CEHS freshman and team receives $10k for summit

By Kevin St. Jarre

Aela Mansmann, backed by members of her team, is presented by U.S. Cellular with a large check for $10,000 which will support an upcoming regional summit focusing on sexual assault prevention.

Aela Mansmann, a freshman at Cape Elizabeth High School has been selected as one of U.S. Cellular’s “16 under 16: The Future of Good” recipients, on behalf of SafelBAE.

In a statement, U.S. Cellular said they are “celebrating young humanitarians by amplifying the good they have done. Aela and her team will receive $10,000 for an upcoming regional summit focusing on sexual assault prevention.”

The statement went on to say, “With the help of a diverse team of student leaders from four area high schools, she has created an entirely student-lead summit on sexual assault prevention to be held at Southern Maine Community College on May 22, 2019 where 1500 students, plus teachers, from four area high schools throughout Greater Portland have been invited to attend the summit at no cost. Through Aela’s leadership skills, she and her team have secured dozens of local and national direct service agencies to present at the conference, hosted fundraisers, written grants, and secured celebrity presenters, Torrey DeVitto and Reggie Walker. The group is also working with their local Senator, Rebecca Millett, to create comprehensive consent education legislation. When Mansmann was asked how it felt to be recognized with this award, she said, “Receiving this award is a true honor. I am so fortunate that the summit planning committee and I now have secured resources to fund our efforts.”

Municipal budget proposal up 6.6 percent for fiscal 2020

Town Manager Matthew Sturgis has presented a $13.62 million budget recommendation for fiscal 2020 for town and Community Services, up $848,754 over this year, an increase of 6.6 percent.

The proposal would bring taxes for these services to $4.74 per $1,000 of assessed valuation in 2019-20, up 19 cents over this year, an increase of 4.1 percent. The lion’s share, $646,801 (76 percent), of the spending increase is personnel related, Sturgis said in his budget message. The proposal provides for an average two percent wage increase, and an expansion from two to four per-diem fire personnel to improve the town’s safety coverage. An additional $75,000 is budgeted to convert empty space to bedroom space at the Town Center Fire Station to accommodate the additional personnel.

New fees from ecomaine for disposal of recyclable material ($35 per ton) and for solid waste ($73 per ton, up from $70 in 2018-19), also contribute to the spending increase.

Offsetting the increase is an anticipated $456,393 (9.1 percent) increase in revenues other than property tax. The budget projects $2.2 million from excise taxes, $50,000 more than this year; and, increases in revenue from Community Services programs. “Community Services revenues were adjusted to further reflect the increase,” Sturgis said in his budget message.

Golden Corral buys former Cumberland Farms lot, plans intimate, all-you-can-eat, bistro in town center

By Marty Mullen

The former Cumberland Farms lot on Ocean House Road has been purchased and plans to open “Audra’s,” which they describe as an upscale, buffet style, eatery. Groundbreaking is scheduled to take place April 22.

A spokesperson for Investors Management Corp, the parent company of Golden Corral confirmed on March 12 that they have purchased the former Cumberland Farms lot on Ocean House Road and plan to open “Audra’s,” which they describe as an upscale, buffet style, eatery. Groundbreaking is scheduled to take place April 22.

Although Cape Elizabeth’s Planning Board has long been reluctant to allow franchises into town, Golden Corral has assured members of the board that Audra’s is a stand-alone restaurant, and although it will feature, among other things, Golden Corral’s signature crab legs and chocolate fountain, it is not an official Golden Corral franchise.

James Maynard, Golden Corral’s chairman, compared Audra’s to their other unique venues, Nick’s in Rockport, Heath’s in York, and Jarrod’s in Portsmouth, New Hampshire. Maynard admits to being a huge Big Valley fan. Maynard is confident the restaurant will be successful. “The model works,” he said, “get em’ in, get em’ fed, get em’ out. It’s really that simple.”

A public forum will take place at Town Hall on April 23 at 6:30 p.m. to allow the Planning Board to explain their rationale and allay any concerns that residents may have. This will be an informative meeting only; no questions will be heard by residents. Concerned citizens who are unable to make the meeting are welcome to call Golden Corral’s Customer Service number, 1-800-867-5309, and ask to speak with April Pchoolz.
Dates designated for Plogging Weeks

The weeks of April 21–27 and Oct. 13-19, 2019 have been designated in Cape Elizabeth as Plogging Weeks. The Town Council endorsed the proposal, endorsed also by the Recycling Committee and requested by Fowler Road resident Bruce Rayner, following a presentation by Rayner at their meeting March 11.

Plogging is happening on any given day or week in Cape Elizabeth and around the world, but Rayner hopes that dedicating two weeks a year to the practice of jogging (or walking or cycling), and picking up trash along the way, will add more fuel to the phenomenon.

“The idea is that we want community members to participate in the plogging activity to help to keep the roads, the trails, the beaches, the beautiful places we all love and cherish in Cape as clean as possible,” Rayner said.

On New Year’s Day, 2019, Rayner jogged the mile from his Fowler Road home to the entrance of Crescent Beach, plogging both sides of the road. He collected 32 pounds of trash, including 54 redeemable bottles and cans, some pieces of polystyrene (a known carcinogen), two windshield wipers and “a lot” of paper, cardboard and plastic, he said.

The council voted unanimously to endorse the proposal, leaving coordination and publicity to the Recycling Committee. Rayner said his idea is to place a dumpster at the Recycling Center to collect what Plogging Week participants bring in, and to separate and document what’s being found before disposing of it properly.

The designated weeks align with Earth Day (April 22) and Indigenous Peoples Day (Oct. 14), and precede the extended (Sunday) hours for spring and fall clean up at the Recycling Center’s refuse-disposal area.

Thank you!

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

Thank you to this recent generous contributor:

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Checks made out to The Cape Courier may be mailed to P.O. Box 6242, Cape Elizabeth, ME 04107. Future contributions will be acknowledged in an alphabetical fashion. Each donation includes a message on your correspondence if you prefer to remain anonymous.

Liberatory employees and volunteers ‘professional and sincere’

Amidst a career change and a health care residency that involved extensive preparation and board examination study, I found myself at the Thomas Memorial Library several hundred hours over the past year.

During that time, I had many interactions with the library staff. While the amenities are a gem, I found the employees and volunteers to be equally so!

The level of professionalism and sincere helpful responses to my questions were above reproach. While my days varied greatly, I could always count on our library staff to be steady and provide me with the direction I sought without fail. This level of care and regard was on display for all of the library patrons with their countless questions as well.

While we can be proud of our new library, we should also reserve pride for its employees. I certainly do. I passed my boards recently, and in no small part, our library and staff, played a key role in my achievements. To our library employees and volunteers—my best and my thanks!

Brett C. Seekins

Update from the State House

Senator Rebecca Millett (left) and Representative Anne Carney (right)

Flavored Tobacco Products,” (sponsored by Sen. Millett) proposes a complete ban on the sale of flavored tobacco products in Maine. Flavored tobacco is widely recognized as a major contributing factor to the sharp increase in rates of teen tobacco use. LD 1190 would eliminate exemptions in existing Maine law and completely ban the sale of such products to combat the epidemic.

The Committee on Criminal Justice and Public Safety heard LD 316 (sponsored by Rep. Carney), a bill addressing financial exploitation of older Mainers, and approved the bill on a 13-1 vote. Testimony focused on the scope and sophistication of the scams affecting members of our community, and the importance of having additional enforcement tools. Witnesses from law enforcement, financial institutions and the legal profession spoke to the need for a “culture change” to help protect Maine seniors. Working with stakeholders, we expanded the scope of the bill and shifted the focus to protect vulnerable persons regard less of age.

This bill has had strong bipartisan support throughout the legislative process. If enacted, LD 316 would address significant financial crimes — theft by deception, theft by misapplication of property, theft by unauthorized taking, and misuse of entrusted property. The bill focuses on felony levels when the owner of the property is a vulnerable person.

The Committee on Environment and Natural Resources is also advancing legislation that would prohibit styrofoam. Recognized by the commercial name Styrofoam, polystyrene is not recyclable in Maine, and does not biodegrade for hundreds of years; as it breaks down into microplastics, polystyrene harms birds, marine life, and likely humans. The committee is set to approve LD 289, which combines LD 621 (sponsored by Rep. Carney) with a similar bill. If enacted, this bill will restrict the use of polystyrene food service containers statewide beginning Jan. 1, 2021.

It is our honor to serve you in Augusta. If you have questions or comments, please let us know. You can email Sen. Millett at senrebecca.millett@gmail.com and Rep. Carney at anne.carney@legislature.maine.gov.
Then and Now: A recent acquisition

By Jim Rowe

The Cape Elizabeth Historical Preservation Society is extremely grateful for the recent acquisition pictured above.

A gift of Peter W. Benoit (see Then and Now in the March 13 Cape Courier), the plaque consists of the organizational insignia pins for many of the major outfits that served at Fort Williams during the early- to mid-twentieth century.

As they appear on the plaque:

Harbor Defense of Portland Coast Artillery

CEHPS meeting on April 16 at TML

The Cape Elizabeth Historical Preservation Society will meet on Tuesday, April 16 at Thomas Memorial Library at 6:30 p.m.

This is a departure from our usual venue, date and time. We will be commemorating the 100th anniversary of the dedication of Thomas Memorial Library. The original library was housed in the Spurwink School and was a gift to the town by William Widgery Thomas; diplomat, statesman, educator, immigration sponsor and philanthropist. An accompanying exhibit will be on display on the lower level of the library throughout the month of April.

Please join us for this important commemoration. All CEHPS programs and meetings are free and open to the public. Refreshments will be available.

Inagural year of tax-rebate program reaches 132 seniors

In the first of what will be an annual report, Town Assessor Clinton Swett said at the March 11 Town Council meeting that 132 applications were approved for the rebate program adopted by the Town Council in January. Checks totaling $64,407 were mailed to seniors who qualified, leaving $10,593 from the $75,000 that was budgeted. “Hopefully in next year’s budget we can see a minor increase in that pot because, neighbors are talking to neighbors, and it’s going to become more popular,” Swett said. The program is modeled after similar ones in neighboring communities. Seniors 65 and older with an annual household income of no more than $60,000, who have lived in their homes for at least 10 years, are eligible for a rebate of up to $500.

Most applicants qualified for the full $500, Swett said. “I met all 132 of these applicants, they came to my office and, what a wonderful group of people, they were so appreciative of the program,” he said.

CETV streaming video expands to Roku, Apple TV

Cape Elizabeth Television (CETV) is now available on Roku and Apple TV.

You can view CETV live, as well as recordings of town government meetings and public-access programming, by adding the Cablecast Screenweave streaming channel to your Roku or Apple TV lineup. To add the channel:

• Open the channel and scroll to “Cape Elizabeth Television (CETV)” • Select the banner (see image below) on your device and choose the live stream or CETV’s stream is also available on the web, https://cetv.capeelizabeth.org, or on Spectrum Cable Channel 1302.

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Residential burglary complaint, vehicle passes bus with stop light on and sign deployed

Reported by Marta Girouard

COMPLAINTS

2-26 An officer met with a resident of the Mitchell Road area regarding a tenant/landlord situation. Nothing appeared to be missing from the house.

2-26 An officer met with a subject in the Scotts Bay Road area regarding a trespass complaint.

2-28 An officer met with a resident of the Shore Road area regarding a residential burglary complaint. Nothing appeared to be missing from the house.

3-1 An officer met with a school bus driver while he had the red stop light on and the stop sign deployed. A partial plate was obtained and case is under further investigation.

3-1 An officer met with a subject in the Ocean House Road area who advised he had received a call from a subject with a foreign accent claiming to represent a company the victim had purchased a product from and the victim’s bank account had been hacked.

3-2 An officer met with a resident of the Oakhurst area regarding a dog bite complaint.

3-2 An officer met with a subject regarding a domestic situation.

3-3 An officer met with a resident of Massachusetts regarding a dog bite complaint.

3-4 An officer met with a resident of the Old Ocean House Road area who advised he had received a call from a subject with a foreign accent claiming to represent a company the victim had purchased virus protection software from and that the company was closing and needed to refund the purchase price ($250) to the victim. The victim logged onto his computer and noticed that $2500 had been deposited. The caller then stated a mistake was made and asked the victim to go to the bank and purchase 4 Best Buy gift cards and return home for further instructions. The victim stopped at the bank to verify that $2500 had actually been deposited and instead learned that $2500 had been transferred from the savings account into the checking account. The victim stated he did not provide any account numbers to the caller and that it is possible his computer was hacked.

3-5 Two officers responded to a residence in the Ocean House Road area for a well-being check.

Cape Elizabeth Police Department has been receiving numerous fraud complaints. Included in these complaints is a scam in which a criminal, calling from a private number, offers a refund of $250 for a computer virus protection policy they claim was purchased years ago. The criminal asks the victim for their checking account number and proceeds to deposit a fraudulent check into the account. The victim's checking account shows that a deposit has been made for $250. The criminal claims the extra money was a mistake and asks the victim to purchase four $50 gift cards to pay back the difference. The victim's bank will eventually find the deposited check to be fraudulent and the victim will have lost $2000.

Be cautious when giving personal information to anyone who has initiated contact with you. Be suspicious if anyone asks you over the phone to pay a bill using gift cards. Please call the Cape Elizabeth Police Department if you receive a suspicious phone call, email or letter.

CEPD receiving numerous fraud complaints

The Cape Elizabeth Police Department has been receiving numerous fraud complaints. Included in these complaints is a scam in which a criminal, calling from a private number, offers a refund of $250 for a computer virus protection policy they claim was purchased years ago. The criminal asks the victim for their checking account number and proceeds to deposit a fraudulent check into the account. The victim's checking account shows that a deposit has been made for $250. The criminal claims the extra money was a mistake and asks the victim to purchase four $50 gift cards to pay back the difference. The victim's bank will eventually find the deposited check to be fraudulent and the victim will have lost $2000.

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Scam alert bulletin board

By Jessica D. Simpson

Fake charity scams

Getting a request to donate to a charity? Before you give, make sure your hard-earned money is going to the intended cause. Unfortunately, con artists will try to take advantage of your good nature and pressure you to make contributions to their scam charities. Before you donate, first follow these tips: Watch out for charities with names that sound similar to well-known organizations. Never give payment information to an unsolicited caller or email. Do not pay in cash. Instead, donate by credit card or check made payable to the charity. Do your research by contacting your state’s charity regulator or consulting a charity rating organization such as charitynavigator.org. Don’t feel bad about saying “no” to charitable requests you are not comfortable with.

Jury duty scams

Jury duty scams are one of the most common and tricky variations of impostor scams out there. Typically these scams begin with a phone call claiming you failed to report for jury duty and that a warrant is out for your arrest. The scammer might ask you for personal information, such as your Social Security number, to verify your identity. Additionally, the scammer might ask you to pay a fine via wire transfer, gift card or credit card to avoid arrest. Remember that real U.S. court officials and law enforcement officers will not call you and ask for personal information, request money to pay a fine, nor will they threaten you with immediate arrest. Courts typically communicate by mail. If you have any doubt about the correspondence you received from your county courthouse, independently research the phone number and call to verify it came from them.

Coffee with a cop

Join your neighbors and police officers for relaxed conversation over coffee on Friday, March 29, 9:00 a.m. at CSalt.

No agendas or speeches, just an opportunity to ask questions, voice concerns and get to know the officers in Cape Elizabeth.

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03-04  South Portland Mutual Aid
03-04  Katahdin Road Low Hanging Utility Wire
03-04  South Portland Mutual Aid
03-08  South Portland Mutual Aid
03-09  Susan Road Water Problem
03-10 Mitchell Road Fuel Leak

RESCUE CALLS

There were 19 runs to Maine Medical Center. There was 3 runs to Mercy Hospital. There were 6 patients treated by rescue personnel but not transported.
The days are getting longer and seemingly equally busy. During the February 12 Regular Business Meeting Jennifer Kent, Executive Director of MEA Benefits Trust, provided the School Board with an explanation on how insurance rates are determined for CESD. While our district has a history of low high-cost claims and Per-Member-Per-Month expenditures that are 3.4% lower than the MEA/BT average, one year of increased claims — as was the case in 2017 and 2018 — increases rates for the immediate future.

School Board members asked if there are ways to mitigate the impact for the years in which high-cost claims increase. Ms. Kent explained that through the MEAT’s Onlife Wellness program, eligible members are provided incentives for pursuing preventive care and thus, hopefully, reducing the need for high-cost claims. While our district has nearly 500 eligible members, less than half have registered with the Onlife Wellness program. The School Board discussed that it wishes to have this program promoted more within the district and hopes that administrators will encourage their faculty to participate.

At the same business meeting, the School Board recognized the passing of Bill Gross, a long-term volunteer physics tutor at CEHS. Just last year, Mr. Gross was recognized by the Board as one of several community members who have donated countless hours of their time to our students. The School Board feels a deep sense of gratitude to volunteers like Mr. Gross and offers their sincere condolences to his family.

Lastly, at the same business meeting CEHS students Lilli Frame, Ari Zeitlin, Raina Sparks, and Helen Strout communed with the School Board that there is a need for gender-inclusive bathrooms at CEHS. Stating that as the number of people who self-identify as transgender, non-binary and gender-neutral increases, the need for greater sensitivity and inclusion also increases. Currently, there are no gender-neutral bathrooms at CEHS. For students who identify as trans or gender nonconforming, there is no restroom in which they feel counted, comfortable and welcomed. The School Board, while stating their support of establishing one to two gender-neutral restrooms at CEHS, requested that presenters make a greater effort to communicate with their peers and render their support. The School Board hopes to hear more on this subject within the next two months.

As always, recordings of all School Board Regular Business Meetings are available at the CETF website and CESD website.

**BUDGET:**

The School Board is in full swing with the budget season. On February 15 the State released its subsidy reports. Cape Elizabeth has received a $33% increase in funding from last year. While it is far from covering half of CESD expenditures, the School Board is grateful that the district will not be facing another year of steep cuts.

At this point, all departments have presented their budgets and the School Board is in the process of evaluating all line items during budget workshops. The first opportunity for Q&A came on the February 26 workshop. During this workshop, Board members worked their way through questions for PCES, CEMS and CESD administrators.

On March 5, the following departments had the opportunity to answer questions: Special Education, Facilities and Transportation, Improvement of Instruction, Technology and the Office of the Superintendent.

Workshops for only the School Board Budget Review as they currently stand, are as follows:

- Tuesday, March 26, Budget Workshop Q&A, 6:30 - 8:30 p.m., CESD Library.
- Thursday, April 4, Final Budget Workshop Q&A, 6:30 - 8:30 p.m., Town Hall Chambers. Health insurance costs will be provided and discussed, as well as any outstanding questions.

The School Board highly encourages community members to participate in the budget process. Questions and comments should be emailed directly to the School Board with the committee’s conclusion that they strongly recommend the inclusion of $189,060 for a comprehensive Needs Assessment Study within the district’s FY20 budget. The School Board voted 7-0 in favor of including this amount in the FY20 budget. For a complete review of the process and findings of the committee, please refer to the recently published Executive Review located under the Needs Assessment Committee tab on the school website.

**POLICY:**

The policy committee met on February 7 to continue the ongoing review of CESD policies. At the February 12 School Board meeting revised versions of the following policies were adopted by vote of the Board:

- **KF:** Community Use of School Facilities; ECB: Integrated Pest Management; EEAEAA: Drug and Alcohol Testing for School Bus Drivers; and IHOA: Field Trips

Revisions adopted include:

- **KF:** Community Use of School Facilities - the policy was updated to reflect the Maine School Management Association policy. Regulations and Guidelines for Community use of School Facilities set forth in KF-R remain unchanged.

Policy ECB: Integrated Pest Management - revised to include current regulatory requirements.

IHOA: Field Trips - Certain transportation related details were removed to be included in a separate transportation policy. The adopted revised Field Trips policy will reflect regulatory requirements and clarify information required in field trip permission slips.

At the February 7 policy meeting, the committee also reviewed the following policies for a first reading:

- IHBAC: Child Find
- IHNCA: School Property Disposition
- GCCF: Recruiting & Hiring of Administrative Staff
- JRA: Student Education Records & Information
- JRA-R: Student Education Records & Information - Procedure

The above listed policies were reviewed and the committee determined that certain updates should be implemented to reflect regulatory requirements. The committee also updated the School Property Disposition to adjust certain financial thresholds to reflect inflation. The above policies will be voted on by the full Board at the March 12 School Board Regular Business Meeting.

All policies are posted on the CESD website in the School Board section policy tab. Policy Committee meetings occur once per month and are open to the public. The next policy meeting is scheduled for March 26 at 3:00 p.m. in the Jordan Conference Room.

**FUTURE DATES:**

- Tuesday, March 26, Special Budget Workshop, 6:30 - 8:30 p.m., CESD Library & Learning Commons.
- Thursday, April 4, Special Budget Workshop, 6:30 - 8:30 p.m., Town Hall Chambers. Health insurance costs will be provided and discussed, as well as any outstanding questions.

The School Board highly encourages community members to participate in the budget process. Questions and comments should be emailed directly to the School Board. All budget-related materials and schedules can be found online at the CESD website.

**FACILITIES STUDY:**

During the February 12 Business Meeting, Jamie Garvin, Town Council Chair and committee member of the Needs Assessment Committee presented the School Board with the committee’s conclusion that they strongly recommend the inclusion of $189,060 for a comprehensive Needs Assessment Study within the district’s FY20 budget. The School Board voted 7-0 in favor of including this amount in the FY20 budget. For a complete review of the process and findings of the committee, please refer to the recently published Executive Review located under the Needs Assessment Committee tab on the school website.

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Organizational Habits

By Janie Downey Maxwell

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

How can we build a more loving world?

A few weeks ago I was part of a great discussion at the Thomas Memorial Library’s Democracy Cafe about ways we can create a more loving world. Wouldn’t it be awesome to live in a more loving world? How can we work as a team to make that happen?

Greet strangers with warmth

Most people are kind when you’re kind to them. And while it can be intimidating to start a conversation with someone you don’t know, it’s a blast to meet as strangers and leave as friends. Most people are looking for community and connections and welcome a friendly smile. Trust that it’s never wrong to be kind.

Don’t waste time on fear, anger, gossip or negativity

When you’re afraid of something, stand your ground in your body and in your mind. Stop and breathe to help the fear or anger pass. When you catch yourself starting to jump in on gossip, stop. And choose humor over anger or negativity when things go amiss. Everything that happens to you is a lesson. You have a limited amount of time here on Earth. How do you want to spend it?

Accept things you can’t change and move on

You can’t always change the world around you or the people around you, but you can change how you react to your circumstances. Everything in your life isn’t going to be perfect. You can choose to be fussy. Choose to be happy.

Stick to your word

Show up on time. Be someone other people trust and can depend on.

Leave things a little better than you found them

For me, this includes picking up trash when I see it and straightening up public bathrooms!

Do work that’s beneficial to your community — however you define community

Be generous

Being generous doesn’t necessarily mean giving away money. Share what you have — time, energy, ideas, love.

Be curious

Curiosity helps you connect with people and with the world. Being curious at a core level means you are always learning no matter where you are or what you’re doing.

Take responsibility for your actions

Past, present and future — lead by example.

Celebrate each day

Even your worst days teach you something. We live on an amazing blue planet. Wouldn’t it be nice if it were a more loving place?

Finally, Achieve 100% Total Darkness.

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Our Library: Making a Difference

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

How the Thomas Memorial Library helped me build an environmentally-friendly business

By Jodi Breau, President of Dental Lace, Inc.

For years, I’ve been concerned about the environmental damage of plastic waste, especially the enormous islands of floating plastic garbage in the Pacific and North Atlantic Oceans. One day, about 15 years ago, as I was flossing my teeth in the staff bathroom at the school where I worked at the time, I had an epiphany. When I returned to my library, I talked to a handful of my staff about how plastic floss containers are not recyclable or visually appealing. They commiserated and agreed that someone ought to change this. Someone suggested, “That someone could be you. Why don’t you change it?” At the time, the idea seemed totally crazy. Yet, over the years, I became obsessed with the problem and the possibilities for change.

I retired in 2014 after 33 years as a school librarian, my husband suggested that I start an environmentally-conscious dental floss business since I’d been flossing my teeth at school. I had an average of 100 students a day. It was overwhelming. Then a storm hit Maine in late October that year. We lost electricity due to the storm and my online business was closed at a time when retailers were placing their orders for Black Friday sales. Luckily, the library opened the day after the storm and I was able to reopen my online stores and fulfill orders right from one of the library’s computers. I was able to spread out all over the place: on the floor and in every nook and cranny. I printed off mailing labels and orders in the library with- out a hitch. My local library saved me from what could have been a major blow to my business.

Dental Lace was sold in 39 countries and made a net profit in 2018. My business also won an American Small Business Champion Award from SCORE in 2018. I expect 2019 to be an even better year with continued growth. The Thomas Memorial Library was a key resource for me that helped make Dental Lace successful. And for that, I’m forever grateful.

Library Foundation Note: While Jodi Breau’s inspiring story is unique, there are an increasing number of new start-ups in Maine, many by retired individuals. Our library just started an Entrepreneur’s Discussion Group. Check the Cape Courier or the library’s website (www.thomasmemoriallibrary.org) for dates and times.
By Mara DeGeorge

It was a clear, sunny, beautiful day, Christ- 
mas morning 2018, and Cape Elizabeth resi- 
dent Tom Clarke and his twenty-three-year- 
old son decided to go ice-skating on Great Pond. They got to the pond and faced up their gear. Another family plus a few more were out skating. The ice seemed firm. They wen- ured the boat docks close to the Fenway Road trail entrance to the pond. They en- tered the ice from the beach and went right to skate. All seemed great, until wasn’t.

I saw this person skating and he looked like a good skater, I assumed he was a for- mer high school hockey player. There was plenty of space, so people were skating separately. All of a sudden he wasn’t skating any more and we saw his arms flailing,” said Tom Clarke, of his experience.

The air temperature was below freezing, probably in the 20s and it had been cold recently. The young man was in the wa- ter and Clarke knew he needed to do some- thing quickly. Having enjoyed Great Pond for years, he knew of the rescue floats that are available around town. He immediately knew where the closest float was and bolted back to grab it.

Clarke shared, “It took me a few tries to throw it to him. If two people were on the ice near each other, you could see the ice spidering, so I knew we couldn’t get too close. After we pulled him out, we needed to continue to pull him along the ice a ways to clear him past the broken ice patches. Since the ice was thicker closer to shore, we had to drag him across the ice to get him to safety.”

Another bystander did his part by calling 911. Even though bystanders performed the rescue, Fire Department Engine Company 3 and Rescue personnel were present and available when the young man was dragged to the beach and brought him to the ambulance, clearing him past the broken ice patches. Since the ice was thicker closer to shore, we had to drag him across the ice to get him to safety.

Fort Williams at the Pond
Beyers - End of Bellfield Road (2)
Strawberry Fields on Two Lights - Irriga- tion Pond
Lions Field (2)
Pond behind Home. Jordan’s farm
Two Lights State Park
Great Pond (2)
Purpoodock (2)
Corner of Wells Road

Asked to describe his reaction to this Great Pond bystander rescue, Stout says, “We felt proud. We’ve been doing this for a long time. We’ve said that if this program can save one life in 50 years, then it’s worth it.”

The 911 call came in as Person In Water. It was known that a bystander used the WETeam’s buoy and rescue line positioned near the pond. This is a pretty significant deal, as it validates CEFD’s approach to putting the gear out, and more importantly shows how bystanders can safely affect non-entry res- cues.

General Winter Safety Tips

- Leave your car or truck on shore. Every year several motor vehicles go through the ice on lakes, and people have drowned as a result.
- Leave information about your plans with someone — where you intend to fish, skate, walk, etc., and when you expect to return.
- Wear a personal flotation device and don’t go out alone.
- Dress for the cold weather. Wear sev- eral layers of loose-fitting, breathable layers of clothing. Also wear hats, gloves or mittens and warmers for hands and feet to prevent frostbite and hypothermia.
- Go out with a friend. Ice fishing, skat- ing, snowshoeing, walking, etc., are great activities to share with family members and friends, and having a partner with you increases both the fun and the safety.
- Ice varies in thickness and condition. Al- ways carry an ice spud or chisel to check ice as you proceed.
- Be extremely cautious crossing ice near river mouths, points of land, bridges, islands, and over reefs and springs. Current almost always causes ice to be thinner over these areas.
- Be aware of changeable weather and ice conditions, especially after a period of mild, above freezing temperatures. Re-check the ice status before venturing onto it.
- Avoid going onto the ice if it has melted away from the shore. This indicates melt- ing is underway, and ice can shift position as wind direction changes.
- Waves from open water can quickly break up large areas of ice. If you can see open water in the lake and the wind picks up, get off.
- Bring your fully-charged cell phone with you.
- Carry a set of hand spikes to help you work your way out onto the surface of the ice if you go through. Holding one in each

hand, you can alternately punch them into the ice and pull yourself up and out. You can make these at home, using large nails, or you can purchase them at stores that sell fishing supplies.
- Carry a safety line that can be thrown to someone who has gone through the ice.
- Heated fishing shelters must have good ventilation to prevent deadly carbon monox- ide poisoning. Open a window or the door part way to allow in fresh air.

Call for new WETeam partici- pants
Cape Elizabeth is fortunate to have a ded- icated, strong WETeam to assist in keeping our coastline safe. Members may specialize as swimmers, boat operators, riggers or res- cuers for technical rescue, as well as support in communications and equipment. Most members are proficient across many of the skills. New members are welcome with or without experience. To be a member of the WETeam, no knowledge is required. Train- ing is provided and there are plenty of roles for people who don’t even get in the water. The WETeam is always looking for peo- ple interested in joining the effort. Lieuten- ant Jim Fraser says, “You do not have to put out fires, but must be comfortable to work on the water, be an able swimmer or diver (we do not currently function as a dive team, but will support DT response when requested), spend time climbing rocks and hiking or dancing from rope, or just want to see if you can make a contribution and do- something. We teach some core skills and let members become involved as they wish.”

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The Cape Courier - Page 7

Fully Involved: A view into CEFD, Great Pond ice rescue
CEEF funds Pond Cove outdoor classroom renovation and pushes playground campaign over halfway mark

By Lindsay Barrett and Liz McEvoy

The Cape Elizabeth Education Foundation announced a large-impact grant that will contribute $50,000 to renovate and expand Natureland, the outdoor classroom component of the Pond Cove playground.

CEEF specifically chose to direct their contribution towards the Natureland portion of the playground project because of the ongoing opportunities the space will provide for innovation and student learning. “CEEF is thrilled to provide an accessible space for exploration and education that will benefit a generation of Cape Students” said CEEF Executive Director Liz McEvoy. “Our mission is to fund innovation in Cape schools, and expanding opportunities with an enhanced outdoor classroom, weather stations, and garden area was a natural fit.” CEEF large-impact grants in the past have included the Cape Elizabeth Middle School Library and Learning Commons, and the Math Lab at Pond Cove.

Natureland was originally built 11 years ago. As part of the renovation, the current classroom garden area will be relocated to accommodate irrigation challenges. The existing degraded gazebo will also be rebuilt. This is a composting area with student-friendly equipment, and features to support student observation of wildlife, plant life cycles, weather, and seasonal changes. The design aims to engage all students’ senses, inspire wonder, and encourage stewardship of the environment.

CEEF grants and the funding of the Natureland space is made possible through the generous support of donors to the Cape Elizabeth Education Foundation (See cefef.org for more information on CEEF grants). The CEEF contribution is especially noteworthy because it helps the Learn, Play, Grow Outside playground campaign unlock an additional $50,000 contribution from the Cape Elizabeth Town Council, accessed by raising a matching amount of outside funds. The combined contributions of CEEF and the Town Council comprise half of the total $300,000 playground project fundraising goal.

For construction to be completed this summer, the remaining $150,000 must be raised by June. Pond Cove students will help build excitement for the project with a Pond Cove’s Got Talent “Fun-raiser on May 1 at 6 p.m. Visit pondcoveplayground.org for event updates, to make a donation, and to learn about sponsorship and in-kind donation opportunities.

Capteoons: Runner’s Tip: How to make sure you get splattered

By Jeff Mandell

1. Wear black so it’s hard for drivers to see you.
2. Run with your back to traffic so you don’t see cars coming up behind you.
3. Wear headphones or ear buds so you don’t hear traffic in either direction.
4. Run close to the line of traffic.
5. Run side-by-side with another runner when cars approach.

CEMS Mental Health Initiative Read Aloud

By Jill Young

In the fall, Cape Elizabeth Middle School launched a mental health initiative, “You Will Be Found...@CEMS,” in hopes of promoting awareness and smashing the stigma surrounding mental health. This initiative is funded and supported by the Cape Elizabeth Education Foundation (CEEF) and The Thompson Family Mental Health Initiative Fund. As a part of this program, we are excited to conduct a community book read aloud with a mental health theme. The book chosen, “Finding Perfect,” delivers a compelling story of a middle school aged girl struggling with anxiety and OCD. Through her struggles, she will eventually learn that there is no such thing as perfect. “Beyond darkness, there is light. Beyond fear, there is hope. Beyond the perfection, there is me. Imperfect and beautiful.”

All CEMS students and staff will be provided with a copy of “Finding Perfect.” The author, Elly Swartz, will kick off the event by reading the first two chapters to our students and delivering a brief message via a video recording. She will return to visit with our school community once we have finished reading the book and plans to sign all of the copies provided to our students and staff.

After the author reads the first two chapters, the rest of the book will be read by guest readers (community members, staff members, students, mental health advocates, authors, and even a few celebrities). A few chapters will be shared with CEMS students over the intercom daily. The video recordings of the guest readers will be shared via email to staff, students, and parents, and posted on the school website.

We invite you to join us in this effort to spread awareness and smash the stigma associated with mental health! You may follow our community read aloud on our website https://www.capeme.libraryreserve.com starting April 1st. Videos of our guest readers will be posted here as we progress through the book. A few copies of the e-book are also available for parents through the school’s overridden account at https://capeme.libraryreserve.com using a student’s network account.

Only 40 nights. Don’t miss a single bite

Reservations for our summer season open April 8.

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Finding PERFECT

BY ELLY SWARTZ

Book cover of “Finding Perfect”
Award-winning student musicians to perform at Jazz Cabaret on March 29

Tyler Rodenberger and Marianna Godfrey (clarinet) and Tim Gilda (trumpet) perform at the 2018 Jazz Cabaret. This year’s performance will be held on Friday, March 29 at the Cape Elizabeth High School Cafeteria.

Cape Elizabeth Middle School and High School students will perform at the annual Jazz Cabaret on March 29 at the CEHS cafeteria.

The program will include performances by the middle school jazz ensemble, outstanding all-state jazz ensemble, five jazz combos and the award-winning concert jazz band.

The high school concert jazz band, led by Mr. Steve Liotte, was awarded second prize in their division at the Berklee High School Jazz Festival in January. Additionally, several student musicians have earned individual honors including selections to the Southern Maine Middle School Honors Band, District 1 Honors Jazz Band, Honors Festival Treble Choir, All-state Jazz, and All-state Chorus.

The evening will also feature a performance by saxophonist Dr. David Demsey, who is a professor and coordinator of jazz studies at William Paterson University in New Jersey.

Performances start at 6:00 p.m. Tickets are $5 for students, $10 for adults, and $25 for families. Dinner and dessert will be available for purchase.

Summit

Continued from page 1

“...I think it’s really important for adults to let kids lead. So, for any kids reading this, don’t wait for permission to change the world. Find your people, and lean on them as your support system. You are strong enough to do anything you put your mind to; with or without the support of our elders,” she said.

Mansmann points to members of the team, with whom she immediately shares the credit, saying, “The whole vision for the Consent Summit would never have come together without these amazing students: Lillian Frame, Aaron Zeilin, Izabella Rodrigues, and Harry Baker of Cape Elizabeth High School, Jack Kingsley, Abbie Brier, Mia Filieo of South Portland High School, and Eleanor Johnson and Emma Ivy of Casco Bay High School.

These amazing people have committed an outstanding number of hours to putting this summit together. Their dedication, drive, and passion are absolutely incredible, and I look up to each and every one of them.”

As for adults who helped the effort, Mansmann said, “To the three most supportive adults ever: Aaron Filieo, Shael Norris and Torrey DeVitto—thank you for believing in us and for not letting us quit when that’s all we wanted to do.”

Through The Future of Good program, U.S. Cellular selected 16 young humanitarians under 16 for the inspirational acts of good they do in their communities. These 16 youths were selected out of hundreds of nominations from across the country for their efforts to make an important impact on the community around them and connect to the good in all of us with the help of wireless technology. For more information about the summit, go to http://www.safebae.org/maine-summit.

Members of CEHS boys hockey team honored at banquet

Members of the Cape Elizabeth Boys Hockey team, (l to r) Gavin Simopoulos, Garrett Mello, Jackson Woods, Brenden Goss, Stephen Murray, Matt Laughlin and Philip Tarling represented CEHS at the Class B Regional Hockey Banquet on Sunday, March 17 where they were honored with various All Star awards for the 2018-2019 season. Cape Elizabeth finished second behind Greely High School to end another fantastic season.

CEHS computing coding team wins HackME

Two teams from Cape Elizabeth High School competed recently in a computing coding/programming competition held at Falmouth High School, and one of the CEHS teams won first place.

The meet or “hackathon” was called, “HackME2019,” and it was designed to foster an environment for self-expression through technology.

Nine CEHS students worked all day, beginning at 8 a.m., to design an app or website to benefit their community. One team, dubbed “Team Girls + Alex” consisted of students Swetha Papanappan, Margot Amadeis, Connor LaBonty and Ben Dodge. The other team, called “Team Apex,” was made up of members Josh Mayberry, Will Jordan (captain), Ben Dodge and Connor LaBonty.

At 5:30 p.m., after putting in a full day’s work, the Cape teams then presented their work to the judges and to the six other teams.

Team Girls+Alex consisted of Swetha Papanappan, Margot Amadeis, Lauren Abraham, Sean Conley and Alex Ecker.

At 5:30 p.m., after putting in a full day’s work, the Cape teams then presented their work to the judges and to the six other teams.

Team Girls+Alex developed an interactive website called “What’s Up Cape?” that would let the community know what’s going on in town, while Team Apex took home 1st place with their app “Brain Train” designed to combat dementia.

If you see these faces around town... Help us CONGRATULATE them on an award winning 2018!

Doug Shauf
Platinum Club Award, Hall of Fame Award, #4 State of Maine (RE/MAX) & CMN Miracle Agent

Frank Strout
100% Club Award
CMN Miracle Agent

Steve Seabury
Executive Club Award

Rusty Pillsbury
Executive Club Award

Vicki Kennedy
100% Club Award

OceansideMaine.com
Cape Elizabeth schools on search for future

By Kevin St. Jarre

The Cape Elizabeth School District has begun a process that will lead to clearly articulated goals for the future and a comprehensive guide to get there. Over 100 stakeholders came together over a two-day period sharing ideas, insights, and desires in an attempt to collect a sense of what Cape Elizabeth wants from its education system. The effort was facilitated by Judy Enright, who shared that she had done similar work with more than 50 other school districts.

Dr. Donna Wolfrom, superintendent of Cape Elizabeth schools, has called for the departments long-term plan to be refreshed, since the last such goal-setting effort was many years ago.

Of the two-day event, Dr. Wolfrom said, “I was very excited that we had so many community members participate, and I had many positive comments from participants who represented many different groups within our learning community. I was pleased that Senator Millett and Representative Carney came for the entire process as I know how busy they are right now in Augusta. The next step will be analyzing all the data and creating an executive summary with the themes that emerge. Then a committee will work to develop district goals that will have to be approved by the School Board. Following goal adoption, we will work on action steps that will drive our work in Cape Elizabeth for the next five years.

We heard some interesting thoughts emerge this weekend— for example the need to prepare our students better in financial literacy, and to recognize the successes of all of our students, regardless of their pathway. The effort began with some context, when two speakers shared both the history of the community, and then the last two decades of history of the schools.

The participants were divided among 12 tables, and the people at each table were carefully chosen to ensure that the different segments of the community were represented. For example, a table might have had a doctor, a law enforcement officer, a student, a parent, a politician, an assistant principal, and an artist working together to craft various lists designed to elicit what the community as a whole wants to see out of its schools.

Among the information collected, the tables crafted lists of “prouds,” or those things that each table thought were strengths of the school department, and then lists of “sorries,” which were items of concern or challenge. Ultimately, the tables created lists containing items that they would like to see in a vision for the future of Cape’s schools.

Parent Claire Depke said of the day, “I thought that overall the process was really interesting. It did a good job of focusing on the big picture issues facing our students and came up with some forward-thinking ideas for our schools. I was especially impressed with how many people took part and what a richly diverse group they put together. I really enjoyed getting to know everyone at my table and meeting many in our community who I did not know. I feel we all benefited from hearing the shared perspectives of each member of the team and the group as a whole. There is such strong community support for our schools and their commitment to excellence. Additional ideas will hopefully help to give students a greater range of tools to take with them into their adult lives as they navigate their futures.”

All of the work, including dozens of large paper lists and 60 Google documents produced by the Future Search participants, was

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Cape ‘resident’ Bald Eagles

By June Eiesland

Cape Elizabeth resident June Eiesland has spotted a family of Bald Eagles around town over the last couple of months.

On November 3 during a wicked windstorm, I spotted an adult and an immature bald eagle at Kettle Cove. They were flying over the point playing the wind currents in what I deemed to be the advanced turbulence flying lessons. The adult was graceful and not blown around much by the strong gusts, but the youngster struggled and was blown around quite a bit. They kept the lesson going for quite some time, and then moved on.

Then on February 17 while on Great Pond I skated past a fish on top of the ice in an area with no other activity. Later I saw an immature eagle swoop down to pick up that dead fish on the ice. Shortly after came the adult and perched in the same area seeming to study the surroundings and the ice fishing activities. I was able to get pretty close to get a great shot of this majestic bird!

On a recent Saturday while cross country skiing on the marsh by the Gulf Crest trails I spotted two eagles again, one adult and one youngster, flying over head around the marsh, and saw two more further away that looked to be eagles as well by wings alone, although they were not close enough to see coloring. So I conclude we have a resident Bald Eagle pair and their young living somewhere in Cape Elizabeth.
April CELT programs
Sacred Landscapes: Healing the Land

The Cape Elizabeth Land Trust (CELT) is thrilled to offer a presentation led by Ted Campbell II (Rock Inspired Landscapes), about bringing ourselves into harmony with our surroundings. Ted will discuss how he, along with Calvin & Jeni Rayne, incorporate the practices of feng shui, geomancy and earth energies to design a thoughtful landscape design that is in harmony with the land. He is passionate about the human’s connection to nature and energy and wants you to understand how to experience sacred space at your home. For further information on this program, look at the website www.sacred-landscapes.com. This talk, coupled with a PowerPoint slide show will take place at the Community Services Building.

Thursday, April 4 7:00-8:00 p.m.

Cape Elizabeth Community Services: 343 Ocean House Road

Nature Journauling

Cape Elizabeth Land Trust (CELT) is proud to welcome Bowdoin College Professor Emeritus, Nathaniel T. Wheelwright, for a lecture on Nature Journauling. Professor Wheelwright’s presentation will describe the origin of the project and the joys, challenges and fulfillment of keeping a systematic nature journal.

Tuesday, April 3 7:00-8:00 p.m.

CELT office: 330 Ocean House Road, Cape Elizabeth

The above programs are $6.00, and participants can register through Cape Elizabeth Community Services, www.capecommunity-services.org.

Cape Elizabeth Land Trust Board Profiles: Meet Sherm Altenburg

Cape Elizabeth resident Sherm Altenburg is Cape Elizabeth Land Trust’s newest board member. His long-term interest in nature brought him to join the Conservation Leadership Committee. Joining the Board, he says, “I’ve now become a member of the Membership and Development Committee. I realize how important it is to be sure that CELT has what it needs to do its work, so I’ve been helping with that. Because I get my relaxation from painting watercolors, I truly enjoy the annual Paint for Preservation Wet Paint Auction,” said Altenburg.

The Altenburgs also enjoy travel, sailing, and time spent at their “camp” on Sebec Lake, which borders the northern Maine woods. “We love the undeveloped landscape. But when we’re here in Cape, the sheer beauty, solitude, power of the ocean, and open spaces are our true inspiration. It’s worth preserving for generations to come.”

Cape Elizabeth birding report

By E. Brooks Bornhofft

Midway through the second week in March is when the early spring migrants started to show up across Cape Elizabeth. On the morning of March 13 my wife called me to the window to see five Red-winged blackbirds frantically foraging on the bird feeder. According to my records, during the spring of 2018 I did not see Red-winged blackbirds on our feeders until March 25.

Also on March 13 my mother-in-law had been out in the back yard taking stock of her gardens when low and behold a Snowy owl tagged by a Crow flew overhead!

Interestingly I did not see any other reports of a Snowy owl being sighted in that general locale (Two Lights Road). Perhaps this particular Snowy had been further south all winter and was making its way back to the rolling, treeless tundra. In the last couple of years scientists have learned that some Snowy owls will take their time on the spring bound leg back north (versus more of a straight shot), wandering between hinterland and coastline, and able hunt over the open ocean at night, standing atop snow drifts, for example, or on the wing a mile or more out to sea.

Additional notes concerning owls - on March 7 I was awakened by the hooting of a Snowy owl, Bubo scandiacus. Earlier, on the morning of March 11 I encountered a Snowy owl at the Town Beach, Bubo scandiacus. And finally, on the evening of March 15, I could hear a particular Snowy owl making its way through the woods of my bedroom window, Bubo scandiacus.

Daylight savings changes off-leash hours in Robinson Woods

With the return of well-lit afternoons and evenings, our off-leash hours in Robinson Woods have returned to their usual times.

Dogs are now allowed off-leash in:
- Robinson Woods II (the freshwater loop trail) from sunrise to 10 a.m.
- Robinson Woods I (the Outer Loop trail) from 4 p.m. - sunset.

Leashes are required at all times on Belfield Road (the dirt road leading to the pond trail) and the Wildflower Trail.

Dog waste bags are available at the kiosk at Shore Road. Please clean up after your dogs.

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 and the second and fourth Tuesday, December through June.
ADULT PROGRAMS

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, we hope you’ll join us each month to bring in your work and get expert advice from award-winning songwriter, Jud Caswell.

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

Tips to Get Your Writing Published
Thursday, March 28, 6:30-8:00 p.m.
Recent innovations and rapidly changing technology in printing have created a boom in independent publishing. This talk will outline publishing options, both traditional and nontraditional, including what is offered locally. Attendees will get a brief introduction into successful book marketing techniques, find out how to get the assistance they need, and learn about the many organizations that help individuals and society, and on how you can create in your yard with irises. PLEASE NOTE THIS CHANGE: This program will begin at 6:30 p.m.; beverages will be available after the program. All are welcome; you do not need to be a member of the Garden Club to attend and enjoy.

Meet Civil War Novelist Peter Bridgford
Thursday, April 4, 6:30-7:30 p.m.
The seeds of Peter’s Civil War novel Where Eagles Dare Not Perch were planted while sitting in your chair with a handful of deep breathing to calm the nervous system. He went on to study history and is currently on the board of the 5th ME Regiment Museum on Peaks Island. His focus in this novel is on the grim reality of kindred souls. At our CEO (Cape Elisabeth Opportunity) Roundtable, you’ll have the opportunity to share ideas for ads and talk shop. We meet on the first Thursday of each month. Please join us to learn ways to grow your business.

Portland Stage Talk-Back Series: The Skeleton Crew
Saturday, April 6, 1:00-2:00 p.m.
We are excited to have Portland Stage join us this season for a series of “talk-backs” about each of their upcoming shows. In April, Portland Stage takes us behind-the-scenes to discuss some of the technical aspects of The Skeleton Crew. In this play, the future is thrown into uncertainty when rumors seep through a Detroit auto plant at the start of the Great Depression. A makeshift family of workers swap stories, share dreams and make tough choices. Domnique Morrisseau, a noted new voice in the American theater, draws comparison to Lorraine Hansberry, August Wilson and Arthur Miller.

Chair Yoga for a Peaceful, Powerful You
Monday, April 8, 11:30 a.m. – 12:30 a.m.
If you’re an entrepreneur or have your own work in print, you don’t experience of gentle, mindful movement and deep breathing to calm the nervous system of the body. It invites you to relax into the present moment, that place where true power lies. Chair yoga can be practiced at any age. No mats, or towels are needed. Just wear comfortable clothing, sneakers or flat shoes, and bring water to drink.

Democracy Cafe
Tuesday, April 9, 6:30-8:00 p.m.
Our Democracy Cafe meets on the second Tuesday of each month. In April, we’ll be discussing constitutional issues around the Separation of Church and State with a high school project that involved him. He’s the opportunity to share ideas for ads and talk shop. We meet on the first Thursday of each month. Please join us to learn ways to grow your business.

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.
– Momma Book Group – Second Wednesday from 9:30-11:00 a.m.
– Writers’ Accountability Group – Third 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 Thursdays 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. through May 2019

PROGRAMS FOR TEENS & TWEENS

Teen Takeover Returns: Cupcake Wars
see LIBRARY page 13

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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 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 Crafternoons at the library every Thursday from 2:30-3:30 p.m. Kiah and Alyssa will be making a new drop-in craft each week in the Children’s Community Room. Open to teens in grades 6 and up. No registration necessary.

Families Discover Great Artists

For families with children 3 and up Saturday, April 6 3:00 – 4:00 p.m.
Join Miss Kiah for her monthly family art program. Each month, families learn about a famous artist, and then create art inspired by his or her work. This month, explore the work of painter Wassily Kandinsky. No registration necessary.

Solution to March 13 Cape Crostic

Being Stephen King’s kid was not very scary or weird. I went to public schools in Bangor, Maine and had as normal a childhood as you could imagine someone could, living in an enormous red house and being the son of a millionaire best-selling writer. -Owen King, “Entertainment Weekly”

A. OTOLGY LAB
B. WEIGH HAM
C. EDUCATE
D. NOMAD
E. KILLERS
F. INHALING
G. NICE SINGLES
H. GHOLUS
I. EVIDENCE
J. NEFARIOUS
K. TERROR
L. EWING OIL
M. REDRUM
N. TABASCO
O. ADDS IN
P. INDOORS
Q. NIMBLE
R. MINING
S. ENHANCED
T. NINCOMPOOP
U. TAHITIAS
V. WINNOW
W. EBOLA VIRUS
X. ED HARRIS
Y. KOSS
Z. LOONY TUNES
AA. YODA

HackME

Will Jordan, captain of Team Apex, said, “HackMe 2019 was one of the best things I have ever done. It allowed my group and me to express our love for coding and think outside the box in order to help our community. It was a great honor to compete and win and I hope to come compete again next year.”

Swetha Palaipappan, a member of Team Girls-Click, thought the event was rewarding. “I had a blast. I am new to coding but it was a really fun experience. My team was also really fun to work with; we were joking around during the day but at the same time ended up making an amazing website. We had our fair share of challenges during the day but were able to overcome most of them. Overall, I enjoyed it and I am looking forward to other opportunities like this.”

Coding Club coach, CEHS technology integrator and computer programming teacher Ginger Raspiller said, “There were some very creative and excellent entries by eight teams from around Maine. I am very proud of our Cape Coders and their efforts!”

The Cape Carpenter

carpentry • custom decks • interior/exterior painting
tile work • kitchens • bathrooms • create your own to-do list remodeling • finish basements • clean-up garage & attics
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FREE ESTIMATES Dan Tardy 767-5032
then turned over to the school department to aid in the next steps as described by Dr. Wol-
Elli Mckinney Espling joins FO Bailey Real Estate

Elli Mckinney Espling has announced she is now a real estate agent with FO Bailey Real Estate. Elli is the daughter of John and Camilla Mckinney of Ocean House Road and daughter-in-law of Arlene Espling of Spurwink Avenue. Elli most recently served eight years in the Maine House of Representatives including two terms as the Assistant Minority Leader. She ran for the Maine State Senate in 2018. F.O. Bailey is a Maine tradition dating back 200 years in Maine. Elli graduated from Cape Elizabeth High School and has lived in Southern Maine most of her life. She looks forward to helping folks with their real estate needs. You can reach Elli at ellie@fobailey.com or 207-891-8280.

Simple Gifts to Hold Benefit Concert April 13

Simple Gifts, a Cape Elizabeth-based nonprofit which supplies assistance to families experiencing a medical crisis, will hold its annual concert fundraiser at Ocean House Gallery near the library parking area. Furnished individual offices for rent in the center of Cape Elizabeth. Sunny, private, dog friendly. Beautiful location. Call 233-6411.

First Friday at CEMUC on April 5

The Cape Elizabeth United Methodist Church will hold its First Friday evening of games, crafts and a family-friendly film on Friday, April 5 from 5-8 p.m. Activities are for children, teens and adults with games including Giant Twister, Giant Jenga, Giant Chutes and Ladders and Giant Connect-4. The film will be shown on a 16-foot inflatable screen and hot dogs and popcorn will be served before and during the film. This is a free event and the public is invited to attend. The church is located at 280 Ocean House Road (Route 77).

Reminder for Hydrant Shoveling

Lastly, a reminder to consider shoveling the nearest hydrant(s) to your home during and after a storm. Affectionately and informally, the department calls this Adopt-a-Hydrant. Shovel a three-foot diameter after the snow comes through. There are 300+ hydrants in town, so if residents adopt one, the department appreciates having fewer to maintain and can turn their attention to the rest of them.

Look forward to Fully Involved: A View Into CEFD next time, as we feature Use of Donated Structures for Fire Department Training.

CEFD Fully Involved Fun Facts:

- Members: 60+ across five companies: 2 Fire Companies (TCS & CCS), Rescue Company, WET Team, and Fire/Police Apparatuses: 3 engines (pumpers) Engine 1 @ CCS, Engines 2 & 3 @ TCS, 2 ambulances, 1 ladder truck, WET Team Command Van, WET Team Boat, Service Truck, Air Traffic
- Calls: 1110 calls annually, 75% medical. All types of Medical: Fire, CO, vehicle fires, wires down, boat fires, house fires, grass/woods fires; WET: Surface Water Rescue, Swift Water Rescue, Ocean Rescue, High Angle Rescue
- Dispatch: Portland Regional Communications Center (busiest 911 center in the State of Maine)
- Community Involvement: Paradises, Escorts to Team Events, New Year’s Polar Dip, Auction Rides to School, B2B Cooling Off Hose, Fireworks Details

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The Cape Cross

ACROSS
1. Famous site from ancient Roman times
2. Word with Chow or Lo* 6
3. Marketing pc. with Mark Zucker-
4. Mac
5. Queen or Princess
6. Marketing pc. with Mark Zucker-
7. On, on, off  (vis.)
8. Option on some forms
9. Sixties TV show starring Ernest
10. Agreement*
11. Sixties TV show starring Ernest
12. On some forms
13. This is brilliant green on a red-
14. Loosen
15. Queen or Princess
16. How petrol is sold
17. How petrol is sold
18. ____ Grant, boss on the “Mary Ty-
19. “Yikes!”*
20. One of a Latin trio
21. First American woman in space*
22. Kind of salt
23. Auto club
24. Agreement*
25. Thomas Edison’s middle name*
26. Certain introductory course
27. Made in the ____
28. “Wolves” singer Gomez
29. Grp. that kidnaped Patty Hearst
30. 68 Across
31. Grp. that kidnaped Patty Hearst
33. Lassie, for example
34. Dreary weather condition
35. “Silver and Gold” singer Burl
36. It’s not worth the trip
37. Spouses of ‘Smirnoff  Ice,’ ‘Bacardi
38. Really tired
39. Name with Chow or Lo*
40. Tea-exporting Indian state on the
41. Use a Selectric
42. Armories
43. Many printers
44. Drafty org.?
45. Pounds and Klein
46. Really tired
47. Singer DiFranco
48. Bush, Nixon, Johnson, and Truman
49. With 68 Across, two letter abbre-
50. Some Millers
51. Marina ____ Rey
52. It’s not worth the trip
53. James Bond fi  lm, “For Your _____
54. NYSE symbol for a large tool man-
55. Marcel Marceau, for one*
56. Lion’s pride?*
57. Old map abbr.
58. Religious group
59. Tulsa is its second lgst. city*
60. Montgomery is its cap.
61. Relating to a kind of stuff
62. Papers
63. Jerry Lewis was longtime host of
64. Suffi  x with span- or mater-
65. Montgomery was its cap.
66. Patricia who won an Academy
67. Ninth largest city in 59 Across
68. See 49 Across
69. Applause
70. Match makers?
71. Simple song lyrics

DOWN
1. Armories
2. No matter which
3. “Cymbal instrument
4. Cymbal instrument
5. Appear
6. Printemps month in Paris
7. Two sides of a story?
8. Cross letters
9. Maslow categorized them in a hier-
10. On, off  (vis.)
11. Sixties TV show starring Ernest
12. Option on some forms
13. This is brilliant green on a red-
14. Loosen
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71. Simple song lyrics

Easter services schedule at St. Al-
ban’s

We often think of the 40 Days of Lent as
a season to deny ourselves something so that
we may experience (if only symbolically)
some of the sacrifice that points us to the
power of Holy Week and the grace of Eas-
ter. This year at St. Alban’s we are switching
the verb for the season. Rather than deny-
ing yourself at Lent, we ask that you plan to
bring yourself to Lent. Let’s bring our hopes
and fears, our prayers for forgiveness, healing
and joy.

Midweek Evening Eucharist
Bring yourself and gather around the altar
Lenten Wednesdays at 6 p.m. This evening
time together will include a short passage
from our Lenten reader, followed by a time
for individual reflection and Holy Commu-
nation. Stay for conversation or return to your
evening to nurture your relationship with
God through prayer and sacrament.

Sunday of the Palms and the Pas-
son of Christ - April 14

We begin festively outdoors with glad
shouts of “ Hosanna!” and the waving of our
fresh palms during our own joyful procession
into church. We journey with Jesus while he
is celebrated on entering Jerusalem and then
is utterly rejected and crucified at the hill of
Golgoltha. We have a part in the passion of
Christ. Through it we come to know our-

selfs more clearly, even as we glimpse the
reality of God’s healing love in our lives.

Holy Week Mornings and Evenings -
April 15, 16, 17

On Monday, Tuesday, Wednesday morn-
gings of this week we gather at 9:00 a.m. for
Communion and short reflections offered by
lay folks. Expect to break bread, hear the
Word and be welcomed into these brief times
of prayer and hope. Monday and Tuesday
evenings we will roll out our Labyrinth at
5:00 p.m. in Bononn Hall. With candlelight
and meditative music, we will try out this an-
cient practice of walking a quiet, sacred path.
In our stocking feet, centering ourselves, lis-
tening for God’s voice of hope.

Maundy Thursday - April 18

Experience a tender evening that includes
our last bread and wine until Easter. Expect
the children to bake Communion bread and
be part of an engaging lesson in the traditions
and meaning of these holy days. Expect, as
Jesus showed us, to follow and wash each
other’s feet, nurturing ourselves as servants.
The ritual silent stripping of the altar for the
third hour is our time for the traditional
 offered of scripture, homily, hymns and
prayer. The candlelit church is open all night.
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be part of an engaging lesson in the traditions
and meaning of these holy days. Expect, as
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prayer. The candlelit church is open all night.

Good Friday - April 19

Gather with others for whatever time you
can be present during Jesus’ last hours, noon
to three o’clock. The first hour we will read
and reflect on the last words of Christ. The
second hour is a time of meditative music.
The third hour is our time for the traditional
offering of scripture, homily, hymns and prayer.
The children to bake Communion bread and
be part of an engaging lesson in the traditions
and meaning of these holy days. Expect, as
Jesus showed us, to follow and wash each
other’s feet, nurturing ourselves as servants.
The ritual silent stripping of the altar for the
third hour is our time for the traditional
 offered of scripture, homily, hymns and
prayer. The candlelit church is open all night.

Easter Sunday - April 21

Expect the great festival of Christ’s return
to be sung out in all its beauty and power! Ex-
pert to hear and see and feel the power of the
Resurrection and to carry it out into the world
with you!