

The Cape Courier

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In the Spirit of Community

CEHS fledgling DECA team shocks at Maine State Conference

By Kevin St. Jarre



Photo by Kevin St. Jarre

The CEHS DECA team competed in the Maine State Conference for the first time this year, with everyone doing well, and six team members coming away with awards. The team members are Hailey Fallon, co-president Avery Leonhirth, Lauren Gerety, co-president Isabelle Lee, Erik Frey, Brendan Oakley, Cassia Luhrman, Sophia Lee and Jonah Milton. Missing from the photo but attending was Willa Moore.

The Cape Elizabeth High School DECA team had an incredible showing at the Maine State Conference. In its first year of existence,

and competing against established programs from Falmouth, Oxford Hills, Lincoln Academy and the Maine School of Science and Mathematics, the Capers walked away with six different awards.

The four CEHS students who placed 1st or 2nd in their category also qualified for the International Career Development Conference held in Atlanta, Georgia in April.

DECA is an international organization that prepares emerging leaders and entrepreneurs in marketing, finance, hospitality and management. Students compete through rigorous exams and interactive "role-play" scenarios with industry professionals.

The team members said that they were simply excited to attend the state conference for the first time, and were not expecting to win any awards. Instead, the Capers were surprised at the amazing level of success.

Among all the competitors from those 5 participating schools, it was CEHS's Brendan Oakley who took 1st place in Business Finance and Lauren Gerety who won 1st place in Sports & Entertainment Marketing.

Also in the category of Business Finance, CEHS's Jonah Milton took 2nd place, and Erik Frey took 2nd place in Retail Merchandising.

CEHS DECA has three co-presidents, all

-see DECA page 9

Congrats to 5th grade Cape Hoops



Contributed photo

The Cape Hoops 5th grade boy's team capped off an undefeated regular season in the Maine Basketball League by winning the Russell Packett Tournament championship.

Pictured left to right, standing: Sam Ferraro, Henry Hug, Ben Wannemacher, Jack Mavodones, Ben Mitchell, Teddy Bakis, Silvio Cimato, Ambrose Marlow. Kneeling: Phineas Knott, Ivan Ritchie. Not pictured: Thomas Charpentier, Coach Lucus Ritchie, Coach Jeff Mitchell, and Coach Tom Marlow. Check out page 16 for additional recent wins by this team!

New rules for parking on Shore Road in area of Cliff House Beach

By Kevin St. Jarre



Photo by Kevin St. Jarre

Cliff House Beach in quieter times. New parking restrictions near the public beach are intended to alleviate safety issues on Shore Road and the surrounding neighborhood.

The Cape Elizabeth Town Council, approving recommended amendments from the Ordinance Committee, have addressed parking and safety issues on Shore Road in

the area of Cliff House Beach. The issue had been discussed for years as the number

-see PARKING page 5

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

NEXT ISSUE: Mar 24
DEADLINE: Noon, Mar 13

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'Disappointing year for environmental leadership'

2025 was a disappointing year for environmental leadership in Cape Elizabeth. Once again, the vocal opposition of a few outweighed the broader community's support for sensible actions, specifically the reversal of the decision to restore the Spurwink Road marsh. Meanwhile, Sawyer Road continues to flood and damage the marsh, with three major coastal storms in as many years causing erosion and blocking access. While the drive across the marsh is scenic, experts estimate it would cost a minimum \$10 million to rebuild Sawyer Road to withstand future floods—a steep price as climate risks grow.

If the town is committed to spending that money, let's be transparent and share the cost the tax payer must bear. Otherwise,

we should return the road to the marsh, as originally planned. The greater, less visible cost is the damage to our relationship with Scarborough. Scarborough's leaders invested time and resources in a joint plan with us, only to see Cape Elizabeth backtrack. That plan, which would have removed Sawyer Road and created a viewing point akin to the Rachel Carson Reserve, also secured \$1.59 million from the Maine Natural Resources Conservation Program. There is an excellent video about the planned restoration at https://youtu.be/AwjvW5Uny_g.

Can we recover that funding? Will Scarborough trust us again? These are questions we must address in 2026.

Tracy Floyd

It 'was the right call'

A previous letter to the editor criticized the school administration for enforcing consequences for students who leave campus during instructional hours. The administration was correct to do so. That is not politics — it is basic responsibility. Schools are entrusted with student safety and education. Rules cannot be suspended based on the popularity of a cause.

The letter also asserted that "American citizens have been killed on camera because they dared to peacefully protest." That is an emotionally charged and misleading oversimplification of complex, widely investigated events. Violent unrest and confrontations with law enforcement should not be casually reframed as the deliberate killing of peaceful demon-

strators. That kind of rhetoric generates heat, not clarity.

Public schools are not activist platforms. They exist to teach students how our constitutional system works — how laws are debated, passed and enforced — not to steer them toward one political narrative.

Immigration policy is debated in Congress and decided at the ballot box. Classrooms should remain places of learning, not political mobilization.

The administration upheld policy and neutrality. That was the right call.

Cynthia Troiano

Thanks for Cape trails

We would like to express our gratitude for the trail maintenance work of the volunteers of the Town and the Cape Land Trust. This winter has indeed been kind to those of us who enjoy being outdoors in the winter months. We have been frequent users of the trails at Gull Crest (town-owned) and Runaway Farm (CELT-owned), for cross-country skiing,

snowshoeing and walking. The groomed ski trails are especially appreciated — a special thanks to volunteer groomers Jay and Mike for keeping up with this season's bountiful snowfall so the community can enjoy it!

Marybeth Richardson

2026 Publication schedule		
Issue No	Ad/Copy Due	Issue Published
01	Jan 2	Jan 14
02	Jan 23	Feb 4
03	Feb 6	Feb 18
04	Feb 27	March 11
05	March 13	March 25
06	March 27	April 8
07	April 10	April 22
08	April 24	May 6
09	May 8	May 20
10	May 22	June 3
11	June 5	June 17
12	June 19	July 1
13	July 3	July 15
14	July 24	August 5
15	Aug 7	August 19
16	Aug 21	Sept 2
17	Sept 4	Sept 16
18	Sept 18	Sept 30
19	Oct 9	Oct 21
20	Oct 30	Nov 11
21	Nov 13	Nov 25
22	Dec 4	Dec 16

Multiple summonses issued for using cell phones while driving

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 12-30 An officer met with a subject regarding an assault complaint.
- 2-3 While on patrol an officer found a pipe locator and soil probe.
- 2-15 An officer met with a resident of the Spurwink Avenue area regarding a theft complaint.

SUMMONSES

- 2-3 Cape Elizabeth resident, operating vehicle while using a hand held device, Ocean House Road, \$85
- 2-6 Scarborough resident, uninspected vehicle, Spurwink Avenue, \$148
- 2-12 Cape Elizabeth resident, operating vehicle while using a hand held device, Route 77, \$85
- 2-13 Cape Elizabeth resident, operating vehicle while using a hand held device, Ocean House Road, \$85
- 2-14 Northfield, New Hampshire resident, unregistered vehicle, Ocean House Road, \$145
- 2-16 Portland resident, imprudent speed, Route 77, \$134
- 2-19 Richmond resident, operating after license suspension, Ocean House

- Road
- 2-19 Scarborough resident, speeding (54/45 zone), Route 77, \$114
 - 2-19 Yarmouth resident, operating after license suspension, Route 77
 - 2-20 Chilton, Texas resident, expired registration, Ocean House Road, \$85

ARRESTS

- 2-14 Rumford Maine resident, operating under the influence of alcohol, Ocean House Road.
- 2-21 Cape Elizabeth resident, operating under the influence of alcohol, Two Lights Road.

ACCIDENTS

- 2-5 Donna Donovan, accident on Spurwink Avenue.
- 2-10 Laney Fileo, Tammy Carlton, accident on Ocean House Road.
- 2-21 Dana Bruns, accident on Two Lights Road.

FIRE CALLS

- Fire calls: 12
- EMS calls: 50

Scam alert bulletin board

By Jessica D. Simpson

Helpline Alert: Government Impostors Rampant

The AARP Fraud Watch Network Helpline (877-908-3360) has seen a rise in impostors pretending to be government officials. Scammers are calling people, making claims like there's a warrant for their arrest, their identity was used to buy child pornography or launder money, or that the FBI needs their help to catch a thief. These criminals seek to get your money by wire transfer or crypto kiosks. Some even use the real names of FBI agents or sheriffs to appear legitimate when you search online.

Remember that government officials will never contact you unexpectedly to seek payment in any form. If you receive a contact like this, disengage, and if you're worried there may be a problem, contact the agency at a number or web address you know to be legitimate.

Keep an Eye Out for the Latest Travel Scams

Planning a winter escape? Don't let criminals ruin your trip with bogus deals, fake booking sites, or schemes designed to steal money or personal information. Scammers create fake vacation rental listings; apply pressure to pay upfront through wire transfers, gift cards, or other hard-to-trace methods. If a host asks you to pay outside the official platform, it's a scam.

Be cautious of steeply discounted offers and use a credit card whenever possible for added fraud protection. Before booking, verify the company or property. Search the name along with keywords like "scam," "complaint," or "review" to see if other travelers have reported issues.

Staying alert and taking a few extra steps can help ensure your winter getaway is safe, fun, and scam-free.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

News from February 17 Planning Board meeting

By Hanna Gilley

Front Porch, Ramp Amendments

Town Planner Maureen O'Meara presented to the Planning Board and to the public an overview of the "front porch, ramp" proposed amendments. These amendments make it possible for nonconforming lots to reduce the front setback of their property line from 20 feet to 15 feet in order to add a "five foot deep" farmers porch. Half of the wall of the porch has to be open or have windows, and the porch cannot exceed 10 feet in depth.

The amendments also will waive the setback requirements for an ADA disability access ramp. A ramp will not be part of the structural building, allowing for future conversion. Additionally, stairs to the porch would not be exempt from the decreased frontline setback.

Center Court Site Plan Amendment

Bob Metcalf of Mitchell and Associates, presented some adjustments to the site plan of a 35-unit residential building proposed for 300 Town Common Circle. Some of these changes include the building's footprint to be "wider, in the sense of pulling it from the back, forward." This will reduce the overall length of the building and provides for "better continuity and design for interior spaces" as well as helping with the design of the yard tank system for stormwater management. This change will also increase the setback from the rear buffer adding an additional 5.5 feet from the buffer for a total 13.5 feet.

Other changes to the site plan include window wells that will provide daylight into a basement level fitness center; a net reduction of impervious cover; a modification based on market demand from 18 one-bedroom and 17 two-bedrooms units to 16 one-bedroom and 19 two-bedroom units; reduced amount of exterior lighting; and a request for condition of approval for the potential future use of a generator on-site.

The Planning Board voted to approve the application unanimously. Planning Board member Natalie Burns recused herself from discussions and the vote due to a conflict of interest.

Cape Elizabeth Middle School Project Site Plan

Matt Rebasco of Gorrill Palmer presented an overview and revisions to the Cape Elizabeth Middle School and Pond Cove Redevel-

opment Project site plan application to the Planning Board and to members of the public.

The overview included mention of a temporary, extended parking lot that will be demolished after final construction is completed and covered with all-purpose athletic field material; a proposed admin addition to the front of the middle school, an addition of a mechanical room to replace the boiler room; and an expanded bus loop to fit 8 school buses and expanded vehicle queuing area for drop off/pick up.

Revisions to the project's site plan include a reduced size of the westerly parking area with enhanced pedestrian access to the abutting neighborhood; removed a bike path and crosswalk that was intended for the new drop off/pick up area; reconfigured the bus loop to enlarge the interior courtyard area; added flashing beacons to pedestrian signage; relocation of the batting cage; and the addition of more storage sheds for outdoor recreation.

The Planning Board voted to approve the application in terms of completeness. A site walk was scheduled for Monday, February 23, 2026 at 4:00 p.m. Site plan review and a public hearing will be held during the planning board's regular meeting on March 17, 2026. Al Palmer recused himself from discussions and the vote due to a conflict of interest.

Jordan Ridge Subdivision

Peter Beagle, landscape architect and site planner with Land Design Solutions, along with Silas Canavan, civil engineer with Canavan Civil Consultants, presented the site plan for the proposed Jordan Ridge subdivision.

The proposed subdivision is located off Spurwink Avenue, across from Pheasant Hill Road, and between Greenview Drive, Deer Run Road and the Cross Hill subdivision on Tiger Lily Lane. The proposed development area consists of 21.95 acres from lot 24, the "Strout parcel," and 12 acres from lot 30 for a total of 33.95 acres. In the center of the proposed subdivision exists 4.8 acres named the "tower parcel area" and is not owned by the project. The applicants have a use easement for the tower parcel and will be considered green space.

The applicants are proposing 34 total units with 14 single family residences and 20 multifamily units for a duplex condominium section. The "loop road" will have two access

-see PLANNING BOARD page 15



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News from the School Board

By Cindy Voltz

I hope everyone had a restful winter break and found some time to enjoy the snowy days that February brought our way. As we look ahead to a busy stretch before spring, I'd like to share some important dates and updates from the School Board.

March 16 – Cell Phone Community Forum (6:00–8:00 p.m., CEHS Cafeteria)

There will be a Community Forum on Student Use of Cell Phones and Other Electronic Devices on March 16 from 6:00–8:00 p.m. in the CEHS Cafeteria. Over the past several months, the Policy Committee has been reviewing School Board Policy JICJ and examining current phone management practices, research and feedback from our school community.

During the forum, school leaders will share information about how current practices are working and highlight key takeaways from the recent CEHS parent, student, and teacher survey. Most importantly, this will be an opportunity for community members, parents, and students to share perspectives, engage in conversation, and help inform next steps. We encourage everyone interested in this topic to attend and take part in the discussion.

March 31 – Budget Workshop (6:30 p.m., CEHS Library)

Our annual budget workshops are underway, and the next session will take place on March 31 at 6:30 p.m. in the CEHS Library.

These workshops allow the board to review detailed presentations, ask questions and carefully consider how best to allocate resources. Our goal is to develop a fiscally responsible budget that supports strong programming and positive outcomes for students. Community members are welcome to attend and observe the process.

April 1 – School Building Committee Meeting (5:00 p.m., CEMS Chorus Room)

It's exciting to see the project continuing to gain momentum as the new middle school and Pond Cove renovations move closer to becoming a reality. The Planning Board deemed the application complete in February, with a public hearing scheduled for March 17. The timeline remains on track, with construction bidding in late May and groundbreaking anticipated in mid-July 2026.

Community members can follow the project's progress and learn more at <https://www.cape.k12.me.us/page/buildingproject>.

Updates from the February 10 School Board Meeting

I'm pleased to share that the district has received a School Revolving Renovation Fund (SRRF) grant to support a new communications system at Pond Cove Elementary School. This investment will enhance both safety and building operations. A special thank you goes to Facilities Director Dave Bagdasarian and Business Manager Marcia Weeks for their diligent work in securing this funding for our schools.

Two students from the Extended Learning Opportunities (ELO) Program spoke with the board about their experiences in the program. Hearing directly from students is always a highlight, and we continue to be impressed by the depth and creativity demonstrated in their projects.

Also at the February 10 meeting, the board received an update on the Cape Care Public Pre-K program, which launched in 2023. The program has two classrooms and serves up to 30 students. It uses the Pre-K for ME curriculum, and provides enrichment opportunities such as swim lessons and Spanish, with a strong focus on play-based learning and early literacy and math skill development.

All School Board Meetings are recorded and meeting materials and other updates are available on the school department website. Thank you for your continued support of our schools.

Scammers impersonate town officials in phishing attempts

By Kevin St. Jarre

Sully McCarthy works for the town of Cape Elizabeth, and wants to bring a new phishing technique to the attention of Cape residents.

Scammers are impersonating officials, or official departments, within the town of Cape Elizabeth municipal government in emails to members of the community. These messages direct people to wire money to municipal boards and to pay permit fees.

McCarthy said, "They have become rather sophisticated. There have been many towns across Maine experiencing this."

He provided an example what is being sent to unsuspecting residents:

From: Planning Commission Town of Cape Elizabeth <Planning.TownofCapeElizabethME@usa.com>

Sent: Tuesday, February 10, 2026 7:34 AM

To: [YOUR EMAIL ADDRESS]

Subject: Application Review and Approval Fee for [ADDRESS]

Town of Cape Elizabeth - Planning Commission

320 Ocean House Road Cape Elizabeth, ME 04107

Dear [RESIDENT NAME],

I am writing regarding the enclosed invoice associated with the Major Subdivision and Resource Protection Permit application submitted on behalf of [NAME, LLC] for the proposed open space subdivision located at [STREET ADDRESS] in Cape Elizabeth.

This invoice reflects the required application review and approval fee, which is assessed in accordance with municipal regulations governing the administration, technical review, and processing of subdivision and resource protection permit applications. At this time, settlement of the attached invoice remains outstanding.

We wish to emphasize that staff have completed their review of the submitted materials and have recommended approval of the application. In order to maintain the project's current momentum and to streamline the approval process without delay, it is essential that this invoice be settled promptly. Payment of this fee enables the municipality to continue advancing the application through the remaining procedural steps, including agenda placement and formal Board consideration.

For clarity, the application review and approval fee plays a critical role in supporting the following functions, which are integral to responsible and timely application management:

- Application Management and Coordination
- Ensures accurate intake, tracking, doc-

umentation, and administrative oversight of complex development applications throughout the review lifecycle.

- Technical and Professional Review
- Supports staff and consultant time dedicated to zoning analysis, subdivision review, environmental and resource protection evaluation, and compliance verification.

- Approval Processing and Recordkeeping

Covers preparation of findings, conditions of approval, decision documents, and permanent records required for legal and regulatory compliance.

- Site Visits and Field Inspections

Compensates for staff time and logistical costs associated with on-site evaluations necessary to confirm existing conditions and assess proposed impacts.

- Public Hearings and Board Review

Offsets the administrative and operational costs of Planning Board workshops, hearings, meeting preparation, public notices, and minute preparation.

- Technological Maintenance and Digital Infrastructure

Supports electronic permitting systems, document management platforms, GIS tools, and long-term digital storage required for public access and auditing.

- Institutional and Infrastructural Compensation

Ensures continuity of municipal services, staffing capacity, and regulatory infrastructure that enable predictable and transparent land use review.

To avoid any interruption in scheduling or approval timelines, we respectfully request that payment be initiated as soon as possible. Please note that final approval actions and continued processing are contingent upon receipt of this fee.

Next Steps

To complete payment and confirm settlement, please follow the steps outlined below:

1. Reply to this email to formally request wire transfer instructions for the attached invoice.
2. Initiate payment in accordance with the wire instructions once issued.
3. Return payment confirmation or receipt to this email address so that settlement can be verified and recorded.


For auditing purposes, agenda coordination, and efficient case management, all correspondence related to this application must be conducted via email. This ensures accurate documentation and timely inclusion in Planning Board materials.

Should you have any questions regarding the invoice, payment process, or application status, please feel free to respond directly to this message. We appreciate your prompt attention to this matter and look forward to continuing to work

-see SCAM page 15

Got a story to share? Email us! 
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Parking

Continued from page 1

of people parking along the road increased year after year, creating issues for residents attempting to drive, walk or ride their bikes through the neighborhood.

The council voted 6-0 in favor of the amendments. Last July, the Town Council met to discuss the issue, and then held a forum for residents who live near Cliff House Beach.

At the July 2025 Town Council meeting, several members of the public rose to share their concerns, and first to speak was Cynthia Troiano, who brought with her a petition she circulated, signed by more than 250 residents of Cape Elizabeth voicing their support for changes on the issues.

Troiano said she video-recorded Shore Road for 45 minutes, and saw drivers making U-turns, ostensibly to gain a parking spot to access the beach. She said that one driver even “drove onto the sidewalk.” She said people crossed the road without using the crosswalk that was “just steps away.”

Troiano said cyclists “were squeezed between parked cars, buses and nonstop traffic and it was absolute chaos.” She said local residents have witnessed people changing and “naked in front of their homes, cutting through their yards, and picking vegetables and produce from their gardens.”

She said she walked from Shore Road down onto Sea View Road, and not a single parked car had the required resident sticker. Troiano said that the new parking lines have made Shore Road less safe, forcing residents to inch out into Shore Road, attempting to see around parked cars, as they enter traffic. “This makes no sense,” Troiano said.

She said that limiting parking to one side of Shore Road will not solve the problem, and that the only way to fix the problem is to ban all parking on Shore Road from May to October, and that adjacent side streets must be resident parking only “to prevent the problem from coming into our neighborhoods.”

Much of what Troiano said was echoed by several residents who spoke after she did, recounting their own experiences of having to inch their way into Shore Road in order to see if there is oncoming traffic, because parked cars were blocking their view.

Other points made included the number of beaches in neighboring towns which have parking restrictions, with one resident pointing out that at South Portland’s Willard Beach, there are stretches of road where parking is completely banned.

The council and the Ordinance Committee held meetings and worked hard on the issue, taking every voice into account. While many potential solutions were proposed, the newly approved way forward won out.

From May 1 to October 1, spanning the months when cars parking along that part of Shore Road has surged, the amendments prohibit all parking on Shore Road, and set limits on adjacent streets that are located within a newly designated “Shore Road 1 Parking District.” Parking within this district is limited to Cape Elizabeth residents. Residents who live in the district will be provided with two guest passes and may obtain up to 10 one-day passes for a single

event per calendar year. In addition, the amendments include a provision that temporarily suspends the no-parking restrictions to accommodate a single community event approved by the Town Council.

At the February 18 Council Meeting, councilors expressed general support for amendments, but acknowledged the challenges of developing a solution without flaws. Councilor Jonathan Sahrbeck, who is also a member of the Ordinance Committee, said prior attempts to reduce parking on Shore Road did not fix the problem. Sahrbeck praised town staff for their ongoing efforts and collaboration with residents, saying, “It wasn’t for a lack of trying...but the safety issues we saw this summer really necessitated another change.”

Posted on the town’s website, Councilor Andrew Swayze said that while he was in favor of the amendments, “I don’t think it’s perfect, but I think it’s a good step forward in what we want to get done,” and advocated for a future infrastructure project to address Shore Road in general. Swayze encouraged residents to email the Traffic Safety Working Group with feedback on the ordinance’s effectiveness.

Councilor Penny Jordan said she had originally planned to vote against the amendments, “It really saddens me that these are the steps that we have to take,” but acknowledged that the highlighted issues residents in the neighborhood had experienced shifted her vote. “I’m hoping that when we can address the issues with Shore Road and maybe redesign it at some point, because we know it needs to be upgraded, we might be in a different place. But, I hope this works for everybody, and so we shall see how it goes.”

Councilor Stephanie Anderson, also a member of the Ordinance Committee for all iterations of proposed solutions, emphasized that the amendments really stem from citizen voices over a period of time, “We really have had a citizen movement here that’s been going on for well over a year. It [the solution] is not perfect, but I think it’s really great.”

Councilor Tim Thompson, a former member of the Ordinance Committee that put forward earlier solutions, said, “Even when there are difficult situations or difficult solutions that are not quite perfect, the one that was most overriding for me was just the safety issue. I think this solution very adequately addresses the safety issues.”

Chair Elizabeth Scifres expressed reservations about the proposed amendments but shared her firsthand safety concerns from last summer when driving through the neighborhood. “We are not blowing it out of proportion. We have this high-use area, which includes traffic to Fort Williams,” and the overall design of Shore Road. Scifres said she hopes the amendments will address many residents’ safety worries, but also noted that enforcement and compliance will involve financial costs. “It’s not a reason I would vote against it; it’s something I want to raise up in front of the community for people to understand that we are going to be responsive. [...] It’s not a perfect solution. It does have implications that we’re going to have to deal with.”

Cape career coach

By Holly Smevog

Holly Smevog is a Cape Elizabeth resident and founder of HMS Career Coaching, a team with over 15 years of experience helping professionals navigate career transitions and find fulfilling work. For career advice, please email your questions to editor@capecourier.com.

Dear Cape Career Coach,

I graduated Cum Laude in Computer Science and worked for 2 years at a healthcare software company before leaving because it was too bureaucratic. In theory, I should find a job easily - my resume reads with a prestigious school, experience with Java, Python, C++, React, databases and enterprise software development. I even have an Economics minor and strong math skills.

But reality bites. For 2 years, I’ve applied to positions matching my exact skillset and gotten nothing but rejections. What’s going on? Going back to school isn’t an option - I don’t have faith left in that approach after my previous education hasn’t gained traction.

What am I doing wrong?

—Not an “Other Candidate”

Dear “Not an ‘Other Candidate,’”

I hear your frustration, and you’re right - on paper, you should be landing interviews. But here’s the hard truth: two years of rejections means you might be solving the wrong problem. You’re trying to get better at applying when you need to stop applying altogether.

Let me be direct about what’s likely happening. That two-year gap since leaving your last company could be a red flag to employers, especially combined with applications coming through job boards where AI screeners filter you out before human eyes ever see your resume. You’re not losing to “other candidates” - you’re probably losing to algorithms.

If 2 years of applications haven’t worked, let’s shake it up. The fastest path to interviews is through human connections, not job boards. Set a goal of 3-5 informational interviews weekly with people doing work you want to do and ask for two more names in each meeting. Reach out to alumni from your school at target companies. Attend local tech meetups or user groups. Message hiring managers directly on LinkedIn explaining why their company interests you. One of my clients

applied to over 400 positions online before we met. We shifted to networking - he landed a role within weeks.

Employers want to know how your skills have stayed current. Building a GitHub portfolio showcasing recent projects, if you don’t have one, could be a good move. Consider contract or consulting work to get recent experience on your resume and rebuild momentum. In interviews or networking conversations, have a crisp 30-second explanation ready: “After my last role, I took time to deepen my technical skills in [specific area] while exploring opportunities that align better with my work style.”

You have a rare combination: strong technical skills plus economics and math background. Are you actively pursuing fintech, quantitative analysis, or data science roles? Sometimes the perfect job isn’t titled “Software Engineer.” Companies in financial services really need people who can code AND understand business fundamentals. Your enterprise software experience translates directly to fintech infrastructure. This could be your competitive advantage.

Having the right technical skills doesn’t guarantee interviews if employers can’t see how you’ll solve their problems. Customize each application to show how your experience translates to their specific challenges. Focus on impact and results, not just technologies used.

One last thought: You mentioned curiosity about radically different fields. Sometimes our frustrations point us toward better-fit paths - but make that decision from a place of attraction toward something new, not as an escape from current difficulties. I’m confident you can land something in tech if you shift your approach from mass-applying to relationship-building.

Good luck!

~Cape Career Coach

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Troxell sets new race course record in Cape Elizabeth

By Stephen T. Lyons (Garda)

The air at Cape Elizabeth High School was thick with the scent of coffee and the nervous energy of 490 runners, a far cry from the humble group of 17 that first braved this course in 1982. On Sunday, March 1, 2026, the Mid-Winter 10 Mile Classic proved exactly why it's a legend of the Maine Track Club circuit. Originally sidelined by February's brutal weather, the postponed date delivered a cinematic three-act play of Maine elements: snow, wind and glory.

As the start of the race, a soft, wintery powder fell from the sky, dusting the singlets of the elite pack. Among them was Alec Troxell, who looked like a man on a mission from the first stride. While the 34 local Cape Elizabeth runners felt the hometown pride, Troxell was focused on history. By the time the pack hit the middle miles, where the "unpredictable" coastal winds began to howl off the Atlan-

tic, Troxell had already gapped the field. He didn't just win; he shattered the course record with a time of 48:42, cementing his name as the new king of the loop. The four fastest runners beat the previous course record held by Judson Cake (50:57). Dan Vassallo of Peabody, Massachusetts, who won the race in 2013 and 2025, set a new masters record at 52:09. Chris Dunn of Eliot took first place in the non-binary division in 59:14.

The women's race was a class in legacy. Karley Piers took the tape in a stunning performance that echoed across this winter classic. Her mother, Sheri Piers holds the Open and Masters female record for the race (57:25, set in 2013). As she navigated the rolling hills and scenic coastal vistas, the snow gave way to a biting wind that tested the grit of athletes from 13 different states.

-see RACE page 16



Photo courtesy of Chandra Leister

Runners wait to start the 2026 Mid-Winter 10 Mile Classic.

Winter work at Fort Williams Park

By Jim Kerney
Fort Williams Park Committee



Contributed photo

Skilled masons repair the arches and sills at the Goddard Mansion.

Despite frigid temperatures and frequent snowstorms, work crews have been forging ahead on two important projects at Fort Williams Park this winter.

After 65 years of decay, fires, vandalism, study, debate and funding challenges, repair work has finally started on the Goddard Mansion.

The primary focus is to stabilize and restore the front and south sections of the mansion before the fort gets busy this spring. The old fencing, barbed wire and rusty signs have been removed from the front while skilled masons have been painstakingly repairing the stone arches and sills to stabilize the walls for safe access. Many of the invasive Norway Maple trees have been removed from

the view corridor behind the mansion in preparation for rebuilding the stairs down towards the ocean. In addition, new wrought-iron safety gates, decorative fencing, and landscaping will be added before an open-air micro-museum within the old carriage house opens in the spring.

While restoration work continues at the historic Goddard Mansion, a second project is taking shape within the park. A new Pond Pavilion is being erected at the site of the old stone steps between the tennis courts and the pond. The native post & beam structure will provide protection from the sun, wind, rain and snow for tennis players, skaters, and people enjoying the recently revived pond. In addition, the pavilion will be used for outdoor learning activities and other local gatherings.

Both projects are components of the most recent Fort Williams Master Plan which focuses on the long-term preservation and sustainability of the park. The Friends of Fort Williams Park, a 501(c)(3) organization, will be helping by providing fresh landscaping around both the mansion and pavilion.

These projects have been made possible through the combined efforts of local vendors- including Davey Tree, Tamaro Landscaping, Gnome Masonry, LP Murray, Burns Fencing, William Royall Custom Builders, All Over It Creative, and Maine Mountain Timber Frames - working alongside dedicated Cape volunteers.

In addition, The Fort Williams Park Committee is preparing to start work on several other efforts in the Master Plan this year. These include a new children's playground near the Children's Garden as well as much overdue repairs to Battery Blair which is another micro-museum in the gun battery just east of Central Parking.

Together, these efforts reflect the committee's continued commitment to preserving Fort Williams Park while expanding its value as a shared community resource.

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CEHS Care Closet continuing to support students

By Kevin St. Jarre



Photo by Rosamond Gross

Clara "Birdie" McAnuff, CEHS class of '28, working with Sarah Hoopes, is the manager of the Care Closet at CEHS. McAnuff is responsible for inventory, organizing and filling anonymous orders for her peers.

The Care Closet at Cape Elizabeth High School has its roots in the 2024-2025 school year, with the support and action of CEHS Assistant Principals Elizabeth Yarrington and Andrew Lupien, and through a generous CEEF grant. Prior to this, it was a small grassroots effort between members of the social work and counseling departments. Social Worker Danielle Grimes and Counselor Elizabeth Thomas are the current Care Closet Coordinators.

The mission of The Care Closet is to help offset unmet basic needs for high school students experiencing financial hardship, with dignity and kindness, so that they can return their focus to their education. The closet offers undergarments, shoes, basic clothing, winter gear and personal hygiene and menstrual care products. Students may also be connected with other resources available to help support their specific needs.

Clara "Birdie" McAnuff, a member of the CEHS class of '28, working with Sarah Hoopes, is the manager of the closet.

McAnuff is responsible for inventory, organizing and filling anonymous orders for her peers. When asked why she wanted to get involved with care closet, McAnuff said, "I just wanted to get involved and have a positive impact on my peers and school community. My goal is help as many people who need it and make the space look nice."

The Care Closet is entirely dependent on donations, both financial gifts and new/unused items, in order to continue serving the community.

For more information, to complete a Cape Care needs request form, or if one would like to make a donation, please contact Elizabeth Thomas at ethomas@capeelizabethschools.org. Make checks payable to Cape Elizabeth High School.

All other donations can be dropped off at the CEHS School Counseling Office. The Cape Closet Amazon wish list can be found at: <https://www.amazon.com/hz/wishlist/ls/2HKQYLNGQFX47>

Love & Light at the library

By Rachel Davis
Director, Thomas Memorial Library

This year's Lantern Festival & Parade brought around 300 people out into the cold to share in the joy of light and the warmth of community. Thank you to all who attended the event!

We'd also like to thank CEPD Officers Dave Galvan and Kevin Koberger for enthusiastically serving hot chocolate to the crowd, the TML Foundation for funding the supplies, and all the volunteers who helped make lanterns, set up our illuminated village, and brought baked goods. We're also grateful to the Ideal Maine Social Aid and Sanctuary Band for providing an amazing New Orleans Jazz-style musical accompaniment.

The biggest thank you goes to the amazing Gabby Doane, our volunteer Festival Coordinator, without whom this event would not have been possible! Gabby attended our first Lantern Festival in 2024 with a vision to make a little event a big community-wide celebration. She brought ideas, creativity, considerable stamina and skill to this event, from planning and conducting workshops to

wrangling volunteers and securing a fantastic band.

If you'd like to join us in making next year's event an even bigger community celebration, please email me at rdavis@thomas.lib.me.us to express your interest. We'll be putting together a 2027 planning committee soon!



Photo by Gabby Doane

A pyramid lantern.



Photo by Gabby Doane

An illuminated Portland Head Light.



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Artist Erika Jâmece exhibiting her work at TML in March

By Kevin St. Jarre



Contributed photo

Titled "Kanjinvi flies over the Portland observatory," this piece features a character Erika Jâmece created, named Kanjinvi, a very cheerful bird that appears in many works.

Erika Jâmece, an artist born in Luanda, Angola, has her work on display in Thomas Memorial Library's Stier Family Gallery for the month of March. Jâmece is an accomplished multimedia artist whose work reflect a rich, globally informed practice.

Jâmece is an artist with loose and vigorous brushstrokes working across painting, mixed media and installation. "My work explores identity, culture, memory and the symbolism of the rainbow. Through color and layered materials, I aim to create spaces of reflection, resilience and connection," she said

Her most recent project is a curated selection of works presented in a solo exhibition that explores transformation, heritage and the emotional language of color. Jâmece said, "The exhibition brings together layered textures and vibrant palettes that reflect both my Angolan roots and my global artistic journey. It invites viewers to experience color as both movement and memory."

She is currently working on a new body of work that continues to explore chromatic storytelling, utilizing bold color transitions and symbolic forms to represent personal and collective evolution. "I am also experimenting with new materials that expand the tactile dimension of my pieces," Jâmece said.

When asked what drew her to art in the beginning, she replied, "Art drew me in as a child growing up in Luanda. It was both a

form of expression and a means of freedom. I was fascinated by how color could communicate emotion without words. Creating became a way to process experience and imagine possibility."

She said her artistic process is intuitive yet intentional. "I often begin with a feeling or concept rather than a fixed image. Layers build over time, some planned, others discovered in the moment. I allow the work to guide me, responding to color relationships, texture, and energy as they emerge," Jâmece said.

When asked what one thing would really help with her art, Jâmece said, "More expansive studio space would allow me to work on larger-scale pieces and installations simultaneously. I'm always imagining work that grows beyond the canvas."

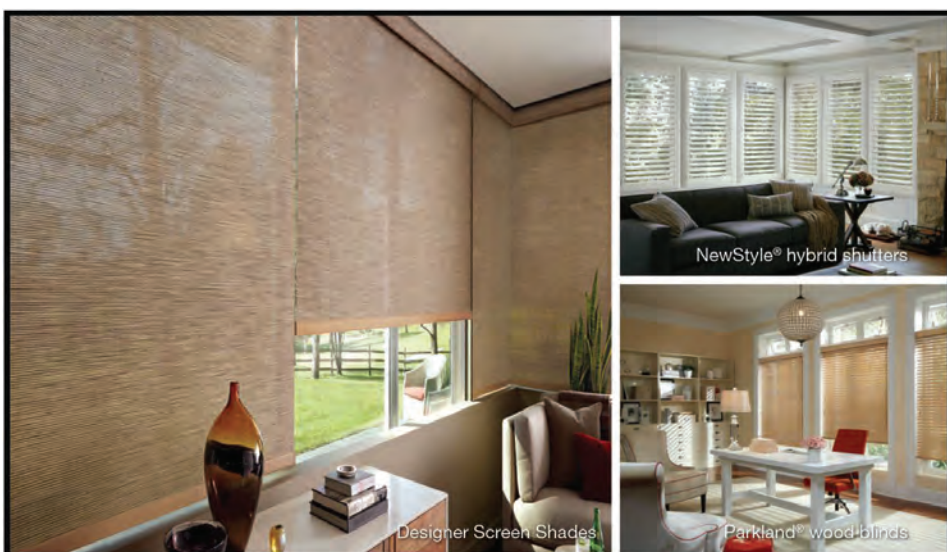
She has advice for others interested in getting better with art. "Stay curious and stay consistent. Don't wait for perfection; create regularly. Study your influences, but trust your own voice. Growth happens through experimentation and persistence," Jâmece said.

Those interested in learning more about Jâmece and her art can follow her work through her website and social media platforms, where she shares current projects, exhibitions and upcoming events. Find her website at: <https://arterikaj.com> and her Instagram at <https://www.instagram.com/jameceerika>



Photo by Cape Verdean photographer Alexandre Conceição

Erika Jâmece is an artist who inspires other artists through her style and image, as well as her artwork, which brings together layered textures and vibrant palettes that reflect both her Angolan roots and her global artistic journey.



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CELT joins with Portland-area land trusts to present World Trails Film Festival

- Fundraising screening features multiple award-winners
- 1.5-hour program with multiple films from around the world

The Cape Elizabeth Land Trust (CELT) and nine other Portland-area land trusts and trail organizations will present the World Trails Film Festival at USM's Hannaford Hall on Saturday, March 28 at 6:30 p.m. Tickets range from \$5-15 and are available for purchase at www.cape-landtrust.org/events. Previous locations of the festival have included Lebanon, Greece, Hungary, Taiwan, the United Kingdom and Spain. This screening aims to bring together Portland-area trail lovers to celebrate local trails, learn about regional trail efforts, and enjoy films that highlight the power of trails.

Saturday night's program will start with a panel discussion that focuses on Portland-area trail efforts before screening multiple award-winning films coming from the United States and around the world. Together, they reveal the beauty of landscapes and cultures experienced while walking, keeping motivated in the face of challenging expeditions, serendipitous trail magic and why trails matter to communities around the world.

"This is the second year that CELT has joined with our colleagues in the Portland land trust community, and we are very excited. Last year's film was a sell-out and we're sure that the community will come together to support us once again," said CELT Executive Director David Briman. "March in Maine is a great time to get together to celebrate the conserved lands and trails we are so lucky to have."

"The World Trails Film Festival is made by and for trail-loving communities worldwide and we're very excited partnering with the Portland-area land trusts to bring our films to Portland," said Jay Simpson, Festival Director of Trails Film. "Presented on the big screen, our films reflect the many ways trails play a vital role in our lives and communities. Trails bind communities together, let us see the beauty of the world, lead us on adventures, and so much more."

Tickets are \$15 for adults, \$10 for students, \$5 for kids and free for anyone

who identifies as needing a free community ticket. Tickets can be purchased at www.cape-landtrust.org/events.

Who: World Trails Film Festival and ten Portland-area land trusts

What: World Trails Film Festival Portland Premiere

When: Saturday, March 28; doors open at 6:30 p.m., a panel discussion about regional trail efforts begins at 7 p.m., and the film screening begins at 7:30 p.m.

Where: USM's Hannaford Hall (88 Bedford Street, Portland)

How: Tickets available at www.cape-landtrust.org/events.

Video, Photos, & More Information:

- The trailer for the World Trails Film Festival can be found at: <https://www.youtube.com/watch?v=SKd5DEiryI0>

- See photos from every film at: <https://trails.film/films/>

Social Media:

- The World Trails Film Festival on Instagram and Facebook.

About World Trails Film Festival

The World Trails Film Festival fosters collaboration and networking among trails organizations and enthusiasts, connecting people with landscapes and cultures around the world. To learn more, visit <https://trails.film>.

Partner Land Trusts

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 Maine Land Trust Network

DECA

Continued from page 1

sophomores, who got the team started in the spring of their freshman year. Those young leaders are sisters Sophia and Isabelle Lee, and Avery Leonhirth. In the competition, Sophia Lee took 3rd place in Entrepreneurship and Avery Leonhirth won 3rd place in Principles of Marketing.

Isabelle Lee, Willa Moore, Cassia Lührman and Hailey Fallon also put in strong competitive efforts.

The Lee sisters and Leonhirth found a faculty member to be listed as the team's advisor, but the lion's share of the work was done by the co-presidents. They recruited members, collected dues and conference fees, worked with the school to turn those into payments to DECA, organized parental permission slips, all the while coordinating and in constant communication with adult Maine State DECA representatives.

Leonhirth said of the experience, "We originally got the idea to start DECA during freshman year, after seeing it repeatedly on social media, but we didn't really know where to start. It was pretty difficult in the beginning to get the club off the ground, and we weren't expecting it to entail as much as it did. Once we finished the zooms with Maine DECA and registered all of our members, it was very smooth sailing from there! We went into the Maine State Conference expecting it to be a learning experience for next year, and not really thinking about winning. That's why it was so exciting and honestly surprising when we learned our results. We can't wait to

watch this club grow, and we're so proud of everyone for their hard work!"

Sophia Lee said, "Just to add onto what Avery said, we got the ideas from seeing videos of ICDC online. Getting off the ground, we had a meeting with Dr. Greenburg and discussed what the club would look like and how it would benefit students, because we don't really have a club like DECA at our school where students can learn more about business and compete in a competition. Repeating what Avery said, we met with Maine DECA and after that meeting many of our questions were answered about how to bring DECA to our school. So then we had meetings about what topics the members would like to compete in, and we got them registered and were given an invoice of the money we owed to be a member and then compete in the competition. We all went into the conference just as a learning experience, in hopes that we will improve enough next year to send some of us to ICDC. Speaking for myself, I was extremely happy about the results and proud of everyone who competed. Planning for the future, Isabelle is applying for grants so we will be able to pay for some of our members to travel to the next ICDC conference. We have heard that many students are interested in DECA, so hopefully we can bring more students next year to the conference. Discussing our morning meetings we usually wouldn't study or research any topics, but in the future we would like to dive deeper into what the roleplays and the test look like. Since the three of us had not been to the conference before, we really didn't know what to expect, but the results were amazing. Next year we hope to improve and go to ICDC!"



Photo by Kevin St. Jarre

Six members of the fledgling CEHS DECA team won awards in the recent Maine State Conference. The winners were: Erik Frek-2nd place in Retail Merchandising, Sophia Lee-3rd place in Entrepreneurship, Avery Leonhirth-3rd place in Principles of Marketing, Lauren Gerety-1st place in Sports & Entertainment Marketing, Brendan Oakley-1st place in Business Finance and Jonah Milton-2nd place in Business Finance.

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

Dr. Marta Agrodnia
 DVM, DACVS-SA

Capetoon: We need to grow more

By Jeff Mandell



Community garden openings

Are you interested in growing your own organic produce, herbs, and flowers in a sunny location with tools, water and supplies provided? You can do so at the Cape Community Gardens with a friendly community to provide camaraderie and support! Cape Elizabeth is home to two Community Gardens – one at Maxwell’s Farm and the other at The Gull Crest Fields.

After taking a rest this winter, we are looking forward to the upcoming season. We already have a pretty long waitlist so we don’t

anticipate having too many openings this year but if you might be interested in joining or re-joining the Cape Community Gardens at either location, please send an email to Rachel Stamieszkin at rachel.piotr@gmail.com with your name, mailing address, phone number and whether you have a preference for the Maxwell Farm, Gull Crest Fields location or no preference/whichever has the first opening.

You will be added to the waitlist in the order in which your email is received. We hope to see you in the garden!



Contributed photo

Gardeners at one of Cape’s two community gardens.

CEEF welcomes Dienstag and Higgins as new board members



Contributed photo



Contributed photo

The Cape Elizabeth Education Foundation (CEEF) recently welcomed Grier Tumas Dienstag (pictured above left) and Joe Higgins (pictured above right) as the two newest members of their board.

The Cape Elizabeth Education Foundation (CEEF) recently welcomed Grier Tumas Dienstag and Joe Higgins as the two newest members of their board.

Grier Tumas Dienstag started her career in the social sector, working with education-focused non-profits and foundations. Today, she helps large companies set and achieve their objectives, including growing faster, reaching more people, and better utilizing technology. CEEF has many of the same goals all in service of a compelling mission.

Grier and her family moved to Cape Elizabeth partially because of the excellent reputation of the public schools. She likes that CEEF invests directly in the school district with support of the teachers, administrators, and students, all of whom can apply for CEEF grants. She loves that CEEF is able to support outstanding enrichment opportunities, including the the high school girls leadership trip and the 3D printers coming to the middle school, while also supporting some of the urgent needs that the school budget simply aren’t large enough to cover, including grants to replace the high school’s failing large format printer and covering a portion of the unexpected increase in the Chewonki trip expenses.

“My children benefit from CEEF’s investments, and I hope many future gener-

ations of Cape students do too,” said Grier. “My son and daughter loved the CEEF grant that brought the Charlie Bumpers series to Pond Cove, and my son is very excited about Mr. Polletta’s upcoming CEEF-funded maple syrup project. I’ve served on the boards of several education non-profits and I am excited to support an organization closer to home.”

Born in Portland, Joe Higgins spent part of his childhood in Greenwich, Connecticut and Paris, France, before returning to Maine. Cape Elizabeth has remained a central part of his life, with family ties to the community spanning generations. His grandparents lived in Cape Elizabeth, and his parents moved to the town in the 90s, enabling him to attend Cape Elizabeth High School.

While at CEHS, Joe competed on the varsity basketball and tennis teams. Today, he lives next door to his parents in Cape with his wife Mara Higgins, a merchandising manager at L.L.Bean, and their two daughters, Audrey (CEHS Sophomore) and Eliza (5th grade). Outside of his professional work, Joe enjoys travel photography and community involvement.

Joe said joining the board is an opportunity to support the schools that shaped his own experience and career. “Cape Elizabeth has always felt like home to me,” Joe said. “I’m grateful for the education and support I received here, and I’m excited to give back by helping ensure today’s students have access to the same opportunities and resources I had, if not more.”

Joe brings more than 20 years of experience in investment services & sales, and currently serves as Managing Director of a New York City-based service provider, where he specializes in the Exchange Traded Fund (ETF) industry. In this role, he supports services overseeing more than \$500 billion in ETF assets across over 1,000 ETFs.



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Local birding report

By E. Brooks Bornhoff

After a long easterly winter storm—when the dark blue seas are still heaving and the wind swings briskly into the northeast—you may find the hardy Razorbill riding calmly just off our storm-beaten rocky headlands. Staunch and sea-tough, Razorbills spend most of their lives far offshore, visiting our coastline irregularly in winter. Yet when they do appear, they seem perfectly at home in the churn.

Often called the Sea Crow or Ice Bird, the Razorbill swims lightly and swiftly, its head sometimes raised but more often tucked in, its tail cocked jauntily upward. In flight it holds its head close to the body, unlike a loon which stretches its neck forward and tips slightly from side to side, flashing its white breast and black back in alternating strokes. Adults in winter show more white around the face and throat, while the species' signature feature remains the knife-like, cross-grooved upper bill that gives the bird its name.

Like other members of the auk family, Razorbills "fly" underwater, beating their wings in powerful strokes as they dive. Once more abundant in Maine, they are slowly rebounding after decades of decline. Their behavior is as striking as their appearance: the mother carries her chick by the back of the neck from the rocky nesting crevice down to the sea. To teach it to dive, she repeatedly dunks the youngster until it finally plunges beneath the surface on its own—its first swimming lesson delivered with maternal insistence.

In winter Razorbills forage mostly over waters 130 feet deep or less, typically above sandy bottoms. Their hoarse, guttural calls carry low over the waves. Although not currently considered at high conservation risk, the species has endured a long history of exploitation. For centuries, people harvested adults, eggs and young for food, greatly reducing populations. Legal hunting of a relative (Common Murre) in Canada still results in the incidental killing of thousands of Razorbills each year, and tens of thousands are hunted annually in Iceland. Additional threats include entanglement in fishing gear, pesticide exposure, oil spills and the shifting distribution of prey caused by warming oceans.

Also appearing with some regularity off our shoreline over the last several weeks at Fort Williams, Dyer Point and Kettle Cove

is the smallest of our Arctic waterfowl visitors, the Dovekie. One of the most abundant seabirds in the Northern Hemisphere, the Dovekie lives so far north that relatively few birders ever see one close to home.

Barely larger than a robin, this "Little Auk" or "little Ice-Bird" is instantly recognizable: glossy bluish-black above, white below and shaped almost like a football in flight. Its rapid, insect-like wingbeats give it a distinctive, buzzing motion over the waves. Old fishermen called them "Knotties," praising their toughness, "as hard as a pine knot."

For the Inuit, the Dovekie has long been a bird of salvation. Its spring return signals not only the end of the long Arctic winter but often the transition from scarcity to abundance. Families capture the birds for food, cache them in the ground for later use and sew their skins into warm birdskin shirts. Their eggs, too, are a welcome spring resource.

No discussion of auks along the Maine coast is complete without acknowledging the Great Auk, the Razorbill's larger, flightless cousin, now extinct.

The last known Great Auks in the North Atlantic survived in the British Isles until 1834, while Canadian sightings suggest disappearance by 1800. In Maine, only a single late-17th-century eyewitness account exists, from present-day Black Point in Scarborough. Archaeological evidence shows that Native Americans occasionally harvested Great Auks when they appeared near shore, but this use was limited and sustainable. Genetic and archaeological studies indicate the species was not in long-term decline prior to intensified European exploitation.

Great Auks were imposing birds, weighing up to eleven pounds and insulated by thick layers of fat for life in cold northern waters. Outside the breeding season, they were regular visitors to the Maine coast. Their size and inability to fly made them tragically easy prey. Beginning in the 16th century, sailors and commercial hunters slaughtered them by the thousands for food, bait, fat and feathers. Entire colonies were wiped out with ruthless efficiency.

The final blow came in 1844, when the last two known Great Auks were killed in Iceland for a private collector, an abrupt end to a species that had once been abundant across the North Atlantic, Maine included.

Upcoming Lions Club events

The Cape Elizabeth Lions Club is pleased to announce its public event schedule for the 2026 winter/spring season.

We are having three spaghetti dinners this winter on the upcoming dates:

March 21, 2026, from, 5:00 to 7:30 p.m.

All spaghetti dinners include all you can eat spaghetti with meat or vegetable sauce, garlic bread, salad, dessert and for our eat-in customers' soda/water. BYO Vino is allowed. The price is \$15 per per-

son \$7.50 for those under 12 years of age.

The last event of the season is a SURPRISE created by our Lions Professional chef.

April 25, 2026 – TBD

We have also created a new Facebook page at Lions Club CEME as well as a new website. Please check out both sites for additional information.

Thank you to the greater Cape Elizabeth community for supporting the Lions Club.

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35 OCEAN HOUSE ROAD, CAPE ELIZABETH, MAINE

FARM CAMP	HALF DAY
<p>MON- FRI 8:30AM-3PM</p> <ul style="list-style-type: none"> • June 22 • July 13 • July 20 • August 3 • August 10 • August 17 	<p>M - TH 8:30AM-NOON</p> <ul style="list-style-type: none"> • June 29 • July 27 • Aug 24

AGES 5-12 TO REGISTER EMAIL US! capeledgefarm@gmail.com / capeledgefarm.com

March naturalist's corner

By Erika Carlson Rhile

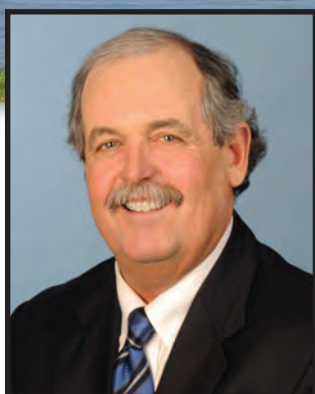
The Big Thaw: Waking Up from Winter in Cape Elizabeth

March 20, 9:45 a.m. is the Vernal Equinox and FIRST DAY OF SPRING! The sun will shine directly on the equator and there will be nearly equal amounts of day and night throughout the world.

Tiny but mighty! When the sun hits the snow on warmer March days, you might see small black specks that look like dirt or pepper moving on the surface. Although commonly called "snow fleas", they are actually

-see NATURE page 15

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Thomas Memorial Library offers program on Celtics songs and traditions, hosts artist Erika Jâmece

SPECIAL EVENTS

Erika Jâmece - Gallery Reception and Artist Talk

Thursday, March 5, reception at 5:30pm, talk at 6:30 p.m.

Erika Jâmece is known in artistic circles as the Queen of the Hongolo - which, in Kimbundo (one of the native languages of one of the ethnic groups of Angola) means Rainbow. Born in Luanda in 1977, Erika is an accomplished multimedia artist with expansive global experience and inspiration. After years of studying and exhibiting her art in Luanda, Angola and Lisbon, Portugal, Erika's work was also notably featured in the 2014 film "The Water Gods" ("Los dioses del agua"), which was the first film co-production between Angola and Argentina and explored cultural and ancestral links between the two nations. "The fantasy of color, creative freedom and African roots are dominant traits throughout my art," Erika states on her website.

Thomas Memorial Library is thrilled to present a selection of Erika's work, which ranges from acrylic paintings, engraving, ceramics, mixed media to jewelry and fabric, in the Stier Family Gallery during the month of March. To celebrate, there will be a gallery reception on the evening of Thursday, March 5, followed by a talk with Erika herself. We hope you will join us for this opportunity to welcome an exciting artist to our gallery and hear her story for yourself.

CEHPS: From Fort to Park

Tuesday, March 10, 6:30 p.m.

Fort Williams, once the largest Army installation in the state of Maine and a bastion in the coastal defense of the City of Portland and Casco Bay for nearly 65 years, never fired its impressive array of cannons at an enemy.

And yet, the fort's closure in 1962 triggered a battle of its own. For more than a decade and a half, discussion, debate, and argument about what would become of the 90+ acres of Cape Elizabeth shore-front dominated local politics and triggered many discussions at the dinner table.

Mike McGovern and Jim Rowe will lead the audience through that turbulent era, recalling the prolonged process, the people and their skirmishes which nar-

rowly led to arguably the most beautiful municipal park in Maine.

Due to anticipated large attendance, we request registration for this event on the library website. Thank you.

Celtic Songs and Traditions: A Senior Social Hour Concert with Jeff Snow

Wednesday, March 11, 1:00 - 2:30 p.m.

Celebrate the season of St. Patrick's Day with a very special Senior Social Hour music event. In this program, musician Jeff Snow combines the music, stories and a wee bit of history from Scotland, Ireland and England into an event that will keep your audience on the edge of their seat. There will be singing, laughing, clapping and perhaps a bit of foot stomping. The concerts are interactive; questions and input from the audience are encouraged and become part of the event. All ages welcome.

Jeff Snow is a talented multi-instrumentalist who shares the music, and the stories behind the music, of Scotland, Ireland and England. Jeff's music has been described as "quiet and relaxing." Much of it is, but every once in a while he breaks out and the foot stomping begins. Jeff plays the guitar, autoharp and bouzouki. He can also find his way around a drum set and most of the percussion family. Jeff is a private guitar teacher and the author of the teaching method *Guitar Basics and Beyond*. He was featured in the December 2006 issue of *Acoustic Guitar Magazine* and is a contributing writer for *Acoustic Guitar* and *Autoharp Quarterly Magazines*.

The "Silent Crisis" of Masculinity with Andrew Forsthoefel

Thursday, March 12, 6:30 p.m.

For the men out there: Do you feel like the world around you is changing? What does it even mean to "be a man" these days? And for those who love men: What are you noticing about men lately? What would you want to tell them if they were really listening?

In the style of a non-expert's "notes from the field," Andrew Forsthoefel (author of "Walking to Listen: 4,000 Miles Across America, One Story at a Time") guides us into this important conversa-

tion with formative stories from his own experience as a man. He'll share one key observation regarding the so-called crisis of masculinity, and then open up the floor for audience members to contribute their own observations. The hope is to emerge from this evening together with a clarified understanding and a deeper sense of connection to one other.

Books will be available for sale and for signing.

Cape Elizabeth Garden Club Presents: Creative Fresh Flower Arrangements

Thursday, March 19, 6:30 p.m.

Katie Hoagland from Blue Flag Farm in Buxton will show us creative ways to arrange fresh cut flowers and spring flowering bulbs in combination. She will also share about her sustainable farming practices and favorite spring plants for cut flowers, as well as answer your questions about spring plants.

Blue Flag Farm is a spring focused, specialty cut flower farm selling wholesale and direct to customers since 2021. You can learn more at www.blueflag-maine.com or on Instagram by searching for @blueflagfarmmaine.

Big Night with CELT and Greg LeClaire

Tuesday, March 24, 6:30 p.m.

The Cape Elizabeth Land Trust and Thomas Memorial Library are excited to collaborate once again on a program from Greg LeClair about Maine's Big Night. Greg is a winner of the National Conservation Young Leader Award from the National Wildlife Federation.

He also started Maine's Big Night program - a Community Science initiative to protect amphibians. The program encourages citizens to collect data on migrating frogs and salamanders during the rainy spring season. Greg is currently studying Ecology and Environmental Sciences at the University of Maine, while also promoting many issues regarding wildlife conservation in the state. Come learn about Maine's Big Night and how you can participate during late April or early May when the amphibians emerge again.

Film School: Lost in the Translation

Tuesday, March 31, 5:00 - 7:30 p.m.

For the dual acknowledgement of Women's History Month and Oscars season, this month's Film School session celebrates Sofia Coppola's enduring "Lost in Translation" (2003). Winner of Best Original Screenplay, among dozens of other awards and nominations, Coppola's second feature earned her a nod for Best Director, making her only the third woman to do so. After our screening, we'll discuss key components of Coppola's atmospheric choices, depiction of Tokyo, and themes of melancholy and alienation. Feel free to bring your own movie snacks (or even dinner to go!); popcorn provided.

REGULAR PROGRAMS

Senior Social Hour

Every Wednesday from 1-2 p.m.

Fireside Writing

Every Thursday from 5-6 p.m.

Death Cafe, with Davinica Nemtzow

First Thursday of each month, 6:30 - 8 p.m.

Songwriting Workshop, with Jud Caswell

First Tuesday of each month, 6-8 p.m.

FE Recurring Programs - Children's

(Note: all recurring morning programs, with the exception of Wednesday's play group, will be on break from March 2 - 21.)

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 15 minutes of short stories, finger plays, rhymes, songs, and movements followed by 30 minutes of free time to play and chat. Please note, capacity for this program is 25 people. No prior registration required.

-see LIBRARY page 13

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Library

Continued from page 12

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. 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.

Family 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.

Lego Club : First Tuesday of the month @ 3:30 p.m., March 3

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.

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. Help shape the future of the teen space and...

- Earn volunteer hours
- Advise on library policies
- Design new programs

The Teen Leadership Council (TLC) will meet 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.

Family Engagement Special Programs

Special Baby Play Group: Sleep Solutions

Tuesday March 3 from 12:00 - 1:00 p.m.

For parents and caregivers of babies. Join Certified Child Sleep Consultant Zara Jarrett for a special play group. Zara will lead a relaxed group Q&A about baby and toddler sleep while the babies play with toys and each other. Come with your questions—or Zara will kick things off with common sleep challenges to get the conversation going. We'll chat together as a group so everyone can learn from each other. No registration required.

Maple Sugaring - Agriculture 101 with 4-H

Thursday March 12 from 3:30 to 4:30 p.m.

Children 5 - 10 years old and their caregivers are welcome to join the University of Maine Cooperative Extension Cumberland County 4-H for the first of our series of Agriculture 101 programs at the Thomas Memorial Library. Participants will explore tree identification, equipment, and the maple sugaring process in the comfort of our community room. You will even get to taste different categories of maple syrup! Maximum capacity is 15 children. Caregivers are required to stay in the room. Please register on the UMaine Cooperative Extension website: <https://extension.umaine.edu/cumberland/4h/mmspring/>

Teen Dungeons & Dragons

Thursdays starting March 12, 2:45 - 4:45 p.m.

Set out on a fantastical quest with a magical crew of characters! Dungeons & Dragons is a role-playing game (RPG) where players form a party and explore fantasy worlds together as they embark on epic quests and fight epic battles! This program is for all levels of players (beginner, advanced, master). This campaign is for teens ages 13-18.

Tween Dungeons & Dragons

Dates TBD

Mark your calendars! Set out on a fantastical quest with a magical crew of characters. Dungeons & Dragons is a role-playing game (RPG) where players form a party and explore fantasy worlds together as they embark on epic quests and fight epic battles. This program is for all levels of players (beginner, advanced, master). This campaign is for tweens ages 10-12.

Check the TML events calendar to register and to find more D&D events.

1-2-3 Grow with Me!

Wednesdays March 25 - April 29 from 10:30 to 11:45 a.m.

Children 0-5 years & caregivers are welcome to participate in a series of special play dates in the Library Community Room. You will have the opportunity to

interact informally with community resource professionals on a range of important topics for child development. Capacity: 13 children & their caregivers. Please register on the TML website.

Schedule of Sessions all held from 10:30 to 11:45 a.m. in the Community Room:

- MAR 25 - Speech & Hearing - Katherine Quigley, M.S., CCC-SLP (Speech-Language Pathologist @ Early Intervention for ME)
- APR 1 - Literacy - Pam Leo (Family Literacy Activist and Author @ The Book Fairy Pantry Project)
- APR 8 - Child Development - Melinda Corey, M. Ed. (Outreach Specialist @ Help Me Grow Maine)
- APR 15 - Nutrition - Denise Gaudette, RDN, LDN (Manager @ Cooking Matters Maine)
(Skip APR 22 due to School Vacation Week)
- APR 29 - Music & Movement - Jud Caswell (Award-winning songwriter and multi-instrumentalist)

Little Roots Family Music Class

Fridays, March 20, March 27 and April 3

10:30 to 11:15 a.m.

Join our partners, 317 Community Music Center, for their Little Roots Family classes at the library. Children 0-5 and their trusted grownups learn simple songs, rhymes, and movement activities in a way that fosters musical expression. Incorporate these activities into home routines throughout the week, planting the seeds for a lifelong love of music. Join in for 1 or all 3 classes! Walk-ins welcome.

Family-Friendly Oscars Movie Marathon

Saturday, March 21, 10:30 am - 4:30 p.m.

Movie magic is in the air, so celebrate awards season with an afternoon of Oscar-winning cinema for kids. Drop by the Community Room for back to back films, a concessions stand, and some casual crafts and gentle toys. We'll be rolling out our own red carpet, handing out VIP bracelets, and maybe even have a mini Oscar for you to take home. And the awards go to...

- 10:30 a.m. - Finding Nemo (100 minutes)
- 12:15 p.m. - Beauty and the Beast (84 minutes)
- 2:00 p.m. - Pixar Animated Shorts Volume 1 (54 minutes)
- 3:00 p.m. - The Wizard of Oz (102 minutes)

CELT winter programs

Amphibian "Big Night" Program

The Cape Elizabeth Land Trust and Thomas Memorial Library are excited to collaborate once again on a program from Greg LeClair about Maine's Big Night.

Greg is a winner of the National Conservation Young Leader Award from the National Wildlife Federation. He also started Maine's Big Night program - a Community Science initiative to protect amphibians. The program encourages citizens to collect data on migrating frogs and salamanders during the rainy spring season. Greg is currently studying Ecology and Environmental Sciences at the University of Maine, while also promoting many issues regarding wildlife conservation in the state.

Come learn about Maine's Big Night and how you can participate during late April or early May when the amphibians emerge again.

Date: Tuesday, March 24

Time: 6:30-8:00 p.m.

Thomas Memorial Library

No registration required

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

Judy's Pantry - a community feeding itself

Judy's Pantry operates at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of the month from 3-4:30 p.m.

Registration is available on-site for new clients.

For more information, please contact: cejudspantry@gmail.com

Please consider a non-perishable donation to the IGA drop box.

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CAPE CALENDAR

By Wendy Derzawiec

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

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

Wednesday, March 11

Planning Board Site Walk, Jordan Ridge at Spurwink Avenue, 4 p.m. Accessibility & Inclusion Committee, Thomas Memorial Library, 6 p.m.

Monday, March 16

SB Negotiations Cmte Executive Session, CEEA-Teachers, Wm. Jordan Conf Rm - Town Hall 3:30 p.m. Town Council Meeting, Town Hall Council Chamber, 7 p.m.

Tuesday, March 17

Planning Board Site Walk, Cape Elizabeth Middle School, lower parking lot, 4 p.m. Planning Board, Town Hall, Town Council Chambers 7 p.m.

Wednesday, March 18

School Board Policy Cmte, Wm. Jordan Conf Rm - Town Hall, 8:30 a.m.

Thursday, March 19

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

Monday, March 23

SB Negotiations Cmte Executive

Session, CEEAA-Administrators, Wm. Jordan Conf Rm - Town Hall, 3:30 p.m.

Tuesday, March 24

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

Ongoing each week

Al-Anon, 7 p.m. Fridays, First Congregational Church, 301 Cottage Road, South Portland. Parking in rear.

Alcoholics Anonymous, 2 p.m. Saturdays, First Congregational Church, 301 Cottage Road, South Portland; 7 p.m. Wednesdays, St. Bartholomew Church; 7 p.m. Fridays, St. Alban's Church.

Cape Elizabeth Historical Preservation Society, 9 a.m. - noon 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, Spurwink Rod & Gun Club, 1250 Sawyer Road. 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

Planning Board Meeting
March 17 - 7 p.m.
Town Council Finance Committee
March 23 - 7 p.m.
Town Council Workshop & Meeting
March 16 - 6 p.m.
Zoning Board of Appeals
March 24 - 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: 10:00 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.

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ANNOUNCEMENTS

Scam

Continued from page 4

with you toward final approval. Sincerely,

Director
Town of Cape Elizabeth - Planning Commission

This email would include graphics, such as the town seal, in an attempt to make it seem more legitimate. To be clear, the entire letter above is false, and part of a scam. Check the email address of the sender for a clue about whether or not it is suspicious. Before any payment is made in response to correspondence such as this, residents should contact the town of Cape Elizabeth to verify its authenticity. Residents should call the office of concern at Town Hall. If the email pertains to car registration or tax billing, call the tax office at 207-799-7665. Anything related to permits, zoning board, or planning board, call the ACP office at 207-799-1619. The town no longer lists its email addresses publicly, but the town website has a "Contact Us" option. This forwards the message via email to the correct department.

Nature

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a species of springtails (Hypogastrura nivicola), not true fleas. They produce a natural antifreeze protein, allowing them to remain active in freezing temperatures. They are completely harmless and are a true sign that the ground is beginning to thaw. They are important early-season soil builders and nutrient recyclers.

Speaking of antifreeze, there are frogs hibernating a mere 5 inches under the leaf litter. Wood frogs, spring peepers and gray tree frogs all form a natural antifreeze made of glucose and urea in their bodies. In the fall, these species bury themselves in the ground where their hearts stop beating, they stop breathing, and much of the water in their bodies freezes solid. They can withstand tem-

Planning Board

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points and will be built to town subdivision standards that include a 50-foot right of way, a 22-foot travel way, an 8-foot esplanade and a 5-foot crosswalk. The road for the duplex units will be a dead end located off the loop road. The applicant is requesting a waiver to reduce the pavement width from 22-feet to 20-feet, and reducing the width of the right of way from 50-feet to 40-feet. This would minimize environmental impact.

Project phasing includes three phases. Phase 1 consists of building out lots 1-8 of the single family lots with adjacent roadway. Phase 2 includes finishing the construction of the "loop road" and remaining single family lots. The third and final phase would include the construction of the duplex units and its adjacent road built off the loop road.

Soils tests were performed on the 14 lots for the proposed single family residences for the installation of individual septic systems. The duplex units will be tied to town sewer with an installed connection via the Cross Hill subdivision.

The applicant is requesting conditional approval to apply for Maine Department of Environmental Protection (MEDEP) stormwater permits on a two-step process: the first permit application will be submitted for Phase 1 work, and the second permit application would be submitted for both Phase 2 and Phase 3. The applicant believes that the two-step process would potentially allow for reduced processing time and a quicker start time of Phase 1.

Beagle shared that some of the lots for the single family residence units have been reduced to the minimum 30,000 square feet to provide more buffer room to the nearby stream and potential cottontail habitat.

Other highlights of the proposed project included a constructed trail connecting to the Greenbelt system; 15.34 acres of open, green space; a homeowner's association to include all single family and multifamily units; and one single family and 3 multifamily units available as "affordable units" per Cape Elizabeth's affordability standards.

The Planning Board voted unanimously to approve the application in terms of completeness. The board will schedule a site walk of the proposed project site during the next regular meeting on March 17, 2026. Carol Anne Jordan recused herself from discussions and the vote due to a conflict of interest.

peratures below -18°C (0°F) for months. When spring arrives, they thaw in a few hours, though it takes about a day for them to fully rouse. Usually wood frogs will be the first to emerge. They sound like ducks quacking.

First signs and sounds of spring: As snow starts to melt in fields, listen for the faint "peent" call of the American Woodcock. Their wings make a whistling sound as they take off in their "nuptial flights." A similar harbinger of spring in Cape Elizabeth is the call of the Red Winged Blackbird from marshy areas.

Get your 'Nature's Miracle' wash ready; male skunks are on the prowl. Dogs beware!

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The "KID" Courier

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

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



Send submissions to: editor@capecourier.com

Dean's list announcements

Sonia Wold has been named to the fall 2025 dean's list while studying Psychology at Muhlenberg College in Allentown, Pennsylvania.

The following students were named to the dean's list for the fall 2025 semester at the College of William & Mary in Williamsburg, Virginia:

**Matthew Leighton
Ander Erickson**

The following students were named to the dean's list for the fall 2025 semester at the University of New England:

**Eliza Barlow
Owen Lee
Wendell Lu
Jack McKibben**

The following students were named to the dean's list for the fall 2025 semester at the University of Rhode Island in Kingston, Rhode Island:

**Nathan Hanisko
Ryan Hillier
Julien Sapirstein
Alex van Huystee**

Jacqueline Elizabeth Blank was named to second honors on the dean's list for the fall 2025 semester at Clark University in Worcester, Massachusetts.

The following students were named to the dean's list for the fall 2025 semester at Fairfield University in Fairfield, Connecticut:

**Olivia Manning
Alexis Pilk**

Rory O'Grady was named to the dean's list for the fall 2025 semester at La Salle University in Philadelphia, Pennsylvania. O'Grady is an Junior Undergrad majoring in Nursing.

More wins for 5th grade Cape Hoops



Contributed photo

On February 20-22 the Cape Hoops Boy's 5th Grade basketball team won the Town Team State Tournament. The team went 5-0, culminating in a 35 to 10 win over Scarborough at the Augusta Civic Center. Special recognition is owed to 4th grader Bryce Gimm who stepped up in order to allow the team to field a full team during winter break.

Pictured left to right: back row: Coach Jeff Mitchell, Coach Tom Marlow, Coach Lucus Ritchie. Front row: Ben Mitchell, Jack Mavodones, Teddy Bakis, Ivan Ritchie, Bryce Gimm, Sam Ferraro, Ambrose Marlow and Silvio Cimato



Contributed photo

On February 26 - March 1 the team won the Paper City Tournament in Westbrook for the second straight year. The team finished the tournament 5-0, with a 54 to 36 win over Scarborough in the championship game.

Pictured left to right: Back row: Coach Jeff Mitchell, Teddy Bakis, Jack Mavodones, Coach Tom Marlow, Coach Lucus Ritchie. Front row: Phineas Knott, Ambrose Marlow, Ben Wannemacher, Ivan Ritchie, Henry Hug, Ben Mitchell and Silvio Cimato. Not pictured: Sam Ferraro

The "KID" Courier



Drawn by Matilda O'Shea

This work of art was created by 9 year old Cape resident Matilda O'Shea. It depicts a few beloved places in Cape Elizabeth and South Portland, with the addition of fireworks! Send in your Kid Courier submissions to: editor@capecourier.com.

Race

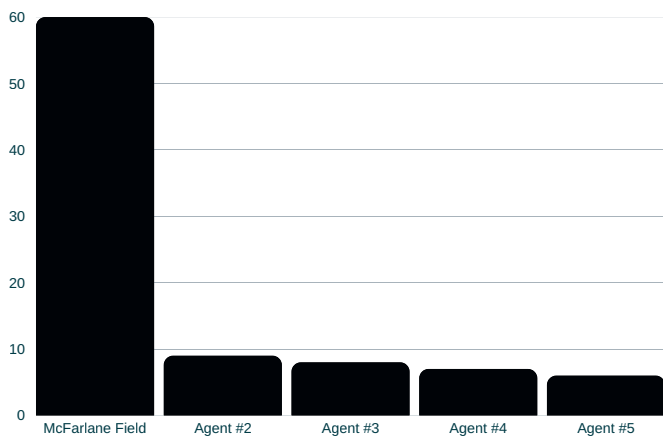
Continued from page 6

As the runners turned toward the finish, the clouds finally broke. The sun spilled over the course, warming the faces of the finishers as they crossed the line. The "thrill of a day" concluded in the best way possible: a community huddle of volunteers and athletes sharing pizza, steaming coffee, and stories of the hills and view of the stunning Atlantic ocean they'd just conquered. With the sun shining on the 2026 season one thing was certain—it was another day not wasted in Cape Elizabeth.

The Mid-Winter Classic has always been about more than just the podium. Organizers Blaine Moore and Chandra Leister said the race has supported youth running since its inception, and currently provides financial assistance to local high school track and cross country programs in Maine high schools. Every grueling climb helps fund uniforms and equipment for the next generation of Maine runners. It also supports Kids Run the Nation/Road Runners Club of America (RRCA), the oldest and largest national association of runners and running organizations in the United States.

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OF HOMES SOLD IN CAPE*

*Based on information from Maine Real Estate Information System Inc. (d/b/a Maine Listings) for the period 1/1/25 - 12/31/25 © 2025 Maine Listings.

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In 2025, we helped more than 150 families buy and sell homes across Cape Elizabeth and Southern Maine, representing \$150,000,000 in real estate sold, and as a team **donated \$35,000 locally through Portside's 1% Back initiative.**

If you're thinking about buying, selling, or simply want a thoughtful conversation about the market, we'd be honored to be a resource.



Jim McFarlane, Jen Monsulick, Randy Ferrell
Jennifer Tabb, Taylor McFarlane (Nancy Field)

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