

The Cape Courier

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In the Spirit of Community

News from September 8 Town Council meeting

By Hanna Gilley

Citizen Opportunity for Discussion of Items Not on the Agenda

Sandy Shapiro-Hurt suggested that the town consider drone laser shows or other options as an alternative to fireworks during town-funded and town-coordinated celebrations. Shapiro-Hurt said that fireworks contain “toxic pollutants” that “poison the air, contribute to climate change and affect wildlife and pets.” She added that it feels like a “very indulgent activity” that could have a great impact.

Town Council Reports and Correspondence

Tim Thompson let the chamber know that some students from Mr. Jordan’s history class were in attendance during the meeting.

Chair Jordan shared that there is a scheduled stakeholder meeting regarding the Sawyer Road project on September 22 at Town Hall. The meeting will include an overview discussion on the Sawyer Road infrastructure and environmental overview of the Marsh habitat. There will be opportunity for public input during this meeting. Additionally, on October 8 the project will be a topic on the agenda for a Town Council workshop meeting.

Finance Committee Report

Councilor Scifres shared that there is “nothing significant” in the finance report as the town is only two months into

the fiscal year. Scifres said that building permits are “higher than expected” but another thing the town cannot rely on. She added that the Finance Director will present a quarterly report at the October Town Council meeting.

Town Manager Monthly Report

Town Manager Patrick Fox shared that residents and members of the public can customize types of notifications they receive when subscribing to the town’s electronic communication alerts. These topics are currently Shore Road parking updates, Spurwink Marsh infrastructure project, and cell tower installation updates. If any of these topics are selected when subscribing to the Cape Elizabeth email communication, the subscriber will be notified of any new information available. To subscribe, visit the Cape Elizabeth website and select the “Stay Connected” tab via the banner on the top of the website or in the Cape Courier.

Fox shared that September is “Library Card Sign Up Month.” Thomas Memorial Library will be holding a prize raffle for the month of September for all those who sign up for a new library card. Those who already hold library cards can visit Thomas Memorial Library four times during the month of September for a chance to win the raffle prize.

Fox said that tax bills will be mailed out within the next two weeks with the first due date being October 15, 2025. He also shared that the IT department has advertised an RFP for a privacy and security assessment with an October 1, 2025 deadline for submission.

Climate Action Plan Acceptance

In 2023 the town of Cape Elizabeth and Greater Portland Council of Governments (GPCOG) started creating a climate action plan that aligns with the “Maine Won’t Wait” climate initiative.

Kelly Rehberg, Sustainability Program Manager with GPCOG, presented the plan to the council adding that “acceptance [of the plan] tonight would be the next chapter in the town’s sustainable goals.”

Rehberg shared an overview of the plan as a strategic roadmap that can help prepare for a changing climate. She said that the climate action plan will “inspire the community to take action” and “guide the town in future policies and implementation strategies.”

Rehberg added that Maine, and all areas of the Cape Elizabeth community, is already starting to see impacts of climate change with sea level rise, flooding, less snow precipitation and invasive spe-

CEEF Thompson and Brownell Award winners



Contributed photo

Tim and Nancy Thompson with award winner David Shields.

The Cape Elizabeth Education Foundation is thrilled to announce the recipients of both the Brownell and Thompson Awards, which were presented at the district’s back-to-school breakfast. The Brownell Award, in honor of retired CEHS teacher Elaine Brownell, celebrates a grant that has made a remarkable impact on both participants and our broader community. The Thompson Award honors the memory of Timmy Thompson, who passed away 20 years ago this year, and recognizes a Cape school district staff member who has played a vital role in supporting our students, schools and district.

The 2025 CEEF Brownell Award was presented to CEMS educator Dave Croft for his creative and impactful grant “Let’s Go Gnome Around Town.” Dave dreamed

up this collaborative project with the goal of engaging 5th Grade students in a hands-on project involving multiple school subjects, from art and language arts to woodworking and technology. For greater support and reach, Mr. Croft partnered with CEEF, CELT, Friends of Fort Williams and local businesses to bring a magical experience to life. Each student created a uniquely named gnome out of clay which live in 75 gnome houses placed throughout town trails. Inside the ‘gnome home’ is a QR code on the door that allows visitors read a story or poem about their gnome written by the 5th grader who built that particular gnome and house. Elaine Brownell presented the award to Mr. Croft’s magical gnome village grant

-see AWARDS page 4



Contributed photo

Elaine Brownell and award winner Dave Croft.

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-see TOWN COUNCIL page 5



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

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NEXT ISSUE: Oct 1
DEADLINE: Noon, Sept 19

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Thank you, Ricky

In these stressful times, it's a pleasure to report "good news" in the form of a public thank you to Ricky Garland at the Cape Elizabeth Service Center on Shore Road who helped a "damsel in distress."

I drove into the Service Center with a headlight out, a new bulb in my hand and not a clue as to how to fix the problem. Ricky dropped everything and, amazingly, figured out what to do. It was complicated! How any manufacturer would expect even a usually savvy

"senior" to figure it out is beyond me.

First of all, I had been sold the wrong bulb (high beam instead of low beam), which Ricky immediately noticed, but he had the correct size in stock and after a bit of trial and error, testing and retesting, replaced the bulb. Ironically, while he was fixing my car, another "senior damsel in distress" appeared and he graciously said to her, "just give me five minutes." Thank you, Ricky!

Joan Kerzner

'Vote NO' on Question 1

Cape Elizabeth is a small town with one polling location and limited hours of operation. Many in our community rely on absentee voting. The elderly or those who struggle with mobility might find it difficult to get to the polls and therefore rely on absentee voting. I will be voting NO on Question 1 this November because the question proposes to eliminate two days of absentee voting, prohibits requests for absentee ballots by phone or family members, ends ongoing absentee voter status for seniors and people with disabilities, bans prepaid postage on ab-

sentee ballot return envelopes, and limits the number of available drop boxes in cities and towns. Question 1 is a clear reduction in voting access for those that need it most and that is why you should vote NO.

Chris Sutherland

Jill Darling

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hear
from you! 

We love feedback!

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'Yes on 2'

I urge fellow Mainers to join me in voting 'Yes on 2' this November. The ballot question asks Mainers if they want to create an Extreme Risk Protection Order or "red flag" law that would allow courts to temporarily remove dangerous weapons when law enforcement, family, or household members demonstrate someone poses significant danger to themselves or others.

As a former teacher and parent of children in middle school, I want to do everything in my power to keep our community safe. My children (10 and 12) worry about shootings, as do former colleagues, and this is not a world that I want to continue to live in. Because it's impossible to predict which school, restaurant, or concert might endure the next shooting, I will continue to advocate for gun safety. Red flag laws are one step that can save lives. Maine deserves this common-sense safety measure.

'Every gift makes a difference'

Cape Elizabeth is fortunate to have the Thomas Memorial Library — a place where all members of our community can learn, connect and be inspired. What many residents may not realize is that behind the library's growth and innovation stands the Thomas Memorial Library Foundation (TMLF).

The Foundation is an independent non-profit that raises funds to strengthen and expand what the library can offer. While town funding covers essential operations, it is private donations through the TMLF that allow the library to dream bigger and deliver more. In fact, the foundation is doubling its annual grants to help advance the library's new five-year strategic plan.

This plan envisions the library as a cornerstone of democracy — where every resident feels they belong. With community support, the library will reach more neighbors through delivery to the homebound and virtual programs, em-

power learners of all ages, inspire civic engagement, spark creativity and play, and promote well-being through partnerships that support families, health and sustainability. The full plan is available on the library's website.

Every gift makes a difference. Please consider supporting the Thomas Memorial Library Foundation to ensure these goals become reality and that the library remains a vital resource for all Capers.

Tyler H. Patterson
 President, Thomas Memorial Library
 Foundation

see more
**LETTERS TO THE
 EDITOR on page 3**

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

Conflict with contractor, thefts reported

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 8-18 Two officers responded to a residence in the Ocean House Road area for a well-being check.
- 8-18 An officer met with a resident of the Wells Road area regarding a trespassing complaint.
- 8-24 Two officers responded to a residence in the Scott Dyer Road area for a well-being check.
- 8-26 An officer met with a resident of the Ocean House Road area regarding a theft complaint.
- 8-26 An officer met with a representative of a local business regarding a theft complaint.
- 8-27 An officer spoke with a local business who reported that she had been scammed, said she had received a check by mail for services. The check was made out for more than the invoice. She then received a text asking for the amount overpaid.
- 8-28 An officer responded to a location on Scott Dyer Road for report of an abandoned bike in the bushes. The bike had two flat tires and appeared to have been there for a while. The bike was returned to the police station.
- 8-29 An officer met with a resident of the Shore Road area regarding a conflict with a contractor.
- 8-29 A resident of the Shore Road area came to the police station and dropped off a found license plate. The owner was identified and the plate returned.
- 8-29 An officer met with a subject in the Shore Road area regarding a theft complaint.
- 8-29 An officer met with a resident regarding a domestic situation.
- 8-29 An officer met with a resident of the Ocean House Road area regarding an unauthorized charge on a credit card. She had contacted the credit card company as well as the company involved.
- 8-29 An officer met with a resident of the Ocean House Road area regarding a theft complaint.

SUMMONSES

- 8-19 Auburn resident, uninspected vehicle, failure to produce insurance, Bowery Beach Road
- 8-19 Utah resident, speeding, (54/30 zone), Mitchell Road, \$230
- 8-20 Gray resident, operating vehicle while using hand held device, Cottage Road, \$85
- 8-22 Portland resident, failure to produce

- insurance, Ocean Street, \$186
- 8-22 New Gloucester resident, operating vehicle while using hand held device, Cottage Road, \$85
- 8-23 Cape Elizabeth resident, speed (47/30 zone), \$170
- 8-24 Portland resident, uninspected vehicle, Ocean House Road, \$148
- 8-25 Portland resident, violation of conditions of release, unlawful possession of drugs, Sawyer Road.
- 8-26 Cape Elizabeth resident, seatbelt violation, Scott Dyer Road, \$85
- 8-26 Falmouth resident, seatbelt violation, Ocean House Road, \$85
- 8-26 Cape Elizabeth resident, seatbelt violation, Scott Dyer Road, \$85
- 8-26 Cape Elizabeth resident, seatbelt violation, Scott Dyer Road, \$85
- 8-26 South Portland resident, seatbelt violation, Ocean House Road, \$85
- 8-26 South Portland resident, seatbelt violation, Shore Road, \$85
- 8-27 Cape Elizabeth resident, seatbelt violation, Jordan Way, \$85
- 8-27 Portland resident, failure to produce insurance, Ocean House Road, \$186
- 8-30 Falmouth resident, uninspected vehicle, Bowery Beach Road, \$148
- 8-30 Oakland resident, failure to produce insurance, Ocean House Road, \$186

ARRESTS

- 8-31 South Portland resident, outstanding warrant, Operating after license suspension, violating conditions of release

ACCIDENTS

- 9-1 Heather Kwiatkowski, Connor Newton, accident on Ocean House Road.

FIRE CALLS

Fire calls: 13; EMS calls: 36

Movie night on September 27

The Cape Elizabeth Police Department will host a movie night at the Fort Williams Park parade ground on Saturday, September 27 at 6:45 p.m.

The movie screened will be Disney's "Lilo & Stitch" (PG rating). Popcorn and drinks are included and in case of rain, the movie night will be held at the Cape Elizabeth Middle School Cafetorium.

Scam alert bulletin board

By Jessica D. Simpson

Three Things to Know About Scams

Here are three important things to know about fraud right now.

First, most scams today are often run by highly organized international criminal networks, not individuals acting alone. These mafia-style organizations use stolen money to fund abusive criminal activity around the world, including Southeast Asian fraud compounds that rely on human trafficking, forced labor and torture. Fighting scams isn't just about protecting your life savings; it's also about cutting off funding to these inhumane and violent organizations.

Second, just as you take steps to protect your health or home, you can take steps to safeguard your finances. This means taking actions like blocking unknown callers, using strong and unique passwords for every account, enabling two-factor authentication on your online accounts freezing your credit, checking your credit report regularly and shredding documents that contain personal information.

Third, if you do fall victim, report the crime, as fraud is notoriously underreported. Reporting isn't just about helping authorities catch criminals. It also helps expose the true scale of the problem and the need for fraud-fighting resources. The AARP Fraud Watch Net-

work recommends reporting to your local police to create an official record and to the FBI's Internet Crime Complaint Center at IC3.gov.

Taking on AI Banking Scams

Artificial intelligence (AI) is making it even easier for criminals to steal people's money, and Americans' anxiety is rising. Concern is especially high around financial services, where scammers can use deepfake technology — AI-generated audio and video — to impersonate people and hack into bank accounts.

To help tackle the problem, AARP endorsed the Senate's bipartisan Preventing Deep Fakes Scams Act and a companion bipartisan bill in the House. The bill would establish a dedicated federal task force to examine the positive and negative impacts of AI on the financial services industry. The panel would include industry representatives, AI experts and others. It would be charged with examining how criminals use AI in financial scams and how the industry can leverage the technology to better detect fraud and stay ahead of scammers. The bill would also require the task force to explore the use of AI in the financial sector to detect fraud and to work on interagency solutions.

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

Letters to the editor

Continued from page 4

Re-Elect Harriman and Jordan

For over a decade, Cape Elizabeth residents have had the benefit of Caitlin Harriman and Penny Jordan being part of the Town Council. I, for one, am very grateful for their service and know that we need to re-elect both of them in November.

Caitlin has served on the Council since 2010. During that time, she has been a champion of common sense, intelligent decision-making and a steward of necessary procedural rules that ensure process, fairness and transparency. She is always concerned about the well-being of every town member, not just a small few. She has been a supporter of the schools, while also making smart financial decisions surrounding budget issues. Caitlin is a critical thinker when it comes to the issues.

Penny has spent over 10 years on the council, extending a long family tradition of public service that was started by her father William Jordan. Penny is always willing to listen to the views of people who contact her, and provide them the opportunity to express their views. She's empathetic, thoughtful and compassionate when it comes to her approach to her position and decisions. Penny understands the meaning of community and is always striving to make Cape a better and more livable place for all.

Please join me in voting to re-elect Caitlin Harriman and Penny Jordan. We need to continue to have them helping to lead our town into the future.

Jonathan Sahrbeck



Kathleen O. Pierce
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Leslie Young,
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News from the School Board

By Phil Saucier

Welcome back! It has been fun to see the hallways and playing fields filled with all the promise and excitement of a new school year.

A few weeks ago, I was honored to attend the Welcome Back Day for all school department teachers, staff and administrators. That day was not only an opportunity to kick-off the beginning of another academic year and celebrate honorees, but also time to reflect on our shared commitment to this special place of learning in Cape Elizabeth.

The significance of public education was recognized by the drafters of Maine's Constitution in 1820, who included the following in Article VIII, Part 1, Section 1:

"A general diffusion of the advantages of education being essential to the preservation of the rights and liberties of the people; to promote this important object, the Legislature are authorized, and it shall be their duty to require, the several towns to make suitable provision, at their own expense, for the support and maintenance of public schools..." As FDR noted in a message to teachers in 1938, the real safeguard of democracy truly is education.

We are lucky in Cape Elizabeth to have taxpayers, parents, and community members who so strongly support the work of our schools, as well as such talented and dedicated teachers, staff, and administrators who work tirelessly to fulfill this essential Constitutional right. This work travels far beyond the classrooms, the cafeterias, the buses, and the playing fields and helps ensure the next generation of Maine, American, and world citizens have the tools to grow and strengthen our democracy and communities.

This is going to be an exciting year. At our special business meeting on August 26, the School Board held a kick-off meeting and briefing from our architects at Harriman and owner's representative at Turner & Townshend Heery on plans and construction schedule for the new middle school and upgrades to the elementary school.

They offered the following project timeline: now through Dec 2025 in design/development mode, January through April 2026 will be construc-

tion documents preparation, including permitting with estimation of going out to bid in May 2026; July 2026 breaking ground, and move-in to the new middle school approximately on August 2028. Site demolition will follow the next 12 months into 2029. I am looking forward to how it will take shape.

We also voted to establish a new Building Committee, an advisory body that will support the School Board and School Department staff on the design and construction of the project, provide the design team with feedback and guidance on all design-related decisions, and make formal recommendations to the School Board regarding financial, contractual, and schedule-related matters.

Community members with experience in areas such as architecture, engineer, construction, building systems, education, accounting, or project management are encouraged to apply by September 16 by emailing a statement of interest to Andrea Fuller at afuller@capeelizabethschools.org or delivering the statement to the Cape Elizabeth School Department Office located at 320 Ocean House Road.

At a workshop on Thursday, September 18 in the high school library, the board will hear an update from the superintendent and our three principals on the current cell phone policy for each building as the board decides what, if any, changes to make to our current board policy on this topic (Policy JICJ - Student Use of Cell Phones and Other Electronic Devices). We look forward to this presentation and to hearing public comments on this topic.

Our regular meetings are on the second Tuesday evening of every month in the council chambers, our workshops are on the fourth Tuesday evening in the high school library, and our committees meet regularly throughout the month with dates and times posted on our website.

Please reach out to us at cesb@capeelizabethschools.org anytime.

Easing the property tax burden from Augusta

By Sen. Anne Carney

One of the most common concerns I hear from constituents is property taxes. Many residents of South Portland, Cape Elizabeth and Scarborough reach out to me about the rate of increases, the challenges that revaluations pose to people living on fixed incomes or their fears that they may have to move out of the home and community they love. I hear this from older people, single people, couples and families.

Our municipal leaders also understand the need for action. For example, the city of South Portland included "Property Tax Reform/Relief" as their top legislative priority for this session, advocating for additional relief programs from the State.

While the state legislature is limited in its ability to directly lower property taxes, which are set by municipal governments under Maine's principle of local control, we have taken a series of actions in Augusta to reduce pressure on property taxes in our local communities. This includes continuing 5% revenue sharing and 55% education funding, putting money back in the pockets of municipalities and school departments across the state.

Specifically, for Cape Elizabeth, the state provided \$2,533,928.59 for our schools for the 2025-26 fiscal year. This is a considerable amount of money that does not need to be covered by Cape property taxes.

Cape Elizabeth also received \$1,200,069 in funding from revenue sharing for the current fiscal year. This is a redistribution of state sales and income tax revenues that helps support plowing, road construction

and maintenance, parks and rec programs and other town services.

The legislature also has various direct relief programs available to Maine residents, including the Property Tax Fairness Credit (PTFC) and the Property Tax Deferral Program for older Mainers. The PTFC works by giving taxpayers back part of the property tax or rent they've paid in a given year as a credit against their state income tax. I was proud to sponsor a bill this year to expand the PTFC for working families. This legislation was unanimously supported by the Senate and House and now awaits funding consideration when the legislature returns in January.

The Property Tax Deferral Program is designed to take the pressure of increased property taxes off the shoulders of older Mainers on fixed incomes. People over 65 years old or unable to work due to a disability who meet the income threshold can postpone payment of the property taxes on their homesteads until they move, sell their property or pass away. The state picks up the tab and reimburses municipalities in the meantime, and the state is paid back later by the estate or proceeds of a sale.

I know we have much work still to do on property tax relief. Thank you to those who have reached out to me with ideas and advocacy. Please continue to share your thoughts with me.

Always feel free to email me at Anne.Carney@legislature.maine.gov or call my Senate office at 207-287-1515. Sign up for updates in my biweekly e-newsletter at MaineSenate.org.

Awards

Continued from page 1

as it was "clearly a learning experience beyond the classroom walls, engaging our community and featuring our town's beautiful green spaces." Access the Gnome Trail Map at: visit.ceef.us/awards.

The second award presented was the CEEF Thompson Award, and this year David Shields was recognized for his 38 year commitment to always going above and beyond for Cape students. Nominated by his peers, Shields was recognized for his unwavering dedication, innovative approach, and deep passion for providing Pond Cove students with an appreciation for physical education. His classes are characterized by an energetic and purposeful atmosphere, infused with long-standing traditions that make gym a highlight of the school day. In her speech, Nancy Thompson said "Ask any graduate to name a Pond Cove teacher they still remember-and almost without fail, his name will come up. He is, in every sense, a Cape Elizabeth legend."

Each of these recipients plays a special part in Cape Elizabeth schools, and CEEF welcomes the opportunity each year to recognize outstanding members of the Cape school community.

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.

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Town Council

Continued from page 1

cies as a few examples. Climate change affects seasonal weather patterns which in turn can affect growing seasons and agricultural business in Maine.

Rehberg shared the cost savings of being “proactive” against climate change saying that for every “one dollar invested in resilience, avoids \$13 dollars in damage and economic loss” later on.

The Climate Action Plan has goals of increasing education and awareness, building the local economy, and improving public health and safety. If implemented, the plan includes that the town ensure fiscal responsibility, ensure equity and inclusion, grow partnerships, and track progress and reporting.

Councilor Swayze said, “We need to do this... we can’t sit around and wait.” Town Manager Fox added that implementing the Climate Action Plan “would take more than current staff and Council to carry out” and called on volunteer committees to potentially assist. The Council voted 6-0 to approve the plan with Councilor Anderson absent.

Fire Truck Purchase

Fire Chief Steve Young presented to the council the possibility of purchasing a demo model “mini pumper” fire truck to be placed at Cape Cottage Station and operated by volunteer on-call members.

Young said that “it’s a unique opportunity that’s available right now and is half the cost of a full size” truck with the same features. He added that the mini-pumper would fit better in Cape Cottage Station and be easier to drive and operate particularly on the town’s more narrow roads. Young expects this mini-pumper to be in service for about 20 years and the town “wouldn’t need to buy another fire truck for at least ten years.”

The demo mini-pumper is available for purchase for \$400,000. The Fire Department intends to use funds it received as beneficiary from the Anderson Estate in 2021 amounting to \$250,000, and from the family of Robert Preti in 2021, with a current amount of \$123,000. No taxpayer funds would be needed for the purchase of the fire truck.

Young added that the purchase of a new fire truck would result in a 14-16 month wait time with a cost of \$900,000. The town purchased a new fire truck in 2023 for \$630,000.

Thomas Jordan Trust Policy Amendment

The Town Council voted unanimously to approve authorization of the Town Manager to approve emergency expenditures of up to \$2,000 for emergency assistance under the Thomas Jordan Trust Policies and Standards. The previous amount was \$500 per household. Emergency expenditures can assist with broken pipes or furnaces, as offered examples.

Miscellaneous Amendments to the Zoning and Subdivision Ordinances

The Town Council voted unanimously in favor of referring the Planning Board’s recommended changes to the Zoning and Subdivision Ordinances Committee for review.

Amendments to Chapter 13 Traffic Regulations

The Town Council voted unanimously to refer the suggested changes to Chapter 13-Traffic Regulations to the Ordinance

nance Committee for review.

Councilor Swayze said that the traffic safety committee found a “compromise” that addresses increased parking on Fenway Road and that will allow parking on one side of the roadway instead of both sides. He added that “it’s impossible to get emergency vehicles down” during certain times of the year if there are vehicles parked on both sides. The offered solution will require vehicles to park on the egress side for easier maneuverability from Fenway Road.

Fox said that the town will do a mailing or door hanger to notify Fenway Road residents and abutters.

Spurwink Marsh/Sawyer Road Discontinuance

The towns of Cape Elizabeth and Scarborough have been working together on a project funded by the Maine Natural Resource Conservation Program (MNRCP) with a 1.9 million dollar grant to restore Spurwink Marsh and officially discontinue and remove Sawyer Road.

Members of the public shared their thoughts on the project. Phin Sprague shared that he “really doesn’t want to see the road removed” and questioned the motives of Stakeholders in the project. Elizabeth Hayes is an abutter to the Marsh and Sawyer Road and stressed how “significant these [weather] events have been” adding that the number one concern to her is the safety of the public.

The council discussed the timeline of scheduling a public hearing with some councilors saying that it felt like “just checking a box” to have the public hearing.

Councilor Harriman shared that she would prefer to have the public hearing in October with the possibility of scheduling a second public hearing later on if necessary. Councilor Sahrbeck encouraged people to “stay engaged” on the topic and that the council is actively listening to public opinion.

Councilor Swayze said that “clearly the public is pretty passionate about it” and that the “public is ready to start talking about it.” He also suggested scheduling a second public hearing if there is not enough information after the September 22 stakeholder meeting, the October 8 workshop, and the October 15 public hearing.

The council voted unanimously to approve the scheduling of a public hearing on October 15, 2025, to discuss the proposed discontinuance of the portion of Sawyer Road in the Spurwink Marsh.



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Nomination forms certified for November 5 election

From Town Hall website

*The Cape Courier will publish Town Council and School Board candidate profiles in upcoming issues.

The following people have had their nomination forms certified by the town clerk’s Office and their names will appear on the November 4, 2025 ballot.

Candidates are encouraged to review the town’s Sign Ordinance, Chapter 21, and State Statutes relating to the placement of signs. If you have any questions regarding signs, please contact Ben McDougal, Code Enforcement Officer, at 207-799-1619.

Absentee ballot requests can be completed online: <https://apps.web.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl>

The Cape Elizabeth Town Clerk’s Office intends to begin absentee in-person voting, during normal business hours on October 6. The last day to pick up an absentee ballot will be October 30.

There are two open seats on the School Board and one open seat on the Portland Water District Board of Trustees.

The terms of School Board Members Philip Saucier and Caitlin Sweet expire in December 2025.

The term of the Portland Water District Board of Trustees for Joseph Siviski expires in November 2025. To date,

papers have not been taken out for these seats.

TOWN COUNCIL

Two Seats, for one, 3-year term to expire 12/2028:

Penelope A. Jordan
Caitlin J. Harriman
Cynthia Troiano
Timothy S. Reiniger

SCHOOL BOARD

Two Seats, for one, 3-year term to expire 12/2028:

Caitlin S. Sweet
Andrew W. Patten
Anastasia M. Troxel

PORTLAND WATER DISTRICT BOARD OF TRUSTEES

One Seat, for one, 5-year term to expire 12/2030

Christopher P. Scontras

Cape Elizabeth Garden Club holding fall bulb sale

The Cape Elizabeth Garden Club is again this year holding a sale of fall-planted flower bulbs.

Proceeds will go to club activities, including civic beautification projects and the scholarship the Garden Club gives to a graduating senior at Cape Elizabeth High School intending to major in horticulture, environmental studies or related topics.

The bulbs the Garden Club is selling are from John Scheepers, a New England company whose roots date back a century.

The 12 species being sold are:

Camassia ‘Blue Melody,’ Allium ‘Ostara,’ Crocus ‘Candle Light,’ Crocus ‘Hummingbird,’ Snow Drop ‘Hippolyta,’ Hyacinth ‘Jan Bas,’ Muscari ‘Mountain Lady,’ Narcissus ‘Rapture,’ Narcissus ‘Falmouth Bay,’ Narcissus ‘Zinzi,’ Tulip ‘China Town’ and a Wild Species tulip mix.

Bulbs may be ordered through a Cape Elizabeth Garden Club member or through the sale website. A link to the sale website can be found on the club’s Facebook page: <https://www.facebook.com/cegartenclub/>.

Deadline for ordering is September 20. Bulbs will be available for pick up in mid-October.



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Valid 9/17/25-9/28/25

CEHS captains share fall sports outlook

By Kevin St. Jarre



Photo by Joanne Lee

A celebration that resulted from a header goal Noelle Mallory scored off of a great corner kick by freshman Alice DeGeorge.



Photo by Joshua Atticks

Harry Converse (Sr), Max Hayward (Jr), Jack Wark (Sr), Max Backman (Jr), Will Vaine (Sr), and Kip Reynolds (So) are pictured celebrating after Will Vaine Scores a goal.

The Cape Courier reached out to captains of every team to ask them to share their outlooks for the fall season.

Harry Converse is one of the captains this fall for the boys' soccer team. "Our team takes on a big responsibility after losing a few key players from last year. We have a ton of young guys, but everyone can hold their own out on the pitch and prove why we are a state contending team. Over the last few weeks we have prioritized bonding, team building and work ethic over perfection. I believe the team this year can do something really special and prove to everyone why we should not be overlooked," Converse said.

Noelle Mallory is one of the girls' soccer captains this year. She said, "Following an upsetting loss in the regional final, Cape Elizabeth Girls' Soccer (CEGS) has one goal this season and that is to leave nothing in the tank. With a team of players willing to do whatever it takes to win—a mindset instilled by Head Coach Branden Noltkamper—our sights are set on those final four playoff games, and we're determined to return with the gold ball. Despite the graduation of several influential players last year, any concerns about gaps in our lineup were quickly put to rest during the first week of preseason, as multiple players stepped up to fill those roles. Juniors Kelsie Law, Addi Miller, and Finley DiGiovanni are stronger than ever, while sophomore Haisle McGeachey remains a dominant force. Additionally, freshmen Alexa Mallory and Alice DeGeorge are quick learners eager to earn playing time. Our team consists of girls who are committed to something bigger than themselves and ready to embrace leadership roles across the roster, regardless of age. As a captain, I came into this season with a goal beyond on-field performance: to cultivate a strong sense of community within our team and beyond. Believing that we perform best when supported and connected, all four captains share this vision. We're committed to building a program that not only achieves competitive success but also leaves a lasting positive impact on every member. Every girl on our roster is eager to hit the ground running, ready to bring their best and make some unforgettable memories together."

Maisie Rayback is another of the four captains of the CEHS girls' soccer team this fall, and said, "I am beyond excited to play my final year under the lights at Hannaford


Field and believe that CEGS has the potential to make it our most successful season yet! Our team's biggest strength is the genuine love we have for one another, on and off the field. Over the past three months, we've developed an unbreakable bond, which translates during a tight game to making the extra sprint back to defense, hard tackle, or overlapping run for a teammate. Above all, we are always there to support and protect each other, whether you're player number one on the roster or 26. We are one team. I cannot wait to see what this season has in store for us, and I am going to soak up every second of it. Go Cape!"


Chloe Wilson is one of the CEHS varsity volleyball captains. "We have a few new players this year so it will be a building season for most. I have high hopes for this year, working hard and playing to win. The team has been growing close together and we are bonding very well! I hope to grow throughout practices and games, becoming the best we can be!" she said. Halina Grela is also a varsity volleyball captain, and she said, "The new season comes with new opportunities and a new team. We have six strong players returning this year, which means half of our team is new to varsity. With so many fresh faces on the team, and as a captain, I can already tell it's going to be a journey. The thing about a team is that it's more than just a collection of individual players. It's about chemistry, communication, and figuring out how we can all work together. We have the potential to make it far in playoffs if we truly put our all into the game. We have a tough schedule this season but regardless I believe our determination will pay off. I'm so excited to see how this team evolves on and off the court this season!"

Mason Shur is a captain of the CEHS football team. Shur said, "The team has taken a turn, making the transition from 11-man to 8-man football. It's definitely different off the field and in practice, but game wise it feels the same. There are more chances to break a big run with the smaller number of players on the field."

Liam Nudd is one of the boys' captains for cross-country this year. He said, "This year's boys cross country team is the largest and fastest Cape has put forward in years. We're already off to a smashing start, placing third out of twelve teams at a 5k in Wells

-see SPORTS page 7





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Photo by Andrew Lupien

The girls' cross country team from last year from left to right- Jane Curtis, Cece Fremont, Ella Fick, Reagan Gajan, Belle Reeves, Wenshin Lu, Addie Mazzeo, Avery Palmore, Bottom Row: Ella Boyer, Viv Parsons, Logan Keller and Addison Young.

Cape Elizabeth High School hosts Field Hockey Alumni Game

On Thursday, August 28 Cape Elizabeth High School hosted their first ever Field Hockey Alumni Game. Twenty CEFH alumni ranging from the graduating classes of 1997-2023 played against the current

varsity team. The varsity team won 4-2 but the alumni put up quite the fight and look forward to taking them on again next year. There are plans for this to be an annual event moving forward.



Contributed photo

Back row - Sue Weatherbee (coached '88-'00 & '03), Gabrielle Alfiero ('03), Ashley Walker ('03), Colleen Frawley ('99), Megan Entwistle ('01), Sarah Fisher ('99), Amory Wooden ('99), Christina Mealey ('03), Kaitlyn McIntyre ('23), Haley McIntyre ('21), Annie Ware ('97), Katie Clark ('00), Linda MacDonald ('69), Janet Hoskin (coached '88-'00)

Front row - Ali Garmey Chardon ('99), Rachel Alfiero ('05), Caroline Muller ('04), McKinley Donahue ('03), Hanna O'Meara ('06), Emily Jackson ('03), Elizabeth Piantodosi ('03), Laisee Holden ('01), and Cecily Upton ('99).



Contributed photo

Cape Elizabeth field hockey alumni pictured with the current CEHS varsity team.

Celebrate fall at CELT's Harvest Party

Saturday, September 20, 4:00 p.m. to dusk
Turkey Hill Farm, Cape Elizabeth

After a five-year hiatus, CELT's Harvest Party returns on Saturday, September 20 from 4:00 p.m. to dusk at Turkey Hill Farm in Cape Elizabeth.

This free, family-friendly community gathering will feature live music by Cape's own Earthtones, food trucks, corn hole games and engaging activities for the kids.

After the sun goes down, a bonfire will keep the party going and CELT educators will lead night hikes around Turkey Hill for both kids and adults. Free and open to the public! All are welcome.



Sports

Continued from page 6

where we finished seventh last year. Cape cross-country also puts in blood, sweat, and tears off the course, as these young men approach capture-the-flag and football at team dinners with the same passion they show on the trail-Team Toby and Liam took care of business against Team Aidan. Championship season and our home meet at Gull Crest on October 9 are a ways away, but the work that this team put in during the summer and pre-season is already paying off." In addition

to Nudd, the boys' captains are Captains Aidan Morris and Toby Noonan.

Avery Palmore is one of the girls' cross country team captains. "So far the team is looking pretty good, we have a few girls out due to injury who hopefully will be getting back to racing in the coming weeks. We recently came second at the Wells 5k conference invitational out of the fourteen teams who attended. All the girls are super close which is something that's great to see in a sport that can be really challenging! Our one and only home meet is at Gullcrest on October 9th at 4pm!"



Contributed photo

CEHS football has transitioned this season, as many schools have, from 11-man to 8-man football.



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Cape career coach

By Holly Smevog

Dear Cape Career Coach,

I've been in my current role for four years and I was in my last one for 10, and I wake up most mornings dreading going to work. Everything about my job feels routine and I want to feel like I am doing something meaningful. I know I need a change, but I'm paralyzed by fear. With all the layoffs and economic uncertainty I keep hearing about, I'm terrified to leave my stable job, even though it's making me miserable. I have no idea what I actually want to do next, and at almost 40, I feel like I should have figured this out by now. Help!

—Stuck in Suburbia

Dear Stuck,

This sounds like the “golden handcuffs syndrome”—staying in a role that provides security but steals your soul. First, know that career transitions at any age are not only normal but increasingly common. The average person changes careers 5-7 times during their working life and at 40 you could have time to do whatever you want. You also have a great track record—showing commitment to your employers—which is not so common these days and therefore valued.

Before you can move forward, you need clarity on what “forward” looks like. This is the biggest mistake I see people making, peppering the market with applications but not really knowing what they are looking for and why. Can you answer these questions: What aspects of your current role do you actually enjoy? When do you feel most energized at work, or when did you? What values are non-negotiable in your next role? What skills do you want to develop or use more?

Your concerns about the job market are valid, but don't let fear keep you trapped. Start by building your safety net first—update your emergency fund, refresh your LinkedIn profile, and begin networking within your industry. This groundwork reduces anxiety and positions you for opportunities.

You don't have to quit tomorrow. Ex-

plore informational interviews, volunteer for projects that interest you, or take on freelance work. It's like a job search side hustle. This “career experimentation” helps you validate new directions while maintaining income.

Let me help you reframe the market reality. Yes, some sectors are experiencing turbulence, but others are thriving. Healthcare, technology, renewable energy and skilled trades are seeing significant growth. The key is targeting your search strategically rather than avoiding it entirely. Even in industries that are shrinking or flexing, there are opportunities.

Sometimes when you feel like you do, you think you need a 180 degree change. What I have seen is shifting one or two variables can get you back on track and happier. Rather than a dramatic career overhaul, consider a gradual transition. Could you move to a different department within your current company? Are there adjacent roles in your industry that would reignite your interest? Can you negotiate new responsibilities that align better with your goals?

Use this transition period productively by investing in your future self. Enroll in courses, attend industry events, or pursue certifications that support your career pivot. This investment demonstrates commitment to potential employers and builds confidence in your new direction.

Give yourself 3-6 months to explore and plan, then commit to taking action. Endless exploration without movement is just another form of being stuck. Remember, the biggest risk isn't making a career change—it's spending years in a role that diminishes your potential and well-being. You deserve work that energizes rather than drains you.

Holly Smevog is a certified career coach, founder of HMS Career Coaching and a Cape Elizabeth resident. Send any career questions to editor@capecourier.com and they will be answered anonymously here.

CEHS ranked as 2nd best high school in Maine

By Kevin St. Jarre



Photo by Kevin St. Jarre

Cape Elizabeth High School recently ranked second in Maine, behind only Maine School of Science and Mathematics.

In a recent ranking appearing on the website www.homestratosphere.com, Cape Elizabeth High School ranked second in Maine, behind only Maine School of Science and Mathematics, with is a charter school which selects its students based on past performance and standardized test scores.

Among high schools whose doors are open to all, Cape Elizabeth High School ranked first. According to the article, “Cape Elizabeth High School is known for its academic rigor. The school prepares students for success in college and careers. Teachers are dedicated to supporting achievement.

Athletics and extracurricular activities are an important part of student life. Programs in sports, arts and clubs provide opportunities for growth. These experiences balance academic challenges.

The school's strong community in-

volvement adds to its success. Families play an active role in supporting school initiatives. This collaboration strengthens the learning environment.

Cape Elizabeth High's reputation for excellence is well established. Families see it as one of the state's premier schools. Its focus on achievement and balance sets it apart.”

The website ranked 30 high schools in Maine. Coming in behind Cape Elizabeth High School were Yarmouth High School at #3, Falmouth High School at #4 and Camden Hills Regional High School at #5.

Kennebunk High School placed 9th, Scarborough High School came in at 14th, Gorham High School at 18th, Greely High School was 23rd, and Portland High School rounded out the top 30.

Spurwink Marsh Restoration Stakeholder Meeting Sept. 22

From Town Hall website

Attend this forum to learn more about the Spurwink Marsh Restoration: Sawyer Street/Road Removal project. The meeting will include a presentation from Jake Aman, Wells National Estuarine Research Reserve (WNERR), about the design for the environmental restoration of the Spurwink Marsh.

Attendees will also be encouraged to provide input on the design of a Cape Elizabeth overlook on the marsh.

The forum will be held on Monday, September 22, beginning at 7:00 p.m. in the Cape Elizabeth Town Hall, 320 Ocean House Road.

Agenda and more details can be found at:

https://www.capeelizabeth.gov/news_detail_T6_R162.php



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Feels like coming home

My family and I have been residents of Cape Elizabeth since 1980 and we have enjoyed everything that Cape Elizabeth has to offer:

Excellent schools, Fort Williams Park (home to the most photographed lighthouse in the country), Crescent Beach State Park, Kettle Cove, large agricultural farms, fresh lobsters sold year round and so much more!

My career spans over 38+ years and to be at RE/MAX Oceanside is truly like coming home.



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Cape Elizabeth transfer station attendants' new creed

By Stephen T. Lyons (Garda)



Photo by By Stephen T. Lyons (Garda)

Lead attendant Scott Forrest and attendant Dylan Rice while Lea waits for her treat.

On my weekly pilgrimage to the Cape Elizabeth Transfer Station, I am often greeted by Scott Forrest.

Scott models and encourages a positive community-oriented approach to what some might think is a mundane operation. He and other staff greet residents cheerfully, often providing Scooby snacks or treats to dogs along for the ride. This way of doing business helps build a positive relationship with residents. While the main purpose of the facility is waste management, this kindness shows a thoughtful and dog-friendly side of the staff, even during times of intense heat, cloying humidity and bitter cold.

During our conversations I've discovered that Scott is the lead attendant for the Transfer Station, employed by the town for the past six years. Prior to working for the town, Forrest worked 34 years for Der-Tex Corporation in Saco, retiring as plant manager, overseeing daily operations.

For recycling efforts to be successful, the process must continue regardless of inclement weather, unpleasant odors and waste, and occasional physical demands. Above all, the process includes a variety of personalities in a high traffic environment.

In addition to customary recycling operations, staff are responsible for the identification, management, and extraction of improperly discarded or hazardous waste. If waste is not disposed of properly, it can contaminate the air, soil, waterways, forests and other natural habitats that surround the station.

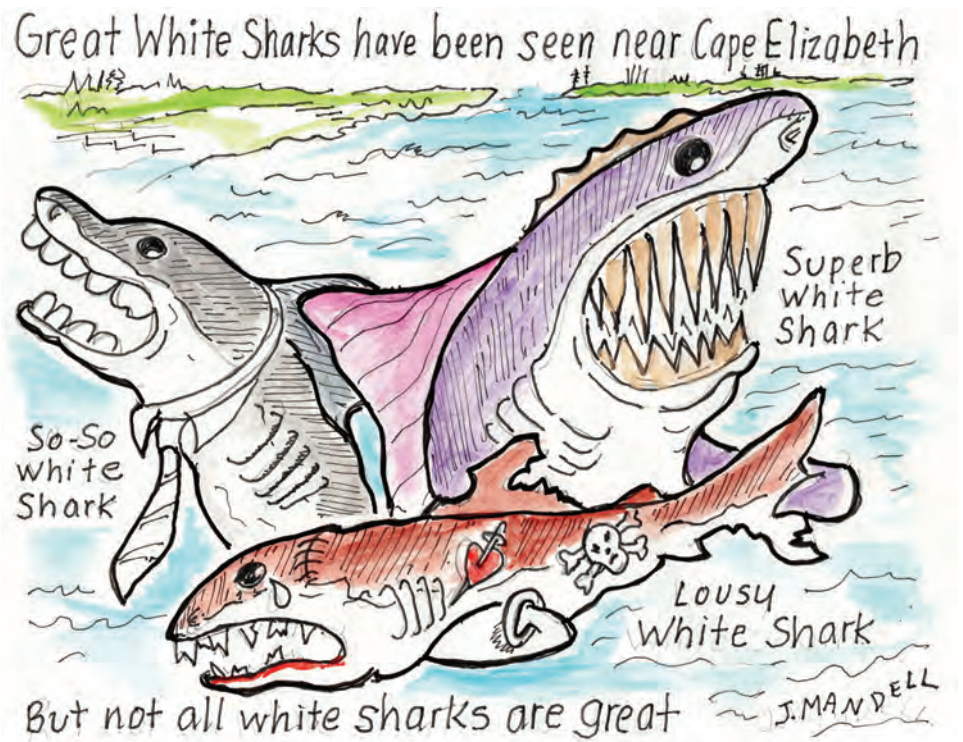
State and federal rules govern the sorting of waste, what materials can be accepted, and any fees charged for the disposal of certain items. Most residents are respectful of the rules and fees, offering cheerful thank-yous and the occasional

cold drink, hot coffee, or snack from Scratch Bakery.

For sure, some are resistant, and a few are quite vocal with staff about their frustration with regulations or fees. Regardless, I am reminded of the unofficial motto of the U.S. Postal Service, "Neither snow, nor rain, nor heat, nor gloom of night stays these couriers from the swift completion of their appointed rounds." Perhaps this could be the new creed for Scott and his team who keep our Transfer Station running smoothly, safeguarding our environment and satisfying our residents.

Capetoon: New sharks in town

By Jeff Mandell



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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

Dr. Marta Agrodnia
DVM, DACVS-SA

Dalessandro is new literacy specialist at Pond Cove

By Kevin St. Jarre



Contributed photo

Becky Dalessandro is the new literacy specialist/coach at Pond Cove Elementary School.

Becky Dalessandro is the new literacy specialist/coach at Pond Cove Elementary School, and said she is “excited to be joining this amazing team of educators!”

She has spent her 15-year career in RSU 4, which is made up of Litchfield, Sabattus and Wales. Dalessandro said, “After ten years in the second-grade classroom, I became a literacy coach for PreK-grade 2. For the past five years, I worked in two rural primary schools supporting reading and writing instruction and student learning in my role as a literacy coach. I am eager to continue this work here in Cape.”

She grew up in Union, she said, in the beautiful countryside filled with farmland and blueberry fields. Dalessandro said, “After high school, I headed straight to Orono to study elementary education, a career path I chose when I was six years old. I completed my Bachelor’s degree program in 2010 and began teaching second grade. In 2020, I finished my M.Ed. degree at The University of Southern Maine and received my literacy specialist certification through the Maine Department of Education. I currently live in Lewiston with my husband, Ryan and our

sweet cat Mika.”

When asked what appealed to her about Cape Elizabeth, she said, “This position in classrooms, with teachers and students, is work I am passionate about and love! When we can focus on student learning objectives with a thinking partner, the team thrives. Everyone, teachers and students, feels supported in their struggles and successes. Pond Cove is a school with a tremendously skilled staff and is one of the main reasons I pursued this job opening. When we all lift our levels of expertise, everyone wins. I am excited to learn and grow with this team.”

Outside of the classroom, she said she enjoys reading. “Library books, audiobooks, e-books, you name it! My husband and I love to watch football on Sundays and enjoy the fun of playing ‘fantasy football.’ You can find me truly recharging by spending time with friends and family. I love to be outside walking, playing cards, or meeting up at a local restaurant to catch up. I love my circle of people and try to spend every moment I can making memories together!” Dalessandro said.

Pond Cove has a new 4th grade teacher

By Kevin St. Jarre



Photo by Trevor Jones

Lee Birmingham, the new 4th grade teacher at PCES, with Trevor Jones, on a visit to Eastport.

Lee Birmingham will be joining the faculty at Pond Cove Elementary School, teaching the 4th grade. She said, “I moved to southern Maine this summer from Bangor with my cats. My children are grown and it was time to move on from my large, old farmhouse. My previous teaching district was Hampden, where I taught fourth grade. Before that, I was in Old Town teaching sixth grade. Recently, I sat on many committees to help school improvement including the Leadership Team, the Sunshine Committee, and the Positive Behavioral Interventions and Supports Cohort. I also chaired the Student Assistance Team.”

Birmingham earned a Psychology degree from Boston University years ago, and worked with foster children. “I discovered that I loved helping them with homework which led me to a Master’s of Arts in Teaching degree at the University of Maine. After working in Old Town for many years, I received my Certificate of Advanced Study in Literacy and Differentiation. I continue to seek out professional development to keep my practices

current and to learn new strategies to help students succeed,” she said.

When asked what drew her to Cape Elizabeth, Birmingham said, “I find that the community is so supportive of the schools. Everyone in the community and in the schools are so welcoming and open to help each other to learn and grow. I love being a part of that.”

Outside of the classroom, she has various interests. “I love to travel and explore new places. Visiting places with a vast history appeals to me, and I love learning new things and seeing historical places and landforms. I enjoy walking, hiking and taking photographs of the places I visit,” she said.

When it comes to teaching Birmingham said, “I love helping students find passion for learning and making exciting discoveries. I want to help children see that hard work and perseverance pays off. It brings me joy to see a child feel success with something they struggled with in the past by never giving up.”

Monica Dambach

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Pond Cove has a new Physical Education teacher

By Kevin St. Jarre



Contributed photo

Gabe Purin is the new K-4 Physical Education teacher at Pond Cove Elementary.

Gabe Purin has been hired as the new K-4 Physical Education teacher at Pond Cove Elementary School. He is a recent graduate of Springfield College, where he earned a Master of Education in Adapted Physical Education. “Over the past two years, I’ve had the opportunity to work with students of all ages and abilities, which has deepened my passion for creating inclusive, engaging physical education experiences for all learners,” Purin said.

In 2020, he earned a Bachelor of Science in Exercise Science from the University of Vermont, which he said prepared him for his first professional role in Cambridge, Massachusetts. “From 2020 to 2023, I worked as a research coordinator at Spaulding Rehabilitation Hospital. My role there mirrored that of an exercise physiologist and gym manager, working with individuals living with chronic conditions such as spinal cord injuries, multiple sclerosis, stroke and cerebral palsy. That experience sparked a strong passion for increasing access to physical activity for people of all ages and abilities, ultimately inspiring my move into physical education,” he said.

During his graduate program, he gained extensive hands-on experience teaching both general education elementary-aged students and special education middle/high school students in Unified PE settings. Purin said, “I particularly enjoyed coaching Unified Flag Football, Basketball and Volleyball!”

He grew up in Boothbay, where he worked on an oyster farm and scooped ice cream for his family’s business. Purin said, “I’m thrilled to be coming home to Maine and incredibly grateful for the opportunity to bring my passion for physical education to the Cape Elizabeth community.”

He said he is excited to be part of a community that truly values education. Cape Elizabeth’s reputation for strong schools and community support drew him here, and he looks forward to being part of it, Purin said.

When asked what his interests are outside of the classroom, he said, “For fun, I enjoy scuba diving, mountain biking, running, lifting weights, hiking and saying ‘yes’ to just about any new adventure.”

Purin said that what he loves most about teaching physical education are the moments when students discover something meaningful in a lesson. “Whether they’re trying something familiar or brand new, PE provides space for students to connect—not just through movement, but through communication, teamwork, and social growth. It’s incredibly rewarding to see students support each other and grow as individuals and as a community,” he said. “I’m looking forward to connecting my personal interests with the Cape community as the school year unfolds!”

CEHS hires new math teacher

By Kevin St. Jarre



Contributed photo

Jim Deterding is the new math teacher at CEHS this year.

Jim Deterding will be teaching Mathematics at Cape Elizabeth High School this year. He has spent the last seven years teaching at Waynflete School in Portland. “While there I taught classes from seventh grade math to Linear Algebra, and helped coordinate their 9th Grade Outdoor Experience Program. Prior to that I taught at several schools, both public and independent, in Maryland,” he said.

He received his undergraduate degree in Mathematics from Calvin University and his graduate degree in Mathematics Education from Towson University. Deterding grew up in Annapolis, Maryland.

When asked what about taking this job in Cape Elizabeth interested him, he said, “I am excited to be returning to the public school setting here at Cape, as I believe greatly in the institution and have had the privilege of watching my own children benefit from the scale, resources and expertise

of teachers in their own public schools. I am impressed by how much this community in particular values education as an essential part of a child’s whole development.”

Personally, Deterding said he enjoys any opportunity to go outside. “On a bigger scale, I love hiking and exploring with my family all throughout Maine, and on the smaller scale I enjoy spending time in my garden and seeing what we can manage to grow in our own backyard,” he said.

When it comes to teaching, Deterding said, “I love being able to develop relationships with young people as they learn new things and begin to identify their own passions and strengths. The process of moving from not-knowing to knowing and how unique that path is for every individual keeps the work of teaching fresh and exciting with each new student I get to work with.”



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Thomas Memorial Library hosts Tim Queeney, offers several programs on Alfred Hitchcock

CELT Presents New England Cottontails: In the Thick of It
Saturday, September 20, 2:00 - 3:30 p.m.

As part of CELT's 40th anniversary series, join Sarah Dudek from the Wells National Estuarine Research Reserve for a New England cottontail presentation. Nature lovers of all ages will enjoy learning about the ecology of 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.

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.

Library Squad

First Friday of the month @ 2:45 p.m.

Library Squad is a group of young people who advise on library happenings. Members of the squad have a designated book recommendation shelf. They help design displays, craft children's room decor, and provide feedback and ideas on library programs.

Monthly meetings include snacks, social time, the occasional craft, and cool vibes with friends and librarians. For tweens and teens ages 11 - 13.

TLC: Teen Leadership Council, for ages 14+

Last Friday of the month @ 2:45 p.m.

The Teen Leadership Council (TLC) meets once a month on the last Friday of the month. Among other topics meetings

will include snacks, chatting, and teen-led discussions about library programs and policies.

Join us and build your leadership and advocacy skills while establishing connections with your community.

For Adults

Film School: "Girlfriends" (1978)

Tuesday, September 23, 5:00 - 8:00 p.m.

This month at Film School we're celebrating the theme of "Friendship on Film" with an under-the-radar great, Claudia Weill's "Girlfriends" (1978).

Following an aspiring New York photographer who must discover her independence after her best friend and roommate moves out, "Girlfriends" is a semi-forgotten pioneering work of independent cinema, the indelible ancestor of contemporary classics like Frances Ha and Lady Bird, and a perfect story of growing up and growing apart.

Come just for the movie and popcorn, or stay for the conversation afterward too.

Senior Social Hour Special

Outsmart the Scammers with Jacki Ferrall

Wednesday, September 24, 1:00 - 2:00 p.m.

In a special Senior Social Hour presentation, financial adviser Jacki Farrell will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps attendees can take now to help protect themselves and loved ones. Open to anyone.

Rope: How a Bundle of Twisted Fibers Became The Backbone of Civilization with author Tim Queeney

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

Tim Queeney is a sailor who knows more about rope and its importance to humankind than most. Join us for an evening with Queeney as he shares

his new book "Rope: How a Bundle of Twisted Fibers Became The Backbone of Civilization," which has been described as "a unique and compelling adventure through the history of rope and its impact on civilization, in the vein of single-subject bestsellers like Salt and Cod." Books will be available for sale and for signing.

Screening: Alfred Hitchcock's "Shadow of a Doubt" (1943)

Saturday, September 27, 2:00 - 4:00 p.m.

Gear up for Jay Sherwin's September 30 talk on the films of Alfred Hitchcock by joining us for a screening of a true masterpiece, "Shadow of a Doubt" (1943).

Co-written by Tennessee Williams and frequently cited as Hitchcock's favorite of his own movies, this small town thriller noir tells a twisted and ultimately existential story that will have you on the edge of your seat.

After the screening, be sure to find time for "Strangers on a Train," available for free on Kanopy, so you can fully appreciate "Heroes and Villains as Alter Egos: A Close Look at Two Films by Alfred Hitchcock" on Tuesday, September 30, 6:30 - 8:00 p.m. (see details below!)

Heroes and Villains as Alter Egos: A Close Look at Two Films by Alfred Hitchcock

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

In his legendary career as a director, Alfred Hitchcock created complex, suspenseful films filled with dark themes and moral ambiguity.

In this program, we'll consider two of Hitchcock's very best films, "Shadow of a Doubt" and "Strangers on a Train." In each film, a hero has to overcome the actions of a sinister villain. But, as always in Hitchcock, the heroes and villains are alter egos, two sides of the same coin.

With Hitchcock enthusiast Jay Sherwin, we'll ask: Why are Hitchcock's heroes so flawed and his villains so charming? Why did Hitchcock enjoy blurring the distinction between good and evil? Why did he return to that theme again and again? While you do not need to have seen these films to enjoy the talk,

we highly encourage it (these are great movies)!

TML cardholders can stream "Strangers on a Train" for free on Kanopy, and anyone can attend our screening of "Shadow of a Doubt" on Saturday, September 27 at 2:00 p.m. We hope to see you there!

Ongoing Adult Programs

Knitting Group

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

Senior Social Hour

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

Blood Pressure/Blood Sugar Screening with members of the CE Fire/Rescue Dept.

Fourth Wednesday of the Month, 11:30 a.m. - 12:30 p.m.

This month: Wednesday, September 24

Weekly Programs For Children

Messy Minis: Mondays @ 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.

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.

****It's BACK! Play Group:**

Wednesdays @ 10:30 - 11:30 a.m.

Join us for this drop-in play session for children and their caregivers. The Community Room is open for exploration during this time, with special toys and stations while you visit with friends.

-see LIBRARY page 15

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CELT fall program offerings

CELT's 40th Anniversary

Fall 2025 Program Listings

CELT's 40th Anniversary Guided Walk and Library Lecture Series:

Please visit <https://www.capeandtrust.org/events> for more information and registration

Youth Programs

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

Join the Cape Elizabeth Land Trust as we explore Robinson Woods in October. Children and their caregivers will spend an hour exploring the natural wonders of Maine with CELT educator Lisa Gent.

We will 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: Wednesday, October 8
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

Adult Programs

CELT New England Cottontails program: In the Thick of It

Join Sarah Dudek from the Wells National Estuarine Research Reserve for a New England cottontail presentation at the Thomas Memorial Library and a habitat walk-and-talk at Runaway Farm.

On September 20, participants will enjoy learning about the ecology of 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.

On October 4, join Sarah at Runaway Farm to learn how CELT has joined the effort to help recover NEC, view suitable NEC habitat, and learn how you can pro-

vide habitat at home.

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: Saturday, September 20
Time: 2:00 - 3:30 p.m.

Location: Thomas Memorial Library, 6 Scott Dyer Road, Cape Elizabeth
No Fee and No Registration Required

Date: Saturday, October 4
Time: 2:00 - 3:30 p.m.

Location: Runaway Farm.
Meet at the parking lot between the fields/rink at Gull Crest (1 Gull Crest Drive, Cape Elizabeth).

No Fee, please visit <https://www.capeandtrust.org/events> for registration
Min/Max: 3/15

CELT's Cross Town Walk

Join Cape Elizabeth Land Trust volunteer, Colleen Hough 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

-see CELT page 15

Local birding report

By Brooks Bornhoff

As summer wanes and the forest begins its slow exhalation into autumn, the tinny, hornlike notes of a diminutive forest dweller ring through our trees—a sound both whimsical and unmistakable. Less common than its White-breasted cousin, the Red-breasted Nuthatch is a spirited, agile bird that scurries up and down trunks and branches, gleaning arachnids and insects with tireless energy.

This scrappy little climber wears a black cap with a subtle bluish sheen, a bold white eyebrow and a dark eye-stripe that gives it a masked appearance. Its underparts glow with a rich, rusty cinnamon hue. Males and females differ slightly in plumage, though both share the same compact, purposeful silhouette.

One distinguishing feature worth remembering is the contrast in vocalizations between the two nuthatch species. The Red-breasted's call is higher-pitched and more nasal than the White-breasted's, and unlike most of its kin, it uses its soft, musical song in courtship—a gentle serenade in the canopy. Self-taught naturalist Cordelia J. Stanwood wrote of her fondness for these birds, describing them: "In their favorite evergreen woods, their merry pipings fill the land."

Though both species exhibit undulating flight, the Red-breasted appears smaller and nimbler, turning deftly in midair as it chases insects.

A few recent notes from the field in-

clude, on September 3, I watched two Red-breasted Nuthatches hawking insects above the Pond Cove Brook Corridor, their movements quick and precise. Earlier that day, one visited my backyard, wedging a sunflower seed into a tree crevice and hammering it apart with its stout bill—a behavior known as "hatching," from which the nuthatch family takes its name.

According to the North American Breeding Bird Survey, Red-breasted Nuthatch populations have steadily increased across much of their northern range between 1966 and 2019—a quiet triumph for this industrious species.

Just past sunset on September 4, a Great Horned Owl stood sentinel atop the old barn chimney at Turkey Hill Farm, its silhouette stark against the fading light. From the woods beyond the orchard, the toy-like squeaks of Wood Ducks—also known as "Squealer Ducks"—echoed through the dusk. Both male and female Wood Ducks produce this distinctive sound, a curious blend of whimsy and wildness.

Additionally, on September 7 while traveling the back trail of Crescent Beach State Park, a small mixed party of birds appeared to include one each of the following: American Redstart, Black-throated Green Warbler, Cape May Warbler, and Philadelphia Vireo. Later that afternoon, I found two White-rumped Sandpipers hunkered down along Dyer Point.

Rabies vaccine clinic is Sept. 20

Come join us for our 6th Annual No/Low Cost Rabies Vaccine Clinic at Fort Williams Picnic Shelter on September 20th from 9:30-11:30 a.m.

All rabies vaccinations administered will be valid for one year, unless documentation is provided for your pet's previous rabies vaccine. All are welcome

and we require that pets must either be in carriers or on a leash.

This clinic is made possible through the generosity of Veterinary and Rehabilitation Center of Cape Elizabeth, Boehringer Ingelheim, and the town of Cape Elizabeth Public Safety.



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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.

Wednesday, September 17

School Board Policy Committee, Town Hall, 8:30 a.m.

Thursday, September 18

School Board Executive Session, Cape Elizabeth High School, 5 p.m.
Fort Williams Park Committee, Cape Elizabeth High School, 6 p.m.
School Board Workshop, Cape Elizabeth High School, 6:30 p.m.
Energy Committee, Town Hall, 7 p.m.

Monday, September 22

Town Council Ordinance Committee, Town Hall, 4 p.m.
Spurwink Marsh Restoration Stakeholder Meeting, Town Hall, 7 p.m.

Tuesday, September 23

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

Thursday, September 25

Shore Road/Cliff House Beach Public Parking Forum, Town Hall, 6 p.m.
Thomas Memorial Library Committee, Thomas Memorial Library, 6:30 p.m.

Saturday, September 27

Film at the Fort, Fort Williams Park,

6:45 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 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: ccrcme.com for Cape information.

South Portland/Cape Elizabeth Rotary Club, 6:15 p.m. Wednesdays at 107 Preble Hall, Southern Maine Community College, 2 Fort Road, South Portland. sp-ce-rotary.org.

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
Sept. 23 - 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 10:00 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.

BUSINESSES/SERVICES

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CELT

Continued from page 13

receive notification of changes or cancellation.

Date: Saturday October 11

Time: 8:00 a.m. - 1:30 p.m.
 Location: Meet at Portland Headlight in the dirt parking lot closest to the light house.
 Cost: \$10 per person
 Min/Max: 6/15

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.

Date: Saturday October 11
 Time: 10:30 a.m. - 1:30 p.m.
 Location: Meet at CELT Office - 330 Ocean House Road
 Cost: \$5 per person
 Min/Max: 6/15

Bus lines owner supports military



Photo by Stephen Lyons (Garda)

Pictured above are U.S. Naval Academy Midshipmen with retired U.S. Marine Major David Cote, (A Maine Native and U.S. Naval Academy graduate) along with his two children Elise and Henry, and Dirigo Bus Lines owner Brent Berube.

As a way of supporting and honoring the U.S. Military, Berube provided free charter transportation for the Midshipmen while in Port of Portland/Casco Bay to visit Fort Williams and Two Lights State Park in Cape Elizabeth. Berube's action was more than words, but deed.

Dean's list announcements

The following students were named to the dean's list for the spring 2025 semester at the College of the Holy Cross in Worcester, Massachusetts:

- Owen Bromage**
- Caden Lee**
- Joseph McDonald**
- Matthew Picarillo**
- Andrew Trachimowicz**

Preschool Story Time: Fridays @ 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.

Children's Special Events

Music Lab: Ukulele, Thursdays from Sept 18-Oct 23 @ 3:30 p.m.

This six-week program is designed to teach the basics of how to play a ukulele for kids ages 7 -9. We will learn songs, play musical games, and explore storytelling through

Library

Continued from page 12

The capacity for this program is 25 people. Doors open at 10:25 a.m. Arrive early to secure your spot.

Toddler Story Time: Thursdays @ 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.

Have a Classified Ad, Announcement or Event?

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

Have a family announcement you would like to share?

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song. Ukuleles provided. This series is for TML patrons only.

Registration required, please sign up on our website. Note: Please check all the series events to secure your place, even if you will miss one or two. Child must be in attendance at the first session to secure a spot.

Please make your best efforts to attend, and please try not to miss more than one or two sessions. The first class (September 18), we will be checking out ukuleles for participants to take home.

The last class (October 23) will culminate in a performance at the library for parents, friends and members of the community. Ukuleles are provided for the duration of the program. No prior

music experience necessary.

Caregivers must be present in the library during the duration of the program.

*Registrants will be able to check out ukuleles to take home. Please use the child participant's library card or the parent/guardian's library card, if possible.

Dress Up and Dance, Saturday, September 20 @ 10:30 a.m.

Join us in the Library Community Room for 30 minutes of moving and grooving to our favorite playlist in special costumes.

For ages 2-5 and their caregivers. No registration required.

Cape Care starts 39th year

By Cape Elizabeth Community Services



Contributed photo

Cape Care teachers and educational technicians Martha Pulsifer, Casey Williams, Karen Holmes, Jennifer Murphy, Ellen Weaver, Verna Gordon and Jenny Allen. This September, Cape Care started its 39th year and offers pre-school, pre-kindergarten, before school and after school programs.

On Thursday, September 4, Cape Care welcomed back over 100 students enrolled in Pre-School, Pre-Kindergarten, Before School, and After School Care programs.

Cape Care Coordinator Kelly Phinney has overseen these programs for 15 years, and she continues to get excited at the start of a new school year.

Phinney leads an incredible team of teachers and educational technicians (pictured above) who transition Before-School Care students to their school, manage their own classrooms, and then transition them again to home, Community Services after-school programs, or After-School Care.

For many children, their day begins at the Community Center at 7:15 a.m. and concludes at 5:30 p.m. when their par-

ents arrive to pick them up.

In addition to the teachers and ed techs, Cape Care also employs college and high school students to assist the program leader with the students who attend the After School Care program. "There are a lot of moving parts to ensure kids get where they need to be, especially with the younger ones who are experiencing school or after-school care for the first time," said Phinney.

The first couple of weeks are always the most challenging. Ensuring everyone's safety is the top priority.

By the end of the month, parents, students, and Cape Care staff will have adjusted and developed new routines and friendships. Welcome back!

Fall has arrived



Photo by Martha Agan

Pumpkin display at Jordan's Farm.

High/low tide chart

		AM	ft	PM	ft	AM	ft	PM	ft
17	Wed	8:15	8.5	8:32	9.8	1:59	0.4	2:11	1.2
18	Thu	9:16	8.8	9:32	9.9	3:02	0.3	3:14	1.0
19	Fri	10:08	9.1	10:24	10.0	3:56	0.1	4:09	0.7
20	Sat	10:55	9.4	11:11	10.0	4:43	0.0	4:57	0.4
21	Sun	11:36	9.6	11:54	9.9	5:25	0.0	5:41	0.2
22	Mon			12:14	9.7	6:03	0.2	6:22	0.2
23	Tue	12:34	9.6	12:49	9.7	6:38	0.4	7:00	0.2
24	Wed	1:12	9.3	1:23	9.6	7:12	0.7	7:37	0.4
25	Thu	1:50	9.0	1:57	9.5	7:46	1.1	8:15	0.6
26	Fri	2:28	8.6	2:33	9.2	8:22	1.4	8:55	0.9
27	Sat	3:10	8.2	3:13	9.0	9:01	1.8	9:39	1.2
28	Sun	3:56	7.9	4:00	8.7	9:45	2.1	10:29	1.4
29	Mon	4:48	7.6	4:53	8.6	10:35	2.3	11:24	1.6
30	Tue	5:45	7.4	5:51	8.5	11:30	2.4		



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