

# The Cape Courier

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*In the Spirit of Community*

## Remembering Peter S. Eastman (1927-2019): A legacy of kindness and giving

By Jim Rowe



Contributed photo

*Peter Eastman, above with Meghan Wakefield, spent the summers of his youth on Turkey Hill Farm. Upon his passing in 2019, he deeded the property to the Cape Elizabeth Land Trust.*

I first met Peter Eastman in 1974 when we served together in the Cape Elizabeth Fire Department. One thing was immediately apparent to me. Peter was his own man. He was “reservedly” friendly. He was articulate and intellectually gifted. Sometimes unconventional in his ways, his enthusiasm for public service was undeniable. He was one of the more interesting people I have ever met, and I am proud to have called him a friend.

In those days I lived with a buddy from college a couple of houses down from Peter on Woodland Road. Peter had a dinged and patched green Ford Econoline van with a stovepipe protruding from one side (I never asked). Also in his short driveway, there was often either a pile of cut and split firewood, or tarps upon which Peter was performing some

sort of mechanical surgery while classical music (usually opera) blared from speakers somewhere. In the wintertime, he would affix a Christmas tree atop his VW bug... just to make people (in particular, children) smile.

Peter Stuyvesant Eastman was born in Portland on February 1, 1927, the son of Laurence and Emma Eastman. Laurence, a retired Navy veteran, was a successful dry goods merchant on Congress St.; Emma, a housewife. They lived at 65 Pine St. in Portland. In 1921, they purchased Turkey Hill Farm in Cape Elizabeth as a summer retreat...30 acres +/- for \$5,500. The previous owner was Charles Peabbles, then patriarch of one of Cape Elizabeth’s old farming families. Tur-

-see EASTMAN page 6

## CEPD responding to increased number of calls for loud parties; underage drinking present

By Marta Girouard

The Cape Elizabeth Police Department has been responding to an increased number of calls reporting loud parties, with possible underage drinking happening at the gatherings. “We’ve noticed an uptick in larger parties and at residences especially,” said Cape Elizabeth Police Chief Paul Fenton. According to Chief Fenton, the parties for the most part have been at unattended homes (no adults present) and officers are noticing an increased consumption of alcohol by minors. Parties or remnants of parties have also been found on local beach areas.

In recent years, Chief Fenton said the department has not had many calls reporting such parties, but he suspects that the COVID-19 pandemic and stay-at-home orders are likely contributing to the increase. “Kids are struggling with isolation,” Chief Fenton said. “As a community we have been very fortunate so far and we want to raise awareness before any tragedy occurs. Have a conversation with

your kids. It’s very important to have a conversation when kids go out and when kids come home.”

Officer David Galvan has responded to several of the calls regarding parties with suspected underage drinking. Formerly the Community Liaison Officer, he became the town’s first School Resource Officer in 2018. Officer Galvan has an office at Cape Elizabeth High School but works at all three schools. The position is 100 percent paid for by the police department, and according to Chief Fenton, one of the best investments the department has made. “Officer Galvan creates so many positive opportunities for interactions with students and has created so many in roads between the schools and the police department,” Chief Fenton said. “It’s caused a relationship and day to day communication to form that wouldn’t exist without Officer Galvan.”

Chief Fenton added that in addition to cre-

-see PARTIES page 12

## CEHS alumnus logs fastest known time on Maine’s Hundred Mile Wilderness

By Kevin St. Jarre



Contributed photo

*Finn Melanson, an alumnus of CEHS, recently set a record for the Hundred Mile Wilderness, a portion of the Appalachian Trail here in Maine. The arduous course took Melanson over rugged terrain, including 36,000 feet of elevation change.*

Finn Melanson, a 2010 graduate of Cape Elizabeth High School, recently completed an unsupported fastest known time on the Hundred Mile Wilderness, a portion of the Appalachian Trail generally considered the wildest section, and one of the most challenging to navigate and traverse.

Melanson’s official time was 29 hours and 18 minutes. Starting out at 5:35 a.m. on a Sunday from the trailhead in Monson, he headed north to Abol Bridge, just south of

Baxter State Park, where he arrived at 10:54 a.m. on Monday morning. Melanson covered over 96 miles and 36,000 feet of elevation change in the process.

This wasn’t his first time on the famed A.T. “I completed a northbound thru-hike of the Appalachian Trail in the summer of 2014. When it all ended, I was desperate for more. I looked around and noticed that other

-see RECORD page 16

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## 'We all need to think about each other'

COVID has taught me how much we need each other. Our democracy and society need us to care about each other. The divisiveness is making things worse.

On my street is a yard sign, hate cannot destroy hate only love can do that. We need to wear our masks because we care about each other, it is not a political statement it is a human statement. We need to address police violence because every person should feel protected by the police not targets. We need to get back to school and work because we need to be together, to be learning, to be productive.

To do this we all need to think about each other, not just ourselves. If we can

teach we need to teach, if we can work we need to work, and if some of those around us cannot we need to help them not vilify them.

When we see people in Deering Oaks do we see someone's child, parent, brother, sister. We need to care about them and recognize the personal and societal limitations and challenges as the problem. A person is more than a drug addict, a mental illness, a liberal, a conservative. A person has feelings, dreams, hopes, fears.

During these times, we should be thinking how fortunate am I, and how can I help those less fortunate. What does my community need and what can I contribute? We need love not hate. Open hearts, open ears, and open minds. Solutions not roadblocks.

Maureen Clancy

## Carney 'would be a win for the people'

Maine Youth for Climate Justice is a state-wide coalition of youth activists with a mission of fighting for an equitable and livable future, and we have formally endorsed Anne Carney for State Senate, District 29. We believe that Anne is the best candidate to represent Cape Elizabeth and the rest of the district because she upholds our values and will fight for our mission.

Anne worked to protect the Maine coastline for years as the Board President for the Cape Elizabeth Land Trust. Evidence of Anne's advocacy can be seen in the bills she proposed or sponsored last session, such as LD 1593, "An Act to Provide Maine Children Access to Affordable Health Care," and LD 2033, "An Act to Ensure Proper Closure of Oil Terminal Facilities."

To have Anne Carney in the Maine State Legislature again would be a win for the people, civil integrity, and the efforts to mitigate climate change in our state.

Maine Youth for Climate Justice

## Millett has a 'strong record on the environment and education'

We're supporting Rebecca Millett for the Maine House of Representatives because of her strong record on the environment and education. This year's hurricane season could break all previous records with storms being bigger and more powerful than in the past. And fires in western states are larger, more destructive and more difficult to control than ever before. We need strong leadership to combat this climate crisis. Rebecca has a long history of supporting initiatives that protect Maine's environment and the health of Maine people. She has led the effort to increase our use of renewable energy and set the goal of reaching 100% use of renewables by 2050. She initiated two laws enacted in the last legislative session that help protect the public from harmful emissions at petro-

leum storage sites.

Rebecca has championed the effort to improve the quality of education for Maine children by leading the legislature in increasing funding for education, building renovation and maintenance and paying teachers a living wage. The health of Maine children is better protected from lead poisoning due to a new law sponsored by Rebecca requiring lead testing in all Maine schools. This investment in Maine children will help them become successful future citizens. When you vote in the November 3rd election, please consider voting for Rebecca Millett so she can continue this important work in the Maine legislature.

Jan Chapman and Bruce Moore

## Anderson is a 'problem solver'

As the Cumberland County District Attorney for 28 years, Stephanie served with compassion, integrity and imagination. While DA, Stephanie established the first Diversion and Rehabilitation Program providing innovative and unprecedented initiatives to hold people accountable while giving them the tools and opportunities for rehabilitation in order to turn their lives around. She is a problem solver, whether it is in establishing Maine's first drug court, Maine's first juvenile and first domestic violence units, or more recently, in making humorous masks for every school bus driver in Cape Elizabeth. No problem is too big or too small for Stephanie.

to address a massive budget deficit and to reboot the Maine economy. As District Attorney Stephanie took on society's most difficult challenges— substance abuse, domestic violence, and human trafficking. Stephanie has the vision, experience, and compassion to work to protect public health and restart Maine's economy. She knows firsthand the importance of addressing substance abuse, supporting public education and reproductive rights. She is the public servant we need in these troubled times. No one has more experience tackling tough issues than Stephanie.

Mary Ann Lynch



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We love feedback!

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## Seven candidates vying for first terms on Town Council, School Board

Seven candidates will vie for four spots on the Town Council and School Board in the municipal election November 3.

At the close of business September 4, the last day for completing nominating petitions, four candidates for Town Council and three candidates School Board had signatures verified for a spot on the November 3 ballot. None is an incumbent.

Seeking one of two seats on the Town Council are Nicole Boucher, Kevin Jordan, Christopher Kleeman and Gretchen Noonan. Seeking one of two seats on the School Board are Audra Gore, Jennifer McVeigh and Cynthia Voltz.

In addition, South Portland resident Joseph C. Siviski will run unopposed for re-

election as the Cape Elizabeth and South Portland representative on the Portland Water District Board of Trustees.

School Board incumbents Hope Straw and Nasir Shir, as well as Town Council incumbent Chris Straw, did not seek nomination.

Current council chair Valerie Adams took out nomination papers but withdrew after announcing she would be moving to a different community.

Polls will be open from 7 a.m.-8 p.m. at Cape Elizabeth High School on Election Day, November 3.

Applications for absentee ballots are now available. Deadline for requesting absentee ballots is 4 p.m. Thursday, October 29.

## Applications for 2021 Senior Tax Relief Program now available

Applications for the 2021 Senior Tax Relief Program, now in its third year, are now available.

If you participated last year, you will receive an application in the mail in the next few weeks. You must apply each year, because your income status may change.

If you are looking to apply, you can download an application at: [https://www.capeelizabeth.com/government/rules\\_regs/forms/assessapps/BLANK-senior-application.pdf](https://www.capeelizabeth.com/government/rules_regs/forms/assessapps/BLANK-senior-application.pdf) or you can call the Assessing Department (207-799-1619) and have one mailed to you.

You may also email the assessor at [clinton.swett@capeelizabeth.org](mailto:clinton.swett@capeelizabeth.org) and he will reply with a .pdf attachment.

To qualify, residents must be 65 or older, have lived in their residence – owned or rented – for 10 years, have a federally adjusted annual household income of less than \$60,000 and receive the state’s homestead exemption.

A copy of your 2019 Social Security Benefit Statement or 2019 Income Tax return (only the first two pages) are required to prove income.

The deadline for completed applications is November 15, with approved checks being delivered by the end of January 2021. The benefit cap remains at \$500.

The current town budget includes \$85,000 to fund the program.

## School department seeking support staff

Tapping into the town’s strong sense of community, School Board Chair Heather Altenburg made an urgent plea for additional support as the schools reopened on September 8 under a hybrid model in a letter to families on September 6.

The hybrid model requires that strict safety guidelines be followed by students, families and staff in order to mitigate the threat of COVID-19. Social distancing and monitoring of symptoms are among the most critical elements of precautionary measures.

Altenburg explained that as a result of requiring social distancing on all school buses, many more bus monitors are needed in order to assure that safety measures are being followed.

Additionally, because students and staff are required to self-monitor for COVID symptoms daily and stay home when indicated, it is anticipated that the need for substitute teachers will be great. “Let’s work together and be there for each

other by lending a helping hand, as we have done so many times before.”

Those with interest in either the bus monitor or substitute teacher opportunities should contact Arlene Rochefort, the school department’s Human Resources Coordinator at [arochefort@capeelizabethschools.org](mailto:arochefort@capeelizabethschools.org) for more information.

## The beauty of Cape neighborhoods

By Derry Rundlett

One thing I have learned in the past several months is that you cannot appreciate the beauty of Cape Elizabeth neighborhoods by driving through them at thirty miles per hour. Having lived in this community for more than three decades I seldom took the time to walk through even my own neighborhoods, formerly the Oakhurst area and now Sherwood Forest, so called.

When I was a young boy I watched “Robin Hood” on television, then starring Richard Greene long before the big stars of Hollywood such as Kevin Costner or Russell Crowe played the elusive thief. The show would begin with an arrow being shot into the bullseye only to be split by another arrow. I would have been delighted to know that some day I would actually live on a road named for Little John. I told this story to fellow Cape resident Nat Jordan as he took lobster roll orders from the wagon at Fort Williams. Another of my neighbors jokingly remarked that Maid Marion road is conspicuously absent.

One might think that our town passed an ordinance requiring all homes, yards and surrounding landscape in this community must be maintained almost to perfection because I seldom see even the slightest evidence that someone has not cared for their property. You might travel many miles to go through the beautiful botanical gardens in Boothbay but a long walk through any neighborhood and you will see similar beauty. One yard in the Oakhurst area has over one hundred different plants, shrubs, and trees in their yard. If that is not enough, they also have several potted plants and flowers on their steps.

My fellow running neighbor Jim has a yard and home so beautiful I often kid him that he should spend some more time working on his property. Just down from him is a yard that has huge piles of wood perfectly stacked and a stone garden that is always

worth looking at. And at the end of the street is a home that has about ten different varieties of trees from Norfolk pines to a giant beautiful willow tree. Across from them is a yard with perhaps the longest rope swing I have ever seen. I have stood there many times trying to figure out how the owner got the rope over the limb that holds the swing, at least eight or nine stories high. Helicopter? Fire truck with a long ladder? Not even close. He told me he did it with a lacrosse ball. I did not ask him how many attempts it took but I did guess correctly that he was a star lacrosse player in high school.

It’s not just beautiful landscaping or homes that catch my eye. My neighbor just up the street has a fascinating gas pump from the early 1900’s in front of his garage. The price is still on the pump: 19 cents. Unfortunately, I am old enough to remember that when I was in high school there was a gas war and the price per gallon did get as low as that very number, but for a very brief time. And in the Oakhurst neighborhood I often stop to admire a beautiful Triumph motorcycle parked in front of the house. Last but not least are my neighbors just a few houses down who spend a great deal of time on their lawn and have, with the folks next door, created a beautiful oasis type garden where a small stream runs through. I then walk across the street to the park where the children’s garden beckons no matter what the weather, time of day or season. I do not take this for granted anymore.

So, instead of getting in your car and driving miles upon miles to a beautiful place, consider just driving a few miles to a Cape neighborhood or better yet, walk out your door, take a right or a left and immerse yourself in the beauty that exists in your own neighborhood.



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# News from the Cape Elizabeth School Board

By Heather Altenburg

“It’s good to see students back in the buildings and classrooms again.” These sentiments were expressed by all three principals Jeff Shedd, Troy Eastman and Jason Manjourides after the first day of reopening the Cape Elizabeth schools. During the School Board Regular Business meeting on Tuesday, September 8 they collectively declared the first day a success. Though many aspects of school have changed and are different this September, it is clear that the joy and energy students bring remains the same as always.

On the first morning of school, principals were outside to greet students and help direct people through new drop off patterns and new systems for arrival. Middle School teachers lined the road to cheer on their students as they arrived. Pond Cove welcomed students with the warmth that has always been a signature quality of the school.

The slow, two-week roll-in start was also highlighted by all three principals as an important part of the success in this new era of teaching and learning. The smaller number of students on the first days has been an opportunity to iron out the kinks, better connect with the students and teach new protocols with more clarity. The slower start allowed more space and opportunity to bring all the students along with the many details that were worked out throughout the summer.

Our amazing bus drivers were able to manage new routes, new protocol and new responsibilities flawlessly. Our food services provided meals through the new Meal Ordering Plan and the district’s Director of Nutrition Services Peter Esposito, reported in our meeting, that due to a waiver, free meals will be provided to all students in the district until December 31. Our incredible technology department has kept up with the extensive needs

demand of them. As we expanded access to our technology throughout the district, including providing WIFI to outdoor classroom spaces, the tech department helped staff and students navigate new technology being used for the year. Del Peavy, our Special Services Director and his staff have provided and continue to provide the best care and services possible for special education students. The secretaries at all three schools remain the steadfast pillars of information. In the high school, Jeff Thoreck, the athletic director, used 4,000 yards of tape to designate walking and non-walking spaces throughout the high school hallways to help maintain social distancing. And of course, our nurses were at the ready, putting to work all the health and safety protocols and procedures they worked so hard to create throughout the summer.

After all the conversation, questioning, planning and waiting, it is amazing to be this point. Students are settling into their remote or hybrid learning schedules and structures and, after so much effort from so many, students are back learning. Will it be the same? Certainly not. We have an opportunity here to make this the best it can be. We have amazing students, teachers, administrators, staff and families. Let’s rise up together to give these students what they deserve and let them learn.

So next time you see a yellow school bus driving down the road, be sure to wave at the bus driver. Through that simple gesture, let them know how much they are appreciated. Say thank you to teachers or staff at drop off or send a note of gratitude in with your child. If you have the time and are able, sign up to be a substitute teacher or a bus monitor. Both are paid positions and more information can be found on the school website. Most of all, remember that we are in this together and it truly takes a village to raise a child. I personally, am so grateful for this “village” of Cape Elizabeth, Maine.

### Policy Update

In May of this year, the U.S. Department of Education released updates to the Federal Title IX regulations. School districts are required to review and implement necessary policy and procedure changes to reflect the updated regulations prior to the commence-

ment of the 2020-2021 school year. The Policy Committee met via zoom virtual meeting on August 20 to review and discuss the following updated policies:

AC - Non-Discrimination/Equal Opportunity and Affirmative Action

ACAA – Harassment and Sexual Harassment of Students

ACAB – Harassment and Sexual Harassment of School Employees

At the September 8 regular business meeting of the School Board, the board voted to adopt the revisions to all three policies.

While each policy was revised, the material revisions appear in ACAA. Specifically, the revised policy includes a detailed three part definition of sexual harassment for Title IX purposes, including quid pro quo, hostile environment, and sexual assault. The updated ACAA also sets forth reporting requirements for school employees, and defines the scope of Title IX sexual harassment as any sexual harassment occurring within the context of the Cape Elizabeth School department education programs or activities. All policies are posted on the CESD website in the School Board section policy tab. Policy committee meetings are open to the public, including students.

### Upcoming meetings

School Board Retreat - October 6, 10:30 a.m. - 1:30 p.m., 31 Olde Colony Lane or via Zoom if the weather is bad

Policy Committee - September 29, 3:00 p.m. via Zoom

### Budget Update

The Cape Elizabeth School Department was busy this spring and summer applying for Coronavirus-related grants and funding sources to help defray the wide range of costs associated with running schools in this difficult time. In the spring we were grateful to receive grants from local funding sources such as CEEF and Full Plates/Full Potential to help support feeding our students in need while they couldn’t be in school to receive their free meals. Now we are accessing federal funds associated with the CARES Act, administered by the state, and require grant applications by each school department.

The first grant received was in the amount of \$23,098 from the Elementary and Secondary Emergency Relief Fund. It is being used for teacher education (professional development) on remote/hybrid learning practices and software to support that as well.

The second grant, in the amount of \$1,052,760, is from the Coronavirus Relief Fund. It must be spent by December 30, 2020, but the application for these funds must be finalized by September 30. Cape Elizabeth is using these funds for:

- Transportation: one additional bus and one additional van to meet new transportation needs
- Rental: large tent for outdoor learning; storage containers for furniture and equipment removed from classrooms
- Supplies: PPE, signs, plexiglass barriers, remote learning tools, cleaning and sanitization supplies
- Nutrition: portable warming and cooling carts; packaging; computer equipment and online ordering software
- Contracted Services: HVAC contract work, HR assistance, nine bus monitors, extra custodians, three permanent substitutes, regular substitutes
- Professional Development: education for teachers on remote and hybrid learning
- Technology: ZOOM; equipment and software to support remote and hybrid learning

We have also applied for a grant to support our teachers’ unusual need for childcare this year.

The School Board and CESD extend gratitude to all the parents associations and local businesses who have quickly and without fanfare donated equipment and resources to support things such as outdoor learning at all schools. While these do not show up in our budget, they are surely an essential part of getting our students back to school this fall.

Many staffing positions were left unfilled until later in the summer in an effort to be conservative with funds while CARES Act grants were still unknown. Some positions remain unfilled for a couple of reasons. First, and most unfortunately, we have not had people applying for some much needed jobs, such as custodians and bus attendants. We are making every effort in advertising and recruiting for these positions, to no avail. Secondly, it seems prudent to proceed with caution in the current economic environment. The governor has requested that educational funding not be cut as a result of the current COVID-related state income shortfall, but we can’t be sure. A curtailment of state aid could happen, and we would need to be ready to respond to that lack of funds.

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# Vote Anne Carney

## Democrat for State Senate



"As we work through these uncertain times, I will support candidates who have demonstrated leadership, empathy and concern for the world out outside their own. Anne Carney is a shining example of Maine values. She is my choice for Maine Senate District 29."

Meg Baxter



"I have had the pleasure to work with Anne Carney on the Cape Diversity Coalition and have come to know her as a fantastic person whose character, calm demeanor and extraordinary listening skills have established her as a tested, proven leader."

Mohammad Nasir Shir

"As a teacher, I strongly support Anne Carney for State Senate. She is a forward thinking leader and collaborative legislator, as well as a person who is deeply dedicated to the education of Maine's children."

Hal Kingsbury



"Anne understands what access to educational opportunities does for students, communities and the economy; has a proven track record in protecting reproductive rights; and knows the importance of a strong Maine workforce."

Jo Morrissey



"Anne is a champion for our schools, our families and our environment. Anne's successful track record as a legislator proves that she will continue to fight in all of our best interests, especially during these uncertain times."

Erika Carlson Rhile



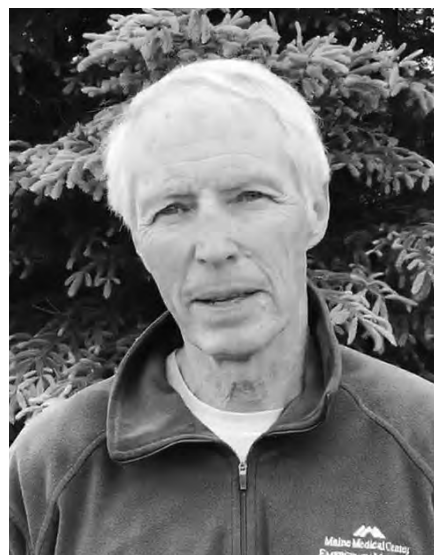
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[www.anneformaine.com](http://www.anneformaine.com)

# Eastman

Continued from page 1



Contributed photo

Turkey Hill Farm, deeded by Peter Eastman to CELT.

## Moment of respite at the ocean



Photo by Amber Wilson

Resident of the Enclave, Jackie Hayes was having a bit of the blues, so it was arranged to take her incognito to Kettle Cove so she could have a moment of respite. She was able to find peace, sit by the ocean and catch her breath. “We all need moments like these, especially our Assisted Living, nursing and long term care seniors who are simply doing their best every day to keep the faith and stay positive during these current times. We’re all able to go out as we please, but for our seniors, it’s another story. Keeping them safe is our top priority but their mental health is priority too,” said Amber Wilson, Director of Lifestyles at the Enclave of Scarborough.



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key Hill was where Peter spent the summer months of his youth. The farmyard, orchard, gardens, woods and fields were an idyllic place in which to grow up. Located near the southern end, and on the southern side of Old Ocean House Road, the property sits about 150 yards or so from Rte. 77. As one follows the dirt driveway along a tree line up to the farmstead, the years seem to melt away.

Emma Eastman was an entrepreneur and patroness of the arts. Beginning ca. 1931, she operated a tea room at the farm to help meet Depression-era expenses. She entertained with luncheons and afternoon tea parties. She converted the barn into an art gallery, and hosted many exhibits by prominent local artists. She loved having visitors at Turkey Hill Farm.

Like his father before him, Peter enlisted in the US Navy in 1945. Following this enlistment, he studied at Bowdoin College, where he earned his degree in 1951. He then reenlisted in the Navy and was a commissioned officer during the Korean War.

After his military service, Peter worked in Massachusetts and attended MIT. He returned to Cape Elizabeth in 1968 and soon thereafter began teaching Physics at SMVTI (today’s SMCC), where he worked until his retirement in 1991.

Turkey Hill Farm was deeded to Peter in 1972. He spent some time at the farm, perhaps reengaging with the halcyon days of his boyhood. In later years, he “puttered” daily there, returning to Woodland Road each evening.

I lost track of Peter between 1983 and 2000, when I ran into him at Fort Williams Park. He was encamped with a contingent from the Portland Amateur Wireless Association. The group consists of serious radio hobbyists and also provides valuable backup emergency communication for the county. The group would typically conduct annual overnight training sessions at the Fort. Another hobby of Peter’s was the Portland Narrow Gauge Railway, to which he generously devoted time and resources.

Again, we lost touch for a period. In 2014 I joined the Cape Elizabeth Historical Preservation Society and discovered that Peter was also a member. It was at this time that I became acquainted with Meghan Wakefield,

who would often bring Peter to CEHPS meetings.

From conversation with Meghan, I learned that she had worked at Turkey Hill Farm as a caretaker since 2006. Gradually, her duties took on another dimension- that of loyal caregiver for Peter as his health began to ebb. Peter would call Meghan “Dearie,” and she called him “Pops.” Meghan’s friends became Pops’ friends, and he loved it when she would host potluck suppers and/or cook for people at the farm. Meghan’s innate goodness and kindness are evident to anyone who meets her.

Peter suffered strokes beginning in 2017, which left him debilitated and hunched at an awkward angle that was painful even to watch. And yet he persevered. He and Meghan would still come to our Historical Society meetings and I cherish those few moments I had to catch up with him and share memories.

Throughout his years at Turkey Hill Farm, Peter Eastman ably wore the mantle of responsible steward. He loved having groups like Farm Camp come (for 13 years). He loved seeing immigrant children and their families appreciate the natural beauty of rural Cape Elizabeth. He loved it when Turkey Hill Farm hosted weddings, parties, hayrides and especially twilight suppers, when he could hold court. He loved having picnics under the beautiful lone tree near the lilac bush in the field behind the farmhouse.

In the last two or three years of his life, the Historical Society began receiving artifacts of interest from Turkey Hill Farm. A grandfather clock. Pieces of jewelry. Keepsakes from an earlier time. Turkey Hill Farm itself was deeded to the Cape Elizabeth Land Trust, where its beauty will remain accessible to the public in perpetuity. In the blink of an eye, he became a major benefactor.

The marvelous legacy of Peter S. Eastman will be memorialized at an open house on Saturday, September 26, from 10:00 a.m. to 4:00 p.m. at Turkey Hill Farm. At 1:00 p.m. there will be a dedication of a stone bench, honoring this amazing man. Rain date is Sunday, September 27 (same times). The public is cordially invited to attend. Recommended COVID protocols will be observed.

**Cape Elizabeth School Department**

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Cape Elizabeth School Department, 320 Ocean House Road, Cape Elizabeth, Maine 04107

# Community Read, bringing communities together through books

By Kevin St. Jarre

Andrew Ryer, the programming librarian at Thomas Memorial Library, has taken the lead on a project called Community Read, which Ryer said “is basically like a large-scale book club that spans an entire community. The idea is to get as many people in the community as possible to all read the same book and to attend and engage in discussions and related events around the book.” The hope of a Community Read is to cultivate a local culture of reading, conversation and engagement by bringing people together around a common book, he said.

According to Ryer, the Community Read has been around since about 1998 when the Washington Center for the Book in Seattle pioneered the idea by featuring four days of programs, author talks and discussions centered around Russell Banks’ book “The Sweet Hereafter.”

“Since then, they’ve been popping up in various cities and towns, large and small, all across the country. They sometimes go by different names -One Book, One City, The Big Read, Community-Wide Read, Common Read- but they all pretty much share the common goal of fostering civic unity through the act of reading and conversing. Working in various libraries over the years, our staff have been aware of Community Read initiatives for quite a while and have always thought they seemed like a really cool idea. At the same time, the prospect of pulling one off ourselves seemed a bit daunting and a lot of work and planning for a staff that already deals with a pretty heavy workload in the best of times. But as the pandemic and lockdowns have worn on and on, and we were looking for ways to really keep our community engaged and connected to the library and to one another; the idea of a Community Read started to seem like a natural fit,” he said.

The fact that the library building is closed and having to do all of their programming remotely actually opened up a whole host of possibilities for the Community Read that wouldn’t have been possible in normal times, Ryer said.

As for the title they’ve selected, he said, “The book we’ve chosen for the Read, “This is Chance!” by Jon Mooallem, was published a week after the library shut down in March. When we started discussing potential books, “This is Chance!” seemed like the perfect book for this project and this mo-

ment. On its surface, the book is about an earthquake that occurred in Alaska in 1964, but at its heart, it’s really about how communities come together, connect, survive and thrive in response to crisis. We thought the themes of community, connection and resilience would really speak to readers right now during our own ongoing moment of global crisis.”

Ryer said that the response so far has been astounding. “Never having done this before, we were unsure that we’d be able to convince people to come along for the ride with us. But yeah, we were wrong about that. Within two minutes of sending out our initial e-newsletter announcement about the Community Read, we already had people signing up and requesting the book. Our registration form has been live for one week and we’ve currently had more than 60 people sign up already. We’re partnering with our neighboring towns of South Portland and Scarborough, and the amazing staff at their public libraries on this Community Read, and we’re excited to see how their communities respond to this project as well. We’d love to get as many people in the three communities as possible to read the book, especially folks who may not be regular library patrons or even big readers, so we’re hoping that excitement about participation spreads by word of mouth. If everyone who registers convinces just one other person to join the Read, the number of participants would be pretty staggering. We’re really excited and surprised by how enthusiastic people have been about the Read so far.”

They are excited about the future, and hopeful about the conversations and connections this community project could lead to. Ryer said, “Already during the pandemic shutdown, we’ve been seeing on a smaller scale, how much people value and enjoy meeting and getting to know one another in our regular virtual programs. Over and over again, we’ve watched as a lot of the same people keep showing up in our programs, until eventually they’ve turned from total strangers into friends. Many of them haven’t yet ever even met in person, but they check in on each other -in some cases daily- throughout the week to chat, learn, exercise and connect. It’s been like watching an entirely new form of community building itself in real time. So, we’re really hopeful that the Community Read will expand the opportunities for a lot more people in our communi-

ties to experience these kinds of interactions. In the best of times, we strive to make the library a community hub and gathering place where people can meet and interact. Now that we’re in much more difficult and tenuous times, we want to make sure that the library is still able to provide a gathering place where our community members can connect with one another.”

To learn more, people can head to the library website at thomasmemorallibrary.org There’s a link to the Community Read on the home page that will take people to the dedicated Community Read page. Ryer said, “There they can register for the Read and request their copy of the book. They’ll also see links to all the Community Read programming that is in the works at all three libraries, as well as links to local bookstores that are offering discounts on the book for anyone who wants to purchase their own copy. For anyone who doesn’t have internet access or isn’t technologically inclined, they can just

give the library a call anytime at 799-1720 and we’ll be happy to answer all their questions.”

The Community Read Kickoff event with the author is Wednesday, September 23 at 7 p.m. The closing book discussion with the author will be on Wednesday, November 18 at 7 p.m. Over the next two months, all three participating libraries are planning a full slate of Community Read programs, including read-alouds, book discussions, concerts, storytelling and related events focusing on the themes of community and resilience. All event info will be posted on the website and in the e-newsletter, social media, etc. “The best way for folks to ensure that they don’t miss any Community Read news is to register for it by filling out the form on our website: <http://www.thomasmemorallibrary.org/community-read-2020/>. All Community Read events are free and open to all, no matter where in the world they are located,” Ryer said.



Contributed photo

A photograph of the initial results caused by the Great Alaska Earthquake, Anchorage, Alaska, 1964. Subsequent aftershocks and a tsunami caused extensive additional damage.



Photo by Rachel Davis

Thomas Memorial Library’s copies of the selected book for the first Community Read.





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Dr. Marta Agrodnia, DVM, DACVS

# Cape author and accountant pens book on fraud, embezzlement

By Kevin St. Jarre

W. Benson Dana is a Certified Public Accountant, and it was that set of skills combined with decades of experience, that led him to write a book that reads like the best true-crime titles, with high stakes and complex puzzles to solve. “I love murder mysteries, and each fraud story is like a little mystery you have to solve,” Dana said.

His book is titled, “Tales from the Trenches - A CPA Internal Auditor’s Stories of Fraud, Internal Controls, Auditing, and Embezzlement,” and is available for purchase.

The work is described as fraud, embezzlement, internal control and auditing stories that would be useful for students as well as well-seasoned professionals. It may well be just the thing for those who enjoy the intellectual challenge of forensic finance investigations, also.

Dana said, “I’ve had many fun and interesting adventures during my 35-year career in accounting and internal auditing, and many involved fraud - a good deal more fraud than the average CPA deals with in their career. I’ve learned a lot and I wanted to share my experiences and insights with

others in a way that was also entertaining. The chapters are short and I tried to make them light and engaging for all readers. Some stories relate to one or more technical aspects of professional accounting, but not to a great degree.”

He compiled the stories over several years, one at a time, and posted them on a blog he maintained called internalcontrolfreak.com. “After having thousands of visitors to the site over the years, I decided to compile the stories into book form,” he said.

Having written this one, Dana said he wants to take the next step as an author. “I have hopes of writing one or more longer books in the murder mystery genre that incorporate a CPA firm as the backdrop, weaving in fraud aspects from my career and also from the current news,” he said.

The many visitors to his blog site have provided a great deal of the support and motivation to produce the work. Dana said, “One of the most popular articles involves auditing suspense accounts. The visitors are from all over the world, many from less-developed countries where the use of suspense accounts may be more widespread.”

When asked what he’d like readers to come away with, he’s hoping his experiences will help others fighting these types of crime and malpractice. “I would like professional accountants, small non-profits, small businesses and also the general public to have a better understanding of how widespread fraud is and how easily they can improve procedures and internal controls to reduce their risk of becoming another victim

of fraud,” Dana said.

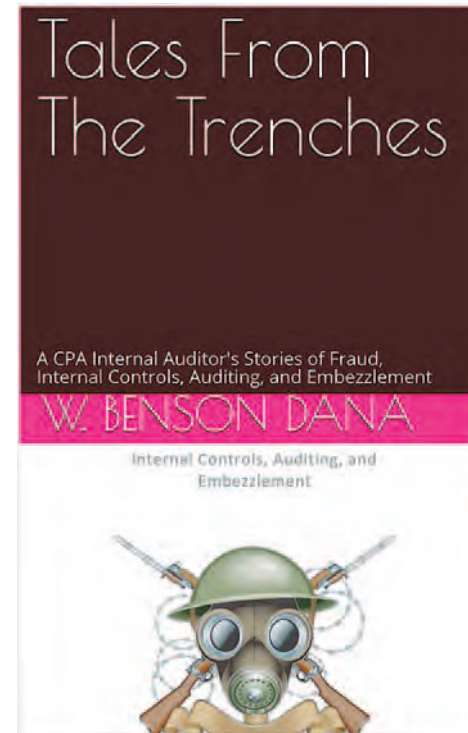
The book, in both Kindle and paperback format, is available on Amazon and <https://www.amazon.com/dp/B08FJ93DJB>.

“I’m also available to deliver a fraud related presentation to groups such as Rotary, Lions Clubs and others who might have an interest. Perhaps that may be a possibility once the pandemic subsides,” Dana said.



Contributed photo

W. Benson Dana, CPA and author, has written a book that reads like the best true-crime titles, with high stakes and complex puzzles to solve.



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Book cover of W. Benson Dana’s book about fraud and embezzlement.

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## Gillies Raiders/PPP team are 2020 Greater Portland Men Seniors A Division Softball Champions



Contributed photo

The Gillies Raiders/PPP team, who completed the season 14-2, beat the Roofers Specialty team Tuesday, September 1 at the South Portland Wainwright facility with a score of 11-10 in the championship game to win the 2020 A Division Crown. The 2020 newly sponsored Gillies Raiders/PPP team has won the championship seven out of the last eight years with a record of 154-10. The team is made up of players from Cape Elizabeth, South Portland, Portland, Westbrook, Gorham, Windham and Augusta. Players front row left to right: Danny Vaugh, Frank McLaughlin, Steve Fitzgerald, Richard Eglin. Second row left to right: Buddy Lakin, Don Brown, Jim Jackson, Bill Young, Dave Sinclair, Team Mascot “Chance,” Randy Aspiras, Jim Nugent, Jesse Shannon, Dan Sullivan, Team Coach Goose Gosselin.

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# There are many ways to preserve Maine's harvest, to enjoy this winter

By Tina Fischer

September and October are peak harvest months for Maine farms; the fruits of our farmers' long summer of labor are ripe and abundant and are coming in from our fields and orchards, fast and furious. Preserving the harvest is a tradition for many Maine families and there are multiple ways to do it; some are quite simple.

Rachel Stamieszkin, who heads up Cape Elizabeth's community gardens, does a combination of canning - pickled beets with onions, rhubarb chutney and pickled garlic scapes - and simple refrigerator preserving. She makes cucumber pickles and pickled gingered sugar snaps peas to store in the fridge, and also freezes both basil and garlic scape pesto.

The ease of refrigerator pickles (no canning process needed) is a favorite of Judy's Pantry director Beth Owens, who with her husband Tony, tends a large plot. "We have a huge crop of cucumbers. My favorite book is, "Putting Food By," by Ruth Hertzberg; it's comprehensive."

Long-time gardener and author ("The Backyard Gardener") Kelly Orzel loves to make a spicy peach chutney from the book, "Preserving by the Pint." "This book has great recipes, is easy to follow, and does things in small batches so you don't need a huge harvest. The author also has a blog, Food in Jars, which I've followed for over ten years."

"I used to can tomato sauce, and do the whole rigmarol, but I learned that just washing, drying and freezing tomatoes in airtight bags (I use a food saver) in a single layer is money! I just let them defrost for a bit, pull them apart and toss them in sauce or salsa, whole, with skins on. The skins fall off within a few minutes and I use tongs to pull them out. Voila, easy-peasy summer tomatoes in winter!"

Anne Carney and her family do like to can tomato sauce; it's a Labor Day tradition. "We add onions and peppers, and because the extra vegetables make the

sauce less acidic, we process it in a pressure canner. I love working with the pressure canner, especially hearing the hissing and clanking of the steam as the tomatoes process at high heat. We enjoy the sauce all winter long, usually on homemade pizza. I use tomato seconds from any farmer who has them, and any variety seems to work, although I add in either plum or San Marzano tomatoes to get a thick sauce."

Carney also loves to make pear jelly. "This is something you don't usually find in the grocery store, and the flavor of Maine pears is outstanding. Follow the usual instructions for apple jelly, using 4 cups of pear juice, 1 package powdered fruit pectin, 2 tablespoons lemon juice, and 5 1/2 cups of sugar. I use any locally grown pear I can find. For me it's about preserving local foods that will remind me of Maine's summer on a cold winter day."

Carney recommends the National Center for Home Food Preservation website as a resource for detailed information and recipes.

If you're not up for making your own jelly or jam, both Jordan's Farm and Alewife's Brook Farm always have their homemade jams in the farm stands. Caitlin Jordan has been making jam, "well over 3,000 jars a year, in six flavors" since she was a teenager. Alewife's also freezes blueberries, raspberries, and strawberries, both to sell to customers, and to bake into pies. They are also for sale at the farm stand, along with zucchini bread made from both fresh and frozen produce.

Jordan's Farm also sells frozen Maine fruits, along with their own salad dressing, made in June, from Cape's beloved strawberries. Jordan's corn also finds its way into many local freezers. Carol Anne Jordan recommends blanching corn on the cob, then immersing it in an ice bath, before cutting the kernels off and popping them in a freezer bag.

Sarvi Maisak likes to dehydrate local fruits and turn some into 'fruit leather,'

which she says lasts for months. "The process is extremely straightforward and you can use any fruit. No need to measure anything, just toss together whatever amount you have, simmer cut up fruit until it's thickened, add a bit of sweetener and some ground up chia seeds." Maisak uses an American Harvest brand machine, with four trays; "its round shape dehydrates more efficiently," but says oven dehydrating works well too, using parchment paper on cookie sheets.

Drying and freezing herbs is an easy method of using summer produce year-round. Kelly Orzel grows a huge variety. "Some I dry in the oven, others in air, and things like basil and chives I turn into pesto, herb butter or preserve in oil then freeze."

Simplest food storage method of all? Orzel keeps winter squash, all varieties,

for months, under the bed in a guest bedroom where the heat is never on. "I just place them on the wood floor, and check them every few weeks when I pick one for dinner. No fuss, so muss!"

Other produce - potatoes, apples, carrots, cabbages - keep for months with simple cold storage, either in your refrigerator, or in a dry, unheated room. Many vegetables and fruits can be bought now in bulk for preserving - ask at your farm stand or farmer's market. Some growers sell 'seconds' too - slightly blemished for a lower price. There are lots more ideas and directions on how to preserve on the University of Maine Cooperative Extension website, and on the Maine Organic Farmers and Gardeners Association's YouTube channel and Common Grounds Fair webpage. Enjoy savoring the harvest!



Contributed photo

Anne Carney and her family have a Labor Day tradition of canning tomato sauce, and they add onions and peppers to make the sauce less acidic. Above, the fruits of their labor.



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*- Stephanie*

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## Lobster season isn't over



Contributed photo

Fall might be the best time of year to enjoy Maine lobster. The supply is plentiful and prices are often lower than in summer. (Why not buy lots now, to cook and freeze for a special lobster stew during the holidays?) It's also an especially important time to support our local fishermen (and women), because, as Sam Tweedie says, "People tend to forget about eating lobster come September." Sam fishes with his father Ernie (and often his six-year-old son too, in photo, above) from May through New Year's and sells both live and cooked-to-order lobster from his home at 232 Fowler Road. Call ahead to order: 207-632-8792.



Contributed photo

Tucker Jordan (above, aboard the F/V Miss Lavena) brings in lobster for his family's farm stand at Alewife's Brook Farm, on Old Ocean House Road. Alewife's sells live lobster and other seafood year-round, from many Cape Elizabeth fishermen. Cooked-to-order lobsters are available summer and fall, at least through October this year. Check the farm's website for details about ordering or call: 207-799-7743.



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## CELT launches public phase of comprehensive conservation campaign



Photo by Claudia Dricot

CELT's Forever Cape: A Campaign for our Community seeks to raise a total of \$6.25 million and includes a dollar for dollar match to preserve the 76-acre Maxwell Farm property.

On Friday, September 4 the Cape Elizabeth Land Trust (CELT) and Maine Farmland Trust (MFT) announced a new partnership to protect one of the few remaining farms in the town of Cape Elizabeth – Maxwell Farm. Once conserved Maxwell Farm will become the largest, permanently preserved farm parcel closest to Portland.

The Cape Elizabeth Land Trust also announced the public phase of a \$6.25 million comprehensive campaign. Forever Cape: A Campaign for our Community has raised nearly \$5.2 million over the past three years to support land acquisition, perpetual stewardship, endowment and operational support for the Cape Elizabeth Land Trust. During the "quiet" phase of the campaign, CELT has been able to conserve two signature properties, the 30-acre Pollack Brook Preserve for \$1.2 million and Robinson Woods III for \$1.0 million, in addition to supporting its operations and allocating funds to long-term stewardship and endowment.

"Forever Cape was designed as a comprehensive campaign," said campaign co-chair, Julian Coles. "That means that every contribution to CELT over the past

three years – no matter how large or how small – is included and will be recognized as part of the campaign. We have been totally humbled by the positive response to the campaign by supporters during the quiet phase, and we are optimistic that we will reach our \$6.25 million goal."

With over 600 members, CELT is encouraging more members of the community to become involved with the land trust and to support Forever Cape. "The Maxwell Farm campaign is the perfect opportunity for the greater community to join the land trust by supporting the preservation of an important farm in Cape Elizabeth," continued Coles.

Partnering with MFT, CELT is raising funds to secure the full value of the farmland easement in time for the scheduled closing in November. Community contributions to the project will be matched dollar for dollar up to \$854,000 by a generous Maine family giving through Maine Farmland Trust. Once closed, CELT will take ownership of the easement and continue to steward the property alongside the landowners in perpetuity.

Find out more about Forever Cape: A Campaign for our Community and the Maxwell Farm conservation project and at [capelandtrust.org/MaxwellFarm](http://capelandtrust.org/MaxwellFarm) or email Cindy Krum at [cindy@capelandtrust.org](mailto:cindy@capelandtrust.org).





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# Cape Elizabeth birding report

By E. Brooks Bornhofft

Wind direction is important for migrating birds as are other variables. One in particular is called photoperiod, which is the amount of solar light that occurs during the day and this is related to the repositioning of the sky given that the earth has moved a quarter way around its orbit. This means that older, more experienced birds (flying at night) during the fall are seeing stars from a bit of a different angle than what they had seen back in the spring.

Thus, it's not impossible to imagine songbirds following a star map, navigating via the position of the constellations in the night sky. Perhaps these same migrants use the constellation Cygnus (the swan) throughout the night during their spring trip north and, as autumn arrives, take cue from the constellations waning period of visibility in the night sky. Magnetic fields and geographical landmarks both play important roles in migration as well. Overall, there is still a lot to learn about this amazing journey taken every year by millions of tiny creatures.

Forest birds and any bird migrating over land that gets blown by north/northwest winds, especially young birds, will hit the edge of the coast (Cape Elizabeth for instance) and then continue migrating south using the Atlantic coastline, the so-called Atlantic Flyway. Many other birds such as hawks, ducks and geese use the mountains and take advantage of the air bouncing off the mountain ranges. A key difference between spring and fall migrations is that in the fall birds are on average a lot more patient and willing to wait for the right conditions. Conversely, during the spring migrating birds are focused on reproduction and territory establishment, thus more willing to fly through weather conditions to get where they need to be.

That said, one of the best things about birdwatching in the fall is that the southward migration is more leisurely, thus the window of opportunity for seeing birds is a lot greater than in the spring. Actually, identifying them is a different story, as many birds have changed in feather coloring (commonly referred to as non-breeding plumage). In addition to this, species like warblers and vireos conveniently spend most of the daytime high in the upper canopies and virtually out of sight. For these

reasons bird identification at this time of year can be touch-and-go. Of note, many of the bird sightings I have had over the last couple weeks have come from looking out my windows (often).

Additional mentionables over the last two weeks include, on September 4 I had what I like to call a "three run homer". I saw and heard two Great-horned owls beginning their courtship rituals while a Barred Owl caterwauled somewhere nearby in the dark woods. On September 7 there were more than a couple Brown Creepers singing in Robinson woods. On September 8 a beautiful female Yellow Warbler briefly visited our bird bath. On September 9 four Common Nighthawks were spotted hunting high above our house. On September 11 our yard was visited by multiple Rose-breasted Grosbeaks, Pine Warblers, a Black and White Warbler and a male Baltimore Oriole. The following day I saw a Veery (thrush) and one of my favorites, a Red-breasted Nuthatch.

On September 12 a female Rose-breasted Grosbeak emerged from the overgrowth surrounding our garden to give my son and I perhaps what would be our last glimpse of this wonderful bird until next spring. On more than one occasion mixed flocks of vocal Black-capped Chickadees and Tufted titmice were tip-offs to other travels as well.

This fellowship of the feather yielded some reasonable numbers of warblers including on September 13 immature and adult American Redstarts and an ensemble of Northern Parulas gleaning/fluttering in pursuit of small hairless inchworms like the fall canker worm.

Smallest of the warblers in New England, this gleeful little gnome sings a weak, high-pitched, drawly, buzzy song. The birds 'beat' is between the forest under- scrub and the tops of all but the very tallest of our trees. Fortunately, come autumn neither male nor female Parulas experience much change to their coloring which means their white eye crescents, chestnut breast band and yellow-green patch remain year round. Characteristically less nervous and at times seemingly tame, on one occasion this tiny colored gem showed up briefly no more than a couple feet from me on the other side of our living room window (bird-strike proofed of course).

# Capetoons: Harvest 2020

By Jeff Mandell



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# Runaway teen detained and returned home, assault reported in Spurwink Avenue area

Reported by Marta Girouard

## COMPLAINTS

- 8-24 An officer spoke with a resident of the Fowler Road area regarding unemployment fraud.
- 8-24 An officer met with a resident in the Ocean House Road area regarding civil custody issues.
- 8-28 Two officers responded to a residence in the Oakhurst area for a domestic disturbance.
- 8-29 Two officers responded to residence in the Old Ocean House Road area for and unwanted person.
- 8-29 An officer spoke with a subject regarding an assault that occurred in the Spurwink Avenue area.
- 8-30 An officer spoke with a resident of the Spurwink Avenue area regarding a criminal threatening complaint.
- 8-31 An officer spoke with a resident of the Shore Road area who had received a fraudulent letter claiming to be from the Maine Dept of Labor regarding an unemployment claim. She has made contact with the appropriate agencies.
- 8-31 While performing a routine check on a local beach, an officer made contact with an under 21 year-old male and female smoking marijuana. All contraband was confiscated and destroyed.
- 9-2 At 0037 hrs, an officer conducted a pedestrian check on Scott Dyer Road of a person that matched the description of a subject seen on Fowler Road earlier and told a resident he was looking for a place to sleep. The teenager was identified as a person from a nearby community who had run away from home. Subject was detained and arrangements made to return him to his home.
- 9-2 While on routine patrol, a phone was turned over to an officer. Contact was made with the owner and property returned.
- 9-3 An officer spoke with a local resident whose spouse had recently passed. The resident received a call from a subject

claiming to be from an internet security provider employed by the deceased. The caller convinced the complainant the service could be terminated and \$400 would be refunded. The caller was allowed to take control of the computer and access to accounts and claimed that he had accidentally deposited \$4,400 instead of \$400 and asked the complainant to go to CVS and get \$4,000 in gift cards. At this time the complainant disconnected the call, disconnected the computer from the internet and contacted the bank. The bank froze the accounts and issued new numbers.

- 9-5 An officer met with a resident of the Shore Road area for a missing person report. Subject was later accounted for.

## SUMMONSES

- 8-26 Massachusetts resident, operating without a license, Route 77
- 8-26 Portland resident, seatbelt violation, Shore Road, \$85
- 8-27 Illinois resident, imprudent speed
- 8-28 Scarborough resident, speed (60/35 zone), Spurwink Avenue, \$278

## JUVENILE SUMMONSES

- 8-25 Cape Elizabeth resident, violation of interim license, Bowery Beach Road, \$385

## ACCIDENTS

- 08-29 Wayne Fournier, Shore Road

## FIRE/RESCUE CALLS

There were 13 fire calls and 27 rescue calls from August 25 through September 7.

## Judy's Pantry- a community feeding itself

Please note that our hours of operation have changed. We are now operating a curbside distribution at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of each month from 3-4 p.m. Prior registration is necessary. Please contact Beth Owens: bethowens1@gmail.com.

# Scam alert bulletin board

By Jessica D. Simpson

## Diet Scams – COVID

Nearly half of US adults say they are trying to lose weight, and with many people worried about weight gain while stuck at home during the pandemic, that number may very well rise. Unfortunately, scammers know this and are trying to take advantage for their own financial gain. In fact, diet scams are the most common types of health care fraud reported to the Federal Trade Commission.

Be leery of websites that offer results that seem too good to be true, even if they include celebrity endorsements – which are often fake. When signing up for a free trial, read the terms and conditions closely. Often hidden in the fine print of even legitimate free trial offers is that your free trial becomes a

paid subscription, and you're on the hook for a monthly fee. Also, check with your health care provider before starting any new weight loss supplements.

## Lottery Scams

One of the most resilient scams we know about is the lottery scam. In 2019 the Federal Trade Commission (FTC) received nearly 125,000 reports of scams involving prizes, sweepstakes and lotteries that cost victims \$121 million.

When someone calls or mails (or e-mails or texts...) to congratulate you for winning a big lottery, engage your inner skeptic. Remember, you can't win a lottery you've never entered. And know that legitimate sweepstakes and lotteries will NEVER require you to pay an upfront fee.

## Parties

Continued from page 1

ating a level of connectivity between the town and schools, it's been a great opportunity for the whole police department to get to know students and for them to get to know the town's officers. "All of us have been down at the schools more," he said. And according to him, that has been able to reduce anxiety when officers arrive to break up a party and teens present are nervous about what is going to happen next.

"When we get these calls we don't know what's going on," said Officer Galvan. "If we get a call for a loud party with possible underage drinking, we get there, identify all the people involved and ask if there are any parents. We see if anyone needs medical assistance, then contact parents if none are present." Next the officer evaluates the situation and determines whether to give out a summons or refer the minor to the Student Intervention & Reintegration Program (SIRP). The department does not give warnings for alcohol violations as the town has a zero tolerance policy.

Offered through The Opportunity Alliance, SIRP is a free, 12-hour educational program for youth who have had experiences with alcohol or other drugs. It teaches minors about the effects of alcohol and drugs on their body, about the risk of addiction, and how to identify their own patterns of use and risk level. "We're not here to get kids in trouble. We will do our best to work with them so that they can learn and be educated," said Officer Galvan. Because of the

pandemic, all SIRP classes have been postponed but the Cape Elizabeth Police Department held one at the station on August 18 and 19. It was run by The Opportunity Alliance, and Officer Galvan attended and helped with the logistics.

The goal of the SIRP program is to change the way minors think about drinking or using drugs and hold them accountable for their actions. If a student is issued a summons and convicted in court, he or she has a record and Chief Fenton and Officer Galvan stressed that juveniles need to be aware of the longer-term repercussions. Student loans, scholarship and college admissions could have an impact on a student who has a conviction on their record. "Think about social media ramifications," said Chief Fenton. "Decide if you want to become a police officer, join the military or work in a medical profession. You get run through the system; records are being vetted."

While most calls coming in for large parties have been unattended with no adults present, the police department would like to remind the community that it is illegal to host or allow teen drinking parties in your home, and adults can be prosecuted under the law. In addition, Chief Fenton said that if parents are going to be out of town, let the department or a trusted adult in the area know that you are away. "We're happy to drive by and check in. We would like to deter these things before they happen," he said. "At the end of the day, we're all working together to keep our kids safe."



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# Library offers virtual programs on ecotherapy, supporting early literacy at home

## COMMUNITY READ

**Author Kick-Off Event: Wednesday, September 23, 7:00pm**

Book Discussion Event with the Author: Wednesday, November 18, 7:00 p.m.

A Community Read is a large-scale book club, spanning an entire community and cultivating a local culture of reading and conversation by bringing people together around a common book. Thomas Memorial Library will be collaborating with the South Portland and Scarborough Public Libraries on a three-town Community Read this fall, running from September through November. The featured book is *This is Chance!* by New York Times Magazine writer Jon Mooallem. The book recounts the devastating 9.2-magnitude Great Alaska Earthquake that hit Anchorage, Alaska in March of 1964 and chronicles how the local community came together in the immediate aftermath to respond to the crisis. Mooallem tells a riveting true story about the quake that also serves as an ode to the spirit of community in the face of disaster. The author will be (virtually) joining our library communities to discuss the book, both to kick off and to wrap up the Community Read. In between, all three libraries will be working together to offer book discussion events and a full slate of related programming around the themes of community and resilience. All events will be open to residents of all three towns and there will be opportunities to meet, converse and get to know your neighbors from Cape, SoPo and Scarborough. Copies of the book are now available at Thomas Memorial Library. Additional programming information will be updated as the dates get closer.

## Virtual Programs Continue

**The Struggle for Women's Suffrage: Revisiting Our History, Redirecting Our Future (with Ann Luther)**

Thursday, September 24, 6:30-7:30pm  
2020 marks the 100th anniversary of the 19th amendment, when women won the right to vote. Commemorating the 19th amendment and reflecting on lessons learned and what remains undone, this presentation will celebrate that historic victory and the women who led the movement, while also providing a sober reflection on the compromises that split the movement and left many voters behind—choices that continue to echo 100 years later. The evening will conclude with a brief overview of the work that remains to be done.

**Effective Tools for Working with Anxiety (with Rachel Weinstein)**

Four weeks, alternate Tuesdays, 3pm  
Remaining dates: 9/29  
Whether it's pandemic worries, financial stress, insecurities, or something else—every-

one worries at some point or another. When anxiety starts to take up too much space in your life, it's time to learn some new ways to manage it. In this workshop you'll learn more about anxiety and how to work with your thoughts, behaviors, and body in effective ways to feel more calm and better able to deal with stressors. We'll learn about topics like: mindfulness, relaxation skills, cognitive therapy, obsessions and phobias, when to consider medication, and more. This will be a collaborative workshop where you learn new skills and will be able to ask questions and get direct feedback.

**Finding Your Roots in Challenging Times: An Introduction to Ecotherapy (with Corie Washow)**

Wednesday, September 30, 3:00-4:00pm  
Both science and experience tell us that when humans are in relationship with the rest of nature, there are positive impacts. Stress and anxiety go down. Connectedness, awe, creativity, and wonder go up. The planet benefits from gentler and more respectful human action. Interaction with nature is always possible, even now, when so many things that once seemed certain are out of reach. Join us for an experiential webinar to learn more about how ecotherapy (reciprocal healing in relationship with the natural world) can help you and the earth move towards balance. Ecotherapy has a strong hold in parts of Europe and the West Coast of the US, but is in its infancy in our area. We'll take a look at the science, share a bit of our own nature experience, and learn specific practices to deepen nature connection and well-being. No experience or special skills necessary, just a sense of curiosity. Follow up resources will be provided.

**Chair Yoga (with Martha Williams)**  
2nd Monday of the month (except for Monday holidays), 11:30am-12:30pm  
Dates: 10/5, 11/9, 12/14

Yoga offers many benefits, including lower blood pressure, greater strength and flexibility, improved balance and a calmer mind and can be practiced at any age. No prior experience needed for this class featuring gentle, mindful movement and deep breathing to calm the nervous system and focus the mind. Guided by yoga teacher Martha Williams, you'll stretch and move while sitting in your chair with a handful of standing and balancing postures accessible to all. We'll finish with a guided body scan that invites you to relax into the present moment, that place where true power lies. Learn why yoga is more than the physical postures you see in pictures and commercials and how you can incorporate it into your life in a way that works for you. Tap into this ancient practice that offers many modern applications for a more peaceful,

powerful you.

**Virtual Brown Bag Lunch Q & A with Lindsay Barrett: How Can Parents and Caregivers Support Early Literacy At Home?**

Tuesday, September 29, 12:30-1:30pm  
Are you wondering how to best guide your young child's literacy learning, especially with this year's unusual school schedules and extra time at home? Parents and caregivers often feel unsure how to effectively build early literacy skills or support new readers and writers in the context of a busy home. But, a bit of confidence-boosting background knowledge and a few tricks of the trade can go a long way! Bring your questions to this informal chat with a seasoned early literacy expert (and parent who understands the unique challenges of working with one's own children.)

Feel free to email your questions in advance to [msmith@thomas.lib.me.us](mailto:msmith@thomas.lib.me.us) and Lindsay will attempt to answer them! This event is best for families with kids in pre-school--3rd grade, and will focus primarily on low-tech strategies!

## ONGOING VIRTUAL PROGRAMS FOR ADULTS

- Daily Fika (Coffee Break)**  
Weekdays, 10:00 - 11:00 a.m.
- Guerilla Poetry Whoop**  
Second Wednesday of the month, 6:30 pm - 7:30 pm  
Next meeting: Wednesday, October 14, 2020
- E-ldering Conversation Group**  
Wednesdays, 1:00 - 2:00 p.m.
- Cultivating Mindfulness, with Anne Gosling**  
Fridays, 3:00 - 4:00 p.m.
- Songwriting Workshop (with Jud Caswell)**  
First Tuesday of the month, 6:30-8:00pm
- YA Anonymous Book Club with Alyssa**  
First Thursday of the month, 6:30-7:30pm

## VIRTUAL PROGRAMS FOR TEENS

**Teen Read Aloud on Instagram Live**

Alyssa will be reading "Carry On" by Rainbow Rowell

Thursdays at 3pm on <https://www.instagram.com/tmlteen/>

## FOR CHILDREN

**Story Times**  
Virtual storytimes will be shared on Tuesdays (Toddlers) and Thursdays (Big Kids) at 10 AM on our Facebook page! Tune in each week for new stories.

**Chapter Read Aloud**  
Join Miss Megan for a read aloud for older kids with chapters posted on Mondays, Wednesdays, and Fridays at 3 PM on our Facebook page! Geared towards grades 4-6, you can visit the Library website to see the current title!

**Live Middle School Book Club**  
Interested in a LIVE book club for middle school students? Contact Youth Services Librarian Megan Smith at [msmith@thomas.lib.me.us](mailto:msmith@thomas.lib.me.us) to be part of a new book discussion group facilitated by Megan and YA Librarian Alyssa, starting mid-September!

**Take and Make Kits**  
Free craft activities for children are available by request! Ask for one when you arrive at the Library for your scheduled pick-up appointment and we'll include it with your materials.

**Fall Scavenger Hunt**  
Visit the Library website or Facebook page the week of September 21st to find a special Cape Fall Scavenger Hunt made by the children's team!

**Readers' Theater**  
During the week of September 28th, special take-home kits will be available to perform your own readers' theater play, starring Mo Willems' Elephant and Piggie and YOU! Request a kit when you stop by the Library for a curbside pick up appointment.

**Home Learning Support**  
Looking for resources or connections to help navigate the school year and keeping students engaged at home? Contact Youth Services Librarian Megan Smith at [msmith@thomas.lib.me.us](mailto:msmith@thomas.lib.me.us) for ideas or to discuss how we can help support you.

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# 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](http://www.capeelizabeth.com).

## Tuesday, September 29

School Board Policy Committee, 3 p.m., via videoconference. See agenda for instructions on joining the meeting

## Thursday, October 1

Recycling Committee, 7 p.m., Public Works

## Tuesday, October 6

School Board Retreat, 10:30 p.m.-1:30 p.m., via videoconference. See agenda for instructions on joining the meeting

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

## Ongoing each week

Al-Anon, Regular meeting 7 p.m. Thursdays, at United Methodist Church, 280 Ocean House Road. Regular meeting 7 p.m. Fridays at St. Alban's Church.

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

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

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

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

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

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

## CABLE GUIDE

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 [cetv.capeelizabeth.org](http://cetv.capeelizabeth.org)

## CETV CHANNEL 1302

**Cape Elizabeth Church of the Nazarene**  
Sept. 26 & 27; Oct. 3 & 4 - 9 a.m.

## Scout me in

Cub Scout Pack 30 is now accepting new scouts. Meetings will be once a month on Saturday mornings. Please contact Pack Master David Hughes at 553-0039, for more information. Cub Scouts is for grades 1-5. If your child is older, they can join our very active Boy Scout Troop. Please contact AJ DiNinno at 272-9092.

This year we will hold our meetings outside with emphasis on hiking, fishing, fire building skills, tent raising, biking, bike repair, first aid, outdoor cooking, what it means to be a steward to the environment, service

projects for our community, beach clean-up projects, food collection for our local pantry and more.

The scouts will learn valuable life-long skills such as organizational skills, leadership skills, team building, character development, integrity, environmental awareness and the importance of civic duties.

What a perfect time to learn more about our environment, the world around us and how to help one another. Scouts teaches skills we can all benefit from. Hope to see you at the next meeting.

## SERVICES

### Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)  
747-1113

[www.capenazarene.org](http://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](http://watch.capenazarene.org)

### Cape Elizabeth United Methodist Church

280 Ocean House Road  
799-8396

[www.ceumc.org](http://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](http://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](http://www.bethaam.org)

Worship: Friday, 7:30 p.m.  
Saturday, 10:30 a.m.  
Family Shabbat Services:  
Second Friday, 6:00 p.m.

### South Portland First Baptist Church

879 Sawyer Street South Portland

799-4565

[www.spfbc.com](http://www.spfbc.com) [facebook.com/firsbaptistsopo](https://www.facebook.com/firsbaptistsopo)

Sunday Morning Worship at 10 a.m.  
Kid's Church available for ages 4 through grade 5

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](http://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"

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### Saint Bartholomew Roman Catholic Church

8 Two Lights Road  
799-5528

[www.saintbarts.com](http://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](http://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

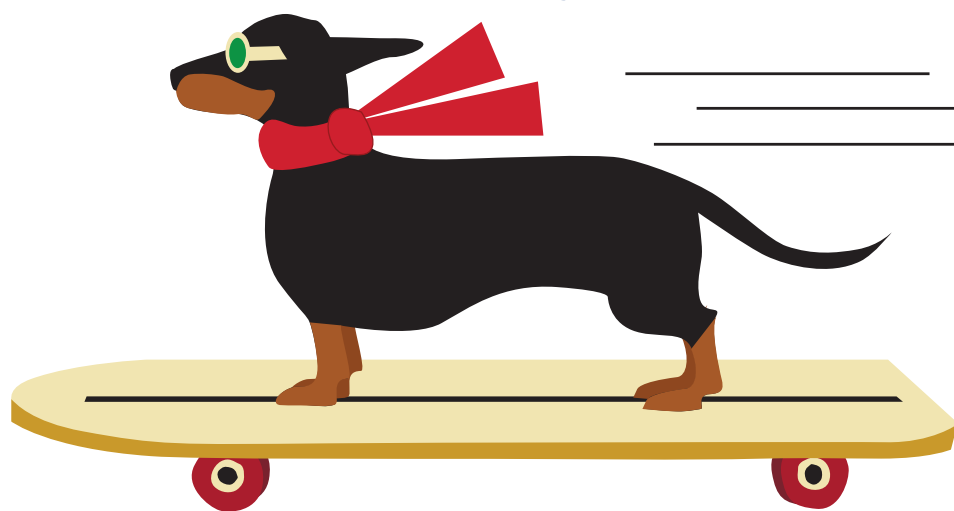
167 Black Point Road, Scarborough  
883-2342

[www.fccscarborough.com](http://www.fccscarborough.com)

Sunday Morning Worship: 9:30 a.m.  
Sunday School & Nursery Care

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**OBITUARIES**



**Helen Elizabeth (Jordan) Tarling**  
 1916 – 2020

CAPE ELIZABETH – Helen Elizabeth (Jordan) Tarling, 103, of Cape Elizabeth and South Portland, passed away peacefully on September 5, 2020.

Helen was born October 13, 1916, at the family farmhouse located on Bowery Beach Road (Route 77) in Cape Elizabeth. The farmhouse still stands today. She is the daughter of the late Leroy and Elizabeth (Chadwick) Jordan.

The youngest of four siblings, Helen often recalled life growing up “On the Farm”. There were many great memories such as clam bakes on the family beach (present day Crescent Beach State Park) and learning to can vegetables for the winter months with her mother. Helen also enjoyed visits to Crystal Lake in Gray, and childhood trips to the Upper Dam House in Rangeley, Maine.

As a young child, Helen attended the Bowery Beach School, a one room schoolhouse which is still in use today as a local meeting place.

Helen graduated from Cape Elizabeth High School in 1934. She was part of the first group of students to attend class at the newly built high school, which is the current site of Cape Elizabeth Middle School.

Soon after graduating high school, Helen met and married the love of her life, Charles Tarling. Together they moved to South Portland to raise their family. As any farm girl would, Helen brought her farming skills with her to the city. The basement of their home in Thornton Heights was always full of canned

vegetables and her yard was a horticultural masterpiece. Helen brought her expert cooking skills with her to Memorial Junior High School, where she prided herself on serving healthy and nutritious food to the local students. Helen was an avid walker and also enjoyed bowling for the “Pink Ladies” in the Tom Collins Bowling League.

Helen was predeceased by her loving husband of 57 years Charles, an infant son Albert, and son Chadwick.

She will be sadly missed and loved by her boys, Paul (Krystyna) Tarling of Raymond, NH; Charles (Martha) Tarling Jr. of Scarborough; John (Betty) Tarling of Cape Elizabeth; as well as ten grandchildren, nineteen great grandchildren, and two great, great grandchildren.

The family would like to thank the staff at The Landing for their compassionate care over the years, as well as the Gosnell House.

Services to be held privately.

Condolences may be expressed, and memories shared online at:  
[www.hobbsfuneralhome.com](http://www.hobbsfuneralhome.com).

**Cape Elizabeth Church of the Nazarene annual community picnic is October 3**

The Cape Elizabeth Church of the Nazarene is hosting its annual community picnic to reconnect with the public after this long period of separation and mere digital connections. The safe picnic is scheduled from 12 p.m. to 2 p.m. on Saturday, October 3 at the picnic pavilion at Two Lights State Park. Seating will be socially distanced, and there will be plenty of food to share.

The church invites all community members and friends to bring their masks and come to Two Lights State Park for this event. The church will cover the park fees for anyone attending if you let the booth attendant know. Let’s reconnect and enjoy this fall afternoon together. Go to [www.capenazarene.org](http://www.capenazarene.org) or contact the church at 747-1113 or [office@capenazarene.org](mailto:office@capenazarene.org) for more information.

**College graduations**

Rosalie Stevens of Cape Elizabeth recently graduated from Roger Williams University in Bristol, Rhode Island with a Bachelor of Arts degree in Public Relations.

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**July 2020 Cape Elizabeth real estate transfers**

NEW OWNER	LOCATION	SALE PRICE	USE
VACATIONLAND AVE LLC	22 COTTAGE LANE	\$2,500,000	SINGLE FAMILY
KEISER KEVIN	32 REEF ROAD	\$1,500,000	SINGLE FAMILY
AZIS KEMAL	6 PLEASANT AVENUE	\$351,000	SINGLE FAMILY
AMANO SHINYA	15 CRANBROOK DRIVE	\$865,000	SINGLE FAMILY
POMEROY LAENA FALLON	27 HUNTS POINT ROAD	\$780,000	SINGLE FAMILY
LAW IAN H	14 HANNAFORD COVE ROAD	\$880,000	SINGLE FAMILY
GAGNE TODD H	22 STONEGATE ROAD	\$869,500	SINGLE FAMILY
GARMEY TERENCE D	974 SHORE ROAD	\$695,000	TWO FAMILY
HOTIN HEIDI M	6 HILLCREST DRIVE	\$675,000	SINGLE FAMILY
CURTIS SIERRA L	12 BLUEBERRY ROAD	\$535,000	SINGLE FAMILY
PATREGNANI JASON T	62 CROSS HILL ROAD	\$780,000	SINGLE FAMILY
BEGERT JANE	35 MAXWELL WOODS DRIVE	\$786,960	CONDOMINIUM
GLASS RAYMOND	5 SOUTH STREET	\$610,000	SINGLE FAMILY
RAU DAVID M	12 CANTERBURY WAY	\$450,000	CONDOMINIUM
MCSHANE MEGAN C	2 PLEASANT VALLEY AVE	\$508,000	SINGLE FAMILY
STONEGATE LLC	47 STONEGATE ROAD	\$625,000	SINGLE FAMILY
CURRY STACEY	39 TRUNDY ROAD	\$1,100,000	SINGLE FAMILY
EBERLE DANIEL T	7 BAY VIEW ROAD	\$550,000	SINGLE FAMILY
LAWSER DAVID A	19 ORCHARD ROAD	\$330,000	SINGLE FAMILY
LAWRENCE LORRAINE B	33 MAXWELL WOODS DRIVE	\$728,720	CONDOMINIUM
BROMLEY ADAM C	17 HUNTS POINT ROAD	\$699,000	SINGLE FAMILY
CASTOLDI DOUGLAS	20 LITTLEJOHN ROAD	\$899,000	SINGLE FAMILY

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# Record

Continued from page 1

ex-thru-hikers were gravitating towards the trail running community. Especially mountain-ultras where they could recreate those long, intense experiences in nature again. I thought that made a lot of sense, so I did the same," Melanson said.

With this most recent feat, Melanson shared that he set out to break the existing record. "The night before my run, I stayed at a hiker hostel in Monson called 'Shaw's.' The caretakers are awesome and Monson is a nice little town. Captures the spirit of the Appalachian Trail and thru-hiking culture perfectly. One of their people dropped me off at the trailhead on Sunday, September 6 and I started heading north at 5:35 a.m.... 'Unsupported' meant I could not receive assistance from crew or pacers along the way. The unsupported record I was targeting stood at 33 hours, 18 minutes, 55 seconds. I would try to go faster than the supported record too, which stood at 30 hours, 22 minutes, 5 seconds," he said.

Melanson explained that the Hundred Mile Wilderness embodies all the beauty, difficulty, splendor and adventure of the Maine woods. Describing the route, he said, "The entire trail is covered in a combination of rocks, roots, slate, bogs and boards. You ford a couple of rivers. There's nearly 36,000 feet of elevation change across the entire route. It's really tough and it's remote. There are a couple of primitive logging roads that intersect at various points. But the logistics of getting extracted are so tough, you never really entertain quitting. It makes sense. When you eliminate optionality, you focus better."

The first 40 miles cover the most mountainous section of the course - the Barren-Chairback and Whitecap ranges - with about 26,000 feet of elevation change in that stretch. "Physically, all that climbing

and descending breaks you down. In one instance, at mile 22, I took a fall that dislocated my right middle finger. There were a lot of little annoyances like that," Melanson said. Among the two rivers he had to cross, there was the west branch of the Pleasant River. He said, "In this section, I stayed conservative, averaging roughly a 3.5 to 4 mph pace. My memory from my 2014 thru-hike was fuzzy, but I wanted to store energy to make up time in the second half of the run. It looked really flat on the map, so I figured I could cover 5 to 6 miles an hour in that part and 'close hard.' When I reached the summit of White Cap Mountain around 5:30 p.m., about 12 hours in, I thought it was a big milestone. The vast majority of the climbing was done for the day and I could start actually running. The sun was just starting to set, the air was getting cooler. I got all my night gear ready while taking in the first legitimate view of Katahdin."

Melanson said that the last 50 to 60 miles of the course are a minefield of rocks, roots and bogs. "I did most of this section through the night and ended up maintaining roughly the same pace on this 'flat' section as I did on the mountainous section. In fact, I was lucky to keep a 3-mph pace. My legs simply weren't strong enough to clear the rocks and roots, and simultaneously keep a fast clip. At mile 78, I started to tire. Going on 24 hours without sleep, I found a big rock overlooking nearby Rainbow Lake, set my alarm for a 10-minute wake up call, and kept my iPod playing. As I started moving again, 'When The Levee Breaks' by Led Zeppelin blared in my ears. I caught Robert Plant chanting, '...crying won't help you, praying won't do you no good.' Weirdly uplifting. I did some quick math in my head. I had to cover 18 miles in under 9 hours to beat the unsupported record and go under 6 hours to get the overall record."

He said he thought the record was within his reach, so he picked up his pace. "Some-

times jogging at 4 mph. Blazing fast, I know. About a mile from Abol, a group of passing thru-hikers cheered me on," he said.

Apparently, the thru-hikers had stayed at Shaw's the night before and were dropped off at Abol to do the section of the trail southbound. "They had gotten the lowdown on what I was attempting and were stoked to see me so close to the finish. At 11:16 a.m., I exited the woods and sprinted down the Golden Road to Abol Bridge. I started fist pumping and hooting and hollering as logging trucks and rafting buses passed me. Three minutes later, I reached the bridge. I had beaten the previous unsupported time by over 4 hours. But I also went under the supported time by over an hour as well to get the overall fastest known time. At the nearby Abol General Store, the Shaw's folks were there unexpectedly to greet me."

Such a performance can certainly require some recovery time, but proper preparation can help. "Recovery is contingent on two factors, in my opinion. The first factor is the amount of training you do in the race lead up and over the entire period of time in the sport. The more time on feet you accumulate and race-specific training you perform, the faster you will recover because your body is already accustomed to the demands. The second factor is your experience in the sport. The more ultras you run, the faster you recover from them. To this day, the slowest and most painful recovery was after the first ultra I ever did. In each successive ultra, there has been a faster and less painful recovery process," he said.

Melanson isn't finished. "This is a lifestyle for me. I would love to come back to this specific trail in the near future. Now that I know what I know, I believe sub-24 hours is possible on the Hundred Mile Wilderness. But if we get a vaccine for COVID anytime soon and races come back, I will set my sights on what is known as the 'Super Bowl' of Mountain Ultra Trail Running: Ultra Trail

Du Mount Blanc (UTMB) in Chamonix, France. This race is tentatively taking place in August 2021," he said. "Before the running boom in the 1970s, people thought road marathons were crazy. Now everyone runs marathons. The 2010s represented a similar inflection point for the Mountain Ultra Trail Running scene. The sport has been growing 10 to 15 percent year over year in the last decade. And major brands like Nike, Adidas and North Face are starting to get involved as well. So, I think it's only a matter of time before this sport is considered relatively mainstream. Remember, we are evolved from nomadic hunter-gatherers. One of our competitive advantages as a species is our ability to cover long distances on foot and sweat efficiently. So, this isn't out of the ordinary. In a way, it's a perfectly natural celebration of our prehistoric roots."

Readers interested in learning more about the sport, can email Melanson at [finmmelanson@gmail.com](mailto:finmmelanson@gmail.com).

Anyone wanting to follow his training and racing, it is all documented on his Strava account: <https://www.strava.com/athletes/12412496>.

## Solution to Sept. 9 Cape Cross



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