

The Cape Courier

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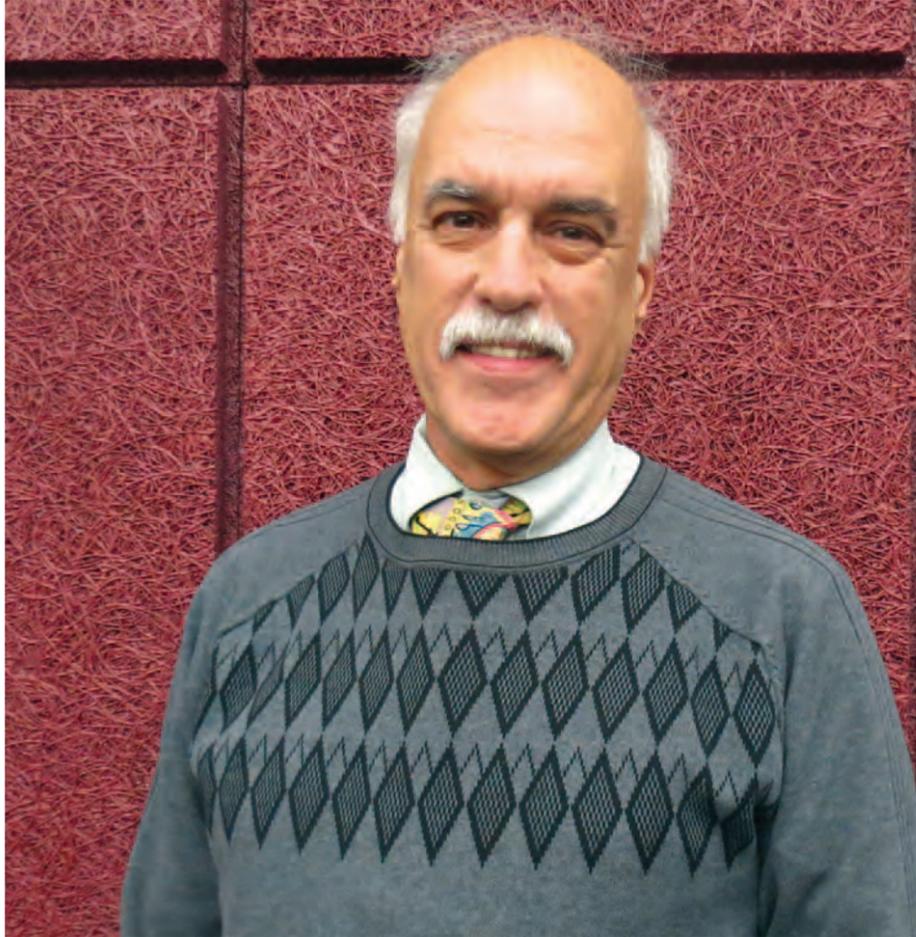
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In the Spirit of Community

CEHS music teacher selected for prestigious award

By Kevin St. Jarre



Contributed photo

CEHS music teacher, Thomas Lizotte, has been selected for the John LaPorta 2019 Jazz Educator of the Year Award, given by Berklee College of Music and the Jazz Educators Network.

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. The award will be presented at the JEN conference in Reno, Nevada in January and at the Berklee High School Jazz Festival later that same month.

Lizotte was nominated by several fellow music educators, and he was informed of his selection a few weeks ago.

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

-see LIZOTTE page 4

Town to determine best approach for management, enforcement before deciding on parking fees for Fort Williams Park

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.

Public input

-see FORT WILLIAMS page 4

Bottomley inducted into Maine Running Hall of Fame

By Kevin St. Jarre



Contributed photo

The Bottomley family, in 2017, after the Thanksgiving Day Four-Miler in Portland. From left to right are Bottomley, his wife Marlene, and his children J, Devon and Thomas.

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 run-

ning 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 cross country hopeful at the University

-see HALL OF FAME page 4

Tree warden asks residents to be on the lookout for winter moths

The town's tree warden is asking residents to be on the lookout for winter moths. The brown moths that have invaded Cape Elizabeth in recent years are due to begin mating soon and throughout December and January. Evening skies are sometimes thick with them. If you see them, please let Tree Warden Todd Robbins know.

"I'm not certain about (moth) mortality rates due to this type of early cold, but it has to be significant ... time will tell," said Robbins. "Early cold and snow we've experienced this season affects the moth larvae's ability to rise from the ground and begin mating. Please encourage residents to communicate their findings so I can compare with last season."

Last season residents throughout the town placed sticky bands around trees to catch fe-

male moths as they moved up the trees to find nesting places. This prevents large numbers of offspring from defoliating the host trees in the spring. Residents have banded trees again this year and the town has also rebanded trees on municipal property.

Robbins has his fingers crossed that this, plus the recent cold temperatures, will diminish the moth's impact and, with the help of a rising water table this summer and fall, will mean a "banner year" for trees in Cape Elizabeth in the spring. "We need it!" he said.

Residents wishing to report moth sightings, or other information about preventive or other winter moth activity, are asked to fill out an online form available on the town website and/or contact Robbins directly, 207-756-4113 or todd.robbs@capeelizabeth.org

The Cape Courier

Wishing you and yours a joyous holiday season!





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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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NEXT ISSUE: Jan. 16
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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 these 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 households to have 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 them what 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.

With gratitude,
 Sara Lennon

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 P.O. Box 6242, Cape Elizabeth, Maine, 04107. Future contributions will be acknowledged in an alphabetical format. Please include a message on your correspondence if you prefer to remain anonymous.

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.



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Fully Involved: A View Into CEFD, Then and Now: Christmas at “The Fort”

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>

Cape Elizabeth Fire Department is no exception. CEFD participates in the education effort at Pond Cove School, this year over their full, six-day rotation. All day, everyday for six days, CEFD crews came in to Mr. David Shields’ physical education classes to conduct their Fire Prevention Program.

The program consisted of a warm-up run with Mr. Shields to get the giggles out, followed by a Stop/Drop/Roll demonstration and practice. Next was a Cot/Crawl exercise for students to practice crawling in a low profile: lights were off in the gym and students were pretending to be asleep in a cot when a mock smoke detector signaled the sound. Students got up from their cots, got down low with one hand along the wall where they crawled to an exit, and met at a central meeting spot.

At the meeting spot they participated in an open discussion: why we crawl low, why we stop drop and roll, how to call 911 (name, emergency, address/location — learn your address and leave it near the phone if you don’t know), block smoke from coming under a closed door, get firefighters’ attention from a window if

they are trapped in a room (call out, wave a towel/shirt/blanket, throw objects/toys 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. Will Chappel was the lucky winner! He and three friends rode the engine to school 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

-see CEFD page 6

By Jim Rowe



Photo courtesy of Cape Elizabeth Historical Preservation Society

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 gymnasium 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.

“I 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!

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. Fellowship Time follows with the Eskimos’ Fudge Sale in Guptill Hall.

December 23: Fourth Sunday of Advent

8:30 a.m.: Chapel Worship

10:00 a.m.: Sanctuary Worship with Meetinghouse Choir. Cindy Maddox will give the message. Fellowship time follows.

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.

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Lizotte

Continued from page 1

Maine. His primary jazz influences have been Dave Sporny, Dave Demsey Paul Alberta, Don Doane and Steve Massey. He is a regular contributor to The Instrumentalist 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 Crusaders and Maine Music Educators.

The award is granted by Berklee College of Music in Boston and the Jazz Educators 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 impressive teacher, colleague and musician. He played a pivotal role in the earliest 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 program. The Berklee festival involves over 100 bands from across the United States. Each of those bands' directors are eligible for the award.

Lizotte said, "I am humbled to be chosen 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 proposal -- 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, Officers 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 Elizabeth 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, serving at her last meeting as a councilor Nov. 14, said she hoped the next council would implement the parking fees. "I see this as a critical budget issue for the town," she said. Taxpayers contribute \$250,000 for the park above

any revenues received, and the town has deferred \$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 certainly hoping the council will move forward with this," Sullivan said.

Over the last decade the number of visitors 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-minute milers, a couple of Olympians and lots of outrageous characters. Although Bottomley 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 represent 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 Championship in Syracuse, New York, an effort that won him the bronze in the 45 to 49 age group, and then he won the Senior Division and top age-graded at the USATF National 5K XC Championship in Perinton, New York. He finished 4th in Seattle, in 34:18, and then went on to win the Senior Division at the National 15K Championships 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 Tappy unleashed a blistering 3:54 time in 2007. He also volunteered 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 Twinbrook.

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 runners over the finish line within 61 seconds [of each other] and finished second overall.... Not bad for a state with only a million people. Upon our return, the Mayor of Portland honored us with a Proclamation." As for advice for younger runners, Bottomley 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 nutrition directors to serve food that is frozen, more processed, and less appetizing — with little to no room for modifications. As a result, the number of students buying school lunches has gone down and food waste has increased. 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 only 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 his daily morning greetings at the entrance to the school and within the school throughout the day. With John Holdridge, the district's Volunteer and Extended Learning Opportunities Coordinator, Officer Galvan is also co-leading an advisory class. Mr. Holdridge shared that while Officer Galvan is a police officer first, he is also an educator who "has the ability to talk about serious issues with students as well as the ability to build relationships with students and staff through casual interaction." While most of his time is spent at the high school, Officer Galvan also regularly visits both CEMS and PCES.

School Board members devoted the ending of the meeting to voice their gratitude and

best wishes for departing board member, John Voltz. During his three years on the board, Mr. Voltz has been a steadfast champion of a holistic approach to education and a diligent Finance Chair during last year's budget cycle.

On a separate but related note, should you wish to view a live recording of any School Board regular business meeting, they are now also available for viewing on the CETV website, www.cetv.capeelizabeth.org. This is particularly helpful to families who no longer use cable tv.

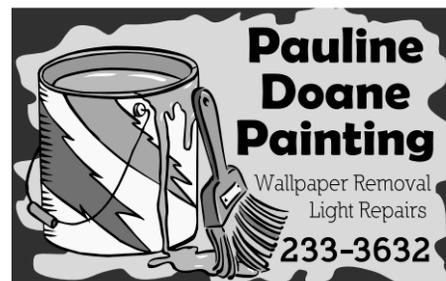
BUDGET

The School Board and Town Council will hold a second joint workshop on Tuesday, December 18 from 6:30 p.m. - 8:30 p.m. at the Cape Elizabeth Fire Department to continue conversations on how to improve and strategize for the upcoming school budget process. The Town Manager and Superintendent will help facilitate the meeting. As always, the public is welcome to attend and will be given an opportunity to address the meeting participants.

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 Councilor), Valerie 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 Abrahamsen (parent and community member), and Maya Nelson (CEMS student). A complete list of committee members can be found on the minutes, which are available on the school website under the "Facilities Needs Assessment Committee" link:

<https://schoolboard.cape.k12.me.us/147-school-board/school-board-information/974-facilities-needs-assessment-committee>. Video footage of tours and audio recordings for the meetings will eventually be uploaded.



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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 and Athletic Director Jeff Thoreck in a 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 cafetorium and focused on issues of safety, space limitations, and inefficiencies. Principals Troy Eastman and Jason Manjourides, along with Facilities Director Perry Schwarz lead committee members on tours of the entrances, cafetorium, 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 spacial 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 cafetorium 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, 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)"

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- H. THIRD PLANET
- I. THRILL
- J. HICK
- K. IVANKA
- L. SMITHEREENS
- M. MUSEUM OF ART
- N. UTILITY
- O. SEASCAPE
- P. TORMENTOR
- Q. BOTANIST
- R. EDIFY
- S. THING
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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/or

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



Photo by Mara DeGeorge

Firefighters Matt Dillenbeck (left) and Christopher Carter (right) speaking to Pond Cove Elementary School students in front of the Hazard House, an interactive fire safety simulator that teaches how to turn a hazardous home into a risk-free environment.

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 a 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 getting 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

-see LUNCH page 15

Preschoolers host special visitors



Contributed photo

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.

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Capetoons: Auditioning a new plow guy

By Jeff Mandell



Drawn by Jeff Mandell

One of the worst things that can happen during the winter is when your plow guy or gal is no longer available. Then you have to find someone new. By the time the snow builds up, all the best plowers are booked. So you get to choose from maladroits, inventors, adventurers, aliens, and Kaiju monsters. Auditioning them for the role is enough to make you want to...

Respected journalists share thoughts with CEHS students

By Kevin St. Jarre



Photo by Kevin St. Jarre

CEHS teacher Ted Jordan (far left) moderated a panel discussion between professional journalists Pat Callaghan, Chet Lunner and Jennifer Rooks as part of his AP Government class. The panelists discussed the importance of trustworthy journalism in a time of social media.

Three esteemed journalists participated in a moderated panel discussion at Cape Elizabeth High School recently. Invited by Ted Jordan, a teacher of the Advanced Placement Government course, the three professionals came to share their experiences and perspectives on the joys and challenges of journalism today.

The panel included Maine Public's Jennifer Rooks, who hosts the popular radio show

"Maine Calling." Another member of the panel was Pat Callaghan, who has worked in television news in Maine for nearly 40 years including at WCSH-6 in Portland, where he has co-anchored Maine's top-rated 6 p.m. weeknight newscasts since 1989. The third panelist was Chet Lunner, who is retired but worked as a national correspondent for Gan-

-see JOURNALISTS page 9

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Journalists

Continued from page 8

nett News Service and USA Today in Washington, and as an editor at the Kennebec Journal, the Biddeford-Saco Journal Tribune and the Portland Evening Express. In addition, he worked for years for the Transportation Security Administration, Department of Homeland Security and a number of national security consulting and education organizations.

Much of the discussion centered on how information 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 public sphere. Lunner said, "You need a second set of eyes on whatever you're doing, and that's the big difference between social media, 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 editor judging the veracity of the reporting.

Rooks said, "Whenever you hear a politician or the head of a corporation, or somebody who's accused of something, blaming the reporter, and calling it fake news, get your 'smell test' out, because if somebody can't defend themselves with facts, often what they'll do is blame the reporter."

Lunner said he's never seen so-called "fake news," despite acknowledging propaganda, disinformation, gossip, and hyperbole but "deliberately fake news is a ridiculous concept." Lunner said that organizations such as the PEW Research Center and Gallup have done studies in order to try to understand 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 educate themselves on the issues so they can better 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, "Really? Not a single future reporter in the AP class?"

Again, none of the students present indicated an interest in such a career.

Callaghan said, "The job of the journalist 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 every citizen's duty to support and defend it, because without it . . . Ultimately, the job is not about the reporters, it's not about us, it's about getting information, about asking the questions, on your behalf, and if no one's doing that, 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 subscriptions 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."

Two CEHS students named as Coca-Cola scholar semifinalists

By Kevin St. Jarre

Cape Elizabeth High School seniors Makana Deveraux and Rohan Freedman have been named Semifinalists 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.

Semifinalists 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 on-line 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 semifinalist. I hope I am fortunate enough to make it through to the next round."

Deveraux echoed Freedman's thoughts, saying, "I'm really grateful that I was selected to be a Coca-Cola Scholars Semifinalist

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 throughout the country and encouraging their passion for serving others not only empowers the students, but also lifts up those around them," said Jane Hale Hopkins, President-Elect of the Foundation. "The Coca-Cola system is dedicated to giving back to the communities they 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 greater 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.

Scam alert bulletin board

Reported by Jessica D. Simpson

Tax Scams Begin

Even though we are still several weeks away from tax season, scammers are hard at work trying to scare you into paying back taxes and other IRS "penalties" all year round. If you receive a call saying something like "Urgent, we found that fraud was committed on your last tax filing which you are hiding from the Federal Government," please hang up. Scammers are very good at making you feel you did something wrong, especially when they pretend to be from the IRS. Remember to STOP and VERIFY. Call the IRS yourself at 1-800-829-1040 and you will soon see that the call you received is a scam. To report an IRS impersonations scam, visit this IRS site: https://www.treasury.gov/tigta/contact_report_scam.shtml

Safe Online Shopping Tips

With holiday season upon us, scammers have plenty of inroads to steal our money and even the gifts we send. Here are some ways you can protect yourself: When shopping online, use well-known sites and type in the web address yourself, instead of clicking on a link. Buy gift cards online from the retailer or from the cashier to avoid compromised cards that may be sitting on gift card racks. Require a delivery signature for packages to avoid the possibility of holiday packages being stolen from the recipient's doorstep. Little steps like these avoid big headaches later.



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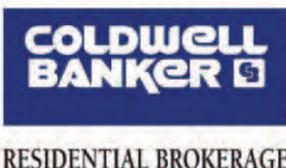
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Acting up...



Contributed photo

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!

CEHS Youth Activist Group hosts its first fundraiser

By Aela Mansmann



Contributed photo

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, SPSHS, 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 Stauffer), Casco Bay (Eleanor Johnson), South Portland (Abigail Brier, Mia Filieo, 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 aelavictoria@gmail.com for more information about the Summit or fundraising events.

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Contributed photo

Volunteers recently joined CELT to band over 150 trees along the road in Robinson Woods using most of their supply of Tanglefoot, a sticky paste applied on top of a plastic strip on the tree trunk that traps the females before they can lay their eggs. Alternative at-home methods, and the simple BugBarrier Tree Band also work very well. Tree-trunk banding is considered the most effective way to treat Winter Moth infestations.

Advent and Christmas 2018 schedule at St. Alban's

This season a few of our gifts will arrive wrapped in paper and bows. But some of what we truly seek will arrive in a different sort of package altogether.

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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 Bornhoff

The wintery 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 slimmer. 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.

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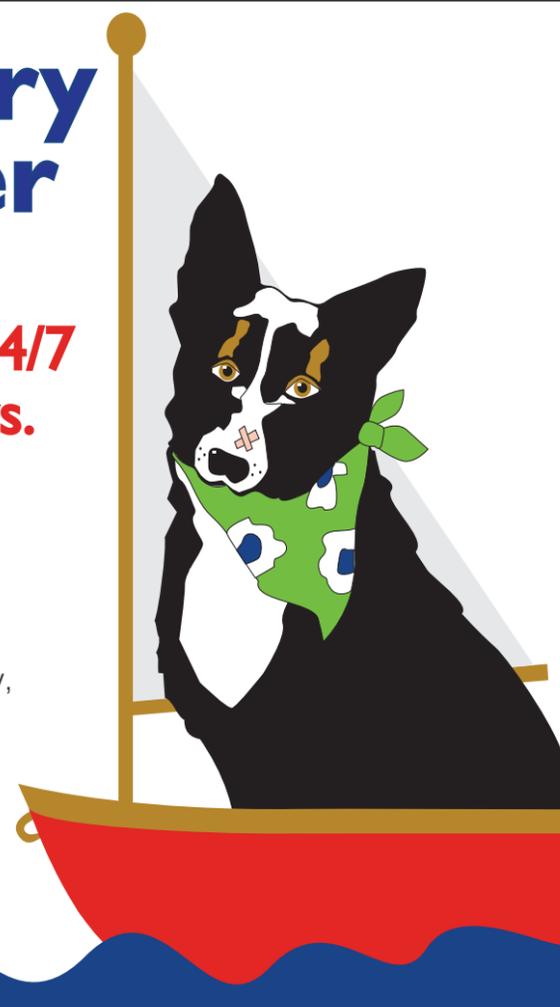
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Thomas Memorial Library hosts author Anna Crowley Redding and offers new movie streaming service

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 make a living?
- 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

Wednesday, 12/19, 10:00 a.m. – 12:00 p.m.

TML's Writer's Accountability Group (WAG!) meets on the 3rd Wednesday of each month from 10:00 a.m.-noon.

All levels of expertise and genres are welcome as we:

- Share ideas about writing, editing, and publishing.
- Share snippets of our work in a creative, supportive group setting.

• Connect with other writers who are as passionate about the craft as we are.

• Give ourselves a deadline each month to show up with our latest work.

• Have fun!

We hope you'll join us to help get your WAG going.

Evening Book Group

Thursday, 12/20, 7:00-8:30 p.m.

TML's Evening Book Group meets on the 3rd Thursday of each month from 7:00-8:30 p.m. Please join us in December to discuss Benjamin Franklin by the incredibly talented author Walter Isaacson. All are welcome.

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

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.

Anna Crowley Redding has wanted to be a writer since elementary school. Before

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.

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. Open to ages 11 and up. Registration is required. If you are not registered, please email Alyssa to find out if there is space available in either session.

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 **Marta Girouard**

COMPLAINTS

- 11-4 An officer met with a resident of the Mitchell Road area regarding a motor vehicle burglary complaint. 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 PA 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.
- 11-8 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 Scott Dyer Road area for a well-being check.
- 11-11 Two officers responded to a residence in the Mitchell Road area for domestic dispute.
- 11-11 An officer met with a resident of the Mitchell Road area for report of a possible missing person. Subject was later located.
- 11-12 Two officers responded to a residence in the Woodland Road area for a well-being check.
- 11-13 An officer met with a resident of the Wells Road area who advised that someone had driven onto her property and got stuck, leaving large ruts. A plate number had been obtained and contact made with the operator who later repaired the damage.
- 11-14 Two officers responded to a residence in the Mitchell Road area for a well-being check.
- 11-14 An officer met with a resident of the Surf

- Road area regarding a motor vehicle burglary report. Missing from the vehicle are a laptop, iPhone and sneakers.
- 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 Two officers responded to a residence in the Spurwink Avenue area for a domestic disturbance.
- 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 fraudulent charge on a credit card. Credit Card company has been contacted and account closed.
- 11-26 An officer met with a resident of the Scott Dyer Road area regarding a theft complaint.

SUMMONSES

- 11-6 Cape Elizabeth resident, domestic violence assault, Cape Elizabeth
- 11-7 Portland resident, uninspected motor vehicle, \$148, 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, \$70, Route 77
- 11-19 Cape Elizabeth resident, seatbelt, \$70, Route 77
- 11-19 Standish resident, seatbelt, \$70, Route 77
- 11-19 South Portland resident, seatbelt, \$70, Route 77

- 11-19 Cape Elizabeth resident, seatbelt, \$70, Route 77
- 11-19 Cape Elizabeth resident, seatbelt, \$70, Route 77
- 11-20 Cape Elizabeth resident, possession of alcohol by minor, Sawyer Road
- 11-21 Lebanon resident, operating after suspended license \$325, seatbelt \$70, Shore Road
- 11-21 Limerick resident, seatbelt violation, \$85, Shore Road
- 11-21 South Portland resident, seatbelt violation, \$85, Shore Road
- 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, \$85, Route 77
- 11-26 Cape Elizabeth resident, seatbelt violation, \$85, Route 77
- 11-26 Portland resident, speeding (40/30 zone), \$129, Sawyer Road
- 11-26 Windham resident, seatbelt violation, \$85, Shore Road
- 11-26 Windham resident, seatbelt violation, \$85, Shore Road
- 11-26 Gray resident, seatbelt violation, \$85, Shore Road

- 11-22 Dale Longacre, Spurwink Avenue
- 11-23 Alexander Smith, Unknown, Mitchell Road
- 11-24 Ronnie Halfacre, 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 Zebs Cove Fire Alarm
- 11-11 South Portland Mutual Aid
- 11-13 South Portland Mutual Aid
- 11-13 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.

JUVENILE SUMMONSES

- 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 Pecor, Courtney Hale Toon, Ocean House Road
- 11-14 Melanie Tennyson, Ocean House Road
- 11-15 Kavya Seshachar, Lynn Aresco, Ocean House Road
- 11-16 Daniel Marion, Charles E Jordan Road
- 11-16 Austin Bass, Mitchell Road
- 11-16 Keith Emory, Shore Road
- 11-21 Duncan Hanrahan, Spurwink Avenue



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CAPE CALENDAR

By Wendy Derzawiec

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

Thursday, January 3

School Board Policy Committee, 3 pm -4:15 p.m., William H. Jordan Conference Room, Town Hall

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

Recycling Committee, 7 pm, Public Works

Tuesday, January 8

School Board, 6:30 p.m., Town Hall chamber

Conservation Committee, 7 p.m., Town Hall Lower Level Conference Room

Wednesday, January 9

Facilities Needs Assessment Committee, 6:30 p.m., location TBD

Monday, January 14

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

Tuesday, January 15

Planning Board, 7 pm, 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

Town Council replay

Dec. 12 & 13 - 2 p.m. & 8 p.m.
Dec. 15 - 10:30 a.m.

School Board replay

Dec. 14 & 15 - 2 p.m. & 8 p.m.
Dec. 16 - 10:30 a.m.

Jan. 9 & 10 - 2 p.m. & 8 p.m.
Jan. 12 - 10:30 a.m.

Cape Elizabeth Church of the Nazarene

Dec. 15, 16, 22, 23, 29, 30; Jan. 5, 6, 12 & 13 - 9 a.m.

CHANNEL 3

Planning Board (live)

Dec. 18 - 7 p.m.
Jan. 15 - 7 p.m.

Planning Board replay

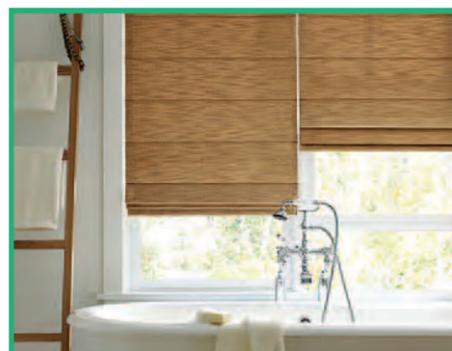
Dec. 19 & 20 - 2 p.m. & 8 p.m.
Dec. 22 - 10:30 a.m.

School Board (live)

Jan. 8 - 6:30 p.m.

Town Council (live)

Jan. 14 - 7 p.m.



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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.

Judy's Food Pantry - a Community Feeding Itself

Cape Elizabeth United Methodist Church
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Every Tuesday from 3:00-5:00 p.m., July through November
The second and fourth Tuesday, December through June



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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

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HELP WANTED

The Cape Kumon Math and Reading
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767-1850

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 Es-
posito believes the program won't be afford-
able if sales of school lunches continue to de-
cline. "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 Educa-
tion, in an email. The department has had a
couple of other schools leave but then come
back, Beesly said.

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

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



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**Seth Holbrook &
Company**

Playing the Classics every Wednesday,
6-9pm



- Dinner and drinks by the fireplace
- Plenty of free parking



207-799-7511 / 740 Broadway, SoPo



CEUMC Christmas services schedule

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

The Cape Elizabeth Church of the Nazarene will hold its Christmas Candlelight Service at 6 p.m. on Sunday, Dec. 23. The service will feature carols, scripture lessons, and the singing of "Silent Night" by candlelight.

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.

Courier explores Mayan sites



Contributed photo

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



Contributed photo

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.

WINTER DOESN'T SLOW US DOWN

Kathleen "The Real Estate Queen" Scott
and Julia M. Edwards
A 2017 Top Producer



Kathleen Scott



Julia Edwards

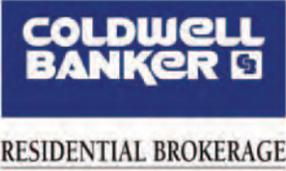
Coldwell Banker Residential Brokerage

295 Ocean House Rd
Cape Elizabeth, Maine 04107

Kathleen, 207.838.7740
Julia, 207.730.6932

Brokers who go ABOVE AND BEYOND for you - help with contractors, cleaning, staging, organizing, moving, rentals, you name it.

Warmest Holiday Wishes and a Happy New Year!





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