

The Cape Courier

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In the Spirit of Community

22nd running of the TD Beach to Beacon 10K

By Kevin St. Jarre



Photo by Sara Spidle

A young Beach to Beacon spectator cheers runners on at the corner of Shore Road and Route 77 as they pass by on their way to the finish line.

With nearly perfect weather for the event, more than 6500 runners participated in the 22nd annual TD Beach to Beacon 10K race, and it was a pair of Kenyans coming out on top.

Alex Korio, 28, of Kenya won with a time of 27:34, just seven seconds shy of the course record, and dominated the race from the start, staying ahead of a lead pack that included elites Jairus Kipchoge-Birech, 26, of Kenya, Bashir Abdi, 30, of Belgium, and Brett Robinson, 28, of Australia. Korio broke away early on and finished nearly one minute ahead of runner-up Kipchoge-Birech. 2020 Olympic

hopefuls Abdi and Robinson finished third and fourth, respectively.

The top female finisher was Joyciline Jepkosgei, 25, of Kenya, with a time of 31:05. She ran even with fellow Kenyan and defending women's champion Sandrafelis Chebet-Tuei, 21, early in the race until the turn on Old Ocean House Road, where Jepkosgei took the lead and ultimately finished more than 30 seconds ahead of Chebet-Tuei. Jepkosgei came close to beating the current course record of 30:41. Charlotte Purdue, 28, of the United Kingdom, finished third.

The top American woman finisher overall



Photo by Joanne Lee

Cape Elizabeth residents Jessica Butzel, Nancy O'Sullivan and Kelly O'Sullivan are all smiles after the race.

was Emily Infield, 29, of Portland, Oregon, with a time of 32:39. She recently recovered from hip surgery and had not run a 10K since 2017. Olympic favorite Scott Fauble, 27, with a time of 28:58, was the top American men's finisher.

In the Maine Resident men's and women's division, new champions emerged this year. Among the men, Dan Curts, 23, of Ellsworth, ran it in 29:26, and finished first, followed by 2018 champion Ryan Smith, 24, of Farmington coming in about a minute later, and Will Geoghegan, 27, of Brunswick a little more than 10 seconds behind him.

Maine's first women's finisher was 16-year old Sofie Matson, of Falmouth, with a time of 36:01. Corey Dowe, 26, of Farmington at 36:34, and Heather Gallant, 38, of Wayne at 36:58, finished second and third, respectively in this division.

The fastest Caper in the race was Mitch Morris, 22, who came in 72nd with a time of 34:06, with 17-year old Jack Basset coming in 33 seconds behind him. As for the women, the town has its own talented 16-year old, Lila Gaudrault, who came in first among

-see BEACH TO BEACON page 9

Caper starts GoGo Refill in effort to help reduce waste

By Kevin St. Jarre



Contributed photo

Cape Elizabeth resident Laura Marston has turned a green idea into a business filling a need for many, while helping to reduce the waste stream. GoGo Refill enables environmentally conscious customers to use less plastic in their daily lives.

GoGo Refill is Maine's first plastic-free refill and reuse shop for everyone, and it is the brainchild of Cape Elizabeth resident Laura Marston. GoGo Refill provides an easy, fast way to help consumers reduce personal waste. The business was designed with the specific goal of helping consumers cut out harmful single-use plastic; the store's refill model encourag-

es customers to bring in their own clean containers and fill them up with earth-friendly products, doing their part to reduce waste.

GoGo Refill carries products that are vetted, stylish and include goods for

-see GOGO REFILL page 8

Chapin and Patterson, athletes of the year, lifelong friends

By Kevin St. Jarre



Contributed photo

The two spring athletes of the year from Cape Elizabeth, both fierce and determined on the field, are friends and attended prom together.

The Forecaster and the Portland Press Herald have announced the selection of two athletes as "Cape Elizabeth Spring Athletes of the Year," and it turns out they are longtime friends, and even went to prom together.

Max Patterson and Karli Chapin have

come off spring seasons with impressive statistics and stories to tell.

In addition to lacrosse in the spring, Patterson plays soccer and swims at

-see ATHLETES page 15



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

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NEXT ISSUE: Aug 28
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Ordinances are 'toothless'

My little rescue dog loves people but is afraid of dogs when they get too close. Last fall on a CELT trail my dog was attacked and injured by two large off-leash dogs, out of sight of their owner.

As I struggled to keep myself between dogs I yelled "please call your dogs" but as the owner approached, his dogs in dog-fight mentality did not respond to voice command.

My dog received bites to his legs and back. I filed a complaint at the CEPD and sent them photos of my dog's wounds, the owner's license plate and the vet bills. The animal control officer assigned the complaint informed me that dog bite complaints are fairly common. Attacks on small breed dogs by large breeds are not rare.

Now I only walk my dog where we are least likely to run into off-leash dogs. When I see them coming our way I im-

mediately yell out for the owner to take control of their dog while I head in the opposite direction. Local dog ordinances require dog owners to be in voice control of their off-leash dogs but I'm convinced very few are under voice control in dog-fight mentality and therefore owners are likely incapable of being compliant with the ordinance under these conditions.

I now know that I can only count on myself for my dog's protection. The ordinances unlike dogs are toothless. I suggest requiring all dogs to be leashed at all times when not on their owner's property.

Ed Kelley

'Great service' at new healthcare center

What a mid-summer joy to find a new professional and cheerful healthcare center on Waterman Drive in South Portland!

Over a recent weekend, three people in my family received necessary services which turned what could have been disaster into a very happy time for us all.

Thank you to all of the professional staff at American Family Care for such great service.

Robert A.G. Monks

Nomination for 2019 Town Council, School Board, Portland Water District trustee election underway

Nomination papers for the Nov. 5, 2019 municipal election are now available at the town clerk's office.

Two seats on the Town Council and two seats on the School Board are up for election. They are currently held by Councilors Caitlin Jordan and Penelope Jordan; and School Board members Kimberly Carr and Susana Measelle Hubbs. All are three-year terms to expire Dec. 12, 2022.

Papers are due before 4 p.m. Friday, Sept. 6, at the town clerk's office.

In addition, a five-year term on the Portland Water District Board of Trustees representing Cape Elizabeth and South Portland is up for election on Nov. 5.

Cape Elizabeth residents seeking nomination to the water district trustees must obtain and file petitions in both communities.

In Cape Elizabeth, at least 35 signatures are required from Cape Elizabeth voters; and deadline for returning petitions to the Cape Elizabeth town clerk is 4 p.m. Friday, Sept. 6. For South Portland deadlines and requirements please see the city website.

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

Election Day voting will be held at Cape Elizabeth School on Tuesday, November 5. Polls open at 7 a.m. and close at 8 p.m.

Pay-and-Display in park paying off, sticker is all residents need

By Kevin St. Jarre

Revenue is streaming in and patrons have adapted quickly from the newly established Pay-and-Display at Fort Williams Park, according to Cape Elizabeth town officials.

According to Town Manager Matthew Sturgis, the new system requiring visitors to pay to park has brought in gross revenues of approximately \$33,000, \$25,000, \$25,000 and \$28,000 in the first four weeks of operation.

The contractual breakdown of where the net proceeds go is a split between the town and the contractor, with 80 percent going to the town and 20 percent going to the contractor operating the system.

Sturgis said, "There are operational expenses to be deducted from the gross such as labor and other operational expenses" before the net revenue is divvied up.

As far as residents of Cape Elizabeth parking at Fort Williams Park, Sturgis said, "I can also confirm that the Cape Elizabeth Recycling Center sticker is all residents will need to park for free in the park. The sticker needs to be located on the lower corner of the windshield, driver's side."

Cape residents, with a sticker, may park anywhere in Fort Williams Park for free. Visitors do still have some free parking available to them, for example the small parking area near the upper sports field, but it tends to fill fast in the mornings.

Thus far, the new operation is running smoothly. "My experience, in going to the park almost daily, is that the program was adopted quickly by patrons," Sturgis said.



Photo by Kevin St. Jarre

The new sticker issued to allow use of the Cape Elizabeth Recycling Center is all a Cape resident needs to park for free in Fort Williams Park. The sticker needs to be located in the lower corner of the windshield on the driver's side.

THANK YOU!

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Then and Now: Armstrong's Store and Post Office Branch (Part One)

By Jim Rowe

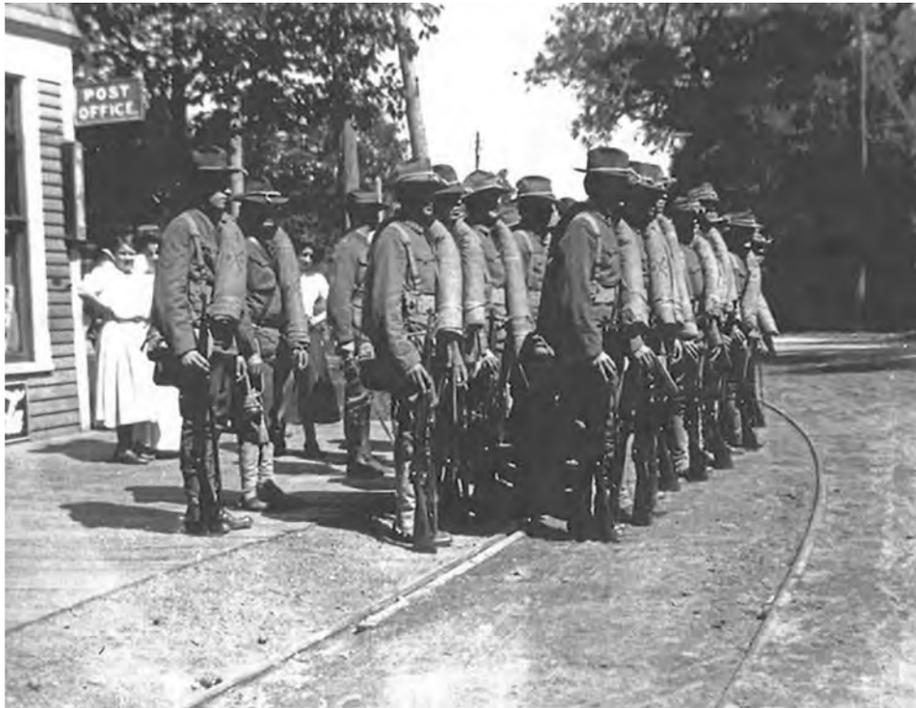


Photo courtesy of the Cape Elizabeth Historical Preservation Society

Troops from Fort Williams drilling outside of the Armstrong's Store/post office circa World War I.

Entering the old Armstrong's Store was a bit like stepping into a Dickensian novel.

Dusty keepsakes stood in silent vigil on shelves and windowsills that were just slightly off kilter, while creaky floors groaned protest against the passing years. Like wilting flowers in a late season garden, penny candies of indeterminate vintage tacitly sought attention. Sprinkle in the full, rich characters of proprietors and clientele, and Armstrong's and the abutting Cape Cottage Post Office could easily have been cast in the title role of a Hollywood production of Boz's "The Old Curiosity Shop."

"Was," "Stood," "Groaned," "Could have been." All past tense. As of July 15,

2019, gone...relegated to a few square yards of turned soil, to photograph albums and to memories.

The turn of the last century marked the emergence of Cape Cottage as a destination.

Near the terminus of the Portland-Cape Elizabeth Railway line, on "the bend" in Shore Road, the area was a mecca for tourists and local visitors alike. The Cape Cottage Casino and its popular sand beach, the Cape Cottage Theater and the Cape Cottage Hotel drew throngs of pleasure seekers. And nearby Fort Williams was just entering its heyday, eventually to become Maine's largest regular Army base.

Sprouting and flourishing among these



Photo by Theresa Fox

On July 15, the old Armstrong's store (1896) and abutting Cape Cottage Post Office was demolished. The building was a rich part of Cape Elizabeth history.

bolder edifices was Joseph Armstrong's Store (1896). Armstrong's and, a couple of years later, its resident Cape Cottage Branch Post Office would (with the exception of the repurposed and much altered casino) outlive all the rest.

The store would eventually pass to Joseph's daughter Louisa, while the contract post office went to Joseph's son Harvard and his wife, Molly, and then on to beloved "Annie" Burke, who kept the business open until 2011.

As with many wood frame structures which lack foundation, each passing decade took its toll. The door and window frames twisted just a little more out of square; the arthritic roof began to sigh and sag; and leaning walls groped in vain for something upon which to lean.

And together with the proprietors who manned the service counters there through the years, all are now precious chapters of Cape Elizabeth history.



Photo by Emile Morin, property of the Cape Elizabeth Historical Preservation Society



Photo by Marie Barwick, property of the Cape Elizabeth Historical Preservation Society

Louisa Armstrong, pictured above in 1965, eventually took over her father Joseph Armstrong's store.

Annie Burke in 2006, postmistress at the Cape Cottage Branch for nearly 70 years



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Criminal mischief at Fort Williams, rash of robberies reported, particularly in Shore Road area

Reported by Marta Girouard

COMPLAINTS

- 7-8 An officer met with a resident in the Scott Dyer Road area regarding an assault complaint.
- 7-9 An officer met with a resident in the Ocean House Road area regarding a harassment complaint.
- 7-9 An officer met with a parks department employee at Fort Williams regarding criminal mischief to the fence surrounding the Goddard Mansion.
- 7-9 An officer met with a resident of the Fowler Road area who turned in a debit card and some money found at Kettle Cove.
- 7-10 An officer met with a parks department employee at Fort Williams regarding a criminal mischief complaint.
- 7-11 An officer met with a subject regarding a trespass issue in the Shore Acres area.
- 7-11 An officer met with a resident of the Spurwink Avenue area regarding a residential burglary. Jewelry was missing from the residence.
- 7-12 An officer received a wallet found on Spurwink Avenue. The owner was contacted and property returned.
- 7-13 An officer met with a resident in the Shore Acres area regarding a trespass issue.
- 7-14 An officer met with a resident of the Shore Road area regarding a motor vehicle burglary complaint. Money was taken from the vehicle.
- 7-14 An officer met with a resident of the Shore Road area regarding a possible attempted burglary. A basement window was found open but there was nothing to indicate entry had been gained.
- 7-14 An officer met with a resident of the Shore Road area regarding a motor vehicle burglary complaint. Money was taken from the vehicle.
- 7-15 An officer met with a resident of the Shore Road area regarding a motor vehicle burglary that occurred during the night. Clothing and drugs were missing from the vehicle.
- 7-15 An officer met with a representative from community services regarding vandalism to a storage unit at the high school.
- 7-15 An officer located a photo album on Shore Road that appears to belong to a company. The company was contacted and will contact its foremen.

- 7-15 An officer spoke with a resident of Portland who advised she may have lost two gold rings while visiting Two Lights State Park on Saturday. The jewelry was later located by a family member.
- 7-16 An officer met with a resident of the Broad Cove area who advised that someone had attempted to open an account using his personal information but was unable to as he had frozen his credit.
- 7-16 An officer met with a subject at Fort Williams regarding criminal mischief in the upper cliff walk picnic area. Several rocks had been painted.
- 7-16 Two officers responded to a residence in the Ocean House Road area for a well-being check.
- 7-17 An officer responded to the entrance of Robinson Woods on Shore Road regarding a motor vehicle burglary complaint. Four purses were taken from the vehicle.
- 7-18 An officer responded to a residence in the Spurwink Avenue area for a barking dog complaint.
- 7-19 An officer encountered a group of juveniles in the Ocean House Road area that were in possession of alcohol. The alcohol was confiscated and parents contacted.
- 7-19 An officer met with a subject in the Bowery Beach Road area regarding the theft of a purse.
- 7-19 An officer met with a resident of the Ocean House Road area regarding a contractor who failed to do work he was paid for.
- 7-20 An officer met with a resident in the Ocean House Road area regarding a child endangerment situation.
- 7-20 Two officers responded to a residence in the Shore Road area for a well-being check.
- 7-20 While on routine patrol, an officer performed a well-being check on a subject sitting in a patch of grass along Rt 77. Rescue was requested for an evaluation.
- 7-20 An officer met with a resident of the Shore Road area regarding a motor vehicle burglary. Loose change was taken from the vehicle.
- 7-20 An officer responded to a residence in the Scott Dyer Road area for a complaint of a constantly barking dog.
- 7-21 An officer met with a resident in the Shore Road area regarding a motor vehicle burglary complaint. A black fabric wallet is missing from the vehicle. The wallet contained money, credit

- cards, personal ID.
- 7-21 An officer met with a resident of the Shore Road area who reported a theft from his garage during the night. A red gas can and a set of Cobra golf clubs in a blue Ping golf bag were taken.
- 7-21 An officer met with a subject at the entrance to Robinson Woods on Shore Road regarding a motor vehicle burglary complaint. A side window was smashed out but nothing was missing from the vehicle.
- 7-21 An officer met with a resident in the Two Lights Road area regarding a suspicious motor vehicle complaint. Vehicle was located and checked on.
- 7-22 An officer met with a resident of the Shore Road area regarding a motor vehicle burglary that occurred during the night. A wallet containing personal ID, credit cards and money was taken from the vehicle.
- 7-22 An officer met with a resident of the Shore Road area regarding a motor vehicle burglary that occurred during the night. A laptop was taken from the vehicle.
- 7-22 A resident of the Sawyer Road area found a wallet and brought it to the Police Department. Owner was contacted and property returned.
- 7-22 An officer met with a resident of the Shore Road area regarding a motor vehicle burglary that occurred during the night. A golf bag with clubs is missing from the vehicle.
- 7-23 An officer met with a subject at Fort Williams who turned over a fob to a mini-cooper. The fob was returned to the PD for safekeeping.
- 7-28 An officer met with a resident of the Peabbles Cove area regarding a trespass complaint.
- 7-28 Two officers responded to a residence in the Mitchell Road area for a domestic disturbance.
- 7-29 An officer met with a resident of the Sawyer Road area regarding a harassment complaint.
- 7-29 An officer met with a resident of the Fowler Road area regarding a trespass complaint.
- 7-29 An officer met with a resident of the Spurwink Avenue area regarding damage to the mailbox. It was apparent that a vehicle had left the roadway, striking the post and mailbox.

- 7-16 Portland resident, failure to produce insurance, Route 77, \$186
- 7-17 Sanford resident, speeding (50/35 zone), Two Lights Road, \$170
- 7-18 Auburn resident, uninspected motor vehicle, Ocean House Road, \$148
- 7-19 South Portland resident, uninspected motor vehicle, Route 77, \$148
- 7-20 Blue Hill resident, uninspected motor vehicle, Shore Road, \$148
- 7-24 Alabama resident, operating after suspension in another jurisdiction, Ocean House Road
- 7-25 Pennsylvania resident, speeding (34/25 zone), Broad Cove Road, \$114
- 7-25 Cape Elizabeth resident, speeding (38/25 zone), Broad Cove Road, \$129
- 7-25 Portland resident, speeding (34/25 zone), Scott Dyer Road, \$114
- 7-26 Eliot resident, speeding (54/45 zone), Route 77, \$114
- 7-27 Cape Elizabeth resident, uninspected motor vehicle, Route 77, \$148
- 7-27 Connecticut resident, speeding, (51/40 zone), Sawyer Road, \$129
- 7-27 Westbrook resident, uninspected motor vehicle, Shore Road, \$148

ACCIDENTS

- 07-19 Barbara Jaffe, Ocean House Road
- 07-23 Rae Cousins, Shore Road

ARRESTS

- 7-12 Cape Elizabeth resident, operating under the influence, endangering welfare of a child, Cape Elizabeth
- 7-14 Idaho resident, warrant, Cape Elizabeth

FIRE CALLS

- 07-09 Kettle Cove Investigation
- 07-10 Longfellow Drive Fire Alarm
- 07-12 South Portland Mutual Aid
- 07-12 South Portland Mutual Aid
- 07-14 Atlantic Ocean WETeam Investigation
- 07-16 Locksley Road Fire Alarm
- 07-18 Longfellow Drive Fire Alarm
- 07-19 Peabbles Point Lane Fire Alarm
- 07-19 South Portland Mutual Aid
- 07-20 Wedgewood Road Fire Alarm
- 07-20 Crescent View Investigation
- 07-20 Headland Fire Alarm
- 07-21 Shore Road Water Problem
- 07-21 Running Tide Fire Alarm
- 07-22 South Portland Mutual Aid
- 07-23 Oakwood Road Fire Alarm
- 07-23 Pleasant Avenue Fire Alarm
- 07-24 Longfellow Drive Fire Alarm
- 07-25 Lion's field Out Building Fire
- 07-26 South Portland Mutual Aid
- 07-26 South Portland Mutual Aid
- 07-27 South Portland Mutual Aid

RESCUE CALLS

There were 27 runs to Maine Medical Center
 There was three runs to Mercy Hospital
 There were four patients treated by rescue personnel but not transported.

SUMMONSES

- 7-12 Bath resident, uninspected motor vehicle, Sawyer Road, \$148
- 7-13 Cape Elizabeth resident, speeding (57/35 zone), Route 77, \$230
- 7-14 Portland resident, failure to obey traffic control device, Route 77, \$121

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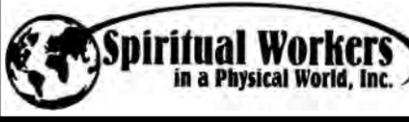
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School news from the Superintendent

By Dr. Donna Wolfrom

Happy August! I hope you are all having a restful and fun-filled summer. While some people think that teachers and administrators are on vacation all summer, that is not the case. Often, when I see parents and citizens in the summer they ask "When do you go back to work?" or "How do you spend summer vacation?" While administrators in the Cape Elizabeth School Department often take summer vacations, our positions are year-round so we are working all summer long closing out the old school year and preparing for the new. Many of our Special Education staff have been working with students for the last four years in our Extended School Year program (ESY). Director of Special Services Del Peavey and his administrative assistant have been planning for and overseeing the program during July. Many of our teachers have participated in professional development opportunities this summer and seven of our staff will be attending leadership training in mid-August. Many teachers have also been working this summer to organize curriculum and prepare plans for the year to come. Summer is really a busy time for educators as they learn, organize and prepare.

Custodial staff have been busy working on our buildings. This is challenging due to the many activities that are taking place within our buildings throughout the summer. Custodians have had to work around the ESY program, the summer recreation program, Beach to Beacon set ups, and the architects and engineers that have been studying our buildings as part of the Facilities Needs Assessment work. Maintenance staff has been busy working on our grounds, and bus drivers have been preparing our buses for the coming year, as well as driving for the many summer programs in the district.

Central Office has been busy this summer. Our new School Business Manager, Marcy (Marcia) Weeks started at the end of June. She has been meeting with staff members, contacting DOE, working with the auditors and reviewing our records in an effort to learn about the business of our district. Marcy has worked for county government in Arizona, and most recently for the Portland School Department. We are excited to have Marcy with us and have enjoyed working with her this summer.

Also new to Central Office is Jen Lakari, Administrative Assistant to the Superintendent and the Director of Teaching and Learning. Jen is a South Portland resident and comes to us from the world of food and wine. She is a certified sommelier and private chef and has already proven her skills as an administrative assistant as we closed out on the 2018-2019 school year and are preparing for the year to come. Two large projects that she has helped with this summer are pulling together the Executive Summary from the Future Search Event last March and working on the final draft of the District Emergency Management Plan. Stop in to the office and meet Marcy and Jen.

The other big news from Central Office is that we have been working with Apptegy

on a new Cape Elizabeth School District website design. We are hoping to have it up and running by the beginning of the school year. Apptegy has worked with Sanford, Yarmouth, Ellsworth and many other schools' departments and districts throughout the country. It is user friendly and ADA compliant and will provide teachers with the opportunity to post photos and descriptions of the many great things that are happening throughout our district.

New School Psychologist

Kaite (KAY-TEE) Haaland joins us this year as a School Psychologist. Kaite comes from Boulder, Colorado where she worked with families, helping them to understand the mental health needs of their children. There, she supported teachers by developing benchmarking protocols and by tracking students' academic and social-emotional development. Kaite also helped teachers modify and adapt curriculum and instruction in order to meet the diverse needs of their students.

New Teachers

Michael Giampetruzzi is our new Gifted and Talented teacher. He has worked as a Gifted and Talented Teacher in RSU 16 and in Wiscasset, delivering accelerated and enriched instruction to gifted and talented students in elementary grades, as well as middle and high schools. He has developed and implemented district gifted program policies and procedures, and worked extensively with school communities and parents to support gifted students and their families.

Bethany Carland, a familiar face around Pond Cove in her role as educational technician and long-term substitute, will be now be teaching Kindergarten in Pond Cove Elementary School. She has twenty years of teaching experience in grade K-2 and has worked in Saco schools and in MSAD 55. Bethany has received extensive training in the use of the Lucy Calkins Units of Study in Reading and Writing from Teacher's College and has also worked as a Literacy Strategist.

Michael Scarpone comes to Cape Elizabeth from his position teaching music in the Brunswick School Department. Michael will be working with our high school students as the Instrumental Music Teacher at Cape Elizabeth High School. In addition to working with the large group of band musicians, he has started small ensembles in order to meet the needs of advanced instrumentalists who wanted an additional challenge. His groups have earned superior level ratings at the Maine Band Directors Association Large

Group Assessment and have been invited to perform at the Maine Music Educators Association All State Music Conference. In addition, he has taught a basic piano course for students of all abilities, including Basic and Advanced Music Theory, and has worked with various instrumental ensembles. His students have performed annually at regional, state, and national jazz festivals.

Montserrat Torras Salvador returns to Cape Elizabeth High School as a full time Spanish Teacher. Several years ago, she served as a long-term substitute at the high school. Montserrat taught in Portland as a Spanish Immersion Teacher, developing curriculum and delivering instruction in language arts, mathematics, science, social studies, work habits, and health, all in Spanish. Montserrat was also a full-time professor at Escola Superior de Musica de Catalunya and a music teacher at the New England Conservatory. Montserrat is a resident of Cape Elizabeth.

Alexander Anesko joins Cape Elizabeth School Department as a part-time Computer Science Teacher. He previously worked for Intel Corporation as a Senior Component Design Instructor and for LSI Corporation as a Principal Engineer. Alex has also recently worked as a volunteer in the Brunswick School System coaching elementary and middle school math teams and working in math, chemistry, and astronomy classrooms. One teacher described him as "bringing an energetic enthusiasm to my students that was contagious."

Christine Marshall, another familiar face to the district, will be assuming a part-time Theater Teacher position at Cape Eliza-

beth High School. Christine substituted in this position during the last semester of the 2018-2019 school year. She has worked as the Theater Director for the Cape Elizabeth School Department for the past two years and serves as the Artistic Director for the Mad Horse Theater Company in South Portland. Additionally, Christine is a teacher and member of the Maine State Ballet.

Another new face at the high school is the new Guidance Office Registrar, Natalie Hoch. Natalie and her family recently moved to Cape Elizabeth from New York City. Natalie has been working as the College Office Manager at Saint Ann's School in Brooklyn overseeing and managing all administrative duties of the College Office, while supporting two college counselors and the Director of College Counseling.

I am very pleased to welcome these new staff members and am especially thankful for the expertise that each one brings to the district in their specific areas. We are fortunate to have such competent and exciting new staff members joining our already amazing crew.

Teachers will be returning to their schools on August 26 and 27. All teaching staff will participate in technology training in the morning on August 28, and then all staff will meet for mandated trainings in the afternoon.

We are looking forward to the 2019-2020 school year and are excited about the many talents that our new staff members bring. It will be wonderful to see our returning staff members in the next few weeks as they prepare for the opening of school. I hope everyone enjoys the rest of the summer.



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Scott Dyer Road project should be completed by end of August

Public Works Director Robert Malley has provided the following update on the reconstruction improvements on Scott Dyer Road:

The new drainage infrastructure has been installed after some challenges with bedrock that had to first be removed.

After base paving, the new sidewalk extension will be constructed, along with the installation of curbing, guardrails and adjacent lawn areas restored.

The project is just a few days behind schedule but should be wrapped up by the end of August.

I'd like to thank all those residents who have transited through the project for their patience with the partial lane closures during the workday. The contractor (A.H. Grover from No. Yarmouth) has been doing a good job and we are pleased with their efforts so far.

If you have any questions related to any portion of the project please feel free to

contact me at 207-799-4151 or via email at robert.malley@capeelizabeth.org

Robert C. Malley, Director of Public Works.



Photo courtesy of Robert Malley

The reconstruction improvements on Scott Dyer Road are progressing smoothly and the project should be wrapped up by the end of August, according to Robert Malley, Director of Public Works.

Portland Water District issues consumer warning about postcard marketing campaign

The Portland Water District issued a statement on July 25 to customers about a postcard marketing campaign distributed recently in Cape Elizabeth:

"We have received multiple calls alerting us to a postcard being mailed to Cape Elizabeth residents urging them to get their water tested due to seasonal changes in the water table. Other communities may also receive the postcard.

There are no 'seasonal changes in the water table' that impact the quality of

drinking water provided by the Portland Water District. Our water continues to be of the highest quality and meets or exceeds all water quality standards.

This mailing campaign is not from the Portland Water District (PWD), and there is no need to get your PWD water tested as a result of this postcard.

The postcard only states it is from a company called AERUS and has no contact information."

Wear a helmet; win a treat



Contributed photo

Jake, Elisa and Aaron Dew receiving their certificates for riding bikes safely.

The Cape Elizabeth Police Department has partnered with area businesses to reward young bike riders who are riding bikes safely. If an officer catches you riding with your bike helmet on properly you may be issued a ticket... entitling you to a free treat from one of our local partners!

Parents are encouraged to email a pho-

tograph of their safe rider(s) enjoying their treat to be posted to the CEPD Facebook page. The Cape Elizabeth Police Department would like to thank our local partners supporting this campaign: Port Printing Solutions, Donna and The Cookie Jar, Mike and Kettle Cove Creamery, and Tamara and Cumberland Farms.

Cape Elizabeth fuel buying group available for residents

By Myndilee Wong

The warm sunshine and clear skies make it hard for anyone to think about fuel costs for the coming winter. Unfortunately, winter is inevitable in Maine and before long, heating your home will be a concern again.

I recently discovered a better way for me to buy fuel and I want to share it with my neighbors. Introducing the Cape Elizabeth Buying Group. This buying group is through IRVING and offers fuel at a more reasonable price to consumers because we are buying as a group. It offers prebuy, budgets and fixed

pricing plans for Fuel Oil and Propane until May 2020.

There is no cash on delivery. You will no longer have to monitor your tank level and make a call to get fuel delivered when it's running low. The delivery truck comes on an automatic delivery schedule. If you are on automatic delivery there is no minimum delivery. The group price of FUEL OIL is \$2.69 and PROPANE is \$1.79.

A bonus for anyone who switches to Irving will SAVE \$0.25 per gallon at Irving Oil stations for up to a year* with the Irving Rewards program. Current Irving customers save at the pump by linking their home heat account to the Irving Rewards program. *Limitations apply. See irvingenergy.com/neveroffer for complete terms and conditions.

To join the group, please send an email to me: myndilee@me.com with FUEL in the subject line. Please provide me your name, address, email and phone numbers AND the type of fuel you wish to buy. I pass the information on to the Irving Group Buying Manager. Next an Irving representative will contact you to answer any questions you have and to set up your account.

Until you confirm that step, you are not committed to anything. Once you become a customer, IRVING will come out and inspect your tanks to make sure they are safe and up to code. If you are purchasing propane, they will make arrangements to install their tanks. There is no additional charge for that. There may only be additional costs if there are code issues that need to be addressed and wouldn't you want to know your equipment was safe?

By joining the group, all of IRVING services through their many programs are available to you: 24-hour emergency repair and service, equipment protection plans and discounts on equipment. Right now, there are competitor trucks driving around displaying \$2.45/gal fuel prices but remember last winter with rates in excess of \$3.00. If you fill up your tank before you join, by the time you need fuel again, you will appreciate the buying club price.

DON'T DELAY. This group signup period offer ends August 31 and prices are refreshed weekly against market conditions. Check your last year prices and see how they compare; there is strength in numbers.



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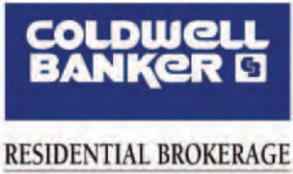


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'Tis the season for Cape corn, tomatoes and lobster

By Tina Fischer

Mid-August is peak season on our farms and for our fishermen: especially for lovers of local corn, field-grown tomatoes and Maine lobster.

Alewife's Brook Farm has been selling live lobster daily from the farm market on Old Ocean House Road for over 40 years, and Jodie Jordan and family make it a priority to buy as much product as possible from Cape fishermen. Caitlin Jordan says the lobsters fished off of our shores are superior. "Our rocky seabed and overall habitat is ideal for growing healthy lobsters that have that sweet taste everyone loves."

Jodie and son Tucker have been fishing since they were kids, and appreciate firsthand what a challenge it is to harvest lobster. "Since the lobster price collapse a decade ago, we strive to pay our fishermen just a little more than the going rate in Portland," Caitlin notes, "so lobstermen can make an honest living doing what they love. When you buy lobster at Alewives, you're supporting not just our farm but our local fishermen too."

In addition to selling live lobster, weekends through Labor Day, the farm also offers cooked lobster to customers who call ahead (Friday - Sunday, 4:00 - 7:30 p.m., 799-7743).

Corn is up!

Cape-grown corn to enjoy with your lobster is also available at Alewife's; they sell corn from Maxwell's Farm along with their

own. Maxwell's has been growing corn for more than 80 years, according to Lois Maxwell Bamford; they raise five different varieties.

Jordan's Farm on Wells Road is well known for farmer Bib's corn. "Corn is one of our major crops," says Penny Jordan. "We've been growing it for 35 years - our dad grew corn and my brother Bib has refined the process; he's amazing. He grows seven or eight varieties."

"He takes so much pride in each and every ear we pick. Our customers ask us all spring, 'When is Bib's corn going to be ready?' We love that moment when our corn arrives and we grab for that first ear. We eat it straight out of the field (not cooked) - we love it!"

Cape farmers also do cook their corn, but not for long - five minutes in the pot is all it needs - and concur that fresh-picked, rather than corn "from away" that's been shipped and stored, tastes significantly sweeter; less starchy.

Local corn should be coming in now for at least a month, maybe longer. "Corn can have a long harvest season. We start picking the end of July or early August, and go until the hard frost - or until we run out of corn! One year we were still harvesting through Halloween." Penny likes to remind customers that Cape's growing season doesn't end when the kids go back to school. "Cape Elizabeth has one of the longest growing seasons in the state of

Maine."

Tomatoes: sweet, tangy, juicy, and abundant now

Tomato season on the Cape usually has a long run too, through September. Jordan's grows a variety of tomatoes and sells more from other area farms too. Green Spark Farm on Fowler Road raises 20 varieties of tomatoes for market and specializes in heirloom varieties. Farmers Mary Ellen and Austin Chadd have learned that growing them under the protection of a "tunnel" dramatically improves the plants' yield. Mary Ellen explains, "We have almost no disease in tunnel crops, whereas the weather on field crops can cause foliar diseases as well as fruits bursting and cracking from heavy sudden rain, so we've stopped growing without tunnel cover."

Growing the fruits in the tunnel (yes, a tomato is actually a fruit) also yields an earlier harvest at Green Spark. "Our first ripe slicing tomato was June 28, a week earlier than last year. We don't heat our tunnels (yet). If we heated, we could have tomatoes in May."

The Chadds grow 10 varieties of heirlooms; they appreciate their rich flavors and colors, and customers ask for them. Another part of the appeal is the heritage of these varieties.

"These tomatoes have a history of skilled labor that we can taste. Open pollinated (non hybrid, i.e. heirloom) vegetable breeding can take years ... of growing out generations of plants to select for a specific flavor, yield, size, shape, cold tolerance and disease resistance; generations of weeding, fertilizing soil, and

farming to ensure the best crop. It's like an heirloom tomato is a vessel for the compilation of generations of farmers' favorite tomato memories."

Mary Ellen's top choices include Moskovich Red, which she describes as "classic all-purpose, my go-to in the kitchen; tart and tangy. It's a Russian heirloom - acclimatized in a cold region so it produces very well here." She also loves another Russian variety, Black Krim, for its "rich, smokey flavor and dark mahogany color." Zebra Rita is one of her favorites "because of the chartreuse color and craazy flavor! It's like a giant green zebra, with a soft, slick texture and complex depth of citrus and tropical flavors."

"We grow the tomatoes that we like best ... that have excellent flavors and come in a full rainbow of colors. This way our customers can enjoy eating something that tastes amazing and is beautiful. Eating heirloom tomatoes ... is an experience for our senses. Our goal in growing tomatoes is to make food memories, or make your favorite tomato memory come alive."

You can buy Green Spark tomatoes and other vegetables (all organically certified) at the farm on Fowler Road and at the Chadd's stand at Portland's Farmers' Markets, Wednesdays and Saturdays. There are a huge variety of Maine tomatoes from all of our farms to enjoy right now, along with corn and the many other vegetables in season. August on the Cape is full of flavor!



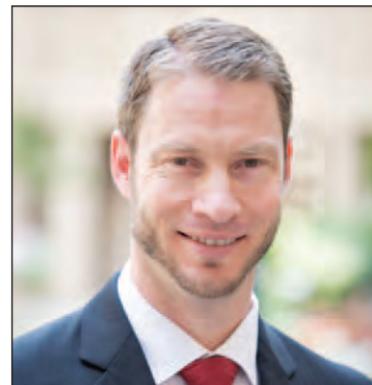
Photo by Meagan Winker

Bill "Bib" Jordan Jr. standing in his field of corn. He grows seven or eight varieties and Jordan's Farm has been growing corn for 35 years.



Photo by Carolyn Snell

Tomatoes from Green Spark Farm. Farmers Mary Ellen and Austin Chadd grow 20 varieties of tomatoes and specialize in heirloom varieties.



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Organizational Habits: Finding joy in end-of-life caregiving

By Janie Downey Maxwell

Organizational Habits is a column about ideas, tools and inspiration to help you get your best work done. Janie Downey Maxwell moved to Cape Elizabeth in 2013. She manages adult programs at the Thomas Memorial Library and is active with the southern Maine theater community and an actor, singer and director. Questions? Don't hesitate to contact Janie at janie@organizationalhabits.com.

One of the cool things about bringing programs to the Thomas Memorial Library is that I get to choose the topics and speakers, and I get to attend! I have learned so much over the last two years about squirrels, birds, writing, songwriting, democracy, art, travel and much more.

Last month, we had author John Eric Baugher come in to talk about his new book "Contemplative Caregiving: Finding Healing, Compassion, and Spiritual Growth Through End-of-Life Care."

Here are seven things I learned from John's 25+ years of working in hospice that are great advice for all of us - no matter what we're tasked with.

1. Trust the power of not knowing. When you're with someone who is sick, you want to know what's wrong. You run tests and wait to hear back from your doctor. And there's suffering in that waiting that pulls energy you can only sustain for so long. If, instead, you can trust that you'll know when you know and let curiosity win out over fear, there is a wonderful freedom in letting go.

2. We all have the power to be compassionate when someone is suffering. If you're helping someone who is suffering or dying you may not feel up to it.

John guarantees that you can do it as long as you don't feel that your task is to solve the problem. You're not going to be able to measure what you're doing this time. You just have to show up and be kind.

3. "Be the mystic you were meant to be." Helping out in a hospice situation naturally leads you to be mystical.

Find time for reflection with meditation, prayer, or deep thinking so you can process what you're going through.

4. Accept the imperfection of the moment. Your care isn't always going to be perfect. How can it be? Do your best and know that you're in a very difficult spot. John calls this the "generosity of interpretation." I love that.

5. Grief is part of life. There's no getting around grief. And there's no "getting over it." Instead, let grief transform you knowing there's no "getting back to normal."

6. Connect with a sense of the lineage of compassion. People going back generation after generation have gone through this. We're part of a much larger whole; we're just one drop of water in a deep, wide ocean.

When Maya Angelou was in a difficult spot, she asked everyone who had ever been kind to her in this lifetime to be with her now. You are not alone. Bring others from your past with you to care giving.

7. Be open to mystery. When you approach death with curiosity and a sense of wonder, you understand that it's both universal and deeply personal.

John says that when most people hear about his hospice work, they think it's noble - and bizarre. The world is a better place because people like John volunteer to do this difficult work. And find joy in it. Bizarre, right? In such a good way.

I hope you take some of John's wisdom and apply it to any part of your life where you're struggling.

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.

GoGo Refill

Continued from page 1

home and body, like cleaning, kitchen, bath and beauty items, as well as simple plastic-free switches to aid in a low-waste lifestyle.

Like many business ideas, this one began with a personal decision. Marston said, "I started this journey by doing a New Year's resolution to refuse plastic water bottles, and commit to bringing my own. That sparked my awareness of the global plastic pollution problem, so I started avoiding single-use plastics wherever I could." More than two years later, she has stuck to it.

Marston began to notice what communities in other parts of the country and world were doing to reduce plastics and had the idea to open a refill shop here. "I've been working on the store for about a year now, and full-time for the last six months. We're hoping to tap into a growing awareness and frustration of consumers who are looking for low-waste options," she said.

About the process for setting up the shop, she said they have sourced all of the products individually, taking into consideration their earth-friendliness as well as their manufacturer's commitment to reducing plastic in their packaging and distribution. "We hope that showing consumer demand for low-waste shopping will influence more brands to participate in bulk programs," Marston said.

GoGo Refill carries products that are vetted, stylish and include goods for home and body, like cleaning, kitchen, bath, and beauty items as well as simple plastic-free switches to aid in a low-waste lifestyle.

It is a core principle at GoGo Refill that collective action by individuals can have a huge impact, not only on the waste not created, but also by sending a message to manufacturers and small businesses that consumers are ready and excited for them to provide low-waste options.

Even the shop, located at 64 E St. in Knightville, South Portland, with clean and contemporary interior design details, is an example of the "secondhand, first" philosophy and eco-conscious effort to source the best materials - from a repurposed and milled red oak tree used for the check-out counter and display tables, to

the flooring, a sharp gray/yellow color combination of sustainable, non-toxic marmoleum material. There is also a "reusable container library" for customers with a take one if you need it, leave one if you have it policy; in addition to stylish container products from Le Parfait and others.

Customers simply bring their own container and buy as much or as little as they need, paying by the ounce, and they don't overpay for branding and packaging. Some examples of products that will be sold as refillables are dish soap, dishwasher detergent, laundry detergent and refillable pods, hand soap, all-purpose cleaner, cleaning vinegar, dish block solid dish soap and more.

In addition to refilling popular household and personal items, GoGo Refill will also offer a collection of plastic-free reusable product solutions from innovative companies around the U.S. and Canada. Some examples include kitchen reusables like UNpaper towels, all-natural dish brushes, food storage containers, spray bottles and more.

For beauty and bathroom, expect to find everything from menstrual cups to plastic-free razors, with recyclable blades, and plastic-free hair elastics. Reusable on-the-go products - popular and necessary for a modern lifestyle - include a stylish selection of bamboo sporks and travel utensils, water bottles, coffee mugs, lunchboxes and of course - all the non-plastic straw options and varieties.

Marston said of the location of the GoGo Refill brick-and-mortar shop, "Living in Cape Elizabeth, we have a community that is very sustainability-minded, which is why I wanted my store to be on this side of the bridge. I wanted to give our community a low-waste option."

To learn more about shop, please follow on Instagram, @gogorefill or visit www.gogorefill.com to learn more about the mission and, coming soon, order products online.

THE MORE YOU KNOW: FACTS ABOUT PLASTIC

- The U.S. alone throws away 38 billion plastic bottles every year. That is 2.2 million tons of plastic going into U.S. landfills.

- Only 9 percent of plastic is recycled globally. And only 1 percent of that is recycled a second time.

- 8 million metric tons of plastic ends up in the oceans every year. That is the equivalent to five grocery bags of plastic trash for every foot of coastline around the globe.

- Every toothbrush ever manufactured still exists on the earth today, either in landfills or the environment.

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The Cape Courier

Beach to Beacon

Continued from page 1



Photo by Joanne Lee

12-time winner Tony Nogueira, 51, from Glen Ridge, New Jersey, crosses the finish line to become the men's champion in the Wheelchair Division with a time of 22:51.

Cape Elizabeth women with a time of 37:35.

In the Maine Masters men's division, Michael Gordon, 40 of Portland came in first at 32:29, while Sheri Piers, 48, of Falmouth is the Maine Masters women's division champion with a time of 36:59.

In the Wheelchair Division, 12-time winner Tony Nogueira, 51, from Glen Ridge, New Jersey, was the 2019 men's champion with a time of 22:51. Michelle Wheeler, 32, of Boalsburg, Pennsylvania, with a time of 30:25, claimed the women's title.

Cape Elizabeth native and running legend Joan Benoit Samuelson, winner of the first Olympic women's marathon in 1984, founded the TD Beach to Beacon to realize her vision of creating a major international road race in her hometown and state. The route follows the same coastal roads that the Samuelson trained on in Cape Elizabeth. With her reputation, plus top-notch organization and strong community support, the TD Beach to Beacon is known and appreciated as a world-class event with small-town charm.

While the number of runners continues to increase, and is approaching the 7000-mark, the race debuted in 1998 with 2408 finishers.

Elite athletes compete for more than \$90,000 in prize money, with \$10,000 awarded to the winners in the men's and women's open races and payouts to the top 10 runners overall, courtesy of title sponsor TD Bank. Also included is a \$23,000 purse for American men and women, sponsored by Dunkin' Donuts, split evenly among the top five American men and women with a \$5,000 top prize.

The TD Beach to Beacon 10K is overseen by its 60-member volunteer Organizing Committee, led by Race President David Backer. Local residents from all walks of life, including town officials, serve on the committee to plan the event. Maya Cohen of Cape Elizabeth coordinates more than 800 volunteers who are central to the success of the race. Local residents also open up their homes for the elite athletes as part of a "home-stay" program that is second to none. In addition, the Town of Cape Elizabeth is especially helpful – providing police, fire and emergency services and staff to help ensure the event runs smoothly.

Along with the \$90,000 in prize money awarded to the top finishers and place winners in the various categories for men and women, a separate \$30,000 donation is provided each year by the TD Charitable Foundation, the charitable giving arm of TD Bank, America's Most Convenient Bank®, to a local charity. This year the race beneficiary is The Telling Room.

The Telling Room, a nonprofit organization that believes the power of creative expression can change communities and prepare youth for future success by building confidence, strengthening literacy skills, and providing real audiences for their students. The Telling Room will receive a \$30,000 donation from the TD Charitable Foundation, the charitable giving arm of TD Bank, and also benefit from fundraising and publicity connected to the race. Learn more about The Telling Room at www.tellingroom.org.

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

For additional information about the race, visit www.beach2beacon.org, and find the TD Beach to Beacon on Facebook, Twitter and Instagram.



Photo by Joanne Lee

Cape Elizabeth native and founder of the TD Beach to Beacon Joan Benoit Samuelson congratulates top female finisher Joyciline Jepkosgei, 25, of Kenya. Jepkosgei took the lead on Old Ocean House Road and finished the race with a time of 31:05. It was more than 30 seconds ahead of the second place finisher and defending women's champion Sandrafelis Chebet-Tuei, 21, also of Kenya.



Photo by Joanne Lee

Alex Korio, 28, of Kenya breaks the tape, winning with a time of 27:34, just seven seconds shy of the course record. Korio dominated the race from the start, staying ahead of a lead pack that included elites Jairus Kipchoge-Birech, 26, of Kenya, Bashir Abdi, 30, of Belgium, and Brett Robinson, 28, of Australia. Korio broke away early on and finished nearly 1 minute ahead of runner-up Kipchoge-Birech.

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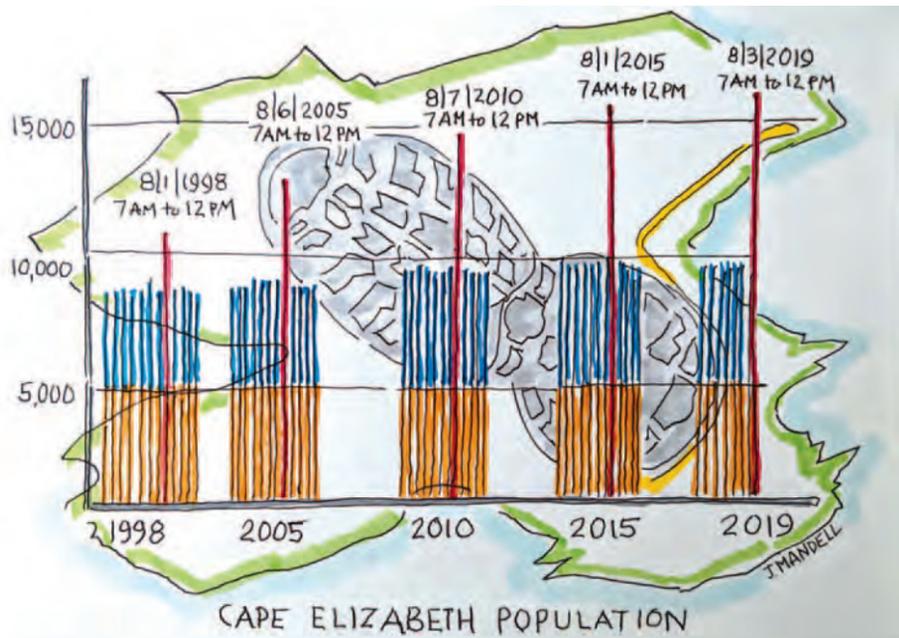
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Capetoon: B2B: Big footprint in a small town

By Jeff Mandell



Drawn by Jeff Mandell



Photo by Ann Kaplan

Members of the Cape Elizabeth High School cross country team were busy plogging in the days leading up to the Beach to Beacon. They also ran the race dressed up as superheroes. Pictured above from left to right: Eva Morris, Meredith Hetrick, Carter Merrium, Jack Bassett, Genevieve Depke, Ella Briman, Genevieve Rodda.

Original watercolor by Eric Hopkins to be auctioned to benefit Cape Elizabeth Land Trust



Contributed photo

Eric Hopkins at work. One of his original watercolors will be auctioned off to support CELT.

The Cape Elizabeth Land Trust (CELT) has announced its plans to auction an original watercolor by renowned Maine artist Eric Hopkins. Auction proceeds will support CELT's conservation and care of local lands, as well as the organization's educational programs. Casco Bay from Back Cove to the Cape, which measures 29" wide by 37" high (framed) and 22" wide by 30" high (unframed), will be included in Thomaston Place Auction Galleries Summer Auction to be held August 23-25. The painting will be Lot #1079 on the first day, Friday, August 23.

Interested parties may bid on the painting at Thomaston Place Auction Galleries (51 Atlantic Highway, US Route 1, Thomaston, ME) or online at www.thomastonauction.com, where the full online catalog is now available and parties may register for online bidding.

The offering of this painting for sale at auction results from CELT's collaboration with Eric Hopkins, who generously donated the painting, and Thomaston Place owner Kaja Veilleux, a long-time

CELT partner and supporter.

One of Maine's most acclaimed artists, Eric Hopkins has been a supporter of Maine lands trusts for decades. Born in 1951 in Bangor, Maine, and raised on North Haven Island, Hopkins works in many different mediums, including watercolor, oil, glass, wood cut-outs, and more. In a style characteristic of many Hopkins' paintings, Casco Bay from Back Cove to the Cape provides perspectives of the earth from the sky, a vantage point designed to promote reverence for the natural environment. "I'm proud to be part of CELT's vision and mission, and in my work, I choose to focus on the power of nature," said Hopkins. "As Albert Einstein said, 'look deep into nature, and then you will understand everything better.'"

Thomaston Place Auction Galleries, Maine's premier international auction company and a leader in discovering Maine's antique and fine art treasures, has conducted the Land Trust's major auction benefit, Paint for Preservation, since 2011. This new collaboration is an extension of that support. In describing the auction, Thomaston Place owner Kaja Veilleux says "We are big supporters of the preservation efforts of the Cape Elizabeth Land Trust, and we've been honored to partner with them for many years in their fundraising programs. This wonderful Eric Hopkins work will be the perfect addition to our annual summer auction which will feature outstanding fresh-to-the-market fine art and decorative rarities."

Leading up to the auction, CELT exhibited the painting at Inn by the Sea and at a community open house and exhibit of Eric Hopkins' broader work, hosted by Ocean House Gallery & Frame in Cape Elizabeth on August 10.

"We so much appreciate our partnership with Eric Hopkins and Kaja Veilleux, who have made the auction of this painting possible," said CELT Board President, Elizabeth Goodspeed. "And we are very grateful to the two local Cape businesses, Inn by the Sea and Ocean House Gallery & Frame, which have helped to build public interest and enthusiasm leading up to the auction. We hope that bidders will bid high and often."



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Photo by Francis Rankin

Above, a daylily cultivar that is pinkish in color. Daylilies are perennial plants and the flowers of most species open in early morning and wither during the following night, possibly replaced by another one on the same flower stalk the next day. Some species are night-blooming.



Photo by Francis Rankin

Cape Elizabeth resident Francis Rankin and his wife have been fortunate to witness the maturation of a Bald Eaglet they see almost every day. The adults will appear first and then fly to a tree on shore to perch, and within a few minutes the eaglet will appear on a rock formation.

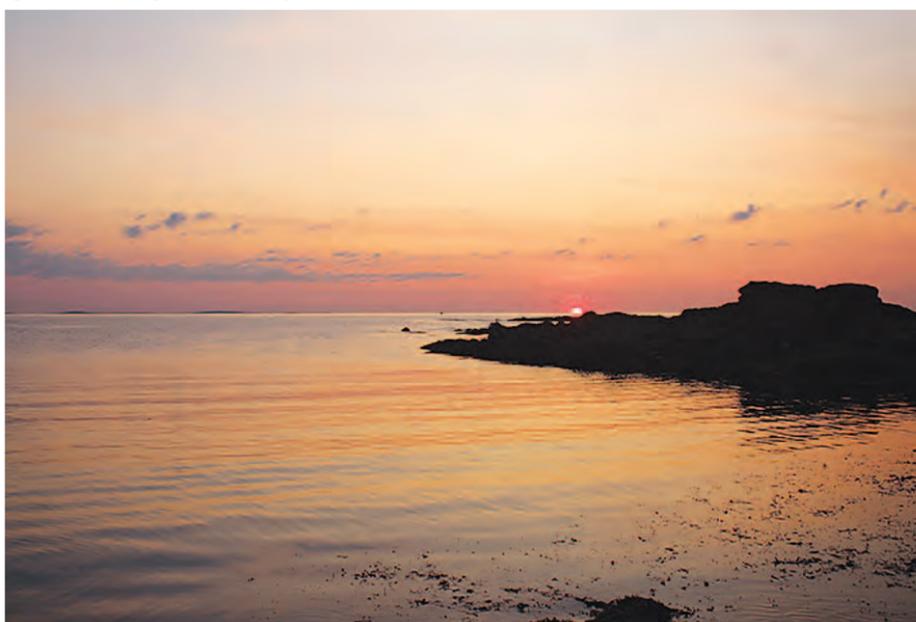


Photo by Francis Rankin

Sunrise in Cape Elizabeth on August 4. With the sun coming up later and a few cooler nights recently, hints of fall are headed our way.

Cape Elizabeth birding report

By E. Brooks Bornhofft

The last days of July were uncomfortably warm and our temperate broadleaf and mixed forests experienced significant understory growth making it more of a challenge to spot birds.

On July 26 around sundown I came across a Barred Owl hunting from the phone lines along Old Ocean House Road. The bird flew down into the entanglement above the brook just past Alewife Road.

The following evening, I heard the eerie shriek of Great Horned Owllet begging for food somewhere back off of Shore Road. Despite being born in early spring, owllets will be reliant on their parents for a couple more months.

During the last days of July, we had a new family of boisterous Carolina Wrens pass through our property. This was the first fully-fledged family of Carolina wrens that I have seen in Cape since I started keeping record back in 2016.

I can also report that two late season nesting bird species have been very busy. American Goldfinches have been plucking nesting material from the ball of alpaca fiber I put outside in a crab apple tree and my mother-in-law on Two Lights Road reports that Cedar Waxwings made quick work of the nesting ball she had out as well.

August marks the time of year where many Shorebirds start to pass through now in significant numbers. Highlights

from Rachel Carson National Wildlife Refuge, Scarborough Marsh and Crescent Beach State Park include, Semipalmated Plovers and sandpipers, Black-bellied Plovers, Least Sandpipers, Greater and Lesser Yellow Legs and Killdeer.

August naturalist's corner

By Erika Carlson Rhile
CELT Education Committee Chair

August 15: 7:29 am Full Sturgeon Moon, named because sturgeon were once so plentiful in Maine rivers.

Atlantic sturgeon are now listed as threatened in Maine due to overfishing and habitat loss.

Where have all the fireflies gone? Scientists hypothesize that increasing light pollution has caused the population of lightning bugs to decline worldwide. Light makes it difficult for fireflies to signal each other during mating—meaning fewer firefly larvae are born next season.

Although notoriously difficult to prop-

agate, channel your inner “Miss Rumphius” and gather some lupine seed pods to keep until spring.

Although lupine is nonnative to Maine, it is a nitrogen fixer putting nutrients into depleted soil.



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Library hosts Folk Duo Rianne & Mark, author Brie Arthur and offers CELT 'Talk & Walk' about the dye in clothing

Note: The library will be closed on Thursday, Aug. 15, for a town-wide Employee Appreciation Day. All regularly scheduled programs have been moved or are cancelled.

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

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

The library asks for awareness from parents as they make plans for their children's after school activities. Library staff are unable to supervise their children's use of the library and will only intervene when a child's behavior interferes with the enjoyment of the library by others or otherwise violates library rules. If you have specific guidelines for how your children spend their time or money after school, please be sure that they understand your expectations and that they are developmentally able to adhere to them. Below are some guidelines that parents might find helpful:

- Only pre-packaged snacks, (such as

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

- Only covered drinks are allowed--preferably bottled drinks.

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

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

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

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

ADULT PROGRAMS

Morning Book Group – "Little Fires Everywhere"

Wednesday, Aug. 14, 9:30 a.m.-11:00 a.m.

Our morning book group meets on the second Wednesday of each month. In July, we'll be discussing "Little Fires Everywhere," by Celeste Ng. We hope you'll join us to read and discuss. New members are always welcome.

Summer Outdoor Concert: Folk Duo Rianne & Mark

Tuesday, Aug. 20, 6:30-7:30 p.m.

We close out our Summer Concert Se-

ries with the wonderful music of folk artists Rianne Richards and Mark Mandeville. These artists blend their distinctive voices with rich tantalizing harmonies and a wide range of accompaniment (guitar, harmonica, ukulele, clarinet, penny whistle, electric bass) featuring original and traditional acoustic Folk/Americana songwriting.

Our Summer Concerts are a wonderful outdoor event for patrons 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 – we'll move inside. This event is generously sponsored by the TML Foundation.

Writers' Accountability Group

Wednesday, Aug. 21, 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.

CELT Talk & Walk: Where does the dye come from that's in your clothes?

Thursday, Aug. 22, 1:30-3:30 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 1:30 p.m., learning about the importance of knowing what's in your clothing. Then at 2:30 p.m., we'll go on a walk at Fort Williams to identify plants that gift us with color. You can come to the talk, the walk or both. No registration is needed. Please dress appropriately for a gentle walk at Fort Williams.

Special Garden Club Event: Meet Author Brie Arthur

Thursday, Aug. 22, 6:30-7:30 p.m.

As a garden industry communicator, Brie Arthur is leading the national Foodscape movement – a model of community development that incorporates sustainable, local food production. She speaks internationally on a variety of horticulture topics and has appeared as a correspondent on the PBS television show "Growing A Greener World." As Vice President of Horticulture at Gardenuity, a direct to consumer on-line gardening company, Brie is able to use her plant knowledge and extensive grower network to reach consumers nationally.

Brie was a professional plant propagator at leading nurseries before transitioning her focus to Green Industry communications through writing, public speaking, film production and consulting. She is a published author; her debut book, "The Foodscape Revolution" is a best seller on Amazon.

You do not need to be a member of the Cape Elizabeth Garden Club to attend this talk. All are welcome.

Songwriting Workshop

Tuesday, Aug. 27, 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, Aug. 28, 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.

Artist's Reception - Photographs: Building Bridges of Friendship Between Greater Portland, Maine and Archangel, Russia

Thursday, 8/29, 6:00-8:00 pm

The art of photography is a universal language, like music. This exhibit of gorgeous photography will be on display from Aug. 2 through the end of September. We hope you'll stop by to see it. The reception is sponsored by the Thomas Memorial Library Foundation. Prints are available for purchase through the Portland Camera Club of Maine and the Spolokhi Photo Club of Archangel, Russia.

ONGOING ADULT PROGRAMS

- Knitting Group – every Monday at 1:00 pm
- Chair Yoga – Second Monday at 11:30 am
- Democracy Cafe – Second Tuesdays from 6:30-8:00 pm
- Songwriting Workshop – Fourth Tuesday from 6:15-8:15 pm
- Morning Book Group – Second Wednesday from 9:30-11:00 am
- Writers' Accountability Group – Third Wednesday from 10:00am-noon
- Senior Tech – Fourth Wednesday from 10:30 am-12:00 pm
- Cape Entrepreneurs– ON HIATUS TILL 2020
- YA Anonymous Book Group – First Thursday from 6:30-7:30 pm
- Maine Wildlife Lecture Series – Second Thursday from 6:30-7:30 pm
- Evening Book Group – Third Thursday from 7:00-8:30 p.m.
- Chess Club – every Saturday from 9:00-11:00 a.m.

–see LIBRARY page 13

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 207.773.0262

Library

Continued from page 12

PROGRAMS FOR TEENS

Weekly:

Tabletop Club (Tuesdays from 2:30-6 p.m.)

Come in to the library every Tuesday from 2-6 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. Open to teens ages 12 and up. For more information, contact Alyssa at alypierre@thomas.lib.me.us.

Monthly:

Crafternoon Summer Workshop: Galaxy Tie Dye

Thursday, Aug. 29 from 2:30-3:30 p.m. Join Kiah and Alyssa for a different craft project each month. This month we will be doing GALAXY tie dying! Feel free to bring your own BLACK shirt, socks, bandana, etc. Open to ages 11 and up. No registration required.

Cape Con 2019

Saturday, Aug. 24 from 12-4 p.m. Join us for our second-annual Cape Con! We will have free buttons, gaming stations, local illustrators and drawing tutorials, a cosplay contest judged by professional cosplayers, and much more. Don't forget to dress up in your best cosplay; we will be giving out prizes to the best-dressed. All ages welcome.

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. (Note: there will be limited story times during the last week of August--please check our website for the schedule.)

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. Our Friday session, however, will be run from 9:15 - 9:45 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 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 good 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.

Intro to Chess

for ages 5 and up
Tuesdays in August, 3:30 - 4:30 p.m.
Join chess enthusiast Isaac Dinnerstein, a CEHS student, for some introductory chess lessons and time to play. No registration necessary.

Pig Out on Reading, with Farmer Minor & Daisy the Pig

for all ages
Saturday, August 17
10:30 - 11:15 a.m.
We are so excited to welcome Farmer Minor and Daisy the Potbellied Pig to the library for this special story time. Farmer Minor will share stories about Daisy's pampered porcine life, and read stories about pigs. Kids will get a chance to ask questions and pet Daisy at the end of the program. No registration necessary.

Earth Jams! Family Concert with Matt Loosigian

Tuesday, Aug. 20
10:30 - 11:15 a.m.
Matt Loosigian seamlessly weaves messages of environmental stewardship, peace, and compassion with humor and silliness through his music and songs. Join Matt for a special family concert. No registration necessary.

Scam alert bulletin board

By Jessica D. Simpson

Public Wi-Fi scams

Are you using public Wi-Fi? Free Wi-Fi is a great convenience, but it can be risky. Scammers can set up a Wi-Fi network with a name similar to the one you're intending to use, hoping you'll connect to it, or they can hijack your information between you and the Wi-Fi access point.

Do no more than checking the weather or browsing sports scores; otherwise, hackers can steal your passwords, see your email, or intercept financial transactions.

Make sure your device isn't set to connect to Wi-Fi automatically. When on public Wi-Fi, use your device's data service or install a "virtual private network" (VPN) to protect yourself while using public Wi-Fi.

Rental property scams

Renting a home is often a big expense and an even bigger one when the rental is a scam. Scammers look for easy cash by collecting first month's rent, deposits, and application and background check fees and then bolt before handing over the keys.

Numerous versions of rental frauds abound: some are bait-and-switch while others will attempt to rent out properties that are already leased or otherwise unavailable. Leasing based on units similar to a model unit and putting money down on a place unseen is on the rise, and would-be renters are being scammed out of hundreds or even thousands of dollars.

When renting a new place, watch out for scammers who ask you to sign before seeing anything or request payment via money wire, peer to peer apps or cash. Do your research on the property and owner read agreements carefully.

Be a fraud fighter! If you can spot a scam, you can stop a scam.



Photo by Kim Case

Looks like even the bear at Thomas Memorial Library couldn't take the heat during the recent spell of hot days in July.



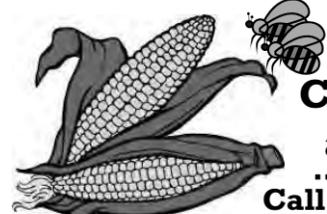
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CAPE CALENDAR

By Wendy Derzawiec

Thursday, August 15

Town Employee Training and Recognition.
Town Hall, Thomas Memorial Library,
Community Services, pool & fitness center
closed

Tuesday, August 20

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

Wednesday, August 21

Energy Committee, 6:30 p.m., William H.
Jordan Conference Room, Town Hall

Tuesday, August 27

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
Road. Regular meeting 7 p.m. Fridays at St.
Alban's Church.

Alcoholics Anonymous, 2 p.m. Saturdays,
First Congregational Church, 301 Cottage
Road, South Portland; 7 p.m. Wednesdays,
St. Bartholomew Church; 7 p.m. Fridays, St.
Alban's Church.

Cape Elizabeth Historical Preservation Society,
9 a.m.-noon Thursdays, Public Safety
Building

Cape Elizabeth Lions Club, 6:39 p.m., first
and third Tuesdays at the Bowery Beach
Schoolhouse (except July and August), Two
Lights Road

Cape Farm Alliance, third Wednesday, 7 p.m.,
Community Center

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

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

CABLE GUIDE

CHANNEL 3

Town Council replay

Aug. 14 - 2 & 8 p.m.
Aug. 17 - 10:30 a.m.

Cape Elizabeth Church of the Nazarene

Aug. 17, 18, 24 & 25 - 9 a.m.

Planning Board (live)

Aug. 20 - 7 p.m.

Planning Board replay

Aug. 21 & 22 - 2 p.m. & 8 p.m.
Aug. 24 - 10:30 a.m.

Board of Zoning Appeals (live)

Aug. 27 - 7 p.m.

Board of Zoning Appeals replay

Aug. 28 & 29 - 2 p.m. & 8 p.m.
Aug. 31 - 10:30 a.m.

June and July real estate transfers

| NEW OWNER | LOCATION | SALE PRICE | USE |
|-------------------------------------|-----------------------|-------------|---------------|
| ERIN P & AMY E ACHESON | 6 GREAT POND DRIVE | \$197,000 | CONDOMINIUM |
| LISA K HOUCK & ALAN R RINGEL | 10 ALEXANDER DRIVE | \$825,000 | SINGLE FAMILY |
| CONSTANCE E GRAHAM | 24 OAKVIEW DRIVE | \$250,000 | CONDOMINIUM |
| PETER A JOSE & TRYCE M YANOK | 67 OCEAN HOUSE ROAD | \$388,000 | SINGLE FAMILY |
| JOHN P WINTERS III | 22 ELEPHANT ROCK ROAD | \$900,000 | SINGLE FAMILY |
| AMY F MOORE | 1082 SHORE ROAD | \$619,000 | SINGLE FAMILY |
| BETH & MICHAEL FRATALIA | 65 OCEAN HOUSE ROAD | \$291,000 | SINGLE FAMILY |
| MARK A & ANNE K DUVAL | 1045 SHORE ROAD | \$283,334 | SINGLE FAMILY |
| RAZVAN R STRIBU | 18 ORCHARD ROAD | \$289,295 | SINGLE FAMILY |
| WOODLANDS SOUTH MAINE LP | 60 WOODLAND ROAD | \$6,400,000 | MULTI FAMILY |
| COLCK LLC | 2 TIGER LILY LANE | \$735,000 | SINGLE FAMILY |
| SUSAN L WEISEMAN | 10 WILDWOOD DRIVE | \$292,500 | CONDOMINIUM |
| DAVID & KAY D'ORLANDO | 6 MARES HOLLOW LANE | \$1,647,000 | SINGLE FAMILY |
| JAMES KURDEK & SARA M KNAPP | 537 SHORE ROAD UNIT 4 | \$295,000 | CONDOMINIUM |
| AMY VAZ | 280 MITCHELL ROAD | \$739,500 | SINGLE FAMILY |
| ANDREW & CHARITY HEWS | 2 PURPOODOCK DRIVE | \$430,000 | SINGLE FAMILY |
| BETH A DOLLOFF | 60 OAKHURST ROAD | \$330,000 | SINGLE FAMILY |
| BRADLEY C PEARSON | 515 MITCHELL ROAD | \$245,000 | SINGLE FAMILY |
| CHRISTOPHER & CORY MOSUNIC | 24 SALT SPRAY LANE | \$999,000 | SINGLE FAMILY |
| JULIA BECKETT & ART DININNO | 18 STAR ROAD | \$362,500 | SINGLE FAMILY |
| JUSTIN & MELANIE NOBLE | 17 SPOONDRIFT LANE | \$540,000 | SINGLE FAMILY |
| KIM HARVEY | 32 PILOT POINT ROAD | \$950,000 | SINGLE FAMILY |
| MARTHA SUTRO & WILLIAM NOTO | 20 ELMWOOD ROAD | \$480,000 | SINGLE FAMILY |
| MELISSA & JONATHAN MOTZKIN | 31 FOREST ROAD | \$850,000 | SINGLE FAMILY |
| ROBERT & LINDSEY M PFEIFFENBERGER | 116 OAKHURST ROAD | \$490,500 | SINGLE FAMILY |
| VICTORIA & JEFFREY KENNEDY | 52 RICHMOND TERRACE | \$408,000 | SINGLE FAMILY |
| MELVILLE & PRISCILLA WARREN | 17 OAKVIEW DRIVE | \$250,000 | CONDOMINIUM |
| LINDA E KIEL | 3 GARDEN CIRCLE | \$985,000 | SINGLE FAMILY |
| CHRISTINE HEINEMANN & DYLAN MOULTON | 18 CAMPION ROAD | \$319,000 | SINGLE FAMILY |
| PARKER E SWENSON & P. BORDEN | 45 OAKHURST ROAD | \$334,900 | SINGLE FAMILY |
| MARK S & JOHNNA D COGGIN | 9 SMUGGLERS COVE ROAD | \$900,000 | |
| SINGLE FAMILY | | | |
| JOHN & JEAN KINGSTON III | 266 MITCHELL ROAD | \$370,000 | SINGLE FAMILY |



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SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
747-1113

www.capenazarene.org

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

Cape Elizabeth United Methodist Church

280 Ocean House Road
799-8396

www.ceumc.org

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

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

Sunday Morning Worship: 9:30 a.m.

Coffee Time is at 10:45 a.m.
Sunday School is at 11:15 a.m.
Sermon audio is available on our website

Promised Land World Reach Center

536 Cottage Road, South Portland
799-3152

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

Saint Alban's Episcopal Church

885 Shore Road
799-4014

www.stalbansmaine.org

Sundays: 8 a.m., 9:30 a.m.

Celtic Service: Sunday, 5:30 p.m.

Nursery: Sundays, 9:30 a.m.

Saint Bartholomew Roman Catholic Church

8 Two Lights Road
799-5528

www.saintbarts.com

Sunday Mass: 9 a.m. and 11 a.m.
Monday & Tuesday Masses: 8 a.m.

First Congregational Church United Church of Christ

301 Cottage Road, South Portland
799-3361

www.fccucc.org

Worship: 9:30 a.m.

Preschool Child Care: 9:30 a.m.

Game Room

First Congregational Church of Scarborough

167 Black Point Road, Scarborough
883-2342

www.fccscarborough.com

Sunday Morning Worship: 9:30 a.m.

Sunday School & Nursery Care

Town offices, library, fitness center closed for employee training, recognition August 15

Municipal offices including Town Hall (Tax Office, Town Clerk's Office and Assessing/Codes/Planning), Community Services, the Thomas Memorial Library and Public Works will be closed for employee training and a recognition lun-

cheon on Thursday, Aug. 15.

The fitness center will be closed, and the Recycling Center will have its usual Thursday closure. The Richards Pool will be closed for annual maintenance.



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Athletes

Continued from page 1

CEHS, all for Coach Ben Raymond. In lacrosse, the team went undefeated in the regular season, and Patterson was often assigned the role of shutting down the opponents' most dangerous attackers, and that he did brilliantly. His numbers were impressive, with 47 ground balls and forcing 30 turnovers. He also had a pair of assists.

Of the recognition, Patterson said, "It means a lot that my hard work and dedication is noticed. These awards are extremely flattering. But, sports mean so much more to me than just awards. They give me the opportunity to meet new people and bond with teammates. It's a way to compete every day and push myself to be the best. Honestly, my grades are better when each of my three sports (lacrosse, soccer and swimming) are in season because I become more regimented and focused. I am also a happier person because sports are an outlet to relieve stress for me. When I'm frustrated there is no better place to take it out than on the field!"

Chapin's year was the stuff of legends. After scoring the winning goal in overtime to secure the girls' soccer state championship, she did it again in lacrosse to win that state championship. Her third sport in high school, instead of swimming, has been basketball. A magician in the draw circle, she won 48 draw controls, she collected 35 ground balls, and put up a blizzard of shots, scoring 44 goals and with 18 assists.

Chapin said of the selection, "Being recognized with this award is an honor, there are some great athletes who have won this award in the past and it's cool to be included with that group of people. For me, sports are a huge part of my life. It's something I have learned so much from. I love everything about sports. I love how you can always get better everyday and learn something new every practice. I love that all the hard work and time you can put into a sport can payoff sometimes."

Of Patterson, Chapin said, "Max and I have been friends since about the 5th

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Contributed photo

Patterson and Chapin have been friends for a long time and, while much younger, those smiles are unmistakable.

grade. Max is one of the hardest working people I know. He gives 110 percent in whatever it is he's doing. Whether that is on or off the field."

Patterson said about Chapin, "Karli and I have been close friends since elementary school. She has always been the most athletic person, boy or girl, in the grade. Everyone always wants to be on her team, not just because she is the best athlete, but because she is an accepting person who always makes people feel welcomed. She makes everything she does more fun and exciting. Being around her is the best because everything she does is done well and to the best of her ability. She keeps things light, but works hard when she needs to. She is very much my favorite person to be around because her happiness is contagious and it makes me want to be a better person!"

Perhaps the worst news for CEHS's opponents is that both athletes will be back for their senior seasons. The other side of the story is that these two ferocious competitors have been close friends for quite some time.



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Next deadline: Aug 16th For Issue Date: Aug 28th

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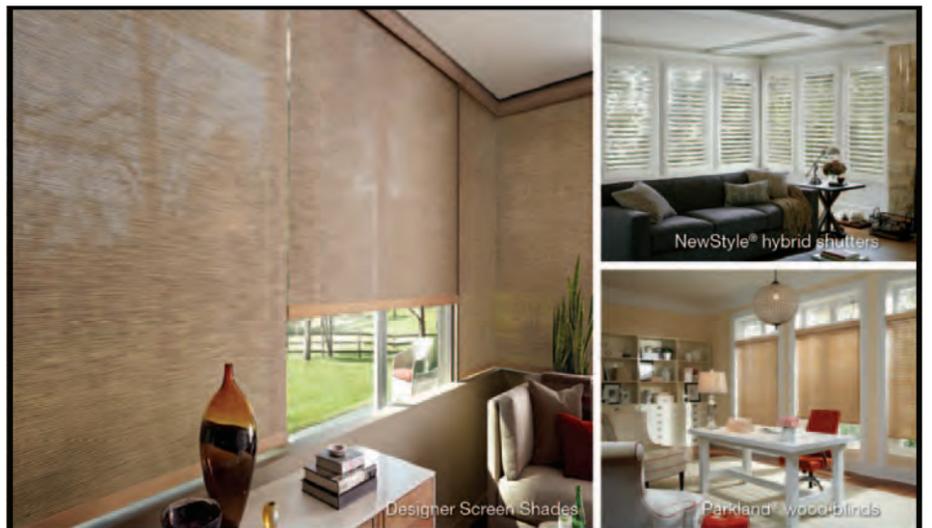
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Clair graduates from University of Utah

Sarah Clair of Cape Elizabeth graduated with a Bachelor of Science in Biology from the University of Utah in Salt Lake City, Utah on May 2.

Svetlichny named to Dean's List

Erik Svetlichny, CEHS class of 2018, was named to the Dean's Honor List for the spring 2019 semester list at Rensselaer Polytechnic Institute (RPI) in Troy, New York.



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HunterDouglas Gallery



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This past July, the Cape Courier travelled with the Yim family to explore the Rhine region in Europe. One of the docks was in Speyer. Shown is the photo of the Yim's tour to Heidelberg, Germany where this photo was taken. The Heidelberg castle overlooks the beautiful, expansive views of Heidelberg and its surrounding areas. Shown above: Matthew Yim, Isabel Yim (not shown: Josephine and Sylvester).



Contributed photo

Cape Elizabeth resident Alexander Arnaout, above, holds The Cape Courier on a recent trip to Belgrade, Serbia.



Contributed photo

Longtime Cape resident, Robert "Bob" Chase recently celebrated his 95th birthday in front of many of his golfing and other friends. He was also named as the oldest active member of the Penobscot Valley Country Club. Chase graduated from CEHS in the Class of 1941 and now lives down the street from PVCC at the Dirigo Pines Retirement Community in Orono.



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