



KENNEBUNKPORT Town Review

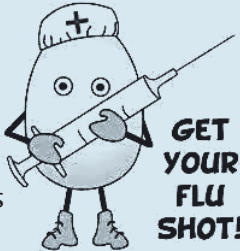
A newsletter for the residents of Kennebunkport

Number 33

Fall 2020

Importance of flu vaccines

The CDC believes it is likely that flu viruses and the virus that causes COVID-19 will both be spreading this fall. A flu vaccine this fall will be more important than ever, not only to reduce your risk from the flu but also to help conserve potentially scarce health care resources. The CDC recommends that all people 6 months and older get a yearly flu vaccine. Get yours by contacting your primary care physician or visiting a local pharmacy. The flu vaccine is usually covered by insurance.



Hot topic— climate change

By Laurie Smith,
Town Manager

Kennebunkport is known for many attributes, our most recent invitation for proposals regarding the next comprehensive planning process summed it up nicely.

The town center, the area in and around Dock Square, is located along the Kennebunk River, approximately 1 mile (1.6 km) from the mouth of the river on the Atlantic Ocean. Historically a shipbuilding and fishing village, for well over a century the town has become a popular summer colony and seaside tourist destination. The Dock Square area is a district of shops, art

See HOT page 6

Making curbside recycling successful in 2021

By Jon Dykstra, Solid Waste Committee

The “good news” is that starting in the first week of January 2021, curbside recycling will be returning to Kennebunkport. The “cautionary news” is that unless we, as a community, can keep contamination at an acceptable level, the cost of our recycling efforts may well become more than the Town can justify.

Contamination

With respect to recycling, what is *contamination*? Simply stated, contaminants are materials mixed in with the curbside collection that are either not recyclable or are materials that cannot be recycled by ecomaine (ecomaine [<https://www.ecomaine.org>] is our recycling processor).

When recyclables leave Kennebunkport, they are transported to ecomaine where an inspector checks incoming loads and notes any contamination. When an unacceptable level of contamination is found, an extra fee is assessed on top of what Kennebunkport is already paying as a per/ton recycling cost. If contamination is high, this extra fee can double our processing costs!

Therefore, we, as a community, need to become more educated regarding what is, and is not, a recycling contaminant. We must learn to be vigilant in identifying contaminants and keeping them out of our recycling containers. This means watching more closely what we recycle, talking to folks when we see something wrong, and using ecomaine’s Recyclopeda ([### KENNEBUNKPORT RECYCLING](https://www.eco-</p></div><div data-bbox=)

RECYCLE HERE

YES



rigid plastic
containers
#1 - 7



paper, newspaper,
paper bags, magazines,
envelopes, flyers and books



glass jars
and bottles



paper coffee cups and milk,
juice, dairy-free milk
and broth cartons



cardboard, paperboard
and tubes



metal cans, pots
and pans

NO



plastic bags, bubble wrap
or plastic wrap



light bulbs, batteries
or electronics



food and yard waste
or demolition debris



bagged
recyclables
or trash



to-go lids, styrofoam,
straws and napkins



hoses, ropes
and textiles



diapers or
pet waste



sharps, knives or
propane tanks

Learn more at [ecomaine.org](https://www.ecomaine.org)

maine.org/recyclopedia) app to help answer the question as to whether something is recyclable or a contaminant.

It is more than just keeping out non-recyclable materials as shown below:

Nonrecyclables that must be placed in your trash (not the recycling bin): Includes such things as shoes, toasters, chainsaws, pillows, leaves and garden plants (real and fake), rope and electrical cords, half-emptied soda bottles, animal parts, etc. There is no place in their recycling stream for these materials—that’s contamination.

Some items that look like they should be recyclable and may even have a recycling triangle on their label are as follows:

Looks recyclable, but must be

placed in your trash (not the recycling bin): These include all types of plastic bags and plastic film, oil-stained pizza boxes, Styrofoam, bubble packaging, lightly scraped peanut butter jars, visibly coated mayonnaise jars, and more (Check the Recyclopeda app when in doubt.).

In the months ahead, the Solid Waste Committee will be working closely with the Town to develop and communicate educational materials and Zoom-based seminars to promote recycling contamination awareness within the Kennebunkport community. Together, we will create a recycling program that will allow us to make an important step toward being responsible stewards of our environment.

TOWN OF KENNEBUNKPORT
P.O. BOX 566
KENNEBUNKPORT, ME 04046

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NOVEMBER BALLOT

– Question 1 –

AMENDMENT TO THE LAND USE ORDINANCE REGARDING TENTS

COVID-19 has put all of us in positions where we have needed to think quickly and adapt to a grocery list of health and safety standards that a year ago, we would have never imagined. Under the ongoing state of emergency, we have been able to work cooperatively with our businesses in order to keep them afloat as best as possible. One item that quickly came to the forefront was the use of outdoor tents for alternative dining space. This became a necessity as restaurants and hotels went from not being able to use their indoor space at all to at best half capacity. As studies came out showing the healthier benefit of using outdoor space, consumers demanded it as well. Lawn and parking lot space serviced by outdoor tents became the only way to move forward. Currently, the Land Use Ordinance limits these types of tents to 30 days or less per calendar year. The proposed revisions to the ordinance in Question 1 will simply allow for the placement of these tents during the summer season beyond the 30-day limit.

– Question 2 –

CODIFICATION OF THE ORDINANCES OF THE TOWN OF KENNEBUNKPORT

This ordinance would incorporate the many individual ordinances of the Town into one document called the Code of the Town of Kennebunkport. The codification of the Town's ordinances has been a two-year process. General Code reviewed all of our ordinances looking for inconsistencies within our own policies as well as State Statute. They made recommendations based upon those inconsistencies and incorporated all ordinances into one Code. Question 2 on the November 3 ballot is asking for approval of those recommendations.

– Question 3 –

EMERGENCY MANAGEMENT ORDINANCE

This new ordinance would establish an Emergency Management Agency in compliance and in conformity with the provisions of 37-B MRSA §781 et seq., to ensure the complete and efficient utilization of all of the Town's facilities and resources to combat disasters.

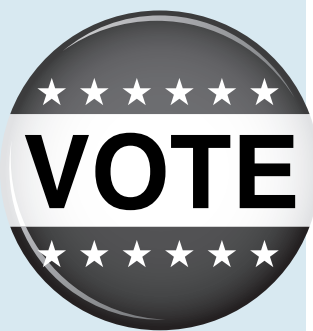
Town of Kennebunkport Town Clerk holds evening hours for voter registration and absentee voting

The Kennebunkport Town Clerk/Registrar of Voters will hold extra hours at the **Kennebunkport Town Hall** on the following dates to conduct absentee voting, to register any person eligible to vote, and to accept any enrollment/address changes:

- Tuesday, October 27, 2020, until 6:30 p.m.
- Thursday, October 29, 2020, until 6:30 p.m.

The following date will also be held for the absentee voting and voter registration at the **Village Fire Station**:

- Saturday, October 24, 2020 from 9 a.m. – 1 p.m.



Town of Kennebunkport November 3, 2020

NOTICE OF SPECIAL TOWN MEETING

To the voters of Kennebunkport: You are hereby notified that a **Special Town Meeting** of this municipality will be held at the **Village Fire Station, 32 North Street**, on **Tuesday, the 3rd day of November 2020, at 8:00 a.m.** for the purpose of Acting on Articles 1 and 1a (Referendum Questions 1-3) as set forth in the Town Warrant. The polls shall be opened immediately after the election of the Moderator at 8:00 a.m. on November 3, 2020, and shall close at 8:00 p.m.

The referendum questions to be voted on relate to:

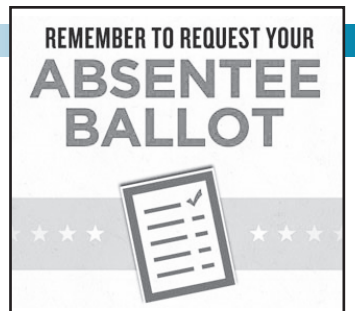
1. Amendment to the Land Use Ordinance (regarding tents)
2. Codification of Town Ordinances
3. Enactment of Emergency Management Ordinance

The Registrar of Voters will hold office hours while the polls are open to correct any error in or change a name or address on the voting list, to accept the registration of any person eligible to vote, and to accept new enrollments.

An attested copy of the Town Warrant is posted at the United States Post Office, Temple Street; Atlantic Hall, Main Street, Cape Porpoise; Louis T. Graves Memorial Library, Maine Street; Goose Rocks Beach Fire Company, Winter Harbor Road; and at the Town Offices, 6 Elm Street.

Sample ballots are available from the Town Clerk or on the town's website www.kennebunkportme.gov/town-clerk/pages/elections-and-voting.

Absentee ballots now available



Absentee ballots are now available at the Kennebunkport Town Clerk's Office for the upcoming Presidential Election and Special Municipal Election to be held on Tuesday, November 3, 2020. If you have any questions about absentee voting or to request a ballot, please call the Town Clerk at 967-1610.

PLEASE NOTE: The last day to request an absentee ballot is Thursday, October 29 [Title 21-A §753-B.2]

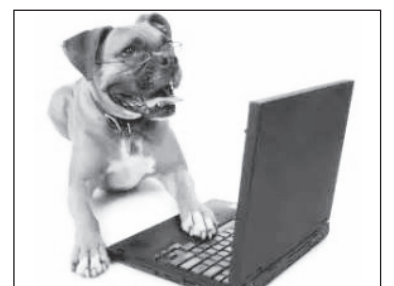
Online dog registration is available!

By Tracey O'Roak, Town Clerk

As much as we enjoy having you come to town hall to register your dogs, we understand that it's not always easy to get here during our regular business hours (8 a.m. to 4:30 p.m.) But, no need to worry, Kennebunkport offers online dog registration. You can register 24/7 from the convenience of your own home! Your new license and tag will be mailed to you.

Please visit www.maine.gov/dog_license. It's quick and easy! All you will need is:

- Credit card
- Rabies certificate
- Veterinarian's info
- Tag number (if a renewal)
- Spay or neuter certification (for new registrations, if applicable)



Is your number up?

Not time on earth but address

By John “Jay” Everett, Fire Chief

Currently, the town is in the middle of a project that will renumber addresses along Kings Highway this month. This renumbering is to facilitate a quick and efficient response to any emergency, whether police, fire or medical. The first responders in town need your help.

As I drive around this town, I am amazed at the number of houses that do not have a readily visible number on the house or at the end of their driveway. Unfortunately, to compound this problem, there are stretches of road that many houses in a row do not have their number up. This problem is made many times worse when we are responding at night.

Precious time is wasted when first responders must hunt for the right house. We may have to stop, back up, or turn around. Sometimes, we may think we are at the right house only to find we are not, which means more time wasted when someone is in need.

A first responder's job is to get to your emergency as quick as possible. Seconds count in a life-threatening medical emergency. Precious seconds can be wasted trying to find you if your number is not up.

Not having your number up is a big problem, but that is not the only point of concern. I ask that everyone follow the Street Ordinance. It can be found on the town's website under the ordinances tab. In the ordinance, you will find valuable information about where your numbers should be located, the size and color your numbers need to be, and what to do if you cannot see the front door of your house from the street.

Some of the other problems first responders have finding you is your street number may be on your mailbox but not on your house. This is especially difficult when you live on a road that the mail is only delivered on one side of the road. When the mail is



delivered in this fashion, you have odd and even house numbers on the same side of the street. It is more confusing when there are groups of mailboxes, and it is hard to tell which house belongs to which mailbox because the number is not on the house too. All residents should have their number on their house or at the end of their driveway, even if you have a mailbox on the street with your number on it.

Houses at the end of long driveways pose a problem as well. If your front door is more than 100 feet from the road, you are supposed to have your number at the end of your driveway. The number should be on a post, a mailbox, or some other stationary object at the end of the driveway. Time is wasted travelling down a long driveway to find out it was not the right one.

Another problem with the mailbox scenario is people tend to put the numbers on only one side of the box, the side the postal carrier would see as they approach; however, first responders can be coming from either direction. I have noticed this on houses as well with the number on the front porch post facing the side of the post and not facing the road, making it only visible from one direction.

I truly hope you take this to heart and make sure your numbers are visible at all times of the year. I am happy to come to your house and assist in locating where your numbers should go. Please call my office at 967-4243 X 171 or email me at jeverett@kennebunkportme.gov with any questions. Thank you.

Welcome aboard Yanina!

By Jen Lord, Treasurer

The finance office has hired Yanina Nickless to join our team. Originally from Ukraine, she joined us as an intern in the town clerk's office in the summer of 2019, and we were fortunate to hire her full-time at the end of the summer. Her positive “can do” attitude is shown brightly every day. She graduated magna cum laude from the University of Southern Maine in 2019 with a Bachelor of Arts degree in political science (international relations) and a minor in economics.



Yanina Nickless, assistant treasurer/deputy human resources coordinator.

HOPE

That little voice you hear whisper “maybe” when it seems the entire world is shouting “NO”

By Craig Sanford, Police Chief

Our future depends on cautious consideration for others, willingness to change where needed, and a positive outlook to move forward as a community in this new world. At the time of this writing, we are dealing with a pandemic, racial and social divide, and global stress. What message do I want to get out? I am as frustrated as each of you. I lead an agency with dedicated employees that are under the same stress as each of you whose mission requires service to others no matter the environment. We adapt and move forward with the same goal in mind.

This same message can be associated with our path for the future in this COVID-19 world. So how do we adapt? With the approach of winter and the many holidays that occur globally, we need to think about how we can still enjoy those events while looking out for other's safety and well-being. Halloween is coming up soon so how can you still enjoy while being safe?

Although trick or treating is not recommended, should you choose to participate as in years past, ensure trick-or-treaters are in a costume that incorporates a face covering protecting all. Visibility of the trick-or-treaters is important.

- Keep trick-or-treater groups to household members.
- Those providing candy should keep it to store bought items in a bowl outside so folks are not entering enclosed spaces.
- Parents should always look over the goodies, and this year, wipe them down as a safety precaution.
- Have hand sanitizer in all locations and hand washing is a must.
- Stay home if you are sick, and don't pass out candy.

As for all the other holidays, really think about those you are accustomed to spending time with. Is it worth the risk to them and to you? Is anyone sick? Do you need to travel to or from an area that has a large percentage of infection? Can you get a COVID test before going? Is it even legal to travel to your destination because of the pandemic? All of these questions should be discussed now so folks can prepare. Remember this virus spreads quickly and affects each of us differently.

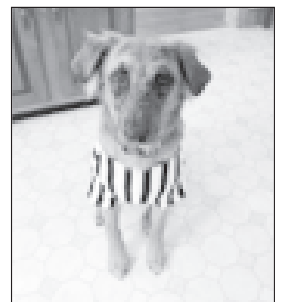
We will soon be experiencing the winter cold and should think about

See HOPE page 7

Time to register your dog!

By Tracey O'Roak, Town Clerk

State law requires all dogs kept within the State of Maine for more than 10 days to be licensed. An owner of a dog that is 6 months of age or older and kept in Kennebunkport must obtain a license from the Town Clerk **between October 15 and December 31 each year**. The fee to license your dog is \$11.00 if capable of producing young or \$6.00 if the dog has been spayed or neutered.



Stop by the town office with your dog's most recent rabies certificate to obtain a new license and tag. If you are licensing the dog for the first time and the dog has been spayed or neutered, please bring proof from your vet.

If you apply for a dog license after January 31, a late fee of \$25.00 (in addition to the annual license fee) will be charged per dog. This is state law, and the fee cannot be waived for any reason.

There are three convenient options for registering your dog(s):

1. Come into the Town Clerk's office Monday through Friday, 8:00 AM–4:30 PM.
2. Mail your current rabies certificate and check to: Town Clerk, P.O. Box 566, Kennebunkport, ME 04046.
3. Register online—go to www.maine.gov/dog_license and follow the prompts. You will receive your license and tags through the mail within 30 days.

In May of this year, the Town lost a beloved son, Stuart Barwise. He gave to the Town in many ways including his ability to listen, bring consensus, and simplify the most complicated of subjects. The Board of Selectmen took action in August to dedicate the town-owned parcel adjacent to the Edgewood entrance at Goose Rocks Beach in his memory. The plaque will be installed later this year and read:



STUART E. BARWISE Dedicated In His Memory

This property is dedicated in memory of Stuart Barwise (April 13, 1966 – May 23, 2020). His service to the community on the Board of Selectmen, Budget Board, Recreation Committee, and RSU 21 Planning Committee will have long-lasting impacts for generations to come. He was a leader, a visionary, a friend, a statesman, and a true Renaissance man. He grew up at Goose Rocks Beach where he first fell in love with Kennebunkport. Although he traveled the world, his compass and heart always returned to Goose Rocks Beach and home.

Andrew Welch joins codes and planning

By Werner Gilliam, Director of Planning and Development

The codes and planning office welcomed Andrew Welch as their newest addition to their staff! He came to us in November 2019 from the Portland Water District to fill the position of Deputy Code Enforcement Officer left vacant when Matt Philbrick returned to the Public Works Department. He brings with him substantial knowledge of the construction industry having overseen facilities management and construction projects for the district as well as having been a site superintendent for Bowley Builders. He is a proud resident of Cape Porpoise, a captain in the Village Fire Department, and serves



Andrew Welch, deputy code enforcement officer

in the U.S. Army Reserve. He has been an incredible asset to our department in his short time here, and we are fortunate to have him working with us.

Wastewater has new employee

By Chris Simeoni, Deputy Public Works Director

The Kennebunkport Wastewater Department would like to take this opportunity to recognize its newest employee, David Roberge. He was hired in August of 2019 to fill the vacant operator position left by the promotion of Brice Bond to chief treatment plant operator. He came from a diverse background that includes owning his own trucking company and demolition business, and work experience in a variety of other positions and industries such as construction, a propane technician, an oil apprentice, and as a machinist/welder for Saco Defense.

David recently earned his class diploma after completing an 8-month long Wastewater Operator School offered through the Joint Environmental Training Coordinating Com-



mittee in conjunction with the Maine Department of Environmental Protection and Maine Water Environment Association. As a result of his recent completion of this course, he will be testing for his Grade 2 Biological license shortly. With his Class A driver's license, skill set, and experience acquired from his diverse background, he will be an asset to the Town of Kennebunkport's workforce.

Home for the holidays a fundraiser for Graves Library

The Louis T. Graves Memorial Public Library will be hosting an on-line fundraiser in November to help with budget shortfalls due to canceled events earlier this year.



Home for the Holidays consists of themed baskets that will be for sale through 32auctions.com. If you are looking for a gift for the holidays, stay-at-home nights, or a treat for yourself, sign on to the auction site (November 16-December 1) and start

bidding. Twenty-five baskets are being designed and donated by friends of the library, which means that 100% of the sales will directly

benefit the library. A few choices

to consider: A Night in Boston's North End, Tequila Mockingbird, Of All the Gin Joints, Games People Play, and many, many more. Please feel free to visit our website (graveslibrary.org), or call us at (207) 967-2778 for more details.

Public works news

By Michael Claus, Public Works Director

This summer, the highway crew has been working on staying safe in the COVID-19 pandemic while maintaining our public spaces. The crew was able to complete our crosswalk and street painting work just as summer arrived. We were able to work with the Kennebunkport Conservation Trust on signage and crosswalk markings for their new parking lot for the Smith Preserve on Guinea Road. We have been working with other town departments to implement COVID-19 safety protocols for the public at Goose Rocks Beach, Dock Square, Town Hall, Ocean Avenue, Turbats Creek, and the Cape Porpoise Pier. We have been out sweeping on a weekly basis at Dock Square and Goose Rocks Beach to keep these spaces visitor friendly.

For improved roadside visibility and to reduce pedestrian exposure to ticks, our crew utilized both of our trackless boom flail mowers to clear shoulder areas, and we made extra passes in areas of high vegetation.

Public Works coordinated roadwork on Ocean Avenue between East Avenue and the Fairfield Creek Bridge with the seawall and railing work done by Shaw Brothers this spring, and the Ocean Avenue water main replacement work done by Kennebunk, Kennebunkport, & Wells Water District (KKWWD). A combi-

nation of milling of existing paving and repaving over the water district trench allowed for the road profile to match the drainage improvements done by Shaw Brothers when they reconstructed the sidewalk.

In 2019, KKWWD replaced the water main on Wildes District Road between Maine Street and Turbats Creek Road. Following that work, in the fall of 2019 Public Works started shoulder widening work in preparation for road reconstruction. Shoulder work and replacement of drainage culverts at road crossings and drainage ways was completed this summer. Wastewater and highway crews worked together to lower manholes to allow for reclaiming of the road surface and adjustments to the road profile. Wildes District Road was reclaimed and base paved in the KKWWD work area. New slipform concrete curb was added for stormwater control in several areas.

Crews then raised manhole rings and covers above the base paving to allow for a smooth finish surface for the final topcoat of paving.

If you would like to meet to discuss concerns or have questions on roadside mowing, street repair, or other Public Works issues, please call Mike Claus, Kennebunkport Public Works Director, at (207) 391-3239.

– Ocean Avenue seawall project –



The start of the Ocean Avenue seawall project.



View of completed seawall from the Kennebunk River side.

– KENNEBUNKPORT PUBLIC HEALTH –

By Alison Kenneway R.N., B.S.N.

Public health department: Our department's focus is to provide for the medical and social service needs of our residents and guests. Our services are covered under your town taxes and private donations. Our website has educational information, resources available in our community, upcoming classes we support locally, and projects we are working on. Please visit our website and subscribe!! Contact the public health office @ 967-4401 with any nursing, health officer complaints, or social service needs. **Office hours:** Monday–Friday, 8:00–9:30 AM & 1:00–2:00 PM.

Please welcome Stacey Corsie, RN, BSN and Kim Noble, RN, BSN to the Public Health Department. They both will be working per diem hours. They come with a variety of nursing experience and are town residents! Please stop in and say hello!

COVID-19: This year, we all have witnessed a “pandemic.” It has changed the way we live our lives. Everyone has been affected by the coronavirus in one way or another. Where COVID-19 is a new strain of the coronavirus, researchers and scientists are working diligently on trying to find a cure, a vaccine to protect people. Currently, there is no cure only supportive measures. Please do your part for your own safety as well as others by following social distancing, staying home as much as possible especially when you are sick, and staying away from others who may be sick. Wear a mask out in public, especially where you cannot maintain 6 feet of distance from others. Masks are for the protection of others; they capture most of your respiratory droplets. Wash your hands frequently as well as frequently touched surfaces in your home and workplace. Do not touch your face, eyes, nose, or mouth as this is how the virus enters your body. For more up-to-date information on the coronavirus, please go to Maine.gov and follow the quick links to the Maine CDC COVID-19 information, visit the Town of

Kennebunkport's website under the red banner COVID-19 for updates and guidance, or you may call the public health office with questions.

Be prepared: Please visit our Public Health Department's website for up-to-date information on disaster tips and planning. Visit the town's website and sign up for email alerts. Storm-related issues are posted here. If you or a loved one are medically fragile, on home oxygen, live alone, etc. and would like to be on our “call of concern” list, please contact our office and let us know. We want all our community members safe and sound. This information will help us to help you in an emergency!

Maine healthy beach program:

Kennebunkport has participated in the Maine Healthy Beach Program, monitoring the water quality at Goose Rocks and Colony Beaches weekly since 2005. This summer, we continued to monitor our beaches twice weekly. We also continued to monitor and test the watershed that surrounds Goose Rocks Beach. Subscribe to the public health's website, and you will get the weekly alerts on the water quality of our beaches throughout the summer. You can visit www.mainehealthybeaches.org/ for the status of our beaches or any other beach along the coast of Maine that participates.



Septic Tanks: Do you know when your septic tank was last pumped? As part of your fall preparations, have your septic system pumped and inspected. This is an important pre-

ventative task which could protect our watershed and save you money in the long run.

Baby Box Program: Welcome babies of Kennebunkport! All new babies born in Kennebunkport will receive a baby box. This box provides a safe sleeping space for baby. It acts as a bassinet with a mattress. It also comes with resources on safe sleeping practices for babies, local resources, books, and handmade gifts. This program is sponsored by the Health Council, and they are accepting monetary donations to keep this program going. Checks can be made out to the Kennebunkport Health Council. Mail them to Kennebunkport Public Health, 101A Main Street, Kennebunkport 04046. Thank You! FMI: <https://www.finnbin.com/>



Secret Santa: The holidays are coming up. Please contact the Public Health Department for a Secret Santa application if you need some help meeting your child's special wish list. Applications are to be completed by parents or legal guardians only. The child must reside in Arundel, Kennebunk, or Kennebunkport to qualify for this program. Secret Santa's goal is that every child in our tri-town area has a special holiday.

Stuff the Bus:

Help us fill the shelves of the local food pantry, on November 3, Election Day. Please bring nonperishable food or

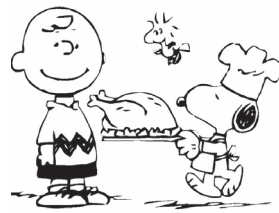


household/personal care items with you to the polls. YES, we do accept cash donations. All checks are to be made out to Community Outreach Services. Cash donations are used to purchase food from the Good Shepherd Food Pantry.

Fuel Assistance: Have you signed up for the LOW-INCOME FUEL ASSISTANCE PROGRAM yet? If you need help to meet your winter heating expenses, please contact York County Community Action at 1-800-965-5762 for an appointment. Kennebunkport residents are fortunate to have the Kennebunkport Emergency Fuel Program. Remember, this is an emergency only program. This program is not intended to cover your entire winter heating needs. Residents are responsible for monitoring the level of fuel in their tanks and notifying the General Assistance Administrator in a timely manner if fuel is needed.

Holiday dinners:

Community Harvest volunteers are again providing holiday dinner baskets. Due to COVID-19, the holiday harvest dinners that usually take place for Thanksgiving and Christmas will not be hosted at St Martha's Church. They are working on an alternative plan. Please stay tuned. Please contact the Public Health Department if you wish to sign up for these offerings. FMI: <http://coskennebunks.org/our-programs/food-programs/> or <https://communityharvestonline.org/>



Home medical equipment loan closet: Are you in need of a walker, wheelchair, cane, or commode? Visit our FREE durable medical equipment closet. *Kennebunkport residents only please.*

Town has two new nurses

By Alison Kenneway, RN, BSN



Stacey Corsie, RN, BSN

The Public Health Department has hired two new nurses to work per diem for the Town. Please welcome Stacey Corsie, RN, BSN and Kim Noble, RN, MBA.

Stacey comes to us with over 20 years of critical care nursing experience, specializing in cardiology. She got her nursing degree at UNE, and her bachelor's degree at UMASS Boston. Over her years of experience, she has worked at Brigham and Women's hospital, Lahey Clinic, SMHC, Maine Medical center, and York Hospital. She lives here in town with her husband Mike, and two sons.

Kim comes to us also with over 20 years of nursing experience. She got her nursing degree from Boston University, and her MBA from Western New England University. Her career has been centered around the health and well-being of youth, family, and community. An area of focus in her career has been the prevention of substance use in teens, awareness of stress, depression, anxiety in teens and young adults, and suicide prevention. She also lives here in town with her husband Kent. She has two adult children in the community along with three grandchildren. Please stop by to say hello and meet them!



Kim Noble, RN, MBA

Hot

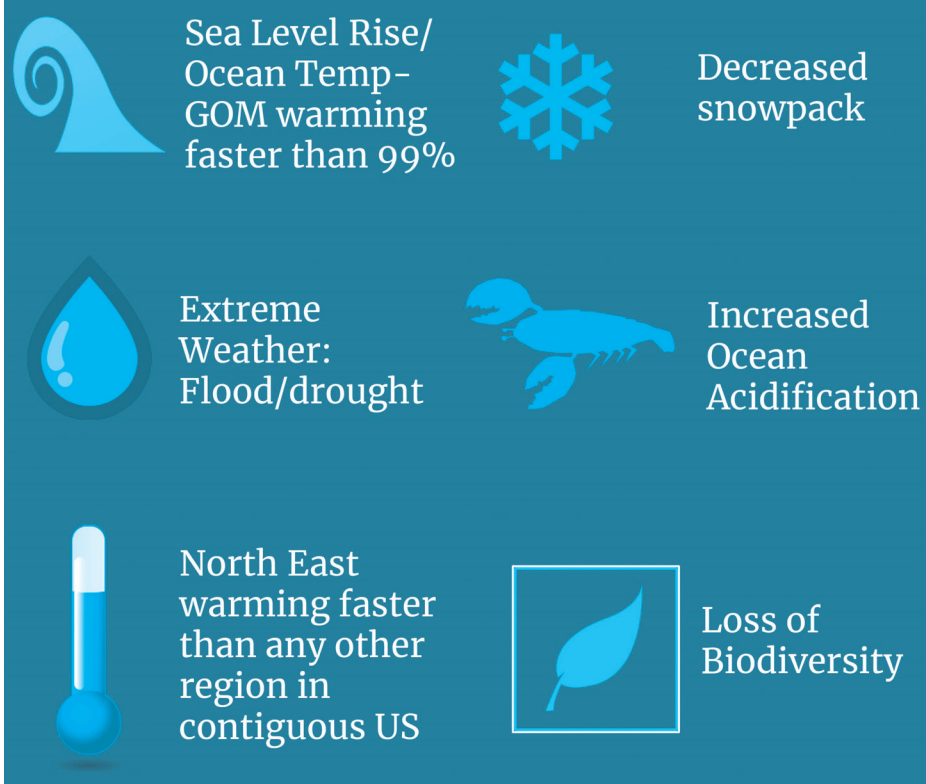
from page 1

galleries, seafood restaurants, and bed and breakfasts. The Maine Street Village area is largely residential with many historical homes and municipal services. The Riverfront has a mix of historic hotels, working waterfront and commercial marinas. Cape Arundel showcases many shingle style residences, bold ocean views and is home to places such as St Anne's and Walkers Point. Goose Rocks is best known for its mile plus long beach, active wildlife, and vibrant summer population, Cape Porpoise, while retaining its identity as a fishing harbor, has a very small village area with several restaurants, a church, grocery store, coffee shop, small library, and art gallery. The farm and forest area has large expanses of undeveloped woods and trails maintained by the Conservation Trust. Development is primarily single family in nature with a number of agricultural uses. Kennebunkport's year-round population tends to be older than the average population in Maine. Due to its popularity as a summer haven that population swells to over 10,000 in the summer and is considered to be one of the more wealthier communities in the state of Maine.

As we examine the above description and imagine the individual locations noted above, try to imagine them in 2050 or 2100 when temperatures, rainfall, and sea levels are all predicted to rise. How will Kennebunkport feel when our seasonal temperatures are expected to be similar to New Jersey? How will businesses and town infrastructure be impacted when sea levels rise 1 - 5 feet? How will waterfront properties cope with additional flooding? How will our fisheries survive with rising sea temperatures? How will Cape Porpoise and the Kennebunk River be different with a changing marine environment? How will our tourist economy be impacted? How will Goose Rocks and Colony Beach change for visitors and residents? How will waterfront homes adapt to rising water? How will the economy of taxable valuation be impacted throughout town? How will the shift of valuation effect homeowners in more rural parts of town? How will our budget be pinched to address climate change?

Climate change will impact Kennebunkport in many ways over the next century. It will force all communities to examine their resiliency and question their sustainability. Community resilience is the capacity of a community to absorb, withstand, recover from, and adapt to changing conditions and disturbances while sustaining key functions, structures, and performance. It involves all dimensions of a system including social, built, and natural environments within a com-

Problems



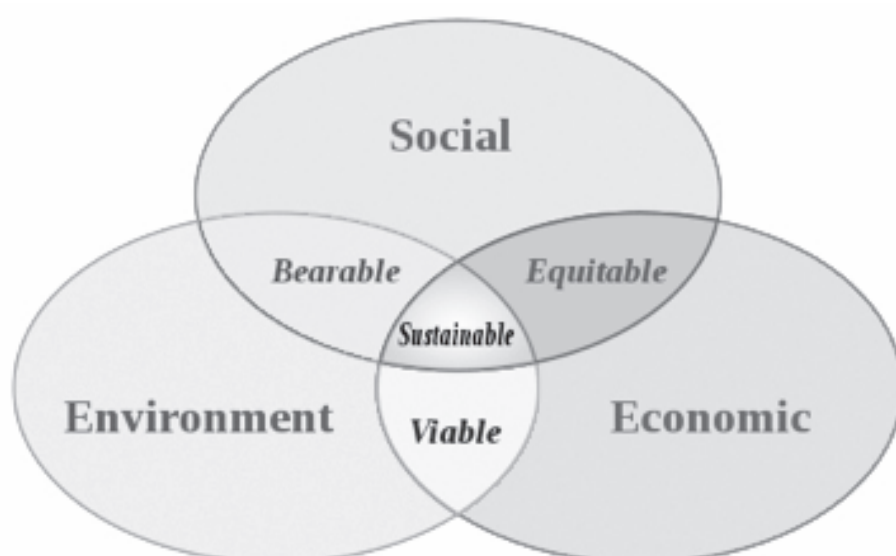
munity. Meanwhile, sustainability is when a healthy environment, economic prosperity, and social justice are pursued simultaneously to ensure the well-being and quality of life of present and future generations. This is demonstrated in the diagram below.

In the fiscal year 2020 budget introduction, I underscored that recognizing the importance of these factors and developing a strategy to address them protects our economy, health, and future. Although the Town has been engaged in preserving our environment through water quality analysis, the preservation of important lands and view corridors, and the reestablishment of recycling and solid waste programs, we need to develop a climate change policy.

Understanding our own carbon footprint, developing a vision for reducing greenhouse gas emissions, and improving the resiliency of our community are the first steps. A comprehensive strategy that examines energy use, fuel consumption, and sea level rise would assist us in mapping future actions to benefit our citizens. In the fiscal year 2020, we funded an intern to perform the initial data gathering process, examining the work of other communities, and identify short and

long-term goals for consideration by the Board of Selectmen. Town staff then began conversations with other coastal communities in August of 2019, and the six-town cooperative with Southern Maine Planning and Development Commission (SMPDC) was adopted. Each municipality is funding an equal share of our new Southern Maine Regional Sustainability and Resilience Program assisting our communities in the progress of our climate change goals.

A recent review of potential climate change goals with SMPDC staff resulted in a large document covering 11 focus areas including, climate, economic development, energy, land ecosystems, leadership, mobility, municipal operations, sustainable communities, sustainable development, waste and recycling, and water. The challenge is that the 11 topic areas cover over 200 individual strategies. Where do we begin? Do we enact a no idling policy; do we invest in energy efficient vehicles; do we develop a solar array farm; do we implement a food waste reduction program? There are many choices but only so many resources to begin this journey. As with most challenging mountains, we should begin with one step at a time.



Immediate future work should include: picking the low hanging fruit, building on current successes, integrating policies and programs into the work plans and budgeting of departments and committees, and finding opportunities to leverage the work of partnerships and grants.

As the Selectmen set goals for Kennebunkport, it is important to appreciate the input and priorities of our citizens. In 2018, our Growth Planning Committee surveyed citizens about a variety of issues in preparation for the 2022 comprehensive plan. The data outlined below leads staff to believe that the citizens of Kennebunkport see these as pressing and important issues.

- ▶ Town priorities over the next 5-10 years.
- The preservation of natural resources and the environment was listed as the #1 priority by 54% of respondents.
- ▶ The Town should continue to preserve and support the fishing industries in town.
- 95% of respondents agreed or strongly agreed.
- ▶ The Town should plan for local impacts to sea level rise and changing climate.
- 77% of respondents agreed or strongly agreed.
- ▶ The Town should work to reduce energy consumption of town-owned facilities.
- 85% of respondents agreed or strongly agreed.
- ▶ Municipal sustainability means meeting the needs of present community members without compromising the ability of future generations to meet their own needs. The Town should develop a sustainability plan.
- 82% of respondents agreed or strongly agreed.

Although the words climate change and sustainability cannot be found in the 2012 comprehensive plan, it does begin with the assessment of the character of the Town, "The resilience and fortitude of Kennebunkport and its residents has long been demonstrated over the years by our current and ancestral farmers, fishermen, builders, artisans, and tourists. More recently, this same determination has helped the town adapt, manage, and flourish with tourism and growth." This same resilience that established and grew our community will be the foundation for needed adaptation to meet the next century's challenges. The examination of future challenges, planning, department teamwork, regional partnerships, community engagement, and fiscal sustainability will serve our community well when meeting these adverse situations.

A unique walk

By Ruth Fernandez, Cemetery Committee

Are you looking for a quiet place to walk by yourself or with a friend or your family? Consider a walk through some of our lovely cemeteries in town. They provide a place to social distance, exercise, enjoy nature, reflect on history and art, and enjoy peace and quiet.

Here is a list of some cemeteries that fit that bill and where you might park. Do be aware that some of the headstones are fragile so take care around them:

- Arundel Cemetery—yes, it is in Kennebunkport on North Street. You can park in the First Congregational Church parking lot.
- School Street Cemetery—this is up the hill from Consolidated School so you can park in the school parking lot.
- Kennebunkport Conservation Trust has five cemeteries on their properties. You can park in their parking lot and go from there.
- Smith/Cook Cemetery—in woods across from large field off of Gravelly Brook Road.



- Emmons Cemetery—close to Gravelly Brook Road to the side of the Trust building.
- Thompson Cemetery—near the labyrinth, overlooks river.
- Washburn Cemetery—follow the education trail, across river.
- Edwin Hutchins Cemetery—follow Batson River Trail across Beachwood Ave.
- Ethelred Hutchins Cemetery—just two headstones overlooking the river. Continue on the Batson River trail past the Edwin Hutchins Cemetery. Take small path marked by logs toward the river. This might be the hardest one to find.

Have a lovely time.

Senior news

Evolving COVID-19 information

By Susan Boak, Senior Advisory Committee

Non-essential town committees were cancelled starting on March 13, 2020, and restrictions were not lifted until June 18. This newsletter article is written on August 20, and the Senior Advisory Committee has yet to resume meeting.

The evolving science for COVID-19 is similar in many ways to evolving new technology, as it doesn't follow a straight path, but one with many fits and starts along the way. Then, as author John Barry stated, "When you mix science and politics, you get politics." Mr. Barry authored "The Great Influenza," a comprehensive history of the 1918 pandemic. In other words, confusion is to be expected when dealing with a pandemic.

Remember when we were advised:

- Those over age 65 had the poorest outcomes after contracting COVID-19, as well as those with underlying conditions;
- Not to wear a mask unless we were sick;
- Not to show up at the hospital unless there was trouble breathing;
- The short supply of ventilators was of critical importance;
- The virus was spread by the coughing and sneezing of symptomatic individuals; and
- No one ever mentioned ventilation?

What have we since learned:

- Yes, the death rate for those over 65 is highest. This one was right. Seniors, as a group, take this very seriously, although temptations such as a family party have been hard to resist, especially after months in quarantine. The situation in nursing homes and long-term care facilities has been tragic.
- Wear a mask when outside and inside if in tight areas where other people have been present. The virus can linger for hours in poorly ventilated, confined quarters.
- If sick, contact your physician and monitor your oxygen levels with an

oximeter if you have one. (Amazon did carry them.) According to Dr. Richard Levitan, in an article "What's a Pulse Oximeter, and Do I really Need One at Home?" NYT, April 24, 2020, "Too many patients were showing up at the hospital with perilously low oxygen levels, putting them at risk for severe complications and death. You should check in with your doctor if your number drops to 92 or lower." Did you know the Apple watch was designed to measure oxygen levels, but Apple disabled this feature due to difficulties dealing with the FDA?

- In NYC only 20% of those in intensive care and on a ventilator survived. Volunteers anyone?
- There is a growing consensus that the virus is spread by asymptomatic individuals. Rather than large droplets from a cough or sneeze which fall to the ground within minutes, the smaller particles generated by normal conversation may remain airborne for hours in poorly ventilated areas. Just one lungful is enough to infect an older adult. (This information was mentioned in the NYT twice, but there isn't a paper on it yet).
- Ventilation is important. Even opening your window a crack will help to break up the small particles of airborne virus. Air purifiers with HEPA filters and UV lights will also help reduce airborne virus. Modern ventilation systems have these features, but building ventilation isn't commonly discussed. Professor Linsey C. Marr has written extensively on this topic.

So, what did I do during the quarantine? Read four newspapers daily and listened to Governor Cuomo and Dr. Shah. Tried to absorb as much as I could.

Also, one day my husband Tom said, "Shall we take the dog for a W-A-L-K?" She jumped up and started shaking with excitement. So, during the COVID-19 quarantine, we taught our dog to spell.

Halloween drive thru

The COVID 19 pandemic has caused us to rethink many of the normal practices, activities, and events. Town staff and our partners have rethought the traditional Halloween activities to keep everyone safe while maintaining the fun of the holiday. This year, our Parks and Recreation Department will be hosting a Halloween Drive Thru event where trick or treaters and their chaperones can enjoy some Halloween sights and treats. Families can register in 15 minute windows at kennebunkportrec.com, and they will be given a time to arrive at the

Arundel Road entrance to Gravelly Brook Road. The traffic pattern will be from Stone Road to Arundel Road.

Once they have checked in, they will drive by eight spooky and entertaining treat spots hosted by community members. Each site will include a theme and costumed hosts to safely hand out treats while families stay safely in their vehicles.

Don't miss out on October 31, as this is sure to be a COVID activity to remember.

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Hope

from page 3

how we may prepare for self-care or evacuation to another location during extreme weather events. With the COVID-19 virus, normal shelter locations may be limited or nonexistent. Each household should get themselves ready to shelter in-place or be ready to spend several nights away with family or friends. Family members should assist in preparing those that may be alone. Here are some items you may need.

- Alternate safe heating source.
- Medicines for you and pets for two weeks.
- Food and water for three to four days.
- Extra blankets and clothing.
- Personal essential items.
- Safety items such as hand sanitizer, disposable face coverings, gloves, personal hygiene wipes, flashlights.
- Weather radio.
- Cell phone charger.
- Extra money.
- Another location for you to go in short notice.

I have noticed during power outages that folks will call the police station and ask some of the following:

- Why is the power out?
- When is the power coming back on?
- My generator is not running. Why?
- My generator ran out of fuel. What should I do?

All of these questions cannot be answered by the police. The power companies do not tell us the answer to these questions. Your call also puts an unnecessary strain on the emergency service system. Please take the time now to call your service providers about fuel deliveries and service to power generators. Get ready now so when the time comes, you and your family members will be safe and secure.

I hope each of you will be blessed with health, happiness, and the passion of positivity. I am frequently told that I am not the most positive person. This is true, but I must also say I need to have the ability to see a problem coming in hopes to avoid it. I do have the ability to wish the best for each of you as we all move to an uncertain future. We are no different than our families before us. We must be strong, look for the good, and strive to grow as we fight to improve the world for tomorrow. We all play an important part. We all need each other's support. We all need each other's respect.

How to Protect Yourself and Others

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Limit contact with others as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

Cover your mouth and nose with a mask when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a mask in public settings** and when around people not living in their household, especially when social distancing is difficult to maintain.
 - » Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The mask is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others.** The mask is not a substitute for social distancing.

Cover coughs and sneezes



- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here.](https://www.epa.gov/pesticide-registration/epa-registered-household-disinfectants)



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cdc.gov/coronavirus

cdc.gov/coronavirus

What Happens if I Have Contact with a COVID-19 Case?

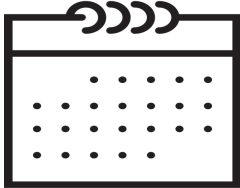


I THINK I had contact with a COVID-19 case. What now?

If you had contact with someone who you think has COVID-19:

You should:

- Monitor yourself for symptoms for 14 days.
- Contact a healthcare provider if symptoms develop.
- Quarantine is not recommended.
- Maine CDC will contact you if you are identified as a close contact of a COVID-19 case.



I AM a close contact of a COVID-19 case. What now?

If you had close contact (within 6 feet for 15 minutes or more) with a COVID-19 case:

- Quarantine at home for 14 days after last exposure.
- Take your temperature 2x per day.
- Monitor for fever, cough, or difficulty breathing.
- Contact a healthcare provider if symptoms develop.
- If you live with your close contact, you must stay in quarantine until 14 days after they are released from isolation.



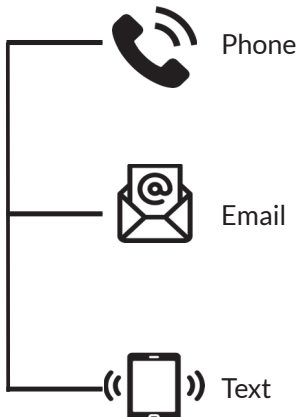
Will Maine CDC contact me if I am a close contact?

To slow the spread of disease, Maine CDC contact tracers will reach out to you to inform you that you are a close contact of a COVID-19 case and to enroll you in a new self-monitoring system called SARA Alert™.

The SARA Alert™ System:

- Allows exposed individuals to self-monitor and report any symptoms.
- Always maintains privacy.

You can choose between three methods of SARA Alert™ communication:



WHO IS THAT MASKED MAN?

It's Patrick Dempsey, reminding you that wearing a mask is not only required in Maine, but helps keep us all safe



WE ARE ALL IN THIS TOGETHER!
WE WEAR A MASK FOR YOUR SAFETY. PLEASE WEAR ONE FOR OURS.



THE KENNEBUNKPORT PROMISE
WE'RE WORKING HARD TO KEEP OUR TOWN A SAFE PLACE TO STAY AND PLAY



For more information visit: www.maine.gov/dhhs/coronavirus