Dr. Donna Wolfrom has been selected by the Cape Elizabeth School Board to be the new superintendent of schools. She is pictured here surrounded by her children and grandchildren. Residents should expect to see her in her office, in the schools and at community events, with her first official day being July 1, 2018.

Dr. Wolfrom said that her interest in taking on this role in Cape Elizabeth, in part, is due to the stellar reputation of the schools. She said, “Cape Elizabeth schools have an amazing reputation throughout Maine for providing an excellent education for their students. I am excited to learn more about the school system through the lens of discovering what makes it such a strong district, and then to work with the staff and community to identify any needs that the district might have and, as a team, develop a plan to address those needs.”

Seven of nine speakers at a public hearing, including one attorney who said he represented several neighbors in the Cross Hill subdivision, opposed the tower mostly because they believed town ordinances were written to discourage a proliferation of towers. The site is across from Strout Road, where there are currently five telecommunications towers.

In September, the board approved a plan from Justin Stout, of Tower Specialists Inc. and the Strout Trust, to consolidate towers on that site. The plan calls for construction of a new tower and the removal of four. One of those towers is operated by Crown Castle, whose representatives have said they have not been able to agree on a new lease with the Strouts and are seeking a new location that would offer comparable coverage.

“I hear the concern there are too many towers, but I don’t understand how there are too many when you are taking one down on the Strout property and putting one up on the Jordan property,” said board member Volent. Board member Sahrbeck said, “I see this as one tower coming down and another tower going up, so it’s a wash.”

Crown Castle has commitments from Verizon and T-Mobile, as well as Cape Elizabeth public safety, to have their antennas on the new Wells Road tower, said Crown Castle representative Paul Peckens. Negotiations are ongoing with AT&T, he said.

Prior to considering the tower, the board met for nearly an hour with legal counsel behind closed doors for advice on the town’s telecommunications-antenna standards.

In other matters on Dec. 19, the board also tabled to Jan. 16 an application from Ronald Baily and Patricia Morris, who are requesting an application for a private accessway to a proposed new cell phone tower on an area owned by the Strout family. The tower is on the Strout property and putting one up on the Jordan property was written to discourage a proliferation of towers. The site is across from Strout Road, where there are currently five telecommunications towers.

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The Planning Board on Dec. 19 all but approved a new cell phone tower on an area of untitled land on the William H. Jordan Farm on Wells Road.

The board tabled approval to their Jan.-March meeting to adjust the developer, Global Signal Acquisitions IV, LLC (Crown Castle), to submit revised plans for drainage and other wetland-conservation details for an access road planned near the tower. The Cape Courier had gone to press before the Jan. 16 meeting was held.

There was consensus, however, that Crown Castle’s plan for a 180-foot telecommunication tower for the Jordan property should go forward. The vote to table was 4-2, with opposing board members Victoria Volent and Jonathan Sahrbeck indicating that such details are usually left as conditions of approval.

Other board members however said they wanted to see revised plans. “These are basically fairly important environmental concerns,” said board member Peter Curry. “I have no doubt they (Crown Castle) can meet them, but (then) we get to a point where we are delegating authority to the town engineer, which we don’t want to do,” he said.

Board Chair Carol Anne Jordan was rescued from discussion and voting.

Seven of nine speakers at a public hearing, including one attorney who said he represented several neighbors in the Cross Hill subdivision, opposed the tower mostly because they believed town ordinances were written to discourage a proliferation of towers. The site is across from Strout Road, where there are currently five telecommunications towers.

Cape Elizabeth native Clare Egan headed to the Olympics

By Marta Girouard

Pictured is Clare Egan at the 2017 World Championships in Hochfilzen, Austria. Egan is headed to the 2018 Winter Olympics in February.

If you had asked Clare Egan in 2007 when she saw herself in ten years, she did not think it would be “headed to the Olympics.” But in February, PyeongChang, South Korea is where she will be competing as a member of the U.S. Biathlon team at the 2018 Winter Olympics. When asked about her initial reaction to finding out she was
Tree pick-up a success

Blowing, plowing or shoveling snow into street is dangerous, illegal

Extrusion scam targeting residents

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The Cape Elizabeth Police Department would like to warn residents of a national extortion scam occurring in town. A couple of residents have recently received letters personally addressed to them; with the sender claiming the recipient is hiding something. The sender states they have evidence to support this claim and threatens to take the evidence to family members and friends if a $6,500 ransom is not paid. The money is specifically requested in Bitcoin currency and a how-to guide on how to complete the transaction is also enclosed in the letter. If you receive such a letter in the mail, do not attempt to contact or send any funds to the person. To report the scam, or if you have any questions, contact Officer David Galvan, 207-767-3323 x208, david.galvan@capeelizabeth.org.

Public Works Director Robert Malley would like to caution those who plow, shovel or snowblow their driveways into the street.

"Depending on the amount, it can be a safety issue for motorists who travel through the snow. It can also compromise any treatments that have been previously applied to the road, such as salt and sand. Our operators take pride in cleaning up the roads after the storm has abated. It can be disheartening to come upon a bunch of snow in the street that didn't naturally fall there.”

Maine statutes prohibit persons from placing, and allowing to remain on a public way, snow or slush that has not accumulated there naturally. [Title 29-A, Chapter 21, Section 2396-4] Fine for violation is $190.

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CEHPS to host Jayne Flanagan

The Cape Elizabeth Historical Preservation Society will meet Monday, February 5, at 7 p.m. in the Community Services building, 345 Ocean House Rd. Our guest will be Scarborough resident and flax processor, Jayne Flanagan. She will present “Flax Traditions: From Seed to Linen Cloth.” Flanagan will acquaint us with the history of flax farming in Maine, including farming techniques and industry practices in the 18th and 19th centuries. The meeting is open to the public.

Community Services director to oversee Fort Williams Park

Days before the town was scheduled to interview for a new director of Community Services, Town Manager Tom Sturgis outlined a plan to have the director of Community Services take on oversight of Fort Williams Park as well.

Different town departments handle different components of park operations, Sturgis said. The director of Public Works oversees day-to-day matters and provides staff support for the citizen park committee. Community Services, which operates the town pool and fitness center and offers a variety of programming for youth and adults, already has office space, computers, support staff and software.

Town councilors at the Jan. 8 meeting said they supported the concept, and Council Chair Jessica Sullivan said she particularly liked the idea of combining the positions. Adding “park director” to the job title, however, might be a better way for out-of-towners to identify the park contact, she said.

The job description will likely be finalized only after the new Community Services director is hired. “It’s a work in progress,” Sturgis said. He said he is continuing to work with town staff to identify which park components should continue to be managed by Public Works, Facilities and/or Community Services. “We’re just trying to figure out and navigate as we go forward where things should stay. We want to do it in a cost-effective manner, but also in an effective manner,” Sturgis said.

Sen. Rebecca Millett to hold office hours in Cape Elizabeth

Sen. Rebecca Millett, who represents South Portland, Cape Elizabeth and part of Scarborough in the Maine Senate, will hold her first open constituent office hours of the new legislative session at 8 a.m. Friday, January 19, at The Local Buzz.

Sen. Millett will give updates about her work on education and children’s issues, and give a preview of the legislative session to come. All are welcome to attend, ask questions and get answers. To RSVP on Facebook, visit https://www.facebook.com/events/1534134688622214/

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Cape Elizabeth Then and Now: Battery Blair at Fort Williams

By Jim Rowe

Fort Williams (1872-1962) was once home to six active fixed coast artillery batteries, which were tasked with the defense of Portland Harbor. Remnants of each of these gun emplacements remain today, although the cannons themselves were removed by the end of WWII.

Constructed between 1896 and 1906, the batteries boasted from 3" to 12" diameter rifled barreled cannons, many placed on what were called “disappearing” mounts. The batteries were named for American war heroes…Sullivan (Revolutionary War), Hobart (War of 1812), and DeHart, Blair, Garesche, and Keyes (all Civil War). The guns had effective ranges of between 7 and 8 miles.

Battery Blair, pictured on left (circa 1918) and present-day on right serves today as an interpretive display for Fort Williams history. It is located between the main parking lot and the lighthouse. The visible portion of Battery Blair is actually only 1/4 of the whole battery. The rest is intact, but buried, as are Battery Sullivan, Battery DeHart, and part of Battery Hobart. Battery Blair bears the name of Union General Francis P. Blair. Blair was not only a highly regarded military officer, but was later a distinguished U.S. Senator, representing his home state of Missouri.

Sessions scheduled for public, facilitated discussion of paper streets

The Town Council will hold two facilitated discussion sessions on paper streets in February: One at 7 p.m. Thursday, Feb. 1, 2018; and the other at 10 a.m. Saturday, Feb. 3, both at the Town Center Fire Station on Jordan Way.

Good Group Decisions will facilitate the community discussions on the status of Surf Side Avenue and Atlantic Place in the Shore Acres subdivision, and on Lighthouse Point Road the Two Lights Terrace subdivision.

The three “paper streets” - streets that appear on subdivision plans but were never constructed or accepted by the town as public ways - were the most controversial of the 58 that the Town Council voted in October 2016 to keep as paper streets for the next 20 years. As such, the town retains the right to one day accept them for public use.

Each discussion session is slated to last between one-and-a-half to two hours, and will be led by one of Good Group Decisions’ facilitators. A report on the findings is expected in March. The Town Council on Dec. 11, 2017 voted to appropriate $2,506 for the facilitators' service as they work toward making a decision on the future status of the three paper streets.
Local Writers at The Local Buzz returns this January

On Saturday, January 27, 2018 from 4-5 p.m., Local Writers at The Local Buzz continues its monthly reading series featuring Maine writers reading original fiction, non-fiction and poetry. The Local Buzz café and wine bar will host poet Jenny Dougherty and essayist Michelle Cacho-Negrete.

A native of Great Britain, Jenny Dougherty has lived in Maine since 2002, where she serves as president of the Maine Poets Society. She is a former English teacher, and education adviser to Penguin Books in the UK, for whom she edited an anthology of pre-20th century poetry. She also published two children’s non-fiction books under the name Jenny Green, plus short stories and articles in UK magazines. In the United States, her poems have been published in Naugatuck River Review, Four Way Review, The Aurosome, the Maine Poets Society’s anthology “Taproot” and an anthology of contemporary Quaker poetry, “Gathered,” among others. Her first poetry collection, “Sending Bette Davis To The Plumber,” was published by Moon Pie Press in September 2017.

Michelle Cacho-Negrete is a retired social worker and now full-time writer who lives in Portland Maine. She was born in a Brooklyn ghetto and many of her essays are about that experience. Cacho-Negrete’s work is widely anthologized and four of her essays have been selected as Notable Essays of the Year: “Heath,” “First Husband,” “Stones” (selected by Christopher Hitchens), and “Season of my Grandfather.” Her essay “Stealing” was recognized as Best of The Net, and her essay “Winter” appears in Thoreau’s Legacy, an anthology from The Union of Concerned Scientists; and an essay, “Tell Me Something” is included in Norton’s College Anthology. Six of her essays have been nominated for Pushcart Prizes and “Street Kid” was a runner-up in the Brooklyn Literary Arts Contest. She has had more than 40 pieces published in print and online journals such as The Sun, North American Review, Solstice Literary Magazine, Under The Sun, and Silk Road among others.

The event is free and open to the public. The Local Buzz is located at 327 Ocean House Road.

Olympics

Continued from page 1

headed to the Olympics, Egan said: “Even though I’ve been on track to make this team for several years now, it was still a shock to actually reach my goal since I’ve been working towards it for so long.”

Egan was born and raised in Cape Elizabeth, and graduated with the Cape Elizabeth High School class of 2006. In middle school she ran cross-country and track, and started cross-country skiing in 7th grade, continuing the three sports throughout high school. While attending Wellesley College, she started the Wellesley Ski Team. After graduating, she competed for the University of New Hampshire in Division I cross-country, track, and skiing while pursuing a master’s degree in linguistics.

In 2011, Egan moved to Vermont to train full-time for cross-country skiing as a member of the Green Racing Project, and competed in her first biathlon race in 2013. From there, she was named to U.S. Biathlon’s development program and a year later was nominated to the National Team. Egan raced at the World Championships in 2015, 2016 and 2017 and did the full World Cup circuit the last two seasons. She nearly qualified for 2014 Winter Olympics in Sochi, Russia, when starting out in the sport. “At that point, I knew that with four more years of experience, I could make the team,” Egan stated. “My goal was not ‘just’ to qualify in 2018, but to do so decisively and to perform well at the Olympic Games. I have met the first part of that goal and am still working hard to meet the next part.”

In a biathlon competition, contestants ski through a cross-country trail system whose total distance is divided into either two or four shooting rounds, half in prone position, the other half standing. For each shooting round, the biathlete must hit five targets. For each missed target, athletes incur a penalty, which involves either skiing an extra loop or added time per miss. The contestant with the shortest total time wins. Biathlon is an extremely popular sport in Europe, and it is the only Winter Olympic event that the US has never medaled.

Egan’s training schedule consists of training twice a day, six days a week between May and November. Racing season starts around Thanksgiving and in the winter, she alternates between maximum-effort racing to two to four times a week and maximum-effort resting at all other times. The biggest challenge in winter, according to Egan, is staying healthy. “I can’t afford to get a cold especially this year,” she said. When asked what advice she might give a young athlete, Egan said: “You can only control your own performance, so give it everything you’ve got, and let go of what you can’t control, including how other people are doing. Once you internalize this, you will be at peace with your performance, no matter what the result is. I think this applies to all sports as well as plenty of non-athletic endeavors.”

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The Cape Courier

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Superintendent
Continued from page 1

When asked what the most important "first steps" a superintendent should usually take in a new district, her answer centered around clarity of purpose and goals. "It is important for a superintendent to understand the goals and action steps that a district has developed, or to facilitate the development of an agreed upon strategic plan if one does not exist. The strategic plan drives the work of the district and it is important that all initiatives work toward that plan," she said.

It will be after she spends time with Cape’s strategic plan that Dr. Wolfrom will decide on recommendations for next steps, but some goals are universal. She said, "Providing a safe environment for students is always a priority. In addition, providing the best education possible is always a goal. As for specifics, I will need input on where we are with the district’s strategic plan, and we will work together to develop goals based on that plan."

As for the recent work on Performance Based Education, or PBE, she is supportive. "I believe that having clear expectations for what students should know and be able to do is important. This enables educators and students within a system to develop common vocabulary and expectations. Those expectations should provide a framework for a vertical system of learning from grades K-12, each grade or level building on, and expanding previous learning. Creating a clear understanding of a proficiency-based system, and having a system for documenting those proficiencies, promotes student responsibility and accountability for learning."

Dr. Wolfrom points out that PBE with regards to Special Education presents additional considerations, and people are working toward answers. "This is a question that most districts, and the state experts, are debating. With the basic philosophy of providing for the needs of all learners, I believe that we must look at each student and determine what will best meet the needs of that student and what will best prepare that student for the future," she said.

As for advice she would give a 1st year teacher, Dr. Wolfrom said, "Don’t be afraid to ask questions, focus on learning the curriculum, engage in opportunities to grow professionally, and above all, try to maintain a balance between your personal life and your professional life."

For a 20-year veteran educator, she would suggest she or he “continue to grow professionally. Attend professional development opportunities and find a team of colleagues with whom you can work who are interested in growing professionally and who continually challenge and re-charge you.”

When it comes to evaluating and supporting classroom teachers, Dr. Wolfrom said, "The role of the principal, superintendent and school board is to support teachers, providing them with whatever is financially responsible in order to make them successful, and then to work as a team to provide the best education possible for our students. This includes the development of goals, support for attaining those goals and accountability for reaching those goals. The expectations of teachers have to be clear, support must be strong and available and administrators must be responsible in their efforts to hold each other and teachers accountable."

Speaking of the most important attributes a leader should possess, Dr. Wolfrom said, "A leader must be willing to listen and consider possibilities but must keep the goals of the organization as a focus. I believe a leader must be consistent yet compassionate, remembering that life happens. A leader must see himself or herself as a member of the team, but also willing to assume ultimate responsibility. A leader must keep an eye towards the future, but be grounded, without being stuck, in the realities of present. A leader must be transparent but uphold confidentiality. A leader must be able to laugh and cry with the team."

As for the educational leaders, namely the school principal, who are engaged in these activities are important participants in the school community.”

Asked if it is possible to better support students who may be marginalized with out impacting the so-called “high-flyers,” Dr. Wolfrom said, “I believe that a district has the moral imperative to provide excellent educational experiences for all students. This is a consideration when developing a budget and should be an important goal in a strategic plan.”

Dr. Wolfrom adds that the ultimate question is “are we preparing our students to become active citizens, armed with the knowledge and strategies that they need to be successful in what they plan to do with their lives? We also need to ask ourselves if we have supported our students so that they are independent, engaged and motivated learners. Do we offer our students the types of experiences in the education we provide so that they are able to make wise and informed decisions about the goals that they wish to pursue after graduation?”

She said that, in the end, we can judge the continued success of Cape Elizabeth’s schools when we look at our students on graduation day, and when we hear about the success of every student in adulthood, then we will know that there is an effective education program."

Change can be difficult and educators today know there have been many new initiatives over the last 20 years. To this, Dr. Wolfrom responds, "Any curriculum change is a team decision and effort. A decision to change would be based on state mandates, the district’s strategic plan and the needs of the students. It is important to examine any proposals to change through the lens of keeping all of the arrows (initiatives) pointed in the same direction, toward the goals of the strategic plan."

As far as the use of outside consulting in the implementation of new initiatives goes, Dr. Wolfrom said, "The introduction of a new initiative to a district needs to be well-researched. It is important that a new initiative support the goals of the strategic plan. Often the talent and knowledge needed to implement a new initiative is available within the district. If not, it is important to build capacity within the district and develop a plan for how that will take place."

While she has no immediate plans to move full time to Cape Elizabeth, she has a place to stay here. The principal keeps a pulse on the building, is there to address the needs of the staff, and always works to meet the many and various needs of the district and its school. The principal is the face of the school and must be a visible and active participant in the school community."

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Cape Volunteer Spotlight: Nancy Rallis, The Book Fairy Project
By Marta Girouard

Cape Elizabeth resident Nancy Rallis is a true believer of Horace Mann’s quote, “A house without books is like a room without windows.” Her home and her children’s homes are filled with books, and when an opportunity came along to coordinate The Book Fairy Project in town, she was excited to get involved.

The Book Fairy Project is a grassroots family literacy movement, founded by Pam Leo, a family literacy activist and author. It is an initiative with the mission of putting books in the hands of children through connections with food pantries across the country. Rachel Davis, assistant director/youth services librarian at Thomas Memorial Library, learned about the project through Leo and it inspired her to connect with Judy’s Pantry in Cape Elizabeth to see if the project could be initiated in town. “Being around books as a child, being read to on a daily basis, these are such important aspects of brain development, bonding and literacy development. Anything we can do to support early literacy and families with young children in our community serves the mission of the library,” said Davis.

Judy’s Pantry offers local produce at no charge to Cape residents with limited resources who are struggling to feed themselves and their families with healthy food. The produce comes from plots at the Cape Community Gardens in addition to generous donations from Cape farmers and residents. There is no paperwork and no income criteria to use the pantry. Nancy Miles, director of Judy’s Pantry, reached out to Rallis to see if she was interested in heading the project. Rallis is a retired first grade teacher and children’s literate was a central part of her classroom. The Book Fairy Project was started this past November and the goal is to make it a permanent part of Judy’s Pantry. A donation box is located in the children’s area of the library where residents can donate new or gently used children’s books. On pantry days, Rallis collects the books from the library and sets up a display in the pantry room. “My favorite part has to be watching children carefully select a book or books and beaming as they wait for their parents to leave,” said Rallis. “I’m also encouraged by the response from our adult population. Many are eager to choose books for their families each time they visit the pantry.”

Rallis has lived in Cape Elizabeth for 34 years. She taught here for 20 years, and her husband was the director of the Thomas Memorial Library for many years. “I retired in 2002 and am still in touch with the wonderful, dedicated teachers I worked with. I also have the privilege of bumping into supportive parents and former students who are now adults. It’s a treat to see them as grownups and try to remember them as first graders,” said Rallis. Volunteering has always been important to Rallis, and something she has done her entire adult life. In addition to volunteering at Judy’s Pantry, she knits scarves and mittens for the Preble Street Resource Center and Florence House in Portland.

In the winter Judy’s Pantry is open on the second and fourth Tuesdays of the month from 3:00 to 5:00 p.m. In the warmer months, the pantry is open on a weekly basis. It is located in the Cape Elizabeth Methodist Church on Rte. 77.

Cape Volunteer Spotlight: Nancy Rallis, The Book Fairy Project
By Marta Girouard

Pictured is Nancy Rallis with books displayed at Judy’s Pantry, as part of The Book Fairy Project, an initiative to promote family literacy.

Cape Elizabeth Chess Club takes on Bonny Eagle chess team in informal meet

Pictured is the Cape Elizabeth Chess Club (for kids) having an informal meet against the Bonny Eagle chess team at the Local Buzz on Saturday, December 16. A bus brought the Bonny Eagle team over snowy roads early Saturday morning. The event started at 8 a.m. and was organized by Cape parent Eric Dinnerstein. Cape Elizabeth Chess Master Matthew Fishbein and his dad Dan Fishbein, who ran Saturday morning chess lessons at the Community Center for years, were also present.
Mother Nature rings in new year with low temperatures, snow

Pictured is a wintry scene on Shore Road on the last day of 2017. Mother Nature rang in 2018 with some bitter cold temperatures, followed by the first snow storm of the year that was termed a “bomb cyclone.”

Relax by the sea... we’re refreshingly close.

January Featured SPA Treatment
The stress of the holidays is over. There is no better time to renew your mind, body and soul. Start off with a detoxifying soak in our whirlpool tub, then purify and nourish your body and mind with a luxurious wrap with Zents. Your journey to Zen continues with a relaxing hot oil scalp ritual followed by a rejuvenating massage. End your well-deserved day of pampering with our Sea Flora Facial - leaving your skin radiant.

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Maine Honey and Wine Dinner
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5:00 arrival
limited seating
$70.00

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Photo courtesy of Maxwell’s Farm

In several months, the snow will (hopefully) be gone and the team at Maxwell’s Farm will be removing the hay off these fields to “wake up” the strawberry plants.

20 Ivie Road, Cape Elizabeth
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Coming Soon-Walk to Casino Beach, Ft Williams & Robinson Woods from this solid, sunny, 2-3 BR home in popular Oakhurst area. Kick off your boots in the spacious Mud Rm and cozy up to the fireplace. Lovely Kit with granite/SS, sizable DR, LR with bay window, 1.5 BA + finished basement with second ½ BA. Attached 2 car garage & walk-up attic offer ample storage. Offered at $469,000

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Cape Elizabeth High School swimmers push themselves

By Kevin St. Jarre

Olivia Tighe (above) and Alicia Lawrence (right) are standout varsity swimmers for CEHS's swim team this year. They both started very young, and push themselves hard to constantly improve.

Alicia Lawrence and Olivia Tighe are both juniors swimming for the storied Cape Elizabeth High School Swim Team. Lawrence primarily swims shorter distance, and has since 7th grade. “I’ve always enjoyed shorter events because I liked to go at full speed.” Tighe, while she enjoys all the events, specializes in freestyle and the butterfly.

Lawrence said, “I really enjoy the commitment and self-discipline of swimming. It’s a sport that takes a lot of mental strength.”

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Town of Cape Elizabeth
2018 Dog Licenses Now Due!

Dogs 6 months of age are required by state law to be registered.

Registration deadline is December 31, 2017. Dogs registered after January 31, 2018 must be registered at Town Hall and will be charged a $25/per dog late fee in addition to the license fee.

Current rabies and spaying/neutering certificates are required.
Licenses are available at the Tax Office at Town Hall or online at www.capeelizabeth.com. Dogs registered after January 31st must be registered at Town Hall.

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In elementary and middle school, swimming involves the water. Whether it is surfing with my friends or sailing with my dad, I love being in and around water. Some of the best feelings of negativity can be fatiguing. I call [Coach Raymond] Mos. It’s an abbreviation of Raymond which is already a nickname of his. One thing he does, that I appreciate more than I think he knows, is joke around with me. It’s easy to prioritize it, I improved little by little. I can’t exactly explain why I stick with the sport, it always just seemed like an inherent part of me. For Tighe, swimming was love at first splash. She said, “I grew up on the water and always loved swimming. My parents started me in swim lessons at a young age which eventually lead to swimming competitively.” She also points out the challenging nature of her sport, saying, “The practices are long and physically demanding. Missing practice really sets you back in your training so you have to be very disciplined. The two events that I really get excited to swim are the 100 Free and 100 Fly. Last year I ended up swimming these two events at the High School State Championships. These events are scheduled back to back in most meets so swimming them both was very difficult.” Lawrence agreed, “Every aspect of the sport is a challenge. Being able to get past the water. Whether it is surfing with my friends or sailing with my dad, I love being in and around it.” Both girls were young when they picked up the sport. Tighe said, “I was eight years old and in second grade when I first joined Coastal Maine Aquatics, a local private swim team.” As for Lawrence, she did some swimming in New Hampshire, but after the move to Maine she began lessons in kindergarten to prepare her to swim on a club team. She said, “In elementary and middle school, swimming was one of the several sports I participated in so I never focused on it. I started to dedicate more time to swimming in eighth grade when the team SMAC (Southern Maine Aquatic Club) was created and I’ve committed myself ever since.” Both athletes give their parents the credit for their starts. Lawrence said while her parents always made sure she was active, including skiing at a very young age, neither of them swam and yet they were supportive when family friends recommended Lawrence give the sport a try. She said, “I didn’t exactly latch onto swimming when I first began, I used to get out early because I was really cold and I always stayed on the wall. I continued swimming, and even though I didn’t prioritize it, I improved little by little. I can’t exactly explain why I stack with the sport, it always just seemed like an inherent part of me.” For Tighe, swimming was love at first splash. She said, “I grew up on the water and always loved swimming. 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January Naturalist’s Corner
By Erika Carlson Rhile

January 2 - Full Moon, Supermoon. The first of two Supermoons in January occurred on January 2. Native Americans called this the Full Wolf Moon as hungry wolves howled outside their camps this time of year.

January 31 - Full Moon, Supermoon, Blue Moon. The second Full Moon in a month is called a Blue Moon and there will be another “Blue Moon” in March. This will be the last Supermoon of 2018.

Great horned owls are Maine’s earliest nesting birds, pairing as early as mid-January.

Cape resident opens group training studio
By Marta Girouard

There’s a new place in Cape Elizabeth to get your workout in. Cape Elizabeth resident Denise Goode has opened Circuit 77 Fitness, located at 541 Ocean House Road. It is a small group training studio, offering classes in indoor cycling, barre and circuit training.

“We want people to think of our studio as Cape’s Neighborhood Healthy Hangout and welcome people of all ages and ability levels,” Goode stated.

Goode is a native Mainer, having moved from Hampden, Maine to Southern Maine 13 years ago to begin a career as a surgical nurse. During this time, she also became immersed in triathlon, and eventually coaching. Having found her calling, she returned to school twice more for additional degrees and certifications, all while continuing to compete in various running, cycling and triathlon events, including Ironman Lake Placid. In addition to being a registered nurse, she now also holds the certifications of: USA Triathlon Level 1 Coach, National Academy of Sports Medicine (NASM), and Registered Dietitian.

“The thing I love about Cape Elizabeth is that its landscape is a destination for endurance athletes. Any time of day you can see people out enjoying the safe routes and trails,” said Goode. “My athletes particularly enjoy swimming at Kettle Cove and Crescent Beach in the summer, cycling on 77 out to Prout’s Neck and running the Midwinter Classic course.” Goode and her husband have four dogs (three Golden Retrievers and a Mexican Street dog), and a lobster boat off Crescent Beach, where they lobster hunt during the summer and fall. They love to travel and are medical missionaries who have been going to Mexico for ten years to do surgery in a remote village in the southern Yucatan.
Learn about Maine’s spiders, the Atlantic Puffin, and “warm winter camping” at TML

For Adults

Writers’ Accountability Group

Wednesday, January 17, 2018, 10:30 a.m. – 12:00 p.m.

Are you looking for a way to get started writing? Or, if you’re already writing, would you like to connect with other writers? Starting January 17, the Thomas Memorial Library is delighted to introduce our first Writer’s Accountability Group (WAG!). We’ll host monthly meetings on the 3rd Wednesday of each month from 10:30 a.m. - noon.

Please join us to:
• Meet other writers.
• Share your work.
• Share resource ideas about editors, publishers, and agents.
• Give yourself a deadline each month to show up with your latest work.
• Have fun!

Who Done It?

Thursday, January 18, 6:30 – 8:00 p.m.

In noir fiction, the protagonist is never the detective. They are the victim. Or suspect. Or even the perpetrator! Learn more about this exciting writing style from local author Dick Cass as he joins us to discuss how classic noir detective fiction rose as a subgenre, and who is currently writing in this style. Dick will also read from his noir jazz mystery In Solo Time and take questions about detective fiction, writing, the writing process, and the state of mystery publishing, including the very lively mystery writing community here in Maine. Who done it? Dick Cass done it!

Inside the American Bedroom

Thursday, January 25, 6:30 – 7:30 p.m.

Barbara Peacock won the Getty Editorial Grant in 2017 for “American Bedroom.” This January, Barbara joins us at TML to take us “Inside the American Bedroom.”

Here’s what Hugh Pinney, VP of Getty Images has to say about Barbara’s work:

“Barbara is a lifestyle and editorial photographer living in Portland, Maine. She’s had a life-long passion for documentary and street photography, as well as drawing, having studied at the Boston University School of Fine Arts and the School of the Museum of Fine Arts. In 1982, while in school, she began to photograph the people of her hometown in Westbrook, Massachusetts, and it ultimately became a 33-year project and book called, appropriately, “Hometown.” In addition to her photography, Barbara runs a small non-profit called The Nightingale Project, in which adults and high-school teens join together to teach art and photography to kids in the US and beyond.

“Barbara’s project, “American Bedroom,” offers a composite portrait of the United States through unguarded portraits of Americans in their bedrooms. The images she has made so far – paired with witty, poetic quotes from each subject – are full of subtle details that invite us to contemplate the idiosyncrasies of each enigmatic life. She reminds us that, in an era rife with hot-take, reductionist analyses of the American body politic, her fellow citizens really do contain multitudes.”

Programs for Multiple Ages

Maine’s Spiders

Tuesday, February 6, 6:30-7:30 p.m.

Grover Cleveland, born in 1837 was the first democrat elected president after the Civil War, and is the only president to leave the White House and return for a second term four years later. He entered the White House as a bachelor, but in 1886, married Frances Folsom, age 21. Frances was the country’s youngest ever first lady.

In little time, Frances’s influence was widely felt, and continued long after she left the White House. Hers is a story of romance and intellect, humor and grace, tragedy and triumph. Join us for an evening of highlights of her rich life, drawn from letters, diaries, and family stories, shared by her granddaughter, Margaret Cleveland.

Uncommon Grace: The Life of First Lady Frances Folsom Cleveland

Thursday, February 1, 6:30-7:30 p.m.

Dorine Sinderson, a Maine Master Naturalist, will discuss the fascinating world of one of the most misunderstood family of creatures: the spiders. Did you know that spider silk has different strengths depending on the purpose it serves? Or that some spiders can change their color from yellow to white with purple spots and back again? Come learn about Maine’s many species of benign, beneficial, and often beautiful spiders.

Families Discover Great Artists

Saturday, February 3, 3:00-4:00 p.m.

Families with children ages 4 and up (older children and teens welcome!) are invited to join Kiah on the first Saturday of each month for a hands-on family program exploring the ways great artists create their work. Learn about a famous artist, and work on art projects based on that artist’s distinctive style. No registration necessary! This month, discover the work of Frida Kahlo.

The Atlantic Puffin with Sue Schubel

February 8, 6:30 – 7:30 p.m.

“Seabird Sue” Schubel is the Outreach Specialist of the Atlantic Puffin. Families with children ages 4 and up (older children and teens welcome!) are invited to join Kiah on the first Saturday of each month for a hands-on family program exploring the ways great artists create their work. Learn about a famous artist, and work on art projects based on that artist’s distinctive style. No registration necessary! This month, discover the work of Frida Kahlo.

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Paul Drinan
Tim Goodwin
Laura Houck
Kathleen Kimball
Conor Martin

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Altered Books Club, for adults and older teens
Thursday, February 8
6:30 - 8:30 p.m.
This new monthly program will be led by the library's resident artist Kiah Gardner. Use discarded library books to create works of art, including decorative pieces, lamps, whimsical sculptures, jewelry, and more. The program will meet in the Conference Room on the second Thursday of the month from 6:30 - 8:30 p.m. This month, create a decorative floral wreath out of book pages. No registration necessary.

Warm Winter Camping with Tony Owens and Chris Bond
Saturday, February 10
11:30 a.m. - 1:30 p.m.
Does the phrase “warm winter camping” seem like a paradox to you? Bring the whole family to this program to learn why the words “warm” and “winter” aren’t mutually exclusive. Senior winter campers Tony Owens and Chris Bond will share their many years of winter trips from the Allagash to the Penobscot, using traditional equipment, wooden snowshoes, toboggans, cotton tents and wood stoves. They will share tips on equipment, safety and trip planning. Bring a sandwich and enjoy your lunch outside with a cup of cider hot from the stove in the tent, which will be set up in front of the library. We will then go inside to listen to Tony and Chris describe what makes winter camping so much fun. If you like, join Tony for a snowshoe trek through Robinson Woods after the library program (please register for the snowshoe trek, which is sponsored by CELE, through Community Services.) No registration is necessary for the library event.

Programs for Teens and Tweens
Tabletop Gaming Club, for kids, tweens, and teens
Tuesdays: 2:30 - 5:00 p.m.
Join Alyssa and other tweens and teens for board games of all kinds, and maybe even some giant-sized jenga!
Dumbledore’s Army (The DA), for ages 11 and up
Thursday, January 11, 2018
2:30 - 3:30 p.m.
Have fun with all things Harry Potter in this after school wizarding craft program. Make potions, wands, and other magical items. No registration necessary.
Dungeons & Dragons at TML, for tweens and teens
Thursday, January 11, 2018
6:00 - 7:00 p.m.
Come play Dungeons & Dragons with us!
Animal Advocates Club, for grades 5 – 8
Thursday, January 18, 2018
2:30 - 3:30 p.m.
Thursday, February 15, 2018
2:30 - 3:30 p.m.
Join Felicia Mazzone from the Animal Refuge League of Greater Portland for educational programs and service projects to benefit shelter animals. Please register for each session on the library’s website.
Creativity Lab with Rick, drop-in program for school-aged kids
Wednesday, February 14
3:00 - 4:00 p.m.
Free!

Programs for Children
We have twelve weekly story, art, music and play programs for babies through preschoolers. Please check the library’s website for our weekly program schedule. Below are two upcoming special events for children.

Family Sing-Along with the High Spirits
Saturday, February 3
10:30 - 11:15 a.m.
Cape residents Anna and Dave Patterson are the musical duo “The High Spirits.” Join Anna and Dave for a fun, interactive sing-along concert for families with young children. No registration necessary!

Musical Story Hour with Jud Caswell, for ages 3 and up
Thursday, February 8
1:00 - 1:45 p.m.
Jud Caswell returns for his monthly program in which he sings, leads kids in musical games, and reads stories with his own original musical accompaniment. No registration necessary!

CEHS to host information night for all ages of sailors
On behalf of SailMaine, the Cape Elizabeth High School Sailing Team is hosting an information night for all ages of sailors. We’ll talk about high school racing, sailing for little people, adult lessons, high school summer regattas, etc.
Date: Tuesday, Jan. 23, 6-7 p.m.
Where: CEHS Cafe, 345 Ocean House Road
What: presentation, video, Q&A, light food and beverages, registration information
Summer program registration for youth is open. High school registration starts January 15, 2018
Contact: Lauren Knebel Bodenski, CEHS sailing team coordinator, Jetsonfood@gmail.com, 207-518-3131 or SailMaine at www.sailmaine.org

Sports
Get caught up with school and the swim season but having him there always lightens the mood.
Lawrence also said of her club coach, Leanne Gravel at SMAC, “She always reminds me of little details that I’m working on at the moment. On top of this, she tells me that she wants me to see me race and not hold back. Each race is a chance to improve yourself, and I’m working on getting my head into every single one.”
When asked if they had any advice for younger swimmers coming up, the varsity standouts offered three pieces each.
Lawrence advised:
1) Never get discouraged. One of the most challenging parts about swimming is fighting your own thoughts. If you work harder than you did the day before, you already have something to be proud of.
2) Do not compare yourself to others. I always think of the quote “Comparison is the thief of the joy” because of how accurate it is. You’ll end up striving for goals that aren’t your own and will disappoint yourself.
3) Never settle. Don’t try to convince yourself that you gave something your all when you didn’t. You need to be striving for higher goals all the time, and that false sense of satisfaction will only hold you back. I’m still working on this myself.

From Tighe, this advice:
1) Work hard; one of the greatest things about swimming is that your hard work and time in the pool is rewarded by fast swims - it’s a great feeling to achieve a best time. You’ll end up striving for goals that aren’t your own and will disappoint yourself.
2) Stick with it: swimming can be hard and demanding but it also provides opportunities to make great friends and stay in great physical shape.
3) Have fun! Swimming is such a fun sport. It is both a team sport and an individual sport providing many different types of rewards.
Both Tighe and Lawrence said if they were not swimming, they’d be skiing.
As for college, Lawrence says she prioritized academics, and she would look for a division I schools already. Competing as a college student/athlete has been on my radar for a number of years now and I am very excited about fulfilling this goal.”

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COMPLAINTS
11-28 An officer met with a resident in the Mitchell Road area regarding a possible missing person.
11-29 A bicycle found in the Eastern Road area was brought to the police department. It is a silver Roadmaster bike.
12-2 Two officers responded to the Scott Dyer Road area for an assaultive juvenile.
12-1 An officer met with a resident of the Shore Road area regarding a trespass complaint.
12-6 A brown lady’s wallet was brought to the police department. The owner was identified and property returned.
12-6 Two officers responded to the Middle School for a report of kids smoking in one of the dugouts. They were using a vaporizer. School and parents were notified.
12-6 An officer met with a resident of the Ocean House Road area who reported a juvenile ringing his doorbell the running off. The juvenile was identified and parents notified.
12-8 An officer met with a resident regarding possible violation of a protection order.
12-9 An officer met with a resident of the Ocean House Road area regarding the theft of a bike. It is a black hybrid mountain bike.
12-9 Two officers responded to a report of juveniles inside a vacant building. One subject was identified and is under further investigation.
12-10 Two officers responded to a residence in the Ocean House Road area for a domestic disturbance.
12-10 An officer met with a resident of the Ocean House Road area who reported that he lost his snowblower in front of his garage while he went to a local store, and was gone for about 15 minutes. While he was gone, someone stole his older John Deere snowblower.
12-14 An officer met with a resident of Scarborough regarding an indecent exposure complaint.
12-16 An officer met with a resident of the Sawyer Road area regarding a trespass complaint.
12-16 Two officers responded to a residence in the Scott Dyer Road area for a well-being check.
12-20 An officer met with a resident of the Broad Cove area who reported fraud charges on her credit card.
12-20 An officer responded to a residence in the Fowler Road area for a well-being check.
12-26 An officer met with a resident of the Broad Cove area regarding a harassment complaint.

SUMMONSES
12-1 Waterboro resident, unregistered vehicle, Shore Road, $133
12-1 Portland resident, speeding (47/35 zone), Spurwink Avenue, $137
12-12 Windham resident, unregistered vehicle, Route 77, $133
12-14 South Portland resident, operating after suspension, habitual offender, Stillman Street
12-15 South Portland resident, unregistered vehicle, Scott Dyer Road, $70
12-17 South Portland resident, possession of scheduled drugs, violation of conditions of release, Fort Williams Park
12-20 South Portland resident, operating after license suspension, Sawyer Road
12-21 Cape Elizabeth resident, operating after suspension, Starboard Drive
12-22 Dayton resident, speeding (66/45 zone), Route 77, $215
12-25 Portland resident, speeding (44/30 zone), Shore Road, $137
12-25 Portland resident, speeding (54/35 zone), Route 77, $185
12-29 Cape Elizabeth resident, speeding (51/30 zone), Sawyer Road, $215

JUVENILE SUMMONS
12-7 Cape Elizabeth resident, speeding (53/35 zone), Spurwink Avenue, $185
12-8 Cape Elizabeth resident, speeding (50/30 zone), Mitchell Road, $215

ARRESTS
12-17 South Portland resident, unlawful possession of scheduled drugs, violation of conditions of release, Fort Williams Park

ACCIDENTS
11-29 Daniel Meune, Barbara Ruths, accident on Ocean House Road
11-29 Nancy Abol, Peter Grenon, accident on Southwell Road
12-9 Ben Davis, accident on Hill Way
12-12 Denise Rosa, Emily Cormier, accident on Ocean House Road
12-14 Lisa Tower, Kevin Derrig, accident on Wells Road
12-20 James Hallie, accident on Wells Road
12-19 Melanie Thomas, Rachel Chase, accident on Starboard Drive
12-20 Matthew O’Neill, accident on Mitchell Road
12-21 Gary Burks, Heidi Hertz, accident on Starboard Drive
12-21 Marlow Thomas, accident on Ocean House Road
12-22 Mary Reilly, accident on Two Lights Road
12-23 James McCormick, Jack Meahl, accident on Trundy Road
12-30 Madeline Drioler, Timothy McHugh, accident on Fowler Road

FIRE CALLS
1-28 McKinney Point Road, carbon monoxide alarm
11-29 Ocean House Road, car accident
12-1 South Portland mutual aid
12-2 Two Lights Road, carbon monoxide alarm
12-3 Shore Road, elevator rescue
12-4 Spurwink Avenue, furnace problem
12-4 Cheverus Road, investigation
12-5 South Portland mutual aid
12-5 Woodcrest Road, chimney fire
12-7 Oakhurst Road, carbon monoxide alarm
12-8 South Portland, mutual aid
12-9 Old Ocean Road, investigation
12-9 Oakhurst Road, line down
12-11 Purpooodock Drive, carbon monoxide alarm
12-11 Old Ocean Road, investigation
12-12 Old Ocean Road, car accident
12-13 South Portland mutual aid
12-13 Wainwright Drive, fire alarm
12-16 Orchard Road, carbon monoxide alarm
12-17 South Portland, mutual aid
12-17 Portland mutual aid
12-18 Scarborough mutual aid
12-19 South Portland mutual aid
12-20 Fieldways Lane, fire alarm
12-21 Shore Road, fire alarm
12-22 Arrow Point Road, fuel leak
12-22 South Portland mutual aid
12-23 Ocean House Road, line down
12-23 Scott Dyer Road, Investigation
12-23 Lighthouse Point Road, Investigation
12-24 Mitchell Road, fire alarm
12-24 South Portland mutual aid
12-24 South Portland mutual aid
12-25 Gladys Road, fire alarm
12-28 Graystone Road, fire alarm
12-29 Shore Road, line down
12-30 Smuggler’s Cove Road, carbon monoxide alarm
12-31 South Portland mutual aid
1-1 South Portland mutual aid

SMUGGLER'S COVE NEWS
There were 33 runs to Maine Medical Center. There were 6 runs to Mercy Hospital. There were 12 patients treated by rescue personnel but not transported.

Scam Alert Bulletin Board

Western Union settlement
If you were tricked into wiring money to scammers using Western Union, you may be eligible to get at least some of your money back. The Federal Trade Commission and Department of Justice came to a $56 million settlement with Western Union last year. If you sent money through Western Union between January 1, 2004 and January 19, 2017, and lost it to a scammer, you may be eligible for a refund. Visit www.ftc.gov/wu to learn more. You can file your petition on-line or by mail, but do so by Feb. 12, 2018.

Phishing scams
Phishing is when scammers try to trick you into sharing sensitive information. They typically send legitimate-looking e-mail messages from what appears to be a bank, federal agency or service provider requesting that you “verify” personal information. Now that people are catching onto email phishing, scammers have branched out to texting – banking on our tendency to respond immediately to a text message. Whether it’s through your smartphone or instant messaging on a social media site, be wary of suspicious texts. When in doubt, delete.
Peoples UMC to hold Bean Supper

The Peoples United Methodist Church, located at 310 Broadway, South Portland will hold a Bean Supper on Saturday, January 20, from 5:00-6:00 p.m. Baked beans, casseroles and wonderful pies and desserts will be available.

Good Night, Cape Elizabeth

Children ages 2-6 (with an adult) are invited to the CELT office to enjoy a bedtime hour about winter animals in Maine, our “cold-weather friends.” Join CELT volunteer, Jill Darling for stories, a craft, and a brief visit outdoors to see what animal signs we might find in winter. Come in your pajamas, and bring a snack. Parents/Guardians must be present.

Tuesday, February 6, 6:00-7:00 p.m. CELT office: 300 Ocean House Road, Cape Elizabeth $6/parent & 1 child. Each additional child $3.

Snow Shoe Outing in Robinson Woods

Join Cape Elizabeth Land Trust Executive Director, Cindy Krum and longtime CELT supporter, Tony Owens for a two-hour snowshoe adventure through the snow laden trail network of Robinson Woods. This program is designed for winter outdoor enthusiasts, and we will explore the fields, woods and wetlands to gain a unique winter perspective of this wonderful property. Please bring your own equipment and dress accordingly for weather. Owing is subject to acceptable weather conditions. February 21, 9:30-10:30 a.m. Meet at the end of Fenway Road $6/person Animal Tracking for Families

Having a “staycation” this February? Join Cape Elizabeth Land Trust Education Coordinator Natasha Rathlev at the Great Pond Fenway Road trailhead to learn common winter animal tracks and practice tracking. Participants will receive a hand-held track guide that will then use to identify and follow various tracks along the trail. Warm, dry clothing and footwear are a must. Children attending should be at least 6 years old, and accompanied by an adult. Owing is subject to acceptable weather conditions. February 21, 9:30-10:30 a.m. Meet at the end of Fenway Road $6/person & 1 child 

Cape Elizabeth United Methodist Church

280 Ocean House Road

www.ceumc.org

Chapel Service: 8 a.m.

Sanctuary Service: 10 a.m.

Child care & Sunday School: 10 a.m.

Adult Sunday School: 9 a.m.

The Church of Jesus Christ of Latter-day Saints

301 Cottage Road, South Portland

www.sfalbansmaine.org

Sundays: 8 a.m. . . . . 9:30 a.m.

Celtic Service: Sunday, 5:30 p.m.

Nursery: Sundays, 9:30 a.m.

Saint Bartholomew Roman Catholic Church

8 Two Lights Road

www.fccucc.org

Worship: 8:30 a.m. . . . 10 a.m.

Sunday School: 10 a.m.

Preschool Child Care: 10 a.m.

First Congregational Church of Scarborough

167 Black Point Road, Scarborough

www.fescarborough.com

Sunday Morning Worship: 9:30 a.m.

Sunday School & Nursery Care

EVENTS
### Classified Ad Rates

<table>
<thead>
<tr>
<th>S$/line</th>
<th>Checks, PayPal (credit cards)</th>
<th>Minimum credit card order: $12</th>
<th>Mail with Payment To:</th>
<th>The Cape Courier P.O. Box 6242 Cape Elizabeth, ME 04107</th>
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### Classifieds/Events

**For Sale**

- **Furnace**
- **Firewood**

**Wanted**

- **Antique Furniture**
- **Books**

**Businesses/Services**

- **Television Repair**
- **Home Organizing**

**Wish List Home Improvements**

- **Firewood**

**Sanctuary Home Organizing**

- **Decluttering**
- **Organizing**

### Classifieds/Events

- **November 2017 Cape real estate transfer transactions**

<table>
<thead>
<tr>
<th>NEW OWNER</th>
<th>LOCATION</th>
<th>SALE PRICE</th>
<th>TYPE/USE</th>
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<tbody>
<tr>
<td>Brennan Family Trust</td>
<td>15 Running Tide Road</td>
<td>$2,050,000</td>
<td>Single Family</td>
</tr>
<tr>
<td>Moyer Seth</td>
<td>37 Forest Road</td>
<td>$390,000</td>
<td>Single Family</td>
</tr>
<tr>
<td>Birlem Margaret</td>
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<td>Residential</td>
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**Caregiver**

- **Care/Giver for All Ages!**

**Eco-Sense Builders**

- **Construction**

**Senior Care**

- **Home Care**

**Flute Lessons**

- **Music Lessons**

**Sanctuary Home Improvements**

- **Decluttering**
- **Organizing**

**SANCTUARY HOME IMPROVEMENTS**

To declutter, organize and downsize, call Leslie at 272-6027 for a free evaluation. www.SanctuaryHomeOrganizing.com

**Town of Cape Elizabeth**

**Flood Protection Assistance Available**

The Code Enforcement Officer is available to provide information and technical assistance about flood protection to interested property owners. This assistance includes providing historical information on the property, review and critique of retrofitting plans, and site visits to advise property owners of appropriate protection measures.

**The Thomas Memorial Library is Your Source for Flood Plain Management Information.**

Publications include information on flood insurance, protecting a building from flooding, and community hazard mitigation. Contact the Reference librarian for more information.

For more information contact: Benjamin McDougal Town of Cape Elizabeth 320 Ocean House Road, P.O. Box 6260 Cape Elizabeth, ME 04107 207-799-1619

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Sheehan and Oraine announce marriage

Pictured on left: Maralee Sheehan, graduate of the CEHS class of 2007, and daughter of Martin and Kathy Sheehan of Cape Elizabeth, was married to William Oraine, son of the late Beth Oraine of Ozonea, NY at St. Bartholomew Church in Cape Elizabeth on October 13. Maralee is a preschool teacher at Youth and Family Outreach in Portland. William works for O'Reilly Auto Parts in South Portland. The newlyweds live in Portland.

McAlister completes successful semester at Maine Maritime Academy

Bretton McAlister, CEHS graduate Class of 2017 and son of Cape Elizabeth residents Dennis and Cathy McAlister, completed his first semester at Maine Maritime Academy with a 3.95 GPA. McAlister is majoring in Vessel Operation and Technology, and is involved in the NROTC. He has aspirations of becoming an officer.

Attorney Elizabeth Kayatta joins Berman & Simmons

Contributed photo

Attorney Elizabeth Kayatta, (pictured) a Cape Elizabeth native who has spent the past five years in Boston representing plaintiffs in medical malpractice cases and other civil disputes, has joined the Berman & Simmons law firm.

Kayatta grew up in Cape Elizabeth and graduated from Cape Elizabeth High School in 2004. She attended Princeton University and graduated magna cum laude from Boston College Law School. Kayatta said she is excited to return home to Maine, and looks forward to working collaboratively with the other lawyers and staff members at Berman & Simmons.

Lions Club to hold Pancake Breakfasts and Spaghetti Dinners

The Cape Elizabeth Lions Club invites you to attend their Pancake Breakfasts and Spaghetti Dinners at their clubhouse at Bowery Beach Schoolhouse, 1 Wheeler Road.

Proceeds benefit maintenance of the Bowery Beach Schoolhouse and Cape Lions Charities.

Dates for Pancake Breakfasts are: February 11, March 11, April 8, and May 13, 7:30 to 11 a.m. Tickets are $7 for adults and $5 for children under 12.

Dates for Spaghetti Dinners are: January 20, February 17, and March 17, 5:00-7:30 p.m. Tickets are $10 for adults and $5 for children under 12.

Calling all Cape Elizabeth professionals

On May 2, the CEHS sophomore class will be attending the 8th Annual Career Fair that will welcome more than 700 students from South Portland High School, Cape Elizabeth High School, and joining us this year, Scarborough High School. The Fair has become a signature event for the SP/CE Community Chamber of Commerce, area high school students, and regional businesses and organizations.

The Career Fair’s primary focus is to introduce students to a variety of careers and professions by connecting them with you, our local professionals and business owners. The Career Fair exposes students to various post-secondary pathways that include blue collar, white-collar, armed services, law enforcement, and entrepreneurship. The Fair has become a critical link between the schools and the work force of tomorrow and we welcome your participation. The event will be held at the South Portland High School, Beal Gymnasium, 657 Highland Avenue, from 9:15 - 10:55 a.m.

For more information, or to sign up to reserve a table for your business, please contact: John Holdridge, 799-3309 X-4438, jholdridge@capeelizabethschools.org.

Happy New Year

We would like to thank the amazing community of Cape Elizabeth for a great 2017!

Join us for CAPE HOCKEY NIGHT!

January 27th

Troubh Ice Arena

Capefleet Sopo Varsity Girls vs Cheverus 4:10pm

Cape Varsity Boys vs Cheverus 5:50pm

50/50, Prizes, Giveaways and Raffles

Contributed photo