Family Fun Day kicks off summer in Cape

After a soggy spring, the weather delivered for the annual Cape Elizabeth Family Fun Day held on June 15 at Fort Williams Park. Pictured above is Aaron Dew enjoying the event.

New signs at Cliff House Beach highlight dog rules

New signs at Cliff House Beach were installed on Tuesday, June 18. The signs include highlights of the Cliff House Beach Park Management Plan adopted by the Town Council on May 13. The new rules apply to both the beach and the upland grassy area, which comprise Cliff House Beach Park.

The new rules are intended to promote a positive experience for all park users.

From May 1-Sept. 30, no dogs are allowed on the beach or the upland grassy area from 9 a.m. to 6 p.m. After 6 p.m., dogs are allowed on leash only. Off-leash hours are from sunrise to 8:59 a.m.

From Oct. 1-April 30, dogs are allowed off-leash.

The Cape Elizabeth Police Department is putting in place an enhanced enforcement program to help the public transition to the new rules.

Violations of park rules should be reported to the Police Department and comments on the management plan can be forwarded to the town planner.

Blueberries galore waiting to be picked at local farms

The Cape Elizabeth Police Department forwarded the park users for the annual Cape Elizabeth Family Fun Day held on June 15 at Fort Williams Park. Pictured above is Aaron Dew enjoying the event.

New signs have been installed at Cliff House Beach highlighting new dog rules which are intended to promote a positive experience for all park users.

Tucked away behind Bothel’s Mechanical Repair on Route 77 are 300 high-bush blueberry plants, all meticulously cared for by Patt and Stephen Bothel of Fox Run Farm.

The couple founded the farm, which sells you-pick berries and some flowers, nine years ago as a “way to make the land support itself.” They own 14 acres in Cape Elizabeth, which Bothel said “was prohibitively expensive with taxes.”

Jordan’s Farm has also recently begun selling you-pick blueberries. Penny Jordon said the farm started doing so in 2018 when they had a bumper crop, and it was so successful that they will be offering you-pick berries off their 160 high-bush plants this year as well.

Fox Run Farm boasts four different varieties of blueberries, and Stephen and Patt do all of the labor themselves.

“We don’t have any employees,” Bothel said, and she and her husband water, weed and mulch all of the plants by hand. “In one weekend, Stephen and I shoveled 8,000 pounds of mulch. I’m 61. It was exhausting,” she added.

And the work isn’t just in July, when the berries are ripe for picking. In the spring, the couple has to prune all the bushes and get rid of the old cane.

At the end of March they spray the plants with oil spray to combat winter moths, the farm’s biggest threat, and also put down spinosad.

Bothel said that nothing is sprayed onto the berries and although the farm is not organic certified, “we do use all organic practices.”

“We get our wood chips for free from different tree cutting places,” she explained. “In order to be organic, you have to be able to certify that everything you have has not been treated for three years. I could never know that. How much do people treat trees? I can’t say.”

The farm also has to protect against birds, and Bothel has found that old CDs and a type of Mylar ribbon work best. Fox Run Farm has seen its hard work pay off. They’ve had to double the size of their parking lot, and last year, Bothel said she and her husband picked 1,000 quarts, or 1,500 pounds, of blueberries. They can expect even more in the coming years.

“The first bushes got put in in 2010. Once they’ve been in the ground for 12 years, they should be reaching their maximum. But up until then, we can expect to double our production,” she explained.

In addition to you-pick berries, Bothel also sets up a stand selling quarts in front of her house on the honor system. This year, security will be increased because someone has stolen money for the past three years.

“It hurt by heart. It wasn’t the money, it was the whole idea. Maine is one of the last remaining places that can do honor system and have it work,” Bothel said. But when residents heard about the theft, they started leaving little notes and a few extra dollars. “Enough people did that that after the first year, I had all my money back, and that’s Maine.”

Bothel’s favorite part of running the farm is spending time with the kids who come to pick berries. As a former home child care provider, she adores children.
LETTERS/NEWS

July 3 - July 23, 2019

It’s been fun

Dear Cape Elizabeth,

It’s been fun. The time has come for me to downsize and move, but I want to recommend to residents some of the fun things I’ve done over the years.

Coach soccer (if they’re first graders, you don’t have to be Pelé to do it)
Coach Little League (if they’re second graders, you don’t have to be Ted Williams)
Lead a Girl Scout Troop—you will teach young women to be good citizens, to be brave, to try new things and to do right for the world.
Walk in the off-leash area of Fort Williams—you’ll meet the nicest people and the nicest dogs.
Hang out at the Library—so many interesting events—many free!
Serve on the Family Fun Day Committee—this one is especially close to my heart because it just happened and once again, we saw the best of small town living with lots of fun and lots of support for local non-profits. But it is getting harder each year to get volunteers, and this event would be on the endangered list if it were a bird.
You’ll make a few calls, send a few e-mails, throw around ideas at a handful of meetings and worry about the weather for about a week… but then there is one glorious day where it all comes together. Do it once, like most of us, and you’ll just keep doing it, because you want to make it better every year.

THANK YOU!

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

Thank you to this recent generous contributor:

Ted & Mila Butler

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

Thoughts on Ranked Choice Voting in Maine

When I collected almost 2,000 signatures from Cape voters in 2014 and 2017 for RCV, I had no idea that Maine’s successful implementation of Ranked Choice Voting in 2018 would inspire at least six state Democratic parties to adopt Ranked Choice Voting for their 2020 presidential caucuses and primaries.

Democratic voters in Alaska, Hawaii, and Kansas will rank their choices in the 2020 presidential primary. Democratic voters in Iowa, Nevada, and Wyoming will have the option to either vote in-person or vote absentee with ranked choice ballots.

Meanwhile, back in Maine, we don’t have the power to rank our choices in the 2020 presidential election…yet. Lucky for us, Maine Senate President Troy Jackson has proposed LD 1083 to expand Maine’s Ranked Choice Voting law to include the presidential general election, as well as any new presidential primary that may be created by the Maine Legislature.

Currently, Maine uses RCV in all federal primary and general elections. LD 1083 would expand Maine’s RCV law and align it with the intent of the majority of Maine voters who want RCV for all, and not just some, elections.

I am so proud that our very own Senator Rebecca Millett is an original co-sponsor of LD 1083, and I hope that all of our other elected leaders, including Governor Mills, will join her in supporting this important law.

Cara Brown McCormick

Parade fun at Family Fun Day

All the best,
Karen Pride

THANK YOU!

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

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

NEXT ISSUE: July 24
DEADLINE: Noon, July 12

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LET US HEAR FROM YOU!

We love feedback!
editor@capecourier.com

RETURN TO CONTENT
As a student at the University of Maine many years ago, I found that observing and recording group behavior was a fascinating undertaking (albeit not very lucrative). In a nutshell, this explains why my college degree was in Sociology, but why my working career had absolutely nothing to do with my major field of academic study.

With that said, the work of sociologist is valuable—both in understanding the past and in shaping current and future public policy.

Studying the history of Cape Elizabeth has long been a hobby, as well as an interesting exercise in amateur sociological research. Our town’s close proximity to Maine’s largest city, as well as its peninsular isolation from major thoroughfares, introduce an interesting confluence of ideas, all tugging for the attention of our town’s decision makers. We are a fertile ground for varied opinion.

Thankfully, our municipal leaders—employes and volunteers alike—have generally applied a measured approach to navigating the potentially shoal waters of growth management. They carefully balance change with tradition; wants with needs; ideology with practicality. This thoughtfulness is one of the things that defines us as a town (in a good way, I think).

I thought it might be fun to take a quick peek at Cape Elizabeth’s population growth over the past 220-230 years (source: U.S. Census Bureau’s decennial reports). If we overlay these numbers onto a socioeconomic timeline of Greater Portland or indeed America as a whole, we find hints at identifying some of the things that have affected our town’s “people” through the years (i.e., general migration trends; world events such as wars and economic booms and busts; increased focus on public education; shorefront and open space desirability; farmland conversion; climate; even geopolitical activity). Note the precipitous drop in population between the 1890 and 1900 census figures. This reflects the 1895 spin-off of northern Cape Elizabeth into nascent South Portland, leaving sparsely inhabited southern Cape to carry our name and headcount forward.

1800…1156
1810…1275
1820…1415
1830…1606
1840…1666
1850…2082
1860…2278
1870…2760
1880…3172
1890…3818
1900…5005
1910…1857
1920…1534
1930…2376
1940…2736
1950…2506
1960…2911
1970…3783
1980…4026
1990…8854
2000…9068
2010…9015
2020…9300 (est.)

Many people may be wondering how they can assist in meeting the challenge of the increase in asylum seeking individuals and families arriving in Portland. The following paragraphs have some information that may prove useful to those wishing to provide assistance.

City of Portland

The following information is helpful and can be found from the city’s website at https://www.portlandmaine.gov/CivicAlerts.aspx?AID=4295, there is also a link providing additional information: “The city has also had an outsourcing of support from the public, and many have expressed an interest in donating to help us provide shelter, housing, and basic necessities. For anyone wishing to donate, you can text the word EXPO to 411999 or visit www.portlandmaine.gov/donate to view other options. Unfortunately, due to a variety of reasons, the City cannot accept physical donations at this time. It is imperative that people do not show up at the Expo with donations. We appreciate the public’s assistance with this matter.”

Opportunities to help Portland asylum seekers

Many people may be wondering how they can assist in meeting the challenge of the increase in asylum seeking individuals and families arriving in Portland. The following paragraphs have some information that may prove useful to those wishing to provide assistance.

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Prelie Street Resource Center is also open to the donation of food items and volunteer assistance. They can be reached at 207-775-0026 their website is found at: https://www.preliestreet.org

Greater Portland Family Promise has also sent out the following information:

Have you heard about the sudden influx of immigrants arriving from the southern border? Compassionate and helpful people like you are needed to welcome these new friends to the wonderful state of Maine.

Maine Immigrant Rights Coalition (MIRC) is part of the state emergency response team spear headed by City of Portland working with the Maine Emergency Management Agency, the Red Cross, the CDC and other state and city partners. MIRC can be reached at 207-517-3404 with a website of https://www.maineimmigrant-rights.org

Catholic Charities Refugee Service is an additional resource and they can be reached at 207-871-7437, website https://www.ccmaine.org/refugee-immigration-services.
Two new ministers to be introduced at CEUMC

The Cape Elizabeth United Methodist Church has welcomed two new ministers, effective July 1.

The Reverend Doctor Mary Jane O’Connor-Ropp will serve as the Minister of Congregational Care and Spiritual Growth. The Reverend Priscilla Dreyman will serve as the Minister of Spiritual Ecology and Creativity. The new ministers are replacing the Reverend Casey Collins, who retired on June 30.

The Reverend O’Connor-Ropp has served as pastor of seven churches in Massachusetts as well as the Chebeague Island United Methodist Church in Maine. A graduate of Andover-Newton Theological School and Wesley Theological Seminary, she is a trained spiritual director and retreat leader, with a special interest in creating personal and communal sacred space. For many years she trained congregations in Addiction Prevention and Recovery.

O’Connor-Ropp enjoys writing and doing contemplative photography in nature. She lives with her husband Steve in Wells, Maine.

The Reverend Dreyman served eight churches in Maine and as a hospital chaplain in Massachusetts. She graduated from Union Theological Seminary in New York City and Episcopal Divinity School.

Following training as a sculptor at the Portland School of Art, she founded and was the executive director of SPIRAL Arts, Inc. for 22 years. SPIRAL (an acronym for Spirituality, Art, and Learning) Arts was a community arts program and interfaith ministry based in Portland. She has a special love for the Isle of Iona in Scotland and for Celtic spirituality.

Dreyman will focus on the care of creation and on integrating the arts, ecology, and spirituality in this new ministry in Cape Elizabeth. She is a long-time resident of South Portland.

The new ministers will be introduced to the Cape Elizabeth congregation at the 10 a.m. service on July 7. Their first service of leading worship will be at 10 a.m. on Sunday, July 14.

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New leadership for the Church of Jesus Christ of Latter-day Saints

Members of The Church of Jesus Christ of Latter-day Saints in the Greater Portland area, gathered at 29 Ocean House Road in Cape Elizabeth to sustain a new area bishop (lay minister) and two counselors to preside over the Portland Ward congregation (approximately 500 members within Portland, South Portland, Cape Elizabeth and Scarborough) in the Augusta Maine Stake.

Bishop Roland Schelasin was called and sustained on May 26 to lead the members of The Church of Jesus Christ of Latter-day Saints in the Greater Portland area, succeeding Bishop Craig Treadwell, who served in the position for the past four years. Bishop Treadwell’s two counselors, Roland Schelasin and Andrew Hutchins, were also released and replaced by James McClay and Peter Christensen.

Stake President Jeff Thomas came from Falmouth to preside over the May 26 meeting. After President Thomas called Bishop Schelasin and his two counselors, Bishop Schelasin expressed his gratitude to the previous bishop for his service, and shared his desire to serve the members with humility and love in this new position.

Bishop Roland Schelasin said, “I am humbled by the opportunity to serve in this new capacity. My goal is to continue to encourage our members and all who live in our area to love God, love one another, and to come unto Christ and find peace and true happiness by living according to His teachings.”
Thomas Memorial Library hosts three Center for Wildlife turtle ambassadors, The Modernists, offers new programs for children

NOTE: The library will be closed on Thursday, July 4.

ADULT PROGRAMS

Chair Yoga

Monday, July 8, 11:30 a.m. – 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. When you tap into this ancient practice you’ll learn many ways to find a more peaceful, powerful you.

No prior experience, mats, or towels are needed. Just wear comfortable clothing, sneakers or flat shoes, and bring water to drink.

Democracy Café – Communication, Teamwork, and Compromise

Tuesday, July 9, 6:30-8:00 p.m.

This month, we’ll explore what happens when members of our group have different perspectives on the same story. Finding a solution will require us to use our very best communication, teamwork, and compromise skills – all vital components in a thriving democracy. The Democracy Café meets on the second Tuesday of each month. We hope you’ll join us this month for some fun and another great discussion. All are welcome.

Morning Bookgroup – The Bookshop of Yesterdays

Wednesday, July 10, 9:30-11:00 a.m.

Our morning book group meets on the second Wednesday of each month. In July, we’ll be discussing “The Bookshop of Yesterdays,” by Amy Meyerson. We hope you’ll join us to read and discuss. New members are always welcome.

Maine Wildlife Series – Meet the Turtles

Thursday, July 11, 6:30-7:30 p.m.

Plan on falling in love with three Center for Wildlife turtle ambassadors: a Spotted Turtle, an Eastern Box Turtle, and a Painted Turtle. In this talk, you’ll learn about Maine’s threatened and endangered turtle species, and what you can do to help keep them in their wild environment. Thanks to the Library Foundation for sponsoring this series.

CELT Talk & Walk: Exploring the Tide Pools of Kettle Cove

Friday, July 12, 1:00-3:00 p.m.

Please join us and the Cape Elizabeth Land Trust (CELT) for our Talk & Walk series. This month we’ll spend an hour, starting at 1:00 p.m. looking with microscopes at the contents of a Kettle Cove tide pool. Then we’ll head outside at 2:00 p.m. to visit that tide pool in person! You can come to the talk, the walk, or both. No registration is needed. Please dress appropriately for a gentle walk outside at Kettle Cove.

Scam Alert – Don’t Be a Victim

Tuesday, July 16, 6:30-7:30 p.m.

Have you ever gotten one of those unsettling phone calls, emails, or knock on the door that you think might be a scam but aren’t sure? Learn more about how to protect yourself at this talk with District Attorney Jona- than Sahrbeck, Police Chief Paul Fenton and Detective Mark Dorval. This discussion will include information about different types of scams, procedures on handling scams both at the law enforcement and court levels, how to not become a victim, and what to do if you do become a victim. We hope you’ll join us for an excellent discussion.

Writers’ Accountability Group

Wednesday, July 17, 10:00 a.m. – noon

TML’s Writer’s Accountability Group (WAG!) meets on the third Wednesday of each month from 10:00- noon. All levels of expertise and genres are welcomed, 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.

Songwriting Workshop

Tuesday, July 23, 6:15-8:15 p.m.

Our songwriting workshop meets on the fourth Tuesday of each month. Whether you are a new writer, experienced writer, or want-to-be-a-writer writer, we hope you’ll join us each month to bring in your work and get expert advice from award-winning songwriter, Jud Caswell. The goal of the workshop is to provide a safe place for songwriters to share and learn. Songwriters of all levels and abilities are welcome! Check our website for additional details.

Senior Tech

Wednesday, July 24, 10:30 a.m. – noon

Senior Tech meets on the fourth Wednesday of each month. We’re here to help in any way we can with your tech questions. We work together as a group to answer similar questions, and break out into smaller groups to answer individual questions. You wouldn’t believe some of the things we’ve been able to help solve.

Summer Outdoor Concert: The Great American Songbook

Thursday, July 25, 6:00-7:30 p.m.

We’re excited to bring you the toe-tapping excellence of “Music and Dance from the Great American Songbook” presented by The Modernists. This stellar jazz ensemble from Boston performs hits by Irving Berlin, Harold Arlen, Duke Ellington and other master tune-smiths.

Our summer concerts are a wonderful outdoor gathering about poems of all ages. Bring a blanket to picnic, or chairs to sit on under a canopy of trees. We’ll have cookies and lemonade available for purchase as we enjoy great music on a delightful summer evening. In the event of rain, the show still goes on – the fun just moves inside.

This event is generously sponsored by the TML Foundation.

ONGOING ADULT PROGRAMS

• Knitting Group – every Monday at 1:00 p.m.

• Chair Yoga – second Monday at 11:30 a.m.

• Democracy Café – 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 Wednesday from 10:00 a.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. (none on July 4)

• 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.

Librarian Great Book Transfer Quest (LGBTQ) Teen Book Club

Next meeting: Monday, August 5, 3:00 - 4:00 p.m.

Want to read books by and about lesbian, gay, bisexual, transgender, queer, intersex, and asexual people? So do we! Come for the excellence of “Music and Dance from the Great American Songbook” presented by The Modernists. This stellar jazz ensemble from Boston performs hits by Irving Berlin, Harold Arlen, Duke Ellington and other master tune-smiths.

Our summer concerts are a wonderful outdoor gathering about poems of all ages. Bring a blanket to picnic, or chairs to sit on under a canopy of trees. We’ll have cookies and lemonade available for purchase as we enjoy great music on a delightful summer evening. In the event of rain, the show still goes on – the fun just moves inside.

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PROGRAMS FOR CHILDREN

Our regular story time schedule continues with weekly programs for babies, toddlers, preschoolers, and families, with the addition of a couple of new programs beginning in July (see our complete schedule on the library’s website). We also have some special events and monthly programs coming up.

Summer Reading Program Continues All Summer Long

For more information, visit www.capecourier.com/library.

the beloved has arrived
pies, salads, mojitos, lemonade and cheesecakes

oh my
Tickets on sale for 9th annual Cape Elizabeth Garden Tour

Stunning oceanview views, beautiful flowers and plants, creative landscape features, historic homes and more will be showcased on Saturday, July 20, during the 9th annual Cape Elizabeth Garden Tour, presented by Friends of Fort Williams Park (FFWP). Featuring eight private gardens in Cape Elizabeth and South Portland, the annual fundraiser’s diverse array of plants, landscaping, and viewpoints has made it one of the most popular summer events in Maine.

“The tour has become a summer tradition for people near and far,” said Garden Tour Chair Lynn Shaffer. “We work hard to offer a variety of gardens—large or small, home-owner designed or commercially conceived and installed, waterside or tucked away. There is something for everyone.”

In addition to the tour, participants will be able to visit two favorites at Fort Williams Park—the Children’s Garden and Cliff Walk Landscape. Featuring meticulously designed and maintained flower meadows, shrubbery, and wooded areas; natural landscape enhancements; and hands-on experiential opportunities for all ages, these gardens showcase the FFWP’s work of removing invasive species while promoting the growth of native plants and enhancing the visitor experience in the Park.

The Garden Tour will run 9 a.m. to 4 p.m. Participants will register near the Children’s Garden, where they will be provided a booklet containing a map and detailed information about each garden. Free parking will be available at the registration area.

Tickets cost $30 in advance and $40 on the day of the tour, and are available online at www.cegardentour.com, at the FFWP office (299 Ocean House Road), or tucked away. There is something for everyone.

For more information about Friends of Fort Williams Park or the 9th annual Cape Elizabeth Garden Tour, visit www.fortwills.org, email gardentour@fortwills.org or call (207) 767-3707.

MECA student creates art for FFWP Cape Elizabeth Garden Tour

The drawing of an Adirondack chair surrounded by flowers on the poster advertising the Cape Elizabeth Garden Tour (July 20) invites people to sit down, relax and enjoy the beauty of native plants in the middle of summer. Samantha Myrdek, a recent Maine College of Art graduate who created the work, chose the chair because it just speaks of midsummer.

She commented, “With help from Andrea Southworth, I was able to draw native plants that can actually be found in Fort Williams Park. I made sure to keep the drawing accurate, but still stylized and unique.” Southworth is the Ecology Project director of the Friends of Fort Williams Park, organizer and beneficiary of the tour of eight gardens in Cape Elizabeth and nearby South Portland.

The Adirondack chair is not the only lawn chair Myrdek has depicted in her art. While she is from New Hampshire, she regularly visited a camp in Palermo where the owners had a variety of lawn chairs. “I’ve always felt that each kind of chair had its own charming character, so I decided to make a zine about the various types of lawn chairs titled ‘The Pocket Guide to Lawn Chairs,’ detailing their versatile qualities,” she said.

Myrdek said Fort Williams Park is a place she always takes her parents when they come to visit, and she often goes there with friends or when she needs some fresh air and scenery. She especially likes the Cliff Walk.

Myrdek chose MECA for several reasons. Being from a small town, she considers Portland that has a strong art community. In addition, “MECA’s Porteous building seemed magical to me, with the large red staircase and the various rooms overlooking Portland and the ocean.” She is an intern this summer for the

Mary Walker and Helen Smith

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M Indful 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 soulfultreasuresAssociates.com or email soulfultreema@gmail.com.

Years ago, before mindfulness was a “thing” and widely talked about, I was vaguely aware of meditation. I thought the goal of meditation was to transcend this imperfect, human existence. Hours and hours of sitting in meditation was supposed to help us rise above and leave behind anger, fear, judgement and the physical realm.

Worthy goals, perhaps, yet not what mindfulness — with roots in Buddhist meditation — is truly about.

You don’t leave your body and emotions behind in mindfulness practice. In fact, that’s where a mindfulness practice begins: with the body, with the breath with the senses and with awareness of our surroundings, emotions and thoughts.

As we practice noticing what “is” in our present moment, again and again, we develop and strengthen a muscle of sorts. This muscle of awareness gives us space to pause and notice. Notice with a nurturing lens, feel, and then proceed mindfully.

This ability to shift into noticing, into awareness, opens up a sense of spaciousness. Freedom lies in that space and in an enhanced sense that we can handle whatever comes our way.

Try this short practice, whether basking in the sun at Crescent Beach, pausing on your walk along the Great Pond or sitting quietly indoors:

• Settle in to a comfortable seated position with feet on the ground. Roll your shoulders up, back and down a few times as you breathe deeply through your nose.
• Close your eyes or take a soft gaze at the ground in front of you.
• Press your toes down to the ground. Take another deep breath in and out.
• What do you notice?
• Can you feel cool breath flowing in through your nose?
• What sounds do you hear?
• Do you smell flowers? Seaweed? Something cooking in the kitchen?
• Return to focusing on your breath. Breath without effort. Simply notice breath flowing in, breath flowing out.
• Take as much or as little time as you like noticing and feeling your breath.
• When you’re ready to finish: press your toes down to the ground again.
• Slowly allow your eyes to close.
• What do you see? Notice colors, shapes, light, shade.

May you find many opportunities to flex your muscle of awareness this summer and may you enjoy spaciousness and ease in your days.

Ask the Courier

In our Ask the Courier feature, we invite readers to send in their questions. The staff of The Cape Courier will then seek out the answers, and print them here. The question submitted by a reader for this issue — “Why is the granite slide at the children’s garden at Fort Williams currently blocked off from being used?” — was written by Robert Malley, director of Cape Elizabeth Public Works. “An individual injured themselves on the landing area and the bottom of the slide. The slide is closed to the public until that modification is completed.”

Please submit your questions to editor@capecourier.com with Ask The Courier in the subject line. Questions should relate to topics within Cape Elizabeth.

The Cape Courier retains the right to select the question for print, edit it for content and clarity and takes a position on neither the question nor the answer.

Woodlands Senior Living recently held a First Responder Appreciation event honoring local first responders at the organization’s Cape Elizabeth location. Police, fire department, sheriff’s department, EMTs and their families were invited to the free event, which included barbeque dinner and activities.

Residents and Woodlands Senior Living staff mingled with attendees and their families at the event.

“The residents and staff at Cape Memory Care were inspired to show appreciation for the work they do. The BBQ provided a nice opportunity for staff to extend a personal ‘thank you’ for those keeping our communities safe.”

Woodlands staff provided a full barbeque dinner, dessert, and activities for all attending law enforcement, first responders and their families. To-go boxes were given to on-duty officers who were in the area but unable to stay and over 30 meals were delivered to the men and women at the South Portland Fire Department.

Woodlands Senior Living honors local law enforcement
Lexie Bakke was a state champion as a high school swimmer at Cape Elizabeth High School, but swim programs did not factor into her decision for college. Displaying a rare level of self-awareness, she understood her future lay outside the pool and made her choice based on the academic program she felt best suited her talents and interests.

“I chose Stony Brook and the College of Engineering and Applied Sciences, despite the fact there was no swim program when I enrolled, because it offered the field of study I wanted and because of the Women in Science and Engineering Honors (WISE) program,” said Bakke. “It was the right choice for me, and I haven’t regretted it.”

Not only have there been no regrets, she has thrived since arriving on campus. A biomedical engineering major, Bakke qualified for the highly competitive WISE Honors program serving as vice president of the student leadership council in her third year at Stony Brook, and elected president for her upcoming fourth year.

“It’s such a great experience to be surrounded by like-minded women in STEM. Plus, there are so many networking and internship opportunities to begin building a career. Probably the highlight for me has been working on a research project at the Brookhaven National Laboratory,” she said.

According to Bakke, CEHS helped prepare her. “CEHS prepared me for the academic rigor I receive down at Stony Brook by teaching me time management skills and good study techniques. The difficulty of AP and honors classes at CEHS definitely prepared me for introductory level classes at Stony Brook. Classes at CEHS provided me with the necessary skills to excel once I reached college. Swimming at CEHS allowed me to find joy in swimming by giving me the opportunity to make friends while also giving me confidence in my ability. Swimming at Stony Brook is a completely new level of commitment because we practice around 20 hours every week. I don’t think I would be swimming at Stony Brook if I hadn’t had the opportunity to swim at CEHS. The two teams are very similar in their focus on the team aspect of the sport as well as the individual competition,” Bakke said.

Doreen Aveni, administrator of the WISE Honors program says of Bakke, “The thing that most impresses me is her level of commitment. In addition to her studies and other activities, Lexie keeps regular office hours as the WISE student vice president and handles our newsletter, yet still finds time to volunteer for other WISE initiatives while tirelessly promoting the program.”

By the way, she’s also back in the pool as part of the newly rejuvenated Stony Brook Seawolves swim team. For Bakke, the team being reborn during her second year is a “cherry on top” of her experience at Stony Brook. Seawolves head swim coach, Kerry Smith, had this to say, “Lexie is a role model and leader in and out of the pool. She’s an especially strong presence in the locker room because she understands the reasons for our process and how it makes the team and the individual better. This enables her to be a valuable advisor to other team members.”

Not surprisingly, Bakke has some very concrete milestones for the future, both in and out of the pool. She scored in the 1650-meter freestyle this past season and next year she wants to score in multiple events. Academically, she has already applied for Stony Brook’s accelerated Masters program and has a PhD in her sights as well.

Happy Independence Day
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PCES’s Cameron Kelly Rosenblum, authors book, due out next summer

By Kevin St. Jarre

Cameron Kelly Rosenblum, a library-media specialist at Pond Cove Elementary School, is an author whose young adult title, “The Stepping Off Place”, is scheduled for publication in summer 2020 from HarperCollins. A second book is also already ready in the works. “I am not allowed to talk about the second book yet, but it is also a YA and scheduled for 2021, also to be published by HarperCollins,” Rosenblum said.

She said her writing moves between scenes that are meant to make people laugh and scenes that are an emotional gut punch. “I think that’s how real life is, and I try to capture that complexity. In my daily life, I don’t like bothering people with sad things, and I can see that in “The Stepping Off Place”. I tried to counterbalance a tragedy with an uplifting message. I didn’t set out to do that, but it’s a reflex for me, for whatever reason,” she said.

When Rosenblum first started writing with the intent to publish, she wrote for younger children. She said, “I’ve worked with every grade at Pond Cove School in my 20-year tenure, and it felt like the right move to write a middle grade novel. Many, many third-grade classes heard my manuscript about a boy who gets sucked into a painting while visiting his great aunt! I still love that story. Unfortunately, it never made it past the initial interest stage at any publisher.”

The transition from middle grade to young adult came after reading one of the more famous titles in that genre in recent years. She said, “[In 2012, I read “The Fault in Our Stars” by John Green. I read it because he graduated from tiny Kenyon College in Gambier, Ohio, as did I, and we even had the same writing teacher, P.F. Kluge, who John Green frequently sites as an important mentor. I’d never read YA before that. The book is gorgeous, of course, and something about it made me feel like I should try my hand at YA. The minute I started writing in the voice of my protagonist, 17-year-old Reid, I knew I’d connected with something powerful in myself. I’m guessing all adults have parts of their childhood that resonate more than other parts, and apparently, I’m closest to my high school self.”

When asked how the business of writing influences her creative work, if at all, she said, “I’ve always believed in that adage, write what you know. So, even when I wrote the middle grade book about the boy in the painting, I based it on some of my favorite paintings from studying art history in college and abroad. It may be naive, but I feel like if you start from something you really, really care about, you’re going to create a story other people care about, too, and hopefully that translates into market success. I try to think of any future audience as people looking for a great story to sink into. That’s what I want when I go book hunting. Of course, it remains to be seen if I’ve pulled that off! Probably the wildest experience I’ve had so far is hearing complete strangers - my then soon-to-be agents and editor - raving about my writing. Of course, those are the people who should be raving about it, but after writing for friends or students for all these years, it’s quite a trip to know actual professionals are excited to represent your work. Are willing to buy your work. I still feel like I’m dreaming.”

Among her writing influences, in addition to “The Fault in Our Stars”, she found more to like in Green’s other novels. “In 2012, when I finished “The Fault in Our Stars”, I read all his other novels - “Looking For Alaska”, “Paper Towns”, et cetera, and I just love his voice, and also the respect he has for his audience. He never writes down to them, and that is something I find so freeing about YA,” she said.

She has other influences, and said, “I’ve always loved 19th-century writer Kate Chopin, a feminist before feminism was a thing. She turned emotions into metaphors and built them into stories. I love that kind of artistry, and her unapologetic conviction in the strength of women.”

People often mistake young adult fiction as fiction written to be easier to read, but instead it only means it features a main character who is a young adult. Rosenblum said, “There is a ton of crossover for YA fiction in adult markets. I love reading YA, because I’ve always loved coming-of-age stories. I think many adults like revisiting that time of life, when all your emotions are new and scary, and everything lies ahead. Teenagers are figuring out who they want to be, with a capital W, and forming their internal code of ethics, all while dealing with whatever life has thrown at them for circumstances. It’s an evergreen premise.”

Rosenblum writes at her house, in the early morning and on weekends for hours at a time. She said, “I have to be able to

By Kevin St. Jarre

Cameron Kelly Rosenblum is a library-media specialist at Pond Cove Elementary School who authored “The Stepping Off Place” which is scheduled for publication in summer 2020 from HarperCollins.
see trees and birds out the window when I’m writing, or I get restless and my pro-
ductivity suffers. Coffee is a must. If I re-
ally have to focus, I listen to classical music
on my sound-blocking headphones.”

She says she finds inspiration listen-
ing to NPR on her way to work, and also
when she listens to kids talk. She said,
“My many of my scenes start in her head with
the dialogue, so sometimes I hear snippets
of conversation that feel growable, into
either scenes or characters. And
truthfully, sometimes I’ll just be out
walking, or brushing my teeth, or driving
somewhere, and a little movie pops into
my head, and I think, ‘Hey, that’s a pos-
sibility, right there.’ It’s a tiny bit crazy.
I know this.”

When asked if she could wave a magic
wand, what’s the one thing that would
help her most in her writing, she jokes,
“A laundry robot. It has to fold everything
and put it into drawers.”

If someone offered to send her some-
place to focus solely on her writing for a
month, she’d want a quiet, familiar retreat.
“Oddly, I think I’d have to be somewhere
sort of familiar. If I went somewhere that
I’ve always dreamed of going (or return-
ing to), like the Galapagos or Provence or
some place, I wouldn’t write. I’d explore
and eat and do all the fun stuff. To write
I love to be in nature, like a cabin in the
woods or a beach house, but there can’t
be a ton of nearby distractions,” she said.

For those wanting to learn more about
her work, Rosenblum says, “The Step-
ping Off Place” releases next summer.
She also thinks it’s important for peo-
ple to meet the farmers growing their
food and said she enjoys watching chil-
dren visit the farm.

“I like thinking that the experience a
young child has at the farm might make
an impression and carry through their life
— maybe become a farmer!” Jordan said.

“The Step-ing Off Place” Fox Run Farm does not hold regular
hours, but a large open sign will alert
residents as to when they can stop by
and pick blueberries. Bothel also recom-
mends getting on her text list by texting
foxrunfarm to 84483 in order to receive
texts when the farm is open.

Meanwhile, Jordan’s Farm is open
from 9 a.m. to 6 p.m., although days may
vary because of weather.

Coffee with a Cop

Join your neighbors and police officers
for relaxed conversation over coffee on
Friday, July 26, 9:00 a.m. at CSalt. No
agendas or speeches, just an opportunity
to ask questions, voice concerns and get
to know the officers in Cape Elizabeth.
At this session, the CEPD would like ev-
eryone to meet their new Officer Tammy
Schafran.

Blueberries

“Hello has always been in children.
They kids — people bring them out to me.
I am in my glory,” she said.

Jordan added, “It is fun seeing people
get excited about what we on the farm
take for granted every day. We are in the
field every day. People seem to smile as
they have the opportunity to harvest their
own food, sample the fruit, and relax in
the beautiful fields and fresh air.”

She also thinks it’s important for peo-
gle to meet the farmers growing their
food and said she enjoys watching chil-
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Schafran.

Jul 16 Full Buck Moon - named by Na-
tive American tribes since male deer begin
to grow their antlers this time of year.

July 28th-29th Peak of Delta Aquarids
Meteor Shower - look for approximately 20
meteors an hour, typically radiating from
the constellation Aquarius. The waning crescent
moon won’t hinder the show.

Female Snapping Turtles are digging
holes in sandy soil and depositing up to 80
eggs before covering them up and returning
to their ponds. The sex of the baby turtles is
determined by the temperature of the eggs
during their incubation. Low temperatures
(72°F or lower) produce females, whereas
eggs incubated at higher temperatures (82°F
and above) produce males. There is only a
small range of temperatures that permits
both males and females to hatch from the
same brood of eggs. Will our cooler spring
values result in more females? We’ll
have to wait for the turtles catching come
September.

On a recent paddle on the Spurwink River,
we noticed a large number of Lion’s Mane
Jellyfish. The Lion’s Mane is the largest
jelly in the world. The biggest specimen’s
bell was 8 feet across with 200-foot tenta-
cles—longer than a blue whale! The Lion’s
Mane delivers a painful sting. If you have
an unfortunate encounter with a “smack of
ejellyfish”—the collective noun for a swarm
of them—rinse the sting with saltwater to
neutralize the cnidocytes (the barbed cells
that jelly leaves behind). The “old wives’
tale” of peeing on a jellyfish sting is pure
fiction; the freshwater content of the urine
will only increase the stinging power of the
cnidocytes.
Cape Elizabeth birding observations for late June

By E. Brooks Bornhofft

Across Cape, breeding season is in full swing. On June 14 there were 52 Common Eiders in Pond Cove including a dozen ducklings each accompanied by several adult females. Nonbreeding hen Eiders often participate in chick protection and it is common for a mom and young to join up with one or more families to form a “creche”.

Also, while wandering the Willow Brook Trail (connector trail to Gull Crest Trail running back behind Cape Memory Care) a Chestnut-sided Warbler was spotted feeding a juvenile. This warbler is very sensitive to habitat loss, preferring swaths of edge habitat and bushy pasture otherwise known as early successional forest. It’s always a thrill to discover a new species of bird nesting in Cape Elizabeth.

On the same day along Shore Road I spotted a juvenile Cedar Waxwing begging its parent for food.

On June 15 a Brown Thrasher appeared in our yard for all of ten seconds. The following day I got another glimpse of a Thrasher along Wells Road / Cross Hill up past Jordan Farm. Brown thrashers are of the mimic-thrush family and they breed in Cape Elizabeth. This extremely secretive bird’s song is remembered by keeping in mind that its vocal repertoire is always sung twice.

Other Cape breeding mimic-thrush relatives include the Gray Catbird and the Northern Mockingbird. The male Catbird’s rasping rumble is easily noticed at this time of year and, similar to the Thrasher, they are masterful songsters with squawks, whistles, gurgles and whiny squeals continuing for minutes on end, interspersed with imitations of other birds and even creatures like frogs. The Catbird never repeats the same long song either.

Other noteworthy mentionings - Wood warblers seen and heard on June 16 across Cape include many Black-throated Greens and American Yellows, more than a few Ovenbirds, and tons of American Redstarts and Common Yellowthroats. Song Sparrows were singing too.

June 20 brought the return of our resident Eastern Bluebirds to our yard after being absent for the first time in a couple of weeks.

Interestingly this Bluebird pair decided to nest in a Downy woodpecker cavity… in the side of our house. Speaking of which, I have noticed a solid uptick in crisp white and black Downy woodpecker youngsters – five or more will line up to wait their turn on the suet. One juvenile Red bellied Woodpecker also is a regular and a handful of first year Hairy Woodpeckers as well.

On June 21 my wife pointed out an adult American Bald Eagle giving chase to an Osprey over and along the Spurwink River.

Baltimore Orioles and Rose-breasted Grosbeaks (male) continue to visit our feeders daily. Also, around June 23 the Eastern Phoebe’s brood above our front door left the nest.

Lastly, on June 25, sometime before dusk where the Pond Cove wetlands meets Shore Road, two Black-crowned Night Herons and a trio of Glossy Ibis flew overhead (probably headed to a nearby island to roost for the night), while at the same moment, a Great Blue Heron stood rather majestically atop the rocky bluffs and a Yellow Warbler made a dash for its secret nighttime nook.

Summer coupon supports open Space and local farms

Thanks to the generous support of Piper Shores, we are again offering our summer Farm Coupon program in celebration of Cape Elizabeth’s rich agricultural community.

Make your gift of $35 or more between now and September 15th to earn a $10 coupon redeemable at five of Cape Elizabeth’s farms offering fresh, locally-grown fruits, vegetables, and seafood. It’s a reminder of CELT’s work supporting local growers and farmland conservation. We currently have easement agreements with the Wm. H. Jordan Farm and the Old Christmas Tree Farm, ensuring their agricultural uses in perpetuity.

“Piper Shores is excited to participate in this program again,” said Marketing and Life Enrichment Director Andrea Killiard. “We have long been supporters of land conservation in Cape Elizabeth; this program is unique because it supports the sustainability of our local farms and farmers.”

To get your Farm Coupon, make your gift online, or call the office at 767-6054.
Cape Cross

Created by Rich Dana

Each letter in the puzzle appears in two places: once in the grid and once in one of the clue answers. Work back and forth between the grid and clues to complete the puzzle. The completed grid will reveal a quotation. Reading the first letters (literally, an acrostic) will reveal the author and source of the quotation.

The grid consists of sequentially numbered cells with the individual words separated by blocks. Words can wrap from row to row. Each cell in the grid contains a number and a small letter. The letter indicates in which clue answer the number appears. Transpose letters from the grid to the appropriately numbered spot in the clues. Similarly, enter letters from clues into the corresponding numbered spot in the grid.

A. Days in 2.74 years (2 wds.)  53 50 147 207 171 25 77 126 88
B. A long sentence (3 wds.)  59 157 43 188 1 109 42 93 115
C. Beatles’ song; previously  132 68 24
D. Seventy-first governor of Maine (1987-1995) and husband of the speaker of the quote  152 44 99 182 202 17 166 128 69
E. _______ pro tempore, role often held by the speaker of the quote  39 72 13 183 138 90 208 121 173
F. Serious and frustrating crime (2 wds.)  122 179 104 144 29 174 100 110 94
G. In stock for purchase from (2 wds.)  98 4 135 165 178 57 150 43 96
H. Within toleration  71 200
I. Common month for elections  180 92 34 8 197 78 137 63
J. Behaving, as a dog  82 19 107 162 149 40 199 139
K. Canada’s hemisphere  175 70 142 127 111 26 205
L. Type of apartment  108 52 188 74 145 85 38 116 164
M. Investigative reporter Bob who is employed by the publication in the quote  67 189 23 125 140 172 58 28
N. United States of _________  3 47 195 113 198 81 141
O. One of two legislative bodies in N., referenced in the quote  131 27 75 206 161 184
P. The other legislative body  37 62 159 203 119
Q. How ewe might admit your embarrassment? (3 wds.)  -

-see CAPE CROSS page 13

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COMPLAINTS

6-4 An officer met with a resident of the Oakhurst area regarding a found wallet. Wallet was returned to the owner.

6-4 An officer met with a resident in the middle of Parkside. Response was to graffiti painted inside the park.

6-4 An officer responded to Fort Williams for a report of subjects inside the Gull Island Mansion. Made contact with the party who had entered the area.

6-4 An officer met with a resident in the Swans Island Road area regarding a theft of some computer equipment.

6-6 An officer met with a resident in the Two Lights Terrace area for a report of subjects inside the park.

6-6 An officer responded to Two Lights Terrace and met with residents who were found walking their dog on a leash when three large unleashed dogs ran towards them and attacked them. Owner of the three dogs was able to leash them. The victim and the victim’s dog were both bitten but no bites broke the skin. Case will be referred to the ACO for follow up.

6-6 An officer met with a resident of the Shore Road area who had found a nylon bag containing a high school yearbook. Owner was identified and property returned.

SUMMONSES

6-6 South Portland resident, uninsured motor vehicle, South Portland, $148

6-8 Elliot resident, speed (48/35 zone), Ocean House, $129

6-9 Bath resident, operating after license suspension, Route 77

6-9 Hildred resident, operating after license suspension, Shore Road

6-9 Westbrook resident, unnecessary use of horn, Shore Road, $152

6-11 South Portland resident, operating under the influence, Ocean House Road

6-11 South Portland resident, violation of conditions of release, Ocean House Road

JUVENILE SUMMONSES

6-7 Cape Elizabeth resident, violation of intern license, South Portland, $385

ACCIDENTS

6-6 Christopher Nielsen, Mark Dorval, Ocean House Road

ARRESTS

6-11 South Portland resident, violation of conditions of release, operating under the influence

FIRE CALLS

6-6 South Portland Mutual Aid

6-9 South Portland Mutual Aid

6-13 South Light Terrace Investigation

6-13 South Portland Mutual Aid

6-13 South Portland Mutual Aid

6-15 South Portland Mutual Aid

6-16 Mitchell Utility Lines Down

6-17 South Portland Mutual Aid

6-17 South Portland Mutual Aid

RESCUE CALLS

There were 15 runs to Maine Medical Center
There was one run to Mercy Hospital
There were 8 patients treated by rescue personnel but not transported.

Scam alert bulletin board

By Jessica D. Simpson

Family Emergency Scam
Under-reported and very difficult on our hearts, this scam, often called the “grandparent scam,” presys on family bonds. Scammers claim to be a member of your family or a police officer or lawyer representing your loved one. They will tell stories of an accident, arrest, or kidnapping and request money to resolve the situation. Often they request that you not tell anyone else. If you receive a request like this, slow down, ask questions and consult others in your family. Avoid talking to someone who threatens you or your loved ones and be wary of anyone who demands an immediate payment or decision.

Be a fraud fighter. If you can spot a scam, you can stop a scam. Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you’ve fallen victim.

DNA testing scams
A new Medicare scam involves “free” DNA swab tests as health screenings. You may visit a booth at a health fair or receive a flyer in the mail offering an incentive for signing up for a DNA sample. Before engaging, consider that genetic tests must be ordered by your doctor and must be medically necessary to be covered by Medicare. Scammers use these tactics to steal your insurance information and sensitive medical information. Additionally, some might sell your DNA information to third party companies AND you will still owe the costs since they aren’t covered by your insurance plan. Know the risks and speak to your doctor and insurance provider before agreeing to “no-cost” tests and lengthy medical history assessments.

WHO LOVES BASEBALL??
Are you a baseball fan?
The Cape Courier has 10 tickets to the Portland Sea Dogs game on Tuesday, August 6th and we want to give them away to you!
CAPE CALENDAR

By Wendy Derzewiec

Thursday, July 4
Fourth of July Holiday. Town Hall, Thomas Memorial Library closed. Recycling Center will have its usual Thursday closure.

Monday, July 8
Town Council, 7 p.m., Town Hall chamber

Tuesday, July 9
Conservation Committee Canceled, 7 p.m., Town Hall Lower Level Conference Room

Tuesday, July 16
Planning Board, 7 p.m., Town Hall chamber

Thursday, July 18
Thomas Memorial Library Committee, 7 p.m., Cape Elizabeth Community Center

Tuesday, July 23
Board of Zoning Appeals, 7 p.m., Town Hall chamber

Ongoing each week

Al-Anon, Regular meeting 7 p.m. Thursdays, at United Methodist Church, 280 Ocean House

New Times for Tiny Tunes and Story Explorers on Fridays

We continue to offer our Tiny Tunes music and movement program for babies, toddlers and preschoolers on Thursdays at 10:30 a.m. Our Friday session, however, will be run from 9:15 - 9:45 a.m. in order to allow some transition time between it and our new Little Frogs Yoga Story Time program. Our regular Story Explorers program will begin 15 minutes later, from 10:45 - 11:15 a.m on Fridays.

New Program: Unplugged Play for ages 5 - 9

Wednesdays, 3:30 - 4:30 p.m.
Join Rick weekly for crafts and games that use old-fashioned technology--marbles, paper airplanes, bottle rockets, and more! No registration necessary.

New Program! Dress Up and Dance!

for ages 2 - 6
Thursdays, 11:15 - 11:45 a.m.
Do you have a child who loves to dance? Come to this weekly program to give children an opportunity to dress up with sparkles, boas and bowties and dance to their heart's content. Kids can wear their own fancy dance costumes or borrow some of ours. We'll play a variety of styles of music and kids can show off their favorite dance moves in this program designed to encourage free play and creative movement. No registration necessary.

New Program! Little Frogs Yoga Story Time

for ages 5 - 7
Fridays
10:00 - 10:30 a.m.
Join Miss Rachel for stories and music featuring yoga poses and mindfulness practice. Have children dress in comfortable clothing to allow for movement. Parents can join in as well! Bring a yoga mat if you like (we will have child-sized yoga mats available.) No registration necessary.

Families Discover Great Artists

for families with children 3 and up
Saturday, July 6
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, create sculptures inspired by the work of French-American artist Louise Bourgeois. No registration necessary.

CABLE GUIDE

Cape Elizabeth Church of the Nazarene
July 6, 7, 13, 14, 20 & 21 - 9 a.m.
Town Council (live)
July 8 - 7:00 p.m.
Town Council Replay
July 9 & 10 - 2 p.m. & 8 p.m.
July 13 - 10:30 a.m.
Planning Board (live)
July 16 - 7 p.m.
Planning Board replay July 17 & 18 - 7 a.m. & 8 p.m.
July 20 - 10:30 a.m.
Board of Zoning Appeals (live)
July 23 - 7:25 p.m.

SERVICES

Cape Elizabeth Church of the Nazarene
499 Ocean House Road (Route 77)
747-1113
www.capecnazarene.org

Sunday School for all ages: 9:30 a.m.
Sunday Worship Celebration: 10:45 a.m.
Services streamed live or on demand:
watch.capecnazarene.org

Cape Elizabeth United Methodist Church
280 Ocean House Road
799-8396
www.capecumc.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 Beth Ha’am
81 Westbrook St., South Portland
879-0028
www.bethaam.org
Worship: Friday, 7:30 p.m.
Saturday, 10 a.m.
Family Shabbat Services:
Second Friday, 6:30 p.m.

First Baptist Church of South Portland
879 Sawyer Street South Portland
799-4565
www.sfbbc.com
Sunday Morning Worship: 9:30 a.m.

First Congregational Church
301 Cottage Road, South Portland
799-3361
www.fccscarborough.com
Promised Land World Reach Center
536 Cottage Road, SouthPortland
799-3152
Sunday Prayer & Intercession: 9:30 a.m.
Sunday Worship: 10 a.m.
Family Bible Studies: Wednesday, 7 p.m.
Sermon recordings available to download

Saint Albans’ Episcopal Church
885 Shore Road
799-4014
www.stalbansmaine.org
Sundays: 8 a.m., 9:30 a.m.
Celtic Service: Sunday, 5:30 p.m.
Nursery: Sundays, 9:30 a.m.

Saint Bartholomew Roman Catholic Church
8 Two Lights Road
799-5528
www.stbarts.org
Sunday Mass: 9 a.m. and 11 a.m.
Monday & Tuesday Masses: 8 a.m.

First Congregational Church of Christ
United Church of Christ
301 Cottage Road, South Portland
799-3361
www.fccscarborough.com
Sunday Morning Worship: 9:30 a.m.
Sunday School & Nursery Care

Sunday Prayer & Intercession: 9:30 a.m.
Sunday Worship: 10 a.m.
Family Bible Studies: Wednesday, 7 p.m.
Sermon recordings available to download

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Family Bible Studies: Wednesday, 7 p.m.
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Railroad. 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 Bowray 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, Swampscott Avenue, 767-7388.
Codpendents Anonymous (CODA) group at Cape Elizabeth United Methodist Church
Regular meeting weekly on Saturdays at 10:30 a.m. Call 799-4599 FMP.

This year’s summer reading program, Desti-

nation TML: A Universe of Stories, features

a set of early literacy activities for ba-

bies and toddlers. Registration began on June 16, registered dietician Leslie Oulette will

will share their expertise with parents in an

classroom. Come to this weekly program to give children an opportunity to dress up with sparkles, boas and bowties and dance to their heart’s content. Kids can wear their own fancy dance costumes or borrow some of ours. We’ll play a variety of styles of music and kids can show off their favorite dance moves in this program designed to encourage free play and creative movement. No registration necessary.

First Baptist Church of South Portland
879 Sawyer Street South Portland,
799-4565
www.sfbbc.com
Sunday Morning Worship: 9:30 a.m.

New Program! Unplugged Play for ages 5 - 9

Wednesdays, 3:30 - 4:30 p.m.
Join Rick weekly for crafts and games that use old-fashioned technology--marbles, paper airplanes, bottle rockets, and more! No registration necessary.

New Program! Dress Up and Dance!

for ages 2 - 6
Thursdays, 11:15 - 11:45 a.m.
Do you have a child who loves to dance? Come to this weekly program to give children an opportunity to dress up with sparkles, boas and bowties and dance to their heart’s content. Kids can wear their own fancy dance costumes or borrow some of ours. We’ll play a variety of styles of music and kids can show off their favorite dance moves in this program designed to encourage free play and creative movement. No registration necessary.

New Program! Little Frogs Yoga Story Time

for ages 5 - 7
Fridays
10:00 - 10:30 a.m.
Join Miss Rachel for stories and music featuring yoga poses and mindfulness practice. Have children dress in comfortable clothing to allow for movement. Parents can join in as well! Bring a yoga mat if you like (we will have child-sized yoga mats available.) No registration necessary.

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Devin Maguire daughter of Richard and Gwyneth Maguire of Cape Elizabeth, was awarded a Bachelor of Arts in English and Secondary Education at the 143rd Commencement of Boston College, in Chestnut Hill, Massachusetts on Monday, May 20. Maguire is a 2015 graduate of Cape Elizabeth High School. At Boston College, she studied in the Lynch School of Education and Human Development Honors Program, participated in the Big Sisters program at Boston College and was a member of the Lynch Honor’s Executive Board. Maguire was awarded “The Golden Apple”, as a distinguished student teacher and graduated Summa cum laude. She will continue at Boston College to pursue a Masters of Education in Curriculum and Instruction.

Pellechia graduates from Maine Maritime Academy

2015 CEHS graduate Nick Pellechia earned his Bachelor’s degree in Marine Engineering Operations from Maine Maritime Academy and is now a U.S. Coast Guard licensed 3rd Assistant Engineer, Unlimited. Pellechia completed 195 days of sea training which is accomplished through specialized laboratories, simulation, and three distinct training cruises: at the conclusion of the first and third years students learn at sea aboard the academy’s Training Ship State of Maine (TSSOM), and at the end of the second year students Cadet Ship, where they are placed aboard a commercial merchant ship, tanker, bulk carrier, or container ship. Pellechia is the son of Geoff and Andrea Pappas Pellechia of Cape Elizabeth.
Cape Elizabeth residents are encouraged to comment at the second public hearing to be held by the Town Council before it considers approval of the draft 2019 Comprehensive Plan. The public hearing will be held in the Town Hall at 7:00 p.m.

Described as a "Steady as You Go" Plan, the plan continues the town's strict land use regulations. The plan includes 89 recommendations that will guide town policy over the next ten years. Recommendations which have garnered significant public comment over the 2-year plan development include:

- Protect natural resources, farms and open space
- Create an extended sidewalk and bicycle network
- Attract and nurture small businesses located in the town's commercial districts

A copy of the draft comprehensive plan can be reviewed on the town website, at the town hall and at the library.