Capers compete at Maine girls chess state championship

By Eric Dinnerstein

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

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

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

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

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

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

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

Chris is a nature nut through and through, who has been finding excuses to spend time in Maine for nearly a decade. He most recently came from Vermont, where he earned a Master’s degree from the Field Naturalist & Ecological Planning Program at the University of Vermont, and is completing a Master’s project analyzing forest restoration strategies in the Champlain Valley with The Nature Conservancy. His land trust experience includes consulting with the Vermont Land Trust, Greensboro (VT) Land Trust, and the Brunswick-Topsham Land Trust. He also worked with the New England Wild Flower Society, the Harvard University Herbaria, and the New York Botanical Garden.

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

By Kevin St. Jarre

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

The Cape VEX robotics program continues to win, qualify, and impress, and did so again at Turner High School recently. Evan Thayer, one of the coaches within Cape Elizabeth’s long-successful robotics program, said, “This year’s VEX game includes greater-than-average opportunities for aggressive action between robots. Our fast-but-light Team 56J robot got pushed off their high-
Here’s to Mr. Mullen

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

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

4th Annual Lobster Stew Supper is March 10

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

The Cape Courier could have (and should have) been filled with personal anecdotes and tributes to this inspiring, fierce, and loving educator who took so many of us higher. Congratulations Dick Mullen! I will soon miss watching your spectacular productions at the High School auditorium where you taught me how to shine on stage over 20 years ago... Your retirement is so well-deserved.

With respect,
Megan Jo Wilson

Applications for boat storage lottery being accepted

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

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

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

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

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

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

Correction

The last issue of The Cape Courier included a photo and caption of longtime and retiring educator, Richard Mullen, but his last name was misspelled. We regret the typographical error, and apologize to Mr. Mullen.
**Then and Now: “Nicked” bumper**

By Jim Rowe

**CEHPS meeting on March 4**

The Cape Elizabeth Historical Preservation Society will meet on Monday March 4 at 7 p.m. at the Community Services Building, 345 Ocean House Rd. The program is entitled: Fires of 1947. Meetings are always free and open to the public. Please join us and you'll be glad you did.

**Local writers at The Busy Bee**

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

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

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

**Call for artists: Paint for Preservation 2019**

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

The Wet Paint Auction will be held on Sunday, June 30. Over three days on the weekend of the event (Friday June 28 through Sunday June 30), selected artists will paint en plein air (outdoors) at designated public and private locations chosen to highlight Cape Elizabeth’s natural beauty. On Sunday afternoon, the newly painted artwork will be auctioned live at a tented cocktail reception at a stunning seaside home in Cape Elizabeth. The auction attracts about 400 people each year. Proceeds from the auction are shared with participating artists and benefit the Cape Elizabeth Land Trust’s Saving Cape’s Great Places initiative to conserve and care for local lands cherished by the community.

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

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Our Library: Making a Difference

By Thomas Memorial Library Foundation

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

Bill’s Thriller Mysteries

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

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

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

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

Bill has been delighted to find how easily and quickly he could get these books, and continues on the hunt for new mystery authors. This true story is one example of the almost 1,800 items per month that come from the interlibrary loan program. Since the online catalog provides access to many more resources than is feasible for any one library to hold, it saves our library money.

A tribute to Nancy Marshall: Our first story was selected partially as a tribute to Nancy, who was a champion for our library. Shortly after Nancy moved here (2006), she agreed to chair the town’s study committee for renovating or rebuilding the Thomas Memorial Library, holding 43 meetings during 2008-09. The building was in terrible shape with 101 documented structural problems. Due to the Great Recession, the library building was put on hold.

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

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

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

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

School news from the Superintendent

By Dr. Donna Wolfson

We have many things to celebrate in Cape Elizabeth, and this month I would like to focus on our amazing Food Service Department. From the beginning of the 2018-19 school year to January 22, the department has prepared and served 37,797 meals. Since the middle of November, our debit account for a la carte sales at the high school have increased $4,170 over the prior year to date, and cash a la carte sales were $518 over the prior year to date.

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

Along with working on budget development, a committee of Cape Elizabeth teachers and administrators have been working with facilitator Judy Enright to plan a Future Search event during which members representing the many groups in our district (including parents, business owners, senior citizens, Town Council members, School Board members, teachers, students, and many more) will meet to review historical impacts on our school district, things we are happy with, challenges we have, and finally, what competencies we want our students to have when they graduate from Cape Elizabeth High School. This event is being planned for March 15 and 16 as community members meet for reflection and discussion. The data from this work will be gathered, and goals will be identified. Additionally, the work will be used to develop the Cape Elizabeth School District Strategic Plan. The plan will guide our work as a school district and will be used to measure our progress toward our goals. If you are interested in participating in this event and have not been contacted, please call the Superintendent’s Office for more information.

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

The Cape Elizabeth School Board and administrators are eagerly awaiting the arrival of the ED279, the state subsidy report. We were expecting the report on February 1; however, the deadline for the new Governor’s budget was extended to February 8, so the arrival of the state subsidy report was pushed back to February 15. This report will provide information on the amount of state subsidy that each district should expect to receive, as well as expected ratios of teachers to students. The information will be used to develop the revenue side of the Cape Elizabeth School District FY20 Budget. We are also awaiting news on the percentage increase for health benefits, which should arrive during the first week in April. We have included an estimated 10 percent increase in health benefits for our employees and are hoping that the actual increase will be less than 10 percent. Both health benefits and salaries are set through the Collective Bargaining Agreement.
Organizational Habits: Need motivation to get more sleep?

By Janie Downey Maxwell

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

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

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

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

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

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

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

Sleep improves your performance

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

Sleep helps you stay emotionally regulated

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

Sleep improves your health

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

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

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

Sleep cleans up your brain

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

Sleep improves your performance

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

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• Love your pillow and bedding; bebcd linen picky — not too hot and not too cold.

School board continued from page 4

ment that was negotiated two years ago.

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

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

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

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

Robotics

Robotics continued from page 1

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

The program’s teams are assigned nomen-
clature, such as 56L, to differentiate them by district and team. Thayer said, “During the morning’s qualifying rounds, 56F and 56G were both 6-1-0 going into their last qualifi-
cation match. And they faced each other. 56F won that match to improve to 7-1-0 and become the top seed alliance captain for the afternoon’s Elimination Rounds. 56F chose 56G as their alliance partner, and this alli-
ance won the bracket to become Tournament Champions.”

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

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

At the recent event, the teams were:

56J: 7-1-0, Excellence Award, Tournament Champion, Skills Award
Lauren Abrahamson, Ethan Corontite, Carter Abrahamsen, Evan Gebhart, Carter Merriam
56G: 6-2-0, Tournament Champion
Carter Abrahamson, Sarah Hagan, Eva Morris, Matthew Zimmerman
56D: 3-5-0, lost in Quarterfinals
Joe Jacobson, Matthew Yin
56D: 3-5-0, lost in Quarterfinals
William Jordan, Connor LaBonty, Josh Mayberry

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Emily Supple is a freshman at Cape Elizabeth High School, one of the youngest members of the CEHS Girls Soccer Team which just wrapped up a perfect season and a Maine State Championship, and she has just been awarded the 2004 Global Premier Soccer (GPS) National Team Female Player of the Year for 2018. The year, 2004, indicates the year in which the young athlete was born. GPS is the year-round club soccer program for which Supple plays. “I have played for the club since I was in third grade so this is my sixth year with GPS. The team I play for is the 2003 Girls Maine team, but in December 2017, I tried out for the 2004 Girls GPS national team, and ended up making it.” The teams are two separate teams, under the same club, but the age grouping is different by a year. Year-round teams used to use designations such as U11, U12, etc. but have switched to using birth years. When asked how she won the National Player of the Year award, Supple said, “I went to two tryouts—one in Massachusetts and one in South Carolina—from which I qualified to make the GPS National Team. We traveled to San Diego, CA and competed in the Surf Cup, a well-known, highly competitive tournament with teams from all over the world.” Based on her performance in that tournament, Supple earned the award, which is given to those who display the greatest performance, leadership and effort. The award would come as no surprise to anyone who saw Supple play for CEHS last year. She traps extremely well, has excellent field vision and soccer awareness, is quick and seems tireless, and when she chooses to, she can shoot with the best of them. However, Supple’s ability to dribble and then pass under pressure may be her greatest strength, and is especially rare in a player so young.

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

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

Supple also plays basketball in the winter for CEHS.

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

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

CEHS music concert to be held March 14
The Cape Elizabeth High School chorus and concert bands will perform Thursday, March 14, at 7:00 p.m. in the high school auditorium. The performances will feature music from a variety of genres including classical, contemporary, and jazz-inspired pieces. The concert is free to the public.
Simopoulos voted Class B South ice hockey Forward of the Month

By Kevin St. Jarre

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

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

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

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

For the uninitiated, a “celly” is an athlete’s post-goal celebration.

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

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

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

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

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

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

2- Have fun playing. There are always times you want to be serious, but the only way you should be playing is if you’re having fun. That’s the biggest thing with any sport. Have fun doing it.

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

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

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

Simopoulos voted Class B South ice hockey Forward of the Month

Photo by Abby Ekedahl

Gavin Simopoulos is a forward on the CEHS boys’ ice hockey team. He was recently selected, by opposing coaches, as the Class B South Forward of the Month.
C E H S hosts TEDxYouth once again

By Kevin St. Jarre

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

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

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

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

Guitarist Harry Baker and singer Anna Stevens were featured during one of the interludes between speakers. Baker’s talent with the guitar is undeniable, and Stevens’ smoky vocals had the audience captivated.

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

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

The effort is guided by staff members Ginger Rasplier, Marie Cross, Mark Pendarvis, and led by Betsy Nilsen. Community members Sara Lennon, who with the late Mary Heggie, Meredith Hetrick, Celeste Kilgore, Jade Lindenau, Ellie McMann, Madeleine McCormick, Amanda Mikulka, Sophie Miller, Julia Moran, Libby Palanza, Olivia Powers, Annabel Powers, Morgan Stewart, Tatum Strunk, Piper Strunk, Julia Thoreck, Corinne Wight.

Of Freedman’s presentation, she said, “If you don’t have big dreams, you don’t chase them. Rohan went to China, alone for eight weeks, and was really inspired that we could make a change.”

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

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

In the spirit of ideas worth spreading, TEDx is a program of local events, where x = independently organized, that bring people together to share TED videos, speakers and performers to spark discussion and connection. Prior to this most recent event, CEHS students piloted the first TEDxYouth event in Maine in 2012, continued in 2014 and 2016.
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Congratulations to Our 2018 Cape Elizabeth Office Top Producers

2018 TOP PRODUCER

KATHLEEN PIERCE

2018 TOP PRODUCER – TEAM

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OUTSTANDING PERFORMANCE

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Coldwell Banker Residential Brokerage’s Cape Elizabeth office is proud to recognize its top-performing independent sales associates for 2018. Through their exceptional knowledge, skills and commitment to truly remarkable service, the office’s agents ensure you receive the best possible real estate experience, every time.

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

What's for lunch?

Lobster trap covered in fresh snow at Trundy Point

The wintry scene at Cliff House Beach

Photo by Kevin St. Jarre

Photo by Nylah Lyman

ANNE BOSWORTH

207.233.3175
abosworth@legacysir.com

CAPE ELIZABETH

$1,795,000

Offered for the first time in over fifty years, 175 Shore Road is one of Cape Elizabeth’s premier properties. Nestled back from the seaside road on an approximately 12 sub-divisible acres of stunning land, this mid-century modern ranch is one of a kind. The 3 BR, 2 BA home has been tastefully updated and boasts large airy rooms and an attached two car garage. Grounds include an inground pool, pool house with sauna, tennis court, separate barn and acres of apple trees and serene woods connecting to Cape Elizabeth’s walking trails. History has it this property was once grounds for polo matches and with the property’s level, rolling fields it’s easy to imagine those faraway days.
Cape Elizabeth birding observations for early February

By E. Brooks Bornhofft

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

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

On February 2 I witnessed a flock of 50 or more Pine Siskins over Great Pond Cove. Common Goldeneye ducks have brilliant amber colored eyes and nest high up in pine, spruce and larch tree cavities deep within the northern “snow forests” of inland Canada. Goldeneye chicks leave their nest just one day after hatching, often having to jump 40 or more feet to the ground and their awaiting momma.

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

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

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

Get to the Core of Who You Are
Thurs., Feb. 21, 7:00-8:30 p.m.

CEO Roundtable: Monthly Meet- ing of Entrepreneurs
Thurs., March 7, 6:30-8:00 PM
If you’re an entrepreneur or have your heart set on starting your own business, please join us or a new monthly gathering of kindred souls. At our CEO (Cape Elizabeth Opportunity) Roundtable, you’ll have the opportunity to share ideas, get advice, and talk shop. We’re going to meet on the first Thursday of each month with speakers most months to help you learn ways to grow your business. In March, Peter Bissell of Bissell Brothers brewing will be joining us to get the conversation started.

Cape Elizabeth Garden Club: Morning Book Group
Thurs., March 7, 6:30-8:00 PM
Want to know why it’s so hard to turn off social media? There are many new studies out that are telling us it’s time to unplug! Jon- than R. Werner, M.S. Ed, and CEMS Library, Senior Tech will be joining us to talk about the rise of addictive technology and the business of keeping us hooked. And he’ll share tools we can use to help re-turn on the Wii, color in one of our adult coloring books, or do an easy craft every Friday after school from 2:30-3:30 p.m. Kiah and Alyssa will be making a new drop-in craft each week in the Children’s Room.

New Program: TEEN LOUNGE
Come play board and card games, take a turn on the Wii, color in one of our adult coloring books, or do an easy craft every Friday after school from 2:30-3:30 p.m. Open to teens in grades 6 and up. No registration required.

PROGRAMS FOR CHILDREN
Our regular story time schedule continues with weekly programs for babies, toddlers, preschoolers, and families (see our complete schedule on the library’s website.) We also have a new interactive story program featuring cartoons and skits every Tuesday from 3-6 p.m. in the library’s program room.

Cape Elizabeth Library
Library hosts monthly CEO roundtable, offers presentations on core beliefs, rise of addictive technology and special story time event for ages 3-7

ADULT PROGRAMS

Writers’ Accountability Group
Wed., Feb. 20, 10:00 a.m.-12:00 p.m.
TML’s Writer’s Accountability Group (WAG) meets on the third Wednesday of each month from 10:00-noon. All levels of expertise and genres are welcome. We hope you’ll join us to help get your WAG going.

Library hosts monthly CEO roundtable, offers presentations on core beliefs, rise of addictive technology and special story time event for ages 3-7

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Getting to the Core of Who You Are
Thurs., Feb. 21, 6:30-8:00 p.m.

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

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

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

Please join us this month to discuss “The Addictive Nature of Screens in our Daily Lives” by Jon Meacham. New members are always welcome.

Songwriting Workshop
Tues., Feb. 26, 6:15-8:15 p.m.
Our songwriting workshop meets on the fourth Tuesday of each month through the end of the year. Whether you are a new writer, experienced writer, or want-to-be-a-writer writer, we hope you’ll join us each month to bring in your work and get expert advice from award-winning songwriter, Jud Caswell. Check our website for additional information. All levels of experience and song-styles are welcome.

Senior Tech
Wed., Feb. 27, 10:30 a.m. - noon
Tech issues can be frustrating! If you have tech questions, Senior Tech meets on the fourth Wednesday of each month. We’re here to help you in any way we can with your tech questions. We work together as a group to answer similar questions and break out into smaller groups to answer individual questions. If you have a question, we will help you find an answer. Bring your curiosity and bring your devices.

Irresistable Technology: Understanding and Combating the Addictive Nature of Screens in our Daily Lives
Thurs., Feb. 28, 6:30-7:30 p.m.
Want to know why it’s so hard to turn off social media? There are many new studies out that are telling us it’s time to unplug! Jon- than R. Werner, M.S. Ed, and CEMS Library, Senior Tech will be joining us to talk about the rise of addictive technology and the business of keeping us hooked. And he’ll share tools we can use to help res-
Tresspass complaints, phone scams continue

REPORTED BY MARTA GIROUD

COMPLAINTS

1-22 An officer met with a resident of the Shore Road area who had received a call from a male with a thick accent who claimed to represent the company she had purchased malware protection from and wanted to refund the purchase price but in order to do so needed to access her computer. She provided access and passwords to her bank account and then noticed he transferred $1,500 without an account in Bangkok. She immediately went to the bank and they were able to freeze all accounts and were able to prevent any money from being sent.

1-23 Two officers responded to a residence in the Ocean House Road area for a well-being check.

1-27 An officer responded to a resident in the Spaunik Avenue area regarding a trespass complaint.

1-28 An officer met with a resident in the Wells Road area regarding a possible trespass complaint.

1-29 Two officers responded to a residence in the Ocean House Road area for a well-being check.

1-29 An officer met with a resident in the Shore Road area who had found some assorted items near her residence that could have possibly been stolen from motor vehicles.

1-29 An officer met with a resident of the Mitchell Road area regarding possible suspicious activity in the area.

1-29 An officer met with a resident of the Spaunik Avenue area who had been scammed. She had received a call from a subject with an accent (possibly from India) who claimed to be from Apple and that she had been hacked and that he could help her. She gave him access to her computer and her accounts and asked he go to Coinbase and create an account. After several hours the session ended and the male subject told her not to take any calls from Apple because they may be fraudulent. At this time she realized she had been scammed and contacted her bank to freeze her accounts. The following day she discovered that $5,000 had been transferred from one of her accounts.

1-31 An officer responded to a residence in the Scott Dyer Road area for a well-being check.

1-31 An officer met with a resident of the Mitchell Road area regarding a tenant landlord issue.

1-31 An officer met with a resident of the Shore Road area regarding a telephone harassment complaint.

2-3 An officer met with a resident of the Ocean House Road area regarding a criminal mischief complaint.

2-3 An officer responded to a residence in the Scott Dyer Road area for a well-being check.

2-3 An officer met with a resident of South Portland regarding an assault complaint.

2-4 An officer spoke with a resident of the Scott Dyer Road area regarding a loose dog complaint.

SUMMONS

1-23 Portland resident, speeding (64/35 zone), Route 77, $278

1-26 Cape Elizabeth resident, unimpacted motor vehicle, Fowler Road, $348

1-29 Windham resident, operating without a license for more than 90 days, Broad Cove Road, $152

JUVENILE SUMMONS

1-29 Cape Elizabeth resident, violation of interim license, Route 77, $385

2-1 South Portland resident, improper passing, Route 77, $180

ACCIDENTS

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

FIRE CALLS

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

RESCUE CALLS

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

SCAM ALERT

BULLETIN BOARD

By Jessica D. Simpson

Amazon Online Shopping Scams

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

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

Publishers Clearing House Scam

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

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

**CELT**

Continued from page 1

Chris is an unrepentant plant geek, but is working towards becoming a reformed bird-er and rock collector in his spare time. He currently lives in the town of Bowdoin with his fiancée, where they enjoy hiking, reading, and singing in choirs. Chris considers himself fortunate to be able to come work in this beautiful town, and is eager to contribute to the protection of Cape Elizabeth’s woodlands, wetlands, and farmlands. Contact Chris at christian@capelandtrust.org.

**CAFE CALENDAR**

**Thursday, February 21**
Thomas Memorial Library Committee, 6:30 p.m., Thomas Memorial Library

**Tuesday, February 26**
School Board Budget Workshop, 6:30 p.m., High School Library and Learning Commons
Board of Zoning Appeals, 7 p.m., Town Hall chamber

**Wednesday, February 27**
Community Services Committee, 5:30 p.m., Cape Elizabeth Community Center
Planning Board Annual Dinner, 6 p.m., Lawn Avenue, Portland. Social event – no business will be discussed

**Tuesday, March 5**
School Board Budget Workshop, 6:30 p.m., Town Hall chamber
Planning Board Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall
Planning Board Special Meeting, 7 p.m., William H. Jordan Conference Room, Town Hall

**Thursday, March 7**
Recycling Committee, 7 p.m., Public Works

**Monday, March 11**
Town Council, 7 p.m., Town Hall chamber

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**CABLE GUIDE**

Cape Elizabeth Church of the Nazarene
Feb. 23 & 24; March 2, 9 & 10 - 9 a.m.
Board of Zoning Appeals (live)
Feb. 26 - 7 p.m.

**CHANNEL 3**

School Board Budget Workshop replay
March 5 - 6:30 p.m

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**SERVICES**

Cape Elizabeth Church of the Nazarene
499 Ocean House Road (Route 77) 799-3692
www.cenazarene.org
Sunday School for all ages: 9:30 a.m.
Sunday Worship Celebration: 10:45 a.m.
Services streamed live on or on demand: watch.cenazarene.org

Cape Elizabeth United Methodist Church
280 Ocean House Road 799-8396
www.ceumc.org
Open Church, Thursday: 5:30 p.m.
Sanctuary Service: 10 a.m.
Child Care & Sunday School: 10 a.m.
Adult Sunday School: 9 a.m.
The Church of Jesus Christ of Latter-day Saints
29 Ocean House Road 799-4321
Sacrament Meeting: Sunday, 10:11 a.m.
Sunday School: 11:10 a.m. - 12:00 p.m.
Primary: 11:00 a.m.-12:00 p.m.
Relief Society, Priesthood: 12:00 -1:00 p.m.
The Church of the Second Chance
Greater Portland Christian School
1338 Broadway, South Portland 641-3233
Sunday: 10:30 a.m.-12:15 p.m.
Congregation Beth Ha’am
81 Westbrook St., South Portland 879-0028
www.bethaam.org
Worship: Friday, 7:30 p.m.
Saturday: 2:00 p.m.
Family Shabbat Services: Second Friday, 6:30 p.m.
First Baptist Church of South Portland
879 Sawyer Street South Portland, 799-1650
www.fbcsp.com
Sunday School: 9:30 a.m.
Sunday: 10:30 a.m.
First Congregational Church
301 Cottage Road, South Portland 799-3361
www.fccucc.org
Worship: 8:30 a.m., 10 a.m.
Sunday School: 10 a.m.
Preschool Child Care: 10 a.m.
Game Room
First Congregational Church of Scarborough
167 Black Point Road, Scarborough 883-2342
www.fccscarborough.com
Sunday Morning Worship: 9:30 a.m.
Sunday School & Nursery Care

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**EVENTS/ANNOUNCEMENTS**

Continued from page 1

working towards becoming a reformed bird-

Town Council, 7 p.m., Town Hall chamber
Monday, March 11

Recycling Committee, 7 p.m., Public Works

**Wednesday, February 27**
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**Ongoing each week**

Al-Anon, Regular meeting 7 p.m. Thursdays, at United Methodist Church, 280 Ocean House Road. Regular meeting 7 p.m. Fridays at St. Alban’s Church.

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

Cape Elizabeth Historical Preservation Society, 9 a.m.-noon Thursdays, Public Safety Building

Cape Elizabeth Lions Club, 6:39 p.m., first and third Tuesdays at the Bowery Beach Schoolhouse (except July and August), Two Lights Road

Cape Farm Alliance, third Wednesday, 7 p.m., Community Center

South Portland/Cape Elizabeth Rotary Club, each Wednesday at 6:15 p.m. Purpoodock Country Club, Sparrow wink Avenue. 767-7388.

CODA (CODA) group at Cape Elizabeth United Methodist Church
Regular meeting weekly on Saturdays at 10:30 a.m. Call 799-4599 FMI.

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**Judy’s Food Pantry - a Community Feeding Itself**

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

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**CELT**

Continued from page 1

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**Lawrence named a Distinguished Finalist for volunteerism**

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

Lawrence, a Cape Elizabeth resident and senior at Cape Elizabeth High School, has spent two snow seasons using her background in competitive skiing to teach people of all ages with disabilities to ski. Inspired to give back at the facility that’s hosted her on weekends, she also volunteers with the local Boys & Girls Club, and instructs robotics class there once a week during the school year. Lawrence will be attending Cornell University in the fall.
CLASSIFIED AD RATES
$5/line
Checks, PayPal (credit cards)
Minimum credit card order: $12
MAIL WITH PAYMENT TO:
The Cape Courier
P.O. Box 6242, Cape Elizabeth, ME 04107

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Next deadlines: March 1st
For Issue Dates: March 13th

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FOR SALE
Enjoy Cape Elizabeth photo note cards by naturalist Martha Agan magan@maine.rr.com. Card assortments available at Ocean House Gallery near the library parking area.

CLASSIFIEDS/NEIGHBORS

AGRONDIA NAMED TO DEAN’S LIST

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

COURIER CELEBRATES IN GRENADA

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

REGISTRATION FOR THE 2019 CAPE ELIZABETH LITTLE LEAGUE SEASON IS OPEN

at www.cape-ll.com through Friday, March 1st.

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

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

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

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THANK YOU FOR YOUR TRUST AND SUPPORT

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#1 for all homes sold over $700,000 in Maine
#1 for all homes sold over $500,000 in Maine
#1 for waterfront sales in Maine

Legacy Properties Sotheby’s International Realty attributes its success to offering its clients a very strong package of marketing services including: professional photography, 3D Virtual Tours, glossy print advertising, global property distribution through its exclusive network of agents, and luxury branding through its affiliation with Sotheby’s International Realty.

Local Experts. Global Reach.