

# The Cape Courier

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*In the Spirit of Community*

## Cape farms are harvesting fresh produce already

By Tina Fischer



Contributed photo

Mary Ellen Chadd and her twins in one of the 16 “high tunnels” or hoop houses Green Spark Farm uses to extend their growing season.

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.

Alewife’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. Jordan’s Farm on Wells Road is growing greens, radishes, carrots, and scallions in a hoop house, and has products for sale at the farm’s market in South Portland. 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



Contributed photo

The strawberry plants at Maxwell’s Farm have had their heavy “winter coats” of straw removed and are getting ready to flower.

more winter production.”

Green Spark Farm, owned by Austin and Mary Ellen Chadd, is producing organically-certified soil-grown greens 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

**-Article continued on page 7, see FARM  
-See more farm photos on page 8**



Contributed photo

Greenhouse geraniums are always popular at Dun-Roamin’ Farm. Jim and Evelyn Cox have for many years grown a huge variety of annuals and seedlings, for sale at their stand on Sawyer Road and at Jordan’s Farm on Wells Road.

## Improvements underway at Fort Williams Park

By Kevin St. Jarre



Photo by Nylah Lyman

Improvements being made at Fort Williams are part of a larger plan, according to Kathy Raftice, director of Cape Elizabeth Community Services and Fort Williams Park.

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 Raftice, 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 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 realism- 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

**-see PATTERSON page 9**



Contributed photo

Dave Patterson is a novelist living in Cape Elizabeth, with one novel recently published and the next a work-in-progress.



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## 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 meant no harm, 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 there being plenty of room to not 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 welcomed. 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 should 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.

Also do want your kids the kids of Cape to have a safer play space. Somethings are breaking a little (I'm not saying that your kids will fall of or hurt themselves.) Like the swings their a little rusty. Also safer they want to make climbing spaces. Kids like to climb but there is not much to climb on. Kids could climb on stuff but they would be more likely to fall. Please support even a little support can help.

4th grader Cece. F  
Pond Cove Elementary School

## Every penny counts

Put yourself in a kids shoes. Everyday you go out to play at recess. You hope every day that maybe you could have fun on a brand new playground. But no, every day were going back to a broken playground that every day a kid gets hurt on. Do you want your kid 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.

Matty B, 4th grade student  
Pond Cove Elementary School

**THANK YOU!**

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

*Thank you to this recent generous contributor:*

*Anonymous*

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Let us hear from you!



We love feedback!  
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## Fort Williams has been 'a valuable refuge for us and our dogs'

For over 33 years, Ft. Williams has been a valuable refuge for us and our dogs. Over that time we have seen many changes to the rules regarding dogs at the park. The rules have been strengthened, and the off leash areas have been greatly reduced. It went from no restrictions on dogs to being allowed only near the municipal buildings. After the soccer field was created more restrictions were implemented. The area to the right of the field is used for a dump of sorts, naturally restricting its use for dogs. As with everything, there are people who don't pay attention to the rules, even the easy ones like picking up after your dog. We would hate to see those few spoil it for the majority of the dog walkers who are conscientious about their responsibilities.

A comprehensive study of the Park and its uses so that both residents and visitors can find a better balance might be in order. Frankly, we would be in favor of including more off leash areas, perhaps just seasonally, and larger signage indicating these areas for people who want to avoid unleashed dogs.

We are upset to think that there is talk about banning dogs at the park completely, or requiring dogs be leashed all the time in every area. As long term residents and users of this precious asset, we believe that the park should be a resource for all those that want to use it, expanding outdoor opportunities rather than diminishing them.

Michele and Harvey Rosenfeld

## No one 'wants to carry the bag'

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 Park Committee; it's charge being the crown jewel of Cape's properties. FWPC adopts on-leash Category 2, Park-wide and sends back to Con Com to deliver to Town Council; after which FWPC requests Town Council to implement ASAP. Con Com then modifies draft, deciding off leash/voice control Category 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.

On leash or not, RESPONSIBLE owners are in-charge of their dogs ALL the time, including picking up poop; with those few trying to slide by thinking putting it in a bag for someone else to carry off, not passing the sniff test! Sadly for all, and most so for dogs,

-see LETTERS page 4

## Cape resident searching for a copy of VETS from 1991

A Cape Elizabeth resident is in search of a booklet published in 1991 and titled VETS. 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: grannyandpua@gmail.com.



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# Then and Now: Namesakes of Fort Williams (Part Three)

By Jim Rowe



Photo 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 and is named for Lt. Henry A. Hobart.

This is the third installment of backstories dealing with place names at Fort Williams/Fort Williams Park.

The crumbling concrete of Battery Hobart lies at the northern end of today's Cliff Walk at Fort Williams Park. 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 Keyes 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 the-

ater. 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.

# Town of Cape Elizabeth observance of Memorial Day to be held on May 27

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 Extrication 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 jhuebener56@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.



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# 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 kpride@maine.rr.com. Watch the Cape Courier for more information and updates on Family Fun Day, and mark your calendar for June 15 to join the fun at Fort Williams Park.

# 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 ecomaine'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 799-2868 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 1), 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 799-2868 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 Goddard 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 799-2868 to register.



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# Resident searching for lost GoPro camera, thefts reported of money, clothing, outdoor thermometers and boot cleaner

Reported by Marta Girouard

### COMPLAINTS

- 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 possible theft of medication.
- 4-13 An officer met with a resident of the Fowler Road area regarding a motor vehicle burglary that occurred while visiting Fort Williams.
- 4-14 An officer met with a resident of the Mitchell Road area regarding harassment by telephone.
- 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 Eastman 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 Spurwink 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 (39/30 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
- 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, Scamman 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 Katahdin 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 Maine 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 pry 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!

Cole Peters

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# Cape Elizabeth School Board news Mindful Moments

On Wednesday, April 24, the School Board presented the school department FY20 budget to the Town Council with an emphasis on process. In particular, the highly collaborative nature of this year's budget process 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 without 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 town more cohesive and our schools better off. This year alone, both the town and school department will 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 Councilors.

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 highlighted by Dr. Wolfrom, who praised the administrators 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 the 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 realized 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 13 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 621 semi-finalists in the 2019 U.S. Presidential Scholars Program. He is one of six semi-finalists from Maine. The semifinalists were selected from nearly 5,300 candidates expected to graduate from U.S. high schools in 2019. Finalists will be announced in May.

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 10+ years, she lives in a former schoolhouse overlooking Cape Land Trust property and couldn't be happier about it. For more information, visit [www.soulfireassociates.com](http://www.soulfireassociates.com) or email [soulfiremartha@gmail.com](mailto: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 peepers 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" and a replaying of 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 kept 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.

Sound familiar? The good news is that we humans have developed another, more recent part of our brain: the pre-frontal cortex. This part of our brain, when we engage it, helps us regulate intense emotion and become aware of our racing thoughts.

Freedom lies in awareness. 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 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:

-see MINDFUL page 13

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# Cape Cross

Created by Rich Dana

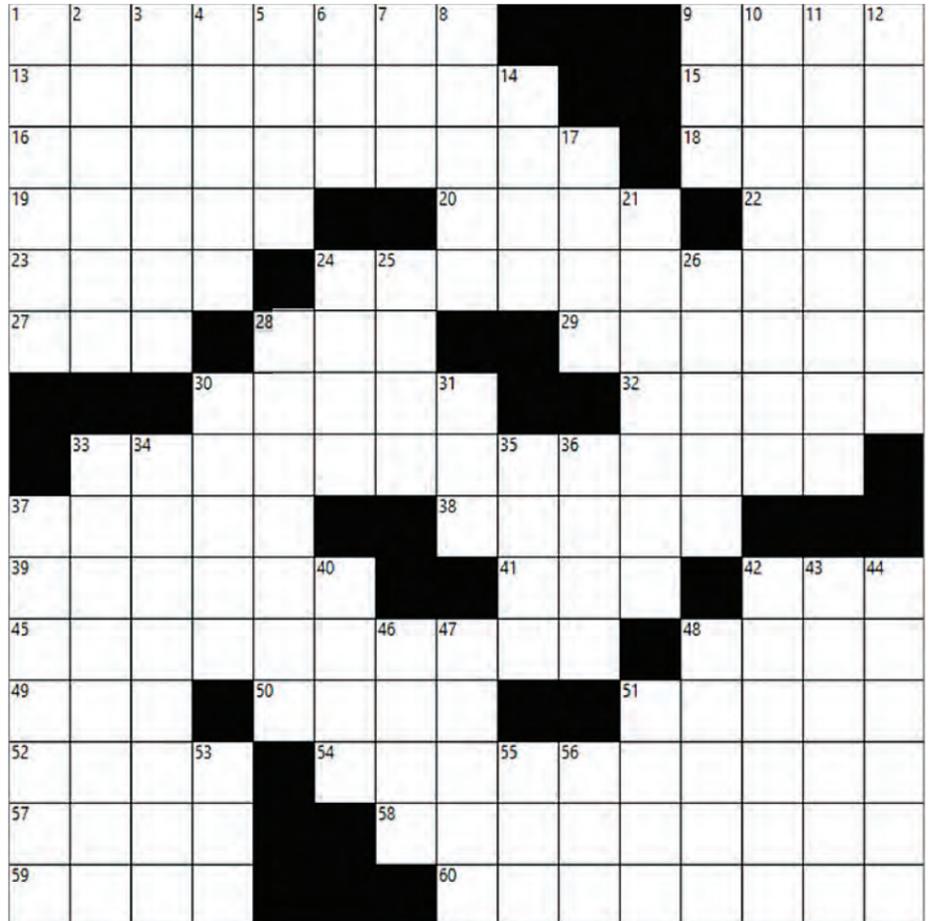
## ACROSS

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
32. Prefix with -Siberian or -Alaskan
33. Popular Maine desserts
37. Blood sucker
38. Letters to the farm?
39. Owned by a Chicago airport
41. Superlative suffix

42. Tundra (abbr.)
45. Across the hall from A Unit?
48. Kind of code
49. IATA code for Sheremetyevo International Airport, outside Moscow
50. Abbr. in a job ad
51. Acts like a river
52. Hamiltons
54. Popular Maine dessert
57. Famed Italian family
58. Poorly sanded, as lumber
59. Beginning
60. 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
14. Monetary unit with the symbol €
17. Spanish appetizer
21. Supplier of Morton's
24. Maryland delicacy
25. With "the," a reference to someone after he or she 60 Across
26. "...is for Sunburn, I get in the sand. \_\_\_\_\_ is for \_\_\_\_\_, a three person band"
28. Sign on some restaurants: "XYZ famous person \_\_\_\_\_"
30. Prefix with -lose, the artificial sweetener in Splenda
31. Before, poetically
33. Act just right
34. Jump aboard, as a moving train
35. Nada (Fr.)
36. Bef. today
37. Maine's most famous seafood symbol
40. With 37 Down, a popular Maine dish
42. Figure of speech, and the tune sung when reading Hebrew texts

43. Hire an electrician maybe
44. NASCAR racer Kahne and others
46. Mineral hardness scale
47. Municipal grp. responsible for locking up polluters?
48. Prince Valiant's wife
51. Penalize
53. Movie location
55. Bullring cheer
56. Snapshot

## 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](http://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](http://www.facebook.com/CEHSTheatreProgram).



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## 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 pay-

ing 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



Contributed photo

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



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## Farms

Continued from page 1

greenhouses have allowed for more variety and an expanded offering overall," Greg Jordan said, adding that getting a jump on the season with covered growing helps him compete with bigger growers. "The market's being pushed earlier into the season by big box stores. Most of their product is trucked in from the south, already retail-ready. Mid-May is still too early for most things here, but you have to be open when people are starting to get in the mood."

### More farm stands opening soon

You can buy Cape-grown products year-round at Alewife's and at Jordan's South Portland store, The Farm Stand, on Ocean Street, and at weekly farmers' markets in Portland (Wednesdays and Saturdays) and South Portland (Sundays). Cape farm stands that operate seasonally will be opening over the next month. Mark you calendar:

May 12 - Dun-Roamin' Farm, owned by Evelyn and Jim Cox, will be open on Sawyer Road with annual flowers for Mother's Day; baskets, hangers and potted plants.

May 15 - Jordan's Farm on Wells Road will open. Jordan's soil products operation is already open for sales of compost, mulch, topsoil and stone products.

May 18 - The Farm on the corner of Rte. 77 and Fowler Road hopes to open for seedling sales.

June 1- Green Spark Farm will open its self-serve stand on Fowler Road.

### Local seedlings will be for sale this month

Home gardeners can buy locally-raised seedlings from Jordan's, The Farm, and from Dun-Roamin' Farm. Green Spark hosts its annual seedling sale on four consecutive Saturdays (9 a.m. - 3 p.m.) starting May 11.

### What will be harvested when?

In addition to the fresh greens in Cape

farm markets now, fiddleheads could be available this coming weekend; asparagus and rhubarb will be next. As for strawberries, Bill Bamford reports that at Maxwell's the plants have had their winter straw cover removed and been fed with essential minerals to get them off to a good start. Cross your fingers for abundant June harvests.

Jordan's website has a handy harvest chart, so you'll know what produce to expect when (jordansfarm.com/whats-in-season), and you can get farm updates via the Cape Farm Alliance's monthly e-newsletter. Go to the CFA's website (www.capefarmalliance.org) to sign up and to read more information on the farms and on the annual Strawberry Fest (June 28 and 29 this year).

## CEHS junior recipient of music scholarship



Contributed photo

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



## Pancake Breakfast

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Contributed photo

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.



Contributed photo

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

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



Contributed photo

Alewife'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.

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# Patterson

Continued from page 1

and learning where to cut back. In my MFA at the University of Southern Maine's Stone-coast creative 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 the real tough work of publishing, but, as with 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, "[T]he American short story writers of the 60's, 70's and 80's really affected my growth as a writer. There was something about their understated style that was thrilling. Someone like Raymond Carver wrote stories that on the surface appear simple at first, but by the end something inside of you has been changed forever. The Maine-based writers Richard Russo, Richard Ford and Elizabeth Strout all do that as well. Think about 'Olive Kitteridge' by Strout. It feels so simple: a retired teacher from Maine navigates her later years in small-town Crosby, Maine. The impact of that book is terrifying and beautiful by the end. I love that. It's like a neighbor telling you a little story over the fence, and by the end you're weeping. Like a punch to the gut. I really strive for that understated, deceptive style of storytelling."

When asked if there are upcoming writers that he admires, he said, "I really love Wiley Cash. 'A Land More Kind Than Home' was great. I also just got an advanced copy of 'The Philosophy of Ruin' by Nicholas Mancusi that was a really wild ride. I'm always on the lookout for new voices to gush over."

Patterson wrote much of his novel in a unique space, and has since transitioned to something more permanent. He said, "I wrote the majority of 'Soon the Light Will be Perfect' in a vintage Airstream trailer in my backyard here in Cape Elizabeth. My neighbor needed a place to store it for the winter; she let me

use it as a writing studio as a trade for parking it in my backyard. I'd fire up the propane every afternoon, make some coffee and go to work. Since the Airstream went away, I built an eight-foot-by-ten-foot writing studio in my backyard that's heated and has electricity. With two small children, my modest house is not the kind of place where a writer can focus and get deep into the trance of writing. And I write every afternoon for two hours. I keep a real disciplined writing habit to ensure that the pilot light is always burning."

Often the tragic can provide inspiration for a story that needs telling. "I'm pretty obsessed with the opioid epidemic ravaging small town America. It's something my family 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. It's astounding. As jobs leave rural areas and choices become bleak, opioids are filling that gaping hole. It seems like no one's doing anything about it. Pharmaceutical companies are amassing mind boggling profits while the body count keeps growing in America's most vulnerable places. As someone who has been affected by this directly, I'm obsessed with it. My new novel really delves into this landscape," Patterson said.

Virtually every creative person says they need the same thing to aid in the pursuit of their craft. Patterson is no exception, saying, "More time! Often, I'm fighting the circumstances of life to get out to my writing studio every afternoon. Luckily, I have a super supportive, kick-ass wife who really works to be sure that my writing time is protected."

Patterson's first writing paycheck came

-see NOVEL page 14

# Cape Elizabeth birding report

By E. Brooks Bornhofft

Favorable southerly winds in late April brought a torrent of migrants to the lower states. Unfortunately, many of the north-bound songbirds that follow insects have been slowed by a wave of cold fronts that are expected to continue through early May. From my perspective the migration has been rather slow-moving and deliberately unhurried. At this time last year migrants like the Eastern Towhee and Black-throated Green warbler were already here, and in decent numbers. There have been some definite rays of sunlight over the last two weeks however, with pockets of migrants here and there, and our Robins and Cardinals are singing right through dusk most every day now. Additionally, 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 Spurwink River and on the same day saw a handful of Yellow-rumped warblers in the Oak trees along Belfield 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 brave souls even stick it out through New England winters. Also seen in the Pond cove

area was a single Nelson's Sparrow. A very secretive bird with an orange wash to the face and with a gray cheek patch, the Nelson'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 Gnatcatchers 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 flicking its white-edged tail from side to side, you know life is good. On this day there were Ruby-crowned kinglets about as well.

On the evening of April 24 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 pastures, brier patches and woodland edges.

Lastly, on April 29 along the "honey pot" that is Pond cove I was delighted to find a handsome male Palm warbler flaunting 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.

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# Capetoons: Turkey mating season - singles mingle in the meadow by the pond

By Jeff Mandell



Drawn by Jeff Mandell

# Naturalist's Corner

By Erika Carlson Rhile  
 CELT Education Committee Chair



Photo by Erika Carlson Rhile

Last supermoon of 2019, this past March

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.

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!

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

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## 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 open spaces 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 – 7:30p.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, 4:30-5:30p.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 – 7:00p.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 – 6:30p.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](http://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.



Photo by Erika Carlson Rhile

An adult spotted salamander that Erika Carlson Rhile (pictured holding it!) found in her yard under a log.

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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

## 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 Kennerly 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 cover 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 inspiring 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 history in their quest for love, freedom, and second chances.

### Beekeeping 101 - MAINE WILD-LIFE SERIES

Thursday, May 9, 6:30 – 7:30 p.m.  
 Phil Gaven, from the Honey Exchange in Portland, joins us to talk about the joy and

value of backyard beekeeping. He'll take us through a beekeeper's year, exploring a honeybee colony's life cycle as it relates to our northern climate. Gaven has plenty of amusing anecdotes to share along with great information. This talk is geared for audiences of all ages. We guarantee you will be entertained and enlightened on this intriguing topic.

### Democracy Café – Can Group Decisions Lead to a Stronger Democracy?

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 cafe 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)

Thursday, 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 Snell of Snells' 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 Reason 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 p.m.  
 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

-see LIBRARY page 13

## Library

Continued from page 12

air pushed and the cool air of Maine pulled. People arrived by ship and train, by car and eventually by plane as they visited the coast, mountains, woods, and lakes of Maine resorts, grand hotels, motels, tea rooms, and diners. In this fun talk, David Jones will walk us back in time using beautiful old maps, photos, and quotes from famous tourists and writers.

### ONGOING ADULT PROGRAMS

- Knitting Group – every Monday at 1:00 p.m.
- Chair Yoga – 2nd Mondays at 11:30 a.m.
- Democracy Cafe – Second Tuesday- s from 6:30-8:00 p.m.
- Morning Book Group – Second Wednesday from 9:30-11:00 a.m.
- Writers' Accountability Group – Third- Wednesday from 10:00a.m.-noon
- Senior Tech – Fourth Wednesday from 10:30 a.m.-12:00 p.m.
- Cape Entrepreneurs– First Thursday from 6:30-8:00 p.m.
- YA Anonymous Book Group – First Thursday from 6:30-7:30 p.m.
- Maine Wildlife Lecture Series – Second Thursday from 6:30-7:30 p.m.
- Evening Book Group – Third Thursday- from 7:00-8:30 p.m.
- Songwriting Workshop – Fourth Thurs- day from 6:15-8:15 p.m.
- Chess Club – every Saturday from 9:00- 11:00 a.m.

### PROGRAMS FOR TEENS & TWEENS

### Teen Takeover Event: Amazing Race

Friday, May 31 from 5:30-7:30p.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 3-6p.m. in the library's conference room downstairs. Open to tweens and teens 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](mailto:alapierre@thomas.lib.me.us).

Join us for Crafternoons at the library after school every Thursday from 2:30-3:30 p.m. Kiah and Alyssa will be making a new drop-in craft each week in the Children's Room.

#### Teen Lounge

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 2:30-4:30p.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 time staff will be attending professional con-

ferences on those days.) We also have some special events and monthly programs coming up:

### Musical Story Hour with Jud Caswell, for ages 3 and up

Thursday, May 9, 1:00 - 1:45 p.m.  
Singer/songwriter Jud Caswell entertains with songs, musical games and stories with his own original musical accompaniment. No registration necessary.

### Animal Advocates Club, for ages 8 - 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 Release 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 Martineze, 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 Delsante. 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 Maine3Railers 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 Jud 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 calendars.

### Mindful

Continued from page 5

- 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 in 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 mouth and jaw 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.

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1175 SHORE ROAD  
\$1,795,000

Offered for the first time in 50+ years, this premier property is nestled back from the seaside road on 12+ sub-dividable acres of stunning land and just across the road from the bold Atlantic. This mid-century modern ranch is one of a kind! Tucked behind the home is a private oasis: an in-ground pool, pool house with sauna, fenced in tennis court, separate barn and acres of apple trees.



618 SHORE ROAD  
\$1,575,000

Steps to the neighborhood beach, this five bedroom home has been tastefully updated with a mix of old and new, from the chef's kitchen to the great room with a soaring wall of windows overlooking the back yard and the ocean. The yard is beautifully landscaped with a patio, stone walls and mature plantings. With a nod to the charm of yesteryear the original Trolley stop still stands at the driveway entry to welcome you home. One mile to Portland Headlight and Fort Williams.

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# CAPE CALENDAR

By Wendy Derzawiec

## Wednesday, May 8

Town Council Workshop, 6 p.m., William H. Jordan Conference Room, Town Hall

## Saturday, May 11

Recycling Committee, 9 a.m., Public Works  
Household Hazardous Waste Collection, 9 a.m., Public Works

## Monday, May 13

Town Council Budget Adoption Meeting, 7 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

## Tuesday, May 21

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

### 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. Purpodock 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.

# SERVICES

## Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)  
799-3692

[www.capenazarene.org](http://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](http://watch.capenazarene.org)

## Cape Elizabeth United Methodist Church

280 Ocean House Road  
799-8396

[www.ceumc.org](http://www.ceumc.org)

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- 11:00 a.m.  
Sunday School: 11:10 a.m. - 12:00 p.m.  
Primary: 11:10 a.m.-12:00 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](http://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 Street South Portland,  
799-4565

[www.spfbc.com](http://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](http://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](http://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](http://www.fccucc.org)

Worship: 8:30 a.m., 10 a.m.  
Sunday School: 10 a.m.  
Preschool Child Care: 10 a.m.  
Game Room

## First Congregational Church of Scarborough

167 Black Point Road, Scarborough  
883-2342

[www.fccscarborough.com](http://www.fccscarborough.com)

Sunday Morning Worship: 9:30 a.m.  
Sunday School & Nursery Care

# CABLE GUIDE

# CHANNEL 3

## 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 pm & 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.

## Town Council replay

May 14, 15 & 16 - 2 p.m.  
May 16 - 8 p.m.

## School Board (live)

May 14 - 6:30 p.m.

## Comprehensive Plan Workshop of 5/15 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 the 5K Race, a 1-Mile Dash 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 Parent's Association, the CEMS and 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 registra-

tion forms for the 5k race (\$20) and 1-mile dash (\$12) are available via <https://www.runinarace.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 4-6p.m. in the Pond Cove / CEMS Cafetorium. Please contact race co-chairs: Cristen Murray, [cristenmurray@gmail.com](mailto:cristenmurray@gmail.com), and Alison McLaughlin, [amclaughlin11@gmail.com](mailto:amclaughlin11@gmail.com), for more details or questions.

# Novel

Continued from page 9

while still in graduate school. "When I was getting my MA in English from Middlebury College's Bread Loaf School of English, I won the school's short story contest. It was a big deal. I got paid \$500. At the time, it blew my mind. Winning that contest and getting that check propelled me out of academic writing and into fiction. I still get a jolt every time I think of winning that first contest," he said.

When it comes to writing pet peeves, Patterson said, "I agree with Mark Twain's dictum: 'The road to hell is paved in adverbs.' If I use an adverb, I have a sit-down conversation with myself and ask if it's doing any work in the sentence. Usually the answer is 'No.' Then I have to find the perfect verb that

will do the work of the adverb and the weaker verb in question."

When asked where in the world he would want to go for a writing retreat, he said, "I think I'd go to a cabin in the North East Kingdom of Vermont. It's the most gorgeous landscape in New England. It can also be the harshest. I love the contrast between extreme beauty and the brutal indifference of nature. It would also give me an excuse to fly fish for world class native brook trout after spending a day toiling over my sentences."

Those who want to learn more about Patterson and his work can go to his website: [www.davidpatterson.me](http://www.davidpatterson.me).

# Svetlichny named to dean's list

Erik Svetlichny, CEHS class of 2018, was recently named to the dean's list for the fall 2018 semester at Rensselaer Polytechnic Institute in Troy, New York.

# Judy's Food Pantry - a Community Feeding Itself

Cape Elizabeth United Methodist Church 280 Ocean House Road. Every Tuesday from 3:00-5:00 p.m., July through November The second and fourth Tuesday, December through June.

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**Enjoy Cape Elizabeth photo note cards** by naturalist Martha Agan magan@maine.rr.com. Card assortments available at Ocean House Gallery near the library parking area.

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**CHECK OUT MORE NEIGHBORS ON PAGE 16**



Contributed photo

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.



Contributed photo

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!



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Photo by Chris Inman

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



Contributed photo

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.



Contributed photo

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.



“The Shack” opens Friday, May 24th



ICE CREAM SIDE OPENING FRIDAY MAY 10<sup>th</sup> @ 2PM

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