

The Cape Courier

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In the Spirit of Community

Capers compete at Maine girls chess state championship

By Eric Dinnerstein



Photo by Eric Dinnerstein

Pictured are Clara (left) and Zoe (right) with grandmaster Sabina Foisor.

Cape Elizabeth was well represented at the Maine girls chess state championship. The event took place on Saturday, Feb 2 at the beautiful public library in Bangor. Twenty of the best chess players in Maine were invited to the competition.

Clara Parker (a freshman at Cape Elizabeth high school) and Zoe Dinnerstein (a 7th grader at Cape Elizabeth middle school) tied up as runner up state champions with three wins out of four. They both played admirably and showed much talent and chess strategy. Their next quest is

the scholastic chess state championship, which will take place in March.

Parker and Dinnerstein had the special honor of meeting chess grandmaster Sabina Foisor, the 2017 USA woman chess champion, who travelled all the way to our state to attend the championship.

The Cape Elizabeth Chess Club meets on Saturdays 9-11 a.m. at the Thomas Memorial Library. Players of any age are encouraged to join the club and come support the chess teams as they prepare for the championships.

Capetoon: Courier Visits Cape Elizabeth

By Jeff Mandell



Drawn by Jeff Mandell

Local resident braves the elements to pick up the Courier while visiting downtown Cape Elizabeth.

Capetoon is created by Cape Elizabeth resident Jeff Mandell, who has decades of experience writing and drawing humorous pieces for publications throughout northern New England.

Cape Elizabeth Land Trust's first Stewardship Manager to care for conservation lands



Contributed photo

Christian (Chris) Schorn has been hired as Cape Elizabeth Land Trust's first Stewardship Manager.

Christian (Chris) Schorn has joined the Cape Elizabeth Land Trust (CELT) as its first Stewardship Manager. This is a big step for the non-profit organization, enabling it to better manage the 30 conservation properties totaling 710 acres in its perpetual care.

Schorn will work with CELT's volunteer team to monitor its properties, oversee habitat conservation, coordinate management of invasive species, create and maintain trails, organize community work parties, and create GIS maps of the properties.

Chris is a nature nut through and through, who has been finding excuses to spend time in Maine for nearly a decade. He most re-

cently came from Vermont, where he earned a Master's degree from the Field Naturalist & Ecological Planning Program at the University of Vermont, and is completing a Master's project analyzing forest restoration strategies in the Champlain Valley with The Nature Conservancy. His land trust experience includes consulting with the Vermont Land Trust, Greensboro (VT) Land Trust, and the Brunswick-Topsham Land Trust. He also worked with the New England Wild Flower Society, the Harvard University Herbaria, and the New York Botanical Garden.

-see CELT page 14

Cape VEX robotics teams do well, all CEHS teams qualify for states

By Kevin St. Jarre



Contributed photo

The Cape VEX Robotics program recently competed at a qualifier at Turner High School. All five CEHS robotics teams have qualified to compete in the state championships.

The Cape VEX robotics program continues to win, qualify, and impress, and did so again at Turner High School recently. Evan Thayer, one of the coaches within Cape Elizabeth's long-successful robotics program, said, "This year's VEX game includes great-

er-than-average opportunities for aggressive action between robots. Our fast-but-light Team 56J robot got pushed off their high-

-see ROBOTICS page 5



The Cape Courier
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Here's to Mr. Mullen

As a former English and Theater student at Cape Elizabeth High School (and long-time-super-fan) of Dick Mullen, my heart was warmed to see his retirement announcement on the cover of the Courier this week. I had to do a double take when I saw that his last name was repeatedly spelled incorrectly!

After 40 years of educational service to so many people in this community, it's an ironic and unfortunate oversight. I respect how much work goes into put together the Courier, but in the name of Mr. Mullen I simply had to get out my red pen and circle the error!

4th Annual Lobster Stew Supper is March 10



Contributed photo

Love lobster stew? Come enjoy the 'harvest' from your local fishermen at the Cape Farm Alliance's 4th Annual Lobster Stew Supper which will be held on March 10. The evening's menu includes a big bowl of homemade stew, chock full of locally caught lobster meat, fresh-from-the-oven biscuits (thanks to the Good Table restaurant), and a selection of incredible pies, made by talented home cooks. Coffee, tea, lemonade and cash bar will also be available. The beautiful

The Cape Courier could have (and should have) been filled with personal anecdotes and tributes to this inspiring, fierce, and loving educator who took so many of us higher. Congratulations Dick Mullen!

I will so miss watching your spectacular productions at the High School auditorium where you taught me how to shine on stage over 20 years ago... Your retirement is so well-deserved.

With respect,
Megan Jo Wilson

Purpoodock Club in Cape Elizabeth is our host and generous sponsor.

The CFA's Lobster Stew Supper has been a popular community event since it was originated by the town's Volunteer Fire Department decades ago. When firefighters ceased hosting the dinner, the CFA jumped in to revive the tradition, and to continue celebrating our hard-working lobster fishermen.

Doors open at 4:30 p.m. and the last seating will be at 7 p.m. Tickets are \$25 for adults and \$15 for children (ages 10 and under) and can be purchased at The Farm Stand on Ocean Avenue in South Portland's Mill Creek neighborhood, at Alewife's Brook Farm on Old Ocean House Road in Cape Elizabeth and online through Brown Paper Tickets. Visit the Cape Farm Alliance website or Facebook page for more information.

Applications for boat storage lottery being accepted

Applications for seasonal boat storage at Great Pond for town residents for the 2019 season are being accepted at the town office.

The Conservation Committee will assign boat storage slots by lottery. Any town resident who would like to store a boat at Great Pond should submit an application by March 14 to the Assessing/Codes/Planning office manager at Town Hall. You may apply online at: https://www.capecelizabeth.com/government/rules_regs/forms/great_pond_permit_form.html or download a printable application from the town website.

Those who received a permit for the 2018 season and did not store a boat will only be eligible for a slot if supply exceeds demands. Only one (1) application per household may be submitted.

Thirty-two applications will be drawn at 9 a.m. on Monday, March 18, in the ACP Conference Room in Town Hall. Winners will be notified and will have until Mar. 29 to pay for their 2019 Boat Storage Permit (\$20). Any permits remaining after March 29 will be distributed in a second drawing.

Permit holders are expected to begin storing a boat by July 4. At the end of this season, all permit holders will be required to remove their boat from the rack. Permit holders are expected to use the rack for boat storage. Unused space may be reallocated to a new permit holder.

For more information please contact Town Planner, Maureen O'Meara, 207-799-0115.

Correction

The last issue of The Cape Courier included a photo and caption of longtime and retiring educator, Richard Mullen, but his last name was misspelled. We regret the typographical error, and apologize to Mr. Mullen.

THANK YOU!

Your voluntary subscriptions and other contributions help keep this community newspaper coming to your mailbox.

Thank you to this recent generous contributor:

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Checks made out to The Cape Courier may be mailed to P.O. Box 6242, Cape Elizabeth, Maine, 04107. Future contributions will be acknowledged in an alphabetical format. Please include a message on your correspondence if you prefer to remain anonymous.

Let us hear from you!



We love feedback!

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Then and Now: “Nicked” bumper

By Jim Rowe



Photos courtesy of the Cape Elizabeth Historical Preservation Society

These photos from ca. 1950 show a 1948 Nash Ambassador with a “nicked” bumper up on the sidewalk along northern Shore Road. It is unclear if the accident was due to driver error or mechanical malfunction, but the officer in CEPD’s 1947 Chevrolet patrol car no doubt had things sorted out in no time.

CEHPS meeting on March 4

The Cape Elizabeth Historical Preservation Society will meet on Monday March 4 at 7 p.m. at the Community Services Building, 345 Ocean House Rd. The program is entitled: Fires of 1947.

This is presented as a 70 minute, narrated film. The Great Fires of 1947 destroyed over 17,000 acres of wooded land on Mt. Desert Island and 200,000 acres statewide. Sixteen people perished. Brownfield

to Goose Rocks Beach and Kennebunkport were also involved in this monumental disaster. Please join us for what is sure to be a most interesting and touching experience. Some of us still remember the strong smell of smoke and the haze in the distance from that October in 1947. Meetings are always free and open to the public. Please join us and you’ll be glad you did.

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Local writers at The Busy Bee

On Saturday, February 23 from 4–5 p.m., Local Writers at The Busy Bee continues its eighth season of monthly readings featuring Maine writers of prose and poetry. The series will host Brunswick poet Pam Burr Smith and author, Joshua Bodwell. Located at 327 Ocean House Road in Cape Elizabeth, Local Writers at The Busy Bee events are co-hosted by Portland Poet Laureate, Linda Aldrich and Cape Elizabeth writer, Marcia F. Brown. The event is free and open to the public and writers’ books will be available for sale by Kelly’s Books to Go.

Pam Burr Smith is the author of the poetry collection “Heaven Jumping Woman” (Moon Pie Press 2011) and the upcoming “Near Stars” (Blackberry Books 2019). She received an Honorable Mention in the Maine Poetry Chapbook Competition judged by Mary Oliver in 1993. Her short stories, essays, articles and poems have been published in numerous journals and anthologies, including Take Heart edited by former Maine Poet Lau-

reate, Wesley McNair. Burr Smith is a professional mental health therapist, as well as a visual artist and painter. She lives in Brunswick, Maine with her beloved dog, Amos.

Joshua Bodwell is the executive director of the Maine Writers & Publishers Alliance. He is a regular contributor to Poets & Writers Magazine and a contributing editor at the online journal Fiction Writers Review. He recently served as the series editor for a three-volume edition of the collected short stories and novellas of Andre Dubus for the Boston-based publisher David R. Godine; the new editions include introductions by Ann Beattie, Richard Russo, and Tobias Wolff. Bodwell’s fiction and nonfiction have appeared in magazines and quarterlies such as Ambit (London), Glimmer Train’s Writer’s Ask, The Threepenny Review, and Slice. His journalism has garnered awards from the Maine and New England press associations. He was awarded the 2015 Marianne Russo Award for emerging authors from the Key West Literary Seminar.

Call for artists: Paint for Preservation 2019

The Cape Elizabeth Land Trust (CELT) is accepting artist submissions for Paint for Preservation 2019, the organization’s twelfth annual juried Wet Paint Auction. Artist entries will be juried by Anne Zill, director emerita of the University of New England Art Gallery and an independent art curator.

The Wet Paint Auction will be held on Sunday, June 30. Over three days on the weekend of the event (Friday June 28 through Sunday June 30), selected artists will paint en plein air (outdoors) at designated public and private locations chosen to highlight Cape Elizabeth’s natural beauty. On Sunday afternoon, the newly painted artwork will be auctioned live at a tented cocktail reception at a stunning

seaside home in Cape Elizabeth. The auction attracts about 400 people each year. Proceeds from the auction are shared with participating artists and benefit the Cape Elizabeth Land Trust’s Saving Cape’s Great Places initiative to conserve and care for local lands cherished by the community.

Interested artists are invited to submit three images of original plein-air paintings in any medium for juried consideration. Samples must be submitted as digital images via email. The artist submission form and further instructions regarding submission requirements may be obtained at www.capelandtrust.org. The deadline for artists’ submissions is Friday, March 22, 2019.

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Our Library: Making a Difference

By Thomas Memorial Library Foundation

This column shares true stories from library users on how our library is making a difference to them and to the community.

Bill's Thriller Mysteries

This story illustrates one way the Thomas Memorial Library made a difference for one retiree

During 40 years as a professor of psychology, William Marshall read hundreds, perhaps thousands of research papers. To keep up with the publication explosion in his field and help students understand them, Bill had little time for reading for pleasure and missed his favorite genre, mystery novels.

After Bill retired and moved to Cape Elizabeth, and as time allowed for him to do some reading, he found many similarities in these mystery novels to research papers. Both start with a theory on what happened, and both explore the need for solid evidence that the theory is correct or incorrect. But in two respects they are very different. Research papers are often highly technical with lots of jargon and hence are arduous, tiring reading (even for professors), and second, research papers are not exactly page-turners. It wasn't long before Bill again enjoyed and became addicted to the mystery novel series by Lee Child, Harlan Coben, David Baldacci and Agatha Christie.

While the Thomas Memorial Library had many of the novels by these authors, it did not have all of them and often the ones Bill needed in the series were checked out for another several weeks. Nancy, his wife and a retired librarian, suggested he explore finding the rest through interlibrary loan.

Bill has been delighted to find how easily and quickly he could get these books, and continues on the hunt for new mystery authors. This true story is one example of the almost 1,800 items per month that come from the in-

terlibrary loan program. Since the online catalog provides access to many more resources than is feasible for any one library to hold, it saves our library money.

A tribute to Nancy Marshall: Our first story was selected partially as a tribute to Nancy, who was a champion for our library.

Shortly after Nancy moved here (2006), she agreed to chair the town's study committee for renovating or rebuilding the Thomas Memorial Library, holding 43 meetings during 2008-09. The building was in terrible shape with 101 documented structural problems. Due to the Great Recession, the library building was put on hold.

When the issue resurfaced in 2012, Nancy volunteered for the Political Action Committee to promote the bond issue. The bond issue didn't pass, as is the case for half of the library bond issues on their first try. Even so, her study committee had convinced the town that something had to be done to update the building. Look at what we have today!

Nancy, a stalwart member of the Library Knitting Group, knitted dozens sweaters for needy children and was a spirited member of the Library Book Group.

As a two time cancer survivor, Nancy served as an active mentor in the South Portland's Cancer Community Center Lung Support Group. (Cape Courier, 12/19/12).

Nancy is internationally known for her book on the poem "The Night before Christmas." (nightbeforechristmas.biz). Before retiring as the Dean of University Libraries at the College of William and Mary, she was an associate director for libraries at the University of Wisconsin and a leader in the American Library Association.

Nancy Marshall (1933-2018) wrote this story about her husband William. George Morse, from the Foundation's Story Team wrote the tribute to Nancy with help from William Marshall.

School news from the Superintendent

By Dr. Donna Wolfrom

We have many things to celebrate in Cape Elizabeth, and this month I would like to focus on our amazing Food Service Department. From the beginning of the 2018-2019 school year to January 22, the department has prepared and served 37,797 meals. Since the middle of November, our debit account a la carte sales at the high school have increased \$4,170 over the prior year to date, and cash a la carte sales were \$518 over the prior year to date.

Our food service staff is dedicated to preparing and serving our students nutritional and interesting meals. In addition, they rise to the challenge of serving students in an efficient, yet nurturing way. Often our food service staff goes out of their way to engage the students in conversation and make connections. Many thanks to our incredible food service staff.

Along with working on budget development, a committee of Cape Elizabeth teachers and administrators have been working with facilitator Judy Enright to plan a Future Search event during which members representing the many groups in our district (including parents, business owners, senior citizens, Town Council members, School Board members, teachers, students, and many more) will meet to review historical impacts on our school district, things we are happy with, challenges we have, and finally, what competencies we want our students to have when they graduate from Cape Elizabeth High School. This event is being planned for March 15 and 16 as community members meet for reflection and discussion. The data from this work will be gathered, and goals will be identified. Additionally, the work will be used to develop the Cape Elizabeth School District Strategic Plan. The plan will guide our work as a school district and will be used to measure our progress toward our goals. If you are in-

terested in participating in this event and have not been contacted, please call the Superintendent's Office for more information.

As a result of the combined Cape Elizabeth Town Council and School Board meetings this fall, and in a collective effort to improve communication between the two groups as we each work to develop our budgets, a sub-committee of each group was developed to meet and share information about progress in the budget development process. The first meeting was held on January 24 and was very informative as each group shared information that is under consideration and the challenges that we face as budgets are being developed. Members will report this information back to their groups as we proceed through the budget development process.

The Cape Elizabeth School Board and administrators are eagerly awaiting the arrival of the ED279, the state subsidy report. We were expecting the report on February 1; however, the deadline for the new Governor's budget was extended to February 8, so the arrival of the state subsidy report was pushed back to February 15. This report will provide information on the amount of state subsidy that each district should expect to receive, as well as expected ratios of teachers to students. The information will be used to develop the revenue side of the Cape Elizabeth School District FY20 Budget.

We are also awaiting news on the percentage increase for health benefits, which should arrive during the first week in April. We have included an estimated 10 percent increase in health benefits for our employees and are hoping that the actual increase will be less than 10 percent. Both health benefits and salaries are set through the Collective Bargaining Agree-

-see SCHOOL BOARD page 5



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Organizational Habits: Need motivation to get more sleep?

By Janie Downey Maxwell

Organizational Habits is a column about ideas, tools, and inspiration to help you get your best work done. Janie Downey Maxwell moved to Cape Elizabeth in 2013. She manages adult programs at the Thomas Memorial Library and is active with the southern Maine theater community and an actor, singer, and director. Questions? Don't hesitate to contact Janie at janie@organization-habits.com.

More and more research is being done on the impact of sleep deprivation across all age categories.

We've all experienced periodic lack of sleep and you know the feeling:

- Your cognitive functioning is impaired.
- It's hard to focus, to concentrate.
- Your body feels heavy, achy, and clumsy.
- You feel grumpy and might have head spins and negative thoughts.
- You feel more sensitive and impatient.

One teen in a recent study summed it up beautifully: "When I don't get enough sleep, everything is harder."

What we don't always think about are the long-term impacts of lack of sleep, which can include an increased risk of depression and difficulty regulating your emotions.

You can get by with a little less sleep but eventually, it is going to catch up with your overall health – including brain functions. And how are you going to get to your best work if you're not feeling well. Why is sleep so important?

We learn when we dream

When you sleep each night, you process what you learned during the day. Your brain reviews the intake for the day and links that to what you already know. And new subject matter is filed away which strengthens your neural pathways and helps you retain what you've learned.

Sleep cleans up your brain

Sleep is the time for your brain to straighten up, declutter, and get organized, which allows room for new learning. And your brain flushes out toxins that accumulate during the day.

Sleep improves your performance

Sleep improves recall and helps you with problem solving no matter what type of work you do.

Sleep helps you stay emotionally regulated

The amygdala is at the center of your brain and controls emotional responses like fear, anger, and anxiety. Without enough sleep, your amygdala stresses out and emotions can seem overwhelming when hit with outside stimuli.

Sleep improves your health

Sleep helps boost your immune system and makes you less susceptible to catching colds.

What are some baby steps you can take to get more sleep?

- Establish a sleep routine by going to bed at a consistent time.
- Stay away from blue light (screens!) at least 30 minutes before bed so your melatonin can kick in.
- Caffeine takes about 6 hours to stop activating adrenaline – so try to limit that to mornings only.
- Calm your brain with meditation or a calming book before bed.
- Exercise during the day will help improve the depth and quality of your sleep.
- Clear the room at night of distractions – including television, kids and pets in the bed!
- Block the light with heavy curtains or by draping something over your eyes.
- Use earplugs if others in your house or apartment are active after you've gone to bed.
- Love your pillow and bedding; be bed linen picky – not too hot and not too cold.

School board

Continued from page 4

ment that was negotiated two years ago. The combination of salaries and benefits make up approximately 85 percent of the school expenditure budget. The remaining 15 percent of the expenditure budget is comprised of facilities, maintenance, and utilities, school supplies and equipment, staff development, professional contracted services, and debt service (see the pie chart on our budget website).

Cape Elizabeth School Department administrators began the process of reviewing staff needs and assignments in early January. School and department budgets were developed based on those needs, as well as enrollment numbers and needs in our facilities. We will continue to watch enrollment and make adjustments in staffing, if necessary, as those numbers change. In addition, several of our valued staff members have made the decision to retire. As we work to keep budget increases to a minimum, we have been considering the need to replace retiring staff on a position-by-position basis.

As we continue in the budget development process, difficult decisions will be made in order to meet the newly developed Cape Elizabeth School Board FY20 Budget Goals. We will use this set of goals as a lens to determine priorities and make decisions:

- Maintaining and improving the high quality of education for every student;
- Careful examination of line items and consideration of the success and effectiveness of the expenditures in order to provide a fiscally responsible budget;
- Clear and continual communication throughout the budget process.

Robotics

Continued from page 1

park platform more than once during elimination rounds, but they have such phenomenal capabilities to score in other ways that they emerged again as a top robot."

The program's teams are assigned nomenclature, such as 56J, to differentiate them by district and team. Thayer said, "During the morning's qualifying rounds, 56J and 56G were both 6-1-0 going into their last qualification match. And they faced each other. 56J won that match to improve to 7-1-0 and become the top seed alliance captain for the afternoon's Elimination Rounds. 56J chose 56G as their alliance partner, and this alliance won the bracket to become Tournament Champions."

At the competition, two Cape Middle School teams joined in for the tournament. The Cape Elizabeth High School students were welcoming and helpful to the younger students. Thayer said, "Freshman Sarah Hagan, in particular, helped guide 7th grader Tess Straw, who was a team of one, through her day."

All five of the CEHS teams have now qualified for VEX States, which will be at The Point, Clark's Pond in South Portland, on Saturday, Feb. 23, if members of the public want to stop by.

At the recent event, the teams were:

56J: 7-1-0, Excellence Award, Tournament Champion, Skills Award

Lauren Abrahamsen, Ethan Coronite, Carmen Erickson, Evan Gebhart, Carter Merriam

56G: 6-2-0, Tournament Champion

Carter Abrahamsen, Sarah Hagan, Eva Morris, Matthew Zimmerman

56F: 5-3-0, lost in Quarterfinals

Joe Jacobson, Matthew Yim

56D: 3-5-0, lost in Quarterfinals

William Jordan, Connor LaBonty, Josh Mayberry



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CEHS Freshman phenom wins GPSoccer National Team Female Player of the Year

By Kevin St. Jarre



Contributed photo

Emily Supple is only a freshman at CEHS, but she is already a member of a Maine State Championship high school soccer team, and more recently has been named GPS National Team Female Player of the Year.

Emily Supple is a freshman at Cape Elizabeth High School, one of the youngest members of the CEHS Girls' Soccer Team which just wrapped up a perfect season and a Maine State Championship, and she has just been awarded the 2004 Global Premier Soccer (GPS) National Team Female Player of the Year for 2018. The year, 2004, indicates the year in which the young athlete was born.

GPS is the year-round club soccer program for which Supple plays. "I have played for the club since I was in third grade so this is my sixth year with GPS. The team I play for is the 2003 Girls Maine team, but in December 2017, I tried out for the 2004 Girls' GPS national team, and ended up making it." The teams are two separate teams, under the same club, but the age grouping is different by a year. Year-round teams used to use designations such as U11, U12, etc. but have switched to using birth years.

When asked how she won the National Player of the Year award, Supple said, "I went to two tryouts- one in Massachusetts and one in South Carolina- from which I qualified to make the GPS National Team. We traveled to San Diego, CA and competed in the Surf Cup, a well-known, highly competitive tournament with teams from all over the world." Based on her performance in that tournament, Supple earned the award, which is given to those who display the greatest performance, leadership and effort.

The award would come as no surprise to

anyone who saw Supple play for CEHS last year. She traps extremely well, has excellent field vision and soccer awareness, is quick and seems tireless, and when she chooses to, she can shoot with the best of them. However, Supple's ability to dribble and then pass under pressure may be her greatest strength, and is especially rare in a player so young.

Supple said she has been playing for many years. "I started playing at a very young age and continued to play Cape Elizabeth recreational soccer until third grade when I started to play GPS along with Cape travel. I think my parents got me into the sport just to see if I liked it, and I did, so I stuck with it and decided to take the extra step," she said.

Like most great players, she is quick to give others credit. In addition to singing the praises of her CEHS teammates and coaches, Supple said, "Chris Coleman is my GPS Maine coach who I have had for three years. Chris is an amazing coach and has taught me a majority of what I know. One thing in particular that I have found very significant is him teaching me to relax on and off the ball. My national team coach, Katrine Kaarna, focused a lot on teaching us awareness and spacing. All of the coaches I've had at GPS have taught me so much and I would not be the player I am without them."

Supple also plays basketball in the winter for CEHS.

Kindergarten registration underway

If your child turns five years old on or before October 15 of 2019 she/he is eligible to attend Kindergarten for the 2019-2020 school year.

To help us plan for accurate enrollment projections, please contact the Pond Cove Office by calling 799-7339 or emailing pcoffice@capeelizabetschools.org. For now we need your child's name and DOB, parents' names, address, phone, and email.

Registration forms are available on our website <https://pondcove.cape.k12.me.us/> or at the school office. Please complete and return forms as soon as possible.

CEHS music concert to be held March 14

The Cape Elizabeth High School chorus and concert bands will perform Thursday, March 14, at 7:00 p.m. in the high school auditorium.

The performances will feature music from a variety of genres including classical, contemporary, and jazz-inspired pieces.

The concert is free to the public.

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Simopoulos voted Class B South ice hockey Forward of the Month

By Kevin St. Jarre

Gavin Simopoulos is a student at Cape Elizabeth High School, and plays forward for the boys' ice hockey team. The team is having a good season.

Simopoulos said, "We are 9-3 at the moment. We hope to continue this great play for our last 5 regular season games, and continue it through playoffs."

The sophomore was selected as Class B South Forward of the Month for January by a vote of the coaches of competitor teams in the conference.

Simopoulos has been playing virtually all of his life. "I first started playing hockey when I was three years old, back when I lived in Canada, and ever since then I've loved it," he said. "My favorite part about the sport is definitely scoring. There is no better feeling than scoring that big [goal], and finishing it off with a nice celly." For the uninitiated, a "celly" is an athlete's post-goal celebration.

When asked how he got into the sport so young, Simopoulos said, "The reason I started playing hockey was really just cause I lived in Canada at the time. Everyone there is a huge hockey fan and my parents thought I should continue the Canadian tradition of playing hockey."

In hockey, being a strong skater really is the key. "The toughest thing for a new hockey player is definitely skating. It takes so much practice to find your edges and get your balance but once you can figure that out the rest is pretty simple," Simopoulos said.

Of course, a central facet of skating is the physical conditioning that allows a player to stay on his skates. Simopoulos said, "The biggest thing my coach, Jake Rutt, has told me this season is to improve on my conditioning. I get tired very easily. So, if I can improve on that I really think I could take my game to the next level."

Like so many athletes, their teammates are an important part of the enjoyment of the sport. "My favorite thing with competing in sports is the friendships you make. You meet so many different people through sports. People you thought you would never be friends with," he said.

The young forward has advice for players who are even younger:

"1- Don't give up the first time you play hockey. It will be tough and you probably won't be too good, but once you practice all the time and continue to get better, it will be the best sport you have ever played.

2- Have fun playing. There are always times you want to be serious, but the only

way you should be playing is if you're having fun. That's the biggest thing with any sport. Have fun doing it.

3- If you want to be the best you can be, practice will get you there. The more you work on your craft, and get better every day, you will end up being able to do some special things in the future."

If Simopoulos didn't play hockey, he said he'd be playing basketball. "I have a lot of friends that play and I have a nasty 3-pointer. So, I would definitely play basketball.," he said.

His ice hockey dreams reach high. He said, "My dream future for the sport would be to play D-1 hockey. I think every kid dreams of playing college hockey. It's the best atmosphere at those games and it would be special to play in-front of all those people."



Photo by Abby Ekedahl

Gavin Simopoulos is a forward on the CEHS boys' ice hockey team. He was recently selected, by opposing coaches, as the Class B South Forward of the Month.

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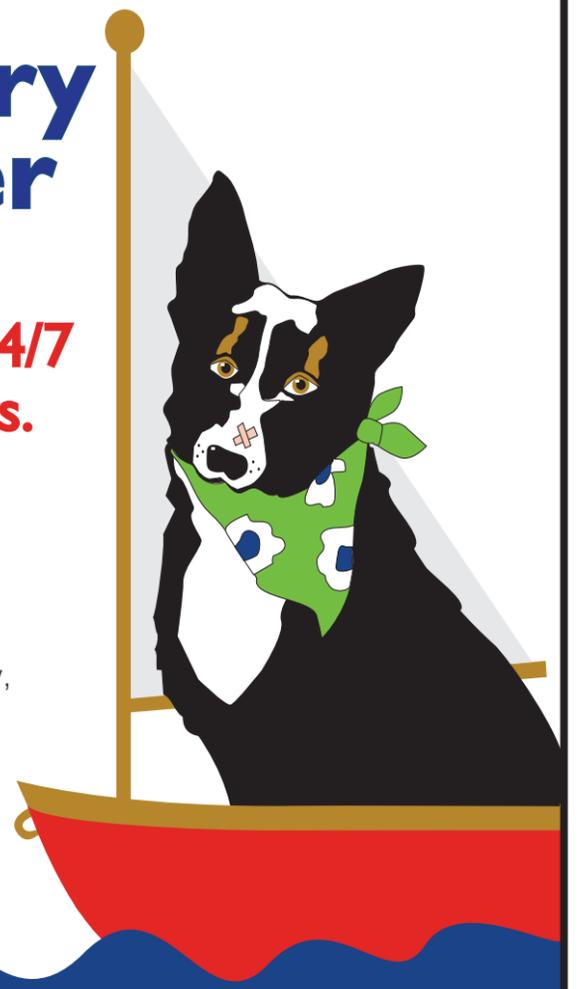
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THE IRISH CURSE
by Martin Casella

CEHS hosts TEDxYouth once again

By Kevin St. Jarre

Cape Elizabeth High School has once again hosted a TEDxYouth event, and this time the theme was “Connect.” An audience comprised of juniors and seniors, along with many community members, completely filled the auditorium and experienced presentations by subject matter experts and were entertained by student performers.

Joe Wagner, a staff member at CEHS, said the theme of connection between performer and audience was eloquently expressed, and that the concept of endurance - facing situations that challenge the body and the mind and the spirit - was emphasized.

Wagner said, “The students were exposed to the proposition that growing up to assume adult responsibilities is not a passive passage that occurs on auto-pilot; instead, a conscious and persistent effort to push oneself to become better, to become more, is required.” Wagner said that connection through cooperation with those different than ourselves was yet another message, and that “saying yes to an opportunity often leads to more and greater opportunities.”

Leadership was provocatively defined as mobilizing people to face reality, Wagner said, and that with regards to the theme of connection, “It was proposed that technology can either connect us to thoughtfully address a greater good, or it can relegate the users to the status of manipulated consumers.”

Students Harry Baker and Anna Stevens were among those who performed in the interludes between speakers. Baker’s talent with the guitar is undeniable, and Stevens’

smoky vocals had the audience captivated.

Every year, a student is selected to present a talk, and the identity of that student is kept as a surprise to help build excitement. This time the student was Rohan Freedman. Freedman is a senior at CEHS who is interested in studying Biology in college. This past summer, he spent eight weeks in Beijing, China doing research in rice genetics. He plans to join the effort to eradicate hunger worldwide.

The TEDxYouth@CEHS event is put on with the hard work of a team of students, namely Riley Dall and Zahra Freedman, Co-Chairs, and Liv Cochran, Tess Dolan, Katie Beth Dunham, Meghan Gerety, Bridget Heggie, Meredith Hetrick, Celeste Kilgore, Jade Lindenau, Ellie McAnuff, Madeleine McCormick, Amanda Mikulka, Sophie Miller, Julia Moran, Libby Palanza, Olivia Powers, Annabel Powers, Morgan Stewart, Tatum Strunk, Piper Strunk, Julia Thoreck, Corinne Wight.

The effort is guided by staff members Ginger Raspiller, Marie Cross, Mark Pendarvis, and led by Betsy Nilsen. Community member Sara Lennon, who with the late Mary Townsend pioneered the effort bring TEDx to CEHS, continues to also be involved.

Nilsen said of this year’s program, “I thought the theme ‘Connect’ went pretty well, we also had this secondary connection to our alumni; we had three alumni participate in this event so we were reconnecting with people who have been out a while.”

Of Freedman’s presentation, she said, “If you don’t have big dreams, you don’t chase them. Rohan went to China, alone for eight

weeks, and was really inspired that we could make a change.”

The organizers thanked Principal Jeffrey Shedd and Assistant Principal Nate Carpenter for their enthusiastic support of TEDxYouth as well, and said they were deeply indebted to those who offered “their time, talents and smiles — members of the community who literally made this day possible by offering professional expertise, gentle guidance and unwavering loyalty: Sally Newhall, Sea Glass Events; Tom Newhall, Transformit; Dan Willis, AV Technik; and Tim Ferrell, Owner/Director, The Comedy Workshop. We thank our generous sponsors for making this dream become a reality: CEHS Parents Association, Portland Global Advisors, LLC through the CEEF Mary

Townsend Fund, The Cape Elizabeth School District, and Auto Europe.”

Those interested can learn more about this year’s TEDxYouth event at CEHS by going to website <https://www.ted.com/tedx/events/29903> and videos from the event can be watched by clicking on the link labeled “YouTube Channel Playlist”.

In the spirit of ideas worth spreading, TEDx is a program of local events, where x = independently organized, that bring people together to share TED videos, speakers and performers to spark discussion and connection. Prior to this most recent event, CEHS students piloted the first TEDxYouth event in Maine in 2012, continued in 2014 and 2016.



Photo by Joanne Lee

Guitarist Harry Baker and singer Anna Stevens were featured during one of the student performances between presentations.

CEHS Theatre to present “The Actor’s Nightmare on March 5 and 6

On March 5 and 6 at 7:00 p.m., CEHS Theatre will present “The Actor’s Nightmare” by Christopher Durang. This hilarious spoof details that dream so many of us have at one time or another, whether of a classroom, work, or onstage: a horrifying nightmare where one finds oneself woefully unprepared for the events at hand.

Join us to see the CEHS Theatre Depart-

ment’s nonstop, madcap submission to the 2019 One-Act Play Festival. Cape Improv will kick off the evening with a fun, fresh, interactive show featuring many newer troupe members. Don’t miss it! General admission tickets available now at <http://www.tututix.com/cehstheatre> or on the night of the show. Adults \$10, senior/student \$5.

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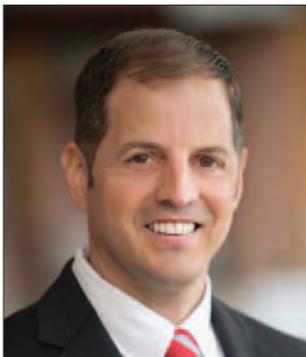
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What's for lunch?



Photo by Kevin St. Jarre

Cape Elizabeth High School Assistant Principal Nate Carpenter, Principal Jeff Shedd, and Director of Food Services Peter Esposito serve up lunch to students at a recent pasta bar at Cape Elizabeth High School, part of recent and ongoing innovations in the district.



Photo by Nylah Lyman

Lobster trap covered in fresh snow at Trundy Point



Photo by Kevin St. Jarre

The wintry scene at Cliff House Beach



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Cape Elizabeth birding observations for early February

By E. Brooks Bornhoff

The polar conditions through early February made for slow birding pretty much everywhere except the backyard. This time of year, it's hard not to marvel at the resilience of the birds who stick around to endure our winters. In the celebrated "from away" category are the Tufted Titmice, Red-bellied Woodpeckers and Eastern Bluebirds, all species that you would not have found here during the winter months in Cape fifty years ago, yet today are quite common.

Now considered a Maine local, the female Northern Cardinals wings have a warm reddish tinge to them and the male is striking in his red suit. Cardinals have been expanding their northern range for over a century now and have benefited from the presence of humans (feeding) perhaps more than any other songbird. I am certainly thankful to have six or more of these brilliant birds at the feeders all winter long.

On February 2 I witnessed a flock of 50 or more Pine Siskins over Great Pond Cove. I wonder how often birds from the Northern Boreal forest actually fly out over the open Atlantic Ocean? Not often I would imagine!

On the evening of February 5, the Barred owl I have been seeing with some frequency was sitting in a maple tree quite close to the house. The bird heard me as I tried to better position myself and flew off a little ways to get its bearings.

Seeing the bird in flight (aided by moonlight and snow reflection) reminded me of the actual size of this deep forest dweller. The Barred owl has a wing span

of up to five feet. Besides its overall size, another way to identify a Barred is by its lack of feathered ear tufts or "horns", familiar characteristics of the Great Horned owl and the much stealthier Long eared owl. Amazingly, it is thought that Barred owls and Great Horned owls can distinguish between their own, at some distance and under the cover of darkness, by the presence of or lack of these feathered tufts.

Other noteworthy mentionings - On February 9 at Crescent Beach State Park, I came across Ruffed Grouse tracks in the snow while walking a game trail deep in a stand of old conifers. When the weather gets to be too much for the Ruffed Grouse they are known to "snow roost" which as you may imagine involves burrowing down into the snow to find refuge from the wind and white stuff. I have yet to find a grouse snow cave, I'll bet they are out there though.

On February 10, Three Common Goldeneyes and a couple Common Eider hens were spotted off Pond Cove. Common Goldeneye ducks have brilliant amber colored eyes and nest high up in pine, spruce and larch tree cavities deep within the northern "snow forests" of inland Canada. Goldeneye chicks leave their nest just one day after hatching, often having to jump 40 or more feet to the ground and their awaiting momma.



Photo by Ari Berman

On a recent morning in his backyard, Cape Elizabeth resident Ari Berman spotted this Barred owl, who obliged and posed for a photo.



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ADULT PROGRAMS

Writers' Accountability Group

Wed., Feb. 20, 10:00 a.m.-12:00 p.m.

TML's Writer's Accountability Group (WAG!) meets on the third Wednesday of each month from 10:00-noon. All levels of expertise and genres are welcome. We hope you'll join us to help get your WAG going.

Getting to the Core of Who You Are

Thurs., Feb. 21, 6:30-8:00 p.m.

Your core beliefs influence everything. They are a guiding force in your life and are the key to creating change, both internally and externally. When your external world matches up with your core beliefs, you can achieve what you want to achieve. When your external world is out of sync with your core beliefs, it's easy to get off-track. So how to do get to, or get back to the essence of who you are?

Dr. Kimble Greene joins us this month to talk about her Monarch Method that gives you tools and practices to help get you back to your core self and bring more joy and less struggle into your life.

Evening Book Group

Thurs., Feb. 21, 7:00-8:30 p.m.

Please join us this month to discuss "The

Soul of America; The Battle for Our Better Angels" by Jon Meacham. New members are always welcome.

Songwriting Workshop

Tues., Feb. 26, 6:15-8:15 p.m.

Our songwriting workshop meets on the fourth Tuesday of each month through the end of the year. Whether you are a new writer, experienced writer, or want-to-be-a-writer writer, we hope you'll join us each month to bring in your work and get expert advice from award-winning songwriter, Jud Caswell. Check our website for additional information. All levels of experience and song-styles are welcome.

Senior Tech

Wed., Feb. 27, 10:30 a.m. - noon

Tech issues can be frustrating! If you have tech questions, Senior Tech meets on the fourth Wednesday of each month. We're here to help you in any way we can with your tech questions. We work together as a group to answer similar questions and break out into smaller groups to answer individual questions. If you have a question, we will help you find an answer. Bring your curiosity and bring your devices.

Irresistible Technology: Understanding and Combating the Addictive Nature of Screens in our Daily Lives

Thurs., FEB. 28, 6:30-7:30 p.m.

Want to know why it's so hard to turn off social media? There are many new studies out that are telling us it's time to unplug! Jonathan R. Werner, M.S. Ed, and CEMS Library and Instructional Technology Specialist, joins us to talk about the rise of addictive technology and the business of keeping us hooked. And he'll share tools we can use to help res-

cue our businesses, our families, and our sanity! We hope you'll join us for what promises to be an insightful and important discussion.

Cape Elizabeth Garden Club: Pruning – How and When

Tues., March 5, 6:30-8:00 p.m.

Jeff O'Donal from O'Donal's Nursery, Gorham will speak on Pruning: How and When. PLEASE NOTE THIS CHANGE: Jeff's program will begin at 6:30 p.m. Beverages will be available AFTER his program. All are welcome; you do not need to be a member of the Garden Club to attend and enjoy.

CEO Roundtable: Monthly Meeting of Entrepreneurs

Thurs., March 7, 6:30-8:00 PM

If you're an entrepreneur or have your heart set on starting your own business, please join us or a new monthly gathering of kindred souls. At our CEO (Cape Elizabeth Opportunity) Roundtable, you'll have the opportunity to share ideas, get advice, and talk shop. We're going to meet on the first Thursday of each month with speakers most months to help you learn ways to grow your business. In March, Peter Bissell of Bissell Brothers brewing will be joining us to get the conversation started.

Democracy Cafe

Tues. March 12, 6:30-8:00 p.m.

Our Democracy Cafe meets on the second Tuesday of each month. In March, we'll be watching, then discussing a short film "Sweden: Lessons for America". All are welcome to join the discussion.

Morning Book Group

Wed., March 13, 9:30-11:00 a.m.

Please join us this month to discuss "Fantasyland: How America Went Haywire: A

500 Year History" by Kurt Andersen. New members are always welcome.

Ongoing Adult Programs

- Knitting Group – Every Monday at 1:00 p.m.
- Democracy Cafe – Second Tuesday from 6:30-8:00 p.m.
- Morning Book Group – Second Wednesday from 9:30-11:00 a.m.
- Writers' Accountability Group – Third Wednesday from 10:00 a.m.-noon
- Senior Tech – Fourth Wednesday from 10:30 a.m.-12:00 p.m.
- NEW! Entrepreneurs Gathering – First Thursday from 6:30-8:00 p.m.
- Maine Wildlife Lecture Series – Second Thursday from 6:30-7:30 p.m.
- Evening Book Group – Third Thursday from 7:00-8:30 p.m.
- NEW! Songwriting Workshop – Fourth Thursday from 6:15-8:15 p.m.
- Chess Club – Every Saturday from 9:00-11:00 a.m.
- Portland Stage Talk-Back Series – First Saturday of the month, 1:00-2:00 p.m. March-May 2019

PROGRAMS FOR TEENS & TWEENS

Weekly Programs

Our Dungeons & Dragons Club meets every Tuesday from 3-6 p.m. in the library's conference room downstairs. Open to tweens and teens ages 11 and up. *This session is currently full. If you'd like to be put on the waiting list, please email Alyssa at alapyerre@thomas.lib.me.us.

Join us for Crafternoons at the library after school every Thursday from 2:30-3:30 p.m. Kiah and Alyssa will be making a new drop-in craft each week in the Children's Room.

New Program: TEEN LOUNGE

Come play board and card games, take a turn on the Wii, color in one of our adult coloring books, or do an easy craft every Friday after school from 2:30-4:30 p.m. in our Community Room! Open to teens in grades 6 and up. No registration required.

PROGRAMS FOR CHILDREN

Our regular story time schedule continues with weekly programs for babies, toddlers, preschoolers, and families (see our complete schedule on the library's website.) We also

-see LIBRARY page 13



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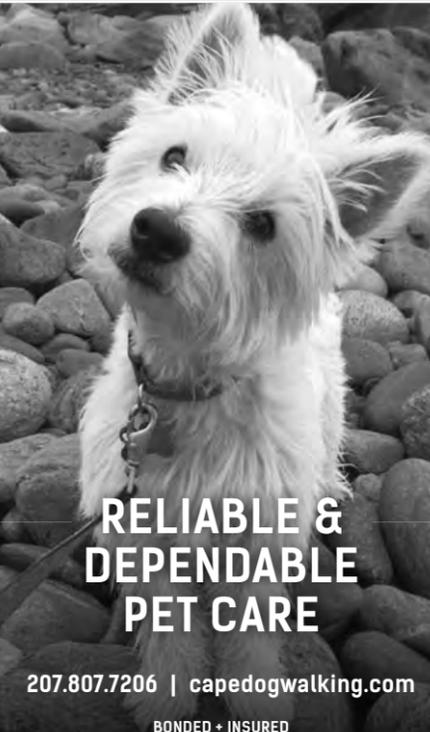
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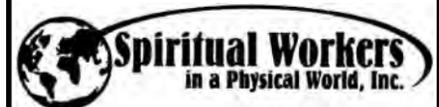
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Library

Continued from page 12

have some special events and some monthly events coming up:

Musical Story Hour with Jud Caswell, for ages 3 and up

Thurs., Feb. 28 (rescheduled from February 14) and Thurs., March 14, 1:00 - 1:45 p.m.

Singer/songwriter Jud Caswell entertains with songs, musical games, and stories with his own original musical accompaniment. No registration necessary.

Introduction to Chess, for ages 5 and up

Tues., Feb. 19, 1:00 - 2:00 p.m. and

Thurs., Feb. 21, 1:00 - 2:00 p.m.

Kids as young as five are invited to join chess enthusiast Isaac Dinnerstein for two introductory classes to learn how to play chess. Come to one or both classes to get started, and get some practice. Older kids and teens who have always wanted to learn chess are welcome to attend as well! Please register in advance on the library's website.

Mad Inventor's Workshop, for ages 6 and up

Wed., Feb. 20, 2:00 - 2:45 p.m.

Come see what you can make out of buttons, balls, clips, gears, and all kinds of doodads as you let your imagination and creative spirit run wild! No registration necessary!

Special Story Time Event for ages 3 to 7: "The Yin Yang Sisters and the Dragon Frightful," by Nancy Tupper Ling

Thurs., Feb. 21, 3:00 - 3:45 p.m.

Join us for a fun story time event featuring two clever sisters who figure out a way lure the Dragon Frightful away from the village bridge with yummy steamed buns. Kids will be able to lure our own big dragon away from the bridge by making their own paper buns, and then take turns flying the dragon around the room. No registration necessary.

Families Discover Great Artists: Discover the Surreal Art of Leonora Carrington

For families with children 3 and up
Sat., March 2, 3:00 - 3:45 p.m.

Join Miss Kiah for a monthly hands-on exploration of a different artist's work. This month: Create interesting and strange pictures inspired by the surreal art of Leonora Carrington.

Early Release Adventure: Painting with Poscas, for ages 6 - 12

Wed., March 6, 2:15 - 3:15 p.m.

Come make art with Posca Paint pens! Poscas are a great low mess way to create permanent bold paintings on almost any surface. Learn how to use poscas and have fun experimenting and making art with them. We'll have paint pens and small canvases on hand for you to use, or you can bring a pair of sneakers, boots, a bag, or other another item you'd like to use as your canvas! Artist Marie Ahearn will demonstrate and share tips for painting with Poscas. No registration necessary.

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Trespass complaints, phone scams continue

Reported by Marta Girouard

COMPLAINTS

- 1-22 An officer met with a resident of the Shore Road area who had taken a call from a male with a thick accent who claimed to represent the company she had purchased malware protection from and wanted to refund the purchase price but in order to do so needed to access her computer. She provided access and passwords to her bank account and then noticed he transferred \$15,000 to an account in Bangkok. She immediately went to the bank and they were able to freeze all accounts and were able to prevent any money from being sent.
- 1-23 Two officers responded to a residence in the Ocean House Road area for a well-being check.
- 1-25 An officer found a pair of tortoise colored prescription eyeglasses near the parking area of the commercial launch at Kettle Cove. The glasses were returned to the station for safekeeping.
- 1-27 An officer met with a resident of the Spurwink Avenue area regarding a trespass complaint.
- 1-28 An officer met with a resident in the Wells Road area regarding a possible trespass complaint.
- 1-28 Two officers responded to a residence in the Ocean House Road area for a well-being check.
- 1-29 An officer met with a resident in the Shore Road area who had found some assorted items near her residence that could have possibly been stolen from motor vehicles.
- 1-29 An officer met with a resident of the Mitchell Road area regarding possible suspicious activity in the area.
- 1-29 An officer met with a resident of the Spurwink Avenue area who had been scammed. She had received a call from a subject with an accent (possibly from India) who claimed to be from Apple and that she had been hacked and that he could help her. She gave him access to her computer and her accounts and asked her to go to Coinbase.com and create an account. After several hours the session ended and the male subject told her not to take any calls from Apple because they may be fraudulent. At this time she realized she had been scammed and contacted her bank to freeze her accounts. The following day she discovered that \$5,000 had been transferred from one of her accounts.
- 1-31 An officer responded to a residence in the Scott Dyer Road area for a well-being check.
- 2-1 An officer met with a resident of the Mitchell Road area regarding a tenant/landlord issue.
- 2-1 An officer met with a resident of the Shore Road area regarding a telephone

- harassment complaint.
- 2-3 An officer met with a resident of the Ocean House Road area regarding a criminal mischief complaint.
- 2-3 An officer responded to a residence in the Scott Dyer Road area for a well-being check.
- 2-3 An officer met with a resident of South Portland regarding an assault complaint.
- 2-4 An officer spoke with a resident of the Scott Dyer Road area regarding a loose dog complaint.

SUMMONSES

- 1-23 Portland resident, speeding (64/35 zone), Route 77, \$278
- 1-26 Cape Elizabeth resident, uninspected motor vehicle, Fowler Road, \$148
- 1-29 Windham resident, operating without a license for more than 90 days, Broad Cove Road, \$152

JUVENILE SUMMONSES

- 1-29 Cape Elizabeth resident, violation of interim license, Route 77, \$385
- 2-1 South Portland resident, improper passing, Route 77, \$180

ACCIDENTS

- 01-29 Kerry Kertes, Community Services Lot
- 01-31 Nagaraju Nistala, Ocean House Road
- 02-02 Kathryn Concannon, Shepard Smith, Stonybrook Road
- 02-03 Amanda Poulin, Sawyer Road

FIRE CALLS

- 01-23 Scarborough Mutual Aid
- 01-24 South Portland Mutual Aid
- 01-24 Locksley Road Water Problem
- 01-28 South Portland Mutual Aid
- 01-30 Mitchell Road Water Problem
- 01-31 Cross Hill Road Gas Alarm
- 02-01 South Portland Mutual Aid

RESCUE CALLS

There were 16 runs to Maine Medical Center
There was one run to Mercy Hospital
There were two patients treated by rescue personnel but not transported.

Scam Alert Bulletin Board

By Jessica D. Simpson

Amazon Online Shopping Scams

Like many online stores, the potential for fraud on popular shopping sites such as Amazon does exist. While Amazon and other online sites may be trustworthy, buyers should still be wary of online transaction scams.

In a recent statement, Amazon addressed an issue with a phishing email that asks for personal information or account information including credit card details. The link provided in the email then leads unsuspecting shoppers to a phony Amazon page that looks legitimate. Amazon has urged buyers to log in directly to Amazon.com if they receive any emails about their personal information, as Amazon states it will never email you about these account matters.

Publishers Clearing House Scam

Reports are coming in about a Publisher's Clearing House (PCH) scam so please be aware and share this important information. The scammer will call you, claiming to be an employee of PCH and will direct you to a "claims agent." This person will inform you that you have won millions of dollars, but that you have to pay a tax or collector's fee in order to receive your prize.

Please note: PCH will never ask you to pay a fee to collect a prize. No legitimate prize promoter ever charges a fee when you win. In addition, PCH never calls ahead to tell the winner they have won a prize. Please check the PCH fraud protection page for more information about this: <https://info.pch.com/fraud-protection-2/>



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CAPE CALENDAR

By Wendy Derzawiec

Thursday, February 21

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

Tuesday, February 26

School Board Budget Workshop, 6:30 p.m., High School Library and Learning Commons
Board of Zoning Appeals, 7 p.m., Town Hall chamber

Wednesday, February 27

Community Services Committee, 5:30 p.m., Cape Elizabeth Community Center
Planning Board Annual Dinner, 6 p.m., Lawn Avenue, Portland. Social event – no business will be discussed

Tuesday, March 5

School Board Budget Workshop, 6:30 p.m., Town Hall chamber
Planning Board Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall
Planning Board Special Meeting, 7 p.m., William H. Jordan Conference Room, Town Hall

Thursday, March 7

Recycling Committee, 7 p.m., Public Works

Monday, March 11

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

Ongoing each week

Al-Anon, Regular meeting 7 p.m. Thursdays, at United Methodist Church, 280 Ocean House Road. Regular meeting 7 p.m. Fridays at St. Alban's Church.
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 Thursdays, Public Safety Building
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 Farm Alliance, third Wednesday, 7 p.m., Community Center
South Portland/Cape Elizabeth Rotary Club, each Wednesday at 6:15 p.m. Purpoodock Country Club, Spurwink Avenue. 767-7388.
Codependents Anonymous (CODA) group at Cape Elizabeth United Methodist Church
Regular meeting weekly on Saturdays at 10:30 a.m. Call 799-4599 FMI.

SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
799-3692
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
Open Church, Thursday: 5:30 p.m.
Sanctuary Service: 10 a.m.
Child Care & Sunday School: 10 a.m.
Adult Sunday School: 9 a.m.

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: 11:10 a.m. - 12:00 p.m.
Primary: 11:00 a.m.-12:00 p.m.
Relief Society, Priesthood: 12:00 -1:00 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.

Congregation Bet Ha'am

81 Westbrook St., South Portland
879-0028
www.bethaam.org
Worship: Friday, 7:30 p.m.
Saturday, 10 a.m.
Family Shabbat Services: Second Friday, 6:30 p.m.

First Baptist Church of South Portland

879 Sawyer Street South Portland,

799-4565

www.spfbc.com
Sunday Morning Worship: 9:30 a.m.
Coffee Time is at 10:45 a.m.
Sunday School is at 11:15 a.m.
Sermon audio is 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

Saint Alban's Episcopal Church

885 Shore Road
799-4014
www.stalbansmaine.org
Sundays: 8 a.m., 9:30 a.m.
Celtic Service: Sunday, 5:30 p.m.
Nursery: Sundays, 9:30 a.m.

Saint Bartholomew Roman Catholic Church

8 Two Lights Road
799-5528
www.saintbarts.com
Sunday Mass: 9 a.m. and 11 a.m.
Monday & Tuesday Masses: 8 a.m.

First Congregational Church United Church of Christ

301 Cottage Road, South Portland
799-3361
www.fccucc.org
Worship: 8:30 a.m., 10 a.m.
Sunday School: 10 a.m.
Preschool Child Care: 10 a.m.
Game Room

First Congregational Church of Scarborough

167 Black Point Road, Scarborough
883-2342
www.fccscarborough.com
Sunday Morning Worship: 9:30 a.m.
Sunday School & Nursery Care

CABLE GUIDE

Cape Elizabeth Church of the Nazarene

Feb. 23 & 24; March 2, 3, 9 & 10 - 9 a.m.

Board of Zoning Appeals (live)

Feb. 26 - 7 p.m.

Board of Zoning Appeals replay

March 1 & 2 - 2 p.m. & 8 p.m.
March 3 - 10:30 am

School Board Budget Workshop (live)

March 5 - 6:30 pm

CHANNEL 3

School Board Budget Workshop replay

March 6 & 7 - 2 p.m. & 8 p.m.
March 9 - 10:30 a.m.

Town Council (live)

March 11 - 7 p.m.

School Board (live)

March 12 - 6 p.m.

CELT

Continued from page 1

Chris is an unrepentant plant geek, but is working towards becoming a reformed birder and rock collector in his spare time. He currently lives in the town of Bowdoin with his fiancée, where they enjoy hiking, reading, and singing in choirs. Chris

considers himself fortunate to be able to come work in this beautiful town, and is eager to contribute to the protection of Cape Elizabeth's woodlands, wetlands, and farmlands. Contact Chris at christian@capelandtrust.org.

Judy's Food Pantry - a Community Feeding Itself

Cape Elizabeth United Methodist Church 280 Ocean House Road Every Tuesday from 3:00-5:00 p.m., July through November The second and fourth Tuesday, December through June.

Lawrence named a Distinguished Finalist for volunteerism

The Prudential Spirit of Community Awards, a nationwide program honoring young people for outstanding acts of volunteerism, has named Alicia Lawrence a 2019 Maine Distinguished Finalist.

Lawrence, a Cape Elizabeth resident and senior at Cape Elizabeth High School, has spent two snow seasons using her background in competitive skiing to teach people of all ages with disabilities to ski. Inspired to give back at the facility that's hosted her swim practices, she also volunteers with the local Boys & Girls Club, and instructs robotics class there once a week during the school year. Lawrence will be attending Cornell University in the fall.

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Agrodnia named to dean's list

Sean Agrodnia of Cape Elizabeth was named to the dean's list for the fall semester at Bates College in Lewiston. for the fall semester ending in December 2018. Agrodnia, a 2018 graduate of CEHS is the son of Mr. Aaron M. Agrodnia and Dr. Marta D. Agrodnia of Cape Elizabeth.

Colby College announces dean's list

The following were named to the fall semester dean's list at Colby College in Waterville:

Katherine M. Briggs, a member of the Class of 2020, is the daughter of Wyman and Laura Briggs of Cape Elizabeth. Briggs is majoring in anthropology and educational studies.

Henry J. Menz, a member of the Class of 2022, is the son of John and Elizabeth Menz of Cape Elizabeth.

University of Maine announces dean's list

The following Cape Elizabeth residents have been named to the fall semester dean's list at the University of Maine in Orono:

Katie Connelly, Thomas Gleeson, Lauren Grey, Sydney Hallowell, Ryan Harvey, Erin McGlynn, Gwyneth Roberts, Sara Taylor, Mookie Williams, Austin Wojchowski

Courier celebrates in Grenada



Contributed photo

Capers recently traveled to Grenada for Phil Jordan and Chelsea Hews wedding and took the Courier with them. Pictured in front are Cassie Murray, Diane Jordan. Back row: Nate Murray, Chelsea, Phil, Bill Jordan, Sam Hallowell, Steve Page, Molly Ham, Andrew Turkis. Missing are Zach and Liz Hanna.

Registration for the 2019 Cape Elizabeth Little League season is open at www.cape-ll.com through Friday, March 1st.

CELL provides T-ball, softball and baseball opportunities to Cape children, ages 4-14. Late fees will be charged after March 1st.



Assessments are planned in mid-March, and team practices begin in April. Opening ceremonies are planned for April 27th. The season will run through June. Go to www.cape-ll.com or email: president@cape-ll.com for more information.

Volunteer coaches and team administrators are needed for the season. If you're interested, please indicate it on the registration. Also, we are in need of Board members. If you're interested in becoming a Board member, please email: president@cape-ll.com



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