Cochran wins state title for hurdles

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

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.

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

STATE CHAMPS!!

By Kevin St. Jarre

The Cape Elizabeth High School girls’ ski team have won their third straight Class B skiing 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 ski 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 SKI TEAM page 4

- see SWIMMING page 7
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 get their children out in a timely and efficient manner. (Besides that, walking those few extra steps is actually GOOD for little Susie and Johnny!)

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

Judy’s Food Pantry - a community feeding itself

Cape Elizabeth United Methodist Church 200 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 Wil- liam Paterson University in New Jersey, will be a featured guest performer.

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

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
Joel Bassett

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!
editor@capecourier.com

S P R I N G I S C O M I N G!

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
Then and Now: Building the Cape Elizabeth story

By Jim Rowe

Since its inception in the 1770s, 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 Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of Cape Elizabeth, or his love for the town of

Through years of painstaking research, he found the site of the wreck in the 1970s. 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 Elizabet

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 regu
distinction was often blurry. Crapo and friends oftentimes used “letters of marque” from privateers under the command of a Captain

After two days of fighting, a truce was reached. The Cape’s cannon 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 reasonab
to a high school senior who has volunteered his 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 class-ess 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.

Local writers at TML on March 23

On Saturday, March 24 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 wel

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 ves
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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 such as:

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 coaches for spending so much 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, the fiscal team, coaches, and all 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, we 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 the budget and will reduce the impact of the school budget on our taxpayers. The FY20 expenditure budget will continue to be analyzed and revised further, 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@capeelizabethschoolso) or call her at 799-2217 by March 14, 2019.

Judy Enright, a facilitator trained 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 that 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-captain for the past two seasons, [she] 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.chisholmski club.org/index.php/ehsc-alpine-shootout-2-24-19

Davis says of CEHS representation at Shootouts, “This year, I think we set a record for Cape Elizabeth with 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 Labony, Tier- nan 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 therapy classes, as well as workshops to promote mindful and compassionate living. She is a practicing Buddhist, and has a background in social work and counseling. Martha enjoys teaching others how to use the lenses of mindfulness in their everyday lives, to help them live with more intention and awareness of the present moment. Martha has been living in Maine for 10 years, she lives in a former schoolhouse overlooking Cape Land Trust property. Martha doesn’t happen to be married about it. www.soulfireassocites.com 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 losing into the sounds and sights of your 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 about mindful moments; those times when our senses are pleasant- ly alert and we notice. We notice sights, sounds, and sensations without jumping ahead into a future state of mindlessness or reliving 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 appreci- ate: “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 individ- uals, 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 way into the lives of Americans.
Unauthorized use of dumpster, car stolen, theft of mail/packages

COMPLAINTS
2-17 Two officers responded to a residence in the Shore Acres area for an unwanted person.
2-15 Two officers responded to a residence in the Shore Acres area for a domestic disturbance.
2-12 An officer met with a resident of the Shore Road area regarding a theft of license plates.
2-10 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 grandchild stating he had been arrested and needed $1,000 for bail and that he 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.

ACCIDENTS
02-05 Bradley Wallace, Bradley, Stephen Ornstein, CEHS
02-07 Steve Carlson, Mary Anderson, Ocean House Road
02-08 William Chard, Leon Horn, 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 Fire Road 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 Shire 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 2 runs to Mercy Hospital

Polly’s Haircare Center
Now located inside
~ CAPE NAILS & SPA ~
337b Ocean House Rd
799-7826

Tammarro Landscaping & Property Services

Winter Services
With not much snow out there this year it allows us to continue with the following services:

• Brush Clearing • Fallen Tree & Limb Clean-up
• Pruning & Invasive Plant Removal

Call for your FREE ESTIMATE: 831-8535
Currently scheduling spring landscaping projects
539 Ocean House Road • Cape Elizabeth, ME

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 trans- fers, 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 em- ployers 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 unknow- ingly 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 Com- mission, and your state’s Attorney General.

Mar 16 - Mar 25, 2019
POLICE, FIRE & RESCUE/NEWS
The Cape Courier - Page 5
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 896,000 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.

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.

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 Hyatt 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 superior 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 musician- ship award.

The recognition of the musical talent with 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.

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

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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 Hyatt 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 superior 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 musician-ship award.

The recognition of the musical talent with 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.

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Swimming
Continued from page 1

going on this 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 everybody 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 hardriest 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 tremendously. 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 he 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.

Cape toons: Lobster stew for a hungry crew

By Jeff Mandell

Continuing her swimming career at Cornell next year,” Raymond said. Lawrence also won the Southwestern Swimming officials scholarship.

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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-breasted nuthatch and Tufted titmouse 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 Pi-tailed 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.

The life you save may be your own.

IT’S HARD TO TALK ABOUT COLONOSCOPIES. BUT HARDER STILL TO FACE A DIAGNOSIS OF COLON CANCER — THE SECOND LEADING CAUSE OF CANCER DEATHS.

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Visit us at portlandgastro.com to learn why colonoscopy is our recommended screening test for colon cancer.

Cape Elizabeth Birding Report

By E. Brooks Bornhoft

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 nutrach and Tufted titmouse 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 Pi-tailed woodpecker and two Red-bellied woodpeckers have also been visiting our neck of the woods.

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All about ticks

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 Griffen Dill from the UMaine Tick Lab, Chuck Labelczyk 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@capeelandtrust.org by Monday, April 1.
Tarling scores 100th regular season high school career points

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.

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 defensively 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

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

The CEHS girls basketball team pictured after winning the award.

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

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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.
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 of the two places 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.)
B. What a butcher might often do around Easter holiday (2 wds.)
C. Teach
D. Old Chevrolet; wanderer
E. Serious criminals; common characters in books by the author mentioned in the quote
F. Bill Clinton denied doing this
G. Who many people would like to meet on dating sites (2 wds.)
H. Common characters at Halloween and in books by the author mentioned in the quote
I. Perry Mason relied on it often in court
J. Wicked, like many characters in books by the author
K. Extreme fright; specialty of the author
L. Fictional Dallas firm from 80s TV (2 wds.)
M. Terrifying quote from character Danny Torrance in a book by the author
N. Type of sauce; Mexican state
O. Includes (2 wds.)
P. Tennis is sometimes played here
Q. Agile; quick
R. Minnesota_________and Manufacturing Company, better known as 3M
S. Improved; sharpened
T. Foolish or asinine person
U. Samantha’s daughter and the speaker of the quote’s mother
V. To remove, as wheat chaff
W. Deadly outbreak most common in Africa (2 wds.)
X. Actor who played in “The Stand” and “Creepshow,” two TV works by the author, and also in “Apollo 13” (2 wds.)
Y. Big name in headphones
Z. Slang phrase for psychotic behavior (2 wds.)

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 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 donates to youth literacy program in Cape Elizabeth

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.

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CAPE CROSTIC/NEWS

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.

By Kevin St. Jarre

CEHS Science Teams compete in Maine Science Bowl


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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

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

Questions, please contact Sarah Gagne at sarahgagne@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 “Home-going” 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 technology 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’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 9:30-11:00 a.m.
- **Morning Book Group** – Second Wednesday from 9:30-11:00 a.m.
- **Writers’ Accountability Group** – Third Wednesday from 9:30-11:00 a.m.
- **Senior Tech** – Fourth Wednesday from 10:30 a.m.-12:00 p.m.
- **NEW! Entrepreneurs Gathering** – First Thursday from 12:30 - 1:30 p.m.
- **/New! Songwriting Workshop** – Fourth Thursday from 6:30-8:00 p.m.
- **Morning Book Group** – Second Tuesday from 9:30-11:00 a.m.
- **Writers’ Accountability Group** – Third Wednesday from 9:30-11:00 a.m.
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- **NEW! Entrepreneurs Gathering** – First Thursday from 12:30 - 1:30 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 & TWEEENS**

**Early Release Art Program:** Painting with Poscas, with Marie Ahern 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 Ahern 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 info is currently not shown on the Library’s website.*
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 re-
duction, improved mood, enhanced empathy and compassion for others, increased at-
tention span and better brain health.
We can apply mindfulness practices to challenging situations in a way that ben-
efits 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 bod-
ies and beings.
Next time you’re feeling anxious, frustrat-
ted, angry or scared, try this: When you notice a difficult emotion say to your-
self: “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 experi-
ence. 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 tight-
ness/upset/uncomfortability. Continue breathing deeply, imagining you’re send-
ing 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 prac-
tice; I’ll be interested to hear the results and whether you have any questions.

Light House Masters team has great results at swimming meet
From left to right: Jeremy Phelan, Coach Kerry Kertes, Jen Walker, Julie Merriam, Ellen Brewer, Orion Huey, Tandy Ratliff, Jim Newton
The small but successful group had out-
standing 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
team swims, Orion and Jer-
emy 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.

Mindful  
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.
Join us for Craftsmasters 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 Fri-
day 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,

story hour with Jud Cas-
well, 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 Maczoon
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 proj-
ects to benefit shelter animals. This month:
learn about animal-safe candy choices.

M ad 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 but-
tons, balls, clips, gears and all kinds of doo-
dads as you let your imagination and creative
spirit run wild. No registration necessary.

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Mar 14 - Mar 25, 2019
LIBRARY/NEWS
St. Alban’s to host Celtic music concert on March 1

A group of prominent Portland musicians will usher in St. Patrick’s Day with a spirited evening of Celtic music and song on Friday, March 15 at Cape Elizabeth Church of the Nazarene. www.ceumc.org

St. Albans’ Episcopal Church.

A choir leader and composer, Kovacevic has long been a part of St. Alban’s musical 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.

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. Albans’. For more information, visit 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.
CLASSIFIEDS/ANNOUNCEMENTS

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Next deadlines March 15th For Issue Dates March 26th

St. Patrick’s weekend

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.

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!
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-exploring 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 had 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 committee recently launched a comprehensive website, with design services donated by local marketing and website services firm Fisher Green Creative. Visit pondcoveplayground.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!

Alzheimer’s disease is not something families plan for. We get that.

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WoodlandsMaine.com

Contributed photo

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Working with buyers & sellers for over 25 years in our community. Please contact me for all of your real estate needs. I would love to work with you!