

# The Cape Courier

Volume 35 Number 9  
May 18 - May 31, 2022

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## Portland Head Light Director 'Keeper' Jeanne Gross retires

By Stephen T. Lyons (Garda)



Photo by Stephen Lyons (Garda)

Director Jeanne Gross, pictured above at the Museum at Portland Head Light, stands beside Colonel George Fogg Sr: Commanding Officer of the 240th CA-Maine National Guard/U.S. Army Maine National Guard Encampment at Fort Williams and a replica of the 240th CA colors/flag. Colonel Fogg's grandson Ethan Fogg provided much of his grandfather's medals and ribbons to Gross for this display.

As the director and unofficial "keeper" of Portland Head Light Museum, Jeanne Gross has served in one of the most important and picturesque job sites in the country. The lighthouse, museum and gift shop, hugging a rocky stretch of coastline, attract lighthouse enthusiast and lovers from all 50 states and over 70 countries. An estimated one million visitors arrive each year to view this iconic light, many seeking the timeless majesty of the first lighthouse completed by the United States government.

While employed by the Museum at Portland Head Light, which is board-managed not-for-profit chartered, Gross has built strong ties over the years with leadership and

staff at Fort Williams Park, public works and the Cape Elizabeth Town Council. There is no question of her success as the museum's director. Thousands of positive comments on social media, a faithful corps of cheerful volunteers and regular events including book signing and tours speak to the diversity and appeal of the museum's culture and programming.

What's next for Portland Head Light? Gross' retirement. She wants to spend more time gardening and maybe even take a summer vacation. She hasn't had one in 21 years as most visitors to the museum arrive during the warmer months.

Upon hearing of Gross' retirement, I sat down with her to ask about some of her more memorable moments at The Light. They included:

Open Lighthouse Day. Gross works with the U.S. Coast Guard to host a day each year when visitors can enter the lighthouse tower and enjoy a breathtaking view of Casco Bay.

Flying Santa. Santa arrives via helicopter to provide toys to the children of U.S. Coast Guard servicemen and women.

The U.S. Postal Service produced a postage stamp featuring the Portland Head Light and Gross coordinated a release ceremony in front of The Light.

Blue Angels Fly-by in 2021. A military color guard assembled atop Portland Head Light with a U.S. Navy Blue Angel flyby to honor the recently killed military personnel in the last days of Afghanistan War and all military veterans who served, USS Eagle 56, and the end of the Afghanistan War. This

-see KEEPER page 13

## Maine's guide dog group launches website, features Cape resident's story

By Kevin St. Jarre



Photo courtesy of Dave Cleaveland from MaineImaging.com

Brad Strause is a retired project manager from Alpha One, a nonprofit disability consulting agency. He now devotes his time to composing and performing his music. He's currently working his fourth guide dog Stout, a black Lab from Leader Dogs for the Blind.

Pine Tree Guide Dog Users, a nonprofit organization serving Maine's blind and visually impaired residents who are partnered with guide dogs, recently launched its newly designed website at <http://www.pinetreeguidedogusers.org>.

From adorable guide dog puppies in training to extraordinary guide dog teams

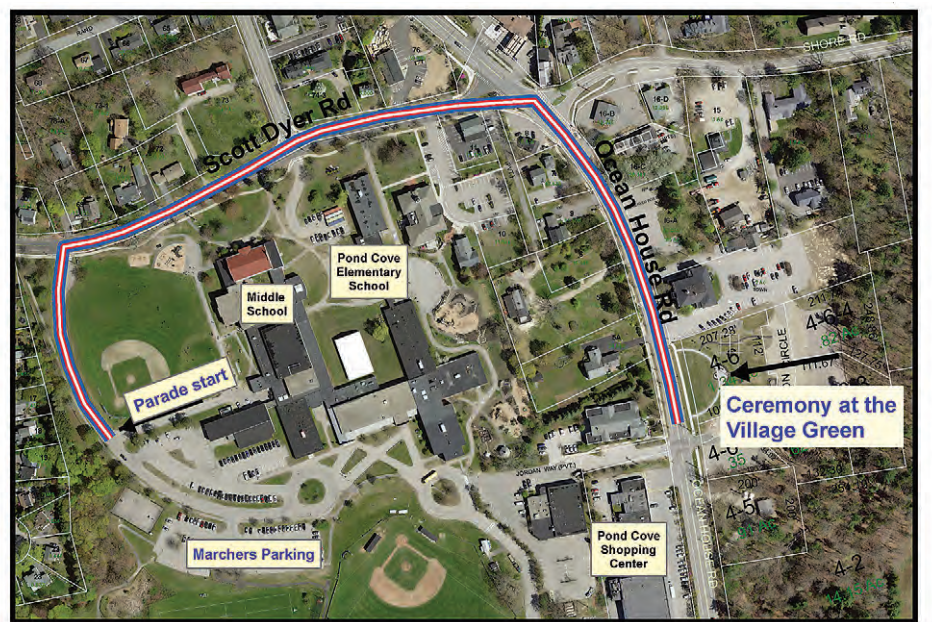
at work, the site features content related to all aspects of Maine life with a guide dog, including a story written by Cape Elizabeth resident Brad Strause.

Strause wrote, "After spending about 3 years desperately trying not to lose my vi-

-see GUIDE DOG page 16

## New route for Memorial Day parade

By Jim Huebener



Contributed photo

The big change for this year's Memorial Day parade is that the parade will start at the Middle School parking lot and finish at the new Village Green, adjacent to Town Hall.

Memorial Day in Cape Elizabeth will be observed with a parade, followed by a ceremony. This is an opportunity for the community to come together in remembrance of those who have died serving our nation.

The big change this year is that the parade will start at the Middle School parking lot and finish at the new Village Green, adjacent to Town Hall.

The parade begins at 9:00 a.m. Parade participants are asked to gather at the

Middle School parking lot at 8:30 a.m. The parade route begins there, turns right on Scott Dyer Road, turns right onto Rt. 77, and ends at the Village Green. A brief ceremony and laying of the wreath will be held at the Village Green after the parade.

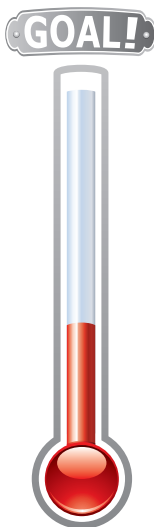
The parade will include members of the Cape Elizabeth police, fire and rescue departments, the Water Extrication

-see PARADE page 15

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## ‘Many thanks to Jeff Shedd’

Many thanks to Jeff Shedd for his clear, informative affordable housing series. This is such a fraught topic in town these days and Jeff’s articles help us readers navigate through the complicated issues and realize it’s actual families we are talking about and

whose future we, as residents of Cape Elizabeth, are impacting.

And many thanks to The Cape Courier for publishing these articles.

**Louise Sullivan**

## Sahrbeck is ‘among the best of the best’

I am pleased to support Jonathan Sahrbeck for re-election as Cumberland County District Attorney. As a career prosecutor with more than 15 years’ experience prosecuting criminal cases, Jonathan is among the “best of the best” at what he does. But more than that, Jonathan has a sense of justice and a commitment to fairness and the rule of law that make him the ideal candidate for another term as DA. That’s why I’ll be voting for Jonathan - who is a Cape Elizabeth resident and Cape High grad - in the Democratic primary on June 14.

As District Attorney, Jonathan has made prevention of crime and reduction of recidivism two cornerstones of his approach to criminal prosecution. While maintaining a strong focus on prosecuting dangerous offenders, Jonathan has pur-

sued important criminal justice reforms including a restorative justice diversion program and a veteran’s treatment court, to name just two of many. Jonathan has a keen understanding that substance use, mental health issues and domestic violence underlie a large percentage of crime. That’s why Jonathan has worked closely with professionals in those fields to make treatment an integral part of the criminal justice process in Cumberland County.

We are fortunate to have the chance to bring Jonathan Sahrbeck back for another term as District Attorney. Jonathan has done an excellent job as DA and has earned re-election. I urge you to join me in voting for him on June 14.

**Jonathan R. Chapman**

## ‘Let the professionals do their job’

I am a strong advocate for affordable housing, but I am not signing the Plan B Petition. Why? Because Plan B is a zoning amendment with no actual, stated plan. It puts a vague idea of a cart before the proverbial horse. In accordance with Cape’s 2019 Comprehensive Plan, a Housing Diversity Study will be completed by the end of August with the assistance of an already hired Housing Study Consultant.

Let’s be patient and let the professionals do their job in researching Cape’s actual needs (Houses? Apartments?), the viability of site options (Location? Zoning? Infrastructure requirements? Environmental Impact?), the accessing of federal tax credits and state subsidies to mitigate tax increases, and any needed financing. Let’s not get distracted and waste precious time and resources.

Only after this comprehensive study is complete can we propose realistic plans for creating actual housing solutions in Cape Elizabeth.

**Cherie Gustafson**

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Let us hear from you! 

**We love feedback!**

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## ‘Let’s put poor people near the dump’

Cynthia Dill’s affordable housing proposal, “Let’s Put Poor People Near the Dump,” or, “Plan B,” is as brilliant in its conservative ethos as it is in its detailed, evidence-based arguments for keeping the lower classes a safe distance from the town center.

The Dunham Court controversy of late has highlighted Cape Elizabeth’s struggles with holding the proper proportion of destitute citizens in check. The radicals among us scream “mixed-use buildings” and “walkable communities!” Ms. Dill has a more sensible approach that relieves us of our moral burden, while simultaneously maintaining our downtown’s heavenly status quo.

Ms. Dill has discovered town land that was “left by Thomas Jordan ... in 1825” for “the purpose of housing people without means.” Undoubtedly, Mr. Jordan astutely recognized the value of this real es-

tate for his specific purpose. Surrounded by wetland, next to our state-of-the-art recycling center, tenants would be suitably contained with respect to our village yet have the convenience of being a mere jaunt from the discarding of their waste. I must admit, on this last point, of being quite jealous.

It would not behoove me if I failed to mention that this proposal could reduce the overabundance of undeveloped land in our community. Why disrupt our town center when there are acres to raze?

If you have not already, go forth and sign her petition. When it comes to housing, we cannot afford to wake up after Election Day with regrets, only to find no way out of our quandary.

**Chris Gorski**

## Carney has ‘served selflessly’

I support Anne Carney for a second term in the Maine State Senate.

Anne’s time in the Senate and even her campaign for Senate took place during the darkest days of the Covid pandemic. During this time, Anne used her sense of collegiality, legal and legislative experience and sensitivity to Maine people’s needs as she went to work in the Senate chamber, first by Zoom and finally in person. She has represented us and served selflessly and to great effect in the Maine Senate.

During the current session, Anne sponsored bills to address children’s health, extending the Children’s Health Insurance Program to cover thousands of kids whose parents cannot afford employ-

er or marketplace coverage (LD 372), and bills to access to private and public postpartum care to mothers (LD 265 and LD 1357). The bills passed with resounding support from both sides of the Senate Chamber and are now law.

As Chair of the Judiciary Committee, Anne has been a leader in negotiations with Maine’s Indigenous Community in addition to other matters presented to the committee.

Please vote on November. I ask you to support Anne so that she can continue to do her vital work for all of Maine’s people.

**Dr. Richard Sullivan**

## Post-graduate plans for CEHS seniors due June 3

The Cape Courier traditionally publishes post-graduate plans for graduating seniors. This information must be submitted by students or parents. Please

submit plans, including student’s and parent’s names, and the college or activity to [dbutterw72@gmail.com](mailto:dbutterw72@gmail.com) by June 3.

# Then and Now: It's good to be able to put a face with a name

By Jim Rowe



Contributed photo



Contributed photo

Several Couriers ago, I related the sad story of Pvt. John William Poor.

Thanks to historian Peter Benoit, we now have more details of the incident.

"Future historians may record that the first soldier killed in the performance of his duty in the war between the United States and Germany was John Poor, shot while on sentry duty at Fort Williams, Portland." (Ellsworth American, March 28, 1917.)

"March 22-23, 1917 on the eve of United States' formal declaration of war against Germany in WWI there had been several reports of suspicious activity in and around the military installations of Casco Bay. The bases were on heightened alert. On the night of March 22-23, 1917, intruders entered the Fort Williams grounds under cover of darkness. They were spotted by Sentry John Poor, a private with the Third Company, Coast Artillery Corps.

Poor ordered the assailants to halt. His order was ignored. Poor fired a warning shot over their heads. The intruders fled into the night, but not before mortally wounding Pvt. Poor with a bullet from a large caliber handgun. The intruders escaped, unidentified. It was widely speculated that these men were enemy agents or sympathizers, and that they were on the Fort Williams property to conduct espionage or to engage in sabotage or assassination.

Private John Poor, 21 years old, from Edinburg, Illinois, is believed to be the only

soldier killed in the line of duty and due to suspected enemy activity during the entire history of Fort Williams (1872-1962)."

At the time of my previous Courier submission, we did not have photographic support for the Pvt. Poor story. Again thanks to the diligence of Peter Benoit, we now do. The images above were from the Portland Evening Express and Daily Advertiser, shortly after March 23, 1917.

# TC votes on technical amendments, proposed sewer rate changes

By Abbey Greslick

## Finance Committee Report

Town Council Chairman Jeremy Gabrielson began by noting that the Town Manager had a personal health issue last week and was not in attendance at this meeting. The written Finance Committee Report update will be presented at the June meeting.

Gabrielson noted having spoken briefly with the Town Manager who revealed that revenues and expenses 'were generally tracking,' and excise taxes were lagging a bit behind projections, but significantly more state aid will be coming in than anticipated in the budget.

## Technical Amendments

The Planning Board has been working on a package of technical amendments to the municipal zoning ordinance. Gabrielson said he saw a late-breaking comment that was emailed by former councilor Jamie Garvin supporting the amendments, and he hasn't seen any other comments.

Gabrielson thanked the Planning Board for their work on this ordinance and their updates to clarify language that had been out of date. He indicated this would make the application process clearer in the future. The Town Council voted unanimously in favor of the ordinance.

## General Fund and Special Revenue Funds Budgets

The motion to order for council to schedule a vote on the budget (2023 municipal and school) was passed unanimously. Proposed town expenditures are \$18,537,065 and revenues, \$11,447,347. Proposed school expenditures are \$31,255,751 and revenues, \$2,847,606. The vote is scheduled for Monday May 16, 2022 at 7:00 p.m. at Cape Elizabeth Town Hall.

## Special Revenue Funds Budget

There was a motion to adopt the Special Revenue Funds Budgets for Fiscal Year 2023 with estimated expenditures of \$4,301,403 and estimated revenues (including transfer from the General Fund) of \$3,691,978 and the estimated use of fund balancing totaling \$863,548. The council voted unanimously to pass the motion. Danielson said he would like to thank the staff for their work putting the budget together, especially the manager and finance director.

## Portland Head Light Keepers Quarters Painting

The motion to move \$40,000 from the fund balance account of the Portland Head Light Fund to the General Fund to paint the Keeper's Quarters at PHL was passed unanimously. Danielson said the Council approved the use of Fort Williams Park for the National Governors Association meeting in July so this item is taking a special appropriation from this year's budget in the same amount as what budgeted and making funds available in advance of that event.

## Proposed Sewer Rate Changes

Director of Public Works Jay Reynolds said he and Town Manager Matthew Sturgis had previously recommended a sewer rate increase over a tiered three-year period due to rising costs by the Portland Water District. PWD provided annual operating costs in November for FY2023 and have shown an increase in costs of personnel and electricity.

Danielson clarified this rate increase is paid for individual customers that are customers of the sewage system. That rate also impacts the town as a rate payer

-see TOWN COUNCIL page 15

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# One hundred miles of food for a vegetarian

By Cosette Spier

The summer before freshman year I was roped into a three-week long summer camp, hiking the Hundred-mile Wilderness on the Appalachian Trail. My mom sensed my nerves and assumed they were about the people or the counselors as I've had some pretty bad sleep away camp experiences. Surprisingly, the thing I was most worried about was the food.

I'm a vegetarian who needs a lot of food to function on a normal day, never mind on days where I'm hiking five to ten uphill miles. My grandma, who is notoriously anti-vegetarian, called me a few days before I left and told me that I should eat meat for energy. I shrugged and said, "Ok." Interestingly enough, there was only one option for meat on the trail, and it was a stick of pepperoni. We didn't have a big variety of different foods, but we tried to add as many different seasonings as possible to make the meals not as bland. A few of the most memorable meals follow.

## Sun Butter and Strawberry Jam on Stale Flour Tortillas

The first meal we had was right after we unloaded from the van on the trail. Nick, one of the counselors, pulled out these massive flour tortillas, a jar of sun butter, and a container of strawberry jam. We assembled sun butter and jam sandwiches. The tortillas were a little stale and the sun butter simply wasn't that great. I loved the jam though. I did not enjoy that sandwich that day, nor did I finish it. We had these sandwiches multiple times throughout our hike, mainly because they were an easy lunch option. The last time we had them, I packed mine full of both the sun butter and jam, and I ate the whole thing.

## Pasta, TVP and Red Sauce

We had different meals every day for the first few days, then they started to repeat. Two of them consisted of pasta. One had sun butter and soy sauce, which was weird at first, but after a few days of being totally drained from hiking so much, everything started to taste good - even the TVP, textured vegetable protein. My dad had signed me up as a vegan for the trip, so they had brought red sauce and Textured Vegetable Protein (TVP) for when everyone else was having mac and cheese. And thank God for that because I hate mac and cheese. TVP tastes like nothing but has a chewy, strange texture. I was not a fan.

## Dehydrated and not-so-rehydrated Re-

## fried Beans

One morning we were planning out what we were eating that day, and we had decided on tuna and pita bread - for the vegans that meant dried hummus and pita. I had been eating that hummus with crackers for the past few days and I knew we had some leftover beans, so I asked if I could soak the beans and have them instead of the hummus. The problem was that those beans were meant to be rehydrated with hot water; they needed to be cooked. I packed a container with the beans and some cold water and when I opened up the container at lunch, I found a mess of crunchy beans and brown bean water. I ate them, but they were not good. Every bite was followed by a crackle of crisp dehydrated bean skin. Every time I eat any kind of bean, I'm grateful that they come in full bean form and aren't undercooked and crispy.

## Sweet Potatoes

There are two things that still bring me back to the days on the trail: the smell of sweet potatoes being sautéed and dawn dish soap. I never liked sweet potatoes before the trail, but after they were one of the only vegetables available for three weeks, they started to grow on me. We had them in our weird sun butter and pasta dish and we cut them up really small to go in hash browns. Now I eat probably a few sweet potatoes a week if I can.

## Dawn Dish Soap

Every night after dinner we had to wash our dishes. We had a tiny squirt bottle with maybe half an ounce of dish soap that we had to make last for a week at a time. So, we would put a drop in a foldable bucket and fill it with water; that soap water was sacred and the smell of that one drop of dawn dish soap flooded the area. A few weeks ago, my dad bought Dawn dish soap for the first time since I'd been on the trail, and as soon as I opened the bottle, the smell brought me back to the days I'd been eating stale tortillas and crunchy rehydrated beans.

My life now is full of reminders of how I once lived in the middle of nowhere, miles and miles away from civilization. Food is still one of the biggest parts of that. From washing dishes to cooking sweet potatoes, flashbacks of the endless forest and blistered feet come back into sight.

*Coco Spier is a student in Dr. Lisa Melanson's English class at Cape Elizabeth High School.*

# News from the school board

By Kimberly Carr

During our regular business meeting on April 12, the board voted unanimously in favor of the budget presented by Dr. Record. The budget balances advancing education in our district while being mindful of the tax impact of the budget on our residents. Thank you to Dr. Record and the entire District Leadership Team for all the careful thought, time and energy that went into this process.

We also had an update on professional development (PD) and the value of the early release days for the teachers. At this meeting Assistant Superintendent Michelle McClellan spoke about the March PD day which focused on vertical alignment of the curriculum.

Teachers had an opportunity to meet across buildings, for example 4th and 5th grade teachers and 8th and 9th grade teachers had a chance to connect. This created opportunities to discuss what is being taught, what is expected of students and to identify and minimize potential gaps.

On Tuesday May 2, the District Planning Committee met. The committee discussed the end of pooled testing and plans to send tests kits home with students and staff which you may have already received.

There were no new recommendations from this meeting to bring to the school board. As always the DPC will continue to assess the ongoing COVID-19 conditions.

It is teacher appreciation week as I write this. I want to say a huge thank you to all of our teachers. Our educators are talented, creative and caring. We have teachers who are truly interested in each student and improving their educational experience.

Thank you for the hard work, dedication and effort you put in to nurturing our students' curiosity, compassion, and skills of critical thinking. In a great variety of ways you help prepare our students for the challenges and adventures they will find in the world outside Cape Elizabeth. Thank you; you are appreciated!

## BUILDING OVERSIGHT COMMITTEE

The next public community gathering on the Building Project will be held on May 18 at 6:30 p.m. at the Pond Cove/CEME Cafetorium, with school tours occurring before.

This gathering will consist of a charette led by the architects from Simons and be focused on site planning options. This is a type of participatory planning process that assembles an interdisciplinary team of stakeholders to help consider design options. It is an excellent opportunity for opinions to be shared.

An additional public charette will be held on June 15 at 6:30 p.m. and will be focused on school floor planning design.

Please go to <https://www.cebuilding-project.com/> for regular updates on the building project.

## FINANCE COMMITTEE UPDATE

The board approved the 2023 budget during our regular business meeting on April 12 and presented it to the Town Council on Monday April 25. The percent increase is one of the lowest in Cumberland County.

This budget supports the district's goals and reflects feedback from the community thought exchange. The School Board is very proud of this budget and would like to thank the District Leadership Team for all their hard work.

## POLICY COMMITTEE UPDATE

The Policy Committee continues to meet monthly to update policies impacted by legislation and those in need of revision.

The school board recently adopted changes to the Board Member Conflict of Interest policy updating parameters of employment, volunteer activities and appointment to office and other employment.

The Policy committee drafted a new Board Relationships and Communication with Staff policy. While the board communicates and fosters relationships with staff, there is not a written policy and the law now requires regular communication. This policy went before the board for a first read in April and the board will be voting on whether to adopt this policy at the upcoming regular business meeting this month.

The Policy Committee is also actively updating the Student Wellness and Student Discipline policies.

## UPCOMING MEETINGS

Building Project Charette- May 18  
6:30 p.m. PC/CEMS Cafetorium  
(tours starting at 5:30 p.m.)

School Board Workshop - Tuesday  
May 24, 6:30 p.m. Cape Elizabeth  
High School Library


Policy Committee - May 26, 3:00-  
4:00 p.m. Jordan Conference Room

DEI district committee - May 26,  
3:30-4:30 p.m. CEHS library

District Planning committee - June 7,  
6:30-7:30 p.m. via zoom


School Budget Validation Referen-  
dum Election - June 14, Cape Eliza-  
beth High School gym

School Board Business Meeting -  
June 14, 6:30 p.m. Cape Elizabeth  
Town Hall



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# Fraud complaints, hit and run accident reported

Reported by Debbie Butterworth

## PUBLIC INFORMATION

- 4-14 Two officers responded to a residence in the Ocean House Road area for a possible domestic disturbance.
- 4-14 An officer met with a resident of the Mitchell Road area who reported that someone recently used his personal information to open an account.
- 4-19 An officer responded to a residence in the Shore Road area for a trespass complaint.
- 4-20 An officer met with a resident in the Ocean House Road area regarding an abandoned blue bike. It was returned to the police station for safe keeping.
- 4-22 Two officers responded to a residence in the Ocean House Road area for a trespass complaint.
- 4-24 Two officers responded to a residence in the Mitchell Road area for a well-being check.
- 4-27 An officer met with a resident of the Shore Road area who reported that she had met with a contractor who provided a verbal estimate and she was concerned that he may be trying to scam her.
- 4-27 An officer went to Lions Field for a report of a fountain leaking a lot of water. As the shut off valve couldn't be located, Public Works was notified.
- 4-28 An officer met with a resident of the Mitchell Road area regarding a fraud complaint. The resident had received an email from PayPal advising that money was due for a purchase he did not make.
- 4-30 Two officers responded to a residence

in the Ocean House Road area for a possible domestic disturbance.  
 5-1 An officer met with a resident of the Fowler Road area who was concerned about a person who might have been in crisis and requested a well-being check.

## SUMMONSES

- 4-23 Mount Vernon resident, uninspected vehicle, Mitchell Road, \$148
- 4-23 Windham resident, uninspected vehicle, Spurwink Road, \$148
- 4-25 South Portland resident, operating without a license, Sawyer Road
- 5-1 Cape Elizabeth resident, uninspected vehicle, Route 77, \$148

## JUVENILE SUMMONSES

- 4-24 Operating vehicle using a hand held device, Spurwink Road, \$85
- 4-30 Cape Elizabeth resident, violation of interim license, Route 77, \$385

## ACCIDENTS

- 4-25 Jeffrey Lowell, accident on Sawyer Road
- 4-26 Christopher Rauscher, victim of hit and run accident, Beach Bluff Terrace
- 4-30 Arie Witham, Brendan Morrell, accident at Fort Williams

## FIRE CALLS

Fire calls: 14  
 EMS calls: 29

# Scam alert bulletin board

Reported by Jessica D. Simpson

## Retail Refund Scams

A burgeoning scam impersonates Amazon or another big retailer, claiming you are owed a refund and that you need to call a number or click a link to get it processed.

These paths always lead to a scammer – who will ingratiate himself to you, and then convince you to allow them to remotely access your device. They will “show” you the refund owed (let’s say it’s \$100). Then they will convince you to sign into your bank account online so they can “show” you the deposit they are ready to make – only they show you a fake page in which it appears they mistakenly refunded you \$10,000, for example. They swear they will be fired if you don’t help recover the mistake, and ultimately seek to convince you to send the money back by purchasing a prepaid debit or gift card for the amount and reading the numbers off the back. You buy \$9,900 in gift cards, share the information, and are immediately out \$9,900.

Know this – retailers don’t work this way. And anytime you are asked to purchase a gift card – to buy something, to pay an obligation – anything, it’s a scam 100% of the time.

## Do Me a Favor Clergy Scams

The ongoing remote world we’re living in has many of us getting used to doing more of our activities virtually. When we can’t be face to face, it makes for rich targets for adept scammers.

One trending scam is when a criminal impersonates clergy. The crook spoofs the e-mail address of a given faith leader and sends a message to a congregant requesting a favor. They will claim they are busy or out of town and just need you to purchase a dozen gift cards that will be used to help congregants in need. All you need to do is buy them (say, \$100 each) and email a picture of the front and back of the cards. And of course, you will be reimbursed.

If you’re ever asked to do a favor like this, take a pause and think, “Would this person really ask me to do this?” Contact the person yourself and get validation they are who they say they are. And if the request was for gift cards, you’ll learn it was a scam attempt.

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

Visit the AARP Fraud Watch Network at [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you’ve fallen victim.

# Cape Challenge is June 5

By Marta Girouard

Registration is open for the Cape Challenge 5K, which is set for Sunday, June 5. Sign up for the race at: <https://runinarace.com/CapeChallenge/>.

Sponsored by RE/MAX Oceanside and FG Life Services, and many other generous local sponsors, this event is a collaborative effort between the Pond Cove Parents Association, the Cape Elizabeth Middle School Parents Association and the Cape Elizabeth High School Parents Association. Proceeds from this fundraiser provide critical support to students and teachers of all three of Cape’s schools.

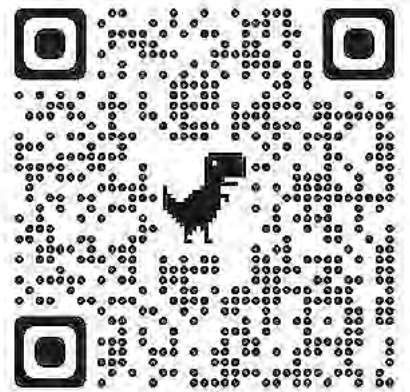
The race will include a Fun Run for children ages 8 and under starting at 8:30 a.m., a 1-Mile Dash for children ages 12 and under starting at 9:00 a.m. and the 5K Cape Challenge will begin at 9:30 a.m. No advance registration is required for the Kids Fun Run. An awards ceremony, along with a drawing for prizes for the Cape Challenge Raffle will begin at 10:15 a.m. in the Pond Cove/Middle School Cafetorium.

This event would not be possible without the help of our many amazing volunteers. There are many open positions for

race day and if you are able to volunteer, please visit our SignUpGenius page via the QR code below.

Residents should note that Ocean House Road (from the high school entrance to Scott Dyer Road), Scott Dyer Road and Brentwood Road will be closed to all automobile traffic from 9:30-10 a.m. on Sunday, June 5 due to the race.

Follow the Cape Challenge on Facebook and on Instagram: @CapeChallenge5k. For any questions, please contact co-directors Marta Girouard and Jenn Grymek at [capechallenge5k@gmail.com](mailto:capechallenge5k@gmail.com).



# CEHS Theatre talents shine in two upcoming shows

Theater lovers will have two opportunities to see shows before the school year ends at Cape Elizabeth High School, with an ensemble play and a variety/talk show.

In May, Cape Elizabeth High School Theatre presents Love and Information by Caryl Churchill. Someone sneezes. Someone can’t get a signal. Someone won’t answer the door. Someone put an elephant on the stairs. Someone’s not ready to talk. Someone is her brother’s mother. Someone hates irrational numbers. Someone told the police. Someone got a message from the traffic light. Someone’s never felt like this before. In this fast moving kaleidoscope, an ensemble brings to life more than a hundred characters, trying to make sense of what they know.

From the momentary to the momentous, Love and Information shows us the complexity behind even the most basic human communication. There will be

three evening performances, Thursday through Saturday, May 19 to 21, at 7 pm. Tickets: \$15/Adults, \$5/Students and Seniors. Cash/Venmo at the door, or purchase tickets online in advance at [www.showtix4u.com/events/capetheater](http://www.showtix4u.com/events/capetheater);

In June, join us as we celebrate an incredible year of excellent CEHS Theatre! The high-energy, non-stop variety/talk show that showcases the spectacular—and often surprising!—talents of CEHS students is back, with another installment of hilarious and heartwarming performances. CEHS TONIGHT! will have singing, dancing, sketches, stand up comedy, and interviews, making for an exceptional evening of entertainment.

There will be two shows, Thursday, June 2 and Friday June 3, at 7 pm. All tickets are \$5 at the door, cash only.

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# Troop 120 makes delicious Latin American food at Tostones

By Jess Proctor and Allison Blackstone



Contributed photo

Troop 120, pictured above with Lorena Adaime, recently visited Tostones to earn their New Cuisines badge.

¡Buenos dias Cape Elizabeth! The Cadettes and Brownie of Troop 120 joined our neighbors Lorena Adaime, and her parents Mauren Adaime and Daniele Rea, who are the owners of Tostones to earn their New Cuisines badge.

During their experience, the girls learned about the Adaime's native country of Columbia, and the recipes they create from Colombia, Peru, Mexico and Venezuela to share with people here in Maine. We saw photos of their family in Columbia and learned about basket weaving, sombreros and the plantain farms.

The delectable dishes we watched them prepare were arepas, empanadas, and tostones. Arepas are a corn meal tortilla typically filled with meat, cheese, guacamole and vegetables. They cook, mash and shape the traditional white corn into small discs, and then put them on the grill and watch them expand. They cook and mash the yel-

low corn meal in the same way as the arepas, roll it into balls, which are then smashed flat in a press. They were filled with a fine mixture of meat and potatoes, and then put in the freezer. This makes them crispier when fried.

A plantain is part of the banana family, but is much starchier, and not as sweet. The plantains for the tostones are placed in water unpeeled for three days, peeled, and then soaked for one additional day. They are cut into approximately two inch pieces, which are then fried, smashed and fried again. The result is a crunchy, delicious, crispy round delicacy that is served with guacamole.

The staff at Tostones are extremely friendly, and we really enjoyed our time with them. We encourage you to come visit this lovely restaurant, because the food is scrumptious and their smoothies are incredibly delicious. Many thanks to Lorena, Mauren and Daniele for the wonderful visit and being such amazing hosts. ¡Muchas gracias!

# CESD helps launch national pilot standard for school facilities

*First-of-its-kind standard prioritizes low-cost measures to improve indoor air quality.*

On March 4, Healthy Schools Campaign (HSC) and Green Seal announced a pilot Healthy Green Schools & Colleges certification standard to support facilities leaders in identifying and implementing low- or no-cost measures that make a significant difference in school indoor air quality.

As an official Healthy Green Schools & Colleges Early Adopter, Cape Elizabeth has provided advice and input on the development of this first-of-its-kind standard for healthy and sustainable school facilities. Cape Elizabeth will now begin formally implementing the standard to provide recommendations to the Healthy Schools Campaign and Green Seal on the thresholds for certification levels when the Healthy Green Schools & Colleges certification program launches this Spring.

The pilot standard is publicly available for any school district or university to use today to improve air quality in their facilities. It is designed to be implemented district-wide or university-wide to ensure an organization-level commitment to standard operating procedures, resource distribution, and facility maintenance that supports the health of all students and staff, as well as the environment.

"It's exciting to be part of a program at this early stage, especially since the goals are in such alignment with what my vision has been for both the school and town," said David Bagdasarian, Cape Elizabeth School and Town Facilities Director.

"The pandemic has made creating healthy school environments an urgent national priority and brought to light the significant under-investment in school facilities nationwide," said Doug Gatlin, CEO of Green Seal. "This national standard fills a critical gap to provide schools with the resources and network to ensure a quality of school facility that every student in America deserves."

"Unhealthy indoor air, inadequate ventilation, and chemical exposure from cleaning and maintenance routines are linked to poor concentration and test performance in students. These conditions are disproportionately found in schools serving primarily low-income Black and Latinx students, making this an impor-

tant issue of equity," said Rochelle Davis, President and CEO of Healthy Schools Campaign. "The Healthy Green Schools & Colleges program is designed for any school district or university that commits to providing safer and healthier indoor school environments, whether they are just getting started on this path or already are leaders."

### About the Standard

The pilot standard covers the full range of facilities management practices, including:

- Cleaning and Disinfecting to reduce exposure and injury risks to cleaning staff; reduce the risk of virus transmission; reduce exposure to environmental health hazards; and support student health needs.

- Integrated Pest Management to protect occupants from environmental health hazards and improve the indoor air quality of school facilities.

- Sustainable Purchasing to ensure school district or university purchases reduce negative environmental and human health impacts and help reduce the spread of infectious disease, while also delivering effective functional performance.

- HVAC and Electric Maintenance to ensure proactive, preventative, planned, and reactive maintenance for all installed HVAC devices and fixtures to maximize their period of usefulness and improve the indoor air quality of school facilities.

- Indoor Air Quality Testing and Monitoring to ensure processes, procedures, and tools are in place to monitor indoor air quality, while balancing the impact of HVAC on energy consumption and helping to identify opportunities to improve indoor air quality.

- Training to ensure cleaning and maintenance personnel work in the safest and most effective manner possible and receive appropriate training to promote health, safety, sustainability, sanitation, and minimize the spread of infectious disease through their work.

- Communication to encourage cleaning staff, management, school building administrators, employees, and students to practice clear, effective, and equitable communication to develop trust.

Learn more about the Healthy Green Schools & Colleges standard and program at: <https://www.healthygreeschools.org/>.



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We would like to invite the community to the cancer awareness games on Friday, May 20 at 4 PM at Cape Elizabeth Middle School. Cash donations accepted at both games to raise money for the Dempsey Center in South Portland and Lewiston. Our goal is to raise \$1000 for this local organization which supports individuals and families navigating cancer diagnoses.

There is also a Go Fund Me link where people can make donations <https://gofund.me/65e40d69>

or search for CEHS Cancer game at Gofundme.com

*Baked goods and raffle prizes featured at the girls softball game.*

*Bring a lawn chair and root for the Home Team!*



## Community compiles coupon collection for educators

By Kevin St. Jarre

Community members and businesses have pulled together an effort to show gratitude to local educators. The result was a brochure, including coupons for use at local businesses.

The brochure will be distributed to all staff, teachers and administration within the Cape Elizabeth School Department to thank them for all that they have done for students during the pandemic. It also includes quotes from local parents expressing their appreciation.

The effort was launched by Rachel Weinstein, a mother of a 4th and a 9th grader. Weinstein is quoted in the brochure as saying, "In March 2020 when life became unfamiliar and scary, the schools were there to support us. The teachers pivoted to teaching remotely. They understood that schoolwork was important but recognized that the emotional adjustment, stress, and uncertainty required flexibility, compassion and a sense of humor. I can't even imagine how many Zoom meetings were had by the administrators, nurses and more to figure out how to get the kids back in person with limited space and no vaccines yet. There were SO many people working behind the scenes—moving furniture to storage and out again, installing antibacterial dispensers, painting dots on the concrete in Cape colors so that kids would know how far 6 feet apart was. Bus drivers were in contained buses with little ones spaced apart. I can't begin to do justice to all the moving parts. All the people working together to make these last couple of years work. The schools have been a lifeline—to normalcy when life has felt anything but; To not feeling as alone when parenting through a pandemic. From the bottom of my heart. Thank you."

According to Weinstein, the businesses that are contributing include:

- C Salt- coupon for a large coffee
- Tostones- 15% off purchase
- IGA- there will be a raffle for two \$25 gift cards (they donated the cards)
- The Good Table- there will be a raffle for two 6-packs of their cinnamon buns
- The Lumbery- 10% off purchase
- Rosemont- \$5 off a purchase of \$50 or more at their Cape Elizabeth store

Jennifer Fisher is quoted as saying "I know I speak for many parents when I say I was so impressed by the administration, teachers and support staff to keep our children safe and adjust so well. I know it was a tremendous amount of work with all the changes and procedures and I am so grateful and appreciative. They all made my life as a parent as normal as possible and are so supportive of families when their careers were turned upside down as they created new plans all the while as they personally and constantly impacted by the pandemic. I admire their willingness to continue being there while most of the world stayed home. We are so lucky to have the caring people we do! Thank you!! It never went unnoticed!"

The Thomas family- Melanie, Shane and Stephanie- said they are "so thankful for the entire staff in the Cape Elizabeth school system. There's no 'I' in TEAM and this entire school district proves that every day. Our family has utilized so many resources during the pandemic. From guidance/social services, to frequent check-ins with teachers and staff. Our family has faced many challenges during the pandemic but my children's educational experiences was not one of them. Kudos to all at Cape Elizabeth schools. Well done! I'd also like to say that the food service department was phenomenal to our family during

the pandemic by supplying and delivering delicious/healthy food to our family every week."

"I would like to say thank you to all of the hard-working employees within the Cape Elizabeth school district. Without all of you the school year would not have run as smoothly as it has," Chris Lowenstein said, "I extend a humongous thank you to everyone- from the administrators to the cafeteria personnel, to the teachers and the Counselors and the social workers and the maintenance team, the coaches, the bus drivers, and the crossing guards! Thank you thank you thank you! Thank you for providing a great place for our kids, the students, to learn, mature, develop and grow."

While Judah Lowenstein, grade 4, said, "Thank you to the teachers for all the stuff you taught to me. Thank you, custodians for cleaning all the classrooms and halls. Thank you to the nurses for helping to keep us healthy and keep us away from COVID. And thank you to the people in the office who keep things organized and make all those calls and stuff."

"I am grateful to the teachers for being so nice while there has been so much stress for them," said Jacoby Furt, while Oliver Furt, who is also 8 years old and in the 3rd grade, said, "I am grateful for the janitors for keeping the school clean while COVID has been going on. It means we can go to school in-person which is so much better than virtual learning!"

Sandy Shapiro Hurt and Eric Hurt said, "We are full of gratitude for the teachers, administrators and staff at the middle school. These last few years have been frustrating, and full of wonky energy, disappointments, and worry which has been difficult for parents and students to navigate. The professionals at the school have worked so hard, and done their best to keep students in school, with extracurricular activities in play, and an atmosphere which has felt approachable. We recognize this hard work and are truly truly grateful. HUGE THANKS!"

Mish Richie and family, said, "The entire staff and administration at Pond Cove School has truly gone above and beyond for our students and community over the past few years. The administration has continuously worked hard to answer complex questions and make the absolute best decisions for our students. They have worked on solutions not only for student safety, but also for their general well-being. And they have done this all while being communicative and as transparent as possible with the community. The nurses have taken on herculean feats of tirelessly keeping up to date with best medical practices, and then seamlessly implementing them into a "new normal" routine for our kids. And perhaps even more importantly, they have done this in a way that felt safe, comfortable and sometimes even fun for the students. I know my child has always felt "taken care of" in what could have been a very tumultuous time. All of the outstanding teachers and staff have displayed nothing less than remarkable dedication, energy, happy attitudes and confidence for their students. These amazing professionals adapted in less than a minutes's notice to give our kids an environment that felt secure, loving and productive. They made it their mission to provide an experience as close to normal as possible, for these kids who are just trying to be elementary school students. We are truly lucky to weather this storm with our community of educational professionals. And we are so thankful to each and every one of them."



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## Go Green: Grocery store tips

By Laura Marston

Trying to reduce your waste can sometimes feel like an uphill battle - for me it does every time I have to go to the grocery store. Feeding a family without also getting a grocery cart's worth of packaging can be a real challenge. Here are some tips for making it out of the supermarket without a whole bunch of trash.

1. **BYO bags.** We all know this one. Bringing your own reusable bags is a great start. Most of us have an abundance of reusable totes to use, and the statewide bag-ban is a great reminder. But let's take it one step further! A common bag that was left out of the bag ban is the produce bag. But you can easily refuse that one too - by using a reusable produce bag. There are lots of affordable options for reusable produce bags and you simply bring those with you, and bag your own produce in the aisle. Pro-tip: take a produce sticker from your item and put it on the outside of your bag to make it easier for the cashier to ring you up.

2. **Choose wisely.** While the goal of zero-waste grocery shopping is to buy things package-free or refillable, we know that's not always possible. So choosing the best package is sometimes our only option. When given a choice, I always choose glass, metal or paper over

plastic.

3. **Choose to reuse.** There are an increasing number of returnable packages in our local stores these days - and we love to support those brands who are supporting a circular economy. Like Smiling Hill Farm milk - we love that they're local, and they have returnable, reusable bottles. And we super-love the refund that we get when we bring them back!

4. **Go straight to the source.** Many produce items are available with less packaging straight from the farm.

5. **Make a do not buy list.** Take the teeth out of in-store decision making. Make a list of the items that you have trouble resisting face-to-face, but know that the waste isn't worth it. Happy shopping!

## 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.

## Friends' news and notes: three super plants for your yard

By Andrea Southworth

Ecology Project Manager, Friends of Fort Williams Park



Photo by James McCain

*Eastern shadbush in flower at Cliffside.*

If you are thinking about which trees and shrubs to plant in your yard this spring, consider these native super plants. Not only will they look fantastic, but they support wildlife and help keep our ecosystem healthy, too.

- **Eastern shadbush (Amelanchier canadensis):** This small tree is a real winner and requires almost no maintenance. Also known as serviceberry, it is covered with fluffy buds in the spring that open to showy white flowers, followed by red to blue edible fruits in summer. It is usually multi-trunked with smooth gray stems, has good early fall color and is tolerant of coastal growing conditions. Related plants to consider: downy (Amelanchier arborea) and smooth serviceberry (Amelanchier laevis).

- **Alternate-leaved dogwood (Swida alternifolia):** Also known as pagoda dogwood, this small tree or large shrub has an elegant profile and long horizontal branches that are tiered. It grows well in partial shade and makes an easy addition to your existing landscape. The fragrant creamy white flowers are arranged in clusters and appear in late spring, followed by blue-black fruits in mid-August. Amazing for autumn, the fruit stems turn

bright red in the fall and the leaves turn burgundy. Related plants to consider: red-osier (Swida sericea) and silky dogwood (Swida amomum). Please plant native dogwoods rather than Kousa dogwood (Cornus kousa), a related species from Asia.

- **Lowbush blueberry (Vaccinium angustifolium):** This low-growing shrub will reward you throughout the year with its charming bell-shaped white flowers, delicious fruit and great fall color. It produces multiple stems and its leaves are small and glossy. Adaptable to a variety of growing conditions, it will colonize over time and would be perfect for a hard-to-mow slope. Related plants to consider: high-bush blueberry (Vaccinium corymbosum) and black huckleberry (Gaylussacia baccata).

Each of these plants is an important part of the Ecology Project, the Friends' long-term, park-wide effort to improve the ecological health and sustainability of Fort Williams Park. Stop by Cliffside to see what these plants look like in a mature landscape—they're labeled and ready for you to enjoy. Thank you and happy planting!

## South Portland - Cape Elizabeth Rotary welcomes new members

The South Portland-Cape Elizabeth Rotary Club is pleased to welcome new members Kiley Wilkens-O'Brien, Bill Lohrman, Bob Hanson, Jeff Gabrielson and Regan St. Pierre.

Our clubs are the heart of Rotary. At meetings, members catch up with friends, hear what's happening in our communities, share plans and exchange ideas for creating lasting change. You'll meet interesting people from your community and around the world. And you'll tackle local and international issues that are important to you and your club members. You might know us from our annual Christmas tree sale in South Portland's Mill Creek Park, Winterfest, and Bug Light which we maintain. There is also our legendary fried dough sales at Cape Family Fun Day and South Portland Art in the Park. These events, projects and more are some of the ways we serve the community.

For more information go to [sp-ce-rotary.org](http://sp-ce-rotary.org).

## Cape Schools Open Minds and Open Doors

Community • Academics • Passion • Ethics

Coming up on November 8th, citizens will be asked to vote on a bond for a new Middle School/ Pond Cove Building and renovations for the High School.

To learn more and go to the polls informed, go to:

[www.cebuildingproject.com](http://www.cebuildingproject.com)

The website is regularly updated, so check it out often!

Thank you for being invested in our students and community and taking the time to be informed!



## FAMILY FUN DAY Saturday, June 18th

Join us at Fort Williams  
for some good  
old-fashioned fun!

Daytime events 10am-3pm, Evening  
events 5pm to dusk, Fireworks at dusk

*This is how we do summer!*

Cape Elizabeth Family Fun Day benefits local non-profits and school groups while celebrating our community.



# Beyond a Green Lawn

By Carrie McCusker



Photo by Carrie McCusker

*There are more than 270 species of native bees in Maine.*

The burst of spring green after a long, monochromatic winter is always a welcome change on the coast of Maine. Early wildflowers like the tiny common blue violet and delicate threadlike stem of the four-lobed bluet dot the ground along forest trails. But while we can enjoy the beauty and celebrate the change, other creatures rely upon them. For example, bumblebees visit the early blooms, and the violet's leaves feed nearly 30 species of moths and butterflies.

Unfortunately, spring in Cape Elizabeth also means pesticides and non-native grass. Those warning signs stuck in unnaturally green swaths of manicured lawn are not only a visible reminder of unhealthy chemical use but also mark a biological wasteland. Treated lawns are locked in a cycle of chemical dependence that zaps any natural microbial growth in the soil.

While you might enjoy looking out over the green carpet around your house, local wildlife does not. Hundreds of migrating birds join a vast array of insects, including monarch butterflies and bumblebees, to hunt for food and safe places to reproduce. They need fresh water, natural cover and native plants for nourishment.

Many wildlife species depend on specific native plants. As much as ninety percent of insects that feed on plants can only survive on those native to their region. An obvious example is the monarch butterfly caterpillar that can only consume milkweed (*Asclepias* spp.). New human development has dramatically reduced their habitat and replaced it with grass.

Homeowners can benefit wildlife by viewing their own space as part of a larger corridor. Looking at Cape Elizabeth from a bird's eye view, it is evident that we are all in this together. Our yards border woodlands, marsh and ocean. In our town, part of the Rachel Carson National Wildlife Refuge provides a home to hundreds of migrating bird species. Much of our yard runoff ends up there or in the stunning coastal waters that border our neighborhoods.

## Your Homegrown Wildlife Refuge

Imagine your yard as a wildlife refuge. You can provide habitat for various species and space for you and your family to live and play. Contemplate modeling your yard after landscapes that exist in nature. This includes less grass and more native

plants (food for animals), water and lush foliage for cover. Consider a small basin of water for birds.

Mow less frequently. Recent studies have shown that reducing mowing to every other week resulted in much higher bee activity, increasing the pollinating population exponentially. When unique birds and butterflies fill the air instead of the droning sound of a lawnmower, you'll quickly realize that you made the right choice.

Eliminate pesticide use. Seventy-five studies have documented the connection between lawn pesticides and lymphoma. The same studies show that pets and children are the most at risk for cancer (Tallamy, "Nature's Best Hope"). Don't leave it to chance that a landscaper is using 'safe' chemicals. If you want to fertilize your lawn, use pesticide free organic matter.

Plant native species. You can find native species in seed form and started from cuttings or roots. Educate yourself before you go to a nursery as some things labeled native are not indigenous to this area or are genetic variations. Imagine a small meadow of purple coneflower, black eyed susan, goldenrod and milkweed. Ponder a tree like the native redbud (*Cercis* cam-

nadensis) that bursts forth with pink flowers in the spring and provides nectar and pollen for hummingbirds, butterflies and bees and food for birds. Your yard can be a safe retreat for generations of native species living in balance with their human neighbors.

For more information plus access to seeds and plants, check out the Wildseed Project [www.wildseedproject.org](http://www.wildseedproject.org) or the Maine Audubon Society, which hosts a native plant sale every spring at [www.mainenativeplants.org](http://www.mainenativeplants.org). Try Douglas Tallamy's book "Nature's Best Hope" or Owen Wormser's "Lawns Into Meadows" to learn and be inspired. Finally, ask for native plants at your local nurseries so they can stock plants that contribute to a dynamic, healthy environment for all living things.

## 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](mailto:Richmond.Island@blackpointcorporation.com).

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

## CEUMC to sponsor walk with Amy Witt



Contributed photo

Amy Witt

The Eco Team of the Cape Elizabeth United Methodist Church is sponsoring a Wildflower/Nature Walk in Robinson Woods on Saturday, May 21 at 1 p.m. to be led by Amy Witt, a naturalist, garden coach, horticulturist, educator and director of Earth Walkers, an organization that "provides opportunities to inspire people to wonder about and connect with the natural world." The event is free and open to the public.

Following the walk, Witt will also lead an art exercise, asking participants to "meet" a flower or other plant and sketch what they see.

Witt is on the adjunct faculty at the Southern Maine Community College and explains she "leads people on journeys with Nature that invigorates their hearts and lets them fully experience Nature in more spiritual ways."

Participation will be limited, so sign up by calling the church at 799-8396 and leave your name, how many will be attending, your phone number and e-mail address. You also can e-mail the information to [capeelizabethumc@gmail.com](mailto:capeelizabethumc@gmail.com).

Participants should meet at the back end of the church parking lot at 12:45 p.m. The church is located at 280 Ocean House Road (Route 77).



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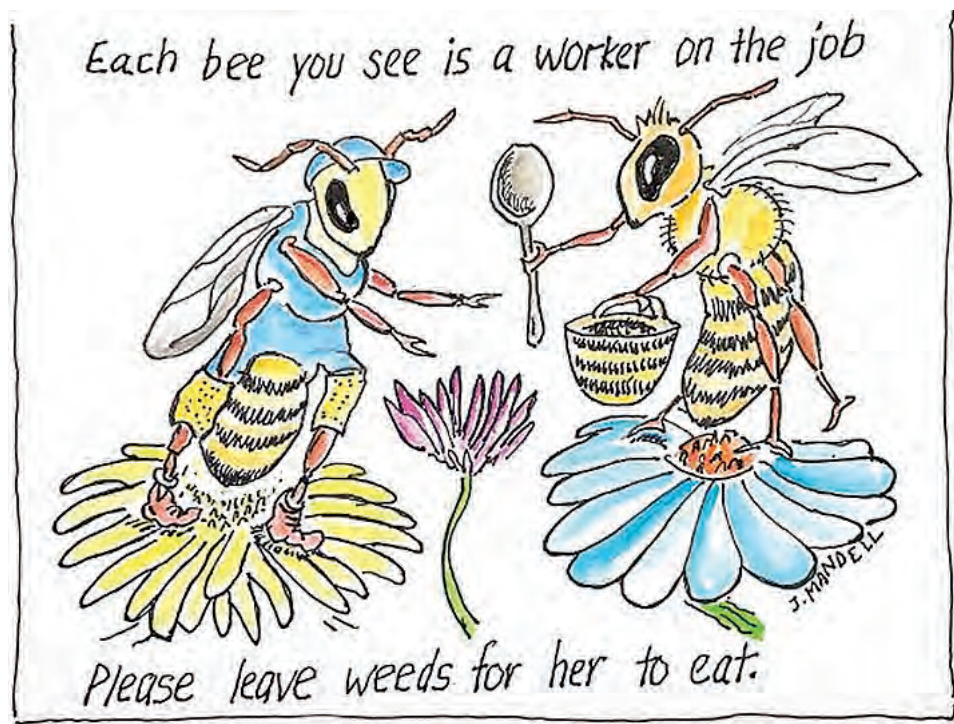
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# Capetoon: Plan Bee

By Jeff Mandell



# Cape Elizabeth Land Trust June programs

Please register for the following programs through Cape Elizabeth Community Services: <http://www.capecommunityservices.org>. If you have any questions call the Cape Elizabeth Land Trust at 767-6054.

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

## CELT's National Trails Day Cross-Town Walk

Join Cape Elizabeth Land Trust (CELT) for the annual Spring Cross Town Walk! Beginning at Kettle Cove, this walk will traverse 8.2 miles of trails highlighting Cape's great places, including Spurwink Marsh, Robinson Woods and Great Pond. The walk takes approximately five hours and includes a lunchtime stop at the Cape Elizabeth United Methodist Church, where we will (briefly) join in the celebration of the new conservation easement there before continuing on to Portland Head Light at Fort

Williams Park.

Interested in joining but concerned about the length of the walk? Consider signing up for the "Half Option," which is listed as a separate event below.

Saturday, June 4, 9 a.m. - 2:30 p.m.  
Location: Kettle Cove State Park

## CELT's National Trails Day Cross-Town Walk (Half Option)

Interested in the Cross Town Walk but not ready to commit to all 8.2 miles? Join Cape Elizabeth Land Trust for a half-distance (~4.5 miles) walk highlighting Cape's great places, including Spurwink Marsh and Great Pond. The walk begins at Kettle Cove and takes approximately three hours, culminating with a lunchtime stop at the Cape Elizabeth United Methodist Church, where CELT will be celebrating the new conservation easement on that property.

Saturday, June 4, 9 a.m. - 12 p.m.  
Location: Kettle Cove State Park

## Invasive Plants Nature Walk with CELT

Join Mike Hanks, a member of Cape Elizabeth Land Trust's Stewardship Committee, at CELT's newest property to learn about invasive plants found in Cape Elizabeth. During this CELT sponsored event you can expect to learn how to identify specific invasive plant species, eradication strategies and why invasive species pose a threat to an ecosystem. Participants should meet at the upper parking lot at Gull Crest field off of Spurwink Avenue, and be prepared to go on a gentle hike rain or shine.

Wed June 8 6:00 - 7:30 p.m.  
Pollack Brooke Preserve: 498 Spurwink Avenue

## Tidepooling the Rocky Shore with CELT

Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat! Join the Cape Elizabeth Land Trust on a summer evening to search for crabs, snails and other marine life. Each family will receive a visual identification guide to some of Cape's most common organisms. It is recommended that participants wear lace-up footwear, closed-toed shoes that can get soaking wet. The program will take place on Kettle Cove Beach.

(Note: This program is oriented towards families, but all ages are welcome.)

Tuesday, June 14, 5:00 - 7:00 p.m.  
Kettle Cove Beach



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# Local birding report

By E. Brooks Bornhoff

The last two weeks of April through the first week of May saw colder than average temperatures and mostly unfavorable migratory wind conditions. Ruby-crowned and Golden-crowned Kinglets continued to be in abundance as were Brown Creepers. House Wrens, Eastern Towhees, Brown Thrashers and Rose-breasted Grosbeaks were sparsely reported. Chipping Sparrows arrived a full week later this year and my first Gray Catbird of the season showed up in our yard on the exact same day, April 29, as last spring.

I have often wondered whether nocturnal predators like owls take advantage of the sudden influx of American Woodcocks across Cape every spring. On April 15 around dusk while walking along fringes of the Spurwink River I flushed a Woodcock and then noticed a Great-horned Owl sitting ten feet up in a tree directly above where the Woodcock had been. And just before nightfall on April 25 I was observing a woodcock's conspicuous display across the field in Robinson Woods when I noticed that a Great-horned owl was also watching the action (and me) from the top branch of an old White Pine Tree. From these two observations it seems reasonable to suggest that Great-horned owl diets include more short-legged shorebirds during the spring season when our wetlands and hayfields are teaming with Timberdoodles.

Two observations of note in late April included a stunning male Indigo Bunting that my wife reported seeing within the tangles of Jordan Farm Road on April 29 and, the cryptically plumed nightjar I heard somewhere along Shore Road on April 30. I had been wrapping up yardwork just after 8:00 p.m. when I heard a low clucking noise that quickly escalated into a loud rhythmic chant. Three years had passed since I heard this very song, yet there it was - the eerie refrain of the Eastern Whip-poor-will! According to spring arrival state records this is a notable, early in the season report of a Whip-poor-will. About the length of Robins but with longer wings, Whip-poor-wills lay their eggs in phase with the lunar cycle, so that they hatch when the moon is nearly full. This strategy allows the adults to forage the entire night, capturing copious quantities of insects for their nestlings. Amazingly, Eastern Whip-poor-wills have been known to live for fifteen years. Unfortunately, this crepuscular bird is irregular to rare

in Southern Maine these days. This species was widespread and common across Maine as recently as the early 1900s; however, the current state of affairs for the Eastern Whip-poor-will population is not good. The reduction in numbers of large night flying moths and beetles is likely the primary factor for this insectivore's decline. By limiting the artificial lights kept on at night in and around our homes we can help nocturnal ecosystems thrive.

Other mentionables include: on May 1 along the back trail of Crescent Beach State Park, a single Blue-gray Gnatcatcher and Red-breasted Nuthatch. On the evening of May 2 southerly breezes, breaking clouds and a guiding glow from the waxing crescent moon created the right conditions for a decent movement of migrant birds. On May 3 our first Ruby-throated Hummingbird of the year showed up at the feeder I had put out the night before. Because nectar alone does not provide hummingbirds with enough protein to survive, Ruby-throats depend on small arthropods such as spiders, mites and other small insects including mosquitoes for nutrients. On May 5 the first Baltimore Oriole arrived in our yard and the following morning there were two males and one female Oriole dining on orange slices and singing. On the afternoon of May 6 along the Winnick Woods trails my son and I heard a strange series of high-pitched, metallic zapping sounds coming from a bird perched atop a tree and determined it to be an Eastern Kingbird. Later in the day I travelled across Robinson woods I, II and III and was treated to a chorus of Hermit Thrushes, several singing Winter Wrens and a single calling Ovenbird. On the late afternoon of May 7 along Pond Cove I was listening to the pleasant cooing calls coming from a gathering of Common Eiders just offshore when I noticed two rather small birds hunkered down on a nearby rock. After a few patient moments one of the two birds slipped into the ocean and I was able to clearly see a chestnut-colored head and vertical white stripe down its side, a male Green-winged Teal! Interestingly, the Green-winged Teal is the smallest dabbling duck in North America.

On May 8 a handsome, White-crowned Sparrow showed up in our yard amongst sev-

-see BIRDING REPORT page 16

# Nature scene around town



Photo by Martha Agan

A Bald Eagle in the Rachel Carson National Wildlife Refuge.

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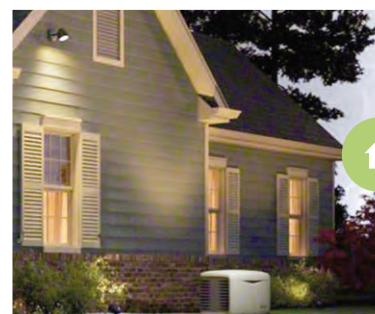


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# Library offers a model train look-and-learn, program on reptiles and vernal pools with the Center for Wildlife

## Memorial Weekend Closure

The library will close at noon on Saturday, May 29 and remain closed through Monday, May 30 for annual deep cleaning of the library's carpets.

## Library Adds New Shade Canopy, Outdoor Tables and Chairs

A custom shade canopy for the library's children's garden is now in place. Funded by the TML Foundation, the canopy was designed and installed by Charles Duvall from Transformit, a Gorham-based company specializing in fabric architecture. The new shade canopy will make the space more usable for programming and recreational use.

In addition, the TML Foundation funded the purchase of three outdoor umbrella table and chair sets for the patio in front of the building's old front entrance facing Scott Dyer Road. It is hoped that library users will enjoy using these tables for study or recreational use, as the library's WiFi network is fully accessible from this spot.

You can learn more about TMLF and its work to support and enhance library services by visiting [www.ThomasMemorialFoundation.org](http://www.ThomasMemorialFoundation.org).

## PROGRAMS FOR CHILDREN

For more information and to register for all library events, visit our online events calendar at the following link: <https://www.thomasmemoriallibrary.org/events>

## Weekly Story Times Have Returned

Check the library's website for times, ages, and details about the new format.

## All Aboard: A Model Train Look-and-Learn at the Library

Tuesday, May 31, 10:00 a.m. - 2:00 p.m.  
Join local model train enthusiasts to learn about their craft and see their trains in action. We are thrilled to have the Maine3Railers Model Train Club return with their fabulous display to transform the meeting room into THE destination for train lovers, young and old.

We'll also have crafts, a scavenger hunt in the children's library and train whistles

to take home when you check out a book (while supplies last).

## 4th Grade Book Club

Monday, June 6, 3:15 - 4:15 p.m.  
In-person at the library  
Reserve a copy of *New From Here* by Kelly Yang and register to join by emailing Family Engagement Librarian, Megan Smith at [msmith@thomas.lib.me.us](mailto:msmith@thomas.lib.me.us).

## Last Pineapples Middle School Book Club

Friday, June 3rd, 2:45 - 3:45 p.m.  
In-person at the library  
Reserve a copy of "Pahua and the Soul Stealer" by Lori M. Lee and register to join TML's Middle School Book Club, The Last Pineapples on Earth, by emailing Family Engagement Librarian Megan Smith at [msmith@thomas.lib.me.us](mailto:msmith@thomas.lib.me.us).

## PROGRAMS FOR ADULTS

For more information and to register for all library events, visit our online events calendar at the following link: <https://www.thomasmemoriallibrary.org/events/>.

## Maine Wildlife Series: Reptiles & Vernal Pools, with the Center for Wildlife

Tuesday, May 24, 6:30 - 7:30 p.m. via Zoom  
Join us to learn more about those important habitats that signal springtime in Maine: Vernal Pools.

We'll be joined by Center for Wildlife educators and their always charismatic ambassador animals who will share with us all about what spring means for reptiles and other inhabitants of our woodland vernal pools. Dive right in and help us explore! Register for this program on the library's website.

## Cape Elizabeth Garden Club Presents: For Peat's Sake: Alternatives to Using Peat in the Garden

Thursday, May 26, 6:30 - 8:00 p.m. in-person in the Community Room  
Peat bogs are the world's largest natural carbon source, storing 30% of land-based

carbon, which makes the use of peat a non-sustainable practice. Once it is removed from a bog and processed for use in horticulture, peat is exposed to oxygen and then broken down by decomposing fungi and bacteria, releasing stored carbon back into the atmosphere.

In short, using peat moss for horticulture has the same effects as burning fossil fuels! Join us this month as Master Gardeners Barbara Dee, Leigh Mundhenk and Tom Witwicki highlight sustainable alternatives to using peat in your garden.

This program will be taking place in-person at the library. All are welcome.

## All About Balance, with Jason Adour from the Maine Strong Balance Center

Five Sessions: Thursdays, May 5 - June 2  
1:00 - 2:00 p.m., in person and virtual

All About Balance is a 5-week exercise and educational class focused on improving physical balance. This class has been designed by the Physical Therapists from the Maine Strong Balance Center who specialize in improving balance.

Participants should be prepared to complete balance specific exercises each week. Participants can also expect to learn about the anatomy and physiology of the balance systems, how they change with aging, and the transformative power of balance specific exercise.

Upon completion of the course, participants will have a foundation to incorporate balance exercises into their ongoing exercise routines. All levels are welcome. This class will be held in person and broadcast simultaneously via Zoom. The only equipment required is a steady chair.

Register for this program on the library's website.

## Pod Complex: A TML Podcast Listening Club

First Thursday of the month, 5:00 - 7:00 p.m.  
Next meeting: June 2 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: June 2 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 meetings: May 18 via Zoom  
May book: "Moon Over Manifest," by Clare Vanderpool  
June 15 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 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 ground-

-see LIBRARY page 13

## Calling all Class of 2022 parents!



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# Library

Continued from page 12

ed 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.

## Writing a Legacy Letter: Sharing Your Values with Loved Ones, with Jay Sherwin

Tuesday, June 7, 3:00 - 4:30 p.m. via Zoom

A legacy letter (also called an “ethical will”) is a written document that allows you to share your life lessons, express your values and transmit these ideas to future generations.

A legacy letter is not a formal legal document or a full-length memoir; it’s a brief personal statement, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for your family, friends and loved ones. This workshop is designed to introduce the concept of legacy letters and to help you craft your own legacy letter. It includes discussion and a few brief writing exercises.

Our presenter Jay Sherwin will offer advice to help you complete your legacy letter, share it with loved ones and preserve it for future generations.

Register for this program on the library’s website.

## Cape Elizabeth Lions to hold a Chicken Dinner to benefit Farms for Food Equity

A meal with a mission – Cape Elizabeth Lions Club will hold a BBQ Chicken Dinner on Saturday, May 21 from 4:00 to 7:00 p.m. at 1 Wheeler Road (Bowery Beach School House) in Cape Elizabeth.

Dinner will include baked potato, coleslaw, some of the best BBQ Chicken, and dessert for \$18.00. Dining will be inside and outside, and there is an option for takeout. Order takeout by noon on Wednesday, May 18. Call Colette at 207 233 2279 or send an email to lionsclubceme@gmail.com to reserve your dinner. You can also order online <https://lionsclub-of-cape-elizabeth-maine.square.site>.

You not only will enjoy a great meal that supports the mission of the Cape Elizabeth Lions Club but in addition, a percentage of the proceeds will go to Farms for Food Equity. This local organization was founded by Penny Jordan right

## 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 pm - 7:30 p.m.

Next meeting: June 9

### E-ldering Conversation Group

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

### AKME Chats, with the Anchor-age 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: June 7

### Adult Book Group

Third Thursday of the month, 3:00-4:00 p.m. Next meeting: May 19

May book: “To Katahdin: the 1876 Adventures of Four Young Men and a Boat,” by George T. Sewall

here in Cape Elizabeth to help end hunger, create a trained workforce for Maine farms and reduce food loss on farms and at food pantries.

Farms for Food Equity buys surplus produce from Maine farms and distributes to local food banks. This increases the financial viability of Maine farms, reduces food waste and feeds people in need. The long-term goals include developing lightly processed products for sale to move the organization towards financial self-sufficiency. In addition, they hope to begin to train farmworkers. Learn more about the organization at the dinner.

Plan to enjoy this great meal on May 21; service is 4:00 – 7:00 p.m. And if you want to order a meal please do so by noon on May 18th ([lionsclubceme@gmail.com](mailto:lionsclubceme@gmail.com) or <https://lionsclub-of-cape-elizabeth-maine.square.site>).



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# Greenbelt Gazette

By Maureen O’Meara

## Multi-user Mantras

•Events on town trails.

Town trails are here for the public to enjoy, and sometimes we enjoy meeting friends to enjoy the outdoors together. Events to be held on town open space (not including Fort Williams and town athletic fields) must first be reviewed by the Conservation Committee. The committee has approved a monthly (May thru September 2022) bike ride hosted by GPNEMBA (Greater Portland New England Mountain Bike Association,) to be held the second Tuesday of the month from 5:30 to 8:00 p.m. and capped at 20 riders (sign-up is required). Event is subject to cancellation in wet conditions.

## What’s New?

• Stonegate bridge replacement.

There’s a lot of boardwalk work needed in the Stonegate trails and town resident Dan

Chase has volunteered to replace bridge #2-35. Contact Dan or the town planner if you are interested in helping out.

•Town Farm Trail improvements.

The Conservation Committee’s top priority for trail improvement this year is the Town Farm trail (#1- 49 and 1-50). The Conservation Committee will be taking on the project and scheduling the workday for some time in June.

All trail users who would like to volunteer are welcome. After completing 900+’ of boardwalk replacement last fall with the help of the Maine Conservation Corps (MCC) and many volunteers, the committee hopes that 200’ of boardwalk construction, and a much, much shorter carry-in of materials, will be done before the summer heat sets in.

Watch for the gazette and the town website, [www.capeelizabeth.com](http://www.capeelizabeth.com), for more information on the date.

## Keeper

Continued from page 1

event was featured on the town of Cape Elizabeth website listing the names of those killed in the last days of the war.

USM sings from atop The Light. A first of its kind educational event, the University of Southern Maine’s Chorus sang patriotic songs atop of Portland Head Light, honoring the sacrifice of our military veterans. This concert can be viewed on the University of Southern Maine Music Department webpage and on YouTube.

When I asked Gross what she will miss the most in retirement, she said “the people.” Talking to the thousands of Maine school children, elders, civic organizations, and tourist and community organizations. And most of all she wanted to thank the staff and volunteers who worked tirelessly over the years, including during COVID 2020-2021. She also wanted to thank the U.S. Coast Guard with whom she has worked so closely with over the years.

In addition to managing one of the most robust volunteer programs in the state of Maine, Gross has recently focused on identifying and digitizing thousands of never before seen videos, photos and documents relating to Fort Williams and Casco Bay’s military history. These artifacts show U.S.

military wartime activities at Fort Williams and the firing of the harbor defense guns. All of these assets have been shared with the town of Cape Elizabeth, the local historical society, Maine Armed Forces Museum in Augusta, local Maine State Parks and as far away as Fort Stevens State Park in Oregon. These historic items will now be available for all to enjoy free, in perpetuity.

In her role as manager of the lighthouse, museum and giftshop, Gross works with others to manage crowds, harsh weather, and answer thousands of phone calls, which range from inquiries about the weather and where to eat or stay, to driving directions from Kansas!

Many things have changed in Cape Elizabeth since its founding in 1765, but Portland Head Light, first lit in 1791, remains a beacon of hope for all who visit, a symbol of peace and a functioning navigation aid. Gross has served for 21 years as an ambassador of Portland Head Light and Cape Elizabeth, and has done so with grace and distinction. She now passes the torch of Portland Head Light to a new generation. In June of this year, she will make way for a new ambassador. When you see her, please thank her for her selfless service.



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# CAPE CALENDAR

By Wendy Derzawiec

Please see the town website, [www.capeelizabeth.com](http://www.capeelizabeth.com) for meeting locations

Instructions for joining videoconference meetings listed below will be posted on the town website, [www.capeelizabeth.com](http://www.capeelizabeth.com).

## Wednesday, May 18

School Board Building Oversight Committee - PUBLIC FORUM, 6:30 p.m.

## Thursday, May 19

Energy Committee, 6:30 p.m.  
Fort Williams Park Committee, 7 p.m.

## Monday, May 23

Town Council Workshop, 7 p.m.

## Tuesday, May 24

School Board Workshop, Cape Elizabeth High School Library, 6:30 p.m.  
Board of Zoning Appeals, 7 p.m.

## Thursday, May 26

Thomas Memorial Library Committee, 6:30 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. Purpodock 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](http://cetv.capeelizabeth.org) for latest program guide and video on demand.

**Board of Zoning Appeals**  
May 24 - 6:50 p.m.

## CETV CHANNEL 1302

**Cape Elizabeth Church of the Nazarene**  
May 21, May 22, May 28 & May 29 - 9 a.m.

# SpringFest '22 scheduled for May 21

## Celebrating Community Coming Together

SpringFest '22, a collaboration between the City of South Portland and the Rotary Club of South Portland-Cape Elizabeth, will be held at Mill Creek Park, Saturday, May 21st (11:00-3:00).

This family-friendly event is free to all! Through sponsorships, this SpringFest will raise money for projects in our communities.

All the activities will be scheduled in and around the park and are created and offered by area organizations and youth groups. These will include music, demonstrations, exhibits, Mutt Strut, Touch-a-Truck, food trucks and much more.

For information, follow us on Facebook@SouthPortlandSpringFest.

# SERVICES

## Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)  
747-1113

[www.capenazarene.org](http://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](http://watch.capenazarene.org)

## Cape Elizabeth United Methodist Church

280 Ocean House Road  
799-8396

[www.cceumc.org](http://www.cceumc.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](http://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](http://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](http://www.hopesopo.com)

[www.facebook.com/hopesopo](http://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](http://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](mailto:JP2me@portlanddiocese.org)

Website: [www.JP2me.org](http://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](http://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](http://www.fccscarborough.com)

Sunday Morning Worship: 9:30 a.m.  
Sunday School & Nursery Care



# April 2022 Cape Elizabeth real estate transfers

NEW OWNER	LOCATION	SALE PRICE	USE
COSTELLO CHRIS & R MIZE	18 WOODCREST ROAD	\$790,000	SINGLE FAMILY
JULIET COX & THOMAS MUTCHLER	195 STILLMAN STREET	\$805,000	SINGLE FAMILY
TYLER MORIN & KELLI HICKLE	13 ALGONQUIN ROAD	\$875,000	SINGLE FAMILY
DONALD & ANN BEAUMONT	20 PHOEBES WAY	\$715,000	CONDOMINIUM
SARA A URSO-PROFERA	312 OCEAN HOUSE ROAD UNIT 2	\$300,000	CONDOMINIUM
EMILY S REESE	145 MITCHELL ROAD	\$450,000	SINGLE FAMILY
GREG & TALIA JUDSON	18 FIELDSTONE ROAD	\$821,000	SINGLE FAMILY
PATRICK & ELIZABETH O'BRIEN	3 SOUTH STREET	\$805,000	SINGLE FAMILY

# Tamarro Landscaping

## Lawn Renovation

Remove your old lawn and start from scratch  
Call to schedule a lawn renovation estimate now!

831-8535

539 Ocean House Road  
Cape Elizabeth, ME



## YOUR PLACE FOR LOCAL



"You know, farming looks mighty easy when your plow is a pencil, and you're a thousand miles from the cornfield." - Dwight D. Eisenhower

21 Wells Road, CE

## Farm Stand

OPEN DAILY 10:00 - 6:00  
(soil product hours differ see below)



Spring Greens, Vegetables, Meats, Chicken, Sausage, Cheeses, Eggs, Beer, Wine and more!



Vegetable Seedlings grown with love right here at our farm. Plus, herbs and flowers!

Facebook: [Jordan's Farm](https://www.facebook.com/jordansfarm) Instagram: [@jordans\\_farm](https://www.instagram.com/jordans_farm) Website: [www.jordansfarm.com](http://www.jordansfarm.com)

## SOIL PRODUCTS & AGGREGATES - OPEN

Monday - Saturday 8:00 - 5:00 Sunday 9:00 - 4:00

FOR THE GARDEN & LAWN  
Compost ~ Screened Topsoil  
Straw ~ Wood Chips



### BARK MULCH

Pine Spruce Mix ~ Dark Mix ~ Natural Cedar

FOR THE HARDSCAPE PROJECT  
Gravel ~ Screened Sand ~ Crushed Stone ~ Stone Dust

Pick-up or Delivery  
807-1761

IT TAKES A COMMUNITY TO KEEP FOOD GROWING

**BUSINESSES/SERVICES**

**EXTREMELY CLEAN** - Deep Cleaning Services. The Way Cleaning Should Be! References/Insured 25+years of experiences Luz Carpenter - 207-329-3757

**ELDER ROOTS** - Need assist for homemaking, meal prep, errands, companion? **Contact ElderRootsME@gmail.com** or 207-712-2665 for in-home, non-medical support. Locally owned and insured.

**FOR SALE /RENT**

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

**IN SEARCH OF**

**CapeTeacherSeekingCEHomeRental** I am a teacher in CE Schools. My sister and I are seeking an unfurnished, 2-3 BDR, 1 + 1/2 bath, 1 garage in CE as a year round rental. We have a mature, small (15 lb) dog that is well behaved and cared for! Solid credit and references. We would be renting for just ourselves. Contact **kennedyhajk@gmail.com**

**Town Council**

Continued from page 3

for utility. Councilor Nicole Boucher noted there hasn't been a rate increase in six fiscal cycles, but posed the question of whether there was a way to do smaller, possibly 1% increases every other year instead of 3% for three consecutive years. She also asked of a 10 year or longer term vision. Reynolds said the current recommended rate increases are somewhat front loaded 'to make sure we are keeping pace at the outset.' The Town Council unanimously approved the recommendation effective July 1, 2022.

**Acceptance of a Gift to the Thomas Memorial Library**

The Thomas Memorial Library Foundation voted at their March 22 meeting to provide up to \$50,000 from its remaining Capital Campaign to the Thomas Memorial Library. This would be used for furniture, fixtures and equipment for a canopy at the Children's Garden and to purchase furniture for the Children's Garden and the Scott Dyer Road side of the property. These funds automatically carry forward year-to-year until fully spent. The motion to accept the gift was unanimously supported.

Councilor Gretchen Noonan said she is the Council Representative to the TMLF and "everyone's really excited to be able to fund projects like this, we're all very grateful for citizens of our town who donate to TMLF...it's a really cool project and we're happy to see it happening." Gabrielson also thanked the TMLF and residents that make this possible.

**Closeout of CIP Project - Spurwink School Parking Lot**

The Town Council unanimously approved to pass the motion to acknowledge that CIP Project 2002-5105 Spurwink School Parking Lot cannot go forward because of the cost of renovating the structure. Without a usable building, there is no need for a parking lot. The Town Council authorized the closeout of this project with the YTD expenses of \$7,901.72 to be paid by an appropriation from Unassigned Fund Balance. Councilor Penelope Jordan added 'we need to figure out what we're doing with that building. It's just atrophying. It's so sad.' Danielson agreed.

**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

**HELP WANTED**

**FIRST CONGREGATIONAL CHURCH** in South Portland is seeking part-time Weekend Custodian, 6 hours weekly, competitive pay. (207) 799-3361

**Retain a Wima Consultant to the Ordinance Committee**

Previously at the April 20 Town Council workshop, Steven Webster (Wireless Expertise, LLC) gave an overview of his Wireless Infrastructure Market Augmentation (Wima) study. It was suggested that the town retain an expert to assist in the process of bettering cellular reception across towns. The Town Council unanimously supported pursuing an expert as suggested. Several committee members expressed appreciation of pursuing improvement of spotty cell phone reception across Cape.

**Housing Diversity Study Committee**

On March 14 the Town Council voted (7-0) to task the Appointments Committee to draft a charge for an ad hoc affordable housing committee for council review and action. The Town Council unanimously passed this motion, but with some amendments to the phrasing to open up options of who could fill these roles.

**Grant Proposal Relating to the Assessment/Preliminary Design of the Removal of a Portion of Sawyer Road and Replacement of the Spurwink Avenue Culvert**

The Town Council authorized the submission of a grant proposal to the National Coast Resilience Fund for the assessment and preliminary design of Sawyer Street removal and replacement of the Spurwink Avenue culvert should the town be invited to submit a full proposal (following a pre-proposal).

The proposed budget is \$250,000 with a \$15,000 cash match from the Town of Cape Elizabeth. The town of Scarborough is also committing a cash match for a total of \$30,000. Danielson noted that the March meeting looking at repairs versus replacement was what spurred this consideration, but the removal of the portion of Sawyer Road is not finalized. Six councilors voted to pass the motion, with one abstention; Penelope Jordan, who said she is 'too close to the issue'.

**Extending the Limited Emergency for Remote Meetings**

The Town Council passed a motion regarding remote meetings 6-1. This will extend state of limited emergency for remote meetings until August 31, 2022, allowing the town council and boards and committees to meet remotely effective immediately during the limited emergency. Remote meetings remain in force until the emergency is amended or rescinded.

Have a Classified Ad, Announcement or Event?



Go to [www.capecourier.com](http://www.capecourier.com)  
Or contact Tara Simopoulos at: [advertising@capecourier.com](mailto:advertising@capecourier.com)

**Parade**

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Team, Lions Club, Rotary Club, Middle School Marching Band, Boy Scouts and Girl Scouts.

Veterans and active-duty personnel are invited to march. We encourage anyone who has a family member on active duty in the armed services to notify Jim Huebener prior to the parade at 207.767.1754

or [jhuebener56@gmail.com](mailto:jhuebener56@gmail.com) so they can be recognized. Groups interested in marching should also contact Jim Huebener.

The 2022 Memorial Day Parade Grand Marshal is Grace McKenzie, a U.S. Army veteran.

The event will be canceled only in the event of heavy rain. The cancellation will be announced on the Cape Elizabeth town website by 7:00 AM on the day of the parade. No alternate location has been set.



**Erin Grady, Broker**  
eringrady207@gmail.com

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**Dun Roamin' Farm**  
*Opening May 7th*



**ROTOTILLING  
FIELD & BRUSH  
MOWING**  
**207-653-3057**

**Enjoy hanging baskets, memorial baskets & many other annuals:**  
Alyssum, Calabracea, Dusty Miller, Geraniums, Lobelia, Marigolds, Vanilla Marigolds, Pansy, Oriental Grass (Cherry Sparkler, and Rubrum Purple)



*Jim & Evelyn Cox*  
**1068 Sawyer Road - Cape Elizabeth**  
**207-799-5910 - Free Estimates**

## Birding report

Continued from page 11

enteen not so shabby White-throated (mostly white-striped) Sparrows. Ornithologist Edward Howe Forbush aptly states of the White-crowned Sparrow “It is a red-letter day for the novice in New England ornithology when he or she first meets this bird of distinguished

appearance. Its gray vesture, black and white crown and elegant form give it an aristocratic appearance as if it were above the common herd of sparrows and in a class by itself.” Also on this same day I observed three species of wren including my first House Wren of the year, two Solitary Sandpipers and a long-awaited Yellow Warbler along the Pond Cove Brook Corridor.



Photo by Martha Agan

A Snowy Egret in the marsh just below Riverside Cemetery.

## Dedication concert at St. Alban's

Saint Alban's Episcopal Church invites all to the dedication of its newly installed pipe organ with a pair of recitals by internationally celebrated organists.

The new organ was commissioned in 2020 and, at 25 ranks and 19 stops, is the largest new pipe organ installed in southern Maine since 2004.

Our dedication concerts will take place on Friday, June 3, at 7:30 p.m. and Sunday, June 5, at 2:30 p.m. at the church, 885 Shore Road. A talk at 1:30 p.m. from our organ builder Jonathan Ortloff will precede Sunday's concert. Friday's recitalist will be Christopher Jacobson of Duke University. Maine's own international organ star, Katelyn Emerson, will play Sunday's concert.

Jacobson is responsible for the organ playing at Duke Chapel and Divinity School worship services. He is a graduate of the Eastman School of Music where he studied organ with David Higgs, St. Olaf College, and was a treble chorister under James Litton in the American Boychoir. He is a Fellow of the Royal College of Organists, and was formerly associate organist and choirmaster at Trinity Episcopal Cathedral in Columbia, South Carolina, and assistant organist at the National Cathedral in Washington, D.C. More information is available here: <https://chapel.duke.edu/staff/>

christopher-jacobson-frco

Katelyn Emerson is an organist, lecturer, and teacher, internationally renowned for performances throughout North America, Europe, and Asia. Prizewinner of competitions on three continents, Emerson garners acclaim from listeners new to classical music and audiences of organ aficionados and colleagues alike. She holds a Bachelor of Music in organ and a Bachelor of Arts in French as well as minors in music history and historical performance (fortepiano) from Oberlin College and Conservatory (Ohio, USA). More information is available at: <https://www.katelynemerson.com/biography>.

The organ was designed and built by Jonathan Ortloff of Needham, Massachusetts, a lifelong musician who holds degrees from the Eastman School of Music and the University of Rochester in organ performance and engineering. He apprenticed under organ-builder and pipemaker Stephen Russell for nine years, playing major roles in the design, construction, and installation of over a dozen instruments.

Ticket are \$12 per person for each concert. Children under 12 are free. To purchase tickets, visit <https://www.stalbansmaine.org/concerts>. St. Alban's Episcopal Church, 885 Shore Road, Cape Elizabeth, Maine 207-799-4014.

## Guide dog

Continued from page 1

sion to a retinal disorder, through wishing, will power, denial and begging, I finally realized it was like trying to resist gravity. So, I could either fall down or stay in a heap or I could try to rise up and learn how to carry on again. Either way, it wasn't going away and it didn't look like anyone was going to ride in and rescue me. But I didn't really think I could do anything at all so I started searching around frantically for reasons to not try. I needed to find some good ways to safely fail before I had to truly tackle such overwhelming and frightening unknowns. One thing I secretly knew I probably would have to do was get trained in some new occupation, which likely meant going back to college – something I half-heartedly tried to do four or five times in magnificently unsuccessful ways 20 years or so before. The thought was enormously daunting – couldn't do it then, how could I possibly do it now – much older, blind, lazier, more self-conscious, far less confident, far more terrified. Well, I needed someone substantial to give me permission to not do anything so I called my good friend and mentor Paul to whine to and try on some good excuses – if they worked for him I'd be home free. So, I dreamed up what I hoped was a very solid position, no sweat.

“So, Paul, you know, I should probably try to go back to school, re-tool you know? But, man, I'm 40 years old now, going blind, it'll take me 5 grueling years to get a degree. I'd be 45 years old by the time I get done!”

There, elegant, unassailable.

He paused a moment, but for just a split second and then he completely destroyed my flimsy, little excuse and turned on a life-light for me – not a little flashbulb, oh no, a whole set of high intensity, stripped stark naked, pinned to the wall, nowhere to hide, burning hot truth-beam floodlights... all with a flick of a one-sentence come-to-Jesus reality switch.

“Yeah, well bub, how old will you be 5 years from now if you don't go back to school?”

Ouch! Darn, busted, got it. And I have tried hard to keep squared up to that basic fact of life ever since then. Fear, laziness, pain and discomfort don't matter, time will pass whether you try to change something difficult and painful or not, whether you do something worthwhile or not. Whatever, but if you don't do something, and you gotta be the one to do the hard things, the years will

just keep rolling past you while you stay stuck with your same old stuff. And there you'll be with or without whatever you did or didn't do. So, what do you want to have, or not have, who do you want to be or not be five years from now?

That was a long time ago now and I've actually stumbled quite a ways since then because of those words. Oh, I can still sometimes be pretty good at hiding and procrastinating during the inevitable hard spots. But it isn't very long before Paul's searing truth beam finds me once more, and then I got to crawl back out and get going again... and again ... and again...

Blast it all, but bless his beautiful heart.”

Strause is a retired project manager from Alpha One, a nonprofit disability consulting agency. He now devotes his time to composing and performing his music. He's currently working his fourth guide dog Stout, a black Lab from Leader Dogs for the Blind.

“Our new website is designed to provide accurate information and resources to a variety of audiences,” said Pauline Lamontagne, President of Pine Tree Guide Dog Users. “It includes content about living and working with a guide dog, adjusting to vision loss, training guide dog puppies, accessing public places and much more.”

The website offers something for everyone – whether you're a student gathering information for a school project, a business owner trying to determine how to identify a legitimate service animal, a legislator seeking facts about Maine's guide dog teams, a blind person wishing to learn more about what it's like to partner with a guide dog, or anyone else who has an interest in learning more about Maine's guide dog teams.

“The topic headers on the site are presented in bold, more visible fonts so viewers can quickly scan the contents on each page,” said Carolyn Bebee, a lead member of the Pine Tree Guide Dog Users website design committee.

The site also showcases captivating, real-life images of Maine's guide dog teams at work, at play and even guide dog puppies in training. Many of these photos were taken courtesy of MaineImaging.com and Maureen G. Nowak Photography. The photographs will also be used on Pine Tree Guide Dog Users new Facebook page at <http://www.facebook.com/ptgdu>.



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**831**

Come run with us or come cheer us on...we'll need all the help we can get! Good luck to everyone running this year's Cape Challenge!

