

# The Cape Courier

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## Proposed condos, apartments on hold; want more details on Running Tide Road extension

By Wendy Derzawiec

Maxwell Woods, a 46-unit condominium and apartment complex planned for the vicinity of Spurwink Avenue and Aster Lane, is on hold while developer Joel Fitzpatrick considers ways to make the development a better fit to its Cape Elizabeth surroundings.

The Planning Board on Feb. 27 tabled the proposal to its March meeting, when it is expected to consider preliminary approval. At the end of the Feb. 27 meeting, which included a public hearing, Fitzpatrick's engineer Owens McCulloch quipped, "I've got work to do."

McCulloch is already working on a traffic study, requested in January by the board to include traffic from the neighboring Cottage Brook subdivision. Fitzpatrick is developing both projects.

But, after the hearing and after visiting the site earlier last month, board members had more questions, mostly about a proposed trail between Cottage Brook and the new Maxwell Woods, part of the zoning requirement to provide 45 percent open space. "If a significant amount of trees do come down ... how are you going to distinguish that this is actually a trail and you're not walking on grass, that it appears to be just somebody's back yard?" said board member Victoria Volent.

McCulloch said a combination of landscaping, signage and use over time will distinguish the trail, but board members and neighbors criticized the lack of buffer between the developments.

Board members acknowledged that trees would need to come down, but one board member, Peter Curry, suggested more creative landscaping to shield the developments from one another. Two other board members, Jonathan Sahrbeck and Joe Chalat, hinted that Maxwell Woods might be scaled back some to allow more space between the developments.

Speakers at the hearing further lamented the old-growth trees that will be lost to the project. "As we all saw during the (Feb. 11) site walk, the woods are beautiful, they're older than all of us, and it's really going to be a shame if they're all just cut down," said Hamlin Street resident Emily Helliessen.

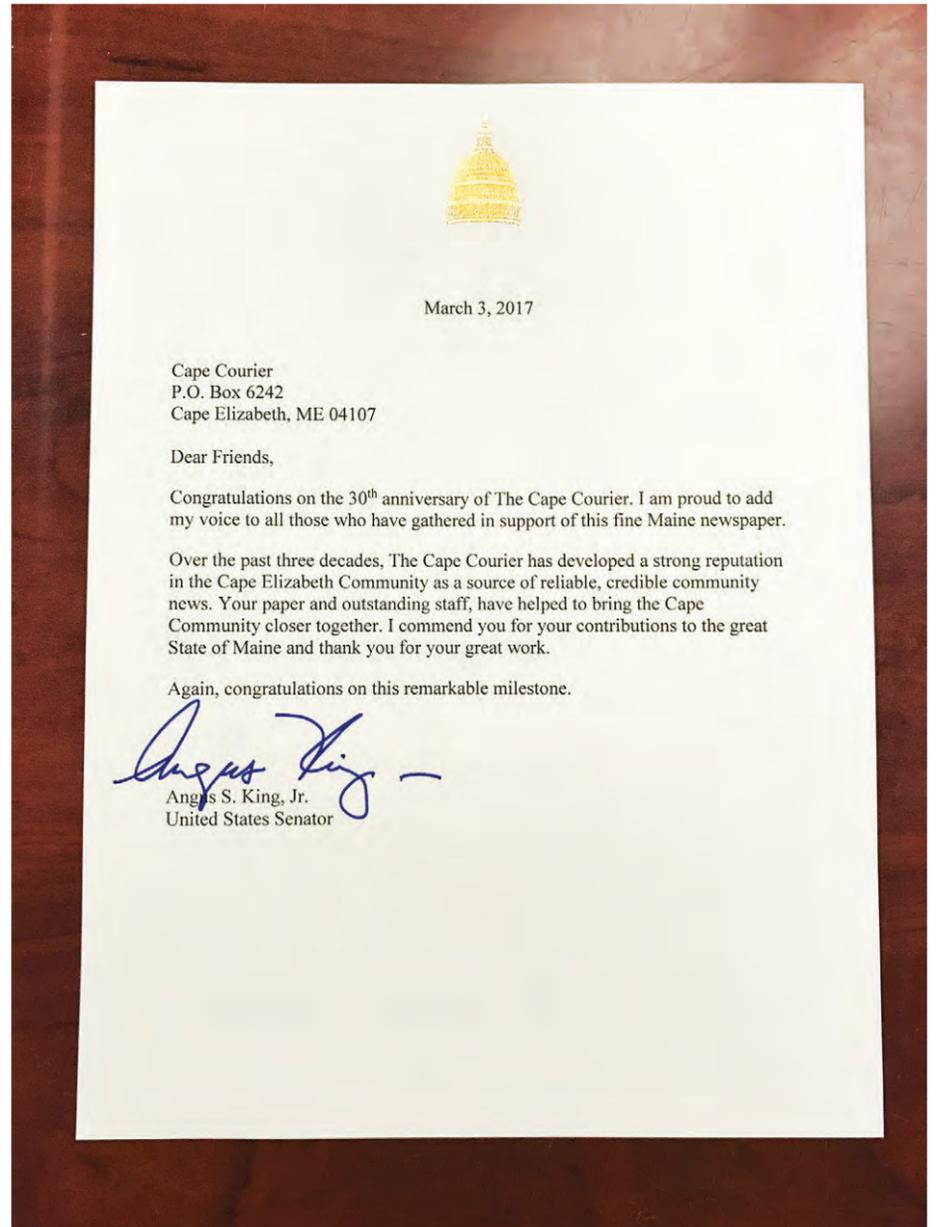
The project complies with the open-space requirements, but Helliessen said she doesn't think it jibes with the town's current greenbelt plan. "I would just love to see them preserve more of those trees, more of the wood around the trails, really just more of the old trees to actually allow the feeling of being in nature when walking along the trails," she said.

Board members on Feb. 27 also said they were concerned about the appearance of the eight apartment units proposed as part of the development. "I grew up in Kansas," said board member Jim Huebener. "We're not in Kansas. The barn thing - my recommendation is, lose 'em."

Board member Volent agreed, asking

-see CONDOS on page 3

## Sen. King congratulates The Cape Courier



## Cape Robotics headed to VEX Worlds Championship for 7th Time in 8 Years



Members of the championship Cape Robotics teams:  
1st row: Matthew Zimmerman, Matthew Leighton, Evan Gebhart  
2nd row: Joe Jacobson, Joey Labrie, Madi McCarthy  
3rd row: Cully Richard, Nate Labrie, Ryan Collins, Caleb Weinstein-Zenner  
Missing from photo: Mac Brucker, Carter Merriam

-see ROBOTICS on page 7

Among the many congratulatory letters received by The Cape Courier for turning 30, this one from Sen. King was a fun surprise. It is printed here to share with the entire community, and especially with those staff members who have put so many years of work into the newspaper.

## Cape Elizabeth students win regional National Science Bowl competition

A team of high school students from Cape Elizabeth High School won their regional competition for the 2017 National Science Bowl (NSB) and will advance to compete in the NSB National Finals this spring in Washington, D.C., held from April 27 to May 1, the U.S. Department of Energy (DOE) announced.

"The National Science Bowl continues to be one of the premier academic competitions across the country and prepares America's students for future successes in some of the world's fastest growing fields in science, technology, and engineering," said

Dr. J. Stephen Binkley, Acting Director of the Department's Office of Science, which sponsors the nationwide competition, now in its 27th year. "Each year the DOE Office of Science provides this unique opportunity, and I am honored to congratulate all the competitors who are advancing to the national finals, where they will continue to showcase their talents as top students in math and science."

The NSB brings together thousands of middle and high school students from across

-see SCIENCE page 15

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**NEXT ISSUE:** Mar. 29  
**DEADLINE:** Mar. 13

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# That little girl on the front page of the *Courier* is me



In your 30th anniversary edition, you posted the following: "The caption above, next to the photo of the little girl, reads, 'It's story time for 2-year olds as this little girl listens to Louise Sullivan, children's librarian, share a tale at the Thomas Memorial Library.' If any one can identify her, please send an email to editor@capecourier.com."

While I don't live in Maine anymore and I don't read the *Cape Courier* on a regular basis, my mom, Marialice Davis Wallace, forwarded me the image. She's the dark-haired woman in the background. I'm the girl. I thought I'd let you know.

Lindsey Wallace

## Annual Cape Elizabeth Middle School Basketball Bonanza planned

The Cape Elizabeth Middle School Parents Association will hold its annual Basketball Bonanza fundraiser and Shoot for the Moon Raffle from 6 p.m. to 8 p.m. on Thursday, March 23, in the middle school gym.

At the event, the eighth grade girls basketball team will take on a team of women faculty members, and the boys team will compete against a group of male faculty members. This event has been a middle school tradition for years and these eighth graders are ready to show their teachers who is boss on the court. However, the teachers and some special community guests have experience on their side, and a few tricks up their sleeves! Who will win? You will have to come and see for yourself.

Pizza and snacks will be available at the CEMS snack bar, and the Shoot For the Moon Raffle drawing will be held with items that include local gift certificates, basketball swag, summer basketball camp opportunities and much more. The event and raffle proceeds will benefit the MSPA and the current 5th grade Chewonki outdoor experience.

Admission will be \$2 per person, with a \$10 maximum per family. Children younger than 10 years old must be accompanied by an adult.

During this event, Coach Jim Ray and boys and girls players from the elementary through high schools teams will be recognizing Gregg Frame for his induction into the New England and Maine Basketball Hall of Fames. Frame earned his awards for his years at Dartmouth College in Hanover, NH.

Frame and his family moved to Cape Elizabeth when his children were in elementary school, and has made a positive impact on the boys and girls youth

-see BONANZA page 8

**First traffic signal set for 1990**  
 Like it or not, the Town's first traffic signal is slated for installation in 1990. Road from Fort Williams Park to Route 77. A fifth project, a sidewalk on Shore Road during the summer and during most turning movements. "It is very difficult to get out of Shore Road from Chapel Road to..."

## Unauthorized access on private property

A letter and photo published in the Feb. 8 issue of the *Courier* has prompted a few thoughts that I feel need to be shared.

I am a long time resident of Cape Elizabeth and my family has owned property on Spurwink Avenue for over 80 years. My issue is not to debate development in this town, but to address unauthorized access on private property. To some people "all open space equals public space."

They feel that a few undeveloped acres whether wooded or farmland are there for their personal enjoyment – for walking, riding bikes, exercising dogs, snowmobiling, photography, etc., even though the land is private and "No Trespassing" signs are vis-

ibly posted. Our beautiful town is FULL of public spaces – Fort Williams Park, Robinson Woods, two state parks to name a few and it also maintains 15 miles of trails for residents to use without trespassing on private property. There are a wide variety of reasons that property owners might post their property and whether it is posted or not, it is still private and permission must be granted before accessing it.

Lois Maxwell Bamford

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# Then and Now: Shore Road gas station at the corner of Shore Road and Preble Street

By Marta Girouard



Photo courtesy of Cape Elizabeth Historical Preservation Society



Photo by Marta Girouard

The photo on the left is from around the late 1930s, based on the models of the cars and clothing pictured for that period. It was taken on Shore Road looking toward South Portland, near the intersection with Preble Street going off to the right.

Amoco Gas, the station in the foreground, was part of the Amoco Corporation, and originally Standard Oil Company. Farther down the road in the background is a second gas station, then called Esso station. Esso became Exxon and later ExxonMobil. The white single story building with the two windows on the end appears to be at least part of the building that sits there today (see present day photo on right). The window spacing is not right but the building had a fire in the 1970s and was remodeled.

Across the street, to the far left, is a multi-story building that is still there today. If you visit that area, you will see that the sidewalk in front of that building is elevated. This was to make getting on and off the trolley cars easier. One could step straight across from the deck of the trolley to the sidewalk and vice versa.

## Condos

Continued from page 1

McCulloch to submit an explanation of how he believes the design meets Cape Elizabeth guidelines for multiplex housing. "Your firm (Sebago Technics) put in a very nice eight-unit condo on Woodland Road. It's beautiful. And then I look at this," said Volent, pointing to an elevation drawing projected on the Town Hall chamber wall. "I know you guys can do better."

The project proposes to extend Aster Lane, currently the only access to Cottage Brook, to Spurwink Avenue, providing a second access to both developments. Included in the proposal for open space is a separate agricultural conservation parcel that will allow the Maxwell family to continue some farming, McCulloch said.

### Running Tide Road extension incomplete

In other matters, on Feb. 27, the board ruled that an application to create a private road at the end of Running Tide Road was incomplete.

Dr. William S. Holt, who lives off of the end of Running Tide, would like to improve 300 feet of the driveway leading to his

house into a private road, providing frontage for a lot he is seeking to create out of his 10-acre oceanfront property. The lot would accommodate an 11,000-square-foot building area just south of the property line and west of the road, next to the Portland Water District pump station lot.

Board members voted 4-2 to deny application completeness, noting missing mapping and surveying details. Board member Henry Steinberg abstained from voting.

Holt is asking to widen the road to 14 feet, which requires a waiver of the 22-foot width required by ordinance.



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## CEHPS presents Cape Elizabeth: Antiques Roadshow

The Cape Elizabeth Historical Preservation Society presents Cape Elizabeth's own Antiques Roadshow on Monday April 3, 7 p.m. in the Community Center at 345 Ocean House Road.

Bring your family treasures (three items max) for insight and evaluation by Jack Boyce, CEHPS Vice President and antiques

expert. A voluntary donation of \$5 is suggested. Please join Cape Elizabeth friends and neighbors for this popular and enjoyable program. All programs are free and open to the public.

Save the date for the Annual Meeting and Pot Luck Supper on Monday, May 1st at St. Alban's Church.

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## Tales of Italy, Swiss treats served up at Village Crossings



Photo by Michelle Pride

Left to right, Carla, Joel and Gene share stories of adventures in Italy.

On a recent morning at Kindred Living At Village Crossings, stories were brought to life from Italy to Maine at a Sunny Side Up gathering.

Maintenance Director Joel Jensen recently returned from a trip of a lifetime to Italy. He brought back Italian newspapers and Swiss candy to share with residents, especially Carla.

Carla, a Village Crossings resident, was born and raised in Italy. Carla and her daughter Anna joined Sunny Side Up to

share their stories with residents, and to reminisce with Joel. From gondolas to Vespas, to how a pigeon near Saint Mark's Basilica can bring you "good luck," the room felt a part of both Joel and Carla's adventures in Italy.

"We're thankful for special opportunities like this one to bring a resident's beloved past into the present for all to enjoy," said Assistant Executive Director Michelle Pride.

## CEHS Senior builds and donates light boxes



Contributed photo

Samuel Price, seen here with Dr. Cole, recently donated ten therapeutic light boxes he built himself to Maine Medical Center's Outpatient Psychiatry Department, who will give the boxes to patients who will clinically benefit from them for mood disorder treatment.

Samuel Price, Cape Elizabeth High School Senior, and son of Daniel and Sarah Price, recently donated ten therapeutic light boxes he built himself to Maine Medical Center's Outpatient Psychiatry Department. The boxes were given to Dr. Sandy Cole, director of MMC's Outpatient Adult Psychiatry Clinic and also a Cape Elizabeth resident. Dr. Cole will work with his clinicians to give the boxes to patients who will clinically benefit from them for mood disorder treatment.

Price was one of the Cape Elizabeth Science Bowl Team members who recently won the State Science Bowl Competition. He decided to create the light boxes when he learned of the large number of Maine pa-

tients who have Seasonal Affective Disorder, and other mood disorders that would benefit from prescribed light boxes, but cannot afford them. Light boxes that produce 10,000-lux have been shown to be effective in numerous clinical trials but they often cost hundreds of dollars, and are rarely covered by insurance. Price spent many hours creating these boxes, and did so with the technical advice of a local electrician and Maine Hardware. "We were so pleased to receive the donation of therapeutic light boxes from Samuel Price. Our patients with Seasonal Affective Disorder, who would not have the means to purchase such a device on their own, will benefit from his generosity and hard work," Dr. Cole said.

## Local Writers at the Local Buzz

On Saturday, March 25 from 4 p.m. to 5 p.m., Local Writers at The Local Buzz will continue its monthly reading series featuring Maine writers reading original prose and poetry. The Local Buzz café and wine bar line-up for March features award winning fiction author, Justin Tussing, and acclaimed poet Christian Barter. Located at 327 Ocean House Road in Cape Elizabeth, the popular Local Buzz reading series is

now in its sixth year, and is co-hosted by Marcia F. Brown and Linda Aldrich.

Author and creative writing professor, Justin Tussing currently directs the University of Southern Maine's Low-Residency MFA Program, as well as the Stonecoast Writers' Conference. He is the author of the Ken Kesey Award-winning novel "The Best People in the World," and the recent "Vexation Lullaby" (Catapult Press, 2016). His short fiction has appeared in TriQuarterly, New Yorker, and Public Space, among others. He is a graduate of the Iowa Writers' Workshop, and a recipient of fellowships from the James Michener/Copernicus Society of America and the Fine Arts Work Center in Provincetown, and a Lannon Founda-

-see BUZZ page 13



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# Fraudulent PayPal account, snowmobile on Greenbelt, wallet with money found, theft of medication

Reported by Debbie Butterworth

## COMPLAINTS

- 2-6 Two officers responded to a residence in the Scott Dyer Road area for a domestic disturbance.
- 2-8 An officer responded to a residence in the Sawyer Road area for a well-being check
- 2-12 An officer met with a resident of the Mitchell Road area who had posted a MacBook for sale, received an email from a buyer and from PayPal stating the money had been received. The victim shipped the MacBook, then learned that the PayPal email was fraudulent.
- 2-12 An officer met with a resident of the Mitchell Road area and warned him about using his snowmobile on private property without permission, and also on the Greenbelt trail near his property where snowmobiles are not permitted.
- 2-14 Two officers responded to a residence in the Bowery Beach area for a domestic disturbance
- 2-14 An officer met with a resident of the Spurwink Avenue area regarding unauthorized charges on a credit card.
- 2-14 An officer met with a resident of the Old Ocean House Road area regarding a possible scam letter.
- 2-17 An officer located a license plate in the roadway while on routine patrol. The owner was contacted.
- 2-18 Two officers responded to a residence in the Shore Road area for a domestic disturbance.
- 2-19 An officer responded to a location in the Shore Road area for a well-being check of a pedestrian.
- 2-21 An officer responded to a residence in the Mitchell Road area for an unattended death.
- 2-23 A resident of the Scott Dyer Road area turned in a wallet found on Scott Dyer Road. The wallet was new and contained money.
- 2-23 An officer met with a resident of the Brentwood area regarding a letter he had received from the Maine Revenue Service advising that someone had attempted to file a fraudulent tax return using the victim's personal information.
- 2-24 An officer met with a resident of the Sawyer Road area regarding a ID theft.
- 2-24 An officer received information of a possible abandoned snowmobile on the sewer easement behind Starboard Drive. The vehicle was located and attempts will be made to contact owner.

- 2-25 An officer met with a resident of the Ocean House Road area regarding the theft of medication.

## ACCIDENTS

- 2-7 Jessica Davis-Knowlton, accident on Spurwink Avenue
- 2-7 Patrick Lewis, accident on Sawyer Road
- 2-11 Richard Gosselin, Eric Trombley, accident at CEHS
- 2-13 Ethan Strimling, accident on Shore Road
- 2-13 Chad Hutchins, accident on Ocean House Road

## SUMMONSES

- 2-14 Portland resident, uninspected vehicle, Route 77, \$133
- 2-17 Gorham resident, unregistered vehicle, Route 77, \$70
- 2-17 Portland resident, operating after license suspension, violation of conditions of release, Route 77
- 2-20 Lewiston resident, failure to provide insurance, Bowery Beach Road, \$171
- 2-20 Calif. resident, failure to provide insurance, Bowery Beach Road, \$171
- 2-21 South Portland resident, operating after license suspension, Route 77
- 2-22 Portland resident, possession of scheduled drug, Ocean House Road
- 2-23 Cape Elizabeth resident, speeding (44/35 zone), Spurwink Avenue, \$119
- 2-24 Cape Elizabeth resident, uninspected vehicle, Scott Dyer Road, \$133
- 2-25 Portland resident, operating after license suspension, Fowler Road

## ARRESTS

- 2-17 Portland resident, operating after license suspension, violating conditions of release, Ocean House Road
- 2-18 Westbrook resident, warrant, Sawyer Road

## FIRE CALLS

- 2-10 Scott Dyer Road, fire alarm
- 2-10 South Portland Mutual Aid
- 2-16 South Portland Mutual Aid
- 2-25 South Portland Mutual Aid
- 2-26 Champion Road, water problem

## RESCUE CALLS

There were 34 runs to Maine Medical Center. There were 2 patients treated by rescue personnel but not transported.

# Ecomaine no longer accepting plastic bags



Cans, bottles, paper and other plastics fall through the tines as the flow of recyclable waste passes over them. Plastics bags often get stuck. Above, clumps of plastic bags caught within the equipment.

By Tracy Floyd

Ecomaine, the facility that receives solid waste and recycling from Cape Elizabeth, is no longer accepting plastic bags in single-sort recycling at their facility on 64 Blueberry Rd. in Portland.

About 25 percent of the state's population utilizes this facility, as does the town of Cape Elizabeth.

According to Katrina Venhuizen, the environmental educator at ecomaine, thin film plastic bags gum up the works for their operation. Literally, the processing of thin film plastic bags stops them in their tracks

All recyclable products are sorted at ecomaine through mechanical sorting machines. There are rubber tips mounted on the tines of these machines, and these separate the materials as they are being processed and enable the sorting of recyclable waste.

Cans, bottles, paper and other plastics fall through the tines as the flow of recyclable waste passes over them. Plastics bags, however, often get stuck.

This causes headaches for ecomaine. First, they cannot maintain the efficiency of their operation because they must periodically shut down the equipment and physically send someone into the machines to manually cut the bags out with razor knives. This not only slows down their operation, it is dangerous for the workers inside these machines.

According to Ms. Venhuizen, "It is not safe, it is not efficient, it is not great." The website [www.plasticfilmrecycling.org](http://www.plasticfilmrecycling.org) helps consumers find drop-off locations to recycle certain thin film plastic bags.

-see ECOMAINE page 7



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# Why I love nordic skiing

Special to The Cape Courier, a resident explains what she loves about a sport that was not an obvious choice for her.

By Amy Partridge-Barber

Thanks to a snowy January and February in Cape Elizabeth, Cape Nordic would like to give nordic skiing and Cape Elizabeth's beautifully maintained trail system some much deserved love. I asked to be the board member to write this piece because I am the most unlikely nordic skier ever. Who better to sing the praises of nordic skiing than a total convert? But first I would like you to know about a few board members who make nordic skiing possible on the 'not so snowy' coast of Southern Maine.

Mike Miller and David Wing faithfully maintain and groom our trails all year. Without these two dedicated men we wouldn't have 6.5km of beautifully groomed trails each winter. The trails are available to all and easily accessed at the kiosk by the entrance to the transfer station or just beyond the community garden plots at Gull Crest. Dogs are welcome too but we ask that you please remember to pick up after your pooch.

Deb Hatton, our board president developed our website (capenordic.com) and our Cape Nordic Facebook page. But most importantly, she is the reason we have a thriving nordic program for kids. Deb runs the Bill Koch Youth Ski League in Cape Elizabeth, where first through eighth graders can



Photo by Julia Beckett

Sam Preble, Jack O'Brien, Will Corsello, Henry Menz, Calvin Barber, Peter DiNinno. Not pictured is Helen Vaughan who represented the girls team at the state championship.

learn the art of nordic skiing. For more information, check out the Cape Community Services catalogue or contact Deb on Facebook.

CEMS teacher Christopher Drake and CEHS teacher Shawn Guerrette have been instrumental in running the Cape Nordic middle and high school teams. The Cape Nordic Ski team is small but full of happy skiers, some new to the sport and some not so new. The team placed in the middle of the pack at State Finals this year and we may even be sending a skier or two to the Maine State team. More important than rank is the sight of this group of good-hearted students skiing hard, regardless of skill level, and cheering at meets for skiers not just from their own team but also from teams all over Maine.

As a coach from central Maine said to me recently as we cheered skiers climbing a particularly steep and icy hill, "who cares how fast you are, if you can nordic ski you have a means to explore the snowy woods every winter for the rest of your life." I couldn't have said it better.

I call myself 'the most unlikely nordic skier ever' because I grew up in the south

not knowing anything about skiing until my first experience on downhill skis in high school resulted in a head injury that still haunts me. I moved to Maine with no intention of ever putting on skis again. Thirty years later, Maine is my home and nordic skiing is hands down my favorite sport. I am not good, fast, or smooth, but it doesn't matter. When I ski among the trees and hear nothing but wind and birds and rushing water, I smile so wide it sometimes brings tears to my face.

## Cape Elizabeth football information night

Wednesday, March 29, from 6:30 p.m. to 8:00pm CEHS Cafeteria

Pizza at 6:30 p.m., Panel discussion begins at 7 p.m. Coaches and guest speakers educating player safety, injury prevention, practice/game schedules, equipment needs and much more.

Door prizes include a 2017 registration.

## Cape Elizabeth Football registration night

Wednesday, April 5, CEHS Cafeteria 6:30 p.m. to 8:30pm.

Players will be sized for helmets, please bring your player with you.

Grades 4 - 6 \$135

Grades 7 - 8 \$155

Grades 9- 12 \$160

Please register early. After June 1st, fees increase by \$50

Please bring payment (cash, check and credit card accepted) and completed registration form.

Registration forms and scholarship applications found on our websites:

High school- <http://football.capeelizabethschools.org/important-documents>

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## Robotics

Continued from page 1

Cape Robotics teams competed very successfully among 40 Maine robotics teams in the 2017 State of Maine VEX Robotics Championship at Hampden Academy on Saturday, February 18.

The VEX Robotics competition is played on a 12-foot by 12-foot field. The robots themselves must fit within an 18" x 18" x 18" cube before any match. This year's game, called Starstruck, involves scoring small stars and larger soft cubes into the opponent's zone. There is a 15-second autonomous period followed by 1 minute 45 seconds of driver-controlled play. A panel of engineering judges also interviews each team to evaluate design process and degree of teamwork.

The Cape Robotics teams have met weekly, some starting last summer, to design, build, test and redesign robots for the competition. During the school year there were seven qualifier events throughout Maine, one of which was hosted at Cape Elizabeth. For the state championship, Cape Robotics fielded four teams: two high school teams, an 8th grade team, and a 7th grade team.

"We had a great day," said robotics program advisor Evan Thayer, "All four teams made it into the afternoon's elimination rounds" where teams compete in quarterfinals, semifinals and finals. "It's so fun to watch," continued Thayer, "our teams help each other as they encounter challenges during the day. That's the spirit of VEX, it's both cooperative and competitive."

In the finals, Cape Robotics Team 56C (high school students Nate Labrie, Ryan Collins, Caleb Weinstein-Zenner and Matthew Yim) and their alliance partners from Hampden Academy and Biddeford

High School were Tournament Champions. Team 56C also won the Design Award from judges for "an organized and professional approach to the design process, project management, time management and team organization."

Team 56E (8th graders Joe Jacobson, Joey Labrie and Madi McCarthy) and their alliance partners were Tournament Finalists, having lost to their mentor high school team 33-6, 23-19 in the best of three finals. Team 56E won the Middle School Excellence Award from judges for "overall excellence" and "dedication, devotion, hard work and teamwork."

Team 56G (Evan Gebhart, Matthew Leighton, Carter Merriam, Matthew Zimmerman) and Team 56F (Mac Brucker, Cully Richard) also competed at the event.

Teams 56C and 56E were among six Maine VEX teams that have now qualified for the VEX World Championship in Louisville, Kentucky in April. This is the 7th time in 8 years that a Cape Robotics team has qualified for the Worlds.

The robotics team has begun a fundraising campaign to off-set the costs associated with attending the championship. As part of this campaign, the team has set up a GoFundMe page, <http://www.gofundme.com/caperobotics2017>. Do-

notations can also be made directly to the team by check. Make check payable to "Cape Elizabeth High School" and write "Worlds Travel" in the memo section. Mail check to VEX Robotics Team, Cape Elizabeth High School, 345 Ocean House Road.

For more information on the robotics team and their upcoming trip to the VEX World Championship, contact Evan Thayer at [ethayer@capeelizabethschools.org](mailto:ethayer@capeelizabethschools.org).

## Cape Elizabeth High School music concert

The Concert Choir, under the direction of conductor Joanne Lee, will present a wide variety of music. They will open their portion of the concert with a Motet by Brahms, followed by an a cappella arrangement of Coldplay's "Fix You." They will close their part of the concert with a rendition of the jazz classic, "Route 66," featuring Freshman Alex Hansen on piano, Junior Christie Gillies on drums and Senior Declan McCormick on bass.

The Concert Jazz Ensemble will open the instrumental portion of the concert with "Delilah" by Victor Young and Sonny Stitt's "Blues Up and Down." Next, the Symphony Band will perform "Music for a Darkened Theatre" by Danny Elfman, "Escape from Chronopolis" by Reber Clark and "Ruckus" by Randall Standridge. The Wind Symphony will premiere Travis Ramsey's "TVO" ("Triumphant Voltage Overload") and perform Bill Locklear's "Lullabye" as well as "Americans We" by Henry Fillmore. All of these groups are under the direction of Thomas Lizotte.

The concert will be held in the Cape Elizabeth High School Auditorium, March 16 at 7 p.m., is open and free to the public.

## CEHS World Affairs Council trivia night

Every year, the Cape Elizabeth High School World Affairs Council (WAC) holds an internationally themed trivia competition for the Cape Elizabeth community. The night offers opportunities to win prizes which have been generously donated by local businesses. Trivia night is taking place on Sunday, March 26 in the CEHS Café. Doors

open at 3:30 p.m. and the competition gets underway at 4:00 p.m. Anyone wishing to attend should contact either Chris Kobel at [christopher.kobel@capeelizabethschools.org](mailto:christopher.kobel@capeelizabethschools.org) or Melissa Oliver at [moliver@capeelizabethschools.org](mailto:moliver@capeelizabethschools.org)

## Senior-to-senior jazz concert

On Tuesday, March 28, Cape Elizabeth High School's Senior-to-Senior program will host its annual "Thanks For The Memories" jazz concert in the high school cafeteria from 3 p.m. to 5:30 p.m.

Under the direction of Music Director Tom Lizotte, several groups will perform music from the 30's, 40's, and 50's while high school seniors will greet, serve and chit-chat with guests. All are welcome to this free event.

## Ecomaine

Continued from page 5

Another option is to avoid thin plastic carry-out bags all together. Many retailers are reporting an 80 percent reduction in consumers' consumption of these bags in response to town bans or fees. The remaining 20 percent still cause problems for both ecomaine and the environment.

That said, continued use of thin film plastic bags drives the costs of handling the waste for all. Ecomaine is a community-owned sustainable waste management operator of a single-sort recycling facility. The 20 community-owners, of which Cape Elizabeth is one, must all work towards the three Rs- Reduce, Reuse, Recycle,



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Photos courtesy of David Peary

Two photos, one from 1984 and the other from 2017, both show Dr. Michael Efron (left) and David Peary, teachers at Cape Elizabeth High School. Efron started as CEHS principal in 1981, and hired Peary that same year. Efron has held several positions, and still teaches Honors Physics, while Peary teaches French. The pair, colleagues and friends, have seen a lot over the years, and even had current teachers Ben Raymond and Kier Donovan as students. Faculty and students alike know them to be positive forces for learning. Peary said, "I am at the point now, where every year I have a few children of former students."

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## Bonanza

Continued from page 2

programs through coaching Cape Travel basketball and the AAU (Amateur Athletic Union). Frame realized a need for basketball development opportunities for kids K-8 as well as a need for a stronger connection between the high school and youth programs.



Contributed photo

Gregg Frame and family. Frame was recently inducted into the New England and Maine Basketball Hall of Fames.

He formed the Cape Basketball Association (CBA), which is a collaborative effort between all of the basketball stakeholders in town including Community Services, Travel Basketball coaches, Middle School basketball, High School coaches, and Boosters.





Photo by Martha Agan

A large diving bird with a long bill, the red-breasted merganser is found in large lakes, rivers and the ocean. It prefers salt water more than the other two species of merganser.



Photo by Martha Agan

Looking this way, but no tails flashing a warning, these whitetail deer are in the field across from Spurwink Church looking to scratch up what might be left over from a corn field.



Photo by Martha Agan

These maples are tapped for their sweet sap on Charles E Jordan Road. The maple syrup season is almost here.



Photo by Martha Agan

Sea ice, known to crush and sink ships in larger quantities, is just pretty on a cold afternoon.



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Photo by Kim Case

Prolific photographer for The Cape Courier, Martha Agan (left), was given an award in recognition of her years of service to the newspaper and to the community it serves. Agan is pictured here with Board Member Trish Brigham at the Cape Courier's 30th Anniversary Celebration, recently held at The Local Buzz. The event was well attended, with current and past staff and volunteers, along with advertisers and local dignitaries, exchanging stories.





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Photos by Aschel Gregory

Four bubble makers and lots of kids of all ages to enjoy them at Kettle Cove. The figure on the far left is using extended bubble wands, silhouetted against a late afternoon sun.



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# Musical tour of the history of blues, sessions on heavy metal contamination, civil liberties, books and screenings at the library



Contributed photo

Thomas Memorial Library will present a history of the blues with Steve "The Ice Man" Bailey and an ensemble of other talented musicians.

## Listen and learn about the blues

This month the library is launching a new Saturday music series called "Soundwaves," which explores the his-

tory and distinctive qualities of diverse genres of music through fantastic performances and discussion featuring top notch musicians.

The first entry in the series will take place on Saturday, March 25 at 2:30 p.m. and features an exciting musical tour through the history of the blues with Steve "The Ice Man" Bailey and an ensemble of other talented musicians.

Through bass, drums, guitar and harmonica, Steve and his friends will explore the very essence of the blues idiom. From the old masters to modern blues, this musical tour will reveal this musical genre's uniqueness.

Next month's Soundwaves event will explore Irish music with the renowned band "The Press Gang" on Saturday, April 22. The Soundwaves music series is sponsored by the Thomas Memorial Library Foundation.

## Find out what you need to know about mercury & lead contamination in Maine

Rick Gray, Cape resident and wildlife research biologist, will share what he has learned working with Maine's wild bird population about the health of our natural environment.

What can the impact of mercury and lead contamination on Maine's wildlife tell us about the safety of these contaminants in food, water and natural spaces? The presentation will take place on Tuesday, March 28 at 6:30 p.m. All are welcome.

## Learn about civil liberties and the U.S. Supreme Court

The Warren Court did much to expand the power of the 14th Amendment and of the national government in the areas of civil rights, voting/districting, and rights of those accused of or convicted of crimes.



Contributed photo

Cape Elizabeth residents donated huge amounts of toiletries and school supplies for the City of Portland Family Shelter, Preble Street Resource Center and Florence House. The donation drive was held in conjunction with the book launch party for "Still a Family," a picture book about a homeless family by Brenda Reeves Sturgis, which took place last month.

Professor Jim Melcher will discuss how the impact from this court era is still with us today in a free talk on Thursday, March 30 at 6:30 p.m. in the library's Community Room.

## Parent-child book discussion explores the book "Wonder"

A movie based on the best-selling book "Wonder," by R.J. Palacio, about a boy with a serious facial condition, is coming out on April 7.

The library is partnering with the nonprofit organization Facing Maine to host a parent-child book discussion on Saturday, April 1 from 11:30 a.m. to 12:30 p.m.

Facing Maine connects, supports, builds awareness, and advocates for individuals, children, and families affected by cleft and craniofacial conditions living in Maine.

The event will include a discussion led by members of Facing Maine, as well as a pizza party. The event is for parents and children ages 8 - 12 years old.

If parents and children are interested in participating, they should register on the library's website.

Copies of the book will be made available to participants either through the library's own collection or through inter-library loan.

## Series of screenings of Lincoln Center Performances continues with Sweeney Todd

The library's new partnership with Lincoln Center Local brings exclusive free screenings of Lincoln Center's finest performances directly to audiences in local communities.

The library monthly screenings continue in April with a screening of Sweeney Todd: The Demon Barber of Fleet Street, which was performed at Avery Fisher Hall on March 5, 2014.

Murder, mayhem and the ultimate revenge... Stephen Sondheim's musical masterpiece returns to life in a bold new performance by The New York Philharmonic, starring Bryn Terfel and Emma Thompson.

The screening will take place in the library's Community Room on Saturday, April 1 from 2:00 p.m. to 4:00 p.m. Popcorn and beverages will be provided.

Note: This program contains language or scenes that some may find objectionable. Viewer discretion is advised.



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## Baby Doll Story Time filmed at library

By Marta Girouard



Photo by Marta Girouard

Children gather and listen at the Baby Doll Story Time presented recently at Thomas Memorial Library. The youngsters bring toys along, anything “from dolls to dump trucks,” according to Children’s Librarian Rachel Davis.

A special session of Baby Doll Story Time took place on Saturday, March 4 at Thomas Memorial Library.

The program has been held at the library for the past year on Tuesday and Thursday mornings with great success. Assistant Director/Children’s Librarian Rachel Davis developed the story time based off of Becky Bailey’s Baby Doll Circle Time. Bailey created the program as a way to offer young children ways to experience themselves as nurturers and connect to their baby dolls similar to the way they relate to their parents and other caregivers.

“It’s a great way to build empathy and give children a sense of coziness, caring, and belonging,” said Davis. “Even the youngest ones in the group will sit for longer periods of time as the act of holding a

doll has a calming effect.” According to Davis, a child doesn’t necessarily need to be holding a doll, but anything that they find self-soothing. “We’ve had children bring in a doll, or use a toy we have in our children’s area, anything from dolls to dump trucks,” Davis said.

Cape Elizabeth High School senior Kyle Long filmed the March 4 story time as part of a library internship. Davis hopes to use the film in a variety of ways, such as putting it on the library’s website or having it run on CETV. She will also show the documentary at a children’s literacy conference in April, where she is set to be a presenter. She will talk about the Baby Doll Story Time and provide others with resources so they can implement the program back at their libraries.

## Buzz

Continued from page 5

tion Residency in Marfa, Texas.

Christian Barter is the author of three books of poetry, most recently *Bye-bye Land*, winner of the 2017 Isabella Gardner Award. His poetry has appeared in journals including *Ploughshares*, *Georgia Review* and *The American Scholar* and featured on *The Writer’s Almanac*, *Poetry Daily*, and *The PBS Newshour*.

He has received a Hodder Fellowship from Princeton University, the 2014 Maine Literary Award for poetry, and was the Cen-

tenial Poet Laureate of Acadia National Park in 2016. For over twenty-five years he has worked for the trail crew there as a stone worker, rigger, arborist, equipment operator and supervisor.

The event is free and open to the public. Audience members may enjoy The Local Buzz menu of teas and coffees, wine or cocktails and locally sourced food during the readings. More information at [www.localbuzzcafe.com](http://www.localbuzzcafe.com).

## Rudy’s is now Bird Dog Roadhouse



Photo courtesy of Bird Dog Roadhouse

The team at Bird Dog Roadhouse, with its new sign

Those who have driven down Route 77 recently, you may have noticed a new sign out. Rudy’s of the Cape is now known as Bird Dog Roadhouse.

The restaurant went through a major transformation a couple years ago when it was re-built by owner Paul Woods.

With a new look, Woods felt the time was right for a name change as well. “The old Rudy’s was great but we needed our own identity reflected in this new restaurant,” Woods said.

Woods worked with Might & Main, a Portland design firm, on the new name and re-branding. He chose the name Bird Dog as he felt it was an iconic symbol in Maine. “For me, a bird dog is a faithful, hardworking companion that is always there, and that is what we’ve got here,” Woods said.

The customers and his staff are Woods’ favorite parts of the restaurant business and he hopes Bird Dog Roadhouse is a part of the community for a long time to come.

## Cape Memory Care Brunch & Learn

Cape Memory Care has announced its monthly Brunch & Learn seminar for March. The topic, “Dementia Conversations,” is designed to help family members, providers and medical professionals learn more about assisting families with difficult conversations related to dementia.

Attendees will learn about how to have effective conversations about common issues related to dementia, how to plan ahead and build a care team to reduce stress, and where to find

helpful resources to enhance quality of life for all involved.

This presentation is part of a monthly series. The March Brunch & Learn will take place at 10 a.m. on Thursday, March 16 at Cape Memory Care, 126 Scott Dyer Road, in Cape Elizabeth. Admission is free and brunch will be served, although space is limited. Those interested should RSVP to Woodlands Administrator Albert L’Etoile at [aletoile@woodlandsalf.com](mailto:aletoile@woodlandsalf.com) or 207.553.9616.

## Cape Elizabeth Football K-12 Information Night



**March 29, 2016**  
**6:30 to 8:00 PM - CEHS Cafe**

Do you want to learn more about Cape Elizabeth Football? Have questions about practices, games or equipment needs? Do you want to know more about concussions, player safety and injury prevention?

Join us for an informative evening with guest speakers:

- Mike McLaughlin - CEHS Coach, Boston College, Baltimore Ravens
- Quinton Porter - Boston College, Houston Texans, and CFL
- Kendrick Ballantyne - Northeastern University, Baltimore Ravens
- Lee Goldberg - WCSH 6, News Center Sports
- Dr. Tom Murray - Orthopedic Associates
- Lisa Mims - CEHS Athletic Trainer
- Zev Myerowitz - Speed and Agility trainer
- Aaron Filieo - CEHS Head Coach
- Pete Weare - CEMS & CEHS Coach
- Cape Elizabeth Youth Football Coaches

**6:30 - Food & Games**  
**7:00 - Panel Discussion**  
**Kids are welcome!**

**Door Prizes! You could win**  
**2017 Football Registration!**  
**Cape Football Apparel!**

Questions or RSVP, please contact Kim Shur: [kimshur@gmail.com](mailto:kimshur@gmail.com)

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# CAPE CALENDAR By Wendy Derzawiec

## Thursday, March 16

Thomas Memorial Library Committee, 6:30 p.m., Thomas Memorial Library  
 Fort Williams Park Committee, 7 p.m., Public Works

## Saturday, March 18

Lions Club Spaghetti Dinner, 5-7:30 p.m., Bowery Beach Schoolhouse, Two Lights Road

## Tuesday, March 21

School Board Negotiations Committee, 3:15-5:30 p.m., Town Hall Lower Level Conference Room  
 School Board Budget Workshop, 6:30-8:30 p.m., High School Library and Learning Commons  
 Town Council Budget Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall  
 Planning Board, 7 p.m., Town Hall chamber

## Wednesday, March 22

Town Council Budget Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall

## Thursday, March 23

Town Council Ordinance Committee, 1-2:30 p.m., Town Hall Lower Level Conference Room

## Tuesday, March 28

Harbors Committee, 6:15 p.m., Town Hall Lower Level Conference Room  
 School Board Finance Committee and Budget Workshop, 6:30 p.m., High School Library and Learning Commons  
 Board of Zoning Appeals, 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. Purpoock Country Club, Spurwink Avenue. 767-7388.

CABLE GUIDE	CHANNEL 3
<b>Cape Elizabeth Church of the Nazarene</b> Feb. 25 & 26; March 4, 5, 11 & 12 - 9 a.m.	March 4 - 10:30 a.m.
<b>Planning Board (live)</b> Feb. 27 - 7 p.m.	<b>Zoning Board replay</b> March 3 & 4 - 2 p.m. & 8 p.m.
<b>Board of Zoning Appeals (live)</b> Feb. 28 - 7 p.m.	March 5 - 10:30 a.m.
<b>Planning Board replay</b> March 1 & 2 - 2 p.m. & 8 p.m.	<b>Town Council (live)</b> March 13 - 7 p.m.
	<b>School Board (live)</b> March 14 - 7 p.m.

## Upcoming worship services for Holy Week and Easter Services at the First Congregational Church, United Church of Christ, South Portland are as follows:

### Sunday, April 9 – Palm Sunday

8:30 a.m. Chapel Worship  
 10:00 a.m. Sanctuary Worship

### Friday, April 14 – Good Friday

6:00 p.m. Soup supper in Guptill Hall  
 7:30 p.m. Sanctuary worship with Meetinghouse Choir and Drama,  
 Easter vigil begins after worship service and continues until 6:00 a.m., Easter Sunday

### Sunday, April 16 – Easter Sunday

6:00 a.m. Sunrise Service at Fort Williams Park  
 9:00 a.m. Sanctuary Worship with Meeting House Choir, ALS Interpreted  
 11:00 a.m. Sanctuary Worship with Meetinghouse Choir

For more information, please visit the church website [www.fccucc.org](http://www.fccucc.org) or e-mail the church office at [office@fccucc.org](mailto:office@fccucc.org).

# SERVICES

**Cape Elizabeth Church of the Nazarene**  
 499 Ocean House Road (Route 77)  
**799-3692**  
[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)  
 Chapel Service: 8 a.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  
**767-5000**  
 Sacrament Meeting: Sunday, 9-10:10 a.m.  
 Sunday School: 10:15-11 a.m.  
 Primary: 10:15 a.m.-noon  
 Relief Society, Priesthood: 11 a.m.-noon

**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](http://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 St., South Portland  
**799-4565**  
[www.spfbc.com](http://www.spfbc.com)  
 Sunday Morning Worship: 9:30 a.m.  
 Awana Clubs (Grades 3-8): Tuesday, 6:20 p.m.

**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](http://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](http://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](http://www.fccucc.org)  
 Worship: 8:30 a.m., 10 a.m.  
 Sunday School: 10 a.m.  
 Preschool Child Care: 10 a.m.

## Gardening is coming... Is your body ready?

By Patty Medina, instructor at Cape Elizabeth Community Services

Winter is the perfect time to get your body in good condition for the tugging, pulling, raking, bending, twisting and lifting associated with spring cleaning, yard work, and gardening. Even if you have been exercising, you still have to pay attention to the long hours and specific movements that are much different than at the gym or class workouts. Here are some guidelines to treat your passion as a sport.

### Pre-season gardening training:

Make sure your exercise routine involves warm-up, strength training, and stretching. For your heart and vascular system, a routine 15-30 minutes three times a week depending on your goals, fitness level, age, and past history of injuries is appropriate.

During the winter months, we may become more sedentary. Many spend time outside shoveling snow. This all affects the length of the muscles, which means they shorten and become stiff. It chronically affects your range of motion and over time, if not taken care of, muscles become habitually shorter, limiting the extension of your

limbs. These muscles eventually pull on joints and ultimately, all muscles connect to your spine, so that is how many aches and pains begin.

To prevent this, incorporate a daily stretching routine to maintain full range of motion in muscles, joints, tendons and ligaments. Stretch before, during and after.

### Tips for spring cleanup and gardening.

1) Stretch before going out. Nothing huge, just loosen your back, shoulder, neck, open the chest, stretch the back and front of your legs. Do a few hips rolls, arm and wrist circles.

2) Get your gear and proper equipment such as a hat, gloves, eye protection and a kneeling pad or stool. Don't forget a water bottle. Not drinking water while out in the elements can bring on undue fatigue and dehydration.

For extended periods where you may sweat a lot, water may not be enough. Be sure to have what is known as electrolytes (sodium, chloride, potassium, calcium and

-see GARDENING page 15



...and send us your favorite travel or nature photos. We'd love to print them. Show us what Capers are up to, and don't forget to say 'Cheese'!

The deadline for the next issue is noon on March 17

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<b>SOLD!</b>	<b>SOLD!</b>	<b>SOLD!</b>	<b>PENDING!</b>

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**Piano lessons for all ages.** Beginners through advanced. Sandi Palmquist: 329-8345.



Next deadline: March 3 For Issue Date: March 15

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**Gardening**

Continued from page 14

sodium bicarbonate). Electrolytes control fluid balance in your body and are essential for muscle contraction, energy generation and proper organ function.

Here is a simple electrolyte drink:

- 1/2 cup freshly squeezed orange juice
  - 1/4 cup freshly squeezed lemon juice
  - 2 cups of filtered warm water
  - 2-4 tablespoons raw honey, to taste
  - 1/8 teaspoon unrefined salt (to taste)
- Blend all together until well dissolved.

3) Discipline yourself to take stretch and drink breaks often.

4) Once you are done, take the time to do a full body stretch. Studies have shown that stretching reduces muscles soreness, stiffness and opens up the tissue for blood flow

**Science**

Continued from page 1

the country to compete in a fast-paced question-and-answer format where they solve technical problems and answer questions on a range of science disciplines including biology, chemistry, Earth and space science, physics and math.

A series of 116 regional middle school and high school tournaments are being held across the country from January through March. Winners will advance to represent their areas at the National Science Bowl® held from April 27 to May 1 in Washington, D.C., for the final middle school and high school competitions.

The top 16 high school teams and the top 16 middle school teams in the National Finals will win \$1,000 for their schools' sci-

rich in nutrients for a speedy recovery.

Cape Elizabeth Community Services offers many adult fitness programs to meet just about anyone's needs. If you are over 55 years young, Fit to Live is a class that will incorporate stretching, balance, weight training, coordination and balance drills, focusing on proper technique. Fit to Live Yoga uses the assistance of a chair to do all the yoga possess minimizing stress on the wrist, back, neck and legs while getting the length, posture and relaxation benefits of yoga. Water Works limits the weight of our body on your joints by almost 90% allowing easy low impact movements to get your heart rate up, and stretch in multiple directions. Check out the Community Services brochure available at website www.capecommunityservices.org or 799-2868.

ence departments. Prizes for the top two high school teams for the 2017 NSB will be announced at a later date.

The high school team that won the 2016 NSB received a nine-day, all-expenses-paid science trip to Alaska, where they learned more about glaciology, marine and avian biology, geology and plate tectonics. The second-place high school team at the 2016 NSB won a five-day, fully guided adventure tour of several national parks, which included a whitewater rafting trip.

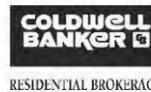
DOE's Office of Science manages the NSB Finals competition. More information is available on the NSB website: http://www.science.energy.gov/wdts/nsb/.



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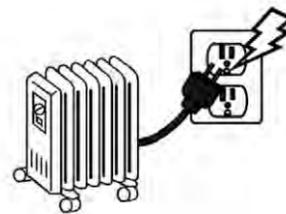
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# The Cape Courier on Zugspitze



Cape Elizabeth residents Dr. Zev J. Myerowitz Jr. and his wife Amber Myerowitz read The Courier on top of Zugspitze. Zugspitze is the highest peak of the Wetterstein Mountains as well as the highest mountain in Germany.

# Knight's celebrate 70th wedding anniversary



Ellen and Lloyd Knight, residents of Cape Elizabeth since 1954, celebrated their 70th wedding anniversary in January at their home surrounded by family and friends.

Lloyd and Ellen were married Dec. 14, 1946 in Philadelphia and have 5 children- Everett, Karla, Roy, Cornell, and Eric, 12 grandchildren, 13 great-grandchildren, and one great-grandson.



## Capers making the dean's list

Olivia Hintlian, a Cape Elizabeth resident and 2016 graduate of Waynflete School, made the fall semester dean's list at Tufts University in Medford, Mass. She is the daughter of Cape Elizabeth residents Molly MacAuslan and Varney Hintlian.

Cape Elizabeth resident Emily Alego was named to the fall dean's list at Ithaca College's School of Humanities and Sciences, where she is an Exploratory major.

The following residents from Cape Elizabeth were named to the University of Maine at Farmington's fall 2016 dean's list: Timothy DiNinno, Christina Kouros.

Cape Elizabeth resident Nolan Chase was named to the fall dean's list at Rochester Institute of Technology in Rochester, NY, where he is a chemical engineering major.

## Odlin named Winthrop Scholar



Contributed photo

Cape Elizabeth resident Mireia Jennifer Odlin, a senior at Connecticut College in New London, Conn., has been named a Winthrop Scholar, the highest academic honor bestowed by the college.

Reserved for students who demonstrate exceptional scholarship, the honor is named for John Winthrop the Younger, who founded the city of New London and served as governor of Connecticut.

Odlin is a 2013 graduate of Cape Elizabeth High School and is a Human Development and Psychology Double Major at Connecticut College.

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