

# The Cape Courier

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## In the Spirit of Community

### CEHS Math Team takes 4th at states, Alberts is individual state champ

By Kevin St. Jarre



Photo by Alexis Dandaneau

The Cape Elizabeth High School Math Team recently took 4th place in the division at the Maine State Math Meet, featuring Audrey Alberts who took 1st place overall. The CEHS Math Team are, left to right: Aman Khare, Brendan Oakley, Audrey Alberts, Ezra Gabrielson, Will Harmon, Oliver Deniz, Armaan Shah, Wenshin Lu, Cecilia Fremont, and Shane Thomas.

The Cape Elizabeth High School Math Team recently took 4th place in the division at the Maine State Math Meet, with Audrey Alberts taking 1st place overall. Alberts finished every math problem correctly. Other standout performances by Cece Fremont, who took an impressive 5th place among all participating Juniors, and Wenshin Lu, who earned 11th place in the competitive Junior field.

CEHS Math Teacher and Math Team Coach Alexis Dandaneau said, "The Cape Elizabeth Math Team has a small but exceptionally talented group of students. They have performed very well this year competing against teams from across the state. I was especially impressed with their performance at the State Meet, where they earned top individual and team awards. Equally exciting is the growth of the program at the middle school level. Audrey has played a key role in supporting those students, and I am very optimistic that these rising competitors will continue their involvement and further strengthen our high school team in the years ahead."

### News from April 6 Town Council meeting

By Hanna Gilley

#### Town Council Reports and Correspondence

Councilor Sahrbeck said that the first meeting of the 1934 Building Committee went well and included a site walk of the property. Sahrbeck also shared that the Cape Arena recently had an end of the year event and shared some statistics about this "community asset." Cape Arena had 13 events, 670 hours of ice team with 400 of those hours open skate time, and hosted women's pond hockey, youth hockey, and the Cumberland County Winter Special Olympics. Additionally, the rink used 30% less electricity because of the new chiller that the Cape Arena group purchased which is much more efficient than previous years.

Chair Scifres announced that there will be "presentations and personal help sessions" to help residents access all of the public information on the Cape Elizabeth town website,

e-newsletter and other resources. Scifres said that the town offers "lots of information, but it doesn't help if [community members] don't know how to access it." Scifres also suggested a "Coffee with a Councilor" type event where community members can talk with and ask questions of town councilors in a publicly accessible area such as the library or community room at the fire station. This suggestion Scifres said will allow the councilors to meet with people and be more accessible to the community.

#### Town Manager's Monthly Report

Town Manager Patrick Fox shared that the Parks Director and Cape Hoops were in attendance for the groundbreaking for the new basketball court project. The contractor is "under way" and has already "accomplished a

-see TOWN COUNCIL page 3

### Solar field at the Recycling Center is now under construction

By Gerry Lax



Contributed photo

A photo showing progress of the ballasted racking system.

After five years of due diligence and multiple delays, the site work for a 1 MW solar field at the Recycling Center has finally begun. Construction is expected to be completed this fall and carbon-free electrons should begin flowing into the

power grid shortly thereafter. The solar field is estimated to generate 1.59 MWh per year, or approximately 75% of the total amount of electricity currently con-

-see SOLAR page 2

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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](mailto:editor@capecourier.com) or mail to P.O. Box 6242, Cape Elizabeth, ME 04107. Please note: Letters will be acknowledged by email.

**NEXT ISSUE: May 6**  
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## Solar

Continued from page 1

sumed by the schools and town buildings.

The town council approved a land lease contract in August 2025 with Encore Renewable Energy to develop the site, for which Cape Elizabeth will receive \$50,000 annually for 20 years. During this 20-year lease period, Encore will own, operate and maintain the equipment required to generate power and deliver it safely into the electrical grid. When the lease terminates in 2045, the town has an option to procure the assets from Encore. Whether it does so will depend on an analysis of financial considerations, the system's condition, current state and federal laws, and alternative uses for the site, among other factors. The solar field is expected to still be generating power at around 90% of its original capacity after 20 years.

The Cape Elizabeth Energy Committee led this push to develop a solar project at the landfill. Energy Committee Chair Sam Milton said, "From our first meeting as a formal committee, we realized that a commercial-scale solar project in Cape represented one of the best opportunities for the town to reduce its power costs and carbon footprint. Early on, our team of talented and passionate volunteers analyzed various sites for a potential project in Cape. We landed on a landfill-based project as the best option.

We then developed a Request for Proposals to bidders and carefully vetted over a dozen very competitive proposals. After many months of hard work, we formally recommended that the town enter a contract with Encore Renewable Energy to develop the landfill site that is now under construction. We are thrilled to see the project start to come to life."

The physical site is being developed based on modern best practice. Because the landfill is covered with an impermeable membrane, the solar panels sit on weighted ballasts to not disturb the structural integrity of the landfill. The field will be enclosed in an eight-foot-high fence and the system will meet all required construction and electric codes. It should not interfere with any of the regular activities of the Recycling Center.

As the site is developed and begins to produce clean electricity, plans are underway to incorporate data from the solar power generation into educational opportunities for town residents. Whether through a simple dashboard on the town website or via a more immersive experience, a solar project in full view of visitors to the Recycling Center presents an ideal opportunity to learn more about how the town interacts with our region's power grid. In the meantime, people can visit [https://www.capeelizabeth.gov/departments/facilities/solar\\_field\\_faq.php](https://www.capeelizabeth.gov/departments/facilities/solar_field_faq.php) to learn more.

## Dean's list announcements

**Dana Schwartz** was named to the dean's list for the fall 2025 semester at Hamilton College in Clinton, New York.

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

- Tiernan Lathrop**
- Emily Supple**
- Nathan Patterson**

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

- Jack Hagan**
- Cayden Royall**

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

- Vaughn Lindenau**
- Henry Barraclough**
- Tucker Livingston**
- Sara Levenson**

**Mason Cross** was named to the dean's list for the fall 2025 semester at the University of Maine, Orono Business School.

The following students were named to the dean's list for the fall 2025 semester at Emmanuel College in Boston, Massachusetts:

- Meghan Tennyson**
- Ada Smith**

| 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          |

# Open lighthouse days 2026

By Cape Elizabeth Community Services

Conducted twice a year, the lighthouse tower at Portland Head Light located within Fort Williams Park, is open to the public. Tickets are handed out on a first-come, first-served basis at 15-minute intervals.

In accordance with U.S. Coast Guard regulations, all participants must be a minimum of 48" to climb the 85 steps to the top of the tower. Upon reaching the top, you will be rewarded with a panoramic view of Casco Bay and Fort Williams Park.

While Cape Elizabeth has participated in Maine Open Lighthouse Day each September since it began in 2008, it wasn't until two years ago when Director Kathy Raftice presented the idea of opening the tower just for Cape Elizabeth residents earlier in the season.

This year, Cape Elizabeth Resident Day is scheduled for Sunday, May 17 from 10 a.m. - 3 p.m. Approximately 200 tickets will be available starting on Monday, May 4 at the Community Center. The tickets are distributed in order of entrance time. You may not pick and choose your time. Tickets are limited to four per family.

Residents are much more likely to secure tickets for the May opening vs. the September opening when people from all over the country start lining up at sunrise in hopes they get

there before the Coast Guard starts handing out tickets at 8:45 am. Tickets for this event are only available to those present in line.

Sponsored by the U.S. Coast Guard, Maine Office of Tourism, and American Lighthouse Foundation, Maine Open Lighthouse Day will be on Saturday, September 12. Portland Head Light lighthouse along with many other on and off-shore lighthouses will also be open to the public. For additional information visit [lighthousefoundation.org](http://lighthousefoundation.org).

The Portland Head Light Museum and Gift Shop will open for the season starting on Saturday, May 23 from 10 a.m. to 4 p.m. daily through mid-October. Both are staffed with dedicated volunteers with shifts from 10:00 am - 1:00 pm and 1:00 pm - 4:00 pm. The museum requires one volunteer per shift and the gift shop requires two.

**Gift Shop Volunteers:** Operate the point-of-sale system, handle cash/credit transactions, demonstrate product knowledge, assist with inventory/stocking, keep the store clean and provide local tourism information.

**Museum Volunteers:** Greet visitors, collect admissions, handle cash, provide accurate historical information, keep the museum clean and provide local tourism information.

To volunteer, please call Park Director Kathy Raftice at 799-2868.

## Town Council

Continued from page 1

lot" with a late spring or early summer timeline for project completion.

Fox also notified the chamber that Maine DOT will be paving Route 77 tentatively starting the week of April 27; the Town Center Intersection project will begin in May or June and completed this summer; and that the Shore Road parking district signs have been ordered and sign posts marked. Residents of this district (250 residents) will receive two guest parking passes to be mailed out the week of April 6.

Fox also shared that the Employee Safety and Wellness Committee, chaired by Melissa Newsom, had its first quarterly program for town staff members. The program shared information on healthy eating and healthy habits. The program is funded through grants and benefit reductions through health insurance programs.

### The Good Table Liquor License Renewal

On March 17, 2026, The Good Table submitted a renewal application for a liquor license for on-premise beer, wine and spirits. The Code Enforcement office, police and fire departments reviewed the application with no questions or concerns. The council unanimously voted to approve the renewal applica-

tion.

### Zoning Ordinance Amendments - Porches and Ramps

On March 23, 2026, the town council had referred their recommendations to the Ordinance committee for the front porches and ramps ordinance amendments. The town council scheduled a public hearing to address these amendments and will hold a vote after the public hearing ends on April 27, 2026.

### Confirmation of Interim Town Clerk Appointment

Cape Elizabeth's Town Clerk Angela Frawley has resigned from her position effective April 16, 2026. The council voted to affirm the town manager's appointment of Deputy Town Clerk Melissa Newsom to be appointed Interim Town Clerk. Chair Scifres added that it is with "great sadness and great gratitude, and we wish you [Frawley] well."

Newsom "has the necessary training to lead staff through the upcoming June election cycle" while the hiring process for permanently filling the position is underway in the coming months.

Newsom was also appointed Registrar of Voters due to Frawley's resignation. Newsom's term as Registrar of Voters will expire on January 1, 2027, or when a successor is sworn in.

# Criminal mischief complaint

Reported by Marta Girouard

## PUBLIC INFORMATION

- 4-2 An officer met with a resident of the Starboard Drive area regarding a motor vehicle complaint.
- 4-3 An officer met with a resident of the Shore Road area regarding a criminal mischief complaint.
- 4-3 Two officers responded to a residence in the Ocean House Road area for well-being check.

## SUMMONSES

- 4-3 Cape Elizabeth resident, speeding (39/30 zone), Shore Road, \$114

## ACCIDENTS

- 4-6 Zachary Glidden, Woodcrest Road

## FIRE CALLS

- Fire calls: 7
- EMS calls: 18

# Scam alert bulletin board

By Jessica D. Simpson



## AARP Fraud Watch Network Helpline Alert: Product Recall Scams Are on the Rise

The AARP Fraud Watch Network™ Helpline (877-908-3360) has seen a spike in "recall scams." In these schemes, perpetrators send a message claiming that a product you purchased has been recalled because of a safety issue. The message looks official and urgent, often appearing to come from a trusted retailer like Amazon, Costco or Walmart. It may include language such as, "To ensure your safety and process your full refund without delay, please sign in to your account through the official website and review your order below." The link provided, however, is fake and designed to steal your personal information.

If you receive a message like this, don't click. Instead, go directly to the company's official website or app and check your account there. You can also confirm real recall information through the U.S. Consumer Product Safety Commission at [cpsc.gov/Recalls](http://cpsc.gov/Recalls).

Most legitimate recalls advise consumers to stop using the product rather than asking them to take immediate action.

## Receive a Social Security Notification? Take an Active Pause

You receive an unexpected communication from the Social Security Ad-

ministration (SSA).

It might warn that your Social Security number has been linked to criminal activity and suspended, or it could offer good news, such as a supposed benefit increase. Regardless of the story, the goal is the same: to steal sensitive information or money.

Most scams come to us with three common red flags: a contact from out of the blue that heightens our emotions and contains urgency. When you notice these three red flags together, take what AARP calls an "active pause." Take an intentional step back and reflect on what you might know about the scenario - "Does this make sense? Have I heard something about this before?" This pause gives you time to apply logic, something the criminal playbook is written to avoid, and protect yourself and your assets.

If someone contacts you saying they represent the SSA, call the agency directly at 800-772-1213 or visit [ssa.gov/myaccount](http://ssa.gov/myaccount) instead of responding directly to the communication. If you shared your Social Security number and believe it was part of a scam, go to [IDtheft.gov](http://IDtheft.gov) for step-by-step guidance.

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.

# Blood drive on April 25 at Cape Elizabeth Community Services

Please take a moment to join your neighbors and give the gift of life at Cape Elizabeth Community Services, in the Community Room, on Saturday, April 25, from 9:00 am to 1:30 pm. Your quick visit will help ensure local hospitals have the critical supply they need to save lives.

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: CapeElizabethME to schedule an appointment.

Streamline your donation experience

and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.

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## News from the School Board

By Cindy Voltz  
School Board Chair

March was a busy and productive month for the School Board, with a lot of thoughtful work happening around district priorities, policy, and budget planning.

At our March Regular Business Meeting, we heard updates from the Pond Cove staff on the implementation of the “for ME” curriculum in grades K-2. The Policy Committee also shared an update on its ongoing efforts related to student cell phone use, including feedback gathered through the recent community forum and survey.

We also had the opportunity to recognize members of the Cape Elizabeth High School Debate Team for their outstanding accomplishments, and we wish them well as they prepare to compete at the NCFE Grand National Tournament in Washington, D.C. in May.

The board continued its work on the FY27 budget through a series of workshops, including sessions on March 31 and April 7.

These meetings provided the opportunity to closely examine key components of the budget, ask questions and engage in thoughtful discussion. This transparent and deliberate process reflects our commitment to developing a fiscally responsible plan that achieves our 2026–2027 budget goals. This has been a particularly challenging budget year, with rising health insurance costs, negotiations for two collective bargaining units, and a reduction of \$981,983 in state funding over the past two years.

Despite these pressures, the district leadership team and the board developed a budget that preserves current staffing levels and maintains all educational programming.

The proposed budget, which will be presented for School Board approval on April 14, totals \$38,176,034. When combined with the overall town budget, this results in an estimated tax rate increase of 6.93% for FY27.

The district leadership team and the board have worked diligently to ensure the budget maintains the high-quality

educational standards our community expects. It preserves funding for facilities, including Capital Improvements, Maintenance, and Repairs, and includes debt service payments for the new middle school and Pond Cove renovations bond. The budget also reflects a commitment to our students and staff, with no cuts to educational programs or to any currently filled positions.

Once approved by the School Board, the proposed budget will be presented to the Town Council on April 27, with a Council vote expected on May 6.

On March 16, the board hosted a Cell Phone Community Forum, which brought together students, families, and staff for a thoughtful and respectful conversation about cell phone use during the school day. This forum builds on several months of work by the Policy Committee, including reviewing research and gathering input through a community survey. We’re grateful to everyone who participated and shared their perspectives.

As part of this work, we are also paying close attention to proposed state legislation that may impact our local policy decisions. An updated cell phone policy will be brought to the board for a first read at the April 14 business meeting, with a vote anticipated at the May 12 business meeting.

The School Building Committee continues to make steady progress as the new middle school and Pond Cove renovation project moves forward. Work on permitting and design continues, and the overall timeline remains on track toward a summer 2026 groundbreaking. It’s exciting to see this project continue to take shape!

Whether focused on the budget, policy, or community engagement, the board remains committed to thoughtful collaboration in support of our students and schools. I’m grateful to serve alongside such dedicated board members and appreciate the time, care, and commitment each person brings to this work. As we move into spring, we hope everyone finds time to enjoy this busy and active season in Cape Elizabeth.

## Reflecting on Earth Day

By Sen. Anne Carney

Earth Day is a time for joy and gratitude as we reflect on the sheer wonders of nature – its beauty, its centrality to our communities’ health and its inherent worth. I feel privileged every day to live in a community where nature is just outside the door, from coastal dunes to wooded trails to local farms producing food for local tables.

But Earth Day has a more serious purpose as well. The millions of Americans who participated in the first Earth Day in 1970 were mobilized by the same frustration many of us know all too well: insufficient national action to reign in the root causes of pervasive environmental degradation. Their advocacy resulted in the establishment of the Environmental Protection Agency (EPA) and foundational laws like the Clean Air Act and the Clean Water Act.

Not only has our progress stalled since then, but we actively risk slipping backward. Under the Trump Administration, the EPA has experienced staff cuts at twice the rate of the entire federal workforce and reversed its longstanding recognition of greenhouse gases as a threat to public health, dismantling the legal foundation for federal climate regulations.

Meanwhile, climate change and its cascading social, economic and ecological consequences are already landing heavily on communities worldwide, and Maine is no exception.

Last summer’s drought, among the worst on record, resulted in millions of dollars of crop losses among Maine farmers. The 2024 winter storms, whose unprecedented severity was compounded by sea level rise, devastated critical infrastructure, property and coastal ecosystems.

Prioritizing environmental health is no longer a choice, but an imperative to building and maintaining healthy, safe communities. As the federal government fails to act, this immense task falls to the state.

In many ways, Maine has stepped up to the plate. Last year, the Legislature made historic investments to help communities bolster disaster preparedness and resilience in the face of severe storms. This year, the Legislature worked on a \$45 million bond proposal to support agricultural and forestry initiatives, industries now strained by climate change and an aging rural workforce.

We also sought to equitably realign the astronomical financial burden of climate change. From infrastructure damage to public health impacts, that bill has long fallen disproportionately on Maine taxpayers.

On this foundation, Maine can later build a climate superfund program, directing the biggest fossil fuel companies to help Maine communities pay for the collateral damage of greenhouse gas emissions without diverting resources away from other pressing needs like education, health care and property tax relief.

Resilience is only half the equation; we have also been hard at work to minimize our contributions to climate change through a just transition to clean, renewable energy.

Last year, the Legislature committed to accelerating Maine’s transition to 100% renewable energy, moving the statutory deadline up ten years to 2040. Recognizing that the success of this energy transition hinges on clean electricity being affordable and accessible to all, the Legislature passed my bill to increase residential electricity affordability last month.

There is no shortage of progress made – and no shortage of work ahead. Like the founders of Earth Day in 1970, let’s embrace this great challenge and commit to being a force for positive change today.

As always, you can contact me at Anne.Carney@legislature.maine.gov or (207) 287-1515 for help navigating state services or to share questions, comments and concerns.

## Sign up to run the Cape Challenge on May 31

Have you heard of The Cape Challenge? This is a legacy race in town that has been held each spring for over twenty years (with the exception of the Covid years)!

The event will be held on May 31 and includes a Fun Run for kids 8 and under scheduled for 8:30 a.m., a 1-Mile Race for kids 12 and under scheduled for 9:00 a.m. and the 5K Cape Challenge scheduled for 9:30 a.m.

This year’s race is sponsored by Penobscot Financial Advisors, plus many

other local companies. Proceeds from this fundraiser benefit the Cape Elizabeth Pond Cove, middle school, and high school parent associations. Sign up to run at: <https://runinarace.com/CapeChallenge> or via the QR code in this article.

Register online for the race by May 8 in order to secure your t-shirt size.

Follow the Cape Challenge on Facebook/Instagram @CapeChallenge5k. For any questions, please reach out to [capechallenge5k@gmail.com](mailto:capechallenge5k@gmail.com).

## Judy’s Pantry – a community feeding itself

Judy’s Pantry operates at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of the month. They will be extending their hours for April and May and will be open from 3:00 – 6:00 p.m.

Registration is available on-site for new clients.

For more information, please contact: [cejudyspantry@gmail.com](mailto:cejudyspantry@gmail.com)

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





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# Greenbelt Gazette

By Maureen O'Meara

## What's Happening?

### •Great Pond Boat Rack Lottery second drawing.

For those who did not receive a boat rack slot, anyone can transport their canoe or kayak to Great Pond, as long as you take it with you when your boating excursion ends.

No boat storage at Great Pond is allowed, except on the racks. There is also a community boat to borrow at no charge, which includes oars and life preservers. We will begin accepting requests for reservations to use the community boat starting approximately April 15.

Call the ACP Office, 207-799-1619, to reserve the community boat.

### •Earth Day Activities

The Cape Elizabeth Land Trust (CELT) is convening Earth Day activities from Saturday, April 18 through Sunday, April 26.

Visit <https://www.capelandtrust.org/events/event/earth-day-2026-community-clean-up/> for a list of activities and to sign up to participate.

### •Temporary closure of trails at Gull Crest.

Trails adjacent to the solar array under construction at Gull Crest remain closed.

Upon completion of construction, expected to take 9 months, trails will be reconnected along the new solar project boundary.

## Multi-user Mantras

### •Muddy Trail season.

This is the time of the year when we share our trails with the classic, muddy Maine spring.

Cape Elizabeth offers a rustic rather than groomed trail experience. Thinking about appropriate footwear, etc should always be part of enjoying the trails. We all know some trail segments are challenging in wet conditions and we encourage you to avoid the muddiest trails until the weather allows them to dry out a bit. Walking on muddy trails can damage the trail surface and make costly boardwalk construction necessary.

The Conservation Committee has an ambitious trail infrastructure improvement plan, and reducing your impact on the muddiest trails is greatly appreciated.

### •Adopt a trail in development.

The Conservation Committee heard from residents that they are interested in adopting a trail.

The committee is firming up its plans for the Adopt a Trail program. Stay tuned for updates.



Photo from Town Hall website

There is a temporary closure of trails at Gull Crest. See map above for details.

# Celebrate the opening of CELT's newest preserve, Davis Forest

Celebrate the opening of CELT's newest preserve — the Davis Forest on Spurwink Avenue.

Be among the first to explore 32.5 acres of newly accessible woodlands, with a guided walk along trails built by dedicated community volunteers during monthly Stewardship Work Parties.

You'll see how these trails link into a broader 7-mile network spanning Cross

Hill, Dyer-Hutchinson and Winnick Woods, opening up even more ways to get outside and enjoy the landscape we all share. Along the way, we'll highlight the impact of this conservation effort, from protecting the headwaters of Trout Brook to conserving an important wildlife block for years to come.

Sign up for this free event at [www.capelandtrust.org/events](http://www.capelandtrust.org/events).

# CEHS student wins prestigious four-year scholarship

By Kevin St. Jarre



Contributed photo

CEHS senior Oliver Ames has been awarded the University of Toronto's Lester B. Pearson International Scholarship. It will cover tuition, books, incidental fees and full residence support for four years.

According to the University of Toronto's website the Lester B. Pearson International Scholarship is the university's most prestigious award for international students. It recognizes outstanding academic achievement, creativity and leadership potential. A senior at Cape Elizabeth High School is one of the approximately 37 students named a Pearson Scholar.

Oliver Ames has been awarded the full 4-year scholarship which covers tuition, books, incidental fees and full residence support.

The scholarship is tenable only at the University of Toronto for first-entry, undergraduate programs. Among last year's Pearson

Scholars, only two were from the United States, with the others coming from around the world.

After being notified, Ames said, "I am extremely honored by this opportunity and am thrilled to embark on a new chapter of my life with the Pearson community at U of T! I want to express my gratitude to the faculty and staff at Cape, who went above and beyond in giving me the support, both academically and personally, that I needed to thrive these past years. This achievement wouldn't have been possible without their kindness and care."

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# For the 19th year, award-winning plein air artists selected for CELT's Paint for Preservation



Contributed photo

Vanessa Michalak paints Trundy Point, Paint for Preservation 2025.



Contributed photo

Daniel Corey paints Ocean View Farm, Paint for Preservation 2025.

Once again, a group of 31 award-winning artists will be bringing their plein air talents to Cape Elizabeth for Paint for Preservation over the weekend of July 17-19.

The Cape Elizabeth Land Trust's only annual fundraiser, the weekend culminates on Sunday, July 19 when the new works will be auctioned at a benefit reception.

For many years, this event has been recognized as one of the premier art sales in Maine. It is a juried event, in which jurors drawn from the local arts community select which artists will be included.

Congratulations to the selected artists! They are:

Lyn Asselta – Natalie Brown – Thomas BUCCI – Daniel Corey – Ken DeWaard – Mike Dorsey – Cooper Dragonette – Stephen Florimbi – Margaret Gerding – Frank Gregory – Lindsay Hancock – Alison Hill – Jill Hoy – Anne Ireland – David Lussier – Susan Lynn – Grace Maybury-McIntosh – Nathaniel Meyer – Vanessa Michalak – Christopher O'Connor – Colin Page – Pamela Lang Redick – Jeremy Riel – Kathleen Robbins – Bjorn Runquist – Matthew Russ – John Santoro – Pamela Shockey – Janet Sutherland – Russel Whitten – Graham Wood

This year's jury featured Dinah Minot, Executive Director of Creative Portland. She reflected, "The jury process is tricky because of all the diverse styles, mediums and range. Selecting art is subjective. It was an honor to review samples of the stunning images submitted and to imagine the range of styles, movement, light and emotions that each artist will carry back on their canvas to the auction."

Once selected, the artists will choose from a list of Cape Elizabeth's land-

scapes including CELT conserved lands. All paintings must be made entirely outdoors (en plein air) over the three-day weekend, with no studio work allowed. The public is welcome to tour painting locations, meet the artists and watch them work.

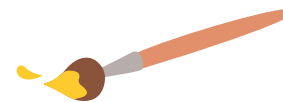
A list of locations will be made available in July on CELT's website, [www.capelandtrust.org/paint/](http://www.capelandtrust.org/paint/). To support CELT's fundraiser, artists donate at least 50% of their art sales to benefit CELT's land conservation, trail and habitat stewardship, and community education programs.

Paint for Preservation is widely supported by a number of business sponsors, whose financial contributions help defer the many upfront costs of such a large and complex event and help more funds go to CELT's conservation programs.

Sponsors include:

Mary Libby Living Real Estate – ETHOS – Décor Maine – AAA Northern New England – Inn By the Sea – The Downeast Group at Morgan Stanley Wealth Management – R.M. Davis – Attos Estate Jewelers – GoGo Refill – Progressive Dental Care – Rarebreed Veterinary Partners – Thomaston Place Auction Galleries, Inc. – Casco Bay Frames & Gallery – Heather Shields Maine, Sotheby's International Realty – Knickerbocker Group – Tammaro Landscaping & Property Services, Inc. – Veterinary and Rehabilitation Center of Cape Elizabeth – Woodhull. The Rotary Club of South Portland-Cape Elizabeth volunteers will provide parking coordination.

More sponsorship opportunities are available; interested businesses should call the land trust at 207-767-6054.



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# Recent performances by CESD student bands

The Cape Elizabeth High School Big Band and Cape Elizabeth Middle School's 8th Grade Jazz Band performed as part of the Jazz Cabaret, which featured six jazz ensembles. The CEMS 7th Grade Jazz Band performed a day earlier, in a morning performance.



Photo by Caitlin Ramsey

Cape Elizabeth Middle School 7th Grade Jazz Band.



Photo by Caitlin Ramsey

Cape Elizabeth High School Big Band.



Photo by Caitlin Ramsey

Cape Elizabeth Middle School 8th Grade Jazz Band.

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# CEHS Concert Band performs at Merrill Auditorium, wins gold medal

By Kevin St. Jarre

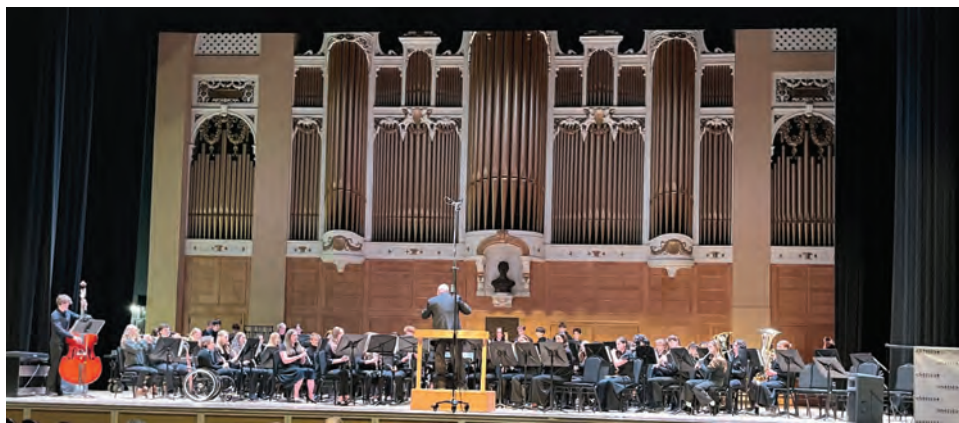


Photo by Kirstie Wheeler

The CEHS Concert Band, under the direction of Rob Wheeler, performed at Merrill Auditorium for the Maine Band Directors Association Concert Festival, and came home with a Gold Medal for their "Superior" rating.

The Cape Elizabeth High School Concert Band, under the direction of Rob Wheeler, performed at Merrill Auditorium for the Maine Band Directors Association (MBDA) Concert Festival.

With many parents in attendance, Wheeler said it was a great way to get the ball rolling into the spring concert season and a terrific opportunity for CEHS students to play in a world class concert hall.

According to Wheeler, "The group was outstanding and received scores of 94/100 and 95/100, putting the group solidly in the 'Superior' rating caption, resulting in a Gold Medal. Their next performance will be at the Cape Elizabeth High School Spring Concert held at the Cape Elizabeth High School Auditorium on April 30 at 7:30 p.m. Go check out these terrific young musicians!"

# Explore program enriching student experience at CEMS

By Kevin St. Jarre



Contributed photo

CEMS seventh graders participating in a recent "Art for a Cause" event during Senior Social Hour at Thomas Memorial Library.

At Cape Elizabeth Middle School, the Explore program has been enriching student experiences while enhancing connections to the community. Morgan Kerr is a 7th grade teacher at CEMS, and the school's coordinator for Explore. He helped pilot the original program with fellow 7th grade teachers, and then he took responsibility for rolling it out and keeping it moving logistically over the past two years. Sarah Rubin, also a teacher at CEMS, has also put an immense amount of work into Explore.

Explore has been an opportunity to give students some choice, ownership and community connection in their middle school learning experience.

Kerr said, "Over the duration of the year, we have three 6-to-7-week sessions where students can choose courses under the following categories: Community service and Connections, Creative Production, Learn Something New and Physical Activity. Students have been able to make new connections, experiences and social interactions. All of the courses have value but we have noticed some of the biggest impacts coming from the ones that connect students to their greater community like Art for a Cause, Volunteering at the Landing and Special Olympics planning. On a personal level, I love being able to teach something I don't usually do in our regular curriculum and connect with students I don't teach every day. It has been really rewarding to see a student who might struggle at times academically really shine in another situation. It helps give us a different and more wholistic view of our students and what they bring to the table."

As Kerr mentioned, individual sessions have included a recent "Art for a Cause" group. Katrina Aspinwall is a CEMS French Teacher and co-leader of "Art for a Cause," along with Jennifer Helis, a Multilingual Teacher at the school.

According to Aspinwall, the Explore program has enriched the student learning experience at CEMS in so many ways. "It has provided students with opportunities to learn new skills, create with different mediums, build connections within the school community and connect to the Cape Elizabeth community," she said.

Helis said that their spring explore group "Art for a Cause" went to Thomas Memorial Library, where they collaborated with the Senior Social Hour to do some rock painting. During the first session, Helis said they made some flowers for the library which they adhered to a paper tree on display in the children's library. "We are hoping to do some more work with the library and also a Pond Cove classroom. We are looking forward to making some great art with and for our community!" she said.

Aspinwall said, "'Art for a Cause' provides an opportunity for students to connect to the community through meaningful art projects. Students spread joy through creativity and connection within the schools and -see EXPLORE page 15



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# CEEF's "Play for Education" Fundraiser and Picnic Lunch Event set for June 4



Contributed photo

The Cape Elizabeth Education Foundation (CEEF) will be hosting its "Play for Education" Golf Tournament and Auction on June 4 at Prouts Neck Country Club.

Once again, Cape Elizabeth Education Foundation (CEEF) will be hosting its "Play for Education" Golf Tournament & Auction at Prouts Neck Country Club.

This year's event, marking year 14, will take place on June 4. Lead event sponsor Alex Kadish (CEHS Class of 1997) of Wells Fargo Private Wealth Advisors said, "I am once again honored to support CEEF and the Cape Elizabeth School District through the 'Play for Education' Tournament. This is a great way to give back while also allowing me to visit my home state and see friends that I made while attending Cape schools. All around, it's a great day!"

In addition to the golf event, CEEF will be hosting an auction and 2nd Annual Picnic Lunch to be held from 11:30 a.m. to 2:00 p.m. on the clubhouse lawn overlooking the ocean. This is a way for non-golfers to have a wonderful afternoon soaking up spectacular views, while mingling with friends and greeting golfers as they come off the course. Picnic at-

tendees can also bid on auction items as they enjoy a delicious catered lunch.

To support the golf event with a sponsorship, foursome, auction donation or picnic ticket, visit [ceef.us/golf](http://ceef.us/golf). Golfer registration opens Tuesday, April 28 at 10 a.m. Picnic tickets also go on sale at the same time and cost \$30.

All proceeds support CEEF, which is dedicated to fostering innovation and excellence in the Cape Elizabeth School District.

# Friends' news and notes: Spring volunteer work party

By Andrea Southworth

Looking for a hands-on way to welcome spring? Join the Friends of Fort Williams Park on Saturday, May 2, from 9-11:00 a.m. for a volunteer work party in the Children's Garden. We'll cut back last year's perennials and get the garden ready for the season ahead.

Try your hand at something new! We'll create wattle fencing—a traditional technique of weaving natural materials—to

shape a planting bed. No experience needed.

We'll finish the morning with light refreshments and time to connect.

RSVP to [info@fortwilliams.org](mailto:info@fortwilliams.org).

Bring work gloves if you have them; tools will be provided.

Friends of Fort Williams Park is a local 501(c)(3) committed to preserving and enhancing the park's ecological integrity and community benefit. We hope to see you there!



Photo by David Iovino

Friends' staff Betsy Tesh creating a wattle fence in 2025.



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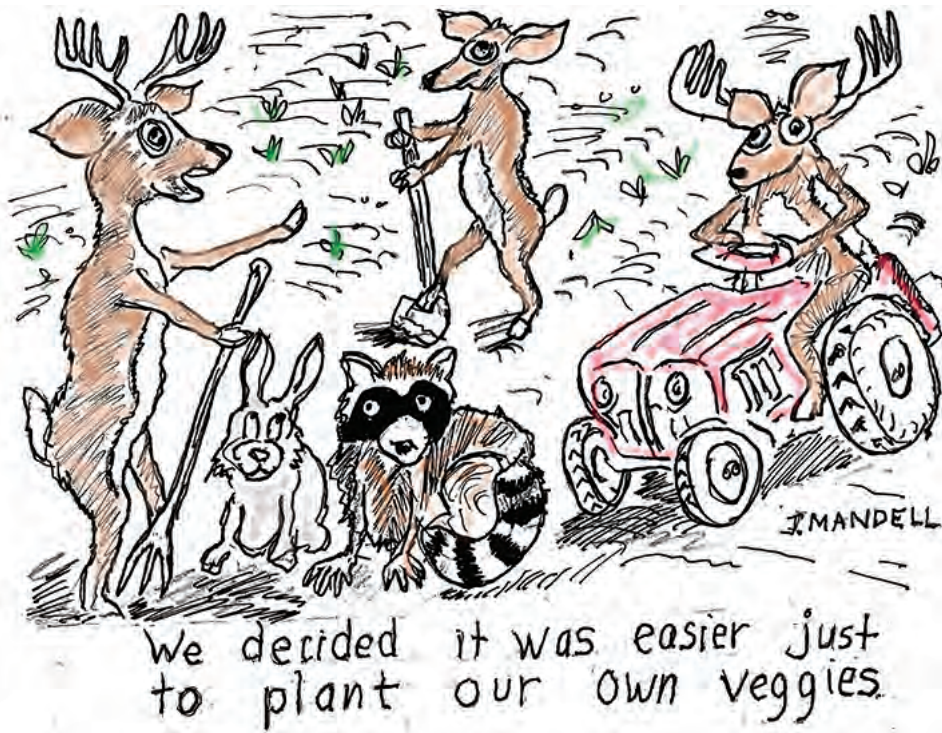

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

# Capetoon: A garden of our own

By Jeff Mandell



# Seal Team Six crowned March Madness 3v3 Basketball Champions

By Kevin St. Jarre



Photo by Scott Shea

Pictured above, this year's champions of the Annual March Madness 3v3 Basketball Tournament, calling themselves "Seal Team Six" are, left to right: Coach Ian Dalessandri, Max Backman, Bennett Hooper, Josh Rosen, Justin Strunk, Max Hayward, Coach Luke Schoenbaum

Almost 100 students at Cape Elizabeth High School participated in the Annual March Madness 3v3 Basketball Tournament. Games are played on 9-foot hoops with offensive goal-tending allowed in order to provide lots of entertainment and action.

This year's winning team, calling themselves "Seal Team Six," came back to beat an undefeated sophomore team twice in the Finals.

According to CEHS Physical Education teacher Scott Shea, the tournament has been a tradition for almost 30 years at CEHS.

Shea said, "It's the perfect time to get out the 9-foot basketball hoops and play 3v3 basketball. Student-athletes finish their winter sports in February and many are waiting for their spring sports to begin in April...The energy is crazy! Student-coached teams dress out in custom-designed uniforms and they get creative with their team names. Many plan practices and strategies prior to their first game, including meeting during free class periods and lunchtime to make sure their team is ready."

Shea explained that student fans crowd the sideline, and the CEHS Media class sets up cameras, and interviews players and coaches before and after the contests.

## CEPD to hold Drug Take Back day on April 25

The Cape Elizabeth Police Department will be holding a Drug Take Back day on Saturday, April 25 from 10:00 a.m. to 2:00 p.m.

Residents may drop off expired or unneeded prescription/non-prescription drugs at the police department.

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# More community events planned at Winnick Woods

By Andrea Southworth



Photo by Andrea Southworth

At Winnick Woods, resident Jan Chapman gets in the thick of things to clear invasive honeysuckle and make room for native Carolina rose.

Our April 11 volunteer work party to clear invasive shrubs was a success! Many thanks to everyone who pitched in. We cut and created brush piles of invasive honeysuckle, opening space for beautiful native plants like Carolina rose to thrive.

Bird highlights included northern flickers, a pileated woodpecker, a lively group of cardinals and a first-of-the-year palm warbler—very exciting!

### Reminder: Birding walk on April 25

Join us for a birding walk led by my friend and excellent birder, Dave Osterman. We'll meet at the main Winnick Woods trail entrance off Sawyer Road on Saturday, April 25 from 9–10:30 a.m. All are welcome; any skill level is perfect. Birding is fun and helps us connect to the present moment and the natural world around us. Questions? Email me: alsouthworth@hotmail.com.

### Work party #2 on May 9

Our second volunteer work session will take place on Saturday, May 9, from 9–11 a.m. near the Eastman Road entrance. Volunteers will continue making space for native plants by cutting invasive shrubs. Removing invasive species helps restore important resources for wildlife, and for us, too. We all depend on healthy ecosystems for clean air, clean water and so much more.

Bring gloves and hand tools such as loppers or pruners if you have them; park along Eastman Road. Questions? Contact Jan Chapman: janchapman1966@gmail.com

### Experience Winnick Woods

Many of us know Winnick Woods as a favorite place to walk dogs or ride bikes, but these events offer a chance to experience the land as active stewards. Thank you for your support and please help spread the word as we continue caring for this special place.

Got a story to share? Email us!



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# Thomas Memorial Library offers programs on embroidery and mending, the well-being of trees

## ANNOUNCEMENTS

### Library Closed for Holiday and Spring Cleaning

The Thomas Memorial Library will be closed for four days, from Monday, April 20 through Wednesday, April 22.

The closures are scheduled as follows:

- Monday, April 20: Closed for Patriots Day.
- Tuesday, April 21 – Wednesday, April 22: Closed to allow the Facilities Department to perform deep cleaning, painting, and other essential building maintenance that cannot be easily done during regular operating hours.

During this time, library staff will use the opportunity for training and working on major projects.

The library will reopen to the public on Thursday, April 23.

### April Gallery Exhibit Features Works by Cathryn Falwell

“Tree Translations: Works on Paper” by Maine artist Cathryn Falwell will be on display in the Stier Family Gallery throughout the month of April.

Falwell spent most of her professional life as an illustrator and author of children’s picture books.

For the past three years, she has returned to her love of drawing. Her works on paper, done in charcoal and collage, celebrate her love of trees and the natural environment.

Falwell will also present a special story time and craft for children in celebration of Earth Day on Thursday, April 23, 2:00-3:00 p.m. (see details under Children’s Program listings below.)

### It’s almost the end of our Kanopy trial year!

Our new Kanopy plan starts in July—but we need your help to decide which genres we should keep. British TV? World cinema? Documentaries? Family favorites?

Keep exploring everything Kanopy has to offer and use up your digital tickets so our data reflects what you love

best.

Thank you to the TML Foundation for bringing this free streaming service to our patrons and encouraging all ages to learn through the power of film.

### Stier Family Gallery features Art Quilts Maine in May

Throughout the month of May, we are delighted to welcome Art Quilts Maine to our downstairs gallery.

AQM aims to support their members in the exploration of contemporary quilt art, to inspire creativity and individuality, and to promote the understanding, appreciation, and recognition of contemporary quilters in the state of Maine.

Art Quilts Maine is a chapter of the Pine Tree Quilts Guild of Maine.

Closed May 25 for Memorial Day.

## SPECIAL EVENTS

### The Well-Being of Our Trees with the Maine Forest Service

Thursday, April 23, 6:30 - 8:00 p.m.

Join us for an informational session with Colleen Teerling of the Maine Forest Service and Jeff Tarling on the important topic of Maine’s forest health.

The Maine Forest Service will present an update on current tree and forest threats to Cape Elizabeth, with a focus on the Emerald Ash Borer, Hemlock Woolly Adelgid, Beech Leaf Disease, and Winter Moth. These pests are posed to negatively impact trees in Cape Elizabeth this year.

Come learn what to look for along with information about mitigation options.

### Embroidery and Mending for Adults

Saturday, Apr 25, 11:00 a.m. - 1:00 p.m.

Learn decorative stitches that can be used to mend clothing or add a personalized touch to your garments. Join us for this workshop, taught by Maine-based fashion designer and graphic artist Eleanor Cox.

With ten years of experience work-

ing in the industry and a degree from the Fashion Institute of Technology, Eleanor has worked in everything from luxury fashion and menswear in NYC, to graphic and print design.

Join her as she embarks on her newly-discovered role as teacher for this free workshop.

For ages 18+. Limited to 10 participants. Registration required.

### Film School: Arrival

Tuesday, April 28, 5:00 - 7:30 p.m.

This month, Film School takes a close look at Arrival, Denis Villeneuve’s acclaimed 2016 adaptation of the novella “Story of Your Life” by Ted Chiang.

From alien linguistics to world peace and free will, this existential masterpiece presents a breathtaking view of humanity’s potential and questions that will leave you both devastated and strangely hopeful.

Join us for a screening and discussion of this unforgettable film, and feel free to bring your own snacks. Popcorn provided.

## MAY SPECIAL EVENTS

### Community Book Discussion: “The Jungle” by Upton Sinclair

Thursday, May 7, 6:30 - 8:00 pm

Join us for a conversation with Chriss Sutherland about Upton Sinclair’s 1906 novel “The Jungle,” a book Jack London once called “the Uncle Tom’s Cabin of wage slavery.”

Following our previous discussions of “1984” and “Parable of the Sower,” this time we will use classic literature to bring up topics like working-class poverty, immigrant struggles, lack of social support, dangerous working conditions, and cynicism and cruelty among the powerless. This book is most commonly remembered for its immediate impact on the labor and sanitary conditions of the American meat-packing industry, but there is so much more to talk about.

Please register in advance to let us know you are interested, and feel free to attend even if you haven’t finished reading the book!

### CEHPS presents: “The Wreck of the Royal Tar” with Jane Parks Gardner

Tuesday, May 12, 6:30 - 8:00 p.m.

Based on her new book “The Wreck of the Royal Tar,” author Jane Parks Gardner presents a gripping multimedia program that brings to life one of New England’s most haunting maritime disasters.

The talk explores the history of the ill-fated steamship, the immigrant experience of many passengers, the colorful world of 19th-century traveling circuses, and the perils of sea travel in the 1830s. Jane recounts the events leading up to the tragic fire that claimed 33 lives and a menagerie of circus animals, offering insight into the human stories behind the headlines.

This engaging program blends historical research, dramatic storytelling, and striking visuals to shed light on a little-known piece of regional history.

Jane Parks Gardner is the author of dozens of STEM-focused books and

study guides for learners of all ages. Over the course of her career, she has worn many hats—chemistry professor, high school teacher, editor, curriculum developer, adventurer and mom. She lives in Massachusetts.

## REGULAR PROGRAMS

### Senior Social Hour

Every Wednesday from 1:00 - 2:00 p.m.

### Death Cafe, with Davinica Nemptow

First Thursday of each month, 6:30 - 8:00 p.m.

### Songwriting Workshop, with Jud Caswell

First Tuesday of each month, 6:00 - 8:00 p.m.

## FE Recurring Programs - Children’s

### 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.

### 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 am. 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.

### Preschool Story Time: Fridays @ 10:30 a.m.

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

### \*SPECIAL\* Lego Club : First Tuesday of the month @ 3:30 p.m., April 7

This month, we’re celebrating Comic-

-see LIBRARY page 13

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# Library

Continued from page 12

Con! Come free-build with the library's Lego collection, and your masterpiece may be displayed in a special Lego gallery.

No registration necessary. Capacity is 30 people.

### 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 10-12.

### TLC: Teen Leadership Council, for ages 14+

Last Friday of the month @ 2:45p.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

#### 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 and 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:

- (Skip APR 22 due to School Vacation Week)

- APR 29 - Music & Movement - Jud Caswell (Award-winning songwriter and multi-instrumentalist)

### Tree Translations - Story Time & craft with author & artist Cathryn Falwell

Thursday, April 23, 2:00-3:00 p.m.

Help us celebrate Earth Day with a special story time and craft program with author and artist Cathryn Falwell.

Cathryn will read from her book "David's Drawings," about a shy young boy who loves to draw. David begins a beautiful picture of a tree he has seen, and one by one his classmates come by and join him.

As the drawing develops, David overcomes his shyness and finds a way to make new friends. After the reading, Cathryn will lead everyone in making their own trees.

Weather permitting, we'll do this program outside for inspiration! Cathryn's art show Tree Translations will be on display in the library's Stier Family Gallery from April 2-29.

### Waterfall Cards with Andi Saturn

Saturday, May 2 from 1:00 - 2:30 p.m.

Learn to make a cascade of art! Waterfall cards use a pull tab to create a 5 panel "flip book," with each panel sliding away to reveal the one beneath it.

Andi will guide you through making the basic slide/pull mechanism, demonstrate a few variations on the basic technique, and then set everyone free to illustrate their panels. Register to save your spot. This workshop is intended for ages 7+.

Andi Saturn (they/them) is a teacher, performer and artist in Portland. Since starting their art journey in 2020 they've dabbled in as many art forms as possible, building an eclectic skill set with a focus on line art and printmaking. As a self taught artist, they know how hard it can be to pick up new mediums and they're passionate about breaking skills down into simple, clear directions to allow for less frustration and more creativity.

Andi currently works as an Enrichment teacher in Breakwater School's aftercare program where they teach art, dance and theater classes.

# 2026 spring Cape Elizabeth Land Trust programs

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

### CELT's Little Explorers (ages 3-5 with an adult)

Children and caregivers will spend an hour exploring the natural wonders of the Maine woods in spring during this Cape Elizabeth Land Trust event.

Join CELT educator Lisa Gent on a gentle hike through Robinson Woods where we will explore the habitat around us while we search for birds, reptiles, amphibians, mammals and plant life. Lots of hands-on explorations and games included!

Please dress in comfortable clothes and bring a water bottle. All participants must register at least at least 48 hours in advance of the program to receive notification of changes or cancellation.

a life-size inflatable humpback whale named "Chunk." As seen on ABC news, Within the Whale is an engaging educational program designed and conducted by award-winning wildlife educator Jessica Woodend.

Discover how whales support healthy oceans and a thriving planet. Chunk brings the ocean to life with hands-on learning, engaging activities, and inspiration about marine mammals and environmental conservation. You'll learn how the survival of whales is connected to Earth's ecosystems, and what we can all do to protect them. Perfect for curious learners of all ages.

Date: June 6

Time: 1:00 -3:00 p.m.

Location: Cape Elizabeth High School Gym

No registration necessary

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

### \*\*\*(Date Change!): Wednesday, May 20\*\*\*

Time: 9:00 -10:00 a.m.

Location: Meet at Robinson Woods parking lot, Shore Road

Cost: \$6/family

Min 3/Max 5

### Medicinal Herb Walk

Join Mischa Schuler, herbalist and owner of Wild Carrot Herbs, on a walk through Robinson Woods. As the plants reawaken to spring, we will visit with these extraordinary beings in their young stages of growth - learning to recognize their patterns across the refreshed landscape.

Our evening will be rich with herbal folklore and inspired by our curiosity and imagination. All participants must register at least at least 48 hours in advance of the program to receive notification of changes or cancellation.

Date: Thursday, May 7

Time: 6:00 - 7:00 p.m.

Location: Meet at Robinson Woods Kiosk

Cost: \$6 per person

Max 10/Min 3

### CELT Presents Within the Whale

Step inside one of the ocean's most important animals! Join Within the Whale for an immersive experience where participants explore the 3D anatomy of

### Spring Cross Town Walk

Join Cape Elizabeth Land Trust staff and educators for the annual Spring Cross Town Walk. Beginning at Portland Head Light, located at Fort Williams, this walk will traverse 8.2 miles of trails highlighting Cape's great places; including Spurwink Marsh, Robinson Woods, and Great Pond. The walk takes approximately four hours and includes a BYO lunch stop.

Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams. Snacks, drinks and lunch should be brought by each participant.

Interested in joining but concerned about the length of the walk? Consider signing up for the "Second Half" option, which is listed as a separate event. All participants must register at least at least 48 hours in advance of the program to receive notification of changes or cancellation.

Date: Saturday, June 20

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

Location: Meet at Portland Headlight near the lighthouse.

Cost: \$10 per person

Max 15 / Min 5

### Spring Cross Town Walk (Second

-see CELT page 15

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# CAPE CALENDAR

By Wendy Derzawiec

*Instructions for joining video conference meetings listed below will be posted on the town website, [www.capeelizabeth.gov](http://www.capeelizabeth.gov).*

**Thursday, April 23**

Thomas Memorial Library Committee, Thomas Memorial Library, 6:30 p.m.

**Monday, April 27**

Town Council, Town Hall chamber, 7 p.m.

**Tuesday, April 28**

Conservation Committee Site Visit, at the Highlands, meet at the trail-head located at the end of Pine Ridge Rd. 5 pm  
Zoning Board of Appeals, Town Hall chamber, 7 p.m.

**Tuesday, May 5**

Planning Board Workshop, Jordan Conference Room, Town Hall, 7 p.m.

**Ongoing each week**

Al-Anon, 7 p.m. Fridays, First Congregational Church, 301 Cottage Road, South Portland. Parking in rear.  
Alcoholics Anonymous, 2 p.m. Saturdays, First Congregational Church, 301 Cottage Road, South Portland; 7 p.m. Wednesdays, St. Bartholomew Church; 7 p.m. Fridays, St. Alban's Church.  
Cape Elizabeth Historical Preservation Society, 9 a.m. - noon on Thurs-

days 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](http://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](http://sp-ce-rotary.org).

## CABLE GUIDE

## CETV CHANNEL 1302

Please see [cetv.capeelizabeth.org](http://cetv.capeelizabeth.org) for latest program guide and video on demand.

**Town Council Budget Meeting, School Board Budget Presentation**  
April 27 - 6 p.m.  
**Zoning Board of Appeals**  
April 28 - 7 p.m.

# SERVICES

**Cape Elizabeth Church of the Nazarene**

499 Ocean House Road (Route 77)  
747-1113

[www.capenazarene.org](http://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](http://watch.capenazarene.org)

**Cape Elizabeth United Methodist Church**

280 Ocean House Road  
799-8396

[www.ceumc.org](http://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](http://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](http://www.hopesopo.com)

[www.facebook.com/hopesopo](http://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](http://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](http://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](http://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](http://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](http://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](http://www.fccscarborough.com)

Sunday Morning Worship: 9:30 a.m.

Sunday School & Nursery Care

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

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

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

**BUSINESSES/SERVICES**

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**Explore**

Continued from page 8

also the Cape Elizabeth community. During the fall, students created bookmarks to be included in the Inn by the Sea's Holiday Book Program which provides books and funding to local schools. This winter, students made thoughtful and carefully crafted paper snowflakes, snowmen, gnomes, bookmarks and cards to decorate a common space at The Landing. This spring, we are partnering with the Thomas Memorial Library to create decorations for the children's library...[t] throughout the year we have partnered with a first-grade classroom at Pond Cove to make bookmarks, a collaborative gratitude paper mural and assist with a Valentine's day project."

Helis said, "By collaborating with both younger students and senior residents, participants often step outside their comfort zones while discovering the shared joy of creating. These experiences foster empathy, confidence, and a stronger sense of belonging."

Looking ahead, there is potential to expand this work through additional partnerships with local businesses, organizations, and community members. Creating more opportunities for students to share their creativity not only enriches their experience, but also strengthens the connections that make our community so special."

**CELT**

Continued from page 13

**Half Option)**

Interested in the Cross Town Walk, but not ready to commit to all 8.2 miles? Join Cape Elizabeth Land Trust for a half-distance (~4.5 miles) walk highlighting some of Cape's great places, including Spurwink Marsh and Great Pond. The walk takes approximately three hours and includes a BYO lunch stop.

Hikers will meet at the CELT office in Town Center and will carpool (arranged prior to walk) back to Fort Williams after lunch. Snacks, drinks and lunch should be brought by each participant.

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

Date: Saturday, June 20  
Time: 10:30 a.m. - 1:30 p.m.  
Location: Meet at CELT Office  
Cost: \$5 per person  
Max 15 / No Min

**CELT Library Talks with the Thomas Memorial Library Invasive Plants Nature Talk/Walk**

Join Mike Hankes, a member of CELT's Stewardship Committee, for a talk at Thomas Memorial Library about the invasive plant species found in Cape Elizabeth. Throughout the program, Mike will teach the audience how to identify specific plants, all about eradication strategies, and why invasive species pose a threat to an ecosystem. He will bring in samples of actual invasive plants found in town for participants to touch and photograph, in order to sharpen their identification skills.

We will have a sign-up sheet at the talk, and if enough interest is garnered, Mike will host a walk at Runaway Farm the following week to see the plants in their natural environment.

Participants on the walk should meet at the upper parking lot at Gull Crest field off Spurwink Avenue, and be prepared to go on a gentle hike, rain or shine. All participants must register at least 48 hours in advance of the program to receive notification of changes or cancellation.

Date: June 18  
Time: 6:30 - 8:00 p.m.  
Location: Thomas Memorial Library  
No Registration Required

Date and Time for Follow Up Walk

Have a Classified Ad, Announcement or Event?



Go to [www.capecourier.com](http://www.capecourier.com)  
Or contact Tara Simopoulos at: [advertising@capecourier.com](mailto:advertising@capecourier.com)

TBD as needed.

**Marine Mammals of Maine Talk: A Seal's Journey**

Join Marine Mammals of Maine (MMoME) volunteer and wildlife educator Jessica Woodend as she takes you through a seal's journey from stranding to release, and all of the obstacles in between.

Jessica will start with important seal basics, such as whether it's normal for seals to be out of the water, and why you might see a baby seal on its own. She will

then dive into when and why seals need our help, and what you as a community member should do if you encounter a seal. You will also learn about what MMoME is, what they do, and more about the animals they care for, including the famous 2023 Cape Elizabeth Gray Seals!

Date: Tuesday, June 23  
Time: 6:30 - 8:00 p.m.  
Location: Thomas Memorial Library Community Room  
No registration necessary



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Photo by Martha Agan

A Greater Yellowlegs at the Rachel Carson National Wildlife Refuge.



Photo by Martha Agan

A Snowy Egret eating a Stickleback fish at the Rachel Carson National Wildlife Refuge.



Photo by Martha Agan

A Maine State Bird Black Capped Chickadee at the Rachel Carson National Wildlife Refuge.



Photo by Martha Agan

A Cooper's Hawk in Martha Agan's yard.



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