

The Cape Courier

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In the Spirit of Community

CEHS Girls' Swim Team are State Swimming Champs for third time



Photo by Kristianna Eremita

Cape Elizabeth High School girls' swim team- top row left to right - Elisa Dew, Audrey Alberts, Lucy Shaw, Cookie Mahoney, Hope Taylor, Hannah Frothingham, Hadley Mahoney. Bottom row left to right- Laura Leighton, Dove Brown and Jersi McGonigal. Cookie Mahoney was Class B Maine State Girls Performer of the meet - 1st place in 100yd Freestyle, 200yd Freestyle, and a part of 2 winning relays (200 medley and 400 freestyle).

CEHS Boys' Swim Team are threepeat State Champs



Photo by Kristianna Eremita

Cape Elizabeth High School boys' swim team- top row left to right - Logan Schwartz, Cormac McKenney, Weston Lowe, Grant Kelley, David Steinbrick, Logan McVeigh, Graham Plourde, Nicky Eremita, Atticus Richard, Tiger McCormick, Seamus Jennings. Bottom row left to right - Joe McDonald, Jack McCormick, Lochlan Kelley, Spencer Shaw and Will Harmon. David Steinbrick was Class B Maine State Boys Performer of the meet - 1st place 500yd Freestyle, 200yd Freestyle, and a part of 2 winning relays (200 medley and 400 freestyle).

News from February 20 Planning Board meeting

By Hanna Gilley

December 19 Meeting Minutes Approval

The Planning Board asked for approval of the December 19 meeting minutes. The motion was introduced and passed unanimously by the board.

Election of Officers

The board quickly and unanimously voted for Jonathan Sahrbeck as Chair and Andrew Gilbert as Vice Chair for terms lasting throughout the 2024 calendar year.

1230 Shore Road Garage Site Plan Amendment

L.P. Murray & Sons requested an amendment to a previously approved site plan to add a new 40 foot by 60 foot, (2,400 square feet) equipment repair garage located at 1230 Shore Road.

Bob Metcalf from Mitchell and Associates represented the applicant by presenting requested site change amendments to the board. Proposed amendments include a 480 square foot expansion to the existing 1,550 square foot garage, the relocation of an existing shed to be placed ten feet off the southerly property line and a reconfiguration of a

gravel driveway.

The applicant also requested a waiver of a Traffic Management Report as there will not be an increase in the amount of employees, additional trucks or anticipated traffic changes as a result.

Chair Sahrbeck asked Metcalf for clarification that there will be "no increase in activity" and that it's essentially "business as usual?" to which Metcalf agreed. Without any comment from the public, Derek LaVallee motioned that the application and its proposed amendments be deemed complete. Dan Bodenski seconded the motion and the board passed it unanimously.

Sahrbeck also commented that it seemed "appropriate" to have a site walk with two members of the board absent. A site walk was confirmed for Tuesday, March 27 at 4:45 p.m.

Good Table Seating Site Plan Amendment

Casey Prentice, a member and manager for 527 Ocean Holdings, presented proposed site plan amendments to the board, asking to increase the amount of seating at the Good

-see PLANNING BOARD page 16

Cape's WET honored at forum



Photo by Dave Waddell

During a special presentation at the 2024 Maine Fishermen's Forum, the Cape Elizabeth Fire Department's Water Extrication Team (WET) was recognized for its dramatic rescue of the crew from the Maine fishing vessel Tara Lynn II on January 13. Thanks to the safety training and heroic response of the WET, all four crew members were returned to shore unharmed. Hank Soule, President of the Maine Fishermen's Forum said "We are grateful for these brave and highly skilled individuals. On behalf of the Forum and the entire Maine fishing community, we thank them for their extraordinary courage and commitment to the successful rescue of the crew of the Tara Lynn II."

Above from left to right: Harun Laleli (rescue swimmer), Captain Dan Hannigan, Hank Soule (President, Maine Fishermen's Forum), Eric Laszlo (rescue swimmer), Parker Poole (Determination Marine).



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www.capecourier.com

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 27
DEADLINE: Noon, Mar 15

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'Applaud Courier's decision'

I write to applaud Courier's decision to require name(s) in published political issue advertisements. Thank you.

Like many here in the Cape, I was disappointed by the unsigned advertised positions affecting Cape's housing policies as well as Cape school building proposals, which likely influenced the outcomes.

The inherent strength of signed letters to editors is that one must be personally accountable for what is expressed.

In a small community like Cape, supported by an informing community newspaper, we do not need anonymous policy positions furthered by unsigned advertisements.

Go Cape!

Kevin W. Concannon

THANK YOU!

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

Thank you to these recent generous contributors:

Richard & Nancy Lemieux

Brooke & Chris Pidhajecky

Meg Baxter

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Anonymous

Let us hear from you!



We love feedback!

editor@capecourier.com

'Can't keep kicking the can down the road'

In the 1990s our town was alerted that its infrastructure was starting to fail – particularly the schools. And instead of saving for those expenses, the councilors – and every single councilor who has since served – kicked the can down the road.

We can't keep kicking the can down the road because there is no road left (the road collapsed during the last storm because our coastal town has not adequately planned for climate change but I'll save that gripe for another letter).

Instead of finally acting in the best interest of the financial health of our town's residents and saving for this looming expense, the current council is allocating money to vanity projects like Gull Crest, video surveillance

and pickle ball courts. The counselors seem perfectly content to pass the full burden onto our taxpayers. It's a true dereliction of duty.

The best time to start saving would have been in the 90s, the second best time would have been every year since. The third best time is right now. The council must focus and act in the best interest of its residents, by limiting their discretionary funding to crucial items and saving the rest for our critical infrastructure needs.

Three generations of my family live in this town – I care deeply about the financial future of this place and its residents. Can the town councilors say the same?

Joy S. Engel

Boyer 'brings a unique and fresh perspective'

I have known Michelle Boyer for 5 years now, and I'm very pleased to see that she is running to represent Cape Elizabeth in the Maine House of Representatives.

Initially, Michelle and I met during French courses in downtown Portland, and our friendship has grown over the years. Through our almost weekly coffee at C-Salt, I have learned Michelle has been an active member of our community through her volunteer time in the schools, her service on the

Conservation Committee and her advocacy work for women's health. As a mom, small business owner and a history of legislative work, Michelle brings a unique and fresh perspective to the role of Representative. I've always found Michelle to be a good listener, friend and community member.

Please join me in supporting Michelle in the June primary!

Stewart Wooden

Monaghan is 'focused on change and the future'

Hoping you will support Kim Monaghan for State Representative in the June 11 Primary election.

Kim has always projected a positive personality with people. She thinks progressively, always focused on change and the future. It's not about her, it's about making a better life for everyone in the Cape community and Maine. She converses these visions with ease, but also knows the red flags when the discussion becomes unproductive.

In Maine and throughout this country, the 2024 election year will be a test on de-

mocracy. We will need experienced leaders who can work together to bring meaningful change and build a path forward. With Kim's prior work in Augusta on Capitol Hill and her four terms in the Legislature, I have no doubt she will work with lawmakers and Governor Mills in a positive and productive manner, focused on change, working effectively with people, and allowing Cape Elizabeth - and Maine to be looking towards the future.

Sam Robinson

'Speech comes from people'

I applaud the Cape Courier's recent decision to only publish political advertising that contains the name of an actual person. This is a common sense change that is well-overdue.

In recent years, we have seen the rise of speech shrouded by anonymity. The Citizens United ruling kicked off this shift more than a decade ago when covert funding of candidates or issues was deemed to be legal. This created havoc in politics, and presently, a large majority of Americans do not support this landmark ruling.

Since then, particularly in the past 5 years, we've seen more and more people hide behind organizations, anonymity and even face coverings to espouse their views they

wouldn't otherwise feel comfortable sharing in a public forum. In Cape, we've been treated to a steady diet of bizarre political advertisements from a secret group with unknown members and an unclear agenda.

If you want to say something and offer your views in a public space, then speak up and use your voice. Speech comes from people, not from corporations, non-profits or cabals of the faceless.

We have a handful of critical issues facing our town at this juncture. Please do not change this important shift in Courier policy - it is desperately needed.

Ben Hagopian

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

Letters to the Editor

Continued from page 2

Rectifying ‘noncompliance of our zoning’ should be a priority for Town Council

In February, the Town Council voted 4-2 (one absent) to spend \$40,000 of taxpayer funds on further studying the northern end of Gull Crest as a location for affordable housing, despite a marked lack of public enthusiasm for the project.

I am firmly for increasing our housing diversity in Cape and for building affordable housing, and believe we can retain the character that so many of us love while making this a more affordable and inclusive place to live. However, a citizen petition drive related to the Gull Crest project failed to garner enough signatures. Then the Housing Diversity Study Committee (HDSC) assessed the possibility and declined to recommend it in their final report due to a host of challenges to developing the site.

Prior to the February meeting, the council received email and in-person comments

that were overwhelmingly against taking any further action (the only exception – the person behind the petition drive). I encourage the council to instead prioritize some of the 22 action items that the HDSC did recommend in their report.

Additionally, according to the town’s attorney our zoning ordinance is not in compliance with LD 2003, the state law intended to further housing affordability. A set of legally compliant changes, crafted over nearly a year and a half with significant public engagement, were passed in November. That zoning was overturned in December, and a version written unilaterally by one councilor was instated. Rectifying this noncompliance of our zoning should also be a priority for our council.

Gretchen Noonan

‘\$4.34 per day’ can get Cape a new middle school

\$4.34 per day. That’s what a tax increase for the median home value in Cape – currently a \$630,000 house – would take on in order to build a new middle school based on the E2 building plan the SBAC put forward as they whittled the original seven choices Harriman presented down to three during the February 15 SBAC meeting.

This tax information is based on the update posted to the SBAC website on February 14. It should be noted that the SBAC released this tax information only 24 hours before voting from seven to three, giving taxpayers almost no time with those numbers. Also worth noting that Option G, which would give Cape a new middle AND elementary school and has already been voted down by the SBAC, would cost a median value home a \$5.40 per day tax increase.

As we come together as a community to make this important decision on schools and invest in the children of Cape, it’s imperative that we educate ourselves and focus on facts. As the Portland Press-Herald noted in their February 22, 2024 piece on SBAC progress, “the town has gone through a rigorous process to calculate the financial implications of each option. Project cost estimates were provided by Harriman and then independently verified by Turner & Townsend Heery, according to the committee. The tax impact analysis was conducted by consultants Moors & Cabot and then verified by Town Manager Matt Sturgis.”

Cape taxpayers deserve facts. Not fear-mongering, unverified numbers on lawn signs.

Rob Krauser

‘Join us for a site walk’

Are you interested in seeing the 22 acres of land on Gull Crest between the transfer station and the Spurwink River that have been identified by the town engineers as feasible for the development of affordable housing?

Join us for a site walk on Saturday, March 23 at 9 a.m. at the Greenbelt Trailhead located on Starboard Drive. We will cross the footbridge and hike for approximately 1.5

miles on moderate terrain.

Up to 196 lovely homes for families, kids, seniors and our workforce can potentially be built without changing the law. It is one locally grown solution to advance the goals of the Comprehensive Plan that is fiscally conservative and socially responsible.

Everyone is welcome.

Cynthia Dill



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‘Values of a town are in its budget’

The values of a town are not found in its vision, but in its budget. The only infrastructure in Cape Elizabeth that is sustainably funded is the Turf Field. This is a choice. The field needs turf replacement about every ten years. This is costly (over \$500,000). That level of cost is hard to ‘afford’ in any single budget year. To limit big spikes in the budget, the town set up a Turf Field Fund and the town and school contribute every year. When it’s time for the costly replacement, the town budget barely changes -- half the money for the turf is already in the fund. The town could do this for all sorts of critical infrastructure. We could establish funds for essential facilities, including the fire station, Town Hall, each school, the police station, the community services building and any

other vital infrastructure.

This is not a new idea. Yarmouth does this – they have separate funds for different parts of their infrastructure. These funds are allocated for expected renovation and/or replacement projects. What a town can afford often depends on the timeframe. We can afford what we sensibly plan for, and long-term planning is cheaper. In the last several years, we haven’t been planning.

The town should start saving now, in this year’s budget, for its infrastructure needs – like the schools. Also, we should establish infrastructure funds to save for our future needs, together with a sensible municipal bonding plan. Let’s put our values back in our budget.

John Voltz

Openings at Community Gardens

By Rachel Stamieszkin

Are you interested in growing your own organic produce in a sunny location with tools, water and supplies provided? You can do so at the Cape Community Gardens with a friendly community to provide camaraderie and support!

Cape Elizabeth is home to two Community Gardens – one at Maxwell’s Farm and the other at The Gull Crest Fields, both located on Spurwink Road.

After taking a rest this winter, we are look-

ing forward to the upcoming season. We anticipate having a good number of openings at both gardens. If you might be interested in joining or rejoining the Cape Community Gardens at either location, please send an email to Rachel Stamieszkin at rachel.piotr@gmail.com with your name, mailing address, phone number and whether you have a preference for the Maxwell Farm or Gull Crest Fields location. You will be added to the waitlist in the order in which your email is received. We hope to see you in the Garden!

Kindergarten registration for fall 2024

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@capeelizabethschools.org or 207-799-7339.



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Cybersecurity awareness: Vishing

By Rob Simopoulos

At this point, most of us have received and recognized phishing emails sent by cyber criminals. Phishing is the common practice of cyber criminals emailing people while acting like another person or company, in order to have recipients interact with their emails by responding with sensitive information or downloading a malicious file.

But cyber criminals don't just use email. The telephone also remains a very popular attack method and it's a technique called Vishing.

Vishing is Voice-Phishing, and it's when an attacker uses the telephone to impersonate a company or person to fool others in providing sensitive information, access to accounts or to receive a payment.

Some examples of vishing include phone calls from:

- A bank employee requesting bank account login credentials or online recovery codes due to account issues or card problems.
- A loan officer reaching out due to issues

with a mortgage or loan application.

- A government worker demanding a tax payment.
- A health insurance provider claiming there are issues with coverage or Medicare.
- A call from an IT support provider such as Microsoft who needs access to a computer.

Some of these calls may be recorded messages left on voicemails requesting calls back, but sometimes they will be live individuals. It's very difficult to identify the validity of an inbound caller, especially since some may spoof phone numbers and even appear to have caller ID that matches the company.

Cybersecurity tip: If you receive an unexpected phone call similar to one of the examples above, it's recommended that you end the call and not provide any information. Next, find the provider's phone number online or from your files and call them back to verify that the call was legitimate.

Remember, if it's unexpected, always verify first.

Garden club offering scholarship

The Cape Elizabeth Garden Club is offering a \$1,000 scholarship for a Cape Elizabeth High School Class of 2024 graduate.

The scholarship will be awarded to a student planning to study for a degree related to horticulture, gardening and/or environmental science.

The candidate should have an interest in promoting conservation and improving mankind's stewardship of the natural world.

The deadline for submitting applications to the high school guidance department is April 10. The high school staff will forward all applications to the Garden Club, which will choose the winner.

Money for the scholarship comes from the profits the garden club's fall flower-bulb sale makes which is supplemented by donations from club members and gifts in memory of Garden Club members.

The scholarship recipient could eventually be eligible for the \$3,000 GCFM scholarship when they are a college junior, senior or grad student (and if they are still legal residents of Maine) majoring in one or more of the following fields: Horticulture, Floriculture, Landscape Design, Conservation, Forestry, Botany, Agronomy, Plant Pathology, Environmental Concerns, Ecology, Land Management or other gardening fields.

Report of possible missing juvenile

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 2-24 An officer met with a resident of the Broad Cove area regarding a possible missing juvenile.
- 2-26 An officer responded to a residence in the Scott Dyer Road area for a loose dog that had followed a jogger. Dog's owner is a South Portland resident, and was contacted to retrieve the dog.

SUMMONSES

- 2-13 Cape Elizabeth resident, imprudent speed, Route 77, \$134
- 2-13 South Portland resident, speeding (47/30 zone) Fowler Road, \$170
- 2-13 Westbrook resident, unregistered vehicle, Ocean House Road, \$85
- 2-15 Cape Elizabeth resident, speeding (50/35 zone), Ocean House Road, \$170
- 2-16 Saco resident, operating with suspended registration, Old Ocean House Road
- 2-16 Gray resident, illegal attachment of plates, Bowery Beach Road

- 2-19 Portland resident, operating without license, Route 77
- 2-19 Auburn resident, operating with expired license, Route 77, \$152
- 2-19 Windham resident, uninspected vehicle, Shore Road, \$148
- 2-19 Cape Elizabeth resident, owner of vehicle passing stopped school bus, Shore Road
- 2-22 South Portland resident, speeding (46/30 zone), Shore Road, \$170
- 2-22 Cape Elizabeth resident, speeding (39/25 zone) Scott Dyer Road, \$129
- 2-22 Portland resident, unregistered vehicle, Wells Road, \$145
- 2-26 Cape Elizabeth resident, speeding (45/30 zone), Mitchell Road

ACCIDENTS

- 2-16 Eli Morse, accident on Running Tide Road

FIRE CALLS

- Fire calls: 8
- EMS calls: 35

Scam alert bulletin board

By Jessica D. Simpson

Slam the Scam – Social Security Impostors

One of the most popular ways for criminals to steal money and sensitive information is by impersonating a trusted source, often a government agency. According to the Federal Trade Commission, victims of government impostor scams reported nearly \$509 million stolen from them in 2022. March 7 is National Slam the Scam Day and the focus this year is stopping Social Security impostor scams.

Here are three tips to help you do just that. Beware of unexpected calls, texts or emails claiming there is a problem with your Social Security number. One example is a warning that your number has been linked to criminal activity and suspended. The goal of the scammer is to get you in a heightened emotional state, and this is one common way they do that.

Second, the Social Security Administration will only call you if you are already engaged in conversations with the agency.

Finally, you can access your account securely at ssa.gov/myaccount. This will give you a safe and reliable place to check on your account if you ever have questions.

Spring Break Travel Scams

It's that time of year again – the holidays are long past, and summer is still a long way off. It's time for a spring getaway. But beware, for everyone looking for a great spring break deal there is a criminal out there offering an amazing deal. These three tips will help you spot a potential travel scam.

First, be wary of any deal where the price tag is dramatically lower than what else is available at your destination.

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

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

Don't get left out in the cold this spring, be a fraud fighter!

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

2024 Publication schedule		
Issue No	Ad/Copy Due	Issue Published
01	Jan 5	Jan 17
02	Jan 26	Feb 7
03	Feb 9	Feb 21
04	March 1	March 13
05	March 15	March 27
06	March 29	April 10
07	April 12	April 24
08	April 26	May 8
09	May 10	May 22
10	May 24	June 5
11	June 7	June 19
12	June 21	July 3
13	July 5	July 17
14	July 26	August 7
15	Aug 9	August 21
16	Aug 23	Sept 4
17	Sept 6	Sept 18
18	Sept 20	Oct 2
19	Oct 11	Oct 23
20	Nov 1	Nov 13
21	Nov 15	Nov 27
22	Dec 6	Dec 18


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News from the Superintendent

By Dr. Chris Record

Wow, the school year flies by so quickly. On February 14 we hit the 100th day of school and now we are headed into spring at a rapid pace. Let's hope for sunshine and spring flowers in the weeks ahead.

This article includes a mention of a few of the many amazing things happening in our schools, an LED lighting project update, an update on the productive work of the School Building Advisory Committee (SBAC), and a reminder of the school budget development process that is currently underway by the School Board.

At Pond Cove, Mrs. Nicole Carey is orchestrating a Kindergarten Picture Book March Madness. Students vote which books moved forward in the "tournament" after guest readers are invited into the classroom to read books focused on the following themes: Inventions, Women in Science, Persuasive Writing Marginalized Communities and Pollution in the Ocean. Stay tuned for the winning book!

Also at Pond Cove, we are celebrating with our volunteer coordinator Sarah Gagne, as she shared with us that from the start of the school year through the end of February, 1,282 volunteer hours were tracked at Pond Cove. This is an incredible achievement and deserves many thanks to our wonderful volunteers.

At CEMS, the seventh grade teachers at the middle school are piloting a new program called Explorer Wednesdays where students select a six week course from an array of offerings based on student feedback.

The weekly sessions include cooking, chemistry/physics, sports-writing, tiny house design, and art and photography. These experiences offer students the opportunity to work with peers and teachers they don't normally see in their schedule, as well as participate in experiential programming outside the scope of the seventh grade curriculum.

At CEHS, the AP biology class recently visited a Maine Inland Fisheries & Wildlife fish hatchery in Casco to learn about the breeding and stocking processes, hatchery operation, some of Maine's fish species, careers related to fisheries, and to pick up brook trout eggs for their classroom and three classroom tanks at CEMS.

The biology students then taught all 6th graders about their experience at the hatchery and delivered their eggs. Students will raise the brook trout in their classrooms through the spring, where they will learn about topics related to water quality, genetics, biology, pollution, local resources and stewardship. The trout will be released into a local water body in May. This Pathways effort connects students to local resources and relevant, hands-on learning experiences.

Also at CEHS, the Unified Team basketball season is well underway. The team is comprised of student-athletes with and without intellectual disabilities. This approach leads to greater understanding, friendship, and fun for the team and the whole community. Coaches Karen Johnson and Sarah Boeckel shared this description of the first game of the season against Old Orchard:

"March 4 was the first Cape Elizabeth Unified Basketball game. They played against Old Orchard Beach and came away with a win, 46-30. The team included 7 players and 2 partners. It was a great team effort and they all displayed great sportsmanship, good defense, rebounding and shooting. One of the OOB coaches remarked how pleased and proud he was of Cape's display of sportsmanship, especially of the two partners Nathan Ashe and Alex Brooking. With the partners tiring, Coach Boeckel gave them a much deserved rest on the bench and switched out the players, Madison Mills, Allison Brooking, Vai Monaghan, Emily Whalen, Cole Gray Evan Zack and Henry Adams for team play. They rose to the occasion and handled both ends of the court with finesse and great ball skills."

The Facilities Department is thrilled to announce the successful completion of its LED light conversion project at PCES & CEMS. Following the completion of Pond Cove in October, the middle school's transformation was finalized on February 12 (2024). This milestone marks a significant enhancement in our district's commitment to substantial improvements. The transition to LED lighting in our schools is not just about brighter lights; it's about creating a better, more energy-efficient learning environment for our students.

The benefits of LED lighting in educational settings are well-documented—from reduced energy costs to improved

visibility and lower maintenance needs. This project underscores our ongoing commitment to enhancing the learning environment, showing that our dedication to progress extends beyond the current debates about the future of our facilities.

The School Building Advisory Committee (SBAC) voted on February 15 to move forward with three options for Harriman architecture firm to develop further. Option E will build a new middle school and provide a still evolving degree of renovations at Pond Cove and CEHS. Option B and C provide a still evolving degree of renovations at the three schools and some new construction at CEMS and PC. Save the dates for these additional public forums to review design options (both to be held at Town Hall):

- Thursday, April 4, 6 p.m. - Presentation of three preferred options (public feedback period to follow before SBAC votes on May 2 on one supported option to develop further)

- Thursday, June 6, 6 p.m. - Presentation of the final supported option to be recommended to the School Board and Town Council, for a November 2024 referendum.

If you are unable to attend the forums, you can watch the livestream on Zoom or via CETV.

For more information, visit: <http://www.capeelizabetsbac.com/>

I think it is important for you to understand the process for how the 2024-

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

- The principals/program directors work closely with our School Finance Director to develop their preliminary budget proposal.

- In December, each principals/program director presents their budget to the superintendent for review line by line, position by position and program by program.

- The District Leadership Team preliminary budget is finalized as best it can be with some unknown factors explained below and presented to the School Board in late January.

- Then the School Board, through several public workshops, reviews the budget proposal, asks questions and guides the final budget for their vote in April.

- This final School Board budget is presented to the Town Council in May for their review and questions. As a reminder, the Town Council has no input

-see Superintendent page 16

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Cynthia Dill

Paid For by Dill For House District 123, Tom Clarke, Treasurer
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Caper Cecilia Price is a competitive equestrian

By Kevin St. Jarre



Contributed photo

Cecilia Price is a junior at Cape Elizabeth High School and has been involved with horses since age 6. She is a competitive equestrian and is pictured above standing next to Mocha.

Cecilia Price is a junior at Cape Elizabeth High School, and most of her life has involved horses. She is a competitive equestrian, competing in a discipline known as hunter-jumper.

She is on a team competing in the Interscholastic Equestrian Association (IEA) in which there are middle school

and high school teams. “In IEA, the teams of each region compete in shows in which each rider is randomly assigned to show a horse that they may have never ridden before. Once the horses have been selected, riders are judged in jumping classes based on their form and their presentation of the horse,” Price said.

In so-called “flat” classes, there are multiple riders in the ring, and they are judged for their form and presentation of the horse while having the horse walk, trot and canter. By placing well in their classes, riders can earn points individually and for their team to qualify for regionals, which can be done by a team or an individual rider.

Price has been riding since she was 6 years old. She said, “I started because my older sister was riding as well. She is now the Captain of Cornell’s riding team.”

The number of hours per week that she spends in the saddle varies throughout the year. “In the summer I often ride more, both because I have the time, and there are different types of competitions, [but] not the team-based competition I am in now. With riding in private lessons and the occasional team practice, and also all the grooming, tacking and commuting that is involved with riding, I typically spend 5 to 10 hours at, or traveling to, the barn [and that is] not counting weeks with shows,” Price said.

Price said there are many chores involved in caring for the horses. She said, “I brush and groom the horses. I don’t own a horse; I ride a variety of the ones that are stabled at our barn. Before and after I ride, I clean their hooves, and make sure to check with the barn staff and my trainer to make sure that a horse is properly blanketed depending on the weather. If feeding time occurs while I’m riding, I make sure to give the horse their feed within an adequate timeframe after dismounting.”

“In the summertime, when preparing for a show especially, we often bathe the horses to minimize sweat or just to clean them. We also spend a lot of time caring for our tack, which is the equipment. After every lesson, I put away and clean my tack with leather cleaner, and sweep the area that I tacked up in. When our team has practices, a couple times a month during the season, we always do a large clean-up of the barn and help turn-in the horses, which means to bring them in from their paddocks.”

She has made many friends she met through riding. “Since I have been riding for years, and our team is middle

school and high school, and with students from all over southern Maine, I have made many friends from Maine and New Hampshire, both older than me and younger,” she said.

Asked if horses have different personalities, Price said they do. “I definitely think horses have different personalities. Especially in the past 6 years that I have spent competing in IEA, I feel that I have been able to see so many different personalities between horses. I see these personalities in the typical sense- horses that are sassy vs. affectionate- but also in the riding sense, because horses’ different personalities are what make riding a new horse for the first time, while competing, so difficult- learning their buttons very quickly is definitely a difficult skill to master,” Price said.

Price said she recommends others take lessons. She said, “Not only is it a new experience, but it is an activity that can teach you responsibility, and also how to care for an animal that, in a way, cares for you! The skills that come from riding are important for those of any age.”

Price is a member of the York Equestrian Team. She said, “Though it is based in York County, at our barn, Greystone Stables, in Berwick, we have team members from all over southern Maine and some from New Hampshire. We compete against teams from Maine, New Hampshire and Massachusetts. Our team just won our Region, so we are now going on to Zones- which will take place in Springfield, Massachusetts. If we win there, we will compete in the Nationals. To follow our team, follow the Greystone Stables account on Facebook, or go to their website at www.RideGraystone.com.

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.




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Cape Elizabeth SBAC recommends three preferred design options for schools

Editor's note: Due to space constraints and small font size that would affect print quality, The Cape Courier was unable to publish graphs that provide a more detailed breakdown of each design option. Residents interested in viewing these graphs can find them at: <https://www.capeelizabethsbac.com/>.

(Press release) - The Cape Elizabeth School Building Advisory Committee (SBAC) has taken a significant step forward in recommending investments for the town's educational infrastructure needs. After months of work in concert with designers and project managers, the committee has selected three preferred design options for the future of Cape Elizabeth schools.

The committee considered factors such as community feedback, financial viability, safety needs and educational impact. The meeting concluded with the narrowing down of options to three finalists: Option B, Option C, and Option E (see more details below).

Option B focuses on additions and renovations that prioritize safety enhancements, cafeteria improvements and HVAC upgrades. Option C proposes expansive additions and renovations across all schools, including safety upgrades, new centralized cafeterias for the middle and elementary schools, STEM and performing arts spaces. Option E proposes building a new middle school, with the possibility of a new elementary school in 10 to 20 years.

Additionally, designers were asked to consider a revised hybrid of Options B and C, potentially involving up to 35,000 square feet of new construction. Harriman designers have begun revising these options in consultation with project managers.

Project cost estimates, initially provided by Harriman, were subject to an independent validation process by the Owner's Representatives at Turner Townsend Heery. Furthermore, tax impact analyses were prepared by outside consultants at Moors & Cabot and subsequently validated by our town manager. This comprehensive validation process underscores a commitment to transparency and accuracy in presenting the financial implications of each proposed design option to the Cape Elizabeth community.

Updates to these proposed designs were scheduled to be presented to the SBAC on March 7.

The SBAC is developing an approach to solicit town-wide feedback on the three revised options. The next public forum is currently scheduled for April 4, where Harriman architects will present the three preferred options to the public. The SBAC will then be tasked with selecting one final option on May 2, which will then be further developed in preparation for a public forum in June.

About the Cape Elizabeth School Building Advisory Committee (SBAC)
The SBAC is a joint ad hoc advisory committee of the School Board and the Town Council, formed in March 2023. Its mission is to create a strategic, cost-effective plan to address the school building needs of Cape Elizabeth. The SBAC's work is focused on thorough assessment, comprehensive community outreach, and the development of a plan that serves the needs of students, educators, families and the community.

For more information, please visit the committee website: <https://www.capeelizabethsbac.com/>.

Option B – Addition/Renovation

Total Cost: \$64,562,904
Tax Impact: 10.42% to 16.10%
Total Interest: \$28,509,004
Yearly Debt Service: \$4,200,369
Yearly Cost for Median Homeowner: \$753
Monthly Cost for Median Homeowner: \$62.75

Option C – Addition/Renovation

Total Cost: \$116,112,963
Tax Impact: 18.29%
Total Interest: \$54,497,846
Yearly Debt Service: \$7,372,276
Yearly Cost for Median Homeowner: \$1322
Monthly Cost for Median Homeowner: \$110.17

Option E.1 – New Middle School

Total Cost: \$110,932,210
Tax Impact: 16.18%
Total Interest: \$71,954,641
Yearly Debt Service: \$6,520,739
Yearly Cost for Median Homeowner: \$1169
Monthly Cost for Median Homeowner: \$99.09

Option E.2 – New Middle School

Total Cost: \$135,453,031
Tax Impact: 20.16%
Total Interest: \$71,954,641
Yearly Debt Service: \$8,127,820
Yearly Cost for Median Homeowner: \$1457
Monthly Cost for Median Homeowner: \$121.42

Spring and summer Cape Explorer coming your way

By Cape Elizabeth Community Services

As winter fades away and spring arrives, Community Services is excited to offer a range of programs and events to help you shake off the winter blues. In collaboration with our team of instructors, we have put together some exciting program ideas that will inspire you to come out of hibernation and by doing so, improve your well-being.

Join author and cooking instructor Chris Toy for two evenings of making homemade ramen and three delicious Asian appetizers. Zack Rouda will teach you how to eat invasive Japanese knotweed, sharpen dull tool blades, and even weave birch bark and pine needle baskets.

The Cape Elizabeth Land Trust will guide you on plant and pool walks around town. We also have tours of Deering Oaks Park, the East End Wastewater Treatment Facility and the Kennebunk River lined up. In addition, there are various art medium workshops to be led by talented artists.

You can also tap your foot through musicals such as "Waitress," "Oklahoma" and "The Secret of Cell Block 7." We have lunches planned at the culinary school in Portland, The White Duck Brew Pub in Winthrop, Latitude's in Kennebunkport, Mike's American Diner in Arundel and Foster's in York Harbor.

Whether you are 45 or 85, we have almost thirty fitness classes for all levels. To improve your flexibility, strength, and balance, sign up for yoga, weight training, water aerobics or one of many more.

Youth programming for spring and summer

We offer a wide variety of after-school programs for students with different interests such as sports, dance, art, cooking, chess, legos, fishing, and more.

Additionally, we provide summer camps for students who want to continue learning and exploring new activities during the summer break. Our summer camps include sports, theater, dance, art, science, robotics, fishing, music, kayaking and paddle boarding. We have programs for everyone, from athletes and performers to problem solvers and artists. Summer rec camp for ages three through 8th grade will run from June 24 through August 9 with the option of before and after camp care.

Program registration

Except for summer camp, resident registration opens for spring and summer programs online on Sunday, March 24 at 8:00 p.m. and in person/over the phone on Monday, March 25 at 8:00 a.m. Non-resident registration opens on Friday, March 29. Resident registration for summer camp opens online on Sunday, April 7 at 8:00 p.m. and in person/over the phone on Monday, April 8 at 8:00 a.m. Non-resident registration opens on Friday, April 12.

Remember to use that Wishlist feature and call us at 799-2868 before registration opens if you need help logging into your online account.



Contributed photo

Day trip to Maine Maritime Museum for The Bath Iron Works Story: Land & Sea Tour.



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\$76 adults & kids 4-12, \$36	Chocolate Pot De Creme (V)



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Greenbelt Gazette

By Maureen O'Meara

Multi-user Mantras

•Town Open Space alterations.

About 1/3 of the 1,200 acres of preserved town open space has been obtained through development review by the Planning Board. The result: residents enjoy permanently preserved natural lands adjacent to their backyards, for many folks the ideal setting. Protected town open space usually is restricted by deed from alterations. If you live next to town open space, please enjoy, but also keep lawn care on your property. The most common encroachments found on town open space are placement of sheds, play equipment, and worn out equipment, installation of dog fences, removal of natural vegetation with groomed lawns, and deposit of brush and grass clippings in large and permanent quantities. As we approach spring, please take a walk along your property line and relocate/readjust practices to keep open space natural for all.

•Cross Hill Open Space.

The Cape Elizabeth Land Trust has delivered its annual easement monitoring of open space in Cross Hill. We are happy to report that encroachments have decreased from 40 to 31 properties. We will again be contacting property owners to eliminate encroachments, many of which are dumping of brush and grass clippings and installation of dog fencing.

•Off season excursions.

Consider visiting some of the town's open

spaces before the growing season starts.

•Mud Season?

Trail conditions vary with the weather. Please keep this in mind if we get that combination of warm temperatures and rain storms that makes some of our trails muddy treks. Consider using some of our more durable trails.

What's Happening?

•Great Pond Boat Rack Storage Lottery. Do you have a kayak or canoe you would like to keep at Great Pond for the season? Fifty-one boat storage slots located at Great Pond are awarded each year by lottery. Boats can be stored from the first Saturday in March till the first Sunday in December. If you are a lucky lottery winner, you are expected to use the boat slot for most of the season. Boat rack applications are available on the town website and in the ACP Office, Town Hall and are due March 14, 2024. Over 60 applications have already been submitted.

•Conservation Ordinance/Events on Town Open Space.

At the February 12 meeting, the Cape Elizabeth Town Council adopted amendments to the Conservation Ordinance, specifically regulating events on town open space. The Conservation Committee will now be able to approve events of up to 250 attendees, subject to meeting minimum safety requirements. Larger events will still require Town Council approval. If you want to host an event on town open space this year, contact the town planner to obtain an application and attend a Conservation Committee meeting.

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. Greg is currently studying Ecology and Environmental Sciences at the University of Maine, while also promoting many issues regarding wildlife conservation in the state. Come learn about Maine's Big Night and how you can participate during late April or early May when the amphibians emerge again.

Date: Thursday, March 28

Time: 6:30 p.m.

Thomas Memorial Library

No registration required.

Fort Williams Park pickleball update

By Sara Lennon and Jim Kerney



Contributed photo

The four pickleball courts at Fort Williams Park which had previously served as tennis and basketball courts have been completely removed to make room for 8 new courts.

While the traffic at Fort Williams Park has slowed for the season, the activity level within the park remains high. Perhaps most notable is that the four pickleball courts which had previously served as tennis and basketball courts have been completely removed to make room for 8 new courts. Construction started days after funding was approved by the Town Council in December. The nets, fencing, pavement and concrete was all removed within a few days. During the next week, 18" of crushed rock and gravel was brought in, compacted and laser-leveled for the new facility. If all goes as scheduled, the new pickleball courts will be paved and fenced in the early spring, and then painted during the warm days of summer.

This project aligns with the Fort Williams Park Committee's Master Plan and the Town Council's goals of creating opportunities for residents to participate in activities which foster active and healthy lifestyles. With gratitude to the town of Cape Elizabeth, the Fort Williams Park Committee and many enthusiastic citizens, the plan is well underway.

It's not an understatement to say that Cape Elizabeth has one of the most beautiful settings in the country for the world's fastest growing sport: rolling lawns, stunning ocean views, cliff walks, restored gardens and our iconic lighthouse. The FWPC's mission is to invite all who wish to visit for a wide range of activities. These have included sight-seeing, walking, running, biking, soccer, baseball, tennis, playgrounds, picnicking, skating, sledding and so much more. To the delight of many Cape residents, pickleball has joined the offerings. This has changed over the past few years as demand has soared. Initially lines were painted over the tennis court lines near the pond, then courts were painted over the old basketball courts up near Officer's Row, and now that same area is being reworked for the new pickleball courts.

Cape residents now include at least two multi-time national pickleball champions as well as several other residents who regularly play at top-ranked competitions throughout the northeast, in Florida (which is a pickleball mecca) and around the United States. Pickleball's booming popularity is in part because it can be easily learned and played by people of all ages and athletic abilities: all you need is a paddle, sneakers, a few friends and a community court. Not surprisingly, the new courts are already eagerly awaited by many Capers but also will likely attract scores of new Cape players as well.

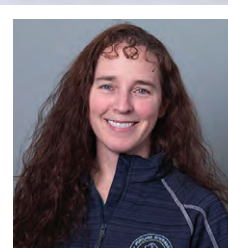
While the court project is very much on track, a few needs remain unfunded including court dividers, benches, a water station, paddle racks and cleaning equipment. As such, a group of citizens has organized a fundraising effort called 'Rally for the Courts' to help fund these amenities. If you would like to learn more or support the effort, please visit www.rallyforthecourts.org or speak with any committee member: Marc Weiss, Jim McFarlane, Kathleen Pierce, Peggy Williams, Luke Pfeifel, Sara Lennon, Glenn Jordan, Jim Kerney, Henry Springer and Mark Casey.

In addition to the new pickleball courts, the FWPC is planning to shim and repaint the existing tennis courts near the pond this summer. All court painting activities are experiencing protracted delivery times due to backlogs created by new pickleball court demand and the relentless rain this past summer.

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

Women's History Month: Many Cape Elizabeth women, past and present, making a mark

By Kevin St. Jarre

Although impossible to capture all of their stories, there are many Cape Elizabeth women who have made, and continue to make, an impact on their community and beyond.

Out of 7 members of the Town Council, four, a majority, are women: Stephanie Anderson, Susan Gillis, Caitlin Jordan Harriam and Penny Jordan.

With 7 members elected to the Cape Elizabeth School Board, all but one are women:

Chair Elizabeth Scifres, Heather Altenburg, Kathleen Curry-Sparks, Jennifer McVeigh, Caitlin Sweet and Cynthia Voltz.

Of those who lead Town Departments, several are women including:

Town Planner Maureen O'Meara
Community Services and Fort Williams Park Director Kathy Raftice

Finance Director Kristie Bradbury
At the department of Fire & Rescue, there is Rescue Captain Maryanne Denison

Thomas Memorial Library Director Rachel Davis

Town Clerk Angela Frawley
Assistant Town Manager Debra Lane
Webmaster and Public Information managed by Susana Measelle Hubbs

Cape Elizabeth's current State Senator is a woman. Sen. Anne Carney lives in Cape Elizabeth, where she and her husband David Wennberg raised their three children.

Cape has a woman representing it in the Maine House of Representatives. Rep. Rebecca Millett is serving her second term in the Maine House, after serving eight years in the Maine Senate. She and her husband raised their son and daughter here in Cape.

Women are leaders within the Cape Elizabeth School Department. Two of the three building principals are women. Tiffany Karnes is the principal of Pond Cove Elementary School, and was previously the principal of Oxford Elementary School for nine years. She's worked in school administration for more than two decades. Sarah Rubin is the principal of Cape Elizabeth Middle School, also with decades of experience in education. The Assistant Superintendent of Schools for the Cape Elizabeth School Department is Michelle McClellan.

Women lead at The Cape Courier as well. Publisher and Advertising Manager Tara Simopoulos was born and raised in Toronto, Canada and moved to Cape Elizabeth along with her husband and two children in 2010. Editor Marta Girouard was born in Poland, moved to France at age three and immigrated to the United States when she was five years old. She lives in Cape Elizabeth with her family.

Joan Benoit Samuelson is a Cape Elizabeth native who is an American Senior Grand Masters marathon runner. She was the first women's Olympic Games marathon champion, winning the Gold medal at the 1984 Summer Olympics in Los Angeles. She held the fastest time for an American woman at the Chicago Marathon for 32 years after winning the race in 1985.

Maine Public Utilities Commission is a government agency that regulates water, electric, natural gas and telecommunications in the state of Maine. The three full-time commissioners are nominated by the governor, and only one of them is a woman.

Cape Elizabeth's Carolyn "Carrie" Gilbert was appointed to the Maine PUC in May 2023 by Gov. Janet Mills. Prior to

her appointment, she was a Managing Consultant at Daymark Energy Advisors where she worked with utility commissions across the country on renewable energy policy and economics. She began her career as a consulting environmental engineer for municipal water and wastewater utilities. Commissioner Gilbert has served on the Energy Working Group of the Maine Climate Council and is the Maine Chapter Chair of New England Women in Energy and Environment (NEWIEE). Gilbert holds a Master of Business Administration from the Stephen M. Ross School of Business at the University of Michigan. She completed her undergraduate work at Dartmouth College and holds bachelor's degrees in Engineering and Environmental Earth Sciences. Her term expires in March 2029.

Cape Elizabeth High School alumna Clare Egan competed in her second Olympic Games in Beijing in biathlon, a sport combining cross-country skiing and target shooting. She helped the team place seventh in the relay, the team's best finish in the sport.

Frances (Jordan) Banks lived a long, distinguished, and impactful life and was the daughter of Raymond and Vesta Jordan. She passed away due to COVID-19 on May 30, 2020, just shy of her 102nd birthday. She was born July 15, 1918. She grew up in Cape Elizabeth, and she was a direct descendant of the town's original 17th century settlers. She graduated from Cape Elizabeth High School in 1936 and the State Street Hospital School of Nursing in 1939.

As a young woman, she studied nursing and aspired "to see the world," so she enlisted in the U.S. Army, was commissioned as a Lieutenant and joined four of her younger brothers in serving her country during World War II. She served in India, near Calcutta, with the 94th Station Hospital as Head Nurse supporting the 462nd Bombardment Group that was flying B-29 Superfortress missions over the "Burma Hump."

After the war, Frances continued her education at the University of Pennsylvania where she earned a degree in nursing. She worked as a nurse in Pennsylvania for a number of years before accepting a position as Director of Nursing at the Maine Eye and Ear Infirmary in Portland. When the state of Maine started a new state-wide program in Practical Nursing, Frances moved to Augusta to lead the program as director. The program expanded to Aroostook State Teachers College in Presque Isle where she moved to become director of the Licensed Practical Nursing program. She rounded out her career as Chief Administrator of Aroostook Health Center and Skilled Nursing Facility in Mars Hill. While living and working in The County, a friend introduced her to Athill Banks, a well-known Aroostook potato farmer. She and Athill married, and they created an idyllic home together in Mars Hill where they warmly hosted a seemingly continuous stream of relatives visiting from southern Maine and beyond. Following Athill's death in 1978, she continued participating actively in the community and living on her own in Mars Hill into her 90s, before returning to Cape Elizabeth.

There is no doubt that women will continue to be central to Cape Elizabeth's success, whether in the arts, politics, law, medicine, the trades, public safety and education.

More Cape memories

By Steve Hill CEHS 1968

The article by Peter Capano in the February-March edition of The Cape Courier brought back many memories. Being a CEHS graduate and long time Cape resident and sports fan, I remember the 1974 game against South Portland well.

The 1974 team was certainly one of Cape's best basketball teams ever but those who know Cape basketball also know the Augusta Civic Center has never been a friendly venue for Cape basketball.

As Peter mentioned, a baseball state championship in the spring would ease some of the pain from the basketball loss. Many of the baseball team had played for me on the Cape Elizabeth Red Rose Cardinals in the Portland Babe Ruth League. If the name Capano sounded familiar to some readers it is because Peter's father, Ed Capano brings back many memories in his own right and many will know his name since the CEHS softball field, Capano Field, is named in his honor.

60 years ago last month, Ed was a teacher at the Cape Elizabeth Junior High School and at that time there was a memorable event taking place on television. On Sunday night February 9, 1964 an up and coming group of singers from Liverpool, England were appearing for the first time on the Ed Sullivan Show.

The Beatles were a huge hit and a major topic of conversation before school the next morning at CEJHS. The major question was, "Did you see the Beatles on Ed Sullivan last night"? Apparently the questions got a bit much for teachers like Mr. Capano who wrote across the chalkboard in big letters: "YES, I SAW THE BEATLES LAST NIGHT!" No more answers needed and if asked he would point to the chalkboard with a big smile on his face.

A few years later I would have another memory regarding Mr. Capano. My good friend George Gonyer (CEHS 1969) and I were working for the Sprague Corporation at Ram Island Farm.

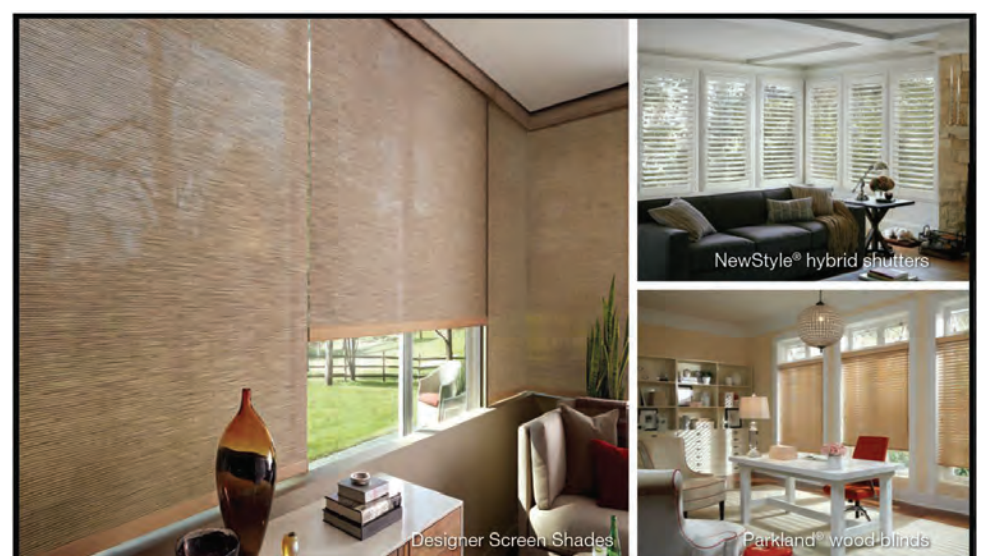
One of our jobs was to go around to the residences and pick up trash and take it to The Dump (long before a fancy Transfer Station). We were frequently surprised at some things that were thrown away that still seemed to have a use.

This was especially true when we arrived one morning at a house to find two perfectly good bicycles on top of some trash cans. Wow! We can't just throw those away. Who might want them? What about Mr. Capano? He lives on Spurwink Avenue right on the way to The Dump and he has kids who ride bikes. We found Mr. Capano and he was more than happy to give us a few dollars for bikes that were rescued from the trash heap.

There was only one problem. When we returned to Ram Island Farm, the resident handyman Walter Fredricks tracked us down and somewhat concerned asked us if we saw some bicycles and what happened to them? We finally admitted we had sold them for a few bucks. What's the problem? They were being thrown away. Walter exclaimed, they were NOT being thrown away, they were on top of the trash cans to keep the raccoons out. Go back and get them; the owners are pretty mad.

Back we went to Mr. Capano and sheepishly explained the situation. He had a good laugh and said he thought the deal was too good to be true. The money was refunded and we returned the raccoon deterring bikes to their proper place.

Thanks for the memories, Peter.



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Your Cape neighbor: Kevin Barry

By D. Ellen Boyle



Contributed photo

Caper Kevin Barry, pictured with Rudy, can repair just about anything in a home or yard. Barry has worked in various industries during his career, from banking to automotive services. In 2020 during the start of the Covid-19 pandemic, Barry started his company, Cape Handy, LLC.

Who sometimes has to go to work in a Tyvek suit and a respirator? It's your Cape neighbor Kevin Barry, a man who can repair just about anything in your home or yard. When asked how he learned the skills needed for home repair Barry explained, "My stepfather was from a family of business owners; they owned a pharmacy and a commercial photography business. "He bought a

10,000 square foot commercial property in downtown Providence." As a teenager Barry helped his stepfather maintain the entire 2nd floor. "We remade it into office spaces and a conference room. The first floor also had a catalog photography studio." He added, "I built modular walls for studio sets that were painted, wallpapered, and trimmed over and over again specific to the design needs of the client."

Once the initial remodel work was done Barry did maintenance jobs on areas like lights, drywall, door locks, leaks in the roof and plumbing issues. "This way I got a lot of experience in many areas. I'd assess the problem and figure out how to fix it," he said.

Barry grew up in Rhode Island but has lived in many other states including New Mexico, Michigan, Connecticut, New Hampshire, Massachusetts and Maine. He also spent three years in Eindhoven, a town about an hour south of Amsterdam. About eight years ago Barry settled in Cape as his partner Judy Baressi had two sons in the Cape school system "so it made sense to stay in Cape." Both sons – Nicolas, 21, who attends Maine Maritime Academy and Jackson, 18, who attends UVM – graduated from CEHS.

After graduating from Bentley College (now Bentley University) in Massachusetts, Barry had jobs in banking, software, office products and automotive services. Then he landed a job with Hino (owned by Toyota), a company that makes medium duty trucks. He modestly stated, "I did well in selling those trucks." In fact, Barry repeatedly won the company's annual contest for exceeding sales goals, winning trips to Aruba, Prague, Ireland and Costa Rica.

In 2020 during the early days of the Covid pandemic and after his father's passing, something shifted for Barry. He began doing home updates like painting, siding and building a pool shed. One day his neighbor called to ask if he would help her with a project. He smiled, "Then another neighbor asked me and then a friend of theirs had a project for me." The work piled up and the light went on. "I have all these tools and I'm having more fun doing these jobs than the corporate job." Thus was born Cape Handy, LLC.

The jobs Barry takes on can lead to unusual challenges or to laughter. One of his more unique projects came when a Broad Cove couple hired him to refurbish a large playscape – it had ropes, swings, a nautilus wheel, climbing areas. Barry said, "Well, I could see it had a rotted board or two and squirrels had chewed into it. But at the outset I didn't

know what I was in for." It turns out he had to level the whole thing, too. So, he used a carjack to level each corner, put a cement block under it and level it on gravel. "That way there's water drainage and frost won't lift or twist it," he explained. In the end he had to take a portion of the playscape apart, reassemble it, level it and then paint it.

Barry grins when he recounts jobs that have made him burst into laughter. One homeowner called him because she kept hearing a smoke alarm beeping and she couldn't figure out where the noise was coming from. He and the customer pinpointed a bedroom but looked for an hour opening drawers, taking out the bins under the bed one by one but they still couldn't find it. Barry laughed, "I ended up lifting up the mattress and there was the smoke alarm. Someone had slept in the bed and in the middle of the night hearing the beep grabbed it off the wall and stuck it there."

He went on, "Another time I was called to fix a clogged bathroom sink." While he lay under the sink to take the drain apart a small dog crawled onto his belly. "That dog got so comfy that every time I had to move, the dog reassembled itself on my stomach."

Barry recalled one job that was particularly challenging. He was called to a high-end rental unit that had flooded when the dishwasher malfunctioned, and no one was there. He had to work with a mold remediation business because there was mold everywhere. "The place was so nasty, wet, and disgusting," said this man who surely has seen his fair share of messes. "We all went in wearing Tyvek suits and respirators." Barry stripped out the flooring in the condo and installed a shiplap ceiling. He removed drywall in the garage and replaced the walls, bulkhead and ceiling.

At times a homeowner will call Barry for a job that turns out to be a different job than the owner expected. He said, "It's hard when the homeowner has a vision of a minor remodel and I have to tell him there's rot inside the walls or water entering the foundation. Or when the folks are on a very limited income." He paused, "It pulls at the heartstrings."

He matter-of-factly said, "I show up, do quality work and I stand behind it." For these reasons the Cape Handy, LLC business – now over 240 customers – has been so successful that Barry is not able to accept any new customers. However, he added, "I'm happy to refer folks to local people I know and trust."

Barry spends his downtime in winter going to a warm place and enjoying water activities. He and his partner enjoy parasailing, snorkeling and boating. Barry smiled and added, "Our dog Rudy is our main hobby; he loves to run and frolic in the Cape woods."



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Nature scene around town



Photo by Martha Agan

Red-bellied Woodpeckers are pale, medium-sized woodpeckers. Look for them along branches and trunks of medium to large trees, picking at the bark surface more often than drilling into it. You can often hear them as they climb up and down your trees. In the winter, you can attract them to your bird feeders to eat suet and sunflower chips.



Photo by Martha Agan

The Cooper's Hawk is a medium-sized hawk with broad, rounded wings and a very long tail; they prefer to nest in tall trees. The head often appears large, the shoulders are broad and the tail is rounded. Cooper's Hawks like to catch and eat small birds from birdfeeders.



Photo by Martha Agan

Above, a female Hairy Woodpecker. This bird is a medium-sized woodpecker with a fairly square head, a long, straight, chisel-like bill, and stiff, long tail feathers. Look for Hairy Woodpeckers at backyard suet or sunflower feeders, and listen for them whinnying from woodlots, parks and forests.



Photo by Martha Agan

Black Scoters off Two Lights State Park feed on mussels and clams in the winter. The male has an orange knob on its bill.



Photo by Martha Agan

A male Bluebird. These birds perch erect on wires, posts and low branches in open country, scanning the ground for prey.

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TML offers short story contest, kokedama workshop, free blood pressure and blood sugar screenings

IN THE STIER FAMILY GALLERY

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

Until March 30

View Frederick Ndabaramiye's vibrant, color-soaked paintings of daily Rwandan life throughout February and March in TML's Stier Family Art Gallery.

Free Eclipse Glasses Available at the Library

Through its participation in the Space Science Institute's SEAL (Solar Eclipse Activities for Libraries) Program, Thomas Memorial Library is once again distributing free eclipse glasses for library visitors.

Beginning March 22, the library will be handing out free glasses at library programs and at the library's main desk (limit of five pairs per family).

You can also learn all about the solar eclipse through a variety of library programs in the weeks leading up to the total solar eclipse on Monday, April 8. You'll find some of the events listed below, and the full schedule on the library's website.

FEATURED PROGRAMS FOR CHILDREN

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

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 - 4:30p.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.

Forest Bathing for Kids! A Family Walk at Fort Williams

Saturday, March 16 at 1:00 p.m.

Come explore the natural wonders sitting right in your backyard. Kids ages 5-13 are invited to join us at the Children's Garden at Fort Williams for a forest bathing experience with Family Engagement Assistant and Certified Guide Sierra.

We'll connect with the natural life around us as we make friends with a plant, draw a nature scene, and explore our environment through a sound map. Bundle up and get ready to discover all the life that thrives in the late-winter season. Register on our website.

For Tweens/Teens

WRITTEN IN THE STARS: A Short Short Story Contest

Did you have a blast with TML's 2 Sentence Horror Story Contest in October? Get ready for the eclipse with our next writing challenge.

In 200 words or less, write a very short story or poem about the night, destiny, or the dead of winter. Imagine celestial bodies, the follies of fate, and cold winter nights.

Your very short story could be about any of the above. Set a tone, create an atmosphere, warm us or chill us with your words. Maybe it's your brief take on a doomed romance like Romeo and Juliet, or a sci-fi short about an astronaut caught in the evening sky. Think

astronomy, astrology, dark and stormy nights. Let your imagination take you into the hours of darkness and starlight, into realms of fantastical fates or wintry worlds.

Submit your very short story on our website by March 29 for your chance to win a prize and have your work displayed at the library and on our website. This contest is open to all ages under 18 years. Happy writing!

Make Your Own Eclipse T-Shirt (Teens and Tweens)

Friday, March 29, 3:30-4:30 p.m.

Get ready for the total eclipse by making a cool DIY t-shirt. Register on our website.

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.

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.

Edison and the Eclipse that Enlightened America, with author David Baron

Wednesday, March 13, 6:30 - 7:30 p.m. via Zoom

With the total solar eclipse of 2024 rapidly approaching, author David Baron shares a pertinent tale from the distant past. In the summer of 1878, a similar eclipse traversed America's Wild West, darkening the frontier while rousing the ambitions of an entire nation.

The event lured to the Rocky Mountains many of the era's great minds—including Vassar College astronomer Maria Mitchell, who headed an all-female expedition to Denver, and a young Thomas Edison, who after observing the eclipse in Wyoming soon lit the world with his most famous invention. Baron recounts the tale of this historic event in his book "American Eclipse,"

-see LIBRARY page 13

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St Patrick's
Day

Library

Continued from page 12

which the Wall Street Journal praised as “a sweeping, compelling portrait of the scientific and social aspirations of Gilded Age Americans.” The book won the American Institute of Physics Science Writing Award and was shortlisted for the PEN/E.O. Wilson Prize for Literary Science Writing. The book is now being adapted into a musical by the Tony-nominated composer/lyricist Michael John LaChiusa. This event will take place on Zoom. All are welcome.

Big Conversations in 10 Short Minutes
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.

Don't Be a Victim: Scams and Fraud Prevention, with the Cape Elizabeth Police Department

Tuesday, March 19, 2:30 - 3:30 p.m. in person at the library
Have you ever gotten one of those unsettling phone calls, emails, or knocks at the door that you think might be a scam but aren't sure? Learn more about how to protect yourself at this talk with Officers Darin Estes and Ben Davis from the Cape Elizabeth Police Department.

This discussion will include information about different types of scams, how to not become a victim, and what to do if you do become a victim. 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).

Beyond the Human View: Experience the World Like Other Species, with Annie Novak

Wednesday, March 20, 6:30 - 8:00 p.m. via Zoom
The lived perspective of human beings shapes our planet, from our landscapes to our soundscapes to the night sky—with major consequences for the rest of life on Earth. We rarely consider what might happen if we stepped outside of the human-specific way of engaging with the world. What would happen if all eight billion of us stopped to smell the roses like an aphid, or took an actual bird's-eye view (spoiler: it's nothing like a satellite image)?

Join author and educator Annie Novak, as she helps us explore what it might be like to experience the world through the eyes, ears, photoreceptors, and other sense systems of non-human species. All are welcome. Please register for this program on the library's website.

Mossy March: Kokedama Workshop, with Registered Horticultural Therapists Laura Simonds-Rumpf & Colleen E. Griffin

Thursday, March 21, 2:00 - 3:30 p.m. in person at the library
Got the mid-winter blues? Join us as we welcome back local registered horticultural therapists Laura Simonds-Rumpf and Colleen E. Griffin, who will lead participants through a hands-on therapeutic horticulture activity using materials from the natural

landscape.
This workshop will guide participants in creating a succulent Kokedama using sphagnum moss and succulents of your choice. Kokedama is an ancient Japanese horticultural technique, also known as “poor man's bonsai.” This will be a meditative activity to help vanquish the winter blues, dig your hands into soil and connect with your inner gardener.

Learn about the ancient art of Kokedama, how to care for your “moss ball” creation, and discover a truly unique method of displaying plants in your home. No green thumb required. Each participant will take home their own Kokedama creation. All are welcome, but attendance is limited. Registration required.

Cape Elizabeth Garden Club Presents: From Garbage to Garden

Thursday, March 21, 6:30 - 8:00 p.m. in person at the library
Spring is (almost) in the air, and the Cape Elizabeth Garden Club returns to the library for their monthly speaker series.

This month Annika Schmidt from Garbage to Garden will speak about the issues of food waste, organics in our waste stream, and the solutions provided by composting, including a brief company history and how commercial scale composting differs from home composting. All are welcome.

The Power of the Sun: Cyanotype Workshop

Saturday, March 23
11:30 a.m. - 1:00 p.m.
A cyanotype is a monochrome print or image made by placing objects on a pre-prepared light-sensitive surface, which is then exposed to the sun. The light-sensitive surface changes color, while the area covered by objects that block the sunlight remains white, resulting in a negative image of the objects. This centuries-old precursor to modern photography has been adopted by modern artists as a medium for creative expression. Come experiment with us.

This workshop is intended for adults, but motivated young people are welcome to attend with an adult. Advance registration required.

Tuesday, March 26, 6:30 - 8:00 p.m. in person at the planetarium
Join us on the other side of the bridge for this unique evening at one of Portland's most interesting spots. We're partnering with our friends at Southworth Planetarium ahead of the total solar eclipse on April 8 for this special night at the Planetarium.

The building will be open for TML patrons only tonight for a showing of their new Totality! show. How do solar eclipses happen? Why are they so rare? What will we see? This show explores all of these questions and delves into the dynamics of solar eclipses. Before you venture out to observe April's total solar eclipse, come see Totality! with TML and Southworth Planetarium.

All are welcome, but space is limited. Please register on the library's website.

Free Blood Pressure and Blood Sugar Screening, with Members of the Cape Elizabeth Fire & Rescue Dept.

Wednesday, March 27, 2:30 - 4:30 p.m. in person at the library
Drop in to the library for a free blood pressure and/or blood sugar screening, conducted by members of the CE Fire & Rescue Department. No appointment necessary.

Maine's Big Night: Amphibians, the Library, and You!

Thursday, March 28, 6:30 - 8:00 p.m. in person at the library
Maine's Big Night program is a community science initiative to protect amphibians. The program encourages everyday citizens to collect data on migrating frogs during the rainy spring season.

The Cape Elizabeth Land Trust and Thomas Memorial Library are excited to welcome Greg LeClaire from Maine's Big Night who will tell us all about the initiative and how you can participate during late April or early May when the amphibians emerge again. All are welcome. No registration necessary.

Die Well Death Education Session Seven: Film: In the Parlor: The Final Goodbye, with Leona Oceania of Die Well Death Education

-see EVENTS page 15

TML Night @ Southworth Planetarium

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Town of Cape Elizabeth
Boards and Committees
Vacancy

The Town Council's Appointments Committee is accepting applications from residents to fill the following unexpired term:

Diversity, Equity and Inclusion Committee
Unexpired term until 12/31/2026

Residents may apply at www.capeelizabeth.com.
Questions should be directed to **Debra Lane, Assistant Town Manager at 799-7665 or debra.lane@capeelizabeth.org**.

Applications must be submitted no later than
4:30 p.m.
Wednesday, March 20, 2024

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CAPE CALENDAR

By Wendy Derzawiec

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

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

Wednesday, March 13

Community Services Committee, Community Center, 5:30 p.m.
Diversity, Equity, and Inclusion Committee, Thomas Memorial Library, 6 p.m.
Town Council Workshop, Town Hall, 7 p.m.

Thursday, March 14

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

Monday, March 18

Town Council Budget Review Workshop, Town Hall, 6 p.m.

Tuesday, March 19

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

Thursday, March 21

Fort Williams Park Committee, 6 p.m.
Town Council Budget Review Workshop, Town Hall, 6 p.m.
Energy Committee, Jordan Conference Room, Town Hall, 7 p.m.
SBAC Subcommittee - COMMUNICATIONS, 8:30 a.m.

Tuesday, March 26

School Board Budget Workshop, Cape

Elizabeth High School Library, 6:30 p.m.
Board of Zoning Appeals, 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.

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

CABLE GUIDE

CETV CHANNEL 1302

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

Planning Board
March 19 - 7 p.m.
Town Council Budget Workshop
March 18 - 6 p.m.
Town Council Budget Workshop
March 21 - 6 p.m.
Town Council Workshop
March 13 - 7 p.m.



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

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

Events

Continued from page 13

Tuesday, April 2, 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 watch and discuss the film "In the Parlor: The Final Goodbye." Rejecting the mainstream tradition of hiring funeral professionals to care for the deceased, families in search of a more personal and fulfilling way to say goodbye are taking an active role in caring for relatives who have died.

"In the Parlor" shares an intimate story of three individuals who, with the support and guidance of their families and communities, were cared for after their deaths, at home. Julie, Ron, and Jarrad, all unique individuals with very different circumstances are portrayed in a thoughtful, quiet manner to give the viewer an idea of what "family directed death care" might look like.

Both a critical look at the American relationship with death and an inquiry into the home death care movement, "In the Parlor" takes viewers on a journey where very few have gone, and challenges us to reflect on this uncomfortable subject, which so often is hidden away and ignored.

What is AI and How Do We Use it for Good?, with Dr. Raj Saha

Wednesday, April 3, 6:30pm - 8:00 p.m. via Zoom

This event will explore Artificial Intelligence in its historical and current contexts and examine the scope of how AI could change society.

Along the way, we'll ask and address: Who owns AI? What are the ethical issues that come with using it? Should we be skeptical of the good and bad potential of AI, and what is required for using AI for the common good?

Dr. Raj Saha is a research manager at the New York Times and a lecturer in data science and AI at The Roux Institute at Northeastern University. He is passionate about the democratization of data and technology and how they could be thoughtfully utilized toward building sustainable solutions.

This MECollab event is offered in partnership with Prince Memorial Library, Falmouth Memorial Library and Scarborough Public Library. The program will take place on Zoom. All are welcome. Registration is required.

FOR RENT

Three bedroom 2.5 bath Shore Rd home, June 30-July 21. If interested call (207)650-3488.

Dean's list announcements

The following students were named to the fall 2023 dean's list at Worcester Polytechnic University in Worcester, Massachusetts:

Thomas Gray, class of 2027, majoring in Engineering

Cody LaBonty, class of 2026, majoring in Computer Science

The University of Hartford in West Hartford, Connecticut has named **Brendan Connolly** to the dean's list for the fall 2023 semester.

Emmanuel College in Boston, Massachusetts has named **Ada Smith** to the dean's list for the fall 2023 semester.

The following students were recently named to the dean's list at the College of William & Mary in Williamsburg, Virginia for the fall 2023 semester:

Matthew Leighton
Ander Erickson

Thomas College in Waterville, Maine has named **Haley McIntyre** to the fall 2023 dean's list.

Sonia Wold has been named to the dean's list for the fall 2023 semester at Muhlenberg College in Allentown, Pennsylvania.

The following students were named to the dean's list for the fall 2023 semester at Hamilton College in Clinton, New York:

Tyler Rodenberger, majoring in computer science
Dana Schwartz

Ella Bromage was named to the dean's list for fall 2023 at the College of the Holy Cross in Worcester, Massachusetts.

The following students received dean's list honors for the fall 2023 semester at Fairfield University in Fairfield, Connecticut:

Ellie A. Gagne
Olivia G. Manning

Curtis Sullivan was named to the dean's list for the fall 2023 semester at Coastal Carolina University in Conway, South Carolina.

Erin A. Volent was named to first honors on the dean's list for the fall 2023 semester at Clark University in Worcester, Massachusetts.

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The "KID" Courier

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

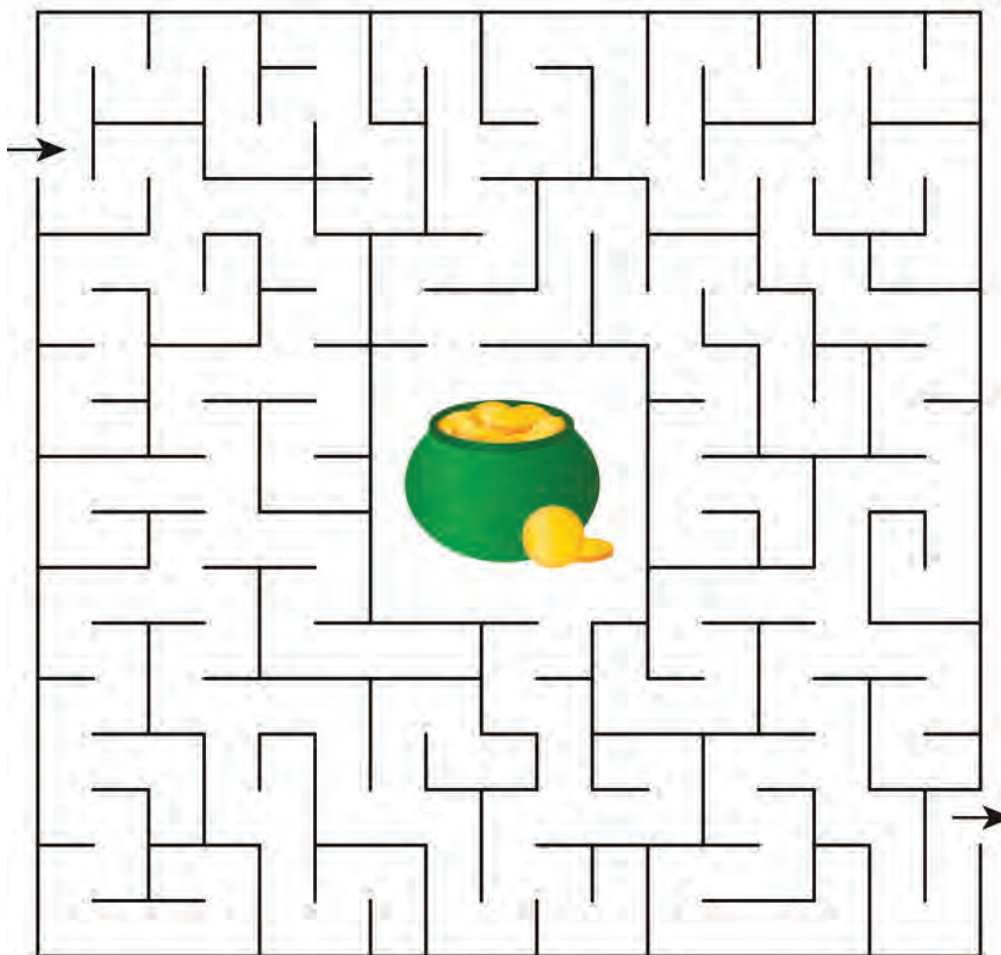
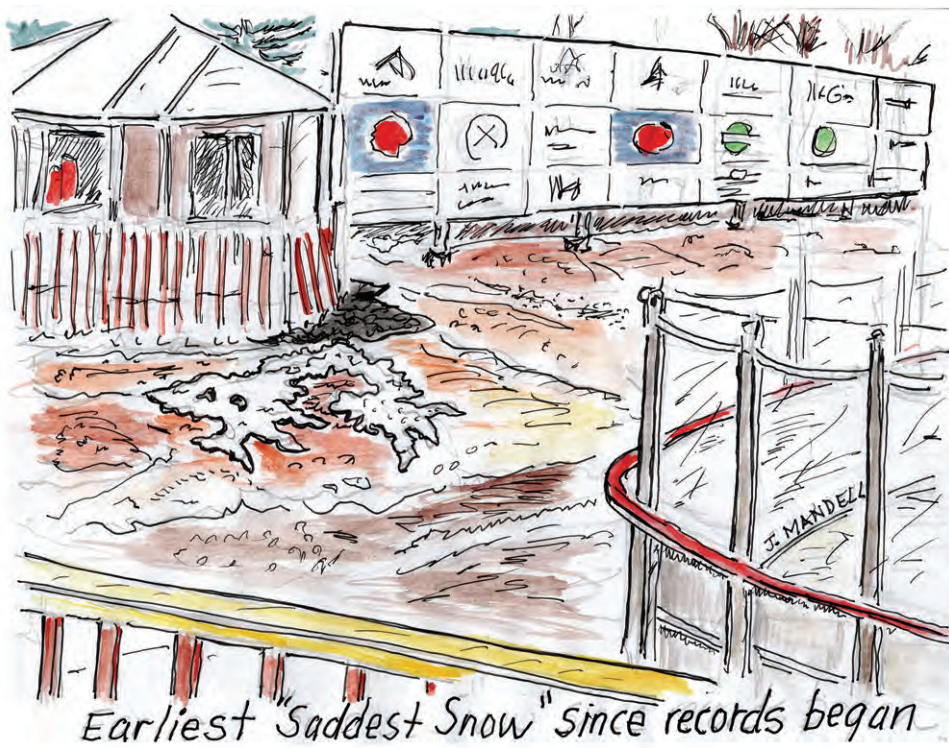
We are looking for artwork or stories for our new section, The "KID" Courier.



Send submissions to: info@capecourier.com

Capetoon: Saddest snow 2024

By Jeff Mandell



Superintendent

Continued from page 5

on what is in the school budget, but only input on the final dollar figure of the budget.

The FY 2025 Cape Elizabeth School Board Budget Goals [Approved 1/9/24]:

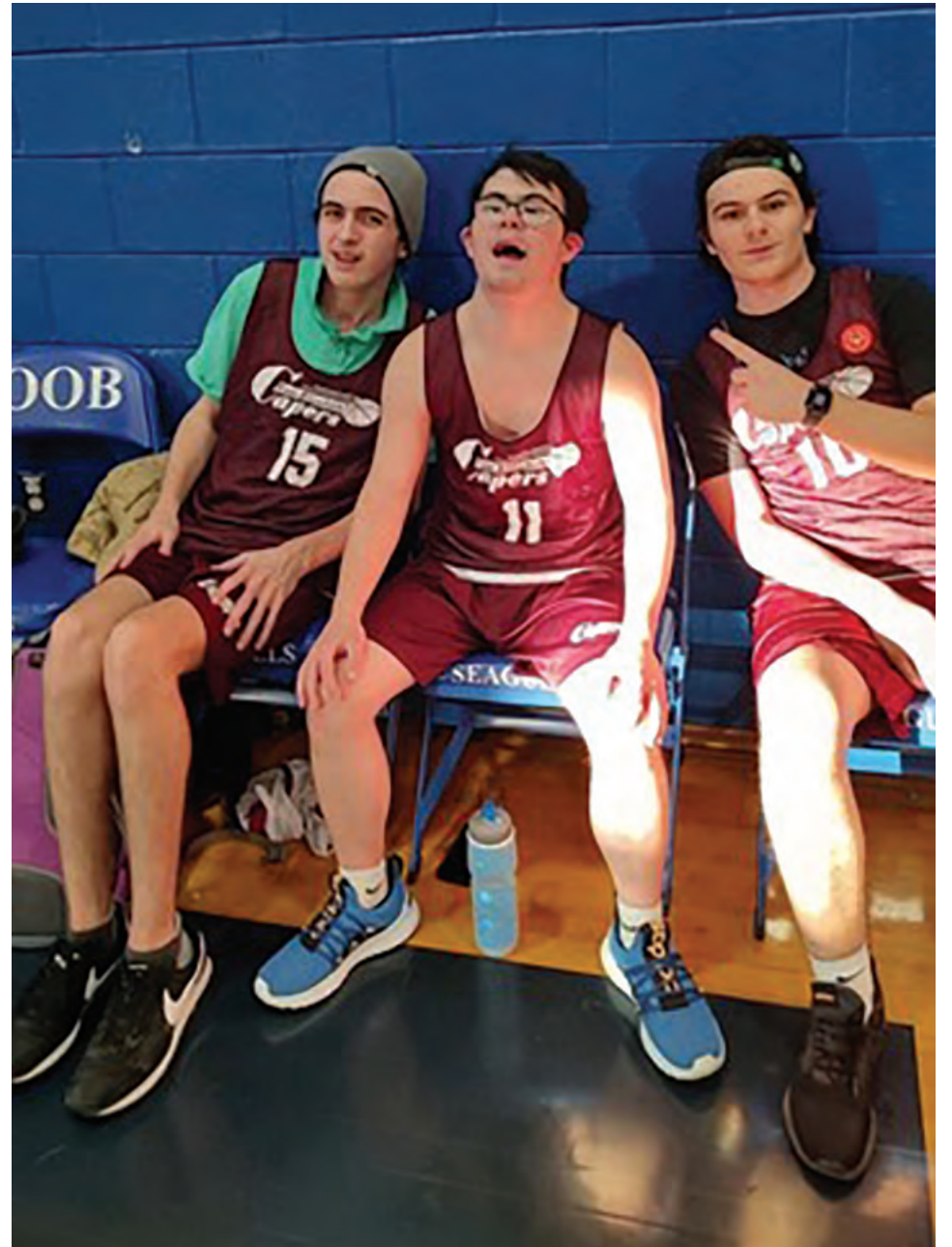
1. Meets the academic, social-emotional and health needs of all students.
2. Supports recruitment and retention of high-quality personnel.
3. Supports appropriate and on-going building maintenance and repair.

4. Supports the advancement of instructional skills of our staff.

5. Reflects a careful consideration of the effectiveness and efficiency of each line item and position.

6. Strives for clear, transparent and regular communication with the public throughout the budget process.

In closing, I truly hope the multitude of accomplishments of our students and the great work of our school staff make you proud as a Cape citizen. Thank you for your support of our schools.



Contributed photo

Unified Basketball players Cole Grey and Henry Adams cheer on the team with Partner Alex Brooking during the Old Orchard game.

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Planning Board

Continued from page 1

Table Restaurant from 75 to 100 seats.

Paul Woods, a neighboring business owner, praised the Good Table restaurant but urged that the application's "completeness is premature." He cited Nonesuch Brewing on Gorham Road as an example of a business without adequate parking, and said that the Good Table's application needed more "scrutiny" from the board.

Andrew Gilbert asked the applicant to clarify the issue on parking. Prentice said that per Cape Elizabeth zoning regulations, the Good Table restaurant will need an additional two parking spaces, from the current 33 to 35, in order to accommodate patrons, staff and the additional 25 seats in question. Prentice said he doesn't "have any concerns" about visitors at the restaurant not being able to park.

Derek LaVallee motioned that the application be deemed complete and was seconded by Dan Bodenski. The motion passed unanimously by the board. LaVallee also motioned to approve the application which was seconded by Bodenski and approved unanimously by the board.