

The Cape Courier

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Aug 20 - Sept 2, 2025

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

capecourier.com

In the Spirit of Community

News from August 11 Town Council meeting

By Hanna Gilley

Town Council Reports and Correspondence

Chair Penny Jordan shared that a new tree had recently been planted in place of the old, "majestic" one that was removed several years ago located on Scott Dyer Road near the middle school.

Councilor Scifres opened discussion for future finance committee reports asking councilors if they have a preference of monthly or quarterly reports. Several councilors agreed they like having a monthly snapshot of finance updates with longer, more in depth financial details saved for quarterly reporting. Jordan suggested that the Cape Elizabeth Finance Director give a presentation to the council each quarter during Town Council meetings.

Town Manager Monthly Report

Town Manager Patrick Fox said the sum-

mer weather was amazing for the townwide staff lunch at Fort Williams park last week for an Employee Appreciation Day. Prior to the event, town staff had completed training and professional development work.

The Traffic Study Working Group held their first meeting on August 6 with many members of the public having participated. The group is working on a parking safety improvement plan for Fenway Road for the council to consider this fall. Also as a result from the meeting, there will be a street light and some warning signage installed in town.

Fox also notified those in attendance that the Shore Road/Cliff House Beach Neighborhood Public Parking and Transportation Safety Forum will take place on September 25 at Town Hall. Notifications will be distributed prior to the event.

An RFQ for the Salt Marsh Enhancement

-see TOWN COUNCIL page 7

Sell-out crowd at Wet Paint Auction raises record funds

By CELT

On July 13, nearly 450 friends and supporters of the Cape Elizabeth Land Trust gathered to raise more than \$140,000, a record amount, to support the conservation, stewardship and education programs of the 40-year-old land trust. In its 18th year, the annual Paint for Preservation wet paint auction celebrated art and the beautiful land and seascapes of Cape Elizabeth in rare form.

Cape Elizabeth artist Cooper Dragon-

ette received the highest sales price in the auction for his painting of the Spurwink River. This stunning piece garnered \$16,000, also a record for the event.

This is the one fundraising event held by the land trust each year, providing about nearly one quarter of the funds needed to conserve and care for the beautiful places in Cape. CELT is grateful for the financial support that comes

-see P4P page 15



Photo by Bob Harrison

At this year's Paint for Preservation event, Cooper Dragonette received the highest sales price in the auction for his painting of the Spurwink River.

Employee milestones celebrated

From Town Hall website



Contributed photo

From left to right: Martha Parowski, Susana Measelle Hubbs, Julia Hoisington, Brent Sinclair, Pat Fox, Darren Brown, Jason Emery, Jim McCormick, Penny Jordan, Scott Smart, and Andrew Kemp.

On August 7, town staff gathered under the picnic shelter at Fort Williams Park to celebrate and honor employees who have reached milestone years of service for the town of Cape Elizabeth. This year, every

5-year marker had employees to recognize, going all the way to 40 years with Captain Brent A. Sinclair of the Cape Elizabeth Po-

-see EMPLOYEES page 8

Cape Community Arena Group receives \$50k donation for rink

By Kevin St. Jarre

Cape Community Arena Group has received an anonymous \$50,000 donation towards their permanent rink goals, according to CCAG Board Chair Julie Furt, calling it "exciting news!"

According to Whitney Liston, CCAG's point person on events and fundraising, "As a board, we are very excited about the progress that we've made as a community project in the off-season. This includes:

- *Ordering a chiller to own, rather than to rent. The chiller rental represents roughly 30% of the operating budget of the rink. Purchasing the chiller reduces the annual amortized cost by 85%, which will make this project more sustainable into the future. We are still fundraising towards the purchase of the chiller and are currently \$50k short of our fundraising goal for this.

- *Gaining approval from Town Council to start the Planning Board process for a permanent facility

- *Retaining John Mitchell & Associates to help us navigate the planning process. John has a long history of successful projects within the Cape community and we are thrilled to have him and his team on board.

- *Retaining Chris Geatrakas of Davis Mechanical Service to advise on rink design. Chris has been helping the hometown rink in central Vermont of one of our board member's, Pat Butsch, for over 30 years. Chris also assisted with the build and design for the San Jose Sharks and New York Rangers practice rinks among his many, many years of experi-

ence.

- *Developing designs for the permanent rink and reviewing these with the Town Planning Board in a Workshop on August 5th

- *Continuing to fundraise in order to make this permanent community asset a reality."

According to Pat Butsch, the lead for CCAG's hockey programs, "The donation comes from family whose grandchildren are being raised in the Cape community and who want to see children have the opportunity to have easy access to a community rink. The donation is tied to advancing the permanent community rink and will be applied to the planning and permitting process, which is expected to cost more than \$100,000. The donor hopes that by making this substantial donation, that they will inspire other community members to help our non-profit be able to finish the permitting process and proceed to phase 1 of our multi-phased plan to put in a permanent asset for the community."

Those wishing to donate by check/mail can send it to: CCAG 40 Cross Hill Road Cape Elizabeth, ME 04107

Those interested in donating online, go to: givebutter.com/CCA-Raise-the-Roof

Also, one can contact Julie Furt at julie@capearena.org to discuss naming opportunities, multi-year pledges and donations other than check and credit card.

More information is available for the 2024-2025 season at <https://capearena.org/wp-content/uploads/2025/05/Cape-Arena-24-25-Season-Impact-Report.pdf>



The Cape Courier
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OUR MISSION STATEMENT
 The mission of The Cape Courier is to foster a sense of community by presenting news specific and unique to Cape Elizabeth and its residents, and, whenever possible, to promote volunteerism within our community.

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 Letters should not exceed 250 words. We reserve the right to refuse letters and to edit for length, accuracy, clarity and civility. We do not withhold names and writers may be limited to one letter per month. Petition-style letters will be declined. Letters reflect the opinion of the author, not The Cape Courier. Email letters to: editor@capecourier.com or mail to P.O. Box 6242, Cape Elizabeth, ME 04107. Please note: Letters will be acknowledged by email.

NEXT ISSUE: Sept 2
DEADLINE: Noon, Aug 22

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Thoughts on Sawyer Road

Scarborough agrees it must follow the state statute before deciding whether to remove the 150-year-old paradise that is Sawyer Road/Street, including holding public hearings. Cape should, too.

Arguments the causeway damaged the marsh are unsupported. Shallow ponds like those near the road are common throughout the marsh. The widened river near the Sawyer culvert is little changed since detailed measurements in 1963.

The town's YouTube video falsely asserts a "proper repair" will cost \$10,000,000. Instead, engineers estimated massive improvements guaranteeing the road would never flood might cost \$2.4 to 6.4 million, but massive upgrades aren't needed. The DOT says a standard culvert replacement needed in about four years should cost \$300,000.

The occasional flooding is a successful design feature detailed in plans from 1963. Phin Sprague offered to install automatic road closure gates, for free, to

simplify the rare road closings.

Nor has the infrequent flooding caused much road damage. Scarborough's total six-year expense maintaining the road is \$781.42.

Removal advocates have not addressed the environmental or traffic hazards they would create. The three minutes of extra driving town officials estimate for 1,080 daily vehicle trips represent 19,710 hours of unnecessary driving and pollution each year. Moving 1,080 lengthened daily trips off the straight, flat, unobstructed causeway to dangerous Spurwink and Wells Roads risks tragedy. Bizarrely, Cape budgeted a traffic study but hasn't performed it.

Advocates claim they will facilitate "marsh migration" that Cape's project maps forecast could destroy over a dozen Elizabeth Farms and Scarborough homes. Yet neither town has given those residents notice.

Edward S. MacColl

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.

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and other contributions
help keep this community
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mailbox.

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Etta Pols

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Let us
hear
from you!



We love feedback!

editor@capecourier.com

CEGC holding bulb sale

The Cape Elizabeth Garden Club is again this year holding a sale of fall-planted flower bulbs.

Proceeds will go to club activities, including civic beautification projects and the scholarship the Garden Club gives to a graduating senior at Cape Elizabeth High School intending to major in horticulture, environmental studies or related topics.

The bulbs the Garden Club is selling are from John Scheepers, a New England company whose roots date back a century.

The 12 species being sold are:

Camassia 'Blue Melody,' Allium 'Ostara,' Crocus "Candle Light," Crocus 'Hummingbird,' Snow Drop 'Hippolyta,' Hyacinth 'Jan Bas,' Muscari 'Mountain Lady,' Narcissus 'Rapture,' Narcissus 'Falmouth Bay,' Narcissus 'Zinzi,' Tulip 'China Town' and a Wild Species tulip mix. Bulbs may be ordered through a Cape Elizabeth Garden Club member or through the sale website. A link to the sale website can be found on the club's Facebook page: <https://www.facebook.com/cegardenclub/>.

Deadline for ordering is Sept. 20. Bulbs will be available for pick up in mid-October.

Whispers grow louder: CEEF prepares for Secret Supper ticket launch

While CEEF's lips remain mostly sealed, the latest dispatch from their elusive "Secret Supper Committee" confirms that tickets to the most unforgettable night in Cape Elizabeth are expected to open in mid-August — but only for those paying close attention.

What we can confirm:

- Friday, September 26 is the date
- Guests won't know their dining location until shortly before the event
- Everyone reunites for a dessert celebration in a very scenic, very hush-hush location.

Though specifics are scarce, the Cou-

rier has learned that Bryon & Wendy Tait have stepped forward as this year's Secret Keeper Sponsor.

CEEF has confirmed that the only way to gain entry to the evening is with a ticket — and with only 100ish full supper seats available, competition may be fierce.

When asked whether any other clues would be revealed, a committee member simply smiled and said: "Watch your inbox. And don't trust anyone who says they don't know what's happening."

Until then, stay curious. Cape Elizabeth's best-kept secret is nearly ready to be shared.

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

Finding Our Voices thanks Cape Elizabeth for breaking the silence

By Patrisha McLean

Finding Our Voices would like to thank Cape Elizabeth for full-throatedly and wholeheartedly breaking the silence of domestic abuse with our grassroots nonprofit in July.

Rachel Davis, director of the Thomas Memorial Library, brought unparalleled vision, dedication, creativity, and energy to a month's worth of activities raising awareness, erasing misplaced shame, and supporting local victims.

Rachel's own courageous voice as someone who grew up with an abusive father made an immeasurable impact, both at our outdoor educational rally and as one of seven survivors sharing their experiences at our standing-room-only public discussion in the library.

At our panel discussion event, Officer Ben Davis related that domestic abuse does indeed occur in homes of all price ranges. Dr. David Jacobson of Two Lights Dental, a star-participant in our groundbreaking program of donated dental care called Finding Our Smiles, spoke of the gratification he gets from restoring health, confidence and smiles to women domestic abuse survivors.

The Town Council's unanimous vote proclaiming July Cape Elizabeth Breaks the Silence of Domestic Abuse Month and the solid support of Town Manager Patrick Fox sent a powerful town-wide message of solidarity.

We are thankful to Spinnaker Trust and Clark Insurance for their generous event sponsorship, and to Inn by the Sea, The Good Table, and A&C Soda for gift certificate donations.

A special thanks to the Cape Elizabeth homeowners who stepped up to display Finding Our Voices lawn signs featuring the faces and voices of 48 Maine domestic abuse survivors, and then for stepping up again to replace signs that were vandalized. This outdoor exhibit sent a powerful message to the entire community as well as to visitors that domestic abuse touches everyone, even in the most beautiful corners of our state.

To the good people of Cape Elizabeth: Your courage, compassion, and community spirit brought light to a dark issue and brightened more lives than you know in your town and beyond. We can't wait to do this again with you next July!

Cape resident launches bi-monthly garden column

A newly launched bi-monthly garden column, "From The Garden," is rooted right here in Cape Elizabeth.

"From The Garden" is written by Cape Elizabeth resident Tom Atwell, the former Portland Press Herald garden columnist. It is published by Eat Drink Lucky, a daily email covering food, drink and event news in Maine also by a Cape Elizabeth resident, Gillian Britt.

The column promises a friendly, approachable look at gardening in Maine and includes practical tips, timely to-

do's, and a peek at the latest garden trends along with friendly advice to help gardens thrive. The free newsletter is published the second and fourth Thursday of every month and is presented by Skillins Greenhouses. Recent topics included suggestions for additional summer planting and a look at the popularity of hydrangeas.

To sign up, visit <https://eatdrinklucky.com/from-the-garden>.

Rabies Vaccine Clinic is September 20

Come join us for our 6th Annual No/Low Cost Rabies Vaccine Clinic at Fort Williams Picnic Shelter on September 20 from 9:30-11:30 a.m.

All rabies vaccinations administered will be valid for one year, unless documentation is provided for your pet's previous rabies vaccine. All are welcome

and we require that pets must either be in carriers or on a leash.

This clinic is made possible through the generosity of Veterinary and Rehabilitation Center of Cape Elizabeth, Boehringer Ingelheim, and the town of Cape Elizabeth Public Safety. We hope to see you there!

Burglary thefts reported

By Debbie Butterworth

PUBLIC INFORMATION

- 7-15 An officer met with a subject in the Fowler Road area regarding a possible intoxicated driver.
- 7-24 An officer responded to a residence in the Ocean House Road area because of a possible trespassing complaint.
- 7-24 An officer met with a subject in crisis in the Mitchell Road area.
- 7-27 An officer responded to the Ocean House Road area for report of a burglary.
- 7-27 An officer responded to the Mitchell Road area for a burglary report.
- 7-28 An officer responded to the Bowery Beach Road area for a possible car accident.
- 7-28 An officer responded to Bowery Beach Road for a harassment complaint.
- 7-28 An officer met with a resident of the Shore Acres area regarding a dog bite complaint.
- 7-28 Two officers responded to a residence in the Shore Acres area for a domestic dispute.
- 7-30 An officer met with a subject who turned over a wallet found in the grass in front of Pond Cove School. It contained money and gift cards.
- 7-30 An officer met with a resident of the Oakhurst area regarding a theft complaint.
- 7-30 An officer met with a resident at the police station who turned in a shirt with a cycling display in the pocket.
- 7-30 An officer met with a resident regarding an assault complaint.
- 8-3 Two officers responded to a residence in the Broad Cove area for a domestic disturbance.

SUMMONSES

- 7-23 Cape Elizabeth resident, failure to produce proof of insurance, Two Lights Road, \$186
- 7-23 Falmouth resident, violation of conditions of release, Ocean House Road
- 7-27 Falmouth resident, speeding (79/50 zone), Ocean House Road, \$278
- 7-28 Walpole resident, speeding (50/35 zone), Spurwink Avenue, \$179
- 8-1 Cape Elizabeth resident, operating vehicle while using hand held device, Ocean House Road, \$85
- 8-2 Falmouth resident, failure to produce proof of insurance, Sawyer Road, \$186
- 8-4 South Portland resident, speeding (39/30 zone), Sawyer Road, \$114

JUVENILE SUMMONSES

- 8-2 South Portland resident, speed, Bowery Beach Road, \$114

ARRESTS

- 7-20 Cape Elizabeth resident, operating under the influence of alcohol, Spurwink Avenue

ACCIDENTS

- 7-22 Andrew Greer, accident on Ocean House Road
- 7-22 Francesca Haydar, Mason Cross, accident on Masfield Terrace
- 7-30 Alejandro Mouledous, Mary Ashby, accident on Ocean House Road
- 8-1 Spencer Blair-Glanz, accident on Two Lights Road

FIRE CALLS

Fire calls: 7; EMS calls: 39

Scam alert bulletin board

By Jessica D. Simpson

Crypto Currency ATM Scams

Cryptocurrency kiosks, also known as crypto ATMs or virtual currency kiosks, are used to convert dollars into digital currency. These machines may look like regular ATMs, but criminals can also use them as a fast, easy and hard-to-trace way to get access to victims' cash.

Crypto ATMs make it easy for scammers to convince victims to deposit thousands of dollars to "solve" urgent financial problems, making it more difficult to recover stolen funds. In many cases, these scams begin with a message from someone claiming to be a trusted source, directing you to withdraw

cash from your financial institution and head to a nearby crypto ATM. Once the cash is fed into the crypto ATM, it's converted to cryptocurrency and ultimately lands in the criminal's wallet.

Criminals are finding great success in convincing targets to use crypto ATMs because they aren't well understood. If you receive an unexpected communication from someone who claims to represent a business you engage with, sign into your account via an app or website or call using a number on a paper statement, rather than following their direction on responding by a given link or phone

-see SCAMS page 15



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Standing strong for survivors: filling the gaps left by federal cuts

By Sen. Anne Carney

While it often feels like changes in the federal government are moving us backward, Maine is moving forward, protecting health care and services for survivors of violence when it matters most.

At a recent federal budget hearing in June, Senator Susan Collins expressed concern about the Justice Department's request to drastically reduce the Office on Violence Against Women's funding by approximately \$208 million. Sen. Collins' fears are well-founded: proposed federal cuts would dramatically reduce the availability of services established by the Violence Against Women Act (VAWA) and the Victims of Crime Act (VOCA) throughout our state. These services include counseling and mental health services, legal assistance and medical care and forensic exams.

Maine must sustain our network of victim service providers. For me, one of the most compelling services is our Children's Advocacy Centers, which play a crucial role in child sexual abuse response and investigation. The statewide presence of these centers helps reduce trauma and prevent child sexual abuse through services that support a child during the difficult process of testifying in court.

The Justice Department's proposed cuts to VOCA funding follow several years of declining federal funding that has put pressure on vital resources for survivors of domestic violence and sexual assault. These resources play a significant role in crime prevention by supporting victims through the difficult process of court proceedings and bringing a just conclusion to criminal charges. For example, Through These Doors, the only domestic violence resource center in Cumberland County, receives about

half of its annual budget from the federal government. Their services have been strained by slashed federal funding, and in the face of further cuts, the organization paused hiring for about a quarter of its staff, leaving fewer staff available to take emergency calls and potentially less experienced employees handling serious cases.

The threat to victim services is significant, and Maine has stepped up to fill urgent funding gaps. The two-year state budget we crafted this legislative session includes funding for VOCA services here in Maine. These budget appropriations ensure that despite the reckless cuts at the federal level, in Maine, survivors of domestic violence and sexual assault can count on receiving the critical support and medical care they deserve.

Maine's budget partially fills the need underlying LD 1139, "An Act to Provide Funding for Essential Services for Victims of Crimes," a bill I sponsored that passed the Legislature. However, Maine still lacks adequate and ongoing funding for crime victim services. In the upcoming session, I will continue to seek stable and sustained funding in order to maintain public trust in the availability and efficacy of these services. Legislation that funds the protection, support and life-saving services many survivors need will keep Maine's effective network of victim services from collapsing.

Here in Maine, we will continue to take care of each other — no matter what happens in Washington. I am proud to say that in the face of uncertainty, Maine continues to lead with compassion, clarity and action.

Although the Legislature is out of session, I am a resource for you year-round. You can email me at Anne.Carney@legislature.maine.gov or call my Senate office at (207) 287-1515. Please sign up for updates in my biweekly e-newsletter at MaineSenate.org.

CELT's 40th Anniversary fall 2025 program listings

CELT's 40th Anniversary Guided Walk and Library Lecture Series:

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

Time: 9:00 a.m. - 12:00 p.m.
Location: Robinson Woods Kiosk, Shore Road
Cost: \$10 per person
Min/Max: 3/15

Youth Programs

CELT's LITTLE EXPLORERS (ages 3-5 yrs with an Adult)

Join the Cape Elizabeth Land Trust as we explore Robinson Woods in October. Children and their caregivers will spend an hour exploring the natural wonders of Maine with CELT educator Lisa Gent.

We will take a gentle hike through Robinson Woods, where we will explore the habitat around us and search for signs of the changing season with age-appropriate games and activities. Please dress in comfortable clothes and bring a water bottle.

Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Wednesday, October 8
Time: 9:00 - 10:00 a.m.
Location: Robinson Woods Kiosk (off of Shore Road)
Cost: \$6 per parent & child, each additional child \$3
Min/Max: 2/5

Adult Programs

CELT Mushroom Program

Join mushroom expert Dan Agro of Agro Myco on this walk hosted by the Cape Elizabeth Land Trust to learn more about edible and medicinal mushrooms.

Topics for discussion are the best times of year to find local medicinal and culinary mushrooms, ideal growing environments and what to look for in the forest. Safe and thorough species identification and how to preserve and/or cook your mushrooms will also be discussed. There will not be any foraging during the program, rather it is an educational program to learn about these fascinating organisms. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Saturday, September 13

CELT New England Cottontails program: In the Thick of It

Join Sarah Dudek, from the Wells National Estuarine Research Reserve, for a New England cottontail presentation at the Thomas Memorial Library and a habitat walk-and-talk at Runaway Farm.

On September 20, participants will enjoy learning about the ecology of the state-endangered New England Cottontail, the conservation effort taking place to recover the species here in southern Maine, and what you can do to help.

On October 4, join Sarah at Runaway Farm to learn how CELT has joined the effort to help recover NEC, view suitable NEC habitat, and learn how you can provide habitat at home.

Cape Elizabeth is home to the largest known population of New England cottontails in Maine. The cottontails' range has declined by 86% over the past 50 years due to loss of large thicket and young forest habitats. Come learn about where they live, why other animals also need these thickets, and what we are doing to help the cottontails rebound in Maine.

All proceeds go to CELT. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Saturday, September 20
Time: 2:00 - 3:30 p.m.
Location: Thomas Memorial Library, 6 Scott Dyer Road
No Fee and No Registration Required

Date: Saturday, October 4
Time: 2:00 - 3:30 p.m.
Location: Runaway Farm. Meet at the parking lot between the fields/rink at Gull Crest, 1 Gull Crest Drive
Cost: \$6 per person
Min/Max: 3/15

CELT's Cross Town Walk
Join Cape Elizabeth Land Trust volunteer Colleen Hough for the annual Fall Cross Town Walk. Beginning at the Portland Head

-see CELT page 13

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STEVE BATES & DEBBIE ANDREWS
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KIRSTEN & ARI BERMAN
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JANINE BISAILLON-CARY & PETER CARY
RICHARD & KATHARINE BLAKE
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JILL & GREGG FRAME
SUSAN R. FROST
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RANDI & STEPHEN AUSTIN
MEGAN & DAVE BAGDASARIAN
SUZI VAN WYE & RICHARD BARNES
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DON & SUE RUDALEVIGE
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SARAH WHITNEY
BRYAN & DANNA WIGGINS
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THE DEDICATED AND KIND LIBRARY STAFF
BY SARA E. KITCHEN
ELLIE GINDER BY COLEN PETERS
THE FAMILY ENGAGEMENT TEAM
BY MEGAN & DAVE BAGDASARIAN
MEGAN BAGDASARIAN
BY POND FAMILY FOUNDATION
RACHEL DAVIS
BY DAVID AND MARIA GLASER
SHEILA ZIMMERMAN BY ROBIN LOUGHMAN

IN MEMORY OF:

SCOTT DINSMORE BY STACY CALDERWOOD
MARIA DRAKE BY WHITNEY DRAKE
GAIL DRANSFIELD BY DOUGLAS DRANSFIELD
ALEXANDER A. MACNICHOL
BY LOREEN W. MACNICHOL
DAVID MORRILL BY LOIS MORRILL
ANNE POLINER BY BARBARA POLINER
JAN REALE BY MUSCAT FAMILY FUND
JAN REALE-HATEM
BY THE WHITCOMB FAMILY
JEANNE SELFRIDGE BY THE RINALDI FAMILY
WILLIAM JOHN SCHMITZ
BY JACQUELINE MEYER and
BY WALTER A. POSTEL
VALERIE SLADEK
BY MICHAEL COUGHLIN & ZUZKA SLADEK
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New record set in Cape Elizabeth's 2025 TD Beach To Beacon 10K race

By Kevin St. Jarre



Photo courtesy of TD Bank

Conner Mantz of Utah came in first in this year's running of the TD Beach to Beacon race and broke the course record with a time of 27:26.

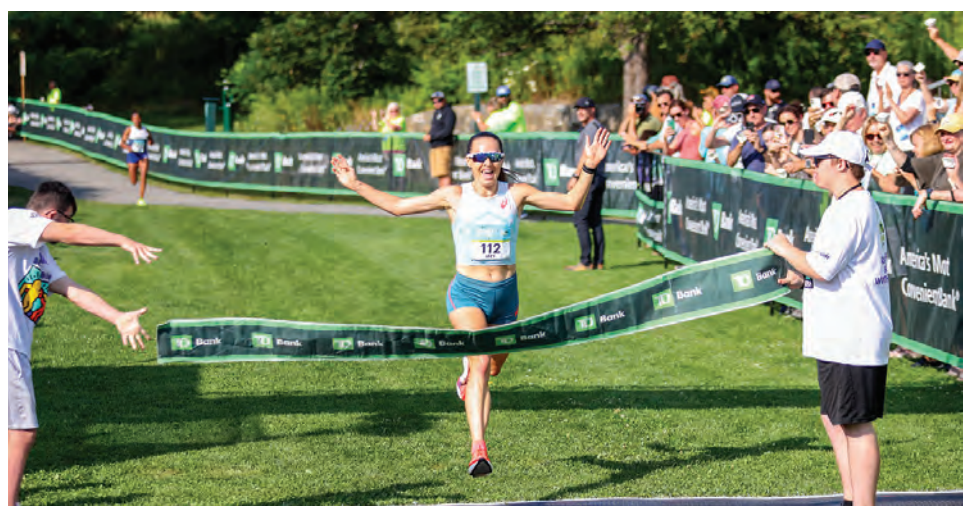


Photo courtesy of TD Bank

In the women's race, Australia's Izzy Batt-Doyle came in at 31:25 to win.

In the 27th running of the TD Beach to Beacon race, men's winner Conner Mantz of Provo, Utah set a new bar with a time of 27:26, breaking the course record of 27:28 set by Gilbert Okari in 2003.

Mantz shaved more than 30 seconds off his second-place finish from last year, and is a rising star having finished eighth in the 2024 Paris Olympics marathon, and fourth in this year's Boston Marathon.

In the women's race, Australia's Izzy Batt-Doyle came in at 31:25 to win. Among the women, the top three runners were tight for most of the race, but Izzy Batt-Doyle pulled ahead as they entered Fort Williams Park, and came in 6 seconds ahead of Asmarech Anley of Ethiopia (31:31), with Fiona O'Keeffe of Durham, North Carolina finishing a close third (31:36). Batt-Doyle was an All-American runner at the University of Washington and holds the Australian record for the half-marathon.

In the men's race, following Mantz were Patrick Kiprop of Fayetteville, Arkansas, ten seconds behind (27:36). Tadesse Worku Gebresilase of Trento, Tennessee came in third (27:43).

As for the Maine finishers, Ruth White of Orono led the women (34:51). Clíodhna O'Malley of Windham was next with a time of 35:02. Bethanie Brown of Waterville finished a few seconds (35:06) behind O'Malley. White won the Maine women's division in 2023, and finished second last year.

In the Maine men's race, Luke Marsankis of Cumberland repeated as champion with a time of 29:27, with Colin Cernik of Portland taking silver (29:40), and Aaron Willingham, also of Portland, winning the bronze (30:26). Last year, Marsankis became the first University of Maine runner to ever qualify for the NCAA cross-country championships.

In the Men's Wheelchair Division Hermin Garic of Utica, New York finished first with a time of 24:00 flat. Garic has recently

dominated the race, winning three out of the last four years. Last year's winner, Jeyna Senbeta of Chicago, Illinois (25:45) came in second. 12-year-old Harry Houngh-Lee of New York came in with an impressive third place finish (36:41).

In the Women's Wheelchair Division, Hannah Babalola of Chicago, Illinois repeated as champion (30:18), while Sidney Knox of Benton had the Maine crowd roaring when she finished second (42:34). Helen Newman of Granby, Connecticut finished third (46:03).

In the Men's Masters Division, Mario Vazquez of Farmington, Connecticut took home top honors (30:58), while Maine native Joseph Reynolds of Westbrook came in second (32:18). Justin Freeman of Hanover, New Hampshire finished third (32:52).

In the Women's Masters Division, Edna Kiplagat of Longmont, Colorado (32:26) edged out Sara Hall of Redding, California (32:31). Stephanie Bruce of Flagstaff, Arizona finished third (33:08).

In the Men's Seniors Division, a pair of Mainers took the top two spots with Matthew Sawyer of Eliot (35:02) coming out on top over Rico Portalatin of Milo (35:33). Marco Cardoso of Sayreville, New Jersey came in third (36:40).

Kristin Barry of Scarborough finished first (40:43) in the Senior Women's Division. Monica Diez of Boston, Massachusetts came in a close second (40:51), while Christine Hein of North Yarmouth, Massachusetts finished third (41:17).

The oldest finisher of the race was Charlene Hagan of South Portland (1:48:57).

The professional athletes in the 2025 TD Beach to Beacon 10k competed for more than \$90,000 in prize money with the men's and women's open race winners receiving \$10,000 for their victories. The beneficiaries of this year's race, Best Buddies Maine raised more than \$100,000 which includes a \$30,000 donation from TD Bank.



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Town Council

Continued from page 1

Design has been advertised for the Spurwink Marsh area of Sawyer Road. Proposals will be due on September 11. Fox said there is a lot “evolving in the next 6-8 weeks” on this potential project including securing grant funds and evaluating what will happen to the marsh if the road infrastructure is removed. Councilor Thompson shared his concerns over increased traffic to other Cape roadways if Sawyer Road is removed.

Public Hearing: Ordinance Committee’s Recommendation for Amendments to Chapter Four, Boards and Committees

Chair Jordan recalled a June Ordinance Committee meeting in which members voted 3-0 to present amendments to the Town Council. These amendments include updates to the committee’s charge and changing the name from the Committee on Diversity Equity and Inclusion to “Accessibility and Inclusion Committee.” The Council voted unanimously to approve the amendments.

Acknowledgement of Receipt of Petition Regarding Safety Concerns on Shore Road near Cliff House Beach

During a July Town Council workshop, a Cape Elizabeth resident provided a written copy of a petition from residents in various Cape neighborhoods to address Shore Road parking safety. The council voted unanimously to acknowledge receipt of the petition. Councilor Scifres said she appreciated the way in which the petition was written which invites collaboration from the council and citizens to “find a solution we can all live with.”

Council Goals Update

Fox asked the council if they had any questions, feedback or additional things they would like to see in the next six months as part of the Town Council’s annual goals.

Chair Jordan asked about the asset inventory and values document to which Fox replied there is an asset management plan in the works that will be presented during “budget time” next year. The asset management plan is being coordinated with Town Manager Fox and the Public

Works and Facilities department. Jordan also suggested that the discussion for bonding for Shore Road infrastructure updates should be discussed soon as it is a “problem we’re going to need to solve in 2-3 years.” Fox responded that a plan needs to be created in a way to inform decisions for the council’s review and will provide further information quarterly.

Cellular Tower Discussion - Shore Road

Richard Wexler of Surf Road thanked the council for the attention put on the issue of lack of cell phone coverage in Cape Elizabeth with particular attention to neighborhoods in and around Shore Road. He shared a personal story of being unable to reach 911 or emergency services at his residence because of lack of cell phone coverage. Wexler said that this is a “real healthcare issue” and that “minutes matter” when individuals need emergency services. He added “keep your foot on the gas and take this to the finish line, please.”

Fox shared that there has been some discussion with Portland Water District (PWD) to install a cell phone tower on property it owns on 7 Little John Road. The lot that PWD owns is abutted by Cape Elizabeth owned land which could be helpful with safety setbacks. Fox said that this would require creating a cell tower overlay district, granting land use easements, and other details “yet to come” to determine if this site is feasible.

Councilor Sahrbeck added that it is an involved process to get a tower overlay district which needs to go through the Planning Board, as well as site plan review. He said there are a “lot of steps to go forward for this to become a reality” and that there would be “opportunity for the public to express their thoughts.” Councilor Scifres added that she’s aware people have thoughts about “aesthetics” but in her opinion “we need to serve the safety of the town.”

Landfill Solar Project Land Lease with Encore Energy

Sam Milton of Kettle Cove Road and a member on the Energy Committee but representing himself in a personal capacity, recommended that the council vote to approve the land lease contract with Encore Energy. He said it’s been a long road since the project was identified and although negotiations are not perfect, they are “where we want to be.”

Encore Energy is ready to begin construction for a solar array on the capped landfill should the contract be approved. Town Manager Fox has had extensive discussions with legal counsel on reviewing the land lease contract and added that he “appreciated all the time” that went into discussions, review, and negotiations.

Councilors Anderson and Thompson had some issues with the contract including “confusing language” and questions regarding the developer’s inability to pay rent should their company become insolvent or if development of a solar array did not end up occurring on the site. Thompson said he was “disappointed” the town’s attorney did not see “these issues” and suggested that “many things in the contract should be looked at.”

Fox reiterated that legal counsel had reviewed the contract extensively and both parties had come to an agreement with the contract as presented. The council voted 5-2 to approve the land lease agreement and the authorization for the project to proceed. Councilors Anderson and Thompson were in opposition.

Center Court Drainage Easement

A 35-unit housing development located at Center Court is in final design review and approval before the Planning Board. The project requires storm drainage updates and easements. Additionally the shared water basin will need to be expanded for increased volume and an easement for grading a “depressed area to accommodate more water flow.” The

council voted unanimously to approve.

Privacy Committee: Update & Acceptance of Annual Report

Ad hoc privacy committee produced an annual report for July 2024 through 2025. The committee also created a citizen questionnaire to “get a pulse” of the community’s thoughts on privacy and security. The council voted unanimously to acknowledge receipt.

Chair Jordan and Councilor Scifres shared some concerns they had with the questionnaire and suggested that some of the questions include definitions so that citizens had more context when responding to the questionnaire.

Liquor License Renewal – Inn by the Sea

A liquor license for Inn by the Sea located at 40 Bowery Beach Road expires on August 31, 2025. Ordered TC approves renewal license as presented. Councilor Harriman disclosed that her farm does business with Inn by the Sea prior to her vote. The council voted to approve the license renewal.

Approval of Municipal Election Warrant – November 4, 2025 Election

Cape Elizabeth Town clerk prepared an election warrant for the November 4, 2025 election. The council voted to approve and authorize the signing of the election warrant as presented.

Sign Ordinance Amendment Request

Cape Community Arena requested an amendment to the sign ordinance for approved continued use of advertising on the “ad wall” at the arena site. Tom McCintyre, a rink supervisor at the arena, said that several people asked how much advertising costs for the ad wall and that the wall has resulted in a successful revenue stream in past seasons. The council unanimously approved the amendments as presented.



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Coffee with CELT founders



Contributed photo

CELT founders Alice Rand, Fran Haywood, Carol Fritz and former President Joe Schenkel.

The Cape Elizabeth Land Trust was formed at a meeting of 18 people in Sprague Hall in the fall of 1985. Forty years later, founding members Alice Rand, Fran Haywood and Carol Fritz (pictured left to right) met again with 60 of their friends both old and new to share stories of CELT's origins.

Frank Strout, who served several terms on the Board between 1990 and 2018, and former Presidents Joe Schenkel (pictured far right) and Ted Darling joined the panel. In the audience was one of the original board members, Lester Jordan, who served in 1987. Other former CELT board members and executive directors, Town Council members and employees, members of the Cape Farm Alliance, and current CELT members joined in lively reminiscing about strategy sessions, the regulatory environment of the day, land

donations and purchases, and their first attempts to get a phone number and sign, hire staff, and raise money to fund the programs needed to ensure that the ecological health (mostly in terms of wetlands) and "pretty places in Cape" were saved for public benefit for generations.

With 40 years of history, the 90-minute discussions seemed to have only scratched the surface. CELT's mission has evolved to include education for the future, places in town conserved by CELT now total about 900 acres, and the staff has grown to five. More sessions are being planned for the fall. CELT thanks to everyone who came out to celebrate the people who made this organization what it is today, and the Sprague Corporation for contributing the use of Sprague Hall for this special event.

Local business spotlight: The Useful Witch

By Marta Girouard



Contributed photo

Cholla Foote launched *The Useful Witch* earlier this year in May and her mission is simple: to be truly helpful to the community.

Cholla Foote is the founder of a new business venture called *The Useful Witch*, which she officially launched earlier this year in May. Her mission is simple: to be truly helpful to the community. "I started *The Useful Witch* for people who feel like they're spending too much time 'managing' their stuff—those who feel overwhelmed at home instead of feeling peaceful and calm," said Foote.

The idea for *The Useful Witch* came about a few years ago when Foote started her own decluttering journey at home. The process led Foote to podcasts and books that helped her define her values around "stuff" and how belongings can best serve one and their home.

Foote calls herself an "Intentional

Home Strategist." She helps people connect with the intentional purpose of their spaces and let go of items that no longer serve them. This includes help with decluttering, organizing after the declutter, and teaching home habits and organizing principles that make day-to-day life flow more effortlessly.

Each client journey begins with a phone consultation to assess the person's needs, their space and what feels overwhelming to them. From there, Foote creates a customized multi-session proposal to get their home in shape. She schedules sessions in 2.5 hour increments and they are a hands-on collaborative approach designed to create lasting systems that support the way the client wants to live in their space. According to Foote, sustainability is also a big part of her work. "I offer donation support to get items back into the hands of others in our Maine community and educate clients on circulating belongings instead of adding to waste," she said.

Foote is currently running *The Useful Witch* as a solopreneur. When asked what is the most challenging part of running her own business, she replied learning how to balance the administrative work with the hands-on in-person visits that she loves most. As for the biggest reward, Foote said it is hearing from clients about the real difference this work makes in their lives. "One client told me she felt inspired to cook dinner at home for the first time in months after we cleared out a closet full of long-forgotten 'declutterings.' Another shared how her kids started playing in spaces they had previously avoided because they weren't functional. Those moments remind me why I started *The Useful Witch* in the first place."

"Oula is another big part of who I am," added Foote. She has been teaching Oula, a

Employees

Continued from page 1

lice Department at the top:

40 Years

Captain Brent A. Sinclair, Police Department

35 Years

Maureen K. O'Meara, Town Planner

30 Years

Sgt. Eric A. Fay, Police Department

25 Years

Jason W. Emery, Public Works Department

20 Years

Kelly G. Phinney, Community Services
Darren E. Brown, Public Works

Department

James E. McCormick, Public Works Department

15 Years

Andrew C. Kemp, Community Services
David I. Galvan, Police Department

10 Years

Frances C. Minden, Portland Head Light
Sally A. Nason, Portland Head Light
Richard "Scott" Smart, Public Works Department

5 Years

Martha F. Parowski, Tax Office
Ellen E. Weaver, Community Services
Julia R. Hoisington, Thomas Memorial Library
Susana Measelle Hubbs, Public Communications
Jay J. Reynolds, Director of Public Works

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-see *The Useful Witch* page 13

Songwriters in the Woods coming to Chapel Woods in Cape

By Kevin St. Jarre



Photo by Amber Chilton

Songwriters in the Woods is a music series, coordinated by David Rogers, that will take place at Chapel Woods in Cape Elizabeth in September. One of the featured songwriters will be Suzie Assam, a resident of Cape Elizabeth.

David Rogers, who brought you the musical project Tremolo Fields in 2023, has been coordinating a new series of musical events that will take place at Chapel Woods in Cape Elizabeth in September.

Asked how this came about, Rogers said, “A few years ago, when I first walked through Robinson Woods Preserve, I noticed the Chapel Woods. It’s a pretty magical spot and I immediately thought about how lovely it would be to make music there.”

So, he said that a year ago, he reached out to Cape Elizabeth United Methodist Church, who is the steward of that land with the idea of putting on a show.

“They responded enthusiastically, and now it’s all coming together. With nine Maine-based songwriters there will be three shows. McFarlane Field Associates of Portside Realty is generously sponsoring the event. Additionally, SPACE Gallery will be the fiscal sponsor,” Rogers said.

The schedule, as it stands right now, includes:

Sunday, September 14, 4 p.m. to 6 p.m.

The Clearwater Swimmers (solo)
Hamilton Belk
Sav (of Honeymoon)

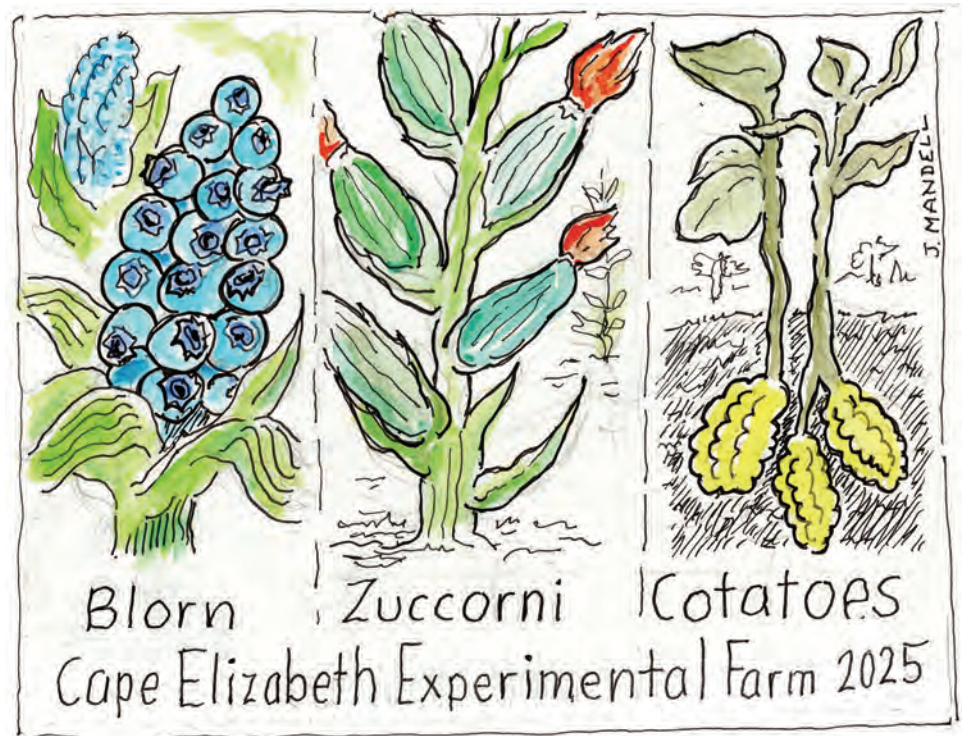
Sunday, September 21, 4 p.m. to 6 p.m.

Adrian O’Barr (or Wildflower)
Juniper Ginger
Heather Lynn

Sunday, September 28, 4 p.m. to

Capetoons: Hybrid corn

By Jeff Mandell





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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION



Dr. Marta Agrodnia
DVM, DACVS-SA

Nature scene around town



Photo by Andrea Southworth

Native Maximilian sunflowers growing along the upper Cliff Walk path near Portland Head Light. The flowers were planted as part of ongoing habitat restoration work by the Friends of Fort Williams Park.



Photo by Debra Brucker

Debra Brucker captured this photo of a fawn trying to play with some turkeys in her yard.



Photo by Martha Agan

A Snowberry Clearwing Moth is attracted to the Butterfly Bush for nectar.



Photo by Martha Agan

Snowy Egret on Sawyer Road in the Rachel Carson National Wildlife Refuge.



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Woman with Cape roots is founder of Leona Pride

By Kevin St. Jarre



Contributed photo

Hailey Taylor, CEHS Class of 2014, founded Leona Pride, a holistic skincare and wellness brand built around authenticity, ritual and Earth-conscious living. She was honored this year in the New York Times list of the Top 20 Women to Watch in 2025.

Hailey Taylor graduated from Cape Elizabeth High School in 2014, and is the founder of Leona Pride, a brand that says its products not only enhance external beauty but also build self-love from within.

After graduating from CEHS, Taylor moved to Los Angeles and signed with a modeling agency. After years of working in photo shoots, commercials, book covers and fitness campaigns, she became disillusioned with the unrealistic beauty standards she found in that industry.

On her website, she wrote, “The beauty industry, focused on perfection, unrealistic standards, and the pursuit of flawlessness, ignored a deeper connection to nature and self. It was during this time that I began to hear the call for something more—a more authentic way of living.”

Taylor traveled south. She said she “... turned inward, studying energy healing, exploring the medicinal properties of plants, and learning from indigenous healers in Mexico about the healing power of nature and sound.” Taylor said the transformative journey “ignited” something deep with her, and this led to the founding of Leona Pride.

Hailey Taylor’s mother, Tracey Petsinger, is a lifelong Cape resident, and she said, “As her mom, I’ve watched her work so hard — building this from the ground up with heart, courage, and a clear vision of wanting to make a difference. I’m so proud of her...”

Taylor said she didn’t really realize how lucky she was to grow up in Cape Elizabeth until she left. “I graduated with the same 125 classmates I’d known since kindergarten—everyone knew everyone. We camped at Chewonki in middle school, belayed out of the high school windows in Adventure PE with Mr. Scott Shea, kayaked out to Richmond Island, camped in Acadia, and even did Polar Bear Dips in the dead of winter. For a senior project, I learned how to be a whitewater rafting guide. My whole childhood was filled with being outside, surrounded by people I’d known my whole life,” Taylor said.

But after high school, she said she backpacked through South America and quickly saw how different the world could be. Taylor said, “In Cape, I had never once felt unsafe. I could bike to my friends’ houses, walk home from school, and be greeted by name along the way. While traveling, I realized that this kind of freedom and safety isn’t universal. Cape gave me a deep respect for connection—to people, to the earth, and to a simpler, more intentional way of living.”

Taylor said that after living in places like Los Angeles, Thailand, India, and Mexico,

she sees Cape with “totally new eyes. The clean water, fresh local food, the clean parks, beaches, and trails, the neighbors who show up for each other—it’s really so rare. I didn’t realize this until I left.”

She said that her brother Zack and sister-in-law Brittany own the farm at Cape Ledge. “This summer, I came home to help them run the children’s summer camp. It feels like a perfect snapshot of this place and how special it is. The kids there learn how to ride horses, how to ‘speak chicken,’ plant vegetables, and how to care for the animals and treat each other with respect. I learned to ride at that same farm, before Zack owned it, so it’s like life has come full circle,” Taylor said.

Being there this summer just cemented for her, she said, how truly rich Cape residents are here—in community, in connection, and with nature. “Before school, my 9-year-old nephew Xander waters the plants, and my 11-year-old nephew Gunnar and 13-year-old niece Ashlynn take the horses out to the pasture. They raise grass-fed cattle and eat eggs from their chickens,” Taylor said.

“I’ve traveled the world and visited so many countries, only to realize that it was my own home that was the gold mine!” she said, “Cape taught me kindness, resilience,

and resourcefulness—values that are woven into Leona Pride. Honestly, my brand is just an extension of the place that raised me. Cape will always be home, and I’m so grateful for this little town and the way it shaped me.”

Taylor’s brand, Leona Pride, is a holistic skincare and wellness brand built around authenticity, ritual and Earth-conscious living. Its mission is to help women feel empowered in their natural beauty, and not

through filters or perfection, but through self-love and connection to nature.

This year, Hailey was honored in a New York Times article naming her one of the Top 20 Women to Watch in 2025. That article is at www.nyweeklymagazine.com/blog/top-20-women-entrepreneurs-to-look-out-for-in-2025.

If you’d like to learn more or support her journey, you can visit www.leonapride.com.

Friends of Fort Williams Park co-hosts Summer Season Walk



Photo by Andrea Southworth

Attendees enjoying the Children’s Garden during the Summer Season Walk on August 7, an event co-hosted by the Friends of Fort Williams Park and Wild Seed Project.



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Library offers e-bike rentals, popsicle party and fairy festival

Holiday Closure

The library will be closed on Monday, September 1 for Labor Day.

The Traveling Artist: Paintings and Journals by Missy Dunaway on Display

Missy Dunaway is an interdisciplinary artist based here in Cape Elizabeth. Her work blends painting with research, investigating connections between art, literature, history and the natural world.

Missy began using a sketchbook as an art student at Carnegie Mellon University, and she took it on her travels in the U.S. and around the world. Her subject matter became increasingly autobiographical with daily use, and the sketchbook evolved into the visual diary it is today. Her complete travel journal is comprised of four sketchbooks, totaling two-hundred full-spread paintings. Eighty of her favorite pages were published in "The Traveling Artist: A Visual Journal," which is available to borrow from the library.

This month in the library's Stier Family Gallery you can view some of her original journals, as well as large scale paintings in which she revisited and reimagined selected pages from her journals. The exhibit can be viewed through the end of August.

Create Art for Display in the Library's Community Art Boxes

Currently, in the library's five Community Art Boxes located around the town center, you can view paintings created by community members using Posca paint pens—the result of a workshop led last year by local artist Marie Ahearn.

For our next exhibit, the library would like to invite community members to create works of art based on the literal or fanciful interpretation idioms. For example, for the idiom "A bird in the hand is worth two in the bush," one might create a painting or a sculpture of a hand holding a bird. For details on the artwork submission process, and a list of idioms for inspiration, please visit the library's website. The works created based on this theme will be displayed in September and October of this year.

E-Bike Lending Program Extended Through October

If you'd like to try out an e-bike, you are in luck! Since May the library has

been lending e-bikes to library cardholders through a partnership with the Bicycle Coalition of Maine and the Maine DOT.

Initially, the library was set to have two ebikes available for lending to library users for about six weeks. Because there were no other libraries waiting to borrow the bikes, the lending program has been extended several times. As of the first week of August, thirty-six people had borrowed an e-bike, with 24 more people on a wait list. If you would like to get in line to borrow a bike, please stop by the library or call at 207-799-1720. TML now expects to have the bikes available for borrowing through the end October.

SPECIAL EVENTS Propsnappers Radio Control Airplane Exhibit

Friday, August 22, 1:00 - 4:00 p.m.

Airplane and transportation enthusiasts of all ages are invited to join us for a very special summer display by Portland Propsnappers RC Club, a non-profit Maine corporation founded in 1963 to promote and encourage the hobby of building and flying model aircraft.

The club has a clubhouse and a 600' grass runway on Green Road, Scarborough, approximately 1.5 miles from Target. They hold monthly meetings and numerous flying events throughout the year, including a February "Numb Thumbs" event, two Float Fly events at a nearby lake, two Fun Flying events and an Open House event for the public.

Members range from seasoned builders and pilots to new pilots eager to send their new store-bought planes aloft for the first time. Come by and talk with members of club to learn about the wonderful radio control airplane hobby and see some of their aircraft! Some of these models are very delicate, so please be sure to supervise any youngsters who wish to take a look. No registration required.

Popsicle Party!, Saturday, August 23 from 2:00-3:00pm in the Children's Garden

Join us for a popsicle party in the children's garden to celebrate the end of summer reading. No registration required, all ages welcome.

Fairy Festival

Saturday, September 6, 10 a.m. - 12 p.m.

Join us for our second annual Fairy Festival! In collaboration with South Portland Public Library, CELT and TMLF, this special morning celebrates the changing of the seasons with crafts, face painting, free books, and of course, Dusty the Salamander.

This year, we are also partnering with The Book Fairy Pantry Project, and encourage you to bring your gently used children's books to donate when you visit the festival. Bring your wings and join the fun!

For Tweens & Teens

Venture Club

Every Wednesday from 2:45 - 4:30 p.m.

Venture Club is a teen-led board/card game and D&D club for teens 13 and up, with an emphasis on board games. We'll try to play new games every week. No prior gaming experience is needed. Snacks will be provided.

For Adults

Knitting Group

Mondays, 1:00 - 2:00 p.m.

Bring your current project and join a lively group of knitters for coffee, tea and conversation. No registration necessary.

Death Cafe

Tuesday, August 12, 6:30 - 8:00 p.m.

Join us for this monthly discussion group facilitated by Davinica Nemtsov of Kaneel. At a Death Café people, often strangers, gather to eat cake, drink tea and discuss death. The objective is "to increase awareness of death with a view to helping people make the most of their (finite) lives."

A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session. No registration is required, but if you'd like to be on the library's mailing list for updates or cancellations, please fill out this form.

TML's Death Café takes place on the first Thursday of every month at 6:30 p.m. (rescheduled for August due to Town Employee Day on August 7).

Film School: The Grand Budapest Hotel

Tuesday, August 26, 5:00 - 8:00 p.m.

This month at Film School, we're celebrating the (sometimes loved, sometimes hated) contemporary auteur, Wes Anderson.

Known for distinctive visuals, deadpan performances, and eccentric characters, the world of Wes Anderson may delight or irk you to no end, but critics

-see LIBRARY page 15



Contributed photo

The e-bike lending program has been extended and library cardholders can now borrow an e-bike through the end of October.

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Local birding report

By Brooks Bornhoff

Cygnus the Swan constellation flies high along the Milky Way in August, and somewhere between the treetops and the cloud bottoms, a buzzy tseep call drips from the starlit sky. It's a quiet signal: fall migration has already begun for some songbirds.

Throughout the month, the dreamy whistle of the Eastern Wood-Pewee still lingers among the tall trees of our forests. Though flycatchers aren't technically songbirds, this dusky dweller of shaded groves sings a simple, three-note tune—honest and haunting. If you find yourself in the woods in August, pause and listen for its melancholic call.

On August 6, a sound pulled me from the house—a call I hadn't heard much this summer. Outside, a female Eastern Towhee leapt from the underbrush, perched atop a habitat pile, and delivered her rising two-part chewink call.

Once upon a time these birds were simply called "Chewinks," named for their distinctive note. Henry David Thoreau described the call made by the towhee as a "jingle." Both sexes share this vocalization. The habitat pile—made from stacked limbs and branches—has become a magnet for birds and a lasting feature in the wooded section of my yard.

On the morning of August 8, while exploring Trundy Point with my two sons, we were greeted by the cheerful refrain of a male Yellow Warbler: sweet, sweet, sweetie. A reminder that summer's warmth still lingers. This vibrant warbler, often tucked into shrubbery, is among the most common nesting wood warblers in Cape Elizabeth—second only to the Common Yellowthroat.

At dusk on August 8, I startled a Great Horned Owl from a known perch at the edge of an overgrown field in Robinson Woods. This marked the fifth time this year I've encountered "old Bubo" (*Bubo virginianus*) in the same spot and at nearly the same hour. With a few stiff, silent wingbeats, the owl vanished into the darkness.

Later that evening, a Barred Owl called from the upper Pond Cove Brook Corridor—not far from where the Great Horned had flown. Though both species may share territory, Barred Owls often retreat when a Great Horned is nearby. The latter poses a serious threat, with documented cases of predation on

Barred Owls.

The next afternoon, a shrill, repeated whistle drew my gaze skyward to an Osprey soaring at great height. Perhaps a juvenile testing its wings, or a frustrated adult lamenting a lost catch. One summer, my son found a dead Blueback Herring in our yard, its markings hinting at a raptor's grip. Ospreys, once called "Fish Hawks," are known to drop struggling fish mid-flight and can travel up to twelve miles from their nests, reaching speeds of 80 mph.

On August 9 along Sawyer Road, I spotted nine Least Sandpipers and a single Pectoral Sandpiper—a robust shorebird about robin-sized, with a thick bill and long wings. Males are strikingly larger than females, and adults wear a cloak of brown, gold, and black with a white belly and neat stippling across the breast. Though most Pectoral Sandpipers migrate via the Central Flyway, they're reliably seen in Cape from late July through early October.

That same outing brought sightings of two Nelson's Sparrows and one Saltmarsh Sparrow. Once considered a single species—the "Sharp-tailed Sparrow"—they were formally split in 1995 by the American Ornithologist's Union. The Saltmarsh Sparrow's song is a whispery mix of trills, buzzes and gurgles, while the Nelson's Sparrow offers a louder hissing buzz followed by a buzzy chip.

Lastly, on the warm late afternoon of August 11, several noisy Common Grackles along with a male Baltimore Oriole, two Gray Catbirds and a Red-breasted Nuthatch gathered at the suet feeder in my backyard. Overhead, the silhouettes of Chimney Swifts crisscrossed the open sky, their chatter stitching the dusk with sound.



CELT

Continued from page 4

Light at Fort Williams Park, this CELT sponsored walk will traverse 8.6 miles of the town of Cape Elizabeth and CELT trails, highlighting some of Cape's great places.

This walk offers a unique overview of Cape Elizabeth's diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond. The program takes approximately five and a half hours. Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams after a picnic at Kettle Cove. Snacks, drinks and lunch should be brought by each participant. Participants should be 12 years or older; please call about younger ages. All participants must register at least 48 hours in advance of the program and will receive notification of changes or cancellation.

Date: Saturday October 11
 Time: 8:00 a.m. - 1:30 p.m.
 Location: Meet at Portland Headlight in the dirt parking lot closest to the light house.
 Cost: \$10 per person
 Min/Max: 6/15

CELT's 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 (roughly 4.5 miles) walk highlighting some of Cape's great places, including Spurwink Marsh and Great Pond.

The walk takes approximately three hours. Hikers will meet at the CELT office in Town Center and will carpool (arranged prior to walk) back to the CELT office after a picnic at Kettle Cove. Snacks, drinks and lunch should be brought by each participant.

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

Date: Saturday October 11
 Time: 10:30 a.m. - 1:30 p.m.
 Location: Meet at CELT Office - 330 Ocean House Road
 Cost: \$5 per person
 Min/Max: 6/15

The Useful Witch

Continued from page 8

dance fitness format, for six years in Cape Elizabeth and Portland. "Oula is all about showing up for yourself—it's an intentional practice that brings you into the present moment and creates space for YOU and your body," she said. "Helping people live intentionally—whether in movement or at home—feels like two parts of the same calling."

Foote has lived in Cape Elizabeth with her family for 11 years and one of their favorite things to do is wander around Kettle Cove. She said, "after growing up in Hawaii, I finally bonded with the Maine ocean through year round cold water dipping, which I started in 2022." Foote still teaches Oula twice a week and in the summer is happiest in her flower garden, cutting blooms to brighten whatever space she's helping transform. When not moving or gardening, you'll usually find her with a book in hand.

You can follow Foote's journey and get in touch with The Useful Witch through her website: theusefulwitch.com or email: cholla@theusefulwitch.com.

Find her on social media on Instagram @theusefulwitch and on Facebook @The Useful Witch. For a dose of joyful movement, you can also find out more about her Oula classes on Instagram at @oulawithcholla.



Contributed photo

Cholla Foote's business *The Useful Witch* offers home decluttering and organization services.

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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, August 21

School Board Policy Committee, Town Hall, 2 p.m.
 Fort Williams Park Committee - TENATIVE, Community Center, 6 p.m.
 Energy Committee, Town Hall, 7 p.m.

Tuesday, August 26

School Board Executive Session, Cape Elizabeth High School, 5:30 p.m.
 Board of Zoning Appeals, Town Hall, 7 p.m.
 School Board Special Business Meeting, Cape Elizabeth High School, 7 p.m.

Tuesday, September 2

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, Southern 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
 Aug. 26 - 7 p.m.



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499 Ocean House Road (Route 77)
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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: 10:30 a.m.
 In-person Sunday services 10:30 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.

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Piano Lessons. All ages, all levels. Call Ora: 207-899-3014

Drum Lessons: Any age/level. Flow technique, reading not required. Frank, 603.285.3032.

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Library

Continued from page 12

agree The Grand Budapest Hotel may be his finest film yet. Join us for a screening and discussion of this comedic and somewhat nonsensical journey to discover secret hotel societies, fictitious European history, and an ultimately poignant reflection on the lasting impact a single person can have. 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.

Weekly Children's Programs

Messy Minis: Mondays @ 10:30 a.m.

Let your imagination run wild and join us for Messy Minis time in the Community Room. Let's color, cut and paste together to make magic. For budding artists ages 2-5 or anyone who enjoys creative play.

Baby Storytime: Tuesdays @ Noon

This program is designed for infants and toddlers from birth - 18 months old and their caregivers. Join Family Engagement Assistant Sarah Gabrielson for 20 minutes of short stories, finger plays, rhymes, songs, and movements followed by free time to play and chat.

*Please note, capacity for this program is 25 people. No prior registration required.

Toddler Story Time: Thursdays @ 10:30 a.m.

This program is for children who are not ready for a traditional story time but who love to sing songs, move their bodies, and listen to stories. This gentle introduction to the routines and props of story time is great for curious, wandering wigglers ages 1-3 and their caregivers.

Preschool Story Time: Fridays @ 10:30 a.m.

Join us in the Community Room for songs, stories and Belinda the Bear! Geared toward children ages 3-5 or anyone who enjoys listening to a solid two stories.



Contributed photo

Missy Dunaway's painting, "Ferry to Korpoo," on display this month at the Stier Family Gallery in the Thomas Memorial Library.

P4P

Continued from page 1

from 50% of the art sales donated by the artists, by ticket sales, a 72-person Host Committee, and business sponsors and contributors.

This year's sponsors include Décor Maine, ETHOS, Prentice Group, R.M. Davis, Yokogawa Fluid Imaging Technologies, The Downeast Group at Morgan Stanley Wealth Management, Key Bank, Inn By the Sea, Maine Stone Scapes, Progressive Dental Care, Thomaston Place Auction Galleries, Inc., Wilmington Trust, N.A., Woodhull, Casco Bay Frames & Gallery, GoGo Refill, Knickerbocker Group, Oak Hill Beverages, Rarebreed Veterinary Partners, Tam-

maro Landscaping & Property Services, Inc., Veterinary and Rehabilitation Center of Cape Elizabeth, BerryDunn, and Heather Shields Maine, Sotheby's International Realty. Contributions were made by Orange Bike Brewing Co., Banded Brewing Co., Rotary Club of South Portland-Cape Elizabeth, and Pond Cove IGA.

More photos of the event and of the artwork can be found at www.cape-landtrust.org/paint. CELT extends its gratitude to the event hosts at Hidden Court and everyone who contributed to make this a resounding success for the community.

Have a Classified Ad, Announcement or Event?



Go to www.capecourier.com

Or contact Tara Simopoulos at: advertising@capecourier.com

Scams

Continued from page 3

number. If someone ever contacts and directs you to a crypto ATM to solve an emergency, it's a scam.

Natural Disaster Scams

It's an important reminder heading into the summer months, that April through August are the most common months for natural disasters to occur throughout the U.S. Right now is the best time to learn about the types of perpetrators who might strike as you're still picking up the pieces after one of these disasters. Following extreme weather events, dubious contractors and outright scammers descend on affected communities, offering quick, cheap fixes. They canvas neighborhoods in search of "work" that they may or may not even attempt to do—often, specifi-

cally targeting older homeowners.

Before any disaster, it's a good idea to call your insurance company to clarify your coverage and ask any questions you might have. Investigate before hiring a contractor and check the vehicle of any contractor who arrives unsolicited for a business name, phone number, and their state contractor license number. You can also look businesses up on the Better Business Bureau (BBB) and other consumer review sites to double check.

Not everyone who shows up after a storm is there to help you rebuild. Take your time, ask questions, and know that you are not alone.

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

The "KID" Courier

Are you a young, aspiring writer or artist? We want to hear from you!!

We are looking for artwork or stories for our new section, The "KID" Courier.



Send submissions to: info@capecourier.com

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Are you invested properly? Contact me for a complimentary portfolio review.



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DOG DAYS OF SUMMER



**FIND
10
DIFFERENCES**

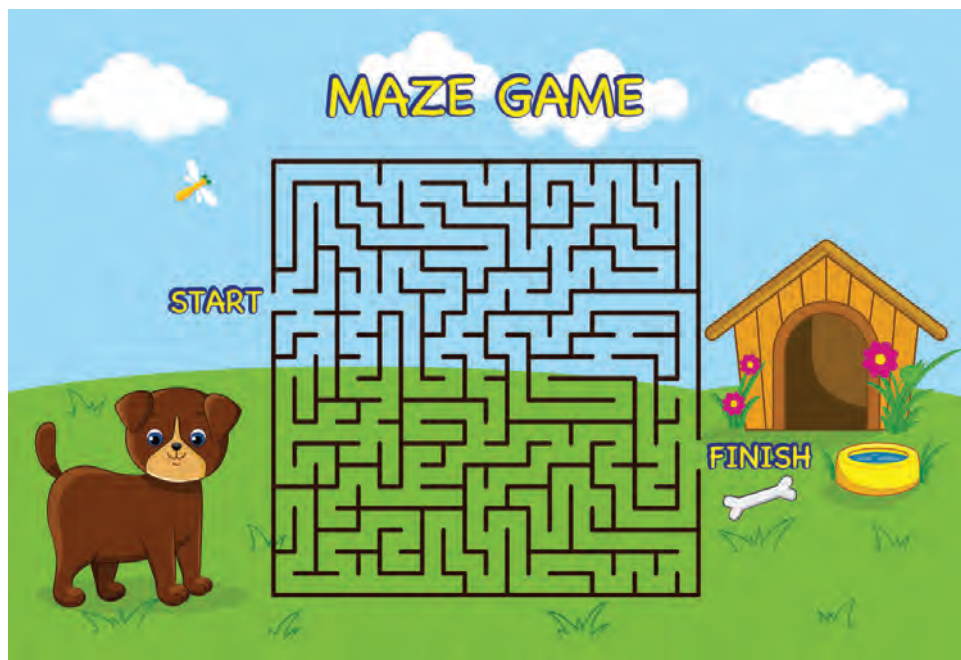


HOW MANY

DOGS ? CATS ?

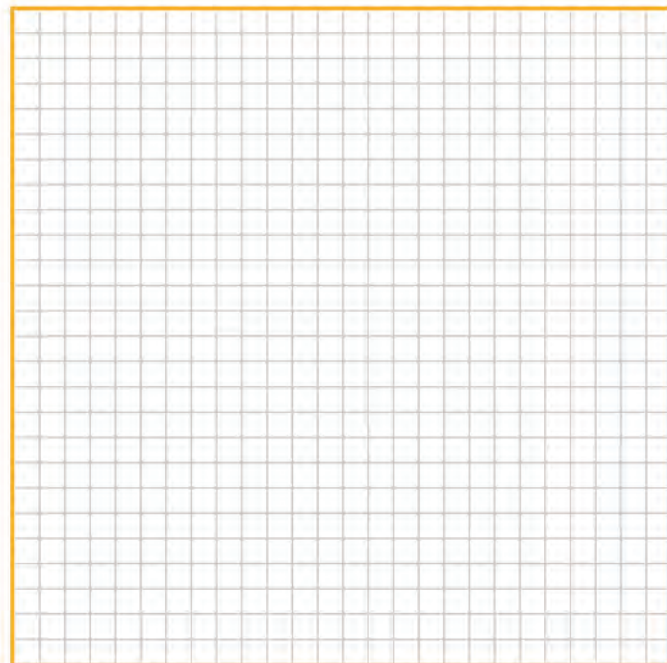
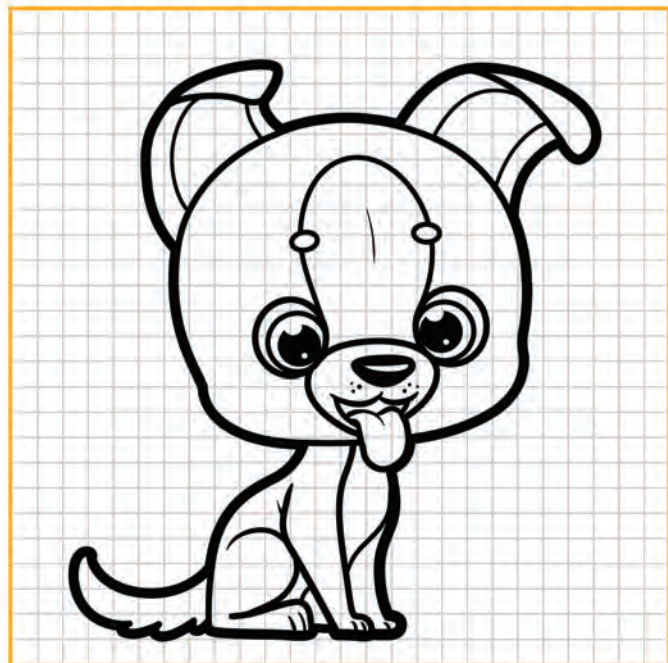
DO YOU SEE?

11	12
DOGS	DOGS
CATS	CATS
ANSWER	



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