

The Cape Courier

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In the Spirit of Community

CEHS skier Logan Schwartz is Maine State Champion



Contributed photo

Cape Elizabeth High School's Logan Schwartz, competing in the Class B State Championship Meet, won first place and is state champion in both the Boys' Slalom and the Boys' Giant Slalom. His aggregate time of 1:20.77 was almost five seconds faster than the runner-up Max Bois, from Fort Kent. CEHS's Keegan Lathrop, with a time of 1:25.82, of Cape Elizabeth finished third.

Congrats to Sergeant Kennedy for 35 years with the CEPD



Contributed photo

Congratulations to Sergeant Kevin Kennedy on his 35th anniversary with the Cape Elizabeth Police Department. Sergeant Kennedy joined the CEPD in 1988; he is pictured above at Arlington National Cemetery.

CEHS Girls' Swim Team are Maine Class B State Champs again

By Kevin St. Jarre



Contributed photo

The dynasty continues. The CEHS Girls' Swim Team are Class B Maine State Champions once again. From left to right are: Cookie Mahoney, Jeri Mcgonigal, Lucy Shaw, Lulu Esch-Levanos, Hope Taylor, Mimi Esch-Levanos, Grace Taylor, Audrey Alberts, Sally Bakke, Lydia Branson, Hannah Frothingham, Saige Evans, Hadley Mahoney and Laura Leighton.

What was new was the high school state championship swim meet was held at Colby's Harold Alfond Athletics and Recreation Center for the first time. What wasn't new was that the Cape Elizabeth High School Girls' Swim Team were crowned again as Class B Maine State Champions.

Team Captain Sally Bakke said, "This year our rally for states started by winning Southwesterns, our regional meet. Both meets had such high intensity and excitement. We knew we had a good chance at winning both, but kept working our hardest in practice. When it came down to it, we swam as a team. Everyone improved their times and played a part in

winning. We had such a close team this year and I'm sad to be leaving."

Opposing swimmers came in hoping this might be the year when they would stop the Cape juggernaut, but Cape Elizabeth's swimmers dashed those dreams early. The girls proved they were still champions as a team, and won four individual races between them. In fact, there were races when Cape's opponents were left fighting for 3rd place, with the top two spots going to the Capers.

In the individual wins, Cape Elizabeth's Cookie Mahoney won the 200-yard individual medley with a time of

-see CHAMPS page 7

CEHS Boys' Swim Team crowned Class B Maine State Champs

By Kevin St. Jarre



Contributed photo

The CEHS Boys' Swim Team came from behind, denied MDI, and won the Class B Maine State Championship. From left to right: Ian Connolly (Freshman), Graham Plourde (Sophomore), Atticus Richard (Sophomore), Ian Plourde (Senior), Tiger McCormick (Sophomore), Rohan Yadav (Senior), Cormac McKenney (Junior), Max Hemeon (Senior), Nicky Eremita (Freshman), Jack McCormick (Junior), David Steinbrick (Junior) and Weston Lowe (Junior).

Once again, a single state championship for Coach Ben Raymond's swim teams was not enough this year. The Cape Elizabeth High School Boys' Swim Team has joined the CEHS Girls' Swim Team in winning the honor of Class B Maine State Champions.

Unlike the girls' team, which left no doubt in the opening races that they had come to crush their opponents early, the boys' team found themselves in a fight. With 75 percent of the events raced, the defending champion Capers were behind Mt Desert Island.

That's when the CEHS boys dug deep

and, like the champions they are, proved that they weren't about to give up. Winning the remaining events, including crushing the 400m freestyle relay, the boys' team finished with 355 points over MDI's 319, Greely's 281, Morse High School's 242, Belfast's 192 and Ellsworth High School's 172.

CEHS's Cormac McKenney was named Performer of the Meet. He won the 100m butterfly, cutting more than 2 seconds off

-see STATES page 5



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

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'Who owns this place?'

"Who owns the place?" is a question raised in a recent letter to the editor, referring to the streets of Cape Elizabeth.

We have critically hamstrung not only our adult selves but also the independence and health of our children by thinking of the streets as, "of course," being for motorized vehicles at the expense of other modes of transport.

The pejorative term "jaywalking," according to historian Peter Norton, was first used in 1913 by the auto industry to push back against public outcry over the fact that people on foot and on bike could no longer use the public roadways safely. Since the 1930s, pedestrians and bicyclists have been relegated a tiny portion of the streets, or no part at all.

Due to their fear of injury or death from the high speed and size of motor vehicles,

many in Cape Elizabeth who want to walk, jog, or bike tend to stay off the roads that connect neighborhoods to each other and to amenities.

There are a multitude of ways to create safer infrastructure for those not in cars, including: lower speed limits in residential areas; sidewalks, raised crosswalks, pedestrian islands, chicanes, pathways and protected bike lanes.

I imagine a Cape Elizabeth where people of all ages can get safely from their neighborhoods to school, shops and beaches – by foot, mobility device or bicycle. The increased physical exercise and numbers of spontaneous social encounters would be a boon to both public health and our sense of community.

Jennie Smith-Brock

Historical Society says many thanks

Recently the Cape Elizabeth Historical Preservation Society (CEHPS) launched a fundraising campaign to support its two major projects: the Cape Elizabeth History Center and the Fort Williams Museum.

We thank the many CEHPS members and Cape residents who have responded with wonderful gifts to help build these two projects to honor and preserve our town's history. Our goal of raising \$150,000 for largely one-time expenditures for these projects has gotten off to a great start.

We want to express our deep gratitude to

Jay Reynolds and his crew at the Department of Public Works for their help with so many aspects of our "preview" event in January. This event put our vision for the museum and the history center on display for town officials and others. Also, thanks to Chris Cutter, Fort Williams Coordinator and Dave Bagdasarian, Facilities Director, for their help in so many ways since the day we moved into our new Fort Williams home.

Lastly, many thanks to the expressions of welcome the CEHPS has received from the Fort Williams Park Committee and the Friends of Fort Williams Park.

We live in a special place. It's an honor to be part of preserving its history.

Bob Dodd
 CEHPS President

THANK YOU!

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

Thank you to this recent generous contributor:

Marty & Heather Mullen

Tom & Marti Meyers

Joseph & Jennifer Meko

David & Fran Bagdasarian

John & Suzanne Murphy

Checks made out to The Cape Courier may be mailed to P.O. Box 2248, South Portland, Maine, 04116. Please include a message on your correspondence if you prefer to remain anonymous.

Let us hear from you!

We love feedback!

editor@capecourier.com

Big fan of the new CEPHS facilities

This is my first fan letter, ever. A Cape friend and I attended a preview of the new CEPHS and Cape History Center now housed at the former Bachelor Officers Quarters at Fort Williams. This is one of the original buildings still standing which is closest to Shore Road. The building itself is in great shape, inside and out.

As a child, I was fortunate to spend a great deal of time at the Officers Mess visiting my grandfather who was the civilian chef. My mother and father met in that kitchen. My dad was a soldier stationed at Fort Williams. The fact that this building still stands means a lot to me. The fact that it houses the historical society means even more.

Upon entering the building I used to know so well, I was impressed with how much the board members and other volunteers accomplished in such a short time. The whole place looked exactly as a museum should, accessible and fascinating.

The various displays were cohesive and left no doubt that this undertaking was grounded by folks who know what Cape Elizabeth is and what it was. This building and what it now contains is a first-class resource for the town, all of its citizens, children and visitors. Be proud. I know I am.

There are many more plans still in the works. For more information visit the CEHPS website.

Sally Hinckley

-see more LETTERS TO THE EDITOR on page 3

Become a community volunteer for the Alzheimer's Association

Last month, I was fortunate to be one of 900 volunteers from around the country to join the Alzheimer's Association for their annual Community Leadership Summit in San Diego. It was energizing to meet other volunteers and learn the various reasons and motivations that bring us together to actively support the mission of the Alzheimer's Association.

Throughout the conference, the Alzheimer's Association emphasized the critical role volunteers play in the success in supporting the 29k individuals living with Alzheimer's and over 46k caregivers here in Maine. My role as a volunteer in Maine is to raise awareness and funds to help continue this much needed work.

This year's gathering of community volunteers is important to me because it provid-

ed connection to so many people that have been impacted by Alzheimer's. It was also encouraging to hear the advancements being made in research to find a cure and the continued work in public policy and advocacy to ensure broad access to treatments and improving early detection and diagnosis.

The conference gave me a new perspective and appreciation for all the ways volunteers in Maine can support individuals and families impacted by Alzheimer's. As an Alzheimer's Association volunteer, I look forward to doing my part, but more volunteers are needed. I invite other Mainers to join me in fighting this devastating disease. Learn more at alz.org/volunteer.

Elise Bridge

2023 Publication Schedule					
Issue No.	Ads/Copy Due	Issue Published	Issue No.	Ads/Copy Due	Issue Published
01	Jan 6	Jan 18	12	June 23	July 5
02	Jan 27	Feb 8	13	July 14	July 26
03	Feb 10	Feb 22	14	Aug 4	August 16
04	March 3	March 15	15	Aug 18	Aug 30
05	March 17	March 29	16	Sept 1	Sept 13
06	March 31	April 12	17	Sept 15	Sept 27
07	April 14	April 26	18	Sept 29	Oct 11
08	April 28	May 10	19	Oct 13	Oct 25
09	May 12	May 24	20	Oct 27	Nov 8
10	May 26	June 7	21	Nov 10	Nov 22
11	June 9	June 21	22	Dec 1	Dec 13

Then and Now: A humble word of thanks

By Jim Rowe



Photo by Jim Rowe

Sprague Hall (shown prior to the departure of Cape Elizabeth Grange #242).

Our Planning Department, a long succession of Planning Boards, Zoning Boards, and Town Councils, along with the Cape Elizabeth Land Trust have all responded admirably to the desire to sustain our town's rural/suburban character. Priority has been placed on open space through land acquisition and/or protection of strategic tracts for public access, through the careful steering of development, and through assisting in the preservation of farmland.

But nearly 9% (2,500 acres+/-) of Cape Elizabeth's roughly 29,000 acre land mass is quietly owned and responsibly managed by the Sprague family and its associated entities.

With more than a century of family presence in the southwest portion of town, it is too easy to take for granted the kindness of the Spragues. They permit access to some of the most scenic, historic and pristine parts of Cape Elizabeth. How easy it would be to install a locked gate across the road at Sprague Hall. Yet that hasn't happened, and all the family asks in return is respect...respect for private property, respect for rules and support of its admirable stewardship practices.

Phineas Warren Sprague was born in Malden, Massachusetts on August 4, 1860. He joined his father in a Boston wholesale coal business in 1882. A natural entrepreneur, young Phineas quickly expanded the commercial interests, forming the Sprague Steamship Company. He was also founder of the Malden Trust Company.

The first land Sprague purchased here in Cape Elizabeth (1910) was the former Edwin C. Jordan farm. He renamed the property Ram Island Farm. By 1915, Cape Elizabeth was his primary residence. Over the next several years, he purchased more pieces of abutting real estate, including Richmond's Island.

If you'd like to find out more about the Spragues and its affiliated Black Point Corporation, check out their website at: blackpointcorporation.com. As the home page of the site tells us: Six Families, 2,500 Acres, A Single Vision. It's truly a fascinating story of conscientious preservation, sustainability and philanthropy.

Thank you, Spragues!



Photo by Jim Rowe

One of the rams at the entrance to Ram Island Farm.

Public invited to site walk

Are you interested in the proposed location of Community Housing? Join me for a one-mile site walk on Saturday, March 18 at 9 a.m. in the dirt parking lot for the Town Farm Trail on Spurwink Avenue. Everyone is welcome.

"Community Housing" is housing for families with low and moderate income on public land left to the town by Thomas Jordan for the purpose of helping people. It is achievable because we do not have to go through the tortuous process of amending the Cape Elizabeth Zoning Ordinance to succeed. Instead, we simply apply the local and state laws as written to land we collectively own to benefit the public good using the democratic process and resources at hand. There is no need to create special rules for special projects.

On a 10-acre minimum lot in the RA Zone where Community Housing is proposed to be located, Multiplex Housing is an allowed use, therefore no variance is needed. Applying the density bonus for an "affordable housing development" pursuant to the new state law known as LD 2003, we can decide as a community to develop a project of starter homes, rentals or senior living - or some combination thereof - and make a substantial and creative contribution to the housing problem. A cooperative might be part of the mix.

What we need is a feasibility study to locate hopefully 10 acres of suitable land within the larger parcel. Questions? dillesquire@gmail.com

Cynthia Dill

Kindergarten registration open for fall 2023

Pond Cove Elementary School is now accepting kindergarten registrations for the 2023-2024 school year. If you have a child turning five years old on or before October 15, 2023, please visit the District website at: <https://www.cape.k12.me.us/>, choose Pond Cove, then Registration Information under Parents/Guardians to begin the process.

Once your kindergartener's pre-registration has been approved by the school, you will receive a detailed email guiding you through the enrollment process via PowerSchool. Upon form completion, you will need to upload the following documentation:

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

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

Judy's Pantry- a community feeding itself

Please note that our hours of operation have changed. We operate 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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News from the superintendent

By Dr. Chris Record

We could fill the Cape Courier with all of the tremendous learning activities that are occurring in our classrooms and our students' accomplishments in multiple extracurricular activities. Our students have the tremendous opportunities they have because of the talent and hard work of our staff and because of your on-going support of our schools. Please know that it is very much appreciated. Here are a few quick updates to give you a glimpse of the great things happening in our schools:

Pond Cove Elementary: The fourth-grade team was recently awarded a CEEF grant to help make their yearly visit with expert basket maker Towanda Brown a reality. Later this spring, Towanda will once again lead students in the creation of their own unique medium size basket based on a traditional pattern. Students learned two basic techniques of weaving with reeds: twining and plaiting. Most importantly, fourth graders will learn that baskets are universal. Through a detailed slideshow entitled "Making Connections," Towanda helped focus students' attention on the basket history of Maine and the Wabanaki people. This initiative will be supported by generous grants from both PCPA and CEEF this year.

CEMS: Our content leaders are continuing work on checking alignment of MS curriculum with the Maine State Learning Results and will continue work to look at vertical alignment between PCES and CEHS during our March 10th PD day. Our scheduling committee has come up with a list of givens for the MS schedule for next year and has also examined several other MS schedules from around the country. This effort will continue in order to create a schedule that works to maximize learning opportunities for students.

CEHS: Departments are in the process of reviewing and reflecting on the curriculum progression in the block scheduling that began this year. This will be a process throughout the spring to ascertain the efficacy of the block scheduling model. Students participated in two sessions with Boys To Men in order to continue our efforts to make CEHS a safe and welcoming place for

all students.. Thank you to CEEF for supporting this important work with our students.

Assistant Superintendent McClellan: We've moved through a critical stage in our Math Curriculum Review process. The Review Committee analyzed and synthesized multiple data sets while developing a comprehensive assessment of our Math program, its strengths and opportunities for improvement. It's clear that our students overall perform at high levels in Math, particularly when compared to peers across the state and nation. This is truly something to be proud of and take time to celebrate - what great accomplishments for our students and teachers! In light of the large percentage of students who perform at the highest level on the NWEA, the Committee is examining the Math programs currently used to determine their effectiveness in meeting the specific and unique needs of our students. Recommendations are being finalized and an Implementation Plan is being developed.

The School Board is continuing with the 2023-2024 School Budget development process through public budget workshops held throughout March with the District Leadership Team. This process includes the Board asking clarifying questions of the administrators, consideration of expenditures and revenues and impact on taxpayers, and analysis regarding new potential positions. The School Board budget goals for FY24 are the following:

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

Cost Drivers Impacting the 2023-2024 Budget

- Increasing Maintenance & Repair Issues for Our Aging Schools
- Electricity and Fuel Costs have in-

creased significantly

- Health Insurance rates are continuing to escalate
- Debt Service is increasing
- Overall Inflation Increase and Supply Chain Issues on Supply and Equipment Costs
- Meeting the market demands of recruiting and retaining high-quality personnel

The School Building Advisory Committee (SBAC) has formed and held several meetings. As a reminder, the Committee will work with professionals to assess the previous school building referendum proposal and to advise the School Board and the Town Council on a Building Plan and funding to address our school building needs. The work should develop the project concept sufficiently to propose the general project(s) solution and estimate the cost for referendum purposes. This work will include but is not limited to the following:

- 1) Recommending a budget for this committee's work to the Town Manager;
- 2) Recommending a project plan and scope to address the school building needs to the School Board and Town Council;
- 3) Recommending a target referendum dollar range to the Town Council and School Board;
- 4) Conducting public outreach and en-

gagement; and

- 5) Recommending a target referendum date and timeline for deliverables to meet that deadline, and report deliverable timeline back to the school board and town council.

The Committee shall consult with both bodies regarding its work and recommendations. Final approval of any Building Plan, and of building design and construction decisions, including award of project contracts, shall be by the School Board and final approval of any referendum amount, and bond sale matters and other bond-related financial decisions shall be by Town Council. Further, approval of construction funding is subject to a referendum vote of the citizens of Cape Elizabeth.

In closing, I thought I would share a picture of CEHS Senior Josh Lench recently meeting with Representative Rebecca Millett and myself to discuss the process for creating a bill about civics education. Josh is pursuing this project through our Extended Learning Opportunities (ELO) program at CEHS facilitated by Mrs. Sarah Plummer. Josh asked excellent questions to seek understanding and Representative Millett provided him with thoughtful and earnest answers about the process for how potential bills become law.



Contributed photo

CEHS Senior Josh Lench (middle) recently meeting with Representative Rebecca Millett (left) and Superintendent Record (right) to discuss the process for creating a bill about civics education.

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Officers assist driver slumped over wheel, suspicious wildlife incident reported

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 2-8 Two officers responded to a residence in the Shore Road area for a well-being check.
- 2-9 An officer spoke with a representative of a local business regarding a theft of services complaint.
- 2-9 Two officers responded to a residence in the Ocean House Road area for a domestic disturbance.
- 2-10 An officer responded to a residence in the Oakhurst area where the resident reported that someone had opened a credit card in their name and made purchases.
- 2-10 Two officers reported to a residence in the Shore Road area for a well-being check.
- 2-11 An officer met with a subject on Shore Road regarding a criminal mischief complaint.
- 2-13 An officer spoke with a subject who had been rollerblading in Fort Williams and a dog jumped up and bit him. The dog was on a leash, and the victim feels he may have startled the dog. The dog was current on all vaccinations, and the officer issued the owners 10 day quarantine notice.
- 2-13 Two officers responded to a residence in the Scott Dyer Road area for a dispute between two neighbors.
- 2/13 Two officers responded to a report of a driver slumped over the wheel on Two Lights Road. After making contact, EMS was requested for assistance.
- 2-14 An officer responded to a residence in the Scott Dyer Road for a suspicious activity report.
- 2-17 Two officers reported to a residence in the Mitchell Road area for a reported residential burglary.

- 2-17 An officer met a visitor from South Carolina who believed she had lost her wallet at Fort Williams. A short time later, she called to say she had located the missing wallet.
- 2-18 An officer responded to a residence in the Spurwink Avenue area for a neighbor dispute.
- 2-18 Two officers responded to a residence in the Shore Road area for a domestic dispute.
- 2-20 Two officers responded to a residence in the Woodland area for a well-being check.
- 2-22 An officer met with a resident of the Spurwink Avenue area for a harassment complaint.
- 2-22 An officer met with a subject regarding a suspicious wildlife incident. The Maine Warden service has been contacted for a follow up investigation.
- 2-23 Two officers responded to a residence in the Shore Road area for a well-being check.

SUMMONSES

- 2-11 Otisfield resident, violation of conditions of release, Bowery Beach Road
- 2-26 Scarborough resident, failure to produce insurance, Spurwink Avenue, \$186

ACCIDENTS

- 2-12 Mary Jo Gilchest, accident on Ocean House Road
- 2-20 Finnley Bridge, accident on Ocean House Road
- 2-22 Stewart Harmon, accident on Ocean House Road
- 2-25 Colby Hilton, accident on Charles E Jordan Road

FIRE CALLS

Fire calls: 16; EMS calls: 57

Scam alert bulletin board

By Jessica D. Simpson

Spring Break Travel Scams

Just like the groundhog said, winter isn't going away anytime soon. That fact has many of us looking for a warm getaway this spring but be wary, scammers could be lurking on the other end of that sweetheart spring break deal.

These three tips will help you spot a potential travel scam.

First, be wary of any deal that is dramatically lower than what else is available at your destination.

Next, verify the legitimacy of online travel sites by looking closely at the web address – scammers often “spoof” legitimate hotels and third-party booking sites.

Finally, don't trust anyone who requests a wire transfer or prepaid gift card to pay for your getaway – these are the payment forms preferred by today's scammers.

National Consumer Protection Week

It's National Consumer Protection Week—and while AARP is focused on protecting consumers year-round – this is a good time to highlight some key consumer protection tips. Giving out personal or financial information to someone who contacts you is a high-risk proposition. Rather than clicking links from texts and emails from your bank or from businesses you have accounts with, go to your app if you have one, or to a web browser and type the address in yourself – that way you know you are going to the legitimate site. Lastly, engage your inner skeptic when a communication produces a strong emotional response; we know scammers want us “under the ether” of emotion to get us to believe their lies.

Check out our Fraud Resource Center at

www.aarp.org/frc for more insights and tips to stay safe from scams and fraud. Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Helpline at 1-877-908-3360.



Summer youth program registration

By Cape Elizabeth Community Services

We heard you and have been busy brainstorming on how we could make the signup process a little easier for you on registration night. Instead of opening registration for all spring and summer programs at the same time, we are going to delay the opening of youth summer programs by one week.

Resident registration for all spring programs will open at 8:00 p.m. online on Sunday, March 26 and at 8:00 a.m. in person or over the phone on Monday, March 27. Non-resident registration will open at 8:00 a.m. on Friday, March 31.

All youth summer programs will open the following week. Resident registration will open at 8:00 p.m. online on Sunday, April 2, and at 8:00 a.m. in person or over the phone on Monday, April 3. Non-res-

ident registration will open at 8:00 a.m. on Friday, April 7.

One parent who thinks this is a great idea said this will likely ease the anxiety she feels on registration night juggling registration for multiple programs and seasons.

Our online registration software can be accessed from our website at www.capecommunityservices.org. Click on the Programs tab and choose Register from the dropdown box. Once on the ActiveNet landing page, you may sign in or create an account if you have yet to do so. Please note, the spring and summer programs will not populate until registration opens.

Remember to check your login credentials and call us if you need assistance at 799-2868.

States

Continued from page 1

his season best, at 52.16 seconds. McKenney also won the 100m breaststroke, was a member of the 200m medley relay, and was one of the swimmers in the 400m free relay that clinched the championship.

Another junior at CEHS, David Steinbrick, put in his own impressive accomplishments. He, too, was in on the relays with McKenney, anchoring them both. When Steinbrick enters the water for the last leg of a relay, any hope other teams may have of catching the Capers is utterly wrecked. Individually, Steinbrick also won in the 100m and 200m freestyle events. Still, he gave credit to the entire team, saying, “All members of the team scored points towards the Cape victory!”

Yet another junior, Jack McCormick, took 2nd place in the 100m backstroke. He also

took second place in the 50m freestyle.

Other teams looking forward to swimmers like Steinbrick, McKenney and McCormick graduating have younger Cape swimmers coming up to contend with. Sophomore Graham Plourde added yet another individual title by winning the 200 individual medley, and took 4th place in the butterfly.

CEHS swimmers Ian Plourde came 5th in 500 free, Rohan Yadav was 6th in 200 IM and breaststroke, and Max Hemeon was 12th in 100 free and 14th in 50 free. Weston Lowe was 8th in 200 free, Tiger McCormick was 11th in butterfly, 12th in backstroke.

Speaking of youth coming up, two freshmen picked up state championship experience- Ian Connolly who took 8th in 500 free and Nick Eremita was 11th in the breaststroke.

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Cape Elizabeth Housing Ordinance Changes: Separating Myth from Fact

✘ Myth: *The proposed ordinance changes are required by state law LD 2003 and do not go beyond the law's requirements.*

✔ Fact: *The proposed changes significantly exceed what is required by the state law -- and are not in line with Cape's Comprehensive Plan.*

One example: In residential zones, Cape currently limits multifamily development to the multiplex type. Within our laws, this means duplexes and triplexes are allowed, but apartment structures are NOT.

But changes proposed by Cape's town planner and the ordinance committee include the removal of this multiplex limitation, allowing for "more flexibility" to build apartment structures in residential zones. By all accounts, this change is NOT required by LD 2003.

The proposal also includes unnecessary and dramatic reductions to lot size requirements, and a dramatic increase to accessory dwelling unit size allowances – making way for large secondary units to be built within residential zones, with no ability to require additional off-street parking.

Please consider sharing your opinions with the town council at cetowncouncil@capeelizabeth.org.

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CEHS Alpine Ski Teams perform well at states



Contributed photo

The CEHS Boys Alpine Team recently finished Runner-Up at the Class B State Meet while the CEHS Girls Alpine Team placed 5th at states. In the Boys Giant Slalom, Logan Schwartz was first and Keegan Lathrop was third. In the Girls Giant Slalom Anya Monson was third. In the Boys Slalom, Logan Schwartz placed first and Keegan Lathrop placed fifth while Anya Monson placed 6th in the Girls Slalom. Anya Monson and Keegan Lathrop are also on the Maine State Team. Pictured left to right: Assistant Coach Devon Lathrop, Keegan Lathrop, Logan Schwartz, Porter Monson, Leo Matzkin, Kingsley Burch, Anya Monson, Zoe Matzkin, Ainsley Fremont, Alexandria Haskell.

CE Lions Club partners with Cape Community Arena



Photo by Ang Foley

The Cape Elizabeth Lions Club partnered with the Cape Community Arena in February by donating four walkers to the Cape Ice Arena which are used as a learning aide for skaters of all ages. Present for the donation were, left to right: Bill Stressinger, CE Lions Club Board Member; Colette Howe, CE Lions Club President; Kenny Moon, CCAG Team Member; Mark Fleming, CE Lions Club Secretary.

Three CEHS athletes compete at New England Championships

By Kevin St. Jarre



Contributed photo

CEHS runners Emma Young, Grace Gray and Tommy Gray (no relation) competed at the New England Championships, not only representing Cape Elizabeth, but composing half of the contingent of six athletes representing the entire State of Maine. Pictured above is Coach Doug Worthley, and not pictured is assistant and distance coach Andrew Lupien.

Cape Elizabeth High School's Emma Young, Grace Gray and Thomas Gray (no relation) qualified to compete at the New England Championships, representing Maine.

In Maine, the winners of each Class A and Class B state championship event, and then the next four best efforts regardless of class, qualify for the New England Championships. Other states have

their own classes, but ultimately there are six competitors from each New England state for each event.

The events in the Maine State Championships do not always match directly with the events at the New England Championships, forcing athletes to adjust while competing.

For example, Grace Gray came in 2nd place in the Maine State Championships in the 200-meter race. However, the New England Championships have a 300-meter race in lieu of the 200-meter. The Caper had never run a 300-meter race before, and the adjustment for a sprinter is incredibly difficult. Grace Gray performed well, however, finishing 23rd in New England with a time of 44.21.

The same was true for junior and team captain Emma Young. She finished 2nd in the 800-meter run at the Maine State Championships, but faced a 1000-meter race at the New England Championships. Although it was Young's second trip to New England Championships, last year, she competed in the mile race. In her first run at the 1000-meter race, she finished 13th in New England, with a time of 3:02.89. She said she was hoping to come in under 3:00 because she would have qualified for Nationals. The young captain, however, had the top finish for an athlete from Maine.

Thomas "Tommy" Gray, a senior and also a captain, qualified for shotput at the New England Championships, having placed 2nd at the Maine State Championships. He finished 26th at New England with 45-06.00.



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Dr. Marta Agrodnia, DVM, DACVS

Cape Elizabeth's 'Deadliest Catch'

By Stephen T. Lyons and Ethan S. Fogg



Photo by Stephen Lyons

Cape Elizabeth resident John Bostwick lobstering off the coast of Cape Elizabeth.

Lobstering is not for the faint of heart. These professional men and women face long hours, inclement weather, physical pain, changing market conditions, and ever-present danger, as well as increasing costs of operations and new and proposed legislation.

This time of year, many lobstermen and women endure these challenges while braving rough seas, high winds and freezing temperatures. Of note, Maine Department of Marine Resources listed 53 residents of Cape Elizabeth are licensed to harvest lobster in 2022.

The state of Maine issues various types of commercial and recreational lobster/crab fishing licenses based on the applicant's age (including student and apprentice), veteran status and number of sternmen who work on the boat. Sternmen are essential to a successful harvest as they assist the Lobsterman by baiting, emptying and stacking and dropping traps, in addition to cleaning traps and other equipment.

John Bostwick is a commercial lobsterman, a life-long resident of Cape Elizabeth and a direct descendant of the legendary Dyer Family who have lived

in Cape Elizabeth for generations. While today John holds a commercial lobster/crab license for one sternman and can have upward to 800 traps, his lobstering experience dates to his childhood. John built his first lobster boat while attending Cape Elizabeth High School in the early 1980s.

"Nice view, huh?" John had been working to ready the boat and equipment long before I arrived on the morning I was to accompany him on a lobstering trip. We met before dawn at the town's commercial boat launch in Kettle Cove State Park. Regardless of the cold air and the hour, we left the launch as the sun, bright orange and promising, broke the horizon.

Lobstermen spend more time outside than most folks, and their ruddy complexions are hewn by bright sun and strong winds. John's beard and manner was everything you'd expected of a Maine lobsterman. Substantial. Honorable. He'd earned my respect before we reached the Gulf of Maine. After a morning of baiting and pulling traps along the coast, we

came upon McKenny Point just south of High Head, near Two Lights State Park. The area is very familiar to John, as he'd nearly lost his life while lobstering there in the summer of 1985.

It had been a good day on the water; a catch of thirty-six pounds of lobster would go a long way toward his college tuition bill. But the waves were high, and a ledge hides below the surface of the water, about 500 feet from the shore. One that causes the water to break in two different directions, making navigation challenging.

Unknown to John, the 14 mile-per-hour winds were about to abruptly change direction – from Northeasterly to Southeasterly, according to the National Weather Service. A large wave headed toward John's boat. He had seconds to swing his bow around to take the wave head on, and after a first wave crested, a second, larger one crashed into his boat. The boat and its catch plunged an estimated 15 feet below the surface. John struggled in the rough, fifty-seven degree waters, and the first thing he did was pray. The second thing he did was pull his boots off, as they act as anchors and will bring you to the ocean floor.

John and his boat were being tossed and turned between the strong currents of the ledge and the rocky shoreline, but John's prayers were answered. Once he broke the surface, John was able to cling to the bow of his partially submerged boat and don a life preserver, washed from the boat when it was submerged.

Hypothermia was imminent and the waves and the rocky shoreline were equally life-threatening. He had to swim to shore before he succumbed to the cold water, but a thick, disorienting fog was moving in quickly. Strong waves pushed John toward the rocky shoreline and when he was about thirty feet from shore, he spotted an open space between the rocks and swam to shore.

Unbeknownst to John, Marie Thomas of McKenny Point had witnessed John's plight while walking her dog and called the Cape Elizabeth Rescue and Police Departments who responded quickly and

met him at the shore.

John's boat, lobster traps and 36 pounds of lobster were lost. Undeterred, John was back to lobstering within two weeks!

Commercial fishing is one of the most dangerous occupations in the United States, and John's story makes the statistics published by the Center for Disease Control and Prevention suddenly very personal. Hazardous working conditions, strenuous labor, long work hours, and harsh weather combine to make work-related fatalities for commercial fishermen over 40 times higher than the average worker, averaging 43 deaths per year. Our friends and neighbors in the business of commercial fishing drown when they become entangled in trap lines and are pulled overboard, or their boat sinks in harsh conditions.

Now I know there is a story behind every lobster we eat. It's about a time-honored tradition of hardworking men and women, braving the elements to harvest one of the most iconic delicacies in all of New England.

Champs

Continued from page 1

2:06.74 and the 100-yard freestyle with a time of 53.17. CEHS's Lucie Shaw won the 200-yard freestyle in 1:56.16, and Hope Taylor won the 500-yard in 5:17.94.

Taking 2nd behind Shaw in her win was Hadley Mahoney, and Sally Bakke took 6th in that race. When Cookie Mahoney dominated in her win in the 200 individual medley, her teammate Hope Taylor took 2nd place. When Cookie Mahoney took the win in the 100-yard freestyle, the event was all Cape, with her teammates Shaw and Hadley Mahoney coming in 2nd and 3rd respectively.

With these individual performances, and with victories in the 200 and 400 freestyle relays, the team won their second straight state championship with 356 points. Ellsworth came in second with 273 points, followed by Greely with 269, Mt. Desert Island with 240 and Morse High School with 185.

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Water cleaned up at PCES, latest in series of events

By Kevin St. Jarre



Contributed photo

Early one recent morning, PCES employees were greeted with a mess after water leaked from a pipe into the classrooms below.



Contributed photo

By 7:30 a.m., David Bagdasarian, facilities director, said most of the water was cleaned up and added, "It was an all-hands-on-deck effort."

According to David Bagdasarian, facilities director, there was a mechanical failure in the heating system above a classroom in the 2nd-grade wing at Pond Cove Elementary School. "An end cap on a run of pipe blew off, which is very odd given that it should be able to handle 3 times of our system's pressure - This was not a frozen pipe," he said.

The water was discovered around 6 a.m., according to Bagdasarian, but he believes the cap came off the pipe around midnight. He said most of the water was cleaned up by 7:30 a.m.

There have been a series of events resulting in water damage in town buildings. Bagdasarian said, "While it was a sore sight, this was a minor event compared to the frozen pipes at [Cape Elizabeth High School], Marcia Chase's room last year, and nowhere near what took place at Community Services. Those of you who witnessed the clean-up efforts saw that we were well-prepared to combat the situation. We had multiple floor pumps—hoses hanging out the windows—fans, and commercial dehumidification, on par with the equipment Servpro uses, and we were quick to get them into action."

Bagdasarian said this most recent event was different from the others in that the water only sat briefly. "By noon, the worst-hit rooms had a relative humidity of under 30 percent, very dry. Things got damaged, which was unfortunate, and those things that got wet and could develop mold were trashed: ceiling tiles, floor rugs, books, paper, furni-

ture and sheetrock. We are lucky that most rooms are block walls as it dramatically reduces mold issues," he said.

Air quality has been a concern for some, and Bagdasarian referred to testing once the mitigation effort was complete. "Know that our ventilation system is extremely powerful, and the likelihood of [air quality] being poor is very slim. Given that Marcia's room and the Community Services could pass the test in much more dire circumstances, where water sat for long periods, you should feel safe in the building," he said.

The report, which was recently released to community members, supports Bagdasarian's claim that it is safe, with the highest reading for mold (aspergillus) among the various tests coming in at a spore count of 110 per cubic meter of air. According to United Water Restoration Group, normal mold spore count in a room is typically 200-500 spores, and even spore counts of 500-1500/m3 for this type of mold "do not require remediation."

Bagdasarian also said, "Lastly, I want to recognize the clean-up efforts of the maintenance crew and custodial staff. It was an all-hands-on-deck effort. They worked quickly and efficiently, minimizing the damage and disruption this could have caused. Several staff members in 1st and 2nd grade also pushed their sleeves up and got right into the clean-up efforts this morning, which was excellent. Thank you."

Town awarded grant for home heating aid

From Town Hall website

Per a recent news release from Cumberland County announcing home heating aid to qualifying residents, the following provides information for Cape Elizabeth residents who are interested in participating in the "Keeping Cumberland County Warm" program:

Heating Assistance Funds Available Through April 15, 2023

Cape Elizabeth residents that meet established Low & Moderate Income Guidelines (outlined in the application) may apply for heating assistance through a \$50,000 grant awarded to the town of Cape Elizabeth by Cumberland County.

This program applies only to bills for ser-

vice or delivery after your application has been approved. It is not retroactive. Multiple heat sources qualify.

For qualified and approved applicants, the town will pay invoices directly received from an oil, propane, electricity or wood supplier.

Assuming there is no change in income since your first approval, funding through April 15, 2023 is eligible without filing a new application.

All applicants are confidential. Please email any questions to jane.anderson@capeelizabeth.org or call 207-799-2868. Applications may be downloaded and printed or picked up at the Community Center.

CEHS literary magazine Bartleby receives national recognition

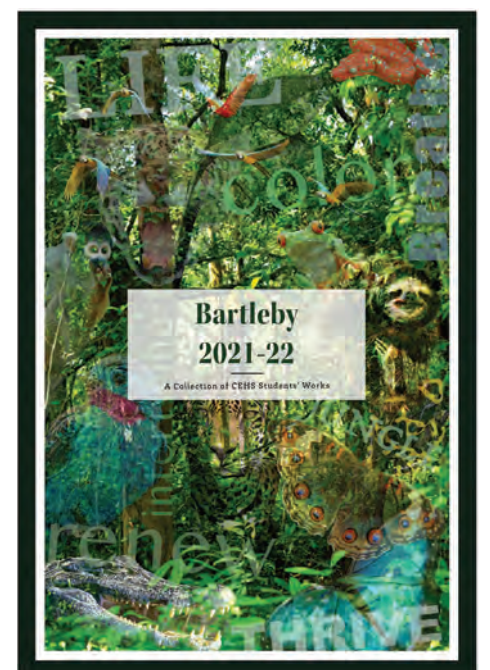
By Kevin St. Jarre

Cape Elizabeth High School's literary magazine Bartleby recently received national recognition for its 2021-2022 edition from the National Council of Teachers of English's REALM program, which recognizes excellent literary magazines.

Faculty advisor and editor Lauren Tarantino said she was thrilled when she received notification of the honor. "It's wonderful to see our students honored for their creativity and talent," said Tarantino.

The periodical comes out annually, and features the visual art and writing of CEHS students. In this issue, there was even a musical performance, with a YouTube link provided.

Student editors of the edition were Tess Straw, Grace Taylor and Ania Ciercirowska. Tom Farmer provided technical support on the production of the digital edition, which featured creative writing, art, music and photography from many CEHS students.



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The CEHS literary magazine, Bartleby, recently received national recognition for its 2021-2022 edition.



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Giacobazzi organizes community potluck dinner, cultures and traditions shared

By Kevin St. Jarre



Contributed photo

CEHS senior Ian Giacobazzi organized a potluck dinner where students, faculty and community members came together to mingle and share in one another's cultures and traditions. Giacobazzi is pictured above on right with David Brown, the executive chef from Sea Glass restaurant. Below, attendees enjoying the potluck dinner.



Contributed photo

Students, faculty and community members came together to mingle and share in one another's cultures and traditions at a community potluck dinner. The dinner, which was the brainchild of Cape Elizabeth High School senior Ian Giacobazzi, was a huge success and brought together around forty members of the community.

"The event went really well and exceeded my expectations, and I was very glad that people came together and shared what their childhood favorite food meant to them," said Giacobazzi.

Giacobazzi planned the dinner with the help of teachers Sarah Plummer and Lauren Tarantino as part of a project through the high school's Extended Learning program.

Giacobazzi grew up in Rwanda and China, and wanted to create an event that would bring people together and allow them to share their favorite traditions around food. At the event, many people stood up to share a few words about the dishes they brought and memories associated with those dishes.

Alison Buchsbaum, a science teacher at the high school, had this to say about the event: "The potluck was a wonderful opportunity for people from all over the Cape community to come together and share something important to their culture and/or family. It was very cool to learn more about both similarities and differences between myself and others in Cape. For instance, I hadn't known how many other people in the area are also Jewish until I noticed so many of the major Jewish foods at the potluck. I also had the chance to try new food and chat with people with whom I normally don't interact."

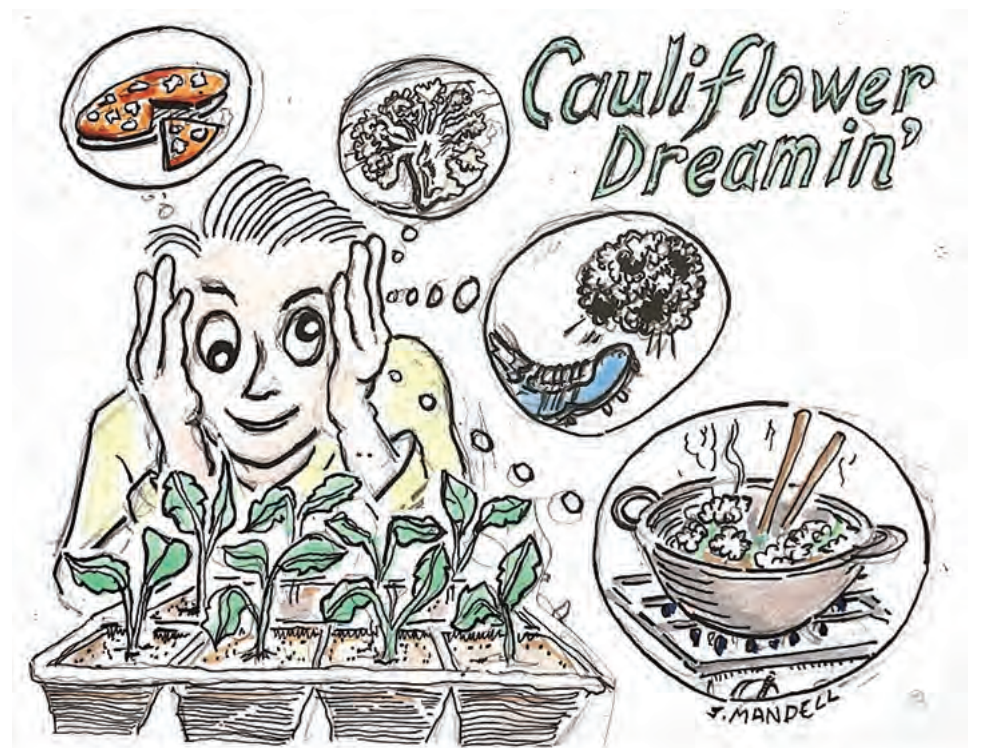
Executive Chef David Brown from Sea

Glass restaurant of Inn by the Sea attended the dinner after Giacobazzi reached out to him, and his shepherd's pie was one of the night's most popular dishes of the night.

Tarantino said, "Sarah and I are so proud of Ian for bringing his vision to life. I had such a wonderful time eating, chatting and celebrating this vibrant community, and I am so honored to get to be a part of the Extended Learning program this year, which allows students to pursue their passions."

Capetoon: Visions of seedlings

By Jeff Mandell



March naturalist's corner

By Erika Carlson Rhile
CELT Education Committee Chair

Must be March! Defrosting frogs, a plant that acts like a mammal and timberdoodles

March 7, 7:42 a.m.

Full Worm Moon (also known as the Full Sap Moon)

March 20, 5:24 p.m.

Vernal Equinox; day and night are of [almost] equal length. Sunrise will be at 6:44 a.m. and sunset at 6:52 p.m. today.

It's a sure sign of spring when you hear Red Winged Blackbirds and American Woodcocks. The woodcock is known by a number of names: Labrador twister, mudsnipe, bogsucker and timberdoodle. I love walking past Dun Roamin Farm at dusk and listening to the birds' nasal peent call along with the twittering wing sound it makes during nuptial flight displays.

Look for Maine's first spring wild-

flower somewhere between mid-March and early April. The early bloom catches the pollinators? Skunk cabbage has the unique ability to self-generate heat, often melting ice around it. Known as thermogenesis, this is what allows skunk cabbage to bloom in the snow, attracting any pollinators. On a cold day, stick your finger inside the flower's hood; it can be as warm as 70°F! You'll be safe from the stench as long as you don't crush the leaves.

Wood frogs are able to partially freeze over the winter. They are the only frog species found in the Arctic Circle. After a warm soaking rain, wood frogs will emerge to migrate to vernal pools for breeding.



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Cape Elizabeth singer/songwriter looks forward to debut album

By Kevin St. Jarre



Contributed photo

Tremolo Fields, whose real name is David Rogers, is planning the release of his debut album in April 2023.

Cape Elizabeth resident David Rogers is a musician whose debut album is set for release in April 2023. He makes music using the moniker Tremolo Fields, and plays guitar, sings and writes songs. “Part of my creative process involves recording the songs in my makeshift home studio and then further developing them with digital audio tools,” he said.

He is gearing up for his upcoming album titled “Still As Can Be.” Rogers said, “For the lead up to that, I’m releasing a few singles on streaming services and working to get those songs heard which involves reaching out to playlist curators and music bloggers.”

Rogers said that while he does perform as a solo musician, he really enjoys making his songs “very full sounding” by incorporating drum machines, looped samples, digital synthesizers, etc. “So, at the moment I’m trying to develop a live performance that includes all those sounds but allows me to focus on playing

guitar and singing,” he said.

His music fits somewhere in indie rock and indie pop. “I very much enjoy writing songs and then expanding them during the recording process. I’m not a trained sound engineer so, admittedly, half the time I don’t know what I’m doing in terms of sonic refinements—I just pay attention to the sounds and those that most serve the song. Maybe this process differentiates me a bit in comparison to a more trained musician?” Rogers said.

He hails from Iowa City, Iowa, which he said is home to many incredibly talented singer/songwriters. Rogers said, “With it being a college town there is also a lot of emerging music activity happening in general. So, growing up there I was greatly inspired by the folk musicians, as well as the punk rock scene. For me, I think this helped develop a creative palette that embraces the intimacy of acoustic music along with the cathartic soundscapes of loud rock bands.”

According to Rogers, he has always been a songwriter. “When I first started learning how to play the guitar, that’s where I began—with writing songs, putting chords together in patterns and writing lyrics that could be sung along with the guitar,” he said.

He has grown in his songwriting, and said he is at least writing songs he believes in more. “In some ways I’ve mellowed out a bit—I’m content to write a song that only has a couple of chords. Whereas before, I used to think a song progression had to be really complex in order to be good. At the same time, my technical skills have improved. I’ve taught myself digital tools that now allow me to explore arrangement possibilities, and this has become so meaningful to me and enjoyable in the creative process. I love collaborating with other musicians, which is the only way my songs would have grown beyond being guitar and voice. But now I can do so much on my own and that’s empowering and really satisfying creatively. I still very much look forward to working with other musicians, but I’m not dependent on other musicians either,” Rogers said.

For some artists, in any medium, the business side of things weighs in, but not so much for Rogers. He said, “When I’m creating music, I’m not thinking about the business side at all. I just like to burrow into the song and see what materializes. I’m also a graphic designer, so I enjoy the next phase of trying to visually represent the music—either in video or still image format. I will never be too comfortable with self-promotion, but at least the visual process comes a bit more naturally.”

One of the first influences he cites is a family friend. “In my teens I got to know folk musician Greg Brown. He’s interna-

-see MUSIC page 15



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Local birding report

By E. Brooks Bornhoff

On the afternoon of March 2 I spotted a flock of black and white ducks along the Spurwink River. Before I was able to get a good look the ducks took wing, retreating deeper into the salt marsh. Seen in flight, I observed several of the duck's white bellies distinctly contrasting with their black breasts. I also noted the way these ducks took off from the water. This led me to believe that I had seen a flock of Greater Scaups. Unlike a Mallard or Black Duck who springs into the air, the Greater Scaup must tread water for some distance while furiously beating its wings to get airborne.

As the snow fell the following day along the Sawyer Road section of the Spurwink Marsh I came across a lone Greater Scaup hunkered down in a shallow salt-water pond. Known by some as "bluebill" the Greater Scaup is the only circumpolar diving duck to visit Cape during the winter months. This shy medium sized duck breeds in the treeless tundra wetland regions of North America and Europe. At this time of year Greater Scaups can be found in salt-water ponds, bays and estuaries along our coastlines. The males have a bluish bill and black head, neck and breast that, under the right light conditions, gives off an iridescent green shine. Females are brown overall with a white facial patch next to the bill. Both species have bright yellow irises.

Interestingly, during the winter months these ducks often feed well after sunset, departing its daytime estuary resting haunts and flying to open ocean where they forage on offshore mussel-beds in search of crustaceans and mollusks.

Unfortunately, the Greater Scaup is a **Friends' news and notes: Register now for wellness classes**

By Andrea Southworth

Ecology Project Manager, Friends of Fort Williams Park



Contributed photo

This spring, join horticultural therapists Colleen Griffin (left) and Laura Simonds-Rumpf (right) for two wellness classes at Fort Williams Park.

Join horticultural therapists Colleen Griffin and Laura Simonds-Rumpf for two classes at Fort Williams Park that are focused on well-being. Each 90-minute class is designed to help participants reduce stress and restore physical, mental and emotional energy while being supported by the natural beauty of Casco Bay. Participants will experience sensory exercises at various park sites

species in steep decline. Specifically, there has been an estimated 50% loss of population over the last 40 years and the total current breeding population estimate is only 780,000 ducks. Factors likely contributing to this bird's decline according to scientists include: warmer waters in Alaska, human disturbance, habitat degradation, contaminants and hunting. Because nearly 70% of the population along the Atlantic coast spends the winter in relatively urbanized areas, they are subject to contaminants including high levels of heavy metals such as mercury. Although hunting of this duck is regulated by U.S. Fish and Wildlife Services, upwards of 60,000 Greater Scaups are taken annually.

A bit further down the road I caught sight of another early March migrant, two Hooded Mergansers tucked away in a secluded nook of the river. Every time I come across these little ducks in their elegant spring plumages I get excited. Females flash a warm cinnamon colored sail-like crest atop their head and the male returns the gesture with a pumping of his equally dapper black and snow-white patched semi-circular crest followed closely by a froglike croak.

Smallest of the three native Mergansers and lesser in size than a Wood Duck, "Hoodies" breed in wooded swamps and forests near water, like that of Cape's Pond Cove Brook Corridor. The swift noiseless flight feathers allow these stealthy ducks to effortlessly thread its way among the branches of trees and into its hollowed tree cavity which can be 70 or more feet off the ground. Interestingly, within 24 hours of hatching the mother duck will call her ducklings from the

-see BIRDING REPORT page 15



Photo by Debra Brucker

Barred owl at Runway Farm on February 27.

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Thomas Memorial Library offers springtime clothing swap, Art from Song Workshop with Teresa Lagrange

Springtime Clothing Swap on April 1

The library is partnering with the town's Recycling Committee to organize a springtime clothing swap. The event will take place in the library's Community Room on Saturday, April 1 from 11:00 a.m. to 2:00 p.m.

If you would like to participate, please drop off a bag of washed, gently-used clothing at the library between Monday, March 20 and Saturday, March 25 only. You will be given a ticket to attend the event on April 1, where you can select from donated items. If you simply want to donate items, please do so during the designated times, but please make sure they are washed and in good condition. For more information on what and how to donate, please visit the library's website.

The Human Library Project is Coming to Cape Elizabeth this Fall

The Thomas Memorial Library is partnering with the Cape Elizabeth Diversity, Equity, and Inclusion Committee to organize a public event in October. The Human Library offers the opportunity for real people (Books) to share their experiences and stories as they engage with the community (Readers) in conversation.

If you defy a stereotype and are motivated to help challenge stigma through dialogue and personal conversations, please consider applying to be published by the Human Library for our event this fall.

The Human Library is a nonprofit organization that hosts conversations designed to challenge stigma and stereotypes. These events create "a safe space for dialogue where topics are discussed openly" and "where difficult questions are expected, appreciated and answered." Human Library events have been organized in 85 countries worldwide since 2000.

If you're interested in serving as a book for the Human Library, please visit the library's website for more information and to fill out an application. Once submitted, you will be contacted by one of our Human Li-

brary organizers for further steps. All are welcome to apply.

PROGRAMS FOR CHILDREN:

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

Character of the Month

Stop by the children's room to celebrate one groovy feline, Pete the Cat, and discover fun activities throughout the month like our popular scavenger hunt.

Join us for a kick-off story time on Friday, March 3 at 10:30 a.m. followed by a special Pete the Cat craft. Don't forget your white shoes and groovy buttons!

Read To a Dog

Children in grades K – 6, especially struggling or less-than-confident readers, are invited to sign up for 15-minute time slots to read with a certified therapy dog. Check out the sign-up sheet in the children's room for appointment availability and to "meet" our dogs, or call the children's room for more information.

Special Events School-Age Programs

Hot Cocoa Club

Mondays in March, 2:30-3:30 p.m. (Big Kid Chill Zone)
March 6, 13, 20, 27

Come for the Hot Chocolate, stay for the games, read-alouds, and activities. It's something different to kick off each week on a positive note. For tweens ages 11+ and up.

Lego Club (Ages 5-12)

First Tuesday of each Month, 3:30-4:30 p.m. (Community Room)
April 4

Come create with Legos at TML's LEGO Club. The library will provide the Legos, you provide the imagination. Come free build or pick up a challenge card to try

something new. Masterpieces will be put on display until the next Lego Club meets. There is no registration for this program, children 10 and under must have an adult present.

T(w)een Crafternoon Club

Thursdays 3:15-4:15 p.m.
Drop-in for social time for tweens and a creative activity, for ages 11 - 13

March

16th - Cat garden terrarium
23rd - Button making
30th - Rock & wire photo holder

#LibrarySquad

Bi-Weekly: First and Third Fridays of each Month, 2:45-3:45 p.m.
March 17

Library Squad is a community of library-loving middle schoolers that meets monthly, and whose opinions, ideas, and help form the foundation of our programming. Library Squad meets after school on the first Friday of each month from 2:45 - 3:45 p.m. at the library.

Middle School Book Club

Bi-Weekly: Second and Fourth Fridays of each Month, 2:45-3:45 p.m.

March 24: Group pick and discussion. Find out the current title and register by emailing Family Engagement Librarian Megan Smith at msmith@thomas.lib.me.us.

March 31: Bonus meeting. Bring your own book. We discuss whatever we are currently reading at this bonus meeting.

New Schedule of Weekly Programming Starting March 1st!

Mondays, 10:30a.m. (Community Room)
Messy Minis! Process Art for Curious Kids

Let your imagination run wild and join us for Messy Minis time in the Community Room. Let's paint, color, cut and paste together to make magic. Each week we'll have different supplies out for you to be creative with. Some supplies may be limited, so be ready with your flexible and creative muscles. We can't wait to see what

you make! For budding artists ages 2-4 and their caregivers.

Dress Up and Dance

Tuesdays, 10:30 a.m. (Community Room)

Join us for 30 minutes of moving and grooving to our favorite playlist, special dress-up costumes, and everybody's favorite bubble song. For dancing enthusiasts ages 2-5.

Play Date at the Library

Wednesdays, 10:30-12:00 p.m. (Community Room)

Drop-in playtime session for children and their caregivers. This informal program is a fun and engaging way to explore literacy practices along with social and imaginative play. Through play, young children learn about their world. With this knowledge, they can understand books and stories once they begin to read. The Community Room is open for exploration during this time, with special toys and stations while you visit with friends.

Ready for Reading Club

Wednesday, 1:30-2:00 p.m. (Community Room)

A special storytime program for children ages 4 and up. Join Miss Martha to enjoy longer stories, fun with music, and a variety of simple early learning games and activities.

Tiny Tunes

Thursdays, 10:30 a.m. (Community Room)

This inclusive program is for children who are not quite ready for a traditional story time, but love to have fun with friends. Join us for a movement-based program that's a gentle introduction to the routines, songs, and props we use for storytimes, but without the books. Great for curious, wandering wigglers, ages 1-3, and their caregivers.

Traditional Story Time

Fridays, 10:30 a.m. (Community Room)

Join us in the Community Room for

-see LIBRARY page 13

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Library

Continued from page 12

songs and stories, bubbles, and Belinda the Bear. Geared toward ages 3-5 or anyone who enjoys listening to a good book or two.

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/>.

Make Mine a Hypertufa, with Cape Elizabeth Garden Club

Tuesday, March 16, 6:30 - 8:00 p.m. in person at the library
Spring is (almost) in the air, and the CE Garden Club returns to the library for their monthly speaker series.

This month's guest speaker, Marianne Dodge, former president of St. Mary's Garden Club in Falmouth, will present a program on plants to select and grow in hypertufa or other outdoor containers. And if hypertufa planters aren't for you, Marianne will also be speaking about unusual plants that do well in different types of outside containers. All are welcome.

Art from Song Workshop, with Teresa Lagrange

Saturday, March 18, 10:00 a.m. - 12:00 p.m. in person at the library
Teresa Lagrange's recent show in the library's gallery, "The Women of Rock," featured illustrations inspired by songs. Teresa will share some of her images and discuss how she uses songs as inspiration for images.

Participants will then spend time developing their own artwork based on a personally meaningful song. A variety of media will be provided including collage materials, paint, and air dry clay. This workshop is for adults and motivated teens. No experience or artistic background necessary. Register for this program on the library's website.

Saving Wild Cats, with The Wildcat Sanctuary

Thursday, March 23, 6:30 - 7:30 p.m. via Zoom
Combining natural and spacious habitats with a life free of exhibition, the Wild Cat Sanctuary allows all residents to live wild at heart. Each cat has the opportunity, often for the first time in their lives, to choose a path to walk and a place to lie down.

Join us as we learn about the captive wildlife crisis, why sanctuaries are needed, how the Wildcat Sanctuary cares for their cats, and why it is necessary to save these incredible creatures. Register for this program on the library's website.

Sculptural Lantern Workshop, with Marie Ahearn

Saturday, March 25, 10:00 a.m. - 12:00 p.m. in person at the library
Local artist Marie Ahearn will help participants craft lanterns from wire, reeds, paper and other materials. All materials will be provided. No experience necessary, just a desire to have fun.

This workshop is offered as part of our grant-funded Community Art Box project. We are planning to have a Lan-

tern Festival to celebrate the installation of our mini-galleries around the town center. Participants in this workshop are invited to bring their lantern to the festival, share it with others or just keep it at home.

This workshop is primarily for adults, but older focused and motivated children and teens are welcome to attend as well. Register for this program on the library's website.

I Would Walk 500 Miles: Mighty Migrators, with Center for Wildlife

Tuesday, March 28, 6:00 - 7:30 p.m. in person at the library and streamed simultaneously via Zoom

Join us for our monthly Maine Wildlife Series, where we welcome educators from the Center for Wildlife in Cape Neddick and their fascinating and lovable animal ambassadors who will help us explore the vast variety of wildlife in our state.

This month we'll be getting ready for the upcoming spring equinox and keeping an eye on the sky as our mighty migrators return from their winter abroad. We'll talk about all of the skills and adaptations it takes to make those long journeys twice a year. Register for this program on the library's website.

Advance Care Planning, with Hospice of Southern Maine

Thursday, March 30, 6:30 - 8:00 p.m. in person AND via Zoom

While each of us would like to be as prepared as possible for the end of life, it is easy to move this type of work down on our ongoing and often growing list of priorities. Advance care planning may help to reduce or minimize stress by knowing that you are prepared for whatever the future holds for you.

This presentation will give you the tools and knowledge to begin thinking about and planning for the future you envision. Join us as we welcome back the professionals of Hospice of Southern Maine, who will guide us through meaningful steps that we all can take to be more prepared to face end of life decisions, whenever they may arise. 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: April 6 via Zoom

Love the idea of a book club, but don't have the time for all that reading? Addicted to podcasts, but wish you had someone to discuss your favorite episodes with? Join us for Pod Complex, TML's brand new Podcast Listening Club.

Each month we'll feature a different podcast to listen to and dissect together. We'll explore a wide variety of podcasts on all different topics, in all different styles and then turn a critical eye on them as we discuss each month's fresh selection.

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

ONGOING PROGRAMS FOR ADULTS:

Daily Fika (Coffee Break)

Wednesdays-Saturdays, 10:00 - 11:00 a.m. via Zoom

Guerilla Poetry Whoop

Second Thursday of the month, 6:30 - 7:30 p.m.
Next meeting: April 11 (second Tuesday this month) via Zoom

E-ldering Conversation Group

Wednesdays, 1:00 - 2:00 p.m.
In person AND via Zoom

Songwriting Workshop (with Jud Caswell)

First Tuesday of the month, 6:30-8:00 p.m.
Next meeting: April 4
In person at the library

Adult Book Group

Third Thursday of the month, 3:00-4:00 p.m.
Next meetings: March 16, April 19
March book: "Mother Tongue: English And How It Got That Way," by Bill Bryson
In person at the library and streamed simultaneously via Zoom

Big Little Lit Book Group

Third Wednesday of the month, 11:00 a.m. - 12:00 p.m.
Next meetings: March 15, April 20
March book: "Truly Devious," by Maureen Johnson
In person at the library and streamed simultaneously via Zoom



Photo courtesy of the Human Library Organization

The Human Library offers people a chance to have conversations with people who have experienced stigma or prejudice. The library will host an event this fall and is seeking volunteers.

// LIVE AND CODE IN MAINE

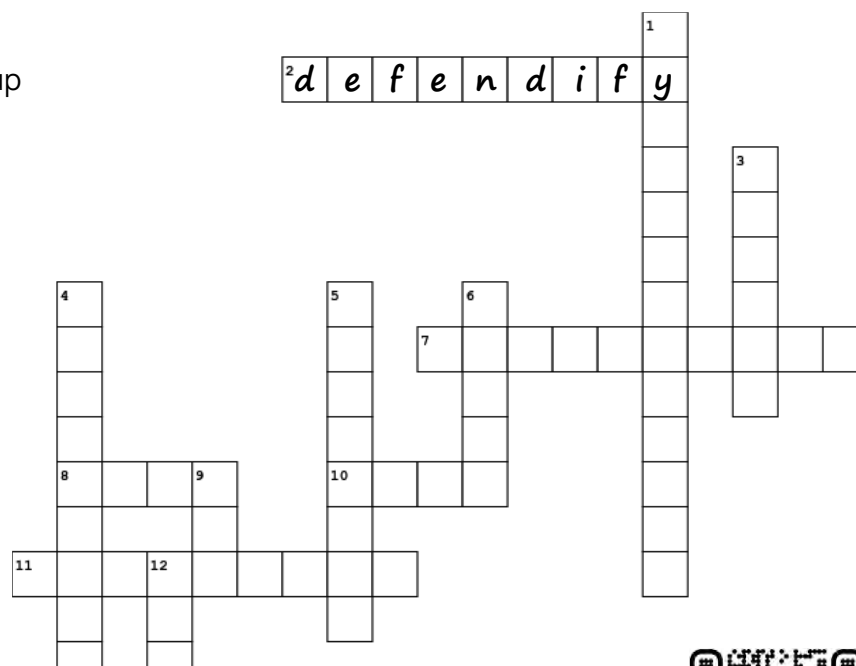
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Across

2. Award-winning cybersecurity startup headquartered in Portland, ME and currently hiring software engineers
7. Vanilla flavored programming language of choice
8. AKA Software as a Service
10. Modern runtime environment, rhymes with "code"
11. Of type, relational or document

Down

1. Exciting tech and security sector, directly impacts all businesses
3. Today's flexible workforce; preferred by many
4. _____ developer, front to back
5. Software _____, solver of problems
6. A great place to live and work
9. AKA Small and Midsized Businesses
12. AKA Application Programming Interface



Got a story to share? Email us! 
editor@capecourier.com

CAPE CALENDAR

By Wendy Derzawiec

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

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

Wednesday, March 15

School Building Advisory Committee, Jordan Conference Room, Town Hall, 6:30 p.m.

Thursday, March 16

Fort Williams Park Committee, 6 p.m.
Energy Committee, Jordan Conference Room, Town Hall, 7 p.m.

Monday, March 20

Town Council Finance Committee Workshop, Town Hall, 6 p.m.

Tuesday, March 21

School Board Budget Workshop Q & A, Cape Elizabeth High School Library, 6:30 p.m.
Planning Board, Town Hall, 7 p.m.

Thursday, March 23

Town Council Finance Committee Workshop, Town Hall, 6 p.m.

Tuesday, March 28

School Board Budget Workshop Q & A (if

needed), Cape Elizabeth High School Library, 6:30 p.m.
Board of Zoning Appeals, 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 Mondays and Thursdays when "Open" sign displayed, Fort Williams, in the brick building closest to Shore Road (ring the doorbell).

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

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
March 18, March 19, March 25, March 26 - 9 a.m.

Dean's list/grad announcements

Mia Spencer of Cape Elizabeth recently graduated from the University of New Hampshire in Durham, New Hampshire. Spencer earned a BA in Communication.

Eva Morris has been named to the dean's list for the fall 2022 semester at the University of Vermont in Burlington, Vermont. Morris is majoring in Plant Biology.

Colin Willitts, CEHS c/o 2022, has been named to the dean's list for the fall 2022 semester at West Virginia University in Morgantown, West Virginia. Willitts is a freshman majoring in Sport Management and minoring in Sport Coaching.

Willitts is also serving as a Student Manager on the WVU Men's Basketball team.



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SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
747-1113

www.capenazarene.org

Sunday School for all ages: 9:30 a.m.
Sunday Worship Celebration: 10:45 a.m.
Services streamed live 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. 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 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

Redeemer Lutheran Church - LCMS

410 Main Street, Gorham
839-7100

www.RedeemerMaine.org

1st Saturday of the month 10:00 a.m. with masks
Sunday Bible Class 9:00 a.m.
Sunday Service: 10:15 a.m.
Wednesday Vespers: 6:30 p.m.
Sunday and Wednesday services are in person and streamed on Facebook

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 (stalbanschannel)
Children's Programs 9:30 a.m.
Celtic 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: 10:00 a.m. in person and streamed on Facebook & YouTube

First Congregational Church of Scarborough

167 Black Point Road, Scarborough
883-2342

www.fccscarborough.com

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



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MUSIC LESSONS

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

Suzuki violin lessons and group classes available. Ages 5+. Please contact Laura Warren at Suzuki Stringers 207-245-5863 or email ljwarren88@yahoo.com

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

Piano, Voice, Guitar, Ukulele lessons for all ages. Beginner through intermediate. Carey Rasco: 232-7015

SERVICES

Spanish lessons if you wan't to start from the beginning or dust off your old classes to be ready for your next trip. (online or in person) by a native speaker with over 25 years of teaching experience. Certified in all levels: adults and children. alvarene@mac.com

Elder Roots Non-medical, in-home support for living well and dying well. End of Life Doula, Homemaker, Companion. Contact @ 207-712-2665, ElderRootsME@gmail.com

Birding report

Continued from page 11

ground and they will make the leap from the nest. In many cases the ducklings then must walk a half a mile or more to get to the security of water. Fortunately, this duck's population is increasing which is in part due to nest boxes put out for Wood Ducks. Other reasons include reversion and reforestation of cleared land along streams and rivers.

Florence Augusta Merriam Bailey was an American Ornithologist that I knew very little about until recently. Florence was an instrumental activist in bird conservation during the late 1800's through 1948, a time period when killing birds for sport and for fashion was normal. In 1886 while attending Smith College she formed the first local chapter of the Audubon Society, encourag-

Music

Continued from page 10

tionally renowned and yet I got to know him first as my friend's dad. I think being that close to such an active musician, frequently touring and releasing music often, made the idea of being a songwriter/musician seem possible," he said.

At the other extreme, he said the first cassette he ever purchased was in elementary school, and it was by the Icelandic band The Sugarcubes, which is Björk's former band. "I must have heard their single 'Hit' on MTV and really responded to their weird and wonderfully quirky art. I think they helped open the door to paying attention to alternative music," Rogers said.

The artist said he creates at home. Rogers explained, "I have my dad's old classical guitar and most songs start on it while I'm in my bedroom. Once a song has a form, more or less, I'll then head to my little studio space in the basement and begin exploring ideas there. I used to be a night owl, but any more I much prefer working on new material in the mornings when my mind is more alert."

Rogers said that he and his family moved to Maine in 2021 to be closer to extended family and they absolutely love it here. "I find a lot of inspiration/motivation from nature, and that is abundant here in Maine. Also, I think being so far from my hometown inspires a lot of nostalgia and so some of my songs still take place in Iowa," he said.

While on the topic of place, if Rogers could go anywhere to focus solely on his creative work for a month, or to learn new techniques, he says he would head to South America. "As an undergrad I studied in Chile and while there I took a short trip to Chiloé Island. I loved that sense of confidence that came with traveling to places so far from home. I even have a song about Chiloé on my upcoming album. So, if I could, I would love to go back there and just soak it up and be creative in that space," Rogers said.

Those who want to learn more about Rogers/Tremolo Fields can go to his website: tremolofields.com or to his Instagram at: [instagram.com/tremolofields](https://www.instagram.com/tremolofields).

ing field study of birds not by shooting them but rather by "how the birds look, what they have to say, how they spend their time, what sort of houses they build and what were their family secrets." In 1890 Houghton Mifflin published a collection of her writings in "Birds Through an Opera-Glass," which is considered by many to be the first field guide to American birds. In stark contrast to the dense scientific ornithology writings within what was a male dominated field, Florence's book contained physical descriptions of the birds' appearances, songs, habits and often included an illustration or musical notation. Florence was also first woman to be elected as a Fellow of the American Ornithologists' Union and was awarded the William Brewster Memorial Medal - given biennially to an author of an exceptional body of work on birds.

Have a Classified Ad, Announcement or Event?

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

Wellness

Continued from page 11

wear comfortable clothing, sturdy footwear and be prepared for the weather. All abilities are welcome. For more information on horticultural therapy, visit: www.cultivatingwell-being.com. Classes are sponsored by the Friends of Fort Williams Park. Register at www.fortwilliams.org

Class 1: Nature's first green is gold. Date: April 26 (rain date April 27); time: 10:00-11:30 a.m. Have you ever noticed that spring leaves are often tinged with golden hues? In the poem, "Nothing Gold Can Stay," Robert Frost recognized the ephemeral quality of spring growth. In this class, participants will witness the emergence of spring and enliven their five senses.

Class 2: Nature's scents. Date: May 17 (rain date May 18); time: 10:00-11:30 a.m. Our sense of smell can be used as a powerful tool to bring calm and healing qualities; it can also be used to energize. In this class, participants will explore the natural fragrances that arise from the living landscape.

Cultivating Well-Being practitioners Colleen Griffin and Laura Simonds-Rumpf are registered horticultural therapists (HTR). They currently provide programming at SMCC and for the Sexual Assault Response Services of Southern Maine (SARSSM).

Griffin serves on the board of the Northeast Horticultural Therapy Network and has worked with children and adults with devel-

opmental and intellectual challenges as well as teens living with substance abuse. She conducted therapeutic horticulture classes at Dempsey Center for Quality Cancer Care in Lewiston for those with a cancer diagnosis, their care partners and family members. Griffin currently serves on the faculty of the Horticultural Therapy Institute in Denver, Colorado.

Simonds-Rumpf is a graduate of Cape Elizabeth High School and is a life-long gardener. Her mother, Judy Simonds, after whom Judy's Pantry is named, taught Laura from an early age about the health benefits of plants. Simonds-Rumpf is on the board of the American Horticultural Therapy Association and has worked with veterans, people with brain injuries, those living with dementia and their care partners, and those with developmental and intellectual challenges.

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Nature scene around town

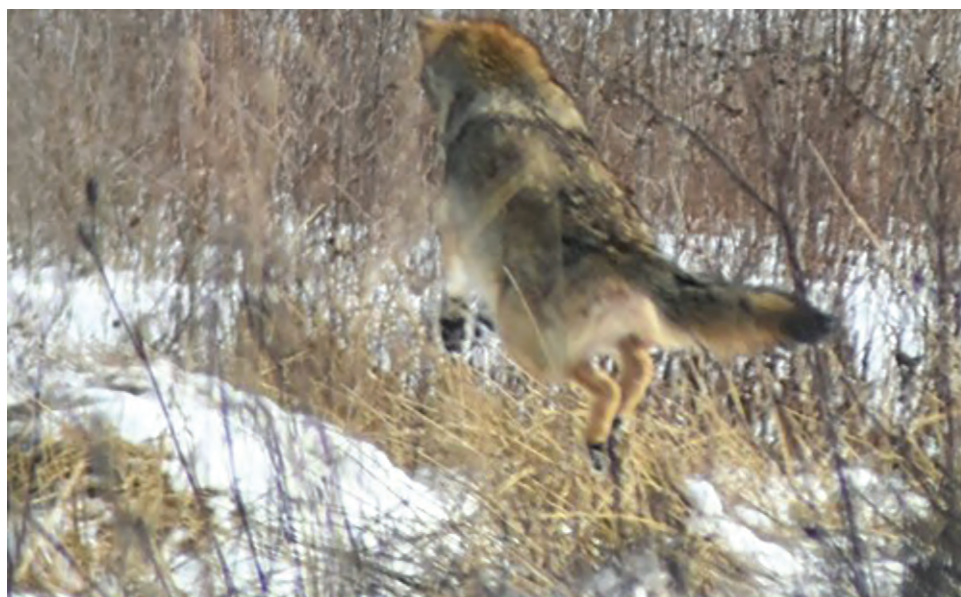


Photo by Debra Brucker

A coyote in a mid-air jump spotted by Deb Brucker near Spurwink Avenue on February 27.



Photo by Martha Agan

The surf at Two Lights State Park after the third round of snow in a week.

Courier soaks up the sun



Contributed photo

Capers Doug Schauf and Jack Schauf on a recent trip to Turks and Caicos, yet still missing the Cape Ice Arena!

Cape Elizabeth Historical Society opens to the public

The Cape Elizabeth Historical Preservation Society is open to the public again.

The CEHPS office will be open from 9 a.m. - noon on Mondays and Thursdays at its new home in Fort Williams Park in the former Bachelors Officers Quarters, the brick building closest to Shore Road. The office has been closed since the onset of the Covid pandemic and then due to the October move to the new site.

Residents and visitors wishing to do family searches or research on Cape Elizabeth history are welcome. CEHPS members will be happy to assist people

in digging into its digital archives. Monday and Thursday mornings are the regular times CEHPS volunteer members are in the office to work on compiling and digitizing the large CEHPS collection of artifacts, town records, photographs, oral histories and other archival materials.

Go to the door on the far right on the side where the balconies are located. Ring the doorbell and someone will let you in.

For more information go to the CEHPS website at www.cehistory.org.

IMPORTANT QUESTION FOR ALL CAPE RESIDENTS: WHAT'S GOING ON WITH AFFORDABLE HOUSING?

And Who Should Decide How Growth Should be Managed in Our Town?

Cape Elizabeth established a Housing Diversity Committee that has just started its work. But our Town Planner, Ordinance Committee, and Town Council are working hard to change many of our zoning laws because a new state law (LD2003) **MAY OR MAY NOT** be effective on June 30.

Let Common Sense Prevail and Put the Brakes on NOW!

What's at Stake?

Local control vs. statewide mandates. The rural character of Cape Elizabeth vs. urban planners' visions of destroying neighborhoods. Our Comprehensive Plan obliterated. The Housing Diversity Committee hamstrung. What townspeople want is irrelevant.

What's in LD2003?

Single family lots are forbidden. Every lot could add two additional homes. Vacant lot? 4 housing units must be allowed. And if a developer proposes affordable housing? A density bonus of 2.5 times the permitted number of units must be awarded, creating apartment complexes in any neighborhood designated as a growth area. Accessory dwelling units must be permitted on every home in Cape Elizabeth. Parking? Forget about it. Towns may not require more than 2 parking spaces for every 3 of the affordable housing units, and it may not require any additional off street parking for the Accessory dwelling units. In neighborhoods like Oakhurst, Elizabeth Park, Cottage Road or Brentwood neighbors will be parking up and down the streets creating daily traffic jams.

Is that the Cape Elizabeth you want?

What Can You Do?

LD 214 will exempt towns like Cape Elizabeth that have fewer than 10,000 residents from the provisions of LD2003. It's pending right now in the Maine Legislature. **If you think local control is important, contact:**

Representative Rebecca Millett at Rebecca.Millett@legislature.maine.gov or 207 415 3770

Senator Anne Carney at Anne.Carney@legislature.maine.gov or 207 767 7404

Town Planner Maureen at O'Meara Maureen.omeara@capeelizabeth.org or 207 799 0115

Make Your Voice Heard. Ask them to put the brakes on now and SUPPORT LD 214 So Cape can determine its own future.