His writings have become classic examples of deep-thinkery revered and quoted down the centuries by philosophers, politicians and Richard Harris. They rather make me reconsider the worth of the bits I’ve written in my moleskine notebooks over the years, including “After so many Pop-Tarts, my intestines were designated a Superfund site,” “He had two mistresses and five children between them, though not evenly,” and “I lost my pants in the war.”

Among the marginally more thought-provoking passages Marcus Aurelius wrote to himself nearly two millennia ago was this gem:

“If a god were to tell you, ‘Tomorrow, or at best the day after, you will be dead,’ you would not, unless the most abject of men, be greatly solicitous whether it was to be the later day, rather than the morrow – for what is the difference between them? In the same way, do not reckon it of great moment whether it will come years and years hence, or tomorrow.”

Too bad that can’t fit on a bumper sticker, am I right? Because what he’s saying there – and he says it in various forms throughout *Meditations*, as

though fixated on the subject – is that we’re all going to buy it sooner or later, and later will be here as soon as sooner will, because time passes so damn fast it just doesn’t matter. Marcus Aurelius, it should be noted, was often seen at parties standing alone.

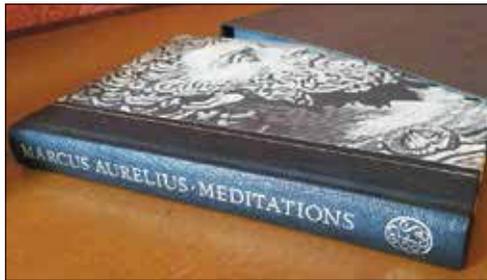
It’s funny how often I need to be reminded about the speed and corresponding brevity of life. (Not ha-ha funny, but rather oh-crap funny.) I suppose it’s natural to keep that acknowledgment at bay, deep in the recesses of our minds, and just get on with our lives; however, it’s only by taking out and dusting off that acknowledgment every now and then that we are able to shed our lives of the unnecessary and wasteful and counter-productive and unkind, and make that day the best it can be, for as Marcus Aurelius said, “When the longest- and shortest-lived of us come to die, their loss is precisely equal. For the sole thing of which any man can be deprived is the present; since this is all he owns, and nobody can lose what is not his.” Though a critical thinker and commendable emperor, Marcus Aurelius, early in his career, was fired from the Via Gallia Greeting Card Company after three weeks.

Speaking of historical figures that make me feel about as consequential as a cat sneeze, I just finished Martin Gilbert’s biography of Winston Churchill. Now there’s a guy who got stuff done. (I lifted that sentence from the dust jacket.) That he became prime minister a year into World War II at the age of 65 when his contemporaries were settling into retirement is amazing enough. But here’s what really blew my mind:

I had taken a break from the biography after finishing volume one a couple years ago. Last month, I proceeded with volume two. Upon completion, I checked my book log (as one does) to verify when I had finished reading volume one – and it was April 19, 2015. It wasn’t two years ago; it was six years ago. Again: What I thought to be a span of two years was in actuality six years. And again: I mistook a certain passage of time to be one-third its actual length. And to press this point home: I now believe I must be 171 years old.

Marcus Aurelius was right. Sharing his least successful pick-up line in *Meditations*, he wrote, “Take it that you have died today, and your life’s story is ended; and henceforth regard what further time may be given you as an uncovenanted surplus, and live it out in harmony with Nature.”

Well, that sure is inspiring. A tad dark, but inspiring. And what I think I’ll do with my uncovenanted surplus is put Marcus Aurelius back on the bookshelf and give *Bridgerton* another shot.



This Roman emperor’s ostensibly private notebook entries have passed down through the ages, allowing successive generations to fret over the brevity and inconsequentiality of mortal life and other uplifting subjects. Photo by Dana Pearson

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