

# The Cape Courier

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*In the Spirit of Community*

## Cape resident wins SCORE Award

By Marta Girouard

After lunch at work one day, Cape resident Jodi Breau was flossing her teeth when the thought crossed her mind that someone should make a prettier floss container. Fast forward 15 years and she set out to do so. Then she found out about all the plastic waste: for every person in the U.S. who flosses their teeth according to ADA recommendations, just the empty floss dispensers alone would fill a landfill the size of a football field six stories high. "I went from creating pretty floss containers to embarking on a mission to eliminate plastic dental floss," Breau stated.

Breau created Dental Lace Inc., a refillable dental floss and 99 percent zero waste product. Dental Lace is a glass container with a stainless-steel cap. The floss is 100 percent Mulberry silk. The refill bags are certified compostable and the boxes are 100 percent post-consumer paperboard. The container can be re-used, the bags composted, the boxes recycled and the floss biodegrades. The only waste is the waterproof label on the container, which stays on the reusable container.

"I have no background in business," Breau said. "I just started talking and researching." Breau retired from her job as a school librarian and devoted her time and energy to getting Dental Lace off the ground. The idea for Dental Lace was first pitched to SCORE, where she was paired with mentors Alan Shaver and Kathleen O'Donnell.



Contributed photo

Cape resident and entrepreneur Jodi Breau

SCORE is a nonprofit organization that provides free business mentoring services to prospective and established small business owners. Breau had her first sale in January 2017 and today she averages 5,000 orders a month. The product is sold wholesale in 30 countries and all over the US. It can be found online at dentallace.com and Amazon.com, and in town, it is available at the IGA.

In March, Dental Lace was named a 2018 American Small Business Champion

-see DENTAL LACE page 16

## Augusta disappoints, Cape School Board defends, looks to community for help

By Kevin St. Jarre

Once again, for the third year in a row, the state's annual contribution towards education in Cape Elizabeth has been reduced, this year by nearly \$1 million. Through eight budget workshops, the Cape Elizabeth School Board has labored to find options to maintain the high level of education Cape schools have long provided.

According to a statement from the School Board, "To say that this is an exceptionally challenging budget cycle is an understatement. Three consecutive years of state funding cuts have left the district with an extremely diminished ability to continue providing the diverse educational programs our community expects and has mandated this School Board to preserve."

Winthrop Phillips is the president of the Cape Elizabeth Education Association, more commonly known as the union representing faculty and many staff members in the district. He agreed that the board has what's best for Cape students in mind. "This comes on the heels of a big cut in State funding last year. That's not the board's fault. The board has shown how supportive they are of our schools. The difficulty comes from the fact

that the state doesn't want to fund education the way it should. This has put districts like Cape Elizabeth in a heck of a bind."

According to Superintendent Howard Colter, the School Board conducted a review of all services, programs and capital improvements. "My read of the school board is that they will make their decision on a budget for 2018-19 based on what is in the best interest of students," he said shortly before the eighth and final workshop. "Our goal is to present a budget to the Cape Elizabeth town council and voters that the School Board believes is necessary to maintain the high quality of education the community values."

The Cape Elizabeth School District was informed that state funding, meant to help defray local costs of educating Maine's students, was being cut by \$875,654. Colter said, "We have lost over 60 percent of state funding for our local schools over the past three years. We find this shortfall of funding unacceptable and unsustainable over time."

Phillips said, "I think Senator Millett has done what she can, but not enough of the legislature has followed suit. The pub-

-see BUDGET page 3

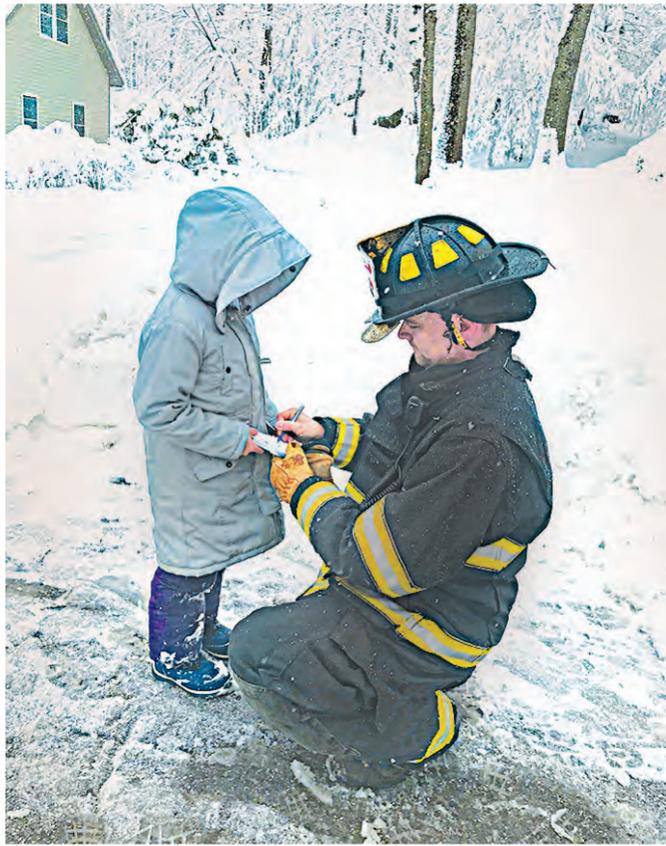


Photo by Rob Kamilewicz

Captain John Valley had a request for an autograph during the March 8 storm in Cape Elizabeth.

## Fully Involved: A view into Fire Department storm coverage

By Mara DeGeorge

Josh Dell'Aquila, a Cape firefighter for five years, tells the familiar story of being on Storm Duty and running calls back-to-back-to-back, most often for downed electrical wires. As soon as the apparatus returns to the station, he takes a breath and hangs up his helmet on its hook, only to hear the dispatch tones over the loudspeaker about to announce another call. No matter. He's there on duty, to serve the community. He removes his helmet from its hook and re-dons his gear, climbs back into the apparatus, ready to go.

Storm Coverage (or Storm Duty) is loosely defined as firefighters that are available to volunteer for shifts in both firehouses, in order to be ready more quickly for calls during a storm. It takes longer for firefighters to get from their homes to the station during a storm, and it takes longer for the apparatuses to get from the firehouse to an emergency during a storm. Therefore, having firefighters on hand makes up for some of that lag time in an emergency. Cape firefighters are passionate about what they do and why this part of their job is important. Peter Doane, a Cape firefighter for five years, and also a per diem firefighter for Scarborough and Old Orchard Beach, shares, "The fire apparatuses in an on-call department like Cape Elizabeth are not staffed as they are in full-time departments. Firefight-

ers only respond to the fire station when dispatch calls for responders, thus the response time during any adverse weather conditions is prolonged. Having responders in the station during a storm reduces the safety hazard and response time driving to the station in those winter conditions."

CEFD typically provides Storm Duty coverage for snow storms, wind storms, and hurricanes. Chief Gleeson staffs up for Storm Duty until Public Works informs him

that the roads are safe. Sometimes this is a handful of hours, and sometimes for a few days in a row, as long as the firefighters can afford to give their time away from family and other job obligations. While the firefighters are camped out during Storm Duty, they sleep, take care of routine tool and equipment inventory, and attend to any other needs and tasks in the station. Firefighter Nicole Penley says, "For Storm Coverage, we try our best to be available to the Cape community dur-

-see CEFD page 4



Contributed photo

Lions Club President Benson Dana, left, presents to Public Works director Robert Malley

## Lions Club donates defibrillator

On March 12, the Town Council accepted the gift of an automated external defibrillator from the Cape Elizabeth Lions Club. The device, used in an emergency to restore a person's heart rhythm, will be kept at the town transfer station, "which sees a lot of public activity," said club President Benson Dana. The transfer station will also make the device easily accessible to those at the Gull Crest athletic fields. This presentation is just one of the reasons we get up early to make the pancakes and cook the spaghetti sauce all day," Dana said, referring to the

club's regular fundraisers. One member of the club is a transfer-station employee, and another is a volunteer there, Dana said. "We'd like to sincerely thank all the citizens who support us and our events year in and year out. It makes a difference," he said. Jessica Sullivan, chair of the Town Council, said she couldn't think of a more important piece of equipment a volunteer organization could donate to the town. "Thank you for all the wonderful work you do, and for your thoughtfulness in donating to us a gift that can save lives in Cape Elizabeth," she said.



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

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## Support for Mary Ann Lynch

We are writing in support of Mary Ann Lynch's candidacy to the Maine State Legislature.

Mary Ann is passionate about this opportunity. She has the experience and drive to be an exceptional leader for us in Augusta. Mary Ann truly wants what is best for our town. She is a long-time resident of Cape Elizabeth, having raised her own children here and now has grandchildren living here. As the oldest of nine siblings, Mary Ann is a natural leader. Based on her years of extensive professional experience in Augusta, Mary Ann will hit the ground running as our legislator. As a past member and chair of our Town Council, she regularly demonstrated her willingness to listen, compromise, and get things done. She was an essential part of making the Shore Road Pathway become a reality. She has foresight and knows how to find and apply for grant money. During her years on the Town Council, Mary Ann advocated for creating a safer intersection in the center of town, helping to develop a comprehensive study of plans and identifying funding sources to help finance the project.

Mary Ann is a devoted to the quality of our schools. She knows that when our schools are exceptional, our town thrives in countless ways. Repeated and significant cuts to our town's share in state funding for our schools has our taxpayers taking on more responsibility to fund our schools. Mary Ann will work to adjust the EPA formula that determines the state allocation for education.

Please join us in supporting Mary Ann Lynch for Maine Legislature. We are truly fortunate to have a candidate with her drive, vision and experience. Her leadership will benefit all residents of Cape Elizabeth.

Garth and Heather Altenburg

## THANK YOU!

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

*Thank you to these recent generous contributors:*

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**William & Mary Jean Holt**

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.

## Support for Anne Carney

Integrity. Transparency. Leadership. In today's political climate, these are characteristics that Anne Carney, whom we've known for almost 30 years, embodies and that make her the best candidate to represent us in Augusta.

Throughout her work as an attorney and her work at the Cape Elizabeth Land Trust, Anne has continually demonstrated her commitment to transparency; to both listen and communicate openly. If you have the good fortune to talk with Anne, you will quickly find that she is open and curious to hear about your concerns, needs and recommendations and is equally willing to share her thoughts in a straightforward manner that always leaves room for people with different opinions to be heard with respect.

Anne's integrity is measured by her honesty, and her consistent work ethic. You will find that Anne is steadfast in following through on her commitments. Anne does not overstate her qualifications or her involvement in community efforts but invests tremendous effort to accomplish goals and is quick to recognize the contributions of others.

Anne has demonstrated her collaborative approach to leadership throughout both her legal career and in her work with the CELT. At a time when politics is so keenly divided, Anne's ability to lead and build alliances is more important than ever. For all these reasons and the many that have been described in previous letters, we hope that you will join us in voting for Anne Carney in the June primary.

Tricia Naddaff and Dan Spratt

## Puzzle mystery solved

We so enjoyed the "thank you for the puzzles" article in your Mar 14-27, 2018 issue. You might be very surprised to find out it is not a woman but my husband John who provides the enjoyment. He's a 44-year resident of CE in his 70's now and loves doing jig-saw puzzles during the winter months. He was thrilled to read your kind words and that people actually enjoyed the puzzles he brought to the swap shop. Stephanie, your article was so poetically written and you are thoroughly thanked for taking the time to express the joy the "puzzle guy" brought!

Mr. & Mrs. Puzzle

## Spring is finally here: time to clean up the yard

The Recycling Center will be open for the disposal of brush, leaf and yard wastes on the Sundays listed below. As a reminder, items intended for the Compactors (single-stream recyclables & household refuse) will not be accepted. Fees will be assessed on all applicable items.

### SPRING 2018 SCHEDULE

- Sunday, April 22: 10:00 a.m. - 5:00 p.m.
- Sunday, April 29: 10:00 a.m. - 5:00 p.m.
- Sunday, May 6: 10:00 a.m. - 5:00 p.m.
- Sunday, May 13: 10:00 a.m. - 5:00 p.m.

### Please consider a donation towards site renovations

The Courier is refreshing our website and we are seeking the community's financial support to make it happen. Can contribute to our GoFundMe campaign to help us raise \$10,000?

Why? Because like all newspapers, we are having to stretch our print advertising dollars more and more to produce the same paper you know and love. But unlike other papers, the Courier is a non-profit; we exist to serve the entire community. So to keep our advertising rates low and continue not to charge for many of the services others do, we need to step-up our game. We don't want to change a thing about the paper – just create a more useful online presence for our readers and advertisers.

It's going to be an expensive, complex project but there's no doubt that it's time to get creative and move this much-beloved institution into the digital age! Can you help us?

Funds will go towards hiring a web firm, staff training and website upkeep, and fees and maintenance of the new site. We appreciate your generosity - the Courier has been a staple of Cape Elizabeth for decades. Please help us keep it going!



# Cape Elizabeth Then and Now: Goddard Mansion at Fort Williams

By Jim Rowe



Photo courtesy of Cape Elizabeth Historical Preservation Society



Goddard Mansion, in Fort Williams Park, present-day

Photo by Jim Rowe

John Goddard (1811-1870 and pictured on left), was a wealthy businessman who made his fortune in the timber trade around Bangor, Maine. He built his luxurious retirement home here on the Cape Elizabeth shore. The imposing mansion was completed in 1858, constructed from locally harvested granite. At the outbreak of the Civil War, Goddard was commissioned a colonel in the Union army and had a very brief tenure as commander of the First Maine Cavalry.

Upon Goddard's death in 1870, the home remained with his family for a time. Heavily mortgaged and accruing a delinquent and growing tax bill, the manor was sold in 1898 to Joseph Symonds, an Associate Justice of the Maine Supreme Judicial Court. Symonds kept the home for only a year, and sold it to the U.S. government in 1899. It then became part of Fort Williams (the fort was dedicated to the memory of Gen. Seth Williams that same year).

As part of Fort Williams, the former

Goddard Mansion provided quarters for four non-commissioned officers and their families. It also housed the NCO club in its basement.

With the Army's departure from Fort Williams in 1962, and Town of Cape Elizabeth's acquisition of the fort property two years later, the Goddard Mansion and other fort structures gradually settled into a state of dereliction.

An arsonist's torch took much of the mansion's interior and about half of its roof in the mid-1970s. Concerned about liability exposure and visitor safety, and with no resources available for reconstruction, town officials ordered the remainder of the interior and roof destroyed by the fire department.

Today, the Goddard Ruin is but a suggestion of its former grandeur, but serves as inspiration for poets, writers, artists, photographers, and romantics. Renovation or restoration costs (estimated in the several millions of dollars) cloud the crumbling edifice's future.

## Budget

Continued from page 1

lic wants good schools for its children. That makes sense; that's good for Maine."

The education students receive in Cape Elizabeth has long been known to be among the best in the state, often ranking first in Maine, and representing well nationally. Simply to maintain that same level of excellence, without losing any programs, services, or teachers, would represent an increase in local property taxes.

According to the School Board's statement, the board quickly set aside any new spending, saying, "Funding new initiatives and/or improving the infrastructure of our buildings is, sadly, presently not within our means."

Accepting that, the board set out to explore options, and to see what the impact of various levels of funding would be. The board even examined what the impact would be on schools if the school budget were drastically cut.

Even with a cut to the budget so dramatic

it was described as "devastating," resulting in the loss of services and programs, larger class sizes, and the elimination of perhaps as many as eight full-time teachers, there would still be a property tax increase. One estimate had the increase at 5.5 percent, which would mean an annual increase in property taxes of approximately \$225 for home valued at the median value of \$314,000.

To maintain what schools in Cape Elizabeth have been able to provide for students, the board recognized that the budget must increase between 2.1 and 3.2 percent. Much of this increase is due to contractual

-see SCHOOL BOARD page 8



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# The story of the Cape Elizabeth Memorial Day flag

By Roger Bishop



Photo by Jane Taylor

*Cape Elizabeth Lions carry on the 23-year tradition of bringing the flag to the Town Center during the town's Memorial Day Service*

Sometimes the best-laid plans take unexpected turns but ultimately result in a beneficial outcome. So is the story of the United States flag that is carried by members of the Cape Elizabeth Lions Club at the town's Memorial Day Service. This tradition has been taking place for the past 23 years.

So where did the flag come from and why do Lions Club members carry it? With help from our Cape Elizabeth unofficial town historians Jim Rowe and Mike McGovern, the bits and pieces unfolded into this article.

The flag, all 760 square feet of it, was purchased in 1988 or 1989 as a gift through the cooperative effort of the Rotary Club and the town of Cape Elizabeth.

The intent was to have it fly from the newly erected flagpole on top of Battery Knoll at Fort Williams. But it did not take long to realize that the massive size of the flag created concern among Cape citizens. The strong winds on the knoll could present a safety issue as the flag whipped from side to side.

To address this concern, it was decided the flag would only be flown on holidays and when the wind was calm. Even with this compromise, there were still some citizens who were concerned that this large flag would detract from the natural beauty of the park.

At this point the flag was semi-retired and carefully stored at the fire house. Not long after, it was decided that the flag should be flown on the Town Center flagpole on Memorial Day during the traditional town observance. One slight problem popped up, however. At half-mast the flag was simply too large for the smaller pole and it would touch the ground as well as render any guests or speakers nearby a not-so-friendly slap.

Enter the Lions Club. Around 1995 the Lions were asked or in the military vernacular "volunteered" to march with the flag in the parade. Since that time, it has been the Lions honor and privilege to carry our nation's colors. It requires at least 18 people to carry the 20 by 38-foot flag to the Town Center. Although it is a heavy burden, it is not nearly as heavy as those we honor carried. Please join the Lions Club and other citizens of Cape Elizabeth on Monday, May 28 to observe the holiday.

## CEFD

Continued from page 1

ing times of challenging travel conditions. I hope it gives the community a sense of comfort knowing that even though the conditions outside aren't great, residents will be able to receive the assistance they need in regards to any unplanned event or emergency."

During a storm, it is routine for a fire engine to run on all ambulance calls. This is to aid in getting the ambulance closer to a residence, if necessary, clearing a path to a vehicle, providing assistance to the crew, and generally being available to help where needed.

What can homeowners do during a storm to help the Department and help themselves? There are more than 350 hydrants in Cape Elizabeth. CEFD and Public Works personnel shovel out hydrants after each storm, but homeowners can assist in this task. By shoveling out the nearest hydrant, this will cut down on the time a firefighter can connect a hose line to the hydrant and supply water, when needed. Rob Kamilewicz puts it sim-

# School Board budget update

The Cape Elizabeth School Board has held seven budget workshops since the beginning of February. One more is scheduled to occur after this paper goes to print, on April 5. On Tuesday, April 10, the School Board is scheduled to formally vote on the budget, and on Wednesday, April 11 several members of the School Board will hold two public forums to present the proposed budget. The first forum will begin at 9 a.m. and the second will begin at 6 p.m., both to be held within Town Hall chambers. The budget will be formally presented to the Town Council during a joint workshop on Tuesday, April 24 at 7 p.m. within Town Hall.

To say that this is an exceptionally challenging budget cycle, is an understatement. Three consecutive years of state funding cuts have left the district with an extremely diminished ability to continue providing the diverse educational programs our community expects and has mandated this School Board to preserve. Without significantly raising local taxes, the loss of \$878K in state funds cannot be absorbed painlessly. With the budget's current impact on local property taxes being greater than 10 percent, the focus can only be to maintain progress and continue to serve the needs of all students. Funding new initiatives and/or improving the infrastructure of our buildings is, sadly, presently not within our means.

The School Board is fully aware that an increase to property taxes at this level would be financially challenging for many community members. We do not want to over-burden tax payers and are currently examining all possible ways to reduce expenses and consider creative solutions. However, given that over 80 percent of the total school budget is spoken for through contractual agreements, there is very little room for further reductions without significantly changing the landscape of our academic programs and reputation. Specifically, without losing personnel and student services.

Therefore, we highly encourage everyone to get involved. Please review the proposed budget material, watch the video recordings of our workshops, and reach out to the School Board if you have comments or questions. All ideas and input, no matter how diverse they may be, are helpful and welcome.

The town is approaching an important crossroads and the direction we take can have a great impact on not only the future of our schools, but of our entire community. These are our schools and this is our town, what we make of them is within our hands. Please join us in our efforts. **Link to budget material and recordings:** [https://www.capeelizabeth.com/government/elected\\_officials/school\\_board/meeting\\_materials/2018.html](https://www.capeelizabeth.com/government/elected_officials/school_board/meeting_materials/2018.html)

ply. "The average fire doubles in size every two minutes. The average hydrant takes four minutes to shovel out with two people, and then those firefighters are fatigued for fighting a fire. Help yourself by shoveling out the nearest hydrant to your home during storms."

Having a clearly marked and visible house number assists firefighters for locating the emergency scene. Likewise, when calling for an emergency, turning on outside lights and when possible, sending someone outside to flag for the fire engine or ambulance is helpful. Lastly, clear direct vents in and around your home to prevent blockages. All of these tips are important during a storm, but everyday as well.

Mike Davis, a veteran firefighter coming up on 41 years, has exciting stories to share from his years of service. He is admired by his younger colleagues in the Department for his skill in operating the pump and getting everyone to and from the station swiftly, but

safely. He recalls being on Storm Duty during the 2007 Patriot's Day Storm, like it was yesterday. Davis was working in Waterville at the time and was on his way home. It was the third day of the Patriot's Day Storm and the crew had been at the station for at least 36 hours. Chief McGouldrick called Davis asking him to cover for a few hours. The crew was having trouble clearing calls because of the incredible volume. At all times, there were four to six calls in the queue, mostly for water in basements, trees on houses, and downed power lines.

"I agreed to handle it and met the crew on Ocean View Road for wires down and told them that Chief said they could go home to get rest. We went from home to home. I knew how to efficiently expedite the calls while still attending to residents' concerns. At one call, there was a generator too close to the house so smoke was going back into the garage. The homeowner was surprised, and now un-

-see STORM DUTY page 15



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# Thefts of prescription medication, ornamental brass lantern reported

Reported by Debbie Butterworth

## COMPLAINTS

- 3-10 An officer met with a resident of the Scott Dyer Road area regarding a criminal threatening complaint.
- 3-15 Two officers responded to a residence in the Spurwink Avenue area for a domestic disturbance.
- 3-15 An officer met with a resident of the Ocean House Road area regarding a theft of prescription medication.
- 3-19 An officer met with a resident of the Bowery Beach Road area regarding the theft of an ornamental brass lantern from the back yard.
- 3-19 An officer met with a resident of the Bowery Beach Road area regarding a criminal mischief complaint.
- 3-19 An officer met with a resident of South Portland regarding a possible harassment complaint.
- 3-23 An officer received a wallet from a Massachusetts resident who found it at Two Lights State Park. The owner was contacted and property returned.
- 3-24 An officer met with a resident of the Broad Cove area regarding a suspicious post. It was later found to be a miscommunication.
- 3-26 An officer met with a resident of the Broad Cove area regarding the theft of a purse that contained some cash and several credit cards, one of which was used before the victim could cancel it.

## SUMMONSES

- 3-17 Cape Elizabeth resident, speeding (49/35 zone), Route 77, \$152
- 3-20 Saco resident, operating after license suspension, failure to file accident report
- 3-23 Cape Elizabeth resident, operating under the influence of alcohol, Route 77
- 3-22 Scarborough resident, speeding (55/35 zone), Spurwink Road, \$230
- 3-23 Westbrook resident, failure to stop for stop sign, Sawyer Road
- 3-26 Cape Elizabeth resident, imprudent speed, Spurwink Avenue, \$134

## ARRESTS

- 3-20 Cape Elizabeth resident, outstanding warrant, Grover Road
- 3-23 Cape Elizabeth resident, operating under the influence of alcohol, Route 77

## ACCIDENTS

- 3-13 Julie Tselikis, Aaron Merriam, accident on Woodland Road
- 3-14 Kurt Nielsen, accident on Old Ocean House Road
- 3-25 Matthew Arnold, accident on Sawyer Road
- 3-25 Larry Rideout, Keith Johnson, accident on Shore Road

## FIRE CALLS

- 3-13 Alewife Cove Road, furnace problem
- 3-14 South Portland mutual aid
- 3-14 Brentwood Road, gas leak
- 3-15 Tote Road, chimney fire
- 3-17 Cooper Drive, mulch fire
- 3-19 South Portland mutual aid
- 3-20 Bowery Beach Road, elevator rescue
- 3-21 South Portland mutual aid
- 3-21 Surf Road, line down
- 3-25 Shore Road, car accident

## RESCUE CALLS

There were 16 runs to Maine Medical Center. There were 2 runs to Mercy Hospital. There were 2 patients treated by rescue personnel but not transported.

# Scam Alert Bulletin Board

Reported by Jessica D. Simpson

## Prescription medication scam

As the price of prescription drugs continues to rise, you might find yourself searching online for more affordable medications. Beware of bogus companies that take your money and never send you the product, or worse, send you a product that could cause you harm. Also, be sure to read the fine print on prescription drug coupons you find online. You might discover your purchase won't count toward your deductible, or that the coupon expires after a certain number of refills.

## Microsoft alert

A tech scam twist: You receive a call from someone claiming to be with "Microsoft" giving an urgent warning to renew your license key or your computer will cease to function.

Keep in mind this statement from Microsoft: "Microsoft will never proactively reach out to you to provide unsolicited PC or technical support. Any communication we have with you must be initiated by you." You can report the scam at [www.microsoft.com/reportascam](http://www.microsoft.com/reportascam).

# Drug Take Back Day is April 28

On Saturday, April 28, residents will be allowed to bring in their unused and unwanted prescriptions and over-the-counter medications to the Cape Elizabeth Police Department from 10:00 a.m. – 2:00 p.m. for disposal.

Residents should take advantage of this opportunity to clean their medicine cabinets and dispose of the unwanted medications in a safe and environmentally friendly manner. For more information contact Officer David Galvan at 767-3323 EXT. 208.



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CAPE ELIZABETH STATE REPRESENTATIVE



Thank you to the many Cape citizens for your gracious welcome and for sharing your thoughts and concerns as I visit door to door. I hope to catch up with many more of you in the days ahead, and invite you to contact me by phone, text, or email.

Our conversations confirm what a gift it is to live and raise a family in Cape Elizabeth. We have a nationally recognized school system, excellent recreation facilities, some of the most beautiful vistas in the world and an engaged and active citizenry. It was a privilege to serve you on the Town Council.

**My proven record** serving on the Town Council and working with the Legislature for Governor Brennan and for the Maine court system, underscores my experience and expertise in forging consensus and getting things done, while appreciating that every dollar we spend comes from hard working taxpayers and needs to be invested wisely.

- **Education:** Supported our schools, guiding the kindergarten wing and high school renovation to a 7-0 vote on the Town Council.
- **Shore Rd. Path:** Initiated and proposed the Shore Road Path and worked to find the funding and consensus to get it done.
- **Conservation:** Supported preservation for Robinson Woods, Winnick Woods, Gull Crest, and farmland.
- **Community Services:** Voted to build the Community Center that provides services to people of all ages; supported on line car renewal and proposed moving town elections from May to November, which increased participation and reduced costs.

**Ready on Day One:** With more than 20 years of legislative expertise and experience, there will be no learning curve for me in my efforts to support public education, affordable health care, common sense gun control and protect our environment, as we grow the Maine economy.

**As a Clean Election Candidate,** I will not be indebted to any special interests.

**My promise to you** is that I will always listen, be accessible, and work diligently to find bipartisan solutions that help Maine prosper.

I am grateful for your past support, and humbly ask for your vote for state representative on election day.



**FMI: Facebook: Mary Ann Lynch for Cape Elizabeth**

2 Olde Colony Lane, [mlynch1@maine.rr.com](mailto:mlynch1@maine.rr.com), 232-1048

Authorized and paid for by the candidate.

## Cape Elizabeth Community Gardens plot vacancies



Mid-season bounty

Contributed photo

This upcoming 2018 garden season we have some garden plot vacancies. If you are a Cape Elizabeth resident who is a new or experienced gardener and is interested in growing fresh organic produce at one of the beautiful Cape Elizabeth Community Garden locations, please send your name, mailing address, phone number and e-mail address to Rachel Stamieszkin at [smok77@maine.rr.com](mailto:smok77@maine.rr.com). Please also indicate if you have a preference for either the Maxwell or Gull Crest location. Your name will be added to the wait list in the order in which your

e-mail is received.

Gardeners use organic methods, and in addition to tending their own plots, spend additional hours during the season on general garden duties. In each garden, vegetables are grown in several plots for the Maine Harvest for Hunger program. Produce goes to Judy's Pantry, serving Cape residents with limited resources, and named in memory of Judy Simonds, one of the garden founders. For more information, please visit [www.capegardener.org](http://www.capegardener.org) or call Rachel at 767-3603.

## Family seeks to reduce size of cell-phone tower zone on Strout Road

The site of the town's first communications-tower zoning district may shrink to about a quarter of its size if owners of the underlying property receive their request for a zone change. Justin Strout, representing family-owned Tower Specialists Inc., is asking that the town reduce the tower overlay district on almost all of 14 Strout Road to just the portion that could realistically support 180-foot towers. The Town Council on March 12 referred the request to the Planning Board.

Strout, the grandson of local radio communications pioneer Herbert Strout, said the 25-acre parcel is owned by a family trust and might be subdivided for housing some day. "When they do that we thought it would better to not have tower overlay if we're selling house lots," Strout said.

Tower Specialists are working to consolidate the towers on the property, with four of seven current towers scheduled to come down this year, and a fifth one next year. That would leave one current and one new tower on the property, each 180-feet high.

Strout said the smaller area is the only practical location for 180-foot towers and required setbacks. "Anything other than that would be way down in elevation and would not be a good location for a tower anyway. So that's why we want to tighten it up," he said. The requested site could also support a third tower, but the two planned towers are enough

to meet existing needs and needs in the immediate future, he said.

In his submission packet, Strout gave the history of the property: In 1942, longtime Cape Elizabeth resident, Herb Strout, established Community Radio for home radio repair. This transitioned into TV and later 2-way radio repair for both business and emergency services. In 1953 Herb purchased a 32-acre piece of property off Spurwink Ave., now known as 14 Strout Road, to create Cape Elizabeth's first commercial tower site. This site is still vital today and will continue to be into the future. Herb's son, Paul, founded Tower Specialists, Inc. (TSI) in 1965, just after graduating from CEHS, creating the second generation entering the tower field. TSI, a veteran-owned company, specialized in tower construction for emerging technologies; first there was FM radio, then cable TV, and finally cellular telephones. Paul's son, Justin, became the third generation to carry on the family tradition and has been involved in tower construction for the last 25 years. Paul and Justin are currently constructing the new 180-foot tower that was approved as The Strout Tower Consolidation Project by the Planning Board in September of 2017.

One of the goals of the Town Council is to improve cellular and telecommunications infrastructure and explore related revenue opportunities.

## April is National Poetry Month

By Makena Deveraux

April is seen as the inception of spring in Maine; the month sprouting between the chilly days of March and the flowering days of May. However, what many may not know about April is that it is National Poetry Month. As winter melts into spring, people turn to celebrate an art form that has been around for thousands of years and influenced millions. Some may not see themselves as poets, but poetry is all around. A tree in the backyard can be a poem, the cat meowing for food, or even fingers curling around the hand of a loved one. Poetry can even be a feeling such as grief, joy or animosity.

Everyone is a poet, for poetry is something so unique it is hard to define, but it can be shaped into whatever the poet wants it to be. Everyone experiences poetry; it doesn't have to be written on a piece of paper. However, a lot of the appreciation for this art comes from

actual words seen or heard and labelled as "poetry."

On April 26, the annual Zimpritch Poetry Symposium will be held from 8 a.m. to 2:30 p.m. at Thomas Memorial Library. This year it will be hosted by Stuart Kestenbaum, the current poet laureate of Maine. The symposium will offer an opportunity for twelve Cape Elizabeth High School students to not only develop their poetry writing skills, but also to look at poetry from many different perspectives to bring out students' own unique style. A reading will be held at 7 p.m. on the same day at the library where everyone from the community is invited to come and listen to the students give oral performances of their most developed poems from the day. It will be a wonderful opportunity to support not only poetry this month, but also young people brave enough to share their creativity with others.



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## CEEF kicks off six-week fundraising campaign in partnership with the Thompson family



Contributed photo

Friends, family and members of the community gathered on March 29 to recognize and celebrate past recipients of The Thompson Award. The Thompson family also announced a six-week fundraising campaign to support the development of mental health awareness.

A community social on March 29, hosted by Nancy and Tim Thompson in conjunction with the Cape Elizabeth Education Foundation (CEEF) at the Purpoodock Club, brought together friends, family and members of the community to recognize and celebrate past recipients of The Thompson Award.

The Thompson Award was established in 2005 by Tim and Nancy Thompson, in memory of their son Timmy, who passed away in 2004.

The award recognizes a faculty or staff member who goes above and beyond what is expected, and provides a lasting and meaningful impact on Cape Elizabeth students. Starting in 2006, recipient have been: Ben Raymond, followed by Rick Madden, Julie Tslekis, Joe Doane, John Casey, Elaine Brownell, Andrea Cayer, Pam Vose, Scott Shea, Bri Gallagher, David Brown, and Ted Jordan.

Addressing the crowd, Tim Thompson shared the appreciation he had for each of the past recipients such as David Brown, the beloved bus driver to many students over the past 35 years. "Mr. Brown" as he is better known, brings joy through the simple high-five he gives each student while greeting them by their name.

While celebrating past recipients, Nancy Thompson also announced exciting news regarding the future of the award.

Generous family and friends of the Thompsons have committed to matching dollar for dollar, up to \$20,000, to support the development of an ongoing mental health program spread across each of the Cape schools. In partnership with school administrators, dialogue is underway with the hope to identify a plan in the coming months.

With a goal to raise \$50,000 by Mother's day (May 13), the commitment comes at a time when national discourse regarding mental health and the impact of social media on our children is at an all-time high.

Consensus is growing among both educators and researchers that academic success is critically tied to student mental health and recent statistics show that suicide is the second-leading cause of death among Mainers ages 10-25. Tragically, Maine also has a suicide rate higher than the national average.

A group of generous and committed community members would like to impact change. We hope you join us. Learn more about CEEF at: [www.ceef.us](http://www.ceef.us)

## Strive Rocks!



Contributed photo

A large contingent of students from Cape Elizabeth recently spent the entire evening dancing away with their new friends from Strive at the Strive Rocks Dance Marathon. Strive is a local organization that serves tweens, teens, and young adults with intellectual and emotional disabilities.

Each year Strive holds an all-night Dance Marathon fundraiser and this year over \$100,000 was raised. Students from local high schools put together teams to help fundraise as well. This year the Cape Elizabeth High School team was the largest high school fundraiser, raising over \$4,000 for Strive. It is the second year in a row that Cape came away with the trophy as the largest high school fundraising team.

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## Six Cape writers honored with awards

By Makena Deveraux

Six students from Cape Elizabeth High School were honored for receiving Regional Scholastic Writing Awards at a ceremony at the University of Southern Maine on March 16 at USM's Hannaford Hall.

The Scholastic Art & Writing Awards, now in its 95th year, is the longest running and most prestigious recognition program for creative teens in grades 7 through 12. Maine students submitted 534 works to the Scholastic Writing Awards.

Of those, 36 Gold Keys were awarded to the most accomplished works. Gold Key writing is then forwarded to the national-level of The Scholastic Writing Awards. National judging occurs in mid-March. In addition to the Gold Keys in Maine, 86 Silver Keys were awarded to distinguished works and 124 Honorable Mentions were awarded to notable works.

The following students from CEHS were honored:

- Makena Deveraux
- Rohan Freedman
- Zahra Freedman
- Grace Roberts

Raina Sparks  
Charlotte Thayer

The Scholastic Art & Writing completion received nearly 350,000 submissions and in a statement revealed that students who received a national award are in the top 1 percent of all submissions. These students join many distinguished alumni including Truman Capote, Sylvia Plath, Robert Redford and Stephen King just to name a few.

From those 36 Gold Key Award winners, whose works were submitted to the national competition, 11 students from Maine received National Gold and/or Silver Medals, and three of them were from CEHS. Those students from CEHS that earned National Scholastic Medals for writing are:

- Grace Roberts- Gold and Silver Medals
- Makena Deveraux- Silver Medal
- Raina Sparks- Silver Medal

Congratulations to all students their families and teachers. If one would like to read these wonderful writings, Scholastic will publish award winning writing online at [www.artandwriting.org](http://www.artandwriting.org). You can also read about the tradition and legacy of the Scholastic Art & Writing Awards.

## Portland Symphony Orchestra performs at Pond Cove



Contributed photo

On March 27, the woodwind section of the Portland symphony orchestra performed a KinderKonzert at Pond Cove. The theme of the program was how hard work, practice and teamwork are essential within a performing ensemble. This was a showcase of the woodwind instruments and for many students, their very first concert. This event was made possible through the generous support of donors to the Cape Elizabeth Education Foundation.

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## School Board

Continued from page 3

obligations; there are no extras in a budget with that increase. The lower end of the range, a 2.1 percent increase, would mean a nine percent increase in property taxes. This would mean an annual increase of around \$400 for the same \$314,000 home.

According to the School Board's statement, "The School Board is fully aware that an increase to property taxes at this level would be financially challenging for many community members. We do not want to over-burden tax payers and are currently examining all possible ways to reduce expenses and consider creative solutions. However, given that over 80 percent of the total school budget is spoken for through contractual agreements, there is very little room for further reductions without significantly changing the landscape of our academic programs and reputation."

CEEA's Phillips said, "This has been emphasized at Board meetings: we don't have a budget problem, we have a funding problem. If the community were to look at the budget of the past four years, they'll see that this year's budget increase is similar. What isn't similar is the state contribution. That is why this looks so out of whack."

The budget will be formally presented to the Town Council during a joint workshop on Tuesday, April 24 at 7 p.m. within Town Hall. On Monday, May 7, the Town Council will hold a public forum during which people will be able to make comments. The Town Council will then accept or reject the overall budget number, but they do not have a line item veto power over the school budget. After the Town Council accepts a budget, it will be presented to Cape Elizabeth voters for approval.

Colter said, "Citizens should learn all they can about this budget and let the school board and town council know what they think, what they value, what they believe is best in the long run for the Town of Cape Elizabeth."

"Cape Elizabeth is a great town. It has beautiful beaches and vistas, a park that is known world-wide, friendly people, a rural feel for a place so close to Maine's largest city, and a school system that is outstanding," Phillips said, "This is when we need the community to come out and speak up for schools. I encourage all . . . to speak to your neighbors about the importance of ensuring that our schools continue to be the state's best."

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## Cape students contribute to new opus 'Girl in Six Beats,' opens April 21

By Kevin St. Jarre

Two Cape Elizabeth High School students, Makena Deveraux and Ella Briman, were part of a writing team that penned a libretto, titled "Girl in Six Beats." A libretto is essentially the lyrics to an opus; the music was composed by Daniel Sonenberg, the composer of "The Summer King."

Commissioned by Opera Maine, "Girl in Six Beats" is a collaboration between Opera Maine, The Telling Room and the University of Southern Maine. It was made possible with the support of the Crewe Foundation and an Opera America Innovation Grant, and supported by the Ann and Gordon Getty Foundation.

Briman and Deveraux, along with five other Maine students named Emelia Baley, Myah Garrison, Emily Greene, Zoe Siliwinski and Kaspar Wilder, participated in a July 2017 workshop offered by The Telling Room, a non-profit organization in Portland dedicated to helping young people tell their stories with the written word.

Led by Maine-based actor, director and theater educator Marjolaine Whittlesey, the workshop prompted the students to write an original libretto drawing on personal experiences and concerns. The seven writers then gave the libretto to Sonenberg, who composed the 30-minute opus in consultation with the team. "Girl in Six Beats" is scored for five principal singers, small chorus, light percussion performed by the singers, and piano.

Deveraux said of the experience, "Last summer, the summer [after] my sophomore year, I really wanted to do a writing workshop since I love to write. I just had no idea what kind of writing I wanted to do. So, I found myself traversing the internet and saw that the Telling Room was offering the opportunity for teens to write an opera in a week-long workshop. I was intrigued by the idea of working with teens, since opera tends to be associated with old, wealthy individuals. So I immediately signed up, having no previous knowledge of how writing an opera worked or ever having attended an opera. The workshop consisted of seven girls, including me, that were all as excited as I was. Though most of them knew a lot more about opera than I did. We were all very different in wonderful ways which allowed us to bring unique ideas to the drawing board and generate the story-

line of "Girl in Six Beats," though it took a lot of compromise and changing things around to make everyone happy. It was a really interesting experience that truly enlightened me on the subject of opera and all the steps and hard work that goes into creating one. I hope that younger people and teens alike can become more aware about this art form and grow an interest in it, because opera can take on many forms and embody many ways of thinking. "Girl in Six Beats" truly represents the unconventional thinking of teenagers and the beauty that can come from unique-minded people."

Briman said, "I have previously participated in many programs with the Telling Room, an independent writing organization for kids, and I was very excited to see that they were offering a summer camp with the opportunity to collaborate on the libretto of an opera. A lot of us in the camp were already interested in music and theater, and we connected quickly outside of our writing. It felt like a daunting task, writing a libretto in a week. The process was incredible: with seven of us, writing hardly felt like work. The first day, ideas flowed out and we ran with them. The story arch was put together on the third day using note cards tacked on the wall, connected with string. We wrote in parks, we wrote in dusty theater rehearsal spaces, and we wrote during our lunch breaks on the docks of Casco Bay. We would split up and write, edit in groups, and take things apart. The characters that we had dreamt up suddenly were real, and new thoughts of lighting, staging and costumes were born. It was a whirlwind week of writing, teamwork and a collaboration that I will never forget."

"Girl in Six Beats" tells the story of a teenage girl's internal journey of discovery through a purgatory-like dreamscape, in the immediate aftermath of her attempt to end her own life. She encounters the twin angels who argue over her fate. Meanwhile, she meets a lost soul condemned who convinces her that she must assert her own voice, and she commits herself to life in order first to restore her most important relationship - that with her mother.

World premiere performances by USM Opera Workshop are at the University of Southern Maine, Corthell Concert Hall on April 21, at 8 p.m., and April 22, at 2 p.m.

## Banquet celebrates hockey team and departing senior players



The Cape Elizabeth Boys' Hockey Team at their year-end banquet.

Contributed photo



Contributed photo

The Cape Elizabeth Boys' Hockey Team celebrated the departing Senior players (pictured above: Sean Agrodnia, Ryan Collins, Ethan Gillespie, Peter Haber, Derek Allen, Gus Frankwicz and Alex Glidden) and another great season at their year-end banquet on March 25. The team had an outstanding season finishing in 2nd place going into the playoffs. They made it to Class B Southern Division Championships (the furthest the team has gone since 2009) against Greely. It was a devastating 2-3 loss but the boys made Cape proud.

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# Celebrate National Garden Month in April

By Amy Melissa Witt



Photo by Amy Melissa Witt

There are 117.6 million individuals actively engaged in gardening in the U.S. Gardening not only furnishes you with beautiful flowers, and fresh, nutritious fruits and vegetables, it helps reduce stress, provides a source of physical activity, helps create and maintain wildlife and pollinator habitats, and offers opportunities for engaging with other gardeners.

The following ideas are just a few ways that you can get involved in, celebrate and help promote gardening in your community.

- Inventory your gardening gear (pots, tools, seeds) and donate the excess to a community or school garden.

- Plant native trees and shrubs and educate others about their benefits.

- Design and plant a Pollinator Garden for your enjoyment and as a means for educating others about the importance of pollinators and beneficial insects.

- Work on a gardening project with a child.

- Get together with neighbors to purchase mulch or compost in bulk. Buying mulch and compost by the yard is more economical and eliminates the waste of plastic bags.

- Participate in Maine Harvest for Hunger by growing and donating extra produce to local food pantries, like Judy's Pantry in Cape Elizabeth. According to the U.S Department of Agriculture, 16.4 percent of Maine households (more than 200,000 people) are food insecure. Maine

ranks 9th in the nation and 1st in New England for food insecurity. Contact your local University of Maine Cooperative Extension office for more information and an enrollment packet.

- Plan to grow and make this year's gifts including herbal teas, vinegars, jam, and wreaths.

- Help a neighbor establish and plant a vegetable or flower garden.

- Join the greening committee at your workplace.

- Volunteer to help maintain the gardens for a local non-profit organization.

- Organize a community green-up day (on your street, a park, on a local trail, at the beach, the library, or in the town center).

Join Amy Melissa Witt and professional photographer Michael Leonard for an evening in the Children's Garden at Fort Williams on Monday, June 18, 6 – 7:30 p.m. Amy will introduce you to the plants in the garden and Michael will show you how to make your best shots using a phone or camera. Cost is \$25/person. Register online at Cape Elizabeth Community Services [www.capecommunityservices.org](http://www.capecommunityservices.org). For more information, contact Earth Walkers at [amy@earthwalkers.me](mailto:amy@earthwalkers.me).

Amy Melissa Witt is a horticulturist and director of Earth Walkers [www.earthwalkers.me](http://www.earthwalkers.me), a company based in Cape Elizabeth that provides nature based educational programs, event planning, and consulting services.

Michael Leonard [www.phototourismbymike.com](http://www.phototourismbymike.com) is a professional photographer. His work is frequently seen in books, magazines, and television including the Weather Channel and National Geographic's "Wild" program.

# Birding observations through April 2

By E. Brooks Bornhofft

The extensive and varied habitat that surrounds us offers ideal stopover conditions for migrants along the coast (Atlantic flyway). More than one Savannah Ipswich Sparrow has been spotted passing through - including one along Eastern Rd (Scarborough Marsh). The Ipswich Sparrow is a geographically isolated subspecies that breeds exclusively on Sable Island which is 109 miles southeast of the closest point of mainland Nova Scotia in the Atlantic Ocean.

The distant relative Fox Sparrow has not been particularly shy this spring across Cape Elizabeth. Compared to the last two consecutive years, this Spring's first of the season (FOS) bird arrived exactly seven days later (backyard) and more than a few have been seen. This is a bird of the lingering winter weather. A bird of forest and thicket. The foxy red subspecies arrives in our neck of the woods commonly in mid-to-late March and is one of the few sparrows that scratches the ground with both feet. This elegantly chunky sparrow typically begins to sing about the first day of April in damp easterly weather - which may remind them of their distant home - lesser known places shrouded in fog and mist along the weathered Labrador coast.

The first Cowbirds arrived on the last day of March. These birds are parasitic and subsequently a major reason for the decline in number of many wonderful other species including wood warblers and fly catchers.

Other notables: an Eastern Phoebe (FOS) on April 2nd along the Gull Crest Trail. Additionally several Brown creepers, a single Ruby crowned Kinglet, one-to-many Red-winged Blackbirds and massive mob of Common Grackles all sang, croaked and whistled in perfect harmony along the fringes, where woods meet marsh.

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# Cape resident writes, illustrates and publishes children's book about peace

By Marta Girouard

Cape resident Erin Sullivan has released her first children's book, one which she wrote, illustrated and published herself. "Peace is a Choice You Make" is a book about recognizing that peace begins with each and every one of us.

The book centers around young Kate, who feels sad, mad, and even sick in her belly after witnessing a day of hurtful words towards herself and others. Kate hopes to find a way to bring peace to herself and those around the world, and in her journey, a crow named Patsy flies in with wise words to help her on a path towards peace. In the book, Sullivan includes "Peacework Exercises" that help readers create peace within, with the hope of sharing that peace with the world.

"Peace is a Choice You Make" draws on Sullivan's life experiences. "In my life, I have done what I would label as 'harmful' actions toward others and myself. When I can forgive myself and accept those actions and allow the emotions that arise: -anger, sadness, guilt, etc.- to flow through me, I am creating peace within. I am letting go of the internal critic and loving me. Then I remind myself that everyone on the planet has done something they would label as 'harmful,' it's part of being a human. When you love and accept yourself, naturally, your Inner Peace Warrior will shine through," she stated.

Sullivan was inspired to write the book because of her desire for peace on earth and she wanted to share how she has found peace in the thoughts and interactions with others throughout the day. "I learned this as an adult and imagined what kind of world we can live in if we teach children how to choose peace," Sullivan said.

This is Sullivan's first children's book and she has others in the works. She found the processing of writing, illustrating and publishing "Peace is a Choice You Make" challenging at times but also a great learning experience. "It was a practice for me in communication, patience and rolling with what showed up in front of me. The experience literally brought me to living the message of 'Peace is a Choice You Make,'" Sullivan stated.

Along with being an author, illustrator and artist, Sullivan has had her own massage practice for 11 years. She has lived in Cape Elizabeth for 13 years and two of her places to walk, bask in the sun or watch the sunset are Kettle Cove and Crescent Beach.



Contributed photo

Cape resident Erin Sullivan has released "Peace is a Choice You Make," her first children's book, which she wrote, illustrated and published herself.

# April Naturalist's Corner

By Erika Carlson Rhile

Have you heard peepers yet? First spring peepers heard on Sawyer Road on March 27

- Skunk cabbage is one of the first spring plants to arrive, pushing up through snow cover. Some Native Americans would eat the new leaves after boiling for at least a half hour so that the cabbage's calcium oxalate would convert to a starch matrix. If you don't boil and change the water, the leaves will burn mucus tissues. The older the plant's leaves the "skunkier" the smell.

- The Killdeer calls its name as it flies over farmland Related to the piping plover, killdeers love pastures and fields far from water. Many a person has been fooled by the bird's "broken-wing" act, in which it flutters along the ground in a show of injury, luring intruders away from its nest.

- Song sparrows are singing again. Audubon said: "Though its attire is exceedingly plain, it is pleasing to hear."

- Have you seen male turkeys displaying? Dawn is when they are most actively trying to attract hens.

- Watch for the Full Pink Moon on April 30.

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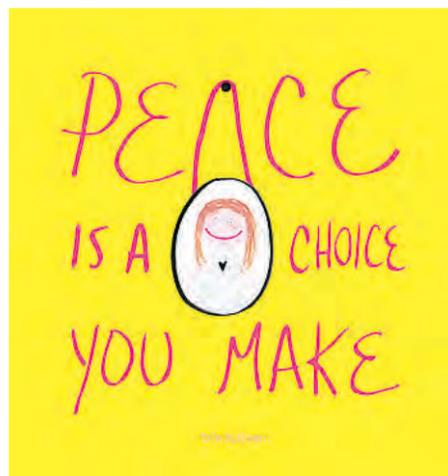
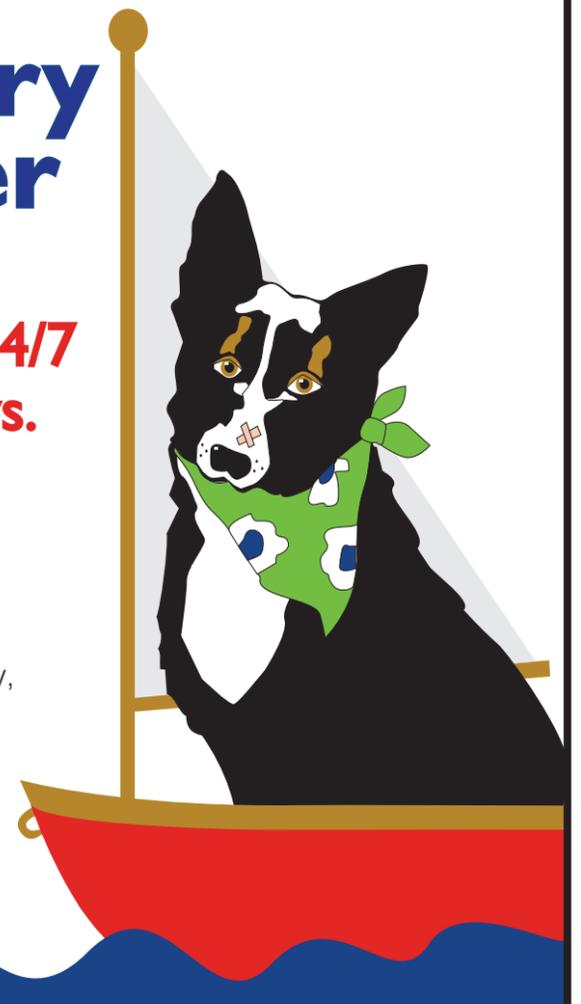
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Contributed photo

Book cover of "Peace is a Choice You Make." It is a children's book about recognizing that peace begins with each and every one of us.

# Thomas Memorial Library offers poetry reading, film screening, April vacation week programs, and special Earth Day event

## Check out the Library's New Poetry Dispensing Machine!

The library has developed a fun and unique way to bring poetry to the public and help promote its remarkably large and diverse poetry collection. The Zimpritch Poematic 3000 is the brainchild of three library staffers, Andy Ryer, Jenny Vezina, and Kiah Gardner (who also created the artwork for the machine.) It was fashioned by retrofitting an old toy vending machine to be a robot-like machine that will dispense a poetry-filled capsule to anyone who wants to add a little taste of poetry to their day. This one-of-a-kind creation was funded by the Gabriel A. Zimpritch Poetry & Writing Fund, which also supports the library's Zimpritch Poetry & Writing Collection. The Poematic 3000 can be found on the library's upper floor near the main desk.

## Programs for Adults

### The New Tax Bill: Highlights, implications, and Tax Saving Tips

Thursday, April 12 6:30 – 8:00 p.m.

We are pleased to have Cape resident Tak Suppasetawat join us in April to tell us what's in store with the new tax laws. This will be an informal and conversational presentation with lots of time for questions and answers. Tak is a licensed registered investment advisor, a certified financial planner, and a certified public accountant. She has over twenty years of experience working in the global financial services industry. She is committed to operating at the highest level of integrity, accessibility and knowledge.

### Planting a Mediterranean Garden in Maine

Tuesday, April 17 6:00 – 8:00 p.m.

The Cape Elizabeth Garden Club is delighted to welcome Harriet Robinson, PhD

and former Stroudwater District Director, to inspire us with ideas for planting a Mediterranean garden in Maine. Coffee and other beverages will be served at 6:00 PM. The PowerPoint presentation starts at 6:30. The general public is welcome!

### Writer's Accountability Group

Wednesday, April 18 10:30 a.m. – noon

TML's new Writer's Accountability Group (WAG!) meets on the 3rd Wednesday of each month from 10:30 a.m.-noon. From future writers who haven't found the time to get going, to published authors looking for inspiration for their next book, we're here to support you in a relaxed, library setting. All levels of expertise and genres are welcome to:

- Share ideas about writing, editing, and publishing.
- Share snippets of your work with a creative, supportive group.
- Connect with other writers who are as passionate about the craft as you are.
- Give yourself a deadline each month to show up with your latest work.
- Have fun!

### Volunteer Feature: Tools For Life

Thursday, April 19 6:30 – 7:30 p.m.

Cape resident and TML patron Mary Irace is the director of the Salvation Army's Tools for Life program. Tools for Life is committed to providing help in a cognitively enriched environment and acting as a bridge for new immigrants to access English language acquisition and life skills needed to succeed in America.

Since 2012, over 1,500 homeless and recently homeless have taken the Salvation Army's Tools for Life 11-week series of classes to learn life and job skills and move forward in their lives. In 2017, Tools for Life expanded to include an ESL lab and ESL classes. Tools for Life is also starting weekly New

Immigrant Orientation and Assimilation classes, and a University of Maine Eat Well Program. They are also providing resources to their patrons to help find housing, and to explain their responsibilities as tenants.

Mary is looking for volunteers to tutor, mentor, and help with childcare at the Tools for Life facility in Portland to allow single immigrant moms time to take ESL classes and participate in labs. Mary glows when talking about the huge impact her volunteers have on the lives of these new immigrants. We hope you'll join us to learn more.

### Poetry Reading featuring Stuart Kestenbaum and CEHS Poets

Tuesday, April 24, 6:30 p.m

As the culmination of this year's Gabriel A. Zimpritch Poetry Symposium, student poets will be joined by poet Stuart Kestenbaum in a reading open to the public. A selected group of high school students will have spent the day working on their own poems with Kestenbaum, and will share their work in an evening reading from 6:30 - 7:30 p.m. Stuart Kestenbaum is the author of four collections of poems, and a collection of essays. The director of the Haystack Mountain School of Crafts from 1988 until 2015, he has written and spoken widely on craft making and creativity, and his poems and writing have appeared in numerous small press publications and magazines including Tikkun, the Sun, and the Beloit Poetry Journal. He was appointed Maine's poet laureate in 2016. All are welcome.

### Songwriting Workshop

Tuesday, April 24 6:15 – 8:15 p.m.

Our new songwriting workshop continues in April with local songwriter and performer Jud Caswell. Jud starts each session with a short discussion of some of the elements of songwriting craft and moves on to sharing songs. Feedback is focused on questions or concerns raised by the songwriter, with discussion focused on issues of craft and technique.

Participants should bring a song that is "in process" for feedback and support, along

with 10 copies of lyrics to share. We'll have a sign-up sheet when you get here and will have time each night to share six or seven songs. Come a little early if you want to make sure to get on the list!

The goal of the workshop is to provide a safe place for songwriters to grow their ability. Songwriters of all levels and abilities are welcome!

### FILM: Finding the Balance Between Nature and Culture

Thursday, April 26 6:00 – 8:00 p.m.

How can land trusts work more closely with their community to address the traditions and aspirations of community members? Join us for a screening of a documentary by Maine's Emmy award winning filmmaker Mark Ireland. "Community Conservation: Finding the Balance Between Nature and Culture" profiles four land trusts in different regions of Maine: coastal, inland, western mountains and Downeast. Shot throughout four seasons, Ireland captures the beauty of Maine from coast to mountains, from farmland to deep forests. Hikers, kayakers, immigrant farmers, kids, fishing guides, balsam tree-tippers, canoe-builders and more, tell the stories of local communities finding balance in nature.

Following the film, please join us for a discussion with filmmaker Mark Ireland and members of several local area land trusts to explore ways CELT and other land trusts can better serve local communities. Refreshments will be provided and we'll have a separate area set up for kids to play – so please feel free to bring the little ones!

Please register to attend by emailing: info@capelandtrust.org.

### Altered Book Club

Thursday, April 12 6:00 – 7:30 p.m.

Join Kiah on the second Thursday of every month to turn discarded books into works of art! For adults and older teens.

-see LIBRARY page 13



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**Library**

Continued from page 12

**On-going Adult Programs:**

**Morning Book Group**

New time! Meets the 2nd Wednesday of each month from 9:15-10:30 a.m.

**Evening Book Group**

Meets the 3rd Thursday of each month from 7:00-8:30 p.m.

**Knitting Group**

Meets every Monday at 1:00 p.m.

**Democracy Cafe**

Meets the 2nd Tuesday of each month from 6:30-8:00 p.m.

**Maine Wildlife Lecture Series**

Meets on the 1st Thursday of each month from 6:30-7:30 p.m. For the Wildlife Lecture Series for May the speaker is Lynda Doughty from Marine Mammals of Maine.

**Writer's Accountability Group**

Meets the 3rd Wednesday of each month from 10:30 a.m.-12:00 p.m.

**Songwriting Workshop**

Meets the 4th Tuesday of the month from 6:15-8:15 p.m.

**Senior Tech Time**

Meets the 2nd Wednesday of each month from 10:30 a.m.-12:00 p.m.

**Programs for Teens & Tweens**

**New! Anime Club**

Mondays, April 9 & April 23  
3:00 – 4:30 p.m.

Come hang out with friends while we watch, craft, and generally geek out over all things Anime and Manga! Open to ages 13 and up. No registration required.

**Tabletop Gaming Club**

Tuesdays, 2:30 – 5:00 p.m.

Come learn and play new and challenging board and tabletop games. Open to ages 11 and up.

**Creativity Lab**

Wednesdays, 2:30 – 4:00 p.m.

Drop in and make something. All ages welcome. No registration required.

**Crafternoons**

Thursdays, 2:30 – 3:30 p.m.

Join Kiah and Alyssa in a different craft project after school. Come in and see what we're up to! Open to ages 11 and up.

**Game On!**

Fridays, 2:30 – 4:30 p.m.

Play board games, card games, and Wii U games after school! All ages welcome!

**Animal Advocates Club**

Thursday, April 26

2:30 – 3:30 p.m.

Middle school students work with the Animal Refuge League of Greater Portland on education and service projects to help shelter animals.

**Altered Book Club**

Thursday, April 12

6:00 – 7:30 p.m.

Join Kiah on the second Thursday of every month to turn discarded books into works of art! Open to ages 16 and up.

**Special April Vacation Week Programs for Children and Families**

In addition to our regular weekly story times throughout the month, we have the following upcoming special events for children and families coming up during April vacation week (please check our website for our regular weekly program schedule.)

**Mad Inventor's Workshop**

for ages 5 and up

Tuesday, April 17

2:00 – 3:00 p.m.

Come see what you can make out of doodads, thingajigs, tools, and your imagination! No registration is necessary for this fun open-ended creativity program.

**Special Author Event!**

Explore Medieval Scotland with Author Diane Magras

for ages 9 - 12

Wednesday, April 18

1:00 – 2:00 p.m.

Author Diane Magras will read from her



Contributed photo

Learn more about Tools for Life and how you can get involved on April 19. The program acts as a bridge for new immigrants to access English language acquisition and life skills needed to succeed in America. Pictured above are program volunteers and participants.

new middle grade historical adventure book, "The Mad Wolf's Daughter," and lead participants in activities such as "Build a Medieval Villain," "Create Your Own Heraldic Flag," and "Arm a Medieval Castle." Book sales and signing will follow the event, as well as drawing for a free copy of Diane's book!

**Go Fly a Kite! Family Kite Making Workshop**

Wednesday, April 18

3:30 – 4:30 p.m.

Families with kids 5 and up can come make a kite that actually flies using simple materials. All materials will be provided. Please register in advance on the library's website so we can be sure to have enough materials available.

**Spring Sing-along with The High Spirits**

For families with young children

Friday, April 20

10:00 – 10:45 a.m.

Join Cape residents, Anna and Dave Paterson, a.k.a., the High Spirits for another

fun family sing-along, play-along, dance-along event. No registration necessary (note: this event replaces our regular Friday morning story times on this date.)

**Special Earth Day Event!**

Build a Pollinator Palace for Your Yard

For all ages

Saturday, April 21

3:00 – 4:00 p.m.

Attract beneficial pollinating insects to your yard by creating an "insect hotel" or "pollinator palace" out of natural and recycled materials. This project is not only fun, creative, and beautiful, but also something important you can do to support native insects and our local ecosystem. All materials will be provided, but you can bring along items you may have around your house and yard, such as broken flower pots, bamboo stakes, bricks, sticks, and wooden boxes. Stop by the library or visit the library's website for a complete list of useful materials you can bring for project. No registration necessary!

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# CAPE CALENDAR

By Wendy Derzawiec

## Wednesday, April 11

School Board Budget Public Forum, 9-10 a.m., Town Hall chamber  
 School Board Budget Public Forum, 6-7 p.m., Town Hall chamber

## Thursday, April 12

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

## Monday, April 16

Patriots Day Holiday. Town Hall, Thomas Memorial Library closed. Recycling Center open 10 a.m.-7 p.m.

## Thursday, April 19

Fort Williams Park Committee, 6 p.m., Cape Elizabeth Community Center  
 Thomas Memorial Library Committee, 6:30 p.m., Thomas Memorial Library

## Monday, April 23

Planning Board, 7 p.m., Town Hall chamber

## Tuesday, April 24

School Board budget presentation to Town Council, 7 p.m., location TBD  
 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. Purpodock 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](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)

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, 10-11:10 a.m.  
 Sunday School: 11:15-12 p.m.  
 Primary: 11:15 a.m.-1:00 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](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.

## First Congregational Church of Scarborough

167 Black Point Road, Scarborough  
 883-2342

[www.fcscarborough.com](http://www.fcscarborough.com)

Sunday Morning Worship: 9:30 a.m.  
 Sunday School & Nursery Care

# CABLE GUIDE

**Town Council replay**  
 April 11 & 12 - 2 p.m. & 8 p.m.  
 April 14 - 10:30 am  
**School Board replay**  
 April 13 & 14 - 2 p.m. & 8 p.m.  
 April 15 - 10:30 a.m.  
**Cape Elizabeth Church of the Nazarene**  
 April 14, 15, 21 & 22 - 9 a.m.

# CHANNEL 3

**Planning Board (live)**  
 April 23 - 7 p.m.  
**Board of Zoning Appeals (live)**  
 April 24 - 7 p.m.  
**Planning Board replay**  
 April 25 & 26 - 2 p.m. & 8 p.m.  
 April 28 - 10:30 a.m.

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# Dave Mallett at First Congregational Church in South Portland

Meetinghouse Concerts is bringing Dave Mallett and his band to perform on Saturday, April 28.

Touted as one of America's true original troubadours, the singer-songwriter has recorded 17 albums, including the American folk classic Garden Song (Inch by Inch, Row by Row). Known for his carefully written, poetic offerings, his body of work has provided material for an eclectic list of artists that includes Alison Krauss, Pete Seeger, Hal Ketchum, Emmylou Harris, John Denver and the Muppets.

The concert will begin at 7:30 p.m. Tickets are \$25 in advance for adults/\$30 day of and are available at the church

office, located at 301 Cottage Rd, South Portland. Tickets are also available at Nonesuch Books and on-line at Brown Paper Tickets and eventbrite. Children's tickets are \$15.

Proceeds from the concert will support both the church and Community Crisis Ministries. This program helps neighbors in South Portland and Cape Elizabeth who have nowhere else to turn. All requests for assistance come by referral through local general assistance programs or through community school departments.

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The Peoples United Methodist Church, 310 Broadway, South Portland, will hold a Bean Supper on Saturday, April 21, from 5-6 p.m. Baked beans, casseroles and wonderful pies and desserts will be available.

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**Storm Duty**

**Continued from page 4**  
*derstood why her smoke detectors were going off. I advised her to move the generator to prevent carbon monoxide poisoning.*  
*We have developed a fairly good system, one we still use today, to put the yellow tape around trees so that residents see safety barriers not to cross while we wait for CMP to come do what they need to do to remediate the situation. If residents wake up and see yellow tape around an incident, they know CEFD has been there and to stay away, and unless there's something special happening with the event, there is no need to call again."*  
Firefighters' stories and the pride they show for serving their community is quite ev-

ident when you get them talking about Storm Duty. Rob Kamilewicz, a Cape firefighter for 16 years, says, "For me, Storm Duty isn't just covering the town with fire services. It's an opportunity for us to see the appreciation of our citizens and better bond with our colleagues, or affectionately "siblings." It's the small things like seeing the hydrants shoved out, and the appreciative faces when we show up in the middle of a storm. It's also the comradeship and teamwork that is normally built during shift work that doesn't always happen with an on-call department.  
Look forward to "Fully Involved: A View Into CEFD" next time, as we feature the new WET Team Boat purchase

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# Courier at the rally in Washington, DC and on the slopes of Utah



Contributed photo

Cape Elizabeth sixth grader Zeb Welton, traveled to Washington, DC for a home school field trip with his mom, Audra Welton for the March For Our Lives rally on March 24. Zeb designed his own sign. He attached it to the foam board with a decorative tape covered in palm trees to remember those killed in the Florida school shooting. Of his experience, he said: "It was very moving. There were so many people at the March, listening to the kids and agreeing with what they were saying. The kids were telling the government that there should be better gun control and that they want to be safer."

## Dental Lace Continued from page 1

by SCORE. Breaux's company is one of 102 American Small Business Champions, and Dental Lace is now eligible to achieve the honor of Grand Champion and win one of three additional \$15,000 grand prizes, which will be announced in September. Dental Lace has also won other awards since the company was launched: the Portland Press Herald Source Award and the Package Design Award from Graphic Design USA.

Breaux is grateful for the support of her family, friends, and the Cape community for

all the help in her journey from school librarian to entrepreneur. Her husband handles the finance end of the business. The majority of her office, which is headquartered in her home, is furnished with items from the Swap Shop. One neighbor with experience in patents pointed her in the right direction to get started on that process and other neighbors have even helped her assemble the floss. "Libraries are really important to me and Thomas Memorial Library has been so helpful," Breaux said. "During the power outage in October I set myself up there and didn't have to shut down my business."

How Dental Lace got its name is a unique



Contributed photo

Rick & Sam Rosu-Myles hold the Courier at the top of Snowbird Ski Resort on the Tram Loading area during a father/son ski trip in March. Snowbird received 41 inches of snow during their stay, given them the best skiing conditions Utah has to offer.

story. Breaux was on a red-eye flight and seated next to businessmen when one gentleman asked her "what do you do?" Instead of saying she was a librarian, she said she was an entrepreneur creating a better dental floss. Later as she was sleeping, she felt a hand on her arm. "I woke up to hear one of the gentlemen say 'Dental Lace.' I said 'What?' 'Dental Lace, that's what you should name your company.' I said 'I'm stealing that.' 'You should, it's a good name,' he said. And so I did," stated Breaux.

Breaux feels it's a good time for Dental Lace to have emerged on the market, given the increasing trend of consumers aiming to cut down on the consumption of plastic waste. Dental Lace Refillable Floss is the only fashionable refillable eco-friendly den-



Contributed photo

Dental Lace, a refillable dental floss and 99% zero waste product created by Cape resident Jodi Breaux

tal floss on the market today and Breaux's goal in the the next five to ten years is to take Dental Lace as far as it can go. "Every time I sell one glass container, it replaces seven plastic containers," she stated.



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## CAPE ELIZABETH

Maine is famous for its rugged coastline, long summer days, and adventure that will lift your spirit. Overlooking the open Atlantic but just minutes to the Old Port, this estate offers spectacular views from nearly every room. After a walk around your own 5 1/2 acres of perennial gardens, you can refresh in the oceanfront swimming pool before finding the perfect spot for a lobster bake on your private beach fronting 650+ ft of crashing surf. Create cherished memories that will last a lifetime. **\$9,850,000**

## CAPE ELIZABETH

Enjoy dramatic unobstructed sweeping ocean views of Maine coastline from this custom built Shingle-style Wright-Ryan home. Commanding Southern & Eastern exposure. This luxurious private retreat is expertly situated to capture the views and sunrise from almost every room. High quality appointments are noted throughout and the open floor plan make this perfect for entertaining. The near one acre property contains beautifully landscaped grounds and an in-ground heated pool. **\$2,500,000**

## SOUTH PORTLAND

Relaxation is undeniable amidst an ocean oasis. This 5-bedroom Shingle-style home is situated in the coveted Loveitt's Field area atop a cliff overlooking Portland Harbor, the Casco Bay Islands, lighthouses and at the mouth of the ship channel. Panoramic views from nearly every room make this the perfect place to call home and easy to enjoy the harbor activities and Maine sunrises. A short walk to the beach, popular Willard Square and only minutes to Portland's historic "Old Port". **\$2,200,000**

# Over \$5 Million Sold in the 1st Quarter of 2018

# Over \$5 Million Currently Under Contract