From Gillette Stadium to Cape: Green is new CEHS football coach

By Kevin St. Jarre

Sean Green has been named the new head football coach at Cape Elizabeth High School. While he most recently was the head coach at Portland Middle School, prior to that he spent the majority of his career with Littleton High School in Littleton, Massachusetts.

Like most varsity coaches, his experience and expertise grew over a number of years, working his way up the coaching ladder and paying his dues. Green said he started coaching when he was still a student-player himself. “As a senior in high school, I was granted the opportunity to be a volunteer player-coach with our local 7th and 8th grade football team. From the first day I stepped on the field, I fell in love,” he said.

Shortly thereafter, he was hired as an assistant coach at Littleton High School. While at LHS, he progressed quickly from a junior varsity defensive coordinator and line coach to varsity co-offensive and defensive coordinator. Green’s leadership quickly produced results. During his first year as offensive coordinator, the team averaged over 40 points per game en-route to that school’s first ever 13-0 undefeated state championship victory, which was played at Gillette Stadium.

It was no fluke. Green’s team produced high quality results again and again. “As a football coach I have qualified for playoffs in every season that I have coached in. As a high school coordinator, I coached in the state championship two out of six seasons and have reached the semi-finals in four out of six seasons,” he said.

Prior to his arrival at Littleton High School as a coach, the team had reached the state championship only once in the history of the school, which was actually Green’s senior season. “During my time at Littleton we had an overall record of 44-18 with back to back state championship appearances in 2013 and 2014,” he said.

Green moved to Maine in 2015 and took two seasons off to advance his professional life, but soon returned to what he loves doing. As the head coach of the Portland Middle School football team, in one season they were able to improve from a 3-5 record in the previous year to an 8-2 record with both losses coming to the eventual league champions - Saco. Due to the team’s regular season success they were invited by the Pro-Football Hall of Fame to compete in the World Championships of Youth Football in Philadelphia, PA. Green said, “We were able to bring our boys on the trip of a lifetime and I will be forever grateful to be involved with such a special football team.”

Green has set high standards for the future of CEHS football. “My goal for the Cape Elizabeth football program is to become the best program in the state. Our football players will be leaders in the classroom, hallways, community and on the field. We will create a culture that fosters team and family in every aspect which will ultimately lead these boys into young men and future adults. Communication, sportsmanship, and team will always come first. Our players will strive for personal, educational and athletic excellence. Through this culture we will write our own legacy and build a program that our administration, faculty, student body, boosters and families can all be proud of,” he said.

When asked why he wanted to coach high school football at CEHS, Green said, “Being a head coach at the high school level has been a lifelong dream of mine. With that being said, I was very diligent and picky in deciding which schools to apply to. From past experiences, I wanted to make sure I chose a program that was well-rounded at all levels. From the athletic administration to the academic administration. And then obviously the boosters, alumni, families and players involved. Cape Elizabeth is just that. From my first interview I was sold on the Cape Football family and all that they do to ensure these student-athletes have the best experience possible in our program.”

Green said the best part of being a football coach is seeing what players become after they leave the program. “Obviously the winning, championships and family atmosphere are great. But, having the opportunity to see these boys become young men and take the values that we have instilled in them during their time with the program and apply them directly to real life is truly special,” he said.

He said he recognizes the strengths of the program he is taking over. “I have so much respect for what Coach [Aaron] Filoio, his staff, boosters and players were able to do during his tenure at Cape. He left a program that is ready to go. We are not looking at a rebuild or rettool, we are able to go all in on ‘win now’ mode. The major strength of the program is simply all the amazing people decreasing significantly at beaches in less populated areas.

Popham to Ogunquit and found that the highest concentrations were along beaches in the Portland area with levels Palaniappan said it was an amazing experience. “I felt really good about my presentation as I had practiced with some of my friends, who pretended to be judges, a few days before. It was awesome to see the other presentations as there were so many to see,” said Palaniappan.

CEMS boys hockey A Team are state champs in their division

By Kevin St. Jarre

Cape Elizabeth High School sophomore Swetha Palaniappan stands before an exhibit of her research on micro-plastics in seawater. As a member of the CEHS science research team, Palaniappan represented CEHS at the Maine State Science Fair held at Bowdoin College.

Cape Elizabeth High School sophomore Swetha Palaniappan recently presented an exhibit of her research on micro-plastics in seawater, as a member of the CEHS science research team, at the Maine State Science Fair held last month at Bowdoin College. Palaniappan sampled beaches from Popham to Ogunquit and found that the highest concentrations were along beaches in the Portland area with levels decreasing significantly at beaches in less populated areas.

Palaniappan said it was an amazing experience. “I felt really good about my presentation as I had practiced with some of my friends, who pretended to be judges, a few days before. It was awesome to see the other presentations as there were so many to see,” said Palaniappan.

CEMS boys hockey A Team are state champs in their division

By Kevin St. Jarre

The Cape Elizabeth Middle School boys hockey A Team recently beat Brunswick in a 2-1 OT victory to become state champions in their division.
LETTERS/NEWS

The Cape Courier
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207-838-2180
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OUR MISSION STATEMENT
The mission of The Cape Courier is to foster a sense of community by presenting news specific and unique to Cape Elizabeth and its residents, and, whenever possible, to promote volunteerism within our community.

BOARD OF DIRECTORS
Roger Bishop,
Debbie Butterworth, Kim Case,
Jeff Mitchell, Jerry Hackavy,
Bill Springer

Publisher: Tara Simopoulos
info@capecourier.com
Editor: Marta Girouard
editor@capecourier.com

Community Reporter: Kevin St. Jarre
community@capecourier.com
Advertising Manager: Tara Simopoulos
(Display and classified ads)
ads@capecourier.com/207-393-9766
billing@capecourier.com

Proofreaders: Chuck Rzeszutko, Ginny Blackwood
Webmaster: Wendy Derzawie
Photo finishing: Ann Kaplan
Distribution: William Alexander
For general information:
info@capecourier.com/207-838-2180

Advertising:
ads@capecourier.com

Writers: Debbie Butterworth, Wendy Derzawie,
Bob Dodd, Erika Carlson Rhie,
Marta Girouard
Photographers: Martha Agan, Jenny Campbell,
Ann Kaplan, Joee Lee,
Katherine Urbano

The Cape Courier is printed by Alliance
Fress in Brunswick and mailed free to Cape
Elizabeth residents. Future contributions will be
limited to one letter per month. Petition-
style letters will be declined. Letters
appear on the town website that leads to the God-
dard Mansion, we found placed on top
of a rock wall, several plastic bags
filled with dog waste. These sightings are
rare.

Saturday March 23 was a beautiful
early spring day. As we often do, my wife
and I took a walk down to Fort Williams.
Although we have lived in town for over
20 years we continue to be thankful that
we have easy access to the Fort and all
that it offers.

During our walk, just as we reached
the end of the road that leads to the God-
dard Mansion, we found placed on top
of a rock wall, several plastic bags
filled with dog waste. These sightings are not
rare.

I have on many occasions cleaned from
Cliff House beach bags of dog waste. I also
see them often along the road and on rock walls along Shore Road.

Obviously an effort is being made to
pick up and bag the waste. I would just
ask the dog owner to please dispose of
the bags properly.

John Pearson

Letter to a dog

Dear Sally: I know you’re literally just a puppy (but big), don’t respond
when called, and can’t read. But please
sniff out something for your owner: the
Fort Williams Park unleashed dog area
map that’s on the town website.

Recently we were near the overlook
where the lobster food truck is located in
the summer.

After you unexpectedly went between
my legs and I suggested your owner
should put you on a leash, she responded
that we were in an unleashed area. This
is clearly not so - and then she added,
“There’s a lot of dogs in this park. If you
don’t like dogs you should walk some-
where else.”

Sally, I may actually like you and oth-
er dogs...but I like most humans better.

And humans should be able to enjoy
the park, too. Please help your owner and her
friends learn and follow the leashed dog
rules in Fort Williams Park.

Hope to see you again - and on your
leash where and when required!

Tom Meyers

Ballast Point

Spring is finally here: Time to clean up
our yard and set up for the season.

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

For advertising: Tara Simopoulos
ads@capecourier.com/207-393-9766

Update to article in March 26 issue

In the March 26 issue, The Cape Courier
ran an article from the town website titled:
Municipal budget proposal up 6.6 percent for fiscal 2020.” After the issue had gone to
press, the article on the town website was
updated to reflect the following changes:
“The proposal would bring taxes for these
services to $4.70 per $1,000 of assessed
valuation in 2019-20, up 42 cents over this
year, an increase of 9.8 percent.”

Football
Continued from page 1

that are involved.”

Green’s overarching goal is this - to
bring the program to the next level and
bring home the program’s first state
championship to Cape Elizabeth.

When asked what the community can
do to help the team have a positive sea-
son, Green said, “Part of becoming the
best program in the state is having the
best community. We want to have a ‘12th
man’ like no other. So, just coming on
down on Friday nights to see us at our
best and cheer us on is all that we ask for.”

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The Recycling Center will be open on
Sundays for yard cleanup

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Then and Now: Namesakes of Fort Williams (Part One)

By Jim Rowe

Over the next few issues of the Courier, we will look at back stories on some of the names found at Fort Williams and Fort Williams Park, specifically those of a few of the coast artillery batteries that once guarded the outer entrance to Portland Harbor. Now without their powerful guns, the impotent batteries protect only memories.

Battery Garesche was the southernmost of the permanent concrete gun emplacements at Fort Williams. Its intact, graffiti-ridden remains lie a hundred yards or so from the finish line of the TD Beach to Beacon 10K road race.

Built in 1906, Battery Garesche was named after Julius Peter Garesche, a lieutenant colonel in the Union army during the Civil War. Born in Havana, Cuba, Garesche was a very capable and revered lid of a Pandora’s Box for young, impressionable minds. For a split second, those words hung like a cloud of pollen in front of my face. I vainly tried to inhale them back, but alas, they had dissipated in the classroom and drifted off into the ears of my audience. I quickly moved on to the next topic in my narrative, hoping the “pedal to the metal” all the time. It’s just not sustainable for many of us.

That’s where mindful moments can offer a pause along with some nourishment for mind, body and soul. Intentional breaks in the midst of busyness allow the nervous system to rest which is good for all parts of our body, including the brain. These mindful moments don’t require yoga pants or a meditation cushion. Just a few minutes throughout the course of your day when you focus on what it is you’re doing and engage your senses in the “noticing.” Some examples of how we can incorporate mindful moments in our day:

- While walking through Robinsons Woods, feel the soft ground beneath your feet and notice where the snow has melted and where it remains.

- Smell the dampness of the woods and feel the rustle of squirrels and chipmunks in the brush. Listen for different bird calls and notice how the sunlight filters through the trees. If you see a bluebird, delight in the return of more of these beauties to Southern Maine. What else do you notice?

- As you prepare to eat an orange, feel the unique texture of the skin. Not quite smooth, not quite rough. Take a sniff and see if you detect the subtle scent of the orange. As you pierce the skin and begin to peel the orange notice if the scent intensifies; breathe in the scent with a deep inhalation. Notice the pith of the orange beneath your fingertips and separate the sections.

As you bite into a section, notice if any juice squirts out and feel that in your mouth. Spend a moment feeling the textures of the orange slice before chewing. As you chew, focus on the taste: sweet or bitter? Tangy or subtle? What else do you notice?

- You sit quietly for 5 – 10 minutes, feeling feet flat on the floor with your spine lengthening upwards. Your jaw is soft as you deepen your breath, noticing cool air flowing in, warm air by the body flowing out.

As you continue focusing on your breath, you notice thoughts come into your awareness and return to feeling your breath flow in and out.

As you scan your body and notice pleasant or uncomfortable sensations, you imagine breathing into those places. Notice if your shoulders soften and your lips part as the jaw relaxes. Simply notice.

As soon as those words left my mouth, I feared that I may have knocked ajar the lid of a Pandora’s Box for young, impressionable minds. For a split second, those
The FY20 school budget process is entering its final phase and will go before the School Board for formal adoption on Thursday April 4 before it is presented to the Town Council later in the month. However, the groundwork for this budget began at least six months ago.

Starting in the fall of 2018, the School Board and Town Council held two joint public workshops with the goal of improving the way the two elected bodies work together, especially with regard to budget. There was a renewed commitment to respectful and cordial behavior, and an understanding of the independent roles of each group, neither overseeing the other but linked together in their charges to do their best for the citizens of Cape Elizabeth.

As suggested at those workshops, a joint School Board – Town Council sub-committee, made up of the superintendent, town manager, school board chair, school board finance chair, town council chair, and town council finance chair, was formed in order to improve communication and the flow of information.

To date there have been two budget subcommittee meetings and a communicated desire by all parties to continue to meet beyond budget season. These meetings have been positive and productive with all parties sharing information, goals, concerns and ideas. This effort toward effective, respectful communication and collaboration has had a tremendously positive impact on the budget process.

Later in the fall, the Needs Assessment Committee was formed to evaluate the school buildings and decide whether or not professional evaluation and study was warranted. The committee was made up of community members, parents, students, teachers, administrators, Town Council members and School Board members. The superintendent and town manager attended and facilitated the committee meetings. After multiple meetings that included information gathering tours of the three school buildings and intense questioning and discussion, the committee voted unanimously to recommend that the School Board include the cost of a Needs Assessment in the FY20 budget.

While the Needs Assessment Committee was doing its work, the School Board asked Colby Co. / Scott Simonds Architects to prepare a revised proposal for a needs assessment. This new proposal, with a cost of $189,000, was roughly $50,000 less than the previous proposal yet still included the critical structural and system/utility investigations, meetings, and reports with prioritized projects.

To see the scope of the proposal project and what it does and does not include, go to the school department website and click on the Needs Assessment link.

At the end of January 2019, the School Board began its series of budget workshops. The board first established three goals that would guide the process and all decisions:

- Maintaining and improving the high quality of education for every student.
- Careful examination of line items and consideration of the success and effectiveness of the expenditures in order to provide an efficient, responsible budget, and
- Clear and continual communication throughout the budget process.

The original request version of the FY20 school budget process is entering its final phase and will go before the School Board for formal adoption on Thursday April 4 before it is presented to the Town Council later in the month. However, the groundwork for this budget began at least six months ago.

The next step in the review process was a presentation on the state funding formula and our state aid estimate (ED 279). Administrators presented the answers to the previously submitted questions, responded to follow up questions and engaged in thoughtful discussion. Knowing that staff salaries and benefits negated many of the other efficiencies, the board devoted quite a bit of time over multiple meetings to the study of our historical and current enrollments. Not just the numbers, but the needs of the student population, as well as how and why we staff our school department the way we do. We examined data on class sizes, student teacher ratio, teacher load and our own class size policy guidelines. The superintendent presented information on federal education mandates that helps explain why staffing and building costs have grown even while enrollments are flat or in decline. Not only are schools mandated to employ many more specialists now (in comparison to just 10 or 20 years ago) to allow all students to access their public education, those specialists need rooms and spaces in which to work.

Upon careful review of the expenditures side of the budget, the board gave guidance to the superintendent that it would like to see a reduction in spending, lowering from 7.8 percent to 6 percent, with an attendant tax impact to citizens of roughly 5.1 percent. The Superintendent met with the administrative team, and together they brought back a revised budget with a 6.09 percent spending increase.

Among the cuts from the original version of the budget were some new staffing positions as well as current positions, efficiencies or deferrals of facilities projects, cost-saving collaborations with the town, and adjustments to book, equipment and supply lines. The positive outcome was that educational and facilities goals could be met with this updated proposal and the tax impact to the community was reduced to a little over 5 percent.

On the revenue side, in late February there was good news for Cape Elizabeth: our state subsidy estimate was an increase of $407,000. Three straight years of steep, cumulative cuts in funding ($730,000 for FY17, -$527,000 for FY18, -$899,000 for FY19) forced the school department to tread water at best, and make some unsustainable cuts. The projected increase of $407,000 would be welcome by all. Although many people attend or watch the workshops online and participate in the process through sending emails or speaking at meetings, the board wishes to extend its appreciation to everyone who watched and participated.

The School Board is pleased to continue to offer high quality education to all students while being fiscally responsible to the community.

Solution to March 26 Cape Cross

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.
Cape Crostic

Created by Rich Dana

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

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

A. The Super Bowl, as it relates to the NFL season (3 wds.)

B. Seatbelts and airbags have improved this (2 wds.)

C. Process that makes margarine or other fats bad for us

D. Camera work involving rotating mirrors and multiple colors, as in the opening sequence of the 60s TV show “Family Affair” (2 wds.)

E. Certain non-commissioned officer (2 wds.)

F. Concern of many parents and principals (2 wds.)

G. Six-sided

H. Type of therapy after a fire, perhaps

I. Life : Good :: _____________ (2 wds.)

J. With self-, a kind of humor

K. Businesses

L. Line from a famous Poe poem, though in almost reverse order (4 wds.)

2019 Cape Crostic
March Madness: Chess tournament season
By Eric Dinnerstein

March is chess tournament season in Maine, and the Cape Elizabeth chess club players performed admirably. The middle school chess team, grades K-8, was runner up state champions (second place) in the scholastic state championship in Bangor, early March. These players have played together for several years, coming every Saturday to the chess club to work on their skills and chess strategy. They will be a hard high school team to beat in a few years.

In mid-March, the Cape Elizabeth high school team was runner up champions (second place) in the Claude Webber’s memorial chess tournament in Bonney Eagle in Buxton. All sophomores, they are directed by volunteer chess coach Philip Lowell. They have a bright future in the next two years representing Cape Elizabeth and the high school.

Cape middle schoolers play in Southern Maine Spring Hockey Classic

Third, fourth, and fifth grade hockey players from Cape Elizabeth played in the Southern Maine Spring Hockey Classic at Family Ice Center in Falmouth on Saturday and Sunday, March 30 and 31. Teams from Falmouth, Freeport, Gorham, Greely, M.O.B. Portland, Saco, Scarborough, South Portland, Windham, Yarmouth and York participated in the nearly 20 year old tournament.

The Cape Elizabeth team went 3-0 with wins against Greely, M.O.B., and Portland.
Cape Robotics is going back to Worlds

Pictured are CEHS students who will be attending Worlds. From left to right are Lauren Abrahamsen, Carmen Erickson, Evan Gebhart, Carter Merriam, Carter Abrahamsen, Matthew Zimmerman, Sarah Hagan, and Eva Morris.

The Cape Elizabeth Robotics team will once again be sending two teams to the VEX Robotics World Championship in Louisville, Kentucky. Newly formed team 56J features second year qualifiers Lauren Abrahamsen, Evan Gebhart and Carter Merriam and will debut Carmen Erickson and Ethan Coronite. Team 56G sees Matthew Zimmerman returning to Worlds for a second time, with Sarah Hagan, Eva Morris and Carter Abrahamsen making their premier appearance in Louisville.

In the past eight years, Cape robots have competed at Worlds seven times. Out of the 50 teams that competed at Maine States this season, CEHS Team 56J won the State Championship and won the prestigious Excellence Award. And CEHS Team 56G qualified by winning the Skills Finalist Award. Of the seven Maine teams heading to Worlds, two are from Cape Elizabeth.

Team 56J qualified as VEX State Tournament Champions and Excellence Award winners; amassing 10 trophies this year, including three Tournament Championships and four Excellence awards. 56G qualified with a the Skills Finalists award during the State’s Tournament. They also garnered one Tournament Champions and multiple Sportsmanship awards throughout the year.

Participants, including 580 high school, 184 middle school, and 89 University teams from all over the world will come together to compete at the Louisville Exposition Center on April 24 beginning with an Olympic style Parade of Nations opening ceremony. Teams are paired with a different team for each match and play 10 matches over the course of three days. After Divisional finals, everyone will convene in Freedom Hall and witness the semi-finals and Finals. The event is capped by a closing ceremony that rivals a rock concert where VEX announces next year’s game.

Marshall at helm of CEHS theater program

By Kevin St. Jarre

CEHS Theater Director, Teacher, and Manager Christine Marshall has also done a great deal of acting. She is shown here in one of those roles, appearing in Mad Horse Theatre’s production of TITUS ANDRONICUS, with Nick Schoeder and Erik Moody.

Cape Elizabeth High School has a new Marshall in town overseeing its theater program. Christine Marshall has taken over as the theatre director, teacher and manager. In order to focus on the CEHS theater program, she stepped down as artistic director of Mad Horse Theatre Company but she remains a company member. She wears several other hats as well. “I

-see THEATER page 8
Hockey
Continued from page 6

Spring Classic tournament was the first time they wore their Cape school colors. A great
time was had by all.

The Cape Elizabeth middle school hockey program is planning for next sea
son, so if you or someone you know has a child interested in joining the middle school
hockey team next season please contact jonchang@807@gmail.com or bguthrie@
maine.rr.com.

Jon Chang, Sam Sezak, Chris Hooper. Players - standing (left
to right): Jack Gentilini, Max Hayward, Will Frost, Will Gray, Jonah Chang, Alex Main-
ville, Teddy Garvin, Ben Agrodnia, Henry Ermlich, Bennett Hooper. Players - kneeling (left
to right): Tommy Sezak, Sammy Sezak, Owen Beauregard, Ethan Helis

Still teach at Maine State Ballet, where I’ve been working with students for 24
years. I narrate audiobooks, and freelance on films and plays. I run a talent agency
Dirigo Talent, with a business partner, Da-
vid Timm. I keep busy. But honestly, just
letting go of being AD at Mad Horse - that
opened up a LOT of time. And I’m so hap-
py spending it here at CEHS,” Marshall
said.

She gained 10 years of experience as
the artistic director at Mad Horse, helping
young people grow in the art form. She
said, “I love seeing students recognize the
breadth of their skills. At Mad Horse, I’ve
been fortunate to direct many plays that
involved youth actors, on many occasions
casting CEHS students, or former students.
It’s a nice little continuum.”

Marshall also taught theatre for three
years for the Maine State Academy for the
Performing Arts, which was a branch of
Maine State Ballet, in the early 1990’s.
She began acting herself at a very young
age. “I’ve been acting since third grade in
Mrs. Craig’s class at Pond Cove Elementa-
tary, [cast] in ‘A Christmas Carol.’ The
reviews were mixed,” Marshall joked that
the reviews of her performance might
have gone like this, “Miss Marshall’s use
of curtains as a costume element, com-
bined with her trumpeting yet high-pitched
interpretation of the delicate character Fan,
left this reviewer shaking her head. Kudos
to Marshall for her unique choices. But
the end result was somewhat off the mark.

She has been acting all of the decades
since that performance. “A list would be
boring to your readers, but I’ve worked
with a lot of incredible people. I think they
 taught me a lot, and I’m excited to share
that with new actors. I’m also excited to
bring in fellow artists on a guest basis to
share their knowledge with students. The
more perspectives an artist can access, the
stronger their work will be. That’s my phi-
losophy, anyway.”

Like most directors, Marshall has her
favorite types of plays. “I do far fewer
musicals than straight-up drama. But I’m
a sucker for the Great American Musical.
We’re about to stage one at CEHS – ‘Le-
gally Blonde’. There is a daunting amount
of talent in these students, and so many of
them have opened the door barely a crack!
It’s a pleasure to watch them work, wheth-
er they’re doing something incredibly
challenging, like “The Laramie Project”,
or auditioning for a musical,” she said.

Marshall says students have so much to
gain from participating in theater. “COUR-
age. Compassion. A spirit of collaboration.
Historical perspective. A sense of play.
Oh, and a respect for time. Show starts at
8 p.m. You’re late? You’re fired. It’s called
Show Business’ for a reason.”

Marshall hopes to grow the backstage
and tech crew within the theater program
as well. “Coming aboard at CEHS, I’ve
found there are more students interested
in onstage, rather than tech, roles. But there
are so many fascinating, valuable things
to learn in tech, and any theatre person will
tell you how essential the backstage work
is to any successful performance the audi-
ence sees from out front. I’ve been work-
ing to grow the tech program, with the
help of Stephen Price - he teaches math
at CEHS, but is also the president of the
local Stagehand’s union. He’s awesome,
and we’re seeing results. But we need to
keep it up - tech theatre, after all, is always
where the most consistent work is. If you
can understand any element of tech - light-
ing, sound, set, costume, prop design, or
if you are that rare, priceless individual
who understands the power of the stage
manager - you’ll be able to find work, and
will likely be in the right place when that
 onstage role does become available,” she
said.

There is a part of Marshall’s job that
she finds to be the most rewarding. “I
 showroom virtually every advisor or
couch faces, namely the challenge of “[o]
gratificationally, getting students to treat a
rehearsal schedule with the same gravity
that they treat sports schedules, and other
co-curricular activities and obligations.
Theatre is fun. You wear strange outfits.
That sometimes translates into treating the
whole thing like a game, an option, some-
thing that can be phoned in, because it did
not get prioritized.”

The growth-challenge sounds more fun.
Marshall said, “Artistically, helping stu-
dents to trust themselves. It’s often hard
for them to make the leap of faith and trust
that a big, bold choice is always better
than a small one.”

Which often leads to her favorite part of
her job. “Watching students feel the thrill of
the payback in those big, bold choices.
Listening to them after a performance,
in the green room,-reliving the show for
each other, laughing and just com-
plimenting each other’s work. They are
happy, and proud. And I am, too,” she said.

There is certainly a role for parents
in the younger program. She said, "Encouraging their kids, [and] if there’s
a small spark there, to fan it into flame.
They have so much to offer young peo-
ples, including those who may not even
be interested in a career in the performing
arts. So, encouraging them to explore the-
atre will make them into far more well-
rounded, confident people, which will
serve them in any number of careers. And
attending them to respect theatre, too - to
not treat it as some sort of game that does
not require discipline and respect - that’s
huge,” too.”

Marshall said the program welcomes
community support. "Come to the plays.
The students' hard work is incomplete
without you, the audience, to experi-
ence it with them. And a full house is an
awesome thing. Every time you attend a
performance, not only are you helping to
build a foundation for more productions,
up-to-date equipment and resources, and
consequently more opportunities for young artists, you’re also sharing an ex-
perience that happens for a limited time.
Once it’s over, you’re all left with a beau-
tiful memory, one that only this one audi-
ce, this one cast, shares. That’s a super-
cool thing, in my opinion."
Capetoons: Saddest snow in town
By Jeff Mandell

Each year, as the sun rises higher and is up longer, the last of the winter’s snowlecules search for shelter in the shade. They know it’s only a matter of time before they return to the sea, then the sky, to await their return next winter. But now, the last snowlecules make the saddest snow in town.

Pancake Breakfast
(eggs, sausage, French toast & drinks are available)
Sunday, April 14th
7:30 am to 11:00 am
$7 for adults &
$5 for children under 12

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

SEE YOU THERE!
The two weeks leading up to April 1st saw a slow thawing of snow and significant numbers of Canada geese passing overhead every night, preferring to push north when the pesky daytime thermals have dispersed.

On March 19 around dusk a Barred owl was hunting the fringe, where forest meets field along Shore Road.

On March 20 my wife and I were treated to a shy but agile pair of Pileated woodpeckers doing a side-step courtship dance not fifty feet from the back side of our house. One easy way to distinguish between sexes is that the male has a sharp pair of bright red mustache marks. Interestingly during the fall and winter the male and female sleep in different roost locations, and with the male often claiming the previous nest site as his roost.

On the same day Fox sparrows were spotted in more than one location across Cape. Of the four types of Fox Sparrows, ours is the “Red” variety and migration is typically the best time to catch a glimpse of this bird that typically prefers to keep retired deep within the thickets.

On the morning of March 23, I was alerted to the rolling chatter and two-part sweeping whistles (what I like to refer to as a sick cry) of a Brown cowbird announcing its arrival in the treetops above my backyard. I find it interesting how skittish the cowbirds are, more so than even the Mourning doves. I guess they know when they are not welcome!

Of special note, close to sundown on March 25 a good-sized flock of twenty or more Bohemian waxwings landed in the top branches of a large Maple tree on our property. A big brother of the more familiar and widespread Cedar waxwing, this was the first time I have ever seen Bohemians in Cape.

In a flash I grabbed my binoculars and crept out to find the right angle to spy on these nomads before the sun fully disappeared. My first observations were of birds that were smaller than American robins but seemingly larger than Eastern bluebirds. I was also able to discern two distinctive white rectangular patches on their wings, thick necks and shaggy crests stop their heads. The birds also appeared to be taking sap dripping from the tree.

Bohemian waxwings are known by some as Grizzly Bear birds. They are called this because the North American breeding range of these birds almost completely overlaps with the current distribution of the Grizzly Bear which is the western boreal forests from Northern Manitoba to Alaska. To imagine that these same birds would soon be returning to the land where Grizzly Bears roam is simply off the charts cool.

A last little side point: I am hearing more American woodcocks in Cape this spring than I have heard in the last three. Additionally, on March 29 I spotted two first of season Ruby Crowned kinglets fluttering about the pines in Pond Cove.
Join CELT at Elsmere BBQ on April 24

Thanks to the folks at Elsmere BBQ on Cottage Road for supporting the Cape Elizabeth Land Trust.

Bring your friends and family to dine-in or take-out on Wednesday, April 24 and 8 percent of all food sales (including take out) will support CELT.

Join with CELT volunteers and board members from 4:00 pm to close for great food, great community spirit, raffle prizes and more.

Upcoming CELT programs in April

Nature Journaling

Cape Elizabeth Land Trust is proud to welcome Bowdoin College Professor Emeritus, Nathaniel T. Wheelwright, for a lecture on nature journaling.

Professor Wheelwright and best-selling author Bernd Heinrich wrote “The Naturalist’s Notebook” to teach nature lovers of all ages to be more mindful, curious and knowledgeable about the natural world, no matter where they live, using a calendar-journal format and Heinrich’s classic illustrations as inspiration.

Professor Wheelwright’s presentation will describe the origin of the project and the joys, challenges and fulfillment of keeping a systematic nature journal.

Date/Time: Tuesday, April 30 7:00-8:00 p.m.
Location: CELT office, 330 Ocean House Road, Cape Elizabeth

The above program is $6.00, and participants can register through Cape Elizabeth Community Services at: www.capecommunityservices.org.

Proceeds from this program will be given to CELT, and participants who register 48 hours in advance of the program will receive notification of changes or cancellation.

Please contact the Cape Elizabeth Land Trust with any questions. 767-6054.

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A trio of rock sculptures on the beach at Fort Williams await visitors.

A doe gives birth in bright farm field on Rt. 77. Photographer Diana Onacki spotted her not long after passing Kettle Cove on the way to work, and stopped to take this photo.
ADULT PROGRAMS

Morning Book Group

Wednesday, April 10, 9:30-11:00 a.m.
Please join us this month to discuss "Fantasyland: How America Went Haywire" by Kurt Anderson. New members are always welcome to join this excellent discussion group.

Maine Wildlife Series: Minding the Gap in the New Eastern Trail

Thursday, April 11, 6:30-7:30 p.m.
Wildlife expert Noah Perlut and his students in the Department of Environmental Studies, University of New England, are part of the Gap Tracks Project. This project is using remote cameras to study the wildlife community along the GAP section of the Eastern Trail and Nonesuch River to see what happens during and after trail construction. This section is highly relevant to the ecology of Scarborough Marsh because it includes important headwaters of the Nonesuch River and its adjacent forest serves as a movement corridor for mammals, amphibians and birds.

Wednesday, April 17, 10:00 a.m. - noon
TML’s Writers’ Accountability Group (WAG!) meets on the third Wednesday of each month from 10:00-noon. All levels of expertise and genres are welcome as we: • Share ideas about writing, editing, and publishing. • Share snippets of our work in a creative, supportive group setting. • Connect with other writers who are as passionate about the craft as we are. • Give ourselves a deadline each month to show up with our latest work. • Have fun! We hope you’ll join us to help get your WAG going.

Cape Resident Dave Patterson’s First Book Launch

Thursday, April 18, 6:30-8:00 p.m.
Cape resident Dave Patterson spends a lot of time writing at the Thomas Memorial Library. Dismayed at the plans to turn this former school building into a pigsty, Mr. Thomas purchased the building and donated it to the town along with a new piece of land and a complete collection of books. Please join us on this special evening for a wonderful talk and stay after to share a slice of anniversary cake. Did we mention that, William Wdigry Thomas, Jr. was also an American Ambassador to Sweden and founded the town of New Sweden, Maine? More to come on that as well.

Wednesday, April 24, 10:30 a.m. - noon
If you have tech questions, we will help you in any way we can with your tech questions. We work together as a group to uncover 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.

Do You Know Who Is Buried in Cape Elizabeth?

Thursday, April 25, 6:30-8:00 p.m.
We have a very special event lined up for you with a presentation from The Gravestone Girls. Our host, Brenda Sullivan, will take us on a virtual tour of New England cemeteries, looking at the art, history and symbolism in a 90-minute PowerPoint format. The slides will take you from colonial burial grounds to 21st century locations examining why we have cemeteries and gravestones, why they look like they do, and how styles and art have evolved over almost 400 years. Prior to the talk, The Girls will hit the road and go through cemeteries in the Cape Elizabeth area, taking pictures for use in the presentation. So we’ll learn about the region, and we’ll learn more about the history of Cape Elizabeth as told by our graveyards. Brenda will bring handouts for you to use for your own cemetery adventures. And she’ll bring along some of her gravestone artwork castings so you can see gravestone rubbings up close.

Ongoing Adult Programs

• Knitting Group – Every Monday at 1:00 p.m.
• Chair Yoga – Second Monday at 11:30 a.m.
• Democracy Cafe – Second Tuesday from 6:30-8:00 p.m.
• Morning Book Group – Second Wednesday from 9:30-11:00 a.m.
• Writers’ Accountability Group – Third Wednesday from 10:00 a.m.-noon
• Senior Tech – Fourth Wednesday from 10:30 a.m.-12:00 p.m.

NEW! Entrepreneurs Gathering – First Thursday from 6:30-8:00 p.m.

NEW! Songwriting Workshop – Fourth Thursday from 6:15-8:15 p.m.

NEW! Evening Book Group – Third Thursday from 7:00-8:30 p.m.

Thursday, April 25 and as some Tuesday

Teen Lounge

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

PROGRAMS FOR TEENS & TWEEENS

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 after school 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 Room.

programs for children

Our regular story time schedule continues with weekly programs for babies, toddlers, preschoolers, and families (see our complete schedule on the library’s website. Please note, there will be no morning story times on Saturday, April 20 and Thursday, April 25 and as some

see LIBRARY page 16

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295 Ocean House Road
Cape Elizabeth, ME 04107
You are informed about an opportunity
You receive a friend/follow request from
you know. Make sure you use privacy
settings to ensure only people who you
know and trust can view your profile.

Dialing scams
When making a phone call to an or-
ganization you know and trust, have
you ever been greeted by an automatic
recording that congratulates you for be-
ing selected to win a free prize or take a
survey? We know to be suspicious of un-
wanted calls from scammers who claim we’ve won something, but what about when we make the call ourselves? Un-
fortunately, scammers purchase series of
phone numbers that closely resemble the phone numbers of legitimate businesses. Scammers use these numbers to make people think they’ve reached the orga-
nization they were intending to, when in fact they’ve reached a scammer. Case in point -- scammers currently own two numbers close to AARP’s toll-free num-er. To reach AARP, dial 1-888-687-2277.

Never provide your financial infor-
mation to someone who claims you’ve qualified for a “free” product, service
or prize. If you encounter this situation, hang up the phone, check the number you intended to dial, and try dialing again. Al-
ways double-check the area code and full phone number before you dial, as one slip of the finger can result in a costly experi-
ence.

Social media scams
Social media sites like Facebook, Twit-
er and Instagram provide a convenient
way to connect with friends and family
but scammers also use these platforms to
find victims. Scammers often create fake
profiles and pretend to either be someone
you know, someone you want to know or
an entity you trust. The following are
some red flags that you might be targeted
by a scammer on a social media platform:
You receive a friend/follow request from
someone you are already connected with.
You are informed about an opportunity
to receive a grant, sweepstakes or prize.
You are asked to send money to receive
money. You are notified that someone is
in an emergency situation and they need
your help right away. Only engage with
someone you are already connected with.

Reported by Jessica D. Simpson

Complaints
3-11 An officer met with a resident of the
Mitchell Road area regarding a harassment
complaint.
3-13 Two officers responded to a residence in
the Brentwood area for a domestic
disturbance.
3-13 An officer met with a resident of the
Broad Cove area who advised that
someone had created a fraudulent
check in his name and account and
had deposited it. The bank was able
to reverse the transfer of funds.
3-14 An officer met with a resident of the
Mitchell Road area who fell victim to
crime, received a call that the son
had been abducted and they wanted
ransom money.
3-15 An officer responded to a location in
the Ocean House Road area for a
well-being check.
3-15 An officer met with a resident in the
Wells Road area regarding a scam
letter received in the mail. Letter is
postmarked from France and deals
with a deceased family’s wealth and
the recipient of the letter is entitled to
a large percentage of the estate.
3-15 An officer met with a resident in the
Ocean House Road area regarding a
scam letter received in the mail. Letter is
postmarked from France and deals
with a deceased family’s wealth and
the recipient of the letter is entitled to
a large percentage of the estate.
3-15 Two officers responded to a residence in
the Ocean House Road area for
domestic disturbance.
3-16 An officer responded to a location in the
Sawyer Road area for report of a
cash drawer in the snow banking. The
only contents were a driver’s license.
Case is under further investigation.
3-17 Two officers responded to a residence in the
Ocean House Road area for a
well-being check.
3-18 An officer responded to a residence in the
Mitchell Road area for a barking
dog complaint.
3-18 An officer responded to a residence in the
Shore Road area for a domestic
disturbance.
3-19 An officer responded to the area of Fort
Williams Park for report of a
woman walking her dog off leash.
Contact was made and the woman
advised of the town ordinance
requiring the dog to be on a leash.
3-22 An officer responded to the Two
Lights Road area for report of a dog
at large. The owner was identified
and located and warning issued.
3-25 An officer responded to a residence in the
Brentwood area for a well-being
check.

SUMMONSES
3-12 Portland resident, speeding (54/30
zone), Sawyer Road, $230
3-15 South Portland resident, un inspected
motor vehicle, Route 77, $148
3-15 Scarborough resident, operating with
suspended registration, Shore Road,
$146
3-16 Bowdoinham resident, violation of
conditions of release, Route 77
3-16 Cape Elizabeth resident, failure to
produce insurance, Route 77, $186
3-17 Scarborough resident, un inspected
motor vehicle, Shore Road, $148
3-17 Cape Elizabeth resident, speeding
(47/30 zone), Shore Road, $170
3-18 Portland resident, un inspected motor
vehicle, Ocean House Road, $148
3-19 South Portland resident, un inspected
motor vehicle, Route 77, $148
3-20 South Caroline resident, speeding
(50/45 zone), Route 77, $170
3-23 Cape Elizabeth resident, un registered
motor vehicle, Woodland Road, $85

Accidents
03-25 Benson OFF, Barbara Ryland Ocean
House Road

Arrests
3-12 Cape Elizabeth resident, domestic
violence assault.

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• Record documentation

Open to the public!
Register by April 20

Recor
Easter services schedules at FCC

The upcoming worship services at the First Congregational Church, United Church of Christ, South Portland, are as follows:

**Sunday, April 14 - Palm/Passion Sunday**
8:30 a.m.: Chapel Worship
10:00 a.m.: Sanctuary Worship with a Palm Procession by the children

**Thursday, April 18 - Maundy Thursday**
7:30 p.m.: Sanctuary Worship with original drama and special music

**Friday, April 19 - Good Friday**
6:00 p.m.: Soup supper in Guittill Hall
7:30 p.m.: Sanctuary worship and the Meetinghouse Choir presents the musical, “The Weeping Tree”.

**April 19-21 - Easter Vigil**
Easter vigil begins after worship service and continues until 6:00 a.m. Easter Sunday.

**Sunday, April 21 - Easter Sunday**
6:00 a.m.: Sunrise Service at Fort Williams
9:00 a.m.: Sanctuary Worship with Meetinghouse Choir and special music, ASL Interpreter
11:00 a.m.: Sanctuary Worship with Meetinghouse Choir and special music

For more information, please visit the church website: www.fccscarborough.com or e-mail the church office at office@fccscarborough.org.

Science fair
Continued from page 1

Due to their small size, research indicates that they can enter the tissue of a wide variety of marine animals. “One of the main reasons I chose the topic of microplastics is because I wanted to know how much they impact our community. With Maine, especially the Portland area, being known for its fishing and lobstering industry, I wanted to know how many microplastics are in our waters as they have harmful effects on marine life. I was surprised at what I had found - Bag Light Park on the tip of Casco Bay had 1,106 microplastics in just 1 milliliter of ocean water! The amount differed along the coast, but it is important that our community is aware of how the plastics we use negatively impacts our planet.”

The CEHS science research team is advised by Dr. Tom Mikulka.

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Helen Viola Smith
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HelenSmith@NEMoves.com
Easter services schedule at St. Alban’s

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 Communion. Stay for conversation or return to your evening having paused to nurture your relationship with God through prayer and sacrament.

Sunday of the Palms and the Passion of Christ - April 14
Expect a moment of story and movement. We begin festively outdoors with glad shouts of “Hosanna!” and the waving of our fresh palms during our own joyful procession into church. We sing “All glory laud and honor,” and take our places.

Flute lessons: For beginners and intermediates of all ages. Call Kris: 767-3712.


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Easter services schedule at St. Alban’s

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Sunday of the Palms and the Passion of Christ - April 14
Expect a moment of story and movement. We begin festively outdoors with glad shouts of “Hosanna!” and the waving of our fresh palms during our own joyful procession into church. We sing “All glory laud and honor,” and take our places. And then… we hear and share in the story that turns and moves to shouts of “Crucify him!”

We journey with Jesus while he is celebrated on entering Jerusalem and then is utterly rejected and crucified at the hill of Golgotha. This is a story we know a lot about; not merely the story of Jerusalem 2000 years ago, but our story, too. We have a part in the passion of Christ. Through it we come to know ourselves 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 mornings of this sacred 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. We begin festively outdoors with glad shouts of “Hosanna!” and the waving of our fresh palms during our own joyful procession into church. We sing “All glory laud and honor,” and take our places.

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Holy Week Mornings and Evenings
April 15, 16, 17
On Monday, Tuesday, Wednesday mornings of this sacred 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 Bonoff Hall. With candlelight and meditative music, we will try out this ancient practice of walking a quiet, sacred path. In our stocking feet, centering ourselves, listening 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 hand day of Good Friday concludes the evening. We leave in silence. Again and again people of all ages appreciate the power and beauty of humbly moving through the story, physically and spiritually.

Good Friday - April 19
Expect to gather with dozens of 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. Movement to the prayer candles and the foot of the cross are welcomed throughout the hours. The candlelit church is open all night.

The Great Easter Vigil - Saturday, April 20
Experience the mystery of darkness and the joyful light of Resurrection. In a liturgy drawn from the early church, we move in procession from a “New Fire” set outdoors to the chant of the cantor singing. This is the night. This is a rare and beautiful service, engaging all our senses. Including artwork by our youth and children. If you have not experienced the Vigil, know that it is unlike any other service… and will root you in the Resurrection story you know so well.

Easter Sunday - April 21
Expect the great festival of Christ’s return to be sung out in all its beauty and power! Expect to hear and see and feel the power of the Resurrection and to carry it out into the world with you!
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Library
Continued from page 12

Lija Fisher, the author of the new middle-grade series “Cryptid Catcher,” will hold a workshop at Thomas Memorial Library on April 26.

Marble Madness, for ages 6 and up
Wednesday, April 17
2:00 - 2:45 p.m.
Come learn and play some fun marble games with Mr. Rick. No registration necessary.

Cryptid Crafts, for ages 8 and up
Thursday, April 18
2:00 - 2:45 p.m.
Help us get ready for a visit from Lija Fisher on April 26, author of the new “Cryptid Catcher” series of middle grade chapter books. Work with Kiah to craft Big Foot, Yeti, Nessie, and other legendary creatures. No registration necessary.

Grow a Garden, for ages 6 and up
Friday, April 19
2:00 - 2:45 p.m.
Make some compostable seed pots and start some seedlings for vegetables and flowers that you can take home and plant in your own garden. No registration necessary.

Animal Advocates Club, for ages 8 - 12
Thursday, April 25
3:30 - 4:30 p.m.
Join Felicia Mazzone from the Animal Refuge League of Greater Portland for her monthly visit with an animal friend to work on projects that benefit shelter animals. No registration necessary.

Cryptid Hunting, with author Lija Fisher
For ages 8 and up
Friday, April 26
3:15 - 4:15 p.m.
We are excited to host Lija Fisher, the author of the new middle-grade series “Cryptid Catcher,” for a workshop for kids on writing and hunting for Big Foot, Nessie, and other cryptids! She lives in Colorado, but she will be in Maine for a visit. Her books are about a boy who inherits his father’s life mission of hunting legendary creatures. With help from the International Cryptozoology Museum in Portland, and the Myth Blasters - a group of Maine middle school crypto-researchers - he sets out on adventures to find the world’s remaining cryptids. Book sales and signing will follow the event. No registration necessary! (Hint: see if you can find our own Nessie, Yeti, and Big Foot hiding in the children’s library as we prepare for Lija’s visit, and come to our Cryptid Crafts program on April 18 to make your own cryptid crafts to take home).

Author meet and greet with Elly Swartz on April 22 at The Inn By The Sea

The Inn By The Sea will host Elly Swartz, author of “Finding Perfect” on April 22.

The Inn By The Sea will host an author meet and greet with Elly Swartz, author of “Finding Perfect” on April 22 from 6:30-7:30 p.m.

“Finding Perfect” books will be available for purchase.

This event is in coordination with the Cape Elizabeth Middle School, You Will Be Found…@ CEMS Mental Health Initiative, Finding Perfect Community Read Aloud Project.

The event is made possible by a grant from the Cape Elizabeth Education Foundation (CEEF) and The Thompson Family Mental Health Initiative.

The Inn By The Sea
25 The Promenade
Cape Elizabeth, ME 04107
(207) 799-4000
info@theinnythesea.com
www.theinnythesea.com