

# The Cape Courier

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Jan 17 - Feb 6, 2024

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*In the Spirit of Community*

## News from December 11 Town Council meeting

By Hanna Gilley

### Convening of the Meeting and 2024 Town Council Chair Appointment

The Town Clerk began the meeting by swearing in two new Town Council members, Stephanie P. Anderson and Timothy J. Thompson, as well as two new School Board Members.

The first official business to the meeting was the swearing in of the new Town Council Chair Timothy Reiniger which was moved by Councilor Thompson and seconded by Councilor Anderson. Councilor Penny Jordan voted “no” and shared her “concerns of Reiniger’s ability to lead and competency with policies and procedures.” Councilor Caitlin Jordan Harri-man voted “no” for the same reasons as Councilor Jordan. Councilor Gillis shared her support of Chair Reiniger’s appointment by saying that “you may not agree with him all the time, but he has the best interest of the town.” Councilors Ander-

son and Thompson added their statements of support with Councilor Thompson saying that Reiniger is “willing to take up issues that are somewhat challenging” and that he would “like to see the council and Cape Elizabeth out of the newspaper this year.”

Chair Reiniger thanked the council and the members of the community “for this great honor.” He expressed that he would share Councilor Gabrielson’s past “model of excellent leadership and treating everyone with great fairness on the council.”

### Town Council Reports and Correspondence

Councilor Jordan gave an update on the School Building Advisory Committee. There is a website available as a “single site and source of all things school board advisory” at [www.CEBuildingProject.com](http://www.CEBuildingProject.com)

-see TOWN COUNCIL page 5

## Coloring Contest winner



Contributed photo

Congratulations to our December coloring contest winner Eleanor Krause, age 5, Pond Cove kindergarten student! We had a record amount of amazing submissions. Thank you to all who participated. Look out for more contests in future issues of The Cape Courier newspaper. Keep on coloring!

## Bottle shed grants support Cape Elizabeth youth

By Cape Elizabeth Recycling Committee



Contributed photo

Cora of Cape Elizabeth donates her family’s deposit redeemables to the bottle shed at the Recycling Center.

Did you know that every bottle and can that you donate to the bottle shed at the Recycling Center supports activities for Cape Elizabeth youth? These donations have been helping kids for nearly ten years.

In 2023, Cape residents donated nearly

half a million deposit redeemables – generating \$20,000 in funding for programs that engage young people in sports and other activities. Last month the Cape Elizabeth Re-

-see BOTTLE SHED page 8

## Cape Elizabeth Housing Committee delivers final report

By Kevin St. Jarre

The Housing Diversity Study Committee for the town of Cape Elizabeth delivered its final report to the town on December 31. The report included over 60 specific recommendations with the intent of promoting the creation of diverse and affordable housing options within the town.

The report recommends that the town establish its first ever affordable housing production goal of 125 affordable units within the next 10 years, and an additional 50 accessory dwelling units or ADUs.

Kevin Justh, chair of the Housing Committee, remarked that “these are Cape Elizabeth solutions to our own unique problems and land use patterns. By having Cape Elizabeth citizens make Cape Elizabeth policy, we can move our town into fiscal resilience for the next generation.”

Justh said that the policies fall into a few “buckets.” First is adapting the town’s current zoning ordinance to reflect the actual environment as currently built, which includes existing diverse densities across the town.

The second is a recognition that financ-

ing arrangements, especially private financing, and state and federal sources of financing, create close to 95 percent of affordable housing in Maine and require adaptation of zoning to be effective.

Third, the Housing Committee, Justh explained, seeks to empower homeowners and businesses to create solutions based on their individual and unique needs, by reducing regulatory hurdles.

Finally, Justh said that by recognizing the importance of ADUs in diversifying housing stock, the Housing Committee recommends that the town increase the maximum size of an ADU to 1,100 square feet, allow two ADUs per lot, provided it is physically possible, and remove the recent restriction around creating ADUs in existing outbuildings.

The Housing Committee also evaluated town-owned land for use in meeting housing creation goals. Further study was recommended on multiple parcels, including an historic 1933-era building within the existing school campus, which if deemed obsolete for school use could be repurposed into housing.

-see HOUSING page 4



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## ‘Disappointed by the scheme employed’

I am disappointed by the scheme employed by the Town Council to repeal zoning ordinances intended to address the need for affordable housing. These ordinances were adopted by a predecessor council a month ago after a 16-month process that included two public hearings. They relaxed existing zoning restrictions beyond state imposed minimum requirements to the consternation of the new council. Clearly the council has the right to amend existing laws, but only if it adheres to the spirit of the laws from which it derives its authority and only after a fair and fully transparent process.

At the November meeting a council member who has been a consistent opponent of the ordinances, in concert with another member, voted for their approval, against her true opinion, only so that she could later invoke a changed-my-mind provision not intended for this type of chicanery. The newly constituted Town Council endorsed this shenanigan by a vote of 4-3, even after a warning from the town lawyer that they were possibly engaging in an illegality.

The process by which the reconsideration rule was invoked to repeal an existing law makes no sense: had the Town Councilor cast an honest vote initially she could not have requested reconsideration. It makes no sense that by casting a dishonest vote she preserved her right to do so.

Reasonable people can have differing opinions about the merits of the recently repealed zoning ordinances. But all Cape Elizabethans should be concerned by the ends-justifies-the-means plot by which they were overturned.

Terry D. Garmey

## ‘Thankful for Maureen’s unwavering dedication’

I want to express my sincere gratitude to Cape Elizabeth Town Planner Maureen O’Meara for her exceptional work in securing the recent grants for the removal of the section of Sawyer Road located at Spurwink Marsh. As a resident, I am thankful for Maureen’s unwavering dedication to the town and her exceptional ability to secure funding for important projects.

Thanks to Maureen’s hard work, the town has received a remarkable \$1.6 million grant from The Maine Natural Resource Conservation Program (MNRCP) and a \$400k grant from the National Fish and Wildlife Foundation (NFWF). These grants will save Cape Elizabeth citizens millions of dollars in what otherwise would have been a project with an investment between \$2.6 million and \$6.4 million to replace the failing culvert and elevate the chronically flooding road.

Once again, I want to express my immense gratitude to Maureen O’Meara for her unwavering efforts in securing funding and providing valuable guidance for this project. Her work will have a profound and positive impact in our efforts to address the challenges posed by climate change. We are lucky to have her on our team.

Nicole Boucher

# Leaf blower stolen, dog bite complaint reported

Reported by Debbie Butterworth

## PUBLIC INFORMATION

- 12-1 An officer met with a resident who reported suspicious activity on one of her bank accounts. She notified her bank.
- 12-4 An officer met with a resident of the Fowler Road area regarding a suspicious person complaint.
- 12-5 Two officers responded to a residence in the Sawyer Road area for a domestic disturbance.
- 12-7 An officer met with a resident of the Shore Road area regarding a missing car. The car was located; a family member had taken the vehicle.
- 12-7 Two officers responded to a residence in the Cross Hill area for a person refusing to leave.
- 12-11 An officer spoke with a resident regarding a telephone harassment complaint. The officer made contact with the suspect and issued a warning. The subject stated he understood.
- 12-13 An officer met with a resident of the Shore Road area who reported several unauthorized charges on his credit card. He contacted the credit card company and the card has been canceled.
- 12-16 An officer met with a resident of the Shore Road area regarding the theft of a backpack style leaf blower.
- 12-18 An officer met with a resident of the Oakhurst area regarding a dog bite complaint.
- 12-19 An officer met with a resident of the Ocean House Road area regarding a possible missing person.
- 12-19 An officer met with a resident of the Ocean House Road area regarding a possible theft complaint.
- 12-26 An officer met with a resident of the Shore Road area regarding unauthorized charges on his debit card.
- 12-30 Two officers responded to a residence in the Ocean House Road area for a domestic disturbance.

## SUMMONSES

- 12-5 Cape Elizabeth resident, operating vehicle using hand held device, Route 77, \$85
- 12-5 Cape Elizabeth resident, operating vehicle using hand held device, Route 77, \$85
- 12-5 Cape Elizabeth resident, failure to maintain control of vehicle, Sawyer Road, \$134
- 12-5 Cape Elizabeth resident, operating under the influence of alcohol, Sawyer Road
- 12-9 Cape Elizabeth resident, speeding (59/35 zone), Spurwink Road, \$230
- 12-13 Cape Elizabeth resident, operating vehicle using hand held device, Route 77, \$85
- 12-14 Everett, Massachusetts resident, operating

- without a license, Fowler Road
- 12-15 Cape Elizabeth resident, operating after license suspension, Fort Williams, \$325
- 12-15 Cape Elizabeth resident, uninspected vehicle, Ocean House Road, \$148
- 12-29 Cape Elizabeth resident, speeding (39/30 zone), Shore Road, \$114

## JUVENILE SUMMONSES

- 12-6 Cape Elizabeth resident, leaving the scene of an accident, operating without a license, Running Tide Road
- 12-6 Cape Elizabeth resident, speeding, (45/35 zone), Spurwink Avenue, \$129
- 12-22 Cape Elizabeth resident, violation of interim license, Ocean House Road, \$385

## ACCIDENTS

- 12-5 Chelsea Huntington, Stephanie Fortier, accident on Ocean House Road
- 12-5 Peter Connolly, Jeffrey Thayer, accident on Sawyer Road
- 12-6 Edmond Frigard, accident on Running Tide Road
- 12-8 Matthew Bourque, accident on Ocean House Road
- 12-11 Jersi Mcgonigal, Abigail Wark, accident on Ocean House Road
- 12-11 Aimee Parker, accident on Ocean House Road
- 12-13 Eric Gurney, Allison Dickey, accident on Ocean House Road

## FIRE CALLS

Fire calls: 31; EMS calls: 76

# Troop 30 Open House

Boy Scout Troop 30 invites boys 5th grade through age 18 and their parents to join them in the Lions' Clubhouse at 1 Wheeler Road, on Wednesday, January 24 for an open house from 7-8 p.m.

Begun in 1910, Scouting is a world-wide program that encourages youth to build and develop, through organized outdoor activities, a life-long love of learning, academic skills, self confidence, leadership, ethics, citizenship and stewardship of the environment. Scouts and visitors will participate in a number of activities that showcase the values and skills that makes Scouting fun, helps our youth to become the best version of themselves and to be prepared for life.

If you know a young person interested in joining Scouting, please contact Assistant Scoutmaster A.J. DiNinno at [beprepared73@icloud.com](mailto:beprepared73@icloud.com) or 207-272-9092.

# Scam alert bulletin board

By Jessica D. Simpson

## Three Words for the New Year

It's New Year's resolution time. It's time to make a commitment to be fraud aware in 2024. For the next 52 weeks, like clockwork, scammers will be on the prowl looking to steal our money or sensitive information. Instead of making one pledge this New Year make a resolution to remember these three words: stop, think and verify.

Criminal scammers need one thing to be successful. They need to get their victims into a heightened emotional where they don't take the steps they normally do before making a decision – many call this being in “the ether.” Once someone is either so scared or excited and motivated to take action quickly they can miss some of the typical warning signs of a scam. This is where the three words can help.

Before making any sudden decision involving money, try and stop by disengaging from the call, text or email. Once you have pressed pause think about how this situation or opportunity got put in front of you. Is it

logical, does it make sense? And if you think it might be legitimate, then verify it on your own by contacting the source through other means, not the phone number or link that was sent to you.

Stop, think and verify: these three simple words when accompanied by action could save you and your family a lot of money and emotional trauma.

## Credit Repair Scams to Erase Debts

If you're like a lot of people, you spent a lot of money this holiday season and you might be in the mood to tackle your debt in the New Year. Getting yourself out of debt is hard work. It takes time and discipline. Be wary of offers of guaranteed quick fixes. Fraud criminals use all sorts of pitches to claim to help you become debt-free. These offers usually involve up-front fees, bad advice like stopping communication with your creditors and vague details on what services they actually provide. If you need help getting out of debt, turn to an organization like the nonprofit National Foundation for Credit Counseling.

# Lions Club to host traditional spaghetti dinners

Happy 2024 to all Cape Elizabeth residents. One of the popular events during the winter is the Cape Elizabeth Lions Club spaghetti dinners. The first of these events is on Saturday, January 27, from 5:00-7:30 p.m. at the Bowery Beach School House, 1 Wheeler Road, Cape Elizabeth. The Lion's Club has committed funding to a significant number of nonprofit organizations and scholarships during their 2023-2024 club year. Proceeds from their spaghetti dinners are in part used to fund these charities and the January 27 dinner is one of three dinners offered to support Cape Elizabeth charities during the winter months.

The cost for the spaghetti dinner is \$12 for adults, \$6 for children under 12 and preschoolers are free. The dinner consists of all

you can eat at the clubhouse or take to-go and consists of spaghetti, garlic bread, salad, and desert. If you eat in soft drinks are provided and BYOB is permitted. Two types of sauces are offered, meat and vegetable. Gluten free pasta is available on request.

In the past attendees have used this event as a night out with the kids, relatives and friends. It is a great venue to celebrate a birthday or other special occasion with candlelight on the tables and Italian background music.

Questions may be directed to Mark at 321-9393 or email at: [lionsclubceme@gmail.com](mailto:lionsclubceme@gmail.com).

Because of its popularity there will also be spaghetti dinner events on Saturday, February 24 and Saturday, March 23. Please mark your calendars.



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# News from the School Board

By Elizabeth Scifres

You are invited to join the Cape Elizabeth School Building Advisory Committee (SBAC) at a public forum on February 1 at 6 p.m. at Town Hall.

Seven preliminary design options for our schools will be presented. We invite community feedback on these options before the SBAC votes on February 15 on 3 options to develop further. Save the dates for these additional public forums to review design options (both to be held at Town Hall):

- Thursday, April 4, 6 p.m. - Presentation of 3 preferred options (public feedback period to follow before SBAC votes on April 25 on 1 supported option to develop further)
- Thursday, June 6, 6 p.m. - Presentation of the final supported option to be recommended to the School Board and Town Council, for a November 2024 referendum. If you are unable to attend the forums, you can watch the livestream on Zoom or via CETV. For more information, visit: <http://www.capeelizabethsbac.com/>

Budget season is upon us and we encourage the public to stay informed. Here is the schedule for FY25 School Budget workshops:

- Tuesday January 23, 6 p.m., CEHS Library: Original Request Budget, presented by the District Leadership team. This is the beginning of the workshop process where principals and directors present their needs-based budgets, to include evaluations of new programs or positions from last year, program or position proposals, enrollment and staffing information, etc. Public comment welcomed.
- Tuesday February 27, 6:30 p.m., CEHS Library: Budget Review and Updates, Q&A. School Board members will have submitted

questions about the Original Request Budget for further explanation/scrutiny. Public comment welcomed.

- Tuesday March 19, 6:30 p.m., CEHS Library: Budget Topics, Review, and Updates, Q&A. Public comment welcomed.
- Tuesday March 26, 6:30 p.m., CEHS Library: Budget Topics, Review, and Updates, Q&A. Public comment welcomed.
- Tuesday April 2, 6:30 p.m., CEHS Library: Budget Topics, Review, and Updates, Q&A. Public comments welcomed.
- Tuesday April 9, 6:30 p.m., Town Hall Chambers: Budget Adoption at Regular Business Meeting
- Monday April 22, 6 p.m., Town Hall Chambers: School Board Budget presentation to Town Council
- Monday May 6, 7:00 p.m., Town Hall Chambers: Town Council Public Hearing on School budgets
- Monday May 13, 7:00 p.m., Town Hall Chambers: Town Council Vote on School Budget
- Tuesday June 11: School Budget Validation Vote: Citizen vote on school budget

## Judy's Pantry - a community feeding itself

Judy's Pantry operates at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of each month from 3 - 4:30 p.m.

Prior registration is necessary. Please contact Beth Owens: [bethowens1@gmail.com](mailto:bethowens1@gmail.com).

# News from December 19 Town Council meeting

By Hanna Gilley

## November 21, 2023 Meeting Minutes Approval

The Planning Board asked for approval of the November 21 meeting minutes. The motion was introduced and passed unanimously with no discussion from the board.

## Tasty Box LLC Pond Cove Shopping Center Site Plan Change of Use

Yucheng Wang is requesting a change of use from village retail to restaurant for unit #8 in the Pond Cove Shopping Center located at 327 Ocean House Road (U21-3B), Sec. 19-9, Site Plan Completeness and Public Hearing.

An interpreter was present on behalf of the applicant to help with translating the meeting. All members of the board had thoroughly re-

viewed the application prior to the meeting, and Jim Huebener moved that the application was deemed complete. This was seconded by Derek LaValle with no discussion from the board.

Chair Sahrbeck made a motion on the application itself. He said there were no issues related to the site as it was a change of use from a clothing store to a restaurant serving Chinese food. There are no proposed changes to the actual site with regards to traffic and parking as it was noted by Sahrbeck that Route 77 has significant capacity and the plaza has numerous access points and parking spots. There will also be no changes to pedestrian circulation, utilities, stormwater, landscaping or parking needs.

Chair Sahrbeck made a motion for approval and it passed unanimously by the board.

## Housing

Continued from page 1

Other sites include the excess land and parking behind the town hall building, and a 7.25 acre parcel of land just south of the town center district. The committee also recommended a full recreational needs assessment to determine if consolidation of athletic facilities could free up additional space for housing production.

The committee deemed the northern section of Gull Crest as not recommended for housing development, due to the physical challenges and costs documented by the town in a July 2023 study.

Additional financial challenges, and adjacent land issues such as wetlands, an abandoned landfill, the active town dump and compost facility, as well as the availability of multiple other areas and parcels of land, were cited as reasons to not pursue this site any further.

In delivering these recommendations, the Housing Committee completed a comprehensive survey of town residents, and by large margins residents support all of the policies presented by the Housing Committee. The next steps are to continue to inform the public of the results of the committee's work, while the Town Council may move to adopt necessary ordinance changes.

In closing, Chair Justh said, "...developers should take notice: Cape Elizabeth wants affordable housing. We want all kinds of families to be able to live here, seniors to be safe and secure and our workforce to find housing that meets their needs. The town will welcome private investment and development, especially in our town center and other walkable areas, but we will work with housing creators to advance the town's public policy goal of providing new affordable housing options in Cape Elizabeth."

The entire report is available online at the Cape Elizabeth website.

## 2024 Publication schedule

Issue No	Ad/Copy Due	Issue Published
01	Jan 5	Jan 17
02	Jan 26	Feb 7
03	Feb 9	Feb 21
04	March 1	March 13
05	March 15	March 27
06	March 29	April 10
07	April 12	April 24
08	April 26	May 8
09	May 10	May 22
10	May 24	June 5
11	June 7	June 19
12	June 21	July 3
13	July 5	July 17
14	July 26	August 7
15	Aug 9	August 21
16	Aug 23	Sept 4
17	Sept 6	Sept 18
18	Sept 20	Oct 2
19	Oct 11	Oct 23
20	Nov 1	Nov 13
21	Nov 15	Nov 27
22	Dec 6	Dec 18

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## Town Council

Continued from page 1

com. Councilor Jordan also shared that in the next few months there will be chances for community engagement, including for financial plans and funding strategies and that “we want to hear from everybody.”

### Town Manager’s Report

Town Manager Matt Sturgis shared that the November 30 Climate Action Plan Workshop at Thomas Memorial Library was a very well attended event with around 60-70 attendees. He also shared that the tree lighting on December 8 hosted by The Cape Courier and the opening event at Cape Ice Arena on December 7 were also well attended events and “hopes of another successful season of skating.”

### Items #3-2023 through #14-2023 Various Elected Appointments

The council recognized several new appointments that included: Timothy Thompson to Finance Committee Chair; Stephanie Anderson, Timothy Thompson, and Caitlin Harriman to the Ordinance Committee; Susan Gillis, Jeremy Gabrielson and Penny Jordan to the Appointments Committee; Stephanie Anderson and Timothy Thompson to School Building Advisory Committee; Penny Jordan as Representative to the Greater Portland Council of Governments General Assembly Metro Coalition and Matt Sturgis as Representative of the Executive Committee; Timothy Reiniger as Representative to the MMA Legislative Policy Committee and MMA Convention Delegate; Susan Gillis as Representative to the Portland Jetport Noise Advisory Committee; Caitlin Harriman as Representative to the Thomas Jordan Grants subcommittee; Timothy Thompson as Vice Chair of the Museum at Portland Headlight; Jeremy Gabrielson to the ecomaine Board of Directors, and Angela Frawley as Town Clerk.

### Public Comment on LD2003

The Town Council heard many public comments on LD 2003 in the chamber and through remote participation particularly the agenda item to reconsider the November vote that passed the ordinance.

Gretchen Noonan shared that she was “really concerned” and was “not going to stay silent.” She further shared that the motion to reconsider put up by Councilor Gillis was a “premeditated effort to circumvent the established rules of order.”

Eliza Matheson wants Cape Elizabeth to be a “multigenerational community” and believes that further restricting the ordinances doesn’t seem to be the right way for-

ward “when we have such a housing crisis.”

Jaime Garvin, past Town Council member, was “appalled” to watch Reiniger and Gillis cast “clearly disingenuous and self-serving votes on the LD2003 ordinance changes” in November and that the “clear intent was to through sand in the gears and manipulate the process.” He urged the council to submit their changes through “normal order.”

Jenny Smith Brock said that “really clear thinking and thoughtful work” was put into the ordinance changes and that she was “really disappointed.” Meagan Rock shared similar thoughts and urged the council to “continue with the vote that was recommended and not to deviate onto this path.”

Jessica Sullivan said she “refused to be shamed by anyone about the gorgeous town we live in” and was “saddened to hear these characterizations...and am hoping the lack of decorum exhibited by council members in recent years will be changing.” She also stated that she personally hoped the motion to reconsider passes because she “would like to hit the pause button” on the LD2003 ordinance changes.

### Vote to Reconsider LD2003 amendments made November 2023

Councilor Gillis made a motion to reconsider the LD2003 amendments made during the November 2023 meeting which was seconded by Councilor Thompson. Gillis stated, “I want to make something perfectly clear: my position on the ordinance committees’ changes has nothing to do with affordable housing and everything to do with government overreach.”

She continued by saying that it is her “job to protect and keep local property rights in the hands of the community and the taxpayers.” She further explained her positioning by saying that Councilor Reiniger had presented an alternative proposal that made fewer changes to the current town ordinances but which were compliant with the new state law of LD2003 which went into effect statewide on January 1, 2024.

She explained of her decision during the November meeting, “The concerning part to me is the unnecessary changes to lower the barrier for small 4-unit apartment houses in residential zones. As far as the vote thing, after all the discussion, it was real obvious to me the only two people against it were Tim and I. The only option we have to do anything is the motion to reconsider. Yes, I voted for it even though I wasn’t for it because I knew this was the opportunity to overturn it.”

Councilors Jordan and Harriman attempted to explain to other councilor members that if they vote to reconsider and the previous vote from November is changed,

that the town will be out of compliance with state law which opens up the possibility for lawsuits against the town.

There seemed to be procedural confusion among some of the council members and the Chair, as Councilors Reiniger, Gillis, Thompson and Anderson wanted to vote to reconsider in order to immediately put in place Councilor Reiniger’s amended version. Councilors Harriman, Jordan and Gabrielson again tried to explain that this would put the town in a place of non-compliance with state law because the amendment changes drafted by Councilor Reiniger would need to go through normal procedure that includes public hearing and reference to ordinance committee and planning board before going back to the council for a vote. Councilor Harriman said numerous times that it “makes more sense that we stay in compliance and ask for a request for review” and by saying that voting to reconsider was not the only way forward.

Councilor Harriman asked the Town Attorney Mary Costigan: “can the reconsideration vote stand and what is the implication if we are not compliant come January 1?” Costigan explained that “if an amendment is substantially different, it does start the process anew” and Councilor Reiniger’s amendments would be substantially different as it’s a separate document. She said the vote to reconsider is “legally questionable” and also brought up the potential legal implications of new council members voting on a past motion of which they were not part of.

Councilors Gabrielson and Harriman explained that the state law version of LD2003 would address Councilor Gillis’ concerns over the 4-unit apartment buildings and that by keeping the ordinance passed on the books would satisfy those concerns while also keeping the town in compliance.

Councilor Gabrielson asked the Chair to explain the rules for which they’d be voting on the reconsideration motion and Chair

Reiniger said that he found “nothing to support to the town attorney’s opinions” and that “as Chair, I approve going forward.”

There were some loud comments made in the chamber from community members in attendance at the Chair’s comment and decision. Chair Reiniger asked if there was yelling and who it was, to which Councilor Thompson named two individuals and suggested to “kick them out.”

The motion to reconsider passed 4-3, with councilors Reiniger, Anderson, Gillis and Thompson in favor, and Penny Jordan, Harriman and Gabrielson opposed.

There was again what seemed to be procedural confusion as Councilors Reiniger, Anderson, Gillis and Thompson assumed that they could pass Reiniger’s amendments immediately without needing to send the changes to public hearing, planning board, or ordinance review channels. Town Attorney Costigan had to explain that the vote to reconsider was not to overturn a previous vote, and that the council needed to vote again on the same motion as in the November meeting before any other motions or votes could take place.

Councilor Gabrielson said to council members, “If you really care about these amendments all we’re saying is follow the process.”

Councilor Anderson made a motion to amend Chair Reiniger’s amendments by striking the maximum square footage of an ADU from 600 to 800 feet which was seconded by Councilor Harriman. A motion to amend the amendments was passed with Councilors Anderson, Harriman, Jordan, Thompson, and Gillis in favor, and Councilor Gabrielson and Chair Reiniger opposed. The amendments to LD2003 that Chair Reiniger put forward was also voted in favor with a vote of 4-3 and will go into effect on January 11, 2024, thirty days after the vote and which leaves the town in non-compliance for ten days.


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## SBAC to hold public forums

All Cape Elizabeth residents are invited to join the Cape Elizabeth School Building Advisory Committee (SBAC) at a public forum on February 1 at 6 p.m. at Town Hall to learn about the 7 school building project options under consideration by SBAC.

At the forum, 7 preliminary design options for our 3 schools will be presented (preliminary options noted below), followed by a period to collect community feedback. This feedback will help us to narrow down the options to 3 preferred options, and ultimately to 1 final supported option.

Two additional public forums are sched-

uled to review design options (both to be held at Town Hall):

- Thursday, April 4, 6 p.m. - Presentation on 3 preferred options (public feedback period to follow)

- Thursday, June 6, 6 p.m. - Presentation and feedback on the final supported option to be recommended to the School Board and Town Council

If you are unable to attend the forum, you can watch the livestream on Zoom or via CETV. Mark these dates on your calendar and plan to attend these important forums.

**Cape Elizabeth Public Forum**  
to arrive at a supported school solution

**7 Possible Options: Based on Prioritized Needs**

	Option A	Option B	Option C	Option D	Option E	Option F	Option G
Repairs	●	●	●	●	●	●	●
Efficiency Upgrades	●	●	●	●	●	●	●
Security Improvements	●	●	●	●	●	●	●
Healthy Building/Systems	●	●	●	●	●	●	●
Cafeteria Improvements	●	●	●	●	●	●	●
Right Size   Functional Needs	●	●	●	●	●	●	●
Gathering & Collaboration Hubs	●	●	●	●	●	●	●
Agile/Flexible Classrooms	●	●	●	●	●	●	●
Loyal Modification	●	●	●	●	●	●	●
Outdoor Learning & Play	●	●	●	●	●	●	●
New ES	●	●	●	●	●	●	●
New MS	●	●	●	●	●	●	●
Master Plan - Plan for Future School Replacement and/or Modifications	●	●	●	●	●	●	●

Visit the SBAC website at [www.CapeElizabethSBAC.com](http://www.CapeElizabethSBAC.com) or via the QR code below!

**TOWN HALL**  
**FEBRUARY 1, 2024**  
**6:00 P.M.**

We encourage you to join Harriman Architects and the Cape Elizabeth School Building Advisory Committee (SBAC) on February 1st to review 7 preliminary school building design options. Your feedback on these options is critical to arriving at a supported solution.

Contributed photo

The Cape Elizabeth School Building Advisory Committee (SBAC) will hold several upcoming public forums, the first of which is on February 1.

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## Cape robotics program continues legacy of excellence



Contributed photo

Cape Robotics has continued its history of excellence into the 2023-2024 season, with Cape Elizabeth's 6th - 12th grade VEX Robotics Competition (VRC) Team 56 performing strongly at the John Bapst, York, Leavitt and Yarmouth fall competitions. Pictured here is a team photo taken in York, where four Team 56 groups met for an all-Cape final.

Pictured: Seated front: Sam Hebda, Jonah Milton, Ezra Gabrielson, Alex Kang, Aman Khare, Luke Fredericks; Next row: Elijah Doody, Charlie DeBruyn, Finn O'Grady, Hudson Charlebois, (head ref) Hunter David; Seated group, upper left, L-R: Patrick Rolfe, Elliott Hughes, Emmy Scott, Alex Markott, Hailey Fontaine, Bennett Kang, Lorelei Rogers; Standing, front: Ayden Diamond, Brendan Oakley, Erik Frey, Finn Zwintscher, Noah Scott, Jonah Chang; Standing, rear: Nina Perea, head coach Alex Anesko.



Contributed photo

Cape Robotics is often thought of as a high school program; after all, that's where the lab is! But the program extends all the way down to 5th grade. This season, they have more than twenty-five 5th graders participating, by far the largest grade 5 group since before COVID. This fall, students learned to code a virtual robot using VEX VR, a program identical to the one used by competing teams in grades 6 through 12. In December, they started building robots in small groups. Next up, completing a chassis, connecting motors and electronics, and coding them for driving.

Pictured: Xavier Waterston, Alexander Aranout, Victoria Snow, Fleur Hussey, Will Mifflin, Hazel Kerkam, William Schwarz, Hope Gayer, Luan Beltrante, Jackson Holt, Matthew Neely, Will Webber-Flahive, Romeo Cotter, Caroline Cwiklinski, Naveen Perea, Rosamund Hussey, Michael Falk, Vivian Maher, Ilsa Walsh, Sam Proctor, Alden Carter, Bridger Walent. Also seated, Logan Schwartz, a CEHS senior lending a helping hand.

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## 2023 Cape Elizabeth High School Golf Player Awards



Contributed photo

The 2023 Cape Elizabeth High School Golf Player Awards were presented on November 13 at the golf team season ending family/team banquet. CEHS Junior Josie Sparks (left) received the Top Player Award and CEHS Senior Weston Lowe (right) received the Coaches Award.

## The music corner

By Candice Bellinger

As far as new year's resolutions go, professionally speaking I made the choice to only say instructions once in a classroom setting. This small change has had a remarkable effect on the demeanor of my students. While it created discomfort among all of us at first-my almost inability to not repeat myself 3 or 4 times, to the students slowly becoming more attentive and appreciative of the demand to tune in and listen closer, slow down and enjoy the class, get everything out of it; teacher and student. The less I spoke, the more my classes would listen and focus on the day's work and enjoy it. We are all always so surprised when class has ended so quickly. This is the joy of being a teacher, the joy of being a student, the harmony and balance created with an understanding between teacher and student, with an amazing subject to study together.

Personally, I hope to listen more. There is nothing more powerful than music to heal, to bring joy, peace, focus. Whatever you need, music will provide. You just need to find the right genre, singer, instrument to bring the most comfort to you. It is different for each of us. In the nearly four years of writing this column (for the Granite State News), I have never featured these beautiful solo pieces for piano by Franz Liszt. Go to YouTube and type in: "Liszt - The Best of Liszt Solo Piano With AI Story Art."

The opening piece, Consolation No. 3, is hypnotic to say the least and the perfect accompaniment to any arduous task, or to



Photo courtesy of Britannica

Franz Liszt

be enjoyed as the main feature of your attention. There is a resounding richness to Liszt's music. It wraps around you like a warm blanket on a cold winter day; perfect! Take the time in 2024 to treat yourself to the beauty music holds for you.

If you are "tech challenged" and would like my assistance with finding "The Best of Liszt Solo Piano With AI Story Art," please message me at musicwam@yahoo.com. You can also find me on Facebook @ Candice Bellinger.

## Hill Way Home Watch earns accreditation

Hill Way Home Watch has earned fifth-year accreditation from the National Home Watch Association. The NHWA was formed in 2009 in order to establish and maintain the highest industry standards for Home Watch and absentee homeowner services throughout the United States and Canada ([www.nation-alhomewatchassociation.org](http://www.nation-alhomewatchassociation.org)). Home Watch is a visual inspection of a home or property, looking for obvious issues, which means that it is a service that "keeps an eye on things" at your vacation or primary home while you are not in residence. All principals of NHWA Accredited Member companies are background-checked, insured, and bonded.

Owner Leslie Young is a Maine native who studied Criminology at Southern Maine Community College and the University of Southern Maine, graduating in 1988. She served the residents of South Portland for 10 years as a police officer until family commitments took her away, giving her the opportunity to work for 20 years with Cape Elizabeth residents as their recreational coordinator/summer camp director.

Before opening Hill Way Home Watch in 2017, Leslie and her husband Steve had been operating a small property management service for years in Cape Elizabeth, until they were given the opportunity to manage a 10,000-square-foot development. This led to

forming Hill Way Property Management.

Hill Way Home Watch serves Maine's Southern Coastal area: Cumberland, Yarmouth, Falmouth, Portland, South Portland, Scarborough, Cape Elizabeth, Saco, Biddeford, Kennebunk, Kennebunkport, and Wells. For more information, visit [www.hillwayhomewatch.com](http://www.hillwayhomewatch.com).

## Golf balls galore



Photo by Joel Bassett

Joel Bassett enjoys walking his dog on the beach and almost always after a storm, there are golf balls. After a recent storm, he picked up about 120 and had not yet covered the full beach. Bodie the dog likes to grab them and bring them home to exchange for a treat. After collecting them Bassett leaves the golf balls at the swap shop.



Contributed photo

Leslie Young



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# Lantern parade leads way to Community Art Boxes

By Kevin St. Jarre



Photo by Kevin St. Jarre

Many community members participated in the lantern making workshop at Thomas Memorial Library, led by local artist Marie Ahearn. Among the participants were Milo Davis, Abner Joyce, Kendra Davis and Sally Davis.

Recently, Cape Elizabeth children and adults celebrated the installation of Community Art Boxes by first handcrafting lanterns, and then holding an evening Lantern Festival parade which marched to those new art displays.

The Thomas Memorial Library is one of twelve libraries in the country to receive a grant from the American Library Association, supported by The Estée Lauder Companies WRITING CHANGE initiative. The grant, which supports ALA's Civic Imagination Station Pilot program, makes it possible for librarian and artist teams to develop community-based art projects that encourage civic dialogue.

TML Director Rachel Davis teamed up with local artist Marie Ahearn to apply for the grant. Through a series of workshops and coaching sessions with the entire cohort, Davis and Ahearn developed the Community Art Box project, which consists of mini-galleries located around the Cape Elizabeth town center.

The Community Art Boxes display monthly exhibits and artwork created by community members, often united around a common idea or theme. Since last fall, the library has been offering monthly workshops to help community members create artwork in different media, although some exhibits will be displays of treasured or meaningful items, such as those representing family traditions.

For this particular evening, Ahearn taught and helped participants to craft lanterns from wire, reeds, paper and other materials. When all was ready, the artist led a parade of dozens of people into the frigid night air to visit the art boxes, their way lit by the lanterns they carried. Despite the cold, the voices were excited, and there were smiles all around.

For more information, contact the Thomas Memorial Library, or reach out to local artist Marie Ahearn at <https://marieahearndesigns.com>.



Contributed photo

This Community Art Box, directly in front of the Thomas Memorial Library, features art by Lisa Galea Larrabee, titled "Autumn Ramble."

# Pond Cove retirees gather over a cup of coffee



Photo by Deborah Casey

Cape Elizabeth Deborah Casey snapped this photo of Pond Cove retirees enjoying a cup of coffee. Lower left going clockwise are: Suzie Saffer, Debbie Butterworth, Lynn Spadinger, Linda Nickerson, Barbara Powers, Mary Dulac, Deb Twombly, Nancy Pond, Linda Paul, Sue Welch and Nancy Rallis.

## Bottle shed

Continued from page 1

cycling Committee, which manages the Bottle Shed Grant Program, announced that 15 local organizations would receive grants:

- Boy Scouts of America, Troop 30
- Cape Community Arena
- Cape Elizabeth Baseball Boosters
- Cape Elizabeth Boys' Basketball Boosters
- Cape Elizabeth Football Boosters
- Cape Elizabeth Girls' Basketball Boosters
- Cape Elizabeth Historical Preservation Society
- Cape Elizabeth Lions Club
- Cape Elizabeth Soccer Club
- Cape Ultimate
- CEHS Speech & Debate Team
- CEHS Class of 2026 Student Council
- Parents Forum of CEHS
- Pond Cove Parents Association
- Portland and Cape Elizabeth Hockey

Grantees use the money they receive to pay for sports equipment and uniforms,

fund campouts and camporees, support community service projects, provide for student pep rallies and dances, support students' digital access to town historic archives, fund visiting speakers for school programs, provide access to school supplies, and contribute to college scholarship funds. Thousands of children benefit from these programs every year.

Chris Casterella, who applied for a grant on behalf of the Cape Elizabeth Girls' Basketball Boosters said, "We don't charge booster dues to our players' families, so the bottle shed grant is a crucial source of funding. We plan to use the money to buy 'shooting shirts' for pre-game warmups, fund some bonding activities to help integrate new freshmen, and invest in new training tools for the gym."

As part of the grant program, the Recycling Committee encourages applicants to consider how environmental sustainability measures might fit into their programs. The Pond Cove Parents Association, for instance, used part of last year's grant to purchase a recycling box for used markers to help keep them out of landfills. This year, the PCPA has requested money to fund the school's membership in an innovative school surplus program.

"Ruth's Reusable Resources is a non-profit that functions as a school supply store that all 80+ Pond Cove faculty and staff can access for FREE," said Eliza Matheson and Kate Saucier, co-presidents of the PCPA. "Last year our teachers took more than \$18,000 worth of materials from Ruth's. This is a huge cost savings and it keeps surplus materials out of landfills."

Groups that receive grants also volunteer for one or two Saturdays a year to help sort and bag donations at the bottle shed. The assistance helps free up Recycling Center staff to focus on other duties, according to Jay Reynolds, director of Public Works.

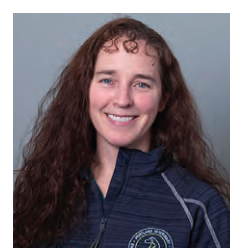
Organizations may apply for a Bottle Shed Grant each year in October by visiting the town of Cape Elizabeth web site. Grants are announced each year in December.

"We're delighted that so many town residents donate their bottle and can deposits to support these terrific youth programs," said Stephanie Austin, chair of the Recycling Committee. "On behalf of all the kids who benefit, thank you!"

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION



# Local business spotlight: Allswell Goods

By Marta Girouard



Contributed photo

A.J. Curran founded Allswell Goods, an outdoor personal care business, after learning about the harmful effects of chemical sunscreens on aquatic ingredients.

About five years ago, A.J. Curran read about the harmful effects of chemical sunscreens on aquatic environments. The more he learned about these chemical ingredients the more he became convinced that mineral sunscreens were the way to go. “I searched for a good while to find a mineral sunscreen that was effective, easy to blend on and packaged responsibly, but came up short, he said. “So I decided I would take a shot at developing one for myself and others to enjoy.”

Curran is the founder of Allswell Goods, an outdoor personal care business, and he recently launched the company’s first product, an SPF 30 Mineral Sunscreen which is water resistant for 80 minutes. Starting a business and getting involved in sunscreen manufacturing were completely new to Curran and he said he has learned a lot. His background in product development and merchandising with 25 years of experience at L.L. Bean in various roles were valuable as he moved through the development process.

The research and development process was a five-year journey for Curran and it began with him first learning about cosmetic formulation and the competitive market. Next he enlisted the help of a formulator to finalize the product ingredients and necessary process steps for production. “This took about a year and I tested eight different rounds here in Maine as well as on trips to Puerto Rico and Costa Rica,” Curran said.

Once that was done, the following and most difficult step was finding a factory who would do the production at the small volumes he needed. This was challenging because sunscreen is regulated as an over the counter (OTC) drug by the FDA. It is difficult for a production facility to make small volumes because they are required to have the proper licensing and inspections. After quite a few failed attempts, Curran finally found a partner who was willing to work with him. They made a sample run which was submitted to an FDA approved laboratory who ran the proper testing protocols. Once Curran received approval, the last step was to order the materials and put everything together for final production.

Curran uses non-nano zinc oxide as the active ingredient in Allswell Goods’ mineral sunscreen. Additionally, the product is a sunscreen balm so beeswax is used, which gives it the right blend of consistency and water resistance. Allswell Goods is committed to packaging and shipping in either metal or paper in order to minimize the use of plastic across the brand. “The cosmetic industry is a major plastic polluter and uses many packages, such as lotion tubes, that are not and have never been recyclable,” said Curran.

When asked what is the most rewarding part of running Allswell Goods, Curran replied that he enjoys being on his own after working for many years in a corporate envi-

ronment. “It is rewarding because I always wanted to be doing my own thing when I was introducing successful products on behalf of the large company I worked for.” But according to Curran it is also challenging because he doesn’t have all the resources he had at a large company so it has been up to him to figure out how to make everything happen. He is currently a one-person team but he is grateful for his family’s support. “Penny the Pug does marketing and Martin the Tabby does operations. In all seriousness though, I have been very lucky to be supported by my wife Daisy and my son Raef. I could not have kept going the way I have if it had not been for them,” he said.

Five to ten years from now, Curran would like to see Allswell Goods as a successful outdoor personal care brand known for great products that are environmentally safe and responsibly packaged. “Skin cancer is a real issue for us humans, nasty chemicals are a real issue for aquatic life and plastic waste is a real issue for the planet,” he said. “Our business can help, in our own small way, by being a responsible producer that takes into account performance and lifecycle when deciding what materials we use. It is a more difficult path to take, but it feels like the right one to us and we hope other folks agree.”

Curran is a long time Mainer/Caper who has lived in the area for over thirty years. He is an avid surfer and you can often find him at Higgins Beach or one of the other local breaks when the surf comes up. “I moved to Cape because of the convenient location and community commitment to education and family. I am blessed to have been able to take advantage of both over the years and look forward to continuing to do so in the future.”

Allswell Goods’ Mineral Sunscreen can be purchased on the company’s website or locally at Black Point Surf Shop, Maine Surfers Union and GoGo Refill. To learn more about Allswell Goods, visit: <https://allswellgoods.com/>. You can also follow the company at Facebook and Instagram @allswellgoods.



Contributed photo

Curran’s first product is a mineral sunscreen; it is SPF 30 and water resistant for 80 minutes.

# Best Buddies Inclusion Skate at the Cape Arena on February 3

The Cape Elizabeth DEI Committee, in partnership with Best Buddies and Cape Arena, is hosting an Inclusion One Hour Skate at the Cape Arena on Saturday, February 3 from 10:00 a.m. - 12:00 p.m.

The event is for the Cape Elizabeth and South Portland Best Buddies chapters and their friends and family. The goal is to increase access to ice skating and winter activities for our community and to create opportunities for people

with I.D.D. to form friendships. The event will also include options of a CELT trail walk, quiet coloring, face painting and a hot chocolate treat.

Participants should bring their own skates, as well as any extra skates for others to borrow—however, you don’t need skates to participate.

Please visit the town’s website to register in advance so the DEI Committee knows how many participants to expect.

# Cape career coach

By Holly Smevog

Hey Cape Courier readers! I’m Holly Smevog, Cape Elizabeth resident since 2000 and your friendly neighborhood Career Coach. I have a knack for helping people manage life’s career journey thanks to years of coaching and my own diverse work history from sunny Silicon Valley and the tech corridor in Virginia to the lovely shores of Maine. I help you find your vocational sweet spot or find solutions to tricky situations.

Let’s make your career adventure a bit more fun! Buckle up for expert advice and practical wisdom served with a dash of humor. Career Coach is here to tackle job puzzles, career crossroads and anything else in life’s planning playbook. Ask about current work, future dreams or even how to handle the office coffee machine—we’re covering it all. Shoot your questions to [careercoach@capecourier.com](mailto:careercoach@capecourier.com). I am ready when you are. Cheers!

Read the first Career Coach Column:

Q:

Dear Career Coach,

I work for a tech startup where employees are allowed to bring their pets to the office. I am not a big animal lover and sometimes it feels like a zoo. It is kind of aggravating. What should I do?

Sincerely,

Furry Distractions

A.

Dear Furry Distractions,

Navigating a workplace with pets can be challenging and not for every one. I get that! First, consider creating a designated quiet workspace in the office to minimize interruptions. If that’s not possible, can you negotiate for such a space? Second, if your relationships are strong, open up communication with your pet-owning colleagues. Are there boundaries that make sense? Share your needs, when you need focused work time, and maybe together you can find solutions to manage the office pets. Additionally, noise-canceling headphones might provide some temporary focus for you.

On another note, many companies are adopting hybrid work models. While I don’t suggest avoiding the issue, exploring the possibility of working from home a few days a week might be worth considering. Last, your workplace sounds fun and unique- are there ways you take advantage of this? Perhaps bringing a low-maintenance pet, like a fish, would make you feel better and provide entertainment. Finding a balance between productivity and the fun atmosphere, and also keeping your cool, will help you thrive in this creative environment.

Best,  
Career Coach

## Town of Cape Elizabeth 2024 Dog Licenses Now Due!

**Dogs 6 months  
of age are  
required by state  
law to be  
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**Registration deadline is December 31, 2023.**

**Dogs registered after January 31, 2024 will be charged a \$25/per dog late fee in addition to the license fee.**

**Current rabies and spaying/neutering certificates are required.**

**Dogs may be registered at the Tax Office at Town Hall or online at [www.capeelizabeth.com](http://www.capeelizabeth.com).**

**(Dogs registered after 1/31/2024 must be registered at the Tax Office.)**

# Reduce, recycle, reuse

By Claudia Shedd

Do you have old cross country skis, poles or shoes cluttering up your basement or garage? Some of the skis may even have the older 3 pin bindings.

You can reduce by donating your old, unused and unwanted skis to Portland Gear Hub, the non-profit bike and gear store at 155 Washington Avenue.

These skis will be recycled when the staff at Portland Gear Hub cleans, waxes and tunes them, removes the old 3 pin bindings and installs new bindings compatible with the newer style cross country ski boots.

If you prefer to reuse your old but well loved skis (as I do), you can ask the staff at Portland Gear Hub to refurbish your skis, remove the old bindings and then install new bindings.

Portland Gear Hub supports its mission through bike and ski repairs and sales. Since its inception in 2014, Gear Hub has redistributed 4,454 refurbished bicycles to the community. They have reached over 1,000 students with their free earn-a-bike program. In 2022, 70% of the students in the earn-a-bike program identified as persons of color and as multilingual. Every summer, Gear Hub hosts three Kids Bike Parties to provide children under 12, without the economic means to purchase a new bike, the opportunity to receive a free bike and helmet.

I am one of over 450 volunteers supporting this work. I will happily pick up any skis that you would like to donate and bring them to Portland Gear Hub. Please reach out to me, Claudia Shedd, at [jcdnsheddd@gmail.com](mailto:jcdnsheddd@gmail.com) to set up a time for pick up.



Contributed photo

Gearhub staff refurbishing skis.

# Capetons: Twenty-Twenty Four

By Jeff Mandell



## CELT winter programs

Please register for the following programs through Cape Elizabeth Community Services, <http://www.capecommunityservices.org/> and contact the Cape Elizabeth Land Trust with any questions at 207-767-6054.

All participants must register at least 48 hours in advance of the program to receive notification regarding changes or cancellation. Each program is \$6.

### CELT's Crosstown Winter Walk

Join Cape Elizabeth Land Trust (CELT) member and Maine Master Naturalist Amy Witt, and CELT Stewardship Committee member, Hans Hackett for our winter Crosstown Walk.

Beginning at Kettle Cove State Park, this walk will traverse over eight miles of both Town of Cape Elizabeth and CELT trails highlighting Cape's great places. The walk takes approximately four hours and includes a BYO lunch stop with hot beverages at the CELT Office.

Hikers will meet at Fort Williams Park and carpool to Kettle Cove.

Participants should be 12 years or older; please call about younger ages. This trail can be icy this time of year, be prepared with ice

traction.

Saturday, February 17, 10:00am – 2:00pm

Meet at Fort Williams Park (the plowed parking lot closest to the lighthouse)

### Animal Tracking for Families

Join Cape Elizabeth Land Trust Education Coordinator Ali Gustavson at the Great Pond Fenway Rd. trailhead to learn common winter animal tracks and practice tracking.

Participants will receive a hand-held track guide that they will then use to identify and follow various tracks along the trail. Warm, dry clothing and footwear are a must.

Children attending should be at least 6 years old, and accompanied by an adult. Outing is subject to acceptable weather conditions.

Wednesday, February 21 10:00-11:30 a.m.

Meet at the end of Fenway Road  
\$6/parent & 1 child

### Amphibian "Big Night" Program

The Cape Elizabeth Land Trust and Thomas Memorial Library are excited to collaborate on a program from Greg LeClair about Maine's Big Night. Greg is a winner of the National Conservation Young Leader Award from the National Wildlife Federation. He also started Maine's Big Night program - a Community Science initiative to protect amphibians.

The program encourages citizens to collect data on migrating frogs during the rainy spring season. Greg is currently studying Ecology and Environmental Sciences at the University of Maine, while also promoting many issues regarding wildlife conservation in the state. Come learn about Maine's Big Night and how you can participate during late April or early May when the amphibians emerge again.

Date: Thursday, March 28

Time: 6:30 p.m.

Thomas Memorial Library

No registration required.

## Tammaro Landscaping

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# Local birding report

By E. Brooks Bornhoffs

For the birds that choose not to migrate south, maximizing calories ingested while minimizing calories spent is the formula for survival during the winter months. Prolonged periods of freezing temperatures, predation and shortages of food all contribute to the probability of birds making it through to springtime.

Not every bird seeks out a tree cavity to pass the long nights. During the cold months Golden-crowned Kinglets are likely to be seen travelling through our woodlands in small "courts" consisting of 3-6 birds. At night, these tiny birdlings typically huddle together deep within the branches of conifer trees. Last winter right before sundown I observed two kinglets disappear into a squirrel nest. Using each other as heat sources alleviates the need for kinglets to search for or return to a more suitable shelter come nightfall.

The Black-capped Chickadees' feet keep from freezing by effectively transferring heat between outgoing and incoming veins, thus allowing for a continuous flow of blood while roosting or perching. At night chickadees seek shelter in tree crevices or unused cavities, dropping their internal temperature to reduce the rate of heat loss. Chickadees, like kinglets, also travel in groups, constantly foraging for food such as seeds and insects like frozen caterpillar and spider eggs which are hidden under leaves and bark. When one chickadee finds food, its mates quickly notice and join in.

Woodpeckers are the only birds that make themselves a shelter specifically for overwintering in the winter. A winter nesting cavity is used nightly and is almost always in a standing, dead or dying tree versus springtime nesting holes which are excavated within more solid wood. Interestingly, for the Downy, Hairy and Red-bellied Woodpeckers their wintering holes are generally no more than six feet off the ground which is at least three times lower than their breeding season nesting cavities.

Unlike our migratory little House and Winter Wrens, the Carolina Wren will often spend the winter in the same territory it had previously nested in. Carolina Wrens living in Cape are towards the northern edge of their breeding range and are more susceptible to the perils of cold weather. For added safety and warmth, Carolina wrens forage and roost in pairs during winter months. When the wren's summer nest is no longer available it will seek out former nests of other birds or dry places to roost like sheltered corners of decks, porches and barns.

Additionally, when Carolina Wrens sleep their fluffed-up feathers reveal luminous-looking white spots that are otherwise invisible during the day. Although no scientific conclusions have been made, the spots are thought to possibly be a unique camouflage allowing a roosting wren to resemble a pinecone.

In early January a few years ago I was pruning trees and shrubs in our backyard. I went to cut out a dead branch from an old Blueberry Bush and suddenly from the depths of this hollowed out snag sprang a

Brown Creeper. I felt awful that I had disturbed this poor creature who now, at such a late hour, was forced to search for a new place to shelter. Ever since that day I have been more mindful about cutting down trees or shrubs for you never know who might depend on it for survival.

A couple additional mentionings from the field and yard include, on January 1 I heard the silvery tsee-ler winter feeding twitter call of an American Tree Sparrow in a neighbor's field. And on January 3 I finally got around to retrieving and cleaning out the Great-crested Flycatcher Box that I have set up for the last three summers in a boggy area on my property. As the sun disappeared behind the trees my two-year-old son accompanied me down to where the box was located and he patiently watched me climb the ladder to retrieve the box. As I was making my way back down the ladder a Great-horned Owl hooted in the distance.

Great-crested Flycatchers consider shed snakeskin a desirable nesting material and I was hoping to find a piece to show my son. The nest had a very messy appearance to it and as we picked and poked our way through the debris we discovered a cup lined with twigs, leaf litter, bark fibers and bird feathers including turkey. There were also a few pebble sized pieces of what looked like plaster. Although we did not find any snakeskin in the nest box we did discover a treasure of a different sort, a totally intact, unhatched, frozen egg. A Great-crested Flycatcher's eggs are pinkish-white and heavily marked with combinations of black lines and scratches colored in purple and lavender.

And lastly, on the afternoon of January 6 I heard the zree-e-e-e-eet call from a Pine Siskin somewhere high above my house in an Oak Tree. According to eBird, over the last thirty days and within a 10 mile radius of my location, there were a total of five other Pine Siskin reports, each consisting of only one or two birds. These very active little winter wanderers are similar in size and shape to that of a Goldfinch. According to the 2023-2024 Winter Finch Forecast we should see more Pine Siskins in Cape before the winter is through.

# Introducing Quilliam the porcupine



Photo by Jeff Badger

After the first big snowstorm of the season, this porcupine wandered into Jeff Badger's yard to munch on one of the trees. Here he is saying hello; Jeff's son named him Quilliam.

# January naturalist's corner

By Erika Carlson Rhile  
CELT Education Committee Chair

January 25, 12:54 p.m. is the Full Wolf Moon.

Spend time outdoors after dark listening for Great Horned and Barred Owls. Both are winter breeders, looking for mates, claiming territories and nesting. Why in the dead of winter? Less competition! Cold doesn't really affect owls with their feathered insulation. Great Horned Owls can survive temperatures close to forty below zero while keeping their eggs at almost 99 degrees Fahrenheit.

You may also hear the duet of breeding

coyotes. Coyotes breed from late January into February. A mated pair of coyotes will live, hunt and raise pups together for many years, sometimes for life.

This recent snow had me reflecting on how animals face winter. Maine only has three true hibernators: bats, groundhogs and meadow jumping mice. Little brown bats prepare for overwintering in their hibernacula by eating 125% of their body weight in insects. After some significant bulking up, woodchucks lower their body temperature to 40 degrees Fahrenheit and their heart beats 15 times a minute.

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# Thomas Memorial Library offers programs on whales, ocean plastics, pelvic floor health

## Special Events

**Ahoy! Pirate Parade Story Time**  
Friday, January 19, 10:30 a.m.

For ages 3+. Yo-ho-ho! It's a pirate's life for us! Join us for this special story-time with 30-minutes of playful stories, rhymes, songs aboard the Good Ship Story Time.

**Wonder of Whales! Family Discovery Program**

Saturday, January 20, 1:00-2:00 p.m.

All ages. Join us to celebrate the wonder of whales. Learn fun facts about whales, their habitats and what they eat.

Activities will include a game that simulates whale feeding patterns, a station for ocean animal Lego building and mini ball pit oceans for searching for the many different whale species. Come appreciate these massive ocean creatures at this all ages event.

Registration required; sign up on our website.

**A Whale's Tale: Ocean Ecosystems for Families With Children's Museum of Maine**

Saturday, January 27, 2:00-3:00 p.m.

\*\*Event held at Pond Cove School Cafetorium\*\*

All ages. Join our friends from the Children's Museum of Maine and meet a life-sized inflatable humpback whale named Piano.

Explore whale anatomy, touch real whale artifacts and become an ecologist to discover a whale's role in the ocean ecosystem. As we explore ocean ecosystems, we will learn more about the real whale named Piano and discover how she interacts with other animals, including humans.

\*\*This event will start at the Pond Cove School Cafetorium next to the library and end in our library community room.\*\*

Space is limited; register on our website.

**New Weekly Program: Saturday Family Story Time**

Saturdays, 10:30 a.m. (Ages 3+)

Join us for a special weekend edition of Story Time. It will feature all our favorites: songs and stories, bubbles and Belinda the Bear. Geared toward ages 3-5 or anyone who enjoys listening to a solid two stories.

For information about all of the library's other weekly children's programs, please visit the library's website.

**For Tweens/Teens**

**Common Vibes**

Thursdays, 3:00 - 4:00 p.m.

Community, conversation, creativity. If you're a teen looking for any of the above, join us at Common Vibes, a new weekly meeting at TML just for people like you.

Whether you're in it for the crafts, the snacks, the experiences, or simply the chance to vent about whatever's on your mind, Common Vibes is a place and time where you can be yourself. Drop in on Thursdays from 3-4 p.m. upstairs in the teen section to see what you can do at your local library.

January 25 Experience: Board games

with Sierra and Sasha

February 1 Craft: Mason jar luminaries with Kyle

February 7 Experience: Diamond Art with Megan

**TML Teen Atelier**

Saturday, January 20, 3:00-4:00 p.m.

Hey teens: Get messy! Get creative! Visit the TML Atelier. Come spend an hour exploring your unique creativity using different mediums. Registration required; sign up on our website.

**TML Teen Writing Group**

Second Saturday of each month, 3:00 - 4:00 p.m.

February 10

Are you a teen who loves writing? Or are you someone who just loves to read, and feels like trying your hand at creative writing that isn't for school? In either case, our teen writing program is for you.

Join us for monthly meetings where we explore different styles of writing and work on the projects you're most passionate about. Register on our website.

**TLC: Teen Leadership Council**

Last Friday of each month, 2:45-3:45 p.m.

February 23

The Teen Leadership Council (TLC) is a group of young people who want to take a more active role in our library community. TLC makes book and informational displays, provides feedback on the direction of the Teen Space within the library, and even gets the chance to design and lead special programs.

Monthly meetings include snacks, social time, and fun. If you're interested in joining, email Megan Smith, msmith@thomas.lib.me.us, or stop by the downstairs desk and ask for an application.

**Silent Book Club (Teens only!)**

Last Saturday of Each Month, 3:00-4:00 p.m.

February 24

Come meet new people and then ignore them. Welcome to the Silent Book Club, a cozy place where all you need is a book to read. Any book, any format, any chapter. No discussions, no suffering "that" book, no worries about not having enough copies for everyone.

With this book club there's no pressure to finish an assigned book or have intellectual conversation.

Bring your own book or find one while you're here. We will have a few minutes of low-key social time, and then silent reading time accompanied by coloring and light snacks. Past participation is not required for this once-a-month book club

and all teens are welcome.

**PROGRAMS FOR ADULTS:**

**First Friday All-Ages Board Game Night @ TML**

Friday, February 2, 5:30 - 7:30 p.m.

Enjoy an afterhours evening of retro gaming at the library. Come in from the cold and get to know someone new, build community, foster relationships and enjoy friendly competition while playing some board games.

We'll break out our collection of board games, puzzles, and playing cards, but participants are also welcome to bring a favorite. Spread out in the library and play with your friends, or challenge the people next to you. The library will provide drinks and snacks.

Game Night is for all ages. Children must be accompanied by a parent or guardian. Register on our website.

**Fireside Writing @ TML**

Thursdays in January: 4, 11, 18, 25; 5:30 - 6:30 p.m.

In-person at the library

Is writing more one of your goals for the new year? Looking for a comfortable and cozy spot to join other writers? Come to TML's brand new Fireside Writing program.

Starting in January 2024, Fireside Writing gives you the space and opportunity to work alongside fellow writers and reach your writing goals. Bring your laptop or your favorite notebook and join us by the fire for tea and quiet writing time.

Meets weekly on Thursday evenings from 5:30-6:30pm. All are welcome.

**Big Conversations in 10 Short Minutes**

Thursday, January 18, 6:30 - 7:30 p.m. via Zoom

Tuesday, February 27, 6:30 - 7:30 p.m. via Zoom

Throughout Winter 2024, Thomas Memorial Library will be partnering with Prince Memorial Library (Cumberland), Scarborough Public Library (Scarborough), Curtis Memorial Library (Brunswick) and Windham Public Library (Windham) for this new and unique conversation series.

At virtual gatherings throughout the winter, we'll be offering patrons the chance to meet people from other communities across the state for conversations that are as engaging as they are brief. Each hour-long event will randomly pair participants with partners for 10-minute conversations focused on spe-

-see LIBRARY page 13

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*The Cape Courier* is not affiliated with and does not receive funding from the town of Cape Elizabeth.

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## Library

Continued from page 12

cific prompts.

Attendees will get to have three separate conversations with three other strangers from across Maine. Prompts are simple and intriguing. Conversations are non-political. Given just a little bit of space to connect, what might we learn about our fellow humans? Let's find out...!

All are welcome. Please register for this program on the library's website.

### Putting Food on the Table: Fighting Local Hunger, with Don Morrison of Wayside Food Programs

Tuesday, January 23, 6:30 - 8:00 p.m.

In person at the library AND via Zoom

Wayside Food Programs has been increasing access to nutritious food for our neighbors in Southern Maine since 1986.

Wayside's hunger relief efforts include free weekly Community Meals, Mobile Food Pantries, and Kids' Healthy Snacks programs. Their Food Rescue program provides nearly all the food that they share with 70+ partners throughout Southern Maine, including food pantries, soup kitchens, shelters and other social service agencies.

This rescued food not only feeds people, but also keeps millions of pounds of food waste out of landfills each year. Join us as at the library we welcome Don Morrison, Operations Manager of Wayside Food Programs. He'll walk us through what it takes to keep Wayside's multi-faceted day-to-day operations running smoothly to not only fight local hunger, but also to use food as a tool to strengthen community.

Come learn how Wayside increases access to nutritious food in our community, what makes their approach unique, and how you can help. All are welcome!

### (Almost) Everything You Ever Wanted to Know About Ocean Plastics, with ecomaine and the Cape Elizabeth Recycling Committee

Thursday, January 25, 6:30 - 8:00 p.m.

In person at the library AND via Zoom

Did you know that there are trillions of pieces of plastic trash floating in our oceans? Or that this staggering number continues to grow as people continue mismanaging their waste?

Much of the plastic floats at the ocean's surface in areas like the Great Pacific Garbage Patch, where currents diverge. The rest of this errant trash can be found as microfibers floating throughout the depths of our oceans. These tiny plastic particles are a great concern for our environment and our health, as microplastics have even found their way into the human bloodstream.

Join ecomaine and the Cape Elizabeth Recycling Committee for this special presentation about the future of ocean plastics. We'll learn how we can minimize our own pollution and what technologies can help clean up the growing problem of plastics in our oceans. All are welcome.

### Eraser Stamping Workshop, with Marie Ahearn and Rachel Davis

Saturday, January 27, 11:30 a.m. - 12:30 p.m.

At this month's workshop offered in conjunction with the library's Community Art Box project, create your own rubber stamps by carving regular erasers, which you can use to create art piece for display, cards, gift tags, wrapping paper, and more.

This workshop is for adults, but motivated young people are welcome to attend accompanied by an adult; some of the tools used for carving are sharp. Please register on the

library's website.

### What's Up with Your Pelvis?: Pelvic Health, with Pelvic Floor Specialist Jessica Clark, PT

Wednesday, January 31, 2:30 - 4:00 p.m.

In person at the library

Your pelvis is pretty incredible as well as very important to your overall health and comfort.

Join us as we welcome pelvic floor specialist Jessica Clark, PT from Hurt & Co. Physical Therapy to talk about pelvic floor basics and answer your questions. Gain the confidence, comfort and control that comes from a healthy pelvic floor. Take a moment to learn about pelvic floor muscles, common issues related to them and how they function best.

You'll leave with a better idea of healthy habits for pelvic health and a greater understanding of what can help when things are not feeling well. All are welcome.

### Die Well Death Education Session Five: Film Screening: Letting Go: A Hospice Journey, with Leona Oceania of Die Well Death Education

Tuesday, February 6, 6:30 - 8:00 p.m.

In-person at the library

One of the library's goals is to connect people with each other around topics of importance to their lives as individuals and as members of our community. One of the most vital, and often avoided topics, is death. We are pleased to offer a year-long Death Education series facilitated by Cape resident Leona Oceania.

This is a topic-driven discussion that tackles a different aspect of death each month. It takes place on the first Tuesday of every month at 6:30 p.m.

In this fifth session we'll be watching and

discussing the film "Letting Go: A Hospice Journey." For terminally ill patients and their families, hospice can provide an opportunity to find comfort, companionship, and peace in the weeks, days, hours and moments before death.

Taking an intimate look at three patients – an eight-year-old boy with an incurable brain disease, a 46-year-old woman with lung cancer, and a 62-year-old man with an inoperable brain tumor – this program shows how hospice care helps them cope with fear and pain in the final stages of their lives and prepares loved ones for their imminent loss.

In addition to extensive footage of the hospice patients and their families, the program sheds light on the decision-making process of the doctors, nurses, chaplains, social workers, and volunteers involved in hospice. All are welcome and individually wrapped, homemade skull cakelets will be provided.

Registration is not necessary, but if you register, you can receive reminders and updates about recommended resources, or weather cancellations.

For information about all of the library's other ongoing programs, please visit the library's website.

## Dean's list announcements

**Curtis Sullivan**, son of Dan and Joanne Sullivan, a 2023 Cape Elizabeth High School Graduate was named to the deans list at Coastal Carolina University in Conway, South Carolina.

**Christiana Pinette** of Cape Elizabeth was named to the dean's list at Lehigh University in Bethlehem, Pennsylvania for the fall 2023 semester.



### 2024-25 Enrollment Eligibility and Deadlines

Full and Half Day Preschool (Ages 3-4), Full Day Pre-K (Ages 4-5), and Before and After School Care (Preschool-Grade 4)

Cape Care is located in the community center. One Preschool classroom (Max Capacity 12) and two Pre-K classrooms (Max Capacity 15 each). The capacity of Before School Care is 25 students and After School Care is 50 students.

Registration for existing students opens at 8:00 am on February 12th. Registrations received after the opening of new student registration will no longer be considered an existing student but a new student.

#### Pre-K Eligibility

Students must be four years old by October 15th

Students cannot be five years old on or before October 15th

Both child and family must reside in Cape Elizabeth

#### Deadlines

Existing Student Registration Opens on February 12th at 8:00 am

New Student Registration Opens on March 1st at 8:00 am

Registration Closes on March 15th at 4:30 pm (Preschool and Pre-K)

If needed, a lottery drawing for Pre-K students will be held on March 18th

Enrollment notifications will go out via email by March 22nd

Cape Care applications will be available online at [www.capecommunityservices.org](http://www.capecommunityservices.org).

If you have any questions, contact Kelly Phinney at 799-2868.

# CAPE CALENDAR

By Wendy Derzawiec

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

## Wednesday, January 17

School Board Policy Committee, Jordan Conference Room, Town Hall, 4:15 p.m.  
 Town Council Workshop, Jordan Conference Room, Town Hall, 7 p.m.

## Thursday, January 18

CESD Building & Grounds Committee, Jordan Conference Room, Town Hall, 3:30 p.m.  
 SBAC Subcommittee - COMMUNICATIONS, 5 p.m.  
 Fort Williams Park Committee, 6 p.m.  
 School Building Advisory Committee, Town Hall, 6 p.m.  
 Energy Committee, Jordan Conference Room, Town Hall, 7 p.m.

## Tuesday, January 23

School Board Budget Workshop, Cape Elizabeth High School Library, 6 p.m.  
 Board of Zoning Appeals, Town Hall, 7 p.m.

## Wednesday, January 24

School Board Budget Workshop, Cape Elizabeth High School Library, 6 p.m.

## Thursday, January 25

SBAC Subcommittee - COMMUNICATIONS, 5 p.m.

## Thursday, February 1

SBAC Subcommittee - COMMUNICATIONS, 5 pm  
 School Building Advisory Committee - PUBLIC FORUM, Town Hall, 6 p.m.

Recycling Committee, Public Works Department, 7 p.m.  
**Monday, February 5**  
 Town Council Workshop, Jordan Conference Room, Town Hall, 7 p.m.

## Tuesday, February 6

Planning Board Workshop, Jordan Conference Room, Town Hall, 7 p.m.

## Ongoing each week

Al-Anon, 7 p.m. Fridays, First Congregational Church, 301 Cottage Road, South Portland. Parking in rear.  
 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  
 Cape Elizabeth Republican Town Committee, 6-8:30 p.m. first Wednesday of the month, Cape Elizabeth Community Center. Contact: [ccrcme.com](http://ccrcme.com) for Cape information.  
 South Portland/Cape Elizabeth Rotary Club, 6:15 p.m. Wednesdays at 107 Preble Hall, Southern Maine Community College, 2 Fort Road, South Portland. [sp-ce-rotary.org](http://sp-ce-rotary.org).  
 Codependents Anonymous (CODA) group at Cape Elizabeth United Methodist Church. Regular meeting weekly on Saturdays at 10:30 a.m. Call 799-4599 FMI.

# SERVICES

## Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)  
**747-1113**  
[www.capenazarene.org](http://www.capenazarene.org)  
 Sunday School for all ages: 9:30 a.m.  
 Sunday Worship Celebration: 10:45 a.m.  
 Services streamed live or on demand: [watch.capenazarene.org](http://watch.capenazarene.org)

## Cape Elizabeth United Methodist Church

280 Ocean House Road  
**799-8396**  
[www.ceumc.org](http://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](http://www.HolySpiritPortland.org)  
 Sunday Worship: 10:00 a.m.  
 Sunday Adult Bible Study: 9:00 a.m.  
 Sunday School for children: 10:00 a.m.  
 Services streamed live on Facebook  
 Potluck dinner every third Sunday

## Congregation Bet Ha'am

81 Westbrook St., South Portland  
**879-0028**  
[www.bethaam.org](http://www.bethaam.org)  
 Worship: Friday, 7:30 p.m.  
 Saturday, 10:30 a.m.  
 Family Shabbat Services: Second Friday, 6:00 p.m.

## Hope Community Church

879 Sawyer Street South Portland  
**799-4565**  
[www.hopesopo.com](http://www.hopesopo.com)  
[www.facebook.com/hopesopo](http://www.facebook.com/hopesopo)  
 Sunday Morning Worship at 10 a.m.  
 Kid's Church for ages 4 through grade 5

Service videos available on our website

## Promised Land World Reach Center

536 Cottage Road, South Portland  
**799-3152**  
 Sunday Prayer & Intercession: 9:30 a.m.  
 Sunday Worship: 10 a.m.  
 Family Bible Studies: Wednesday, 7 p.m.  
 Sermon recordings available to download

## Redeemer Lutheran Church - LCMS

410 Main Street, Gorham  
**839-7100**  
[www.RedeemerMaine.org](http://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](http://www.stalbansmaine.org)  
 Sunday Services:  
 Rite 1 with Holy Eucharist 8:00 a.m.  
 Rite 2 with Holy Eucharist 9:30 a.m.  
 Live Streaming on YouTube ([stalbanschannel](http://stalbanschannel))  
 Children's Programs 9:30 a.m.  
 Celtic Eventide 5:30 p.m.  
 Room for all

## St Bartholomew Catholic Church of Saint John Paul II Parish

8 Two Lights Road, **207-883-0334**  
 Website: [www.JP2me.org](http://www.JP2me.org)  
 Sunday Mass: 9 a.m.  
 Daily Mass: Mon. and Wed. 8 a.m.  
 Sacrament of Confession: Mon. 8:30-9 a.m.  
 Additional Mass times in Scarborough & South Portland listed on website

## First Congregational Church United Church of Christ

301 Cottage Road, South Portland  
 799-3361  
[www.fccucc.org](http://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](http://www.fccscarborough.com)  
 Sunday Morning Worship: 9:30 a.m.  
 Sunday School & Nursery Care

# CABLE GUIDE

# CETV CHANNEL 1302

Subject to change. Please see [cetv.capeelizabeth.org](http://cetv.capeelizabeth.org) for latest program guide and video on demand.

- Town Council Workshop**  
Jan. 17 - 7 p.m.
- School Building Advisory Committee**  
Jan. 18 - 6:30 p.m.
- Board of Zoning Appeals**  
Jan. 23 - 7 p.m.



**21 Wells Road**  
**207.767.2740**

## Maine Farms First!

### Farm Stand

OPEN Fridays & Saturdays  
 10:00 – 5:30  
 throughout the winter.

### PEOPLE OFTEN ASK What do you sell in the winter?

Jordan's Farm is about Maine agriculture. We work with over 15 other farms to bring an array of Maine products to our customers year-round. Currently, we have greens from Six River Farm, squash, potatoes, and roots from Jordan's Farm, chicken from Tide Mill Organic Farm, sausage and pork from Farmers' Gate, beef from Caldwell, cheese from Balfour Farm, milk from Harris Farm – just to name a few!

### Time to Sign-up for Your CSA

#### CSA – Community Supported Agriculture

Customers buy into the season at a discount and support their local farm. **FMI: [www.jordansfarm.com](http://www.jordansfarm.com)**



**f Jordan's Farm @jordans\_farm [www.jordansfarm.com](http://www.jordansfarm.com)**

**IT TAKES A COMMUNITY TO KEEP FOOD GROWING**



# Invisible Fence Brand

**Keeping pets happy, healthy & safe @ home™**

**Play Safe. Worry-Free.**

## Invisible Fence of Southern Maine

**800-585-2803**

[southernmaine.invisiblefence.com](http://southernmaine.invisiblefence.com)

**BUSINESSES/SERVICES**

In home dog sitting and boarding in Cape Elizabeth. Large fenced in yard. Insured and Pet CPR and first aid certified.

Call or text 207-329-0628

**MUSIC LESSONS**

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

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

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

**Remembering Richard Mullen**

By Kevin St. Jarre



Photo by Erik J. Heels

A retired long-time educator in the Cape Elizabeth School Department has passed away. Richard Guy Mullen, 86, died peacefully on December 2, 2023.

Mullen was born on December 15, 1936 in Levant to Guy and Rhoda Mullen.

He was the fourth of five children raised on the family farm. He graduated from Hermon High School, and received his Bachelor of Science degree from the University of Maine at Farmington. He went on to earn his Master of Science in Education degree at the University of Southern Maine.

Soon after graduation, Mullen embarked on a 60-year teaching career at both public and private schools in Maine, Connecticut and New York, with the final 43 years spent at Cape Elizabeth High School.

Mullen thrived at Cape Elizabeth as an English teacher and was well known for developing and coaching speech and debate teams, and directing theatre productions. His students' work garnered numerous state championships and awards over the years, and yet, according to his obituary, "[H]is true reward was seeing the life and career successes of his students who wrote him letters and visited with him -- even decades after their graduation."

A former student of Mullen's named Erik Heels was in his class in the early 1980s. Heels said of his teacher, "Mr. Mullen challenged me to write what I was thinking, not what I thought people wanted to hear."

Heels said Mullen had defended Heels' nontraditional MIT college application essay against guidance counselors. The counselors thought, according to Heels, that an essay written on the topic of sawdust should be replaced with a more traditional approach. Heels ignored the advice, was ultimately admitted to MIT,

**FOR RENT**

Two-bedroom Snowbrook condo for rent on school vacation weeks, if interested call Sara at 207-415-1973

and said that Mullen had re-told this story many times as an example of the importance of not always "coloring inside of the lines."

Mullen's dedication to his craft extended to his numerous family trips and home film and theatre productions with his wife, sons, numerous nieces, nephews and dogs.

Later in life, Mullen rekindled his childhood farming experience and bought a small blueberry farm in East Machias. He loved spending summers at his lakefront cottage where he could manage the blueberry operations and tend to his flower garden while preparing the next fall's lessons.

According to his obituary, "Those who knew him will remember his sense of humor, his quiet generosity, and his mischievous spirit. He is survived by his loving wife of 62 years, Julienne Mullen; three sons: Andrew Mullen, Patrick Mullen and Thaddeus Mullen; daughter-in-law Tiffany Mullen; and grandson Thomas Mullen as well as brother Gary Mullen, and sisters Elizabeth Dow and Leota Cronkite. Richard was predeceased by his father Guy, mother Rhoda, and brother Robert Mullen."

Donations in Mullen's memory may be made to the CEHS Speech & Debate Team, with checks made payable to Cape Elizabeth High School, and on the memo line: in "memory of Mr. Mullen"

Checks should be sent to:  
c/o Kate Thibeault  
Cape Elizabeth High School  
345 Ocean House Road  
Cape Elizabeth, ME, 04107

**Remembering Suzanne Higgins**

The Cape Courier recently lost a faithful friend, Suzanne Higgins. For many years she was a valuable member of our dedicated proofreading crew. These grammarians were amazing sleuths seeking every errant capitol, comma and misspelling. To this non-perfectionist their attention to detail was awe inspiring. The morning was spiced up with talk of all the town news that was not-fit-to-print making for great fun. In recent months Suzanne remembered these times as among her happiest.

Rest in peace, Suzanne, you are missed.

Ellen Van Fleet  
for "the crew"



Got a story to share? Email us!



editor@capecourier.com

Have a Classified Ad, Announcement or Event?

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

**Remembering Gene Milliard**



Contributed photo

The Cape Courier has lost a much valued friend. Gene Milliard served on the Board of Directors from 1994 to 2011, and as chair of the board from 1998 to 2011. He was one of our longest serving volunteers. He helped guide our non-profit community newspaper through changes in publishers and editors and also helped the newspaper face many financial challenges. His steady and thoughtful manner was appreciated by all.

Gene passed away last month. We send our heartfelt condolences to all the family.

Ellen Van Fleet  
Bob Dodd

**CEUMC sewing dresses for girls in need**

The Cape Elizabeth United Methodist Church will once again be sewing dresses for girls living in Third World Countries. Women from the church and community have been part of the international Dress a Girl Around the World mission since 2016, having completed 2,537 dresses over that time.

The group invites anyone from Cape and surrounding communities to participate. A training session will be held on Saturday, January 27 at the church at 9

a.m. Bring your own sewing machines and tools. Materials will be provided.

The group will gather for the four Saturdays in February at 9 a.m., finishing on February 24 with the Blessing of the Dresses.

For more information about the project or questions about how to become involved, contact Judith Hill at [hilljudith5@yahoo.com](mailto:hilljudith5@yahoo.com).

The church is located at 280 Ocean House Road (Route 77).

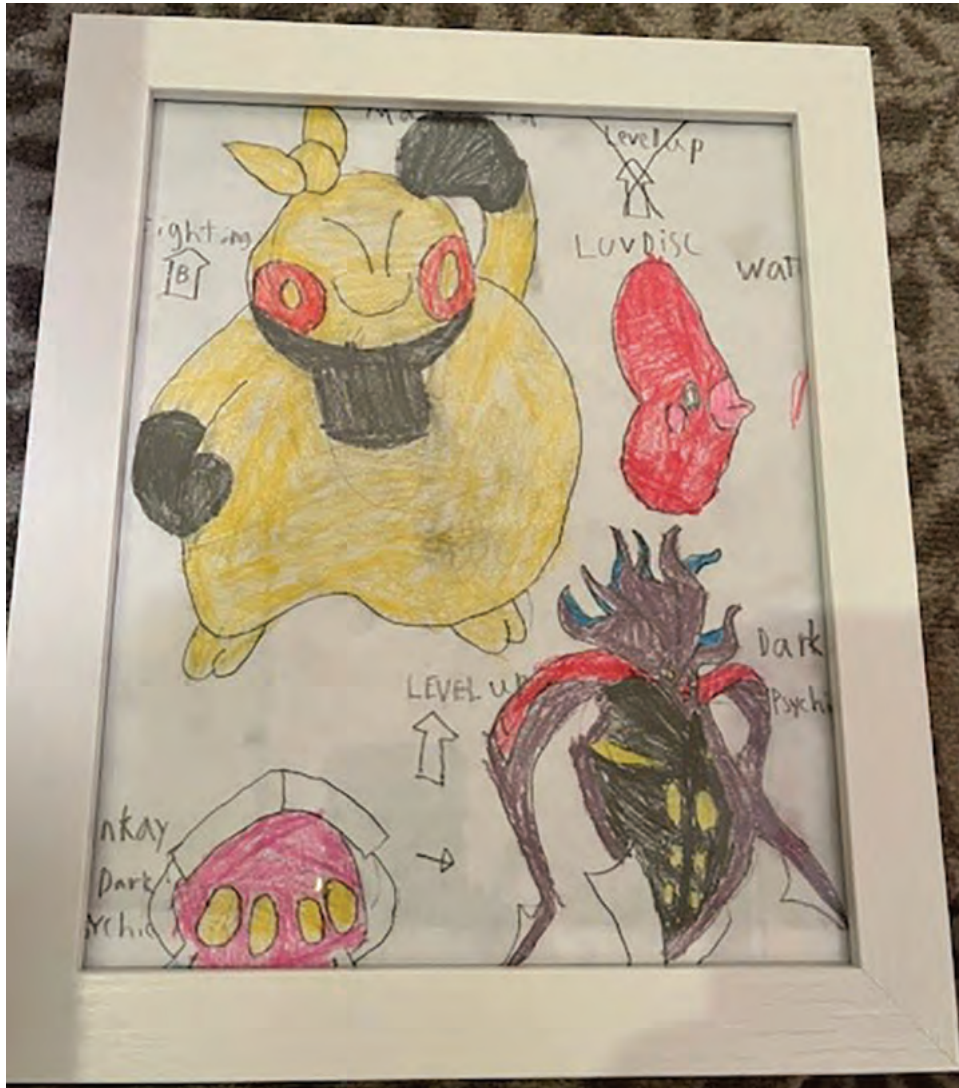
**The "KID" Courier**

Are you a young, aspiring writer or artist? We want to hear from you!!

We are looking for artwork or stories for our new section, The "KID" Courier.

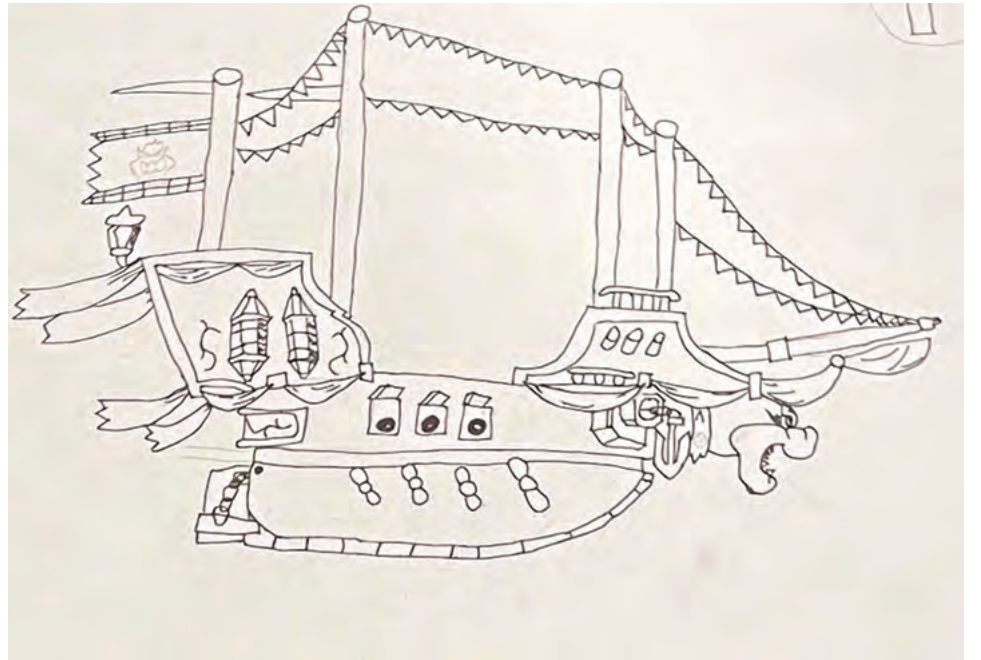
Send submissions to: [info@capecourier.com](mailto:info@capecourier.com)

# The "KID" Courier



Drawn by Michael O'Donnell

Pond Cove fourth grader Michael O'Donnell submitted the Pokemon drawing above to the "Kid" Courier. His twin brother Matthew O'Donnell, also a fourth grader at Pond Cove, submitted a drawing of Bowser's airship (top right). If you are a young writer or artist, we'd love to hear from you! Send your submissions to: [editor@capecourier.com](mailto:editor@capecourier.com).



Drawn by Matthew O'Donnell



## November 2023 Cape Elizabeth real estate transfers

OWNER	LOCATION	SALE PRICE	USE
PORTER KRISTINA	1 BAYBERRY LANE	\$291,700	SINGLE FAMILY
BRYAN JAMES	1155 SAWYER ROAD	\$765,000	SINGLE FAMILY
JEAN A GADRA INHERITANCE TRUST	3-22 61 HANNAFORD COVE ROAD	\$165,200	SEASONAL
PALERMO MARY B	5 WENTWORTH ROAD	\$191,800	SINGLE FAMILY
HARMONIOUS HOLDINGS LLC	7 MAPLE LANE	\$435,000	SINGLE FAMILY
WALKER ANGELA ELIZABETH	94 OLD OCEAN HOUSE ROAD	\$733,000	SINGLE FAMILY
STEEN CHRISTOPHER J	8 OCEAN AVENUE	\$785,000	SINGLE FAMILY
FORBES JAMES W	56 RESOLUTION PLACE	\$435,000	CONDOMINIUM
GENT NICHOLAS	62 OCEAN VIEW ROAD	\$1,505,000	SINGLE FAMILY
BEST SARA E	51 WOODLAND ROAD UNIT 3	\$182,900	CONDOMINIUM
MURPHY SCOTT ANDREW	7 WABUN ROAD	\$775,000	SINGLE FAMILY
MARTIN FAMILY IRREVOCABLE TRUST	2 BEVERLY TERRACE	\$252,700	SINGLE FAMILY
BRESNAHAN RICHARD M	1 CHESTERWOOD ROAD	\$1,100,000	SINGLE FAMILY
FLAVIN KERIANNE M	2 DEARBORN DRIVE	\$670,000	SINGLE FAMILY
RANDALL J RICHARD 2023 TRUST	49 WILDWOOD DRIVE	\$310,800	CONDOMINIUM
SPANN CHRISTOPHER	0 OCEAN HOUSE ROAD	\$345,000	RESIDENTIAL

## The Cape Courier advertising policy

The Cape Courier accepts advertisements in compliance with applicable laws and the publishing industry's best practices. Maine's campaign finance laws set the basic standards for advertisements for political candidates and ballot issues. In an effort to promote public dialogue, the Courier also accepts advertisements on issues of public policy and social concern, as long as they adhere to standards of fair play and do not target individuals. The Courier requires that opinion or advocacy advertisements display the name and town of at least one member of the sponsoring group. The Courier also requires that any advertisements claiming the support of people, companies or orga-

nizations provide certification for these endorsements.

The Courier reserves the right to insist on modifications to draft advertisements prior to publication. It is not the Courier's intention to reject advertisements, but like all publications it reserves the right to do so at its sole discretion.

In addition, here is a link to a section of Maine law dealing with campaign advertisements: <https://legislature.maine.gov/statutes/21-A/title21-Asec1014.html>

*The Cape Courier Board of Directors*



## WE'RE HIRING

You've seen the trucks, now be a part of our fast growing team!

Interested candidates should email us at: [hello@mainelytrash.com](mailto:hello@mainelytrash.com)



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## monica dambach

Partner & Broker  
Residential Real Estate



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