

The Cape Courier

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Cape robotics teams qualify for VEX Worlds Competition, are fundraising for trip

By Kevin St. Jarre



Contributed photo

This is the first year that three Cape teams have qualified for the VEX Worlds Competition, and the students need help raising the funds to cover costs of going to Dallas in May. The Cape VEX Robotics teams are made up of CEHS students Sarah Hagan, Evan Gebhart, Carter Merriam, Marcella Hesser, Matthew Zimmerman, Drew Butzel, Carmen Erickson, Carter Abrahamsen, Chris Noonan, Luke Fredericks, Harold Young, and CEMS students Clark Abrahamsen, Jack Wark, Alex Kang, Ezra Gabrielson, Noah Scott, Hudson Charlebois and Jonah Chang.

In the VEX robotics program, Cape Elizabeth School Department students design, build and code robots to compete in tournaments alongside other teams and schools. Since the program's inception, CESD teams have won numerous awards for both achievement and character. Cape Robotics teams annually qualify and compete in the Maine VEX State Championship for a chance to qualify for the Worlds Competition. This is the first year that three Cape teams have qualified for the VEX Worlds Competition.

The teams from Cape Elizabeth are labeled with a number-letter designator, and this year's teams were made up this way:

56J: Sarah Hagan, Evan Gebhart, Carter Merriam, Marcella Hesser

56G: Matthew Zimmerman, Drew Butzel, Carmen Erickson, Carter Abrahamsen, Chris Noonan

56H: Luke Fredericks, Harold Young

56R: Clark Abrahamsen, Jack Wark, Alex Kang, Ezra Gabrielson (8th grade)

56S: Noah Scott, Hudson Charlebois, Jonah Chang (7th grade)

They are coached by CEHS Computer Science Teacher Alex Anesko. According to student and VEX veteran Drew Butzel (56G), "[T]he Cape Elizabeth Robotics program for middle and high school students has been back in full force this year, after a two-year pandemic hiatus."

During the season, which ran from September 2021 through March 2022, three CEHS teams (56J, 56R and 56G) won numerous competitions and received awards for design, excellence and sportsmanship at competitions throughout the state.

When asked to relate one thing from the 2021-2022 season that has stuck with him, Butzel replied, "When I got two autons working perfectly that I coded and tested on the day of the competition. I felt very excited and proud that my coding skills had improved enough to help my team in a significant way."

His 56G teammate, Matthew Zimmerman, said, "Two of the judges at a States qualifying event told me that they thought that I had built a beautiful robot. One of those judges was later one of the judges who awarded us with the design award at the state championship, qualifying us for Worlds."

Asked for memories they will never forget from their years in the program, the budding engineers shared a couple. Butzel said,

-see ROBOTICS page 7

Butterworth's article fools many

Debbie Butterworth's annual April Fools article on a new Mail Fullfillment and Distribution Center in Cape Elizabeth had many folks talking around town. For those that did not read until the end, the Courier just wanted to set your minds at ease... Happy April Fools!



Affordable housing series

Part 1: Affordable housing success stories in Cape Elizabeth

By Jeffrey Shedd

The Dunham Court affordable housing proposal has commanded conversations and newspaper stories in recent months.

This article is the first in a series about affordable housing. The articles will attempt to build shared knowledge and perhaps contribute to an informed discussion as Cape Elizabeth wrestles with its role in addressing the affordable housing problem.

Affordable housing is not a new problem, nor is it without success stories in Cape Elizabeth.

In the 1970s, according to Town Manager Matthew Sturgis, Cape Elizabeth saw the addition of affordable apartments added to the Colonial Village development off Scott Dyer Road. Tenants of those HUD-subsidized apartments for the elderly, the only affordable rental units built in the last fifty years in Cape Elizabeth, must meet HUD income-eligibility guidelines. The average time on the waitlist for prospective tenants interested in those apartments is currently three years, according to the company managing the apartments.

In the fifty years since these apartments were built, hundreds of low-income families and individuals have benefitted from their presence near the heart of town.

In the 1990s, according to Sturgis, Cape Elizabeth became one of the first communities in this region to enact an "inclusionary zoning ordinance." Cape's ordinance requires developers building at least five new units to include a designated percentage of low (5%) or moderate (10%) units in their developments. Alternatively, the developers may choose to donate a fee, depending on the size of the development, to a town affordable housing fund.

Since the enactment of this inclusive zoning ordinance, according to Sturgis, all covered developments have included low-income homes. The most recent such additions were in Maxwell Woods, Cottage Brook and Eastman Meadows.

In order to qualify to purchase one of the sixteen total homes added to Cape Eliza-

-see AFFORDABLE HOUSING page 5

Ethan Whitaker has a "Big Year"

By Marta Girouard



Contributed photo

In 2021, Ethan Whitaker had a "Big Year," identifying 324 birds over the course of the year and breaking the record of 317 birds set in 2017. He is pictured above with his wife, Ingrid, who is also an accomplished birder.

Ethan Whitaker had a "Big Year" in 2021, and those in the birding world know what that means. A big year is an informal competition among birders who attempt to identify as many species of birds as they can by sight or sound within a calendar year and within a designated geographic area. Whitaker chose Maine for his big year and in 2021, he identified 324 birds, breaking the record of 317 birds set by Josh Fecteau in 2017.

Whitaker, who is from Wiscasset and resides part-time in Cape Elizabeth, is a relatively new birder. The 2011 film "The Big Year," as well as an HBO documentary on "competitive" birders piqued his interest in the hobby. And then he met Ingrid Whitaker. Ingrid has been a teacher at Pond Cove

since 1985 and is an accomplished birder in her own right. She began birding around 20 years ago when she became curious about the birds visiting her bird feeder. Ingrid and Ethan met in 2013 and on their second date, Ethan was set on impressing her. So he took her to a marsh where he had seen dozens of Snowy Egrets the previous September. "I had no idea that they had all migrated south four months earlier," he said. "Despite my birding ignorance, Ingrid continued to date me, and we married a year and a half later."

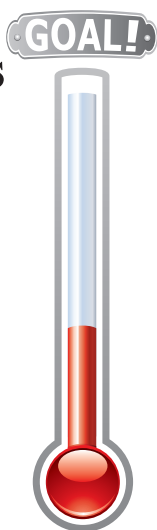
Ingrid taught Ethan how to identify different species, bought him a decent pair of

-see BIRDING RECORD page 8

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Don't be fooled by 'Plan B'

I attended Cynthia Dill's community forum last month regarding the second petition initiative she is organizing to put yet another referendum before voters in the fall regarding affordable housing in our town.

I went to the meeting in good faith and with an open mind, hopeful to learn more details about her proposed plan to create an affordable housing development on town owned land at Gull Crest. However, I came away with little more information than I walked in with.

No details about a specific site location; or about prospective developers and their funding sources; or about mitigating known and complicated infrastructure issues (e.g., wetlands, vulnerability to sea

level rise, lack of public sewer among them.)

What I have come to realize is there is no plan in 'Plan B.' The main purpose seems to be more about creating confusion about the referendum question that has already been sent to the November ballot.

And furthermore, to create a permission structure to allow people to feel ok about voting no on the initial referendum by also voting yes for an obtuse idea with little detail attached to it that more likely than not won't actually become a reality. Even if you weren't in favor of the Dunham Court project and related zoning amendments, this simply isn't a realistic alternative.

So when someone with a clipboard comes asking for your signature, I hope people are able to see through it for what it is.

Jamie Garvin

Plan B - get the facts

There is an ongoing citizen petition to build housing in Gull Crest. But as of right now it isn't a plan, just an ordinance amendment that appears to do nothing to advance the cause of creating affordable housing in Cape Elizabeth.

I encourage anyone who wants to learn more to visit www.affordablecape.com to understand the facts in an open, transparent way.

In the coming weeks and months as

Richmond Island reservation information

Richmond Island will be closed to public visitors in 2022 from August 1 - 15.

The island will be open to the public for day visitors. Camping will be open from May 27 until September 25. Camping reservation requests can be mailed to Richmond.Island@blackpointcorporation.com

Please check our website for current updates and regulations of the island at blackpointcorporation.com and thank you for respecting this beautiful island. Any additional questions please call 207-799-0011.

THANK YOU!

Your donations and other contributions help keep this community newspaper coming to your mailbox.

Thank you to these recent generous contributors who donated above the voluntary subscription level:

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Let us hear from you!



We love feedback!

editor@capecourier.com

'Please keep Ft. Williams Park beautiful'

You write, "What's wrong with these dog owners who want the right to walk their dogs...but abuse." For the benefit of doubt, I assume you aren't including all dog walkers but just a few.

I frequently walk my dog year round at our favorite place and meet many others. Interestingly, there are an increasingly large number of walkers from surrounding towns visiting...I've even seen dog walking services there regularly with two, three, four all on the leash.

I try and do enjoy speaking with them all and mention what we share in the blessing having the Fort and how much our very best friends enjoy it, too...especially off leash.

I'll sometimes bring up the issue you raise by mentioning other Cape Courier articles that some dog haters have high-

lighted in protest suggesting dogs to be banned. That's pretty extreme...don't you think? It's a good catalyst for their awareness to mind the park.

But, I never see people leaving the waste behind. Though, I'll occasionally see droppings, too. I can't imagine, however, that some will pick waste up in a bag, then drop the bag. More than likely, some are dropped accidentally, unaware, or might not know there are a few containers close by to toss it away. Do we need more waste containers? No...that, too, will take away from the park's beauty. I just pick up what I see and toss it.

That's my little contribution, what's yours?

Kevin M. Justh

Bill Daviero

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The Cape Courier is looking for a seasoned writer to cover and report on all Town Council meetings. This paid position requires less than 10 hours per month.

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Then and Now: ‘Nine ball in the corner pocket...er...ocean?’

By Jim Rowe



Photo by Jim Rowe

Greg Welch recently dropped off some interesting items at the Cape Elizabeth Historical Preservation Society. Among them was a pool ball, discovered intact on the shore at Ship Cove Beach. In this article, Jim Rowe ponders over how it got there.

“The world of reality has its limits; the world of imagination is limitless.” (Jean-Jacques Rousseau)

Greg Welch, recently of South Portland, now relocated to warmer climes, dropped off some interesting items at the historical society. To borrow from the title of the classic rock song by The Who, they were gathered during Fort Williams’s “Teenage Wasteland” period (roughly 1962 when the Army left to well into the 1970s when the town was deciding what to do with the 90 acres).

Some unsupervised young visitors back then simply explored the abandoned buildings and cavernous bunkers. Some engaged in “underaged” activities. Still others were bent on destruction- breaking windows, starting fires and scrawling graffiti - always a step or two ahead of a woefully shorthanded constabulary. Fortunately, there were also people like Greg Welch who saw future memories among the heaps of neglect...a historical preservationist before it was fashionable.

Among the artifacts was a pool ball (a #9 ball, to be precise- see photo above).

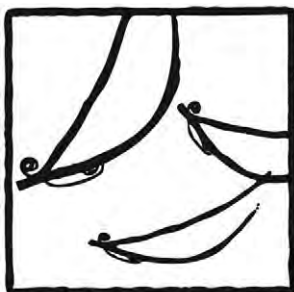
Interesting to me was where the orb was discovered...awash on the shore at Ship Cove Beach. The ball was intact, although maybe a bit out of round (from its pummeling on the rocks by a relentless surf). It wore hairline surface cracks like the wizened face of an ancient mariner.

So where did this ball come from and how far had it traveled? From a luxury liner? From an island retreat? From a household along the Cape shore? Greg didn’t know. And neither do I.

But I have a theory. In 1899, the same year that “The Fort” was bestowed with the name of Gen. Seth Williams, the former Goddard Mansion was absorbed into the military base. Its upper floors were living quarters for four non-commissioned officers and their families. In the basement was the NCO club, where soldiers could relax when off-duty, and where dances were frequently held on weekends. My theory is that the NCO club probably had a pool table and that a soldier flung the ball through an open window after losing a game of...wait for it... nine-ball! It clattered down over the rocks and into Casco Bay.

Hopefully your imagination provides a better theory than mine.

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Plan B is ‘a knockout, not a copout’

I am responding to Tracy Floyd’s letter to the editor in the Cape Courier wherein he accuses me of committing “rope-a-dope” in the fight for affordable housing for kids and families.

I like it! Muhammad Ali and me. Two heavyweights rumbling in the jungle, tirelessly taking blows for the cause. For the Greatest, it was a world championship. For me, it’s Plan B.

We won the first round. Plan A - the zoning amendment to allow for Dunham Court-type development in the town center will be on the ballot in November.

Round 2 is for a better choice. Plan B is a citizen petition to get another amendment on the ballot in November. If passed, Plan B will amend the zoning ordinance to allow for the development of community housing - a neighborhood of multi-

plex affordable housing on town-owned land to help families from near and as far as Ukraine achieve the American dream.

Plan B for Community Housing in Cape Elizabeth is about good governance and democracy in action. Float like a butterfly and sting like Plan B. It’s a knockout, not a copout.

Please join me in getting Plan B on the ballot in November. Voters with a vision can act and provide a tool for the town council to use in addressing the housing issue. If our minds can conceive it, if our hearts can believe it - then we can achieve it.

Cynthia Dill

Cape Elizabeth Earth Day cleanup effort to begin April 22

In honor of Earth Day, the Cape Elizabeth Land Trust is working with Cape Elizabeth Department of Public Works to coordinate a two-week cleanup effort on Cape’s roads, trails and beaches. Interested individuals, community groups and organizations can visit <https://link.capelandtrust.org/earthday> to learn more and sign up.

The ongoing cleanups will begin on Earth Day, April 22, and culminate with a full-day event on Saturday, April 30, from 8 a.m. to 2 p.m.

During that time, volunteers will rally at the CELT office and be sent out to different areas across Cape Elizabeth that haven’t been cleaned up yet. There will also be lower-intensity options around the office, such as garden cleanups and basic landscaping for those who would

prefer.

For those that need them, litter cleanup kits consisting of trash bags and rubberized work gloves will be available at the CELT office at 330 Ocean House Road, which is open 9 a.m. – 5 p.m. Monday through Friday.

Public Works has also established several trash drop-off sites around town where you can leave bags to be collected on April 25 or May 2 – see the website (<https://link.capelandtrust.org/earthday>) for details and a map. You can also bring your trash directly to the transfer station.

Logistical questions can be directed to CELT by emailing info@capelandtrust.org, calling (207) 767-6054, or stopping by the office. We hope to see you out there!

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News from the superintendent

By Dr. Chris Record

We have nearly made it through March and have completed 28 weeks of in-person learning! However, at the same time it is important to reflect on what an arduous and at times inspiring journey we have been on individually and collectively for the past two years. Each of us have had to navigate the challenges of this pandemic personally and professionally and some of us have lost dear friends and relatives along the way.

This has not been easy for any of us and I just want to express my gratitude and thanks to all of you for supporting each other and our school system through this difficult time. Brighter days are definitely ahead, but I certainly know the shift to mask-optional requirements in our schools has been celebrated by some and has caused concern for others. Let's remember to continue to support one another through this change even if we may disagree with one another.

Our staff and students have been hard at work teaching and learning in school and our students have been exceptionally successful in their extra-curricular activities outside of school. We are thrilled to share that our Ski Team, our Swim Team, our Robotics Team, our Speech/Debate Team are all recent state champions and our Unified Basketball Team had a tremendous season as well. Additionally, we have had our CEHS and CEMS musicians and chorus recognized for excellence and additionally our One Act Play, "Chamber Music," was incredibly performed, directed, and produced.

Meanwhile, the new school building project has progressed forward. Please check out www.cebuildingproject.com for regular updates and attend our Building Project Public Forum on April 7 at 6:30 p.m. at the CEMS/PC cafetorium to find out more. We will be offering tours to the public to see the conditions of the schools. The School Board has determined that shifting the Bond Referendum vote from June to November will help ensure everyone is as informed as they can possibly be about this very important investment decision for our kids and our community. Additionally, the School Board has endorsed completing the Schematic Design for the project before the referendum for the following reasons:

- Provides much more information for the public before they vote (can actually see the new schools). Maximizes our ability to educate and communicate with everyone

- involved in this process.
 - o "What are we actually getting for this expense?"

- Provides a much better cost estimate before the vote

- o Studies (Geotech, Hazmat, traffic, etc.) will be completed to further validate costs

- Keeps us on the September 2025 timeline to open two new schools

- o If we conduct the schematic design after the referendum we will not open new schools until September 2026

- One less year in new schools for our students/staff

- One more year of escalating construction costs

- One more year of system inefficiencies and breakdowns

- Allows us to take advantage of the lowest possible interest rates

- We have to do it anyway as part of the design process and will be utilized to guide the project even if the referendum does not pass the first time

As a reminder, we need new schools for the following reasons:

- Configuration of the existing buildings and classrooms are not conducive to 21st century teaching methods and collaboration of students and staff.

- o 78% of our classrooms are below the MDOE recommended size

- o Students and faculty feel isolated by long and tight corridors and spend significant time traveling through the sprawling complex

- o Buildings were not built for the programming demands and expectations of 21st century education

- Renovation will not solve many current shortcomings, such as classrooms and faculty spaces that do not meet current MDOE size guidelines, or do not have dedicated spaces at all.

- Existing foundations lack the energy saving insulation now required by code, resulting in surging energy costs, and may not have capacity to support structural upgrades that may be required without re-building.

- Renovations to the existing building would require multi-year, complex phasing and displacement of students into costly temporary trailers spread out across the campus.

- o Associated temporary utility systems, phased system shutdowns and site disruptions would be lost investments.

- Considering the significant maintenance and operations issues and expenses we are facing with outdated systems, new construction provides dependability and offers a better value proposition of what is gained over long term costs.

We recognize that supporting the new school referendum is a difficult decision for many and particularly for those on a fixed income. Our schools play an incredibly important role in our community as we are educating the leaders of tomorrow. We believe that building new schools will provide exceptional 21st century learning environments for our students and will also provide increasing property values for Cape homeowners. While still not an easy call, we ask for your openness to viewing the schematic design later this summer and fall, asking questions and then reaching your own conclusions about the merits for the project before the November referendum. Please do not hesitate to contact me at crecord@capeelizabethschools.org if you have any questions.

TML and CELT launch poetry and photo contest

Take out your camera, sharpen your pencil and head outside! This April, Thomas Memorial Library (TML) and the Cape Elizabeth Land Trust (CELT) are partnering to offer a combined poetry and photo contest celebrating the natural world of Cape Elizabeth.

Entries will be accepted in three categories: poetry, photography and a special "combined" category for poems paired with a photo. There will also be three separate age groups: PreK-8, Grade 9-12, and Adult for a total of nine separate winners.

The contest opens on April 1, with final submissions due by midnight on May 1. Submissions will only be accepted through the CELT website at <https://link.capeandtrust.org/contest-2022>. Submissions must be created in the month of April, 2022, and must be related to "nature;" however, participants are encouraged to interpret that term as creatively as they see fit.

All winners, plus any "honorable mentions" determined by the judges will be featured in a gallery show at TML throughout the month of June, 2022. At the end of the exhibition, selected winners will receive a framed copy of their submission following the show. All submissions will also be featured in an online gallery.

For questions about the contest, please refer to the contest website or email education@capeandtrust.org.

Dog owners issued quarantine notices, driver fails to stop for school bus

Reported by Debbie Butterworth

PUBLIC INFORMATION

3-9 An officer met with a resident at Fort Williams Park who reported that while she was walking her dog on a leash, three loose dogs ran towards her and one became aggressive with her dog. The officer met with the owners of two of the loose dogs and issued warnings for failure to maintain control of their dogs. He also issued 10-day quarantine notices to the owners of the dogs. The third dog had left the area and no one knew who the owner was.

3-9 An officer responded to a residence in the Spurwink Avenue area for a well-being check.

3-14 An officer met with a representative of Public Works at Lion's Field where fresh "donut marks" had been left by a vehicle in the upper parking lot. The employee provided the officer with a description of the car.

3-20 Two officers responded to a residence in the Shore Road area for a child custody dispute.

3-20 An officer met with a resident of the Shore Road area who reported that he had received a letter from a local credit union thanking him for opening an account, which he hadn't. The paperwork used to open the accounts had both correct and incorrect information on it. He was advised to lock his credit and monitor his accounts.

-see POLICE LOG page 13

Kindergarten registration open for fall 2022

Pond Cove Elementary School is now accepting kindergarten registrations for the 2022-2023 school year.

If you have a child turning 5 on or before October 15, 2022, please visit the District website at: <https://www.cape.k12.me.us/>, choose Pond Cove, then Registration Information under Parents/Guardians to begin the process.

Once your kindergartener's pre-registration has been approved by the school, you will receive a detailed email guiding you through the enrollment process via PowerSchool.

Upon form completion, you will need to upload the following documentation:

1. Child's birth certificate
2. Proof of immunizations
3. Proof of residency

If you are in need of extra support throughout this process, please contact Pond Cove at pcoffice@capeelizabethschools.org or 207-799-7339.




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Scam alert bulletin board

By Jessica D. Simpson

Disaster Repair Scams

Extreme weather season seems to be a misnomer, with catastrophic weather events happening throughout the year these days.

Whenever weather events occur, shady contractors and outright impostors flock to neighborhoods in search of “work” that they may or may not even attempt to do. Many will specifically target older homeowners who they perceive as more trusting, more likely to have savings, and – they think – may be experiencing cognitive decline.

It’s safest to trust contractors that you proactively reach out to. Also, regardless of who you are talking to, get written estimates and compare bids from multiple contractors before starting any work. Finally, pay no more than a third of the total cost prior to the work beginning – and then only when materials arrive.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Job Search Scams

The workforce has become a seller’s market and millions of people are leaving their job for greener pastures. More money, working from home and more time off are just some of the perks. But if you’re in the market for a career upgrade, make sure that new gig is legitimate before taking the leap.

Criminals flood job search sites with professional looking ads offering the sun and the moon, but there is often a catch.

Affordable housing

Continued from page 1

beth’s housing stock as a result of this ordinance, the homes’ purchasers must demonstrate that their incomes do not exceed 80% of the median income for greater Portland. Riders attached to the homeowners’ deeds, according to Town Planner Maureen O’Meara, assure that the housing will remain affordable upon transfer, while allowing the homeowner to benefit from a share of rising equity value.

In addition to these larger scale affordable housing success stories in Cape Elizabeth, there is a recent smaller scale story that was entirely the product of the generosity and volunteerism of Cape residents. This story has been told in part in an earlier Cape Courier story. “And now,” as old-time radio announcer Paul Harvey used to say, “for the rest of the story.”

In 1984, current Cape Elizabeth resident Nasir Shir’s family fled Afghanistan to escape the Soviet invasion. Moving to Portland, Shir’s family first lived in public housing in Portland, eventually settling in Cape Elizabeth in 1997.

With the American withdrawal from Afghanistan this past summer, a new wave of Afghans, some connected to the American post-September 11th effort in that country, sought to flee persecution–this time by the Taliban. One such family was the Mohmmad fam-

ily. From 2005-2011, Shir had worked with Omid Mohmmad in Afghanistan. Last year, he was in contact with his friend; Shir learned of his friend’s desperation to emigrate to America with his family as the Taliban surged while American forces prepared to leave.

Shir had recently bought a dentist’s office at the bottom of Mitchell Road, using equity in his home, to support another family in need in Cape Elizabeth. Unfortunately, that family had to leave Cape Elizabeth for financial reasons before the house could be renovated and used as a solution for them.

So Shir turned his attention to making the home available instead to the Mohmmads. And Shir intended it to be presented to them as a surprise! Luckily, the Mohmmads, after considerable effort, had been able to secure a scarce visa. It allowed them to emigrate to America, first settling in a Virginia camp, along with many other recent Afghan refugees.

Shir’s family, including his children and sister’s family, pitched in with vital hands-on and organizing help needed to transform the building from a dentist’s office to a home. With the coordinating oversight of Cape resident and volunteer Emily Mavodones, an army of helpers sprang into action with donations of goods and manual labor.

Why did Mavodones get involved in the project? “The reason I wanted to help,” she said, “is because I’m a mother–it was a

Judy’s Pantry- a community feeding itself

Please note that our hours of operation have changed. We are now operating a curbside distribution at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of each month from 3-5 p.m.

Prior registration is necessary. Please contact Beth Owens: bethowens1@gmail.com.

CAPE CALENDAR

By Wendy Derzawiec

Please see the town website, www.capeelizabeth.com for meeting locations

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

Thursday, April 7

School Board Building Oversight Committee - PUBLIC FORUM, Cape Elizabeth Middle School Cafetorium, 6:30 p.m.
Recycling Committee, Public Works Department, 7 p.m.

Monday, April 11

Town Council, Town Hall, 7 p.m.

Tuesday, April 12

School Board Meeting, Town Hall, 6:30 p.m.
Conservation Committee, Town Hall, 7 p.m.

Wednesday, April 13

Community Services Committee, Community Center, 5:30 p.m.
Diversity, Equity, and Inclusion Committee, 7 p.m.

Tuesday, April 19

Planning Board, Town Hall, 7 p.m.

Ongoing each week

Al-Anon, Regular meeting 7 p.m. Thursdays, 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.

CABLE GUIDE	CETV CHANNEL 1302
<p>Subject to change. Please see cetv.capeelizabeth.org for latest program guide and video on demand.</p> <p>Cape Elizabeth Church of the Nazarene April 9 - April 10</p>	<p>April 16 - April 17 - 9 a.m.</p>

visceral response to a family and kids suffering....I have been so privileged. I would hope somebody would help me if I was in that situation.”

One day, while the renovation work was underway, Shir recalled going to the basement and seeing a gentleman on his hands and knees working on the floor. The gentleman introduced himself as a local lawyer. Another volunteer, hard at work with hand tools, was the vice president of a local I.T. company; he explained his involvement to Nasir in simple terms: “I like to give back to the community.”

Was there one special moment Mavodones recalled while this local “Extreme Makeover:Home Edition” was under way? “Not a particular moment but everyday miracles. People came in to do work at night. When I came in the morning, it was like magical fairies had been in the house overnight.” Shir’s intent from the beginning was to

give his friend’s family the “best” home situation in his own “best community,” Cape Elizabeth. Typically, refugees must settle for public housing, as Shir’s own family did in the 1980s, because they initially lack jobs and access to financing. Shir wanted better for his friend’s family.

On October 30, the Mohmmad family arrived in Cape Elizabeth from the base in Virginia. They climbed the steps of their new home, having been led to believe it was Shir’s sister’s home. Shir turned to his friend, presented him the keys to the house, and said “Welcome to your new home.” It was an emotional moment for the Mohmmad’s, the

-see SUCCESS STORIES page 16



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Cape Elizabeth state park volunteers celebrate with campfire at Crescent Beach

By Stephen T. Lyons



Photo courtesy of Janet Mangione

After some hard work removing invasive plants, Crescent Beach State Park volunteers and park employees gathered over an open fire and a traditional Maine dinner.

On Wednesday, March 23, Crescent Beach volunteers and state park employees gathered to clear bittersweet and honeysuckle. After some hard work removing these invasive plants, they celebrated with an open fire and a traditional Maine dinner of baked beans, hot-dogs and homemade cookies.

The volunteers and park employees also said goodbye to one of the Park Rangers, Michael Korycansky. Mike has been a ranger at Cape Elizabeth's Two Lights State Park, Crescent Beach State Park and Kettle Cove State

Park and is leaving for future opportunities outside of Maine. Mike holds a B.S. Degree in Forestry from the University of Maine and is a certified FAA remote drone pilot. Park Manager Kurt Shoener praised Mike for his dedication and time with Maine State Parks.

State parks protect the natural beauty of plants and wildlife and provide breathtaking views of Maine's rock shoreline and ocean and terrific recreational opportunities and

-see CELEBRATION page 14

CEEF stages Cape Robotics for World Championship success



Contributed photo

Pictured above, left to right: Carter Merriam, Marcella Hesser, Evan Gebhart, Matthew Zimmerman.

The Cape Elizabeth Education Foundation is a proud supporter of many outstanding student initiatives. The Cape Elizabeth Robotics program is a great example of the way CEEF enables students to elevate their work in our community. This year, for the first time in history, Cape Robotics has qualified three teams for the Vex World Robotics Championship!

Thanks to a recent CEEF Grant, the senior Cape Robotics team members are building a raised platform in the CEHS Robotics lab to be prepared for the world stage. Raised platforms have become increasingly common among VEX Robotics teams in the region, and are a standard component of higher level competitions such as the Maine State Championship and VEX Worlds. The teams currently practice on the floor of their lab and this grant will bring the field up to current standards. The students' clever design of the platform will also alleviate storage issues in the lab.

Senior Evan Gebhart is heading up the platform design with seniors Marcella

Hesser and Matthew Zimmerman constructing the platform in the CEHS wood shop, under the supervision of Jim Ray. The newly constructed stage will provide valuable practice time with the standard league field ahead of the World competition. Evan said "Seeing such a project through from inception to completion will be an invaluable learning experience for us, and the platform will be the legacy of this year's eight, highly accomplished, senior Robotics Club members." Coach Alex Anesko shared that the students are excited to get some practice on the raised field and are planning to host some friendly scrimmages before Worlds.

CEEF has supported Cape Robotics for over 15 years, from its initial funding in 2005 to this most recent platform grant. We're proud to be a part of the program's success and will be rooting on the Cape teams at Worlds in May. If you would like to join CEEF in supporting Cape's Robotics teams, visit <http://bit.ly/CapeRobotics>.

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IT TAKES A COMMUNITY TO KEEP FOOD GROWING

Cub Scout Pack 30 holds annual Pinewood Derby



Contributed photo

On March 26, the Cape Elizabeth Cub Scout Pack 30 held their annual Pinewood Derby. The scouts worked very hard shaping and building their own cars with a little help from their parents. The scouts judged to see which cars were the fastest and also which cars looked the best. All of the scouts had a great time at this annual event.

Robotics

Continued from page 1

“Qualifying for States in my first year competing. Even though States got cancelled, seeing my hard work pay off was incredible.”

Zimmerman recalled, “Matthew Leighton accidentally driving our robot off a table at Worlds our 8th grade year. It proceeded to perform better afterwards.”

At the Vex Robotics Maine State Championships held in South Portland recently, the CESD teams performed well. Three teams took away top awards: Tournament Champion (56J and 56R), Robot Skills Champion (56R), Excellence Award (56J) and Design Award (56G). These performances qualified the 56G, 56J and 56R teams to compete at VEX Worlds Competition in Dallas, Texas in May.

In addition, 56S took the Judges Award and 56R the Sportsmanship Award. Butzel said, “All Cape teams turned in strong performances at States. [We’re] thrilled to have qualified for the Worlds event and to compete alongside the best young engineers from across the globe.”

However, there is an additional challenge with qualifying for the VEX Worlds Competition. Since registration, shipping, transportation and hotel expenses associated with this competition are steep, the students are raising funds to cover the costs. Anyone interested can make donations via Venmo (@VEX56) or by PayPal. If by check, make it payable to, and mail to:

Cape Robotics
Attn: Mr. Alex Anesko
Cape Elizabeth High School
345 Ocean House Road
Cape Elizabeth, ME 04107

The Cape Elizabeth Robotics program was founded in 2006 by Coach Evan Thayer and six CEHS students. Over the next ten years, the program grew in popularity due largely to the school administration’s strong support for science, technology, engineering and mathematics (STEM) enrichment programming.

By 2014, the program included students throughout the entire school system; elementary students are introduced to the principles and concepts of robots in the classroom; fifth and sixth graders have the option of joining after school programs or VEX IQ; seventh and eighth graders learn to build and code in VEX EDR. CEMS teams are also eligible to compete in tournaments throughout Maine for 7th to 12th grade students.

Cape Challenge 5K is back, event to be held June 5

By Marta Girouard

Spring is here and it’s time to hit the pavement because the Cape Challenge 5k is back! After a two-year hiatus due to Covid, the event will resume on Sunday, June 5. The registration page is now live; sign up for the race at: <https://runinarace.com/CapeChallenge/>.

Sponsored by RE/MAX Oceanside and FG Life Services, the race will include a Fun Run for children ages 8 and under starting at 8:30 a.m., a 1-Mile Dash for children ages 12 and under starting at 9:00 a.m. and the 5K Cape Challenge will begin at 9:30 a.m. An awards ceremony, along with a drawing for prizes for the Cape Challenge Raffle will begin at 10:15 a.m. in the Pond Cove/Middle School Cafetorium. Proceeds from this event benefit the Cape Elizabeth Pond Cove, Middle School and High School Parents’ Associations.

A fundraiser night to support the Cape Challenge will be held on Tuesday, April

12 at Flatbread Company, located at 72 Commercial Street in Portland. The event will run from 5:00 – 9:00 p.m. and applies to dine-in and take-out orders.

Follow the Cape Challenge on Facebook and on Instagram: @CapeChallenge5k. For any questions, or if you are interested in volunteering, please contact co-directors Marta Girouard and Jenn Grymek at capechallenge5k@gmail.com.



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Birding record

Continued from page 1



Photo by Ethan Whitaker

The last bird Ethan Whitaker identified and photographed on December 31 as part of his "Maine Big Year" was the Steller's Sea Eagle. Sightings of this bird dominated state and national news headlines because not only is the bird rare but it is also usually native to coastal northeastern Asia.

binocular and took him to birding festivals. In 2015 the couple began vacationing in birding hotspots in Texas, California and Arizona. "I was rushing out the door every time a rare bird was spotted and spending

all of my free time in marshes, bogs and shorelines," Ethan said. Fast forward to 2018 and Ethan began to seriously consider doing a "Maine Big Year" in 2021. The project would require a lot of travel and

careful planning and to do it right, Ethan would need to retire early, get his knees replaced and spend his free time studying birds. Supportive from the very beginning, Ingrid immediately said, "I think you should do it!"

Three years later, Ethan was ready. On January 1, he set out for Sprague Hall, where he identified his first bird, the Great Horned Owl. Over the course of the year, he logged 60,000 miles on his car and had some memorable sightings. One was the Red-billed Tropicbird. "It took two trips to Seal Island, a rocky outcrop ten miles east of Vinal Haven to see this stunning white bird with a bright red bill and long tail streamers."

Another was the Summer Tanager. "On September 30 I spent the entire day looking for birds in Cumberland and York counties. I returned to our Cape Elizabeth condo late in the afternoon, made myself a sandwich, dropped into my recliner to catch up on the TV news and looked out the window. Incredibly a Summer Tanager, a bird that has no business being in Maine was chasing Yellow Jackets over the complex's parking lot," explained Ethan.

Ethan's favorite sighting was the last bird, the now famous Steller's Sea Eagle that recently dominated state and national news headlines. It was first spotted in Maine on December 30 in Georgetown. Ethan and Ingrid rushed down to Five Islands to try and see the bird but it was too dark and foggy.

The next day, the last day of Ethan's Maine Big Year, he was searching Westport Island for the eagle when he got a phone call from Matthew Gilbert, a high school senior from Cumberland who sent him GPS coordinates of the bird's location. "Ingrid and I then drove a consistent 20 mph over the posted speed limit, and arrived in time to see the enormous Steller's Sea Eagle at the end of an icy road," Ethan exclaimed. "We were soon joined by at least a hundred birders from all over the Northeast. Folks were exchanging hugs, fist bumps and high-fives. The rarest bird ever seen in Maine! What a thrilling way to end the Maine Big Year."

Ingrid added, "Many of our birding friends were among the hundred or so people who were there to see this incredible, very lost bird. It was such a thrilling experience and a storybook ending to Ethan's Maine Big Year. I am very proud of him and what he accomplished and thrilled that he was able to make his dream a reality."

eBird, an on-line database by Cornell University, is where birders report their daily sighting and the application posts daily rankings of the top 100 birders by county, state, nations and even the entire world. Ethan documented his sightings on ebird and having been a software developer for most of his professional career, he developed an iPhone application for his Maine Bird Year. It allowed him to run data on current and past bird sightings, made recommendations on which bird to search for and even provided direction on his car's navigation screen. Ethan also wrote a book about his Maine Bird Year, "Every Bird in Maine." "For the most part it is a pictorial narrative of the Big Year tied together with crazy stories about talking my way out of speeding tickets; photographing birds on whale watches while everyone else on the boat was looking at Humpbacks; and the people that helped me along the way," explained Ethan. The book is available at local bookstores like Nonesuch Books and Sherman's and also on Amazon.

Ethan and Ingrid are already planning their next birding adventure, what is called an "ABA Big Year." The American Birding Association (ABA) is a non-profit organization dedicated to recreational birding in Canada and the United States. The couple will be traveling to Alaska, Hawaii, Texas and parts in between trying to see as many species as possible. "The ABA record is 830 birds in a single year and we realistically don't expect to come close to breaking it . . . but we're looking forward to the adventure," Ethan said.



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Friends news and notes: volunteers needed in the Children's Garden

By Andrea Southworth
Ecology Project Manager, Friends of Fort Williams Park



Photo by Andrea Southworth

Winter's seed heads and stalks need to be cut back in the Children's Garden to give way to green growth and renewal. Pictured: wild bergamot (a type of bee balm), *Monarda fistulosa*.

Join the Friends of Fort Williams Park to cut-back native wildflowers in the Children's Garden as we get ready for the upcoming season.

Part of our regular maintenance activities is to wait until spring to trim last year's perennials, providing maximum ecological benefit as well as winter interest and beauty

for visitors to enjoy. Sign-up for one or both of these dates—we hope to see you there!

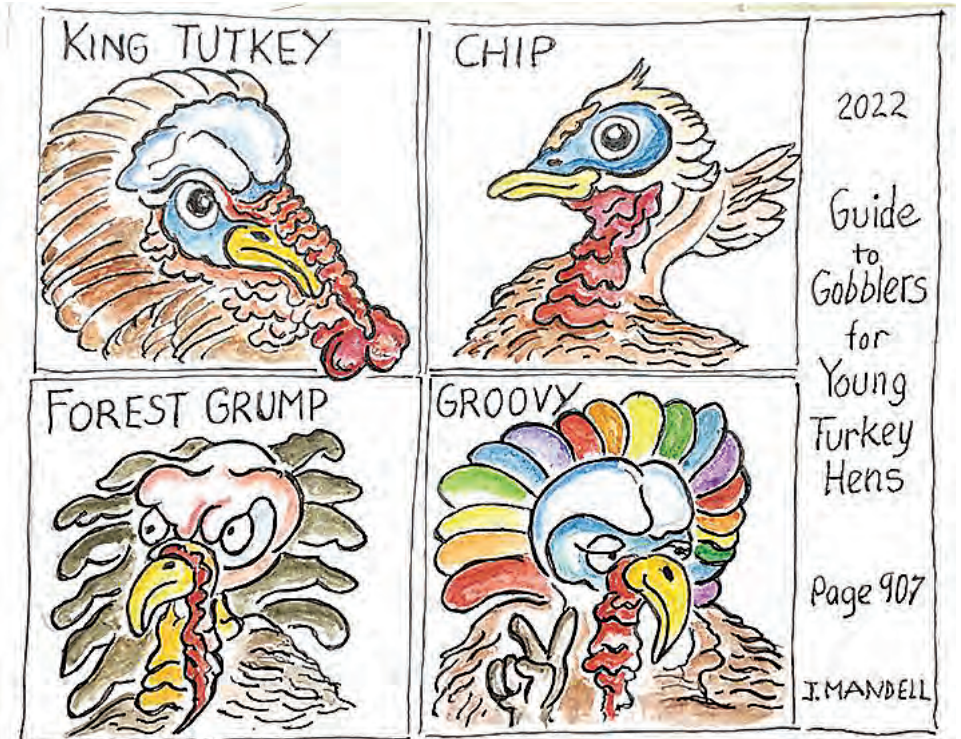
Saturday, April 9 from 9:00 to 11:00 a.m.

Wednesday, April 13 from 5:00 to 7:00 p.m.

Go to the Friends' website to register (www.fortwilliams.org) and to find out more about this and other volunteer events.

Capetoon: Wild Turkey mating season

By Jeff Mandell



Male wild turkey's heads change color according to their mood: red when afraid, white when calm and blue when excited.



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Cape Elizabeth sixth grade boys basketball team makes League Championship Game

By Kevin St. Jarre



Contributed photo

A Cape Elizabeth 6th grade travel basketball team had a terrific season. Front Row: Ben Gallagher, Henry Welch, Oliver Mitchell, Xavier Haskell, Kip Reynolds, Charlie Lampman. Back Row: Coach Brandon Mitchell, Farley Craig, Sam Hews, Carter Mitchell, Rosco Hampton, James Rinaldi, Zach Tuttle Jr., Finn Connolly, Coach Andrew Ingalls and missing, Elliot Currier.

A travel basketball team, organized by Cape Elizabeth Community Services and made up of sixth grade boys from Cape Elizabeth, finished a terrific season by mak-

ing the finals of the Summit Travel League, losing a tight game to Yarmouth. They also made the semi-finals of the Paper City Classic in Westbrook, winning three elimination games in the process.

One of the coaches, Andrew Ingalls, said the season started a bit rough. The coaches made some adjustments after a couple early losses, and then the wins came. "After a few games we started focusing on scrimmages and conditioning, and they responded very well," he said.

It was quite an achievement to make it to the finals of Summit Travel League, as only four teams made the playoffs, out of 12 teams in the league. Coach Ingalls said, "We beat a very tough Brunswick team in the semis. They beat us in our three previous meetings."

That Brunswick contest was a barnburner, and the last game a heartbreaker. "The Brunswick game was amazing. We were down the whole game until about the two-minute mark, then made two clutch free-throws and a beautiful turn-around jumper in the lane to seal the come-from-behind victory. Against Yarmouth, we were up six [points] at halftime, and stayed even until five minutes left, when we went cold, and they finished strong, and we lost by six. Still an outstanding effort against a very good team," Ingalls said.

April naturalist's corner

By Erika Carlson Rhile
CELT Education Committee Chair

April 16, 2:55 p.m.: Full Moon. This full moon was known by early Native American tribes as the Full Pink Moon because it marked the appearance of wild ground phlox, one of the first spring flowers. This moon has also been known as the Sprouting Grass Moon, the Growing Moon and the Egg Moon.

It's a great time to look for Spotted Salamander egg masses in vernal pools. Females lay about 100 eggs in a jelly-like cluster that clings to submerged vegetation. What's really cool is that the salamanders carry a green alga in their cells which is passed to their eggs. This is a mutualistic symbiotic relationship where the alga photosynthesizes oxygen for the salamander larva, and then the larva produces carbon dioxide, which is consumed by the alga. Sometime between 70-100 days after hatching, a 3" long salamander will crawl ashore. Spotted salamanders can be up to 7" long and live for 30+ years.

Spring birds are back! I heard our first woodcock in Cape on the evening of March 24. Watch for the male American woodcock's mating display: he spirals skyward and twitter-tumbles back down. The early bird gets the girl!

One of my favorite "signs of spring" grows in the swamp. Its brilliant red flower covers poke up through the snow and ice due to its unique ability to generate heat. Do you know what this pungent plant is?

Calling all birders

Calling all birders! The Friends of Fort Williams Park have started a birding group that meets each Wednesday at 7:00 a.m. in front of the lighthouse.

Whether you've been birding for many years or are a beginner, you are welcome to join us. In addition to seeing lots of wildlife, it's always fun to walk around the park in the morning.

Check out our Facebook page for updates, photo albums and more: @Friends of Fort Williams Park.



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Dr. Marta Agrodnia, DVM, DACVS

Local birding report

By E. Brooks Bornhofft

Before lawns green up, and before fields and meadows come to life, many of the first signs of spring across Cape Elizabeth can be found in our tidal and inland salt marshes, wooded swamps, bogs, wet meadows and vernal pools.

In 1990 the town adopted rigorous local wetland regulations that today serve as a model statewide for communities that value environment protection. Of the total 30% of the town that is located in a Resource Protections District, 14% is located in RP-1 district and 15% of the town is in a RP-2 district which includes wetlands of less than one acre in size with poorly drained soil and regularly occurring wetland plants.

Our future preservation efforts should consider enhanced measures to continue to protect our RP-2 wetlands from development as these natural places are birding treasure-troves and function as feeders to RP-1 districts such as the Pond Cove Brook Corridor.

My notes from the field include, on the morning of March 18 my son and I crept up on two busy Fox Sparrows. These birds (slightly bigger than bluebirds) were heard excavating for seed and insects in the leaf litter from twenty five yards away! The Fox Sparrows that pass through Cape are a rich reddish chestnut color.

Interestingly, this is one of the few of our sparrows that scratches with both feet at once. Ornithologist Edward Howe Forbush wrote of the bird, "The Fox Sparrow is a bird of the lingering snow. It arrives in New England commonly in March, while there is still much snow in the woods, and may be seen along the edges of woodlands, working often in the thickets where the ground is bare, and

scratching away as if for dear life."

These retiring sparrows are common to uncommon migrants that arrive every spring for a brief period across Cape, departing for the Canadian boreal forest or the far reaches of Northwest Maine by the second week in April. Although still common, the North American Breeding Bird Survey estimates that Fox Sparrows population has declined by 51% between 1966 and 2015.

A note on Woodcocks: On March 16 I flushed two birds in an RP-2 bog in my backyard. And under the dim evening light of March 21 I lost track after counting a dizzying thirty-six American Woodcocks – four along Shore Road and the remainder along the Willow Brook, Spurwink River and across Gull Crest (uplands included). Also known as the Night Partridge, this bird's flight song is reminiscent to that of the Ovenbird, bubbly and exuberant.

On March 24 along Pond Cove my son flushed his first Great Blue Heron of the spring. On March 26 in the same vicinity, I noted a male and female Wood duck, a single Golden-crowned Kinglet and many singing Song Sparrows, Brown Creepers and White Breast Nuthatches.

Also worth mentioning, on March 27 I noticed an early Lesser Yellow Legs foraging alone along the Rachel Carson NWR stretch of Sawyer Road. This shorebird prefers the pannes on the upper sections of salt marshes. According to eBird the earliest arrival of Lesser Yellow Legs to date in Southern Maine is March 26. Later that same afternoon I spotted two Hooded Mergansers on Great Pond and four within Calvary Cemetery in South Portland.

Snowy Owl spotted once more



Photo by Martha Agan

After being spotted at Dyer Point and then Trundy Point, there was another Snowy Owl sighting at Fort Williams Park along the Cliff Walk on March 18.

We would like to **introduce** the community to Farm Fresh Micros, a new organic microgreen farm in Cape Elizabeth, Maine. Farm Fresh Micros is a non-traditional farm that utilizes indoor vertical techniques to grow our crops. Growing indoors allows us to use 90% less water than traditional farms, eliminate outdoor invaders, control CO2, humidity, air flow, and optimize light. These set conditions help us to provide predictable conditions to grow all year long, even through the worst of Winter weather. No chemicals or pesticides are ever used and our seeds are sourced from a reputable certified Non-GMO and Organic supplier in the USA.

Farm Fresh Micros is proud to be Cape Elizabeth's first microgreen farm supplying local markets, restaurants, and consumer direct delivery services. We offer 8 microgreen varieties and hope to increase this selection with your support.

Our selection includes: **Radish, Beet, Sunflower, Cress, Sorrel, Green Pea, Salad mix and Broccoli.** Many people ask...what are Microgreens? Microgreens are the baby version of many of the vegetables you are already familiar with like Green Pea and Broccoli, and resemble a sprout. The difference is they offer 10X the nutrient value as their full grown counterparts. In other words, 1 cup of Broccoli microgreens has 10 X the nutrition as 1 cup of Broccoli florets.



We are inviting people join in on a 10% off promotion for new customers. Subscribe to our monthly newsletter or just say hello! There are no minimum orders for Cape Elizabeth residents and delivery is free for our "farm to door" service.

To learn more visit us at www.farmfreshmicros.com. Hope to see you there!
Best, Lynn & Tim



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Thomas Memorial Library offers new museum and park passes, tiny art show, Community Read programs continue

The library will be closed on Monday, April 18 for Patriots Day.

Library Offers New Museum and Park Passes

The library has added a few new venues to its collection of admission passes available for borrowing.

In addition to passes to the Portland Museum of Art, the Maine Historical Society, the Maine Maritime Museum, and the Maine State Park vehicle passes, the library now offers passes to Southworth Planetarium, the Maine Wildlife Park, the Children's Museum & Theatre of Maine, and the Coastal Maine Botanical Gardens.

The library is able to offer these passes to the public thanks to funding from the Thomas Memorial Library Foundation; you can learn more about the TMLF's support of library programs and services by visiting www.ThomasMemorialFoundation.org.

For complete details on the availability and use of the library's admission passes, please visit the library's website or call the library at 799-1720.

Community Read 2022

February - April, 2022

Connect with your community this winter, via our second annual Community Read!

Once again, Thomas Memorial Library will be collaborating with South Portland and Scarborough Public Libraries on a three-town Community Read. What is a Community Read? A Community Read is a large-scale book club, spanning an entire community and cultivating a local culture of reading and conversation by bringing people together around a common book.

This year's Community Read book is "One Day: The Extraordinary Story of an Ordinary 24 Hours in America," by Gene Weingarten. Registration for the Community Read is on the library's website,

where you can also see the schedule of events and reserve your copy of the book. Multiple copies are available at all three libraries in print, e-book and e-audio formats.

Community Read 2022: Media Literacy & Digital Citizenship: A Four-Part Series

Feeling lost in today's media landscape? In this four-part workshop, presented in partnership with the team at NewseumED, participants will dive into the complexity of digital citizenship, including the threat of falling for fake information. Exploring media literacy through a First Amendment focus, the course will cover:

Monday, April 11, 6:30 - 8:00 p.m. via Zoom: Disinformation Nation: Detecting Propaganda, Defeating Emotional Manipulation looks at the methods propaganda uses to worm its way into our brains by exploring four universal techniques for manipulating human emotions. Participants will explore practical strategies to combat propaganda and improve the quality of their information ecosystem.

Community Read 2022: Writing the Extra-Ordinary: How to Craft Personal Essays from Everyday Life with instructor Sarah Leavens

Saturday, April 9, 11:00 a.m. - 12:00 p.m. via Zoom
 Saturday, April 16, 11:00 a.m. - 12:00 p.m. via Zoom
 What's significant about everyday life? Anything, if you approach it like a writer! In this four-part workshop on crafting the creative nonfiction essay, we'll explore writing about "ordinary" subjects. Workshop sessions will be instructive and generative: our goal is to get you thinking and writing. We'll cover strategies

from brainstorming and framing a topic to using style and craft to make it come alive. We'll also consider the essay as a process of discovery, in the spirit of this statement by Annie Dillard: "The line of words is a fiber optic, flexible as wire; it illuminates the path just before its fragile tip." This workshop is offered through the Creative Nonfiction Foundation in conjunction with our Community Read 2022, but you needn't have read the book in order to participate.

Community Read 2022: "One Day" Book Talk with Author Gene Weingarten

Tuesday, April 12, 7:00 p.m. - 8:30 p.m. via Zoom

Join us as we welcome "One Day" author Gene Weingarten one last time for the closing event of the Community Read 2022.

You've read the book, talked about it with your friends and neighbors in discussions groups, and learned more about the origins, background and themes of "One Day." Now it's your chance to sit down with Gene and pick his brain about the book, his writing process, research methods and the decision making involved in reporting a book like this.

Bring all your thoughts and questions and join us as we spend an evening in conversation with the author behind our second annual Community Read book selection.

Community Read 2022: One Day: Maine Edition Community Showcase

Wednesday, April 20, 6:30 p.m. via Zoom

Last month, inspired by our Community Read 2022 book: "One Day," we asked you: What does an ordinary day in Maine look like? What surprises, joys, or sorrows does an average day hold?

On Saturday, March 19, you captured moments, events, and stories from your day and shared them with us. We've compiled everyone's individual moments into a portrait of life on an ordinary day in Maine which will be screened via Zoom in this one-of-a-kind Community Showcase.

Last Pineapples Middle School Book Club

First Friday of each month, 2:45-3:45 p.m.

4th Grade Book Club

First Monday of each month, 3:15-4:15 p.m.

Monday, April 4th 3:15 - 4:15 p.m.

In-person at the library!

Get the latest book club selections and register by emailing Family Engagement Librarian Megan Smith at msmith@thomas.lib.me.us

Tiny Art Show

It's Tiny Art Month at TML. Decorate a miniature canvas and/or clay sculpture and return it to the library for our small big mighty art show. Open to artists of all ages. Here's how it works:

Take and Make Artist Kits

Pick up a tiny canvas during regular library hours during school vacation week April 18 - 22; available while supplies last. Bring your canvas and clay home. Create your masterpiece.

Return your completed art by Friday, April 29. We will display the submissions in a miniature art show during the month of May in the children's room.

In-Person Art

Tiny Art Adventures with Kiah. We'll have two opportunities to create your Tiny Art with Miss Kiah: Monday, April 25 from 10:30 - 11:30 a.m. and 3:15 - 4:15 p.m. Attendance is limited and tickets will be available starting 30 minutes prior to the program at the children's desk.

PROGRAMS FOR ADULTS

Squid Pro Show: Everything You Ever Wanted to Know about Cephalopods but were Afraid to Ask, with squid biologist Dr. Sarah McAnulty

Tuesday, April 19, 6:30 - 7:30 p.m., via Zoom

Squid and cuttlefish are some of the most dynamic, curious critters you'll encounter on a reef. Learn all about the social life of the cephalopods, and why they do the strange things they do!

-see LIBRARY page 13

PROGRAMS FOR CHILDREN



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Library

Continued from page 12

Maine Wildlife Series: The Secret Lives of White Tailed Deer, with Ed Robinson

Tuesday, April 26, 6:30 - 7:30 p.m. via Zoom

Join us to learn more about the graceful white-tailed deer. While we see these lovely creatures in our yards or neighboring forests and fields, many of us know little about them.

Through photos, stories and interesting facts, this presentation will help you understand the deer life cycle and habitats, as well as how deer populations have changed over time and the impact this has had on the local populations of ticks.

Cape Garden Club Presents: Seeds, Seeds, Seeds

Thursday, April 28, 6:30 - 7:30 p.m., in person

Cape Elizabeth Garden Club's monthly gardening talks return to the library this month. First up: A speaker from Pine Tree Seeds in New Gloucester will discuss starting flower gardens from seeds, what are their most popular seeds and some tips on how you can start your own seeds at home.

Pod Complex: A TML Podcast Listening Club

First Thursday of the month, 5:00 - 7:00 p.m.

Next meeting (Third Thursday): April 21 via Zoom

Love the idea of a book club, but don't have the time for all that reading? Addicted to podcasts, but wish you had someone to discuss your favorite episodes with?

Join us for Pod Complex, TML's brand new Podcast Listening Club. Each month we'll feature a different podcast to listen to and dissect together. We'll explore a wide variety of podcasts on all different topics, in all different styles and then turn a critical eye on them as we discuss each month's fresh selection.

Listen on your own time at home, or join us for the first hour as we listen together, with a lively discussion to follow in the second hour. Register for this program on the library's website.

U.F.O. Accountability Group

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

Next meeting (Second Thursday): April 14 via Zoom

Are you beset by U.F.O.s in your life? Tired of having to make excuses or explain about them to friends and family? Fed up with waking in the middle of the night, unable to rest because U.F.O.s are

always on your mind?

Well, fear not, because TML is here to help you blast those space invaders into another dimension! Calling all crafters: Join us starting in January for this brand new monthly meetup where we can share, plan, commiserate and discuss all the Unfinished Objects in our lives. As any crafter worth their fat quarters can tell you, U.F.O.s = Unfinished Objects (of the Crafty Kind). Got more than your fair share of lingering, long-delayed craft projects you just can't ever seem to get finished? The U.F.O. Accountability Group is just what you need.

Come gather with other crafters to share your struggles, ideas and triumphs, and most importantly, to be held accountable for actually putting some time into your crafty creations each month. All crafts and crafting abilities are welcome. Join us as we fight the never-ending battle against the U.F.O.s!

Register for this program on the library's website.

Big Little Lit: Children's Books for Grown-Ups

Third Wednesday of the month, 11:00 a.m. - 12:00 p.m.

Next meeting (Fourth Wednesday): April 27 via Zoom

April book: "Posted" by John David Anderson

Library Director Rachel Davis was TML's Children's Librarian for 27 years. Join her at this monthly book group for adults, featuring outstanding literature for children.

The same qualities that make an excellent book for adults are also true for books written for children— complex, beautifully written stories that speak to the universality of human experience. The only difference is that children's literature is firmly grounded in the immediacy of the experience of childhood.

We were all children once—come explore childhood again as Rachel leads a monthly discussion on some of her favorite books. All books can be requested through Minerva, the library's online catalog. For details and to register, please visit the library's website.

ONGOING VIRTUAL PROGRAMS FOR ADULTS

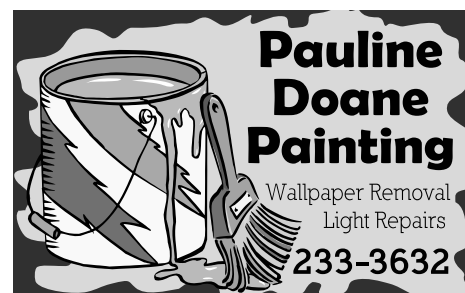
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Guerilla Poetry Whoop

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

Next meeting: April 14

E-ldering Conversation Group

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

AKME Chats, with the Anchorage Public Library

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

Songwriting Workshop (with Jud Caswell)

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

Next meeting: May 3

Adult Book Group

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

Next meetings: April 21

April book: "Chickens, Gin, and a Maine Friendship," by E.B. White

Police log

Continued from page 4

JUVENILE SUMMONSES

3-21 Cape Elizabeth resident, failure to stop for stopped school bus, operating left of the yellow line, Cape Elizabeth High School, \$146

SUMMONSES

3-13 Cape Elizabeth resident, failure to produce insurance, Shore Road, \$186

ACCIDENTS

3-11 James Bourgeois, Tamara Kellog, accident on Ocean House Road

3-21 Maria Sorensen, accident on Dennison Drive

FIRE CALLS

Fire calls: 4; EMS calls: 17


High/low tide chart

Date	High Tide				Low Tide			
	AM	ft	PM	ft	AM	ft	PM	ft
6 Wed	3:01	9.3	3:44	8.2	9:27	0.5	9:34	1.6
7 Thu	3:46	9.0	4:34	7.9	10:15	0.9	10:22	2.0
8 Fri	4:36	8.6	5:29	7.6	11:07	1.2	11:15	2.3
9 Sat	5:33	8.4	6:27	7.5			12:04	1.5
10 Sun	6:33	8.3	7:26	7.6	12:14	2.4	1:04	1.5
11 Mon	7:34	8.4	8:22	7.9	1:16	2.3	2:02	1.3
12 Tue	8:31	8.7	9:10	8.4	2:15	1.9	2:53	1.0
13 Wed	9:21	9.0	9:52	8.9	3:07	1.4	3:36	0.6
14 Thu	10:06	9.4	10:31	9.5	3:53	0.8	4:16	0.2
15 Fri	10:50	9.8	11:09	10.1	4:37	0.1	4:55	-0.1
16 Sat	11:33	10.0	11:48	10.6	5:20	-0.5	5:35	-0.3
17 Sun			12:17	10.1	6:03	-1.0	6:17	-0.4
18 Mon	12:29	11.0	1:03	10.1	6:48	-1.3	7:01	-0.3
19 Tue	1:12	11.1	1:51	9.9	7:35	-1.3	7:47	-0.1
20 Wed	1:59	11.0	2:42	9.6	8:26	-1.2	8:38	0.2
21 Thu	2:50	10.8	3:39	9.2	9:20	-0.8	9:34	0.6
22 Fri	3:49	10.4	4:43	8.9	10:21	-0.4	10:36	1.0
23 Sat	4:54	10.0	5:51	8.7	11:27	0.0	11:45	1.2

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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.
In-person Sunday services 10 a.m. with masks. For Zoom services, call 799-8396

**The Church of Jesus Christ
of Latter-day Saints**
29 Ocean House Road
799-4321

Sacrament Meeting:
Sunday, 10 - 11:00 a.m.
Sunday School/Primary: 11:10 a.m. –
12:00 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

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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
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www.stalbansmaine.org
Sunday Services:
Rite 1 with Holy Eucharist 8:00 a.m.
Rite 2 with Holy Eucharist 9:30 a.m.
Live Streaming on YouTube (stalban-
schannel)
Children's Programs 9:30 a.m.
Eventide 5:30 p.m.
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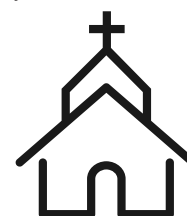
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Monday Mass: 8 a.m.

**First Congregational Church
United Church of Christ**
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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



Celebration

Continued from page 6 _____

mental health breaks. However, maintain-
ing these three state parks requires hard
work.

Volunteers experience personal benefits
such as companionship, a sense of respon-
sibility, work experience and learning new
skills. Volunteers help to enhance the qual-
ity and provide a safe and enjoyable experi-
ence for visitors to these parks and historic
sites. Whether you're interested in photog-
raphy, history, art, maintenance work, or
office work, volunteering can provide you
with a meaningful outdoor experience.

Two Lights State Park Manager Kurt
Shoener recognizes volunteers as a unique
and valuable asset. Volunteers help accom-
plish a wide variety of tasks and projects,
such as:

- Adopt-a-Trail projects help maintain a section of hiking trails over several days or several years.
- Historic Site Hosts assist visitors with historical information and interpretation of Cape Elizabeth Military Reservation "Battery 201."

- Volunteer Park Naturalists lead visitors through a wide variety of natural history programs at the parks.

- Visitor Service Aids assist guests with local activities and sites and share information about other State Parks.

- Guest Speakers help provide informational and educational programs to park visitors.

Many projects do not require specific skills; others may necessitate the ability to work with people, know flora and fauna, or have talent in using hand tools. The diversity of project opportunities means that a large variety of skills are potentially useful. But projects can be a learning experience for the volunteers, and skill development is often an unexpected reward. Volunteers are a resource that has proven invaluable in accomplishing work goals that park management might not otherwise achieve.

Maine State Parks invites people to become involved and recognizes volunteer service as a valuable aspect of Cape Elizabeth and Greater Portland's life. If you would like to volunteer at one of the three state parks in Cape Elizabeth, contact Park Manager Kurt Shoener by emailing kurt.shoener@maine.gov.

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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.

CEUMC planning events for Earth Week



Contributed photo

Susan (pictured above) and Tom Hayward will lead a walk at CEUMC on April 24 as part of a series of events the church is planning for Earth Week.

The Cape Elizabeth United Methodist Church is planning some events for Earth Week to which the community is invited.

On Saturday, April 23, the church will sponsor a clean-up along the roads of the Cape Elizabeth town center. Volunteers are invited to gather in the church parking lot (280 Ocean House Road - Route 77) at 10 a.m. to pick up paper leaf bags, fill your reusable water bottles and head out along Route 77, Shore Road or other neighborhood roads, to collect debris from our long winter. Participants are invited to return to the church with their bags at noon for cookies and sharing of stories of what they found.

On Sunday, April 24, the Rev. Grace Bartlett, a retired United Church of Christ Minister and Maine Master Naturalist, will preach at the CEUMC 10 a.m. service on her own experiences during the pandemic of daily walks and photography in the woods that brought her back to the joy and oneness with the rest of creation and knowing God's presence there.

Also on Sunday, April 24, at 1 p.m., a nature walk in Robinson Woods behind the church will be led by Susan and Tom Hayward. Susan is co-founder of the Maine Naturalist Program and she explains on the Northern Woodlands web site that sharing her experiences in the woods is "all about conveying, in the best possible way, the importance of observing the details of our habitats." Tom will be sharing his experiences as a renowned Maine birder. If you would like to participate in the nature walk, leave a message on the church voice mail at 799-8396 with your name, how many will be attending, phone number and e-mail. The same information can be left on the church e-mail: capeelizabethumc@gmail.com Space on the walk will be limited to about 15.

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

Piano Lessons: All ages, all levels. Call Ora: 207-899-3014

Dean's list announcements

Andrew Miller of Cape Elizabeth was recently named to the dean's list for the fall 2021 semester at Le Moyne College in Syracuse, New York. Miller is a freshman biology major.

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Caper's journey to create a zero-waste floss



Photo courtesy of Dental Lace, Inc.

In 2017, Jodi Breau, a retired school librarian looking for her next adventure founded Dental Lace, Inc. Her mission was to eliminate plastic dental floss containers altogether. Along the way she discovered in viajaryamar.com, a travel blog, that, "For every person in the U.S. who flosses their teeth according to ADA recommendations, just the empty floss dispensers alone would fill a landfill the size of a football field six stories high every single year."

When the news broke in 2019 that high levels of PFAS, also known as "forever chemicals," had been found in several locations around Maine, it was a familiar topic to Breau. She said PFAS are often used to coat floss to make it glide better over teeth, but a study conducted by the Harvard School of Public Health had concluded that including PFAS in floss may expose people to harmful chemicals.

"Dental Lace has always used 100% silk floss, as well as a plant-based floss for our vegan customers as replacements for plastic

coated floss, but our goal was not only to be free of harmful plastics but also 100% zero-waste. For the first two years of our business, we hovered at 98% zero-waste with just a few small parts that were not recyclable or compostable. Today we are proud that all the parts of our Dental Lace product add up to zero-waste for our customers," said Breau. "Eliminating waste is one-way consumers can make a difference. Switching to a silk or plant-based floss is better for the environment and better for our health."

According to Dental Lace, their product is:

- 100% Reusable glass container
- 100% Italian silk floss
- 100% compostable refill bags
- 100% compostable post-consumer packaging
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Success stories

Continued from page 5

Shir's and the Mavodones's, who had been invited for the occasion.

The Mohmannds have four children—ages 8, 6, 3 and approaching 1. Two children attend Pond Cove School. Shir was thankful but not surprised by the warm welcome afforded by the school staff and students to Pond Cove's newest enrollees. The children, Shir said, are learning English rapidly in their new community.

In talking about the design plans for the renovated home, Shir shared a story about a phone conversation he had with one of the children while the family was still in Virginia. Shir asked the child, seemingly innocently, what he would like the most if he were able to live in his own home in America. The boy shared three wishes: his own room, a desk, and Spiderman. And that's what he had when he arrived in Cape Elizabeth! A volunteer had designed the children's spaces to meet their dreams.

Omid Mohmmand, an I.T. specialist in Afghanistan who is fluent in English, has been able to secure a job in I.T. at the Roux Institute. That has allowed his family to replace the first vehicle, which they purchased with the assistance of GoFundMe donations, with a brand new vehicle.

Now the family is working to secure permanent residence status. And Shir is helping 11 other Afghan families in their efforts to secure humanitarian visas to America, the applications funded by remaining GoFundMe donations dedicated to that purpose. Securing a visa is not an easy process, and with the attention shifted away from Afghanistan now and more on Ukraine, he is settling in for a long haul effort.

What is the lesson of this story? For Mavodones, "This whole experience has shown me how generous and kind and welcoming this

community can be if given the opportunity." She recognizes that it helped that her project coincided with the outpouring of attention being paid to Afghanisthan refugees in the wake of the American withdrawal. It also helped, she believes, that her appeal was for help for one specific, identifiable family in need. Finally, she says, two heavily trafficked, local Facebook pages were instrumental in spreading the word about the need for volunteers and donations.

For Sturgis, the story of the transformation of the Mitchell Road home "is indicative of who Cape Elizabeth is. It is a welcoming community and the welcome extended to that family reflects our cultural mores.... We see folks who need help and want to build them up."

For Shir, "The family has benefitted so much. Compared to the situations of other refugees, they appreciate where they are here. The parents see the children learning the language and being happy." He was overwhelmed by the community response.

He also identified a benefit to the town. "The stories of refugees become more heartfelt, powerful, and valuable because there is a family here who has a refugee story" in this community.

From the stories about Cape's efforts in the area of affordable housing extending back fifty years, there are bright spots.

But are these bright spots enough? Should there be more? What is the extent of the affordable housing problem in this region? What are other communities doing? What did the town's Comprehensive Plan propose, and what has been the progress on those proposals? These are the questions that this series of articles will address, not to argue in favor of a specific solution, but to inform an important discussion.

The next article in this series will look at the scope of the problem of affordable housing in America and here in greater Portland.

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