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In the Spirit of Community

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



Contributed photo

Coach Sean Green has been named the new head football coach at CEHS. Previously, he coached at Littleton High School in Littleton, MA., including in back-to-back state championships, played in Gillette Stadium.

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."

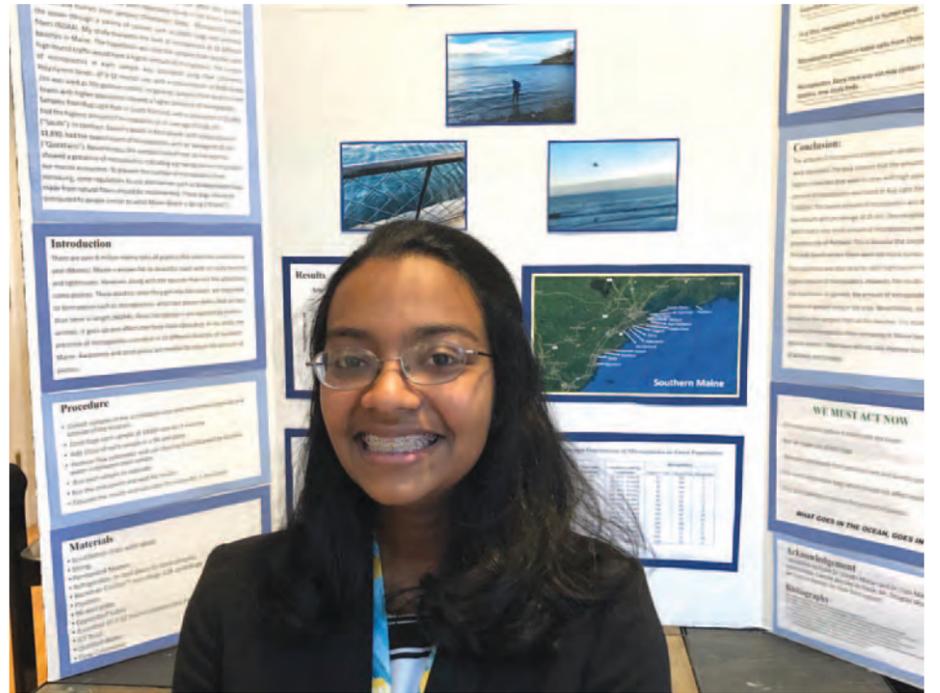
Green said the best part of being a football coach is seeing what players become after they leave the program. "Obviously the winning, championships and family atmosphere are great. But, having the opportunity to see these boys become young men and take the values that we have instilled in them during 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] Filieo, 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 retool, we are able to go all in on 'win now' mode. The major strength of the program is simply all the amazing people

-see FOOTBALL page 2

Palaniappan represents CEHS at Maine State Science Fair

By Kevin St. Jarre



Contributed photo

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

-see SCIENCE FAIR page 14

CEMS boys hockey A Team are state champs in their division



Contributed photo

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.



The Cape Courier
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NEXT ISSUE: Apr 24
DEADLINE: Noon, Apr 12

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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 somewhere else."

Sally, I may actually like you and other 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

Dog owners asked to please dispose of waste bags properly

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 Goddard 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

Website 'headlines of the month' featured in town email newsletter

On March 29, the town delivered its first of what will be monthly email newsletters.

Subscribers will receive a synopsis of headlines that appeared on the town website during the previous month.

"In case they missed it on the website that day, it will be a headline they will receive (in the newsletter) ... they can click on it and then access that information," Town Manager Matthew Sturgis said at the March 11 meeting of the Town Council.

The town is using MailChimp, a free email marketing service, to send notifications to those who sign up. The Thomas Memorial Library is already using the service to send email to patrons. A monthly email newsletter is a goal of the Town Council for 2019.

Those wanting more frequent updates can still subscribe to feeds of news, meeting agendas and other frequently updated content. Email delivery of new feed content is also available.

Residents who would like to subscribe to the newsletter can do so on the town website: https://www.capeelizabeth.com/news/2019/email_newsletter_2019.html.

THANK YOU!

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

Thank you to this recent generous contributor:

John & Suzanne Murphy
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Let us hear from you! 

We love feedback!
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'Great job' by Capetoonist Jeff Mandell

Too often I see walkers and runners in Cape Elizabeth on the wrong side of the road, back to traffic. Great job by Capetoonist Jeff Mandell for his comical take on careless pedestrians, and also the texting driver!

Rich Dana

Recycling Center open on Sundays for yard cleanup

Spring is finally here: Time to clean up the yard.

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.

Fees will be assessed on all applicable items .

SPRING 2019 SCHEDULE

- Sunday, April 21: Closed – Easter Sunday
- Sunday, April 28: 10:00 a.m. to 5:00 p.m.
- Sunday, May 5: 10:00 a.m. to 5:00 p.m.
- Sunday, May 12: 10:00 a.m. to 5:00 p.m.
- Sunday, May 19: 10:00 a.m. to 5:00 p.m.

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

By Jim Rowe



Photo by Jim Rowe

Battery Garesche, Fort Williams Park, was built in 1906 and named after Julius Peter Garesche, a lieutenant colonel in the Union army during the Civil War

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, graffitied 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 officer. He was offered generalships on more than one occasion, but declined promotion, believing that elevation in rank would isolate him from his men, with whom he wished to share the fighting part of the war experience.

As I told a group of Pond Cove School third graders a couple of years ago, this fascination with battle did not work out particularly well for Garesche. He was beheaded by a Confederate cannon ball during the Battle of Stones River, Tennessee (12/31/1862).

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

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 beyond hope that images of a gruesome battle scene would not be the students' prevailing memory of my visit.

Several minutes later, I brought the presentation to a close.

Before I could gather my notes and steal away, I was assaulted by three boys. "Mr. Rowe, Mr. Rowe, that guy who had his head blown off...did the cannon ball hit him square in the face, or was it kind of off to the side?" one asked. Another speculated that it must have caught him under the chin. It took me a few minutes to convince the boys that I had not been an eyewitness to the battle and couldn't confirm that detail. Thankfully, that was the extent of the fallout.

More than a century and a half after the Battle of Stones River, Battery Garesche continues to preserve the name of this gallant warrior from the darkest era in American history.



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Mindful moments

By Martha Williams

Martha Williams teaches group yoga classes, private yoga in the home, and offers energy healing using ancient, indigenous practices. A Cape Elizabeth resident for 10+ years, she lives in a former schoolhouse overlooking Cape Land Trust property and couldn't be happier about it. www.soulfi_reassociates.com soulfi_remartha@gmail.com

May these ideas and invitations to experience mindful moments enhance your experience of springtime in our beautiful town and offer a pleasant pause in your busy days.

Has spring arrived a tad early here in Southern Maine? Seems to be, and that's a beautiful thing.

If you're noticing that you have more energy in the coming days, wanting to get out and about and "do more," it could be that you're lining up with the energy of nature that is waking up, sprouting new life all around, and generally getting busy.

While spring's energy can feed and inspire us, it's often challenging to keep 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 hear 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 fingernails 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, air warmed 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.

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Cape Elizabeth School Board budget update

By Elizabeth Scifres

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 subcommittee, 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 \$189,060, 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 project proposal 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 a fiscally responsible budget, and
- Clear and continual communication throughout the budget process.

The original request version of the FY 20 budget was then methodically and purposefully examined at a series of five workshops. We began with presentations from each building administrator and department head with cost center reviews that included enrollment, staffing, projects, needs, mandates, program reviews, and program proposals. Board members and members of the public were encouraged to submit questions and comments at the conclusion of these presentations and throughout the series of workshops. These questions were collected and compiled, then sent to the appropriate people. The questions were also shared with the Town Council.

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 together are the greatest driver of the school budget, the board devoted quite a

bit of time over multiple meetings to the study of our historical and current enrollment – 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 needs rooms and spaces in which to work.

Upon careful review of the expenditure 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 deferments 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, -\$899,00 for FY19) forced the school department to tread water at best, and make some unsustainable cuts. The projected increase in state subsidy, although not getting us anywhere near back to where we were prior to the cuts, allowed for some forward progress toward our goals. In late March, the final piece of the school revenue puzzle fell into place when we received information regarding health insurance range of increases. Having budgeted for a 10 percent increase, we were pleased to hear that the top of the increase range was 7 percent. That equated to a \$104,485 savings for the school department. The School Board decided to use roughly \$47,000 to reduce the expenditure budget and bring the spending increase down to 5.9 percent and thus reduce the tax increase to 4.9 percent. The remainder of the cost

savings, roughly \$53,000 would be used to increase the contingency line in order to fund a possible need for increased ELL staff, possible Kindergarten staff, or other needs that arose.

Any funds in the contingency line not used at the end of the fiscal year move into the unassigned fund balance and may be used to augment the revenue side of the next year's budget and thus decrease tax impact. While there was discussion of other ways to use the health insurance cost savings, such as trying to figure out which spending reductions previously submitted could be moved back into the budget, the board ultimately chose to be conservative by slightly increasing contingency funds and reducing spending and thus tax impact.

Throughout all budget workshops, citizen input was welcomed at the beginning and end of each meeting, as well as via email. The board was gratified to have 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

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Cape Crostic

Created by Rich Dana

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

52 207 104 151 199 48 163 8
183 220 29 217 129 72 168 114

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

165 13 188 170 62 123 162 30
219 98 121 209 100 88 24 134

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

20 148 175 66 145 216 59 26 189 128

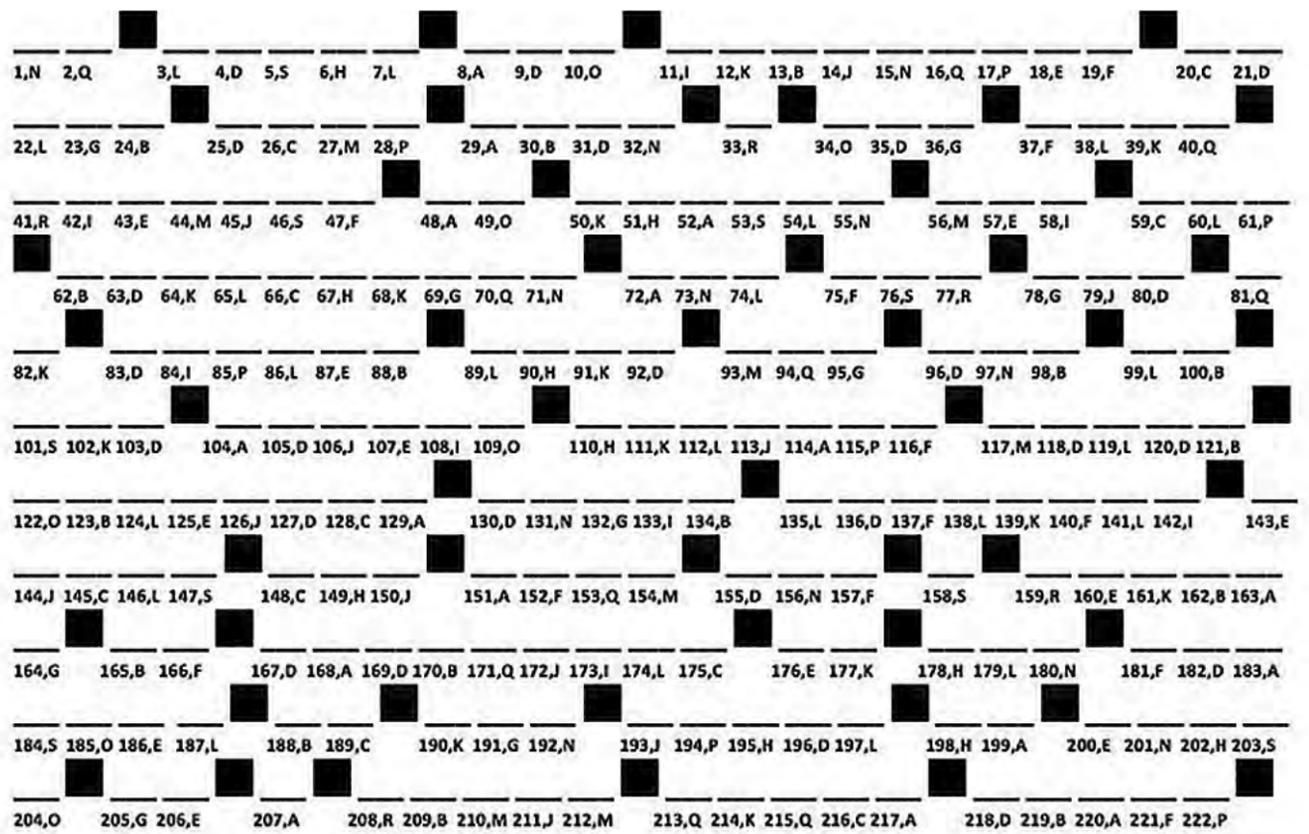
D. Camera work involving rotating mirrors and multiple colors, as in the opening sequence of the 60s TV show "Family Affair" (2 wds.)

31 155 25 103 127 80 63 130 21
182 218 167 83 169 9 96 105
35 196 118 4 120 136 92

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

143 43 200 160 206 186 18
87 125 176 57 107

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



166 221 152 137 37 181 47

140 75 157 116 19

G. Six-sided

191 95 132 78 36 69 23 205 164

H. Type of therapy after a fire, perhaps

202 6 90 195 110 51 178 67 198 149

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

58 108 42 133 84 11 173 142

J. With self-, a kind of humor

150 45 211 126 14 144 106 172
193 79 113

K. Businesses

39 139 190 111 50 12 214 177
102 161 91 82 68 64

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

174 74 124 7 187 3 99 86 197 65

138 119 135 60 89 179 146 112 54

38 22 141

M. Salt's slangy "Yes, sir!" (2 wds.)

56 212 27 117 93 210 44 154

N. Delicious New England pie ingredients, and the subject of the quote (2 wds.)

55 201 1 97 180 15 192 156 73
131 32 71

O. Aftermaths; impacts

204 49 34 10 122 185 109

P. Pharaoh portrayed by Yul Brynner in "The Ten Commandments"

17 85 194 222 115 61 28

Q. Lacking seriousness

81 40 171 16 213 70 94 153
2 215

R. "New Yorker" cartoonist Roz

41 208 33 159 77

S. Helper; aide

158 53 184 5 147 46 76 203 101

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March Madness: Chess tournament season

By Eric Dinnerstein



Contributed photo

Middle school team left to right: Jacob Robinson, Eli Beber, Noah Abbott, Trevor Oakley, Henry Abrahamsen



Contributed photo

High school team left to right: Lukas Robinson, Luke O'Kelly, Isaac Dinnerstein, Tyler Rodenberger, Marco Hansel, coach Philip Lowell



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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.

A number of Cape's players also play for Casco Bay Youth Hockey Association, and several were on either the Tier II state championship team or the Tier IV state championship runner-up team. Other players were new to hockey or returning to hockey. The team got up to speed quickly and worked together with everyone contributing to the wins. For the majority of the Cape team, the

-see HOCKEY page 8



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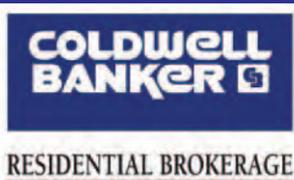
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Cape Robotics is going back to Worlds



Contributed photo

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 Abraham- sen 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, includinh 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



Photo by Craig Robinson

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

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Dr. Marta Agrodnia, DVM, DACVS

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.



Contributed photo

Coaches (left to right): Jonathan Chang, Sam Sezak, Chris Hooper. Players - standing (left to right): Jack Gentilini, Max Hayward, Will Frost, Will Gray, Jonah Chang, Alex Mainville, 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, David 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 happy 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 Elementary, [cast] as Fan in 'A Christmas Carol.' The reviews were mixed." Marshall jokes that the reviews of her performance might have gone like this, "Miss Marshall's use of curtains as a costume element, combined 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 philosophy, 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 - "Legally 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, whether 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. "Courage. Compassion. A spirit of collaboration. Historical perspective. A sense of fair 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 audience sees from out front. I've been working to grow the tech program, with the help of Stephen Price - he teaches math at CEMS, 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 - lighting, 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 is something virtually every advisor or coach faces, namely the challenge of "[o]rganizational, 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, something that can be phoned in, because it did not get prioritized."

The growth-challenge sounds more fun. Marshall said, "Artistically, helping students 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 joking, and complimenting each other's work. They are happy, and proud. And I am, too," she said.

There is certainly a role for parents to play in the theater program. She said, "Encouraging their kids, [and] if there's a small spark there, to fan it into flame. Theatre has so much to offer young people, including those who may not even be interested in a career in the performing arts. So, encouraging them to explore theatre will make them into far more well-rounded, confident people, which will serve them in any number of careers. And teaching 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 experience 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 experience that happens for a limited time. Once it's over, you're all left with a beautiful memory, one that only this one audience, this one cast, shares. That's a super-cool thing, in my opinion."

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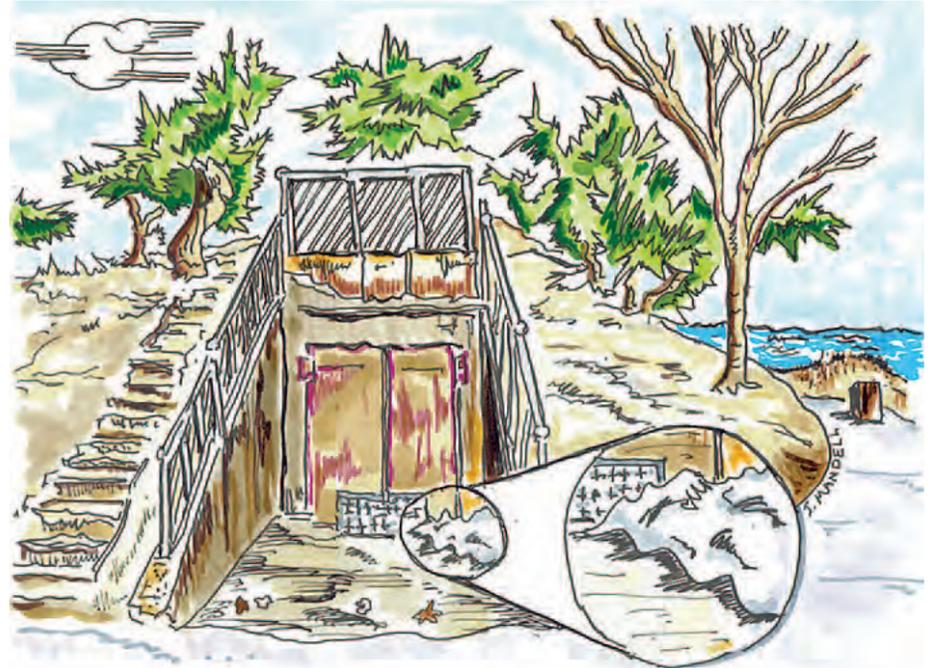


Photo by Kevin St. Jarre

Young buds, soon to be leaves, reach up into the last light of a spring sunset. Good-bye winter, welcome spring!

Capetoons: Saddest snow in town

By Jeff Mandell



Drawn by Jeff Mandell

Each year, as the sun rises higher and is up longer, the last of the winter's snowleucules 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 snowleucules make the saddest snow in town.

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Photo by Jim Casey

Cape Elizabeth resident Jim Casey recently spotted this Northern Saw-Whet Owl taken on his back porch.

Cape Elizabeth birding observations for late March

By E. Brooks Bornhoff

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 atop 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 my wife reported seeing bluebirds with nesting materials. Also, on March 29 I spotted two first of season Ruby Crowned kinglets fluttering about the pines in Pond Cove.



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Photo by Diana Onacki

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.



Photo by Kevin St. Jarre

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

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.cape-communityservices.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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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.

Who Was William Widgery Thomas?

Tuesday, April 16, 6:30-7:30 p.m.

One hundred years ago this month, William Widgery Thomas, Jr. dedicated 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 Widgery Thomas, Jr. was also an American Ambassador to Sweden and founded the town of New Sweden, Maine? More to come on that as well.

Writers' Accountability Group

Wednesday, April 17, 10:00 a.m. - noon

TML's Writer's Accountability Group (WAG!) meets on the third Wednesday of each month from 10:00-noon. All levels of expertise and genres are welcome 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. And now he has everything to show for it with the launch of his first novel, "Soon the Light Will Be Perfect", published by Harper Collins Press. Dave will read from his book, take questions, and sell and sign books.

Songwriting Workshop

Tuesday, April 23, 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 bring in your work and get expert advice from award-winning songwriter Jud Caswell.

Senior Tech

Wednesday, April 24, 10:30a.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.

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

PROGRAMS FOR TEENS & TWEENS

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.

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 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



Contributed photo

Cape Elizabeth resident and author Dave Patterson will hold a reading at TML on April 18 for the launch of his first novel.

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Scam alert bulletin board

Reported by Jessica D. Simpson

Social media scams

Social media sites like Facebook, Twitter 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 people on social media platforms who 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 organization you know and trust, have you ever been greeted by an automatic recording that congratulates you for being selected to win a free prize or take a survey? We know to be suspicious of unwanted calls from scammers who claim we've won something, but what about when we make the call ourselves? Unfortunately, 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 organization 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 number. To reach AARP, dial 1-888-687-2277.

Never provide your financial information 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. Always double-check the area code and full phone number before you dial, as one slip of the finger can result in a costly experience.

Scams continue, cash drawer found in snow bank

Reported by Marta Girouard

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 a scam, 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, uninspected motor vehicle, Route 77, \$148
- 3-15 Scarborough resident, operating with suspended registration, Shore Road
- 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, uninspected motor vehicle, Shore Road, \$148
- 3-17 Cape Elizabeth resident, speeding (47/30 zone), Shore Road, \$170
- 3-18 Portland resident, uninspected motor vehicle, Ocean House Road, \$148
- 3-19 South Portland resident, uninspected motor vehicle, Route 77, \$148
- 3-20 South Carolina resident, speeding (50/45 zone), Route 77, \$170
- 3-23 Cape Elizabeth resident, unregistered motor vehicle, Woodland Road, \$85

ACCIDENTS

- 03-25 Benson Offit, Barbara Ryland Ocean House Road

ARRESTS

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

FIRE CALLS

- 03-12 Hunter Place Investigation
- 03-13 Scott Dyer Road Fire Alarm
- 03-14 Scott Dyer Road Fire Alarm
- 03-15- Manter Street Fire Alarm
- 03-15 South Portland Mutual Aid
- 03-16 Shore Road Appliance Fire
- 03-18 Campion Road CO Alarm
- 03-18 Spurwink Avenue Fuel Leak
- 03-20 Running Tide Road Fire Alarm
- 03-21 South Portland Mutual Aid
- 03-23 McKenney Point Road Utility Line Down

RESCUE CALLS

There were 17 runs to Maine Medical Center. There were two run to Mercy Hospital. There were three patients treated by rescue personnel but not transported.



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Cape Elizabeth

COST
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Registration Required

CONTACT
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CAPE CALENDAR

By Wendy Derzawiec

Thursday, April 11

Recycling Committee, 7 p.m., Public Works

Monday, April 15

Patriots Day Holiday. Town Hall, Thomas Memorial Library closed. Recycling Center open regular hours, 10 a.m.-7 p.m.

Wednesday, April 17

Community Services Committee, 5:30 p.m., Cape Elizabeth Community Center

Thursday, April 18

Thomas Memorial Library Committee, 6:30 p.m., Thomas Memorial Library
Fort Williams Park Committee, 7 p.m., Cape Elizabeth Community Center

Monday, April 22

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

Tuesday, April 23

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

Ongoing each week

Al-Anon, Regular meeting 7 p.m. Thursdays, at United Methodist Church, 280 Ocean House

Road. Regular meeting 7 p.m. Fridays at St. Alban's Church.

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

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

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

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

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

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

SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
799-3692

www.capenazarene.org

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

Cape Elizabeth United Methodist Church

280 Ocean House Road
799-8396

www.ceumc.org

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

The Church of Jesus Christ of Latter-day Saints

29 Ocean House Road
799-4321

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

The Church of the Second Chance

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

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

Congregation Bet Ha'am

81 Westbrook St., South Portland
879-0028

www.bethaam.org

Worship: Friday, 7:30 p.m.
Saturday, 10 a.m.
Family Shabbat Services:
Second Friday, 6:30 p.m.

First Baptist Church of South Portland

879 Sawyer Street South Portland,
799-4565

www.spfbc.com

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

Promised Land World Reach Center

536 Cottage Road, South Portland
799-3152

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

Saint Alban's Episcopal Church

885 Shore Road
799-4014

www.stalbansmaine.org

Sundays: 8 a.m., 9:30 a.m.
Celtic Service: Sunday, 5:30 p.m.
Nursery: Sundays, 9:30 a.m.

Saint Bartholomew Roman Catholic Church

8 Two Lights Road
799-5528

www.saintbarts.com

Sunday Mass: 9 a.m. and 11 a.m.
Monday & Tuesday Masses: 8 a.m.

First Congregational Church United Church of Christ

301 Cottage Road, South Portland
799-3361

www.fccucc.org

Worship: 8:30 a.m., 10 a.m.
Sunday School: 10 a.m.
Preschool Child Care: 10 a.m.
Game Room

First Congregational Church of Scarborough

167 Black Point Road, Scarborough
883-2342

www.fccscarborough.com

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

CABLE GUIDE

Town Council replay

April 10 - 2 p.m. & 8 p.m.
April 13 - 10:30 a.m.

Cape Elizabeth Church of the Nazarene

April 13, 14, 20 & 21 - 9 a.m.

Planning Board (live)

April 22 - 7 p.m.

CHANNEL 3

Board of Zoning Appeals (live)

April 23 - 7 p.m.

Planning Board replay

April 24 - 2 p.m.

School Budget Presentation to Town Council (live)

April 24 - 7 p.m.

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 Guptill 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 Interpreted

11:00 a.m.: Sanctuary Worship with Meetinghouse Choir and special music

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

Science fair

Continued from page 1

around 200 posters in 14 different categories," she said.

Palaniappan was awarded a scholarship to a STEM summer program, given to her by one of the judges from the fair. "I am looking forward to the program and any future science fairs I may attend," she said.

Palaniappan explained that microplastics result from the degradation of larger pieces of plastic such as bottles, bags and lobster pot ropes. They can also enter the environment through the washing of fleece garments.

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 impacted our community. With Maine, especially the Portland area, being known for its fishing/lobstering industry, I wanted to see how many microplastics were in our waters as they have harmful effects on marine life. I was surprised at what I had found- Bug 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.



Mary Walker and Helen Smith

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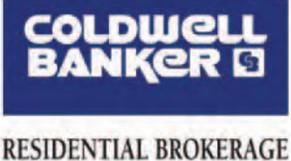
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Piano lessons for all ages. Beginners through advanced. Sandi Palmquist: 329-8345.

Guitar Lessons: All ages and abilities. Travel to you. Call Richard Corson: 207-400-0484

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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 morning 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 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 hard 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!



Community of Grace invites public to Easter sunrise service

Community of Grace would like to invite anyone to come to a short service celebrating the resurrection of Jesus Christ with us on Sunday, April 21, 7 a.m., at Kettle Cove State Park, Cape Elizabeth. Please be aware there is an entry fee for this park (\$1 ages 5-11; \$3 12-65), and parking is limited, so if possible please plan to carpool or walk. If you have any questions, please call: 207-591-6484



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Library

Continued from page 12



Contributed photo

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

of our story time staff will be attending professional conferences on those days.) We also have some April school vacation events, other special events and some monthly events coming up:

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

Thursday, April 11
1:00 - 1:45 p.m.

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

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



Contributed photo

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.

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