The Cape Courier supports Cape Elizabeth High School Athletes

From left to right John O'Connor, Natty Holmes, Andrew Miller and Alison Ingalls, members of the CEHS Super Fan Club, hold the Cape Courier banner at the Cape vs Greely game at Hannaford Field, along with CEHS students, in the student section of the stands.

Photo by Tara Simopoulos

Some Cape Elizabeth High School students joined a national walkout recently to signal solidarity with survivors of sexual assault and Dr. Christine Blasey Ford, a college professor who accused Supreme Court nominee Brett Kavanaugh of sexually assaulting her when they were in high school.

By Kevin St. Jarre

Students wearing their SafeBAE shirts, from left to right, are Lilli Frame, Grace Erskine, Bella Rodrigues, Raina Sparks, Kim Knauft, Avery Palma, Ellie Macnuff, Maddie McCormick and Anna Stevens. SafeBAE works to prevent and educate about sexual assault in middle & high school.

Photo by Abby Mello

Garden Musings: Fall roses in bloom

By Kim Case

David Austin Peach Roses are the late bloomers of our garden this September. We thought we’d seen the last blooms but here we are in late September. And with them, beginning around the first of the month we’ve seen a small surge in honey bee activity around them and our other late flowering plants- happy to have them as they prepare for winter.

Do you have something special happening in your garden? Let us know!

Photo by Kim Case

Fall cleanup 2018 schedule

Disposal fees at the Recycling Center will be waived for residents transporting their own material and/or items from Oct. 13 to Oct. 29, 2018.

Fees will be waived from Saturday, October 13 through (up to including) Monday, October 29. Contractors however will be assessed fees in accordance with current regulations.

In addition to the above dates, the Recycling Center will be open four Sundays between Oct. 21 and Nov. 11 for the disposal of recyclables, leaf, yard wastes, wood waste, bulky waste and brush only. Fees will be assessed on applicable items on Nov. 4 and Nov. 11.

Items normally destined for the transfer station compactor (household refuse) will not be accepted on Sundays. For more information please contact Public Works, 207-799-4151.

FALL 2018 SCHEDULE

Sunday, Oct. 21 10:00 a.m. to 4:30 p.m.
Sunday, Oct. 28 10:00 a.m. to 4:30 p.m.
Sunday, Nov. 4 10:00 a.m. to 4:30 p.m.
Sunday, Nov. 11 10:00 a.m. to 4:30 p.m.

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One of the organizers was CEHS student Lillian Frame, who said, “This walkout happened because of the allegations by Dr. Christine Ford and Deborah Ramirez against the Supreme Court nominee. We have seen them ridiculed, ignored, and discounted and we refuse to accept it. Our culture has prioritized perpetrators, instead of survivors of sexual assault for too long. We wanted to make it very clear that we do not agree with Kavanaugh’s nomination and/or confirmation and that we, as a community, stand with survivors. This was done in collaboration with the CEHS Youth Activist Group and SafeBAE, and was announced through social media. We weren’t allowed to announce this on the school loudspeakers, so we used Instagram and email primarily. It was organized Saturday night [and] Sunday and was amazingly successful given the last-minute nature.”

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By Kevin St. Jarre
A candidate of ‘integrity and passion’ to serve our community

In less than one month many of us have the opportunity to vote for the best candidates to represent us in Maine and beyond. I’m excited to be casting my vote for Anne Carney for Representative and hope you will join me. I have lived in Cape Elizabeth for fourteen years and know the beauty and opportunity that this area can offer. I know that we need a representative who will listen to our needs and work hard to represent us in Augusta. Anne has integrity, a strong work ethic, and the passion to make our community better. I have two children in the Cape schools and I know she will fight for better funding from the state and better technology in our classrooms.

With reproductive rights in jeopardy at the federal level, she will be a strong pro-choice voice in our state. Anne Carney has worked as a lawyer representing low income Maine residents, she’s served on our Land Trust, and she’s raised children here in our school system. She knows our community. Anne will be a progressive ally and voice in the legislature on issues from jobs to the environment. I hope you will join me in supporting and voting for Anne Carney for the Maine House of Representatives on November 6.

Corin Swift

Rebecca Millett ‘brings passion and caring to her work’

This is a letter asking for your support of Rebecca Millett for another term (her fourth) in the Maine Senate. Rebecca brings passion and caring to her work on the bills that come before the Senate. She brings a balance of concern for the financial integrity of the state and support for Maine’s people. Her work on behalf for Maine citizens includes making health care accessible for all Maine’s citizens and working to insure high quality education for all Maine’s students which includes improving the quality of educational standards K through 12, college accessibility and financial support for post secondary students and retraining programs for people looking for improved job opportunities.

Her professional background in finance and budgeting and understanding of the financial aspect of each legislative proposal makes her a natural person who looks to work across the aisle in a bipartisan manner. Much of the legislation she sponsors has bipartisan support.

Michael and Janet Efren

Notice about publication of letters during election season

The Cape Courier is not able to publish all letters received in support of candidates before elections. No more than one letter of support for any particular candidate, received by deadline, will be published in any single edition of The Cape Courier. Letters should be no longer than 250 words. Writers submitting significantly longer letters should expect that their letters may be edited for length if published.

The best method of letter submission is email. All letters submitted by email should be sent to the editor at: editor@capecourier.com. Letters received by the editor by email will be acknowledged by return email, usually within 24 hours. A letter that remains unacknowledged should not be assumed to have been received, but should be resubmitted or followed up with a phone call or email to The Cape Courier.

Jordan’s book a ‘fanstastic historical resource’

If you have not read William B Jordan’s ‘fanstastic book” A History of Cape Elizabeth Maine” I do so recommend. What a fanstastic historical resource! Unfortunately it ends in the mid 60s because the book was published in 1965. I’d like to share with you what he wrote on page 164, “...Were it not for the foresight of a few dedicated individuals the shores of Cape Elizabeth would soon have been beyond the reach of all but a few members of our affluent society. Now the joys of days gone by will have some meaning for the generations yet to come.” What say ye?

Chris Lowenstein

Democracy at its best

As a former Civics teacher, I am extremely pleased to have taken part in Cape Elizabetht’s Town Council meeting on September 19, 2018. The Town Council has been grappling with, among other concerns, the contentious issues surrounding, “paper streets”, public access to the sea and the role of public assets, especially concerning the access to the sea here in our school system. She knows our community. Anne will be a progressive ally and voice in the legislature on issues from jobs to the environment. I hope you will join me in supporting and voting for Anne Carney for the Maine House of Representatives on November 6.

Corin Swift

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Thank you to this recent generous contributor:

Mary Baxter

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Mary Baxter

Tell us hear from you?

We love feedback!

Send submissions to: info@capecourier.com

Are you a young, aspiring writer or artist? We want to hear from you!

We are looking for artwork or stories for our new section, The "KID" Courier.

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The Purpoodock Club was the scene of the 50-Year Reunion for the Cape Elizabeth High School graduating class of 1968 on September 15. A fine turn out was on hand to share great food and drink, the best music of all time, thoughtful memories—happy and sad— and hugs and laughs too numerous to count.

Left to right, are reunion organizing committee members, now in their prime...

Steve Hill, Tim Fitzpatrick, Jim Rowe, Bill Orcutt, Bill’s wife Monica (not a class member), Janie (Carroll) Frustaci, and Judith (Conway) Hill.

Same committee members, left to right, in their “other prime.”

Town Council rejects proposed settlement for Surf Side Avenue paper street

The Town Council on September 19 voted 6-1 to reject a proposal for the town to begin vacating rights in a portion of Surf Side Avenue, an oceanfront “paper” street in Shore Acres.

The proposal would have settled a complaint from five Surf Side Avenue abutters who sued the town after the council’s 2016 decision to extend the town’s right to accept the street—along with 32 other paper streets—as a public way.

The proposal that arrived through court-ordered mediation would have the town vacate its right in an 800-foot portion of Surf Side Avenue abutting the plaintiff’s properties. The plaintiffs would agree to allow subdivision residents to continue using their current rights of access, and to pay the town $500,000 for acquisition of other open spaces in town.

For the councilors who voted to reject the settlement, it was a matter of principle.

“As a representative of the citizens of this town, it is important to me to insure access to the ocean for everybody,” said Councillor Penny Jordan, who along with Caitlin Jordan, Valerie Randall, Jamie Garvin, Chris Straw and Chair Jessica Sullivan voted to reject the settlement.

Randall and Caitlin Jordan both said they initially supported the subdivision because of its certainty, but on reflection changed their minds. “If you want to accept a settlement, this is a pretty good settlement,” said Randall, adding that $500,000 would go a long way to purchase other open space. However, after weighing public sentiment, Randall said she believed what citizens value is the principle, and the access. “If that’s what you value, then the settlement is not a good deal,” she said.

Sullivan, the council chair, also drew on what Cape Elizabeth citizens value. “For years, (in) survey after survey after survey ..., our citizens have affirmed over and over again that the No. 1 reason they live in Cape Elizabeth, and they want to live in Cape Elizabeth, and they love Cape Elizabeth, is open space and access to it.”

Principle, Sullivan said, was the greatest reason she opposed the settlement. “I thought, would taxpayers want us to spend $100,000 or more if that’s what it took ... to permanently protect what myself and many others consider a priceless asset? And hundreds of residents are telling us that yes, they do. They do.”

Councillor Sara Lennon, who opposed the motion to reject the settlement, cited the certainty of the agreement and its potential to avoid further litigation that could cost more than $1 million. “I don’t feel comfortable gambling with money that isn’t mine,” she said, and while she too supports open space, she said she believed Shore Acres residents are already well served. The town has other priorities, she said, including aging town and school buildings, educating children, and keeping the tax burden in check.

During the deliberation several councillors said they also hoped for a timely resolution and to bring healing to a divided neighborhood and community. Lennon said she saw the settlement as a way to do that, but, Sullivan said, “I think the best way to heal the community is for the town to lead, and for the town to stand up to its principles and to lead on principle.”

The contested portion of Surf Side Avenue appears on the 1911 subdivision plan for Shore Acres but was never built or accepted by the town. The town has the right to accept it in the future, but the complaint says that the town forfeited that right because it failed to exercise it, and because it allowed abutters to use the area as part of their back yards for more than 20 years.

Left to right, are reunion organizing committee members, now in their prime...
Library offers an evening of lute and soprano songs, presentation on dog training tips, hosts children’s musician Jeannie Mack, author event with Cape resident Michelle Patch

Planning a New Book Group for Adult Readers of YA Fiction

Are you an adult who loves to read YA fiction? So is our teen librarian! Would you like to join a group where we can chat, theorize about and fan-girl over our favorite YA characters and authors? Contact Alyssa at alapierre@thomas.lib.me.us for more information!

ADULT PROGRAMS

From Mice to Moose, Get to Know the Mammals of Maine!

Thursday, October 11
6:30-7:30 p.m.
Maine Wildlife Series

The Chewonki Foundation joins us in October with an interactive program that will introduce attendees to our Maine mammals. We’ll study a mix of mounted animals to compare teeth, feet, and fur to get a better understanding of how our animal neighbors adapt to their habitat, and what role they play in the food chain. And we’ll be joined by a surprise guest: a non-releasable wild mammal!

The Mysterious Music of the 21-String Kora

Saturday, October 13
2:00-3:00 p.m.

Musician Sean Gaskell joins us to perform traditional songs on the 21-stringed West African Kora. The Kora is native to the Mande peoples who live within the countries of Gambia, Senegal, Mali, Guinea, and Guinea Bissau. Sean will feature traditional songs that are the heart and soul of the Kora’s musical repertoire in addition to some of his own personal compositions. All ages are welcome.

The Benefits of Eco-friendly Fall Gardening Practices

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

What does putting your garden to bed mean to you? What practices do you employ? Are they eco-friendly? An “eco-friendly” garden or landscape is about working with nature, not against it. How and what you do in the fall to put your garden to bed impacts the health of your gardens and landscape in the following growing season. Doing a big fall clean up may not be as necessary as you once thought. You can actually do less in your yard and let nature work for you.

In this talk, Amy Witt of Cape Elizabeth business Walk with Walls, will provide eco-friendly fall gardening tips and ideas that will benefit your gardens, sustain pollinators, beneficial insects, and other critters through the colder months and help get your gardens ready for the next growing season.

Writers’ Accountability Group

Wednesday, October 17
10:00-noon

TML’s Writers’ Accountability Group (WAG!) meets on the third Wednesday of each month from 10:00-noon. From future writers who haven’t found the time to get going, to published authors looking for inspiration for their next book, to poets ready to share their insights, we’re here to support you in a relaxed, safe setting. All levels of expertise and genres are welcome.

How to Get Your Poetry Published

Wednesday, October 17
12:00-1:00 p.m.

Alice Persons is a published poet – and a publisher of poetry. Please join us to hear her story – how sometimes when you want to get something done (i.e. get your poems published), you just have to do it yourself! Alice will also read from her poetry and will host a discussion to answer questions about ways to get your poetry published.

Evening Book Group — “MARCH, BOOK ONE” by John Lewis

Thursday, October 18

We have an amazing program lined up for a cool October evening. Lutist Timothy Burris joins us, along with opera soprano Jennifer Bates to regale us with an evening of northern European music written in the mid-1600s to mid-1700s. This is a unique opportunity to time travel with two seasoned musical performers.

Write Now! Half-Day Workshop to Help You Get To Your Writing

Saturday, October 20
9:30 a.m.-1:00 p.m.

Have you been trying to get something written but haven’t made time? Then it’s time to Write Now! Whether you’ve been pondering a business plan, the outline for a novel, a play, or a poem – join us for a half-day dedicated to your writing. We’ll gather briefly in the conference room to meet and state what we’re working on. Then we’ll each find a corner or meeting room in the library to write. We’ll work until 12:30 p.m., then gather again to discuss how things went.

When you want to do something you love but can’t make it a priority, it helps to carve out time and a space to get to your best work. All genres are welcome, and no experience is necessary. Please join us to write now.

Dog Training Tips from North Edge K9

Thursday, October 25
6:30-7:30 p.m.

Do you have a doggy companion who simply will not listen to you? North Edge K9 joins us this month to share their proven method to train your dog that is not stressful but is instead an enjoyable experience.

You’ll learn:
• Ways to develop a proper relationship with your canine companion.
• How to develop the skills to get your dog to work with you and not against you.
• How to motivate your dog to maximize your enjoyable time together.

One of our librarians had her puppy trained at North Edge K9 and highly recommends their methods for pups of all ages.

Senior Tech Time — October

Wednesday, October 24
10:30 a.m.-12:00 p.m.

If you have tech questions, we’ll help you in any way we can working together as a group and addressing individual questions. Recent questions have been about

Do you have what it takes to care?

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• Internal promotions
• Paid trainings and certifications
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CAPE MEMORY CARE

W H I L E  Y O U  L I V E  W I T H  C O M P L E X  D I S E A S E S

DATE
Wednesday, October 17

TIME
10 a.m. – 6 p.m.

LOCATION
Cape Memory Care
125 Scott Dyer Rd.
Cape Elizabeth

FOR MORE INFORMATION
Isabel Kubeck, Administrator
ikubeck@woodlandsmaine.com

or (207) 553-9636

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The Cape Courier • Page 4
LIBRARY
Oct 10 - Oct 24, 2018

WoodlandsMaine.com
TEEN PROGRAMS

Anime Club
Mondays from 2:30-4:00 p.m.

On Saturday, October 20 Cape Elizabeth resident Michelle Patch will share and sign copies of her picture book about a little dog, Rollie, who has an amusing encounter with a loon at the beach.

Ongoing Adult Programs

Knitting Group
Meets every Monday at 1:00 p.m.

Democracy Cafe
Meets the second Tuesday of each month from 6:30-8:00 p.m.

Morning Book Group
Meets the second Wednesday of each month from 9:30-11:00 a.m. On November 14, we’ll be discussing I Was Amelia Earhart by Jane Mendelsohn.

Writers’ Accountability Group
Meets the third Wednesday of each month from 10:00 a.m.-noon

Evening Book Group
Meets the fourth Wednesday of each month from 10:30 a.m.-12:00 p.m.

CHILDREN’S PROGRAMS

Musical Story Hour with Jud Caswell, for ages 3 and up
Thursday, October 11
1:00 pm - 1:45 p.m.
Singer/songwriter Jud Caswell returns for his monthly program. Sing songs, play musical games and hear stories accompanied by Jud’s own original music. No registration necessary.

Not a Fright in Sight, with Jean-nie Mack
Tuesday, October 16
3:00 - 3:45 p.m.
Children’s musician Jeannie Mack performs a combination of songs, rhymes and hand plays about pumpkins, trick-or-treating, jack-o-lanterns, tickly spiders and silly witches to delight 2-6 year-olds. And what would a Halloween program be without a scary story? Jean-nie’s use of a pop-up book about some friendly ghosts provides just the right touch to round out the fun. Various props like puppets, a huge jack-o-lantern, a witch’s cauldron, a not-too-scary witch and her cat, and even Caspar the Friendly Ghost, all add to the visual excitement of the program.

Animal Advocates Club Returns October 16
Our popular Animal Advocates Club, offered in partnership with the Animal Refuse League of Greater Portland, returns this fall for a younger audience. Kids in grades 3-6 can meet with Felicia Mazzone once a month, along with a live animal friend from the shelter, to learn about shelters and what they do and work on projects to help animals. No registration is necessary. The first meeting will take place on Thursday, October 18 from 3:00 - 4:30 p.m.

Author Event: “The Boston Terrier Who Thought He Was a Loon,” with Michelle Patch
Saturday, October 20
3:00 - 3:45 p.m.
Cape resident Michelle Patch will share and sign copies of her picture book about a little dog, Rollie, who has an amusing encounter with a loon at the beach. Michelle will bring along her own Boston Terrier, Bennie, to meet everyone and get hugs and pats. Perfect for little ones 3 and up.

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Need to lease your home or condo? Hire the best!
News from the School Board: September 2018

Before the first month of school passes us by, we want to keep you up to date with what has been going on and what is to come!

As of July, 1, Dr. Donna Wolfrom has officially stepped into the role of our district’s new superintendent and has hit the ground running! To date, Dr. Wolfrom has had multiple meetings with staff, community members, town councilors, town manager, and has held retreats with both the administration and the School Board. Erin Tosi is the new assistant to the superintendent, and the go-to person for anyone who might want to schedule a meeting with Dr. Wolfrom.

Among other new administrators, Cape Elizabeth Middle School welcomed Kyle Morey as the new assistant principal. Mr. Morey and Principal Troy Eastman have the added advantage of successfully working together previously during their tenures at Oxford Hills. Lastly, the district welcomes Delbert ("Dev") Peavey as the director of special education. Mr. Peavey’s office is located in Town Hall along with Dr. Wolfrom and Cathy Stankard (director of teaching and learning). Jessica Talbot continues as the department’s special services officer manager.

During a special business meeting on August 28, the School Board voted unanimously to approve participating in an inter-local agreement with the Greater Sebago Education Alliance Regional Service Center. This is an alliance of 11 neighboring school districts wishing to leverage purchasing powers and be positioned to receive additional state funding through the state’s Regional Service Initiative. At the November elections, Cape Elizabeth voters will be asked to vote to approve this partnership.

At the September 11 regular business meeting, the School Board voted unanimously to support Dr. Wolfrom’s request to initiate the process of developing a new strategic plan for the district. Also of note, Julia Thorek and Piper Strunk, were welcomed to the district as the new student representatives for CEHS. We are grateful for their valuable input and look forward to their future participation.

BUDGET

As promised during the FY19 school budget process, the School Board and Town Council have commingled their budgeting to form a more collaborative, efficient and pro-active budget process for FY20. On September 25, the School Board and administrators held a workshop devoted entirely to this aim. Furthermore, after a constructive meeting including Matt Sturgis (Cape Elizabeth’s town manager), Dr. Wolfrom, and the School Board Chair and vice chair, it was decided that the School Board and Town Council will hold a joint workshop with the help of a facilitator on Tuesday, October 23. Community members who are interested in joining the conversation and improving the process are highly encouraged to attend. Input can also be submitted via email prior to the workshop, if attendance is not possible.

POLICY

The policy committee reconvened on August 30 to continue its work reviewing and updating CESD policies. At the behest of high school nurse and athletic trainer, updates were made to the Management of Concussions and other Head Injuries policy to align with current practices. In order to reflect the current grading procedures at the high school, changes were made to High School Co-Curricular and Extra-Curricular Activities Eligibility and Code of Conduct policies. Updates were also made to the Homework policy. All three policies were brought before the School Board for a first read (public reading and discussion, no vote) at the Board’s September business meeting.

At the September 24 policy committee meeting, there was extensive discussion about the Student Wellness policy including nutrition language updates mandated by the state. The committee thanks all three school nurses, building principals, and the director of nutrition for their work on the Wellness policy. Homework policy was discussed again but will not be brought to the Board for adoption in the near future. It was agreed that the over-arching philosophy on homework will be part of a broader community discussion during strategic planning. In the absence of an update to the Homework policy, the companion policy document titled “Homework Expectations and Guidelines,” updated on June 4 of this year, provides direction to educators, students, and parents.

All policies are posted on the CESD website in the School Board section policy tab. If a policy is in process of being updated, the newest version will not appear on the website until it has been approved with a vote on a “second reading” at a School Board business meeting.

The policy committee meets monthly and is open to the public. Meetings are typically held during the last week of the month and are posted online.

FACILITIES STUDY

Although the cost of a facilities study was ultimately taken out of this year’s budget, the need and determination to improve our buildings continues. In the hopes of successfully reaching this goal, we are renewing efforts and looking to form a new committee composed of administrators, town councilors, students, and community members. Please let us know if you are interested in participating in this committee by contacting the School Board Chair, Susana Measelle Hubbs at smneasellehubbs@capeelizabethschools.org.

FUTURE DATES:

Tuesday, October 9, 2018, Regular School Board Meeting at 6:30 p.m. in Town Hall — agenda not yet available.

Tuesday, October 23, 2018, School Board and Town Council Joint Workshop on FY20 Budget Process at 6:30PM at Cape Elizabeth Fire Station.

Tuesday, October 30, 2018, Cape Elizabeth Comprehensive Planning Committee Final Public Forum at 6:30 p.m. in Town Hall.

PC PA Scholastic Book Fair

Please join the Pond Cove Parents Association at the 2018 Scholastic Book Fair. The event takes place Wednesday, October 10 through Wednesday, October 17 on the stage in the Cafetorium at Pond Cove School. The Book Fair is open to the entire Cape Elizabeth community and will have evening hours until 7 p.m. on Thursday, October 11 and Tuesday, October 15. Upon arrival please check in at the school front office. Proceeds from the Book Fair fund Pond Cove teacher grants.

Town accepting applications for bottle- shed proceeds to benefit Cape youth

The Town of Cape Elizabeth is accepting applications from for-profit service clubs and organizations, based in Cape Elizabeth serving the town’s youth, to share in proceeds from the bottle redemption building at the Recycling Center. The distribution of funds will be awarded based on need and will not exceed $2,000 per organization.

One application per group/organization may be submitted. Applications must be submitted online. Applications are available on the town website or from Officer David Galvan at 207-767-3232 or email david.galvan@capeelizabeth.org. Deadline for application is 4 p.m. Friday, October 19, 2018.

The Cape Elizabeth Comprehensive Planning Committee is accepting applications from residents to fill vacancies on the following town boards and committees:

Town Council Apointments Committee

Community Services Committee

Conservation Committee

Planning Board

Riverside Cemetery Committee

Thomas Memorial Library Committee

Zoning Board of Appeals

NEW! Energy Committee – The town council has established a standing seven-member energy committee. Terms will be staggered; initial appointments will be for one, two or three-year terms.

To apply please send a letter of interest and resume to: tmldfa@gmail.com.

To learn more about the Thomas Memorial Library Foundation please visit our website at www.thomasmemorialfoundation.org.

Kathleen O. Pierce

Realtor, SRES, ABR, Previews Specialist

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295 Ocean House Road
Cape Elizabeth, ME 04107

Questions should be directed to Debra Lane, Town Clerk at 799-7665 or debra.lane@capeelizabeth.org. Applications must be submitted to Debra Lane no later than Friday, November 2, 2018.

New terms begin January 1, 2019.
Get to Know: The Cape Elizabeth Police Department

By Jane Vaughan

The Cape Elizabeth Police Department (CEPD) has been around, in some form or another, since the town’s inception in 1765. It began with only a town constable in 1765, who was appointed as the chief law enforcement officer. In 1879, land was purchased near the present-day South Portland City Hall — for a police station and jail. The department continued to grow and its budget increased over the years. By 1969, it contained 21 employees. In 1989, the Water Extrication Team (or WETeam) was created, and in the ‘90s, the department added a full-time detective.

Today, according to Police Chief Neil Williams, the department is comprised of 14 law enforcement officers, one clerk, one part-time harbor master, one part-time animal control officer and three part-time clerks. The CEPD has become more involved in community events than it originally used to be, assisting with events such as the Memorial Day Parade, Family Fun Day and Beach to Beacon.

The PD recently appointed a school resource officer (SRO), which the town has never had before. “It’s been a tough road to push it forward, and I’m very happy to say we finally received one. Having an officer in the school is a change. Now, with all the upload on security, everybody’s finally come on board,” Chief Williams explained. The SRO, Officer David Galvan, will go wherever he is needed but will mainly be based in the high school.

In addition, the PD recently hired Officer Ryan Wagner. “To have that fourteen officer will be a big plus for us. I’d rather be proactive than reactive, and sometimes you just can’t do it if you don’t have the manpower to do it,” Chief Williams said.

The PD has also created a new position that Chief Williams calls the “utility officer,” which will combine the work of a community liaison with other tasks, such as assisting with SRO programs, filing overtime, working with TRIAD (a community-oriented policing program geared toward older adults) and addressing the issue of speed in town.

Looking forward, Chief Williams said that the department will be working on the arduous process of becoming state accredited, which he estimates will take about two years. He also recently announced that he will be retiring at the end of this year after 18 years as police chief.

Police Chief Neil Williams
How long have you been at the CEPD?: 18 years
What’s your favorite part about working there?: “I like dealing with the people. Having grown up in Cape Elizabeth, it’s been really good where I can communicate with people. And the other thing is we have a great circle of department heads, so if I need something, it’s no problem. I’ve really enjoyed that. And I’ve been really fortunate that we’ve had a great group of officers.”

Captain Brett Sinclair
How long have you been at the CEPD?: 30 years
What’s your favorite part about working there?: “What I like most about working here are the friendly people and having Fort Williams Park as a virtual office.”

Sergeant Paul Fenton
How long have you been at the CEPD?: 21 years
What’s your favorite part about working there?: “There’s a lot of things I like about working in Cape. The first is that it’s a great community. It’s a cliché, but it really is. The town is easy to interact with. People are supportive. Chief Williams just runs a great department. He’s been there a long time, and he’s selected a great group of officers. He’s a great guy to work for. It’s just a nice place to work.”

Sergeant Eric Fay
How long have you been at the CEPD?: 23 years
What’s your favorite part about working there?: “Working at night has the benefit of some beautiful sunrises.”

Sergeant Kevin Kennedy
How long have you been at the CEPD?: 30 years
What’s your favorite part about working there?: “First, I feel that we have a great team of police officers who care about the job they do, and I enjoy working with all of them. Second, we are not overwhelmed with calls, but we do have our share of ‘challenging’ calls to answer. Our call volume is less than neighboring jurisdictions, which allows us more time to spend with a citizen on a call as well as more time on case follow-up. This, in turn, also allows one to be more proactive while carrying out patrol responsibilities. Another factor that I enjoy here is the make-up of Cape Elizabeth. It is a suburb to Portland but also has a rural character and a very picturesque coastline. The views of the sea and landscape here never get old!”

Detective Mark Dorval
How long have you been at the CEPD?: 18 years
What’s your favorite part about working there?: “What I enjoy most about the job is interacting and working with the community. I enjoy putting names to faces, working together in solving cases and crime prevention and meeting the needs of everyone in the community. Policing is a community effort, and it’s very important to know your community and strengthen that partnership.”

Officer Rory Benjamin
How long have you been at the CEPD?: 10 years
What’s your favorite part about working there?: “My favorite part about working in Cape is being so close to the ocean. I grew up on an island in mid-coast Maine, so I love working in a community that is right on the water and feels like home.”

Officer Aaron Webster
How long have you been at the CEPD?: 13 years, with some time away here and there for military service
What’s your favorite part about working there?: “I enjoy the geographical variety here in town, as we have areas with a rural feel (such as the southern end of town with farm land and forest) and areas that are more urban (such as the northern end of town on Shore Road and Mitchell Road). And of course, let’s not forget the sea, like Fort Williams Park and Crescent Beach!”

Officer Ben Davis
How long have you been at the CEPD?: 8 years
What’s your favorite part about working there?: “Cape is a great town to work for as we have a good group of guys here at the PD. The community is quite supportive of us and many community members are quick to wave as we drive by or say ‘hi’ in person.”

Officer David Galvan
How long have you been at the CEPD?: 5 years
What’s your favorite part about working there?: “I enjoy working for a community that values its employees.”

Officer Darin Estes
How long have you been at the CEPD?: 5 years
What’s your favorite part about working there?: “What I like best about working in Cape Elizabeth is the great relationship our department has with residents and being able to see the ocean every day.”

Officer Ryan Wagner
How long have you been at the CEPD?: 2 months
What’s your favorite part about working there?: “Being a part of a community-oriented PD with a focus on being a servant leader and the professional opportunities, such as School Resource Officer, Drug Recognition Expert, EMT, Firearms Instructor, etc.”

Clark Edward Hunt
How long have you been at the CEPD?: 45 years
What’s your favorite part about working there?: “Seeing people, old friends and acquaintances.”

SPECIAL EDUCATION AND SECTION 504

CHILD FIND NOTICE

The Cape Elizabeth School Department has a duty to locate, evaluate and identify any child between the ages of 5 and 20 who is residing/attending school in the District who qualifies for Special Education services or Section 504 accommodation or services.

Children eligible for special education include those children with disabilities who have autism, deaf-blindness, developmental delay, emotional disturbance, multiple disabilities, hearing, cognitive, orthopedic, speech or language, visual or other health impairment, specific learning disability, or traumatic brain injury and who require special education services or Section 504 accommodations.

Children eligible for Section 504 accommodations or services include those children who have a physical or mental impairment that substantially limits a major life activity. If you suspect your child has a disability and may require special education or Section 504 accommodations, or if you would like additional information, please contact:

Deb Peavey, Director of Special Services
207.799.2217 or dpeavey@CapeElizabethSchools.org

Cape Elizabeth School Department, 320 Ocean House Road, Cape Elizabeth, Maine 04107

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A herd of goats is making the rounds in Cape Elizabeth via SCAPEGOATS, a company that rents out and transports the herd to a property. The goats then get busy by clearing the land of unwanted vegetation while reducing regrowth potential and enriching the soil with nutrients.

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Play Safe. Worry-Free.

Most Cape residents are familiar with Great Pond. But there are a great many other ponds in our town, particularly after all the rain we've recently had. Here are the Top 10 ponds in Cape Elizabeth.

1. Great Pond
2. So-So Pond - it's okay, just not great.
3. Lousy Pond - AKA Unimportant Pond, Embryonic Pond, Teeney Pond
4. Only-in-Your-Driveway-for-a-Few-Hours-After-a-Deluge Pond
5. Res Pond - (we asked for more answers, but never heard back.)
6. Big-Fish-in-a-Small Pond
7. Not-Really-a-Pond-It's-Part-of-the-Ocean Pond
8. Pond Cove Shopping Center
9. Tricky Pond – (AKA Tricky Pond, fooled us, turns out it's near Sebago.)
10. Square Pond – Dug in protest by former residents who were banished from the town of Round Pond, 70 miles to the northeast.

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Julia, 207.730.6932

Kathleen Scott
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Capetoons: Guide to the Ponds of Cape Elizabeth
By Jeff Mandell

Contributed photo

A herd of goats is making the rounds in Cape Elizabeth via SCAPEGOATS, a company that rents out and transports the herd to a property. The goats then get busy by clearing the land of unwanted vegetation while reducing regrowth potential and enriching the soil with nutrients.
After 25 years, Dodd retires from The Cape Courier

By Kevin St. Jarre

Robert “Bob” Dodd, who has been a part of The Cape Courier for 25 years, is stepping down from the Board of Directors, which he served on for 19 years. He also served as editor of the paper for six years.

Dodd joined the board in 1993 and stepped down to join the staff as editor from 1997 to 2003, after which he rejoined the board.

Readers may be curious as to what the board’s role is. Dodd said, “There are several important tasks the board fulfills. Maybe the most important is to assure adherence to The Cape Courier’s mission, ‘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.’”

Financial oversight is another important board function, making sure the financial picture remains healthy, and that sound accounting practices are followed. Dodd said, “We have always been fortunate to have skilled board members providing this oversight. The Cape Courier faces some unique financial challenges due to its mission, particularly in ensuring the community-wide focus and free distribution of the publication.”

The Cape Courier is almost wholly dependent on advertisers for financial support, and that means maintaining high levels of readership value and trust. At times, the paper also relies on the support of residents for financial gifts, or gifts of expertise or equipment. Although the newspaper is free, many readers pay for a subscription anyway in an effort to show their ongoing support. Dodd said “...the response from the community has always been strong. Community support is not an accident, it has to be earned.”

Another key function of the board is to provide support to staff whenever and however needed, helping the publisher and editor with occasional policy and staff issues and assistance in generating story ideas. Throughout its history, the board members have even stepped in to cover staff duties as needed.

Dodd has many memories, some sad and poignant, of his time with the Courier. “Oh, there are so many, many stories. There are three that personally most stand out: the tragic death of a Cape Elizabeth teen from an alcohol-related car accident; the profound impact of 9/11 on the community; and the challenges of covering the first-ever Beach-to-Beacon. I experienced all in a particularly vivid light since they happened when I was editor.”

In times of tragedy, Dodd felt the newspaper had a role to play. “With the tragic death of one of the community’s own teens, the staff and board worked together to cover the story from several perspectives. We felt it was important to involve the community directly in this coverage. We addressed the broader issue of teen drinking in Cape Elizabeth through a series of articles written by community members deeply involved in the issue: the chief of police, a teacher and parent, and a fellow student. It was a series written by the community about a subject that profoundly affected the community, he said.

With a national crisis, often a small-town weekly does not quite know what to do, but Dodd saw a part for the Courier then as well. “What stands out about 9/11 is not only the stories and photos we received from Cape residents who were in New York at the time, but also the memorable series of front-line accounts and photos sent in by a Cape resident who served in the military in Iraq in the aftermath of the event,” he said.

Of course, there were stories to celebrate as well. Dodd said, “[T]hat very first Beach-to-Beacon! We had no problem attracting an army of volunteer reporters and photographers – but how to best utilize them? Joan Benoit Samuelson, and the race organizers, treated our volunteers with such deference, providing The Cape Courier with incredible access then, and for every race since.”

In closing, Dodd said, “Our family moved to Cape Elizabeth in 1991 thinking then – and thinking still - we had moved to a little corner of paradise. How fortunate I have been to be able to give back to the community by being one part of The Cape Courier story.”
Friday night football scene

Gillian, Piscopo key members of talented team

By Kevin St. Jarre

Grace Gillian and Prezzi Piscopo are seniors at Cape Elizabeth High School, and members of a very talented soccer team with championship hopes.

Gillian is one of the rock-solid anchors of a fierce defense, and Piscopo is one of the most feared shooters in Maine soccer, able to reliably put one in the net from anywhere within 30 yards of the goal.

These young women and their teammates led by first-season coach Graham Forsyth, have racked up an impressive string of victories. On September 28, Gillian said, “The season has started off very strong with us holding a record of 8-0. The team connected very quickly which is a key part of why.”

Piscopo agrees, saying, “It’s by far our best season yet. Our team connects on and off the field and we all get along. I think that’s what makes our team so special.”

Of her fellow defenders, Gillian said, “We all work together really well, but everyone has to connect with a certain person more than another in order for us to play the way we want to. For instance my back line is something I wouldn’t change up because we all work so well together.”

As one would imagine, the young athletes already have many years of playing experience. Piscopo has played soccer since the second grade, including Cape Travel soccer, Global Premiere Soccer (GPS), GPS Regional team and has been selected for the GPS National team two years in a row.

Gillian has also been playing since she was a little girl. “I’ve been playing soccer since the day my parents started bringing me to Saturday morning soccer. I immediately fell in love,” she said.

Of course, to play that long, and at this level, an athlete has to love the sport. Piscopo said, “What I like most about soccer is that it’s a team sport and if your team wins, it’s with the help and effort from everyone.”

Gillian said, “The thing I love most about this sport would have to be the fact that it’s a big team sport and not an individual one, because when you get to see all your team’s hard work paid off by a lovely progressed goal, through the whole team, it’s honestly another feeling.”

Piscopo didn’t begin with soccer. “The first sport I started out with was field hockey when I was really young. I went to the first practice and knew it wasn’t the sport for me, so I tried out soccer and I knew instantly it was what I wanted to pursue.”

This year’s defense, some veterans and some younger players, has proven to be an almost insurmountable wall that has frustrated one talented offense after another. Physically talented and tough, and lightning-fast, they are clearly also very poised under pressure, and clever with a field-awareness rarely seen in players so young. Gillian said, “I ended up falling in love with this sport because my mind has always seemed to understand how the game works better than any other sport.”

It’s obvious when one sees her, and her sister-defenders, play.

Gillian said, “The most challenging part of this sport would have to be trying to not compare your team to another. It all comes down to the actual game day and how each person gets mentally prepaid and ready to really put in the work. If we have that part down, there’s no doubt in my mind that we’ll win.”

Piscopo said, “The most challenging part about playing soccer year round for me is the commitment. I never miss a practice or game for something else, and putting in 100 percent of your time is very challenging.” The commitment has clearly paid off. There is a rise in audience excitement whenever Piscopo has the ball, especially when she goes streaking down the field with teammate Karli Chapin flying at her wing. The two combine often for goals, and Piscopo is sometimes shockingly selfless, passing to Chapin even inside the 12.

Piscopo said, “Some advice my coach last year, [it was] Craig Fannon, he told me to not be so nice and I had to develop more of a killer instinct. I took this advice and have given myself more of a game face on the field.”

For her part, Gillian said of her current coach, “One thing my coach, Graham Forsyth, has always encouraged me to do is use my voice on the field. Communication is a big part of the game and is one way I can calm myself down during the game. Talking things out between teammates and making sure where to go and what to do next is understood makes the game just much easier.”

Piscopo said of soccer in general, “My favorite part about the sport is being a part of a team. It’s always fun spending time with everyone and doing team bonding. It has given me lifelong relationships, and is fun to be around people who are as passionate about it...”

—see SOCCER page 11
as I am.”

Gillian said she loves athletics in general because “having competition in sports can make things difficult, but it’s what makes people grow and helps us learn how to deal with things when they don’t turn out the way we would’ve liked them to. Not only that, but I love the way it’s a connection for people all around the world.”

When asked for advice for younger players who will someday wear Gillian’s #12 and Piscopo’s #10, Gillian said:

• Don’t let one mistake change the way you play the rest of the game. It happened—now move on to the next play and have an impact.
• Encourage your teammates; don’t get discouraged when things aren’t going the way you think they should be. Take a step back and see how you can make the situation better.
• Enjoy playing the game, and have fun with it. Piscopo echoes much of her teammate’s advice, and adds something more:
  • Always be there to encourage your teammates.
  • Keep your head up when you make a mistake and learn from it.
  • Play in every game like it’s your last.

When asked what they would play if they could not play soccer, both girls chose another team at CEHS on a potential championship run—volleyball.

Gillian said, “I’ve always wanted to play volleyball but it just works out that they’re played during the same season, so if I got the chance to take a break from soccer I’d definitely take up volleyball. The way I see the volleyball team work together is truly incredible. That is another great team sport.”

Piscopo said, “If I weren’t playing soccer I would definitely choose volleyball because it seems like a really thrilling sport. If volleyball weren’t in the fall, it would definitely be a top choice.”

Gillian said she would love to play soccer at the college level. “I love the sport too much to stop playing anytime soon,” she said.

Piscopo already has plans to play beyond high school, saying, “It has always been a dream of mine to play soccer in college, ever since I started playing. I have worked hard and given up a lot to play and it finally paid off. In April of my junior year, I committed to play soccer at Southern New Hampshire University.”

The CEHS girls’ soccer team is sure to go deep into the postseason, and will certainly host some of those games. It is shaping up to be a special season, and it is definitely a team worth going to see.

Pictured above is Grace Gillian, a cornerstone of the fearsome defense Coach Graham Forsyth has put together. On left, Prezli Piscopo is the tip of the spear for an extremely talented CEHS girls’ soccer team this season.

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Paid for and authorized by Tammy Walter
October Naturalist’s Corner

By Erika Carlson Rhile

“I’m so glad I live in a world where there are Octobers.” – L.M. Montgomery, “Anne of Green Gables”

To rake or not to rake? Think of fallen leaves as natural fertilizer for your yard. Trees are sucking the nutrients out and then composting them. It’s why the deciduous biome has fertile soil.

“Boom and doom”: Our family counted 104 dead squirrels between Brunswick and home last weekend. An excellent mast year for acorns and good snow cover in 2017 led to a baby boom for the squirrel population this year. The young are expanding their territory, and becoming roadkill in the process.

Almost in time for Halloween, watch for the October 24 Full Hunter’s Moon.

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Pumpkins aplenty at Jordan’s Farm; time to get those jack o’ lanterns carved. The largest pumpkin ever grown in North America was recently presented at the Deerfield Fair in New Hampshire. It tipped the scales at 2,528 pounds and the owner took home $6,000 in prize money.

Scenes of fall around town

Photo courtesy of Jordan’s Farm

Sunflowers in bloom at Gull Crest Fields

Photo by Kevin St. Jarre

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The Cape Courier • Page 13

Fall

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Cape Crotstic
Created by Rich Dana

Each letter in the puzzle appears in two places: once in the grid and once in one of the clue answers. Work back and forth between the grid and clues to complete the puzzle. The completed grid will reveal a quotation. Reading the first letters (literally, an acrostic) will reveal the author and source of the quotation. The grid consists of sequentially numbered cells with the completed grid will reveal a quotation. Reading the first letters (literally, an acrostic) will reveal the author and source of the quotation. The grid consists of sequentially numbered cells with the individual words separated by blocks. Words can wrap from row to row. Each cell in the grid contains a number and a small letter. The letter indicates in which clue the number appears. Transpose letters from the grid to the corresponding numbered spot in the grid.

A. Largest city in the place described in the quote, near and dear to us

116 11 79 36 192 66 173 99

B. ________ - Zeneca, big pharmaceutical company

144 136 120 28 101

C. ________ lock and ________ : secure (2 wds.)

88 38 127 74 185 16 47 156

D. Second largest city in the place described in the quote

180 50 19 15 94 141 118 170

E. Large shopping area near (A.) (3 wds.)

257 205 162 87 131 71 42 163 22 148 145 126

F. Clues

61 97 13 182 137

G. Smallest city in the place described in the quote

134 7 56 77 164 129 184 187

H. Defense contractor based in Waltham, Mass.

81 191 130 155 132 159 18 53

I. Former type of vehicle (2 wds.)

38 175 124 67 5 139 43 161 21

J. Go private, as a telephone number

167 98 132 76 31 150

K. Knife brand commonly used in crafting (hyph.)

177 2 104 133 69

L. Like the air at high altitude

10 158 110 25

M. Most hissute

151 72 142 185 100 29 14 60

N. Corporations, partnerships, and proprietorships, for example

64 123 32 186 91 20 135 63

O. Familiar phenomenon for people living in the place described by the quote (2 wds.)

12 178 45 73 103 4 109 93 122 40 78 183 153

P. Brutal Ugandan dictator (2 wds.)

90 171 134 82 6 95 107

Q. The best hometown newspaper (2 wds.)

84 41 340 26 70 146 149 189 172 55 162

R. Type of grasshopper

138 108 111 181 49 44 113

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Cape Elizabeth, ME
The Fight to Preserve Access to our Shoreline is not over.

We’re pleased that the Town Council rejected the proposed settlement agreement for the Surfside Avenue paper street. Now the Council needs to Accept the paper streets providing public access to our shoreline.

What can you do?

- Sign the NEW Save Our Shoreline (SOS) Citizen’s Initiative to create a town ordinance to preserve access to our shoreline.
- Volunteer to help SOS. Email us at: sosprotectourshorelineaccess@gmail.com
- Stay informed by checking the Town’s website for upcoming meetings on this issue. Attend. Fill the Room.
- Voice your concerns CALL, EMAIL, WRITE Cape Elizabeth Town Council Members
- Attend Candidate’s Night. Come armed with your questions and demand clear answers.
- Support SOS’s Go Fund Me @ gofundme.com/save-our-shore-cape-elizabeth

Remember in November

VOTE for Town Council candidates who support accepting the shoreline paper streets to preserve public access for us and for future generations. SOS endorses these three candidates for Town Council:

Valerie A. Devereaux • Jeremy A. Gabrielson • James M. Tasse

Paid for and authorized by the SOS Coalition, Treasurer, Michael Thorne

---

S. Corporation presided over at various times by Jock, J.R., Bobby, and Cliff Barnes (2 wds.)
T. Two flowers often seen in springtime (2 wds.)
U. Northernmost city in the place described in the quote
V. Flagship campus of the university in the place described in the quote

SOS
SAVE OUR SHORELINE
ACCESS COALITION

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Ranking choice voting was first used in our most recent primary election in the Democratic Primary. The use of the system was critical in the selection of a candidate as there was no clear-cut winner. In contrast to the Republican Primary where the winner had over 50 percent of the votes in the first round, the design of the system is to ensure that candidates with the most votes and broadest support win. Candidates who are opposed by a majority of voters can never win.

The system allows the voter the freedom to vote for the candidate they like the best without worrying that you will help to elect the candidate they like the least. It has been suggested that this form of voting system levels the playing field for all candidates and enables candidates to take their case directly to the voter with a focus on the issues. The anticipated result is that it reduces negative campaigning. Candidates can be encouraged to seek second choice rankings from voters whose favorite candidate is somebody else. Voters tend to be less likely to rank as their second choice a candidate who has issued personal attacks against their favorite candidate.

Did you know that October is National Cybersecurity Awareness Month? Keep the internet safer and more secure is everyone's responsibility, and there are many things you can do to protect yourself at home and at work. To start, follow these three tips:

1. Move from Password to Passphrase: A longer phrase or string of words, ideally with a few numbers and symbols, makes a much stronger password than just one word. Example: “jack-o-lanterns R@r@ng3”

2. Don’t Connect to Public Wi-Fi: Using public Wi-Fi can be risky, as it can be intercepted and can have vulnerabilities. Instead, use the personal hotspot feature on your smartphone when you’re on-the-go.

3. Update Devices and Software: Install software updates on your computer, phone, and applications as soon as they are available. Updates often fix critical security issues that can be exploited by cybercriminals.

Cybersecurity can seem complicated, but there are many resources available to help keep you cyber-safe. This month, follow National Cybersecurity Awareness Month (NCSAM) on social media through the official hashtag #CyberAware. Visit the National Cyber Security Alliance online at stay safesonline.org for more information on NCSAM and for cybersecurity resources all year round. You can also check out the Defendify blog at Defendify.co for more actionable cybersecurity tips and tricks.

Stay aware and stay safe this October, and all year round!
Cape Elizabeth Church of the Nazarene
499 Ocean House Road (Route 77)
799-3962
www.capeznazarene.org
Sunday School for all ages: 9-30 a.m.
Sunday Worship Celebration: 10-45 a.m.
Services streamed live or on demand:
watch.capeznazarene.org

Cape Elizabeth United Methodist Church
280 Ocean House Road
799-8386
www.ceumc.org
Open Church, Thursday: 5:30 p.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
29 Ocean House Road
799-4321
Sacrament Meeting:
Sunday, 10-11:10 a.m.
Sunday School: 11:15 a.m.-12 p.m.
Primary: 11:15 a.m.-1:00 p.m.
Relief Society, Priesthood:
12:00-1:00 p.m.

The Church of the Second Chance
Greater Portland Christian School
1338 Broadway, South Portland
641-3233
Sunday: 10:30 a.m.-12:15 p.m.
Congregation Beth Ha’am
81 Westbrook St., South Portland
879-0028
www.betham.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.fbctc.org
Sunday Morning Worship: 9:30 a.m.
Coffee Time is at 10:45 a.m.
Sunday School is at 11:15 a.m.
Sermon audio is available on our website

Promised Land World Reach Center
536 Cottage Road, South Portland
799-3152
Sunday Prayer & Intercession: 9:30 a.m.
Sunday Worship: 10 a.m.
Family Bible Studies: Wednesday, 7 p.m.
Sermon recordings available to download

Saint Albans’ Episcopal Church
885 Shore Road
799-4014
www.stalbansmaine.org
Sundays: 8 a.m. & 9:30 a.m.
Celtic Service: Sunday, 5:30 p.m.
Nursery: Sundays, 9:30 a.m.

Saint Bartholomew
Roman Catholic Church
8 Two Lights Road
799-5528
www.saintbarts.com
Sunday Mass: 9 a.m. and 11 a.m.
Monday & Tuesday Masses: 8 a.m.

First Congregational Church
United Church of Christ
301 Cottage Road, South Portland
799-3361
wwwfccucc.org
Worship: 8:30 a.m., 10 a.m.
Sunday School: 10 a.m.
Preschool Child Care: 10 a.m.
Game Room

First Congregational Church
of Scarborough
167 Black Point Road, Scarborough
833-2432
www.fccscarborough.org
Sunday Morning Worship: 9 a.m.
Sunday School & Nursery Care

Judy’s Food Pantry:
Knights of Columbus Hall
48 Cottage Road, Scarborough
799-7538
www.judysfoodpantry.org
Baked beans, homemade casseroles and desserts will be available.

Third annual Tri-by-the Sea draws competitors from throughout New England

Participants compete in the swim portion of the third annual Tri-by-the Sea youth triathlon, which took place September 30.

The 3rd Annual Tri-by-the Sea youth triathlon took place Sunday, September 30. While more than half of the triathletes were Cape Elizabeth residents who traveled far north as Brewer, Maine and as far south as Forestdale, Massachusetts to compete in this year’s event. The events steering committee focused on promoting the event to swim and track clubs around New England as well as cross promoting with other youth triathlon groups. “The result, we had 15 Maine towns represented and three states,” said Steering Committee Member Todd Larlee. Oscar Herrera (14) of Brunswick, Maine won the middle distance course with a time of 0:25:22. Ian Frost (10) of Cape Elizabeth, Maine won the short course with a time of 0:142:9. And Colin Lannon (11), Max Neuner (13) and Charlie Jacques (13) of Portland, Maine won the relay with a time of 0:31:46.

Among the nearly 60 volunteers, we had many who returned to help including members of the CEHS Football Team as well as other CEHS students and new this year-volunteers from Massachusetts who travelled up to watch their children race.

This year’s benefactor is Good Shepherd Food Bank and was chosen in part because of its work to end child food insecurity and child poverty in Maine. The event relies heavily on volunteers, most of whom are parents. “As parent’s ourselves, we wanted to choose an organization that spoke to us all,” said Steering Committee Member Andie Mahoney.

Next year’s Tri-by-the-Sea is tentatively scheduled for Sunday, September 29, 2019.

Scam Alert Bulletin Board

Reported by: Jessica D. Simpson
Social Media Scam from a “Friend”

You get a message through social media from a friend who you’ve known for years. After saying “hi” they ask if you have heard from a friend who you’ve known for years.

fully prevent others from being the targets of scams.
And, you can report the impostor to the social media authorities who will delete the second account.

Caught Speeding by Police Camera Scam

In a new scam, fraudsters may send an email that appears to be from a legitimate police department. The email claims that the recipient was caught speeding on a speed camera, and contains a link to pay the fine online.

However, these emails and speeding ticket notices that appear legitimate:
- Target the victim’s real contact information online, to later steal an identity or hack a computer.
- The email claims that the recipient was caught speeding on a speed camera, and contains a link to pay the fine online.
- Scammers are trying to contact your local police department, or search for the supposed police department’s real contact information online, to verify if a citation is fake.

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Crescent Beach

Continued from page 1

the water. Some lead to rocky sections, others to smaller beaches that have formed over time. Down the last path before the park boundary is a pocket beach that runs for 100 yards or so. There you’ll find some of the most colorful sand you may have seen – garnet sand. Some online research, and especially a paper written by Arthur Hussey and published by the Maine Geological Survey in 1981 (“The Geology of the Two Lights and Crescent Beach State Parks Area, Cape Elizabeth, Maine”), helped shed some light on how these deposits originated.

There are localities around the world known for the color and purity of their sands. The black volcanic sands of Hawaii and the white gypsum sands of New Mexico are known for the color and purity of their sands. The black volcanic sands of Hawaii and the white gypsum sands of New Mexico are a couple of examples. Garnet sands occur throughout the world as well and can vary in color depending upon the chemical composition of the garnets present. Garnet, a semi-precious stone that is often made into jewelry when found in larger size crystals, is a “heavy” mineral, so called because of its high density. This gives it a hardness and durability that resists fracture and erosion. Because of these characteristics garnet sand is mined in some areas for use as an abrasive in products like sandpaper. These same qualities are what have allowed the garnet sand to accumulate in this small cove and not be broken down or washed away.

Seen from a distance, the Crescent Beach garnet sand is a dark pink. The garnets may be almandine, one of the more common types. When wet, the sand takes on an even darker red color. Wet or dry, it’s quite a change from the sand that makes up the main beach at the park, though traces of the garnet sand can be seen in lesser amounts throughout the main beach area. On the beach at the southern boundary of the park, the garnets predominate and make for a striking contrast to the surrounding rock. When viewed close up with the naked eye, and especially through a 10x magnifier, it’s quite pretty. At first glance, it’s hard to imagine where the sand comes from, as there aren’t any rocks of that color nearby.

The source of the sand is close by but not readily apparent. The rocks along the shore in the area are from what geologists have named theScarboro Formation. They are metamorphic rocks, originally sediments (sand, silt, and clay), that were later buried at great depth and subjected to high pressures and temperatures. These forces not only fused the individual sediment grains into solid rock but also caused recrystallization of secondary minerals, in this case garnets, that were not originally present. Garnet, though, occurs in igneous rocks as well, and can be found throughout the world as well and can vary in color.

The Scarboro Formation is mostly made up of phyllite, a metamorphic rock derived from very fine-grained sedimentary rock like shale. After being buried for millions of years, the rock was thrust back up toward the surface through tectonic forces. And while the rocks may have rested below the surface even after being uplifted, folded, and/or faulted, erosional forces, mainly glacial here in Maine, uncovered them as glaciers moved across the landscape, scouring out great quantities of material as they went. Eventually, the phyllite of the Scarboro Formation ended up in its current position at the margin of the Atlantic, worn down over time by the action of waves and tides.

The garnets held in the bedrock can be hard to find unless you’re willing to get up close to the mostly gray and black rocks that dominate the shore. And the iron staining that covers some of the surface of the rock make it even more difficult. I didn’t have any luck finding any in the bedrock, but did find several small pebbles on the beach with garnets clearly visible under a 10x lens. As this type of pebble continues to erode, the garnets are freed up. The other softer lighter components are broken down into small enough particles that they filter down below the surf zone and disappear from view.

While a trip to check out this geological oddity may not be the most exciting one you’ve ever taken, it’s worth your time to take a close look. A lot of forces have come play over hundreds of millions of years to create this rare type of sand. But in case you’re tempted to grab a few bucketfuls for your Zen garden, there are state park rules that strictly prohibit your doing so. Appreciate this little treasure where it sits. And enjoy your walk.

September

Birding Report

By E. Brooks Bornhoff

One reason that I like the autumn bird migration is that it lasts longer than the spring migration. Some birds maintain their breeding plumage well into early September, many do not though, and this is what makes identification this time of year tricky. Additionally, most of the action happens at night.

During the first two weeks of September I saw good numbers of Black-throated Green Warblers and American Redstarts. Also, Red-eyed Vireos and Red-breasted Nuthatches visited our backyard patch on multiple occasions. I also found Ovenbirds hiding in the Pond Cove tangles above the rocky beach. The area surrounding Pond Cove is a honeypot for passerines and a very good place to find migrant birds in the fall. One reason is that many songbirds choose to migrate via inland routes during the spring and take coastal routes during their southbound journeys. This also makes the task of finding and identifying birds easier because there are not as many trees in full foliage.

On September 13 I flushed two Woodcocks. One within the Gulf Crest Trail system and one out by the Spurwink trail. The second of the two Timberdoodles I saw flew up into the dusky sky and I caught its silhouette against the waning crescent moon! Later in the week we had a single male Rose-breasted Grosbeak visit our feeders briefly in the early morning hours.

On September 19 Ruby-throated hummingbirds were still visiting our feeders. For the record we had our last resident Ruby-throated leave our feeders on September 22. I also spotted a new yard bird, a Peregrine Falcon (the 109th unique bird I have seen on our property).

On September 28 a Great Blue Heron was spotted skiing its next victim along the emergent wetlands of Robinson Woods II. On September 25 my wife called my attention to...
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Enjoy Cape Elizabeth photo note cards by naturalist Martha Agan magan@maine.net. Card assortments available at Ocean House Gallery near the library parking area.

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Mr. and Mrs. Paul McDonald and Ms. Ariette Scott announce the engagement of their daughter, Jean Marie McDon-ald, to Michael Brunson, son of John and Jane Brunson of Flagstaff, Arizona. Jean is a graduate of Cape Elizabeth High School and met Michael while working in North Conway, New Hamp-shire. They will reside in Manhattan, Kansas where Jean is an elementary school teacher and Michael is working towards his PhD. A wedding is planned for December of this year.

**Bird report**

Continued from page 18

an albino bird on our property. The bird was identified as an Albino Chipping Sparrow. To my delight a pair of resident bluebirds with their new son dropped in to teach the young bird how to navigate a susta eeg. In the early morning hours of September 30 my mother-in-law, Judy Calise spotted a Barred owl along Two Lights Road bordering the backside of Two Lights State Park. On the last day of September I heard the husky chatter of the Blue-headed Vireo. Blue-headed Vireos prefer mixed woodlands of conifer and deciduous. This particular vireo migrates later in the fall, primarily because it doesn’t have to travel as far south as other vireos in its range. This bird is much easier to ID because it moves among the mid-canopy levels rather deliberately (versus most warblers and other vireo species, who move very fast, flitting among the underbrush and upper canopies in dense woods).

Other notables include: Surf and White-winged Scoters have arrived just offshore, a Yellow-bellied Sapsucker, two Northern Parula’s and a female Nashville Warbler playing hide-and-go-seek, and one of my most favorite adaptable dwellers of our forestlands, a single chattering Carolina wren.

**Fellowship and spiritual enrichment evenings at St. Bartholomew Church**

The Roman Catholic parishes of South Portland, Scarborough and Cape Elizabeth invite you to three evenings of fellowship and spiritual enrichment, “This Mission Is For You - Jesus in Our World.” Father Brian Wayne, director of campus ministry of Millsersville University and director of vocations, diocese of Harrisburg, Pennsyl-

vania will be our guest speaker. The sessions will be held at St. Bartholomew Church from Sunday, October 28 through Tuesday, October 30, 7-8:30p.m. Mini sessions will be offered on Monday and Tuesday at 900 am. Opportunities for Reconciliation and Eucha-
ristic Adoration will be available. For more information, go to: www.saintbarts.com

**Fundraiser at First Congregational Church**

Daytime Present a fundraiser for the First Congregational Church of South Portland on Sunday October 21, at 3 p.m. at Wright Pavilion. Admission by donation. Come enjoy family friendly entertain-

ment including skits, music, Billy Shake-
speare and stand-up comedy.
On a recent family trip, Cape Elizabeth resident Barton Pinansky holds The Cape Courier at a Buddhist temple in Seoul, Korea. Barton is wearing hanbok, traditional Korean clothes.

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Author Samuel Harrington, M.D., practiced internal medicine and gastroenterology for more than 30 years before retiring to Maine in 2013. He has served on several hospital, hospice and nursing home boards, and is currently a board member of Island Nursing Home in Deer Isle.

Most people say they would like to die quietly at home. But the majority of older Americans spend their last days undergoing aggressive medical procedures instead of having the peaceful death they desire.

How this can happen, and strategies to avoid it, will be addressed in an author talk sponsored by St. Alban’s Episcopal Church, 885 Shore Rd., on Saturday, November 3 at 7 p.m. Dr. Samuel Harrington, a medical doctor, hospice specialist and patient advocate, will discuss his book, “At Peace: Choosing a Good Death After a Long Life,” and take questions during this hour-long community event. Topics will include recognizing a terminal diagnosis, minimizing painful treatments, engaging in end-of-life conversations, creating clear advance directives and knowing when to seek hospice care.

“Whether you are caring for aging parents, still rearing children, or approaching the end of your own life, we hope Dr. Harrington’s talk will open lines of communication on important issues that face us all,” said the Rev. Timothy Boggs, St. Alban’s rector.

Light refreshments will be served and books may be purchased following the talk. All are welcome. For more information online, visit stalbansmaine.org