

The Cape Courier

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In the Spirit of Community

CEHS racks up impressive scores, still a cut above

By Kevin St. Jarre



Photo by Kevin St. Jarre

2025 Advanced Placement Exam scores reveal that CEHS continues to provide a stellar education for its students. On multiple of the challenging and nationally-standardized exams, CEHS scored a 100 percent passage rate.

Cape Elizabeth High School continues to shine academically, and has proven it once again with its students' scores on the Advanced Placement exams.

The AP exams are standardized tests, created by the College Board and administered to high school students across the country, and elsewhere, once they finish an intense year-long course of student. The exams are design to assess the students' mastery of college-level academic work. Scoring well on the exams can potentially earn college credit for the students or advanced placement in uni-

versity courses.

Andrew Lupien is assistant principal and a math teacher at CEHS. His students in his AP Statistics course had a 100 percent pass rate on the AP Statistics exam, 37 out of 37 students, and with his AP Precalculus students, the same, 31 out of 31 passed.

Michael Young teaches AP U.S. History at CEHS, and the passing rate on that national exam was 92 percent. The pas-

-see SCORES page 5

Cape Elizabeth High School has new principal for the fall

By Kevin St. Jarre



Contributed photo

Joseph Greenberg is the new high school principal at CEHS.

The Cape Elizabeth School Department has hired Joseph Greenberg as the new principal for Cape Elizabeth High School. Greenberg is succeeding John Springer, who left CEHS after leading the school for four years.

Greenberg's previous experience has been as far away as Hawaii. "Over the years, I've worked in schools that place students at the center and connect learning to the wider world. Most recently, I led a 6 to 12 [grades] school on the Big Island of Hawaii known for its hands-on, interdisciplinary approach. It wasn't uncommon for students to gather field data along the shoreline and then spend weeks analyzing it—often alongside their teachers and field-based mentors—before presenting their findings at conferences, legislative sessions or community forums," Greenberg said.

He said the learning felt worthwhile because it was purposeful [and] anchored in real-world inquiry and public contribution. "Experiences like that continue to deepen my belief that when students feel a sense of belonging and know their educational pursuits carry over into the world beyond school, learning becomes more than preparation—it becomes something with immediate impact. And that can be mighty powerful," he said.

Greenberg said that after graduating from high school in Blue Hill, he moved back to his hometown of Philadelphia, Pennsylvania and began college as a jour-

nalism student at Temple University.

He said, "I later transferred to the University of Southern Maine, where I designed my own major combining the humanities and social sciences. I also earned a Master's in Educational Leadership there. More recently, I delved into in educational research focused on student agency and civic responsibility, which led me to complete a doctorate through Saybrook University in Southern California."

He said that work allowed him to explore how people and systems grow, adapt and hopefully flourish when moving "beyond traditional ideas of moral neutrality." Greenberg said that much of what has shaped him comes from personal experience.

"[G]rowing up with parents who were both beloved educators and then from being in schools, growing with students, teachers, and families in several diverse vibrant communities. Those experiences have influenced me just as much, if not more, than any course or degree," Greenberg said.

Assuming the principal position at Cape Elizabeth High School is interesting to Greenberg in many ways, he said, "From my very first interactions during the interview and vetting process, I've been struck by how steadily and genuinely people here care for their town, for one another, and especially for young people and their schools. One of the things that drew me to Cape is the way

-see PRINCIPAL page 4

The "KID" Courier



Drawn by Serena Martelle

Serena Martelle, age 9, recently drew this picture, titled, "Our Cape Backyard."



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NEXT ISSUE: Aug 5
DEADLINE: Noon, July 26

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SB 'does not have a blank check'

In the last issue, former Councilor Susan Gillis made the claim that "As everyone knows, the School Board is responsible for the upkeep and maintenance of the school buildings. They have complete control of establishing their budget. Neither taxpayers nor the Town Council have any control over how the School Board spends their budget, a budget that CE taxpayers always approve because we DO care about kids."

This is misleading. The School Board does not have a blank check. The annual budget must be approved by both the town council and the public. Councilor Gillis, in her official role, has attempted to cut the school budget on at least two occasions.

The proposed 2023 school budget had

increased by less than both inflation and the budget increases of much of Cumberland County. Yet on May 16, 2022, she voted for a motion to cut over a million dollars from it, despite the fact that this would result in firing school staff.

One year later, on May 15, 2023, Gillis voted for a motion to reduce the school budget by \$1.8 million.

It is difficult to reconcile Councilor Gillis's implication that the School Board is solely responsible for school maintenance with her own attempts to cut the proposed school budgets.

Chris A Gorski

"Concur fully" with letter in July 2-25 issue

I read Ilya Fleishman's letter in the July 2-25 CC and concur fully with his concerns. I would also add one more. Any decision to allow activity that would add yet more traffic of any kind to our already overly-trafficked road would be irresponsible.

The State Park Service and Town are well aware of the vehicular issues down here. I trust they will not be swayed by special interests.

Chuck Redman

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hear
from you!



We love feedback!

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'Striping is unsafe'

Can decisions in this town get any more myopic?"

Have you driven Shore Road during the day? It's apparent that our town "leaders" have not because they would never have approved the ridiculous striped parking spaces.

Striping doesn't make sense.

Striping is unsafe.

Striping creates confusion.

I won't even get into the fact that mowing my lawn is contingent upon this chaos.

Today (July 4) about 10 bikes coming from the Fort (cruise ships offer bike excursion) were biking up the MIDDLE of Shore Road because there is a bike icon painted on the Road. Seriously, it's painted in the middle of the road! That decision resulted in about 15 cars going 5 mph to SoPo. One car tried to pass but was sidelined by opposing traffic. Oh, and when a bus is in a lane, you can't drive in your lane if there is parking on both sides of Shore Road.

Let me end with this: On July 6, there were 22 cars parked on Shore in the spaces from Cottage Farms to Stonybrook. Only 5 (!) had Maine plates. When I asked 3 people (with a DC plate) where they learned of the beach, they said "Our concierge at the Westin said it's free." I've also learned that the front desk staff at the Portland Harbor Hotel also recommends this "free beach."

It's bad enough to drive a patchwork of random paving and pot holes. Now, we get to navigate around freeloaders.

Rich West

Rumor has it: CEEF Secret Supper in the works

The latest buzz around town is that the Cape Elizabeth Education Foundation (CEEF) is planning a "Secret" September event that will encompass a catered dinner at numerous homes of local families followed by a dessert event at a local watering hole. Rumors are swirling, but details are scarce due to the secrecy surrounding the event as a whole.

Reports include CEEF board members and volunteers meeting to plan the event at a CEEF secret star chamber, although the meeting location and times rotate to throw off anybody trying to learn more. One CEEF executive, speaking with anonymity due to fear of repercussions, told the Courier, "Our

planning is in the works. This event is going to provide a fun way for folks to connect with other community members and enjoy a delicious meal, while supporting the good work that CEEF provides. I wish I could tell you more, but I cannot compromise the secrecy of the event at this time. In fact, I've probably said too much already."

If you do see a member of CEEF, you may want to have a whispered conversation with them to learn more. The only confirmed details that the Courier has been able to ascertain is that the event will be held the evening of Friday, September 26 and that more event details will be released in August.

2025 Publication schedule		
Issue No	Ad/Copy Due	Issue Published
01	Jan 3	Jan 15
02	Jan 24	Feb 5
03	Feb 7	Feb 19
04	Feb 28	March 12
05	March 14	March 26
06	March 28	April 9
07	April 11	April 23
08	April 25	May 7
09	May 9	May 21
10	May 23	June 4
11	June 6	June 18
12	June 20	July 2
13	July 4	July 16
14	July 25	August 6
15	Aug 8	August 20
16	Aug 22	Sept 3
17	Sept 5	Sept 17
18	Sept 19	Oct 1
19	Oct 10	Oct 22
20	Oct 31	Nov 12
21	Nov 14	Nov 26
22	Dec 5	Dec 17

Possible scam reported

Reported by Debbie Butterworth

PUBLIC INFORMATION

6-23 An officer met with a resident of the Shore Road area regarding a possible scam.

SUMMONSES

- 6-17 Dover, New Hampshire resident, speeding (39/30 zone) Sawyer Road, \$114
- 6-17 Cape Elizabeth resident, speeding (48/30 zone), Mitchell Road, \$170
- 6-21 Portland resident, uninspected vehicle, Brentwood Road, \$148
- 6-21 Casco resident, speeding (62/45

zone) Bowery Beach Road, \$170

ACCIDENTS

- 6-20 Michael Beck, Mary Chung, accident on Dennison Drive
- 6-22 Luke Liam, accident on Ocean House Road

FIRE CALLS

Fire calls: 9
EMS calls: 24

Scam alert bulletin board

By Jessica D. Simpson

If Fraud Was a Company...

According to the Federal Trade Commission, theft through fraud may have been as high as \$158.3 billion in 2023 alone. To put this into perspective, if fraud was a U.S. company, it would be in the top 40 by revenue. That's \$434 million every day, or about \$300,000 every minute – stolen from Americans by fraud criminals. All reports on fraud that seek to measure the problem show a meteoric year-after-year increase.

And we, at last, are beginning to see signs of hope in addressing the fraud crisis. We see more policymaker concern at the federal and state levels. The Aspen Institute has taken on a nationwide initiative to create the first U.S. national fraud strategy (AARP is deeply involved), and a new nonprofit, the National Elder Fraud Coordination Center (NEFCC), launched in April to help bring an organized crime lens to fraud investigations. The goal is to build large cases for investigation, arrest and prosecution of fraud criminals to seek justice for victims. Each of us has a role to play in addressing fraud. When you learn about a new scam, share what you know. You may just help the next fraud target avoid becoming the next fraud victim.

Last Minute Travel Scams

If you're looking to squeeze in one more summer trip, be cautious—while great travel deals exist online, so do scammers eager to cash in on your vaca-

tion plans.

Criminals set up look-alike travel websites in hopes you will book with them rather than the intended company. And just because the link showed up when you searched "travel deals" doesn't mean it can automatically be trusted. Scammers often buy paid promotions for their bogus travel sites, so they appear high up in search rankings.

Before hitting 'confirm' on that deal, make sure you really know who you are doing business with. Research a new-to-you travel site before booking by searching the company's name along with the words "scam," "complaint," or "review" to read about other people's experiences. And pay with a credit card, which offers stronger protections than other forms of payment.

Suspect a scam? Call our free Helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

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. Recent eligibility guidelines for visiting Judy's Pantry have eased. Please contact Beth Owens: bethowens1@gmail.com. Please consider a non-perishable donation to the IGA drop box.

Op-ED: Are American schools falling short?

By Eligiusz Roman Bardziński

As a Polish exchange student in the year 2023 to 2024 at Cape Elizabeth High School, I had the opportunity to get to know the American education system.

Polish high schools differ from American schools in many ways. Polish students apply to high schools which accept them in regards to their grades and exam scores. Going to high school, students are expected to already have a general idea of what they want to do in the future; based on that we all choose two or three "extended" subjects, which are similar to AP classes. We have to take them for the entirety of high school.

The first noticeable difference between the Polish and American high schools is the fact that Polish schools do not have electives. The only choice we can make is what "extended" classes we will take.

While I didn't take any AP classes in the U.S., I noticed that grading was much easier in all the classes I did take. In my school in Poland, we were only required to get over 40% to pass, and yet I believe we were expected to know more than students at CEHS, which requires 70%. I think the reason for this is that in Poland we are not given specific instructions like practice tests on how to pass the class. Instead of worksheets, experiments, and presentations, in Poland we focus on learning and remembering theory from textbooks. When the test is coming up, we are expected to learn more by ourselves, since the knowledge from the classroom will only provide us with the 40% required to pass. We are never told what exactly we are supposed to study, only the unit the test is on. Because of that, even though it might seem harder to pass in an American school,

it is the opposite, since the answers are given to students, who are expected to memorize them, not explore the topics by themselves and earn the grade.

As expected, the interactions between students and teachers are also different due to the culture. At first, I was pleasantly surprised by the positivity of the people in the U.S., and it took some time for me to understand that niceness is not always honest. It took me almost an entire semester of school to figure out who my friends were, and who was nice to me due to the cultural expectations. It caught my attention because in Poland people do not try to be nice if they do not mean it. It does not mean we are rude, but we are blunt in a way that I did not experience in the U.S.

When it comes to the teachers, in America they are more lenient, more understanding of student's personal issues, and they are more likely to forgive students for missing work. I did appreciate it, because missing school was less stressful than it was in Poland, where when a student misses school, they are expected to know the material as soon as they return.

After spending a year in the U.S. I learned the reason why the stereotype of "the stupid American" exists; American schools do not force the students to improve if they do not care. Yet, they also provide opportunities for students who are determined to excel above average skills. Polish schools are less forgiving, and therefore, even though they are bringing more stress upon the students, I believe they are still better at providing a better average level education, which is what high school should be about.

Greenbelt gazette

By Maureen O'Meara

Multi-user Mantras

•Town Farm Trail realignment. Just a reminder when using the Town Farm Trail to follow the trail when it curves up the hill a bit. The trail relocation was done by the Conservation Committee to address a chronic wet condition that resulted in an expanse of muddy trail. The adjusted trail location provides a 4-season drier surface

and protects the marsh from sediment runoff during muddy conditions.

•Rogue construction on town trails. The Town Greenbelt is enjoyed by a variety of trail users and offers a range of experiences. If you think a trail could benefit from an "improvement," however, taking the initiative is the wrong move. A trail user pro-

-see GAZETTE page 8



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Principal

Continued from page 1

the community builds on its strong traditions, while also balancing that well-earned pride with a clear openness to thoughtful reflection, growth

and renewal. Even in just these first few days on the job, I've had the pleasure of meaningful conversations with school colleagues, students, families and community partners, including the dedicated team at our police department. What's clear is that this is a place where people show up and look out for one another. I feel fortunate to be stepping into that kind of culture, and I'm looking forward to contributing in every way I can," he said.

When asked what he considers to be his greatest strengths as an administrator, Greenberg replied, "For me, I've always held onto the fact that I was, and will always be, a teacher first. I try to keep that as the steady rhythm of my mindset as a school leader. I'm driven by a natural and unapologetic curiosity about how and why things work, or don't, and how people and systems connect. At the same time, I try to balance that with what I think of as imaginative pragmatism. I'm confident in not having all the answers, which frees me to focus on asking the kinds of questions that get to the heart of things—what's helping us succeed, what's getting in the way, and what people truly need."

He also said, "I value thoughtful dialogue, especially the kind that leads to shared understanding and collective ownership. I also believe that trust and humor go a long way. I'm known to drop the occasional corny dad joke, mostly to earn a groan or mock disappointment from students, and partly to remind us all not to take ourselves too seriously. It's often in those small, human moments that real connection happens, and that's where a school's culture has the power to fortify deeper bonds."

Outside of work, he said, "I love being outdoors and always welcome a good hike. If anyone knows a quiet spot where I can hear birds singing or watch clouds drift and dance, if only to help me forget my email queue for a little while, please send me the coordinates. I'm also a big fan of storytelling in all its forms: film, podcasts, stand-up, even the occasional long-winded dinner table tangent. I read as much as I can, and when time allows, I write essays, commentary, the occasional short story. I find it helps me stay reflective and creatively piqued. And any time I get with my two sons, who are now in their twenties, is time well spent. Thankfully, they still seem willing to hang out with their dad, at least oc-

asionally."

When it comes to fostering good relationships between a principal and the community, with students, parents, and other educators, Greenberg said, "It starts with showing up, consistently, openly, and with a genuine willingness to listen and learn. Whether it's with students, parents, community neighbors, or fellow educators, trust grows when people feel seen, heard, and taken seriously. And once there's trust, you can have the kind of honest, sometimes uncomfortable conversations that actually move things forward. I believe in the value of radical candor—not just saying what's hard to hear, but doing it with care and purpose. That kind of trust is what is needed, grounded in mutual respect, allows room for creative dissonance, where different perspectives challenge one another in ways that lead to better thinking, stronger decisions, and more meaningful collaboration. Relationships like that don't happen overnight. They take time, humility, and follow-through. But when those elements come together, a community becomes more connected, resilient, and ready to grow together."

As for his goals for CEHS, he said, "Early on, my goal is simple: to get attuned to the culture and climate of the school by spending time with students, staff, families and community partners. I'm coming in already aware that CEHS has a strong foundation, which is a great starting point. Still, while I'm committed to understanding what's working, I also want to listen for the hopes and aspirations that may be permeating that can be time for thoughtful consideration. In time, I hope to strengthen and build upon areas of success, and also help us imagine what's next—how we can build on our legacy of excellence in ways that are relevant and responsive. That might mean expanding learning pathways, elevating student voice and agency in shared decision-making, or creating new ways for students and staff to connect with meaningful opportunities beyond our walls."

Greenberg said that at its heart, he sees his job as principal being about "forward-thinking stewardship: protecting what works while also asking the hard and hopeful questions about how we keep evolving. Being future-ready sometimes means embracing innovation—and other times, revisiting the wisdom of what's come before. Above all, I want every student to feel a sense of purpose, belonging, and excitement when they walk through our doors (in both directions). And I want educators to feel the same—and to be supported, challenged, and energized in honing their craft."

When asked what advice he would give a 1st-year teacher, Greenberg replied, "To

the first-year teacher: Don't aim for perfection—aim for connection. Focus on relationships before routines. Learn your students' names, their interests and their stories. Ask for help early and often. And don't forget to laugh. I still remember tanking a lesson early on in my first year and trying to recover with a joke that flopped just as badly—but there was one student that offered an empathetic smile, and somehow that was enough to keep me going. Grace goes a long way—especially the kind you offer yourself."

To the veteran educator, Greenberg said he would advise, "You carry institutional memory and pedagogical wisdom. Stay open, stay inspired, and know that your presence helps hold the whole school together. Don't underestimate how powerful your mentorship can be, even a hallway check-in or classroom visit to a newbie can make a difference. And keep leaning into your curiosity. It's one of the best antidotes to burnout. Also, your well-honed eye-roll at staff meeting buzzwords? That's an art form."

For Greenberg, he said teacher evaluation shouldn't be about compliance or checking boxes. "Instead, it needs to be a qualitative and collaborative process focused on helping teachers grow and improve in ways that make a real difference for students. I see my role as a thought partner—someone who highlights what's working well, offers honest but supportive feedback, and creates space for reflection and ongoing development. It's about supporting teachers as they find new ways to engage students and make learning meaningful. Ideally, I want to be a trusted guide, a sounding board, and sometimes a cheerleader. When the evaluation system works well, it leads to growth—both for teachers and for the students they serve," he said.

When asked if it possible to better support students who may be marginalized without impacting the so-called "high-fliers?" Greenberg replied, "Absolutely. It's not just possible, it's essential. When we create a learning community that's inclusive and caring, everyone benefits. The idea that supporting one group means holding another back is a false dilemma. We can, and should, build a balanced school environment where every student gets what they need to thrive. In my view, equity isn't a zero-sum game; it's more like a rising tide that lifts all boats. By listening carefully, designing with flexibility, and focusing on belonging, we can make sure every student, whether they're soaring or struggling, feels seen, supported, and able to grow."

When asked about the many initiatives brought to educators over the last 25 years, Greenberg said, "I'm well aware that many educators feel worn out by the number of initiatives over the years. Initiative fatigue is real, which is why pacing, clear purpose and open communication are so important. We need to be deliberate in investing our resources into thoughtful, impactful improvement efforts. Still, I believe fresh ideas should start with curiosity and real questions—not pre-determined answers. My approach is to support coalitions of the willing—teams ready to apply sound design thinking principles as they explore new

ways of doing things. At the same time, this means fostering a culture of responsible risk-taking, where trying new ideas, learning from setbacks, and iterating forward is part of the process. This mindset not only encourages innovation and growth but also sets a powerful example for our students—showing them that stepping outside their comfort zones and embracing challenges is how real learning happens."

When it comes to the hiring of outside consulting in the implementation of new educational initiatives, Greenberg explained, "Outside consultants can bring fresh ideas and expertise that we might not have internally, which can be really valuable. But they're not here to take over or tell us what to do. The best ones support and amplify the great work already happening, like a coach helping a team get even better. For example, a consultant might bring a new way of thinking about student engagement that we hadn't considered, but it's up to us to make it fit our school's unique culture. It's always best when the work is led by those doing it and living it each day—bringing ideas to life in ways that really fit our community—with consultants as trusted partners helping us grow and improve."

Greenberg says that extracurricular activities are vital. "For many students, extracurriculars are where they discover new parts of their identity and find their voice, often leading to deep connections with others they didn't even realize they had in common. Whether it's on the stage, the field, in the robotics lab, or the school's new podcast, these experiences often become a big part of why students love being part of their school. Extracurriculars help round out the academic experience, deepen well-being, and fuel a passion that often lasts long after graduation," he said.

Each school is a living ecosystem, Greenberg said, and one needs to understand its patterns and people. "The first step is to observe and absorb, [and] to get a real sense of the ebb and flow of the school community, including its strengths and challenges. It's about being visible and approachable so people see you as someone who's here to support, not merely manage. Spending time in classrooms, going on field trips, or eating lunch with students all helps build trust, and that doesn't happen overnight. It takes patience and resisting the urge to rush in and tweak things before you fully understand if, how and why they work the way they do. When change is needed, it tends to be most successful when rooted in a deep understanding and respect for the history and people already invested here. People want to feel valued and understood before they'll be open to embracing new ideas."

In summing up, Greenberg said, "I'm grateful for the warm welcome I've already received and believe schools are at their best when they reflect the strengths and dreams of the people in them. I'm here to listen, learn and lead with this community. If you see me around, whether it's in the school parking lot, at Town Hall, Crescent Beach, or at a game this fall, please say, 'Hi.' I'd love to hear your take on what makes Cape special."

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The Maine Legislature: Reflections from a challenging year

Cape crossword

By Erik Svetlichny

By: Sen. Anne Carney

Now that the Legislature has adjourned for the summer, it feels good to be able to enjoy the warm, summer weather at home in Senate District 29. David and I have taken our dog for morning and evening walks in Two Lights State Park, and I've been bicycling throughout our beautiful community — not to mention regular trips to Red's, Willard Scoops and Kettle Cove Ice Cream with our grandkids. I hope you've had a relaxing and enjoyable start to your summer.

As you can tell, things have slowed down, affording me the opportunity to reflect on the work we accomplished during the First Special Session of the 132nd Maine Legislature, which adjourned on Wednesday, June 25. We did a lot for the people of Maine this spring, from investing in MaineCare and reproductive health care to helping prevent student homelessness and lowering the cost of housing. We protected our environment by passing bills to safeguard vernal pools and defeating others that would have undermined our recycling infrastructure. We fully funded the state's share of local education budgets, and we provided critical funding for homeless shelters and services for victims of domestic violence and sexual assault. In the face of dramatic changes in federal programs, we worked to maintain essential services in our state.

Together, we defeated attacks on LG-BTQ+ Mainers, worked to protect our immigrant communities and did our best to shore up everything we cherish about life in Maine. The dedication of my colleagues and the steadfast advocacy of

constituents like you inspire me to keep going, especially in times of polarization and divisiveness.

The Judiciary Committee, which I chair, was again at the center of many of the important and challenging issues before the Legislature this spring. Despite that, Democrats and Republicans worked together with great respect on controversial and emotional issues, showing that civility is still possible and productive.

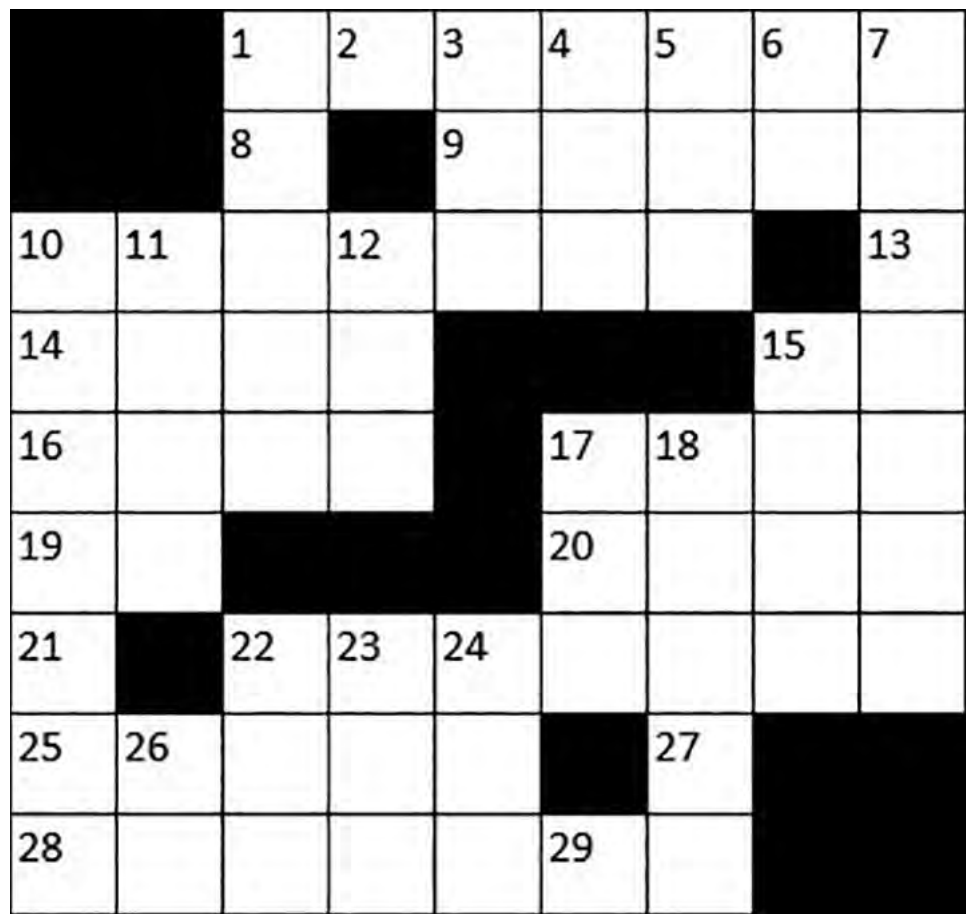
Two of my proudest achievements from my committee work involve funding five additional public defenders in the Maine Commission on Public Defense Services and passing a bill to require the serialization of all firearms, including so-called ghost guns that can be assembled from kits at home. These bills ensure all Mainers have access to justice, as provided for in our Constitution, and protect public safety in our communities.

I am proud of our achievements this session, but there is still more work to do. In the off-session, Legislators stay busy serving on study commissions and working on bills that were carried over to next year to be further improved. The Judiciary Committee carried over nearly two dozen bills that we will meet to discuss periodically, so they are ready for consideration when we return in January.

Although the Legislature is out of session, I am a resource for you year-round. You can email me at Anne.Carney@legislature.maine.gov or call my Senate office at 207-287-1515. And please sign up for updates in my biweekly e-newsletter at MaineSenate.org. Be in touch, and enjoy your summer!

Maine's passage rate statewide on the AP Chemistry exam was 78.3 percent, and globally the passage rate for the AP Chemistry exam was 78 percent.

While by some measurements, some high schools in Maine and elsewhere has seen some slippage in scores since the pandemic, this has not been the case at Cape Elizabeth High School, where the school continues to stand out as one of the very best.



See solution on page 8

Across

- 1. Damsel's descriptor denoting "dominates in dustups"
- 8. 10, in hexadecimal
- 9. Bulbous Vegetable
- 10. Henry's heritage, hewn in half
- 13. Un ou une, in english
- 14. Alternative adaptation for the Aboriginal Across
- 15. PhD Holder
- 16. Yellow Liquid
- 17. Entity managing Crop Insurance
- 19. USSR Successor
- 20. Zuko's uncle
- 21. Fourteen, in hexadecimal
- 22. Practice of perceiving the past
- 25. Brush a guitar
- 27. Opposite of an L, in the youngun's slang
- 28. Blois-Born Belligerent

Down

- 2. It's equal to F/m, according to newton's second law

- 3. Bionicle warrior.
- 4. Tavern
- 5. Pot Cover
- 6. Carry out
- 7. Situation of strife, society sans state, or the secret of the suggestions with same-sounding starts
- 10. Most magnificent madam in a multiethnic monarchy
- 11. Cynic's Opposite
- 12. Mormon Church
- 15. Perfume Brand
- 17. In-shape
- 18. Headgear of the Highly Honoured
- 22. Patchwork of principalities, purportedly a pious yet powerful polity
- 23. Coll. Containing 2 state names, yet is only in one state
- 24. Texter's statement of dissapointment
- 26. ___ Games, Developer of Lego Star Wars: The Video Game
- 29. Base of the ln logarithm

Scores

Continued from page 1

sage rate for the AP U.S. History exam in Maine overall was 81 percent, and globally it was 73 percent. Young said this year's results we "the highest scores in the post-COVID era in AP U.S. History" at CEHS.

The mean scores for the 2025 AP U.S. History exam reveal the spread:

- Maine- 3.43
- Global- 3.30
- CEHS- 3.80

Aysun Simpson teaches AP Chemistry. Her students continued to post high scores, much as they have in previous years, with a passing rate of 100 percent.

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Exchange in reverse



Contributed photo

Iga Bardziński was a Polish foreign exchange student who attended Cape Elizabeth High School in 2023 to 2024. She was hosted by Ethan and Heather Reeves' family, and recently their daughter Belle got to experience the exchange in reverse. She travelled to Poland to reunite with Iga, who got to act as a tour guide for the young American. (l-r) Isabelle Reeves and Iga Bardziński.

Beane joins CELT staff for summer



Contributed photo

Mariposa Beane, a Southern Maine native, has joined the CELT staff for the summer. She is a rising senior at Colorado College majoring in Environmental Studies and minoring in Feminist and Gender Studies

Mariposa Beane has joined the CELT staff for the summer. She was born in Breckenridge, Colorado and raised in Southern Maine. She spent summers on Friendship Long Island with her family gardening, playing with the hermit crabs, and counting the seals. She is a rising senior at Colorado College majoring in Environmental Studies and minoring in

Feminist and Gender Studies.

Prior to Colorado College, Mariposa went to The Island School in the Bahamas, which sparked her interest in conservation work, which she hopes to continue into her professional career. She is a freediving and fishing enthusiast who spends her free time outside with her dogs, swimming, or skiing in the winter.

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Local business spotlight: Whitney + Co.

By Marta Girouard

Michelle Whitney knows how to make a house feel like a home. Whitney has been in the home staging industry for a little over seven years and around four years ago, after a partnership in her previous staging business dissolved during COVID, she decided to go out on her own and founded Whitney + Co. “I recognized there was a big need for staging in the Greater Portland area and I still had a passion for helping people sell their homes for the highest price and as quickly as possible,” Whitney said.

According to Whitney, a vast majority of buyers start their home search online and in a competitive environment, sellers need their homes to stand out above and beyond others. Whitney + Co. offers two types of staging. Vacant staging is for homes that are empty, and occupied staging is where homeowners are still living in the home and the team brings in staging items to work alongside the homeowners’ pieces. “As a stager, I’m ‘undesigning,’” said Whitney. “It’s really important when a buyer walks into a home that they envision themselves living there.”

Whitney’s approach to staging an occupied home always starts with what she calls a “Walk + Talk” consultation. She walks through the house with the client of an occupied home for two hours and shares her suggestions to get their house ready for listing. After that, Whitney offers a proposal and if the client decides to move forward with the staging, Whitney comes back to take pictures and measurements to come up with a design plan. The agreement is a 30-day term, which can be extended after the first month. Whitney explained that not everyone who has a Walk + Talk chooses the full staging services. “They can still implement our recommendations on their own. It’s a great way to help every seller to maximize their return, no matter the size or value of their home.” For vacant homes, Whitney + Co. crafts a full design plan, selecting everything needed to stage a home from the company’s 2,000 square-foot warehouse in South Portland. On staging day, movers

arrive at the warehouse around 8:30 in the morning, load the truck and head to the stage. Whitney and her team are waiting there to help movers unpack the truck and it takes around three to five hours to stage the home.

The team at Whitney + Co., including Whitney, comprises seven women, primarily Cape Elizabeth residents. For the first time this year Whitney hired a summer intern, Ella Bromage, a Cape Elizabeth High School graduate who is home for the summer from college. “I have the most amazing team. I’m so lucky to work with these ladies,” said Whitney. “I know that the Greater Portland area has a huge amount of opportunity. My goal is to grow the business and I think I have a really good team to do that.” She also emphasized the dual nature of her client base and noted that Whitney + Co. has two sets of clients: realtors and homeowners. “Realtor relationships are very important. I work with some amazing Cape realtors.”

When asked what the most rewarding part of running Whitney + Co. is, Whitney replied that she really gets invested in meeting with her clients, hearing their stories and wanting to help them as best as she can. On the other hand, her biggest challenge is having the time to be able to implement all the ideas she has, as well as having to be able to pivot with the industry and day to day operations.

Whitney has lived in Cape Elizabeth for 25 years and she and her husband Chris have three children. “We’re going to be empty nesters,” she said. Their two oldest children, Sam and Charlie have graduated from college and are living in Montana. Lyla, their youngest, graduated from Cape Elizabeth High School this year and will be attending the University of Vermont in the fall. In the summer Whitney loves spending time at the family’s camp outside Farmington.

Find out more about Whitney + Co. and check out recent projects on social media:

Instagram: @whitneyandcomaine
 Facebook: @whitneyandcomaine
 LinkedIn: @ michellemartinwhitney
 Telephone: 207.799.6662



Photo by marissaelisephotography

The Whitney + Co. team: Tara Simopoulos, Andie Mahoney, Kate Litton, Christine Laughlin, Michelle Whitney, Rhonda Senger, Kelly Raffaele.



Photo by dronemaine

A recent stage by the Whitney + Co. team.





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A Cape summer harvest

The summer harvest is a season of abundance, color and flavor. A time when the hard work of spring planting comes to life. Gardens and farms overflow with ripe tomatoes, sweet corn, juicy berries, crisp cucumbers and fragrant herbs. Farmers' markets buzz with energy as local growers share their freshest produce, and kitchens come alive with canning, grilling, and preserving traditions. It's a celebration of sunshine, nourishment, and the simple joy of eating what the earth gives us at its peak. Whether you're picking fresh vegetables from your backyard or enjoying the bounty from nearby farms, summer harvest is a beautiful reminder to slow down and savor the season.

Be sure to stock up on these summer staples currently available at Jordan's Farm and Green Spark Farm in Cape:

- Zucchini – green and gold
- Cucumber
- Cabbage – red and green
- Kale – green curly and Toscano
- Fennel
- Celery
- Swiss Chard
- Broccoli
- Cauliflower
- Salad Greens
- Lettuce – Red Leaf, Green Leaf, Romaine, Boston, Iceberg
- Mini Romaine
- Red Beets
- Gold Beets
- Beet Greens
- Onions – Yellow and Red
- Radicchio
- Tomatoes
- Cherry Tomatoes
- High Bush Blueberries
- Potatoes

And don't forget to get your lobster at Alewives Brook Farm. Cape farms have the summer bounty.



Photos courtesy of Jordan's Farm

High bush blueberries and broccoli fields at Jordan's Farm on Wells Road in Cape Elizabeth

Easy summer vegetable soup



Internet photo

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 cup dry white wine
- 1 tablespoon finely chopped fresh rosemary (or 1 teaspoon dried)
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried)
- 4 cups vegetable broth
- 1 (14 ounce) can diced tomatoes
- 2 tablespoons tomato paste
- 2 cups diced red potatoes (1 inch pieces)
- 1 ½ cups fresh corn kernels
- 1 ½ cups fresh green beans, cut into

- 1-inch pieces
- 1 ½ cups chopped zucchini (about 1 medium zucchini)
- Salt and pepper to taste
- Fresh parsley, for serving (optional)

Instructions

Coat the bottom of a large pot with olive oil and place it over medium heat.

When the oil is hot, add the onion and sauté for about 5 minutes, until soft and translucent.

Add the garlic and continue to sauté for about 1 minute more, until very fragrant.

Stir in the wine, rosemary, and thyme. Raise the heat and bring the liquid to a simmer.

Lower the heat and allow the liquid to simmer for about 4 minutes, until reduced by about half.

Stir in the tomatoes, tomato paste, broth, potatoes and corn. Allow the mixture to simmer for about 10 minutes, stirring occasionally.

Stir in the green beans and allow the mixture to continue simmering for 5 minutes.

Stir in the zucchini and allow the mixture to simmer for about 5 minutes more, until the veggies are tender.

Remove the pot from heat and season with salt and pepper to taste.

Ladle into bowls and sprinkle with parsley. Serve.

Upcoming CELT summer programs

CELT's 40th Anniversary Guided Walk Series

Tidepooling the Rocky Shore

Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat.

Join Cape Elizabeth Land Trust Education Program Coordinator Ali Gustavson on this summer program to search for crabs, snails and other marine life common to Cape Elizabeth's coastline.

It is recommended that participants wear closed-toed shoes that can get soaking wet. The program will take place on Kettle Cove Beach. (Note: This program is oriented towards families, but all ages are welcome).

All participants must register at least at least 48 hours in advance of the program to receive notification of changes or cancellation.

Date: Tuesday, July 22

Time: 3:00 – 5:00 p.m.

Location: Kettle Cove Beach

Cost: \$10 per family

Max 10 families / Min 2 families

Gazette

Continued from page 3

vided a photo of digging adjacent to a town-managed trail, located in the northeast part of town, to presumably construct a bike ramp. Neither the town, which holds a license that allows public access to the trails, not the private property owner, gave permission for this work to be done. These efforts jeopardize the Town Conservation Committee's ability to work cooperatively with property owners. If you have an idea for an improvement, you are welcome to attend a Conservation Committee meeting and propose your idea. (Note: improvements are distinct from maintenance of existing trails and we are very appreciative of the folks who help us out by removing fallen trees on trails.)

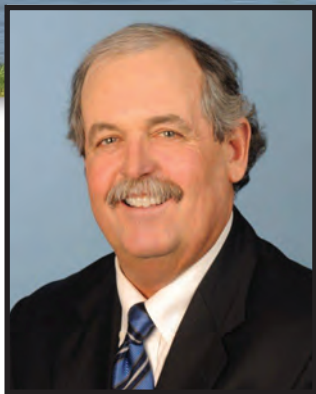
What's Happening?

•Picnic on the Village Green. The Village Green in the Town Center is a gathering place for the Memorial Day Parade, the seasonal tree lighting, and other events. The Conservation Committee has now added 2 picnic tables (one ADA accessible) for folks to enjoy having lunch, or to gather with a few friends. Send us a picture of you at the picnic table and you can appear in the Greenbelt Gazette: Maureen.omeara@capeelizabeth.gov.

Cape crossword solution

	M	A	T	I	L	D	A	
	A		O	N	I	O	N	
E	N	G	L	A	N	D		A
M	A	U	D				D	R
P	I	S	S		F	C	I	C
R	F				I	R	O	H
E		H	I	S	T	O	R	Y
S	T	R	U	M		W		
S	T	E	P	H	E	N		

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Gnome villages return to Cape Elizabeth



Contributed photo

Magic is in the air and on the trails again this summer, thanks to hard-working fifth grade students at Cape Elizabeth Middle School!

Students created gnomes from clay, wrote a story or poem about their creation, and built houses that are now hanging along trails at Turkey Hill Farm, Willow Brook Preserve and Fort Williams.

Keep an eye out for the gnome villages as you explore the trails and see if you can find them all!

Join CELT founders for coffee and conversation

On Wednesday, July 30, we'll be hosting an event to honor the founders of CELT and share stories spanning the last 40 years.

In 1985 a small group of Cape residents formed CELT "to preserve natural areas of scenic beauty for residents and visitors to explore and appreciate."

According to one of those founders, Carol Fritz, "There was a lot of pressure from development in Cape Elizabeth, and we didn't really have adequate ordinances in place. So, we were all looking around for some solutions and there was this land trust option, and we just decided we would go for it."

Many volunteers have kept this organization growing and thriving since then. Forty years, more than 550 members, and 900 acres later, we're celebrating all those who have made CELT what it is today.

Please join us Wednesday, July 30, from 9:30-11:30 a.m for "Coffee with CELT Founders" at Sprague Hall. Those interested in attending can RSVP at:

<https://events.humanitix.com/coffee-with-the-founders>

Capetons: Returning visitors

By Jeff Mandell



"Some Canadians are still coming."



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Nature scene around town



Photo by Debra Brucker

Debra Brucker snapped this photo of a baby raccoon taking a peek.



Photo by Martha Agan

Killdeer at Kettle Cove.



Photo by Martha Agan

Black-necked Stilt at the Rachel Carson National Wildlife Refuge.



Photo by Debra Brucker

An Eastern cottontail, the most common rabbit species in North America.

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Photo by Martha Agan

A Song Sparrow singing at Kettle Cove.

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Photo by Jean Rinaldi

Parent fox with two of five kits/pups frolicking in Jean Rinaldi's back yard.

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Rotary Club announces new president for 2025-2026 year



Contributed photo

The Rotary Club of South Portland - Cape Elizabeth is pleased to announce that Peter W. Bennett of Cape Elizabeth has been named President for the 2025-2026 Rotary year.

A retired attorney with more than 40 years of experience in business law, Bennett practiced at the law firm of Winer & Bennett, LLP in Nashua, New Hampshire, where he advised clients on contract disputes, company policies and procedures, mergers and acquisitions, and more.

Since moving to Cape Elizabeth, Bennett has embraced a spirit of service. Within the Rotary Club, he has led the annual Tree Sale fundraiser, served on the Strategic Planning and Visioning Committee, and acted as Youth Exchange Officer, helping foster international understanding through student exchange.

Bennett also contributed to the District Recovery Initiative, a Rotary project addressing substance use disorders in Southern Maine and Seacoast New Hampshire. In addition, Bennett has served on the board of a Maine-based nonprofit that operates recovery residences in the Portland area.

For more information about the Rotary Club of South Portland - Cape Elizabeth, visit www.spcerotary.org.

Photo above: Incoming Rotary Club President Peter W. Bennett is pictured with members of the 2025-2026 Board of Directors. (Standing, left to right) Chuck Redmond (Vice President), Kathy Cotter (Secretary), Peter Bennett (President), Scott Irving (Membership Director), Ray Healey (Youth Services Director), Nancy Irving (Immediate Past President), Marge Dugan (Treasurer). Seated, left to right) Patty Sprague (Co-Director, International Service/Foundation), Sari Greene (Outgoing Community Services Director), Bev Altenburg (Club Administration Director).

Not pictured are Laurenz Schmidt (President-Elect), Tony Wagner (Interact Advisor), John LoBosco (RYLA Coordinator), Nicole Albert (Rotary Foundation), and Chris Spohr (Program Chair).

Sneak peak at Garden Tour



Photo by Walter Brooks

Buy your tickets now for the Cape Elizabeth Garden Tour: Saturday July 19, 9:00 a.m. - 3:00 p.m. Visit beautiful gardens, get ideas for your home landscape, and support the Friends of Fort Williams Park. Join us for this wonderful community event! www.fortwilliams.org/cegardentour.

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- Neurology
- Rehabilitation & Sports Medicine

New attractions at the library courtesy of the TML Foundation

August 7 Closure

The library will be closed on Thursday, August 7 so that staff may attend the town's annual Employee Appreciation Day.

Library Receives Gift of Historic Map Works Subscription, Unlocking Summer Adventures Through Time

Get ready to navigate the past this summer! TML is thrilled to announce it has received a one-year subscription to the Historic Map Works Library Edition, a generous gift that will transport patrons on countless virtual journeys through history. Imagine tracing the footsteps of your ancestors, exploring the evolution of your own neighborhood, or embarking on a digital expedition to far-flung locales—all from the comfort of the library, or even your own home while enjoying a staycation.

With access to millions of high-resolution, georeferenced historic maps, this incredible resource offers a unique lens through which to explore the past. Whether you're a history buff, a genealogy enthusiast, or simply curious about how the world used to look, the Historic

Map Works Library Edition promises endless opportunities for discovery. Its powerful search engine lets you easily find what you're looking for—by keyword, address, GPS location, family names, or even points of interest.

The gift was made possible by Don Kennel, a dedicated part-owner of Historic Map Works, Online. As a proud member of both the Cape Elizabeth Historical Preservation Society (CEHPS) and the Cape Elizabeth Land Trust (CELT), Don is deeply committed to preserving and sharing local history and natural beauty. This donation reflects a passion for making historical resources accessible to the community and fostering a deeper understanding of our shared heritage. Don is also known as CEHPS's unofficial Life-Saving Station historian, after restoring the 1885 Station and immersing himself in the maritime past of Cape Elizabeth and the U.S. Life-Saving Service (USLSS).

TML Foundation Funding Brings New Attractions to the Library

Thanks to funding from the Thomas Memorial Library Foundation, the li-

brary now has a paludarium on display outside of the Children's Room. A paludarium is a semi-aquatic terrarium habitat that replicates a rainforest, swamp or stream and can harbor aquatic as well as terrestrial animal and plant species. The library's paludarium, installed and maintained by New England Aquarium Services, includes Red-Eyed Tree Frogs, Spanish Ribbed Newts and guppies. The frogs are masters at camouflage and library staff and visitors have been enjoying locating them every day. The newt, named Fig by the library staff, is about 7 years old, loves to come up to the glass to greet visitors with his smiling face! A second younger newt will be joining Fig in the coming weeks. The paludarium, like the fish tank, is intended to be a permanent feature on the library's lower level.

Also funded by the TML Foundation are some new outdoor play features in the Children's Garden, including large wooden construction blocks and a very popular water table where children can experiment with the flow of water down a stream and play with water toys. Indoors, some fun squishy floor tiles with liquid and glitter decorate the children's and teen areas of the library. For more information about the TML Foundation and all the ways they support the library, please visit ThomasMemorialFoundation.org

SPECIAL EVENTS

Stuffie Hospital

Thursday, July 17, 2:00 - 4:30 p.m.

Bring your beloved plushies, lovies, and stuffed animals to the mending hospital! The community room will be set up like a doctor's office, and volunteers will be on hand to fix your stuffed animal ailments. Register in advance to secure your spot.

Create Your Own Zen Garden, for ages 6 - 12

Saturday, July 19, 2:00 p.m.

Join us to make and take your own tabletop Zen garden! Registration required, please sign up on our website. Zen gardens were originally created and designed by Japanese Buddhist monks as a practice to calm the mind and help with meditation. These gardens were created to emphasize mindfulness and the beauty of impermanence. Featuring carefully placed rocks, raked sand or gravel, moss, and sparse plantings, these gardens evoke natural landscapes such as islands, rivers, and mountains in a minimalist, abstract way. Today, Zen gardens have found a place in homes, schools and offices. These mini Zen gardens, designed for desks or tables, are popular for their accessibility and calming effects. Zen gardens can enhance concentration, calm the nervous system, and relax the mind. Join us to create your own, all supplies will be provided.

Drop Everything and Read!, for all ages

Friday, July 25, 12:00- 4:00 p.m.

3, 2, 1... READ!! Join us for a day of reading! We'll bring the ambiance and snacks, you bring your latest TBR (to be read). Inspired by "Drop Everything and Read" and "Read-a-thon" events, this program is a great time to knock off a challenge or two from your summer reading card, or to escape the heat of summer with some A/C and a good book. Drop-in between 12:00 and 4:00 p.m. No registration required.

Party 4 U: A Celebration for High School Grads

Thursday, July 31, 5:00 - 6:30 p.m.

Calling all high school graduates and upperclassmen. Join us for a lowkey evening to celebrate your next chapter. Featuring a full set of live music from local multi-instrumentalist Kafari, this casual drop-in program will also include snacks, mocktails, local college upperclassmen to answer your questions about the truth of the college experience, the chance to make a self-care craft, resources from advocates of self-defense and crisis management, and a mini care package to take with you. Stop by, hang out, grab a drink and listen to some atmospheric music before you move into the next phase of your life.

For Tweens & Teens

Venture Club

Every Wednesday from 2:45 - 4:30 p.m.

Venture Club is a teen-led board/card game and D&D club for teens 13 and up, with an emphasis on board games. We'll try to play new games every week. No prior gaming experience is needed. Snacks will be provided.

For Adults

Knitting Group

Mondays, 1:00 - 2:00 p.m.

Bring your current project and join a lively group of knitters for coffee, tea, and conversation. No registration necessary.

Film School: Pan's Labyrinth

Thursday, July 24, 5:00 - 8:00 p.m.

This month, we're celebrating independence of all kinds with Guillermo Del Toro's magnum opus "Pan's Labyrinth." Set in Spain in 1944, this epic fantasy is part fairy tale, part historical drama, and one spellbinding story you won't want to miss. Come just for the movie and popcorn, or stay for the conversation afterward too. To stay up to date on future Film School screenings and receive post-discussion material, sign up for the Film School mailing list. No registration required to see the movies. Open to all

-see LIBRARY page 15



Contributed photo

A child enjoying some of the new outdoor play features in the Children's Garden, made possible with funding from the TML Foundation.

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Local birding report

By Brooks Bornhoff

As the lazy, hazy days of birding settle over Cape, moments of wonder remain – often found by chance, just by being present in a field or garden where the day unfolds.

The last two weeks in my backyard have brimmed with activity—boisterous Tufted Titmouse fledglings, a second brood of Eastern Bluebirds, and young Baltimore Orioles and Rose-breasted Grosbeaks joining the mix.

The Grosbeaks feel like rare treasures, and I'm grateful to host them. Long-distance migrants, these three will likely linger in Cape for another month before journeying to Central and northern South America.

Most days in late June and early July, I heard their short, sharp chink calls echoing through the nearby woods—eerily reminiscent of a sneaker squeaking on a gymnasium floor. Often the entire Grosbeak family visits the feeders together. The male often arrives just after the two females, perching sentinel-like on a nearby pole until the two females are settled in. On the morning of July 7, I glanced through the bathroom window to find a male and female Grosbeak perched side by side on a branch, quietly resting together. Perhaps it was their first moment alone since raising their fledgling!

A few additional notes from the yard and field: On June 30, deep within one of the upland sections of Gull Crest, the dusk-dappled understory came briefly alive. A squat, crested form with a broad tail crossed the trail ahead of me—its shape and movement unmistakable: a Ruffed Grouse. Moments later, a second grouse burst from cover and vanished into the trees. The stillness that settled over the scene was soon broken by the crisp chick-burr call of a Scarlet Tanager, echoing through the leaf-laced silence.

And on a steamy early July afternoon within a particularly enchanting stand of old forest in Robinson Woods I, only one birdsong pierced the stillness—the persistent, uplifting warble of a Blue-headed Vireo. Its song rang loud and true, resonating through the leafy hush as if to say it alone was enough.

Henry David Thoreau once wrote of the Blue-headed Vireo, "Upon the lofty elm tree sprays, the vireo rings the changes sweet, during the trivial sum-

mer days, striving to lift our thoughts above the street." And in that moment, far from any street, the little singer seemed to do just that.

On July 3, I spotted a large, dark-backed flycatcher sallying out over the pond in Robinson Woods III, catching insects high above the water. Slightly smaller than a Robin but larger than an Eastern Phoebe, the Eastern Kingbird favors breeding sites where overgrown meadows meet forest edges and ponds. Kingbirds conceal a hidden crown of red, orange, or yellow feathers—flashed only in defense against predators.

Later that same day along Charles E. Jordan Road at dusk, I heard the unmistakable hissing of two young Great Horned Owls accompanied by the hoot of an adult. And within just a half an hour, the woods along this stretch of road came alive with the voices of five different thrushes—Eastern Bluebird, Veery, Hermit Thrush, Wood Thrush and American Robin.

And on July 7 within the Rachael Carson National Wildlife Refuge along Sawyer Road I observed a territorial Willet driving a Kingbird from its metal pole perch.

I also was able to view three different types of Swallows - Barn, Tree and Northern-rough Winged. As for identification of the latter three, Tree Swallows are a good default for comparison with other swallows. Both adult and juvenile Tree Swallows have clean white throats, while the Northern-rough Winged's throat and breast are visibly dingy brown. I had forgotten how adult female Tree Swallows are often brownish above with limited hints of blue and first year birds are especially brown (not blue).

Bank and Northern Rough Winged Swallows are similar in size and can be tricky to differentiate between however the Bank Swallow's slightly forked tail is often visible as is a brown band along its chest. Unfortunately, Bank Swallow populations in southern Maine have declined more than any other aerial insectivore and are currently estimated to be at less than 1% of its 1966 population.

One additional notable was a Salt-marsh Sparrow that popped into view while I was watching the swallows and Least Terns dip and dive, its orangish eyebrow and 'stash' were aglow.

Dean's list announcements

The following students were named to the dean's list for the spring 2025 semester at Bates College in Lewiston:

Miryam Keller
Cayden Royall

Rory O'Grady was named to the dean's list for the spring 2025 semester

at LaSalle University in Philadelphia, Pennsylvania. O'Grady is majoring in nursing.

Sonia Wold was named to the spring 2025 dean's list at Muhlenberg College in Allentown, Pennsylvania. Wold is majoring in Psychology.

Transition to town's new website is complete

By Kevin St. Jarre



From town website

The town of Cape Elizabeth has a new website: CapeElizabeth.gov. The email addresses of town employees and officials have also been changed over to @capeelizabeth.gov.

The town of Cape Elizabeth's new website has been up and running for a little while now, but the old web address was still working. The transition, however, is now complete and if users attempt to use the old URL, they will be forwarded to the new one at capeelizabeth.gov.

The email addresses of town employees and officials have also been changed over to @capeelizabeth.gov. Users should note, however, that the email addresses for Thomas Memorial Library staff have remained @thomas.lib.me.us.

The new website has been significantly sped up compared to the previous, and the layout is more user-friendly, and more naturally intuitive. News, agendas and pending schedules of meetings can all be found on the site.

Those wishing to find agendas, recordings of meetings, subscribe to periodical informative emails, or make a request of the town by department should click on the link at the top of the page which reads "Stay Connected."

For information on elected officials,

individual boards and committees, or to find town ordinances, one should click on the link "Government" at the top of the page.

For access to town departments, and even specific information within them, users can click on "Departments," and for access to things like dog licensing, property tax payments, or rapid vehicle registration renewal, users can click on the "Residents" link.

All this and much more is available at the new CapeElizabeth.gov website, up and running now.

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CAPE CALENDAR

By Wendy Derzawiec

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

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

Thursday, July 17

Fort Williams Park Committee, Community Center, 6 p.m.
Energy Committee, Town Hall, 7 p.m.

Saturday, July 19

Cape Elizabeth Garden Tour, 9 a.m. FMI see <https://fortwilliams.org/cegardentour>

Monday, July 21

Town Council Ordinance Committee, Town Hall, 4 p.m.

Tuesday, July 22

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

Saturday, August 2

TD Beach to Beacon 10K Road Race, 8 a.m. FMI see <https://www.beach2beacon.org/>

Tuesday, August 5

Planning Board Workshop, Town Hall, 7 p.m.
Riverside Cemetery Committee, Town Hall, 9 a.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 on Thursdays and by appointment, 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. second Tuesday of the month, Cape Elizabeth Community Center. Contact: ccrme.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.

CABLE GUIDE

CETV CHANNEL 1302

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

Board of Zoning Appeals

July 22 - 7 p.m.



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SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
747-1113

www.capenazarene.org

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

Cape Elizabeth United Methodist Church

280 Ocean House Road
799-8396

www.ceumc.org

Sanctuary Service: 10:30 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



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

Drum Lessons: Any age/level. Flow technique, reading not required. Frank, 603.285.3032.

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Library

Continued from page 12

from movie buffs to casual viewers, and everyone in between.

Support Circle

Saturday, July 26, 10:30-11:30 a.m.

Parents of children and adults with disabilities are invited to participate in an informal monthly discussion group to share and learn from each other. Meets on the last Saturday of every month in the library's Conference Room. Light re-

freshments will be provided, please register on our website.

For Children

Support Our Pollinators!

Saturday, August 2, 10:30-11:30 a.m.

Gain some knowledge about our local pollinators from Jerry Schneider, the butterfly guy, and make your own t-shirt using a combination of fabric dye sprays, plants, and butterfly, bat and dragonfly cut outs. Families with children of all ages are welcome. Registration encouraged, please sign up on our website.

Learn about bees, bats, hummingbirds, beetles, dragonflies and butterflies. These important critters help pollinate our orchards, back yard gardens, and our rain forests. How do we build and maintain habitat to help our pollinators? What time of year should we mow our fields that is most beneficial to pollinators? What about all those dandelions that first appear in the spring? To mow or not to mow! Learn about it and more with this fun, educational program. Heavy cotton Gildan tees are \$5.00, or bring your own light colored t-shirt.

Weekly children's programs resume Monday, July 19

Messy Minis: Mondays at 10:30 a.m.

Let your imagination run wild and join us for Messy Minis time in the Community Room. Let's color, cut and paste together to make magic! For budding artists ages 2-5 or anyone who enjoys creative play.

Have a Classified Ad, Announcement or Event?



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

Baby Storytime: Tuesdays @ Noon

This program is designed for infants and toddlers from birth - 18 months old and their caregivers. Join Family Engagement Assistant Sarah Gabrielson for 20 minutes of short stories, finger plays, rhymes, songs, and movements followed by free time to play and chat!

*Please note, capacity for this program is 25 people. No prior registration required.

Toddler Story Time: Thursdays at 10:30 a.m.

This program is for children who are not ready for a traditional story time but who love to sing songs, move their bodies and listen to stories. This gentle introduction to the routines and props of story

time is great for curious, wandering wigglers ages 1-3 and their caregivers.

Preschool Story Time: Fridays at 10:30 a.m.

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

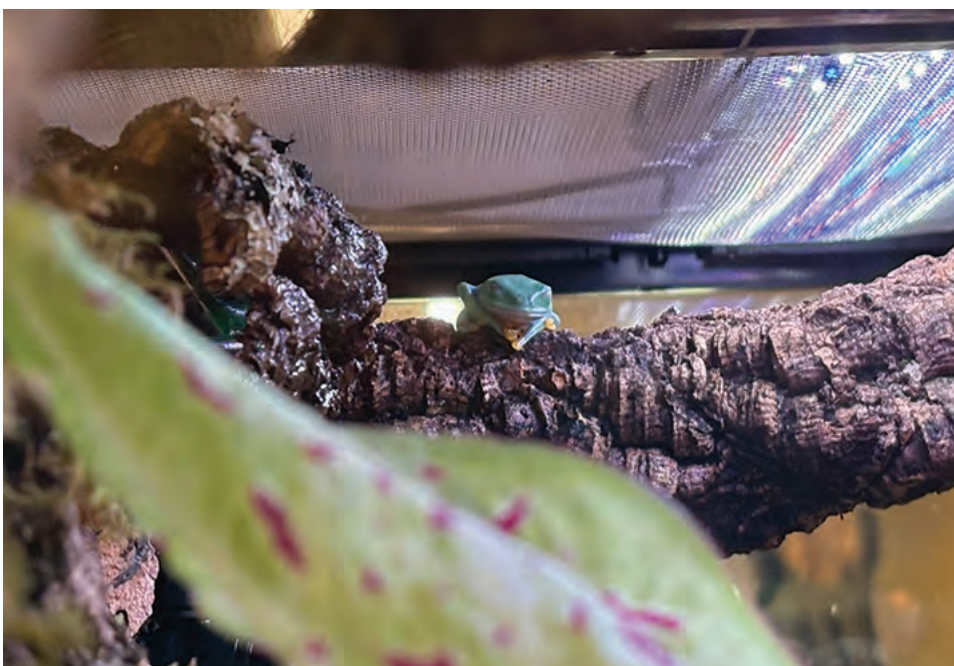
Lego Club : First Tuesday of the month at 3:30 p.m., August 4

Come free-build or pick up a challenge card to try something new. Masterpieces will be put on display until the next Lego Club meeting. No registration necessary.



Contributed photo

Thanks to funding from the Thomas Memorial Library Foundation, the library now has a paludarium on display outside of the Children's Room.




Contributed photo

A frog hanging out in the paludarium, the library's newest attraction located outside the Children's Room.

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SUMMERTIME FUN CONT...



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