

The Cape Courier

Volume 37 Number 16
Sept 4 - Sept 17, 2024

An Independent Not-for-Profit Newspaper
Serving Cape Elizabeth Since 1988

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In the Spirit of Community

Cape residents partner on children's book

By Kevin St. Jarre



Contributed photo

Cape Elizabeth residents Evelyn Gurr and Natalie Hoch, whose connection grew out of a friendship between their young sons, are releasing their first children's book, "Mood of the Ocean," this month.

Cape Elizabeth residents Evelyn Gurr and Natalie Hoch, whose connection grew out of a friendship between their young sons, are releasing their first children's book, "Mood of the Ocean," this month. A special book launch event will take place on Sunday, September 15, from 4:30 to 6:00 p.m. at the Picnic Shelter at Fort Williams Park.

Gurr is a children's book writer, while Hoch is an artist, decorative painter and illustrator.

According to Gurr, "Three main messages inspired this book: resilience, connection and inclusivity. Through the journey of the main character, Kai, you see resilience no matter what they face, you experience their connection to nature and other children across the world, and inclusive language and illustrations lie at the core of the story." Gurr said that the book was also inspired by a photograph of her young son Alden looking out the window at the ocean one early winter morning in Cape Elizabeth.

Gurr and Hoch said the book is for young children and their parents who want to foster emotional intelligence and resilience through a loving story of the adventures of a child and their dog. It's also for anyone

who loves the ocean.

With thoughtful words and evocative images, Gurr and Hoch tell the story of Kai and their dog. Kai lives by the ocean, and every day they look out the window and explore the nature all around them, accompanied by their faithful dog. And each day, the ocean, much like Kai, has a different mood and energy. Some days the ocean is calm and peaceful. Some days the ocean is grumpy and gray. The emotional journey that Kai experiences in the book, lovingly reflected by the ocean, is one that every child and parent can relate to.

When asked about the writing process, Gurr said, "For me, writing this book was like a bolt of lightning. It hit me one night and poured out of me onto the page. I remember sitting, wrapped in a blanket on the couch into the wee hours one frigid winter night, over two years ago, until I had finished the outline of the book. It took me another two years to find the right partner to bring it to life. I didn't want just any illustrator, I wanted someone who felt the story

-see BOOK page 13

News from August 20 Planning Board meeting

By Hanna Gilley

Blue Meadow Subdivision and Resource Protection Permit

Rob Barrett is requesting major subdivision review and a Resource Protection Permit to construct an 18-unit condominium development located at 90 Ocean House Road named Blue Meadow Subdivision. The proposed development would be built on a parcel consisting of 10.58 acres, with 1.7 acres in wetlands protection, and would be abutting Canterbury by the Cape. The parcel is often referred to as "Phase 2" as it was split from a larger parcel to form a subdivision decades ago by the owners, the Bothels.

Maureen O'Meara explained that a minor subdivision consists of 5 units or fewer. Blue Meadows is proposed to have 18-units, or 9 duplex residential buildings. Since Blue Meadows is a major subdivision, it is required to have preliminary review, but details such as road design and deed information do not need to be submitted at this time. O'Meara explained that this project application is at the "very beginning" of the preliminary review phase and the Board is currently looking for completeness of the preliminary review phase,

not completeness of the entire application.

Bob Metcalf of Minton Associates, representative of applicant Rob Barrett and BRKR, LLC, presented the project application materials as they currently stand. Metcalf explained that the 18 units will be located around a circular access drive served by public water and public sewer via Ocean House Road. Stormwater will be handled by an overland flow and ditch collection with vegetative soil filters and internal structures in the rear of the property and connected to an existing culvert that runs over Ocean House Road.

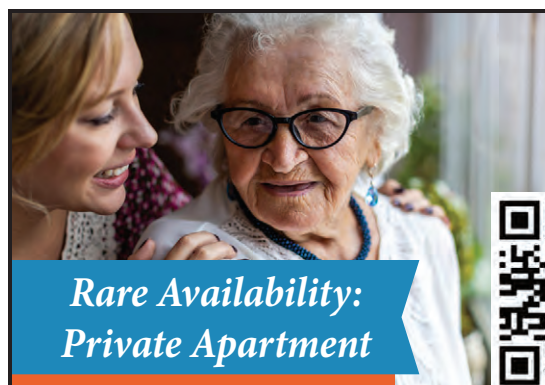
Metcalf explained that Bill Bray has completed a traffic analysis study which demonstrates low volume trips, and that Ocean House Road will be able to handle any additional traffic incurred by the proposed subdivision.

Since the development will be on public water and sewer, Metcalf on behalf of applicant Rob Barrett, is requesting from the Board a waiver for a high intensity soil survey. Barrett is currently working with a geotechnical engineer to determine where ledge is

-see PLANNING BOARD page 10

Capetoon: Know your corn

By Jeff Mandell



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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: Sept 18th
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Boyer will deliver results for Cape

Energetic, experienced and genuine are qualities I appreciate about Michelle Boyer's candidacy for State Representative for Cape Elizabeth. She has worked hard alongside our retiring Representative Millet and Senator Carney on tough issues like gun control legislation. She has worked on compassionate issues where women's reproductive health is concerned. Her professional experience includes mortgage banking compliance, and she is now an entrepreneur having founded an ethically made line of active maternity wear.

Michelle has a personal desire to make a difference in service to others, which has

led to other contributions to the town such as serving on the Conservation Committee, involvement with the schools, and volunteering at the Pond Cove school library and Ice Rink. Her goal in running for office is to initiate and support meaningful legislation, especially in the areas of housing, environment, health, education and property tax reform, with creative problem solving. Her candidacy is a breath of fresh air, vibrant and progressive, while grounded in reality. Double thumbs-up for Michelle Boyer for State Rep!

Julia Bassett Schwerin

Sahrbeck 'will be an asset to Cape'

Jonathan Sahrbeck is a dedicated public servant who was raised and attended school in Cape Elizabeth. As the owner of Maine-Works, I met Jonathan in 2019, when he served as District Attorney of Cumberland County at the height of the opioid epidemic. In response to this profound crisis, Jonathan took it upon himself to establish the Cumberland County Coalition on Substance Use Prevention (CCCSUP). The role of the coalition was to organize and engage the myriad of addiction recovery community partners.

This monthly gathering became known as an essential symposium to share ideas and innovations with monthly presentations on various aspects of the epidemic. Establishing this coalition demonstrates Jonathan's leadership capability, crisis management, community mindedness and exceptional problem-solving skills. Even though he is no longer the DA, Jonathan continues to lead this group, which shows his dedication to this issue.

Over the years, because of my work with justice involved individuals, I have had many opportunities to consult with Jonathan professionally. Jonathan is always available and responsive and thoughtfully responds to each situation and challenge with unique energy and helpfulness. I am proud to call Jonathan a friend of mine.

As a member of the Town Council, Jonathan will be an asset to Cape Elizabeth. He has a unique perspective as a Cape Elizabeth native on the need to balance both future growth and prosperity while preserving the cherished history and natural resources of such a beautiful town.

Margo Walsh

Support for Engel

I am writing to express my support for Joy Engel for School Board. Her legal name is Peter Joy Engel so that is how it will appear on the ballot.

I have known Joy as a neighbor and friend for 6 years when she and her husband, Ben Hagopian moved into my neighborhood with their little boy, Zev. Their daughter Yara has since been born, making for a busy and fun household.

Joy is passionate about our Cape community. From her activities with Pond Cove, her volunteer hours spent being involved with our neighborhood association, and her consulting job, Joy epitomizes the expression "If you want something done, ask a busy person to do it." She truly wants to make our community a better place and is willing to continue to put in her time and effort to make that happen.

Most importantly, Joy is kind. During Covid, Joy and her husband went out of their way to check on and stay in touch with some of our older neighbors. These relationships have continued ever since. She is raising very giving children as well.

The School Board is losing some very solid, experienced members this election cycle. Please join me in supporting Peter Joy Engel to step in and fill one of the vacancies. I promise you will not regret it.

Bev Altenburg

'Let's leave a legacy'

Whether you're a native Caper or "from away," I believe we all share a common goal: to leave Cape Elizabeth better than we found it. Since the "new" high school was built in 1969, our community has prided itself on the exceptional education our schools provide. However, maintaining these high standards is challenging without the necessary investments in our schools, teachers and most importantly, our children.

Imagine a future where every child in Cape—your grandkids, neighbors and the next two generations—has access to safe facilities that inspire learning and growth and prepare our students for the modern workplace.

Schools built over 60 years ago are struggling to meet today's needs, and we have a unique opportunity to change that. To meet the moment. To give more than we take. By collectively investing, we can build Cape Elizabeth's first new school in 55 years.

Let's come together, vote YES on the school bond, and help ensure our schools continue to be a source of pride and opportunity for all. Let's leave a legacy of education and community that future generations will thank us for and pass down to the next.

P Joy Engel

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Correction

In reporting local results for the Beach to Beacon 10k road race, an error was made. Among Cape Elizabeth runners, Henry Barksdale was the fastest in the 70-74 age group, with a time of 51:30 and he was 5th overall in that age group.

-see more LETTERS TO THE EDITOR on pages 4 and 5

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

Still on the Fence About the November School Bond Vote? Don't Be! Here's 10 Reasons to Vote 'NO' with Confidence:

This Proposal Repeats Past Mistakes and Fails Our Community: The School Board summarily rejected the conclusions of the citizen-led School Building Advisory Committee (SBAC) without a single follow-up question. The committee was allowed no more than 10 minutes to present its findings—the result of 18 months of careful work—and its members’ email was instantly shut down. Doing so not only squandered \$1 million in the committee's taxpayer funded budget but missed a golden opportunity to secure buy-in from different constituencies in town. Instead, the School Board hijacked the project, doubling down on the high-handed tactics that already failed in 2022.

If You Approve \$94.7 Million You’ll End Up Paying at Least \$104 Million: An additional \$9.3 million for critical repairs will be funded through future school budgets, leading to further tax increases. There are other unaddressed costs.

Property Tax Impact of Over 12%: Taxes will jump by 12.57% before factoring in the hidden costs not rolled into the bond—e.g., an extra ~\$1,000 per year on a home now valued at \$750,000. The town-wide revaluation has already resulted in hefty tax hikes for the majority of Cape families. This October many taxpayers will see an additional 10%, 20%, 30% or even more. Is it reasonable to add another 12.57% on top?

Oversized by Any Measure: The total amount exceeds by \$40 million the next most expensive locally funded school project in Maine history (City of Portland, \$64 million). The proposed square footage per student far exceeds Maine DOE guidelines, despite consistently declining enrollment over the past two decades (20% down since 2007).

Unduly Burdens the Cape Taxpayer Without Exhausting State Assistance: Our School Board has never sought state assistance that we’re eligible for to fund this endeavor. Districts receiving significant state funding in the past 10 years through the Major Capital Construction Program or the School Revolving Renovation Fund include those of Fairfield, Kennebunk, Kennebunkport, Arundel, Gorham, Saco, Portland, Hampden, Newburgh, Winterport, Frankfort, Brunswick, South Portland, Auburn, Biddeford, and Falmouth. These state funding programs do not discriminate based on applying towns’ household incomes. So why ask the Cape taxpayer to shoulder \$104 million in full without even applying for state assistance?

The SBAC Found a Viable Alternative—Option B—That Saves at Least \$27 Million: The proposal favored by the citizen-led SBAC would have fully met the critical needs of all three schools and added 36,000 square feet of new construction to Pond Cove and the middle school as well as 36,000 square feet of renovation—all with no future cost surprises and for a tax increase of less than 10%, which is within the threshold of acceptability to taxpayers according to two official public opinion surveys.

Shortchanges Pond Cove & the High School: The SBAC discovered critical and essential needs at the three schools and devised a solution that would have satisfied them all through equitably allocated investments. Instead, the proposal on the ballot largely ignores the two other schools’ urgent needs for upgrades and repairs in favor of a lavish and lopsided allotment to the middle school. It does nothing to rightsize Pond Cove, which is currently severely undersized while our existing middle school building has ample space.

Environmentally Wasteful with Hefty Carbon Footprint: The greenest middle school building is the one we already have. The highest ROI option is to continue investing in its maintenance. It takes up to 80 years to offset the greenhouse emissions from new construction of this scale. Landfilling the existing building, with its nearly 25,000 square feet of high-quality construction under 30 years old, is environmentally irresponsible—especially since the building was deemed structurally sound and well maintained by both Colby Engineers and Harriman Architects. Neither team flagged building a new middle school as a critical need in their independent assessments.

The Town Council Recommends that Voters NOT Approve the \$94.7 Million Bond*
The SBAC Did NOT Recommend This Proposal*****



WE CAN DO MUCH BETTER

When you vote 'NO' on this bond, you send a clear message to the School Board: Start listening to voters and accept the true middle-ground solution that works for all three schools and for all Cape taxpayers.

LEARN MORE & STAY IN THE KNOW: <https://capevoters.com>



LEARN MORE

Chairman Reiniger's letter to the editor to Cape Courier story, plus fact-checking

By Kevin St. Jarre

Town Council Chair Timothy Reiniger has written and submitted to The Cape Courier a letter to the editor about a recent story which appeared in this newspaper. His letter to the editor is printed here, in total and separated into sections along with fact-checking to certain points.

CHAIR REINIGER'S LETTER TO THE EDITOR: In the recent Cape Courier article, "Chairs explain their differing positions on school building referendum options," the reporter asserts that \$9.3m school budget project cost component will not increase property taxes because this cost will be absorbed in the current yearly school CIP budgeting. However, school CIP budgeting history shows a different story. As readers will remember, the total school project cost consists of \$89.9m for the new middle school, \$4.8m to stabilize the 1934 building, and \$9.3m in annual facilities' repair CIP funds.

FACT CHECK: The \$89.9 million figure includes stabilization of the 1930s building. The additional and excess \$4.8 million provides a full renovation to reuse this building.

While Chair Reiniger correctly points out that prior to the current year there was less capital spending by the CESD, the current budget approved by voters last June includes increased capital spending, thus eliminating future annual tax increases.

The proposed school project does NOT include annual funds, which as the name suggests, are part of a regular annual capital budgeting process.

Chair Reiniger asserts that the total planned capital expenditures of \$9.3 million

is an "annual" amount, which is factually inaccurate. That amount is the cumulative total of planned non-project spending, and not annual as the chair wrote.

CESD has also explained that items in its annual capital program, those not in the school project, can be completed through a combination of town staff, state funded grants, and, to a smaller extent, contractors priced significantly less than the school construction project. This annual capital spending, a part of both the school and town capital investment plans, are normal, annual parts of the respective budgets and at anticipated levels would not incur a tax increase.

CHAIR REINIGER'S LETTER TO THE EDITOR CONTINUED: Indeed, the School Department plans to fund this \$9.3m with \$1.1m yearly CIP budgets over ten years. The problem is that, over the last 15 years, the School Board has been underfunding repair needs by \$850,000 annually, resulting in a cumulative shortfall of \$12.7m during that period.

FACT CHECK: This appears to not be based on fact. The source of Chair Reiniger's numbers is not clear, but they do not seem to match the CESD's own numbers.

Regardless of where this number was derived, as the CESD has explained, and which has been confirmed by the town's taxpayer oversight manager, the combination of the existing annual budget of \$700,000, already incorporated into existing taxes, and the ability to leverage existing state grants and existing town personnel allows this normal, regular maintenance and investments to be made without a tax increase. That is why it is not part of the proposed "Middle Ground"

school construction and upgrade proposal.

Repairs have been made as timely as possible, understanding of course that capital improvement needs have to be weighed and prioritized, because there are limited resources and competing needs. State Revolving Renovation Funds have allowed the CESD to tackle some major necessary improvements, and the CESD was able to apply for SRRF monies swiftly when the program opened for applicants, because the CESD had a thorough, and costly, needs assessment by Colby Engineers completed in 2019.

It also stands to reason that spending those finite resources repairing a school recommended for replacement would not be wise. Harriman Architects has validated and added to the assessment and created updated plans for moving forward. All involved recommend a new middle school, and with the middle school off the list for major repairs and upgrading, the CIP and maintenance can be most effectively focused on the elementary and high schools. For now, improvements continue, as the buildings continue to age.

CHAIR REINIGER'S LETTER TO THE EDITOR CONTINUED: And, in June, the School Board Chair informed the Town Council that there has been an average CIP budget of only \$390,000 during the last five years. This all goes to the heart of the problem -- the Town's failure to fund and attend to the deferred building safety and maintenance needs of our school buildings.

FACT CHECK: It does not appear that School Board Chair Elizabeth Scifres said anything like this. It seems she provided a non-exhaustive list, based on information provided by CESD Business Manager Marcia Weeks and CESD Director of Facilities David Bagdasarian, to illustrate what has been done to the buildings over the last several years. Past budgets show what was budgeted for CIP, maintenance and repair. Those line items have increased since CESD Superintendent of Schools Dr. Christopher Record joined the department, and they increased again this year. In addition, the existing budget includes \$700,000 of capital funding AS PART OF the existing mill rate. If kept at this level there would be zero tax impact from maintaining this level of capital repairs. CESD also continues to pursue grants to fund as many projects as possible.

CHAIR REINIGER'S LETTER TO THE EDITOR CONTINUED: Making

matters worse, the tax impact of funding the \$9.3 in this manner could have been significantly lowered if it were simply included in the \$94.7m bond request. Whether or not the community opts for a new school, planning and funding for proper school building maintenance must be addressed. Timothy Reiniger

FACT CHECK: This is apparently incorrect, and in fact it appears the opposite is true. This has been explained several times publicly, including directly to the Town Council. All of the issues addressed by the 6 to 8-year Capital Improvement Project plan created by David Bagdasarian, Turner Townsend & Heery and Harriman Architects have been deemed poor options for a major construction project. These options would cost more and would take longer.

They are completed more efficiently, more quickly and far less expensively, as small projects done by CESD's own maintenance staff or by local contractors. One example is the Pond Cove Elementary School gym floor, which was identified by Harriman Architects as a critical need. Their estimate for its replacement as a part of a major construction project was roughly \$120,000 to \$130,000. Bagdasarian was able to get the project done this summer for less than half that estimate, coming in around \$50,000, and that project is already completed. It was a smaller project better suited as a one-off, accomplished locally. Harriman Architects and Turner Townsend & Heery helped CESD create the CIP plan to be the most efficient and effective it can be, both fast and at the least expense. Many of the projects will have been completed and paid for before the potential groundbreaking for the "Middle Ground" project.

By double-counting funds in both the annual budget (i.e. already part of the town's mill rate) AND in a school project, taxpayers would be paying twice for the same completed work.

For Chair Reiniger to write that paying for this work twice would LOWER the tax impact is inaccurate. The proposed school bond of \$89.9 million, combined with the town expenditure of \$4.8 million to renovate the 1934 building for future town use, is the scope of work before the voters in November. The voters have already approved the school department budget that included the capital investment cited by Chair Reiniger here.

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
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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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Christy ‘will be a strong voice’

Augusta needs balance and a legislature committed to the kids and people here in the state. As a State Representative, Annie Christy will be an invaluable addition to that focus. She will be a strong voice for Cape Elizabeth residents.

Annie believes that “working and personal relationships give meaning to our lives.” As someone who has met her and talked with her, this is not just a motto. She sees the good in people, has a servant’s heart, and knows how to listen and understand.

I am impressed with Annie’s energy, compassion and determination. Her background and lifelong experience as an advocate for children, business sense, and commitment to resolving key issues will significantly impact Cape residents and Mainers overall.

If you are looking for thoughtful, real world, people-centered approaches to address Maine’s challenges and benefit Mainers, I urge you to join me in voting for Annie on November 5.

Lauren Knebel

School bond tax increase is gradual, not all at once

In all of the discussion of what will happen with tax increases if the latest school bond referendum passes in November, I have been a bit confused on exactly how the 12.2% tax increase will land. Will my taxes go up 12.2% all at once?! I was quite relieved to find out that the tax increase will gradually increase over the course of 3 years - a 2% increase in year 1, a 6.1% increase in year 2, and a 4.1% increase in year 3. And that’s it! After year 3 there will be no tax increase related to the new school bond. This kind of thoughtful planning allows time to save and set aside funds, blunting the point of the sword quite a bit for all Cape taxpayers.

Cape Elizabeth has been talking about

replacing the middle school and elementary school since at least 1994 (when replacing BOTH schools would have cost \$16-18 million). This is not a new problem. Now we have an opportunity to solve for the long-term, with a new middle school that will last for 50+ years. We’ve put band aids on the schools for at least 30 years now with renovations. It’s time to reset the clock, make a smart long-term investment in our town, and pass this school bond in November.

Nobody WANTS higher taxes, but done in a thoughtful way, I think these gradual increases over a 3-year span is something the majority of us can handle.

Heather N Reeves

Swayze brings relevant experience

I met Andrew Swayze last year as he sought to serve on the Town Council. I came away impressed not only with his energy, but his ability and willingness to use critical thinking to distill information and make informed judgments using both advice from experts and his own lived experience. These are qualities Cape needs more than ever from new councilors.

As our town navigates a generational shift in demographics, technology, infrastructure investment, and growth, we need the skills Andrew brings to the table. In his professional role of Development and Operations Engineer at MIT, he must be nimble but responsive to multiple groups of competing interests; just like serving on the council. He must juggle budgets and make the most with

limited resources; just like he will on the council. He must rely on experts and use their input to make decisions to achieve efficient outcomes; just like the council should do.

Andrew embodies the 21st century evolution our town is undergoing. He approaches these challenges with empathy, understanding and a witty humor those who have met him even briefly can attest to. He is poised to move the next council in a direction that embraces the advice of experts and legal counsel – as well as common sense - to advance this wonderful community we all call home. I would encourage everyone to meet him in person and understand why I support him for Town Council.

Kevin Justh

You’re invited to learn more about CEEF

Join the Cape Elizabeth Education Foundation Board, Cape educators, and grant and award recipients to learn more about CEEF and how it helps your student!

CEEF has supported Cape schools for 22 years with over \$1.6 million dollars in grants that impact every student, and en-

rich classrooms across the district.

Come find out more about CEEF on September 18 from 6:00 - 8:00 p.m. at the Purpoodock Club - food, cash bar and great company. Please RSVP to info@ceef.us.

Suspicious person reported

Reported by Debbie Butterworth

PUBLIC INFORMATION

8-7 An officer responded to a residence in the Spurwink Avenue area for a well-being check.

8-7 An officer responded to a location on Route 77 for a well-being check.

8-7 An officer met with a resident of the Fowler Road area who reported that a pop up occurred on her laptop saying it had been compromised and she needed to contact Apple Support at the number provided. She made the call, and was told her bank account had been used to purchase child pornography and was kept on the phone for several hours while they tried to “catch the hackers.” She was eventually transferred to someone claiming to be from her bank and this person convinced her to go to Home Depot to purchase gift cards to reverse the earlier charges for the child pornography. She purchased the cards, then called the alleged bank representative and provided the card pin numbers.

8-8 An officer met with a resident of the Spurwink Avenue area regarding a suspicious person. It was reported that a tall white male had approached some children, telling them that their mother wanted them home for dinner and offered to give them a ride. They did not go with him and left the area.

8-8 An officer responded to a location on Route 77 for an assault complaint.

8-8 An officer met with a resident who said he received what appeared to be a renewal notice from the U.S. Patent and Trademark bureau. He mailed the renewal but kept getting renewal notices. He then called the bureau and learned he had been scammed.

8-9 A resident came to the police station to drop off a leaf blower that was found on Shore Road near Delano Park.

8-11 An officer spoke with a resident of the Old Ocean House Road area regarding a suspicious phone call.

8-14 An officer met with a resident of the Wells Road area regarding a suspicious person complaint.

8-14 Two officers responded to a residence in the Two Lights Road area for a domestic disturbance.

8-14 An officer responded to a location on Shore Road for a single car accident. The damage was minimal and not reportable.

8-16 An officer responded to a report of a suspicious van in the Fowler Road area. The vehicle was located and belonged to a contractor working on a house in the area.

8-17 Two officers responded to a residence in the Broad Cove area for an assault complaint.

SUMMONSES

8-6 New York resident, speeding, 70/50 zone, Ocean House Road, \$230

8-7 South Portland resident, operating vehicle while using hand held device, Ocean House Road, \$85

8-8 South Portland resident, failure to produce insurance, Ocean House Road, \$186

8-8 South Portland resident, operating vehicle while using hand held device, Ocean House Road, \$85

8-13 Wells resident, operating vehicle while using hand held device, Ocean House Road, \$85

8-14 Cape Elizabeth resident, speeding (53/35 zone), Ocean House Road, \$170

8-15 Cape Elizabeth resident, speeding (46/30 zone), Mitchell Road, \$170

8-15 West Baldwin resident, seatbelt violation, Ocean House Road, \$85

8-15 Cape Elizabeth resident, operating vehicle while using hand held device, Shore Road, \$85

8-16 Scarborough resident, speeding (59/45 zone), Route 77, \$129

8-16 Cape Elizabeth resident, speeding (50/35 zone), Spurwink Avenue, \$170

8-16 Yarmouth resident, speeding (62/45 zone) Bowery Beach Road, \$170

8-19 South Portland resident, speeding (62/45 zone) Route 77, \$170

ACCIDENTS

8-9 Robert Charette, accident on Spurwink Avenue

8011 Normand Bussiere, Scott Gesualdi, accident on Two Lights Road

FIRE CALLS

Fire: 17; Rescue/EMS: 34

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Jonathan Sahrbeck announces candidacy for Town Council



Contributed photo

Jonathan Sahrbeck has announced his candidacy for the Cape Elizabeth Town Council.

(Press release) - Jonathan Sahrbeck, a Cape Elizabeth native, former District Attorney of Cumberland County, and current Chair of the Cape Elizabeth Planning Board, announced his candidacy for the Cape Elizabeth Town Council. Sahrbeck, who grew up in Cape Elizabeth as the youngest of the four children of Kathryn and Bruce Sahrbeck, attended Cape Elizabeth schools and gradu-

ated from CEHS in 1998. He graduated from Connecticut College and received a law degree from American University in Washington, D.C. After law school, Sahrbeck lived in Boston from 2006 until 2012 where he worked as a prosecutor in Massachusetts.

In 2012, Sahrbeck's public service continued when he moved back to Maine and worked as an Assistant Attorney General for

the state of Maine. That same year, he started as an attorney coach for the Cape Elizabeth Mock Trial Team, where he was a part of seven CEHS State Championships. "The best part of coaching mock trial was the chance to work with the students at CEHS on skill sets that will help them throughout their life," said Sahrbeck. "As much as I would like to think it was the coaches who were the reason for all of the success, in reality it was the hard work and performance of the students that brought the championships to the town. It's an accomplishment for those kids that can never be taken away." In 2015, Sahrbeck was appointed to join the Cape Elizabeth Planning Board, where he is currently the Chair and is in his third and final three-year term.

In 2016, Sahrbeck began work as the Human Trafficking Prosecutor at the Cumberland County District Attorney's Office. In that role, Sahrbeck started his work in developing community partnerships to address the tragedy of human trafficking. "The key take-away for me from working against human trafficking was the importance of building community coalitions and partnerships to combat the problem," said Sahrbeck. "This is not something that law enforcement and prosecutors can solve alone. That experience helped to lay groundwork for understanding and seeing the importance of working together in broad coalitions to find better results as opposed to trying to solve issues alone or in a small group."

In 2019, Sahrbeck became Cumberland County District Attorney. In addition to running an office of over 50 attorneys, staff and interns, Sahrbeck dealt with major issues such as the opioid epidemic, mental health crisis and the Covid-19 pandemic. As District Attorney, Sahrbeck worked on more prevention and education to fight substance use disorder, a renewed emphasis on stopping domestic violence, elder and child abuse and human trafficking, while also taking a closer look at new programs to help victims, reduce

defendant recidivism and increase diversion from the criminal justice system. During that time, he founded a treatment, prevention and recovery networking group called the Cumberland County Coalition on Substance Use Prevention (CCCSUP), which he still currently leads. Also during his time as District Attorney, Sahrbeck was appointed to Portland's Racial Equity Steering Committee and Governor Mills' Prevention and Recovery Cabinet. In 2022, the Maine Prosecutors Association presented Sahrbeck with the Thomas E. Delahanty II Award for "demonstrated skill and professionalism in representing the people of the state of Maine in the pursuit of justice within Maine's courts." He is currently in private practice as an attorney focusing on consumer protection and unfair trade practices.

Outside of his professional work, Sahrbeck enjoys spending time with his wife and eight-year-old son, who attends Pond Cove Elementary School. Sahrbeck is a member of the Boards for numerous organizations including the Cape Elizabeth Educational Foundation (CEEF), the National Alliance on Mental Illness (NAMI) Maine, Milestone Recovery, Maine Association of Recovery Residences (MARR), Unified Recovery Fund, Just Love Worldwide, Leadership Portland, Tucker's House, Maine Reentry Network (MERN), and Students Empowered to End Dependency (SEED). He is also a member of the United Way of Southern Maine Goal Three Cabinet in their Thrive 2027 campaign, an adjunct professor at the University of Maine School of Law and a law enforcement consultant for Preble Street's Anti-Trafficking Services (ATS).

Sahrbeck is running for Town Council to continue his public service and build consensus among a council which he believes has been splintered over the last few years. "I love Cape Elizabeth. I grew up here and moved back here because for me it's the best place on Earth. At the same time, I see a lot of divisions that have been created over the last few years which I believe are caused because people aren't talking or listening to others. There is a lack of trying to build consensus, which doesn't make sense to me in a small town. We have a lot more in common than anything that should divide us. I want to bring some new leadership so we can start moving forward together."

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Sen. Anne Carney announces re-election campaign for Maine Senate District 29



Contributed photo

Sen. Anne Carney has announced her re-election campaign for Maine Senate District 29.

(Press release) - Senator Anne Carney officially launched her re-election campaign to continue representing District 29 in the Maine State Senate. District 29 includes South Portland, Cape Elizabeth and part of Scarborough. Sen. Carney was elected to the Senate in 2020 and 2022 and served in the Maine House of Representatives from

2018-2020.

“Serving our community in the Maine Senate is both an honor and a responsibility I hold dear,” said Sen. Carney. “Our community and state continue to be challenged – the need to mitigate and adapt to climate change, to support working families and to improve health care affordability are top pri-

orities voters have shared with me. Over the last four years in the Senate, my thoughtful, collaborative approach has brought positive change for Mainers. I am eager to serve our community as we work together toward a better future.”

Sen. Carney serves as Senate Chair of the Judiciary Committee and is a member of the Committee on Environment and Natural Resources. She co-chairs the Legislature’s Gun Safety Caucus.

During her service in the Senate, Sen. Carney has led efforts to pass laws that prevent gun violence in Maine, sponsored laws that increase access and affordability to child and maternal health care, supported funding for K-12 education and free community college, passed tighter restrictions on emissions from oil tank farms and regulated so-called ‘chemical recycling’ facilities to clean up Maine’s air, water and soil.

Continuing four years as Senate Chair of the Judiciary Committee, Sen. Carney led bipartisan efforts to increase funding for civil legal services and restructure our system for providing criminal defense for those unable to afford legal representation by creating the Maine Commission on Public Defense Services.

As a member of the Committee on Environment and Natural Resources, Sen. Carney helped guide Maine’s significant advances in environmental protection and pass legislation to mitigate and adapt to climate change.

“During my second term in the Senate, I sponsored ambitious bills to improve our civil and criminal justice system: funding essential services for victims of violent crimes, including domestic and sexual abuse survivors; building a new public

defender system for our state; and supporting civil legal aid that helps older Mainers, people with disabilities, and those in need get legal representation. Our country was built on the promise that our legal system will be fair to everyone and accessible to all. I’ve been working hard to ensure that Maine upholds our obligations.”

Sen. Carney received a 2024 Children’s Advocacy Award from Maine Coalition Against Sexual Assault for her work on a new law to allow forensic interviews of child sexual abuse victims to be used as evidence. She received the 2022 Fitzgerald Award from the Maine Gun Safety Coalition for her legislative leadership.

Sen. Carney has resided in Cape Elizabeth for over 30 years. Before running for public office, she practiced in the areas of employment, civil rights, and municipal law for 17 years, representing businesses, individuals, and cities and towns throughout Maine. She served on the Board of the Cape Elizabeth Land Trust from 2009 to 2018, including two years as Board President. In 2016, she received the Pine Tree Legal Assistance Award for Pro Bono Services for eight years of volunteer work representing Mainers with low incomes on employment-related issues.

Sen. Carney earned a J.D. from the University of Maine School of Law, a Master of Theological Studies degree from Harvard University and a B.A. from Haverford College. Anne and her husband David Wennberg have three adult children and two grandchildren. They enjoy babysitting, cooking for family and friends, and long walks with their dogs.

REINIGER TOWN COUNCIL

Progress Not Politics

PROMISES MADE AND KEPT

- Opposes property tax spikes
As Town Council chair, oversaw a property tax increase of only 2.8%
Favors affordable school renovations and opposes the new bond that will result in an excessive property tax increase
- Supports protecting the rural character of Cape’s neighborhoods and Town Center
Led successful effort to stop the unpopular and excessive housing zoning changes
- Supports incentives for small businesses to thrive in Cape
Led efforts to dismiss Town lawsuit against the Lumberly and require the Town Council to approve any lawsuits against Cape businesses
- Supports protecting our civil liberties against surveillance technologies
Led successful effort to create a citizen privacy watchdog committee

“I am running for re-election to Town Council to preserve Cape from overdevelopment and maintain compassionate, fiscally responsible discipline to keep Cape affordable for our seniors, middle class, and town workforce. I would be honored to earn your vote on November 5th.”

- Tim

PROMISES FOR NEXT TERM

- Will continue opposing property tax increases exceeding 3%
- Will continue advocating to responsibly fund the deferred, critically needed safety repairs/renovations to the schools
- Will support an ordinance amendment to allow conditional zoning in Town Center so as to prevent the overbuilding of large apartment buildings throughout
- Will support streamlining site planning regulation of small businesses
- Will defend Cape homeowners’ ability to afford to live in their own homes
- Will continue to oppose any housing projects proposed for Fort Williams or Cape’s athletic fields



About Tim Reiniger

- Cape Elizabeth Town Council Member (Chair, 2024)
- Attorney specializing in data privacy and digital human rights law
- Cape Elizabeth Land Trust, Member
- Graduate of Georgetown School of Foreign Service & University of Michigan Law School
- Husband to Alice Reiniger and father to Charles & Robert

Contact Tim:
207-956-7218
tsreiniger@gmail.com

Paid for and authorized by Tim Reiniger.

New math teacher joins CEHS

By Kevin St. Jarre



Contributed photo

Alexis Dandaneau joins the CEHS faculty as a math teacher this year. She has taught at Kennebunk High School for the last 7 years, and previously at John Bapst Memorial High School in Bangor.

Cape Elizabeth High School will have a new face in the mathematics department this year. Alexis Dandaneau has taught at Kennebunk High School for the last 7 years, and previous to that taught at John Bapst Memorial High School in Bangor. "At Kennebunk, I taught everything from Geometry to Multi-variable Calculus, but primarily taught Algebra 2, AP AB Calculus and AP BC Calculus," Dandaneau said. She was also the Coordinator for the Gifted and Talented program at the high school level for Math and Science. She also coached the Math Team at Kennebunk High School, as well as the Ultimate Frisbee Team.

Dandaneau attended the University of Maine in Orono for her undergraduate career where she earned a Bachelor's degree in Mathematics as well as Secondary Education. "I earned my MEd in Teacher Leadership through USM while working at Kennebunk

High School. While at UMaine during my undergraduate, I worked at the Math Den, Tutor Program and played ultimate frisbee. I grew up in Kittery," she said.

She said she is very excited to teach math in Cape Elizabeth and share experiences from other schools as well as learn from the teachers here. Dandaneau said, "I will be co-coaching the Math Team. I am eager to meet the students here and join this wonderful community. I have spent many years teaching AP courses and with that comes a very fast pace and intense end of year exam. I am eager to tackle other courses with different end goals. I love teaching classes besides AP, because it gives the students and myself some breathing room to explore concepts and ideas and take the time to problem

-see MATH page 11

Digital design teacher joins faculty at CEHS

By Kevin St. Jarre



Contributed photo

Mia Kaufman is joining the faculty at CEHS as a teacher of digital design. She said, "The possibilities in digital art and technology are becoming increasingly limitless, and its relevance in today's world makes it a vital field of study for our students."

Cape Elizabeth High School has added a new teacher of Digital Design to its faculty. This past year, Mia Kaufman was the Assistant Director of Tutoring at Marietta College in Ohio. Prior to that, she was the Jobs for Maine Graduates Specialist at Gorham High School for two years, and a full-time COVID substitute a year before that.

She attended Gorham High School as well. Kaufman said, "I grew up in Gorham and graduated from GHS in 2016. Afterwards, I completed my Bachelor's in Communications with a minor in Graphic Design at the University of Maine, Class of 2020. Here I studied different digital art and technology fields such as graphic design, animation, new media, marketing and educational technology. I also held several internships and work-study positions in these fields as well. Most recently, I completed my M.Ed. in Instructional Technology from UMaine this past

May."

Kaufman said that being new to Cape Elizabeth, she has quickly found this community to be extremely supportive of its teachers and students. "I have a wonderful department, and many faculty who seem eager to collaborate with me. I am thrilled for the opportunity to teach at a school where students strive to be their best, and I am eager to contribute in helping students get to wherever they want to be in their next steps in life," she said.

Outside of the classroom, she said she enjoys the outdoors. "I love taking advantage of all of the outdoor activities that Maine has, from swimming in the ocean in the summer to skiing in the winter. I cherish time with friends and family the most, and in recent

-see DIGITAL DESIGN page 11

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I'll strive to ensure that our children and teachers are in a clean and safe school environment that contributes to the growth and progress of both teachers and students.

It's time to reverse the trend of rising educational costs with declining results by directing more money to teachers and ed techs and less to administrators and bureaucrats.

**REDUCE RISING COSTS &
INFLATION**

When people can't meet their basic needs, everybody suffers. Onerous taxes and policies are also making it difficult for businesses to thrive. I'll work to reduce excessive regulations and pursue sensible energy policies.

**SUPPORT HOUSING
AFFORDABILITY**

With costs continually rising and availability decreasing, I'll work to remove onerous and unnecessary regulations that drive costs up. I'll also create incentives for builders to expand the housing supply. This will unleash the ingenuity of developers and builders.

REDIRECT HEALTH CARE

Medical bureaucracy has increased costs and decreased the availability of providers. This has to change. I'll work to return health care decisions to providers and their patients and decrease the stranglehold that insurance regulations have on health professionals. I'll also work to increase access to preventative and holistic care.

CHAMPION WOMEN'S RIGHTS

I'll fight for and protect the rights of women.

**DEFEND OUR FARMERS &
FISHERMEN/WOMEN**

Without farmers and our fisheries, we'd starve. We've already seen a decline in the food supply along with skyrocketing food costs. I'll protect our environmental heritage, and support policies that ensure the survival and extension of our farms and sustainable fisheries.



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CESD staff tour Cape



Contributed photo

Cape Elizabeth school staff recently enjoyed touring Cape and learning about the Historical Center at Fort Williams, Jordan Farms, Cape Elizabeth Land Trust at Turkey Hill Farm, and the Coast Guard Station. They learned a great deal about the community and appreciated the wonderful hospitality at each location.

Planning Board

Continued from page 1

present on the proposed project site.

Matt Olberg, architect at Barrett Made presented 3D models and style depictions of the proposed condominium units. Olberg explained the buildings will be designed in such a way as to match the aesthetic of residential homes in Cape Elizabeth. Blue Meadows units will have cedar shake siding, split-face granite columns, and ironwood decking. The buildings will be one-story, several with walkout basements, that are connected via

garage doors in the middle.

Both Chair Sahrbeck and Maureen O'Meara reminded the Board that they are to vote on application completeness for preliminary review and not completeness for the entire application process. Sahrbeck made a motion to approve which was seconded by Jim Huebener. The motion passed with one opposing vote from Al Palmer. The Board scheduled a site walk to the proposed site for Wednesday, September 4 at 5:00 p.m. and voted unanimously to table a public hearing on the application to the September 17 Planning Board meeting.

How did CEEF support your student this year?

By Liz McEvoy



Contributed photo

Visiting artist Len Cabral with Pond Cove Literacy Interventionist and CEEF Grant Recipient Rosemary Ginn.

What do a Gnome Village, a Broadcast Studio and a Chess Club have in common? CEEF! These were some of the 16 grants totalling \$83,000 funded by the Cape Elizabeth Education Foundation during the '23-'24 school year. Grants at each school forged new avenues for exploration for every Cape student.

At Pond Cove, literacy was a big focus. Memorable artist and storyteller Len Cabral put on unforgettable performances and workshops for Cape's K-6 students while "Battle of the Books" was an all-school celebration of literature. The 4th

Grade team's grant will bring the nationally renowned Telling Room for a 10 week residency in Spring 2025. Every 4th grader will collaborate with the Telling Room to create an original story, culminating in a published piece.

Middle school educators received an impressive 8 grants. Technology improvements included new audio systems and visual monitors for the band room, outfitting the CEMS Broadcast Studio and new equipment for an expanded Vex Robotics program. Renowned artists Rachel and Ryan Adams return fall '25 to lead a student-designed mural tied to Maine ecosystems. Educators looked beyond the typical classroom curriculum with Project-Based Learning professional development and a new CEMS Explore program. Speaking of outside the classroom, have you seen the gnome houses around town? This 5th grade grant's creative presentation has delighted the town this summer.

New spaces were a hallmark of grants at CEHS, including a new expanded fitness center and a fully equipped Home Ec classroom for this new course. Both teachers and students benefited from working with the legendary artist-in-residence Javon Jackson ahead of CEHS' Jazz Cabaret this spring. CEHS and CEMS communities will benefit from a screen wellness activity planned for fall '25.

Finally, a year wouldn't be complete without a student-led grant and this one expanded tournament access for the Chess Club, boosting confidence and improving skills. CEEF is proud to fund those projects and play a role in every student's journey.

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Story of Cape Elizabeth water and sewer: How we got to today

By Paul Hunt



Contributed photo

Water transmission main construction, 1912.

Did you know that the water you are drinking at your Cape Elizabeth home today resulted from a decision which was prompted by a boy playing with fireworks on Commercial Street in Portland on July 4, 1866? Did you know that there is no physical barrier – no filter – between Sebago Lake, where your drinking water comes from, and your tap? Do you know how rare this is in the United States?

Do you know why the wastewater from some homes in Cape Elizabeth is treated in South Portland instead of at the wastewater treatment plant on Spurwink Avenue? Do you know what the structure is that is being constructed adjacent to Back Cove in Portland and how it will result in a cleaner Casco Bay when it is finished? And do you know why a structure like that is not needed in Cape Elizabeth?

You can learn more about these facts and many others if you attend a free talk about the history of our water systems at Thomas Memorial Library Community Room on Sept. 10, 6:30 - 8:00 p.m. Resident Paul Hunt recently celebrated his 25th year working for the Portland Water District. Paul has pulled together many old photographs and some old stories about how, when and why the drinking water and wastewater systems we use today were constructed. There is triumph, tragedy and ingenuity in these stories of the people and places that make up our water history.

We hope you can attend. The presentation is part of the monthly program provided by the Cape Elizabeth Historical Preservation Society in partnership with the library. Light refreshments will be provided.

Math

Continued from page 8

solve. Calculus is one of my favorite classes to teach, but a break is always nice.”

Dandaneau said she loves anything outdoors. “I am an avid hiker and rock climber. I love to go backpacking in the White Mountains and rock climbing at Rumney, New Hampshire or indoors at Salt Pump Climbing Gym. Every summer I take a trip to a national park somewhere in the country. This past summer, my husband and I went to California to visit Yosemite and Sequoia National Parks. I have been to Utah, Washington and Wyoming, visiting the amazing parks there during previous summers. I still play some ultimate frisbee and I joined a softball slow pitch league this year! I have a highly energetic dog, so I love taking her to the beach in Old Orchard to run and play,” she said.

Of her subject area and teaching, Dandaneau said, “I absolutely love mathematics and when I was in high school, I knew I wanted to be a math teacher. I find it very rewarding working with other people to help them reach their goals and learn new and exciting things. For me, I enjoy mathematics for the challenge and problem-solving aspects. It is a puzzle that takes time and perseverance to put together, but once you click the last piece, it opens a whole new perspective and things align so beautifully. I try my best to bring the problem-solving aspects into my classroom, because learning math isn’t about memorizing a procedure, but about thinking critically and creatively and improving those skills. Mathematics also teaches you how to communicate. It is imperative that you are able to explain your thinking and justify your results as well as constructively criticize others processes and ideas. I focus on these ideas in my classroom using the lens of mathematics.”

She added, “I am excited to meet everyone and get started on this school year!”

Digital design

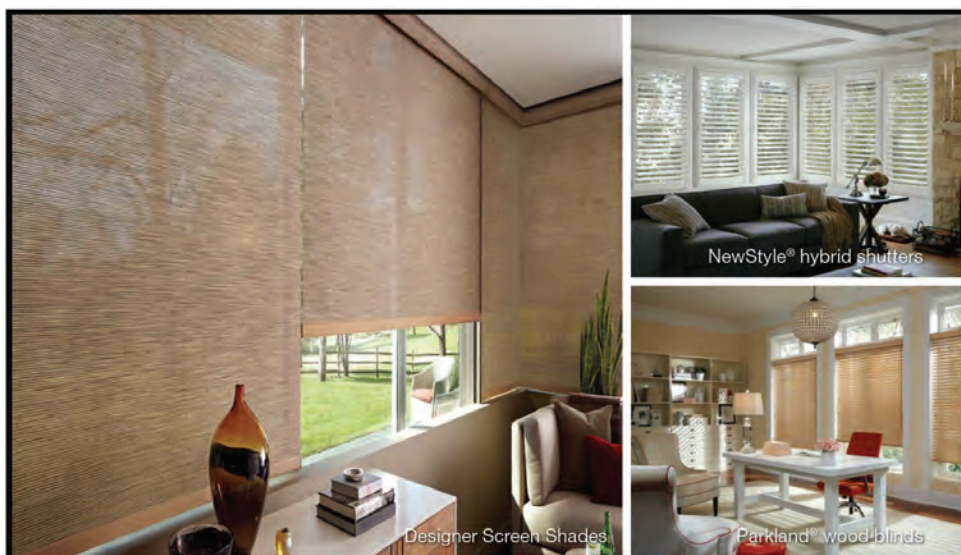
Continued from page 8

years my friends and I have joined recreational softball and flag football, although I’ve found I’m not very coordinated with either sport. I also have my real estate license, and am planning on becoming an active agent again in the near future,” Kaufman said.

When it comes to her subject area, she said, “I’ve been interested in digital art ever since I took my first Photoshop class back in middle school. The possibilities in digital art and technology are becoming increasingly limitless, and its relevance in today’s world makes it a vital field of study for our students. I see this position as an opportunity to give students hands-on experience with digital art and technology that they can directly apply in the real world. Businesses today all need people who can design a logo, create a website or produce content for social media. I have many new and exciting curriculum ideas that will provide students with real-world experience and connections to the field through my classes.”

As for teaching, she said she has always known she wanted to be in education since she was a high school student herself. “I was a very involved student in school, and value being in one place with so many different opportunities to discover what students’ careers and passions will be. I value my role as a teacher to support students’ development as individuals, plan their next steps out of school and create unforgettable memories during such transformative years,” Kaufman said.

She added, “I would love for my students to have opportunities to collaborate with local businesses and organizations! If you have a business or organization that has digital art, print, web, social media- or video production needs, and would like to collaborate with my students, please email me at mkaufman@capeelizabetschools.org.”



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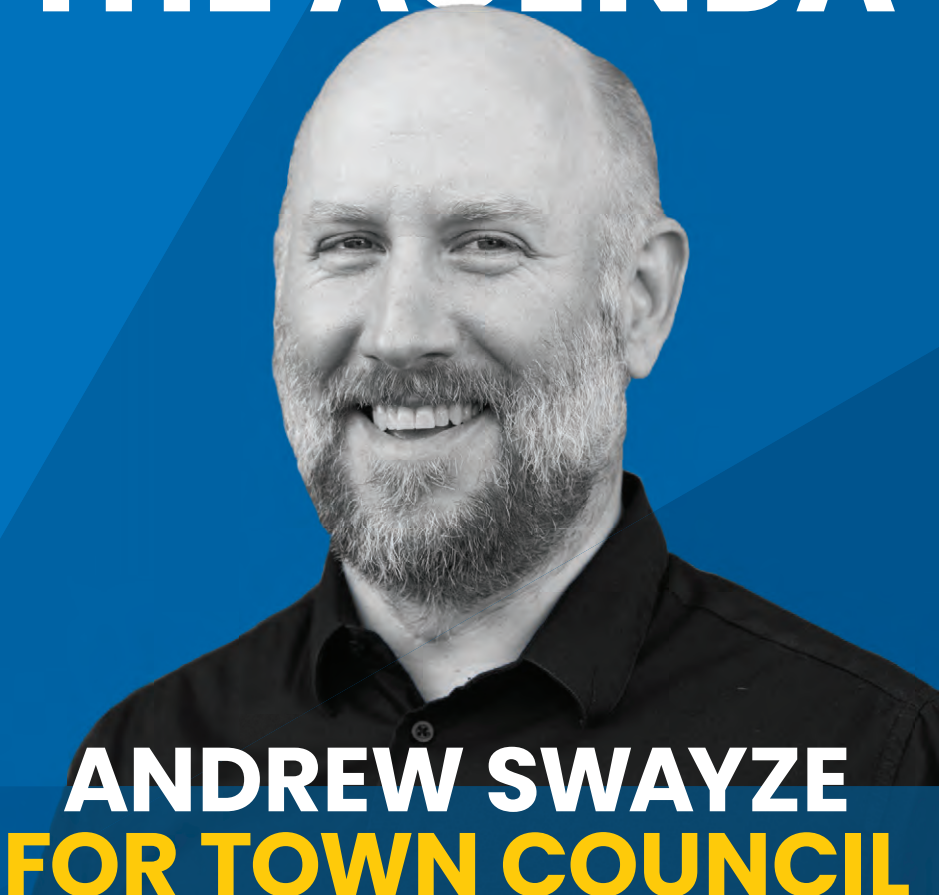
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Library offers senior social hour, first annual Fairy Festival

Paintings by TML's Own Michelle Leier in the Stier Family Gallery

This month's exhibit features oil paintings by Michelle Leier. Michelle received her B.A. from Northwestern University and her M.F.A. from the Massachusetts College of Art at the Fine Arts Work Center. She grew up near the Superior National Forest in Minnesota, and currently lives in Portland. Michelle is also TML's newest part-time Access Services Assistant. Her exhibit can be viewed until September 30.

First Annual Fairy Festival

Saturday, September 7, 10:00 a.m. - 12:00 p.m.

Calling all elves, princes, pixies and other magical folk...join us at Thomas Memorial Library for our very first Fairy Festival! In collaboration with South Portland Public Library and the Cape Elizabeth Land Trust, this enchanting event will celebrate the end of summer and changing of the seasons with whimsical stories, live music, crafts, face painting and more.

Come dressed with wings and be ready to dance and frolic while you make your own flower crown, magic wand, terracotta fairy house, mushroom charm necklace, or nature journal. This very special event takes place on Saturday, September 7 from 10 a.m. to 12 p.m. on the grounds of the Thomas Memorial Library (in case of rain, the program will be moved indoors). We hope to see you there!

Help Shape the Future of Thomas Memorial Library: Community Conversation

Thursday, September 19, 6:30 - 7:30 p.m.

The library's Strategic Planning Working Group is inviting the public to participate in a conversation about the role of the library in the community. Consultant Will Plumley will facilitate the event, which is intended to gather valuable input from the public prior to the strategic planning process. The library would like to hear from people who don't use the library regularly, as well as those that do.

If you are not able to attend this event, you can still provide your input by filling out a brief survey which can be accessed in the library or on the library's website.

You can also fill out comment sheets in the library indicating which services the library provides that would like to continue, improve, stop and start. For more information, please contact Rachel Davis, Library Director, at rdavis@thomas.lib.me.us, 799-1720, ext 289.

PROGRAMS FOR CHILDREN

Read To a Dog

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

Messy Minis! Process Art for Curious Kids

Mondays, 10:30 a.m. (Ages 2-5)
Let your imagination run wild and join us for Messy Minis time in the Com-

munity Room. Let's paint, color, cut and paste together to make magic! Each week we'll have different supplies out for you to be creative with. Some supplies may be limited, so be ready with your flexible and creative muscles. We can't wait to see what you make. For budding artists ages 2-5 and their caregivers.

Dress Up and Dance

Tuesdays, 10:30 a.m. (Ages 2-5)
Join us for 30 minutes of moving and grooving to our favorite playlist, special dress-up costumes and everybody's favorite bubble song. For dancing enthusiasts ages 2-5.

Tiny Tunes

Thursdays, 10:30 a.m. (Ages 1-3)
This short and sweet program is for young children who are not quite ready for a traditional story time, but love to have fun with friends. Join the circle for a gentle introduction to the routines, songs and props we use for storytimes, but without the books. Great for curious, wandering wigglers, ages 1-3, and their caregivers.

Traditional Story Time

Fridays, 10:30 a.m. (Ages 3+)
Join us in the Community Room for songs and stories, bubbles and Belinda the Bear. Geared toward ages 3-5 or anyone who enjoys listening to a solid two stories.

Saturday Family Story Time

Saturdays, 10:30 a.m. (Ages 3+)
Join us for a special weekend edition of Story Time. It will feature all our favorites: songs and stories, bubbles, and Belinda the Bear. Geared toward ages 3-5 or anyone who enjoys listening to a solid two stories.

FOR TWEENS & TEENS

TML Teen Writing Group

Second Friday of Each Month, 3:00 - 4:00 p.m. (Ages 14+)
Are you a teen who loves writing? Or are you someone who just loves to read, and feels like trying your hand at creative writing that isn't for school? In either case, our teen writing program is for you.

Join us for monthly meetings where we explore different styles of writing and work on the projects you're most passionate about. Upcoming date: September 13. Register on our website.

Dungeons & Dragons Campaign

Thursday, September 19, 3:00 - 5:00 p.m.
Set out on a fantastical quest with a magical crew of characters in this all levels D&D Campaign. We'll start out on September 19 with character design, and continue every Thursday afternoon. Beginners welcome. Please visit the library's website to register.

FOR ADULTS

Senior Social Hour: "Happy Heart, Healthy Life," with physical therapist Rachael Boutin from Northern Light Healthcare

Wednesday, September 4, 1:00 - 2:00 p.m.
Join us for our first Senior Social Hour. Join other older adults for coffee, tea, cookies and conversation. This week, we'll be joined by Rachael Boutin, a physical therapist from Northern Light Healthcare, who will share tips for how to keep your heart healthy and your lifestyle positive. No registration necessary.

Death Café, with Davinica Nemptzow

Thursday, September 5, 6:30 - 8:00 p.m.
Join us for this monthly discussion group facilitated by Davinica Nemptzow of Kaneel. At a Death Café people, often strangers, gather to eat cake, drink tea and discuss death. The objective is "to increase awareness of death with a view to helping people make the most of their (finite) lives."

A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.

No registration is required, but if you'd like to be on the library's mailing list for updates or cancellations, please visit the library's website. TML's Death Café will take place on the first Thursday of every month.

Cape Elizabeth Historic Preservation Society Presents: Fascinating Facts About Cape Elizabeth's Water Systems, with Paul Hunt

Tuesday, September 10, 6:30 - 8:00 p.m.
Did you know that the water you are drinking at your Cape Elizabeth home today resulted from a decision which was prompted by a boy playing with fireworks on Commercial Street in Portland on July 4, 1866?

Did you know that there is no physical barrier - no filter - between Sebago Lake, where your drinking water comes from, and your tap? Do you know how rare this is in the United States? Do you know why the wastewater from some homes in Cape Elizabeth is treated in South Portland instead of at the wastewater treatment plant on Spurwink Avenue? Do you know what the structure is that is being constructed adjacent to Back Cove in Portland and how it will result in a cleaner Casco Bay when it is finished? And do you know why a structure like that is not needed in Cape Elizabeth?

You can learn more about these facts and many others about the history of our

-see LIBRARY page 19



Rewarding work, with work-life balance built in

By the time she was in her mid-twenties, Gail True had achieved success by most conventional measures. She was working a retail job, managing a team of younger associates, and earning plenty of money to cover expenses. But something was missing.

"My whole purpose in life was making money for the company I was working for," Gail says. She longed for more satisfying work, but needed a position that would give her the flexibility to raise her young kids.

Gail made a career pivot and became a Direct Support Professional, providing support for activities of daily living for adults who are living with Intellectual and Developmental Disabilities.

That work entails a wide range of tasks that varies on a regular basis. One day it might mean helping a client trim that hard-to-reach spot on his beard, so he can feel the confidence that comes from going out into the world looking his best. Another day it might mean supporting a client as he navigates the grocery store aisles. Yet another day it might mean helping a die-hard football fan figure out the logistics to fulfill a lifelong dream of visiting the New England Patriots Hall of Fame.

"I'm doing something that matters."

"I'm doing something that matters," Gail says. "And I love making a difference."

What's more, the career change provided Gail with the work-life balance she needed. She worked the night shift, so she could be there every day when her kids came home from school. She was there to lead Girl Scout meetings, and she was there to cheer them on at every dance recital and football game.

"I didn't miss anything," Gail says.

Gail is one of scores of people who has found rewarding work in the field of Direct Support, ensuring that Mainers with age-related, physical, behavioral, intellectual, and cognitive health needs have the support they need to stay safe, independent, and empowered to achieve their personal goals.

There are many full-time, part-time, or per-diem positions available, which offer the flexibility to juggle work with other family and life responsibilities. The work is done outside a hospital or nursing home. Training opportunities are widely available and easy to complete. The vast majority of positions do not require advanced degrees.

As Gail discovered, making the career pivot was well worth the effort. "It's just remarkable," she says, "to feel good about what you do every day."

To learn more about full-time, part-time, and per-diem opportunities in your community, go to Mainecareerswithpurpose.org. Follow @MaineCareerswithPurpose on Facebook and Instagram.



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Scam alert bulletin board

By Jessica D. Simpson

Gold Bar Scams

Olympic athletes weren't the only ones after gold this summer. Criminal scammers are increasingly trying to steal your savings through gold bar schemes. Criminals may impersonate representatives from the government to convince you that your bank account is compromised. They'll instruct you to withdraw your money and convert it into gold, before sending a "courier" to collect the bars for safe storage. However, once your gold is picked up, they'll cut off contact and disappear. Thankfully, there are some warning signs of gold bar schemes. No legitimate entity is going to ask you to buy gold.

In addition, you should always be very wary if someone suggests that you must move your money to make it safe. While the involvement of couriers in gold bar scams may make it appear more legitimate, it's another red flag.

Listen to a true story of a gold bar scam on AARP's podcast "A Perfect Scam" dated July 26, 2024 titled "Ohio Woman Comes Face to Face with her Scammers."

AARP Victim Support Group Promotion

Have you been affected by a scam? Know that you are not alone. AARP Fraud Watch Network™ offers free emotional support sessions for people affected by fraud. Trained peer facilitators conduct hour-long small group online sessions. You can join by computer, tablet, or smartphone. Discussions are confidential. You are welcome to attend one session or several – it's your choice. Experiencing a scam can be devastating, but it doesn't have to define you. Sign up for a session at aarp.org/fraudsupport and take an important step toward emotional recovery.

Be a fraud fighter! If you can spot a scam, you can stop a scam. AARP Fraud Watch Network™ is a free resource for all. Learn how to proactively spot scams or get guidance if you've been targeted. Visit aarp.org/fraudwatchnetwork or call our dedicated helpline to speak to a fraud specialist at 877-908-3360. Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.

Cape Elizabeth Lions to host a fall Lobster Dinner

The Cape Elizabeth Lions Club will be hosting a fundraising lobster bake for their ongoing support for local charities and our local lobster fishing industry. The Cape Elizabeth community has generously supported these events over the years, and we hope that the community will support us again.

This year's Lobster Dinner will be held Saturday September 14 from 5:00 p.m. to 7:30 p.m. at the Lions Club Bowery Beach Schoolhouse, 1 Wheeler Road. The cost is \$25.00 for a single lobster meal or \$32.00 for a double lobster. Eat

in or takeout meals include baked potato, corn and dessert. Beverages are provided for those eating in the Club House.

Reserved orders are required. Walk-ins are welcome pending availability and are encouraged to call (207) 838-6756 prior to arrival. Cash, checks, Venmo and credit cards accepted.

To place your order please call Liz at (207) 838-6756 or email Lionsclubceme@gmail.com no later than noon, Friday, September 13.

The music corner

By Candice Bellinger

Cole Albert Porter (1891-1964) was a man of incredible wealth and talent. He studied violin and piano as a young child, and wrote his first operetta at age 10. Although his grandfather wanted him to become a lawyer, this was never going to be the case for Porter. He was class valedictorian at Worcester Academy in Massachusetts. He composed 300 songs while at Yale College. He was destined for Broadway, and Broadway for him.

Take some time this week to get to know Cole Porter through his music. I enjoyed listening to some contemporary versions of his work; Sheryl Crow sings, "Begin the Beguine," Ray Charles and Betty Carter sing "Ev'ry Time We Say Goodbye" so enraptured in love they seem to be. Lara Fabian & Mario Frangoulis sing "So in Love." Rebecca Luker sings, "In the Still of the Night" from Anything Goes. Diana Krall sings

"I've Got You Under My Skin," so lush and lovely. Shirley Horn sings "Love For Sale." Ella Fitzgerald sings "Night and Day" and I just cannot get this out of my head! Jane Monheit sings a gorgeous rendition of "Do I Love You," and even Alanis Morissette sings "Let's Do It (Let's Fall in Love)" in the 2004 musical biopic of Cole's life; De-Lovely. Or if you would like to sit down with just one album, listen to Susannah McCorkle's album, "Easy to Love," the Songs of Cole Porter.

Either way, you are in for a treat and a walk down memory lane. Artists of all generations continue to seek out Cole Porter's illustrious covers, and they will do so for years to come.

If you are "tech challenged" and would like my assistance with finding any of these pieces, please message me at musicwam@yahoo.com. You can also find me on Facebook @Candice Bellinger.

Book

Continued from page 1

and message as deeply as I did. When Natalie and I decided to make this book together I had no idea how amazing it would be on so many levels. First, because the art that she created absolutely stunned me with its beauty, and without me telling her my ideas, it's like she painted exactly what was in my mind, but better! More important than anything is the connection that we've made. I am so grateful for our friendship and can't thank Natalie enough for going on this journey with me."

For her part, Natalie Hoch said, "As an artist, I have focused mostly on decorative illustrations and patterns, so finding my image of Kai and exploring who they are and what they look like was a welcomed challenge. I work with fine-tipped paint brushes and acrylic paint, which I generally paint on surfaces like wood, ceramics and wax. Using my tools to create 27 images on paper was a lot of fun - I look forward to exploring this format more. When Evelyn invited me to take this on, it was a big first for me. I am so incredibly grateful for the faith she put in me. Working with such a close and lovely friend, taking something I love to do and bending it in a new direction, while illustrating a story that speaks deeply to me, was an absolute joy. It's also been wonderful to share this with our families! Not only has my friendship with Evelyn blossomed, but it's brought our children and husbands together in a beautiful way.

"I was so inspired by Evelyn's vision for this book and am thrilled to see this project come to life!" Hoch added. "It was a joy to illustrate Kai's journey, drawing from the patterns, colors, moods and textures I so love of the ocean."

The two describe their style this way: "The writing and illustrations of 'Mood of the Ocean' are simple yet thought provoking. We wanted any child reading the book to feel like they could relate to Kai. We very intentionally used inclusive language and made the main character look gender neutral. The illustrations in the book showcase patterns, bold colors, geometry and repetition. Each image has a slightly different style - some more realistic, others representative. The story and the message of the book invites the reader to explore the many ways to show the ocean and life near the sea."

They said that part of their motivation was they wanted to create this book because it is often hard to find children's books that

have inclusive messaging that promote emotional connection.

Of their favorite places to create, Gurr said, "I am not picky. For me, the key is to just write things down as soon as they come to me, whether it is in the comfort of my home office (where I do most of my writing) or in the waiting room at the doctor's office. I make a quick note so as not to forget my ideas."

While Hoch said, "I have a bright sunroom in my house, in which I've carved out a small art space. I love looking out the windows and watching the trees and plants change throughout the seasons as I paint. My life along the coast and my many visits to the beaches of Maine are where I've drawn my recent inspiration."

Like so many creative people, they say more time would be what would help the most. Gurr said, "I am a full-time working parent and feel like there is never enough time. This book was mostly created on late nights and weekends between parenting my amazing 6-year-old, and my job at an international organization where I work with developing countries to protect the environment. I would love more time to focus on writing and creating. When I do find time to work on myself, like creating 'Mood of the Ocean,' I feel like it makes me a better mom and better at day my job."

The two chose to work with Maine Authors Publishing and Cooperative to publish on this book. "They have been amazing to work with and are located right up the coast from Cape. We are excited that we were able to make this a totally local, Maine made book, but we hope the messages are embraced across the country and world," Gurr said.

Those interested in purchasing the book and learning more about its creators are invited to join them for their book launch event on Sunday, September 15.

For more information and to buy the book, visit: www.moodoftheocean.com

"Mood of the Ocean" will be published in early September 2024.

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CELT fall programs

ADULT

CELT Mushroom Program

Join mushroom expert Dan Agro of AgroMyco on this CELT sponsored event about edible and medicinal mushrooms. Topics for discussion are the best times of year to find local medicinal and culinary mushrooms, ideal growing environments and what to look for in the forest. Safe and thorough species identification and how to preserve and/or cook your mushrooms will also be discussed. There will not be any foraging during the program, rather it is an educational program to learn about these fascinating organisms. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Saturday, September 14

Time: 9:00 a.m. - 12:00 p.m.

Location: Robinson Woods Kiosk, Shore Road

Cost: \$10 per person

Min/Max: 3/15

CELT New England Cottontails program: In the Thick of It

Join Sarah Dudek from the Maine Department of Inland Fisheries and Wildlife for a 1.5 hour walk at Runaway Farm. Participants of this Cape Elizabeth Land Trust sponsored event will enjoy learning about the state-endangered New England Cottontail, the conservation effort taking place to recover the species here in southern Maine, and what you can do to help.

Cape Elizabeth is home to the largest known population of New England cottontails in Maine. The cottontails' range has declined by 86% over the past 50 years due to loss of large thicket and young forest habitats. Come learn about where they live, why other animals also need these thickets, and what we are doing to help the cottontails rebound in Maine. All proceeds go to CELT. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Sunday, October 20

Time: 2:00 p.m. - 3:30 p.m.

Location: Runaway Farm. Meet at the

parking lot by the fields at Gull Crest (1 Gull Crest Drive

CELT's Cross Town Walk

Join Cape Elizabeth Land Trust staff and volunteers for the annual Fall Cross Town Walk. Beginning at the Portland Head Light at Fort Williams Park, this CELT sponsored walk will traverse 8.6 miles of the Town of Cape Elizabeth and CELT trails, highlighting some of Cape's great places.

This walk offers a unique overview of Cape Elizabeth's diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond. The program takes approximately five and a half hours. Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams after a picnic at Kettle Cove.

Snacks, drinks and lunch should be brought by each participant. Participants should be 12 years or older; please call about younger ages. All participants must register at least 48 hours in advance of the program and will receive notification of changes or cancellation.

Date: Saturday October 5

Time: 8:00 a.m. - 1:30 p.m.

Location: Meet at Portland Headlight in the dirt parking lot closest to the lighthouse.

CELT's Cross Town Walk (Second Half Option)

Interested in the Cross Town Walk but not ready to commit to all 8.2 miles? Join Cape Elizabeth Land Trust for a half-distance (roughly 4.5 miles) walk highlighting some of Cape's great places, including Spurwink Marsh and Great Pond. The walk takes approximately three hours. Hikers will meet at the CELT office in town center and will carpool (arranged prior to walk) back to the CELT office after a picnic at Kettle Cove.

Snacks, drinks and lunch should be brought by each participant. All participants must register at least 48 hours in advance of the program to receive notification of changes or cancellation.

-see CELT page 16

Friends' news and notes

By Friends of Fort Williams Park staff



Photo by Walter Brooks

The Children's Garden at Fort Williams Park is brimming with late-summer flowers and a huge variety of pollinators. Pictured above, an eastern tiger swallowtail, *Papilio glaucus*, sips nectar from wild bee-balm, *Monarda fistulosa*.

If you haven't been to the Children's Garden lately, stop by soon to see native perennials in their late summer glory along with some very happy pollinators. Plants such as asters (*Aster* spp.), goldenrods (*Solidago* spp.) and black-eyed coneflower (*Rudbeckia hirta*) look beautiful and provide pollen and nectar for a wide range of insects as well as seeds for songbirds into the winter.

In addition, notice the black chokeberry (*Aronia melanocarpa*) and common milkweed (*Asclepias syriaca*) near the stone wall along the Cliff Walk path. The chokeberry's dark fruit is an important food source for wildlife and is rich in antioxidants. In September, the pods of milkweed, a favorite plant of monarch butterflies, will open, exposing seeds attached to silky floss.

This month, the Friends of Fort Williams Park is offering a series of programs and workshops.

*Sept. 10, 17, 24: Tuesday plant walks, 9:00 - 10:00 a.m. Join the Friends' staff to learn about some of our favorite plants and why we think they're important. Each walk will cover growing conditions and gardening tips as well as seasonal, ecological and aesthetic benefits. Meet at 9:00 a.m. by the Children's Garden entrance sign. No registration required.

*Sept. 11, 18, 25: Friends' birding group, 7:00 - 8:30 a.m. Our popular birding program has returned and Fort Williams Park is a great place to see birds in action. Whether you're new to birding or a pro, all are welcome. Details: Meet on Wednesdays at 7:00

a.m. in front of the lighthouse. Contact Andrea if you'd like to borrow a pair of binoculars: asouthworth@fortwilliams.org. No registration required.

*Sept. 6, 13, 20, 27: Fridays with the Friends: drop-in volunteer time, 9:00 a.m. - 12:00 p.m. Want to be a part of Fort Williams Park? Spend time gardening and chatting with our staff on Friday mornings; help our sites look their best! Tasks can be tailored to meet your interests and abilities. Details: Meet by the Children's Garden entrance sign. Please contact Andrea for larger groups: asouthworth@fortwilliams.org. No registration required.

*Sept. 7, 14, 21: Saturday workshops, 9:00 - 10:00 a.m. Join our staff for hands-on workshops on a variety of garden topics along with informative discussions about native plants and habitats. Meet on Saturdays at 9:00 a.m. by the Children's Garden entrance sign. Register at www.fortwilliams.org.

Sept. 7: Invasive plants: What they are and why you should remove them

Sept. 14: Fall planting and transplanting

Sept. 21: Prepping the fall garden for birds and insects

Programs are free and are open to the public; we hope to see you at the park! Programs may be canceled due to inclement weather; no rain dates are scheduled. For more information, visit www.fortwilliams.org or stay connected through Facebook (@FriendsofFortWilliamsPark) and Instagram (@FriendsofFortWilliamsPark). Thank you!

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Cub Scouts Open House on September 16



Contributed photo

Cub Scouts Pack 30 is hosting an open house event for prospective new members on September 16 for families with children in Kindergarten through fifth grade.

Cub Scouts Pack 30 is excited to announce an open house event for prospective new members. We invite all families with children in Kindergarten through Fifth Grade to join us for an evening of discovery, fun and learning.

The Open House will take place at the Lions Club on Monday, September 16 from 6:00 to 7:30 p.m., where interested families can learn about the many exciting opportunities that Cub Scouting has to offer. This is a fantastic chance for parents and kids alike to experience the adventure and camaraderie that define the Cub Scout program.

During the event, attendees will have the opportunity to:

- Participate in Our Recycling Raingutter Regatta Event: A hands-on event where scouts create and race handmade, lightweight boats out of recycled materials down a rain gutter filled with water using a straw to propel their creations.
- Meet Current Scouts and Leaders: Talk to current Cub Scouts and their leaders about their experiences, and learn how the program has made a difference in their lives.
- Discover Valuable Skills: See how Cub Scouts develop essential skills such as teamwork, problem-solving, and leadership through engaging and age-appropriate activities.
- Learn About Upcoming Events: Get information on upcoming Cub Scout events, meetings and adventures that are planned for the year.

Cub Scouting offers a rich program where kids can build character, learn new skills and make lifelong friendships, all while having a blast. Whether your child is interested in outdoor adventures, community service or simply making new

friends, Cub Scouting has something for everyone.

We encourage all families with boys or girls in grades K-5 to attend our open house and discover how Cub Scouting can be a part of their journey. No RSVP needed, but for more details, please contact Shawn Boucher at capecubscoutspack30@gmail.com.

Don't miss out on this opportunity to join a community dedicated to fun, growth, and adventure. We look forward to welcoming you to our Cub Scout family!

Event Details:

Date: September 16 Time: 6:00 – 7:30 p.m.

Location: 1 Wheeler Road

RSVP: capecubscoutspack30@gmail.com

About Cub Scouts: Cub Scouts is a program of the Boy Scouts of America designed to support and encourage boys and girls in kindergarten through fifth grade. The program focuses on developing character, leadership skills, and a sense of community through a wide range of activities and learning experiences.

Cape career coach

Have a question about current work or future dreams for Cape career coach Holly Smevog? Email them to editor@capecourier.com.

Join BSA Scout Troop 30 - Cape Elizabeth



Contributed photo

Troop 30 Scouts on a recent adventure to Mooselookmeguntic Lake.

Time to get outside with Troop 30- Cape Elizabeth! Scouting is fun in the outdoors with camping, adventures, community service, friends and much more!

Troop 30 invites boys from 6th grade through age 17 and their parents to our sign-up event on September 18 from 7:00 - 8:00 p.m. at the Cape Elizabeth Lions

Club located at 1 Wheeler Road. Visit Beascout.org to start your application to Troop 30.

Scouting is for girls too! Beascout.org also has links to girl troops in our area.

For more information about scouting, please contact us at Troop30capeelizabeth@gmail.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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Where the public is welcome to shop
New Ownership

Cape residents fixing gently-used bikes, getting them to those in need

By Kevin St. Jarre



Contributed photo

Those interested in donating bikes, helmets, locks or even cash can contact Tom Mikulka at mikulka.tom@gmail.com.

Tom Mikulka has repaired and provided bikes to new Mainers for several years. Over the course of his effort, Mikulka has repaired and refurbished over 140 bikes.

Cape Elizabeth Police Officer Ben Davis and Bill Brewington, a teacher retired from Cape Elizabeth High School, are also involved with getting the bikes to those who can really use them, such as those new to Maine.

Brewington, who in his retirement from CEHS, has been working at South Portland High School, was approached by students at SPHS asking where one might find a bike.

Brewington knew that Mikulka repaired bikes for distribution, and asked him if he had a bike for a student. "It took off from there," Brewington said.

According to a post on the Cape Elizabeth Police Department's Facebook page, every year, the CEPD receives calls about discarded bikes that have been found in town. "We take steps to locate the owner of the found bike, but if no owner can be

located we must dispose of the bike. We strongly believe that the police department is part of the fabric of the community, thus we strive to find new and innovative ways to improve our community. Last year, [Mikulka] came forward and offered to take the bikes from us. Tom had a brilliant idea to ensure the bikes were in proper working order so they could then donate the bikes to local families in need," the post reads.

Donated bikes are repaired and brought into good condition. Helmets and bike locks have been donated by Revision Energy, and are distributed with the bikes. Brewington has been using his connections, made through his classes for multi-lingual students, to match the need.

Brewington said, "We can use more bikes, in good shape or only needing minor repairs."

Those interested in supporting this effort can make donations of bikes, helmets, locks or even cash by contacting Tom Mikulka at mikulka.tom@gmail.com.

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CELT

Continued from page 14

Date: Saturday October 5
Time: 10:30 a.m. - 1:30 p.m.
Location: Meet at CELT Office – 330 Ocean House Road

YOUTH

CELT Fall Hike Club (Gr. 3 & 4)

Join Cape Elizabeth Land Trust's education program coordinator Ali Gustavson for fresh air and outdoor exercise. Enjoy the beauty of our hometown while hiking sections of the Land Trust and Green Belt Trails. Each hike will be roughly two miles covering different terrain and habitats. Bring a snack, water bottle and good walking shoes (possibly boots).

Hikers will be bused to the chosen trail of the day. Parents must pick up hiker at the specified trail each week. *Emails will be sent each week on location of pick up.

Time: 3:00 - 5:00 p.m.
Dates: Meets weekly on Thursdays, September 12 – October 3
Max 10 participants

CELT's LITTLE EXPLORERS (ages 3-5 yrs with an Adult)

Join CELT as we explore Robinson Woods in October. Children and caregivers will spend an hour exploring the natural wonders of Maine with Cape Elizabeth Land Trust educator Lisa Gent. During this CELT sponsored event we'll take a gentle hike through Robinson Woods, where we will explore the habitat around us and search for signs of the changing season with age-appropriate games and activities. Please dress in comfortable clothes and bring a water bottle. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Thursday, October 10
Time: 9:00 - 10:00 a.m.
Location: Robinson Woods Kiosk (off of Shore Road)
Cost: \$6 per parent and child, each additional child \$3
Min/Max: 2/5



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- New Indoor Mechanical Room and HVAC, Extending the Life of Current Building
- Secure Entry with Admin Offices, Special Education Space, and Nurse's Clinic

Separation from CEMS

- Removes the Cafetorium Scheduling Constraints

\$62.60

MIDDLE SCHOOL

New Building

- Meets 100% of Educational Needs with No Student Disruption
- Fossil-Fuel-Free Heating and Cooling Systems
- Appropriately Sized and Flexible Classrooms
- Dedicated STEAM Lab
- Modern Security Layout Separates Community Areas (ex. Gym, Performing Arts) from Student Areas
- Demolition and Field Restoration
- Resets the Clock on the Oldest School Building, a 50+ Year Investment!

VOTE YES ✓ SCHOOL BOND

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, September 4

Town Council Workshop, Jordan Conference Room, Town Hall, 7 p.m.

Thursday, September 5

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

Monday, September 9

Cumberland County District 4 - Finance Committee, Other - See Notes, 4:45 p.m.

Town Council Workshop, Jordan Conference Room, Town Hall, 7 p.m.

Tuesday, September 10

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

Conservation Committee, Town Hall, 7 p.m.

Wednesday, September 11

Community Services Committee, Community Center, 5:30 p.m.

Diversity, Equity, and Inclusion Committee, Thomas Memorial Library, 6 p.m.

Tuesday, September 17

Planning Board, 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; and 10 a.m.- 2 p.m.

Saturdays and Sundays - 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: crcme.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.

Rise Church

1047 Congress Street, Portland
874-9779

<https://www.riseportland.church>

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

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

Sunday Bible Class for all ages: 9:00 a.m.

Sunday Worship Service: 10:15 a.m.

Services are in person and streamed on Facebook and YouTube

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.

Nothing scheduled for Sept. 4 - Sept 17



21 Wells Road
Cape Elizabeth
Maine 04107



f Jordan's Farm
@ @jordans_farm
www.jordansfarm.com

Follow us on Instagram and Facebook for the latest news & veggies

We are hiring for the fall harvest season - wash prep area, front of house and field workers. Great for gap year kids, parents with kids in school. Contact Penny at: pennyjordan@jordansfarm.com

FARM STAND

OPEN DAILY 10-5 767-2740

"Bib's" Corn keeps getting better
If you haven't tried it swing by for some!



Also in our Farmstand

Lettuce, Cucumbers, Beans, Broccoli, Cabbage, Leeks, Onions, Potatoes, Kale, Meats, Chicken, Sausage, Cheese, Harris Farm Milk, Eggs, Ice Cream, Two Fat Cats' Pies, Yummy wine selection & more!

SOIL PRODUCTS & AGGREGATES

OPEN MON-SAT 8:00 - 5:00
pick-up or delivery 807-1761

GARDEN & LAWN:

Compost, Screened Topsoil, Straw, Wood Chips

BARK MULCH:

Pine Spruce Mix, Dark Mix, Natural Cedar

HARDSCAPE PROJECTS:

Gravel, Screened Sand, Crushed Stone, Stone Dust



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Keeping pets happy, healthy & safe @ home™

Play Safe. Worry-Free.

Invisible Fence of Southern Maine

800-585-2803

southernmaine.invisiblefence.com

BUSINESSES/SERVICES

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

Call or text 207-329-0628

EXTREMELY CLEAN - Deep Cleaning Services. The Way Cleaning Should Be! References/Insured 25+years of experiences Luz Carpenter - 207-329-3757

Interior House Painter, Local resident 35+ years experience, References available, Paul Devine 207-899-9400

MUSIC LESSONS

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

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

Piano Lessons. All ages, all levels. Call Ora: 207-899-3014

Library

Continued from page 12

water systems from Cape resident Paul Hunt.

Paul recently celebrated his 25th year working for the Portland Water District. He has pulled together many old photographs and some old stories about how, when and why the drinking water and wastewater systems we use today were constructed. There is triumph, tragedy, and ingenuity in these stories of the people and places that make up our water history. Light refreshments will be provided.

Senior Social Hour: Changes to Medicare, with Karen Vachon

Wednesday, September 11, 1:00 - 2:00 p.m.

Join other older adults for coffee, tea, cookies, and conversation. This week,

we'll be joined by Cape resident Karen Vachon from the Vachon Agency.

Karen will share invaluable information on how to weather the "perfect storm" of Medicare costs that are coming in 2025. No registration necessary

Riding the Mongolian Derby, with Jessie Dowling

Tuesday, September 17, 6:30 - 8:00pm

The solution to burnout is pursuing your wildest dreams: Jessie Dowling talks about her experience training for and riding the Mongol Derby. In August 2023 Jessie Dowling competed in the Mongol Derby, at over 1,000 kilometers, it's the longest horse race in the world, set across the wide open steppe landscape in Mongolia.

Jessie will be giving a presentation on what it was like training for and competing in the race and what it was like staying with nomadic Mongolian herder families along the way. All ages welcome!

Senior Social Hour: Open Conversation

Wednesday, September 18, 1:00 - 2:00 p.m.

This week's Social Hour will feature cards, games, and conversation starters, plus the introduction of this month's story sharing topic Community Engagement Librarian Sasha Kohan will explain how to craft personal stories based on the theme to share the following week.

This month's topic is Adventure: When in your life were you most adventurous? What was your most memorable adventure? Stories on this theme will be shared during Senior Social Hour on September 25.

National Voter Registration Day

Thursday, September 19, 2:00 - 4:00 p.m.

Stop by the lobby on National Voter Registration Day to register to vote, confirm your registration, and request an absentee ballot.

Volunteers from the Town Clerk's office can also answer any questions you may have about the November election and the voting process.

Have a Classified Ad, Announcement or Event?



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

HAVE AN OLD LAPTOP TO DONATE?



CONTACT US
cehswce@gmail.com

Skip The Mall!



Send A Gift Basket
Shipped Fast Nationwide

Locally owned and operated



www.greatamericanbasketcompany.com

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

CE JUST THE FACTS

THE "MIDDLE GROUND" SCHOOL DESIGN

THE PROBLEMS FACING OUR SCHOOLS

- **SAFETY & SECURITY** SITE & BUILDING CONCERNS
- **POOR SIGHT LINES** FROM MAIN OFFICES, **IMPACTING SECURITY**
- **OUTDATED CLASSROOMS**, LIMITING EDUCATIONAL METHODS
- **INADEQUATE** MUSIC, ART, DRAMA **PROGRAM SPACES**
- EDUCATIONAL COMPLICATIONS FROM **SHARED CAFETERIA**
- PCES/CEMS **SPRAWLING LAYOUT** & LONG TRAVEL DISTANCES
- **INEFFICIENT** VEHICULAR & PEDESTRIAN **SITE CIRCULATION**
- **NURSE'S OFFICE** SPACE & NATURAL LIGHT LIMITATIONS
- DEFICIENCY OF **NATURAL LIGHT**
- **INSUFFICIENT STORAGE** FACILITIES
- NEED FOR **TECHNOLOGY UPGRADES**
- OUTDATED & INEFFICIENT **MECHANICAL SYSTEMS**

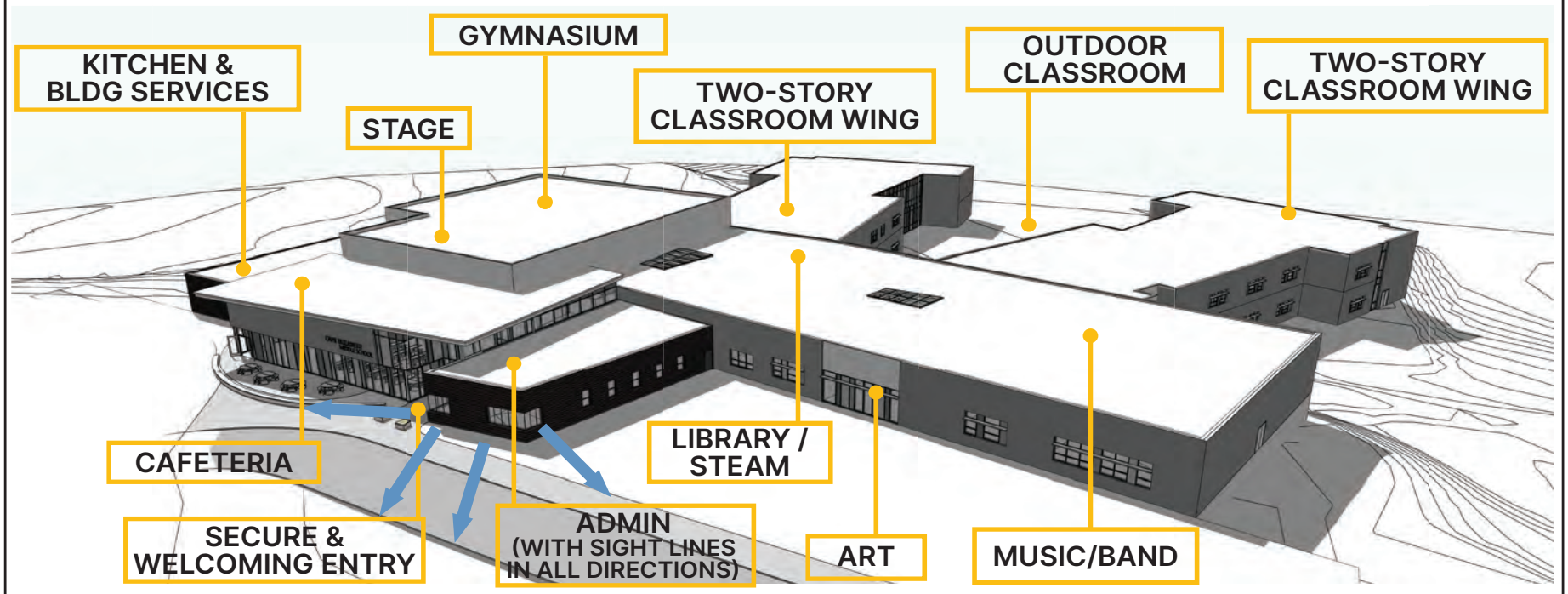


THE "MIDDLE GROUND" SCHOOL DESIGN

An \$89.9M school solution & a \$4.8M municipal project will be on the November 5th referendum!

COMMUNITY-DEVELOPED DESIGN STATEMENT: "A secure and nurturing community hub that fosters a joy of learning and collaboration by supporting students' discovery of their full potential."

NEW MIDDLE SCHOOL PRELIMINARY RENDERING ('MIDDLE GROUND CONCEPT')



BREAKDOWN OF ANNUAL TAX INCREASES INCLUDED IN FULL BOND

(Tax Impact provided by Town of Cape Elizabeth)

YEAR	\$89.9M "MIDDLE GROUND" PROJECT	\$4.8M MUNICIPAL USE (RENOVATION OF 1930s BUILDING)	\$94.7M FULL BOND AMOUNT
2025/2026	0.0%	0.0%	0.0%
2026/2027	1.9%	0.1%	2.0%
2027/2028	5.8%	0.3%	6.1%
2028/2029	3.9%	0.2%	4.1%
2029/2030 and after	0.0%	0.0%	0.0%

QUESTIONS FROM THE COMMUNITY:

Q: What are "Flex Classrooms" in the New Middle School Floor Plan?

A: Each grade level needs 6 classrooms for core middle school programming, in addition to classrooms for Special Education, World Language, Math/Literacy Support, etc.

"Flex Classrooms" are not empty. They serve our current Special Education needs in a space that is sized the same as a general classroom. This allows for flexibility in the number of core classrooms serving each grade level wing in the event of fluctuations in enrollment or changes in program needs.

For example, if the 6th Grade has an enrollment bubble one year and needs seven core classrooms, but the 5th Grade needs one less core classroom that year, the special education classroom can move into a 5th Grade core classroom, freeing up a classroom-sized space for that seventh 6th Grade classroom.

Look for the next Courier ad for more Q&A or email your questions to: CESB@capeelizabethschools.org

www.cape.k12.me.us

