

# The Cape Courier

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Mar 25 - Apr 7, 2020

An Independent Not-for-Profit Newspaper  
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*In the Spirit of Community*

## Coronavirus and The Cape Courier CEHS seniors build a bridge across generations

By Jeff Mandell



Contributed photo



Photo by Jane Anderson

Participants in the first Back-to-School day of the Senior-to-Senior program at CEHS. Front from left to right: Jackie Lombardo, Judy McManamy, Gail Parker, Anna Flaherty, Nikie Pappas, Nell Wing, David Wing, Isabella Nedwell, Randy Blake, Joan Tinsley, Isabel Berman. Back from left to right: Julie Ross, Tom Kohan [S2S Advisor], Jack Sands, Mark Hagen, Eric Barber, Zach Merrill, Emily Ecker. Also participating but not in the photo: Jeannette Hagen, Jaya McClure, Meg Brewer.

Dear readers,

With the Covid-19 virus sweeping the nation and the constantly changing landscape of our everyday lives, we at The Cape Courier find ourselves in an unprecedented situation.

As a bi-weekly newspaper, it is impossible for us to keep at the forefront of this ever changing situation and it is also impossible for us to keep you properly informed.

At time of press, there have been 32 confirmed positive cases in the state of Maine. Schools have just been closed for two weeks and the town has suspended all non-essential activities.

Because of this, our content for this issue is rapidly dwindling as events are being cancelled. I have no idea what things will look like when you read this, but it is my hope that social distancing and continued vigilance is helping to minimize the spread.

It is important that we as a community stay strong and positive during this difficult time. Continue to practice healthy habits and most importantly take the time

to just breathe. It is too easy to get pulled into the fear and panic of an unknown situation. Remember to check in with yourself and your family members (especially our kids) daily. A positive outlook can help our mental health and keep us on track while we navigate these unknown waters.

In keeping with this, our issue will look a little different than our usual editions. With everyone staying close to home and eliminating contact with others, there will be a lot of extra time to fill and we hope to help with this.

In addition to the stories we have already worked on, we have also added activities, recipes etc. for our readers. As well as a coloring contest for our younger readers ages 2 – 8.

If you have anything that you would like to share with our readers in our coming issue, please email me at [advertising@courier.com](mailto:advertising@courier.com).

From all of us at The Cape Courier, stay safe and stay positive. We will get through this!

Tara Simopoulos  
Publisher

## Dropping in for a meal



Photo by Francis Rankin

Early bird gets the worm...or seed in this case. A cardinal dropping in for a meal has its choice of spot at the bird feeder.

Tom Kohan, faculty advisor to Cape Elizabeth High School's Senior-to-Senior community service program, was shoveling at home during a snow day when he got an idea. He thought of extending the existing Senior-to-Senior community program to in-

vite senior citizens to come back to school and attend classes. The Back-to-School program had a short time to prove the concept of Tom Kohan's snowstorm brainstorm, but

-see SENIORS page 13

## Was there ever a more important time to "eat local"?

By Tina Fischer

Sustaining a safe and reliable food supply is possibly more important for our health and peace of mind right now, than it's ever been. We're fortunate in Cape Elizabeth to be able to rely on our farms and fishermen to provide us with local, traceable foods. This time of year, as the growing season is ramping up and expenses are high, our farms also rely on loyal customers to lend support through the purchase of "farm shares," com-

monly known as CSAs (Community Supported Agriculture).

CSA programs provide farms with critical funding for seeds, fertilizers and compost, supplies and equipment, and function a bit like a debit account. Customers pay up front early in the season for what they'll purchase later in the year. When they shop at their chosen farm, purchases get deducted from their CSA account, so customers can shop

-see LOCAL FARMS page 11



Photo by Stacey Cramp

Sweet summer melons are prized by customers at Green Spark Farm, as melons are not easy to grow in Maine.



**The Cape Courier**  
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 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.

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 Letters should not exceed 250 words. We reserve the right to refuse letters and to edit for length, accuracy, clarity and civility. We do not withhold names and writers may be limited to one letter per month. Petition-style letters will be declined. Letters reflect the opinion of the author, not The Cape Courier. Email letters to: editor@capecourier.com or mail to P.O. Box 6242, Cape Elizabeth, ME 04107. Please note: Letters will be acknowledged by email.

**NEXT ISSUE:** Apr 8  
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## Millett is a ‘passionate, committed legislator’

Rebecca Millett is a passionate, committed legislator who has served us for seven years in the state senate and six years on the Cape Elizabeth school committee.

She has been a leader in sponsoring legislation across many areas. She has fought to increase the state’s contribution to the cost of education and provide us with property tax relief.

She has successfully championed bills that include a first-in-the-nation paid time-off policy that benefits 85 percent of Maine workers, testing of our schools’ drinking water for lead, an increase in Maine’s state grant for higher education,

reducing waitlists for disability services, strengthening our testing and control of volatile organic compounds (VOC) emissions from above ground petroleum storage tanks, and reducing the out of pocket cost of the life saving drug insulin.

Rebecca wants to continue her work focusing on affordable childcare, paid family leave, keeping our air and water clean and sensible gun safety. She is an extremely effective advocate for us. Please support her as Cape’s House District 20 representative.

Michael Efron

## Carney ‘has a proven track record’

Please join me in voting for Anne Carney, Maine State Senate, in the June primary. As a mother of two adult daughters, I urge you to support the candidate who has a proven track record in protecting reproductive rights.

As a former school board member, I urge you to support the candidate who understands what access to educational opportunities can do for the student, our communities and the economy.

As a former small business owner, I urge you to support the candidate who understands that the grease for the economic engine is our workforce and that without protecting our most valuable economic asset, that engine seizes up.

As a public health professional, I urge you to support the candidate who understands that, for better or worse, our health,

well-being, and life expectancy itself are largely determined by our zip code.

All Mainers regardless of their hometown, should have the opportunity to see a doctor when they are sick; and no one should be forced to choose between healthcare and heat, have a reduced credit score, or face bankruptcy due to their inability to pay medical bills.

And finally, I urge you to support the candidate who understands that having access to healthcare, education, and a strong workforce means nothing if our planet is uninhabitable. I urge you to support Anne Carney for Maine State Senate.

Jo Morrissey

## Police look to lock in seatbelt use

The Cape Elizabeth Police Department has received a grant from the Maine Bureau of Highway Safety to participate in the federal Click It or Ticket education program.

The \$6,356 grant will be matched with \$1,589 in local funds to pay overtime for police implementing the program at the High School, Middle School and Family Fun Day.

“We hope to improve our seatbelt compliance rate from 81 percent to 91 percent or higher by August 31, 2020 (in line with the national average),” according to the grant application. The Town Council on March 9 accepted the grant and voted to appropriate the funds.

## Town-wide revaluation planned for spring

By Clinton Swett

Beginning in June, the Town of Cape Elizabeth will begin a town-wide revaluation intended to assure greater assessment equity for all of its taxpayers. Maine State Statutes require that municipalities complete a revaluation every 10 years, this is monitored by the state each and every year. The last comprehensive “door-to-door” inspection was performed in 2003 and the most recent “statistical update” was completed in 2011, currently for this upcoming fiscal year, the Town’s Certified Ratio will be 82%.

This equalization project will be completed over a two-year period, and the new values are intended to be effective for the 2021-2022 fiscal tax year. During this time, the Assessor and two other field appraisers, Robert and Timothy Gingras from Parker Appraisal Company, will be conducting interior and exterior inspections of all properties in the community to verify physical attributes, if solar panels are present, obtain an updated photo of the house, field verify that the sketch is accurate, and account for the physical depreciation (wear and tear) of all structures. The completion of this project will be August of 2021.

All field appraisers will have photo IDs and their vehicles will be identified as “ASSESSING DEPT,” via magnetic signs on the doors. If the homeowner is not at home, we will leave a door-hanger indicating we were there. The hanger will have contact information, (reval2021@capeelizabeth.org) to schedule a time for our revisit.

If you answer the door and are not comfortable allowing access, that is understandable, perhaps we could take a photo and conduct our external inspection of the home. You can contact the office and schedule a time when a neighbor, friend, or spouse can accompany our visit for the internal inspection. Legally, you do NOT have to allow us access, but doing so bars your right to appeal our estimate of value. Your ultimate safety is paramount as we appreciate your cooperation, the entire inspection should take less than 15 minutes.

For revaluation updates, please go to the Town’s website and navigate to the ASSESSOR’S page. I will continue to give updated status reports to the Town Council, the Cape Courier and our website. The following is a time-table of the entire process, concluding

-see REVALUATION page 8

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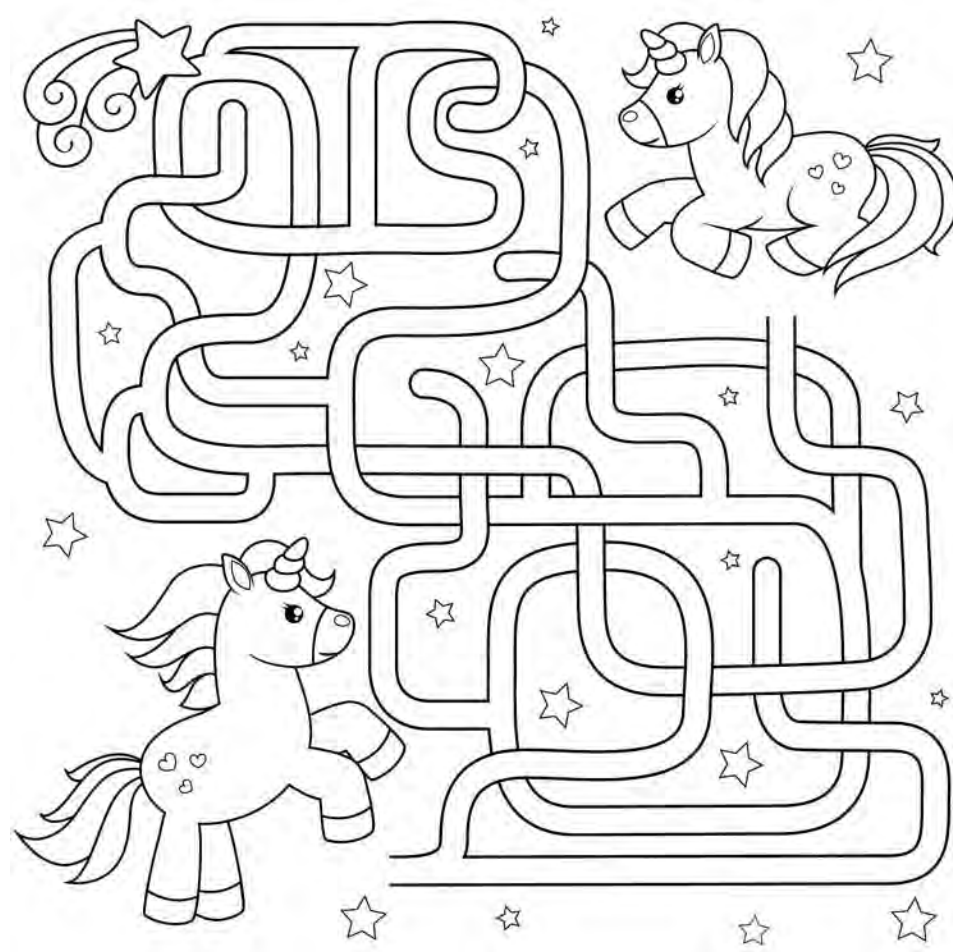
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Let us hear from you!



We love feedback!  
 editor@capecourier.com



# Looking back 100 years



Photo courtesy of Collections of Maine Historical Society/MaineToday Media

As we celebrate Maine's Bicentennial this year, we can look back 100 years to the Centennial. This Portland Head Light float in the Maine Centennial parade on July 5, 1920 carried a replica of the lighthouse.

The float stopped in front of the Davis Building at 390 Congress Street, indicating that the photo was likely taken from City Hall.

## Courier Word Search

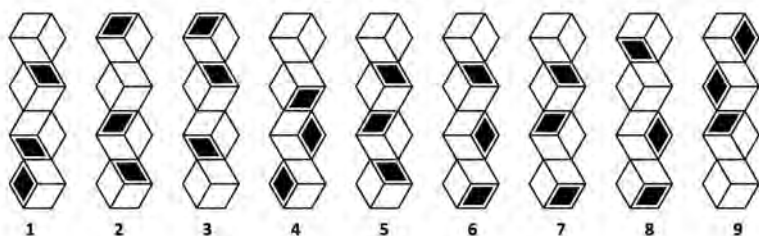
### WORD SEARCH

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards, and may intersect. All letters are used.

ADVENTURE	LIBRARY	S	T	A	B	L	E	S	K	A	T	E	E
ALERT	NOBODY	C	U	M	L	O	L	B	O	N	U	S	C
APPEAR	NODE	B	A	P	P	E	A	R	A	O	R	S	O
APRIL	OPERA	L	R	E	N	R	T	H	I	N	K	N	
BAILEY	PHOTO	E	E	O	T	R	O	T	F	O	L	I	O
BOAT	POSH	C	B	A	C	O	M	B	I	N	E	E	M
BONUS	REFRIGERATOR	T	U	U	G	H	O	A	O	F	I	R	Y
BROCHURE	ROAD	U	E	P	T	U	N	R	D	A	T	A	
BUFFET	ROOSTER	R	N	A	I	T	E	R	R	K	Y	T	D
BUTTERFLY	RURAL	E	P	O	M	D	E	A	E	H	E	L	V
CARTOON	SKATE	R	O	A	D	T	W	R	P	F	A	T	E
COMBINE	SKIER	O	S	I	S	E	O	M	F	R	S	A	N
CUPID	SOLID	P	H	O	T	O	U	U	L	I	I	T	
DATA	SOON	E	O	S	L	I	B	R	A	R	Y	L	U
DEALS	STABLE	R	E	F	R	I	G	E	R	A	T	O	R
ECONOMY	STEWARD	A	S	T	R	U	D	E	L	W	I	R	E
EEL	STRUDEL												
FIR	SUPERMARKET												
FLOOR	TAILOR												
FOLIO	TEAM												
HIDDEN	THINK												
LAMB	TRIUMPH												
LEAGUE	TURN												
LECTURER	WIRE												

### VISUAL PUZZLE

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# Cape Elizabeth Then and Now: Fort Williams under attack?

By Jim Rowe

The following account is from research provided to the Cape Elizabeth Historical Preservation Society by member Peter Benoit.

The United States of America officially entered World War I on April 6, 1917. Despite the best efforts of President Woodrow Wilson to avoid war, open hostilities involving American interests reached a point where they could no longer be ignored.

It is accurate to say that the massive coast artillery pieces at Fort Williams never fired upon an enemy vessel. But it may be incorrect to infer that Fort Williams never came under enemy attack.

Less than a month before America's declaration of war against Germany, a Fort Williams sentinel was fired upon by an unknown gunman (without lethal or injurious effect). Security at the Fort was stepped up.

Then on the night of March 23, 1917, two unidentified intruders somehow made their way onto the heavily guarded grounds.

As they neared one of the 12" gun batteries, the men were challenged by a sentry, Pvt. John Poor of the 3rd Company- Coast Artillery Corps. The prowlers ignored Poor's order to halt. He drew his gun and fired a warning shot, whereupon the trespassers turned and ran. Before they disappeared into the night, one fired a large caliber pistol round at Poor, wounding him in the thigh. Poor later died from his injury.

Interesting to note that at that same general time there were separate reports

of suspicious characters lurking near other area harbor defense installations.

Because the assailants at Fort Williams were not apprehended, it was never discovered exactly who they were or why they were there.

Speculation was that they may have been German agents or sympathizers intending to wreak havoc upon the Fort's shoreline gun emplacements, or at very least to pass on intelligence regarding the Fort's firepower.

According to one account at the time: "Lt. James O. Porter, a naval recruiting officer at Rockland...declared that German submarines were known to be not far off the coast and that an attack on the Maine coast was by no means unlikely."

Excluding by accident or illness, Private Poor is believed to be the only soldier to have been killed in the performance of his duty during the entire 90-year history of Fort Williams.

## Judy's Food Pantry - a community feeding itself

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# News from the Cape Elizabeth School Board

By Heather Altenburg

It has been 10 years since the World Language Department presented at a school board meeting. Susan Dana, Marcia Chase and Ali Wethers filled us in on some highlights of Pond Cove, the Cape Elizabeth Middle School and Cape Elizabeth High School. The World Language Department consists of French and Spanish in grades 1 through level 6 in the high school. The department consists of Marcia Chase, Katrina Aspinwall, Laura Trippe, Anne-Marie Dionne, Lisa Leonard, Laura Trippe, Angela Schipani, Montserrat Torras, David Peary, Ali Gwyther and Sonia Medina.

Instruction in Pond Cove meets twice over six school days averaging out to be five classes a month. Currently, one class in a six day rotation is 30 minutes and one day is 45 minutes. Though this does not meet the recommended contact time by American Council on the Teaching of Foreign Language (ACTFL), this has increased from the past in which they were 30 and 20 minute classes. Language instruction began with just 4th grade and 3rd grade was added in 2000, 2nd grade was added in 2013 and 1st grade was added in 2014. Studies begin in alternating years in either French or Spanish. A student remains with that language through 6th grade and is given a choice to continue or switch for 7th grade. In the middle school, 5th and 6th graders receive foreign language instruction every other day for 45 minutes. Seventh and 8th graders receive instruction every day for 48 minutes, the same as math, science, language arts and social studies.

One of the School Board Strategic Planning Goals is global competency. Susan Dana shared some very exciting initiatives

that are supporting a greater connection with the world outside of Cape Elizabeth. Sixth graders participated in a free program called World Wide Schools. The school connects with Peace Corp volunteers. Cape Elizabeth was fortunate to be paired with a CEHS graduate, Emma Inhorn, down in Panama. Sixth graders raised money to purchase books and help start the first library in a town of 150 people in Panama. The 200 books were sent to the town, along with a drawing of a moose from each student. These moose drawings decorate the walls of the new library. The project provided rich material to study geography, Spanish terms and culture throughout the entire year.

Global Collaboration Week is an event that Cape Elizabeth Middle School has been involved with for the past five years. Last year CEMS hosted Back to School Traditions Around the World. Students from Egypt, India and Oklahoma logged in and participated by sharing their personal back to school traditions and experiences, once again connecting our students with the world beyond Cape Elizabeth.

Fifth graders this year participated in Journey North. Each student made a symbolic butterfly drawing that were sent to Zacateca, Mexico where the monarch butterflies gather. The CEMS butterflies “landed” in Mexico the first week of February and Sra. Dana showed the board a wonderful picture of Mexican students holding up CEMS butterflies.

CEMS students also participated in the Pulsera Project. Students sold handmade bracelets from Central America. The students sold so many bracelets and did such a great job that they received a thank you gift of handmade maracas with Cape Elizabeth carved into them.

On a more local level, middle school students made foreign language book marks that are in the Thomas Memorial Library to celebrate its 100th anniversary.

None of this would be possible without foundational work done in Pond Cove with the younger grades. The work in grades 1-4 is to develop skills of listening comprehension, speaking skills, cultivate emerging lit-

eracy awareness and promote a positive attitude towards other cultures and languages. Up until 2017, Marcia Chase explained that there was no classroom for foreign language study. Therefore, the classes were traveling and carried to 48 different class sessions in a six-day period. Thanks to the permanent location of French and Spanish now in Pond Cove, the teachers are able to teach more creatively, more authentically and more effectively.

Foreign language study is strong in CEHS with 447 out of 529 enrolled students taking either French or Spanish. Out of the 447 students taking foreign language, 86 are seniors from a graduating class of 122. 95% of Seniors are taking levels 4-6 which means they have taken foreign language for all four years of high school. Four years of high school language study is a goal of the World Language Department. In order to make this more possible for some students, the department has identified a need for the program. There has not been a French 1 class since 2011. That means students are either put into Spanish 1 or pushed forward into French 2 when more of a foundational course was needed to fill gaps. Currently this request is in the budget for next year.

Juniors and Seniors in levels 5 and 6 this year participated in a new assessment called APPLE, ACTFL Assessment Towards Proficiency and Language. 61 of 89 students met the State of Maine standards to qualify for the Seal of Bi-literacy. 23 students need to retake only one section to qualify. This seal is placed to the student's diploma, noted on their transcript and recognized by academic institutions and the business community. Last year, the state of Maine granted 183 seals and Cape Elizabeth already has a third of them. There are many things to be proud of about our schools and this one of them. It starts with the work in first grade, the dedication and collaboration of the entire World Language Department, the supportive community and our amazing students.

Following the World Language presentation was Jason Lund from our Technology Department. He presented a very thorough explanation of the growing interest in esports, world-wide competitive video gaming. For one game, League of Legends, there are 12 regional leagues including the North American league named the LCS. These competitions are enormous productions, taking place in arenas that can hold

over 20,000 people. The finals last year in Paris, France sold out an arena of 20,100. To understand the enormous interest of this growing sport, its average viewers were 21.8 million. Peak concurrent viewers were 44 million. To continue giving these numbers more perspective, 2 billion people watched the soccer World Cup last year. In America, the most watched event in sports is the Super Bowl with 101 million viewers. The second is baseball. The largest viewing of the World Series was in 1978 with 44.2 million viewers. In 2019, 12.9 million people watched the World Series. In 2019, 12.9 million people watched the World Series.

Corporations such as The Kraft Group, FIFA, NBA, esports Arena and Mark Cuban Companies are becoming interested in investing in esports. Twitch, Youtube and Facebook all help to stream the competitions. The Kraft Group, most known for owning the New England Patriots, also own the major league soccer team the New England Revolution, but they also own the esports team Boston Uprising. Interestingly, a requirement for the New England Revolution is to have an esports player from FIFA that eventually plays in the World Cup. Therefore, The Kraft Group owns as many esports teams as regular sport teams.

Colleges are beginning to recognize the growing value of esports. In 2016, Robert Morris University in Chicago became the first to offer scholarships in esports. The University of Utah was the next to see the value of the sport by becoming the first school in the Power 5 Conference to have esports. The University of California Irvine built a community esports arena on their campus and Robert Morris then followed. Esports curriculum has been developed by the University of Nevada Las Vegas, UCI and Miami for E Sports.

In late 2016 early 2017, official organizations were being formed. At the time NCAA did not show interest, though they do now. Instead, National Association of Collegiate Esports (NACE), became the first official organization. Within a year, participation in esports tripled.

In Maine, Thomas College, Northern Maine Community College, Central Maine Community College and York County Community College all participate in

-see SCHOOL BOARD page 5

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## School board

Continued from page 4

NACE or similar leagues. Two of these schools also offer esports management programs because there is a growing recognition that the sport is not just about the players, but an entire production consisting of coach managers, announcers, tech director, camera person, audio, media specialists, researchers, health fitness experts, alternates and practice teams. Therefore, the entire production can open students to new fields, cultivating critical thinking, creativity, collaboration and communication.

There are five major high leagues right now. HSEL is the largest league that markets directly to schools. PlayVS is a rapidly growing league because not only do the approach schools, but they are partnering with the National Federation of State High School Associations (NFHS) and working with principal associations to develop esports programs. Just this January, Maine Principals Association signed up with PlayVS as a new league. Starting this fall, if 20 teams participate in one specific esports game, it will become a state varsity championship game. 80 schools across the state have expressed interest, so a state varsity championship in esports seems likely.

At the beginning of this year, for the first time, esports was a part of the Club Fair at Cape Elizabeth High School. 52 students signed up. The first ever Cape Elizabeth team participated in the League of Legends fall PlayVS season. There were four seniors and one freshman and games were streamed on Twitch and CETV. CETV is also available on Apple TV and ROKU. The spring season began in February and players will be participating in three games, League of Legends via PlayVS, Overwatch via HSEL and CS:GO.

In order to play, students need computers with a certain capability. Cape Elizabeth did not have computers with the proper capability. So, along with Lund this fall, a group of students built the computers needed to play and they are leading the way to something new and bold and global here in Cape Elizabeth. Congratulations to all involved for a successful first season and good luck as you expand and move forward!

Lastly, the Building Committee continues to meet and discuss the current state of our buildings, how to utilize the Needs Assessment created by Colby Company and Simon Architects, and where we should head in the future. There is robust conversation regarding options to do nothing, renovate parts of the schools or create a plan to rebuild the one or more of the schools completely. There is conversation around enrollment and thinking about the future, the way schools are now and will be for best practices compared to how they were 50 years ago and how that changes the physical structures of a building. The committee is discussing the financial impact of

the recommendation that will eventually be brought to the school board and how this will affect taxpayers. We are also looking at what to expect in 5, 10, 20 or 30 years if new buildings are not the recommendations.

### Budget Update

As of March 11 the school board has held four public FY 21 budget workshops. After budget presentations from all school principals and department heads, school board members submitted a long list of questions regarding programs, services, staffing and maintenance. During this time school board members and citizens asked about current as well as proposed cuts to or additions to staff, programs and services. We looked at needs, costs, benefits, state and regional trends and best practices. This rigorous question and answer period helps both the board and the district leadership team distill what is necessary for the high quality of education for which Cape Elizabeth is known.

An important component of our budget process is looking at revenue sources and budget drivers. On the revenue side, we studied our state subsidy which is driven by a formula, called Essential Programs and Services (EPS). EPS is a mechanism for funding public school districts at a basic level. State EPS staffing levels are not a goal, but a minimum. We learned that a vast majority of school districts in Maine staff their schools above EPS levels, as we do as well. Next, we took a close look at staffing and benefits. As they are the largest of our budget drivers, making up roughly 83% of our expenditures, we had to examine how and why we staff our schools the way we do. While enrollment is a factor, it is only part of the story. Federal and state mandates as well as student needs are what actually drive staffing. Enrollment in Cape Elizabeth Schools has been slowly declining since a peak in 2006, generally leveling off recently. However, federal and state mandates have only been increasing over the years. By law we must provide services and programs to meet those mandates. Just a few examples of these include Special Education services, Response to Intervention (RTI) for struggling students, and mental health initiatives. Thus our staffing levels have remained fairly steady, with increases to answer student need. In short, it's not just about the numbers, it's about the need.

The board's most recent discussion focused on the Unassigned Fund Balance. This is a line that is funded by whatever is left over at the end of a fiscal year. It isn't the same as a contingency fund and cannot be accessed once the budget is set. The board has pulled from this fund over the years during budget development to act as a shock absorber to tax payers in times of reduced revenue from the state. Last year the board began, and this year is continuing, to draw less from the Unassigned Fund Balance in order to responsibly build it back to

an appropriate level. By state law, schools may have no more than three percent of their operating budget in their Unassigned Fund account. The board's goal is based on what it has heard over the years from auditors and business managers: that a prudent balance is between one and two percent.

The original request budget includes a 7.9% spending increase. As a reminder, this was the beginning of the conversation, before questions and answers, topical discussions, and includes place-holders for unknowns like health insurance increases. At the conclusion of the March 11 budget workshop and after robust discussion, the Board directed Superintendent Wolfrom to bring back revised budget scenarios that would show reduced spending increases at the levels of 5%, 5.5%, and 6%. The board had planned to consider those budget revisions at the March 24 budget workshop.

For a closer look at enrollment by school and department, how we stack up against area schools in the realm of Essential Programs and Services (EPS), mandates and needs, and any other information presented in budget workshops, go to the CESD website and click on the budget link. There you can watch recordings of the workshops as well as look at all handouts and materials.

### Policy Update

The Policy Committee met on February 25 to review and discuss the following policies:

- ACAA – Harassment and Sexual Harassment of Students
  - ACAA- R - Student Discrimination and Harassment Complaint Procedure
  - JLF - Child Abuse and Neglect Reporting
  - JLFA - Child Sexual Abuse Prevention and Response
  - JLF-R - Child Abuse and Neglect Reporting - Administrative Procedure
- The Policy Committee will bring policies JLF, JLFA and procedure JLF-R before the Board for a second reading and vote at the next regular business meeting was scheduled for March 10. The Policy Committee brought Policy ACAA before the Board on March 10 for a first reading.

All policies are posted on the CESD website in the School Board section policy tab.

## Scam alert bulletin board

By Jessica D. Simpson

### Tax ID Theft

Everyone is guilty of procrastinating from time to time, but one place where it doesn't pay to wait is doing your taxes.

Scammers take full advantage of opportunities during tax filing season to make a fast buck. They commit tax identity theft by filing a phony tax return using victims' personal information to get a refund.

To protect yourself against this scam, file your return as early as possible, use a secure Internet connection if you file electronically, or mail your tax return directly from the post office.

Be a fraud fighter. If you can spot a scam, you can stop a scam.

### Consumer Sentinel 2019 Report

The numbers are in. The Federal Trade Commission released its report of fraud complaints from 2019, and scams show no sign of abating.

Reported losses amounted to almost \$2 billion – and older victims report losing more than younger victims. Impostor scams topped the list – where scammers pretend to be someone they are not to convince you to hand over personal information or money. In fact, government impostor scam reports are up by 50% over 2018.

Here's a tip: that message from the Social Security Administration saying your account has been suspended? It's a scam. So is the one from your county court saying you face a fine for missing jury duty.

Visit the AARP Fraud Watch Network at [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or call the AARP Fraud Watch Helpline at 1-877-908-3360 and speak to trained staff or volunteers for help with a fraud encounter.



# Wish List

## HOME IMPROVEMENTS

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### CEMS band and chorus students participate in Honors Festival



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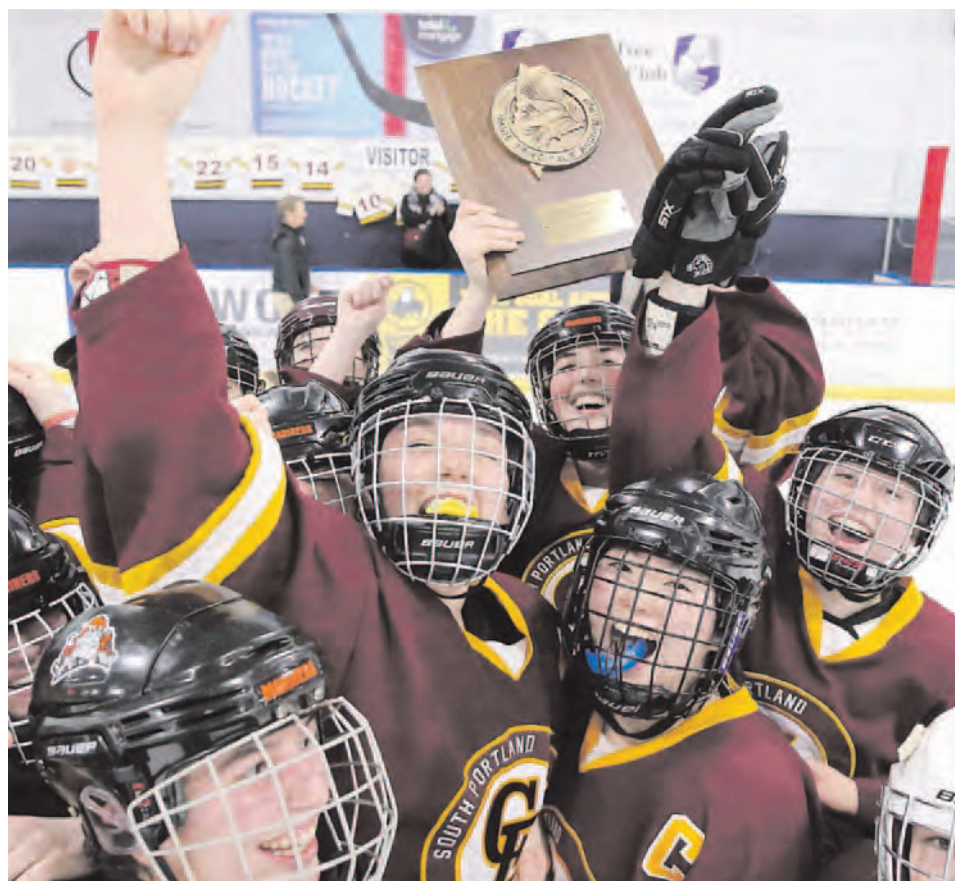


Contributed photo

On Feb. 28 and 29, 30 CEMS band and chorus students participated in the District I 7/8 Honors Festival at South Portland High School. These students were selected by audition in the fall. The two-day festival culminated in a performance.

### Hockey team goes all the way to Maine State Final

By Kevin St. Jarre



Contributed photo

The Cape Elizabeth/Waynflete/South Portland Girls Hockey Team were South Regional Champions this past season. The program subsequently made its first ever appearance in the Maine State Final.

Bob Mills coaches the Cape Elizabeth/Waynflete/South Portland Girls' Hockey Team. The team has its best season in program history. Mills said, "We were the South Regional Champions and then lost to Lewiston in the State Final Game 1-0 in overtime."

The coach said the team was made up of an exceptional group of players from

the three high schools, and that they had become like a family. Highlights of the season, according to Mills, included the team's two playoff wins against Cheverus and then Scarborough, and then their first ever appearance in the State Final Game.

Looking forward, Mills said, "We graduate only one senior, so very hopeful for another strong season next year."

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# Thomas Memorial Library offers digital resources during closure

The Thomas Memorial Library is choosing to follow guidance offered by public health officials in Maine, elsewhere in the country, and around the world, in hopes of minimizing potential exposure within our community. Out of an abundance of caution, and to be consistent with general recommendations for social distancing, at time of press the library is scheduled to be closed to the public until April 1. Because the situation is changing rapidly, please visit our website for the most up-to-date information about library hours, resources and services. You can also find links on our website to sign up for our online newsletter and to follow our Facebook page. We appreciate our patrons' patience and understanding, and we look forward to returning to a full schedule of offerings as soon as it is feasible to do so.

### Stuck at home? Now is the time to explore the library's digital resources

The library provides access to the following resources you can enjoy from home using your TML card.

#### Don't have a library card?

The library is working out a system for

Cape residents to obtain a library card online. Please visit the library's website for details. If you need to renew an existing library card, you can do that via an email link on the library's website.

**Cloud Library:** The Cloud Library allows you to borrow and read eBooks and eAudiobooks for free. Download the free Cloud Library app and log in with your TML card. The app includes a fully functional reader allowing the user to read ebooks directly in the app, as well as bookmark and save the position of your books across devices. It also includes an Audiobook player, allowing you to download, play and listen to audiobooks offline. Although the collection of eBooks and audiobooks are shared by many libraries in the state, Thomas Memorial Library also has its own additional titles available only to TML cardholders. The library will be adding to this collection vigorously to meet the needs of our patrons in this extraordinary time.

**Kanopy:** The Kanopy streaming service partners with participating public libraries to

-see LIBRARY page 16

# Residents of Enclave visit TML's monthly art exhibit



Photo by Amber Wilson

Residents of Enclave of Scarborough Senior Living made their very first visit to Thomas Memorial Library recently for one of TML's monthly art exhibits: "The Vast Pelagic: Works from an Artist at Sea" by artist Molly Holmberg Brown. Residents were given a friendly tour by Adult Services Librarian Kevin Goody and were able to meet other staff members and even some of Cape Elizabeth's students working on their studies. The stunning works on display were mixed media and acrylic on canvas paintings. What was quite moving to leave with, was a quote from the artist: "I could not help be overwhelmed by the astounding power and beauty and scale of the open ocean." Pictured left to right: Imogen Welton, Jackie Gebhart, Helen Clonan, David Whitten, Lois Morrill and Janet Canfield.

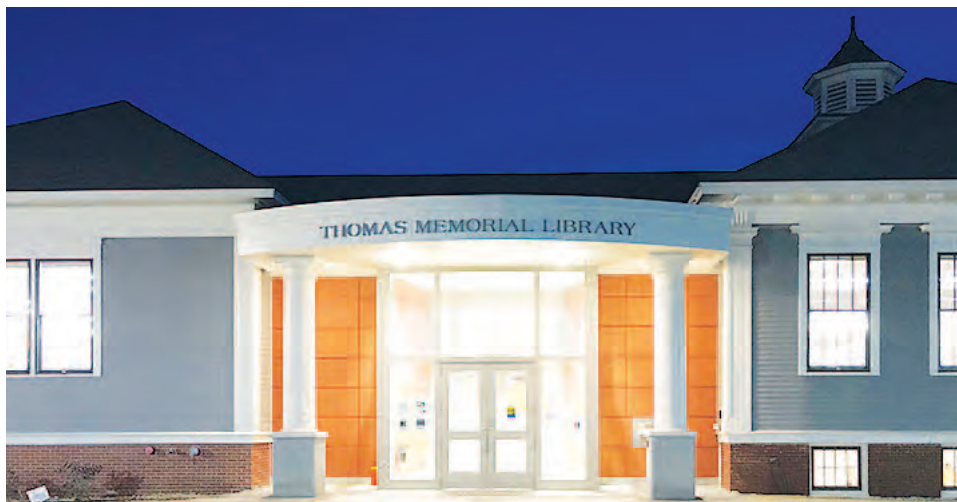


Photo by Kevin Davis



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Chickpea Waffle	Pan Roasted Scallops
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# One pot vegetarian chili mac



## Ingredients

- 1 tablespoon olive oil
- 1 onion diced
- 1 red bell pepper seeds removed and diced
- 3 cloves garlic minced
- 1 pouch Tomato Paste 2 tablespoons
- 2 cups vegetable broth
- 1 14.5-ounce can diced tomatoes
- 1 15 oz can tomato sauce
- 2 15 oz cans small red beans or kidney beans, drained and rinsed
- 1 15 oz can black beans, drained and rinsed
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- Kosher salt and freshly ground black pepper to taste
- 2 cups uncooked macaroni pasta we use whole wheat
- 1 cup shredded cheddar cheese
- 1/4 cup sliced green onions for garnish, if desired

## Instructions

Heat olive oil in a large Dutch oven or soup pot over medium high heat. Add onion and red pepper and sauté until tender, about 4 minutes. Add the garlic and tomato paste, cook for two 2 minutes. Stir in vegetable broth, diced tomatoes, tomato sauce, red beans, black beans, chili powder and cumin. Season with salt and pepper, to taste.

Add the uncooked macaroni and stir to combine. Place a lid on the pot and turn the heat up to medium high and bring to a boil.

Stir often to loosen the noodles from the bottom of the pan. When it reaches a boil, reduce to low and simmer until the pasta is cooked, about 12-15 minutes.

Remove from heat and remove the lid. Stir in 1/2 cup of the shredded cheddar cheese.

Top with remaining 1/2 cup cheese and place the lid on until cheese is melted.

Garnish with green onions, if desired. Serve immediately.



## Revaluation

Continued from page 2

with a list a “Frequently Asked Questions” regarding the revaluation process. If you have any questions or concerns, do not hesitate to contact me via my contact information at the end of this letter.

### Timetable of Revaluation Process

**NOTE:** In light of the recent COVID-19 outbreak, the field-work that was supposed to be in April 2020 (through April 2021) has been delayed until June when it will be reviewed based on the status of the pandemic at that time.

January 2021 through June 2021: Assessor analyze sales, update LAND/BLDG cost tables, update values

July 2021: Mail NEW VALUATION notices to homeowners

July 2021 through August 2021: Informal appeals period with Assessor

End of August 2021: Create tax bills and mail them out

### Frequently Asked Questions

**Is having a revaluation just another method to increase our property taxes?**

No, the main reason for the revaluation is to equalize all of the values with complete and accurate information on each of the properties. Revaluations are “revenue neutral” as the budget process is a separate process requiring public input and Town Council approvals.

**When and how will I be notified of my new assessment?** All property owners will

# CSalt Turtle bars

## Ingredients

- 2 cups all-purpose flour
- 1/2 cup confectioners’ sugar
- 1 cup unsalted butter
- 1 14- ounce can sweetened condensed milk
- 1 large egg beaten
- 1 teaspoon pure vanilla extract
- 1 cup pecans coarsely chopped
- 3/4 cup semisweet chocolate chips
- 1 cup toffee-and-chocolate baking pieces such as Heath Bar

## Instructions

1. Heat oven to 350°F. Combine the flour, confectioners’ sugar, and butter in the bowl of a food processor. Pulse until a crumbly dough is formed. Press the dough firmly into a greased 9-by-13-inch pan. Bake until just



golden, about 15 min.

2. Whisk together the condensed milk, egg, and vanilla. Pour the filling over the baked crust. Sprinkle the pecans, chocolate chips, and toffee pieces evenly over the filling. Bake until the filling is set, the edges are golden brown, and the toffee is melted, about 25 minutes.

3. Cool completely in the refrigerator, about 2 hours. Cut into 32 bars.

As of March 18, CSalt Gourmet Market has added delivery and curbside pickup. Delivery hours will be every day from 11 a.m. - 6 p.m. and curbside pickup will be available during their regular business hours of 7 a.m., - 7 p.m.. Gift Certificates are available at any time via phone and will be mailed to you for your convenience. Call 207-956-7700.

**Will we lose Education Funding?** Unlikely. Both the education funding and revenue sharing are based on the Town’s equalized valuation (state valuation) which is determined by the Maine Revenue Services. A revaluation only solidifies the base for your state valuation.

**Do I have to let them into my home?** No. You have a right to deny entrance. However, in the inspection process of the revaluation, the more information made available, the more fair and equalized will be your assessment. It is very important that the inspector review not only the quality of your construction, but also any deterioration or negative influences.

**How will the state of the economy affect the revaluation?** Values will be based on actual sales data for the period of April 1, 2018 to March 31, 2020. Property sales data is reviewed and we process the middle 70% of sales as we estimate the long term fair market value, reflecting neither the peak nor the bottom of the market.

**Why is a property revaluation necessary?** The last physical inspection of the Town was performed in 2003. Since then, properties have been affected by depreciation (physical wear/tear of a building), unpermitted additions or renovations to the property, outbuildings that may have been demoed or constructed, we need to collect new home photos, conduct an audit of all solar panels, and to verify the home sketch affecting square footage are just a few of the reasons for our physical inspection. Correct data ensures fair and equitable valuations.

**Tell me about this ‘Parker Appraisal Company’?** This is a small appraisal company comprised of a father and son team, Robert and Timothy Gingras established in 1979, located in Falmouth. Both men are Certified Maine Assessors, Bob having over 40 years of experience while his son Tim has 17 years, performing both commercial and residential appraising. Parker Appraisal Company assisted the town during the 2003 Revaluation, garnering praise for efficiency, quality of workmanship and customer service skills from our, then Assessor, now Town Manager Matthew Sturgis, which is a ringing endorsement in my book.

Parker Appraisal Company will have automobiles identifying them as ‘TOWN ASSESSOR’ while they drive through your neighborhood, they will also have Town of Cape Elizabeth picture IDs issued by our police department.

If you have any questions or concerns about this process, please contact Town Assessor Clinton Swett via email at Clinton.swett@capeelizabeth.org or via phone (207) 799-1619.

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# Cape Ledge Farm: Educating future equestrians of all ages

By Tina Fischer



Contributed photo

Young riders at Cape Ledge Farm made valentines this winter for their favorite horses. From left to right: Domenic Linnell, Gunnar Petsinger, Ashlynn Petsinger, and official farm dog Ginger.

Spring at Cape Ledge Farm finds Zack and Brittany Petsinger and staff continuing to share their passion for horses through an ever-expanding range of lessons and programs, for all ages.

Zack reports, “Group lessons kept us busy through the winter. Many loyal riders braved the colder months to continue to ride in our indoor arena. We’ve also been running ‘Club Ledge’ every other Wednesday evening for students aged 5 - 15. We have snacks and do barn activities; some parents drop their riders off and enjoy a ‘date night’!

“We’ve also been working with students from the Farm Science class at the Aucocisco School - our neighbor on Spurwink Avenue - and we started an additional program for students there called Barn Buddies. The Farm Science focus helps students looking toward future jobs in the trade, as in being a farrier, groom or farm hand. Barn Buddies is once a week and we do fun activities to familiarize students with the animals on the farm, such as how to approach animals, give treats and how to be aware of your own behavior and that of the animals too.”

Cape Ledge is also hosting a local high school intern as part of an innovative program at Cape high called, Student Driven Learning (SDL). Josie Boeschstein is learning barn and farm management for her senior project.

“I’ve always had an interest in animals, especially horses,” Boeschstein said. “I spend five or six hours a week there and love every second of it! I’m so happy our school offers SDL because it’s a great way to learn more about specific topics that interest you. I really wanted to work at the farm because I’m a huge animal lover and it’s such a great opportunity for me to be able to learn more about the animals as well as the daily barn chores. The horses are so sweet; they each have their own personality. Brittany, the owner, has been so kind and taught me so much already; no two days are the same. The farm also has pigs, goats, donkeys, chickens and ducks. It’s been super fun and I can’t wait for what comes next!”

Zack concurs. “It’s a very cool project that teacher John Holdridge is overseeing. We’re looking forward to hopefully forming a long-term relationship with the high school for this class.”

Cape Ledge is also gearing up for summer Farm Camp, by planting seeds in the greenhouse for the vegetables the children will tend, and by ordering baby chicks to build on the farm’s egg supply for the future. Zack notes that customers can come by the farm to buy fresh eggs and can also enjoy them when dining at The Well at Jordan’s Farm this coming season.

# CSalt Gourmet Market teaming up with PWH for beanie baby drive

Partners for World Health (PWH) has recently teamed up with C-Salt Gourmet Market, who has agreed to host a beanie baby drive at their location through the end of April.

PWH is looking for small, new or gently used, stuffed animals (Beanie Babies) for their Medical Mission trips, as well as our container shipments.

PWH collects medical supplies and equipment from healthcare facilities, manufacturers, other organizations and individuals. They sort, evaluate, repackage and prepare these supplies and equipment for distribution to in-

dividuals, communities, and healthcare facilities in need both locally and internationally.

Their “Project 10,000” provides pregnant women with kits containing sterile equipment which they will give to the doctor at the time of delivery. The kits will also include items to ensure babies are kept warm and dry after birth and a Beanie Baby as a gift.

C-Salt is remaining open for take-out and curbside pick-up orders during the COVID-19 response. Anyone who would like to make a beanie baby donation would be welcome to drop them off.

# Cape’s 2020 ‘eco-Excellence’ award goes to Veterinary and Rehabilitation Center

The Veterinary and Rehabilitation Center of Cape Elizabeth is Cape’s 2020 recipient of ecomaine’s eco-Excellence award.

The center, led by Dr. Ginger Browne Johnson, was recognized for safely incorporating into veterinary practice the 3 R’s – Reduce, Reuse and Recycle. “We are thrilled to be recognized by such a worthy organization for globally important work,” said Johnson.

“You may think that single-use items have an integral place in medicine – for both people and our furrier friends,” said Vanessa Berry, ecomaine environmental educator at the March 10, 2020 presentation. But, with an autoclave for sterilization, the clinic reduces single-use items by reusing thoroughly cleaned ones. “They also recycle paper, plastic and metal materials whenever possible,” she added.

The practice colocates recycling bins with both trash and redeemables, which helps to support their KARMA Fund for pets in need. And, instead of giving out plastic bags, they collect plastic bags for return to the local grocery store’s films bin.

“By recognizing the effect that better waste management can have on people, animals, and the earth, the Veterinary and

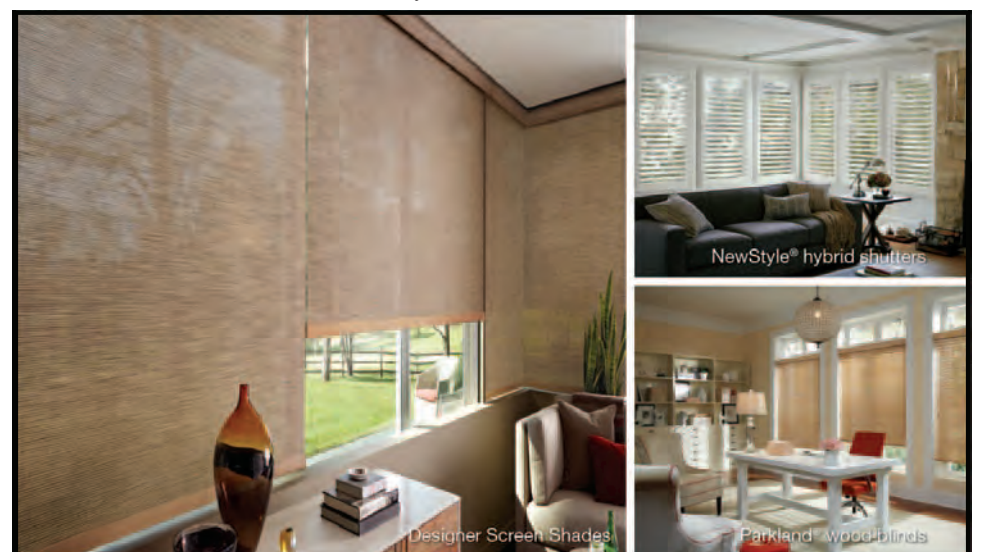


Photo courtesy ecomaine

Dr. Ginger Browne Johnson, third from left, accepts eco-Excellence Award at ecomaine ceremony March 10

Rehabilitation Center of Cape Elizabeth is acting on this knowledge to create a more sustainable future for all of us,” Berry said.

The center was one of 20 sustainability champions recognized by ecomaine, the regional, municipally owned trash-to-energy cooperative based in Portland. Cape Elizabeth is an owning member. Sustainability is an ongoing goal of the Town Council.



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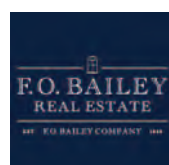
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# Cape Elizabeth native and printmaker still finds local inspiration

By Kevin St. Jarre

Cape Elizabeth's Brooke Lambert is an artist who is working on original hand-painted collagraph prints and watercolors. She describes her style as "abstract works that evoke light shining through ocean water, along with materials that wash up

on the shore such as netting, fishing ropes and sea shells."

While she says the business side of art hasn't really influenced her creative work, her style and media, like most artists, has changed over the years. "During my last year of art school, while explor-

ing all kinds of printmaking, I began to focus on collagraph prints. I am drawn to the sculptural qualities and rich range of color I can achieve in this way of working. I collect materials that I then use to build a low-relief plate which serves as a matrix for my printing process. I think of my plates as sculptures in their own right. I ink my plates and put them through the press covered with 100 percent cottonrag paper. The enormous pressure from the drum of the press bed pushes the materials from the plate into the paper, leaving an embossed print. Afterwards, I paint the prints so that each is unique in color, value and texture," Lambert said.

Her art was influenced by a visiting artist while she was still attending college. She said, "Choco Eduardo Roca, a well-known printmaker from Cuba who I had the honor of working with while he was a visiting artist at MassArt."

Her favorite places to create often involve water, and she enjoys discussing her work in progress.

"When I make watercolors or sketches, I like to sit by the ocean or lakes in Maine to work on my paintings and drawings. My prints, of course, are made in print shops, but I can paint on them anywhere. I often paint at cafes, outside at the beach, or at home. I like being among people when I paint and enjoy talking about my process with them," she said.

Lambert said she finds "endless inspiration" from Crescent Beach, Kettle Cove and Sebago Lake. "I think a lot about light and darkness when making these prints: Light reflecting on water, light in the cracks and crevices between darker areas in tidepools or on the ocean floor. The ocean is always changing in color and intensity and is never still. Even on the darkest days, the sea has light, a light that, for me, represents hope," she said.

As far her studio time, she said, "I would love to one day have my own printing press and set up a small printmaking studio."

Lambert says that if she could win an all-expenses paid retreat somewhere in the world to spend time on her art, she said she would choose "Cuba because there is a huge focus on the art of printmaking, much more than in many other

places in the world. I am also drawn to Cuba because of the bright colors, unique flora and fauna, and lagoons that would influence my work."

Those interested in learning more about Lambert and her art can go to:

<https://www.facebook.com/brookelambertprintmaker>

Instagram: @brookelambertartist

<https://www.youtube.com/watch?v=ZkNpfOsjFVE>

There is also a show scheduled April 1 to May 26 of her original hand-painted collagraph prints at:

CIA Cafe South Portland  
72 Ocean St #103, South Portland  
and  
CIA Cafe Saco  
9 Beach St, Saco



Contributed photo

One of Brooke Lambert's prints, created in a multi-step process, including enormous pressure produced by a press.



Contributed photo

Cape native Brooke Lambert is a printmaker who is still inspired by Maine.

## Update from Cape Elizabeth Land Trust regarding preserves

During the coronavirus outbreak, Cape Elizabeth Land Trust (CELT) preserves remain open, and Executive Director Cindy Krum encourages all residents to follow guidance from the CDC regarding safe use of public spaces.

For any questions, CELT staff can be reached via 207-767-6054, (messages are being picked up on a regular basis while staff works from home at this time) or via email:

- Cindy Krum, Executive Director – [cindy@capelandtrust.org](mailto:cindy@capelandtrust.org)
- Patty Renaud, Membership and Development Manager – [patty@capelandtrust.org](mailto:patty@capelandtrust.org)
- Philip Mathieu, Education Coordinator – [philip@capelandtrust.org](mailto:philip@capelandtrust.org)






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## Local farms

Continued from page 1

wallet-free; some farms offer a discount or other incentives.

“The most expensive time of the year for a farm is the early months of the year,” explained Caitlin Jordan from Alewife’s Brook Farm, “and we have less product to sell. Having the support of the community is also a big morale booster for farmers as they work day in and day out during the cold months. The planning and planting of new vegetables is exciting for us and we look forward to sharing those with customers who took the time to support us now; it’s very uplifting to the farmers.”

Penny Jordan agreed. “CSAs are extremely important - they help ensure we have dollars for start-up as our reserves have run low over the winter. The support of our friends and neighbors is very much appreciated at Jordan’s Farm and demonstrates to us how much people value the work we do.”

Jordan’s is one of three farms in town offering CSAs, and customers can spend their shares on any farm product - vegetables, compost, flowers, dairy, meats, etc. - at the Wells Road farm market (opening May 13). Each of five CSA price levels include a different discount; for example, when purchasing a \$95 share, the customer receives \$100 worth of products.

Penny notes that in addition to vegetables and flowers, Jordan’s grows strawberries and high-bush blueberries.

Austin and Mary Ellen Chadd offer four CSA options at Green Spark Farm, priced from \$200 to \$500. Patrons can purchase the farm’s certified organic produce at both

the Fowler Road self-serve stand (open daily starting June 1) or at the farm’s booth at the Portland Farmers Markets, Wednesdays and Saturdays. Along with a wide range of vegetable choices, members receive a weekly newsletter and can use their credit on veggie and flower seedlings for their home gardens. Green Spark hosts annual Saturday seedling sales; this year’s dates are May 9 - June 6.

Alewife’s Brook Farm’s CSA includes food from the land as well as the sea; the farm offers lobsters, clams, haddock and scallops throughout the year. There are several options to choose from, ranging in price from \$100- \$500, and most levels offer a 10% discount. CSA members can spend their credit at any of the summer farmers’ markets Alewife’s attends - in Portland, South Portland, and Scarborough - and at the market at the farm on Old Ocean House Road, open seven days a week, year-round.

Caitlin Jordan noted, “Whether you purchase your CSA share at Green Spark, Jordan’s or Alewife’s, you’re helping to sustain your local food source as well as a unique way of life. Farming requires hard work, discipline, patience, perseverance, problem solving and ingenuity; but perhaps most all, farming requires sustained community support. Small-scale farming is under threat in so many places; let’s not lose it here in Cape Elizabeth.”

Farms have deadlines for CSA sign ups to encourage customers to lend their support in the spring, when funding is most needed. Details of each farm’s CSA levels and benefits can be found on their websites.



Contributed photo

Alewife’s Brook Farm grows an assortment of colorful vegetables.



Contributed photo

In addition to growing their own strawberries, Jordan’s Farm now grows high-bush blueberries for customers as well.

## Capetoons: Saddest snow March 2020

By Jeff Mandell



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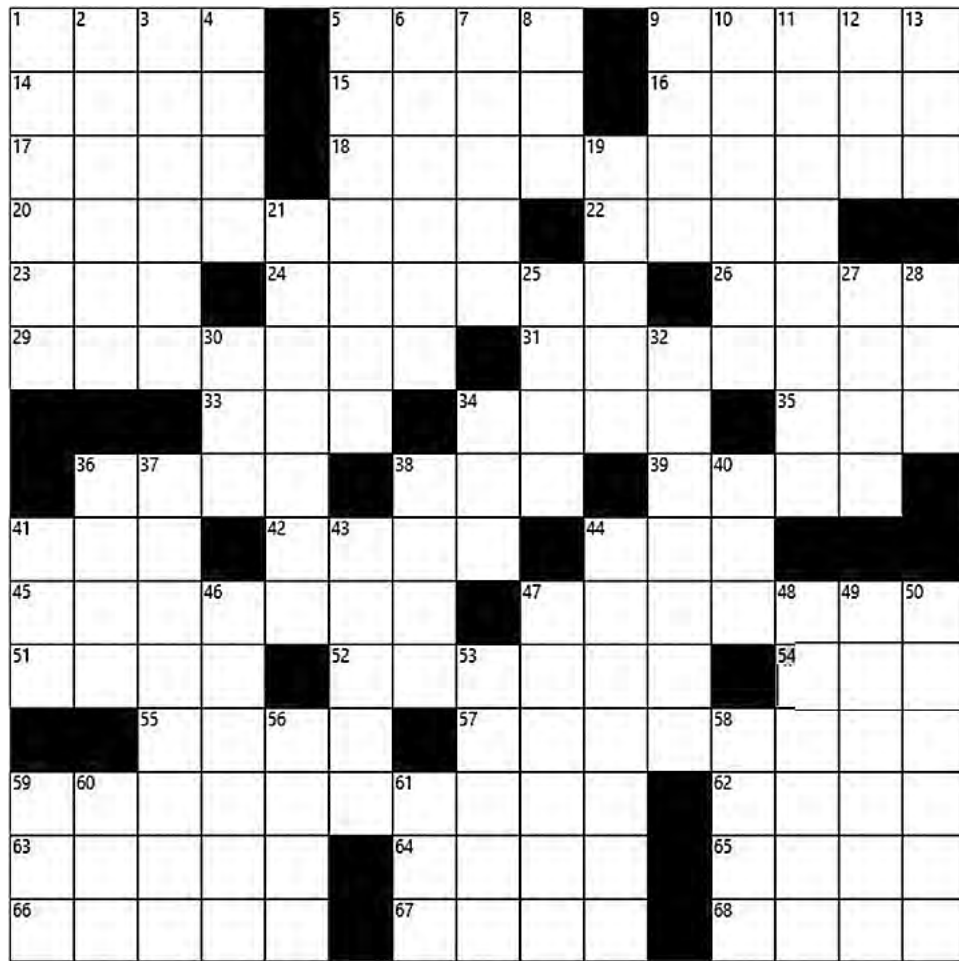
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# Cape Cross

Created by Rich Dana



**ACROSS**

- 1. "\_\_\_\_\_ that special?"
- 5. Popular ballpark song
- 9. Sappy tree
- 14. Text-speak for "the group finds it very funny"
- 15. Sushi delicacies sought by Cape Elizabeth's Keith Jordan
- 16. Fully committed, as to a poker game
- 17. A certain cut of meat
- 18. Broadway hit
- 20. The Prairie State\*
- 22. Bar
- 23. Born (Fr.)
- 24. Actor Borgnine of "The Poseidon Adventure"
- 26. The Beehive State\*
- 29. The Hoosier State\*
- 31. The Treasure State\*
- 33. NASA probe currently orbiting the moon (abbr.)
- 34. "Cops" slang
- 35. Uber drivers' dirs.
- 36. Another name for Jamaican tangelo
- 38. One of three on a tripod

- 39. Head of France
- 41. Suffix with mod and caps
- 42. Brewer, e.g.
- 44. One-time White House correspondent Donaldson
- 45. The Peach State\*
- 47. Capital of 66 Across and city in all the starred clues
- 51. Wife and sister of Zeus
- 52. Brand of Lego-centric military kits
- 54. Kitchen cooker
- 55. Brisbane greeting
- 57. Most dweeb-like
- 59. Really impress
- 62. Grp. devoted to Madness
- 63. "Action News" vehicle, perhaps
- 64. \_\_\_\_\_ & Chandon, fine Champagne
- 65. The Badger St.\*
- 66. The Pine Tree State\*
- 67. "No ifs, \_\_\_\_\_, or..."
- 68. City or sports, for example

**DOWN**

- 1. The Fighting \_\_\_\_\_, team of the University of 20 Across
- 2. Like bases or kisses
- 3. Aced
- 4. Singer Tennille or Braxton
- 5. Type of question
- 6. Certain people of Madagascar
- 7. Around
- 8. Jerk
- 9. Ingredient in beer and milk balls
- 10. Fully committed, as to war
- 11. Sound of a breakfast pastry falling into water?
- 12. Actress Lucy
- 13. Tolkien creation
- 19. Bar, legally
- 21. Getting 7 Down
- 25. Bad air
- 27. It usually comes before 16 Across
- 28. Owns
- 30. Under the weather
- 32. Like some wine or cheese
- 34. According to
- 36. Peter Fonda title role
- 37. Father of Queen Elizabeth II, for whose ancestor 45 Across was named
- 38. Table accessory
- 40. Liberty Mutual bird
- 41. "Gross!"
- 43. Belonging to actress Tomlin
- 44. Brand of lozenges
- 46. 180 degrees divided by  $\pi$ , or about 57.2958 degrees
- 47. "Roses \_\_\_\_\_..."
- 48. Coin
- 49. Infinitive for backtalk
- 50. Charge
- 53. Soup or salad ingredient
- 56. Granddaughter of 37 Down
- 58. One way to look (abbr.)
- 59. Casino offering
- 60. The Mountain St.\*
- 61. Home to Homers in 66 Across' lgst. city

## How to make a homemade spectroscope



**Materials for spectroscope**

- Empty paper towel roll
- Craft knife and/or scissors
- Blank or old CD
- Pencil
- Small piece of cardboard or cardstock
- Tape
- Paint (optional)

**Making a homemade spectroscope**

1. If you'll be painting your paper towel roll, you'll want to do that first and let it dry. (This step isn't necessary, but it's hard for us to pass up an opportunity to paint something!)
2. Use a craft knife (an adult should do this) to cut a thin slit at a 45° angle toward the bottom of the cardboard tube.
3. Directly across from the slit, make a small peephole or viewing hole using your craft knife (another step for an adult).
4. Trace one end of your paper towel roll onto your small scrap of cardboard or cardstock. Cut it out.
5. Cut a straight slit right across the center of your cardboard circle.
6. Tape the circle to the top of your spectroscope.
7. Insert the CD into your 45° angled slit with the shiny side facing up.

**Using the homemade spectroscope**

Start by taking your spectroscope outside. Point the top slit up at the sky (NOT directly at the sun). Look through the peephole. You will see a rainbow inside!  
 Now try your spectroscope with other light sources like fluorescent light, neon light and candle light. Compare what you see!

**What's going on?**

A CD is a mirrored surface with spiral tracks or pits. These tracks are evenly spaced and diffract light (separating the colors). Because the CD's surface is mirrored, the light is reflected to your eye.



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## Seniors

Continued from page 1

made great use of the time.

With approval from the school administration and help from the Cape Elizabeth Community services and others, the new program was set up for senior citizens to spend a Thursday morning during March and attend two classes of their choosing. Senior citizen visitors were paired with student escorts. The age requirement for a person to be considered a senior citizen is fluid. “We don’t check IDs,” said Mr. Kohan with a grin.

The first Back-to-School Day on March 5 was a success, with 10 visitors aided by publicity and awareness from Jane Anderson at Community Services. But as the COVID-19 outbreak expanded, just two visitors participated on March 12. I was one of those visitors. As a former teacher, I was highly interested in the high school experience in 2020 and observing first-hand how things have changed in the past few decades.

However, just one day after my visit, as the outbreak intensified, magnifying the potential danger to students, faculty and others, the school board posted a letter on their site announcing: “All events where the public is invited into our schools are cancelled as of today, March 13. This includes plays, musical events, academic celebrations, after school meetings such as Girl Scouts...” The pandemic effectively put an end to the first iteration of Back-to-School. But the story does not end there.

The Senior-to-Senior program has been in place for more than 10 years, its roots in restitution for a senior prank gone wrong in 2009. The program has become popular with the school and the community. Until Mr. Kohan’s idea to extend the program, senior students assisted senior citizens by raking leaves, performing other chores, running errands and coming by to chat. Mr. Kohan said in an email, “It is ‘expected’ that each CEHS senior participate and donate three hours in some way. There is no consequence if they do not, but we strive for 100% participation each year. Sometimes we get it, sometimes we don’t.”

A report on the CEHS web site by Gina Raspiller on the first Back-to-School day included comments from senior visitors like Judy McManamy, who said “I saw so many opportunities for students that I wasn’t aware of including many electives like Robotics, Drafting, Holocaust Studies and Media and Film.” Student escort Isabel Berman commented, “It was really nice to be able to actually connect with them in comparison to just raking their leaves. I would definitely recommend doing this again!”

As a visitor, I was assigned two senior escorts. Millie Erickson brought me to her AP Calculus class, which was taught by Ms. Sara McKeown [“mick-YOU-in” was helpfully written on the white board]. A teacher with eight years experience, she is a favorite of the students. The class was devoted to a review for an upcoming test. Ms. McKeown encouraged the students to use the time in the way that would be most useful for them, from studying in small groups

to practicing alone with music coming through their ear buds. She moved about the classroom and stopped at each desk to make sure the students understood the content. As she helped her class prepare, Ms. McKeown reminded the class that “Bald Answers,” those that showed only the answer and did not show a “calculus relation” to a question would get no points. As would be expected in an AP class, an atmosphere of mutual respect between teacher and students was readily apparent.

At the end of the 50-minute class, my second escort and I had five minutes to get to the next class. Senior Christiana Pinette explained the workings of the government class as we walked to a darkened classroom. Ted Jordan is a veteran teacher whom the students consider one of the best. The class began with Mr. Jordan asking, “What did you learn on the news last night?” The students were ready, answering “travel ban,” “NBA season canceled,” “colleges closing” and the rest of the day’s big stories. Mr. Jordan asked his visitors if we had ever experienced anything like the coronavirus outbreak. We agreed that the situation, on a world-wide level, was unprecedented.

The class subject was the role of special interest groups in government using a film of the end of the Clinton years for context. No generic “Who can tell me,” questions aimed at the entire class, Mr. Jordan would periodically stop the film, and ask specific students specific questions. All students answered correctly. Later, one of the escorts said, “Mr. Jordan is famous for doing that.”

After the end of the second class, Christiana brought me to a large classroom for a debrief with the other escorts and visitors. Mr. Kohan asked Ms. Carlisle and me what we thought of the experience of going back to school. She and I agreed that the visit was enlightening. To illustrate how things had changed she and I told the students how difficult it was to get information for papers and other reports 50 years ago, and how “cut and paste” used to mean getting out the scissors and the glue.

As a former teacher, I felt, as the old saying goes, the more things change the more they stay the same. With the exception of computers and other electronic gadgets, the classes seemed little changed in the decades since I was last in a school.

An obvious difference from a senior citizen’s point of view was the student attire. Students come to school dressed decidedly more casually than students in the last century, including the almost universal accessory of backpacks that felt as if they would require an Olympic weight lifter to lug around all day.

All in all, the experience of high school is still, well, high school. The groups of

students chatting in the hallways between classes could have been transplanted from the 1970s. Topics of conversation were like those of 50 years ago, covering social issues, music and sports. Despite the advent of computers and the astonishing access to data for high schoolers today, the learning process still depends on involved teachers and attentive students. My escorts Millie and Christiana are both smart, engaged, inquisitive, and thoughtful students. After spending a morning at CEHS, I am encouraged that today’s students will keep our society moving in a positive direction.

As part of the debrief at the end of the morning, I asked Mr. Kohan what the next steps would be for Back-to-School. He opened the answer to the group. Suggestions ranged from having weekly Back-to-School sessions to having sessions in the fall and spring. As a participant I see real value in having younger and older citizens interact and engage in real conversation and experience the learning process together.

Mr. Kohan supported the idea of two sessions a year. To help gauge interest and support, he encourages people to contact him via email at tkohan@capeelizabethschools.org to share their thoughts and suggestions.

## Vote accepts \$390,000 in interest-free loans for school facilities

The Town Council on March 9 formally accepted more than \$390,000 in interest-free loans for immediate improvements to each of Cape Elizabeth’s three school buildings.

The loans in the amount of \$390,429 were awarded as part of the Maine Department of Education’s School Revolving Renovation Fund, with 30 percent to be forgiven as a grant. The remaining 70 percent will be repaid within five years, and projects must be completed by July 2021.

Jamie Garvin, councilor who is also on the School Building Committee, said the funding was facilitated by the needs-assessment report completed this past summer by Colby Company Engineering and Scott Simonds Architects.

The projects that qualified for funding – primarily plumbing at all three schools and

## Reminder from Portland Water District

With the increased attention on disinfection practices and short supplies of toilet paper during the COVID-19 pandemic, the Portland Water District reminds the public to flush only toilet paper and human waste. Materials not meant to be flushed down a toilet like baby wipes, cleaning wipes, paper towels, rags, dental floss, etc., clog wastewater pumps and systems.

“Our resources will likely be strained over the weeks ahead, and I hope our customers will be careful about what they flush. We are working to keep our systems operating and the extra burden caused by these materials will make that job much more difficult,” stated Scott Firmin, director of wastewater services.

Don’t flush wipes, they clog pipes and plug pumps. Even wipes labeled flushable are questionable and can cause problems binding with other materials and not breaking down in time to make it through equipment. A better option is to place the materials in a covered container or bag and disposed in the trash.

air quality, roofing and intercom at the the High School – all require immediate attention and could be carried over to new buildings if they were replaced in the future.

The recently completed engineering reports gave Cape Elizabeth a competitive edge, Garvin said. “We had very detailed specifications about what we needed to do, when we could do it, and that it was ready to go – because of the work that was done from the needs assessment,” he said.

He further credited School Department Business Manager Marcy Weeks. “She’s been very dogged about identifying these types of things and really turning over the couch cushions and shaking out the change that’s there, in dollar amounts large and small,” Garvin said. “This is a bigger one.”

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# CAPE CALENDAR

By Wendy Derzawiec

## Tuesday, April 7

School Board Budget Workshop, 6:30 pm -8:30 pm, 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 Tuesday, 7 p.m., Community Center

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

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

## CABLE GUIDE

Cape Elizabeth Church of the Nazarene  
March 28, 29; April 4 & 5 - 9 a.m.

## CETV CHANNEL 1302

School Board Budget Workshop (live)  
April 7 - 6:30 p.m.

# Caught 'red-handed'



Photo by Kevin St. Jarre

Signs of spring...critters are out and about. Raccoons don't hibernate per se, but they will den up for up to a month to avoid the most bitter months. This one is running off the deck after being spotted.

# SERVICES

## Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)  
747-1113

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/Primary: 11:10 a.m. - 12:00 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.

## Church of the Holy Spirit

1047 Congress Street, Portland  
874-9779

www.HolySpiritPortland.org  
Sunday Worship: 10:00 a.m.

Sunday Adult Bible Study: 9:00 a.m.  
Sunday School for children: 10:00 a.m.  
Services streamed live on Facebook  
Potluck dinner every third Sunday

## Congregation Bet Ha'am

81 Westbrook St., South Portland  
879-0028

www.bethaam.org

Worship: Friday, 7:30 p.m.  
Saturday, 10:30 a.m.  
Family Shabbat Services:  
Second Friday, 6:00 p.m.

## First Baptist Church of South Portland

879 Sawyer Street South Portland,

799-4565

www.spfbc.co

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 & Children's Programs  
Sundays, 9:30 a.m.  
Listen to our Podcast "A Nourishing Word"

We have room for all

## 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

Sunday Worship: 8:30 a.m., 10:00 a.m.  
Sunday School: 10:00 a.m.  
Preschool Child Care: 10:00 a.m.  
Game Room

## First Congregational Church of Scarborough

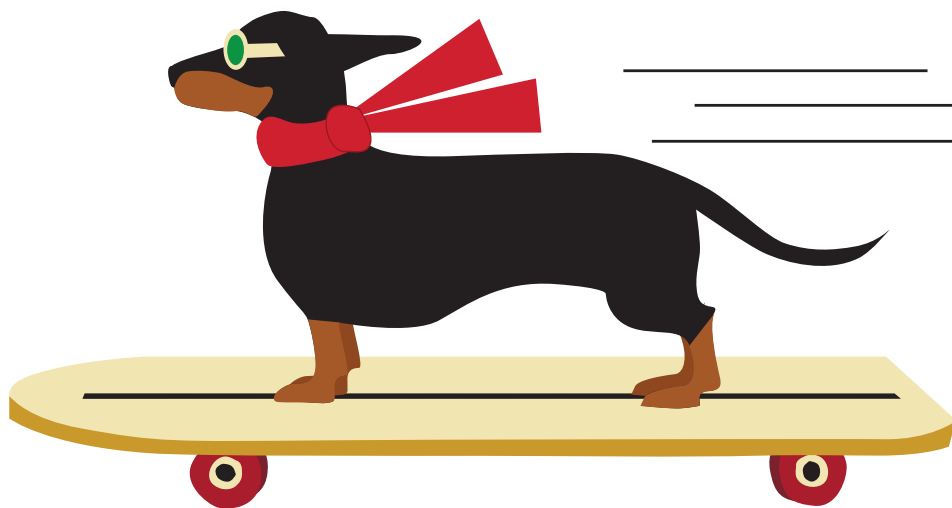
167 Black Point Road, Scarborough  
883-2342

www.fccscarborough.com

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

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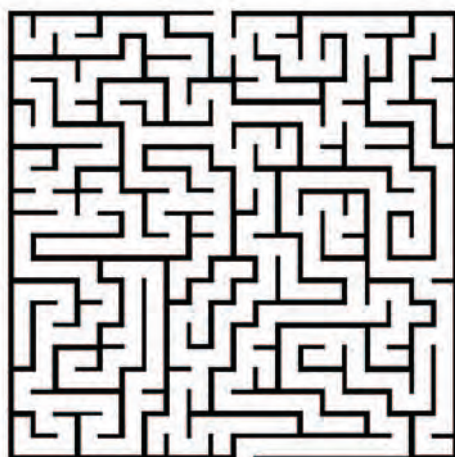
**FOR SALE /RENT**

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# Babe Ruth Baseball to start mid-June

For those interested in Babe Ruth Baseball for Cape Elizabeth players ages 13-15, please email cape-baseball@maine.rr.com for more information.

The 2020 season is currently scheduled from mid-June to end of July. Games are played around greater Portland.



Next deadline: Mar 27th For Issue Date: Apr 8

## Have a Classified Ad, Announcement or Event?



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Or contact Tara Simopoulos at: [advertising@capecourier.com](mailto:advertising@capecourier.com)

# Jury duty phone scam targets school employees, registration renewal stickers stolen from vehicle

Reported by Marta Girouard

### COMPLAINTS

- 2-26 An officer met with a school employee who had received a phone call from a subject claiming to be Sgt Hall with the Cumberland County Sheriff's office. He claimed she had failed to appear for jury duty and that a warrant had been issued for her arrest or she could make arrangements to pay a fine of \$500. She suspected a scam and hung up. I contacted the real Sgt Hall of CCSO who advised they had been getting reports of a male with an accent calling school employees to scam them.
- 2-27 An officer responded to a residence in the Broad Cove area for a barking dog complaint.
- 2-28 An officer responded to a business in the Shore Road area for a found purse. Owner was identified and contacted.
- 2-28 An officer met with a resident of the Ocean House Road area who reported that he had left the house this morning between 0830 and 2230. During this time a vehicle struck his mailbox. Evidence showed that a vehicle traveling southbound had crossed the center line into the northbound lane striking his mailbox then back onto Ocean House Road.
- 2-28 An officer met with a resident of the Woodland Road area who advised that he had provided his banking information to a subject who was giving away money. An electronic check had been deposited in his account that was greater than the amount he was to receive. He was told to obtain a money order at Walmart for the difference and mail it back. At this time his banking institution contacted him and advised that the electronic

- check was fraudulent.
- 2-28 An officer received an e-mail from a resident of the Oakhurst area who reported he was out of town and sent me a video from his ring camera system that showed a young female entering his breezeway and did not appear to take anything. She did not enter the house as the door was locked.
- 2-28 An officer met with a subject who brought in two firearms for destruction the family no longer wanted.
- 2-28 An officer met with a subject in the Old Ocean House Road area who advised that her neighbor is away and the house had possibly been burglarized and a car stolen. We later learned that a family member had been at the house and borrowed the car.
- 3-1 An officer met with a resident of the Shore Road area regarding a motor vehicle burglary complaint. Taken from the vehicle were her registration renewal stickers.
- 3-3 An officer met with a resident of the Broad Cove area regarding a confrontation with a contractor.
- 3-3 Two officers responded to a residence in the Oakhurst area for a wellbeing check.

- 3-5 An officer met with a resident of the Shore Road area regarding possible criminal mischief.
- 3-6 Two officers responded to a residence in the Shore Road area for a domestic disturbance.
- 3-6 An officer met with a resident of the Mitchell Road area regarding a radio found in the front yard.

### SUMMONSES

- 2-25 Falmouth resident, failure to produce insurance, Two Lights Road, \$186
- 2-27 Cape Elizabeth resident, dog disturbing the peace, Salt Spray Lane
- 2-28 Cape Elizabeth resident, failure to stop at stop sign, Route 77, \$146
- 3-5 Cape Elizabeth resident, seatbelt violation, Route 77, \$85
- 3-5 Westbrook resident, seatbelt violation, Shore Road, \$85
- 3-5 Portland resident, seatbelt violation,

- Shore Road, \$85
- 3-5 Cape Elizabeth resident, seatbelt violation, Shore Road, \$85
- 3-5 South Portland resident, uninspected motor vehicle, Shore Road \$148

### ACCIDENTS

- 03-04 Kyle Desmarais, Spurwink Avenue
- 03-05 Joshua Dennison, Ocean House Road

### ARRESTS

- 3-6 Cape Elizabeth resident, violation of conditions of release, Cape Elizabeth
- 3-7 Portland resident, operating under the influence, Cape Elizabeth

### FIRE AND RESCUE

There were 12 fire calls and 29 rescue calls from Feb. 25 through March 9.

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# Kids Coloring Contest

Calling all kids, ages 2 - 8 years old! We are looking for a winner of our Cape Courier gift basket. Do you love to color? Send us a picture of your finished product to [info@capecourier.com](mailto:info@capecourier.com) to be entered to win. We will announce our winner in the upcoming issue.



## Library

Continued from page 7

bring thoughtful entertainment to your preferred device with no fees and no commercials. Everyone from film scholars to casual viewers will discover remarkable and enriching films on Kanopy. Log in with your TML card and enjoy Kanopy's diverse catalog with new titles added every month. This service is a relatively expensive resource that the library pays for on a per-download basis, so we ask individual users to be conscientious in making use of it.

**Digital Maine Library:** The Digital Maine Library provides every resident of Maine with access to online resources that include a collection of full text articles and abstracts from magazines, newspapers, journals and reference. It also provides students,

business people, public library patrons, and higher education students and educators the ability to use online learning tools. The Digital Maine Library may be accessed from any public, school or academic library in Maine. Access is also available from your home or business in Maine. Access from out of state is available with a valid Maine library card.

Depending on the length of time that regular library operations may be disrupted, the library may seek to provide access to additional online services. Please visit the library's website for information and links to access all resources available to you with your TML card. If you should find that your library card has expired, you will find a link on our website to email the Library Director to renew your card—just provide your name, current address, phone number, and email address so your card can be renewed.

## 'Plant Based Jess' food blog is based here in Cape Elizabeth

By Kevin St. Jarre

A website, run by Cape Elizabeth resident Jess Laroche, helps those who hope to live a plant-based lifestyle. As the website explains, Laroche is a whole food plant-based enthusiast and this blog is about spreading the word on all the benefits this diet brings.

Her own health journey started when she "became aware of the suffering animals had to go through to get on my plate. This was enough to make me rethink my way of eating and I slowly started to mi-

grate towards an whole food plant based diet."

"I then quickly realized how healthy this diet made me feel and the endless variations for new cooking ideas that it brought to me. My excitement was also fed by the idea that I was participating in the improvement of the long lasting health of our planet."

Often people are interested, said Laroche, but can't seem to visualize how to make it happen in their daily routine. Busy working days, family obligations or lack of ideas are some reasons that keep people from jumping in. "What I am hoping to do is bring you easy tips on how to get organized, plan ahead and cook delicious recipes to finally make your health a priority," she said.

At Plant Based Jess, readers can find satisfying whole food plant-based recipes, "delectable enough that it will make you come back for more," Laroche said. A couple of examples of recipes include "White Bean and Potato Soup," "Creamy Dill Chickpea Salad," and "Frozen Banana Ice Cream, Two Ways."

The website includes advice and many recipes, with clear instructions and rich photography. Readers also have the opportunity to sign up for a newsletter. Those interested can go to: <http://plant-basedjess.com/>.

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