

The Cape Courier

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Aug 19 - Sept 1, 2026

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Chuck comes home

By Kevin St. Jarre



Photo by Lauryn Hottinger

Role Model is his musical stage name, and Tucker Pillsbury is the name listed in the CEHS Class of 2014 yearbook. He recently played a show in Portland as part of a tour which will take him around the country this year, and to Europe in the next.

Many residents of Cape Elizabeth are familiar with the music of Role Model, and many remember him as Tucker Pillsbury, a

member of Cape Elizabeth High School's Class of 2014.

Role Model, his musical stage name, has been on tour and his fame has exploded. He has appeared on television, on The Tonight Show with Jimmy Fallon, The Today Show and Saturday Night Live.

A dream of his has been to play a concert in Maine, and that came true recently at Thompson's Point. The tickets to his show sold out the day they went on sale.

Those in attendance said it felt like a huge portion of Cape Elizabeth was there to cheer him on, and to celebrate his suc-

-see ROLE MODEL page 12

GOAL!



venmo

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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 21

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News from August 10 Town Council meeting

By Hanna Gilley

Citizen Comment of Items Not on the Agenda

Rachael Stamieszkin spoke on the “future of Gull Crest Garden.” Stamieszkin said that the garden allows Cape citizens of all ages to come together to “build connections, work together” and offer a response to food insecurity in the community. Stamieszkin added that the proposed ice arena at the Gull Crest property “threatens the garden’s ability to exist” due to removing parking and delivery vehicle access, and “runoff causing organic growing to be impossible.” She added that the ice arena and garden can “coexist” if the proposed plan is revised.

Andrea Southworth shared that green spaces are essential for “our wellbeing, sense of place and community integrity” adding her support for the Gull Crest community garden. Southworth said that the garden is a hands-on way to give back and to support Maine Harvest for Hunger, and “while the ice arena is awesome” it can’t replicate the quiet of the community garden.

Many other community members also were present in the chambers to show their support for the Gull Crest community garden.

Town Council Reports and Correspondence

Chair Scifres and Councilor Anderson hosted the second Coffee with Councilors held at the library. Scifres added that the event was attended by two people who had questions about site line setbacks and various fees at Town Hall. She said that it’s a “really nice time to talk to people in our community” and the council will continue this event. Scifres also added that Rachel Davis, Thomas Memorial Library Director, and library staff have been “gracious” and provided coffee and treats in support.

Councilor Sahrbeck shared that the School Building Committee has officially accepted a contractor for the new construction and renovation projects at the middle and high school. The contract comes in \$8.1 million less than the budget which saves the need to take out additional funds in a bond.

Councilor Anderson gave an update that the Thomas Memorial Library Foundation’s annual appeal resulted in a total raised of \$64,000. The Foundation gave away \$50,000 in grants and an additional \$34,000 from a leftover fund of a capital campaign. Anderson said that since the administrative costs to run the Foundation are approximately \$12,000, “virtually every penny raised goes back to the library.” Anderson also spoke of discussions of potential expansion of the library between herself, Rachel Davis, and Town Manager Patrick Fox.

Councilor Thompson recently attended a Maine Municipal Association (MMA) workshop as a member of the legislative policy committee. Thompson said that the committee would like the State Legislature to focus on prioritizing property taxes, local sales tax options, expanding the Homestead Exemption, emergency services, affordable housing, and traffic safety in our communities.

Chair Scifres said that there is a newly established Communications Work Group that includes Chair Scifres, Councilor Anderson, Patrick Fox, and Cape Elizabeth Communications Coordinator Susana Measelle Hubbs. The group will need input from the council members and will discuss how the council communicates, and sending and responding to emails.

Town Manager’s Report

Town Manager Patrick Fox thanked all town staff, volunteers and the Cape Elizabeth community, who played “amazing hosts” to Beach to Beacon, Maine’s largest road race, on August 1. Fox said there are always “months and months of planning” all about giving our guests the best experience while preserving residents’ access to and through town.

Fox also said that Great Falls Construction is the firm who will be building the new middle school. Any citizen or community member questions can be directed to this email address: schoolbuildingprojectquestions@capeelizabethschools.org

Fox also shared that property tax bills have been finalized with property tax commitment values. The approved mil rate for 2027 is \$12.59, and tax bills will be mailed

out at the end of August.

Spirit of America Foundation Tribute Presentation

The Town Council selected the 2026 recipient of the Spirit of America Foundation Tribute which was started in Maine in 1990. The award recognizes a community member or organization that represents extraordinary volunteerism and commitment to their community. The Town Council recognized Bob Dodd as the 2026 recipient of the Spirit of America Foundation Tribute.

Chair Scifres read from a municipal resolution that recognized “Bob Dodd for commendable community service, long standing commitment to volunteerism and historic preservation in Cape Elizabeth during this 250th anniversary of our nation.” Dodd is a key member of the committee that established the design for the first Fort Williams museum space, an advocate for the preservation of Lovett Woods, and has embodied volunteerism through many meaningful contributions to Cape Elizabeth over the last several decades. The resolution continued: “be it resolved by Council in sincere gratitude and appreciation that Bob Dodd hereby recognized for his exemplary citizenship and outstanding efforts on behalf of his community with the 2026 Cape Elizabeth Spirit of America Foundation Tribute.”

Dodd was present to accept and added that the recognition was “quite an honor after looking at past winners.” He said that “any award like this is a team award and I feel that very strongly, especially with the historical society. We love being more visible at Fort Williams.” Dodd added “thank you very much, this is a very meaningful award.”

Special Amusement Permit – The Good Table

The Good Table is looking to have a special amusement permit approved to have live music on the front porch, dining room, or sun room during normal operating hours. The permit requires The Good Table to follow Cape Elizabeth noise standards during day and nighttime hours, and the outdoor deck seating layout needs to remain unobstructed so that all emergency exit paths, gates, and stairways are clear at all times.

Councilor Anderson brought up the issue that the council could not make a vote to approve the permit because they did

-see TOWN COUNCIL page 9

2026 Publication schedule		
Issue No	Ad/Copy Due	Issue Published
01	Jan 2	Jan 14
02	Jan 23	Feb 4
03	Feb 6	Feb 18
04	Feb 27	March 11
05	March 13	March 25
06	March 27	April 8
07	April 10	April 22
08	April 24	May 6
09	May 8	May 20
10	May 22	June 3
11	June 5	June 17
12	June 19	July 1
13	July 3	July 15
14	July 24	August 5
15	Aug 7	August 19
16	Aug 21	Sept 2
17	Sept 4	Sept 16
18	Sept 18	Sept 30
19	Oct 9	Oct 21
20	Oct 30	Nov 11
21	Nov 13	Nov 25
22	Dec 4	Dec 16



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Stolen motor vehicle located in Portland

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 7-20 An officer met with a resident of the Mitchell Road area regarding a motor vehicle theft. The vehicle was located in Portland and returned to Cape Elizabeth Police for processing.
- 7-20 Two officers responded to a residence in the Scott Dyer Road area for a well-being check.
- 7-23 Two officers responded to a location in the Spurwink Avenue area for a well-being check.
- 7-23 An officer met with the resident of the Mitchell Road area regarding damage to a mailbox.
- 7-27 An officer met with a resident of the Cross Hill area regarding damage to a mailbox.
- 7-28 An officer responded to a residence in the Sawyer Road area for a loose dog complaint.
- 7-29 An officer spoke with a subject regarding a criminal threatening complaint.
- 7-30 An officer met with a resident regarding un authorized charges on their credit card.
- 8-2 Two officers responded to a residence in the Mitchell Road area for a well-being check.

- 7-21 Cape Elizabeth resident, operating vehicle while using phone, Two Lights Road, \$85
- 7-22 Cape Elizabeth resident, operating vehicle while using phone, Route 77, \$85
- 7-26 Newcastle resident, speeding (59/50 zone), Ocean House Road, \$114
- 7-29 Cape Elizabeth resident, operating vehicle while using phone, Route 77, \$85
- 7-31 Yarmouth resident, speeding (54/45 zone), Bowery Beach Road, \$114

JUVENILE SUMMONSES

- 8-1 Gloucester resident, failure to produce proof of insurance \$186

ACCIDENTS

- 7-15 Ruth Morrison, Megan Maturo, accident on Ocean House Road
- 7-25 Henry Boucher, Michael Holden, accident on Cottage Farms Road
- 7-27 Ronald Gardiner, Cynthia Weaver, accident on Ocean Road
- 8-1 Cynthia Flaherty, Nancy Spiegel, no location listed

FIRE CALLS

Fire calls: 15
EMS calls: 47

SUMMONSES

- 7-21 Cape Elizabeth resident, operating vehicle while using phone, Two Lights Road, \$85

Dean’s list announcements

Logan McVeigh was named to the dean’s list for the spring 2026 semester at Saint Anselm College in Manchester, New Hampshire.

Thomas Gray, a member of the class of 2027 majoring in Mechanical Engineering, was named to the dean’s list for the spring 2026 semester at Worcester Polytechnic Institute in Worcester, Massachusetts.

Jacqueline E. Blank was named to first honors on the spring 2026 dean’s list at Clark University in Worcester, Massachusetts.

Cayden Royall was named to the Dean’s List at Bates College in Lewiston for the winter semester ending in May 2026. Royall is majoring in Biochemistry and Psychology.

Scam alert bulletin board

By Jessica D. Simpson

Spot The Fake: Tech Support Scams

A new surge of tech support scams is threatening consumers. Criminals use scary warning pop-up messages, or cold calls pretending to be a major software company to gain access to your device. Many modern tech support alerts closely resemble real system warnings, making them difficult to detect at first glance. Vulnerable targets include standalone home computers, tablets used for online banking, and personal laptops used in busy public Wi-Fi areas.

If your screen freezes or a strange alert pops up, pause before reacting. Reflect on what you might have heard (or read) about scams that start out like this. To clear the warnings, you may have to shut down your device to get rid of them. To help stay safe, keep your operating system and antivirus software up to date. If you are concerned that your device may be compromised, get it checked out at a repair shop you trust.

Is It Really Your Grandkid on the Phone?

Gary Schildhorn was driving to his office when he received a phone call from his grandson Brett. “He was upset and crying. He told me he needed my help. He said was in a car accident ... [he] was hurt, he was in trouble and a pregnant woman was injured.”

Shocked that his grandson had been arrested, Schildhorn was next contacted by someone who claimed he was Barry Goldstein, his grandson’s lawyer. Schildhorn used the number provided by the so-called lawyer to talk to court officials. In a series

of rapid calls, Schildhorn learned he had two hours to wire \$9,000 for bail from a special kiosk at a credit union.

“It was not until the calls stopped and I was driving to the bank that I had an opportunity to think,” said Schildhorn, who recounted his story at a U.S. Senate Special Committee on Aging’s hearing on scams and artificial intelligence (AI). “I called my daughter-in-law, Kim, told her what happened and asked her to alert my grandson’s office that he had been in an accident.” He soon received a FaceTime call from Brett, who said, “You are being scammed; see, I’m fine.”

Receiving a panicked call that a grandchild is in danger triggers immediate fear and an overwhelming emotional panic, which is exactly what criminals exploit to override our logical thinking. Scammers contact targets feigning to be their grandchild who is in trouble and needs urgent financial help. Oftentimes, they request money through unconventional payment methods like gift cards or cryptocurrency. If you receive an unexpected call that your grandchild is in jail or a hospital, take an active pause and reflect on the call – does it make sense? Have you heard about a scam like this? Then, hang up and contact your grandchild directly or call another relative to confirm they are okay. Then contact your phone provider to see if they offer spam and scam call blocking

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.

Movie night at Fort Williams

Join the Cape Elizabeth Police Department for a movie night at Fort Williams Park on Friday, August 28 at 8:00 p.m./dusk. Bring a blanket, family and friends.

The movie screened will be “Hoppers” and popcorn will be served.

Contact darin.estes@capeelizabeth.gov with any questions.



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New laws on the books

By Sen. Anne Carney

This year brought no shortage of challenges in communities across Maine – from rising costs of necessities like healthcare and energy to rollbacks of federal support for fundamental rights and critical services. In response to these challenges, I’m excited to see the 132nd Legislature’s ideas turn to action as this year’s new laws, including three bills I sponsored, officially took effect on July 29.

The first of my bills targets electricity affordability at a time when Maine households are struggling to afford basic needs like staying warm in the winter, keeping medical equipment running or getting to work and school – particularly as the war in Iran drives up energy costs. While working to meet immediate needs through investments in electricity and heating assistance, the Legislature also took steps toward long-term reforms with LD 1949, “An Act Regarding Energy Fairness.” LD 1949 requires the Public Utilities Commission (PUC) to make affordability a central part of their decision-making when setting electric rates, increases transparency in the activities of large utilities and initiates a comprehensive review of ways to make Maine’s energy system more stable and affordable.

This new law took effect just as the PUC began consideration of CMP’s proposed rate hike, which would tack \$18 more onto the average Mainer’s monthly bill while also increasing CMP profits by allowing a higher return on equity. Alongside regulatory priorities like reliability, safety and responsible investment, LD 1949 ensures that the voices and budgets of Maine households are squarely and officially in the equation.

With the same intent to protect stable access to everyday necessities, I sponsored LD 1444, “An Act to Clarify the Application of Finch v. U.S. Bank, N.A.,” to help keep Mainers in their homes. In 2024, a decision by the Maine Supreme Judicial Court reversed homeowners’ legal protection against repeated foreclosure claims, casting doubt on long-settled property rights. LD 1444 ensures this new legal landscape is not applied retroactively, prohibiting lenders that lost a foreclosure case before

2024 due to their failure to comply with notice requirements from bringing a new foreclosure claim against the same homeowner. This new law puts housing security first, ensuring that homeowners receive the protections they were promised when their foreclosure cases were resolved years ago.

Finally, LD 981, “An Act To Facilitate the Establishment of an Automated Crime Victim Notification System,” aims to support the safety and security of victims of crime. Victims of sexual assault, domestic violence and other crimes need a baseline sense of personal safety in order to heal, and knowledge of their perpetrator’s status – whether they are incarcerated or may have returned to the community – is a crucial piece of the equation. LD 981 improves the effectiveness and efficiency of Maine’s victim notification system, moving from paper to automatic electronic notifications to ensure victims receive timely information about changes to the status of perpetrators of crimes.

While there’s much work left to do, this legislative session was full of meaningful progress to improve affordability, protect Maine’s future and stand up to threats against our rights and freedoms. As the many bills my colleagues and I advanced took effect last month, we are another step closer to a version of Maine that is accessible, safe and fair for all.

As always, you can contact me at Anne.Carney@legislature.maine.gov or (207) 287-1515 for help navigating state services or to share questions, comments and concerns.

Upcoming CELT programs

CELT New England Cottontails program: In the Thick of It

Join Sarah Dudek, from the Maine Department of Inland Fisheries and Wildlife, for a gentle walk around Runaway Farm. Participants can look forward to learning about the state-endangered New England Cottontail, the conservation effort taking place to recover the species in southern Maine, and what you can do to help.

Date: Saturday, September 19
Time: 2:00 pm - 3:30 p.m.
Location: Runaway Farm. Meet at the parking lot by the fields at Gull Crest (1 Gull Crest Drive)
Cost: \$6 per person. Min/Max: 3/15

Take the Recycling Center quiz: Free or fee?

By the Cape Elizabeth Recycling Committee

Just how well do you know all the benefits available at the Cape Elizabeth Recycling Center? As all Cape Elizabeth residents know, trash must be taken to the Recycling Center on Dennison Drive, off Spurwink Avenue. Did you also know that you can bring recycling, food waste, returnable bottles, bulky items, cell phones, and just about anything there? It’s free to recycle or dispose of many items, but for some items, the town charges a small fee to help cover costs of disposal. You can pay the fee by cash, check or credit card; look for an attendant. And of course, there’s the Swap Shop for gently used household items you’d like to pass along, from books to toys to kitchen items, as well as the Bottle Donation Shed, where donations of your returnables contribute to youth groups in town.

Take our Free or Fee quiz to see how well you know your Recycling Center!

ASH
You can dispose of residual ash from your wood stove or pellet stove.
Free or fee? FREE

BATTERIES
Rechargeable batteries (lithium ion and nickel cadmium) as well as single-use batteries (AA, AAA, C, D, 9-Volt, button) are all recyclable so please don’t put them in the trash. Bring batteries to the office (the building on the far right as you enter), where you’ll see various bins and receptacles for batteries depending on the type. Single-use batteries are collected by Battery Recycling Services, a Waterville company, and then shipped to Europe to be recycled as unfortunately, this cannot be done in the U.S. at this time.

Free or fee? FREE (Note: marine and auto batteries are \$5/each.)

BULKY WASTE
Single items that are too large to fit into the trash hoppers are considered bulky waste. Bulky waste is incinerated at Ecomaine’s waste-to-energy facility, where it is used to generate energy. Cape Elizabeth pays by weight so the bigger and heavier the item, the more it costs the town. Please see an attendant to find the proper place to leave these items.

Free or fee? FEE: \$5/item, \$20/carload, \$30/truckload

CELL PHONES
Bring cell phones to the Cell Phone box next to the office door at the Recycling Center.
Free or fee? FREE

CLOTHING (and TEXTILES and SHOES)
Look for the Apparel Impact bins on the right-hand side as you approach the Swap Shop. Here’s where you can drop off all clothing including coats and jackets, all accessories including purses, bags, scarves, hats, shoes, sneakers, flip flops, sheets and towels. All items must be dry, contain no mold or odor. They do not need to be in wearable conditions.
Free or fee? FREE

COMPUTERS and ELECTRONICS
You can bring computer towers, laptops, printers, keyboards, and peripherals to the office and look for the designated areas to leave items. Electronic waste is taken by North Coast Services, a Concord, NH, company. Data containing equipment is isolated and secured for electronic erasure services or physical destruction. Reusable electronics are set aside for possible resale after thorough testing. All equipment that is determined to be “End of Life” is manually disassembled into components for recycling.
Free or fee? FEE: \$5/item

FOOD WASTE
The Cape Elizabeth Recycling Center offers food waste drop-off at the green bins in front of the large recycling containers. In partnership with Agri-Cycle, a company that uses anaerobic bacteria to convert organic material into energy, this program helps to reduce costs to the town. You can drop off meat and bones, milk, cheese, dairy, fruit and vegetables, condiments and dressings, coffee grounds, seafood and shells, fats, oils, spices, powdered drinks, dietary supplements. For a full list, visit agricycleenergy.com. Putting food scraps here, instead of in the trash, actually saves the town money.
Free or fee? FREE

FURNITURE
Similar to bulky waste!
Free or fee? FEE: \$10/mattress or box spring; \$15/sofa or large chair; \$20/sleep sofa; \$15/roll of carpeting

LEAVES (and grass clippings and yard waste)
Look for the leaf drop-area past the hoppers. If leaves are bagged, they must be compostable (paper) bags; no plastic bags are allowed. Leaves are composted at the Recycling Center by LP Murray and Sons; the compost is screened and reused with topsoil.
Free or fee? FREE

LIGHT BULBS
Incandescent, halogen and LED light bulbs can go in your trash. Fluorescent lights, however, contain trace amounts of mercury and cannot go in the trash. It’s actually illegal to throw mercury-added bulbs in the trash in Maine (and many other states). Please bring them to the office.
FREE. CFLs, compact fluorescent light

-see RECYCLING page 11

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St. Elizabeth’s Child Development Center relocates to Cape

Capetoon: Behind the sightings

By Kevin St. Jarre

St. Elizabeth’s Child Development Center, a program of Catholic Charities Maine, had been located in an historic building in downtown Portland for over 50 years, but recently relocated to Cape Elizabeth.

According to a release by Catholic Charities Maine this move allowed then to continue developing and expanding, even including infant care for the first time. They add that this is a very exciting new chapter in a program with a long history.

Candace Parmenter, the director of St. Elizabeth’s Child Development Center, joined the center in 2022 after relocating to Maine to be closer to her husband, who owns and operates a commercial lobstering and fishing business in the Portland area. “While he has always called Maine home, we’re now settled together with his 9-year-old daughter and our chocolate Lab,” she said.

Before joining St. Elizabeth’s, Parmenter spent more than 7 years directing a nationally recognized early childhood program in Boston’s Longwood Medical and Academic Area, affiliated with Harvard Medical School, Mass General Brigham, Dana-Farber Cancer Institute, Colleges of the Fenway and other leading medical and academic institutions. Prior to that, she supported a startup childcare center owned by Massachusetts Institute of Technology (MIT) and specifically oversaw its four-classroom infant program. She has also managed multiple Bright Horizons locations in the Boston and Cambridge areas.

“Infant care is a particular passion of mine, so I’m especially excited that St. Elizabeth’s is expanding its infant and young toddler programs. Families can feel confident knowing that our infant program is grounded in best practices, relationship-based care, and a deep understanding of child development. Together with our experienced teaching team, we bring that same intentionality and expertise to toddlers, preschoolers, and pre-kindergarten children,” Parmenter said.

St. Elizabeth’s provides full-day, year-round early childhood education and care for children from six weeks of age through kindergarten eligibility. Parmenter said, “We are proud of our Star 5 rating, the highest awarded by the Department of Health and Human Services’ ‘Quality for ME’ program, as well as our accreditation through the National Council on Accreditation, which is recognized by the State of Maine as equivalent to NAEYC.”

She said that one of the most exciting aspects of their presence in Cape Elizabeth is their ability to expand access to infant care, something she said they know many families in the community have been searching for. “Our reliable programming is open Monday through Friday from 8 a.m. to 5 p.m. and here to support working families. We are located on the campus of St. Bartholomew’s Church at 6 Two Lights Road,” she said.

Parmenter said that their role is to provide more than childcare. “We provide an environment where children feel safe, loved and inspired to learn. Our play-based, child-led curriculum encourages curiosity, creativity, problem-solving and strong social-emotional development.

Teachers thoughtfully plan learning experiences around children’s interests while aligning with Maine’s Early Learning Guidelines. Our center was thoughtfully designed with age-appropriate classrooms, secure facilities, and outdoor learning environments,” she said. “Our Cape Elizabeth center has capacity to serve up to 55 children across five classrooms, ranging from infants through preschool age. We’re fortunate to have a talented team of dedicated early childhood educators, including teachers who have been with St. Elizabeth’s for more than a decade. As we continue to grow, we’re also welcoming new educators who share our commitment to providing exceptional care.”

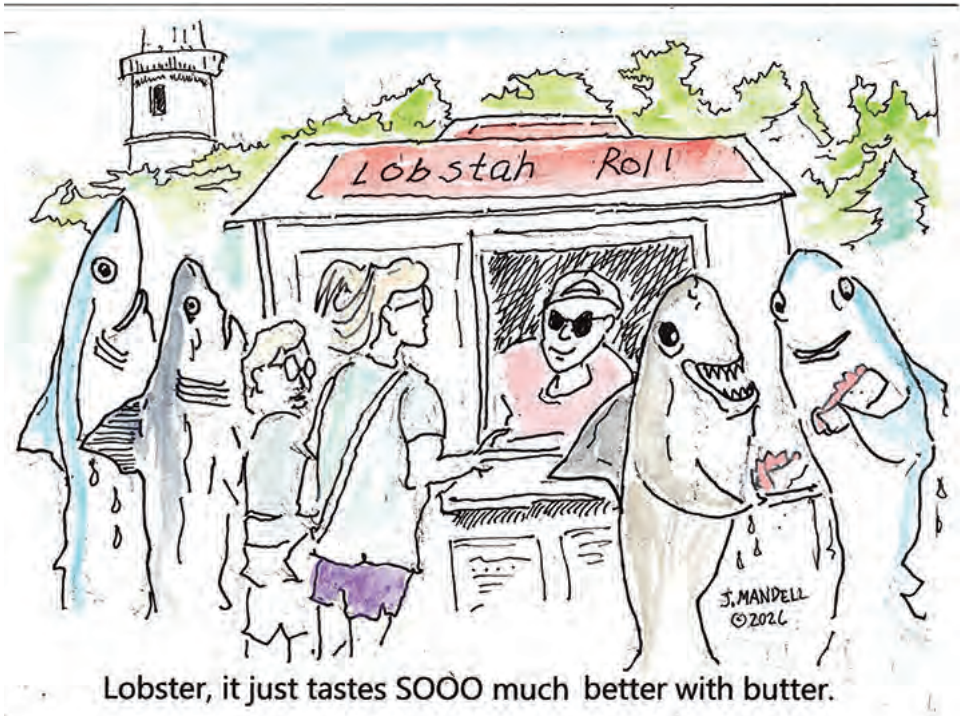
She said they welcome families from Cape Elizabeth and surrounding communities. Children may enroll beginning at 6 weeks of age and remain with St. Elizabeth’s until they are eligible for kindergarten. “We offer full-time and part-time enrollment options when available, and we proudly accept Maine Child Care Subsidy Program (CCSP), ASPIRE, and Transitional Child Care vouchers for qualifying families,” Parmenter said.

They have a robust volunteer program, and would love to meet community members who are interested in volunteering. Parmenter said local businesses and organizations can help sponsor playground improvements, family events or classroom enrichment projects. Community members may also choose to donate children’s books, art materials, sensory items, gardening supplies or other resources that support play-based learning.

“Perhaps most importantly, we’d love to share our community with our children. If you’re a musician, artist, gardener, scientist, first responder, local business owner, or simply have a passion you’d like to share, we welcome opportunities to collaborate and create meaningful experiences for our students,” Parmenter said.

Families can learn more about St. Elizabeth’s Child Development Center, schedule a tour, or inquire about enrollment by visiting www.ccmaine.org/st-elizabeths or by calling (207) 871-7444

By Jeff Mandell





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The “KID” Courier



Pond Cove Elementary 4th graders Josie and Violet recently sent in this Kid Courier submission, which they said is a piece of abstract doodle art created with markers.

Capers represent again in 2026 TD Beach to Beacon 10K race

By Kevin St. Jarre



Contributed photo

Henry and Ellie Sterling cheer on their parents Danielle and Tyler Sterling at the 2026 TD Beach to Beacon 10K. Danielle is a 1999 graduate of Cape Elizabeth High School and this was her 19th B2B run.

Based on numbers provided by race officials, Cape Elizabeth residents once again were well-represented in the 2026 TD Beach to Beacon 10K race held in town annually.

Almost 800 residents finished this year, and their ages ranged, according to the publicly available data, from 7-year-old Teddy Mullen to 84-year-old Edward McCarthy.

Overall, the fastest male Cape resident finisher was Collin Leibold, and the fastest female Caper to finish was Aisling Cuffe.

The fastest finisher among the pre-teens appears to have been 12-year-old Katherine Ferguson with a time of 00:47:36. Among the boys in that age group, it looks like Ben Mitchell, 11, was the fastest at 00:50:12.

Among the teenagers, 16-year-old Leo Ferrey finished with the best time, at 00:41:09, and the fastest female teenager was Clara Maturo, 19, at 00:43:00.

Finishers between the ages of 20 and 29 saw 24-year-old Cole Hoffman come in at 00:35:54, and among women in that age group it was 20-year-old Hadley Mahoney who had the best time at 00:38:30.

Collin Leibold, 33, had the best time, 00:32:34, among finishers ages 30 to 39, and the best time among female finishers in that group went to Aisling Cuffe, 32, with a time of 00:35:59.

With finishers between the ages of 40 and 49, the fastest male was Amit Oza, 41, at 00:47:12 and the fastest female finisher was Vienna Morrill, 41, at 00:42:01.

Among those Capers ages 50 to 59, the fastest was Ryan McCalmon, 50, who finished at 00:34:20, making him the second-fastest Caper overall. Among the women it was Carrie McCusker, 56, at 00:48:08.

In the 60 to 69 age group, the fastest female finisher was Judi Logue, 64, with a time of 00:45:33. The fastest Caper in that age group was James Glidden, 67, at 00:38:03.

The fastest finish among the 70 to 79-year-olds was Barbara Lamson, 74, with a time of 00:49:40. The fastest male finisher in that group was Adrien Kurre, 70, finishing at 00:50:10.

Mr. McCarthy, who as previously stated is 84-years-old, had the best time among all runners 80 and older, with a time of 01:41:26.

And young Teddy Mullen, 7, finished at 01:08:18.



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Cape Elizabeth farm news

Cape Elizabeth is a farming community. Our proud farming heritage dates back roughly 400 years. Farming has helped preserve Cape Elizabeth’s unique rural character and provide our town with a rich bounty of produce and livestock at our doorsteps. Several of our farms are still owned by descendants of Cape Elizabeth’s original families, and we have some new farms too.

Cape Elizabeth farm news is a new regular feature that will provide you with more of the history of farming in our town and let you know what is currently being harvested, what is planted in the ground for future harvests and spotlight our farm families to help you get better acquainted with these amazing people.

Farm Spotlight: Green Spark Farm

By Mary Ellen Chadd



Contributed photo

Mary Ellen and Austin Chadd, owners of Green Spark Farm.

Green Spark Farm started on a half-acre field in Cape in the rainiest year on record. In 2009, with loads of networking and support, we hired professional farmers, now-friends, to plow sod that hadn’t been planted since the 70s or before. We planted everything rare and heirloom. Diseases took down most farms’ tomatoes and potatoes that year, but not all of ours. The praise from customers for our fresh organic vegetables propelled us then, and now too. At the end of that year, old-timers remarked, “If you’re still excited to keep farming after a year like this, you’ll be alright.”

Now self-described “townies” with two middle-schoolers, our lives are scheduled by the weather and synchronized with the seasons seeding, planting and harvesting beautiful produce for our community. In our eighteenth year, Green Spark Farm still plants for color and flavor; we harvested over 1,900 lb of heirloom tie-dye tomatoes recently. The

farm is a year-round four-acre MOFGA Certified Organic mixed-vegetable farm specializing in spring garden plants, heirloom tomatoes and winter greens. Green Spark sells our own Cape-grown organic produce fifty weeks a year through our online shop, year-round at the Portland Farmers’ Market, specialty grocers and award-winning restaurants. We are lucky to crowdfund in community to deliver our vegetables to pantries and soup kitchens in town and beyond.

Next we look forward to pursuing new-to-us vegetables, exploring value-added production, enriching community relationships, and furthering our relationship with place and ecological biodiversity in Cape. Read more in our e-newsletter at www.greensparkfarm.com

August fresh produce in Cape Elizabeth

- Lettuce

Green Beans

Yellow Beans

Roma Beans

Eggplant

Greens

Garlic

Kale

Broccoli

Zucchini

Peppers (many varieties)

Cherry Tomatoes
- Heirloom Tomatoes

Roma Tomatoes

Basil

Other Herbs

Cabbage

Carrots

Corn

Cucumbers

Potatoes

Blueberries

Raspberries

Flowers

Cape Elizabeth farm calendar

- September

- September 26: Cape Elizabeth Land Trust Harvest Party at Turkey Hill Farm

- Harvest: Corn, Potatoes, Apples, Winter and Acorn Squash
- To locate or contact Cape Elizabeth Farms near you, go to the Cape Elizabeth Farm directory provided by The Cape Elizabeth Farm Alliance at: <https://capefarmalliance.org>



Contributed photo

Onions drying at Jordan’s Farm.

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

TML offers fairy festival, intro to jamming program

ANNOUNCEMENTS

Fairy Festival

Saturday, September 5, 10 a.m. - 12 p.m.

It's the most magical time of the year! Thanks to the TML Foundation, we are thrilled to invite you to join us for our 3rd Annual Fairy Festival here on the front lawn of the library. This year's festival includes a story-walk-style photo gallery, temporary tattoo stations, a special corner for your own magical fairy photos, and an open canvas where you can decorate garden rocks and terracotta pot fairy houses. We are also delighted to feature live fiddle music from Owen Kennedy, free fairy books and a reading corner with the Book Fairy Pantry Project, and everyone's favorite yellow-spotted salamander, Dusty from CELT!

All ages are welcome to stop by and enjoy the live music, take some fun photos, and delight in the wonder of our Posca Pen collection (perfect for painting rocks!). Feel free to make it a picnic and bring your own blanket and snacks. There will also be a place for you to donate your gently-used board books to Pam the Book Fairy, who spreads the magic of reading wherever she goes. Bring your wings, wands, flower crowns, water and sunscreen to this morning of fun and enchantment!

If you are interested in volunteering to take photos or give folks temporary tattoos, please email Sasha at skohan@thomas.lib.me.us. We can't wait to see you there!

Canoe Dig It? Screening and Q&A with filmmaker Sam Dunning

Thursday, August 20, 6:00 - 8:00 p.m.

Join us at the library with a very special screening of *Canoe Dig It?* followed by a Q&A with director, writer and lead actor Sam Dunning of Brunswick. Winner of "Best Maine Film" at the 2025 Maine Outdoor Film Festival, this mockumentary comedy about a fictional canoeing competition in Northern Maine is perfect for any fan of New England, Christopher Guest, summer sports or Marden's. Please register online if you plan to attend.

Film School: *Bonnie and Clyde* (1967)

Tuesday, August 25, 5:00 - 7:30 p.m.

This month, Film School will travel back in time to the 1967 movie that changed ev-

erything in Hollywood. "Bonnie and Clyde" was and remains a landmark film in American history. Join us for a screening and discussion of this must-see film for any cinephile. Snacks welcome; popcorn provided.

Big Little Lies Picnic and Discussion with Finding Our Voices

Saturday, August 29, 11:00 a.m. - 12:30 p.m.

Join us for an outdoor coffee-and-pastries book discussion on the hit book and HBO series "Big Little Lies," hosted in collaboration with nonprofit organization Finding Our Voices. While conversations about the reality of domestic violence are never easy, we hope that peering into the topic from the lens of popular culture may make it feel more accessible and safer. This discussion also comes on the heels of the August 25 release of "Big Little Truths," Liane Moriarty's long-awaited follow-up to her 2014 hit, and we will have a drawing for a free copy of the new book at this event. We hope to see you there!

REGULAR PROGRAMS

Senior Social Hour

Every Wednesday from 1-2 p.m.

Fireside Writing

Every Thursday from 5-6 p.m.

Death Cafe, with Davinica Nemtsov

First Thursday of each month, 6:30 - 8 p.m.

Songwriting Workshop, with Jud Caswell

First Tuesday of each month, 6-8 p.m.

Youth Services Recurring Programs: Summer

Program Break: August 31 - Sep 19

The Children's Department is taking a short break from weekly programming. We will still have some great programming happening during this time. Check out our calendar to learn more.

Baby Storytime: Tuesdays from Noon - 1:00 p.m.

This program is designed for infants and toddlers from birth - 18 months old and their caregivers. Join us for 15 minutes of short stories, finger plays, rhymes, songs, and movements followed by 45 minutes of free time to play and chat. Please note, capacity for this program is 25 people. No prior registration required.

Toddler Story Time: Thursdays from 10:30 - 11:00 a.m.

Great for children who have transitioned to one nap per day and are alert in the morning.

-see LIBRARY page 9

Defendify, founded by Capers, engaged in the fight to protect water supply

By Kevin St. Jarre

Protecting municipal water supplies has been an effort well-underway for some time, but the focus used to be more on the physical level. More recently, cybersecurity has come to the forefront, and a local company called Defendify is in that fight.

In light of the recent cyber-attack on water systems in Minnesota, suspected to have been backed by the Iranian Revolutionary Guard, the threat is not merely theoretical.

Defendify's co-founders Andrew Rinaldi and Rob Simopoulos met in Maine through a mutual family connection. They had both spent much of their careers as entrepreneurs, but with different backgrounds. Simopoulos had deep experience in the security industry, while Rinaldi's background was more in building brands, products and technology.

Rinaldi said that together they started Defendify, "to help small and midsized organizations build stronger, more comprehensive cybersecurity protection, including access to cybersecurity expertise, support and 24/7 protection."

Defendify has been selected to be part of the newly formed Water Watch Center, or WWC, created as a way to help provide participating water systems with more ongoing cybersecurity protection and support. Defendify is one of five founding cybersecurity providers spearheading the program.

Rinaldi explained that the WWC is the product of a partnership between DEF CON Franklin and the National Resource Water Association, or NRWA.

DEF CON Franklin, an initiative that connects cybersecurity expertise with organizations working to protect important public infrastructure, and the NRWA's mission is to promote the best use of the water resources of the nation for the benefit of our people and environment.

Rinaldi said of Defendify being a part of the Water Watch Center, "For us, it was a very natural fit with why we started Defendify in the first place. Many small water systems face the same fundamental challenge we see across small and midsized organizations generally. They need strong cybersecurity protection without necessarily having the staff, expertise or resources of a large enterprise. We're excited and grateful to be part of an effort that brings together organizations like DEF CON Franklin and NRWA, leading cybersecurity providers, and support from Craig Newmark Philanthropies, founded by Craigslist founder Craig Newmark, to help make stronger cybersecurity more accessible to these communities."

Former Deputy National Cyber Director and Defendify senior advisor Rob Knake has also been closely involved in aligning cybersecurity leaders around this effort

and helping make it a reality, Rinaldi said.

With the cyber-attacks on water systems in Minnesota, it's believed the hackers got in through programmable logic controllers that utilities had left directly connected to the public internet.

Rinaldi said, "The important point is that equipment controlling physical infrastructure shouldn't be left accessible in an unprotected way. There are well-established cybersecurity practices, including firewalls, network separation, endpoint protection, and secure remote access, that can significantly reduce exposure while allowing the equipment to continue doing its job. Every water system is different, so the right approach depends on how it is designed and operated. Part of the challenge is helping smaller systems identify where they may have unnecessary exposure, providing practical ways to reduce it, and helping monitor for threats around the clock."

Reportedly, some of the impacted Minnesota municipal water plants had never changed the manufacturer's default factory passwords that came with network equipment.

Rinaldi said, "This is where cybersecurity often becomes an operational challenge as much as a technical one. We call this cyber hygiene, and education is a key part of it. At Defendify, we think about cybersecurity across three layers: Assessments & Testing, Policies & Training, and Detection & Response. Strong cybersecurity is about more than any single tool or action. It requires understanding where the risks are, putting good practices in place, and continuously monitoring for threats. Some of the individual steps are relatively straightforward, but making sure they are all addressed and maintained consistently over time can be difficult, especially for smaller organizations.

That is one reason ongoing support and expert guidance matter. It is not just about telling an organization what it should do, but helping it understand its risks, prioritize the right actions, and continue improving its security over time. Cybersecurity is a posture, not a project."

Rinaldi said cybersecurity can feel complex, especially for smaller organizations that don't have large teams or budgets. "What is encouraging about efforts like the Water Watch Center is the collaboration behind them, with the water sector, cybersecurity experts, service providers, and philanthropic partners all working together to make strong, ongoing protection more accessible.

That kind of collaboration is important not just for water systems, but for many of the smaller organizations and communities that make up our critical infrastructure," Rinaldi said.

Those who would like more information about Defendify can go online at www.defendify.com.

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Town Council
Continued from page 2

not have a public hearing on the item. Anderson said that per the town’s ordinance with commercial licenses and permits, the Council could not hold a vote because they did not hold a public hearing on the item.

Councilor Harriman added that the public hearing should have been held “the next meeting after receipt” of the permit application. Chair Scifres and other council members voted unanimously to hold a special meeting on August 24, 2026 at 7pm in Town Hall chambers to hold the public meeting and the vote on the permit.

Liquor License – Inn By the Sea

Inn By The Sea, located at 40 Bowery Beach Road, submitted a renewal liquor license for which their current license expires on August 31, 2026. The Police Chief, Fire Chief and Code Enforcement Officer have reviewed the liquor license application and have no issues or concerns.

The council voted unanimously to approve the license renewal. Councilor Harriman disclosed that her business does business with Inn by the Sea.

1934 Building Committee – Update to Council

Since March 2026, the Ad Hoc 1934 Building Committee has been “exploring, studying, and gathering information” on the building for potential reuse and to offer recommendations to the Town Council by March 2027. The committee’s charge included presenting a required update in August.

Councilor Sahrbeck shared that the committee is “way ahead of where we thought we’d be” and that the committee “hit the ground running.” Sahrbeck shared potential municipal uses that the committee discussed including turning the 1934 Building into Town Hall. The current Town Hall building has limitations in office and meeting space, limited accessibility (ADA), and aging HVAC and mechanical systems. The 1934 Building would offer flexible meeting space, improved public access and accessibility and could meet future staffing or storage needs. Other municipal uses could include performing arts center; non-public schools such as trades, charter, special needs, adult learning, or daycare; small business/commercial office space such as a remote work model; a community hub or recreation center; retail shops; or a space for community groups like Lions, Rotary, or the historical society.

The committee also discussed potential for the 1934 building to be removed or demolished, or put up for sale or lease. Demolishing the building could be controversial as the building holds a lot of historic and community value and once the “building is gone, it’s gone.” The property would remain town-owned and would avoid any costly renovation or capital improvement costs if demolished. The property could become additional field space for the schools.

If the building were put up for sale or lease, the committee recognizes income

producing advantages, added property tax value, and a potential for a variety of uses such as housing, a private school, or retail opportunities. The disadvantages include the loss of control over what the property is used for along with the risk of the property having a new owner, and potential safety or use issues with the property being in close proximity to the school campus.

Further discussions will be held among the committee and the use of FlashVote for “community sentiment.” Sahrbeck said that there will be “numerous surveys” sent out via FlashVote to gauge community values, and what people want versus what people want to pay for.

Chapter 3 Personnel Code Amendments – Referral to Ordinance Committee

The town’s personnel policies and practices in the Town Code currently require an ordinance change, a public hearing and a 30-day waiting period to take effect. Town staff recommends an amendment to create a separate employee handbook which will allow the Town to adapt to HR requirements while still adhering to the personnel ordinance.

Patrick Fox added to the proposed amendments to include Chapter 2 Administrative code since there are “overlaps” with Chapter 3. He added that “referring both will give a better, more rounded product” of just a code and reference to a handbook which will be “simplified and streamlined.” The council voted unanimously to refer the proposed amendments to the Ordinance Committee.

Paper Reduction Amendments

The Planning Board recommends amendments to the Subdivision and Zoning Ordinances that will reduce the volume of paper submissions to the Planning Board. The amendments include the creation of a Planning Application Submission Policy that determines the format of Planning Board submissions.

Councilor Jordan said that she thinks this amendment will “make a lot of people happy.” The council unanimously approved the amendments.

Housing Related Ordinance Amendments

The Maine Legislature adopted several laws that mandate municipal zoning changes to promote housing. Maine municipalities have until July 1, 2027 to bring local land use laws into state compliance. The Town Council voted unanimously to refer the housing amendments to the Planning Board.

Councilor Sahrbeck shared concern for the deadline adding that “it seems like a pretty quick turnaround.” Town Planner Maureen O’Meara shared with Sahrbeck and the council that the Planning Board was notified in their August workshop of potential ordinance amendments and had instructed O’Meara to prepare the amendments for review at their regular September meeting. She added that the board “were satisfied that they could get this done by the end of the year.”

Cape’s best kept secret returns

The rumors are true: after last year’s sold-out debut, the Cape Elizabeth Education Foundation (CEEF) has announced that the 2nd Annual Secret Supper will take place on Saturday, October 3.

As many experienced last year, Secret Supper is unlike any other event in town. Guests enjoy an unforgettable evening of great food, meaningful connections, and a little mystery as they gather for private dinners hosted by gracious community members across Cape Elizabeth.

This year’s event will also feature a special Toast Committee Champagne Reception before dinner, adding more memorable moments to an already unforgettable evening. The night culminates with the Sweet Celebration, where all guests and hosts reunite

to swap stories, raise a glass to the night, and indulge in some delicious sweet treats - all while supporting educational opportunities for Cape Elizabeth students and teachers.

While details are under wraps for now, we do know one important clue...tickets go on sale Monday, August 17 (Purchase tickets at: ceef.us/secretssupper)! Be sure to mark your calendar as tickets are limited, and the event is expected to sell out quickly (according to the whispers rumbling through town).

If you want to be the first to hear about host hints, event updates, and other clues, follow the Cape Elizabeth Education Foundation on Facebook and Instagram and join us as the mystery unfolds.

More to be revealed in the coming weeks... but until then, our lips are sealed!

Library

Continued from page 8

ings. This storytime is designed for children ages 18 months to 3 years old and their caregivers. Join us for one picture book, songs, finger rhymes, felt board stories and board book read-alongs. Please note, capacity for this program is 30 people. No prior registration required.

Lego Club : First Tuesday of the month from 3:30 - 4:30 p.m., Aug 4

Come free-build or pick up a challenge card to try something new. Masterpieces will be put on display until the next Lego Club meeting. No registration necessary.

Venture Club: Wednesdays 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.

Youth Services Special Programs

Miss MacDonald Has a Farm: Special Story Time

Friday, August 21, from 10:30 - 11:30 a.m.

Children ages 3 through 7 years old and their caregivers are welcome to the garden outside of the Children’s Room for a sing-along reading of “Miss MacDonald Has a Farm,” by Kalee Gwarjanski. Come for a fun story and stay to contribute to a mural of vegetable prints to display in the children’s room this fall. Bring your own clothing, bags and more to create one-of-a-kind pieces of art to take home with you. Water-soluble paints, fabric paints and vegetables will be provided. Child supervision is required at all times. No registration required.

Intro to Jamming: Third Tuesday from Sept - Dec from 3:30 - 4:15 p.m.

What does it feel like to be in a real band? Come find out! In Intro to Jamming, you’ll jump straight into making music together. We’ll explore ukuleles, percussion, electronic instruments, beat-making tools and other fun ways to create music as a group. You don’t have to read music or already play an instrument. Workshops run as individual sessions so sign up for 1 or all 4. No experience needed. Classes led by Carly S. Cheriff, board-certified music therapist of EcoTones Music Therapy. For ages 8 - 11. Registration required.

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CAPE CALENDAR

By Wendy Derzawiec

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

Thursday, August 20

Traffic Safety Working Group, Jordan Conference Room, Town Hall, 9:30 a.m.
Fort Williams Park Committee, Community Center, 6 p.m.
Energy Committee, Town Hall, 7 p.m.
Tuesday, August 25
Zoning Board of Appeals, Council Chamber, Town Hall, 7 p.m.
Tuesday, September 1
Planning Board Workshop, Jordan Conference Room, 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 Mondays (museum only); 9 a.m. – noon Thursdays (archives and museum); 11 a.m.-3 p.m. Saturdays and Sundays (museum only), 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, Spurwink Rod & Gun Club, 1250 Sawyer Road. 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.

Judy's Food Pantry

Judy's Pantry is open for clients to shop for produce, protein and nonperishables at the Cape Elizabeth Methodist Church (280 Ocean House Road) on the 2nd and 4th Tuesdays of every month. June hours are 3:00-4:30pm, and July and August hours are 4:00-5:30 p.m.
Registration is available on-site for new clients.
For more information, please contact: cejudyspantry@gmail.com
Please consider a non-perishable donation to the IGA drop box.

CABLE GUIDE

CETV CHANNEL 1302

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

Zoning Board of Appeals
Aug. 25 - 7 p.m.



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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: 10:00 a.m.
In-person Sunday services 10:00 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

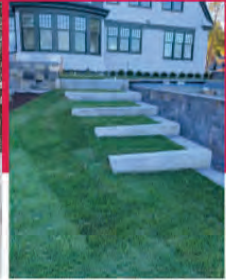
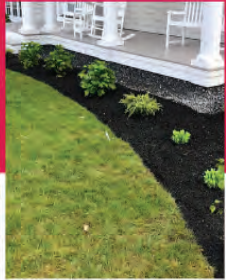
First Congregational Church United Church of Christ
301 Cottage Road, South Portland
799-3361
www.fccucc.org
Sunday Worship: 10:00 a.m. in person and streamed on Facebook & YouTube

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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Piano, Voice, Guitar, Ukulele lessons for all ages. Beginner through intermediate. Carey Rasco: 232-7015

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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HELP WANTED

Tower Technician II. MasTec Services Company Inc, South Portland, ME. Job Duties: Work at construction sites to: Climbing towers & ladders at various heights averaging 250 ft.; Erecting various tower types; Prep'n & cleaning of telecommunication sites; Installation of new carriers on new build & existing towers; Follow Safety procedures; Identify & select the proper rigging materials per weight & size of load; Perform guy wire change outs, tower modifications & plumb & tension; Read a compass, set azimuths & down tilts per specs; Provide tech'l guidance to jr hands while on tower under the direction of foreman. Must have HS dipl. or foreign equiv + 1yr exp in the job offered. At least 75% of travel time travel to Northeast & MidAtlantic regions of the USA to work on cell sites for cellular tower construction & installation & repair of cellular eqpmt. Travel is inherent to the nature of this position. Send resume to: MasTec Services Company Inc., 200 North Warner Rd, Ste 110, King of Prussia, PA 19406, or email resume to MSCIRecruitingTeam@mastec.com. Salary: \$46738.00 /yr. Benefits: Medical insurance, Dental, Life Insurance, Paid Time Off & 401K.

Nanny Care Giver Needed for 1 Down Syndrome Teen In Cape Elizabeth After School 2:30 -5:30 p.m. beginning August 20th. M-F. Pay \$25-50. For more details email mi-cheleverma@hotmail.com

Recycling

Continued from page 4

bulbs or twists, can be disposed of for free.
FEE: \$1/each for U-shaped CFL (compact fluorescent lamp) bulbs, and \$1/foot for linear fluorescent light tubes.

MATTRESSES
You can bring mattresses, futons, and box springs to the Recycling Center.
Free or fee? FEE: \$10/mattress, futon, or box spring

PAINT
The Cape Elizabeth Recycling Center is now accepting paint products for reuse and disposal. The town recently partnered with Paint Care, a nonprofit stewardship organization that establishes paint recycling programs on behalf of paint manufacturers. The cost of the program is funded through a fee that is paid at the point of sale. There is no cost to the residents for this service. Paint collected through this program is repurposed using various methods, including: reuse, donations, paint recycling and more. The following products are recyclable through the Paint Care Product Stewardship Program: house paint, primers, stains, sealers, clear coatings like shellac and varnish. Products must be in their original, labeled containers (no larger than 5 gallons) and be covered with a secure lid. For a full list of accepted products, visit: paintcare.org/products. (TIP: It's actually cheaper for the town if residents bring their paint products to the Recycling Center on a regular basis, rather than bringing it to the annual Household Hazardous Waste Day event.)
Free or fee? FREE

PROPANE TANKS
Yes, you can bring old propane tanks to the Recycling Center! A tank recycler removes the accumulated tanks at no cost to the town. About 75% of the tanks are reconditioned and certified as re-qualified then put back in service. The remaining 25% are disassembled and the various metals are recycled.
Free or fee? FEE: \$5 for less than 20 lb. cylinders; \$10 for greater than 20 lb. cylinders.

TELEVISIONS
Same as COMPUTERS and ELECTRONICS; bring them to the office.
Free or fee? FEE: \$15/Console TV; \$5/Non-console TV

TIRES
You can even bring old tires here. Tires are collected by a private hauler and shredded for inclusion with wood chips and liquid asphalt. Ask an attendant where to put tires.
Free or fee? FEE: \$5/each (\$10/each for 17" or larger truck tires)

This is not a complete list! For full details of what you can and can't bring to the Recycling Center, the fee schedule, recycling FAQs, and more, visit: capeelizabeth.gov/recyclingcenter

BONUS:
Look for Free Drop-off Days for a week in late October or November, when disposal fees will be waived for residents bringing their own materials.

Document Shredding: October 24, 2026, from 9 a.m. to 1 p.m. Bring your secure documents for on-site shredding and disposal.

Household Hazardous Waste Day: November 7 (the first Saturday of November)
Bring household items that are caustic/corrosive; flammable/ignitable; toxic or poisonous; explosive; or reactive.

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.



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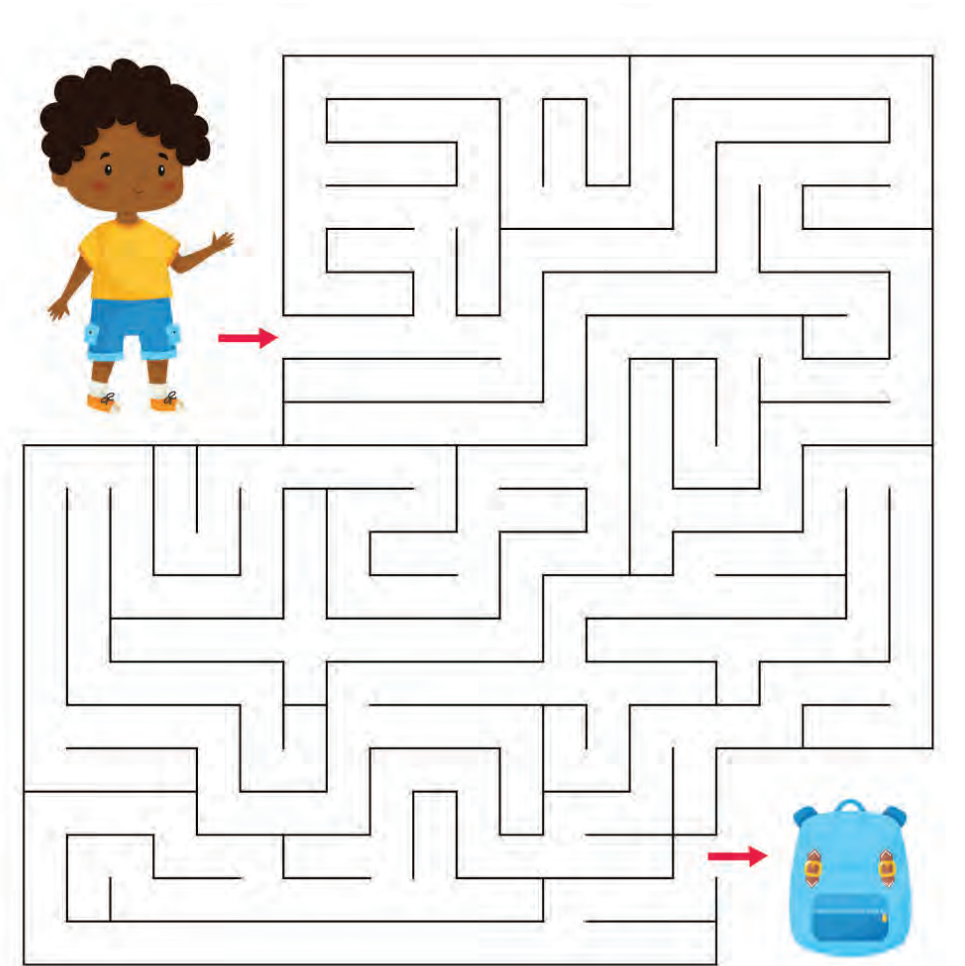
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Contributed photo

Cape native Tucker Pillsbury, aka Role Model, pictured with his parents Susan and Rusty Pillsbury at his sold out show in Portland on August 7.

Role Model

Continued from page 1

cess with him.

Role Model’s parents are Rusty and Susan Pillsbury. Rusty is a lifelong Caper, and Susan was a special education teacher at Pond Cove Elementary School. They are both huge supporters of their son. At a Boston performance, his mother even joined Tucker on stage, dancing with him at the MGM Music Hall at Fenway.

Pillsbury initially attended university as a film student. Apparently, that love has been rekindled. His first movie will be out on Netflix; he is listed in the cast as Tucker Pillsbury. The movie is directed by Lena Dunham and stars people like Natalie Portman, Mark Ruffalo, Meg Ryan, Rashida Jones and Tramell Tillman. Titled “Good Sex,” it’s about a 40-something couples’ therapist named Ally who re-enters the New York dating scene and connects with two men, one in his 20s and one in his 50s.

Pillsbury is set to continue touring all over the United States through the end of the year, and then beginning early in 2027, he’s off to Europe. He’s scheduled to perform in Berlin, Amsterdam and London, among other stops.

Kim Huchel is a special education teacher at CEHS, and she attended the show at Thompson’s Point. Huchel said, “The show was so hot, but the fun and music helped forget about that a bit. It was a great show. Tucker knows how to use the stage and entertain the crowd. It was a sold-out show, so I’d guess between 6,500 to 7,000 people. The crowd was excited and they sang along the whole show.”

She pointed out that Role Model’s new album, “Chuck Timely & The Hourglass” dropped the day of the show. “[M]any of us were listening all day to get familiar with the songs. Two of them, ‘High Hopes’

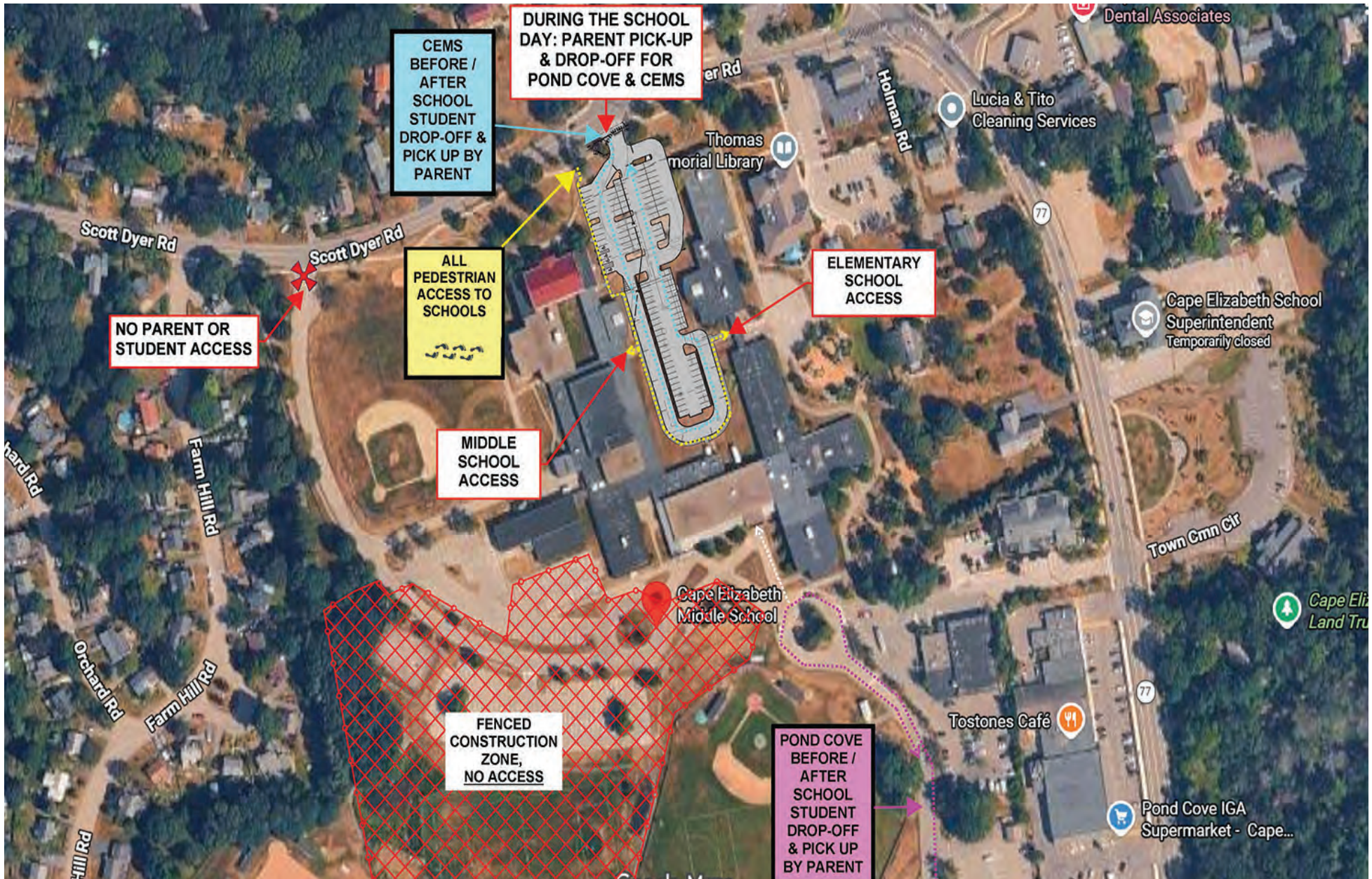
and ‘Joy’ had already been released, so two we knew prior to that day. He played for an hour and a half and sang songs from the new album and the last one, ‘Kansas Any-more,’” Huchel said.

She didn’t have Role Model as a student, but as a fellow special education teacher in the department, she worked with his mother. Huchel said, “Since I knew her, I started listening to Tucker’s music early on. Starting in 2021, I’d be in a store or have Sirius XM playing in the car and I’d hear one of his songs come on. It was so crazy to think a former Cape student was on the radio. I’d send a note to his mother and tell her. It’s exciting to see this ‘kid’ from Cape keep growing in the music world. Based on the attendance at the show with current and former Cape Elizabeth staff, as well as the number of current and former students, there’s a lot of hometown pride. Tucker also reflected on his love for Maine and how special it was to play here. He shared that the show had been in the works for a year with the hopes that the album release would happen. So, it was a big, happy, loud, sweaty good time at the show.”



Cover of Role Model’s new ablum, Chuck Timely & The Hourglass, which dropped on August 7.

New traffic pattern for Pond Cove and CEMS



Above is a map of the new traffic pattern for Pond Cove and CEMS due to school construction. More information coming soon from the schools.