

# The Cape Courier

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*In the Spirit of Community*

## U.S. Sen. King holds video conference with CEHS students

By Kevin St. Jarre



Contributed photo

Sen. Angus King speaks to CEHS students via Skype in Mr. Ted Jordan's room. The students were also able to ask questions during the 30-minute session.

Members of three different Social Studies classes at Cape Elizabeth High School were able to listen to and ask questions of Sen. Angus King during a recent video conference session arranged by teacher Ted Jordan.

Jordan has known the Sen. King for some time. "Back when he was Governor King, I met him, had him into class and I have maintained the friendship throughout the years. I contacted his staff in his D.C. office and set up the Skype meeting," he said.

Sen. King opened with almost 10 minutes of presentation, and then the remaining time, more than 20 minutes, was a question and answer period. Jordan said, "Students asked excellent questions. One student, Ella Stanley, asked a question about her research project on the persecution of Uighur Muslims in China. Senator King knew exactly who they are and discussed it for a few minutes. He asked Ella to send her recommendations to his office. He wants to see them. I know that he and his staff will read it."

Jordan has a history of getting government officials and candidates to speak and meet with CEHS students, either by having the official visit the school, or by taking students to places like Washington D.C. or to New Hampshire during the run-up to the primaries. Jordan said, "The goal is for students to meet officials and candidates and hear firsthand how the government works and what they believe

in. This reinforces what students learn in class by hearing it directly from the official or candidate. For the politicians, I believe it is, on the one hand, like any other gathering of constituents; the politicians are learning how people perceive the government and how they feel on the issues. On the other hand, these young people are more idealistic than older constituents."

These can be heady times to be teaching History and Government courses. Jordan agrees, saying, "Never a dull moment. Our students are much more aware of the president's views, his statements and actions than any previous president in my 29-year career. President Trump is using a new form of media, social media, which is somewhat similar to what [Franklin Delano Roosevelt] did with radio. Although many of the events of the past two years are very different from previous presidents, Democratic or Republican, there are parts that connect to earlier events in our history, most notably the Watergate era and the events leading to President Clinton's impeachment. Students asking about something President Trump tweeted creates teachable moments in the classroom."

As far as how Sen. King was received by students, Jordan said, "More than a few told me after the Skype meeting that they are optimistic about the future after listening to Senator King's views."

## Lots of horsing around in town

By Tina Fischer



Contributed photo

Roland is a saddlebred gelding living at Cape Ledge Farm.

In the past ten years, Cape Elizabeth has tripled the number of farming operations in town; we now have close to 30. Farmers here raise a remarkably diverse range of products, from fruits, vegetables and herbs, to flowers, grapes for wine, and hops for beer; even Christmas trees. There's livestock too: cattle, pigs, many chickens, turkeys and ducks, a growing number of goats, a few donkeys and bunnies - and horses, lots of horses.

Four farms now board on average (depending on the season) 80 horses. Another five property owners keep a horse or two of their own. The number is grow-

ing in large part due to the rejuvenation of the old Walnut Hill Equestrian Center, now Cape Ledge Farm, on the corner of Spurwink and Ocean House Roads.

Owners Brittany and Zack Petsinger offer boarding (with some openings still available) and lessons, for children and adults, at all levels. The Petsingers are also opening the farm this summer for day camps, which will include time spent learning about horses, and they also host birthday parties. There are details at [www.capeledgefarm.com](http://www.capeledgefarm.com).

-see HORSES page 7

## Cape Elizabeth honors the fallen at Memorial Day parade



Photo by Enid Arvelo

Members of the Cape Elizabeth Lions Club are pictured carrying their huge garrison flag at the town's Memorial Day parade during the ceremony and laying of the wreath held at the Memorial.





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[info@capecourier.com](mailto:info@capecourier.com)

**Editor:** Marta Girouard  
[editor@capecourier.com](mailto:editor@capecourier.com)

**Community Reporter:** Kevin St. Jarre  
[community@capecourier.com](mailto:community@capecourier.com)

**Advertising Manager:** Tara Simopoulos  
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[info@capecourier.com](mailto:info@capecourier.com)/207-838-2180

For Advertising:  
[advertising@capecourier.com](mailto:advertising@capecourier.com)

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

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

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## Perhaps 'another referendum should have been considered'

Since the council chose to institute fees at Fort Williams, I have to ask, does this mean our real estate taxes are going to go down? Supposedly we can't afford to continue to operate the park free of charge to our neighbors because of the operating costs associated with the park, which increase our town budget expenses. So, shouldn't our taxes be reduced because we will be getting all this revenue? There are so many problems inherent in this plan, first of all that the councilors went against the wishes of two referendums stating there should be no fees charged. Then, only one company bid on

it and that same company is frequently criticized for their management of Portland parking lots. The fact that we will now be charging for parking is going to encourage other neighboring communities to institute fees in their parks limiting peoples' access as we are doing.

Perhaps another referendum should have been considered before instituting a badly designed and poorly planned attempt to fix a perceived, but perhaps not real, problem.

**Michele and Harvey Rosenfeld**

## Please change policy at The Well

I have been fortunate to live in Cape Elizabeth for over 40 years and share deeply the values and surroundings of our community.

Recently The Well, owned by Jason Williams, instituted a deposit policy on all reservations at The Well. A full deposit is required at time of booking. A gazebo for 6 means that Jason is requiring a deposit of \$510, up to a couple of months prior to dining. There is no other restaurant in the Greater Portland area that requires

such an outrageous amount of money to make a reservation. I have no problem with a cancellation fee a week or so before the reservation. This does not reflex Cape values and is hurting the reputation of The Well and Jordan Farms where the Well is located. I would ask Jason to do the right thing and change this policy.

**Julian Coles**

## Project presentation 'unique and thought provoking'

I am the grandmother of a CEHS sophomore. She invited me and her grandfather to a project presentation she and all of her sophomore classmates were giving at the high school cafeteria Thursday, May 23.

It was without a doubt one of the most amazing and interesting learning experiences I have encountered. What a won-

derful way to incorporate so many learning techniques.

Thank you to the sophomore class, all the teachers, administrators and everyone involved in such a unique and thought provoking program. We loved it!

**Heather and John Bowns**

## 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.

The Pantry will not be open on July 2 and will resume weekly operations on July 9.

**Linda Curran**

## CEHS Sailing Team night at Elsmere BBQ on June 11

The Cape Elizabeth High School Sailing Team will hold a nonprofit night at Elsmere BBQ, 448 Cottage Road, South Portland, on Tuesday, June 11 from 4 to 9 p.m.

Do good while dining out. Enjoy a great meal and have a great time at Elsmere BBQ. The Cape Elizabeth High School Sailing Team will receive 8% of all food sales, including take-out.

The team will be holding raffles, so if you have a local business that would like to donate an item or service, please reach out to Lauren Knebel Bodenski at [jetsonfood@gmail.com](mailto:jetsonfood@gmail.com). We'll promote your business as much as possible before and after the event. Thank you in advance for your support.



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*Thank you to this recent generous contributor:*

Julian Coles

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# Cape Elizabeth Then and Now: Two police officers remembered

By Jim Rowe

With the recent Law Enforcement (or Peace Officer) Memorial Week and Memorial Day, it somehow seemed karmic that I was invited to help the Cumberland County Sheriff's Office in the search for the grave of one Ebenezer Parker.

Parker was a Cumberland County Deputy Sheriff who was bludgeoned to death by one Joseph Drew\* while attempting to serve a warrant on January 18, 1808 in Saccarappa (today's Westbrook).

Current Cumberland County Sheriff Kevin Joyce would like to locate Parker's burial site so that the Ebenezer Parker story may be complete and so that proper honors and respect can be paid at his final resting place (note: there is a monument commemorating Parker's sacrifice outside the Sheriff's Office, but it is not a grave marker).

Mr. Parker lived at least for a time in Cape Elizabeth, may have been born here, and married the former Mary Larrabee (also shown as a Cape Elizabeth resident) here on April 17, 1805.

Complicating the issue somewhat is that there were apparently two Ebenezer Parkers in our area at about the same time.

Neither the (often incomplete) Cape Elizabeth Town Clerk records of births and deaths from that era, nor the cemetery archives of the Cape Elizabeth Historical Preservation Society have yielded a possible grave location for Deputy Parker in our town. His marriage is confirmed in the clerk records, however.

While it has long been believed that Parker was living in Cape Elizabeth at the time of his murder, a new line of inquiry has recently opened.

It may well have been customary in those days for a sheriff to appoint deputies who lived in or near the areas where they served. If Ebenezer Parker was pursuing a case in Westbrook, it is entirely possible that he may have lived in or near there and that he may have already relocated from Cape Elizabeth.

The Cumberland County Registry of Deeds shows several land transactions in Gorham during that period involving Ebenezer Parker.

So the focus of the search now includes Gorham, where much of the Parker family apparently lived at the time of the murder. There may possibly be a small (marked or unmarked?) family plot in either Cape Elizabeth or in Gorham which includes Ebenezer's tomb?

If you have any clues, please let us know at the Historical Society.

Ebenezer Parker is believed to be the first law enforcement officer to be killed in the line of duty in the District of Maine (pre-statehood).

In the course of investigating the whereabouts of Ebenezer Parker's remains, it also came to light that another Cape Elizabeth native, William P. Staples was gunned down on May 5, 1926 while a patrolman in the Everett, Massachusetts police department. He was killed and another officer was mortally wounded while pursuing and attempting to arrest a fleeing criminal.

Two sad days for law enforcement officers hailing from Cape Elizabeth.

\*Joseph Drew was convicted of Deputy Parker's murder and was hanged on Portland's Munjoy Hill on July 21, 1808.

# Cape Elizabeth Education Foundation awards over \$25,000 on spring Grant Night

With the arrival of spring, the Cape Elizabeth Education Foundation (CEEF) hosted its bi-annual Grant Night on May 2. A total of seven thoughtful and innovative grants were presented by teachers, staff and students at CEMS and CEHS. The grants embodied the mission of CEEF, aimed at providing hands-on and extended learning experiences, improving mental health, and bringing modern technology to Cape schools. The scope and depth of the grant requests was impressive, ranging from aquaculture to drama, creative workspaces, communications and inspiration through art. "We believe these grants showcase what is so special about Cape schools" said Executive Director Liz McEvoy. "They represent new approaches that bolster the programs that are there, and address head-on issues that affect all students. The passion that each grantee has for their project is so inspiring." CEEF's next grant cycle will take place in late Fall.

**Aquaculture & Maine Food Culture:** Presented by Morgan Kerr, this grant will bring project-based, experiential learning about aquaculture in Maine to a class at CEMS. Students will learn about cultivating kelp and oysters on the Maine coast, including the future of Maine's food culture, the science of growing and maintaining kelp and oysters, developing and marketing new products, and creating business models.

**Spirit Series:** This grant will fund an immersive, drama-based values and literacy initiative for all 7th graders. Led by Spirit Series staff and CEMS teachers Stephen Price and Aaron Fileo, students will study, co-write and perform an inspiring one-act historical biography in this three-week residency program. Immersing students in history in this way will have a wide range of academic and social-emotional outcomes for students.

**The HUB:** John Holdridge received a grant to create "The HUB," a collaborative

workspace and the home of the Volunteer and Extended Learning Opportunities program at CEHS. As Creative Director for the HUB, the new logo and interior design will be completed by CEHS junior Vivian Sullivan. With new computers and a make-over, the HUB will become a space that promotes collaboration, leadership and the creative process.

**MakerSpace 3.0:** This grant will provide funding for the buildout and expansion of the current MakerSpace at CEMS. The success of the MakerSpace under the direction of Jonathan Werner has exceeded all expectations, and a new floorplan for project building and storage is needed to develop the program and allow CEMS students to continue inventing and creating in a safe and productive work space.

**Communication System for CEHS auditorium:** Christine Marshall, the theater director at CEHS, received a grant to improve the communication system in the CEHS auditorium. Students will learn how to use modern technology and wireless systems to communicate in productions, benefiting all Cape programs and schools that host functions in the auditorium.

**Boys To Men / Hardy Girls Healthy Women:** Sarah Hanson and the CEMS Counseling Department received a grant to bring a series of four, one-hour workshops to all 7th and 8th graders at CEMS. Funded through the Thompson Mental Health Initiative, which was started by Nancy and Tim Thompson in honor of their son Timmy (a CEHS graduate), this grant builds on the drive and momentum of the mental health initiative in Cape Elizabeth schools. Workshops will be presented by Boys to Men and Hardy Girls Healthy Women, focusing on gender identity and stereotypes, healthy relationships, and violence prevention.

-see CEEF page 4

# Scam alert bulletin board

By Jessica D. Simpson

## Fraud Entrepreneurs

The Fraud Watch Network Helpline is inundated with calls about scams involving investing in start-ups.

Scammers make up elaborate details about hot investment opportunities, or may try to sell you a vague or nonexistent product. As they pressure you to invest, they flaunt their wildly accomplished resume, and offer unrealistic promises, including guaranteed high returns.

Don't trust someone's pitch without doing your research. The promise of guaranteed returns is a big red flag. Find out if the investment product is registered with the SEC or your state securities agency. And if it sounds too good to be true, you

can bet it likely is.

## Car Wrap Scams

Think it sounds like a great gig to wrap your car with advertisements for money?

It turns out that these offers can be perfect opportunities for scammers to steal your money. When you sign up, they send you a check and ask you to wire part of the money to the graphic designer or installation company. After you wire the money, the check they gave you bounces and you're out the cash you wired.

Do your research on companies before providing your personal or financial information and remember that big money offers are often scams.



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## Cape Elizabeth School Board news

The Cape Elizabeth School Department FY20 budget was unanimously approved by the Town Council during their May 13 Budget Adoption meeting. Councilors expressed gratitude for the budget's collaborative process and sensitivity to taxpayers.

The final step — and most critical — rests in the hands of our community via the Citizens Vote on June 11. It is essential that all community members take the time to express their position on public education within our town by voting. Voter turnout matters every time and serves as a barometer of the community's priorities.

Currently, absentee voting is underway at Town Hall through June 6. Please be sure to make your voice heard by submitting your absentee ballot or by voting on June 11.

Information on the entire budget can be found on the district webpage under the Budget Information tab.

At the May 14 School Board Regular Business meeting, Cape Elizabeth High School Art Teacher Rosamond Gross, recognized three CEHS students who received awards from 2019 Maine Regional Scholastic Art Awards for their individual artwork.

Presented by the nonprofit, Alliance for Young Artists & Writers, these awards are considered the most prestigious awards for students in grades 7 - 12 and are selected based on three criteria: Originality; Technical Skills; and Emergence of Personal Vision or Voice.

Sophomore Cecily Trout and junior Vivian Sullivan each received an Honorable Mention and Silver Key for their paintings, drawings and digital art. Junior Julia Mukai received the Gold Key

for her painting and is an American Vision Nominee. Although Julia Mukai was not present for the meeting, Vivian Sullivan and Cecily Trout provided examples of their work and discussed their artistic process.

Later in the same meeting the ESOL (English as Second Language) Program teacher Jessica Miller, provided the School Board with an update on the district's ESOL program.

Currently, there are a total of 19 EL (English Learner) students participating in the ESOL program. Collectively, the students speak 11 different languages — with Spanish and Arabic being the most common. The countries represented by these students include: Canada, Democratic Republic of Congo, Ethiopia, Iceland, India, Iraq, Netherlands, Pakistan, Peru, Rwanda and Venezuela.

Ms. Miller explained that every year EL students are tested on their reading, writing, speaking and listening skills across content areas. According to research, Ms. Miller stated that it takes five to seven years for a student to fully develop academic language. On a scale of one to six, with six being fully proficient, a student can graduate from the ESOL program once they have reached an average proficiency score of 4.5.

In addition to helping EL students achieve English proficiency, the ESOL program within Cape Elizabeth maintains the following goals: Develop Individualized Language Acquisition Plans for each student; Provide instructional strategies to support content teachers; and Celebrate diversity and help ensure ELs are able to participate meaningfully in CESD education program.

As always, recordings of all School Board Regular Business Meetings are available at the CETV website and CESD website.

### POLICY:

The policy committee met on April 30 to continue the ongoing review of CESD policies. The following policies were reviewed by the committee:

### For Second Reading and Vote by

### the School Board:

- FF – Naming of School Facilities
- IHBEA – Program for English Learners
- KHC – Distribution of Non-School Materials

### For First Reading Review:

ACAA – Harassment and Sexual Harassment of Students

At the May 14 Regular Business meeting the School Board reviewed the above policies. The outcome of this review is as follows:

Policy FF – Naming of School Facilities - revisions reviewed at the meeting contained substantive changes to the policy such as the creation of a naming committee, as well as guidance for future naming procedures. The Board decided to table an approval vote on the revisions for the next Regular Business meeting to allow time for further input from any interested parties before final adoption of the changes.

Policy IHBEA – Program for English Learners was adopted with minor changes to address contemporary naming and procedure updates as it applies to the policy.

Policy KHC – Distribution of Non-School Materials was adopted with changes that provide clarity to the district around what materials are permitted to be distributed to students and families via email, back pack mail or posted within the schools.

Also at the May 14 meeting, the School Board reviewed for first reading the policy ACAA – Harassment and Sexual Harassment of Students.

All policies are posted on the CESD website in the School Board section policy tab.

Policy Committee meetings occur once per month and are open to the public.

### FUTURE DATES:

- Tuesday, June 11, Regular School Board Business meeting, 6:30 - 8:30 p.m., Town Hall Chambers.
- Tuesday, June 11, Citizens Voting Day, 7 a.m. – 8 p.m., CEHS.

## CEEF

Continued from page 3

**Positive Bathroom Makeovers:** Inspired by the recent showing of the documentary "Angst," which was funded by a recent CEEF grant, CEMS student Hope Taylor gave an inspiring presentation on her idea to enhance the student bathrooms by painting motivational quotes on the stalls and walls. These quotes will improve the atmosphere of the bathrooms and could help students with anxiety or anyone who needs a positive boost in their day. Funded through the Thompson Mental Health Initiative, design work and painting will be led by Ms. Taylor and completed by fellow students, with the eventual goal of enhancing all of the bathrooms in CEMS.

These grants would not be possible without the charitable contributions that CEEF receives each year. Thank you to our donors - your donation to CEEF has a direct and positive impact on our schools. Your support allows CEEF to provide grants that foster creativity, promote ingenuity and enhance the learning experience for all students. Visit [www.CEEF.us](http://www.CEEF.us) to learn more and get involved.

## CELT June programs

### Invasive Plants Nature Walk

Join Mike Hanks, a member of Cape Elizabeth Land Trust's Stewardship Committee, at CELT's newest property to learn about invasive plants found in Cape Elizabeth. During this CELT sponsored event you can expect to learn how to identify specific invasive plant species, eradication strategies and why invasive species pose a threat to an ecosystem. Participants should meet at 498 Spurwink Avenue, and be prepared to go on a gentle hike rain or shine. Please register at least 48 hours in advance of the program in order to receive notification of changes or cancellation.

Thursday, June 20 5:00-6:30 p.m.  
498 Spurwink Avenue (CELT Property)  
\$6 per person

Participants can register for the above programs through Cape Elizabeth Community Services. [www.capecommunityservices.org](http://www.capecommunityservices.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.

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# 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 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).

It's interesting to notice how our recent spurts of sunshine lifts people's spirits. Our blossoming trees and flowers, the greening all around and the bright sunshine offer much to feel grateful about. We have the good fortune to live in a beautiful part of the world with oceans, forests and bountiful nature outside our doors. More and more people are "discovering" Maine and appreciating the same beauty we do.

How do we hold appreciation for our town and state alongside its attraction to visitors, their presence and ways of doing things that might be different from our ways of doing things? Not always easy, especially when we treasure Maine as we do.

In a recent workshop I attended a quote by Viktor Frankl was shared in connection to mindfulness: "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Mindfulness is all about pausing. Pausing and noticing.

Take a moment now and pause. Notice your breath. Notice any scents and sights around you. Press your toes down towards the ground. Take a slow and steady breath in through your nose and out through your nose. Repeat.

When we pause in any situation, we give ourselves the space to consider our experience and our response to our experience. When someone speaks harshly to us, honks their horn or offers a warm smile, we have an opportunity to become more aware of how we feel about the action/stimulus. The pausing opens up a world of options for how we might respond versus a snap reaction coming from a place of frustration, anger or vulnerability.

Pausing is a conscious and therefore mindful act. Pausing allows us the space to tune in to how we're feeling, where we're feeling it in our body and consider our response.

Pausing shifts our thinking from the

primitive, reactive, limbic part of our brain to the more evolved center of emotional regulation (pre-frontal cortex).

Pausing also offers us the opportunity to consider what might be going on for the other person: a challenging family situation, a sick child, a desire to connect. It doesn't mean we allow unacceptable behavior to happen without addressing it. It's all in how we address it.

Setting boundaries are often necessary and important; we have the choice of setting boundaries from a mindful place.

Practicing mindful meditation and intentional pauses throughout our day strengthens the "pause muscle" and deepens our awareness of what's going on. We gain the ability to move through our day with different perspectives with the people and other living things around us.

There's a story about two friends walking through the woods and noticing a snarling dog ahead of them in the brush. Their first, and understandable, reaction is "Bad dog. Danger! How could someone let a dog like this loose?" As they get a bit closer to the dog, they notice the dog has its paw caught in a trap. "Ah. How horrible. Poor dog. What do we do? How can we help?" They don't get any closer to the snarling dog, but their understanding of the situation has shifted dramatically. So does their response.

We're human, and we can get triggered by people's behavior. That's a fact. The beauty of practicing pauses and mindful responses is that it can soften difficult situations and also deepen our experiences of the enjoyable parts of our days. Our flourishing gardens, the warm sun on our face, a big, full moon rising from the horizon with a lighthouse alongside it, a warm smile.

May you find many opportunities to pause, feel, reflect and respond mindfully to all that greets you in the coming days. May your pauses deepen your enjoyment of late springtime in Maine and your connection to all living things.

# Hit and run accident reported, property line dispute

Reported by Marta Girouard

Old Ocean House Road area regarding a property line dispute.

## COMPLAINTS

- 5-6 An officer met with a resident of the Shore Road area regarding an assault complaint.
- 5-6 An officer met with tourists from Canada at Shore and Belfield where they filed a motor vehicle burglary report. A window had been smashed out and a purse was missing from the car.
- 5-7 Two officers responded to a residence in the Old Ocean House Road area for trespass complaint. Two subjects were located and issued trespass warnings.
- 5-7 An officer met with a resident of the Scott Dyer Road area regarding a fraudulent check charged against the victim's account.
- 5-7 An officer met with a resident of the Scott Dyer Road area regarding unauthorized charges on a debit card.
- 5-8 An officer responded to a location in the Fowler Road area for report of a cat struck by a vehicle.
- 5-9 An officer met with a resident of the Shore Road area regarding a criminal mischief complaint, damage to outside lighting.
- 5-13 An officer met with a contractor working in the Cross Hill area regarding a hit and run accident.
- 5-14 An officer responded to a location in the Scott Dyer Road area for report of a suspicious person.
- 5-19 An officer met with a resident of the Scott Dyer Road area regarding an unauthorized use of a motor vehicle complaint.
- 5-17 An officer met with a resident regarding an assault complaint.
- 5-17 An officer responded to a residence in the Old Ocean House Road area for a disorderly conduct complaint.
- 5-18 An officer met with a resident of the Ocean House Road area regarding a harassment complaint.
- 5-19 An officer met with a resident of the

## SUMMONSES

- 5-7 Scarborough resident, speeding (54/35 zone), Spurwink Avenue, \$170
- 5-8 Limington resident, uninspected motor vehicle, Bowery Beach Road, \$148
- 5-9 Lewiston resident, speeding (44/35), Spurwink Avenue, \$114
- 5-11 South Portland resident, failure to obey traffic control device, Route 77, \$121
- 5-20 Cape Elizabeth resident, seatbelt violation, Route 77, \$85
- 5-20 Limington resident, seatbelt violation, Shore Road, \$85
- 5-20 Portland resident, failure to produce insurance, Route 77, \$186
- 5-20 Cape Elizabeth resident, failure to produce insurance, Route 77, \$186

## ACCIDENTS

- 05-16 Sarah Gabrielson, Ocean House Road

## FIRE CALLS

- 05-11 Kettle Cove Water Rescue
- 05-11 Kettle Cove Water Rescue
- 05-13 Motor Vehicle Accident Ocean House @ Chambers
- 05-17 South Portland Mutual Aid
- 05-19 Kettle Cove Watercraft Rescue
- 05-19 South Portland Mutual Aid
- 05-19 South Portland Mutual Aid
- 05-19 South Portland Mutual Aid
- 05-19 South Portland Mutual Aid
- 05-20 Hawthorne Rd Fire Alarm

## RESCUE CALLS

There were 20 runs to Maine Medical Center  
There were 2 runs to Mercy Hospital  
There were 6 patients treated by rescue personnel but not transported.

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# CEHS holds 13th annual Sophomore Research Poster Night

By Kevin St. Jarre

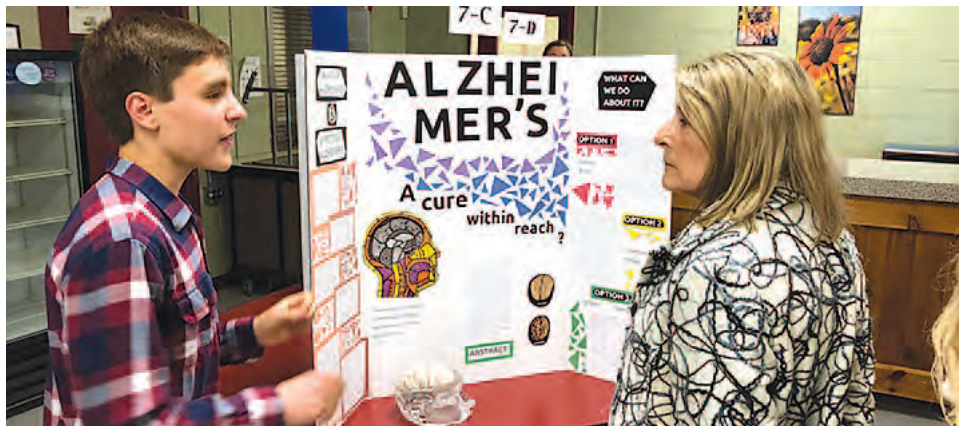


Photo by Melissa Oliver

Sophomore Isaac Dinnerstein shares what he's learned with Cape Elizabeth School Superintendent Donna Wolf.

Cape Elizabeth High School recently held its annual Sophomore Research Project Poster Night, when students who have been researching, writing and preparing for months get the opportunity to share what they've learned with the community.

More than a hundred eager 10th graders stood at tables in the cafeteria, with trifold posters at the ready. The students had worked hard to become experts in a particular interna-

-see POSTER NIGHT page 16

# Cape Elizabeth Project Graduation



Contributed photo

2019 Class officers are pictured accepting a generous donation for their Project Graduation - funds from the Triangle Lodge and the Maine Masonic Charitable Foundation. It was presented to them from Justin Wesley, Senior Warden of the lodge and a 1999 graduate of Cape Elizabeth High School. From left to right: Phillip Tarling, Meghan Gerety, Natty Holmes, Justin Wesley, Colby Mayer, Sam Dresser and Alison Ingalls.

# Ask the Vet

By Dr. Ginger Browne Johnson

Send your questions to Veterinary and Rehabilitation Center of Cape Elizabeth, Dr. Ginger Browne Johnson, [Info@vrcece.com](mailto:Info@vrcece.com).

We receive lots of similar questions from pet owners about dental health, so we thought we would put together a few answers. Dental health in pets is important because, in addition to being painful, bacteria from dental disease can be damaging for other organs in the body, like the heart and kidneys. Regular dental care can help protect your pet.

### Can dental health be accurately determined during my pet's annual exam?

Cats have 30 teeth and dogs have 42. With less than 1 minute (and sometimes even just a few seconds) to look at your pet's teeth as she wiggles and tries to kiss my face, there is no way to fully assess the health of her teeth without an anesthetized oral exam with probing and dental radiology. Teeth are like icebergs, the crown is the only visible part of the tooth, leaving the majority of the tooth hidden.

Without dental x-rays, veterinarians have no way of examining the roots or the tissues that surround them.

### Do pets and people have the same types of dental disease?

Although cavities plague human mouths, they are seldom seen in pets as cats and dogs rarely eat sugar. Pets tend to get periodontal disease (bacteria, hidden in plaque and tartar, causing inflammation and destruction of gum and bony tissue that supports teeth) because their teeth rarely get brushed once, let alone twice, daily. As shown by the relative scarcity of human periodontal disease, this is a preventable disease in pets by removing plaque and tartar before it advances. Like their owners, pets have different propensities toward periodontal disease with small breed dogs and greyhounds amongst the worst affected.

### Isn't bad 'doggie' breath normal?

Halitosis is the most obvious sign of periodontal disease. Unless your dog just ate a poopsicle or your cat just ate her favorite tuna dinner, your pet's breath should not stink.

### My pet doesn't seem to have any oral pain because he's happy, plays with toys and eats and drinks normally.

Pets don't demonstrate oral pain as humans do. Their evolutionary survival mandated that they found a way to eat while masking the pain. Under anesthesia however, painful teeth cause the same increases in heart rate, respiratory rate and blood pressure as any other source of pain.

Although periodontal disease is found in 80 percent of dog and cat's teeth by the age of three, veterinarians address lots of other issues: tooth resorption, tooth root abscesses, malocclusions with teeth knocking into other teeth or biting into gum tissue, broken and worn teeth and discolored devitalized teeth with painful pulpitis among them.

### When is my pet too old to treat dental disease?

Periodontal disease (and other veterinary dental diseases) are painful. Pain needs to be treated no matter your pet's age. Age is not a disease, but with age, some diseases are more likely. Veterinarians screen for diseases with pre-anesthetic exams, diagnostics and labwork. If these parameters are normal, no pet is too old to have their mouth treated.

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### Horses

Continued from page 1

Spurwink Farm on Charles E. Jordan Road, is known to passersby for its “oreo cows” (Belted Galloways), but in addition to raising cattle and chickens, the farm boards 38 horses in peak season, has miles of bridle trails and hosts occasional riding clinics and events.

Kelly and Andy Strout’s 22-acre Shady Oak Farm on Fowler Road has been welcoming horses for more than 30 years and currently has an average of 20 boarders in the barn each season. The barn is full now, but Kelly keeps a waiting list; shadyoakfarm@maine.rr.com.

#### In other farm news...

With so many farms in town now, it’s not hard to eat local. Our farmers are currently harvesting greens, rhubarb and asparagus, and fiddlehead season continues. Both Jordan’s Farm on Wells Road and Alewife’s Brook Farm on Old Ocean House Road are open seven days a week, and are also selling produce, meats and poultry from other Maine farms. Alewife’s always has fresh lobster and often

fish and scallops.

You’ll find Green Spark Farm’s organically grown produce at Jordan’s, at the Wednesday and Saturday farmers’ markets in Portland (7 a.m. - 1 p.m.), and at their self-serve stand on Fowler Road.

Find more goodies from Maine farms at the Sunday morning market (10 a.m. - 2 p.m.) in South Portland’s city hall parking lot and at Jordan’s year-round store on Ocean St. in South Portland’s Mill Creek. You could be eating Cape produce at local restaurants too; our farms sell to the Inn by The Sea, The Good Table, The Well, Honey Paw, Hugos, and Eventide.

You can buy fresh eggs daily at Alewife’s Brook Farm and at Cape Ledge Farm. For duck eggs, stop by Cape’s newest farming venture at 18 Old Ocean House Road, Couple of Quacks! In addition to their (Khaki Campbell) ducks, Peter Governali and Florence Gonsalves are making yogurt from the milk of their Nigerian Dwarf goats. You can purchase at the farm (cash only) or online, www.coupleofquacks.com. Stay tuned as they work to perfect their ice cream recipe.



Contributed photo

Couple of Quacks’ baby Nigerian Dwarf goat, George Clooney. Isn’t he handsome?



Contributed photo

A happy boarder at Shady Oak Farm.



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# Capetoon: Decycled

By Jeff Mandell



Drawn by Jeff Mandell

# Local artists featured in Paint for Preservation Wet Paint Auction

On Sunday, June 30, recognized local artists, Cooper Dragonette, Holly Ready and Graham Wood will be featured in Paint for Preservation 2019, the Cape Elizabeth Land Trust's 12th Annual Wet Paint benefit auction.

The three are part of the 30 highly accomplished artists who will paint outdoors (en plein air) over the weekend of June 28-30 at sites chosen to highlight Cape's natural beauty.

Prior to the event, the land trust will publish a map of locations so that the public may view the artists at work over the weekend.

On Sunday afternoon, June 30, the freshly painted artwork will be auctioned at a tented reception hosted by the Holden family at their home overlooking Pulpit Rock. Artists donate a portion of proceeds to the land trust.

Tickets are limited and have sold out more quickly each year – they may be purchased online at [www.capelandtrust.org/paint](http://www.capelandtrust.org/paint).

Cooper Dragonette primarily paints in oils and has devoted himself to painting the landscape since 2000. He graduated from USM with a focus in arts educa-

tion and taught high school drawing and painting for nearly ten years. He has been a full-time landscape painter since 2012. His work has won numerous awards and has been featured in several magazines. He participates in several annual plein air events, and is currently represented by three galleries.

Holly Ready's work is greatly influenced by her surroundings and is recognizable through the strong use of color



Contributed photo

Holly Ready

in portraying the essence of light, most often in landscapes.

A 1994 graduate of Maine College of Art, she has worked as a gallery director, run art workshops, been a signature artist for a number of charitable auctions and currently runs Holly Ready Gallery on Two Lights Road in Cape Elizabeth, which also serves as her studio. Her work has been exhibited at a number of galleries in Maine and around the country.

Graham Wood is the owner of Ocean House Gallery & Frame and is committed to supporting local artists and local businesses. He grew up in the Midwest and studied at Earlham College and The School of Visual Arts in NY.

For Graham, there is nothing like painting in nature. He is inspired to capture what he sees and the peacefulness of being in nature. Standing in front of the ocean is a meditative break from the daily routine.



Contributed photo

Cooper Dragonette



Contributed photo

Graham Wood

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# Cape author pens memoir about loss, rebuilding

By Kevin St. Jarre

Cape Elizabeth author Nancy Freund Bills's memoir, "The Red Ribbon: A Memoir of Lightning and Rebuilding After Loss" is deeply moving, sometimes humorous and hopeful.

Bills said, "The Red Ribbon is a story about my family during the worst week of our lives. On a beautiful summer morning in July in 1994, none of us could have imagined what was going to happen. My husband and younger son went sea-kayaking out of Portsmouth, New Hampshire. My older son was at Lake George with his young wife. I was with my sister-in-law and brother-in-law in Cape Elizabeth helping them move into a condo that would be a summer and retirement home for them. The freak thunder and lightning storm that arose and drove my husband and son to take shelter in a bunker at Fort Foster changed all our lives forever. The bunker at Fort Williams resembles the bunker at Fort Foster, and I don't suppose it is an accident that I have chosen to live in Cape Elizabeth. I would not be notified until early in the morning of July 24 that my husband and younger son had been hit by lightning, and I would not learn until I reached York Hospital that my husband had died and that my son was in the ICU."

The Red Ribbon is also about other losses, some anticipated and others a surprise. It was written to express her thoughts about loss and grief, but it seems to touch others. "My readers, including a local minister and therapist, conclude that my book is helpful to others who are struggling with what I call 'the lightning strikes of life,'" Bills said.

As Rev. Jill Job Saxby said in her blurb for the book, "One will read it and feel less alone." A starred review in Kirkus said, "Memoirs of loss and survival are rather common, but what sets this one apart is Bills' extraordinary perceptiveness and writing talent.... A keeper of a book by a talented author."

Bills looks forward to getting back to the research and writing of two short stories with strong female characters. "One is set during the Vietnam War in Syracuse, New York and Toronto; it focuses on the lives of war protesters, ROTC students and draft dodgers who go to Canada. The other is about a young woman from Burlington, Vermont who becomes a model for a European skiwear company, but she is in a bad car ac-

cident and badly disfigured."

Bills said she thinks her style is easily recognizable. "It's intimate- the inclusion of lots of interior conversation, even prayers. Also, my language is literary- lots of powerful imagery and sensory details. I try to pull out all the stops so my readers feel like they are with me. I also like to play, to experiment, so a chapter like 'Planting Iris' is purposely zany. My readers need a break from death and grief as I did so I draw attention to the absurd and ironic," Bills said.

When asked how her writing has changed over the years, Bills said, "The chapters of The Red Ribbon were written over a fifteen-year period as individual memoir pieces before I envisioned a full-length memoir. Initially, I wrote about what I felt compelled to write. When a mentor suggested I had material for a book, I became more planful because I wanted to include stories about the family and about my husband and me before the crisis. My writing has become more conscious; some of my early work was so powerfully emotional. I have respect for those early pieces; that was a brave lady who wrote those!"

Like many authors, Bills said she is much more comfortable as a writer than as a promoter of her work. "It's taken some real effort to learn the skills I need. Fortunately, I love to read my work so that's a help, but publicity and social media are tough; it's been a steep learning curve. I'm blessed to have a wonderful publisher and publicist," she said. These days she says she's not writing anything that's not related to the promotion of her book, but several of her blog posts she hopes will be helpful to her students.

As far as the writing of others is concerned, Bills admires the work of Kate Braestrup. "Her memoir, Here If You Need Me, is a memoir about her life after her husband, a state trooper, was killed in a car accident. She becomes a chaplain for the Maine Game Wardens, and shares her experiences in search and rescue work. She's real and really funny. I admired her honesty and grit. She's a wonderful model," she said.

Bills usually writes at her dining room table, facing the windows that look out at the woods surrounding her condo. She said, "I can spread out and usually have fresh flowers. This spring, it's been lots of tulips, but soon it will be lilacs. I write on a laptop with a cup of Earl Grey with milk nearby. My

coon cat, Winnie, often comes to take a nap usually on top of papers I need to consult."

Bills finds inspiration for her work in her teaching. "My teaching has been a special source of pleasure and satisfaction these days. I facilitate a fiction writing workshop at Osher Lifelong Learning Institute at USM. One of my students just published a super book called "Rookie Warden" about her experiences being the only female game warden in Wisconsin."

Bills sees herself as very lucky. "My writing life has been blessed by one, two, three wonderful teachers/mentors. And I could not have more supportive fellow writers and friends. I'm not without wishes. It would be fun to wave a magic wand and arrive in my home town of Billings, Montana and do a book reading and book signing," she said.

If someone were to send her someplace to focus solely on her writing for a month, she knows where she would want to go. "I think somewhere like the Cotswolds or somewhere in Ireland might be nice. But frankly, my little condo nestled in the woods with sweet neighbors upstairs is almost perfect. The proximity of the lobster food truck at Fort Williams makes my life almost heavenly," she said.

Those wishing to purchase Bills's writing can find her memoir in any independent

bookstore and on Amazon. Bills's website featuring sample chapters, the starred Kirkus review and upcoming events is: <https://nancybills-memoir.com/>



Contributed photo

Cape Elizabeth author Nancy Bills's memoir, "The Red Ribbon: A Memoir of Lightning and Rebuilding After Loss" is deeply moving, sometimes humorous, and hopeful.

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Proceeds from the 2019 Cape Elizabeth Garden Tour benefit Friends of Fort Williams.  
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# CELT gets a good trim



Contributed photo

The CELT office property recently got a trim, thanks to Jon Hanisko and his team of volunteers.

CELT staff and board members offer their many thanks to Jon Hanisko and his team of amazing volunteers West Bellow, Tucker Ladd, and Mat Kelly for taking time out of their Saturday morning recently to help clean up the trees on the CELT office property in the center of town.

Jon commented, "Everyone enjoyed to opportunity to hop into some trees without the stresses of a normal work day. Thanks for allowing us to clean things up."

Jon's crew came out earlier this spring to cut down some trees damaged in recent storms close to the building, then decided to return for some pro bono trimming. Part of

Lucas Tree's mission statement includes being responsible members of the community, and they choose projects that coincide with Maine Arbor Week.

Said Suzanne McGinn, CELT Board Member, "We have never had any tree trimming work since it was given the parcel over 10 years ago, and it sure does make a huge difference. Plus, we all feel safer knowing that we have eliminated the branches and trees hanging over our building and our power lines." CELT is truly fortunate to be able to benefit from the generosity of like-minded businesses such as Lucas Tree Experts!

# Cape Elizabeth birding report

By E. Brooks Bornhoff



Photo by Francis Rankin

A male Indigo Bunting with its exotic indigo blue coloration.

The northward push of birds showed no signs of slowing down through May 28. Over Memorial Day weekend, a kaleidoscopic array of wood warblers poured into and over Cape Elizabeth. Along Shore Road in nearly every flowering tree there were significant numbers of Magnolia warblers, American Redstarts and Tennessee warblers. Compared to the Magnolia and Redstart the Tennessee warbler is a drab, slightly greenish little bird that visibly is not as flashy, however its song, a three-part series of accelerated trills, noticeably trumps that of the other warblers in loudness. Given the sheer numbers of Tennessee warblers seen so far this spring I have to imagine that we are experiencing a popula-

tion upswing which is thought to be closely aligned with the spruce budworm population.

On May 27 highlights included a much-welcomed male Indigo Bunting with its deep-sea blue coloring and a Rough-legged Swallow in the company of a dozen or more Barn Swallows. On May 25 Pollack Brook Preserve yielded multiple combinations of wood warblers including my favorite trio, Chestnut-sided, Magnolia and Wilsons.

On May 24 along the Spurwink trail abutting the Spurwink river the American Woodcock display was wondrous. There must have been twenty or more males performing their conspicuous mating display as dusk settled in. Other noteworthy observations on this day included two striking male Scarlet Tanagers at our feeders dining on oranges and great numbers of hard to see Blackburnian and Blackpoll warblers within the upper canopies. A female Canada warbler threw me for a bit of a loop as well. The female's onyx necklace is far less noticeable than that of the male.

House Wrens are also here and there across Cape. We had two House Wrens check out our accommodations and decided to make a start of it in the wren box I had built a few seasons back dubbed the "wren condo." On May 23 a total of five Rose-breasted Grosbeaks were on the feeders including a season high three females. On the 21 I had my first of the year Red-eyed Vireo.

I have also seen and heard many Veery's and Wood Thrushes calling consistently right now across the green belt system and Robinson Woods II & I. Thrushes are often a tricky bird to identify, especially when you consider the other Thrushes passing through our forests right now, including the Swainson's Thrush, Bicknell's Thrush and the ever-elusive Gray-Cheeked Thrush. Speaking of which, two Gray-cheeked Thrushes were spotted on May 19. On this same day an adult Bald eagle flew over Green Spark Farm while American Yellow Warblers danced and sang along the tangled fringes. Glossy Ibis' can be seen overhead almost daily now as well.

On May 16 Pond Cove saw the arrival of the largest tyrant flycatcher in North America, the fearless Eastern Kingbird. Flycatchers are a group of insect-eating birds that reach their highest diversity in the tropics. So far this spring there has been a surprising number of flycatchers seen across Cape including multiple Yellow-bellied Flycatchers. This bird of the deep shade prefers moist northern boreal evergreen forests and is typically one of the later migrating flycatchers. Other flycatchers seen include Eastern Phoebe, Great-crested Flycatcher, Least Flycatcher and Eastern Wood Pewee. From my own records this is the best flycatcher spring for Cape in three years.

Last but certainly not least, On May 15

-see BIRDING REPORT page 14

## Mobile Shredding Event

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# Naturalist's Corner

By Erika Carlson Rhile, CELT Education Committee Chair



Photo by Erika Carlson Rhile

A skunk paying a visit to Erika Carlson Rhile's back deck. It looks like he also recently was on the losing end of a scuffle with a porcupine, as he is covered in quills.

June 17, 4:31 a.m.: Full Strawberry Moon. This full moon was known by early Native American tribes as the Full Strawberry Moon because it signaled the time of year to gather ripening fruit. It tends to coincide with the peak of the strawberry harvesting season.

The official name for the skunk family is Mephitidae, which means "stink." Since it's a sulfur-based chemical comprised of thiols (also found in garlic and onions), skunk spray

is highly flammable. In order to fully banish the smell, you need to alter the chemical makeup of the thiols, which you can do with a mixture of baking soda and hydrogen peroxide. Humans can smell skunk spray up to a mile away.

Porcupines give birth to one baby. Baby porcupines are called porcupettes. The porcupette sports a full set of quills that are soft at birth, yet harden within an hour.

# Home sweet home



Photo by Sheila Alexander

Here's an interesting Cape Elizabeth nest designed and constructed by Carolina Wrens who made their home in Sheila Alexander's garage. This helmet is on a shelf with others in the garage and the Alexander family knew there was a nest somewhere but didn't find it until the wee babies started flying about and one flew back to the home helmet.

# The 'early bird catches the worm'



Photo by Francis Rankin



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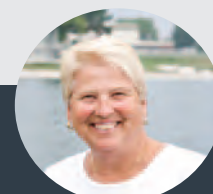
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# Library hosts Ophelia the Opossum, Cape Con 2019, seeks artists to display work and high school summer reading buddies

**Library seeking artists to display work**  
The Library accepts applications for artists wishing to exhibit in the Stier Family Gallery on an ongoing basis. There are a few openings for 2019 remaining and we are starting to book in 2020. More information and the application can be found at [www.thomasmemoriallibrary.org/art-exhibits](http://www.thomasmemoriallibrary.org/art-exhibits).

## Summer Reading Programs for Kids, Teens and Adults Begin June 16

This year's summer reading theme is Destination TML: A Universe of Stories, and will once again feature summer reading bingo game cards, but with a space-themed twist. Children up to age 10 can win prizes from color-coded prize boxes, while teens and adults will win tickets to go into drawings for themed gift bags or baskets. There will also be an early literacy program for babies and toddlers. Registration for all summer reading programs begins Monday, June 16 and continues all summer long.

## ADULT PROGRAMS

### Cape Entrepreneurs

Thursday, June 6, 6:30-8:00 p.m.  
If you're an entrepreneur or have your heart set on starting your own business, please join us for a new monthly gathering of kindred souls. At our CEO (Cape Elizabeth Opportunity) Roundtable, you'll have a chance to share ideas, get advice, and talk shop in a supportive, non-competitive setting. This month, we'll have a project update to hear more about what you're working on and any challenges you'd like help with. The Cape Entrepreneur's Group meets on the first Thursday of each month. We hope you'll join us to share, learn, and connect.

### Special notice

Stier Family Art Gallery Reception  
Thursday, June 6, 6:00-8:00 p.m.  
We are delighted to welcome artist: Perryn Anable Ferris. All are welcome to attend to view Perryn's art and grab a tasty bite. The reception is generously sponsored by the Thomas Memorial Library Foundation.

### Chair Yoga

Monday, June 10, 11:30-12:30 p.m.  
No prior experience is needed for this experience of gentle, mindful movement and deep breathing to calm the nervous system and focus the mind. You'll stretch and move while sitting in your chair with a handful of standing and balancing postures accessible to all. We'll finish with a guided body scan that invites you to relax into the present moment, that place where true power lies. No prior experience, mats, or towels are needed. Just wear comfortable clothing, sneakers or flat shoes, and bring water to drink.

### The Democracy Café – The Downside of Civility

Tuesday, June 11, 6:30-8:00 p.m.  
At the Democracy Cafe, we have had many discussions on the importance of civility at a time when so many people feel they are odds with one another. But one of our participants made a very important observation in defense of incivility:  
Sometimes you have to be uncivil to make change. The questions we'll discuss this month include:  
• When is it important to be civil?  
• When is incivility the better path?  
• What does incivility look like?  
• What is the role of civility, and incivility, in a 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.

### Morning Book Group

Wednesday, June 12, 9:30-11:00 a.m.  
Our morning book group meets on the second Wednesday of each month. In June, we'll be discussing "The River of Consciousness," by Oliver Sacks. We hope you'll join us to read and discuss. New members are always welcome.

From the bestselling author of "The Man Who Mistook His Wife for a Hat," "Gratitude," and "Musicophilia," this collection of essays displays Oliver Sacks's passionate engagement with the most compelling ideas of human endeavor: evolution, creativity, memory, time, consciousness, and experience.

### MAINE WILDLIFE SERIES: Meet Ophelia the Opossum

Thursday, June 13, 6:30-7:30 p.m.  
Miss Ophelia, the Center for Wildlife's non-releasable opossum ambassador, joins us this month for a discussion about this fascinating nocturnal neighbor and all they do for us. Opossums are everywhere but few people appreciate their sweet, gentle, and resourceful natures. Come meet Ophelia for a chance to do just that. The talk is appropriate for all ages; families are most welcome.

This program is part of our Maine Wildlife Series which is generously sponsored by the Thomas Memorial Library Foundation.

### What If You Survived the Holocaust...

Tuesday, June 18, 6:30-7:30 p.m.  
That's a pretty huge "what if" to imagine, but it was a reality for one of our library patrons. Please join us for a moving discussion about what it was like to be a young child when Hitler invaded Czechoslovakia, to be sent to live at a concentration camp, and then to survive as a family living behind the Iron

Curtain.  
This talk is meant to answer your questions so please think about what you want to ask...  
• What was it like to live in those times?  
• What memories stayed with you?  
• How do you want this incredible time in history to be remembered?  
We hope you'll join us to hear an amazing first-hand account of living history.

### Writers' Accountability Group

Wednesday, June 19, 10:00 a.m. – noon  
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.

## ONGOING ADULT PROGRAMS

- Knitting Group – every Monday at 1:00 p.m.
- Chair Yoga – Second Monday at 11:30 a.m.
- Democracy Cafe – Second Tuesday from 6:30-8:00 p.m.
- Songwriting Workshop – Fourth Tuesday from 6:15-8:15 p.m.
- Morning Book Group – Second Wednesday from 9:30-11:00 a.m.
- Writers' Accountability Group – Third

-see LIBRARY page 13

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## Library

Continued from page 12

Wednesday from 10:00 a.m.-noon

- Senior Tech – Fourth Wednesday from 10:30 a.m.-12:00 p.m.
- Cape Entrepreneurs—First Thursdays 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 Thursdays from 7:00-8:30 p.m.
- Chess Club – every Saturday from 9:00-11:00 a.m.

## PROGRAMS FOR TEENS

### Seeking high school summer reading buddies

The library is continuing its Teen Reading Buddy Program, in which children can sign up for one-on-one reading time with a teen volunteer. If you are a high school student, or going into high school next fall, and you are interested in participating. Please email children's librarian Rachel Davis at rdavis@thomas.lib.me.us.

### YA Anonymous Book Club

Next Meeting: Thursday, June 6 from 6:30-7:30 p.m.

Are you an adult who reads YA books? Have you ever wanted to meet other readers who share your affinity for YA? Do you need an outlet for gushing about your favorite YA characters and authors? Welcome to YA Anonymous. We will meet on the first Thursday of each month to discuss our favorite YA titles. For more information, please contact Alyssa at alapierre@thomas.lib.me.us.

### Library Great Book Transfer Quest

First Monday of the month from 3:00-4:00 p.m. (starting June 3)

Want to read books by and about lesbian, gay, bisexual, transgender, queer, intersex, and asexual people? So do we! Welcome to the "Library Great Book Transfer Quest!" Come for good books and conversation — and feel free to bring a friend. This is a space for people to talk and learn about identities similar to and different from their own. Open to teens 13 and up. For more information, please contact Alyssa at alapierre@thomas.lib.me.us.

### Tabletop Club (starting June 25)

Tuesdays from 4-6 p.m.  
Come in to the library every Tuesday and from 4-6 p.m. to play some of our tabletop games. We have Betrayal at House on the Hill, Sherlock Holmes: Consulting Detective, Pandemic, Catan, and more. Feel free to bring your own games as well. We will also have a special D&D session every month (TBD) that you can register for. Open to teens ages 12 and up.

### Crafternoon Workshop Series

Last Thursday of the month from 2:30-3:30 p.m.  
Come craft with Alyssa and Kiah over the summer.  
June 27- Galaxy Slime  
July 25- Squirt Gun Painting  
August 29- Tie Dye

### Teen Takeover: Ice Cream Social

Friday, July 26 from 5:30-8:00 p.m.  
Come hang out at the library after hours. We will be having an ice cream social to beat the heat, along with a movie. Movie TBD. Refreshments will be provided. Open to ages 12 and up. Registration is required and space is limited. For more information and to register, please visit our website.

### Cape Con 2019

Saturday, August 24 from 12:00-4:00 p.m.  
Join us for our second-annual Cape Con. We will have free buttons, board game demos, a comic writing workshop, a superhero story time, and much more. Don't forget to dress up in your best cosplay. All ages welcome. For more information, please visit our website.

## 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.) We also have some special events and monthly programs coming up:

### Early Release Adventure: Playing with Pictures: Making Artistic Choices, with Marie Ahearn

for ages 6 and up  
Wednesday, June 5 (rescheduled from April)  
2:15 - 3:45 p.m.

What happens if you change the color of an object, or use thick lines instead of thin lines? Artist Marie Ahearn will lead kids in an exploration of how different artistic choices in artwork convey different emotions and meanings. Through working one image many different ways, kids will begin to develop a sense of how color, line, shape, media and composition can be used to express different feelings and tell visual stories.

### Families Discover Great Artists

for families with children 3 and up  
Saturday, June 8  
3:00 - 4:00 p.m.  
Join Miss Kiah for her monthly family art program. Each month, families learn about

a famous artist, and then create art inspired by his or her work. This month, explore the work of famous fashion designers like Coco Chanel—design your clothing for paper dolls. No registration necessary.

### Stay, Play & Learn

for families with children 0 - 5  
Tuesday, June 11: Social Tools for Preschoolers  
9:30 - 11:00 a.m.

During several sessions of our regular Stay & Play program this summer the library will be featuring special guests who will share their expertise with parents in an informal way while children play. This first session will focus on social tools for preschoolers, and preschool readiness. Our informal play time will include structured verbal exercises and handouts for tools to mediate child conflict resolution, and facilitate child to child communication to teach parents and kids how to communicate and socialize in public, at school, and at home. Kate Williams-Hewitt, a teacher with over 15 years of experience in early childhood education from the cooperative Children's Nursery School (CNS) in Portland, will be presenting social tools to kids and parents and discussing with families the right time to begin preschool. Volunteer teachers (parents) from the school will be there to share their experiences in the classroom at CNS. No registration necessary.

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

Thursday, June 13  
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.

### SpinS: A Juggling and Comedy

-see TML page 15

# Cape Elizabeth FAMILY FUN DAY

Saturday June 15  
(rain date Sunday June 16)

## AT FORT WILLIAMS



- 10AM Parade (from Cottage Farms Road along Shore Road)  
10 – 3 Carnival Games, Moon Bounce, Festival Food, Climbing Wall, Bungee Jump, Inflatable Obstacle Courses, Petting Zoo, Pony Rides, Arts & Crafts Booths, Dunk Tank, Radar Baseball Pitch, Fishing Lessons, Model Making, Face Painting, Balloon Animals and more!  
It's not summer until you ride the Lion's Club Train!
- 11:00AM FREE LIVE MUSIC: Seagrass  
12 NOON FREE LIVE MUSIC: Spearforger feat Dominic Lavoie, Stu Mahan and Mike Chasse  
12:30AM FREE Dog Show (Free to Enter, Free to watch—Everybody wins a prize!)  
1:PM FREE LIVE MUSIC: Northern Pitch  
2:15PM FREE Cape Robotics Demonstration  
3PM End of Daytime Activities.... BUT WAIT, THERE'S MORE!
- 6:30PM Food Trucks: Pizza by Fire, Salt Box Café, Mainely Treats & Cameron Clan Kettle Corn  
7PM Family Dance Party on the Lawn with DJ Dan Dibiase- Dance Contests and Prizes  
9:15PM FIREWORKS

*This is how we do Summer!*

Cape Elizabeth Family Fun Day benefits local non-profits and school groups while celebrating our community. Join the fun and help these worthwhile organizations

# CAPE CALENDAR

By Wendy Derzawiec

## Thursday, June 6

Recycling Committee, 7 p.m., Public Works

## Monday, June 10

Town Council, 7 p.m., Town Hall chamber

## Tuesday, June 11

Election Day, 7 a.m. -8 p.m.,  
School Board, 6:30 p.m., Town Hall chamber  
Conservation Committee, 7 p.m., Town Hall  
Lower Level Conference Room

## Wednesday, June 12

Town Council Workshop - Comprehensive  
Plan Review, 7 p.m., William H. Jordan  
Conference Room, Town Hall

## Saturday, June 15

Family Fun Day, 10 a.m., Fort Williams Park

## Tuesday, June 18

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. Purpoodock  
Country Club, Spurwink Avenue. 767-7388.

Codependents Anonymous (CODA) group at  
Cape Elizabeth United Methodist Church

Regular meeting weekly on Saturdays at 10:30  
a.m. Call 799-4599 FMI.

# 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

## Cape Elizabeth Church of the Nazarene

June 8, 9, 15 & 16 - 9 a.m.

## Town Council (live)

June 10 - 7 p.m.

## School Board (live)

June 11 - 6:30 p.m.

## Town Council replay

June 12 & 13 - 2 p.m. & 8 p.m.

June 15 - 10:30 a.m.

## School Board replay

June 14 & 15 - 2 p.m. & 8 p.m.

June 16 - 10:30 a.m.

## Planning Board (live)

June 18 - 7 p.m.

## Planning Board replay

June 19 & 20 - 2 p.m. & 8 p.m.

June 22 - 10:30 a.m.

# Birding report

Continued from page 10

a Great Horned Owl was spotted for the second time, perched high atop a great old oak tree on our property. While observing this owl (which sat silently before flying off after 15 minutes) I was caught off guard by a rhythmic song of sorts coming from deep within the woods below. More

often heard and very seldomly seen, the call was that of the Eastern Whip-poor-will. This bird from the nightjar family is strictly nocturnal and its population is in significant decline, thought likely due to overall general reduction of large beetles and moths.



# April 2019 real estate transfers

NEW OWNER	LOCATION	SALE PRICE	USE
KHARE DHEERAJ	29 TRUNDY ROAD	\$650,000	SINGLE FAMILY
CHRISTINA & ANDREW HALCHAK	39 WELLS ROAD	\$370,000	SINGLE FAMILY
KATHERINE CLARK & KEITH NUKI	112 FOWLER ROAD	\$300,000	SINGLE FAMILY
GINA M & WAYNE E TAPP	242 SPURWINK AVENUE	\$325,000	SINGLE FAMILY
DANIELA & ALEXANDRE NIKOLOV	8 SILVA DRIVE	\$255,000	SINGLE FAMILY
JAMES A & VALERIE R HALL	30 WESTMINSTER TERRACE	\$559,000	CONDOMINIUM
EMMA TALLACK & J DENNIS	419 MITCHELL ROAD	\$336,000	SINGLE FAMILY
MATRANGA JOHN T	6 GLOS WAY	\$567,718	CONDOMINIUM
RAE EDWARD M	7 GLOS WAY	\$657,051	CONDOMINIUM
WAISHUEN & KENFAI S LEE	98 OLD OCEAN HOUSE ROAD	\$300,000	SINGLE FAMILY
SL RE HOLDING LLC	1152 SHORE ROAD	\$2,900,000	SINGLE FAMILY
HAMPTON KEVIN P	28 MCAULEY ROAD	\$380,000	SINGLE FAMILY
THATCHER JOHN C	970 SHORE ROAD UNIT 2	\$290,000	CONDOMINIUM



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**PLEASE MAIL or EMAIL THIS FORM!**  
 Please don't leave it at our office if no one is there.

**Spaghetti supper on June 15 at Peoples United Methodist Church**

A Spaghetti supper will be held Saturday June 15 from 5:00-6:30 p.m. in memory of Chris Ward to Benefit The Kitchen Renovation Fund. It will be held at Peoples United Methodist Church, 310

Broadway, South Portland. Menu will feature spaghetti and meatballs, salad, rolls and assorted cakes. Cost: Adults \$8.00 Children \$5.00.

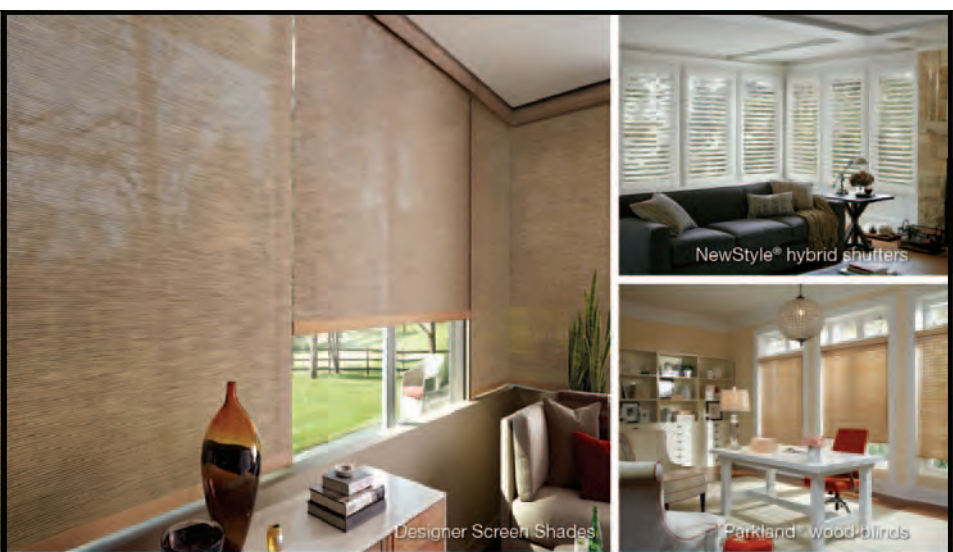
**TML**  
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**Show with Janoah Bailin, for all ages (but best for ages 5 and up)**

Friday, June 21  
 Two shows: 10:30 a.m. and 1:00 p.m.

A wildly dizzying whirl(d) of juggling, giggling magic & movement, puppetry pjs circus & socks...totally tangled together. A pajama-clad unicyclist careens on stage, suitcase in tow. Unpacking, he introduces

audience to a whimsical world of clothespin towers, erratic toothbrushes & gargantuan grins. Juggling with energy & presence, Janoah constructs a playful performing-partner puppet from piles of props. Although the program is open to all ages, it is probably best for ages 5 and up. Two shows are offered to accommodate expected large audiences--please come to one show or the other. No registration necessary.



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**Cape Elizabeth Education Foundation**

**Calling For Nominations**  
 for our 2019 Thompson Award

The "Thompson Award" is named in memory of Timmy Thompson. It honors a Cape Elizabeth school system faculty or staff member who reaches out to Cape Elizabeth students in lasting and meaningful ways. Nominees in consideration are individuals who go above and beyond the expected to provide students guidance and mentoring.

**Go online to [ceef.us/awards/](http://ceef.us/awards/) to nominate a teacher or staff member who went above and beyond each day for you child. Everyone in our school system is eligible to receive this honor.**

**Please submit your nomination no later than Friday, June 14th.**

*Thank you!*

## Poster night

Continued from page 6



Photo by Melissa Oliver

Student Marco Hansel explains his research on the cultural plight of indigenous Australians to CEHS Library and Instructional Technology Specialist Carolyn Young.

tional issue of their choosing, with topics as varied as the water-depletion crisis in the Aral Sea, the emergence of an opportunity to study the genetic connection to Alzheimer's disease in a Columbian village, the international environmental impact of cheap clothing, and dogfighting in Japan. Dozens of adults from the community had volunteered to be judges, giving up an evening to participate.

Sophomore Nicoletta Coupe researched a topic that pointed back to a darker history. "My topic was Instability in the Democratic Republic of the Congo and I learned about the damage imperialism caused to Africa, with an emphasis on how the negative effects of it are still felt today."

Her classmate Zoe Evans studied a topic that not only opened up new learning, but also a new sense of how fortunate she is. "My topic was the Human Rights Crisis in Vietnam. Before researching I had no idea that the rights of the people of Vietnam were being violated so severely. This project allowed me to research and raise awareness about a topic that is often not discussed in school. The

most surprising things I learned I discovered when I researched the stories of many of the activists. Many of the stories were devastating from activists being tortured in prison for years for simply writing a blog post to being kidnapped by the government. It illustrates to me how lucky I am to live in a place that allows me to speak my mind and have access to articles that have opposing opinions to the governments," she said.

Coupe said of the experience overall, "The lead up to Poster Night was a tad stressful, however, I actually ended up enjoying sharing what I'd researched with parents and other members of the community."

Evans agreed, saying, "Poster night allowed me to convey my knowledge about a topic I had studied all year to the general public. I gained a lot of confidence throughout the night as I was able to present my project to many different people I had never known before. The number of incredible projects in the room was overwhelming and I loved being to hear what I could of my classmates presentations as well."

## O'Brien graduates from Villanova University



Contributed photo

Elizabeth O'Brien

Elizabeth O'Brien graduated cum laude in May with a degree in Environmental Studies and Philosophy from Villanova University in Villanova, Pennsylvania.

O'Brien was awarded the Fulbright Scholar/Open Research Grant. She will use her Fulbright Research award in the Philippines to conduct a project titled "Replant, Regrow, Repeat? Mangrove Rehabilitation Success and Local Sustainability Impacts."

O'Brien was also named as one of Villanova's Falvey Scholars for her undergraduate research. She is a member of Delta Gamma Fraternity and has served as the Panhellenic President and the Phi Sigma Tau Philosophy Honors Society President. O'Brien completed ecological research over the course of three summers in Alberta, Canada, Washington, D.C., and New Mexico, respectively.

## DiPietro graduates from University of Tampa



Contributed photo

Mary DiPietro graduated May 11 from the University of Tampa in Tampa, Florida with a Bachelor of Arts degree in Communication.

DiPietro is a Cape Elizabeth High School graduate from the class of 2015. She is the daughter of Jane and Michael DiPietro of Cape Elizabeth.

DiPietro will be starting her career with TechData in Clearwater Florida as an inside sales representative.

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