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

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 Satur-
day 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 con-
ditions. A light sea breeze was welcomed
by the runners, along with the enthusi-
asm and cheers from thousands of spec-
tators 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
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 neigh-
borhoods.

“We’re really excited. Everything is fall-
ing into place, and we think this has the po-
tential 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 en-
tirely on the school campus, with a finish at
the Keith R. Weatherbie Track Field.

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

“A triathlon, a noncontact sport, is consid-
ered one of the safest sports in youth ath-
etics, Myerowitz said, adding that event
organizers are taking steps to make it as—see TRI FOR THE SEA, page 12

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 Morris

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

By Kevin St. Jarre

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during a warm summer evening on Cliff House Beach.
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. Past Pioneers, 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 First Class with the United States Army National Guard. “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

Amphitheater not a priority

An amphitheater 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 $1,000 per seat – will ever be recovered, and any net revenue it might generate may not even fully offset the added maintenance expense it presents.

I 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 sits in reserve account for over several years but is not spending on other improvements. But Town Council needs to approve the use of these dollars. It should 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 been used? Then reassess. For now, let’s tackle real needs in the Park.

Lise Pratt

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 Senato, 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 Re-publicans” 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
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.

A mong 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,僚athan 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 McChee, 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.
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 so as not to 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, including 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 covered 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 particular 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.”
POLICE, FIRE & RESCUE

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.

7-15 Two officers responded to a domestic disturbance.

7-15 An officer met with a resident of the Shore Road area for a domestic disturbance.

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.

7-16 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.

7-20 An officer responded to a residence in the Kettle Cove area for a dog at large complaint. The dog was located and the owner identified and warned.

7-20 Two officers responded to a residence in the Shore Road area for a domestic disturbance.

7-21 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.

7-13 Robert Maxwell, Judy Shedd, accident on Fowler Road

7-16 Michael Auclair, Barbara Grotton, accident on Mitchell Road

7-17 Jacqueline Marquis-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, $283

7-15 Cape Elizabeth resident, speeding (50/30 zone), Shore Road, $215

7-15 Scarborough resident, speeding (49/30 zone), Shore Road, $135

7-15 South Portland resident, operating after license suspension, Shore Road

7-22 South Berwick resident, uninsured vehicle, Route 77

7-23 Cape Elizabeth resident, furnishing a place for minors to consume alcohol, Spooner Road

JUVENILE SUMMONS

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

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

7-15 Two Lights Terrace, car fire

7-16 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.

By Debbie Butterworth

Bycicle theft was one of the complaints that officers responded to in July.

PHOTO BY KEVIN ST. JARRE
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.

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 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.

CEHS seeks professionals to mentor students in ‘student-driven learning program’ this year

High school ranked 37th in nation for STEM

Bus schedules to be posted third week of August

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!

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 your planet and each other.

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?”

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.
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.

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.

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.

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 Schaaf, 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.
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, Oyster Too, in Falmouth, Mass., with him at Sea Glass.

Chadwick was executive chef at Cherstones, in Bristol, R.I., where he graduated magna cum laude and was inducted into the International Honor Society.

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 Milyrie, 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.

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 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.

Another Cape Boy Scout - the third in 2016 - works to improve trails in Eagle Scout project
Alex Mukai wins Peaks to Portland race

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 the past, including the 2014 Maine State Swim Champion in the 50-meter freestyle and the 2015 Maine State Swim Champion in the 200-meter individual medley. He also has competed in the 2014 and 2015 Men’s U.S. Open National Championships in the 50-meter freestyle and 200-meter individual medley.

Six Cape Elizabeth soccer players, who play for Maine Premier teams, participated last month in the United States Club Soccer National 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 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 Sea Coast Maine team; Grace Gillian and Prezli Piscopo, who are members of a U-15 GPS Maine team; and Dylan Hewitt, who plays for a U-13 Sea Coast Maine team.

More Sports on 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 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 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 Sea Coast Maine team; Grace Gillian and Prezli Piscopo, who are members of a U-15 GPS Maine team; and Dylan Hewitt, who plays for a U-13 Sea Coast Maine team.
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 and her Facebook page: Mary Michola Fibich Fine and Fiber Art. Her art and greeting cards are sold in over 25 shops in Maine which are listed on her website.

Contributed photo

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.

Sunflowers at the community garden.

Photo by Martha Agan

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

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.

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'

**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 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
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.

Mukai
Continued from page 9

the past – the CEHS boys’ swim team earned the state championship in 2015 – but this is 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 Poroises 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.

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Maine moment

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.

More sports news on page 9

Cape Elizabeth Church of the Nazarene
499 Ocean House Road (Route 77)
799-3992
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

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.
A dual Sunday School: 9 a.m.

The Church of Jesus Christ of Latter-day Saints
29 Ocean House Road
767-5000
Sacrament Meeting: Sunday, 10-10:10 a.m.
Primary: 10:15 a.m.-noon
Relief Society, Priesthood: 11 a.m.-noon

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.
Congregation Beth 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.

First Baptist Church of South Portland
879 Sawyer St, South Portland
799-4565
www.fbcp.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

First Congregational Church
United Church of Christ
301 Cottage Road, South Portland
799-3361
www.fcucc.org
Worship: 9:30 a.m.
Sunday School: 10 a.m.
Preschool Child Care: 10 a.m.

Promised Land WorldReach 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

Saint Albans’ 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.

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.

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

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 Brakeléy, 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.

Go to capecourier.com for deadlines and publication dates

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Photo by Ellen Van Fleet
The TD Beach to Beacon

Continued from page 1...

Christina Kouros, 21, of Cape Elizabeth, won the women’s Wheelchair Division for 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.”

Tom Carll of Gray, 69, a passionate runner who insisted on keeping her 18-race streak intact even though she could barely walk last week. This race has always been her tradition, then to watch Ben make us all proud with a truly historic run.

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.

Close-ups less than four minutes.

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 international race road 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 tops trips and excursions.

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 benefiting from significant fundraising opportunities now and in the future as well as publicity and awareness through its association with the race.

Richards Pool closed

The Richards Pool closed Friday, Aug. 5, for placement 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

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.

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

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FOR SALE

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The nature of Cape Elizabeth captured in photo note cards by photographer Martha Magan. Available at Kettle Cove Café and Ocean House Gallery.

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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.

**Kinded 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 Kinded 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, Kinded Assisted Living-Village Crossings executive director of marketing. “We are honored to be recognized for the work we do.”

**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.

**More Neighbors on page 8**