

The Cape Courier

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In the Spirit of Community

Pair of accomplished Capers take on new creative endeavor

By Kevin St. Jarre

Cape Elizabeth residents Kathleen Curry-Sparks and Betsy Knauft separately sought out new challenges and creative outlets, and both found ceramics.

For Curry-Sparks, she started her first class in October 2025, shortly after her youngest left for college. She said, "[T]he house was suddenly much quieter, and I took that as an opportunity to think about things I had always wanted to make time for."

Knauft said she started taking wheel-throwing classes at Handful Studios in January 2025. "I have always enjoyed making and creating things, mostly textiles like knitting and sewing and some two-dimensional

work like printmaking, gardening. I have admired and been curious about ceramics since I can remember...wondering how different shapes are made, how surface designs happen and just appreciating the beauty of a piece that can be both functional and beautiful," Knauft said.

Curry-Sparks was also curious about how the pieces were created. She said, "I had seen photos posted by a few different friends of their ceramics projects and looked for their advice on how to get started. Portland has several community studios that offer classes and open studio time and I was lucky enough to get into a class right away."

Curry-Sparks said she loves the learning curve. "I was truly a beginner when I started nine months ago. I didn't know how to get the clay ready or center it on the wheel so everything was new and challenging. It was hard at first! It was so fun and gratifying to see progress as I moved from being a total

-see CERAMICS page 5

Lift All Boats lifting students into lobster fishing

By Kevin St. Jarre and Marta Girouard

Lift All Boats is a student lobster mentorship program built to give Maine students without traditional access to the working waterfront a pathway into Maine's heritage lobster industry. LAB was the brainchild of Ben Conniff, one of the co-founders of Luke's Lobster. Once students and a boat were secured for the opening summer season in 2022, Conniff contacted Wiley Muller to be the lead captain of the program. Muller is a Cape resident, high school teacher and licensed USCG captain.

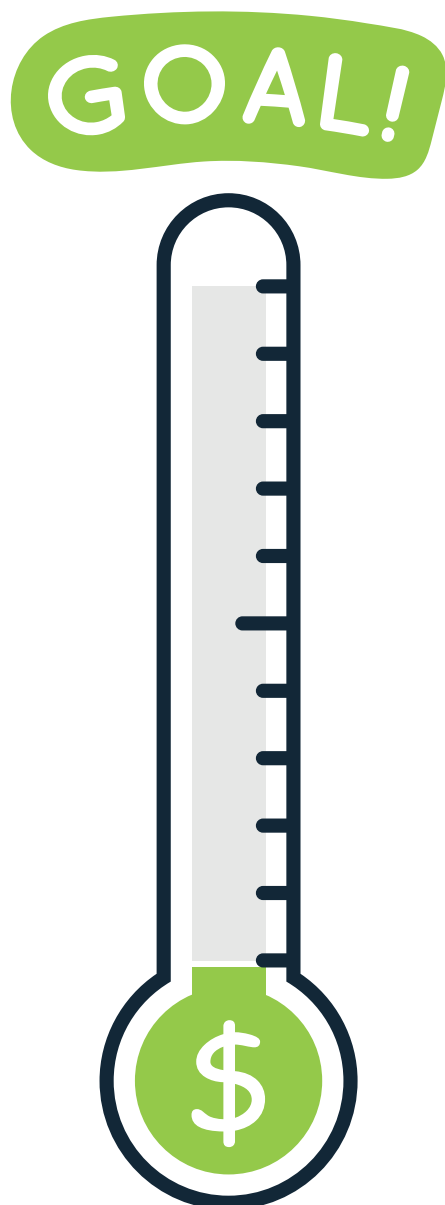
According to LAB, part of "the beauty of Maine's lobster industry is the tight-knit community around it. But that can also be a challenge for someone who may not have grown up in or around fishing wharves. The only realistic pathway to a commercial license is to start a student license before your 18th birthday, with the support of a currently licensed fisherman. Those outside the fishing community don't know this, and don't have the needed connections and resources if they did. These barriers didn't just hurt those on the outside; they hurt current fishermen who are struggling to find young people to work on their boats. Lift All Boats steps

into that gap, giving kids a chance to get on the water, earn their license, work with experienced fishermen and fall in love with this cherished industry."

Over the last four years, LAB's enrollment has grown from 4 students to a working population of 32. Brett Brown and Matt Ranaghan, who are both educators that grew up in Cape Elizabeth, have joined the team to be part of the curriculum building and on the water instruction. Students spend 50+ hours each summer on the water and the docks learning how to set and haul traps, maintain their gear and operate a boat safely. Luke's Lobster buys their catch at market price at their wharf in Portland. The program covers all costs, pays attendance stipends, provides free transportation to the wharf and includes meals courtesy of Luke's.

In 2025, Lift All Boats became its own 501(c)3 nonprofit. While Luke's is still a primary support partner, LAB needs help to help meet the rapidly growing demand, and said they could only accept 10 out of 43 new applicants in 2025. "Maine needs educational programs that teach legacy industry

-see BOATS page 5



CONTRIBUTION LEVELS

Founding Fathers:
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Minutemen:
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Photo courtesy of Lift All Boats

Lift All Boats students hauling traps, focusing on the rules and regulations of the industry.



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Computer pop up scam reported, Toyota key fob found

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 6-15 An officer responded to a residence in the Ocean House Road area for report of two dogs fighting and one person bitten.
- 6-15 Two officers responded to a residence in the Mitchell Road area for a domestic disturbance.
- 6-16 Two officers responded to a residence in the Scott Dyer Road area for a well-being check.
- 6-16 An officer met with a resident who turned in a Toyota key fob found in the grass on Ocean House Road.
- 6-18 An officer met a resident of the Eastman Road area who had a pop up on her computer advising her computer had been hacked. She was told to call the number on the screen and was told to transfer her money to another account, and was encouraged to convert her cash to gold, and provided instructions to do so. She followed the instructions and after a brief investigation, it appears she was scammed.
- 6-19 An officer met with a subject in the Scott Dyer Road area regarding a criminal threatening complaint.
- 6-21 An officer responded to a residence in the Bowery Beach area to retrieve a bat that many have come into contact with a person. The bat was transported to the state lab for testing.
- 6-22 An officer met with a resident of the Mitchell Road area regarding a criminal mischief complaint.
- 6-24 An officer met with a resident of the Ocean House Road area regarding a missing passport.
- 6-25 An officer met with a resident of the Shore Road area regarding a theft

- complaint.
- 6-28 An officer spoke with a resident of the Two Lights Road area regarding an harassment complaint.

SUMMONSES

- 6-16 Portland resident, uninspected vehicle, \$148
- 6-18 Cape Elizabeth resident, operating after license suspension, uninspected vehicle, \$325
- 6-18 Cape Elizabeth resident, operating vehicle using hand held device, \$325
- 6-20 Scarborough resident, operating vehicle using hand held device, \$85
- 6-22 Cape Elizabeth resident, failure to stop at stop sign, \$146
- 6-24 Gorham resident, speeding, 70/45 zone, \$278

JUVENILE SUMMONSES

- 6-29 Scarborough resident, 54/45 zone, \$114

ACCIDENTS

- 6-4 Peter Kostopoulos, Coleen Schoen, accident on Hannaford Cove Road
- 6-22 Yoel Gramajo, accident in Fort Williams
- 6-24 Hannah Nguyen, Meghan Tennyson, accident on Ocean House Road
- 6-24 Thomas Piscopo, accident on Ocean House Road
- 6-25 Kathleen Fabish, Charles Greer, accident on Ocean House Road
- 6-16 Zach Van Huystee, accident on Belfield Road

FIRE CALLS

Fire calls: 15; EMS calls: 34

Then and Now: Ever lose sleep wondering about that Richmond Island breakwater?

By Jim Rowe



Contributed photo

One of the more distinct features along the Cape Elizabeth shoreline is the Richmond Island breakwater, and Jim Rowe set out to find out more about its history.

I have.

One of the more distinct features along the Cape Elizabeth shoreline is the breakwater which connects the mainland with Richmond Island. The rubble stone breakwater is roughly 2,000 feet long.

Richmond Island, including the small harbor on its leeward side, was surveyed by architect Alexander Wadsworth Longfellow in 1850-1851, with designs on constructing a granite breakwater. This would help provide a relative safe haven for shipping negotiating waters around Cape Elizabeth in inclement weather. Alexander (1814-1901) was the nephew of Maine’s favorite poet, Henry Wadsworth Longfellow. He was notable in his own profession, working primarily in Maine and Massachusetts. While conceptualization of the breakwater was underway in

the mid-19th century, actual construction was not completed until 1881 by the U.S. Army Corps of Engineers.

The list of vessels that have come to grief on the seaward side of the island and particularly on the rocks and ledges to the east is sizable. There is no empirical data on the number of ships and boats that have been saved by anchoring at Richmond Island Harbor and breakwater. We can surmise that several sea captains of vessels large and small have appreciated the protection of the harbor (to the west of the breakwater) and Seal Cove (to the east), depending on the direction of wind and seas.

The island itself is privately owned. There are no commercial or municipal services at Richmond Island Harbor, and it is used today for anchorage of recreational and fishing craft.

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 - 4:30 p.m., 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.



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Safety and privacy in the age of AI

Scam alert bulletin board

By Sen. Anne Carney

For the past year, seven Flock cameras stationed around South Portland tracked every vehicle that passed through their field of view, using artificial intelligence (AI) to scan identifying information like license plates and bumper stickers. Last month, the South Portland City Council voted to take them down in the wake of mounting concerns about data privacy.

AI is increasingly seeping into every corner of modern life, and the resulting risk to privacy and public safety is two-fold. For one, AI technologies make possible a new kind of mass data collection in the public sphere, exposing communities to an unprecedented level of surveillance that threatens privacy rights. Flock cameras, for example, generate a wealth of sensitive location data over which local law enforcement has limited control, with documented instances of use by federal immigration enforcement authorities.

On the other hand, AI's ability to create and process vast amounts of data has proven valuable to so many Mainers, from educational and professional support to entertainment. Unfortunately, AI has also exposed Mainers to new kinds of deceit and exploitation as the line between real and machine-generated grows blurrier.

This session, the Legislature fell short of protecting data privacy at its root, failing to pass a bill I worked on extensively as Senate chair of the Judiciary Committee that would have restricted the collection and sale of sensitive personal data. We did, however, make meaningful progress to protect Mainers from some of the dangers that result from this emerging AI landscape.

During an election year full of high-profile races, many of us may feel inundated by political advertisements. It's difficult to sort through conflicting messaging to arrive at a personal opinion grounded in fact. AI-generated political

materials complicate this landscape, with the introduction of highly realistic, false renditions of candidates that deceive prospective voters. To protect against the spread of misinformation in elections, we passed a bill to require disclosure when AI-generated depictions of candidates are used in campaign materials.

The hyperrealistic nature of AI also exposes children to new risks of exploitation. Following last year's prohibition on AI-generated non-consensual intimate imagery, the Legislature unanimously extended explicit protections to minors by banning the creation and dissemination of AI-generated child sexual abuse material. I also supported a bill that, had it passed, would have limited the influence of human-like AI chatbots on minors, as early research points to negative impacts on children's mental health and social-emotional development.

Another significant point of public concern surrounding AI is the physical infrastructure it requires. AI relies on massive quantities of data that must be stored and processed in resource-hungry data centers. This session, we passed a law to prevent wealthy developers of data centers from receiving property tax breaks designed for growing local businesses. The Legislature also passed the country's first temporary data center moratorium. Though the bill was ultimately vetoed, it would have given the State time to ensure future data center development is well-informed and responsible in its resource usage, protecting community and environmental health as well as residential affordability.

Looking ahead, the next legislative session will bring new opportunities to pursue responsible protections recommended by the new Maine Data Center Advisory Council, as well as the Maine Task Force on Artificial Intelligence. I remain committed to putting Mainers' health, safety and privacy first as we continue to navigate the rollout of AI here in Maine.

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.

By Jessican D. Simpson

Watch for Credit Card Skimming

With fuel pumps and ATMs as frequent targets, a surge of skimming devices is threatening consumers. Criminals attach sophisticated skimmers directly over legitimate card slots or splice them into internal wiring to secretly record your financial data. Many modern skimming devices closely resemble real hardware, making them difficult to detect at first glance.

Vulnerable targets include standalone ATMs, unattended retail checkout lines and card terminals located in busy tourist areas. The next time you fill your tank or use a card terminal, inspect the machine closely for loose, bent, crooked or scratched components. Pull firmly on the card slot or wiggle the keypad before inserting your card. If anything feels loose or altered, do not use it and notify an employee immediately.

To help stay safe, choose tap-to-pay options or digital wallets over physical insertion. Use credit cards for stronger fraud protections.

Utility Scams (Summer Heating)

As rising summer temperatures cause energy demands to increase, criminals exploit fears of losing power and air conditioning by posing as local utility companies. Scammers place threatening phone calls, phishing emails, or urgent text messages aimed at convincing consumers to supply personal data or to click on unverified links to resolve a past-due balance.

Oftentimes these schemes are accompanied by a push to receive instant payment through unconventional payment methods like gift cards, or cryptocurrency. If you receive an unexpected threat to terminate your service, take an active pause and contact the utility company's customer service department using the number from your physical bill or the company's website (don't search – go directly to the site) to check your account status. Chances are it's a scam.

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.

CEEF's Secret Supper is back

After a sold-out debut that brought our community together in a truly unforgettable way, the Cape Elizabeth Education Foundation is once again quietly preparing for an evening of great food, wonderful company and a little secret - all in support educational opportunities for Cape Elizabeth students and teachers.

Plans are already underway, and while we're keeping the details under wraps, trust us when we say you'll want to be part of this one-of-a-kind experience. Keep an eye out for more clues in

the months ahead, and be sure to follow CEEF on social media for the latest updates, including when tickets go on sale, host hints, and, of course, the reveal of this year's secret location.

But for now, consider this your first clue...

The 2nd Annual Secret Supper is set for Saturday, October 3, 2026.

More details and a few carefully selected hints will be revealed in the months ahead. Until then, our lips are sealed.

Dean's list announcements

The following students have been named to the dean's list for the spring 2026 semester at the College of Charleston in Charleston, South Carolina:

Anna Macisso
Audrey Torrey

Elise Branch, CEHS class of 2022, made the dean's list at the Clemson University School of Engineering. She was selected for a summer internship at Polydesign Systems in Tangiers, Morocco.

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Feels like coming home

My family and I have been residents of Cape Elizabeth since 1980 and we have enjoyed everything that Cape Elizabeth has to offer:

Excellent schools, Fort Williams Park (home to the most photographed lighthouse in the country), Crescent Beach State Park, Kettle Cove, large agricultural farms, fresh lobsters sold year round and so much more!

My career spans over 38+ years and to be at RE/MAX Oceanside is truly like coming home.



RE/MAX OCEANSIDE

Ceramics

Continued from page 1



Contributed photo

Betsy Knauft said, “I love that ceramics is an art form that people have been doing all over the world for literally thousands of years. I love that the materials come from the earth, and any waste materials are recycled back into usable clay and water. So, in a way working with clays is a way of connecting with humanity, different cultures and the earth.”

beginner to a beginner who knew how to do a few things,” she said.

Curry-Sparks also said that she loves that it is so different from every other part of her life. “It is slow and messy and tactile and mistakes are part of the process and even celebrated. It feels wonderful to step away from screens and multitasking and needing to be efficient and just play. I love learning to find patience with myself when things don’t come out as I originally envisioned them, I love the unexpected surprise when something ends up being different and better than I thought I was creating to begin with,” she said.

Knauft said she loves “getting lost” in the making and creating process, and being “in the zone” where in those moments everything becomes just about working on a certain step. Knauft also said, “I love that ceramics is an art form that people have been doing all over the world for literally thousands of years. I love that the materials come from the earth, and any waste materials are recycled back into usable clay and water. So, in a way working with clays is a way of connecting with humanity, different cultures and the earth. I love that I can take a lump of clay and form it into a shape that is functional and -sometimes- beautiful. I am still learning!”

Curry-Sparks said she really enjoys working in a studio with many people who are new to ceramics like she is, as well as people with years of experience. She said, “There are always projects going on around me to be inspired by. It is really lovely ‘third space’ to have access to, quiet and peaceful but also very friendly. I love that ceramics seems to speak to people of all ages - the studio I go to has everything from lots of 20-somethings to people who are retired, and everyone is working through the same sort of joys and challenges that come with working with clay. My father, who is 84, has just started himself in the last month or so and is loving it too, so it is a fun thing to share with him.”

“There are a lot of steps involved in making one piece,” Knauft said, “[Such as] preparing the clay before being able to throw, shaping something on the wheel, or handbuilding- that is another can of worms to explore!

Boats

Continued from page 1

trade skills that are deeply embedded into our state economies. Young people need a place to grow, learn, and be exposed to the magic of Maine’s coastline and all the ways that it can help provide a stable income,” said Muller. “The educational pro-

gramming work that everyone at LAB is involved in is work that must done. It is a chance to help families, young people from all walks of life and folks that care about the future of Maine. Who can say no to being a part of that effort?”

Those who would like to learn more about Lift All Boats can go to www.liftall-boatsmaine.org.



Photo courtesy of Lift All Boats

Lift All Boats students aboard the Fishing Vessel Sea Smoke, the program’s lobster boat.

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Nature scene around town



Photo by Joanne Lee

Joanne Lee recently had a fawn born in her yard and it was out running about the next day.



Photo by Martha Agan

Young and adult painted turtles.



Photo by Martha Agan

A male House Finch feeding its young.



Photo by Joanne Lee

Joanne Lee also spotted a woodchuck with 8 kits in her yard, and happened to have her camera when mom was relocating each one of her kits.



SEA

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Summer by the Sea

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Goddard Mansion renovations



Photo by Jeff Mandell

New rear paths and carriage house opening highlight Goddard Mansion renovations in Fort Williams Park. Interpretive signs in the carriage house describe the history of the restoration project, including the following:

In 1981 after 15 years of debate over whether to repair, stabilize or remove the mansion, the town finally decided to raise the old relic. Public outcry led the town to reconsider as a compromise, for the Cape Elizabeth fire department to remove the mansion's wooden interior and roof in a series of controlled burns leaving only the stone shell as it exists today.

In 2025, after 44 more years of debate and neglect, the Fort Williams Park committee committed to further stabilization and partial restoration so that the public can continue to enjoy what remains of this relic of grander times. Decades of plant growth within the mansion have been removed and the rusty chain-link and barbed wire fences are gone. The carriage house arches have been stabilized and the pathway down to the sea has been restored.

Capetoon: 8 Years of Capetoon

By Jeff Mandell



This cartoon marks the 8th anniversary of the first Capepetoon. There has been a Cape-toon in every issue since then. Thank you, Jeff for all of your contributions!

Myerowitz places first at triathlon



Photo by RaceDay Photos

Cape Elizabeth resident Dr. Zev Myerowitz recently took first place at the USA Triathlon Long Course National Championships in East Freetown, Massachusetts. Competitors had to swim 1.2 miles, bike 56 miles, and then run a half marathon (13.1) miles with the clock running between disciplines. Zev completed the event in 4 hours 8 minutes and 36 seconds, narrowly winning by 8 seconds. Dr. Zev is the co-founder of Cape Integrative Health and Chief Medical Officer of Healios Integrative Health.

Willitts graduates from WVU



Contributed photo

Colin Willitts, a 2022 graduate of CEHS and the son of Christina and Sean Willitts, graduated cum laude from West Virginia University with a Bachelor of Science in Sport Management and double minors in Sport Coaching and Physical Training & Performance.

During his four years at WVU, Colin served as a Student Manager for the men's basketball team. He will continue his education at Emory & Henry University in Virginia, where he will serve as Graduate Assistant for the men's basketball team while pursuing a Master of Business Administration (MBA) degree.

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

TML hosts summer reading food drive, offers program on piping plovers

ANNOUNCEMENTS

Summer Reading Food Drive for The Locker Project

July 1 - July 31

For the month of July, you can support the Locker Project directly through the library with our month-long food drive. We are looking for pantry staples, snacks, shelf-stable proteins and more.

Head to our website or take one of our premade shopping lists in the lobby to see all of our requested items. Every donation helps ensure that kids across Greater Portland get the nutritious foods they need to grow, learn and thrive. You can learn how to host your own food drive by visiting www.mainerlockerproject.org.

Summer Reading Isn't Just For Kids!

Summer reading for all ages at TML wraps up on August 15! Be sure to bring in your challenge card before then and let us know about your accomplishments so you can earn raffle tickets for some of our exciting prizes.

Challenges range from classic staples like "Attend a library program" and "Re-read a childhood favorite" to our unique, community-centered tasks like "Make a meal with only local ingredients" and "Donate to a food drive"– because we know that engaging with your library is often about so much more than reading. Anyone with a Maine library card can participate. For the adult challenges, all prize packages include two books, an art print, and a local gift card. Stop by the circulation desk to sign up today.

SPECIAL EVENTS

Film School: Splitsville with writer Kyle Marvin

Tuesday, July 28, 5:00 - 7:30 p.m.

Join us for an extra fun edition of Film School for a screening and discussion of "Splitsville" (2025). In a Film School first, we are delighted to announce that the discussion portion of the evening will be joined virtually by writer and lead actor Kyle Marvin for a Q&A with the audience.

Billed as an "unromantic comedy," "Splitsville" is an original, surreal, highly entertaining contemporary cousin of classics like Bob and Carol and Ted and Al-

ice. Don't miss this opportunity to watch a modern spin on classic screwball and ask all your questions about the magic of making movies.

Kyle Marvin is a writer, producer and actor from Portland, Oregon. He has produced both features and short films that played in Cannes, Sundance, SXSW and Tribeca. Kyle has written a number of projects including "Conventional Wisdom," a TV pilot sold to FOX, and a thriller called "The Quench" with Bron Studios. Kyle co-wrote, produced and starred in "The Climb," an adaptation of the hit Sundance short film of the same name, along with "80 For Brady" (Paramount Studios).

Collage A Family Recipe

Saturday, August 1, 10:30 a.m. - 12:00 p.m.

Join Library Director Rachel Davis in creating a work of art out of a family or favorite recipe. Bring a printed copy of your recipe and any collage or found materials you may wish to use.

We'll have lots of images from discarded books and magazines that you can use to create a frameable collage to showcase your special recipe! If you like, your work could be displayed in our Community Art Boxes during the month of August.

This workshop is for adults and teens, but motivated children are welcome to attend with a caregiver. Register online.

Piping Plovers of Maine with Maine Audubon

Tuesday, August 4, 6:30 - 8:00 p.m.

Come learn about Piping Plovers and other coastal birds during this all-ages program with Maine Audubon. This presentation dives into Piping Plovers, their behaviors, habitat, current threats to the species, and action community members can take to protect these endangered birds. There will be time for questions and possibly some trivia if the audience is up for it.

How Food Communicates With Our Bodies with Steve Deschenes

Thursday, August 6, 6:30 - 8:00 p.m.

Food plays many roles in our lives. It can be a source of pleasure, and enjoyment; a means of connecting with one another through shared meals; a way to signify cultural identity; it can anchor us to the place we live; and it can be a medium through which we can express our

creativity.

Join Nutrition Therapist Master Steve Deschenes for a presentation on how food communicates with our bodies in specific ways, and how these communication systems seem to be breaking down as a consequence of the modern food environment. We'll explore how the idea that a food's value derives solely from the sum of its nutrient parts may not be the best way to understand food and its relationship to our health. When we focus only on nutrients, we end up chasing our tail. It's not one single thing; it is the synergy between everything.

Steve Deschenes started Exemplar Nutrition Coaching out of a long-standing interest in food and its relationship to our health. Over time, this evolved into a deeper interest in the ways food and culture intersect. There are forces at play, both internal and external to us, that have a hand in shaping the decisions we make at each meal.

With ENC, Steve aims to uncover the bedrock nutrition principles that most of us would benefit from understanding, and to share these findings with others so they may be confident that their food choices and eating habits are fortifying them for the demands of the day. We've all got busy lives, and mealtimes, more often than not, should be a source of pleasure.

Drinks From The Garden with Claire Schreiber

Tuesday, August 11, 6:00 - 8:00 p.m.

Join us for a fun-filled, hands-on class that will have you explore a variety of ways to incorporate herbs, fruits and vegetables into drinks (mocktails and cocktails included!) that you can make at home.

UMaine Extension Master Food Preserver Volunteer Claire Schreiber will lead this hour-long session. We will spend time on vinegar shrubs - a fruit-infused vinegar that early settlers used as their own version of a refreshing sports drink. In addition to shrubs, we'll discuss other creative uses of fruits, herbs, and vegetables in drinks such as flavored simple syrups and lightly touch on the topic of kombucha. This is a very fun class with many opportunities to sample! Registration required; first 12 registrants are able to take samples home.

Claire has been a UMaine Cooperative Extension Master Food Preserver Volunteer since 2018 and has been enjoying

preserving food at home much longer than that. She lives and works in Brunswick with her family.

REGULAR PROGRAMS

Senior Social Hour

Every Wednesday from 1-2 p.m.

Death Café

First Thursday of each month from 6:30 - 8:00 p.m.

Songwriting Workshop, with Jud Caswell

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

Youth Services Recurring Programs: Summer

Baby Storytime: Tuesdays from 12:00 - 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 mornings. This storytime is designed for children ages 18 - 36 months 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., August 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 2:30 - 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.

-see LIBRARY page 9

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Cape career coach

By Holly Smevog

Dear Cape Career Coach,

I live in Cape Elizabeth and I have been working for the same local company since I moved here eight years ago. My company just announced layoffs and has already been through a few rounds. I have not been let go, but nobody is saying much and the uncertainty is taking its toll on my work and how I show up at home. Honestly I am not really sure where I would even start if I had to look for a new job. Do you have any advice for what I should do right now?

—Waiting and Wondering in Cape Elizabeth

Dear Waiting and Wondering,

You are not alone in this. The moment a company announces layoffs, nearly everyone who still has a job starts asking the same question. The uncertainty is often worse than the news itself, and for professionals who have been with the same organization for a while, the anxiety is completely understandable. Many of you have not job searched since before LinkedIn existed.

The first thing to do is take stock of your career in this moment. Update your resume now, before you need it. Pulling together your accomplishments, titles, and dates, and communicating it all confidently, is much harder to do under pressure. Start a simple document and write down your wins from the last few years — projects you led, problems you solved, numbers you can point to. It is good to have this regardless of what happens.

Next, think about your network. After several years at any one company, most people are surprised to realize how many connections they have accumulated — former colleagues, vendors, clients, people you have mentored, and more. These relationships matter more than any job board. Start reaching out now. Send a few genuine check-in messages. Comment on a few LinkedIn posts. Have coffee with someone you have not seen in

a while. You are not asking for anything yet. You are just energizing your network.

Speaking of LinkedIn, update your profile. Make sure your current role and a few accomplishments are reflected. A quiet, low-key refresh is not broadcasting that you are looking. It is just good professional hygiene, and in Maine, where so much hiring happens through relationships and word of mouth, your profile can help you.

It is also worth doing some honest self-reflection about what you actually want next. After eight years, you have likely grown in your career. Are there roles you are curious about? Industries that have caught your attention? Now is a good time to think about that, before the pressure of an actual job search forces you to make fast decisions.

One more thing: since you think a layoff could be coming, pay attention to your finances. If you do not already know what three to six months of expenses looks like for your household, find out. Not because a layoff is certain, but because knowing your runway takes some of the fear out of the situation. People make much better decisions when they are not panicked.

I hope you do not lose your job. But use this waiting period to get ready just in case. You have eight years of experience and relationships behind you. That is significant. The job market in Maine is competitive and employers are looking for exactly the kind of steady, experienced professionals that your long tenure demonstrates.

Good luck.
~Cape Career Coach

Holly Smevog is a Cape Elizabeth resident and certified career coach leading a team of executive coaches at HMS Career Coaching, where she helps professionals navigate career transitions and find fulfilling work. She can be reached at holly@hmscareercoaching.com.

CELT summer program listings

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

Tidepooling the Rocky Shore

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

Join Cape Elizabeth Land Trust Education Program Coordinator Ali Gustavson on this summer program to search for crabs, snails and other marine life common to Cape Elizabeth's coastline. It is recommended that participants wear

closed-toed shoes that can get soaking wet. The program will take place on Kettle Cove Beach.

Note: This program is oriented towards families, but all ages are welcome.

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

Tuesday, July 28 3:00 -5:00 p.m.
Kettle Cove Beach
\$5 per person or \$10 per family
Max 10 families/ Min 2 families

Library

Continued from page 8

Youth Services Special Programs

4-H Ice Cream Making

Jul 16, from 3:30 - 4:30 p.m.

Participants ages 5-10 years old will learn about dairy, turn simple ingredients into creamy homemade ice cream, and get to eat their ice cream at the end of the program.

Plan to be outside in the children's garden if the weather is nice. Our rain location will be the Community Room. Caregivers are required to stay for the program.

Registration is required. Maximum of 15 children participants. Please register on the University of Maine Cooperative Extension Cumberland County Programs website (<https://extension.umaine.edu/cumberland/4h/mmspring/>) with one registration per family. Siblings and adult caregivers do not need to register separately.

My First Book Club

Jul 21, from 3:30 - 4:15 p.m.

Join in My First Book Club for beginning readers ages 6-8 on various Tuesdays throughout the summer. As a group, we will begin a read-along and play some games. All reading happens within the program time, meaning no pre reading or homework required.

Each child participant will get a copy of the book to take home. Featured book of July: "Cabin Head and Tree Head," by Scott Campbell. Caregivers asked to participate alongside. Registration required.

Oh Crap! Potty Training: Baby Storytime & Play Group

July 28, from noon - 1:00 p.m.

Babies and their caregivers are welcome to join potty training expert Jen L'Italien of Oh Crap Potty Training from ME to You (<https://www.ohcrappotty-trainingmetoyou.com/>) for a special storytime and play group!

We will start with a 10-minute story-

time. Afterward Jen will talk with individuals or small groups about potty training solutions while children play with toys and each other. Come with your questions. No registration required. Maximum Attendance: 30 people

Upcycled Paper Bead with Eco Maine

Jul 31, from 3:00 - 4:00 p.m.

In this workshop, join ecomaine to learn about the importance of reducing paper waste through the art of upcycling. Attendees will create colorful paper beads from magazines and catalogues to make bracelets and necklaces. Open to ages 5+. Registration Required.

My First Book Club

Aug 11, from 3:30 - 4:15 p.m.

Join in My First Book Club for beginning readers ages 6-8 on various Tuesdays throughout the summer. As a group, we will begin a read-along, and play some games. All reading happens within the program time, meaning no pre reading or homework required.

Each child participant will get a copy of the book to take home. Featured book of August: "Heartwood Hotel," by Kallie George. Caregivers asked to participate alongside. Registration required.

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.

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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, July 16
Fort Williams Park Committee, Community Center, 6 p.m.
Energy Committee, Town Hall, 7 p.m.
Tuesday, July 21
Planning Board, Town Hall, Town Council Chamber, 7 p.m.
Tuesday, July 28
Zoning Board of Appeals, Town Hall, Town Council Chamber, 7 p.m.
Tuesday, August 4
Planning Board Workshop, Town Hall, Jordan Conference Room, 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
Mon 9:00 to noon (museum only)
Thurs 9:00 to noon (archives and museum)
Sat 11:00 to 3:00 (museum only)
Sun 11:00 to 3:00 (museum only)

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.

CABLE GUIDE

CETV CHANNEL 1302

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

Planning Board Meeting
July 21 - 7 p.m.
Zoning Board of Appeals
July 28 - 7 p.m.

SERVICES

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

Cape Elizabeth United Methodist Church
280 Ocean House Road
799-8396
www.ceumc.org
Sanctuary Service: 10:00 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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Art
Continued from page 5

At a higher level, as mentioned, reorienting to what it means to make a mistake is the bigger picture and one that I think a lot of people value as they learn this process. It is easy to get frustrated with yourself or with the clay when you have a day that things just aren't coming together, and it's natural when you start a project to have a vision of what you'd like to make and then feel exasperated if it turns out differently. There's a lovely sort of freedom that comes from letting yourself experience the mistake, learn from it, and move along. It's the kind of thing we talk to our kids about a lot but I have probably not always allowed my adult self to do and like all things takes a lot of practice."

Knauft echoed that making mistakes is part of the learning process. She said, "It requires being patient in so many ways. Patient because making just one piece does not happen overnight; it can take weeks from

start to finish. And the final result is usually different from the expected outcome, as is usually the case with any creative process. I have to be patient with myself and where I am with my skill level, patience with the clay itself, patience with the creative process. You can't rush creativity. It's important to let go, lean into the process and just kind of see where it's taking you."

Curry-Sparks emphasized patience as well, saying, "Definitely, first and foremost patience with yourself because everybody's ceramics journey looks a little bit different, some things come easily to one person that are challenging for another but everybody does seem to make progress in their own way. Everybody has days that you just can't get the clay centered on the wheel, or you start trimming to aggressively and go right through the bottom of your pot, like I did today! In the end each project is just a lump of clay and there's something to learn both from the final products that you love in the mistakes that you make along the way so becoming patient with yourself in making those mistakes is a perhaps the most valuable part of the experience I think."

When asked what the value is in people finding some sort creative outlet, Curry-Sparks said, "I love that 'analog hobbies' are enjoying a resurgence – knitting, woodworking, stained glass and gardening to name a few. Things that require you to step away from screens and keyboards, use your hands, start with something very simple like clay or yarn or dirt or a piece of wood, and work slowly. To start with something basic and learn how to create something new from it is a really beautiful and satisfying experience."

Knauft added what she sees in a creative outlet, saying, "It's a form of expression, exploration, letting go and confidence building."

Asked how people could get started with ceramics, Curry-Sparks said, "Definitely start with a class, there is so much to learn to get started and having a teacher to help you grasp the basics is important. I was surprised at how difficult it was at the start! I think all of the Portland area studios have classes and open studio time when you can work on your own which is also important because like most things it really just takes a lot time and practice."



Contributed photo

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A laptop computer is shown from a slightly elevated angle. The screen displays a blue background with a white circle of dots in the center, resembling a loading or update icon. Below the dots, the word "UPDATE..." is written in white, bold, sans-serif font. A white progress bar is partially filled below the text.

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Kathleen Curry-Sparks took up ceramics less than a year ago. She said, "It is slow and messy and tactile and mistakes are part of the process and even celebrated. It feels wonderful to step away from screens and multitasking and needing to be efficient and just play."

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Little League 12U All-Stars Baseball team earns its way to championship game

By Kevin St. Jarre



Contributed photo

The Cape Elizabeth Little League U12 All-Stars Baseball team earned their way to the District 6 championship game for the first time since 2004.

With a hard-fought 3-0 semi-final win against Gray-New Gloucester, the Cape Elizabeth Little League U12 All-Stars Baseball team earned their way to the District 6 championship game for the first time since 2004. The team, made up of players ages 10 to 12, moved undefeated through the winner's bracket to the championship. To be eligible, team members must either reside in or attend school in Cape Elizabeth.

The boys' success is a credit to the countless hours they've spent in the cages and running routine plays at Lion's Field, their positive attitudes, and the support of their league coaches, teammates and families all season long.

Team members include: Wyatt Austin, Andrew Barrett, Bryce Ginn, Easton Porter, Finn Cary, Gus Doane, Joseph Tweedie, Liam Davis, Miles Rossi-Febrarro, Otis Patterson, Phin Knott, Teddy Potter and Wesley Lewis. Coaches are Austin Barrett, Ben Austin and John Lewis.

Head Coach Barrett is also the CELL President. He said, "We are incredibly proud of this group of players. They've earned this opportunity through dedication, focus and working together as a team. The have represented our community with character all summer as they compete with their hearts...and you will always find them smiling and having fun!"

As of press time, the District 6 championship game had not been played. The District 6 winner will go on to play in Augusta for the state title and the chance to play in the Little League World Series New England Regionals. Follow Cape Elizabeth Little League on Instagram @capeelizabethlittleleague for the most up-to-date information on the team's tournament progress.

Cape Elizabeth Little League also fielded a Baseball All Stars team, ages 8 to 10, who fought hard but were eliminated in a tight game against Gray-New Gloucester in their tournament.



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