

The Cape Courier

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In the Spirit of Community

News from February 12 Town Council meeting

By Hanna Gilley

Town Council Reports and Correspondence

Councilor Jordan reminded the Chamber that there is a public forum on April 4 hosted by the School Board Advisory Committee. The purpose is to follow up from the February 1 meeting and discuss the “three preferred options” for the new school buildings. More information can be found on the town website: www.capeelizabeth.com

Chair Reiniger mentioned that the joint meeting of the town councils of Scarborough and Cape Elizabeth was collaborative and thanked the town manager and town planner for “pulling it together.” Councilor Thompson also noted that the Sawyer Road project in conjunction with the town of Scarborough is getting national attention and is “on the map for environmental protection.”

Public Comment not on the Agenda

Francis Walsh asked why the council is

“racing” to have affordable housing in Cape Elizabeth, stating that the Town Council first needs to set goals. He added that he’d “love to see affordable housing in town” but with the costs already spent on research, he’d like for goals to be in place.

Town Manager’s Report

Town Manager Sturgis shared that the budget season is “in full swing and on track.” He’s working with each department and will have budget details delivered to the Town Council on March 1. He also gave a reminder that tax bills will begin to be sent out next week with the first half due on April 15.

Sturgis also shared that the Inclusion Skate at the Cape Elizabeth Ice Rink was well attended with some of the town’s police officers present to engage with the community and help with handing out hot chocolate. Sturgis gave “great thanks” to the Public

-see TOWN COUNCIL page 10

CEHS student Emma Young is National STEM Champion

By Kevin St. Jarre

Emma Young, a senior at Cape Elizabeth High School, is an accomplished athlete and she has carried that interest into a research topic where her work has won her recognition as a National STEM Champion. The National STEM Challenge is a nationwide competition designed to cultivate creativity, critical thinking and a love for science, technology, engineering and math among middle and high school students.

According to CEHS Biology teacher Amy de Vries, Emma submitted her project on RED-S, or Relative Energy Deficiency Syndrome, in high school cross country athletes to the National Stem Competition. She also created a slide-show and video to further promote her research and made it through two rounds of judging to become 1 of 200 students from around the country that will go to Washington D.C. to share their work. “Emma is shining a light on a very important topic that should be discussed more amongst athletes, especially females.

-see STEM page 7



Contributed photo

CEHS senior Emma Young is an accomplished athlete, and she has carried that interest into a research topic where her work has won her recognition as a National STEM Champion.

CEHS boys win Western Maine Championship in alpine skiing



Contributed photo

The Cape Elizabeth High School boys’ alpine ski team are Western Maine Champions. Individuals making it to the podium for the day were Logan Schwartz, who took 1st place in slalom and giant slalom, Keegan Lathrop, who took 2nd place in slalom and giant slalom and Leo Matzkin, who took 10th in slalom. Pictured is the CEHS ski teams, including the girls. L-R, back row: Coach Tim Riley, Duke Lawler, Kingsley Burch, Keegan Lathrop, Logan Schwartz, Porter Monson, Leo Matzkin, Andrew Deniz, Jack Marston, Coach Devon Lathrop. L-R, front row: Sage Evans, Francesca Haydar, Lucy Berman, Madeline Berman, Lucie Boudreau, Madeline Mcevoy, Phoebe Altenburg, Amelia McEvoy.

Young Cape Elizabeth author wins Telling Room’s Statewide Writing Contest

By Kevin St. Jarre

Lily Jessen is a 15-year-old Cape Elizabeth resident, and already an accomplished and award-winning author. Last year, Jessen won Stone Soup’s 2022 Annual Book Contest for her novel “The Pipe Tree,” which will be coming out next month. Most recently, Jessen is the grand prize winner of The Telling Room’s 17th Annual Statewide Writing Contest. Her poem “Never” will be published in The Telling Room’s annual anthology of youth writing, and she will receive a cash prize of \$250.

Jessen’s winning poem “Never” was selected as the winner by a panel of judges that included booksellers, local authors, editors, publishers, Telling Room alumni and current Telling Room students. Participants in The Telling Room’s Publishing Workshop set the standards by which each piece of writing was judged and had the final say in selecting winners.

“Lily’s poem brings up a strong, indescribable feeling in just a few words,” said Publishing Workshop member Avery Olson. “There’s a sense of longing in the poem, it’s a little nostalgic—it reminds

me of when I was younger. It’s sad, but hopeful, too.”

“The piece, with its strong voice and beautiful word choice, speaks so eloquently to the experience of growing up within the confines of gender roles,” said Telling Room Lead Teacher Jude Marx.

-see AUTHOR page 11



Photo courtesy of The Telling Room

Lily Jessen, a 15-year old Cape Elizabeth resident and author, has won the Statewide Writing Award from the Telling Room



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

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 Letters should not exceed 250 words. We reserve the right to refuse letters and to edit for length, accuracy, clarity and civility. We do not withhold names and writers may be limited to one letter per month. Petition-style letters will be declined. Letters reflect the opinion of the author, not The Cape Courier. Email letters to: editor@capecourier.com or mail to P.O. Box 6242, Cape Elizabeth, ME 04107. Please note: Letters will be acknowledged by email.

NEXT ISSUE: March 13
DEADLINE: Noon, Mar 1

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'Hearty congratulations'

A hearty congratulations to Coach Lisa Melanson and the Cape Speech and Congress teams for their First Place Finish in the state championships! A shout-out, too, to the Debate Team for its stellar showing as well.

Reading about this accolade on the front page of the Courier was apt and informative (I've grown tired of reading endorsements from writers who are best friends of a political candidate). But, with this article, I was beaming with pride. Winning a state championship in Speech and Congress is MUCH more important than winning in nearly any other activity at CEHS! The interpersonal, technical, rhetorical, organizational, aesthetic and research skills learned cannot be matched by any other activity. None.

I know what I'm talking about. I've been a college professor for over three decades and teach at a private school where being an "excellent communicator" is identified and expected in both the College mission and the classroom environment. As a former forensics competitor, I am especially proud to have these state champions in our community!

So, hats off to you Cape kids who continue to set trends in excellence. You have joined the ranks of Oprah, JFK, Samuel Alito, Colbert, Springsteen, Nelson Mandela, Margaret Thatcher, Warren Buffet and many others who also competed in speech and debate. Like them, and although you may not know it now, you will soar in your careers because of critical foundations such as Speech, Debate and Congress!

Thanks to the Courier for recognizing the value of this school achievement!

Rich West

THANK YOU!

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

Thank you to these recent generous contributors:

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Anonymous

Let us hear from you!



We love feedback!

editor@capecourier.com

Disposal of CFL materials

For years, I disposed of regular light bulbs in regular household waste, but recently, when my CFL lightbulb needed replacement, I was prompted to figure out best practices.

I was shocked to read in fine print on the actual CFL lightbulb base: Contains mercury. Epa.gov/cfl. I visited the site and discovered that if a CFL bulb breaks, there are hazardous material clean up protocols, not just for the environment, but for your own immediate health and safety. (A deeper dive revealed that Maine has played a leadership role here. Only six states have more stringent recycling requirements than federal; proudly, Maine is one of them.)

I followed the link to find out where I could return/recycle CFL bulbs. I called two of those places for confirmation. Our own Cape Elizabeth Recycling Center/Transfer Station is one of them. Please see an attendant at the office who will show you where you can safely dispose of your cfl materials.

There are many resources available on epa.gov/cfl for the safe handling of used bulbs, and more. Don't let the fine print lead you to think that disposal is a minor concern: Those curly light bulbs that save us so much in electricity costs deserve our strict adherence to responsible disposal and shouldn't be minimized.

Alison Morton

-see more LETTERS TO THE EDITOR on page 3

Boyer is 'consistent, responsible'

I am very excited to learn that Michelle Boyer is running for the Maine House of Representatives to fill the seat that Rebecca Millet will be vacating.

I have known Michelle for several years and have great respect for her. In addition to crossing paths for many years socially, we also completed a business course together through CEI's Women's Business Center a few years ago. Michelle was a respected member of that group, admired for her business acumen.

Michelle has always struck me as intelligent, creative and level-headed. So when the High School Parents Association was in

need of additional leadership positions at the beginning of this school year, reaching out to Michelle was an obvious choice. She accepted my invitation and volunteered for the role of Secretary, eager to be involved and supportive of Cape's High School students, teachers, staff and administration. As expected, she has been a valuable and enjoyable member of the leadership team.

Michelle repeatedly proves herself to be a consistent, responsible, and caring community member and leader, and I support her candidacy without hesitation.

Cherie Gustafson

Disappointed in new advertising policy

I was disappointed to read that advertising on local political issues will only be published if accompanied by a name of a person. In other words, anonymous ads will no longer be published. While I have never published an anonymous ad, I am a student of history, and recognize that anonymous writings have always been an essential tool in a democracy, and continue to be an essential tool. Anonymity allows the powerless and the vulnerable to speak truth to power without fear of retribution.

"Common Sense," "The Federalist" essays, and "Letters From A Farmer in Pennsylvania" all served to sharpen debate regarding the American revolution and later the adop-

tion of the US Constitution. More recently, in 2019, a senior Trump administration official wrote "A Warning," describing how irresponsible President Trump was.

The First Amendment protects anonymous speech every bit as much as it does speech with a by-line. The Courier, as a private organization, is not bound by the First Amendment. Just imagine if the New York papers in 1787-88 had refused to publish the Federalist essays? Our constitution might never have been adopted! I hope the Courier's Board of Directors will rethink this new policy, which does not foster free and open debate and does not serve our town well.

Mary Ann Lynch

POLITICAL 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 organizations 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

Spectrum scam reported

By Debbie Butterworth

PUBLIC INFORMATION

- 1-22 An officer met with a resident of the Old Ocean House Road area regarding a suspicious text he received.
- 1-22 An officer met with a resident of the Mitchell Road area who reported that someone had used her personal information to obtain a Best Buy credit card.
- 1-23 An officer met with a resident of the Ocean House Road area regarding a landlord/tenant issue.
- 1-23 An officer met with a resident of the Spurwink Avenue area regarding unauthorized charges on his checking account.
- 1-23 An officer met with a resident of the Ocean House Road area regarding a harassment complaint.
- 1-24 An officer spoke with a subject who had recently moved from an apartment in Cape Elizabeth and had accidentally left some documents behind and was unable to contact the landlord. The officer was able to contact the landlord and retrieve the documents.
- 1-25 An officer met with a resident who reported to have received a call from Spectrum, who obtained the victim's personal information and credit card information. Several days later, the victim received an iPhone 15 in the mail, then received another call from the suspect saying they had sent her the

wrong phone and wanted it returned. Spectrum was contacted and the victim was advised that this was a scam. The victim froze her credit and canceled her credit card.

- 1-31 Two officers responded to a residence in the Old Ocean House Road area for a domestic disturbance.
- 2-1 An officer met with a subject at Cape Elizabeth School for non-reportable vehicle accident.

SUMMONSES

- 1-26 California resident, failure to dim headlights, Bowery Beach Road, \$152
- 2-2 Cape Elizabeth resident, failure to produce insurance, Ocean House Road, \$185
- 2-3 Westbrook resident, operating after license suspension, speed (48/35 zone), Ocean House Road, \$454

JUVENILE SUMMONSES

- 1-27 Cape Elizabeth resident, speed (39/30 zone) Shore Road, \$114

ACCIDENTS

- 1-26 Amelia McEvoy, accident on Shore Road
- 1-28 Serena Staggs, accident on Shore Road
- 1-28 Paul Manoff, accident on Ocean House Road

FIRE CALLS

Fire calls: 6; EMS calls: 27

Scam alert bulletin board

By Jessica D. Simpson

Your Info Is Out There

If we really want to keep ourselves - and our money - safe from fraud, we must all come to terms with one thing: our personal information is likely already out there. Many entities have our personal information - credit card and bank account numbers, Social Security numbers, and health-related information - and data breaches have most likely exposed it. So, what can we do to protect ourselves after the fact?

Here are three steps towards protecting yourself against identity fraud. 1) Place a security freeze on your credit accounts with the three big agencies so no one can open a new credit line in your name; 2) Establish online access to your financial accounts and monitor regularly (you can set up text alerts for activity on these accounts); 3) Use strong and unique passwords for every online account; consider using a password manager that creates complex passwords and stores them securely.

Cupid's Connection to Crypto

The past two years have seen an explosion of crypto currency scams which has led many people to ask the same question - how? After all, crypto currency is something most people don't understand, and those who do follow it know that it is very volatile, completely unregulated, and has no protection for investors. So, given all of that, how are people losing billions a year to crypto scams? If someone was to blame (besides the criminals), it might be Cupid! Romance scams have become one of the top drivers of crypto currency fraud, because once the criminal creates a deep connection with their victim, they are able to get that person to do things they wouldn't normally do. If someone you only know online tells you they are making money investing in crypto and offers to teach you how, it's a scam - full stop.

It doesn't matter how well you think you know this person or how strong of a bond you feel you've created, asking for money to invest in crypto currency is one of the surest signs of a modern-day romance scam.

Fireworks at Fort Williams on March 2

The Rotary Club of South Portland Cape Elizabeth (SP-CE Rotary) is thrilled to announce the return of Light Up the Sky Fireworks at Fort Williams Park on March 2, starting at 6 p.m. Everyone is invited to get bundled up, pack hot chocolate, and gather with family, friends and neighbors. Entry to Fort Williams and parking is first come, first served, starting at 4:45 p.m.

The Light Up The Sky Fireworks, sponsored by Port Harbor Marine and hosted by the town of Cape Elizabeth, marks the kickoff to the countdown for the SpringFest Community Celebration in South Portland, which is set to take place on Friday, May 17 in Redbank Village and on Saturday, May 18 in Mill Creek Park.

SpringFest: Elevating Fun, Building Connections

SpringFest, founded in 2022, is dedicated to elevating the art of having fun while fostering community involvement and encouraging connections among people of diverse backgrounds. SpringFest's gnome theme is set to return in 2024, adding a touch of whimsy to the celebrations. For the latest information, including schedules and event details, spon-

sors and sponsor opportunities, visit www.sp-ce-rotary.org and follow @SouthPortlandSpringFest on Facebook and Instagram.

This year's SpringFest, generously supported by Bath Savings, Hannaford, DiMillo's On the Water, Ira Motor Group, Saco & Biddeford Savings Institution, and Port Harbor Marine, with up to eighty local business partners to be announced, promises an array of festivities for all. 100% of SpringFests sponsorship proceeds are contributed to area non-profit agencies and organizations focused on food security, community building, senior citizen projects, youth services, behavioral health, veterans needs, safe and stable housing, and community service projects.

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.

LETTERS TO THE EDITOR continued from page 2

'Singular pleasure' to be a CCAG volunteer

It has been a singular pleasure this winter to be a volunteer Zamboni driver for the Cape Community (Ice) Arena. The energy and looks of anticipation on the young skaters' faces waiting impatiently as I circle the rink on the Zamboni brings a smile to my face and joy to my heart.

This past weekend the arena hosted a tournament for younger, just learning to skate, hockey players and their energy and the enthusiasm of their parents and grandparents permeated the atmosphere. Other times of the week, you will see seniors reliving their youthful glory, ladies "Pond Hockey," and all sorts of youth hockey and learn to skate groups.


Rink side conversations both with parents and their children, younger and teen aged,

uniformly express their appreciation for this healthy, alternative activity. Their smiles and laughter speak louder than words.

Beyond the recreational opportunity afforded so many diverse groups the sense of community is contagious and well that it is. The volunteer effort required to bring this opportunity to our community is enormous and can only be sustained through our combined efforts and the support of the Town leaders.

Check out the schedule at <https://capearena.org/> and come visit the arena and consider completing the attached survey on the web page. You will be rewarded with the same sense of community and gratitude I feel every time I climb aboard the Zamboni.

Tony Owens



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50 year anniversary of Cape's 1974 win against South Portland

By Peter Capano CEHS '74

I wonder how many Cape Elizabeth residents know that 50 years ago, the boys basketball team was placed in Class A due to increased school enrollment. Playing a strictly Class B schedule, the team went 14-4 and qualified for the Class A tournament as the 5th seed. That meant a first round game versus the 4th seed, who happened to be our neighbor the South Portland Red Riots. I was a member of that Cape team, and have plenty of memories about it.

Long time school administrator John Casey led the team as captain, I was paired with Wayne Feigenbaum at the guard positions and big Jay Burke was our center. Greg Wilfert was called upon to defend against the tall Red Riots whose starters included Steve Powell and Greg Paulson. The venue was the Augusta Civic Center, a place where we hadn't played before, and the crowd was larger than any we had seen.

The teams weren't completely unknown to each other as Powell and Paulson played on the Stewart P Morrill Post 35 American Legion baseball team with Wayne and I. At least we didn't have to contend with 6' 5" legion mate Jim Beattie, a great athlete who had taken his fantastic curveball to Dartmouth College. Jim employed that pitch with the New York Yankees, winning a World Series ring in 1978.

The game was close through the first two quarters befitting a match between the 4th and 5th seeds. As the half ended we had the ball and I was positioned near the South Portland bench where Coach

Gene Hunter (a Cape resident) was telling his players to "let Capano take it." Sure enough I was wide open along the baseline when my teammates found me and I dropped in the 15 foot jumper to end the half. Those were my only points of the game.

Unsurprisingly the South Portland fans outnumbered the Cape fans, but ours weren't out done. Late in the 3rd quarter the Red Riots went on a run to grab a modest lead. Legendary Cape Coach Leroy Rand called time out and I remember being a little intimidated by the standing ovation given South Portland as the teams left the court. But when the time-out ended the Cape fans, who had organized during the season and called themselves Leroy's Legion, rose to their feet and restored our confidence. Slowly we chipped away at the deficit thanks to Feigenbaum finding the range from the top of the key. I concentrated on getting him the ball and the game was tight again.

It stayed that way to the end. Needing a basket to tie, we turned to sweet shooting Jim McFarlane. His corner jumper as time expired sent the game into overtime. The Red Riots prevailed in OT, but I still believe Cape would have won if our top scorer John Casey wasn't hobbled by a sore ankle.

We sure were proud of the battle with our neighbors that day, but the class of '74 wasn't quite done. Under Coach Vic Woodbrey, the baseball team went undefeated in the spring and captured the state title right before graduation beating Orono 2-0 in the final.

The music corner

By Candice Bellinger

As we celebrate Black History Month, I would like to feature two amazing composers and musicians. Edward Kennedy was born on April 29, 1899; the "Duke" had arrived. A masterful composer of his genre, "American Music," he called it, Duke composed thousands of tunes. With elegance, sophistication and professionalism he composed, performed and conducted his life in a way any musician would envy and every audience applauded.

While he studied piano as a young boy, he did not become passionate about his lessons until his teenage years. While working as a soda jerk, he composed his first tune: "Soda Fountain Rag," a cute little tune...and then there is the breathtakingly beautiful "African Flower."

Take an hour and get to know "The Duke." Watch the "Duke Ellington Solo Piano Concert" on Youtube, which opens with "African Flower" and "Take the A-Train" (Billy Strayhorn). What a lovely and intimate way to get to know this musical genius.

After this you should listen to "Masterpieces," by Duke Ellington and his orchestra in uncut concert arrangements." Here you will find "Mood Indigo," "Sophisticated Lady," "The Tattooed Bride and more." Other huge hits are: "It Don't Mean a Thing," "In a Sentimental Mood," "Solitude," "Caravan" and "Satin Doll." "Just Sittin' and Rockin'" is another hidden gem and one of my favorites! His music will always live on with us, with our toes tapping to his many, many ear catching melodies. Thank you for the beautiful music, Duke.

Rich with an urban flair, composer Florence Beatrice Price's music is a treasure for America to hold dear. Bold and full of character, her "Concerto in One Movement" played by the Texas Medical Center Orchestra is as good if not better than any professional orchestra.

Led by Founder and Artistic Director Libi Lebel, this community based orchestra is comprised of medical professionals with a love for music and a passion for making a difference for those in

need through their performances. Soloist Lulu Lui strikes from the downbeat and never looks back, her fingers strong and precise as she plays every line to perfection. Little did Beatrice know these three women would be teaming up nearly 100 years after she composed this concerto to delight our ears once again.

Price's Symphony No. 1 in E Minor won first prize in the "Rodman Wana-maker Competition" in 1932. Spend some time listening this week and you will certainly understand why. Her compositional style caresses our senses and leaves us feeling at peace, even after the storm has passed.

There are symphonies, choral works, concertos, chamber music and works for solo voice, hundreds of pieces for us to consider. "To My Little Son" sung by Kenneth Overton, "Dawn's Awakening" sung by Michael Hawes, "Hold Fast to Dreams" and "Sympathy" on Videmus Recordings are just a few of her Art Songs I recommend for listening.

Florence was born in Little Rock, Arkansas in 1887 and spent her lifetime composing. She was determined to be recognized for her work and to make a living as a composer. Much of her work was not discovered until 2009 in her dilapidated summer house. Nearly a tragedy to have never heard her Symphony No. 1 in E minor, I sit here listening and thinking; unimaginable!

Florence passed away in 1953 at the age of 66 from a stroke. I send thanks to the professionals who have preserved her work and make a vow to listen more.

If you are "tech challenged" and would like my assistance with finding our weekly listening, please email me at musicwam@yahoo.com. You can also find me on Facebook @Candice Bellinger.

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 |
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| 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 |
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| 19 | Oct 11 | Oct 23 |
| 20 | Nov 1 | Nov 13 |
| 21 | Nov 15 | Nov 27 |
| 22 | Dec 6 | Dec 18 |

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Photo Courtesy of NPR

Florence Price



Photo Courtesy of Britannica

Duke Ellington





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Ensuring transparency and fairness in property valuation in Cape Elizabeth

By Clinton J. Swett

As the Tax Assessor for the town of Cape Elizabeth, I want to update you about the town-wide property revaluation.

The good news is that the town has completed a revaluation of all real property. The new assessment establishes full market value as of April 1, 2024. This new value will affect your October 2024 and April 2025 tax payments.

The revaluation is critical because Maine law requires cities and towns to complete a re-evaluation every 10 years. We last conducted a “door-to-door” inspection 21 years ago and completed the most recent statistical update 13 years ago.

I want to thank ALL residents for their patience and understanding during this process. The extra time needed to review the valuations will create a more accurate tax base.

Valuation Change letters will be mailed before the end of February

Before the end of this month, the town will mail residents their Valuation Change letters, which provide information about their properties, including details like bedroom and bathroom counts, year built, square footage, and any exemptions they may qualify for, such as homestead exemptions or veteran exemptions. You will receive a sketch of your building and page to help you interpret the codes used in letters.

Near the bottom of the letter, you will see three estimated mill rates and what the rates would mean for your tax bill. (These are estimates because the Town Council will set the budget this spring, typically in May.)

These letters allow homeowners to review and verify the accuracy of the information provided. If anything appears inaccurate or there are discrepancies in the data, I encourage residents to contact the Tax Assessor’s office promptly.

Check the number of bathrooms and bedrooms. For bedrooms, our litmus test: if it has a closet, it is a bedroom. How would you describe your home if you were to place it on the market? A three-bedroom home or a four-bedroom home, for example.

One common concern: what happens if an appraiser did not gain access to a

home during the assessment process? In such cases, we have made estimations based on the property size. However, homeowners need to verify this information to ensure its accuracy. Your input is invaluable in ensuring fair and accurate property valuations.

Understanding the impact on taxes

Just because your property valuation may have doubled or tripled does not necessarily mean your tax bill will follow suit.

The mill rate — the tax rate used to calculate their property taxes — will be adjusted based on the town’s overall valuation.

Revaluation timeline

- By the end of February, Valuation Change letters are mailed.
- Until Aug. 1, residents can call the Tax Assessor’s office and discuss concerns.
- First week of August, the Tax Assessor determine the final mill rate (tax commitment).
- At the end of August, tax bills are mailed out.
- Appeals will be heard until February (185 days after tax commitment).

The town of Cape Elizabeth is committed to more frequent and less disruptive market adjustments. These adjustments will reflect changes in the market, including increases in construction and labor costs and trends in housing stock. By implementing these adjustments more regularly, we aim to maintain a fair and stable tax system while ensuring that the burden is distributed equitably among residents.

I urge all residents to take the time to review their Valuation Change letters carefully and reach out to the Tax Assessor’s office with any questions or concerns. Together, we can ensure transparency, fairness, and fiscal responsibility in our property valuation processes.

Got a story to share? Email us!



editor@capecourier.com

News from the School Board

By Elizabeth Scifres

The School Board has begun its review of the FY 25 school budget. On February 27, budget workshops will continue with a presentation from the Special Services Director, and answers to questions submitted by School Board members.

Scrutiny of the original request budget will continue through March and early April, along with presentations on budget drivers, such as escalating maintenance costs and salaries/benefits, funding sources, including the state funding formula and more. All budget workshops are open to the public, recorded and posted on the CESD website.

An update from the School Building Advisory Committee: On February 1, 2024, Harriman architects presented seven potential design plans for school renovations and constructions, each with its own scope and preliminary budget.

Option A focuses on basic repairs,

while options B and C suggest more extensive additions and renovations, escalating in scale and cost. Options D, E, and F propose varying combinations of new construction and renovations for middle and elementary schools. Lastly, option G offers the most comprehensive approach, with new construction for both schools. To varying degrees, high school renovations are a part of these options.

These options are aimed at addressing the community’s educational needs, safety standards and modern learning environments. Over the next several weeks, the SBAC will work to narrow down these options to three before gathering more community input.

Ultimately, the committee will recommend one option to the School Board for its consideration. For more about this process, go to <https://www.capecourier.com>.

Pond Cove accepting kindergarten registrations for 2024-25 school year

Pond Cove Elementary School is now accepting kindergarten registrations for the 2024-2025 school year. If you have a child turning 5 on or before October 15, 2024, please visit the district website at: <https://www.cape.k12.me.us/>, click “Menu” at the top right, then choose “School Registration” under the Community column to begin the process.

Once your kindergartener’s pre-registration has been approved by the school, you will receive a detailed email guiding you through the enrollment process

via PowerSchool. Upon form completion, you will need to upload the following documentation:

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

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

North Yarmouth Academy announces honor roll

The following Cape Elizabeth residents were named to the honor roll at North Yarmouth Academy for the first semester:

- Lilly Ouellette, Grade 6, Highest Honors
- Catie Lee, Grade 11, High Honors
- Asher Urbaneck, Grade 12, Honors




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Inn by the Sea donates books and money to Cape Elizabeth school libraries



Contributed photo

Books and \$650 were recently donated to the Cape Elizabeth School Department through the Inn by the Sea's Books for a Booking Program. All three school libraries received requested titles, and the funds will be used to support the libraries. Cape students from all schools created bookmarks which were purchased by guests at the Inn in December. Books were recently delivered to our school librarians.

Pictured above are Carolyn Young, CEHS Librarian; Rauni Kew, Inn by the Sea/PR & Green Program Manager; Sarah Plummer, Student Pathways Coordinator and Amanda Kozaka, CEMS Librarian (missing Cameron Rosenblum, PCES Librarian). This Pathways effort connects community resources with our schools.

Kimberly Monaghan announces run for House District 123



Photo by Emilie Nielsen

Former State Representative Kimberly Monaghan has announced her campaign for House District 123, which covers most of Cape Elizabeth.

(Press release) – Former Democratic State Representative Kimberly Monaghan has announced her candidacy for election to the 2024 Legislature.

Monaghan, an operations director for Common Dreams.org, an online news service, will be running for her former seat in House District 123, which covers most of Cape Elizabeth.

A long-time resident of Cape Elizabeth, Monaghan attended Cape Elizabeth schools and graduated from the University of Maine. She also has a Master's degree in Public Policy and Management from Muskie School of Public Service and was an adjunct professor at the University of Southern Maine.

Monaghan was a four-term State Representative from 2011 to 2018, serving on four different legislative committees, including Judiciary, Veterans & Legal Affairs, and Workforce & Economic Future. She was also a member of the Cape Elizabeth School Committee from 2010-2011.

Monaghan's special election victory in 2011 to the 125th Legislature was Maine Democrats' first big win following the GOP takeover in 2010 by Republicans. In all four of her successful elections to the House she was endorsed by Planned Par-

enthood, as well as many other important advocacy organizations and labor unions in Southern Maine and throughout the state.

"Public Service has been a major purpose in my life, and it's been an honor serving the Cape Elizabeth community," said Monaghan. "We are facing many issues here in Cape and in Maine, and the 2024 election year is a potentially historic one to bring meaningful change and progress. My background and experience will allow me to go back to work in Augusta, tackling challenges head-on and working towards positive outcomes. Issues like education, housing for all Mainers, protecting our kids with increased gun safety legislation, climate change and women's reproductive rights are all priority areas for action. By addressing these issues, we will contribute to the betterment of Cape Elizabeth and the state of Maine as a whole."

Since being termed out, Monaghan has been appointed by Governor Janet Mills to serve on the Commission on Indigent Legal Services and the Liquor and Lottery Commission. She also is a member of the Right to Know Advisory Commission.

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Cynthia Dill announces run for House District 123



Contributed photo

Cynthia Dill has announced her campaign to represent Cape Elizabeth as Representative for House District 123.

Former State Senator Cynthia Dill is putting her hat in the ring to represent Cape Elizabeth in Augusta as the Representative for House District 123. Previously Dill was elected to serve as Town Councilor from 2005-2008 and in the Maine Legislature from 2006 - 2012.

"I am running to be the voice of Cape Elizabeth at the state capital because I love our town and want to fight for our values. For two years I have been listening to citizens' views on housing and other important issues while walking neighborhoods and sitting outside the Swap Shop and IGA."

"Voters want better education, not \$200 million new schools. We want affordable homes for families and kids, equal opportunity, lower taxes and laws to be enforced fairly and regularly. And we want freedom! Freedom of thought and expression. Freedom from senseless gun violence and senseless government diktat. Freedom from toxic pollution and toxic politics. And we want security - in society, in schools and at our borders. These things are worth fighting for and I would be honored to be your champion once again."

Dill has lived in Cape Elizabeth since 2003 with her husband Tom Clarke, a high school math teacher, and their two children Harrison and Isabel. She is a practicing lawyer and the owner of a small media company.

In addition, Dill hosts a podcast and appears regularly as a trusted political analyst for local, national and international news organizations.

"I will hit the ground running and get to work preserving what's good in Cape Elizabeth while plotting a bright, healthy and prosperous future for our state. We need strong, experienced, reasonable people with gumption to lead and hold the powerful accountable, including the entrenched bureaucracy. A sense of humor and humility helps. I hope to earn your support."

Locally Dill is leading the effort to create housing for families, seniors and the local workforce on 22 acres of buildable land located between the transfer station and the Spurwink River at Gull Crest. She hopes to get a bond on the November ballot. "The time is now for action. This project advances the housing goals of our Comprehensive Plan within the confines of local and state law. It's fiscally conservative, socially responsible and we can trust Cape voters to make a sound decision."

Everyone is welcome to join the Dill for House District 123 campaign.

"All aboard! Let's win this thing."

For more information about Cynthia Dill go to www.dillesquire.com. To contact Dill for House District 123, write to dillesquire@gmail.com or call 207-749-7749.

STEM

Continued from page 1

Awesome!" de Vries said.

Young explained her award-winning work, "My research on the prevalence and knowledge levels of RED-S among Maine high school cross country athletes started as a project for my junior year Biology class, and eventually became a submission for the 2023 Maine State Science Fair (MSSF), where it won 1st place in the category of Biomedical and Health Sciences. The experience of sharing my work on a little-known topic at the science fair was very fulfilling, so when the Co-Director of MSSF brought the National STEM Challenge to my attention via email this past fall, I knew that I wanted to try to take my project to the next level and reach as many people as possible."

Young said that the analytical work was somewhat difficult, but very rewarding knowing that she was potentially bringing awareness to an issue that deeply affects a group of people who are of value to her.

"In some ways, my experience was not very difficult because I was so passionate about my topic. My project made me excited, and it's easy to work for hours and lose track of time when you truly believe in what you are doing. I am learning the power of young voices and that our work can make a difference," Young said.

She went on to say, "It feels incredible for my entry to be recognized in a National STEM Challenge. I did not make a groundbreaking scientific discovery, or engineer a tangible solution to a problem, but I saw an issue in a community that I'm involved in—the running community—and I am using my research to advocate for the people in that community." Young explained that relative energy de-

iciency in sport (RED-S) is so common among endurance athletes and can have severe impacts on those affected, yet no one has ever brought a project on this topic to an event such as the National STEM Challenge. So, for her project to receive attention on the national level is a win not only for her, but for all of the groups at high-risk for RED-S.

Young said, "I remember sitting on the bus as one of the twenty students that my high school was sending to the Maine State Science Fair this past spring, and feeling so out of place. We were on our way to a gathering of some of the brightest science students in the state. Where other students had developed biodegradable, antimicrobial wound dressings—an incredible Project—I had created a survey. To be honest, I felt stupid. But, once I started speaking with the judges at the fair, my passion for my research emerged in the form of confidence, and I tried to explain just how impactful my findings could be in preventing this condition. To my surprise, it worked! I ended up having an amazing day learning from like-minded students who share my love for science. It served as a good reminder that science is supposed to make us feel stupid. We are exploring things for which no one has the answers. There is a lot of unknown, and when women are already underrepresented in the science field, this can be uncomfortable. But, being okay with being uncomfortable is what leads to amazing discoveries, and if I can add to the presence of women pursuing the sciences just by doing what I'm doing now, then other girls will start feeling okay with being uncomfortable."



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Cape Elizabeth resident is an author and illustrator of middle school and YA books

By Kevin St. Jarre



Photo by Enid Arvelo

Andrés Vera Martínez is a Cape Elizabeth resident who is an author and illustrator for middle school and young adult literature.

Andrés Vera Martínez is a Cape Elizabeth resident who is an author and illustrator for middle school and young adult literature.

He is the co-creator and illustrator of the graphic novel series, “Monster Locker.” Martínez is also the co-author and illustrator of Na Liu’s graphic memoir, “Little White Duck: A Childhood in China” and illustrator of Neal Shusterman’s “Courage to Dream: Tales of Hope in the Holocaust.”

Martínez said, “I was approached by editors at Scholastic to illustrate “Courage to Dream.” They were familiar with my work. The author, Neal Shusterman said, “We looked at many artists who could capture the realistic aspects of the story, but couldn’t capture the fantasy. There were artists with a sense of fantasy, but whose sensibilities didn’t connect with the gritty realism the book needed to have. And then we found Andrés!” When I received the manuscript for “Courage to Dream,” the first thing that struck me was how Neal masterfully wrote Jewish history and folklore into the same stories. I had never read anything like it, and I knew I had to be a part of the project.”

Martínez said the book has a broad target audience, and said that Scholastic has seen the book being used in upper elementary, all

the way through high school in Holocaust units. “Neal and I have already spoken at some schools who are using it as less intimidating entry into the subject, before getting into heavier material, like Elie Wiesel’s “Night.”

The book recently was awarded the American Library Association Sydney Taylor honor through the Jewish American Library Association.

“It’s an absolute honor knowing that ‘Courage to Dream’ has been embraced by the American Jewish community, particularly the librarians who continue to play a crucial role in connecting readers with our book,” Martínez said.

Illustrating “Courage to Dream” was an epic undertaking, according to Martínez, requiring thousands of dedicated hours. “Such a project required meticulous planning, which I achieved through a multi-step process,” he said.

Martínez said, “First, I immersed myself in the script. Spontaneous sketches arose from the script’s narrative. These rough layouts became the foundation for the graphic novel. Then, I embarked on a deep dive into research, collecting reference photos for ev-

ery detail, from character attire to historic settings, ensuring my illustrations breathed authenticity.”

Next came the refinement stage, where he transformed the rough sketches into recognizable drawings, allowing the author, art director and editor to grasp his visual storytelling. Martínez said, “After incorporating their feedback, I finalized the artwork, rendering each detail with light, shadow and life. Coloring was the next crucial step. This process involved creating flat color shapes behind my line work, laying the foundation for the final magic. Finally, I applied modeling and lighting, imbuing the flat colors with depth and dimensionality, bringing the story to life in vibrant detail.”

He said he believes he was chosen to be the artist for “Courage to Dream” because he is a versatile artist. “I can change styles easily depending on what the story calls for in a project. That being said, my approach to compositional and storytelling choices probably shows through, regardless of how different each project is. I also imagine that certain characteristics of how I draw carry over no matter how the style changes, almost like a fingerprint. It’s probably easier for others to see than if I try to analyze it myself,” Martínez said.

He said that when it comes to artists he admires, that he’s currently “in awe” of the cartoonist Rebecca Mock. “I’ve always liked Gene Luen Yang’s graphic novels. For me, Jaimie Hernandez, Hayao Miyazaki and David Mazzucchelli are gold standards and legends that I always go back to for inspiration,” he said.

When asked if he has favorites among his own work, he replied, “My favorite is what I am working on at the moment, which is a new middle grade graphic novel series called “Monster Locker.” I co-created this wonderful series with animation writer Jorge Aguirre. The first volume is about a middle school kid named Pablo who accidentally unleashes a vengeful Aztec Earth Goddess from his locker in Columbus, Ohio. It’s up for pre-order and will be released on October 1 of this year.”

Asked where he would like to travel, all expenses paid, with the main purpose of finding time and space to work, Martínez said, “Being an Indigenous and Spanish Texan, I find that after I visit my homeland I get recharged spiritually and culturally. So, if I

had an all-expense paid trip for two weeks to go work somewhere else it would be San Antonio.”

He said, “Artists define who we are collectively through music, food, art and writing. Any kind of art, visual, musical, writing, dance etc. requires a full commitment if it’s expected to blossom and become part of the collective culture of our town, country or world. Unfortunately, art is mostly always underfunded in this country. When I was studying art, I found that most of the young artists who had the privilege to continue making art came from wealthy backgrounds. It’s very difficult for artists from working- or lower-class backgrounds to have a voice in the arts. So, the stories that get told can be one dimensional, and the collective scope of who we are as a society gets skewed. If I had a magic wand I would help young artists who are struggling financially so they can continue to develop and contribute their talents to the world, giving us a better understanding of who we are as a whole.”

He also said that graphic novels take years to make, and urged people to read them with care and pay close attention to the details. “I hope you will enjoy my books. You can purchase them online or at local bookstores like Nonesuch Books and Casablanca Comics. There are plenty more to come. In 2025, my adaptation of Pam Muñoz Ryan’s beloved novel, ‘Esperanza Rising,’ will be released as well as ‘Monster Locker 2.’ In 2026, ‘Monster Locker 3’ and ‘Hawaiian Gods and Heroes,’ written by Marie Alohani, will come out. And finally, in 2027, ‘Monster Locker 4’ will close out the series.”

Martínez’s work has been recognized by the American Library Association, New York Times, School Library Journal, The Horn Book, NPR, the Society of Illustrators, Junior Library Guild, and Slate Cartoonist Studio.

Thomas Memorial Library will exhibit the art of “Courage to Dream” in April, Martínez will make an author visit to Waynflete in March, and, in August, present his work and talk graphic novels at Yarmouth Public Library.

He said that he works in his home studio here in Cape Elizabeth, and that his “sole studio mate is our rat terrier mix, Lexi.” You can keep up with all of Martínez’s latest books and events at Instagram @avm_draw.

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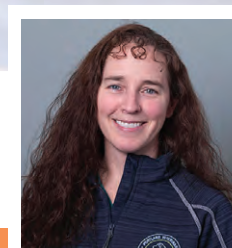
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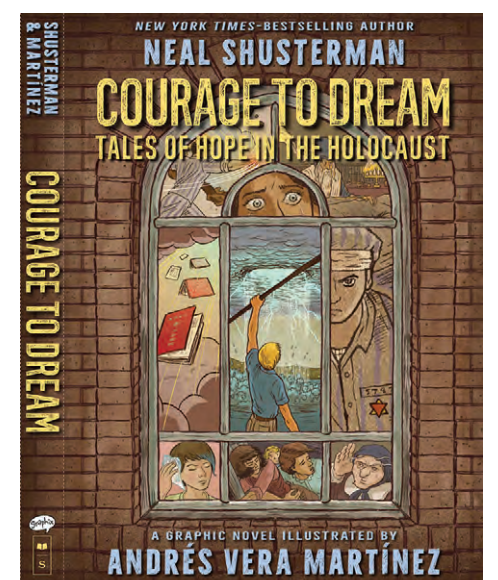
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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION



Dr. Marta Agrodnia
DVM, DACVS-SA



Contributed photo

“Courage to Dream,” published by Scholastic, is being used from upper elementary grades through high school in Holocaust units, with some schools using it as a gateway into the subject, before getting into heavier books, like Elie Wiesel’s “Night.”

The book recently was awarded the American Library Association Sydney Taylor honor through the Jewish American Library Association.

Your Cape neighbor

By D. Ellen Boyle



Contributed photo

“Your Cape neighbor” is a new feature by D. Ellen Boyle, and in this issue, say hello to Rivkeh Sahlin.

Say hello to your Cape neighbor, Rivkeh Sahlin, a woman whose enthusiastic interests range from her family and friends to her town to her career. Rivkeh and her husband Paul have been together for 29 years, a passage of time she said, “flew by.” They have two sons, Zack, nearly 16 years old, and Nico, 6, as well as two dogs, Dharma and Penny, and two cats, Misty Rose and Gus.

Rivkeh grew up in Ojai, California while Paul was raised in Massachusetts. They moved to Cape more than ten years ago drawn by the Portland area’s lively cultural scene, good schools and the “beachy, ocean feel” of Cape. Paul was a professional musician for close to 20 years, a drummer who toured the Eastern seaboard full-time. When Zack turned three, Paul decided to stop touring to spend more time with his family. He runs Old School Tunes, a bicycle repair business in Cape. This is a biking family; each summer they bike at least once from Cape to Saco and back for lunch!

Rivkeh is the Vice President of Sales for Commonwealth Worldwide, a company that provides secure, international, ground transportation services for corporate and celebrity travelers. “It’s our job to make sure our clients get where they

need to be.” She manages the limousine services for events like the MTV Video Music Awards and the annual Rock & Roll Hall of Fame Induction Ceremony. “We have to make sure each celebrity arrives safely and on-time, from rehearsals to the red carpet.” When asked if she’s met any celebrities Rivkeh said with enthusiasm, “Oh yes, lots of them. Everyone from President Clinton to Sting to Jennifer Hudson to Shakira.”

Much of Rivkeh’s bright energy goes to volunteer work in Cape. She is the team administrator for Casco Bay Hockey Association (CBHA) where her son Nico plays for the 8U Rangers. She’s also the team administrator for the CEHS boys ice hockey team where Zach is a player. “This year has been a challenging one for the CEHS team,” she explained, “because we had twelve seniors on the team who graduated last year. Out of a team of about 28 players, we now have 18 which is just not enough players for separate varsity and junior varsity teams.” She noted that the smaller number of players is set against fixed operating costs. “However,” she continued, “when we reach out to local businesses, family and friends it’s inspiring to see how much support there is.” Rivkeh add-

ed that the new Cape Community Arena (CCA) is a great gift to Cape. “First,” she says, “I love watching my boys skate there.” It’s also important because “it’s already having a direct impact on kids coming up as they get lots of experience skating and also have the benefit of the high school players volunteer-coaching from time to time.”

Rivkeh also monitored the Parents Open Discussion (POD) Facebook group last year. She felt honored to be considered for the opportunity “because in this role I got a wide perspective on how this town really comes together for a good cause.” She cited a recent example where

one Cape family had a medical issue and a GoFundMe campaign was started. The fundraising goal was surpassed in just 24 hours. “I’m inspired,” she related, “by the way when a Cape family needs help, the town unites to support people they’ve never met.” Rivkeh acknowledged the presence of some vocal and passionate discourse in the POD, but she doesn’t lose sight of the entire field and “the sense that so many good people are trying their best.” She’s deeply grateful to live in Cape where she can sit with dear friends at Kettle Cove or walk Robinson Woods with her kids and dogs and smell the ocean.

Dean’s list announcements

Matthew Narowetz has been named to the dean’s List for the fall 2023 Semester at York County Community College in Wells.

Allie Lynch has been named to the dean’s list for the fall 2023 semester at Bucknell University in Lewisburg, Pennsylvania.

The following students have been named to the dean’s list for the fall 2023 semester at Roger Williams University in Bristol, Rhode Island:

Karli Chapin, John Clarke, Ella Membrino, Nate Mullen

Greta Frankwicz has been named to the fall 2023 dean’s list at the College of Our Lady of the Elms in Chicopee, Massachusetts.

Addie Whalen has been named to the fall 2023 dean’s list at the University of Rhode Island in Kingston, Rhode Island.

Enrico Perruzzi has been named to the dean’s list for 2023 fall semester at Springfield College in Springfield, Massachusetts. Perruzzi has a primary major of Education.

Ethan Coronite has been named to the dean’s list for the fall 2023 semester at Nichols College in Dudley, Massachusetts.

Ben Colello has been named to the dean’s list for the fall 2023 semester at Rensselaer Polytechnic Institute in Troy, New York. Colello is a freshman and is majoring in mechanical and aeronautical engineering.

The following students have been named to the dean’s list for the fall 2023 semester at the University of New England:

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Capetoon: Fooledyouary

By Jeff Mandell



Town Council

Continued from page 1

Works Department during the storm events in January saying that the roads affected “received immediate repairs.”

Items #40-2024 through #45-2024 Public Comment

Richard Bryant thanked the Town Council for the workshop that discussed a pesticide ordinance in Cape. He urged the town to keep a “waiver provision” rather than replace it with the recently proposed “notification only” provision.

Nancy Ross worked with the committee and “attended every single meeting spring through summer.” She congratulated the committee for drafting the ordinance with the exception of its latest version, saying that the “notification only” provision “gutted the draft.” She added that Cape voters wanted a waiver provision by a 2:1 vote, and that having a notification only provision is “just bad policy.”

Heather Spalding, Department Director of

Maine Organic Farmers and Growers Association (MOFGA), shared a “deep appreciation” for the committee’s process saying that it was “open and respectful.” She said that she wanted to make sure that the “waiver approach is what comes out of the final process,” adding that she’s thrilled that Cape Elizabeth has joined more than 30 municipalities in Maine adopting pesticide ordinances.

The council moved for the pesticide ordinance to be referred to the ordinance committee for further review.

Item #46-2024 - Proposed Conservation Ordinance Events Amendment

Following a public hearing on Monday, February 12, the council proposed amending “Chapter 18 Conservation Ordinance relating to event amendments that require only Conservation Committee review and allow revenue from some events as recommended by the Ordinance Committee.” Moved by Councilor Anderson and seconded by Councilor Jordan, the motion was approved unanimously.

Item #48-2024 Nomination of Spirit of America Award Recipient

Town Manager Sturgis nominated Cape Elizabeth Fire and Rescue for the Spirit of America award, lauding this volunteer group for their assistance helping a stranded driver on flooded Spurwink Road during a rain-storm event. He said the group acts “free and on their own accord” and is the “epitome of the Spirit of America award.” Moved by Councilor Jordan and seconded by Councilor Anderson, the motion is approved unanimously by the council.

Item #49-2024 Consideration of a Request from Rally For The Courts to Fundraise for New Pickleball Courts at Fort Williams Park

Jim MacFarlane was present to get the Council’s “blessing” to raise funds for the pickleball courts at Fort Williams Park. He shared the goal amount is between \$25,000 - \$30,000. Funds will be used for maintenance, necessary repairs, with a goal of having eight benches installed, “one behind each court.” He asked the benches be gifted as part of the fundraiser.

Councilor Thompson said that this was “a great example of listening to what’s going on in the community.” He added that “when we put resources together for the town, we do it first class.” The motion passed unanimously among the council.

Item #50-2024 Request for Consideration - Gull Crest Housing Bond

Cynthia Dill, by sponsorship by Councilor Anderson, spoke to the council about developing 22 acres of affordable housing development at Gull Crest. She said a development is “legally and financially feasible.” She added that there have been public forums, a site walk and a petition with 825 resident’s signatures to “make this happen.” The Housing Diversity Study Committee has been charged with researching this site for affordable housing for over one year and with spending \$100,000. Dill said that this is a “bi-partisan idea that has a lot of public support”

-see MEETING page 15

WE ARE GROWING!
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Alison Cushing
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Cindy Rague
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Local birding report

By E. Brooks Bornhoff

On the last day of January a Chipping Sparrow showed up amongst the other sparrows in our backyard. Slightly bigger than a chickadee, the bird stood out from its cousins the White Throated Sparrow and Dark-Eyed Junco with its slim, long-tailed look, chestnut cap and black stripe through the eye. Chipping Sparrows in southern Maine are seldom seen before mid-April, at which point they are quite common. In Henry Thoreau's journal of 1852 he notes a shivering Chipping Sparrow that showed up in mid-February and had clearly "come too early in the spring."

Historical data suggests that this sparrow species was less common in winter prior to 1980, and that bird feeders have likely led to the increase of reported winter sightings. Our little guest hung around for two weeks and on sunny mornings if I listened carefully, I could hear the creature's soothing, simple chipping chant. In his 1929 publishing of "Birds of Massachusetts and other New England States," Edward Forbush describes back and forth between these sparrows as "one singer regularly answers another on a slightly different key, so that the sound, softened by distance seems gently to come and go like the breath of a sleeper in the fields."

When February rolls in I am always thankful for the lively flock of gray and white sparrows that descend upon my backyard every morning to forage. Slightly bigger than a Chipping Sparrow, Dark-eyed Juncos have a vivacious way about them as they rejoice amidst a snowsquall. Adeptly described by pioneering American ornithologist Florence Merriam Bailey as "little gray-robed monks and nuns," Dark-eyed Juncos are peaceful and not prone to quarrel like many of their sparrow cousins. These sprightly snowbirds are one of the most abundant forest birds in North America and are common across Cape during the winter months. By mid-March most of their population will have departed our yards and roadsides for their breeding grounds in the old spruce forests of western and northern Maine and beyond.

Additionally, on February 5 my son and I watched as two Ravens crossed the wide blue sky above Crescent Beach State Park heading towards Richmond Island. Their deep guttural croak, audible for more than a mile, never ceases to briefly bring my mind to a wilder place long ago. In "Ten Birds that Changed the World," by Stephen Moss, we are reminded of the exceptionally long history Ravens and human beings have living alongside each other.

Our prehistoric ancestors thousands of years ago developed semi-symbiotic relationships with these opportunistic and adaptable birds. Ravens regularly followed human hunters in order to feed on whatever remained after a successful hunt. In return

Ravens resourcefully began to alert human hunters to the presence of prey. Ravens learned that it was to their advantage to communicate with humans and other top predators as a way to effectively share in the spoils of the kill. Through this symbiotic relationship the Raven has become a central figure in origin stories of ancient civilizations and the primary bird of global myth and legend, from Noah's Arc to the Vikings.

A few other notes from the yard and field include, on February 6 three Brown Creepers were foraging in an old White Oak Tree along Shore Road and on February 9 along the Spurwink River two male Common Goldeneye ducks performed brief courtship displays including the "head throw kick" while a Belted Kingfisher unleashed its wild rattling call directly overhead. Seconds later two separate pairs of Red-breasted Mergansers flew by at close range; the lanky, somewhat disheveled look of the male in flight is a sight to see.

Additionally, on February 10 from Two Lights State Park I noted eight Long-tailed Ducks, several dozen Common Eiders and White-winged Scoters and a single Black Guillemot. And on February 11 around 10 p.m. I heard a Great-horned Owl calling from somewhere behind Town Hall while a Barred Owl hooted simultaneously deep within Robinson Woods. Lastly, a red-morph Eastern Screech Owl has been making itself known within the Canco Woods section of Portland. These owls are rare in Maine. There are two different color morphs of the Eastern Screech owl, a red or rufous morph and a grey morph. Roughly 85% of screech owls in New England are grey morphs. A higher percentage of red morphs are found in southern states.

The first time I saw a red morph was on an early summer night in Massachusetts many years ago. I had been listening to and responding to five young screech owls – four grey morphs and one rufous morph on our property. From somewhere out in the darkness I heard a strange screeching noise that sounded like a bad imitation of a screech owl call. Seconds later came an absurd screaming sound that sent a shiver through me. Turning my flashlight in the direction of the commotion what I saw still haunts me to this day. I had not been the only one listening to the screech owls that night. A Red Fox had been listening too and snuck up below me. Imitating the owl's call, he somehow lured a young bird close enough to the ground and proceeded to snatch it in its jaws. The following morning I found the remnants of a Red-morph Eastern Screech Owl in a tall bit of grass below an old arborvitae tree. I gave the remains of the screech owl a proper burial and promised myself never to call an owl ever again.

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.

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 and salamanders during the rainy spring season. LeClair 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.

Author

Continued from page 1

"Our Publishing Workshop decided unanimously that 'Never' stood out as the winner."

"It's a real honor to have been chosen out of the many, many fantastically talented young writers here, and I'm so lucky and grateful to have received this award," said Jessen. "Writing is my passion, and I've worked really hard at it, even when it was difficult, so it's wonderful to receive this acknowledgement from my home state. Realizing that people in your community support something you've put so much effort into is truly touching for me."

Jessen has written and published short stories and poems through Telling Room publications, Stone Soup Magazine, Skipping Stones, Incandescent Review, and Root and Star. When she isn't writing, you can find her participating in theater, curled up with a book or singing in her chorus.

Each year The Telling Room encourages Maine youth to submit work to the annual contest, and this year received over 300 submissions of creative writing in total. Once again participation was seen from across Maine and The Telling Room will award a winner for each county that writers entered from.

Prior to entering the contest, Jessen had written with The Telling Room through the organization's virtual writing program, SWARM! (Student Writers & Readers Meet!) which meets after-school via Zoom. Jessen has previously been published by The Telling Room in SWARM! Volume Four, SWARM! Volume Five, and the 2023 anthology, From

the Edge of the World.

"When it comes to my writing, programs at The Telling Room have been, in many ways, a refuge for me; a place where I can work on and share my writing with a group of endlessly supportive peers and mentors," added Jessen. "I started doing programs like SWARM virtually because of the pandemic, but I continued to participate virtually because of their flexible, accessible nature. I've learned how to give and receive feedback on pieces, met amazing teachers, and found more inspiration for my writing than I know what to do with. I even wrote the first few pages of my novel on one of their virtual programs! I'd highly recommend any Telling Room program to anyone, from an experienced writer to someone looking to try it out for the first time."

The Telling Room is a Maine-based literary arts education nonprofit whose mission is to empower youth through writing and share their voices with the world. Focused on young writers ages 6 to 18, its ten different writing and publishing programs seek to build confidence, strengthen literacy skills and provide real audiences for student writing. In 2021, former President Barack Obama dropped in for a Zoom visit with The Telling Room's Young Writers & Leaders program, which received a prestigious National Arts and Humanities Youth Program Award in 2015 and was recognized as one of the top youth arts and humanities programs in the nation.

For more information, and to read the poems, go to

<https://www.tellingroom.org/news/2024-writing-contest-winners>.

CAPE COMMUNITY

ARENA

Enjoying the rink at Gull Crest this season? Our goal in the next phase is to put a permanent floor and roof as well as an amenities building with bathrooms, changing areas, concessions and spectator viewing.

We want your feedback on the Cape Community Arena project - please scan the code, view our concept video and take the survey.



SCAN ME



TML hosts artist Frederick Ndabaramiye, offers programs on therapeutic horticulture, painting with Poscas

IN THE STIER FAMILY GALLERY (February & March)

From Ashes to Beauty: The Transformation of Frederick Ndabaramiye and the Healing Power of Art

View Frederick Ndabaramiye's vibrant, color-soaked paintings of daily Rwandan life throughout February and March in TML's Stier Family Art Gallery. The artist will be speaking at the library on Thursday, February 22 at 6:30 p.m., (see event listing later in this article).

FOR ALL AGES

First Friday All-Ages Board Game Night @ TML

Friday, March 1, 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.

FEATURED PROGRAMS FOR CHILDREN

Please visit the library's website for information about all of our regular weekly and monthly programs.

FebruBEARy Tea Party Story Time with Belinda the Bear

Friday, February 23, 10:30 a.m.

Celebrate Belinda, our Story Time Mascot, at this special tea party story time for stuffies. You can register them for our stuffie sleepover and leave them for a very fun adventure at the library (see more details on our website).

Spectacular stuffie Sleepover 2024! February 23-24

Do you have a stuffie that you think needs to make some new friends? Do you just know it would love the library? Good news! Our children's room mascot, Belinda, is hosting a Stuffed Animal Sleepover at the library on Friday, February 19.

Register your stuffie on our website, and drop them off anytime on Friday before 5:00 p.m., and you'll pick them up on Saturday morning. We'll make sure to take lots of photos of all the fun Belinda and the stuffed animals have overnight, and we'll have a slideshow to share with you so you can relive all of their adventures.

Sewing Adventures: Belt Bags

Saturday, March 9, 1:00-2:30 p.m.

Do you need to carry your stuff hands-free? Wouldn't it be handy to stow your money, your wallet, or your pens and pencils without having to carry anything? Now you can. Join us as we design and make our own belt bags using hand stitching and machine sewing, and keep your essentials at your hip in style.

Beginning sewists welcome. No prior experience necessary but complete beginners must be accompanied by their adult to work one on one in learning basic skills of threading a needle and tying a knot for their first few meetings. All materials provided. Registration required, sign up on our website.

NEW PROGRAM! Tinker Tuesdays @ TML

Tuesday, March 12, 3:30 - 4:30 p.m.:

Fireworks in Oil & Water

Tuesday, March 26, 3:30 - 4:30 p.m.:

Make A Simple Paper Kite

Tinker, Create and Imagine! Join us twice a month in our Maker Lab and get your creativity on. We will have a designated project every Tuesday the program is held. Join your fellow tinkers and tinker away. For ages 7-12.

For Tweens/Teens Young Writers at TML (Ages 11-13)

First Thursday of the month at 3:30 - 4:30 p.m.

March 1

Are you a young writer looking for a way to practice your craft? Join us at TML for our own budding writers group.

Designed for students between the ages of 10-12, this group will focus on exploring the imagination through fiction, poetry, and creative nonfiction. With monthly meetings on the first Thursday afternoons starting on June 1st, this program will be full of fun journal prompts and creative group exercises. Register on our website.

#LibrarySquad (Ages 11-13)

First Friday of each Month, 2:45-3:45 p.m.

March 2

Library Squad is a community of library-loving middle schoolers that meets monthly, and whose opinions, ideas, and help form the foundation of our programming. Library Squad meets after school on the first Friday of each month from 2:45 - 3:45 p.m. at the library. Stop by the children's desk for an application to join this advisory group.

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.

TML Teen Writing Group

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

March 9

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.

March 29

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.

March 30

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.

FEATURED PROGRAMS FOR ADULTS

Please visit the library's website for information about all of our regular weekly and monthly programs.

Fireside Reading @ TML

Tuesdays, 5:30 - 6:30 p.m. in-person at the library

Come sit around the library's fireplace among fellow-readers and enjoy some tea and quiet, dedicated reading time, free of the distractions of home. Bring a book, or come early and find one to borrow from our shelves. We'll meet weekly on Tuesday evenings from 5:30-6:30 p.m. throughout the winter. All are welcome.

Fireside Writing @ TML

Thursdays, 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. 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 5:30-6:30 p.m. All are welcome.

From Ashes to Beauty: The Transformation of Frederick Ndabaramiye and the Healing Power of Art

Thursday, February 22, 6:30 - 8:00 p.m. in-person at the library

The Rwandan Genocide changed the lives of the Rwandan people in unimaginable ways. Frederick Ndabaramiye was only one of many people who experienced tragic trauma and loss during this time, but his story is uniquely his own. The loss of both hands to a machete blade was in-

-see LIBRARY page 13

Tammaro Landscaping & Property Services

Winter Services

With not much snow out there this year it allows us to continue with the following services:

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Library

Continued from page 12

tended to take his life, but instead led to a life of unimaginable possibilities.

Throughout his extremely difficult journey, the loss of his hands required Frederick to begin his life again and to re-learn all of the things that had once been so easy for him. When first re-learning to hold a pencil with both arms, Frederick drew a butterfly, which became the springboard that began his love of painting. Now an accomplished artist, Frederick has shared his artwork around the world, most recently in TML's Stier Family Art Gallery.

Join us as we welcome Frederick Ndabaramiye, Rwandan artist, speaker, and author to TML, where he will share his incredible and inspirational story with us. In addition to his artwork, Frederick is co-founder of the Ubumwe Community Center, a school and community center in Gisenyi, Rwanda, which provides children and adults with disabilities the opportunity to receive educational and vocational services. Once you've met him, you won't soon forget Frederick and his amazing life story. All are welcome.

Painting with Poscas

Saturday, February 24, 11:30 a.m. - 1:00 p.m. in-person at the library

Posca Paint Pens are a great, low-mess way to create permanent bold paintings on almost any surface. Local artist Marie Ahearn will demonstrate and share tips for painting with Poscas—one of her preferred mediums. All materials will be provided. No experience or "artistic talent" necessary, just a desire to experiment and have fun. This program is for adults, but motivated young people are welcome to attend as well. Please register for this

program on the library's website, as supplies are limited.

Big Conversations in 10 Short Minutes

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

Saturday, March 16, 10:00 - 11:00 a.m. via Zoom

Throughout winter 2024, Thomas Memorial Library will be partnering with eight other libraries from across Maine 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 specific 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.

First Friday All-Ages Board Game Night @ TML

Friday, March 1, 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 pro-

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

Die Well Death Education Session Six: MAID (Medical Aid in Dying) and VSED (Voluntary Stopping of Eating and Drinking), with Leona Oceania of Die Well Death Education

Tuesday, March 5, 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 sixth session we'll discuss MAID: Medical Aid in Dying; focusing primarily on Maine's Death with Dignity Act. This is the process by which competent and terminally ill state residents who are within 6 (six) months of death may legally obtain oral prescription medication for which they may voluntarily take without assistance to peacefully end their life.

We will also discuss VSED: Voluntary Stopping of Eating and Drinking, which is a legal option for any mentally capable, determined, well-informed person as a means to advance the time of their death. VSED requires significant caregiving and support, which we will discuss further. All are welcome and individually wrapped, homemade skull cakelets will be provided.

Therapeutic Horticulture Workshops, with Registered Horticultural

Therapists Laura Simonds-Rumpf & Colleen E. Griffin

Thursday, March 7, 2:00 - 3:30 p.m. in-person at the library (mini-moss gardens)

Thursday, March 21, 2:00 - 3:30 p.m. in-person at the library (Kokedama)

We're looking towards spring as we welcome back local registered horticultural therapists Laura Simonds-Rumpf and Colleen E. Griffin, who will lead participants through hands-on therapeutic horticulture activities using materials from the natural landscape.

These two workshops will focus on everyone's favorite bryophyte, moss! Each participant will take home a mini-moss garden and a Kokedama, or Japanese moss ball. What is therapeutic horticulture? Therapeutic horticulture is the process through which participants enhance their well-being through active or passive involvement in plant and plant-related activities. Horticultural therapy seeks to utilize the healing power of plants with individuals of all ages, ancestry and abilities in an effort to improve mental health, physical wellbeing and sense of community. All are welcome, but attendance is limited. Registration required.

Cape Elizabeth Historical Preservation Society Presents: Sea Rescues: Present and Past

Tuesday, March 12, 6:30 - 8:00 p.m. in-person at the library

Cape Elizabeth Historical Preservation Society and Cape Rescue Team members will present this program on sea rescues past and present that have taken place in our region of Maine. The WETeam will talk about their most recent rescues and CEHPS volunteers will explore the history

-see EVENTS page 16

CONGRATULATIONS TO OUR 2023 TOP PRODUCERS

OUTSTANDING PERFORMANCE



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Ellen Clancy



CAPE CALENDAR

By Wendy Derzawiec

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

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

Tuesday, February 27

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

Board of Zoning Appeals, Town Hall, 7 p.m.

Wednesday, February 28

School Board Building & Grounds Committee, Cape Elizabeth High School Library, 3:30 p.m.

School Board Policy Committee, Town Hall, 4:15 p.m.

Thursday, February 29

SBAC Subcommittee - COMMUNICATIONS, 8:30 a.m.

Monday, March 4

Town Council Ordinance Committee, Jordan Conference Room, Town Hall, 4 p.m.

Tuesday, March 5

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

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

Thursday, March 7

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

SBAC Subcommittee - COMMUNICATIONS, 8:30 a.m.

Monday, March 11

Town Council, Town Hall, 7 p.m.

Tuesday, March 12

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

Conservation Committee, 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 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.

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

CABLE GUIDE

CETV CHANNEL 1302

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

Board of Zoning Appeals - February 27
Feb. 27 - 7 p.m.

Correction

If you a question for Holly Smevog, author of our Career Coach column, please email editor@capecourier.com, not careercoach@capecourier.com, (the email address published in a previous issue).

SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
747-1113

www.capenazarene.org

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

Cape Elizabeth United Methodist Church

280 Ocean House Road
799-8396

www.ceumc.org

Sanctuary Service: 10 a.m.

In-person Sunday services 10 a.m. For Zoom services, call 799-8396

The Church of Jesus Christ of Latter-day Saints

29 Ocean House Road
799-4321

Sacrament Meeting:

Sunday, 10 - 11:00 a.m.

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

The Church of the Second Chance

Greater Portland Christian School
1338 Broadway, South Portland

641-3253

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

Church of the Holy Spirit

1047 Congress Street, Portland
874-9779

www.HolySpiritPortland.org

Sunday Worship: 10:00 a.m.

Sunday Adult Bible Study: 9:00 a.m.

Sunday School for children: 10:00 a.m.

Services streamed live on Facebook

Potluck dinner every third Sunday

Congregation Bet Ha'am

81 Westbrook St., South Portland
879-0028

www.bethaam.org

Worship: Friday, 7:30 p.m.

Saturday, 10:30 a.m.

Family Shabbat Services:

Second Friday, 6:00 p.m.

Hope Community Church

879 Sawyer Street South Portland
799-4565

www.hopesopo.com

www.facebook.com/hopesopo

Sunday Morning Worship at 10 a.m.

Kid's Church for ages 4 through grade 5

Service videos available on our website

Promised Land World Reach Center

536 Cottage Road, South Portland

799-3152

Sunday Prayer & Intercession: 9:30 a.m.

Sunday Worship: 10 a.m.

Family Bible Studies: Wednesday, 7 p.m.

Sermon recordings available to download

Redeemer Lutheran Church - LCMS

410 Main Street, Gorham

839-7100

www.RedeemerMaine.org

1st Saturday of the month 10:00 a.m. with masks

Sunday Bible Class 9:00 a.m.

Sunday Service: 10:15 a.m.

Wednesday Vespers: 6:30 p.m.

Sunday and Wednesday services are in person and streamed on Facebook

Saint Alban's Episcopal Church

885 Shore Road

799-4014

www.stalbansmaine.org

Sunday Services:

Rite 1 with Holy Eucharist 8:00 a.m.

Rite 2 with Holy Eucharist 9:30 a.m.

Live Streaming on YouTube (stalbanschannel)

Children's Programs 9:30 a.m.

Celtic Eventide 5:30 p.m.

Room for all

St Bartholomew Catholic Church of Saint John Paul II Parish

8 Two Lights Road, 207-883-0334

Website: 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

Sunday Worship: 10:00 a.m. in person and streamed on Facebook & YouTube

First Congregational Church of Scarborough

167 Black Point Road, Scarborough
883-2342

www.fccscarborough.com

Sunday Morning Worship: 9:30 a.m.

Sunday School & Nursery Care



21 Wells Road
207.767.2740

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February is the border between winter & spring

CSA - Early Bird Discounts until 2/28/24

CSA - Community Supported Agriculture

Customers buy into the season at a discount and support their local farm. FMI: www.jordansfarm.com



[f Jordan's Farm](https://www.facebook.com/jordansfarm) [@jordans_farm](https://www.instagram.com/jordans_farm) www.jordansfarm.com

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Meeting

Continued from page 10

and that “a lot of money was spent and we’re ready to vote.”

Resident Jamie Garvin said that the initiative to have affordable housing at Gull Crest is a “fever dream of vocal supporter” and is a “barely designed vanity scheme.” Andrew Swayze shared that he was “disappointed but not surprised” to see the council “trying to fast track something” saying that “we have no financial plan to go along with the bond request” initiated by Dill. Swayze also said that Gull Crest is a “precarious location” and that Cape doesn’t want to be the town that “puts poor people where we don’t have to see them near a wastewater facility, near a capped landfill and in a flood plain that will certainly flood.”

Francis Walsh shared his support for Garvin and Swayze’s comments saying that the study is “inconclusive” and “much further engineering is required to determine if any housing can be built” at Gull Crest. Chris Gorski shared similar sentiments saying that the study performed by Sebago Technics at Gull Crest explicitly calls out the poor choice of this site for housing. He also mentioned that this issue failed to attain referendum status from Cape citizens and that the item on the evening’s agenda “just appeared.” Gorski accused Dill of using her support of affordable housing developments at

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OBITUARIES

Gull Crest to serve her own goals as she begins her campaign to run for political office. Gorski said the issue is “not to serve one person’s goals” but that “serve.. this community and those who want to come to this community.” He urged the issue follow a referendum process.

Eliza Matheson said that as a taxpayer “knowing we have a number of big projects ahead of us” that spending \$2 million dollars on a “total fantasy” would not be a good use of taxpayer money. Paul Siedman shared that the “flooding alone” at Gull Crest would make it undesirable for developers and those vulnerable to mold, adding that the location is “away from centralized municipal services” which is “not the message many of us want to give lower income residents.”

Councilors Anderson and Gillis moved and seconded the motion. Anderson said the proposal had been “kicking around for two and a half years” long before Cynthia Dill decided on running for State Representative and had “no ties to a political agenda.” Anderson clarified her draft motion saying that there is “no motion pending to build a road” and that the next step she wanted was to have a methane gas study performed on the site.

Councilor Jordan said that the confusion among residents and the council was created by the title of the motion and attached materials. She said that upon reading the materials submitted by Anderson, it said to her that “there was a proposal for having a bond in November.” She added that she had “no idea then what this item was about” and that she couldn’t vote for it.

Councilor Anderson amended her draft motion with the intention being to authorize the town manager to hire a qualified firm to study the potential impacts of landfill gas migration and other issues related to the nearby landfill. Matt Sturgis shared quotes from two firms: one for \$40,000 for the gas study and another for \$60,000-65,000 for planning and engineering.

Councilor Harriman said that this issue should have been in a workshop and that it “seems so out of process” and that the council was “hearing numbers for the first time and we don’t know what we’re voting on.” She added the item on the agenda was a “shock to the public” and

asked her colleagues for more transparency going forward.

The motion to authorize the town manager to investigate potential landfill gas migration not to exceed \$40,000 was moved by Councilors Anderson and Gillis, opposed by Councilors Jordan and Harriman. The motion passed with majority support.

Item #51-2024 Consider Referring Outdoor Storage Amendments to the Planning Board

The motion to refer outdoor storage amendments to the Planning Board is approved with Councilor Thompson saying it is “good for future business.”

Item #52-2024 Consider Authorizing the Initiation of the Disposal of Real Estate - Vacant Land Map U29 Lot 40 (Stephenson Street)

Town Manager Sturgis explained to the council that a vacant parcel of land on Stephenson Street was a foreclosure and is a non-buildable lot. He asked the council to refer the issue to the conservation committee which will then work with dif-

ferent town departments to determine the recommendation for disposal of the parcel from town ownership. He added that during the process with the conservation committee, any and all easements would be researched, all land abutters would be notified, and that the town is looking to dispose of the parcel by seal bid process. The motion was moved by Councilor Gillis, seconded by Councilor Jordan and approved by the council.

Item #54-2024 Request to Transfer Unspent CIP Balance to Other Accounts

The motion to transfer unspent CIP funds leftover from the Town Center Sidewalk Project was moved by Councilor Harriman, seconded by Councilor Jordan and approved by the council. Leftover funds totaling \$221,292.52 will be dispersed as follows: Casino Beach Geotechnical Survey, \$22,000; Shore Road Engineering Design, \$46,000; and Tax Increment Financing Account (TIF) for the Consideration of Town Center Intersection Project with funds totalling \$153,292.52.

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Lunar New Year festival to be held at CEHS on February 24

By Gary Libby



Contributed photo

Lion dancers at last year's Lunar New Year Festival.

The Chinese and American Friendship Association of Maine (CAFAM) will ring in the Year of the Dragon on Saturday, February 24 at the Cape Elizabeth High School, 345 Ocean House Road. This always popular and exciting event is in its 33rd year and is the oldest and largest Lunar New Year celebration in Maine.

A highlight of the event will be a performance by the Chinese Folk Art Workshop from Boston. The performance is called "The Dragon Strides Across the World, Ushering in the Year of Jia Chen" and it will include traditional Chinese music, drumming and dance. The performance begins at 1:00 p.m.. First come, first served seating.

The Bangor Chinese School will also perform a dragon dance and a harvest dance. There will be a Chinese Cultural Village,

open from 10:00 a.m. to 3:00 p.m. with calligraphy, crafts for kids, vendors and more. Karen Morency will demonstrate tai chi. Chinese food from the China Xpress Restaurant will be available beginning at 11:45 a.m.

Admission prices: Adults \$15, children 5 to 12 \$5, children under 5 free. The discounted price for CAFAM members is \$10 for adults. Tickets are available in advance from Eventbrite.com. Day of event tickets: only cash or check. No credit or debit cards! There will be plenty of free parking. If the live event is cancelled all of the tickets purchased from Eventbrite will automatically be fully refunded. The event is sponsored by the Chinese and American Friendship Association of Maine. For more information go to www.cafammaine.org.

Events

Continued from page 13



Contributed photo

View Frederick Ndabaramiye's art throughout February and March in TML's Stier Family Art Gallery. The artist will be speaking at the library on Thursday, February 22 at 6:30 p.m.

of sea rescues at the Two Lights Lifesaving Station. We invite you to join TML and CEHPS for this informative presentation and to bring your stories to share as well! All are welcome.

The Troubled History of Malaga Island, with Maine State Archivist Kate McBrien

Tuesday, March 19, 6:30 - 7:30 p.m. via Zoom

In 1912, the State of Maine evicted a community of African American and white residents from their homes on Malaga Island, just off the coast of Phippsburg. Racism, economic struggles and eugenics

all led to the devastation of this community. Join TML and Maine State Archivist Kate McBrien as we explore the history behind this important story that was hidden for so many years. All are welcome. Please register for this program on the library's website.

Pond Cove Death Cafe, with Leona Oceania of Die Well Death Education

Tuesday, March 19, 6:30 - 8:00 p.m. in-person at the library

A group-directed conversation about death with no agenda, objectives or themes - with cake! (it is not a grief support or counseling session).



FULL DAY PUBLIC PRE KINDERGARTEN 2024-25 Enrollment Eligibility and Deadlines

Cape Care offers two Pre-K classrooms located in the community center (Max Capacity 15 each).

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

Pre-K Eligibility Deadlines

New Student Application process opens on March 1st at 8:00 am
Registration Closes on March 15th at 4:30 pm

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

Applications will be available online at www.capecommunityservices.org.
If you have any questions contact Kelly Phinney at 799-2868.



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FLOOD PROTECTION ASSISTANCE AVAILABLE

The Code Enforcement Officer is available to provide information and technical assistance about flood protection to interested property owners. This assistance includes providing historical information on the property, review and critique of retrofitting plans, and site visits to advise property owners of appropriate protection measures.

THE THOMAS MEMORIAL LIBRARY IS YOUR SOURCE FOR FLOOD PLAIN MANAGEMENT INFORMATION.

Publications include information on flood insurance, protecting a building from flooding, and community hazard mitigation. Contact the reference Librarian for more information.

For more information contact:

Benjamin McDougal
Town of Cape Elizabeth
320 Ocean House Road,
Cape Elizabeth, ME 04107
207-799-1619