

The Cape Courier

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Affordable housing series

Part 2: The housing market squeeze

By Jeffrey Shedd



Contributed photo

Melanie Thomas lived in Cape Elizabeth for nine years with her son and daughter. She recently moved out of town because her family was outgrowing their apartment and she was unable to find anything in Cape Elizabeth within her budget.

Melanie Thomas, a nine-year Cape Elizabeth resident along with her two children, Shane and Stephanie, both middle schoolers, describes the citizens of Cape Elizabeth as “my people” and Cape Elizabeth as “my community.” “I used to tell people that you would have to kick me out of Cape Elizabeth in order to get me to leave,” she said.

But a couple of months ago, Thomas did leave Cape Elizabeth. With two kids in middle school, her family was outgrowing their two-bedroom apartment in Colonial Village, where Thomas, disabled, was able to find one of the few subsidized apartments in town in an apartment building built fifty years ago—the last subsidized apartments built in Cape Elizabeth. In leaving Cape Elizabeth, Thomas sadly also resigned her positions as co-chair of the Cape Elizabeth municipal Civil Rights committee and the school system’s Diversity, Equity, and Inclusion committee.

Born and raised in Portland by her mother,

who was also born and raised in Portland, Thomas described the lesson she learned from her mom: “She taught us to be proud to be different and to stand out. She taught us the value of what we bring to the community by being different.”

Nine years ago, when she was searching for housing and finding an adequate unit hard to come by in Portland, a realtor suggested she try the Colonial Village apartments in Cape Elizabeth. Thomas had no idea there was subsidized housing in Cape Elizabeth. She applied, was accepted and lived there until earlier this year.

In Colonial Village, she loved to help her neighbors. She loved to visit the swap shop, and she loved her kids’ experiences in Cape’s schools. For most of her time in Cape, Thomas lived her life quietly, hoping that Capers “would fall in love with the Thomas family.”

And that connection with the community is what made Thomas comfortable, in the wake of the deaths of Trayvon Martin and George Floyd, to begin sharing her story with others and to begin taking on leadership roles connected with a push for greater diversity in Cape and greater Portland. “I loved getting involved,” she said, “and helping other people, showing that you can serve and have your voice heard no matter who you are, especially in a small community like Cape Elizabeth.”

At the same time, though, Thomas’ kids were growing up. She gave her son and daughter the two bedrooms in her apartment, while she slept in the living room.

When she received a section 8 voucher allowing her to rent a three-bedroom accommodation, Thomas spent the first six months searching exclusively in Cape Elizabeth. Nothing was available that she could afford.

Finally, and reluctantly, she widened her search and was able to secure a “cutalicious” three-bedroom apartment in Portland, where

-see HOUSING page 4

Planning Board tables Carr Woods development, welcomes new member

By Abbey Greslick

498 Spurwink Ave CELT RP expansion

The Cape Elizabeth Land Trust proposed to extend trail boardwalks 300 linear feet in Runaway Farm, located at 498 Spurwink Avenue, resulting in 600 sq ft of RP2 wetland alteration.

Ardath Dixon (Stewardship Manager, CELT) noted the presented plan had updated sleeper placement (every 4” of boardwalk for stability).

Planning Board Chair James Huebener opened for public comment. No public comment was made.

Huebener invited Planning Board member input or questions. Jonathan Sahrbeck detailed that the boardwalks will not alter the flow of water, will not impact surface waters or contribute to flooding of adjacent properties, will not disturb coastal dunes and are not in a flood plain, amongst other related facts and findings. The resource protection permit was subject to “plans and materials to be revised to the comments of the town engineer in his letter dated 4/11/2022.” There will be no installation of the site until the conditions have been addressed.

The motion passed unanimously.

Carr Woods Condominium Development

Andrew Carr is requesting Major Subdivision Review for creation of a single family lot

and 18 condominiums and a Resource Protection Permit for alteration of 11,134 sq. ft. of wetland on combined lots located in the vicinity of 10 Deep Brook Rd.

Jim Fisher, President of Northeast Civil Solutions, said that the evolution of the plan design was pursuant to town and staff comments. Fisher said that the official submission is different than the one from late summer/early autumn. On the 14+ acre site, there is a proposal for 18+ units plus Carr’s house, which is already on the property; alongside an 1,800+ ft private road. Carr Woods is proposed to connect to Loveitt Woods Trail.

Fisher said the open space criteria of 45% was more than met, being just shy of 50%. Heavy landscaping was planned so abutters would be fully buffered. The location is currently a wooded site, and Fisher said there will be an effort to preserve as many trees and vegetation as possible. He also said wetlands have been studied and delineated several times. Fisher concluded, “We want to work with the town and the abutters” before turning the presentation over to Bill Gerrish, Project Engineer for NCS.

Gerrish said, “The overall layout of the project is similar. The biggest difference, or one of the biggest differences is the entrance location down near Shore Road. Previously

-see Planning Board page 5

CEHS student creates trousers from upcycled curtain, finalist in ecomaine’s competition

By Kevin St. Jarre

Portland-based nonprofit ecomaine announced three finalists for its Upcycle Challenge, including Aurora Milton, a student at Cape Elizabeth High School. Milton created a pair of upcycled street-style trousers from an old curtain and old clothing.

The public was then invited to vote on which of the three finalists should be selected as the winner, and ecomaine will award \$500 to that participating student’s school, in support of the school’s Green Team, STEM club or Project Graduation.

Of the choice to make trousers, Milton said, “I’ve noticed oversized cargo pants become really trendy in school and in the media in recent months. I wanted to make my own; a version I knew I wouldn’t see on anyone else. I’ve had the curtains for a while- a family friend picked them up for me from the Swap Shop- and I knew the material would be perfect for this type of pant. I had to decide between using the same curtain material for the pockets, or going with a colorful material to make a statement piece. I decided on a happy medium; a neutral-colored flannel that still makes the pants unique. I found a pattern online that I liked. I had to make some changes, however, to make the best fit while

working with the materials I had.”

She said she was excited to have been named a finalist. “This is my second year in this position, so I’m hoping I’ll be able to bring \$500 back to the Class of 2024 Student

-see CONTEST page 15



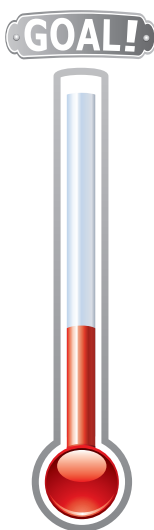
Contributed photo

Aurora Milton, a student at CEHS, has been selected as a finalist in ecomaine’s Upcycle Challenge for her trousers, made from an upcycled curtain and old clothes.

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NEXT ISSUE: May 18
DEADLINE: Noon, May 6

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'The bar must be set high'

You may be asked to sign a referendum petition called Plan B. It is marketed as creating community housing on town-owned land for families and refugees. Sounds good, but will Plan B ever really bring about affordable housing? It is doubtful. Here is why.

If it costs more to build the housing than what you can sell it for, then you are not going to build the housing. Non-profit developers cannot operate by losing money with every affordable housing project. Keeping costs down is imperative. So how do they do that? Through site selection.

A good site is ready to build- it has all the necessary utilities (water, storm, sanitary sewer systems); doesn't require costly site improvements (roads, lighting,

and landscaping); is not near wetlands (environmental issues are very costly); and does not isolate disadvantaged families away from the community. The site selected for Plan B is Gull Crest. No affordable housing developer would select Gull Crest. The site preparation and site construction costs would be enormously unaffordable. And they know housing for families should be in close proximity to schools, libraries, community centers and after-school activities.

The referendum process is important but the bar must be high to reserve its use rarely and for very important issues that elected leaders refuse to address adequately or fairly. The town is conducting a Housing Diversity study to do just that. Plan B is an empty, pointless vision that will not attract developers of affordable housing. When asked, don't sign Plan B.

Victoria Volent

SpringFest '22 to be held 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 21 from 11:00 a.m. - 3:00 p.m.

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.

Dan Fishbein

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

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

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Let us hear from you!



We love feedback!

editor@capecourier.com

CELT seeks input on next five years

The Cape Elizabeth Land Trust (CELT) is inviting residents of Cape Elizabeth and nearby towns to complete an online survey that will guide the organization's strategic planning decisions this spring. The survey takes 10-15 minutes to complete and is available online at <https://link.capelandtrust.org/survey>. The survey will close on May 6.

Founded in 1985, CELT owns or holds easements on over 800 acres of property within Cape Elizabeth, including popular recreational areas, important habitat blocks, and protected farmland such as Robinson Woods Preserve, Runaway Farm, and Jordan's Farm. The organization also provides stewardship for their

lands and trails and teaches numerous educational programs through the local schools and Cape Elizabeth Community Services.

Every five years, CELT develops a strategic plan to guide the volunteer Board of Directors and staff. This iteration of the strategic plan will build on recent successes, including the successful completion of the Forever Cape capital campaign, an increase in staffing, and several acquisitions completed or on track to close later this spring.

For more information about CELT, visit capelandtrust.org, email info@capelandtrust.org, or reach CELT staff at (207) 767-6054.

Time to submit post-graduate plans for graduating seniors

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

cluding student's and parent's names, and the college or activity to dbutterw72@gmail.com by June 3.



Then and Now: Diamond Memories (Part II)

By Jim Rowe

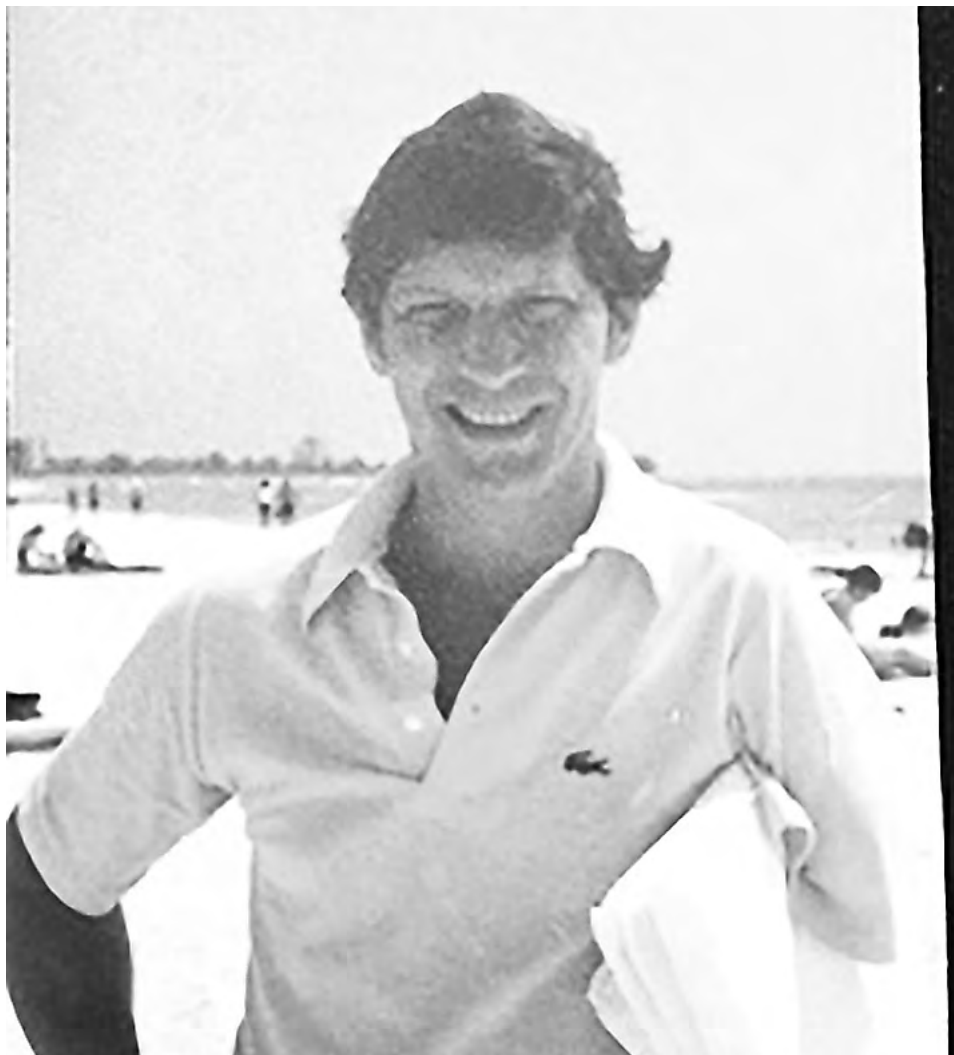


Photo contributed by Jessie Moulton Timberlake

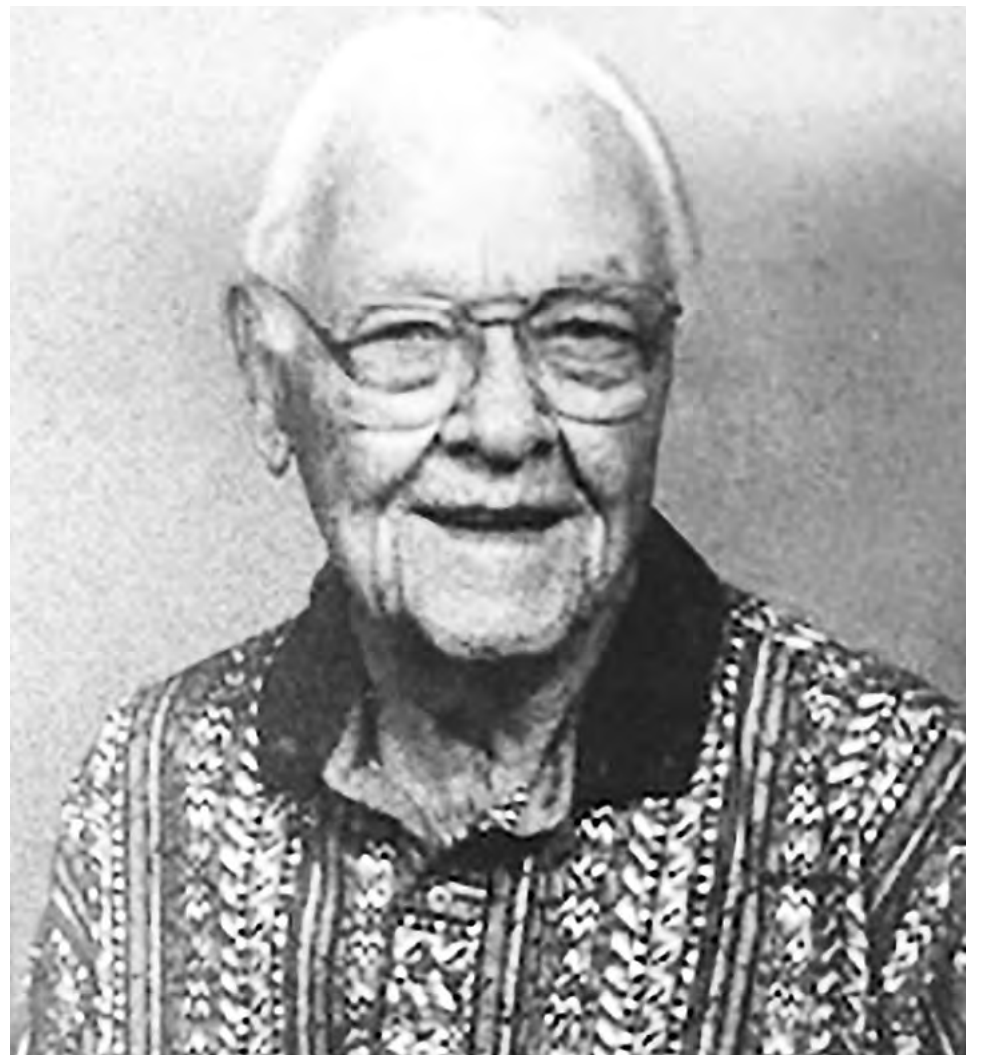


Photo from a 1995 Cape Elizabeth Little League program book

Reynolds "Rey" Moulton

In the last Then and Now installment, we recalled Durward Holman and Ed Capano, the two very worthy namesakes of Cape Elizabeth High School's baseball and softball fields.

In this submission, we pay tribute to two other men- one whose name adorns our middle school ball field on Scott Dyer Road and the other, our town's signature Little League facility opposite the entrance to Fort Williams Park on Shore Road.

Reynolds "Rey" Moulton, who grew up on Ocean View Road, played American Legion baseball in the 1950s on the field that now serves our middle school. Rey was a very good athlete, playing soccer, basketball and baseball. More specifically, he was a very good player who played with only one arm (the other surrendered to cancer surgeries during early childhood). I never saw Rey play in person but am told by his contemporaries that his defensive play, in particular, was incredible to watch. Wearing his glove on his only hand, he would field a ball, and

then almost effortlessly remove the glove, so that he could throw the ball and complete a play. The determination that it took for Rey to excel in sports was exemplary of the courage that it took for him to reap the benefits of a very successful career in the insurance industry. Prep school, college, work and life took him away from the town of his youth, but he never forgot his roots. Late in his career, he returned to Cape Elizabeth to endow a very generous scholarship fund that honors graduating male and female scholar/athletes each year at CEHS. His memory is preserved on a plaque and sculpture at Rey Moulton Field.

Harris M. "Bud" Plaisted

Harris M. "Bud" Plaisted is widely recognized as "The Father of Little League" in the state of Maine. Beginning ca. 1949-1950, it was through Bud's hard work and generosity that the Cape Elizabeth Little League provided our town's children with the chance to play organized baseball (and later, softball). Bud foresaw the benefits of young people learning not only the skills to play our na-

tional pastime, but the elements of teamwork, sportsmanship and the other qualities that help to breed success in life, both in and out of sports. And so it was at a very well attended "Opening Day" ceremony on May 11, 1993 that the former "Family Field" (nee "Fathers & Sons Field") became "Harris M. Plaisted Park."

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News from the superintendent

By Dr. Chris Record

As we return from April Vacation, we are excited for the teaching and learning that will occur over the last seven weeks of in-person learning. This school year has flown by, but also at the same time been full of some very long days and long weeks. I suspect the whole community is ready to recharge with some warm spring weather and looking forward to a relaxing summer. In the meantime, I would like to share some important updates on the 22-23 School Budget and the New Schools Building Project.

On April 25, the Town Council and School Board held a workshop to review the 22-23 School Budget that the School Board recently approved. The School Board believes the 22-23 Budget meets the following 2022-2023 Budget Goals and is also fiscally responsible to our taxpayers:

1. Meets the academic, social-emotional, and health needs of all students.
2. Supports recruitment and retention of high-quality personnel.
3. Supports appropriate and on-going building maintenance and repair.
4. Supports the advancement of instructional skills of our staff.
5. Reflects a careful consideration of the effectiveness and efficiency of each line item and position.

The first proposed budget from the District Leadership Team on 1/25/22

Total Budget \$31,794,743

% Expenditure Increase 6.49%

% Property Tax Rate Increase 7.46% (historically this number ends up lower once the final town valuation increase is calculated in the summer)

The School Board Approved Budget on 4/12/22

Total Budget \$31,255,751

% Expenditure Increase 4.68%

% Property Tax Rate Increase 4.97% (historically this number ends up lower once the final town valuation increase is calculated in the summer)

We would greatly appreciate your support for this 22-23 School Budget by voting for it on June 14.

New Schools Building Project Update

We are pleased to report that the Town Council voted (5-1) to approve the funding of the Schematic Design work to occur before the November referendum. This is important for the following key reasons among others:

- The Schematic Design will provide much more information to the public before they vote on the school bond in November

- The Schematic Design will provide a much more concise dollar range cost of the project

- Completing the Schematic Design before the referendum keeps us on track to open new schools in September of 2025 rather than September of 2026

The next public forum on the Building Project will be held on May 18 at 6:30 p.m. at the Pond Cove/CEMS Cafetorium, with school tours occurring before. This forum will consist of a charrette 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. Please attend and share your opinions. An additional public charrette 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.cebuildingproject.com/> for regular updates on the building project. Please do not hesitate to contact me at crecord@capeelizabethschools.org if you have any questions.

Richmond Island reservation information


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

The island will be open to the public for day visitors. Camping will be open from May 27 until September 25.


Camping reservation requests can be mailed to Richmond.Island@blackpointcorporation.com


Please check our website for current updates and regulations of the island at blackpointcorporation.com and thank you for respecting this beautiful island.

Any additional questions please call 207-799-0011.



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Housing

Continued from page 1

she now lives. She wishes she could pick up and transport her current apartment to Cape Elizabeth.

Fortunately for Thomas, her children continue to attend Cape Elizabeth Middle School under an arrangement permitted under Maine law for many years, providing for agreements between superintendents of sending and receiving districts to allow non-resident students to attend schools based on specific circumstances. Thomas hopes that this agreement will be renewed next year as well; she doesn't regret the miles she puts on her car to allow her children to attend the only schools they have known, with friends made over nine years.

Asked her dreams for her kids, Thomas, interviewed at the Pond Cove playground while her 8th grader Shane did his homework nearby, said, "It's here in CE. I want the best for them. Want them to graduate high school, graduate college. Want them to be proud of who they are and give back to others."

She hopes that Cape Elizabeth can find a way to make more affordable housing available in town: "With kindness and respect, we can get together somewhere in the middle. Capers can agree affordable housing is needed in C.E. Period."

While the story of Melanie Thomas and her family is in some ways unique because of her racial minority status and because of her disability, which makes her dependent on subsidized housing, the difficulty she faced in finding housing she could afford in a tight housing market, characterized by little new building and skyrocketing prices, is hardly unusual at any income level.

A December 2021 study commissioned by the Maine Legislature found that "Due in part to the Covid-19 pandemic, the supply of homes for sale is at a record low, and low interest rates and the recent surge in home buying have significantly reduced the supply of affordable homes." In 2020, the median home price in Maine was \$256,000, a 14% jump over 2019.

An April 18 article in the Portland Press Herald described the challenge finding any housing in greater Portland, let alone affordable housing. It quoted Michael Sosnowski of Maine Home Connections, a Portland real estate broker: "As a buyer, you have to expand your radius of towns you will consider." The number of homes for sale in Maine, he said, is down, and "the cost is really daunting." "In some towns," the article concluded, "there's barely a real estate market to measure." "From March [2021] to March [2022], the number of listings in Cumberland County fell from 644 to 519, while the median price increased 17.3 percent, from \$383,500 to \$450,000."

In Cape Elizabeth, this past year's price jump is on top of a greater than 50% increase in median home price between 2008 and 2017, as identified in the 2019 Cape Elizabeth Comprehensive Plan. In 2017, the plan said, the median price of a home in Cape Elizabeth was \$500,000. This is before adding price jumps over the past five years.

Vicki Kennedy, Cape Elizabeth resident and real estate broker, confirmed that the supply of housing on the market in Cape Eliza-

beth is at a recent low point, down 12% over the same period last year. The average "days on market" for homes in Cape Elizabeth, said Kennedy, is currently seven days, with sales prices typically seven percent over the asking price.

Skyrocketing home prices in Maine, the region, and Cape Elizabeth are squeezing young families, who struggle to find first homes they can afford. Price jumps also make it challenging for the elderly to downsize while remaining in Cape Elizabeth; there simply aren't smaller, affordable places to be had. These facts led the 2019 Comprehensive Plan committee to conclude: "The lack of affordable housing is impacting a significant portion of resident seniors, who cannot transition out of single family homes because there are no affordable options within the town. Young families, most of whom cannot afford a new home, also do not have available to them existing family homes owned by seniors."

According to the same committee, one-third of households in Cape Elizabeth were paying more than one-third of their income on housing, placing them in the "cost-burdened" category.

The Maine State Housing Authority described the situation in Maine as follows: "A larger share of older adults own their own homes, have lower incomes and a higher rate of need, [a situation] likely to increase as this segment of the population grows." The report also describes the overall gap between income and housing prices in Maine: "[T]he average house price in Maine is unaffordable to the average income household in Maine in all Maine counties except Aroostook, Kennebec, Penobscot, Piscataquis, Washington and Somerset counties." A chart accompanying a 2021 MSHA report demonstrated that median home prices in Maine are growing faster than median income, leading to shortages of both low and middle income housing.

These price pressures explain, in part, why Cape Elizabeth's median age is growing higher: the median age of Cape residents is 51 years old, according to the 2019 Comprehensive Plan, compared to the Maine median of 43, and the national median of 37. Cape Elizabeth is experiencing below average population growth compared to Maine as a whole.

Kennedy concurred that "more and more seniors are aging in place today," which may contribute to the smaller number of houses for sale. Another factor in the tight housing market she identified is low monthly cost for those that took advantage of low interest rates recently if they purchased or refinanced in recent years.

While Cape Elizabeth is on the older end of things, it is by far from unique in New England. A 2011 Brookings Institution report concluded: "A divide is emerging between areas of the country that are gaining young people, and those in which the up-and-coming generation is shrinking... This national unevenness renders the northeast more vulnerable to the costs of aging."

While dated, a 2006 study of the greater Boston housing market by a Northeastern University professor linked a decline in the proportion of the young-adult population to high housing prices in that area. Similar

-see MARKET page 15



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Vehicles pass stopped school bus, stolen car found near Crescent Beach State Park

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 4-4 Two officers responded to a residence in the Shore Road area for a well-being check.
- 4-4 Two officers responded to a residence in the Sawyer Road area for a well-being check.
- 4-6 An officer met with residents of the Mitchell Road area who had been the victim of a scam. They had received a call from a subject claiming to be an attorney who stated that their son-in-law had been involved in a car accident and had injured a pregnant woman in Biddeford, Maine, and needed \$9,000 cash for bail money. They were told not to speak to anyone about this as a "gag order" was in effect. They were told to wrap the money in tinfoil and mail to an address in California. Two days later, the "attorney" called to say that their son-in-law needed another \$6,500. At this time they realized they had been scammed.
- 4-6 Two officers responded to a residence in the Mitchell Road area for a well-being check.
- 4-8 An officer met with a resident of the Fowler Road area regarding a vehicle passing a stopped school bus. The driver was identified and enforcement action taken.
- 4-8 An officer checked on a vehicle parked for an extended period of time near the entrance to Crescent Beach State Park. There was a dealer plate attached to the car, and the officer learned that the car had been stolen from the dealership lot. The vehicle was retrieved by the dealership.
- 4-11 An officer met with a school bus driver who reported that while picking up students on Mitchell Road, he was passed by a vehicle and was able to get his plate number. The driver was identified and contacted by police.

- 4-12 Two officers responded to a residence in the Ocean House Road area for a well-being check.
- 4-13 Two officers responded to a residence in the Eastman Road area for a well-being check.
- 4-16 An officer met with a resident of the Mitchell Road area regarding a missing person report. The person was later accounted for.
- 4-17 An officer met with a resident in the Scott Dyer Road area regarding a civil custody issue.

SUMMONSES

- 4-6 Cape Elizabeth resident, operating vehicle using handheld device, Route 77, \$85
- 4-6 Scarborough resident, operating vehicle using handheld device, Route 77, \$85
- 4-6 Cape Elizabeth resident, uninspected vehicle, Route 77, \$148
- 4-7 Cape Elizabeth resident, operating to avoid traffic control device, Cape Elizabeth High School, \$146
- 4-7 Cape Elizabeth resident, operating to avoid traffic control device, Cape Elizabeth High School, \$146

JUVENILE SUMMONSES

- 4-8 Cape Elizabeth resident, failure to stop for stop sign, Spurwink Avenue, \$146

ACCIDENTS

- 4-16 Rachel Walls, accident on Fenway Road

ARRESTS

- 4-17 Cape Elizabeth resident, operating under the influence of alcohol, Ocean House Road

FIRE CALLS

Fire calls: 11; EMS calls: 21

Planning Board

Continued from page 1

the entrance road looped up further to the South. Due to comments received and concerns to that location...we ended up going back to what is known as Option B."

Utilities haven't significantly changed, Gerrish said. All utilities would be underground (gas, electric, telecommunications, as well as sewer, storm drains, water mains.) A change that Gerrish spoke to was site grading - the road profile has been changed. Previously there was somewhat of a consistent grade on the profile, he said. Grades have been adjusted so roads are a bit higher where condos are not proposed, and lower where they are. Gerrish said that due to this, less excavation would be needed. Gerrish also stated there is a proposed retaining wall ranging from 4-6 ft high, 8 ft high at one point to accommodate better grading.

Gerrish said there would be an under-drain retention filter to filter runoff, intended to pick up pollutants from asphalt runoff. Gerrish outlined roof dripline filters and stone reservoirs. Fisher added, "Basically by the combination of this detention area, the smaller detention area down here, the sub-surface detention area up here, and then the roof drip-line filters the peak discharge rates in the future development condition from this study point (study point 3) though this wetland and offsite are less in the post-development condition than the peak discharge rates in the pre-development condition."

Public comment was opened.

Attorney Andrew Duchette, representative of Sheila Wellehan said that previous concerns have not been met, specifically speaking of wetland calculations to abutting properties, and whether or not appropriate buffering and setbacks are present.

Stephanie Austin, Co-President of Cape Cottage Beach Association, read a letter sent to the Planning Board in January on behalf of 275 member households near Casino Beach. She said, "We are extremely concerned with likely impacts." Concerns included an "already taxed and broken drainage system," as well as increased traffic and risks for pedestrians.

Steve Knapp, Environmental Scientist at Biodiversity Research Institute (BRI) said the larger wetland in the center of the site could use additional review, and that the wetland feature travels off the parcel. Knapp noted that a proper understanding of the size of the wetland would be important.

Resident Katie Blackburn submitted a letter to the Planning Board to inquire about 1,200 sq ft of bedrock not identified on any plan to date.

Various residents inquired about drainage, blasting, traffic and environmental concerns.

Several residents stated they were abutters, and were not in support of the project.

Resident Nat Jordan spoke in support of the Carr Woods development, saying "The housing crisis is a housing shortage." Other residents had concerns over affordability and population density. Christine Collins said that Carr Woods would limit relief to a densely populated area, and create other environmental concerns. Randy Blake questioned how affordable these units would be, and their relative environmental impact. Fisher said that these units are not much more expensive than neighboring houses, "They're very similar to homes already out there."

Fisher said they had multiple wetland reviews, erosion prevention measures would be in place, and they would follow best management practices as required by the state, whether or not they were requirements. Regarding a question of runoff to Casino Beach, Fisher said that is a town issue, but that state and municipal law that runoff cannot exceed that which is in pre-construction scenario. Fisher said, "Drainage is going to be substantially improved."

Fisher said in response to a resident question, "There are no RP1 wetlands...doesn't even come close." He added there may be some blasting, but it's not known yet. He said if there is blasting it would be shallow, specific and directional to crack and pull away only rock that is necessary.

Board member Andrew Gilbert said that he had seen staff from his work, BRI at a site walk. He does not work directly with them but wanted to be transparent. He asked the board if there were any concerns. Town Planner Maureen O'Meara said that Gilbert could refrain from discussion in this meeting, and would seek advisement from the Town Attorney and inform him of the results next time. Gilbert muted himself.

Board member Daniel Bodenski asked questions regarding storm water. Fisher and Gerrish replied they would try to provide additional detention on site, and that the condominium association would be responsible for maintaining any of the systems (roadway, dead and dying trees, maintenance of storm-water devices). The Director of Public Works would be able to determine if proper care is being taken, and reserves the right to charge the association for any backups or clogs.

Board member Alton Palmer requested to see open space calculations if stormwater BMPs are considered developed areas. He said it would be helpful to see calculations.

-see MEETING page 13

Scam alert bulletin board

Reported by Jessica D. Simpson

Debt Relief Scams

Debt is something that can creep up on anyone, and before long, you are looking for a way out of it. But use caution — sometimes, tempting offers of debt relief will only make your own problems worse, while lining the pockets of criminal scammers.

Debt relief scams promise "guarantees" to get you out of debt quickly and cleanly. They often ask for advance payment (which is illegal) for the "services" they provide. Sometimes they will even advise you to stop paying your creditors.

If you are struggling with debt, consider negotiating with creditors directly or connect with a debt counselor through a nonprofit credit counseling organization, such as the National Foundation for Credit Counseling (nfcc.org).

Crypto = Quick Currency for Criminals

Sometimes you can spot a scam based on how you are prompted to pay for something

— say, lottery winnings or a past due utility bill. What once was the domain of wire transfers and gift cards is fast becoming flooded with cryptocurrency as a form of payment in scams. (No form of payment ever really goes out of style, but criminals jump on new ways of stealing money at every opportunity.)

Most of us don't understand cryptocurrency, and may not care to, and that might make us feel protected. However, buying cryptocurrency might be as close as your local grocery store. Many retail locations are adding machines that allow customers to buy and send cryptocurrency with a debit or credit card. This means that, once a criminal has their target convinced of a threat or opportunity — something they call getting them "under the ether" - they simply can send their victim to the nearest crypto machine to get paid.

Rapidly changing financial technology makes it hard to stay up to speed on the latest threats. But it isn't hard to stay up on the latest scams making use of them — sign up for bi-weekly Watchdog Alerts from AARP at aarp.org/watchdogalerts, or text FWN to 50757.



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Family Fun Day is back on June 18

By Roger Bishop

Mark your calendars for June 18 because the Cape Elizabeth Family Fun Day IS BACK! For well over 30 years, it has been a Cape Elizabeth tradition. This event is supported by the town of Cape Elizabeth along with numerous local non-profit organizations.

At 10 a.m. the event starts off with a parade with local Little League, scout troops, a marching band, and other entertainers. The parade ends at the Fort Williams Park where live music will be playing from 11 a.m. to 3 p.m., featuring three local bands.

Not for profit organizations as well as several of the Cape Elizabeth High School sports boosters and clubs have set up games, rides and activities for the young at heart. There will be a train ride, carnival games an obstacle, course, a climbing wall and plenty of good food to eat.

Tickets for the events can be purchased on site for cash and are usable at most of the events and activities. There are also free events, where your dog can be a star in the "Dog Show" and younger children

can enjoy a scavenger hunt in the children's garden.

Historically a typical Fun Day draws over a thousand attendees from Cape Elizabeth, South Portland and Scarborough. This year an early evening mini concert with several local musical groups who will be in the Bandstand starting at 5:30 p.m. and ending at approximately 8:30 p.m. followed by a fireworks display at dusk.

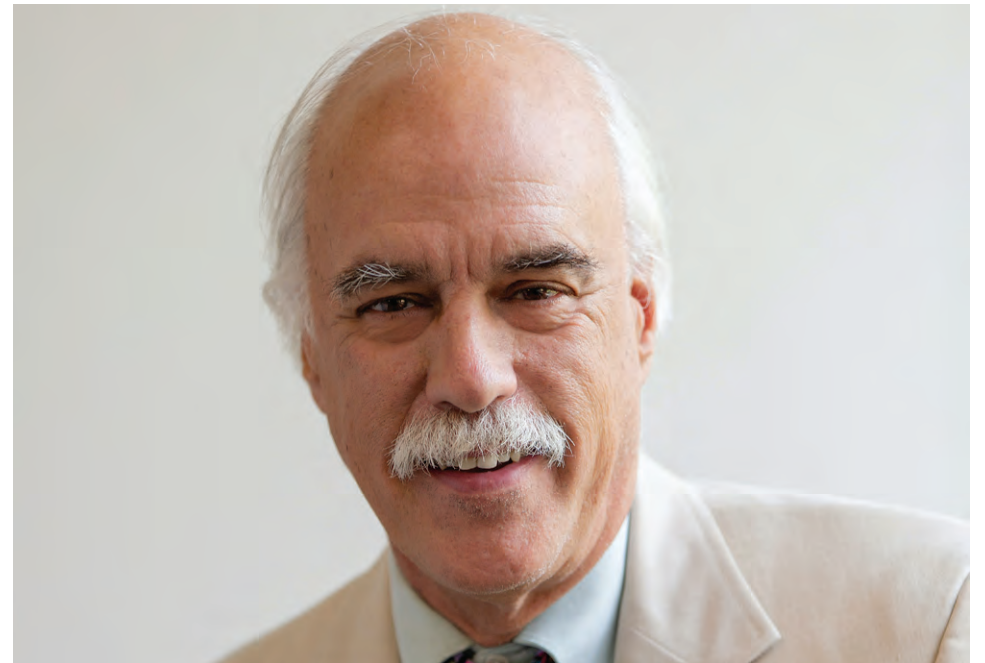
Food vendors will set up stands around 4 p.m. along the paved road parallel to the parade field in Fort Williams. Bring chairs and blankets, nothing better than fireworks at the Fort Williams parade grounds.

The Family Fun Day Committee is still looking for local non-profit organizations and school groups to participate in the event. If you know of a local group that would like to promote your group or sell something to earn money, please email us at capeelizabethfamilyfunday@gmail.com

Mark your calendars to save the date and get ready to have some fun!

Former CEHS teacher receives Lifetime Achievement award

By Kevin St. Jarre



Contributed photo

Tom Lizotte, former director of bands at CEHS for 17 years, has been given a Lifetime Achievement award by the Massachusetts Association of Jazz Educators (MAJE).

Tom Lizotte, who was director of bands at Cape Elizabeth High School for 17 years, was recently given a Lifetime Achievement award by the Massachusetts Association of Jazz Educators (MAJE).

Lizotte, who taught at CEHS from 2002 to 2019, was given the award at the MAJE jazz ensemble finals in Norwood, Massachusetts on March 26. He was cited for his work as an executive board member of MAJE, teacher at Norwood High School and longtime jazz adjudicator.

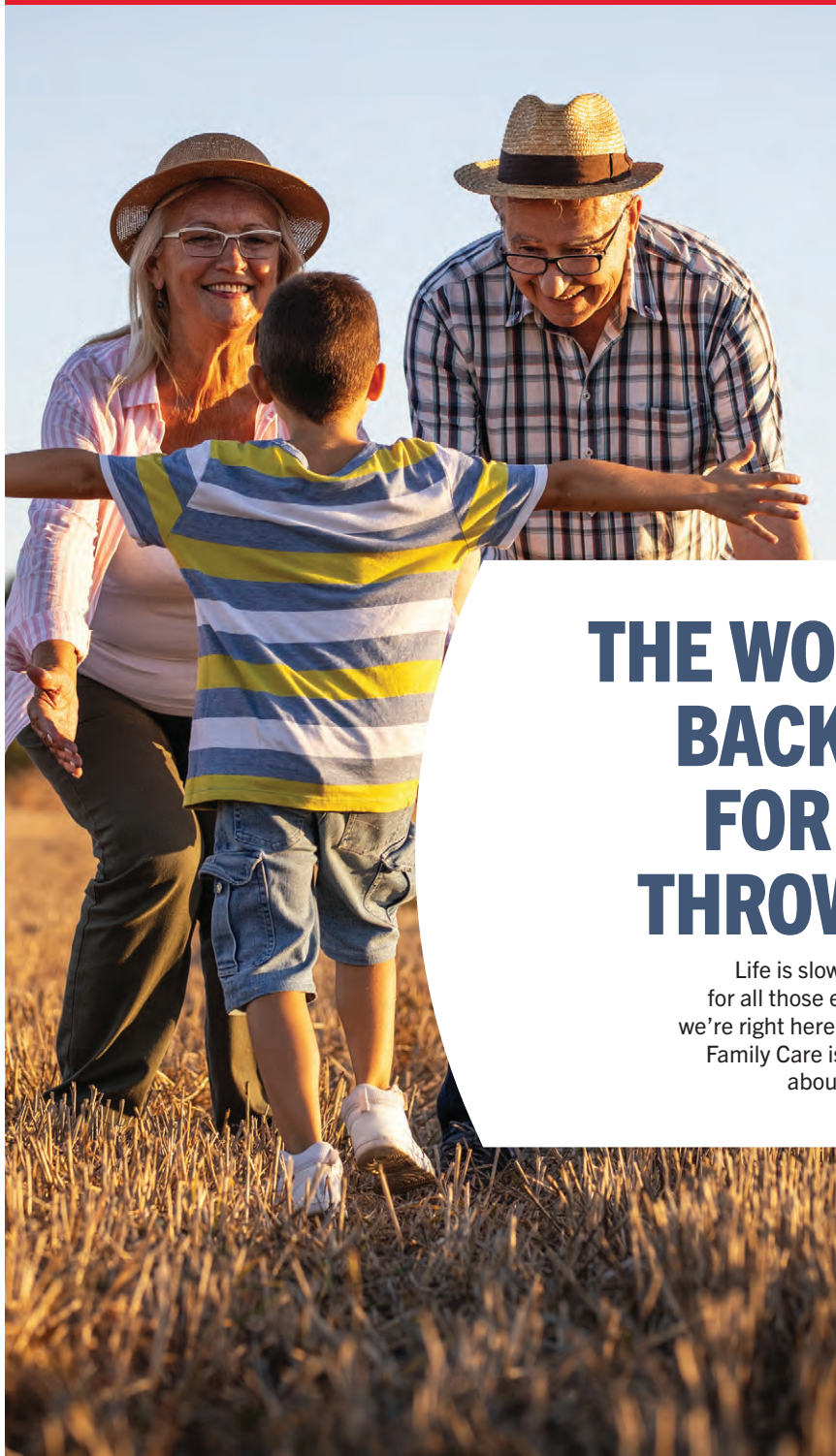
In conferring the award, MAJE President Joseph Mulligan said, "You have been such a great advocate for jazz education throughout your career as well as being active with MAJE."

"This award was so unexpected," Lizotte said. "I have been very fortunate to have had my efforts as an educator be recognized in several venues. This award from the Massachusetts jazz educators was totally unexpected. To be so honored is humbling. All I have ever done as a jazz educator is look to be part of the continuum of passing the wonders of jazz to students. Now, more than ever, jazz education is critical to students...I have always believed strongly in the importance of jazz education in educating the total child. In these times of social unrest, jazz can promote social awareness and healing. We owe that to our kids...All of my past students, including those at Cape, have been central to my mission. That mission continues."

Lizotte concluded his career after 31 years in public education in Maine, Massachusetts, Connecticut and Florida. He is a member of three teaching halls of fame, including the Maine Music Educators Association.

A graduate of the University of Massachusetts, Amherst with degrees in music education and wind conducting, he is the 2019 recipient of the John LaPorta award, given by Berklee College of Music and the Jazz Education Network for outstanding work as a high school jazz educator. He is a frequent contributor to The Instrumentalist and JazzEd magazines.

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Cape Elizabeth town manager to trek across state, chance to support

By Kevin St. Jarre

Cape Elizabeth Town Manager Matthew Sturgis said he has committed to join many other cyclists and the American Lung Association in a journey across Maine while raising money to support the fight against lung cancer, COPD, Asthma and other serious lung diseases. “Among my goals is to increase awareness about the importance of lung health. Having lost my father to lung cancer and with my mother using an oxygen tank, the fight for healthy air and increased awareness of these challenges are close to home for me,” Sturgis said.

Now he is asking for help and support. Sturgis said, “As many of you may know, this will be my 22nd riding of the Trek Across Maine. This is an organization and cause that I am 100% committed to. I will be volunteering at the beginning of the ride assisting riders prepare for the Trek. I am also on the Maine Leadership Board and the Northeast and Mid Atlantic Leadership Board, serving as Chairman the next two years. As a further statement of my commitment I have pledged \$1,200 to the Trek via the United Way as a way to put my money where my bike is.”

Lung cancer is the number one cancer killer of both men and women today, and another alarming fact is that lung disease is the third leading cause of death in the United States. Sturgis asked that people “[p]lease join me in my efforts to make a difference by making a personal or corporate tax-deductible donation. Ask your HR Department about matching gifts and see your donation double in support of my efforts and the mission of the American Lung Association.”

The Trek Across Maine is a multi-day cycling event starting and ending at

Thomas Point Beach & Campground in Brunswick. Overnight stops at Bates College in Lewiston and St. Joseph’s College in Standish provide a place to rest and relax after each leg of the Trek. Activities, entertainment and food are all a part of the full Trek experience at each location.

With 600+ volunteers each year, the Trek is fully supported in all areas. Volunteers provide support at rest stops and intersections along the route, as cheerleaders and traffic control at the finish line, and much more. Bike shops from across the state volunteer their time to make sure your bike holds up just as long as you do.

The American Lung Association provides meals for all cyclists and volunteers during the weekend (as needed). Housing and camping at Bates and St. Joseph’s is reserved for fully vaccinated individuals only. Campers must provide their own tents.

Shuttle services will be available to some areas hotels if you choose to make your own sleeping arrangements off campus. A complete list of shuttle locations will be shared later this fall.

Those wishing to contribute can go to this link: <https://lnkd.in/etc-BdYq>

Judy’s Pantry- a community feeding itself

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

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



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Morning delights - Overnight cinnamon apple French toast

By Kate Roy-Becker

A dish where pieces of bread are dipped into an egg and cinnamon mixture, then fried to golden brown is my go to meal when my family and I go out for breakfast. French toast is something I discovered at a young age. It stands above every other breakfast meal possible. When it comes to the schooldays, breakfast isn't something I usually have time for. On the weekends, breakfast is also a rarity as I wake up in the late morning and stay in bed until lunch time.

My dad doesn't get too fancy with his French toast. He buys the Pepperidge Farms cinnamon swirl bread at our local Hannaford and calls it a day. Despite the lack of effort, I enjoy every bite of it once it's ready to eat. It never occurred to me that there were different variations of French toast. Up until around the age of 10, my favorite once-in-awhile-breakfast was plain old French toast.

On my brother's birthday, New Year's Eve, my family gets together at my aunt's house for a Christmas brunch. My grandma always brought her overnight cinnamon apple French toast that I had only discovered a few years ago. It never occurred to me that apples and French toast would work so well together. I tend to have multiple servings of it as I can never get enough. The past two years, due to a worldwide pandemic, I haven't been able to get together with my family for my brother's birthday. In other words, I haven't had my grandma's French toast in two whole years. An important lesson I have learned from this is to not take your food for granted and cherish every bite as you don't know when you'll have your favorite meal for the last time.

The small bitter blueberries many people adore are something I have never enjoyed. Not by themselves, anyway. I never under-

stood the satisfaction of berries. Maybe people enjoy them so much because they aren't as sensitive to the texture of different foods like I am. When blueberries are baked into something, they become concentrated making them sweet, like candy.

Ever since I was younger, we would always go on trips out on the boat at my cousin's lake house. Our afternoons would consist of tubing, water skiing, wake-surfing, and wake-boarding. Though I don't typically participate in those activities, I do enjoy watching my cousins and brothers get thrown around when tubing.

Once my uncle gets tired of driving the boat back and forth, he suggests that we go to our typical spot: the largest island within the lake, accommodating a singular house. We anchor out about 50 yards from the water's edge. Once anchored, my siblings, cousins and I immediately jump into the water from the back of the boat and start our expedition towards the island.

All along the edge of the island, hanging over the water are lowbush blueberries. Using red Solo cups brought out from the boat, we would collect tons of blueberries to bring back to the house for the following day. Along with this, everyone would spend their time picking the berries off of the bushes and eating them, except me. On the contrary, I do enjoy the journey out to the island and the time spent with my family. Once filled up on blueberries, we head back to the boat with the red solo cups and call it a day.

The most rewarding part of our trip takes place the next morning when I am woken up by the smell of blueberry pancakes, ready to be devoured by me and my family.

Kate Roy-Becker is a Cape Elizabeth High School student in Dr. Lisa Melanson's English class.

John Lewis announces candidacy for Maine State Senate



Contributed photo

Cape Elizabeth resident John Lewis, pictured above, has announced he is running for District 29 in the Maine State Senate.

John Lewis, a business owner and workforce development consultant, is running to represent the people of Cape Elizabeth, South Portland and part of Scarborough for District 29 in the Maine State Senate.

"Innovation, collaboration and wanting to see people succeed have driven my professional career. I'm running for State Senate to put these principles and my experience to work solving the difficult challenges facing Maine," said Lewis. "Mainers want to see solutions, and I'm ready to work for them."

Lewis has spent most of his career advocating for youth, education, community, CTE and the skilled trades. He served as Senior Director for Workforce Development at the Boys & Girls Clubs of America, where he led a team whose purpose was to create and establish the first-ever Workforce Development Initiative for the organization. As the founder and a managing partner of Synergy Workforce Solutions, Lewis helps employers in the manufacturing, trades, healthcare and education industries solve workforce development challenges. The company also

works with the U.S. Armed Forces. He has also helped with workforce development efforts more broadly through community outreach involvement, including as a member of the Employee Growth Services team, at the Manufacturers' Association of Maine (MAME) and as an Executive Board member of SkillsUSA Maine.

Born in the Philippines, Lewis was raised in Hebron and graduated from Oxford Hills High School. He went on to earn a degree in Business Administration from the University of Maine. Lewis and his wife, a registered nurse, moved to Cape Elizabeth in 2003. They have two children.

"John has spent his career working on one of the biggest challenges facing our state and nation right now - workforce development. His experience is needed in Augusta, and I look forward to working with him in the Senate," said Senate Republican Leader Jeff Timberlake (R-Androscoggin).

For more information on Lewis' campaign visit www.johnlewis4senate.com or find him on Facebook: @johnlewis4senate.



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Cape Challenge set for June 5

By Marta Girouard



Contributed photo

Girl Scout Troop 590 will be organizing this year's Fun Run one last time together as a troop. Pictured above in 2015 is the whole troop at the festive finish line, at which they gave out popsicles to all participants. Back row (left to right): Sarah Hagan, Julia Olsen, Ellie Crockett, Katherine Callahan, Julia Trowbridge, Ali Bragg. Front row (left to right): Dana Schwartz, Hannah Mosher, Esme Song, Stephanie te Boekhorst, Kathyne Clay, Analise Gordon.

Registration is now 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 year's Fun Run is being organized by Girl Scout Troop 590. Troop 590 has been together since kindergarten and will be graduating from Cape Elizabeth High School this June. During their middle school years, the troop organized the Fun Run as part of earning the Girl Scout Bronze Award. After earning the award, the troop organized the Fun Run for many years and are excited to organize it again, one last time together as a troop.

This event would not be possible without the help of our 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.

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.



Ocean House Road Band fundraising for Ukraine on May 21

By Kevin St. Jarre

Curt Kelly, Cape Elizabeth resident and founder of The Ocean House Road Band, is the band's frontman, guitar player and vocalist. He said he does write and play some original music but his real interest is classic rock and blues, from the 1960's and 1970's. These days, however, the band is also using their work and talent to raise awareness of and funds for those in need in Ukraine.

Kelly said, "The Ocean House Road Band is my ongoing project. I started it in 2018 with a bass player Jim Huebener, lead guitar player Roy Lubetkin and a drummer Michael Saunders. We had all played in bands growing up, but life got in the way. Thirty years later, we were all in a much better position to continue our musical journey. Our primary goal was to continue to grow as musicians. That is still our goal."

A new goal surfaced, however, when Ukraine was invaded. Kelly said, "I realized immediately that our band should put on a

fundraiser. I just needed a venue. I had recently met Derek Parent, a managing partner of the Throttle Car Club in Scarborough, so

-see FUNDRAISER page 15



The Ocean House Road Band is partnering with the Throttle Car Club on May 21 to raise funds for Partners for World Health, a Portland-based organization which is providing medical equipment and supplies to Ukraine. See the QR code above for event details (there is a suggested donation of \$25).

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Help protect the final piece of the Cross Town Trail – forever



Contributed photo

The Cape Elizabeth Land Trust is asking for the public's help as it works in partnership with the Cape Elizabeth United Methodist Church to protect the final leg of the Cross Town Trail.

The Cape Elizabeth Land Trust (CELT) is working in partnership with the Cape Elizabeth United Methodist Church (CEUMC) to protect the final leg of the Cross Town Trail that runs across its property. Until now, this has been the only part of the 8.2-mile trail that does not have guaranteed public access. CELT has only until May 31 to raise the money needed to purchase a conservation

easement on the CEUMC property, and they are asking for the public's help.

Said Liz Murley, president of CELT, "When my husband Tom and I first moved to Cape Elizabeth, we started looking around for what our new town had to offer. One of the first things I noticed in the Courier was an upcoming Cross Town Trail walk guided by CELT staff and volunteers. I went on that

walk, and it astonished me that we went all the way from Fort Williams to Kettle Cove with almost no time at all on pavement. I was hooked!"

The Cross Town Trail winds from Fort Williams Park through woods, fields and marshes and along the shore of Great Pond all the way to the beach at Kettle Cove – 8.2 miles. You can walk the whole trail or just a part of it. For over 40 years, CELT and the town of Cape Elizabeth have worked to permanently conserve various pieces of the trail, but until now the portion that lies on the CEUMC property has remained unprotected.

By purchasing this easement, CELT will ensure that regardless of who owns the property in the future, the full trail will always be available for walkers, runners, bikers, skiers and snowshoers. People who live in the town center and children in the schools will always have easy access to the 200-acre Robinson Woods Preserve that connects via the Canter Way easement.

Located just about at the mid-point, this trail linkage is critical. The church has generously allowed access to the trail for years

but it has never been a permanent fixture. Said Steven Hill, Chair, Administrative Council, CEUMC, "We are so pleased to join with CELT in preserving this beautiful piece of forested land in the middle of Cape Elizabeth. This easement is an important step in our focus on environmental ministry and protecting the world around us for all living beings." The easement will enable the church to continue using its land for their outdoor chapel and Eco-Ministry of nature-based walks and talks.

According to CELT Executive Director, Cindy Krum, "In just a few short months, CELT has raised enough money from our recent campaign and from individual donors to put us within striking distance of making our fundraising goal. We have just \$63,000 left to raise by May 31, and we're asking for donations from the public to get us over the top."

Tax-deductible donations can be made before May 31 on the CELT website www.capelandtrust.org or by check mailed to CELT at 330 Ocean House Road, Cape Elizabeth.



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May naturalist's corner

By Erika Carlson Rhile
CELT Education Committee Chair

May 16, 12:14 a.m. Full Flower Moon; there will also be a Total Lunar Eclipse. This occurs when the moon passes completely through the Earth's dark shadow, or umbra. The moon will gradually get darker and then take on a rusty or blood red color. The eclipse will be visible throughout all of North America.

Favorite birds are back in town! Attract Baltimore orioles to your yard by cutting oranges in half and hanging by your feeder. Wash out your hummingbird feeders. Most ruby-throated hummingbird males are staking out territory by the first week of May; females will follow soon thereafter. By the end of the month, bluebird babies are leaving the nest.

Take a walk in the woods to find spring ephemerals. The word ephemeral means "lasting for a very short time." These wildflowers take advantage of the sunshine on the forest floor before trees have their leaves. Early bloomers to spot are bluets, red trillium and wood anemone.

Morel mushrooms are uncommon in Maine, so imagine our surprise when our neighbors found these prized fungi growing under their rhododendrons. Morels are also called "sponge mushrooms" due to their appearance. Beware the false morel: They contain a volatile substance known as monomethyl hydrazine that is similar to rocket fuel. MMH is carcinogenic and causes 4% of mushroom-related fatalities.

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'No Mow May' continues to grow - originated in UK, spread to USA, adopted by cities in Maine

By Kevin St. Jarre

An initiative known as "No Mow May" has been catching on, including here in Maine.

Begun in the United Kingdom by a group known as Plantlife, it is designed to leave lawns unmowed for a month to assist early pollinators get by during a time when food resources are limited. Residential areas can become a bonanza if homeowners simply defer mowing for a little while. Of course, the use of pesticides at any time of the year can hurt pollinators, but No Mow May, promoted by Bee City USA, asks only that people not mow those early flowers such as squill and dandelions for the month.

According to the University of Maine's BeeMapper website, the state has 14 species of wild bees, in addition to bumblebees, all of which are crucial to wild and agricultural pollination. In Cape Elizabeth, beekeeping has become more popular and Cape Elizabeth High School has a beekeeping club.

Maine town and cities, such as Rockland, have passed ordinances to phase out lawn pesticides, and are identifying areas in their local parks that will be left unmowed in May, as well as spaces well-suited to promoting wildflowers.

If residents of Cape Elizabeth would be interested in participating in No Mow May, educational signs can be printed off the Bee City USA website, <https://beecityusa.org/no-mow-may>, to let neighbors know the lawn is being intentionally left unmowed, and that it is only for one month.

Those who usually pay someone to mow their lawn, and have the resources to do so, might consider paying for the

lawn to be mowed while leaving it untouched for a month. This would mean the benefit for pollinators, the ecosystem, and even the health of the lawn would not come at the expense of a small business or working person.

Some homeowners simply cannot stand to let all of their lawn grow for a month, so some adopt a "mow in the front, wild in the back" approach. Neat and tidy for the curb appeal, pollinator friendly where it can't easily be seen.



Photo from <https://beecityusa.org/no-mow-may> website

"No Mow May" is an initiative designed to preserve sources of food for early pollinators, such as the score of bee species in Maine. Instead of mowing the lawns and parks, along with all those flowers bees depend on, homeowners and municipalities can let it grow a bit longer.

Capetoon: Spring cleaning, Cape style

By Jeff Mandell



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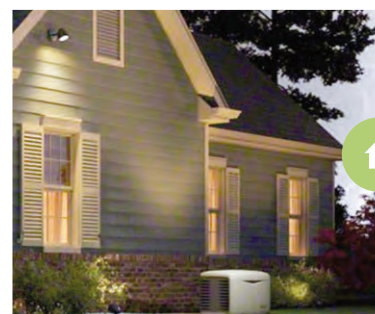


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TML improving its outdoor spaces, weekly story times have returned

Works by Lucille Holt Sottery in the Stier Family Gallery

Paintings and jewelry by local artist Lucille Holt Sottery are currently on display in the Stier Family Gallery on the lower level of the library. The exhibit, entitled "My Perceptive Views," features acrylic paintings of Maine landscapes, as well as abstract works, bracelets and earrings.

Holt Sottery has lived in Cape Elizabeth for 43 years. A former real estate agent, she became a partner in the Maine Art Collective Gallery in Portland in 2021, and spends most of her time working on her art, including many projects for commission work with Maine Community Housing. The exhibit can be viewed at the library through May 31.

TML Foundation Funds Improvements to Library's Outdoor Spaces

One of the library's current goals is to make its outdoor spaces more inviting and functional for recreational and programming use.

At their March meeting, the Thomas Memorial Library Foundation enthusiastically supported funding for a number of projects to enhance the library grounds. Visitors to the library will soon find three outdoor tables with umbrellas in the library's patio area. This seating area will be available 24 hours a day with access to library's free wireless network. The lack of shade in the children's garden has limited its use for programs and recreational activities. This area will soon feature a custom canopy designed and installed by Charles Duvall from Transformit, a Gorham-based company specializing in fabric architecture.

TMLF is also providing funding for a set of indoor/outdoor children's stools for use in the garden. Both the front garden area and the children's garden will soon feature their own TMLF-sponsored Little Free Libraries, where people can donate used books, and pick up new selections. In addition to funding these improvements to the library's outdoor spaces, TMLF is funding a refresh of washable children's early literacy toys for programs and recreational use.

Learn more about TMLF and its work to support and enhance library services by

visiting [ThomasMemorialFoundation.org](https://www.thomasmemoriallibrary.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!

4th Grade Book Club

Monday, May 2nd, 3:15 - 4:15 pm
In-person at the library

Reserve a copy of "Strangeworlds Travel Agency," by L. D. Lapinski and register to join by emailing Family Engagement Librarian Megan Smith at msmith@thomas.lib.me.us

Star Wars: May the 4th Be With You Crafternoon

Wednesday, May 4, 2:45 - 4:00 p.m. in the Community Room

TML is celebrating all things Star Wars on Wednesday, May 4! Stop by the Community Room for a drop-in Crafternoon open to Jedi of all ages. We'll have some fun activities in the children's room as well.

Last Pineapples Middle School Book Club

Friday, May 6th, 2:45-3:45 p.m.
In-person at the library

Reserve a copy of "Cathedral of Bones," by A. J. Steiger 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

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.

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

Five Sessions: Thursdays, May 5 - June 2, 2022

1:00 - 2:00 p.m., in person and virtual

All About Balance is a five-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: May 5 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 pro-

gram on the library's website.

U.F.O. Accountability Group

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

Next meeting: May 5 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 for this brand new monthly meetup where we can share, plan, commiserate and discuss all the Unfinished Objects in our lives! As any crafter worth their fat quarters can tell you, U.F.O.s = Unfinished Objects (of the Crafty Kind). Got more than your fair share of lingering, long-delayed craft projects you just can't ever seem to get finished? The U.F.O. Accountability Group is just what you need.

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

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

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

Next meeting: May 18 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 grounded in the immediacy of the experience of childhood. We were all children once—come explore childhood again as Rachel leads a monthly discussion on some of her favorite books.

All books can be requested through Minerva, the library's online catalog. For details and to register, please visit the li-

-see LIBRARY page 13



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Library

Continued from page 12

brary's website.

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

Tuesday, June 7, 2022, 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.

ONGOING VIRTUAL PROGRAMS FOR ADULTS

Daily Fika (Coffee Break)

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

Guerilla Poetry Whoop

Second Thursday of the month, 6:30-7:30 p.m. Next meeting: May 12

E-ldering Conversation Group

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

AKME Chats, with the Anchorage Public Library

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

Songwriting Workshop (with Jud Caswell)

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

Meeting

Continued from page 5

tions with and without this information. O'Meara added that stormwater facilities have been included in open space in the past, but there is probably a tipping point.

There was a discussion of whether a third party landscaper would need to determine if there is adequate buffer planned. Fisher said a third party landscaper was not needed, and can add more buffering if needed. O'Meara said contractors have been told multiple times that oaks and maples are not allowed to be planted. She also noted that the plans indicated plantings may need to move based on ledge, and it is necessary to propose things that will work.

Landscaper Barry Hosmer joined the conversation, and said there was some ledge testing, but not all of it. He spoke of limitations on trees given to him in a conversation with the tree warden, and said that "we are left with pines and spruces. I'm not sure that is going to be the most desirable solution." Hosmer said of the site, "It has a very mature canopy of oak, birch, maple, and some ash...the road tree list is pushing us towards almost exclusively non-native trees" and he is working to create "scenic and visual harmony."

Palmer and O'Meara spoke in support of obtaining a third party landscaper, to verify that the buffer is adequate. O'Meara said there is a landscaper available to do this soon, so as to not delay the process further.

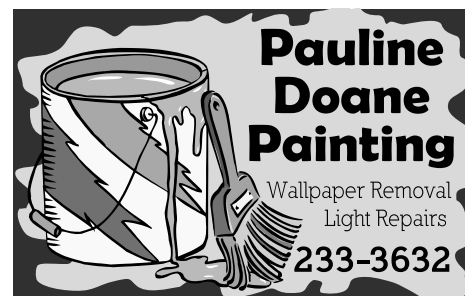
Chair Huebener said he is not comfortable approving the project with so many conditions, preferring to table it. Bodenski put forth the motion to table until the June 21 meeting.

Bodenski exited the meeting.

Wentworth Lodge

The Sprague Corporation is requesting Site Plan Review of the Wentworth Lodge Special event facility located at 10 Winters Lane.

Trevor McCourt (Property Manager for Sprague Corporation) requested site plan review. He said that there were no changes from plans submitted in 2016 and 2019. Events on site are primarily weddings but



Pauline Doane Painting
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Light Repairs
233-3632

may include family reunions or corporate outings. Events are hosted in a portable tent, and have temporary restrooms, and a designated parking area. Events run June - October typically. Traffic access and parking starts southbound Charles Jordan Road. Traffic study was not triggered due to peak trips of 79 per event.

Sahrbeck noted that the renewal process was put in place in case of complaints but there don't seem to have been any.

The motion was unanimously approved.

Special Planning Board Workshop - Lions Field Lighting Site Plan Amendment

Lions Field Lighting Site Plan Amendment. The town of Cape Elizabeth, represented by the Cape Elizabeth Little League (Kevin Justh) would like to discuss installation of lighting on the upper Lions Field, located at 221 Ocean House Road. Board member Matthew Caton - recused himself, as he is a part of Cape Little League Board.

Installation of lighting would most likely be used for Little League games 50 nights a year max. Nearest abutter is Cape Veterinary Care. There may need to be a limit on the use of PA system for noise consideration. A light study map will be provided at the next meeting.

Justh said he originally planned to install lights in the off-season. The goal is to get this into May 17th meeting for approval, and it may need to go back to Town Council to approve the donation. He plans to ask for expedited review. If approval gets delayed until June it may delay the project (contractor is ready for May), but "Better to do it right" than focus only on speed, Justh said.

Welcome, Planning Board member Derek LaVallee

The last order of business was to welcome Portland native Derek LaVallee. LaVallee has experience working in the White House and the Pentagon. He runs a crisis communication firm and lives in Cape Elizabeth with his wife and daughter.

CEHS students conducting survey on affordable housing

Each year CEHS government teacher Ted Jordan seeks to involve his students in conducting surveys on meaningful issues. Surveying and polling are among the topics covered in the government course curriculum.

In conjunction with a series of articles about affordable housing the Cape Courier has recently begun to run, Mr. Jordan's students will be at the transfer station, library, and perhaps other places in Cape Elizabeth over the coming weeks, seeking your one-time participation in the survey. The survey was created by students, the results will be compiled and analyzed by students, and then the students will share the results of the survey with the community through a student-written article in the Cape Courier. Students will analyze the strengths and weaknesses of the survey methodology.


The students are grateful for your survey participation. To provide all Cape Elizabeth residents an opportunity to participate, in case you do not see the students in person at one of the survey sites, you can get to the survey via the QR code below.



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CAPE CALENDAR

By Wendy Derzawiec

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

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

Wednesday, May 4

Town Council Workshop, Town Hall, 7 p.m.

Thursday, May 5

Recycling Committee, Public Works Department, 7 p.m.

Monday, May 9

Town Council and Public Hearing on FY2023 Budget, Town Hall, 7 p.m.

Tuesday, May 10

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

Wednesday, May 11

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

Monday, May 16

Town Council Special Meeting - Vote on FY 2023, Town Hall, 7 p.m.

Tuesday, May 17

Planning Board, Town Hall, 7 p.m.

Ongoing each week

Al-Anon, Regular meeting 7 p.m. Thursdays, at United Methodist Church, 280 Ocean House Road. Regular meeting 7 p.m. Fridays at St. Alban's Church.

Alcoholics Anonymous, 2 p.m. Saturdays, First Congregational Church, 301 Cottage Road, South Portland; 7 p.m. Wednesdays, St. Bartholomew Church; 7 p.m. Fridays, St. Alban's Church.

Cape Elizabeth Historical Preservation Society, 9 a.m.-noon Thursdays, Public Safety Building - suspended until further notice.

Cape Elizabeth Lions Club, 6:39 p.m., first and third Tuesdays at the Bowery Beach Schoolhouse (except July and August), Two Lights Road

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

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

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

CABLE GUIDE

CETV CHANNEL 1302

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

Cape Elizabeth Church of the Nazarene
May 7, 8, 14 & 15 - 9 a.m.

High/low tide chart

Date	High Tide				Low Tide				
	AM	ft	PM	ft	AM	ft	PM	ft	
4	Wed	1:51	9.7	2:33	8.5	8:17	0.2	8:19	1.6
5	Thu	2:29	9.4	3:16	8.2	8:57	0.5	9:01	1.8
6	Fri	3:12	9.1	4:03	8.0	9:42	0.8	9:47	2.1
7	Sat	4:00	8.8	4:53	7.8	10:30	1.1	10:38	2.2
8	Sun	4:52	8.6	5:45	7.8	11:20	1.2	11:32	2.3
9	Mon	5:47	8.5	6:37	8.0			12:12	1.3
10	Tue	6:43	8.5	7:29	8.3	12:29	2.1	1:05	1.2
11	Wed	7:41	8.7	8:18	8.8	1:28	1.8	1:56	1.0
12	Thu	8:35	8.9	9:03	9.4	2:24	1.2	2:45	0.7
13	Fri	9:26	9.2	9:47	10.1	3:15	0.6	3:31	0.4
14	Sat	10:15	9.6	10:30	10.7	4:03	-0.1	4:16	0.1
15	Sun	11:04	9.8	11:15	11.2	4:51	-0.8	5:01	-0.1
16	Mon	11:54	9.9			5:39	-1.2	5:49	-0.2
17	Tue	12:02	11.4	12:45	10.0	6:29	-1.5	6:38	-0.2
18	Wed	12:51	11.5	1:37	9.9	7:20	-1.5	7:29	0.0

SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
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www.capenazarene.org

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

Cape Elizabeth United Methodist Church

280 Ocean House Road
799-8396

www.ceumc.org

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

The Church of Jesus Christ of Latter-day Saints

29 Ocean House Road
799-4321

Sacrament Meeting:
Sunday, 10 - 11:00 a.m.

Sunday School/Primary: 11:10 a.m. - 12:00 p.m.

The Church of the Second Chance

Greater Portland Christian School
1338 Broadway, South Portland
641-3253

Sunday: 10:30 a.m.-12:15 p.m.

Church of the Holy Spirit

1047 Congress Street, Portland
874-9779

www.HolySpiritPortland.org

Sunday Worship: 10:00 a.m.
Sunday Adult Bible Study: 9:00 a.m.
Sunday School for children: 10:00 a.m.
Services streamed live on Facebook
Potluck dinner every third Sunday

Congregation Bet Ha'am

81 Westbrook St., South Portland
879-0028

www.bethaam.org

Worship: Friday, 7:30 p.m.
Saturday, 10:30 a.m.
Family Shabbat Services:
Second Friday, 6:00 p.m.

Hope Community Church

879 Sawyer Street South Portland
799-4565

www.hopesopo.com

www.facebook.com/hopesopo

Sunday Morning Worship at 10 a.m.
Kid's Church for ages 4 through grade 5
Service videos available on our website

Promised Land World Reach Center

536 Cottage Road, South Portland
799-3152

Sunday Prayer & Intercession: 9:30 a.m.
Sunday Worship: 10 a.m.
Family Bible Studies: Wednesday, 7 p.m.
Sermon recordings available to download

Saint Alban's Episcopal Church

885 Shore Road
799-4014

www.stalbansmaine.org

Sunday Services:

Rite 1 with Holy Eucharist 8:00 a.m.
Rite 2 with Holy Eucharist 9:30 a.m.
Live Streaming on YouTube (stalban-schannel)

Children's Programs 9:30 a.m.
Eventide 5:30 p.m.
Room for all

St John Paul II Parish

St Bartholomew Roman Catholic Church
8 Two Lights Road
207-883-0443

JP2me@portlanddiocese.org

Website: www.JP2me.org

Sunday Mass: 9 a.m.

Monday Mass: 8 a.m.

First Congregational Church United Church of Christ

301 Cottage Road, South Portland
799-3361

www.fccucc.org

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

First Congregational Church of Scarborough

167 Black Point Road, Scarborough
883-2342

www.fccscarborough.com

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



Consultant for Housing Diversity Study selected

From Town Hall website

On April 11, the Town Council voted 6-0 in favor of approving the Ordinance Committee's recommendation to authorize the town manager to sign a contract with Camoin Associates of Saratoga Springs, New York for a Housing Diversity Study in the amount of

\$45,000 with a completion date of August 30.

The council authorized the reissuance of amended Housing Diversity RFP on February 14 after no proposals were received for the initial RFP [Article]. The Ordinance Committee received seven proposals and interviewed five of the consultants on March 23.

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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**

Market

Continued from page 4

pressures elsewhere in New England caused one wag in a small, affluent community in Connecticut, according to New York Times reporter Lisa Prevost, to hyperbolically describe the community as on the way to becoming "a place where old people go to visit their parents."

As hard as it is to find housing to buy at prices they can afford, renters face perhaps an even bigger hurdle. According to a 2018 Portland Press Herald article, the National Low Income Housing Coalition calculated, based on census and other government data, that Maine's rental market ranks among the least affordable in the country. The Coalition used that data to determine the rent-wage gap between a median renter's wage and the median rent for a two-bedroom apartment. According to the report, the average Maine renter's wage in 2018 was \$11.44 per hour. Meanwhile, the wage needed to afford a two-bedroom apartment was \$18.73 per hour, yielding a \$7.29 per hour gap, compared to a national average gap of \$5.22.

The same article analyzed the reasons for this trend. "New rental construction over the past decade has been largely geared toward the high end of the rental market, due to increasingly high development costs," it said, as well as the growing market in short-term rentals.

Summing up the situation faced by Melanie Thomas and many others seeking housing that is affordable in Cape Elizabeth, a June 2021 Question and Answer Document prepared by municipal officials acknowledged that Cape Elizabeth's 1993, 2007, and 2019 Comprehensive Plans have each identified increased affordable housing as a town goal, yet "Despite that goal, in that time period [covered by the Comprehensive Plan reports] housing has become less affordable."

Market forces at work throughout the nation and region substantially explain the challenge of the tight housing market and skyrocketing prices in Cape Elizabeth. But there have been proposals over time for steps that might be taken to increase the availability of affordable housing. The next article in this series will examine proposals to increase affordable housing articulated in previous Comprehensive Plans and how those proposals have fared.

MUSIC LESSONS

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

Contest

Continued from page 1

Council this time around. Upcycling is an outlet both creatively and for me to do my part in taking care of the Earth. We are able to take seemingly useless material that would have gone in to the landfill and make something new and unique, and that, to me, is very special," Milton said.

At press time, the results had yet to be announced.

The Upcycle Challenge asks students in ecomaine's communities to use items that ordinarily would have been disposed of, to make all-new, functional ones. ecomaine's Outreach & Recycling Committee selected the finalists, based on the incorporation of post-consumer materials, the ingenuity and functionality of the new creation, inclusion of students in the process, as well as the approval from a teacher or advisor.

"As with the submission from the past two years, the ingenuity and creativity of Maine's students is so impressive," said Matt Grondin, ecomaine's Communications Manager. "We are looking forward to seeing the results of our online public voting."

In addition to Milton, the other two finalists were Aria Pines of Casco Bay High School with a Waste to Art Intensive called 'Everlasting' and made from extruded plastic waste with artist Kim Bernard, and the RSU #13 (Rockland) Afterschool Program with The Landing Place offering One-of-a-Kind Aprons from old jeans.

ecomaine is a nonprofit recycling and waste-to-energy operation that serves a third

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of the state's population in more than 70 member communities through single-sort recycling, organics/food waste programming, waste-to-energy, and an "ashfill" landfill.

In the last year, ecomaine reached more than 60,000 school children and members of the public through grants, tours, presentations and events to promote sustainability in waste management. Learn more at www.ecomaine.org.

Fundraiser

Continued from page 9

I reached out to him and he jumped all over this opportunity. Our band met with his team the following week, and we set May 21 as the date of our Ukraine fundraiser as it coincided with the car club's first classic car Cruise-In of the season. Classic cars and classic rock. Does it get any better?"

Kelly said that he and Parent decided that they wanted to support a local organization that was active in helping the citizens of Ukraine. "I reached out to my state senator Anne Carney who suggested Partners for

World Health, a Portland-based organization who is providing medical equipment and supplies to Ukraine. They are an amazing organization," Kelly said.

"We will have the 'Big' Ocean House Road Band at the fundraiser. We have two great backup singers, Nina Schmir and Joyce Peterson, and the amazing Zeke L'Vek sitting in on drums. We are also fortunate to have John Hoekstra on keyboards," Kelly said.

The fundraising gig to send medical equipment and supplies to Ukraine will be on Saturday, May 21 from 4 p.m. to 8 p.m. at the Throttle Car Club in Scarborough. It is open to the public.

The Ocean House Road Band does not have a website or social media accounts. They only play five or six events per year, and they are promoted mostly by word of mouth or email distribution list. To get on their, simply email Kelly at Curtis.Kelly@me.com.

Since they do not have a presence on social media, it is hoped that the public will help spread the word about the cruise-in and charity fundraiser for Ukraine.

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-John

Cape Elizabeth Land Trust May 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 at least 48 hours in advance of the program to receive notification regarding Covid-19 policies and changes or cancellation.

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

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

Join CELT volunteer Lisa Gent on a gentle hike through Robinson Woods where we will explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life. Lots of hands on explorations and games included! Please dress in comfortable clothes and bring a water bottle.

Friday, May 6 9:00-10:00 a.m.
Meet at Robinson Woods parking lot Shore Road

CELT's Amphibian Program

Join Cape Elizabeth Land Trust Education Committee members Erika Rhile and Lisa Gent to learn about herpetology, and get a guided walk through Robinson Woods. This spring program will highlight amphibians in Maine, as they begin to re-emerge in Cape Elizabeth after the long winter. Participants will explore amphibian habitat, observe salamander eggs,

and potentially hear peepers and wood frogs on this two-hour excursion in Robinson Woods. The walk will be held rain or shine so dress appropriately with footwear for wet walking.

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

Medicinal Herb Walk: Robinson Woods

Join Mischa Schuler, herbalist and owner of Wild Carrot Herbs, on a walk through Robinson Woods. As the plants reawaken to spring, we will visit with these extraordinary beings in their young stages of growth - learning to recognize their patterns across the refreshed landscape.

Our evening will be rich with herbal folklore and inspired by the full moon and setting sun.

Thursday, May 12 6:00 - 7:00 p.m.
Meet at Robinson Woods Kiosk

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

Learn more about Cape's natural habitats and their unique flora and fauna from Cape Elizabeth Land Trust volunteer and naturalist Tony Owens. Sponsored by the Cape Elizabeth Land Trust, this walk will increase your awareness and appreciation of the varied open spaces here in Cape Elizabeth. Walk will be held rain or shine so dress appropriately with footwear for wet walking. Group size is limited.

Tuesday May 17 9:00 - 11:00 a.m.
Meet at Robinson Woods Kiosk

Trails around town: Cross Town Trail

By Marta Girouard



Contributed photo

The CELT and town-owned Cross Town Trail connects 8.2 miles of Cape Elizabeth with Fort Williams at one end and Kettle Cove at the other.

Eleven years before the Cape Elizabeth Land Trust (CELT) was founded, the idea for a Cross Town Trail in Cape Elizabeth emerged. Today, the Cross Town Trail is an 8.2 mile hike, a patchwork of different types of conservation land, including land owned by CELT or the town, land with easements held by CELT or the town, land set aside to offset development, state owned lands and even a utility easement.

"When I lead the Cross Town walk, hikers often comment about how they feel that they have really gotten away into the wild and traversed varied ecosystems. For most of the walk you do not see any buildings or signs of development. It is remarkable," said CELT Executive Director Cindy Krum.

This mostly flat trail stretches from the Portland Head Lighthouse to Kettle Cove State Park and the mid-point of the trail passes through town center and past the

CELT office. The trail can be used for a variety of activities year-round and because it passes through several different trail systems, keep an eye out for the round steel blue markers to keep you on track. The Cross Town Trail can be hiked in either direction. A PDF Trail Guide is available with detailed directions, points of interest, and additional historical context can be found at the following link: www.Capelandtrust.org/map.

Recently, CELT has partnered with the Cape Elizabeth United Methodist Church (CEUMC) to protect the final leg of the Cross Town Trail that runs across its property, the only part of the trail that does not have guaranteed public access. With \$63,000 left to raise until May 31 to purchase a conservation easement on the CEUMC property, CELT is asking for the public's help. For more information, or to donate, visit www.capelandtrust.org.

Pictured: Raspberry Peach
Other flavors available are strawberry, blueberry and blackberry (subject to availability)

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