

The Cape Courier

Volume 33 Number 5
May 6 - May 19, 2020

An Independent Not-for-Profit Newspaper
Serving Cape Elizabeth Since 1988
capecourier.com

In the Spirit of Community

A dream of feeding more Mainers and supporting farms

By Tina Fischer



Contributed photo

Penny Jordan has launched Farms for Food Equity, a non-profit whose focus is to provide fresh Maine produce to people with limited means.

Penny Jordan has long dreamt of creating an organization that could provide fresh Maine produce to people with limited means while at the same time helping Maine farms move product for which they might not otherwise have a market.

Now with the coronavirus, the need to provide food for communities in southern Maine has intensified. Before the pandemic, there were on average 186,000 Mainers who were considered food insecure; over one-quarter were in Cumberland and York counties. Now food pantries are seeing anywhere from a 50 to 70 percent increase in need.

Jordan decided that with the network she has in place for sourcing from Maine farming partners, she can increase efforts to address

the problem, and she's launching a new non-profit, Farms for Food Equity, to do just that.

"This is something I've wanted to do for 20 years," Jordan said. "We need to make sure that all people, at every age, are fed and positioned to reach their full potential, and we need healthy food to be readily available to address chronic illness, to improve education outcomes, and to make sure our seniors remain healthy and vibrant."

Jordan's Farm (and other Cape Elizabeth farms) has for many years helped supply area pantries and soup kitchens with fresh produce; Jordan is stepping up that effort by getting even more farms involved in the supply chain. She'll continue to work closely with Good Shepherd Food Bank (GSFB) and other organizations to make sure her work augments rather than competes for food and other resources. "There is no one organization that can meet all of the needs," Jordan said. "But together we can move the dial."

Her model is similar to the Mainers Feeding Mainers (MFM) program at GSFB, and it's a win-win for farmers and for the state's growing population of 'food insecure.' (The term 'food insecure' describes individuals and families who don't have an adequate and reliable supply of food. They're often forced to skip meals and many times don't know when they'll eat again.)

As with the MFM initiative, Farms for Food Equity pays farmers for their products, and pantries and people in need have access

-see NON-PROFIT page 5

Two Cape Elizabeth friends launch bottle into sea, hear of its progress

By Kevin St. Jarre



Contributed photo

Joe Gray, pictured with his dog Annie on left. Joe was part of a two-man team, with his friend Aiden Marks, right, that launched a bottle into the ocean at Broad Cove, and it has turned into quite a journey so far. The two friends have not seen each other in person since the day CEMS adopted remote learning, although they have had some zoom conversations.

Jennifer Gray's son Joe and his friend Aidan Marks are both 5th grade students at Cape Elizabeth Middle School. They launched a bottle out into the Atlantic Ocean with a note in it, and have heard news of its progress more than once.

Gray said the boys put the bottle in the water before school switched over to remote learning. "They sent it out from Broad Cove Beach on February 20. It was later picked up in Biddeford and the finders contacted us and then signed the note and sent it back out to sea. A week or two after that, we got a text



Contributed photo

from Jeanne Blake who found the bottle in Gloucester, Massachusetts when she was out for a walk on the beach," Gray said.

She explained that Jeanne Blake, the woman in Gloucester, went to great lengths to send it back out to sea, even getting a fisherman to take it in his boat.

Blake explained how she found the bottle, "During this coronavirus crisis I make a habit of walking the beach near my home . . . On one recent morning a bottle rolling in the surf

-see BOTTLE page 16

National Nurses' Week: Cape Elizabeth nurses share the professional, personal impact

By Kevin St. Jarre



Contributed photo

Nurse Lindsay Marlow, masked up and ready to go. She is an RN at Maine Medical Center in the Neonatal Intensive Care Unit, caring for some of the most vulnerable patients.

It is often said that nurses are the backbone of the health care system. The majority of the time, patients admitted to hospital are interacting with the nursing staff. From a drink of water to a life-threatening turn, the first face patients see is usually that of a nurse. National Nurses' Week begins each year on May 6 and ends on May 12, on Florence Nightingale's birthday. People appreciate them every year, but this year it is especially true.

In this time of COVID-19, communities become aware of the healthcare professionals who live in town, and in their own neighborhoods.

Captured here are the thoughts and feelings of a few of those Cape Elizabeth nurses, going into work every day, in the face of these challenges.

Lindsay Marlow works at Maine Medical Center in the Neonatal Intensive Care Unit, caring for some of the most vulnerable patients. She's worked as a nurse for

14 years, and at MMC for 12 years.

Tracey Grela is employed at Martin's Point at the Marine Hospital in Portland and has been there for almost three years. She has been a registered nurse for 24 years and she says she loves being a nurse. "Having worked ICU, trauma centers, as a travel nurse, cardiology and hospice...there are so many different avenues I have been able to build my career in, and I am really thankful for all. Martin's Point has been one of, if not the best places I have worked because of the people and how they really care and help us care and treat patients," she said.

Arienne Hurder has been a nurse for 14 years. She works for an agency, and so she goes where she's needed for short amounts of time, and is currently working at a jail.

Jill Skrabalak has been working at

-see NURSES page 8

HAPPY
Mother's
DAY



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.

BOARD OF DIRECTORS
 Roger Bishop,
 Debbie Butterworth, Kim Case,
 Jeff Mitchell, Jerry Harkavy,
 Bill Springer

Publisher: Tara Simopoulos
info@capecourier.com

Editor: Marta Girouard
editor@capecourier.com

Community Reporter: Kevin St. Jarre
community@capecourier.com

Advertising Manager: Tara Simopoulos
 (Display and classified ads)
advertising@capecourier.com/207-939-9766

Bookkeeper:
billing@capecourier.com

Proofreaders:
 Chuck Rzeszutko, Ginny Blackwood

Webmaster: Wendy Derzawiec

Photo finishing: Ann Kaplan

Distribution: William Alexander

For general information:
info@capecourier.com/207-838-2180

For Advertising:
advertising@capecourier.com

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

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

The Cape Courier is printed by Alliance Press in Brunswick and mailed free to Cape Elizabeth residents 22 times a year. We disclaim all legal responsibility for errors, omissions or typographical errors. All reasonable care is taken to see that errors do not occur. We print corrections upon timely notification.

LETTER & SUBMISSION POLICY
 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: May 20
DEADLINE: Noon, May 8

SUBSCRIPTIONS
 \$21.10/year in Maine; \$25 out of state
 \$15 student (9 months)
 \$12 half year
(These amounts include state sales tax, which The Cape Courier is required to charge.)

Name: _____

Address: _____

Amount enclosed: \$ _____

Today's date: _____

Mail to:
 The Cape Courier
 P.O. Box 6242
 Cape Elizabeth, ME 04107

Carney is 'best candidate for State Senator'

Rep. Anne Carney has served us well in the State House and is our best candidate for State Senator. She's been effective championing legislation protecting our environment, forwarding education across the state and strengthening our economy.

I'm particularly grateful to Anne for her leadership in expanding access to healthcare efficiently and cost-effectively. In shoring up The Children's Health Insurance Program (CHIP), her bill LD 1539 (awaiting post-COVID-19 Appropriations) uses the full federal match to extend and improve coverage for Maine's children, who are right now the most chronically uninsured in New England.

What a promising investment in our children's health and Maine's future! Better healthcare for kids correlates with lower rates of eating disorders, drinking and mortality; improves educational outcomes; decreases probability of family debt, bank-

ruptcy and poor health in adulthood; AND enhances economic benefits like greater adult employment, which leads to higher tax revenue.

Anne also introduced and garnered bipartisan support for LD 1957, a bill fixing gaps in postpartum care for Maine's mothers. Treatment for complications of pregnancy and conditions that arise soon after giving birth should result in better health outcomes for moms and infants and reduce risk of maternal mortality.

Anne has a special gift for listening, honing in on the heart of an issue, identifying the most practical and achievable prescriptive, and working hard to produce a bipartisan plan of action that benefits us all in the most humane and cost-efficient fashion.

Please vote for Anne to be our next State Senator.

Tricia Wasserman

Greene's 'skills would be an asset' in Augusta

I am a 42 year resident of Cape Elizabeth and am currently thrilled at the prospect of having Sari Greene as our next Maine State Senator.

I have known Sari for 34 years. I can say unequivocally that she would give Senate District 29 (Cape Elizabeth, South Portland, and part of Scarborough) the best possible state representation we could have. Sari is smart, instinctive, empathetic, hard working and innovative.

Professionally, Sari was the founder and CEO of Sage Data Security, an information security services firm. Her business acumen assured this company's outstanding success both here in Maine as well as internationally. Her business skills would be an asset for our town when she works in Augusta for our just representation.

Sari maintains a strong record as a community organizer and volunteer, giving of herself and her time to those causes she perceives as demanding work to create equality and fairness.

I've always been impressed with Sari, but never more so than since the inception of this pandemic.

I watched as Sari cast aside all self-interest and thoughts of her campaign, and devoted herself entirely to the community. She founded the South Portland Community of Kindness which very quickly came to include many hundreds of members whom she organized to assist those in need during Covid-19. Long hours of every day Sari goes where she's needed, participates, contributes, organizes, problem solves. She's clearly one of today's heroes.

Please join me in voting for Sari Greene for Maine State Senate.

Jody Sataloff

-see more LETTERS TO THE EDITOR on page 3

Monaghan works 'successfully across the aisle'

How will Maine recover from COVID-19? What kind of leadership will be needed to reopen Maine's economy? One answer is selecting people with proven skills and experience to help Mainers get back to work. That's why I'll be supporting Kim Monaghan for State Representative on July 14.

Kim knows what it's like to work in the trenches. After the 9-11 attacks, as a conference manager at Diversified Communications, Kim helped the company's global trade show unit build back trust, confidence and

participation with their exhibitors, conference and trade attendees.

During the 2008 recession, Kim co-lead the Convention and Visitors Bureau and Maine Office of Tourism in winning the bid to host the Region 1 Soccer Championships for two years. The event, bringing more than 5,000 players, family members and soccer officials to Maine, filled hotels from New Hampshire to Augusta, with an estimated \$10 million impact to the Maine economy. Kim credits the success of this event to the hard work of many; particularly the hotels and the City of Portland.

As a Legislator, serving all four terms under a divided government, Kim was able to successfully work across the aisle, passing legislation to help Maine people. Her work on two Legislative committees benefited many small businesses, including the restaurant, beverage and rapid-growing craft beer industry.

Maine will need experienced leadership to help save jobs and reopen our economy. Please vote for Kim Monaghan on July 14.

Keith Citrine

THANK YOU!

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

Thank you to this recent generous contributor:

**Kristina & Kevin
 Justh
 Joyce Rivers**

To make a donation, please visit www.capecourier.com

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

Calling all Class of 2020 parents!



CLASS OF 2020 Graduate

SENIOR SHOUT OUTS
 Do you have a Senior you would like to celebrate?

The Cape Courier is offering a special advertising opportunity for you to give a "Shout Out" to the Senior in your life, while supporting your local newspaper.

All ads, \$25 including a picture!

Contact Tara Simopoulos at: advertising@capecourier.com for more info.

Then and Now: Bill Hoadley remembered, a Cape Elizabeth original

By Jim Rowe



Contributed photo

Jim Rowe remembers Bill Hoadley (above), a Cape Elizabeth star athlete.

“Fill the steins to dear old Maine,
Shout ‘til the rafters ring!
Stand... and drink a toast once again!
Let every loyal Maine man sing!” (etc., etc.)

For the uninitiated, the Maine Stein Song is my alma mater’s famous “fight” song. It is sung after UMaine’s athletic successes, most notably when its football team scores touchdowns. The song was first published in 1902 and was made popular by Westbrook’s own Rudy Valle in 1930.

Consider yourselves enlightened. “But what does that have to do with Cape Elizabeth, Jim?” you ask.

Prior to the arrival of Joan (Benoit) Samuelson on the sports scene in the 1970s-80s, William “Billy” Hoadley’s name was near, if not at the top of the list of best athlete ever to come out of Cape Elizabeth High School. He was a star in every sport he played. Baseball was perhaps his favorite. For a time, he was a catcher in the Boston Red Sox minor league system. When I was a young boy, Billy lived right around the corner from my house- where the Straws now live- sharing the home with his mother, brother and sister’s family (including my very earliest friend on earth, Jon St. Laurent). To Jon, he was always “Uncle Billy.” He was maybe 15 years older than us. In a young boy’s eyes, he was cool beyond belief. He was funny and fun to be around. Wildly popular, he had many friends. And best of all, he paid attention to, or at least tolerated us little kids. Among other things, he showed us how to properly throw a baseball.

Billy Hoadley was a very interesting guy. In addition to playing sports at a high level, he attended Bates College. He enlisted in the Army and was stationed in Korea. He joined the Peace Corps, learned Span-

ish and served in Venezuela. He became caretaker for the property of a local multimillionaire. During the latter part of, and following those adventures, he roomed in an apartment over the Griffin Club sports bar in Knightville. He became The Griffin Club’s Norm Peterson long before we had ever heard of a place called Cheers.

After college, I was out with friends one night and we decided to hit the Griffin Club for a beer (the draughts were \$.25). As we walked in the door, Billy spied me from his mooring at the far end of the bar. In his loud bari-tenor, he bellowed “Jimmy Rowe!” (which predictably brought things in the room to a standstill). Not being a regular, I became an instant curiosity to the patrons.

“Jimmy” he continued, “Good to see you!”

“Hey Bill...Good to see you, too.” In fact, I hadn’t seen Bill for several years, and it was good to see him.

“You went to Maine, didn’t you?”

“Yup. Sure did.”

“Wanna know how I learned the words to the Maine Stein Song?” This was addressed as much to the room as it was to me. Billy was now holding court, as only he could.

I knew Billy hadn’t attended Maine. I bit.

“Sure,” I said.

“Well I went to Bates College and played football there. We had a game in Orono one Saturday. And we lost 56-0. And THAT’S how I learned the words to the Maine Stein Song!”

I don’t think I’ll ever forget Uncle Billy Hoadley...or the omnipresent, half-smoked, but usually unlit stogie which became a fixture in his mouth. Billy was a great athlete, a wonderful and intelligent person, and an even better soul!

Letters to the editor

Continued from page 2

Millett ‘has spent her career in service to others’

Today’s pandemic is revealing the urgent necessity of sound science, innovative action and elected officials able to effectively lead.

As co-founder of ReVision Energy, an employee-owned B-Corp, I’ve spent 17 years focused on building a cleaner economy and more just society, and know firsthand the impact state and federal lawmakers have on our ability to create the better future we know is possible for ourselves and coming generations.

I support Rebecca Millett for State Representative because she has spent her career in service to others, working to help constituents and protect Maine’s incredibly valuable environment. As a former Peace Corp volunteer, school board member, and state senator, Rebecca has always focused on solutions that improve lives, and that are achievable and equitable.

She has fought to keep harmful chemicals out of household products, co-sponsored laws that encourage energy efficiency, ban polystyrene packaging and eliminate the neonicotinoids that are killing bees and disrupting the ecosystem we depend on for life.

Our state has a strong tradition of protecting our astonishing natural resources— and by extension our people and communities. Rebecca understands that protecting and improving this incredible place we call home is achieved through deliberate, sensible and persistent hard work. That is why I want her back in Augusta to keep working for us all.

I hope you will join me in choosing Rebecca Millett for state representative, district 29, in the July 14 primary.

Phil Coupe

‘Disheartened’ with school board’s proposed school budget

I was disheartened to learn that the Cape Elizabeth School Board is recommending a 5.9 percent increase in the school budget for the upcoming year.

To suggest such a large increase during this historic medical and economic pandemic is unconscionable and shows a lack of sensitivity to the stresses of so many families experiencing job loss, reduced income and diminished financial holdings.

I sincerely hope the Town Council will prevail and insist that the budget be adjusted to avoid any new taxes during these turbulent times.

Just as families need to face the new reality, so too must our schools and town. It is the right and moral thing to do.

Rosemary Townsend



Mike Drinan
Realtor/Owner

DRINAN PROPERTIES

30 Years' Experience • 24/7 On-Call Service
Fully staffed office & maintenance division

Leasing more homes & condos than anyone in Greater Portland
(207) 799-0829 • www.drinanproperties.com

****Now hiring receptionists and technicians****

Complete Veterinary Care

- In the Heart of Cape
- Vaccines • Annual Exams • Surgery
- Dentistry • House Calls • Training
- Behavior • Nutrition • Acupuncture
- Rehabilitation with Underwater Treadmill

207 Ocean House Road
Cape Elizabeth, Maine
207-799-6952 • vrce.com




VETERINARY AND
REHABILITATION CENTER
OF CAPE ELIZABETH



STEVE PARKHURST
Broker/Owner
232-4444



BONNIE WRIGHT

Contact Steve at sparkhurst@townandshore.com



TOWN & SHORE
REAL ESTATE

One Union Wharf
Portland, ME 04101
207.773.0262

The Cape Carpenter

carpentry • custom decks • interior/exterior painting
tile work • kitchens • bathrooms • create your own to-do list
remodeling • finish basements • clean-up garage & attics

**Dependable, Honest, Affordable, Fully Insured,
Excellent References, Cape Elizabeth Resident**

FREE ESTIMATES Dan Tardy 767-5032

News from the Cape Elizabeth school superintendent

By Dr. Donna H. Wolfrom

This spring has proved to be a challenge for educators throughout the country. Teachers with various levels of expertise in technology have been asked to contact their students and provide instruction and support totally through technology. Parents, many of whom are working from home, have become responsible for working with their children to support their learning, and students have been separated from the teachers and classmates and have been expected to increase, rather than decrease, their screen time in order that they can continue their education experience. With the announcement that our students will be in remote learning for the remainder of the school year the question that I have been asked by many parents is, "When is the end of the year?" As the calendar stands today, students are scheduled to finish school on June 18. Some parents are urging us to stick to the 18th. Administrators will be working on that difficult question for the next several weeks, examining the student, teacher, and the district needs as we near the end of the school year. Typically teachers spend May creating class lists for their students as they prepare to move to the next grade, giving benchmark assessments so they can determine the progress of their students, meeting with their grade level or content area teams to begin planning for the next year, and then, spending the last few weeks of school slowly packing up their rooms so that the custodial staff can empty those rooms and perform deep cleaning on the floors, shelves, desks and floors. Teachers usually do a bit every day after school so that their rooms will

be ready to leave when the students leave. Additionally, devices are usually collected by our tech staff several weeks before the end of school, so they have time to locate missing devices and clean and prepare devices for next year's students.

However, this year is different. Teachers can only meet virtually, around the schedules of those in their homes. Finding common planning time is difficult, if not impossible, under these circumstances. End of the year room preparation will have to be done on a rotating schedule in order to keep our staff safe, and maintain social distancing precautions. Students will need devices until the end of instruction, but teachers' last days are June 18 and 19.

All of the end of the year wrap-up requires much time, and our challenge as school administrators during the next several weeks will be to develop a plan that will meet the needs of our students, teachers and the district. This plan, if it calls for any change in the school calendar, will be voted on by the School Board at the May business meeting. Then we start the work of planning for the opening of school, which we sincerely hope will happen in the fall.

On Tuesday, April 21, the School Board met to review and adopt the FY21 School Budget. The budget development process began in December 2019, a very different time than now, with the careful examination of our needs for the 2020-2021 school year. One challenge that became evident very quickly was the increased enrollment at the high school. The FY20 budget eliminated a Math teacher, as there was a resignation of a teacher and we anticipated a drop in enrollment. We thought we would not need to replace the teacher and used the resignation as an opportunity to decrease the budget by one part time math teacher. However, over the summer there was an influx of new students and during the 2019-2020 school year class sizes grew to reach full, or over full capacity according to School Board guidelines on class size. In addition, in the fall of 2020 we will

send a large group of 8th graders turned freshmen into the high school. In a student to student analysis, there will be 28 more students next year in the high school. As we studied this issue throughout the budget development process, three part time teaching positions (Math, .6 FTE French, .4 FTE, Science, .75 FTE) were added to the budget to meet the needs of these students, for a total of 1.75 FTE (teachers).

However, at the middle school, a small class of 4th going into 5th graders is anticipated, and one vacant teaching position due to a retirement was eliminated. A larger incoming 4th grade class at Pond Cove will necessitate adding a new teacher in order to maintain class sizes within School Board guidelines, and the special education needs of some incoming Kindergarten students require us, by law, to provide an additional Ed. Tech. to support those needs.

As we proceeded through the budget development process the School Board and administrators examined positions and programs, and tried to work creatively to provide a budget that is fiscally responsible and continues to meet the needs of our students. One of the positions that we examined was the position of Extended Learning Opportunities (ELO) Coordinator at the high school. We received an outpouring of support for this position with many testimonies by parents and students as to the importance of this work. As a result of this discussion 1.8 FTE (English Literacy 1 FTE, Elective Teacher .3 FTE, Teacher Leader, .5 FTE) positions were eliminated from the Original Request Budget and the ELO position was restructured.

One town custodial position is included in the school budget, as the Cape Elizabeth School Department pays all custodial salaries for the school and the town and must include those salaries in the expenditure budget. Partial town reimbursement for custodial salaries is included in the school department's revenue side of the budget. In addition, one town/school custodian is included in the budget in order to meet the increased cleaning needs that will ensure the safety of our students and staff during these challenging times. One part-time hourly maintenance position was added to support the athletic director who is currently working seven days a week in order to fulfill his obligations as well as preparing fields and equipment for athletic events.

Other new positions in the budget include a .5 ed tech to help our librarian at the high school shelve books and support students as they use the media center. We have also included one new guidance

counselor at Pond Cove as our ratio does not meet state expectations. We currently have one guidance counselor for over 500 students and the state recommendation is one guidance counselor for every 250 students. In reviewing this position recently, we believe that many of our students will need additional emotional support after experiencing these stressful times.

As the School Board reviewed the programs and staffing needs at the April 21 meeting, and acknowledged the economic challenges that are surfacing, the Board remained dedicated to meeting the needs of increased enrollment at the high school, and the needs of the other students in the district. The adopted proposed school FY21 results in an expected impact of an increase of 4.13% on property taxes.

We have worked hard in the past several years to ensure a consistent curriculum and expectations within each grade and course. Normally, as we "graduate" students from one year to the next, or from one course to the next, we have a solid understanding of what they have learned, and where they need support, if any. The challenge of recapturing that consistency and getting our students back on a consistent track and level playing field is not addressed in this budget and would, in a perfect world, require additional staff to assess and support our students as they return from a variety of home learning experiences. In addition, the proposed FY21 budget does not include devices or funds for learning platforms that would be necessary should we need to continue with remote learning. While we have received grants and are now receiving additional funding from the National School Lunch Program, we may be called upon to provide more local funding to feed our families who are experiencing economic hardship.

We believe that most of our students have continued learning as they participate in our remote learning program, however we know that not all parents are able to provide the time and energy that this requires, and that many of our students will need additional support, both academically and emotionally as we return to school in our buildings. We have no idea what the future will bring, or what we will be required to provide as we continue to remain dedicated to educating and supporting our students. We can only hope that the budget that we have developed will be enough to meet their needs.

CAPE DOG WALKING

207.807.7206
 capedogwalking.com

BONDED + INSURED

BOWDLER ELECTRIC INC

207-799-5828
 All Calls Returned
Mark Bowdler
 Master Electrician
 Residential & Commercial
www.BowdlerElectric.com
We do it all!

GENERATORS
 • KOHLER Automatic Systems
 • HONDA's with Electric Start

Cape Elizabeth Boys Lacrosse sends a HUGE THANK YOU to **Dick's Sporting Goods** and **Rusty Lantern Market** for their GENEROUS support of the program this season in spite of Covid-19 cancellations.

THANK YOU!

Efficiency Maine **QUALIFIED PARTNERS** ANGIE'S LIST AAA SERVICE AWARD BBB A+ rating

BAUMAN ELECTRIC Incorporated

Introducing Caseta Wireless Controls.

Operate lights for security from your smart phone. Many options available now for remote operation of home systems like thermostats, security lights, and A/C. Automatically activate home systems before you arrive using GPS!

TIPS FOR WIRELESS LIGHTING

24 Hour Service
 Senior/Veteran Discounts on Service Calls
 baumanvolts@yahoo.com

www.trustthisbiz.com/bauman_electric Phone 207-571-4607

Selling Cape Elizabeth for over 25+ years.
 Call Elisabeth for all your real estate needs.

207-415-1383

Bostwick
 REAL ESTATE & Company

www.bostwickandcompany.com

Non-profit

Continued from page 1

to fresh, local foods (produce plus proteins) to supplement the more commonly available non-perishables, which are often high in calories and sugar.

Prior to the pandemic, Maine ranked as the leading food insecure state in New England, 12th nationwide, with 13.6 percent of all households suffering; that number is higher for seniors and equates to one in five children affected. Cumberland County, despite having the state's highest income per capita, also has the highest number of people in need, due in part to Portland's homeless, low-wage earning and newly arrived immigrant populations.

Food insecurity is not a regional issue, and not an isolated problem. There are well over 400 food pantries and distribution programs in Maine; locally, Cape Elizabeth, Scarborough, South Portland, Cumberland, Falmouth and Portland all offer food assistance. In the past month, most pantries across the state have seen a 50 percent uptick in visitors (coupled with a decline in volunteers). Judy's Pantry here in Cape Elizabeth assisted an average of 20 families in 2019; lately that number is ranging between 20 and 30.

Farms for Food Equity is funneling aid to Cumberland County most immediately, though Jordan expects to expand into York County and possibly beyond. In addition to partnering with GSF, she will be working with Wayside Food Programs, based in Portland. Wayside distributes food to pantries in southern Maine, through free weekly community meals at various locations, and most recently, to students who lost access to meals when schools closed.

"Wayside already has trucks on the road, picking up and distributing; we can make use of the infrastructure already in place, and get more food to people who need it. I'm already in contact with farms every day to supply my farm stand; it's what I do every day," said Jordan.

"I know where there is excess product, with each season and each harvest. I can help farmers move some of the product that's retail quality but that they often just can't get to before they have to move onto the next thing. There is often product going to waste and I

really hate food waste."

Jordan envisions she'll be operating year-round, not just during the traditional growing season. "This is a 12-month proposition. We'll be getting into making more storage products available; products that winter well, like squash, carrots and onions. I'm not exactly sure what that will look like just yet; it may involve some prep to make some foods easier for people to cook and for soup kitchens to use."

She's especially concerned about Maine's seniors, many of whom may have limited ability to prepare produce, or who can't get to a food pantry or community supper. "Meals on Wheels is a great program, but not everyone is accessing that. Is there another way to help? Could we do some home delivery, and create some partially prepared foods? If not, we need another option to help our seniors."

Jordan expects farmers with Cultivating Community will be involved to provide some "more culturally diverse products" not traditionally grown in Maine. "How can we purchase from the new farmers who are coming into our world? This is about both food equity and farm sustainability."

Approximately 10 southern Maine farms are already on board to start, including several from Cape Elizabeth. Funding to purchase food will come from individual and corporate donations, and grants. "The infrastructure is already in place," she notes. "I'm going to run lean, run light and get more food out there where it's needed."

"The silver lining that may come out of this whole crisis that we're all experiencing, might be a greater recognition of the high degree of food insecurity in this state, and in this country. All people deserve access to healthy food. Food is critical to addressing health issues, education outcomes, job retention, and many other indicators that are a result of income disparity.

"Before I die, and I'm not planning to do so anytime soon, I want to eliminate this problem. Organizations such as this should work themselves out of existence. I just had to do this, and now is the perfect time."

More information can be found on the Farms for Food Equity Facebook page, and Jordan can be reached at 207-671-5341.

Garden Tour postponed to 2021

The Friends of Fort Williams Park is postponing the Cape Elizabeth Garden Tour until 2021. The event had been scheduled for July 18.

Barbara Powers, president of the Friends Board, said: "The Friends Board decided to hold the 10th tour in the summer of 2021 in order for participants and garden owners to safely enjoy the unique tour experience that has been offered each summer for the past nine years."

In voting to delay the tour, board members expressed concern that many commercial enterprises that have been loyal sponsors and advertisers for the event are either closed or severely limited in their businesses.

"These businesses also face uncertainties,

and the Board wishes to respect their economic challenges as well," Powers said.

The Garden Tour has been a major source of revenue for the Friends, whose mission is to "preserve and enhance the natural and historic resources of Fort Williams Park for future generation by providing the funding, support and stewardship for selected projects in the park."

Despite the loss of revenue from the tour, the Friends' three paid employees are continuing to work their regular schedules. Horticulture is deemed an essential activity, and the workers are maintaining the native-plant landscapes that the Friends have created.

Looking forward to places and events we took for granted

By Derry Rundlett

I know I am not the only one who walks by Fort Williams looking at the locked gates of the park like a teenager looking through the gates of an amusement park that has closed for the winter. We live on Littlejohn Road right across the street from the entrance so my wife, who walks there almost every day, asks each morning: "Do you think the park is open?" I have to assure her it's not, so we walk through our Sherwood Forest neighborhood slowly admiring homes and gardens we usually just glance at. We pass by people with their dogs, six feet apart at least but Marilyn always wants to pat the dog and ask questions. You've probably seen her from time to time, making it her business to know these dogs and their owners. I am sure that when the park opens, you will see a mad rush from not just Cape folks, but from the surrounding towns as well. The park itself, a living entity, will be glad to see happy people return with their picnics, frisbees and kids wanting to swing at the playground or walk through the children's garden.

And let's not forget Crescent Beach which by now would have walkers galore exploring the beach for shells, kids running near the surf and early sun bathers catching the spring sun. I saw dozens of people parking their cars at the Grange near Spurwink Farm, walking the road with their kids, on both sides, so many people that while driving past them one would have to be extra careful. It's easy to be slow because no one seems to be in such a hurry. That has been one, if not the only benefit, from this quarantine: people moving slower with more respect for fellow citizens.

Golf courses are closed to regular play so I know my friends at Purpoodock must be chomping at the bit to get out on the course and experience the wonder of spring golf. The swing may be rusty but the average Purpoodock player can adjust very quickly and within just a few rounds be able to hit that little white ball right down the middle of the fairway. The beautiful green grass of that course has never looked so empty, but again, so inviting.

The good news is that Gull Crest area is still open. I often go there, watch the

people with their dogs, the teenagers throwing a small football and the other day two high school girls kicking a soccer ball so well I was counting the number of times they could keep it bouncing. The leaves aren't quite out yet, but I even see people using the common garden area next to the field. It is quiet, peaceful, and the sound of the chickadee with that familiar spring call tells us better days are coming. The little league park at the end of my street is silent and even looks extra empty with the police tape banning any parking or use whatsoever. How I long to walk by that ball field and see the boys and girls of our wonderful town out there pitching, hitting and catching baseballs. Instead of dead silence I also long for the voices of the parents, coaches and supporters yelling cheers for their player or team. That's a real sign of spring in Cape Elizabeth.

And how about open restaurants! I can think of at least ten things I cannot wait to eat at the various places around town, with the wish they will get so much business they bounce back to success. The friendly turkeys at The Good Table must be wondering, "Where is everyone?"

For sure, the things we possibly took for granted will be so much more appreciated. We hopefully can say as soon as possible: "Welcome back, normalcy."

Spring is here; time to clean up the yard

The Recycling Center will be open for the disposal of brush, leaf and yard wastes on the Sundays listed below. As a reminder, items intended for the Compactors (single-stream recyclables & household refuse) will not be accepted. Please note that the Recycling Center will not be open on Mother's Day (May 10).

Fees will be assessed on all applicable items.

SPRING 2020 SCHEDULE

Sunday, May 10, Closed for Mother's Day

Sunday, May 17, 10:00 a.m. to 5:00 p.m.



Wish List

HOME IMPROVEMENTS

✓ Carpentry ✓ Repairs ✓ Doors ✓ Custom Woodwork

David Thibodeau • wishlisthomeimprovements.com
Email: wishlisthome@gmail.com / Call: 874-0178

Best of

 2019
 SERVICE

Find me on [HOZZ.COM](https://www.houzz.com/pro/greathelpdave)
www.houzz.com/pro/greathelpdave

Cape Small Engine Repair

Get your lawn equipment ready for the spring!

Repairing most small engines, including lawn mowers, tractors, dirt bikes, boat engines, chainsaws, power washers, weed trimmers.

Avoid lines and large stores. Pick up/delivery available. Affordable.



Oil changes – Belt Replacement
 Blade sharpening – Tuning

Call Now - 207-253-9908
(Adhering to CDC guidelines and recommendations)

Enhancing Neighborhood Trees & Shrubs Since 1880.

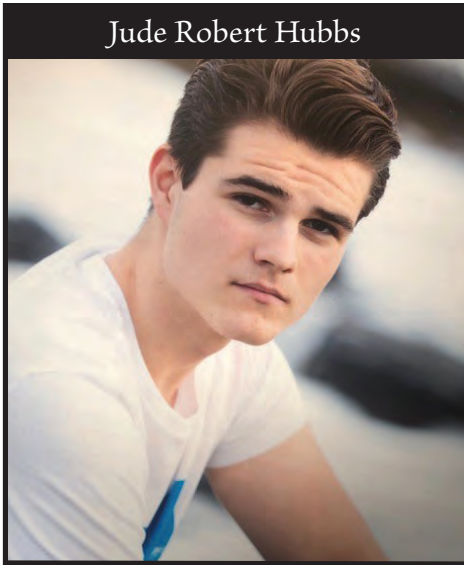
- Complete Tree & Lawn Care •
- Quality Pruning & Removal • Deep-Root Fertilizations •
- Insect & Disease Management • Certified Arborists •

Call For a Free Estimate
207.828.0110

www.davey.com/portlandme



DAVEY
Proven Solutions for a Growing World



Jude Robert Hubbs

We know this is not what you and your friends were expecting. We wish that it could have rolled out as planned. Instead, we celebrate the gift of extra time spent with you. The world will soon know the strength, wit, and sensitivity you embody. Until then, we are savoring this time with YOU!!
Love you forever, Mom and Dad.

*So let it out and let it in
Hey Jude, begin
You're waiting for someone to perform with
And don't you know that it's just you
Hey Jude, you'll do
The movement you need is on your shoulder.
Na, na, na, na na na na, na na na na,
hey Jude.*

- Sir Paul McCartney



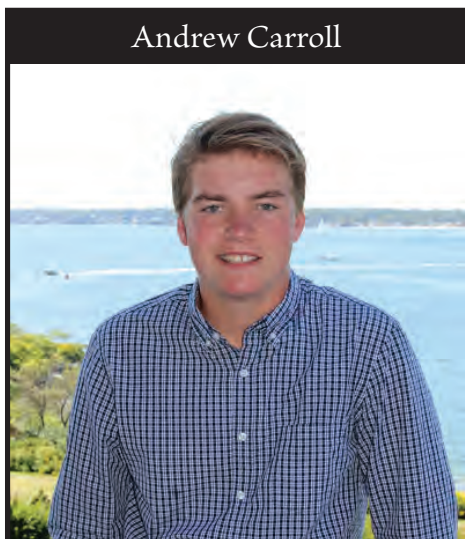
Meg Brewer

Congratulations, Meg!

We love you and couldn't be more proud!!!

xoxo
Iko & your humans

#2020seniorstrong



Andrew Carroll

GK, #24

Congratulations to you and the Class of 2020!

THANK YOU to all of your amazing teachers and coaches for their never-ending guidance and support. We've loved watching you grow into a kindhearted young man who has made so many wonderful friendships. Think of all the lifelong memories you have to take with you!

We're so proud of you, and excited for your new adventure at Johnson and Wales, in the classroom and on the lacrosse field.

The world is a better place because of you. The best is yet to come!

Love, Dad, Mom, and Ben



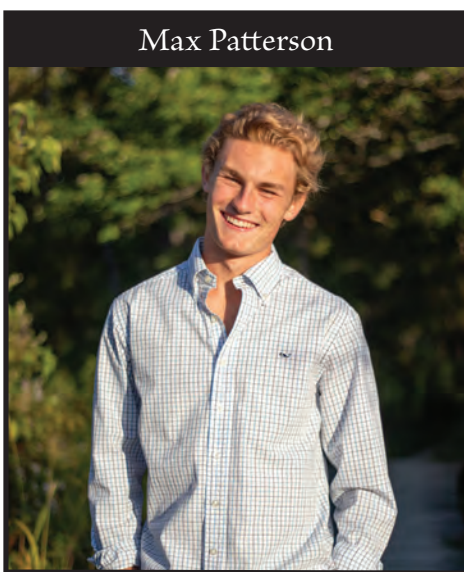
Addie Whalen

Addie,

Be proud in how far you have come, have conviction in how far you will go, and never forget to enjoy the journey as you pursue your passions.

Congratulations to you and the class of 2020!

Love, Mom, Dad and Emily



Max Patterson

Congratulations, Max! We wish you and your Cape Class of 2020 the best life has to offer. We are so very proud of you and excited to watch you follow your dreams. We will always be on your sidelines cheering you on.

We love you,

Mom, Dad, and Nate

Bates College Class of 2024


SENIOR Shout Out

"Take pride in how far you've come. Have faith in how far you can go. But don't forget to enjoy the journey."

- Michael Josephson

Our best wishes to each and every graduate of the CEHS Class of 2020,

The Clancy Family



CLASS OF 2020

Want to send a Shout out to a graduating Senior?

Email a picture and upto 100 words to
Tara Simopoulos at:
advertising@capecourier.com

All ads are \$25

Let's celebrate these amazing graduates of 2020!



Cape Football Boosters sends this SHOUT OUT to our graduating SENIORS:

RYAN, MATT, LUKE, SIMON, WILL, HAJAN, ALEX, NICK!

Our best wishes for a bright and healthy future! Remember to give it ALL You've GOT in everything you do!

Your CAPE Football Family



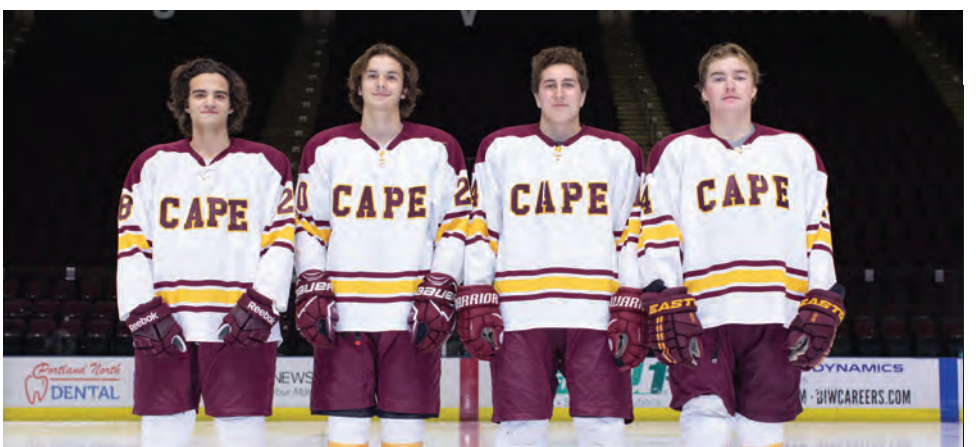
Aidan Lee

You are braver than you believe, stronger than you seem, smarter than you think & loved more than you know.

- A. A. Milne

Congratulations, Aidan!

-Mom, Dad & Owen



Congratulations to our 2020 CEHS Hockey Grads,
Eli, Jonas, Matt, Andrew and Ben!

Wishing you all the best for a bright and happy future!

Matt Laughlin

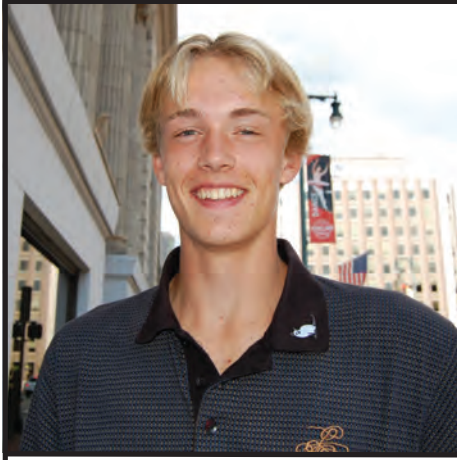


Congratulations Matt!

We couldn't be more proud of you! Nothing can stop you now. Keep chasing your dreams and know we will always be cheering you on!

Love your biggest fans,
Mom, Dad and Nick

Aidan Connor



Congratulations Aidan!

We are so proud of you! You are amazing.

Love,
Mom, Dad and Eva

Jonas Moon



Congratulations Jonas Moon on a successful completion of CEHS.

You have had many great accomplishments along the way and we have enjoyed all the milestones. Not the ending and graduation you had hoped for, but the class of 2020 is strong and we will celebrate you!

Have a great time at NAU Flagstaff.

We are proud of you and so excited for you.

With all our love and support,
Mama, Papa, Oliver en Sebastian

Matt Laughlin



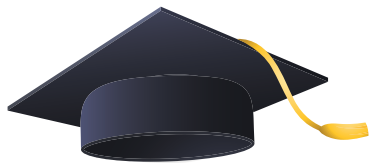
I'm so proud of you Matt and all you've accomplished. Follow your path, the journey is just beginning.

I love you.
Nanny

2020 TD B2B canceled

Due to ongoing concerns regarding the impact of COVID-19, and recent guidelines announced by the Maine Governor's office, the board of directors of the TD Beach to Beacon 10K road race voted on Tuesday, April 28 to cancel the 2020 race scheduled for August 1.

The \$55 race entry fees will be automatically refunded to all registered runners over the coming weeks. Additionally, given demand for registration, race organizers have announced that all 2020 registrants will have an opportunity for early entry into the 2021 race. Race organizers will release details about the early entry process when finalized.



Down Home Farm collaborates to restore Trout Brook

By Marta Girouard



Contributed photo

Nick Tammaro of Down Home Farm recently collaborated with CCSWCD, in partnership with the City of South Portland and the Town of Cape Elizabeth, to restore the quality of Trout Brook.

Nick Tammaro, owner of Down Home Farm in Cape Elizabeth, knew from a young age he wanted to live and raise a family in a farming environment. He grew up just several doors down from where he ended up building his homestead. "I used to play in the very woods where our home is today. I was one of those pesky kids who would sneak out onto the farm to watch the farm hands work the land when the Maxwells farmed the land growing crops," he said.

In 2009, Tammaro turned his dream into a reality when he purchased three acres of land from Nate and Kathy Maxwell to build a home and barns. He started with one 10'X12' shed which is now a woodshed and over the past ten years five barns have been built and over 20 acres have been fenced in. He started out with two cows and two calves and now 38 animals graze the land. Tammaro and Nate Maxwell work together maintaining

-see DOWN HOME FARM page 13



Erin Grady, Broker

eringrady207@gmail.com

Cell: 207.650.4458 Office: 207.767.2224 x3
299 Ocean House Rd., Cape Elizabeth, ME 04107
www.bostwickandcompany.com



Working with buyers & sellers for over 25 years in our community. Please contact me for all of your real estate needs. I would love to work with you!

Let Us Guide You Home



Over 25 years experience in Mortgage Lending

- Purchase
- Refinance
- New Construction
- Licensed in ME, MA, NH, VT & FL

Please call me for more information or to schedule an appointment.



Peter Clancy

Loan Consultant/VA Lending Specialist
NMLS ID: 415937
75 Market Street, Suite 501
Portland, ME 04101
Mobile: 207-415-4096
peter.clancy@caliberhomeloans.com
www.caliberhomeloans.com/pclancy





21 Wells Road Cape Elizabeth
FARM STAND IS OPEN

Order online or shop at our farmstand go to
www.jordansfarm.com for more info!

WE HAVE THE PRODUCTS FOR YOUR GARDEN & LANDSCAPING PROJECTS Call: 807-1761

Pickup or We Deliver
Monday – Saturday 8am – 5pm ;
Sunday 9am - 4pm (Pickup Only)

Compost ~ Screened Topsoil ~ Bark Mulch ~ Pro-base
Masonry Sand ~ Crushed Stone ~ Stone Dust ~ Wood Chips

FB: Jordan's Farm [WE'RE BEE FRIENDLY] www.jordansfarm.com

Nurses

Continued from page 1

Martins Point Healthcare for 11 years, and currently works as a Clinical Quality Specialist.

The professional impact of the pandemic on nurses has been profound. Lindsay Marlow said, "Being a nurse during the COVID-19 pandemic has been scary, however Maine Medical Center has done an incredible job to prepare for the worst-case scenario. Better to be overly cautious with a virus that is this unpredictable in fatal victims. Since the hospital has changed visitor policies and required masking for all employees and visitors, I have felt confident going to work. Wearing a mask for 12 hours straight is tough, some of my coworkers have come up with some creative ways to ease the pain of sore ears which has been great. My husband has been putting his 3D printer to good use and printing some tags that take the pressure off of the ear straps."

Tracey Grela said, "Professionally, COVID-19 has affected me as a nurse, being an essential employee, I go in to work still versus working from home. We are so used to working holidays, and around disease and illness, that as long as we have the proper protective gear, and knowledge of how to protect ourselves and others it really is not hard for medical professionals. Working at a primary care office, I spend much of my day informing, assessing and reassuring our patients and their families. We have a very strong work force that is so up-to-date on the daily changes in the policies and procedures from the CDC and the government, and things change often. Martin's Point was the first in Maine to get the rapid COVID testing from Abbot and this has helped us get answers quickly and that really helps us get our patients treated and feeling better faster."

For Arienne Hurder it has meant a bit more awareness. "We are doing what nurses have always done. Slogging through, and caring for people that need help. The guidelines and protocols are continuously changing with COVID-19, so that can be frustrating," she said.

COVID-19 has completely changed Jill Skrabalak's role and responsibilities. She said, "Previously, I spent a lot of my

days working to close gaps in patient care, creating standard work and training on important initiatives such as hypertension and controlled substances. I now triage patients that need or may not meet COVID screening criteria, or may need to be seen for acute respiratory illness. I am currently working on setting up a quality assurance process related to COVID calls and Personal Protective Equipment."

Of course, the virus has impacted these professionals in their personal lives as well. For Tracey Grela, it has meant changes with her children and husband. She said, "With two middle school kiddos schooling at home now we are fortunate that my husband is able to help them while I work away from home. The unfortunate part is that he is on furlough and waiting to hear when he goes back to work. When he goes back to work we will need a different plan. Again, grateful for where I work because they hear our needs and assist with any challenges that may arise. Another way that COVID has affected our personal lives is, as a social person, it has been hard to social distance but it is so important and obviously we are compliant. To hear of others who are not taking this seriously is frustrating."

For Lindsay Marlow, she says she has two children, one at Pond Cove Elementary School and one entering into kindergarten this fall. "One of our biggest struggles right now is managing school work and making sure my soon-to-be kindergartener doesn't get left behind. My kids miss their friends, and so do I. I'm so lucky to be able to go to work with friends and coworkers, but I'm really missing my friends in our Cape Elizabeth community. A bike ride to a friend's house to wave from the driveway, or a walk with a friend, six-feet apart has been really nice. I'm starting to appreciate the little things, like take-out and delivery services. But most importantly I appreciate one big thing, I'm healthy and I'm alive," she said.

The impact on Arienne Hurder's personal life has brought a new situation, and a fear that is familiar to many essential workers. She said, "For the first time ever, I'm the only one working in my family. My husband is furloughed, and it's nice to have him home a lot. I worry about bringing something home to my kids though."



Contributed photo

Nurse Tracey Grela works at Martin's Point at the Marine Hospital in Portland. She has been a RN for 24 years, and loves being a nurse.

Jill Skrabalak feels fortunate. She said, "My family and I are grateful every day, and multiple times a day, that we are currently healthy and can put food on the table. We have a greater and growing appreciation for many things, largely that we are in position that we can help others. I feel blessed that I can still go to work every day and there is a deep purpose to my work."

The hardship of the COVID-19 pandemic has not been without some small graces. Lindsay Marlow said, "Due to this pandemic, the visitor policies have been altered in my area of the hospital to protect the tiny patients that I care for. Families aren't able to visit as often as they'd like and that means that a lot more babies are alone. One family that I cared for recently had not been able to visit for a number of days. In this case, I held my phone up to the baby so the mom could talk to her tiny, fragile daughter. How lucky I am to be able to hold and love my

kids at home."

Arienne Hurder said she has noticed the public appreciating nurses like never before.

Tracey Grela shared this, "Our community in Cape Elizabeth has come together in ways that are really great to see. From birthday parades, video birthday wishes, virtual happy hours and other ways we have adapted to the way things are now has been awesome. So appreciative of all the teachers! They have been so great for the kids and made the transition to 'school at home' easy. To have our friends reach out and see how we are doing has been so wonderful. To call and ask if we need something from the store, or masks or just how are we doing... that is what makes our friends so special. They are the ones that are our family, as we do not have any family here in Maine. It brings out the strength in friendships, and it is great to know we have these people going through this with us and we can help each other- together."

We are all in this together
We are here to help.
We know how difficult these times are for everyone.
Call us if you need anything.

RE/MAX
OCEANSIDE

207-799-7600
 1237 Shore Road
 Cape Elizabeth
 OceansideMaine.com

**we love
 our moms
 now more than ever**

it'll look a bit different
 then in years past
 but celebrating mothers,
 grandmothers, aunts,
 mothers to be
 is what we do

we'll be offering take away
 some breakfast favorites,
 cinnamon buns, muffins, mimosa
 kits and breakfast boxes

call May 7th thru 9th between
 10:00 am and 12:00 pm to place
 your orders for Mother's Day
 check facebook, insta and our
 web page for menu

The Good Table Restaurant
 Route 77, Cape Elizabeth
 799-4663
www.thegoodtablerestaurant.net

Cape family keeping busy, positive, connected while staying safe

By Kevin St. Jarre



Contributed photo

Ashley Bomba stands between her mom, Christy Bomba, and her dad, David Turin. Like all families in Cape Elizabeth, they've worked at adjusting to the current situation, and at staying connected.

Ashley Bomba has returned to Cape Elizabeth from Clark University where she was majoring in both Spanish and Management, a part of the school's class of 2021.

In an effort to have some insight into what those staying at home are up to, perhaps to share ideas or simply to record a bit of Cape history from this time, she agreed to tell us about her ongoing experience.

Ashley said she feels as though her family has been trying to do a lot during this time of social distancing to keep busy and to catch up on things they didn't have time to do when they were all working or at school.

"A few things we have done are that my mom and I started off strong and cleaned a bunch of rooms in our house, and donated and threw a lot away that we haven't used in a long while. It felt nice to de-clutter a bit at the beginning of this quarantine," Ashley Bomba said.

Ashley points out that it doesn't hurt that her dad, David Turin, is pretty handy

around a kitchen. "[He] is a very good chef who owns a few restaurants, and he had to close his restaurants, so to keep busy a couple of [television] news stations have asked him to make in home cooking segments for them to air, since we also can't go to the station to record there. David got right on that. He needed a host to help, and a camera woman, so my mom, Christy, recorded him and me, acting as the host, as we made some dinner in our home to show people what David has been cooking," she said.

They have also been working out a lot in their home gym, too. "We rented a cycling bike from Jibe Cycling Studio in Portland, and we are doing the spinning videos sent to us daily by their instructors. We also have been using the other workout machines we have, such as the rowing machine, treadmill and elliptical," said Ashley Bomba.

While they sound busy, the situation has also had its challenges. In addition to the restaurants being closed, some of Ashley Bomba's plans have had to be

changed. She explained, "Sadly, this all really messed up my college study-abroad plans because I was supposed to be abroad from the middle of February until the middle of July, but after being in Argentina for three weeks, everything changed. Unfortunately, I had to leave the country to return to the U.S. So, to start off, I really miss being on my study abroad program in Argentina. The friends I made there, and my lovely host-mom. I also just miss the normalcy of going to spin classes at a spin studio I love, because when I am home I go there about two times a day to see my friends and spin with them. I also miss going out to the amazing restaurants we have in Maine. My family and I love to support local restaurants by going out to eat quite a bit or getting take out from them to bring home."

She said she feels lucky to be eating the way they are, and she shared something about her dad's generosity. While the family kept some of the food from the restaurants, she said that her dad "gave away all the food that would go bad to employees."

Ashley Bomba said there are uplifting examples like that throughout Cape Elizabeth. "A positive thing I have experienced during this quarantine is the love and kindness people are spreading to each other- from six feet apart of course. We live in a time where people love to socialize and go hang out, and this situation put boundaries on how we can hang out with our friends, but people didn't give up. They thought of amazing ways to still connect with their loved ones. A few examples of this: the other day one of my good friends stopped by my house to drop off a sourdough starter kit for my family

and me to make at home. Her sister had sent her a starter, and my friend thought of my family and dropped off some for us, which made us so happy. Another example of this is the owner of the spin studio, Jibe Cycling, started a program where her customers could sign up to rent one of the bikes she has in the studio so we can continue doing spin classes. Exercising is a great way to de-stress. She drove to our house with her husband to hand-deliver the bike to us. Now she, and the other instructors send videos to us each day of a class. This helps us to feel as though we are all still connected with our studio friends and family there. This is a very scary time for everyone, and instead of sitting inside all the time freaking out, people are thinking of ways to stay connected, which makes me feel so happy to be part of such a committed and loving community that is trying to stay connected," she said.

Updated Cape Elizabeth Town and Trail Maps available

With so many people trying to get outdoors these days, the land trust has issued its newly-updated Cape Elizabeth Town and Trail Map.

The map includes trails on both CELT- and Town-owned properties; it does not include Greenbelt trails on private property.

If you're looking to explore some Cape Elizabeth trails this spring, email info@capeandtrailandtrust.org for your trail map. Cost is \$5 plus \$1 postage & handling.



Duette® Architella® Trielle™ Honeycomb Shades Provide Energy Efficiency in Every Climate, Every Season.

80%
SUMMER BENEFIT
Architella® Trielle™ semi-opaque shades can reduce unwanted heat through windows by up to 80%.

40%
WINTER BENEFIT
Architella Trielle semi-opaque shades can reduce heat loss through windows by up to 40%.



THE CURTAINSHOP OF MAINE
175 WESTERN AVENUE
SOUTH PORTLAND
MON - SAT 9:30AM - 6:00PM
SUNDAY 11:00AM - 5:00PM
207-773-9635
www.maineblindsandshades.com



Dun-Roamin' Farm

Opening May 10th

Enjoy hanging baskets, memorial baskets, & many other annuals:
Marigolds, Cosmos, Zinnia, Petunia, Calibrachoa, Torenia, Alyssum, Dracena, Dusty Miller, Lobelia, Osteopermum, Verbena, Gazania, Gerbera Daisies, Ivy Geraniums, and Geraniums

Visit our greenhouses to view our wide selection and enjoy Mother's Day specials!

**ROTOTILLING
FIELD & BRUSH
MOWING**
207-653-3057

Jim and Evelyn Cox
1068 Sawyer Road - Cape Elizabeth
207-799-5910 - Free Estimates

Cape farms ready for Mother's Day, despite the 'new normal'

By Tina Fischer



Contributed photo

Cape Elizabeth farmers have been busy growing plants, flowers, fresh produce and more. Many farm stands have implemented new online ordering systems with the coronavirus outbreak. Alewife's Brook Farm has begun cooking lobsters every evening and as long as orders are placed by 1:00 p.m., customers can eat farm-cooked lobster for dinner.

Mother's Day weekend traditionally heralds the start of spring, and our farms hustle to be ready with flowering plants and seedlings, for gift-givers and gardeners.

This year, getting ready for spring has been more of a challenge, to say the least, for Cape growers. The coronavirus has complicated working situations, slowed supply deliveries and restricted staff availability. On top of that, very cool April temperatures made for sleepless nights for greenhouse

growers anxious about tender seedlings.

Nevertheless, because farming is all about problem solving, there will be Cape-raised plants for Mother's Day along with garden seedlings, available at four locations in town. Jim and Evelyn Cox will have their self-serve stand on Sawyer Road stocked with a huge variety of annuals, in planters and baskets, as they have for close to 30 years, starting this weekend.

Green Spark Farm on Fowler Road is

transitioning its annual organic plant and seedlings sale to a new online ordering system. Plants will be available starting May 9. There are details and helpful photos of the many varieties offered on the farm's website.

Greg Jordan expects to be selling an early season selection of seedlings from The Farm's stand on the corner of Rte. 77 and Fowler Road, starting this weekend. He says it's been one of the toughest and chilliest starts to the season he can recall. "So when you go to your local farm stand to get things for your 'victory garden,' please think about what the farmer had to do to get those beautiful plants ready for you." He adds, "Don't go to a big box store because those plants arrived from a truck two days ago and are not hardy for our growing season. And the parking is bad and the prices are too high! I hope I speak for all Cape farmers, and those in neighboring communities, in urging you to 'buy local,' especially after such a tumultuous 'off season' this year."

Jordan's Farm on Wells Road, which hustled to open both the seasonal farm stand and the 'dirt yard' months earlier than usual, will have garden seedlings too. The on-site farm market is open and online shopping (for 'curbside' pickup) is up and running as well; check Jordan's website or Facebook page.

Fresh cooked lobster solves the dinner dilemma

Alewife's Brook Farm doesn't sell seedlings, but it's also added online ordering for

pickups of all farm stand products, including seafood. Caitlin Jordan says, "We've also begun cooking lobsters every evening to help our patrons with the ongoing challenge of, 'what's for dinner tonight?'" As long as orders are placed online or email by 1:00 p.m., you'll be having farm-cooked lobster for dinner." (Ordering details can be found on Alewife's website.)

The farm has also been busy keeping up with customers' passion for fresh produce. "We're doing our best to get plants started in the greenhouse and transferred to the high tunnels as quickly as we can to keep the growing season going, as the first round of greens is ending so much sooner than anticipated, due to the increased need."

Local pork is in high demand too; Alewife's has already sold all its shares from this year's new pigs. "We're also welcoming 40 baby chickens which, in about five month's time, will help increase our egg availability."

Caitlin notes that CSA shares are still available, and adds, "We cannot express how appreciative we are of the tremendous support from our community that we've seen over the past month."

All Cape farms are busy

Other farms are hopping this time of year. At Cape Ledge, the laying hens are trying to keep up with the increased appetite for eggs. Co-owner Brittany Petsinger reports, "We're selling eggs like hot cakes in the front of the barn!" Horseback riding is available, just for boarders right now, but Petsinger says, "We're in the process of buying a few new lesson horses in hopes to open for lessons soon!"

Strawberry season isn't until June, but the crew at Maxwell's Farm is busy feeding and tending the plants, and Lois (Maxwell) Bamford says husband Bill has planted corn and peas too.

"We're hoping for a great strawberry season," she notes, "and we'll have new plans in place to be sure to keep everyone safe."

For farm updates, The Cape Farm Alliance publishes a free monthly e-newsletter during the growing season, starting this month. Sign up on the website, www.capefarmalliance.org.

Help keep CELT trails open

CELT volunteers are working hard to keep trails open for the community during these challenging times. We have been heartened to see so many individuals and families flocking to nature for solace and recreation. Please note, however, that conditions in the world as well as on the trails may change. Please watch CELT's website www.capelandtrust.org, Facebook or Instagram for updates before heading out.

While exploring Cape's open spaces, it is vitally important for visitors to take great care in following the current CDC Social Distancing guidelines. These include:

- Maintain a minimum six feet distance between other hikers, bikers and pets
- Walk dogs on leash and treat them to the same distance rules
- Avoid crowded trailheads. Consider exploring a new property or access point within walking distance of your home
- Clean up after dogs and dispose of waste in appropriate locations (dog waste is toxic waste)!

Thank you for helping keep the trails and community safe. For more information visit the CELT website www.capelandtrust.org.

THE COMFORTS OF ASSISTED LIVING. EMPHASIS ON LIVING.

Come experience The Landing at Cape Elizabeth (Formerly Village Crossings); a beautifully-designed, private residence community created with the active senior in mind. Our 32 acre-campus features;

- Private studio, one and two-bedroom apartments
- Elegant restaurant-style dining
- Group trips and excursions
- Cafe and TV room for community gatherings
- Beautiful views of conservation land
- Assistance with daily living activities
- Medication administration
- On-site nursing supervisor
- Respite care

78 Scott Dyer Rd. Cape Elizabeth, ME 04107 P
| 207.799.7332 | ME TTD/TTY #800.457.1220
thelandingatcapeelizabeth.com









Dr. Marta Agrodnia,
DVM, DACVS





COMPASSIONATE CARE

24 HOURS A DAY

7 DAYS A WEEK

207 878 3121 | 739 Warren Avenue, Portland | AnimalEmergencySpecialtyCare.com

Nature scene around town



Photo by Diane E. Hamlin

Pictured above is a female Tree Swallow. The male is iridescent blue, white below and the female slightly duller in color both with a distinctive notched tail. May 9 is the sixth annual "World Migratory Bird Day" also known as "Global Big Day." Individuals and groups around the world contribute local bird counts and observations for understanding the health of bird populations globally. Participants report observations to the Cornell Lab of Ornithology's eBird website which provides detailed summaries and insights about current migration status and local resident bird populations.

Cape Elizabeth birding report

By E. Brooks Bornhofft

Several weather fronts in late April brought a torrent of migrants to the lower states. Unfortunately, many of the north bound songbirds that follow insects have been slowed by a wave of cold fronts expected to continue through the last days of the month. Similar to last spring, migration has felt rather slow-moving and deliberately unhurried. There have been some definite rays of sunlight over the last two weeks with pockets of migrants here and there. Pine warblers are settling into our wooded areas and at dusk the hauntingly beautiful song of the Hermit Thrush can be heard.

On April 13 I spotted a Glossy Ibis fly over the house. Amazingly, one year ago (to the day) I noted a Glossy Ibis flyover - quite a coincidence! The following day my wife spotted her first of year male Belted Kingfisher along the fringes of Robinson Woods III / Pond Cove.

On April 16 my son and I were returning home from a late afternoon walk in the woods when we spotted our first Sharp-shinned Hawk in a backyard crab apple tree. Not only is this mighty little raptor the smallest hawk in the United States but it's also an acrobatic aerialist, built for pursuing prey (typically songbirds and mice) at high-speeds through dense cover. After watching the bird sit transfixed for a moment, it darted off across the yard in pursuit of a female cardinal. Following the action, we cautiously approached the area where we last saw the "sharpie" disappear into the tangles and noticed that the bird was itself caught in the dense thorn-bush. Dangling upside down with the cardinal still in one talon, the bird dropped its prey and worked to get out of the bush for a solid five minutes. Eventually the sharpie was able to disentangle and make its way to the ground floor to collect supper. All of this action apparently caught the attention of our local, all seeing Red-tailed hawk couple (who just happened to be tending to a nest not far off). The live action continued as a Red-tailed swooped in, flushed the Sharpie off its well-earned catch and flew right over our heads with its prize in tow. Landing on a snag fifteen feet

above our heads, the raptor took a nip at its new prize and looked back down at us, cardinal feathers floated to our feet and with another blink the raptor was back on the wing en-route to its nest or plucking post.

On April 17 the first Osprey of the year flew over the house as did a boisterous flock of eight Cedar Waxwings. On April 18 while poking around Trundy Point my wife spotted our first of spring Brown Thrasher. This wonderfully shy and retiring bird prefers bushy pastures, brier patches and woodland edges however during migration you never know where you might catch a glimpse of one. On April 19 the first Tree Swallows were spotted along with a Great Egret (Sawyer Road crossing the Rachel Carson Nature Preserve). And on the 24th I worked hard to record my first Ruby-crowned Kinglet of the spring.

Saving the best spotting for last, on April 21 in addition to the Yellow-rumped (myrtle) and Palm warblers about, I was able to catch a glimpse of the male Prothonotary Warbler being seen at Hinkley Park in South Portland. With a brilliantly glowing yellow chest and cap this gem is widely accepted as one of the handsomest warbler species. A denizen of the southern wooded swamps, Prothonotary warblers are very rarely spotted in Maine, perhaps one or two every spring. The earliest recorded mentioning of this bird in the state was in 1862. Although there are periodic reports of sightings, and on rare occasions nest building, most are false starts. Thus, the bird has seemingly been only a straggler and never been known to breed in our great state. Perhaps Prothonotary warblers are sending vanguards from the swampy lands down south to scope out Maine?

Lastly, I wanted to make mention of something that John Fitzpatrick, Cornell Lab of Ornithology's President recently wrote: "Our planet is alive with birds, and there is nothing more fulfilling and potentially life-changing than observing birds and nature. As we watch and listen, birds help us understand the living world. The challenges to the natural world are bigger than they've ever been before. Birds have the power to help us inform and inspire the global changes needed for humans and nature to live side by side."



Photo by Amy Melissa Witt

Volunteers Jay Weiss and Hans Hackett clear debris from the stream in Robinson Woods.

Laplante Electric, Inc.



*The Electrical Experts
as well as
Heat Pumps*

**Mitsubishi • Daikin • Fujitsu
MAKE YOURSELF COMFORTABLE**



Stay cool in the summer and warm in the winter.

Generators

Authorized Dealer

**Kohler • Briggs & Stratton • Generac
AUTOMATIC STANDBY GENERATOR SYSTEMS**



Your standby generator turns on and off automatically.

We Service Generators Too!

We are an Efficiency Maine Qualified Partner. 

**207-771-8888
www.laplanteelectric.com**

Pond Cove Playground to receive educational signs from Land Trust

Thanks to a grant from the Ed Meadows Conservation Fund of the Maine Community Foundation, the Cape Elizabeth Land Trust will be contributing educational signs to the new, nature-based playground at Pond Cove Elementary School. These panels will highlight playground features and their connections to the natural landscape, encouraging classroom groups, individual students, and community users to explore the ecological connections hidden in the playground environment. They are expected to be installed by the end of summer.

The Natureland outdoor classroom was developed in 2008 and 2009 by the CELT Education Committee, after teachers expressed a need to better engage their students in science, natural history and experiential learning. Last year, the Pond Cove Playground Committee (PCPC) completed a major renovation named "Operation Rebuild: Learn, Play, Grow Outside!" The Cape Elizabeth Education Foundation, CELT, and many other individuals and organizations donated to this town-wide campaign.

Said PCPC member Lindsay Barrett, "The Pond Cove Playground Committee is honored to partner with CELT and the school system to continue to facilitate innovative educational opportunities in the new playground space. We're excited about the potential for interpretive signage to boost playground users' engagement with the natural features of the space—both during and outside of school hours."

The updated playground design includes more garden beds, a bird and butterfly learning garden and opportunities for students to compost, observe wildlife and collect weather data. Last year, construc-

tion was completed on a new, nature-based playscape that integrates traditional play equipment with the natural features of the space. Making use of materials such as plants, boulders, logs, and sand, the new design encourages creativity and imaginative play, and helps students learn to enjoy and appreciate elements of nature.

Tara Bucci, a fourth-grade teacher and member of the planning committee, is looking forward to seeing students reading the interactive signs on the playground. "Students will be connecting with the natural landscape while learning about specifically targeted concepts in Ecology," she said. "Reading and experiential learning is not the 'typical' recess activity and I feel this will be a great opportunity for more students to be included during a sometimes more social part of the day. I'm interested in working closely with CELT Education Coordinator Philip Mathieu around our Fourth Grade Curriculum Maine Studies focus."

Funds for this project are being provided by the Ed Meadows Conservation Fund of the Maine Community Foundation in honor of his parents who instilled their love of nature and community service in him. Mr. Meadows was Maine Department of Conservation Commissioner 1988-1995 and Director of the Bureau of Public Lands 1987-1988. For over 40 years he played a key role in conservation of millions of acres in Maine, Michigan and other states, working in partnerships with land trusts and public agencies. CELT greatly appreciates the support received from this Fund, which previously helped to finance the interpretive panels installed in Robinson Woods Preserve.

Damages reported to gates at Fort Williams, prepaid debit card found

Reported by Marta Girouard

COMPLAINTS

- 4-1 An officer met with a resident of the Ocean House Road area regarding a theft of checks that had been forged and cashed.
- 4-9 An officer met with public works employee at Fort Williams regarding damage that had been done to a couple of gates.
- 4-14 Two officers responded to a residence in the Shore Road area for a domestic disturbance.
- 4-14 Two officers responded to a wooded area off Blueberry Road for a well-being check.
- 4-15 Two officers responded to a residence in the Shore Road area for an unwanted person refusing to leave.
- 4-17 Two officers responded to a residence

in the Old Ocean House Road area for a domestic disturbance.

- 4-18 Two officers responded to a residence in the Broad Cove area for a well-being check.
- 4-19 An officer met with a resident of the Broad Cove area regarding an ID theft complaint.
- 4-20 An officer met with a subject who had found a prepaid debit card and brought it into the Police Department.

ACCIDENTS

- 04-07 George Whynot, Bowery Beach Road

ARRESTS

- 4-10 Transient, criminal trespass, Cape Elizabeth

FIRE/RESCUE CALLS

There were 11 fire calls and 25 EMS calls from April 7 to April 20.

Library online programs continue

The library has been offering a full range of online programs via Zoom and other platforms. For a complete schedule, visit the library's website, follow the library on social media, or sign up for the library's newsletter. Below are some highlighted ongoing programs.

For adults

Songwriting Workshop with Jud Caswell

Tuesdays, 6:30 - 8:00 p.m.

Daily Fika (coffee break)

Weekdays, 10:00 - 11:00 a.m.

Join librarians for a morning coffee break pleasant conversation.

Parent Chat

Mondays, 7:00 - 8:00 p.m.

Join Youth Services Librarian Megan Smith and parent coach Britney Sampson

for some real, honest conversations about the challenges of parenting during the pandemic.

Eldering Conversation Group

Wednesdays, 1:00 - 2:30 p.m.

Our Eldering group is a place to talk, to share, or just listen to what neighbors, friends, and members of our community have to say about their experiences as we grow older.

Community Wellness Toolkit

Various days, times and topics

Join area professionals for discussion and tips on managing stress, anxiety, and developing a mindfulness practice. Visit the library's website for complete offerings.

For children and teens

Visit the children's program page of the library's website for online story times, chat groups, a podcast discussion group for tweens and more.

Honoring Mothers and Women Warriors Everywhere.



1920 - 2020. 100 years celebrating the 19th Amendment to the Constitution granting women the right to vote.



L to R: Suffragists Helen Hamilton Gardener, Carrie Chapman Catt and Maud Wood Park on balcony of the National American Woman Suffrage Association, Washington, DC. Park, a former Cape Elizabeth resident, later became the first President of the League of Women Voters.



My mom, Luisa Monaghan (R) and Nancy Masterton (L), hosting a League of Women Voters tour of our family home once owned by Maud Wood Park. Masterton was a former Cape Elizabeth State Representative from 1977 to 1985. (Press Herald photo)



This Mother's Day, let's Honor Mothers and Women Warriors everywhere! 🌸

Please Elect Kim Monaghan for State Representative

Primary Vote July 14, 2020

Absentee Ballots available NOW on line or by mail at: www.voteinmaine.com/absentee

FB page: Rep Kim Monaghan 2020 | email: kmonaghand@gmail.com

Down Home Farm

Continued from page 7

80 acres.

Tammaro's goal for Down Home Farm has always been to raise "Happy Healthy Animals." "We are connected to our food from day one to their last day. Our plans are to continue to maintain our small herd, give back to the land and feed our friends and neighbors," he said. A couple of years after he started his farm, Tammaro was approached by the Cumberland County Soil and Water Conservation District (CCSWCD) about a collaborative effort to address water quality in Trout Brook. Tammaro shared a common goal with CCSWCD to restore Trout Brook and was eager to get involved.

Trout Brook is a 2.9 mile stream that runs through South Portland and Cape Elizabeth and drains into Casco Bay at Mill Cove. The stream flows through mixed land uses, including residential, commercial, agricultural and public lands. In 2004, Trout Brook was classified as an urban impaired stream by the Department of Environmental Protection (DEP), meaning that it did not meet standards for aquatic life and habitat. South Portland, Cape Elizabeth, DEP and CCSWCD have been collaborating on improving the water quality and aquatic habitat at Trout Brook since 2012, when the Trout Brook Watershed Management Plan was developed.

Approximately a half mile section of Trout Brook flows through Down Home Farm pasture fields. CCSWCD, in partnership with the City of South Portland and the Town of Cape Elizabeth, was awarded a third phase of grant funds for the Trout Brook Watershed Restoration Project which provided technical assistance and cost-share funds to Down Home Farm. Funding for the Trout Brook Watershed Restoration Project was in part provided by the Maine DEP and the U.S. Environmental Protection Agency under Section 319 of the Clean Water Act. Tammaro has served on the Trout Brook restoration steering committee since it was formed and was willing to implement three "Best Management Practice" projects to fix issues of concern on the land.

The first project was to build a manure shed/heavy use building for the farm's pigs. When manure is left exposed

to rain, it can be carried with runoff to Trout Brook, allowing the nutrients and bacteria it contains to wash into the surface water. Excess nutrients in the stream cause algae to grow faster than the ecosystem is able to manage. This reduces the availability of oxygen to fish, macroinvertebrates and other plant species. The manure shed that was constructed on Down Home Farm protects manure from exposure to rain and therefore prevents runoff from entering Trout Brook.

Next, Tammaro extended livestock fencing on the land. This project was not only important because it prevents the cows that graze on the pasture from accessing Trout Brook, but it also prevents the stream bank from eroding and keeps excess animal waste out of the stream. Erosion on a bank can introduce phosphorus into surface waters, which also enhances algae growth.

The third and final project involved creating a water structure to control the flow of the farm's irrigation pond, also allowing for fish to swim upstream. The existing structure was failing and during large storms the farm road would wash out and cause sediment to wash into the brook.

With the three projects completed, roughly 78 pounds of nitrogen, and 17 pounds of phosphorus are kept out of Trout Brook each year. South Portland Stormwater Program Coordinator Fred Dillon said, "The improvements at the Maxwell and Down Home Farm will almost certainly provide tangible and measurable benefits for downstream aquatic communities. The new manure storage shed will greatly reduce nutrient runoff into the brook and the new outlet control structure and culvert for the irrigation pond will reduce sediment discharges and increase dissolved oxygen through enhanced stream flow. Collectively, these improvements are a significant contribution to the ongoing public-private partnership that will eventually result in Trout Brook's attainment of water quality standards."

Tammaro plans to continue to work with the Trout Brook restoration steering committee and remains open to new ideas for conservation on the farm.

Scam alert bulletin board

By Jessica D. Simpson

What to look for on a real paper stimulus check

The Secret Service has released a sample of the paper stimulus checks that are being issued to millions of Americans beginning this month. The agency aims to deter counterfeiters by showing consumers, retailers and financial institutions what a genuine check looks like, describing the watermark paper and other security features.

More than 80 million of the so-called economic impact payments ordered under the CARES Act already have been delivered. The first wave of payments went out via direct deposit based on bank account information from tax returns on file at the Internal Revenue Service (IRS). The next wave of stimulus includes payments by paper check.

With the CARES Act "comes opportunity for criminal activity, like check fraud," the Secret Service says. Today, the service's duties include protecting top government officials and investigating financial fraud and cybercrime.

Here are six security features on the stimulus checks:

1. Treasury seal. The new seal will say "Bureau of the Fiscal Service" once check stock showing "Financial Management Service" (FMS) runs out.

2. Bleeding ink. The Treasury seal, to the right of an image of the Statue of Liberty, has security ink that will run and turn red when moisture is applied to the black ink of the seal.

3. Microprinting. Microprinted words are so small they appear as just a line to the naked eye. But when magnified, the words become visible. Microprinting cannot be duplicated by a copier and when a

check is counterfeited, it will often show up as a solid line or a series of dots. This U.S. Treasury check has one area on the back where "USAUSAUSA" appears repeatedly in such tiny print.

4. Watermark. All stimulus checks are printed on watermark paper that reads "U.S. TREASURY," which can be seen from both the front and back of the check when it is held up to a light. The watermark is light and cannot be reproduced by a copier. Any check not having the watermark should be suspected as being counterfeit or copied.

5. Ultraviolet overprinting. A protective ultraviolet pattern, invisible to the naked eye, consisting of four lines of "FMS" will be bracketed by the FMS seal on the left and the U.S. seal — an eagle — on the right. This pattern usually may be found under the payee information and the dollar amount area.

The FMS pattern and seals can be detected under a black light. If the amount box is altered in any way, a space will be created in the ultraviolet area. When exposed to black light, the ink used in the pattern and the seal will glow. This fluorescent quality cannot be photocopied. Beginning in 2013, a new ultraviolet pattern was introduced into the check stock consisting of four lines repeating the words "FISCAL SERVICE." Also, the seal has been changed to read "Bureau of the Fiscal Service" and may be seen until the prior check stock runs out.

6. President's name. The checks will feature these words on the lower right side of the Statue of Liberty: "Economic Impact Payment. President Donald J. Trump."

Guitar Lessons

All ages and abilities. Will travel to you. Skype and Zoom lessons available.

Call: Richard Corson
207-400-0484

Vindle Builders

Ron Spidle, owner
Custom framing to fine carpentry

Where integrity means business

207-329-9017

Fully insured
vindlebuilders.com



ESTATE PLANNING

Safe Signing with Remote Witness and Notary Available

Wills • Living Wills • Powers of Attorney

Contact:

Zachary I. Greenfield, Esq.
zgreenfield@bgt-law.com
207.781.7677

Barns
Greenfield
& Thornton
Attorneys at Law

Our Ninth Annual

Organic Plant Sale

Order Online
May - June
www.greensparkfarm.com


Grown in Cape Elizabeth

Ready to Plant: Tomatoes, Peppers, Cukes, Zucchini, Broccoli, Lettuce, Greens, Beans, Flowers Herbs, Pollinator Plants & Perennials!



All our products are certified organic by MOFGA Certification Services, LLC.

799-4784
www.greensparkfarm.com





RE/MAX
OCEANSIDE





Frank S. Strout
Broker

1237 Shore Road, Cape Elizabeth, Maine 04107
Office: 207.799.7600 x104 Cell: 207.776.4245

FrankStrout@remax.net www.OceansideMaine.com

Each Office Independently Owned and Operated



CAPE CALENDAR

By Wendy Derzawiec

Meetings listed in physical locations below may instead be held as videoconferences. Agendas for town meetings posted on www.capeelizabeth.com will have instructions for joining.

Wednesday, May 6

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

Thursday, May 7

Recycling Committee, 7 p.m., via Zoom teleconference

Monday, May 11

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

Tuesday, May 12

School Board, 6:30 p.m., Town Hall chamber
Conservation Committee, 7 p.m., William H. Jordan Conference Room, Town Hall

Tuesday, May 19

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

Ongoing each week

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

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

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

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

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

Cape Farm Alliance, third 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.

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/Primary: 11:10 a.m. - 12:00 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.

Church of the Holy Spirit
1047 Congress Street, Portland
874-9779
www.HolySpiritPortland.org
Sunday Worship: 10:00 a.m.
Sunday Adult Bible Study: 9:00 a.m.
Sunday School for children: 10:00 a.m.
Services streamed live on Facebook
Potluck dinner every third Sunday

Congregation Bet Ha'am
81 Westbrook St., South Portland
879-0028
www.bethaam.org
Worship: Friday, 7:30 p.m.
Saturday, 10:30 a.m.
Family Shabbat Services:
Second Friday, 6:00 p.m.

First Baptist Church of South Portland
879 Sawyer Street South Portland,

799-4565
www.spfbc.co
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 & Children's Programs
Sundays, 9:30 a.m.
Listen to our Podcast "A Nourishing Word"
We have room for all

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
Sunday Worship: 8:30 a.m., 10:00 a.m.
Sunday School: 10:00 a.m.
Preschool Child Care: 10:00 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

CABLE GUIDE

CETV CHANNEL 1302

Live broadcasts listed below may instead be held as videoconferences. Agendas posted on www.capeelizabeth.com will have instructions for joining. Replays of meetings will be broadcast as scheduled, and available on demand at cetv.capeelizabeth.org.

Town Council Budget Hearing replay
May 6 - 2 p.m. & 8 p.m.
May 9 - 10:30 a.m.

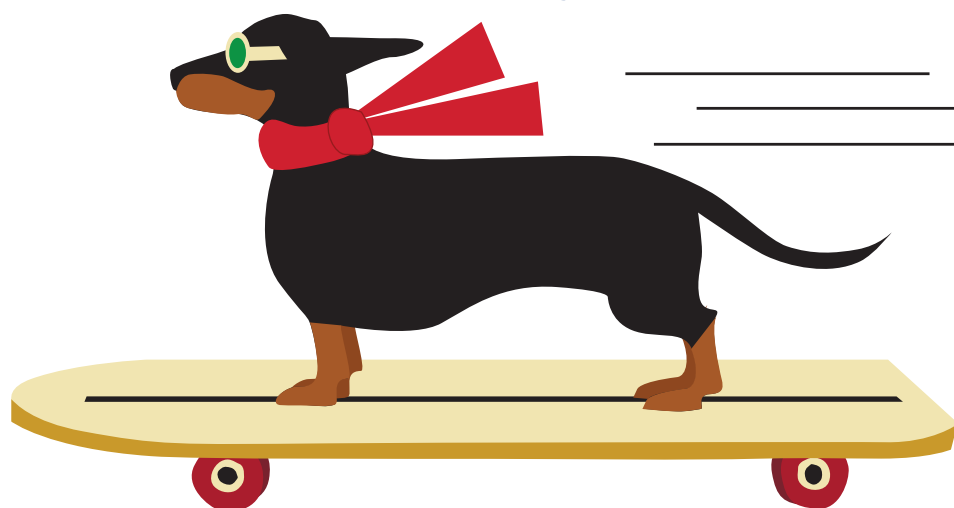
Cape Elizabeth Church of the Nazarene
May 9, 10, 16 & 17 - 9 a.m.
Town Council (live)
May 11 - 7 p.m.

School Board (live)
May 12 - 6:30 p.m.
Town Council replay
May 13 & 14 - 2 p.m. & 8 p.m.
May 16 - 10:30 a.m.
School Board replay
May 15 & 16 - 2 p.m. & 8 p.m.
May 17 - 10:30 a.m.
Planning Board (live)
May 19 - 7 p.m.
Planning Board replay
May 20 & 21 - 2 p.m. & 8 p.m.
May 23 - 10:30 a.m.



Maine Veterinary Medical Center

A Specialty Hospital and 24/7 Emergency Center in Scarborough



We treat all pet emergencies 24/7 including weekends & holidays.

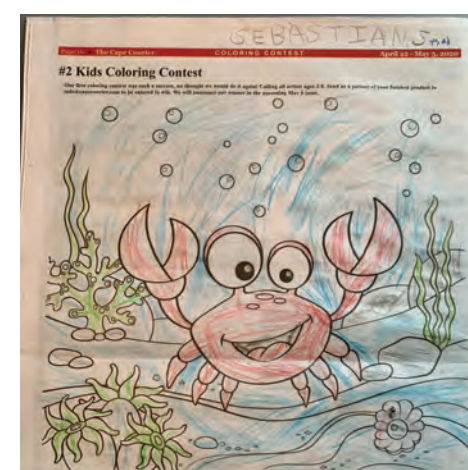


We offer specialty care including neurology, surgery, internal medicine, oncology, ophthalmology, critical care, rehabilitation and behavioral appointments.

207.885.1290 • mvmc.vet

Located at 1500 Technology Way • Enterprise Business Park off Route 1 • Scarborough

Winner, winner...



Contributed photo

Sebastian Holbrook, age 5, is the winner of The Cape Courier kids coloring contest, April 22 issue.

COASTAL
Plumbing & Heating

New Construction Remodeling • Service
Oil • Propane • Natural Gas

(207) 939-5822
www.coastalplumbingme.com

BUSINESSES/SERVICES

ALWAYS BUYING
ANTIQUES & COLLECTIBLES
Also Buying Paintings & Prints
G L Smith 671-2595

WISH LIST HOME IMPROVEMENTS
Fine woodworking, general carpentry and repairs. Call Dave at 874-0178.

MUSIC LESSONS

Flute lessons: For beginners and intermediates of all ages. Call Kris: 767-3712.

Piano lessons for all ages. Beginners through advanced. Sandi Palmquist: 329-8345.

Guitar Lessons: All ages and abilities. Travel to you. Call Richard Corson: 207-400-0484

FOR SALE /RENT

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

Paclat named to dean's list

Caroline G. Paclat of Cape Elizabeth has been named to the dean's list at St. Lawrence University in Canton, New York for the spring semester.

Paclat is a member of the Class of 2021 and is majoring in multifield bachelor of arts.

Solution to April 22 Cape Cross



Note: The clue for 50 Down in the April 22 Cape Cross should have been "Tomorrow in Paris?"

CLEANING SERVICES

EXTREMELY CLEAN
Deep Cleaning Services
The Way Cleaning Should Be!
References/Insured
25+years of experiences
Luz Carpenter
207-329-3757

Great Cleaner Are you in need of help around the house and are looking for a cleaner to clean your house your way? Well, then give me a call at 937-8686. I have years of experience and great references.

OBITUARY

Norman R. Jordan



CAPE ELIZABETH - Norman R. Jordan, Jr., 85, passed away on April 19, 2020, at the Maine Veterans' Home in Scarborough, Maine. Norm was born on August 21, 1934, and was a life-long resident of Cape Elizabeth, Maine. He lived in the home that belonged to his parents, Norman R. Jordan, Sr., and beloved mother, Dorothy H. (Simpson) Jordan. He is predeceased by his younger brother, David S. Jordan of West Willington, CT.

Norm graduated from Cape Elizabeth High School and served in the U.S. Army as a Traffic Analyst. He was stationed in Virginia and New Mexico. He was awarded a Good Conduct Award and a Sharpshooter Award. He worked at Jonesy's Mobil Station as a mechanic and plowed in the winter until his retirement.

Norm had a special love for the Jordan family flower garden (aka The Farm) which has been open to the public since 1985.

Next deadline: May 8th For Issue Date: May 20th

Have a Classified Ad, Announcement or Event?



Go to www.capecourier.com

Or contact Tara Simopoulos at: advertising@capecourier.com

He spent many hours working on the farm and had a propensity to tell historical stories; often to flower-picking customers. He operated the flower stand on the honor system for the citizens of Cape Elizabeth.

Norm had much pride for his family. He was a founding member of the Jordan Family Association, often helping family members with genealogical searches and the making of the family tree. He was also a member of the Cape Elizabeth Historical Preservation Society, The Odd Fellows, and the Cape Elizabeth's Lions Club. Norm received the Ralph T. Gould Citizenship Award in 2017.

Norm enjoyed making recipes passed down in the family. He was known to bring strawberry cream cheese pie to his meetings. His holiday candy, piccalilli and jam the garden were also family favorites.

Norm is survived by his former wife, Althea Foss of Portland, and their four children, Greg Jordan of Cape Elizabeth, Chris Jordan of Windham, Becky Jordan of Florida, and Ben Jordan of Clearwater, Florida; grandchildren, Greer, Ryan, Silas, Hayden, Hannah, Paul, Walter, and Ayla.

Norm will be greatly missed by his family, friends, and the Cape Elizabeth Community. The family will be having a memorial service in the form of a traditional lobster bake this summer in the Jordan Family Garden.

Arrangements are under the guidance of Hobbs Funeral Home, South Portland. Condolences may be expressed online at www.hobbsfuneralhome.com.



Kathleen O. Pierce
Realtor, SRES, ABR, Previews Specialist
Office: (207) 799-5000 ext. 4252
Cell: (207) 232-4030 **Fax:** (207) 799-9226
kathleen.pierce@nemoves.com



295 Ocean House Road
Cape Elizabeth, ME 04107

Owned and Operated by NRT, LLC. An Equal Opportunity Employer

TVK Construction
ALL JOBS - Big or Small
Terry V. Keezer, Owner
Fully Insured
207.252.7375
www.TVKconstruction.com

TAMMARO
LANDSCAPING & PROPERTY SERVICES, INC.
Think of us for:
Stone Work ♦ Paver Walkways
Rock Walls ♦ Stone Fences
Patios ♦ Outdoor Living Areas
Call to set up a FREE consultation!
831-8535

Dr. David Jacobson
TWO LIGHTS DENTAL
Visit Us Today!
TwoLightsDental.com

Capetoons: Covid Guy-Q test for Cape

By Jeff Mandell



Drawn by Jeff Mandell

Match the IQ to the guy: 50, 100, 150.

Bottle

Continued from page 1

caught my eye. I was delighted to see it held a note – a charming throwback to a time before social media. I could only make out the words ‘Dear reader, if you found this bottle . . .’

Blake brought the bottle home and tried to extract the note, but could not, and had to resort to breaking the bottle. She said, “Amid the shards a message revealed the bottle’s 110-mile journey – from Maine to Massachusetts. ‘If you found this bottle please contact . . .,’ the first note read, giving a phone number. ‘You can add something but please send it back out to sea.’ It was signed, ‘Joe and Aidan 2/20/20, Launched from Cape Elizabeth.’”

Another note in the bottle was from Tom, Laurie and Mike of Biddeford, and this one was dated three weeks later than the first, Blake said.

Blake had a new problem, however. She said, “I felt lucky to be the third person in this chain – but dismayed I’d had to break the bottle. There was no way to send it onward. But I had to text Joe and Aidan – whoever they were – to let them know their bottle had made it to Gloucester.”

Blake said Gray responded immediately, and explained about the boys. “This is fun for our family, which is on lockdown because one of us was exposed to someone who tested positive for Covid-19,” Gray texted Blake. “Jennifer assured me the boys said it wouldn’t be against the rules to put the messages-long with mine- in a new bottle and continue the journey,” said Blake.

Blake searched for a suitable bottle, with a cork, to keep the messages dry. “I called a local liquor store, Seabreeze, and asked Allison, the owner, to choose a few bottles of corked sauvignon blanc. She took my credit card and, to maintain social distance, agreed to meet me in front of the store. The handoff felt like a drug deal until she told me, ‘This is a great story about connection! We’re donating the wine!’”

By the time Blake was ready to relaunch the messages, the surf was too wild, she said. She worried the bottle would be smashed on the rocks. She said, “A couple of days later the sea was calm. I clambered down the rocks in front of my house and flung the bottle. My neighbor Cliff King photographed the relaunch for Joe and Aidan. The bottle drifted out 40 feet. But then the surf picked up and pushed it back toward the coast. It disappeared. Had it smashed against the rocks? So, my next dispatch to Jennifer and the boys wasn’t as cheery as I’d hoped. Would

it be against the rules to launch another bottle with a copy of the note? Joe green-lighted my plan.”

More invested than ever, she prepared for a second launch, and then had an idea to try to improve the odds. “This winter a friend had introduced me to a Gloucester fisherman named Robert Porter and his wife Laurel MacDonald. Robert agreed to collect the bottle from my mailbox and relaunch it at sea from the FV Bantry Bay. And he promised photos to document the event for Joe and Aidan,” Blake said.

A few days later, Blake received texts that Porter and his skipper, Danny Murphy, were near Stellwagen Bank, 13 miles offshore.

‘Haven’t launched the bottle yet,’ his text read, ‘We didn’t catch any fish in our first tow, so I have time to play.’ An accompanying photo showed a breaching whale with the bottle in the foreground. Another showed the bottle in a grey plastic tote resting on a pile of haddock, according to Blake.

She said, “[Porter] sent more pictures. In one – the very image of a Gloucester fisherman in his Grundéns overalls – he was poised to toss the bottle overboard. Another showed the GPS coordinates. And the money shot- the bottle floating on a shimmering blue sea.”

Blake called Jennifer Gray with the news, and she said she even spoke to Joe, who said, “It keeps my mind off the gigantic plague that’s coming.”

Blake said, “When I told him many of my friends had been delighted by the story of his bottle, he said, ‘It makes me happy I can make other people happy. And I haven’t even met them!’”

Like Joe and Aidan, Blake said she can’t help wondering where in the vast Atlantic the bottle is now. As the fisherman, Porter, explained to her, it could end up anywhere, depending on the wind – back in Massachusetts, on a beach in Ireland or Cornwall or France.

According to Blake, Porter said relaunching the bottle in the middle of a pandemic felt like an act of hope. She relayed, “The ocean, with all its power and majesty, can deliver this fragile bottle with a message to the next person who can take it forward,’ he told me, ‘Tell Joe to keep dreaming. It’s all we’ve got.’”

Blake said of the experience, “For my part, the fifth-graders’ bottle has brightened days filled with grinding uncertainty. Joe’s curiosity connected a group of strangers – and gave us joy.”

Joe’s mother, Jennifer Gray, said it was not Joe’s first time sending a bottle with a message out from Broad Cove. “He did the same thing about a year ago with his friend Duke and their bottle was picked up in Birch Harbor which is north of Acadia. That bottle had traveled 125 miles apparently. The people who found it in Birch Harbor returned it to the sea but we have never gotten another notice about it whereabouts. It may still be out there somewhere traveling north,” Gray said.

Joe told his mother he was surprised the latest bottle has traveled as far as it has. He is optimistic that the bottle will travel potentially to Europe. “Joe says in the future he will try again. He has been spending his time during the quarantine doing schoolwork, reading, playing video games and learning how to make soap and sausages with his parents,” Gray said.



Photo by Robert Porter

Joe Gray and Aidan Marks launched a bottle into the ocean at Broad Cove in February and after making its way to Massachusetts, it is continuing on its journey.



Invisible Fence[®] Brand

Keeping pets happy, healthy & safe @ home™

Play Safe. Worry-Free.

Invisible Fence of Southern Maine

800-585-2803

southernmaine.invisiblefence.com

©2018 Invisible Fence of Southern Maine. Invisible Fence® is a registered trademark of Invisible Fence, Inc. All rights reserved.



CAPE ELIZABETH

Kettle Cove

ICE CREAM & SHACK

**“THE SHACK”
SIDE WILL
OPEN SOON!**





OPEN for ICE CREAM
FRIDAY MAY 8TH



Homemade ice cream &
all of your seaside favorites!

**2 Bowery Beach Road
Cape Elizabeth
207-747-5950**