

The Cape Courier

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Serving Cape Elizabeth Since 1988



A soggy harvest

The Cape Elizabeth Land Trust Harvest Festival and triathlon were held Sunday, Sept. 28, despite steady rain and the threat of a hurricane. Pie contest winners are listed on page 4.



Photos by Elizabeth Brogan

Soup-to-nuts renovation of Cape High cafeteria the work of many in Cape

By Wendy Keeler

Everyone gets to come to the table at Cape Elizabeth High School's newly renovated cafeteria. From their tractors, turn-of-the century Cape farmers look down from frames on the walls as students heap their plates with Cape-grown vegetables refrigerated in a brand-new state-of-the-art salad bar. In a section resembling a restaurant, kids eat made-to-order deli sandwiches while sitting in cushioned seats that have attached table tops. Large photo banners of Cape lobstermen and farmers hang from ceilings.

Students give the "caf" an A.

"I asked my friends how they liked it the first day they saw it, and they said, 'It's so organic,'" CEHS senior Marisa Turesky said on Sept. 18, at a formal grand opening of the cafeteria for community members. "People really like it."

Baskets filled with healthy snacks give an earthy feel to the room, which students painted green this summer. Pumpkins are displayed on a large, marble-topped wooden table made by Town Facilities Manager Ernie McVane. Photographs abound: some of beloved Cape spots such as Kettle Cove, some of CEHS sports teams from decades ago, and more of farms, farmers, fishermen, and even a rowboat-riding pig.

'Much better deal'

But more than the lunchroom has been renovated.

For \$2.85, CEHS students, who paid à la carte last year, can get salad and fruit at the salad bar, milk or orange juice, and either hot lunch or a made-to-order sandwich.

"Students are getting a much better deal this year, and when they figure that out, they keep coming back," Cape Food Services Director Sue King said.

Another first: Parents can prepay their kids' lunches online and view all of their transactions.

Chef of the Month

Every month, when a chef or guest visits the cafeteria, students get recipes, watch demonstrations, and even eat one of the guest's dishes prepared by the cafeteria. Farmer Penny Jordan of the Cape Farm Alliance will visit in October. Cape lobsterman Greg Griffin will come in November, and owners and chefs from Flatbread, Inn by the Sea, Kettle Cove Ice Cream, Whole Foods, and more are also on the docket.

The renovation of the cafeteria and the lunch program disproves the old adage that too many cooks spoil the broth. Cape residents of every age, interest, and part of town have been involved in the project: local

-- see RENOVATION, page 22

Public hearing on business zone rewrite set for Oct. 21

By Wendy Derzawiec

The Planning Board is completing its rewrite of the town's business A zoning district and will hold a public hearing on Oct. 21 on its plan to define it as a neighborhood business zone, serving the needs of nearby residents.

"The amendments you've proposed so far change the current business district's tone to be more of a neighborhood business district," Town Planner Maureen O'Meara said at the board's Sept. 16 meeting.

"The purpose statement actually states this is a neighborhood business district, for business use geared toward the needs of nearby residents, rather than a large-scale regional destination center," she said.

Features of proposed amendments to the text and to the maps portion of the zoning ordinance for the BA district include:

- *Promotion of business vitality
- *Pedestrian connectivity
- *A mix of commercial and residential uses

Four vie for two seats on Town Council; five vie for three seats on School Board

By Elizabeth Brogan

Four candidates are competing for two seats on the Town Council in the Nov. 4 election. The three-year terms of Anne Swift-Kayatta and Cynthia Dill are expiring. Swift-Kayatta is seeking a fourth term, but Dill is not seeking another term. New council candidates Evan Livada, David Sherman and Mark Zajkowski are also vying for a seat at the table.

On the School Board, the three-year terms of Kathy Ray, the current School Board chair and Linda Winker are expiring. The unexpired two-year term of former board member, Jack Kennealy, is also up for grabs. Kennealy resigned from the board in April.

Ray is seeking another three-year term, competing with new board candidates Frederic Sturtevant and Mary Townsend for one of the two seats available.

Winker is not seeking another three-year term but is competing with Piotr Stamieszkin

for the single two-year term on the School Board.

Candidates for the Maine House of Representatives are incumbent Cynthia Dill (D) and challenger Jessica Sullivan (R), both of Cape Elizabeth, for District 121, and incumbent Jane Eberle (D) and challenger Peter Reynolds (R), both of South Portland, for District 123.

Candidates for the Maine Senate, District 7, are Larry Bliss (D) of South Portland and Thomas Dunne (R) of Cape Elizabeth.

Election Nov. 4; absentee voting ongoing

The election will be held Nov. 4 with voting at Cape Elizabeth High School from 7 a.m. to 8 p.m.

Early, or "absentee," voting has been ongoing since Sept. 29. Absentee ballots may be cast at Town Hall. No reason is needed to vote absentee.

-- see ELECTION, page 22

Fair season



Photo courtesy of the Cape Elizabeth Historical Preservation Society

Spectators drove their buggies to the fairground, located at what is now the corner of Highland Avenue and Pleasant Hill Road in Scarborough, for a popular fair organized by the Scarborough and Cape Elizabeth Farmers Association in the late 1800s. Story and more pictures on page 8..

*High quality design.

Cape Elizabeth has two business A districts - one along Shore Road near the South Portland border, and the other along Route 77 between Broad Cove Road and Kettle Cove Road.

O'Meara outlined several details of the proposed amendments designed to achieve the revised purpose. They include a stricter definition of "restaurant," a limit on when businesses can be open in the BA district, and design standards modeled after those of the town center district.

'Restaurant' defined

The amendments define a "restaurant" as not just a place where food and drink are served, where the sale of alcohol accounts for less than 50 percent of total sales, O'Meara said. A restaurant in the BA district shall provide no more than eight seats at a counter, and no seating, service, or other organized gathering shall be allowed outside the restaurant after 9 p.m., she said.

Gone are the permitted uses of timber harvesting and the keeping of livestock, O'Meara said. Uses proposed for addition are consistent with retail and office space, such as a repair garage or veterinary office.

Hours limited

Another major change offered in the rewrite is a limitation on hours of operation. Businesses in the district may not be open between 10 p.m. and 6 a.m. Sunday through Thursday, or between 11 p.m. and 6 a.m. Friday and Saturday.

There is a clause, however, that would allow operation of a business up to three times in a calendar year to 12:30 a.m., with written notification made to the town's code-enforcement officer. The clause was added to accommodate the occasional business that may want to stay open for New Year's Eve or another special event, she said.

Design standards also accompany the proposed amendments, including standards for

-- see PUBLIC HEARING, page 22

The Cape Courier
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OUR MISSION STATEMENT

The mission of *The Cape Courier* is to foster a sense of community by presenting news specific and unique to Cape Elizabeth or its residents, and whenever possible to promote volunteerism within our community.

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Saturday, October 18

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Noon Tuesday, October 7

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Cape Elizabeth, ME 04107

Sherman: 'experience' and 'extraordinary community service'

Cape Elizabeth will be well served by David Sherman on the Town Council. Sherman is a man of integrity and intellect and has the values and skills needed to responsibly govern our community. The Town Council is a body that functions on quality debate and the exchange of ideas that challenge the status quo and the municipal staff to constantly improve the delivery of services to the taxpayers. Sherman is the perfect person to join the council because he will quickly grasp what is at stake and make the hard decisions we expect of elected officials. His experience on the Planning Board and in CEEF, as well as his extraordinary community service will provide the breadth of experience needed to fairly judge issues that will have long-lasting impact on our town.

Sherman is also an accomplished and highly respected attorney who enjoys the greatest respect from the Maine legal community and will bring sharp and critical thinking to the table.

Finally, Sherman comes from a clan of wonderful people who serve our community in so many ways. It is a pleasure to know David Sherman and an honor to endorse him as candidate for Town Council.

Cynthia Dill

Dill 'deserves to be re-elected'

Cynthia Dill has my support, and certainly deserves to be reelected, as Cape Elizabeth's representative in the Maine legislature. Here are just a few reasons that I support her:

In her first term, Cynthia led the way to exempt our public schools from mandatory, damaging school consolidation. She also resisted Draconian budget cuts in health care and Rx drug coverage for low-income Mainers while supporting a reduction in Health and Human Services. Those are examples of looking forward and building consensus.

Rep. Dill's recent analysis of tax levels emphasized that this state has a much bigger problem of low incomes than of high taxes. That awareness informs her legislative support of Maine's economy through better higher education and appropriate technological research and development leading to good jobs. And don't forget her environmental vote bringing Maine into the Northeastern Regional Greenhouse Gas Initiative (RGGI) that will begin to reduce climate destabilizing emissions.

I know firsthand that Cynthia Dill is a careful listener and quick study whose wise policy positions and votes demonstrate a rare ability to serve local community interests, while seeking the well-being of folks at all income levels throughout this state. Now it's our turn to support and vote for Rep. Cynthia Dill.

Dieter Hessel

More letters on page 6

Sullivan: 'understands the challenges'

Cape Elizabeth will be well served by Jessica Sullivan in her bid to become our State Representative in District 121. Clearly our state government could use some new ideas and practical common sense to deal with the myriad issues that seem to confound and paralyze the current administration and legislature.

Jessica has managed a small business here in Maine while it grew from two to 20 employees. She understands the challenges of managing the payroll, expenses and benefits while keeping an eye on the "bottom line." That experience and skill set can be put to good use in Augusta. Jessica will look at the state budget as a businesswoman, and she knows that a dollar saved in spending eliminates a dollar in increased taxes. She knows how small business-unfriendly our state has become, and she will work to improve the business climate while reigning in spending.

Jessica is a worker and a leader and will work hard on the issues that affect and concern us here in Cape Elizabeth as well as all Mainers.

I urge voters to support Jessica Sullivan at the polls on November 4th.

George Watson

Praise for Collins 'omits some key facts'

Recent letters praising Senator Collins omit some key facts. On the most important issues of the last decade, with the most severe consequences for our country, Senator Collins sided with President Bush and made the wrong choices.

Collins voted to authorize President Bush's invasion of Iraq. Collins' choice now costs the American taxpayers \$10 billion a month and resulted in the injury and deaths of tens of thousands of our soldiers.

Collins is the only member of the Maine delegation who supported Bush's disastrous economic plans down the line. She allowed millionaires and multinational corporations to get richer through generous tax breaks, while Maine's middle class and small businesses were left behind. Now our financial system teeters on collapse. Hardworking families are being asked to pay the trillion dollar cost of failed economic policies, even though Mainers are making less now than they did when Bush took office.

Susan Collins voted for Dick Cheney's energy plan that gave billions of dollars to big oil companies and was widely criticized for its failure to address our dependence on foreign oil. Now we are more dependent than ever on foreign oil markets and are paying the price at the gas pump.

On the most important issues of our time, Susan Collins showed poor judgment and undue allegiance to President Bush. The stakes are too high in this election. It's time for Maine voters to hold Collins accountable, look at her real record and vote for change this November. I'm voting for Tom Allen.

Rebecca Millett

Council candidates to forgo lawn signs

We, the undersigned candidates for Town Council in Cape Elizabeth, have agreed to not use lawn signs for the November 4 election. Lawn signs are unsightly, costly, and provide only superficial information about a candidate. Given the number of local papers which provide excellent election coverage, we believe that, on balance, the benefits of lawn signs to the public are outweighed by the burden on the environment.

We do respect the rights of other candidates to use lawn signs. Our willingness to forgo the use of campaign road and yard signs is in no way intended to be a criticism of the use of signs by other candidates who choose to use them. Signs are protected by the First Amendment and very much a part of political campaigns.

We encourage the public to learn about the local candidates and to get out and vote on Election Day, November 4.

Evan Livada
David Sherman
Anne Swift-Kayatta
Mark Zajkowski

NH genealogist solves mystery with Cape ties

A 377-year-old international mystery has been solved by a local genealogist.

Grace Staples, of Rochester, NH, found her immigrant ancestor, Sir John Peverely, had been murdered on Richmond Island, Maine, in 1631.

In 1622, mariner and surveyor Sir John Peverely explored the rivers of Maine to claim land for England. He worked for King James and the Council of London with his cousin, Sir Ferdinando Gorges.

King James died in 1625, and his son Charles took the throne. Charles resold the old planters' land grants, telling the new owners to run off the squatters. They fled to Maine and New Hampshire.

The Council was planning a meeting to reverse this illegal action. Sir John Peverely was in England delivering his yearly cargo, when he was given George Villiers', first Duke of Buckingham's, Knights Templar signet ring and testimony as proxy.

Stooges were sent over to stop the testimony. They murdered Sir John, his wife, and son, John Jr., as well as his business partner, Walter Bagnal in October, 1631.

Sagamore Indians were falsely accused. One innocent Indian was wrongfully hanged to end the investigation. These cousins ask the Indians' forgiveness.

On Richmond Island a plowshare dug up an earthen pot in 1855 with the ring and 52 gold and silver coins, all subsequently purchased by the Maine Historical Society and locked in a vault in a Portland, Maine, museum.

Grace located the ring at the museum. Her genealogy cousins have identified George Villiers, first Duke of Buckingham's very rare and valuable Knights Templar ring. The ring is solid gold and shows King James's unique sword with a swirl at the handle. King James's sword is crossed near the top by George Villiers' sword, and the tips of their swords are tied together, indicating the Fidelity Unity Pact. The words "United Death Only Parts" is inside the band. The ring bears an inner circle of the Scottish Grail Keepers.

Grace's cousins nationwide are hosting for our grateful nation an invitation inviting the British royals over to see the ring and tour the states to thank them for standing with us against terrorism. Answer still pending, but the United Kingdom has been thanked.

Hallie June Peavey
Clarkston, WA

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Fall Heavy-Item Pickup: Oct. 20-Nov. 3

Cape Elizabeth's Public Works Department will conduct its 2008 Fall Heavy-Item Pickup beginning in mid-October.

No fees, for items usually requiring such, will be charged to residents from Oct. 20 to Nov. 8. Fees will still be charged for contractor-generated material brought to the facility.

The Fall Heavy-Item Pickup is intended for bulky items only, such as large furniture, woodwaste, brush and limbs.

"The idea is collecting items that folks would not be able to transport to the Recycling Center on their own," said Public Works Director Robert Malley.

Rubbish and other items destined for the Recycling Center hopper will not be collected. Residents should also be sure to separate items at their roadside to streamline pickup and keep Public Works crews on schedule.

A collection day for e-waste, including computer monitors, laptop computers, keyboards, CRTs, used televisions, other e-waste, and mercury thermometers and deposit fluorescent tubes, will be Saturday, Oct. 11, from 9 a.m. to 1 p.m. at the Public Works garage on Cooper Drive.

If you have any questions regarding this schedule or the area in which you are located, please call the Public Works office at 799-4151 or e-mail us at al.ward@capeelizabeth.org

Monday, Oct. 20

Area 1

Ocean House Road, south of Fowler Road, Old Ocean House Road; including Eastfield, Westfield and Shore Acres. Pond View Drive, Wentworth Road, Dean Way, Broad Cove area, Two Lights, Kettle Cove Road and Crescent View areas. Bowery Beach Road and Charles E. Jordan Road are also included. All materials must be placed at the edge of curb prior to 7 a.m. on the 20th.

Thursday, Oct. 23

Area 2

Mitchell Road and all side roads leading off it. Chambers and Oakwood roads, Ocean House Road, north of Mitchell Road to the South Portland Line; including Waterhouse and State Avenue area. Spurwink Avenue and all of its side roads to Wells Road. Sawyer Road, Wells Road, Cross Hill and Eastman Road. All materials must be on the edge of curb prior to 7 a.m. on the 23rd.

Wednesday, Oct. 29

Area 3

Ocean House Road, south of Mitchell Road to Fowler Road. Clinton Road, Fox Hill Road, Scott Dyer Road; including Elizabeth Park, Brentwood and Wainwright Drive. Spurwink Avenue, south of Wells Road (Recycling Center end). Fowler Road and all side roads leading off it. All materials must be placed on the edge of curb prior to 7 a.m. on the 29th.

Monday, Nov. 3

Area 4

Shore Road and all side roads leading off it; including the neighborhoods of Delano Park, Cape Cottage, Oakhurst and Mountain

View Park. Cottage Farms, Cliff Avenue, Stone Drive and Woodland Road are also included in this area. All materials must be placed at the edge of curb prior to 7 a.m. on the 3rd.

If you have any questions regarding this schedule or the area in which you are located, please call our Public Works offices at 799-4151 or e-mail us at cepwd@capeelizabeth.org

Revised Heavy-Item Pickup Rules and Regulations:

- Household refuse or other items normally deposited in the Transfer Station hopper will not be picked up. Residents must bring their normal household refuse directly to the Recycling Center.

- This pickup is intended for bulky items, such as large furniture, wood waste, brush and limbs. MAKE SURE THAT DISSIMILAR ITEMS ARE NOT STACKED ON TOP OF EACH OTHER !! Separating items along the curb facilitates the removal of materials and keeps us on schedule!

- No disposal fees, for items requiring such, will be charged to residents, from October 20th to November 8th. Fees will still be charged for contractor-generated material brought to the facility.

- Each household is limited to one dump truck load, which measures approximately 10' x 7' x 4'. No community piles. Homeowners must have the materials out at the requested date and time to ensure an orderly and efficient collection. Crews will not return to areas once they have been completed.

- All materials, including brush and limbs, shall be placed on the curb or edge of pavement. Equipment cannot back into driveways or onto lawns to retrieve materials. Stumps of any kind or size will not be accepted.

- Leaves and yard waste must be bagged and placed in compostable leaf and lawn bags. Plastic bags containing yard waste will not be picked up. The town does not provide compostable bags to residents. Compostable bags are sold at several local hardware and department stores.

- Collections will be made on privately-maintained roads within approved subdivisions only. The Public Works director will determine if the roads are sufficiently wide for equipment to operate on and retrieve materials.

- Wood waste, demolition materials, and building materials generated by private contractors will not be picked up. Materials generated from new-home construction and associated site work will also not be picked up.

- No fiberglass items, cans of paint, herbicides, pesticides, petroleum products, microwaves, computers and/or monitors, televisions, fluorescent lamps, pressure-treated wood or hazardous and/or universal wastes will be collected.

- Fifty-five gallon drums, automotive fuel tanks, gasoline containers, propane tanks will not be picked up. All other white goods will be collected.



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Harvest Festival pie contest winners announced

The Cape Elizabeth Land Trust Harvest Festival pie contest winners were Jeanne Najemy for best-looking pie, with honorable mentions given to Lindsay Alexander, Anne Carney, Sara Closson, Phyllis Coggeshall, and Lori Dorrance; Lindsay Alexander, in the fruit category; Sue Foley-Ferguson, in the cream/custard category; Mary Godfrey, in the chocolate category; and Gail Rice, in the Maine ingredient category. Emily Wasserman won best-looking kids pie with honorable mentions to Abby Ekedahl and the pie-making kids of Caring Kids. Natalie Gale won the prize for best-tasting kids pie.

Judges were: Town Councilors Cynthia Dill, Jim Rowe, and Mary Ann Lynch; Scott and Elle Richards; and Anna Brogan and Talia Pappas.

Kitchens bring in the dough



The Maine Home + Design kitchen tour, presented by Legacy Properties Sotheby's International Realty of Portland, held Sept. 20, raised over \$40,000 for the Cape Elizabeth Education Foundation. Above, tour house homeowner and CEEF volunteer Patty Grennon, right, poses with a tour participant.

Fresh Air!



The Brucker family of Cape Elizabeth was among the winners of The Fresh Air Fund's 2008 photo contest. Above, Brucker family visitor, Joshua, enjoys summer fun in a photo which took first prize in the Seizing the Moment category. To learn more about The Fresh Air Fund and hosting a child next summer, contact Suzanne Barr at (207) 885-9840 or the fund at (800) 367-0003 or visit the fund's Web site at www.freshair.org.

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Open house at ecomaine's recycling center Oct. 4

An open house at ecomaine's recycling center will be held Saturday, October 4, rain or shine at 64 Blueberry Road in Portland (on outer Congress Street, just across the turnpike from UNUM) from 8:30 to 11:30 a.m. A free breakfast and snacks will be served while visitors find out how single-sort recycling really works.

There will be tours, prizes, giveaways and lots of activities. Questions about ecomaine, such as: How does it separate cardboard from newspaper, and newspaper from glass?; How does it separate #1 plastic from all the other plastics (#2-7)?; How does it single out aluminum from the other metals? will be answered.

Samples of products containing recycled material will be displayed.

Anthony Plante, chair of the board and Windham town manager, described the open house as both a learning experience and an entertaining family event. "It's free to everyone," he said, "including interactive learning experiences for children, games, prizes, and recycling information for homeowners and

small businesses, too." Joining in the event with ecomaine will be Ruth's Reusable Resources and the State Planning Office, which also have recycling information. Adding to the festivities will be a visit from Portland Public Works Department mascot, Jack Hammer, and heavy equipment for children to sit in, such as a front-end loader, dump truck, fork-lift, automated dual-function garbage/recycling truck and more.

Plante explained, however, that the non-profit organization's underlying message is a serious one. "We want people to understand what happens to all that material we recycle, where it goes, and what it becomes," he said. As an example, Plante cited plastic soda bottles that are recycled to become raw material for new carpeting, soft fleece clothing and other uses.

The single-sort recycling equipment uses state-of-the-art technology and was built at a cost of \$3.7 million. ecomaine is owned and operated by 21 municipalities, including Cape Elizabeth, and serves more than 20 percent of the state's total population.

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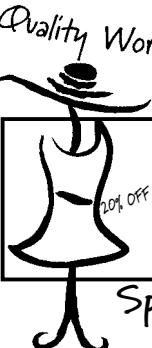
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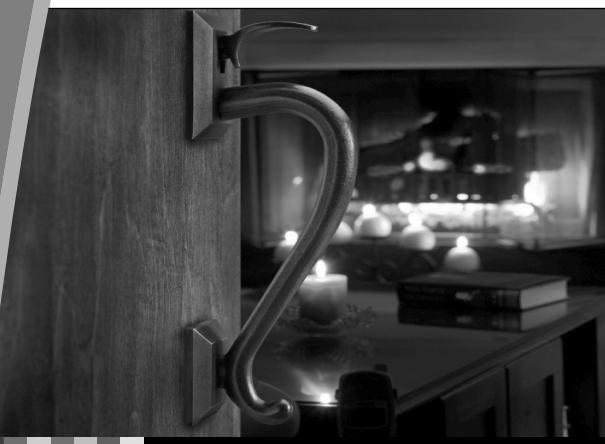
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- Make plans now to join us this winter. We always welcome tours, especially Sundays.

Dill brings 'more to the table'

We need more legislators like Cynthia Dill. Intelligence and independent thinking are traits that Cape Elizabeth and the State of Maine need more of. Cynthia's knowledge and insight on pressing issues such as education, business climate, and health care bring more to the table than typical political rhetoric.

Cynthia's record as a freshman legislator has demonstrated a willingness to make tough decisions to curb government spending, hold budgets in line and adapt new legislation to best serve our community. Her ability to base decisions on her own research makes her a legislator who can lead and be trusted. I am impressed with her willingness to assess each issue on its own merits, following her own intuition and not the crowd's. She supports the reduction of government spending in a fashion that cuts spending where our money is being wasted, but preserves budgets where good work is being done in a cost-effective manner.

It's a benefit to Maine and our community to have such a well-balanced, intelligent legislator to help guide our government.

Jon C. Fiutak

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F. Lincoln Avery, M.D.
Physician to the US Ski Team for twenty years.

Sherman is the 'right fit at the right time'

Please join me in voting for David Sherman for Town Council on November 4. My wife Tracey and I left Cumberland and moved back to Cape Elizabeth in 1999 because we felt the overall quality of the town experience for our family was not at the level of what was available in Cape Elizabeth. I was raised in this town and hope it continues to be an attractive place to live for all our citizens. Spending responsibly and ensuring that the tax burden is not too much for our citizens are very important goals.

I believe that a strong school system is the backbone of a strong and dynamic community, which benefits everyone in town. Having diligently worked alongside David Sherman on the CEEF Board for three years (one as president) and having a great appreciation for his six years of service on the Planning Board (two as chair), I cannot think of a better candidate for Town Council. David is fair, responsible, hardworking, and passionate in his desire to continue to make Cape Elizabeth a great place to live, educate children, raise a family and conduct business. He is the right fit at the right time to serve this community on the Town Council.

David Weatherbie

Sherman: 'a deep concern for fairness'

At the election on November 4, I urge those voting in the Town Council election to vote for David Sherman.

I have had the privilege of serving with Dave on Cape Elizabeth's Planning Board. I have also had the fortunate experience of watching him act as chair of the Planning Board. Dave exercised this role with the gavel with a deep concern for fairness during the pendency of several contentious projects. He adeptly and skillfully allowed those with many varying viewpoints to express their concerns to the board so that we had all the information necessary to make fully informed decisions, with input from all on each project pending. He is diplomatic, caring and concerned, and those skills served the Planning Board – and the town – well.

In addition, I have had the great honor of being asked by Dave to serve on the board of directors of the Cape Elizabeth Educational Foundation as his term expired. These were big shoes to fill. Dave's hands-on experience working both for a town board such as the Planning Board as well as a nonprofit organization whose stated mission is to "foster innovation and excellence in Cape Elizabeth schools" along with his overriding concern for fiscal responsibility in town matters will give us a unique and effective voice on the Town Council. We could not have a better candidate.

Peter L. Hatem

Sherman has 'extensive experience'

I strongly support Dave Sherman's candidacy for Town Council. Dave is a longtime resident of our town. He has extensive experience in many areas which affect all of us.

He understands the planning process as he was on the Planning Board for six years and was its chair for two of those years.

He has familiarity with our town's education system derived from his six years of service on the board of the Cape Elizabeth Education Foundation and his one year as its president. More directly, he and his wife,

Moey Burchenal, have children in each of our schools.

As an attorney he has mastered the art of addressing complex problems with creative solutions.

Because Cape Elizabeth faces difficult issues that will require tough choices, Dave will make a terrific addition to our Town Council. He will work hard, consider issues fairly, and help move our town forward in a positive and beneficial way.

Peter G. Cary

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'Very easy to vote' on Election Day or by absentee ballot

Cape Elizabeth makes it very easy to vote, either on election day or in advance of Election Day. For all Cape Elizabeth residents who are registered to vote, you may start voting "absentee" on September 29 at our Town Hall. You do not need to have a reason to vote absentee. It is your choice. Either vote absentee, or simply go to the polls on election day, November 4. You can vote on Election Day, Tuesday, Nov. 4, at Cape Elizabeth High School from 7 a.m. to 8 p.m.

The only caveat regarding absentee voting—and it is an important one—is that you cannot vote absentee at the Town Hall on Monday, Nov. 3, the day before Election Day. The State of Maine now allows municipal clerks to prohibit in-person absentee voting the day before Election Day. The law is intended to give clerks time to prepare for the Tuesday, Nov. 4 election. The town clerk has plenty to do to prepare for election day, so please remember, if you want to vote absentee, you can do so starting Monday, Sept. 29, but you cannot do it on Monday, Nov. 3. Absentee ballots may be cast at Town Hall during normal business hours, from 7:30 a.m. to 5 p.m. Mondays; and 7:30 a.m. to 4 p.m. Tuesday through Friday.

You can also have applications to have an absentee ballot sent to you by calling Ruthie Noble at the town office, 207-767-7473. Alternatively, you can fill out an application online. Go to www.capecelizabeth.com and in the upper right-hand corner of the home page, you will see "Vote 2008," where you will click on "Absentee Ballot Request Service." Thank you for participating in your democracy.

Jamie Wagner
Chair, Cape Elizabeth Democrats

Environmental Club appreciates support for organic garden

The CEHS Environmental Club would like to thank a number of community members for their support in getting the first organic garden started at the high school. First, we would like to thank Nick Tammaro, of Tammaro Landscaping for leveling the garden plot. We also thank Skip Murray for some needed loam.

The raised beds would not have looked the same without the direction and hours of assistance from Dick Russell (retired architect) and Mike Lamb (retired ER doctor and forever gardener). The two of them helped the club procure the lumber, size it, and teach us how to build the beds.

The new water spigot installed from Mr. MacVane's group made it much easier to get water to the vegetables.

We are thankful to Jordan's Farm for providing us with "Clean Earth Compost" and organic seeds for our lettuce bed. Thank you to Nancy Miles for getting us involved with the PAR (plant a row) program and offering to be our master gardener advisor.

Thank you to Amy Witt, horticulturist from the Cumberland County Cooperative Extension, for getting the club involved with the extension and gleaning. We have learned a great deal this year. Thank you everyone! We have received many positive comments.

We look forward to growing this project this year.

Nora Daly, for the CEHS Environmental Club

More letters on page 2

Oct. 15 public hearings set on sewer rates, town fees

The Town Council will hold public hearings next month on a proposal to increase sewer fees and to increase fees for various other town services.

The hearings will be held Wednesday, Oct. 15, 2008, at 7:30 p.m. in the Town Hall chamber.

Town Manager Michael McGovern presented his proposals for a fee increase at the Sept. 8 meeting of the Town Council.

The sewer-rate increase, McGovern said, is needed to pay for necessary improvements to the Spurwink Avenue Waste Water Treatment plant, scheduled to undergo a renovation which will improve hydraulic capacity from .55 million gallons a day to 2.75 million. "This will greatly reduce the incidents of overflows," which the Maine Department of Environmental Protection has asked for, McGovern said in a memo to the council.

The cost of the improvements is estimated at \$2.7 million, which the Portland Water District would borrow from the state Revolving Loan Fund.

McGovern is proposing a 4-percent increase in sewer rates for next three years, beginning Jan. 1, 2009.

Funds raised between now and the beginning of the treatment-plant upgrade would allow the town to put between \$200,000 and \$250,000 each year for capital improvements in the northern part of the town's sewer system and the Ottawa Road pump station.

In addition to the rate increase, McGovern is proposing an increase in the town's sewer connection fee by \$500 to \$4,000.

The last sewer-rate increase was approved by the council in April 2006, and effective July 1, 2007.

If approved by the council, sewer rates for the next three years would be:

Effective January 1, 2009

\$ 34.84 Up to 100 cubic feet of monthly measured water usage

\$ 4.56 Each additional 100 cubic feet, or fraction thereof, of monthly measured usage

Effective January 1, 2010

\$ 36.25 Up to 100 cubic feet of monthly measured water usage

\$ 4.75 Each additional 100 cubic feet, or fraction thereof, of monthly measured usage

Effective January 1, 2011

\$ 37.70 Up to 100 cubic feet of monthly measured water usage

\$ 4.95 Each additional 100 cubic feet, or fraction thereof, of monthly measured usage

Other non-sewer fee increases proposed

At the same meeting, the council will hold a public hearing on increases to a number of fees for town services. The hearing is in line with a Town Council goal to review the town fee structure to ensure that fees are in line with actual costs. McGovern is proposing the increases to be effective Nov. 12, 2008.

For a complete set of specific fee proposals visit the town Web site at www.capecelizabeth.com.

—from the town Web site,
www.capecelizabeth.com

Staying Cape-connected



College students Carly Rapaport (Colby College), Emma Hanson (Vanderbilt University) and Caty Smith (Boston College) read their Cape Courier in Sydney, Australia, where they are enjoying a semester abroad at Sydney-area colleges. Also studying in Australia is Hannah Landis (Wheaton College). All are 2006 graduates of Cape Elizabeth High School.

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Anne Swift-Kayatta for Town Council November 4, 2008



I seek your vote for re-election to the Town Council on November 4.

No special interest or single issue beckons me to stay on the Council. Rather, my commitment is to Cape Elizabeth as a whole, to fairness for those who are affected by what the Town Council does, to the shared values that bind us together, and to the difficult task of balancing competing and important needs.

My commitment to our town is heartfelt and longstanding: nine years on our Council, with two as Chair; before that, Chair of the Board of Trustees of Thomas Memorial Library; and, before that, President of the Middle School Parents Association. I have also worked with many of you in some of the organizations that serve our community: Rotary; the United Way Foundation (as a board member); and Project Graduation (as Treasurer).

My record is clear. As treasurer of Citizens United, I helped lead statewide efforts to defeat an initiative that would have slashed school funding and public safety services. At the same time, as your town councilor, I have kept my word to restrain those spending increases that are not justified by either inflation or growth in demand for town services.

Mandated and necessary services grow ever more costly. Yet the burden of taxes is already heavy. I offer no pat solutions. Instead, I offer a proven nine year record of moderation and balance in the stewardship of our remarkable resources: Fort Williams, our excellent schools, our Town Center, and a tradition of volunteerism.

I will continue to listen. I will continue to work hard. I hope to have your vote.

Races at farmers' fair in early fall among autumn highlights in late 1800s



Photos courtesy of the Cape Elizabeth Historical Preservation Society

Writer Margaret Jewell wrote a caption for this photograph, published in January 1933 in *Old Time New England*: "The judges went up a ladder into the stand which is shown, drew the ladder up after them, put it from side to side and sat on it. In later years a stand was built with two stories, stairs and a roof."

This is one of a periodic series, "Historical Snippets," offering readers a glimpse into Cape's past. Anyone wishing to share information about Cape Elizabeth history or their experiences growing up in Cape Elizabeth may contact Ellen Van Fleet through The Cape Courier.

By Ellen Van Fleet

The end of September and beginning of October used to herald a major festive event that was on every Cape resident's calendar. From 1876 to 1900 a hugely popular fair was organized by the Scarborough and Cape Elizabeth Farmers Association. Reports from the seventh fair in 1882 tell of crowds of two and three thousand people gathered at Nutter's field—at what is now the corner of

Highland Avenue and Pleasant Hill Road in Scarborough on land that is partly occupied by the fire station.

The fair was famous for its horse races. William Jordan's *A History of Cape Elizabeth* describes the races: "Interspersed between the heats were 'scrub races' that invariably offered much amusement. As one observer put it, there were races "between plugs that had seen 20 summers and had never been known to have trotted inside of eight minutes The track was half a mile in length, somewhat heavy of grade and sandy at some points. However, there was plenty of room for two horses all the way and a third had frequent opportunity to pass if the nag possessed the necessary speed." Purses of \$3 to \$12 were awarded. Other featured animals



Spectators who packed the stands at the fair and in some years numbered 2,000 to 3,000, face the track, above.

included heifers, sheep, swine, fowls, and up to 60 teams of working oxen. There were even awards for "best express wagon" and "best farm wagon."

Fruits and vegetables also earned prizes. A newspaper clipping from 1884 reported, "We notice one huge cabbage that measured 18 inches across the top and other vegetables displayed had attained enormous growth." Fancy articles and needlework were also on display; listed were items unique to the times: an embroidered night dress, shawls,

a woolen comforter, decorated deers' horns, and lace collars.

From another newspaper clipping, dated Sept. 24, 1884, we learn that the ninth annual fair had a unique exhibition: "A very interesting feature of this exhibition will be the bicycle race and an exhibition of bicycle riding by gentlemen from Portland." After about 25 years the fair came to an end as Cape Elizabeth began to lose its farmers and gain suburbanites.

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If fibroids are making your life miserable, here's a solution that could make you very happy.

Now you can end the discomfort of uterine fibroids without traditional surgery. There's another treatment option called uterine fibroid embolization (UFE), a minimally-invasive procedure that blocks blood flow to fibroids, causing them to shrink. A one night hospital stay is usually all that's required, and you'll be back to your regular activities in about a week.

UFE has been shown to relieve symptoms in up to 90 percent of women treated, and is recognized by the American College of Obstetricians and Gynecologists as a safe and effective option for women with symptomatic uterine fibroids. Spectrum Medical Group's Board certified interventional radiologists have performed more UFE procedures than anyone else in the area.

If you've been told you need traditional surgery to treat uterine fibroids, contact Spectrum to learn more about UFE, and get your heavy, painful periods under control.


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www.spectrummedicalgroup.com

Reported by Debbie Butterworth**COMPLAINTS**

- .8-30 An officer responded to a residence in the Shore Acres area for a report of 2 juveniles who were removed from a garage by the property owner. Subjects were located and brought to the PD, where parents were contacted.
- 9-2 An officer met with a resident of the Scott Dyer Road area regarding a lost or stolen wallet. The wallet was located the following day with all contents intact.
- 9-4 An officer received a camera turned in by a ranger from Fort Williams. The camera was found in the beach area at Fort Williams.
- 9-5 Two officers responded to a domestic disturbance in the Ocean House Road area.
- 9-5 An officer responded to Two Lights Road for a bicycle discarded in the woods.
- 9-5 An officer covering a football game at the turf field behind CEHS was given a cell phone that had been tossed from outside the fenced area and had struck several juveniles. The owner of the cell phone entered the area by jumping the fence and proceeded to verbally assault the plaintiff. The owner of the cell phone was removed from the area and warned for disorderly conduct.
- 9-6 An officer met with a resident of the Scott Dyer Road area regarding a dog-at-large complaint.
- 9-7 An officer met with a resident of the Broad Cove area regarding a possible driving-to-endanger complaint. The plaintiff obtained a license plate number, and the officer made contact with the vehicle owner.
- 9-2 An officer was dispatched to the intersection of Route 77 and Old Ocean House Road for a report of an abandoned bicycle. Upon arrival, he retrieved a BMX-type bicycle from the ditch.
- 9-10 Two officers responded to a residence in the Ocean House Road area regarding a domestic situation.

Medication drop-off to be held Oct. 18

South Portland and Cape Elizabeth citizens can help save the environment, prevent theft, and possibly save a life by packing up unwanted, unused, and outdated prescription and over-the-counter pills, ointments, and drops and delivering them in their original, labeled containers to the South Portland Community Center on Nelson Road between 10 a.m. and 2 p.m. on Saturday, Oct. 18.

The Medication Collection Project is the effort of the Cape Elizabeth and South Portland police departments, who are partnering with two community coalitions, South Portland Community Advocates for Social Action (SPCASA) and Cape Elizabeth's Healthy Outreach for Prevention and Education (H.O.P.E.).

Keeping unneeded and outdated medications in homes increases possibilities of accidental poisonings, drug overdoses and theft. Unwanted prescription medications should never be flushed. Sewage treatment plants are not sophisticated enough to remove drugs from effluent, which means medications end up in Casco Bay. In addition to causing environmental harm to ground and surface water, traces of medications, from narcotics to hormones, have been found in birds' eggs.

Medications suitable for drop-off range from controlled substances, including 'scheduled' drugs such as narcotics and non-controlled prescription medications, both human and veterinarian, to over-the-counter meds such as allergy products bought without a prescription.

The state of Maine offers senior citizens a program called Safe Medication for Maine. For more information about the program, call 1-866-637-9743 or visit www.safemeddisposal.com. For more information about the drop-off, contact Cape Elizabeth Community Liaison Officer Mark Dorval at 767-3323 or H.O.P.E. member Pam Richards at 799-3804.

- 9-11 Two officers met with a resident of the Sawyer Road area regarding a burglary complaint. Missing from the residence was a TV, some jewelry and cash.

- 9-11 An officer met with a resident of the Fowler Road area regarding a possible criminal mischief complaint regarding deflation of a vehicle tire.
- 9-14 Two officers responded to a residence in the Mitchell Road area for a domestic disturbance. They spoke with all parties involved and made arrangements for one subject to leave.

SUMMONSES

- 9-2 CE resident, unregistered vehicle, Scott Dyer Rd., \$70
- 9-2 CE resident, failure to produce insurance, Sawyer Rd., \$208
- 9-2 CE resident, theft, Route 77
- 9-3 Maine resident, failure to produce insurance or registration, Route 77
- 9-12 Portland resident, uninspected vehicle, Shore Rd., \$133
- 9-15 CE resident, failure to produce insurance, Shore Rd., \$171

ARRESTS

- 9-2 CE resident, shoplifting, Jonsey's on the Run
- 9-8 CE resident, OAS, Ocean House Rd.
- 9-15 Boothbay resident, OAS, Violation of bail conditions, unlawful use of license

FIRE CALLS

- 9-3 Portland Jetport, airplane in distress

- 9-5 Route 77, car accident
- 9-7 Broad Cove Rd., power lines down
- 9-7 Spurwink Ave., flooded roadway
- 9-7 Fowler Rd., flooded basement
- 9-7 Delano Park, water problem
- 9-7 Ocean House Rd., water problem
- 9-10 Columbus Rd., CO detector

- 9-14 Overlook Lane, smoke investigation
- 9-14 Two Lights Rd., smoke investigation

RESCUE CALLS

- There were 10 runs to Maine Medical Center. There were 3 patients treated by Rescue personnel but not transported.

The Cape Elizabeth**School Department****Special Education Record Destruction**

The Cape Elizabeth School Department plans to destroy special education records for former students whose birthdates are between January 1, 1981 and December 31, 1981. Parents/guardians and/or former students may obtain their records before October 31, 2008. Proper identification will be required in order to obtain these records.

For more information please feel free to contact:

The Cape Elizabeth School Department
Office of Special Services
at 799-3987

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Volleyball team to hold Applebee's pancake fundraiser on Oct. 18

Cape Elizabeth High School's volleyball team will hold a pancake breakfast fundraiser from 7:30 a.m. to 10:15 a.m. on Saturday, Oct. 18, at Applebee's restaurant, 200 Running Hill Road, in South Portland. A \$5 ticket will buy pancakes, coffee and orange juice.

All proceeds will go directly to the vol-

leyball boosters club to pay coaches' salaries, uniforms, volleyball equipment, and travel expenses.

Applebee's will get \$1 from each ticket bought, and the Boosters will get the rest.

For more information or to buy tickets to the Applebee's fundraiser, please contact Amy Powell at 767-3311.

Girls soccer team rasing money for Center for Grieving Children



Players on Cape Elizabeth High School's varsity soccer team gather in September.

The Cape Elizabeth High School girls' varsity soccer team is raising money for the Center for Grieving Children in Portland in memory of CEHS alumnus Timmy Thompson, who died in 2004.

"The center has a long history of support from friends and donors in Cape Elizabeth, and we have often provided services to children, teens and families in the Cape. That the CEHS varsity soccer team has committed

to honoring Timmy Thompson in this way is a great credit to the school and the wider community," said Anne Lynch, the organization's executive director.

Three hundred children and adults attend programs each week at the center, which also serves an additional 3,000 people each year through outreach and education programs.

For more information, contact Nancy Thompson at nthomps1@maine.rr.com.

Cape Little League's annual meeting set for Oct. 16

Members of Cape Elizabeth Little League (CELL) will hold their annual meeting at 7 p.m. on Thursday, Oct. 16, in the Cape Elizabeth High School cafeteria. All players and their parents or guardians are considered members and are welcome to attend the meeting.

A review of the 2008 season, the financial condition of the league, and tentative plans for the 2009 season are among the topics that will be discussed. At the meeting, members will have a chance to give other CELL members and the board suggestions and feedback to help improve players' athletic experience. The organization, which always needs volunteers, encourages people to attend to learn more about CELL.

For more information, contact CELL President Mark Hare at mhare@maine.rr.com.

Baseball boosters selling subscriptions to ESPN magazine

Members of the Cape Elizabeth High School baseball team are selling subscriptions to *ESPN* magazine to raise money for a spring-training trip to Florida. A two-year subscription, or a two-year renewal of an existing subscription, costs \$40, 84 percent off the newsstand price. The team gets \$30 of each order.

To buy a subscription, or for more information, please contact one of the players: Matt Rand, Andrew Guay, Zach Breed, Ryan Boyington, Will Pierce, Sammy St. Germaine, Conor Moloney, Kyle Piscopo, Ezra Wolfinger, Matt Donovan, Tanner Garrity, Kyle Danielson, Cam Brown, AJ Frustaci, Patrick Tyler, James Martin, Max Pulsifer, Ben Berman or Rob Macdonald. All interested can also contact Beth Rand at jrand@maine.rr.com or at 799-4005.

Cape field hockey to hold Oct. 4 pumpkin sale

The Cape Elizabeth High School field hockey team will hold a Halloween pumpkin sale at the Community Center on Saturday, Oct. 4, from 9 a.m. to 12:30 p.m., or until all of the pumpkins are sold.

The pumpkins are provided by a locally-owned Maine farm. Small pumpkins in the

5-to-10-pound range will be for sale for \$5, and large pumpkins weighing 20 to 40 pounds will cost \$10.

For more information about the pumpkin sale, contact Jody Boyington at jodyboyington@aol.com or 767-4961.

What's news in your sport?

Student athletes, coaches, parents, boosters, and fans, send us your sports news! No time to write an article about your favorite team? Just send us a photo with caption information.

Send your news to The Cape Courier at P.O. Box 6242, e-mail us at communityeditor@capecourier.com, or use the drop box across from the tax office at Town Hall.

Cape football boosters raffling off HDTV, iPhone, \$200 gas card, iPod, Nintendo Wii

A 42-inch large-screen, high-definition TV, an iPhone, and two tickets to a Patriots' game are among the items being raffled off by the Cape Elizabeth football boosters in their annual raffle fundraiser, which raises money for Cape Elizabeth's high school, middle school and youth football programs.

Other items to be raffled off include a \$200 gas card, an iPod, a Nintendo Wii, and gift certificates to several restaurants. Tick-

ets cost \$10 apiece.

The raffle drawing will be held on Friday, Oct. 24, at Hannaford Field, when the high school plays Lake Region at the last home game of the season. The game will start at 6:30 p.m.

Tickets can be purchased at high school football games or by contacting Marc Weiss at alvinweiss@aol.com or 318-2214.

NEIGHBORS

Penelope Schwartz Robinson of High Bluff Road has been awarded an Individual Artist Fellowship in Literary Arts by the Maine Arts Commission. She will be honored with the other two fellows in performing and graphic arts at a Nov. 21 ceremony at the Penobscot Theatre in Bangor. In a separate action, the Maine Arts Commission also awarded Robinson a maximum-amount "Good Idea Grant" for a specific project.

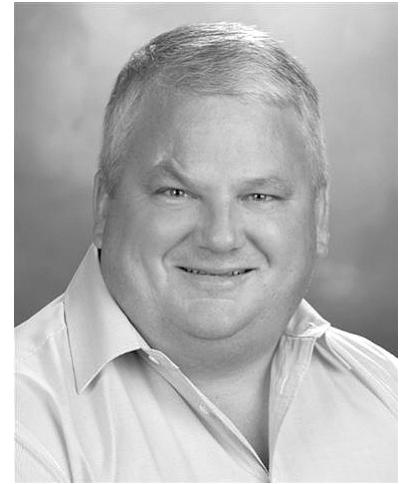
Robinson's essay collection, "Slippery Men," which won the Stonecoast Book Prize, was published Oct. 1 by New Rivers Press. She will give a number of readings locally from her work this fall. On Nov. 5, Robinson will be the featured guest at the Portland Public Library Brown Bag lunch series.



Penelope Schwartz Robinson

Jeff Kennedy has joined RE/MAX Oceanside on Shore Road as a real estate agent. A Cape resident for most of his life, Kennedy has been a member of the Cape Elizabeth Fire Department for more than 25 years and is currently captain at the town center station.

At RE/MAX, he will work with his wife, broker **Vicki Kennedy**, who co-owns the business, to provide real estate services throughout Greater Portland. Kennedy specializes in residential, multifamily and new construction. He is a member of the Portland Board of Realtors and both the Maine and National Associations of Realtors.



Jeff Kennedy

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**More Neighbors
on page 24**

WHYNYA
I can raise the bar high and
then help kids over it.
REASON No.19
HIGH EXPECTATIONS

Learn all of the reasons WHYNYA at an Admission Information Night or at an Open House. Call for event details and to RSVP. You can also schedule your own private tour or a student visit day at NYA. Contact the Admission Office at (207) 846-2376. For more reasons visit WHYNYA.com

10/7 INFONIGHT FALMOUTH - Tuesday, 6 pm
Falmouth Memorial Library, 5 Lunt Road

10/14 INFONIGHT BRUNSWICK - Tuesday, 6 pm
Curtis Memorial Library, 23 Pleasant Street

10/21 INFONIGHT YARMOUTH - Tuesday, 6 pm
NYA Middle School, 148 Main Street

10/28 INFONIGHT GORHAM - Tuesday, 6 pm
Baxter Memorial Library, 71 South Street

11/2 NYA OPENHOUSE - Sunday, 2-4 pm



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When? Oct. 17-18-19th

Where? Portland Expo Center

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CAPE CALENDAR

By Wendy Derzawiec, 767-4074
(E-mail: derzawie@maine.rr.com)

Agendas for Town Council, School Board and Planning Board are available online at: www.capecapeelizabeth.com

Monday, Oct. 6

'Let's Talk About Our Schools' (Pond Cove), 7:30 a.m., 4 p.m., 7:15 p.m., Cape Elizabeth Community Center, 343 Ocean House Road

School Board Wellness Committee, 3:15 p.m., Town Center Fire Station, Jordan Way

Cape Elizabeth Historical Preservation Society Open House, 7:30 p.m., Thomas Memorial Library, 6 Scott Dyer Road

Tuesday, Oct. 7

School Board Extracurricular Committee, 3:30 pm -5 p.m., William H. Jordan Conference Room, Town Hall, 320 Ocean House Road

Cool Cape lecture series, 6:15 (tour), 7 p.m. (talk), Turkey Hill Farm, 120 Old Ocean House Road. "Local and Sustainable Food"

Planning Board workshop, 7 p.m., William H. Jordan Conference Room, Town Hall, 320 Ocean House Road

Wednesday, Oct. 8

'Let's Talk About Our Schools' (Middle School), 7:30 am, 4 pm, 7:15 pm, Cape Elizabeth Community Center, 343 Ocean House Road

Thursday, Oct. 9

Fall Book & Bake Sale, Foundation Donors preview night, 5 pm -8 p.m., Thomas Memorial Library, 6 Scott Dyer Road

Friday, Oct. 10

Fall Book & Bake Sale, 9 a.m.-7 p.m., Thomas Memorial Library, 6 Scott Dyer Road

Saturday, Oct. 11

Fall Book & Bake Sale, 9 a.m.-2 p.m., Thomas Memorial Library, 6 Scott Dyer Road

Monday, Oct. 13

Columbus Day Holiday, Town Hall, Thomas Memorial Library, Cape Elizabeth Schools closed. Recycling Center open regular hours, 10 a.m.-7 p.m. Pool and Fitness Center will have adjusted hours, TBD.

Tuesday, Oct. 14

Conservation Commission, 7 p.m., Assessing/Codes/Planning Conference Room, second floor Town Hall, 320 Ocean House Road

School Board business meeting, 7 p.m., Town Hall chamber, 320 Ocean House Road

Arts Commission, 7 p.m., Thomas Memorial Library, 6 Scott Dyer Road

Wednesday, Oct. 15

Cool Cape lecture series, 7 p.m., Cape Elizabeth United Methodist Church, 280 Ocean House Road. "Energy Efficient Transportation"

Town Council, 7:30 p.m., Town Hall chamber, 320 Ocean House Road

Thursday, Oct. 16

e, 6:30 p.m., Thomas Memorial Library, 6 Scott Dyer Road

'Hear Our Stories' - World Language Cafe and Lecture Series, 7 p.m., Community Room, Cape Elizabeth Community Center, 343 Ocean House Road

Fort Williams Advisory Commission, 7 p.m., Public Works, Cooper Drive

Thomas Memorial Library Board of Trustees, 7:30 p.m., Thomas Memorial Library, 6 Scott Dyer Road

Town Council workshop, 7:30 p.m., Town Hall, 320 Ocean House Road

Friday, Oct. 17

'Let's Talk About Our Schools' (High School), 7:30 am, 4 pm, 7:15 pm, Cape Elizabeth Community Center, 343 Ocean House Road

Ongoing each week

Al-Anon, Newcomers' meeting, 6:15 p.m., regular meeting 7:30 p.m. Thursdays, at United Methodist Church, 280 Ocean House Road (Rt. 77). Regular meeting 7 p.m. Fridays at St. Alban's Episcopal Church, 885 Shore Road

Alcoholics Anonymous, 2 p.m. Saturdays, First Congregational Church, 301 Cottage Rd., So. Port.; 7 p.m. Wednesdays, St. Bartholomew Church, 8 Two Lights Rd.; 7 p.m. Fridays, St. Alban's Church, 885 Shore Road

Cape Elizabeth Historical Preservation Society, 9 a.m.-noon Thursdays, except for holidays, storm days, Thomas Memorial Library, 6 Scott Dyer Rd.

Volunteers assist with information searches. Public welcome. Meetings are first Monday of the month, 7:30 p.m., at the library.

Cape Elizabeth Lions Club, 6:39 p.m., first and third Tuesdays (except July and August) at the Bowery Beach Schoolhouse, head of Two Lights Road. For more information about the Club, contact Kim Brooks, 767-2733, or Bruce Balfour, 799-4221.

Fire-Police meetings, 7 p.m. third Thursday of each month except July and August at the Cape Elizabeth Police Station, 325 Ocean House Road

Scrapbooking Sessions, 9 a.m.-4 p.m. first Saturdays except July and August, Bowery Beach Schoolhouse, Two Lights and Wheeler roads. Cost is \$15, to benefit Cape Elizabeth Lions local and international activities. Participants should bring own supplies. For more information call Kim Brooks, Lions president, 767-2733.

The South Portland/Cape Elizabeth Rotary Club, each Wednesday at 6:15 p.m. at the Purpoodock Country Club on Spurwink Road in Cape Elizabeth. For more information on the SP/CE Rotary Club, contact President Tony Wagner, 799-7997.

American Legion, 7 p.m. second Monday of each month, Cape Elizabeth United Methodist Church, 280 Ocean House Road. For more information contact Deb Schneider, 767-6109

Memory Walk, Memory Crop to benefit Maine chapter of Alzheimer's Association

Cape Elizabeth resident Kathy Feenstra has set up a team to walk on Saturday, Oct. 4, in Memory Walk 2008, a fundraiser for the Maine chapter of the Alzheimer's Association. The noncompetitive walk will begin at 8 a.m. at St. Maximilian Kolbe Church at 150 Black Point Road in Scarborough. Walkers will go to Higgins Beach and then head back to the church, stopping for a few snack breaks along the way. Registration will open at 7 a.m.

The chapter has a \$350,000 goal to raise awareness about Alzheimer's and to provide programs and services for individuals, families, professionals and communities.

To learn more, register, sign up for Feenstra's team or another one, or to make a donation, visit www.alz.org/maine or call

1-800-272-3900. Anyone interested may also e-mail Feenstra at kathyfeen@yahoo.com or call at 767-6222.

The sixth Annual Memory Crop, a day of album-making, will be held Saturday, Nov. 1, at St. Bartholomew Church. The event includes an introduction to scrapbooking, demonstrations on photo organization and scrapbooking techniques, a raffle, lunch, gifts and the chance to buy various cropping tools, paper, stickers and other products.

Registration is recommended for the event, which will take place from 9 a.m. to 4 p.m. The fee is \$25, the majority of which will be donated to the Maine Chapter of the Alzheimer's Association. For more information, please contact Kathy Feenstra at 767-6222 or kathyfeen@yahoo.com.

Cape school photos from years past to be exhibited Oct. 6 at historical society open house

The Cape Elizabeth Historical Preservation Society (CEHPS) will kick off its 2008-2009 season with its fourth annual open house on Monday, Oct. 6, in the Community Room at the Thomas Memorial Library. At the open house, photos of Cape students and schools from years past will be exhibited. The open house and all of the society's monthly presentations and meetings will be held at 7:30 p.m. on the first Monday

of the month in the Thomas Memorial Library's Community Room and will include refreshments. Admission is free.

CEHPS will present the first of its monthly programs, "Sea to Sea in 1903—a Cross-Country Journey in a 1902 Oldsmobile Roadster," on Nov. 3. For more information, please contact Barbara Sanborn at bsanborn@maine.rr.com.

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CAPE ELIZABETH SCHOOL DEPARTMENT**ANNUAL NOTICE FOR CHILD FIND - JULY 1, 2005**

This statement is to inform you that you have the right to request testing if you suspect your child may have a disability that is impacting educational performance.

The Cape Elizabeth School Department has responsibility to locate, evaluate, and identify all Home Schooled/Private Schooled students between the ages of 5 and 20 who may present with a disability of one type or another. This applies to students, from other towns, if these students attend a private school located within the Town of Cape Elizabeth.

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Oct 4 - 1 pm & 7 pm

Oct 5 - 1 pm & 7 pm

Oct 11 - 1 pm & 7 pm

Oct 12 - 1 p & 7 pm

Oct 18 - 1 pm & 7 pm

Oct 19 - 1 pm & 7 pm

School Board (live)

Oct 14 - 7 pm

Town Council (live)

Oct 15 - 7:30 pm

Town Council replay

Oct 16 - 2 pm & 8 pm

Oct 17 - 2 pm & 8 pm

School Board replay

Oct 18 - 2 pm & 8 pm

Oct 19 - 2 pm & 8 pm

Schedule is subject to change. For an up-to-date listing, check the program guide cablecast on Channel 3.

Lyric Theater's 'Will Rogers Follies' to run through Oct. 12

"The Will Rogers Follies" will run at the Lyric Music Theater through Oct. 12. Performances are scheduled for Oct. 4, 5, 10, 11, and 12.

The Tony Award-winning show chronicles the life of famed humorist and performer Will Rogers, using as a backdrop the Ziegfeld Follies, a series of elaborate theatrical productions on Broadway from 1907 through 1931 that Rogers often headlined.

Shows are at 8 p.m. on Fridays and Saturdays, and at 2:30 p.m. on Sundays. To reserve tickets, call the box office at 799-1421 or 799-6509 from 10 a.m. to 2 p.m. Monday through Saturday, and from 12:30 to 2 p.m. on Sunday.

The theater is located at 176 Sawyer Street in South Portland.

Class of 1978 to hold Oct. 18 reunion

Cape Elizabeth High School's Class of 1978 will hold its 30th reunion at 7 p.m. on Friday, Oct. 18, at Saltwater Grille in South Portland.

For more information, contact David Costa at 408-1543 or david.peacetoyou@gmail.com.

Lions Club to host membership drive, informational meeting

The Cape Elizabeth Lions Club will hold a membership drive and informational meeting at 6:15 p.m. on Tuesday, Oct. 21, at the Bowery Beach Schoolhouse off Two Lights Road.

All are invited to attend and enjoy a free meal catered by The Buttered Biscuit and hear about the good works the Lions Club does both locally and internationally.

All interested in attending may call Cape resident Kim Brooks at 767-2733.

Lions Club Pancake Breakfast Oct. 12

The Lions Club will hold a Pancake Breakfast on Sunday, Oct. 12, from 7:30 to 11 a.m. at the Bowery Beach Schoolhouse on Two Lights Road.

Breakfast will include pancakes, French toast, eggs, sausage, coffee, tea and juice. The cost is \$5 for adults and \$4 for children under 12.



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Oct 4, 8:30 am-12:00 Noon
Community Services Building



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Garden Club cookbook available

Due to the popularity of the "Cape Garden Club Cookbook," the book has been reordered and will continue to be sold at the Fort Williams' gift shop and other local establishments.

The club is accepting new members. For information, please call Betty Montpelier at 799-0229.

Class of '97 to hold 10th reunion on Nov. 28 at RiRa Irish Pub

Cape Elizabeth High School's Class of 1997 will hold its 10-year reunion from 7 to 10 p.m. on Friday, Nov. 28, at RiRa Irish Pub located at 72 Commercial Street in Portland.

There will be no upfront cost for class members, who will gather in the pub's upstairs room. Please RSVP to cape.classof97@gmail.com or contact Alex Kadish at 310-775-7954.

That's a wrap!



Photo by Dan Davidson

Sea Scout Ship No. 12 Scouts and leaders learned how to shrink-wrap a boat for winter, thanks to Chris Landman, owner of Bristol Boat Repair in Casco and Southport Marine in South Portland.

The Scouts and leaders learned how to prepare the boat, set up support structures, and how to apply, heat, shrink, and vent material to protect the boat from rain, snow and windy weather.

Pictured at right, Sea Scout Skipper, and Cape Elizabeth Middle School teacher, Steve Price, is shown holding the ladder, with his son Dylan in front of him.

Sea Scout Ship No. 12 is part of the Boy Scouts of America. It is chartered by the South Portland/Cape Elizabeth Rotary Club. For more information contact Steve Price at 885-9176 or Dan Davidson at 767-4682.

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improve results

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REPRESENTATIVE
District 121
Cape Elizabeth



Rein in state spending
and needless
regulations

Incentives for alternative
energy R&D

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Listen to small
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FALL LIBRARY SCHEDULE**For more information call 799-1720****E-mail: rdavis@thomas.lib.me.us****Visit the library online at: www.ThomasMemorialLibrary.org****Mother Goose Story Time**

Rhymes, songs and finger plays for babies up to 18 months.

Wednesdays, 11:00-11:30 a.m.**Tales for Tots**

Songs, stories and movement for toddlers 18 to 36 months.

Wednesdays, 9:30-10:00 a.m.**Thursdays, 9:30-10:00 a.m.****Fridays, 9:30-10:00 a.m.****Story Garden**

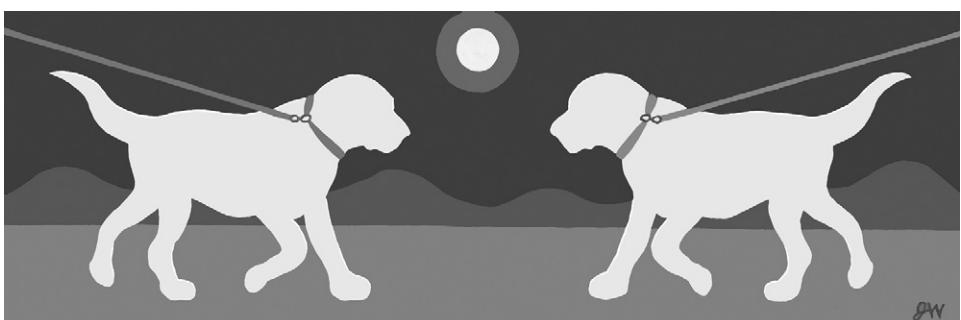
Songs, stories and movement for preschoolers 3 to 5 years.

Tuesdays, 10:30-11:15 a.m.**Fridays, 10:30-11:15 a.m.****Family Story Time**

Songs, stories and movement for toddlers and preschoolers.

Saturdays, 10:30-11:00 a.m.**Oct. 5-11:****No Story Time***The Friends of the Thomas Memorial Library will use this time to set up for its annual Book and Bake Sale in the community room. Come to the sale during Oct. 9 -11 and pick up some great deals!***Theme for Oct. 12 - Oct. 18:****The Frost is on the Pumpkin***Time to celebrate fall.***Library Hours**

Monday, Wednesday, Friday.....	9 a.m. to 5 p.m.
Tuesday & Thursday.....	9 a.m. to 8:30 p.m.
Saturday	9 a.m. to 1 p.m.
Sunday.....	Closed

*"Yellow Close Encounter" by Jim Williams***'Lab Art' on exhibit at library through October**

Jim Williams, artist and owner of Mainely Labs Studio, will display his original acrylic paintings at the Thomas Memorial Library during the month of October.

Williams calls his original art, "Lab Art," for the focus is on bold, colorful images of Labrador retrievers.

A self-described late-blooming artist, Williams opened Mainely Labs Studio in August of 2005 in the Congress Building in Portland. In September, Williams moved his

studio and partnered with Portland photographer Jeff Swanson in opening Two Paths Gallery. Two Paths Gallery is a street-level gallery located in the same Congress Building at 613A Congress Street.

Williams and his wife, Carol Schreck, both Ohio natives and now residents of Cape Elizabeth for 15 years, live with their two cats, Fast Eddie and Lucinda, and their Black Lab, Pirate.

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BOOK AND BAKE SALE

The Annual Book and Bake Sale sponsored by the Friends of Thomas Memorial Library and the Thomas Memorial Library Foundation will be held Oct. 9 - Oct. 11. Proceeds benefit the library. Early bird night, Thurs. Oct 9, 5 p.m.-8:00 p.m. \$5 or free for foundation donors; Public Sale Fri. Oct. 10, 9 a.m.-7 p.m and Sat. Oct. 11, 9 a.m.-2 p.m.

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'I remember Cape Elizabeth' series continues

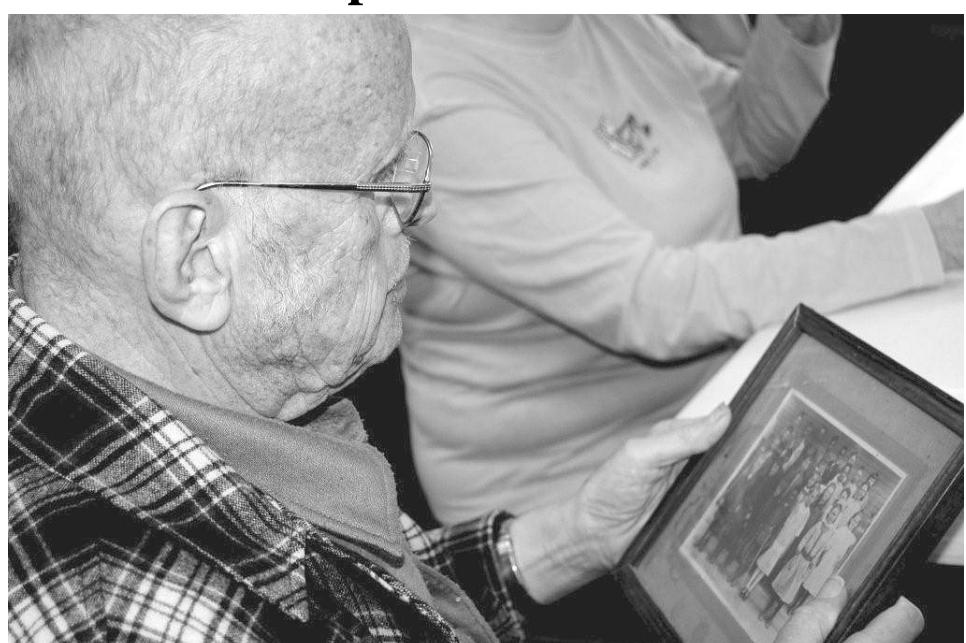


Photo by Jan Reale-Hatem

Bill Lowell looks at a 1921 photograph of the ninth-grade class at Cape Elizabeth High School, at the informal series, "I Remember Cape Elizabeth: Senior Stories, Extraordinary Memories," on Tuesday, Sept. 23, at the Community Center.

Cape Elizabeth photographer and writer, Jan Reale-Hatem, a member of the Cape Elizabeth Historical Preservation Society, continues her free, informal series, "I Remember Cape Elizabeth: Senior Stories, Extraordinary Memories," on Tuesdays, Oct. 7, 14, and 21, from 10 to 11 a.m. at the Community Center.

Reale-Hatem encourages people to turn out for one or more sessions to share personal stories about life in Cape Elizabeth.

"All stories are of interest," she said.

"These informal sessions will give participants an opportunity to record their memories and make memory postcards to help preserve Cape Elizabeth history. ... I believe what many view as 'ordinary memories' are really extraordinary connections between the past and present that help preserve and further appreciation for the rich history of Cape Elizabeth."

For more information about the series, please contact Reale-Hatem at 799-2457 or realephoto@maine.rr.com.

Indoor walking program to resume Oct. 7

Community Services' indoor walking program for senior citizens will start up again on Tuesday, Oct. 7, at the Community Center. Seniors can drop in any time between 8 and 9 a.m. to walk at any pace and for any length of time.

Although there is no fee, participants are asked to sign in at the front desk and to bring walking shoes or sneakers to change into before walking.

For more information, call Community Services at 799-2868.

Village Crossings residents send care packages to Maine members of Navy battalion



Village Crossings residents Judith Newman, front, and Gloria FitzPatrick prepare the first of many care packages to be sent to Maine troops. Residents and staff are supporting seven Maine members of a Navy mobile construction battalion now doing advance training in Mississippi and scheduled for a 12-month deployment in the Middle East. In addition to assembling and sending care packages, the Village Crossings community is corresponding with individual soldiers throughout their deployment. The battalion specializes in the construction of roads, bridges and infrastructure.

Hiking, geo-caching event planned on Oct. 18

Cape adults are invited to participate in a hiking and geo-caching activity planned from 9 a.m. to noon on Oct. 18 at Camp Ketcha in Scarborough.

The event is offered through "Take It Outside: Easy Adventures for the Fifty Plus or Minus Set," a new program organized by Cape Community Services, Southern Maine

Agency on Aging (SMAA), and other recreation departments. The program encourages people to be physically active outdoors in fun, but not extreme, activities.

Equipment will be provided. The cost of the activity is \$10. Registration forms can be obtained at the Community Services office or by calling SMAA at 396-6507.



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Superintendent to host separate discussions with parents from each of three schools

Superintendent Alan Hawkins will hold three informal discussions per day with parents from each Cape school during three days in October: Pond Cove on Monday, Oct. 6; the middle school on Wednesday, Oct. 8; and the high school on Friday, Oct. 17. Hawkins' series, entitled "Let's Talk About our Schools," will explore the following topics: What do the schools mean to you as an adult in Cape Elizabeth? What is working well in

the schools? What needs should be identified? How can members of the school community work together to ensure that Cape schools are the best?

Meetings on all three days will be held at 7:30 a.m., 4 p.m., and 7:15 p.m. in the Community Room at the Community Center.

For more information, call the School Department at 799-2217.

CAPE CONNECTION

Pond Cove School

Tangible resources needed:

- CD players
- Bean bag chairs in excellent condition
- Games for indoor recess
- Floor lamps with shades that are in good condition
- Legos, especially Lego people
- Beads
- Pipe cleaners

Middle School

Getting involved:

- Volunteers are needed to put up and take down student work on world language bulletin boards. The time commitment is about two hours per month, with flexible hours and dates. Instructions and material are provided.
- A volunteer is needed to help the world language team with preparation of materials such as homemade flash cards and visuals. Instructions and materials are provided. Computer skills and artistic ability is a plus but not required. The time commitment is about two hours a week with flexible hours.

Contact Gail Schmader, director of school volunteer services, at 799-7339, ext. 334, or at gail_schmader@cape.k12.me.

Tangible resources needed:

- Small couch or loveseat; small, old kitchen table; desk resembling one from the 1800s, if possible, but not necessary, all for the middle school play
- Jenga, Connect Four, Uno, Checkers games
- Tennis balls
- Beanbag chair or similar type of comfy chair, in excellent condition
- Refrigerator in good working order for the seventh-grade science lab

High School

Getting involved:

- A computer is needed for student use, preferably a Mac with Microsoft Office software, including Word, Excel, and PowerPoint
- Volunteers are needed in the library to assist with any of the following: shelving books and magazines, processing new books; preparing book displays and bulletin-board displays; and different computer projects.
- A photography teacher is looking for non-digital 35-millimeter cameras in good working order for use as loaners to a Photography 1 class.

Pond Cove Book Fair to run Oct. 16 to 23

Pond Cove will hold its annual Scholastic Book Fair from Thursday, Oct. 16, through Thursday, Oct. 23, in the Pond Cove "knuckle," located between the media center and fourth-grade wings. Last year's sale raised more than \$5,000 for the Pond Cove Parents Association. All funds directly support programs and events for Pond Cove students.

Book fair hours will be 8 a.m. to 4:30 p.m. on Thursday, Oct. 16; 8 a.m. to 7 p.m. on Friday, Oct. 17, during Fall Fest; 8 a.m. to 4:30 p.m. on Monday, Oct. 20; 8 a.m. to 4:30

p.m. and 6:30 p.m. to 8:30 p.m. on Tuesday, Oct. 21; 8 a.m. to 4:30 p.m. on Wednesday, Oct. 22; and 8 a.m. to 2:30 p.m. on Thursday, Oct. 23, during parent-teacher conferences.

First- through fourth-graders will visit the fair with their classes, and a schedule of class visiting times will be sent home with kids.

Volunteers are needed. To volunteer or for more information about the fair, contact Mary Ellen Carignan, at 767-3162 or mcari-gna@maine.rr.com.

This year, Pond Cove students will pool loose change they have collected to earn books for Pond Cove and local charities. For every dollar raised in the One for Books program, Scholastic Books will donate a book to one or more of the local chapters: Kids in Distressed Situations, Inc.; National Center for Family Literacy; and the Marine Toys for Tots Foundation. For more information about the program, contact Jane Anderson at jane4@maine.rr.com.

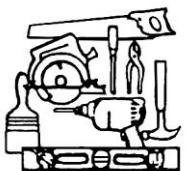
To check out the books that will be on sale this year, visit <http://bookfairs.scholastic.com/homepage/pondcove>.



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Lower School Open House Visit Classrooms, Meet the Faculty

An Afternoon for Parents of Prospective Students

**Sunday, December 7, 2008
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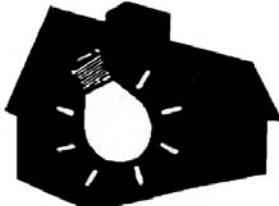
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Eggs & Issues

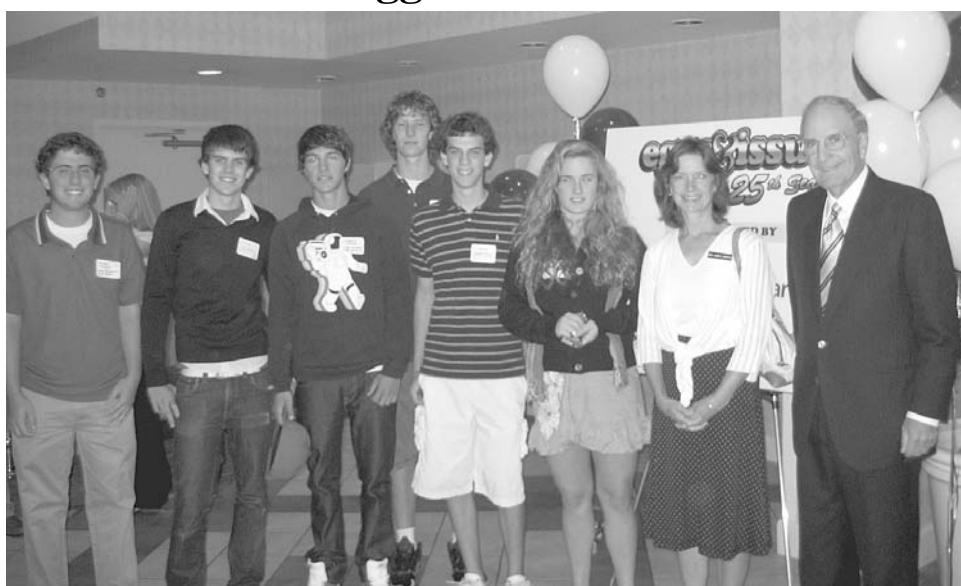


Photo by Carl Loomis

Gathering at the Portland Regional Chamber's September Eggs & Issues breakfast with former Sen. George Mitchell, far right, and Maine Rep. Jane Eberle, second from right, are members of Ted Jordan's Advanced Placement government class at Cape Elizabeth High School, left to right, Michael Taintor, Tom Lishness, Steve Janick, Zach Breed, Jon Aronson and Rosie Wennberg. Mitchell was guest speaker at Eggs & Issues, which the students attend monthly.

Middle School Book Fair set for Oct. 16 to 23

The Middle School Parents Association's annual Scholastic Book Fair will be held Oct. 16 through Oct. 23 in the middle school conference room across from the main office. Students will visit with their language arts classes, and organizers encourage parents to visit at any time.

Fair hours will be from 7:30 a.m. to 3:30 p.m. on Oct. 16 and 17, and Oct. 20 to 23. The fair will also be open from 6:30 p.m. to 8:30 p.m. on Oct. 22 and 23.

In the "One for Books" program, students are encouraged to donate one dollar or loose change to a special fund to purchase books for a school in a rural district in Maine. Scho-

lastic will match the amount dollar for dollar with a donation of books to one of three national nonprofit organizations devoted to assisting children in need: Kids in Distressed Situations, the National Center for Family Literacy, and Toys for Tots.

To get a sneak peak at books offered at the fair, or to make and print a wish list, go to <http://bookfairs.scholastic.com/homepage/capemiddle>.

For more information about the book fair or these programs, please contact Kim Gillies at gillies4@verizon.net or 767-2734 or Kelli Flaherty at kflaherty@maine.rr.com or 767-1071.

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Internationally known expert on adolescents' 'executive skills' to speak on Oct. 15 at CEHS

By Wendy Keeler

How teens do in school, whether or not they try the first offer of drugs or alcohol, and how they handle everything from stress and emotions to time management largely depends on the rate at which their brains develop 12 "executive skills."

Executive skills, such as cognitive functions that relate to decision-making, impulse control, focus, organization, and memory, will be the topic of an Oct. 15 talk by New Hampshire psychologist Peg Dawson, an internationally-known expert on the subject. All are invited to attend the free lecture, which will start at 7 p.m. in the Cape Elizabeth High School cafeteria. The Cape Elizabeth High School Parents Association is sponsoring the event.

The coauthor of two books about executive skills, Dawson will discuss adolescent brain development and offer parents strategies to help teens during the years when their brains are still maturing.

"The immaturity of the adolescent brain affects decision-making and long-term planning—being able to set and keep goals," Dawson said on Sept. 24 in a telephone interview from her office at the Center for Learning and Attention Disorders at Seacoast

Mental Health Center in Portsmouth, N.H. "... Kids' brains aren't ready to make fully mature decisions in the teenage years."

Adolescent brains do not develop at the same rate, Dawson said.

"Girls in general tend to develop executive skills faster than boys," she said, "and some executive skills within kids develop faster than others. For instance, some kids may have good memory skills, but they may not be good at controlling impulses."

At a panel discussion about teen prescription-drug usage held in March at Cape Elizabeth High School, Principal Jeff Shedd brought home the role that executive skills play in kids' lives.

"What I have heard and increasingly come to believe is that ... executive skills do not fully develop until folks have reached their mid-20s, and so really good kids, really smart kids, really respectful kids, really high-achieving and high-performing kids can make really, really dumb decisions," he said.

Dawson's main focus will be on the role that executive skills play in school performance.

—see PEG DAWSON, page 19

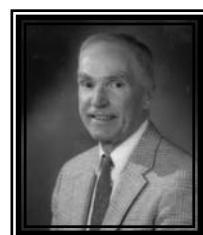
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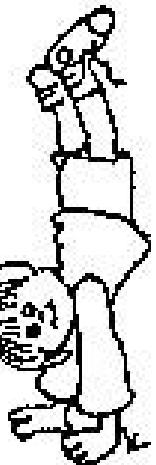
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Fall Fest to be held on Oct. 17 at Pond Cove

The Pond Cove Parents Association will hold its annual Fall Fest fundraiser from 5 to 8 p.m. on Friday, Oct. 17, in the Pond Cove cafeteria and gym. Children are encouraged to come in costume to the event, a celebration of fall and Halloween for preschool through fourth-grade children. Back-by-popular-demand offerings will include the "Wee Witches and Wizards" section for younger children; the traditional super-scary Haunted House; the Cake Walk and cookie decorating, and an à la carte meal.

The Scholastic Book Fair will be open

until 7:30 p.m. the same night in the Pond Cove "knuckle" located near the fourth-grade. Last year's Fall Fest raised more than \$5,000 for Pond Cove and drew a crowd of more than 1,000 people. Admission will be \$2 for adults and children. Tickets for activities will be a quarter apiece, with most activities priced at two tickets.

Volunteers are still needed the evening of the event. For more information, please contact Michele Zajkowski at mhz@maine.rr.com or Loralee Schaeldel at lischaedel@hotmail.com

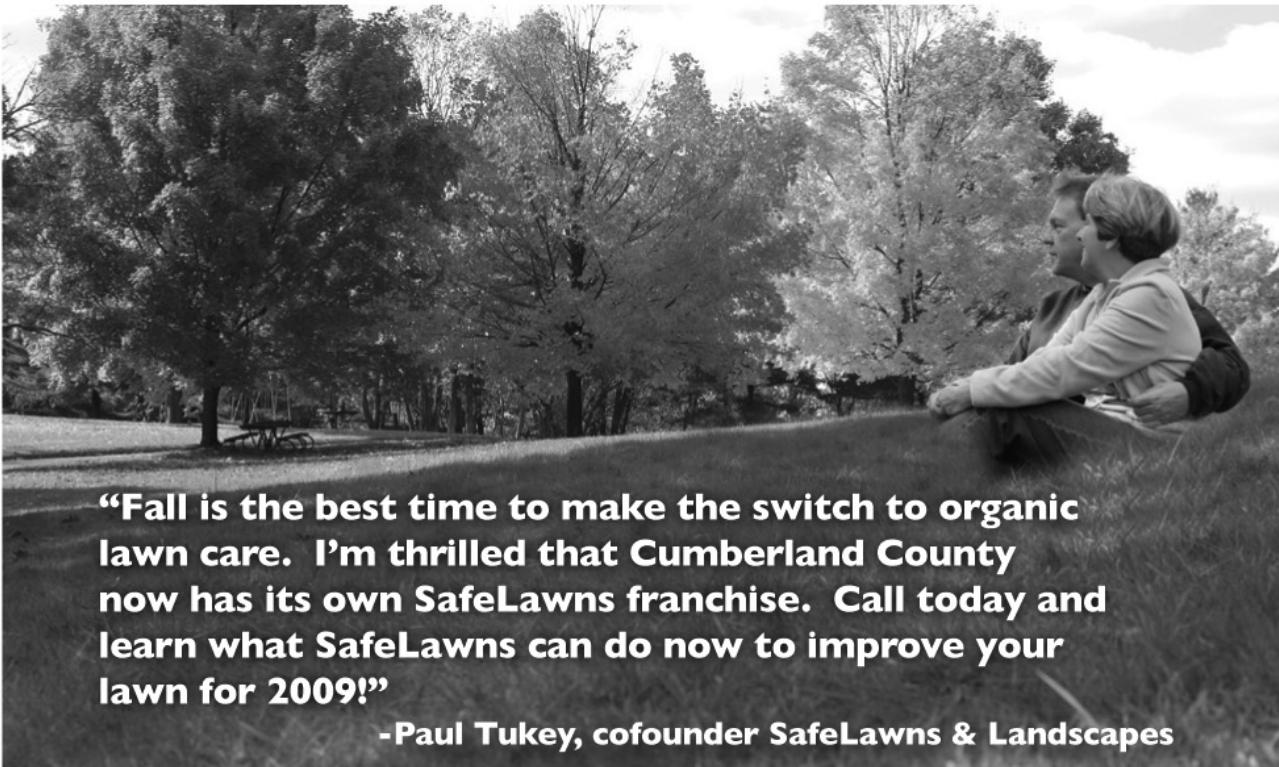
High School Parents Association's annual citrus fruit sale fundraiser underway

The Cape Elizabeth High School Parents Association is holding its annual fruit sale. By purchasing fresh citrus fruit from Florida's Indian Rivers Groves, community members can support enrichment activities, teacher grants, and student scholarships.

To order fruit, go to www.fruitorder.com, click on "Order Fundraising," and enter "588352" in the "Organization ID Box."

Fliers are also available in this issue of *The Cape Courier*, and forms will be available on Election Day in the Cape Elizabeth High School cafeteria. Orders must be in by Nov. 10, and fruit delivery is anticipated the second week of December.

For more information, contact Suzan Mistler-Belcher at 799-7172 or smistlerbelcher@gmail.com.



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All invited to second 'Hear Our Stories' event, this one featuring Asian, African immigrants

Immigrants from African and Asian countries will share their personal stories and the struggles and excitement of their first journeys to Maine and the U.S. at 7 p.m. on Thursday, Oct. 16, at the Community Center, the second of a three-part "Hear Our Stories" café and lecture series. Audience members will hear about different customs and foods, learn about cultural differences among countries, and more.

All in the community are invited to the free presentation, part of a program called, "Global Connections," organized by the Cape Elizabeth Middle School world language team for 2008, which the United Nations has proclaimed the "International Year of Languages." Funded by the non-profit Cape Elizabeth Education Foundation, the program also includes multicultural book chats for middle school students. In the spring, CEMS students got to hear firsthand from immigrants during a special 2008 World Language Week.

"We believe that cultural literacy is a critical skill for citizens of the 21st century," CEMS world language teachers said. "The

world's countries, economies, and peoples are becoming more interdependent day by day, and our students need to have an understanding and appreciation of contemporary cultures. Our goal is to involve students, staff, parents, and community members. The world is a fascinating place that changes every day, and it is wonderful to learn about world cultures and what compelled people to move to the U.S."

For more information, please contact Lisa Leonard at Lisa_Leonard@cape.k12.me.us.

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Harvesting happiness



Photo by Joan Daly

At top, Cape resident and Cumberland County Master Gardeners Association President, Beth Owens, and students in Tara Bucci's fourth-grade class at Pond Cove get a peak at a caterpillar they spotted while harvesting vegetables in the school garden for a schoolwide Maine Harvest Lunch on Sept. 17. At right, students put finishing touches on the salsa they made from the vegetables they harvested, which were planted in the spring by this year's fifth-graders.

Pond Cove students this fall learned the truth of the maxim, "As you sow, so shall you reap," when they harvested vegetables planted by Pond Cove students in the spring.

Under the guidance of a group of master gardeners, fourth-graders in the spring planted vegetables, herbs, pumpkins, and flowers in raised beds—their "salsa" gardens. Over the summer, teachers, parents and students weeded and cared for the gardens.

In September, fourth-graders harvested the vegetables and made salsa for a schoolwide Harvest Lunch on Sept. 17. They deco-

rated classrooms with gourds, pumpkins, and flowers from the garden.

"This was a fun, hands-on experience, and there is continued enthusiasm by both the students and the teachers to continue to 'grow' the project," said Cape resident Beth Owens, president of the Cumberland County Master Gardeners Association.

For more information about the event, please contact High School Parents Association President, Susan Spagnola, at jspagnol@maine.rr.com or 799-0632.

Peg Dawson

Cont. from page 17

"I'll discuss how parents can help kids develop more effective skills, so they will be better students," she said.

A licensed clinical school psychologist with an undergraduate degree from Oberlin College and a doctorate from the University of Virginia, Dawson has more than 25 years of experience working in the fields of education and psychology, with a specialization in assessment of children and adults with learning and attention disorders.

Dawson's book, "Executive Skills in Children and Adolescents: A Practical Guide to Assessment and Intervention" was published in 2003, and her book, "Smarts: Are we Hardwired for Success?" came out last year.

In addition to working in schools and mental health centers in New Hampshire and Maine, Dawson has taught at both the graduate and undergraduate levels at the University of New Hampshire at Durham.

She has also served as president of the New Hampshire Association of School Psychologists, the National Association of School Psychologists, and the International School Psychology Association.



Photo by Tara Bucci

Note cards, two calendars for sale in 2009 Project Graduation fundraiser

Cape Elizabeth High School's 2009 Project Graduation, a program with a goal of raising money in order to provide seniors with a safe, chemical-free celebration following their graduation, has note cards and two calendars for sale. The Kate Libby calendar is filled with vibrant, colored snapshots of everyday life. Cape resident Beth Rand's calendar and note cards feature the nautical beauty of Maine.

Both calendars are available in 11-by-14 inch, and 5-by-7 inch sizes. Note cards come in packs of six. All the items may be bought at the CEHS front office, at the Community Center, or in the CEHS cafeteria on Election Day.

For more information, contact Suzan Mistler-Belcher at 799-7172 or smistler-belcher@gmail.com.

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Cool Cape presentation series continues

By Ted Haider

The uncertain future of our environment was brought into sharper focus with Al Gore's 2006 film, "An Inconvenient Truth." Two years later, the tenets of the documentary, which won the Academy Award, are now being used as the foundation for a new environmental initiative in Cape Elizabeth.

"Cool Cape" is a series of six presentations and discussions about the environment, hosted by the Cape Elizabeth United Methodist Church and modeled after the Sierra Club's nationwide Cool Cities program to develop and implement smart energy solutions to global warming at the local level.

The series began in mid-September with a presentation by Ray Sirois about the concerns of global warming and what could happen during the next century unless the world's inhabitants learn to be less dependent on fossil fuel energy. Sirois, who lives in Harrison, was one of 1,000 people nationwide who last year was trained in the issues of the environment by the same team that produced Gore's documentary.

At his presentation on Sept. 16, Sirois dis-

cussed projections of higher carbon dioxide concentrations in the atmosphere, rising temperatures, higher ocean levels, more intense storms, and more frequent flooding.

"But change is possible," he said. "We all need to reduce our carbon footprint—each household—and support improvements at all levels—from international to local."

During the next few weeks, the Cool Cape series will offer suggestions on what some of those improvements could be:

On Tuesday, Oct. 7, at the Turkey Hill Farm (120 Old Ocean House Road), David Buchanan, manager of Turkey Hill, and Cheryl Laz, chairperson for the Department of Sociology at the University of Southern Maine, will discuss how collective choices related to food and eating can have significant impacts on the environment and local community. A tour of the farm will be held at 6:15 p.m., followed by the discussion at 7.

On Wednesday, Oct. 15, at the United Methodist Church (280 Ocean House Road) at 7 p.m., Steven Linnell, senior transportation planner and coordinator of Maine Clean Communities, will discuss energy efficient transportation.

On Tuesday, Oct. 21 at the United Methodist Church at 7 p.m., Bill Slack from the Cape Elizabeth Alternative Energy Committee and Eric Cote from the Saco Town Council, will discuss alternative energy plans and projects in Cape Elizabeth and nearby towns, including Saco's windmill project.

All talks are free and open to the public.

At each of the discussions, there will be an opportunity to sign a petition to the Cape Elizabeth Town Council, urging them to sign the U.S. Mayors' Climate Accord and make Cape Elizabeth the next official "Cool Community" in Maine.

"There is clearly a lot of concern and knowledge about global warming and energy efficiency already in Cape Elizabeth," said Carol Hubbard, who organized the Cool Cape series with the Sierra Club. "We hope these discussions will bring people together to increase our collective knowledge base and ability to advocate for changes that will decrease our town's fossil fuel use."

Volunteers needed to help with events for senior citizens

Community Services is seeking community members who would like to volunteer in programs for senior citizens, including Community Services' monthly luncheons.

All interested should contact Community Services' Adult Programs Coordinator Karen Allen at 799-2868 or karen_allen@cape.k12.me.us.

[For a sampling of some Community Services' senior programs, please see page 15.]

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Free organ concert part of Methodist Church's 150th anniversary celebration

As part of Cape Elizabeth United Methodist Church's eight-month celebration to commemorate its 150th anniversary, the church will host an organ concert at 3 p.m. on Sunday, Oct. 19.

Jeremy House, a performance organist from central Illinois, will perform. In May,

House received his masters in music/organ performance from the University of Illinois at Champaign-Urbana. The concert is free and open to the public. House will also play at the church's 10 a.m. service on Oct. 19.

For more information, please contact Ted Haider at indyhaiders@aol.com.

Methodist Church to hold public supper Oct. 4

The Cape Elizabeth United Methodist Church will hold its first public supper of the season from 4:30 to 6:30 p.m. on Saturday, Oct. 4, at the church.

The supper will include a buffet-style

meal of casseroles, baked beans, salads, breads and desserts, for a price of \$7 for adults, \$3 for children and \$20 for families (two adults and children). Takeouts also will be available.

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Cape Elizabeth United Methodist Church

280 Ocean House Road
207-799-8396

Chapel Service: 8:15 a.m.
Sanctuary Service: 10:00 a.m.
Sunday School: 10:00 a.m. service
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Cape Shore Assembly of God

536 Cottage Road, South Portland
207-799-3152

Sunday Prayer & Intercession: 9:30 a.m.
Sunday Worship: 10:00 a.m.
Family Bible Studies: Wednesday 7:00 p.m.
Sermon recordings available to download

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First Congregational Church United Church of Christ

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Chapel Service: 8:30 a.m.
Sanctuary Service: 10:00 a.m.
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Temple Beth El Hebrew School held Sundays and Wednesdays

Temple Beth El Hebrew School is held from 9 a.m. to noon every Sunday and from 3:30 to 5:30 p.m. on Wednesdays, at 400 Deering Avenue in Portland.

Serving grades kindergarten through 12, the school teaches students the Hebrew

language, and classes also include Jewish prayer and Judaic studies. Currently 12 Cape Elizabeth students of all ages attend.

For more information about the school, please call Liz Rose-Cohen at 774-2649 or execdir@templebethel-maine.org.

Five-part discussion of Francis Collins' book, 'In the Language of God,' to start Oct. 18

Msgr. Michael Henchal of St. Bartholomew Parish will lead a five-part discussion of the book "In the Language of God" by Francis S. Collins, which will begin on Oct. 18. Participants may choose between a Saturday group, which will meet from 8 to 9 a.m. at St. Bartholomew Parish in Cape Elizabeth, or a Wednesday group, which will meet from 7 to 8 p.m. at St. Maximilian Kolbe in Scarborough.

As former director of the National Human Genome Research Institute at the National

Institutes of Health, Collins led the effort to complete the Human Genome Project. In his book, Collins makes the case for God and science, describing his own journey from atheism to faith and leading readers on a tour of modern science in which he seeks to show that scientific disciplines—physics, chemistry, and biology—fit with belief in God and the Bible.

Fees for materials are \$15. For more information, call Mary Ellen C Whiteman at 799-4495.

Cape Methodist's dog blessing to be held Oct. 5

To honor the feast of St. Francis of Assisi, the Cape Elizabeth United Methodist Church will hold its fourth Dog Blessing and Walk at 1 p.m. on Sunday, Oct. 5, in the outdoor chapel.

The church's outreach committee, which sponsors this event to recognize St. Francis, the patron saint of animals and the environment, welcomes the entire community to participate. More than 30 dogs have attended the blessing in each of the past three years.

The Rev. Ruth Morrison will bless each dog individually, after which she will offer dog treats and a "dogument" blessing certificate. After the blessing, participants will be invited to join half-mile and 1.5-mile walks through the woods.

The Cape Elizabeth United Methodist Church is located at 280 Ocean House Road, and the outdoor chapel is in the woods at the far end of the church's parking lot.



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Renovation

Cont. from page 1

businesses and groups such as the the high school Student Advisory Council (SAC), the town's Wellness Committee, the Cape Farm Alliance, the Cape Elizabeth Education Foundation (CEEF), the Cape Elizabeth Historical Preservation Society, the School Board, and the Let's Go! initiative. Individuals, too, have played a part: Cape artists, chefs, farmers, fishermen, students, school nurses, teachers, and administrators.

Nine months ago, on a cold Sunday night in January in the high school library, a group of four—two students, CEHS teacher and Wellness Committee coordinator Elaine Brassard, and School Board member Karen Burke, who heads the town Wellness Committee—sat down and wrote a grant. Their vision:

"It was ... about 'building bridges' between the schools and those with rich traditions in the community, as well as a comprehensive project that focuses on 'wellness and nutrition' for the students," Brassard said. "The grant encompassed what you [can] 'see' within the caf and what you cannot immediately see: partnerships, guest speakers, etc."

The nonprofit CEEF, which funds projects that fall outside the Cape school budget, awarded a \$16,550 grant to the group, which grew to include more students, administrators, teachers, and health staff. Let's Go!, a community-based initiative to promote healthy lifestyle choices for Mainers, added \$2,500, and Sisco, the school's main food



Cape high students Shannon Smith and Greg Gulino, members of the school wellness committee, talk in the newly renovated cafeteria. Hanging behind them is a photograph of a Cape farmer that Gulino took this spring. Smith also took photos for the cafeteria project.

provider, donated \$2,000 to the project.

The grant money funded a refrigerated salad bar, a deli bar, a sandwich warmer, a steam table, a panini sandwich machine, a new cash register, baskets and pedestals, art work, and signs and posters.

The project has won fans beyond Cape. The Maine Association of Health, Physical Education, Recreation, and Dance has invited committee members to present a report about the grant at the group's state conference at the Samoset in November.

day before an election. According to Cape Elizabeth Town Clerk Ruthie Noble, Nov. 3 will be used by the town "to prepare for Tuesday." Ballots received by Nov. 3 will be tabulated that day, and voter lists will be reviewed and updated, according to Noble.

Voters may pick an absentee ballot up at Town Hall or apply to have one sent. To have a ballot sent, go to www.capecooperatives.com or call Town Hall at 767-7473.

Election

Cont. from page 1

Town Hall is open from 7:30 a.m. to 4 p.m. on Tuesday through Friday and until 5 p.m. on Monday. However, in-person absentee voting will not be allowed on Nov. 3, the result of a new state legislative resolution giving municipal clerks the option of disallowing in-person absentee voting

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Public hearing

Cont. from page 1

sidewalks that will facilitate neighborhood use. The sidewalk standards apply more to the Route 77 district than to the Shore Road one, since the Shore Road area already has sidewalks, O'Meara said.

The BA zone rewrite represents the first package of zoning ordinance updates recommended by the town's comprehensive plan, adopted last year by the Town Council.

Wetlands buffer reduction included in zone rewrite

Barbara Schenkel, Planning Board chairwoman, also mentioned proposed amendments that have been newsmakers of late. Included in the package is a proposal to reduce the buffer around a critical wetland in the BA zone from 250 feet, as now prescribed in the zoning ordinance, to 100 feet - as long as the property is served by public water and sewer. The reduction would add such properties in the BA zone to the list of areas that currently qualify for a buffer reduction, including wetlands in densely populated areas, upland areas with drainage away from the wetland, wetlands smaller than two acres, and wetlands that are coastal sand dunes.

"After looking at it very carefully, we've decided that the environmental effect is probably positive if they're on city water and sewer, rather than on well and septic," said Schenkel. "So, we are proposing the recommendation so far. But we haven't had the public hearing yet," she said.

The wetland buffer reduction affects the BA district along Route 77 only. The proposal had been brought to the Planning Board in 2004 but failed to gain the approval of a divided Town Council in 2005. The buffer reduction proposal was instead referred to the committee drafting the new comprehensive plan and was then considered as part of the BA district rewrite project.

To add properties or not to add?

Included in the proposed amendments are updated maps of both business zone areas. The map for the Shore Road area includes the lot at 553 Shore Road, currently a residential property that is proposed to be added to the business zone. No addition of property is suggested for the BA district along Route 77, but the board came very close Sept. 16 to proposing that the district line be redrawn to include a three-family home at 1 Crescent View Road.

The homeowner, Shawn Tamir, would like to convert the home to a 14-room bed-and-breakfast, and has appeared before the Planning Board many times to present his vision. The board earlier in the evening had approved its recommendations for B&B regulations in residential zones, limiting them to Shore Road or Route 77 only, but some board members said they would like to hear the public's views on accommodating Tamir's plan by including his lot in the nearby business district.

A motion to make the lot part of the BA district draft map failed to pass by a 3-3 vote of the board. "But that doesn't mean we're not going to take public input on the question," said board member Peter Hatem.

The text of the proposed BA zoning amendments, as well as the maps, were being prepared at the time of the meeting and are slated to be posted on the town's Web site, www.capecooperatives.com, prior to the Oct. 21 hearing.

Bed-and-breakfasts, and built-in restrictions on where they will be

In a related matter Sept. 16, the Planning Board voted to recommend to the Town Council a draft set of regulations for bed-and-breakfast establishments in Cape Elizabeth.

The zoning ordinance now allows B&Bs in the town center district, but the draft

amendment would also allow them in business and residential zones, with restrictions, with site-plan review by the Planning Board.

"We are proposing that in the RA and RC (residential) districts that the properties must be located either on Route 77 or on Shore Road. Period. That's it," Schenkel said. "So, if you're next-door in the next-door lot, you're out of luck," she said.

The board has held public hearings and workshops on the B&B regulations since first introduced in April. The board has gone back and forth trying to accommodate residents who would like to see B&Bs in Cape Elizabeth as an alternative to pricey hotels and those who completely oppose B&Bs in residential neighborhoods.

Those who spoke at the public hearing Sept. 16 seemed, for the most part, pleased with the compromise.

"The plan to keep them on the arterial roads is a good decision," said Crescent View Avenue resident Cathy Miller. "They tend to be business areas and heavily trafficked, that don't infringe on residential neighborhoods," she said.

Others, however, maintained that the allowed areas should be opened to include neighborhoods. Karen Dunfee, Columbus Road, had told the board in the past of her experiences with B&Bs in other parts of the country that quietly invited guests into the fabric of the community. Some homes along Eastman or Mitchell roads, for example, would lend themselves to B&Bs, she said. "I urge you to be creative and look for other ways to limit density, instead of just segregating to just two separate streets," Dunfee said.

Still others said that a B&B on Crescent View Avenue would be welcome as a place for relatives to stay while visiting Cape Elizabeth.

Shawn Tamir, owner of a three-family home at 1 Crescent View Ave., again presented his concept for converting his home to a B&B and urged the board to broaden their recommendation to allow B&Bs within 100 feet of Route 77. "This is a unique situation," Tamir said, adding that he and his family would like to find a way of nurturing the historic property, "but the costs are enormous."

"This could be something that is fun, of higher quality, and an extraordinary service that would really add pride to this town," Tamir said.

While Tamir has proposed a 14-room B&B, the recommended regulations restrict bed-and-breakfast establishments to nine rooms.

Property restrictions

In the residence A district, the proposal further limits the number of guest rooms allowed to one per 20,000 square feet of gross lot area. The house must have at least 125 feet of frontage on Shore Road or Route 77. In the more densely populated residence C district, B&Bs would be limited to one room per every 5,000 square feet of lot area, and the house must have 100 feet of street frontage on Shore Road or Route 77.

B&Bs in the residential zones must also be operated and maintained by the owner as his or her primary residence. The recommendations also require two on-site parking spaces for the B&B owner, one per employee, and one for each guest room.

Text of the proposed B&B amendments is available on the town's Web site, www.capecooperatives.com/ordinances.html.

Purpoodock upgrades approved

Also at the Sept. 16 meeting, the board approved an amendment to the site plan for the Purpoodock Club, planning a 1,250-square foot-addition to the western side of the clubhouse, and reconfiguring the parking lot and adding 48 spaces to comply with town standards.

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Peak's Island Cottage - rental by the week; summer & fall weeks still available. \$1200/week. 232-9252.

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Sugarloaf Vacation Home. Available weekly after Feb. 15th. 4 BR/3 BA; sleeps 12+. Hot tub, fireplace, piano, pool table, wide screen, washer/dryer, dishwasher, microwave, web. Inquiries call 207/829-6339 or cmorse1@maine.rr.com.

Apartment. Shore Road, Cape Elizabeth. Living room, bedroom, bath, kitchen. 100 yds. from ocean. Call John at 799-5748.

Sugarloaf - Snowbrook. Awesome 2 BR/2 Bath condo built 1998, sleeps 6+, W/D, walk to Snubber Chair. Adj.to shuttle pick up. Pool, Jacuzzi, sauna, tuning room. No smoking. 1 Nov. - 30 April. \$13,000 + tax + utilities. 207/767-2495.

Sugarloaf - Gondola Village. Newly renovated condo: new floors, paint, furniture, windows & bathroom w/Jacuzzi tub. Childcare in building. Half-season rental (every other weekend, half of school vac. weeks - Dec., Feb. and Apr.) Utilities incl. Call Sarah 767-2328.

Ski Sunday River! 4 bedroom/2 bath home in beautiful setting, 15 minutes from mountain. Choose 4 winter weekends for \$2000. Call Ken or Kathy Johnson 767-2254.

Cape Eliz/Fort Williams Park area: Sunny, coastal, private, single, non-smoking accommodations available per month/week/wkend. \$90/night or \$400/5 nights. 857/234-2274 or 207/767-9931.

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Microfiber sofa & loveseat - new in crate. Take \$450. Can be delivered. 396-5661.

Upright piano. Dark cherry, excellent condition. \$200. 767-1819.

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First Lt. **David Greenwood** of Shore Road just returned from a tour of duty in Fallujah, Iraq. He is now assigned to the First Marine Expeditionary Force at Camp Pendleton in San Diego, Calif.

David graduated from Cape Elizabeth High School in 2002 and summa cum laude from Norwich University in Norwich, Vt., in 2006. At Norwich, David was the recipient of a full ROTC scholarship in addition to several Marine Corps scholarship awards. While at the university, he was nominated as a Rhodes Scholar and studied abroad in England.

David is the son of **Marjorie and Leighton Sargent** of Shore Road and the late John W. Greenwood of Newton, Mass.



David Greenwood

Rachel and Glenn Reeves announce the birth of their daughter, **Ella Grace Reeves**, on Sept. 1 at Mercy Hospital. Ella's grandparents are Howard and Esther O'Brien III of Harpswell, and Barry and Noeline Reeves of Melbourne, Australia. Her great-grandparents are Lee and Donna Cushman of Turner and Nancy Reeves of Rosebud, Australia.

Travis Witham, a 2002 graduate of Cape Elizabeth High School, recently graduated from the University of New Hampshire's Whittemore School of Business and Economics with a bachelor of science degree in finance. He was designated a university scholar for academic achievement.

Jill Skrabalak and Cooper Dragonette announce the birth of their son, **Luca Charles Dragonette**, on Sept. 9 at Mercy Hospital. Luca's grandparents are Bob and Daneille Skrabalak of Binghamton, N.Y., and Judith Dragonette of Wellfleet, Mass.

Two Cape Elizabeth lawyers from Bernstein Shur in Portland were named to the 2009 edition of "The Best Lawyers in America": **Leonard Gulino** for bankruptcy and creditor-debtor rights law and **Robert Macdonald, Jr.**, for franchise law.

Hair stylist **Kim Connell** has joined Calm Waters Spa & Salon in Scarborough. A stylist for 20 years and a certified Paul Mitchell educator for 10, Connell formerly worked at **Cape Shore Day Spa**. Calm Waters is located at 144 U.S. Route 1.



Kim Connell

Cape Elizabeth artist **Rose Kennealy** is honored to have five of her paintings chosen for the permanent art collection of Maine Medical Center's East Tower, the new home of women and infants' services, which had a grand opening on Sept. 6.

The images include a series of three 40-inch square canvas prints of her abstract paintings titled, "Sea & Sky I, II, and III." They hang in the first-floor elevator lobby, where, Rose says, "Their bright colors vibrate with the joy and hope of many of the families who will be using the new hospital space."



Rose Kennealy

Five Cape Elizabeth lawyers from Preti Flaherty's Portland office have been selected by their peers for inclusion in the 2009 edition of "The Best Lawyers in America": **Gregory P. Hansel** for commercial litigation; **Susan LoGiudice** for corporate law; **Michael G. Messerschmidt** for labor and employment law; **Harold C. Pachios** for corporate law; and **Daniel Rapaport** for alternative dispute resolution, medical malpractice law, and personal injury litigation.

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Runway reunion



Cape native and CEHS 2002 graduate, Navy Lt. j.g. Jackie McKenney, third from left and Pilot Lt. Quinn Rhodes of Norfolk, Va., fifth from left, are greeted by Cape family and friends, left to right, Jackie's mother Betsy McKenney, James Chatmas, Melissa Hubbard, Dawn and Matt Hamm, and Jackie's father Paul McKenney on Sept. 6 in Brunswick after McKenney and her Hawkeye E2C crew flew from Norfolk, Va., to the Great State of Maine Air Show in Brunswick. In June McKenney returned from a seven-month deployment with the U.S. Navy on the USS Harry S. Truman to the Persian Gulf.

Chelsea Stephenson, a 2006 Cape Elizabeth High School graduate, was named to the dean's list for the spring semester at Wheaton College in Norton, Mass., where she is a junior majoring in studio art. She plans to study abroad in Ireland at the University of Burren during spring semester 2009.

A member of the Wheaton College women's swim team, she helped the team achieve third place at the annual NEWMAC conference at Wellesley College in Wellesley, Mass. Chelsea is working with internationally known artist Patrick Dougherty on the creation of stick-work sculpture being installed at Wheaton this fall. She is the daughter of **Carl and Dianne Stephenson**.



Chelsea Stephenson

**More Neighbors
on page 10**

Architect **Mark Hallee** has been promoted to the position of associate at Lerner | Ladds + Bartels, an architectural firm based in Providence, R.I.

A resident of Cape Elizabeth in his younger years, Mark graduated from Roger Williams University in Bristol, R.I., in 1995 with a bachelor of architecture degree. He joined Lerner | Ladds + Bartels as an architect in 2005.

Now living in Providence with his wife, Lichen Grewer, Mark is a registered member of the American Institute of Architects.

Holly Johnson was recently promoted to a senior position at Macdonald Page & Co. LLC, a certified public accounting firm with offices in South Portland and Augusta.

Coldwell Banker Residential Brokerage realtor **Joe Conroy** was named "broker of the month" for August for outstanding sales. Conroy, who lives in South Portland, taught English for more than 30 years at Cape Elizabeth High School.

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Having a neighborhood party? Has your spouse gotten a promotion at work? Kids put on a circus and invited the whole block?

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