

The Cape Courier

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In the Spirit of Community

Cape Integrated Health introduces Cape Walk-in Care

By Kevin St. Jarre

On Hill Way in Cape Elizabeth, Cape Integrative Health is introducing Cape Walk-in Care, for those seeking acute care, but do not need the level of care one would find in an emergency room.

Jennifer Flynn is a Family Nurse Practitioner and the Director of Acute Care at Cape Integrative Health. She said that at Cape Integrative Health, they recognize that it has become increasingly more difficult in the current medical landscape to get an appointment with your primary care provider. "For more urgent concerns, it is not acceptable to wait until a slot becomes available. We also understand that your time is valuable and there are long waits at many urgent cares and emergency rooms. Cape Integrative Health is looking to provide efficient, patient centered care when you need it the most," Flynn said.

Many of the staff at Cape Integrative Health are parents, Flynn said, and they

know that there is no other place to seek medical care for sick children in town. She said, "After spending a long night awake with your child, it is important to be able to get in first thing in the morning and know that you will be taken care of. The two nurse practitioners in the primary care division at Cape Integrative Health are extensively trained and experienced in pediatrics."

According to Flynn, Cape Walk-in Care's services are perfect for minor illnesses and injuries such as ear infections, sore throat, cold/flu symptoms, urinary symptoms, minor sport injuries, minor skin infections, nausea/vomiting/diarrhea and even sports physicals. "In addition, we do have on site x-ray for the sports injury that needs to be differentiated between minor sprain/contusion and fracture," she said.

-see WALK-IN CARE page 6

CEMS 5th and 6th graders take part in Heart Health Challenge

By Kevin St. Jarre



Contributed photo

CEMS students were recently trained in hands-only CPR and in the use of AEDs. With a fundraising goal of \$3,000, the students raised \$7,755 for the American Heart Association, according to CEMS teacher Sarah Jordan.

All of the 5th and 6th graders at Cape Elizabeth Middle School recently were trained in "Hands Only" CPR, which includes how to use an automated external defibrillator, or AED. Jill Young, the nurse at CEMS, did the training in Sarah Jordan's Physical Education classes.

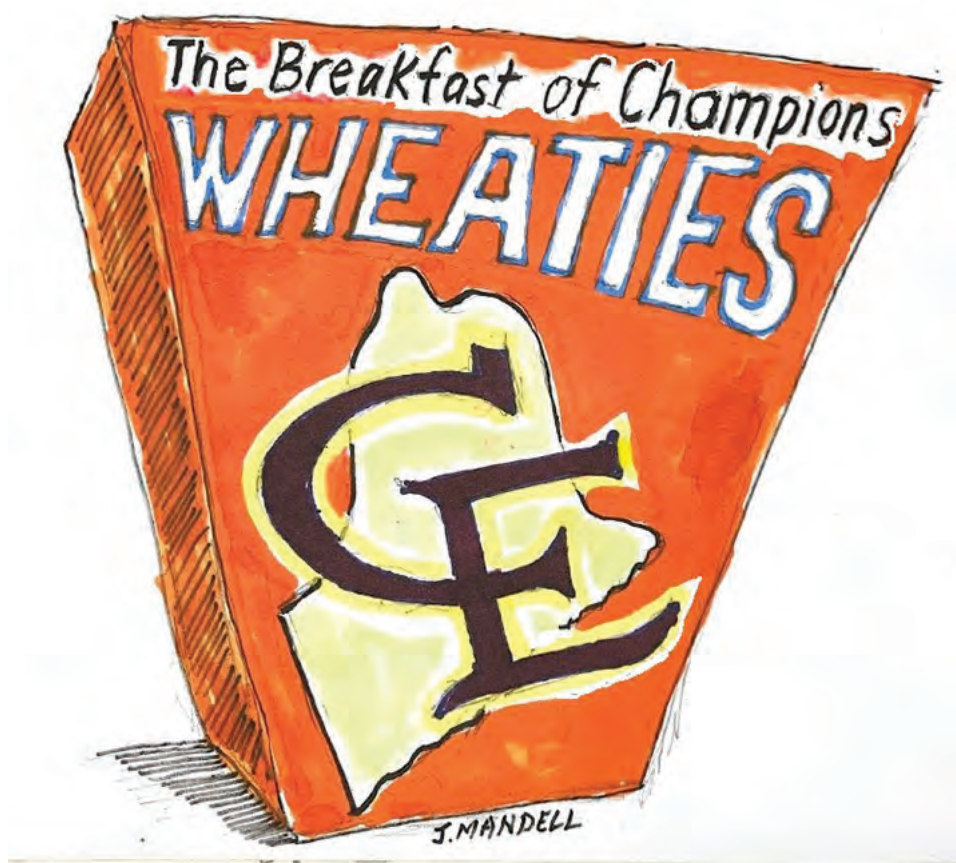
Jordan said, "The kids were also challenged to raise money for the American Heart Association's annual fundraiser. I set a goal of \$3,000 for them, and together they raised a total of \$7,755.00, which is the most we've ever raised in the history of our involvement with this fundraiser!"

The American Heart Association provided all of the training materials, including the first aid mannequins for the kids to practice their CPR on, according to Jordan, "And they let us keep them! So, we'll be able to do this training every year!"

Retired teacher Andy Strout started this effort years ago, Jordan said, and CEMS has continued the tradition in his absence. She said, "CEMS has been participating since 2003 and, counting this year, has raised over \$83,000 to date for the American Heart Association."

Capetoon: Congratulations

By Jeff Mandell



CEHS students rock Maine State Science Fair

By Kevin St. Jarre

Cape Elizabeth High School students made an impressive showing at the Maine State Science Fair, winning many awards and even scholarships. Even mention of some of the topics these young scientists presented send the average person running to Google.

CEHS Science Teacher Amy de Vries said, "Our students did an outstanding job of representing CEHS at the Science Fair on Saturday! Their projects exhibited their passions and innovative scientific ideas."

Emma Young won 1st place in Biomedical & Health Sciences for investigating the knowledge and prevalence of RED-S (Relative Energy Deficiency Syndrome) in high

school cross country athletes, while Kierith Gentilini won 2nd place in Biomedical & Health Sciences and won the National Geographic Society Cultivating Empathy for the Earth award for analyzing the effects of particulate matter from a wood stove on home air quality.

Trevor Oakley won 1st place in Chemistry & Material Sciences and the Yale STEM Award for determining the effects of yeast on the buckling strength of concrete.

Aurora Milton won 2nd place in Chemistry & Materials for producing sustainable textiles made of mango and then testing for

-see SCIENCE page 8



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NEXT ISSUE: April 26
DEADLINE: Noon, April 14

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'Cape is not an island'

I'm writing in response to last issue's "What's the emergency?" letter, which might be the most NIMBY thing I've ever read in my entire life. Do you honestly think our town is diverse? Do you really think the national housing crisis doesn't affect Cape? Do you really want "other states" to figure this out first?

It's high time for our fellow citizens to take a moment to consider the world beyond their own kitchen windows. The "if it doesn't affect me, it's not a problem" thinking that's so common here now is so privileged it makes me want to bang my head on my non-granite countertop.

Cape is not an island. We are not unaffected by the wider world. And if we'd actually get out of our own way, we might be able to get something done to

make Cape Elizabeth a model for other Maine towns to follow, instead of stubbornly vowing to sit back and "take our time" as we fall even further behind.

As for the 10,000 residents mark, I surely hope you're joking, or I may just have to try for some late-life twins. Cape hitting 10,000 residents would be a GOOD thing because it means MORE town government oversight, fewer lies without consequences, and no more nameless, faceless Courier ads blurring the truth about schools and affordable housing that constantly keep this town scared of even the slightest bit of tangible progress.

Jenna Pfueller

'Important that people understand the science of the issue'

Roundup is an environmental product. It binds with soil, decomposing quickly so it does not runoff nor linger in the ground. Very little Glyphosate (Roundup's active ingredient) is used in residential settings since a homeowner will kill anything accidentally sprayed. Therefore, it is carefully applied for specific maintenance issues.

The EPA has again recently reviewed all the science and found, "no risk of

concern to human health." They found it less toxic than vinegar and less carcinogenic than red meat. One jury's decision that "it is more likely than not" that a landscaper's cancer was probably caused by Roundup is not scientific evidence. People opposed to GMO's disprove of Monsanto, Roundup's original manufacturer, because they genetically modify feed grain crops to be resistant to Glyphosate, but that's a different issue.

Roundup and many other proven safe herbicides and fungicides are indispensable tools for homeowners and municipalities to maintain their properties, eradicate tenacious invasive species, and control plant diseases that can damage thousands of dollars in plant material and decades of growth... 'organic' products I've tried simply do not work.

The 'pesticide ban' ballot initiative will legalize the use of these safe and effective products that have been developed by thousands of researchers and environmental engineers so that people can maintain their gardens and properties, control invasive species and raise agricultural yields.

It is important that people understand the science of the issue they are asked to decide upon. I urge everyone to google psu glyphosate, EPA and other science based websites.

Ilya Fleishman



THANK YOU!

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

Thank you to this recent generous contributor:

*Ellen Mugar
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Let us hear from you!
 We love feedback!
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School Building Advisory Committee update

A joint committee has been formed by the Town Council and School Board to determine how to address the needs of our aging school facilities in a way that balances the financial burden on our citizens and meets the educational needs of our students. The committee was formed in response to the defeat of the school bond proposal in November 2022.

We are committed to keeping citizens of Cape Elizabeth informed throughout this process. In addition to periodic updates sent via mail please keep informed by visiting: <https://www.capecelizabeth.com/news/post/4965/> regularly and signing up for email updates.

Residents can also visit www.capecelizabeth.com/meetings to see upcoming meetings and materials.

Questions or comments can be emailed to: cesbac@capecelizabethschools.org

What's Happened So Far?

1) A request for community volunteers was issued and 26 candidates applied and were interviewed by the Joint Selection committee

2) Five community members were selected and the committee held its first meeting on February 16

Cape Elizabeth School Building Advisory Committee

Penelope Jordan, Town Council, SBAC Co-Char.
 Corinne Belle, Cape Elizabeth Resident
 Cindy Voltz, School Board, SBAC Co-Chair
 Patrick Cotter, Cape Elizabeth Resident
 Gretchen Noonan, Town Council Representative
 Michael Hussey, Cape Elizabeth Resident
 Caitlin Sweet, School Board Representative
 Larry Benoit, Cape Elizabeth Resident
 David Andrews, Cape Elizabeth Resident

3) The committee solicited and received bids for a third party Owner's Representative with an expertise in construction to represent the town's best interest. The SBAC is evaluating responses and will conduct interviews of these candidates. They will then select a winning bid. You can follow the selection process at the SBAC town website (www.capecelizabeth.com/SBAC)

-see SBAC page 5

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: Forgot your password?

By Jim Rowe

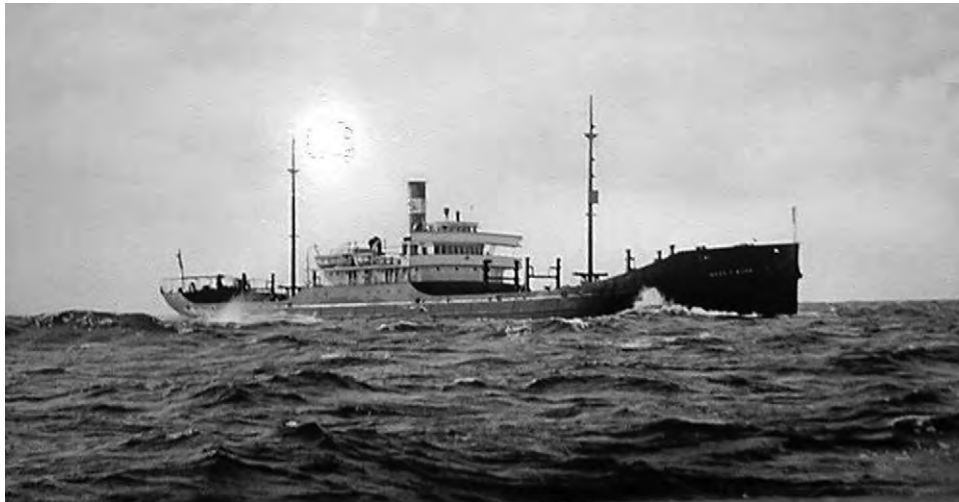


Photo is from the website for the town of Bramwell, West Virginia: bramwellwv.com. Isaac T. Mann was a distinguished resident of Bramwell.

The collier SS Isaac T. Mann (shown here) is believed by many to be a previous designation for the Oakey L. Alexander.

After trying every possibility I could think of, including my great-aunt's dog's name spelled backwards three times in alternating lower case and capital letters, I finally conceded, "Yes, I did forget my password." Appropriately chagrined, I followed directions and created a new password, and solemnly promised myself, "I will NEVER forget this one (at least until the next time)." I trust I'm not alone in this.

Many of us who have been around this area for some time have at least heard about the demise of the collier SS Oakey L Alexander on March 3, 1947. The ship broke in two in angry seas after striking Taylor Reef off High Head. Incredibly, no lives were lost, thanks to quick action by the boat's captain, Raymond Lewis, and rescue crews onshore.

Fewer of us may be aware of what, in hindsight, was a mildly humorous incident involving the Alexander that occurred in early 1942. The freighter was no stranger to our area, as it had regularly brought payloads of coal from Norfolk, Virginia into Portland. With America's involvement in World War II under way, security measures had been tightened in an around our port city. One

of the security measures was that ships seeking to progress through the channel between Cape Elizabeth and Cushing Island were required to respond correctly to a Navy signalman's challenge from Fort Williams. The correct responses were regularly changed to discourage theft by "non-friendlies."

On this particular occasion, the Alexander answered the signalman's challenge with an expired response. Repeated requests were similarly answered incorrectly. The Navy signalman ordered the Alexander to stop. The order (which included a threat to open fire) was ignored. The ship chugged on. The signal officers ashore then decided to discharge Fort Williams's blank-firing salute cannon, which belched an enormous flame in addition to a deafening roar. This brought the Oakey Alexander churning to a quick halt, and it eventually returned the correct response and was allowed to proceed.

So for those of us who are locked out of a computer website, it could be much worse. We should be thankful that our CPUs and Macs don't spit fireballs into our faces for entering multiple incorrect passwords!

Sahrbeck named to MARR Board of Directors

The Maine Association of Recovery Residences (MARR) recently appointed Jonathan Sahrbeck, Esq. of Cape Elizabeth to the Board of Directors.

Currently an attorney in private practice, Sahrbeck is a former Cumberland County District Attorney with extensive prosecution experience in both Maine and Massachusetts. He is passionate about working with community partners on addressing mental health issues and substance use disorder. Sahrbeck brings a strong connection to the recovery community to the MARR Board of Directors.

MARR manages the ethical and safety standards for recovery residences in the State of Maine and certifies residences based on the standards established by the National Alliance of Recovery Houses.



Let's talk recycling: Batteries and styrofoam

By Cape Elizabeth Recycling Committee

A monthly feature on recycling brought to you by the Cape Elizabeth Recycling Committee. Email your questions to jay.reynolds@capeelizabeth.org.

Q. Are regular batteries (AAA-D size) recyclable? What about other types of batteries?

A. Regular alkaline batteries are recyclable, but there is not currently a free recycling program in Maine. Small quantities may be safely and legally disposed of in regular household trash. Investing in rechargeable batteries may save you money and reduce the waste stream. Car or marine batteries can be recycled at the Transfer Station. Call2Recycle (call2recycle.com) accepts rechargeable batteries such as those from power tools or electronics, and offers drop boxes at Oak Hill Hardware in Scarborough, Maine Hardware in Portland, or Home Depot in South Portland. Please do NOT put batteries of any kind in your recycling bin. They can cause fires and/or ruin equipment at the ecomaine sorting facility.

Q. Is Styrofoam recyclable? What if it is marked with a #6 recycling symbol?

A. Styrofoam is not recyclable through ecomaine and should be placed in the trash. The #6 symbol identifies the resin

of the plastic that makes polystyrene, but the arrows around the number do not mean that it is recyclable here in Maine. It is not economically feasible to transport enough ultra-light foam material to make up for the transportation costs to the foam recycling facilities (the closest one is in New Jersey). Foam polystyrene, like that found in packaging, is made mostly of air. A special machine is required to remove the air and condense the material into a patty or block for resale. These foam products have little value because, once the air is removed, very little material remains.

Want more news about recycling? Follow "Cape Elizabeth Recycling Committee" on Facebook or @CapeERecycles on Instagram. You can also check out ecomaine's Recyclopeda at ecomaine.org/101.

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: bethowensl@gmail.com.

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News from the superintendent

By Dr. Chris Record



Contributed photo

Dr. Record reading "Clovis Keeps His Cool" to Mrs. Carey's Kindergarten class.

Happy spring to all of you!! By the time this edition is published, the School Board will have already voted on the 23-24 school budget. However, I think it is important for you to understand the process for how this budget was developed and some details about it.

The budget development process for the following school year begins in October. At that time principals and program directors begin to work with their staff members to ascertain potential needs (supplies, equipment, PD, other positions, etc.) for the following school year. The principals/program directors also review all current programming and all budget lines to ascertain efficacy and determine if any changes are warranted. Administrative assistants are also key to this process and review. Then the following steps occur:

- The principals/program directors work closely with our School Finance Director to develop their preliminary budget proposal.
- In December, each principals/program director presents their budget to the

Superintendent for review line by line, position by position and program by program.

- The District Leadership Team preliminary budget is finalized as best it can be with some unknown factors explained below and presented to the School Board in late January.
- Then the School Board, through several public workshops, reviews the budget proposal, asks questions and guides the final budget for their vote in April.
- This final School Board budget is presented to the Town Council in May for their review and questions. As a reminder, the Town Council has no input on what is in the school budget, but only input on the final dollar figure of the budget.

The School Board budget goals for FY24 are the following:

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 cost drivers impacting the 2023-2024 School Budget are the following:

- Increasing Maintenance & Repair Issues for Our Aging Schools
- Electricity & Fuel Costs have increased significantly
- Health Insurance rates are continuing to escalate (6% increase this year versus .035% last year)
- Required retirement contributions to the state are increasing
- The overall impact on supply/maintenance costs from inflation and supply chain issues
- Meeting the labor market demands of recruiting and retaining high-quality personnel
- We negotiated three contracts last year and are in the process of negotiating two more currently. The tightening labor market, high inflation, and our collective interest in recruiting and retaining high quality staff has led to higher than typical increases to our labor costs. Personnel is around 83% of our budget.

The initial draft budget had a projected tax increase approaching 11%. However, once we received an updated ED279 funding allocation from the MDOE on 3/28/23, we were able to reduce the projected tax increase to 9.51%. In addition, the School Board asked the District Leadership Team to bring back four options for consideration that lowered the projected tax increase to 7.75%, 6.75%, 5.75%, and 0%. These options were presented to the Board at a workshop on April 4. From that discussion a final budget was presented to and voted on by the School Board on April 11. By the way, a 0% increase would require the reduction of 30 staff positions and would absolutely decimate the school district as we know it. The Town Council votes on the school budget on May 15 and you the citizens vote on the budget on June 13. As always, we very much appreciate your support of our schools.

The School Building Advisory Committee (SBAC) has formed and held several very productive meetings. You can learn more about the work of this committee at www.capeelizabeth.com/news/post/4965/


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 engagement; 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 again want to thank all of you for your support of our students and staff. Cape Elizabeth is a special place and I believe the schools play such an important role in our community. Despite the challenges we all face, let's remember this spring to continue to celebrate the good.

I really enjoyed reading "Clovis Keeps His Cool" to Mrs. Carey's Kindergarten class recently. I was very impressed with their curiosity, engagement and insightfulness. Mrs. Carey has guests reading to her students all month as part of a March Madness fun book competition. Sadly though, this book did not make it to the next round. Therefore, I had to keep my cool!



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Job and loan scams reported

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 3-14 An officer met with a resident of the Shore Road area who reported that someone used her personal information to obtain a loan from the Small Business Administration. The loan was taken out on 8-6-2020 and had a 30 month deferral before payments were due.
- 3-14 Two officers responded to a residence in the Ocean House Road area for a well-being check.
- 3-16 Two officers were dispatched to a residence in the Mitchell Road area for a domestic disturbance.
- 3-16 An officer met with a resident in the Cross Hill area for a neighbor dispute.
- 3-16 An officer met with a resident of the Old Ocean House Road area who reported that she had been applying online for jobs and she had received an email stating that she had been hired. She then received a check via email along with a list of items she would have to purchase. She went to her local bank, where she learned that the account did exist but had insufficient funds to cover the check. She was contacted later that day by the 'company' explaining that they accidentally had paid her too much and asked her to wire them back a large portion of the check. At that point, she came to the police station to file a report.
- 3-24 An officer met with a resident of the Broad Cove area who reported that she had received a text message from alleged bank confirming a transfer from her account and to call a provided number if she did not authorize the transfer. She explained that she did not have an account with that bank but called the number to see what was actually happening. She felt this may be a scam but could not recall if she provided any personal information. She was advised to contact her financial

institutions and inform them of the incident. She was provided with an identity theft recovery packet.

- 3-24 Two officers were dispatched to the area of Scott Dyer Road across the street from the school playground, for the report of an older woman who was following a young girl, trying to get her in her car. Upon arrival, the officers spoke with the witnesses and the driver of the car. It was determined that the driver was a guardian of the child and they were escorted home.
- 3-25 An officer responded to a residence in the Shore Road area for a well-being check.

SUMMONSES

- 3-17 Portland resident, uninspected vehicle, Scott Dyer Road, \$148
- 3-18 Cape Elizabeth resident, operating after license suspension
- 3-19 Portland resident, speeding (40/25 zone) Scott Dyer Road, \$170
- 3-24 Portland resident, failure to produce insurance, Shore Road.
- 3-26 Cape Elizabeth resident, unregistered vehicle, Route 77, \$85
- 3-26 Portland resident, unregistered vehicle, Fowler Road, \$85
- 3-27 Auburn resident, uninspected vehicle, Shore Road, \$148

ARRESTS

- 3-17 Brunswick resident, violation of conditions of release, Oakhurst Road

ACCIDENTS

- 3-14 Edward Simpson, Beth Jordan, accident on Oakwood Drive
- 3-18 Mary Stephen, Manny Carlisle, accident on Spurwink Avenue

FIRE CALLS

Fire calls: 7; EMS calls: 19

April naturalist's corner

By Erika Carlson Rhile
 CELT Education Committee Chair

April 6, Full Moon: Spring's first full moon drifts into the sky on the night of Wednesday, April 5, reaching peak illumination at 12:37 a.m. This full moon was known by early Native American tribes as the Pink Moon because it marked the appearance of the moss pink, or wild ground phlox, which is one of the first spring flowers. This moon has also been known as the Sprouting Grass Moon, the Growing Moon, and the Egg Moon. Many coastal tribes called it the Fish Moon because this was the time that the shad swam upstream to spawn.

April 22-23, Lyrid Meteor Shower: The Lyrid meteor shower produces ~20 meteors per hour at its peak. The shower runs annually from April 16-25, and peaks this year on the night of the 22. Best viewing will be from a dark location after midnight.

We heard our first peepers on April 4. Amphibians are waking up! It's a great time to look for Spotted Salamander egg masses in vernal pools. Females lay about 100 eggs in a jelly-like cluster that clings to submerged vegetation. What's really cool is that the salamanders carry a green alga in their cells which is passed to their eggs.

This is a mutualistic symbiotic relationship where the alga photosynthesizes oxygen for the salamander larva, and then the larva produce carbon dioxide, which is consumed by the alga. Sometime between 70-100 days after hatching, a 3" long salamander will crawl ashore. Spotted salamanders can be up to 7" long and live for 30+ years.

This year marks the 53rd celebration of Earth Day. Join CELT's Community Clean Up from Wednesday, April 19 through Wednesday, April 26. Collect supplies (bags and gloves) at the CELT office throughout the week, and you can sign up for the area(s) you'd like to pick up trash. Reach out with any questions to (207) 767-6054 or ardash@capelandtrust.org.

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Scam alert bulletin board

By Jessica D. Simpson

Reported Scams Grow by \$2 Billion

The numbers are in and 2022 was a doozy. While total reported scams to the Federal Trade Commission dropped by 1 million, the total reported amount lost grew by \$2 billion for a total of \$8.8 billion lost to scams and fraud. And this is just what's reported; we know fraud is severely under-reported.

Fueling the growth were dramatic increases in investment schemes and scams asking for cryptocurrency as a form of payment. Investment scams were the single biggest type of scam last year with victims losing \$3.8 billion. That in part explains the growth in cryptocurrency related losses which doubled from 2021 levels. However, many scams have evolved to seek crypto as a form of payment – due largely to the ease of accessing crypto ATMs in retail locations.

Be wary of any "can't miss" investment opportunities especially if they come from the internet or new contacts that you've never met in person.

IRS Impostor Scams

SBAC

Continued from page 2

If citizens have any questions or comments they would like the SBAC to consider prior to selecting the Owner's Representative, please send them to the SBAC at cesbac@capeelizabethschools.org.

Next Steps:

- 1) The committee will tour the schools
- 2) Evaluate the applicants for Owner's Representative
- 3) Commission a town-wide survey to gain a deeper understanding of the reasons why voters either supported or did not support the bond referendum.
- 4) Committee will regularly communicate updates at www.capeelizabeth.com/SBAC.

Residents may also scan the QR code on the right to access the SBAC page on the Town Hall website.

According to the Federal Trade Commission, consumers reported losing \$2.6 billion to impostor scams in 2022. One of the longest running impostor scams involves the IRS, so tax time is a good time to draw attention to it. Most IRS impostor scams begin as a robocall, with the message either directing you to press a number on your keypad to talk with a live agent, or to call back using the number provided. The messages can be negative, you owe back taxes, or positive, you're receiving a refund. Either way there is an urgent request to call a number or click a link right away.

Remember the IRS doesn't initiate contact via text or email. If you get a call claiming to be from the IRS, hang up – or better yet, don't pick up the call to begin with. If you think you may owe taxes, call the IRS at 800-829-1040, or visit irs.gov/balancedue.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Helpline at 1-877-908-3360.

Need a scam prevention speaker for your group? Go to aarp.org/me or call 1-866-554-5380.



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Courier visits the Ecuadorian Amazon



Contributed photo

Cape Elizabeth residents Dan DeSimone and Melora Gregory took the Courier to Napo Wildlife Center in the Ecuadorian Amazon encountering six different species of monkeys, caiman, a sloth, six giant otter, toucans, parakeets and very many birds!

Walk-in care

Continued from page 1



Contributed photo

Jennifer Flynn is a Family Nurse Practitioner and the Director of Acute Care at Cape Integrative Health on Hill Way in Cape Elizabeth, where they are now offering Cape Walk-in Care.

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Patients should still proceed to the ER, Flynn said, if there is any concern of chest pain, significant shortness of breath, new onset of a severe headache, severe head injury, seizure, fracture, weakness/numbness/slurred speech, severe abdominal pain, eye injury or severe burns.

“At this time, we are taking scheduled visits from Monday through Thursday 8:30 a.m. to 4:30 p.m. This service is perfect for both adults and pediatric patients. We are taking new and established patients. Patients should call 799-9950 and ask to speak to a nurse to schedule an appointment. We are happy to accommodate same day visits. We take private insurance and cash payment,” Flynn said.

Cape Integrative Health can combine their other healthcare offerings with the walk-in care. Flynn said, “Part of what makes this such a unique experience is we take a team approach to medicine at Cape Integrative Health. We incorporate chiropractic, acupuncture, primary care and our physical therapy care when it is warranted to best serve our patients’ needs. Having these services on site allows our patients an easy transition between our services lines.”



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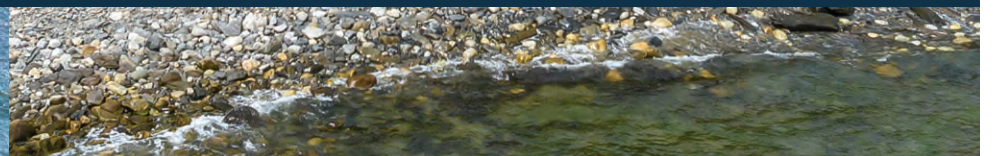
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TOP SALE IN CAPE ELIZABETH 2022

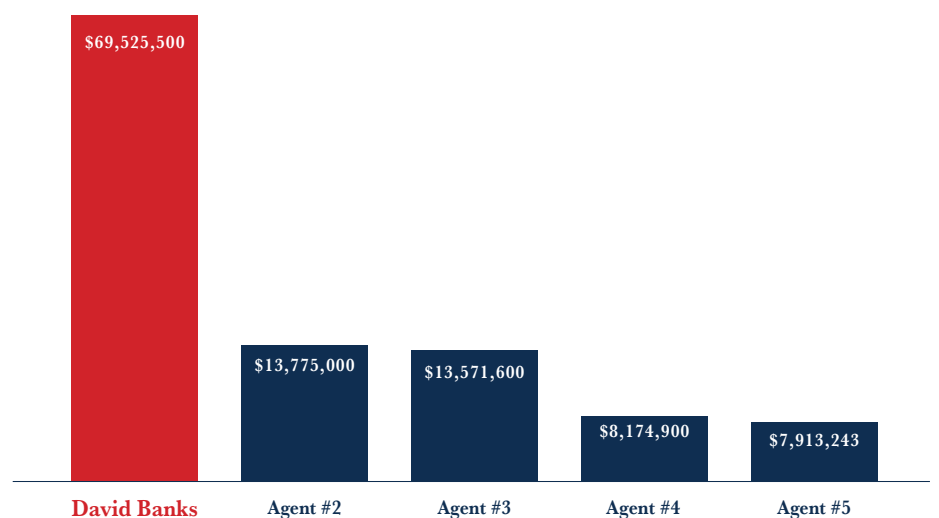


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Science

Continued from page 1

pliability and strength, while Luc Francis won 2nd place in Computer & Data Sciences and the U.S. Air Force Award for his website he created: studystate.com.

Tess Straw won 3rd place in Plant Sciences for making a model to test the effects of plants on carbon dioxide levels in classrooms.

Abbie Woolls won a 4-year full tuition scholarship to both University of Southern Maine and the University of Maine for her exploration of Untreated ADHD and its potential correlation with future mental health diagnoses.

Other presentations included:

Ava Corbin: Antibiotic Properties of Echinacea extract

Maddy Hansen and Rory O’Grady: The effect of floating plants on ammonia levels

(ppm) in controlled fish tank water

Ben Le: Effect of Microplastics on *Ocimum basilicum* (Basil)

Seb Hesser: Polypropylene plastic’s effect on the rate of decomposition

Theo Rodrigues: Conductivity of water in 30 second intervals from house faucets

Mairead Lee: How does fungi affect the germination of basil?

David Steinbrick: How does homemade surf wax compare to store-bought surf wax

Logan Schwartz and Luke Fredericks: How will cardio, over a period of time, affect the time it takes for your heart rate to return to resting?

Zoe Burgard: How bioluminescence affects algae health

Cormac McKenney: How tide affects dissolved oxygen in Cape Elizabeth

Scarlett Strunk: The effect of elevation on carbon dioxide levels



Contributed photo

Cape Elizabeth High School students made an impressive showing at the Maine State Science Fair, winning many awards and scholarships. CEHS Science Teacher and Advisor Amy de Vries said, “Our students did an outstanding job of representing CEHS at the Science Fair!”

Cape Elizabeth High School National Honor Society food drive



Photo by Marie Cross

The Cape Elizabeth High School chapter of the National Honor Society hosted a food drive to benefit Judy’s Food Pantry. In addition to the food, a check for \$350 was also presented to the group. CEHS Seniors (pictured above) Grace Gray, Abu Shir and Matthijs Gilda participated in the food drive.



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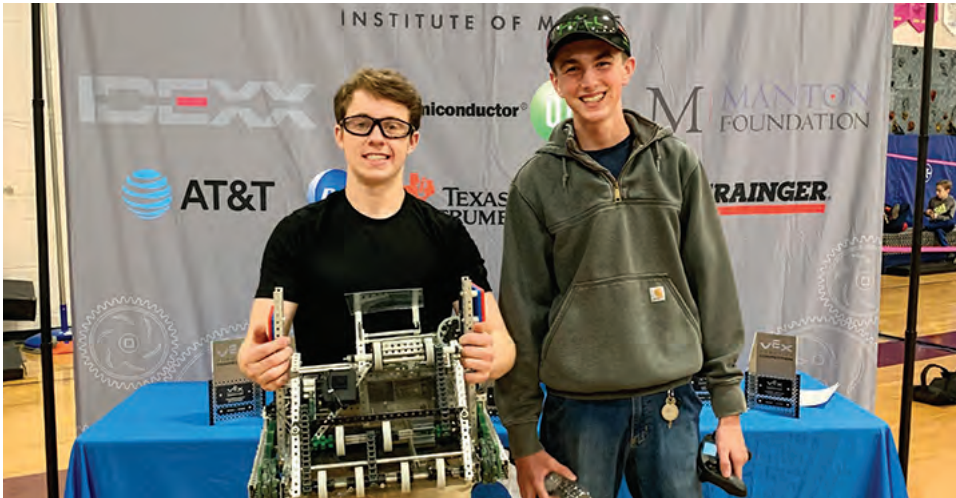
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Team spotlight: Cape Robotics headed to Worlds



Contributed photo

56H Cape Robotics H – Luke Fredericks and Harold Young.

The Cape Robotics program had great success at the VEX Robotics Maine State Championships in February, with two high school teams and one middle school team qualifying for the VEX World Competition. Team 56H (Cape Robotics H), 56R (FrostByte), and 56S (Self Destruct System), are busy making adjustments to their robots and preparing for their trip to Dallas, Texas at the end of April. To gain some insight into the program and what makes Cape Robotics tick, these three teams shared what they feel makes the Cape Robotics program so successful and, well, so much fun!

When asked what the best thing about the Cape Robotics program is and what makes it unique, freshman Ezra Gabrielson explained that “The Robotics program differs from other student clubs and organizations in that it is student-led. It is very flexible and student based. There is little formal instruction and students are encouraged to help each other and use their creativity and engineering skills to complete the challenge.” This type of student-led learning where teams share knowledge and rely on each other creates a strong sense of community in the lab. Noah Scott, eighth grader, agreed, “One of the best things about robotics is the community. Everybody is welcoming and nobody will tell you that you did something wrong. Instead, they will give you helpful feedback and let you do it yourself so it’s not like you’re being told what to do.”

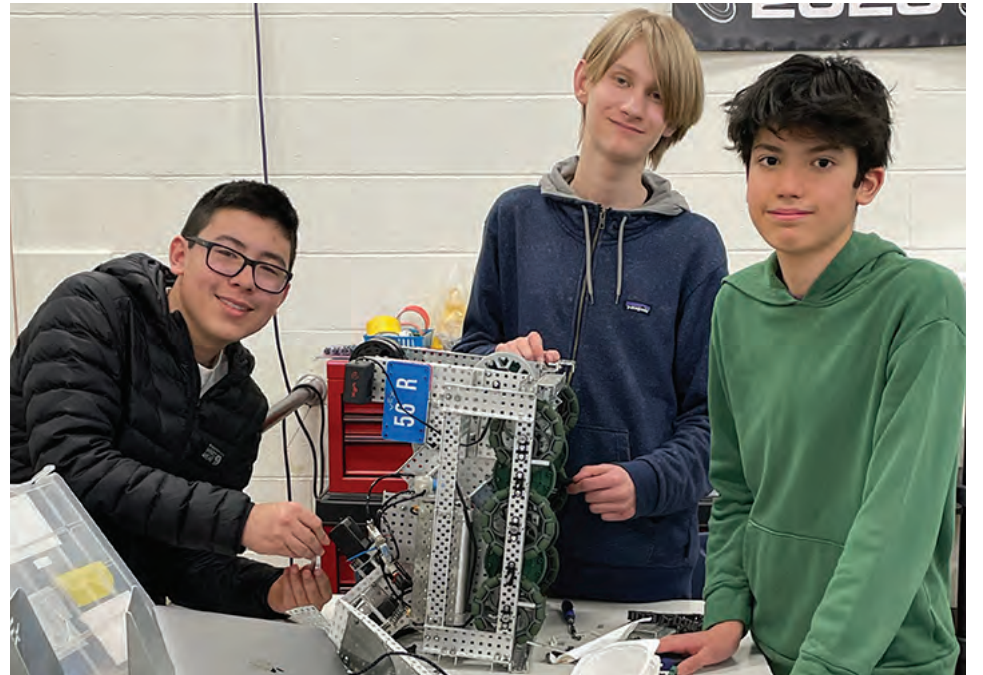
Watching the “bots” in action in the lab and in competition is impressive. Using VEX parts, teams build their robots from the ground up, using their prior knowledge, innovation, and trial and error to modify their design to meet the challenge that has been set forth for that competition season. According to freshman Alex Kang, teams use inspiration from a variety of sources, such as research on successful designs, lessons they learn from competitions, and even from electric nerf blasters! Luke Fredericks, 11th grader, enjoys this process as well. He shared, “Over my many years doing robotics, learning about the design process is one of the most valuable skills I have learned. I enjoy the challenge of creating an initial design then tweaking it until we get it just right.”

Problem solving and flexibility were also on top in terms of skills learned. According to Ezra Gabrielson, “You can learn a lot of valuable skills from robotics; from the problem-solving and critical thinking required in designing your robot to the perseverance of working on a project for months before seeing it come to fruition. There are also a lot of useful skills to learn from having to record your progress in a comprehensive and well-organized notebook and having to fluently convey your ideas and robot design to judges in the interview.” Teams in the lab work together and share ideas that help them with quick thinking and flexibility in competitions. Eighth grader Jonah Chang values

these skills as well, stating, “The most important skills you learn in robotics are the ability to problem solve and persevere through many different challenges. You have to work together to overcome design challenges, and in the competitions things can go wrong and you have to adjust quickly.”

So what are these teams looking forward to most about going to Worlds? The answers were unanimous – the experience, being able to compete against the best robots and the best teams in the world, meeting new people, and learning from other teams were noted by all of the students. Also high up on the list? – being with friends.

This is an amazing opportunity for our students to compete alongside the best young engineers across the globe. However, the registration, shipping, transportation and hotel expenses associated with this competition are steep. If you feel inspired by these Cape Robotics students, please consider making a donation to support their journey. Donations are tax-deductible and any amount helps! Donations can be made via: Venmo @ caperobotics56 or by check, payable to: Cape Robotics, Attn: Mr. Alex Anesko, Cape Elizabeth High School, 345 Ocean House Road Cape Elizabeth, ME 04107.



Contributed photo

56R FrostByte - Alex Kang, Ezra Gabrielson and Aman Khare.



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56S Self Destruct System – Jonah Chang, Noah Scott and Hudson Charlebois.



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Plein air artists continue Cape Elizabeth Land Trust tradition



Photo by Bob Harrison

Nathaniel Meyer at Kettle Cove, Paint for Preservation 2022.

Congratulations to the thirty-one artists selected to participate in the 16th Annual Paint for Preservation Wet Paint Auction! This year's group of both familiar and new faces will be bringing their plein air talents to Cape Elizabeth over the weekend of June 23-25.

This event is the Cape Elizabeth Land Trust's only fundraiser each year, and it is well known as one of the premier art sales in Maine. Artists named by the juror include:

Olena Babak, Charles Fenner Ball, Todd Bezold, Molly Brown, Daniel Corey, Ken DeWaard, Cooper Dragonette, Erin McGee Ferrell, Brett X. Gamache, Margaret Gerding, Frank Gregory, Lindsay Hancock, Jill Hoy, Anne Ireland, Eric Jacobsen, Marguerite Lawler, Janet Ledoux, Susan Lynn, Matthew Meyer, Nathaniel Meyer, Colin Page, Pamela Lang Redick, Kathleen M Robbins, Bjorn Runquist, Matthew Russ, Pamela L B Shockey, Janet Sutherland, Michael E. Vermette, Michael Walek, Russel Whit-

ten, Graham Wood.

Sixty artists applied for the coveted spots. Their work was juried by Mary Harding, former curator of the George Marshall Store Gallery in York, Maine. Harding shared her experience, that "it was a challenge to make any eliminations from the many excellent submissions received for this year's Paint for Preservation event. My goal was to make a selection that would represent a wide variety of styles and mediums in order to best interpret the Cape Elizabeth Land Trust properties. I was interested in work that expressed an artist's personal vision – how they make it their own by their choice of perspective, subject, color and lighting. The selections are a result of a subjective viewpoint and were chosen after a lengthy process of studying each piece."

All paintings must be made entirely outdoors over the three-day weekend, with no studio work allowed. The public is welcome to tour painting locations, meet the artists and watch them work. A list of locations will be made available in June on CELT's website, www.cape-landtrust.org/paint/.

The weekend culminates on Sunday, June 25 with a benefit gala auction, which will again be held at a live tented reception at a seaside location in town. Artists donate 50% of their art sales to benefit CELT's land conservation, trail and habitat stewardship, and community education programs. Tickets to the gala and auction will be on sale beginning May 15.

Said Claudia Dricot, chair of this year's planning committee, and one of its founders, "We're confident that this stellar list of artists will create a lot of enthusiasm this year. We have a great mix of new artists and veterans joining, and the caliber of the artists is a huge part of its repeated success for CELT."

Bill Luneburg, CELT board member, added, "We also very much appreciate the businesses who sponsor this event. Their early support helps to ensure that more funds raised go to CELT's conservation programs." Major sponsors are ETHOS, Key Bank, RM Davis, Inn By the Sea, Wright-Ryan Homes, Yokogawa Fluid Imaging Technologies, Casco Bay Frames & Gallery, Eyecare Medical Group, Huffard House, Knickerbocker Group, Maine Limousine Service, RE/MAX Oceanside, Richard Moody & Sons Construction Co., TAK Advisory LLC, Tammaro Landscaping & Property Services, Inc., and Veterinary and Rehabilitation Center of Cape Elizabeth. More sponsorship opportunities are still available – interested businesses should call the land trust at 207-767-6054.

Added Luneburg, "We hope everyone comes out to see these incredible artists at work and participates in the auction on June 25 to show support for protecting the incredible natural areas around us."



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Local birding report

By E. Brooks Bornhoff

Year after year there is a predictable order to the arrival of songbirds migrating north along the Atlantic Flyway. The early birds arriving and passing through Cape in April are mostly short-distance migrants that winter in the southern United States. Many of these birds are flexible with food sources and can get by with seeds if insects have not yet hatched. This group includes but is not limited to many sparrows, kinglets, thrushes, and a few wood warblers like the Yellow-rumped, Pine and Palm. The second wave is largely made up of Neotropical travelers, bright-colorful migrants journeying from the tropics like the Blackburnian, Black throated Blue, Magnolia and Yellow Warbler. These birds leave their wintering grounds when they sense subtle cues such as changes in day length. The third wave of songbirds coincides with the arrival of flying insects and caterpillars, this group includes cuckoos, four different flycatcher types, Red-eyed Vireos, American Redstarts and Wilson's Warblers.

In the last week of March through the first couple days of April there was plenty of action around the ponds and streams within Robinson Woods II and III. On the morning of March 24 the frog-like croak of male Hooded Mergansers pursuing mates intermingled with the shrill little whistles of Wood ducks concealed along the pond's fringes. I noted eight Hooded Mergansers and four Wood Ducks in the Pond Cove Brook Corridor that day. Also worth a mention, I spotted a duck I rarely see, the American Wigeon. This medium sized dabbling duck is one of the rarest breeding waterfowl in Maine. The male has a wide green stripe behind his eye and a snowy white cap upon a rounded little head. The body of both sexes is pale cinnamon with white patches on the side and rump. One characteristic that helped me identify this shy duck was its short, pale grayish blue bill with a black tip.

On March 27 along the Sawyer Road stretch of the Rachel Carson Wildlife Preservation I caught sight of a flock of tiny ducks feeding in the tidal marsh. With a wingspan

of only twenty-three inches, the Green-winged Teal is the smallest dabbling duck in North America. The male ducks have a chestnut-colored head with a Metallic green streak behind the eye and a vertical white stripe on the side. Green-winged Teals have been recorded nesting in all Maine counties except Androscoggin. On this same outing I also noted three Common Mergansers and four first of the season Lesser Yellowlegs.

On March 31 along Pond Cove, I came across my first of the year Eastern Phoebe working the wrack line and a Merlin headed north. That same day around dusk, under a visible waxing gibbous moon, a Great-horned Owl flew over our yard. I noticed two short periods of wing flapping alternating with glides before the large bird disappeared into a strand of conifers. Typically, male Great-horned owls have a favorite roosting site not far from the nest.

And on April 1 while walking along the Canter Lane section of Robinson Woods I came upon a medium sized hawk watching me from a tree snag about twenty feet up. After a minute of my own observations, I had to pass under the perched bird in order to continue along and the bird seemed totally unphased by my presence. Interestingly, I have read more than one account of Red-shouldered Hawks being tamer than other hawk species, often allowing close approach. Additionally, this hawk hunts mostly from perches within small patches of large trees, usually near wet open fields and meadows.

Ornithologist Edward Howe Forbush once said that "there is no more pleasing spring sound than the lusty scream of the 'Red-shoulder' as it rings through the bare leafless woods as they stand up straight and brown against the pale blue sky of April." Slightly smaller and not so heavily built as a Red-tailed Hawk, this secretive forest raptor has a visibly longer banded black, brown and white tail.

Red-shouldered Hawks in these parts are medium-distance migrants and fairly common across Cape. By common I do not mean

-see BIRDING REPORT page 14

Nature scene around town



Photo by Martha Agan

A Green-winged teal duck at the Rachel Carson Wildlife Refuge in Cape Elizabeth.

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Paper Dolls on Display in the Stier Family Gallery beginning April 1

In 2017, a group of friends who are all book artists decided to take on a new challenge—making paper dolls based on pre-selected themes. And, so, The Paper Doll Collective was born.

Drawing on their diverse artistic backgrounds, their first dolls were wildly different and inspired them to continue to explore the possibilities of interpreting a theme. All of the dolls are assembled by hand, and each artist makes enough to share with the other six members of the collective. Other than the theme and general scale, no restrictions are placed on materials, technique or interpretation. Each doll is as unique as the woman who made it.

The work of The Paper Doll Collective will be on display in library's Stier Family Gallery during the months of April and May. The artists hope the exhibit will encourage all aspiring artists to try their hand at making paper dolls. The library will host a paper doll workshop facilitated by members of the Paper Doll Collective on Saturday, April 22 from 10:00 to 11:30 a.m. Class size is limited, so pre-registration is required. This workshop is primarily for adults, but focused and motivated teens are welcome to attend as well. Participants may choose to have works created during this workshop become part of the library's Community Art Box exhibits in the spring or summer.

In Search of Human Books

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These are just a few of the possible Human Book titles that could be available for one-on-one or small group conversations during the library's Human Library® event this fall. The library is partnering with the Town's DEI Committee on this project. 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.

If you're interested in volunteering to be a Human Book this fall, 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 Library 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.thomasmemoriallibrary.org/events>

Character of the Month

Stop by the children's room to celebrate an environmental icon, The Lorax, and discover fun activities throughout the month like our popular scavenger hunt.

Join us for a kick-off story time on Friday, April 7 at 10:30 a.m. followed by a special craft.

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

Community Poet-Tree

April is National Poetry Month. Help us celebrate by writing your own poetry and helping us create a "poet tree" in the children's room. By the end of the month, we hope to have a beautiful art installation created by community members of all ages.

Spectacular Stuffly Sleepover

Friday, April 28 - Saturday, April 29 at 10:30 a.m.

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

How it works:

- Register on the event page of our website.
- Drop off your stuffy between 10:00 a.m. and 5:00 p.m., Friday April 28
- Pick up your stuffy at our special Stuffly Dance Party Finale, Saturday April 29, 10:30-11:00 a.m.

We'll make sure to take lots of photos of all the fun Belinda and the stuffed animals have overnight, and we'll have a slideshow to share with you so you can relive all of their adventures.

Tiny Art Showcase... Pick Up a Kit and Create Your Masterpiece!

May will be Tiny Art Month at TML! Decorate a miniature canvas and/or clay sculpture and return it to the library for our small but mighty art show. Open to artists of all ages.

Here's how it works:

Take and Make Artist Kits

Grab: Pick up a tiny canvas during regular library hours during school vacation week April 17 - 21; available in the children's room while supplies last.

Go: Bring your canvas and clay home. Create your masterpiece.

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

In-Person Art

Tiny Art Workshop! We'll have two opportunities to create your Tiny Art with Kiah and Sasha: Tuesday, April 18 from 3:30 - 4:30 p.m. and Thursday, April 20 from 3:30 - 4:30 p.m. Attendance is limited to the first 15 people through the door for each session.

Weekly Programming

Messy Minis! Process Art for Curious Kids

Mondays, 10:30 a.m. (Ages 2-5)

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. For budding artists ages 2-5 and their caregivers.

Dress Up and Dance

Tuesdays, 10:30 a.m. (Ages 2-5)

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. (All ages)

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

-see LIBRARY page 13

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Library

Continued from page 12

play. 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. (Ages 4+)

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. (Ages 1-3)

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. (Ages 3+)

Join us in the Community Room for songs and stories, bubbles, and Belinda the Bear. Geared toward ages 3-5 or anyone who enjoys listening to a solid two stories.

School-Age Programs

Lego Club (Ages 5-12)

First Tuesday of each Month, 3:30-4:30 p.m. (Community Room)
May 1

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.

April

13th - Felt pencil toppers

20th - Foil embossing

26th - Painted terracotta pots (could we get seeds to plant?)

#LibrarySquad

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

April 21

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.

April 14: Bring your own book. We discuss whatever we are currently reading.

April 28: Group pick and discussion. Find out the current title and register by emailing Family Engagement Librarian

ian 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/>.

Understanding Tree Communication, with Annie Novak

Thursday, April 13, 6:30 - 8:00 p.m. via Zoom

Join TML and New York Botanical Garden's Annie Novak as we learn more about fungal networks, volatile organic compounds, and how science and popular culture are just catching up with a conversation millions of years in the making. Drawing on the fundamentals of tree botany, you'll learn how to enrich your observation practices and build a stronger relationship with the trees around you. Register for this program on the library's website.

Spring Has Spawned: Getting Your Garden Ready For Mushroom Cultivation, with Cape Elizabeth Garden Club

Thursday, April 20, 6:30 - 8:00 p.m. in person at the library

If upgrading your garden with fungi in mind sounds fun, join Louis Giller of Northspore for this informative presentation.

You'll learn: Basic fungal biology, the culinary and ecological benefits of gardening with mushrooms, growing techniques, tools and materials needed as well as the appropriate mushroom species to use, the best times to prepare, plant, and expect harvests, and how to keep your garden healthy throughout the season. Pull up a toadstool and join us at the library as the Cape Elizabeth Garden Club presents this month's speaker, Louis Giller.

Artsy Paper Doll Workshop, with The Paper Doll Collective

Saturday, April 22, 10:00 - 11:30 a.m.

In person at the library

Over the past five years, The Paper Doll Collective has met quarterly to design paper dolls based on the various themes they've selected, from Famous Women to Self Portraits.

This month, these artists invite you to share in the fun of creating paper dolls. All tools and supplies (including some

things to add a little bling!) will be provided, as well as some basic instruction and expert guidance. For a bit of inspiration, stop by the library's Stier Family Gallery after April 1 to see the exhibit of themed paper dolls that members of the group have made over the past five years. Register for this program on the library's website.

Intro to Nature Journaling Workshop, with Rebekah Lowell

Saturday, April 22, 2:00 - 4:00 p.m. in person at the library

Join Thomas Memorial Library and author/artist Rebekah Lowell for this Intro to Nature Journaling Workshop. Participants will learn what nature journaling is, how to design a page spread, what information to record, and how to draw textures of different natural objects so they can start sketching their observations. Materials and supplies will be provided but personal journals/art supplies can be used as well. All are welcome. Register for this program on the library's website.

Nature's Night Shift: Nocturnal Animals, with Center for Wildlife

Tuesday, April 25, 6:00 - 7:00 p.m. in person at the library and streamed simultaneously via Zoom

How does a bat find thousands of tiny mosquitoes in the dark? Why would an opossum choose to lumber around at night? How does a porcupine defend itself against a predator? How can an owl see its way through the forest?

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 answer these questions and find out how nocturnal mammals utilize all of their senses to find food and shelter at night.

Creative Nonfiction Writing Workshop, with Kevin St. Jarre

Four Saturdays in May, 11:00 a.m. -

1:00 p.m. in person at the library
First session: Saturday, May 6, 11:00 a.m. - 1:00 p.m.

Creative nonfiction writing is different from other types of writing. It gives us a unique chance to, "Dive into the dark, and swim away from the light." What is totally familiar to us in our writing is often not as interesting to others as we might think. Readers of creative nonfiction want to go along with writers as they explore, whether it's exploring their surroundings, their memories or new ideas.

The goal of this workshop will be to generate writing that penetrates the obvious and reveals something to ourselves and our readers. Not necessarily the exposure of secrets, but the uncovering of feelings, observations and micro-cultures. These are the raw ingredients we'll each bring, then we'll work on the cooking together. Join Thomas Memorial Library and Pushcart-nominated novelist, essayist and educator Kevin St. Jarre for this four-week creative nonfiction writing workshop. All levels of writing experience are welcome. Register for this program on the library's website.

Intro to Nature Photography Workshop, with Seacoast Photography School

Saturday, May 6, 2:00 - 4:00 p.m. in person at the library

Come learn the "fun"amentals of nature photography with Seacoast Photography School founder and lead instructor David Mazur. Open to beginner and intermediate photographers, this 2-hour workshop will be a hands-on lesson covering the basics of focus, exposure, and composition techniques to enhance your photography skills. This is an ideal opportunity

-see TML page 15

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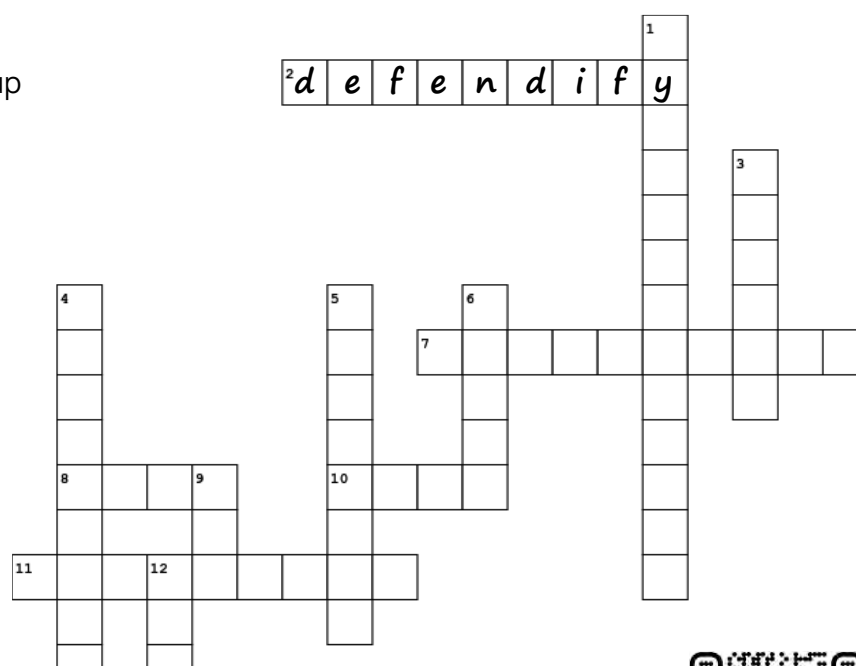
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Got a story to share? Email us!



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// ANSWER KEY & TO APPLY

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, April 12

Community Services Committee, Community Center, 5:30 p.m.
 Diversity, Equity, and Inclusion Committee, Thomas Memorial Library, 6 p.m.

Tuesday, April 18

Planning Board, Town Hall, 7 p.m.

Thursday, April 20

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

Monday, April 24

Finance Committee School Budget Presentation from School Board, Town Hall, 6 p.m.
 Town Council Finance Committee School Budget Presentation, Town Hall, 6 p.m.
 Housing Diversity Study Committee Meeting, Jordan Conference Room, Town Hall, 6:30 p.m.

Tuesday, April 25

Finance Committee School Budget

Presentation from School Board, Town Hall, 6 p.m.
 Town Council Finance Committee Wrap-Up, Town Hall, 6 pm

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, sp-ce-rotary.org, meets Wednesdays at 6:15 p.m., in 107 Preble Hall, at Southern Maine Community College, 2 Fort Road, South Portland.
 Codependents Anonymous (CODA) group at Cape Elizabeth United Methodist Church. Regular meeting weekly on Saturdays at 10:30 a.m. Call 799-4599 FMI.

CABLE GUIDE

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

Cape Elizabeth Church of the Nazarene
 April 15, April 16, April 22, April 23 - 9 a.m.

CETV CHANNEL 1302

Finance Committee School Budget Presentation
 April 24 - 6 p.m.
Planning Board
 April 18 - 7 p.m.

Birding report

Continued from page 11

that this raptor may be seen as often as that of a Robin. And, the commonest hawk is rare compared to the Robin, though it may be common for a hawk. Often this species uses the same nest year over year, even repairing previous years nests and adorning with various greenery. On a positive note, the Red-shouldered Hawks population has slightly increased by 2% between 1966 and 2019 according to the North American Breeding Survey.

Lastly, on the sunny morning of April 2 the first Fox Sparrow of the yard appeared in our yard. For me, seeing this bird is a rite of spring. Larger than a Bluebird or Song Sparrow this rather robust sparrow sports a uniform reddish-chestnut cloak and a clear, full, and flutelike song. In fact, many birders believe that the Foxy's song is unequalled by any native member of the sparrow family. Later in the afternoon a walk-through Robin-son Woods yielded five Eastern Phoebes and many Kinglets and Creepers.



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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 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. 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.

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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

Baked bean supper on April 15

A baked bean supper will be held on Saturday April 15 from 5-6 p.m. at the Peoples United Methodist Church, 310 Broadway, South Portland.

Homemade baked beans, hotdogs, salads, homemade casseroles and pies will be available. The dinner costs \$10 per person, \$8 ages 3-12.

For more information, call 207-799-3416.

Have a Classified Ad, Announcement or Event?



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

TML

Continued from page 13

for nature lovers to capture the wonders of nature using their camera or smartphone. 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 4 via Zoom

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: May 11 via Zoom

E-Idering 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: May 2
In person at the library

Big Little Lit Book Group

Third Wednesday of the month,

11:00 a.m. - 12:00 p.m.

Next meeting: April 19

April book: "The Diamond of Drury Lane," by Julia Golding

In person at the library and streamed simultaneously via Zoom

Adult Book Group

Third Thursday of the month, 3:00-

4:00 p.m. Next meeting: April 20

April book: "Purple Hibiscus" by Chi

mamanda Ngozi Adichie

In person at the library and streamed simultaneously via Zoom

Dean's list announcement

Katherine E. Callahan was named to the dean's list for the fall 2022 semester at the University of Michigan in Ann Arbor, Michigan. Katherine was also the recipient of the William J. Branstrom Freshman Prize, which is given to first term freshman who rank in the upper five percent of their class within their school or college.



"21 years of opening doors and forging relationships"

Mary Elizabeth Libby



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Friends news and notes: Join us for classes on cultivating well-being

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

Recent scientific research has shown that nature is beneficial for our mental, physical and social well-being. This spring, the Friends of Fort Williams Park are sponsoring two classes with registered horticultural therapists (HRT) Colleen Griffin and Laura Simonds-Rumpf that focus on well-being through nature.

Different than our typical park programs, participants in these wellness walks will be guided to pause and reflect and connect with nature through sensory input, stopping at various resting points along the way. Classes will also include

hands-on activities, such as collecting small natural artifacts and creating designs on fabric using flower pounding techniques.

We hope that you will join us. To learn more about these classes or to register, visit www.fortwilliams.org. For more information about horticultural therapy and to see photos of activities, visit: <https://www.cultivatingwell-being.com/>.



2023 Cape Challenge is May 21



Photo by Jim Neuger

Above, runners at the 2022 Cape Challenge. This year's race will be held on May 21; registration is now open.

Mark your calendars for the 2023 Cape Challenge 5K, which will be held this year on Sunday, May 21. Sign up for the race at: <https://runinarace.com/CapeChallenge/>.

Sponsored by RE/MAX Oceanside and other generous local sponsors, the race will include a Fun Run for children ages 8 and under scheduled for 8:30 a.m., a 1-Mile Dash for children ages 12 and under at 9:00 a.m. and the 5K Cape Challenge at 9:30 a.m.

Proceeds from this event benefit the Cape Elizabeth Pond Cove, Middle School and High School Parents' Associations. An awards ceremony, along with a drawing for prizes for the Cape Challenge Raffle will begin at 10:15 a.m. in the Pond Cove/Middle School Cafeteria.

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

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

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



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How Serious Is Cape Elizabeth about Addressing Housing in Our Community?

"The Secret to Making Progress is Getting Started" ~ Mark Twain

What has the Housing Diversity Study Committee (HDSC) been doing?

In a split (3-3) vote in March, the newly formed HDSC rejected a motion that would have sent a recommendation to the Town Council to commission a feasibility study of Cape's largest parcel of town-owned land. The parcel in question has been estimated to contain at least 10 acres of buildable land.

What does this vote mean for the committee and our community?

The HDSC's sole purpose is to examine options for housing, so the vote came as a surprise. How could they reject something with such great potential, out of hand? After all, the HDSC was established by the Town Council as a temporary advisory committee to research further the housing needs and issues as perceived by the residents of Cape Elizabeth. A specific charge of the committee is to examine the donation of municipal land for affordable housing projects – including identifying potential locations. Have personal biases and political agendas already poisoned this committee from fulfilling its mission?

Why was this vote significant?

According to research in the recent Housing Diversity Study by Camoin Associates, it was revealed that just 10 acres would allow for up to 50 starter homes or 100 clustered cottages. With multiplex units, 100 townhouses or 140 duplex/triplex could be built. That's roughly the impact of adding another Colonial Village. Are there 10 acres (or more) available for development? Thanks to the HDSC, we may never know.

Want to have your voice heard?

To function properly, the Town Council depends heavily on committees to do in-depth research and report ALL aspects on a given project. This particular vote by the HDSC simply failed to fulfill that mission. Clarity in government is essential. Together, we can make a difference. If you agree a feasibility study is the first step in determining what's possible, please join us and email the Town Council at cetowncouncil@capeelizabeth.org today!

What is the Cape Neighbors Alliance?

We are a group of citizens who believe that good governance happens when our community is heard, processes are transparent, and personal agendas are set aside. We intend to stand with our neighbors and our community to ensure this vision becomes reality.

Paid for and Authorized by the Cape Neighbors Alliance | capeneighborsalliance@gmail.com

