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FRIDAY, MAY 24, 2019

Intentionally creative

BY CYNTHIA MATTHEWS

Have you ever really taken the time to listen to your soul, to what your inner voice is telling you? Larissa Davis, of Hiram, experienced this when faced with two big losses in her life – her job was eliminated, and her oldest son went to college. “It shook me up,” she said. Two things that she identified strongly with, that identified her, who she was and what she was doing with her life – her job as a graphic designer, and her role as a mother. “Things are going to change,” she thought. She decided to do some-

thing about it, but maybe not in the way that you might think. Rather than seeking ways to fill this gap or hole in her life, Davis made a pledge to find deeper meaning in her life, to look within, to wait and listen to her inner voice and for inner guidance. What she heard was, “I have to get back to painting.”

Though Davis had worked as a graphic designer, she never finished her art degree. She found her art supplies and wondered how to start. She also tried to meditate. She found that it really centered her, and she began to draw, then paint,

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Larissa Davis in her Soul Path Art studio with two of her paintings.

PHOTO BY CYNTHIA MATTHEWS

LOOKING BACK

Sprague City

BY ALLISON WILLIAMS

Where Sprague City was located, and why, was discussed by Bruce Tucker during the recent Alfred Historical Society meeting. It wasn't a mythical location, like Lil Abner's Dogpatch, but situated on the extension of Alfred's Gore Road on the Shapleigh-Newfield town line. Just after the Revolutionary War the veterans were eager to obtain land on which to settle; Nathaniel Kent, a blind man born in Ipswich, Massachusetts with no official permission, arrived and began to clear land, and eventually was given 39 acres, four times what he had cleared, an apparent concession to his blindness. He married and raised at least 8 children. His extended family arrived, relatives of his wife, Thankful Poland. The family numbers increased.

The land was not actually what someone intent on farming would have selected. The soil was poor and crisscrossed by streams. One of the apparent grandsons (son of Hugh Sprague and Thankful Kent Sprague) helped to populate the neighborhood, with eleven children, eight of them boys. Hugh Sprague ran up debts so deeded his land to his wife. Towns were not eager to make female heads of households homeless, putting them on the pauper rolls to be supported by the town. So the Spragues stayed on their land. They could hunt and fish. But there was another means of support. They could make baskets.

The best material seemed to be brown ash saplings, to be pounded along the growth rings until

(Continued on page 4)



Lou Polianites enjoys his property on the shores of Mirror Lake, formerly Turner Pond in Newfield.

PHOTO BY C.J. PIKE

LOOKING BACK

Mirror Lake

BY C.J. PIKE

Mirror Lake in West Newfield has been around for over 200 years, and is now a popular spot for year round residents and summer people who own cottages there. They all enjoy fishing and water activities, in the quiet area which is just off the main road.

According to Ruth Ayers' *Early Families of Newfield*, Starbird Turner, his wife Olive Davis and a young daughter settled in the area back in 1785 on what was then Turner Pond. Many of the early settlers came here from the American Revolution, according to the town's history, and Turner was one of them. There are several variations of Turner's first name: Stabert, Starboard, and Starbard.

At that time, the entire area (town) was known as Washington Plantation, and it was not until Feb. 26, 1794, when it was re-named as the Town of Newfield.

Turner's daughter died at a young age, but they stayed for about 14 years, and had 6 other children. In March of 1799 they sold the property to Benjamin Foor and Elizabeth Davis. Turner moved to Rome, Maine when he left Newfield, and died there in 1838.

No deeds were found to him as grantee at the time that he sold the land to Foor and Davis, and no exact location site of the home. However, the pond is on the 1856 map, as well as the 1872 map. There were several names that appeared in that area on the 1853 map and even more on the 1872

(Continued on page 4)



A group effort

American Legion Whites-Tibbetts Post 55, Massebesic boys lacrosse and the Maine Life Gate Church members recently worked together to help clean three miles of Route 5 in Limerick. COURTESY PHOTO

COMMUNITY CALENDAR



THE CASCO BAY TUMMLERS Friday, May 24 at 7:30 p.m. at the Saco River Theatre, 29 Salmon Falls Road, Bar Mills. Tickets: General Admission \$20, Seniors & Students \$18. Reservations call 929-6472 or www.sacorivertheatre.org.

SUPER YARD/BARN/GARAGE SALE Saturday, May 25, 10-3, at 19th Century Curran Village at Newfield, formerly Willowbrook, to benefit museum. 50 plus years of accumulation and non-museum collection items: doors, lumber, other architectural, maintenance items, horse carriages, sled, organs, antique plumbing, furniture, vintage household, and many other items. 70 Elm St., Newfield.

SPECIAL OLYMPICS BOTTLE DRIVE Saturday, May 25 from 10 a.m. to 3 p.m. at Blast From the Past, 114 Sokokis Trail, East Waterboro. Come out and support our Massabesic & alumni Special Olympics athletes. Sponsored by Spedmoms I.O.V.E. 'Let our voices echo'

MEMORIAL DAY CEREMONY, Sunday, May 26 at 11 a.m. at the Veteran's Memorial at the Fire Station, Limerick Road, Arundel. Hosted by the Arundel Historical Society.



HIROYA Saturday, June 1 at 7:30 p.m., Saco River Theatre, 29 Salmon Falls Road, Bar Mills. Tickets are General Admission \$25, Seniors & Students \$22. Reservations: 929-6472 or www.sacorivertheatre.org. Hiroya Tsukamoto is a one-of-a-kind composer, guitarist and singer-songwriter. He has been leading concerts internationally, including several appearances at Blue Note

in New York City. Hiroya has performed, recorded and shared the stage with Esperanza Spalding, The Kennedys, Joe Jencks (Brother Sun), and many others. In 2018, Hiroya won 2nd place in International Finger Style Guitar Championship.

BOOKED FOR LUNCH is a lunch-time book group at the Waterboro Public Library, 187 Main St., East Waterboro, that meets on the first Wednesday of each month from 12 to 1 p.m. Bring your lunch and join us on June 5 to talk about *Small Great Things* by Jodi Picoult. Copies are available at the library. Registration not required.



APRIL VERCH Friday, June 7 at 7:30 p.m., Saco River Theatre, 29 Salmon Falls Road, Bar Mills. Tickets are General Admission \$30, Seniors & Students \$25. Reservations: 929-6472 or www.sacorivertheatre.org. Fiddler, singer, and stepdancer April Verch knows how relevant an old tune can be. She was raised surrounded by living, breathing roots music—her father's country band rehearsing; the lively music at church and at community dances; the tunes she rocked out to win fiddle competitions. She thought every little girl learned to stepdance at the age of three and fiddle at the age of six. She knew nothing else and decid-

ed early on that she wanted to be a professional musician.

"BEFORE AND AFTER" SLIDE SHOW with photos of Waterboro's past compared with their present day view will be shown at the June 6th meeting of the Waterborough Historical Society. It begins at 7 p.m. at the Grange Hall, 31 West Road, South Waterboro. Historical commentary, with audience participation invited, will be supplied by Jim Carll. The public is invited, and refreshments will be served. For more information, call 247-5878.

BENEFIT DINNER & AUCTION For Emily King. **SATURDAY, JUNE 8** at Crossroads United Methodist Church in Sanford. Pasta Dinner at 3 p.m., Auction at 7 p.m. Bright, Spunky and Resilient Miss Emily has been conquering diagnosis from the day she was born. Now her and her family need your support as she was recently diagnosed with ILS (Interstitial Lung Disease) and has recently had a Lung Transplant. Let's keep them healing together as she recovers from her Lung Transplant on April 30 at Boston Children's Hospital. Donation is \$8/person. The church is located at 15 Grammar Road, Sanford (across from North Country Tractor). To pre-purchase your tickets call 206-2808.

SENIOR THEATRE AUDITIONS for their August production will be held June 11 from 11 AM-1 PM and June 13 from 6:30 to 8 p.m. at the Nason Theatre in Springvale. Looking for both men and women. Also needed are volunteers for several different openings in the theatre during rehears-

EMAIL

NEWS@WATERBOROREPORTER.COM

als as well as the shows. If you've always wanted to be part of "The Thea-tah," now is the time! F.M.I. marya.troopstair@gmail.com or our FACEBOOK page.....Sanford Maine Stage.


YORK COUNTY REPUBLICAN MEETING Note change in day and location for this meeting only. The York County Republican Committee (YCRC) monthly meeting will be held at the Oak Street Bistro, 3 Oak Street, Alfred, on Wednesday, June 12. Members are encouraged to come at 6 p.m. for socializing and to eat on their own. YCRC meeting begins at 7 p.m. Guest Speakers will be from the Maine Heritage Policy Center. Michael Quatrano, Director of Civic Engagement, will discuss the importance of "Grassroots Advocacy" and his role in providing information and opportunities for voters to be heard. Adam Crepeau, Policy Director, will detail "How MHPC Advocates for the People of Maine" and his activities in providing research and testimony for Committee Hearings on critical bills in this session. The legislative schedule permitting, legislators from both houses of the Maine Legislature will be on hand to inform about legislation currently being considered and to answer questions. All Republicans are invited to participate in this meeting. Contact communications@yorkgop.org or 468-2395 for more info.

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Saturday, June 1 from 2-4pm
Meet and greet with Meghan Dube, Founder of Dirigo Therapeutic Movement, and learn about Summer class offerings at the Wellness Center at Peck's Family Acupuncture.

STRETCH IT OUT: This low impact stretch class is designed for adults of all ages. Learn to improve your quality of life! *Wednesdays beginning July 10 from 10-10:45am or 6-6:45pm.*

A CHANCE TO DANCE: This individualized therapeutic movement program is designed for people of all ages and abilities with Autism and other special needs. Participants will become aware of how their bodies move and will develop skills useful for a variety of physical activities. Visual aids and PECS are utilized. Individual 30 minute classes available *Wednesdays beginning July 10 from 3-6pm.*

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NEWFIELD

C.J. Pike

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793-8760

MIRROR LAKE

(Continued from page 1)

map; but it is hard to determine the exact site of his property.

Turner Pond's name was changed to Mirror Pond apparently by Will Davis, his wife's brother, or boarders at Mirror Lake Farm. It is said that the pond used to be very clear, that is how the name came about.

Lou and Gayle Polianites purchased a piece of property on the lake in 1985 and in 2004, when he retired, they moved there permanently. According to him, there are about 37 year round and seasonal cottages on the lake at this time; and there is no public access to the lake.

Mirror Lake is 32 acres with a maximum depth of 14-18 feet. Some of the warm water species of fish that have been caught in the lake are small mouth bass, sun fish, pickerel, yellow perch, and minnows.

Round Pond, a small 3-acre pond is directly behind Mirror Lake and reportedly has only pickerel in it; it has a maximum depth of 16 feet. However, It is not on the 1872 map.

There are several lakes and

ponds in Newfield, which are all probably open to ice fishing, and other water sports. So, I wonder if the early settlers enjoyed this sportsman's paradise, as much as the locals do now.

Kudos to EMS!

This is EMS (Emergency Medical Services) week and speaking for the residents of Newfield, we would like to give a big shout out to the Newfield Rescue Squad and the Limerick Rescue Squad for their dedication to the communities that they serve. Thank you for all that you do.

Lunch Bunch off to Rochester

The Newfield Lunch Bunch will be going to the Dynasty Restaurant at 24 Signal Street in Rochester, New Hampshire on Thursday, May 30. They will meet between 11-11:30 a.m. For more information or a ride, contact Janet Colwell at 793-8848.

Meetings

Newfield Firefighters training session - May 28, at the Public Safety Building at 85 Water Street in West Newfield at 7 p.m.

Tea Time - May 29, at the Newfield Village Library at 637 Water Street at 3 p.m.

Boy Scout Troop #329 - May 29, at the Brick Town Hall, at 19 Main Street in Limerick at 6:30 p.m. Jim Dion is the Scoutmaster. Call Joe Iannazzo at 850-6237.

ALFRED

Allison Williams

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324-5823

SPRAGUE CITY

(Continued from page 1)

the wood separated. Pounding out splints wasn't an easy task but may have been considered easier than some other occupations. The materials were free and easy to obtain. The finished product could be peddled to farmers (until recently Aroostook potato farmers used this type of basket when picking potatoes) and housewives. One member of the tribe even claimed he was descended from an Indian princess, hence the skill at the basket making for which the Indians were famous.

Sprague City was isolated enough that a trip there was an adventure for sportsmen or Sunday drivers. Being near the New Hampshire border where prohibition wasn't the law of the land was an asset for Sprague City dwellers. Alcohol became an easier sell for them. A prominent member of the community, foreman of a basket making shop, in 1916 was arrested and lost 21 bottles of whiskey, plus a gallon jug and 48 quarts of ale. He paid his fine and continued his trade.

Rapid industrialization sparked a more progressive society. Laws were passed restricting hunting and fishing, which rural families depended upon. Social worker Laura Trafton took her job seriously. She stated living conditions in Sprague City revolting and almost beyond belief. "The settlement of 15 huts was of the most dilapidated and dirty description, interiors were a bed of filth, the furniture was boxes. There were no dishes, food was devoured" without benefit of knife and fork.



Pork pies? They are still being made but probably not using this equipment. A pork pie maker and a sausage maker are both on display with recipes in the Alfred Village Museum, now open on Wednesdays and Saturdays. PHOTO BY ALLISON WILLIAMS

"Selectmen were confident that further action "could be expected to eliminate the wretched conditions which had existed so long."

But there was no need. About 26 of the 50 residents packed up and left. Social Worker Laura Trafton got custody of an 11 year old; and "six children were seized so far and more likely." A resident described Sprague City as "the smallest and most poverty stricken community in the state of Maine. There are eleven houses in the town, and they are worth nothing at all because we can't sell them."

This was the last meeting of the Alfred Historical Society until fall.

New Century Club looks back

This is the year when the New Century Club traces the major events which have occurred since the club was formed. Al Carlson spoke on those since 1964, which he had spoken of in his last talk. A sampling included the death of Winston Churchill, in 1965; the popular "Sound of Music and LBJ sending 50,000 troops to Vietnam . In 1970 there was the Kent State shooting and Nixon's resignation in 1974.

In 1986 the Challenger exploded and a year later the Stock Market crashed. Desert Storm created headlines in 1991 and in 2004 Hurricane Katrina took everyone by surprise. In 2013 it was the Boston Marathon. A competition during the talk ensued about the naming of the vice-presidents who ran for office; Jim and John were the most often heard.

During the business meeting election of officers was held. Alix

Golden was elected president; Harland Eastman, vice-president, Jim Boyle treasurer and Marjorie Anderson, secretary. Alfred Carlson will take care of publicity and brochure, Alix Golden and Barbara Carson, book committee. A lively discussion was held about the need to establish criteria for the scholarship award and the possibility of a fund-raising effort was mentioned but no decision was reached. Regret was expressed on the death of valued member Joyce Krahlung. The next meeting will be the picnic at the Carlson's on Aug. 12.

Village museum opens

Attendance was scanty when the Alfred Village Museum opened this past Sunday afternoon. This year's theme is "Alfred Businesses, Commercial and Domestic." An array of tools from past generations was on display, with many photos, also the large replica of the Shepherd-Morse Lumber Mill; one of Hat Shaw's famous advertised products (Brazilian Silver Polish which was actually sand in a small can); a pork pie maker with recipes and a sausage maker. A stick mannequin sat at the sewing machine and many scenes of Alfred in the 1800's were on display.

For those who were hungry there was hand-cranked ice cream (strawberry and ginger produced by Almon) and fruit squares. The children enjoyed the marble tower. The museum will be open Wednesdays and Saturdays from 1 to 4 except on holidays. Letters are being sent to local historical societies about the museum. If large groups are interested for other times they should call 324-5823.



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SPORTS

SOFTBALL

Seniors have their night

By MICHAEL DEANGELIS
Sports Editor
news@waterbororeporter.com

Each of the seven Massabesic seniors had at least one hit, and Kaitlyn Shaw fanned eight and gave up just one run, to help pace a 21-1 rout of Falmouth on Wednesday, May 22.

Head coach Kevin Tutt watched seven seniors graduate last year in what was a 12-4 regular season. This year, he'll say goodbye to seven more and have a chance to match last year's mark if they can win their last two contests.

"Today was a great day for our seniors, we've scuffled a bit lately, hit some balls hard right at people, but we're looking for a strong finish," said Tutt.

The Mustangs got two in the first, five in the second, six in the third and eight in the fourth. The Yachtsmen managed just one hit

and one run off Shaw, which came in the fourth.

The seniors led the way: Grace Tutt had four hits and scored four times; Zoey DeAngelis had three hits and drove in three runs; Paige Houk had two hits, walked twice, scored four times and drove in a run; Marissa Goodwin had two hits and drove in three runs; Emily Davison had two hits and scored twice; Ally Grant had a hit and scored a run and Shaw had a hit and reached base twice.

The juniors joined in too: Emily Morin drove in four and scored four times; Julia Gregoire had three hits – including a homer – and drove in four runs.

Massabesic banged out 21 hits.

* * *

On Tuesday, May 21 the Mustangs got a run in the bottom of the seventh on a bases loaded walk from Emily Morin to slip by visiting Cheverus 8-7.

Cheverus got two in the top of the first, but the Mustangs

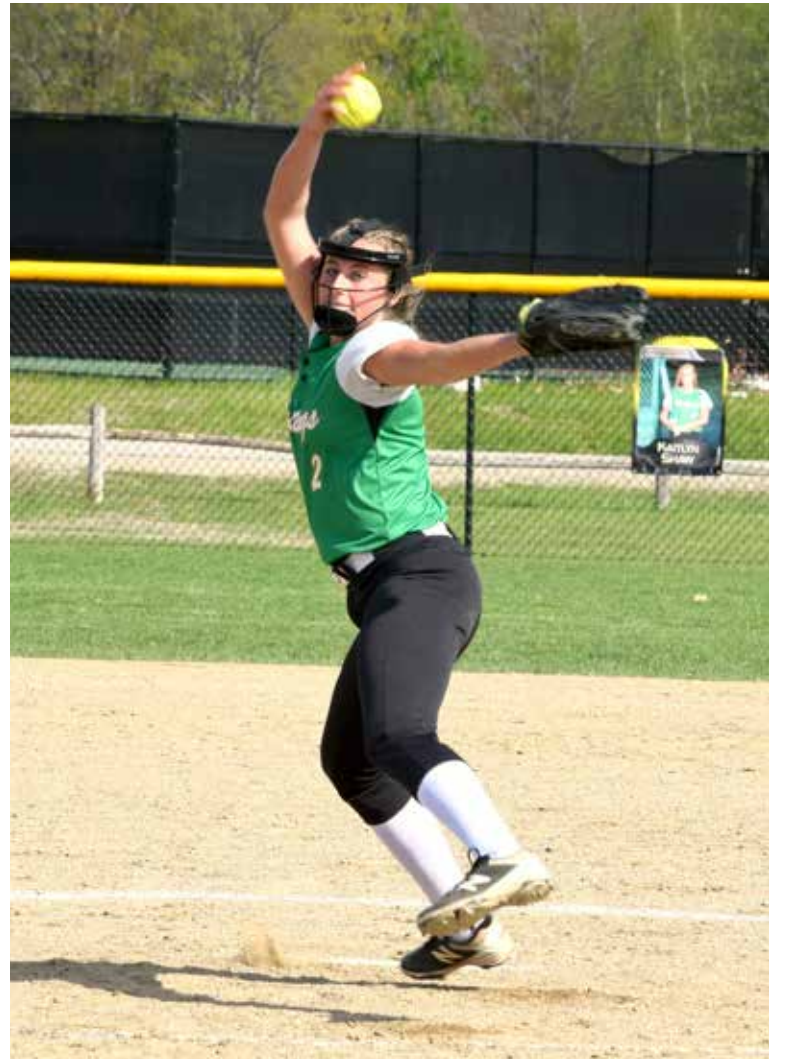
went ahead 6-2 after two innings. Grace Tutt scored in the first without the benefit of a hit and Massabesic got something going in the second.

Lauren Kiss started it with a leadoff single and Emily Davison followed with a walk. With one out Ashley Day singled home Kiss to tie it 2-2 and keep two on base. Zoey DeAngelis walked to load the bases and Tutt blasted the first-ever grand slam on the two year-old diamond at MHS.

Cheverus chipped away at the lead with two in the top of third and they moved ahead 7-6 with a three-run fifth.

Davison walked to open the bottom of the fifth and she moved up to second on a wild pitch. With one down Ashley Day delivered Davison with a gap shot double tying the score at 7-7 and setting the stage for Morin's walk-off-walk.

Tutt went the distance for the win, striking out 10.



Kaitlyn Shaw pitching for Massabesic on May 22.

PHOTOS BY KERRY DEANGELIS

TRACK & FIELD

Noble hosts annual county track meet

Syria New blew the field away in the 100-meter-hurdles by nearly one-half second with a 16.48, her best finish in the event ever, and she chipped in with two more podium finishes later in the day at the annual York County Track and Field Championships held Saturday, May 18.

The lady Mustangs settled for a fifth place finish at the eight team event and New was a huge part of that with three medals. Kylie Bedard from Thornton Academy edged New in the 300-hurdles, and Katherine Page of Marshwood slipped past New in the 200-meter dash leaving New with a gold and two silvers on the day.

Kylie Johnson was solid in her two individual events finishing third in a tight 3200-meter field that saw the top three spots separated by just ten seconds. Johnson also settled for bronze in the 1600, won by rising star Delaney Hessler (5:25.67) of Bonny Eagle.

The Mustangs men finished last in the eight-team event, but they came away with the silver medal in the 4 X 100-meter-relay and they took the gold with a 8:39.39, which was more than seven seconds better than second place Kennebunk, in the 4 X 800. Matthew Pooler took home the bronze in the 800.



Massabesic softball seniors, from left, Marissa Goodwin, Paige Houk, Kaitlyn Shaw, Ally Grant, Emily Davison, Zoey DeAngelis and Grace Tutt preparing for their last regular season home game.

LACROSSE

LAX ladies drop two

Massabesic's varsity girls' lacrosse team suffered a pair of 10-9 losses in back-to-contests, moving their record to 7-2 with the regular season winding down.

On May 16 visiting Windham fell behind the Mustangs 5-2 at halftime, but they poured in three consecutive goals in a 67 second stretch in the middle of the second half to help move them ahead 10-8.

Skylar Reanud, who finished with a hat trick, cut the score to 10-9 with four minutes left in regulation, but the hosts couldn't tie it and Windham (9-0) remained

unbeaten in Class A North. Kenzy Ouellette had a hat trick in the loss and Cailyn Forrester scored twice.

Cape Elizabeth (7-2) topped the visiting Mustangs 10-9 on Monday, May 20 despite four goals from Kenzy Ouellette.

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SHAPLEIGH

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Town Clerk honored

May 5-11 was the 50th Anniversary of Municipal Clerks Week. Maine Town and City Clerks Association Public Relations Committee featured a Clerk, Deputy Clerk or Assistant Clerk from each of the 16 counties during the week long celebration.

Joanne Rankin, Shapleigh Town Clerk and representing York County, was featured for the excellent work that she does. When she learned of being chosen by the MTCCA she said she was "speechless and humbled." Rankin has been the Town Clerk for 34 years.

Her favorite part of the job is interacting with customers, some



Shapleigh's Town Clerk Joanne Rankin was recently honored during Municipal Clerks Week. PHOTO BY JOANNE BARGIONI

of whom she has known for several years, welcoming new res-

idents and returning seasonal customers. Currently she is preparing for the Regional School Unit #57 Budget Meeting and Referendum. Her best advice to other Clerks is regardless of the number of years you have held your position, take advantage of the many training opportunities offered by the MTCCA. You gain a continuing resource for procedures, new laws, ideas and suggestions that benefit yourself and most of all your community.

ASHS announces scholarship recipient

This year's recipient of the \$500 Acton-Shapleigh Historical Society's Scholarship Award is Grace Parello. Grace is the daughter of Mr. and Mrs. Steve Parello of Shapleigh. Grace will be attending Hofstra University in New York in the fall and her major will be in Health Sciences. Congratulations Grace!

Obituaries



Romona Butler

The family of Romona Butler (Wallingford, Jackson, Whitford) 67, of Cherryfield, Maine announces her passing on Tuesday, Feb. 13, 2019, from smoking related health issues.



Romona Butler

Mona was born in Waterboro on Aug. 12, 1951 to Norman and Hattie (Littlefield) Wallingford and was a fiercely independent woman with a feisty demeanor.

She worked as a laborer all of her life. Of all the jobs she had, she enjoyed wreath making the most and was proud to make Christmas wreaths for her family every holiday season.

Although she lived a life of modest means, she was a generous woman who was at her best when helping others in need. She was quite sensible and, would say that she, "knew how to stretch a nickel". She had many friends and spoke of the kind things they did for her, or how she was able to return the favors. She was known for her sweet tooth and loved making no-bake cookies and whoopie pies. Her homemade biscuits were a longed for

treat by her children. She enjoyed playing bingo and would revel in the stories of the times she, or her friends, had won. Often seen with a cup of coffee in one hand and a cigarette in the other, her laughter was a familiar sound.

Mona was predeceased by both parents, her three brothers James, Walter, and Hosea Wallingford, and her sister Irma Sprague. Mona will be lovingly remembered by her only surviving sibling Robin Sprague, of Acton. She said she only ever wanted to be the mother of four children, and so she leaves behind Samantha Jackson of California, Candyce Testa of Mashantucket, Connecticut, Roger Whitford III of Harrington, and Brandye Brooks of Sanford. Her pride and joys were her grandchildren Monte Woods, Zachary King, Christopher Brooks, and Sierra King; and great-grandchildren, Taya, Takarie and Londyn Woods.

Mona requested that a party be held for her in lieu of a funeral. Enough time has passed that her friends and family can now gather to honor her life the way she wanted, with joy. The celebration of life will be held on June 8 at 1 p.m. at 1489 Milton Mills Road, Acton. Memorial flowers appreciated.

SOUL PATH ART

(Continued from page 1)

every day. Intentional painting, like yoga, is a type of active meditation, focusing on the energy behind the art. She also began to journal, setting an intention, and then writing about it, often 'writing' on the canvas. She explored how to improve her life, "I could do..." she thought, "but..." What were the obstacles that were holding her back from doing the things she wanted? She discovered that it was herself! "Sooner or later, we all come up against fear," she said. "We tend to fear what we don't want, and we focus on that fear." Davis quoted Abraham Hicks, "Worrying is using your imagination to create something you don't want." Davis replied, "I learned that I needed to train my mind to what I desire, and forget

about the fear." And now? "I am more of me than I ever have been before."

Davis discovered 'Intentional Creativity' and became certified as a Creatively Fit Coach and started her own business called Soul Path Art. "Intentional Creativity is a way to manifest your desire," said Davis. "Art becomes a tool, connecting you to your inner guidance, finding your path and your purpose, and dreaming it into what you want." She continued, "Because we are so focused when we create, creativity is an ideal medium for planting the seed of our desire and manifesting it into being." She added, "To manifest is to bring something into being. To manifest is to create!" It is those deeper desires that are the soul path.

"It's amazing how much we can learn simply by being present,

aware, and awake to the messages of all that is around us," said Davis. According to Davis, finding our soul path is our birthright. It is why we are here. And there are many ways to discover it - it's about personal growth. "I'm not going to tell you what to do," she continued. "I'm here to give you the tools to discover your own guidance."

Davis offers weekend retreats, in person and online workshops and one-on-one coaching, in addition to posting videos, blogs and emails through her Soul Path Network Facebook Group, guiding people through warmups, visualizations, meditations and intentional creativity, quieting the inner critic, releasing old stories, breaking through barriers and building right-brain power. "These tools are for everyone," she continued, adding that one does not need to be creative, artistic, or even be able to draw a straight line to have fun and benefit from this experience. "What's within us is unfathomable, like the universe," she said.

Stop by, view and experience Davis' artwork at Gallery 302 on 112 Main Street in Bridgton. Open Thursday, Friday and Sunday from 11 a.m.-3 p.m. and Saturday from 10 a.m.-4 p.m. now through June 14. If you miss the show in Bridgton, here are some other locations where you can find Davis this summer: Belfast Art in the Park, July 6-7; Bridgton Art in the Park, July 20; South Portland Art in the Park, Aug. 10; Brunswick Outdoor Art Festival, Aug. 17; and this fall at the Freeport Fall Festival, Oct. 4-6.

If you are interested in learning more about your own soul path, or intentional creativity, contact Davis at larissa@larissadavis.com.

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