

The Cape Courier

Volume 31 Number 18
Nov 7 - Nov 20, 2018

An Independent Not-for-Profit Newspaper
Serving Cape Elizabeth Since 1988

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In the Spirit of Community

A thousand pounds of pumpkins carved at annual community event



Contributed photo

Despite the blustery weather, it was a great turnout at the Inn by the Sea for the annual community pumpkin carving event. About 350 children carved 1,000 pounds of pumpkins. Pictured are Hailey Gorman, Medeleine De Vries and Kayla Brennan carving pumpkins at the event.

Fully Involved: A view into CEFD, steps to make fire and rescue calls go smoothly

By Mara DeGeorge

Cape Elizabeth Fire Department is called for emergencies over 1,000 times annually. Seventy-five percent of emergency calls are medical in nature. The rest are directed to the Fire Companies and WETeam. Regardless of the type of call, residents can do their part to make these calls run as smoothly as possible.

A previous article featuring the Rescue Team explained the process for calling 911. Cape Elizabeth 911 dispatch is handled by Portland Regional Communications Center, which is housed in the Portland Police Department on Middle Street in Portland. It had originally been handled here in Cape Elizabeth and was transitioned approximately eight or nine years ago.

The telecommunicator is the person who answers the 911 call and speaks to the caller to gather information to send the appropriate resources and agencies. The dispatcher sits across the room from the telecommunicator and is the one who dispatches the resources. Answering the questions of the telecommu-

nicator does not slow down response time or deployment of resources.

Emergency Medical Dispatch (EMD) protocol dictates the questions asked. The more explicit the scenario, the fewer questions that are asked. The best thing one can do when calling 911 is to be patient. The telecommunicator has a list of questions to ask you. This is to ensure the situation is assessed effectively in order to send the appropriate resources. Modern technology allows the telecommunicator to locate the caller, but having the telecommunicator ask basic pertinent questions confirms the information received electronically. The telecommunicator dispatches the appropriate apparatus and personnel to the scene and then continues communicating with the caller to assist in any care prior to the arrival of professional help.

What can you do to make things run more smoothly? Having a visible address number makes it easier for rescue personnel to

-see CEFD page 13

Gaudrault wins individual Class B state title for cross-country



Contributed photo

Lila Gaudrault, Class B state champion for cross-country running.

Cape Elizabeth sophomore Lila Gaudrault has won the individual Class B state title for cross-country running, with a time of 18:42.

Gaudrault said, "Overall, I'm really happy with this season. I had a tough track season, so I was looking to redeem myself and improve from my freshman year. Winning states was really exciting. It was a goal I had all season, but I knew it wouldn't be easy because there was a lot of good competition. I put in a lot of good

miles over the summer and tried to stay focused throughout the season to be able to compete at my best. I'll be racing at the New England Championships in Manchester on November 10. Our team also had an excellent season. While we didn't place as highly as we wanted at states, we were the runners-up at the south regional, and won the Quabacook Relay Invitational in September. Everyone worked really hard this season and I'm proud of how we competed."

World War II navigator, killed in action, remembered in dedication

By Kevin St. Jarre



Contributed photo

From left to right are Joseph Sebastian Boulos's nephew Greg Boulos, his sister Dottie Boulos, his sister Mary Cullinan and his nephew Joe Boulos.

The Omega Mu Chapter of Phi Gamma Delta fraternity at the University of Maine has dedicated its library to Joseph Sebastian Boulos in a recent ceremony attended by over 50 people, and with leaders from the national fraternity as well as the university attending and speaking. From the Boulos family, nephews Greg Boulos of Cape Elizabeth and Joe Boulos, and sisters, both in their 90s, Dottie Boulos and Mary Cullinan attended. Like Greg Boulos, Joseph Sebastian Boulos's sister Dottie Boulos, 93, is a long time resident of Cape Elizabeth.

Joel Gardiner, a member of the fraternity, shed some light on how this all came about.

"Our fraternity chapter house was constructed in 1925, and placed on the National Register of Historic Places in 2013. It was purpose-designed and built as a fraternity, and has been used as such since 1925 by the Omega Mu Chapter of Phi Gamma Delta fraternity at The University of Maine. The house was designed in the English Tudor style by C. Parker Crowell of Crowell and Lancaster in Bangor."

After they received the designation to be placed on the National Register, they began planning a multi-year renovation and capital campaign. Gardiner said, "During this plan-

-see BOULOS page 7





The Cape Courier
 P.O. Box 6242
 Cape Elizabeth Maine 04107
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 The mission of The Cape Courier is to foster a sense of community by presenting news specific and unique to Cape Elizabeth and its residents, and, whenever possible, to promote volunteerism within our community.

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 Roger Bishop,
 Debbie Butterworth, Kim Case,
 Jeff Mitchell, Jerry Harkavy,
 Bill Springer

Publisher: Tara Simopoulos
info@capecourier.com

Editor: Marta Girouard
editor@capecourier.com

Community Reporter: Kevin St. Jarre
community@capecourier.com

Advertising Manager: Tara Simopoulos
 (Display and classified ads)
advertising@capecourier.com/207-939-9766

Bookkeeper:
billing@capecourier.com

Proofreaders:
 Chuck Rzeszutko, Ginny Blackwood

Webmaster: Wendy Derzawiec

Photo finishing: Ann Kaplan

Distribution: William Alexander

For general information:
info@capecourier.com/207-838-2180

For Advertising:
advertising@capecourier.com

Writers: Debbie Butterworth, Wendy Derzawiec, Bob Dodd, Erika Carlson Rhile, Marta Girouard

Photographers: Martha Agan, Jenny Campbell, Ann Kaplan, Joanne Lee, Katherine Urbanek

The Cape Courier is printed by Alliance Press in Brunswick and mailed free to Cape Elizabeth residents 22 times a year. We disclaim all legal responsibility for errors, omissions or typographical errors. All reasonable care is taken to see that errors do not occur. We print corrections upon timely notification.

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NEXT ISSUE: Nov. 21
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New coordinator for Judy's Pantry



Contributed photo

Judy's Pantry was an effort that began in 2010 by Cape Elizabeth residents Nancy Miles, Penny Jordan of Jordan's Farm, and Ruth Morrison, former pastor of the Cape Elizabeth United Methodist Church. The pantry's mission was to provide fresh, healthy, locally grown produce to Cape residents with limited resources who were struggling to feed themselves and their families. It started serving just a few families and has grown to helping over 50 households with several thousand pounds of produce offered annually.

Miles has been the pantry coordinator from the beginning and has been instrumental in the progress and expansion of the program. She developed a special connection to the families that come each week and has created an atmosphere that is warm and friendly. During the summer, in addition to the bounty of fresh produce and non-perishable food items provided, the pantry volunteers create flower bouquets for each family. Miles has recently stepped down from her position and fellow Cape Elizabeth resident Beth Owens has graciously taken the torch as the new pantry coordinator.

Owens has been an active member of the community for many years and her several years experience with the pantry more than qualifies her for her new role. The pantry

committee members include Joanne Woodward, Donna Savage, Nancy Rallis, Pam Torre, Beth Owens, Lili Acheson, Jean Hayes, Sarvi Maisak, Nancy Miles as advisor, and Casey Collins, current pastor of the United Methodist Church. Other volunteers include Margot Brill, Jane Bozek, Tracy Burke, Deb Cavanaugh, Nelle Huber, Suzanne McGinn, Eileen Taft, and Mary Pelletier.

Judy's Pantry is a year-round operation located in the United Methodist Church, that has generously been donating its space since the beginning. The pantry depends on the combined efforts and contributions of a number of Cape Elizabeth residents and organizations. Among these are the South Portland-Cape Elizabeth Rotary Club and the Lion's Club who provide financial support. The farmers and gardeners who provide the produce include Jordan's Farm, Green Spark Farm, Fox Run Farm, Maxwell's Farm and the many gardeners who donate produce and flowers from Cape's two community gardens. The Wayside Food Program as well as the annual food drive held at the Pond Cove School also contribute and make a tremendous difference to our cause.

The pantry's efforts make a critical difference in the lives of many who suffer from food insecurity right here in Cape Elizabeth. The families that benefit from the pantry come from many different backgrounds and situations, including those who have lost their jobs, have high medical expenses, single parents with young children, and seniors or disabled households living on fixed incomes. The pantry relies on the generous and ongoing community support, including monetary funds and non-perishable food donations, to help continue this mission.

Judy's Pantry is open from 3-5 p.m. on the second and fourth Tuesdays with their winter/spring schedule that runs from January to June. The weekly schedule runs from July until Thanksgiving, always at the United Methodist Church at 280 Ocean House Road. Financial contributions are always welcome to help keep the shelves stocked for the many families who attend the pantry weekly. For more information, please contact Beth Owens at bethowens1@gmail.com. Checks to Judy's Pantry can be mailed to:

Judy's Pantry
 c/o Cape Elizabeth United Methodist Church
 280 Ocean House Road
 Cape Elizabeth, ME 04107

Lions Club announces new officers

By Roger Bishop



Contributed photo

Denna Mayo-Bruns

The Cape Elizabeth Lions Club is pleased to announce the selection of new officers. Denna Mayo-Bruns has assumed the role of president.

She is the 58th president of the Cape Elizabeth Club. She is supported by three vice presidents: Max Rea, Dana Bruns and Roger Bishop. The secretary is Sharon Stetson and treasurer is Richard Brooks. The Board of Director members are Dana Bruns, Marc Owens and Bob Beith. These individuals will be responsible for managing, organizing and overseeing fund raising events and the selection of charitable giving recipients.

The club recognizes their outgoing president, Benson Dana, for his significant contribution to the Cape Elizabeth Lions Club and the community. He was the driving force in obtaining certification of the Lions Clubhouse, also known as the Bowery Beach School or Crescent Lodge, for the National Park Service's Register of Historic Places. His efforts are greatly appreciated.

Toys For Tots drop-off location

Edward Jones, located at 343 Ocean House Road is serving as a drop-off location for the Toys For Tots program. New, unwrapped toys to be donated for children whose families can't afford gifts can be dropped off anytime before the week of December 3. Donations will be picked up by the Marine Corps sometime the first week of December. To learn more about the program, visit www.toysfortots.org.

THANK YOU!

Your voluntary subscriptions and other contributions help keep this community newspaper coming to your mailbox.

Thank you to this recent generous contributor:

Anonymous

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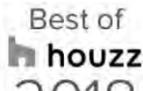
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Then and Now: What Veterans Day means to me on the 100th Anniversary of the WWI Armistice

By Jim Rowe



Photo courtesy of Jim Rowe

9th Squad, E Company, 101st Engineers, 26th (Yankee) Division, during a lull in the Meuse-Argonne Offensive, fall, 1918

The following excerpt is from a book entitled "A Buck Private in the Yankee Division," written by George Ellis Harmon, my maternal grandfather. He recounts the palpable anticipation of awaiting the promised ceasefire on the eleventh hour of the eleventh day of the eleventh month, 1918. He was hunkered down with his 9th Squad, Company E, 101st Engineers, 26th (Yankee) Division outside a small French hamlet between Verdun and Esnouveaux. They had been receiving heavy German artillery fire all morning.

"...at 10:55, I think every man who owned a watch held it in his hand. And those who did not possess one looked over someone's shoulder. When the minute hand crept on to 11:00, it seemed that everyone held his breath. Some, whose watches were a trifle fast, were ready to proclaim the whole [armistice] thing a fizzle...when IT HAPPENED...a great silence."

For many years, I have read the above passage on Veterans Day.

Our Veterans Day holiday (nee Armistice Day) was created by Congress in 1938 to officially commemorate the end to World War I, which had occurred 20 years earlier. After all, that war had been tagged "The Great War"...The War to End All Wars." Many of the soldiers who were not among the 116,516 Americans killed, still wore scars from that war...missing and damaged limbs and organs, lungs decimated by gas, minds either temporarily or forever lost to shell shock (PTSD), etc. Many municipalities across the country staged annual Armistice Day parades and

solemn programs of observance. American Legion Auxiliary units passed out artificial poppy boutonnières on street corners so that Americans wouldn't forget. Armistice Day was a fitting tribute to the victorious end of a terrible period in American and world history.

But between Dec. 7, 1941 and Sept. 2, 1945, we were slammed with the realization that WWI was in fact only one in a continuum of horrific conflicts in which America had become and would become involved. The singular recognition of Armistice Day now seemed somehow myopic. The wars with indigenous peoples, the American Revolution, the War of 1812, the Civil War, WWI, and now WWII (to be followed by Korea, Vietnam, the Persian Gulf, Afghanistan and Iraq, and who knows what the future holds). An ongoing litany.



Photo courtesy of Jim Rowe

Cape Elizabeth Town Center "all wars" monument (back side)

In 1954, Congress renamed November 11 "Veterans Day" in order to commemorate not only those who have served in America's wars, but those who have answered the call to military service, regardless of world geopolitics.

Thanks to the efforts of Jim Murray, Jim Cox, and Jim Huebener, Cape Elizabeth effectively melds the honoring of veterans into our annual Memorial Day observance each spring. While the primary purpose of Memorial Day remains to honor our war dead, our living veterans are invited to march in our parade and receive much deserved appreciation. A roll call of current "home-grown" military personnel is read. We give thanks to all who have protected our freedoms: past and present, living and dead, combat ex-

perienced or not. It is our community at its very finest.

And so here in Cape Elizabeth we are left on November 11 with our thoughts.

One modest and fitting way to observe Veterans Day might be to visit our town center "all wars" monument, located on the Scott Dyer Road at the end of Pond Cove Elementary School. It takes just a moment to read the inscriptions on the granite - front and back. Then pick a day (other than a holiday, when the building is closed) to visit Town Hall and read the Honor Roll of those Cape Elizabethans who have died in service to our country. The plaque hangs on the wall of the Town Council chambers.

And thank every veteran you know!

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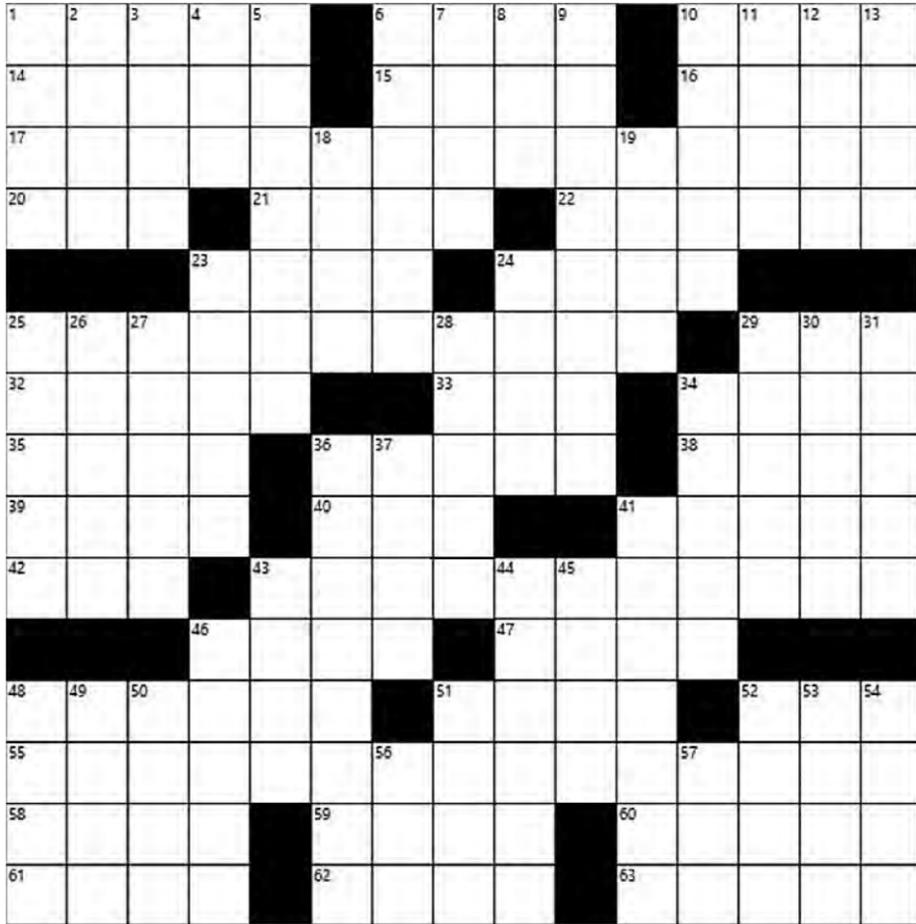
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Created by Rich Dana

ACROSS

- 1. Shakespeare play, "The Taming of the _____"
- 6. Shakespeare play, "_____ Lear"*
- 10. "Misery" actor James
- 14. Its capital is Port-au-Prince
- 15. William _____, American playwright
- 16. Friend
- 17. Maine connection for the seven starred clues
- 20. Singer _____ Shannon
- 21. "Howdy there!"
- 22. A pour excuse?

- 23. Playing with a full deck
- 24. Influence
- 25. The result of more 47 Across, perhaps
- 29. TV character whose group was The Holograms
- 32. Gantry or Fudd
- 33. "Facts of Life" actress Charlotte
- 34. Single plant organism, many of which make a green slime
- 35. UMO, e.g.
- 36. Cases are this in 43 Across
- 38. Hatched
- 39. Fill, in a way
- 40. '80s sitcom character from Melmac
- 41. Hebrew for "priest"*
- 42. Biblical verb ending
- 43. Superior and District
- 46. Formal name of a onetime host of

"The Tonight Show"

- 47. Its chemical symbol is NaCl
- 48. Greetings from the Golden State?
- 51. Like this clue (abbr.)
- 52. One-half MCII
- 55. What a Cape Elizabeth referendum might reveal
- 58. Rice-a-_____, the San Francisco treat
- 59. Immediately!
- 60. Brand of bikes or nickname for a player from the town in 58 Across
- 61. City 477 km. southeast of Paris
- 62. Relatives of sweet potatoes
- 63. She was 17 Across in 1994*

DOWN

- 1. Lose, as pounds or hair
- 2. _____ and hearty*
- 3. Cambodian currency
- 4. And so on
- 5. How Cool Whip is made
- 6. Josh with your sister
- 7. A fan of
- 8. International humanitarian or educational grp., for example
- 9. Waved or pointed
- 10. Erie, Panama, or Suez
- 11. Something to win by
- 12. Palo _____, home of Stanford University
- 13. "No, Vladimir!"
- 18. An "A" in German?
- 19. Fishes like Cape's Keith Jordan
- 23. Onetime host of "The Tonight Show"
- 24. Onetime host of "The Tonight Show"
- 25. Companion of reduce and recycle
- 26. Arm bones
- 27. Black or gold ending*
- 28. Needlepoint, for example
- 29. Large California winery
- 30. It can be snowy
- 31. Singer Manfred and family
- 34. On the subject of
- 36. Shirt brand once made in Waterville*
- 37. Flair
- 41. Maine resident Barnabas, in "Dark Shadows"*
- 43. Neighborhood in London or New York
- 44. Halts, as 43 Across might do
- 45. Coalition of African-American Pastors (abbr.)
- 46. Use, as the margin
- 48. Start of many commands
- 49. Chips _____
- 50. Onetime host of "The Tonight Show"
- 51. She _____, I _____
- 52. Flintstone pet
- 53. Theater chain founder Marcus
- 54. Memo-speak for 34 Down
- 56. Snowden once worked there
- 57. Author Anais

Volunteer Profile: George H. Meyers II

By Jane Vaughan

For Thomas Memorial Library (TML) volunteer George H. Meyers II, spending hours in a library is not unusual. Meyers says that he "grew up with libraries" and can even remember one of the first books he ever checked out from his local library in Arlington, Virginia: "Tatanka: The White Buffalo."

He credits much of his love of libraries and reading to his mother. "My mother loved libraries, and she loved to read right up until the time she died. And if she was sick, she'd say 'go down to the library and pick out some books for me,'" he explained.

Meyers began working at the TML in 2004 after years of volunteering at Goodnow Library in Sudbury, Massachusetts when he lived there. When he later moved to Framingham before coming to Maine, he also volunteered in the curatorial committee for the Historical Society and ran a food cupboard.

"It meant a lot to me to be helping people. I guess that's part of my makeup," he explained.

Now, Meyers said, he's happy to be living in Cape Elizabeth. "It's worked out very well. I love it. I love this place because it's home," he explained. Meyers volunteers for four hours a week at the TML, and his tasks include shelving or re-shelving books, helping library patrons, straightening the new books area, evening out the books on the shelves so that all titles are visible and pushed to the front and watering the plants. He enjoys his co-workers, the patrons who visit the library and the work itself. "I have a background in libraries and books, so this is natural for me," he said.

The only part of the job he hasn't liked was when the new TML building was under construction and the library was housed in the smaller historic schoolhouse.

"That was a nightmarish thing," Meyers said. "It was schlepping books back and forth and up and down." He is proud of the new building and of the work that he does. His name is on the wall of donors in the library's entryway because, as he said, he feels "deeply about this library."

Perhaps unsurprisingly, Meyers enjoys reading a wide variety of books, including historical fiction, biographies and mysteries. He recently read biographies of Aretha Franklin and John McCain but said that his favorite book is "The Good Earth" by Pearl Buck. "She'd tell you how life was from a peasant's point of view, not the empress or not the prime minister or those people," he explained.

Of course, one of the bonuses of working in a library is getting the first crack at all the new books that arrive. But more than that,

-see VOLUNTEER page 15

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Group travel: a mind-body workout

By Cape Elizabeth Community Services

Throughout the year, we work cooperatively with other local recreation departments to plan fun and engaging day long and overnight trips for adults and seniors. There are many mental, physical and emotional benefits to group travel, especially for seniors. By combining our efforts, we are able to charter a more comfortable motor coach and take advantage of group pricing. Together, we enjoy conversation, companionship and comfort that comes with traveling with others. We try to design itineraries that offer a balance between the freedom of choice during free time and some scheduled activities. This gives the chance to explore on one's own and meet new people with whom experiences can be shared.

For seniors who want to live a healthy, active lifestyle, travel flexes your mental muscles keeping your brain active and engaged. "Travel broadens the mind, refreshes the spirit and contributes to good health - both mental and physical" is one conclusion made in The Global Coalition on Aging's white paper titled "Destination Healthy Aging: The Physical, Cognitive and Social Benefits of Travel" which recently highlighted some of the mental benefits that travel can bring to seniors.

Jane Anderson, senior programming coordinator recently spoke with a woman from Gray who joined in on a trip to Rangeley in early October. She met two couples from Cape Elizabeth she really connected with and called to ask we put her on our mailing list so she could take advantage of future offerings.

Now, in order to take advantage of these benefits through trips offered by Community Services early registration is critical as a minimum number of tickets may be required to benefit from group rates. Longer trips require early registration and often a deposit.

We are offering two trips in May that require registration and deposits by late November. In the event that we do not secure the minimum number of participants, the trip(s) will be cancelled and full refunds would be issued. For more information, call us at 799-2868.

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Springtime in New York

Great experiences and beautiful sights await on this Diamond Tours 5 day/4 night motor coach trip May 17-21, 2019. Your adventure begins with a guided tour of Manhattan, and later the National 9/11 Memorial followed by a ferry ride to Liberty and Ellis Islands. \$649 pp/dbl.

Have your wood waste checked

If you are bringing wood waste to the Recycling Center, have it checked by staff before you leave it. Pressboard, waferboard, particleboard, any laminates, counter tops and pressure-treated wood are not accepted at the biomass facility that processes the town's wood waste. The company that grinds the waste requires these contaminants be removed.

"The Recycling Center attendants have been trying to inspect (and re-direct) incoming loads but these items are still being placed into the 'day' woodwaste pile," said Public Works Director Robert Malley.

Here is a more complete list of items that may not be left in the woodwaste pile:

- Pressboard
- Waferboard

- Particleboard
- Any Laminates
- Countertops
- Pressure-treated Wood
- Zipboard,
- Azekboard
- Composite
- Wicker
- Paneling
- Pegboard

With the exception of pressure-treated wood, all of the above contaminants may be placed in the bulky waste bin. Pressure-treated wood is accepted once a year at the town's Hazardous Household Waste/E-Waste collection, held on the second Saturday in May.

News from the School Board

The School Board held a half-day retreat on September 25 with Dr. Wolfrom, Cathy Stankard, and future School Board member, Laura DeNino. The retreat helped create a roadmap for the 2018-2019 school year. As a result, the School Board unanimously voted to adopt the following goals during the October 9 regular business meeting:

1. Develop a new strategic plan.
2. Define and implement a collaborative and proactive budget development process that includes all stakeholders such as Town Council and community members.
3. Participate with the Town Council in the formation of a committee composed of all stakeholders to fund and finalize the School Facilities Study plan. Implement the findings of the plan by making strategic investments which will modernize and repair aging school buildings and grounds, as well as maximize student learning and safety.
4. Cultivate and leverage community involvement.

During the same October 9 meeting, former Maine State Senator, Justin Alford, presented to the School Board an initiative which aims to eliminate child hunger in Maine by joining forces with the Maine nonprofit organization Full Plates Full Potential. Alford explained that providing all children with nutritious breakfasts, lunches and summer meals can be possible by accessing a network of nonprofits, coordinated efforts with USDA food programs and de-stigmatizing free and reduced meal plans. The School Board agreed to explore this further at the next board meeting with the district's director of nutrition, Peter Esposito.

Also of note, Hope Straw, who is the School Board representative for Portland Arts & Technology High School (PATHS), reported that the number of CEHS students accessing the wider options of courses at PATHS has increased to 16 students. PATHS provides an excellent opportunity for our high school students to dig deeper into skills, courses, and curriculums that support their passions and future endeavors. For more information, please visit <https://paths.portlandschools.org>

BUDGET:

On October 23, the Superintendent, School Board, Town Council and Town Manager held a joint dinner and work-

shop facilitated by Craig Freshly of Good Group Decisions. With an objective of exploring the roles and responsibilities of the "One Town Concept," the two parties shared thoughts and suggestions on how to improve the school budgeting process. Among several points shared, there was a consensus by those present to explore the ways in which the Town Charter could support an amendment that would allow future budgets brought forth by the School Board to go, essentially, straight to the voters — as is the norm outside of Cape Elizabeth. The same group plans to hold a second workshop in the near future to discuss this and other ideas.

FACILITIES STUDY:

The School Board is in the process of composing a committee which will be charged with initiating a needs assessment through Colby Company and, ultimately, develop and fund a plan to improve school facilities. There will be four meetings between now and prior to the beginning of the school budget process. All members of the public are welcome to attend and provide input at the beginning of each meeting. The first meeting is scheduled for Wednesday, November 7 at 6:30 p.m., location TBD.

FUTURE DATES:

- Tuesday, Oct. 30, Policy Committee at 3:00 - 4:15p.m. in the Jordan Conference Room.
- Tuesday, Oct. 30, Cape Elizabeth Comprehensive Planning Committee, Final Public Forum at 7 p.m., Town Hall Chambers.
- Wednesday, Nov. 7, Needs Assessment Committee Meeting, 6:30 - 8:30 pm., location TBD.
- Tuesday, Nov. 13, School Board Regular Business Meeting, 6:30 - 8:30 p.m., Town Hall Chambers.



Erin Grady, Broker
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Cape Elizabeth Kitchen Tour visits more than a dozen local homes

By Kevin St. Jarre

Kara Leopold was the chair of the 2018 Cape Elizabeth Kitchen Tour. “The Cape Elizabeth Kitchen Tour is a unique tour of 12 gorgeous properties, featuring the work of the area’s premier kitchen designers, architects, builders and craftspeople. This year, 13 varied, stylish and innovative kitchens were part of the tour. As a bonus to the 2018 Tour, we also featured one property in the Lovett’s Field area of South Portland. All proceeds from the Tour benefit the Cape Elizabeth Education Foundation, CEEF, which fosters excellence and innovation in Cape schools through educational grants,” Leopold said.

Asked how the tour finds volunteers to show their kitchens, Leopold said, “Kitchens generally are found through sponsors. The Kitchen Tour Committee approached area builders, designers, architects, tile suppliers and countertop fabricators to ask if they recently completed work on a Cape Elizabeth kitchen and would like to put it forward for consideration. If the committee wants to include the kitchen and the homeowner is willing, the professional that worked on the kitchen sponsors it for the tour.”

After a hiatus, the tour was brought back this year. As one can imagine, the event requires a great deal of work to put on. “The CEEF Board looks to balance a variety of factors when considering any fundraiser. The first Kitchen Tour to benefit CEEF occurred in 2008 and was always an every-other-year event until 2014. The board knew that it was an exciting and highly-attended community event, but it required a tremendous time commitment from the volunteer board. After trying out a few other fall fundraisers, the decision was made by the board to assemble a dedicated Kitchen Tour Committee, includ-

ing community members and board members, to bring it back for 2018,” Leopold said.

The decision was a good one, with all expectations surpassed. Leopold said, “The tour was a tremendous success with a record number of ticket sales. The day of the tour was sunny and beautiful, and the gorgeous Cape Elizabeth kitchens looked particularly radiant. The fantastic volunteers, talented sponsors and generous homeowners all worked together to make the day fun, seamless and memorable. At least 600 attendees went on the tour and were able to interact with the talented sponsors and inquire about the kitchens on view. Sponsors were busy answering questions throughout the tour, and tour-goers were able to get inspiration and ideas for their own projects. The tour catalog that each attendee received is full of pictures, articles and information and will serve as a resource for anyone looking to build or renovate.”

The money raised from the event will help fund grant monies awarded by CEEF. “All funds raised by CEEF go to support innovative educational programs within the Cape Elizabeth school system. Grant ideas are brought to CEEF by educators, students and administrators, and encompass educational efforts that fall outside of the traditional school budget. For example, the highly successful Cape Robotics program was begun with a CEEF grant. The Kitchen Tour is CEEF’s largest fundraiser,” Leopold said.

Despite the herculean effort, Leopold enjoyed bringing the tour back. “The best part of chairing this wonderful community event was being able to work with the talented and ceaselessly hardworking members of the Committee, as well as seeing the expert work

-see KITCHEN TOUR page 15



Interior design by Bronwyn Huffard

Photo by Scott Dorrance



Interior design by Bronwyn Huffard

Photo by Scott Dorrance

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Boulos

Continued from page 1

ning phase, we were introduced to Greg and Joe Boulos, nephews of Joseph Sebastian Boulos (class of 1941) who were interested in memorializing the legacy of their uncle who was killed in action on his 29th bombing run over Europe.”

The elder Boulos, one of five children, enlisted in the Army Air Forces one week after the Japanese attack at Pearl Harbor, Dec. 7, 1941. In October 1943, Boulos’s unit, the 446th Bomb Group, was sent to an air base in England. He served as the navigator aboard a bomber and received the Air Medal with Oak Leaf Clusters for the completion of 15 bombing missions over enemy-held Europe. On the morning of April 27, 1944, Boulos was involved in another bombing mission and his airplane was badly damaged by enemy fire. That aircraft made it back to the airfield but was too badly damaged to fly that afternoon, when he and the crew planned to go up again, this time in a different bomber, nicknamed “Dragon Lady.” Loaded with 500-pound bombs, the aircraft ran down the runway attempting to claw its way back into the sky. Wind sheer flipped the plane near the end of the runway causing it to crash through a radar shack, killing everyone aboard and two Royal Air Force enlisted men inside the structure. Boulos was only 25 at the time of his death.

Gardiner said of his hopes for this dedication, “As part of being designated on the National Register of Historic Places, we undertook comprehensive research dating back to 1874 on all aspects of our fraternity which was the first one organized and recognized by the then Maine State College in 1874. We have a rich history of military service by our graduates dating back to the Spanish American War, and have discovered almost 400 of our graduate brother alumni have served in the military at some point. We wanted to use that history to educate and inspire our young undergraduates of today as to the sacrifices others have made for our freedom and to expose them to service to country through the military or other avenues. Mr. Boulos was selected as a Maine native and for his example of integrity, courage and sacrifice as well as being a well-rounded individual. In addition to being a member of the fraternity, he was also a member of the Maine Outing Club and the Maine Masque theatre.”

According to Gardiner, the dedication wasn’t the only way Boulos will be remembered. “Our House Corporation announced at the dedication ceremony the establishment of the annual Joseph Sebastian Boulos Veterans Day scholarship in the amount of \$500. This will be an annual essay contest which any undergraduate member of the fraternity may enter by submitting an essay titled, ‘How Joseph Sebastian Boulos and other Veterans Inspire Me.’ A winner will be chosen annually and announced on Veterans Day,” he said.



Contributed photo

Pictured is the recognition area in the library for Joseph Sebastian Boulos

Being a veteran

By Kevin St. Jarre



Contributed photo

Kevin St. Jarre, in 1991 after having served in Desert Storm

Although my friends had, I never pledged a fraternity while I was a university student. I felt like I was already in one, representing all genders, creeds, races and ages.

There seems to exist an instant familiarity between veterans, an understanding that grows rapidly with the exchange of just a bit of information, such as branches and places served.

Recently, I heard someone say that current members of the military and veterans alike have learned a key thing - to become comfortable with being uncomfortable. In fact, what a veteran has endured is often what he or she

is communicating to other veterans, usually nonverbally. We recognize it in each other, and we usually feel no need to share it with those who don’t.

A memory I’ll always keep was something that reached across generations of veterans. In 1991, I was a member of the 1st Armored Division and served in Desert Storm. The generation of warriors that came before us, the veterans of the Vietnam War, was determined to ensure that we would receive a better welcome than they had. They showed strong support, very early, and helped set a tone back home. As we returned from Iraq, Saudi Arabia and Kuwait, it was the Vietnam veterans who were often the first civilians to greet us. Many stepped onto buses, looked us over, and said simply, “Welcome home.” It was much more than they got.

This older generation had not only suffered the horrors of war, but the tragedy of their country’s scorn when they returned. They had spent decades gone to ground, suffering in silence, but when their sons and daughters were returning from a war of their own, the veterans of the war in Vietnam stepped forward, and led the way, ensuring this could not happen again.

I often feel off-balance when someone thanks me for my service, although it is nice. However, the best part of being a veteran is the company I find myself in, and the familiarity of strangers, my brothers and sisters.

Turkey Trot 5K turns 50 on November 18

The 50th Annual Maine Track Club Turkey Trot 5K presented by Fleet Feet Maine Running will be held at 9 a.m. on Sunday, Nov. 18 in Cape Elizabeth.

The Turkey Trot 5K is a non-profit race managed and staffed by volunteers whose net proceeds benefit Wayside Food Programs, a major provider of surplus food and community meals to the needy of Greater Portland. Over the past four years, the Turkey Trot has raised \$31,000 and collected over 11,500 lbs. of food for Wayside, which is the equivalent of serving 22,000 meals to those in need.

Last year, 600 runners took part in the race, which starts at Cape Elizabeth High School, runs the length of Scott Dyer Road and finishes at Cape Elizabeth Middle School. This year the race is capped at 1,000 entries, said organizer and Cape Elizabeth resident, Bob Ayotte.

Scott Dyer Road will be closed for 30 minutes, beginning at 9 a.m. for the safety of the runners. Representatives of Wayside will be at the race and runners are encouraged to bring a non-perishable food item. In addition to Fleet Feet Maine Running, the race sponsors are Cape Integrative Health, Hannaford, Target and Poland Springs.

To register or volunteer for the race, call Ayotte at 799-3649.

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Capetoons: Winterizing part 1: sealing the house

By Jeff Mandell



Drawn by Jeff Mandell

Capetoons is created by Cape Elizabeth resident Jeff Mandell, who has decades of experience writing and drawing humorous pieces for publication throughout northern New England.

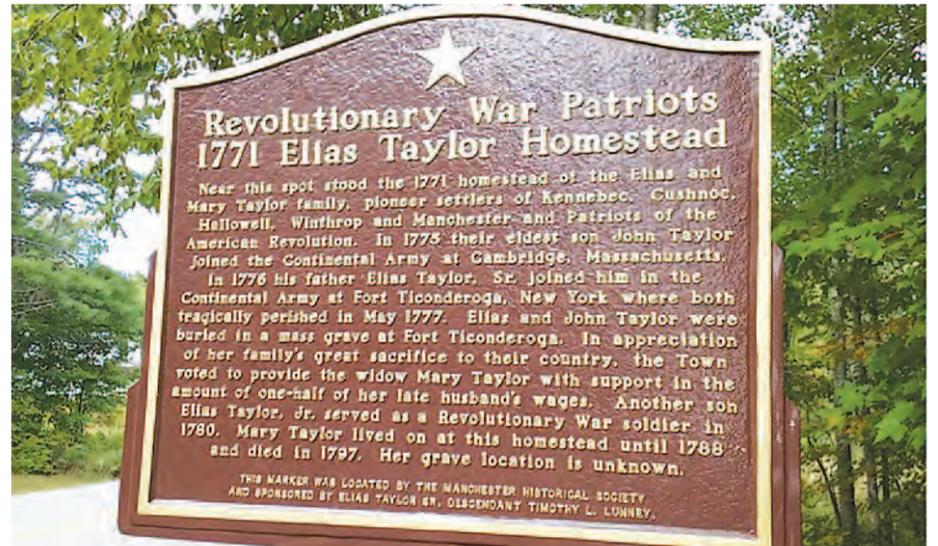
Cape Courier in the Azores



Contributed photo

Cape Elizabeth resident Beth Olson poses with *The Courier* on a recent trip to the Azores, where she relaxed and gathered material for her second book of poems. Her first book, "Follow the Circles Instead of the Lines" was published this past August.

Cape family dedicates historical marker



Contributed photo

The 1771 Elias Taylor Homestead Historical Marker at Annie Hill Cemetery in Manchester, Maine.

On Sept. 22, approximately 40 people gathered at the Manchester Grange Hall in Manchester, Maine to dedicate a historical marker to honor the memory of the Elias and Mary Taylor family, pioneer settlers of Kennebec, Cushnoc, Hallowell, Winthrop and Manchester, Maine and Patriots of the American Revolution. The historical marker was installed at the historic Annie Hill Cemetery located at the north end of Prescott Road in Manchester, Maine and near the center of the 200-acre homestead established by Elias and Mary Taylor in 1771.

The marker was sponsored by Elias and Mary Taylor descendant Timothy Lunney of Cape Elizabeth. Both Tim Lunney and his father Boyd Lunney are members of the Maine Society of the Sons of the American Revolution and are also descendants of Mayflower Pilgrims John Howland and Elizabeth Tilly. Participants in the dedication ceremony included the Manchester Historical Society, the Maine Society of the Sons of the American Revolution, the Daughters of the American Revolution, the Winthrop Historical Society, the Pastor of the Winthrop Congregational Church UCC and many descendants of Elias and Mary Taylor.

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Friday night football scene



Photo by Sara LeTourneau

Cape Elizabeth edged Yarmouth 29-28 with a touchdown and a two point conversion with no time left on the clock on Oct. 19 at Yarmouth. Junior Matt Laughlin with the diving catch in the end zone.



Photo by Sara LeTourneau

Celebrating the victory

CEHS Theatre Department opens season with "The Laramie Project"

CEHS Theatre Department is proud to open their 2018-19 season with Moises Kaufman's powerful, critically acclaimed "The Laramie Project."

The play draws a clear and poignant picture of the citizens of Laramie, Wyoming and the surrounding area, tracing the events and aftermath of the killing of Matthew Shepard. Shepard was a young, gay college student whose death caused a national outcry and raised public awareness of the lack of hate crimes laws in many states.

Kaufman's theatre company, The Tectonic Theatre, conducted hundreds of interviews with inhabitants of the town, and with company members' own journal entries and published news reports, then distilled them into a mesmerizing portrait of our country

and culture. It is divided into three acts, and eight actors portray more than 60 characters in a series of short scenes.

It has been 20 years since Matthew Shepard's untimely death. This play serves as a strong and ultimately uplifting testament to the value of every life, and our responsibility as individuals to be vigilant in protecting and treasuring those lives as if they were our own.

"The Laramie Project," November 15-17 at 7 p.m., November 18 at 1:00 p.m. Tickets available online Nov. 5 at <http://www.tututix.com/cehstheatre/> or at the door. \$10/adult, \$5 senior/student. Mature theme and language may not be appropriate for all ages.

Cape Robotics Team hosting annual Vex Robotics tournament on November 17

The Cape Robotics Team is hosting its annual Vex Robotics tournament on Nov. 17 in the Cape Elizabeth Middle School gym. Qualifying matches begin at 9 a.m. The final elimination matches begin around 2 p.m. and are an exciting part of the day.

The game is called "Turning Point" and robots are being designed to flip caps and shoot balls to score points. Points can also be earned by parking on a platform, but

the robots need to take care as opponents can push them off. This season the Cape Robotics lab completed a full upgrade to the new V5 equipment and 12 teams are registered to compete in either league play or the statewide tournaments. Over 50 students are actively building, coding and competing in the program. As always, the Robotics Team invites our community to join us for this free event on Nov. 17 in the middle school gym.



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Boat washes ashore after nor'easter



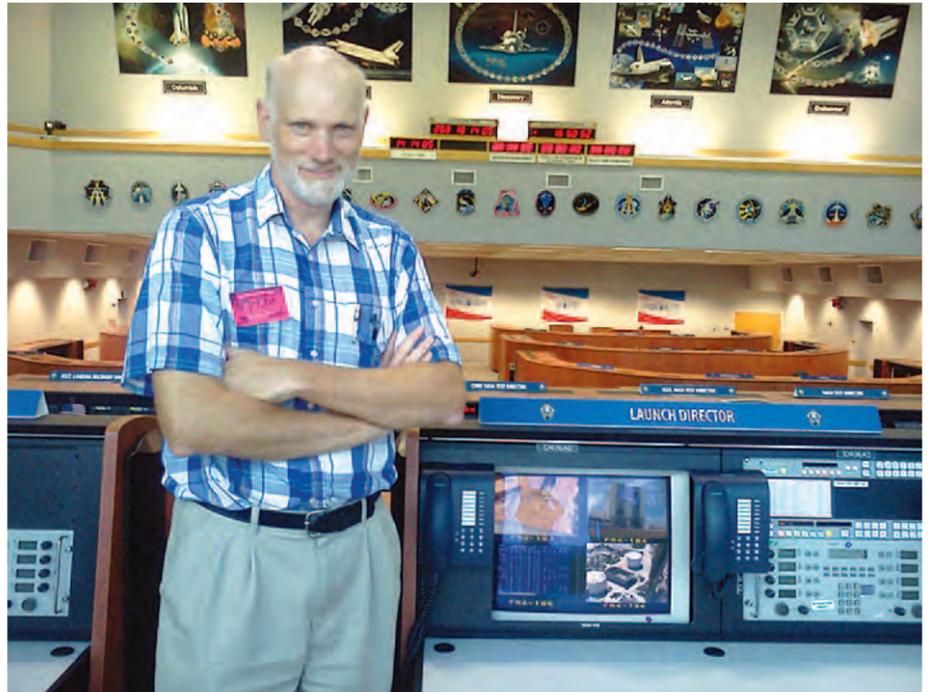
Photo by Julie Laukkanen

A boat that washed ashore at Crescent Beach after the nor'easter on Oct. 27 unfortunately had to be demolished the following morning.



Photo by Julie Laukkanen

CELT meeting to explore dark skies with Irwin Gratz



Contributed photo

Maine Public Radio news anchor (and space buff) Irwin Gratz will be the guest speaker at CELT's annual meeting on Nov. 18.

Dark matter, dark energy, dark skies. Astronomers can prove the first two exist, but worry about the third.

At CELT's Annual Meeting on Nov. 18, Maine Public Radio news anchor (and space buff) Irwin Gratz will talk about efforts to preserve our views of the heav-

ens. He'll also talk about what's up there, both naturally occurring, and increasingly, created by humans. In addition to being an accomplished journalist, Gratz indulges his interest in astronomy as an occasional show presenter at the Southworth Planetarium in Portland.

CELT Board President Elizabeth Goodspeed and Executive Director Cindy Krum will also report on the land trust's accomplishments in this past year, including the most recent conservation property on Spurwink Avenue and the pending purchase of 52 acres adjacent to Robinson Woods.

There is no charge to attend. The event is open to the public, and the Patriots have the weekend off. All are welcome. Many thanks to Noyes, Hall & Allen and Purdy Powers, our event sponsors, whose generous support make this event possible.

Bring your questions about the universe to the Purpoodock Club on Nov. 18, from 3-5:30 p.m. RSVPs required; email info@capelandtrust.org or call 207.767.6054.

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Photo by Ann Kaplan

The pileated woodpecker is the largest woodpecker in North America (except for the Ivory-bill, which is possibly extinct) and leaves characteristic rectangular holes in dead trees. The species became rare in eastern North America with the clearing of forests but since about 1900, has made a gradual comeback. "Pileated" refers to the bird's prominent red crest.



Photo by Julie Laukkanen

One of a number of lobsters spotted on Crescent Beach on Oct. 29.

Birding report for last two weeks of October

By E. Brooks Bornhofft

Across parts of the northern boreal forests this year happens to be a less than robust year for coniferous cone and birch seeds. When this happens many of the birds that depend on the seeds will up and leave come late fall, travelling south in search of better, more reliable food sources.

What this means is that Cape Elizabeth has a better chance of seeing many of the spectacular more northerly "winter" finches that often elude us down here in our neck of the woods. With November upon us the increased number of red-breasted nuthatches and slight uptick in purple finches is perhaps a harbinger of what is yet to come.

In my mind the most spectacular of these winter finches is the Evening Grosbeak and it would be a real treat to see a flock of these elegantly heavy-set wanderers in Cape Elizabeth this winter. Other possible "snowbirds" include pine grosbeaks, pine siskin, redpolls, and both red and white-winged crossbills.

Our yard hosted the first dark-eyed Junco's of the season on Oct. 24. There are significant geographic range differences between the fifteen different races of junco. The "slate-colored" dark-eyed junco is one of the two most widespread forms, and the one found in our backyards starting around this time every year.

Late season lingerers – There was a report of a yellow-breasted chat in Two Lights State Park on Sunday, Oct. 28. Yellow-breasted Chats are the masters of skulking amongst the deep dense thickets and I have yet to catch a glimpse of one. In the springtime the male will expose its location by performing a cascade of cackles, whistles, gurgles and chuckles.

Just as I had hoped, golden-crowned and ruby crowned kinglets are taking their time migrating south. The fall migration is especially conducive to viewing these tiny sprites given that they often flit and forage about very low in the woods and brush.

Bean supper on November 17

The Peoples United Methodist Church, located at 310 Broadway, South Portland will hold a bean supper on Saturday, Nov. 17 from 5-6 p.m. Oven baked beans, delicious casseroles and home made desserts will be available. Cost is \$8.00 each and \$17.00 family.

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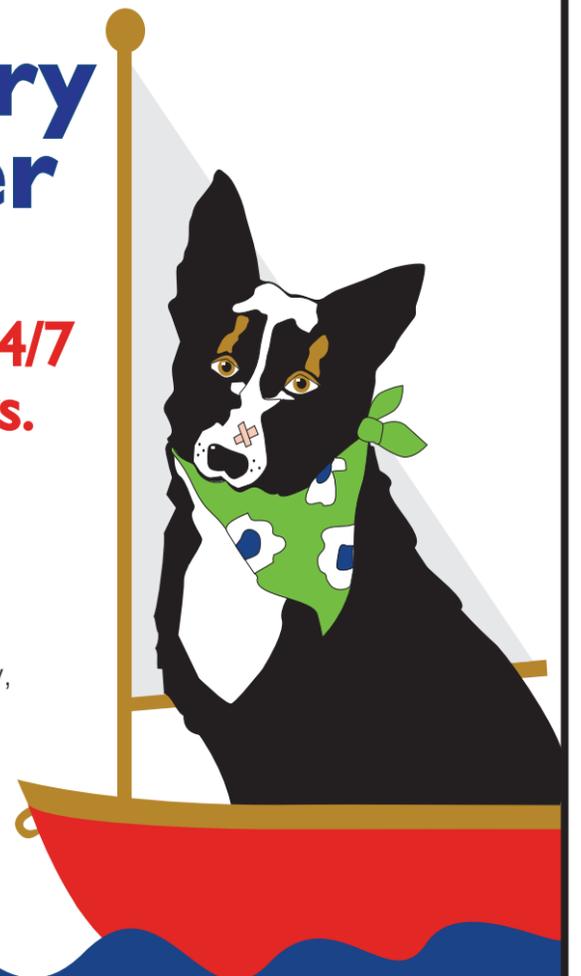
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Library hosts Abdi Nor Iftin, presents musical story hour with Jud Caswell and meet a falcon

Upcoming Holiday Hours

The Library will be closed on Monday, Nov. 12 for Veterans Day. It will also be closed on Thursday, Nov. 22 and Friday, Nov. 23 for Thanksgiving.

YA Anonymous Book Club to Begin in January

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.

NaNoWriMo

National Novel Writing Month (NaNoWriMo) encourages amateur and professional writers alike to write at least 50,000 words during the month of November. Thomas Memorial Library is a "Come Write In" location for NaNoWriMo starting Nov. 1. Feel free to use our space and resources to help write your next novel! For more information, contact Alyssa at alapierre@thomas.lib.me.us

ADULT PROGRAMS

Maine Wildlife Series: Meet a Falcon

Thursday, Nov. 8
6:30-7:30 p.m.

Do you think the fastest animal on earth is the cheetah? Would you be surprised to hear that the answer is a falcon? Falcons are powerful and impressive members of the raptor family that have awed and inspired humans for as long as we have existed. Join us this month to learn about these fascinating birds as we continue with our Maine Wildlife Series. At this talk, you'll meet one of the Center for Wildlife's impressive non-releasable falcon education ambassadors, Freyja or Perry, and Maeve, their Merlin.

Meet Paul Doiron, Author of the Mike Bowditch Series of Crime Novels

Saturday, Nov. 10
2:00-3:00 p.m.

We are excited to have Maine Author Paul

Doiron join us this month to read from his latest novel, "Stay Hidden." Paul will talk about the writing process, where he gets his ideas, and he'll answer your questions. Copies of "Stay Hidden" will be available for sale and for signing.

Democracy Café

Tuesday, Nov. 13
6:30-8:00 p.m.

The new United Nations' report on climate change presents a dire picture. Our discussion this month will center on what we can do as a community to help affect change. This is democracy at a grass roots level! Please bring your thoughts and ideas to be part of this dynamic discussion.

The Democracy Cafe is a great place to share ideas, to listen, and to ponder. We hope you'll join us in a place where all opinions are respected and all voices are heard.

Morning Book Group

Wednesday, Nov. 14
9:30-11:00 a.m.

TML's Morning Book group meets on the second Wednesday of each month from 9:30-11:00 a.m. In November, we'll be discussing "I Was Amelia Earhart," by Jane Mendelsohn. This is a fictionalized vision of how Amelia Earhart may have spent her last days. We hope you'll join us this month for a great discussion. FYI: Book groups are a great way to get to know your neighbors.

Meet Somali Author Abdi Nor Iftin

Thursday, Nov. 15
6:30-7:30 p.m.

Somali author and Maine resident Abdi Nor Iftin has an incredible story to tell. As a young refugee, he asks his family and friends to "Call Me American," and went about learning English by watching seven American films over and over. When NPR heard about his English-speaking skills, they signed him on to report about what was happening behind-the-scenes in Somalia. That's how the BBC heard about him, which lead to a featured piece on Ira Glass's "This American Life." And that's how his publisher, Penguin

Random House, came to ask him out to write his memoir, Call Me American.

This could be a fairytale story if it didn't include so much loss and struggle. But Abdi tells his story with charm and humor – about what it was like to survive in Somalia at a time of intense unrest. And what it's like now as he continues to adjust to the realities of the new life he dreamed of in America.

Thursday Night Book Group

Thursday, Nov. 15
7:00-8:30 p.m.

The Thomas Memorial Library Evening Book Group meets on the third Thursday of each month from 7:00 to 8:30 p.m. Please join us in November to discuss Jennifer Egan's novel Manhattan Beach.

Writers' Accountability Group

Wednesday, Nov. 21
10:00 a.m.-12:00 p.m.

TML's Writer's Accountability Group (WAG!) meets on the third Wednesday of each month from 10:00 a.m.-noon. All levels of expertise and genres are welcome. We hope you'll join us to help get your WAG going.

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 Nov. 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 third Thursday of each month from 7:00-8:30 p.m. On Nov. 18, we'll be discussing "Manhattan Beach" by Jennifer Egan.

Senior Tech

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

TEEN PROGRAMS

Crafternoons

Thursdays from 2:30-3:30 p.m.

Nov. 8 and 15

Join Kiah and Alyssa for a different drop-in craft project each week. Open to ages 10 and up.

CHILDREN'S PROGRAMS

Our regular weekly story times continue—please check our website for details.. Below are a few special events coming up.

Musical Story Hour with Jud Caswell, for ages 3 and up

Thursday, Nov. 8
1:00 - 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.

Animal Advocates Club

Thursday, Nov. 15
3:30 - 4:30 p.m.

Our popular Animal Advocates Club, offered in partnership with the Animal Refuge League of Greater Portland, meets monthly. Kids in grades 3 - 6 join Felicia Mazzone from ARLGP and 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.

Scam Alert Bulletin Board

Reported by Jessica D. Simpson

Is a friend really paying you a compliment?

In a recent cyber security scam, smartphone users receive a text from an unknown number with a message claiming a friend has written a compliment about them in a new app. The text message contains a link that prompts them to download the specific app on their phone. Online there may even be hundreds of glowing reviews for the app. But beware. In the fine print, downloading the app automatically grants it access to your contacts and all of your saved numbers. The app then perpetuates its number trolling activity by sending all of your contacts the same invitation. While this scam itself poses minimal immediate danger, it allows fraudsters to access your phone to steal your contacts and build a list of phone numbers that the scammer can later sell on the black market for fu-

-see SCAMS page 13



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CEFD

Continued from page 1

identify your location. Have lights on if the call occurs during evening hours. If someone is available, have them stand outside to meet the fire engine or ambulance. During winter months, shovel all routes of egress. Inside, clear all egress throughout the home as clutter creates tripping hazards and may inhibit emergency personnel from gaining access quickly and safely. Have medication lists and File of Life on-hand. Know where electrical panels and water and gas shut-off valves are located. Have contact information readily available for private alarm companies and utility providers.

There are also strategies to prevent fire emergencies. For example, clean chimneys regularly and burn only dry wood; burning green wood creates creosote faster. Have fire extinguishers on hand and create and communicate escape plans with your family.

Lastly, consider shoveling out the hydrant(s) nearest to your home. Affectionally and informally, the department calls this Adopt-a-Hydrant. Shovel a three-foot diameter after the plow comes through. There are 300+ hydrants in Town, so if residents adopt one, the department appreciates having fewer to maintain and can turn their attention to the rest of them.

As the CEFD Rescue Captain, Maryanne Denison has stated, "We are coming into their world on one of their worst days that they'll always remember." Help yourself, help the situation, and help the Department do what you can to make the call run as smoothly as possible.

Look forward to Fully Involved: A View Into CEFD next time, as we feature fire safe-ty education in our schools.

CEFD Fully Involved Fun Facts:

Members: 60+ across five companies: two Fire Companies (TCS & CCS), Rescue Company, WET Team, and Fire/Police

Apparatuses: three engines (pumpers) Engine 1 @ CCS, Engines 2 & 3 @ TCS, two ambulances, one ladder truck, WET Team Command Van, WET Team Boat, Service Truck and Air Trailer.

Calls: 1,110 calls annually, 75 percent medical. All types of Medical; Fire: CO, vehicle fires, wires down, boat fires, house fires, grass/woods fires; WET: surface water rescue, swift water rescue, ocean rescue, high angle rescue.

Dispatch: Portland Regional Communications Center (busiest 911 center in the state of Maine).

Community Involvement: parades, escorts to team events, New Year's Polar Dip, auction rides to school, B2B cooling off hose, fireworks details.

Fraudulent charges on debit card, criminal mischief complaints reported

Reported by Marta Girouard

COMPLAINTS

- 10-8 An officer responded to a residence in the Woodland Road area for well-being check.
- 10-9 An officer met with a resident of the Broad Cove area regarding fraudulent charges on a debit card.
- 10-10 An officer met with a resident of the Shore Road area regarding criminal mischief to a motor vehicle.
- 10-10 An officer met a subject regarding a civil custody issue.
- 10-11 Two officers responded to a residence in the Woodland Road area for a well-being check.
- 10-13 An officer met with a resident of the Shore Road area regarding a theft complaint.
- 10-16 Two officers responded to a residence in the Woodland Road area for a well-being check.
- 10-17 Two officers responded to a residence in the Kettle Cove area for a domestic disturbance.
- 10-17 An officer responded to a residence in the Mitchell Road area for a barking dog complaint.
- 10-17 Two officers responded to a residence in the Ocean House Road area for a well-

- being check.
- 10-17 An officer met with a resident of the Scott Dyer Road area regarding an assault complaint.
- 10-23 An officer met with a resident of the Shore Road area regarding a criminal mischief complaint.

SUMMONSES

- 10-10 South Portland resident, failure to produce insurance, Route 77, \$186
- 10-10 Vermont resident, uninspected motor vehicle, Spurwink Avenue, \$148
- 10-10 Cape Elizabeth resident, speeding (40/25 zone), Scott Dyer Road, \$170
- 10-13 Massachusetts resident, speeding (44/35 zone), Spurwink Avenue, \$114
- 10-13 Cape Elizabeth resident, speeding (79/50 zone), Route 77, \$278
- 10-16 Virginia resident, speeding (53/30 zone), Shore Road, \$230
- 10-16 Cape Elizabeth resident, failure to produce insurance, Mitchell Road, \$186
- 10-19 South Portland resident, speeding (54/35 zone), Ocean House Road, \$170
- 10-20 Cape Elizabeth resident, speeding (56/30 zone), Sawyer Road, \$278

ACCIDENTS

- 10-10 Case Collins, Adam Loranger, Fort Williams Park

FIRE CALLS

- 10-09 South Portland Mutual Aid
- 10-09 South Portland Mutual Aid
- 10-11 Old Colony Lane Fire Alarm
- 10-15 Warbler Drive Fire Alarm
- 10-15 Warbler Drive Fire Alarm
- 10-17 Woodland Road Power Line down
- 10-18 South Portland Mutual Aid
- 10-19 Old Ocean House Fire Alarm
- 10-20 South Portland Mutual Aid
- 10-21 Wells Road Structure Fire
- 10-22 Spurwink Avenue Investigation
- 10-22 Cape Woods Drive Fire Alarm

RESCUE CALLS

There were 22 runs to Maine Medical Center There was four runs to Mercy Hospital There were seven patients treated by rescue personnel but not transported.

Scams

Continued from page 12

ture scam targets. If you receive a text message prompting you to download an app like this, it's best to delete the message and avoid any potential issues.

Beware the "friend" who asks for money

Technology has made it easy to build relationships with friends and family who live far away, as well as to start new romantic relationships with people met online. Many scammers will make fake online dating profiles to get close to victims, build a relationship with them online, and then ask for money to finally meet their love interest, start a new business idea, or claim they are in financial trouble and need help. While many people on dating sites are legitimately looking for love and friendship, please remember that there are many scammers out there looking to capitalize on the good will of loving and caring people. If you haven't met someone in person, it is never a good idea to send them money, no matter what your perceived relationship with them might be. Exercise caution when online dating, as it is easy for someone to pretend to be someone else while sitting behind a computer instead of meeting face-to-face.

Nurturing a healthier generation

By Cape Elizabeth Community Services



Contributed photo

Patty Medina's Fit to Live Tuesday Morning Class

Nurturing a healthier generation of older adults by offering programs to improve overall physical activity engagement among participants results in observable improvements in physical function as well as social and mental health. Adult Program Coordinator Linda Strunk attributes the rising attendance in fitness and movement classes by seniors to the many quality instructors and wide range of programs we offer. For example, Body Dynamics, Fit to Live and NIA classes promote stretching and strengthening, stability and flexibility. Instructors Elaine Talevi, Patty Medina and Erin Curren represent some of the best instructors in aerobics, yoga and martial arts. The knowledge and experience they bring to their fitness classes is particularly geared towards working aging bodies in a safe and beneficial way. Collectively, their

half dozen classes attract both men and women who range in age from early 50s to late 70s although younger and older individuals participate as well.

Walk-ins are invited and encouraged either to try a class before committing or to attend only as schedules allow. The benefit of pre-registering is to both ensure our instructor's enrollment goals are met and to take advantage of the Town of Cape Elizabeth's taxpayer discount of 20 percent offered exclusively to residents ages 62 and older. This discount applies to many programs offered by Community Services with the exception of programs specifically designed and priced for seniors or unless otherwise noted.

Nathanael Greene, age 77, is a retired land-

-see SENIOR FITNESS page 16

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CAPE CALENDAR By Wendy Derzawiec

Wednesday, November 7

Town Council Appointments Committee, 5 p.m., William H. Jordan Conference Room, Town Hall

Thursday, November 8

Comprehensive Plan 2019 Committee, 7 p.m., Town Hall

Monday, November 12

Veterans Day Holiday, Town Hall, Thomas Memorial Library closed. Recycling Center open 10 a.m.-7 p.m.

Tuesday, November 13

School Board, 6:30 p.m., Town Hall chamber
Town Council Annual Caucus, 7 p.m., Town Hall Lower Level Conference Room
Conservation Committee, 7 p.m., Town Hall

Wednesday, November 14

Town Council Appointments Committee, 5 p.m., William H. Jordan Conference Room, Town Hall
Town Council, 7 p.m., Town Hall chamber

Thursday, November 15

Fort Williams Park Committee, 6 p.m., Cape Elizabeth Community Center
Thomas Memorial Library Committee, 6:30 p.m., Thomas Memorial Library
Scott Dyer Road Improvements Phase II Informational Meeting, 7 p.m., Town Hall

chamber

Tuesday, November 20

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

Ongoing each week

Al-Anon, Regular meeting 7 p.m. Thursdays, at United Methodist Church, 280 Ocean House Road. Regular meeting 7 p.m. Fridays at St. Alban's Church.

Alcoholics Anonymous, 2 p.m. Saturdays, First Congregational Church, 301 Cottage Road, South Portland; 7 p.m. Wednesdays, St. Bartholomew Church; 7 p.m. Fridays, St. Alban's Church.

Cape Elizabeth Historical Preservation Society, 9 a.m.-noon Thursdays, Public Safety Building

Cape Elizabeth Lions Club, 6:39 p.m., first and third Tuesdays at the Bowery Beach Schoolhouse (except July and August), Two Lights Road

Cape Farm Alliance, third Wednesday, 7 p.m., Community Center

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

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

SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
799-3692

www.capenazarene.org

Sunday School for all ages: 9:30 a.m.
Sunday Worship Celebration: 10:45 a.m.
Services streamed live or on demand:
watch.capenazarene.org

Cape Elizabeth United Methodist Church

280 Ocean House Road
799-8396

www.ceumc.org

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
641-3253

Sunday: 10:30 a.m.-12:15 p.m.

Congregation Bet Ha'am

81 Westbrook St., South Portland
879-0028

www.bethaam.org

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

First Baptist Church of South Portland

879 Sawyer Street South Portland

799-4565

www.spfbc.com

Sunday Morning Worship: 9:30 a.m.
Coffee Time is at 10:45 a.m.
Sunday School is at 11:15 a.m.
Sermon audio is available on our website

Promised Land World Reach Center

536 Cottage Road, South Portland

799-3152

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

Saint Alban's Episcopal Church

885 Shore Road

799-4014

www.stalbansmaine.org

Sundays: 8 a.m., 9:30 a.m.
Celtic Service: Sunday, 5:30 p.m.
Nursery: 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

www.fccucc.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

883-2342

www.fccscarborough.com

Sunday Morning Worship: 9:30 a.m.

Sunday School & Nursery Care

CABLE GUIDE	CHANNEL 3
Cape Elizabeth Church of the Nazarene Nov. 10, 11, 17 & 18 - 9 a.m. School Board (live) Nov. 13 - 6:30 p.m. Town Council (live) Nov. 14 - 7:00 p.m. Town Council replay Nov. 15 & 16 - 2 p.m. & 8 p.m.	Nov. 17 - 10:30 a.m. School Board replay Nov. 17 & 18 - 2 p.m. & 8 p.m. Nov. 18 - 10:30 am Planning Board (live) Nov. 20 - 7:00 p.m. Planning Board replay Nov. 21 - 2 p.m. & 8 p.m.

September 2018 real estate transactions

NEW OWNER	LOCATION	USE	SALE PRICE
KTO LLC	4 BRADFORD ROAD	SINGLE FAMILY	\$235,500
MAXWELL COVE LLC	51 OCEAN HOUSE ROAD	SINGLE FAMILY	\$220,000
GALLO JORDAN L	18 HUNTS POINT ROAD	SINGLE FAMILY	\$700,000
RYDER JON S	56 CROSS HILL ROAD	SINGLE FAMILY	\$700,000
DAMBACH MONICA A	19 CRANBROOK DRIVE	SINGLE FAMILY	\$546,000
KALYVAS ATHENA	22 WESTMINSTER TERRACE	CONDOMINIUM	\$425,000
ROSS SPENCER E	293 FOWLER ROAD	SINGLE FAMILY	\$342,500
HALLEE LISA	14 DAVCARLEY ROAD	SINGLE FAMILY	\$459,900
SMITH PETER C	51 STARBOARD DRIVE	CONDOMINIUM	\$218,000
ARDITO ANTHONY E	53 LONGFELLOW DRIVE	SINGLE FAMILY	\$295,000
DENNETT DANIEL	35 LITTLEJOHN ROAD	SINGLE FAMILY	\$830,000
BOWNS JR JOHN L	28 STONE DRIVE	SINGLE FAMILY	\$325,000
CAHILL EDWIN W	7 SINGLES ROAD	SINGLE FAMILY	\$2,600,000
PERWIN NOAH MCLELLAN	3 JEWETT ROAD	SINGLE FAMILY	\$353,850
FITZPATRICK MARGARET A	4 CANTERBURY WAY	CONDOMINIUM	\$500,000
SULLIVAN JAMES D	52 STARBOARD DRIVE	CONDOMINIUM	\$194,000
SCHULZ JAMES K	4 WINDING WAY	SINGLE FAMILY	\$650,000
ARNAOUT SAMI	23 VALLEY ROAD	SINGLE FAMILY	\$434,200
KGM LLC	81 FOWLER ROAD	SINGLE FAMILY	\$95,000
MCDONALD TIMOTHY J	57 ZEB COVE ROAD	SINGLE FAMILY	\$1,450,000

Judy's Food Pantry : A community feeding itself

Cape Elizabeth United Methodist Church
280 Ocean House Road
Nov. 6 and 20 and Dec. 4 and 18 3-5 p.m.

Long Johns for winter warmth

The Farmers' Almanac's prediction for this winter is "pointing toward a very long, cold and snow-filled winter...teeth chattering cold ahead!"

Parishioners at St. Alban's Episcopal Church in Cape Elizabeth began a project last year to help those living in poverty in the Portland area add an extra layer of warmth to their clothing by collecting long Johns and distributing them at the Essentials Pantry at the Cathedral Church of St. Luke in Portland.

The Essentials Pantry is a non-food pantry that is open every Tuesday morning at St. Luke's. St. Alban's is one of eight Episcopal congregations in Southern Maine that sends volunteers to organize and distribute new or gently-used clothing, small household items, books, toys, linens, dictionaries, and personal care products. Immigrants and refugees from countries such as the Democratic Republic of the Congo, Rwanda, Republic of Angola, Sudan, Central American countries, Iraq and Syria come to the Pantry as well as people from Maine who have a need for some of life's most basic necessities. The pantry serves from 150 to 200 people each Tuesday morning.

Last year volunteers collected 140 pairs of new long Johns and bought another 35

-see LONG JOHNS page 15

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Long johns
Continued from page 14

with donated funds. This year they hope to increase that number by inviting the wider community to participate in this project helping those in need.

This winter may be a challenge for people accustomed to Maine winters, but imagine what a Maine winter for new immigrants and refugees coming here from warm climates is like. Frigid, bitter and raw, and all they may own is light-weight clothing.

New long johns for men, women, and children will be collected at St. Alban's until Dec. 2. There is a chest for the donations of long johns in the main church hall at St. Alban's Episcopal Church, located at the corner of Oakhurst Road at 885 Shore Road in Cape Elizabeth. The church hall is open Monday through Thursday, from 10 a.m. to 2 p.m. and on Sundays during the time services are held. If you have any questions, please call the church office at (207) 799-4014.

If you would rather write a check for the purchase of long johns, mail it to St. Alban's Episcopal Church, 885 Shore Road, Cape Elizabeth, Maine 04107. Please write "long underwear drive" on the Memo line.

Thank you for your help with this important project which seeks to improve the daily lives of new Mainers and those in need living in our greater community this winter.



Contributed photo

Drawing by Ben Callaway

FOR SALE

Get ready for winter! Ariens "624E" (Model 920001, 6hp, 24 inch dual stage, electric start) Snow Blower for sale. Excellent condition, serviced. \$350. Call 385-7155 or 767-9893.

Enjoy Cape Elizabeth photo note cards by naturalist Martha Agan magan@maine.rr.com. Card assortments available at Ocean House Gallery near the library parking area.

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Volunteer
Continued from page 4

Meiers said, he loves the library itself: the people inside, the beautiful building, the natural lighting.

"The people are very pleasant to work with. The people who come here are very pleasant to work with. I like to have this personal contact with people," he said.

"On a gloomy day in here," he added, "it's not gloomy."

Next deadline: Nov 9 For Issue Date: Nov 21

CLASSIFIED AD RATES

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Kitchen tour
Continued from page 6

of the local designers, builders, architects and craftspeople. Their skill and craftsmanship was clearly evident, but so to was their kindness, work ethic and generosity. Above all, we are indebted to the gracious homeowners

who loaned us their beautiful properties and welcomed attendees from all over New England and beyond. We are so grateful to every advertiser, sponsor, photographer, ticket-purchaser, volunteer and homeowner. Without their civic-mindedness and commitment to local education, this tour would never have happened," she said.

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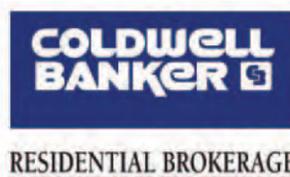
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Senior fitness

Continued from page 13

scaper, gardener and arborist who just signed up for his second session of Fit to Live Yoga with Patty Medina. He has long known of the benefits of yoga as both his wife and daughter have been taking yoga classes for years. When he read the description that started, "Attention adults age 60+" he said to himself, "that's me, I can do this." The stretching techniques I'm learning are "helping me to loosen up and straighten up," said Greene. He recently told Medina, "I thank you and my

family thanks you."

"We pride ourselves on offering fitness programs that are not only fun, but effective in improving the overall health and wellness of those who participate, regardless of age," says Strunk. We challenge you to improve your overall wellness by stretching on a mat, balancing in a pose, dancing to the music or working your muscles in the pool. For additional information on classes for all ages and fitness levels, from spinning to weight lifting, ballroom to tap, and basketball to endurance swimming, log onto www.capecommunity-services.org.

Cycling in the Alps



Contributed photo

Cape Elizabeth residents Rhonda Madden and Don Nelson stop to take a photo with The Courier while enjoying Val Resia in the Julian Alps on the Ciclovía Alpe Adria bike path.

Holly Daze Bazaar at First Congregational Church of South Portland on November 17

The First Congregational Church of South Portland, located at 301 Cottage Road, will hold a Holly Daze Bazaar on Saturday, Nov 17 from 9 a.m. – 2 p.m. Wreaths, gifts, baked goods, grampys's treasure, grandma's attic and much more will be available.

A luncheon will be held from 11 a.m. – 1 p.m. and will include haddock chowder, lobster and crab meat rolls, chicken salad rolls and apple crisp. The event will be handicap accessible.

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Holiday Wreath Fundraiser



Please purchase your 24" decorated holiday wreaths to support the HS Girls Hockey Team.

Price per wreath is \$30.00. The deadline to order is **November 20th.**

The wreaths will be delivered on December 2nd by the girls hockey team.

To order, please complete the form below and mail it to the address listed.

For questions, please contact Cathy Murray by calling: 799-1692 or via email at: SandCMurray@maine.rr.com



Name : _____ Email Address : _____

Address : _____

Quantity: _____

Send to:
Cathy Murray
31 Grover Road
Cape Elizabeth, ME 04107

Please make checks payable to:
CE Girls Ice Hockey Boosters

