

The Cape Courier

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At 51, Cape's volunteer Rescue call company is one of the last of a dying breed

By Wendy Keeler

They sleep fitfully, can't leave town and get paid a pittance, but six nights a month, month after month, year after year, Cape Elizabeth Rescue Team volunteers Helen and Dick Mainville are on call, ready to respond to emergencies.

"It's like having a baby. You sleep with one ear half open," Helen, 61, an eight-year Cape Rescue call-company volunteer, said on a recent afternoon. "If the radio crackles even slightly, you're awake and ready to go."

The Mainvilles and the other 30 Cape residents who comprise Greater Portland's last remaining municipal volunteer rescue "call" company respond to 400 to 500 emergency calls each year.

"A lot of people think we're at the station waiting for calls," Helen said. "That's the case in other towns, but not in Cape Elizabeth. We're at home."

In surrounding communities, small crews of rescue personnel are paid by the hour to be on duty around the clock at the station. Cape Elizabeth's fire chief is on the payroll, but volunteers in Cape's rescue, fire and water extrication call companies get paid by the hour only on emergency calls.

When the Mainvilles are on night duty, they make \$10 apiece. During emergency calls, Helen, a basic emergency medical technician, gets \$10.50 an hour. Most calls take an hour and a half to two hours, the Mainvilles said.

"We don't do this to get rich," said Helen, who made about \$1,500 doing about 60

emergency calls last year.

The work does have financial benefits, however — for the town.

In February 2009, Town Manager Mike McGovern told Cape Rescue and fire volunteers that they save the town as much as \$3.5 million a year. The town budgets about \$216,000 a year to pay the rescue, fire, and water extrication call companies, and fire/police and emergency management volunteers, McGovern said in an e-mail last month.

'Pride among us'

"There's a pride among us that we're able to provide a service in the town that saves the town an enormous amount," Helen said.

Last year, Cape Rescue's 50th anniversary, marked a change for the call company when the town closed Cape Elizabeth's emergency dispatch center. Now a Portland-based regional dispatch facility, which also covers Portland and South Portland, gets all emergency calls. After a call comes into the regional facility, dispatchers follow a process different from the one Cape dispatchers used.

"When we had dispatch here, the dispatcher would hit the button for us to respond right when the call came in, knowing we could be at the grocery store or home, or wherever," Helen said. "Then they would do emergency medical dispatching over the phone and type all of the information into the computer."

At the regional facility, the dispatcher doesn't "hit the button" until after inputting

—see CAPE RESCUE, page 18

After clinching Western Maine B title on Oct. 23, girls run to second in state meet; boys are third



Photo by Bill Barton

Holding the Maine State Championship Cross-Country Class B runner-up trophy on Oct. 30 in Belfast are Cape Elizabeth High School girls' cross-country team senior co-captains Rachel Nichols, center, and Kelsey Barton, far right, with sophomore teammate Emma Inhorn. The girls, who won the Western Maine Class B title on Oct. 23, came in second after Bangor's John Bapst Memorial High School, finishing fifth out of all classes statewide. The team will compete in the New England Cross-Country Running Championships on Nov. 13 in Vermont along with the Cape boys' team, which came in third at the state meet.

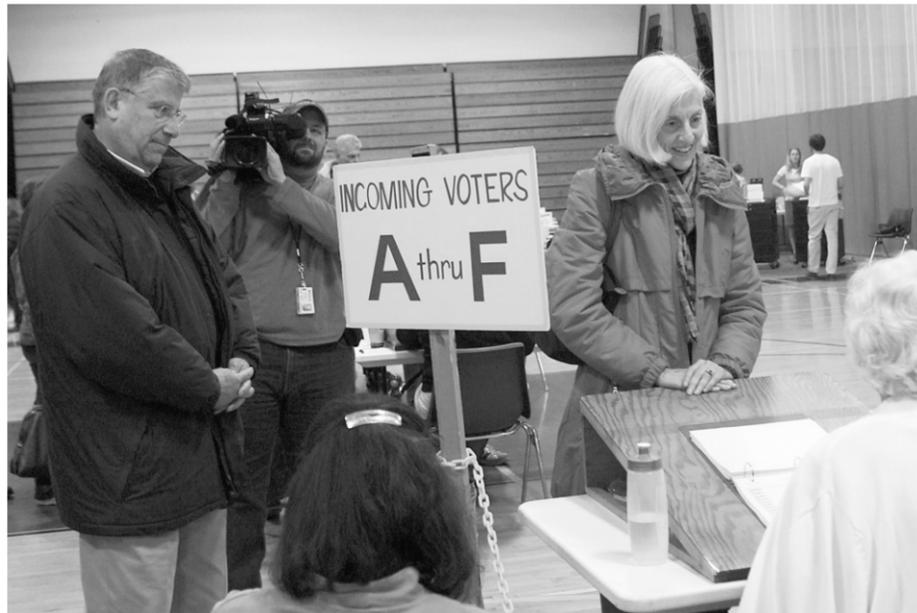


Photo by Patricia McCarthy

Independent gubernatorial candidate and Cape resident Eliot Cutler and his wife Melanie prepare to vote at the high school on Election Day. Cutler earned 37 percent of the Maine vote, to Republican Paul LePage's 38 percent, when he conceded at noon on Nov. 3.

Governali, Jordan to sit on Town Council; Monaghan-Derrig, Moore on School Board

Cape resident Cutler concedes; Dill holds seat

By Elizabeth Brogan

An estimated 70 percent of eligible Cape voters turned out for the Nov. 2 election. Almost 2,000 of those voted by absentee ballot, according to Town Clerk Debra Lane.

Voters re-elected Frank Governali and elected newcomer Caitlin Jordan to the Town Council. Governali led the vote count, which was completed but still unofficial at 11:30 a.m. Nov. 3, with 2,515 votes. Jordan garnered 2,226 votes. James Wagner received 2,061 votes and John McGinty earned 1,749.

Lane said that the municipal results were not available until the morning after the election because of the high volume of write-in votes. Election workers began counting municipal ballots at 8 a.m. Nov. 3.

Kim Monaghan-Derrig was re-elected to

the School Board with 4,007 votes. Write-in candidate Michael Moore was elected with 902 votes. Write-in candidate Frederic Sturtevant received 180 votes.

John E. Brady of South Portland received 4,104 Cape votes to hold his seat representing Cape Elizabeth and South Portland on the Portland Water District board of trustees.

State House and Senate

Cape's representative to the State House for District 121, Democrat Cynthia Dill, was re-elected, with 2,652 votes, according to unofficial results. Republican challenger Eric Lusk garnered 1,892 votes.

Incumbent Democrat Jane Eberle was also re-elected to her District 123 State House

—see ELECTION, page 3

Planning Board recommends rule change to allow more public comment at meetings

By Wendy Derzawiec

The Planning Board is recommending changes to its rules of procedure that will allow more public comment at regular board meetings.

At an Oct. 19 meeting the board voted unanimously to recommend to the Town Council rule changes to allow public comment on agenda items, and on items not appearing on the Planning Board agenda.

The proposed rules would be similar to those already practiced by the Town Council, allowing 15 minutes of public comment on agenda items before regular business begins. Speakers would be allowed up to three minutes to speak, and both the individual and collective comment period could be extended by the board chairman.

Comments on non-agenda items would be allowed at the close of the meeting, before adjournment.

The rule changes are prompted by the council's communication strategy adopted in July. They do not, however, extend to Planning Board workshops.

"There's a significant potential for some legal exposure if a comment period at a workshop becomes a substantive discussion of the application," Town Planner Maureen O'Meara told the board, referring to an advisory letter from the Maine Municipal Association. "For that reason I think you decided to continue with your current practice of not allowing public comment at workshops, but encouraging written comment," she said.

Medical office addition amendment approved

In other matters Oct. 19, the board approved an amendment to a previously ap-

—see PLANNING, page 5



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 and its residents, and, whenever possible, to promote volunteerism within our community.

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DEADLINE: Noon, Nov. 9

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Political signs represent ‘exercise of our first amendment rights’

Regarding the recently submitted letter to *The Cape Courier* by newly arrived residents previously from Massachusetts, who would like to see a voluntary ban on political candidate signs in the public right of way, I offer a differing opinion.

As colorful and numerous as the signs may be, it is only for a limited period of time

as defined by town ordinance. In my opinion any outcry for limiting the legal expression of personal or public opinion and information is a dangerous thing. What today is suggested as voluntary may soon be suggested as mandatory to preserve the nature or character of our town.

I for one look on this as rudimentary for

personal and public involvement in the democratic process. Seeing the signs often provokes me to learn more about a candidate's name or cause that I am not familiar with. What better way to publicly exercise our first amendment rights?

Ed Kelley

Field hockey boosters appreciative of support

The High School Field Hockey Boosters would like to thank the community for their generous support of the Pumpkin Sale fundraiser. This was our third year holding the sale and we continue to have great success. Thanks to Andy and Kelly Strout of Shady Oaks Farm for the giant pumpkin donation.

Isabella O'Donovan was the winner with a guess of 244 pounds; the actual weight was 245 pounds! The money raised at this fundraiser, along with our annual bottle drive held in August, helps to pay for expenses not covered by the school budget, such as an assistant coach, goalie gear and repairs made to the goal cages.

Jody Boyington
 Field Hockey Boosters

Fundraising for path matching funds is ongoing

Although news about the Shore Road Pathway was quiet this summer, the Safe Access for Everyone (SAFE) citizen committee has been working hard raising funds. Given some confusion, I wanted to provide an update:

In July, the town submitted an application to MDOT's "Quality Communities Program" which provides federal grant dollars for pedestrian projects. If our application is successful, MDOT could provide as much as \$800,000, or 80 percent of the project's costs. The grant awards will be announced this spring, and funding will be available in late 2011.

The remaining \$200,000 of the cost is being raised locally through private donations by SAFE. To date, SAFE has raised close to \$75,000 towards this local match from citizens who are enthusiastic about supporting a safe pathway to connect our schools and

town center with Robinson Woods and Fort Williams.

Our goal is to reach the \$100,000 mark by January 2011, and to redouble our efforts to close the gap thereafter. SAFE will then publicly recognize everyone's contributions in *The Cape Courier*.

We hope that our community will assist us in raising the local matching funds to create this safe pathway along this spectacular corridor.

Given that we have the opportunity to build a million-dollar project for about \$200,000, let's not miss the chance to improve the safety and access to one of Cape's most scenic and busiest roads at a bargain price. Please visit www.safecape.org. to donate.

Jim Kerney
 Co-Chair and Treasurer
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THANK YOU!

... to all who have answered The Cape Courier's ongoing request for help in challenging economic times. We greatly appreciate your voluntary subscriptions and other contributions.

Checks made out to The Cape Courier may be mailed to P.O. Box 6242, Cape Elizabeth, Maine, 04107.

Thank you to the following most recent newspaper supporters:

Nancy Gunn & Larry Simpson
 Eric H. Kawamanto

Future contributions will be acknowledged in this alphabetical format. Please include a message on your correspondence if you prefer to have your voluntary subscription/contribution remain anonymous. Checks also may be dropped off at *The Cape Courier* office in the basement of Town Hall.

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Future voters, including 3-year-old Marta Leary-Forrey on all fours and Nell Hebda, 2, get in on Election Day action.



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Election Day



Photos by Patricia McCarthy

Chloe Chapin, 10, looks on as her mother Carrie prepares to vote.

Election

Cont. from page 1

seat over GOP challenger Jake Myrick. A small part of Cape Elizabeth falls in District 123, where 445 voted for Eberle and 239 for Myrick.

District 7 State Sen. Larry Bliss, also a Democrat, received 2,646 Cape votes. Republican challenger Joseph Palmieri received 2,492 votes. As this newspaper went to print, results in the state Senate race were too close to call.

Cutler is Cape favorite

In the gubernatorial race, Cape overwhelmingly voted for Independent Eliot Cutler, a Cape Elizabeth resident. Cutler received 3,013 Cape votes and Republican Paul LePage 1,347. Democrat Libby Mitchell received 862 Cape votes. Independent

candidates Shawn Moody and Kevin Scott received 106 votes and 16 votes, respectively.

Other races and questions

Cape voters favored Democratic incumbent winner Rep. Chellie Pingree. She received 3,080 votes over Republican Dean Scontras, who received 2,203.

On the Oxford County casino question, too close to call at press time, Cape voters were opposed to the casino, 3,093 to 2,169. Cape favored the successful dental health bond issue 3,248 to 2,033 and successful land conservation and working waterfront bond issue, 3,798 to 1,414. Cape voters approved the County Charter referendum, 2,687 to 1,339.

All results were still unofficial as *The Cape Courier* went to print Nov. 3. Visit www.capeelizabeth.com for complete and updated results.

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Library trustees examine issues, seek comment

Have you seen some of the changes at the library? Would you like to know how the library is planning to meet the long-term needs of the community? Do you have any suggestions on how we can improve and expand our services? Over the next few months, the trustees of the Thomas Memorial Library will examine these questions and more through a series of articles in the *Cape Courier*, information boards at the library and website postings.

How is the library doing? The Thomas Memorial Library is busier than ever. With the increased demands the economic recession has placed on our Cape citizens, more families are turning to the public library to meet their reading, entertainment and educational needs. When compared to August of 2009, circulation grew 13.73 percent, or 1,605 items, in one year. The surging popularity of interlibrary loan service is a big driver of increased circulation. Patrons now have access to more titles and are able to search, request and renew books, DVDs, etc., directly from the library website at <http://www.thomasmemoriallibrary.org/>.

In keeping with statewide library standards, the circulation limit for books has increased from 2 weeks to 3 weeks, with one renewal allowed.

Demand for children's services continues to grow. To meet the strong demand for Tales for Tots, Mother Goose Time and other

children's programs, we have reconfigured the community room to provide more access to the limited space available for storytimes and the many other meetings and activities that take place here. We are also studying a possible redesign of the front desk to allow more space for staff and patrons. Additionally, new signage is being planned to help patrons find their way around the library with more ease. We hope to complete these projects in the next six months.

Despite these changes, space will remain an issue for patrons and staff. In November 2007, the Town Council created the Thomas Memorial Library Study Committee to examine the long-term needs of the library and to develop a plan to meet those needs. In July of 2009, the committee submitted a final report and recommendations to the council. The summary of the report can be accessed on the library's website at <http://www.thomasmemoriallibrary.org/>.

Our next article will consider some of the findings of the report. Through community communication and creative thinking, we hope to find cost-effective solutions to some of the issues raised in the report. Comments and ideas may be sent to the Thomas Memorial Library Trustees via email through the town website or by a note in the library's suggestion box.

--submitted by the Trustees of the Thomas Memorial Library

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www.oldfarmchristmas.com

Read more library news on page 12

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PEDRO, STEPHEN R	KILBURN CHRIS. BJORN	12 WABUN ROAD	\$449,000	SINGLE FAMILY
LISS, BENJAMIN D	DOHERTY, MARY ANNE	30 HUNTS POINT ROAD	\$475,000	SINGLE FAMILY
LAMB, COLIN	ROSENBERG, ROY I	34 OAKHURST ROAD	\$326,000	SINGLE FAMILY
KONKEL, SUSAN LIV TRUST	UPTON, ANNE S	4 JULIE ANN LANE	\$655,000	SINGLE FAMILY
SANG, BARBARA	TURMELLE, GER. LIV TRUST	63 STARBOARD DRIVE	\$137,000	CONDOMINIUM
RINALDI, MARIA C	RINALDI, CARMEN J	2 LIGHTHOUSE PT ROAD	\$ 0	SINGLE FAMILY
HOLT, LUCILLE LIV TRUST	HOLT, LUCILLE LIV TRUST	9 COTTAGE LANE	\$ 0	TWO FAMILY
HOFFMAN, BEVERLY D	KELLER, KENNETH TRSTEE	291 SPURWINK AVE.	\$381,000	SINGLE FAMILY
NEILSON, KATHRYN A	NEILSON, IAN R	11 WAUMBOK ROAD	\$ 0	SINGLE FAMILY
POWERS, ANNE P	LAWRENCE, MARY TRSTEE	228 FOWLER ROAD	\$212,000	SINGLE FAMILY
COX, JULIE A	KEEN, JULIE A	1043 SAWYER ROAD	\$ 0	SINGLE FAMILY
EKHOLM, SUSAN J	ROSS, JOAN M	70 CROSS HILL ROAD	\$550,000	SINGLE FAMILY
HAYWARD, MICHAEL C	GOLDEN, NICHOLAS C	51 CROSS HILL ROAD	\$700,000	SINGLE FAMILY
RUDBERG, JAYNE TRUST	RUDBERG, GLENN L &	13 HIGH BLUFF ROAD	\$ 0	SINGLE FAMILY
ZERIKLY, RAHFA KURDI	SEWELL, JOHN O &	11 ABACO DRIVE	\$460,000	SINGLE FAMILY
BARKHUFF, RICHARD A	DOUGHTY, LINDA J	8 KETTLE COVE ROAD	\$155,000	VACANT LAND
JULIEN, ISABELLE	QUALITY ENTERPRISES, LLC	89 WELLS ROAD	\$440,000	SINGLE FAMILY
EDWARDS, JONATHAN E	TURIN, DAVID G	345 FOWLER ROAD	\$290,000	SINGLE FAMILY
KLEEMAN, CHRISTOPHER	LAWSON, JENNIFER C	3 KATAHDIN ROAD	\$442,500	SINGLE FAMILY
264 FOWLER ROAD TRUST	NELSON, ELIZABETH K	264 FOWLER ROAD	\$ 0	SINGLE FAMILY
BEACH ROSE LAND MGT PTO	MOEN, JULIA J	49 BOWERY BEACH ROAD	\$ 0	SINGLE FAMILY
WILLIAMS, DOUGLAS S	GREER, EDWARD G &	49 CLIFF AVE.	\$190,000	SINGLE FAMILY
THORNTON, MATTHEW S	SONTZ, MARLENE H	17 MAPLE LANE	\$240,000	SINGLE FAMILY
BRADLEY, RUSSELL V TC	BRADLEY, RUSSELL V &	4 WESTFIELD ROAD	\$ 0	SINGLE FAMILY
HICKEY, KEITH	THERIAULT, MARK P	3 BAKER ROAD	\$475,000	SINGLE FAMILY
WOODBURY, IRENE M	KANE, WILLIAM E. ESTATE	266 MITCHELL ROAD	\$ 0	SINGLE FAMILY

Planning

Cont. from page 1

of the addition showing that it will have a window on the west side of the building of the same size and character as a window depicted on plans for the east garage side.

proved plan for an addition to the medical office building of Dr. Craig Johnson at 1226 Shore Road. The amendment to the plan, first approved three years ago, allows for a mud room, a "bump out" extension for a stairwell and a more steeply pitched roof to increase space for storage on the second floor.

Nov. 6 site walk slated for Inn By The Sea

The Planning Board on Oct. 19 also scheduled a site walk for 9 a.m. Saturday, Nov. 6, at the Inn By The Sea, in anticipation of an application to demolish and rebuild an existing row of cottages housing condo-style hotel suites.

The board approved the amendment on condition that Johnson submit a drawing

Council gives extension for draft open space plan

The town's Open Space and Greenbelt Management Committee has reached the first checkpoint in developing guidance for use of the town's open space.

The committee submitted an outline of the plan proposal to the Town Council on Sept. 30, well within the committee's charge to present the Town Council with status reports every six months.

Filling in the details, however, will take longer than expected, so the Town Council on Oct. 13 granted the committee a six-month extension to complete a draft of the plan

"This is a great deal of work," said Town Councilor Jessica Sullivan, who has been working as the Conservation Commission's liaison and, along with the Conservation Commission, serves on the ad hoc Open Space and Greenbelt Management Plan Committee.

The committee has been meeting month-

ly, usually after the Conservation Commission's regular business on the second Tuesday of the month. A public forum was held in June at the beginning of the planning process. More forums may be held as part of the committee's plan for public participation.

"The committee has been working regularly, very hard on this," Sullivan said, "but it's quite comprehensive."

The plan will include an updated inventory of open space and how those spaces are used, short- and long-term maintenance recommendations, and some recommendations on policies the Town Council might consider.

The council, at their Oct. 13 meeting, voted unanimously to grant the extension, changing the deadline for a completed draft plan to June 30, 2011.

Conservation Commission rules updated

In a related matter, the council on Oct. 13 approved an update to the Conservation Commission's rules of procedures, which now include rules governing public comment at meetings.

Marti Blair, representing the commission, thanked the council for its leadership in facilitating public participation at town meetings through the town's new communications strategy.

--from www.capeelizabeth.com

Lighting retrofit at schools is near completion

A project to retrofit the town's three schools with energy-efficient lighting is nearly completed, said the schools' facilities manager.

Greg Marles reported to the School Board on Oct. 12 that all of the 32-watt lamps at the high school, and 99 percent of those in the Pond Cove and middle schools, have been replaced with 25-watt lamps.

"That doesn't sound like a lot but when you start adding up that there are 10,000 lamps, that's 70,000 watts every hour those are running that we're not paying for now—we're looking at a potential savings of upwards of \$40,000 annually," he said.

"That's a pretty substantial amount of energy savings."

Funding for the retrofit came from an Energy Efficiency and Conservation Block Grant, state Efficiency Maine grant, and matching local funds.

In addition, Marles reported the schools are looking into movement sensors to reduce heating or cooling in unoccupied rooms, as well as variable-frequency drives to regulate motor speeds of equipment, depending on need.

The schools are also looking to replace the high school's original 1969 boiler system, which operates at 60 percent efficiency, with a newer system to operate at 85-88 percent efficiency. Marles said engineers are being interviewed to design the new heating system.

--from www.capeelizabeth.com

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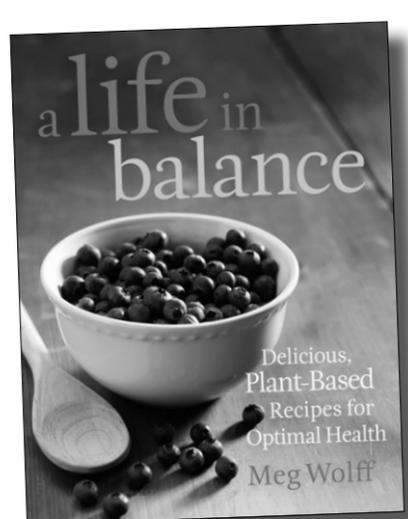


Kim Myers
Realtor

Meg Wolff offers new book, dessert samples at Nonesuch

Down East Books has just published Cape Elizabeth resident & two-time cancer survivor Meg Wolff's first cookbook: *A Life In Balance: Delicious Plant-Based Recipes For Optimal Health.* It's full of tasty, easy recipes & tips for getting & staying healthy.

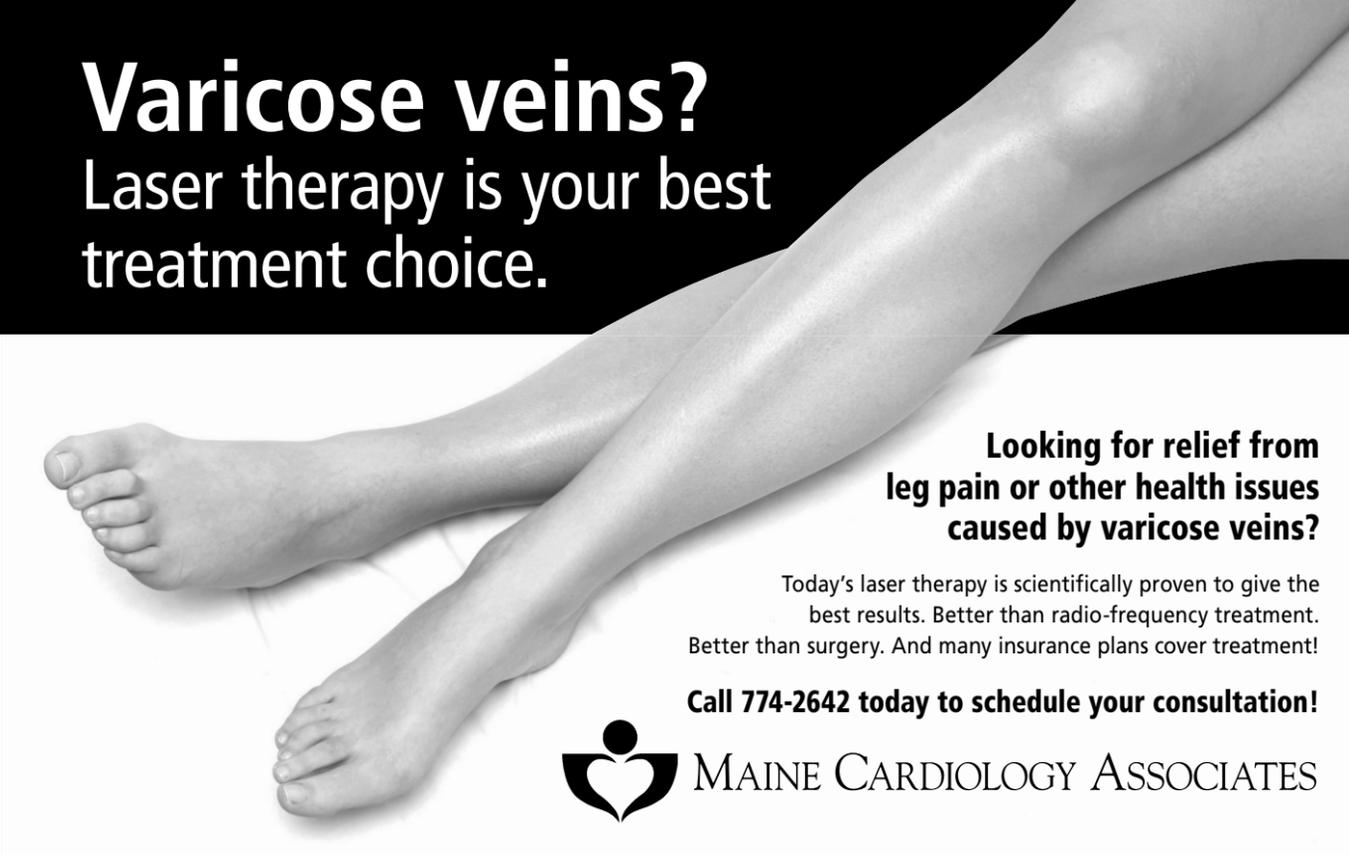
Meg will sign copies from **11 a.m.-1 p.m., Saturday, Nov. 20,** at Nonesuch Books in the Mill Creek Plaza. And she'll have dessert samples to taste, too. Please stop by!



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Election Day exit polling shows Capers have moderate view of state

By Elizabeth Brogan

Election Day exit polling conducted by Cape Elizabeth High School government students suggests our town holds a moderate view of current conditions in Maine.

Asked to rate the state on a scale of 1 to 5, 1 being "poor," and 5 being "excellent," most participants rated the state somewhere in the middle, with 49 percent giving a rating of 3; 25 percent giving a rating of 2; and 9 percent giving a rating of 4. Only 11 percent of respondents gave the state the poorest rating and only two respondents, or 1 percent, gave the state an excellent rating.

Asked about government's role in problem-solving, 52 percent of 312 respondents said that government should "do more," while 39 percent said that government is "doing too many things" better left to businesses or individuals.

Forty-six percent of respondents identified their political ideology as Democrat; 38 percent as Independent; 21 percent as Republican; 3 percent each as Tea Party and Green;



Photo by Patricia McCarthy

High School social studies teacher Ted Jordan, left, with senior government students, Matt Miklavic, center, and Ben Berman during a lull in Election Day polling.

and 2 percent as Libertarian. Respondents could indicate more than one ideology.

Most respondents were middle-aged or older, although all age groups were repre-

sented; the largest percentage of respondents, at 53 percent, enjoyed a household income of over \$100,000; and more were female, at 57 percent.

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Police handle domestic disturbances, thefts, dogs and more in October

Reported by Debbie Butterworth

COMPLAINTS

- 10-14 An officer spoke with a resident of the Scott Dyer Road area about a possible violation of a protection order. The complaint will be forwarded to the District Attorney's office for review.
- 10-14 An officer met with a resident of the Shore Road area about a dog at-large complaint. The owner was identified and contacted.
- 10-16 An officer met with a local business representative who turned over a found wallet. The owner was contacted and property returned.
- 10-17 An officer met with a resident of the Ocean House Road area about a domestic issue.
- 10-20 Two officers responded to a residence in the Mitchell Road area for a report of a domestic disturbance.
- 10-23 An officer met with a resident of the Cross Hill area about damage to a garage door.
- 10-24 An officer met with a resident of the Shore Road area about a possible criminal threatening complaint.
- 10-26 An officer met with a subject of the Scott Dyer Road area about the theft of personal financial documents.

SUMMONSES

- 10-15 Windham resident, speeding (50/35 zone) Ocean House Road, \$185.
- 10-16 Gray resident, speeding (59/35 zone), failure to produce insurance, Ocean House Road, \$386.
- 10-16 Cape Elizabeth resident, operating under the influence of alcohol, Scott Dyer Road.
- 10-17 Cape Elizabeth resident, failure to produce insurance, Scott Dyer Road, \$171
- 10-18 South Portland resident, speeding (39/30 zone) Shore Road, \$119
- 10-19 Portland resident, failure to produce

- insurance, Spurwink Avenue, \$171
- 10-20 Portland resident, failure to produce insurance and registration, Bowery Beach Road
- 10-20 Cape Elizabeth resident, failure to produce insurance, Mitchell Road, \$171
- 10-21 Portland resident, failure to produce insurance, Spurwink Road, \$171
- 10-22 South Portland resident, uninspected vehicle, Spurwink Road, \$133
- 10-24 Cape Elizabeth resident, failure to produce insurance, Bowery Beach Road, \$171
- 10-25 Cape Elizabeth resident, failure to produce insurance, Bowery Beach Road, \$171

ARRESTS

- 10-16 Cape Elizabeth resident, operating under the influence of alcohol, Scott Dyer Road

ACCIDENTS

- 10-24 Angela Meyer hit a deer, Route 77

FIRE CALLS

- 10-14 Portland Mutual Aid
- 10-15 Cragmoor, Shore Road, fire alarm
- 10-15 Reef Road, Ocean View Road, Sea Barn Road, Cottage Lane, Ottawa Road, arcing wires
- 10-15 Hill Way, Spurwink Avenue, lines down
- 10-17 Shore Road, fire alarm
- 10-18 Pulpit Rock, fire alarm
- 10-19 South Portland Mutual Aid
- 10-21 Wells Road, electrical problem
- 10-22 Salt Marsh Way, fire alarm
- 10-23 Scott Dyer Road, fire alarm
- 10-25 Cross Hill, fire alarm

RESCUE CALLS

There were 13 runs to Maine Medical Center. There were 2 runs to Mercy Hospital. There were 2 patients treated by Rescue Personnel but not transported.

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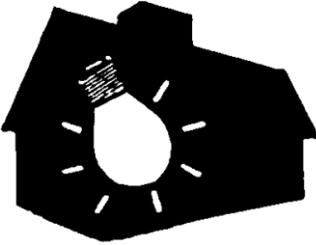
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Fresh greens at IGA!



Westbrook resident Linda Cabral, center, a former Cape resident, returned to town recently with grandson Soty Giftos of Scarborough to pick up a \$500 check from IGA Manager Norm Barrett, far right. Cabral won the money and a \$100 esportline.com gift certificate by entering the online IGA 2010 KidsFest Sweepstakes. "I got an affidavit in the mail saying I had won on the same day that my husband and I returned from Los Vegas. "We had left some money behind there, so this made the trip a freebie for us," said Cabral, a tax accountant.

More Neighbors on page 20

Rocking the news



Cape resident John J. Murphy, chief engineer on the M/V Integrity, catches up on Cape news while passing the Rock of Gibraltar during a recent trip to the Middle East, when the carrier was carrying both commercial and military cargo.

Work by Cape artists in MECA auction

Cape Elizabeth residents Lisa Gent, Judy Ellis Glickman, Holly Ready and Wendy Webber will have art work in Maine College of Art's 36th Annual Art Auction Saturday, Nov. 6, at MECA, 522 Congress St., Portland.

The event will begin with a silent auction from 6 to 7:30 p.m. and move to a live auction at 8 p.m.

Tickets are \$50 and include tapas from Portland restaurants, beer and wine. Purchase tickets at <http://auction.meca.edu> or 775-5098.

Cape resident **Melania Turgelsky** was a presenter at a nationally broadcast webinar on bullying and cyber-bullying Oct. 27. The United States Department of Justice's Office of Juvenile Justice and Delinquency Prevention produced the webinar. A licensed clinical social worker, Turgelsky is vice president of Quality and Strategic Initiatives at Community Counseling Center in Portland.

Turgelsky was joined by presenters Arne Duncan, Secretary of the U. S. Department of Education; Tom Perrelli, Associate Attorney General; Regina M. Benjamin, Surgeon General of the U. S.; and community mental health and school representatives.

The webinar followed a recent Federal Partners in Bullying summit that took place in Washington, D.C., where experts shared information on how to effectively deal with issues associated with bullying and cyber-bullying. Community Counseling Center supports anti-bullying efforts in the Greater Portland community.



Melania Turgelsky

Cape author Meg Wolff to sign new cookbook at upcoming events

Cape Elizabeth author and two-time cancer survivor Meg Wolff has a new book. "A Life In Balance: Delicious, Plant-Based Recipes For Optimal Health," published by Down East Books, is Wolff's first cookbook.

Wolff lost her leg to bone cancer in 1990 and was diagnosed with advanced invasive breast cancer eight years later. She had a mastectomy, chemotherapy and radiation, but all failed to wipe out the cancer.

Out of conventional options, Meg dramatically improved her diet, replacing junk foods with whole grains, beans and vegetables. She started improving and continued to eat in this healthy way. Twelve years later, at 53, Wolff remains cancer-free and healthy. Wolff's first book, "Becoming Whole," describes her journey back to health and includes healing recipes and resources.

Her new cookbook is full of easy recipes and tips for healthy eating. It includes a preface from Cape native and Olympic gold medalist Joan Benoit Samuelson and a foreword by T. Colin Campbell, a Cornell professor and a leading expert on plant-based diets.

"A Life In Balance" also includes recipes from a variety of guest contributors, including Physicians Committee for Responsible Medicine President Neal Barnard and National Basketball Association champ and talk show host John Salley.

A portion of the proceeds from Wolff's book will go to Share Our Strength, an organization working to end childhood hunger.

Wolff has a variety of book events scheduled, including a 6 p.m. dinner and cooking demonstration on Thursday, Nov. 18, at The Nonantum Resort in Kennebunkport and a book signing set for 11 a.m. to noon Saturday, Nov. 20, at Nonesuch Books in South Portland. See megwolff.com for details and more information.



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Jonathan Shapiro, regional managing partner of the Portland office of Fisher and Phillips LLP was recognized for the fourth consecutive year in the *New England Super Lawyers* magazine for his work in labor and employment law.

CELT meeting features Maine author of 'Lobster Coast'

Maine author and journalist Colin Woodard will be the featured speaker at the Cape Elizabeth Land Trust's 25th Annual Meeting and Social Gathering, set for 5-7 p.m. Sunday, Nov. 7, at the Local Buzz.

Woodard will present "The Lobster Coast: The Past, Present, and Future of Coastal Maine," in which he will talk about the people of coastal Maine, the forces that forged the region's culture and landscape, and how this history continues to shape the debate over pressing issues today.

A Maine native, Woodard is currently a foreign correspondent for the *Christian Science Monitor* and a contributing editor at *Down East Magazine*. He has reported from more than 50 foreign countries and six continents and wrote the New England bestseller, "The Lobster Coast: Rebels, Rusticators, and the Struggle for a Forgotten Frontier." His other books include "Ocean's End: Travels through Endangered Seas" and "The Republic of Pirates: Being the True and Surprising Story of the Caribbean Pirates and the Man who Brought Them Down."

CELT members and people interested in joining the organization are invited to attend. A nonprofit, CELT is committed to the conservation and stewardship of lands cherished by the Cape Elizabeth community.

Go to www.capelandtrust.org or call 767-6054 for more information.

Cape Memory Care to hold open houses

Cape Memory Care, an assisted living center for people with memory impairment challenges, located at 126 Scott Dyer Road, will hold open houses for the public from 2 to 7 p.m. every day from Saturday, Nov. 6, through Friday, Nov. 12.

Half of the center's residential apartments open this month, with additional second floor residences scheduled for completion in February. CMC will employ about 50 full-time staff members and will house 72 residents. Go to www.capememorycare.com for more information.

Cape Farm Alliance's annual potluck, auction set for Nov. 12

The Cape Elizabeth Farm Alliance will hold its annual Potluck and Silent Auction from 6 to 9 p.m. on Friday, Nov. 12, at Sprague Hall in Cape Elizabeth.

The potluck will feature local foods, and the event's small silent auction will include lobsters, a duck dinner, a Thanksgiving turkey, compost, firewood, a load of fresh local horse manure, an apple tree and more. During the evening, CFA members will discuss CFA's 2011 agenda and share ideas about how the Alliance can better represent and strengthen the community.

Tickets will be available at Jordan's Market on Wells Road, Alewives Brook Farm on Old Ocean House/Route 77, and at the Cape Elizabeth Land Trust office in Town Center.

Go to www.capeelizabethfarms.com for more information.

Wayne Brooking to give genealogy tips at historical society meeting on Nov. 8

For nine generations, Brooking family members have lived in Cape Elizabeth. Longtime genealogist Wayne Brooking, Jr., who has researched his own ancestral tree, will share useful hints such as free, non-Internet resources that provide information for people researching their own backgrounds.

Brooking's talk, "Beginning Genealogy in the Internet Age," will be held at 7 p.m. on Monday, Nov. 8, at Thomas Memorial Library.

Genealogy resources might include information on Mayflower descendants, and the records of groups such as the Daughters of the American Revolution, or Sons of the Civil War. Brooking will offer tips about the application process for membership for people who believe their ancestors' names might be listed in the records.

Brooking will stress that gathering facts and proof of family connections are important in producing a family tree.

All will be welcome at the free event, and refreshments will be provided.

Athlete, Olympic coach to speak on Nov. 9 about effect of drugs, alcohol on athletes

By Wendy Keeler

Olympic running coach and world champion distance runner John Underwood, whose drug-prevention program for athletes is used by schools throughout the country, will speak in Cape Elizabeth on Tuesday, Nov. 9.

A performance consultant with the National Football League, the National Basketball Association, the National Hockey Association, the International Olympic Committee, college athletic conferences, the U.S. Navy SEALs, and the U.S. Department of Homeland Security, Underwood will speak during the day to Cape school groups and in a free program for the public from 7 to 8:30 p.m. at St. Bartholomew Church.

'Life of an athlete'

"We are so excited," said Cape resident Kim Gillies, co-chair of Cape's Healthy Outreach for Prevention and Education, which is sponsoring Underwood's visit with support from the Cape Elizabeth Police Department, Cape Elizabeth High School, Inn by the Sea, and Cape resident Paul Coulombe. "John will present his 'Life of an Athlete' program, which he developed specifically for high school and middle school athletes. Essentially, his program joins athletes, parents and coaches to advocate the non-use of alcohol, marijuana and other drugs."

In Cape, Underwood, president and founder of the American Athletic Institute, a sports-consulting firm in New York, will lead a workshop for Cape coaches, athletic directors, the superintendent and school board. In a school-wide assembly, he will address students.

Underwood has conducted research on

the residual effects of alcohol on elite athletic performance. In his workshops, he will discuss how alcohol and drug use interrupts the sleep cycle and can lead to loss of motor coordination and a decrease in growth hormones. He also will talk about how drugs and alcohol can inhibit absorption of nutrients and affect both aerobic metabolism and endurance, increasing the chance of injury and slowing down healing times.

"Mr. Underwood will explain how one night of binge drinking can negate 14 days of training, and how players who drink are twice as likely to become injured," Gillies said. "He will use science to show athletes how the residual effect of the alcoholic hangover has been shown to reduce athletic performance by 11.4 percent."

Celtics 'loved' presentation

More than 700 school districts and 585,000 athletes in the state of New York, use Underwood's "Life of an Athlete" chemical-health program.

Underwood has spoken at many colleges and to many teams. The Boston Celtics' Director of Player Development, Michael Crotty, called Underwood's presentation to Celtics players "the best program we have had all season. Our guys loved it."

Community members unable to attend Underwood's talk in Cape the night of Nov. 9 can catch him at 6 p.m. the following day at Deering High School in Portland.

Visit americanathleticinstitute.org/contact/index.html for information about Underwood and capehope.org for information about HOPE.

Google Earth genealogy uses to be meeting topic

Civil engineer Will Haskell, secretary of the Greater Portland Chapter of the Maine Genealogical Society, will offer a brief introduction to Google Earth and its uses for genealogy at a GPCMGS meeting set for 1 p.m. on Saturday, Nov. 6, at the Church of Jesus Christ of Latter Day Saints at 29 Ocean House Ave.

Google Earth, free software that allows people to "fly" anywhere on the earth, enables people to visualize where ancestors lived and their migration routes and patterns,

compare current and historic photographs, overlay historic maps over current maps, and locate cemeteries and churches.

At the end of his talk, Haskell will present a Google Earth project that provides opportunities for the future of cemetery research.

All are welcome to attend GPCMGS meetings, which are free. Refreshments will be served at 12:30 p.m. Go to www.rootsweb.ancestry.com for more information.



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CALENDAR

On Nov. 6, arboretum volunteers can help bring 'good ol' days' back to Fort Williams



Photo by Wendy Keeler

Taking a break from clearing on Monday, Oct. 25, are members of the Arboretum at Fort Williams Committee, left to right, Mary Hodgkin, Sarah Boudreau, Nancy Miles, Peter Minvielle, Nate Greene and Tom Graney. When the six arrived at the Fort at 9 a.m. with their tools to clear the area near Fort Battery, the view behind them was not visible.

By Wendy Keeler

Members of the Arboretum at Fort Williams Committee, who are working to replace invasive plants at the Fort with native species, invite volunteers to help finish clearing a site near the Cliff Walk on Saturday, Nov. 6, from 9 a.m. to noon.

Since Oct. 16, when volunteers began clearing the site, Fort Williams' past has begun to reveal itself.

"We have exposed some beautiful ledge outcrops and a couple of nice smaller apple trees," committee members stated on their Facebook site on Oct. 30, after a group of 10 spent the morning working at the spot. "Walking through the site now, it is easy to imagine what this acre of land might have looked like decades ago, and how it could look by next summer."

Tools, gloves and orange juice

On Nov. 6, the group will meet, rain or shine, at the entrance to the Cliff Walk located above the beach near Fort Battery. Volunteers should bring pruning saws and loppers, wear gloves, and dress in clothing that

provides protection from thorny plants. Volunteers will be able to replenish themselves with orange juice donated by Oakhurst Dairy. The volunteer work will not be suitable for children, organizers say.

Committee members plan to reintroduce native plants to 15 areas that have been overrun with invasive, non-native species. The first plantings are scheduled for spring 2011. The group of private citizens is working with the Fort Williams Charitable Foundation to raise funds for the arboretum project.

'Amazing job'

Some longtime Cape residents have expressed delight in the group's progress.

"What an amazing job you have done!" Cape resident Jessie Timberlake wrote on the group's Facebook wall. "It's starting to look like 'the good ol' days.'"

Contact Martha Palmer at 799-0540 or volunteer@arboretumatfortwilliams.org about volunteering.

Visit www.arboretumatfortwilliams.org or contact Kathryn Bacastow at 967-1227 for more information about the project.

Reported by Wendy Derzawiec

Saturday, November 6

Planning Board Site Walk, 9 a.m., Inn By The Sea

Middle School Fall Drama, 'Knights of the Rad Table', 2 p.m. & 7 p.m., Cafetorium

Sunday, November 7

Middle School Fall Drama, 'Knights of the Rad Table', 2 p.m., Middle School cafetorium.

Monday, November 8

Town Council, 7:30 p.m., Town Hall chamber

Tuesday, November 9

Conservation Commission, 7 p.m., Town Hall

School Board Business Meeting, 7 p.m., Town Hall chamber

Thursday, November 11

Veterans Day Holiday, Town Hall, Thomas Memorial Library, Cape Elizabeth schools closed. Recycling Center will have regular Thursday closure.

Friday, November 12

Cape Elizabeth Public Safety Appreciation, 2:30 p.m.-4:30 p.m., Town Center Fire Station

'Cinderella', 7:30 p.m., High School auditorium

Saturday, November 13

Cape Elizabeth Lions Lobster Dinner, 5-6 p.m., Bowery Beach Schoolhouse. Phone 767-2079 by Nov. 8 to reserve lobster(s)

Sunday, November 13

'Cinderella', 2 p.m., High School auditorium

Tuesday, November 16

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

Thursday, November 18

Thomas Memorial Library Board of Trustees, 6:30 p.m., at the library

Town Council Appointments Committee, 6:30 p.m., Town Hall

Recycling Committee, 7 p.m., Public Works, Cooper Drive

Friday, November 19

'Cinderella', 7:30 p.m., High School auditorium

Saturday, November 20

'Cinderella', 7:30 p.m., High School auditorium

Sunday, November 21

'Cinderella', 2 p.m., High School auditorium

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 (Route 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 Road, South Portland; 7 p.m. Wednesdays, St. Bartholomew Church, 8 Two Lights Road; 7 p.m. Fridays, St. Alban's Church, 885 Shore Road.

Cape Elizabeth Historical Preservation Society, 9 a.m.-noon Thursdays, except holidays, storm days, Thomas Memorial Library, 6 Scott Dyer Road. Volunteers assist with information searches. Public welcome.

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 president, Steve Hayes, 799-4610, or Bruce Balfour, 831-0166.

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.

The South Portland/Cape Elizabeth Rotary Club, each Wednesday at 6:15 p.m. at the Purpodock Country Club on Spurwink Road in Cape Elizabeth. Contact John LoBosco, club president, 799-1842 for more information.

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.

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<p>Words of Peace Nov. 6 & 7 - 1 p.m. & 7 p.m. Nov. 13 & 14 - 1 p.m. & 7 p.m. Nov. 20 & 21 - 1 p.m. & 7 p.m.</p> <p>Town Council (live) Nov. 8 - 7:30 pm</p> <p>School Board (live) Nov. 9 - 7 p.m.</p> <p>Town Council replay Nov. 10 & 11 - 2 p.m. & 9 p.m. Nov. 13 - 9 a.m.</p>	<p>School Board replay Nov. 12 & 13 - 2 p.m. & 8 p.m. Nov. 14 - 9 a.m.</p> <p>Planning Board (live) Nov. 16 - 7 pm</p> <p>Planning Board replay Nov. 17 & 18 - 2 p.m. & 8 p.m. Nov. 20 - 9 a.m.</p> <p><i>Subject to change. Please check program guide on Channel 3 for up-to-date listing</i></p>
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Volunteer/Interact Club plans Nov. 6 food drive, winter-clothing drive

Cape Elizabeth High School's Interact/Volunteer Club is holding food and clothing drives this month. Members will go door to door in Cape collecting food from 9 a.m. to noon Saturday, Nov. 6. People who won't be home can leave items on porches.

All interested may donate canned fruit and vegetables, tuna fish, peanut butter, jelly, boxes of pasta, pasta sauce, rice, cereal, coffee, shampoo and soap. Donations will go to the Emergency Food Pantry at First Congregational Church in South Portland, which serves Cape and South Portland.

In a winter clothing drive for Preble Street Teen Shelter in Portland, the club is collecting coats, hooded sweatshirts, hats, scarves, gloves, backpacks and travel-size shampoo, toothpaste and soap. Donations can be dropped off at CEHS through Friday, Nov. 19.

Contact Courtney Ferrell at cferrell@capeelizabethschools.org or Christine Newell at cnewell@capeelizabethschools.org for more information.

Lions' lobster dinner planned on Nov. 13

A lobster dinner will be held at the Lions clubhouse, the former Bowery Beach Schoolhouse, off Two Lights Road, from 5 to 6 p.m. on Saturday, Nov. 13. Menu items will include lobster, sweet corn, potatoes, and blueberry cake.

The cost will be \$13 for one lobster and \$19 for two lobsters. Call Sonja at 767-2079 by Nov. 8 to reserve lobsters. Proceeds will benefit the Cystic Fibrosis Foundation.

'Annie Get Your Gun' at Lyric Nov. 19-Dec. 4

The musical, "Annie Get Your Gun," will open at Lyric Music Theater in South Portland Friday, Nov. 19, and run through Dec. 4.

Will Kilroy directs the show, which features a larger-than-life gun-toting woman surrounded by a gang of road-show performers who belt out Irving Berlin songs.

Call 799-1421, e-mail ticketslyric@maine.rr.com or go to www.lyricmusictheater.org for reservations or information.

The theater is located at 176 Sawyer St.

Cape Historical Society seeks Civil War photos and stories, artist to create graphic

The Cape Elizabeth Historical Preservation Society seeks photographs and stories relating to Cape's involvement in the Civil War. In April, the month that marks the beginning of the Civil War sesquicentennial — or 150th anniversary — CEHPS will hold the first of several Civil War-related events that members plan over coming years.

"While it seems long ago, families often pass down stories and photos of ancestors who partook in momentous events," CEHPS President Ellen Van Fleet said.

"We are looking for stories of Cape families' involvement in the Civil War and any pictures or portraits you might have."

CEHPS newsletter

CEHPS members also plan to launch a Cape Historical Society newsletter beginning in January. Members seek an artist to help create a graphic for the newsletter.

Please contact Van Fleet at 767-4175, or e-mail CEHPS at cehps@thomas.lib.me.us about the newsletter or about Civil War memorabilia.

Cape Appreciation Day reception Nov. 12 for fire, police, rescue

During the first-ever "Cape Fire and Police Appreciation Day" on Friday, Nov. 12, community members will have a chance to honor people involved with the Cape Elizabeth Police Department, Fire Department, Rescue Team, and Water Extrication Team.

An informal reception is set for 2:30-4:30 p.m. in the Community Room at the Town Center Fire Station on Jordan Way. Refreshments will be served. All in the community are invited to attend and shake hands with fire and safety personnel and volunteers and sign an appreciation board.

Healthy Outreach for Prevention and Education is organizing the event. E-mail hopeincape@gmail.com for more information, or visit www.capehope.org.

'Steel Magnolias' to run through Nov. 21

"Steel Magnolias" will run through Sunday, Nov. 21, at The Portland Players, 420 Cottage Road, in South Portland.

Michael Donovan directs the show, a comedy-drama about a group of Louisiana women and their friendships.

Show times are at 8 p.m. Fridays and Saturdays and at 2:30 p.m. Sundays. Contact the box office at 799-7337 from 4 to 6 p.m. on Wednesdays for reservations or more information, or visit info@portlandplayers.org.

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Photo by Dave LaRose

Thank you for the great ride, Ramos, Charlie & Dave!

—2011 CEHS Soccer boys & families

LIBRARY SCHEDULE

799-1720 (for more info)
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ThomasMemorialLibrary.org

Mother Goose Story Time

Rhymes, songs and finger plays for babies up to 18 months. **Wednesdays, 11-11:30 a.m.**

Tales for Tots

Songs, stories and movement for toddlers 18 to 36 months. **Wednesdays and Thursdays, 9:30-10 a.m.**

Story Garden

Songs, stories & movement for pre-schoolers 3 to 5 years. **Tuesdays and Fridays, 10:30-11:15 a.m.**

Family Story Time

Songs, stories & movement for toddlers & preschoolers. **Saturdays, 10:30-11 a.m.**

Story Time Themes

Nov. 7-13:

Me and My Shadow

This week we'll read stories all about shadows!

Nov. 14-20:

Bear Naps

Winter is on its way! We'll read stories about bears getting ready for their long winter's sleep.

Library Hours

Monday, Wednesday, Friday.....9 a.m. to 5 p.m.
Tuesday & Thursday.....9 a.m. to 8:30 p.m.
Saturday9 a.m. to 5 p.m.
Sunday.....Closed

Library now offers ebooks for download

By Rachel Q. Davis
Children's Librarian and Webmaster

A few months ago, the library began offering free downloadable audiobooks through the the MaineInfoNet Download Library. Library users may now also download hundreds of free ebooks through the same service. The ebooks, which are in the Adobe EPUB format, can be read on a home computer or an ebook reader, including the Sony Reader, Barnes & Noble's Nook, and Borders' Kobo. Currently, iPads and Kindles do not support this format.

An Adobe EPUB ebook is a digital version of a print book that has been optimized for on-screen reading. The text in an EPUB ebook is reflowable, which means that you can change the font, resize the text, or alter the size of your display, and the text will re-wrap itself to fit the available viewing area. Adobe EPUB ebooks also support embedded content, allowing, for instance, a Flash video to be embedded within an ebook.

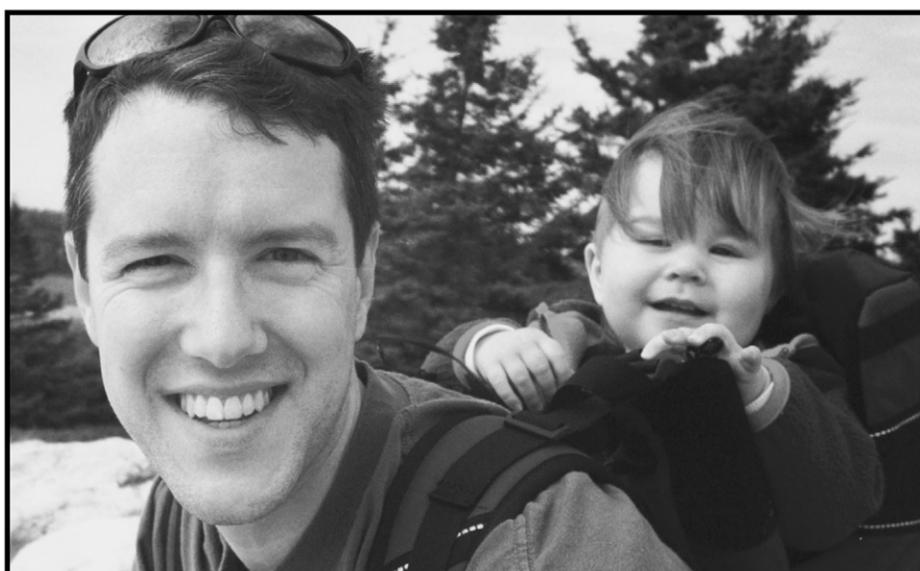
The Download Library includes fiction, nonfiction, children's and young adult titles.

Downloaded ebooks will check out for 14 days, and will expire from e-readers automatically when the checkout period is up. Unlike the downloadable audiobooks, ebooks can be checked back in early. Once a book is checked in (or shortly thereafter), the title will be returned for circulation, and the checkout will be removed from a patron's account so he or she can check out other titles.

In order to use the service, library users will need to download Adobe Digital Editions, a free ebook reader program; the program should run on most Windows and Mac machines. Adobe Flash Player must also be installed. Library users will be guided through this process the first time they go to the download library to download ebooks.

Patrons may visit www.ThomasMemorialLibrary.org to access the MaineInfoNet download library and to find more information and a FAQ about the new ebook service.

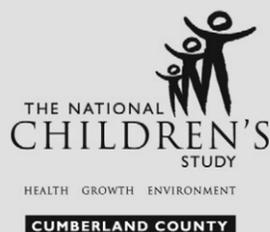
Read more library news on page 4



She can't speak yet, but she can help improve the lives of thousands of children in Maine.

By taking part in the National Children's Study, she and other Maine children will change the course of health for future generations. This study is the largest of its kind in the United States and aims to expand what we know about children's health and development. Eligible residents in Cumberland County have the opportunity to be part of something that will affect not only their children but their grandchildren as well.

If you're interested in learning more, call (207) 662-1488.



www.NationalChildrensStudy.gov

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
Centers for Disease Control and Prevention
U.S. ENVIRONMENTAL PROTECTION AGENCY

Free bookmaking workshop offered Nov. 9



A book handmade by Suzi Van Wye

The Cape Elizabeth Arts Commission is sponsoring a free workshop on bookmaking on Tuesday, Nov. 9 in the community room of the Thomas Memorial Library from 4 to 6 p.m..

Led by artist Suzi Van Wye, the 2010

workshop is limited to 12 participants.

Children over 8 are welcome with an adult.

Please call Suzi Van Wye at 799-3522 to register.

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Senior citizens' lunch at SMCC set for Dec. 1

Cape seniors will have an opportunity to enjoy lunch and the view at Southern Maine Community College's dining room, overlooking Casco Bay, on Wednesday, Dec. 1. Community Services will provide transportation via a school bus, which will leave from the back of the Community Center at 11:15 a.m.

The cost, \$16 per person, will include lunch, a beverage and dessert.

Checks should be made payable to "Cape Elizabeth Community Services" and sent to 343 Ocean House Road, Cape Elizabeth. Payment will be due when seniors make their reservations by calling 799-2868.

www.capecourier.com

Free computer training for Cape senior citizens offered through May by high school seniors

Senior to Senior, a community service organization of Cape Elizabeth High School seniors who perform free services for Cape senior citizens, is providing one-on-one computer training to Cape Elizabeth senior citizens through May.

"We have a lot of kids signed up for this service and would like to start getting some seniors to match up," Senior to Senior founder Jayne Hanley said. "For all of the seniors out there who would love to learn how to use their computer to stay in touch with their families and, in particular, their grandchildren, these kids will show them how to use e-mail, upload or download photos, how to use Skype or video-chat, or how to use Facebook."

Sessions can be at senior citizens' homes or at the high school. Call 799-1789 or e-mail capeSeniors@gmail.com to schedule a training.

'Knights of the Rad Table' runs through Nov. 7

The final three shows of the Cape Elizabeth Middle School Drama Club production, "The Knights of the Rad Table," a fanciful farce of the King Arthur legend, will run Saturday, Nov. 6, and Sunday, Nov. 7, in the Cape Elizabeth Middle School cafetorium.

The work of a cast and crew of more than 60 students from grades 5-8, the show takes audiences back to a time when damsels were

distressed and knights were chivalrous and wore colorful costumes and uttered hilarious dialogue.

The show, appropriate for all ages, runs a little longer than an hour. Tickets, which are \$5, can be bought at the door.

Performances are scheduled at 2 p.m. and 7 p.m. on Saturday, Nov. 6; and at 2 p.m. on Sunday, Nov. 7.

'Mindfulness' topic of HSPA's Nov. 16 meeting

Joanne Chapman, director of the Chapman Chiropractic Center and the Mindfulness Meditation Clinic of Southern Maine in Scarborough, will speak about mindfulness training and its usefulness in managing stress at 7 p.m. Tuesday, Nov. 16, in the Cape Elizabeth High School library.

"Mindfulness training allows us to ride the waves of life with greater confidence,

clarity and peace of mind," Chapman said. "When we strengthen our mindful attention, we can stay calm, cool and clear anytime, anywhere, no matter what life brings us."

Parents, students, faculty and community members will be welcome at the event. Contact HSPA Co-chair Trish Brigham at pbrigham@maine.rr.com for more information.

Parents' associations plan Community Night on Nov. 19 at Red Claws' home opener

The Pond Cove, middle school and high school parents' associations are teaming up for a Cape Elizabeth "Community Night" on Friday, Nov. 19, at the Maine Red Claws' home opener at the Portland Expo.

"This year, the three parent associations have been reaching across school boundaries to collaborate on a number of projects," HSPA co-president Trish Brigham said.

"We are excited to be able to offer a limited number of tickets to the Red Claws'

home opener. At the game, which will start at 7 p.m., the Red Claws will play the Austin Toros.

Tickets are \$11 each — \$10 for corner courtside seats, with a \$1 donation to the parent associations.

To get an order form, go to www.capepcpa.com and click on "Red Claws order form."

Contact Brigham at 767-1393 for more information.

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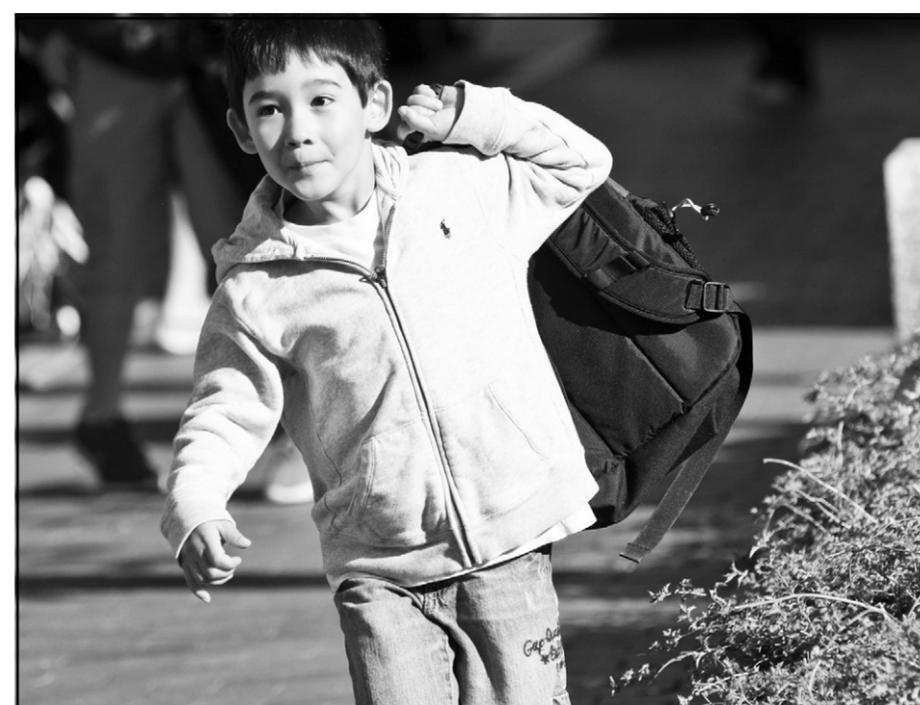
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HSPA's citrus fundraiser to run through Nov. 8

The Cape Elizabeth High School Parents Association's annual sale of freshly picked citrus fruit is under way through Monday, Nov. 8.

The sale, which this year includes choices of navel oranges, Ruby Red grapefruits, or a combination of both, helps support enrichment activities, teacher grants and scholarships for CEHS students.

Go to www.fruitorder.com, click on "or-

der fundraising," and enter 588352 in the "organization ID" to place an order, or contact Sarah Muscat at 671-6402 or smuscat@maine.rr.com.

The deadline for placing orders is Monday, Nov. 8. Pickup, which will be at the Community Center, and delivery, which is available for a fee of \$5, will be in early December. Home delivery is free for all senior citizens.

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CEEF awards \$32K in grants for outing club, recycling program, technology and more

By Trish Brigham

The “green” movement permeated the most recent grant cycle of the Cape Elizabeth Education Foundation, as the organization funded requests for the creation of an outing club, as well as a composting and recycling program at Cape Elizabeth High School. Because both offer learning and experiential opportunities for high school students, CEEF considered them worthy investments.

In its 16th grant cycle, the foundation awarded grants totaling about \$23,000. In keeping with the nonprofit’s mission to fund innovative programs that fall outside the Cape school budget, CEEF also provided a boost to the visual and performing arts through funding for two educational/storytelling performances at CEHS. CEEF will also fund training for an art teacher, who will be able to provide instruction in the art of

bookmaking with paste papers.

CEEF’s financial investment in technology for classrooms also expanded into six classrooms in the middle school. During the last two years, CEEF has provided about \$40,000 in funding for technology in Cape schools.

The foundation also gave the nod to requests for grants that will support professional development opportunities for teachers. One grant provides for continued training in literacy for Pond Cove School teachers; another supports training for CEMS and CEHS staff in the development of support systems for struggling learners.

At the conclusion of this grant cycle, CEEF’s financial support for Cape schools totals more than \$800,000 since 2002.

Visit www.ceef.us for more information about CEEF, or to make a donation.

‘Cinderella’ to open Nov. 12 at high school



Photo by Jenny Campbell

Cape Elizabeth High School actors, Rebecca Strout, far left, and Sasha Kohan, far right, play the Step Sisters, and Lindsey Goodykoontz plays the Fairy Godmother in Cape Elizabeth High School’s upcoming musical, “Cinderella.” The show, which will open at 7:30 p.m. Friday, Nov. 12, in the CEHS auditorium, will have additional performances at 2 p.m. Sunday, Nov. 14; 7:30 p.m. Friday, Nov. 19, and Saturday, Nov. 20; 2 p.m. Sunday, Nov. 21; and 7:30 p.m. Tuesday, Nov. 23, and Wednesday, Nov. 24. Doors will open a half-hour before shows, and tickets will be available at the door. Call 799-3300 to reserve tickets.

CEMS artists’ work in State House exhibit



The Maine Arts Commission selected this watercolor by Cape Elizabeth Middle School fifth-grader Marc Ledroux for the 2010 Maine Youth Excellence in Art Exhibit.



Sixth-grader Emma Schnoover’s acrylic painting will be on display in the Maine State House in Augusta through mid-March.

Works by four Cape Elizabeth Middle School artists will be on display for four months in the 2010 Maine Youth Excellence in Art Exhibit at the Maine State House in Augusta.

The Maine Arts Commission invited sixth-graders Zoeth Chalot and Emma Schnoover and fifth-graders Marc Ledroux and Ford Malter to exhibit their 18-by-24-inch pieces

in the show.

The four will attend a reception at the Blaine House in Augusta from 2:30 to 4:30 p.m. on Wednesday, Nov. 17.

Chalot’s piece is an airbrush, Schnoover’s an acrylic painting, Malter’s a mixed media, and Ledroux has a watercolor in the exhibit.

All four are students of CEMS art teacher Marguerite Lawler-Rohner.

The Cape Elizabeth Fitness Center encourages you to **FALL** back into Fitness!
15% off any Fitness membership registered for during the month of October.

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 Friday 5:30am-6pm
 Saturday 7:00am-1pm





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Haunted Harvest!

At right, a young mummy shows her face at the second annual Haunted Harvest, held Saturday, Oct. 23, at Turkey Hill Farm. Below, a crowd enjoys the event's offerings, which included games, moon bounces, train rides, a "haunted hay ride," and the opportunity to douse Cape Elizabeth Middle School Principal Steve Connolly, teachers, and members of the high school football team in a dunk tank. Arlington Restorations in Cape and Cape's Eastman family sponsored the event with help from the three Cape school parents' associations.



Photos by Biz Brewer

Cape athletes kick off Special Olympics season with 'excellent' performances, sportsmanship



Photos by Karen Johnson

Gathering at Vacationland Bowling on Oct. 25 are Cape Elizabeth High School Special Olympics athletes, left to right, Thomas Bourdeaux, peer mentor Shawn Hall, Nolan Dorrance and Gabe Brewington.



By Karen Johnson

Made up of 17 athletes from all three Cape schools, the Cape Elizabeth Special Olympic team kicked off the 2010-2011 season at the Cumberland County Special Olympic Bowling Tournament Oct. 25 at Vacationland Bowling Center in Saco.

Thomas Bourdeaux was the high-scorer at the high school level, with a total pin count of 185.

Athlete Aphrodite Makrides bowled a 173 to clinch the top score at the middle-school level. Pond Cove athlete Madison Mills knocked down 158 pins to grab the blue ribbon at the elementary level.

The athletes practiced for the tournament for a couple of weeks before the



Pond Cove athletes, left to right, Madison Mills, Vai Monaghan, Ethan Powers and Romeo Cruz-Bevers, pose at the bowling event.

competition.

"I am very proud of our team," Special Olympic coach Kristen Cobb said. "All the athletes have a great attitude and demonstrate excellent sportsmanship."

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.

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Undefeated!



Members of Cape Elizabeth's undefeated fifth-grade football team outscored opponents 134-32 in seven league games this season. Team members include Carson Sullivan, Sam Preble, Jacob Brydson, Max Altnauer, Jacob Budischewsky, Nate Chatfield, Luc Houle, Sam Loring, Sam Chipman, Nate Labrie, Issac Monroe-Gipson, Cully Richard, Sam Roberts, Xander Schaedel, Jack Stewart, Matt Thornton, Ryan Weare and Christian Zucchero. Dan Sullivan, Jeff Preble and Todd Brydson coached the team.

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Effect of environmental changes on fishing communities, oceans is topic of November series

The Cape Elizabeth United Methodist Church will offer a study and discussion program, "Fishes and Loaves: The Covenant between Land and Sea," on Wednesdays, Nov. 10 and 17, from 6:30 to 8 p.m. The public is welcome to attend one or both evenings.

"Using films and guest speakers, we will learn about the environmental changes currently taking place in the oceans and how these are impacting Maine fishing communities," said Eric Smith, associate director of the Maine Council of Churches, who is the co-creator of the study.

Nov. 10 program

On Nov. 10, Sean Sullivan of the Northwest Atlantic Marine Alliance will speak following a short film about the Down East fishing community. Sullivan will discuss the current state of fish stocks and community-based fish management, a concept embraced by Maine fishermen up and down the coast.

'Leap of Faith'

The Nov. 17 program, featuring "A Leap of Faith," a film from the Maine Council of Churches, will focus on building local markets for sustainably harvested local seafood. The film captures the story of the First Universalist Church in Rockland and the Port Clyde fishing cooperative, which formed a partnership during hard economic times to create Maine's first community-supported fishery. Participants will explore opportunities for community-supported fishery and other strategies for direct marketing to consumers in the greater Cape Elizabeth area.

Call the church office at 799-8396 or the Maine Council of Churches at 772-1918 for more information.

The Maine Council of Churches created the "Fishes and Loaves" series with grant support from the Presbyterian Hunger Program and the Maine Community Foundation.

Middle School cross-country team 'one of most improved teams' of coaches' careers

The Cape Elizabeth Middle School cross-country team finished up the season with rave reviews from coaches Paul Casey and Joe Doane.

"This was one of the most, if not the most, improved teams of our coaching careers," Casey and Doane said at the end of the season. "The squad of 52 runners made consistent progress throughout the entire season. Both the boys' and girls' teams showed a tremendous amount of athletic growth."

The Capers placed 18 runners in the top

75 in late September at the Scarborough Invitational at Smiling Hill Farm. At the middle school cross-country championship meet held Thursday, Oct. 21, at Twin Brook recreational center in Cumberland, the Cape girls' team ran to a first-place finish, and the boys came in second, four points behind first-place Falmouth.

Cape's cross-country program consists of daily practice and one to two meets per week. Most middle school courses are about two miles in length.

Nov. 6 public supper at Cape Methodist to feature casseroles

The Cape Elizabeth United Methodist Church will host a public supper on Saturday, Nov. 6, from 4:30 to 6:30 p.m.

The supper will feature casseroles, beans, salads, breads and desserts for a charge of \$7.50 for adults, \$4 for children and \$20 for families (two adults and children). Takeout will be available.

The church is located at 280 Ocean House Road. Go to www.ceumc.org for more information.

Holly Daze Bazaar planned Nov. 20

The First Congregational Church will hold its annual Holly Daze Bazaar from 9 a.m. to 2 p.m. Saturday, Nov. 20. The event will feature wreaths, gifts, candy, baked goods, "trash 'n treasures," knit goods, jewelry, books, Christmas items, "Mission Mall," and "Grandma's Attic."

Lunch, which will include haddock chowder, lobster, crab meat, chicken salad rolls, and apple crisp, will run from 11 a.m. to 1 p.m.

Contact Gloria Dinsmore at 799-4001 or rogd1@surfglobal.net for information. The church is located at 301 Cottage Road in South Portland.

Crafters welcome to sell at church fair

Parishioners at St. Bartholomew Roman Catholic Parish in Cape Elizabeth invite crafters to participate in the church's third annual Christmas Prelude Fair, planned from 9 a.m. to 3 p.m. on Saturday, Dec. 4.

The \$50 rental fee for a 6-by-2.5-foot table will include lunch. Crafters are expected to contribute an item for a church raffle.

Contact Judi Logue at judi.logue@portlanddiocese.org or 799-5528.

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Cape Elizabeth United Methodist Church
280 Ocean House Road
799-8396
Chapel Service: 8 a.m.
Sanctuary Service: 10 a.m.
Classes for adults, youth: 9 a.m.
Children's classes: 10 a.m. service
Child care: 10 a.m. service

Cape Shore Assembly of God
536 Cottage Road, South Portland
799-3152
Sunday Prayer & Intercession: 9:30 a.m.
Sunday Worship: 10 a.m.
Family Bible Studies: Wednesday: 7 p.m.
Sermon recordings available to download.

The Church of Jesus Christ of Latter-day Saints
29 Ocean House Road
767-5000
Sacrament Meeting: Sunday 9-10:10 a.m.
Sunday School: 10:15-11 a.m.
Primary: 10:15 a.m.-noon
Relief Society, Priesthood: 11 a.m.-noon

Congregation Bet Ha'am
81 Westbrook St., South Portland
879-0028
www.bethaam.org
Worship: Friday: 7:30 p.m.
Saturday: 10 a.m.
Family Shabbat services:

Second Friday: 6:30 p.m.

First Baptist Church of South Portland
879 Sawyer St., South Portland
799-4565
www.spfbc.com
Sunday Morning Worship: 9:30 a.m.
Awana Clubs (Grades 3-8) Tuesday 6:20 p.m.

First Congregational Church United Church of Christ
301 Cottage Road, South Portland
799-3361
www.fccucc.org
Chapel Worship, 8:30 a.m.
Sanctuary Worship: 10 a.m.
Sunday school and child care: 3-year-olds-Grade 8, 10 a.m.

Saint Alban's Episcopal Church
885 Shore Road
799-4014
www.stalbansmaine.org
Sunday services
Holy Eucharist, Rite I: 8 a.m.
Holy Eucharist with Choir: 9:30 a.m.
Informal service of Holy Eucharist: 5:30 p.m.
Sunday school and youth programs: 9:30 a.m.
Nursery available beginning at 9:15 a.m.

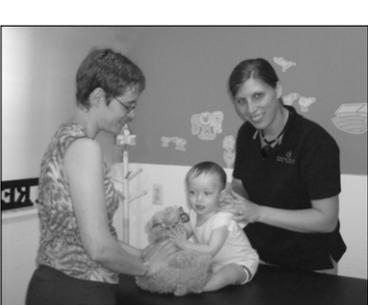
Saint Bartholomew Roman Catholic Church
8 Two Lights Road
799-5528
www.saintbarts.com
Sunday Mass: 9 a.m. and 11 a.m.
Tuesday & Thursday Masses: 8:30 a.m.
Eucharistic Service:
Monday, Wednesday, Friday 9 a.m.
Faith Formation
Kindergarten-Grade 8, Tuesday, 4:15 p.m.
Kindergarten, Grade 1, Sunday, 9 a.m., 11 a.m.



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Cape rescue

Cont. from page 1



Photo by Wendy Keeler

Gathering the morning of Nov. 2 at the Town Center Fire Station are Cape Rescue volunteers, left to right, Tim Cram, Capt. Steve Peters, Roz Flaherty, Holly Culver, and Dick and Helen Mainville.

information about the case into a computer and, when necessary, walking the caller through steps that can be taken before EMTs arrive on the scene with an ambulance.

"Portland does the emergency medical dispatching before they put the tone out. That changes our response time, because it means that it can take seven to eight minutes before dispatch gets in touch with us," Helen said.

Immediately after the tone goes out, before Cape's volunteer EMTs arrive at an emergency, Cape police officers, who are trained EMTs, head to the scene and begin treating patients. Often people don't realize that the police are doing what the rescue EMTs would be doing if they were present.

"Everyone has this feeling in their head, 'We need to see the big white truck.' When people see it, they feel better," Helen said.

More EMTs

Members of Cape's rescue call company would like their ranks to swell.

"We would always like to recruit more people, because that allows us to cover rescue calls in a prudent way, and people who are ready to step down would feel better about doing so if they know there's young blood coming up behind them," Helen said.

After the Viking Nursing Home on Scott Dyer Road closed in 2005, emergency calls dropped. Cape's rescue call company mem-

bers are concerned that the number of calls will increase after Cape Memory Care, an assisted living center for people with Alzheimer's disease and memory impairments, opens this month in the same location.

'Heterogeneous group'

Cape Rescue volunteers run the gamut, the Mainvilles say.

"It's a pretty heterogeneous group," Dick, 72, said. "The majority have full-time jobs. There are all age groups, and there aren't more females or males. We have someone in his 20s who came back from Iraq, and we have someone who has been on the Rescue for more than 20 years."

The town pays for applicants' EMT training. Classes for a "basic" EMT license run for 120 hours and are usually several months long. Some people then go on to get training to become "intermediate" EMTs or paramedics, training the town also covers.

'A way to give back'

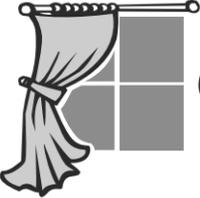
The Mainvilles are glad they signed on years ago.

"It's a way to give back to the community. It's rewarding helping people in emergency situations when people are afraid and panicked and don't know what to do. You can see the relief on people's faces the minute you walk through the door," Helen said. Even situations of less urgency are rewarding. "Older people might tell you their whole life story on the way to the hospital, and all they want is for you to hold their hands. More than anything, sometimes they want someone to pay attention to them and talk to them."

Dick, who has driven the rescue truck for six years and has been a Cape fire volunteer for nearly four decades, can't picture his life without the service.

"I have been involved so long that it has become part of my life to serve the town in some sort of capacity," he said. "At my age, I can still drive a truck and do some light lifting of the stretchers. It just gives me a good feeling to participate in the town, and it makes me feel a little bit younger. I don't have any regrets after 38 years."

Editor's note: See page 11 for information about the first-ever "Cape Fire and Police Appreciation Day," planned from 2:30 to 4:30 p.m. on Friday, Nov. 12, at the Town Center Fire Station.



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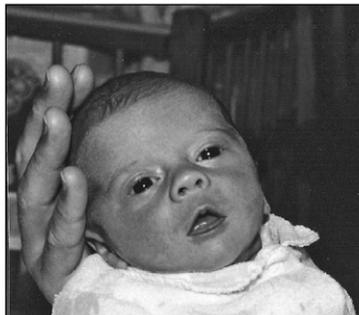
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MAKING SENSE OF INVESTING

Mary Byrne Smith is director of resident health services at **Cape Memory Care**, the assisted living center for people with Alzheimer's Disease and related memory impairments that will open Nov. 15.

Smith, who has worked in health care for more than 25 years, earned a nursing degree from Excelsior College in Albany, N.Y., and a master's degree in business administration from Boston University, where her concentration was in health care management. She recently completed a certificate program on advanced assessment of older adults at the University of Southern Maine. She and her husband Ted live in town with their son Colin.



Mary Smith

Courtney Tait, who graduated from Cape Elizabeth High School in 2003 and from Plymouth State University in Plymouth, N.H. in 2007, has opened Twist Boutique in the Old Port in Portland. The store specializes in clothing, accessories and gifts for girls between the ages of 8 and 16, including lines such as Ella Moss Girl, J Brand Girl, Splendid Girl, Tractor Jeans and Sugar Lips.

Maine Home+Design magazine has donated 500 pink tulip bulbs to the Town of Cape Elizabeth for the Maine Cancer Foundation's "Pink Tulip Project." The bulbs will be distributed to several locations in town, including the Cape Elizabeth Transfer Station and the Cape Elizabeth "welcome" sign at the Cape-Scarborough town line on Spurwink Road.

Cape Elizabeth is the spooky setting for "Haunted Echoes," a 202-page ghost story written by Julie Ann Howell, a Sarasota, Fla., resident who has never been to Maine.

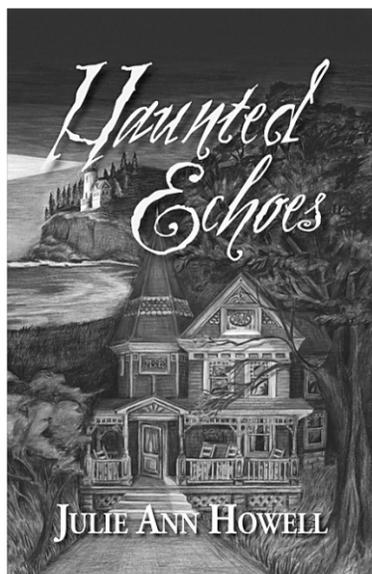
"I love small towns and lighthouses and since I wanted my character to stay in a bed and breakfast, Maine seemed to be the perfect place. I researched and found Cape Elizabeth, a sleepy town on the craggy shore," Howell stated in an e-mail to *The Cape Courier*. "I liked the fact it was so close to Portland, which was driving distance for the book's protagonist, Sarah Reddington."

In the book, a writer suffering from writer's block leaves Chicago to stay at "the quaint but elegant Otter Cove Inn," a press release states. "To her dismay and horror, Sarah soon realizes that she may be the only registered guest at this enchanting inn, but she is anything but alone — and escaping writer's block is about to become the least of Sarah's worries."

The book is published by The Peppertree Press in Sarasota, which Howell, who has written three previous books, founded.

Howell may visit Maine someday — but then again, maybe not.

"I have never been to Maine; however, I would love to go there someday," she said. "It is interesting. Since I have written this book, I feel like I have already been."



The cover to Julie Ann Howell's book set in Cape Elizabeth

More Neighbors on page 8

Making strides!



Photo by Nora Daly

More than 40 Cape residents, members of "Lee and Sara's Breast Friends" team, gather Oct. 17 in Portland during the Making Strides Breast Cancer Walk. The team, which walked in honor of Lee Wilson and Sara Laprade, raised more than \$5,600. Under sunny skies, 3,000 people walked the streets of Portland adorned in pink to help fight breast cancer and bring awareness to the disease.

Green group



Gathering Oct. 14 after a tour of the gardens at Inn by the Sea led by IBTS gardener, Derrick Daly, are Karen Allen, Phyllis Locke, Jim Casey, Sheila Casey with her grandchild, Doris S. Bauman, Wendy Wallis, Paula Laverty, and Karen Harris. The tour focused on fall plants, putting a garden to bed, planting bulbs and eco-friendly gardening.

Pumpkin king!

With Maine Rep. Jane Eberle behind him, Pond Cove School first-grader Matthew Zimmerman proudly displays his prize-winning pumpkin Oct. 30 during Inn by the Sea's annual pumpkin carving. Eberle served as a judge at the event, where families carved more than 250 pumpkins. Other winners included Sophia Chung, Madalyn Simopolis and Tully Hayday.



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For more information, please contact me.

Thanks.

JENNIFER DeSENA
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