

# The Cape Courier

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

capecourier.com

HAPPY  
Fourth of July

## Dear Cape Elizabeth

By David H. Shields Jr.



Contributed photo

David Shields with his first class at Pond Cove. Shields is retiring this year after teaching for 38 years in Cape Elizabeth.

Thirty-eight Septembers ago, I drove up Scott Dyer Road into the parking lot nestled between the middle school and Pond Cove. I shared my indoor "gym" in the cafeteria where Ma Hannigan ruled the roost. She scared me a little. Back then, there was a grass 'mall' of sorts where we had gym class

outside between both schools. But I'm jumping ahead. Let me tell you a little bit about myself. Born and raised in Kennebunk, I'm a combo Boomer and Gen-Xer. Have you ever seen memes about that time on Face-

-see SHIELDS page 15

## News from June Planning Board meeting

By Hanna Gilley

### Cape Community Temporary Ice Rink Site Plan Amendments

The town of Cape Elizabeth is requesting amendments to the site plan approval for the Temporary Ice Rink located on Gull Crest Drive to align the site plan with the use of the site, Sec. 19-9, Site Plan Completeness.

Prior to the Board introducing the Cape Community Temporary Ice Rink Site Plan Amendments agenda item, Jim Huebener mentioned that he is a zamboni driver at the Cape Arena but that he "feels he can be fair" when discussing the project with the applicant. The Board then made a consensus to adjourn the meeting for ten minutes as the applicant was not present.

Mike Backman, representing the Cape Community Arena, mentioned several proposed changes to the site plan including the relocation of a storage container, two tents, a snow fence that contains the rink and keeps debris off the ice, and porta-potties; the addition of a heating oil storage area, a scoreboard on the Public Works side; the removal of benches from the parking lot; and the installation of a fence to protect the chiller and Cooper drive from "pucks flying."

During the public hearing, Lynn Sayer represented the Gull Crest Community Garden by recommending that the Cape Arena group install a "second type of containment" around the heating oil storage area. She added she "wants to keep in mind that the garden is downstream - whatever happens in the parking lots, on the rink, or any leakages is going to go down into the garden" which she said would make the garden "null and void at that point."

Sayer also asked for clarification on why a

stormwater erosion control requirement was "non applicable" on the application. Sayer mentioned that the garden already sees storm runoff from the snow and ice from the zamboni. Maureen O'Meara explained that since the applicant was not making any proposed amendments to the stormwater or erosion control plan from its original application, that it would be marked as "non applicable."

After the public hearing closed, the Board discussed the completeness of the application. Chair Gilbert said that the "plans are very hard to read" and asked the applicant to make them bigger so "we can see what's going on." Natalie Burns added that the plan that was submitted was not to scale and that the inclusion of a scale is required by ordinance.

Derek LaVallee said that the recommendation from town staff to install a barrier around the edge of the parking lot was not included in the list of amended modifications. Huebener said he "hesitates to consider this complete" without a written narrative and asked for that to be included in the next version of the application.

Al Palmer mentioned that there was no discussion on the list of proposed amendments that address the "off season re-vegetation" which was included in the original site plan approval. If the site is not loamed and seeded each year, then the town will be in violation of the Site Location of Development Act. Palmer said that the Town Engineer made it clear that it would be in non-compliance for the property of Gull Crest if the temporary site of the arena was not re-vegetated every year since it is not included in the list of pro-

-see PLANNING BOARD page 4

## News from June Town Council meeting

By Hanna Gilley

The Town Council meeting commenced with a surprise celebration for Debra Lane to recognize her 39 years of service as Town Clerk in Cape Elizabeth. Several town staff, friends, and previous town managers shared stories of Lane throughout her career and expressed their congratulations on her retirement.

Chair Penny Jordan shared that she wanted the meeting's "special guests" to share their remarks about Lane during the Town Council meeting so that the remarks lived in "perpetuity."

Anne Swift-Kayatta, former Cape Elizabeth Town Councilor, said that Lane is "fearfully capable" and has "good judgement and good humor, both essential to her job." Swift-Kayatta also mentioned that Lane was recognized by the Maine Town and City Clerk Association as a Maine Town Clerk of the year, the highest honor recognized by the association, in 2001.

Other guests included Linda Cohen, City Clerk in South Portland, who shared that Lane has been an "excellent mentor and lifetime friend." Carol Ann Jordan shared memories of helping with municipal elections in Cape Elizabeth with Lane for the last twenty years. Former Town Managers Matthew Sturgis and Michael McGovern also spoke with Sturgis sharing, "I always knew there were two things I could count on: always trusting Deb, and asking for her honest opinion and receiving it, which was a gift in itself." Sturgis said Lane has "succeeded with care, professionalism, and humor," with McGovern adding that Lane is "the mold of what you'd want in a Town Clerk."

### Town Council Reports and Correspondence

Chair Penny Jordan expressed thanks to the Family Fun Day committee and everyone

-see TOWN COUNCIL page 4

## Doug Worthley retiring from CEHS coaching after 29 years

By Kevin St. Jarre



Contributed photo

Coach Doug Worthley is retiring from the CEHS Outdoor Track & Field program that he led for 29 years. He was honored by the boosters and team members with gifts and a banquet.

After 29 years of coaching Outdoor Track and Field for Cape Elizabeth High School, Doug Worthley is stepping away. The CEHS Track and Field Boosters threw an awards banquet, and presented Worthley with a cake a clock with a plaque and a gift certificate to Eventide restaurant in Portland in the amount of \$250, according to boosters president Terry Gray.

When asked how things started for him in the program, Worthley said, "When I first took over the head coach job that first winter season, I was teaching at Cape, there were 8 kids on the team. Keith Weatherbie was the [athletic director] and was super helpful getting me going and making sure I had what I needed and supported me in everything. One of my athletes, Jeremy LaRose, was a senior and showed me the ins-and-outs of the day to day work. He eventually became my assistant coach as he worked through college and was a huge help. Eventually, I decided

that I wanted the team to be a little more relaxed and inclusive and the numbers swelled to over 50 kids per season."

Worthley said that he has many fond memories, including Abby Flynn setting a Maine state record in the long jump. Another cherished memory is "[t]he girls winning States in 2000. I remember when we had Sectionals, or western Maine division Championships, the kids were so nervous. It was the first time we were ever seeded to win anything. It was a raw May morning, having rained the night before and I left the team after giving them the 'just go out there and have fun' speech and went to jump over a little puddle and slid on my butt covered my entire backside in mud! That certainly did break the tension. The next week we were really ready, crushing the sprints and hurdles with Leslie Harri-

-see WORTHLEY page 15



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**NEXT ISSUE: July 16**  
**DEADLINE: Noon, July 3**

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## A thank you

We're incredibly grateful to everyone who came together to support the investment in our public schools. While there wasn't agreement on every detail, this decision ultimately reflects a shared commitment to something bigger: our students, our educators and the strength of a community that thrives when its schools succeed.

Thank you for helping make this generational investment a reality and for reaffirming our community's commitment to educational excellence.

As we look ahead, it's time to plan for the future of the 1930s building. We encourage the Town Council to form a committee to explore potential uses, and we encourage residents to get involved in shaping the possibilities this next chapter offers.

We also want to remind residents about available services to help manage future tax impacts. While tax increases from the school bond won't begin for an-

other year, you can prepare now:

- **Homestead Exemption:** Reduces your home's taxable value by \$25,000, saving up to \$300 annually.
- **Senior Tax Relief:** Residents 65 or older may qualify for the town's relief program. As of September 2024, the benefit increased from \$500 to up to \$1,500 per year.
- **Thomas Jordan Trust:** While it can't be used for property taxes, this program provides valuable assistance to residents experiencing short-term financial difficulties.

For more information or to apply, visit the Assessing Department's website.

Together, we've taken an important step forward. Let's continue working together to ensure our community remains strong for generations to come.

**Elizabeth Biermann & Nicole Boucher,**  
**Advancing Cape Elizabeth Schools**

## 'Deficiencies' are 'not addressed'

As a former Town Councilor, I take great offense by the attempt to blame past councils and so called "low taxes" on the horrendous condition our schools are in. As everyone knows, the School Board

is responsible for the upkeep and maintenance of the school buildings. They have complete control of establishing their budget. Neither taxpayers nor the Town Council have any control over how the School Board spends their budget, a budget that CE taxpayers always approve because we DO care about kids. A real responsible solution would have been to allow the SBAC to finalize their recommendation as the charge read. In the future, I will be paying close attention to future school budgets with an eye towards funding for the 15 million in past deficiencies that are not addressed in the just approved bond.

Susan Gillis

Ilya Fleishman

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## 'Prioritize endangered species protection'

The 'deal' is that endangered species habitat is supposed to be prioritized on public conservation lands so as not to impose restrictions on private lands – why, then, does the Department of Agriculture, Conservation and Forestry annually mow the five acre field along Kettle Cove Road so as to restrict the New England Cottontail Rabbit (NECR) from living there? What could be a more important land use for this field than allowing it to revert to the exceedingly rare coastal shrub habitat required by this highly endangered species by simply not mowing it?

Let me explain...

Some people and organizations in Cape Elizabeth with close connections to the Department of Agriculture seem intent on reestablishing the farming activity that once occurred there. In order to fulfill this goal, endangered species could not be allowed to inhabit it, and the NECR, therefore, had to be restricted by annually mowing its developing habitat.

This intentional suppression of endangered species habitat on public lands is absolutely outrageous – it amounts to extirpation. The mandate of state parks is 'recreation and habitat protection, especially endangered species habitat' – nowhere is farming mentioned.

With the closing of Maxwell's and after fifteen years of mowing, the state will soon be making long lasting decisions about this critical land. I urge everyone to contact our representatives to tell the department to prioritize endangered species protection, as it is clearly mandated, and not the impending land grab by lease to a private entity of our state park lands.

## Corrections

Adilene Barbieri, son of Joe Barbieri and Rebecca Roth Barbieri, will be graduating from Waynflete School and attending Bates College in Lewiston, Maine.

graduating from Waynflete School and attending Wellesley College in Wellesley, Massachusetts.

Gianna Barbieri, daughter of Joe Barbieri, and Rebecca Roth Barbieri, will be

Geo Loboizzo, daughter of Heather Nelson and Jayson Loboizzo, will be attending American University in Washington, DC.

2025 Publication schedule		
Issue No	Ad/Copy Due	Issue Published
01	Jan 3	Jan 15
02	Jan 24	Feb 5
03	Feb 7	Feb 19
04	Feb 28	March 12
05	March 14	March 26
06	March 28	April 9
07	April 11	April 23
08	April 25	May 7
09	May 9	May 21
10	May 23	June 4
11	June 6	June 18
12	June 20	July 2
13	July 4	July 16
14	July 25	August 6
15	Aug 8	August 20
16	Aug 22	Sept 3
17	Sept 5	Sept 17
18	Sept 19	Oct 1
19	Oct 10	Oct 22
20	Oct 31	Nov 12
21	Nov 14	Nov 26
22	Dec 5	Dec 17

## Changes to Editorial Pages

Going forward, *The Cape Courier* is implementing new guidelines for its Editorial Pages, pages 2 and 3. The opinions expressed on its Editorial Pages do not necessarily reflect the views of *The Cape Courier*.

First, for Letters to the Editor, submissions will be accepted up to the deadline for advertisements as listed on our webpage. Submissions after that deadline may not be considered. Letters may not exceed 250 words. The Cape Courier may limit the number of letters to the editor published during busy times of the year, such as election season. There is a limit of two (2) letters on the same topic, per issue of the Courier, and which letters are selected for publication is completely at the discretion of the Courier. There is a limit of one (1) letter on behalf of any single political candidate, per issue of the Courier, and which letters are selected is completely at the discretion of the Courier. The same writer may not submit Letters to the Editor on the same subject for consecutive issues of the Courier. All submissions of Letters to the Editor must include the name of the writer,

which will be printed in the Courier.

Second, for The Cape Courier's new Op-Ed column, submissions will be accepted up to the deadline for advertisements as listed on our webpage. Submissions after that deadline cannot be considered. Op-Ed submissions may not exceed 600 words. Only one (1) Op-Ed column will be selected for publication per issue of the Courier. Once accepted, a writer may not submit again for six (6) months. Acceptance of an Op-Ed submission is completely at the discretion of The Cape Courier. Criteria for acceptance for publishing is what the Courier feels will be of most interest to its readers, timeliness, novelty of the position and quality of the writing. Op-Ed pieces can be edited for space, content, accuracy, etc. Neither occupation or position within the town, nor how long one has been a resident, will influence the decision on acceptance for publication. All submissions of Op-Ed columns must include the name of the writer, which will be printed in the Courier. The Cape Courier reserves the right to run no Op-Ed column in any given issue.

## Dean's list announcements

The following students were named to the dean's list for the spring 2025 semester at Emmanuel College in Boston, Massachusetts:

**Ada Smith**, who is majoring in Double Major; Accounting; Management.

**Miriam Esch**, who is majoring in Marketing.

The following students were named to the dean's list for the spring 2025 semester at Springfield College in Springfield, Massachusetts:

**Andrew Perruzzi**, who has a primary major of Sport Management.

**Enrico Perruzzi**, who has a primary major of Education.

The following students were named to the dean's list for the spring 2025 semester at the University of Rhode Island in Kingston, Rhode Island:

**Ryan Hillier**

**Alex van Huystee**

**Thomas Carignan** was named to the spring 2025 dean's list at Stonehill College in Easton, Massachusetts.

The following students were named to the dean's list for the spring 2025 semester at the College of William & Mary in Williamsburg, Virginia:

**Matthew Leighton**  
**Ander Erickson**

**Thomas Carignan** was named to the spring 2025 dean's list at Stonehill College in Easton, Massachusetts.

**Charles Garvin** was named to the spring 2025 dean's list at Quinnipiac University in Hamden, Connecticut.

**Ellie Gagne** received dean's list honors for the spring 2025 semester at Fairfield University in Fairfield, Connecticut.

**Brendan Connolly** was named to the dean's list for the spring 2025 semester at the University of Hartford in West Hartford, Connecticut.

**Thomas Gray**, majoring in Mechanical Engineering, was named to the spring 2025 dean's list at Worcester Polytechnic Institute in Worcester, Massachusetts.

## Op-Ed: Personal phone use during school hours: How did we get here?

By Amy Van Dessel

When smartphones came into the mainstream in the early 2010s, they were a marvel, an organizational and communication tool like no other, enabling us to call, text, email, take photographs, organize a calendar, and make calculations all from one device. Only, ironically, as they found themselves in the hands of younger and younger children, they also began morphing into something very different. Today, they are personal, portable entertainment systems, offering users a potential anonymous 24-hour escape into another universe.

With the absence of data around mental health and developmental consequences, and with the absence of anticipatory school policies, we're all playing catch-up. Habits have been established, expectations set. The average teenager spends way too much time on screens—some studies say as much as nine hours a day, many of these on their phone.

For the 2024-2025 year, Cape Elizabeth Middle School instituted a policy in which phones must be turned off and put away for the entire school day to address the distractions they were causing. In the high school, students were asked to use their judgment and put them away only during class time. Because restraint has proven difficult even for high schoolers, some teachers have opted to confiscate them during the class hour. I would hate to be this teacher, with that responsibility, on top of everything else.

And yet a bigger question must be asked. Is the high school policy as it currently stands sufficient even for students? Are we really helping teenagers learn to self-regulate phone use by confiscating their devices as many teachers do, only to turn them over when the hour has finished so kids can get their fix before moving on to their next class?

When a kid looks down at their screen, they have left the building. And the question is, what does needing to check your phone at the end of an hour even prove? When you are in a stimulating social and educational environment, what does it mean when what surrounds you isn't enough? When you check out or escape through your phone, what are you not learning about how to navigate where you are?

A friend in study hall could be texting me! Why are they texting you in study hall? Someone might need me! Who is "someone" and why do they need you? You're fifteen. Your future self, and those around you, need you to be right here, right now, focusing on the task in front of you, whether it is in Math or Health or Shop, or at the lunch table.

Smartphones are not distributed by the district for educational reasons, because they are not needed. Students have school-issued laptops. For parental communication, there is the front desk. Law enforcement doesn't advocate the use of personal devices in the extraordinarily unlikely event of an emergency. They've got that situation covered.

Given Superintendent Record's recent letter to the community, on June 5, about the threat online criminals are posing to our children, it seems more important than ever we reevaluate the amount of device access we are giving our kids, as well as the nature of that access, both in school and at home. Let's act now and ask the CE School Board and Administration to institute a bell-to-bell restriction on personal phone use for the 2025-2026 school year. It's an important start. The Bath School District has already done it. Portland just announced they will do so for the upcoming year. It's time. We don't want to look back in another ten years, wondering how we got here.



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## Town Council

Continued from page 1

who helped organize and volunteer at the recent CapeFest Family Fun Day event on Sunday, June 8. Jordan said they did a “fabulous job” and that it was a “great parade, and a spectacular day.”

CapeFest benefits local non-profits and school groups while celebrating the community. It is held at Fort Williams park each June. This year activities included carnival games, train and pony rides, a climbing wall, inflatable obstacle course and bounce house, music, crafts, food booths and fireworks.

### Presentation - Kevin Roche, Chief Executive Officer of ecomaine

Kevin Roche, Chief Executive Officer of ecomaine presented to the Council to address current items that “the stakeholders of the town should know about.”

Roche gave an overview of ecomaine including what the organization does, and its mission and impacts on Maine communities. ecomaine is owned by Maine communities of which Cape Elizabeth is an owner-member, with 80 Maine communities in total either as an owner-member or contracted community.

Roche discussed that the economy of scale is critical to attract more communities to the organization as Gorham was the last community owner-member to join in the 1990s. Agreements between ecomaine and its owner-members and contract members include waste handling and recycling agreements. Roche said that it’s important to ecomaine that it welcomes communities to the program that are “committed to recycling” and that do not solely rely on waste disposal as their only option.

Roche shared that 40% of collected materials are organics with more than half being food waste. He said there is a “huge opportunity” to decrease food waste coming to disposal, waste-to-energy, and landfill sites and that will allow more room for additional communities to join the program.

A state-of-the-art recycling center is being built directly across the street from the current recycling center. The new facility will address the new challenges of recycling, mainly packaging materials, and will have automated infrared technology to sort and separate materials. There will still be some manual sorting at the facility.

Roche also discussed a Maine legislation that was passed in 2001 that will go into effect in January 2026 called “extended producer responsibility.” This will allow member communities to be eligible for reimbursements for their recycling initiatives for “readily recyclable packaging” materials. He hopes that this will incentivize producers to focus on creating more readily recyclable packaging

options for their packaging materials.

He also shared that demand for recycling continues to grow and that ecomaine is actively involved in outreach and education efforts including community and school events, digital and social media campaigns and content, and tours and curbside tagging for awareness. Roche added that individual “participation matters.”

Chair Jordan asked Roche if there are new strategies to address moving more food waste out of the waste stream. Roche answered that there are new strategies and new technology available, adding that any new strategies considered for implementation will need to avoid adding to the carbon footprint. For example, Roche explained that there will only be “one truck, one pass, once a week” for curbside collection as multiple trucks will leave an increased environmental footprint and associated costs. He did say they are considering ways to include an organics (food waste) collection into that one truck route for curbside pickup.

### Town Manager Monthly Report

Town Manager Patrick Fox thanked all staff and volunteers who assisted with the CapeFest over the previous weekend. He mentioned that the name change to CapeFest from Family Fun Day welcomed a broader group to the event. Fox also mentioned keeping the “buy local vibe going” during the summer season, referring to the Portland Water District’s repairs to 100-year-old water mains in the town center and its impacts on local businesses.

### Item #69-2025 Consider Referring to the Ordinance Committee Recommended Changes to the Committee Charge - Diversity, Equity and Inclusion Committee

The Council unanimously voted to refer to the Ordinance Committee requested changes to the Diversity, Equity, and Inclusion Committee including the committee’s charge, the committee’s name and consideration for a Council liaison.

### Item #70-2025 Cape Community Arena Project - Referral to the Planning Board Process

The Council unanimously voted to refer to the Planning Board consideration for the Cape Community Arena project to include professional design services for phase two of the project. Materials include a Cape Community Arena project description, site plan and details of what the project might look like once completed, and a memorandum of understanding (MOU) that was approved by the Town Council in August 2024.

Councilor Sahrbeck said that this is a “good step to keep the project going” and that the next step will be a site plan and site plan

review and approval by the Planning Board which Sahrbeck said is a “pretty arduous process.”

### Item #71-2025 Consideration of a Proclamation: Cape Elizabeth Breaks the Silence on Domestic Abuse Month

Rachel Davis, Library Director at Thomas Memorial Library, explained her request for consideration of a proclamation for “Cape Elizabeth Breaks the Silence on Domestic Abuse Month” to be recognized locally for the month of July 2025.

Davis said that the library has been working with the police department and the Finding Our Voices organization to “position the library as a resource for victims of domestic abuse to take the first steps to safety.” Davis said there are statistics that show that domestic abuse is a “significant issue in Cape Elizabeth.”

Davis shared that the proclamation would be a local recognition, and it will be used to “shine a light on domestic abuse as a local problem.” She said yellow will be used to show and spread awareness and will represent “sunlight and bringing things to the light.”

Chair Jordan thanked Davis for speaking and sharing the proclamation for consideration and that having “information and safe spaces are the most important thing we can do to help [people] move out of that situation.”

The Council unanimously voted to approve that July 2025 will be recognized as Cape Elizabeth Breaks the Silence on Domestic Abuse month.

### Item #72-2025 Fort Williams Park Pond Pavilion Project

The Council unanimously voted to authorize the Town Manager to take on the Fort Williams Park Pond Pavilion Project. Councilor Swayze explained prior to the vote that there are funds approved for the project to the sum of \$150,000 in the fiscal year 2026 Fort Williams Capital Area project budget to use for improvements to the park pond pavilion project.

### Item #73-2025 Consider Bargaining Agreement with the Cape Elizabeth Police Benevolent Association

The Council voted unanimously to approve the draft bargaining agreement between the town of Cape Elizabeth and the Cape Elizabeth Police Benevolent Association. The draft agreement includes hours of work, working conditions, wages, and other terms and conditions of employment for officers, detectives, and sergeants. The agreement would be a three-year term starting July 1, 2025, and ending June 30, 2028.

Councilor Stephanie Anderson said that she thinks “this is a very fair contract” and that the Town Manager and Police Chief “put in a lot of effort to make it so.” Anderson wanted to clarify that the Council had participated in two prior workshops regarding the draft agreement and that the vote “looks like we’re going to be cavalier about it” but that the Council is “very familiar with the draft agreement and paying attention to the details.”

Councilors Scifres and Sahrbeck echoed Anderson’s statements with Sahrbeck saying that all parties “came to the table in good faith and worked to come up with great solutions.” Sahrbeck added that this agreement gives

an opportunity for the town to maintain retention of its current officers and the culture they’ve created as a resource that the community is proud of.

### Item #74-2025 Consider Workers Compensation Safety Incentive Program and Resolution

The Council voted unanimously to approve Cape Elizabeth’s participation in the voluntary Maine Municipal Association’s (MMA) Workers Compensation Safety Incentive Program. The MMA provides Cape Elizabeth with workers compensation coverage and participation will include a 5-10% decrease to workers compensation premiums.

Patrick Fox said that he has worked in a community that participated in this “excellent” program adding that it is “an accountability tool” that “builds a foundation for a safe and supportive workforce.”

### Item #75-2025 Referral of Junk Yard Standards and Property Maintenance

Councilor Anderson shared that she has been approached by some Cape Elizabeth citizens with concerns regarding property maintenance and collections of items in people’s yards. Other town staff and Council members have also received similar comments of concern.

The Council voted to refer to the ordinance committee consideration for a review of the language for “junk yard standards.” Councilor Anderson said that it was her understanding from the Code Enforcement Office that there is language in the current standard that is preventing action by the town.

Prior to adjournment, Councilor Sahrbeck acknowledged everyone who organized CapeFest by name to include Chair Mark Fleming, Curtis Kelly, Nancy Kelly, Marc Owen, Jane Anderson, Sarah Gagne, and Town Liaison Christy Bradbury.

## Planning Board

Continued from page 1

posed amendments to address by the applicant. O’Meara clarified that the re-vegetation of the area is part of a DEP permit and that the applicant should speak with DEP to address any permit changes.

It was also mentioned by the Board that the signs that display sponsorship around the rink are out of compliance. The applicant said that he and the Cape Arena group assumed the signs were in compliance because of other recreation areas in town including Lions Field and Plaisted Field. The Code Enforcement Officer deemed the signs non-compliant in December 2024.

Huebener said that the Board was getting “in the weeds” and towards the merits of the application rather than the issue of completeness. Chair Gilbert said that “there’s enough missing here that it’s not complete” and that a narrative would help address the incomplete items. The Chair encouraged the applicant to lean on the resources available to them including town staff to work on the application so that the Cape Arena can “pull off a great next season.”

The Board voted unanimously to deem the application incomplete.

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# News from the superintendent

By Dr. Chris Record

Happy summer to all of you! I hope you have amazing vacation plans with family and friends. Foremost we are very pleased with the positive outcome of our 2025-2026 school budget vote and the community support of our building project referendum. We deeply appreciate the support of our schools by our citizens. It is exciting to consider the benefits for students and staff of building the first new school in Cape Elizabeth in fifty years.

We know this investment in our students comes from every household in Cape and we do not take that lightly. We hope to make everyone proud of the new middle school we will build, the upgrades to Pond Cove Elementary, and the subsequent benefit to the children of Cape Elizabeth for years to come. We will also now be turning our budgeted facility funds to repairs and upgrades at CEHS and Pond Cove.

We are excited that 126 students from CEHS graduated recently at Fort Williams and are now headed onto new adventures. We are hopeful that we prepared them well. We appreciate the support all of you have provided Cape children during their thirteen years in our schools. I also want to thank our amazing staff for all of their hard work educating and supporting our students along their educational journey through Cape schools.

As for the building project, the aim is

to have students and staff occupy the new middle school in the fall of 2028.

In the near future we will be contracting with an architecture firm to continue the design/construction process and an owner's rep firm to represent us as our eyes and ears through the design and construction process on a daily basis. We will also be forming a building committee to help us guide the design and construction process; likely comprised of the following members:

- Superintendent
- Finance Director
- School Board members (2)
- Principal
- Assistant Principal
- School staff members (3)
- Parents (2)
- Community Members (6)
- o Those with the following experience or interest:

- Design professionals
- Those in the construction field
- Finance
- Safety
- Others with specific interest/skills related to priorities within the project

In closing, I want to thank all of our staff that worked so hard throughout this school year and again thank you, our community, for your continued support. Have a wonderful summer. We look forward to seeing you at all of our student events and games in the fall.

# Subject struck in the head by a drone

Reported by Debbie Butterworth

## PUBLIC INFORMATION

- 5-26 An officer met with a local business owner who produced a counterfeit \$20 bill that had been passed during a busy sales period.
- 6-4 An officer met with a resident of the Old Ocean House Road area regarding an assault complaint.
- 6-6 An officer spoke with a subject who was visiting Fort Williams and reported that his sister was struck in the head by a drone. The drone operator claimed the drone malfunctioned and fell.
- 6-9 Two officers responded to a residence in the Cross Hill neighborhood for a well-being check.
- 6-11 An officer met with a resident of the Hannaford Cove area who had received two letters from credit card companies indicating that several attempts had been made to open credit cards using his personal information.
- 6-11 An officer met with a resident of the Sawyer Road area regarding an issue with a private contractor.
- 6-12 An officer responded to a residence in the Ocean House Road area for a bat that may have had contact with the owner's dogs. The bat was transported to the state labs for rabies testing.
- 6-14 An officer met with a resident in the Shore Road area regarding an assault.

## SUMMONSES

- 6-6 Otisfield resident, seatbelt violation, Ocean House Road, \$85
- 6-6 Cape Elizabeth resident, speeding (46/30 zone), Mitchell Road, \$170
- 6-7 Georgia resident, speeding (48/30 zone), Fowler Road, \$170
- 6-9 Topsham resident, speeding (44/30 zone), Sawyer Road, \$129
- 6-9 South Portland resident, speeding (65/45 zone), Bowery Beach Road, \$230
- 6-16 Peaks Island resident, operating vehicle while using a hand held device, Route 77, \$85

## JUVENILE SUMMONSES

- 6-13 Cape Elizabeth resident, operating vehicle while using hand held device, Ocean House Road, \$85
- 6-14 Cape Elizabeth resident, violation of interim license, Route 77

## ACCIDENTS

- 6-16 Norman O'Reilly, accident on Ocean House Road

## FIRE CALLS

- Fire calls: 7
- EMS calls: 46

# Making Maine's energy system fairer and cleaner

By Sen. Anne Carney

Summer is heating up here in Maine, bringing warmer weather and the need to pull out our fans and air conditioners. It also means the end of winter disconnection protections for Mainers who cannot afford their electric bills.

If only it also meant the end of the need to refrigerate insulin, run CPAP machines or use electricity to manage other chronic illnesses for people throughout Maine — but it doesn't. I've heard from many in our community about the challenges that come with rising electric bills and increasing economic uncertainty. I decided to do something about it by introducing the Energy Fairness Act (EFA).

LD 1949 is the product of months of hard work and numerous compromises among stakeholders, from environmentalists to regulators to utilities. At the time of writing, it was awaiting votes in the Maine Senate and House of Repre-

sentatives. This bill takes steps to make Maine's energy system fairer, cleaner and more just.

First, the EFA provides protection from disconnection for those with medical conditions that require electricity for treatment. If this bill becomes law, customers facing financial hardship will be protected from disconnection for up to a year, with a medical provider's documentation. Not only will this prevent dangerous situations where customers who need electricity to survive face disconnection, it will also keep customers from making

-see ENERGY page 13

# Scam alert bulletin board

By Jessica D. Simpson

## Medicare Fraud

To protect yourself, protect your Medicare number. Don't share it with anyone who contacts you out of the blue. Be wary of offers for free medical equipment or services that you are told Medicare will cover. The only equipment or services Medicare will cover are those that are prescribed by your doctor.

Review your Medicare statements regularly and report anything suspicious to your medical provider. If your concern persists, contact Medicare at 1-800-MEDICARE.

## Travel Scams

Travel scams are heating up just in time for summer, from bogus deals to fake booking sites and other schemes. Here is how to spot some of the most

popular vacation scams. Scammers often create fake vacation rental listings, and then pressure you to pay upfront through wire transfers, gift cards, or other hard-to-trace methods.

If a host asks you to pay outside the platform, it's a scam. Be skeptical of steeply discounted offers and use a credit card for stronger fraud protection. If something feels off, take the time to verify before making any payments. Also, learn about any new-to-you travel site before booking by searching the company's name along with the word "scam" or "complaint" or "review" to read about other people's experiences.

Learn how to spot and avoid scams with AARP Fraud Watch Network. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Got a story to share? Email us!   
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# Cape crossword

By Erik Svetlichny

1	2		3	4
5		6		
	7			
8				9
10			11	

See solution on page 15

**Across**

- 1. "OMG, ROFL"
- 3.\*Stinky Liquid
- 5.\*Aristocratic Foreigner
- 7. In the past, this vehicle used Hydrocarbons.
- In the future? Alkali Metals
- 8. \*Blue-blood known for incandescent lightbulbs
- 10. Guyanese Domain Code
- 11. \*It's used for Thomas Jefferson Portraits

**Down**

- 1. Bone and milk number, in roman numerals
- 2. Express disapproval of
- 3. \*A most uninteresting metalloid
- 4. \*Patrician associated with Basements, Granite, and Radiation.
- 6. Scold in an irritating manner.
- 8. \*Metal of Maradona & Macri's Motherland
- 9. It's said by scary shrubbery-seeking squires

# Anticipated next steps in school renovation and construction

By Kevin St. Jarre

## Approximate Next Steps in the Process



Contributed photo

After passage of the bond question at the ballot box in Cape Elizabeth, a working timeline has been released for renovation and construction of schools.

After passage of the bond question at the ballot box by a healthy margin in Cape Elizabeth, many wonder what the timeline for construction looks like. While, of course, circumstances may alter schedules, there is a working plan.

According to Cape Elizabeth Superintendent Chris Record, the aim is to occupy the new middle school in the fall of 2028. Unlike the other buildings which will be renovated, Cape Elizabeth will be constructing a brand new middle school.

Record said, "In the near future we will be contracting with an architecture firm to continue the design/construction process and an owner's rep firm to represent us through the design and construction process on a daily basis."

The timeline includes an approximately 6-month-long phase called "Design Development," including meetings with staff and other stakeholders, ongoing cost estimates through design refinement

and completion. This thought to be completed by the end of fall of 2025.

Next, will come a process of putting together the "Construction Documents," which will take into the summer of 2026. With design completed, this phase will include development of all the necessary documents and going out to bid on the project.

Construction will then begin in the summer of 2026, and is anticipated to last between 24 and 30 months.

A grand opening for the building will then occur in the fall of 2028, and site work will continue around the occupied building until the autumn of 2029.

With regards to the current phase, Dr. Record also said they will also be forming a building committee to help guide the design and construction process,

-see SCHOOLS page 14




## Cape Ice Rink '24-'25 Season

- 600 hours of ice time
- 320+ hours of free public skate
- 5 Community Events
- 200+ skaters age 3-60+ in classes
- 220+ players age 5-70+ in hockey programs
- 6 tournaments for all ages

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## Rev. Gwyneth Arrison appointed minister of the new Lighthouse Cooperative Parish



Contributed photo

The Rev. Gwyneth Arrison has been appointed the full-time minister of the new Lighthouse Cooperative Parish, a cluster of three United Methodist churches.

Beginning July 1, the Rev. Gwyneth Arrison will become the full-time minister of the new Lighthouse Cooperative Parish, a cluster of three United Methodist churches: Cape Elizabeth, Thornton Heights in South Portland, and Peoples, also in South Portland. Pastor Gwyneth replaces Pastor Kathleen Decker Szakas, who has been appointed to be the full-time minister at the Union UMC in Belgrade Lakes.

The decision to create the Lighthouse Parish came about, in part, because of Pastor Kathleen's appointment to Belgrade Lakes and the retirement of Peoples' minister, Tom Frey. Pastor Gwyneth has been the part-time minister at Thornton Heights since 2022. She previously served United Methodist churches in Bath and Merrimac, Massachusetts. She also served as the co-minister with her husband Jamie at Peoples from 2005-2011.

"The church is meant to be a beacon of hope in the community, so the Lighthouse name is not only appropriate to our coastal Maine location, but to our mission as well," Pastor Gwyneth said.

Each of the three Lighthouse churches will maintain its own identity and worship style, but the worship schedule is still in the planning stages. During the transition, Pastor Gwyneth will preach at all three churches every Sunday in July and August. During that transition, the CEUMC service will be at 10:30 a.m., Thornton Heights at 9:30 a.m., and Peoples at 8:30 a.m.

On the Thornton Heights web site, Pastor Gwyneth said she believes "the heart of our church is helping each other grow closer to God in a vital relationship with Jesus Christ through worshipping together, learning together, having fun together, serving the community together, and caring for one another as God's family."

Pastor Gwyneth has been married to Jamie for 33 years and they have three children, Micah (age 24), Dena (21), and Alex (18). Gwyneth, Jamie and Alex currently live in Freeport but will be moving to the parsonage at Peoples.

This is Pastor Gwyneth's second career -- she previously was a mechanical engineer for 10 years in Rockland. She has many ways in which to spend free time, most of which is sailing or kayaking. She also is a photographer and painter and plays the bassoon with a number of organizations, including the Augusta Symphony Orchestra and the Casco Bay Wind Symphony.

Before serving her current appointment at Thornton Heights, she took a sailing Sabbatical on their boat, SV Adventure, with her husband and youngest child, traveling over 6,000 miles which included the Bahamas and Nova Scotia. She said she looks forward to this next adventure as lead pastor of the Lighthouse Churches.

Learn more about Cape Elizabeth UMC at [www.ceumc.org](http://www.ceumc.org). The church is located at 280 Ocean House Road.

## CESD continues to build list of community members who enrich student learning

By Kevin St. Jarre

The Cape Elizabeth School Department continues to invite community members to join its Community Member Database, about which Sarah Gagne, the volunteer coordinator for CESD, said, "I have gotten a lot of feedback from teachers in all three schools that it has been extremely helpful. I would like to continue to collect names of interested community members over the summer."

CESD created the community database to enrich student learning by fostering connections with the local community. They invite parents and other community members to share their profession, background, skills and interests with students and teachers.

Teaching faculty and staff will use this database to enrich student learning through experiences like professional panels, skill-sharing, interviews, job shadows and internships. "Once you complete the form, your information will be saved and you will be contacted if your background aligns with a teacher or student need," Gagne said.

Community members who are interested should go to this website, and find the link to the survey at the top of the page: [www.cape.k12.me.us/page/volunteer-services](http://www.cape.k12.me.us/page/volunteer-services).

Anyone with questions can contact Gagne, at [sgagne@capeelizabethschools.org](mailto:sgagne@capeelizabethschools.org). People are also encouraged to share this information and link with others in the Greater Portland region.

## High/low tide chart

Date	High tide				Low tide				
	AM	ft	PM	ft	AM	ft	PM	ft	
3	Thu	5:58	8.4	6:27	9.0			12:04	1.3
4	Fri	6:54	8.0	7:17	8.9	12:47	1.5	12:53	1.7
5	Sat	7:52	7.8	8:07	9.0	1:45	1.5	1:45	1.9
6	Sun	8:48	7.7	8:56	9.1	2:40	1.3	2:37	2.0
7	Mon	9:39	7.8	9:42	9.3	3:31	1.1	3:25	2.0
8	Tue	10:27	7.9	10:26	9.5	4:16	0.9	4:10	1.9
9	Wed	11:11	8.1	11:08	9.7	4:59	0.6	4:52	1.7
10	Thu	11:53	8.3	11:49	9.9	5:39	0.4	5:33	1.5
11	Fri			12:33	8.5	6:18	0.2	6:14	1.3
12	Sat	12:30	10.1	1:12	8.7	6:56	-0.1	6:56	1.1
13	Sun	1:10	10.2	1:50	9.0	7:34	-0.2	7:39	0.9
14	Mon	1:52	10.3	2:31	9.3	8:14	-0.3	8:25	0.7
15	Tue	2:36	10.2	3:13	9.6	8:56	-0.3	9:15	0.5



### 4th of July BBQ

Friday, July 4th - Noon-3pm  
Join us on the Seaside lawn

#### Sample Menu Items:

- Farmers' Salad
- Grilled Burgers
- Sweet Italian Sausage
- Grilled Hot Dogs
- Signature BBQ Ribs
- Potato Salad
- Mac & Cheese
- Blueberry Shortcake

Adults \$55  
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### Clambakes by the Sea

Every Wednesday July 23 Through August 20 ~ 6pm

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#### Sample Clambake Menu Items:

- Chilled Seafood Display | Tomato & Burrata | Clam Chowder
- Alewives Farm Lobster | Steamed Clams | New York Striploin
- BBQ Roasted Chicken | Ice Cream Sundae Bar | & More

\$150 per person | \$80 ages 5-12 | One lobster per person  
Without lobster \$115 adults | \$45 ages 5-12  
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# Tour P4P artists painting outdoors July 11-13

It's time again for the Cape Elizabeth Land Trust's Paint for Preservation celebration of art and nature! The 18th annual event kicks off on Friday, July 11 with 30 award-winning artists painting outdoors all across Cape Elizabeth all day Friday and Saturday, and Sunday morning.

The stunning images they work on all weekend will be auctioned off at the tick-

eted reception on Sunday, July 13, from 4:00-7:30 p.m. The auction is being held overlooking Zeb Cove, where smaller paintings will also be on sale as Mystery Boxes. 400 people are expected to attend Cape's favorite summer event. (Tickets are still on sale at [www.capelandtrust.org/paint](http://www.capelandtrust.org/paint)).

Touring the painting sites is free for

the weekend; everyone is welcome to visit with the artists and watch them work. (All work must be done outside – no studio time is allowed.) Painting sites have been chosen to highlight Cape's natural beauty – stunning scenic locations like Trundy Point, the Spurwink River, Pond Cove and Robinson Woods are just a few places you will find them. Those sites open to the public are listed later in this article.

Visit the Cape Elizabeth Land Trust's office (330 Ocean House Road) from 8:00 a.m. - 1:00 p.m. Friday-Saturday, or 8:00-10:00 a.m. Sunday to find out who is out painting at any given time.

Buy tickets to the reception and auction at [www.capelandtrust.org/paint](http://www.capelandtrust.org/paint).

This annual fundraising event benefits the conservation and care of Cape Elizabeth's most cherished natural places, building trails for public access and providing educational programs for children and adults of all ages. Generous support is received through ticket sales, business sponsorships and the donation of a portion of all art sales by the selected artists. Sixty community volunteers also support CELT with their donated time to make this event a success each year.

CELT greatly appreciates this year's sponsors, including Décor Maine,

ETHOS, Prentice Hospitality Group, R.M. Davis, Yokogawa Fluid Imaging Technologies, The Downeast Group at Morgan Stanley Wealth Management, Inn by the Sea, Key Bank, Maine Stone Scapes, Progressive Dental Care, Wilmington Trust, N.A., Woodhull, Casco Bay Frames & Gallery, GoGo Refill, Knickerbocker Group, Rarebreed Veterinary Partners, Tammaro Landscaping & Property Services, Inc., Veterinary and Rehabilitation Center of Cape Elizabeth, Oak Hill Beverages, Banded Brewing Co., Orange Bike Brewing Co.

## P4P Public Painting Locations 2025

Todd Bezold	Town Farm
Thomas BUCCI	Pond Cove
John Caggiano	Jordan Farm
Daniel Corey	Ocean House Farm
Ken DeWaard	Danforth Cove
Cooper Dragonette	Town Farm
Stephen Florimbi	Kettle Cove
Margaret Gerding	Autumn Tides Rd
Anne Ireland	Trundy Point
Eric Jacobsen	Fort Williams
Marguerite Lawler	Two Lights State Park
Susan Lynn	Jordan Farm
Grace Maybury-McIntosh	Spurwink Marsh
Nathaniel Meyer	Robinson Woods
Vanessa Michalak	Trundy Point
Pamela Lang Redick	Great Pond
Edgar Reims	Fort Williams
Matthew Russ	Kettle Cove
John Santoro	Two Lights State Park
Janet Sutherland	Robinson Woods
Meghan Weeks	Turkey Hill Farm
Graham Wood	Crescent Beach



Photo by James Neuger

Cape native Matthew Russ painting at Kettle Cove, Paint for Preservation 2024.



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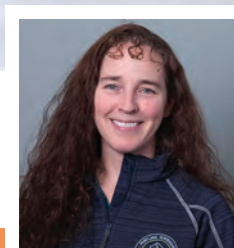
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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

## Judy's Pantry – a community feeding itself

Judy's Pantry operates at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of each month from 3 – 4:30 p.m. Prior registration is necessary. Recent eligibility guidelines for visiting Judy's Pantry have eased. Please contact Beth Owens: [bethowens1@gmail.com](mailto:bethowens1@gmail.com). Please consider a non-perishable donation to the IGA drop box.

# July naturalist's corner

By Erika Carlson Rhile

Looking up: On July 10, the Full Buck Moon will rise in the southeast at 8:49 pm.

In Barbara Cooney's beloved book "Miss Rumphius," protagonist Alice is challenged by her grandfather to "do something to make the world more beautiful." She fulfills her promise by spreading lupine seeds, transforming the landscape with beautiful flowers.

Recently, friends and I attended CELT's pick your own lupine event at Turkey Hill Farm, which made me think of Miss Rumphius. The real "lupine lady" was Hannah Edwards Hamlin, who tossed the seeds around Christmas Cove in South Bristol. Today, Western lupine, *Lupinus polyphyllus*, is an invasive species that has caused the extirpation of Maine's native sundial lupine, *Lupinus perennis*. I just returned from Iceland, where the Nootka lupine (*Lupinus nootkatensis*) was introduced to control erosion, and has taken over habitat. Icelanders have a love/hate relationship with the plant. It seems Maine does too: in Acadia National Park, for example, Western lupine is removed as

an exotic species. So, taking Miss Rumphius' grandfather's advice, if you love lupine, plant the Sundial lupine in your garden. Sundial lupines are delicate and beautiful, and the pollen is popular with several species of bees. They're also the only larval host plant for the endangered Karner blue butterfly.

Also noticed at the farm's lupine field were "spittle bugs." Have you ever encountered a plant stem with a cluster of bubbly spit? This is the product of the spittlebug larvae, who are feeding on the plant's sap. The spit isn't the bug's saliva, it's their urine being pushed from their rear in a bubbly, sticky blob. The purpose is twofold: it helps deter predators and it helps the bug from drying out.

Peak firefly season has started! Be on the lookout for Big Dipper fireflies, Maine's most common species. Big Dipper fireflies are "flashers" that use a protein called luciferin that can produce light when broken down by a specific enzyme. These chemicals (now made in a lab) can be used to make glow sticks, detect bacteria, and even track cancer drugs. Fireflies use the flashing to find a mate.



Photo by Erika Carlson Rhile

Tara Simopoulos picking lupines at CELT's pick your own lupine event, recently held at Turkey Hill Farm.

# Capetoon: 7th Anniv. Capetoon

By Jeff Mandell



## Make way for the ducklings



Photo by Martha Agan

Eider ducklings at Kettle Cove.

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# Cape artist Jeff Badger has exhibition at Ocean House Gallery

By Kevin St. Jarre



Jeff Badger is a multidisciplinary artist living in Cape Elizabeth. This is his "Approaching Zealand Mountain," ink on paper, 2025.

Cape Elizabeth's Jeff Badger is a visual artist, musician and educator. His multidisciplinary work often explores the intersection of nature, memory and mark-making. A show of his art, titled "Cairns in Ink," is on display at Ocean House Gallery in South Portland through July 18.

In "Cairns in Ink," Badger unveils a new body of work that blends the fluid spirit of Asian ink brush painting with the bold expressiveness of Western abstraction. This synergy between traditional techniques and modern spontaneity results in compelling visual narratives that depict people immersed in nature, celebrating the grandeur of the landscape while exploring themes of humanity's relationship with the natural world.

Badger said, "I started this series of ink paintings last fall. I had made an edition of a map of the 48 high peaks of the White Mountains and had a great response to it online, and it inspired me to continue finding ways to combine my art with my love of hiking and the outdoors. I used my own photos as a basis for all the works, so they all feature friends and family which also makes them more personal."

From an art history perspective, Badger said that the paintings are inspired by both Asian brush painting, but also by the Hudson Valley school of painters which has a focus on the sublime experience of people in nature. "I've often been very pleased with some of my nature photos, but never found anything to do with them but perhaps post them on

Instagram. This project was a way for me to commemorate my project of hiking all 48 of those peaks," he said.

This series of paintings is very different from his previous work, Badger said, with most of his previous paintings being colorful acrylics of fantastical subjects, and most of his ink work owing more to comics and cartoons than to painting. He said, "Working from my own photos to create realistic landscapes in ink and wash was a new experience, and left enough freedom for discovery that it kept me engaged over the last six months in essentially learning how to work in the medium. It was also interesting to limit myself to just ink, water, and paper. It reduces choices and helps to keep me focused. There are many mark-making techniques for creating things like clouds and rocks that work well with ink and wash; it was fun to discover them, and also have the freedom to be a beginner in a new medium. Also, ink is very unforgiving. There are 18 finished ink paintings in the show, but there were plenty of failed paintings along the way!"

In the future, Badger said he would like to keep working with ink on paper but perhaps expand his subject matter and include more drawing elements. "In the immediate future, I'll probably focus on some musical projects, as I tend to switch mediums between projects to avoid getting in a rut," he said.

Badger said that he and his son Ernie recently headed to the White Mountains to hike Mt. Adams for "The Longest Day

-see EXHIBITION page 11



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# Cape author pens new collection of short fiction

By Kevin St. Jarre



Contributed photo

Dave Patterson is a Cape Elizabeth author who will be appearing in conversation with Richard Russo at Print: A Bookstore on August 12.

Dave Patterson, a Cape Elizabeth writer perhaps best known for his novel “Soon the Light Will Be Perfect,” has written a collection of short fiction. He will discuss the new work with well-known writer Richard Russo on August 12 at Print: A Bookstore, in Portland.

The collection, titled “Euphoria: Ten Maine Stories,” takes place in a fictional Maine town called Euphoria. It’s a struggling mill town far from the ocean with its bright tourism glow and Vacationland aura.

Patterson said, “Though I didn’t grow up in Maine, Euphoria’s rural grit, sagging mill, and brutal indifference to its characters is an amalgamation of my scrappy childhood in northern Vermont near the Canadian border and my twenty-plus years of living in Maine and working in rural high schools in the state.”

Many novelists also write short stories, and often say how much they enjoy the format, and Patterson certainly agrees. “Short story collections were my first literary love. In my 20s and 30s, I devoured collections by American short story masters like Raymond Carver, Annie Proulx, Junot Diaz, Dennis Johnson, Sherwood Anderson and Lauren Goff. The short story has always seemed to me the perfect form of storytelling. As one editor of the Great American Short Story series put it, you can sit down with a great short story, and in thirty minutes your life will be changed forever. I’ve had that thrilling experience with so many short stories. After years of pawing through story collections, I finally sat down and started writing the stories that make up Euphoria,” he said.

Patterson said he has spent the last ten years working on short stories between writing drafts of two novels. Over the years, he said he has added new stories, deleted stories and moved stories around to shape

a larger narrative, until he said he finally arrived on a collection that felt like a book. He said, “Last year when I won the Maine Literary Award for Short Fiction for a story that appears in Euphoria, I took it as a sign that it was time to push this book out into the world. I was lucky enough that Agnes Bushell and the editorial team at Littoral Books believed in this collection and agreed to publish it. Littoral Books is such a brilliant champion of Maine writers.”

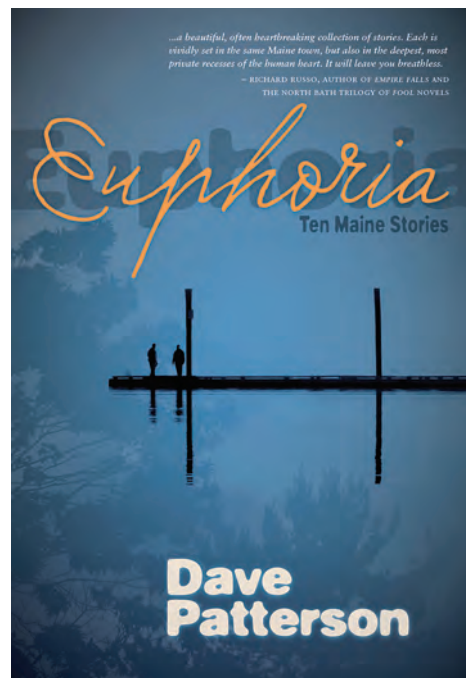
When asked why this setting, he said, “I’m obsessed with rural New England towns that were once thriving and are now

fighting to stay afloat. I love the people who stay in these towns despite all the odds. I come from these people, and I want to tell their stories. It’s my greatest literary ambition to make high art out of lower middle class lives. This is one reason I’m overjoyed to be in conversation with Richard Russo for my book launch...[H]e is an absolute master at turning the lives of lower middle class characters into pitch-perfect literary art.”

Patterson said what surprised him most in putting this book together was the way his understanding of each story changed when he started assembling the collection. “It’s the way a song on an album can hit the listener differently depending on the track that comes before and after. Playing around with the order of these stories was as exciting as crafting each one individually,” he said.

For more information about Patterson, go to his website: [www.davepattersonauthor.com](http://www.davepattersonauthor.com)

To learn more about the coming book launch at Print, go to: [www.printbookstore.com/event/davepatterson](http://www.printbookstore.com/event/davepatterson)



Contributed photo

“Euphoria” is a new collection of short fiction due out this summer from Cape author Dave Patterson. The stories are set in a small fictional town in Maine.

## Exhibition

Continued from page 10

- 48 Peaks” fundraiser. Over three years, their team has raised almost \$10,000 for Alzheimer’s research.

Those interested can learn more about Badger, his work and the ongoing exhibition at:

Ocean House Gallery: [oceanhousegallery.com](http://oceanhousegallery.com)

Artist website: [jeffbadger.com](http://jeffbadger.com)

Artist Instagram: @jeffbadgerart

Readers can also learn more about the fundraising Badger mentioned at:

Alzheimer’s Association – The Longest Day 48 Peaks: [www.alz.org/thelongestday](http://www.alz.org/thelongestday)

## Upcoming CELT programs

### CELT’s 40th Anniversary Guided Walk Series:

#### Tidepooling the Rocky Shore

Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat!

Join Cape Elizabeth Land Trust Education Program Coordinator Ali Gustavson on this summer program to search for crabs, snails and other marine life common to Cape Elizabeth’s coastline.

It is recommended that participants wear closed-toed shoes that can get soaking wet. The program will take place on Kettle Cove Beach. (Note: This program is oriented towards families, but all ages are welcome).

All participants must register at least at least 48 hours in advance of the program to receive notification of changes or cancellation.

Date: Tuesday, July 22

Time: 3:00 – 5:00 p.m.

Location: Kettle Cove Beach

Cost: \$10 per family

Max 10 families / Min 2 families



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# TML offers panel discussion, other events to shine a light on domestic abuse

### Holiday Closure

The library will be closed on Friday, July 4 for Independence Day.

### Library Offers New Video Streaming Platform

Movie lovers of all ages—we have exciting news. Starting July 1, all TML cardholders will once again have access to Kanopy, an on-demand streaming video platform that offers films, TV shows, educational videos and documentaries. Save some money this year and divest from your other streaming subscriptions to explore all that Kanopy has to offer—a vast collection of new, classic, favorite, educational, international, independent, and family-friendly movies and TV. Kanopy can be viewed online or through the app on any smart device, and all you need is your library card. This service replaces Biblio+, which has been offered through Cloud Library for the past several years.

TML offered Kanopy a number of years ago, but it became cost-prohibitive as it cost the library money each time someone accessed content, resulting in unpredictable costs per month. Kanopy now offers a program specifically for small public libraries, which will provide TML users with the ability to access all Kanopy has to offer for one year. Through June of 2026, TML staff will be learning what TML users love to see so they can tailor the Kanopy experience in years to come, so start watching! TML's subscription to Kanopy is made possible through funds from the Thomas Memorial Library Foundation. For complete details on this new service and how to access it, please visit the library's website.

### StoryWalk® - Kende! Kende! Kende!

The month of July

For the month of July, Thomas Memorial Library is featuring the French/English bilingual picture book Kende! Kende! Kende! as a StoryWalk®. The book follows a family from their home in the Democratic Republic of Congo to a refugee camp, and finally, to a new home in North America. QR-Codes read the story and conversation starters in Arabic, Kinyarwanda, Lingala, and Portuguese, Swahili.

This project is in partnership with I'm Your Neighbor Books, which offers free StoryWalks® designed to create conversations on immigrant welcoming and belonging. Thanks to the support of the Maine Humanities Council and I'm Your

Neighbor, this StoryWalk will be available for you to experience this summer.

### Shining a Light on Domestic Abuse

A Survivor-Speaks panel discussion, outdoor and indoor exhibits, and public educational rally are just some of the ways the library is helping Cape Elizabeth to boldly break the silence of domestic abuse in July, through a partnership with Finding Our Voices, the grassroots nonprofit breaking the silence of domestic abuse across Maine including empowering survivors to safety and freedom.

Signs with photo portraits of Maine survivors along with quotes referencing the abuse they transcended will be visible throughout the town. The photos, along with posters created by high school students from a Finding Our Voices "This is Not Love" project, will also be displayed in the library's Stier Family Gallery.

Library Director Rachel Davis made the request to the Town Council at their June meeting that resulted in a unanimous vote for the proclamation of July being declared, "Cape Elizabeth Breaks the Silence of Domestic Abuse Month." Finding Our Voices utilizes the color yellow in all its awareness campaigns. Founder and CEO Patrisha McLean explains that yellow symbolizes survivors who "have managed to escape domestic abuse and are empowering our sisters to cross over to the bright side of safety and freedom." You will be seeing yellow throughout town during the month of July, including at all the public desks at town departments, and yellow awareness ribbons at public meetings.

Several events supporting this awareness effort are taking place at the library on Tuesday, July 15:

### Sign-Making Workshop

2:00 - 3:00 p.m. Come make a sign to hold up in our rally at 4:00 p.m. All supplies will be provided.

### Public Rally

4:00 p.m.- 5:00 p.m. Survivors and supporters will stand outside the library as a group holding up signs to passing traffic. Please wear yellow clothing or a yellow hat or scarf.

### Finding Our Voices Survivor-Speaks Panel Discussion on Domestic Abuse

6:30 p.m. to 8:00 p.m. Seven domestic abuse survivors aged 21 to 85 will share their stories, and en-

gage in conversation with the public in this event hosted by Finding Our Voices.

The panel discussion will include two authors, Rebekah Lowell and Deb Gould. Lowell, author of "Catching Flight: Soaring on the Wings of Birds," and "The Road to After," will talk about how she and her daughters were held captive by her husband for 10 years. Gould's book, "Household," is based on her own experience of emotional abuse by a girlfriend. Scott Denman will talk about his abusive father, and Mary Lou Smith will discuss her "perfect family" and how "no one knew" of the four decades of terrorizing by her college professor-ex husband. Lilly DesRoberts is a UNE pre-dental student interning this summer at Two Lights Dental. Lilly will talk about being stalked and almost killed by a boyfriend. (Dr. Jacobsen at Two Lights is one of 37 Maine dentists donating dental care to women and child survivors of domestic abuse through the Finding Our Voices program Finding Our Smiles.) TML Director Rachel Davis will share her experience of growing up in a professional, affluent family and how witnessing domestic abuse as a child has had an ongoing impact on her life. Members of the Cape Elizabeth Police Department also will be on hand to share an overview of domestic abuse in the town, and what victims can expect if they reach out for help.

For more information, please visit the library's website, or contact Rachel Davis at rdavis@thomas.lib.me.us

### OTHER UPCOMING SPECIAL EVENTS

Please visit the library's website for information about weekly story times

and other recurring programs for children, teens, and adults. We have something going on every day of the week!

### All-Ages Craft Chill Zone, featuring live music from Kafari

Thursday, July 10, 5:00 - 6:30 p.m.

Join us for another all-ages Chill Zone, this time with live music from Portland-based multi-instrumentalist Kafari! Everyone is invited to stop by and enjoy some relaxing tunes and casual crafts, from simple coloring pages and collage-making to friendship bracelets and watercolor. No registration necessary.

### Summer Dungeons & Dragons, with Thom the Tabletop Guy

Let's embark on our very own Dungeons & Dragons campaigns! Dungeons & Dragons is a role-playing game (RPG) where players form a party and explore fantasy worlds together as they embark on epic quests and fight epic battles. These programs are for all levels of players (beginner, advanced, master).

-Tween D&D, for ages 10 - 13: Fridays, July 11 - August 8, 1:00 - 4:00 p.m.

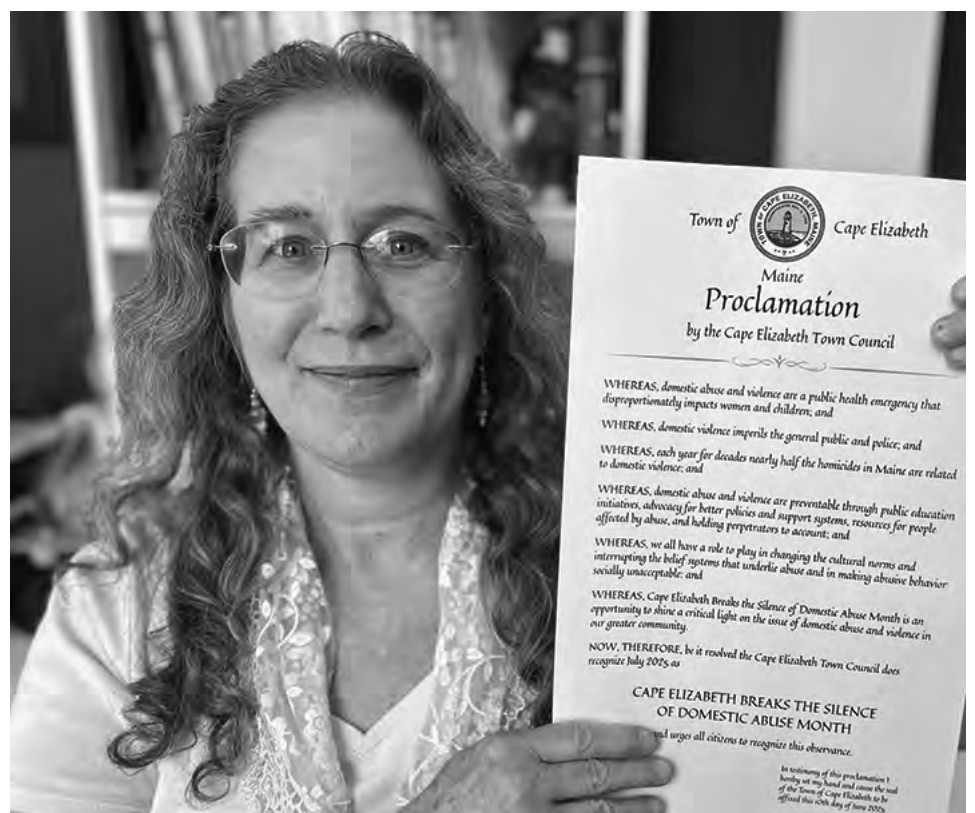
-Teen D&D, for ages 14 - 18: Tuesdays, July 8 - August 12, 1:30 - 3:30 p.m.

Please register on the library's website.

### Stuffie Hospital

Thursday, July 17, 2:00 - 4:30 p.m.

Bring your beloved plushies, lovies, and stuffed animals to the mending hospital. The community room will be set up like a doctor's office, and volunteers will be on hand to fix your stuffed animal ailments. Register in advance to secure your spot.



Contributed photo

At their June meeting, the Town Council unanimously voted to declare July as "Cape Elizabeth Breaks the Silence of Domestic Abuse Month." Library Director Rachel Davis made the request to the Town Council and is pictured with the proclamation.

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# Where does it go (and what does it cost)?

By the Cape Elizabeth Recycling Committee

Cape Elizabeth residents enjoy one of the most comprehensive Recycling Centers around. Where else can you dispose of household trash, returnable bottles, cardboard boxes, yard waste, newspapers, an old BBQ grill, asphalt shingles, paperbacks you will never read again, food scraps, dead batteries, eyeglasses, old cans of paint, golf clubs, and much more all at one location? The Recycling Center, located on Dennison Drive off Spurwink Avenue, is open Tuesdays from 10 a.m. to 7 p.m. and Wednesdays, Fridays, and Saturdays from 8 a.m. to 5 p.m.

But have you ever wondered: Where does it all go? And how much does it cost? The Recycling Committee would like to help residents understand that all the things you bring to the Recycling Center end up somewhere—and that “somewhere” matters. The less waste we produce, and the more waste we can recycle, the better it is for the environment—and the less it costs the town. Almost all the items you bring to the Recycling Center end up getting reduced, reused, downcycled, upcycled and even turned into energy.

Let’s start with the largest amount of waste that comes to the Recycling Center: trash. Trash, bulky waste and single-stream recycling make up the lion’s share of what arrives at the Center. Single-stream recycling goes into the blue containers, trash goes into the big maroon containers, and bulky waste goes in a variety of places. What counts as bulky waste? Anything that won’t fit into a trash bag, and that doesn’t fall into one of the other special categories (like scrap metal, industrial waste, electronics, and so on—we’ll cover these items in subsequent articles). That could be mattresses, futons, large chairs and so on.

All three of these—trash, bulky waste, and single-stream recycling—go to ecomaine. ecomaine is a nonprofit organization that provides solid waste disposal solutions to municipalities across the state. It has more than 70 member communities, of which Cape Elizabeth is one. ecomaine has a recycling facility, a waste-to-energy facility and an ash/landfill.

The trash and bulky waste from Cape Elizabeth’s Recycling Center get incinerated at ecomaine’s waste-to-energy

facility in Portland, where it is used to generate electricity. The trash is burned as fuel in boilers that run 24 hours a day, all year round. Water carried in tubes inside these boilers are heated and converted into steam, which in turn spins turbines to produce energy. According to ecomaine, this produces “over 100,000 megawatt hours of electricity every year. About 15% of that powers ecomaine’s waste-to-energy and recycling plants, while the remaining 85% is sold onto the grid. Revenue from the sale of electricity covers some of the operating costs of ecomaine.” Burning also reduces the waste by 90%; the remaining ash goes to the ash/landfill, and any remaining metals are taken to be recycled. So the less trash you generate, the less will end up in a landfill.

The single-stream recycling from our community also gets processed at the ecomaine recycling center. Single-stream, or single-sort, recycling lets you combine your paper, cardboard, glass, metal, and rigid plastic containers #1-7 (no Styrofoam, plastic bags, or films, please) into one recycling container, making it fast and convenient. Once it arrives at ecomaine, it is sorted and baled “using a mix of mechanical, magnetic, high-tech optical sorting, and hand-sorting techniques” into nine different categories.

Paper, cardboard, metal, aluminum and rigid plastics are then sold to various partners that reprocess the materials into new raw materials or new consumer products, such as clothing, plastic containers, packaging, carpet, appliances and other goods. Some materials are sold on the open commodities market to be used in the manufacturing of new items. All these sales generate revenue that, again, help support the operation of this municipally-owned nonprofit.

Glass is treated a bit differently; it is ground down and then used as an aggregate for things like fixing potholes and roads by member communities and ecomaine, or even used to make counter tops or by local artists in various projects.

### How much does all this cost?

- Recycled waste costs the town \$85 per ton
- Trash and bulky waste cost the town \$107.50 per ton

It’s true: Recycling saves the town money. Last year (2024), Cape Elizabeth

produced 2014 tons of solid waste and 752 tons of recycling. And for the past four years, Cape Elizabeth has been hovering at about a 40% total recycling rate (it was 40.2% in 2024). Let’s see if we can get it to 50% in 2025! Not sure what can be recycled? Before you put it in the bin, look it up on Recyclopedia: [www.ecomaine.org/101](http://www.ecomaine.org/101).

### Coming up:

In our next installment, coming in October, look for “Where does it go: clothing and textiles” as well as information about the next clothes swap and information about applying for a Bottle Shed grant. Money received from CLYNK from the returnables collected in the Bottle Shed go to benefit Cape Elizabeth-based not-for-profit and nonprofit service clubs and organizations serving Cape Elizabeth’s youth. This past year, those funds were able to provide \$1,300 in grants to local groups like Boy Scouts, Cape Robotics, Music Boosters, and Thomas Memorial Library, among others.

Sources: Cape Elizabeth Department of Public Works, [ecomaine.com](http://ecomaine.com)

## Energy

Continued from page 5

the impossible choice between putting food on the table for their kids and keeping the lights or their CPAP machine on.

Second, this bill sets limits on the kinds of costs utilities are allowed to pass on to customers. Utilities are currently allowed to pass on the costs of many things not vital to providing electricity, like investor relations activities and travel for their board of directors. LD 1949 would ensure that these costs come out of utility profits, not our pockets.

This legislation also paves the way for more clean energy on our grid and promotes environmental justice. Maine is in the process of electrifying our economy and shifting to renewable energy sources. We must be able to affordably connect new renewable energy developments to the grid. The EFA would require utilities to disclose the components of administrative fees for new grid additions, paving the way for additional affordable,

## Dean’s list announcements

The following students were named to the dean’s list for the spring 2025 semester at the University of New England in Biddeford and Portland:

- Lila Gaudrault
- Ann Guimond
- Jack McKibben
- Andrew Miller

Grace Callahan, College of Letters and Science, was named to the dean’s list for the spring 2025 semester at the University of Wisconsin-Madison in Madison, Wisconsin.

Greta Frankwicz was named to the spring 2025 dean’s list at the College of Our Lady of the Elms in Chicopee, Massachusetts.

Got a story to share? Email us!



[editor@capecourier.com](mailto:editor@capecourier.com)

clean energy. This bill would also lay the foundation for populations long disadvantaged by environmental harms to be considered in future decisions by the Public Utilities Commission. It provides the Commission with a definition of “environmental justice” that can be used to analyze ratepayer debt, utilization of assistance programs, and other persistent problems that we can address through our policy work in the Legislature.

There is still more to be done to make Maine’s energy system fairer, cleaner and more affordable. However, this is an important step to protect the most vulnerable among us from disconnection and find sustainable solutions to burdensome utility costs.

You can sign up for my biweekly e-newsletter at [mainesenate.org](http://mainesenate.org). You can also reach out to me at [Anne.Carney@legislature.maine.gov](mailto:Anne.Carney@legislature.maine.gov) or call my Senate office at 207-287-1515 if you have questions about LD 1949 or anything else in state government.

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# CAPE CALENDAR

By Wendy Derzawiec

Please see the town website, [www.capeelizabeth.com](http://www.capeelizabeth.com) for meeting locations

*Instructions for joining video conference meetings listed below will be posted on the town website, [www.capeelizabeth.com](http://www.capeelizabeth.com).*

### Thursday, July 3

Recycling Committee - CANCELLED, Public Works Building, 7 p.m.

### Tuesday, July 8

School Board, Town Hall, 6:30 p.m.  
Conservation Committee, Town Hall, 7 p.m.  
Riverside Cemetery Committee, Town Hall, 9 a.m.

### Wednesday, July 9

Community Services Committee, Community Center, 5:30 p.m.  
Diversity, Equity, and Inclusion Committee, Thomas Memorial Library, 6 p.m.

### Thursday, July 10

Privacy Advisory Committee, Town Hall, 7 p.m.

### Monday, July 14

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

### Tuesday, July 15

Planning Board, Town Hall, 7 p.m.

### Ongoing each week

Al-Anon, 7 p.m. Fridays, First Congregational Church, 301 Cottage Road, South Portland. Parking in rear.

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 on Thursdays and by appointment, Fort Williams, in the brick building closest to Shore Road (ring the doorbell).

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 Elizabeth Republican Town Committee, 6-8:30 p.m. second Tuesday of the month, Cape Elizabeth Community Center. Contact: [ccrme.com](http://ccrme.com) for Cape information.

South Portland/Cape Elizabeth Rotary Club, 6:15 p.m. Wednesdays at 107 Preble Hall, Southern Maine Community College, 2 Fort Road, South Portland. [sp-ce-rotary.org](http://sp-ce-rotary.org).

# 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: 10:30 a.m.  
In-person Sunday services 10 a.m. For Zoom services, call 799-8396

### 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 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.

### Rise Church

1047 Congress Street, Portland  
874-9779

<https://www.riseportland.church>

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

### 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.

### Hope Community Church

879 Sawyer Street South Portland  
799-4565

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

[www.facebook.com/hopesopo](http://www.facebook.com/hopesopo)

Sunday Morning Worship at 10 a.m.

Kid's Church for ages 4 through grade 5

Service videos 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

### Redeemer Lutheran Church - LCMS

410 Main Street, Gorham  
839-7100

[www.RedeemerMaine.org](http://www.RedeemerMaine.org)

Sunday Bible Class for all ages: 9:00 a.m.

Sunday Worship Service: 10:15 a.m.

Services are in person and streamed on Facebook and YouTube

### Saint Alban's Episcopal Church

885 Shore Road  
799-4014

[www.stalbansmaine.org](http://www.stalbansmaine.org)

Sunday Services:

Rite 1 with Holy Eucharist 8:00 a.m.

Rite 2 with Holy Eucharist 9:30 a.m.

Live Streaming on YouTube ([stalbanschannel](http://stalbanschannel))

Children's Programs 9:30 a.m.

Celtic Eventide 5:30 p.m.

Room for all

### St Bartholomew Catholic Church of Saint John Paul II Parish

8 Two Lights Road, 207-883-0334

Website: [www.JP2me.org](http://www.JP2me.org)

Sunday Mass: 9 a.m.

Daily Mass: Mon. and Wed. 8 a.m.

Sacrament of Confession: Mon. 8:30-9 a.m.

Additional Mass times in Scarborough & South Portland listed on website

### First Congregational Church United Church of Christ

301 Cottage Road, South Portland  
799-3361

[www.fccucc.org](http://www.fccucc.org)

Sunday Worship: 10:00 a.m. in person and streamed on Facebook & YouTube

### 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

## CABLE GUIDE

## CETV CHANNEL 1302

*Subject to change. Please see [cetv.capeelizabeth.org](http://cetv.capeelizabeth.org) for latest program guide and video on demand.*

Nothing scheduled July 2-15



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## Schools

Continued from page 6 \_\_\_\_\_

likely comprised of the following members:

- Superintendent
- Finance Director
- School Board members (2)
- Principal
- Assistant Principal
- School staff members (3)

Parents (2)

Community Members (6), those with the following experience or interests:

- \*Design professionals
- \*Those in the construction field
- \*Finance
- \*Safety
- \*Others with specific interest / skills related to priorities within the project

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**Worthley**

Continued from page 1

son, Shannon Bailie, Monica Bregman, Alison Partridge. Jess Jordan killing the mile at New Englands,” he said.

He also spoke of the boys winning States in 2007. “We were stacked! Kevin Harrison, Ben Weimont and Keegan Toot winning the jumps. Doug Ginn’s lights-out 800 and Colman Hatton, Curtis Dulac, Stanis Moody-Roberts in the distance events. That was a day everyone had amazing efforts,” Worthley said.

Naturally, there are some individual efforts that he said he’ll always remember as well. “Such as Mark Joyce winning the shot put, Darcy Cochran making the hurdles look so easy and winning everything. Tori Howe powering through the sprints, Marcella Hesser’s tenacity, Oscar Gustafson’s focus, Grace Gray’s style and Tommy Gray’s will. Every season there are athletes on the team that show me how good kids are. And not just athletically- their dedication, their team spirit, their compassion for others, their willingness to try hard and fail AND get back up and try again. Often times we don’t get a chance to see many of these qualities in the classroom. I’ll miss that aspect,” Worthley said.

As for advice for a young coach, just taking over an outdoor Track & Field program, Worthley said, “Be ready every day. Do your homework. Know your training regimes. Develop a periodization system with macro and microcycles. Know the technical aspects of each event. Talk to and listen to other coaches. But most of all, be there for the athletes. They are there to learn but also to have fun. You have to be a part of the conversation. Talk to each of them, not just as a team. Make sure every athlete knows that you care about them, individually. Respect their ideas and suggestions. ALWAYS have fun!”

Worthley wrapped up by saying, “It has been a real honor to work with all of the kids that I have, here in Cape. I honestly can’t remember any instance where I had to be a disciplinarian because an athlete was misbehaving and maybe only once or twice where I had to tell someone to watch their tone with an official. They all want to be on the team whether it’s their sport or to get in shape for other sports or to just be part of a team. These are all valid reasons for being part of the CE track & field team.”

Worthley wanted to shout out a special “thank you” to all of his assistant coaches over the years, including:

- Jeremy Larose
- John Beaty
- Nick Guerrette
- Aaron Sinclair

**Happy Birthday To Our Talented Grandson**



**Love, Grandma Schmitz**

- Paul Snyder
- Mark Joyce
- Abby Flynn
- Sara Ward
- Eliza Eshelman
- Paul Wellman
- Aaron Fileo
- Maryann Doss
- Dave Weatherbie
- Amber Cronin
- Greg Marles
- Brian McDonald
- Keenan Erickson
- Andrew Lupien
- Jon Hanisko
- Michael Young
- Colleen Currier
- Ian Ramsay

**Shields**

Continued from page 1

book? They are true and most describe my upbringing perfectly. My four brothers and sister were never too far from the fields and woods of my hometown. After graduating from Kennebunk High School in 1978, I worked at the family business, Shields Meats and Produce, on Route 1 in town. We have been in business for three generations, been open for over 100 years, and supply to York County and surrounding areas. At 16, I started coaching in the town recreation department, and that’s when I realized I wanted to work with kids--coaching and teaching.

In 1979, I started at Plymouth State College, but a serious football injury brought me back home, and back working for the family business. After some time, I enrolled at UMaine to follow my aspiration of becoming a teacher and coach. I graduated from Orono in 1985, and got a job working at Kennebunk High School as a study hall monitor and football coach. In 1987, I interviewed at Cape Elizabeth and thankfully received a ½ position teaching phys ed. I was replacing Neen Stanford, who moved over to the middle school. Barbara Powers was my principal. The following year the position went to full time. After 15 years of commuting from Kennebunk, my family made the decision to move to Cape Elizabeth. My wife Jeni worked in Scarborough at the time so it made sense to make the tough jump. All three of my children proudly graduated from CEHS.

For the next 38 years of my life, I had the pleasure of teaching and coaching your enthusiastic, extraordinary children here in Cape Elizabeth. It was the best ‘gig’ of my life. I was lucky enough to be around when the new addition was built in 1998 and I got my own Bat Cave! We now had a “state of the art” gymnasium where students weren’t running into poles or the lunch tables weren’t accidentally unhooking from the floor into the classroom activity and taking kids out! (I had to block most of the wayward tables because they made an unmistakable SCREECH sound when they unhitched.)

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And, the new gymnasium came with new equipment! All in all, I learned more from the students than they realized. I brought an enthusiastic, robust, sometimes loud persona to the classroom. My college advisor Dr. Glen Rief told us we were the “stars of the show” when teaching physical education. I took that to heart. I poured my heart, soul and sometimes blood into my classes. Students got the crazy uncle, silly dad, firm but fair teacher, and love that my own kids receive. Pond Covers never got cheated from my “motivational techniques.” My classes were based around fun, safe, cooperative, functional activities and games that were aligned with the Maine State Learning Results. Sometimes my management was a tad loose, but hopefully never boring. We always tried to solve our disagreements in the gymnasium. Sometimes we didn’t. That is when the “Irish Hammer” had to be utilized. Only kidding! It’s a joke!

A few things stand out from my time at Pond Cove. We installed a climbing wall, which was only the second one in an elementary school in Cumberland County. We added a Ga-Ga Pit, that was installed all thanks to the generosity of the PCPA. But everyone’s big gym class school adventure was the Field Day Extravaganza held at the end of each school year. My predecessor offered this activity years before me and I hope my successor keeps this great tradition going in the years to come. Our first Field Days were

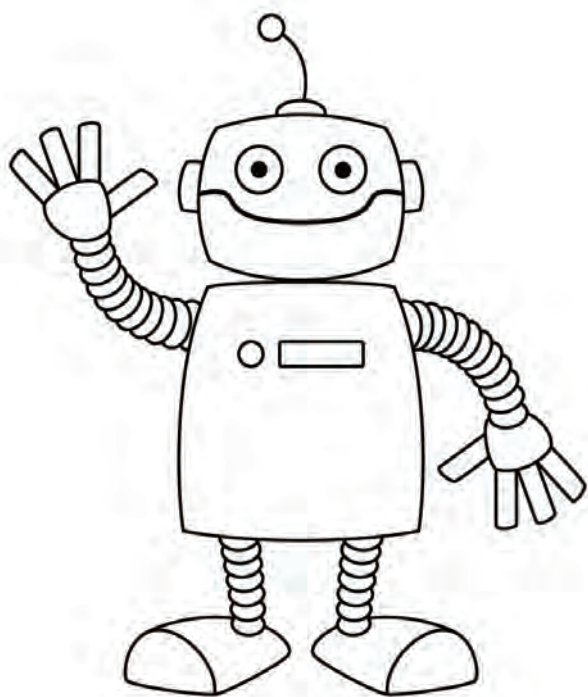
held on school grounds and after a few years we switched to Fort Williams. Once Hanaford Field was built, it was an easier transition down to the “Turf.” Many students had never been down there before. My CEHS colleagues and administration were very accommodating to our K-4 students for this very exciting activity, particularly teachers Scott Shea and Sarah Boeckel, and Athletic Director Jeff Thoreck.

In closing, I’d like to thank all of my colleagues, administrators, past and present, for putting up with my personality and humor. (At least I thought it was funny. Come on, it was a little funny!) I leave Pond Cove with everlasting memories of the adorable, fun children I had the privilege of teaching. Plus a massive headache.

**Cape crossword solution**

X	D		B	R
X	E	N	O	N
	C	A	R	
A	R	G	O	N
G	Y		N	I

# SUMMERTIME FUN



## FARM CROSSWORD

1.Duck 2.Cow 3.Hen 4.Donkey  
5.Horse 6.Sheep 7.Goat  
8.Rooster 9.Rabbit 10.Pig

### Complete The Words



AP\_\_E



C\_\_RR\_\_T



B\_\_NA\_\_A



BRO\_\_CO\_\_I



LE\_\_N



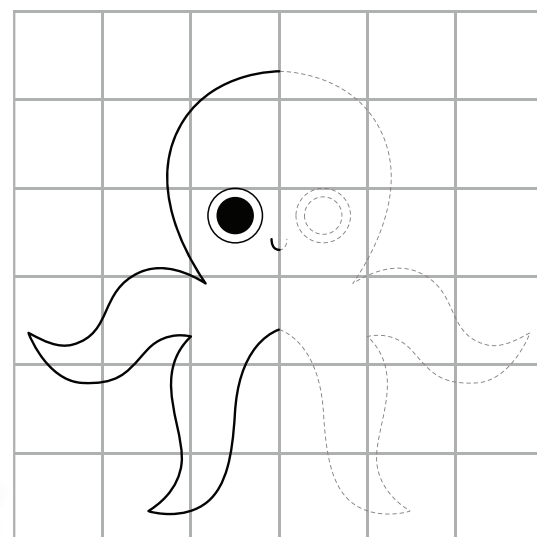
AVO\_\_DO

### WORDSCRAMBLE

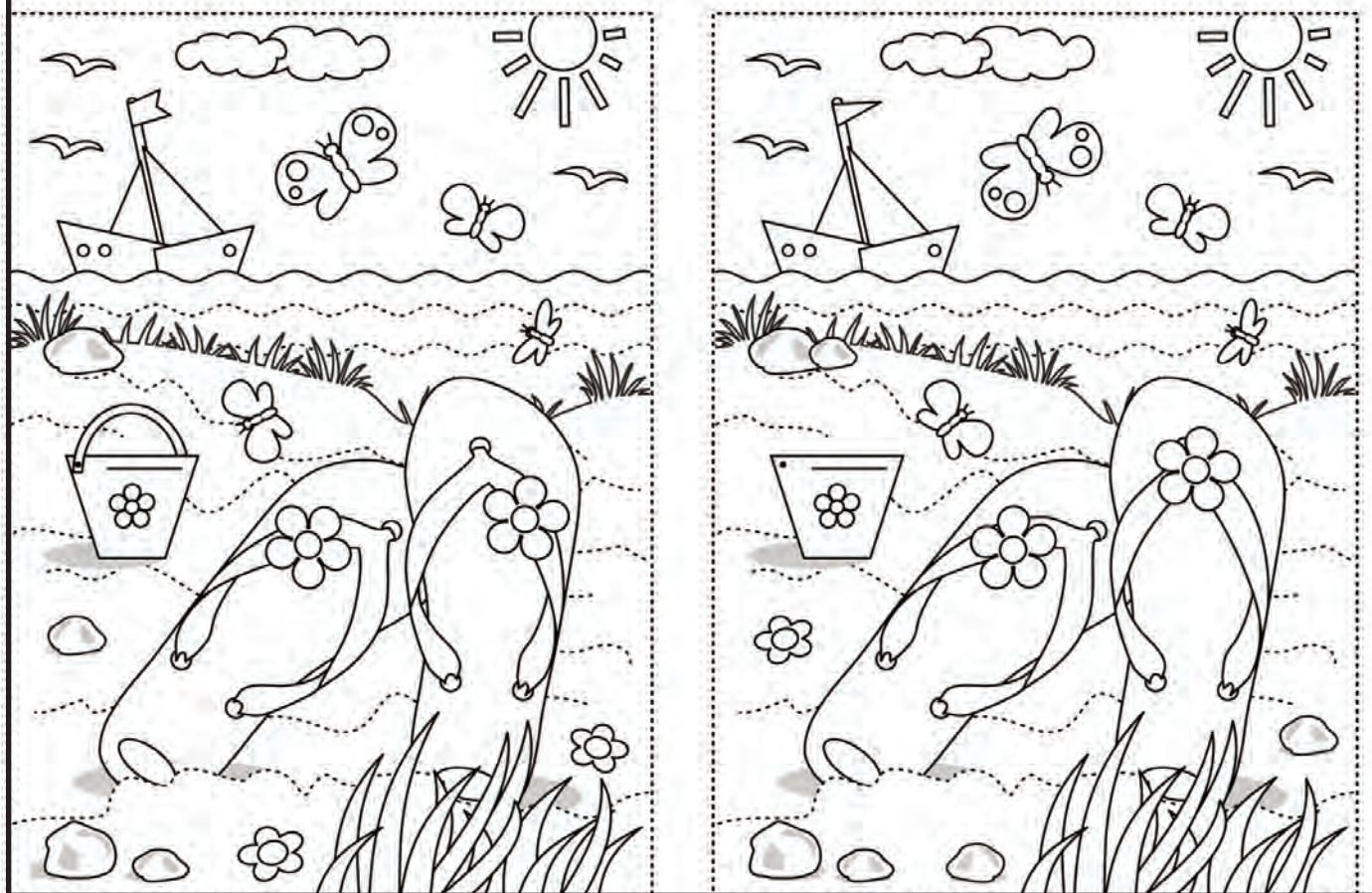
RINAUMBES

REVID

HAELW



Find 10 differences.



### TIC TAC TOE

