

The Cape Courier

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Solution to mail delivery woes in Cape Elizabeth

The frustration and inconveniences experienced by Cape Elizabeth residents with slow package deliveries and more importantly, days with no mail delivery may be coming to an end.

Plans have been presented and preliminary approval granted for the construction of a Fulfillment and Distribution Center for a world-wide online shopping corporation on a large parcel of land abutting the Gull Crest fields and trails. "We felt this was a good spot," explained Barry Foster, Chairman of the Expansion and Development Office. "First of all, Cape Elizabeth is in an ideal location, with a four-pronged transportation network: proximity to the interstate, jetport, rail system and a thriving seaport (including containerized shipping), all of which are necessary for the efficient processing of our shipping needs." He went on to say, "The site selection presented a near-perfect opportunity for construction, with no wetland restrictions, easy access for construction vehicles and apparently most of the land is only used by dog walkers. The adjacent fields used by community and school teams for sporting events will still be available,

of course, except during the construction phase." He went on to add that they look for areas of wide open land for low impact on the community, and the offer to provide road improvements for commercial traffic is an option always welcomed by cash-strapped towns.

The company already has an established business relationship with the mail delivery service, and up to this point, has only delivered packages. However, that will change. "The fact that we are developing a system to take responsibility for first class mail and streamline it so that residents will no longer experience such frustrating delays in mail delivery is what really convinced the town that this was a win-win situation for everyone and definitely worth the investment, both in funding and tax advantages," explained Foster.

For months, residents in nearly every neighborhood have complained that they have gone for days without mail delivered. Complaints have fallen on deaf ears, or been

-see MAIL DELIVERY page 7

Unified Basketball, Club Unify a success in Cape schools

By Kevin St. Jarre



Photo by Joanne Lee

The Unified Basketball program at CEHS. Bottom row: Josh Lench, Scarlett Strunk, Lucy Berman, Ella Bromage, Anastasia Chepurko, Emily Whalen, Henry Adams, Ashley Ryer. Top Row: Sarah Boeckel(coach), Catie Woods, Moira Concannon, Phoebe Altenburg, Cole Gray, Max Hemeon, Evan Zack, Alli Brooking, Laurent De Vries, Maddie Mills, Vai Monaghan, Ellie Mainville, Grace Gray, Alex Brooking, Karen Johnson (coach) Missing: Hilary Roberts (coach), Jack Quinn.

Through Club Unify, young people in Cape Elizabeth schools get to participate in team sports that they might not otherwise. Unified Sports, such as basketball, join people with and without intellectual disabilities on the same team. "It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding," according to the Special Olympics website.

In Unified Sports, teams are made up of people of similar age and ability. That

makes practices more fun and games more challenging and exciting for all. Having sport in common is just one more way that preconceptions and false ideas are swept away.

According to Karen Johnson, one of the adult advisers to Club Unify, there are players and partners on the floor. "There are two partners with three athletes in a game.

-see UNIFIED BASKETBALL page 5

March 'Maple' Madness



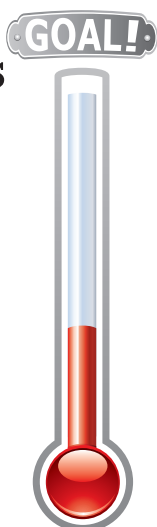
Maple syrup buckets on Charles E Jordan Road.

Photo by Martha Agan

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It's that time of year...March Madness...of the Maple sort! Maine Maple Sunday is a beloved tradition in Maine. Syrup producers from across the state open their sugarhouses to the public on the fourth weekend of March.

On Monday March 14, the U.S. Senate unanimously passed a resolution designating March 27 as Maine Maple Sunday. The resolution was introduced by Independent U.S. Senator Angus King and co-sponsored by Republican U.S. Senator Susan Collins.

Fun fact: Somerset County in Maine is the largest maple syrup producing county in the U.S.

CEHS softball preview: Can the State Champs do it again?

By Kevin St. Jarre

Cape Elizabeth High School's softball team are the reigning state champions. Can they do it again? Here's a preview from a returning player, Dana Schwartz, and their coach, Kristen Duross.

When asked what lessons from their championship season will they bring to the 2022 season, Coach Duross said, "The girls worked really hard last year, they practiced how they played and if they keep doing that, they will continue to be successful. We lost a scrimmage to Marshwood before playoffs - a very well-played game by both teams - I think knowing that they can lose and they aren't invincible is a great lesson that will carry over into this season."

Schwartz, who plays left and center field, said, "I think having the mindset of taking it game one at a time and keep improving. Last year we had games that weren't our best but didn't spend too much time on them and worked harder for the next. That is definitely a lesson we are going to use this year."

Like every high school sports program, some of the key players from last season graduated, and the CEHS softball team is no exception. Their losses include pitching-ace Anna Cornell. Still, the coach expects great

things this season. "We did lose a couple of amazing players, but this year's team has the same potential of last year's team. We have ten returners, seven of which are seniors so we have a lot of leadership on this team. I expect that every single one of the seniors will step up this year to make it as memorable as last," Duross said.

Schwartz agreed, saying, "We are a much smaller team this year but we have experience. Kathyne Clay is a fantastic pitcher who will move from behind the plate to the mound and she was able to pitch last year as well. We also have two sophomores who are very versatile and can play almost every position."

The Capers' first home game is April 23 against Brunswick. Duross said, "We played them in our home opener last year as well. We beat them, and then they went on a six-game winning streak. I anticipate them to come out strong when we play them."

It doesn't really matter to Schwartz who they see first. She said, "We are going to approach every opponent with equal intensity. Every team wants to beat us as we are the returning champions, so we will bring the intensity no matter who is in the other dugout."

-see SOFTBALL PREVIEW page 5



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Let us hear from you!



We love feedback!

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Please help keep Fort Williams Park beautiful

It was the first beautiful warm day of spring when we visited the Headlight. As we walked around the park, we couldn't help but notice the number of plastic doggie waste bags thrown haphazardly everywhere. Some were left right by trash bins on the ground, others by the port potties but most appalling were the ones that were left inside the barbecue grills. Really!

What is wrong with these dog owners who want the right to walk their dogs off leash and to be able to have an open area to exercise them but then abuse the very place

that gives them the opportunity to do it. The park is very accommodating even having stations where they offer free bags and waste containers to put them and yet people still abuse the privilege. Could it be the time has come to ban dogs from the park?

I bring this issue to the public with the hope that everyone will work together to keep our beautiful park just that.

JoAgnes Pasquarella

A report is just a report

Although the idea of having an affordable housing study done for the town of Cape has merit I argue that it is shortsighted based on the fact that a report is simply a report unless there are qualified individuals in place to ensure that the report becomes a reality. As it was noted in the last edition of The Cape Courier, the Town Planner does not have time.

I will argue and have argued that it would be better to spend the \$50,000 allotted on a Director of Economic Development. This individual can create the report on affordable housing and tie it together with public transportation, business development, school

involvement, infrastructure and community well being. This individual can then work with the Town Council to create new, appropriate ordinances as well as amend older, outdated ordinances. Then this same individual can work towards making it a reality. Plus, as it has been shown in other communities, this position eventually pays for itself with added revenue from business taxes.

Michael Friedland,
Owner of the Lumbery

CEHS Environmental Club looks forward, seeks ideas and expertise

By Kevin St. Jarre

The Cape Elizabeth High School Environmental Club wants the community to know that they are committed to working on improving the sustainability of the high school and community.

According to a release from the club, over the past couple of years, due to the COVID-19 pandemic, CEHS has lost many of its sustainable practices. Looking towards the future, the club is working on new projects to help them return to, and improve upon, past initiatives.

Here are some of the goals that the CEHS Environmental Club has for the school community:

- returning to composting in the cafeteria
- reducing single use plastics in the cafeteria

- improving the recycling system throughout the school

The club said they are proud to live in a town where environmental stewardship is a priority in both the school system and larger community, as is evident in the district's mission statement.

The club said in their release, "We welcome community involvement, support and advice so please contact us if you are interested in getting involved in any of these initiatives or have questions, ideas, or expertise."

Those interested can email Club Presidents Zofia Leary-Forrey and Isabel Kesselhaut, or Club Advisor Lauren Tarantino at:

- zofia.learyforrey@capeelizabethschools.org
- isabel.kesselhaut@capeelizabethschools.org
- ltarantino@capeelizabethschools.org



Contributed photo

A composting bin in the cafeteria is part of the commitment by CEHS and its Environmental Club to working on improving sustainability.

Then and Now: Mount Misery

By Jim Rowe



Photo courtesy of the Cape Elizabeth Historical Preservation Society

This undated photo shows what was likely either a dedication ceremony at the Honor Roll, or perhaps a Memorial Day observance. In the background to the left is Mount Misery, with two onlookers atop.

Geologists tell us that the constant expansion, contraction and eventual departure of massive ice sheets during the Pleistocene Epoch abraded the mountaintops of eastern North America. The result? Raw ledge, boulders and rocks of all shapes and sizes have been a defining characteristic of our landscape for the last 25,000 years or so. For “hard” evidence, just try digging a post hole in your yard (hats off to the farmers of Cape Elizabeth)!

Years ago, a prominent ledge outcropping dominated the end of Shore Road near the intersection of Ocean House Road in the town center.

The ledge was given the moniker “Mount Misery.” Presumably, Mount Misery had been around since long before the arrival of humans in our area (roughly 10,000-12,000 years ago). It was blasted

and leveled prior to construction of the former Key Bank building at “The Corner.”

Also removed from the intersection at that time was our community’s original Honor Roll, commemorating those Cape Elizabethans who have given their lives in service to our country.

This undated photo shows what was likely either a dedication ceremony at the Honor Roll, or perhaps a Memorial Day observance. In the background to the left is Mount Misery, with two onlookers atop.

Today, our Honor Roll is a wall plaque in the Michael K. McGovern Council Chambers at Town Hall. I have visited the Honor Roll on occasion and find that it instills humility and reverence. I highly recommend the experience.

Parking issues on Reef Road sent to Ordinance Committee

From Town Hall website

The Town Council unanimously voted to refer parking concerns on Reef Road to the Ordinance Committee during the March 14 council meeting. The item was placed on the agenda in response to a resident’s concern over parking congestion on Reef Road caused by visitors to Trundy Beach. The Ordinance Committee does not have a meeting date set at this point.

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Next round of community activities

By Cape Elizabeth Community Services

The spring/summer edition of the Cape Explorer will be arriving in your mailboxes soon. Our awesome instructors have over 100 programs for all stages and ages to keep you healthy, learning and engaged with them and with each other.

Sign up for one or more than a dozen different adult fitness programs to boost your energy, increase your strength, stabilize your core or improve your balance. Meet up with a friend or make a new one at a yoga, dance, weight training or aerobics class or hit up the courts to play pickleball, tennis or volleyball?

Three instructors are offering new experiences... learn to perform improv with Chip Brewer, take a wildflower walk or native plant tour with Amy Witt or join Zack Rouda to make a pine needle basket or lacto-fermented cucumber pickles. These three are offering free experiences... GoGo Refill Owner Laura Marston will teach you how to reduce your plastic waste; Historical Preservation Society member Jim Rowe will guide you on a walking tour of the fort; Mac Help Now Owner Bern Shanfield will continue with his weekly zoom Apple usage and troubleshooting series.

The Cape Elizabeth Land Trust has eight low cost outdoor programs at Robinson Woods, Pollack Brook Preserve, and Kettle Cove State Park. Their Educational Committee members will lead nature walks to explore amphibian habitats, vernal pools, invasive and medicinal plants and tidal pools.

Aging adults interested in reducing their auto insurance may want to take the State of Maine sponsored defensive driving course or leave the driving to Community Services by hopping onboard our 14 passenger mini bus. We have three theater trips planned to see “On Golden Pond,” “Ripcord” and “Kinky Boots” and five guided tours to visit historic buildings in Poland, a castle

in Gloucester and museums in Bath, Kennebunkport and York. Beginning in April, we also invite you to join us at the Community Center from 10 – 11 a.m. on six Wednesdays for Muffins & More. We will meet up in the kitchen and after a little socializing, we may play a board game, paint a picture or compete in a puzzle challenge. There is no cost to attend these informal gatherings, just an opportunity to connect with each other.

This spring we have after school programs for brick builders, engineers, martial artists, ball players, runners, dancers and even circus fun. Who has an aspiring artist, chess master, fashion designer or paleontologist?

This summer let your child’s imagination come to life as a team chef competitor or under the big top performer. Let them discover the underwater world or the nebulae or improve their skills in their favorite sport. Community Services has more than 20 specialty camps with chances to explore, play learn and laugh. Little Cubs, Adventurers and Teens are always welcome to join us at rec camp. Our amazing counselors engage them in all sorts of mostly outdoor fun including art projects, swimming, field sports and games.

Resident registration opens online at 8:00 p.m. on April 3 and in-person/over the phone at 8:00 a.m. on April 4. In advance of registration, please log onto your account and update phone numbers, emails, address, emergency contact information, etc. If you have any issues, please do not set up another account. Call us at 799-2868 so that we may help you resolve the issue.

If you have not yet received a copy of the Cape Explorer, it is available on our website www.capecommunityservices.org. If you have any ideas on programming you would like us to explore or you would like to instruct, please call us at 799-2868. We would love to hear from you!

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News from the School Board

By Kimberly Carr

At the regular business meeting on March 8, the School Board unanimously voted to approve a recommendation from the District Planning Committee to make masks optional for students and staff in school and on our buses.

This recommendation was based on the Maine CDC determination that they would no longer recommend Maine schools require masks as of March 9, instead masking would remain optional. Additional factors taken into consideration by the District Planning Committee and the Board were the significant drop in cases in our schools, high vaccine rates in our community, significant enrollment in pooled testing and a decline in the number of hospitalizations.

As of Monday March 14, families and staff will make their own decisions on masking and all choices will be fully supported.

At the March 8 business meeting, the Board also unanimously approved pursuing the full schematic design phase of the building project (see Building update below for more information). The 2022-2023 school calendar was presented and adopted by the board at this meeting. It is available for viewing on the school website.

We were fortunate to have Kevin Stilphen, Director of PATHS (Portland Arts & Technology High School) and Finn Bridge, a CEHS student in the carpentry program, speak to us about the exciting opportunities available to CEHS students at PATHS.

Students attend PATHS concurrently with CEHS during their junior and senior years. They are given opportunities to gain 21st century academic, creative and technical skills that position them to enter the workforce or continue with post-secondary education. If your student is interested they can schedule a visit and learn more about what PATHS could offer them.

Our meeting was also filled with numerous reports of student successes. It is so exciting to hear about our students thriving and achieving in academic and extracurricular pursuits, particularly in light of the challenges COVID-19 has presented.

Thank you also to the staff and administrators who help create opportuni-

ties, support and encourage our students in these endeavors. As a community we have so much to celebrate.

Building Oversight Committee update:

At the Regular School Board meeting on March 8, the School Board unanimously approved a Resolution for a Full Schematic Design for a New Elementary School/ Middle School Project for \$650,000 brought forward by Superintendent Record.

This resolution will now be brought to the Town Council for approval and, if that is successful, Colby Engineering and Simons Architecture will provide a more detailed and specific rendering of the proposed building that will house the two schools. This will allow voters a much better understanding of what the new schools will look like, as well as provide a smaller and more accurate range for the bond price.

Also, with the bond referendum vote moved from June to November, providing a Schematic Design before the vote will keep the project on track for the new schools to open in September 2025.

The first Public Forum was held on March 7 via Zoom. It began with a presentation that explained the history of how we got here, the difference between a Concept Design and Schematic Design, and why we believe now is the time to move forward with this project. The presentation was followed by questions from the public.

The recording of this forum and all of the questions and answers can be found on the school website. The next forum will be Thursday, April 7 at 6:30 p.m. in the CEMS/PC Cafetorium. There will be tours of the schools, discussion about why to invest in new schools now, as well as right sizing the new schools. The forum will end with a Q&A time.

In the months ahead, we will be working to provide as much information, in as many ways possible, about the upcoming referendum. We want voters to know as much as they can before going to the polls in November.

If you have any questions or would like to volunteer in any way, please reach out to Superintendent Record at crecord@capeelizabethschools.org or School Board member Heather Altenburg

at haltenburg@capeelizabethschools.org

Finance Committee update:

The school board continues to review and refine the proposed FY 23 budget, having held two additional Budget Workshop Q&A Meetings (on February 15 and March 1) since our last update in The Cape Courier.

In addition to continued discussion with administrators regarding specific budget proposals, the board has heard presentations on the Maine Essential Programs and Services funding and the nutrition department balance.

The board's next two Budget Workshop Q&As will be on March 22 and April 5 at 6:30 p.m. in the high school library, which will include additional refinement of the budget and an overview of the unassigned fund balance, among other topics. All materials can be found on the school website.

Policy committee update:

The school board recently approved three policies. Two policies, Employee Discrimination/Harassment (ACAB) and Title IX Sexual Harassment (AC) and the Nondiscrimination/Equal Opportunity and Affirmative Action, were updated to reflect a recent change in legislation to include "familial status" in the protected groups.

The third policy, Student School Board Representative (BBAB), and its accompanying policy guidelines (BBAB-R) were updated to streamline the process of application and selection, making the process more efficient for students to apply and participate.

Upcoming meetings

- Policy Committee – March 16, 3:15 p.m. Jordan Conference Room
- Building Oversight Committee- Monday March 21, 6:30 p.m. CEMS Library
- School Board Budget Workshop - Tuesday March 22, 6:30 p.m. CEHS Library
- Fiscal Subcommittee (Bldg Project) - March 31, 6:30 p.m. Zoom
- School Board Budget Workshop April 5, 6:30 p.m. in CEHS Library
- DEI district committee – April 7, 3:30 p.m. CE Fire Station
- Building Project Public Forum – April 7, 6:30 p.m. CEMS/Pond Cove cafetorium
- School Board Business Meeting - April 12, 6:30 p.m. CE Town Hall

Reminder for using Fort Williams Park and Cape's greenspaces

By Kevin St. Jarre

As we exit winter, the number of visitors and their dogs enjoying Fort Williams Park will increase, as it does every year. Signs will be refreshed as well, reminding visitors to obey the rules, and locals will remind each other and the tourists, so that privileges at the park and elsewhere in Cape Elizabeth might be preserved.

Dogs, whether on or off leash, must remain off playing surfaces, be they fields, diamonds or courts. Of course, each year, dogs and their owners are seen cheering on youngsters from the sidelines, but dogs are to remain off the actual playing surface itself.

There are still those who walk their dogs off-leash in areas designated for on-leash only. This is unfair, since those walking their dogs on-leash in those areas expect to be free from unwanted off-leash dogs approaching. This may even be a safety issue, since the on-leash dog may be reactive or fearful.

Obviously, the reverse is true. In the off-leash areas in Cape Elizabeth, which have become fewer and smaller in recent years, including at Fort Williams Park, dogs can be expected to be dogs, and will approach.

Even the best-trained and behaved dogs might take a couple voice commands before they comply, and so those who are fearful of dogs, or have leash-reactive or poorly socialized dogs, are well-advised to avoid the off-leash areas. It's only common sense. One would also think it self-evident that sitting on the ground and having a picnic in the midst of off-leash dogs might draw some canine interest, and so perhaps the blanket buffet is better suited for the on-leash areas of Cape Elizabeth.

The topic returned to again and again is the removal of dog waste. Common courtesy and good manners would dictate that not only would the owner pick up the waste, but dispose of it properly. Bags thrown behind sheds and boulders, or into the bushes, is not only illegal, but disgusting, lazy and rude. After all, someone will have to pick that up.



These rules apply to everyone, no matter the number of years of residency in Cape Elizabeth, a person's age, a dog's temperament, the density of guests in the area or the time of day.

If residents and visitors, with or without dogs, remember to behave in a neighborly way, the experience will be better for everyone. People should talk to others the way they would want to be talked to, and the recounting of events or ex-

-see DOGS page 15



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Forgery/theft complaint, collection agency scam

By Debbie Butterworth

PUBLIC INFORMATION

- 2-22 An officer met with a representative of Town Hall in reference to a forgery/theft complaint.
- 2-23 Two officers responded to a residence in the Shore Road area for a well-being check.
- 2-27 Two officers responded to a residence in the Ocean House Road area for a well-being check.
- 2-28 An officer met with a resident of the Broad Cove area who reported that someone had opened an account in his name and he had received a letter from a collection agency.

3-2 Two officers responded to a residence in the Spurwink Avenue area for a domestic disturbance.

3-3 An officer responded to a residence in the Broad Cove area for a well-being check.

SUMMONSES

2-22 Portland resident, theft, violation of conditions of release, Cottage Road

ACCIDENTS

3-4 Eleanor Givens, Sara Chatfield, accident on Ocean House Road

FIRE CALLS

Fire calls: 8; EMS calls: 28

Scam alert bulletin board

By Jessica D. Simpson

Social Media Scams

The Federal Trade Commission (FTC) has declared social media a “Gold Mine” for scammers after consumers reported losing \$770 million in social media scams in 2021. That was double the amount of reported losses from 2020 – and we know fraud is severely under-reported, so the real losses are likely much higher.

The top three social media scams in 2021 were investment scams (many related to cryptocurrency), romance scams and shopping scams peddling counterfeit goods or not shipping anything at all.

According to the FTC, criminals are able to use the information we provide about ourselves on social media sites to target us with ads for fake products. The relatively low cost to advertise on these sites also makes it easier for crooks to cast a wider net.

To stay safe on social media, make sure your privacy settings restrict who can see your personal information. Be wary of anyone you meet online who asks you to make an investment or help them out financially. Also, carefully research the company and product you might be interested in buying to make sure they are reputable.

AARP ReST: Emotional Support for Fraud Victims

For many fraud victims, the financial toll is only part of the story; nearly two in three victims suffer a significant health or emotional impact, according to research by the FINRA Investor Education Foundation.

To address this reality, the AARP Fraud Watch Network and Volunteers of America (VOA) developed a free program to provide emotional support for people affected by fraud. AARP VOA ReST, which stands for Resilience, Strength and Time, features small groups whose participants are led in discussion by one or more trained peer facilitators. These online, hour-long sessions help to re-establish trust, integrate your experience and build back your resilience despite a difficult and painful occurrence. Discussions are confidential and you are welcome to attend one session or several – it’s your choice.

Experiencing a scam can be devastating, but it doesn’t have to define you. Visit www.aarp.org/fraudsupport to learn more about the free program and register today. Remember, you are not alone.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

Softball preview

Continued from page 1

Coach Duross, however, knows who they’re up against. “I believe Fryeburg will be our toughest opponent this regular season. We beat them in the Class B Finals game last year in a tight 5-4 victory that the girls had to rally and come back for. I know for a fact these girls are going to want to come out strong and get some ‘revenge’ – we also play at Fryeburg this year and that is a tough environment to play in. But as long as we play our game and stick to our game plan we will be fine,” she said.

Schwartz echoed the thoughts on Fryeburg, and added another opponent she’s got an eye out for, saying, “Fryeburg Academy is always a tough team that has veteran players and

plays well at home, and York has a scrappy team with a cohesive group of players that have experience and a good pitcher.”

Schwartz, the senior outfielder, summed it up like this, “I am looking forward to playing my final season with the group of seniors that have been playing together for a decade. I have been playing softball or tee ball in Cape since I was three and want to make my last year memorable!”

Unified Basketball

Continued from page 1

We rotate players and [partners] throughout the game. The partners set up plays, inbound the ball into play and pass the ball to the athletes to shoot. The partners also encourage the athletes in making good passes, rebounding and in positioning them up and down the court. They are very good at making sure the athletes stay focused on the court. It is a real team effort and one where everyone contributes and a place where they can all showcase their abilities. That is what I love most about Unified Basketball and other Unified programs,” she said.

Emily Whalen is a player on the Unified Basketball team, and she said her favorite part is, “Shooting the ball, and I like being on the team. I like playing in front of my family, so I can put on a basketball show for them. I like being on the court, it makes me happy.”

Cole Gray is also a player, and said, “I love being a part of a team and especially because I get to play with my friends, and my sister Grace. I have definitely made some new friends on the team. I love playing home games because we have a great fan section with parents, teachers and friends. It gets pretty loud!”

Emily said of the friends she’s made, “Maddie, Henry, Alli and I are all friends, [and] I made friends with Laurent, Josh and Jack. They steal the ball and then they pass it to me and I shoot the ball in the basket.”

According to player Maddie Mills, she has a favorite part of playing basketball. She said, “I like to play defense. I like to steal the ball. I feel good,” and she said that she’s played “with Emily and Henry since Pond Cove.”

Alex and Allison Brooking are also members of Club Unify. Alex, a sophomore and a partner in Club Unify, said, “I have been involved in Unified Basketball since I was freshman, but I’ve been involved in Special Olympics events since I can remember, probably six or seven years old.”

He said he originally got involved in Special Olympics because of his older sister, Allison. “She has autism, and I always like and have fun helping her succeed. For Club Unify, I remember when I was in seventh grade, and my sister was a freshman, she joined the club, and I was so excited to join when I was a freshman. But when the global pandemic struck, United events were canceled, including basketball. But I was still able to meet with one of our coaches, the wonderful Karen Johnson, and work with my sister on skills,” he said.

A family connection also brought Ella Bromage to Club Unify as a partner, but for her, it was her mother. Ella said, “I got involved with Club Unify in middle school when my mom, who was a social worker at the high school at the time, brought me with her to run the Cape Challenge. . . . After that, I started working with Ms. Johnson to bring the club to the middle school with

basketball and other activities.”

Ella said she believes the club is important. “I think this club makes a huge difference for everyone involved. The best part, in my opinion, is when any of the players score a basket because the excitement that everyone in the gym feels is huge. I love seeing how proud the player is and how proud all of the parents are and everyone on the team,” she said.

Alex Brooking agreed, saying, “Whenever I play, it makes me feel good. As for the athletes . . . it definitely makes them feel included and it really helps their social skills. My parents love that my sister is in Club Unify, because they love watching her, as any parent would like to watch their kids playing sports. I think the big idea while playing is that it’s not really a club you do, it’s a team you are a part of. The inclusion that the club brings is awesome.”

In addition to Karen Johnson, two more adults involved with the program are Sarah Boeckel and Hillary Roberts, with Boeckel, a physical education teacher and state championship coach at Cape Elizabeth High School, taking on the role of primary coach for Unified Basketball.

According to Ella Bromage, “The coaches. . . really create an environment where everyone is excited to be there and are very good about organizing practices and games, as well as encouraging the relationships between players and partners as the priority.”

Alex said one thing he’d like to see is “A better school showing to the games. I think if we could get just as many people at these games as some of the other school sports, the athletes would be so happy and proud of themselves, and it would make their day, even week.”

Ella agreed, saying, “I think the only thing that would make it better is having even more fans at the games because it brings up the energy in the gym and makes everyone even more excited!”

Emily Whalen spoke about other sports she plays as well. “Volleyball, swimming and running. Swimming makes me hungry, tired, sore and cold but I like it,” she said.

According to the Special Olympics website, about 1.4 million people worldwide take part in Unified Sports, breaking down stereotypes about people with intellectual disabilities in a really fun way.



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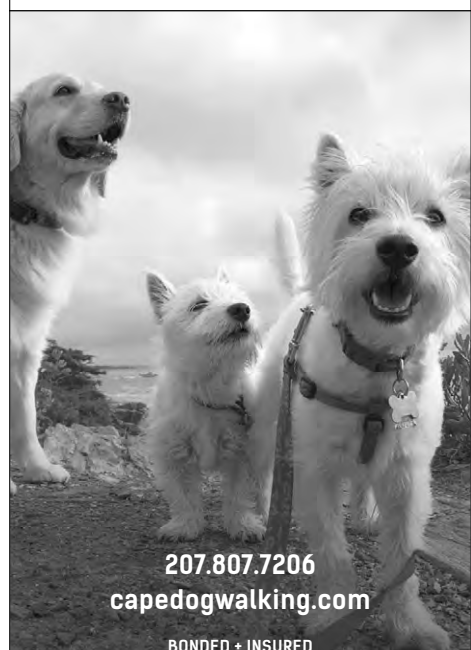


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Forgotten place, found and remembered

By Chaya Krigman

As a kid, every place is a new discovery, every walk is an adventure, and every find is your own. Near my childhood home, there is a place, deep in the pine-soaked trees, where little me would play. I often wonder how I kept myself so entertained as a child. I came across this place on a day much like any other; I had been wandering around my backyard, and perhaps had strayed too far from the path. Fortunately, my digression ended in victory.

Through the thicket of trees, I spotted several wooden benches with trees encircling, and preserving their rustic figure. This accidental and once-forgotten find quickly became a fundamental piece of my childhood. When I first discovered this place, I was just five years old. Back when my dark and curled pigtailed still bounced off the sides of my little shoulders, and my mind was free from qualms. After the discovery, I ended up coming back almost every day.

Although a bit unfortunate, its forgotten nature was one of the biggest appeals; it was like I was giving these aged woods new life. My young and imaginative spirit found great pleasure in wandering around the small spot. I made fairy houses, collected stones and gathered small morsels of bark. I collected my finds, then protected their memory in a small jar I believe my mom has kept tucked away in one of the many boxes containing my childhood collections. The jar, now most likely deteriorating and dry, still holds tight to the childhood memories that continue to flood its glass walls. The circle of trees and moss embraced and nurtured my young spirit. My blooming creativity took root and never

completely let go. I would constantly sit down at the nape of an old, overarching willow.

Its loose, hanging leaves filtered the harsh sun into a cool breeze that would gently guide my wavy hair behind my ears. One of the reasons I admired it so much was because it vividly reminded me of an oak tree I had read about in one of my favorite childhood stories. In the book, the main character, Pippi Longstocking, climbs to the top of an old oak tree and discovers that it is hollow. I would imagine the same happening to me, and how I would create a secret hideout in the tree. Unfortunately, my dreams never came true.

My sub-par climbing skills and, unlike Pippi, my fear of getting in trouble curbed my desire. Nevertheless, eventually willows became my favorite tree, constantly reminding me of my young adventures. Looking back, I realize that only memories are truly timeless. What else could preserve a place so clearly? Now pine needles litter the rustic wooden seats, and withering tree limbs are scattered amongst the bench legs. Regardless, I will never know this new version; a version not utterly consumed by imagination and adventure. Yet I guess that's how you know something is special; if it's the first thing you think of when an essay assignment pops up in google classroom. Now a distant memory, a long-lost adventure.

Chaya Krigman is a Sophomore at CEHS in Mrs. Lisa Melanson's English class

Cape Challenge 5K is back; scheduled for June 5

By Marta Girouard

Break out those sneakers because the Cape Challenge 5k is back! After a two-year hiatus due to Covid, the event will resume on Sunday, June 5.

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.

Proceeds from this event benefit the Cape Elizabeth Pond Cove, Middle School and High School Parents' Associations.

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. Organizers are working on the registration page and once it is live, details will be shared via social media, flyers and in The Cape Courier.

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.



Town Manager monthly report

By Matthew E. Sturgis, Town Manager
From Town Hall website

Town operations have been active over the past month. We have gone out to bid on three public works projects, one affordable housing study request and a review of the wireless infrastructure in Cape Elizabeth.

Over the next six weeks the storm-water drainage projects at Kettle Cove and Surf Road will begin. The work will be performed by Gorham Sand and Gravel. Notice will be sent by mail to the surrounding neighborhoods in advance of each project's start. Both projects will be paid by the proceeds of the American Rescue Plan funds.

The Willow Brook culvert replacement also had a successful bidding process, with Shaw Brothers the successful bidder. The project has a restricted construction window due to environmental considerations. This project will be undertaken in July to comply with the regulations. Notice of this project will also be mailed to the abutting properties in advance of the start.

The wireless infrastructure project continues, with a formal reporting out on the project requested to the council for a presentation on April 20 if that can be scheduled by the council.

Version 2 of the request for proposals for the affordable housing study resulted in seven responses. Staff has organized all of the responses for review, with a request for a brief council meeting on Wednesday, March 16. The review of the study will directly follow a workshop with the Scarborough council to provide direction on review and selection recommendations to the council for action at the April council meeting.

The Shore Road improvement project planning continues, with staff in the process of meeting with the commercial property owners along the corridor. Staff is in the process of planning a public hearing to review the current progress, take input and comments, and make additional adjustments, with a plan to present to the council later this spring.

Proposed Fiscal Year 2023 Municipal Budget delivered to council

From Town Hall website

During the Monday, March 14 Town Council meeting, the council approved referring Town Manager Matthew Sturgis' Proposed FY2023 Municipal Budget to the Finance Committee for their review.

The total proposed budget for all ongoing municipal departments and community services for Fiscal Year 2023 is \$18,416,128. This is offset by revenues from all sources in the amount of \$11,498,344.

The amount to be collected from property

taxes is proposed to be \$6,917,784, which is 0.83% more than last year. As proposed, the budget will provide a net to taxes increase of -0.23%. This year's budget continues the work began last year to recover from the effects of the pandemic, with improving revenues, while also maintaining a conservative approach to municipal spending.

The Town Council, acting as the Finance Committee, began their review of the proposed budget on Monday, March 21 in the council chambers.



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Mail delivery

Continued from page 1



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To address recent mail delivery issues in town, plans have been presented and preliminary approval granted for the construction of a Fulfillment and Distribution Center for a world-wide online shopping corporation on a large parcel of land abutting the Gull Crest fields and trails.

answered with the explanation that there weren't enough carriers to get the mail out every day. While packages seem to have been given priority, even expected deliveries have been slow. "Our customers have come to expect receiving their packages in an extremely efficient manner, and our analysis has shown that we have a gap in distribution and shipments to northern New England," said David Baker, whose responsibilities include Quality Assurance and Customer Service. Packages that were promised in a day or two have been taking sometimes a week or more.

The efficiency will improve significantly with this distribution center north of Boston. "I can order a package for my sister in Massachusetts and she'll get it the same or next day just because it's shipped from a center near her town of Middleboro," explained Cape Elizabeth resident Sandy Davis. "If I ordered the same item for myself, it would take a week to get here."

The innovative plan to also streamline first class mail delivery is welcome news. "With our successful established pathway and network of package transmission, we can easily adapt that same system to first class mail and ensure timely delivery, possibly even a double delivery on some days in select neighborhoods. Magazines, catalogs, newspapers and advertising matter fall into a different category, so while first class mail will certainly get priority, customers may wait just a bit longer for other items," explained Baker.

Customers everywhere have been victims of "porch pirates," thieves who steal packages from residences after they've been delivered. The company partially resolved this by providing safety lockers in a few retail locations, not always convenient for access. A proposed solution will be part of this expansive development project in Cape Elizabeth. A separate building will be constructed, containing safety lockers of all shapes and sizes, so that nearly any package can be safely stored for retrieval by customers. "Heck, we could even store a refrigerator or materials for a prefab house!" exclaimed Foster. "The sky's the limit!" They hope to construct this locker facility closer to the center of town, making it more accessible certainly for Cape residents, but for customers throughout southern Maine as well. Site/land locations are under negotiation at this time.

The fleet of electrically powered delivery vehicles will soon be a familiar site on our roadways and neighborhoods. The town has agreed to install, fund and maintain the charging stations needed for this extensive fleet and may be able to

make the stations available to residents, for a reasonable fee, when the vans are out on deliveries.

The benefits for substantially increased employment in the area cannot be overlooked. The financial structure for company responsibilities and duties is expansive, ranging from warehouse workers with salaries of \$15-20 an hour to floor managers, purchasing agents and inventory control positions paying upwards of \$35-40 an hour. While many of the upper management positions will be filled by experienced company transfers, some construction and cyber-security jobs may be offered through work-release programs and the Second Chance Foundation.

Progress on the timeline for this project has already begun. With over 150 such facilities world-wide, many of the schematic layouts have been completed. "Initially, the project was engineered to replicate a similar facility in Baltimore, but the size of that model, which is larger than 28 football fields, simply wouldn't fit in the footprint of the land available," explained Foster. "We've scaled down a bit and look forward to presenting the more manageable plan to the town at their next meeting on April 1. We might just fool them all." just as this story might have fooled our readers!

Written by Debbie Butterworth

CEMS band and chorus students represent at festival

Twenty-three CEMS students represented Cape Elizabeth on March 4 and 5 at the Maine Music Educators Association 2022 District 1 7/8 Honors Festival. The festival, which involved 11 different area middle

schools, took place at Noble High School. During the two-day event, students participated in intensive rehearsals with guest conductors, which culminated in a performance on Saturday afternoon.



Contributed photo

Back row: Merry Adrian, Dash Young, Teddy Brennan, Liam O'Brien, Jack Ferger, Celia White. Front row: Isabelle Pollick, Ayla Napier, Miles Vettese, Ian Connolly, Claire Gaudrault.



Contributed photo

Back Row: Bella Wark, Ava Lewis, Sophia Ecker, Sloan Gardner, Amelia Welborn, Zack Sahlin. Front Row: Noemi Marquadt-Grainer, Addison Young, Katie Halter, Logan Knightly, Emma Gebhart, Shiloh Doody.



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FMI, please contact me at elise.eglb@gmail.com

OR

go to my fundraising page at <http://act.alz.org/goto/ThePlaulker>

CEHS Concert Jazz Band wins awards at jazz festival



Photo by Joanne Lee

The Cape Elizabeth High School (CEHS) Concert Jazz Band won The Outstanding Ensemble Award in the Class "C" Big Bands division at the Clark Terry UNH Jazz Festival at the University of New Hampshire on Saturday, March 12.

Tenor saxophonist Kathrynne Clay won The Outstanding Musician for the Class "C" Big Bands division. The CEHS St. Pierre Combo also participated in the event with flutist Analise Gordon being recognized as Outstanding Musician for the CEHS combo. The Clark Terry Jazz Festival is an annual event that draws jazz groups from 60 high schools and middle schools throughout the Northeast.

CEHS Concert Jazz Band members are: Clara Parker (alto saxophone), Eliza Green (alto saxophone), Jack McCormick (alto saxophone), Kathrynne Clay (tenor saxophone), Aurora Milton (bari saxophone), Kat Callahan (bari saxophone), Sebastian Hesser (trombone), Tess Straw (trombone), Amelia Tennyson (clarinet), Josh Mullen (clarinet), Analise Gordon (flute), Matt Leighton (trumpet), Hadley Johnson (trumpet), J. Nathan Brame (trumpet), Heiki Kuhrt (trumpet), Brendan Connolly (guitar), Jackson Barresi (guitar/banjo), Heath Kennedy (bass/tuba), Owen Lee (bass), Otto Cook-Sharp (drums).

Volunteers participate in Dress-a-Girl Around the World mission



Contributed photo

Volunteers from the Cape Elizabeth United Methodist Church created 418 sun dresses for young girls living in poverty. This is the seventh year they have participated in Dress-a-Girl Around the World mission and over that time they have completed 2,079 dresses.

A group of women from the Cape Elizabeth United Methodist Church and friends from surrounding communities have created 418 sun dresses for young girls living in poverty in this country and around the world.

Their work is part of the Dress-a-Girl Around the World mission and this was the seventh straight year the Cape Elizabeth women have participated in helping the international organization fulfill its goal of "every girl deserves at least one dress."

Supervised by the church's Judith Hill, Linda Webster, Linda Wakefield and Lili Acheson, volunteers gathered at the church on Saturday mornings for the first five years, but they all sewed from their homes during the last two years of the pandemic. Throughout those seven years, they have completed 2,079 dresses.

The women gathered at the church on March 5 to have the dresses blessed by Judith Hill and Pastor Priscilla Dreyman before being boxed up and delivered to the regional Dress-a-Girl ambassador. Since its beginning in 2009, Dress-a-Girl has delivered over one million dresses to 81 countries.

If you are interested in participating with the group for next year's mission of making even more dresses, send an e-mail to capelizabethumc@gmail.com and leave your name, phone number and e-mail address.

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.

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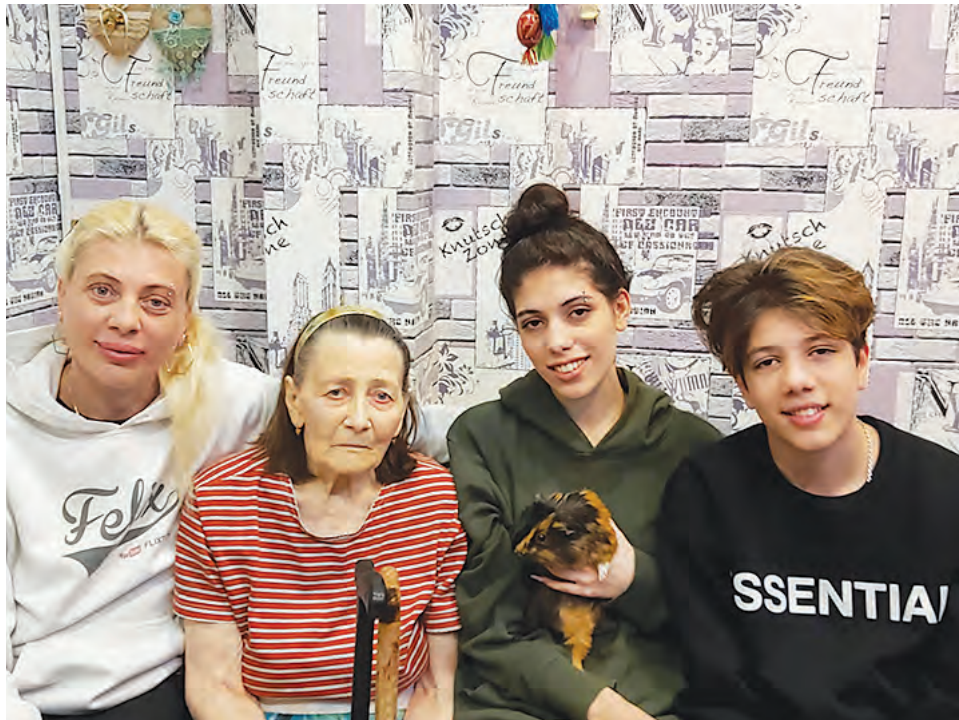
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Capers raising funds for family trying to flee war-torn Ukraine

By Marta Girouard



Contributed photo

Syuzanna (second from right holding the family's Guinea pig), with her mother Irina, younger brother and grandmother. In the fall of 2020 Capers Brandi Haaf and Lonnie Stinson were set to host Syuzanna, an exchange student from Ukraine, but plans changed due to Covid. The families stayed in touch and Haaf and Stinson are raising funds to help Syuzanna and her family flee war-torn Ukraine.

Capers Brandi Haaf and Lonnie Stinson, who are also owners of Crêpe Elizabeth, a mobile creperie food truck, have in the past hosted two exchange students through Greenheart Exchange. Greenheart Exchange is a nonprofit organization that offers cultural exchange programs in the United States for people all around the world.

In the fall of 2020, Haaf and Stinson were planning to host Syuzanna, an exchange student from Ukraine, but the country decided not to send their students due to the Covid pandemic. "We have stayed in touch with Syuzanna via WhatsApp and exchanged photos and videos. We've also video chatted and got to meet her wonderful family and see her little flat in Kyiv. They used to live in the Donbas region but had to leave because of the fighting going on there," said Haaf.

On the day Ukraine was invaded, Haaf and Stinson checked in with Syuzanna and realized the situation was becoming dire. The family's plan was to try and get out of Kyiv and make their way to either Poland or Romania. Irina, Syuzanna's mother, planned to fly Syuzanna and her brother to a relative in Norway. Irina would then return to Ukraine and remain there to take care of Syuzanna's grandmother who is handicapped and cannot be easily moved.

Haaf spoke with Irina on March 15, the day before the issue of this paper went to press. The family was stuck in Kyiv under the lockdown curfew. Apartments in their neighborhood were getting shelled and Irina was trying to find a wheelchair to hopefully help her mother get out as well.

Haaf and Stinson have started a fundraiser and are hoping to raise at least \$2,000 to get the family some money to pay for flights and travel. "Please con-

sider donating whatever you can. We're collecting money through Venmo @CrepeElizabeth and we will collect the donations and get them to Irina once they make it safely out of Ukraine. All of our Crêpe fans have been so generous over the years and we're hoping we can band together and help this beautiful little family trying to flee a war," said Haaf.

Syuzanna was studying International Relations at the University of Kyiv prior to the war breaking out, and wants to go into the diplomatic service. "She's passionate about politics and very proud of her country," Haaf said. "She has hopes and dreams and those are on hold right now. Everyone deserves to have dreams, hope and peace."

Contact Brandi Haaf with any questions at crepeelizabeth@gmail.com or direct message Crêpe Elizabeth on Instagram.

Math Team at CEHS: a history of success, with opportunities to learn

By Kevin St. Jarre

Math teacher Roger Rioux has long led the Cape Elizabeth High School Math Team, a program with a history of success, assisted by colleagues Sarah McKeown and Marija Randall. Currently CEHS's Math Team is ranked in the top five at the state level, which includes every school in Maine regardless of size.

Senior Sarah Hagan is a member of the Math Team, and explains that the team would normally participate in six meets in a regular year- five regular meets and a state meet- but because of the pandemic, the state meet, traditionally held in April, will not occur.

In fact, 2022 will be the third year where there hasn't been a state meet.

The number of CEHS students who attend a particular meet varies. Hagan said, "Sometimes we have enough people to have multiple teams, with ten people to a team, but

other times, like the last meet, we only have enough for one."

She said, "I believe that there are four or five others schools at the meets during the regular season with us, and always the same ones. However, at the same time, significantly more schools from across the state compete with the same set of problems, and so we are competing against them as well. We are in the Pi-Cone South division with schools like Fal-mouth and Scarborough."

The math involved in a meet will include geometry, algebra, statistics and precalculus.

Junior Zoe Matzkin is also a member of the team, and she explained, "There are six rounds in each meet. The first five are individual, with each focusing on one category of math, such as Logarithmic Equations."

Ainsley Fremont, also a junior and a mem-

-see MATH TEAM page 15



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Capetoon: Saddest snow - March 2022

By Jeff Mandell



Bird scene around town



Photo by Deb Brucker

Caper Deb Brucker snapped this picture of a red-tailed hawk in the fields across the street from Gull Crest.

Friends news and notes: spring updates

By Marta Girouard
Friends of Fort Williams Park board member



Photo by James McCain

This year marks the sixth anniversary of the Children's Garden construction and much of its planting. Pictured above is the Children's Garden in its early years, spring 2017. With spring officially here, visit Fort Williams Park to see what's in bloom.

After a very successful 10th anniversary Cape Elizabeth Garden Tour this past July, the Friends of Fort Williams Park plan to resume the event again, but not until 2023. In its place, the Friends are planning to hold a few smaller "friend-raising" and fundraising events, which will include celebrating the sixth anniversary of the Children's Garden. Other new initiatives include a series of workshops and a plant sale. These events are still in the planning stages; stay tuned for more details.

Through the winter, the Friends have been busy planning all of this year's projects, volunteer events and educational programs as well as budgeting for ongoing site maintenance and improvements. This spring, the Friends will complete their Project Canopy Assistance Grant plantings near the Cliff Walk with the installation of larger diameter trees. Native plants that provide habitat resources for wildlife and are host to many species of butterflies and moths will be added to the Children's Garden, Cliffside and the Cliff Walk Landscape.

This month, the Friends also welcomed Johnna Coggin to its Board of Directors. Coggin is a Preparedness Programs Manager at the Massachusetts Medical Society. "I am honored to be working with the other board members of Friends of Fort Williams Park as it is such an important organization. I look forward to meeting new people and learning as much as I can to determine how I can help support and maintain such a beautiful park that is truly a treasure for many," said Coggin. Several new members were inducted into the board in 2021 and all are excited to continue the organization's mission: To preserve and enhance the natural resources and visitor experience of Fort Williams Park by providing planning and stewardship for projects that support the Park's ecology, accessibility and open space.

Follow the Friends on Facebook, (@ Friends of Fort Williams Park) for latest updates and visit the Friends' website (www.fortwilliams.org) to learn how you can be involved in the stewardship of Fort Williams Park.

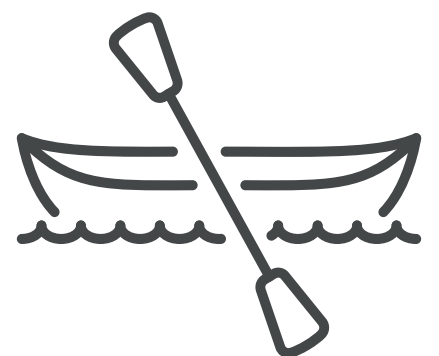
Great Pond Boat Storage Permits Lottery complete

From Town Hall website

The lottery for Great Pond Boat Storage Permits was held at 9:00 a.m. on Monday, March 14, in the ACP Office.

Permits were awarded to 32 applicants from a pool of 146 applicants.

In the event that some of the permit winners choose not utilize to the permit, a second drawing will be held after April 2 from the same pool.





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Dr. Marta Agrodnia, DVM, DACVS

Local birding report

By E. Brooks Bornhafft

It is staggering to imagine that if you were alive in 1970, more than 1-in-4 birds have disappeared within your lifetime. Of this figure 90 percent of the losses come from 12 avian families, including thrushes, swallows, sparrows, blackbirds, wood warblers and finches, all of which frequent our backyards. Ken Rosenberg of Cornell Lab of Ornithology stated that "it's a strong signal that our human-altered landscapes are losing their ability to support birdlife."

With this in mind, March is a month to reflect on how we manage our backyards, but from a bird's point of view.

From my own lessons learned I can say that birdwatchers tend to focus on things like food, coverage, water and pesticide alternatives, while at the same time neglecting the two primary things that we actually need to be doing in order to save birds which are, preventing window collisions and keeping domesticated cats indoors. On average six to eight birds die annually at every house that has an active bird feeder from window strikes and felines.

Anyone that pretends that birds do not hit their own home windows is just not paying attention. Of the hundreds of millions of songbirds who fall prey to window strikes every year, very few live.

The collision itself takes place in a flash of a second. If the bird does not die immediately its chances of survival are slim. I remember spending many hours bird proofing windows in our living room (closest to the feeders) along with my son's bedroom and feeling such a sense of relief only to hear the dreaded thud at the front door and find a fallen male Black-throated Blue Warbler. Since that day I make certain to remove the

full glass storm panel and replace it with a screen well before warblers arrive.

Also, consider past recommendations about safe distance for feeders outside windows no longer valid. In order to ensure birds do not hit windows, vertical decals should be placed no more than four inches apart and horizontal no more than two inches apart. Decals, stickers or even masking tape can be used. Unfortunately silhouettes of raptors do little to deter songbirds. I highly recommend using CollidEscape 2x2 Repeating Dot Pattern which can be found on Amazon.

Keeping cats inside is an incredibly important step that we must strive to take. Unfortunately putting a bell on a cat collar does not work because the tinkling noise is not something that birds associate with predators or other dangers.

With the same sort of compassion that we put towards inviting birds into our own backyards we should also show towards not allowing them to fall prey to windows and cats.

As for my limited field notes, on March 6 two Song Sparrows arrived in our yard as did a very cautious Common Grackle. On the afternoon of March 12 while scanning the Jordan Farm fields, I observed a large object at some distance and assumed it to be a Canada Goose. Closer inspection revealed a juvenile Bald Eagle scavenging on a Mallard duck. In the same moment a Turkey Vulture teetered high above the Spurwink River while a Red-tailed Hawk took its perch atop nearby farm equipment.

Lastly, on the afternoon of March 13 I heard the far-carrying cry of Killdeer along

-see BIRDING REPORT page 15

Just hanging around



Photo by Martha Agan

A Carolina Wren eating suet from an upside down feeder.

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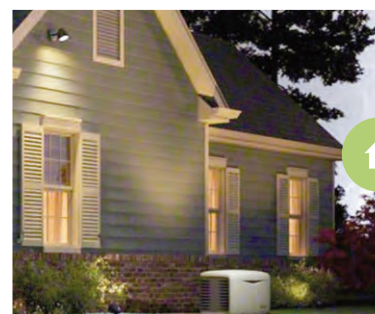


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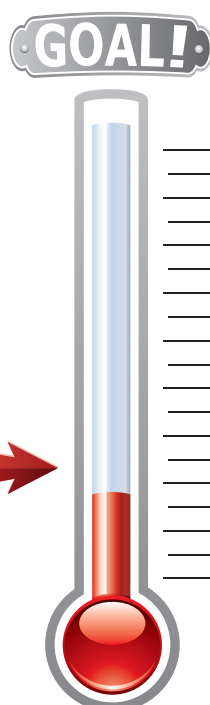
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Library hosts virtual ‘star party,’ offers variety of programs tied to 2022 Community Read, hosts squid biologist Dr. Sarah McAnulty

Library Program Captures Celestial Photographs

On March 8, the library hosted the second in an ongoing series of virtual “star parties” with local amateur astronomer Ara Jerahian and the Southern Maine Astronomers Club.

In 2021, the Southern Maine Astronomers club was awarded a grant from the Bangor Savings Bank Foundation in 2021 to develop an Electronically-Assisted Astronomy (EAA) project as a way to conduct star parties in a COVID world.

The library’s virtual star parties combine a live tour of the night sky with real-time deep-sky images being captured by specialized equipment – a refractor, camera, mount – at Ara Jerahian’s observatory in Cape Elizabeth.

At the March 8 event, Jerhaian captured and shared the three fantastic deep-sky images over the course of the evening reproduced here.

The next virtual star party is planned for sometime this summer. For anyone intrigued by astronomy, the library has a telescope available for borrowing, as well as a kit containing night sky binoculars,

books and other resources for exploring the night sky.

Visit the library’s website or stop by the library for more information.

COMMUNITY READ 2022

February - April

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 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 Book Discussion Groups

Saturday, March 26, 2:00–3:00 p.m.

Thursday, March 31, 6:30–7:30 p.m.

The heart of the Community Read is the chance to discuss a common book with friends, neighbors and strangers from your community.

These discussions are a chance for members of all three towns to meet one another and connect through great conversations about the book.

All discussion sessions are open to patrons from each of the participating towns. Feel free to attend as many discussions as you’d like. Every one is sure to be unique. Each session will be capped at 15 people, in order to keep conversations manageable for all. More discussion sessions will be added as needed.

Register on the library’s website.

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, March 21, 6:30 - 8:00 p.m. via Zoom: Media Ethics: Think Like a Journalist considers the ethical issues journalists face as they strive to be accurate, fair and clear. Utilizing real-life case studies, participants grapple with issues journalists may encounter, including privacy, anonymous sources and the pressure to be first.

Monday, March 28, 6:30 - 8:00 p.m. via Zoom: ESCAPE Junk News explores the problem of misinformation in today’s media landscape. Consider: What qualifies as “fake” news? Why should you care what’s real and what’s not? How can the motivations behind news stories shape the content?

Monday, April 4, 6:30 - 8:00 p.m. via Zoom: The Bias Meter: Win the Battle for Your Brain asks a critical question: What are the qualities of fair news coverage? Learn how to assess word choice, use of

context and counterpoints to make informed, impartial evaluations of news in print, online and on social media sources.

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, March 26, 11:00 a.m. - 12:00 p.m. via Zoom

Saturday, April 2, 11:00 a.m. - 12:00 p.m. via Zoom

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 - 8:30 p.m. via Zoom

-see LIBRARY page 13

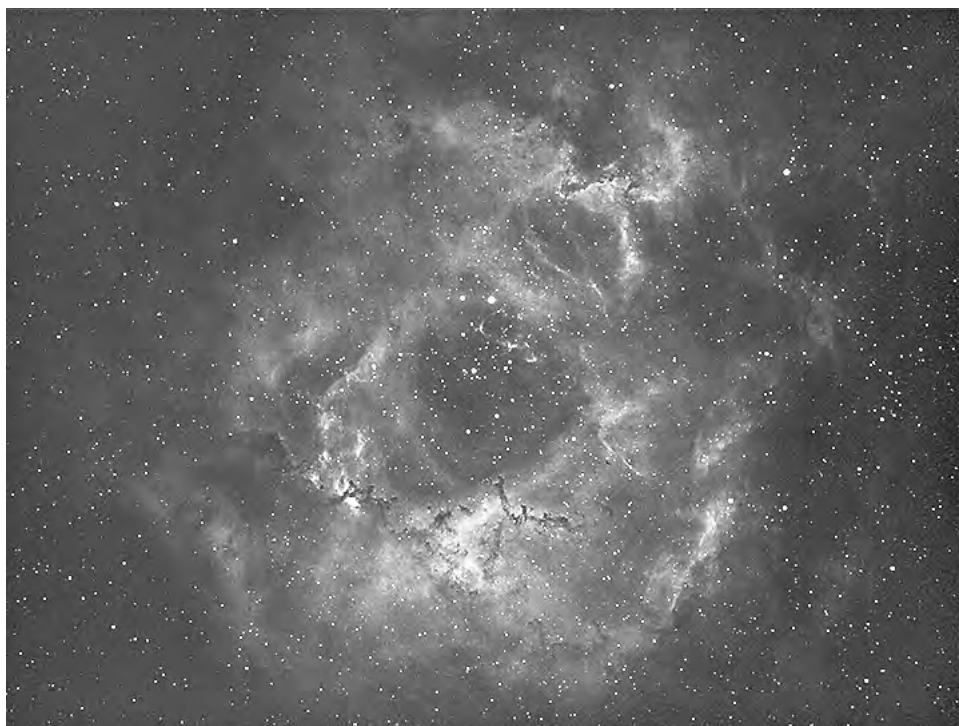


Photo by Ara Jerahian

On March 8, the library hosted the second in an ongoing series of virtual “star parties” with local amateur astronomer Ara Jerahian and the Southern Maine Astronomers Club. At the event, Jerhaian captured and shared three fantastic deep-sky images over the course of the evening. Above is Rosette Nebula, an H II region located near one end of a giant molecular cloud in the Monoceros region of the Milky Way Galaxy. Check out more photos on page 13 and page 16.

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Library

Continued from page 12

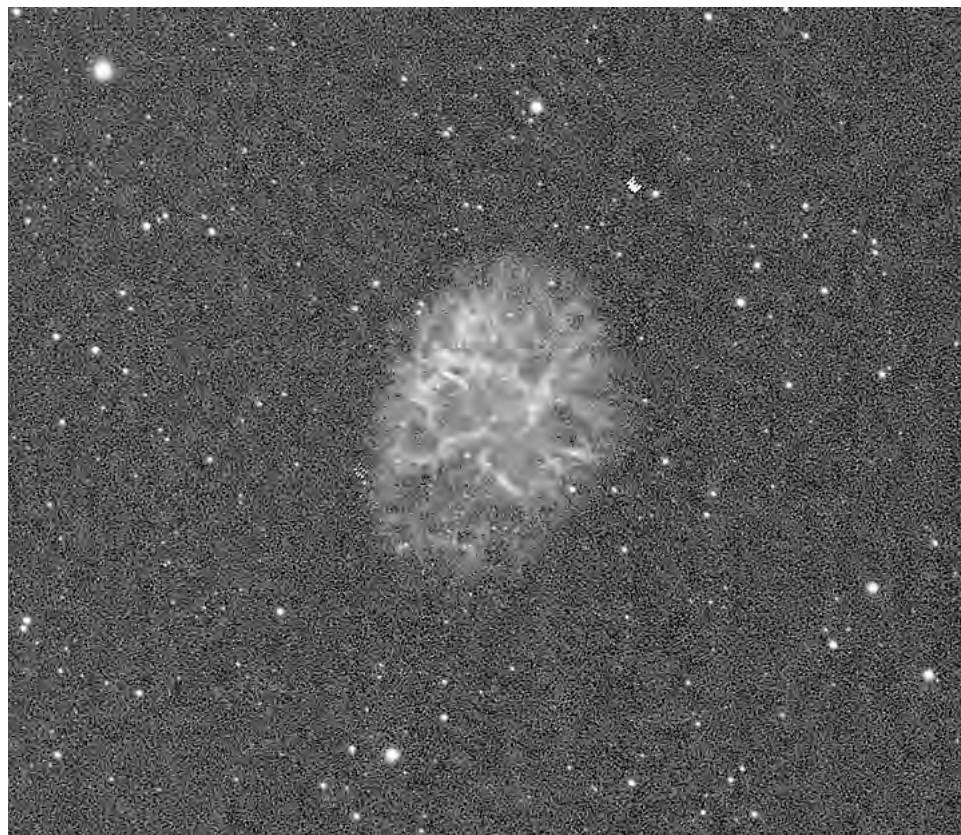


Photo by Ara Jerahian

The Crab Nebula, pictured above, is a supernova remnant and pulsar wind nebula in the constellation of Taurus.

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.

PROGRAMS FOR CHILDREN

Stuffy Sleepover

March 25 - 26

Do you have a stuffy that you think needs to make some new friends? Do you just know it would love the library? Good news! Our children’s room mascot Belinda is hosting a Stuffed Animal Sleepover at the library on Friday, March 25.

You’ll drop your stuffy off anytime on Friday before 5:00 p.m., and you’ll pick them up on Saturday morning. We’ll make sure to take lots of photos of all the fun Belinda and the stuffed animals have overnight, and we’ll have a slideshow to share with you so you can relive all of their adventures.

Register on our website.

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!

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 habits, 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: April 7, 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.

tion.

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: April 7, 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: April 20, via Zoom

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

-see TML page 16

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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, March 24

Town Council Workshop - Budget Review, Town Hall, 6 p.m.
Thomas Memorial Library Committee, 6:30 p.m.

Tuesday, April 5

School Board Budget Workshop Q & A, Cape Elizabeth High School Library, 6:30 pm
Planning Board Workshop, Town Hall, 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.

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

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

Cape Elizabeth Church of the Nazarene

April 2 - April 3 - March 26 - March 27 - 9 a.m.

CETV CHANNEL 1302

Town Council Budget Workshop -March 24

March 24 - 6 p.m.

SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
747-1113

www.capenazarene.org

Sunday School for all ages: 9:30 a.m.
Sunday Worship Celebration: 10:45 a.m.
Services streamed live or on demand:
watch.capenazarene.org

Cape Elizabeth United Methodist Church

280 Ocean House Road
799-8396

www.ceumc.org

Sanctuary Service: 10 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

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

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.

Room for all

St John Paul II Parish

St Bartholomew Roman Catholic Church

8 Two Lights Road

207-883-0443

JP2me@portlanddiocese.org

Website: www.JP2me.org

Sunday Mass: 9 a.m.

Monday Mass: 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



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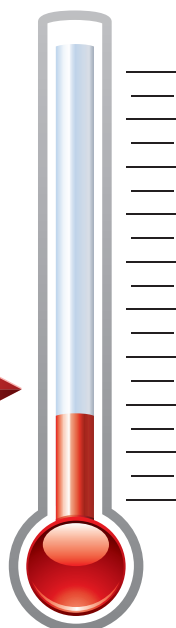
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GOAL!



A Celtic Music Concert returning to St. Alban's on March 30

The Celtic Eventide Ensemble will be performing in concert at St. Alban's Episcopal Church, 885 Shore Road, on Wednesday, March 30, at 6:30 p.m.

This very talented and popular group will present a wonderful evening of compelling and lively arrangements of Celtic music. The ensemble includes four amazing musicians.

Tom Kovacevic plays keyboard and guitar. He has had a distinguished career for many years in musical performance including Celtic, reggae, Middle Eastern, and sacred music in the Portland area. A choir leader and composer, Kovacevic has long been a part of St. Alban's musical life.

Nicole Rabata is a flutist well known for her virtuosity in classical, Brazilian and Celtic genres. She has performed in the United States, Europe, and Asia and is on the faculty of Colby College and the University of Maine at Augusta.

Violinist Meagan McIntyre performs

throughout Maine and with Portland's popular Amarantos Quartet, a classically trained ensemble that has delighted audiences with a wide range of music from traditional to rock.

Michael Albert is a vocalist, composer and a brilliant, award-winning oboist, who is also skilled on the violin, viola and pipe. An ambidextrous musician, he has performed with leading New England orchestras and various college orchestras.

All are welcome at the concert. The tickets are \$20 for the event, which is a fundraiser to support the ministries of St. Alban's.

Please visit <https://onrealm.org/stalbansmaine/give/Concert> for online ticket sales.

Tickets may also be purchased at the door on the evening of the performance.

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

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Math team

Continued from page 9

ber of the team adds other examples of math categories, including “trigonometric equations and identities, conics, or linear coordinate geometry.”

Matzkin said, “During the individual rounds, everyone gets their own paper to complete by themselves. Each paper has three questions, and you have twelve minutes to complete all three. After the five individual rounds is the team round. The whole team works together, and all the final answers are recorded on one piece of paper. This round is also twelve minutes but consists of nine questions. We usually divide the questions so each one is done by a couple of people; each person does not do all nine questions. Also, the team round does not focus on a single category, but instead goes over all five categories done in the individual rounds.”

Of course, the team members enjoy mathematics.

Birding report

Continued from page 11

Gull Crest. Of the plover family, these robin-sized birds are one of the least water-associated of all shorebirds. Killdeer are one of the first spring migrants to arrive and are considered partial migrators because the more southerly populations stay put year round.

The Killdeer that arrive this far north are known as leap-frog migrants because rather than compete for food and space with the year round residents inhabiting the southern half of the U.S., they will use the earth’s magnetic field, practically flying straight from Mexico and Central America to Cape and beyond. Lastly, a Snowy Owl was reported in the vicinity of Dyer Point on March 11.

Dogs

Continued from page 4

periences need not be dramatized or exaggerated. Neither tourist, nor resident, nor official need speak to anyone like a grumpy old man protecting his lawn would. We cannot say these spaces are owned by the town, and then treat townspeople and their dogs as intruders, nor should we treat tourists as invaders.

If we are kind and patient, use common sense, and exhibit a bit of grace rather than authority, and leave these spaces as we would like to have found them, the experience, and the warmer seasons, will be better all around.

Snowy Owl sighting at Trundy Point



Photo by Erin Feller

As mentioned at the end of the birding report, a Snowy Owl was reported in the vicinity of Dyer Point on March 11. On March 15, Caper Erin Feller was walking out to the end of the rocks at Trundy Point with her daughter when they saw a few blackbirds diving at something. As they walked closer, about 10 feet from the end, a Snowy Owl flew out from under the rocks.



Kathleen O. Pierce

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Please call Holy Trinity Greek Orthodox Church, 133 Pleasant St, Portland at: **207-774-0281** to place your orders.

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Pick up orders Friday, April 15th, 10-2:00 or Saturday, April 16th, 10-1:00.



Now Hiring

WRITER

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.

Interested applicants, please contact Tara Simopoulos, Publisher at: info@capecourier.com



An Independent Not-for-Profit Newspaper Serving Cape Elizabeth Since 1988



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Coming in April

April 6th soil products opens for the season THEN one short week later April 13th our farmstand will open – yeah!!



IT TAKES A COMMUNITY TO KEEP FOOD GROWING



Photo by Ara Jerahian

The Medusa Nebula, pictured above, is a planetary nebula in the constellation of Gemini.

Library

Continued from page 13

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

Daily Fika (Coffee Break)

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

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: April 5

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

Pond Cove accepting Kindergarten registration 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.

Early release adventures with CELT

Early Release Adventure: Phantastic Phenology (with Philip)

March 23, 12:30 – 2:00 p.m.

For curious explorers ages 9-14, join us for an afternoon expedition on an Early Release day.

Join Cape Elizabeth Land Trust Program Coordinator Philip Mathieu for an outdoor exploratory early release adventure, searching for the signs of spring and changes expected in our natural environment.

In the event of bad weather, we will postpone this event. Registration required and attendance is limited. Please have your child arrive with appropriate outdoor gear for this program.

ALL WALK-INS NOW WELCOME.



THE WORLD IS OPENING BACK UP. SO ARE WE, FOR WHATEVER LIFE THROWS AT YOU NEXT.

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