CEHS music teacher selected for prestigious award
By Kevin St. Jarre

Cape Elizabeth High School music teacher Thomas Lizotte was recently selected to be the recipient of the John LaPorta 2019 Jazz Educator of the Year Award, given by Berklee College of Music and the Jazz Educators Network. Lizotte has taught high school in Massachusetts, Connecticut, Florida and Massachusetts, with degrees in music education and wind conducting. Lizotte has taught high school in Massachusetts, Connecticut, Florida and Massachusetts, with degrees in music education and wind conducting. Lizotte has taught high school in Massachusetts, Connecticut, Florida and Massachusetts, with degrees in music education and wind conducting. Lizotte has taught high school in Massachusetts, Connecticut, Florida and Massachusetts, with degrees in music education and wind conducting. Lizotte has taught high school in Massachusetts, Connecticut, Florida and Massachusetts, with degrees in music education and wind conducting.

According to a statement from the Berklee College of Music, Lizotte is an accomplished music educator who has influenced the artistic lives of thousands of students. He has been in public education for the past 30 years. He is a graduate of the University of Massachusetts, with degrees in music education and wind conducting. Lizotte has taught high school in Massachusetts, Connecticut, Florida and Massachusetts, with degrees in music education and wind conducting. Lizotte has taught high school in Massachusetts, Connecticut, Florida and Massachusetts, with degrees in music education and wind conducting.

Town to determine best approach for management, enforcement before deciding on parking fees for Fort Williams Park
By Kevin St. Jarre

Before deciding whether to begin charging out-of-town residents to park at Fort Williams Park, the town will determine the best approach for managing equipment and enforcing the proposed pay/display program. The Town Council on Nov. 14 authorized Town Manager Matthew Sturgis to solicit proposals for pay/display parking units and for enforcement of parking fees. The proposals would give the town an idea of what it would cost to either purchase or lease the equipment, and for third-party enforcement. “This is an important, needed step in order to get a lot of specific and critical information to be able to make a fully formed decision,” said Town Councilor Jamie Garvin.

The requests for proposals would be sent out in January, according to a program synopsis prepared by Sturgis. At the same time, the council’s ordinance subcommittee will be drafting language to accommodate a parking program at the park. Once the ordinance is approved and the best approach for equipment and enforcement is chosen, the town will have a “complete package” for pay/display parking that the council can vote up or down. If it is approved, it could be in place for the 2019 season, Sturgis said.

Bottomley inducted into Maine Running Hall of Fame
By Kevin St. Jarre

Cape Elizabeth resident Pete Bottomley was among eight people who were welcomed into the Maine Running Hall of Fame during its 20th induction ceremony, held at the Governor’s Hill Mansion in Augusta. Joining Bottomley in the Class of 2018 are Gary Allen, Tom Blake, Faye Gagnon, Rock Green, Colin Peddie, Steve Reed and Ed Rice.

Bottomley discovered his passion for running at Oxford Hills High School during the spring of 1979, when he switched to track from golf. He improved rapidly and set the school record in the 3,200 (10:02, which still stands). That fall season, as a walk-on freshman, he put the Community on the map and helped the Early Cold and Snow Aff ects the Moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s rates due to this type of early cold, but it experienced this season aff ects the moth larvae’s 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Heartfelt thanks to the voters of Cape Elizabeth

My heartfelt thanks to the voters of Cape Elizabeth for re-electing me to the Maine Senate. I am honored by this expression of confidence and look forward to working on behalf of our wonderful communities. In the months leading up to the election, I spoke with many at their homes and heard clearly concerns about affordable healthcare and insurance, the environment, political divisiveness, affordable higher education, and property taxes. I will continue to work with everyone ready to roll up their sleeves, tackle those issues and implement solutions. As always, I welcome your ideas, concerns and feedback. I am hugely grateful for family, friends and volunteers who generously gave their time and effort during the campaign and I thank each of you.

Rebecca Millett
Senator, Senate District 29

Thank you from Judy’s Pantry

Judy’s Pantry would like to thank all of the generous families in Cape that donated Thanksgiving baskets and gift cards to the pantry families suffering from financial hardship. Your support allows these houses to hold a memorable Thanksgiving dinner and to know that their community cares for them. The recipients of these baskets include participants of Judy’s Pantry as well as others referred by the schools.

We also would like to thank Jordan’s Farm for providing fresh produce at a discounted price, the United Methodist Church for offering their welcoming space, as well as their members who graciously donate freshly baked holiday breads to add to the baskets, and the pantry volunteers who spent many hours preparing for this event. Also thank you to the many wonderful Cape families who participated in assembling the bountiful baskets and even adding personal touches such as candles and sparkling ciders. We especially would like to acknowledge the tremendous efforts of Jen Tinsman and Amy Lombardo for coordinating and successfully executing the entire operation.

With the help of all of you we were able to help take care of our neighbors and show that an amazing community we truly have.

Sarvi Maisak
Pantry Committee

Time to move portable basketball hoops

Cape Elizabeth Public Works would like to remind residents that it’s time to remove portable basketball hoops from the edge of roadways. Hoops need to be 10 feet or more from the roadway to avoid damage to plowing equipment and to the hoops themselves.

“The heavy-steel rims on basketball hoops are about the same height as the mirrors and warning lights of the town snowplows and can do substantial damage,” said Public Works Director Robert Malley. In turn, the hoops can also be damaged by the plows.

Public Works is not responsible for damage to basketball hoops left in the town right-of-way, nor does the Town wish to see the equipment damaged.

Winter parking ban in effect

Cape Elizabeth’s overnight winter parking ban took effect Dec. 1. No vehicle should be left on roadways from 1 a.m. to 5 a.m. from Dec. 1-April 1.

Cape Elizabeth Public Safety and Public Works may call for daytime parking bans during major snowfalls this coming winter.

THANK YOU!

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

Thank you to this recent generous contributor:

Jeffrey and Ellen van Fleet

Checks made out to The Cape Courier may be mailed to PO. Box 6242, Cape Elizabeth, Maine, 04047. Future contributions will be acknowledged in an alphabetical format. Please include a note to correspond your correspondence if you prefer to remain anonymous.

Let us hear from you!

We love feedback!
editor@capecourier.com
Fully Involved: A View Into CEFD, Fire Prevention Week

By Mara DeGeorge

Since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land.

National Fire Protection Agency

https://www.nfpa.org/Public-Education/Campaigns/Fire-Prevention-Week/About

Firefighters teach people how to escape from a burning building, follow their escape plan, and call for help. Firefighters also teach people what to do if they are trapped in a room (call out, wave objects, throw objects out window), never run back inside a burning building and follow their home escape plan to a central meeting spot.

After the discussion, students transitioned to sit in front of the Hazard House, an interactive fire safety simulator that teaches how to turn a hazardous home into a risk-free environment. Featuring realistic special effects, such as smoke, flame, electric arc, lighting effects, and sounds, the Hazard House is used for interactive presentations. It has a remarkable level of details and numerous moveable parts that are perfect for grabbing everyone’s attention. CEFD firefighters engaged each group in a discussion on recognizing the hazards inside and out, and offering solutions for improving them. Flip panels turned each “hazard” into a “safe practice.”

The last portion of the program was dedicated to Escape Plans. Students were given a blank Escape Plan to work on and practice at home. They were instructed to include a floor plan of their home, highlighting doors and windows, with two ways out of each room, smoke detectors and an outside meeting point. They were encouraged to return their completed plan to Mr. Shields to be entered into a drawing to win an Engine Ride to School.

Chad Peck will be the winner of the lucky winner and a three friends rode the engine to school on Wednesday, November 28, getting dropped off in the bus circle.

Firefighters, teachers, and administration all felt the program was a success. Jason Manjourides, Pond Cove Principal, said, “The fire safety program is well coordinated with our physical education teacher, David Shields. The firefighters are great with our students. Students are receptive to this important learning when the instruction is delivered by the Cape firefighters. The kids loved The Hazard House.”

Upcoming services at First Congregational Church

December 16: Third Sunday of Advent
8:30 a.m.: Chapel Worship
10:00 a.m.: Sanctuary Worship with the Children’s Christmas Pageant.

December 23: Fourth Sunday of Advent
8:30 a.m.: Chapel Worship
10:00 a.m.: Sanctuary Worship with the Eskimos’ Fudge Sale in Guptill Hall.

December 24: Christmas Eve
5:00 p.m.: Family service with carols and a simple telling of the Christmas story, followed by a birthday party for Jesus in Wright Pavilion. ASL interpreted for the hearing impaired.
9:00 p.m.: Worship with carols, scripture, and a brief message by Cindy Maddox.

For more information, please visit the church website www.fccucc.org or e-mail the church office at office@fccucc.org.

One of the Fort Williams barracks mess hall decorated for the Christmas season

It was important at Fort Williams to observe traditional holidays to mitigate the loneliness of soldiers for whom visits to distant family were either impractical or impossible.

Pictured above is one of the Fort Williams barracks mess halls, all decked out for the Christmas season.

“Had dinner reservations for 1500, please… the name is Uncle Sam.”

“The Cape Elizabeth Historical Preservation Society wishes you and yours the happiest of holiday seasons!”

By Jim Rowe

Then and Now: Christmas at “The Fort”

One of the Fort Williams barracks mess hall decorated for the Christmas season

At its height (between the two World Wars), Fort Williams was home to approximately 1500 military personnel, as well as several civilian workers. It was truly a town within a town. Here you could find police and fire services, a school (in the early years), a chapel (in the later years), a store (PX), a hospital, a jail, a movie theater, a gymnasion and other athletic facilities, a bakery, a veterinarian’s office, music venues (bandstands), social clubs, dedicated power and communications systems, etc. As at many military installations, it was important at Fort Williams to observe traditional holidays to mitigate the loneliness of soldiers for whom visits to distant family were either impractical or impossible.

Pictured above is one of the Fort Williams barracks mess halls, all decked out for the Christmas season.

“One of the Fort Williams barracks mess halls, all decked out for the Christmas season.

“Had dinner reservations for 1500, please… the name is Uncle Sam.”

“The Cape Elizabeth Historical Preservation Society wishes you and yours the happiest of holiday seasons!”

By Jim Rowe
Lizotte
Continued from page 1

Maine. His primary jazz influences have been Dave Sporry, Dave Desmey Paul Albert, Don Doane and Steve Mason. He is a regular contributor to The Instumen
talist magazine. Long active as a teacher and judge in the marching arts, he is a member of three teaching halls of fame - Massachusetts Drum Corps, Boston Cru
saders and Maine Music Educators.

The award is granted by Berklee Col
ege of Music in Boston and the Jazz Edu
cators Network, the national association of jazz educators. John LaPorta, for whom the award is named, was a legendary jazz
educator who served as a distinguished professor at Berklee College of Music for more than three decades. LaPorta was an impresive teacher, colleague and music
ian. He played a pivotal role in the ear
liest stage of formalized American jazz education—shaping the unique Berklee curriculum and influencing the artistic lives of thousands of students.

With the award comes a $1,500 cash award and a four-day, all-expenses-paid trip to Reno.

The award means a tremendous amount, in that it gives national recognition to Lizotte and the Cape Elizabeth jazz pro
gram. The Berklee festival involves over 100 bands from across the United States. Each of those bands’ directors are eligi
ble for the award.

Lizotte said, “I am humbled to be cho
sen from among directors of this quality. For me, jazz education is a very special part of my teaching. Jazz is spiritual and it works on the creative aspect of the brain in a major way. To be honored for doing something that gives one such joy is so fortunate.”

Fort Williams
Continued from page 1

The town will need to publicize the new fees before they go into effect, but Councilor Garvin said the public will have a say long before any decision is made. “There will need to be a level of public engagement on this,” he said. “What we are doing tonight is taking one step to try and advance all of this to the point where an entire, fully considered pro
posal – along with the supporting ordinances that would be necessary to enact this – would be something on the table for not only the council but the public to weigh in on.”

Here are some highlights of the parking
fee proposal as of Nov. 14:

• Fees collected May 1-Nov. 1 only
• Ten meters would be installed in five premium areas of the park, covering 270 parking spaces
• Areas for free parking to the rear of the park (Playground, Children’s Garden, Of
ficers Row areas)
• Non-residents would pay:
  $2 with a minimum of two hours ($4 minimum per visit).
  $10 full day
  $15 seasonal pass
• Cape Elizabeth residents would park for free with a pass available at the police department

Initially the plan was to charge Cape Elizabet
h residents a nominal fee to comply with federal and state grants used in the park, but, because the proposed fees are “reasonable” compared to fees in surrounding areas, the charge for Cape Elizabeth residents will not be required.

Town Council Chair Jessica Sullivan, serv
ing at her last meeting as a councilor Nov. 14, said she hoped the next council would imple
ment the parking fees. “I see this as a critical issue for the town,” she said. Taxpayer
s contribute $250,000 for the park above any revenues received, and the town has de
ferred $6 million worth of park maintenance, she said. “Because of the explosive use in Fort Williams we have management issues, we need people on the ground - there’s a great deal that needs to happen there so I’m certain
ly hoping the council will move forward with this,” Sullivan said.

Over the last decade the number of visi
tors has nearly doubled, from 190,000 park
visits (estimated 500,000 visitors) in 2009 to 277,000 visits (estimated 900,000 visitors) in 2018, Sturgis said in his report to the council. The percentage of out-of-state visitors rose from 28 percent to 60 percent. “This increase in volume is expected to continue,” Sturgis said.

Hall of Fame
Continued from page 1

of Maine Orono, he was a surprise top
seven finisher and made the travel team. His positive team experiences running at UMaine forged his love for cross country.

During his 20’s, when Bottomley and his wife Marlene lived in California, he joined a large club with many sub-4-min
ute milers, a couple of Olympians and lots of outrageous characters. Although Bot
mley says he “was left in the dust during most workouts and races,” he improved his times and set his 5K and 10K personal records on the West Coast.

After moving back to Maine in 1990, Bottomley raced primarily on the roads until the Dirigo Racing Club formed in the early 2000’s and the opportunity arose to form a master’s team that could repre
sent Maine regionally and nationally in his favorite sport. The Dirigo Masters Cross Country Squad became the top team in New England for five years, won the Na
tional 5K XC Championship and placed in the top four teams four times at the US
ATF 10K XC Club Nationals, the sport’s most prestigious event. Bottomley only missed one Club National race between 2005 and 2012.

In 2011, at the age of 50, Pete cranked up his training intensity with the goal of winning the 50 -54 division at the 10K Club Nationals in Seattle. In preparation, he ran 16:08, two days before turning 50, at the USATF National 5K Road Champi
onship in Syracuse, New York, an effort that won him the bronze in the 45 to 49 age group, and then he won the Senior Di
vision and top age-graded at the USATF National 5K XC Championship in Perin
ton, New York. He finished 4th in Seattle, in 34:18, and then went on to win the Se
nior Division at the National 15K Cham
pionships in Jacksonville, Florida in 53.24. In 2016, he finally got on the podium at the 10K Club Nationals when he finished third in the 55+ age group.

Pete has also shared his time for the sport. In 2005, he founded and directed the New England Mile, a fund raiser for Easter Seals where Pat Tarpy unleashed a blistering 3:54 time in 2007. He also vol
unteered for five years as a coach at OJ Logue’s Acadia Running Camp, a non
profit camp for high school age runners. As a member of the Dirigo Club, he served on the Board for five years, and was the head cheerleader urging all to join him for evening XC workouts at Twinbro
ok. Of the honor of being inducted into the Hall of Fame, Bottomley said, “I’m thrilled and honored to be inducted to the Maine Running Hall of Fame. Our state has such a strong running community and the list of inspiring runners is amazing. I’m grateful my modest story was included.”

When asked about a race that really stands out, Bottomley said, “My favorite story is about our team’s performance at the 2007 10K XC Club Nationals held in West Chester, Ohio. We crossed six run
ners over the finish line within 61 seconds [of each other] and finished second over all.…. Not bad for a state with only a mil
lion people. Upon our return, the Mayor of Portland honored us with a Proclamation.”

As for advice for younger runners, Bot
mley offered, “As your life gets busier, make time to keep exercising, even if it’s at a reduced level. If you keep your body and mind moving, you can feel like a kid when you’re as ancient as your parents are now.”

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Cape Elizabeth School Board news

At the School Board November 13 regular business meeting, Food Director Peter Esposito provided the School Board with a presentation on the rationale behind the request to withdraw Cape Elizabeth High School from the National School Lunch Program. Mr. Esposito explained that while one of the intentions of the national program has been to enforce the use of healthier ingredients (e.g., whole grains), it has ironically forced waste and student hunger.

Mr. Esposito also explained that because of the increased regulations, the school nutrition staff is no longer capable of making everything from scratch, which they would prefer to do. Furthermore, in order to comply with the national standards, the town has had to subsidize a portion of the district’s lunch programs because the approved foods are more costly and the ability to purchase produce from local farms less feasible.

The School Board voted to withdraw CEHS from the national lunch program unanimously, with the expectation that all students will have access to better food and that the anticipated increase in lunch sales will not mitigate the loss of funding resulting from this withdrawal, but greatly eliminate food waste and student hunger.

Student Resource Officer David Galvan, provided a review of how his first few months serving as the district’s first SRO officer have progressed. Officer Galvan reported that he is greatly enjoying the relationships he is forming with students at the high school through casual interaction. "While most of his time is spent at the high school, Officer Galvan also regularly visits the both CEMS and CEHS."

FACILITIES STUDY

The Needs Assessment Committee has been finalized and has held two meetings to date on November 7 and 28. In addition to school board members, administrators, and teachers, the committee includes Matt Sturgis (Town Manager), Jamie Garvin (Town Council), Vidente Deveraux (Town Councilor elect), Peter Anderson (community member), Tim Thompson (community member), DJ Nelson (parent and community member), Carla Bryant (parent and community member), Jill Abrahamson (parent and community member), and Maya Nelson (CEMS student). A complete list of committee members can be found on the minutes from the November 7 meeting, which are available on the website under the “Facilities Needs Assessment Committee” link: https://schoolboard.cehs.kennebecmaine.us/147-school-board/school-board-information/974-facilities-needs-assessment-committee.

The November 7 meeting was held at the CEHS library and focused on the safety and overall challenges the physical education classes, athletics, and community service programs face at CEHS. Students, Sam Dresser and Erin Foley, joined Principal Jeff Shedd to lead the tour of the facilities, and provided firsthand accounts on the challenges and limitations from a student’s perspective.

The November 28 meeting was held at the PCES/CEMS cafeteria and focused on issues of safety, space limitations, and inefficiencies. Principals Troy Eastman and Jason Manjounides, along with Facilities Director Perry Schwarz lead committee members on tours of the entrances, cafeterias, kitchen, service and delivery access points and band room. Among other concerns, the tour illuminated the risk of having both school’s front offices located far away from main entrance, which results in an inability for staff to monitor where visitors go once they are admitted inside the buildings. Furthermore, the special challenges associated with having one room utilized as both a cafeteria and an auditorium, were highlighted in a brief video composed by CEHS student, Sam Whitney, which captured the cafeteria in use during several student lunch periods.

The next Needs Assessment Committee meeting will be on Dec. 5 from 6:30 p.m. – 8:30 p.m. at the CEHS Library. This meeting will include tours and discussions of the school’s classrooms, science labs, cafeteria, kitchen, first auditorium, library and entrances. The public is welcome and encouraged to participate.

FUTURE DATES

• Monday, Dec. 10, Swearing in of new school board members and town councilors 7 p.m. in Town Hall Chambers.
• Tuesday, Dec. 11, School Board regular business meeting, 6:30 p.m. - 8:30 p.m., Town Hall Chambers.
• Tuesday, Dec. 18, second School Board and Town Council Joint Workshop on FY20 Budget Process at 6:30 p.m., Cape Elizabeth Fire Station.

Solution to Nov. 21 Cape Crostic

Maine likes to call itself ‘(America’s) Vacationland.’ For many artists, though, it’s the office. Since the nineteenth century, painters from all over the country – including Edward Hopper, (Alex) Katz, (John) Marin, (Fairfield) Porter, Neil Welliver and (Andrew) Wyeth - have spent large chunks of time there. Terry Teachout, “This Must Be the Place (Sightings)”}

New Year’s Eve at The Good Table spend the last of the year with us

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The Cape Courier - Page 5
CEFD

Continued from page 3

House, a big hit!”

Asked to describe what he believes the kids took away from the program, he says, “I can not overemphasize the importance of this program. The awareness created by these lessons could save lives.”

The Kindergarten classes were even luckier. Not only did they participate in Mr. Shields’ program, but they had the opportunity to visit and tour the fire station, watch a video on fire prevention, and learn about the trucks, tools, and equipment.

On Mrs. Dawn Rioux’s blog, she highlights the kindergarteners’ experience: “The fire station field trip was a huge success! We walked over to the fire station and met fire chief, Peter Gleeson, some firefighters and a paramedic. Students looked at two types of trucks, a water rescue boat, the inside of an ambulance and all of the gear firefighters need! We even saw a night vision camera that allows firefighters to find people in the dark. We also watched a movie about what goes on inside a fire station. If you have a fire, do you have a family meeting place?”

Mrs. Catherine Cornell described her kindergarten class’ experience, saying, “We had a great visit! For twenty years now I have brought the children to the station. The walking field trip offers the children the opportunity to learn directly from Cape Elizabeth firefighters and paramedics. They teach us about their role in the community and share with the children up close the gear, equipment and vehicles that they use to do their job effectively. The trip supplements what we have read about and discussed in the classroom regarding fire safety and offers the children an opportunity to ask the professional questions directly. I am thankful Chief Gleeson has always welcomed the kindergarten children to the station. They love watching the safety video, seeing what is housed inside the station, seeing a firefighter put on their gear, and they always enjoy whatever Chief has for them as a parting gift - the fire hats, stickers, pencils, etc. (a little different year to year). For some children it is their first time to the fire station.”

Mrs. Cornell interviewed her kindergarteners to hear their words. Here are some quotes:

Annie: “I liked seeing the inside of the ambulance.”

Wyatt: “I liked seeing the inside of the pumper truck. We went inside!”

Siena: “I liked getting a fire hat.”

David Shields was pleased with this year’s program. He thanked CEFD for coming to his classes, saying, “It is a very big deal for the kids to experience this. The program went very well. The firefighters kept the kids’ interest and were very enthusiastic with their respective presentations. The kids like most of the things we do. The Cot/Crawl exercise and Hazard House are the big favs because it’s physical and interactive. Even though it’s the older kids’ fifth year doing it, practice makes perfect. If they were bored, we didn’t know it. Everyone seems to be very positive about the manner in which we managed this safety unit.”

Fire safety education isn’t just for school children. Everyone is at risk in fires, making it important for every member of the community to take some time during October Fire Prevention Week or any other time to make sure they understand how to stay safe in case of a fire. CEFD is proud and honored to be instrumental in the Fire Prevention Program at Pond Cove School.

Look forward to Fully Involved: A View Into CEFD next time, as we feature a Robinson Woods Rescue.

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, Air Trailer

Calls: 1110 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

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CEHS opts out of National School Lunch Program

By Kevin St. Jarre

Cape Elizabeth High School has withdrawn from the National School Lunch Program. The federal program subsidizes free and reduced-price school lunches for students who qualify, which at CEHS amounts to a total of nine students out of 533 enrolled, but the subsidy comes with a price that Peter Esposito, Cape Elizabeth’s nutrition director, says is exceeding its worth.

“Kids just aren’t eating it,” Esposito said. “We’re wasting money and we’re losing counts as far as people buying lunch, and we’re losing a la carte status.”

The Cape Elizabeth School Board unanimously voted last month to withdraw CEHS from the program because guidelines regulating calorie content, portion size and percentages of whole grains, for example, have made foods served at the cafeteria unpalatable.

Esposito said that from the time he arrived at Cape Elizabeth schools in 2009, until 2013, the nutrition program was self-sufficient.

“We never received any town subsidy whatsoever. We were able to support ourselves including salaries, benefits, equipment repair, some equipment ... out of our own money that we generated,” he said.

During the 2013-14 school year, revenue from sales of à la carte menu items at the high school was $107,580.97, with no transfer of funds necessary from the general school budget to meet expenses. Three years later, in 2016-17, revenues from sales were $18,354.60, with $87,358.90 transferred from the general fund.

Esposito attributes the decline to the federal guidelines, which became effective in 2012 under the Healthy Hunger-Free Kids Act. The guidelines, according to Esposito, give the U.S. Department of Agriculture authority to set new standards for food sold in lunches during the regular day, including vending machines.

The act also:

* Limits milk served to nonfat flavored milk or 1 percent white milk
* Reduces portion sizes in meals
* Mandates a minimum on fruit, vegetables, and whole grain servings
* Mandates a maximum sodium, sugar, and fat content

“What’s happening is a lot of that food is being thrown away,” Esposito said. School surveys, reports from student advisory groups and individual complaints support those findings. CEHS Principal Jeff Shedd, as well as student representatives on the School Board, agreed that sale of entree meals at the high school are rare.

Taking the high school out of the National School Lunch program will mean less waste, but will also allow Cape schools to get back to more of the locally sourced, “from scratch” recipes Esposito introduced when he started working at the schools.

“Now it’s getting harder and harder to make those recipes work with the current guidelines, because of sodium levels, calorie content,” he said.

For example, federal guidelines limit a serving size of macaroni and cheese to 2/3 of a cup - something that just won’t satisfy a teenage appetite. Another example is baked Cheetos snacks, laden with artificial flavors and colors, that are allowed under the guidelines while organic RX Bars are 10 calories over the 200 calorie limit and therefore cannot be sold.

This withdrawal applies only to Cape Elizabeth High School. The program and guidelines still apply to lunches at Cape Elizabeth Middle and Pond Cove Elementary schools, where Esposito said participation is good.

Cost of a school lunch entree is $3.25. For each that is fully paid the Cape Elizabeth School Department receives $0.37 from the federal government, reduced-price lunch gets a $2.97 subsidy and free lunch get a $3.37 subsidy.

This year, five CEHS students participate in the free lunch program, and four receive reduced-price lunches. Withdrawal from the program will mean a loss of $28.73 a day in lunch subsidy, and another $14.91 per day for the breakfast program. Still, Esposito predicted the sale of bagels, which students will actually buy and eat, will alone make up for that loss. Qualifying students will still get their free and discounted lunches.

Withdrawal from the national program does not mean things like soda and candy will begin showing up at school, he said. School policy prohibits on-site sale of such items, but also, “I think ... people [who] know me ... know that the integrity of my

Preschoolers Host Special Visitors

Preschoolers at Ledgemere Country Day School had two special visitors join them last month for one of their regular author study units: CEHS Class of 1986 alumna and author Michelle Patch and her Boston Terrier Benny. Patch recently published her first children’s book, “The Boston Terrier Who Thought He Was A Loon,” which she read to the class. Afterwards, she answered many questions about Benny and about how she wrote the book.

By Carol E. Whitmore

Patch and her Boston Terrier Benny. Patch recently published her first children’s book, “The Boston Terrier Who Thought He Was A Loon,” which she read to the class. Afterwards, she answered many questions about Benny and about how she wrote the book.
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Two C/EHS students named as Coca-Cola scholar semifinalists

By K. Evin St. J. Arre

Cape Elizabeth High School seniors Makeva Deveaux and Rohan Freedman have been named Semi Finalists for the 2019 class of the Coca-Cola Scholars Program, moving to the next round of the selection process to become a Coca-Cola Scholar and receive a $20,000 college scholarship.

A joint effort of Coca-Cola bottlers across the United States and The Coca-Cola Company, the Coca-Cola Scholars Program is one of the largest corporate-sponsored, achievement-based scholarship programs of its kind. Semi Finalists are now asked to complete Phase 2 applications, which include essays, recommendations, and transcripts. An independent selection committee will review the applications and select 250 Regional Finalists by the end of January to participate in online or in-person interviews. 150 Coca-Cola Scholars will be named in March and come to Atlanta in April for a celebratory banquet and Leadership Development Institute facilitated by program alumni.

About being named, Freedman said, “Considering the number of students who applied, I was extremely surprised and honored when I heard that I was named a semi-finalist. I hope that I am fortunate enough to make it through to the next round.”

Deveaux echoed Freedman’s thoughts, saying, “I’m really grateful that I was selected to be a Coca-Cola Scholars Semi Finalist among thousands of incredible students from around the nation. I’m excited to continue this journey of a selection process and to see where it takes me. I wish Rohan good luck as well.”

With the addition of the 2019 class, the Coca-Cola Scholars Foundation will have provided more than 6,150 Coke Scholars nationwide with over $69 million in scholarships over the course of 31 years. “We believe that identifying these young leaders through the lens of the numbers, are our communities.” said Jane Hale Hopkins, President-Elect of the Foundation. “The Coca-Cola system is dedicated to giving back to the community that serve, and the Coca-Cola Scholars Foundation is proud to be a part of that commitment.”

In addition to receiving college scholarships, those students selected as Coca-Cola Scholars will be welcomed into a vibrant and growing family of alumni that have become a powerful force for positive change in the world. Through networking, collaborations, and friendships, the group strives to make a bigger impact together. Recent events and initiatives include the 2018 Coca-Cola Scholars Leadership Summit, a post-hurricane clean-up in Houston, and the third year of a coaching program that partners seasoned alumni with first-year scholars as they transition to college.

SCHOOLS/NEWS

Journa lists

Continued from page 8

nett News Service and USA Today in Washing- ton, and as an editor at the Kennebec Jour- nal, the Biddedford-Saco Journal Tribune and the Portland Evening Express. In addition, he worked for years on the Transportation Secu- rity Administration, Department of Homeland Security and a number of national secu- rity consulting and education organizations.

Much of the discussion centered on how in- formation gets disseminated today, in a time of social media, when there is no editor acting as a check on what makes it out into the pub- lic sphere. Lunner said, “You need a second set of eyes on what you’re doing, and that’s the big difference between social me- dia, when you’ve just got somebody’s thumbs, and that’s it, seconds later, it’s published” as opposed to when journalists working for a professional media outlet always have an edi- tor judging the veracity of the reporting.

Rooks said, “Whenever you hear a politi- cian or the head of a corporation, or some- body who’s accused of something, blaming the reporter, and calling it fake news, get your ‘smell test’ out, because if somebody can’t de- fend themselves with facts, often what they’re do is blame the reporter.”

Lunner said he’s never seen so-called “fake news,” despite acknowledging propa- ganda, disinformation, gossip, and hyperbole, but “deliberately fake news is a ridiculous concept.” Lunner said that organizations such as the Pew Research Center and Gal- hup have done studies in order to try to under- stand this phenomenon and “their numbers show that the more outrageous the claim in social media posts, the farther it spreads and the more people see it.”

Callaghan responded to that, saying, “That’s the part that’s dangerous, and that’s why everybody has to be a smart consumer.”

He said consumers of the news should edu- cate themselves on the issues so they can bet- ter judge new information they are receiving.

The journalists also acknowledged the changing landscape, and how many people who did not grow up watching television news or reading a newspaper now get much of their information through technology, and Rooks pointed out that sometimes shows she has done even years before will suddenly get a new spike of listeners downloading it as a podcast.

When Rooks asked the assembled students if any of them were interested in entering journalism as a career, none of the students spoke up.

Rooks seemed surprised and asked, “Re- ally? Not a single future reporter in the AP class?”

Again, none of the students present indi- cated an interest in such a career.

Callaghan said, “The job of the journal- ist is the only career, the only occupation that is mentioned in the U.S. Constitution. That’s how important it is, that it has to be protected. So, even if you’re not involved in journalism yourselves, it’s everybody’s duty to support and defend it, because with- out it. . . Ultimately, the job is not about the reporters, it’s not about us, it’s about get- ting information, about asking the questions, on your own information through technology,” then there’s all kinds of stuff they’re going to get away with. “It’s sort of an interesting phenomenon that in the last couple years . . . journalists have worked harder than ever to try and find the truth.” You’ve seen sub- scriptions to the New York Times and the Washington Post increase . . .”

Lunner said that even if people choose not to enter the field, that everyone should pick up the skills of a good journalist, such as “critical thinking, good writing, integrity-those things are useful no matter what you do.”
Acting up...

Students in Betsy Dunphy’s “Acting Up” classes have been having fun this fall. Through movement, theater games, improvisation and acting exercises they have explored the ins and outs of performance skills. Winter classes will continue in January with play performance, script studies, and more. Register through Cape Elizabeth Community Services. Space is limited so register early!

C E H S Youth Activist Group hosts its first fundraiser

By Aela Mansmann

The CEHS Youth Activist Group recently hosted its first fundraiser, a volleyball tournament between students from CEHS and South Portland High School.

On Nov. 16, the Cape Elizabeth High School Youth Activist Group hosted its first fundraiser – Spike Out: Pushing Sexual Assault out of Bounds at the CEHS gymnasium. It was a volleyball tournament between students from South Portland High school and CEHS, in support of an upcoming regional Consent Summit the students are organizing with a larger student planning committee made up of volunteers from area high schools.

The student committee has partnered with a youth founded national organization, www.SafeBAE.org, that works to end sexual assault among teens across the country. “We are so grateful to SafeBAE for giving us the opportunity to create the template for this kind of summit, that other students can replicate around the country,” stated Jack Kingsley, SPHS, Junior. SafeBAE’s celebrity ambassador, actress Torrey DeVitto, took the day off from filming “Chicago Med” to fly in and support the event. Ms. Devitto met with the full planning committee the following day to help continue the summit planning process. The committee consists of students from participating schools: Scarborough (Sarah Staufier), Casco Bay (Eleanor Johnson), South Portland (Abigail Brier, Mia Filipe, Jack Kingsley), and Cape Elizabeth (Aela Mansmann, Lillian Frame, Izabella Rodrigues, Aaron Zeitlin).

The Summit has been in development for several months with plans for it to be held in May on the SMCC campus and involve approximately 2000 students. “We’ve had incredible support from coaches, parents, administrators and local direct service agencies who, at first, were taken aback by our lofty goals, but who have come to see how determined we are to change our school cultures for the better,” said Aela Mansmann, CEHS freshman. The tournament was a huge success, raising over $700 and the group is looking to continue their fundraising efforts throughout the year. Please contact aelavitoria@gmail.com for more information about the Summit or fundraising events.

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December 16
8:00 a.m. - Holy Communion
9:30 a.m. - Christmas Pageant Joy
5:30 p.m. - Celtic Eventide

December 23
8:00 a.m. - Holy Communion
9:30 a.m. - Holy Communion
5:30 p.m. - Celtic Eventide Evening Prayer

December 24
8:00 a.m. - Spoken Holy Communion
4:00 p.m. - Family Christmas Eve
6:30 p.m. - Celtic Christmas
10:00 p.m. - Christmas Eve

December 25
10:00 a.m. - Holy Communion with Carols

Bird report for last two weeks of November

By E. Brooks Bornhofft

The wintry weather during the last two weeks of November set the stage nicely for the arrival of winter finches from the coniferous forests far north. During the last week of the month we had at least two visits from small flocks (2-3) of Pine Siskins. These very active little birds are similar in shape to that of a Goldfinch, but their bills are longer and stouter. A Siskin’s body and head are also distinctly streaked. On one occasion I watched a Siskin hang upside down and pester a Goldfinch until it had had enough, at which point the Siskin assumed a choice perch lower on the niger tube. My favorite thing about these birds is their unique humming, buzzing, “zzz-ing” calls that fill the air as a flock springs out from a tree, swirling back and forth and round-about.

On the last day of the month I got a call from my wife alerting me to a flock of Snow Buntings that she had just spotted on the fields surrounding the high school. Another winter visitor from northern latitudes, aka the Arctic Tundra, these chunky ground dwelling birds feed mostly in fields and farm yards. Bluebird in size, their snow-white underparts contrast with black wing tips and rufous overtones.

Other notables include two Carolina wrens at our mealworm station (as a side note, this is the first time in several years that I have seen two such birds in the same patch together). A solitary Brown Creeper was spied along Shore Road. It’s not always easy to see these birds on a tree as they blend in very well with the trunks and seem to spend most of the time out of sight.

With December already upon us now I’ve got my fingers crossed for a flock of Evening Grosbeaks. I have seen reports of Grosbeaks at feeders as close as Scarborough and as far south as Chilmark, Martha’s Vineyard.
Thomas Memorial Library hosts author Anna Crowley Redding and offers new movie streaming service

Holiday Hours
The library will be closed Monday, Dec. 24 and Tuesday, Dec. 25 for Christmas, and Tuesday, Jan. 1 for New Year’s. All other hours remain the same.

Maine Wildlife Series – Lichens 101
Thursday, 12/13, 6:30-7:30 p.m.
The earliest known lichen fossil is over 400 million years old. Lichens 101 will introduce you to this ancient organism. During the presentation we will look at the how, what, where, and why of lichens.
- What are lichens?
- Where do they live?
- How do they reproduce?
- Why lichens?
There will be time for questions, discussion, and an opportunity to explore the presenter’s lichen collections.

Writer’s Accountability Group (WAG!) meets on the 3rd Wednesday of each month from 10:00 a.m.-noon.
Come meet Anna as she talks about her writing for children, Anna’s first career was as an Emmy-award winning investigative television reporter, anchor, and journalist. The recipient of multiple Edward R. Murrow awards and recognized by the Associated Press for her reporting, Redding now focuses her stealthy detective skills on digging up great stories for kids, which is her true passion. Anna and her family reside here in Cape Elizabeth.

PROGRAMS FOR TEENS/TWEENS
Meet Author Anna Crowley Redding, author of “Google It!”
Tuesday, 12/18, 6:30-7:30 p.m.
Come meet Anna as she talks about her writing and research process, where she got her inspiration for her debut nonfiction book, and what it’s like writing for a teen audience. There will also be a fun interactive activity. Copies of “Google It” will be available for purchase and signing.

New Movie Streaming Service
We’re excited to announce that we’re partnering with Kanopy to bring you thousands of new movie titles you can stream to most digital devices. Please check our website for details on how to access this service.

Free Poems and Museum Passes
Stop by the library to get a free poem from our Poematic machine, or pick up a free pass to a local museum including the Maine Historical Society, Portland Museum of Art, and the Maine Maritime Museum.

Ongoing Teen/Tween Programs
Dungeons & Dragons Club
Tuesdays: 3:00 – 6:00 p.m.
Come play D&D with us. D&D Club meets every Tuesday and Thursday afternoon.

Crafternoons
Thursdays: 2:30 – 3:30 p.m.
Join Alyssa and Kiah after school at the library for Crafternoons! We’ll be making a new drop-in craft every week. Open to ages 10 and up. No registration required.

Chess Club
Saturdays: 9:00 – 11:00 a.m.
This long-standing community-based chess club meets every Saturday, and has found a new home here at Thomas Memorial Library! Managed by chess fan and parent of chess players, Eric Dinnerstein, prior secretary of the Maine Chess Association, each meeting usually attracts 10-20 players. A chess tactic/strategy is usually reviewed and exercised during the meet. All ages welcome.

Programs for Children
In addition to our ongoing weekly and monthly programs for children, we have a new series of Early Release Adventures for ages 6 - 12 beginning in January. This new series will take place on Early Release Wednesdays at 2:15 p.m. The four new sessions will consist of origami, board games with Diversions Puzzles & Games, improvisational theater, and painting with artist Marie Ahearn. No registration is necessary. For complete details on these events, and all the programs listed below, please visit the library’s website.

Weekly Ongoing Programs
Art Adventures, for ages 3 - 5
Mondays, 10:30 – 11:15 a.m.

Stay & Play, for all ages
Tuesdays, 9:30 a.m. – 12:00 p.m.

Tales for Tots, for 18 mo. - 3 years
Wednesdays, 9:30 – 10:00 a.m.

Story Garden, for 3 - 5 year olds
Wednesdays, 10:30 – 11:00 a.m.

Mother Goose Time, for babies up to 18 months
Wednesdays, 11:15 - 11:45 a.m.
Fridays, 9:30 - 10:00 a.m.

Baby Doll Story Time
Thursdays, 9:30 – 10:00 a.m.

Tiny Tunes, for babies, toddlers, and preschoolers
Thursdays, 10:30 – 11:00 a.m.
Fridays, 9:30 - 10:00 a.m.

Story Explorers, for 3 - 5 year olds
Fridays, 10:30 – 11:15 a.m.

Family Story Time
Saturdays, 10:30 – 11:00 a.m.

Monthly Ongoing Programs
Animal Advocates Club, for grades 3 - 6
Thursday, December 20, 3:30 – 4:30 p.m.

Musical Story Hour with Jud Caswell, for ages 3 - 5
Thursday, January 10, 1:00 - 1:45 p.m.

Families Discover Great Artists, for families with children 4 and up
Saturday, January 12, 3:00 - 4:00 p.m.
This month: Explore the murals of Diego Rivera

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Ransom scams, stolen shovel returned, numerous seatbelt violations

Reported by Marga Girouard

COMPLAINTS

11-4 An officer met with a resident of the Mitchell Road area regarding a motor vehicle burglary report. A sleeping bag and some money was taken from the vehicle.

11-5 An officer met with a resident who had received a phone call advising him his son was being held hostage pending a $5000 ransom or he would be beaten. Contact was eventually made with the son and confirmed it to be a scam.

11-5 An officer met with a subject who turned over a wallet containing a PD driver’s license and a debit card.

11-5 An officer met with a subject at a local business who had found drug paraphernalia in the bathroom that appears to have been used for heroin.

11-5 An officer met with a resident in the Mitchell Road area regarding a harassment complaint.

11-5 Two officers received a report of possible criminal activity and the suspect vehicle involved. A possible vehicle was located and driver interviewed. It appeared the original call was a prank call. Case under further investigation.

11-6 An officer met with a resident of the Fowler Road area regarding a scam phone call. Caller stated they had kidnapped her son and was holding him for ransom.

11-6 An officer met with a resident of the Bowery Beach Road area regarding a tenant issue.

11-11 An officer responded to a residence in the Surf Road area regarding a motor vehicle burglary report. Missing from the vehicle was a laptop, iPhone and accessories.

11-15 An officer met with a resident of the Scott Dyer Road area regarding lost or stolen keys.

11-17 An officer met with a resident of the Ocean House Road area regarding the theft of a cellphone.

11-18 An officer met with a resident of the Sawyer Road area regarding the theft of a shovel. The owner had been shoveling his driveway and left it standing up near the road. A plate number had been obtained and contact was made with the vehicle’s owner. The shovel was returned.

11-19 An officer met with a resident of the Two Lights Road area regarding a dog bite complaint. Report forwarded to the ACO for follow up.

11-21 An officer met with a resident of the Old Ocean House Road area regarding a phone harassment complaint.

11-22 Two officers responded to a residence in the Woodland Road area for a well-being check.

11-24 An officer met with a resident of the Mitchell Road area who had received a scam phone call with the caller claiming to have abducted their son and demanded ransom payment.

11-25 Two officers responded to a residence in the Mitchell Road area for a well-being check.

11-26 An officer met with a resident of the Mitchell Road area regarding a theft complaint.

SUMMONS

11-6 Cape Elizabeth resident, domestic violence assault, Cape Elizabeth

11-9 Cape Elizabeth resident, uninspected motor vehicle, Sawyer Road

11-15 South Portland resident, speeding (52/30 zone), $230, Mitchell Road

11-16 Windham resident, leaving the scene of an accident, Charles E. Jordan Road

11-19 Cape Elizabeth resident, seatbelt, Route 77

11-19 Cape Elizabeth resident, seatbelt, Route 77

11-19 Standish resident, seatbelt, Route 77

11-19 South Portland resident, seatbelt, Route 77

11-19 Cape Elizabeth resident, seatbelt, Route 77

11-19 Cape Elizabeth resident, seatbelt, Route 77

11-20 Cape Elizabeth resident, possession of alcohol by minor, Sawyer Road

11-20 Lebanon resident, operating after suspended license $325, seatbelt, Route 77

11-21 Limerick resident, seatbelt violation, Route 77

11-21 South Portland resident, seatbelt violation, Route 77

11-26 Cape Elizabeth resident, seatbelt violation, $85, Scott Dyer Road

11-26 Cape Elizabeth resident, seatbelt violation, $85, Route 77

11-26 South Portland resident, seatbelt violation, Route 77

11-26 Cape Elizabeth resident, seatbelt violation, Route 77

11-26 Portland resident, speeding (40/30 zone), $129, Sawyer Road

11-26 Windham resident, seatbelt violation, Route 77

11-26 Windham resident, seatbelt violation, Route 77

11-26 Grey resident, seatbelt violation, Route 77

JUVENILE SUMMONS

11-21 Cape Elizabeth resident, possession of alcohol by minor

11-21 Cape Elizabeth resident, possession of alcohol by minor

11-21 Cape Elizabeth resident, possession of alcohol by minor

ACCIDENTS

11-8 James Hallowell, Ocean House Road

11-13 Samuel Peete, Courtney Hale Toon, Ocean House Road

11-14 Melanie Tennyson, Ocean House Road

11-15 Kayya Seshachar, Lynn Aresco, Ocean House Road

11-16 Daniel Marion, Charles E. Jordan Road

11-16 Austin Bass, Mitchell Road

11-16 Keith Ensor, Shore Road

11-21 Duncan Hazanah, Spurwink Avenue

11-19 Cape Elizabeth resident, seatbelt, Route 77

11-19 Cape Elizabeth resident, seatbelt, Route 77

11-20 Cape Elizabeth resident, possession of alcohol by minor, Sawyer Road

11-20 Lebanon resident, operating after suspended license $325, seatbelt, Route 77

11-21 Limerick resident, seatbelt violation, Route 77

11-21 South Portland resident, seatbelt violation, Route 77

11-26 Cape Elizabeth resident, seatbelt violation, $85, Scott Dyer Road

11-26 Cape Elizabeth resident, seatbelt violation, $85, Route 77

11-26 South Portland resident, seatbelt violation, Route 77

11-26 Cape Elizabeth resident, seatbelt violation, Route 77

11-26 Portland resident, speeding (40/30 zone), $129, Sawyer Road

11-26 Windham resident, seatbelt violation, Route 77

11-26 Windham resident, seatbelt violation, Route 77

11-26 Shire Road

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11-26 Windham resident, seatbelt violation, Route 77

11-26 Shire Road

11-21 Duncan Hazanah, Spurwink Avenue

11-12 Dale Longacre, Spurwink Avenue

11-23 Alexander Smith, Unknown, Mitchell Road

11-24 Ronnie Halefice, Sawyer Road

ARRESTS

11-6 Portland resident, domestic violence assault, Cape Elizabeth

11-21 Cape Elizabeth resident, failure to give correct name, refusing to submit to arrest, Cape Elizabeth

FIRE CALLS

11-06 Shore Rd Down Power Lines

11-07 Stonybrook Road Fire Alarm

11-07 South Portland Mutual Aid

11-08 Sawyer Rd Investigation

11-10 Zeb’s Cove Fire Alarm

11-11 South Portland Mutual Aid

11-11 South Portland Mutual Aid

11-11 Glen Ave Fire Alarm

11-14 Hunts Point Road CO Alarm

11-14 South Portland Mutual Aid

11-20 South Portland Mutual Aid

11-22 South Portland Mutual Aid

11-23 Mitchell Road Fire Alarm

11-23 South Portland Mutual Aid

11-24 Birch Knolls Fire Alarm

RESCUE CALLS

There were 27 runs to Maine Medical Center
There were 3 runs to Mercy Hospital
There were 10 patients treated by rescue personnel but not transported.
**CAPE CALENDAR**

**Monday, December 24**
Christmas Holiday. Town Hall, Thomas Memorial Library closed; Recycling Center TBD

**Tuesday, December 25**
Christmas Holiday. Town Hall, Thomas Memorial Library, Recycling Center closed

**Tuesday, January 1**
New Year’s Holiday. Town Hall, Thomas Memorial Library, Recycling Center closed

**Tuesday, January 8**
Conservation Committee, 7 p.m., Town Hall chamber

**Wednesday, January 9**
Recycling Committee, 7 p.m., Public Works

**Wednesday, January 9**
Planning Board (live)

**Thursday, January 10**
School Board Policy Committee, 3 p.m.-4:15 p.m.

**Thursday, January 10**
School Board, 6:30 p.m., Town Hall chamber

**Wednesday, January 16**
Cape Elizabeth Lions Club, 6:39 p.m., first Tuesday at the Bowery Beach Schoolhouse (except July and August), Two Lights Road

**Tuesday, January 21**
Planning Board, 7 p.m., Town Hall chamber

**Wednesday, January 22**
Cape Elizabeth Library Rotary Club, Cape Elizabeth Historical Preservation Society, 7:00 p.m., William H. Jordan Conference Room, Memorial Library

**Friday, January 24**
School Region Attendance Agency, 8:00 a.m.

**Friday, January 24**
Planning Board, 7 p.m., Thomas H. Jordan Conference Room, Town Hall

**Monday, January 28**
New Year’s Eve Dinner & New Year’s Day Brunch

**Tuesday, January 29**
School Board, 7 p.m., William H. Jordan Conference Room, Town Hall

**Wednesday, January 30**
Cape Elizabeth United Methodist Church, 7 p.m., William H. Jordan Conference Room, Town Hall

**Thursday, January 31**
Alcoholics Anonymous, 2 p.m. Saturdays,

**Friday, February 1**
Child Care & Sunday School: 10 am

**Saturday, February 2**
Family Shabbat Services: Second Friday, 6:30 p.m.

**Wednesday, February 6**
Cape Elizabeth United Methodist Church

**Thursday, February 7**
Second Friday, 6:30 p.m.

**Friday, February 8**
First Baptist Church of South Portland

**Saturday, February 9**
Cape Elizabeth United Methodist Church

**Sunday, February 10**
Cape Elizabeth United Methodist Church

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**Bean supper on December 15**
Peoples United Methodist Church, located at 310 Broadway, South Portland will hold a bean supper on Saturday, December 15 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 for families with under age children.
FOR SALE
Bowflex Treadclimber TC 5000, excellent condition, only slightly used $500.00 or best offer, call or text 207-318-4272

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.

CLASSIFIED AD RATES
$5/line
Checks, PayPal (credit cards)
Minimum credit card order: $12

MAIL WITH PAYMENT TO:
The Cape Courier
P.O. Box 6242, Cape Elizabeth, ME 04107

Please don’t leave it at our office if no one is there.

NAME    PHONE  EMAIL
ADDRESS   ZIP Code  START DATE **No. of ISSUES

Next deadline: Jan 4th For Issue Date: Jan 16th

HELP WANTED
The Cape Kumon Math and Reading Center is looking for part-time graders who love working with children. Call: 767-1850

MUSIC LESSONS
Flute lessons: For beginners and intermediates of all ages. Call Kris: 767-3712.
Guitar Lessons: All ages and abilities. Travel to you. Call Richard Corson 207-400-0484.

Lunch
Continued from page 7

program means everything,” said Esposito, who said he comes from a restaurant family. “We want to be able to sell a full-size bagel, or make our soups from scratch and not have to buy something and sell it that’s frozen and heated up,” he said. “We have not done that and don’t want to do that, we’d rather bake everything from scratch.”

Cape Elizabeth also has one of the premier farm-to-school programs in the state, but Esposito believes the program won’t be affordable if sales of school lunches continue to decline. “I mean we were in magazines before and everything for what we were doing, and I had kids from California calling and asking for recipes . . .,” Esposito said.

Two other Maine high schools, Falmouth and Greely, have also withdrawn from the program, said Walter Beesly, child nutrition director for the Maine Department of Education, in an email. The department has had a couple of other schools leave but then come back, Beesly said.

Town of Cape Elizabeth
2019 Dog Licenses
Now Due!

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

Registration deadline is December 31, 2018.
Dogs registered after January 31, 2019 must be registered at Town Hall and will be charged a $25/per dog late fee in addition to the license fee.

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

Seth Holbrook & Company
Playing the Classics every Wednesday, 6-9pm

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We’re Here For You

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Let us show you the way home!

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Andrew Carr, Realtor
207.653.8353

Debbie Carr, Realtor
207.653.2116

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southernmaine.invisiblefence.com
Cape Elizabeth Church of the Nazarene Christmas Services

The Cape Elizabeth United Methodist Church will hold a Blue Christmas service on Friday, Dec. 21 at 7 p.m. The Blue Christmas service is held on the Winter Solstice and focuses on people who are facing hardships, such as the death of loved ones, divorce or separation, living with cancer or other illnesses, or just finding it difficult to embrace the joys of the season. The church will celebrate Christmas with a Christmas Eve service at 6:00 p.m. on Dec. 24. All are welcome. The church is located at 280 Ocean House Road.

Church of the Nazarene Christmas Service

All are welcome. The service will also be streamed live at the church’s website, www.capenazarene.org. For more information, feel free to contact the church office at office@capenazarene.org or 207-747-1113.

CEUMC Christmas services schedule

The Cape Elizabeth United Methodist Church will hold a Blue Christmas service at 6 p.m. on Sunday, Dec. 23. The service will feature carols, scripture lessons, and the singing of “Silent Night” by candlelight.

Courier explores Mayan sites

Jack Gentilini and his grandmother Judy Christopher, are pictured with the Cape Courier in front of Pyramid Castillo at Mayan site Chichen Itza in Yucatan, Mexico. They traveled there together in November to explore Mayan sites and snorkel in limestone caverns called cenotes as well as in the coral reefs along the coast.

Scouting for food annual drive

Cape Elizabeth Boy Scout Troop 30, Cub Scout Pack 30 and the Lions Club want to thank the community for their generous donations during their recent food drive. With your help we were able to collect five carloads of food and $618 in donations. With that money, the Boy Scouts from Troop 30 went shopping and purchased additional supplies for the pantry. Because of you, this event was a success and we are grateful.

2019 Lions Dinners

(Great reminder for the refrigerator door)

- **Sunday, January 13th – 7:30 am to 11 am**
  - Pancake Breakfast (eggs, sausage, French toast & drinks are available)
  - $7 for adults & $5 for children under 12

- **Saturday, January 19th - 5 pm to 7:30 pm**
  - Spaghetti Dinner (garlic bread, salad, desserts and drinks BYOB)
  - $10 for adults & $5 for children under 12

- **Sunday, February 10th – 7:30 am to 11 am**
  - Pancake Breakfast (eggs, sausage, French toast & drinks are available)
  - $7 for adults & $5 for children under 12

- **Saturday, February 16th - 5 pm to 7:30 pm**
  - Spaghetti Dinner (garlic bread, salad, desserts and drinks BYOB)
  - $10 for adults & $5 for children under 12

- **Sunday, March 10th – 7:30 am to 11 am**
  - Pancake Breakfast (eggs, sausage, French toast & drinks are available)
  - $7 for adults & $5 for children under 12

- **Sunday, March 10th – 7:30 am to 11 am**
  - Spaghetti Dinner (garlic bread, salad, desserts and drinks BYOB)
  - $10 for adults & $5 for children under 12

- **Sunday, April 14th – 7:30 am to 11 am**
  - Pancake Breakfast (eggs, sausage, French toast & drinks are available)
  - $7 for adults & $5 for children under 12

- **Sunday, May 12th – 7:30 am to 11 am**
  - “Mother’s Day” Pancake Breakfast (eggs, sausage, French toast & drinks are available)
  - $7 for adults & $5 for children under 12