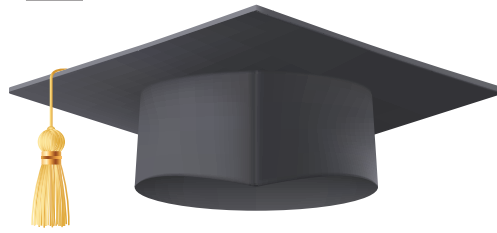


The Cape Courier

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Congrats to the Class of 2025!



Cape Elizabeth High School teacher gives speech at graduation

Kevin St. Jarre is a teacher at Cape Elizabeth High School. Each year, the graduating class selects a member of the faculty to speak at graduation, and the Class of 2025 voted to have St. Jarre speak at their ceremony. That speech is printed here in its entirety.

Hello, everyone.

I'm honored, nervous, and more than a bit perplexed, at having been invited by the Class of 2025 to speak here today. Thanks for giving me the chance to yap at you one last time.

As many of the graduates know, I usually begin a new year by telling my students, "Don't believe anything I say."

I tell them, "Don't believe anything I say...without thinking first."

I remind you of that, now, as I begin my talk today.

I have worked mixing and laying concrete, and doing roofing. I've worked on a dairy farm, and I wrote code, software, used by insurance agents. I worked in food service and eventually managed shifts in a

busy restaurant. I did all this by the time I was 17 years old.

And when I was 17, I entered the U.S. Army.

When I was 18, I got married...graduates, don't do that.

When I was 21, I was there, watching the Berlin Wall come down.

When I was 22, I led a combat intelligence team in Iraq.

When I was 24, I was a single parent, with sole custody of a 4-year-old, putting myself through college.

The only reason I tell you all this is because... none of that was planned years in advance. I didn't predict any of it.

Every year, Mr. Lupien runs a March

Madness Bracket thingy at CEHS, just for fun. Of the 30 or so people who participate, I'm always in the bottom 2 or 3. This is mainly because...

I don't know what I'm talking about.

I don't even really know the rules of basketball. I prefer important sports like soccer and hockey, and I certainly don't know anything about college basketball.

But we make predictions. I make those predictions because it's fun.

We also make predictions in life because it's fun, or we're scared not to, or because it seems the normal thing to do. But like me with the brackets, when it comes to predictions about the future, we really don't know what we're talking about.

It's not only that there are too many variables, but that there are variables we don't yet know exist.

There is no way to create enough plans, and backup plans, to cover every possible contingency. There is no way to come up with enough IF-THEN statements to be prepared ahead of time for everything that will come our way.

Just this past week, Dario Amodei, the CEO of Anthropic, one of the world's leading creators of Artificial Intelligence, was quoted as saying, "AI could wipe out half of all entry-level white-collar jobs...in the next one to five years." Jobs in tech, fi-

-see SPEECH page 5



The Cape Courier

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www.capecourier.com

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NEXT ISSUE: July 2

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Cape school projects and ordinance changes pass, school budget approved

By Kevin St. Jarre

After several attempts on the ballot, the latest version of a proposed bond to finance an \$86,499,993 school construction and renovation projects has passed. Approved by voters by a margin of 2,479 to 2,171, the project will now proceed with tearing down the existing Cape Elizabeth Middle School and building a new school to replace it. The project also will renovate the Pond Cove Elementary School.

Voters also voted to sustain a Cape Elizabeth Town Council vote to amend ordinances governing land use in the Town Center District. The vote was 2,688 to 1,919 in favor.

The amendments were developed in response to a request by HardyPond Development Company. The developer of the Center Court project has proposed the construction of 33 residential apartment units on lots 3 and 4 in the Ocean House Common, adjacent to Cape Elizabeth Town Hall.

The voter-approved changes only apply to land within the Town Center District, and only that land that is beyond the

125-foot setback from the public road/right of way.

By a vote of 3,041 to 1,574, voters also approved the Cape Elizabeth school budget for the upcoming 2025 to 2026 fiscal year, at \$36,318,456. This represents a 2.46 percent increase.

In addition to the official school budget approval, voters also expressed their opinions on whether they thought the budget was too high, acceptable or too low. Those results were:

Too high: 1,720
Acceptable: 2,404
Too low: 391

Voter turnout was higher than typical for an off-cycle vote. Of Cape Elizabeth's eligible voters, 57 percent turned out, compared with turnout in June 2024, when only 28 percent of Cape Elizabeth registered voters cast ballots. The latest turnout exceeded the 50 percent turnout for the November 2023 election, and the 49 percent from the November 2021 off-cycle vote.

Grateful for first responders and neighbors

We want to offer a huge thank you to our terrific Cape Elizabeth first responders as well as our wonderful neighbors. We recently experienced an outdoor leak from our underground propane tank and after a quick and very efficiently handled call to 911, Officer Tom Hale was at our house in less than a minute shortly followed by several fire department vehicles staffed by a group of very competent and kind professionals.

With neighbors standing by to offer support and a bit of humor, we truly experienced some of the best of being part of the Cape Elizabeth community. Our heartfelt thanks to everyone who made sure we were both safe and supported!

Tricia Naddaff and Dan Spratt

'We must honestly confront our deficiencies'

As of this writing, the outcome of our referendums is unknown, but regardless of the results, we will continue to face challenges. A vocal group promotes fear and doubt about necessary improvements, crafting myths that our town is already perfect thanks to past generations' wise governance.

While Cape Elizabeth has wonderful qualities, we must honestly confront our deficiencies.

Strip away the rhetoric, and the reality of our town center is sobering: our town core consists of a pedestrian-hostile highway flanked by a strip mall and office park. No visitor familiar with charming New England villages would look at our sprawling parking lots and call them beautiful.

Our schools are crumbling. Exterior walls are covered with rotting plywood. Roofs leak. Equipment fails. Yet we're told bizarre stories—that deteriorating buildings don't affect our children's learning.

These fantasies serve one purpose: to justify past failures to maintain our infrastructure so that we can defer necessary investments to the next generation of citizens. Previous generations enjoyed low taxes while allowing our infrastructure to decay. Now, when responsible solutions are proposed—like the School Board's phased renovation plan, or attempts to provide affordable senior housing—opponents invoke those same predecessors as paragons of fiscal wisdom.

We owe ourselves better than nostalgia and neglect. Let's acknowledge that loving our town means investing in its future. We can honor Cape Elizabeth's character while addressing real needs. The choice is ours: cling to comfortable myths or build the community that we as citizens deserve.

Chris A Gorski

Correction

Nina Stevens, CEHS Class of 2023, has finished her sophomore year at The University of Vermont on the dean's list. Stevens is majoring in Statistics and minoring in Human Development.

THANK YOU!

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

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Let us hear from you!

We love feedback!

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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

Where are they off to? CEHS graduates have plans

Compiled by Debbie Butterworth

Ernest Badger, son of Jeff and Lydia Badger, will be attending Keene State College in Keene, New Hampshire.

Adilene Barbieri, daughter of Joe Barbieri and Rebecca Roth Barbieri, will be graduating from Waynflete School and attending Wellesley College in Wellesley, Massachusetts.

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

Henry Barraclough, son of Dominic and Shannon Barraclough, will be attending Tufts University in Medford, Massachusetts

Jackie Blank, daughter of Seth and Lynn Blank, will be attending Clark University in Worcester, Massachusetts.

Ethan Bodoff, son of Sean and Stacy Becker and Dan and Fer Bodoff, will be attending Florida Institute of Technology in Melbourne, Florida.

Cooper Bragg, son of Jason and Sherri Bragg, will be attending The University of Maine in Orono, Maine.

Kingsley Burch, son of Renee and Jeff Burch, will be attending The University of Pennsylvania in Philadelphia, Pennsylvania.

Ella Butterfield, daughter of Valerie and Scott Butterfield, will be attending Wheaton College in Norton, Massachusetts.

Andrew Choi, son of John and Sarah Choi, will be attending The University of California in Berkeley, California.

Tucker Clark, son of Trapper Clark and Danielle Clark, will be attending Maine Maritime Academy in Castine, Maine.

Clio Cook-Sharp, daughter of Anika Cook and Hugh Sharp, will be attending Simmons University in Boston, Massachusetts.

Mason Cross, son of Jay and Lynne Cross, will be attending The University of Maine in Orono, Maine.

Andrew Deniz, son of Emily Jacobs, will be attending The Georgia Institute of Technology in Atlanta, Georgia.

Mariah Doody, daughter of Emilie Nielsen and Chad Doody, will be attending The University of Maine in Farmington, Maine.

Alex Emery, son of Karen and Peter Emery, will be attending The University of Florida in Gainesville, Florida.

Sage Evans, daughter of Heather and Devon Evans, will be attending Dartmouth College in Hanover, New Hampshire.

Charlotte Ferguson, daughter of Miranda and Michael Ferguson, will be attending New York University in New York, New York,

Sebastian Francis, son of Karin and Sanjeev Francis, will be attending The University of California, in Berkeley, California.

Madeleine Franks, daughter of Brian and Valerie Franks, will be attending Endicott College in Beverly, Massachusetts.

Luke Gagne, son of Sarah and Todd Gagne, will be attending Maine Maritime Academy in Castine, Maine.

Lizzie Gentile, daughter of Mary and Russ Gentile, will be attending The University of Richmond in Richmond, Virginia.

Brady Hanisko, son of Pam and Jon Hanisko, will be attending Xavier University in Cincinnati, Ohio.

Nathan Hanisko, son of Pam and Jon Hanisko, will be attending The University of Rhode Island in South Kingstown, Rhode Island.

Tully Haydar, son of Marisa and Samir Haydar, will be attending Bates College in Lewiston, Maine.

Libby Hooper, daughter of Melissa and Chris Hooper, will be attending Endicott College in Beverly, Massachusetts..

Alden Hughes, son of Stacey and David Hughes, will be graduating from The Maine School of Science and Mathematics in Limestone, Maine, and will be attending The United States Merchant Marine Academy at King's Point, New York.

Catie Lee, daughter of Robert and Caroline Lee will be attending Northeastern University in Boston, Massachusetts.

Cameron Leonhirth, son of Stephania and Michael Leonhirth, will be attending Wake Forest University in Winston-Salem, North Carolina.

Celia Linderoth, daughter of Audrey Rollo and Karl Linderoth, will be attending The University of Vermont in Burlington, Vermont.

Geo Loboizzo, son of Heather Nelson and Jayson Loboizzo, will be attending American University in Washington, D.C.

Hannah Lowenstein, daughter of Rachel Weinstein and Chris Lowenstein, will be attending Sarah Lawrence College in Bronxville, New York.

Wendell Lu, son of Yongjian Lu and Yang Kang, will be attending The University of New England in Biddeford, Maine.

Anna Macisso, daughter of Benjamin and Kristin Macisso, will be attending the College of Charleston in Charleston, South Carolina.

Benjamin Mallory, son of Leah Mallory and Brad Mallory, will be graduating from Carrabassett Valley Academy, and will be attending Colorado College in Colorado Springs, Colorado.

Meilan Martínez, daughter of Na Liu and Andrés Vera Martínez, will be attending McGill University in Montreal, Canada.

Elsie Maxwell, daughter of Sarah and Trevor Maxwell, will be attending Syracuse University and Army ROTC, in Syracuse, New York.

Mimi McCarley, daughter of Rob McCarley and Kimberly Carr, will be attending Colby College in Waterville, Maine.

Tiger McCormick, son of Cara and Peter McCormick, will be attending Boston College in Chestnut Hill, Massachusetts.

Jersi McGonigal, daughter of Joe and Shea McGonigal, will be attending The University of Maryland School of Public Health, in College Park, Maryland.

Eli Halter, son of Julie and Jeff Halter, will be attending The University of Connecticut in Storrs, Connecticut.

Henry Moore, son of Michael and Gwen

Moore, will be attending The University of Colorado in Boulder, Colorado.

Eli Morse, son of Bryan and Jessica Morse, will be attending The University of Colorado in Boulder, Colorado.

Hartson Mosunic, daughter of Cory and Chris Mosunic, will be attending Emory University in Atlanta, Georgia.

Oscar Pidhajecky, son of Brooke and Chris Pidhajecky, will be attending The University of Pittsburgh in Pittsburgh, Pennsylvania.

Graham Plourde, son of Sheila and Alan Plourde, will be attending Trinity College in Hartford, Connecticut.

Anna Poshpeck, daughter of Chris Poshpeck and Patience Maloney, will be attending The University of Southern Maine, in Gorham, Maine.

Cecilia Price, daughter of Sarah and Daniel Price, will be attending The University of Virginia in Charlottesville, Virginia.

Matilda Reck, daughter of Eva and Tom Reck, will be attending The College of Charleston in Charleston, South Carolina.

Isabelle Reeves, daughter of Heather and Ethan Reeves, will be attending Smith College in Northampton, Massachusetts.

Owen Rhile, son of Erika and Ethan Rhile, will be attending Wentworth Institute of Technology in Boston, Massachusetts.

Atticus Richard, son of Jim and Marie Richard, will be attending Washington and Jefferson College in Washington, Pennsylvania.

Elena Rosenberg, child of Josh Rosenberg and Anne Ecker, will be attending Colgate University in Hamilton, New York.

Ivana Sanchez Gonzalez, daughter of Johana Gonzalez Griborio, will be attending The Berklee College of Music in Boston, Massachusetts.

Declan Scifries, son of Elizabeth and Aaron Scifries, will be attending Bowdoin College in Brunswick, Maine.

Jack Schoenbaum, son of Mike and Monica Schoenbaum, will be attending The

-see GRAD PLANS page 4



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Grad plans

Continued from page 3

University of Maine School of Performing Arts, in Orono, Maine.

Danica Sevigny, daughter of Josh and Jamie Sevigny, will be attending The College of Charleston in Charleston, South Carolina.

Lucy Shaw, daughter of Ben and Bernadette Shaw, will be attending Bowdoin College in Brunswick, Maine.

Josiah Sparks, son of Jim Sparks and Kathleen Curry-Sparks, will be attending The University of Vermont in Burlington, Vermont.

Story Straw, daughter of Chris and Hope Straw, will be attending Harvard University in Cambridge, Massachusetts.

Tori Stevens, daughter of Robin and Drew Stevens, will be attending Clemson University in Clemson, South Carolina.

Hope Taylor, daughter of Erin and Eric Taylor, will be attending Amherst College in Amherst, Massachusetts.

Boden Terry, daughter of Joey and Grey Terry, will be attending Villanova University in Villanova, Pennsylvania.

Jessica Thayer, daughter of Evan Thayer and Katharine Thayer, will be attending The University of Maine in Orono, Maine.

Charlie Wannemacher, son of Tim and Amber Wannemacher, will be attending The University of Maine in Orono, Maine.

Viviana Wagner, daughter of Jamie Wagner and Jennifer Bailey, will be attending The University of San Francisco in San Francisco, California.

Vollie Weiss, son of Andrea Southworth and Jason Weiss, will be attending The University of Maine in Orono, Maine.

Olive Weyrens, daughter of Sasha Hodges and David Weyrens, will be attending The University of Oregon in Eugene, Oregon.

Lyla Whitney, daughter of Chris and Michelle Whitney, will be attending The University of Vermont in Burlington, Vermont.

Elizabeth Wilk, daughter of Justin and Shannon Wilk, will be attending The University of North Carolina in Wilmington, North Carolina.

CEHS announces list of scholarships awarded to Class of 2025

2024-2025 Maine Principal's Award
Potential to make a difference in the world
Elena Rosenberg

Andrew Ward Holland Scholarship
Future career in education
Ella Butterfield

Awakenings Award
Celebrates a deserving student's growing awareness of the power of their voice in theatre
Ashley Dreyer

Betty King Scholarship
Deserving student
Leira Heatley

Bill Gross Scholarship
Volunteerism
Nathan Hanisko

Cape Elizabeth Fire Department
Strong commitment to public service, leadership and community
Tyler Granata
Tully Haydar
Luke Gagne
Mei Lan Martinez

Cape Elizabeth Garden Club
Commitment to the environment
Cecilia Price

Cape Elizabeth Lions Club
Strong character and academics
Ella Butterfield
Ashley Dreyer

Cape Elizabeth Lions Club
Trade or vocational program
Tyler Granata
Lucien Boxer
Leira Heatley
Archer White

CE Baseball Boosters Scholarship
Character, commitment & community
Trevor Brame
Bryce Porter

Kevin Brady Memorial Scholarship
CE Boys Basketball
Elijah Halter

James Spaulding Memorial
CE Boys Basketball
Eli Morse

H.S. Hobey Baker Character Award
CE Boys Ice Hockey
Brady Hanisko

John Wilbur Scholarship
CE Boys Ice Hockey
Brady Hanisko

Kevin Brady Memorial Scholarship
CE Boys Soccer
Tully Haydar

CE Field Hockey Boosters Scholarship
Commitment to the team
Clio Cook-Sharp
Anna Macisso

CE Football Boosters Scholarship
Contributions to the team
Luke Gagne
Daniel Gray

CE Girls Basketball Boosters Scholarship
Contributions to the team
Mei Lan Martinez

CE Girls Lacrosse Boosters Scholarship
CE Girls Lacrosse
Campbell DeGeorge

Kevin Brady Memorial Scholarship
CE Girls Soccer
Elizabeth Hooper

CE Girls Soccer Die Hard Award
4-year commitment to CE Girls Soccer
Campbell Duryee
Elena Rosenberg
Jacqueline Murphy
Matilda Reck
Heather Campbell
Elizabeth Hooper

CE Volleyball Boosters Scholarship
Contributions to the team
Amala Rumma
Elizabeth Wilk
Olive Weyrens
Amelia McCarley
Ella Butterfield
Madison Kirwan
Luciana Esch Levanos
Celia Linderoth

Richard Yerxa Vocational Scholarship
CE/SP Rotary: Student planning to attend a course of instruction toward entering a skilled trade
Tyler Granata

Service Above Self Scholarship
Actions in the school and/or community that reflect Rotary International's motto "Service Above Self"
Declan Scifres
Moriah Doody
Tully Haydar
Kingsley Burch
Lucy Shaw
Vollie Weiss
Boden Terry

Fred Hilse Memorial Scholarship
CEHS Music Boosters
Luciana Esch Levanos

Hedy Hanson Memorial Scholarship

CEHS Music Boosters
Declan Scifres

Musical Interest and Ability
CEHS Music Boosters
Caroline Straw

CEHS Softball Boosters Scholarship
Contributions to the team
Rylie McIntyre
Elsie Maxwell
Molly McKibben
Anna Macisso

CEHS Student Activities Council Scholarship
Service to the school
Elena Rosenberg

CEHS Swim/Dive Boosters Scholarship
Senior swim members
Logan Keller
Jersi McGonigal
Lucy Shaw
Hope Taylor
Lyla Whitney
Leo Cole
William McCormick
Graham Plourde
Owen Rhile
Atticus Richard

Christopher Branch Memorial Swim Scholarship
High work ethic, selflessness, responsibility, honesty, and compassion
Graham Plourde

Clancy Pinette Science Scholarship
Character, respectful, kind, interested in a career in science
Celia Linderoth

Club Unified Basketball
Contributions to the team
Henry Adams
Archer White

Coldwell Banker Scholarship
Entrepreneurial spirit
Hannah Perkins

Cole Amorello Scholarship
Embodies Cole's enthusiastic theatre spirit
Lily Giroux

Durwood Holman Scholarship
Excellence in math or science
Sebastian Francis

Ekedahl Family GOAT Scholarship
Commitment to a common goal, support and fearlessness
Elsie Maxwell

H.S. Hobey Baker Character Award
CE Girls Ice Hockey
Hartson Mosunic

Gladys Jordan Scholarship
Honest and industrious student
Brady Hanisko

-see SCHOLARSHIPS page 5



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Scholarships

Continued from page 4

- HSPA Character Award**
Outstanding character
Elena Rosenberg
- HSPA School Citizenship Award**
School citizenship
Nathan Hanisko
- HSPA Unsung Hero Award**
Consistent support of classmates
Henry Barraclough
- In Honor of the Former Presidents of the Women’s Literary Union**
Academic achievement and school citizenship
Moriah Doody
Mei Lan Martinez
- Jeff Tarr Math Scholarship**
Excellence in math
Wendell Lu
- Joseph Doane Cross Country Award**
CEHS Cross Country
Jane Curtis
- Joshua Kuck Memorial Scholarship**
Strong academics, compassion, adventurous, passionately pursues self-improvement
Elsie Maxwell
- Keith Sleeper Memorial Scholarship**
Outstanding contributions to the theatre program
Hannah Lowenstein
- Kenneth Jordan Higgins Scholarship**
Character, school citizen, promise of success
Graham Plourde
Kingsley Burch
Geo LoboZZo
Caroline Straw
Boden Terry
- Leigh Wold Award**
Excellence in technical theatre
Henry Barraclough
- Marian Johnson Scholarship**
Future career in education
Rylie McIntyre
- MELMAC Education Foundation**
Positive contributions to the school environment and/or extra-curricular activities.
Madison Kirwan

Richard G. Mullen Finding Your Voice Award
Confidence and expertise in oral expression
Jane Curtis

Got a story to share? Email us!



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- Saco & Biddeford Savings Scholarship**
Deserving student
Madelyn Peppard
- Science/Math Scholarship in Memory of Robert M. Chase**
Excellence in science and math
Andrew Deniz
- Southwestern Maine Swim Officials**
Swimming athletics and academics
Hope Taylor
Lucy Shaw
Graham Plourde
- Sprague Promise Award**
Promising student
Jameson Bryant
Leo Cole
Amala Rumma
Eliza Barlow
Jessica Thayer
Isabelle Reeves
- Sprague Scholar**
Deserving student
Victoria Stevens
Mia Arvelo
Campbell DeGeorge
Lily Giroux
Viviana Wagner
Elizabeth Gentile
Declan Scifres
Lyla Whitney
Tully Haydar
Cecilia Price
- Waecker Technology Scholarship**
High standards and achievement
Mia Arvelo
- Wentworth-Files Memorial Scholarship**
Service to the community youth
Norah Shroder
- Maine Blue Collar Scholarship**
Pursuit of trades or manufacturing
Tyler Granata
- The Mitchell Scholarship**
Academics and community impact
Andrew Deniz
- Professor Mahmud A. Faksh Scholarship**
Exemplifies values of intellectual curiosity, perseverance, and a dedication to making a meaningful contribution to society.
Marta Leary-Forrey
- Timberlake World Language Award**
Excellence in world language
Kingsley Burch
- Reynolds E. Moulton Scholar Athlete Achievement Award**
Outstanding athletic and academic abilities
Tully Haydar
Campbell DeGeorge
Lucy Shaw
- The Worthington Scholarship**
Maine graduate attending a participating college
Moriah Doody
Bryce Porter
- Maine State Grange**
Pursuit of a career in agricultural or related field
Celia Linderoth

Speech

Continued from page 1

nance, law, publishing and other entry level professional starting points.

Jim VandeHei, the publisher and co-founder of Axios, an influential news website, said that he has told his employees that if they don’t spend 10 percent of their workday using AI, getting proficient with it, they are putting their future careers at risk.

Some of you, graduates, will be doing jobs that haven’t been invented yet, using technology that hasn’t been invented yet, striving to achieve social goals which have not been made important yet.

This is not a reason for despair, but it does insist that instead of making predictions...

It’s better to be adaptable, forgiving, flexible, resilient and to have a sense of humor.

A saying in the military goes, “No plan survives first contact with the enemy.” Put in a different way, the philosopher, and former boxing champion Mike Tyson said, “Everyone has a plan until they get punched in the mouth.”

One thing I’ve learned is that, sure, people will follow an appointed person, but only until an unforeseen and serious crisis arises, and then people will follow the calmest person around who impro-

vises a new plan. Maybe it’ll be the appointed leader, but maybe not.

It often isn’t how firm someone is that makes them reliable, but instead it’s their ability to adapt to anything that makes them that go-to person.

You’ve learned a great many lessons here. Even those of you who don’t believe it yet ... you are academically prepared. Even some of the things that you think you won’t use, I assure you that you will.

Personally, I use my high school geometry when I do carpentry. I use my high school chemistry when I cook.

Cape schools have provided you more than you yet realize. You’re ready in that way.

And when it comes to the unpredictable lives upon which you are embarking, remember the lessons you learned here outside the classroom, too. I couldn’t possibly name them all, but for example, working to exhaustion on the latest theater production, or in World Affairs Council, or the joy of obsession in VEX Robotics.

Or digging deep in the last couple minutes of an important game, that extra effort, even though you’re completely out of gas- not for the coach nor for the school- but because your teammates needed you, and you found the will to come through for them.

And you, graduates, have been successfully using AI for years. You adapted and overcame. In spite of some of our best efforts.

Don’t leave those precious lessons behind. You know what it is to care, to work hard, and to be creative in clutch situations.

Sure, set goals for yourselves, but take it easy on making predictions.

There is a difference.

Spend less time predicting. Roll with life’s punches, and its wonderful surprises, and when those things happen, know that changing your plans is not a sign of failure.

The ability to adapt will actually prove that you deserve your successes.

Best of luck, Class of 2025, and congratulations.

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Justice Julia Lipez awarded CEEF Alumni Award

Dog attacked by wild animal

The Cape Elizabeth Education Foundation (CEEFF) selected Cape Elizabeth resident Justice Julia Lipez as the recipient of the 2025 CEEF Alumni Award. She received the recognition at the CEHS graduation on June 1. This annual award recognizes a CEHS alumnus who has distinguished themselves through their accomplishments and made significant contributions to their professions and communities. Previous recipients of this award have encompassed a diverse range of individuals, including artists, athletes, innovators, leaders and entrepreneurs.

Julia Lipez grew up attending Cape Elizabeth schools, graduating Valedictorian in 1998. She pursued higher education at Amherst College and Stanford Law School before returning to Maine to serve as an Assistant U.S. Attorney at the U.S. Attorney's Office in Portland. During her tenure, her primary focus was the prosecution of defendants committing human trafficking before being promoted to Chief of the Appellate Division in 2019. In 2022, Julia was nominated by Governor Janet Mills to become Justice Lipez of the Maine Superior Court. There she presided over numerous criminal matters in Oxford, Kennebec and Cumberland counties. In June 2024, President Biden nominated Justice Lipez to serve as a Judge on the 1st Circuit of the United States Court of Appeals, although her confirmation was unfortunately derailed by the November 2024 election.

In February 2025, Justice Lipez was nominated by Governor Mills to fill a vacancy on the Maine Supreme Judicial Court and she began her term in March. The Maine Supreme Judicial Court is the highest court in the state of Maine. "I am delighted to nominate Justice Julia Lipez to the Maine Supreme Judicial Court," said Governor Janet Mills. "Throughout her service to Maine people -- first as an Assistant

U.S. Attorney and presently as a Justice of the Maine Superior Court -- Justice Lipez has earned deep respect for her fairness, intellect, and commitment to the rule of law. Maine is lucky to have a jurist of Justice Lipez's caliber as a nominee for the Supreme Judicial Court."

Fellow Cape Elizabeth resident and CEHS alumni Ali Chardon describes Justice Lipez as "brilliant, determined, and truly dedicated to public service in support of justice. Despite her successes, she remains a humble public servant." Jonathan Sahrbeck, also a fellow CEHS alumnus who worked with Justice Lipez on Human Trafficking cases when he was the District Attorney for Cumberland County added, "I have not met many in the legal field who are as intelligent, caring, and professional as Justice Lipez. We should all be proud that she is a member of our community and our legal system."



Photo by Jon Chapman

On June 1, CEEF awarded Justice Julia Lipez with the 2025 CEEF Alumni Award.

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 5-19 An officer met with a resident of the Broad Cove area who had received a letter from Maine Internal Revenue Service advising that someone had filed a return using his personal information.
- 5-20 Two officers responded to a residence in the Ocean House Road area for a domestic disturbance.
- 5-21 An officer met with a resident of the Shore Acres area regarding a motor vehicle burglary complaint.
- 5-28 An officer met with a resident of the Broad Cove area regarding a domestic concern.
- 5-28 Two officers responded to a residence in the Belfield Road area for report of a dog being attacked by a wild animal.
- 5-30 An officer met with a resident of the Broad Cove area regarding a criminal mischief complaint.

SUMMONSES

- 5-20 Skowhegan resident, failure to produce insurance, Ocean House Road, \$186
- 5-20 Cape Elizabeth resident, speeding (64/45 zone), Bowery Beach Road, \$170
- 5-20 Scottsdale, Arizona resident, speeding (64/45 zone), Bowery Beach Road, \$170
- 5-20 Scarborough resident, speeding(42/25 zone), Scott Dyer Road, \$170
- 5-20 Portland resident, uninspected vehicle, Ocean House Road, \$148
- 5-22 Pittston resident, uninspected vehicle, Spurwink Avenue, \$148

- 5-25 South Portland resident, uninspected vehicle, Fowler Road, \$148
- 5-25 Portland resident, failure to produce insurance, Route 77, \$186
- 5-26 Cape Elizabeth resident, operating vehicle while using hand held device, Ocean House Road, \$85
- 5-26 South Portland resident, operating after license suspension, Shore Road, \$325
- 5-26 Lisbon resident, seatbelt violation, Shore Road, \$85
- 5-26 Portland resident, speeding (51/35 zone), Ocean House Road, \$170
- 5-28 New Harbor resident, operating after license suspension, Ocean House Road, \$325
- 5-30 Cape Elizabeth resident, speeding (47/30 zone), Shore Road, \$170
- 5-31 Falmouth resident, Operating under the influence of alcohol, Broadway, South Portland

JUVENILE SUMMONSES

- 5-20 Cape Elizabeth resident, domestic violence assault
- 5-27 Cape Elizabeth resident, speeding (62/35 zone), Two Lights Road, \$278

ACCIDENTS

- 5-28 Jennifer Falk, accident on Ocean House Road
- 5-30 Dylan Ginn, Michael Callum, accident on Stonegate Road

FIRE CALLS

Fire calls: 8; EMS calls: 35

Scam alert bulletin board

By Jessica D. Simpson

Toll Road Scams
If your phone's been lighting up with messages saying you owe a road toll, you're not alone. Criminals are blasting out fake texts pretending to be from government agencies

or toll services. What is their goal? To scare or rush you into clicking a link, handing over personal info or making a payment.

Here's what you need to know: legitimate toll agencies don't collect payment via text message, and they won't threaten you over a missed toll. If you get a message about unpaid tolls, do not respond or click on any links—even if it looks legit and even if you think you might have used a toll recently. Instead, check your account using the state tolling agency or Transponder Company's legitimate website or phone number—not information from the message.

World Elder Abuse Awareness Day
The impact of elder financial abuse is profound. While abuse can come from known perpetrators like caregivers or family members, scams carried out by strangers are also a major threat. In fact, the Federal Trade Commission estimated that criminals stole as much as \$61.5 billion from adults age 60 and over in 2023 alone. With World Elder Abuse Awareness Day on June 15, it's a timely reminder that we can take steps to prevent the financial exploitation of older adults.

Encourage older adults in your life to add a trusted contact to their financial accounts. This person won't have access to make transactions but can be notified if there's suspicious activity or if the account holder can't be reached. Freezing credit is an important way to prevent unauthorized accounts from being opened in their name. Additionally, help reduce exposure to phone-based scams by setting up robocall and text message blockers through their mobile carriers or reputable apps. Small actions like these can go a long way to protecting the financial well-being of older adults and ourselves.

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

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CEHS Class of 2025 graduates under blue sky, with lighthouse as backdrop

By Kevin St. Jarre

During a beautiful June afternoon, the Cape Elizabeth High School Class of 2025 graduated in the green space beside the Portland Head Light in Fort Williams Park. With a light breeze to keep everyone cool in the bright sunshine, and with the coincidental passing of a large cruise ship, the view was picturesque and charming.

Aside from the presenting of awards and diplomas, and music performed by the CEHS band, the ceremony featured speeches.

Principal John Springer spoke of how he came to CEHS the same year that these graduates did, and spoke of their shared journey together, and the restoration of community post-COVID, challenges and growth. He called on the graduates to consider how they have mattered to others, and how others have mattered to them.

A posthumous diploma was awarded to Jennifer Tilton-Picardy, a member of the Class of 2025, tragically lost. Her diploma was presented to her parents, Jamie Picardy and William Tilton.

Cape Elizabeth Education Foundation board member Jonathan Sahrbeck spoke, with the afore-mentioned cruise ship passing behind him and sounding its horn a couple times, awarding CEEF's 2025 Alumni Award to Maine Supreme Judicial Court Associate Justice Julia Lipez, an alumna of the CEHS Class of 1998.

Members of the graduating class selected one of their own to speak, Elsie Maxwell. In her speech, she emphasized that one pervasive characteristic of her fellow graduates was tenacity. Maxwell was holding the Class of 2025's "4th Grade Memory Book," which contained quotes given by the graduates 8 years before, laying out their hopes and goals, including everything from bungee jumping

to world domination. Maxwell then laid out how some of those goals, stated so long ago, continue to guide some of her tenacious classmates. She reflected on milestones they had all shared, through stages of development, and how they were all embarking on the next one, adulthood.

The Class of 2025's valedictorian, Caroline "Story" Straw, spoke as well. Using the modern vernacular of youth as a humor device, Straw's speech actually had a philosophical bent. She said they have all heard about the enormous world they were about to head out into, and that the perception is that they all have been sheltered in this tiny community, which some might assume has limited their exposure. Straw said she saw it in perhaps a different way. She said, "I want to tell you a story about how this small space forced us to be wider people." Straw said that in her Advisory, led by Mr. John Springer, she was in a small group, of perhaps a dozen students, for four years. They were not placed there by choice, interests, nor by GPA, but instead a random selection of diverse thinkers. She said she enjoyed heated debates between students, including a pair of students of very different outlooks, who "in any other context, may never have spoken." In a bigger school, Straw continued, the pair of students likely "would have stayed in their separate worlds, but in our tiny room...they had three options. Stare at the wall in silence, make awkward small talk with Mr. Springer, or engage with each other despite their stereotypical differences. And they, of course, chose to engage." In their engagement, Straw said the two students showed the group something profound. "In any other context, a large college campus, maybe a bigger high school, or out in the real world, anyplace where you have endless options to choose your friends from, these two

would likely never interacted with each other. And this is what I'm getting at when I say, 'A smaller community can actually widen our world,'" she said.

"Cape's smallness has been our secret weapon. It's made us patient when we wanted to be dismissive. Openminded when we wanted to be closed." She urged her fellow graduates to sit with the unexpected person, join clubs filled with strangers, and to talk to the roommate who seems completely different.

This reporter also spoke, and the Class of 2025's Senior Class President Viviana Wagner gave her speech to conclude the ceremony. Wagner began by recalling many memories they have all shared living in a wonderful community like Cape Elizabeth. She called

on her classmates to be present in their lives, and quoted the Buddhist monk Thich Nhat Hanh asking, "Do we need to make a special effort to enjoy the beauty of a blue sky? Do we have to practice to be able to enjoy it? No. We just enjoy it."

Wagner said, "Each second, each minute of our lives can be like this...In other words, the act of being alive can be as extraordinary or as monotonous as we allow it to be. Your entire life is the simply the sum of your daily living, and the only thing you can truly be in control of is how you react to right now." She went on to say, "The is no pressure to be perfect, but go out there and try your best to do good deeds, create something beautiful, and always be kind to our planet."

Tick season is upon us with new dangers

By Kevin St. Jarre

Ticks are out in large numbers, as Capers take their dogs out for walks, and to let them run in fields. Hikers can pick up the insects themselves, and the risk of disease is present for humans and canines alike.

For the University of Maine Tick Lab's annual report covering Maine's 16 counties, more than 3,500 deer ticks were tested. Of those, almost 42 percent were positive for the cause of Lyme disease. There were 3,218 confirmed cases of Lyme in 2024.

This year, new threats have emerged. In addition to Lyme disease and the potentially deadly but rare Powassan virus, with which most residents are already familiar, there are now alpha-gal syndrome (AGS) and spotted fever rickettsioses (SFR), an infection that can be deadly in humans and pets.

Patients with AGS develop an allergy to alpha-gal, a carbohydrate found in meat from mammals, making patients potentially allergic to beef, pork and/or lamb, for example. AGS patients may also develop allergies to other products, including cosmetics and medications. Symptoms include rash, swelling of the mouth or throat, cramps and diarrhea, headaches, and even anaphylaxis.

Recently, the national Center for Disease Control and Prevention released data that show that two different species of deer ticks can transmit alpha-gal syndrome. The CDC research revealed that these ticks may have alpha-gal-like protein in their saliva, and after a bite, can leave the patient allergic and

-see TICKS page 15



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June 19

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Cape resident is Cumberland County Teacher of the Year

By Kevin St. Jarre



Photo by Stephanie Visciglia

Cape resident Monica Malcomson is the 2025 Cumberland County Teacher of the Year.

Monica Malcomson is a Cape Elizabeth resident, and a teacher at Brown Elementary School in South Portland. She has been selected as the 2025 Cumberland County Teacher of the Year.

This was the second time Malcomson was nominated for the honor; in 2022 she was nominated by the parent of a student and made it to the semifinals.

This year she was nominated by the school district's volunteer coordinator Bryna Latham.

Malcomson said, "Both times it was an unexpected surprise and honor to receive a letter indicating that I had been nominated."

Upon receiving notice, she decided to move forward with the process which required a tremendous amount of essay writing and professional self-reflection, recommendation letters and an interview with a panel of past county and state teachers of the year, business representatives and community leaders.

This process took place in every county, leading to 16 County Teachers of the Year who were formally announced in the Hall of Flags at the state capitol in Augusta.

Malcomson said that she is an immigrant and became a citizen of this country when she was adopted from Brazil in 1989 by her mother, Karen Malcomson, whom she calls her "greatest role model, best friend and superwoman single mom."

She has a Master's Degree in Teaching in Elementary Education, a Bachelor's Degree in Psychology with Minors in Sociology and Spanish, both from Sacred Heart University.

She served in the Peace Corps, teaching in

Colombian schools, is a former professional figure skater, and a former competitive dancer and gymnast. "I am a local Cape Lions Club Board Member and serve as Skating Director on the board of Cape Community Arena Group," she said.

Malcomson said the classroom is a place of love and joy where mistakes are welcomed, dreams are nurtured, and vibrant children's literature is treasured as an inspiration for every meaningful lesson.

She said, "I believe in incorporating the arts, civic engagement and experiential learning into our lessons and units of study where students lead and I simply become the facilitator of their learning hopes and dreams. Over the past 4 years, I've developed an aquaculture unit to teach our scholars about the oceans we live on, the local industry and the positive impact we can all have on our natural environment. Students learn about global warming, beach erosion, kelp farming, oyster farming and the Maine tradition of lobstering."

Malcomson said, "I value the strengths of all of our community members and welcome them into my classroom on a regular basis. Among this expanded learning family is my mom and one of our dearest friends Deb Bragdon who recently passed away, as well as so many other incredible adults who join us in our classroom to help empower our scholars towards a brighter future. Everyone that enters our classroom, has the powerful impact of leaving their own legacy which becomes the very fabric of our educational stories, inspiring generations of children year after year."

Cape career coach

By Holly Smevog

Dear career coach,

I don't think I am being paid what I'm worth. I work hard, get great reviews, and I have taken on more and more responsibility, but I never seem to get a promotion or more pay. It's super frustrating. I like what I do but the resentment is starting to have a negative impact on my life.

Sincerely,
Under Paid

Dear U.P.,

I hear you. You're working hard, stepping up, getting great feedback—and yet, your paycheck isn't reflecting your value. That frustration is real, and it makes sense that it's starting to wear on you and maybe others around you. The good news? You have options. Let's break it down.

Step 1: Get the Facts

Before marching into that conversation, arm yourself with knowledge. Check out sites like Glassdoor, Salary.com, or Payscale to see what others in similar roles are earning. Talk to colleagues in your field. Then, take a hard look at your own contributions—are you saving the company money? Bringing in new business? Improving processes? Numbers speak volumes, so whenever possible, quantify your impact.

And don't forget: Compensation isn't just salary. Benefits, flexibility, bonuses, tuition reimbursement—these all add up. Know what you have, so you can negotiate from a place of strength.

Step 2: Find Your Advocate

Who can help champion your growth? Maybe it's your manager, a mentor, or even someone in HR. Set up a career-focused conversation—not just a "pay me more" meeting, but a discussion about your path at the compa-

ny. Ask what it takes to move up, what opportunities exist, and how they see your future.

When the time is right to ask for a raise, go in prepared. Keep it professional and frame it around your impact: "I love being part of this team, and I've taken on more responsibility over the past year. Based on market data and my contributions, I'd like to discuss adjusting my salary to reflect that growth."

Step 3: Consider Your Options

If a raise isn't in the cards right now, are there other perks you can negotiate—more PTO, a better title, professional development funds? Is there a clear path to a promotion in the near future? Or... is it time to start looking elsewhere? Sometimes, the best way to get the pay you deserve is to find an employer who recognizes your worth upfront.

Remember:

Know your worth—Your skills and hard work deserve recognition.

Speak up for yourself—No one will advocate for you like you will.

Have a little patience—If you are just starting this conversation, it takes time to get results.

Stay open to possibilities—A better title, more benefits, or a fresh start might be the answer.

You've got this. Take the frustration and turn it into action—your future (and your paycheck) will thank you.

Cheering you on,
Your Career Coach

Holly Smevog is a certified career coach, founder of HMS Career Coaching and a Cape Elizabeth resident. Holly and her team help individuals navigate career transitions with confidence. Send any career questions to editor@capecourier.com and they will be answered anonymously here.

CELT spring/summer programs

CELT's 40th Anniversary Guided Walk Series:

Please visit <https://www.capelandtrust.org/events> for more information and registration

National Trails Day Cross Town Walk

Join Cape Elizabeth Land Trust staff and educators for the annual Spring Cross Town

Walk. Beginning at Portland Head Light, located at Fort Williams, this walk will traverse 8.2 miles of trails highlighting Cape's great places; including Spurwink Marsh, Robinson Woods and Great Pond. The walk takes approximately four hours and includes a BYO lunch stop. Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams. Snacks, drinks and lunch should be brought by each participant. All participants must register at least at least 48 hours in advance of the program to receive notification of changes or cancellation.

Date: Sunday, June 8, 8 a.m. - 1:30 p.m.
Location: Meet at Portland Headlight near the lighthouse.
Cost: \$10 per person. Max 15 / Min 5

National Trails Day Cross Town Walk (Second Half Option)

Interested in the Cross Town Walk, but not ready to commit to all 8.2 miles? Join Cape Elizabeth Land Trust for a half distance (~4.5 miles) walk highlighting some of Cape's great places, including Spurwink Marsh and Great Pond. The walk takes approximately three hours and includes a BYO lunch stop. Hikers will meet at the CELT office in town center and will carpool (arranged prior to walk) back to Fort Williams after lunch. Snacks, drinks and lunch should be brought by each participant.

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

Date: Sunday, June 8, 10:30 a.m. - 1:30

-see CELT page 14

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News from the School Board

By Phil Saucier

As the school year comes to a close, filled with ceremonies, field trips, tests, field days, and the excitement of summer, I thought I would take the opportunity in our monthly column to pass along congratulations and a thank you to the many people have made our school district and community such a wonderful place to teach, learn and grow this year.

Congratulations are first in order to the Class of 2025! Graduation day at Fort Williams on June 1 was a beautiful and joyous occasion. We are all proud of your accomplishments and wish you good luck in your future endeavors.

Congratulations as well to our pre-kindergarteners, 4th graders, and 8th graders as they rise to their next grade and school this fall.

I am filled with gratitude for all of our staff, teachers, and administrators who put so much effort into making our district the best it can be throughout the highs and challenges of the school year. They are thoughtful, dedicated, and kind people who work tirelessly on behalf of our schools and community. It has been a pleasure to get to know many of you in my role on the School Board.

Thank you to our bus drivers, custodians, food service workers, and maintenance mechanics for transporting and feeding our students, and keeping our buildings clean and safe. We appreciate all of the essential work they do for our district.

I have deep appreciation for our nurses, social workers, and counselors who care for and support our students' physical, social and emotional wellbeing with kindness and grace.

Thank you also to our excellent and dedicated educational technicians who work so closely with our students to ensure each individual receives the support they need, often putting in extra time and effort. They are truly an integral part of our educational team.

I am grateful for our dedicated teachers who impact our students' lives in so many ways. We are lucky to have such a great group of professionals with such talent and an infectious love of learning.

Thank you as well to our truly great team of administrative specialists who keep our schools running, ensure the safety and security of our buildings, assist the administrative team, and answer questions and requests from students, faculty, and parents, among many other countless responsibilities.

A big thank you to our truly talented administrators, who put in countless hours to ensure our district is running smoothly. It has been a true honor to work directly with the District Leadership Team this year on the budget, school building project, contract negotiations, policy and many other matters.

Thank you as well to our employees in the business office who do the important but quiet work of operating the administrative side of our district in an efficient and effective manner.

Thank you to the Cape Police and Fire Departments for their collaboration, responsiveness, and helping us keep our students and staff safe.

Finally, thank you to all of our parents and community volunteers who gave more than 3,425 volunteer hours to our schools this year - along with a personal thank you to my fellow volunteer school board members who have given hundreds of hours of their time.

You'll see from the above it truly takes

an entire community of people to educate our children.

Finally, thank you to all of our retirees who have dedicated so much of their professional lives to our schools:

- Laura Briggs - Middle School Teacher [18 yrs]
- Kris West - Special Education Ed tech (middle school) [22 yrs]
- Karen Johnson - Special Education Ed tech (high school) [10 yrs]
- Sharon McIntyre - Special Education Ed tech (elementary) [23 yrs]
- Trina Richards - Special Education Ed tech (elementary) [27 yrs]
- Rosemary Ginn - Literacy Specialist (elementary) [14 yrs]
- Marianne Harrington - Grade 2 Teacher [20 yrs]
- Michelle McClellan - Assistant Superintendent [4 yrs]
- Dawn Rioux - Grade K Teacher [17 yrs]
- David Shields - Elementary Phys Ed Teacher [37 yrs]

I hope everyone has a happy and safe summer.

Our regular meetings are on the second Tuesday evening of every month in the Council Chambers, our workshops are held on the fourth Tuesday evening in the high school library, and our committees meet regularly throughout the month with dates and times posted on our website. Please reach out to us at cesb@capeelizabethschools.org anytime.

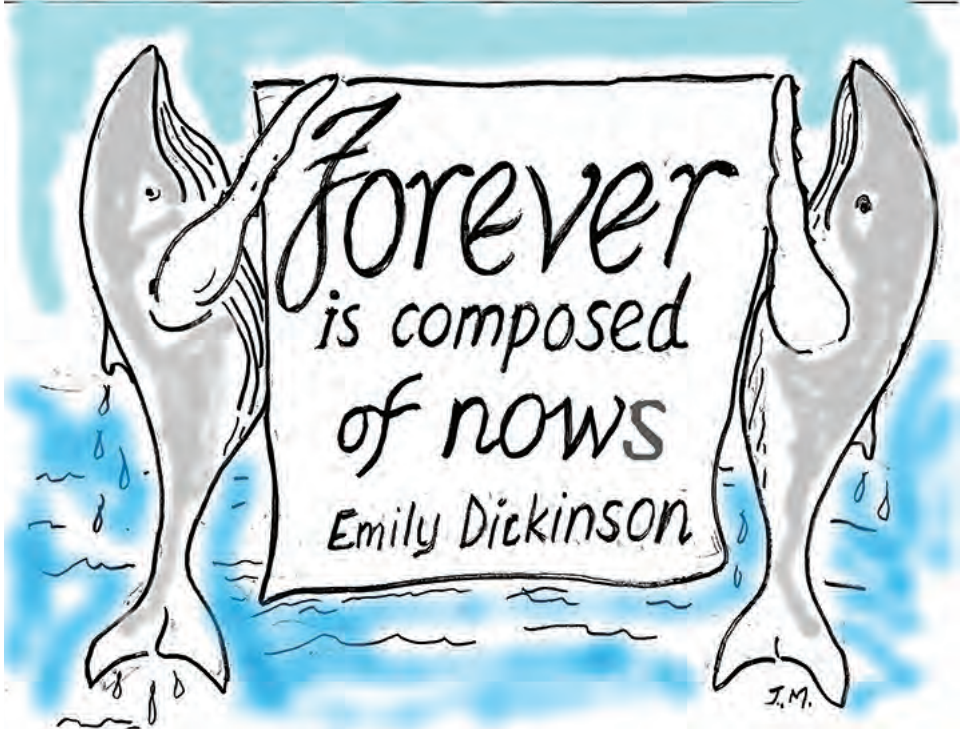
Judy's Pantry – a community feeding itself

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. Please consider a non-perishable donation to the IGA drop box.

Capetoon: To the class of 2025

By Jeff Mandell





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The “KID” Courier



Drawn by Winnie Wiggins

Pond Cove third grader Winnie Wiggins recently participated in the 21st annual Casella Calendar Art Contest, where students from across six states submitted artwork illustrating the importance of waste reduction, reuse and recycling. Out of 2,853 entries, Winnie’s artwork, pictured above, was selected to be featured in the 2026 Casella Calendar.

Mystery Boxes sell like hotcakes

By Cape Elizabeth Land Trust

“Our first stop after checking in at Paint for Preservation is always the Mystery Box table,” said Mary Copeland, who is eagerly awaiting this year’s auction gala to be held on July 13.

The sale of Mystery Boxes is one of the most popular features of the annual event in Cape. These smaller paintings by the participating, award-winning artists are limited in number and sell out every year – often in less than a half hour.

The paintings are presented in a black box tied with a ribbon. Buyers have no way of knowing what’s inside - who the artist is or

even what the painting looks like, so it is a true mystery. That mystery – and the rush to get one – is all the fun.

Said Chris Copeland, “Whenever I see the paintings we’ve bought now hanging in our bathroom, I’m reminded of the moment of excitement when we unpacked them. I like knowing they were painted by the artists on display in the larger auction. We definitely have favorites that we hope to get, and the surprise of the moment of unveiling is really fun.”

Mystery Boxes are a relatively recent addition to the 18-year-old wet paint auc-

-see P4P page 12



Drawn by Whit Dienstag

My name is Whit Dienstag. I am 7 and-a half years old, I’m in first grade and I live in Cape Elizabeth. This is a picture I drew of an imaginary camp called “Maine Scouts Animals in Maine.”

There is a list of the animals: the teacher is an owl and the scouts are a chickadee, a crow, two eagle babies with a mother, a cardinal, and a raccoon family with a deer, a moose, a bear family and a funny squirrel.

In this imaginary camp they learn how to become great Mainers. Where all of the scouts meet is at a big pine tree in the middle of the forest with a big flag on the top that says “Maine Scouts Animals” with a pine

tree.

The scout days are on Thursdays, Saturdays and Tuesdays. Every day after all of the learning, they do something fun like soap box derby, roast marshmallows by the fire and airplane races in the sky.

Before everybody gets to the scout tree there is a big tent in the middle of the path to the scout tree. Inside there are lots of fun crafts and board games to do while the animals wait for the day to start.

Have a submission for the Kid Courier?
Email us at info@capecourier.com. We would love to hear from you!



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4th of July BBQ

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

Sample Menu Items:

Farmers' Salad	Signature BBQ Ribs
Grilled Burgers	Potato Salad
Sweet Italian Sausage	Mac & Cheese
Grilled Hot Dogs	Lemon Bars
Strawberry Glazed Chicken	Blueberry Shortcake

For more information, please visit InnbytheSea.com
40 Bowery Beach Road | Cape Elizabeth | InnbytheSea.com



Adults \$55
Children 5 to 12 \$25
Reservations required, 207.799.3134
(Inside if inclement weather)



At Inn by the Sea

Local artist is now also a blacksmith

Town designates July for Domestic Abuse Awareness

By Kevin St. Jarre



Photo by Patrick Scanlon

Marie Ahearn is an accomplished visual artist who has extended into blacksmithing, and is seen here working on the grinder.

Many people know Marie Ahearn is a visual artist, with a recognizable style of paintings. She has expanded her creative repertoire to include blacksmith and metal worker. She said she focuses on items for the home and garden using traditional and contemporary methods with steel.

Ahearn said, “I am always working on coffee scoops and grilling tools. Currently, I’m in the sketching phase of a garden gate. Last week was a big week. Three projects: a ladle, spatula and a heart shaped trivet, all came together.”

She said she was fortunate to work for and with other artist blacksmiths and gain hands-on experience with architectural ironwork such as beautiful gates, pot racks, fire place screens and railings.

“A year ago I set up my own forge within a maker’s space, [called] factory3, in Portland. My favorite kind of pieces to make are one of a kind pieces that you are going to want to pick up and handle; an object like that will hopefully make an ordinary task a little extra special or delightful,” Ahearn said.

Ahearn said she found her way to blacksmithing through art. “I love that I can make an everyday object aesthetic and special, but I also pretty much like making anything out of metal,” she said. “I was drawn to blacksmithing by the fire, the red-hot metal and the simple idea that steel can be shaped with a hammer and anvil to make functional and beautiful objects.”

Of her process, she said, “I start with a decision about what I will make and then I either picture it in my mind or do a quick sketch. I don’t use a detailed or exact blue print because I like to allow the process to shape my decisions and aesthetic choices. I like each piece to be unique and to emphasize the handmade quality.”

When asked what one thing she would wish to have that might help with her new art, she replied, “I would love a plasma cutter, which is a type of torch that cuts steel. It would allow me to draw and cut out shapes of sheet steel easily and efficiently. Right now, I have other ways to cut steel but they are each a little tedious or inefficient.”

Ahearn said, “There are lots of ways to try out blacksmithing as a beginner. As a group, blacksmiths are incredibly helpful, welcoming and supportive of each other and new

comers. I took my first class through continuing education at Maine College of Art. You can reach out to New England Blacksmiths (NEB) which maintains a teaching center in Brentwood, New Hampshire. There is also the New England School of Metalwork in Auburn.”

Those interested in learning more about Ahearn and her work, can sign up for her quarterly email newsletter at marieahearn@factory3.com under the ‘inquiries’ tab. People can also go to her Instagram [@marieahearnmetal](https://www.instagram.com/marieahearnmetal). Also, this summer, she will be selling her work at the factory3 (@factory3) booth at the Portland Fine Craft Show on August 23. Additionally, she will be at the Norway Maine Festival on September 13.

Ahearn said, “I also show my work at factory3 Makers’ Markets held occasionally throughout the year. If you are interested in blacksmithing as a craft or my work in particular you can send me a message on my website or social media.”

At the request of Thomas Memorial Library Director Rachel Davis, the Town Council made a proclamation declaring July as Cape Elizabeth Breaks the Silence of Domestic Abuse Month at their June 9 meeting. Davis has been working with the Cape Elizabeth Police Department and the statewide nonprofit organization Finding Our Voices to raise awareness and provide services for people struggling with domestic abuse. Cape Elizabeth will be joining many other Maine towns who have partnered with Finding Our Voices to bring survivor powered domestic abuse awareness campaigns to their communities.

Although the request for the July proclamation was initiated by the Library Director, the intent of the proclamation is to make the awareness campaign an annual town wide event. During the month of July, residents of and visitors to Cape Elizabeth will see yellow displayed throughout the town including in public offices. According to Patrisha McLean, Finding Our Voices CEO and founder, yellow being the color of her group symbolizes domestic abuse survivors who “have managed to cross over to the bright side of safety and freedom, shining a light for our sisters who are still in the dark.”

McLean’s photo portraits of 50 Maine survivors—including Governor Janet T. Mills—are featured in the group’s ground-breaking domestic abuse-awareness posters. The July exhibit in the Stier Family Gallery at the library will feature a selection of these posters, as well as artwork created by Maine high

-see AWARENESS page 15

CEGC celebrates National Garden Week



Contributed photo

In celebration of of National Garden Week, June 1 to 7, the Cape Elizabeth Garden Club presented to Thomas Memorial Library an arrangement of flowers to be displayed at the front desk. Nancy Atwell, a longtime garden club member, created the arrangement with flowers harvested from her garden on Scott Dyer Road. For information about garden club activities, please email capelizabethgardenclub@gmail.com.



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A group photo of six people, likely the veterinary staff, standing outdoors in front of greenery. They are all smiling and dressed in professional attire.

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SCARBOROUGH, ME

Thomas Memorial Library offers support circle, program on true crime

Holiday Closure
The library will be closed on Thursday, June 19 for Juneteenth.

Library Summer Reading Programs Are Underway
No matter your age, the library has a summer reading program just for you! This summer we are introducing a new Summer Reading theme, “Building a Better World,” that we plan to continue expanding on in the coming years. We hope to not only promote reading for all ages, but also to encourage activities and provide incentives that make our world a better place to live for people, wildlife and the environment. This year’s summer reading programs feature a different bingo card for each age group. Activities on the cards include different reading experiences, and different ways to connect with the world and our community. Stop by one of the library’s service desks to sign up.

Monthly Blood Pressure and Blood Sugar Checks Continue
For over a year, the library has been partnering with the CE Fire/Rescue department to offer free blood pressure and/or blood sugar screening on the fourth Wednesday of every month from 11:30 a.m. - 12:30 p.m. If you’d like to participate, you can sign up for a time slot on the library’s website; drop-ins are also welcome.

Photographs Depicting Climate Change on Display in June
In the spring of 2023, the local nonpartisan nonprofit Seeing for Ourselves partnered with Cape Elizabeth High School to recruit a quartet of students to roam the local area with their smartphones and visualize the likely impact of climate change in the coming decades. Local media covered the story. Their self-captioned photographs were exhibited in the Stier Family Gallery in 2023 and early 2024. A short film of one student’s expedition would go on to win multiple awards. Inspired by the Maine students’ example, high schoolers in Illinois and California also signed up during 2024-25 as Seeing for Ourselves partnered with the Chicago youth climate

group It’s Our Future and the Bay Area youth climate organization Everyday Climate Champions. The works of many of these photographers across the country are exhibited in the Stier Family Gallery this month. The participants also uploaded their photographs to Home Stories, a global storytelling initiative supported by the National Geographic Society. The exhibit can be viewed at the library throughout the month of June.

PROGRAMS FOR CHILDREN, TWEENS & TEENS
Please visit the library’s website for information about weekly story times and other recurring programs. We have something going on every day of the week.

Build a Better World. Be a Book Fairy
Saturday, June 21 from 10:30-11:30 a.m.
WANTED! Gently-used, gift-quality board books. Babies need books, and you can help. Bring your gently-used, gift-quality board books to our Book Fairy Party at the library. We are only able to accept donations on the day of the event. Thank you for your understanding. Join TML and Pam Leo, founder of the Book Fairy Pantry Project, to make your own Book Fairy crown, hear a story and play in our play center. Light refreshments will be provided. All donors will receive their very own pair of fairy wings! No registration necessary.

Touch and Feel! Interactive Tide Pool, presented by Chewonki
Friday, June 27 from 2:00 -3:00 p.m.
all ages
Join us for this interactive, all-ages program. The tide pool is home to a variety of species whose unique adaptations allow them to maintain stability in a world that is in a constant state of change. Which species can endure the waves, tides and temperature changes of the rocky coast? Using this interactive traveling display, participants will dip their hands into the three zones of Maine’s rocky intertidal ecosystem and touch some of the ocean’s most magnificent species. Registration re-

quired, please sign up on our website.
FOR ADULTS
For information on our regular recurring programs, please visit the library’s website.

Senior Social Hour - An Intimate Look at the End-of-Life Journey with Kim Crabill
Wednesday, June 18, 1:00 - 2:00 p.m.
An Intimate Look at the End-of-Life Journey: Death is hidden from us by our society and culture, and Dr. Martha Atkins aims to change that. When she presented at HSM’s 2023 Thresholds Conference, she shared her friend’s end-of-life story through videos of her progression, to make it available to share. We will watch clips of her journey and share our own stories to help dispel the cultural taboo we hold.

Film School: Carol
Tuesday, June 24, 5:00 - 8:00 p.m.
For this month’s program, we’re celebrating all things Pride with Todd Haynes’ 2015 drama “Carol.” Based on the 1952 novel by Patricia Highsmith, “Carol” is a lush historical romance between two women, played effervescently by Cate Blanchett and Rooney Mara. Join us for a screening and discussion of this film (that received a ten-minute standing ovation at Cannes) and learn a little bit about the history of queer and lesbian cinema. Come just for the movie and popcorn, or stay for the conversation afterward too. To stay up to date on future Film School screenings and receive post-discussion material, sign up for the Film School mailing list. No registration required to see the movies. Open to all from movie buffs to casual viewers, and everyone in between.

The Ethics of True Crime with Sharon Kitchens
Thursday, June 26, 6:30 - 8:00 p.m.
Maine writer Sharon Kitchens (author of Stephen King’s “Maine”) is back with a brand new piece of creative nonfiction, along with unique insights to share about the process of researching and writing it. Sharon’s latest book, “The Murder of Dorothy Milliken: Cold Case in Maine,” tells the story of an unsolved 1976 murder that

took place outside a laundromat in Lewiston. In this retelling of the crime, Sharon will also talk about the leads she uncovered, roadblocks to the research, and how true crime can be created and consumed ethically, finding balance between coverage and curiosity of victims as well as perpetrators. Anyone interested in true crime is sure to be fascinated by Dorothy’s story, as well as Sharon’s unique understanding of the genre.

Support Circle, last Saturday of the month
Saturday, June 28 from 10:30-11:30 a.m.
Parents of children and adults with disabilities are invited to participate in an informal monthly discussion group to share and learn from each other. Meets on the last Saturday of every month in the library’s Conference Room. Light refreshments will be provided, please register on our website.

P4P
Continued from page 10
tion. They were introduced in 2016 to enable more people to buy art in a relatively inexpensive way. Only 30 full-size paintings are auctioned off – one per artist. But each artist can choose to contribute up to four of these smaller paintings, which are then sold outright. Paintings must be on canvas or board, unframed and sized either 8 x 10 or 10 x 10 inches. Subjects should be on the theme of celebrating nature, but they do not have to be painted in Cape Elizabeth.
Said Paint for Preservation Chair Patty Renaud, “The mystery boxes increase participation for those who would like to buy art but miss the opportunity to buy a larger painting. It is also a way for artists to get additional exposure.”
Volunteer Jean Brooks added, “The artists selected for P4P are consistently stellar. The mystery boxes they provide are great as a remembrance of the evening and they make a perfect gift, too. I’ve never been disappointed!”
Mystery Boxes can only be purchased at the Paint for Preservation event, scheduled for July 13, from 4:00-7:30 p.m. Tickets can be purchased at www.capelandtrust.org/paint. Early bird tickets are available until June 25, when the price increases.

Cape Elizabeth School Department

Cape Schools Open Minds and Open Doors

DESTRUCTION of EDUCATION RECORDS
Notice to all persons who ever attended school at Cape Elizabeth School Department and who graduated in the Class of 2015, or to their custodial parents:

The Cape Elizabeth School Department may have cumulative records in its possession for those students and will destroy such records after July 18, 2025.

If you would like to have these records rather than having them destroyed, please contact:
School Counseling Office, 345 Ocean House Road
(207)799-3309 x4401, or via email at: ehetrick@capeelizabethschools.org.

The School Department shall maintain permanently a record of a student’s name, address, phone number, grades, attendance record, classes attended, grade level completed, and year completed.

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

Cape Elizabeth School Department

Cape Schools Open Minds and Open Doors

DESTRUCTION of SPECIAL EDUCATION RECORDS
Notice to all persons who ever attended school at Cape Elizabeth School Department and who were born between January 1, 1998 and December 31, 1998, or to their custodial parents:

The Cape Elizabeth School Department may have special education records in its possession for those students and will destroy such records after July 7, 2025.

If you would like to have these records rather than having them destroyed, please contact the
Special Services Office, 14 Scott Dyer Road, (207)799-8812 x7010, or via email at: mnichols@capeelizabethschools.org.

The School Department shall maintain permanently a record of a student’s name, address, phone number, grades, attendance record, classes attended, grade level completed, and year completed.

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

Local birding report

By Brooks Bornhafft

With the waning of peak migration and summertime close at hand, breeding season is well underway across Cape with birds singing mightily as they establish territories and nests. Resident birds like Carolina, Wrens, Tufted Titmice and Eastern Bluebirds are further along and are now keeping close eyes on their rambunctious fledglings.

On the first late afternoon of June within Robinson Woods III I noted 41 different species of birds including four different types of flycatchers, Eastern Wood-Pewee, Yellow-bellied, Least and Great Crested. I also heard my first Warbling Vireo of the season. This vireo has a strong preference for remaining in the upper canopy and is often very challenging to spot. Fortunately, the male's melodious burbling tune stands out amidst the forest chatter, as they are remarkably persistent singers.

The following day I was treated to a pre dusk chorus of Veerys, Hermit Thrushes, a Winter Wren, Black-throated Green Warblers and Ovenbirds. A Wood Thrush and Scarlet Tanager briefly joined the ensemble as well. Hearing and perhaps catching a glimpse of a Wood Thrush is always a special occasion for me as their presence in our woods have become increasingly rare over the years. In Henry David Thoreau's person journal he described this thrushes song as "a pure and unmatched melody that changes all hours to an eternal morning." The Wood Thrush's scientific name is *Hylocichla mustelina*, meaning "weasel-colored woodland thrush" and refers to the bird's rich, brownish red head, back, wings and tail. After some effort I found this woodland minstrel in a White Ash Tree uttering his lush, flute-like ee-oh-lay hymns.

Across the more interior intact sections of Cape Elizabeth like Gull Crest, Chestnut-sided Warblers, Black-throated Green Warblers, Ovenbirds and Pine Warblers are settling in as are Veerys. Of the thrush family, the Veery's breezy spiraling song is enchanting as it echoes across the wooded understory. Also, in the damper deciduous and mixed woods sections were many American Redstarts. Males display black and flame colored plumage as they flutter and dart. Likely the most abundant warbler in Gull Crest is the Common Yellowthroat. The always watching male Common Yellowthroat dons a broad black mask against a bright yellow nape, crown and throat. Perpetually slinking and clucking, this warbler is a particularly curious little fellow and the birds distinctive witchety-witchety-whitchety call notes often reveal its presence.

Other mentionables across town include the following: many hundreds of Cedar Wax-

wings could be found throughout our woodlands, perhaps mother nature's way of helping protect our treasured trees. Waxwings are almost always zeroed in on berry yielding trees, the exception being during peak spring inchworm periods where they feast on these destructive pests. Waxwings also love blossoms which contain the plant embryos that are a rich source of nutrition. Furthermore, while we do see Cedar Waxwings throughout the year in Cape, the masses of birds that are seen in spring are most surely migratory flocks from far away. Be sure to listen for their high-pitched flight calls which seem to ebb and flow across the upper canopies of our forests throughout the month of June.

On June 4 around dusk in my yard I heard what I thought was the buzzy peent call of a American Woodcock approaching overhead – turned out to be a Common Nighthawk. These medium sized crepuscular birds are of the nightjar family. While they may sit motionless all day, come dawn or dusk they take to the wing to roam the skies in search of insects.

On June 6 I spotted a gathering of Least Terns just off the shore of Pond Cove. These small but might terns are the smallest of their species in the world, comparable in weight to that of a mockingbird.

And, while enjoying my morning coffee on June 8, my attention was abruptly drawn to a large, dark creature bounding through the tall grasses of my neighbor's field. Its loping gait, impressive size, and swift pace left little doubt – it was a Fisher. Just seconds later, a Red-tailed Hawk plunged into view, swooping down at the intruder. To my astonishment, a Broad-winged Hawk soon followed, chasing after the retreating Fisher cat as well. Clearly these two raptors had no intention of letting this formidable predator linger in their territories during nesting season. Interestingly, Broad-winged Hawks travel all the way from Central and South America every spring to nest in our woodlands. Instead of flying over large bodies of open water like the Gulf of Mexico, many raptors, including the Broad-winged Hawk follow land-based routes their entire journey in order to leverage thermal air currents and glide long distances. Listen for this hawks distinctive, high-pitched whistle next time you are in Robinson Woods.

Lastly, if you were ever wondering whether birding changes your brain, the answer is yes. While pondering this question myself recently I came upon a compelling article written in the Spring of 2023 and published in The Audubon Magazine, titled "Yes, Birding Does

-see BIRDING REPORT page 15

Celebrating 40 years of CELT

By Marta Girouard

In 1974, eleven years before the Cape Elizabeth Land Trust was founded, the idea for a Cross Town Trail surfaced. Over the years, the trail has been completed through a patchwork of different types of conservation land. This included land owned by CELT or the town, land with easements held by CELT or the town, former "paper streets," land set aside to offset development, state-owned lands and even a utility easement. In 2022, the final section was permanently conserved with Chapel Woods.

The Cross Town Trail is approximately eight miles, traveling between Fort Williams and Kettle Cove. The full trail can be walked at a leisurely pace in 3-4 hours and the midpoint of the trail passes through town center and past CELT's office. A PDF trail guide is available with detailed directions, points of interest and additional historical context at: <https://www.capeandtrust.org/properties-trails/property/cross-town-trail-2/>. Lot parking is available from dawn to dusk at Fort Williams Park and Kettle Cove State Park.

Since the trail crosses the whole town, there are many different ecological aspects across the trail. "The vegetation keeps changing every day as spring turns into summer, as well," said Ardath Dixon, Stewardship Manager at CELT. The birds have been returning and on a recent walk, Dixon heard calls from the Cedar Waxwing, White-breasted Nuthatch, Chipping Sparrow and American Robin. "The lush green leaves are returning too, both on tree branches and with

ground cover including the Interrupted fern, Sensitive fern, American royal fern, false Solomon's seal (aka Solomon's plume), Jack-in-the-pulpit, Northern starflower, Canada mayflower, and Canadian bunchberry," Dixon said.

One interesting feature of the Cross Town Trail is the Chronolog station. A Chronolog location is where you can take and upload pictures in all seasons to contribute to time lapse videos. These stations help capture visual changes over time and allow us to interact with nature in an interactive way. The Chronolog station on the Cross Town Trail overlooks the Spurwink River on the long boardwalk over Spurwink Marsh, connecting the CELT Willow Brook trails and the town Gull Crest trails. According to Dixon, the metal sign at this specific station broke off earlier this spring and she hopes the replacement sign will be installed in the next couple of weeks. The stand is still there, but with no sign currently attached.

For more information on the Cross Town Trail, including rules and details for cyclists and dog owners, visit: <https://www.capeandtrust.org/properties-trails/property/cross-town-trail-2/>. Check out the Cross Town Chronolog station at: <https://www.chronolog.io/site/CET104>.

CELT holds an annual Cross Town walk and this year's summer trail walk will be held on June 21 from 9:00 a.m. – 2:00 p.m. For more information and to register, visit: www.capeandtrust.org.

Cape Elizabeth Garden Tour is July 19

By Friends of Fort Williams Park

Join the Friends of Fort Williams Park on July 19 for the 12th Cape Elizabeth Garden Tour. Spend a summer day wandering through local gardens featuring beautiful gardens with backyard wildlife habitats, native plants, woodlands and more. The tour is self-guided, beginning with registration at the Children's Garden in Fort Williams at 9 a.m. and runs through 3 p.m.

Tickets are \$35 and can be purchased at: <https://fortwilliams.org/cegarentour>. As a primary fundraiser for the Friends of Fort Williams Park, proceeds from the tour support stewardship efforts to preserve and

enhance Fort Williams Park.

Interested in a free ticket? Volunteer with us! All Garden Tour volunteers earn a free ticket to the event. For more information on how you can get involved, email gardentour@fortwilliams.org. To sign up as an Event Volunteer, visit: <https://fortwilliams.org/cegarentour>

A special thank you goes out to this year's Event Sponsors: Gnome Landscapes, Maine Home+Design, Town & Shore Real Estate, and Woodin & Company Store Fixtures. Their generous support helps to make this event a success.

For more information, visit: <https://fortwilliams.org/cegarentour> or call or

-see GARDEN TOUR page 15

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CAPE CALENDAR

By Wendy Derzawiec

Please see the town website, www.capeelizabeth.com for meeting locations

Instructions for joining video conference meetings listed below will be posted on the town website, www.capeelizabeth.com.

Thursday, June 19

Fort Williams Park Committee, Community Center, 6 p.m.
Energy Committee, Town Hall, 7 p.m.

Tuesday, June 24

Board of Zoning Appeals, Town Hall, 7 p.m.

Thursday, June 26

Thomas Memorial Library Committee, Thomas Memorial Library, 6:30 p.m.

Monday, June 30

Recycling Committee - SITE VISIT, 1 p.m.. Tour at the Eco-maine facility, 64 Blueberry Road, Portland.

Tuesday, July 1

Planning Board Workshop, 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: ccrcme.com for Cape information.
South Portland/Cape Elizabeth Rotary Club, 6:15 p.m. Wednesdays at 107 Preble Hall, South-ern Maine Community College, 2 Fort Road, South Portland. sp-ce-rotary.org.

CABLE GUIDE

CETV CHANNEL 1302

Subject to change. Please see cetv.capeelizabeth.org for latest program guide and video on demand.

Board of Zoning Appeals
June 24 - 7 p.m.

SERVICES

Cape Elizabeth Church of the Nazarene
499 Ocean House Road (Route 77)
747-1113
www.capenazarene.org
Sunday School for all ages: 9:30 a.m.
Sunday Worship Celebration: 10:45 a.m.
Services streamed live or on demand: watch.capenazarene.org

Cape Elizabeth United Methodist Church
280 Ocean House Road
799-8396
www.ceumc.org
Sanctuary Service: 10 a.m.
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
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
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
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
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)
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
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
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
Sunday Morning Worship: 9:30 a.m.
Sunday School & Nursery Care



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CELT

Continued from page 8_____

p.m.
Location: Meet at CELT Office
Cost: \$10 per person. Max 15 / No Min

Tidepooling the Rocky Shore
Join Cape Elizabeth Land Trust Education Program Coordinator Ali Gustavson 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. (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, 3:00 – 5:00 p.m.
Location: Kettle Cove Beach
Cost: \$10 per family

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Birding report

Continued from page 13

Change Your Brain.” The article explores how birdwatching can reshape cognitive processes and enhance observational skills. The piece highlights research showing that developing expertise in bird identification rewires the brain, improving memory and pattern recognition. One example given comes from Harvard Medical School, where professor Rose H. Goldman incorporates bird identification into her medical training to sharpen students’ diagnostic abilities. Neuroscientists have found that the same brain regions activated for facial recognition also engage when distinguishing birds, reinforcing the idea that expertise in any subject can alter neural pathways. The article underscores how birding fosters deep focus, strengthens memory, and enhances perception—offering cognitive benefits beyond, dare I say, the joy of spotting a rare species.

Garden Tour

Continued from page 13

call 207-767-3707. You can also follow the Friends on Facebook or Instagram for more information and updates for this fun summer event.



QR code to buy tickets for the Garden Tour



QR Code to volunteer at the Garden Tour.

10th Reunion Planned for CEHS Class of 2015

The 10th Reunion for Cape Elizabeth High School's Class of 2015 is planned for Sunday, August 31st, from 5-9 pm at the Porthole Restaurant and Casablanca Cruises.

Please reach out to Daniel Menz at dmenz27@gmail.com to RSVP.

Ticks

Continued from page 7

reactive to the next exposure to alpha-gal, perhaps by eating meat.

Dr. Rob Smith, the Director and Founder of the Vector-Borne Disease Laboratory at MaineHealth Institute for Research explained that a woman from York County tested positive for alpha-gal syndrome after being bitten a species of black-legged tick. While more than 60 people from Maine have been diagnosed with alpha-gal since 2014, Dr. Smith did say more study needs to be done.

Another concern is the appearance of SFR.

Researchers from the University of Massachusetts Amherst reported that they found rabbit ticks in Maine carrying a new type of bacteria that can cause spotted fever rickettsioses. Nationally, the most common type of SFR, is known as Rocky Mountain Spotted Fever, although that particular strain of SFR is rare in Maine with no documented cases in people.

The UMass researchers found the bacteria in 6 percent of 296 rabbit ticks collected from 38 towns across Androscoggin, Hancock, Kennebec, Knox, Lincoln, Penobscot, Sagadahoc, Waldo and York Counties.

“While these rabbit ticks don’t feed on people very often, there’s a possibility that they could spill over into systems where people could get exposed. We’re interested in figuring out the nature of this environmental risk,” according to UMass Amherst microbiologist Stephen Rich.

SFR is typically spread by dog ticks, and cases are rare in New England. Researchers hope that identifying rabbit ticks as a source of the bacteria may lead to a better understanding of how the illness is spread.

Symptoms of SFR, such as Rocky Mountain Spotted Fever include fever, headache, rash, nausea or vomiting, stomach pain, muscle pain and lack of appetite. Reportedly, a dog in Cape Elizabeth was recently diagnosed, via blood tests, with Rocky Mountain Spotted Fever.

In the case of the Cape Elizabeth dog, it

was reported that it appeared at first like conjunctivitis, and was also suspected to be glaucoma, with swollen and painful eyes, before being correctly diagnosed through lab work. The dog’s eyesight was obviously impacted.

It is recommended that people check themselves, their children and their pets daily for ticks. The clothing people wear is also a factor. Ticks often grab on to people at the knee and crawl upwards into short pants, or up that arm into short sleeves, or latch on around bra straps. People are encouraged to wear clothing that ticks cannot climb up into. It’s recommended that people treat their pets for ticks as well.

Awareness

Continued from page 11

school students through the Finding Our Voices “This is Not Love” campaign.

On the evening of July 15, the library will host a Finding Our Voices Survivor-Speaks panel discussion on domestic abuse. That day, Finding Our Voices will hold an outdoor rally educating the public about the domestic abuse that is all around us.

Complete details about the events offered as part of the July observance will appear in the July 2 issue of the Cape Courier. For more information or to become involved, please contact Rachel Davis at rdavis@thomas.lib.me.us. To learn more about Finding Our Voices visit <http://findingourvoices.net>

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Photo by Tara Simopoulos

Kari F. is having a ball on the blow-up obstacle course at the new Cape Fest (formerly Family Fun Day) on June 8, 2025 at Fort Williams.



Photo by Tara Simopoulos

William Owen took to the sky on the fan favorite bungee jump at this years Cape Fest.



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