

The Cape Courier

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Three years of fairy magic

By Sasha Kohan



Photo by Aimee Kohan

Community Engagement Librarian Sasha Kohan with photographer Al Gilmore.

The summer is over, the weather is changing...signs that indicate the start of school to most also signal something else to us at Thomas Memorial Library:

the annual Fairy Festival. On September 5, we once again celebrated the shifting

-see FESTIVAL page 16

CEHS fall sports preview

By Kevin St. Jarre

The fall coaches at Cape Elizabeth High School were asked to preview their season.

Branden Noltkamper is the CEHS girls' soccer head coach, in his 4th season. He said, "The Cape Elizabeth girls soccer team is looking to build on a successful season and compete for another deep playoff run. The Capers have a talented group of returning players who will be expected to step up and fill important roles. Cape Elizabeth has the experience and ability to remain one of the top teams in Class B South. With a challenging schedule ahead, the Capers will have plenty of opportunities to prove themselves against strong competition and could once again be a serious contender in Class B."

The girls' soccer captains this fall are Finley DiGiovanni, Kelsie Law, Phoebe Evans and Addie Miller.

CEHS head Varsity Football Coach Isaiah Bachelder is in his 1st year in that role. The team's captains are Liam Brown, Rosco Hampton, Sam Hews, and seniors River Duffy and Charlie Wilk. Of the coming season, Bachelder said, "We look totally revamped from last season's 1-7 result and believe we will surprise a lot of teams around the state. We have a more experienced team

in a brand-new system designed to involve many of our athletes. Voted on by their peers, this team features a new logo and a strong new leadership group. Alongside our captains, Seniors Ian Dalessandri, Donovan Shroder, William Gray, Logan Knightly, Henry Boucher and Cal Day will lead the way, while Sophomores Lucas Foster and Evan Morrisette are set to make huge impacts. With a very promising large Freshman class ready to learn from the veterans, we hope to give the Cape Crazies a product to truly rave about and continue to raise the notoriety of an already highly rated student section."

The CEHS golf team's season is well underway. They are coached by Scott Smart and Dan Sullivan, and the captains are Cooper Justh and Justin Strunk. Sullivan, coach for 6 years, said, "We have depth this year and have the started the season with a 4-1 record to date. Leading the way are juniors Charlie Lampman and Henry Welch. Newcomers junior Ben Gallagher, senior Max Auritt and freshman Robbie Servidio are playing well. Our goal is to reach the state

-see SPORTS page 2



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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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What happens ‘should the arena fail?’

I'd like to add one question to the many already asked about the Cape Arena project: Does the group behind the arena or, much more importantly, the town council and planning board members themselves, have an exit strategy should the arena fail to meet its proponents' objectives and promises?

Once the project is completed the worst case scenario is that it fails entirely. What happens then? Are we taxpayers saddled with the cost of the upkeep on or, worse, dismantling of the building?

Unlikely as this type of failure may sound, it is possible.

Have the town planners and council members considered the cost of such a fail-

ure to us taxpayers?

Shouldn't the arena group be required, at the very least, to put enough money into escrow—before construction even begins—in the event the town might need to step in at some future date? Otherwise we residents will foot the bill.

The promise is that the arena will forever be self-funded and will at no point be a tax burden on cape citizens. It is the job of our town leaders to ensure that this is what happens. And safeguards before the arena is built is an essential part of that job.

Ralph Raffio

Biermann is ‘thoughtful, caring and engaged’

I was thrilled when I heard that Elizabeth Biermann has decided to run for Town Council. I have watched Elizabeth work incredibly hard on behalf of Cape and our community, and I am confident she will do the same as a councilor. Whether fighting for our schools and school children, organizing donations to local food pantries or raising money for Maine Needs, I have known Elizabeth to be thoughtful, caring and engaged. I believe this will result in her being a councilor who will listen to different viewpoints and serve this community with principled, considered and consistent short-

term and long-term planning, all traits that are imperative for any councilor. Cape is an incredible place to live, but there will always be challenges with development, infrastructure, affordability, education and more. I think Elizabeth will help the council make smart choices that will result in Cape being an even better place to live, most importantly by making informed and strategic use of our tax dollars. I hope you will join me in voting Elizabeth onto the Town Council this November!

Rob Krauser

Sports

Continued from page 1

tournament on October 10 and compete for a championship.”

Cape Elizabeth Field Hockey has co-head coaches with Kelly Hoffman and JoElle Stoecklein.

Stoecklein has been on the coaching staff for the past 5 years.

CEHS field hockey has four captains this year in Wylie Stoecklein, Olive Blouin, Finn Gilbert and Grace Hankes.

“This season’s field hockey team enters the year with the talent, depth and experience to make a genuine run at a state championship. The roster is anchored by a veteran core of seniors and juniors whose extensive on-field

experience provides a strong foundation of leadership and composure. That experience is complemented by significant contributions from the sophomore class, most notably a sophomore goaltender who has already established herself as a key contributor in goal. Beyond individual talent, the team is defined by its camaraderie. With this combination of experience, emerging talent, and team culture, the program is well-positioned to compete for a state finals appearance this season,” Stoecklein said.

Coach Andrew Lupien has led the CEHS cross-country running teams for about a dozen years.

The captain of the boys’ team this fall is Finn Zwintscher. Lupien said, “The boys

Boyer ‘has been an excellent advocate’

Michelle Boyer has been an excellent advocate for health care in the Maine Legislature. As House chair of the Health Care Oversight Commission, she has spearheaded a number of policy recommendations to improve health for all Mainers, such as requiring advance notice before hospitals close maternity and newborn services, and prohibiting non-compete clauses for health care professionals. She also introduced legislation to expand access to primary care across the state by empowering qualified Physician Associates to serve as principal clinical providers, which especially benefits rural and underserved areas.

I’ve known Michelle for a number of years, and she always has the best interests of our community in mind. She’s easy to talk to and holds “office hours” at the library from time to time. She keeps us informed about state and national resources like the Maine elder fraud hotline through her regular Facebook updates (@Rep. Michelle Boyer.)

Please join me in voting for Michelle Boyer for Maine State Representative this November 3.

Gail Darling

team is led by top runner Leo Ferrey, who finished 11th in the Class B state XC championship last fall. After Leo, there is a strong pack of juniors and seniors, including Finn Zwintscher, Jonah Milton, Carter Washburn, Ben McCalmon and Miles Vettese. Freshman Jacob Wood and juniors Sam Hebda and Erik Frey bring needed depth to the team. If these boys can work hard and stay healthy, they have a chance to be a top 3 team in the WMC.”

Lupien said the girls’ captains are Viv Parsons and Wenshin Lu. “The girls’ team is incredibly young and very talented. They are led by a trio of sophomore girls, Anna Chang, Lily Walsh and Sophie Brown. All three of these young ladies could be in the top ten of the WMC by the end of the season. After this first pack, there is another very deep and talented pack including Maeve Cameron, Meadow de Vries, Avery Klee-man, Ella Fick, Eme Gallagher, Brynn Gallagher, Cece Fremont and Oona Kane. This team has the talent to finish in the top three in the WMC this fall and could be a contender in the Class B South Regional.”

Longtime multi-sport CEHS coach Ben Raymond said of the boys’ soccer team, “We are looking forward to another exciting soccer season. While we graduated 19 seniors last year, we have an excellent mix of senior leadership, led by Captain Max Hayward, and underclassmen that are talented soccer players and excellent athletes. While we play a very difficult regular season schedule we look forward to it and know that it helps to prepare us for our post season goals. The team is focused on individual and team improvement. We have 65 players in the program so the numbers are great. Our players enjoy the team and their teammates. We look forward to an outstanding regular season of competition which will if all goes well lead us to the postseason where we should be very successful and will be able to challenge the top teams in the state.”

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Venmo and lottery scams reported

Scam alert bulletin board

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 8-18 Two officers responded to a location in the Ocean House Road area for a well-being check on an elderly pedestrian.
- 8-19 An officer met with a resident of the Two Lights Road area whom reported that her credit card had either been lost or stolen and had been used at Viagogo.
- 8-21 An officer responded to a residence in the Preble Street area for report of a vehicle completely blocking a driveway. The officer was unable to contact the owner, so a tow truck was called to remove the illegally parked car.
- 8-22 An officer met with a resident of the Ocean House Road area who had listed a couch for sale. A subject called and offered to pay for the couch with Venmo. The buyer then received an email claiming to be from Venmo and requested money, and he ended up getting scammed.
- 8-24 An officer met with a resident of the Shore Road area who reported falling for a scam about calls regarding gun sales with a credit card with FBI involvement. Shortly after the call, he learned of the scam and contacted his bank, and prevented any financial loss.
- 8-25 An officer met with a resident of the Old Ocean House Road area regarding a possible abuse case.
- 8-26 An officer met with a resident of the Shore Road area regarding a missing person, who was later accounted for.
- 8-26 An officer met with a property owner in the Shore Road area regarding a trespass complaint.

- 8-29 An officer received a wallet that was turned in to the police department. The wallet was found at Fort Williams and contained bank cards, a NY drivers license and cash.
- 8-31 An officer met with a couple from the Fowler Road area who reported receiving a phone call claiming they had won a lottery, and asked for account information. They told the caller it was a scam and hung up. The subject called back and demanded account information or he would take legal action.

SUMMONSES

- 8-22 Cape Elizabeth resident, uninspected vehicle, Spurwink Avenue, \$148
- 8-23 Biddeford resident, operating vehicle while using phone, Shore Road, \$85
- 8-23 Portland resident, speeding (51/35 zone), Spurwink Avenue, \$170
- 8-24 Gray resident, uninspected vehicle, Wheeler Road, \$148, failure to produce insurance,\$186, unregistered vehicle, \$145
- 8-30 Cape Elizabeth resident, uninspected vehicle, Ocean Road, \$148

ACCIDENTS

- 8-22 Joshua Rosen, accident on Old Ocean House Road
- 8-24 William Mund, Sandra Rutherford, accident on Ocean Road

FIRE CALLS

- Fire calls: 16
- EMS calls: 41

By Jessica D. Simpson

How Scammers are Exploiting Product Recalls

As food and product recalls continue to make headlines, criminals are following suit. They send texts, emails or other messages claiming that a product you purchased has been recalled and that you’re entitled to a refund or free replacement. The message may look legitimate, appearing to come from a retailer or manufacturer you trust. It urges you to act quickly and click a link to claim a refund or verify your account. But in reality, the link takes you to a fake website designed to steal your login credentials and personal or financial information.

If you receive a message like this, don’t click. Instead, go directly to the company’s official website or app to verify the recall and check your account. You can also confirm recalls through the Food and Drug Administration and U.S. Consumer Product Safety Commission, which maintain lists of recalled products at [fda.gov/safety/recalls](https://www.fda.gov/safety/recalls) and [cpsc.gov/recalls](https://www.cpsc.gov/recalls).

Borrowers Beware: Loan Scams

Do you need to borrow money to make

auto repairs, consolidate credit card debt, or pay your mortgage? In an advance-fee loan scam, scammers promise they’ll get you a loan, credit card, or access to credit. Or they say they’ll put you in touch with a lender who can almost certainly get you those things. No matter your credit history. But first, they say, you must pay up front. Promises of fast cash and low interest rates are a common tactic used in loan fraud. They post ads, or reach out to you directly, promising loan approvals with low rates and no credit checks. They may spoof their phone numbers to appear as legitimate lenders. To get the loan, they say you need to pay upfront for expenses like “processing, “insurance, or “application fees.” When they receive the payment, they disappear. Legitimate lenders don’t charge upfront fees to secure a loan. Your best bet is to ignore unsolicited loan offers.

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.

CELT fall 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.

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

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

Date: Saturday, September 19
Time: 2:00 - 3:30 p.m.
Location: Runaway Farm. Meet at the

parking lot by the fields at Gull Crest (1 Gull Crest Drive, Cape Elizabeth, ME 04107).

Cost: \$6 per person
Min/Max: 3/15

CELT’s Fall Cross Town Walk

Join Cape Elizabeth Land Trust for the annual Fall Cross Town Walk. Beginning at the Portland Head Light at Fort Williams Park, this CELT sponsored walk will traverse 8.6 miles of the town of Cape Elizabeth and CELT trails, highlighting some of Cape’s great places.

This walk offers a unique overview of Cape Elizabeth’s diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond. The program takes approximately five hours. Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams

-see CELT page 15

Cape Elizabeth Harvest Festival is October 17

Mark your calendars! The Cape Elizabeth Harvest Festival will be held on Saturday, October 17, from 1:00–4:00 p.m. at the Pond Cove Elementary School outdoor courtyard.

Volunteers Needed

Want to be part of the fun behind the scenes? We’re looking for day-of volunteers to help run activities such as face painting, game booths and more. Most shifts are just 90 minutes, and your time will make a big difference in bringing joy to the community.

Sign up to volunteer via the QR code in this article. Come join the fun, celebrate the season and be part of this great community tradition.





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Then and now: Maud Wood Park

By Jim Rowe



Photo courtesy of Bain News Service Photograph Collection, Library of Congress

Maud Wood Park

Here we are. Voting rights are again a focus in American politics, putting people on edge, as we consider whether citizenship should be a qualifier in order to cast ballots. In the past, and at various times, attention has been on race and gender, with both providing ample fodder for spirited debate.

Perhaps like you, I marvel at the courage of some of our local residents, and the lasting marks they have left both here in town, and especially beyond our borders. Through the years, there have been many such people.

One former resident was Maud Wood Park (1871-1955). She lived here in Cape Elizabeth in an ocean-front home from 1924 to 1946.

Born in Boston, she attended Radcliffe College. Many of her professors and even some of her classmates there were either opposed to women’s suffrage, or were dis-

interested. According to the National Park Service, Maud was one of only two suffragists in the school. She and her friend Inez Haynes Gilmore organized the first suffrage meeting at Radcliffe. One day, the two girls stood in the rain “collaring people to fill the hall” for a speech by noted suffragist Alice Stone Blackwell, which they had organized. Physically underwhelming, the slight Blackwell delivered such a fiery speech that Maud Park soon found herself neck-deep in the suffrage movement. She founded the College Equal Suffrage League.

Maud Wood Park then co-founded the Boston Equal Suffrage Association for Good Government (BESAGG), which became the well-known League of Women Voters after women gained the right to vote in 1920.

And then she moved here to Cape Elizabeth for 22 years!

Local cyber strategist launches non-partisan political site

By Jeff Mandell

The midterm elections are only weeks away. We are being bombarded with political ads of every type. Maine is center stage for a number of highly contested contests. The Supreme Court recently decided to eliminate limits on campaign spending. We can expect a significant increase in political ads of every type, including those which are negative and potentially misleading. How do you narrow the content to the data that matters the most to a voter?

Sports fans know a lot about their favorite players and teams. They are able to quote obscure statistics with ease using online data or trading cards. When fans go to a game, they are armed with the latest scores and standings. What about when they go to the voting booth? How much do voters actually know about the many candidates on the ballot? What if there were an entertaining and informative way to look at political data the same way you look at sports data? What if there were trading cards for politicians?

John Markott has created a website that provides political data in baseball card form. The site, centerfieldpolitics.com, has been live for several weeks. The site provides a non-partisan one-stop shop for information on elected officials or candidates. It’s a political resume of sorts, working to reduce the impact of sensational or polarizing news.

Markott said of the site, “Center Field Politics is a philanthropic, non-partisan voter-education project. It turns scattered public data into simple, easy-to-read “baseball card” profiles of elected officials and candidates, so voters can understand who represents them, what they have done, and how to make a more informed decision, without being forced to consume sensational or polarizing news.”

In just a couple of months, Markott created and launched Center Field Politics. He used generative AI to populate the site. According to the “About” section, “the site uses data that is publicly available from verified sources to assess each official or candidate in a standardized way, deliberately setting aside sensational news and commentary.” Markott stresses the importance of neutrality, and the need to be non-partisan in presentation of the facts. The site gives every voter the opportunity to turn a mountain of data points into useful information based on criteria that they choose.

Not long ago, it would have taken an army of researchers to gather and organize the data needed for the site. Markott used a different approach. He said, “I am using a tool called Cursor, which was recently acquired by SpaceX. Cursor is not an AI model, it is a software development platform that provides access to 15 of the most advanced AI models available on the market. Instead of paying for one AI model, I can pay for Cursor and get access to all frontier models. We call this an “AI Harness,” since it allows the developer to choose the AI model that is best suited for the task.”

“Just like in real life, some AI models operate like a team of architects or PhDs. Just

like a manager delegates tasks to employees, I talk to the AI model that is right for the job, in English (no programming required). This is called natural language processing (NLP). I define a problem, and AI assists me with proposing a thorough solution, which we can then implement, test and verify together. Literally, it’s a conversation.”

Each “baseball card” provides a summary of a candidate’s career. The data includes facts such as age, years in elected office, net worth and how the net worth has changed since taking office, efforts to work across the aisle, campaign donations, whether they stay true to their campaign promises, and more. One of the most powerful features is the ability to compare up to three candidates on the issues that matter most to each voter.

Markott is deeply committed to the accuracy and freshness of the data. He acknowledges that AI can make mistakes. A bright yellow Feedback button is always available, with a goal to answer all feedback within 24 hours.

The site is currently self-funded to pay for AI and technology infrastructure, such as website hosting, Nexis membership and more. The Support statement says, “If you find it useful, you can make a voluntary contribution to help keep it online and growing. This is support for the website itself — not a political contribution to any candidate, campaign or party.”

As the baseball season winds down, and the political season reaches a boiling point, access to accurate information becomes critically important. The upcoming midterm election promises to be among the most important in decades. John Markott created centerfieldpolitics.com to fill the information gap that many of us struggle from, providing accurate information about candidates without sensational spin. It also provides voters the respect they deserve, whether Left, Right or Center. By attempting to reduce the impact of sensational and polarizing news, perhaps this small down in Maine can show the nation how a community and state can come together.



Contributed photo

John Markott is the creator of centerfieldpolitics.com.

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Progress in the classroom this back-to-school season

By Sen. Anne Carney

It's hard to believe the new school year is in full swing already! This week, I had the pleasure of visiting Mr. Jordan's U.S. Government classes at Cape Elizabeth High School – now a back-to-school tradition I look forward to each year. It's always a joy to share my work in the Legislature with students and, even more so, to hear from them about their experiences and vision for progress toward a version of Maine where they can grow and thrive with confidence.

That progress is already underway in Maine classrooms thanks to the tireless dedication of teachers, families and communities to set our students up for success as critical thinkers, thoughtful leaders and engaged community members. I'm proud to have played my own small part over the last legislative session to help give students the tools to build a strong future and teachers the resources to support kids in their growth, day in and day out.

This year, I was proud to join my colleagues in making meaningful investments to lower barriers to a quality education, both for the students seeking it and the passionate teachers providing it. In addition to continuing to fully fund the state's share of K-12 public education, we supported students choosing to further their studies after high school by making our Free Community College program permanent, preparing young Mainers for the jobs our state needs. We also increased the minimum teacher salary to \$50,000, a long-overdue raise to help teachers afford to stay in their careers.

The Legislature also worked to cultivate learning environments conducive

Dean's list announcements

Grace Callahan was named to the dean's list for the 2026 spring semester at the University of Wisconsin-Madison in Madison, Wisconsin.

The following students were named to the dean's list for the spring 2026 semester at the College of the Holy Cross in Worcester, Massachusetts:

Owen Bromage, Class of 2028
Benjamin Gordon, Class of 2029

to student growth. For the first time, a “bell-to-bell” cellphone ban is in effect this school year, allowing students to learn with fewer distractions. We expanded access to free meals in public pre-K programs to help ensure all kids have the fuel they need to be engaged learners. I was also glad to see the impact of investments made during previous years of my legislative service take shape. This year, South Portland and Cape Elizabeth received state funding to support students and families experiencing, or at risk of, homelessness, expanding the resources at our disposal to build the stability and security kids need to arrive at school ready to learn.

This legislative session also saw critical progress for student safety. We invested \$5.9 million to install safety features on school buses across the state following tragic accidents in Rockland and Standish. We further strengthened statewide coordination and support for school safety planning through the Maine School Safety Center so schools can better prepare for emergencies and protect students and staff.

Our students are our future. They deserve our investment, from preschoolers to college seniors and the countless mentors who support them along the way. I'm proud of our efforts to build an education system that works for everyone, and in conversation with bright young minds like Mr. Jordan's students, I'm eager to take on the challenges and opportunities still to come.

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.

Caden Lee, Class of 2026
Joseph McDonald, Class of 2028
Matthew Picarillo, Class of 2026
William Picarillo, Class of 2028
Camden Woods, Class of 2026

Meghan Tennyson was named to the dean's list for the spring 2026 semester at Emmanuel College in Boston, Massachusetts.

Three ways to connect with CEEF

For nearly 25 years, the Cape Elizabeth Education Foundation (CEEF) has helped turn creative ideas from school district staff and students into meaningful experiences for Cape Elizabeth schools. Since 2002, CEEF has funded more than 350 grants and invested over \$1.7 million into the Community.

This important work is made possible by a partnership between the schools, CEEF and the people of Cape Elizabeth. Teachers, staff and students bring forward ideas, CEEF provides funding to help bring them to life, and community support makes that funding possible. If this sounds like a worthy cause, CEEF offers several ways to get involved or show support throughout the year.

Secret Supper: Come Together

Following a sold-out inaugural event last fall, CEEF's "Secret Supper" returns Saturday, October 3. Guests purchase tickets without knowing exactly where they will be dining or who they will be dining with. Once dinner is complete at the host homes, all participants reunite for the Secret Supper Sweet Celebration.

New this year, enthusiastic supporters can join the “Toast Committee,” a special group of CEEF champions helping to make the Secret Supper a success. Toast Committee tickets and recognition is available as an add-on to a Secret Supper ticket or as a stand-alone way to support CEEF. Folks are invited to gather for a special pre-dinner toast from 5:00–6:00 p.m. at a secret location, celebrating CEEF’s work and raising a glass to Cape Elizabeth schools.

At its heart, CEEF's Secret Supper is about more than fundraising. It is an opportunity to bring neighbors, parents and friends together, while also providing an opportunity to meet a few people they otherwise may not. Everyone wins!

Red Apple Awards: Give Back. Give Thanks.

As the Holidays Season arrives and the calendar year comes to a close, CEEF's "Red Apple Awards" offer a simple way to recognize the people who make Cape schools special while also providing a thoughtful gift. Community members make a donation to CEEF in honor of any Cape Elizabeth School Department employee, whether it be teacher, administrator, Ed-Tech, staff, custodian, coach, or bus driver, and the recipient receives a handwritten card with the donor's mes-

sage and a thank-you gift.

Donations are cumulative by recipient, making Red Apples a great option for class gifts, too. In 2025, the Cape community gave 350 Red Apple gifts to educators and staff throughout the district. It is the perfect way to support CEEF, while also giving a special thank you to those dedicated school district employees who care so much about their students.

Play for Education: Tee Up for Cape Schools

Each spring, CEEF's annual "Play for Education Golf Tournament & Auction" brings golfers, sponsors and community members together at Prouts Neck Country Club.

This year's 14th annual tournament was held on June 4, and planning is already underway for 2027. Thirty-two foursomes have the opportunity to play one of Maine's most scenic golf courses, and the proceeds for the tournament go to CEEF. Non-golfers get to enjoy the stunning location as well; all are invited to join CEEF's Picnic at Prouts which is held on the clubhouse lawn on the day of the tournament and to participate in CEEF's Auction, which makes available numerous items including exclusive dinners, golf packages and other valuable items. Tickets go fast so keep an eye out for the date to be announced.

Turning Community Support into Grants

While these opportunities look very different, they all help fuel the same mission: funding innovative ideas across Cape's three schools. Faculty, staff and students can apply to CEEF during three grant cycles each school year. Applicants submit a proposal outlining their idea, goals, impact and budget and then present it to CEEF's Grants Committee. Recent grants have supported everything from outdoor and place-based learning to visiting authors and artists, technology, STEM, wellness, the performing arts and new classroom experiences.

That's the connection behind every Secret Supper ticket, Red Apple gift, Golf Foursome, or donation: our community comes together, and great ideas come to life in the Cape Elizabeth schools.

To get involved, buy Secret Supper tickets or view past grants visit www.ceef.us.



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Leslie Young,
(Owner Operator)

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Elizabeth Biermann announces candidacy for Town Council



Contributed photo

Elizabeth Biermann

(Press release) - Elizabeth Biermann is announcing her candidacy for Cape Elizabeth Town Council, bringing a commitment to being open minded, thoughtful and acting with integrity in her public service. Elizabeth has lived in Cape Elizabeth with her husband, their two children, and her mother since 2019. Their household also includes their dog and two cats, Apex and Papaya. Since moving to town, she has become increasingly engaged in local issues, attending numerous Town Council meetings and gaining a deeper appreciation

for the thoughtful, engaged community she hopes to serve. Elizabeth also was a founder and co-leader of Advancing Cape Elizabeth Schools, the grassroots campaign that built community support for a new middle school and needed updates to the elementary and high schools. Over a years-long process, she learned the town’s political history, set strategy, built coalitions, led volunteers, held community meetings, and

-see BIERMANN page 7

Elizabeth Goodspeed announces candidacy for School Board



Contributed photo

Elizabeth Goodspeed

(Press release) - Elizabeth Goodspeed’s nomination papers have been certified, placing her on the November ballot for School Board. A Cape Elizabeth resident for 14 years, Goodspeed and her husband are the parents of three children - a current 2nd grader at Pond Cove Elementary School and twins who will join him as Kindergarteners next year. Goodspeed brings over a decade of professional experience in education leadership at Johns Hopkins University School of Medicine, where she worked on medical school curriculum reform and oversaw the construction of a new medical education building. Her work gave her firsthand experience of both sides of educational decision-making:

what happens in the classroom and how the staff, facilities, and technology support students and educators. Goodspeed served for six years on the Cape Elizabeth Land Trust Board of Directors, including as Board President, gaining experience in nonprofit governance, long-term planning and financial stewardship. She also served on the Cape Elizabeth Comprehensive Plan 2019 Committee, which provided a deep understanding of and involvement with the community. “I believe strongly in our schools and in the community that supports them,” says Goodspeed. “Much of my career has focused on how we educate students and how leaders make thoughtful, effective decisions that support learning. As my children begin schooling in the district, now is the right time for me to step up and bring my experience to the School Board. I would be honored to have your vote this November.”

Cape Elizabeth Garden Club extends fall sale

The Cape Elizabeth Garden Club has extended their sale of fall-planted flower bulbs to September 25. Buyers can order bulbs online and pay online or by check at the club’s website capeelizabethgardenclub.com. Proceeds support the club’s annual scholarship to a graduating Cape Elizabeth High School senior, and also help finance programs open to the public at Thomas Memorial Library. Twelve varieties of bulbs are offered including beautiful daffodils, tulips, alliums and irises, as well as some that are more exotic. They are provided by John Scheepers/Van Engelen, a longtime New England-based wholesaler. Order early while all varieties are still available.

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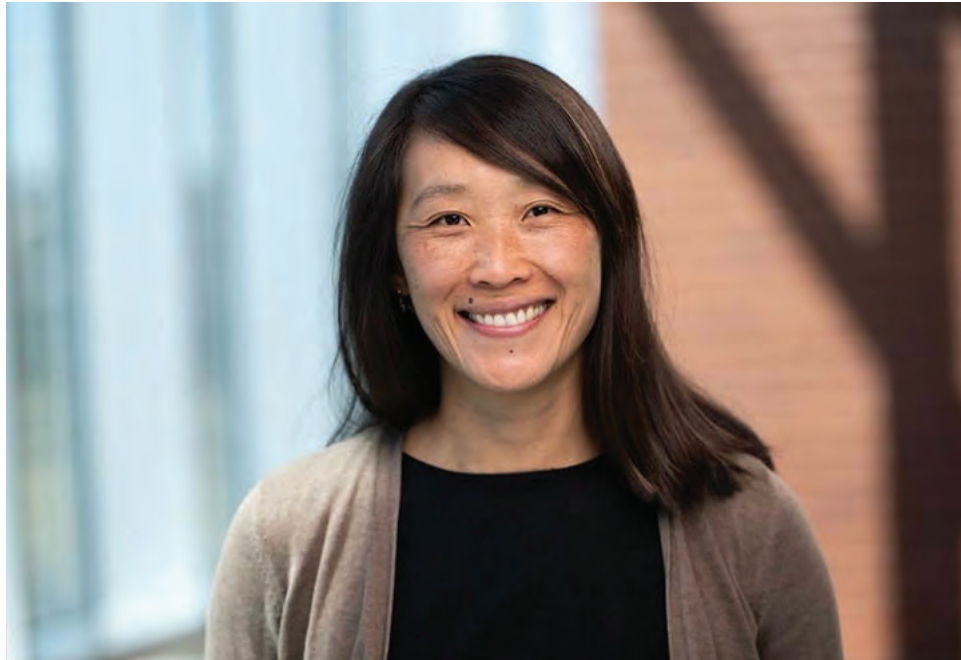
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Julie Pelletier announces candidacy for School Board



Julie Pelletier

Contributed photo

(Press release) - Julie Pelletier is formally announcing her candidacy for the Cape Elizabeth School Board in the upcoming November election.

The daughter of a public school fifth-grade teacher, she has been a Cape Elizabeth resident since 2017 and has three children enrolled in the Cape Elizabeth school system: one at Pond Cove and two at Cape Elizabeth Middle School. Over the years, she has been consistently impressed by the education and environment CESD provides.

Reflecting on the complex issues the board has successfully navigated in the last few years, she is eager to uphold the culture of thoughtful listening and dialogue with the community. Attending the workshops the school board created last year for community members to discuss cell phone policy gave her an appreciation of governance and engagement processes.

Professionally, she has practiced Emergency Medicine in Maine since completing her residency at Maine Medical Center in 2013. In her medical practice, she integrates patient values and preferences with diagnostic results, specialist recommendations, and evidence-based guidelines. She will bring this collaborative style to her work as a school board member to maintain the excellence of the district's schools.

She has also co-led a Girl Scout troop in Cape Elizabeth for four years and volunteers with the Southern Maine Agency on Aging and with her children's sports teams. She likes volunteering in the Pond Cove classrooms and on field trips. In her spare time, she enjoys running and reading.

Official list of municipal candidates

On September 4, Town Clerk Melissa Newsome announced the final list of candidates for the November 3 Municipal Election. Four people are vying for two open seats on the Town Council, and three people are vying for two seats on the School Board. Each seat is for one, three-year term to expire 12/2029.

Town Council Candidates:
Stephanie P. Anderson*
Elizabeth A. Biermann
Christopher A. Gorski
Timothy L. Thompson*

School Board Candidates:
Goodspeed, Elizabeth
Lechner, Karen
Pelletier, Julie

* Incumbent

Biermann

Continued from page 6

knocked on many doors. The project broke ground this year, \$8 million under budget, but for Elizabeth, the real reward was seeing what a community can build together, door by door, conversation by conversation, when town leaders commit to real process and transparency.

A lawyer for nearly 20 years, Elizabeth brings the ability to think critically, evaluate competing perspectives, and work through complex issues carefully. Her legal career reinforced the importance of sound process, transparency, and ethical conduct — principles she believes are essential to effective local government. She sees Town Council service as stewardship: caring for our home and our neighbors. "I would approach the work with an open mind, thoughtful judgment, and integrity, and with genuine respect for the responsibility that comes with serving our neighbors."

Affordability will be a central priority. Elizabeth believes Cape Elizabeth should remain inclusive and accessible by addressing immediate needs while planning carefully for the town's long-term financial health.

Capetoon: Endangered in Maine

By Jeff Mandell





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Ben Bracuti is a new math/science teacher at CEMS

By Kevin St. Jarre

Ben Bracuti is teaching 8th grade math and science this year at Cape Elizabeth Middle School.

He grew up in northern New Jersey and moved to Massachusetts when he turned 18 to attend college. “I’ve lived in the Boston area for the better part of the last decade calling Revere and Malden home for the last three years,” Bracuti said.

He originally attended Wentworth Institute of Technology in Boston for two years but decided that his studies in computer networking and systems management were not for him. Bracuti said, “I decided to transfer at the end of my sophomore year to Emmanuel College to pursue a teaching and history degree. I graduated from Emmanuel’s undergrad program in 2020 with a degree in secondary education and History. I returned to Emmanuel for their master’s program which I finished in 2021.”

When asked what his greatest strengths as an educator are, Bracuti said, “I think my greatest strengths are my patience and ability to create a positive classroom environment. I’ve been very intentional the last few school years in piecing together different routines, expectations, and strategies that lead to a classroom in which students collaborate to learn.”

Outside of teaching, he said he loves playing sports. “My fiancée and I play co-ed soccer and basketball together, and I also play slow pitch softball league and disc golf. Some of my other hobbies include watching Formula 1, playing video games, listening to audio books and reading. I also just became a homeowner so now that I have more space than a small balcony I am looking forward to getting back into gardening,” Bracuti said.

He said he believes that the keys to having

a good relationship with the community are communication and being present. “Being able to have open and honest communication with parents, students, and colleagues is key to student success, which is ultimately what matters the most. I aim to communicate with students what I think they need to improve on and what I think they have a strong understanding of. I do my best to let them know I am there for them and I’m willing to put the work in to help them,” Bracuti said.

He went on to add, “With parents I do my best to share all the successes and struggles that I can. A teacher writing home to parents shouldn’t have the negative connotation that I think it sometimes gets. My aim is to keep parents updated on how well their students are doing and what topics we are covering in class as often as I can.”

He said one of his goals for his classroom at CEMS this year is for students to have fun while learning. Bracuti said, “School should be a place where students want to be! I also want everyone to feel welcome in my class and feel like they have a community in which they belong to.”



Contributed photo

Ben Bracuti, pictured here with his fiancée Gabby, is teaching 8th grade math and science this year at CEMS.

New novel by Cape author

By Kevin St. Jarre



Photo by Kevin St. Jarre

Cape Elizabeth author Richard Cass in conversation with author Gabriela Stiteler at the launch for Cass’s latest novel “Hard as a Headstone.”

The latest novel by Cape Elizabeth author Richard Cass was recently launched at Longfellow Books in Portland. The novel, titled “Hard as a Headstone,” is the sequel to the first in the series titled “The Last Altruist.”

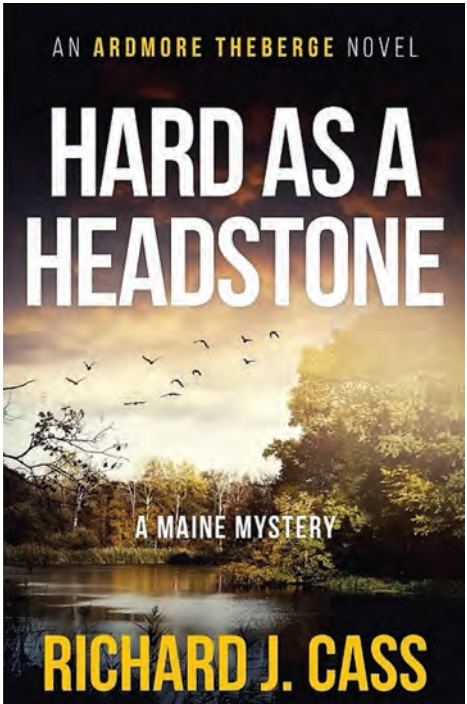
The latest book features a former Army CID investigator named Ardmore Theberge who post-military is working as a land surveyor in Maine. He discovers a murdered young woman, who was part of an activist group fighting to prevent a bottled water company from relocating a cemetery. Ardmore becomes involved, both looking for answers, but also because he becomes a suspect in the young woman’s death. It turns out, there’s much more going on than a simple murder, with layers of secrets and conspiracy. He must clear his name and expose the killer, if he can live long enough to pull it off.

Cass, who said he began his writing career as a poet, does imbue his prose with a poet’s sense of choices. The pace is that of a top-notch mystery, and the language is nearly verse.

“Hard as a Headstone” is now available from Islandport Press wherever people buy books. Cass is scheduled to sign copies at Barnes & Noble and Sherman’s Books. He

is also expected at Gulf of Maine Books in Brunswick on September 19.

For more information, go to www.richardjcass.com or www.islandportpress.com.



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Join Scouting America (Scouts) Troop 30 Recruitment Night



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As Quarter Master, Elliot Hughes led a clean out and reorganization of storage areas at Fort Williams. Community and service is at the forefront of scouting.



Contributed photo

Noah Scott led his Eagle Project consisting of trail building and refurbishing here in Cape Elizabeth. Eagle Scout is the highest rank you can achieve in Scouting.

When: Wednesday September 23
Where: The Lions Club, Bowery Beach, 1 Wheeler Road
Time: 7:00-8:00 p.m.
Why: Develop leadership skills, build friendships, serve the community, develop critical thinking skills, learn important life skills such as wilderness survival, first aid, personal finance, personal fitness, citizenship in the community and world, conservation and environmental science to name a few.
Who: 5th grade through high school students
Contact Person: Scout Master Nick Scott: nicholas.martin.scott@gmail.com

Here are a few examples of what scouts are working on here in our very own community:

Noah Scott just completed his Eagle Project consisting of trail building and repair work to help build community by connecting and refurbishing our extensive trail system.

As quartermaster, Elliot Hughes led a cleaning project that organized storage space at Fort Williams that will house durable medical equipment for community use.

Every year the scouts lead the family fun day parade and are the color guard for our Memorial Day service. They run the numerous games at family fun day, which are an essential fundraiser for our community's Lion's Club.

The scouts help serve our community at the spaghetti dinners, the chicken dinners and the lobster bakes. They also help with bottle drives that directly benefits Judy's food pantry.

In addition, the scouts attend Camp Hinds every summer to work on life skills earning merit badges in activities such as sailing canoeing, camping, emergency preparedness, pioneering, engineering, electrical engineering, scuba diving, plumbing and more.

Come learn what it means to build community, build leadership skills, what it means to do a good turn and to have fun outside.

CEHS hosts second Annual Field Hockey Alumni Game



Contributed photo

Pictured from left to right - Back row - Janet Hoskin (coached 1988-2000), Katie Dana (2001), Catherine Adams (1996), Caroline Muller (2004), Megan Entwistle (2001), Heidi Myers (2001), Emily Jackson (2003), Ashley Walker (2003), Laisee Holden (2001), Katie Blake (1998), Sue Weatherbee (coached 1988-2000 & 2003)

Front row - Grace Gray (2023), Isabel Berman (2020), Elizabeth Piantidosi (2003), Kaitlyn McIntyre (2023), Christina Mealey (2003), and Jackie Newell (2009)

On Thursday, August 27 Cape Elizabeth High School hosted their second annual Field Hockey Alumni Game.

Fifteen CEFH alumni ranging from the graduating classes of 1996-2023 played against the current varsity team. The alumni were fortunate enough to have their high school coaches, Sue Weatherbee and Janet Hoskin, join them again. They were also

reunited with their goalie, Katie Dana, who was the MVP of the evening after many incredible saves, including a penalty shot.

It was a close game but the alumni pulled through with a 3-2 victory. The high school team is looking very strong and we wish them the best of luck this season. We can't wait to see them out on the field again next year!

Gull Crest Community Garden to host Open House

The gardeners at Gull Crest Community Garden invite all to tour the Cape Elizabeth Community Garden at Gull Crest. The first annual Open House is Thursday, September 17 from 4:00 – 6:00 p.m. and Saturday, September 19 from 10:00 a.m.– 12:00 p.m.

Gull Crest's organic garden plots overflow with flowers and vegetables. Learn

about the different varieties of vegetables and flowers that are grown, the garden's participation in Maine Harvest for Hunger, and enjoy homemade treats made from this season's abundant harvest. Who knows, you may want to join this friendly garden community!

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

Coyotes’ symphony sing in Great Pond neighborhoods

By Stephen T. Lyons (Garda)

I grew up hiking and swimming in rural Western Maine during the 1960s and 1970s. I never heard the yelps or signs of coyotes. Curious of the coyotes here in Cape Elizabeth, I contacted Scott Lindsay, Regional Wildlife Biologist, Maine Department of Inland Fish and Game, along with research from the University of Maine, to learn more about my yelping neighbors.

Over this past summer my neighbors have shared home videos taken from their home security cameras of coyotes wandering around their homes at night. The woods surrounding my home near Great Pond are thick and alive, serving as the best free ticket in town. As the scattered barks, and or final whine, I sit in my backyard and smile. Who needs a perfectly peaceful night’s sleep when you can have front row seats to natures show in the woods. To the summer tourist down the road, the first midnight yelp from coyotes is an eviction notice from safety. It sounds like a pack of banshees yelping simultaneously. For others sitting out in their back yards, it’s just the local wildlife airing their grievances. The Cape Elizabeth coyote’s performances begins with a soloist. He’s usually stationed somewhere near the tree line, and it starts with a long, dramatic howl, I am hungry for rodents. Then, on cue, the rest of the ensemble chimes in. This is where the “eerie” atmosphere breaks turns into pure, unadulterated neighborhood awakening. If you listen closely enough, you realize they aren’t plotting the downfall of humanity; they are arguing like a family trying to decide where to order takeout on a Friday night. A chorus of chaotic, overlapping cackles breaks out, sounding less like predators and more like a group of hyenas watching a slapstick comedy routine. My suburban neighbors do not always share my appreciation for the local arts. Within minutes of the coyote crescendo, and the neighborhood starts asking, “Did anyone else hear that? Are we safe?” Maybe texting

other neighbors. “Should we call the town council?”

According to the Maine Department of Inland Fish & Wildlife, the eastern coyote is native to North America. Over the years, its range expanded north into eastern Maine, where they were first documented ninety years ago in 1936. While the statewide population currently remains stable, it drops to an estimated 10,000 to 12,000 individuals during the winter months due to harsh weather conditions and limited food availability.

Coyotes are highly intelligent and adaptable animals, occupying all types of habitats in Cape Elizabeth, and the heavy wooded areas of northern Maine. They can be found searching for food anywhere from local agricultural fields and forests, to the town’s village centers and residential grounds. As opportunistic hunters and scavengers, coyotes maintain a highly diverse diet. Their prey consists primarily of small animals, such as snowshoe hares, rodents, woodchucks, beavers, and squirrels, alongside reptiles, amphibians, fish, and birds. Additionally, they frequently consume animal carcass to supplement their intake. During the summer and fall, coyotes will eat grass, fruits, and berries. They are also drawn to human environments, where they scavenge for pet food, garbage, garden crops, livestock, and poultry. This foraging often leads them to disrupt farms and residential gardens, resulting in significant crop damage. Food availability near human dwellings by leaving pet food outside, feeding other animals such as deer, or keeping trash insecure, prompt young coyotes to quickly lose their fear of people.

Most of the coyotes hunting activity takes place at night. Undisturbed, hungry coyotes may hunt during daylight hours, and sometimes follow farm machinery, catching voles and other small prey. In winter, if the snow depth restricts the movements of deer, these animals may become a larger part of a coyote’s diet. Pairs of coyotes or family groups, using the relay method, pursue deer. In the

spring and summer coyotes may target fawns and small mammals. An ideal environment in the woods surrounding Great Pond, the female coyote digs her own den under an up-rooted tree, log or thicket, or, she may use a cave, hollow log, or storm drain, or take over and enlarge another mammal’s burrow. The den typically has an entrance one to two feet across, a main chamber five to 15 feet long, and a terminal chamber. Coyotes usually have several dens and move from one to the other, minimizing the risk that a den containing young will be detected. These moves also help to prevent an accumulation of fleas and other parasites, urine, droppings and food refuse. Coyotes may use the same dens year after year or make new dens in the same area.

A mated pair of coyotes will live, hunt and raise pups together for many years, sometimes for life. In addition to the mated pair and their offspring, there are transient coyotes that do not have established territories. Breeding for coyotes usually occurs in February. After a gestation of 63 days, the female can give birth to 5-9 pups from April to May. Population density and the availability of food can affect the litter size. Both parents care for the young; however, non-breeding siblings can assist. Pups emerge from the den in two to three weeks and begin to eat regurgitated food. Conflicts between humans and coyotes may occur at this time because the need for food increases dramatically.

Coyotes can sprint 25 MPH for long distances, and can jump upward to 14 feet. They have pointed muzzles and long, bushy tails. Their coats are usually a mixture of tan, black, and gray, but can range from black to strawberry blond. The average Eastern adult coyote weighs 30 to 35 pounds, with males being heavier than females. Large males only rarely will exceed 45 pounds. By six months of age, pups have permanent teeth and are nearly fully grown. At this time, female coyotes train their offspring to search for food, so it is not unusual to observe a family group. Juvenile coyotes usually disperse alone or sometimes in groups at six to eight months of age. A few juveniles may stay nearby, while others seek new territory up to fifty miles away or further. Although such crosses are rare, it is possible for coyotes to breed with domestic dogs. Coyotes can aggressively defend their territories against other coyotes. Therefore, only a limited number of coyotes can live in a given area. Human-related mortality (e.g., hunting, trapping, vehicle collisions) is the highest source of mortality for coyotes. Juvenile coyotes have higher mortality rates than adults. Coyotes are also susceptible to multiple diseases and parasites, especially when coyote densities are high. Coyotes in the wild, usually live no more than six years. For any question about coyotes in Maine, one can contact the Maine Department of Inland Fish and Game.



Photo credit: Inland Fish & Game Maine Wildlife Park



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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, lobster and livestock at our doorsteps

The month of September highlights the amazing abundance of fresh fruit and vegetables available to us. It is the wonderful confluence of our late summer and early fall harvest. Fall crops are coming in while summer crops are still producing. Some farms are also preparing to process pork, beef and turkey. There is no place on earth you can find fresher produce than right here in our town. The Cape Elizabeth Farm Alliance provides a directory of our farms at capefarmalliance.org.

Farm spotlight: Alewife’s Brook Farm

By Caitlin Jordan Harriman

The Jordan family’s agricultural legacy in Cape Elizabeth traces back to the 1600s, but the modern story of Alewife’s Brook Farm began in 1957 with Alvin E. Jordan. He purchased the 80-acre farm, which started as a wholesale crop operation powered by second-hand tractors. By the 1980s, Alvin’s son Jodie took the helm, shifting focus to retail and opening the farm market. Now in the hands of the third generation, Jodie’s daughter Caitlin Jordan Harriman took ownership in 2023, working alongside her siblings and husband to carry the legacy forward. While our lobstering heritage ensures fresh seafood at the market, farming and livestock remain our heartbeat. Beyond growing seasonal vegetables, we raise laying hens for fresh eggs, pigs for half-pig shares and Thanksgiving turkeys. We also

turn harvests into farm-to-table specialties like small-batch jams, pickles, muffins, desserts and ice cream in our farm kitchen. Don’t forget to visit us in October for our Pumpkin Patch by the Sea, featuring fun fall games and pick-your-own pumpkins. To get our fields up and running each spring, we rely on our Community Supported Agriculture (CSA) program. Without the public’s investment in our CSA and year-round support, continuing this multi-generational legacy of local farming simply would not be possible. Whether you’re reserving a holiday turkey, grabbing a lobster for dinner, or picking up a box of strawberries, we are deeply grateful for your support. We are open every day but Christmas from 10:00 a.m. to 6:00 p.m. Stop by and see us on Old Ocean House Road!

Farm history: An historic farming partnership

By Kevin Jordan

Gilbert Jordan and James Maxwell were friends and neighbors during the early 1900s. They owned and operated abutting farms stretching from the east shore of Cape Elizabeth, known then as the “back shore,” to Crescent Beach and Kettle Cove. The Jordan farm encompassed the entire neighborhood now called Broad Cove. The Maxwell farm included Maxwell Cove, the area renamed Kettle Cove in the late 1800s Ocean House Hotel era. Each of these farms exceeded one hundred acres in size and were operated using horse-drawn equipment and local labor. Gibert and James had mutual ambitions greater than a hundred acres though. They formed a partnership and expanded to growing cabbage together on Richmond Island. No known record documents precisely how much of Richmond Island they farmed, but the island’s total size is about 226 acres, so Gilbert and James probably grew tons of cabbage there, literally. To be successful at it, they needed to solve some logistical problems back in the early 20th century that would be very challenging even today. They needed to find a way to harvest the crop and move it as efficiently as possible

from the isolated island to market and railroad in Portland. At extreme low tide, it is possible to walk across the breakwater from the mainland to Richmond Island without getting wet, but the window of time available is very short. If a person misjudges the time of low tide, or dallies too long, the rising tide will make the water too deep for safe transit. Even if a person manages to cross the breakwater with dry feet, they probably won’t have time to return without getting wet. Furthermore, the sand exposed at the base of the breakwater at low tide is soft, and wagons heavily laden with cabbage could get mired too easily in it. Gilbert and James solved the problem by constructing a cabbage cellar on the island and using dories to transport the crop to the mainland. The cellar enabled them to harvest the cabbage as usual, all at once, keep it cool and well-preserved, and then stage it for delivery to market as demand dictated. When a delivery needed to be made, dories were rowed to the highland at high tide. As the tide receded, the dories settled onto the beach, making it easy to fill them with cabbage. Then, when the tide rose again, the dories refloated and were rowed back to the

-see FARMING page 15

Cape Elizabeth farm calendar

September

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

October

- October 12: Pumpkin Palooza at Jor-

dan’s Farm, Bowery Beach. (weather dependent)
- October 17, 1-4 p.m.: Pond Cove Parent’s Association Harvest Festival
- October 1-30: Pumpkin Patch by The Sea at Alewife’s Brook Farm



PLEASE SUPPORT OUR ANNUAL CAMPAIGN

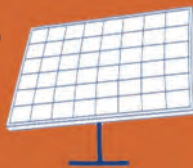
The **Thomas Memorial Library Foundation** provides financial support that allows the Library to expand its offerings. Watch for a mailed letter that shares more details about our work.

Donations from enable the Foundation to support many resources, such as:

- Park & museum passes
 - Concerts, workshops, and Death Cafe
 - Mango Language & *New York Times*
 - E-bike rentals
 - Fairy Festival & Lantern Festival
- Summer reading programs
 - Native habitat and poetry garden
 - New Children's Room furnishings
 - Program supplies & refreshments
 - And so much more!

SPOTLIGHT ON 2027

Addition of solar panels to offset up to 60% of the building's electricity costs



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TML offers program on interactive art, Death Cafe has a new time

ANNOUNCEMENTS

Another Successful Summer of Building a Better World!

Summer reading at the library has now officially ended, and we'd like to thank everyone who participated in this year's programming and supported our Community Spotlight partnership with the Locker Project. Nearly 400 people of all ages picked up challenge cards in the last three months (which included special themed tasks like "Have a picnic" "Visit a farm" "Help cook a meal" and "Try a new recipe").

We also saw many more patrons attend related programs and visit our July photo gallery of the Locker Project's partnering farms. We are so thankful to director Kathryn Sargent and everyone else who works hard to make the Locker Project such a wonderful organization.

For those of you who have learned more about food insecurity here in the Greater Portland area, you might be curious about other ways you can continue to support local efforts to help nourish our neighbors.

For 25 years, the Cape Elizabeth Community Garden at Gull Crest has been a strong Cape community-powered response to local food insecurity, supplying fresh organic produce to neighbors through the University of Maine Extension's Maine Harvest for Hunger Program.

This past summer, gardeners continued that tradition with last week's donation alone containing more than 50 pounds of produce to Judy's Pantry—part of the annual donation averaging 450 pounds. The garden is also a rare space where residents of all ages work side by side, learning, connecting, and growing food that directly supports families in need.

If you're in the Gull Crest area, come say hi to one of our gardeners, and be invited in for a tour of the garden and perhaps even given some tasty produce.

Thank you again to all our neighbors who continue to visit the library and care about our community.

Death Café has a new time

Death Café is an international project to increase awareness of death with a view to helping people make the most of their (finite) lives.

The Death Café at TML is hosted by Davinica Nemtzow, a community organizer, certified Mindful Outdoor Guide, and death enthusiast. She believes that when we allow ourselves to destigmatize talking about death, we can cultivate better relationships with ourselves, our loved ones, and the planet that we inhabit.

Starting on September 19, our monthly Death Café meetings with Davinica Nemtzow of Kaneel will meet on the third Saturday of each month from 10:30 a.m. - 12:00 p.m.

No registration required, but you are welcome to sign up for our email list online to receive reminders and updates!

SPECIAL EVENTS

Intro to Ayurveda for Fall with Brett Aldrich

Tuesday, September 29, 6:30 - 8:00 p.m.

Ayurveda is a holistic system of natural medicine that originated in India over 5,000 years ago. Using food, spices, herbs, and daily lifestyle practices, Ayurveda supports health from the inside out. As we transition into the fall and winter months, these principles can become especially valuable for strengthening immunity and overall well-being.

Join Brett Aldrich, Breathwork Practitioner, Ayurveda Counselor, and founder of Seed the Spirit in Portland, as she introduces the foundations of Ayurveda and how seasonal living can help you feel stronger, more resilient, and better prepared for the colder months.

REGULAR PROGRAMS

Senior Social Hour

Every Wednesday from 1 - 2 p.m.

Death Cafe, with Davinica Nemtzow (NEW TIME)

Third Saturday of each month, 10:30am - 12:00 p.m.

Songwriting Workshop, with Jud Caswell

Starting in October: First Thursday of each month, 6-8 p.m.

Youth Services Recurring Programs: Fall

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

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

Baby Storytime: Tuesdays 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.

Play Group: Wednesdays @ 10:30 - 11:30 a.m.

Join us for this drop-in play session for children and their caregivers. The Community Room is open for exploration during this time, with special toys and stations while you visit with friends.

The capacity for this program is 25 people. Doors open at 10:25 a.m. Arrive early to secure your spot.

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 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.

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!

CardBoard Club: First and Third Fridays from Sept - June from 2:45 - 4:00 p.m.

Welcome to CardBoard Club, a club dedicated to card and board games. On the first and third Fridays of each month, we'll gather to play games of all kinds.

Stop in to play with your friends, learn new games, and take part in special RPG (role-playing game) workshops, like D&D. Beginners welcome. Snacks provided. For ages 10-13. No registration necessary.

Youth Services Special Programs

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.

Interactive Art, Flaps & Pockets: Saturday, Sep 26, 2026 from 10:30 a.m. - Noon

Take your art to the next level with Andi Saturn as they guide you through the process of creating moveable flaps and pockets on the page. From doors to windows to wings and more, the possibilities are endless once you learn the basic techniques.

Andi Saturn (they/them) is an artist, teacher, and performer in Portland, Maine. As a self taught artist, they know how intimidating it can be to pick up new mediums and they're passionate about bringing fun back into the learning process. No previous art experience required.

CLOTHING SWAP

Offered in Partnership with the Town of Cape Elizabeth Recycling Committee



Donate clean, gently-used apparel for kids and adults from **October 19 - 28**, so Snoop the Sniffing Dog has enough time to investigate each item before the big day! Volunteers can sign up by filling out the interest form found in the code below. Feel free to come in costume!

Scan for volunteer registration or visit: www.bit.ly/capeswap2026

SATURDAY, OCTOBER 31
12:00 - 3:00 PM



TRYOUTS!!



October 3rd
4pm to 6:30pm
Boys and Girls U9-U12
Gull Crest Fields, Cape Elizabeth



Celebrate fall in Cape Elizabeth at
CELT's Harvest Party

Local birding report



Contributed photo

CELT is hosting its Harvest Party on September 26. The event is free and open to all.

When: Saturday, September 26, 4:00-8:00 p.m.
Where: Turkey Hill Farm, Cape Elizabeth

Join CELT for a family celebration of fall at Turkey Hill Farm. Enjoy great food from Mainely Meatballs, Ocean House Bakery and others, live bluegrass music by Cape's own SunDog, a Cape Farm Alliance farmer's market, cornhole and games for all ages available.

When the sun goes down, the party continues with a bonfire, night hikes and evening explorations through the woods and fields. Free and open to all.

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. September hours are 3:00 to 5:00 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.

By Brooks Bornhofft

Across Cape Elizabeth, the tin horn notes of a particular little creature ring through our forests. It has been an exceptional year for the less common of our two breeding nuthatches—the exceedingly active Red breasted Nuthatch. This scrappy bird gleans its way up and down trunks and branches in search of insects and arachnids, rarely still for more than a moment.

Red breasted Nuthatches are strikingly patterned: a black cap with a bluish gloss, a bold white eyebrow, a black eye stripe, and an underbelly washed in brilliant rusty cinnamon. Males and females differ subtly in tone, but the easiest distinction to commit to memory is their voice. Compared with the White breasted Nuthatch's lower, more nasal yank, the Red breasted's call is higher pitched and sharper. Unlike other members of the nuthatch clan, the Red breasted uses a soft, musical song during courtship. In flight, both species show an undulating pattern, but the Red breasted—smaller overall—turns readily in pursuit of insects despite its short tail.

On the last day of August, while swimming off Little Chebeague Island, a single Wilson's Storm Petrel flew past me—an unforgettable encounter. Maine serves as a summer feeding ground for these tiny pelagic seabirds, though they breed far to the south on sub Antarctic islands and Antarctic coastlines. Barely larger than a Barn Swallow, Wilson's Storm Petrels spend nearly their entire lives on the open ocean, feeding on plankton in cold, nutrient rich waters where deep currents upwell. Their migrations carry them across the equator into nearly all of the world's oceans, though they remain rare in the North Pacific.

Several silent Swainson's Thrushes slipped through my yard on September 4, and a young female Rose breasted Grosbeak stopped briefly at the feeders. Her plumage was still cryptic—streaked flanks and breast fading to a whitish belly. It's astonishing to think that, come nightfall, she would launch into the sky and begin her journey toward Central or South America, arriving several weeks from now if all goes well.

On September 5, my two sons and I paused along a trail in Winnick Woods, transfixed by frogs perched atop a neon green algal bloom. A Green Heron suddenly flew in, apparently intending to land on a fallen birch in the pond. At the last moment it saw us, uncrooked its neck, and wheeled away. In flight, this usually compact heron can appear oddly front heavy, but the close encounter offered a fine look at its deep green back and rich chestnut neck. Green Herons hunt by standing motionless at the water's edge, typically on vegetation or solid ground; unlike larger herons, they seldom wade.

Late in the afternoon on September 7, I spotted a Wilson's Snipe in Willow Brook, a piece of property protected by CELT. The bird stood at the edge of a marsh inlet, its silhouette lit by the low sun. Elusive yet fascinating, this robin sized member of the sandpiper family blends seamlessly into wet meadows, marshlands and bogs. With eyes set far back on the head, snipes can see in nearly every direction. Their long, flexible bills, roughly one third of their body length, allow them to probe deeply into soft soil for invertebrates. In doing so, they aerate the soil, enhancing nutrient cycling and supporting plant growth. Their presence

-see BIRDING REPORT page 15

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CAPE CALENDAR

By Wendy Derzawiec

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

Thursday, September 17
Fort Williams Park Committee, Community Center, 6 p.m.
Energy Committee, Town Hall, 7 p.m.

Monday, September 21
Town Council Workshop, Town Hall Chamber, 6 p.m.
Town Council Meeting, Town Hall Chamber, 7 p.m.

Tuesday, September 22
Town Council Ordinance Committee, Jordan Conference Room, Town Hall, 5:30 p.m.
Zoning Board of Appeals, Town Hall Council Chamber, 7 p.m.

Thursday, September 24
Thomas Memorial Library Committee, Thomas Memorial Library, 6:30 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.

CABLE GUIDE

CETV CHANNEL 1302

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

Cape Elizabeth Historical Preservation Society

Sept. 17 - 6:30 pm

Town Council Workshop & Meeting

Sept. 21 - 7 pm

Zoning Board of Appeals

Sept. 22 - 7 pm

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

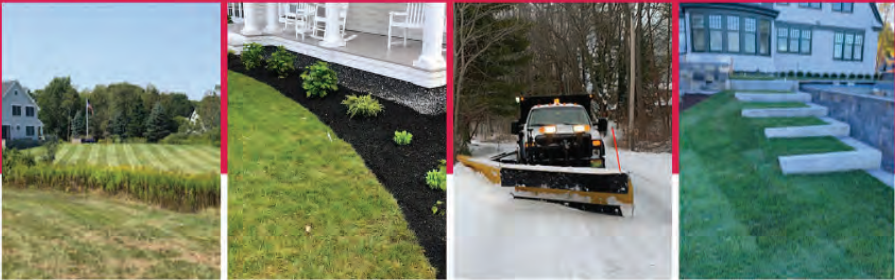
Redeemer Lutheran Church - LCMS
410 Main Street, Gorham
839-7100
www.RedeemerMaine.org
Sunday Bible Class for all ages: 9:00 a.m.
Sunday Worship Service: 10:15 a.m.
Services are in person and streamed on Facebook and YouTube

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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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.

BUSINESSES/SERVICES

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Paint Services offered. Indoor or outside. \$45 an hour. Happy to help. David Shields. Email: ds8031@yahoo.com

HELP WANTED

Birding report
Continued from page 13

is a reliable indicator of wetland vitality; habitats like Spurwink Marsh are among the richest ecosystems on the planet, and protecting them is essential to sustaining biodiversity.

During the breeding season, male snipes fly high over marshes producing haunting, wind borne whistles known as winnowing. Henry David Thoreau once described hearing his first snipe of the year as “a lulling the watery meadows, fanning in the air like a spirit over some far meadow’s bay.” Though they rely heavily on camouflage, snipes can escape danger with astonishing speed. Their oversized pectoral muscles—more than a quarter of their body weight—allow them to reach flight speeds of up to 60 mph, zig zagging erratically to evade predators. Interestingly, the word sniper originated among British soldiers in India in the 1770s, who used it to describe hunters skilled enough to shoot a snipe.

Farming
Continued from page 11

mainland where they were unloaded into horse-drawn wagons that transported the product to Portland.

For how long Gilbert and James continued growing cabbage together on Richmond Island has been forgotten, but remnants of the cabbage cellar they constructed can still be found above John’s Cove there. Gilbert Jordan’s farmhouse and barn still stand proudly at the corner of Two Lights and Jordan Farm Roads although the property is not currently occupied by any of his descendants. James Maxwell’s farmhouse and outbuildings also still stand, just a few steps from the original Jordan farm. It’s a sure bet that he would beam with pride at the knowledge his direct descendants continue to live at the Maxwell farmstead and steward its legacy.

Got a story to share?
Email us!
editor@capecourier.com

CELT
Continued from page 3

after a picnic at Kettle Cove. Snacks, drinks and lunch should be brought by each participant. Participants should be 12 years or older; please call about younger ages. All participants must register at least 48 hours in advance of the program and will receive notification of changes or cancellation.

Date: Saturday October 3
Time: 9:00 a.m. – 2:00 p.m.
Location: Meet at Portland Headlight in the dirt parking lot closest to the lighthouse.
Cost: \$10 per person
Min/Max: 6/15

CELT’s Cross Town Walk (Second Half Option)

Interested in the Cross Town Walk but not ready to commit to all 8.2 miles? Join Cape Elizabeth Land Trust for a half-distance (roughly 4.5 miles) walk highlighting some of Cape’s great places, including Spurwink Marsh and Great Pond.

The walk takes approximately 2.5 hours. Hikers will meet at the CELT office in town center and will carpool (arranged prior to walk) back to the CELT office after a picnic at Kettle Cove. Snacks, drinks and lunch should be brought by each participant.

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

Date: Saturday October 3
Time: 11:00 am – 2:00 pm
Location: Meet at CELT Office – 330 Ocean House Road
Cost: \$5 per person
Min/Max: 6/15

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

Join CELT as we explore Robinson Woods in October. Children and caregivers will spend an hour exploring the natural wonders of Maine with Cape Elizabeth Land Trust educator Lisa Gent. During this CELT sponsored event we’ll take a gentle hike through Robinson Woods, where we will explore the habitat around us and search for signs of the changing season with age-appropriate games and activities.

Please dress in comfortable clothes and bring a water bottle. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Wednesday, October 7
Time: 9:00 - 10:00 a.m.
Location: Robinson Woods Kiosk (off of Shore Road)
Cost: \$6 per parent & child, each additional child \$3
Min/Max: 2/5

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Festival

Continued from page 1

seasons with bubbles in the air, books on the lawn, and glitter (or flowers, or butterflies) on our cheeks. This year's Fairy Festival was our third on the books and, at this point, the librarians have it down to a science. With the help of enthusiastic volunteers, a handful of very special guests, and the capricious yet ultimately generous weather of southern Maine, Saturday's festival is likely to end up being the biggest library event this year. Staff estimate nearly 300 people of all ages stopped by the festivities throughout the course of the morning before the serendipitously-timed rainclouds finally gave the festival an obvious finale, just shy of noon.

For those who attended Fairy Festivals of yore, you probably saw some familiar faces. Among those the library was delighted to welcome back were Ali Gustavson, of the Cape Elizabeth Land Trust, and her beloved spotted salamander, Dusty. As the Education Coordinator for CELT, Gustavson is always well-equipped to manage the inevitable crowd of curious kids (and adults) who want to hear more about Dusty and what it's like to work with animals and nature.

The library was also thrilled to bring back the Book Fairy herself: Pam Leo, founder of grassroots literacy nonprofit the Book Fairy Pantry Project, has similarly attended every Fairy Festival thus far. Library fairies of all ages now count on Pam to wear her spectacular monarch butterfly wings and wheel in wagons full of fairy books to give away to attendees. Along with a calm reading rug for families perusing books (and special appearance by therapy dog and reading buddy Ruby), Pam's table also included a drop-off for board book donations which, she happily reported, was a huge success.

New additions to the Fairy Fest guest roster included musician Owen Kenne-

dy, an award-winning performer whose Scottish-inspired banjo and fiddle gave the morning a particularly magical touch. Near the midway point of the festival, Pam Leo remarked on how wonderful it was to see children running in the grass, laughing, many wearing their wings or sparkles, and genuinely – there's no other word for it – frolicking about the library lawn, with bubbles and music in the air. "It's just magical," she told me.

The final significant addition to the annual event came with Al Gilmore, who was brought aboard to run the photo booth, inspired by the style of the Cottingley fairy photos of the 1900s (a bit of fairy history that also made its debut at the big event, in the form of yard-sign storyboards). With assistance from Youth Services Librarian Sierra Aceto, Gilmore took over 100 fairy portraits in their corner of the lawn, with youth and families taking turns posing with enormous flowers, play swords, magic wands and more.

Thank you to everyone who attended this year's festival, and a very special thank you to the Thomas Memorial Library Foundation. TMLF also joined the fun this year, with a tent and table for temporary tattoos and for getting a peek at some of the library merch you can now find in their brand new online shop. Purchases made on their Bonfire webpage all help the foundation, which continues to do so much to support our community and our library. You can see all their Fairy Festival items and more at www.bonfire.com/store/tml-foundation-store/.

Special thanks also to our volunteers and library staff, who helped out with this event in so many ways. You are the most magical library fairies of all.

Got a story to share? Email us!



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Nature scene around town



Photo by Martha Agan

A Great Egret preening.



Photo by Martha Agan

A Ruby-throated hummingbird. The female has a white throat and is slightly bigger than the male. The male has black on the side of the head and red iridescent under the chin.

Find 7 differences

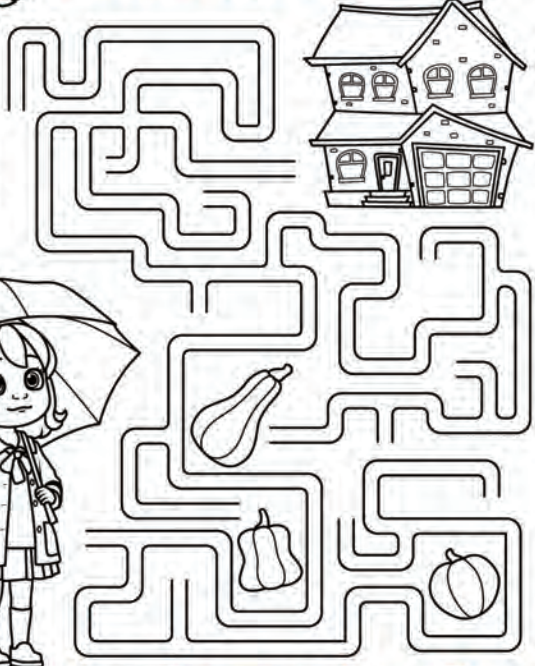


Autumn FUN

How many pumpkins are on a page?



Find your way through the maze to the house



Connect the dots by numbers

