

The Cape Courier

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In the Spirit of Community

New memorial dedicated at Fort Williams Park

By Steve Lyons



Photo by Steve Lyons

On May 22, a new memorial was dedicated at Fort Williams Park to honor the sailors who died onboard the USS Eagle PE-56, a Navy patrol vessel that was sunk by a German U-Boat off the coast of Cape Elizabeth 75 years ago.

Seventy-five years ago on April 23, 1945, the USS Eagle PE-56, a Navy patrol vessel, was sunk by a German U-Boat off the coast of Cape Elizabeth. A total of 49 officers and crew were killed, while 13 were rescued.

Last month on May 22, a small group of sailors, local police officers and others gathered near Portland Head Light at Fort Williams Park to dedicate a new memo-

rial to the sailors who died that day.

April 23, 1945, was a sunny and clear day in Casco Bay. The sailors aboard the U.S.S. Eagle 56 left Portland Harbor for a routine day of training in Casco Bay. These sailors aboard the U.S.S. Eagle 56 were husbands, fathers, brothers, and

-see MEMORIAL page 15

Class of 2020 leaves their mark



Photo by Joanne Lee

The rock on on Route 77 was recently painted to honor the Cape Elizabeth High School Class of 2020. Seniors were invited to paint their handprints on it, while practicing social distancing guidelines. Above, graduating senior Cole Hoffman puts his handprint on the rock.

Cape Elizabeth K-12 music program has award-winning year, provides rich experiences

By Kevin St. Jarre



Photo by Emily LeBorgne

Maine Music Educator Association 2020 Music Teacher of the Year Caitlin Ramsey, Cape Elizabeth Middle School Band Director, is seen here conducting the Cape Elizabeth 5th grade band.

While the Cape Elizabeth School Department has long had a strong and well-established music program, this year the program was the recipient of one national designation and three state-wide awards. This spring, the CESD program received the following awards:

Maine Music Educator Association 2020 Music Teacher of the Year

Caitlin Ramsey, Cape Elizabeth Middle School Band Director

Given in recognition of exceptional support and outstanding accomplishments by one or more MMEA members to the advancement of music education in the schools of Maine.

Maine Music Educator Association 2020 Hall of Fame Award

Terry White, retired Cape Elizabeth Middle School Band Director

Given to honor music educators who, by virtue of their contributions, are recognized as being the most highly regarded professional leaders in the state of Maine.

2020 Dale F. Huff Outstanding Music Program Award

Cape Elizabeth Music Department

The purpose of this award is to honor a thriving K-12 music and performing arts program in the state of Maine. This award was created in the memory of Maine Music Educator Dale F. Huff for his contributions to the Maine music education community and his tireless efforts to promote cohesive, system wide, K-12 music and performing arts programs. Read more at <http://dalehuff-fund.org/>.

NAMM Foundation: Best Communities for Music Education National Designation 2020

Cape Elizabeth School Department

For the fifth year in a row, the Cape Elizabeth School Department has been honored with the Best Communities for Music Education designation from the National Association of Music Merchants Foundation for its outstanding commitment to music education. The Best Communities Music Education designation is awarded to districts that demonstrate outstanding achievement in effort to provide music access and education to all students. Districts that have been recognized by the NAMM Foundation are often held up as models for other educators looking to boost their own music education programs.

The NAMM Foundation is a nonprofit supported in part by the National Association of Music Merchants and its approximately 10,300 members around the world. The foundation advances active participation in music making across the lifespan by supporting scientific research, philanthropic giving and public service programs. The complete list of the 2020 NAMM Foundation Best Communities for Music Education can be found at www.nammfoundation.org/articles/bcme-2020-districts.

The members of the CESD music staff are:

Emily LeBorgne, Cape Elizabeth MS

-see MUSIC page 5





The Cape Courier
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NEXT ISSUE: June 17
DEADLINE: Noon, June 5

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Monaghan's 'devotion to issues is a calling to serve'

I write to endorse Kim Monaghan as our next State Representative for District 30. I have known Kim and her wonderful (and feisty) family for 33 years. Kim has been a dedicated public servant and has a broad range of experience both professionally and in the Legislature. Kim is deeply interested in the issues of the times, and from my observation, Kim's devotion to issues is a calling to serve, rather than a job. Such people are rare.

Kim is the candidate Cape Elizabeth needs to guide us through, among other things, this strange new Covid world. If Kim is presented with an issue, you may rest assured, Kim will have more than done her homework!

I heartily endorse Kim Monaghan to be our next State Representative.

Sheilah R. McLaughlin

'Extremely enthusiastic' about Greene's candidacy

Sari Greene is the perfect candidate for the Democratic nomination for the Maine State Senate for District 29 of South Portland, Cape Elizabeth and parts of Scarborough. Her background, skills, values, experience and priorities are an excellent match for getting Maine back on its economic feet after the pandemic while continuing to promote a healthy environment.

Sari's ideas on social and educational issues appeal to my own experiences as a 37-year public school educator and 15-year social activist for GLSEN.

Sari has long-term professional experience in technology and cybersecurity and has designed and implemented training for thousands of employees to enhance their job skills. She is a staunch champion for both the environment and an involved volunteer and advocate for the South Portland Food Cupboard.

Sari started the South Portland Community of Kindness to help those in need during this pandemic and provide the rest of us op-

portunities to make a difference. She is most approachable and a good listener.

I am extremely enthusiastic about Sari's candidacy and am asking you to vote for her in the primary on July 14.

Susanne MacArthur

Face masks at transfer station

Please respect the attendants at the transfer station and wear a mask. Thank you.

Nathanael Greene

Budget 'reflects an outrageous insensitivity'

The world economy is on its knees and many are experiencing severe financial crises. 2021 and 2022 financial projections are worsening, and we don't know when a vaccine will be available.

In spite of this, the superintendent and school board propose an almost 6% increase in the school budget even though we continue to lose students; they project an enrollment decline of 23 students this fall. In 2006 the school budget was \$17,554,204 for a peak enrollment since 2001 of 1847 students. For 2021 the school board wants \$28,490,012 for 1552 students. That's a \$10,935,808 increase since 2006 for 295 fewer students.

At the April 28 town council school board budget workshop, concern was expressed that although schools were closed in March and will be closed at least until the fall, all school department staff, including bus drivers and custodians, are receiving full pay even though the law allows union staff to be furloughed and the CARES Act is providing additional unemployment funds. A school board member responded by saying "If we ask the teachers to sacrifice we should equally ask the citizens of the town to sacrifice as well by paying more taxes as well" (see video zoom recording at 2:19:23).

That statement reflects an outrageous insensitivity to the Cape Elizabeth taxpayer especially in the midst of an unprecedented world health and financial disaster. Many are already sacrificing and going without, and shouldn't be asked to pay more school taxes for fewer students.

Jessica Sullivan

see more LETTERS TO THE EDITOR on page 3

Stop wasteful political tv ads

Everyone agrees TV advertising is out of control. There are way too many ads and most are run way too often. The FCC used to have limits on ads and needs to put the restrictions in place again.

Currently, during the horror of this COVID-19 pandemic, there are two sets of political ads that the competing Maine politicians need to re-think. Not only are the ads for Senator Collins and Sara Gideon incessant and annoying and most often falsified, they are also a waste of millions of dollars.

Instead of playing their childish campaign games of putting each other down, Collins and Gideon should do the honorable thing in these times and use that money to feed the many hungry and out-of-work Mainers and their families who desperately need help. Use the money for good, not to stroke their own egos and campaign desperately for office for personal gain.

Truly dedicated public servants would take the high road in these times; so far, the two candidates have chosen the low, annoying and wasteful road. This is the time to help people, not to engage in childish political bickering.

Dan Davidson

Thank you, Cape Elizabeth Police Department

On a recent afternoon we received a call from Officer Estes from the Cape Elizabeth Police Department. Always a bit nervous in receiving a police call, Officer Estes quickly put us at ease. He was calling to see if we needed assistance with prescription or grocery pick ups given the pandemic. He checked on our well-being and was more than sincere in his offer to help. How nice! We are doing just fine and are so grateful to live in a town with a police force led by Chief Fenton and officers like Officer Estes. Such a thoughtful check in call.

Gary & Donna Lamberth

Gideon 'has proven herself to be a capable leader'

I will vote for Sara Gideon for United States Senator from Maine on July 14 and here's why.

I believe our country needs legislators who are clear thinkers and good communicators. I believe our country needs legislators who are able to listen across the aisle and work toward common goals. I believe our country needs fresh ideas and an empathetic spirit that extends beyond party politics and regional differences, and I believe the state of Maine needs a senator who is willing to speak to us about the ideas they have and the choices they make when they vote.

I admire Senator Angus King's availability, speaking to Maine citizens at Town Hall meetings and other public events. Sara Gideon has these qualities of mind and character. She has proven herself to be a dynamic and capable leader in the Maine Legislature. So I am voting to send her to the United States Senate and I hope you will as well.

Louise Sullivan

THANK YOU!

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Thank you to this recent generous contributor:

Ruth Dodge

Jana Zimmerman on behalf of Norman Jordan

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Let us hear from you!



We love feedback!
editor@capecourier.com

Then and Now: Frank Mann's barber shop

By Jim Rowe



Photo from town website

Once the home of Frank Mann's Barber Shop, a fire in the mid-1970s brought a major remodeling, which removed a second-floor apartment. A subsequent upgrade left the building as it appears today.

In the 1950s and 60s, Millard Francis (Frank) Mann ran a neighborhood barber shop at 546 Shore Road, just north of the Engine One Fire Station. There was a part-time beautician's shop in the door next to Frank's. But at the time, that space was often vacant. On the other side of Frank's was the office of building owner and well-known realtor/developer, C. Hall Baker.

It was a pretty typical barber shop. There were two barber chairs. There may have been a second barber at one time, but I only remember Frank. Four or five chrome and brown leatherette-cushioned "waiting chairs" welcomed customers. A coffee table was strewn with the daily newspaper and several well-worn magazines and comic books. There may have been a dog-eared issue of Playboy deep in the pile, which we youngsters were instructed to ignore. With our bodies serving as shields from prying adult eyes, however, we may have taken a quick peek once in a while (just to make sure the quality of the writing in the articles was up to snuff). A poster showed the tonsorial magic that Frank could perform with shears and razor. A large mirror sought customer approval of Frank's work. Advertisements for various hair tonics which Frank peddled were also present. The aromatic scents of shave cream and aftershave lotion mingled with that of smoldering cigarette. Not quite a chain smoker, Frank would light up every three or four haircuts. He was thoughtful enough to slide the ashtray to the far end of the counter, away from his customers. Nobody back then had heard of the ills of second-hand smoke.

Most interesting to me were the oil paintings of sleek racehorses on the walls. Frank owned these steeds, either in part or outright. Their recent performances at Scarborough Downs (when it was still a thoroughbred track) were often topics of conversation during a haircut...along with the Red Sox, of course, and omnipresent neighborhood gossip.

Three generations of Rowe males (two

men and one boy) were regular customers at Frank Mann's barber shop. My grandfather was "cue-ball-bald" for as long as I knew him. There were a scant few hairs on the sides and around back that required attention maybe once or twice per decade. But he'd see Frank every three weeks, from habit rather than need. More than once, Frank commented that he didn't feel right taking my grandfather's money because he'd cut so few hairs. But he did trim eyebrows, ear hairs, and offered a shave, complete with straight razor, leather strop and heated shave cream.

My father had more hair than my grandfather, but was by no means hirsute. A rapidly receding hairline made his cuts less and less cost efficient over time. Frank's prices were reasonable enough that this wasn't a concern. It was from accompanying Dad to the barbershop that I learned about the custom of tipping for services. When I was old enough to go to the barbershop by myself (maybe eight or nine years old), my mom would give me enough money for the haircut and gratuity. I won't deny that the first time, there was ephemeral temptation to pocket the tip money. But I didn't. My parents instilled in me a well-developed conscience. Even that the thought had crossed my mind 60 years ago haunts me today.

In boyhood, I had two basic hairstyles. The "regular cut" was for cooler months, when the hair on top was allowed to grow. It could even be combed (on special occasions). And in the warmer months, it was the "buzz cut," which took Frank about a minute and twelve seconds to accomplish with his electric razor. Several of us boys had buzz cuts and it was grand entertainment to watch our friends being shorn for the first time each spring like underaged recruits from Fort Williams.

And then came the Beatles. Boys just didn't get haircuts like they used to. And retirement-aged Frank Mann and his barber shop faded into history.

Carney is 'a keen and interested listener'

Cape Elizabeth's State Representative Anne Carney is running to become our next State Senator. We know Anne as a neighbor and friend. We also know her as a fellow attorney who spent eight years as a volunteer representing disadvantaged Maine residents who were unable to pay the fees of a private attorney. We actively supported her run for State Representative.

Having served two years in the Maine House of Representatives, she has abundantly proven herself as one of the hardest working and effective legislators working in Augusta. Anne sponsored a bill to ban foam food containers, which became a first-in-the-nation law. This is one of many actions reflecting her decades long dedication to protecting the environment.

She also sponsored bills to provide affordable health care to children and to protect

pregnant workers. Anne serves on the Labor and Housing Committee and has a deep background as a lawyer in employment law and issues, which will prove a valuable asset as Maine endeavors to reopen its economy.

Perhaps most importantly, in today's divided political atmosphere, we believe Anne's strongest trait is that she is a keen and interested listener. If you have something to say, she genuinely wants to hear it, and will respect your position. If elected to the Maine Senate, Anne will bring legal expertise, compassion and a strong record of service. Please join us in casting your vote—probably by absentee—for Anne Carney in the Democratic primary in July.

Jamie Wagner
Jennifer Bailey

Millett 'knows how to get things done'

We are voting for Rebecca Millett in the July primary for State Representative. Having worked with Rebecca for our schools in the Cape community over many years we have direct knowledge of her diligence, intelligence, curiosity and deep experience in the workings of state government. She is responsive to her constituents and knows how to get things done for our community and our state.

Our current economic and health crisis only magnifies the importance of sending Rebecca back to Augusta so she can continue to work on issues critical to the recovery of Maine's economic, academic, and health care sectors. She supported legislation on these areas in the Senate and her continued work in these areas will be vitally important in the House. Understanding the need to support Maine's rural economy, and extend the avail-

ability of telemedicine she has pushed legislation to expand broadband availability. She has worked to improve educational equity throughout the state and provide support for our seniors in our community and statewide.

Rebecca is a remarkable public servant, not a politician, having worked tirelessly for us in the State Senate on issues critical to the future of our state. She understands that sustainable economic growth and high value jobs in our state are not possible without quality education and a healthy natural environment.

We need this wisdom now more than ever. Please join us in supporting Rebecca in the primary so that she may continue her good work for our community and our state.

Terry Ann Scriven & Frank Governali



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News from the superintendent

By Dr. Donna H. Wolfrom

We are presently living in a world of such unknowns. In late March we asked, "Will school open before the end of the year? What about spring sports? How will we teach our students at home while we have our own children at home to care for and support? How will we celebrate those special life events such as moving from grade to grade, school to school, graduation? Will we be able to offer extended year services in person for those students who need extra support over the summer?" We look to our leaders and no one has ready answers. Our country has not had to deal with these situations since 1918, and life was different then. So, we work with the knowledge that we have, we make the best decisions that we can based on that knowledge and we work to develop one plan at a time, always hoping that we can return to what we know, that we won't have to implement the next plan.

The next questions that our school administrators are addressing are "What do we do about our extended year program? What do we do about school in the fall?" Students are asking, teachers are asking, administrators are asking, parents and community members are asking.

In addition to the impact of the answers to these questions on our daily lives, we are facing difficult budget times and, in order to comply with CDC (Center for Disease Control), WHO (World Health Organization) and DOE (Department of Education) safety recommendations, we face the need for PPE and cleaning supplies, and possibly additional space and staff as well as added bus runs to address

social distancing requirements.

Planning has been extremely difficult as we await guidance and recommendations from the experts and from the state. On May 10 the World Health Organization published a much-welcomed document, "Consideration for school-related public health measures in the context of COVID-19." <https://higherlogicdownload.s3-external-1.amazonaws.com/NASN/WHO-2019-nCoV-Adjusting-PH-measuresSchools-2020.1eng.pdf?AWSAccessKeyId=AKIAVRDO7IEREB57R7MT&Expires=1589734965&Signature=S6kOQMVpLxYzP VSBUNzEHGGd6ac%3D>.

Additionally, on May 18 we received from Maine DOE a document entitled "Guidance for Summer Programming: Safety Guidelines for School Administrative Units Choosing to Operating In-Person Summer Programs." While this document provides helpful information, the late notice and the cost of the additional required staff will require us to follow the plans which we have already developed, for a remote learning ESY program which will start on July 6 and run through July 30, Mondays - Thursdays, 8:30 a.m.-12:30 p.m. [remotely:https://mailchi.mp/maine/cu5lemq6y01321416?e=30078ce095](https://mailchi.mp/maine/cu5lemq6y01321416?e=30078ce095).

The release of the above two documents and any direction that we may receive from the state will provide the district Administrative Team guidance as we move forward with plans for school in the fall. The administrative team is made up of school district administrators and department heads. This team met recently to discuss, similarly to what we did for the end of year planning, the needs of our students, our teachers, our district and our families as we look to school re-opening.

In addition, the Administrative Team will develop a framework of possible structure options as we move forward. This framework will be presented to a District Planning Committee that will be comprised of two teachers from each school, the school nurses, two School Board members, a school psychologist, and one administrative assistant from each school, and the District Administrative Team. This committee will be charged with reviewing the proposed framework and developing further district plans for re-opening and will begin meeting in June. District plans will be forwarded to each school. Specific school plans, based on the overall district plan will be developed by school leadership teams.

Using The DOE Guidance for Summer Programming document recommendations as a guide for fall (it is probable that the recommendations for fall will be similar), a school nurse and social worker or counselor should be on each site. Thankfully, we have one nurse and at least one school counselor at each of our schools. This document also recommends additional custodial staff to

implement the increased cleaning and disinfecting protocols (several times per day), and a student to teacher ratio not to exceed 10:1 (preferably 10:2). Similarly, the WHO document recommends that schools "consider increasing the number of teachers, if possible, to allow for fewer students per classroom."

Supplies needed for the safe reopening of our schools prior to the discovery and distribution of a vaccine will be costly. Following models of other countries that have reopened schools, students will need a minimum of two masks a day.

Based on the number of students and the number of school days, we would need 548,450 masks for students for the school year and 50,874 masks for staff, based on their 183 contracted days, costing approximately \$219,952, per today's cost.

In addition, we would need to purchase approximately 215 containers of sanitized wipes, 99 boxes of gloves, and 52 bottles of hand sanitizer. The cost for these items comes to well over \$300,000. We are in the process of applying for ES-SER (Elementary and Secondary School Emergency Relief) (CARES) funding \$23,098, and for FEMA funds.

At the present time Governor Mills' guidelines are not in place for Stage 4 gatherings, however Stage 3 limits gatherings to 50 people per site. The WHO document recommends social distancing of at least one meter and asks us to consider "Are schools able to adapt classrooms to help students comply with recommended measures?" and "Is it possible to access rooms large enough for desk-spacing?" The DOE document recommends, "Plan for no more than 10 students in a classroom/instructional space (fewer if classroom space will not allow 6-foot distance between desks/students.)"

In addition to recommendations for staffing and spacing, busing considerations will be studied by our committees and by our transportation department. While the DOE recommends that parents transport when possible, the DOE guidelines for bus transportation state that school-based transportation should provide plexiglass dividers or face shields for drivers, students should use hand sanitizers before entering their bus, one student per seat, the use of face masks, entering from the front, exiting from the rear, and hand sanitizing upon exit from the bus.

These recommendations will add time and cost to our plans, but are extremely important. As the Administrative Team discussed the need for students to continue on with their education, we also discussed the needs and considerations of the many families in our district. Many parents are returning to work and need the schools to provide safe places for their children. Some parents may be anxious about their child returning to school and might prefer the continuation of remote learning. Some students learn bet-

ter face-to-face with their classmates and teachers, while some have adapted well to remote learning. Many families have enjoyed, and learned from their extended time at home, and many are ready for their students to return to their activities. Some students have health concerns that might cause anxiety as they consider returning to school. Many teachers are eager to return to their students and some also have health concerns, and will experience anxiety about their return to the classroom.

As we work on plans for the opening of school in the fall, we will consider the many guidelines and recommendations from experts and state organizations.

We may receive mandates, we may be given choices. We know that there will be many additional costs that will be incurred, while at the same time concerns regarding unemployed families and reduced revenues are looming.

School department expenditures will be carefully analyzed and monitored throughout the year, hiring of new and replacement staff will be carefully scrutinized with the understanding that some planned-for positions may not be filled, and communications with bargaining units will remain open and on-going as we work together to plan for the future and monitor and assess needs.

We are in the process of applying for the grants that are being offered to meet the needs of educating and feeding our students, and will continue to remain in close contact with the state regarding any new legislative action that might occur when the Legislature meets in January. While our re-opening of school will most-likely be costlier, we must plan for the safety of our staff and students whenever our buildings re-open, and the continued excellent education of our students, regardless of the setting.

I would like to thank the incredible professionalism that the members of our staff have exhibited during this very strange and challenging 2019-2020 school year. They have risen to the height of expectations, have performed their jobs in ways that are so different from the strategies of the past, and they continue to learn and adjust as we proceed with unanswered questions and plans that stay several weeks, sometimes days, ahead of the upcoming reality.

I would also like to thank the community for their unending support as we work through these anxious times, and the parents for their patience, understanding, and help as we continue to work together to provide the best education possible for their students. We will continue to plan for the future, to communicate those plans, and to promise that we will do all in our power to have the funds and the fortitude necessary to meet your expectations for a safe and excellent education for your students. Stay well!

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Music

Continued from page 1

Chorus/Music Teacher

Caitlin Ramsey, Cape Elizabeth MS Band Director

Mike Scarpone, Cape Elizabeth HS Band Director

Joanne Lee, Cape Elizabeth HS Chorus Teacher

Rebecca Bean, Pond Cove Elementary School Music Teacher

Ramsey, the MMEA 2020 Music Teacher of the Year, said of the recognition and the other awards, "I'm incredibly proud of the cohesive and quality music programming that we are able to offer our students- especially given that we are such a small department. These awards reflect the dedication and collaboration of our music staff, the hard work of our students and the tremendous support of the Cape Elizabeth community. In Cape, music is not viewed as something extra, but rather as something that is vital to a well-rounded education. I think these awards are a direct reflection of our community's values."

Scarpone, the CEHS band director, echoed Ramsey's words, "While only in my first year in the Cape Music Department, I have always been impressed with the quality and breadth of educational opportunities that are available to the students of Cape Elizabeth. Our staff works very hard to create a vertically aligned, comprehensive and meaningful curriculum for every student that also serves to foster the emotional and social well-being of our kids. These awards reflect the tremendous support of our community, the parents of our students and of the faculty of the Cape Elizabeth School Department. We are grateful to work in a district where music is considered essential and families recognize it as an integral part of the human experience."

Lee, CEHS chorus teacher, said, "It is an honor to have the Cape music program recognized this year on so many fronts. Being part of such an outstanding music department in a community that values and supports the arts is a music educator's dream."

Addressing the unique challenges involved in teaching performance art in a time of remote learning, Ramsey said, "In band, we spend a great deal of time developing ensemble skills- how to listen, evaluate and adjust to those around you, all while you are playing your own part. There is simply no way to replicate that real-time collaboration/interaction/reaction in a remote learning environment. As a teacher, it was pretty heart-breaking knowing that I'd have to sideline that essential part of musicianship during all of this. I know it's a big part of what students are missing about band."

Throughout the remote learning process, Ramsey said her two goals have been to give the students an avenue to play and progress on their instruments, while also feeling that they are still part of a supportive community. "I've been so proud of our students' progress and engagement. Over the past ten weeks, students have learned 18 new performance etudes, working on them together via Google Meets and then practicing them individually at home. Additionally, it's been wonderful to see students' creativity and personalities still

shine through in their assignments. I'm also really proud of our students' involvement in the recent Cape Porch Fest event. With over 400 students in band, across grades 5-12, there was music heard throughout every Cape Elizabeth neighborhood at the very same time. All across town, families and neighbors were outside, listening to students' mini concerts. It was so heartwarming to see everyone coming together (at a safe distance) to enjoy music and each other. It was truly a special event- a real celebration of music and community," she said.

Lee said teaching choral music and classroom guitar are both better suited to in-person experiences, but teaching remotely during a pandemic has had its share of silver linings, however. "Students have completed various music assignments that have also involved video. Students demonstrated talents in video editing, song writing and in some cases even adding their own accompaniment for their projects. I would not have had the opportunity to discover some of these things had we not been in remote learning. The high school chorus students have created music videos, interviewed family members, sung cover songs, demonstrated sight-reading skills and more. Students have made the most of a challenging learning environment. I am very proud of them!" she said.

Lee said that her guitar classes have also shown an immense quest for knowledge, learning a variety of skills. Instead of the group dynamic, the challenge for remote learning for them has been that students need to be more independently motivated. She said, "While we still meet every class, the practice needs to take place on their own. Before remote learning, practice on the guitar would take place during the class itself. Students were very successful in remote learning for guitar! For their final project they were asked to select a song and perform it on video. One student created a video of three songs."

Lee's students also benefited from having a guest recently. One of the awards earned by the program this year was the 2020 Dale F. Huff Outstanding Music Program Award, and two of Lee's guitar classes hosted Dale Huff's son, Scotty Huff, a professional musician, songwriter and producer in Nashville. "He spoke about life as a freelance musician, the path to becoming a professional musician and he performed for the class. Students enjoyed asking questions about his career, life on the road playing with Keith Urban, and playing with greats such as Natalie Cole," Lee said.

In Scarpone's classes, students who one might think were limited in exposure, were actually reaching out to the community with their art. "One of their more recent assignments was to record a short greeting and a minute-and-a-half recording of them playing a song to be distributed to various retirement communities throughout the greater Portland area. We had over 100 videos submitted and these were, in turn, sent out through our Volunteer and Extended Learning Opportunities Coordinator, John Holdridge," Scarpone said.

Those interested can follow CESD's music program at Cape Elizabeth Music on Facebook or Instagram @capeelizabethmusic.

Turkey Hill Farm donated to the Cape Elizabeth Land Trust



Contributed photo

Peter Eastman lived at Turkey Hill Farm in Cape Elizabeth nearly all his life. Upon his passing this past fall at the age of 92, he left Turkey Hill Farm to the Cape Elizabeth Land Trust to own and care for in perpetuity.

Peter Eastman lived at Turkey Hill Farm nearly all his life. His parents bought the farm as a summer place in the 1920s and employed "40-yolk of oxen" to drag a fisherman's cottage from the shore to its current location on the 25-acre property. In the Great Depression, the barn in the home was converted to a tearoom and gift shop in order to sustain it. At one point, when his parents spoke of selling the farm, Eastman insisted, "Don't sell my roots from under me," and fortunately, his parents heeded his request.

When he passed away this past fall at the age of 92, Eastman left Turkey Hill Farm to the Cape Elizabeth Land Trust to own and care for in perpetuity. CELT Board President, Elizabeth Goodspeed, said, "We are honored and grateful that Peter chose CELT as the perpetual steward of this special property. His vision for Turkey Hill was that it remain a resource to be used for community good. The CELT Board is working closely with the community to make sure that vision becomes a reality."

Located off of Old Ocean House Road, Turkey Hill Farm consists of a 200+ year old farmhouse and barn, surrounded by formerly active farmland plus eight acres of field and fifteen acres of woods. The native plants found in the fields and forests provide wildlife habitat, forage and shelter for animals. Several fruit trees are scattered throughout the field. The property was once an active farm and orchard and was restored to commercial and non-profit agricultural use for a variety of field crops in past years.

Eastman was a true environmentalist with a demonstrated a passion for preserving open spaces and farmland. One of CELT's 16 founding members, he generously donated a conservation easement on the surrounding fields and forest acres in 2009. This guaranteed protection of the land so that people could enjoy

the trails and learn from the Turkey Hill Farm property in perpetuity. By transferring complete ownership now, Eastman's legacy assures that the remaining farm fields and buildings will continue to serve the community for generations to come.

"Peter loved seeing so many people enjoy the property," said Ted Darling, a CELT advisor who worked with Eastman on the original conservation easement on Turkey Hill Farm. "He knew he could rely on the land trust to maintain the farm and to carry on with worthwhile community events. He was such a kind-hearted human being."

To view a video memoir of Eastman retelling his family's stories about the farm and its history in Cape Elizabeth, search 'Turkey Hill Farm' on CELT's website www.capelandtrust.org.

Members of the public are free to access the Turkey Hill Farm trails directly from Old Ocean Road, near the intersection with Trundy Road. Street parking is available on Old Ocean House Road. Please do not enter the house yard out of respect for the privacy of the tenant.

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 - Barbara Bush

We couldn't be more proud of you and all that you've done to pursue your passion!

Congratulations, Sam, and the Class of 2020!

We love you,
 Mom, Dad, Charlie + Lyla



Bella,

I am so proud of you, and I cannot wait to see what the future holds, as I know it will be exceptionally bright.

Seeing you flourish into a young woman has been one of the most amazing experiences of my life and you inspire me to be the best brother for you every day. I am very proud and lucky to call you my younger sister.

Love you always,
 Casey



You are ready Ben Dodge!

Although we want you to stay at home forever, you are prepared to leave the nest, to fly and explore this wonderful wide world on your own.

Be brave, be bold, remain confident and true to yourself and you will move mountains.

Love your adorable Mom, Dad, and Gram Gram



CONGRATULATIONS IAN!

We are extremely proud of you! Your creative, unique, kind, sensitive attributes shine brightly in you and out to all that know you!

"There is more in you of good than you know, child of the kindly West. Some courage and some wisdom, blended in measure. If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."
 -Thorin (The Hobbit)

Your journey will be an inspiring adventure!

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."
 -Walt Disney

We love you Ian, to infinity and beyond!

Love,
 Mom, Seth, and Isabella



Some journeys lead us far from home. Some adventures lead us to our destiny.
 -C.S. Lewis

Congratulations Ryan and the Class of 2020!

We are so proud of all that you've accomplished and the person you've become. It has been a joy! We are grateful for this great community, the teachers and coaches who have poured in to your life, and friends to last a lifetime.

May God bless your journey with adventures filled with love and laughter.

Love,
 Mom, Grandma, Grammy and your family



Congratulations, Amanda!

We are so very proud of you!

We want to wish you and the Cape Class of 2020 all the best for a bright and successful future!

Love,
 Mom, Dad, and Dylan



CONGRATULATIONS TO ALL 2020 SENIORS!

Jacqueline Lombardo



Congrats Jackie!

We are so proud of you.

Keep smiling, shine on, your future is bright!

Love, Mom, Dad, Sam, Luke, (and the pups)



Richmond Island closed to all day traffic

Richmond Island will be closed to all day traffic until further notice.

Only those with camping reservations will be allowed on the island for their reserved weekend dates. You must show camping permit upon arrival. We will continue to monitor covid restrictions and work in accordance with Governor Mills' State guidelines.

For government regulations go to <https://www.maine.gov>. Thank you for cooperating with us and respecting our rules. Any questions please call 207-799-0011.

Solution to May 20 Cape Cross



GrandyOats owners named SBA 2020 Small Business Persons of the Year for Maine



Contributed photo

GrandyOats co-owners Aaron Anker (a Cape Elizabeth resident) and Nat Peirce were recently named the U.S. Small Business Administration 2020 Small Business Persons of the Year for Maine. Started 40 years ago, GrandyOats makes certified organic granola, trail mix, roasted nuts and hot cereal.

2020 Cape Porch Fest



Contributed photo

Cape Elizabeth fifth grader Teddy Brenman (above) and Henry and Juliet Moore (below) participated in the Cape Porch Fest, held on May 21. With students missing their concerts this spring, those in band across grades 5-12 took to their porches, driveways or yards to play together, but apart.





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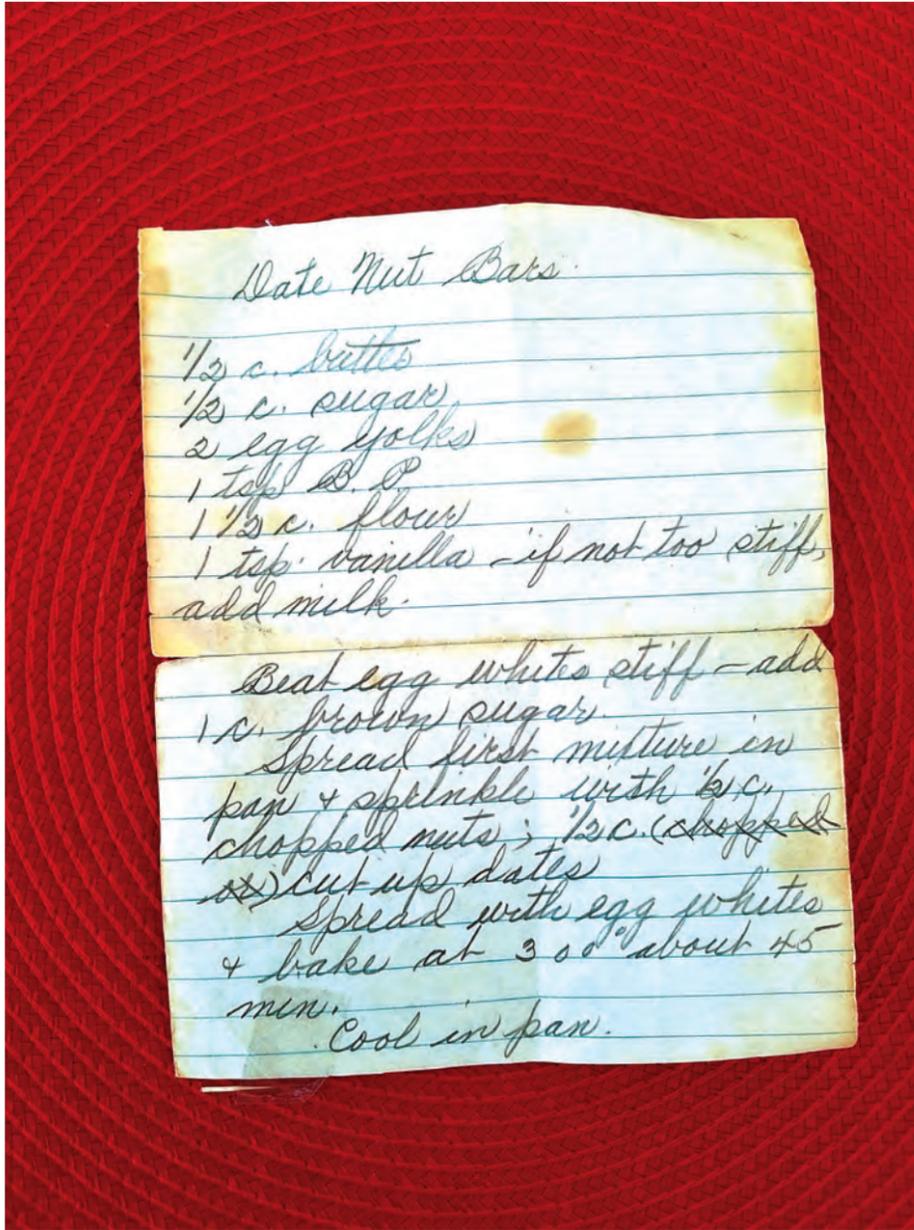
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Recipes of four Cape Elizabeth cooks chosen for Maine Bicentennial Community Cookbook

By Kevin St. Jarre



Contributed photo

Kathy Crosson's grandmother's Date Nut Bar recipe, in her perfect Palmer Method script.

Four residents of Cape Elizabeth are among 200 hundred Maine residents who have had their recipes selected for the Maine Bicentennial Community Cookbook, with a foreword written by Gov. Janet Mills.

Jeff Holden, Elizabeth Byrd Wood, Cynthia Scholar-Kellis and Katherine Crosson each submitted recipes for con-

sideration, and were notified that their contributions had made the cut.

The Maine Bicentennial Community Cookbook website states that the cookbook ". . . celebrates Maine's rich culinary traditions—old and new—exploring indigenous foodways, hearty Yankee cuisine, community cookbook classics and favorite dishes of new Mainers. This

collection of more than 200 recipes spans kitchens across the state: pulling dishes from grandma's recipe box, award-winning chefs, Maine personalities and rustic fishing camps. Celebrating the state's whole community with recipes from all 16 counties, this cookbook includes heartwarming stories and dishes from both prominent and everyday Mainers, and is beautifully illustrated with family photos, handwritten recipe cards and historic community cookbook covers . . ."

The website also explains that "Proceeds from community cookbooks have historically gone to benefit a cause within the community. Working with food security advocates within the state, \$2 from every book sold will support organizations fighting hunger in Maine."

Recipes accepted from the Cape Elizabeth residents were Holden's Haddock Chowder, Wood's Inn Girls' Hot Fudge Sauce, Scholar-Kellis's Nana Louise's Molasses Cookies and Crosson's Date Nut Bars.

Byrd Wood said she found out about the Maine Bicentennial Community Cookbook through her book club. "Several members had heard about the cookbook and told us that the authors were asking people to submit stories and recipes that represented the culinary history of Maine," she said.

Wood explained that her recipe came from a century-old summer colony on China Lake. She said, "Starting with my great-grandparents, generations of my family have spent summers at the lake. Along with friends and family from nearby cottages, we used to have our meals at 'The Inn,' a communal dining room. As a young girl, my favorite dessert was coffee ice cream with hot fudge sauce. I found the recipe in my grandmother's collection of handwritten recipes titled, 'Inn Girls' Hot Fudge Sauce.'"

Crosson said that her recipe was submitted on behalf of her grandmother's grandchildren. That grandmother, Crosson said, was Mary Harriet Crozier, born in Portland, taught public school, raised her five children and was an extraordinary grandmother to thirteen. "Known

for her fabulous baking skills, she also could effortlessly host holiday dinners, birthday parties and backyard cookouts for the extended family. Throughout her 94 years, faith and family always came first," she said.

Asked if this time of social isolation presented an opportunity to do more cooking and baking, Wood said, "Absolutely! I have been cooking my way through the Fannie Farmer Baking Book, and enjoying the little penciled-in notes left by my aunt and adding a few of my own."

Crosson agreed, saying it is ". . . a great time to dig deep in the old recipe box for favorites and call up some special memories."

Wood added, "Food and cooking is a way to connect to earlier generations and traditions. A dish of coffee ice cream melting under a generous dollop of hot fudge sauce takes me right back to family dinners at the lake when I was a little girl."

As Maine celebrates 200 years, Crosson said, "Grammy's grandchildren knew that we had to submit a recipe for the Bicentennial Cookbook Project. While we could have selected any number of our favorite cookie treats always nestled between layers of crisp waxed paper in our Grandmother's red and black cookie tin, it was not so much the Date Nut Bar recipe but the memory of our grandmother that moved us forward. While she measured, sifted, and mixed, she engaged us — a wise woman always interested in our lives, patient, instructive and loving. An incredible role model, we all hold special memories of times spent with her often with a plate of cookies and a tall glass of milk."

Those interested in ordering a copy, or learning more about the cookbook, can go to www.maine200cookbook.com.

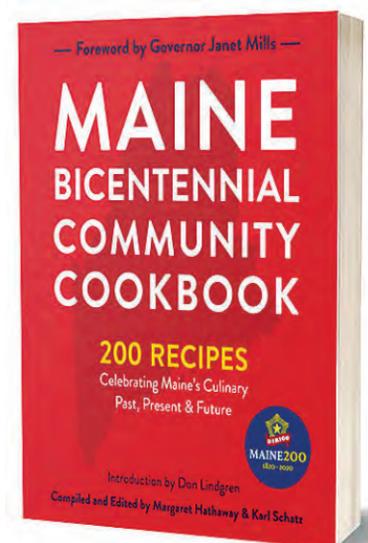


Image from cookbook website

Four residents of Cape Elizabeth are among 200 hundred Mainers who have had their recipes selected for the Maine Bicentennial Community Cookbook.

Judy's Food Pantry - a community feeding itself

Cape Elizabeth United Methodist Church 280 Ocean House Road. Every Tuesday from 3:00-5:00 p.m., July through November. The second and fourth Tuesday, December through June.



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Painted rocks in the neighborhood

By Derry Rundlett

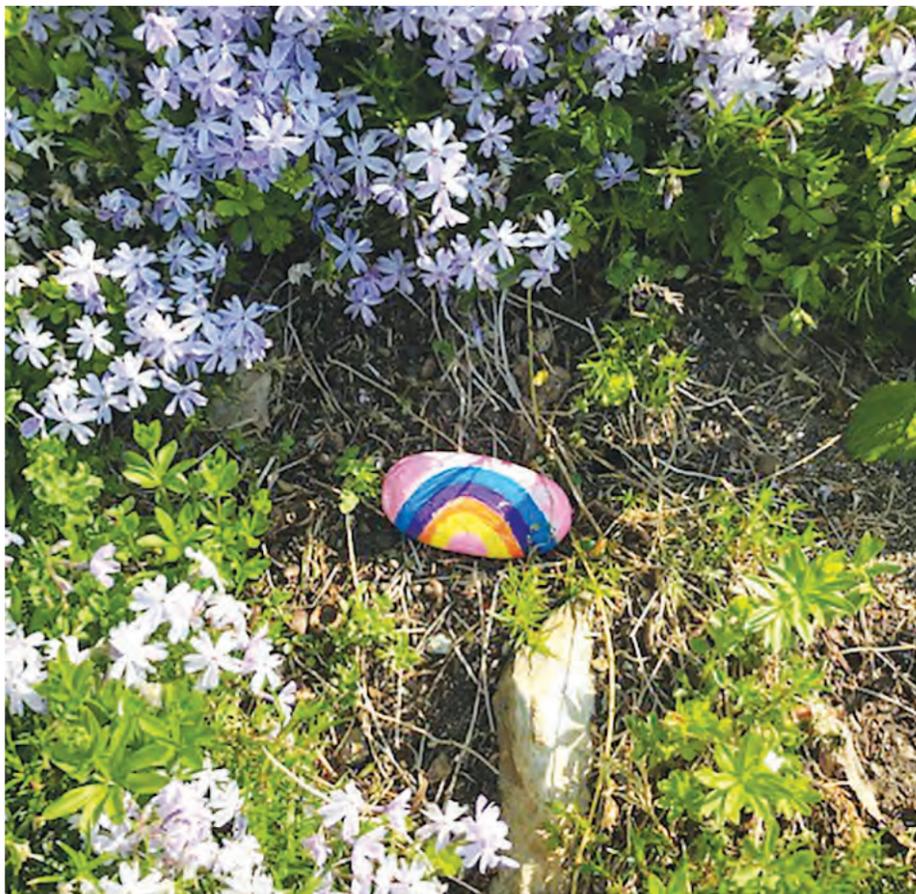


Photo by Derry Rundlett

Painted rocks with images and messages have been lifting spirits in Derry Rundlett's neighborhood in Cape Elizabeth.

Every Valentine's day the city of Portland is greeted with hundreds of red hearts, all over the city, some on paper and some on huge cloth banners. Its quite a sight to see, driving or walking through downtown Portland with hearts everywhere, even a giant one on Fort Gorges. Here in my neighborhood right across from Fort Williams it's not Valentine hearts, it's painted rocks, some with the sun, or a rainbow, and others with messages like "Hope" and "Love Lives Here."

The other day I got up to get the paper and there was a small painted rock on my stone wall. I looked at it and wondered where it had come from. Suddenly, my neighbor Keith from across the street appeared and said, "My wife Ilka painted that rock, she's left them in various places up and down the street." Sure enough, I took a walk over to the park and saw various small rocks along the way, nestled among flowers, placed carefully by a stream, or sitting prominently on some stump. I thought to myself, "Who is going to throw a painted rock away? Answer: No one, especially into to a land fill or a garbage bag." These little works of art will last a long time, whether they sit on someone's stone wall, or placed on a table in someone's house. I told Ilka that even when I sell my house, I will insist the rock remains on that wall.

It doesn't end there, because my neighbors decided to give their paints and brushes to the kids who live next door, two delightful elementary students who took up the cause and began painting their own rocks. They came up with some inspirational words, painted in bright colors, such as "Be Supportive", "Care", and "Give Love". They showed me their rocks and then, just like Johnny Appleseed, they began to distribute them in various places throughout the neighborhood. These kids are the same ones who are the first to be shoveling their driveway after a snowstorm, or helping their grandparents take care of the lawn. The Sherwood Forest neighborhood in which we live is one of many Cape neighborhoods where people say hello, take care of their yards and walk their dogs frequently in the park. Now the neighborhood has these miniature works of

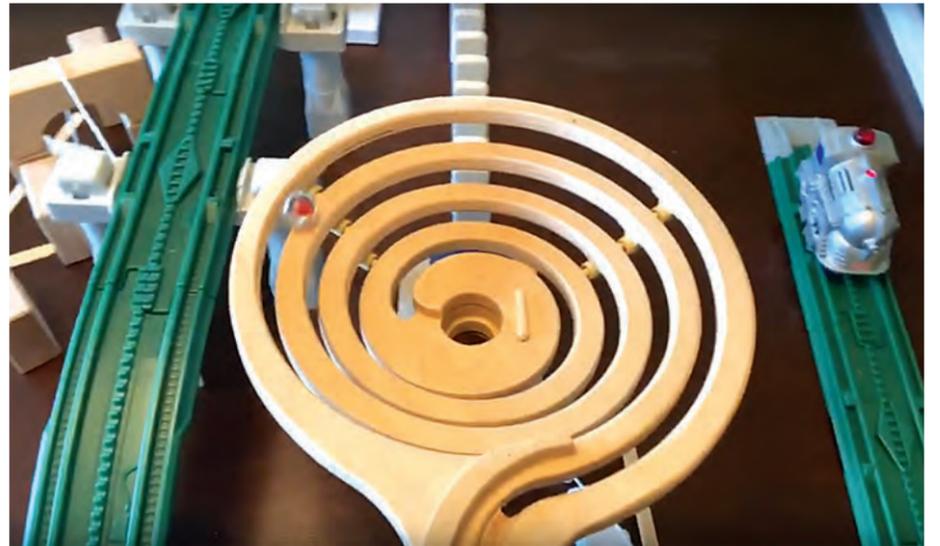
art on the most permanent of canvases: rocks.

As we continue with this very difficult way of life during the crisis which now has hit one of our fine local nursing homes, these little bits of joy, comfort and inspiration are welcome in any town, in any neighborhood. We can be thankful for our neighbors and the concern we all have for each other right now in this loving and giving community, Cape Elizabeth.

Valentines and painted rocks: expressions of love and caring so deeply needed today.

CEHS teachers challenge students with Rube Goldberg project

By Kevin St. Jarre



Contributed photo

A marble spirals on its way to eventually triggering a small locomotive, two events in the Rube Goldberg machine built by Will Fibich. Its ultimate purpose, after many such transfers of energy, is to replenish the water in his cat's bowl.

During these months of remote education, or what Maine Commissioner of Education Pender Makin said might be more aptly called, "Emergency Education," educators are still finding ways for hands-on learning to occur. Two of those, Cape Elizabeth High School Science teachers Amy deVries and Shawn Guerrette, devised a project that really engaged students.

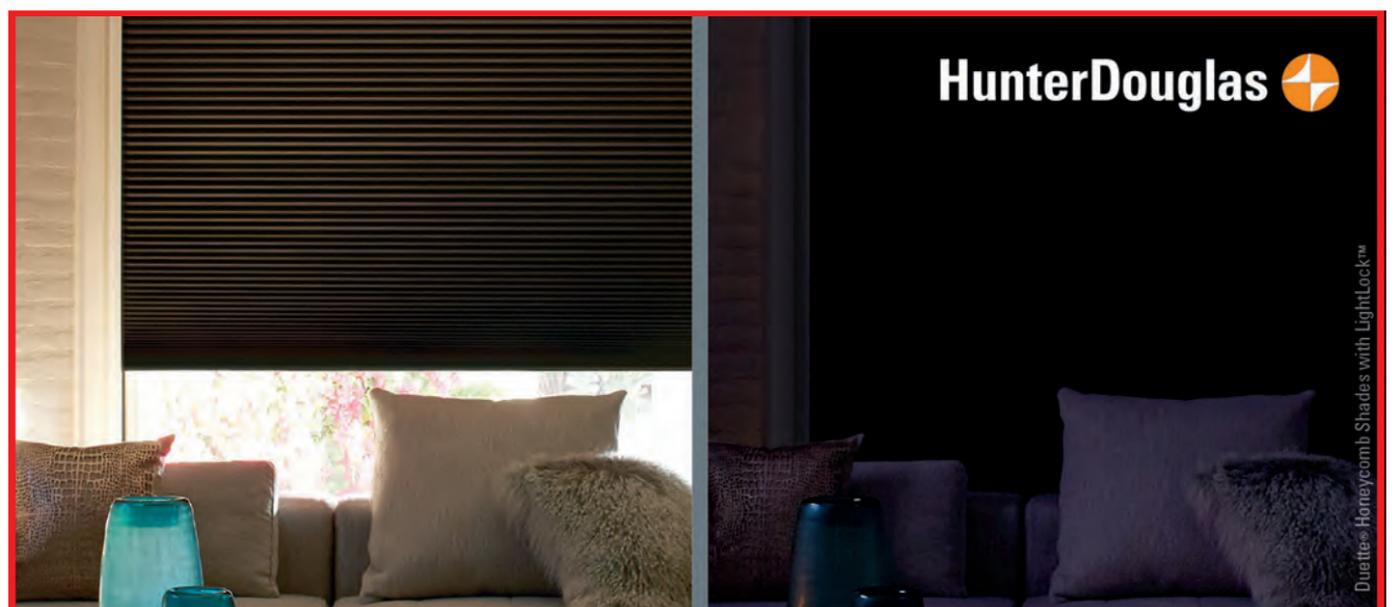
The students in their Physics classes designed and built Rube Goldberg machines. A Rube Goldberg machine, named after an American cartoonist is a contraption intentionally designed to perform a simple task in an overly complicated way.

"Most of the students were so creative and really embraced the project," deVries said. One student of hers, Sonia Wold, had a goal to cut a flower stem, while another, Will Fibich, built a machine to put water into his cat's bowl.

"We began the project April 14, and the final video and analysis were due on April 30. The purpose of the project was to demonstrate the transfer of energy," deVries said. In addition to a video of their machines in action, students had to write an analysis of the types of energy involved in their system and create graphs of various parts of their system to quantify the energy changes, deVries explained.

During this time of remote testing, it certainly would have been simpler for the teachers to assign an online test, but deVries and Guerrette chose a different route. She said, "Instead of online testing, we wanted to give the students a more meaningful and enjoyable assessment to do at home. Shawn [Guerrette] suggested making Rube Goldberg machines."

-see PROJECT page 13



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June Naturalist's Corner

By Erika Carlson Rhile
CELT Education Committee Chair



Photo by Owen Rhile

Owen Rhile recently found and photographed this garter snake while on an adventure in the woods.

June 5, 3:12 p.m. - Full Strawberry Moon - This full moon was known by early Native American tribes as the Strawberry Moon because it signaled the time of year to gather ripening fruit. It also coincides with the peak of the strawberry harvesting season.

June 20, 5:43 p.m. - Summer Solstice - First day of summer!

Seventeen-year cicadas are expected to emerge in force this summer in Pennsylvania, Maryland, Virginia, West Virginia and Ohio. With 1.5 million cicadas per acre, things will be pretty loud when they start singing.

Here in Maine, we don't have periodical cicadas, but what are known as Annual or "Dog Day" cicadas. Because these bugs don't have these mass emergence events and live in trees, you are unlikely to see a cicada, but their distinctive hum is certainly a harbinger of summer.

Although many people don't like snakes, they are actually really beneficial, controlling rodent and insect populations. There are no venomous snakes in Maine. If held, some snakes may produce a

musky secretion with an unpleasant odor, discharged from the cloaca (a single opening on the stomach that serves intestinal, urinary and reproductive tracts).

Maine is home to the garter snake, northern water snake, eastern milk snake, northern redbelly snake, northern ring-neck snake, ribbon snake, Dakey's brown snake, and smooth green snake.

Very early one recent morning, I recorded a whippoorwill singing. This is very exciting, since whippoorwills declined country-wide by 75% between 1966-2015.

Males chant endlessly (to my husband's dismay) to attract a mate and defend their territory. Nesting may be timed so adults are feeding young primarily on nights when the moon is waxing, making it easier for them to see while foraging. Their nests are made on the ground in shady woods often near the edge of a clearing. By the time the moon is waning, the young have molted into their camouflaged plumage. Whippoorwills often have two broods a summer.

Humming along...



Photo by Diane E. Hamlin

Pictured above is the Ruby-throated Hummingbird. These birds double their weight for their long solo migration from wintering grounds as far south as central Mexico and Costa Rica. The males and females migrate separately and once at their breeding grounds, the female embarks on building the nest or refurbishing an old one. Hummingbirds are fueled by plant nectar (including tree sap) and small insects. The male has an iridescent red throat that he will flash in a courtship display. With "migration complete," this Ruby-throated Hummingbird stays close to the nectar feeder, often perching on the shepherd's hook for periods of rest.

Good morning, moon



Photo by Francis Rankin

Above, a crescent moon visible during sunrise.

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Cape Elizabeth birding report

By E. Brooks Bornhoff

May has been slow to evolve in large part due to upper-level low pressure systems in the mid-Atlantic states producing unfavorable winds and below normal temperatures. Despite the obstacles and dangers, the northward push of birds showed no signs of slowing down through the last week of May.

On May 15 we had a White-crowned Sparrow below our feeders. Upon first impressions this bird's largely plain gray appearance can be rather deceiving. Best described by Edward Forbush, "It is a red-letter day for the novice in New England ornithology when he or she meets this bird of distinguished appearance. Its gray vesture, black and white crown and elegant form give it an aristocratic appearance as if it were above the common herd of sparrows and in a class by itself." This sparrow is a somewhat uncommon migrant in Cape Elizabeth and most years one or two are seen here and there around the middle of May. Other birds of note spotted this day were a Least Flycatcher, and a Yellow-bellied Sapsucker.

On May 18 a Solitary Sandpiper was seen foraging along freshwater stream running into the ocean along Pond Cove. Amazingly out of seventy-five species of Sandpiper worldwide, the Solitary is one of only two that lays its eggs in tree nests (versus the ground). By June this bird is well on its way to its far north breeding haunts.

Additional mentionables for the last two weeks of the month include - a kaleidoscopic array of wood warblers including Common Yellowthroats, American Yellow, Nashville, Wilsons, Chestnut-sided, Magnolia, American Redstart, Black-throated Blue, Black-throated Green, Bay-breasted, Canada, Blackburnian, Blackpoll and Tennessee.

Of special note, this spring has brought more Black-throated Blue Warblers to Cape Elizabeth than the previous four seasons. This warbler is a dandy with colors unlike that of any other warbler. The male in particular is easy to identify. The Black-throated Blue is a versatile singer as well, with at least four main songs of which it seems to forever be playing notable variations.

Another warbler on the extra special

list for me is the Bay-breasted, primarily because I don't often see them during the spring migration. This bird is rather big and from afar apt to look quite dark. It is clouded heavily with deep brown and gray, relieved by conspicuously bright, big, white-buff spots on each side of the its neck.

Some female wood warblers can be a bit trickier to identify. For example, a Canada warbler threw me for a bit of a loop. The female's onyx colored necklace is far less noticeable than that of the male. Fortunately, a stunning male popped into view and I knew right then and there it was a female!

On May 26 my wife, son and I silently spied on a female Blackburnian Warbler taking a bath in a slow moving brook along the fringes of our property. Of the "deep-wood" Warblers, Blackburnians rarely come down from the upper branches of the oldest conifers and mixed growth trees. And, although not quite as striking as the male, the female shows more than a hint of the flame orange coloration across its face and throat contrasted by a unique, blackish triangular facial pattern.

I have also seen and heard many Veery's calling consistently right now across the Green belt system and Robinson Woods II & III. Of the Thrush family, these birds are not terribly difficult to identify if you learn their characteristics and downward spiraling song. Other Thrushes passing through our forests right now, include the Swainson's Thrush, Bicknell's Thrush and the ever-elusive Gray-Cheeked Thrush.

Lastly, on the 27th of May an adult Bald eagle flew over Green Spark Farm while American Yellow Warblers danced and sang along the tangled fringes.



Catching up at the bird feeder



Photo by Francis Rankin

Two cardinals appear to "catch up" with each other over a meal at the bird feeder.

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Missing person located, ill operator abandons motor vehicle

Reported by Marta Girouard

COMPLAINTS

- 5-5 Two officers responded to a residence in the Cross Hill area for a missing person. Subject was located.
- 5-6 An officer while on routine patrol at 0218 hrs came across an abandoned motor vehicle at the intersection of Sawyer and Fickett. Finding evidence the operator was ill, the area was searched without success. The vehicle was registered to a South Portland resident and South Portland Police Department made contact with the owner. Vehicle was towed at the owner's request.
- 5-7 Two officers responded to a residence in the Broad Cove area for a well-being check.
- 5-8 An officer met with a resident of the Scott Dyer Road area who brought in an old single shot shotgun for disposal.
- 5-9 Two officers responded to a residence in the Scott Dyer Road area for a domestic disturbance.
- 5-9 Two officers met with a resident of the Oakhurst area regarding a harassment

- complaint.
- 5-11 Two officers responded to a residence in the Spurwink Avenue area for a landlord/tenant dispute.
- 5-13 Two officers responded to a residence in the Scott Dyer Road area for a domestic disturbance.
- 5-17 An officer met with a resident of the Spurwink Avenue area regarding a harassment complaint.
- 5-17 An officer responded to a residence in the Shore Road area for a well being check.

ACCIDENTS

- 05-12 Adeline Mcgrath, Elizabeth Wanzer, Ocean House Road

ARRESTS

- 5-10 Cape Elizabeth resident, domestic violence assault, Cape Elizabeth

FIRE/RESCUE CALLS

- There were 17 fire calls and 22 EMS calls from May 5 through May 18.

Scam alert bulletin board

By Jessica D. Simpson

Car wrap scams

Think it sounds like a great gig to wrap your car with advertisements for money? It turns out that these offers can be perfect opportunities for scammers to steal your money. When you sign up, they send you a check and ask you to wire part of the money to the graphic designer or installation company. After you wire the money, the check they gave you bounces and you're out the cash you wired. Do your research on companies before providing your personal or financial information and remember that big money offers are often scams.

scam artists, from bogus lottery winnings, fake employment opportunities, to phony grant awards. Whatever the story, the scam artist sends you a check and then asks you to use it to buy gift cards or wire money to them. You deposit the check into your account, and when it bounces, you are responsible for covering those funds. There is no legitimate reason why someone who gives you money would need you to send money back to them.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you've fallen victim.

Fake check scams

Fake checks are the darlings of many

Land Trust balances recreation and ecology

Cape Elizabeth Land Trust owns or otherwise protects 770 acres in Cape that represent the varied ecology of our seaside town, including mature forest, open fields, sandy beaches, marshlands, ponds and streams, and working farmland. Most of these places contain trails that have been experiencing very high numbers of users over the weeks of "staying at home."

"We are so happy to know that people have been out enjoying our properties," said Executive Director Cindy Krum. "We're glad that these natural areas can be a resource during this time. Yet as summer approaches and our properties become even more popular, please keep in mind that these properties are managed not just for our enjoyment, but for the protection of the animals and plants that live there."

CELT's primary obligation with our non-

farming properties is to conserve the natural features and habitat of the land. This requires balancing public access with conservation goals for each property. With farmland, our goal is to help maintain local farming in Cape Elizabeth, primarily through easements to conserve the farmland as active farms.

We ask that you leave the properties as you find them when you enter, so that others may have the same opportunity to enjoy these spaces and be reminded of our connection to the natural communities that surround us.

Be mindful of muddy trails, choose to explore less-popular preserves, clean up after your dog, avoid making forts and fairy houses, keep humans and pets out of ponds, marshes and vernal pools — choose to minimize your individual impact, so that we can together conserve our land for years to come.

Carney announces endorsements of local elected officials

By Kevin St. Jarre

Rep. Anne Carney's campaign held an online media conference to announce that she has been endorsed by more than a dozen elected officials across South Portland, Cape Elizabeth and Scarborough.

Carney is running in a three-way primary race to be the Democrat who will likely take on Republican Stephanie Anderson for the District 29 Maine Senate seat, currently held by four-term Sen. Rebecca Millett (D).

Millett, in turn, is running for a seat in the Maine House to represent district 30, the seat currently held by Carney.

Speaking in support of Carney's candidacy at the media conference were Claude Morgan, South Portland city councilor and former mayor; Penny Jordan, Cape Elizabeth town councilor; Nasir Shir, Cape Elizabeth school board member; and Victoria Morales, State Representative, House District 33.

The campaign also announced a list of additional past and present elected officials from the district who are endorsing Anne Carney for State Senate, including Maxine Beecher, Tom Blake, Valerie Deveraux, Bill Donovan, Jeremy Gabrielson, Jamie Garvin, Neil Jamieson, Caitlin Jordan and Jamie Wagner.

"Anne is my #1 choice to represent our dis-

trict in the Maine State Senate," said Morales. "She's a proven leader, she understands the issues we face in a deep way, and she always gets the job done. Anne is a great choice for our community."

Jordan said that as a representative, Carney is always accessible and that she has worked hard on food insecurity, both in the short term and long term. "As a town counselor and small business owner, I strongly endorse Anne Carney," Jordan said.

Speaking to Carney's accomplishments in the Maine legislature, Morgan said, "One of our biggest health and environmental issues is the oil tanks, and Anne is the one who stepped up, figured out a solution, and got a new law passed to solve the problem. Her leadership on that issue is indispensable, and people who care about health and environmental justice will be well-served by voting for Anne Carney for State Senate." He also said that Carney was important in protecting South Portland's ability to regulate Airbnb and short-term rentals.

Shir said that he has known Carney for almost three years. "This is the time when we need her more than any other time," he said, referring to the pandemic and pending education issues, such as schools reopening and budget issues, and Shir said that the Maine Education Association has endorsed her as well.

Carney said, "I am honored by and grateful for the endorsements of these outstanding community leaders and public servants. At such a difficult time for our nation and for Maine, I hope to be able to serve my community in the Maine Senate and continue standing up for our friends, family, and neighbors in this time of crisis."



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Library to offer curbside pick-up by appointment, summer reading programs to begin by end of June

Library Begins Curbside Pick-up-By Appointment Only

Library cardholders can now request library materials online and schedule a time to pick them up.

Returns must be placed in the library's book drop. All returned materials will be quarantined for three days before being checked in and made available for borrowing.

For more information, please visit the library's website or call the library at 799-1720.

Summer Reading Programs to Begin at the End of June

The library will offer its summer reading programs for all ages, but in a modified form.

Complete details will appear in the next issue of the The Cape Courier.

Virtual Programs Continue

New Program:

ReelTalk

Every third Tuesday, first meeting will be on Tuesday, June 16 from 1:00 to 2:00 p.m.

This is an ongoing program where attendees watch a couple of movies before a meeting and then monthly have a (virtual) sit down chat about them together.

For our first meeting in June, attendees will have watched "Fiddler on the Roof" and a documentary about the film made in 2019 called, "Fiddler: Miracle of Miracles," which can be found via the library's website on Kanopy.

Please visit the library's website for more information.

Working with Your Thoughts to Treat Anxiety and Depression: Cognitive Skills, with Rachel Weinstein

Tuesdays, June 9, and June 23
3:00 - 4:00 p.m.

We tend to talk to ourselves more harshly and negatively than we talk to anyone else in our lives. This causes us pain—but it's something that we can learn to change.

Cognitive therapy is based on the fact that we can't change our feelings—but we can change our thinking habits and how our thinking creates and affects our feelings.

Rachel Weinstein will be teaching us how we can use cognitive skills to notice when our thinking is contributing to anxiety and depression.

Register in advance to receive the link to the Zoom meeting.

Compassionate Communication, with Leah Boyd

Wednesday, June 10
3:00 - 4:00 p.m.

Would you like:

- To communicate more easily with family members?
- Collaborate more productively with workmates?
- To stay true to yourself and connected to others...even when you disagree?
- To be able to calm yourself when you are experiencing strong reactions?

If so, perhaps this learning opportunity is for you. Join us for this highly interactive workshop based in the work of Marshall Rosenberg, PhD.

We will explore a small taste of a large body of work and you will leave with some practical skills to put to use right away.

Register in advance to receive the link to the Zoom meeting.

Ongoing Virtual Programs for Adults

E-ldering Conversation Group

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

WAG: Writers Accountability Group

Thursday, June 11
2:00 - 3:00 p.m.

Cultivating Mindfulness, with Ann Gosling

Fridays, 3:00 - 4:00 p.m.

Project

Continued from page 9



Contributed photo

Sonia Wold watches intently as her Rube Goldberg machine uses levers, dominos, pulleys and scissors set up in a chain of events which eventually lead to the clipping of a flower stem.

She went on to say that it was a great project to facilitate online. "We spent one Google Meet watching videos that I found of Rube Goldberg machines and discussing their design and purpose. We gave the students some parameters for their machines and encouraged them to use whatever they could find around their house," deVries said.

She said she was really impressed with the creativity of the machines and the stu-

dents' motivation, and that making a Rube Goldberg machine is challenging. "You have to constantly reset the machine and analyze what is working and what is not. By making a successful machine, students also demonstrated their ability to problem solve and focus. Most students involved other members of their family. It was fun that everyone was working together, and to see or hear their excitement when their machine worked," deVries said.

TAKE ACTION • VOTE ABSENTEE

Cape Elizabeth Primary, Budget & Bond **VOTE Tuesday, July 14.**

- Request your absentee ballot NOW at voteinmaine.com!
- Absentee Voting BEGINS Tuesday, June 16
- RETURN your ballot by mail by July 14

Please vote absentee.
Let's protect our elections and public health.

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capeelizabeth.com

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email: kmonaghand@gmail.com

CAPE CALENDAR

By Wendy Derzawiec

Meetings listed in physical locations below may be canceled or held as videoconferences. Cancellations and instructions for joining videoconferences will be posted on the town website, www.capeelizabeth.com.

Thursday, June 4

Recycling Committee, 7 p.m., Public Works

Monday, June 8

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

Tuesday, June 9

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

Monday, June 15

Town Council Special Meeting - School Budget Adoption, 7 p.m., Town Hall chamber

Tuesday, June 16

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

Wednesday, June 17

Community Services Committee, 5:30 p.m., Cape Elizabeth Community Center

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

Live broadcasts may not occur. CETV will replay meetings listed below if they are recorded as videoconferences, and they will be available on-demand at cvtv.capeelizabeth.org

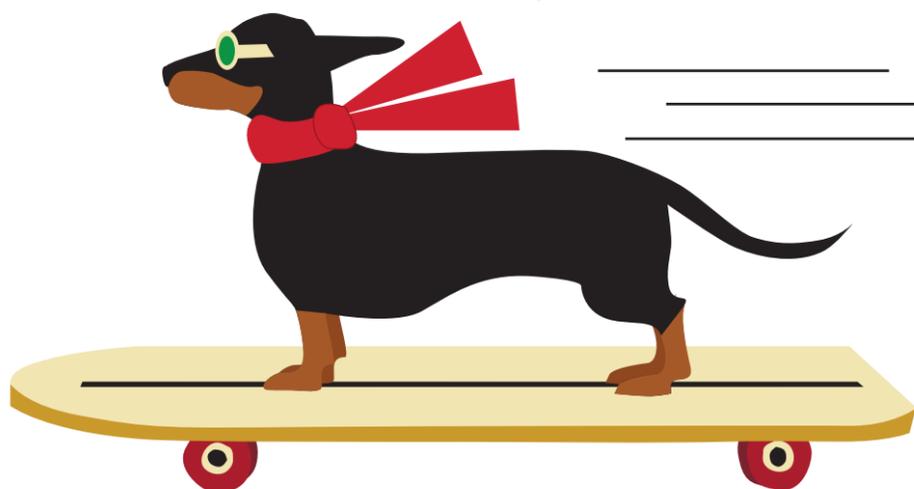
Cape Elizabeth Church of the Nazarene
 June 6, 7, 13 & 14 - 9 a.m.
Town Council of 06/08/2020
 June 10 & 11 - 2 p.m. & 8 p.m.
 June 13 - 10:30 a.m.

CETV CHANNEL 1302

School Board of 06/09/2020
 June 12 & 13 - 2 p.m. & 8 p.m.
 June 14 - 10:30 am
Town Council School Budget Adoption of 06/15/2020
 June 16 & 17 - 2 p.m. & 8 p.m.
 June 20 - 10:30 a.m.
Planning Board of 06/16/2020
 June 18 & 19 - 2 p.m. & 8 p.m.
 June 21 - 10:30 a.m.

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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.

ANNOUNCEMENTS



On March 27, **2nd Lt Douglas R. Sewall** graduated from Specialized Undergraduate Pilot Training at Vance Air Force Base, 71st Flying Training Wing in Oklahoma.

Douglas's current assignment is with the 97th Air Mobility Wing, in Altus Oklahoma. He is training to fly the KC-135 Stratotanker which provides the core aerial refueling capability for the United States Air Force.

Douglas will be home based at the Air National Guard 101st Refueling Wing in Bangor, Maine.

Douglas is a graduate of Cape Elizabeth High School, class of 2013. He then graduated from University of Maine, Orono, with an Electrical Engineering degree in 2017.

Douglas's proud parents, John and Leslie Sewall, and sister Erin reside in Cape Elizabeth.



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Memorial

Continued from page 1

sons. Some of these sailors had seen combat and felt a sense of peace being stationed in Casco Bay. It was about noon-time and the sailors of the U.S.S. Eagle 56 were taking a break from training. Some slept soundly in their bunks, while others looked across a tranquil Atlantic Ocean toward Cape Elizabeth.

On the mainland, the soldiers, sailors, and coastguardsmen stationed just a few miles ashore at Fort Williams and Cape Elizabeth Military Reservation were listening to the sounds of the big bands on the radio, and hoping for news of the war coming to an end.

Without any warning, a Nazi Germany U-boat torpedoed the U.S.S. Eagle 56. The ship was immediately cut in half and sunk shortly after being struck. Of the 62 crew members aboard the U.S.S. Eagle 56 that day, 49 were killed in action. The 13 survivors were sent overboard to the frigid Atlantic Ocean waters before being rescued. The U.S. Navy counter attacked, however the U-boat escaped.

This memorial not only honors these sailors, it reminds us that freedom is not free. And these sailors died defending the freedom of the world. Today, the waters of Casco Bay are peaceful, quiet and we are free thanks to these sailors. Let us rejoice and read these sailors names and honor their sacrifice. God Bless the crew of the U.S.S. Eagle 56, and God Bless the United States of America.



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Or contact Tara Simopoulos at: advertising@capecourier.com

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The Landing
 AT CAPE ELIZABETH

Flowers in bloom



Photo by Carmen Weatherbie

Daffodils and tulips in bloom at Pond Cove Middle School, part of The Yellow Tulip Project.

Capetoons: Summer begins

By Jeff Mandell



Photography, vintage style



Photo courtesy of the Cape Elizabeth Historical Preservation Society.

Joseph Armstrong and his son Harvard were prolific local photographers in the late 19th and early 20th centuries. Many of their images of Cape Cottage, including Fort Williams, The Cape Cottage Casino, the Cape Cottage Theater, etc. became postcards which are coveted collectibles today. Shown here is one of the Armstrongs' postcard cameras.

Beekeeping

W	O	R	K	E	B	R	O	O	D
A	E	E	B	R	H	O	N	E	Y
P	I	A	R	Y	B	M	O	C	P
R	Y	S	B	E	Q	U	E	Y	L
O	L	W	H	E	H	E	N	E	A
Y	L	A	O	N	I	E	O	N	N
A	E	R	Y	E	V	N	R	O	T
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N	E	C	O	E	E	E	S	I	L
R	A	T	L	L	P	R	O	P	O

Find all the words from the word list (ignore spaces and dashes, if any):

- | | |
|--------------------|-------------|
| APIARY | POLLEN |
| BEEHIVE | PROPOLIS |
| BROOD | QUEEN BEE |
| DRONE | ROYAL JELLY |
| HONEY | SWARM |
| HONEYCOMB | WORKER BEE |
| HONEY PLANTS | |
| NECTAR | |

