Cape farms are harvesting fresh produce already

By Tina Fischer

You may have spied the green shoots of future crops coming up in Cape Elizabeth’s farm fields. What you don’t see though are the many vegetables that are growing indoors now, in “high tunnels” or “hoop houses” and greenhouses. These simple structures, sometimes heated, sometimes not, are enabling farmers to lengthen the growing season significantly. Like many farms across Maine, multiple local farms now have fresh greens and lettuces to harvest almost year-round. Alewive’s Brook Farm on Old Ocean House Road planted 1000 lettuces in the ground under cover last fall for spring harvest and also has kale, spring mix and beet greens ready for customers at their market now. Penny Jordan said they’ll plant tomatoes in the hoop house next, followed by trials of peppers and cucumbers. “We hope to bring more high tunnels onboard over the next several years and move toward more winter production.”

Green Spark Farm, owned by Austin and Mary Ellen Chadd, is producing organically-certified soil-grown green year-round now in 16 tunnels. The covered growing also enables them to harvest very early crops of many vegetables, including tomatoes and cucumbers, as well as cut flowers.

Maxwell’s Farm has been doing some covered growing with strawberries, to bring on an earlier harvest for part of the crop. Start looking for early berries at Jordan’s on Wells Rd. in mid-June. But no promises, Mother Nature keeps her own schedule!

Norm Jordan Jr. and son Greg recently added a new greenhouse and a hoop house at The Farm on the corner of Ocean House and Fowler roads. The Farm is known for its flower and vegetable seedlings, raspberries and cut-your-own flower field. “The new hoophouse will provide a stable and paved surface for the safety of all, and to install benches and railings as needed between the central lot and the lighthouse. The portion of the recommendation concerning fees was sent to workshop and has progressed. “An architectural firm was hired to develop a proposal. That proposal went out to bid and L.P. Murray was awarded the contract. We are confident all will enhance the safety and beauty of the park,” Raftice said.

Cape Elizabeth novelist pens ‘Soon the Light Will be Perfect’

By Kevin St. Jarre

Cape Elizabeth resident Dave Patterson is a novelist whose recent novel is titled “Soon the Light Will Be Perfect.” Set over the course of one propulsive summer, it chronicles the journey of two brothers on the cusp of adulthood, a town battered by poverty and a family at a breaking point.

Like many novelists, the writing never really stops. “I’m currently at work on a new novel. While the first novel explored themes of poverty and death and coming of age, the new novel explores a family’s struggle with mental health, addiction and redemption,” Patterson said.

Patterson writes in the tradition of dirty realists-rooted in the stories of Hemingway, Raymond Carver, Richard Ford and Andre Dubus. He said, “The work is focused on the gritty reality of tough landscapes. There’s an intention of exploring the raw truth that we all live through though rarely discuss. As someone who grew up relatively poor in northern Vermont and lived in central Maine for a few years, it’s a style that most befits my experiences in rural landscapes.”

Over the years his voice has become more honed through years of writing and rewriting stories. “I’ve always had a grounding in the hard honesty of life, but I’ve refined my voice through understanding the editing process.”

Improvements underway at Fort Williams Park

By Kevin St. Jarre

Visitors to Fort Williams Park have noticed some changes. Last fall, much of the greenery was cleaned up between the upper and lower fields. This spring, a great deal of digging has been going on, with drainage catch basins lined up, ready to be installed.

According to Kathy Raffice, director of Cape Elizabeth Community Services and Fort Williams Park, these improvements are proceeding according to a larger plan. “Last May, the Fort Williams Park Committee presented to the Town Council recommendations for commercial van, bus and vehicle traffic at Fort Williams. The recommendations were made to enhance the safety, manage patron density and improve the infrastructure while reducing taxpayer burden,” she said.

The Town Council approved the elimination of commercial van and bus traffic from Captain Strout Circle, which is the small roundabout closest to the lighthouse. They also greenlighted the provision of signage at the four-way stop, appropriate placement of informational signage, improvement of the bus parking logistics in the central parking lot, thus allowing easy and safe parking, as well as drop off/ loading. Raftice said the Town Council also voted to support ADA compliant access to and from Portland Head Light, to enhance the walkways by improving the drainage and provide a stable and paved surface for the safety of all, and to install benches and railings as needed between the central lot and the lighthouse.
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.

OUR MISSION STATEMENT

LETTER & SUBMISSION POLICY

The Cape Courier is required to charge.

NEXT ISSUE: May 22
DEADLINE: Noon, May 10

EVEN PENNY COUNTS

Majority of owners and their dogs
‘are responsible but things do happen’

I wanted to write in and add my thoughts on dogs at Fort Williams. My family has had problems with the dogs on more than one occasion. Once while my wife was pregnant and walking in the park a large dog rushed and jumped on her and bit her hand lightly. She was wearing winter gloves and no physical damage was done. I’m sure the dog’s owner was not happy either but she was very scared by the experience.

Last spring we saw a lovely cherry tree in full blossom within the no leash area and wanted to have a picnic under it. I thought, “It’s a large area and we will not be disturbing anybody here.” However, soon one owner started playing “catch” with their dog by throwing a hard rubber ball very close to where we were eating with our two year old (despite their being plenty of room to do so) so that their dog rushed towards us at full speed. The feeling that I got was, this area belongs to the dog owners and others are not welcome. Sometimes in the summer when the park gets crowded we would like to go to the quieter sections, but knowing that there are dogs who rush, jump and yes, sometimes bite, I can’t say that I feel completely safe there with a small child.

I believe the majority of owners and their dogs are very responsible and would never do any of these things, but they do happen.

Robert Berman

Even a little support can help

Dear Cape Elizabeth Citizens,

You support the playground committee. For parents who are reading do you want a fun and new space for your kids to play? You should support and help raise money. There is lots of ways you can support like making an in kind donation, buying a personalized brick or volunteering your time.

Do you have kids the kids of Cape to have a safe play space. Some restrictions are breaking a little (I’m not saying that your kids will fall of or hurt themselves.) Do you want your kids to get hurt? Well if you don’t you can prevent that by giving some money to the playground Committee. Every penny counts. Thank you.

Matt B, 4th grade student
Pond Cove Elementary School

Thank you to this recent generous contributor:
Anonymous

Checks made out to The Cape Courier may be mailed to PO Box 6242, Cape Elizabeth, Maine, 04107. Future contributions will be acknowledged in an alphabetical format in this section. Please include your correspondence if you prefer to remain anonymous.

Thank you!

Your voluntary subscriptions and other contributions help keep this community newspaper coming to your mailbox.

THANK YOU!

Cape resident searching for a copy of VET’S from 1991

A Cape Elizabeth resident is in search of a booklet published in 1991 and titled VET’S. It lists all the Cape Elizabeth residents who have served in the armed forces.

If you have a copy of this booklet, please contact Rena at: grannymandu@aol.com.

From the front page of the previous Courier, it seems nearly everyone involved, “stepped in it” but no one wants to pick it up and “carry the bag.” Conservation Commission drafts 3 Category dog ordinance applicable to all Town properties, sending same to Ft Williams Committee; it’s charging being the crown jewel of Cape’s properties. FWPC adopts on-leash Category 2, Park-wide and extends back to Com Con to deliver to Town Council; after which FWPC requests Town Council to implement ASAP. Com Con then modifies draft, deciding on a draft for a Control Cat 3 that had long existed and is well signed to alert runners/all others in a less traveled, perhaps less scenic corner of the Fort and greatly appreciated by dog owners can be retained but also forwards to Council FWPC’s blanket Cat 2 recommendations. Council hearing is TBD but not April 23.

No one ‘wants to carry the bag’

No one wants to carry the bag
Then and Now: Namesakes of Fort Williams (Part Three)

By Jim Rowe

Battery Hobart, which lies at the northern end of today’s Cliff Walk at Fort Williams was built between 1898 and 1900, its single six-inch pedestal-mount gun was charged with protecting the marine minefield operation at the outer entrance to Portland Harbor. When Battery Keys was added to the fort’s arsenal in 1906, Battery Hobart became redundant and its gun was removed in 1913 and shipped to the Pacific theatre. Its subterranean ammunition magazine remained in use until 1929, however.

Battery Hobart was named for American Army artilleryman 1st Lt. Henry A. Hobart. He is believed to be the first graduate of the United States Military Academy at West Point hailing from the then-District of Maine (prior to statehood).

Lt. Hobart served with valor in the War of 1812 and was killed in the Battle of Fort George, Upper Canada, on the shores of Lake Ontario on May 27, 1813. He was 22 years old at the time of his death.

Memorial Day in Cape Elizabeth will be observed with a parade, followed by a ceremony at the War Veteran’s Memorial on Scott Dyer Road in front of Pond Cove Elementary School. This is an opportunity for the community to come together in remembrance of those who have died serving our nation.

The parade begins at 9:00 a.m. Parade participants are asked to gather at the intersection of Fowler Road and Rt. 77 at 8:30 a.m. The parade route begins at that intersection, continues north on Route 77, turns left onto Scott Dyer Road, and ends at the Memorial. A brief ceremony and laying of the wreath will be held at the Memorial after the parade.

The parade will include members of the Cape Elizabeth police, fire and rescue departments, the Water Extermination Team, Lions Club, Rotary Club, Middle School Marching Band, Boy Scouts and Girl Scouts.

Veterans and active-duty personnel are invited to march. We encourage anyone who has a family member on active duty in the armed services to notify Jim Huebener prior to the parade at 207.767.1754 or jhuebene r56@gmail.com so they can be recognized. Groups interested in marching should also contact Jim Huebener.

The 2019 Memorial Day Parade Grand Marshal is Tim Pollick, a U.S. Navy Reserve veteran of the War On Terrorism in Iraq, and a first-responder to the September 11, 2001 attack on the World Trade Center Towers in New York City.

Following the ceremony, residents and guests are invited to an Open House at the Town Center Fire Station.

The event will be canceled only in the event of rain. The cancellation will be announced on the Cape Elizabeth town website by 7:00 a.m. on the day of the parade. No alternate location has been set.

CEHS post-graduation plans

The Cape Courier traditionally publishes post-graduation plans for members of the Senior class. Information can only be published if submitted to the Courier by students or their families. The format for submissions goes like this: Jane Doe, daughter of John and Sally Doe, will be attending The University of Maine in Orono, Maine. When plans are finalized, please send to Marie Cross at mcross@capeelizabethschools.org by May 31.

Community Services offers Recycling Panel, Agewell Workshop and History Tour

By Cape Elizabeth Community Services

The Cape Elizabeth Recycling Committee invites you to attend a panel discussion they are hosting with economist’s Kevin Roche and Katrina Venhuizen and Cape Elizabeth Public Works Director, Robert Malley on Tuesday, May 28 at 6:00 p.m. at the Community Center. There are lots of changes coming our way. Please come learn about the recent changes in recycling markets nationally and the financial and environmental impacts on our recycling efforts here in Cape Elizabeth. Call 799-2686 to register.

Community Services is very pleased to offer this nationally recognized program, A Matter of Balance, designed to reduce the fear of falling and encourage physical activity. Over the course of this eight-session workshop (June 7 – July 7), participants will set goals and increase activity levels, strength and balance and learn how to reduce the risk of falls. The program is facilitated by the Southern Maine Agency on Aging and instructed by the University of New England Physical Therapy students. Community Services is underwriting the total cost of this Agewell Workshop for residents and offering non-residents a 50% discount. Call 799-2686 to register.

What better way to spend a Maine summer morning or evening than on a guided walking tour of Fort Williams Park? Join longtime resident and Historical Preservation Society member Jim Rowe for this fun and informative, two-hour tour during which Jim will share his knowledge of Fort Williams Park, Portland Head Light and Goodruss Mansion. Upcoming tours will be held on Wednesday, August 21 from 8:30 – 10:30 a.m. and Monday, August 26 from 6:00 – 8:00 p.m. Call 799-2686 to register.

Community Services is very pleased to host a fun and informative, two-hour tour during which Jim will share his knowledge of Fort Williams Park, Portland Head Light and Goodruss Mansion. Upcoming tours will be held on Wednesday, August 21 from 8:30 – 10:30 a.m. and Monday, August 26 from 6:00 – 8:00 p.m. Call 799-2686 to register.

Family Fun Day offers lots of new fun this year

As we turn the corner into true spring, Family Fun Day is fast approaching and there is lots to look forward to.

The traditional beginning of summer in Cape Elizabeth will begin with the annual parade down Shore Road to Fort Williams, and then the fun will really begin—festival food, games, the moon bounce, climbing wall, giant inflatable obstacle course, bungee jump—tons of fun for all. Artists and crafts-persons, live music, a petting zoo, pony rides and the annual dog show will round out the afternoon. Remember, it’s not summer until you ride the Lion’s Club train.

This year’s evening program leading up to fireworks will feature a free dance party on the lawn with DJ Dan Dionne, and food trucks for your picnic supper. Bring the whole family and we’ll dance our way into summer until the sky lights up with fireworks to celebrate the best in small town living here in Cape Elizabeth.

There is still room for local artists to reserve a free booth for the day—please contact Karen Pride at 232-2579 or kprie@maine.rr.com. Watch the Cape Courier for more information and updates on Family Fun Day, and mark your calendar for May 15 to join the fun at Fort Williams Park.
Resident searching for lost GoPro camera, thefts reported of money, clothing, outdoor thermometers and boot cleaner

CPLAINTS
4-8 An officer met with a Portland resident regarding harassing phone messages.
4-8 An officer met with a resident of the Two Lights Road area regarding harassing phone messages.
4-10 An officer met with a resident of the Mitchell Road area regarding a burglary complaint. Money and clothing were missing from the residence. A possible suspect has been identified. Case is under further investigation.
4-11 Two officers responded to a residence in the Scott Dyer Road area for a well-being check.
4-13 An officer met with a resident of the Sawyer Road area regarding a motor vehicle burglary that occurred while visiting Fort Williams.
4-14 An officer met with a resident of the Fowler Road area regarding a theft complaint. Outdoor thermometers and a boot cleaner is missing from the property.
4-15 Two officers responded to a residence in the Shore Road area for a well-being check.
4-16 Two officers responded to a residence in the Garrison Road area for a well-being check.
4-16 A resident of the Longfellow Drive area brought a found ring to the police station. The ring was believed to be costume jewelry. It is silver with a clear stone and no markings on the inside of the ring.
4-16 An officer met with a resident of the Fowler Road area regarding unauthorized charges on a credit card.
4-17 An officer met with a resident of the Shore Road area regarding a found cellphone. Owner was identified and property returned.
4-17 An officer met with a resident of the Pleasant Avenue area regarding a found I-Pad. The screen was damaged but it still turns on. The I-Pad was returned to the station for safekeeping.
4-18 A wallet was turned in at town hall and passed along to the police department. The owner was contacted and property returned.
4-19 An officer met with a resident of the Spruinken Avenue area who reported losing his GoPro camera, possibly along Rt 77. Complainant wanted to file a report in the event it is turned in to the PD.
4-20 An officer met with a representative of a local business regarding some found property. The owner was identified and property returned.
4-21 An officer met with a resident of the Woodland Rd area regarding a suspicious person complaint.
4-21 An officer met with a resident of the Scott Dyer Road area regarding a suspicious vehicle complaint.
4-21 An officer met with a resident of the Woodland Road area regarding a theft complaint. Outdoor thermometers and a boot cleaner is missing from the property.

SUMMONSES
4-10 South Portland resident, violation of conditions of release, Route 77
4-10 South Portland resident, operating after suspension of license, Route 77
4-12 South Portland resident, speeding (39/40 zone), Sawyer Road, $114
4-12 Cape Elizabeth resident, possession of marijuana, Sawyer Road
4-19 Standish resident, operating after suspension of license, Sawyer Road, $129
4-19 Standish resident, operating with suspended registration, Sawyer Road
4-20 Cape Elizabeth resident, speeding (57/45 zone), Bowery Beach Road, $129

JUVENILE SUMMONSES
4-10 Cape Elizabeth resident, speeding (44/30 zone), Shore Road, $129

ACCIDENTS
04-09 George Hamm, Thomas Whitcomb, Scott Dyer Road
04-09 Benjamin Harrington, Mitchell Road

ARRESTS
4-10 South Portland resident, violation of conditions of release, Route 77
4-13 South Portland resident, operating under the influence, Scammian Street

FIRE CALLS
04-10 South Portland Mutual Aid
04-12 South Portland Mutual Aid
04-13 South Portland Mutual Aid
04-13 Portland Mutual Aid
04-13 South Portland Mutual Aid
04-14 South Portland Mutual Aid
04-16 Hannaford Cove Road Investigation
04-16 Karahus Road Low Utility Wire
04-17 Reef Road Fire Alarm
04-19 South Portland Mutual Aid
04-19 South Portland Mutual Aid
04-19 South Portland Mutual Aid
04-19 Meadow Way Investigation
04-20 Clinton Road Fire Alarm
04-21 Fox Hill Road Fire Alarm
04-21 South Portland Mutual Aid

RESCUE CALLS
There were 15 runs to Mercy Medical Center. There were 3 runs to Mercy Hospital. There were 3 patients treated by rescue personnel but not transported.

Recycling Center open on Sundays for yard cleanup
Spring is finally here: time to clean up the yard. The Recycling Center will be open for the disposal of brush, leaf and yard wastes on the Sundays listed below. As a reminder, items intended for the Compactors (single-stream recyclables & household refuse) will not be accepted. Fees will be assessed on all applicable items.

SPRING 2019 SCHEDULE
Sunday, May 12: 10:00 a.m. to 5:00 p.m.
Sunday, May 19: 10:00 a.m. to 5:00 p.m.

Scam Alert Bulletin Board
By Jessica D. Simpson

What phone scammers count on
A network of thieves
Phone scams aren’t usually executed by individual bad guys. Most involve multiple role players, digital experts, spoofing technology and more. These operations are sophisticated and professional.

Could this be a scam?
The whole point of these calls is to get you emotional. They want you angry, scared, confused. Feelings like these get directly in the way of rational thinking. Just hang up.
Understand that government agencies will never use the phone to tell you of a possible infraction or problem. If you get a call from someone claiming to be from the government and warning you of an issue, hang up. Most likely, it’s just fraud. Think it through.
The success of these scams hinges on the victim not understanding what it means to hand over a gift card serial number to a complete stranger.

Government impostor scams made up nearly half of the 535,417 impostor scam reports made to the Federal Trade Commission in 2018. Eighteen percent of the people who complained to the agency said they lost money in such scams, and overall losses totaled nearly $488 million — more than any other type of fraud with a median loss of $500.

Bad actors operating government-impostor scams falsely claim to be from the Internal Revenue Service, Social Security Administration or another agency to try to prey on money or personal information from people, the FTC says.

Letters
Continued from page 2

I first thought the article was another one of The Courier’s skilled April Fools spoofs! However, the page 2 April Fool piece by Audra Welton helped me realize this is not a prank and causes me to view, “no-off leash at Ft Wms” with that insightful expression of dogs, known by owners and others who appreciate them, you gotta be kiddin’ me!

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Cape Elizabeth School Board news

On Wednesday, April 24, the School Board presented the school department FY20 budget to the Town Council with an emphasis on transparency in the budget process. In particular, the presentation highlighted the collaborative nature of this year's budget process, which required input from many and spread across a long period of time. In fact, this year it not only started much earlier, but also included a much larger number of people.

At the end of last year's budget cycle both the School Board and the Town Council stated a wish to begin a dialogue on how to improve the overall budget process. Indeed, both groups engaged in joint workshops throughout the Fall of 2018 that fostered communication and a trusting relationship by exchanging ideas and sharing perspectives. Stemming from these workshops was the creation of a new, joint subcommittee made up of both Chairs and Finance Chairs, the Superintendent, Town Manager, and Business Manger. To date, this subcommittee has met three times and plans to continue holding meetings on an ongoing basis. It is with out a doubt that the joint effort by the Town Council and School Board to collaborate has made a positive impact and that it will continue to make our community more cohesive and our schools better off. This year alone, both the town and school department will be see significant cost savings by combining facilities' projects and grouping leasing plans for various vehicles.

Included in the FY20 budget is a proposed Needs Assessment Facilities Study by Colby Company & Engineers. Much attention was devoted to a similar proposal during last year’s budget, but was ultimately removed — in part — because there was a wish to involve a larger circle of stakeholders. As a result, the School Board launched a renewed effort to improve the school’s facilities at the beginning of the Fall by forming a Committee composed of a broad scope of stakeholders. In all, there were over 45 people on the committee — including the Town Manager, and two Town Councillors.

As explained in prior updates, this committee met on four different occasions to gather information and firsthand knowledge of the challenges the schools face. The process was thorough, transparent and informative. As a result, the entire Town Council was able to follow the findings of the committee; understand the School Board’s conclusion to include the Needs Assessment Study in the budget; and, ultimately, arrive at the April 24 meeting with clear support.

Further collaborative efforts were high-lighted by Dr. Wolfrom, who praised the ad ministerators for working as a team of one district — rather than making decisions based on individual buildings and/or departments. For example, when the School Board asked that the original request budget be reduced by 2 percent, it was essential that the administrators approached this together and as a whole. Dr. Wolfrom also commented that the School Board’s process of sending budget questions to the administrators in advance of budget workshops was not only new to her, but also very helpful to the district.

New to both the Superintendent and School Board was a suggestion made by Town Councilor Valerie Randall that the Board consider sharing these same questions with the Town Council. The School Board realizes the value in sharing the questions and agreed to do so. As a result, the Town Council was kept abreast of the deep level of questioning between the School Board and administrators and arrived well informed for the April 24 meeting. This allowed for a very concise and highly cordial presentation — and proof that the joint efforts by Town Council and School Board to improve the budget process were significant.

Up next, the Town Council will vote on both the Municipal and School budgets on Monday, May 13. While the School Board expects that the FY20 budget will be approved by the Town Council, it still encourages citizens to communicate their own support directly to the Town Council in advance of the May 15 meeting.

The final opportunity for collaboration will come on Tuesday, June 11 with the Cape Elizabeth Citizens Referendum. The School Board hopes that voter turnout will be high and welcomes all comments or questions prior to the vote.

FUTURE DATES:
Monday, May 13, Town Council Vote on Municipal and School Board Budgets, at 7 p.m., Town Hall Chambers.
Tuesday, May 14, Regular School Board Business Meeting, at 6:30 - 8:30 p.m., Town Hall Chambers.
Tuesday, May 28, School Board Workshop, Topic TBD, 6:30 - 8:30 p.m., CEHS Library.

Freedman selected as semi-finalist in 2019 U.S. Presidential Scholars Program

CEHS senior Rohan Freedman has been selected as one of the 621 semi-finalists in the 2019 U.S. Presidential Scholars Program. He is one of six semi-finalists from Maine. The semi-finalists were selected from nearly 5,300 candidates expected to graduate from U.S. high schools in 2019. Finalists will be announced in May.

Mindful Moments

By Martha Williams

Martha Williams teaches group yoga classes, private yoga in the home, and offers energy healing using ancient, indigenous practices. A Cape Elizabeth resident for 14 years, she lives in a former schoolhouse overlooking Cape Land Trust property and wouldn’t be happier about it. For more information, visit www.soulfireassociates.com or email soulfiremartha@gmail.com.

May these ideas and practices enhance your experience of the unfolding of spring in Cape Elizabeth and deepen your connection to the life and beauty all around us.

Mindfulness, while not a religious practice, draws on Buddhist principals and teachings.

Pause, reflect, notice, and feel what’s happening in the present moment. Respond with kindness to self and other.

Why is it so challenging at times to go through our days in this way? Why does our mind race with worries, grievances, fears around what might happen to the point where we don’t notice the budding trees, the song of the peppers at nighttime, the smile of a loved one?

I’m often amazed, when I sit to notice my breath and I pause, how many thoughts are running through my head: mostly “to-do’s” as well as repetitious conversations with students, friends, family.

Seems we’re wired this way: we have a primitive part of our brain, the limbic system, and it can be rather strong and active. The limbic system keeps us alert and on guard for the woolly mammoth and saber tooth tiger long ago when we were living in the caves. This primal part of our brain served us well, long ago, when we were continually scanning for potential threats to us and our clan. “Must tend to fire...must gather berries...must pay attention to that storm brewing on the horizon.”

Problem is, in this day and age with all the stimulation and activity in our lives, it can become overactive and send us in to high states of stress, worry and anxiety.

Mindfulness is one way. The simple act of noticing our racing thoughts shifts us out of the cycle of repetitive thought and into a state of “witnessing.”

How do we call on and strengthen this ever more evolved part of our brain that will help us shift from racing thoughts to a calmer, more expansive state?

Mindfulness is one way. Pausing and noticing the racing thoughts and tuning into the emotions that come with the thoughts.

When we slow down, notice, and are present to what’s going on inside (noticing our emotions and where we feel them in our body) we open up to a state of being that’s bigger and more expansive than our worries and grievances.

Studies have shown that after eight weeks of regular mindfulness practice, a part of the limbic system that drives those thoughts of fear and worry gets smaller and the pre-frontal cortex gets thicker, stronger.

We can shift from fearful, contracted ways of being to calmer, more expansive ways of being that offer enhanced connection to others. That’s great news.

You don’t have to be a masterful meditator to bring this shift into your lives. You can simply commit to slowing down and pausing at least once a day for five minutes or fifteen minutes. It all makes a difference.

Here’s a short practice to help you land more fully in the present moment and tap into a sense of expansiveness:

1. Find a quiet, comfortable place to sit or lie down.
2. Close your eyes and take a deep breath. Inhale fully, then exhale slowly. Notice how your body feels as you do this.
3. Bring your attention to the sensation of your breath. Notice how it feels as it enters and leaves your body.
4. As you become more aware of your breath, notice any thoughts that arise. Gently bring your attention back to your breath.
5. Continue this practice for several minutes.
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CAPE CROSS/NEWS

COMPASSIONATE CARE
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Dr. Marta Agrodnia, DVM, DACVS

02. Tundra (abbr.)
03. Across the hall from A Unit?
04. Kind of code
05. IATA code for Sheremetyevo International Airport, outside Moscow
06. Abbr. in a job ad
07. Acts like a river
08. Hamiltons
09. Popular Maine dessert
10. Famed Italian family
11. Poorly sanded, as lumber
12. Beginning
13. Dies

ACROSS
1. Maine’s arboreal symbol
9. Big newspaper owned by Jeff Bezos, for short
13. Maine’s avian symbol
15. A kind of tea
16. Act crazy and silly
18. To be (Fr.)
19. Boxer Max and actor son Max
20. Levin, Gershwin, and Glass
22. Fifth qtrs.?
23. Commedia dell’__
24. Belonging to a queen of Egypt
27. A vote against
28. Notre Dame coach Parseghian
29. Company once known as Philip Morris
30. Maine or Indiana, for example
31. Prefix with -Siberian or -Alaskan
32. Popular Maine desserts
37. Blood sucker
38. Letters to the farm?
39. Owned by a Chicago airport
41. Superlative suffix
42. Tundra (abbr.)
43. Across the hall from A Unit?
44. Kind of code
45. IATA code for Sheremetyevo International Airport, outside Moscow
46. Abbr. in a job ad
47. Acts like a river
48. Hamiltons
49. Popular Maine dessert
50. Famed Italian family
51. Poorly sanded, as lumber
52. Beginning
53. Dies

DOWN
1. EPA action of April 1979
2. “______ Symphony,” by the Supremes
3. Too fast to drive
4. Finding on WebMD?
5. Discount theater booth in NYC
6. Stoolie
7. Famous name in ice cream
8. First word of a child’s selection process
9. Golfer Michelle
10. “Facts of Life’s” Charlotte
11. Applies
12. Cities in Ukraine and Ector County, Texas
13. Monetary unit with the symbol €
14. Spanish appetizer
15. Tropical duck
16. “h,” a reference to someone after he or she 60 Across
17. “______ is for Sunburn, I get in the sand. __ is for ______, a three person band”
18. Sign on some restaurants: “XYZ famous person _____________”
19. Prefix with -lose, the artificial sweetener in Splenda
20. With 37 Down, a popular Maine dish
21. Supplier of Morton’s
22. With “the,” a reference to someone after he or she 60 Across
23. Hire an electrician maybe
24. NASCAR racer Kahne and others
25. Mineral hardness scale
26. Municipal grp. responsible for locking up polluters?
27. Prince Valiant’s wife
28. Bale of hay
29. Movie location
30. Snapshot
31. Before, poetically
32. Act just right
33. Jump aboard, as a moving train
34. Prefix with -lose, the artificial sweetener in Splenda
35. Before, poetically
36. Act just right
37. Maine’s most famous seafood symbol
38. With 37 Down, a popular Maine dish
39. Figure of speech, and the tune sung when reading Hebrew texts
40. Frog
41. Famed Italian family
42. Famed Italian family
43. Famed Italian family
44. Famed Italian family
45. Famed Italian family
46. Famed Italian family
47. Famed Italian family
48. Famed Italian family
49. Famed Italian family
50. Famed Italian family
51. Famed Italian family
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56. Famed Italian family
57. Famed Italian family
58. Famed Italian family
59. Famed Italian family
60. Famed Italian family

Cape Cross Created by Rich Dana

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High School Theatre presents ‘Legally Blonde: The Musical’ May 30-June 2

Cape Elizabeth High School Theatre will present “Legally Blonde: The Musical,” in five performances at the high school auditorium May 30-June 2. This fabulously fun, award-winning musical based on the adored movie follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams. Music and lyrics by Laurence O’Keefe and Nell Benjamin, from the book by Heather Hach.

Tickets are available at www.tututix.com/cehstheatre beginning May 1 or at the door:

Thursday, May 30, 8:00 p.m.
Friday, May 31, 7:00 p.m.
Saturday, June 1, 1:00 p.m. and 7:00 p.m.
Sunday, June 2, 1:00 p.m.

For more information go to www.facebook.com/CEHSTheatreProgram.
Town to remove recycling containers behind Town Hall

On May 20, the recycling containers behind the Town Hall will be removed. The Town acknowledges that removing the containers is inconvenient for some, however changes in the recycling industry necessitate this decision.

Over the past year, the market for recycled materials has changed dramatically in both the value of the materials and in what is acceptable to the market. One of the more significant changes is in the quality of the materials accepted by the market and to what level of contamination (co-mingling of waste with recycled materials) is acceptable.

Previously materials were acceptable to the global recycling market at any level of contamination, but now little to no contamination is required. As a result of the changing market, ecomaine now inspects all incoming recycled materials provided by all of the communities that ship waste and recycled materials to them and judges the level of contamination in each load. In the past there were no fees for recycled materials. Due to the market changes, all ecomaine towns will begin paying a tipping fee for the disposal of recycled materials as of July 1. In addition, financial penalties will also be assessed on loads depending on the level of contamination in the recycled materials.

Over the past year the Town has received reports from ecomaine documenting the level of contamination within the recycled materials. They indicate that contamination levels in the un-monitored containers behind Town Hall are between 10 to 25 percent monthly. The containers at the Recycling Facility range from zero to ten percent contamination. Many surrounding communities are ending the practice of employing the un-manned recycling containers based on the levels of household waste being found in the recycling as well as other non-recyclable materials.

The Town Council and the Recycling Committee have been monitoring the information from ecomaine and believe that this decision is in the best interest of the Town. The Recycling Committee will also be performing additional outreach to inform the public of this change.

Cape students compete in 2019 VEX Robotics World Championship

Cape Elizabeth VEX Robotics Team 56J and Team 56G in their “pit” area. The team members are: Lauren Abrahamsen, Evan Gebhart, Carmen Erickson, Carter Morrison, Sarah Hagan, Eva Morris, Carter Abrahamsen and Matthew Zimmerman (9th). The event behind Town Hall will be removed. The event was held in Louisville, Kentucky, from April 24 to April 27 and 584 teams from around the world were registered.

Farms

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CEHS junior recipient of music scholarship

CEHS Junior, Sylvia Brock, was the 2019 recipient of The University of Southern Maine Youth Ensemble’s Katherine Graftam Scholarship, for modeling excellent musicianship and commitment to the ensembles. Brock is a violinist in the Portland Youth Symphony Orchestra.

Pancake Breakfast

(effs, sausage, French toast & drinks are available)

Sunday, May 12th
7:30 am to 11:00 am
It’s Mother’s Day

$7 for adults & $5 for children under 12

*Lions Club House – 1 Wheeler Road, Cape Elizabeth*

SEE YOU THERE!
Alzheimer’s disease is not something families plan for. We get that.

If you need us, we’re here.

- Specialized assisted living community for people living with Alzheimer’s disease and related memory impairments
- Carefully selected and specially trained staff
- Personalized plans of care and support

Alewive’s Brook Farm has fresh eggs for sale year-round from their flock of 150 laying hens, usually 10 dozen eggs per day.

Alewive’s Brook Farm is raising a few pigs again this year, along with turkeys and laying hens. If you’d like to sign up for a share of farm-fresh pork, they still have a few half-shares unspoken for.

FARM PHOTOS

Cucumber seedlings at Jordan’s Farm that will be headed to the high tunnel in a few weeks, so that early cucumbers will be available.

Joel Bamford with his crew of generous friends who recently helped him put floating row cover over some of the farm’s plants to coax an earlier harvest. From left to right: Don Theriault, Jay Cox, Mike Wagemann, Eric Gunnoe, Bill Brewington, Joel Bamford.

Contributed photo

Contributed photo

Contributed photo

Contributed photo

Contributed photo
and learning where to cut back. In my MFA at the University of Southern Maine's Stonecoast writing program, I learned that crafting a story begins after you have a first draft. That's where the real shaping and development takes place. I spend more time in the editing and revising stages than in writing the initial draft. That's something that has really shaped my writing," Patterson said.

He said he tries not to think about the business side of writing when he's doing the work of writing. He said, "That seems like a creativity killer. But I do spend time everyday doing the writing hustle: contacting people about my book, submitting work to literary journals, pitching article ideas to magazines, etc. I have a literary agent who takes care of every writer or creative person, I have to do a lot of work to get my work out into the world."

As for who he would say influenced his writing, Patterson said, "The American short story writers of the 50's, 70's and 80's really affected my growth as a writer. There was something about their understated style of storytelling. Someone like Raymond Carver really impressed me. Their surface was simple at first, but by the end something inside of you has been changed forever. The impact of that book is terrifying. The fence, and by the end you're weeping. Sure that my writing time is protected."

"I love that. It's astounding. As jobs leave rural areas and the body count keeps growing in America's most vulnerable places. As someone who has had to deal with in rural Vermont. And I just heard the other day that Maine averages an overdose death a day from opioids. And think of all the overdoses that don't end in death. Overdose death a day most every day now. Addition-ally, we have already had an Eastern Phoebe build a nest in a canoe beside our house."

On April 20 I caught my first two Great Egrets of this year foraging along the Spar- wick River and on the same day saw a hand- ful of Yellow-rumped warblers in the Oak trees along Beldfield road. Although I have not been able to verify just yet, Yellow-rumped's (known as Myrtle warblers in these parts) do breed in Cape, arriving on the early side each spring and leaving later in the Fall. With a splashy yellow rump patch and side stripes, this warbler is rather unique in that they live on berries in addition to insects. Being less picky means that this warbler does not have to migrate all the way to the tropics. Some birds even stick it out through the England winters. Also seen in the Pond cove area was a single Nelson's Sparrow. A very secretive bird with an orangey wash to the face and with a gray cheek patch, the Nel- son's sparrow has an unusual distribution breeding either along the eastern coastline (Maine and points north) or far inland (think northern great plains of eastern Montana or north eastern Wyoming). On April 21 my wife and I saw three Blue Gray Gnatchatchers in Pond Cove. A very small, steely blue-gray, long-tailed denizen of the deep forests, these little gems are widespread this time of year but rarely if ever abundant. Seeing more than one at a time is quite a treat. Despite the damp day, when you see this little bird scaring up insects by fl icking its white- edged tail from side to side, you know life is good. On this day there were Ruby-crowned kinfgets about as well. On the evening of April 21 I heard a Barred owl calling along the Canter Lane Trail easement. On April 25 our first of the season Brown Thrasher was spotted feasting on a suet cake. The Thrasher is a wonderfully shy and retiring bird that prefers bushy pas- ters, brier patches and woodland edges. Lastly, on April 29 along the "honey pot" that is Pond Cove I was delighted to fl ind a handsome male Palm warbler fl outing its rusty cap and bobbing its tail amongst the company of ten Yellow-rumped warblers. Palm warblers are another species of warbler that don’t migrate further than Florida and these passerines are passing through Cape, heading to the boreal forests of the far north to breed.
Capetoons: Turkey mating season - singles mingle in the meadow by the pond
By Jeff Mandell

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The Farm in Cape Elizabeth
Opening for the season May 18
Rt. 77, Just past CEHS Entrance

- Flower & Vegetable Seedlings
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- Locally Raised Plants at Reasonable Prices
- Expanded Variety & Knowledgeable Help

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FARM STAND
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Cape Elizabeth
Opening May 15th
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Crushed Stone ~ Pro-Base ~ Stone Dust
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OPEN: Mon - Sat 8:00 - 5:00 Sun 10:00 - 4:00

Naturalist’s Corner
By Erika Carlson Rhile
CELT Education Committee Chair

May 18, 5:11 p.m. - Full Flower Moon - Algonquin tribes called the May Moon the full flower moon since it was a time where spring wildflowers were in abundance. Learn more about Robinson Woods’ wildflowers with CELT volunteer Tony Owens on May 14 where you will look for and identify the earliest flowering plants, including four species of orchids. Owens will also highlight the oldest tree in Robinson Woods, vernal pool species and ferns.

May 18, Blue Moon - The term blue moon is used for either the second of two full moons in a calendar month, or the third of four full moons in a single season. There are normally only three full moons in each season of the year, but since full moons occur every 29.53 days, occasionally a season will contain four full moons. This rare calendar event only happens once every three years - therefore, “once in a blue moon.” A monthly Blue Moon (second of two full moons in one calendar month) and a seasonal Blue Moon can occur in the same calendar year. For this to happen, you generally need 13 full moons in one calendar year and 13 full moons between successive December solstices. This will happen in 2048!

Last supermoon of 2019, this past March
Photo by Erika Carlson Rhile

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Photo by Erika Carlson Rhile

Capetoons: Turkey mating season - singles mingle in the meadow by the pond
Drawn by Jeff Mandell

Photo by Erika Carlson Rhile

Seedlings

Photo by Erika Carlson Rhile

Capetoons: Turkey mating season - singles mingle in the meadow by the pond
Drawn by Jeff Mandell

Photo by Erika Carlson Rhile
CELT May community programs

Nature Walk — Vernal Pools and Wild Flowers in Robinson Woods
Learn more about Cape’s natural habitats and their unique flora and fauna from Cape naturalist Tony Owens. Sponsored by the Cape Elizabeth Land Trust, this walk will increase your awareness and appreciation of the varied species found here in Cape Elizabeth. Walk will be held rain or shine so dress appropriately with footwear for wet walking.
Tuesday May 14 9:00 – 11:00 a.m.
Meet at Robinson Woods Kiosk
$6 per person

Medicinal Herb Walk: Robinson Woods
Join Mischa Schuler, herbalist and owner of Wild Carrot Herbs, on a walk through Robinson Woods. As the plants reawaken to spring, we will visit with these extraordinary beings in their young stages of growth - learning to recognize their patterns across the refreshed landscape. Our evening will be rich with herbal folklore and inspired by the full moon and setting sun.
Thursday, May 16 6:00 – 7:30 p.m.
Meet at Robinson Woods Kiosk
$6 per person

Little Explorers (ages 3-5 with an adult)
Children and caregivers will spend an hour exploring the natural wonders of the Maine woods in spring during this Cape Elizabeth Land Trust event. Join CELT volunteer, Lisa Gent on a gentle hike through Robinson Woods where we will explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life. Lots of hands on explorations and games included. Please dress in comfortable clothes and bring a water bottle.
Friday, May 17 9:00-10:00 a.m.
Meet at Robinson Woods parking lot
Shore Road., $6/family

Tidepooling the Rocky Shore
Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat. Join Natasha Rathlev of the Cape Elizabeth Land Trust on this summer evening to search for crabs, snails and other marine life. Recommended footwear is lace-up, closed-toed shoes that can get soaking wet. The program will take place on the Kettle Cove Beach.
Friday, May 17 4:30-5:30 p.m.
Kettle Cove Beach, $6/ family

Good Night, Cape Elizabeth: Spring/Summer
Children ages 2-6 (with an adult) are invited to the CELT office to enjoy a bedtime hour about butterflies and their habitat in Maine during the Cape Elizabeth Land Trust event. Join children’s author Melissa Kim and CELT volunteer Jill Darling for stories, a craft, and a brief visit outdoors to learn about butterflies and their habitat in Cape Elizabeth. Come in your pajamas, and bring a snack. Parents/Guardians must be present.
Participants who register at least 48 hours in advance of the program will receive notification of changes or cancellation.
Tuesday May 21 6:00 – 7:00 p.m.
CELT office: 330 Ocean House Road, Cape Elizabeth
$6/parent and one child. Each additional child $3.

Native Plants Nature Walk — Robinson Woods
Join The Wild Seed Project’s Heather McCargo to learn about plant life in Maine. The Robinson Woods is a beautiful forest with a variety of interesting native plants. In this walk, we will learn about some of the wildflowers, ferns, shrubs and trees native to Maine. Heather will talk about which species are adaptable to gardens and developed landscapes, the threats to their survival, and inspire you with their unusual reproductive strategies and edible and medicinal properties. Learning to recognize the native species in our midst is the first step to advocating for their preservation.
Thursday May 23 5:00 – 6:30 p.m.
Meet at the Robinson Woods Kiosk
$8 per person

Participants can register for the above programs through Cape Elizabeth Community Services at www.capecommunity-services.org. Proceeds from these programs will be given to CELT, and participants who register 48 hours in advance of the program will receive notification of changes of cancellation. Please contact the Cape Elizabeth Land Trust with any questions at 767-6054.
ADULT PROGRAMS

Meet the Harp Twins
Tuesday, May 7, 6:30-7:30 p.m.
We’re excited to have the Harp Twins join us again this May. They played to a “sold out” house last time they were here, so plan to arrive early if you want a good seat. Camille and Kenneth Kitt are identical twin actresses and electric/acoustic harpists, who compose, arrange and perform as the Harp Twins. The Kitt sisters have released over 100 singles online, as well as six physical albums. As actresses, the Harp Twins have appeared in several films. The twins play a mix of music that will astound and delight you. We hope you’ll join us for an exciting evening.

Morning Book Group – Lilac Girls
Wednesday, May 8, 9:30-11:00 a.m.
Our morning book group meets on the second Wednesday of each month. In May, we’ll be discussing “Lilac Girls,” by Martha Hall Kelly. We hope you’ll join us to read and discuss. New members are always welcome.

Inspired by the life of a real World War II heroine, this remarkable debut novel reveals the power of unsung women to change the course of history. In this fast-paced, sweeping tale, Catherine “Lilac” Malgieri and her family flee Nazi-occupied France and seek refuge in the United States, where she finds work as an assistant to the famous French fashion designer Christian Dior. But Lilac’s past haunts her, and she must outwit the Nazis and come to terms with her own defining moments in order to survive.

Beekeeping 101 - MAINE WILD-LIFE SERIES
Tuesday, May 14, 6:30 – 8:00 p.m.
We know that when we make decisions in groups, things don’t always go right — and sometimes they go very wrong. How can groups make better decisions? This month, we’ll watch a short TED talk on the topic of group decisions and come up with our own conclusions. At a time when people seem to be more polarized than ever, understanding how groups interact and reach conclusions can spark interesting new ways to construct a healthier democracy.

The democracy café meets on the second Tuesday of each month. We hope you’ll join us this month for another great discussion. All are welcome.

What to Write About?
Wednesday, May 15, 10:00 a.m. – 12:00 p.m.
Are you wondering what you could write about? TML’s writer’s accountability group (WAG)! Meets on the third Wednesday of each month from 10:00 a.m.-noon. All levels of expertise and genres are welcome as we:

• Share ideas about writing, editing and publishing.
• Share snippets of our work in a creative, supportive group setting.
• Connect with other writers who are as passionate about the craft as we are.
• Give ourselves a deadline each month to show up with our latest work.
• Have fun!
We hope you’ll join us to help get your WAG going.

Talk & Walk with the Cape Elizabeth Land Trust (CELT)
Tuesday, May 16, 1:00 p.m. Talk; 2:00 p.m. Walk
We are partnering with the smart folks at CELT in a new series of Talk & Walk presentations. Our kick-off presentation will be led by Christian Schorn, new stewardship manager at CELT, in a talk and walk about local plant biology. The talk starts at 1:00 p.m. Then we’ll take a walk outside to see what we learned. You can come to one or both. No registration is necessary.

Tips & Tricks for Successful Container Gardening
Thursday, May 16, 6:30 – 8:00 p.m.
The Cape Elizabeth Garden Club is delighted that Carolyn Smell of Snell’s Family Farm joins us this month to talk about container gardening. Pots, tubs and half barrels overflowing with flowers add appeal to any garden, but container gardening can serve a practical purpose too when you add in vegetables and herbs. Window boxes and hanging baskets offer even more ways to add instant color and appeal.

Learn more at our next Garden Club gathering. You do not need to be a member of the Garden Club to attend; all are welcome. Refreshments will be available after the talk for all who want to stay and chat.

Evening Book Group – The Mother Tongue
Thursday, May 16, 7:00 – 8:30 p.m.
TML’s evening book group meets on the third Thursday of each month from 7:00-8:30 p.m. In May, we are reading “The Mother Tongue: English and How It Got That Way,” by Bill Bryson. All are welcome to join the discussion.

With dazzling wit and astonishing insight, Bill Bryson brilliantly explores the remarkable history, eccentricities, resilience and sheer fun of the English language. From the first descent of the larynx into the throat (why you can talk but your dog can’t), to the fine lost art of swearing, Bryson tells the fascinating, often uproarious story of an inadequate, second-rate tongue of peasants that developed into one of the world’s most spoken languages.

Discussion on Contemplative Caregiving
Saturday, May 18, 1:00 – 2:30 p.m.
Join us for an interactive talk and book signing with Dr. John Eric Baugher, author of “Contemplative Caregiving: Finding Healing, Compassion, and Spiritual Growth Through End-of-Life Care.” Integrating insights from over two decades of engagement in hospice care with contemplative social science research, this heartfelt book offers practical lessons on the transformative possibilities of compassionate end-of-life caregiving. Whether you are caring for a loved one with cancer or dementia, working in the field of health care, or grieving the loss of a loved one, contemplative caregiving offers encouragement for showing up to the fullness of life in whatever those circumstances may be. The talk will include time for group discussion and a guided meditation. Copies of Dr. Baugher’s book will be available at the event.

Meet Author Christopher Phillips
Tuesday, May 21, 6:30-8:00 p.m.
Author and blogger Christopher Phillips has a passion for inquiry. The founder of the Socrates Café and Democracy Café, Christopher joins us this month to talk about his latest work: “A Child at Heart: Unlocking Your Creativity, Curiosity, and Passion at Every Age and Stage of Life.” This talk is generously sponsored by the TML Foundation.

Senior Tech Time
Wednesday, May 22, 10:30 am – 12:00 pm
Senior Tech meets on the fourth Wednesday of each month. We’re here to help with your tech questions in any way we can. We work together as a group to answer similar questions, then break out into smaller groups to answer individual questions. You wouldn’t believe some of the things we’ve been able to help solve.

A Short History of “Upta” Camp
Thursday, May 23, 6:30 – 7:30 p.m.
In the nineteenth and twentieth centuries, Maine saw a steady and tremendous rise in tourism and vacationing. Who vacationed here? Those with money and time as city dwellers and tourists developed a summer escapes around the state, creating a unique kind of “Upta” Camps. They offer a great opportunity to learn about the history of Maine tourism and the development of our vacation culture.

Learn more about the fascinating, often uproarious story of an inadequate, second-rate tongue of peasants that developed into one of the world’s most spoken languages.

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Library offers presentations on beekeeping, container gardening, contemplative caregiving, comic drawing workshop for ages 8-12 and meet author Christopher Phillips
Teen Takeover Event: Amazing Race
Friday, May 31 from 5:30-7:30 p.m.
Do you have what it takes to win The Amazing Race? Join up with a team, travel to all seven continents, and complete both detours and roadblocks to make it to the Pit-Stop. Prizes will be awarded to the winning team. Teams will be assigned at random at the start of the race. Open to teens in grades 6 and up. Refreshments will be provided. Registration is REQUIRED, so don’t forget to visit our website for more information.

Weekly Programs
Our Dungeons & Dragons Club meets every Tuesday from 3:30-6 p.m. in the library’s conference room downstairs. Open to teens and ages 11 and up. *This session is currently full. If you’d like to be put on the waiting list, please email Alyssa at alapierre@thomas.lib.me.us.

Evening Book Group - Third Thursday from 6:30-7:30 p.m.
Come play board and card games, take a turn on the Wii, color in one of our adult coloring books, or do an easy craft every Friday after school from 3:30-4:30 p.m. in our Community Room. Open to teens in grades 6 and up. No registration required.

Programs for Children
Our regular story time schedule continues with weekly programs for babies, toddlers, preschoolers and families (see our complete schedule on the library’s website. Please note, there will be no morning story times on Thursday, April 25 as some of our story staff will be attending professional conferences on those days.) We also have some special events and monthly programs coming up:

Musical Story Hour with Judy Caswell
For ages 3 - 8
Thursday, May 9, 1:00 - 1:45 p.m.
Join Sekirour Judy Caswell entertains with songs, musical games and stories with his own original musical accompaniment. No registration necessary.

Animal Advocates Club, for ages 6 - 12
Thursday, May 9 and Thursday, May 23
3:30 - 4:30 p.m.
Join Felicia Mazzone from the Animal Refuge League of Greater Portland for her monthly visit with an animal friend to work on projects that benefit shelter animals. No registration necessary. (Note: these meeting dates are different than those originally advertised due to scheduling conflicts).

Early Reader Adventure: Comic Drawing Workshop with Andres Vera Martinez
For ages 8 - 12
Wednesday, May 15, 2:15 - 3:15 p.m.
Join comic artist and graphic novelist Andres Vera Martinez for this introductory workshop. Learn the basics of drawing comics and get some inspiration to work on your own ideas. Andres Vera Martinez, who lives in Cape Elizabeth, has worked in editorial, TV, and advertising illustration for a few years in New York City. His books include the middle grade graphic novel, “Little White Duck: A Childhood in China,” and a graphic novel biography of Babe Ruth written by Vito DeSante. He is currently working on a new graphic novel for Scholastic, called “Courage to Dream,” written by Neil Shusterman, and illustrated a series of chapter books with author Jorge Aguirre. No registration necessary.

Train Day returns to TML
Wednesday, May 22, 9:00 a.m. - 2:00 p.m.
The Maine Railers Model Train Club returns this year to set up their model train display all day in the Community Room, plus we’ll have a special train-themed Musical Story Hour with Judy Caswell that day at 1:00 p.m. If you have a little train enthusiast, or even a big one, be sure to mark your calendar.

Mindful
Continued from page 5, Please:
• Sit quietly and comfortably. Close your eyes or take a soft gaze at the floor in front of you.
• Notice your feet: wiggle your toes. Where do your feet make contact with the floor beneath you? Press your toes towards the floor.
• Deepen your breath, taking a slow, deep breath through your nose. Exhale slowly through your nose. Repeat five times.
• As you continue with a slow and steady breath, allow your eyes to soften. Allow your neck and chest to soften. Allow your abdomen to soften. Allow your hips and thighs to soften. Allow your knees, legs, ankles and feet to soften.
• Notice your breath; cool air flowing in through your nose, warm air flowing out through your nose.
• Bring a slight smile to your eyes, now your mouth. Bring a slight smile to your chest and abdomen.
• Rest in awareness of your breath, the sounds around you, scents, warm or cool air. Know that you are enough, just as you are.

Note: I’m not a brain expert and used very general descriptions of the limbic and pre-frontal cortex as they relate to meditation and mindfulness practices.
Cape Challenge 5K to be held June 2. It includes the 5K Race, a 1-Mile Dash for Thomas Memorial Library Committee, 6:30 Town Council Workshop, 6 p.m., William H. Community Services Committee, 5:30 p.m., Wednesday, May 15 School Board, 6:30 p.m., Town Hall chamber Tuesday, May 14 School Board, 6:30 p.m., Town Hall chamber Conservation Committee, 7 p.m., Town Hall Lower Level Conference Room Wednesday, May 15 Community Services Committee, 5:30 p.m., Cape Elizabeth Community Center Town Council Workshop, 6 p.m., William H. Jordan Conference Room, Town Hall Thursday, May 16 Thomas Memorial Library Committee, 6:30 p.m., Thomas Memorial Library Fort Williams Park Committee, 7 p.m., Cape Elizabeth Community Center

Cable Guide

Town Council Special Meeting Replay May 7 & 8 - 2 p.m. & 8 p.m. May 11 - 10:30 a.m. Town Council Comprehensive Plan Workshops (live) May 8 & 15 - 6 p.m. Comprehensive Plan Workshop of 5/8 replay May 9 & 10 - 2 p.m. & 8 p.m. May 12 - 10:30 a.m. May 20 - 2 p.m. Cape Elizabeth Church of the Nazarene May 11, 12, 18 & 19 - 9 a.m. Town Council (live) May 13 - 7 p.m.

Channel 3

Town Council replay May 14, 15 & 16 - 2 p.m. May 16 - 8 p.m. May 18 - 10:30 a.m. School Board (live) Comprehensive Plan Workshop of 5/8 replay May 16 & 17 - 10 a.m. & 5 p.m. May 19 & 20 - 2 p.m. & 8 p.m. School Board replay May 17 & 18 - 2 p.m. & 8 p.m. May 19 - 10:30 a.m. Planning Board (live) May 21 - 7 p.m.

Cape Challenge 5K to be held June 2

The Cape Challenge 5K, which is sponsored by Spectrum Healthcare, Two Lights Dental, KR Builders and many other generous local sponsors, will be held Sunday, June 2. It includes a 5K Race, a 1-Mile Dash for students and children and a Kids’ Fun Run for students 12 and under and a Kids’ Fun Run for children 8 and under. This event is a collaborative effort of the Pond Cove Community Center, Cape Farm Alliance, Cape’s Hook, Cape’s Corner, CEHS Parent Association and the proceeds from this fundraiser, and accompanying raffle earnings, provide critical support to students and teachers of all three of Cape’s schools. Online registration and print/mail registration forms for the 5K race ($20) and 1-mile dash ($12) are available via https://www.runaracem.com/CapeChallenge/ or race day at Cape Elizabeth Middle School for $25 for the 5K and $15 for the 1-mile dash. No advance registration is required for the Kids Fun Run. Logo t-shirts will be available for pre-purchase on or before May 17 and during packet pickup on Saturday, June 1 from 4-6 p.m. in the Pond Cove / CEMS Cafetorium. Please contact race co-chairs: Cristen Murray, cristennmurray@gmail.com, and Allison McLaughlin, amclaughlin11@gmail.com, for more details or questions.
Brandon Smith and Laura Simeone recently returned from France, where they visited friends and explored Romanesque churches. They brought the Cape Courier along and pictured above in Saint-Guilhem-le-Désert is Simeone (left) and Sr. Sabine (right), a nun of the order of Carmel St. Joseph.

CHECK OUT MORE NEIGHBORS ON PAGE 16

Andy Brooking reads The Courier in front of Starlight Express Theater in Bochum, Germany on April 18. Brooking was invited to be their special guest for the day where he met several actors, had a back stage tour, was able to skate the set and received a pair of official skates and wheels. He was also their special guest for their Starlight Express show that evening and was welcomed to the stage for applause and photos. Dreams do come true!
Four Cape families recently returned from a trip to Turks and Caicos. Posing with The Cape Courier are: front row: Olivia Inman; middle row: Jarrett Sevigny, Danica Sevigny, Emerson Cross; back row: Lila Rosu-Myles, Sam Rosu-Myles, Mason Cross, Brady Inman.

Cape Elizabeth seventh graders Astrid Akerman (holding Courier) and Bella Ferriter pose with The Courier in front of the Palace of Versailles on a recent trip to France.

Emily Scott of South Portland, Catherine Scott of Cape Elizabeth (who always take the Cape Courier with her on trips!) and Liz Scott of South Portland are pictured visiting Freetown Christiania, which is an intentional community and commune of about 850-1,000 residents in the borough of Christianhavn in Copenhagen. They reported back that it was a great trip with bright, sunny days and it was fun to explore a new city in Europe.

“Kettle Cove” opens Friday, May 24th

Homemade ice cream & all of your seaside favorites!