

The Cape Courier

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In the Spirit of Community

Students fare well at Maine State Science Fair, bring home awards

By Kevin St. Jarre

The Maine State Science Fair was held virtually and Cape Elizabeth High School students represented themselves and their community well, winning several awards. Students presented projects that involved problem solving, creativity and represented efforts to understand and improve the environment and their community. The future scientists and innovators are:

Swetha Palaniappan, who won first place in the Environmental Science Category for her project: Development of a Diagnostic Test for Microplastics in Water Samples. Swetha also won the Communicating Your Science Video Award. To see her two-minute video, visit: <https://www.youtube.com/watch?v=HUhKFa1-BQ&t=4s>.

Virginia Weiss and Grace Leschey won third place in the Chemistry Category for their project: Chloride in Streams during the

Winter. Weiss was also awarded a Top Merit Scholarship to the University of Southern Maine and a scholarship to Southern Maine Community College. Leschey and Weiss took samples from local streams throughout the winter to determine the impact from road salting on the stream chemistry.

Caroline Gentile, Penelope Haydar and Esme Song won the Reach Award for their project: How an increase in surface area of plant leaves affect Carbon Dioxide levels in a closed system. They were trying to determine the impact of house plants on indoor environments.

Isa Kesselhaut participated with her project: Stress and Motivation for School In-Person versus Online. She surveyed AP and honors students at CEHS and her data indicated

-see SCIENCE page 15



Contributed photo

CEHS students participated and won awards at the recent Maine State Science Fair. From left to right, front row: Virginia Weiss, Amy de Vries, Penelope Haydar. Second row: Grace Leschey, Isabel Kesselhaut, Swetha Palaniappan. Third row: Dr. Tom Mikulka (community member & volunteer), Esme Song, Caroline Gentile.

Hybrid students to return to four days of in-person learning

By Marta Girouard

On April 13, during the Cape Elizabeth School Board's Regular Business meeting, school board members voted regarding a plan to increase the time students spend in in-person instruction for the remainder of the 2020-2021 academic year. The two recommendations presented to the board from the District Planning Committee were: 1). To remain in hybrid for the remainder of the year; 2). To return to four days of in-person learning for the remainder of the year.

Six members of the board voted in favor of returning to four days of in-person learning for the remainder of the year, with one voting against. Students that are 100% remote will remain remote. Per the recommendations of the District Planning Committee and approved by the board, the schedule for the return is below. It is possible details could change due to COVID-related or other issues.

Pond Cove/Middle School

April 26-May 7: continue with hybrid schedule

May 10 and 11: no school for K-8 students, teacher planning and room set up

May 12: remote Wednesday as usual

May 13: Maroon cohort attends on new schedule

May 14: Gold cohort attends on new schedule

May 17: beginning of four-day full in-school schedule for hybrid Maroon and Gold cohorts, four-day schedule for 100% remote also begins

Current schedule for all Wednesdays remains in place

High School

April 26-May 7: continue with hybrid schedule

May 6: all seniors attend in-person, 9-11th grade hybrid schedule as usual

May 24: Four-day in-person schedule for 9-11th grade hybrid students begins, Four-day schedule for 100% remote students continues

Current schedule for all Wednesdays remains in place

Community weighs in on town center housing proposal, developer responds

By Kevin St. Jarre



Rendering courtesy of Archetype Architects

A rendering of Dunham Court in its proposed location in the new Ocean House Commons development on Ocean House Road, adjacent to Town Hall. It would stand at the back of the town's new Village Green.

Residents of Cape Elizabeth have provided their reactions to the proposed 49-unit apartment building, known as Dunham Court. The proposal, by The Szanton Company, has drawn feedback not only to the company, but also to Cape Elizabeth town officials. The Portland-based housing developer has organized neighborhood meetings and presented at recent Planning Board and Town Council meetings aimed at eliciting exactly this sort of information from community members.

After an earlier meeting, emails came into Town Hall, directed to the Planning

Board, the Town Council, Town Manager Matthew Sturgis and Town Planner Maureen O'Meara. Some expressed concerns about zoning ordinances and variances, some pointed out problems with the plans for parking, or changing the nature of Cape Elizabeth. Others objected to the age restrictions or the fact that the original proposal included only 1-bedroom apartments. These emails, all part of public record, included one signed "E. Brooks Bornhoff" which

-see DEVELOPMENT page 4

Get to know Old Dogs New Digs

By Amy Lufkin



Photo by Danielle Travers, Stray Duck Foto

Above, Jack, a beagle who was able to receive the support and care he needed with the help of Old Dogs New Digs, a local non-profit organization dedicated to finding foster and permanent homes for senior dogs.

In a cozy, warm living room Tala, a nine-year old hound dog snuggles on a couch with a large Flemish Giant Rabbit named Quinn. It's a sweet sight that you certainly don't witness every day. Looking at these two, you would never guess that they are both rescue animals that had recently met and since then, have both been adopted into the same loving family.

Tala had been sitting in a shelter in the southern U.S. for a very long time. Being

a nine-year old dog, there wasn't a line of people waiting to adopt her like the puppies that she was surrendered with. In addition to being an older dog, Tala also was battling some health conditions, including needing heart worm treatment and dental work. The shelter works with Kennebec Valley Humane Society in Augusta, Maine. The shelter in the south decided to send her up to Maine to see

-see OLD DOGS NEW DIGS page 7



The Cape Courier
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www.capecourier.com

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

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

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DEADLINE: Noon, April 23

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Permitting project 'is a first step'

If Cape Elizabeth wants to address government-designed housing segregation, then permitting the affordable-housing project for the town center to go ahead is a first step.

The language of racial exclusion has softened over the years, so it's hard to spot and oftentimes unconscious. We can't post, "Whites Only" billboards at the town limits. That would be too blatant and rude.

Instead we White people complain about things which, on their face, seem like legitimate concerns: there is too little parking, barely any public transportation and the tall building will be an eyesore. We don't mean, we might say, to keep poorer White and non-White people out of Cape Elizabeth, but that's the effect if the Town Council kills such proposals. The language changes, but the policies which created segregated suburbs remain intact.

'Divided we will fail'

Last week, I read the article on Senator Graham and his AR15, and attended a vigil to end Asian hate. These issues are intertwined. Our biggest challenge right now as a country is how are we going to treat each other, how are our leaders going to behave, how do we address the big issues facing our society.

As a nation, will we come together and solve the big issues of race, income, education and healthcare inequality; global warming; pandemic preparedness; gun vio-

The suburbs were created by fear of non-White people and zoning rules that mandated single-family dwellings, thereby excluding people who couldn't afford homeownership. Aided by a racially hierarchical GI Bill which kept non-White veteran families from accessing low-interest loans, suburbs like Cape Elizabeth thrived off of their proximity to diverse cities. Concurrently, we reject attempts to expand public transportation or higher-density affordable housing.

If Cape Elizabeth does want to rectify its lack of diversity, if those well-meaning words about equity in the Town Plan, those "Black Lives Matter" lawn signs, if they mean anything at all, then we need to allow projects of this kind to move ahead.

Joe Forsyth

'Angry and sad' about surge in hate crimes

As members of our school's Civil Rights Team, we feel particularly angry and sad to learn about the surge in hate crimes directed toward Asian Americans and Pacific Islanders (AAPI). We have learned that while hate crime in America's 15 largest cities decreased by 7% overall from 2019 to 2020, hate crimes directed toward the AAPI community increased during that same period by 149% (The Center for the Study of Hate and Extremism).

We know this is not a new problem. But the pandemic has brought on a surge of anti-Asian hate and violence in America, including here in Maine.

As we have reflected together in recent weeks, we find we are disgusted by these events. We are devastated that this violence is happening and embarrassed that, even in our state, it continues. We call for justice for victims of anti-Asian violence and equality for people of all races.

Our team is exploring the concept of intersectionality: how different parts of people's identities affect their experiences in the world, especially when these identities overlap. As one example, we recognize that two out of three hate crimes against AAPI people are directed specifically at women.

We write this letter to condemn the racism and sexism that motivates these crimes. In our school and in our community, people of all racial and gender identities must feel safe, welcome, and respected for who they are. We do not understand the point of all this hate. It must stop now.

The Cape Elizabeth Middle School Civil Rights Team with the support of:

Stephanie Royal
 Jonathan R. Werner

lence; immigration; food insecurity; and the economy? Or will we continue to divide ourselves into socially constructed race, political, and income categories. Will we continue to be driven by fear and hate? Continue to look to others to blame or condemn?

Humans are smart, resilient, problem-solving beings. By working together, we can solve our problems and improve our communities, divided we will fail. If we treat each other as enemies, then we will become Senator Graham's society where we need an AR15. But if we lead with compassion and hope, use our problem-solving skills, and our best ideas we will flourish. Human beings are amazing and these racial constructs were created to divide us. We must shed these notions of other. We must come together.

Maureen Clancy

CEHS Project Graduation is selling Cape Flags

Support the class of 2021 by purchasing your very own Cape flag. Two designs to choose from. Each flag is 3ft x 5ft in size and are \$40 each. These are great for dorms, bedrooms, rec. rooms etc.

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Then and Now: Doc Wheeler

By Jim Rowe

Charles E. Wheeler, or “Doc” as he was widely known, was born in 1863 while the Civil War was still raging. He and his wife Nettie lived at 33 Woodland Road here in Cape Elizabeth during much of the first half of the 20th century. A self-trained pharmacist, Doc operated a very popular drug store/soda fountain/lunch counter for many years at the corner of Federal and Exchange Streets in Portland. Near the courthouses and the office of the Portland Press Herald, the shop was a hangout for attorneys and journalists alike. Litigation was sometimes settled there, averting trial. Newsboys hovered for their scoops. Press Herald writer Hal Boyle recalled in a PPH column that people trying to reach reporters who were not at the newspaper office were often advised to “Try Wheeler’s.”

Doc Wheeler did not confine his pharmaceutical sales to commercial brands. He concocted a few of his own remedies in-house, which customers swore by. Not exactly Big Pharma, but one such cure was his “little pink pill,” which settled jittery stomachs (a common malady among lawyers engaged in high profile cases). Were he so inclined, Doc might have con-

tested James Howe’s 1928 patent on what we know today as TUMS, but alas...

At the lunch counter, Doc’s homemade egg salad sandwiches (which he’d prepare himself at home) were apparently to die for (figuratively speaking). It might be easy to infer a stroke of marketing genius here, but there was no apparent direct correlation between consuming the sandwiches and associated sales of “little pink pills.”

Doc Wheeler was a lousy driver. His automobile excursions invariably began by backing down his sloped driveway onto Woodland Road without checking his rearview mirror, without looking either up or down the street... and without touching his brake pedal. And things went from there. No major accidents or injuries, but probably a miracle that there weren’t. It was also fortunate for Doc that the Cape Elizabeth Police Department had only one patrolman on duty at that time, or he might have required the services of one of the attorney/denizens at Wheeler’s Drug Store!

I know all these things from lore that trickled down through the generations from my grandmother and father. You see, Doc Wheeler was my great-grandfather.



Photo courtesy of Jim Rowe

Wheeler’s Pharmacy.



Photo courtesy of Jim Rowe

Charles and Nettie Wheeler’s graves, Mount Pleasant Cemetery, South Portland.



Photo courtesy of Jim Rowe

Doc Wheeler at home on Woodland Road

CESD honored with Best Communities for Music Education Award

For the sixth year in a row, the Cape Elizabeth School Department has been honored with the Best Communities for Music Education designation from the NAMM Foundation for its outstanding commitment to music education. The Best Communities Music Education designation is awarded to districts that demonstrate outstanding achievement in efforts to provide music access and education to all students. The Cape Elizabeth School Department is one of two Maine districts to be designated this year. Cape Elizabeth’s music education faculty include Rob Wheeler, Joanne Lee, Emily LeBorgne, Cait-

lin Ramsey, Rebecca Bean, Chris Marro and Jason St. Pierre.

The NAMM Foundation is a nonprofit supported in part by the National Association of Music Merchants and its approximately 10,300 members around the world. The foundation advances active participation in music making across the lifespan by supporting scientific research, philanthropic giving and public service programs. The complete list of the 2021 NAMM Foundation Best Communities for Music Education can be found at:

<https://www.nammfoundation.org/articles/bcme-2021-districts>.

George Morse, TML’s strongest advocate

By Mary Capobianco

It’s been 14 months since I attempted to write a story about Thomas Memorial Library.

So much has happened over the last year, more perhaps than any other comparable time period in my life. Covid certainly had a large impact, but world and national events also were responsible for a lot of the ensuing chaos.

The way we socialize, work, raise our children, hug our grandchildren and view politics have impacted our lives and perspectives. TML did not escape these changes as it closed its doors on March 2020 and found alternative ways to serve the town’s residents and provide books and online programs.

Welcoming spring and the hopes for the opening of TML doors have blossomed, but we must also acknowledge a great loss. George Morse lost his fight with cancer and passed away March 2021. George was the former president of Cape Elizabeth Library Foundation. He was the force behind creating the storytelling committee which was responsible for our library stories that were pub-

lished monthly in The Cape Courier. George believed strongly that patrons sharing their personal stories about how the library makes a difference in their lives is the strongest stimulus for future library support. George was TML’s strongest advocate.

As one of the writers, I find myself today sitting outside in the sun remembering George and his motivation to keep the stories alive. I have missed the library these long months. I want to return to browse the shelves for new titles, book recommendations and find the camaraderie of local readers. I want to attend programs listening to experts share their knowledge with the well-versed audience. I need to hear children’s laughter at stories being read aloud. I want to be back spending time with library staff and patrons who share my love of learning and are excited about new opportunities and friendships.

Our library doors will open soon. We will all return to be greeted at the front desk with smiles. We will appreciate the gift our library gives to us. I know George will be there with us in spirit.

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Development

Continued from page 1

in part read, "In talking with neighbors and Cape Elizabeth residents it is alarmingly clear to me that the scope and potential impact of the proposed changes to zoning requirements is not supported. I believe that we need to have more affordable housing in Cape Elizabeth however the density, height, building footprint and total lack of commercial space proposed as part of the massive affordable housing complex on our town green is precisely the type of overdevelopment a cautious comprehensive plan was designed to prevent."

An email to Town Planner O'Meara signed "Sarah Laduzenski" read, in part, "We want our community to grow and flourish. This starts by allowing for more families to move into our beautiful town. Families will help grow our schools, sports teams and sense of community." She goes on to stress that the town needs more commercial businesses, and urges the town not to "let developers rush you into changing your zoning laws."

Other emails, however, include one where someone wrote in to express a personal need for the sort of housing that is being proposed, and was hoping to be directed to where one might "get my name on the list!"

Still others included not blanket opposition, but instead voiced opinions on how the plan might be modified, such as not having an age requirement, or for not being built with exclusively one-bedroom apartments.

Szanton Company President Nathan Szanton said in response to the feedback, "We try to be as responsive to community wishes as we possibly can, within the constraints of needing the project to be able to work financially. We put a lot of emphasis on listening to the community. So

with this project, for instance, we had a meeting with neighbors (owners of property within 750 feet of our site) by Zoom on March 4, then another listening session that was open to the whole town of Cape, on March 10. We're having another one, also open to the whole town, on April 22. We use these sessions both to try to understand community wants and needs, and also to convey information about our project to the community, to try to head off misconceptions about it."

After hearing the feedback, the developer made several changes to the proposal and returned to the Town Council to share.

"Cape residents want housing options, and haven't been shy about giving their feedback," said Szanton. "We realized we needed to adjust the proposal to get this right."

The original proposal included all one-bedroom units, but the updated plans convert eight of the 49 units to two-bedroom apartments. Roughly 80 percent of the units would still be set aside for households earning at or below 60 percent of the area median income.

The Szanton Company also announced a change in its parking design, in response to the feedback. The original plan requesting a zoning variance to reduce required parking spaces has been scrapped. The developer now plans to create 34 new parking spaces behind the Cape Elizabeth Town Hall parking lot, in addition to 34 parking spaces in front of the building. The new spaces would be created on town land, but at the expense of Dunham Court. The resulting new spaces would be shared for use by the town and Dunham Court residents.

The developer originally conceived the building as an age-restricted 55+ housing project, until Cape Elizabeth residents weighed in. "It was clear that residents want places in town where starting teachers, firefighters, and police offers, as well

as young farmers, lobstermen, retail clerks and restaurant workers can afford to live," said Szanton. The updated proposal drops the age restriction.

Another change in the Dunham Court proposal reduces the size of its Tax Increment Financing from 65 percent to 45 percent, due to a change by Congress to the Affordable Housing Tax Credit. Under this arrangement, Cape Elizabeth would rebate 45 percent of the resulting increase in taxes to the project for 30 years, allowing the project to take on additional debt.

An income-restricted unit would be available to a one-person household earning up to \$42,000 per year, or a two-person household earning up to \$48,000 per year. Rents for these units would range from roughly \$1,040 to \$1,360, including heat, hot water, wi-fi, a fitness center and secure, indoor bike storage. Market rate one and two-bedroom rents are projected at roughly \$1,495 and \$1,695 per month, respectively.

According to Town Manager Sturgis, "When Mr. Szanton was asked a question of meeting the need for more affordable larger unit needs he replied that this proposal meets one segment of housing needs in Cape Elizabeth, but cannot meet all of the needs. I think that is a fair statement as there is not a perfect answer to this challenge, as it is a multi-faceted challenge for our region." He went on to say, "I do not think the council is shifting from attracting younger families to Cape Elizabeth, they are responding to the proposed project in front of them. It is important to note the most recently adopted Comprehensive Plan, specifically page 81- Housing Goals-Goal 1 states that the town should promote a diversity of housing types to accommodate residents of all age groups and household sizes."

Sara Lennon, former three-term town councilor and 2019 Comprehensive Plan committee member, was not satisfied with the changes, and made a proposal of her own, saying, "While I certainly appreciate Mr. Szanton's responsiveness to citizen input and his genuine desire to bring housing diversity to our town, I don't see how these tweaks address the larger problem: the proposal scraps decades of work on allowed density, building height, footprint, commercial space and design standards. All his requested changes would be required across the entire town center district.

The project feels like a quick bandage to a much larger goal: to diversify our housing choices and encourage a more diverse citizenry in our town. We need a longer-term process to achieve this important goal. I propose an expert committee to begin a more deliberative and ambitious approach, one that will guide us in diversifying our housing and ensuring those who choose to move here will find a community that has come together to create an open-hearted, welcoming, sustainable place to live."

Town Planner O'Meara said that projects such as the Szanton Company proposal are in line with the Comprehensive Plan. She pointed out that recommendation #83 in the plan states, "Undertake a Housing Diversity Study that evaluates current housing costs, needs, impacts on services and other relevant elements and recommends actions to create more affordable opportunities for seniors to downsize, and for young adults and young families to move to Cape Elizabeth."

Of the most recent meeting with the Town Council, when the changes were presented, Mr. Szanton said, "We felt good about it. The Council listened very closely to our presentation, and then had a very frank discussion about it. There's still a lot to figure out about this project, but they seem receptive to the idea of a project that will add people to the town center, to support the businesses there, and which will broaden the kinds of housing available in Cape Elizabeth."

Moving forward, Sturgis said, "The Planning Board will have their public hearing on April 20, and then make a formal recommendation to the council after the hearing. The the council will have this on their meeting agenda for either May 3 or May 10, as both are scheduled meetings in May."

The Szanton Company has developed 11 mixed-income apartment buildings throughout southern Maine and Seacoast New Hampshire since 2004, including Casco Terrace at 41 State Street in Portland. Szanton said, "You can see it as you walk or drive down State Street toward the Casco Bay Bridge, heading in the direction of South Portland. It's in the last block before the bridge, on the left, in the middle of the block. You can see more examples of our projects in Portland and elsewhere on our website, www.szanton-company.com."

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Reported by Marta Girouard

COMPLAINTS

- 3-21 An officer met with a resident of the Shore Road area regarding a trespass complaint.
- 3-23 An officer spoke with a resident of the Fowler Road area who reported receiving a notice from "UPS" stating that a payment was due for a "customer underpayment." The notice displayed the UPS logo but no where stated United Parcel Service. The victim called a number on the notice and attempted to speak with a male with a strong accent and a poor connection. The victim suspected fraud and reported it to the United Parcel Service fraud department. A second "bill" was received with a different address to send payment to. This paperwork also had the "UPS" logo but no where did it say United Parcel Service. The victim reported this information to the United Parcel Service fraud department.
- 3-24 An officer met with a resident of the Ocean House Road area regarding ongoing domestic disturbance issues.
- 3-28 An officer met with a resident of the Fowler Road area who turned over a found debit card.
- 3-28 Two officers responded to a residence in the Mitchell Road area for a well-being check.
- 3-29 An officer responded to a residence in the Woodland Road area for a well-being check.
- 3-29 A resident of the Mitchell Road area came to the police department and turned over a found ladies wallet. The owner was contacted and arrangements made for its return.
- 3-30 An officer met with a resident of the Spurwink Avenue area for a lost property report.
- 3-30 Two officers responded to a residence in the Ocean House Road area for a domestic disturbance.
- 4-1 An officer met with a resident who was looking for an apartment in Boston and found one on Craig's List and e-mailed the contact person. When the contact person requested money be wired for a deposit without allowing the resident to view the apartment, the resident suspected a scam and called the police dept.
- 4-2 A resident came to the police station and turned in some keys found at Fort Williams Park. The ring has a car key, a fob and another key.
- 4-2 An officer responded to a residence in the Shore Road area for a well-being check.
- 4-4 A resident came to the police department and turned over a ladies clutch purse found on 77. The owner was identified, contacted and property returned.

SUMMONSES

- 3-26 Cape Elizabeth resident, speed (34/25 zone), Scott Dyer Road, \$114
- 3-31 Yarmouth resident, uninspected motor vehicle, Shore Road, \$148
- 4-1 South Portland resident, speed (59/30

zone), Sawyer Road, \$278

JUVENILE SUMMONSES

- 3-30 Cape Elizabeth resident, violation of interim license, Scott Dyer Road, \$385

ACCIDENTS

- 03-28 Ivy Ferrelli, Cayden's Way
- 04-01 David Drouin, Stonegate Road

FIRE/RESCUE CALLS

There were 7 fire calls and 22 EMS calls from March 23 through April 5.

Celebrate Earth Day by plogging

Spring has sprung, and the days are getting longer and warmer. It's a great time to get outdoors and enjoy nature, and on Thursday, April 22, to celebrate Earth Day. A simple but meaningful way to honor the planet is to go plogging at least once in the next week.

Plogging is simple. Just grab a bag and a pair of rubber gloves, and as you walk or run on the beaches, roads and trails of Cape Elizabeth, pick up the trash you see along the way. When you get home, sort it into landfill or recycling trash and take it to the Cape Transfer Station on your next trip.

Most importantly, share your plogging experience with friends and neighbors. Please take photos of your plogging adventure and post them to Facebook and Instagram with the hashtag #ploggingME.

This is the third year of Plogging Week in Cape. Three years ago, on March 11, the Cape Elizabeth Recycling Committee and Town Council unanimously endorsed the proposal designating two plogging weeks a year, one aligned with Earth Day in the Spring and the second with Indigenous People Day in the Fall.


Of course, you can plog anytime, anywhere. It's good for the Earth and the soul.



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Scam alert bulletin board

By Jessica D. Simpson

Online Banking Scams

Banking has changed quite a bit thanks to the internet. But many people still prefer the brick and mortar experience when dealing with their money. However, just because you're not depositing checks on your phone or transferring funds via computer doesn't mean you're safe from online banking scams.

These scams start with a phone call, email or text that appears to come from a real financial institution. These spoofed communications carry urgent, but phony, warnings about problems with an account or transaction and direct you to click a link or call a given number. The first defense against these types of banking scams is knowing that a reputable bank will not contact you out of the blue and ask for your Social Security number, online account password or other personal information. If you get a phone call, text or email say-

ing there is a problem with your bank account, hang up and call your bank on a number you know to be legitimate (from a statement, for example). You will know for certain that you're talking to the legitimate institution and if there is a problem, they will help you address it.

Avoiding IRS Collection Scams

Tax time is here again and so are the IRS impostors. Scammers posing as IRS agents or Treasury Department officials are out there once again, calling to convince taxpayers that they owe back taxes and face immediate arrest. Know this: the IRS will initially contact you through the mail if you owe back taxes. If you receive an unexpected phone call, an email or a text indicating it's from the IRS, do not engage. Report the scam attempt to the IRS at 800-366-4484 or www.tigta.gov. If you receive an email, forward it to the IRS at phishing@irs.gov, and then delete it.

CEUMC to host nature webinar

The Eco Team at The Cape Elizabeth United Methodist Church, in collaboration with Maine Audubon, is hosting a live webinar on Thursday, April 29, at 7 p.m. Entitled "Bringing Nature Home," it will explore the indigenous plants and practices involved in restoring native plants, food webs and biodiversity in our gardens, yards and communities in the Greater Portland area.

Led by Eric Topper, Maine Audubon's Director of Education, the 1.5 hour workshop will introduce participants to beautiful native

flowers, plants and shrubs that attract a multitude of birds, butterflies, pollinators and other wildlife.

This is the first in a series of webinars hosted by the Eco Team of The Cape Elizabeth United Methodist Church that will focus on restoring ecological balance and mitigating climate change.

To register: Go to www.ceumc.org and click on designated webinar link. Questions? Call (207)799-8396.



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Cape Fit Bits

By Sarah MacColl

Cape Fit Bits is a new feature by Caper Sarah MacColl, who for 30 years has been helping others get fit. She draws inspiration for her own health from the struggles and achievements of people like those you'll meet in this regular column.

Ask runners why they run and you are at their mercy. Out bursts a waterfall of feelings and stories. In Cape Elizabeth, it's the turkeys...the deer...the water...the companionship. Listen carefully, though, and you'll hear other perspectives.

Many have been running all winter, like Bob Danielson who has been averaging 12-15 miles a week. He's slowed down as he's aged, but now he doesn't need to prove anything and he doesn't mind. His motto is to go at a pace that "lets him run another day." Sage advice. Do you ever need to prove something (to yourself) and run what seems like super fast and end up with a sore foot or leg or...ego?

Runners Bob and Sue Guerette share a focus on their respective kids. Bob tries to make his kids run a half marathon with him every year just to show them he's not totally washed up. When Sue's kids were little, she wanted them to learn that "Fitness isn't a seasonal sport. It is the best game for life." They were listening. They think of her as a runner and now she derives motivation from them to get out there. "Once a lesson for my children is now a lesson for me," Sue adds.

Bob's running buddies help him go faster and farther than he would jog alone. If you're a new runner, know that real runners don't always love to hit the track, the road or the trail. Too cold. Too hot. Too windy. Too humid. Too wet. Too sleepy. So make a date and show up. Angela Best motivates Sue, who used to be a solo runner, or so she thought. Sue claims Angela motivates her. They run with others and sometimes walk in

the wee hours; you've probably passed them.

The regular unknown walkers and bikers on the road also motivate Sue. It's a fleeting, consistent connection that builds community. Often someone's lopsided gait is the giveaway, or the lumbering old dog or the cheery hello. Headphones have stolen some of the togetherness that is part and parcel of early morning running. Years ago a man joined my running group and used headphones to listen to music while running with us. Maybe our conversations were less scintillating than I imagined. Maybe he got physically fitter, but he missed the key ingredient that Bob, Sue and Angela all noted: connection. As Angela says, getting hurt happens more frequently as we age, and recovery times increase. If you've got a group they'll get you back.

The group of all groups is the Beach to Beacon for many. Joe Doane always starts running again on April 1, focusing on Beach to Beacon to get his mileage up from two miles thrice a week to three and a half miles five days a week. He takes a page out of Bob's book, saying he's slowed down but still wants to train with his middle school cross country and indoor track teams. He and Bob still sport a competitive streak, but their bodies have convinced their brains to take it easy.

Body work is brain work. Some of Joe's most creative lesson plans came to him on runs. If you can't run (yet), walk. As Shore Acres walker Barb Lamson says, "I walk my head." Think about it.

Girls volleyball team completes 'Rock Your Socks' fundraiser



Contributed photo

The Cape Elizabeth Girls Volleyball Team, along with Custom Fundraising Solutions, recently completed their "Rock Your Socks" fundraiser. The group of 24 girls donated 289 pair of socks to the Oxford Street shelter in Portland and raised \$2,600 for their program. The team was super excited to be able to host a fundraiser that also gave back to their local community. Oxford Street shelter was extremely appreciative for the generous donation. Socks are the most requested and least donated items for people in need. Great job CEHS volleyball!



Contributed photo

Pictured from left to right at the Oxford Street shelter with donations from the "Rock Your Socks" fundraiser are: Madison Uliano, staff person at Oxford Street Shelter; Cape Elizabeth High School Volleyball Team players Emma Kubin and Annaliese Rudberg, and Sara Flueurant, Director of the Oxford Street Shelter.

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Old Dogs New Digs

Continued from page 1

if her fate would change. It sure did. Kennebec Valley Humane Society partners with Old Dogs New Digs, a non-profit volunteer-based organization dedicated to finding foster and permanent homes for senior dogs. ODND quickly found a foster family for Tala in the Bar Harbor area. This foster family also has rescue bunnies and a blind rescue chicken named Ruby. One would wonder how an old hound dog would get along with a chicken and bunnies that have had rough pasts. Tala immediately fit right in with these other rescue animals. She has taken on the role as “mom” and is very loving and gentle with them. They often play together, snuggle or just relish in being all together. Tala has since transitioned from foster, to permanently adopted into this family, and is absolutely thriving.

I recently sat down with the founder of Old Dogs New Digs, Mandy Fisher, and Old Dogs New Digs volunteer Tammy Merrill to learn more about this local non-profit organization. The ODND staff is comprised of around 30 volunteers. This organization is dedicated to finding foster and permanent homes for senior dogs. In addition to senior dogs, they also help place special needs dogs, and cats as well. They partner with local shelters and vet offices, and work with them to help find homes for the animals.

Mandy started ODND in Maine about five years ago. She always had a passion for helping animals, specifically older dogs. She had been fostering older dogs for years and recognized the need to support them in getting placed in homes. Mandy explained, “The puppies go quick, the old dogs sit for a very long time in the shelter. These older dogs are overlooked, and to be in the shelter, it’s very stressful for the dog.” She kept seeing the trend of more and more old dogs needing foster homes, with nowhere to go. She decided to start an organization that would help change the future of senior dogs in Maine. “We started working with a couple shelters and vet clinics, and it grew from there. It was amazing to see the amount of people that wanted to follow the stories of these senior or hospice dogs.” ODND started in Maine, and since has an additional primary location in Colorado. They have orchestrated finding foster homes and adoptions for over 900 animals in the last five years. They work with shelters and vet clinics throughout New England, New Mexico, Florida and Costa Rica. Mandy explained the process, “We don’t take ownership of the dogs, we partner with the shelters, they maintain ownership. We provide funding, sheltering, vet care and promote the animal to find a foster and permanent home.”

Old Dogs New Digs also supports senior or special needs dogs and cats in other ways as well. They have a whole team that is dedicated to finding a home for an animal whose family doesn’t want to have to surrender their dog or cat to a shelter. “Individuals will reach out to us, who need to rehome their dog. Maybe they just had a baby, or they are going into Assisted Living, and they want to find a home for their dog, so they don’t have to spend any time in a shelter.” ODND will work with the current family, get all the information needed, and find a home for the dog before the family needs to surrender him or her to a shelter.

ODND also has established a “Community Assist Program.” This is a program that helps families that may otherwise need to surrender their dog due to financial reasons. ODND will assist the family financially so that they are able to keep the dog. They have done a lot of this work since the Covid Pandemic started. Jack is a beagle was in a very loving home. One day he was in his yard, and a new neighbor dog came over and aggressively attacked him. He was severely injured and needed a lot of care from a vet clinic, but the family didn’t have the money to support that level of care. The owner contacted ODND and they were able to get Jack into an emergency clinic that same night. Jack needed a lot of support, and it was touch and go for a while, but today Jack is healed and thriving and his family is so grateful that ODND could help support the care that Jack needed.

Recently, Veterinary and Rehabilitation Center of Cape Elizabeth reached out to ODND regarding a senior black lab named Cash. Cash was surrendered to VRCCE with serious mobility issues and was being fostered and nursed back to health by one of their own veterinarians, Dr. Ginger Browne Johnson. Once Cash was healthy, they tried finding him a home, but it was proving to be a difficult task due to Cash’s age. VRCCE reached out, and ODND sprang into action. ODND posted Cash on their Facebook page and applications began to pour in. Cash was adopted quickly by a loving family. Dr. Ginger Browne Johnson explained how helping Cash has affected the team, “Saving Cash has been so rewarding for our entire team, especially during stressful COVID times. It really reminds us of the reason why we practice veterinary medicine.”

Old Dogs New Digs fundraises so that they can continue to assist the senior and special needs dogs and cats in our community.

We all have that special pet that is an important family member. Sometimes circumstances occur and older dogs and cats can no longer be part of their original families’ lives, but they still have so much love and friendship to give to the world, and they deserve to feel that love and friendship as they grow older.

You can help support senior dogs and cats by going to www.olddogsnewdigs.com to make a direct donation. They also participate in a Clynk program, and Amazon Smile. Follow on Facebook and Instagram for updates.

The gift of gratitude

By Elise Bridge

There are indeed many beautiful places in this world, but I think I can say blanketly that we are all grateful to live in this specific location. The ocean, rivers, streams, ponds, fields and woods are just a short distance away, lakes and mountains too. Of course we need to care for these spaces so that we may continue to enjoy them, which includes practicing ‘leave no trace’ principles, that on a very basic level means no littering, or as Woodsy the Owl would say “Give a Hoot, Don’t Pollute.” And although the best case scenario is always preventative care, sometimes we need to direct some of those energies to a positive aftermath.

My grandfather lived most of his life in Cape Elizabeth and had a passion for nature and helping to maintain its purity by picking up garbage on his walks around town using a simple handmade tool of a stick of wood with a nail on the end. Many years later, around 2016, the word ‘plogging’ originated in Sweden to describe the activity of picking up litter while jogging. I however am more of a ‘plaulker,’ like my grandfather, picking up litter while walking. (Note: the ‘au’ vs. ‘a’ in plaulker just adds an extra level of sophistication to the pronunciation).

I have always done a bit of this, but as the pandemic hit last year I committed more time to it and felt a great sense of relief, enjoyment and pride returning to those same routes and seeing just nature, no garbage. This year I decided to turn this activity into a fundraiser to fight Alzheimer’s. I have registered as part of The Longest Day with the Alzheimer’s Association, in memory of my grandmother, Elaine Gordon and chose the event of plaulking in honor of my grandfather, Kenwood Gordon. It seems like a win-win; make a

donation to help our health and in turn I will help our environment.

While I have been plaulking, I have had many people honk, wave and even stop to personally thank me - so I know that this is a meaningful cause. I have also learned that we have many active like-minded residents who bring an extra bag with them on their walks along the beach, on a path or down the road. One couple has even self-titled themselves the ‘Poo Fairies’ for picking up, well you know what. The high school has even started a club with a sole focus on this, aptly named The Clean Up Club and The Volunteer Club is also designating time and effort to this activity.

So, my gratitude is not only for our amazing planet, but for the people who care for it as well. We are all stewards of the environment which comes in many forms and collectively has a big impact. Thank you to my fellow plaulkers and ploggers and for their supporters.

For more information on Plaulking to End ALZ, please visit <http://act.alz.org/goto/Elise>.

If you would like to share your story of gratitude, please email CapeGratitude@gmail.com.

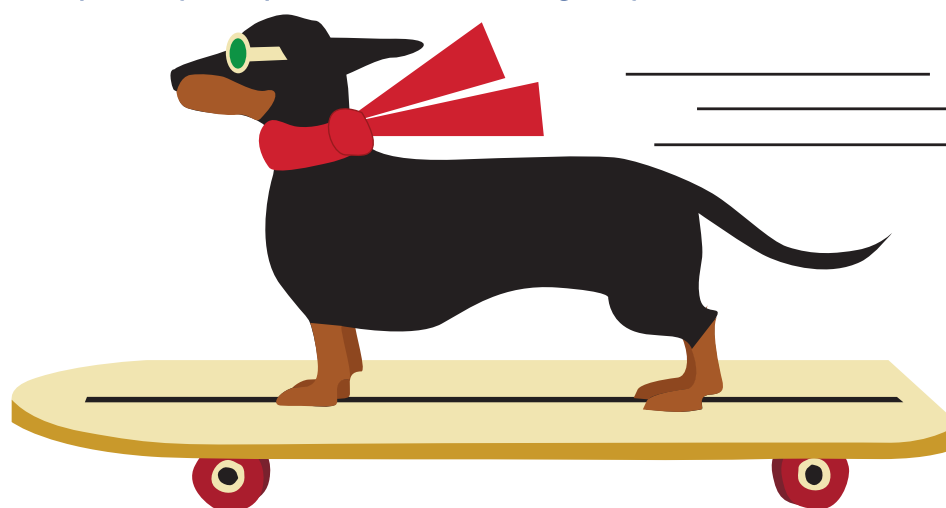


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The "KID" Courier

If you have a submission for the "Kid Courier," please email it to editor@capecourier.com.

School These Days

By Bella Wark, CEMS 7th grader

My mask is wet, my throat is dry
 I got hand sanitizer in my eye.
 My locker's empty, my backpack hurts,
 My Nalgene's full, while I die of thirst.
 The clocks in here are non-operational,
 I'm trying to be patient, till
 It's lunch time! Finally! It's 10:05.
 Didn't I just eat breakfast? I've,
 Had to yell to hear my friends,
 Sitting on benches on either end.
 I can finally unmask my face,
 The stank could kill the human race.
 I could try to talk to friends, or shout,
 But what is there to talk about?
 There's no more soccer, ski, or swim.
 Birthdays, or even at-school gym.
 No hanging out, just staying in,
 My only company is my twin.
 No, I didn't see that movie,
 Or try that restaurant with great sushi.
 I didn't go to summer camp,
 My social life needs a revamp.
 I can't come over after school,
 I'm sure your Lego Death Star's cool.
 But now we hear the bell, let's run!
 We'll go outside and have some fun.
 Oops no, we can't, all fun's forbidden.

The sports equipment's all been hidden.
 Boys hit each other with sticks and rocks.
 Girls stand in a line, and no one talks.
 Then time is up, back in we go
 To learn some stuff we won't need to know.
 It doesn't matter anyways,
 They'll probably make us repeat the grade.
 ACHOO! Oh no! Don't let it be!
 The virus's taking over me!
 But no, it's not coronavirus
 Just an itch inside my sinus.
 I slump, and slouch, and heave a sigh,
 As I wait for time to pass me by.
 Remote school calls, should I stay home?
 I guess that then I'd be alone,
 And then! Oh gosh! Oh could it be?
 The school day's over finally.
 I am exhausted, bedraggled, beat
 I stumble outside and there I meet,
 My brother looking for our mom.
 We don't have to wait too long,
 We finally climb into the car
 Rip off our masks, and then we are,
 Asked by Mom "How was your day?"
 I really don't know what to say.

Division

By CEMS 7th grader



torn apart by hate

Yet resting on the soaring wings of democracy

When will we learn
 Learn that hate is not the answer to disagreement
 That words are stronger than the most powerful gun

When will we learn that shattered glass and violence is not the answer to our problems

Where will it end?

Will our government rise from the ashes like a phoenix

Or will we fall at the hand of people storming the halls of society

How do they wave the flag of freedom then burn down the structure of our country

Is pride more important than safety?
 Are bullets more valuable than life?

Why does it take a deadly virus a and a shaken capitol to make us realize
 We

Have hit
 Rock bottom

Check out more Kid Courier on page 9

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The Four Faces of Change

By Liam Nudd, CEMS 7th grader

We need change
 In our world
 Our country
 Our state
 Ourselves
 We've exhausted the possibilities
 Used all our abilities
 To bring this change about

Violence has tried
 His minions have died
 For change
 But he has created Disorder
 Who's decided to border
 On chaos
 Destruction
 And mis-
 and dis-
 trust

Peace had an impact
 She left buildings intact
 She called for change in a firm clear voice
 Those who wished to stop her became queasy
 Uneasy
 But they never became unsafe
 But it still isn't enough

Politicians of power
 Don't realize it's now or
 Never
 They focus on destroying each other
 And injustice continues to flower
 Democrats and Republicans
 think they **must**
 Destroy the other to bring about change
 They look sideways
 Across the aisle with **disgust**
 Rather than forward
 With hope

But none of them notice little Friendship
 Alone in the corner
 Suggesting that for change to arrive
 We must decide
 To extend the soft hand of friendship to allies and foes alike
 To stop the divide
 And then
 And only then

Will we thrive



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CELT's May programs

Please register in advance for the following programs through Cape Elizabeth Community Services: www.capecommunityservices.org. Each program costs \$6. Because of Covid-19 policies, we cannot accept participants to join if they have not registered in advance.

All participants registering at least 48 hours in advance of the program will receive notification regarding Covid-19 policies and changes or cancellation.

Please contact the Cape Elizabeth Land Trust with any questions at 767-6054.

Medicinal Herb Walk: Robinson Woods

Join Mischa Schuler, herbalist and owner of Wild Carrot Herbs on a walk through Robinson Woods. As the plants reawaken to spring, we will visit with these extraordinary beings in their young stages of growth - learning to recognize their patterns across the refreshed landscape. Our evening will be rich with herbal folklore and inspired by the full moon and setting sun.

Date: Thursday, May 6, 6:00 – 7:30 p.m.

Meet at Robinson Woods Kiosk

CELT's Amphibian Program

Join Cape Elizabeth Land Trust Education Committee members Erika Rhile and Lisa Gent to learn about herpetology, and get a guided walk through Robinson Woods.

This spring program will highlight amphibians in Maine, as they begin to re-emerge in Cape Elizabeth after the long winter. Participants will explore amphibian habitat, observe salamander eggs, and potentially hear peepers and wood frogs on this two-hour excursion in Robinson Woods.

The walk will be held rain or shine so dress appropriately with footwear for wet walking.

Date: Monday, May 10 7:00-9:00 p.m.
 Meet at Robinson Woods Kiosk

CELT's Nature Walk— Vernal Pools and Wild Flowers in Robinson Woods

Learn more about Cape's natural habitats and their unique flora and fauna from Cape Elizabeth Land Trust volunteer and naturalist Tony Owens.

Sponsored by the Cape Elizabeth Land Trust, this walk will increase your awareness and appreciation of the varied open spaces here in Cape Elizabeth. Walk will be held rain or shine so dress appropriately with footwear for wet walking. Group size is limited.

Date: Tuesday May 18 9:00-11:00 a.m.
 Meet at Robinson Woods Kiosk

Tidepooling the Rocky Shore with CELT

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

Join Philip Mathieu of the Cape Elizabeth Land Trust on this summer evening to search for crabs, snails and other marine life. Each family will receive a visual identification guide to some of Cape's most common organisms.

It is recommended that participants wear lace-up footwear, closed-toed shoes that can get soaking wet. The program will take place on the Kettle Cove Beach.

Date: Wednesday, May 26, 5:00 – 6:00 p.m. (low tide at 5:49 p.m.)

-see CELT PROGRAMS page 14



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Land Trust celebrates ‘Forever Cape ~ A Campaign for our Community’

On Saturday, April 10, members of the Cape Elizabeth Land Trust gathered to celebrate the remarkable success of their recently concluded Forever Cape – A Campaign for Our Community. This campaign raised more than \$7.5 Million over three years and provided exciting opportunities for land conservation, stewardship and education in Cape Elizabeth.

Said Executive Director Cindy Krum, “With such tremendous support from the community, it is clear that CELT’s strategic priorities of providing environmental education programs, protecting priority lands and taking care of these lands forever are of utmost importance to our community. We are incredibly grateful for all the donors and volunteers who helped make this such a success.”

More than 950 donors contributed gifts over three years to help conserve three new properties. Thirty acres were added to CELT’s Runaway Farm preserve where the endangered New England cottontail are thriving. Fifty-two acres expanded Robinson Woods Preserve to create the largest area of land in town that is conserved for public access and wildlife habitat. And an agricultural easement on Maxwell Farm-Dyer Field purchased in collaboration with the Maine Farmland Trust will help sustain an important local food source, scenic gateway and environmental protection of Trout Brook, although the working farm will not

allow public access.

A comprehensive campaign of this size is truly a team effort. Forever Cape was chaired by Suzanne McGinn, Ted Darling, and Julian and Maryellen Coles, who worked with CELT’s volunteer Board of Directors and Campaign Cabinet, and nearly 50 other volunteers to secure the needed funds. Thanks to their vision and tireless commitment of time and energy, the campaign has also secured CELT’s future with a sizable endowment. As a nationally-accredited land trust, CELT is required to care for its conserved properties in perpetuity – that is, forever. Having a sufficient endowment for the future is critical for the organization to be able to carry out this mission for years to come.

On Saturday, April 10, on one of the warmest days of spring, CELT donors, volunteers and staff gathered for six socially-distanced guided walks on the three properties that were conserved through the campaign. At the end of the day, a COVID-limited 50 people gathered at Turkey Hill Farm, a property that was donated to CELT during the time of the campaign. Donors and volunteers from around the community helped to dedicate a plaque that will be placed at Robinson Woods to recognize all 959 donors to Forever Cape. See the recognition of these donors on page 13 of this issue.



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Cape native overcomes challenges, authors book

By Kevin St. Jarre

Growing up on Stonybrook Road in Cape Elizabeth, Matthew Barrett never considered someday he would spend a year writing a book, typing with a single finger, but he has. The author has multiple sclerosis, and the condition has left him able to type using only one finger, but through perseverance he penned his book, “Dance at the Pines.” Barrett said that it is a nursing home murder mystery.

The Cape Elizabeth High School graduate, class of 1982, now lives in a care facility in Jacksonville, Florida, and wanted his hometown to know about his novella. He said he hopes that what is distinctive about his style of writing is how true the characters and situations ring for his readers.

Despite the hardship the physical writing presents, he knows he has matured in his craft, and he said his work has “become technically better.”

The book was edited by Delaney and Kelly Barrett, whom the author said provided great feedback and support. Matthew Barrett said his favorite place to work is in his “tiny workspace” at home, but sometimes in a pub. “I find inspiration in everyday life and events,” he said.

When asked what one thing would help him most in his work, he said, “A new laptop!”

Barrett said that the cover art was “done by fellow Capers, Jennifer Witt Love.”

Love is currently working on her latest painting, one of Spring Point Light in South Portland. During the pandemic, she has completed more than 30 acrylic paintings, which she said can be found on Facebook and Instagram.

Her cartoon style is definitely recognizable but, she said, “I’m always trying out new painting techniques to mix it up a bit. I do tend to be extremely detailed in both cartoons and in acrylic painting.”

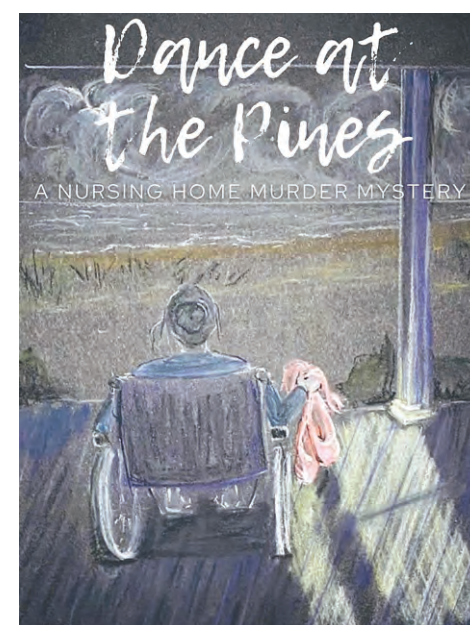
She said she is always evolving. “I’d like to think I’m getting better. I’m a lot more

open and free than I used to be 10 years ago,” Love said. When asked if business concerns impact her art, Love said, “I am influenced by everything now but my goal has not wavered. My main interest is to give to the world something that lifts the spirit. A way to take people’s minds off of our current situations even if it’s only for a moment.”

Love works in her home studio, and said, “I’m pretty much working on things 8-10hrs a day- with an occasional 3 a.m. brainstorm.” She said her art can be found on Facebook and Instagram, and that she is currently working to get her work on Etsy, an e-commerce website focused on handmade or vintage items and craft supplies.

Those interested in learning more about “Dance at the Pines” can find it at:

www.amazon.com/Dance-at-Pines-Matthew-Barrett-ebook/dp/B091KM688Y.



Contributed photo

Capers Matthew Barrett and Jennifer W. Love have combined his novella with her cover art to present “Dance at the Pines,” available on Amazon now.

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Cape Elizabeth birding report

By E. Brooks Bornhofft

Birds with shorter migratory flights like many sparrow and blackbird species have the luxury of sensing local conditions to their north and selectively capitalizing on favorable winds and clear stary night skies to move from one leg to the next.

On the other end of the spectrum many songbirds, shorebirds and raptors must travel significantly longer distances and are driven more by instinct. Travelling hundreds of miles in a single night and facing a perilous journey, this grouping of spring migrants innately and expeditiously push northward to their respective breeding grounds.

Because individual species generally migrate within a certain window, arrival dates can be predicted with reasonable accuracy. The Cornell Lab of Ornithology's Birdcast website produces migration forecasts and maps in near real-time, showing predicted nocturnal bird migration three hours after local sunset. The intelligence behind these predictive models comes from over 23 years of bird movements in the atmosphere as detected by the US NEXRAD weather surveillance radar network.

As for notes from the field, on the afternoon of April 8 along the wetland edges of the GreenBelt and CELT Spurwink trails I counted sixteen American

Woodcock sounding off. An interesting tidbit I recently learned about Woodcock is that this cryptic upland shorebird is one of only two shorebirds legally hunted in Maine. The other is Wilson's Snipe.

Earlier on that same day our local male Pileated Woodpecker flew into the yard and was going about his typical business when out of nowhere a female appeared. With very little chase or ceremony, the male awkwardly mounted the female for a couple seconds before taking off into the forest.

Additionally, on April 9 a Peregrine Falcon zipped past me heading west as I was standing on the footbridge in Pond Cove – perhaps headed for the crags surrounding the Androscoggin River valley. The name "Androscoggin" comes from the Eastern Abenaki tribe and means "river of cliff rock shelters." Also, on this day my wife spotted two first of season Tree Swallows along Crescent Beach.

On April 10 I spotted a second falcon, smaller and visibly darker, flying over the high school fields and was able to tell from the short, piston-like wingbeats (and the aid of my binoculars) that it was a Merlin! The sweet trill of Pine Warblers could be heard singing high atop old stands of mature white pines starting on April 10. I counted nine Pine

-see BIRDING REPORT page 14



Photo by Martha Agan

A Great Egret seen just below Riverside Cemetery. Great Egrets are tall, long-legged birds that wade through fresh and saltwater. They stand still as they hunt for small aquatic animals and with great speed, they strike with a jab from their neck and bill.



Do you keep honey bees in Cape? Join us for an informal outdoor gathering in the morning of **May 1st** to discuss all things bees.

For more information contact amyjvaz@yahoo.com or jsbees@gmail.com



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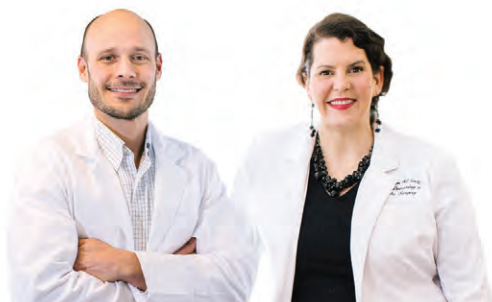
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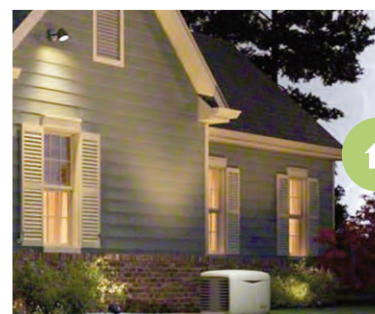


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Thomas Memorial Library hosts Zimpritch Poetry Symposium, continues AKME chats, Conversations About Whiteness

PROGRAMS FOR ADULTS

Conversations About Whiteness, five-week series

April 27-May 25, 2:00-4:00 p.m.

Fish don't see water. Birds don't see air. And white people may not fully see how their whiteness affects their life experiences.

With video clips, articles, and small- and large-group activities, Conversations About Whiteness brings people together in a safe setting to see how this came to be the case. Guided by two facilitators, we explore aspects of our culture that prevent us from seeing ourselves and people of color without deeply ingrained distortions.

During five weekly two-hour sessions, we will each see our whiteness in ways we never have before. We will reflect on unconscious biases, white privilege, race and racism. We'll explore some ways racial divides are embedded in institutions; think about tools to interrupt these divides; brainstorm about collaborating with each other and with people of color; and individually plan for what to do with this new knowledge.

This course is based on similar grassroots courses offered around the country. It is a virtual series, which will be presented on Zoom. Because each session builds on the content and connections from previous sessions, it is asked that if you register, that you attend all five sessions. Registration for this program is capped at 20 attendees, so please check your calendar to make sure you can attend all sessions before signing up. This program is limited to Cape Elizabeth residents.

AKME Chats, with the Anchorage Public Library

Wednesdays, 3:00-4:30 p.m.

The Thomas Memorial Library is collaborating with the Anchorage Public Library for this unusual continent-spanning virtual conversation series.

Each week we'll be meeting up virtually to share afternoon coffee and conversation with the library staff, patrons and residents of Anchorage, Alaska. Though separated by 4,500 miles, every Wednesday Alaskans and Mainers gather together virtually to collectively share the experience of living through a pandemic. Rather than go it alone during this difficult year of extreme isolation, we're joining forces, making friends and bridging the physical divide that separates us.

You're invited to join us each Wednesday afternoon as our libraries co-host lively conversations with kind, interesting and thoughtful people we might never have had the chance to meet if not for this strange year. When life gives you lemons, let's meet Alaskans! And you need not fear the usual conversational pitfalls of boring small talk or uncomfortable subjects: Our librarians will be facilitating these discussions around fun and interesting weekly themes as well as occasional outside materials. And since this year has been hard enough already, all talk of politics and the pandemic are off the table!

Come warm your heart and widen your social circle in a friendly, curious atmosphere as we enjoy this rare opportunity to connect from afar. Let's explore the idea of just how big a community can be.

Maine Wildlife Series: Opossums

Tuesday, April 27, 6:30-7:30 p.m.

Join Thomas Memorial Library and Center for Wildlife via Zoom to learn about one of our most overlooked wild neighbors, the opossum. Meet the Center for Wildlife's non-releasable opossum education ambassador and prepare to have your heart won over.

Zimpritch Poetry Symposium, featuring poet Tina Chang and CEHS student poets

Friday, April 30, 6:30-7:30 p.m.

Each year the Gabriel A. Zimpritch Poetry Symposium is held in memory of Gabe Zimpritch, who was a student at Cape Elizabeth High School when he died suddenly in 1995. One of his passions was poetry, and this prompted his family and friends to establish the Gabriel A. Zimpritch Library Fund, which supports the Poetry Collection at Thomas Memorial Library and the Poetry Symposium.

A group of high school students will be working virtually with poet Tina Chang all day on Friday, April 30 in the library's symposium. The public is invited to attend a reading in the evening featuring Ms. Chang and these student poets.

Chair Yoga (with Martha Williams)

Second Wednesday of the month, 11:30 a.m.-12:30 p.m.

Next Date: May 12

No prior experience needed for this class featuring gentle, mindful movement and deep breathing to calm the nervous system and focus the mind.

PROGRAMS FOR ADULTS

Daily Fika (Coffee Break)

Mondays-Saturdays, 10:00 - 11:00 a.m.

Guerilla Poetry Whoop

Second Wednesday of the month, 6:30 pm - 7:30 p.m.

Next meeting: May 12

E-ldering Conversation Group

Wednesdays
1:00 - 2:00 p.m.

Cultivating Mindfulness, with Anne Gosling

Fridays, 3:00 - 4:00 p.m.

Songwriting Workshop (with Jud Caswell)

First Tuesday of the month, 6:30-8:00 p.m.

Adult Book Group

Third Thursday of the month, 3:00-4:00 p.m.

PROGRAMS FOR CHILDREN AND FAMILIES

Check out the Children and Families page on TML's website for the latest information on virtual programming.

Home Learning Support

Looking for resources or connections to help navigate the school year and keeping students engaged at home? Contact Youth Services Librarian Megan Smith at msmith@thomas.lib.me.us for ideas or to discuss how we can help support you.

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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.com.

Wednesday, April 21

Recycling Committee 7 p.m.

Monday, April 26

Town Council Workshop Budget Review Session 6 p.m.

Tuesday, April 27

Town Council Workshop Budget Review Session 6 p.m.

School Board Workshop 6:30 p.m.

Board of Zoning Appeals 7 p.m.

Monday, May 3

Town Council Special Meeting 7 p.m.

Tuesday, May 4

Planning Board Workshop 7 p.m.

Ongoing each week

Al-Anon, Regular meeting 7 p.m. Thursdays, at United Methodist Church, 280 Ocean House

Road. Regular meeting 7 p.m. Fridays at St. Alban's Church.

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 Thursdays, Public Safety Building - suspended until further notice.

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 Farm Alliance, third Tuesday, 7 p.m., Community Center

South Portland/Cape Elizabeth Rotary Club, each Wednesday at 6:15 p.m. Purpoodock Country Club, Spurwink Avenue. 767-7388.

Codependents Anonymous (CODA) group at Cape Elizabeth United Methodist Church Regular meeting weekly on Saturdays at 10:30 a.m. Call 799-4599 FMI.

CABLE GUIDE

Board of Zoning Appeals replay

April 28 - 8 p.m.
April 29 - 2 p.m., 8 p.m.
April 30 - 2 p.m., 8 p.m.
May 1 - 11 a.m.

Cape Elizabeth Church of the Nazarene

April 24 & 25; May 1 & 2 - 9 a.m.

CETV CHANNEL 1302

Planning Board replay

April 21 - 5 p.m.
April 22 - 9 a.m., 5 p.m., 8 p.m.
April 23 - 12 p.m.
April 24 - 11 a.m.

CELT programs

Continued from page 9

Kettle Cove Beach

CELT's Little Explorers (ages 3-5 with an adult)

Children and caregivers will spend an hour exploring the natural wonders of the Maine woods in spring during this Cape Elizabeth Land Trust event.

Join CELT volunteer Lisa Gent on a gentle hike through Robinson Woods

where we will explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life. Lots of hands on explorations and games included.

Please dress in comfortable clothes and bring a water bottle.

Date: Friday, May 21 9:00-10:00 a.m.
Meet at Robinson Woods parking lot

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 a.m.
Child Care & Sunday School: 10 a.m.
Adult Sunday School: 9 a.m.

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. - 12:00 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.

Church of the Holy Spirit

1047 Congress Street, Portland
874-9779

www.HolySpiritPortland.org

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
Potluck dinner every third Sunday

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

Saint Alban's Episcopal Church

885 Shore Road
799-4014

www.stalbansmaine.org

Sundays: Holy Eucharist 9:30 a.m. In-person and Zoom services.
Children's Programs 10:30 a.m. via Zoom
Celtic Eventide 5:30 p.m. In-person and Zoom services
Room for all

Saint Bartholomew Roman Catholic Church

8 Two Lights Road
799-5528

www.saintbarts.com

Sunday Mass: 9 a.m. and 11 a.m.
Monday & Tuesday Masses: 8 a.m.

First Congregational Church United Church of Christ

301 Cottage Road, South Portland
799-3361

www.fccucc.org

Sunday Worship: 8:30 a.m., 10:00 a.m.
Sunday School: 10:00 a.m.
Preschool Child Care: 10:00 a.m.
Game Room

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

Birding report

Continued from page 11

Warblers within Robinson Woods III, and two male "Yellow" Palm Warblers (with bright rust caps) and a single, boisterous Ruby-crowned Kinglet foraging along a pasture trail in Robinson Woods I. While the Pine Warbler most likely breeds in Cape's coniferous forests, the Palm Warbler will continue along on its journey to the sphagnum bogs of central and northern Maine.

Also, in Robinson Woods on the afternoon of April 11 I overheard the wild melody of a Winter Wren. I was also able to pish this little forest elf to come closer. Quite quickly the bird appeared on a snag about eye-level and performed the most elegant whirling jig for me! To

hear the ecstatic song of this little bird calling from the dark places, coniferous woods with old stone wall nooks is a very special occasion indeed. Describing the voice of a Winter Wren is no easy task. Singing sixteen notes per second, this wren, per unit weight has ten times the sound power of a crowing rooster. As the wren performed, three Hermit Thrushes emerged from the ground, perched low in young white spruce trees, and observed this absurd little dance.

Continuing on I encountered several more Hermit Thrushes busy within a Rhododendron thicket. Most hardy of the brown-backed thrushes, the Hermit is a very special bird. In 1910, pioneering Maine ornithologist Cordelia Stanwood published her first observation study titled, "The Hermit Thrush: The Voice of the Northern Woods," and she wrote, "to know and love the hermit thrush - the voice of the northern woods - and to receive his benediction in the twilight is one of the privileges nature confers on those who worship at her shrine." Lastly, on April 12 my wife and son spotted our first Osprey of the season sitting atop an old snag deep in Pond Cove.

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Will Rogers

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Life begins the day you start a garden. - Chinese proverb

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MUSIC LESSONS

Flute lessons: For beginners and intermediates of all ages. Call Kris: 767-3712.

Piano lessons for all ages. Beginners through advanced. Sandi Palmquist: 329-8345.

Guitar Lessons: All ages and abilities. Travel to you. Call Richard Corson: 207-400-0484

FOR SALE /RENT

Enjoy Cape Elizabeth photo note cards by naturalist Martha Agan magan@maine.rr.com. Card assortments available at Ocean House Gallery near the library parking area.

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ANNOUNCEMENTS



Contributed photo

Cyrus Javier Wolfinger, native of Cape Elizabeth, was recently promoted to the rank of Lieutenant in the United States Navy.

Wolfinger is a 2011 graduate of Cape Elizabeth High School and a 2015 graduate of Northeastern University. After attending Officer Candidate School he began a two and a half year journey to become a Naval Aviator. He received his 'Wings' In 2019 along with the Commodore's List of Distinction; one of 5% of all Naval Student Aviators to be so recognized.

Wolfinger is now attached to VP4 'Skinny Dragons' squadron, piloting one of the Navy's most sophisticated surveillance aircraft, the P8 Poseidon. He will be deploying to Bahrain in the Arabian Gulf flying missions in support of the 5th Fleet.

Science

Continued from page 1

that students are significantly more motivated to learn when in person and significantly less stressed when testing remotely.

The faculty advisor to the effort, CEHS teacher Amy de Vries, said, "This is my first year attempting to establish a science research culture at CEHS and sending a group of students to Science Fair. Besides Swetha, our Science Fair veteran, all of the other students were new to this experience. I am so proud of them all for facing the challenges of science research, laughing through the errors, their abilities to adapt and for showing genuine interest in their projects. They exceeded my expectations for our first year, and created a strong foundation for building our research program. With their example, and the invaluable support of Dr. Tom Mikulka, I hope to build our presence at the Maine State Science Fair in years to come."

Have a Classified Ad, Announcement or Event?

Go to www.capecourier.com
 Or contact Tara Simopoulos at: advertising@capecourier.com

March 2021 Cape Elizabeth real estate transfers

OWNER	LOCATION	SALE PRICE	USE
GALLUZZO DONNA M	7 ARROW POINT ROAD	\$550,000	SINGLE FAMILY
SWAYZE ANDREW B	19 MEADOW WAY	\$366,450	SINGLE FAMILY
BUTSCH PATRICK OBRIAN	15 LYDON LANE	\$620,000	SINGLE FAMILY
MANCALL ALEXANDRA H	3 HEMLOCK HILL ROAD	\$625,000	SINGLE FAMILY
RITCHIE WILLIAM MICHAEL	175 FOWLER ROAD	\$465,000	SINGLE FAMILY
RUTHERFORD ASHLEY	124 OAKHURST ROAD	\$609,000	SINGLE FAMILY
GAMMON JOSEPH A	42 MAXWELL WOODS DRIVE	\$641,493	CONDOMINIUM
HOLT CHRISTOPHER ANTHONY	1 CAYDENS WAY	\$595,000	SINGLE FAMILY
CONNOLLY TIMOTHY D	3 GRANITE RIDGE ROAD	\$765,000	SINGLE FAMILY
WAHRER BENJAMIN J	349 MITCHELL ROAD	\$690,000	SINGLE FAMILY
ERICKSON IV RUSSELL	9 OLD FORT ROAD	\$676,000	SINGLE FAMILY
EATON SHANNON	874 SHORE ROAD	\$1,300,000	SINGLE FAMILY



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27 Gorham Rd.
 Scarborough, ME 04074
 (207) 883-9188

CEEF's Golf Play for Education is back on June 10



Contributed photo

Above, a pre-COVID Annual Play for Education Golf Tournament. CEEF will be adhering to current COVID protocols for the event on June 10.

The Cape Elizabeth Education Foundation's 9th Annual Play for Education Golf Tournament is returning on June 10, 2021.

After a year away, our board is ready to welcome golfers back to beautiful Prouts Neck Country Club – COVID style.

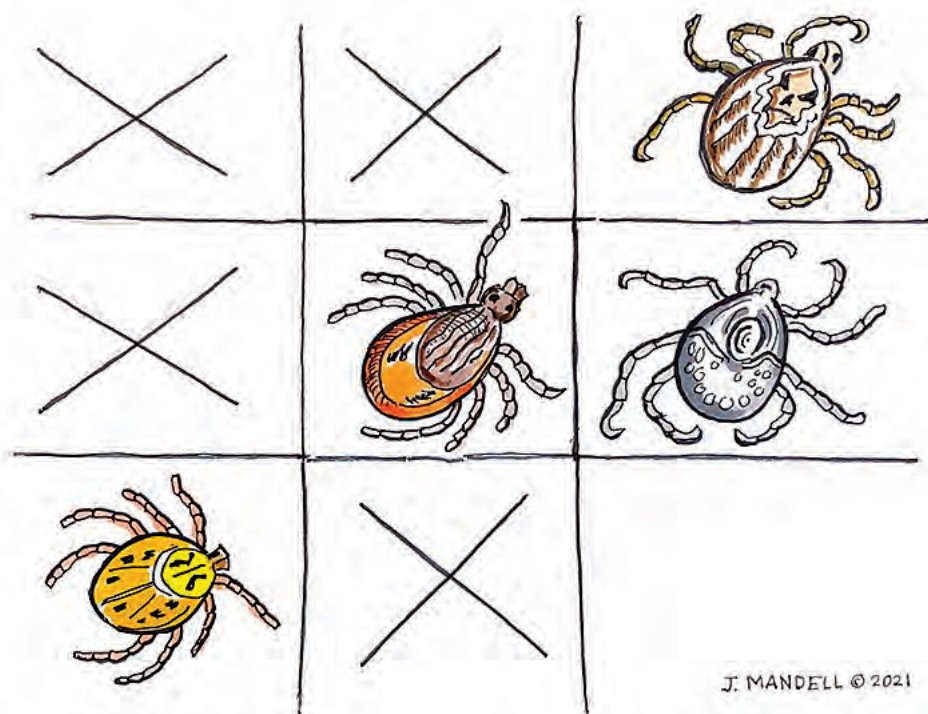
All proceeds from this fun-filled and

worthwhile event benefit CEEF and our mission to foster innovation and excellence in Cape Elizabeth schools.

With all of the changes and uncertainty over the past year, it is nice to hold onto this bit of tradition and CEEF can't wait to welcome you!

Capetoon: They're baaaa-ack

By Jeff Mandell



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10th Annual Cape Elizabeth Garden Tour to be held on July 17

The 10th Annual Cape Elizabeth Garden Tour featuring beautiful gardens within easy driving distance of each other will be held on July 17 this year.

The Friends of Fort Williams Park, a 501(c)(3) non-profit group and the tour's sponsor, postponed the event last year because of the COVID-19 pandemic.

This year's tour will be different in several ways from the previous nine tours, as the Friends adapt to new social-distancing requirements. All will be designed to meet state regulations about the pandemic and ensure the safety of participants.

Two changes have already been decided. All tickets, priced at \$30, will be sold in advance of the show, with no in-person, day-of-tour sales.

There will be a limited number of tickets sold in order to allow social distancing in the gardens, so those who would be disappointed if they missed the event should buy early. Tickets can be purchased at fortwilliams.org, the Friends' web site.

It is likely that whatever changes are made in the tour operation will require more workers. Those who would like to volunteer should also visit the website.

Proceeds from the tour help finance the Friends' work at Fort Williams Park, which includes maintaining the four specific gardens the group has created, controlling invasive plant species at the park, promoting sustainable plant communities that allow for the survival of birds and other wildlife and enhancing visitors' enjoyment at the park.

The postponement of the tour last year has constricted the Friends' activities to an extent, although some of the loss was offset by federal programs.

The Friends of Fort Williams Park hope that this year's tour will not only offset the lost revenue from last year but will also give people a chance to visit, tour and enjoy wonderful landscapes offered for viewing by generous residents of Cape Elizabeth, South Portland and Scarborough.



JADE INTEGRATED HEALTH

Physical Therapy Acupuncture Yoga Therapy Massage Therapy

Est. 2001

MEET OUR ORTHOPEDIC PHYSICAL THERAPY TEAM!

Seeing one of our orthopedic physical therapists can help:

- Heal or prevent injuries
- Increase flexibility, strength and range of motion
- Prepare for or recover from surgery
- Improve performance in sports/activities
- Support the care you are receiving from your osteopath or chiropractor

Jade's unique whole human approach combined with our dedicated staff fosters an atmosphere that promotes recovery and helps you reach your goals.

Physical therapy services are performed in a private treatment setting by a licensed therapist.



Melissa Belcher PT, CAPP-OB

Samantha Wood, DPT

www.jadeintegratedhealth.com/physical-therapy

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