

The Cape Courier

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In the Spirit of Community

Hot and humid 21st running of TD Beach to Beacon 10K

By Kevin St. Jarre



Photo by Joanne Lee

New Zealander Jake Robertson runs through the tape, winning the men's crown, and nearly setting a new course record with a time of 27:37.

In the 21st running of the TD Beach to Beacon 10K road race, it was New Zealander Jake Robertson, leading the entire time, who won the men's title while very nearly setting a new course record in the process. Kenya's Sandrafelis Chebet

Tuei led an ever-shrinking pack and came away with the women's crown.

Robertson, who lives and trains in Kenya, took an early lead, causing many to wonder if he'd started too strong. At the 5-km mark, his time of 13:30 had him



Photo by Joanne Lee

The pack chasing Kenya's Sandrafelis Chebet Tuei dwindled as she ran, and ultimately she crossed the finish line alone, winning the women's title in 31:21.

on track to come in at 27 minutes, and again there were those who thought the pace might be too quick to be sustained.

But, in the heat and humidity, the Kiwi proved them wrong, almost setting a new record, coming in at 27:37, tied for the third fastest ever in the TD Beach to Beacon. Robertson came in 50 seconds ahead of his nearest rival, which is the widest margin of victory ever in the competitive men's race.

Kenyan Stephen Sambu came in second at 28:27, and Maine native Ben True at 28:29. True, a 32-year-old crowd favorite who grew up in nearby North Yarmouth, won the American-only category.

He was eyeing a second TD Beach to Beacon title after his emotional win in 2016, when he became the first American ever to win the race. True finished second last year in a sprint finish and third in 2014, and now has earned podium spots in each of his past four TD Beach to Beacons. He also won his third straight American-only title.

Women's champ Chebet Tuei, who finished in 31:21, ran hard as the pack chasing her dwindled down to two runners by the time she entered Fort Williams

-see B2B RECAP page 6

Bothel's Mechanical Repair under new ownership

By Marta Girouard



Photo by Marta Girouard

After 43 years at Bothel's Mechanical Repair, owner Stephen Bothel has handed the torch, or wrench rather, over to Andrew Morais. The transfer in ownership was finalized in late June. During the transition period,

Bothel will continue to work at the shop for 20-30 hours a week and his wife Patt will remain in her role as bookkeeper.

-see BOTHEL'S page 4

Runners young and old praise Beach to Beacon

By Jane Vaughan

Cape Elizabeth's annual TD Beach to Beacon 10K is a mainstay of summer life for local residents. Last year's race drew nearly 6,500 runners, and Cape residents lined the course with hoses, cups of water, and cowbells to cheer them on. The race attracts runners not only from across the country and across the world, but also from across age groups.

This year's youngest registered runner was Cole Stinson of Gorham, who recently turned 7. Stinson has watched the Beach to Beacon each year since he was born in 2011, and this was his first time competing in the race. "I like the scenery of the race, that it's in Cape Elizabeth, and all the different people running together," he said.

Stinson began training for the race far in advance in order to be prepared. "I trained on the treadmill and the elliptical this winter, quite regularly. Since spring, I've also been running around the house and at camp and timing myself: sprint training! I race the dog, but she mostly

beats me," he explained.

Yet, running is not his only sport. He also swims, bikes, hikes, walks, kayaks, stand-up paddleboards, and does gymnastics. "I like exercising. I like moving. I like being outside, and I like that when you run as fast as you can and as hard as you can, you get sweaty!" he said.

Unlike Stinson, who started running at a young age, Daniel Foley, the oldest runner from Cape Elizabeth, didn't start really training for running until 50 years ago, when he moved to Boston. "It's an easy addiction. I would say I'm addicted to it. I get upset if I don't run," he said. At 84, Foley has completed every Beach to Beacon race for the past 20 years, earning him the distinction of Legacy Runner and a guaranteed spot in the race.

He's glad that he has earned a place in the race each year because the online registration system has become so intense. "We used to walk down to the gymnasium and sign up. You could do it the day be-

-see RUNNERS page 6



The Cape Courier
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 The mission of The Cape Courier is to foster a sense of community by presenting news specific and unique to Cape Elizabeth and its residents, and, whenever possible, to promote volunteerism within our community.

BOARD OF DIRECTORS
 Roger Bishop,
 Debbie Butterworth, Kim Case,
 Bob Dodd, Jerry Harkavy,
 Bill Springer

Publisher: Tara Simopoulos
info@capecourier.com

Editor: Marta Girouard
editor@capecourier.com

Community Reporter: Kevin St. Jarre
community@capecourier.com

Advertising Manager: Tara Simopoulos
 (Display and classified ads)
advertising@capecourier.com/207-939-9766

Bookkeeper:
billing@capecourier.com

Proofreaders:
 Chuck Rzeszutko, Ginny Blackwood

Webmaster: Wendy Derzawiec

Photo finishing: Ann Kaplan

Distribution: William Alexander

For general information:
info@capecourier.com/207-838-2180

For Advertising:
advertising@capecourier.com

Writers: Debbie Butterworth, Wendy Derzawiec, Bob Dodd, Erika Carlson Rhile, Marta Girouard

Photographers: Martha Agan, Jenny Campbell, Ann Kaplan, Joanne Lee, Katherine Urbanek

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 Letters should not exceed 250 words. We reserve the right to refuse letters and to edit for length, accuracy, clarity and civility. We do not withhold names and writers may be limited to one letter per month. Petition-style letters will be declined. Letters reflect the opinion of the author, not The Cape Courier. Email letters to: editor@capecourier.com or mail to P.O. Box 6242, Cape Elizabeth, ME 04107. Please note: Letters will be acknowledged by email.

NEXT ISSUE: Aug 29
DEADLINE: Noon, Aug 17

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Please stop littering our neighborhoods

I love Cape Elizabeth. My wife and I moved here 8 years ago related to her job. It felt like moving back home because all of the previous generations of Floyds, going back 6 generations, raised families somewhere around Maine.

I, like the generations before me, am attracted to Maine's stunning beauty, great people and generally well cared for environment. I say generally because lately as I have been walking my dogs on the foot bridge that connects Starboard Drive by crossing the marsh onto the Greenbelt trails behind the recycling facility, someone is repeatedly throwing their garbage into the marsh.

This may be just kids, as the trash is a mix of fireworks refuse and blue Bud Light cans, however no matter who it is, they are showing a wanton disregard for our community. Given that I have picked it up every day for almost 2 weeks, it should be easy to identify who is doing this to that beautiful marsh. They will keep doing it until someone asks them to stop or they are fined for the infraction. If you are reading this letter, consider yourself asked, "Please stop littering our neighborhoods!"

Tracy Floyd



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Let us hear from you!



We love feedback!
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Millett brings an 'open mind'

For those who played hooky during high school civics class, we've all recently learned a hard lesson that elections matter.

They matter not just at the federal level, they matter at the state and local level as well. Those we send to Washington and Augusta have an important job to do and equally important they represent the values and aspirations we hold dear.

We have been fortunate in Cape Elizabeth to have been represented in the Senate by Rebecca Millett and fortunate as well to have the opportunity to continue her representation in this November's election.

Contrary to much of what we hear from Augusta, Rebecca brings an open mind, a willingness to listen more than talk, and an ability to work with others and reach consensus. She has brought bipartisan leadership to issues around education and found solutions essential to both our young students but also the economic future of the state.

As an ardent environmental advocate, I have found Rebecca willing to listen to multiple points of view, assimilate sometimes complex data, and able to find a shared vision to move issues forward. Her voting record on environmental issues has been consistently strong and I know I can count on her to help protect the nature of Maine for my children and grandchildren.

In the heat of summer November elections seem a long way off, but remember, as we have learned the hard way, elections matter. Please join me November 6 in returning Rebecca Millett to the Maine Senate.

Tony Owens

Pavement work on Eastman Road week of August 13

The town will be doing pavement rehabilitation on Eastman Road during the week of Aug. 13, 2018. Residents should anticipate traffic delays when work is taking place and be mindful of heavy equipment working on the project.

The initial scope of work involves milling off a portion of the existing pavement from Spurwink Avenue to an area just east of Alexander Drive. This will minimize raising the elevation of the road at some of the existing driveways. This will also correct the profile of the road to allow for better surface drainage.

Once the milling is complete, the milled surface will be shimmed with a thin layer of pavement and then overlaid with 1.25 inches of surface mix.

Barring any weather-related delays, the work should take 5-6 working days to complete.



Photo courtesy of town website

The town will be doing pavement rehabilitation on Eastman Road during the week of August 13. The work should take 5-6 working days to complete.

Celebrate Cape Elizabeth at CELT's Annual Harvest Party

Bring your family, bring a friend to this free, family-friendly community celebration CELT's Harvest Party, Sunday, September 22 from 4 p.m. to 6:30 p.m. at the pavilion at Fort Williams.

The Cape Elizabeth Land Trust's annual gathering is a gift to the community, and features live bluegrass music, local foods served sizzling hot, a pie contest,

and engaging activities for kids and adults alike.

Special recognition will be made to the many volunteers who work hard to make the land trust so successful every day. Rain date is Sunday September 23.



The Courier Needs You!! Volunteers Needed

Planning Board & Town Council Reporter's

Watch or attend regular meetings of the Planning Board or Town Council once a month, take notes and write a report for the next upcoming issue.

Time commitment is approx. six hours per month per position. If interested, please contact us at: info@capecourier.com



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Cape Elizabeth Then and Now: Spurwink School redux

By Jim Rowe



Photo courtesy of Cape Elizabeth Historical Preservation Society

A photo of Thomas Memorial Library in the early days

1857 Attendance Roll Call at the Spurwink School:

“Jordan?” “Here.”
“Jordan?” “Here.”
“Jordan?” “Here.”
(etc., etc.)

donated the former Spurwink School to the Town of Cape Elizabeth on April 14, 1919 “to be forever used as a public library,” there was much fanfare.

Mr. Thomas gave a very glowing speech on that occasion. He recounted his love for our town and the building in which he had taught the winter term in 1857. An interesting anecdote in his speech was that during that school term, he remembered having 63 students in the class...60 of them bearing the name “Jordan!”

The Cape Elizabeth Historical Preservation Society has entered negotiations with town officials to make the former Spurwink School building its permanent home (see July 25-August 14 Courier “Then and Now”).

When William Widgery Thomas Jr.

Cape alumni are soccer league champs



Contributed photo

Cape Elizabeth alumni are soccer champs again. On July 23 the team won the season’s outdoor league played at Fitzpatrick stadium in Portland thru Casco Bay sports. In front, left to right are: Rachel Gips, Russell Thompson, Elsa Mullin, Zoe Croft, Marissa. In the back row left to right pictured are: Chris Bagley, Billy Mullin(falmouth), Will Russell, Derek Baillie, Woody Tabery. Missing is Brad Doliner

Dr. David Jacobson
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Photo courtesy of Cape Elizabeth Historical Preservation Society

Thomas Memorial Library Dedication Ceremony in 1919. William Widgery Thomas, Jr. is seated with the flowing white beard.

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Nomination papers for 2018 Town Council, School Board election due Sept. 7

Nomination papers for the Nov. 6, 2018 municipal election are available at the town clerk's office.

Three seats on the Town Council and three seats on the School Board will be up for election. They are currently held by Councilors Jamie Garvin, Sara Lennon and Jessica Sullivan; and School Board members Heather Altenburg, Elizabeth Scifres and John Voltz. All are three-year terms to expire Dec. 13, 2021. Papers are due Friday, Sept. 7, 2018.

Here is a summary of the 2018 municipal election (Town Council and School Board) dates and deadlines

Election Day:

TUESDAY, NOVEMBER 6, 2018

CEHS Gym or Cafeteria

Polls Open 7 a.m. Close 8 p.m.

Nomination papers available

Town Clerk's Office Open

Monday 7:30 a.m.-5 p.m.

Tue - Fri 7:30 a.m.-4 p.m.

Nomination papers due

Friday, September 7, 2018

Town Clerk's Office 4:00 p.m.

Seats available

TOWN COUNCIL

James M. Garvin term until 12/10/2018

Sara W. Lennon term until 12/10/2018

Jessica L. Sullivan term until 12/10/2018
SCHOOL BOARD

Heather W. Altenburg term until 12/10/2018

Elizabeth K. Scifres term until 12/10/2018
John C. Voltz term until 12/10/2018

Qualifications

*Registered Voter of Cape Elizabeth

*Residency Required During Term of Office

Signatures required to be nominated for office

• Between 25 and 100 registered voters of Cape Elizabeth. The voter may sign as many nomination papers for each office as the voters choose, regardless of the number of vacancies to be filled.

Nominee must appear in person, prior to the deadline, to complete the nomination papers.

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.

The Town Clerk's Office is open Monday 7:30 a.m. - 5:00 p.m. and Tuesday through Friday 7:30 a.m. - 4:00 p.m. The Town Clerk may be reached at debra.lane@capeelizabeth.org or 207-799-7665.

Interim management requests respectful use of Cliff House Beach

The Town Council has approved interim management for Cliff House Beach, a town-owned property at the end of Sea View Avenue. The council voted on July 9 to install a sign at the beach requesting that users be considerate, keep dogs under control, remove all waste (including dog waste), leave the beach cleaner than they found it, and consider walking or cycling to the beach. The sign has been ordered and will be installed as soon as it is ready, said Town Planner Maureen O'Meara.

"As you know there is some confusion around the language in our current dog ordinance," said Jeremy Gabrielson, chair of the Conservation Committee, which hosted a public forum on May 8 in response to requests from beach-area residents. "I would basically lump the concerns into two groups - there were a set of concerns around parking, which we determined were beyond the purview of what the Conservation Committee could be looking at, and then issues related specifically to dogs," he said.

The ordinance requires dogs to be leashed or tethered on municipal properties that are groomed or regularly maintained, but it does not, Gabrielson said, define what that means. The ordinance also lists municipal properties that are not considered groomed, but

Cliff House Beach is not one of them.

For the short term the committee is recommending the town install the sign, "with the understanding that as the fall comes around we will be looking more broadly at the dog ordinance," Gabrielson said. "That would give us some opportunity to revisit use of the beach as it relates to off-leash dogs in that time, and also give us an opportunity to check back in with the neighbors once we've had the season behind us, see how the signage is working, and make some other recommendations for possible changes that might be needed to make this a more pleasant situation for everyone."

The Town Council on March 12 charged the Conservation Committee with a comprehensive review of the dog ordinance following adoption of new rules governing off-leash dogs at Fort Williams Park.

One of the committee's goals for 2018 is to work with the police chief to develop recommendations for amending the dog ordinance to align with policies in the Greenbelt and Open Space Management Plan.

Scam Alert Bulletin Board

By Jessica D. Simpson

Link Scams

Along with cookouts and fun at the beach, summer brings the potential for scams, especially online. Be wary of emails from addresses you don't recognize. Some may contain web links to "patriotic videos" or e-cards. The supposed link to a patriotic video sent from an unfamiliar address may actually download malware onto your computer, which enables a scammer to steal your account information and personal data. To avoid these downloads, exercise caution online. Open emails only from known and trusted contacts, and don't click on links to suspicious websites. The same precautions apply to links on social media sites.

Who is Ringing the Bell?

Summer can be great times to tackle home repair jobs, but be wary of uninvited repairmen and women who stop by without an appointment. They may claim to have just finished work at a neighbor's house and offer you a discount while they are in the area with leftover materials. Once a deposit is paid, the work may never begin. If you want work done at your house, seek out repair companies yourself or ask for recommendations from friends and neighbors directly. Check with state authorities to be sure they are properly licensed and to learn about your rights as a Maine consumer. Do thorough research to ensure the company or individual is trustworthy and will deliver high quality work before you pay for any services.

Bothel's

Continued from page 1

Bothel's, a third generation family business, was started in 1949, when Bothel's grandfather built the garage from scratch and opened a service station. The land has been in the Bothel family for 135 years. Bothel's father, who had been a mechanic in World War II, joined the business and at this point began repairing cars. He retired in the 1980s and the garage is now run as two completely separate businesses. Bothel does the mechanical repair at Bothel's Mechanical Repair and his brother Robert does auto bodywork next door at Bothel's Autobody. As Bothel likes to put it, "My brother is the cosmetic surgeon and we are the inter-nists."

At the age of six, Bothel remembers handing tools to his father and he joined him in the shop right out of high school.

He worked there for a couple of years and then went to work for a phone company. After six months, he decided the job was not the right fit for him and came back to work at the garage. From 1976 to 1996, in addition to repairing cars, he operated a rust protection service.

"I really enjoy the customers and I really enjoy the work. But it's time for Patt and I to do the 'big explore.' Our feeling is at what point do you wait too long and you can't do that?" said Bothel. The Bothels love to travel and have been up and down the eastern seaboard and visited all the states. Next they want to go out west and visit all the national parks.

Stephen and Patt took great care in hiring someone with an eye on the future and have full confidence in Morais. Morais and Bothel have a number of

things in common. Morais's father also was a mechanic and he started helping him when he was 14 years old. "Andrew is efficiency minded and so am I. We make things so we can be more efficient. Andrew has the energy and a great vision," said Stephen Bothel. "We are big on workmanship," added Patt Bothel. Both stated how excited they are to have Morais continue on with the high standard of work and customer service that Bothel's has held itself to since the business was started three generations ago.

A casual reception to celebrate Stephen's retirement will be held at Purpoodock Club on August 26, 3-6 p.m. The event is open to the community and for those who plan on attending, please reach out to Patt Bothel and let her know at 207-450-0357.



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Suspicious person, dog bite complaint, objects thrown at moving car

Reported by Debbie Butterworth

COMPLAINTS

- 7-11 Two officers responded to a residence in the Fowler Road area for a well-being check
- 7-11 Two officers responded to a location in the Shore Road area for report of a suspicious elderly male. Suspect was located and transported home.
- 7-11 Two officers responded to a residence in the Mitchell Road area for a well-being check.
- 7-12 An officer met with a resident in the Shore Acres area regarding a possible trespass complaint.
- 7-14 An officer met with a resident of the Sawyer Road area who found a cellphone. The owner was identified and property returned.
- 7-14 Two officers responded to a residence in the Woodland Road area for a well-being check.
- 7-14 An officer met with a resident in the Fowler Road area for a dog bite complaint.
- 7-15 Two officers responded to a residence in the Scott Dyer Road area for a well-being check.
- 7-15 Two officers responded to a residence in the Shore Acres area for a possible violation of bail conditions.
- 7-18 An officer met with a resident of the Scott Dyer Road area regarding a criminal mischief complaint to a motor vehicle.
- 7-19 An officer met with a resident of the Spurwink Avenue area regarding a possible criminal threatening complaint.
- 7-22 Two officers responded to a resident in the Mitchell Road area for a well-being check.
- 7-23 Two officers responded to a residence in the Starboard Drive area for a well-being check.
- 7-23 An officer met with a resident in the Spurwink Avenue area for a harassment complaint.
- 7-26 An officer met with a resident of Standish regarding a verbal altercation he had with a subject in the parking lot of the shopping center.
- 7-28 An officer met with a resident of the Shore Road area who reported that while driving on Mitchell Road, two kids on foot threw something at her car and ran off into the woods. Suspects were located and parents contacted.

SUMMONSES

- 7-11 South Portland resident, failure to produce insurance, Shore Road, \$186
- 7-12 South Portland resident, failure to produce insurance, Sawyer Road, \$186
- 7-13 Portland resident, operating with suspended license, Shore Road
- 7-13 Scarborough resident, speeding (44/34 zone), Spurwink Avenue, \$134
- 7-18 Cape Elizabeth resident, speeding (57/35 zone), Spurwink Avenue, \$230
- 7-18 New York resident, speeding (50/35

- zone), Ocean House Road, \$200
- 7-22 Portland resident, speeding (58/35 zone), Route 77
- 7-22 Portland resident, imprudent speed, Clinton Road, \$134
- 7-24 Falmouth resident, violation of conditions of release, Fort Williams
- 7-25 Cape Elizabeth resident, uninspected vehicle, Route 77, \$148
- 7-25 Old Orchard Beach resident, uninspected vehicle, Shore Road, \$148
- 7-25 Portland resident, uninspected vehicle, Two Lights Road, \$148
- 7-26 South Portland resident, speeding (54/35 zone), Spurwink Avenue, \$170
- 7-26 Scarborough resident, speeding (39/30 zone), Fowler Road, \$114

ACCIDENTS

- 7-17 Rosalie Blenkhorn, Tiffany Dumont, accident on Scott Dyer Road
- 7-27 Jon Donnelly, Devin Cole, accident on Ocean House Road

ARRESTS

- 7-14 Cape Elizabeth resident, domestic assault, Trundy Road
- 7-17 Biddeford resident, operating with suspended license, Salt Spray Lane
- 7-24 Falmouth resident, violation of conditions of release, Fort Williams
- 7-25 Cape Elizabeth resident, aggravated assault, Beverly Terrace

FIRE CALLS

- 7-10 South Portland mutual aid
- 7-10 South Portland mutual aid
- 7-12 Portland mutual aid
- 7-12 South Portland mutual aid
- 7-14 Peabbles Point Road, fire alarm
- 7-14 Bowery Beach Road, investigation
- 7-15 South Portland mutual aid
- 7-15 Fenway Road, unpermitted burn
- 7-15 South Portland mutual aid
- 7-16 Southwell Road, investigation
- 7-24 South Portland mutual aid
- 7-25 Ocean View Road, fire alarm
- 7-25 Sea Barn Road, fire alarm, investigation
- 7-27 Woodcrest Road, power line down
- 7-28 South Portland, mutual aid
- 7-28 Scott Dyer Road, fire alarm
- 7-29 Ocean House Road, investigation
- 7-29 Great Pond Terrace, fire alarm
- 7-29 Ocean House Road, fire alarm
- 7-30 Beverly Terrace, investigation

RESCUE CALLS

There were 24 runs to Maine Medical Center. There were 6 runs to Mercy Hospital. There were 10 patients treated by rescue personnel but not transported.

Welcoming the Stranger program builds relationships and strengthens community

By Jane Vaughan

When Cape Elizabeth resident Jill Epstein helped launch Welcoming the Stranger (WTS) in 2016 in order to serve the growing population of asylum seekers in Portland, the application system for immigrants seeking asylum was so backed up that seekers had to wait months or years to get called for their hearing or to apply for a work permit. "They didn't have case management, the adults couldn't get MaineCare, only emergency care, they couldn't work," Epstein explained.

But in January 2018, that process was reversed. "They decided the way to deter people from coming would be to process the applications more quickly before asylum seekers can establish roots here. Rather than filing an application and getting in line before it can be heard, now when you file, you become the priority. People get called to appear for a hearing three to four weeks after they file. They don't have time to get a permit and start working to pay a lawyer," Epstein said. At that point, asylum seekers often don't have access to a lawyer or speak fluent English, so creating a case for themselves is extremely difficult. When they get denied asylum, they can appeal the decision, but doing so is hard without a lawyer.

WTS focuses specifically on asylum seekers because unlike refugees, who arrive in the United States with legal status and can begin working, they have no support, income, or formal services to assist them as they settle in a new country. WTS aims to provide that support through a mentoring program. According to the WTS website, a mentor is "a friend" who helps their mentee(s) with anything from practicing English and writing resumes to planning fun outings and building community.

Since the recent change in the application process, WTS is wondering how its mentoring program will function. "The whole idea of the project is to give asylum seekers a local friend, and hopefully it's a long-term relationship," Epstein said. But now, "we're starting to get new referrals, and before we can match them with a new mentor, they already get a hearing. It's hard to know how to help people."

Claudette Dayininahaze is a cultural broker for The Opportunity Alliance in Portland, a Burundian immigrant, and the referral source for many of the mentees that WTS serves. She explained that navigating the application system is one of the biggest barriers

that asylum seekers face. "It's not open to anyone who is new here. When you want to know something or to get information, you can't," she explained.

WTS also attempts to address the language barrier through its program. Many mentees hail from countries such as Burundi, Angola, and the Democratic Republic of Congo and do not speak English. As Dayininahaze said, "The system was not made for us as immigrants. It was made for American people. And it's why, even here in the system, we don't find any place addressing our needs in terms of the language."

WTS is in need of more mentors for its large mentee population. Dayininahaze and a small working group often visit local businesses or faith communities to talk about WTS and attract volunteers, but even so, the supply of mentors is low. According to its website, the program currently has 164 mentor-mentee matches, but it also has a long waiting list of mentees.

"Anyone should think about building a relationship because when the mentor and the mentee start to build a relationship, they start to recognize their blind spots and gain an understanding of what makes people different, what makes others special, and the importance of putting oneself in others' shoes. This would solve all the issues we have among us. If we make the conversation together, if we sit together, and bring people together, then they get the understanding and then if you understand me, and I get to understand who you are, then we have something in common. We can really start a relationship," Dayininahaze explained.

Epstein agreed that WTS is in need of mentors and added that WTS has resources for mentors as well. Their job is not to serve as lawyer or cultural broker, but merely as neighbor and friend. Epstein also mentioned that WTS is looking for donations, which can be given through the WTS website and address needs like medical care and housing expenses, as well as donations of gently-used clothing, furniture, or other items. "You can really do a lot of good. We can multiply all of our individual connections across hundreds of people," she said.

Dayininahaze feels "the potential of commitment and engagement" from Mainers and urges them to consider becoming a mentor. "There's a fear, there's a silence inside people which really limits the open-

-see WTS page 14



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B2B recap

Continued from page 1



Photo courtesy of Kevin Morris/TD Beach to Beacon

Men's winner Jake Robertson already leads the pack, and already sees all he will see of any of his competitors. From start to finish, Robertson held the front and nearly broke the course record on his way to victory.

Park. The 20-year-old then held off Ababel Yeshaneh of Ethiopia, who came in 5 seconds behind her. Two-time Olympian Molly Huddle finished in 31:40, placed third, and also claimed the American-only title.

In the Maine Resident races, Michelle Lilienthal of Portland came in at 36:16 and won for the third time, while Ryan Smith of Farmington won his first title coming in at 30:50.

The fastest Cape Elizabeth resident was 17-year-old Peter DeNinno, who residents have likely seen streaking down local sidewalks and roadways. DeNinno's official time was 36:32. The fastest female finisher from Cape Elizabeth was Lila Gaudrault, 15-years-old, finishing in

40:09.

In the Wheelchair Division, Katrina Gerhard, 21, of Ashburnham, Massachusetts, recorded a 26:49 to set a course record, shaving more than a minute off a mark that had stood since 1999.

The Johnny Kelley Award for the oldest finisher went to Robert Mountain, 90, of Gorham, Maine, and Terri Morris, 89, of Venice, Florida. The 2018 Volunteer of the Year Award was awarded earlier this week to local attorney Neal Weinstein, who has driven a lead motorcycle every year of the race.

Also, on Friday, winners of the third B2B High School Mile were Helen Shearer of Hampden Academy (5:24.1) and Lisandro Berry-Gaviria of Mt. Ara-

rat High School (4:33.7), both course records.

Also, in the IDEXX Business to Business Maine Challenge, pitting teams of athletes from New England corporations and businesses, it was UNUM again winning first place in the mixed team division, followed by UNECOM and Hannaford. IDEXX won the men's division, Maine Health the women's division and IDEXX won in the first-timer 10K division.

There were 6,526 runners from 19 countries, 43 states and more than 270 Maine cities and towns who finished the winding, rolling 6.2-mile coastal course while dealing with humid, hot conditions throughout the race. Thousands of spectators, who lined the course and filled the bleachers, cheered as they ran past and as they reached the finish at the Portland Head Light.

The TD Beach to Beacon is one of America's iconic 10K road races, known for attracting the world's best runners but also for its top-notch organization, community support and the involvement of Olympic gold medalist Joan Benoit Samuelson, who grew up in Cape Elizabeth training along the same roads and continues to inspire runners both in Maine and globally.

Charitable giving is an important component of the race. The 2018 race beneficiary is WinterKids, a nonprofit organization that helps children develop healthy lifelong habits through education and fun, outdoor winter activity. WinterKids (www.winterkids.org) received a \$30,000 donation from the TD Charitable Foundation, the charitable giving arm of TD Bank, and is further benefitting from fundraising and publicity as well as more than \$23,000 in donations directly from runners during registration.

In addition to TD Bank, the title and lead prize money sponsor, other corporate partners who help make the TD Beach to Beacon possible are Nike, Hannaford, Poland Spring, MaineHealth, IDEXX, Northeast Delta Dental, L.L.Bean, NEWS CENTER Maine, Olympia Sports, ON Semiconductor and Dunkin' Donuts.

More than \$90,000 in prize money was awarded on race day, with \$10,000 to the winners in the men's and women's open races and payouts to the top 10 runners overall. Also included was a \$23,000 purse for American men and women,

split evenly among the top five American men and women with a \$5,000 top prize.

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 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 fills within minutes.

The TD Beach to Beacon is directed by Dave McGillivray of DMSE Sports, who has organized every TD Bank Beach to Beacon and directs the B.A.A Boston Marathon and other events around the world.

For additional information about the race, visit www.beach2beacon.org.

Runners

Continued from page 1

fore. It was so simple," he remembered.

Now, even though the race has grown, Foley still loves participating every year. "I think it's one of the best races in the country. I think it's fantastic the way the Cape Elizabeth residents have accepted it. It's a great race, and it's for a good cause," he said.

He trains four days a week at the University of Maine campus in Portland, usually at 6:00 in the morning, and explained that he will continue to run the Beach to Beacon as long as his body will let him. "I'll stop when I have to. I'll know when it's time to stop," he explained.

This sentiment was echoed by Michael Tracy, 83, also a resident of Cape Elizabeth. Both he and Foley expressed their gratitude at being able to compete in the Beach to Beacon at their age. "I'm very very thankful, and I'm very humbled that I can do these things at the age I'm at. I've been very, very fortunate to be able to do this," Tracy said.

Tracy encourages others to get outside, get some exercise, and take care of their bodies. "I just feel that we have an obligation to ourselves, to our families, to the society to take better care of ourselves. Basically we're built to walk, run, use the body," he said.

He has tried other forms of exercise but always gravitates back to running. He trains year round, usually three times a week, although his knees need a few days to recover. His training includes doing speed, endurance, and interval work at the Cape Elizabeth High School track.

Although Tracy participates in a few other races throughout the year, most of which are 5Ks, he said that the Beach to Beacon "is the highlight of the year."

"It's local, and it's a tough course. It's a very difficult course, and I like the challenge, and the thing that amazes me is the crowds. It's just incredible," he explained.

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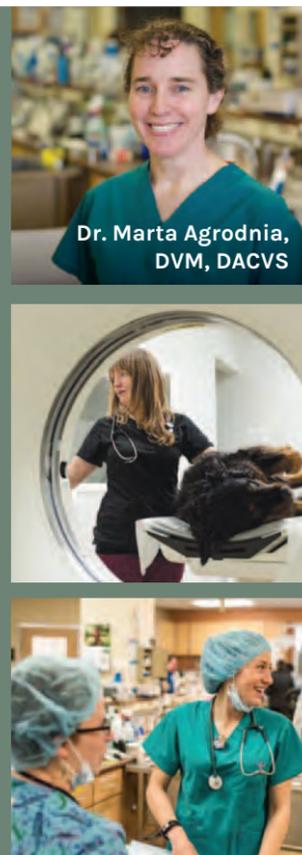
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TD Beach to Beacon volunteers host elite runners, rewarding for all

By Kevin St. Jarre

Each year residents of Cape Elizabeth host elite athletes who have traveled from across the country and around the world to compete in the TD Beach to Beacon 10K road race.

For almost a decade, Kathy Tarpo has coordinated the placement of the runners with their local hosts. Tarpo said, "Hosting is one of the many volunteer opportunities available for the Beach to Beacon and all volunteers sign up on the Beach to Beacon website after April. The times and descriptions for each volunteer activity are available. Host families are a bit different in that they should live in or very close to Cape Elizabeth so that athletes get the experience of living in, and the hospitality of, our community. It also makes it easier to run the course, get to the race and get to events that all happen at Fort Williams under the tent."

Asked if most high profile races like the TD Beach to Beacon offer local hosts, Tarpo said, "Most races don't have host families except for the Falmouth Road Race in Falmouth, Massachusetts. The goal of the Beach to Beacon is to be a community race, and when athletes stay in the community it is more personal. Some of the athletes attend the High School Mile to support our high school athletes. Athletes who are in homes with younger children almost always go to the Kids' Fun Run to cheer on the kids. These athletes give back by being role models to the kids."

Tarpo starts with a host family spreadsheet which she copies and edits each year. "It has all my previous host families with addresses and contact info. I add or delete families depending upon who is available for the event and I start working on this when school ends and families have a better idea of their summer plans."

In July, she gets a list of athletes and puts athletes with families according to specific accommodations that families have to offer. Returning athletes are placed with same families because there are nice bonds formed be-

tween athletes and families, but the list is an active one. Tarpo said, "There are changes pretty much right up to the race depending upon which athletes actually make it. My goal is that everyone who signs up to host gets an athlete, and the way I do that is to move an athlete from a home where there is space for two to a home whose athlete has cancelled. Families must be flexible as to who they get, and when they come is not always known, but I don't want families prepared and then not have someone."

To ensure everyone who wants to host actually gets an athlete, Tarpo has even relocated an athlete staying with her to the expectant host's home.

The host's interaction with the athlete does not have to be limited to the race. "The athletes can be Maine tourists after the race and what families and athletes choose to do varies. The lobster bake is always a fun event where athletes and families can connect with each other socially and talk about the race. Athletes and families often form bonds and stay in contact," Tarpo said.

Hosting

Tarpo still hosts athletes, and it was hosting that led to her taking on the position of coordinator. Tarpo said, "I first hosted 11 years ago when my son was 9 years old. I was a runner, and plagued with injuries before Beach to Beacon, but wanted to be involved with the race. The second year I hosted, I offered to help the previous coordinator because I had summers off, because I'm a teacher, and it seemed like a lot of work for her. I watched one year and, at the end, she said the job was mine because she joined the Peace Corps! I've been doing it ever since."

The multicultural experience can be enriching for the entire family. "I had the opportunity to host Kenyan men when my son was young and it was an amazing cultural experience. I did it with another family, and we would get together on Friday to share the night-before meal, Kenyan food, and spend some fun time together on Saturday between the race and the lobster bake," Tarpo said.



Contributed photo

Cape Elizabeth residents Charlotte and Bill Brewington hosted elite athlete Andrew Bumbalough for the TD Beach to Beacon 10K road race this year. This is the ninth time the Brewingtons have hosted a runner for the race.

There are more elite Americans coming now which Tarpo said is also very exciting and fun with less of a language barrier. As for going out for a run with these elite athletes, Tarpo said, "Most of the athletes have a training schedule that host families couldn't even begin to do."

For the 2018 race, Cape Elizabeth residents Bill and Charlotte Brewington hosted an athlete for the ninth time. Bill

Brewington said, "There is so much about Beach to Beacon that makes it the best race in Maine, and one of the best in the country. After running four of them, and learning there was a host family program, I was really eager to find a way to open our home to an elite runner and experience more of the event. Most of my family were already

-see VOLUNTEER page 14

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Photo by Tara Simopoulos

The Landing at Cape Elizabeth celebrated its 13th year hosting several of the AWD participants of the 2018 B2B. This year's pool of athletes included 13 Push-Rim athletes and 1 Dual Competitors team. The five female participants made up the largest in B2B history.



Photo by Ann Kaplan

Members of the Cape Elizabeth cross country team at the start line of the Beach to Beacon. From left to right: Kelsey Kennedy, Genevieve Depke, Jack Bassett, Meredith Hetric, and Jackie Lombardo

Cape Elizabeth resident to help kick off Down Syndrome Awareness Month

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Contributed photo

Thomas Bourdeaux is pictured at his job at The Farm Stand in South Portland.

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Cape Elizabeth resident Thomas Bourdeaux will appear in the bright lights of Broadway on Saturday, September 15, as part of the National Down Syndrome Society's annual Times Square Video presentation.

The featured photographs highlight children, teens, and adults with Down syndrome, reminding the world in a very big way about the contributions and milestones of people with Down syndrome. These collective images promote the value, acceptance and inclusion of people with Down syndrome.

The photo of Thomas Bourdeaux who happens to have Down syndrome, was selected from more than 2,400 entries in the NDSS worldwide call for photos. Almost 500 photographs will appear in the video, which will be shown in the heart of Times Square. Thomas Bourdeaux is pictured at his job at The Farm Stand in South Portland.

The Times Square Video presentation kicks off Down Syndrome Awareness Month in October. The video presentation will be followed by the 24th Annual Flagship Buddy Walk in New York City. For information about the NDSS Buddy Walk Program, visit www.buddywalk.org or call 800-221-4602.

Cape Schools hires new Special Education director

By Kevin St. Jarre



Contributed photo

Delbert Peavey has been hired as the new Director of Special Education for the Cape Elizabeth School Department.

The Cape Elizabeth School Department has hired a Delbert Peavey as its new Director of Special Education. Most recently, he served as the special education director at both Fiddlehead Charter School and the Ac-ton School Department. Peavey said, "Prior to that I was the special education director at MSAD/RSU #11 in Gardiner. Before becoming a director, I was an assistant director at MSAD #52 in Turner."

He earned a B.S. from University of New England in Biddeford in 1991, and a Masters in Education from University of Southern Maine in 2012.

New Superintendent of Schools Dr. Donna Wolfrom was one of the reasons Peavey was interested in working in the district. "Cape Elizabeth has a long history of provid-

-see PEAVEY page 15

CEHS adds to Social Studies Department

By Kevin St. Jarre



Contributed photo

Michael Young is a new addition to the CEHS Social Studies department and looks forward to meeting students.

Cape Elizabeth High School has added a new teacher to its Social Studies department. Michael Young has taught Social Studies for the past three years at Bonny Eagle High School. "I had freshman in a course called Global Village, which was a course with an emphasis on cultural geography, and upperclassmen in Modern European History," he said.

With regards to adding to the ongoing effort within the Cape Elizabeth School District around Performance-Based Education, Young said, "Bonny Eagle has a solid emphasis on Proficiency-Based Education, which

gave me some strong experience in what works and what some of the challenges are with this initiative."

Outside of school, Young has also served as the assistant varsity girls soccer coach at Greely High School, where they won the State Championship title in 2015 and were Regional Finalists in 2016. Young said, "[We] were knocked out of the playoffs by Cape Elizabeth last fall- no hard feelings."

Young grew up in the northern suburbs of Chicago. "Mundelein, Illinois where I lived

-see YOUNG page 14

Capetoon: Echoes on 77

By Jeff Mandell



Drawn by Jeff Mandell

Though they passed by in seconds, echoes of the racers remain in our minds like shadows on a rock.



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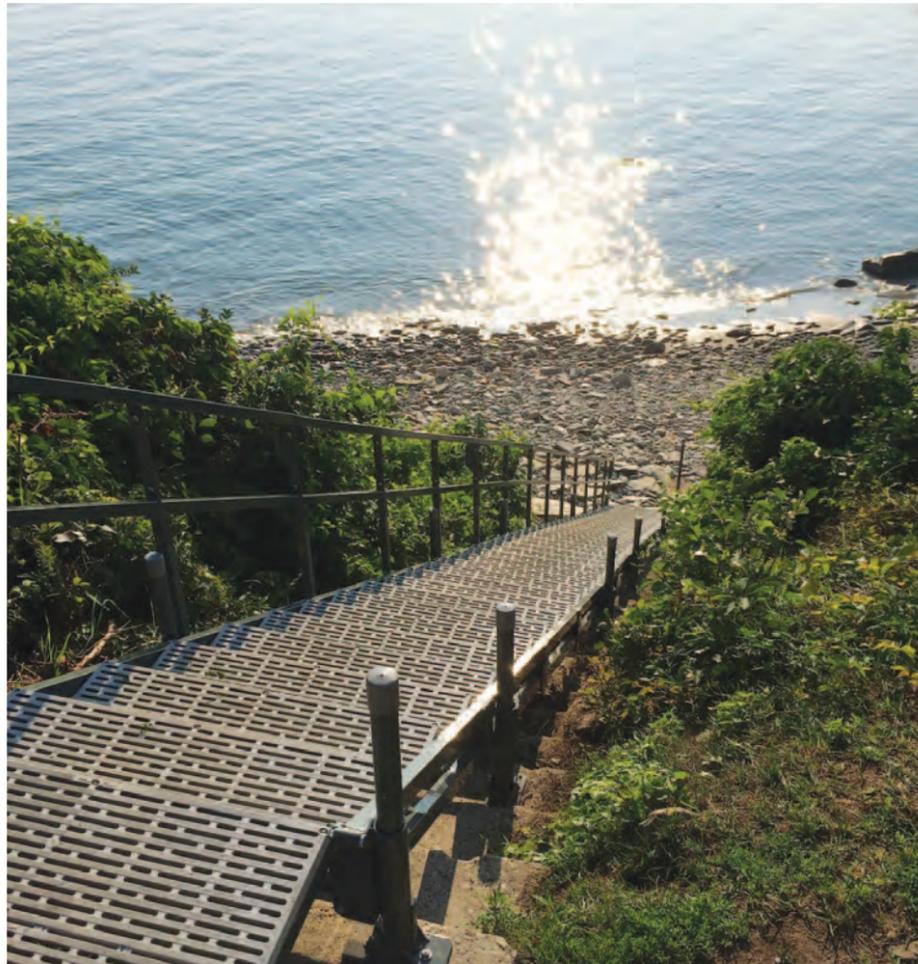


Photo by Kevin St. Jarre

New metal stairs have been installed over the existing, old concrete steps leading down to the Cliff House Beach, a public beach owned by the town of Cape Elizabeth.

Add your voice to CELT's Community Conservation Survey



Contributed photo

CELT is looking for feedback from the Cape Elizabeth community to learn about what more the Land Trust can do for the community.

We know from a recent survey that 87 percent of Cape Elizabeth residents feel that CELT is a valuable resource to the community. And the town's recent Comprehensive Planning Survey confirmed that protecting the natural environment is the #1 priority for citizens. Everything that CELT does – conserving and caring for lands, installing and maintaining trails, and providing educational programs for all ages, we do with community

needs in mind.

This summer we want to hear from as many community members as possible about what more the Land Trust can do for the Cape community.

You can add your voice by going to www.capelandtrust.org and taking our online Community Conservation Survey. Let us know what you cherish most about Cape Elizabeth!

Cumberland Farms 7th Annual Cups for Kids Fundraiser

This August, you can enjoy an iced cold beverage while giving back to local pediatric programs, too. Convenience retailer Cumberland Farms has kicked off its 7th annual Cups for Kids fundraiser to benefit five regional children's hospitals - including The Barbara Bush Children's Hospital at Maine Medical Center.

Throughout the entire month of August, five cents from every Chill Zone beverage, including HYPERFREEZE™ purchased at specified retail locations across Maine will be donated directly to Barbara Bush Children's Hospital to benefit its pediatric care programs. To participate in the fundraiser, Cape Elizabeth residents can stop by their local store at 298 Ocean House Road and buy a beverage to help make a difference. Last year, the fundraiser raised over \$145,000 dollars for its regional partners.

TML August Artist Jessie Morgan

During the month of August, the Thomas Memorial Library is hosting an exhibition in its Steir Gallery by Jessie Rae Morgan. The exhibition will be focused on photographs from her time at an elephant and wildlife sanctuary in Petchaburi, Thailand called "Wildlife Friends Foundation Thailand." Morgan spent two months volunteering at WFFT taking care of 17 gorgeous female elephants (and one male). Most elephants at WFFT are rescued from lives in the still controversial elephant trekking industry, but each elephant has its own background. The pictures in her exhibition are shots of the animals and humans which made the greatest impact on her during her two months at the center.

The show opens on August 15 from 5-8 p.m. Morgan will be available to meet visitors and answer any questions. Come experience the joy that rehabilitated animals can bring; even if it's just from photographs.

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Henry the porcupine, along with presenter Katie Brodeur from the Center for Wildlife in Cape Neddick, visited Thomas Memorial Library on August 2 as part of the Maine Wildlife Series. Henry came to live at the Center for Wildlife (CFW) in 2014 after being mistaken for an orphaned "porcupette." Despite best intentions, Henry became habituated to human contact and does not have the natural fear of predators and other instincts he would need to survive in the wild. He will live at the CFW in sanctuary for the rest of his life.

Cape Elizabeth Garden Tour draws more than 500 visitors



Photo courtesy of the Fort Williams Park Foundation

Cliff Walk Landscape

The 8th Annual Cape Elizabeth Garden Tour drew more than 500 visitors and raised in excess of \$40,000 for the Fort Williams Park Foundation in July. The garden tour featured eight private gardens in Cape Elizabeth and South Portland in addition to two areas of the park made possible by the foundation: The Children's Garden and the first phase of Cliff Walk Landscape, the latter of which made its official public debut during the tour. A total of 512 visitors attended this year's tour.

Young entrepreneurs also contributed to the day's revenue by setting up lemonade stands near various stops on the garden tour.

A few Cape Elizabeth children gave \$42 as a cash donation to the foundation. The gift represented half of the day's take from their Lighthouse Lemonade stand in the Two Lights Terrace neighborhood.

The foundation's Arboretum project is a multi-year endeavor to remove invasive plant species, plant and encourage the growth of native species, and renovate key areas to enhance user enjoyment. So far, the foundation has completed three Arboretum sites—Lighthouse View, Cliffside and the Children's Garden—and will soon begin phase two of the fourth site, Cliff Walk Landscape.

30 acres of fields and forests conserved by Cape Elizabeth Land Trust



Contributed photo

The Cape Elizabeth Land Trust has conserved a 30-acre parcel of land at 498 Spurwink Avenue, located between CELT-owned Runaway Farm preserve and the Town's Gull Crest property

Cape Elizabeth Land Trust is thrilled to announce the closing on its purchase of 30+ acres of fields and forests, now conserved for the benefit of the public. Said CELT President Elizabeth Goodspeed, "This property offers so many opportunities - from farming to recreation. Now that the acquisition phase is over, CELT's volunteer board is diving in to planning its future uses."

498 Spurwink Avenue is located between the CELT-owned Runaway Farm preserve and the Town's Gull Crest property in Cape Elizabeth, which both allow public access. Conservation of this 30-acre parcel will allow for critical trail connections between these two properties, expanding opportunities for hiking, snowshoeing, cross country skiing, birding, outdoor photography, and more.

"We are glad to have obtained this spectacular property at below appraised value, with interim financing made possible with the support of The Conservation Fund," said Cindy Krum, executive director of the 33-year old non-profit land trust. "The sale closed on August 8, and we are still raising funds to purchase and steward the land."

Although CELT intends to allow public access, there is much work to be done to prepare the site for visitors so it will be closed to the public in the interim. Said Goodspeed,

"We ask that the public give us a bit of time to make safety improvements and develop trails. As always, we welcome volunteers interested in helping."

The varied and inviting landscape near Pollack Creek includes fields, swaths of lush forests, rich wetlands, a lively small pond and high-quality farm soils. It is also potential habitat for the cottontail rabbit and declining species of birds such as Red-shouldered Hawk, Blue-winged Warbler, Northern Flicker, Blue Heron, Wood Duck, and Bald Eagle.

"Visitors can experience a sense of going back in time as they walk through fields and forest and ponder the wild and unseen footsteps of the many animals who call this land home," said Krum. An exciting new large loop trail will become possible. "Imagine meandering from Runaway Farm, across Pollack Creek, and onto the new property," she continued, "then hooking up with the Town's Gull Crest trails, Town Farm and Spurwink Trails and back to Runaway Farm."

The land trust envisions expanding its popular education and community programs to this property in the future.

If you are interested in helping get the property ready please contact CELT at stewardship@capelandtrust.org.

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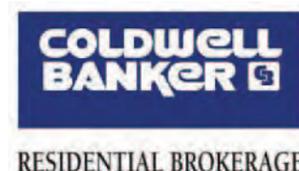
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Thomas Memorial Library offers art, songwriting workshops, chair yoga, class on astronomy basics and hosts family concert with Matt Loosigian

Note: The library will be closed all day on Thursday, August 16 so that staff may attend the Town's annual staff development day.

Library Offers Guidance for Parents for After School Use of the Library

As the start of school approaches, the library would like to provide parents with some helpful information as they make plans for their children's activities after school. While the library strives to create a welcoming, pleasant atmosphere for everyone, including children after school, it does not provide childcare. Library staff do not have the ability, or the responsibility, to keep track of the whereabouts or activities of children who visit the library unattended after school. Library staff work hard to plan and present after school programs for interested children, but many children who frequent the library after school are simply passing time, usually several hours, until parents pick them up. During that time, children come and go, often crossing busy Ocean House Road to buy snacks at Cumberland Farms to bring back to the library.

The library has tried different strategies for coping with the influx of unattended children after school, including opening up the Community Room as a hang-out space during the after school hours, and striving to offer structured activities every day. As the new school year approaches, staff has been reevaluating these approaches to see what works and what doesn't, as well as initiating broader conversations with other departments in town to address what is clearly a need: easily accessible care and supervision for school-aged kids after school. In the meantime, the library asks for consideration from parents as they make plans for their children's after school activities. Staff would like to offer structured library programs for interested children and teens after school. In order to help ensure that after school visitors who do not wish to attend programs are using the library appropriately, the library

would like parents to be aware of the following:

The Community Room will no longer be used as a hang-out space after school; it will only be used as a space for after school programs.

- Only pre-packaged snacks, (such as granola bars and fruit snacks), or snacks brought from home will be allowed in the library. NO hot/warm foods (such as pizza or hot dogs).

- Only covered drinks are allowed, preferably bottled drinks.

- The library recommends that elementary school children, or any children developmentally unable to supervise themselves, be accompanied by an adult or responsible older sibling.

- If parents have guidelines about how their children use library computers, they should communicate those clearly to their child. Parents should also be aware that library staff cannot monitor their children's use of the computers. However, no violent videos games are allowed to be played online on the computers in the children's library. Parents should be aware that the library cannot control the use of such games on the adult computers unless it disturbs the use of the library by others.

- The library has a game room with a Playstation 4, along with a selection of all-ages games. Up to four people can sign out this room and the games at a time. If parents do not wish their child to use the game room, they should communicate those rules with their child. Library staff cannot prevent children from using the game room, unless they have violated the rules governing the use of that room.

Library staff asks for help from parents in making our shared community space a welcoming place for everyone, no matter the age or time of day. For information about the library's many programs and services, see the listings here in the Courier, or visit the library's website at ThomasMemorial-Library.org

SPECIAL ALL-AGES EVENT

Library's First Annual Cape Con set for Friday, August 24 from 12-4 p.m.

Join us for our first annual Cape Con! Experience all the fun of a comic convention at your local library. We will have free comic books, local comic authors and artists, cosplayers, gaming stations, face painting, and much more! This is a free event and all ages are welcome.

ADULT PROGRAMS Writers' Accountability Group

Wednesday, August 15
10:00 a.m.-noon

TML's Writer's Accountability Group (WAG!) meets on the third Wednesday of each month from 10:30-noon. From future writers who haven't found the time to get going, to published authors looking for inspiration for their next book, to poets ready to share their insights, we're here to support you in a relaxed, safe setting. All levels of expertise and genres are welcome.

Summer Art Workshops for Adults – Mosaic

Saturday, August 18
3:00 -4:30 p.m.

In our final Adult Art Workshop for the summer, join librarian and artist-extraordinaire Kiah to learn how to turn discarded CDs and DVDs into beautiful mosaics. We will provide all necessary supplies. No registration is necessary.

Songwriting Workshop

Tuesday, August 21
6:15 – 8:15 p.m.

Please join us for our last songwriting workshop of the summer. These workshops are a terrific gathering of like-minded writers who, along with mentor Jud Caswell, can help you craft your writing into something polished and wonderful.

Participants should bring a song that is "in process" for feedback and support, along with 10 copies of lyrics to share. We'll have a sign-up sheet when you get here and will have time each night to share six or seven songs. Come a little early if you want to make sure to get on the list.

The goal of the workshop is to provide a safe place for songwriters to grow their ability. Songwriters of all levels and abilities are welcome. We hope you'll join us to learn, be inspired, and have fun.

Senior Tech – At a New Time

Wednesday, August 22
10:30 a.m. – 12:00 noon

Senior Tech has moved to a new day. We are now meeting on the fourth Wednesday of each month. If you have tech questions, we're here to help you in any way we can. Bring your devices. Bring your curiosity. And let's see how we can help you.

Chair Yoga for a Peaceful, Powerful You

Thursday, August 23
10:30 – 11:30 a.m.

Back by popular demand! Please join us for chair yoga to experience gentle, mindful movement and deep breathing that will help you calm your nervous system and focus your mind. You'll stretch and move while sitting in your chair with a handful of standing and balancing postures accessible to all. We'll finish with a guided body scan that invites you to relax into the present moment, that place where true power lies. This class is led by yoga expert and Cape Elizabeth local Martha Williams.

Navigating the Winds of Change in a World of Chaotic Spin

-see LIBRARY page 13

Thursday, August 23
6:30 – 7:30 p.m.

In "Winds of Spirit," Hay House author, and shamanic healer Renee Baribeau shares the rich mythology and cultural significance of wind, while also presenting a powerful system to help you recognize and utilize the subtle energies in nature for personal navigation.

The Wind Work® system relies on an ancient sacred technique used by farmers, shamans and sailors. It will show you how to navigate your personal path, providing insight into how to manage the wind patterns and shifting conditions affecting you. Winds of Spirit will teach you how to connect with your true inner self (your spiritual magnetic north), use your body as a compass, and never get lost. By working with the omnipresent winds in your life, you can restore harmony and balance, heal the body, and inspire creativity.

Astronomy 101 with Ron Thompson

Thursday, August 30
6:30 – 8:00 p.m.

Learn astronomy basics including how and what to view in the night sky. Attendees will also get a hands-on introduction to the library's new Orion "Star Blast" telescope and have the opportunity to be among the first library users to borrow it! Our host, Ron Thompson, is an expert in his field and is part of the Southern Maine Astronomer's organization.

Ongoing Adult Programs

Knitting Group

Meets every Monday at 1:00 p.m.

Democracy Cafe

Meets the second Tuesday of each month from 6:30-8:00 p.m.

Morning Book Group

Meets the third Wednesday of each month from 9:30-11:00 a.m.

Writers' Accountability Group

Meets the third Wednesday of each month from 10:00 a.m.-noon

Evening Book Group

Meets the third Thursday of each month from 7:00-8:30 p.m.

Senior Tech

Meets the fourth Wednesday of each month from 10:30 a.m.-12:00 p.m.

PROGRAMS FOR TEENS AND TWEENS

Anime Club

Monday, August 27 2:30-4:30 p.m.
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Library

Continued from page 12



Contributed photo

Children attended a bedtime story time on August 2, and left their special stuffed animal friends to have a fun, adventure-filled, sleepover at the library. You can view the slideshow of their adventures on the library's Facebook page, and on the children's program page of the library's website.

watch, craft, and generally geek out over all things Anime and Manga! Open to ages 13 and up. No registration required.

Teen Film Club

Tuesday, August 28 5:30-8 p.m.

Teens who enjoy viewing and discussing films can join our Summer Film Club! We'll be covering Phase One of the Marvel Cinematic Universe. Open to ages 13 and up. No registration required. Snacks will be provided.

Crafternoon Summer Workshop: Tie Dye

Thursday, August 30 2:30-3:30 p.m.

Come tie dye with us! Bring-Your-Own white anything (shirt, bandana, socks, scarf, etc.) to tie dye. Other supplies will be provided. Open to ages 11 and up. Registration is required, so don't forget to sign up because spots are limited.

Fandom Fridays

August 17 and 31 from 3-4 p.m.

Teens can make crafts, get their snack on, and talk fandoms with friends! We'll feature a new fandom each month. Open to ages 12 and up.

PROGRAMS FOR CHILDREN

In addition to our weekly story times, we have the following special events coming up (please check the library's calendar or website for variable story time schedules due to staff vacations this month.)

Teen Reading Buddies Will Read With Your Child-Or To Your Child

The library's Teen Reading Buddies, high school volunteers with an interest in coaching children in their reading skills, would also like to read to your pre-reading children. Young children who would like to be read to by one of the library's reading buddies can also participate. Just visit the Teen Reading Buddies page on the library's website, visit a reading buddies calendar, and make an ap-

pointment to meet a reading buddy at the library. The library plans to continue the Teen Reading Buddy through the school year. Children who want one-on-one reading help, or listening time, may continue to make appointments with our reading buddies to meet after school or on Saturdays. The library currently has nine fantastic high school Teen Reading Buddy volunteers.

Boats from Found Materials, for ages 7 - 12

Monday, August 20

1:30 - 2:15 p.m.

Join Ann in this creative workshop in which participants will create boats from leaves, bark, foil, and other materials, and then see if they will actually float. No registration necessary.

Marble Games Challenge, for ages 7 - 12

Learn how to play marbles with Mr. Rick, and then see how you do in marble tournament! No registration necessary. If the weather is nice, the program will take place outside.

Earth Jams! Family Concert with Matt Loosigian

Friday, August 24

10:30 - 11:15 a.m.

Matt Loosigian seamlessly weaves messages of environmental stewardship, peace, and compassion with humor and silliness through his music and songs. Join Matt for a special family concert. No registration necessary.

Catapult Challenge, for ages 7 - 12

Wednesday, August 29

1:30 - 2:30 p.m.

Make a working catapult out of popsicle sticks and bottle caps. No registration necessary.

Courier visits the city by the bay



Contributed photo

Cape Elizabeth resident Tim Trachimowicz catches up on the Cape Courier next to the Golden Gate Bridge while visiting family recently in San Francisco. Completed in 1937, the bridge is one of the city's most famous landmarks.

Check out more NEIGHBORS on page 16

Cape Elizabeth residents welcome two new members to their family



Contributed photo

David James Ekelund III, the son of David and Julia Ekelund of Concord, Massachusetts, was born on October 18, 2017, in Boston, MA. David is the grandson of Cape Elizabeth residents Dave and Bonnie Ekelund, and the late Calvin Bowker and Kate Bowker of Concord, Massachusetts. David's father David graduated from Cape Elizabeth High School in 1991.



Contributed photo

Vivienne Rose Ekelund, the daughter of Leif and Christie Ekelund of Pinole, CA, was born on February 15, 2018, in San Francisco, California. Vivienne is the granddaughter of Cape Elizabeth residents Dave and Bonnie Ekelund, and Lino and Ligia Hernandez of Richmond, California. Vivienne's father Leif graduated from Cape Elizabeth High School in 1999.

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CAPE CALENDAR

By Wendy Derzawiec

Thursday, August 16

Town Employee Training and Recognition. Town Hall offices, Community Services, Thomas Memorial Library, closed. Pool closed for regular cleaning, fitness center open.

Monday, August 20

Conservation Committee Winnick Woods Ribbon Cutting Ceremony, 6 p.m., trail kiosk

Tuesday, August 21

Planning Board, 7 p.m., Town Hall chamber

Tuesday, August 28

Board of Zoning Appeals, 7 p.m., Town Hall chamber

School Board, 7 p.m., High School Library and Learning Commons

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, 301 Cottage Road, South Portland; 7 p.m. Wednesdays, St. Bartholomew Church; 7 p.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, 7 p.m., Community Center

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

Codependents Anonymous (CODA) group at Cape Elizabeth United Methodist Church Regular meeting weekly on Saturdays at 10:30 a.m. Call 799-4599 FMI.

CABLE GUIDE

Town Council replay
Aug. 15 - 2 p.m. & 8 p.m.
Aug. 18 - 10:30 a.m.

Cape Elizabeth Church of the Nazarene

Aug. 18, 19, 25 & 26 - 9 a.m.

Planning Board (live)

Aug. 21 - 7 p.m.

CHANNEL 3

Planning Board replay
Aug. 22 & 23 - 2 p.m. & 8 p.m.
Aug. 25 - 10:30 a.m.

Board of Zoning Appeals (live)

Aug. 28 - 7 p.m.

Board of Zoning Appeals replay

Aug. 29 & 30 - 2 p.m. & 8 p.m.

Sept. 1 - 8 p.m.

Young

Continued from page 9

until I graduated high school. After moving to St. Louis, I attended the University of Missouri and completed my undergraduate degree in secondary Social Studies Education. Before moving to Maine in 2015, I taught college prep and AP U.S. History over the course of 15 years in Southern Illinois at Greenville High School, and completed a Master's Degree in Curriculum and Instruction from Southern Illinois University-Edwardsville, with an emphasis on History."

Young and his family have been living in Cape Elizabeth for three years, where his two daughters, Emma and Addison, will be attending seventh and fifth grades respectively, and where his wife, Jill, serves as the Cape Elizabeth Middle School nurse. "The most interesting part of this job is the opportunity to teach with such an experienced staff, that from my early interactions has already proven to be passionate about educating young adults, and dedicated to their craft. I can't

wait to add my experience and passion to the staff and become a larger part of the community where my family lives, plays, works, and learns," he said.

Young said, "In my free time, I spend a lot of time with my family at the beach, going for hikes, cross-country skiing, taking trips and attending my daughters' gymnastics meets. I also enjoy watching Chicago Cubs baseball, reading, paddle-boarding and coaching girls varsity soccer."

Young said he feels the best thing about teaching is the opportunity to have a real impact on the lives of young adults. "There are few professions that are more rewarding, and the chance to share the experience of learning a subject that you are so passionate about with students, is truly a blessing that I don't take for granted. Teaching social studies in particular, is something special because it has such relevance in the lives of our students, as they learn about their powerful role as emerging citizens in their communities, nation, and world at large," he said.



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Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
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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

Open Church, Thursday: 5:30 p.m.
Sanctuary Service: 10 a.m.
Child Care & Sunday School: 10 a.m.
Adult Sunday School: 9 a.m.

The Church of Jesus Christ of Latter-day Saints

29 Ocean House Road
799-4321

Sacrament Meeting:

Sunday, 10-11:10 a.m.

Sunday School: 11:15 a.m.-12 p.m.

Primary: 11:15 a.m.-1:00 p.m.

Relief Society, Priesthood:

12:00 -1:00 p.m.

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 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.

First Baptist Church of South Portland

879 Sawyer St., South Portland

799-4565

www.spfbc.com

Sunday Morning Worship: 9:30 a.m.

Coffee Time is at 10:45 a.m.

Sunday School is at 11:15 a.m.

Sermon audio is available on our website

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

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.

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.

First Congregational Church United Church of Christ

301 Cottage Road, South Portland

799-3361

www.fccucc.org

Worship 9:30 a.m.

Children's Game Room and

Nursery will be available

First Congregational Church of Scarborough

167 Black Point Road, Scarborough

883-2342

www.fccscarborough.com

Sunday Morning Worship: 9:30 a.m.

Sunday School & Nursery Care

WTS

Continued from page 5

ness to other people. You always fear. We will always accept someone we look like, someone we have the same language as — there's some connection which attracts people together. But I think we need to go beyond and think about how do we build relationship and trust because in the end, we are the same. We are the same," she said.

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Volunteer

Continued from page 7

volunteering with registration and water stations, and this seemed like something we could do together as well."

He said that the few days of hosting go quickly, but are packed with excitement for the race. "You gain a perspective of the race, and all that goes into it, at a deeper level. It's amazing how much we learn about each other by sharing meals, showing off our beautiful community, and just talking together. We've been able to stay in touch with almost all of the runners we've hosted, and it's been rewarding to follow their running careers, and other developments in their lives. We say goodbye each August hoping they continue to add Beach to Beacon to their schedules each year and come see us anytime they are in Maine," Bill Brewington said.

The athletes

Andrew Bumbalough, of Portland, Oregon, is an elite athlete who stayed with the

-see HOSTS page 15



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Hosts

Continued from page 14

Brewingtons for his first Beach to Beacon race this year. Bumbalough said, "The race course is beautiful and the competition level is very high. It's one of the premier road races in the United States. The community support for the event is fantastic."

When asked about staying with Cape Elizabeth resident hosts versus staying in hotels, Bumbalough said, "I think that the area lends itself to utilizing host families instead of hotels to host the elite athletes. Obviously, the organizers could house everyone in Portland in hotels and bus us down the morning of the race. I think that staying with host families keeps with the tradition of the event and allows the community to feel truly invested in the success of the race. For the athletes, it gives an opportunity to connect to the area and see how people live life in a different part of the country or world."

Bumbalough said staying with host families makes runners feel at home in the area. "The friendliness and hospitality I experienced with the family I am staying with has been unmatched in my eight years as a professional runner. From transportation to the start/finish area, to homemade meals the night before the race, host families allow the athletes to focus on the race itself. Beyond that, it is great to meet other people who are excited about running and so supportive of the runners and the event," he said.

Another elite athlete, Katie Matthews, lives and trains in Boston, Massachusetts as part of the Boston Athletic Association High Performance Team/adidas. She also works as a part-time pediatric speech and language pathologist at a private practice. "Luckily my bosses allow me to take days off for races!" she said.

This was Matthews' fifth year running the TD Beach to Beacon race. She said, "I love the race atmosphere! I think it has such a community feel and I specifically love that the race directors have such a charitable focus with giving back to a local initiative each year. The course is challenging but not too crazy. Having some uphill and downhill makes the race stay exciting and unpredict-

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able. The best part is definitely the finish at the lighthouse because it is so scenic. It's definitely a nice view once you're finished."

As it has been for Bumbalough, for Matthews, the way residents host athletes has been a positive experience. Matthews said, "I've personally loved building friendships and connections with the different host families I have stayed with. This year I am staying with Phil Walsh and Emily Cooke and their daughters, who I stayed with a few years ago. I've seen them the past few years at the youth races, and race events, and we've kept in touch throughout the year. A host family can make the weekend so much easier and enjoyable as an elite athlete. We don't have to worry about where to cook and get healthy food before the race, as well as transportation to the race. It also makes me feel a little bit more of the Cape Elizabeth community than I would if I were in a generic hotel room. I can learn where the local spots are, and hear stories about the town and race history. I also love how, when I am running, it feels like I have additional support out on the course. I have heard my host families and their friends cheering for me, which helps a lot! Very few races still utilize host families so it is definitely a more intimate, special part about Beach to Beacon."

For those wanting to get involved in hosting, Tarpo said, "Many host families come to the program by word of mouth from other families. The commitment is usually from Thursday to Sunday but, on occasion, an athlete may come on Wednesday. Some families are willing or want to host running pairs, or don't mind having an athlete with a partner. What an athlete needs is a bed, and some quiet and space to rest. They need healthy food for training, and this varies, and may be the hardest thing to predict for families."

"We have a core group of families that come back every year, and my favorite part is to see and meet people in my community

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that I don't see any other time. It's kind of like returning to summer camp year after year. This year we had a huge number of athletes, and I had to do some serious recruiting of new families by sending emails and asking neighbors. If someone wants to go on the list for next year they can contact me through the website and I will contact them next spring when I remind my families to sign up, or they can just sign up next year and I will get their info and contact them. It has been a great way for people who are new to living in Cape Elizabeth to meet other people."

Bill Brewington has this advice for those considering hosting. "It helps to be flexible and enjoy meeting people from other places. The running community is impressively filled with really nice people. There are host families that have been doing this year after year, and for so many years. It speaks highly of how positive the experience can be and how well organized it is. I always wonder, who wouldn't want to be doing this?" he said.

Elite athlete Katie Matthews added, "Just a big thank you to all the families who not only host elite athletes but volunteer for the race in general. We certainly do not get a moment in the race to thank everyone who is handing out water, working the timing systems, or helping with set up and break down. These actions do not go unnoticed by the elite running community. When a race runs as smoothly as Beach to Beacon does year after year, it really shows what a strong community is behind it."



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Peavey

Continued from page 9

ing a high quality education for their students. I am very much looking forward to working with the highly qualified teams at all three schools. The new superintendent, Dr. Wolfrom, is also one of my reasons for taking the position. After having several conversations with Dr. Wolfrom, it was clear to me that she was a student-centered leader who would provide the collaborative leadership needed for continued academic excellence for Cape Elizabeth Schools," he said.

Peavey said, "Relationship building with parents, students, staff and administration is the foundation of any administrative role. My first goal, and what will lead to future goals, is to gather information from all groups to determine what is working well at Cape Elizabeth, and should be preserved, and what could possibly be improved upon."

As of yet, Peavey said there are no plans to move to the community. "My wife Elisabeth and I raised our family in Raymond. My plan is to commute to Cape Elizabeth from there," he said. "My wife and I spend much of time with our three children, ages 19, 22 and 24, and three dogs."

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BONNIE WRIGHT
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Contact Steve at sparkhurst@townandshore.com





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207.773.0262

Courier travels from Pompeii to the Alps in Italy



Contributed photo

Tyler Rodenberger, an incoming sophomore at CEHS, peruses the Cape Courier during a recent visit to Pompeii, Italy. Rodenberger spent two weeks on Italy's southwest coast to study music at Arts Vesuviana at the Fondazione Passarelli Institute in the beautiful town of San Marco di Castellabate, Salerno.



Contributed photo

The Cape Courier made its way to the top of the Stelvio Pass, the second highest pass in the European Alps on June 30. Cyclists (from left to right) Wyman Briggs, Ted Darling, and Hal Kingsbury are "enjoying" a week of bike riding in the Italian Alps.

Cape Elizabeth resident to run NYC marathon to help support those with cystic fibrosis

Cape Elizabeth resident Patty Morris, mom to James (CEHS 2003), Ali (2006), and Gabrielle (2010) Donahue, is running with Team Boomer Esiason in the 2018 NYC Marathon to help support people with cystic fibrosis. Morris's daughter Ali has cystic fibrosis.

To support her own marathon run, Morris is raising funds through community efforts. On September 30, she will host "My Family is SO Weird" at Sprague Hall, an all-afternoon family event. A barbeque, fun games, Patriot's game streaming, and "weird family" submissions (with subjects' permissions) are all part of the plans. If you'd like to be involved, please consider:

1. Contributing raffle or auction items (examples: gift cards, product baskets).
2. Sponsoring the event.
3. Contributing food or beverages.

4. Visiting Patty's Team Boomer page at <http://www.teamboomerusa.org/pattymorris>

5. Suggesting and lending family-appropriate games (examples: cornhole, Wheel of (mis)Fortune, badminton).

4. Buying tickets to "My Family is SO Weird..."

Please contact Patty for more information: CFWeCanCureIt@yahoo.com.

McGinn graduates from Bates College

Gabriel McGinn, of Cape Elizabeth, has graduated from Bates College in Lewiston after majoring in mathematics and geology. McGinn, the son of Dr. and Mrs. Cornelius J. McGinn of Cape Elizabeth, is a 2014 graduate of Cape Elizabeth High School.

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