

# The Cape Courier

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## The Sports Edition

### Cochran wins state title for hurdles



Contributed photo

Darcy Cochran on the podium

Cape Elizabeth High School junior, Darcy Cochran has won her 6th individual state title for the hurdles in Indoor Track and Field.

At the State meet, Darcy won the 55 meter hurdles in a personal best time of 8.41 seconds; only .01 off the Class B State record. She also finished 2nd in the 55 meter dash and the triple jump, again getting personal bests in both events.

### Fiutak qualifies to run in NCAA National Championships



Contributed photo

Rhoen Fiutak

Cape Elizabeth High School grad and Wesleyan University senior, Rhoen Fiutak, has qualified to run in the NCAA National Championships in the individual mile at the Reggie Lewis Center in Boston, MA. Rhoen broke the Wesleyan school record in the mile running 5:00. It was originally 5:02 set in 2008.



Contributed photo

Swim Team Members: Abbie Wolf, Emma Frothingham, Zoe Evans, Bella Eremita, Milo Cook-Sharp, Christiana Pinette, Ali Bragg, Hannah Liess, Caroline Mahoney, Olivia Tighe, Maddy McCormick, Corinne Wight, Jade Lindenau, Daphne te Boekhorst, Avery Palma, Maria Smith, Stephanie te Boekhorst, Hope Campbell, Alicia Lawrence, Casey Concannon, Maddie Mahoney. Coaches: Ben Raymond and David Croft and Alina Perez.

## STATE CHAMPS!!



Contributed photo

From left to right: Tiernan Lathrop, Devon Lathrop, Killian Lathrop, Andrew Labonty, Duncan Geikie, Cody Labonty, Gannon Stewart and Nicky Martin. Not pictured is Coach Jeff Davis

### CEHS ski team, with several seniors, has state championship season

By Kevin St. Jarre

Cape Elizabeth High School's boys' ski team has won its second consecutive Alpine State Championship, led all the way by the Lathrop brothers- Devon, Killian, and Tiernan.

Coach Jeff Davis said, "This past season was definitely special. Anytime you have a large crew of seniors, it makes for a special year. This year we had seven senior boys and two senior girls. Last season there we no seniors, so these nine racers have enjoyed two seasons of seniority. Then to cap off the season with the boys' State championship win- it makes the season even more memorable."

The Lathrop boys have been in the

spotlight all season with their many wins, featured in all sorts of media. Davis is proud of them, and also points to other members of the team. "Each of [the Lathrops] continued their success, under pressure, and performed very well at states. Other boys- Cody Labonty, Duncan Geikie and Gannon Stewart- took turns being our fourth scorer throughout the season, and should be recognized for their hard work and consistency," Davis said.

For the girls, Morgan Stewart, who has been on the team all four years, was a

-see SKI TEAM page 4

### CEHS coach calls them 'best team in Maine high school swimming history'

By Kevin St. Jarre

The Cape Elizabeth High School girls' swim team have won their third straight Class B swimming and diving state championship, and did so in astounding fashion amassing an unbelievable 487 points. Last years' state championship was won with 351 points, and in an average year, that would have been seen as a dominant performance. However, this was no average year, and this was no normal team.

According to Coach Ben Raymond, this entire season was special for so many reasons. "In terms of talent this is probably the best girls' high school swim team that the state has ever seen. The girls on this year's team own every state record for the three relays, which shows the depth of talent on this year's team. We scored almost 500 points at this year's state meet which I don't think has ever been done."

This group of standout seniors has never lost a dual meet, and the only meet they didn't win was the state championship meet their freshmen year when they finished in a close 2nd place.

Raymond said, "This year's team has set the standard by which all other teams will be measured, not just in Cape Elizabeth, but in the entire state." He went on to say that, obvious talent aside, they are an extremely fun group to coach, and he jokes, "Although it does take a bit to get them in the pool each day."

The coach said, "They have an outstanding attitude once they get in the pool. They manage to enjoy each and every day at the pool with each other as teammates and friends. They have created a welcoming environment where we have kids just learning to swim, with Division 1 athletes, swimming together on the same team, which I think is pretty rare."

Some of the exceptional athletes on this season's team are:

Olivia Tighe - State record holder in the 200 Free and 100 Free, 220 Medley Relay, 200 Free Relay, 400 Free Relay, performer of the meet in both the Southwestern championship and the State championship meets. Tighe will be swimming at Duke next year. Raymond said of her, "Olivia has been the leader on this team since her freshmen year. She loves the team and her teammates, she has fun but also knows when it is time to focus and make sure we accomplish what we need." Tighe also won the Southwestern Swimming officials' scholarship this season.

Alicia Lawrence - State record holder in the 200 Medley relay, 200 Free Relay, 400 Free Relay. Lawrence has been one of the top freestylers in the state since her freshmen year. "Alicia works extremely hard and is focused on being the best she can be for herself and her teammates. She was always willing to do whatever was best for the team. She will be

-see SWIMMING page 7



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**NEXT ISSUE: Mar 26**  
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## Drop off circle frustration

The Pond Cove School/Cape Elizabeth Middle School drop off circle is a CIRCLE for a reason.

Stopping at the "No Unattended Vehicles" sign (which is, incidentally, NOT EVEN CLOSE to the END of the circle) so little Susie and Johnny have fewer steps to reach the front door, completely obliterates the efficiency and flow of the drop off circle.

If you pull to the END of the circle (you know, where the sidewalk ends – and the driveway to the side parking lot begins), FAR MORE PEOPLE will be able to let their children out in a timely and efficient manner. (Besides that, walking those few extra steps is actually GOOD for little Susie and Johnny!)

## 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.

## Cape Elizabeth Jazz Cabaret on March 29

Come enjoy an evening of jazz at the annual Jazz Cabaret on Friday, March 29 at 6 p.m. in the high school cafeteria. The program will include performances by the high school's award-winning concert jazz band, multiple jazz combos, and the Treble Choir. Saxophonist Dr. David Demsey, professor of music and coordinator of jazz studies at William Paterson University in New Jersey, will be a featured guest performer.

Tickets are \$5 for students, \$10 for adults, and \$25 for families.

Furthermore, as you pull up to the drop off circle please encourage your child to gather up their things and prepare to exit the car. Have any conversations that need to be had with your child PRIOR to reaching the circle. This way, once you reach the drop off area, your child can hop right out, and the whole process can continue to move along.

Lastly, if you feel it necessary to sit and watch little Susie or Johnny until they get to the front door, please pull ahead to an area OUTSIDE of the drop off circle. (Again so the entire process can continue to move along efficiently.)

Thank you in advance for your willingness to do this differently than it has always been done. It will make a huge difference!

Leona Oceania

## Combating hunger-kids do care

Maine Catholic Youth recently raised more than \$13,000 for the Souper Bowl of Caring. During the Super Bowl weekend, the youth of St. Bartolomew, St. John & Holy Cross, and St. Maximilian Kolbe, collected donations for their local food pantries to help with food insecurity in these communities.

The Committee from Judy's Pantry are grateful to have been one of the recipient of a check for more than \$1200.00. This money will go a long way to help with food insecurity in Cape Elizabeth. A big "thank you" to all of these young people who participated!

Beth Owens

Coordinator/ Judy's Pantry

## Program registration opens March 24

By Cape Elizabeth Community Services

We are finalizing our spring and summer programs and compiling them in the next issue of the Cape Explorer, which will be mailed to residents the third week of March. Over 200 senior, adult and youth programs are being offered from mid-April through August. Among them, two new youth programs: Artist Chris Reed is looking to inspire Pond Covers to use their imaginations to create characters in Character Drawing and Unwritten Roads is offering stop motion film making to Grades 2 - 8. Kelly Phinney will roll out the always popular seven-week (June 24 - August 9) Summer Rec Camp options for Little Cubs, Adventure Camp and Teen Scene. (We are accepting counselor applications until March 24). Additionally, weeklong science, theater, dance, Lego, fishing and paddling camps will also be offered.

We have multiple wellness classes for adults and seniors including healthy eating, reducing inflammation, improving balance, and using essential oils. And for those who want to be more in touch with nature, Cape Elizabeth Land Trust has lined up some knowledgeable leaders for their medicinal herb and nature walks, nature journaling, thoughtful landscape design, tide pooling and their Annual Cross Town Walk held in conjunction with National Trails Day. Adult Program Coordinator Linda Strunk has also lined up instructors for the following new

programs including plein air painting, forest bathing and mindful gardening. We even have an eight-week goat yoga class being held at local farm, A Couple of Quacks. If you prefer more physical activity, two new drop-in programs are being added, pickleball and softball.

Together with the towns of Gorham and Standish, we are offering excursions to both Iceland and Cape Cod. Speaking of excursions, we have more than 30 guided tours, cruises, lunches and summer theater trips planned that will take us from Boston to Boothbay.

Lastly, we have good news for Fall youth soccer, field hockey, volleyball and cross country program participants... instead of opening registration in March, Youth Program Coordinator, Peter Mullen is delaying registration until the first weekend in June. These popular programs fill up quickly and while the seasoned parent know to register early, the new resident or up and coming parent may not. This will give everyone a couple of months to get their summer schedules in place before having to think about fall.

Online registration for residents begins online at [www.capecommunityservices.com](http://www.capecommunityservices.com) on March 24 at 8:00 p.m. and in person at 343 Ocean House Road or over the phone at 799-2868 on March 25 at 8:00 a.m. Non-resident registration begins March 29.

## THANK YOU!

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

Thank you to this recent generous contributor:

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

Let us hear from you!   
 We love feedback!  
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**SPRING IS COMING!**

Operation Rebuild: Learn, Play, Grow Outdoor  
 Pond Cove Playground

Community support this spring means a new playground and outdoor classroom at Pond Cove for Fall 2019!

The Town of Cape Elizabeth has already pledged their support for this important town center project with a \$50,000 contribution.

To access an additional \$50,000 in town funding, a matching amount needs to be raised by June.

**DONATE TODAY AT**  
[pondcoveplayground.org](http://pondcoveplayground.org)

# Then and Now: Building the Cape Elizabeth story

By Jim Rowe

Since its inception in the 1970s, the Cape Elizabeth Historical Preservation Society has been extremely fortunate to have dedicated volunteers and contributors who join together in maintaining and building upon "The Cape Elizabeth Story." Cape native Peter Benoit is one of those.

Peter now makes his home in Wasilla, Alaska. But 4,600+ miles have not diminished his interest in the rich history of Cape Elizabeth, or his love for the town of his childhood and young adulthood. The Society and our community are grateful beneficiaries of his research and writing skills, not to mention his generous contributions of artifacts, documents, historic post cards, and books.

Copies of his fascinating book "Shipwreck at Portland Point" are available for purchase at the Society. The book chronicles the sinking of the ship "Three Friends" in 1711 and the subsequent finger pointing to assign responsibility. Peter found the site of the wreck in the 1970s. Through years of painstaking research, he has pieced together the story of the "Three Friends." One of the ship's cannons lies next to Captain Joshua Strout Circle at Portland Head Light.

And now, Peter has unearthed another imagination-inspiring account of early 18th century intrigue along the Cape Elizabeth shore. The account is assembled from various reports in Boston's first newspaper, The Boston News-Letter. It relates the 1705 escapades of a French privateer from Martinique who went by the sobriquet "Crapo" (Toad).

Privateers earned their keep by capturing prizes (usually preying upon unsuspecting fishing or merchant vessels). They oftentimes used "letters of marque" from governments to do this. These letters lent an air of tenuous legitimacy, distinguishing privateers from outright pirates. The distinction was often blurry. Crapo and his crew of approximately 130 ravaged

the Atlantic seaboard between Piscataqua (New Hampshire) and Port Royal (Nova Scotia), seizing ships and boats on a regular basis.

Attempts by the British to curtail Crapo's activities were largely unsuccessful. But for those of us in Cape Elizabeth, one instance stands out among these games of cat and mouse. Among many other vessels, Crapo's crew captured the sloop of one Captain James Blin. Approximately 25 of the French privateers were installed on board the sloop, presumably to serve as a consort.

On August 12, 1705, an English privateer under the command of a Captain Harris came across Blin's sloop and gave chase, eventually closing to where the Frenchmen chose to ground their sloop and establish a defensive perimeter ashore, preparing for battle.

The News-Letter offered that gunfire (large and small) could be clearly heard by a garrison at Saco Fort, coming from the direction of "Casco" (sic). The early assumption was that there had been an attack on New Casco Fort in Falmouth. But later reports amended the story to propose that the gunfire was more likely from a shootout between the French and English crews a bit south of Casco.

After two days of fighting, a truce was reached. Half of the French crew was given a whaleboat, in which they could retreat to Port Royal, while the remaining dozen or so men were surrendered to the English.

So where did this gun battle take place? Analysis of the likely range and direction of audible gunfire suggests that it reasonably may have occurred in the vicinity of either Richmond Island or, more generally, Purpodock (Cape Elizabeth). From such narratives, our imaginations transport us back more than three centuries. A limited supply of Peter Benoit's complete account of "Blin's sloop" is available for purchase at the Historical Society for \$1.00 each.

# Local writers at TML on March 23

On Saturday, March 23 from 4-5 p.m., the Local Writers monthly reading series continues at the Thomas Memorial Library located at 6 Scott Dyer Road. The series will welcome poet Mark Melnicove and author Linda Buckmaster. The event is free and open to the public.

Mark Melnicove is the author of two collections of poetry—"Sometimes Times, an ekphrastic collaboration with artist Terry Winters", and "Ghosts, an ekphrastic collaboration with artist Abby Shahn", published by Cedar Grove House. He is co-author, with Margy Burns Knight, of the children's book "Africa Is Not a Country" (winner of the 2001 Africana Book Award), and co-author, with Kendall Merriam, of the regional bestseller "The Uncensored Guide to Maine" (1984). Mark previously served as editor-in-chief of The Dog Ear Press and was a co-founder of Tilbury House, Publishers. From 1980-88 he served as Executive Director and President of The Maine Writers & Publishers Alliance.

Recently Mark's poems have appeared in Agni online, Gargoyle, Cafe Review, and the Maine Sunday Telegram. He is a member of the faculty at Falmouth High School where he teaches courses in English, creative writing, and permaculture.

Linda Buckmaster grew up on the "Space Coast" of Florida during the fifties and sixties, which provides the setting for her hybrid memoir, "Space Heart. A Memoir in Stages", recently published by Burrow Press. She is a former Poet Laureate of Belfast, Maine. Her poetry, essays, and fiction have appeared in over thirty journals and four anthologies. Two of her essays have been nominated for a Pushcart Prize, and one of her pieces was listed as a Notable Essay in "Best American Essays 2013." Linda taught in the University of Maine System for twenty-five years and has an MFA in creative writing from the Stonecoast program of the University of Southern Maine.

# Bill Gross Scholarship Fund established

By John Holdridge

On December 14, 2018, Cape Elizabeth resident and long time Cape Elizabeth High School volunteer Bill Gross passed away peacefully at home. If you or your children have taken Physics at CEHS anytime in the past nine years, there's a good chance that you knew Bill. And if you or your children ever struggled with Physics in 9th grade, there's an even greater chance that Bill was instrumental in helping to figure it all out.

After first reaching out to recently retired teacher Michael Efron in 2009, Bill Gross became a fixture at CEHS. He parked his iconic black van in the staff lot, he had his own ID badge and he regularly bought lunch at the cafeteria. More importantly, most days a week Bill volunteered his time to help struggling students understand the sometimes complicated world of physics. In cards to Bill's family after his passing, CEHS students

said, "He made my day with his warm smiles and passion for science," "(Mr. Gross) helped me learn when I fell behind. I will never be able to thank (him) enough," and "I couldn't have passed physics without him. The time he put in was really admirable."

In honor of his service to the school community, Bill's family has established the Bill Gross Scholarship, which will be awarded to a high school senior who has volunteered their time in the CEHS mentor program as a peer tutor, and/or with other organizations that pair high school mentors with younger students. The scholarship will be awarded in the spring of 2019, 2020, and 2021- the classes of current students who would recognize Bill's name and the importance of his work.

If you would like to donate to this new scholarship fund, checks can be made out to CEHS- Bill Gross Scholarship Fund and sent to CEHS/Marie Cross 345 Ocean House Road, Cape Elizabeth, ME 04107.



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## School news from the Superintendent

By Dr. Donna Wolfrom

This month, Cape Elizabeth students have been participating in various state and regional athletic events. Our students did well in many of these events capturing the Class B Boys Alpine State Championship, the Class B Girls Swim Team State Championship, and the Class B Boys Regional Basketball Championship to name a few. The meets and games continue into the next month.

As I was sitting at the boys' game on Saturday, and after watching the girls play on Thursday, I was reminded of the immense amount of time our coaches put into working with our students. I would like to take this opportunity to thank our many coaches who spend time away from their families and friends in order to teach our students the skills they need in order to participate in their team sports. These skills are often skills that the players carry throughout their lives and these coaches are often remembered for the life lessons they teach. Coaches, thank you all for spending so much time with our students and for teaching them those valuable life lessons.

We continue to work to develop the FY20 school budget as we keep the three identified budget goals in mind:

- 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; and
- Clear and continual communication throughout the budget process.

At the February 26 budget workshop, School Board members and administrators focused on answering questions

brought to Cape Elizabeth administrators regarding their original requested budget proposals. The list of questions was developed by School Board members as they reviewed and carefully analyzed the proposals. In the thorough process of answering the Board members' questions and analyzing answers, not all of the administrators had time to present. Therefore, the question and answer session was carried into the March 5 budget workshop where School Board members and administrators also focused on an analysis of staffing and enrollment. Please refer to the Budget Updates on the school website for a more detailed description of the meetings.

As we continue in the budget development process, the School Board will use the lenses of the above identified budget goals. The increase in subsidy of \$429,510.00 over FY19 subsidy brings much welcomed additional revenue to our budget and will reduce the impact of the school budget on our taxpayers. The FY20 expenditure budget will continue to be analyzed and revised; however, we will have to wait until the first week in April for news about our rate of increase in health benefits. I urge all citizens to attend the budget workshops and School Board meetings as we continue with the budget development process.

On March 15 and 16 the Cape Elizabeth School Department will gather about 100 people to discuss education in Cape Elizabeth and to identify common beliefs as we move toward creating a common vision.

Parents, students, teachers, administrators, business leaders, Town Council members, School Board members and citizens from various groups throughout the town have been invited to participate in the event that will take place in the cafeteria at the Cape Elizabeth High School. Additional members who would like to participate should email Erin Tosi (etosi@capeelizabethschools.or) or call her at 799-2217 by March 14, 2019.

Judy Enright, a facilitator experienced in leading Future Search events throughout New England, will lead the group through a series of activities that identify areas such as historical influences

on the town and education, things we do well, challenges that we face, areas for improvement, and competencies we want our students to have when they graduate from Cape Elizabeth High School. The Future Search event will bring people from the community together as they focus on the guiding question "How should education in Cape Elizabeth look in order to be responsive to the current and future needs of our students?"

Data from the event will be collected and analyzed in order to develop several goals for moving Cape Elizabeth Schools forward. These goals will be used to develop a working strategic plan and will influence the work of the district for the next five to seven years. Goals will guide our budget development work as link funding needs with these goals.

I participated in a similar event in another district and enjoyed the opportunity to work with community members. The work required much concentration and was exhausting, but was also interesting and inspiring. I am looking forward to the Cape Elizabeth Future Search event!

### Ski team

Continued from page 1

captain the past two seasons. Davis said, "[She] should be recognized for her dedication and leadership on the team. Being a co-ed sport where we train and race together, she was a positive influence over the entire team, including the boys. Also, on the girls team, Dana Schwartz, a freshman, skied very well all year, capping off her season with a 5th and 7th place finish in slalom and giant slalom at the state meet."

In high school alpine skiing, the top 15 in each discipline at the state meet qualify for an all-star type meet called 'Shootouts,' which brings together the best racers in the state in both classes. At Shootouts, the top 12 racers represent the Maine team in an eastern regional meet. More info on Shootouts is available at <https://www.chisholmskiiclub.org/index.php/ehsc-alpine-shootout-2-24-19>

Davis said of CEHS representation at shootouts, "This year, I think we set a record, at least for Cape Elizabeth - we had five boys and one girl make the Maine team, meaning here in Cape Elizabeth we have six of the 24 best high school racers in the state. Pretty impressive! These six racers are: Devon Lathrop, Killian Lathrop, Gannon Stewart, Cody Labonty, Tieran Lathrop and Dana Schwartz." They will represent Maine when they compete at Attitash Mountain from March 7 to March 10.

## Mindful Moments

By Martha Williams

*Martha Williams teaches group yoga classes, private yoga in the home, and offers energy healing using ancient, indigenous practices. A Cape Elizabeth resident for 10+ years, she lives in a former schoolhouse overlooking Cape Land Trust property and couldn't be happier about it. [www.soulfireassociates.com](http://www.soulfireassociates.com) [soulfiremartha@gmail.com](mailto:soulfiremartha@gmail.com)*

Have you ever found yourself in the shower, uncertain if you've washed your hair or not?

That's a good example of not being mindful: engaging in a familiar routine but checked-out and thinking about whether or not you'll take the Casco Bay Bridge into Portland or avoid the bridge and cut through South Portland instead.

Alternatively, can you recall moments of locking into the sounds and sights of our beautiful beaches? The graceful, synchronized dance of the Plovers on Crescent Beach. Witnessing the stormy, raging waves crashing on the rocks at Fort Williams and the resulting sea spray.

Now we're talking mindful moments: those times when our senses are pleasantly alert and we notice. We notice sights, sounds, and sensations without jumping ahead wondering "what's next" or reflecting on a past happening.

With multiple sources of distraction and demands for our attention, mindfulness is a practice that can offer an alternative to racing thoughts and disengagement with what is.

I recently came across a simple definition of mindfulness that I appreciate: "Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment through a nurturing lens." A nurturing lens. I like that part. No need to judge yourself for feeling distracted or "less than" you hoped you'd be. The definition is from the Greater Good magazine site; Greater Good Science Center explores "the roots of happiness and compassionate individuals, strong social bonds, and altruistic behavior - the science of a meaningful life."

They go on to say that while mindfulness has roots in Buddhist meditation, it's a secular practice that has entered the American mainstream in recent years. You may have seen the cover of Time magazine a few years back, "The Mindful Revolution"; the article covers the many ways that mindfulness has found its

-see MINDFUL page 13

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Individuals perform mowing and trimming utilizing a combination of motorized and hand-operated equipment on municipal property, school property and on the Town's Greenbelt Trail System. Individuals may also perform light carpentry projects, utilizing power and hand tools. Ability to work well alone, or in a team environment is required. Manual tasks are also required, involving the use of hand tools and hand-operated mechanized equipment. Physical stamina is necessary to work in a variety of weather conditions while performing certain duties. Possession of a valid Class "C" driver's license is required. Job duration is mid-May to mid-October. Work schedule is Monday thru Friday, 7:00 AM - 3:30 PM. Starting hourly pay is \$13.58/hour.

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## Unauthorized use of dumpster, car stolen, theft of mail/packages

Reported by Marta Girouard

### COMPLAINTS

- 2-4 Two officers responded to a residence in the Shore Acres area for an unwanted person.
- 2-5 Two officers responded to a residence in the Shore Acres area for a domestic disturbance.
- 2-5 An officer met with a resident of the Shore Road area regarding a theft of license plates.
- 2-5 An officer spoke with a resident who received a text from a subject expressing an interest in manufacturing items for the complainant's business. An agreement was reached and the complainant sent funds via Western Union to a location in Virginia. The funds were picked up and then the complainant received a text advising there was a problem with the order and more funds were needed. At this time the victim suspected a scam.
- 2-6 An officer met with a resident of the Bowery Beach Road area regarding an assault.
- 2-7 Two officers responded to a residence in the Oakhurst area for possible unattended death.
- 2-8 An officer responded to a residence in the Ocean House Road area for well-being check.
- 2-9 Two officers responded to a residence in the Oakhurst area for an assault complaint.
- 2-9 Two officers responded to a residence in the Broad Cove area for well-being check.
- 2-10 An officer met with a resident of the Scott Dyer Road area regarding a theft of mail/packages.
- 2-10 Two officers responded to a residence in the Scott Dyer Road area for a well-being check.
- 2-10 An officer met with a resident of Portland who reported her car being stolen during the night while it was parked at a friend's house.
- 2-11 An officer met with a resident regarding an aggressive dog complaint.
- 2-12 An officer met with a resident of the Mitchell Road area regarding a harassment complaint.
- 2-15 An officer met with a resident of the Ocean House Road regarding a complaint about a private contractor.
- 2-15 Two officers responded to a residence in the Starboard Drive area for a well-being check.
- 2-17 An officer met with a resident of the Spurwink Avenue area regarding a

harassment complaint.

- 2-18 Two officers responded to a residence in the Scott Dyer Road area for a well-being check.
- 2-19 An officer met with a resident of the Ocean House Road area regarding a scam. The victim had received a call from a subject claiming to be her grandson stating he had been arrested and needed \$1,000 for bail and that it had to be paid with Home Depot gift cards. The victim obtained the cards and when called by a subject claiming to be a lawyer, the victim provided him with the serial and pin numbers on the cards.
- 2-20 An officer met with a subject in the Scott Dyer Road area regarding a criminal threatening complaint.
- 2-20 Two officers responded to a residence in the Mitchell Road area for a well-being check.
- 2-22 An officer met with a representative of a local establishment regarding unauthorized use of their dumpster. Responsible subject was identified and contacted.
- 2-24 An officer met with a resident of the Mitchell Road area who advised that a car parked in the driveway was egged during the night.
- 2-24 Two officers responded to a residence in the Spurwink Avenue area for a well-being check.
- 2-25 Two officers responded to a residence in the Ocean House Road area for a well-being check.

### SUMMONSES

- 2-10 Portland resident, uninspected motor vehicle, Route 77, \$148
- 2-16 South Portland resident, unregistered motor vehicle, Route 77, \$85
- 2-18 Cape Elizabeth resident, uninspected motor vehicle, Route 77, \$148
- 2-25 Cape Elizabeth resident, operating after suspended license, Route 77
- 2-25 Cape Elizabeth resident, violation of conditions of release

### JUVENILE SUMMONSES

- 2-13 South Portland resident, violation of interim license, Route 77, \$385

### ACCIDENTS

- 02-05 Bradley Wallace, Bradley, Stephen Ornstein, CEHS
- 02-07 Steve Carlson, Mary Anderson, Ocean House Road

02-08 William Chard, Leon Hom, Ocean House Road

### ARRESTS

- 2-21 Cape Elizabeth resident, warrant, Spurwink Avenue
- 2-25 Cape Elizabeth resident, operating after suspension, Broadway, South Portland

### FIRE CALLS

- 02-05 Eastman Road Utility Line Down
- 02-06 South Portland Mutual Aid
- 02-06 Lighthouse Point Road Fire Alarm
- 02-10 Scott Dyer Road Fire Alarm
- 02-12 Portland Mutual Aid
- 02-12 South Portland Mutual Aid
- 02-13 South Portland Mutual Aid
- 02-14 Park Circle Water Problem
- 02-14 Starboard Drive Fuel Leak
- 02-14 Ann Arbor Drive Fire Alarm
- 02-15 South Portland Mutual Aid
- 02-15 Starboard Drive Fire Alarm
- 02-16 South Portland Mutual Aid
- 02-18 Shore Road Fire Alarm
- 02-22 South Portland Mutual Aid
- 02-22 Scott Dyer Fire Alarm
- 02-22 Waterhouse Road Investigation
- 02-24 Granite Ridge Road Water Problem
- 02-24 Dean Way Water Problem
- 02-25 Portland Mutual Aid
- 02-25 Ocean House Road Utility lines Down
- 02-25 Tower Drive Utility Lines Down

### RESCUE CALLS

There were 21 runs to Maine Medical Center  
There were 2 runs to Mercy Hospital  
There were 11 patients treated by rescue personnel but not transported.

## Scam alert bulletin board

Reported by Jessica D. Simpson

### Online Dating Scams

Along with the rise in dating website use, there comes a rise in online dating scams. Scammers create fake profiles, build relationships with individuals through the dating site, and then attempt to steal their money and disappear. Here are a few red flags: Someone might propose chatting offline or profess their feelings for you before getting to know you. They may offer to visit if you can help cover travel costs using gift cards or money transfers, then cancel those plans to visit because of a phony reason such as their "wallet was stolen." Be very careful what you share with people you don't know. You can report online dating scams to the site you are using, the Federal Trade Commission, the FBI's Internet Crime Complaint Center, and your state's Attorney General.

### Work from Home Scam

It is becoming more common for people to look for ways to supplement their income, and job listings for "work from home" jobs are becoming more popular. Scammers are using this knowledge to target their victims. If a "company" offers high pay for very little work, or doesn't require any previous experience, it may be a scam. Be cautious of employers who require you to pay for training up front with the promise of paying you back once you start the job. Conduct research on every employer you are considering. Sometimes newspapers or websites may unknowingly share advertisements for services that are actually listed by scammers. Report these to the website or newspaper, as well as the Better Business Bureau, the Federal Trade Commission, and your state's Attorney General.

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## Fantasy walk to Maine's covered bridges

By Cape Elizabeth Community Services

Community Services is excited to launch the first of hopefully many themed fantasy walks. Senior Program Coordinator Jane Anderson wanted a fun affordable way to keep seniors active and socializing. "The idea is to use a pedometer, smartphone or fitbit to track the number of steps you take each day, report your totals weekly and we will move you along the map from bridge to bridge. It's not a contest or a competition, it's just a unique way to inspire seniors to keep active," said Anderson. As well as improving your health, you will learn a little about the nine remaining covered bridges here in Maine.

The program runs May 1 - August 30 and covers 449 miles, or approximately 898,000 steps. After signing up, participants will set their tracker when they get up in the morning and keep it running until they climb into bed in the evening for the next 120 days.

The CDC recommends that we walk

around five miles, or 10,000 steps every day. If you participate in this Fantasy Walk with an average of 7300 steps a day, you will have "visited" each of the nine bridges over the four-month program.

Community Services invites participants to meet up with fellow program participants every Tuesday morning at 9:00 am for a leisurely or brisk 60-minute communal walk. The weekly walks are not mandatory, however if your schedule allows, park at the Community Center and come in and log your activity and check out the covered bridge map and your progress. We have a number of walking poles to help with balance (similar to ski poles) you may "check out" too. And, if you need a pedometer, we will have them for sale at the front desk for \$15 each.

Program registration begins at 8:00 p.m. on March 24 online and at 8:00 a.m. on March 25 over the phone or in person. There is no cost to participate in the program however, pre-registration is required.

## CEHS jazz musicians deliver award-winning performances at festival in Boston



Contributed photo

The CEHS concert jazz band took second prize in the large ensemble category at the Berklee High School Jazz Festival in Boston.

The Cape Elizabeth High School Jazz Concert Band, directed by Mr. Tom Lizotte, earned multiple accolades at the Berklee School of Music High School Jazz Festival, held on January 26 at the Hynes Convention Center in Boston.

The Berklee High School Jazz Festival competition includes high school musicians from across the U.S. who compete in three categories: large ensembles, combo ensembles, and vocal jazz ensembles. CEHS earned the second-place prize in the large ensemble (L5) category behind the New Jersey-based Creative Arts Morgan Village Academy. Additionally, Alex Hansen, junior pianist, and Ryan Oberholtzer, senior saxophonist, earned individual awards. Hansen received the supe-

rior musicianship award in the L5 category - an honor he also earned in the 2018 competition - and Oberholtzer was among three students to achieve an outstanding musicianship award.

The recognition of the musical talent within CEHS extended beyond the students. At the festival, CEHS's long-time band director Tom Lizotte was also recognized as the recipient of the 2019 John LaPorta Jazz Educator of the Year award. This honor is awarded annually through collaboration of the Berklee School of Music and the Jazz Education Network to recognize an outstanding educator who represents the highest standards of teaching and has demonstrated results of bringing distinction to the recipient's institution and its students.

The CEHS Jazz Band will open for the CEHS concert band on Thursday, March 14 and will perform at the annual Jazz Cabaret on Friday, March 29. The Jazz Cabaret marks the final one for Lizotte, who will be retiring in June, after a distinguished and successful 17 year tenure as the band director at CEHS.



Contributed photo

Saxophonist Ryan Oberholtzer (left) and pianist Alex Hansen earned individual awards at the competition.



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# Swimming

Continued from page 1

continuing her swimming career at Cornell next year," Raymond said. Lawrence also won the Southwestern Swimming officials' scholarship.

Hope Campbell - State record holder in the 200 Free Relay and 400 Free Relay. Raymond said, "Hope is the one who makes sure everything is fun on the pool deck. She is one of the top freestylers in the state, she makes sure everyone is included and goes out of her way to make sure we stay positive and moving in the right direction. Hope has had a huge impact on this team and her teammates and will continue her career next year at Wheaton College."

Maddie McCormick - Also won Southwestern Swimming officials' scholarship this season. Raymond said McCormick is "an outstanding leader on this team for the past two years. She is one of the hardest workers in practice each and every day; Maddie set a great example for all swimmers each and every day."

Jade Lindeneau - Lindeneau was back this season after a year off, and won the 500 free at this year's State championship meet. Raymond said, "She was one of our top distance swimmers in the state; she also adds a lot to practice each and every day, and is always a pleasure to have on deck. It was great to have Jade back this year. I am so glad she came back." Lindeneau also won Southwestern Swimming officials scholarship.

Caroline Mahoney - State record holder in the 200 Medley relay, 200 free relay, and 400 free relay. Mahoney holds the school record in the 50 free and 100 backstroke, and won both those events at this year's State championship meet. Raymond said, "Caroline is a rare talent in the pool who is able to still enjoy herself there with her teammates each and every day. Caroline has learned from these seniors and will take over as the team leader next year and keep with the winning tradition and attitude. Caroline has never lost a high school swim meet of any kind."

Alison Bragg - Bragg was a freshmen this season and made an impact on the team and in the state; she was second in both the 500 free and 100 breaststroke. Raymond said, "Along with Olivia, Alicia, Hope, Caroline and Jade, Ali was named to the All-State Swim Team. Ali has experienced what a great team is, and now will be challenged, as her upperclassmen role models were, to continue this streak of excellence."

Raymond, a veteran coach with many championships under his belt, in multiple sports, will not soon forget this season, but he does have a favorite memory. "There are so many moments that I can think of that have been special with this team, but the thing that may stick out the most from this season was at the end of the state meet- the team of Olivia Tighe, Caroline Mahoney, Hope Campbell and Alicia Lawrence just broke the state record in the 400 free relay, by four seconds in an All-American qualifying time. By the time they had made it out from behind the blocks every one of them was crying, because they knew the season was finally over, and they had loved their teammates and their high school swimming experience so much. They did not even really celebrate a state record, that will be very hard to break, because they knew they were going to miss the team and their teammates," Raymond said.

Raymond said so much could be said and written about this team and this group of seniors. "They have done so much for the swimming program, their teammates and for me. They have challenged me day in and day out, and have helped me to become a better coach not just in the pool but on the field as well. I will miss this class tremen-

dously. We have had a lot of wonderful experiences together, with tons of success and they will all be missed next year. The team will be different but the values that this class of seniors have put in place will hopefully last forever, and be carried on by swimmers like Caroline and Ali. This class of seniors has been the leaders on the best team in Maine high school swimming history and I, along with their underclass teammates, will miss them, but thank them for all they have done."

## CEMS Drama presents Cinderella

Cape Elizabeth Middle School Drama presents Rodgers and Hammerstein's "Cinderella" at the CEMS Café. Tickets are available at the school; \$5 students, \$10 adults

### Dates/times:

- Friday, April 5 at 7 p.m.
- Saturday, April 6 at 2 and 7 p.m.
- Sunday, April 7 at 2 p.m.

# Capetons: Lobster stew for a hungry crew

By Jeff Mandell



Drawn by Jeff Mandell

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Photo by Martha Agan

The northern cardinal is a fairly large, long-tailed songbird with a short, very thick bill and a prominent crest. The crest on the head and a mask on the face is black in the male and gray in the female. The male is a vibrant red, while the female is a red-dish olive color.

## Cape Elizabeth Birding Report

By E. Brooks Bornhoff

I had mentioned in my last column that this time of year can be very productive in terms of seeing and hearing owls. Late afternoon on Feb 16 was a two owl day for my wife, ten-month son and me. We had been making our way along the forest margins of our property when we heard the hoot of a Great Horned owl not that far off. For the record, this was the second time this month that I had heard this species of owl along Shore Road. To make matters more exciting, just as we started to move along I looked up and a Barred owl was sitting 50 feet up in an old Eastern white pine watching the three of us while we quietly listened to the Great Horned. Interestingly, not that long ago it was thought that Great Horned owls and Barred owls kept totally separate territories. More recent data has revealed that the territory of these two birds does in fact overlap, and oftentimes extensively.

While the Barred has its staple haunts (mature mixed forests with large tree cavities for nesting), the Great Horned is more of a habitat generalist, with a more diverse diet than any other owl, hawk, eagle or falcon in North America.

Other noteworthy observations for late February and the first three days of March - strong numbers of House Finch (including one leucistic male), White breasted nuthatch and Tufted titmice on the backyard feeders. Slate colored Dark Eyed Junco's are starting to twitter and trill - perhaps sensing that their time to retreat northward is close at hand. A Pileated woodpecker and two Red-bellied woodpeckers have also been visiting our neck of the woods.

On Feb 25 there were close to 30 Brants in Kettle Cove. The Brant is a rather small goose that breeds further north (high arctic tundra) than any other goose. When these geese do decide to leave their arctic outposts for the winter they will often make nonstop flights at altitudes of several thousand feet!

On Feb 28 my wife and son witnessed the spectacular speed of a Red-tailed hawk diving into our yard to catch and subdue a squirrel.

On March 1 I saw a single Turkey vulture flying over the Rachel Carson Wildlife estuary. The return of Turkey vultures to our skies is always a sure sign that spring is closely tailing.

On March 3 I was certainly surprised to come across a contemplative adult male Bald eagle perched high upon a snag along the banks of a very frozen upper Pond Cove area along what is to be Robinson Woods III.

## All about ticks



Contributed photo

Adult deer tick

As spring approaches, we know there is one thing on a lot of people's minds: ticks! Join the Cape Elizabeth Land Trust at Pond Cove Elementary for a panel discussion on tick awareness and bite prevention.

Panelists include Griffin Dill from the Umaine Tick Lab, Chuck Lubelczyk from Maine Medical Center, Erin Taylor, Pond Cove Elementary School Nurse, and Pond Cove Parent Association President Cori Ketcham. The panel discussion will be moderated by Town Tree Warden Todd Robbins. Come prepared with your tick questions. We hope to see you there.

Please RSVP by emailing [natasha@capelandtrust.org](mailto:natasha@capelandtrust.org) by Monday, April 1.

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0219

## CEHS girls basketball team wins award



Photo by Tara Simopoulos

Congratulations to the Cape Elizabeth High School girls basketball team, who recently won the Class B Southern Maine Girls HS Good Sportsmanship Award.

## CEHS boys basketball team wins Regional Championship

By Tara Simopoulos



Photo by Sara LeTourneau

The CEHS boys basketball team pictured after winning the Class B South Regional Championships

After winning the Class B South Regional Championships against Wells on February 23, the Capers went on to face Caribou High School in the State Championships on Saturday, March 1. "The game plan going into the game was to pressure them defensively because up north they didn't really play against tough man-to-man defense. And offensively we didn't want to settle for outside shots but to pound the ball inside and go to the free throw line" said sophomore guard Nate Mullen.

With a packed house at the Cross Insurance Arena, the Capers went neck to neck with Caribou to tie it up at 42-42, sending it to overtime. "Going into the first overtime I was pumped that my season wouldn't be ending just yet. But also, I had to zero in on the task at hand, which was winning the game. I just wanted to go out there with no regrets and I feel like I did just that", said Mullen. "It was definitely a crazy feeling because the game had been so close," said senior Andrew Hartel. "We were down by 5 with a minute left and Tanner (senior Tanner Carpenter) hit the clutch shot."

After another intense four minutes and a score of 47-47, they went into yet another overtime. It was anyone's game, but in the

-see BASKETBALL page 13

## Tarling scores 100th regular season high school career points



Contributed photo

Congratulations to Cape Elizabeth High School Boys Hockey Captain, Phil Tarling (above) on his 100th regular season high school career points. The CEHS Boys Hockey team had a great season, losing out to Greely in the Class B South Regional Championships on March 6.

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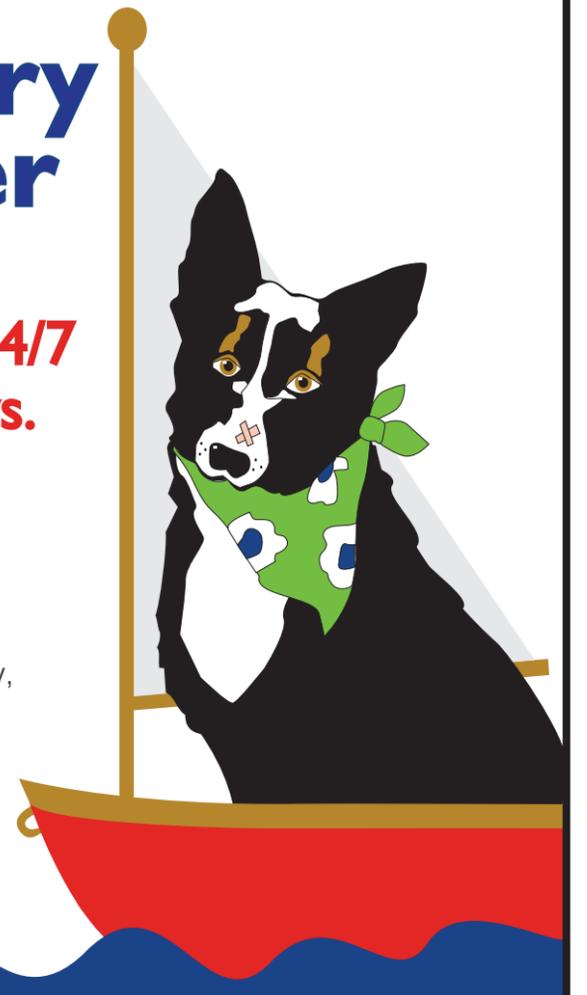
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# Cape Crostic

Created by Rich Dana

Each letter in the puzzle appears in two places: once in the grid and once in one of the clue answers. Work back and forth between the grid and clues to complete the puzzle. The completed grid will reveal a quotation. Reading the first letters (literally, an acrostic) will reveal the author and source of the quotation.

The grid consists of sequentially numbered cells with the individual words separated by blocks. Words can wrap from row to row. Each cell in the grid contains a number and a small letter. The letter indicates in which clue answer the number appears. Transpose letters from the grid to the appropriately numbered spot in the clues. Similarly, enter letters from clues into the corresponding numbered spot in the grid.

A. Ear-related testing facility (2 wds.)

60 47 25 108 144 162 30 89 76

183

B. What a butcher might often do around the Easter holiday (2 wds.)

44 154 132 193 10 96 33 119

C. Teach

39 81 152 105 179 7 184

D. Old Chevrolet; wanderer

136 59 172 112 20

E. Serious criminals; common characters in books by the author mentioned in the quote

13 196 174 53 123 86 166

F. Bill Clinton denied doing this

43 140 79 155 129 3 64 113

G. Who many people would like to meet on dating sites (2 wds.)

67 73 91 188 117 110 15 134 189

182 31

H. Common characters at Halloween and in books by the author mentioned in the quote

16 164 85 145 94 101

I. Perry Mason relied on it often in court

198 27 176 95 2 84 124 120

J. Wicked, like many characters in books by the author

4 159 170 88 41 180 125 104 62

K. Extreme fright; specialty of the author

197 116 147 181 36 70

L. Fictional Dallas firm from 80s TV (2 wds.)

139 38 93 122 68 167 14 190

M. Terrifying quote from character Danny Torrance in a book by the author

199 75 99 29 51 143

N. Type of sauce; Mexican state

26 171 65 90 153 32 169

O. Includes (2 wds.)

80 128 42 185 173 24

P. Tennis is sometimes played here

19 77 149 97 177 142 56

Q. Agile; quick

178 160 111 52 127 28

R. Minnesota \_\_\_\_\_ and Manufacturing Company, better known as 3M

71 63 161 191 115 5

S. Improved; sharpened

165 74 150 82 192 55 8 109

T. Foolish or asinine person

138 40 46 57 121 87 9 98

151 50

U. Samantha's daughter and the speaker of the quote's mother

163 137 1 54 186 92 2 187

V. To remove, as wheat chaff

194 130 156 12 118 21

W. Deadly outbreak most common in Africa (2 wds.)

45 158 103 175 66 131 114 37

126 23

X. Actor who played in "The Stand" and "Creepshow," two TV works by the author, and also in "Apollo 13" (2 wds.)

148 78 58 100 34 195 135 17

Y. Big name in headphones

18 106 146 6

Z. Slang phrase for psychotic behavior (2 wds.)

61 141 69 168 35 48 107 133

11 83

AA. "Weird Al" Yankovic sang about him in a parody of a song by The Kinks

102 49 157 22

-SEE page 11 for PUZZLE GRID

## Rotary Club donates to youth literacy program in Cape Elizabeth



Contributed photo

Youth librarian Rachel Davis, Thomas Memorial Library, with Rotary Club check, and a book for youngsters donated through Rotary by The Downeaster train.

The Rotary Club of South Portland/Cape Elizabeth has donated \$500 again this year to the Thomas Memorial Library for materials for youth literacy programs. The Club began this ongoing program in 2007.

The materials, chosen by the professional youth librarians, will provide for additional needs for the children that the libraries otherwise would not be able to purchase through normal funding.

The money will be used to enhance literacy programs through the purchase of books and materials to promote literacy, reading and interest in education among young people. Some of the materials will also assist those for whom English is a second language.

The Rotary Club also uses this program to recognize its weekly speakers by having them sign a bookplate that goes into one of the selected books and symbolizes a donation of that book to youth literacy by the speaker.

Rotary Club president Fran Bagdasarian says, "For 13 years we have made these donations as part of our commitment to youth literacy, one of our major club objectives."



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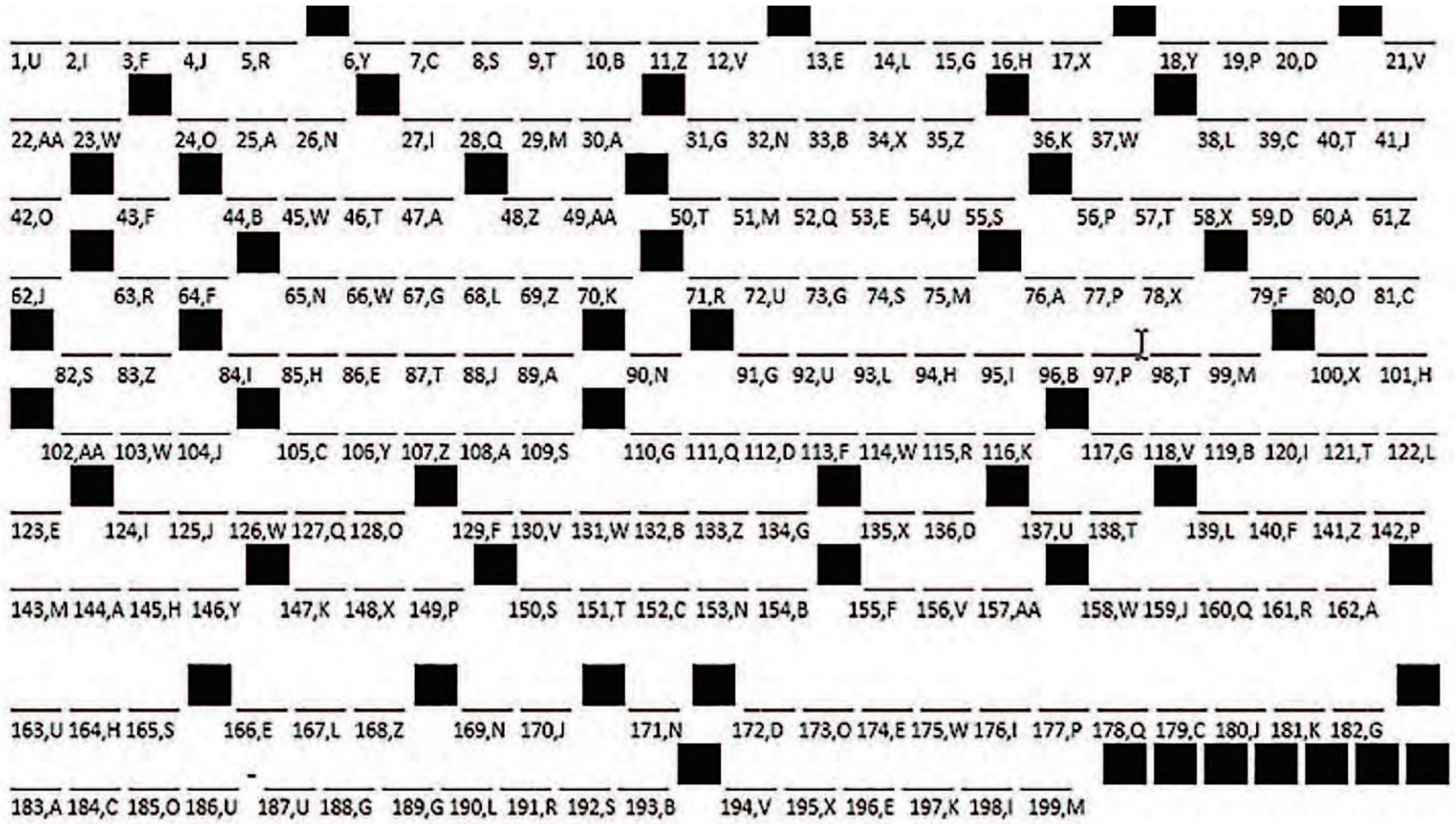
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# CEHS Science Teams compete in Maine Science Bowl

By Kevin St. Jarre



Contributed photo

Front row (L-R): Jack Sands, Maximo Kesselhaut, Zach Merrill, Lauren Abrahamsen, Ellie McEnuff. Back row (L-R): Bill Brewington, Conor LaBonty, Rohan Freedman, Gus Huffard, Casey Goodwin, Meghan Gerety, Shawn Guerrette

Cape Elizabeth High School's Science Team actually sent two teams to compete in the Maine Science Bowl at the University of Southern Maine recently.

Vying against teams from 11 other Maine high schools, CEHS's "A Team" finished in a three-way tie in its division, in first place following tie-breaker rounds and in third place overall at the end of the day.

The teams were coached by CEHS science teachers Shawn Guerrette and Bill Brewington.

"I've been watching our students answer hundreds of mind-boggling science and math questions, in less than five seconds, each year since 2008. It's really an impressive testament to their hard work, and it's been interesting to see how this academic achievement impacts their lives," Brewington said.

The Maine Science Bowl is one of 65 regional Science Bowls, and each selects a single team to send to the National Science Bowl in Washington, D.C. each spring.

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**March 19, 2019**  
**6:00 to 8:00pm**  
**Middle School**  
**Cafe**

## Cape Elizabeth Football Information & Registration Night

**Do you want to learn more about Cape Elizabeth Football for youth, middle school or high school? Did you know we are now offering NFL flag football for grades 2/3 & 4/5?**

**Do you want to know more about concussions, player safety, and injury prevention? Join us for an informative evening featuring Cape's new High School Head Coach, Sean Green and guest speakers:**

**Dr. Tom Murray, Orthopedic Associates**

**Cape Elizabeth Football Coaches + Trainers**

**CJ Lampman - Flag Football Coach**

**6:00 - Panel Discussion**

**6:30 - 8:00**  
**Registration and**  
**Helmet Fitting**

**Door Prize will be a**  
**2019 Football**  
**Registration!**

Questions, please contact Sarah Gagne at [sarahcgagne@gmail.com](mailto:sarahcgagne@gmail.com)

# Thomas Memorial Library offers programs on Eastern Bluebirds, solar technology, hosts Maine Calling host Jennifer Rooks

## ADULT PROGRAMS

### Morning Book Group

Wednesday, March 13, 9:30-11:00 a.m.  
Please join us this month to discuss "Homegoing" by Yaa Gyasi. This talk was snowed out last month! We'll discuss the previously scheduled Fantasyland at our April gathering. New members are always welcome.

### Maine Wildlife Series: Eastern Bluebirds

Thursday, March 14, 6:30-7:30 p.m.  
Our Maine Wildlife Lecture Series continues in March with an intimate look at Bluebirds! Local residents Frank Miles and Diane Hamlin have made it a personal goal to make Cape Elizabeth more than hospitable to this beautiful species by building habitat that works for all seasons. You'll be amazed at the results they've gotten – and at Diane's incredible shots of these birds – from nests and eggs, to fledglings, to soaring adults. As part of their habitat talk, Frank and Diane will share plans on how to build and maintain bluebird houses on your property.

### Solar 101

Tuesday, March 19, 6:30-7:30 p.m.  
Join ReVision Energy co-founder and Cape resident Phil Coupe for to learn how solar combined with advanced clean technol-

ogy is powering Maine's energy transformation. Maine homeowners and businesses are saving money and cutting pollution by using solar electricity combined with heat pumps to replace oil and gas for heating, and solar combined with electric vehicle charging to eliminate gasoline and harmful tailpipe emissions. Federal and state incentives are also making battery storage a more affordable backup energy source to fill the gaps when New England's powerful solar resource (just 10% less than Florida's) is not strong enough to meet real-time energy demand. Is solar energy right for you? Please join us for an informative presentation on solar technology and policy in 2019.

### Writers' Accountability Group

Wednesday, March 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 a.m.-noon. All levels of expertise and genres are welcome. We hope you'll join us to help get your WAG going.

### Meet Maine Calling Host Jennifer Rooks

Thursday, March 21, 6:30-7:30 p.m.  
We're excited that Jennifer Rooks, Cape resident and host of the Maine Public radio show, "Maine Calling", is joining us in March to discuss:

- Why public media is still relevant in a time of exploding information and dis-information outlets.
  - How public media can promote community in our state.
  - How "Maine Calling" is created, and the philosophy behind public radio and public television.
- And she's open to any questions. We hope you'll join us to be part of a great discussion.

### Evening Book Group

Thursday, March 21, 7:00-8:30 p.m.  
TML's Evening Book Group meets on the third Thursday of each month from 7:00-8:30 PM. Please join us in March to discuss "A Legacy of Spies", a classic by John LeCarre. All are welcome!

### Songwriting Workshop

Tuesday, March 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.

### Ongoing Adult Programs

- Knitting Group – Every Monday at 1:00 p.m.
- Chair Yoga – Second Monday at 11:30 a.m.
- Democracy Cafe – Second Tuesday from 6:30-8:00 p.m.
- Morning Book Group – Second Wednesday from 9:30-11:00 a.m.
- Writers' Accountability Group – Third Wednesday from 10:00 a.m.-noon
- Senior Tech – Fourth Wednesday from 10:30 a.m.-12:00 p.m.
- NEW! Entrepreneurs Gathering – First Thursday from 6:30-8:00 p.m.
- Maine Wildlife Lecture Series – Second

- Thursday from 6:30-7:30 p.m.
- Evening Book Group – Third Thursday from 7:00-8:30 p.m.
- NEW! Songwriting Workshop – Fourth Thursday from 6:15-8:15 p.m.
- Chess Club – Every Saturday from 9:00-11:00 a.m.
- Portland Stage Talk-Back Series – First Saturday of the month, 1:00-2:00 p.m. March-May 2019

## PROGRAMS FOR TEENS & TWEENS

### Early Release Art Program: Painting with Poscas, with Marie Ahearn for ages 11 and up

Wednesday, March 20  
12:30 - 1:30 p.m.  
Come make art with Posca Paint Pens! Poscas are a great low mess way to create permanent bold paintings on almost any surface. Learn how to use Poscas and have fun experimenting and making art with them. We'll have paint pens and small canvases on hand for you to use, or you can bring a pair of sneakers, boots, a bag, a skateboard, or any another item you'd like to use as your canvas! Artist Marie Ahearn will demonstrate and share tips for painting with Poscas. No registration necessary.

### Teen Takeover Returns: Cupcake Wars

Friday, March 29, 5:30 p.m. - 7:30 p.m.  
Compete in our very first Cupcake Wars competition! Teens will be given cupcakes to decorate along with a theme and judged by a set of experts. Teens will also get to cast their votes for their favorites! Prizes will be awarded to the first, second and third place winners! Pizza and other refreshments will be provided. Open to teens in grades 6 and up. Registration is REQUIRED and space is limited. You can register online on the library's website.

**Weekly Programs**  
Our Dungeons & Dragons Club meets every Tuesday from 3-6 p.m. in the library's conference room downstairs. Open to tweens and teens ages 11 and up. \*This -see LIBRARY page 13



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SPRING is right around the corner. we are busy vacationing this week but will reopen Tuesday March 19th, bright eyed and bushy tailed and ready for the season ahead.



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### Library

Continued from page 12

session is currently full. If you'd like to be put on the waiting list, please email Alyssa at [alapierre@thomas.lib.me.us](mailto:alapierre@thomas.lib.me.us).

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

#### TEEN LOUNGE

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

### PROGRAMS FOR CHILDREN

Our regular story time schedule continues with weekly programs for babies, toddlers, preschoolers and families (see our complete schedule on the library's website.) We also have some special events and some monthly events coming up:

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

Thursday, March 14, 1:00 - 1:45 p.m.

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

#### Animal Advocates Club for grades 3 - 6

Thursday, March 21, 3:30 - 4:30 p.m.

Kids meet monthly with Felicia Mazzone from the Animal Refuge League of Greater Portland, along with a live animal friend from the shelter. Learn about the work that the shelter does, and help Felicia with projects to benefit shelter animals. This month: learn about animal-safe candy choices.

#### Mad Inventor's Workshop, for ages 6 and up

Wednesday, March 20

2:00 - 2:45 p.m. (Early Release day)

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

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### Mindful

Continued from page 4

way into our homes, hobbies, hospitals, work places and spiritual practices.

There's a great deal of science behind the benefits of mindfulness, including pain reduction, improved mood, enhanced empathy and compassion for others, increased attention span and better brain health.

We can apply mindfulness practices to challenging situations in a way that benefits our emotional and physical health. We do this by noticing difficult emotions as they arise, allowing the feelings to be felt versus avoided or deflected. When we deny or push down difficult feelings, it can bring distress or disease to our bodies and beings.

Next time you're feeling anxious, frustrated, angry or scared, try this: When you notice a difficult emotion say to yourself: "I'm noticing anger and frustration (or whatever is being felt). I feel it in my jaw and the center of my chest. Both feel tight and tense."

You're now in the "witnessing" mode, which gives some space to your experience. Take three slow and steady breaths in and out of your nose; imagine you're sending that breath to the parts of your body where you are feeling the tightness/upset/uncomfortableness. Continue breathing deeply, imagining you're sending your breath to these places in your body.

If it helps, repeat the phrase to yourself again: "I'm noticing anger and frustration" and add the phrase "you have a place here." Continue breathing deeply, focusing on your body, not trying to change anything. Simply notice and breathe.

Please be in touch if you try this practice; I'll be interested to hear the results and whether you have any questions.

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## Light House Masters team has great results at swimming meet



Photo by Casey Parent

From left to right: Jeremy Phelan, Coach Kerry Kertes, Jen Walker, Julie Merriam, Ellen Brewer, Orion Huey, Tandy Ratliff, Jim Newton

The Light House Masters is a competitive swim program that trains Monday, Wednesday and Friday mornings at the Don Richards pool. The group currently has 45 members.

In addition to training, the group also attends local meets in Maine and competitions across New England and beyond. Recently, several team members, Julie Merriam, Ellen Brewer, Tandy Ratliff, Jen, Jeremy Phelan, Orion Huey and Jim Newton, traveled to the Casco Bay YMCA in Freeport for the "Toughen Up Challenge" meet.

The small but successful group had outstanding results. There were 24 swims total with 22 personal best times achieved. The group garnered (22) first place finishes and (2) second place finishes. In addition to outstanding teams swims, Orion and Jeremy placed first and third respectively in the "Toughen Up" portion of the meet. Next month the team is heading to Harvard to compete in the New England Championships.

### Basketball

Continued from page 9

end, with a final score of 49 - 47 in Caribou's favor, Caribou won the State Championships. The Capers might not be State champs, but what started as a rocky season ended in a Class B South Maine Championship. "The team progressed so much through the season, probably the most of any team I've ever been on. We started 0-2 then went 2-5 and at

that point, even though we played some very close games versus some very good teams, we didn't even know if we were going to make the playoffs" stated Hartel. "And then something clicked. We ended up making it all the way to the State championship game. Definitely a rollercoaster ride of a season," he said. The 6-foot-9 Hartel also ended his senior year by winning the Pierre Harnois Award for outstanding play and sportsmanship and as a Maine McDonald's all-star.

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# CAPE CALENDAR

By Wendy Derzawiec

## Tuesday, March 12

School Board, 6:30 p.m., Town Hall chamber  
 Conservation Committee, 7 p.m., Town Hall  
 Lower Level Conference Room

## Monday, March 18

Town Council Workshop, 6 p.m., William H. Jordan Conference Room, Town Hall

## Tuesday, March 19

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

## Wednesday, March 20

Community Services Committee, 5:30 p.m., Cape Elizabeth Community Center  
 Town Council Budget Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall

## Thursday, March 21

Thomas Memorial Library Committee, 6:30 p.m., Thomas Memorial Library  
 Town Council Budget Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall  
 Fort Williams Park Committee, 7 p.m., Cape Elizabeth Community Center

## Tuesday, March 26

School Board Policy Committee, 3-4:15 p.m., Jordan Conference Room, Town Hall  
 School Board Budget Workshop, 6:30 p.m., High School Library and Learning Commons

Board of Zoning Appeals, 7 p.m., Town Hall chamber

### Ongoing each week

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

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

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

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

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

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

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

# SERVICES

## Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)  
**799-3692**

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

Sunday School for all ages: 9:30 a.m.  
 Sunday Worship Celebration: 10:45 a.m.  
 Services streamed live or on demand:  
[watch.capenazarene.org](http://watch.capenazarene.org)

## Cape Elizabeth United Methodist Church

280 Ocean House Road  
**799-8396**

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

Sanctuary Service: 10 a.m.  
 Child Care & Sunday School: 10 a.m.  
 Adult Sunday School: 9 a.m.

## The Church of Jesus Christ of Latter-day Saints

29 Ocean House Road  
**799-4321**

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

## The Church of the Second Chance

Greater Portland Christian School  
 1338 Broadway, South Portland  
**641-3253**

Sunday: 10:30 a.m.-12:15 p.m.

## Congregation Bet Ha'am

81 Westbrook St., South Portland  
**879-0028**

[www.bethaam.org](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 Street South Portland,  
**799-4565**

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

Sunday Morning Worship: 9:30 a.m.  
 Coffee Time is at 10:45 a.m.  
 Sunday School is at 11:15 a.m.  
 Sermon audio is available on our website

## Promised Land World Reach Center

536 Cottage Road, South Portland  
**799-3152**

Sunday Prayer & Intercession: 9:30 a.m.  
 Sunday Worship: 10 a.m.  
 Family Bible Studies: Wednesday, 7 p.m.  
 Sermon recordings available to download

## Saint Alban's Episcopal Church

885 Shore Road  
**799-4014**

[www.stalbansmaine.org](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.  
 Game Room

## First Congregational Church of Scarborough

167 Black Point Road, Scarborough  
 883-2342

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

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

# CABLE GUIDE

# CHANNEL 3

### Town Council replay

March 13 & 14 - 2 p.m. & 8 p.m.  
 March 16 - 10:30 am

### School Board replay

March 15 & 16 - 2 p.m. & 8 p.m.  
 March 17 - 10:30 am

### Cape Elizabeth Church of the Nazarene

March 16, 17, 23 & 24 - 9 a.m.

### Planning Board (live)

March 19 - 7 p.m.

### Planning Board replay

March 20 & 21 - 2 p.m. & 8 p.m.  
 March 23 - 10:30 a.m.

### Board of Zoning Appeals (live)

March 26 - 7 p.m.

### Board of Zoning Appeals replay

March 27 & 28 - 2 p.m. & 8 p.m.  
 March 30 - 10:30 a.m.

# St. Alban's to host Celtic music concert on March 1

A group of prominent Portland musicians will usher in St. Patrick's Day weekend with a spirited evening of Celtic music and song on Friday, March 15 at 7 p.m., at St. Alban's Episcopal Church, 885 Shore Road.

Tom Kovacevic, playing keyboard and guitar, has had a distinguished career in musical performance including Celtic, reggae, Middle Eastern and sacred music. A choir leader and composer, Kovacevic has long been a part of St. Alban's musi-

cal life.

Flutist Nicole Rabata, well known for her virtuosity in classical, Brazilian and Celtic genres, has performed throughout the United States, Europe and Asia and is on the faculty of Colby College and the

University of Maine at Augusta.

Violinist Meagan McIntyre performs throughout Maine and with Portland's popular Amarantos Quartet, a classically trained string ensemble that has delighted audiences with a wide range of music from traditional to rock.

Michael Albert, a singer, composer and award-winning oboist, is also skilled on the violin, viola and pipe. An ambidextrous musician, he has performed with leading New England orchestras and various college orchestras.

All are welcome to the concert and to a reception and refreshments afterward. There is a suggested donation of \$20 for the event, which is a fundraiser for the ministries and missions of St. Alban's. For more information, visit [www.stalbansmaine.org](http://www.stalbansmaine.org).

# CEUMC offers meditation sessions

Meditation sessions are held twice a week in the chapel at the Cape Elizabeth United Church, led by Joan Clinton. The 45-minute sessions are at 6 p.m. on Mondays and 9 a.m. on Fridays. Enter the church from the back entrance and the chapel is the first door on the left. The public is invited and a small donation is requested.

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**Enjoy Cape Elizabeth photo note cards** by naturalist Martha Agan [magan@maine.rr.com](mailto:magan@maine.rr.com). Card assortments available at Ocean House Gallery near the library parking area.

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**Concert at First Congregational Church on March 30**

First Congregational Church, UCC is pleased to announce an upcoming concert: An Evening with Carrie Newcomer and pianist Gary Walters.

A Grammy-winning songwriter, recording artist, performer and educator, Carrie Newcomer has been described as a "prairie mystic" by the Boston Globe and one who "asks all the right questions" by Rolling Stone. Her 2017 PBS special, An "Evening with Carrie Newcomer", is currently playing in 200 markets across the USA, featuring special commentary and conversation with Parker J. Palmer.

Author Mark Nepo says, "In her nineteenth album, "The Point of Arrival", she leads us, again, to that tender, resilient well where the most intimate truth telling reveals the gifts we

all carry but seldom find until stopped by the touch of song and poetry. These songs are sung by a wise heart and played by a masterful musician. "The Point of Arrival" will open your heart, affirming the truth that the enduring depth of where we are is where we are going."

When: 7:30 p.m., Saturday, March 30

Where: First Congregational Church, UCC, 301 Cottage Road, South Portland, Maine

Tickets: \$30 for adults/\$35 at the door; \$20 for children 12 and under. Tickets are available at Nonesuch Books and the Church office or online at [newcomer.brownpapertickets.com](http://newcomer.brownpapertickets.com). For any questions, call the church office at 207-799-3361.

**St. Patrick's weekend supper at CEUMC**

The Cape Elizabeth United Methodist Church will host a St. Patrick's weekend Boiled Supper on Saturday, March 16. There will be only one seating for the buffet-style supper at 5 p.m.

The supper will feature corned beef, cabbage, potatoes, carrots and onions, and cookies, cupcakes and brownies for dessert for a price of \$10 per person. Take-out will be available.

Please make reservations in advance by calling 799-8396 and leaving a message on the answering machine, including your name

and how many will be attending.

All are invited to the event and the church is located at 280 Ocean House Road (Route 77).

**Bean supper on March 16**

Peoples United Methodist Church located at 310 Broadway in South Portland will host a bean supper on Saturday, March 16, from 5-6 p.m. Oven baked beans, casseroles and wonderful pies and desserts will be available.



**Spaghetti Dinner**

(garlic bread, salad, desserts and drinks BYOB)

**Saturday, MARCH 16th**  
**5 pm to 7:30 pm**

\$10 for adults &  
\$5 for children under 12



\*Lions Club House – 1 Wheeler Road, Cape Elizabeth\*

**SEE YOU THERE!**

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+ MORE

**MARCH 14**  
DOORS: 6PM / MUSIC: 8PM / 18+  
VIP TICKETS: \$15 EARLY ENTRY WITH CASH BAR & FOOD  
GENERAL ADMISSION: \$10  
ALL PROCEEDS WILL BENEFIT TIM BUTTERWORTH AND HIS LOVING FAMILY

**AURA**

### Pond Cove Playground Committee making headway with fundraising efforts

By Lindsay Barrett

When the class of 2032 enters Pond Cove this fall, the Pond Cove Playground Committee hopes they'll get to run, climb, dig, explore and play their way into kindergarten with a new playground and outdoor classroom space. The group's Operation Rebuild: Learn, Play, Grow Outside! campaign seeks to raise \$300,000 to bring to life a complete renovation of the existing playground and "Natureland" outdoor classroom that was initiated by the school, but has been on hold due to several years of consecutive budget cuts. The current outdoor facilities are fraught with degrading equipment. Maintenance and functionality challenges make the space unable to meet the needs of Pond Cove's 500+ students. Provided that funds are secured, construction can be completed this summer. The new design, created by licensed landscape architect Sashie Misner, is based on research about the power of nature-inspired play spaces to support child development.

The campaign received a significant boost last month when the Town Council unanimously voted to approve a \$50,000 contribution to the project. The Town Council also approved a planned additional \$50,000 contribution provided that the committee raises

a matching amount of funds by June. This makes spring fundraising even more paramount.

The community has already rallied around this project, which will not only serve Pond Cove, but also a resource for families in the town center to be enjoyed outside of school hours. Pond Cove parent Joe Boucher, of the musical ensemble Piano Men, hosted a benefit concert to launch fundraising. Fiddleheads Flowers and Vintage Chic Gifts ran a Flowers for a Cause promotion for Valentine's Day. Many community members of all ages attended a recent Nonprofit Night at Elsmere BBQ. A Talent Show "fun"-raiser is planned at Pond Cove this spring to build student excitement about and ownership of the project.

Efforts to secure in-kind donations and sponsorships from local businesses, as well as individual donations, are ongoing.

The committee recently launched a comprehensive website, with design services donated by local marketing and website services firm Fisher Green Creative. Visit pondcove-playground.org to learn more about the project and make a donation towards the town matching initiative. Eager incoming kindergarteners, and their Pond Cove peers, are grateful for the community's consideration!

### Courier warms up down south



Contributed photo

Wes McAllister, Erin McAllister and their family recently took The Cape Courier along to Belize for a family wedding.



Contributed photo

The Cape Courier recently traveled to Barbados with Sue (left) and Emma Clarke (right).



**Erin Grady, Broker**

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