Thompsons honored with Gould Award for outstanding citizenship

Nancy and Tim Thompson, pictured above with Jamie Garvin on right are the 2019 recipients of the Ralph Gould Award for Outstanding Citizenship.

Nancy and Tim Thompson, longtime supporters of Cape Elizabeth schools and community, are 2019 recipients of the Ralph Gould Award for Outstanding Citizenship.

Jamie Garvin, chair of the Town Council, presented the award to the Thompsons for their years of dedicated and varied service. They have both served on numerous boards and with community service and philanthropic organizations through the years, Garvin said.

“I read somewhere once that thriving communities are places filled with common people doing uncommon work for the common good,” Garvin said. “And that sometimes, from overwhelming community challenges come tremendous community opportunities. “I can think of no better example of this than Nancy and Tim Thompson and their work in our community,” he said.

“The Thompsons, married for 37 years, and longtime residents, volunteers and business owners in Cape Elizabeth, tragically lost their middle son Timmy to suicide in 2004, after his graduation from Cape Elizabeth High School. Since that time, and in his memory, the Thompsons have focused on mental wellness, creating a foundation of advocacy, education, and awareness.

“Several of us on the council had the chance to participate in this initiative in different ways, including the community read-along of the book, ‘Finding Perfect,’” Garvin said. Garvin also credited Cape Elizabeth Middle School Nurse Jill Young for her role in the initiative, a nod Tim Thompson said he appreciated. “I’m so glad you mentioned our nurse at the Middle School … because she is just such an asset in this town, she lives in this town, her kids go to school in this town and she’s just she’s going to be so valuable,” he said.

“None of these (awards) are ever presented to anybody by themselves, it’s all of us doing working together, doing our civic duty,” Tim Thompson said.

CELT welcomes new Education Coordinator

Just in time for the land trust’s fall school programs, CELT has welcomed Philip Mathieu as its new education coordinator.

Mathieu will be coordinating all of CELT’s educational programs. This includes most prominently both classroom activities and the annual walks on CELT properties with Pond Cove Elementary School students. He will also coordinate some programs with high school students, as well as periodic community educational events and a series of talks with some of our senior communities.

Mathieu was born in Portland and spent his first couple of years in Gorham before moving to Freedom, New Hampshire. Growing up in the foothills of the White Mountains, he developed a deep love of the outdoors, especially hiking and skiing. He later attended Brown University, where he majored in physics and co-captained a racecar engineering team. Towards the end of his undergraduate studies he began to pivot towards environmentalism and ways to apply his science background in sustainability-related fields.

After graduation, Mathieu worked as a substitute teacher in the Sacopee Valley School District, where both his parents (Paul Mathieu and Miriam England) have

Approved rules prohibit dogs from municipal playing fields year-round

Starting in October, dogs will no longer be allowed on the surfaces of athletic playing fields owned by the town.

The Town Council on Sept. 9 approved amendments to the dog ordinance, including a management plan that prohibits dogs from municipal playing fields at any time of year, whether they are on-leash or off.

The prohibition applies to municipally owned playing fields throughout the town, including the school campus, Gulf Crest, Lions Field, Plaisted Park, and all fields in Fort Williams Park.

The ordinance approved Sept. 9 represents a modernization of dog regulations in town, one that was promised early in 2018 when councilors revised rules for dogs on the multipurpose fields at Fort Williams Park.

The multipurpose fields generated the deepest divide among councilors, who took separate votes Sept. 9 on how the management plan should apply to different fields. As recently as 2017, the multipurpose fields were part of an area where dogs could run unleashed year-round, but that designation changed when councilors, in January 2018, voted to restrict unleashed dogs on the fields to the off-season Nov. 2-March 30.

The Sept. 9 vote to ban dogs from the multipurpose fields year-round passed 4-3, with councilors Chris Straw, Jeremy Gabrielson and Valerie Randall opposing. “I think the agreement that is in place now reflects a compromise,” said Gabrielson, reminding councilors that the town will soon be reviewing the master plan for Fort Williams Park.

“I would much rather have that conversation in the context of a larger master plan,” he said.

The approved ordinance applies to three categories of management — no dogs allowed, dogs allowed on-leash only, and dogs allowed off-leash/under voice control to different municipal properties and gives the School Board, Conservation Committee or the Town Council authority and a process to change category designations.

Before approving the ordinance, councilors voted to reword part of the draft to more clearly describe a dog that is not under voice control. Another suggestion to shorten the required leash length from 30 feet to 15 feet failed to pass, with only councilors Chris Straw, Valerie Deveraux and Valerie Randall supporting. Overall the ordinance was approved 6-1, with Deveraux opposed.

In a separate vote, councilors approved the management plan 6-1, with Randall opposed. A motion by Randall to allow dogs on fields seasonally, as they are on the multipurpose fields, failed, with only Randall supporting. “I’d rather make a rule that is reasonable and people will follow,” she said, pointing to Fort Williams Park fields as an example. “People have, from what I’ve heard at least, been respectful of it and I imagine if we did that with all the athletic fields we’d see the same thing,” Randall said.

Other councilors, however, said they agreed with town residents who have called for dogs on athletic fields. “Really the issue is the health and safety of our residents,” said Councilor Deveraux. And, although she agreed that the town needs accessible areas for dogs to go in the winter, athletic fields account for only a small portion of the municipal property available, she said. “We need to be fair to all of our residents,” Deveraux said.

The Cape Courier has a new website! Check us out at www.capecourier.com

Thank you to the generosity of Digital Impulse!
Jordan is ‘everything we want in a public servant’

I write to enthusiastically endorse Penny Jordan for re-election to the Cape Elizabeth Town Council. Penny is everything that we want in a public servant. She is thoughtful, she is a good listener, and she is accessible. She is not dogmatic. She approaches each issue by trying to understand what her constituents want and what is in the long-term best interest of the town.

No one is more invested in Cape Elizabeth than Penny Jordan. Penny, along with her brother, Bib, and sisters, Carol Ann and Pam, own and operate the Jordan Farm and Farm Stand on Wells Road. It is one of a handful of working farms in town, helping to maintain our rural character, as well as providing seasonal employment, great food, and a place to run into your neighbors.

On the Council, Penny has worked hard to maintain high quality schools and community services while at the same time being a careful steward of tax dollars. I am thankful for her past service and grateful that she has agreed to run again. Please join me in voting for Penny Jordan for re-election.

Mary Ann Lynch

Flu clinic to be held at fire station on Oct. 2

A flu clinic provided by MaineHealth will be held at the Cape Elizabeth fire station on Wednesday, Oct. 2 from 2:30-5:30 p.m.

Open to the public, the flu clinic is for those three years of age and up. Vaccines only will be available (no flu mist). Insurances that will be accepted (PLEASE bring insurance cards with you):

- Medicare
- Medicare Advantage plans except for Humana
- Anthem
- Aetna
- Harvard Pilgrim
- Martins Point
- Champus
- TriCare
- Cigna
- United Healthcare

Disposal fees, open Sunday information for Recycling Center

Disposal fees at the Recycling Center will be waived for residents transporting their own material and/or items from the Recycling Center. Fees will be assessed for all applicable items on Sunday, Nov. 3 and Sunday, Nov. 10.

As a reminder, no household refuse or recyclables will be accepted on the Sundays listed below.

Sunday, Oct. 20: 10:00 a.m. - 4:30 p.m.
Sunday, Oct. 27: 10:00 a.m. - 4:30 p.m.
Sunday, Nov. 3: 10:00 a.m. - 4:30 p.m.
Sunday, Nov. 10: 10:00 a.m. - 4:30 p.m.

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Town formulating plans to celebrate Maine bicentennial

Cape Elizabeth is planning for the bicentennial of the state of Maine. The Town Council on Sept. 9 authorized the town manager to draft a charge for an ad hoc Maine Bicentennial Committee to explore ways for the town to participate in the celebration of the bicentennial of the state of Maine. Town Manager Matthew Sturgis will present the charge to council for approval in October.

Appointees will be recommended by Stur- gis and approved by the council, rather than by the Appointments Committee interview process. “That way we can kind of jump ahead a little bit,” Sturgis said. “Although the bicentennial is throughout the entirety of 2020, I would like to try to get folks on board to do that. I have some thoughts as far as how the (committee) structure would be that I’ll bring back next month,” he said.

Maine became the nation’s 23rd state on March 15, 1820.

Playground ribbing cutting ceremony on Sept. 28

The Pond Cove Playground Committee invites the Cape Elizabeth community to join in a ribbon cutting ceremony on Saturday Sept. 28 at 2 p.m. This new community playground and outdoor classroom was made possible thanks to the many individuals, families, local businesses, foundations and the town of Cape Elizabeth who came together to meet the project fundraising goal. Let’s celebrate the new Pond Cove Playground together.

Barn Disco Dance fundraiser on Sept. 28

The Cape Elizabeth High School Football Boosters Association is hosting a Barn Disco Dance fundraiser at Shady Oaks Farm, 30 Fowler Road. The event will be held on Saturday, Sept. 28 from 8 to 11 p.m. and doors open at 7-30 p.m. There will be a cash prize for best outfit. For more information visit BARNDISCO.COM.

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Woods, Cross Hill open spaces

The Town Council on Sept. 9 approved a greenbelt license agreement for a casual trail at 15 Silva Drive, connecting Winnick Woods and the Cape Elizabeth Land Trust’s Dyer Hutchinson easement to the north, and the Cross Hill open space to the south. The license allows the town to manage the trail for the benefit of the public while legally sheltering the property owner, Bruce Sahrbeck, from liability.

Councillor Jeremy Gabrielsson called the license, the second to be used for a greenbelt link in Cape Elizabeth, “a wonderfully flexible” tool. “I’m glad to see that we are continuing to use it and I want to thank Mr. Sahrbeck for working with the Conservation Committee to make this happen,” he said.

The license can be terminated by either party after a 30-day notice and provides more flexibility than an easement or outright sale or donation. Councillor Jamie Garvin also called the mechanism a good “first step” for property owners who are unsure about granting public access rights.

The town’s other greenbelt license was provided by the Canterbury at the Cape Condominium Association in 2016.

Coordinator continued from page 1

taught for many years. He then worked for two terms as an environmental educator with the Ecology School in Saco working primarily with their residential ecology programs (including two days with the Cape Elizabeth 6th graders).

In addition to CELT, Mathieu works as the Maine Operations lead for One Mighty Mill. One Mighty Mill is an old-fashioned stone mill based in Lynn, Massachusetts that sources organically grown wheat from Maine and turns it into delicious pretzels, bagels and tortillas. As half of a two-person Maine sales team, he is responsible for finding new ways to share their Maine grown products back in the state they came from. Mathieu hopes to both continue the success of existing programs and grow CELT’s involvement in local schools, especially with the upper grade levels. Stop by and say hello!

Small Scale Cyber Attacks

If you do business with a national retailer or bank, chances are you’ve had your identity compromised at one time or another. These large-scale cyber-attacks have unfortunately become commonplace, but it’s important to know that criminals are trying just as hard to hack you as they are big corporations. Personal cyber-attacks can come in the form of malicious attachments that steal personal information from your computer. They can also come in the form of email attacks, called phishing, appearing to come from a trusted source and asking you to confirm a password or verify personal information.

Be careful online and check your emails for common warning signs like misspellings, generic greetings, free offers or urgent requests for action. Never click on suspicious links and always look up call back numbers rather than relying on those listed in the message.

Time to wear some pink

Cape Elizabeth Girls Soccer needs your help supporting the Maine Cancer Foundation.

Cheer on your lady Capers on Saturday, Oct. 5 as they take on Yarmouth. Junior Varsity game is at 2:30 p.m. and Varsity game is at 4:00 p.m. at Hannaford Field. Do NOT cook dinner! In addition to a 50/50 raffle, CEGS is donating 50% of concession sales to the Maine Cancer Foundation.

you know what they say about apples...

hot apple pie with cinnamon ice cream, macintosh apple martini, apple pie salad, butternut squash and apple galette, caramel apple beignet waffle...

Cape Elizabeth Then and Now: “May I see your registration, please?”

By Jim Rowe

It was with youthful determination that we mounted our trusty (and sometimes rusty) mechanical steeds. Plastic streamers fluttering from the handlebars like the ribbons on a Victorian bonnet (or from a Viking warrior’s beard, depending on the rider’s disposition)...a squeeze bulb horn that squawked like a laryngitic seagull...a small lever-operated bell that chimed like the cash register at Armstrong’s Store...“doubles” baseball cards that swap-fwap-fwap in the wheel spokes...not quite matching the intended decibel level of a 1200 cc Harley Davidson...a license plate that dangled and clanged from the back of the seat...wait...what...? a license plate?

But then, the program seems to have disappeared as suddenly as it had burst upon the scene only a few years earlier. This may have been due to either a lack of community participation or to the initiative’s cost/benefit ineffectiveness. It’s unclear at this point. Nevertheless, a vintage plate today is a pleasant bit of minutia from years ago that brings a smile and a nod to the septuagenarians among us...yet another reminder of how things “used to be” here in town.

Pictured on the right is an image of plates which were a recent gift of Peter Adams to the Cape Elizabeth Historical Preservation Society.
The wisdom of the Enneagram comes to Community Services

By Sarah MacCol

Join Michael Naylor, Director of the Maine Enneagram Center for Transformation and Well Being and faculty member of The Enneagram Institute to learn about nine distinct strategies for relating to self, others and the world. This program will be held on Wednesdays, Oct. 1st from 6:30 - 8:30 p.m. at the Cape Elizabeth Community Center as described in the fall brochure. Please note that the cost is just $25, not $50, as written in the brochure.

Figure out what your personality type is and how you approach life’s daily stressful challenges and opportunities. Your personality type will show you where you are, present and awake, as well as the particular way that you unconsciously check out of reality. In addition, it will point the path to your highest and strongest expression.

I recently helped Community Service staff learn more about their Enneagram types. Linda Strunk seems to be a 2, the caring, interpersonal Type: “The Helper.” Have you ever called with a question for Linda or wandered into Community Services to enroll yourself in a program? She sure seems like a 2.

Jane Anderson typed herself as a 6, the committed, security-oriented Type: engaging, and responsible. I have repeat- edly seen her do the right thing and advocate for others. Would Linda do that, too? Of course. The amazing underpinning of the Enneagram is that all the nine types act “helpful” (Linda) and “committed” (Jane), at times, but their own essence (Type) is fundamentally different from the other’s. Behavior isn’t essence. Come learn more about that in October.

How about Kelly Phinney? What Type does she think she is, based on a simple test I administered? She’s a 7. I know about 7’s. I am one. Sevens are the busy, fun-loving type: spontaneous and versatile. We are multi-taskers and we love to keep our options open. We don’t want to miss much.

If Kelly is at her desk absorbed in planning yet another Community Services program, and Verna Gordon from Cape Care seems to be leading an excited bunch of kids down the hall, Kelly wants to know what’s so exciting. She may leave her all-absorbing task, distracted by something more important: kids! Would you do that? Or would you stay focused on the task at hand?

I know that as a 7, I can be quite scattered. One useful aspect of knowing my Type is that I can explore the elaborate Enneagram literature and understand why I tend to be scattered and how this relates to my stress level. The work helps me feel comfortable with myself and also how to work through my relationships, my work and my play.

What Enneagram Type are you? If you’d like to take a test before you attend, go to www.ennegraminstitute.com. Click on TESTING. This test is a more detailed version of the free test I gave to Community Services staff, and is not required for you to sign up for Oct. 16. You’ll find lots of free tests on the internet. Feel free to explore and come with questions for Michael.

Among the many dangers to our pets, a silent killer is starting to re-emerge in the Northeast. Once considered almost eradicated in this region, heartworm disease has become a renewed threat to pets in Maine. It is also one of the most misunderstood by pet owners.

We are seeing and treating many more cases of heartworm-positive dogs these days, and they come to us from all different circumstances: from newly rescued dogs to older family dogs, and always well-loved and cared for. But it only takes one mosquito bite in an unprotected moment to transmit this devastating disease from one dog to another.

So, what is heartworm disease? It is a hidden, internal blood parasite that causes a potentially fatal disease in dogs and other mammals. It is spread by mosquitoes who ingest baby worms (microfilaria) from an infected dog, inject maturing juveniles (larvae) through an insect bite into the bloodstream of a new host or hosts and within six months grow into adult worms. Adult heartworms measure up to a foot-long and live in the heart and associated blood vessels causing heart failure, lung disease and damage to other organs. Adult heartworms can live up to seven years and the longer they live, the more permanent damage and disease they cause.

Some of the most frequently asked questions are: Do I get heartworm after being exposed to heartworms? Does my flea and tick prevention protect my dog from heartworm disease? No, there is no one product that protects dogs from all three parasites: fleas, deer ticks and heartworms. Two separate products must be used year round to fully protect your dog.

If I give heartworm prevention every month, year round, why do I still have to test my dog? Most owners are surprised to learn that dogs get infected with heartworm larvae all the time through mosquito bites. Monthly heartworm prevention can only kill larvae and microfilaria, not adult worms. Because of this, if your dog vomits a pill while out of your sight, if they don’t chew the pill enough to allow the medication to work, if they swim too closely to application or if you simply forget to give the monthly dose, then they are fully protected and risk heartworms passing through the prevention killing age into adult worms. Year round heartworm prevention blocks infection and annual heartworm testing catches unavoidable human error. In addition, although heartworm disease is nearly 100% preventable, resistance to prevention has been documented and may continue to progress.

What should I do if I miss one month of prevention?

Give the next dose immediately, notify your veterinarian and schedule an additional heartworm test six months later. The earlier heartworm disease is detected, the better the chances for successful treatment without permanent damage.

How is heartworm disease treated?

Treatment is long (a series of treatments administered at your vet’s office over a period of months, during which your dog must be kept very quiet – crated and leashed walks to the bathroom only – to prevent complications), dangerous (the death of heartworms within your pet’s body can cause severe adverse reactions) and costly (the cost of heartworm treatment is approximately 10X the annual cost of prevention and is related to size of dog). Luckily, prevention (monthly topical and oral options and semiannual to annual injectables) is inexpensive and easy for you or your veterinarian to administer. Preventing heartworm disease is much cheaper and safer than treating it.

Can cats get heartworm?

Yes. Prevention of heartworm disease in cats is as successful and easy as it is in dogs. -see Vet page 15

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Organizational habits: Living a creative life

By Janie Downey Maxwell

Organizational Habits is a column about ideas, tools and inspiration to help you get your best work done. Janie Downey Maxwell moved to Cape Elizabeth in 2013. She manages adult programs at the Thomas Memorial Library and is active with the southern Maine theater community and an actor, singer and director. Questions? Don’t hesitate to contact Janie at janie@organizationalhabits.com.

Have you read Liz Gilbert’s book “Big Magic?” There are so many great ideas to ponder in this short gem of a book. I’m re-listening to the audio version this week as I zip between work and directing Brigadoon in Freeport, Maine.

Here are my big reminders from Liz:

We are all creative

You were born creative. As a kid you had a vivid imagination. You made things. You invented things. You played dress up. You loved stories. Then you grew up and what happened to that creative energy? Are you still finding it inside you, and finding ways to let it show itself to the world? This could be in how you decorate your house. What you cook. How you dress. How you run a business. What you create in art, words, or song. Do you ever get that feeling in your gut, that twitter of elation, when you have an “ah-hah!” moment? That’s your creativity bubbling up. When you’re committed to living a creative life, you celebrate that moment by taking a baby step to start making an idea a reality.

You don’t need anyone’s permission to do things

You don’t need a degree to say you’re a writer, or an artist, a movie maker, or a creative inventor. Unlike engineers or dentists, creative people just create. You don’t have to wait for someone to say “go ahead.” Just go ahead! Write to figure out what you want to waltz. Run in the rain. Laugh out loud. We’re grown-ups but we don’t have to be stodgy, and you don’t need any one’s permission to live a creative life.

Ideas are magic and they’re looking for someone to help them become reality

Liz deeply believes that ideas are living entities that thrive when someone claims them. Clearing your mind and your desk, and clearing the clutter from your life is an open invitation for an idea to descend on you and become your idea. But here’s the thing: ideas are fleeting. If you have a great idea and don’t act on it, that idea will move on to someone else who is ready to take action. You can always say no to an idea, thank it for stopping by, and then move on with your life. But wouldn’t it be more fun to say YES and roll out something new in your life?

Here’s a big idea that descended on me recently: take a six-month leave of absence from work to travel and write the sequel to my novel “Gunny Malone.” When this thought occurred to me I was thrilled – and terrified – and I sat on it for quite awhile. And I actually did have to ask for a bit of permission to make it happen, but I just got approved by town hall and will be hitting the road from February in August 2020. My goal is to live in and be inspired by the places I’m writing about in 1861 – Cape Horn, South America; New York City; Alexandria, Virginia; Charleston, South Carolina; St. Louis, Missouri; the pioneer trail out west; San Francisco; and Dingle and Dunquin, Ireland. This, of course, is “Plan A.” I’ll keep you posted about where the winds actually take me!

Creative ideas can feel risky but acting on them is a joyous, humbling, and magical thing that makes the risk an exciting part of the adventure. Are you ready for an idea to descend on you? Awesome! Maybe we will cross paths on my road trip next spring!

Judy’s Food Pantry - a community feeding itself

Cape Elizabeth United Methodist Church 280 Ocean House Road Every Tuesday from 3:00-5:00 p.m., July through November. My goal is to live in and be inspired by the places I’m writing about in 1861 – Cape Horn, South America; New York City; Alexandria, Virginia; Charleston, South Carolina; St. Louis, Missouri; the pioneer trail out west; San Francisco; and Dingle and Dunquin, Ireland. This, of course, is “Plan A.” I’ll keep you posted about where the winds actually take me!

Creative ideas can feel risky but acting on them is a joyous, humbling, and magical thing that makes the risk an exciting part of the adventure. Are you ready for an idea to descend on you? Awesome! Maybe we will cross paths on my road trip next spring!

Littering and loud noise complaints, dog bites mail carrier

Reported by Marga Girouard

COMPLAINTS

8-26 An officer met with a resident of the Spurwink Avenue area regarding a littering complaint.

8-27 An officer met with a resident of the Shore Road area regarding a civil property dispute.

8-27 An officer met with a resident in the Shore Road area regarding a theft complaint.

8-27 An officer met with a resident of the Mitchell Road area who advised that someone had opened an account in her name and the account was now overdrawn.

8-28 Two officers responded to a residence in the Scott Dyer Road area for a domestic disturbance.

8-30 An officer located a purple skateboard in the lower parking lot at the high school. It was returned to the station for safekeeping.

8-30 An officer met with a subject who turned over a credit card found at Fort Williams. Owner was contacted and card returned.

8-31 An officer spoke with resident of the Old Ocean House Road area regarding a suspicious vehicle complaint.

8-31 An officer met with a mail carrier regarding a dog bite complaint. Case will be referred to the animal control officer for follow up.

9-1 An officer responded to a residence in the Old Ocean House Road area for a loud noise complaint.

9-2 An officer met with a subject who turned over a wallet and several credit cards that had been found in the fort.

9-2 Two officers responded to a residence in the Shore Road area for a well-being check.

9-2 Two officers responded to a residence in the Shore Road area for a domestic disturbance.

SUMMONSES

8-27 Massachusetts resident, speed (58/35 zone), Route 77, $230

ACCIDENTS

9-02 Ineek Hwang, Peter Nicolaides, Fort Williams

FIRE CALLS

08-27 Channel View Fire Alarm

08-30 Kettle Cove Water Rescue

08-31 Portland Mutual Aid

09-01 Shore Road Fire Alarm

09-02 Glen Avenue Fire Alarm

RESCUE CALLS

There were eight runs to Maine Medical Center There were no runs to Mercy Hospital There were four patients treated by rescue personnel but not transported.

Appletree School Welcomes You to visit our newly expanded school

Community Open House
October 5, 10am-1pm

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Appletree School Welcomes You to visit our newly expanded school
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National Merit Semifinalists announced

Congratulations to the four seniors in the Class of 2020 who have been named National Merit Semifinalists: Eric Barber, Margaret Brewer, Chloe Butzel and Mary Isabelle Wisell.

Their selection is based on the high scores they achieved on the preliminary PSAT/National Merit Scholarship Qualifying Test that they took last fall. This year’s juniors will take their qualifying test on Wednesday, Oct. 16; sophomores will take a practice test the same day.

Top players returning include Jaya McClure (Senior), Corina Page (Senior), Julia Torre (Junior) and Aerin Manning (Junior).

Boeckel knows what her favorite part of coaching at CEHS has been. “I think it’s the awesome young female athletes I get to work with every day. It’s always sad to see seniors graduate, but it’s awesome to see the mark they left on the younger players, and that’s what allows our program to grow so successfully. We also couldn’t do what we do without the support of our parents, administration and community,” she said.

The team will host York High School on Oct. 3 and Falmouth on Oct. 12. Whomever they play, look for the Caper volleyball team to always be in the hunt and putting up a fight.

Pictured above is all three of the CEHS volleyball teams. The program has a history of success, and hopes to chart another remarkable season in 2019.

Cape Elizabeth High School’s volleyball team hopes to come roaring back and return to the Class B championships. Last year, with 15 wins and one loss, they fell one match short in a five-set state final with Yarmouth. This year, they’ve started strong, but still suffered a loss to that same opponent.

Coach Sarah Boeckel has said that despite 12 members of last season’s squad graduating last June, she doesn’t see it as a rebuilding year. “We don’t give up, and can dig ourselves out of holes. Ultimately, I’d like us not to put our ourselves in that position, but for a young team I’m very impressed with them and the drive to fight every game,” said Boeckel.

The coach is in her seventh year in the program, and has racked up an impressive 66 wins, with two state championships.

2019 CEHS volleyball preview

By Kevin St. Jarre

The National Merit Scholarship Corporation identified approximately 16,000 top scorers from 1.5 million juniors at about 21,000 high schools who took the PSAT/NMSQT in the fall of 2018. Semifinalists will now continue in the National Merit Scholarship competition and advance to finalist standing by meeting a number of additional requirements; those results will be announced in February.

2019 CEHS volleyball preview

By Kevin St. Jarre

Pictured above is all three of the CEHS volleyball teams. The program has a history of success, and hopes to chart another remarkable season in 2019.

Cape Elizabeth High School’s volleyball team hopes to come roaring back and return to the Class B championships. Last year, with 15 wins and one loss, they fell one match short in a five-set state final with Yarmouth. This year, they’ve started strong, but still suffered a loss to that same opponent.

Coach Sarah Boeckel has said that despite 12 members of last season’s squad graduating last June, she doesn’t see it as a rebuilding year. “We don’t give up, and can dig ourselves out of holes. Ultimately, I’d like us not to put our ourselves in that position, but for a young team I’m very impressed with them and the drive to fight every game,” said Boeckel.

The coach is in her seventh year in the program, and has racked up an impressive 66 wins, with two state championships.

Top players returning include Jaya McClure (Senior), Corina Page (Senior), Julia Torre (Junior) and Aerin Manning (Junior).

Boeckel knows what her favorite part of coaching at CEHS has been. “I think it’s the awesome young female athletes I get to work with every day. It’s always sad to see seniors graduate, but it’s awesome to see the mark they left on the younger players, and that’s what allows our program to grow so successfully. We also couldn’t do what we do without the support of our parents, administration and community,” she said.

The team will host York High School on Oct. 3 and Falmouth on Oct. 12. Whomever they play, look for the Caper volleyball team to always be in the hunt and putting up a fight.

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The 2019 - 2020 school year is nearly one month in and already there is a lot to report on the exciting work started over the summer and continuing into autumn.

To begin with, the June 1 voter approval of the FY20 School Board Budget enabled the immediate commencement of the Needs Assessment Facilities Study by Colby Company & Engineers and Scott Simons Architects. Individuals from both firms held a series of three stakeholder meetings with staff from all three schools prior to the summer break.

In addition, a public stakeholder meeting was held on Aug. 6 at Town Hall. Information gathered from these sessions will be incorporated in the facilities study and ultimately help guide the vision and scope of possible school renovations.

Coinciding with the launch of the Needs Assessment Facilities Study, the Maine Department of Education announced over the summer that they are accepting applications to receive funding for school renovation projects through the School Revolving Renovation Fund (SRRF). Approximately $25 million in loans are being earmarked. A portion of the loans awarded will be considered grants and therefore be forgiven. The remainder of the loans will be paid off in either five or 10 years at 0% interest. Schools that submit proper documentation for projects such as “indoor air quality improvement, structural roof repair, hazardous material abatement or removal, ADA compliance upgrades, and other health, safety and compliance modifications” will receive “Priority One” consideration. “Priority Two” projects may include projects addressing structural and/or water & septic issues. “The maximum loan amount is limited to $1 million per school building, per priority, in any five-year period.”

In the case of Cape Elizabeth School Department, CEHS could potentially receive a maximum of $2 million and CES & CEMS (considered one building) could potentially receive another $2 million. Furthermore, based on Cape Elizabeth’s historically low funding, 30% of any loans received through SRRF would be forgiven. While there is no guarantee that Cape Elizabeth will be selected to receive loans from this fund, every effort to substantiate the district’s needs is being made in order to submit a well-documented application by the Sept. 30 deadline. Many thanks are owed to Dr. Wolfrom, Marcia Weeks (the new CESD business manager), and the team at Colby Company and Scott Simons for following through on this opportunity and committing the extra effort required to apply for this loan. The awarding of loans will be announced Feb. 1, 2020.

In the meantime, it is time to begin seeking committee members for a Building Committee following the release of the final Needs Assessment Facilities Study from Colby Company on Oct. 17. This new committee will be made up of students, parents, community members, Town Councilors, School Board members, CESD administrators and staff. Committee members will be selected based on availability to attend future meetings and ability to provide a varied representation of school and community members. Please contact School Board Chair Susana Measelle Hubbs, smmeasellehubbs@capeelizabethschools.org, by Tuesday, Oct. 15 if you are interested in participating in this next phase of improving our schools.

Meanwhile, also included in the FY20 budget are funds allocated to updating the CEISD website. After interviewing four different website developers, the firm Apptegy was selected for its emphasis on marketing the district through a comprehensive and easy-to-navigate web platform and a proprietary mobile app. New features will include synchronized calendars across all three schools and athletics; direct access to documents and information; and increased navigation abilities. Beta testing is slated to begin in the next few weeks and a live launch of the new website and app by mid-November. As we get closer to the go-live date, opportunities to learn about the many features and upgrades will be made available to all.

On Tuesday, Sept. 10, the School Board convened for the Regular Business Meeting. Department heads provided updates on summer progress, new hires, and enrollment numbers. Perry Schwarz, director of facilities and transportation, shared that most of the work slated for the summer has been completed. This includes the construction of two administrative offices at Middle School and Phase-1 roof repair of the 1930’s portion of the CESM building. The installation of a new generator was delayed due to the fact it’s altering of the school’s sprinkler requires approval from the town Planning Board. The expectation is that the generator can be installed ahead of winter storms.

Lastly, the new Pond Cove playground is nearing completion and will hold a Ribbon Cutting and Dedication Celebration on Saturday, Sept. 28 at 2:00 p.m. Everyone is welcome to attend and share in the success of the Pond Cove Playground Committee’s enormous effort to make this possible!

Del Peavey, Director of Special Services, shared that 46 students were served during the summer through the department’s Extended School Year (ESY) program. Furthermore, Ms. Peavey happily announced that unlike the norm throughout the state of Maine, all staff members from the department of Special Services returned over the summer. Perhaps the biggest piece of news at the meeting came in the form of increased enrollment at Cape Elizabeth Middle School and Cape Elizabeth High School. CESM Principal Troy Eastman reported that 22 new and unanticipated students enrolled over the summer.

CEHS Principal Jeff Sheld explained that while they anticipated a decrease of approximately 25 students this year, they have in fact maintained the same number because of an influx of new students enrolled over the summer.

Pond Cove Elementary School, anticipating a drop, also saw an enrollment increase over the summer which has kept total enrollment numbers relatively steady. School Board member Hope Straw asked that principals remain cognizant of class size policies given the upward trend in enrollment.

Cathy Stankard, director of teaching & learning, also shared with the School Board the general outline for Professional Development (PD) across all three schools for the 2019-2020 school year. Ms. Stankard spent significant time last year meeting with teachers at CEHS to see what areas of PD they would most like to address. As a result, many of the PD themes are being generated directly by the teachers. The complete PD Schedule will be posted on the school department website in the near future.

As always, recordings of all School Board Regular Business Meetings are available at the CETV website and CESD website.

Lastly, on Sept. 11, the Finance Sub-Committee met to provide financial updates for both the CESD and the Town. The committee is made up of: Town Manager Matt Sturgis; Town Council Chair Jamie Garvin; Town Council Finance Chair Chris Straw; Town Finance Director John Quartararo; CESD Superintendent Donna Wolfrom; School Board Chair Susana Measelle Hubbs; School Board Finance Chair Elizabeth Scifres; and School Business Manager Marcia Weeks. Stemming from the joint workshops initiated in the fall of 2018 between the School Board and Town Council, the Finance Sub-Committee was formed with the intention of establishing an ongoing, open and mutually beneficial exchange of information.

FUTURE DATES:
• Tuesday, Sept. 24, School Board Retreat, 11:30 a.m. - 2:45 p.m., Purpoodock Club, Cape Elizabeth.
• Tuesday, Sept. 24, School Board Policy Committee, 3:00 - 4:00 p.m., Jordan Conference Room, Town Hall.
• Tuesday, Sept. 24, School Board Workshop on “Strategic Planning Goals,” 6:30 - 8:30 p.m., CEHS Library.
• Tuesday, Oct. 8, School Board Regular Business Meeting, 6:30 - 8:30 p.m., Town Hall Chambers.
• Tuesday, Oct. 22, School Board Workshop “Needs Assessment Facilities Study Report,” 6:30 - 8:30 p.m., CEHS Library.
Annual Blessing of the Animals to be held on October 6

The Cape Elizabeth United Methodist Church will hold its annual Blessing of the Animals on Sunday, Oct. 6 at 2 p.m. in the church’s outdoor chapel. The blessing honors the Feast of St. Francis of Assisi, patron saint of animals and the environment.

The public is invited to bring its dogs and other pets to take part in this special blessing by the Revs. Priscilla Dreyman and Mary Jane O’Connor-Ropp. Please have your dogs on leashes. This will be the church’s 15th year of holding the animal blessing, which has included many dogs, a few cats, rabbits, goats and even a goldfish.

The Outdoor Chapel is located on the trail at the far left corner of the church parking lot. In the event of bad weather, the blessing will be held in the church. The church is located at 280 Ocean House Road (Route 77).

Local solar company sends emergency solar power unit to Bahamas in wake of hurricane

Local solar company ReVision Energy, co-founded by Cape Elizabeth resident Phil Coupe, is sending this emergency solar power unit to the Bahamas in the wake of Hurricane Dorian. The solar trailer is equipped with a solar array and eight batteries than can deliver 24/7 electricity to charge cell phones, laptops and small appliances like a refrigerator to keep medicine cold, or power tools for construction projects. ReVision sent three of these emergency solar power units to Puerto Rico after Hurricane Maria, all of which are also being shipped to the Bahamas.
CAR WASH
Saturday, Sept. 28
11:00 to 1:30
Come let CEHS Volleyball players wash your car to support the CEVB boosters!

2 convenient locations:
Botelho’s and Cape Service

www.CapeElizabethArt.com
for map and details!

Cape harvest abundant through the fall

By Tina Fischer

Think the local growing season ends when the yellow school buses appear? You might be surprised to learn that, in fact, fall brings the largest and most varied harvest of the year on our farms. Summer squash, tomatoes, cucumbers, corn, onions, peppers, carrots and beans are still coming in from the fields, while winter squashes, broccoli, potatoes, turnips, eggplant, Brussel sprouts and cool weather greens are at their peak; cauliflower, beets, and cabbage too! Penny Jordan of the Wm. H. Jordan Farm on Wells Road calls this time of year, “the convergence of summer and fall.”

“This is the most bountiful time of the year, and it continues until we get a hard frost, which is usually late October. Corn will keep on coming until then; one year we had corn until Halloween. Tomatoes can weather a slight frost, though we normally have them all harvested by the time that happens. This year we’ve planted in a ‘high tunnel’ and hope to extend the season a bit. So I’d say at this point expect tomatoes into October, maybe beyond.”

The farmers at Alewive’s Brook Farm on Old Ocean House Road are also planting in a high tunnel, while busily harvesting their fields. Caitlin Jordan says it’s an especially prolific year for winter squash. “And there are so many different kinds with unique flavors. More than traditional Buttercup and Butternut, which are always customer favorites, we have Delicata, Carnival and Jester.” Jordans on Wells Road also grows many colorful varieties of squash and encourages customers to try every variety. “It doesn’t take a lot of work to prepare squash,” Penny notes. “Cut it in half, scoop out the seeds, bake, and then scoop out the squash. There’s no need to peel and boil, and baking them intensifies the flavor too; makes them sweeter.” Some cooks don’t even go to that much trouble with the small squash; just pierce with a fork and bake them whole for the most robust flavor.

Fall is also the time of year when the leaf vegetables that don’t like it hot - spinach and lettuces - are again flourishing. Green Spark Farm is harvesting fall spinach and other greens from some of their 16 high tunnels, and will continue to do so into winter and spring. Farmer Mary Ellen Chadd says winter growing is one of the farming practices in which they specialize. Their self-serve farm stand on Fowler Road is open into November. Once the cold weather hits, they sell their produce at Portland’s indoor winter farm market. At their farm stands, Jordan’s Farm and Alewive’s Brook Farm also sell fall apples and stone fruits (peaches and plums) from farming partners around the state, along with many other Maine-grown products including flours for fall baking.

Despite the abundance at our farms, Caitlin Jordan says customer traffic at the farm stand, “tends to slow down as school starts and routines change; tourist head back to their homes. Veggies still need to be eaten, farms have lots of bills to pay, and we greatly appreciate seeing local support walk through the door weekly.”

Penny Jordan adds, “We need people to buy local first when making food choices. Frequent the farm stands in town and shop at the farmers’ markets. Think Maine, think local, and help keep farms working. Everybody in town can play a role in ensuring that the beautiful vistas our farms create can remain for all to enjoy!”

Paintings - Sculptures - Ceramics

The 2nd Annual Cape Elizabeth Art Studio Tour is coming! 8 artists will be at 6 locations, ready to answer your questions and share their art. The tour is FREE - use the map on our website to find each studio and enjoy an art-filled excursion.

www.CapeElizabethArt.com
for map and details!
Horses happy fall is here

The almost 100-year-old barn on Mitchell Road has been home to numerous horses since Sheila and Bill Alexander moved in October 1973, only the second family to live on the 15-acre property. The bay Arabian mare on the left, Countess Rohanna, is 31 years old and was born in the barn. Rosie, the grey Anglo Arabian mare on the right, has lived there since she was 8 months. She’s now 14. The horses are happy for cooler weather and fewer biting bugs as they graze in the pasture.

**In the Thick of It; CELT New England Cottontails program**

Join Andrew Johnson, young forest habitat specialist and wildlife biologist for a 1 1/2-hour CELT sponsored walk at Kettle Cove State Park on Sunday Oct. 13 from 2:00-3:30 p.m. Participants of this Cape Elizabeth Land Trust sponsored event will enjoy learning about the state-endangered New England Cottontail, the conservation effort taking place to recover the species here in southern Maine, and what you can do to help.

Cape Elizabeth is home to the largest known population of New England cottontails in Maine. The cottontails range has declined by 90% over the past 50 years due to loss of large thicket and young forest habitats. Come learn about where they live, what other animals also need these thickets, and what we are doing to help cottontails rebound in Maine. All proceeds go to CELT.

Date: Sunday, Oct. 13
Time: 2:00-3:30 p.m.
Location: Kettle Cove State Park
Cost: $6 per person

**What’s the Buzz About Bees? CELT Program**

What types of bees are found in Maine? Why are some bee species in decline? What can we do to protect bee populations in Maine? What plants encourage bees into our landscapes? During this CELT sponsored event Jennifer Lund, Maine state apiculturist, will answer these and many other questions about the bees in our landscape. Join her for a rich presentation and discussion at the Cape Elizabeth Land Trust Office about bees in Maine and their importance.

Date: Tuesday, Oct. 15
Time: 7:00 – 8:30 p.m.
Location: CELT office 330 Ocean House Road, Cape Elizabeth
Cost: $6 per person

**CELT’S Tree Identification in Robinson Woods**

Join Todd Robbins, Cape Elizabeth’s tree warden, on a two-hour guided tour of Robinson Woods focused on tree identification. This CELT sponsored event will instruct participants how to identify different trees in Maine while having the opportunity to enjoy Robinson Woods during peak foliage. Participants should wear appropriate clothing for walking through the woods, and the program will run rain or shine.

Date: Saturday, Oct. 19
Time: 10:00 a.m. - 12:00 p.m.
Location: Robinson Woods Kiosk, Shore Road
Cost: $6

**CELT’s Cross Town Walk**

Join Cape Elizabeth Land Trust’s (CELT) Executive Director Cindy Krum, a representative from the Town of Cape Elizabeth Conservation Commission, and CELT past board president Kathleen Junick for the annual Fall Cross Town Walk.

Beginning at Portland Head Light, located at Fort Williams Park, this CELT sponsored walk will traverse over seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape’s great places. This walk offers a unique overview of Cape’s diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond. The walk takes approximately three and one half hours and includes a picnic lunch at Kettle Cove. Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams Park after the picnic. Snacks, drinks and lunch provided. Participants should be 12 years or older; please call about younger ages.

Date: Saturday Oct. 26
Time: 8:00 a.m.-1:30 p.m.
Location: Meet at Portland Headlight in the parking lot closest to the lighthouse.
Cost: $10 per person

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**THE COMFORTS OF ASSISTED LIVING. EMPHASIS ON LIVING.**

Come experience The Landing at Cape Elizabeth (Formerly Village Crossings), a beautifully-designed, private residence community treated with the active senior in mind. Our 32 acre-campus features:

- Private studio, one and two-bedroom apartments
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- Group trips and excursions
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- Assistance with daily living activities
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Our home value reports are always complimentary. Call us for yours!
Despite it being hurricane season (and thus a chance for rare birds to show up), our post Labor-day September has had a rather luxurious feel to it. Many of the songbirds powering southeastward in September have transitioned to their non-breeding plumage. In addition to this, species like warblers and vireos spend most of their daytime high in the upper canopies and virtually out of sight. For these reasons bird identification at this time of year can be particularly tricky.

During the first two weeks of September, I found an Ovenbird (warbler) hiding in the Pond Cove tangles above the rocky beach. As I have previously mentioned, the area surrounding Pond Cove is a very good place to find migrant birds in the fall. One reason is that many songbirds choose to migrant via inland routes during the spring and take coastal routes during their southbound journeys.

On Sept. 12 a late season female Rose-breasted Grosbeak emerged from the overgrowth surrounding our garden to give my son and me perhaps what would be our last glimpse of this wonderful bird until next spring.

On more than one occasion mixed flocks of vocal Black-capped Chickadees and Tufted titmice were tip-offs to other travels as well. This fellowship of the feather yielded some reasonable numbers of warblers including immature and adult American Redstarts and a handful of Northern Parulas. On one particularly noteworthy outing on Sept. 14 along the Great Pond Boardwalk (which is a dynamite birding location) I caught good glimpses at short range of two Blue-headed Vireo’s and a Philadelphia Vireo travelling among the boisterous chickadees. Vireo’s are not quite as speedy as warblers and thus you can narrow down the bird in question sometimes by simply watching its movements. The difficulty with identifying Philadelphia Vireos is that they look similar to the Red-eyed Vireo and their song is very similar to that of the Warbling vireo. Identifying this bird on brief glimpses simply will not do.

First of the season Northern Flicker (yellow-shafted) woodpeckers arrived on Sept. 14. Through most of the fall season, the rolling rattle of this bird’s call can be heard across the mixed forests of Cape and is quite similar to that of the Pileated Woodpecker so don’t be fooled!

Other noteworthy mentioning’s include less frequent but still present Ruby-throated hummingbirds here and there. Additionally, on Sept. 16, four Black skimmers were spotted flying south towards Scarborough. I am hoping to catch these uncommon birds in action before they move any further south because they are truly a unique and amazing large tern-like bird that feeds by skimming its lower mandible along the ocean surface.

It was a perfect Labor Day morning at The Farm in Cape Elizabeth for the residents of Atria. The seniors explored the endless fields of wildflowers, breathtaking views and picked their own bouquets and fresh produce. Pictured above is Bunny Douglass with a basket bouquet.

Solution to Sept. 11

This late season Carolina Wren nest was discovered in Sheila and Bill Alexander’s barn at the end of August. The wee Wrens fledged on Sept. 7 and spent a day flapping and fluttering about the barn until flying became second nature and off they went. On Sept. 8 another hatch fledged in the stable area of the barn. That nest wasn’t located where it couldn’t be photographed but the fledglings found their way to the light and darted about for a while before departing off.
Be Part of Our Community Art Show
This year marks the 100th anniversary of the Thomas Memorial Library. To celebrate, the library is planning a community art show during the month of November. Anyone of any age can participate.
The library has space for 200 small works of art in the Stier Family Gallery. If you would like to participate, just register with us and we will give you an 8x8 wood panel for you to use to create your artwork inspired by the question, “What does the library mean to you?” Your art could depict a favorite book, an activity, a feeling or whatever that question inspires in you! Stop by the library to register, or visit the library’s website for more information.

ADULT PROGRAMS

Senior Tech Help
Wednesday, Sept. 25, 10:30 a.m. – 12:00 p.m.
Senior Tech meets on the fourth Wednesday of each month. We’re here to help in any way we can with your tech questions. We work together as a group to answer similar questions and break out into smaller groups to answer individual questions. If you have a question, we will help you find an answer. You wouldn’t believe some of the things we’ve been able to help solve.

What is Shamanism and What Might it Offer Me?
Thursday, Sept. 26, 6:30-8:00 p.m.
Shamanism is a thousands-year old wisdom practice, older than most religions, that has had a strong resurgence in modern day life as many seek a deeper connection to the natural and spirit world and to self. In this talk, Cape Elizabeth resident Martha Williams, shamanic practitioner and yoga teacher, will talk about the benefits of shamanic healing and ways it has helped clients she has worked with. And we’ll learn more about how shamanic practices can be integrated into day-to-day life.

During this talk, Williams will lead us through an optional guided meditation exercise engaged in the shamanic ritual of calling in the directions to create sacred space and receive healing energy. And, of course, there will be time for discussion, questions and answers. We hope you’ll join us to learn more about this ancient practice.

Local Writers’ Group – September Readings
Saturday, Sept. 28, 3:00-4:00 p.m.
Please note the new time for this and all future Writer’s Group Readings at TML.
The Local Writers monthly reading series returns for its ninth season featuring Maine writers of prose and poetry at the Thomas Memorial Library. The series will welcome Maine State Poet Laureate Stuart Kestenbaum, together with Cape Elizabeth novelist Dave Patterson. The Local Writers events are co-hosted by Portland Poet Laureate Linda Aldrich and Cape Elizabeth poet Marcia F. Brown. All are welcome.

Eldering
Wednesday, Oct. 2, 1-2:30 p.m.
Please join us for our new discussion group on Eldering. While aging is familiar to us, the concept of “Eldering” may be new. Eldering: Conversations on Growing Older is a place to talk, to share, or to just listen to what neighbors, friends, and members of our community have to say about their experiences as we grow older. Resources on aging will be available. Books and articles on aging or eldering can be discussed and shared. Speakers on specific aspects of aging may be asked to give presentations if there is group interest. We meet on the first Wednesday of each month from 1:00-2:30 p.m. Please join us for a great conversation.

Artist Reception: Deborah Dawson – When They Leave
Thursday, Oct. 3, 6:00-8:00 p.m.
Deb Dawson’s photo exhibit, “When They Leave; Photographs from the quiet season on Cushing’s Island,” will be on display through the end of October. The Thomas Memorial Library Foundation is holding a reception for Deb on Thursday, Oct. 3. We hope you’ll join us then to enjoy a bite of food and view Deb’s unique art.

Love a Thriller? Meet Author James Hayman!
Thursday, Oct. 3, 6:30-7:30 p.m.
We hope you’ll join us for a chat with best-selling author James Haymen. A native New Yorker, James Hayman worked in advertising for over 30 years before moving to Portland, Maine to continue his writing career. His first thriller, “The Cutting,” featured Portland detectives Mike McCabe and Maggie Savage. Five more McCabe/Savage thrillers followed landing Hayman on the NY Times, WSJ and USA Today best seller lists. His latest, “A Fatal Obsession,” is now available in hardcopy and e-book form. This promises to be a fun evening of storytelling and discussion.

Chair Yoga
Monday, Oct. 7, 11:30 a.m. – 12:30 p.m.
No prior experience is needed for this experience of gentle, mindful movement and deep breathing to calm the nervous system and focus the mind. You’ll stretch and move while sitting in your chair with a handful of standing and balancing postures accessible to all. We’ll finish with a guided body scan that invites you to relax into the present moment, that place where true power lies.

Yoga offers many benefits, including lower blood pressure, greater strength and flexibility, improved balance, and a calmer mind. You’ll learn why yoga is more than the physical postures you see in pictures and commercials, and how you can incorporate it into your life in a way that works for you. Chair yoga can be practiced at any age. No prior experience, mats, or towels are needed. Just wear comfortable clothing, sneakers or flat shoes, and bring water to drink. When you tap into this ancient practice you’ll learn many ways to find a more peaceful, powerful you.

Democracy Café
Tuesday, Oct. 8, 6:30-8:00 p.m.
The Democracy Café meets on the second Tuesday of each month to talk about all things Democracy. We hope you’ll join us this month for another great discussion.

Today best seller lists. His latest, “A Fatal Obsession,” is now available in hardcopy and e-book form. This promises to be a fun evening of storytelling and discussion.

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America's Songdog
10:30 a.m.-12:00 p.m.
Americans and European Americans, coyote
Wednesday from 10:00 a.m.-noon
Wednesday from 9:30-11:00 a.m.

Maine Wildlife Series: Coyote – America's Songdog
Thursday, Oct. 10, 6:30-7:30 p.m.
Please join us with Conservation Biologist Geri Vistin to learn more about who this important and resilient carnivore is. This talk will center on “Perceptions and Relationships”… coyote and Native Americans and European Americans, coyote’s relationship with other wildlife and the ecosystem, and coyote and us… How do we share our lives with coyote?

This presentation gives our community members a chance to come together and share your own stories, ask questions, and share a dialogue that helps us understand better our very deep-rooted relationships with all life, including our fellow humans. Come hear the Song Dogs Sing.

PROGRAMS FOR TEENS
*CHECK OUT OUR NEW TEEN SPACE!!!*
Our Teen Space is moving. The YA collection will slowly be moving into our new Teen Space in the back left corner of the library (*previously the adult reading corner*). We will gradually be making this space more comfortable for teens in grades 7 and up to hang out in with new seating, teen projects, books and other materials. Stay tuned.

*Alyssa will be on vacation from Sept. 23-27 so there will be no programming this week. The Teen Space will still be open after school*!

Library Great Book Transfer Quest (LGBTQ) Teen Book Club
First Monday (Oct. 7) from 3-4 p.m. in the Teen Space
Want to read books by and about lesbian, gay, bisexual, transgender, queer, intersex, and asexual people? So do we. Come for the good books and conversation — and feel free to bring a friend! This is a space for people to talk and learn about identity similar to and different from their own. Open to teens ages 12 and up. Hope to see you there.

Library Takeover: Halloween Edition
Friday, Oct. 25 from 5:30-8:00 p.m.
It’s our first Teen Takeover of the year, so we’re going all-out with a Teen Halloween Party. We’ll have pizza and candy while we watch a scary movie (TBD). You can vote in the Teen Space for which movie you’d like to see! (all movie choices will be PG-13). Come in costume for a chance to win a prize! Please visit the library’s website to register. Questions? Contact Alyssa at alapierre@thomas.lib.me.us.

Teen Library Council (TLC):
First Meeting
Wednesday, Oct. 30 from 3-4 p.m. in the Teen Space
Do you want a say in what materials, programs and activities are offered to teens at the library? Interested in volunteering here at TML? Join our Teen Library Council! Together with the Teen Librarian, you will be able to shape the new Teen Space for current and future teen library users. Our No. 1 goal is to make the library a welcoming place for teens. Open to teens in grades 7 and up. For more information, please contact Alyssa at alapierre@thomas.lib.me.us.

PROGRAMS FOR CHILDREN
We have a few changes to our Fall Schedule (please see our website for the complete schedule.) Changes are listed below, as are some special events and monthly programs coming up.

After School Chess Club
For ages 5 and up
New day & time: Wednesdays, 4:00 - 5:00 p.m.
Join CEHS student and chess enthusiast Isaac Dinnerstein for chess instruction and play time. No registration necessary.

Early Release Adventure: Turn Your Ideas Into Art, with Marie Ahearn
Wednesday, October 2
2:15 - 3:15 p.m.
For elementary and middle school students. How do artists go from having an idea to creating a work of art? Artist Marie Ahearn will share her process and help participants to shape their own ideas into a work of art using a variety of materials. This workshop is perfect for kids who want to participate in our community art show but aren’t sure where to start, or for anyone wanting to develop their creative ideas. Please register in advance on the library website.

Eat Like a Goat with Jennifer Armstrong
For ages 2 - 5
Friday, Oct. 4
10:00 - 10:45 a.m.
Did you know that goats prefer a raw vegan diet? Yes, they do! A treat to a goat is a bunch of raw kale or a rose bush or an apple (with leaves, branch, twig and all). Join musician and storyteller Jennifer Armstrong for songs and stories about healthy eating and happy living. Let’s contentedly chew our cud with the goats! No registration necessary. (Note: this program takes the place of of our usual Friday story times.)

Families Discover Great Artists
For families with children 3 and up
Saturday, Oct. 5
3:00 - 4:00 p.m.
Join Miss Kiah for her monthly family art program. Each month, families learn about a famous artist, and then create art inspired by his or her work. This month, learn about John James Audubon and create your own bird drawings.

Musical Story Hour with Jud Caswell
For ages 3 and up
Thursday, Oct. 10
1:00 - 1:45 p.m.
Singer/songwriter Jud Caswell entertains with songs, musical games, and stories with his own original musical accompaniment. No registration necessary.

Reading Dogs Return
Maury and Ollie are back from summer vacation! Kids in grades K - 8 can sign up to read to Maury, a yellow lab, on Mondays between 3:30 and 4:00 p.m., or Ollie, a mini-possidle on Thursdays from 3:30 - 4:00 p.m. Call the library or stop by to register.

Mixed Media Workshop, with Jud Caswell
For ages 12 and up
Saturday, Oct. 12
1:00 - 2:30 p.m.
This is a workshop to try and create a mixed media piece of art. Bring your own items or use what’s on hand! No experience needed. Some items will be provided. For more information, please contact Alyssa at alapierre@thomas.lib.me.us.

Town & Shore Associates, LLC
www.townandshore.com

- 4:00 p.m. Call the library or stop by to register.

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CINDY LANDRIGAN, Broker
Town & Shore Associates, LLC
One Union Wharf | Portland, Maine 04101
clandrigan@townandshore.com | 207.831.9084
www.townandshore.com
CAFE CALENDAR

By Wendy Derzawiec

Tuesday, September 24
Riverside Cemetery Committee, 10 a.m., William H. Jordan Conference Room, Town Hall
School Board Retreat, 11:30 a.m. - 2:45 p.m., School Board Policy Committee, 3:30 p.m., William H. Jordan Conference Room, Town Hall
School Board Workshop, 6:30 p.m., High School Library and Learning Commons
Town Council Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall

Saturday, September 28
Pond Cove School Playground Ribbon Cutting, 2 p.m., at the playground, 12 Scott Dyer Road

Tuesday, October 1
Planning Board Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall

Wednesday, October 2
Community Flu Clinic, 2:30-5:30 p.m., Town Center Fire Station
Town Council Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall

Tuesday, October 8
School Board, 6:30 p.m., Town Hall chamber

CABLE GUIDE

Cape Elizabeth Church of the Nazarene
Sept. 28, 29, Oct. 5 & 6 - 9 a.m.
School Board (live)

School Board replay
Oct. 9 & 10 - 2 p.m. & 8 p.m.

Cape Elizabeth Library
Oct. 8 - 6:30 p.m.

Rabies inoculation clinic Sept. 28 at Fort Williams Park

In honor of World Rabies Day, the Veterinary and Rehabilitation Center of Cape Elizabeth is holding a rabies inoculation clinic from 9-11 a.m. on Saturday, Sept. 28 at the picnic shelter at Fort Williams Park.

The Town of Cape Elizabeth will be donating the venue, the picnic shelter at Fort Williams and Boehringer Ingelheim has donated the vaccinations. The CEHS Class of 2023 will help as event ambassadors. Rabies vaccinations are free for Cape Elizabeth residents’ pets and $10 for nonresidents’ pets. All proceeds support the CEHS Class of 2023. All are welcome and all pets must be on leash or in carriers.

“Our living in Maine, surrounded closely by nature and wildlife lends many health benefits, but some threats as well. We have had 70 rabid wildlife cases (mostly raccoons, skunks, foxes and bats) in Maine already this year. By state law, all healthy dogs and cats (even indoor) residing in Maine, must be rabies vaccinated,” said Ginger Browne Johnson, DVM, CCRP.

For more information, contact Veterinary and Rehabilitation Center of Cape Elizabeth at info@vrcce.com or 207-799-6952.

EVENTS

Students put on performance of “101 Dalmatians”

Twenty-five local students participated in a one week Musical Theater camp under the direction of Mr. Barry Brinker and hosted by Cape Elizabeth Community Services. In one fast paced week, these future Broadway stars learned the songs, staging, and choreography, as well as making their own puppy costumes. Their efforts culminated with the performance of "101 Dalmatians" to an enthusiastic audience of family and friends.

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Invisible Fence of Southern Maine

800-585-2803
southernmaine.invisiblefence.com

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Celt’s LITTLE EXPLORERS
Nature Series (ages 3-5 years with an adult)

Join CELT educators as we explore four different Land Trust properties over four weeks in October. Children and caregivers will spend an hour exploring the natural wonders of Maine with Cape Elizabeth Land Trust educators. During these CELT sponsored events we’ll take a gentle hike through one of our properties where we will explore the habitat around us while we search for birds, reptiles, amphibians, mammals, ocean life and plant life. Lots of hands on explorations and games included. Please dress in comfortable clothes and bring a water bottle.

Dates: Fridays, October 4, October 11, October 18, October 25
Time: 9:00 - 10:00 a.m.
Location: Trundy Point (10/4), Robinson Woods (10/11), Great Pond – Kettle Cove Creamery Entrance (10/18), Robinson Woods (10/25)
Cost: $20 per parent & child, each additional child $10

Please register for these programs through Cape Elizabeth Community Services. www.capecommunityservices.org. Please call The Cape Elizabeth Land Trust with any questions at 767-6054. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Wish List Home Improvements
Fine woodworking, general carpentry and repairs. Call Dave at 874-0178.

Have a Classified Ad, Announcement or Event?
Go to www.capecourier.com Or contact Tara Simopoulos at: advertising@capecourier.com

Have something to sell? Having a yard sale? Want to spread the word about a new business or service?
Tell them here! Classifieds in The Courier work!

Huffard sworn in as Midshipman
J. Edward Huffard of Cape Elizabeth was recently sworn in as a Midshipman in the U. S. Naval Reserve at the United States Merchant Marine Academy (USMMA) at Kings Point, New York. Huffard was nominated to the elite federal service academy by Senators Susan Collins and Angus King and Congresswoman Chellie Pingree. Huffard graduated in 2019 from Cape Elizabeth High School and is the child of Ben and Browyn Huffard.

Aucocisco School welcomes new members to Board of Directors
Aucocisco School in Cape Elizabeth recently welcomed two new members to their Board of Directors. Beth Fratalia of Cape Elizabeth is a marketing analyst at F.L. Putnam Investment Management Company. Aubrey Bartholomeow of Portland is Associate Professor/Education Chair at University of New England.

Maine Veterinary Medical Center
A Specialty Hospital and 24/7 Emergency Center in Scarborough

We treat all pet emergencies 24/7 including weekends & holidays.

We offer specialty care including neurology, surgery, internal medicine, oncology, ophthalmology, critical care and rehabilitation.

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Located at 1500 Technology Way in the Enterprise Business Park Route 1

The Cape Courier is not affiliated with and does not receive funding from the town of Cape Elizabeth.

Please support your independent newspaper.
**LOBSTER DINNER**

**Saturday, October 12th**  
5-7 pm

Dine in or take out  
$14 for one-lobster dinner  
$19 for twin-lobster dinner

Meal Includes: Lobster(s), corn, potato and blueberry cake.  BYOB

Call Mike to reserve your lobster(s)  
by October 9th  
Phone: 653-5978

Proceeds benefit maintenance of the Bowery Beach School House and Cape Lions Charities.

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**DONATIONS/NEIGHBORS**

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**THANK YOU TO OUR SUPPORTERS**

**Friends:**  
James & Nancy Martin  
Tyler & Terri Patterson  
Donald & Suzanne Rudalevige  
Jill & Allen Morris  
Ann Hecker  
Carole Rainlor

**Capers:**  
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Amber Wilson  
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Deborah Hart & William  
Goody Koontz  
Jessie Timberlake  
Thomas & Pamela Torre

**High Tide:**  
Terry & Liz McEvoy  
Lee & Gia Mitgang  
Lynn Bailets  
Erik Fiebert  
Francis & Pamela Stevenson  
Eric Sharpe  
Cape Farm Alliance  
CSalt Gourmet Market  
Herbert & Kathleen Janick  
Thomas & Hillary Egan  
Lee McGuire & Colin Mitchell

**Beacon:**  
Anastasia Norman

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**Bon jour from Quebec**

Wendell Lu, 7th grader at Cape Elizabeth Middle School and Wenshin Lu, 5th grader at Cape Elizabeth Middle School, are pictured with the Courier in front of the Basilique Notre-Dame De Montreal. They and their family visited Quebec over Labor Day weekend.