

The Cape Courier

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Aug 28 - Sep 10, 2019

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In the Spirit of Community

Caper wins age group at Maine state sailing championship



Contributed photo

Cape resident and CEMS student Tess Straw recently won her age group at the Maine State Optimist Championship and came in second overall out of a field of 43 sailors.

Tess Straw, a rising 8th grader at Cape Elizabeth Middle School won her age group ("Red Fleet") at the Maine State Optimist Championship in Boothbay Harbor on Aug. 1 and 2. She also came in second overall out of a field of 43 sailors. Straw sails with SailMaine, a nonprofit community sailing program based in the Old Port. This is the first time a sailor from SailMaine has placed at the competition, with past winners historically hailing from private yacht clubs.

Participants in the regatta ranged from ages 8 to 15 and sailed Optimist dinghies, which are the most popular youth racing boat in the world. A regatta consists of a number of races, with a sailor's place in each race resulting in an equivalent number of "points" with the sailor's worst race score discarded. Overall regatta placement is determined by who has the least number of points. Each race involves sailing around a number of

inflatable "marks" placed around Boothbay Harbor.

Over the two day regatta, Straw won one race (known as a "bullet") - believed to be a first for the community sailing program - and placed second in two others, contributing to a total point score of 15 across six races. Overall placement came down to a nail-biting photo finish on the last leg of the last race, where she came within a boat length of taking first place overall.

During the school year, Straw sails C-420 boats with the Cape Elizabeth High School sailing team at SailMaine. The experience and coaching she received as part of team helped her significantly increase her performance compared to the 2018 regatta, where she came in 34th overall. Her younger sister, Story, a rising 7th grader at Cape Elizabeth Middle School, also sailed in this year's regatta and came in 32nd overall.

Assessor commits \$19.68 property tax rate for 2019-20

The Assessing Department has completed the tax commitment for 2019-20 and has set the tax rate at \$19.68, eight cents below what the adopted town budget predicted.

Again this year, Tax Assessor Clinton Swett attributed the good news to a healthy economy. "The budget estimated the mill rate to be \$19.76, but due to robust construction renovations and new construction, our townwide valuation was greater than anticipated," he said.

The committed tax rate is up 3.8 percent over last year's rate of \$19.02.

Tax due dates are Oct. 1, 2019 and April 1, 2020. Bills for the first half of the fiscal year were mailed out the week of August 12, Swett said.

For more information, including the full report and tax-rate calculator, visit the town website at: https://www.capec Elizabeth.com/news/2019/tax_commitment_2020.html

The start of school is coming quickly and the buses are ready. The new bus routes will be posted on the school website www.capecfd.org or you can call the Facilities & Transportation office (207)799-9574.

There have been some significant changes in the bus routes from last year. Some of the drivers have changed along with the bus/route numbers and bus stops. Please check the listings for the bus stop closest to your home.

Signs show a shift, some say

By Kevin St. Jarre

Visitors and residents alike are seeing more and more signs going up around Cape Elizabeth. New signs laying out which patches of grass dogs can't be on, and other signs saying a particular lawn is safe for bees because the caretaker has not used pesticides harmful to the imperiled insects.

There is a sign informing people to avoid an ecologically sensitive portion of Robinson Woods, and new sign letting us know that a tennis court at Fort Williams Park may only be used for playing tennis, no matter that there are no nets and the surface is cracked and unusable.

New signage keeps off-leash dogs off a favorite part of the park, and off long-used stretches of beach.

As people enter Cape Elizabeth, they are welcomed by lovely signs, and at Two Lights State Park an impromptu sign lets tourists know there is no lighthouse at Two Lights.

Out on Long Point Lane, a professionally-made yellow sign recently was erected that reads,

"PRIVATE ROAD



Photo by Kevin St. Jarre

As people enter Cape Elizabeth, they are welcomed by this sign, celebrating the town itself.

PRIVATE PROPERTY
VIDEO MONITOR
NO TRESPASSING!
NO FOOT TRAFFIC
NO VEHICLES
NO BIKES NO DOGS

-see SIGNS page 15

Dog-ordinance revisions tabled to September 9

Following a public hearing, the Town Council on Aug. 12 tabled a decision on proposed dog-ordinance revisions until Sept. 9, when the council plans to vote separately on two different aspects of the proposal:

1. A new, category-based system of managing dogs on municipal property: Category 1 - No dogs; Category 2 - On-leash only; or Category 3- On-leash or under voice control.

2. A table listing which categories are designated to which properties.

Dogs on town athletic fields have generated the most concern since officials started working to modernize town dog regulations more than a year ago. The work was prompted by a January 2018

decision to move and enlarge an off-leash area of Fort Williams Park away from the multipurpose fields, and to prohibit unleashed dogs on the fields during playing seasons.

The proposal presented on Aug. 12 would ban dogs from town playing fields all together, a concept supported at the hearing by Bridlepath Way resident Roger Rioux, who reiterated his position that dogs do not belong on athletic fields for the health of the players and for the health of the fields.

He also suggested the town, like other communities, establish fenced areas where dogs may run off-leash with no ex-

-see ORDINANCE page 14

Summer scene at Two Lights State Park



Photo by Marta Girouard



The Cape Courier
 P.O. Box 6242
 Cape Elizabeth Maine 04107
 207-838-2180
www.capecourier.com

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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Letters should not exceed 250 words. We reserve the right to refuse letters and to edit for length, accuracy, clarity and civility. 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: Sept 11
DEADLINE: Noon, Aug 30

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Human beings 'at their very best' at the Beach to Beacon

Every year I watch the B2B from 'my' spot about two-thirds up the hill into Fort Williams. My daughter often runs the race and I come to cheer her on but I am always there for the wheelchairs, to cheer them up that very steep hill.

This year I saw something remarkable.

All of the wheelchairs seemed to have come through and the elite runners too. Then came the very fast runners, who likely were running for competitive times.

In this mix was another wheelchair, far behind the others, who was having real trouble getting up that hill. He stopped completely mid-way up as the crowd continued to try and help him on with cheers.

Most everyone watching the race was completely focused on that man. I saw a young female runner passing him, and she leaned over to ask him if he wanted help. He must have said yes because she went behind him and started to push him up the hill. Within 5 seconds that whole group of runners (who would have been among the first in their age groups), joined in and helped push the man to the top of the hill.

It was a beautiful sight to behold. In the nano-second the woman sensed he might need help, and made the decision that helping him reach the top was more important than her race time.

And to watch other excellent runners make a split decision to join in and help him, was a beautiful moment to behold. Human beings at their very best!

Triss Critchfield

THANK YOU!

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

Thank you to this recent generous contributor:

Anonymous

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.

Let us hear from you!

We love feedback!
 editor@capecourier.com

Congrats to all the B2B runners, organizers, sponsors

The High School Mile, prior to Beach to Beacon was a wonderful event. As always, the race organizers and Fort Williams staff did a great job.

It so happened that my brother-in-law, Dave Earnhart, a lifelong runner, arrived from NJ for a weekend visit on Thursday, August 1. He couldn't believe his timing, and was thrilled to watch the high school mile

race and Beach to Beacon with his brother, Alan. Dave was lucky enough to meet Joan Benoit Samuelson who was so very gracious and posed for a picture.

Congratulations to all the runners, organizers, sponsors and to Beach to Beacon's 22nd successful 10K!

Allison Earnhart



Contributed photo

Dave Earnhart with Joan Benoit Samuelson at the Beach to Beacon High School Mile.

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

By Jim Rowe



Photo courtesy of the Carr-Higgins collection at the Cape Elizabeth Historical Preservation Society

Joseph W. Armstrong first opened his store in Cape Cottage in 1896. He was the quintessential entrepreneur- always trying new ways to capitalize on a burgeoning population in Cape Elizabeth's northeast corner. The post office opened in 1898. The above photo shows the Armstrong family. Pictured from left to right are Joseph, daughter Louisa, son Harvard, daughter Ethel and wife Sarah.



Photo courtesy of the Carr-Higgins collection at the Cape Elizabeth Historical Preservation Society

The first Armstrong Store was a small, unpretentious structure (located behind where the larger, most recent iteration stood). The store even featured a shooting gallery. The products of one Joseph Armstrong enterprise endure. He was a prolific photographer and producer of postcards, including many of the Cape Cottage Casino, the Cape Cottage Theater,

Fort Williams and the Cape Elizabeth shore. These cards are coveted collectibles today.

Pictured in the photo above in front of the "new" larger store are, left to right, Sarah, Ethel, Joseph, Louisa, Harvard, and an identified person. For a time, there was a dance hall upstairs, which was later converted to apartments.



Photo courtesy of the Carr-Higgins collection at the Cape Elizabeth Historical Preservation Society

Above left, Joseph and Sarah tend the store's counter.

Above right, high water at Armstrong's Store following Hurricane Carol in 1953. Those identified are: Jessie (Moulton) Timberlake (under the Bell Telephone



Photo courtesy of the Carr-Higgins collection at the Cape Elizabeth Historical Preservation Society

sign), Joe Higgins in the bow of the boat, passenger Tim McCarty in coonskin cap, Schuyler Higgins manning the oars, and Judy McManamy in the stern (nearest the camera).



Photo courtesy of the Carr-Higgins collection at the Cape Elizabeth Historical Preservation Society

In 2019, it is difficult to imagine just how busy the Cape Cottage neighborhood was in the early 20th century. The trolley line brought tourists and visitors by the thousands. To the right in these photos is the north side of the enlarged Armstrong's Store (ca. 1920s). The trolley would drop passengers in front of the store and also made a loop into the Cape Cottage Casino, returning to Shore Road in front of the massive Cape Cottage Theater (shown across the road from the store).

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Town receives grant for engineering to relocate Crescent Beach/Kettle Cove public boat launch

The town received a \$13,750 grant from the Maine Department of Marine Resources to begin work on relocating the public boat launch at Crescent Beach and Kettle Cove.

The grant will be used for surveying and engineering services to develop a preliminary plan for relocating the public boat access at Crescent Beach/Kettle Cove to an historic location further northwest off of Kettle Cove Road. The move was recommended by the 2018 Harbors Committee due to the steep topography and exposure to erosive wave action at the current site.

Town Council Chair Jamie Garvin called the grant "great news," and Town Manager Matthew Sturgis said the town is excited to receive what it hopes will be the first of two grants to complete the committee's recommendation.

"Probably after we get through this (planning) work next spring we'll be

looking to apply for what they call a coastal harbor access grant," Sturgis told councilors at their Aug. 12 meeting. "So it's kind of like this is the first domino to fall, and then the second domino would be ... funding to help us with an access plan that should come from the planning of this," he said.

The grant, accepted by the council on Aug. 12, cannot be used for construction and requires a 25 percent match – approximately \$3,500 – cash or in-kind. "We have the money set aside to match our end of it, but we also have staff time that we will be devoting to this," Sturgis said.

Implementing the recommendations of the Harbors Committee, including improved access for watercraft in the Kettle Cove/Crescent Beach area and developing a coastal access plan, are among the Town Council goals for 2019.

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

Nomination papers for the Nov. 5 municipal election are 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. For more information, visit <https://www.capeelizabeth.com/news/2019/nompap19.html>.

Two employees mark 40 years of service to the town

Two town employees were honored for 40 years of service at the annual employee recognition event held at Fort Williams Park on Aug. 15.

James Green, Public Works Supervisor, and Robert Malley, Director of Public Works, were both honored for 40 years of service and were the longest tenured among the 14 employees celebrating milestones:

Teresa Olsen, municipal agent, was recognized for 20 years of service in the town tax office.

Wendy Derzawiec, CETV Coordinator; Coleman Rogers, Park Ranger - Fort Williams Park; and Janet Staples, Assessing/Codes/Planning office, were all recognized for 15 years.

Celebrating five years of service this

year are:

- Adam Enman, Public Works Department - Equipment Operator
- Kiah Gardner, Thomas Memorial Library
- Verna Gordon, Community Services - Preschool Teacher
- W. Blaine Jardine, Portland Head Light, Greeter
- Antonietta Sweeney, Administration - Tax Office Clerk
- Linda Winker, Administration - Tax Office Clerk

Megan Porter and Stephen Porter, both greeters at Portland Head Light, were also recognized for their five years of service as of 2017.

Thomas Memorial Library hosting international photography exhibition through September 30

Thomas Memorial Library will be hosting an international photography exhibition, "Bridges of Friendship," through the end of September. An Opening Artist's Reception will be held at the library, sponsored by the Thomas Memorial Library Foundation, on Thursday, August 29, from 6:00 - 8:00 p.m.

"Bridges of Friendship" is a selection of images that show our communities in a positive light. Greater Portland and several other locations around Maine are combined with images of the far Northwestern Region of Archangel, Russia, named for the Archangel Michael. The Capital of the Archangel Region shares the same name. Greater Portland and The Port City of Archangel established their Sister City Treaty of Friendship in November 1988.

A total of 30 Images of Maine and Greater Portland by members of the Portland Camera Club (PCC) were selected to be combined with 30 Images of the Archangel Region by members of the Northern Lights Photo Club of Archangel, Russia ~ Photo Club SPOLOKHI. The selected Images were emailed to both photography clubs for printing and exhibition in both communities.

The "Bridges of Friendship" Exhibition was named for an essay composed by the late Sergei Yargin, a longtime member of Photo Club SPOLOKHI. He wrote

the essay in March 1991, after three visits to Archangel by PCC President Dennis Marrotte in ten months.

The exhibition celebrates the 30 Years of friendship and goodwill between the Sister Cities of Archangel, Russia and Greater Portland, Maine. Patron support to bring this exhibition to reality was the result of months of work by Dennis Marrotte and Dan Glover, who appeared before city and town council meetings of Greater Portland communities.

The prints are all on Artiplaq Plates manufactured by Artiplaq in South Portland, and all are for sale. For more details, including purchase information, please contact Dennis Marrotte, 232-4855 dennis.marrotte1111@gmail.com or Dan Glover, 854-1466. Anyone interested in purchase information in the month of September should call Dan as Dennis will be unavailable by phone.

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.

Library closed for cleaning August 31

The Thomas Memorial Library will be closed on Saturday, Aug. 31 for a deep cleaning of the facility.

Cleaning at the start of the holiday weekend will allow the carpets to dry before the library reopens at 9 a.m. Tuesday, Sept. 3.

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Mindful moments

By Martha Williams

Martha Williams teaches group yoga classes, private yoga in the home, and offers energy healing using ancient, indigenous practices. A Cape Elizabeth resident for 10+ years, she lives in a former schoolhouse overlooking Cape Land Trust property and couldn't be happier about it. For more information, visit www.soulfireassociates.com or email soulfiremartha@gmail.com.

Practicing mindfulness can bring about a number of positive benefits including lower blood pressure, greater focus, reduced physical pain, improved sleep and decreased emotional reactivity. Science has also shown that mindfulness can shift the brain from disturbing to positive emotions.

Mindfulness practice also helps keep the brain "plastic" and not a rigid plastic, either. More of a malleable, changeable state of our brain. By challenging old habits of thought, feeling and reacting through mindful awareness, we can re-wire the brain at any age.

In addition to the benefits of mindfulness meditation, I love the many ways we can practice mindfulness: sitting, lying down, speaking, and moving as with yoga or dancing or walking.

You can even practice mindfulness in line at the IGA.

Try this mindful walking practice and see what you notice about your breath, your body, your thoughts and your overall sense of engagement with the world:

Begin by choosing a location where you typically walk – a Land Trust path, the beach, your neighborhood or even your home. Before starting your walk, pause and notice your breath as it enters the body and exits the body. Notice the physical effects of your breath flowing in and out: chest rises and falls. Can you feel cool breath on the back of your throat as you inhale?

Next, place one heel on the ground, then mid-foot, then your toes. Now the other heel, mid-foot, and toes. Find a rhythm as you slowly walk, focusing on the heel, mid-foot and toes touching the ground. Notice your breath and match your inhalation to one foot landing on the ground, exhaling as the other foot lands on the ground. This will probably slow your pace. Not a bad thing.

Find a rhythm of placing your feet on the ground and syncing your inhalations and exhalations with your footsteps.

Start out gazing down at your feet and the ground, allowing thoughts to pass across your awareness like clouds floating across the sky and return to focusing on your breath and feet and the ground.

After five minutes, pause and take in your surroundings. Notice colors, shapes, the light. Notice scents, sounds and the hot sun or cool breeze.

Repeat.

May this practice offer a new experience of an everyday activity: walking and moving. May it be an experience that brings enhanced awareness and a moment of calm in our busy world.

Loud party complaints, suspicious male at Fort Williams reported

Reported by Marta Girouard

COMPLAINTS

- 7-29 An officer met with a resident of the Shore Road area regarding a trespass complaint.
- 7-30 Two officers responded to a noise complaint originating from a group of teenagers on Casino Beach.
- 8-1 An officer met with a resident of the Old Ocean House Road area regarding a harassment complaint.
- 8-1 An officer met with a resident of the Scott Dyer Road area regarding unauthorized withdrawals from an account.
- 8-2 An officer met with a resident of the Spurwink Avenue area who had listed some furniture on the website Let Go. Victim was contacted by a buyer who sent a check for more than the agreed upon price. The victim contacted the buyer regarding the amount and was advised it was to cover the shipping and mailing fees and asked the seller to send money orders to an address in Florida. Victim mailed the money orders and then learned that the buyer's check did not clear.
- 8-3 Two officers responded to a residence in the Ocean House Road area for report of an underage drinking party.
- 8-3 Two officers responded to residence in the Shore Road area for a loud party complaint.
- 8-4 Two officers responded to a residence in the Old Ocean House Road area for a domestic disturbance.
- 8-4 An officer met with a resident who wanted to turn in a firearm for disposal.
- 8-4 An officer met with a resident of the Mitchell Road area regarding an unauthorized charge on an account.
- 8-5 An officer met with a resident of the Scott Dyer Road area regarding an animal complaint.
- 8-5 Two officers responded to the Spurwink Avenue area for report of an altercation between three male teenagers.
- 8-5 An officer met with a resident of the Shore Road area regarding a domestic situation.
- 8-5 An officer met with a resident of the Scott Dyer Road area who advised that his phone had stopped working at the local phone carrier store and was told that his phone had been hacked.
- 8-5 An officer spoke with a resident of the Fowler Road area regarding a trespass issue.
- 8-6 An officer met with a resident of South Portland regarding an ongoing harassment issue.
- 8-6 An officer met with a resident in the Mitchell Road area regarding a civil custody issue.
- 8-6 Two officers responded to a residence in

the Eastman Road area for a domestic disturbance.

- 8-8 An officer met with a resident of the Fowler Road area regarding a suspicious person complaint.
- 8-8 An officer received a found wallet. The owner was contacted and property returned.
- 8-8 An officer met with a resident of the Fowler Road area regarding tenant/landlord issue.
- 8-10 An officer spoke with a resident of Westbrook who reported that on 8-4-19 while at Fort Williams Park, she observed older suspicious male subject watching young children.

SUMMONSES

- 7-30 Westbrook resident, uninspected motor vehicle, Route 77, \$148
- 7-30 Scarborough resident, speed (40/25 zone), Scott Dyer Road, \$170
- 7-31 Old Orchard Beach resident, uninspected motor vehicle, Kettle Cove, \$148
- 7-31 Scarborough resident, speed (42/25), Scott Dyer Road, \$170
- 8-2 Windham resident, uninspected motor vehicle, Spurwink Avenue, \$148
- 8-3 Cape Elizabeth resident, furnishing a place for minors to consume, Erie Road
- 8-4 South Portland resident, operating under the influence, Fowler Road
- 8-6 Westbrook resident, speed (55/45 zone), Route 77, \$129
- 8-6 New Jersey resident, speed (47/30 zone), Fowler Road, \$170
- 8-8 Portland resident, speed (44/35 zone), Spurwink Avenue, \$114

ACCIDENTS

- 07-31 Paul Cyr, Merilee Raines, Colefield Road
- 08-02 Brianna Twofoot, Ocean House Road
- 08-04 Nancy Miles, Spurwink Avenue
- 08-08 Janet Darling, Dennison Drive
- 08-08 Eric Stephanus, Ocean House Road

ARRESTS

- 7-31 Bath resident, operating after suspension, Route 77
- 8-1 Cape Elizabeth resident, operating under influence, Broad Cove Road
- 8-1 Cape Elizabeth resident, violation of a protection order, Cranbrook Drive

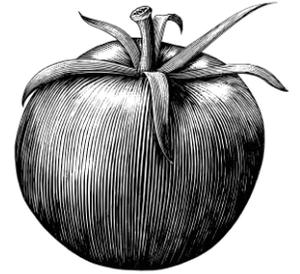
FIRE CALLS

- 08-02 Preble St Fuel Leak
- 08-02 South Portland Mutual Aid
- 08-05 Shore Road Tree Down, Traffic Control
- 08-05 South Portland Mutual Aid
- 08-06 Elmwood Road Fire Alarm
- 08-07 Ocean House Road Fire Alarm
- 08-07 Kettle Cove Water Rescue
- 08-08 South Portland Mutual Aid
- 08-08 Ocean View Fire Alarm
- 08-08 Concord Place Investigation
- 08-08 South Portland Mutual Aid
- 08-09 Russet Lane Grass Fire
- 08-10 Salt Spray Lane Fire Alarm
- 08-11 Delano Park Fire Alarm
- 08-11 McKenney Point Fire Alarm
- 08-11 Breakwater Farm Road Fire Alarm
- 08-11 Point Road Fire Alarm
- 08-12 Hampton Road Fire Alarm

RESCUE CALLS

There were 28 runs to Maine Medical Center. There were two runs to Mercy Hospital. There were five patients treated by rescue personnel but not transported.

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Our Library: Making a difference

Mom and the Saturday Library Adventures

By Julia Bassett Schwerin, Thomas Memorial Library Foundation



Contributed photo

On his Saturday outings to the Thomas Memorial Library with his mom, Joel Bassett was grateful for the help of Pat Fowler (pictured above) in making their experience a positive and rewarding one.

This column by Thomas Memorial Library Foundation shares true stories from library users on how our library is making a difference to them and to the community.

Every day, and many times during the day, at public libraries all over the country, a librarian or a staff person helps an individual who wants something they cannot obtain on their own.

Joel Bassett, our former Foundation Treasurer, shared this story about his mother's joy of using the Thomas Memorial Library.

"My mom regarded the dementia that snuck up on her in her eighties with her typical impatience for anything that was sub-functional, with 'functional' being her subjective definition of above average. Some days were better than others. My day to take mom out was Saturday. I never knew where in the range of clarity and patience, or lack thereof, I would find her when I arrived to collect her. As hard as she took it if she was low on either scale, I took it harder to see my always together mom now unsure. But I was determined to see it as just another adventure to make the most of.

"Often, our first adventure was to visit our town library in Cape Elizabeth. There, the always cheerful Pat Fowler had Saturday morning front desk duty. The problem was mom couldn't always remember which maritime murder mystery she had read, and it was really important to her that she got a new one, even if the names of all the other ones were a blur that day.

"Pat's knowledge of the maritime murder mystery sub-genre, which for all I know was no different than her knowledge of bee-keeping or Civil War history books, was something she regarded as a shared secret between them. Her regard for my mom's fragile self-esteem

in a world of which mom was no longer in full command at all times, made my mom's day a happy one.

"One week I went to pick mom up, and asked if she had finished the novel she had checked out last week and wanted to go find a new one. "Yes," she said, "but I think I already read it." Then turning back she whispered, "Please don't tell Pat, I don't want to hurt her feelings if she forgot that I had." Smiling, I slipped the book in my bag and off we went for a new adventure!"

This story is one example of the many mutually rewarding interpersonal interactions taking place every day with intelligence and empathy at our community library. These small acts make a difference not only to the library patrons but also make it a better community for all of us.

Do you have a personal story to tell or an idea how the TML made a difference for you or someone you know? If you do, we want you to contact the Thomas Memorial Library Storytelling Committee so we can hear your story. You can reach us by email at stories.tmlf@gmail.com. One of our story tellers will contact you to help edit your story and arrange for you to share it on our webpage or in the Cape Courier. It's a great way to encourage young people to share their stories too.

Council nominates Pond Cove Playground Committee for volunteerism award

The Pond Cove Playground Committee has been nominated by the town as Cape Elizabeth's 2019 Spirit of America award recipient.

The Town Council unanimously confirmed the recommendation at their Aug. 12 meeting.

"This committee has worked tirelessly to raise donations, mobilize volunteers, and facilitate the planning and design of the renovations of the Pond Cove Elementary School Playground," Town Manager Matthew Sturgis wrote in his recommendation. "These dedicated committee members along with Town and School staff are great examples of the power and success of volunteerism."

The award will be presented at the October meeting of the Cumberland County Commissioners.

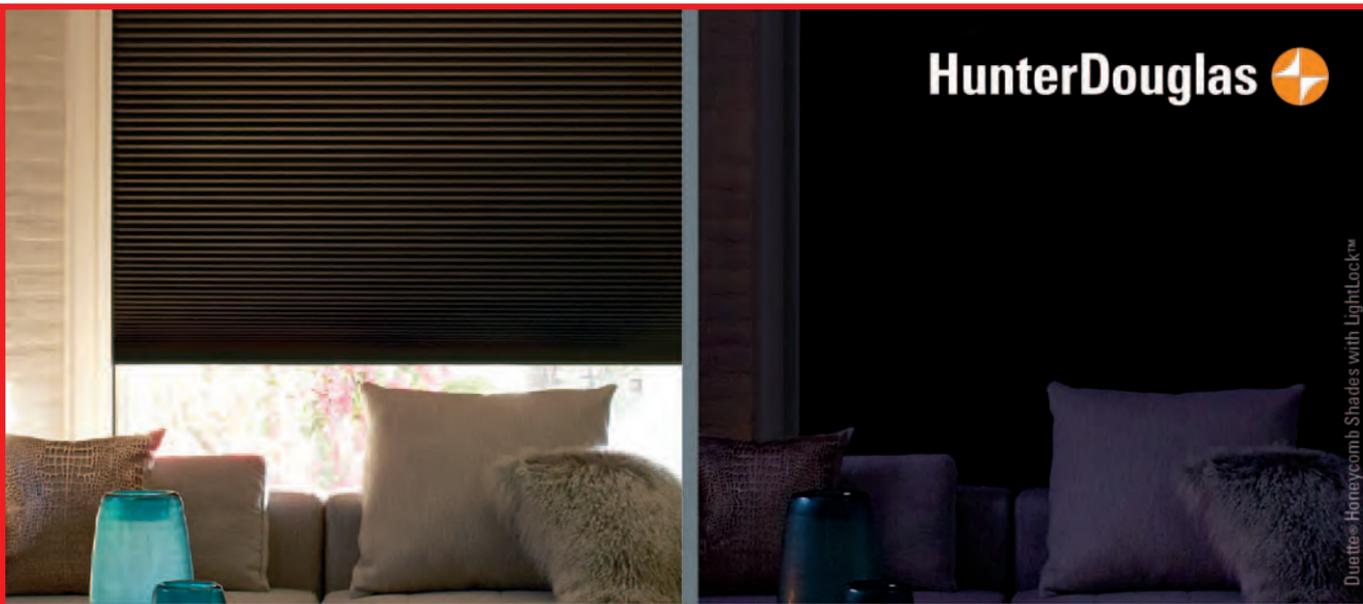
The Spirit of America Foundation has been recognizing volunteerism in the name of more than 100 Maine municipalities since the early 1990s.

In April, Spirit of America Foundation President Bruce Flaherty presented an overview of the program and invited the Town Council to nominate a person, project or group for the 2019 award, which recognizes outstanding volunteerism and embodiment of the American spirit.

The Pond Cove Playground Committee is Cape Elizabeth's second Spirit of America award recipient.

In 2018 the foundation recognized the Cape Farm Alliance for its contributions to the Cape Elizabeth community.

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CEHS student's hobby leads to Girl Scout Gold Award project on bees

By Helen Vaughan



Contributed photo

Helen Vaughan, a senior at Cape Elizabeth High School (back row in black shirt), and the Girl Scouts at one of her native bee classes at Fort Williams.

I've always loved honey, happy to dip a spoonful straight out of the jar. Liquid gold. So when my dad signed the two of us up for beekeeping classes in the winter of 2018, naturally I was looking forward to harvesting that honey. But over the course of our first season, I learned to love the bees even more. I loved how they worked as a perfect team, cleaning and caring for the hive together. I loved the circular brood nest and the honey tucked away on the edges of the frames. I learned to care more about the bees and their hardships to produce the honey than the actual end prize.

At the time, I was looking for an idea for my Girl Scout Gold Award project, the highest honor a Girl Scout can achieve. It takes at least 80 hours of community service work and has extensive requirements, including sustainability, leadership development and measurement. Originally, I was hoping to raise awareness about honeybees and encourage Cape residents to keep bees. But the Girl Scout council suggested I support local, native bees instead.

At first, I didn't know any native bees, other than the classic bumblebee. Through careful research and endless questions to local bee experts, the world of bees slowly began to take shape for me. I found it absolutely fascinating that there are hundreds of different species of bees (278 to be exact) in Maine, from leaf cutter to digger bees, ma-

son to sweat bees. They are crucial for our environment because they pollinate plants. Not only are most native bees more efficient pollinators than honey bees, but each family also has its own set of unique qualities I didn't even know bees could have. For instance, miner bees make their nests in sandy soil, using their legs to dig out tunnels to lay their eggs. Leaf cutter bees line their nests with chunks of leaves that they cut off plants with their mandibles and fly back to their nests.

I lapped up all these facts like a sweat bee licking sweat off a salty human. But the most incredible thing about native bees is that they are solitary bees. They don't live in huge congregations like a queen honeybee with thousands of worker bees running the hive, so they're more vulnerable. I found native bee species to not only be much harder, more efficient and generally cooler than honey bees, but also more easily destroyed by negative change.

Because native bees are solitary, it can be harder for their populations to survive. If a honeybee dies, it's unfortunate, but there are thousands of sisters back at the hive to fill in its place. If a queen bumblebee dies, all of its offspring die with it. Honeybees can sometimes outcompete native bee populations. Because Maine is the most forested state in the country, small populations of bees can become isolated, and they are harder to repopulate if they die. I figured if I as a beekeeper hadn't known about all these other, important types of bees, no one else would

either. And if no one knows about them, few are looking out for them and taking them into account.

It was this realization that spurred me on to complete the wild goose chase that was my Gold Award project. After over a hundred hours of work, I learned a lot about myself, as well as a few lessons. If you're passionate about something, pursue it. You never know where it might lead you. My interest in bees led me to complete my massive Gold Award project. I've also learned how much it means when someone pays attention to your passion and listens to you; it really does mean a lot.

Helping the native bees isn't that difficult, and we can make a huge difference by chipping in. Plant a wildflower garden with flowers that not only provide both nectar and pollen for bees, but also bloom consistently from spring to fall. Don't use pesticides on your lawn. The smaller the bee, the smaller the lethal dose of pesticide is as well. Provide nesting space by leaving open patches of soil and undisturbed sand for bees. Put out a nesting home for leaf cutter or bumblebees; they're easy to make. All of these simple changes will make life much easier for these delicate populations of native bees. I've learned that all insects have a role to play in our ecosystem, even if they can be annoying. It's up to us to support these crucial, fascinating creatures and, in turn, help our beautiful Maine environment to thrive.

Cape Schools faculty members work in concert to make music

By Ginger Raspiller and Kevin St. Jarre

Recently, University of Southern Maine School of Music Conducting Workshop participants presented a concert at Merrill Auditorium, the culmination of the workshop held on the picturesque USM campus in Gorham.

The Conducting Workshop is geared towards individuals conducting professionally for instrumental ensembles, including graduate students, educators leading public school band programs and directors of community and collegiate wind ensembles.

Among the participants, Cape Elizabeth schools were well-represented by saxophonist Sarah McKeown, a math teacher at Cape Elizabeth High School, conductor Caitlin Ramsey, the band director at Cape Elizabeth Middle School and conductor Michael Scarpone, the newly hired band director at CEHS.

The Conducting Workshop Faculty

-see MUSIC page 11



Contributed photo

A love of honey led Helen Vaughan to beekeeping and eventually bees became the subject of her Girl Scout Gold Award project, the highest honor a Girl Scout can achieve.



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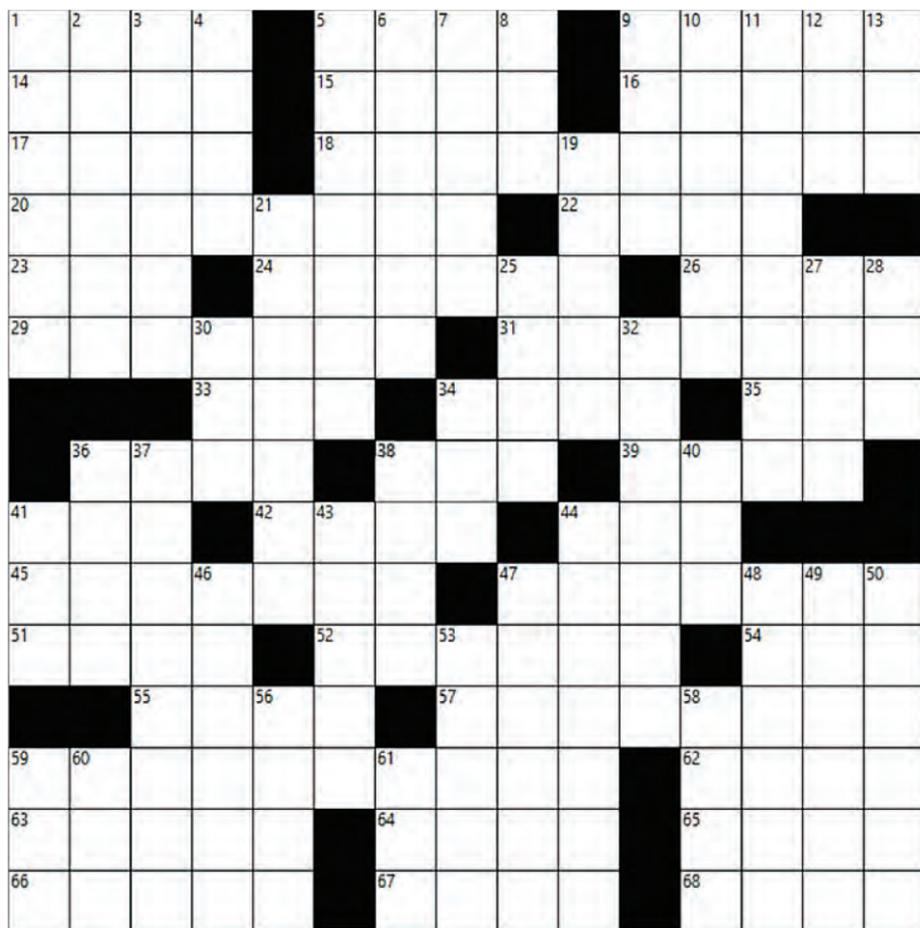
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- 1. Early personal computer from IBM
- 5. A place to watch from
- 9. Sculptors' models
- 14. Sign outside many diners
- 15. Covered with gold
- 16. Egyptian crosses
- 17. Large worldwide mining concern, North River Resources, PLC (abbr.)
- 18. "The Shawshank _____," 1994 film set in Maine
- 20. Big name in antifreeze
- 22. Flowering plant also known as wild indigo
- 23. Toothpaste brand
- 24. Actress Hepburn

- 26. Friend of Spot
- 29. Country stars Womack and Rimes
- 31. Coke addict?
- 33. Old Ford model
- 34. Texas has a yellow one
- 35. Three in the Colosseum
- 36. Hearing in open court
- 38. Suffix with ball or buff
- 39. Sunbathe
- 41. Miracle- _____
- 42. Desire
- 44. Women's Leadership Institute (abbr.)
- 45. With 66 Across, 1959 film set in Maine
- 47. See 27 Down

- 51. Neighborhood in NYC or London
- 52. With 66 Across, television show and 1957 film set in Maine
- 54. Appropriate prefix for 'before'
- 55. Nick and Nora's dog
- 57. Umpire's responsibility, sometimes
- 59. Thomas _____, famous inventor
- 62. Year in the Vatican
- 63. _____ air painting, in the great outdoors
- 64. Didn't pay up
- 65. Newbie (abbr.)
- 66. Location, or part of 45 and 52

DOWN

- 1. Correspondent
- 2. 1976 film set in Maine
- 3. The "X" in X-Games
- 4. Recipe meas.
- 5. Bad way to run your boat
- 6. Evil ones
- 7. Tree in the birch family
- 8. Info. provided by Google Maps
- 9. "Aye, _____!"
- 10. Group nickname for anti-fascist organizations
- 11. 'Heavenly' equipment
- 12. In spite of the fact that, briefly
- 13. Important ID
- 19. Hellman's, Kraft, and Cain's make these
- 21. What a tired child might have
- 25. There's demand for this college class (abbr.)
- 27. With 47 Across, television show and 2012 film set in Maine
- 28. Starting square
- 30. Ginger _____
- 32. "Friends" actor Matt
- 34. Caviar
- 36. Words of qualification
- 37. "_____ phone call"
- 38. Monster
- 40. Help
- 41. Argon or neon
- 43. Fix under the carpet
- 44. "_____ this madness?"
- 46. Tile art
- 47. Many Catholic churches, for short
- 48. One with something to say
- 49. According to an adage, two of these don't improve things
- 50. Tabasco Mrs.
- 53. 2008 slogan, "_____ can!"
- 56. Wide men's shoe size
- 58. Perfume by Dana
- 59. It's on your phone
- 60. Golfer Ernie?
- 61. Charged particle

Cape Elizabeth Land Trust September programs

CELT mushroom program in Robinson Woods

Join mushroom expert Dan Agro of AgroMyco on this CELT sponsored event about edible and medicinal mushrooms. Topics for discussion are the best times of the year to find local medicinal and culinary mushrooms, ideal growing environments and what to look for in the forest, safe and thorough species identification and how to preserve and/or cook your mushrooms.

There will not be any foraging during the program, rather, it is an educational program to learn about these fascinating organisms.

Date: Saturday September 14
 Time: 9:00 a.m.-12:00 p.m.
 Location: Robinson Woods Kiosk
 Shore Road
 Cost: \$10 per person

CELT's Paddling Great Pond

Join Nancy Zane of Northstar Adventures on a two-hour guided paddle of Great Pond. This CELT sponsored event will allow participants to learn more about kayaking while exploring Great Pond. Participants are encouraged to wear appropriate clothing for kayaking, and the program is designed for people ages eight and up. Kayaks and life preservers will be provided.

If participants choose to pack a lunch, they may join Nancy after the program for a picnic on the shores of Great Pond.

For more information about Northstar Adventures visit www.northstaradventures.me.

Date: Saturday, September 21
 Time: 10:00 a.m. – 12:00 p.m.
 Location: Great Pond: Fenway Road entrance
 Cost: \$20

Please register for these programs through Cape Elizabeth Community Services. www.capecommunityservices.org. Please call The Cape Elizabeth Land Trust with any questions. 767-6054. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

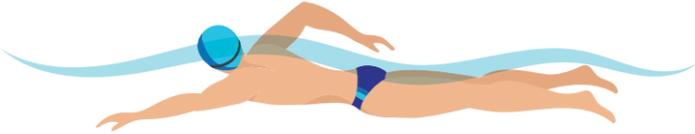


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A USA Swimming sanctioned club, CMA offers year-round coaching to all levels and ages of young swimmers, from basic stroke development, to collegiate level competition, and everything in between.

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For more information, contact head coach Marcel DaPonte at marcel@coastalmaineaquatics.com, and check us out at www.coastalmaineaquatics.com



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Construction is underway at new Pond Cove playground



Contributed photo



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Major progress has been made on construction of the new Pond Cove Playground. The playground will feature two age-specific Adventureland playground areas and Natureland, an outdoor classroom.

Pictured in the top photo above, a new hillside slide built into the hill in Big Adventureland was designed to change a treacherous, erosion-riddled slope into an engaging play area that offers children the opportunity to build strength, balance and flexibility.

Exciting progress has been made to the learning spaces in Natureland as well with the gazebo refurbishment. In the group photo, Dr. Tony Owens (who also led efforts in 2007-2008 to build the original gazebo) is pictured hard at work with Bob Dawson and Maddie Stephen, CELT Intern.

What community spirit and commitment to outdoor learning for kids! Playground construction is scheduled to be completed by the end of September.

The playground committee's fundraising goal was met thanks to the community's support and fundraising will continue

to support ongoing playground maintenance. Next month's Tri by the Sea proceeds will support the playground project and a 2nd annual Pond Cove's Got Talent event is scheduled for next spring.

The community is invited to celebrate this new playground and outdoor classroom with a ribbon cutting ceremony on Saturday, September 28 at 2 p.m.

Ninth Cape Elizabeth Garden Tour raises \$45,000 for FFWP



Photo by Rod Harmon

The 9th annual Cape Elizabeth Garden Tour consisted of eight private gardens in Cape Elizabeth and South Portland.

The 9th Annual Cape Elizabeth Garden Tour drew more than 400 visitors and raised \$45,000 for Friends of Fort Williams Park, helping to ensure that the non-profit's work in one of Maine's most beloved natural treasures will continue.

Held on July 20, the garden tour featured eight private gardens in Cape Elizabeth and South Portland and covered a wide array of styles, from small condominium accent gardens and historic homes to large oceanside properties and lighthouse views. Visitors enjoyed a sunny summer day perusing the gardens, conversing with docents and garden owners, and enjoying free gifts provided by sponsors.

"We are grateful to the many people who contribute their gardens, their volunteer time, their sponsorships and their advertising dollars to make the Garden Tour a success year after year," said Garden Tour Chair Lynn Shaffer. "Next year should be the best yet, as we will go all out to celebrate our 10th annual tour."

Friends of Fort Williams Park is a 501(c)(3) nonprofit organization based

in Cape Elizabeth that is dedicated to preserving and enhancing the natural resources and visitor experience of Fort Williams Park by providing planning and stewardship for projects that support the park's ecology, accessibility and open space. The Cape Elizabeth Garden Tour is the largest annual fundraiser of FFWP.

The Ecology Project is a multi-year endeavor to remove invasive plant species, plant and encourage the growth of native species, and renovate key areas to enhance user enjoyment. FFWP has completed three Ecology Project sites—Lighthouse View, Cliffside and the Children's Garden—and is working on a fourth site, Cliff Walk Landscape. FFWP also hosts educational programs and tours in the park, and partners with other non-profit organizations and the Town of Cape Elizabeth to encourage sustainable land management practices.

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

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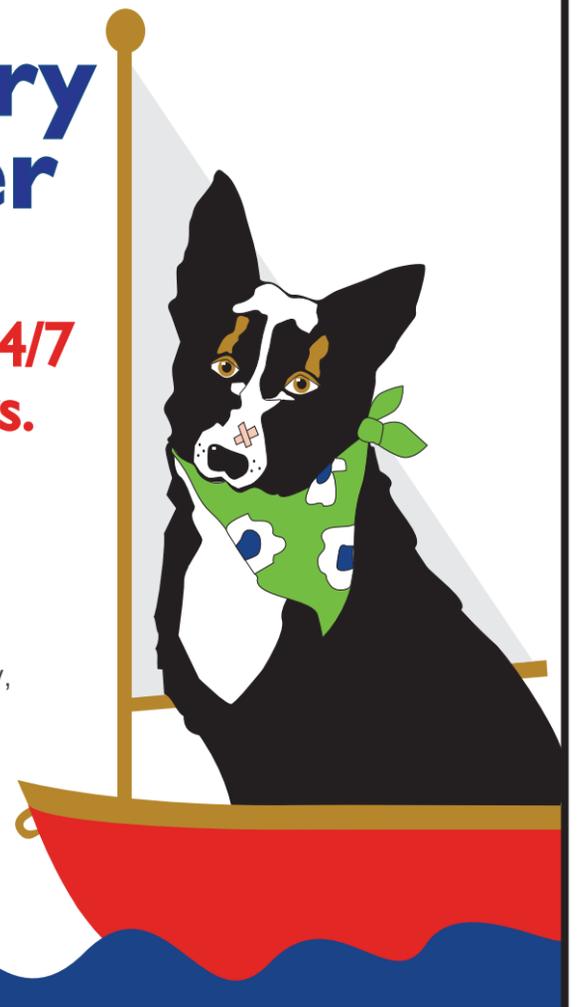
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Special all-local foods seasonal dinner to be held September 15



Contributed photo

A bountiful harvest from Alewife's Brook Farm.

Been wondering what it would be like to create an entirely hyper-local meal, using only foods grown in Cape Elizabeth or harvested by our local fishermen? Satisfy your curiosity with a unique farm-to-fork, tide-to-table dinner being offered at the Inn by the Sea this September.

The IBTS's Rauni Kew said that the idea for this special event originated in Executive Chef Andrew Chadwick's desire, "to do a benefit that would support the mission of The Cape Farm Alliance in educating the public on the value in preserving local farms and local foods."

The Inn will be donating a portion of the evening's profits to the CFA.

"I'm really honored to join forces with the Cape Farm Alliance," Chef Chadwick said, "to create a multi-course menu sourced entirely from Cape farms to showcase the wonderful diversity of the fall harvest."

"We're tremendously fortunate to be surrounded by a wealth of fresh produce and seafood, and we're thrilled to be able to focus on the hard work and delectable product from our farmers. The open space, and the availability of ber-



Contributed photo

Sea Glass Executive Chef Andrew Chadwick, and one of his "local" dishes.

ries in the spring, seafood all year long, and farm-fresh produce summer through fall adds greatly to our guest experience at the Inn."

The Inn by the Sea has been buying regional produce for its Sea Glass restaurant for more than a decade, and often sources from Cape farms, according to Kew. "Chef Chadwick also creates seasonal menus about five times a year to take advantage of Maine's fresh seafood and local produce." Several restaurants in Cape, including The Well at Jordan's Farm and The Good Table, also regularly source from Cape farms.

Cape Farm Alliance President Nick Tammaro commented, "I'm constantly

impressed by the support for local farms from residents and local businesses. The IBTS dinner is another amazing example of just how important our local farms are to our community."

Chef Chadwick said the event's menu is still evolving as the harvest progresses, but many of the planned dishes can be viewed on the inn's website (on the "Special Menu" page).

The dinner will be served outside, family-style, under a tent, and will begin with appetizers and a cash bar at 4 p.m. Reservations (which are required) can be made by contacting the Inn's Laurie Inness at 799-3134.



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Banners on CELT properties part of High Tide Here initiative

Residents may notice blue banners on some Cape Elizabeth Land Trust properties starting this month. These banners are part of the High Tide Here initiative. They mark points on the landscape that are expected to be flooded with high tides within a hundred years, according to climate change projections. The initia-

tive seeks to bring the concept of climate change from an abstract and faraway threat to a visual, impactful reminder that our homes, communities and landscapes will be endangered.

It may be impossible to escape some of the worst consequences of our runaway global carbon emissions, but we hope reminders such as the High Tide Here banners remind us that we have to do what we can to preserve and restore natural ecosystems and biodiversity, to protect our open spaces and to continue inspiring people to care for the land.

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These banners located on some CELT properties mark points on the landscape that are expected to be flooded with high tides within a hundred years, according to climate change projections.



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Music

Continued from page 7

included Dr. Jackie Townsend, Director of Wind Studies at USM and Professor Eugene Migliaro Corporon, Director of Wind Studies at University of North Texas.

Conductors from Maine and around the country honed their conducting skills with the support of the workshop faculty and the musicians of the Casco Bay Wind Symphony.



Photo by Alan Bennett

Members of the Casco Bay Wind Symphony, including saxophonist and CEHS math teacher Sarah McKeown.



Photo by Alan Bennett

In the photo on the left Michael Scarpone, the newly hired band director at CEHS, is pictured working with workshop leader Professor Corporon. Below, Caitlin Ramsey, the band director at Cape Elizabeth Middle School, conducts during the workshop.



Photo by Alan Bennett

Both of the mushrooms pictured in top left and above photo were approximately 10 inches across, and were found harvested and left under a tree in Robinson Woods. The Cape Elizabeth Land Trust is offering a mushroom program in Robinson Woods on September 14. For more information, see page 8.

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Thomas Memorial Library to hold international photography exhibition, offers presentations on eldering, evening of poems on animals and new teen space opens September 3

NOTE: The library will be closed on Saturday, August 31 for maintenance, and also on Monday September 2 for Labor Day.

ADULT PROGRAMS

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, Aug. 29, 6:00-8:00 p.m.
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.

Garden Club: Healthy Lawns Made Easy

Tuesday, Sept. 3, 6:30-8:00 p.m.
What defines the perfect healthy Maine lawn? It's one that is safe for kids, pets, wildlife, and the environment. In this talk, you'll:

- Learn ways to create a lush, beautiful lawn that's barefoot safe for kids and pets without relying on pesticides and synthetic fertilizers.
- Ways to maintain a beautiful lawn while saving money, time and effort.
- Get strategies to address fertilization, weed and thatch control.

- Learn about ways to renovate unhealthy lawns, transitions to organic care and more.

Program teachings are compatible with the City of Portland's and City of South Portland's pesticide ordinances. Whether you maintain your lawn or contract with professionals, round up your neighbors and join us.

Eldering: Conversations on Growing Older

Wednesday, Sept. 4, 1:00-2:30 p.m.
We are starting a new discussion group to talk about Eldering. While aging is familiar to us, the concept of "Eldering" may be new. We'll meet on the first Wednesday of the month from 1:00-2:30 p.m. We hope you'll join us for our first gathering and continue with us through the fall.

- Questions we might ponder include:
- Did you enter your "Senior" years with advanced planning or did you one day find yourself retired and wondering what came next?
 - Did you stay put or did you pack up and move? If you moved, was it to be closer to family or did you strike out alone to a new location?
 - Did you downsize or are you living with a life's accumulation or are you also living with the life accumulation of others now departed?
 - Is your health holding or are you experiencing ailments common to aging bodies?
 - Have you lost loved ones? Are you alone? Are you living with a spouse or partner who is also aging?
 - Have you experienced a difference in aging as you move from decade to decade? Is being in your 60's radically different from your 70's or 80's? What accommodations are required during these progressions?
 - Have you considered aging may be a time of expansion, a time of reflection and growth? As you continue to age and health problems or other difficulties arise is there still room for reflection and gratitude in your life?

Eldering: Conversations on Growing Older will be a place to talk, to share, or to just listen to what neighbors, friends,

and members of our community have to say about their experiences as we grow older. Resources on aging will be available. Books and articles on aging or eldering can be discussed and shared. Speakers on specific aspects of aging may be asked to give presentations if there is group interest.

Poems About Animals – With a 5-Poet Panel

Thursday, Sept. 5, 6:30-8:00 p.m.
We are thrilled to welcome a panel of five poets to share an evening of poems about animals. Alice Persons, owner and editor of Moonpie Press, will facilitate. Our poet readers include Marcia Brown, former Portland Poet Laureate; Betsy Sholl, former Maine State Poet Laureate; Mike Bove, who teaches at SMCC; David Stankiewicz, who teaches at SMCC; and Kevin Sweeney, chair of the SMCC English department.

Chair Yoga

Monday, Sept. 9, 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.

Yoga offers many benefits, including lower blood pressure, greater strength and flexibility, improved balance, and a calmer mind. You'll learn why yoga is more than the physical postures you see in pictures and commercials, and how you can incorporate it into your life in a way that works for you.

Chair yoga can be practiced at any age. Just wear comfortable clothing, sneakers or flat shoes, and bring water to drink.

When you tap into this ancient practice you'll learn many ways to find a more peaceful, powerful you.

Democracy Café

Tuesday, Sept. 10, 6:30 -8:00 p.m.
Communication, teamwork, and compromise are all vital in a thriving democracy.

This month at the Democracy Cafe, we're going to 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.

The Democracy Cafe 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 Book Group – "Killers of the Flower Moon"

Wednesday, Sept. 11, 9:30-11:00 a.m.
Our morning book group meets on the second Wednesday of each month. In August, we'll be discussing "Killers of the Flower Moon: The Osage Murders and the Birth of the FBI," by David Grann. We hope you'll join us to read and discuss. New members are always welcome.

Maine Wildlife Series: Lichens – Pioneering Giants

Thursday, Sept. 12, 6:30-7:30 p.m.
Maine Naturalist Grace Bartlett joins us in September to tell us about the fascinating world of lichens. In addition to her talk and slides, Bartlett will bring her lichen collection and hopes to do a demonstration with a dry desiccated lichen that springs back to life with a little water. At this talk, you'll learn about:

- Lichen beginnings and adaptive features
- Where lichens are found today
- The anatomy of a lichen
- Functions of lichens

And, of course, we'll have plenty of time for questions and answers. We hope you'll join us for another great talk in this lecture/demo series.

ONGOING ADULT PROGRAMS

- Knitting Group – Every Monday at 1:00 p.m.
- Chair Yoga – second Monday at 11:30 a.m.
- Democracy Cafe – second Tuesday from 6:30-8:00 p.m.
- Songwriting Workshop – fourth Tuesday from 6:15-8:15 p.m.
- Morning Book Group – second Wednesday from 9:30-11:00 a.m.
- Writers' Accountability Group – third Wednesday from 10:00 a.m.-noon
- Senior Tech – fourth Wednesday from 10:30 a.m.-12:00 p.m.
- YA Anonymous Book Group – First Thursday from 6:30-7:30 p.m.
- Maine Wildlife Lecture Series – second Thursday from 6:30-7:30 p.m.
- Evening Book Group – Third Thursday from 7:00-8:30 p.m.
- Chess Club – Every Saturday from 9:00-11:00 a.m.

PROGRAMS FOR TEENS

Weekly:

-see LIBRARY page 13

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Library

Continued from page 12

Tabletop Club

*Tuesdays from 2:30-6 p.m. until Sept. 3, then 2:30-4:30 p.m. starting Sept. 3)

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 alapierre@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.

CHECK OUT OUR NEW TEEN SPACE!!

Open Sept. 3

Our Teen Space is moving. The YA collection will slowly be moving into our new Teen Space in the back left corner of the library (*previously the adult reading corner).

We will gradually be making this space more comfortable for teens in grades 7 and up to hang out in with new seating, teen projects, books and other materials. Stay tuned.

LGBTQ Teen Book Club

Monday, Sept. 9 from 3-4 p.m. Teen Area

Want to read books by and about lesbian, gay, bisexual, transgender, queer, intersex, and asexual people? So do we!

Come for the good books and conversation — and feel free to bring a friend! This is a space for people to talk and learn about identities similar to and different from their own. Open to teens ages 13 and up. Hope to see you there.

PROGRAMS FOR CHILDREN

We have a few changes to our fall schedule beginning in September (please see our website for the complete schedule.)

Changes are listed below, as are some special events and monthly programs coming up.

Dress Up and Dance

for ages 2 - 6
(continues through the fall)
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.

Little Frogs Yoga Story Time

for ages 5 - 7
Fridays, 10:00 - 10:30 a.m.
and Saturdays, 9:00 - 9:30 a.m. (beginning Saturday, Sept. 7)

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, Sept. 7
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 pictures inspired by the surrealist paintings of René Magritte. No registration necessary.

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

Thursday, Sept. 12
1:00 - 1:45 p.m.
Singer/songwriter Jud Caswell entertains with songs, musical games, and stories with his own original musical accompaniment. No registration necessary.

Early Release Adventure: Papermaking with Katrina Venhuizen from EcoMaine

Wednesday, Sept. 18
2:15 - 3:15 p.m.
For elementary and middle school students

Learn about recycling and reuse of paper products, and make your own paper from recycled materials with our special guest from EcoMaine. Please register in advance on the library website.

Labor Day closures

Recycling Center, Town offices, Thomas Memorial Library, pool, fitness center, all closed Monday, Sept. 2.

Recycling Center open 8 a.m.-5 p.m. Tuesday, Sept. 3.

See Community Services for pool, fitness center hours.

Scam alert bulletin board

By Jessica D. Simpson

Free trial offer scams

Social media, TV, and other media often advertise free trial offers that claim to be "risk free." However, some "free" trial offers end up being traps that lock consumers into plans that charge recurring fees.

Often a free trial offer will require you to provide your credit card information for a nominal shipping fee. However, once you accept the offer and the company has your payment information, you may be charged for products you never intended to order.

Read up on both the company (reviews and contact information) and the terms and conditions of the offer. Be sure to monitor your financial statements: If you see charges you didn't agree to, contact the company directly to cancel future charges, and if that doesn't work, contact your credit card company to dispute the charges.

Bottom line? Be wary of signing up to receive products or services that claim to be "free."

Medicare Fraud 101

According to government estimates, Medicare lost \$52 billion to fraud, abuse and improper billing in FY2017.

Medicare fraud typically involves rogue health care providers or medical suppliers who bill the program for services, equipment or medication that they don't actually provide, or else inflate the cost of those items.

Some will even falsify patients' diagnoses to justify unnecessary tests, surgeries and other procedures or write prescriptions for patients they've never examined. Others use genuine patient information, sometimes obtained through identity theft, to create fake claims.

One of the most effective ways to combat against Medicare fraud is to review your Medicare statements and make sure the dates and services listed are correct. If something doesn't look right, call your medical provider's office.

Film-making program to return to Pond Cove and CEMS this fall

Back by popular demand, the Unwritten Roads after-school filmmaking program will return to Pond Cove and Cape Elizabeth Middle School this fall. Students will write, storyboard and star in original short films.

During production everyone will have the chance to take on leadership roles as actors, directors, camera operators, editors and production managers.

The course will culminate in a Hollywood-style film screening.

Where: Cape Elizabeth Pond Cove School/ Middle School

Session 1:

Grades 2 - 4: Time: 3:30- 4:45 p.m.
Date(s): Tuesday: Sept. 17-Oct. 29

Session 2:

Grades 5-8: Time: 2:30-4:00 p.m.
Date(s): Tuesday: Nov. 12-Dec. 17

To learn more and enroll, visit capeelizabethcommunityservices.org or www.unwrittenroads.com.

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CAPE CALENDAR

By Wendy Derzawiec

Monday, September 2

Labor Day Holiday. Town Hall, Thomas Memorial Library, Recycling Center closed

Tuesday, September 3

Planning Board Site Walk, 6 p.m., End of Hemlock Hill Road

Planning Board Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall

Wednesday, September 4

Town Council Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall

Thursday, September 5

Recycling Committee, 7 p.m., Public Works

Monday, September 9

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

Tuesday, September 10

Conservation Committee Rescheduled to Sept. 18, 7 p.m., Town Hall Lower Level Conference Room

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 Tuesday, 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

Board of Zoning Appeals replay
Aug. 28 & 29 - 2 p.m. & 8 p.m.
Aug. 31 - 10:30 a.m.
Cape Elizabeth Church of the Nazarene
Aug. 31, Sept. 1, 7 & 8 - 9 a.m.

CHANNEL 3

Town Council (live)
Sept. 9 - 7 p.m.
School Board (live)
Sept. 10 - 6:30 p.m.

Ordinance

Continued from page 1

pectation of voice control.

However another speaker, Fowler Road resident Roger Caouette, said he regards his dogs as family members and lamented the growing number of restrictions placed on dogs in recent years. "When restrictions come in about dogs it's about our family. It's about me," he said. "We thought we were in a quieter part of town where we could go to Gull Crest and around there and that's restricted some now, and now its going to be restricted even more. And, ... I'm beginning

to not feel welcome here," Caouette said.

Participation in the ordinance revision process has been high, with opinions expressed passionately on all sides at both the committee and the council level, said Councilor Valerie Randall, a member of the ordinance subcommittee.

Designating town athletic fields as Category 1, "No Dogs Allowed" was intended to facilitate discussion last month but Councilor Jeremy Gabrielson suggested the council take separate votes to further clarify public input before they make their decision on Sept. 9. "In my reading of the comments that we've received I haven't seen any specific opposition to the basic structure of the ordinance, and so I would



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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

like to have that discussion and vote separately from a specific vote about which categories should be assigned to which location," he said. The table of category assignments included in the draft was designed to be updated periodically anyway, apart from the ordinance, Gabrielson said.

Council Chair Jamie Garvin supported the idea of separate votes, saying it was consistent with the council's May decision to adopt a separate management plan for Cliff House Beach.

Public comment will be accepted by email or other means before the Sept. 9 meeting, and during the meeting as part

of the 15 minutes regularly allotted per agenda item, unless the council votes to extend the time. "Having had a public hearing (Aug. 12), I think the council generally is of the opinion to keep as close to the preassigned public comment time as possible," said Chairman Garvin. He added that email comment is given as much weight as in-person testimony.

Councilors are expected to submit suggested formatting changes to be incorporated into the final draft for consideration on Sept. 9.

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Signs

Continued from page 1

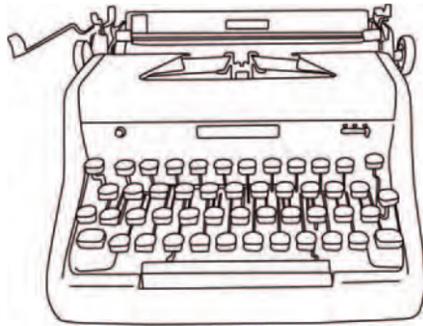
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Contributed photo

A sign on Long Point Lane makes clear that no one is welcome on the road. A sign of the same design says that exceptions will be made for utility crews.



Contributed photo

A second sign on Long Point Lane appeals to a kinder, gentler nature in response to the first.

WE WILL PROSECUTE!"

The sign makes clear that not only do people on foot have to avoid the road, but that they are not to send their dogs ahead without them either. Those who put the sign up were helpful enough to attach a bit of their legal reasoning behind the posting.

This did not sit well with everyone on Long Point Lane, however, and neighbors put up their own sign, a one hand-painted, which reads,

"We're your neighbors
We mean no harm
Please be kind
TAKE DOWN THAT SIGN"

It leaves one to wonder, whether they are

simply visiting Cape Elizabeth, have recently moved here in the past five years or so, or if they have lived here all of their lives... are the signs a sign that the culture of Cape Elizabeth itself is changing? A park preserved as free to all through two referenda, now changed to include signs for pay-and-display parking.

What do the signs that a community puts up say about a community? Do those who put them up wish they wouldn't have to, but feel compelled to by the behavior of others?

Do communities replace face-to-face conversations with signs? Do we ever come to a point where a sign is one sign too many?

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Gift certificates available

40 Bowery Beach Road | Cape Elizabeth, ME 04107 | InnbytheSea.com

Courier tees off in Ireland



Contributed photo

During a recent golf trip to Ireland, Cape Elizabeth residents Jay and Darlene Davison spent the opening day at the 148th British Open at the Royal Portrush Golf Club in Portrush, Ireland.

Capetoon: C'Ape Elizabeth

By Jeff Mandell



Drawn by Jeff Mandell



Two Lights State Park

Photo by Marta Girouard

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