

The Cape Courier

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First American to win TD Beach to Beacon 10K race is from Maine



Photo by Kevin Morris

Ben True, a native of North Yarmouth, wins the TD Beach to Beacon 10K in 28:17. True now lives in West Lebanon, N.H.

By Kevin St. Jarre

Maine native Ben True became the first American to win the TD Beach to Beacon 10K and Mary Keitany of Kenya set a new course record in the women's race on Saturday in the 19th edition of the iconic summer event.

The world-class athletes were among 6,332 runners from 15 countries, 43 states and more than 265 Maine cities and towns who finished the winding, rolling, often breathtaking 6.2-mile coastal course under partly cloudy and increasingly humid conditions. A light sea breeze was welcomed

by the runners, along with the enthusiasm and cheers from thousands of spectators who lined the course and filled the bleachers, which were located for the first time on both sides of the finish area.

According to race results website coolrunning.com, the first Cape Elizabeth residents to finish were Liam Simpson among the men, and Christine Capobianco, for the women.

In the Senior Division, Pete Bottomley of Cape Elizabeth won for the men, while

—see TD BEACH TO BEACON, page 14



Photo by Joanne Lee

Mary Keitany of Kenya shattered the women's course record, coming in at 30:45, shaving 14 seconds off the old mark from 2010.

Cape to be home to first youth triathlon in southern Maine; event planned Oct. 2

By Wendy Keeler

After October, athletes beyond the 04107 border may know Cape Elizabeth as home to more than just the TD Beach to Beacon 10K. If organizers of the first Tri for the Sea have their way, athletes – especially younger ones – may know Cape as the site of southern Maine's first youth triathlon.

Tri for a Cure, set for Sunday, Oct. 7, and open to runners between the ages of 7 and 15, will take place on the Cape Elizabeth school campus and in surrounding neighborhoods.

"We're really excited. Everything is falling into place, and we think this has the potential to become a big annual event," said Cape Elizabeth Community Services youth program coordinator Leslie Young.

Young came up with the idea for a youth triathlon three years ago and has spent the past seven months organizing the event with a volunteer committee.

The triathlon will begin at 9 a.m. and will include two age divisions: one for 7 to 10-year-olds and one for 11- to 15-year-olds. The younger group will swim 75 yards, bike 1.5 miles and run three-quarters of a mile. Older children will swim 175 yards, bike six miles and run a mile and a quarter.

Athletes will swim in the Donald L.

Richards Community Pool. A transition area will be set up in the first parking lot after the entrance to Cape Elizabeth High School. The bike course, a loop extending just beyond the campus, will start and end at the transition area. The run will be entirely on the school campus, with a finish at the Keith R. Weatherbie Track Field.

Cape Elizabeth resident and chiropractor Zev Myerowitz, who is co-chairing the event with resident Andie Mahoney, did all of the course mapping.

"To construct the course, we evaluated the recommended race distances and looked at a variety of different options evaluating things like course safety, event logistics and race flow," Myerowitz said. "We placed a high emphasis on minimizing time outside of school campus, but for the bike leg that is unavoidable, so we minimized time on Route 77 and created right-turn-only courses with no turns occurring at the bottom of a hill."

A triathlon, a noncontact sport, is considered one of the safest sports in youth athletics, Myerowitz said, adding that event organizers are taking steps to make it as

—see TRI FOR THE SEA, page 12



Photo by Kevin St. Jarre

Basil DiBenedetto pitches while Ian Campbell bats and Christopher Campbell catches during a warm summer evening on Cliff House Beach.



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Coach Veilleux a positive influence on many

Throughout my freshman and sophomore years of high school, I had never been an exceptional athlete. But Cape Elizabeth High School's cross country coach, Derek Veilleux, saw potential in me that neither I, nor anyone else, had ever noticed.

At Derek's suggestion, I went out for the cross-country team my junior year, and because of him, I built the confidence and work ethic, beyond just the running skill, that would win me individual state championships in track and cross country, and would propel me to my current career as an NCAA athlete.

Derek's influence has changed my life, and my story is no special case. I am just one in a long line of Derek's success stories.

Robby Hall, now a member of the national champion Syracuse cross country team, told me, "I wasn't that good, my mile time was 7:05 in 6th grade, but by 7th grade, after running for Derek, it was 5:20. He sees potential in people that they don't see. I don't think I would have kept going if I didn't run for him."

Derek's influence on his athletes extends far beyond the race course.

Peter Doane, who is now a firefighter and EMT with the Cape Elizabeth Fire Department, told me, "As a runner, Derek taught me the value of dedication and a strong work ethic. The lessons he taught me continue to benefit me every day as I serve my community."

"What Derek taught me then, 3 years ago, helped make me what I am today," said Julian Pelzer, who is now a Private in the United States Marine Corps. "He helped me develop a mental strength to push through the toughest times."

"Derek's impact on CEHS cross country and our lives will not be forgotten. I credit Derek—and owe him infinite thanks—for helping me become the runner and person that I am today. I don't think his shoes could ever be filled," said Liam Simpson, now a member of the

Williams College cross country and track teams.

With Derek's departure from the Cape Elizabeth cross country program, we, Derek's former athletes, would like to offer him our sincerest thanks for his guidance over the years.

Mitch Morris

Tara Bucci

Amphitheater not a priority

An amphitheatre in Fort Williams Park? Since this proposal departs from the Park's most recent (2011) master plan update, this is the first time the community at large has been invited to review and weigh in on it.

Originally envisioned as a potential revenue generator, that is no longer an objective of this proposal, as further study undermined that notion. In fact, if approved as proposed, it is likely none of the construction cost – at more than \$1000 per seat – will ever be recovered, and any net revenue it might generate may not even fully offset the added maintenance expense it presents.

It was also originally pitched to Town Council as a project that could be funded, in part or in full, with donations. This idea, it appears, has also been discarded or not pursued in favor of moving the project swiftly forward.

Yes, the nearly half million dollars to pay for this project sit in reserve, accrued over several years by not spending on other improvements. But Town Council needs to approve the use of these dollars. They could be used for other capital improvements in the Park.

I served on FWAC when this proposal was conceived and developed. The bleachers were a priority because of mounting safety concerns around their deteriorating condition. Those concerns were addressed with their demolition. There is no urgent issue or objective – no demonstrated need, no public outcry, no marketing study to indicate it should also be a priority to build anything new in their place.

What's the hurry? Why not let the dust clear after the Children's Garden is complete, see what the area looks like and how it's being used? Then reassess. For now, let's tackle real needs in the Park.

Lise Pratt

of many thousands of Maine citizens with cancer.

Thank you again to Kettle Cove Creamery for supporting local community members like myself and fundraising efforts for the Maine Cancer Foundation's Tri for a Cure.

Support for Sen. Millett's re-election

Please join us in supporting Rebecca Millett for re-election as our State Senator. Having served two terms as our Senator, Rebecca has a strong record of effectively advocating for our community whether it's getting the state to increase its share of funding the cost of education, pushing for the release of the Land for Maine's Future bonds, or increasing the state college grant for Maine's students.

Rebecca is well respected for how she digs deep into issues, builds legislative coalitions and successfully gets bills passed. We have the opportunity in Senator Millett to be represented by a senior legislator with a depth of experience and relationships critical to providing Cape Elizabeth with a strong voice in Augusta.

Deborah and Mark Stone

Vote and save America from Trump

I wanted to give a shout out to Scott Clark who had the courage first to resign from the Republican party and second to write you about it.

Now that Trump has chosen a VP candidate who interestingly enough seems equally inappropriate, Mr. Clark "brought it home" by giving examples of what might be questioned here in Cape.

Under Trump leadership, "Cradle Republicans" have a dilemma on their hands as does our country at large.

Mr. Clark is telling the Republican Party that they no longer represent his values.

Please vote.
 Please save America by keeping Donald Trump out of the White House.

Priscilla Harrison

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Thank you, Kettle Cove Creamery

I would like to publicly thank Mark and Loretta Pendarvis, owners of the Kettle Cove Creamery and Cafe, for supporting my fundraising efforts for the Maine Cancer Foundation.

On Sunday, July 17th approximately 1400 women participated in the 9th annual Maine Tri for a Cure. Though the weather was much wetter than expected the bikers passed by the Kettle Cove Creamery and Cafe with great support from their family members, neighbors and friends who stood in the downpour to cheer them on.

This one event raised over \$1,664,000 dollars this year and \$9.8 million in the last 9 years. These funds aid 85 different cancer initiatives in the state of Maine. They have funded over 280 patient programs. They have supported 77 research grants and positively impacted the lives

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Speak Out

Each issue, The Cape Courier provides a topic and invites readers to share their opinions. Those who respond must choose one side or the other, and make a well-reasoned case for their position. One submission from each side will be selected and printed here in the next issue. It is our hope that these dialogues will be thought-provoking. This week's topic is:

“More vendors should be allowed in Fort Williams Park.”

Additional vendors welcome in the park

By Hollie Kenniff

I think that additional vendors would be a much welcome addition to Fort Williams Park.

I had been puzzled, when I first moved to the town, why there weren't more vendors allowed in such a popular tourist area.

If the primary concern is the garbage generated by increased food and beverage consumption in the park, then perhaps the vendors could pay a fee to help with the cost of garbage removal.

As vegetarians, my husband's and my current food options are very limited at the park. Imagine if C-Salt and/or Scratch were allowed to sell their baked goods and fresh bagels and coffee!

Ft. Williams would also be the perfect place for a smoothie truck!

I also think that Cape Elizabeth businesses should be given some priority and receive a “Cape business discount” if a Cape business like say, Kettle Cove Creamery, wanted to open an ice cream truck in the park.

It would also be great if a portion of the sales could be donated to beautifying the park.

I think the park would definitely see an increase in visitors if more vendors were allowed.

Delighted if no vendors were in the park

By Jennifer Willis

As someone fortunate enough to have access to this lovely park, I have long enjoyed this beautiful, natural, commerce free zone. It welcomes dog walkers, runners, Frisbee tossers, artists, gardeners, picnickers, swimmers, divers and all of us who enjoy a quiet, contemplative walk in nature.

In a world where it is harder and harder to go anywhere without the intrusion of commerce, I am so glad that Fort Williams has managed to keep vendors to a minimum. Personally, I am happy to carry a bottle of water with me and would be delighted to encounter no vendors at all in the park.

Having grown up in New York City, where I watched the explosion of street fairs and street vendors turn public streets and public parks into outdoor shopping malls, I admit to a resistance to the commodification of our public spaces. It seems there are fewer and fewer natural open spaces in our towns and cities where commerce has not taken root. I think it's a great blessing to have access to a public space where we are not constantly confronted with the distractions of buying and consuming, but where we can spend a few moments simply being present for our actual experience.

I would be very disheartened if Fort Williams Park decided to follow this all too familiar pattern by allowing more vendors within its borders.

Topic for the August 26 issue:

“National chain restaurants should be encouraged to open in Cape Elizabeth.”

Email your submissions to editor@capecourier.com with “Speak Out” in the subject line. The deadline for the next issue is August 19, 2016. You must include an email address or phone number. Suggestions for future topics are welcomed.

We reserve the right to refuse any or all submissions and to edit for length, accuracy, clarity and civility. We do not withhold names. Submissions to Speak Out reflect the opinion of the author, not The Cape Courier. Our selection of topic is no indicator of any position taken by The Cape Courier.

Planning Board approves revised findings for approval of ‘Summer Oven’ pizza

By Wendy Derzawiec

The Planning Board is close to approving a proposed subdivision for Old Mill Road, off of Old Ocean House Road, but will put off final consideration until its August meeting.

The board on July 19 tabled developer Mark Jordy's application for a 4-lot subdivision at the end of Old Mill Road until he and town staff work out details for keeping one of those lots in a natural state.

Jordy plans to divide the 23-acre parcel into three single-family lots, with the fourth lot to be owned by a homeowners association and preserved as open space. However, Jordy balked at methods proposed by town staff for documenting and keeping the lot in its natural state.

Town Planner Maureen O'Meara was unable to attend the meeting July 19, so Jordy agreed to table his application to the board's next meeting Aug. 16.

Among Jordy's objections was a proposed requirement for the town code-enforcement officer to approve removing vegetation, such as a dead or fallen tree, from the open-space lot. At least one board member, Jonathan Sahrbeck, said he agreed the stipulation might be over the top, but he, like other board members, believed the board should not agree to substantive changes without explanation from town staff.

“I think we are very close and probably the only point of contention, for me, is the wording of this one condition,” said board member Carol Anne Jordan. Board members in

general supported the development proposal, including Jordy's request to improve the 10-foot wide Old Mill Road to 14 feet, rather than the 22 feet required by town ordinance.

Final findings for pizza restaurant approval

In other matters, the board approved a revised set of findings for its 2015 approval of a plan for mixed retail uses at 541 Ocean House Road, including a pizza restaurant to be called the “Summer Oven.”

The approval was remanded by County Superior Court Justice Thomas Warren on appeal from the owner of the neighboring Rudy's restaurant. Warren ordered the board to submit more detailed findings about the project's lighting, screening and stormwater management, but the attorney representing Rudy's owner Paul Woods asked the board on July 19 not to use the draft findings compiled from their meeting the month before.

“We're asking you not to use them because they include evidence that was not in the record,” said attorney Peggy McGehee, referring to a transcript from the May 19, 2015 meeting at which the board approved the plan.

Board members, however, held that the findings include information from workshops, a site visit and from the developer's plans, and are public information. “I think the board is quite comfortable with the quality of the work we've done and will be submitting,” said board Chairman Peter Curry.



Photo by Kevin St. Jarre

The 541 Ocean House Rd location where mixed retail uses, including a pizza restaurant to be called the “Summer Oven” have been proposed..

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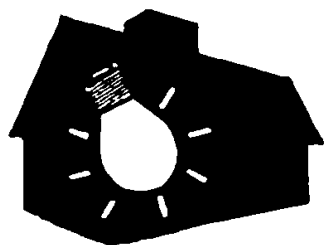
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Commercial photo and video shoot for national food brand on Elmwood Road

By Kevin St. Jarre

Chuck Martin Productions recently coordinated a commercial photo and video shoot for a national food brand on Elmwood Road.

Early in the morning on August 2, a 34-foot motor home, two 15-foot panel vans, and a number of passenger cars lined the small, quiet street. Every vehicle was carefully parked as to not block a single driveway.

A flier was distributed two days in advance to let neighbors know what would be happening, and to provide contact information if any of the residents had questions or concerns.

All of the shooting occurred inside the Elmwood Road home of Scott and Lorie Dorrance, who are no strangers to photography and advertising themselves. Scott Dorrance is a professional photographer with a studio in Portland, while Lorie Dorrance is a professional food stylist for ads and marketing campaigns. While their kitchen was used as a set, the Dorrances were actually out of town.

Martin said he knew the Dorrances and once scouted their kitchen as part of the services that his production company provides.

There were many people involved, includ-

ing a prop stylist, a still photographer, a videographer, a producer, assistants, and models.

Martin said, "Often national brands will fly in models from Los Angeles" and elsewhere, "...this time, [the client] decided to look locally, and we have models from Boston and the Portland area."

The name of the national food brand behind the activity could not be immediately shared. The corporation's public relations department would need to be contacted and a press release crafted so as a result the crew on site was not at liberty to share for whom they were working.

Nor could any news photos be taken of the commercial photography going on inside the home.

Martin explained, "The client may have new products not yet announced to the public" and so the client would not be ready for those products to be revealed just yet in a newspaper story.

In the driveway, two women working as assistants to the prop stylist, both of whom were named Heidi, surveyed a long table cov-

ered in every imaginable trinket, kitchen tool, flowers, and chocolate shaving equipment.

Heidi Evans, one of the assistants, happily said that she had spent many hours shaving chocolate.

The still photographer was Dennis Welsh of Yarmouth. He said, "I've been working with [this client] for a while now, shooting in other locations around the country, but the stars lined up this time around and we were able to bring them here for this par-

ticular project. We shot in locations as far south as Kennebunkport and as far north as Brunswick, with a couple of stops in Cape Elizabeth and South Portland along the way. We had an amazing week of Maine summer weather, which made wrapping up on Friday all the more difficult. Everyone seemed pretty sad to leave. We had crew in from New York, Los Angeles, Boston, New Hampshire and Vermont."



Photo by Kevin St. Jarre

Passenger cars, 15-foot panel vans, and in the distance a 34-foot motor home lined Elmwood Road the day of the commercial photo and video shoot for a national food brand.



Photo by Kevin St. Jarre

From left, Heidi Andrews, Heidi Evans, and Chuck Martin captured hard at work. The women were working at a set of prop tables while Martin coordinated the many moving parts involved with a production of this size.

The Cape Courier makes a great gift for a young Caper heading off into the world! Keep them in touch with what is happening back home! Get them a subscription today!

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Arson, stolen vehicle, motor vehicle burglary, three stolen bicycles

By Debbie Butterworth

COMPLAINTS

- 7-8 An officer retrieved an abandoned Razor scooter from the roadside on Oakhurst Road. It had been there for two weeks and was brought to the police station for safekeeping.
- 7-10 An officer located five subjects inside Fort Williams after hours. They were warned for trespassing and use of fireworks in Cape Elizabeth.
- 7-11 An officer responded to a residence in the Sawyer Road area for a well-being check.
- 7-11 Two officers responded to a residence in the Shore Road area for a domestic disturbance.
- 7-13 An officer met with a resident of the Shore Road area regarding a stolen bicycle, described as a blue and gray Fuji hybrid.
- 7-16 Two officers responded to an accident on Old Ocean House Road. Two bicycles had collided resulting in one subject being injured, but refusing hospital transport.
- 7-16 Two officers responded to a vehicle fire in the Two Lights area. Witnesses reported seeing a subject leaving the area on a bicycle. The vehicle was determined to have been stolen, and the fire marshall's office was contacted for an arson investigation.
- 7-18 An officer met with a subject regarding protection order paperwork.
- 7-18 An officer met with a resident of the Scott Dyer Road area who turned in a pair of prescription sunglasses found in a case on Ocean House Road.
- 7-18 An officer met with a resident in the Mitchell Road area about a scam telephone call he had received.
- 7-18 An officer met with a resident of the Oakhurst area regarding a motor vehicle burglary. The victim's wallet and two credit cards were taken and the cards used before they could be cancelled.
- 7-19 An officer met with a resident of the Shore Acres area regarding the theft of two bicycles, an L.L. Bean green bike, and a black Cannondale bike.
- 7-19 An officer found a camera tripod left at

- Captain Strout Circle in Fort Williams. The tripod was brought to the police station.
- 7-20 An officer responded to a residence in the Wells Road area for a domestic disturbance.
- 7-20 An officer met with a property manager in the Bowery Beach area regarding a motor vehicle trespass complaint.
- 7-24 An officer responded to a residence in the Kettle Cove area for a dog at large complaint. The dog was located and owner identified and warned.
- 7-24 Two officers responded to a residence in the Shore Road area for a domestic disturbance.
- 7-25 An officer met with a resident in the Shore Road area for a possible violation of a protection order. Reports will be sent to the District Attorney's office for possible prosecution.

ACCIDENTS

- 7-13 Robert Maxwell, Judy Shedd, accident on Fowler Road
- 7-16 Michael Auclair, Barbara Grotton, accident on Mitchell Road
- 7-17 Jacqueline Martin, Karen King, accident on Mitchell Road
- 7-21 Jim McFarlane, accident on Canterbury Way

SUMMONSES

- 7-13 South Portland resident, attaching false plates, Route 77
- 7-15 South Portland resident, speeding (74/45) Route 77, \$263
- 7-15 Cape Elizabeth resident, speeding (50/30 zone), Shore Road, \$215
- 7-15 Scarborough resident, speeding (49/30 zone), Shore Road, \$185
- 7-15 South Portland resident, operating after license suspension, Shore Road
- 7-22 South Berwick resident, uninspected vehicle, Route 77
- 7-23 Cape Elizabeth resident, furnishing a place for minors to consume alcohol, Stonybrook Road

JUVENILE SUMMONS

- 7-20 Cape Elizabeth resident, violation of interim license, Broad Cove Road

- 7-24 Cape Elizabeth resident, criminal mischief

ARRESTS

- 7-13 Cape Elizabeth resident, Wabun Road, warrant
- 7-15 South Portland resident, operating after license suspension, Shore Road

FIRE CALLS

- 7-13 Two Lights Road, investigation
- 7-14 Longfellow Drive, electrical problem
- 7-15 Mitchell Road, fire alarm
- 7-15 Manor Way, CO alarm
- 7-16 Two Lights Terrace, car fire
- 7-17 Cliff Avenue, CO alarm

- 7-19 Tanager Lane, CO alarm
- 7-20 Scott Dyer Road, electrical problem
- 7-20 Ocean House Road, investigation
- 7-21 Robin Hood Road, cooking fire
- 7-21 South Portland Mutual Aid
- 7-21 South Portland Mutual Aid
- 7-21 Kettle Cove Road, CO alarm
- 7-24 Bowery Beach Road, fire alarm
- 7-25 Cape Woods Drive, CO alarm
- 7-25 Shore Road, elevator rescue

RESCUE CALLS

There were 20 runs to Maine Medical Center. There were four patients treated by rescue personnel but not transported..



Photo by Kevin St. Jarre




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For more information, contact **Kelly:**
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CEHS seeks professionals to mentor students in 'student-driven learning program' this year

Cape Elizabeth High School is looking for professionals willing to serve as mentors to CEHS students doing independent study this coming school year in the school's one-year-old student-driven learning program.

"Mentorships come in all shapes and sizes," program coordinator John Holdridge said. "We're looking for professionals working in filmmaking, engineering and design, digital game design, playwriting, screenwriting, cookbook publishing, cabinetry and interior design, sustainability, immigrant services and teaching English as another

language, bike mechanics, social media, creative writing, solar power, aeronautics, the history of rock and roll, analytics and entrepreneurship."

Last year, 10 CEHS students worked on independent projects in filmmaking, helicopter design and engineering; neuroscience, playwriting, teaching, analytics, big data and professional football, and entrepreneurship and e-commerce.

For information about serving as a mentor this coming school year, contact Holdridge at jholdridge@capeelizabethschools.org.

Jordan Way not to be used by drivers for trips to and from Pond Cove, Cape middle school

Starting in September, drivers no longer will be able to use Jordan Way to drive to and from Cape Elizabeth Middle School and Pond Cove School.

"We have noticed such a high volume of traffic on Jordan Way that Public Safety feels it is not safe for all involved," Cape Elizabeth Public Safety officials stated in a press release. Additionally, "the parking

has gotten so bad near the gate that emergency personnel have no spaces to park when responding to calls. Public Safety is trying to deal with the illegal parking situation at this time."

The rule is not a new one. A town ordinance specifically prohibits vehicles from "utilizing Jordan Way for access to and egress from the school complex."

High school ranked 37th in nation for STEM

U.S. News & World Report has ranked Cape Elizabeth High School 37th among public high schools in the nation on its "Best High Schools for STEM" – science, technology, engineering and math – list.

To be included in the STEM rankings, public high schools had to be named to U.S. News & World Report's 2016 "Best High Schools" gold-medal list by being ranked in the top 500 of 19,400 public high schools in the U.S. CEHS holds the No. 335 spot on the list this year.

Gold-medal schools then were judged

for their level of math and science participation and success, using Advanced Placement STEM test data for 2014 graduates. AP is a College Board program that offers college-level courses at high schools across the country. U.S. News uses a formula that gives a 25-percent weight to the percentage of graduates who are AP STEM test-takers, and a 75 percent weight to the percentage of graduates who pass AP STEM tests.

Five New England high schools – three in Massachusetts and two in Connecticut – placed higher than CEHS on the list.

Bus schedules to be posted third week of August

Bus schedules for Cape Elizabeth's three public schools will be posted on the Cape Elizabeth School Department website during the week of Aug. 22.

School for grades 1-12 will reopen on Tuesday, Sept. 6. Kindergartners will start

on Thursday, Sept. 8. Go to cape.k12.me.us, and then the "Opening of School Information" link located at the top of the home page.

Contact Pat Fowler at pfowler@capeelizabethschools.org or 799-9574 for more information.

'What words of wisdom do you have for graduates leaving Cape this month?'



Dana Greer, oncology nurse:

Learning doesn't always happen in classrooms. You may think you know what you want to do at age 18, but take advantage of life's opportunities to discover your passion and purpose. Most importantly, support the Patriots!



Kirk Wolfinger, documentary filmmaker:

Nothing is more important than finding what you love to do and pursuing it – nothing. It doesn't need to be glamorous or sexy or financially stupendous. Just know that when you wake up in the morning, you look forward to what is in front of you or you will wake up 40 years of mornings later and say, "What was my life all about?"



Maya Burton, 34, barista:

I love getting to know the Cape Elizabeth students who stop in the Buzz. I get really excited for each of you as you take off into your future. A few words ... Take what you think of as your limitations and double the distance to them. You are capable of more than you can imagine. Go farther, try harder, increase your curiosity, look after our planet and each other.



Lee Taylor, 85, professor emeritus of horticulture:

Many years ago we were visiting a botanical garden in Great Britain and came across the following on a bench: "I rest ... I rust." I told my wife that was what could be on my tombstone since it really reflected my outlook on life. Do what you want to do to make you happy, have one or more hobbies and travel a lot. The main thing is to keep active.

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CAPE CALENDAR

By Wendy Derzawiec

Tuesday, August 16

Planning Board, 7 p.m., Town Hall chamber
Alternative Energy Committee 2016, 7 p.m.,
William H. Jordan Conference Room, Town
Hall

Wednesday, August 17

Fort Williams Park Committee Amphitheater
Public Forum, 7 p.m., Town Hall chamber
Thursday, August 18

Town Employee Training and Recognition:
*The Town Hall, Thomas Memorial Library,
and Public Works will be closed.*

Riverside Cemetery Committee, 10 a.m.,
William H. Jordan Conference Room, Town
Hall
Fort Williams Park Committee, 7 p.m.,
Public Works

Ongoing each week

Al-Anon, Regular meeting 7 p.m.,

Thursdays at United Methodist Church,
280 Ocean House Road. Regular meeting
7 p.m., Fridays at St. Alban's Church.

Alcoholics Anonymous, 2 p.m., Saturdays
First Congregational Church; 7 p.m.,
Wednesdays, St. Bartholomew Church;
7p.m. Fridays, St. Alban's Church.

**Cape Elizabeth Historical Preservation
Society**, 9 a.m.–noon, Thursdays, public
safety building

Cape Elizabeth Lions Club, 6:39 p.m., first
and third Tuesdays at the Bowery Beach
Schoolhouse (except July and August), Two
Lights Road

Cape Farm Alliance, third Wednesday,
7p.m., Community Center

**South Portland/Cape Elizabeth Rotary
Club**, Wednesdays at 6:15 p.m.
Purpoodock Club, Spurwink Avenue.
767-7388.

Village Crossings dog show set for Aug. 27



A springer spaniel parades in front of residents at a past dog show at Kindred Assisted Living-Village Crossings.

Kindred Assisted Living-Village Crossings will hold a dog show at 10:30 a.m. on Saturday, Aug. 27. Community members are invited to enter dogs into the show.

At the fundraiser, a benefit for the Animal Refuge League, dogs will be judged in many categories, and prizes will be given to all participants.

The event will include live music and refreshments. A \$5 registration fee and up-to-date vaccination records will be required for all dogs.

Village Crossings is an assisted living center for senior citizens at 78 Scott Dyer Road. Call Carly Kopper at 799-7332 to register or to get more information.

CABLE GUIDE

CHANNEL 3

Cape Elizabeth Church of the Nazarene
Aug. 13, 14, 20 & 21 - 9 a.m.
Planning Board (live)
Aug. 16 - 7 p.m.
Planning Board (replay)
Aug. 17 & 18 - 2 p.m. & 8 p.m.

Town Council replay
Aug. 13 - 10:30 a.m.
Zoning Board (live)
Aug. 23 - 7 p.m.
Zoning Board replay
Aug. 24 & 25 - 2 p.m. & 8 p.m.

TRIAD plans picnic on Aug. 18 at Fort Williams

The South Portland/Cape Elizabeth TRIAD plans its annual summer picnic on Thursday, Aug. 18, from 11 a.m. to 1 p.m. at the Ship Cove picnic area in Fort Williams Park.

The event will include live music. People should bring lunch and are encouraged to share.

For more information, contact Cape

Elizabeth police officer David Galvin at 767-3323, extension 208, or South Portland police officer Bob Libby at 799-5511, extension 7422.

Triad is an organization made up of Cape Elizabeth and South Portland senior citizens, police and community members who work together to address problems faced by older citizens.

Mushroom walk in Robinson Woods next month

Mushroom expert Dan Agro will lead a walk focused on the foraging of edible and medicinal mushrooms on Saturday, Sept. 17, from 9 a.m. to noon in Robinson Woods.

Topics of the walk will include when to find local medicinal and culinary mushrooms, ideal growing environments, what to look for in the forest, safe and thorough

species identification and how to preserve and cook mushrooms.

The group will meet at the Robinson Woods kiosk on Shore Road. The cost will be \$10 per person. Register online at capecommunityservices.org, at the Cape Elizabeth Community Services office at 343 Ocean House Road, or by calling 799-2868.

Past president of Rotary club in Arkansas at helm of South Portland-Cape Elizabeth club

South Portland resident Bill Anderson is the South Portland/Cape Elizabeth Rotary Club's new president. He succeeds Cape Elizabeth resident Scott Irving and will serve through July 1, 2017.

Anderson moved to South Portland four years ago from Arkansas, where he was president of the Rotary Club of Mountain Home.

During his presidency, Anderson will concentrate his energy on Rotary's theme for 2016-2017: "Rotary serving humanity."

"Our focus will be on family, community, continuity, and changing the world for the better," Anderson said.

The South Portland/Cape Elizabeth club, which is celebrating its 55th anniversary this

year, will explore ways to work with students at South Portland and Cape Elizabeth High schools in a mentoring program.

Anderson's fellow Rotary board members are South Portland residents Sue Sturtivant, president elect; Catherine Callahan, international director; and Cape Elizabeth residents Fran Bagdasarian, vice president; Kathy Cotter, secretary; Nancy Irving, treasurer; Doug Schauf, club administration director; Tom Meyers, community service director; David Lourie, membership director; and Rich Daniels and Ray Healey, youth services co-directors.

For more information, email Anderson at billjanderson44@gmail.com.

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Andrew Chadwick has joined the Inn by the Sea's Sea Glass restaurant as executive chef. He also will oversee dining options for the lounge, room and pool service, weddings, social events and corporate meetings.

A graduate of the International Institute of Culinary Arts, Chadwick was executive sous chef at the Chatham Bars Inn on Cape Cod, where he managed the resort's six restaurants. Sous chef Greg Hill, with whom Chadwick worked for five years, will work with him at Sea Glass.

Chadwick was executive chef at Cherrystones Restaurant in Falmouth, Mass., and later opened a sister restaurant, Oysters Too, in Falmouth, Mass. He started his career at Chatham Bars Inn as garde manager chef, was promoted to chef de cuisine for the resort's Stars steak house and then took over as executive sous chef for the resort.



Andrew Chadwick

Randall B. Hobbs, the son of Cape Elizabeth resident Jeffrey Hobbs, who owns and is president of Hobbs Funeral Home in South Portland, has joined the staff as a full-time licensed funeral director. He is the grandson of the funeral home's founders, Frank Hobbs, Sr., and Elizabeth Hobbs.

A Cape Elizabeth High School graduate, Randall recently passed the state and national examinations required to become a funeral director and has served as an apprentice at the funeral home. His duties include meeting with families and making funeral arrangements, attending services and visiting hours, being on call, embalming, and continuing to learn the technical components of funeral service from family and staff.

A South Portland resident, he graduated with a 4.0 grade point average and a degree in funeral service from Mount Ida College in Newton Mass. He has a bachelor's degree in management from Roger Williams University in Bristol, R.I., where he graduated magna cum laude and was inducted into the International Honor Society.



Randall Hobbs

Nine Cape Elizabeth students were named to the spring-semester dean's list at the University of Southern Maine in Gorham: Peter Campbell, Abigail Donnelly, James Hewes, John Mylroie, Aaron Parker, Azmo Rinsler, Samuel Scott, Sairah Shir and James Yokabaskas.

Deven J. D. Roberts, a 2014 graduate of Cape Elizabeth High School, received faculty honors for the spring semester at Trinity College in Hartford, Conn.

Another Cape Boy Scout – the third in 2016 – works to improve trails in Eagle Scout project



Caleb Zenner at the Cape Elizabeth Land Trust's Runaway Farm Preserve

Cape Elizabeth High School student Caleb Zenner, a member of Cape Elizabeth Boy Scout Troop 30, recently completed his Eagle Scout project, the final step in his path toward Scouting's highest rank.

For his project, Caleb planned, organized and led construction to replace more than 180 feet of bog bridges at the Cape Elizabeth Land Trust's Runaway Farm Preserve in an effort to make the trails there safer and

more enjoyable to hike and to protect the preserve.

With the help of fellow Scouts in Cape Elizabeth Troop 30 and family and friends, Caleb carried 12-foot and 8-foot planks into the preserve, and then cut them and built the bridges. During the two-day project, he also cut up and removed decaying existing bridges, repurposing some of the wood when possible.

More Neighbors on page 16

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Our next issue will be published August 26th. The ad & copy deadline for that issue is Friday, August 12th at noon.

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FITSCAPE

Learn about soon-to-reopen Richards pool, offer ideas to improve pool experience on Aug. 25

By Sarah MacColl

About a month before the anticipated re-opening of Donald L. Richards Community Pool, Cape Elizabeth residents will have a chance to learn what's going on at the pool and share their suggestions about how staff can improve people's experiences at the pool.

Pool supervisor Andrew Kemp, his staff and Cape Elizabeth Community Services staff members will offer information about pool improvements, including the new air handling system being installed, at "Pool School," set for 6:30 to 8:30 p.m. Thursday, Aug. 26, at the Cape Elizabeth High School cafeteria.

Cape Elizabeth Town Manager Michael McGovern, under whose bailiwick the pool falls, toured the pool in June and will be at the forum to hear people's input.

Russell Packett, the director of Community Services, expects the pool to reopen in late September. If you have used the pool over the last couple of years you know we've limped by on a wing and a prayer. The system has outlived its projected lifetime. It's been very difficult for Cape Elizabeth School Department maintenance staff member Bernie Shannon to keep it running. The water and air will soon be a much more consistent (and kinder) temperature and humidity. The new ultraviolet filter system will use 97 percent fewer chemicals, which will be less harsh on the skin and respiratory system as well as less expensive.

The pool may have changed since you have been swimming there. If you're a grandparent looking for grandchild entertainment, do you know about the huge inflatable that blows up into an instant pool-climbing structure and slide on weekend afternoons? Open swims attract 30 to 40 people, or more when the inflatable is in use. Many of the kids at open swims learned to swim in the pool: Last year 690 kids took lessons, as did 38 adults. Between 50 and 200 people use the

225,000-gallon pool daily.

If you're rehabbing an injury, do you know about Afternoon Adaptive Aquatics? If you're a lap swimmer who prefers your own speed to a master's program, do you know about the Saturday morning technique class? If you're an injured runner, do you know that on-your-own water running is accommodated during lap swim? Just check in with the lifeguard for how to get going.

Some things have been consistent over the years: Children's swim lessons fill up very quickly, lap swims can be crowded, and the schedule changes from season to season. As demand for the pool has grown, managing programs and procedures for the good and safety of all continue to challenge the lifeguards in particular.

They have to balance being mellow and mild with being large and in charge. For example, would you like lifeguard Eric French to ask that you return to the locker room and shower if he notices that you have not before you swim? Would you like an evening high school lifeguard to ask for a look at your membership card to make sure you've paid up? Would you like Casey Parent, the aquatics director and swim lesson coordinator, to explain which lane is the best lane for you to swim and "introduce" you into that lane where two others are already swimming?

These pool management techniques might make the pool cleaner, safer and more profitable, but they might not be necessary. On Aug. 25, bring your questions, comments and brilliant remarks and get in the swim of things. If you can't make it, email your suggestions to cservices@capeelizabethschools.org.

Cape Elizabeth resident Sarah MacColl, a certified medical exercise specialist and personal trainer, writes a column for The Cape Courier about fitness, geared to Cape Elizabeth residents.

More Sports on page 12

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Alex Mukai wins Peaks to Portland race



Alex Mukai

By Wendy Keeler

After competing in the Peaks to Portland Race in 2014 and 2015, Cape Elizabeth resident Alex Mukai hoped he would win this year's 2.4-mile open swim from Peaks Island to Portland's East End Beach. When he did, he was surprised not only about winning but also by people's reactions.

"It feels great but it's a little crazy," said Mukai, 18, who recently graduated from Cape Elizabeth High School and soon will enter Brown University in Providence, R.I. "I have had people I haven't heard from in years coming up to me, messaging me and finding me and saying, 'congratulations.' It's been the coolest experience to connect on that level."

Mukai had won big swimming honors in

—see MUKAI, page 12

Premier soccer players compete in Aurora

Six Cape Elizabeth soccer players who play for Maine premier teams participated last month in the United States Club Soccer National Soccer Championships in Aurora, Colo.

Nick Aceto and John O'Connor's GPS Maine Under-15 team competed in the national final against Virginia and ended as up runners-up after a 3-1 defeat.

Other Cape soccer players who competed in Aurora are Mariah Deschino, who plays on a U-17 Seacoast Maine team; Grace Gil-



Cape Elizabeth soccer players, left, Nick Aceto and John O'Connor in Aurora, Colo.

lian and Prezli Piscopo, who are members of a U-15 GPS Maine team; and Dylan Hewitt, who plays for a U-13 Seacoast Maine team.

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For Cape Elizabeth artist Mary Michola Fibich commerce opens a creative path

By Kevin St. Jarre

Mary Michola Fibich is a multifaceted artist who works in watercolor/gouache painting, wool hand-hooked rugs and needle-felted paintings. She is currently working on paintings of a peony and a lupine, as well as a few large orders of needle-felted paintings.

Fibich said, "I like to say my art is nature-inspired and I think I am best known for fiber art and paintings featuring close-up views of single flowers."

She said, "For years, I only created and sold hand-hooked wool paintings of flowers that were commissioned. Now, I have broadened what materials I work with and where I sell my work. What has stayed the same is my subject matter...flowers, nature and landscapes."

The business of art has influenced her creative work. Fibich said, "I always try to stay true to my passions and vision, but if I find that something I am making is well-received, then I will take the time to develop it further. For instance, my needle-felted paintings started out as more of a fun hobby for me, but after positive feedback from stores and customers I realized they had potential, so I spent much more time on them and this part of my art business has really taken off."

She said her first rug-hooking teacher, Katie Puckett, was key in helping her learn the craft and the style she works in today, in all art mediums. Esther Bloch, an art buyer in Chicago, also changed her life regarding her art career.

Fibich said Bloch "gave me the amazing opportunity to create 21 large-scale watercolor/gouache paintings for the new Mayora Rosenberg Women's Health Center at the Swedish Covenant Hospital in Chicago. These paintings commissioned by Esther have been used for my lines of floral greeting cards and giclée prints and they have opened up many other opportunities for me."

Her son Jack provides her with inspiration. She said, "He is a wonderful photographer, artist and writer. I am working on a painting now of a pink lupine that is based on a photograph he took.

Like many artists, Fibich wishes she had

more time to create. She said, "I would have an extra 24 hours each day to work. I just do not have enough time to make all I want to make."

She finds Maine to be a great place to create. "I have found the community of artists to be so supportive and the caliber of work being created outstanding."

More of Fibich's art may be seen at www.marymichola.com, her Etsy shop: [MaryMicholaArt](https://www.etsy.com/shop/MaryMicholaArt) and her Facebook page: [Mary Michola Fibich Fine and Fiber Art](https://www.facebook.com/MaryMicholaFibich). Her art and greeting cards are sold in over 25 shops in Maine which are listed on her website.



Contributed photo

Mary Michola Fibich



Sunflowers at the community garden.

Photo by Martha Agan



Above is Fibich's watercolor and gouache painting. It is 15 inches x 21 inches and titled *Dahlia 'American Moon.'* It hangs in a hospital in Chicago.



A bluebird sits atop a piece of barnboard which serves as both perch and feeder.

Photo by Terry Ann Scriven



Sea roses at Fort Williams Park.

Photo by Nylah Lyman

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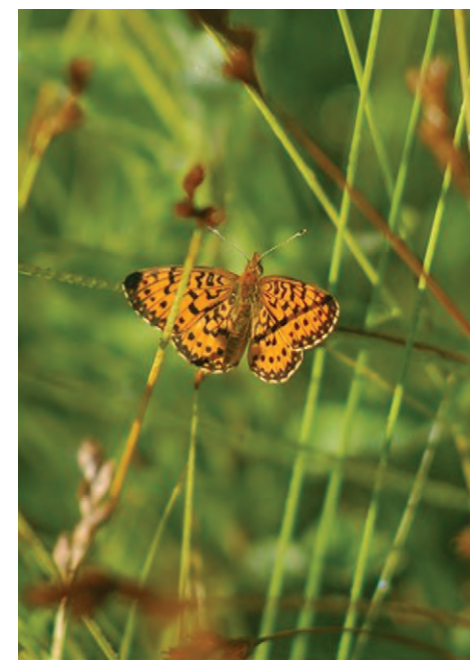
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A butterfly flits about in the summer sun.

Photo by Martha Agan

What to watch for, naturally, in August

By Erika Carlson Rhile

August 11-12 - Perseids Meteor Shower. The Perseids is one of the best meteor showers to observe, producing up to 60 meteors per hour at its peak. It is produced by comet Swift-Tuttle, which was discovered in 1862. The Perseids are famous for producing a large number of bright meteors. The shower runs annually from July 17 to August 24, and peaks on the night of August 11 and the morning of August 12. It should be an excellent early morning show.

August 18 - Full Moon. This full moon was known by early Native American tribes as the Full Sturgeon Moon because the large fish were more easily caught at this time of year. This moon has also been known as the Green Corn Moon and the Grain Moon.

August 27 - Conjunction of Venus and Jupiter. A spectacular conjunction of Venus and Jupiter will be visible in the evening sky. The two bright planets will be extremely close, appearing only 0.06 degrees apart. Look for this impressive pairing in the western sky just after sunset.

Throughout the period, snapping turtle eggs hatch, blackberries are ripening and the ethereal song of the hermit thrush continues as other songbirds prepare for their southward migration.

Eastern cottontails mate from early spring through late August. New England cottontails can have up to three litters a year and average of five young per litter, but mortality is estimated to be 75-95 percent.



Photo by Martha Agan

An egret takes flight leaving only a reflection behind. According to the Audubon Society Field Guide to North American Birds, these egrets "are agile, often seen sprinting about in shallow water, or even hovering as they seek small shrimps and minnows." It was the near extinction of these egrets that sparked the formation of the National Audubon Society.

Library's final outdoor summer concert to feature 'Tricky Britches'



Contributed photo

Thomas Memorial Library's final outdoor concert will feature "Tricky Britches" on Aug. 23.

The popular, eclectic bluegrass band "Tricky Britches" will perform in the library's final outdoor concert on Tuesday, August 23 at 6:30 p.m. on the library's front lawn.

Raised in Maine, cured on street corners and next to woodstoves, string band Tricky Britches is a unique culmination of country, contra-dance, bluegrass and rock.

They have played festivals and concerts across the U.S., Europe and Hawaii, always influenced by those places and using those experiences to shape their original music.

They have performed several times at the library in the past, to great enthusiasm and acclaim. Attendees are encouraged to bring a blanket, a lawn chair and a picnic dinner to another fantastic outdoor event.

For more information on the dozens of events provided by Thomas Memorial Library, go to their website: www.thomasmemoriallibrary.org

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Tri for the Sea

Continued from page 1

safe as possible.

“Due to the younger ages of our athletes, we are putting additional volunteers through the bike course and critical turns, and there are no high-speed turns on the course we’ve designed. Tri by the Sea has a ... 1.5-1 athlete-to-volunteer ratio to facilitate maximum safety,” he said.

Two youth triathlons already exist in Maine, one in Aroostook County and the other in the Bethel area.

Young, who got the idea for holding a youth triathlon in Cape after attending a youth conference, thinks Cape Elizabeth is a great spot for a third.

“We have so many young athletes in Cape Elizabeth who do cross country and swim, and I think the biking part they do with their family. They’re also around a lot of athletic parents who are involved in doing triathlons or who do all three sporting events,” Young said.

The plan is to make Tri for the Sea an annual event.

“The first Sunday of every October is our goal. That’s what we’re working toward,” she said.

Registration is open to residents and nonresidents aged seven to 15. USA Triathlon uses Dec. 13, 2016, as the date determining athletes’ ages. A \$40 race registration fee covers a race T-shirt and three training clinics, currently set for Saturdays Sept. 10, 17 and 24 from 3 to 4 p.m. Register at capecommunityservices.org or by calling 799-2868.

Along with Young, Myerowitz and Mahoney, Tri for a Cure committee members are Marisa Haydar, volunteer coordinator; Susan Frost, sponsorship coordinator; and Kathleen Toto and Jaymyn Dawes.

Cape Chiropractic and Acupuncture and Miller Law and Mediation LLC are sponsoring the race.

For more information about the event, go to capecommunityservices.org and look for “Tri for a Cure,” or call Community Services at 799-2868.

Maine moment



Photo by Ted Haider

A young Cape Elizabeth United Methodist Church parishioner enjoys the wonder of the Atlantic Ocean during a church picnic at the Higgins Beach summer home of Jack and Boodie Mitchell.

Mukai

Continued from page 9

the past – the CEHS boys’ swim team earned the state championship in 2015 – but this was his first big individual win.

He certainly has worked for it. Since fall 2014, Mukai has gotten up at 4:30 a.m. every day from October to April and May to August to practice. In addition to swimming for

CEHS over the past four years, Mukai has spent the past two swimming for the Portland Porpoises club. He is now taking a break.

Mukai plans to explore swimming at the intramural and club levels at Brown, and he may even play water polo. But he definitely will continue to swim.

“It feels really good to rest, but I won’t be out of the water for too long. For me, swimming is second nature,” he said.

More sports news on page 9

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SERVICES

<p>Cape Elizabeth Church of the Nazarene 499 Ocean House Road (Route 77) 799-3692 www.capenazarene.org Sunday School for all ages: 9:30 a.m. Sunday Worship Celebration: 10:45 a.m. Services streamed live or on demand: watch.capenazarene.org</p>	<p>First Baptist Church of South Portland 879 Sawyer St., South Portland 799-4565 www.spfbc.com Sunday Morning Worship: 9:30 a.m. Awana Clubs (Grades 3-8): Tuesday, 6:20 p.m.</p>
<p>Cape Elizabeth United Methodist Church 280 Ocean House Road 799-8396 www.ceumc.org Chapel Service: 8 a.m. Sanctuary Service: 10 a.m. Child care & Sunday School: 10 a.m. Adult Sunday School: 9 a.m.</p>	<p>First Congregational Church United Church of Christ 301 Cottage Road, South Portland 799-3361 www.fccucc.org Worship: 9:30 a.m. Sunday School: 10 a.m. Preschool Child Care: 10 a.m.</p>
<p>The Church of Jesus Christ of Latter-day Saints 29 Ocean House Road 767-5000 Sacrament Meeting: Sunday, 9-10:10 a.m. Sunday School: 10:15-11 a.m. Primary: 10:15 a.m.-noon Relief Society, Priesthood: 11 a.m.-noon</p>	<p>Promised Land World Reach Center 536 Cottage Road, South Portland 799-3152 Sunday Prayer & Intercession: 9:30 a.m. Sunday Worship: 10 a.m. Family Bible Studies: Wednesday, 7 p.m. Sermon recordings available to download</p>
<p>The Church of the Second Chance Greater Portland Christian School 1338 Broadway, South Portland 641-3253 Sunday: 10:30 a.m.-12:15 p.m.</p>	<p>Saint Alban's Episcopal Church 885 Shore Road 799-4014 www.stalbansmaine.org Sundays: 8 a.m., 9:30 a.m. Celtic Service: Sunday, 5:30 p.m. Nursery: Sundays, 9:30 a.m.</p>
<p>Congregation Bet Ha'am 81 Westbrook St., South Portland 879-0028 www.bethaam.org Worship: Friday, 7:30 p.m. Saturday, 10 a.m. Family Shabbat Services: Second Friday, 6:30 p.m.</p>	<p>Saint Bartholomew Roman Catholic Church 8 Two Lights Road 799-5528 www.saintbarts.com Sunday Mass: 9 a.m. and 11 a.m. Monday & Tuesday Masses: 8 a.m.</p>

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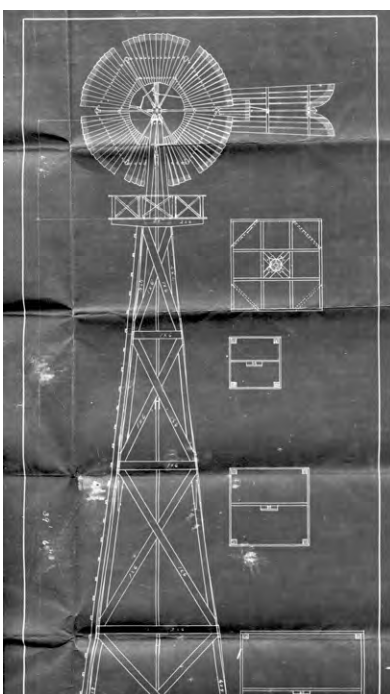
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Cape history soon to be available at touch of keys, thanks to volunteers



Photo by Ellen Van Fleet



Cape Elizabeth historians, history lovers and students soon will have town history available at the simple touch of a few keys. Above, Cape Elizabeth Historical Preservation Society members, from left, Dick Kempton, Diane Brakeley, Jack Boyce and Joe Higgins scan photographs and documents from the society's collections and enter them into PastPerfect, a cataloguing program. With a donation from Cape Elizabeth's Sprague family, the society acquired the software, which digitizes museum and historical society collections and is used by more than 60 organizations in Maine. At left is the top section of an undated blueprint for a windmill from a folder marked "1920-21" in the society's Ephraim Dyer Collection. "This reminds us that farming was a way of life in the Cape, as even Dyer, a businessman associated with water companies, ran a family farm," Cape Elizabeth Historical Preservation Society member Ellen Van Fleet wrote in the society's newsletter, *The Keeper*.



Cape Elizabeth Historical Preservation Society member Jodi Breau recently digitized a photo of Cape Elizabeth Garden Club members at the Spurwink Church in 1971. "Somehow that doesn't seem so long ago, yet how things have changed! Note the dresses, gloves and purses," historical society member Ellen Van Fleet wrote in the society's newsletter, *The Keeper*.

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TD Beach to Beacon

Continued from page 1

Christina Kouros, 21, of Cape Elizabeth, won the women's Wheelchair Division for the fifth time in six years.

The TD Beach to Beacon is known for attracting the world's best runners and also for its top-notch organization, community support and the involvement of Olympic gold medalist and Maine native Joan Benoit Samuelson, who founded the race in 1998 and continues to inspire runners both in Maine and globally.

The events of the day visibly moved race founder Joan Benoit Samuelson, winner of the first Olympic women's marathon in 1984 – almost 32 years ago to the day. Standing near the finish line greeting the back-of-the-pack runners as is her tradition, Samuelson's eyes glistened with emotion as she recounted what had just transpired.

"It was such an emotional day with our first Elite Women's Start shining the light on the women and then to see Mary perform so brilliantly," Samuelson said. "And then to watch Ben make us all proud with a truly historic run and just now to finish the race with Tom Carll and his son Shawn, who ran the race wearing the bib of his mother, Sherry, a legacy runner who passed away last week. This race has always been about the stories, at the front of the pack and at the back. So much inspiration, year after year."

Sherry Carll of Gray, 69, a passionate runner who insisted on keeping her 18-race streak intact even though she could barely move, was buried in a TD Beach to Beacon runner shirt. She and Tom, 74, who had open heart surgery earlier this year, were married more than 50 years.

The TD Beach to Beacon route follows the same coastal roads Samuelson trained on in Cape Elizabeth. The race is a fulfillment of her dream to bring a top interna-

tional road race to Maine. With her reputation, plus top-notch organization and strong community support, the TD Beach to Beacon is known and appreciated as a world-class event with small-town charm. The race debuted in 1998 with 2,408 runners crossing the finish line. Online registration now



Photo by Martha Agan

Ben True, this year's TD Beach to Beacon winner, puts his arm around Joan Benoit Samuelson, winner of the first Olympic women's marathon in 1984.

closes in less than four minutes.

The TD Beach to Beacon begins near the Crescent Beach State Park entrance on Route 77 in Cape Elizabeth and winds along tree-lined roads and past dramatic ocean vistas before ending in Fort Williams Park near Portland Head Light, the most photographed lighthouse in America.

The TD Beach to Beacon is directed by Dave McGillivray of DMSE Sports who has organized every TD Bank Beach to Beacon and also directs the B.A.A Bos-

ton Marathon and other events around the world.

In addition to title sponsor TD Bank, other corporate partners who help make the TD Beach to Beacon possible are Nike, Hannaford, Poland Spring, MaineHealth, Olympia Sports, IDEXX, Northeast Delta Dental, L.L.Bean and WCSH6.

The 2016 race beneficiary is My Place Teen Center (MPTC), a free, year-round, after-school youth development program for kids in Greater Portland, which receives a \$30,000 donation from the TD Charitable Foundation, the charitable giving arm of TD Bank. TD Bank has now donated \$570,000 to Maine charities over the history of the race. MPTC also is benefitting from significant fundraising opportunities now and in the future as well as publicity and awareness through its association with the race.

Richards Pool closed until September, slide coming in October

The Richards Pool closed Friday, Aug. 5, for replacement of the pool's dehumidification and chlorination systems. The closure is expected to last until late September.

Bonding for the \$700,000 project was approved by the Town Council in February.

A report by Harriman Associates completed in 2015 showed the existing, 18-year-old dehumidification system was beyond its useful life and operating inefficiently.

The report also recommended a replacement disinfection system that would save \$6,500 annually on chlorine use as well as provide a better environment for pool users.

Younger users will have something to look forward to when the pool reopens- a new 68-foot inflatable water slide is expected to be ready for use beginning with the open swim on Oct. 8.

Nomination papers for Town Council, School Board election available now, due Sept. 9

Nomination papers for the Nov. 8, 2016 municipal election are available at the town clerk's office now.

Two seats on the Town Council and two seats on the School Board will be up for election. They are currently held by Councilors Caitlin Jordan and Molly MacAuslan, and School Board members Susana Measelle Hubbs and Michael Moore. All are three-year terms to expire Dec. 9, 2019.

Nomination papers are available at the Town Clerk's Office which is open Monday 7:30 a.m. to 5 p.m. and Tuesday through Friday 7:30 a.m. to 4 p.m. The Town Clerk may be reached at debra.lane@capeelizabeth.org or 207-799-7665.

Signed nomination papers are due no later than 4 p.m. on Friday, Sept. 9, 2016 at the Town Clerk's office.

The signatures of between 25 and 100 registered voters of Cape Elizabeth are required. Voters may sign as many nomination papers for each office as the voters choose, regardless of the number of vacancies to be filled.

The nominee/candidate must appear in person, prior to the deadline, to complete the nomination papers. To qualify, candidates must be registered voters of Cape Elizabeth, and be a resident during the term of office.

Each candidate is encouraged to contact the Town Clerk prior to erecting political signs. The town's Sign Ordinance, Chapter 21, limits the size and placement of political signs in Cape Elizabeth.

On Election Day, polls will open at Cape Elizabeth High School gym on Tuesday, Nov. 8, 2016 at 7 a.m. and close at 8 p.m.



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EVENTS

Walking Tour of Eastern Cemetery, 224 Congress St., every Wed., Sat. and Sun. @ 11am. \$10 adults, \$5 students & seniors, under 12 is free. www.spiritsalive.org

BOOK LAUNCH - Thurs., August 18, 7 PM. Mechanics' Hall, 519 Congress St., Portland. Meet Ron Romano, author of the new book "Early Gravestones in Southern Maine - The Genius of Bartlett Adams." Sponsored by Spirits Alive at Eastern Cemetery.

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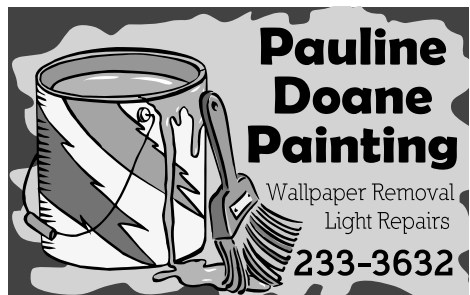
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From Northeastern to Officer Candidate School



Cyrus Wolfinger, who received a Bachelor of Arts degree in international relations this spring from Northeastern University in Boston, Mass., has been selected for the U.S. Navy Aviation Officer Candidate School in Newport, R.I. The son of Lisa and Kirk Wolfinger, he graduated in 2011 from Cape Elizabeth High School. While at Northeastern, Cyrus was a member of the Tau Kappa Epsilon fraternity.

Kindred Assisted Living-Village Crossings recently earned the American Health Care Association/ National Center for Assisted Living's 2016 Silver Achievement in Quality Award. The honor recognizes providers that have demonstrated a commitment to improving quality of care for residents and patients in long-term and post-acute care centers and communities.

"Every day, 24/7, the women and men of Kindred Assisted Living-Village Crossings work to ensure the highest level of quality and person-centered care to our residents, patients and their families," said **Karen Swasey-Jones**, Kindred Assisted Living-Village Crossings executive director of marketing. "We are honored to be recognized for the work we do."

More Neighbors on page 8

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Alyssa Templeton to work for NOAA



Alyssa Templeton

Alyssa Templeton, the daughter of Cape Elizabeth resident **Lori Templeton** and a former Cape Elizabeth resident, recently received a master's degree in physical oceanography with distinction from Bangor University in Bangor Gwynedd, Wales. Alyssa has accepted a position with the Technology, Planning and Integration for Observation office at the National Oceanic and Atmospheric Administration in Silver Spring, Md.

Courier studies in Bilbao



Cape Elizabeth resident Susan Dana, who teaches Spanish at Cape Elizabeth Middle School, reads *The Courier* in front of the Guggenheim Museum in Bilbao, Spain, where she has been taking a monthlong graduate course at the University of Deusto through a Spanish Embassy program for Spanish teachers. "Alcito, the stuffed moose I got at the Cape Elizabeth Swap Shop and have blogged about, is on my shoulder... He has been making many friends here in Spain," she wrote. Follow Alcito's travels on Instagram at [alcito_cape](#) or through his blog, [alcitocetravels.blogspot.com](#).

... and climbs mountain in Swiss Alps



The Cape Courier hooked a 7,283-foot ride up Mannlichen Mountain in the Swiss Alps last month with Cape Elizabeth residents, from left, Amanda Barnett, Sammi Altnauer, Max Altnauer and Jacob Brydson. Greg Altnauer, Sammi's and Max's father, took the photo.



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