

The Cape Courier

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Oct 23 - Nov 5, 2019

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Happy Halloween

CEHS principal pens letter to families, adds context

Recent widely reported stories were initially sparked by notes left in a bathroom at Cape Elizabeth High School. These led to state, national, and then international media coverage and vast amounts of speculation on social media. After extensive investigation, CEHS Principal Jeffrey Shedd sent a letter to the families of students in order to provide insight and context. The letter in its entirety is reprinted below.

Yesterday two staff members at CEHS received an email from a person claiming to be from Dunsmuir, California. Somebody with no connection to this school. Who has never set foot in it.

The email was titled "Remove you he Offenders." It started:

"Whomever is responsible (every single one of you) for this ridiculously biased B.S. should removed now....and forevermore. That includes YOU.

"Idiots. Disgusting."

Yesterday I received an anonymous email titled "Your paternalist misogyny is showing, sir..."

Yesterday, two secretaries calmly handled separate calls from the same ranting gentleman from western New York state. Who

concluded his tirade by saying he was thinking of driving to CEHS. I referred that one to the police. Along with one other.

This has to stop.

On September 16, the tenth day of our new school year, three of our students who were well motivated, with good intentions, made a really bad choice. They posted notes in two of our bathrooms claiming there is a "rapist" in CEHS.

And here's where the heroes of this story, as far as I'm concerned, step in: the students who brought word of these notes to us within minutes of their posting. They were alarmed by what the notes said. They knew posting notes in the bathroom was the wrong way to

-see LETTER page 7

Hundreds participate in student rally of support at CEHS



Contributed photo

CEHS students organized a rally held on Friday, Oct. 11 to show support for survivors.

A rally organized by students on Friday Oct. 11 at Cape Elizabeth High School drew hundreds of participants, primarily students but also faculty, staff and administrators.

According to a joint statement by three of those student organizers, namely Olivia Cochran, Max Patterson and Sabine Spier, the event was called "a Unity Rally. It is not a protest, and not a walkout from the school or the faculty."

The statement went on to say that, "This rally was put together on Wednesday morning by a group of about seven students. From here, the group just continued to grow as more people wanted to become involved. The purpose of the rally is to stand in solidarity, showing each other, students and staff, showing the community, and showing the world that everyone at CEHS supports survivors."

The student statement said, "This rally had seven main points that were strongly emphasized. As students and staff, together,

we stand for:

- supporting survivors
- creating and fostering a safe and supportive community for all
- standing to better our school and society
- recognizing that students' voices can change cultural patterns
- acknowledging the hardworking individuals in and around our school
- keeping these conversations going; ceaseless support
- growing through our differences."

The students concluded with, "We want people to know that this school has so many hardworking and strong people in it. We have amazing teachers, amazing counselors, we have an amazing principal and vice principal. But most importantly, we have amazing students who care about and support each other. We would also like to let people know that the conversations will not end here, this is just the beginning and change is happening."

Three candidates vie for two open seats on Town Council

By Kevin St. Jarre

Incumbents Caitlin Jordan and Penelope Jordan are running to retain their seats, while challenger Aaron Mosher looks to bring a fresh face to the Cape Elizabeth Town Council. Each candidate was asked identical questions, and their responses are printed below. The order is alphabetical by candidate last name, and then first initial.

Caitlin Jordan, incumbent



Contributed photo

Why are you seeking to be reelected to the Town Council? What are a couple of things you really feel need to be accomplished during the term?

I am seeking re-election because I love the town of Cape Elizabeth. I feel like our town holds many attributes that are slowly disappearing from our surrounding communities as, "more bigger, more better" move in elsewhere, I strongly feel Cape Elizabeth needs to hold on to history and small town living.

I do not usually set out with an agenda to complete while I am serving on the council. My agenda is to handle the issues that arise, and make the best most informed decision I can that I feel is in the best interest of the town.

This past budget session seemed to go

-see ELECTION Page 8

It's time for pumpkin season!

By Tina Fischer



Photo by Jessica Newton

Pumpkins for pickin' at Jordan's Farm

Cape farms have grown oodles of orange orbs for us this season, with which we can decorate and which we can eat too - yes, pumpkins are tasty for humans as well as for the chipmunks and squirrels who attack your jack-o-lanterns!

Both Jordan's Farm and Alewife's Brook Farm grow many varieties; the smaller ones are known as "pie pumpkins" but many shapes and sizes are ideal for fall cooking. Roasting pumpkin seeds is a fun, if sticky, autumn tradition.

Alewife's Brook Farm celebrates the season with its annual "Pumpkin Patch by the Sea," every weekend in October. Caitlin Jordan and family have created a collection of games and challenges at the farm, and customers are invited to participate Saturday and Sunday, 9 a.m. to 7 p.m. Activities include

Pumpkin Tic-Tac-Toe, Pumpkin Putt, Corn Launcher, Pumpkin Memory and a treasure hunt. Anyone who purchases a pumpkin can enjoy the games and even carve their pumpkin, right at the farm. "Then we'll feed the insides to our pigs!"

Caitlin adds that customers can select their own unique pumpkin right from the field, or they can purchase pre-picked pumpkins at the farm stand, any day of the week.

Jordan's Farm has pumpkins "in all shapes and sizes," according to Penny Jordan. "We also grow lots of corn and squash, so we have corn stalks, gourds and decorative corn to make things look festive. Think of our stand on Wells Road as a place to shop for your fall decorating!"

-see PUMPKINS page 10



The Cape Courier
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www.capecourier.com

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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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 Letters should not exceed 250 words. We reserve the right to refuse letters and to edit for length, accuracy, clarity and civility. We do not withhold names and writers may be limited to one letter per month. Petition-style letters will be declined. Letters reflect the opinion of the author, not The Cape Courier. Email letters to: editor@capecourier.com or mail to P.O. Box 6242, Cape Elizabeth, ME 04107. Please note: Letters will be acknowledged by email.

NEXT ISSUE: Nov 6
DEADLINE: Noon, Oct 25

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'Broader conversation needed' about new access road at Kettle Cove

Some of us who live on Kettle Cove Road are not as excited about the prospect of a new access road being built at Kettle Cove as many Town officials seem to be. Faced with ever increasing traffic, often speeding from dawn to after sunset on many days, as well as a dramatic increase in illegal beach parking, we don't believe access is an issue. Vehicles of all makes and models easily negotiate the existing ramp, and more and more drivers realize they can park illegally on the beach with impunity because both the State and Town lack resources to enforce the existing parking ordinances.

Before precious funds are expended on what may be an unnecessary new road, which at present would only exacerbate

an already unmanaged situation, a broader conversation about our neighborhood needs to take place that deals with more than just the issues addressed by the 2018 Harbor Committee report.

In addition to the impact of traffic on the neighbor and State park, part of the conversation should also be around the existing sea wall/barrier protecting the road. Rising sea levels and tides have already had a damaging effect on part of the wall. If failure occurs there and the road is impacted, then there truly would be an access issue.

Charles W. Redman, III

Absentee voting underway through Oct. 31

Absentee ballots are available for the Nov. 5 state referendum and municipal election. The municipal ballot includes an election for Portland Water District trustee.

"Any reason" absentee ballots are available at Town Hall during business hours until 4 p.m. Thursday, Oct. 31. Registered voters may vote absentee for any reason during this time.

For absentee voting and for voter registration please arrive at least 15 minutes before closing (4:45 p.m. Mondays, 3:45 p.m. Tuesdays-Fridays). Requests for absentee ballots to be mailed or delivered must also be received by the town clerk's office by 4 p.m. Thursday, Oct. 31. Residents may register to vote at the town clerk's office prior to Election Day, or at the polls on Election Day. Proof of residency and proof of identity is required.

Polls will be open on Election Day at Cape Elizabeth High School from 7 a.m.-8 p.m. For more information, including online applications for absentee ballots, visit: <https://www.capecelizabeth.com/news/2019/absballot20191105.html>. Any questions should be directed to Town Clerk Debra Lane, 207-799-7665.

Cape Elizabeth High School government students will host a candidates night for Town Council and School Board candidates at 7 p.m. Wednesday, Oct. 30. The forum will be broadcast live over CETV, and re-broadcast several times before Election Day.

Disposal fees, open Sunday information for Recycling Center

Disposal fees at the Recycling Center will be waived for residents transporting their own material and/or items from Saturday, Oct. 12 through, and up to including, Monday, Oct. 28. Commercial haulers will still be assessed fees in accordance with current regulations.

In addition to the above dates, the Recycling Center will also be open the following Sundays for the disposal of leaf, yard wastes, wood waste, bulky waste and brush only. Fees will be assessed for all applicable items on Sunday, Nov. 3 and Sunday, Nov. 10. As a reminder, no household refuse and/or recyclables will

be accepted on the following Sundays:

Sunday, October 27
 10:00 a.m. to 4:30 p.m.

Sunday, November 3
 10:00 a.m. to 4:30 p.m.

Sunday, November 10
 10:00 a.m. to 4:30 p.m.

THANK YOU!

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

Thank you to this recent generous contributor:

Please see page 16

Let us hear from you!



We love feedback!

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Then and Now: "Double, double, toil and trouble..."

By Jim Rowe

Unless you happen to be Glinda, the Good Witch of the South, I suppose there is never an ideal time or place to be accused of being a witch. Certainly 17th century New England wouldn't qualify. The hysteria that gripped the heavily Puritan Massachusetts Bay Colony saw many citizens accused, well over 100 arrested, and 19 executed at the infamous Salem Witch Trials alone. Oftentimes these indictments stemmed from the simple "crime" of being unpopular.

Two incidents involved clergymen who had at least loose ties with Cape Elizabeth.

In 1659, a Puritan named John Thorpe was hired to minister to settlers at modest Black Point (Scarborough). He lived there with the Bayley family. Soon, it became obvious that Reverend Thorpe was not as holy as might be expected for a man of the cloth. His most glaring deficiencies were apparently alcoholism, profanity, and a generally foul disposition. He was evicted from his lodging, largely due to the complaints and testimony of Mrs. Bayley.

Thorpe relocated to Spurwink (southern Cape Elizabeth), where he fumed and plotted his revenge. Aware that Goody Bayley would be traveling to Casco (today's Portland) on a particular day, Thorpe arranged to have a dead cow placed and set on fire along the woman's route. Per his plan, he appeared at the barbecue scene just as she passed and loudly declared that the dead bovine and ensuing flames were the certain result of Goody Bayley's witchcraft.

At trial, Rev. Robert Jordan (progenitor of Cape Elizabeth's extensive Jordan family) came to her rescue. Jordan successfully argued that the cow had died from the neglect of the men hired to care for it, and that Thorpe had arranged the whole incendiary aspect of the incident. The charge of witchcraft was dismissed. A feud festered between Thorpe and Jordan, but the former's character flaws again caught up with him. He was convicted of public drunkenness and was thereafter forbidden to preach.

Another clergyman, Rev. George Burroughs, was a particularly capable, if tragic figure. A graduate of Harvard, he ministered to parishes in Salem, Massachusetts, Falmouth (now Greater Portland, including Cape Elizabeth), and Wells. He was apparently very distinctive in appearance- dark complected, short and powerfully built.

In the turbulence that was 1690s Salem, the young girls responsible for the indictments of many of the alleged witches and

warlocks snared Rev. Burroughs in their net. The "small Dark minister" was an easy target. The hysterical girls fervently maintained that the devil had visited them in apparitions, taking the form of Burroughs. The hapless Burroughs was arrested in Wells and returned to Salem for trial. Two residents of Cape Elizabeth, Samuel Webber and Capt. Simon Willard, provided key damning testimony when they recounted witnessing "unnatural" feats of physical strength when Burroughs lived near them. He was subsequently convicted and condemned to death despite his repeated denials. With noose around his neck, George Burroughs defiantly recited the Lord's Prayer for all to hear. This was something believed to be an impossibility for witches.

Nevertheless, on August 19, 1692, he was hanged on Salem's Gallows Hill along with four other unfortunates.

CEHPS meeting on Nov. 7 to feature Katherine Rhoda

The Cape Elizabeth Historical Preservation Society will meet on Monday, Nov. 4, at 7 p.m. at the Community Center located at 345 Ocean House Road.

The program will feature Katherine Rhoda, musician/folk singer/historian. Rhoda is well known in the world of vintage fretless zithers. Rhoda plays the Marxophone, violin-guitar, Phonoharp #1, harpeleik, dolceola and more. What are those things? You can find out by joining CEHPS for an engaging evening that is guaranteed to leave you smiling

All CEHPS meetings and programs are free and open to the public.

Judy's Food Pantry - a community feeding itself

Cape Elizabeth United Methodist Church 280 Ocean House Road Every Tuesday from 3:00-5:00 p.m., July through November. The second and fourth Tuesday, December through June.

Cape Elizabeth Police Department purchases radar trailer

The Cape Elizabeth Police Department is pleased to announce the purchase of a new piece of equipment designed to assist officers in their efforts to respond to complaints of speeding vehicles. A radar trailer, that will instantly display driver's speed and gather data, will be deployed throughout town to calm traffic speeds and improve the safety of our neighborhoods.

The data gathered includes the number of vehicles traveling on a road during a given time period and the speed of the vehicles during those given time periods. This data is available instantaneously and will help the department to efficiently target problem areas, making our community safer for residents, pedestrians, bicyclists and drivers.

The trailer is compact and can be easily moved from location to location. It is powered by batteries that are maintained by a solar panel. Additionally, the trailer has a message board that can deliver important information during road closures due to weather, emergencies, or planned events.

If you are concerned about speeding vehicles in your neighborhood, and would like to see the radar trailer deployed there, please contact Officer Darin Estes at darin.estes@capeelizabeth.org.

A list of roads currently scheduled for the radar trailer include: Oakhurst Road, Two Lights Road, Broad Cove Road, Eastman Road, Sawyer Road, Spurwink Avenue, Scott Dyer Road, Fowler Road, Shore Road, Trundy Road, Kettle Cove Road, Pleasant Avenue and Hunts Point Road.



Contributed photo

The Cape Elizabeth Police Department has purchased a radar trailer (above) to assist in their efforts to respond to complaints of speeding vehicles.

Solution to Oct. 9 Cape Cross



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News from the Cape Elizabeth School Board

By Hope Straw and Susana Measelle Hubbs

It's been a very full month since the last newsletter. Recent events associated with Cape Elizabeth High School have, understandably, eclipsed so many positive ones. To name a few, the opening of the new Pond Cove Playground and Outdoor Learning Center; the continued planting of tulip bulbs in support of the Yellow Tulip Project, the Thompson Family Mental Health Initiative and the CEMS "You Will Be Found" campaign; a collaborative "Unity Rally" organized by CEHS administration and students in support of survivors of sexual assault; as well as the completion of the CESD application for the Maine Department of Education's School Revolving Renovation Fund (SRRF). We have so much to be proud of and grateful for and must try to keep in the balance during times of difficulty.

On October 8 the School Board provided a statement regarding recent student concerns and news articles about sexual harassment and assault allegations at CEHS. The most crucial information we conveyed is that student safety and wellbeing is our greatest priority. The School Board values and strives for safety above all else. Secondly, after extensive discussions with administrators and review of available facts, the School Board is satisfied that administration adhered to policy with great sensitivity. We acknowledge that not all students agree with our conclusion and therefore, remain committed to working together so that all students feel heard, safe, and respected.

Our role as a School Board is to uphold policy while doing all we can to keep our students safe and supported. In any situation involving allegations of sexual assault, the administration does its best to respect the rights of both the accuser and the accused, to investigate the allegations as thoroughly as

possible and to take prompt remedial action where warranted. Sometimes, it is impossible to come to a definitive conclusion about what did or did not happen, particularly when the event took place off school grounds and outside of school hours. However, we expect that the administration will take whatever steps are necessary to ensure that any students who feel violated are supported and ask that the community respect and trust the process.

The Policy Committee will continue discussions surrounding procedures Student Discrimination and Harassment Complaint Procedure (ACAA-R) and Child Abuse and Neglect Reporting (JLF-R) at the next meeting on October 22 at 3:00 p.m. in the Jordan Conference Room at Town Hall. As always, the public is welcome to attend.

As mentioned, it has been a very full month. The School Board held their annual retreat on September 24 at the Purpoodock Club. Typically, these retreats focus on developing annual School Board goals. However, with the successful completion of the Futures Search in March of 2019, the School Board turned their attention to refining the goals identified from the data collected from the Future Search process. Over one hundred community members, staff, and students contributed to the process of identifying the goal areas considered most important to include in the school department's five-year Strategic Plan.

At the October 8 Regular Business Meeting, the School Board adopted the following Cape Elizabeth School Department Goals for the 2020 - 2025 Strategic Plan:

- Health and Wellbeing: Our schools will provide a supportive learning environment in which physical, social, and emotional wellbeing are valued and promoted.
- Global Competency: Our students will be personally responsible, aware, empathetic

and engaged local and global citizens.

- Multiple Pathways and Definitions of Success: Our schools will value, promote and celebrate multiple pathways and definitions of success.

- Safe, Sustainable and Effective Facilities: Our schools will be safe and effective facilities. They will be updated and maintained to meet the needs of students and staff in accordance with longterm financial planning.

- Environmental Responsibility: The school department will prioritize environmental responsibility, including stewardship and sustainability.

In the following months, Dr. Wolfrom and administrators will develop a Strategic Plan with objectives that support these goals within all three school buildings.

Also during the October 8 meeting, the School Board discussed and adopted the following 2019-2020 School Board Goals:

1. Support a new Strategic Plan.
2. Continue the collaborative and proactive budget developmental process that includes stakeholders such as the town council and community members.
3. Consider the finding of the Facilities Study, take into consideration the recommendations of the Building Committee and make strategic investments which modernize and repair aging school buildings and grounds as well as maximize student learning and safety.
4. Cultivate and leverage community involvement with the Cape Elizabeth School Department.

As always, recordings of all School Board Regular Business Meetings are available at the CETV website and CESD website.

With ongoing support of one of these goals, the Finance Sub-Committee met again on Wednesday, October 9. Perry Schwarz, Director of Facilities and Transportation, joined the meeting to discuss the need for reviewing the operating, maintenance, and organizational structure of this department. Under a "one-town concept," the ability to provide service and track operating costs becomes more complicated. The sub-committee agreed to support a comprehensive evaluation of the department's responsibilities to both the town and the schools.

In a separate meeting on the same day

superintendent Dr. Wolfrom, school board chair Susana Measelle Hubbs and vice chairs Heather Altenburg and Kimberly Carr met with town manager Matt Sturgis, and town clerk Debra Lane, to discuss the pros and cons of holding elections within the Cape Elizabeth High School. From the perspective of the town clerk, holding elections at the high school is currently the only viable option in which legal requirements of polling locations are met. While schools are not required to be closed, the town of Cape Elizabeth has routinely requested that our schools be closed during the November elections in order to facilitate a safe and accessible voting process for both students and community members. The school department has always accommodated this request — as it is safest for our students. The problem occurs during primaries and local elections, when the numbers are smaller, but the students are still in session.

Due to the school's association with Portland Arts & Technical High School, sending schools must not have more than five dissimilar school days. This presents a significant scheduling challenge in general and poses significant safety concerns for students at CEHS as the school remains open to the voters. As a result, the town and school department are actively pursuing alternatives and/or modifications that will ensure student safety when school is in session. During the upcoming 2019 November elections, additional local law enforcement officers will be stationed and barriers installed within the school in order to run a "dress rehearsal" in preparation for future elections which coincide with a regular school day.

POLICY:

- The policy committee met on Sept. 24 to review updates to the following policies:
- AC – Non-Discrimination/Equal Opportunity and Affirmative Action
- ACAA – Harassment and Sexual Harassment of Students
- ACAB – Harassment and Sexual Harassment of School Employees
- ACAD–Hazing—in this policy we added the final clause at the end of the second paragraph.

-see SCHOOL BOARD page 15



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Road rage incident, pellets fired through window of school bus

Reported by Marta Girouard

COMPLAINTS

- 9-15 An officer met with a resident of the Wells Road area regarding a motor vehicle burglary complaint. Loose change is missing from the vehicle.
- 9-16 An officer met with a resident of the Mitchell Road area regarding a possible attempted burglary.
- 9-17 Two officers responded to a residence in the Fowler Road area for a well-being check.
- 9-18 An officer received a found Ipad from a Scarborough resident who found it on 77 near the center of town. The owner called a short time later and came to the police department to retrieve his found Ipad.
- 9-19 An officer met with a caretaker of a property in the Ocean House Road area regarding a suspicious person complaint.
- 9-19 An officer met with a resident of the Shore Road area regarding a neighborhood issue.
- 9-20 An officer met with a resident of the Spurwink Avenue area regarding a harassment complaint.
- 9-20 An officer responded to a residence in the Broad Cove area regarding a barking dog complaint.
- 9-21 Two officers responded to a residence in the Mitchell Road area for report of a domestic disturbance.
- 9-22 Two officers responded to a location in the Two Lights Road area for a report of two subjects involved in a road rage incident who were stopped and confronting each other.
- 9-23 An officer met with a representative of the transportation department who showed where someone had fired several BBs or pellets through a window of school bus #4.
- 9-23 An officer responded to a residence in the Scott Dyer Road area for an unwanted person refusing to leave.
- 9-23 An officer met with a resident of the Ocean House Road area regarding civil custody issues.
- 9-23 An officer received a wallet that had been found on Shore Road. The owner was contacted and property returned.
- 9-23 An officer met with a resident of Kennebunk regarding a civil complaint with a local business.
- 9-25 An officer responded to a residence in the Scott Dyer Road for a well-being check.
- 9-26 An officer met with a resident of the Spurwink Avenue area regarding the mailbox being struck during the night. Although there was minor damage to the mailbox, there were several plastic pieces of a mirror assembly found on the ground.
- 9-26 An officer met with a resident of the Fowler Road area who had received several suspected scam phone calls

today and his own number was in the caller ID box. He did not answer the calls.

- 9-26 An officer met with a resident in the Spurwink Avenue area regarding damage to a glass door. There was no evidence of entry into the residence.
- 9-27 An officer met with a resident of the Scott Dyer Road area regarding a suspicious person complaint.
- 9-27 An officer met with a subject in the Ocean House Road area regarding specks of green spray paint on the front bumper, there were also freshly painted arrows on the ground. When tried, the specks wiped off the bumper.
- 9-28 An officer met with a subject at CEHS regarding a possible abandoned firearm on the school grounds. Upon checking, it was a realistic plastic replica BB gun. It was removed from the school grounds.
- 9-28 An officer met with a resident of the Ocean House Road area regarding a motor vehicle violation.
- 9-29 An officer met with a resident of the Shore Road area regarding a suspicious person complaint.
- 9-30 An officer met with a resident of the Fowler Road area regarding a theft complaint.
- 9-30 An officer met with a resident of the Old Ocean House Road area regarding a harassment complaint.
- 10-1 An officer met with a subject in the Ocean House Road area regarding a dog bite complaint. Owner was identified and contacted. Report will be forwarded to the ACO for follow up.
- 10-1 An officer met with subject who reported a motor vehicle burglary while parked along Spurwink Avenue near Denison Drive. An Ipad was taken from the vehicle.
- 10-1 Two officers responded to a residence in the Shore Road area for a well being check.
- 10-1 An officer met with a resident of the Ocean House Road area who advised his computer had been hacked and was now concerned about ID theft.
- 10-2 An officer met with a resident of the Ocean House Road area who advised that an attempt had been made to open/tamper with an account in the victim's name but was prevented by the financial institution.
- 10-2 An officer met with a subject in the Ocean House Road area regarding a theft of money.
- 10-2 An officer met with a resident of the Spurwink Avenue area regarding a harassment complaint.
- 10-2 An officer met with a subject who reported criminal mischief to her motor vehicle while parked at a local business.

- 10-3 An officer met with a resident of the Shore Road area regarding unauthorized charges on her Amazon account.
- 10-3 An officer met with a resident of the Sawyer Road area regarding a harassment complaint.
- 10-3 An officer met with a subject who reported that the driver's side mirror of his van was knocked off while the vehicle was parked along Shore Road.
- 10-3 An officer responded to a residence in the Ocean House Road area for a well-being check.
- 10-4 An officer met with a resident of the Spurwink Avenue regarding a harassment complaint.
- 10-4 Two officers responded to a residence in the Spurwink Avenue area for a well-being check.
- 10-4 An officer met with a resident of the Shore Road area regarding a suspicious person complaint.
- 10-4 An officer met with a resident of the Mitchell Road area regarding a criminal mischief complaint.
- 10-7 Two officers responded to a residence in the Ocean House Road area for a well-being check.

ROAD FIRE CALLS

- 09-17 South Portland Mutual Aid
- 09-20 South Portland Mutual Aid
- 09-20 Cross Hill Investigation
- 09-20 South Portland Mutual Aid
- 09-21 South Portland Mutual Aid
- 09-21 Fort Williams Investigation
- 09-22 South Portland Mutual Aid
- 09-23 Shore Road Fire Alarm
- 09-24 Two Lights Road Investigation
- 09-24 Bowery Beach Raod Grass Fire
- 09-24 Bowery Beach Fire Alarm
- 09-24 South Portland Mutual Aid
- 09-25 Cross Hill Investigation
- 09-26 South Portland Mutual Aid
- 09-26 Shore Road Motor Vehicle Accident
- 09-28 South Portland Mutual Aid
- 09-29 South Portland Mutual Aid
- 10-03 Prout Place Fire Alarm
- 10-05 Scott Dyer Road Fire Alarm
- 10-06 Philip Road Fire Alarm
- 10-07 Mitchell Road Fire Alarm

SUMMONSES

- 9-20 Cape Elizabeth resident, barking dog, Salt Spray Lane
- 9-21 Vassalboro resident, uninspected motor vehicle, Route 77, \$148
- 9-26 Raymond resident, uninspected motor vehicle, Mitchell Road, \$148
- 10-3 South Portland resident, speeding (39/30 zone), Sawyer Road, \$114

JUVENILE SUMMONSES

- 9-20 Cape Elizabeth resident, speeding (39/30 zone), Fowler Road, \$114

ACCIDENTS

- 09-24 Malcolm Weatherbie, Monica Cooke, Dennison Drive
- 09-25 Sydney Mcfarland, Fowler Road
- 09-26 Sean Donegan, Aweys Yusuf, Shore

RESCUE CALLS

There were 24 runs to Maine Medical Center
There were three runs to Mercy Hospital
There were six patients treated by rescue personnel but not transported.

Scouting for Food Drive on Oct. 26

On October 26 from 9 a.m.-2 p.m., Cape Elizabeth Boy Scout Troop 30 and Cape Elizabeth Cub Scout Pack 30 will be collecting non-perishable food items and donations at the Cape Elizabeth IGA and the South Portland Shaw's located at 180 Waterman Drive.

The food and donations will be used to provide families in the community that could use a little extra help during the holiday season. Please come out and support your local community.

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Two candidates for Cape Elizabeth School Board

By Kevin St. Jarre

There are two people running for the two seats on the Cape Elizabeth School Board. One, Kimberly Carr, is an incumbent, and the co-vice chair of the Board. The other is Phillip Saucier, hoping to join the body and fill the seat being vacated by Chair Susana Measelle Hubbs.

Kimberly Carr



Contributed photo

Why are you seeking to be reelected to the School Board? What are a couple of things you really feel need to be accomplished during the term?

I am seeking a second three-year term on the school board. I have five children in our system: two in high school, two in middle school and my youngest just started kindergarten at Pond Cove. I have a long-term interest in the success of our schools. Like so many in our town, the excellent school system was a driving force in our decision to move to Cape Elizabeth. I value service and have been honored to be part of the school board in our district.

We had a lot of changes and accomplishments in my first term and I think it is impor-

tant to be able to offer consistency for both the school board and the community. If re-elected I would like to continue to work with town council to make improvements in the budget process. I will also continue to enhance communication within the school and throughout the community. Finally I will strongly support maintaining and upgrading our facilities.

What are your thoughts on Performance Based Education in Maine schools, and Cape Elizabeth School Department continuing with adoption of PBE despite Maine law being changed and no longer requiring schools to comply?

I believe that if well executed, Proficiency Based Education (PBE) can be very useful for students and educators alike. Our district took a practical approach to PBE. We have been slow and methodical about implementing PBE and have been constantly assessing if we are meeting the best interests of our students.

It is often said that students in Cape Elizabeth schools are under too much pressure or stress. How do you feel about this?

The physical, academic and emotional well being of all of our students is a top priority. Balancing homework and expectations with undue stress and anxiety must continually be assessed. It is vital that both the school board and administrators always remain aware of this. We have a high performing school system, which includes academics, athletics & the arts. In order to maintain this, it is always important for us to set reasonable expectations that both support a healthy learning environment and also continue to challenge our students.

Is there anything within Cape schools that you feel must be changed, or at least closely examined?

We are so fortunate in Cape Elizabeth to

have a community that is supportive and engaged. Last year I participated in the Needs Assessment Committee. This was a large committee comprised of a variety of people who worked in or attended the schools or lived in the community. I was so appreciative of the level of caring and interest of all committee members. After several meetings and tours of our facilities, the committee recommended that a needs assessment of our facilities be added to the budget. This assessment has been taking place. I believe we must closely examine and pursue the recommended upgrades. As the town's greatest asset, I believe we need to maintain our facilities and make improvements to support excellence in academics, arts and athletics.

Phillip Saucier



Contributed photo

Why are you seeking to be elected to the School Board? What are a couple of things you really feel need to be accomplished during the term?

My wife and I are both proud graduates of Maine public schools and teachers on both sides of our family have instilled in us not only the importance of education but also community and service. We have two young

children - our son is in first grade at Pond Cove and our daughter will be in kindergarten next fall - both of whom will learn and grow up in this community. We feel lucky that our children will have an opportunity to be educated in the Cape Elizabeth school system with such wonderful teachers - but we should not be complacent. Cape's strong education system is the product of a lot of dedication and effort by volunteers, educators, administrators, board members, and others. I think it is important to participate and help in any way I can, and while I have a lot to learn, if elected to the School Board I will work hard to understand the facts, listen and work with all in reaching decisions grounded in what is best for Cape schools. I was particularly motivated to run for the school board this term because of the decisions and opportunities we will soon have about the future of our school facilities. I look forward to reviewing the upcoming facility needs assessment and how we can best provide a supportive physical environment for our students.

What are your thoughts on Performance Based Education in Maine schools, and Cape Elizabeth School Department continuing with adoption of PBE despite Maine law being changed and no longer requiring schools to comply?

The Cape Elizabeth School Department underwent a thoughtful and deliberative process to implement proficiency-based education over the last several years - and invested significant time and energy to make sure that implementation was incremental and tailored to our students. I support continuing with this approach at this time - with ongoing review and monitoring for its effectiveness. Most importantly we should listen to our teachers and provide sufficient resources - in particu-

-see CANDIDATES page 16

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Letter

Continued from page 1

raise such concerns. They trusted us to act. And so we started the first of our 47 interviews involving four CEHS administrators and our school resource officer over the next three weeks. As we first started our interviews, we had two paramount questions we needed to answer: Is the school safe? Is there a rapist in school?

We knew from last year that a legal process had been started by one student against another based on an incident away from school grounds. In my many years as a school administrator, this is not the first time—and it will not be the last—where students have made claims to the police against other students. They have every right to do that. Any experienced school administrator in every school in the country has had similar experiences.

In those situations, we support both students as the claims work themselves through the legal, evidence-gathering process. We take steps to make sure both students feel safe and supported. In this case, the girl and her family ultimately decided, before that process was complete, to pursue the case no further. That is their choice. It should be honored. Even though the legal process is over, we continue to monitor this situation to be sure our students are safe.

At the beginning of our investigation, we checked in with the girl involved in the legal complaint situation. She said she feels safe and supported in CEHS. Unfortunately, as this story evolved, I'm sorry to say, we had to disrupt her school day about four more times for additional followup questions. At each subsequent check-in, she reports feeling safe. She feels supported. She wants to come to school to learn and to grow in her classes and to enjoy the day to day experiences with her friends.

And as we conducted those 47 interviews, we uncovered rumors about two other alleged situations involving a CEHS student who was the clearly intended target of the sticky note messages. There was a rumor of a video supposedly showing horrifying images. Within hours, through student assistance, we got access to two, ten-second Snapchat videos that were the basis of the rumors. These students, in my mind, were the next group of heroes in this situation—students who trusted us with

the videos.

The videos did not show what the rumor mill said they showed. Not even close. Not surprising.

Rumor mills in high schools are often wrong. What adult isn't familiar with that reality from our own high school experiences?

We tracked down the girls in the videos, young women now, who never attended CEHS. They explained what was happening in the videos. Again, the rumors were not true.

Through our investigation, another rumor surfaced based on an alleged incident following one of our recent proms. We checked with the student who was the alleged victim according to that rumor. There was no truth to the rumor, she said. Unfortunately, as this investigation evolved, we had to check in with this student, too, multiple additional times, for further followup. On each occasion, she says she feels safe in CEHS and supported. She just wants to be in school, participate on her teams, enjoy her friends, and learn.

During most of this investigation, the young man who was the target of the sticky notes stayed away from school—he missed a total of eight days of school. He felt unsafe.

His family said this felt like bullying and asked to look into that. That is their right.

The student is back now. He's had many CEHS classmates who have reached out to and supported him—an increasing number, in fact, as this story about CEHS has gained national traction.

This has been a challenging and sometime frustrating three weeks at CEHS. So let me describe the CEHS I know:

- Our students are caring, respectful, hard-working, and thoughtful.
- We serve families who care deeply about education and entrust us with their respectful sons and daughters.
- The teachers at CEHS care deeply about the students in their classes. For the last three weeks, they have been walking on egg shells, wondering about their school, what they can say, and worried that what they say could be misinterpreted.
- The secretaries and support staff care deeply. They know our students by name. In many cases they know their parents, their brothers, and sisters.
- We have three caring counselors in our school counseling department who don't deserve to be called "Idiots. Disgusting" by people

in Dunsuir, California, or anyplace else, who have no idea what they're talking about.

• CEHS is blessed with two skilled social workers who take their jobs incredibly seriously. They do hard work with grace and passion to support our students. They come in on weekends and summer days when students with whom they are working are in need.

• I have an Assistant Principal, Nate Carpenter, who cares so deeply about young people that he wears his heart on his sleeve. He's had family members contact him based on the recent publicity, sharing questions that they are hearing from others wondering about the kind of school we are.

In the spring of 2015, a girl in my advisory group came to me with a social worker who had been supporting her. She knew I cared about her. She knew the social worker cared about her.

She was the victim of a sexual assault, she told me. Her idea, supported by the social worker, was for CEHS to support a full day of sexual assault and consent training for all of our juniors and seniors. Throughout the following year, a dedicated group of students, staff, and community members worked alongside this young lady, to organize our first all-day SAAFE (Sexual Assault Awareness For Everyone) event. This was a year before the MeToo movement hit the national airwaves.

In 2018, we held our second such event.

Next spring we'll hold our third.

We have always supported and cared about our students—all our students—and will continue to do so.

We always have things to learn and to do better at CEHS. That's true for me. In the past few months, I've learned a lot about the tricky nuances of Title IX, Maine's mandated reporting requirement that differs depending on whether the abuser is a member of the young person's family or not, and about the complicated intersections between federal and state law surrounding mandated reporting. I have done and will do my job better as a result of the events of last spring and the past four weeks.

Over the next few weeks, as the recent

national attention to CEHS fades, we will continue to go about our jobs of educating students, staff, and parents about all of these topics related to sexual assault. That's important work. We take it seriously. We all can learn and grow from this. That is what CEHS is about.

The students who posted the sticky notes made a bad choice even though their intentions were good. People were hurt by those bad choices.

The students regret their choices, I'm sure. They will learn. We don't expect perfection of our students. We freely give second chances.

When any student returns from suspension, a consequence we rarely assign, we welcome them back. Their slate is clean. When the students become seniors, provided that they have had good records since then, they can request that the record of a one and only suspension be expunged. We've had that process in place for years.

To the adults, including adults in the media, who are giving credence to the sticky note assertions made with zero support in any findings following a school or legal investigatory process, shame on you. You are passing along rumors as if they were established fact. They are not.

If there are any parents who want to learn more about this situation, we will have opportunities for that over the next few weeks.

If there are parents who wish to meet with Mr. Carpenter or me in the meantime, give us a call. We'd be happy to answer your questions. We'll walk you around the school, and you can see for yourself what the vibe is in the hallways of CEHS.

And to the author of the emails from Dunsuir, California, I will pass along an offer Mr. Carpenter and I make on a regular basis to students, parents, community members, and visitors: our doors are open to you, come on in for a visit.



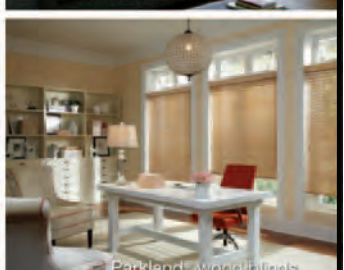
I am proud to be CEHS's principal. I am proud of the student heroes who came to us and shared with us. I have every confidence we will grow as staff, students, and a community from this.



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Election

Continued from page 1

especially smoothly. If you agree, why do you think that is?

I do agree that it went smoothly, Matt S was well prepared, as were the department heads in determining the priorities for the town and asking for little more than what they needed. As did the school, and while everyone wants a small to little budget increase we also have to remember the many things each year that aren't being asked for funded that continue to be left off the table that perhaps need to be added to the discussion even if it means a less smooth process.

What is something you really think Cape Elizabeth is missing?

There really isn't anything that is missing, we are so fortunate to live where we do, we have the small town live, the beaches, the open space, the quaint town stores and restaurants. And if you want more you only need to drive a few minutes and the rest of the world is at your fingertips in South Portland and Portland, or a mere two hours and all of Boston is there. There is nothing more needed in town.

What would you say to dog owners who feel that off-leash spaces around Cape Elizabeth, which existed for many years, seem to be shrinking or disappearing altogether?

I would say they need to expand where they take their dogs, we just redid the list of all the spaces available for dog owners to take their dogs. And there are lots of places in town that are now off leash under voice control. Yes we have to limit the areas, by not allowing dogs on the athletic playing fields, but that is really the largest change we have made.

And unfortunately it is the in considerate actions of a few that add up to making it a larger problem for the many.

How have rising property values impacted taxpayers, and what should or can be done, if anything?

I am sure that rising property values will bring rising tax bills which will impact taxpayers, and with the new town assessment gearing up in the coming years, it will only have a greater impact. I am not sure we can really do anything to stop it.

What is your position on the construction of rental housing for younger families who might not be able to purchase a home at current prices in Cape Elizabeth?

I am a huge supporter of property rights, and if someone owns a piece of property and that is their decision to build what they want within the current ordinance and land use. Everyone should have the opportunity to live in Cape Elizabeth.

In your view, how are short term rentals (e.g. AirBnb, VRBO, etc.) affecting our community?

Short term rentals are affecting neighborhoods and communities by changing the feel and sense of community to those that are living in the neighborhood. While I believe property owners have the right to use their property as they see fit, there is also a need to balance the use of short term rentals so not to have a devastating impact on the neighborhoods.

Is there anything you would like to add that we have not asked?

Cape Elizabeth is a gem that needs to be protected and people reminded of the life that we are preserving before it is gone forever. And the reality is that protection and our way of life here in Cape Elizabeth comes at a cost

one way or another, but to those who truly appreciate it and understand it, know its worth.

Penny Jordan, incumbent



Contributed photo

Why are you seeking to be reelected to the Town Council?

I am a lifelong resident of Cape Elizabeth and I love my town; its heritage and what it is today. While growing up I watched and listened as my father, Bill Jordan, volunteered his time to help create the town people are drawn to today. Serving on the council has reinforced for me that as Cape Elizabeth continues to evolve it is imperative that the voice of a business owner, farmer and longtime resident is present.

What are a couple of things you really feel need to be accomplished during the term?

Short-term rentals – I believe we need to step back and look at what we have learned. We need to look at the impact short-term rentals are having on our neighborhoods. This issue has many dimensions and I believe we need to dig in, understand and make decisions that work for our town and citizens.

Cape Elizabeth's Comprehensive Plan - I was involved in the committee and I feel we did some great work. I want to help shepherd elements of that plan (e.g. intersection at the center of town, alternative energy, improved cell service and helping our older citizens' age in place).

Fire and rescue service for our town – what will it need to look like in five years and how do we fund it.

This past budget session seemed to go especially smoothly. If you agree, why do you think that is?

I believe you are alluding to the fact that in past years there seemed to be contention between the Town Council and School Board and it didn't seem to be present this past budget season. I attribute this to several things:

- The work up front by the Town Council and School Board to discuss working together, understanding our roles and building

a sense of trust.

- The process defined by the Superintendent and School Board was well thought out, transparent and demonstrated commitment to a fiscally responsible and sound budget that focused on all students.

- A strong sense that we are all working to do the best for our town – it was a good process with a good outcome.

What is something you really think Cape Elizabeth is missing?

A water slide – just kidding! I know we have plans for our town center and I think there is real opportunity here to create more places for people to gather and make connections. How do we create a town center where people stop versus drive to the next town? This was discussed a great deal during the development of the Comprehensive Plan.

What would you say to dog owners who feel that off-leash spaces around Cape Elizabeth, which existed for many years, seem to be shrinking or disappearing altogether?

There are a lot of areas in Cape Elizabeth where dogs can be off leash. What I keep hearing from people is that there are NOT a lot of options that are accessible (especially in the winter). I think the fact we have an aging population and they want to have dogs then we need to figure out a way to create places where the dogs can run and the people can socialize. I understand it when people say that the dog owners become friends and that the dogs get their exercise – we need to find places to make that happen.

How have rising property values impacted taxpayers, and what should or can be done, if anything?

I think the Senior Tax Relief program demonstrates that we understand how tax increases can impact our seniors that want to stay in their homes. I also feel that we need to be vigilant about spending and know that the budgets put forward represent what is needed for the town (not the wants).

What is your position on the construction of rental housing for younger families who might not be able to purchase a home at current prices in Cape Elizabeth?

I think rental housing makes sense on many fronts – whether its young families, empty nesters or seniors that want to stay in town. I think Cape Elizabeth needs more housing options in order create a more diverse community. I recognize that some people might feel families that are renting and not paying taxes will put pressure on our school budget, my response, we as a society are responsible for ensuring all children have the opportunity to be the best they can be; I don't mind paying for that.

In your view, how are short term rentals (e.g. AirBnb, VRBO, etc.) affecting our community?

I think there are situations where short term rentals can work. I think our challenge at this point is that there are neighborhoods that are feeling an impact from short term rentals and we need to listen to and truly understand the concerns. It is time to revisit short term rentals, understand what's working and what's not working and develop solutions that can

-see TOWN COUNCIL page 9

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Town Council

Continued from page 8

work for the neighborhoods and homeowners in Cape Elizabeth.

Is there anything you would like to add that we have not asked?

My family has owned Jordan's Farm for generations and our farm contributes to the rural character that draws so many people to our town. I want to continue to contribute my time and energy to Cape Elizabeth's future. I feel I can be effective because I bring energy and passion to whatever I do. I listen, gather information and strive to make informed decisions. As a business owner, I know the importance of investing dollars wisely; I understand the need to create an infrastructure that can endure and the need to make trade-offs, particularly when dollars are in short supply. As a member of the Town Council, I will serve all citizens.

Aaron Mosher, challenger



Contributed photo

Why are you seeking to be elected to the Town Council? What are a couple of things you really feel need to be accomplished during the term?

I've lived in town for almost (and only!) 18 years - I discovered Cape through a picnic at the Fort with friends on a gorgeous July day, and then a couple of years later mountain

biking the town's Greenbelt trails. Once we moved here, we fell in love with the town and its people.

My family is moving through its phases of life here - childless couple, dog, newborn, another newborn, pre-school, Pond Cove, Middle School, another dog, High School, and, down the road, empty nesters. This lets me see how the town government impacts different groups of residents at different times in their lives. I will bring deep curiosity, a desire to learn, and energy to the Council.

In this upcoming term, we'll need to plan for investment in our school infrastructure, work toward resolving conflicts around shore access and the Greenbelt, and keep the town running as efficiently as we can.

This past budget session seemed to go especially smoothly. If you agree, why do you think that is?

Each year we have incredible pressures on the finances of our town - state education aid is always under attack, and we are forced to scramble to adjust to it. Our Council and the town administration, along with the school department, have done an admirable job over the years rolling with the punches. Communication, openness, a realistic attitude, creative thinking, and appreciation of the citizenry help our elected officials and town staff be good stewards of the town's government.

What is your position on the balance between the benefits and challenges of tourism in Cape Elizabeth?

We live in a beautiful town - and we're proud to share it with the world. But, we don't want to endanger that beauty and impact our own enjoyment of it. We're on a path to make the Fort less dependent on our tax dollars - I think that's turning out really well. In the end, those things we do that make the town even better for us living here make it better to visit.

What is something you really think Cape Elizabeth is missing?

As has been shown by surveys over the

past years, many in town would love to have a more active town center. They lament the vacant and underutilized buildings and undeveloped lots. These are all privately owned, but we should explore what we can do to encourage development of these properties into businesses and homes that will enhance our quality of life.

What would you say to dog owners who feel that off-leash spaces around Cape Elizabeth, which existed for many years, seem to be shrinking or disappearing altogether?

As a happy and responsible dog owner, I'm committed to maintaining off-leash spaces around Cape Elizabeth. My family was upset when the policies at Robinson Woods were restricted several years ago, and we would not want to see the remaining off-leash spaces lost. We need to listen to our citizens who report issues, and we should work with our dog owners and their advocacy groups to craft good policies that will help everyone share the spaces we have.

How have rising property values impacted taxpayers, and what should or can be done, if anything?

A lot of people are likely happy the value of their homes is rising - I do not support getting in the way of that. But, they do wonder how that affects their property taxes. So they worry about reassessments. We could do a better job educating the town about the relationship among property values, assessment, and tax rates. It's just going to happen that some areas of town rise in value faster or slower than others, and the Maine constitution requires we assess equitably. I would advocate we perform a town-wide assessment more frequently than every decade to lessen the sticker shock of homeowners' reassessments, and we should couple this with outreach to town residents.

What is your position on the construction of rental housing for younger families who might not be able to purchase a home

at current prices in Cape Elizabeth?

I support more rental housing in Cape Elizabeth. Just about every week, I see on social media a young family looking for a long term rental in our town. The Portland area is a great place to work, and Cape is a great place to live. Ultimately, it's up to builders to decide to build rentals, but the town can certainly encourage it not put up roadblocks. The apartments in the center of town have turned out well, and are a good addition to the community.

In your view, how are short-term rentals (e.g. Airbnb, VRBO, etc.) affecting our community?

Issues with short-term rentals have been called out by a good number of town residents as negatively affecting our town. The current regulations were put into place in 2011, before Airbnb and VRBO were in wide use. We have a system in place to permit and monitor short term rentals, but the anecdotal evidence is that it may not be working. We must continue the work the Council started this summer to investigate the problem, and we must develop solutions that will help reduce the impact of short-term rentals on our neighborhoods.

Is there anything you would like to add that we have not asked?

In my 5+ years on the Zoning Board, I've seen how growth affects relationships among neighbors, and between people and their town. After listening, researching, and deliberating, I've changed my mind in situations where I had preconceived notions. I've had to make tough decisions, and, because of that, annoyed and frustrated some people. I'll bring the same approach to the Town Council - I'll listen, I'll research, I'll analyze, and I'll make the best decision for Cape.

The residents and taxpayers rely on the Council to be good, sensible stewards of the town, and we have an obligation to spend their tax dollars wisely - they can rely on me to be their voice.

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Pumpkins

Continued from page 1

Jordan's tops off pumpkin season on Halloween night with the annual lighting of a huge pumpkin luminary. "Each year we have well over 100 pumpkins, all carved here by Bib, Phil, Carol Anne, Pam and our awesome staff; it's a fun tradition we started many years ago. So on Halloween night, swing on by Wells Road and take a look!"

Both farms want to remind everyone that they're still harvesting lots of produce, in addition to pumpkins and fall squash. Jordan's farm stand will be open daily until November 27; the retail location on Ocean Street in South Portland, The Farm Stand, is open year round, seven days a week. Alewife's Brook Farm's market is open every day but Christmas, and in addition to lots of vegetables, the farm raises turkeys for the holidays. Caitlin recommends customers stop by soon to reserve a turkey, before they're all spoken for.



Photo by Jessica Newton

Perfect candidate for a jack-o'-lantern, picked at Jordan's Farm.

A broad look at the work of the CEMS counseling team

By Kim Sturgeon

This is my 20th year as part of the Cape Elizabeth Middle School's (CEMS) team of counselors and social workers, currently comprised of two full time counselors and two full time social workers. Each of us meet with individuals and small groups of students. We also provide classroom lessons to all students on topics such as bully prevention, peer pressure, goal setting, decision-making, friendship skills and cyber-safety. We have been trained in suicide prevention and implement lessons around stress management and suicide prevention so students understand stress, develop coping strategies for dealing with stress in their lives, understand anxiety and depression. This year 7th & 8th grade students will learn about suicide and steps to reduce risks for themselves and others.

Over the past few years, and continuing this year, we coordinate with regional agencies to bring outside experts into the classroom. Sexual Assault Response Services of Southern Maine (SARSSM) provides lessons on Cyber Harassment Prevention, Sexual Harassment Prevention, and Gender Stereotypes. The Young Adult Abuse Prevention Program (YAAPP) presented lessons to 7th & 8th grade students last year and will be returning this year. Their programming focuses on what healthy and unhealthy dating behaviors look like, and who to reach out to for extra support. They also empower students to build healthy relationships by helping them identify, communicate, and respect their own and

their partner's boundaries.

In 2014 Steve Wessler, a human rights educator, trainer and advocate trained a team of about fifteen staff members from the Cape Elizabeth middle and high Schools; including administrators, classroom teachers and counselors. Our Cape Elizabeth team then facilitated workshops for more than 100 students at each school teaching practical skills for intervening at the earliest levels of bias, degrading language, harassment, and bullying. Last fall every 7th and 8th grade student participated in three classroom lessons based on Wessler's work. Students shared their experiences of hurtful language and voiced concerns about the culture of CEMS. This work needs to continue.

The CEMS counseling team wrote a Cape Elizabeth Education Foundation (CEEF) grant during the 2018/19 cycle to bring two more organizations to our school. This year, 7th & 8th grade students will participate in a four-lesson workshop facilitated by Maine Boys to Men (MB2M) and Hardy Girls/Healthy Women (HGHW). The MB2M's "Reducing Sexism and Violence Program" empowers students to play a central role in ending gender-based harassment, abuse, and violence. HGHW provides girls with knowledge and skills to gain more control over their lives and become change-catalysts in their communities. They will examine society's expectations of girls and how those negative themes can be internalized. This project is made possible through the generous support of donors to CEEF.

Early adolescence (age 10-13) is the period of fastest human growth outside of infancy. Adolescence is a wildly transformative period that involves profound physical, psychological, emotional and social growth. Their brains act like sponges — learning at a fast pace. The messages coming at them are both positive and negative, sometimes in an overwhelming manner. Social media is entrenched in our world, and students need instruction on how to navigate it and not feel the need to be "on" 24-7. We're seeing positive effects of our programming. Students continue to support one another through tough times, now with tools on how to do this safely and effectively. Students also see the members of our counseling team as resources who can offer advice and guidance.

Cape Elizabeth birding report

By E. Brooks Bornhoff

This is the time of the year that a wide variety of birds are still winging their way south. During the first two weeks of October, the birds that pass through Cape Elizabeth are birds of the eastern forests, boreal birds, grassland birds, waterfowl and raptors. They are guided by their internal GPS which in large part is developed as young birds imprint on the angles of the sun and stars helping orient them on such extraordinary journeys.

As for noteworthy mentionings, it sure has been a great fall for Yellow-bellied Sapsuckers spotting's. In fact, it's the best fall in the last four years according to my records. On Oct. 3, Oct. 5 and Oct. 9 I saw upwards of five of these medium sized woodpeckers in orchard trees and maple trees. This nifty bird excavates neat rows of shallow holes called saps wells and laps up the leaking sap and any trapped insects with its crafty, brush-tipped tongue. These woodpeckers are the only fully migratory woodpecker in eastern North America. Interestingly, in boreal forests north of here the Ruby-throated Hummingbirds rely so much on woodpeckers saps wells that they time their spring migration with the arrival of sapsuckers.

Additionally, I had a Common Raven and an Eastern Phoebe (flycatcher) calling along Shore Road on Oct. 5. On time are the Golden-crowned Kinglets that are starting to creep through Cape in good numbers this year. Soon to be followed by Ruby-crowned cousins. These tiny dainty birdlets will mostly migrate through Cape Elizabeth, however some birds do winter in our woods. Additionally, I saw a Tennessee Warbler and a Nashville Warbler traveling south together somewhere around the fringes of Crescent Beach State Park. Adding to the count there were lots and lots of Yellow-rumped (Myrtles) and Black-throated Green Warblers travelling together in the Greenbelt swath of land and small pond area just up from the boat rack area at Great Pond. This is a dynamite birding hot spot.

To our delight, on Oct. 7 a male Black-throated Blue Warbler showed up on the backyard suet. This is the only Black-throated Blue I have seen this fall and every year I feel like I see less and less of them. This is a true warbler of the woods preferring densely shaded second growth forests (unknown if nesting in Cape). Males have year-round feather coloring that is more striking than it is bright. It has sharply contrasting black and white areas, and a rich darkish blue back.

As an ambassador to birds I would not be doing my duty if I did not mention a real wake up of a study just published by seven institutions, including the Smithsonian Migratory Bird Center and the Cornell lab of Ornithology. The study discovered that North America has lost 2.9 billion birds in the last 50 years. The scale of loss that this study brings to bear is unlike anything recorded in modern natural history. Over the last five decades we have lost 17% of the eastern forest birds. Both Blue-jays and Grosbeaks have declined 25% and Baltimore Orioles by a whopping 31%. Additionally, 33% of boreal forest birds have been lost, 37% of shorebirds and grassland bird populations like the Bobolink (which nests in Maine) are down by over 50% across their entire respective populations. Now for the good news, the study also found that waterfowl and raptor (hawks & eagles, owls fall under this category as well) populations are

-see BIRDING REPORT page 11



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Lessons at Cape Ledge Farm are about horseback riding and so much more

By Tina Fischer



Contributed photo

One of Cape Ledge's youngest riders, Milly Scott, on Chief.

Cape Ledge Farm is offering a range of horseback riding lessons and "horse therapy" opportunities this fall and winter for all ages, including a special series for veterans. The therapeutic riding program, called "Horses for Service" is designed for military vets and their families, and "It's not all about getting on the horse," according to farm co-owner Brittany Petsinger.

"It's therapy through nonverbal communication around horses. Our trainer Rachel Bernstein focuses on creating a bond with the horse."

Zack Petsinger notes, "Rachel is PATHS certified and has taught veterans for many years. She's also worked directly with patients who had traumatic brain injuries. The focus of the lessons for veterans is to concentrate on the horse while grooming and learning natural horsemanship and taking their minds off traumatic experiences. Lessons can be for veterans and their families, spouses and friends."

"We have some great horses who pick up on people's emotions and are trained in natural horsemanship. The horses really respond to the person they're working with."

"The barn is a place where veterans can come to relax," Brittany adds. "My husband Zack is in the Navy; it's really important to him to start this new venture. He knows a lot of vets who may be interested. People can book with Rachel on our website, and we're offering a military discount."

Bernstein is also running a program with the nearby Aucocisco School, focusing on helping students with sensory processing challenges. "Students have been coming to the farm four times a week for an hour to spend time with and groom the horses," Brittany explains. "By the end of the program, we are hoping to get these students on the horse, but we go slow and work with each person."

"This is more about bonding with our horses," Zack adds. "And this is where Rachel's experience is so important. The barn is a quiet place where students can feel comfortable without loud noises and distractions and just focus on the horse."

Cape Ledge also offers private and group lessons for riders of all abilities and ages - the youngest are five years old - and the Petsingers are accepting sign-ups for their winter Farm Camp, scheduled for the last week in December. Camp is geared toward children in kindergarten through eighth grade and will include, along with riding, horsemanship education, crafts, goat yoga and farm chores. More details about all lesson and camp programs are at capeledgefarm.com.

CELT October Programs

CELT'S Tree Identification in Robinson Woods

Join Todd Robbins, Cape Elizabeth's Tree Warden, on a two-hour guided tour of Robinson Woods focused on tree identification. This CELT sponsored event will instruct participants how to identify different trees in Maine, while having the opportunity to enjoy Robinson Woods during peak foliage. Participants should wear appropriate clothing for walking through the woods, and the program will run rain or shine.

Date: Saturday, Oct. 19

Time: 10:00 a.m. - 12:00 p.m.

Location: Robinson Woods Kiosk, Shore Road

Cost: \$6

CELT's Cross Town Walk

Join Cape Elizabeth Land Trust's (CELT) Executive Director Cindy Krum, a representative from the Town of Cape Elizabeth Conservation Commission, and CELT past board president Kathleen Janick for the annual Fall Cross Town Walk. Beginning at Portland Head Light, located at Fort Williams, this CELT sponsored walk will traverse over seven miles of both town of Cape Elizabeth and CELT trails highlighting Cape's great places. This walk offers a unique overview of Cape's diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond. The walk takes approximately three and one half hours and includes a picnic lunch at Kettle Cove. Hikers will meet at

the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams after the picnic. Snacks, drinks and lunch provided. Participants should be 12 years or older; please call about younger ages.

Date: Saturday Oct. 26

Time: 8:00 a.m.-1:30 p.m.

Location: Meet at Portland Headlight in the parking lot closest to the lighthouse.

Cost: \$10 per person

Please register for these programs through Cape Elizabeth Community Services. www.capecommunityservices.org. Please call The Cape Elizabeth Land Trust with any questions. 767-6054. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Birding report

Continued from page 10

up by 50% and 200% respectively. This is due to dedicated conservation funding and focused policies like the Endangered Species Act that is being threatened by the current administration in Washington. In our everyday lives we can think harder about making our windows safer, keeping all cats indoors and avoiding the use of pesticides whenever possible. Also consider recording bird sightings on Cornell Lab of Ornithology's, eBird.org. Birders are the eyes and ears that contribute the data that allow scientists to monitor the health of bird populations.



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Library offers garden club workshop, program on cleaning with essential oils, Halloween activities for teens and children

Upcoming Closures

The library will be closed all day on Saturday, Nov. 2 for shelving rearrangement. The library also will be closed on Monday, Nov. 11 for Veteran's Day.

Artwork for Community Art Show Due October 25

If you would like to contribute to our November Community Art Show, your completed art panel must be turned in by Oct. 25. If you haven't yet picked up a panel, there is still time. Just stop by the library to register and get your 8x8 wooden panel; create artwork in any medium on the panel (or mounted to the panel) that explores the idea of what the library means to you. Open to all ages--adults, teens and kids.

Plant Daffodils for Women's Suffrage

For all ages
 Tuesday, Nov. 5
 11:00 a.m. - 12:00 p.m.
 Help us mark the centennial of the 19th Amendment granting women the right to vote, which was ratified by the state of Maine in November 1919. Thomas Memorial Library is one of many organizations participating in the Daffodil Tribute. During the fight for the vote, Maine suffragists chose the jonquil (daffodil) as their flower symbol. They brought bouquets of daffodils to lobby legislators, handed them out at rallies, and asked supporters to wear them in their lapels. So this fall,

during Maine's Centennial Commemoration, organizations across the state are planting thousands of yellow daffodils. They will bloom in Spring 2020 during the national centennial—and every year thereafter as a living, renewable tribute to the suffragists and the ideal of equality for all. The library is inviting people of all ages to help us plant yellow daffodils on the library grounds on Election Day. We will supply the bulbs, you help us do the planting. Come back in the in the spring when the daffodils bloom for an array of events to celebrate women's suffrage. No registration necessary.

ADULT PROGRAMS

Senior Tech

Wednesday, Oct. 23, 10:30 a.m.-12:00 p.m.
 Senior Tech meets on the fourth Wednesday of each month to help you in any way we can with tech questions. We work together as a group to answer similar questions, and break out into smaller groups to answer individual questions. If you have a question, we will help you find an answer. You wouldn't believe some of the things we've been able to help solve.

Living in a Mad World – with Author Lee Rutty

Thursday, Oct. 24, 6:30-7:30 p.m.
 Picture this: "Four weeks after a plague

has swept the world and a virus that unlocks the genetic insanities that lurk in all of us. It's a world gone mad... A small band who believe themselves still sane fight for survival and the chance to build a better life. But are they really sane, or are they just deluding themselves?"

We hope you'll join us to meet Cape Elizabeth author Lee Rutty and hear more of this exciting novel.

Portland Stage Talkback with Playwright Brendan Pelsue

Saturday, Oct. 26, 1:00-2:00 p.m.
 We're excited to have Portland Stage return this season for a talk-back with playwright Brendan Pelsue. Pelsue's world premiere play, "Read to Me," runs at Portland Stage Oct. 22-Nov. 10. Pelsue's play touches on youth and death, aging and life as a cast of six character's lives intertwine in a magical way. "Talk to Me" is the grand prize winner of the 2018 Clauder Competition for New England Playwrights.

Local Writers Read

Saturday, Oct. 26, 3:00-4:00 p.m.
 Local Buzz Reading at TML continues this month with Jane Brox sharing some of her nonfiction work, and Marcia F. Brown sharing her poetry. Come enjoy local area writers reading from their work. Light refreshments will be provided. Free and open to the public.

Mystery Writing Puzzle: How Mystery Books are Made

Tuesday, Oct. 29, 6:30-8:00 p.m.
 Do you have what it takes to solve a good mystery? If so, you don't want to miss working with a panel of mystery writers, headed up by Cape's own mystery writer Richard Cass, to help solve a mystery on the fly. Our esteemed panel of authors will draw audience-generated facts for a mystery to be solved, then, with your help, they'll open up about how they make

decisions when they create their stories. Our Mystery Panel last October was fascinating – and hilarious. We hope you'll join in the fun.

Chair Yoga

Monday, Nov. 4, 11:30 a.m.-12:30 p.m.
 No prior experience is needed for this experience of gentle, mindful movement and deep breathing to calm the nervous system and focus the mind with instructor Martha Williams. You'll stretch and move while sitting in your chair with a handful of standing and balancing postures accessible to all. We'll finish with a guided body scan that invites you to relax into the present moment, that place where true power lies.

Garden Club Workshop: Daffodils and Hyacinths

Tuesday, Nov. 5, 6:30-8:00 p.m.
 This year, the Cape Elizabeth Garden Club holiday bulb workshop will focus on miniature Daffodil "Tete-a-tete," and Muscari/Grape Hyacinths. In this workshop, you'll learn how to grow these gorgeous blooms with nothing more than water and stones or pebbles.

Please bring your own watertight container with sides about three to four inches high to contain the bulbs. Larger pots cannot be used. Rock chips and bulbs will be provided. This event is open to the public. You don't have to be a member of the Garden Club to attend. We hope you'll join us to add a splash of color to your winter.

Eldering Discussion Group

Wednesday, Nov. 6, 1:00-2:30 p.m.
 Please join us for our new discussion group on Eldering. While aging is familiar to us, the concept of "Eldering" may be new. We meet on the first Wednesday of the month from 1:00-2:30 p.m. This

-see LIBRARY page 13

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Town of Cape Elizabeth
 Boards and Committees
 Annual Appointments Process

The Town Council Appointments Committee is accepting applications from residents to fill anticipated vacancies on the following town boards and committees.

- Board of Zoning Appeals
- Conservation Committee
- Fort Williams Park Committee
- Recycling Committee
- Thomas Memorial Library Committee

Residents may apply at www.capeelizabeth.com.
 Questions should be directed to Debra Lane, Town Clerk at: **799-7665** or debra.lane@capeelizabeth.org.

Applications must be submitted to Debra Lane no later than 4:00 p.m. Friday, November 1, 2019.

New terms begin January 1, 2020.

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Library

Continued from page 12

month we welcome group member Polly Bennell who will take us through a few exercises designed to help clarify your current level of life balance and discusses some steps you might take toward gaining an increased sense of fulfillment. Whether you decide to share in discussion or simply use the tools for your own illumination, Bennell guarantees that you'll come away knowing more about yourself and what your next steps might be.

Our Eldering group is a place to talk, to share, or to just listen to what neighbors, friends, and members of our community have to say about their experiences as we grow older. The group has already come up with a great list of resources. We hope you'll join us this month for another great conversation.

Learn About Green Cleaning with Essential Oils

Thursday, Nov. 7, 6:30-7:30 p.m.
Cleaning with essential oils is a safe, natural alternative to toxic, store-bought cleaners. Essential oils contain beneficial properties, making them perfect for green cleaning. And when used and washed down the drain, they are more eco friendly to our sewer systems than traditional, heavy duty chemicals. In this talk, you'll learn about some of the most popular essential oils for cleaning along with recommendations for ways to use these same oils in other parts of a toxin free lifestyle. And you'll leave with a few starter DIY recipes.

ONGOING ADULT PROGRAMS

- Knitting Group – Every Monday at 1:00 p.m.
- Chair Yoga – Second Monday at 11:30 a.m.
- Democracy Cafe – Second Tuesday from 6:30-8:00 p.m.
- Songwriting Workshop – Fourth Tuesday from 6:15-8:15 p.m.
- Eldering – First Wednesday, 1-2:30 p.m.
- Morning Book Group – Second Wednesday from 9:30-11:00 a.m.
- Writers' Accountability Group – 3rd Wednesdays from 10:00am-noon
- Senior Tech – Fourth Wednesday from 10:30 a.m.-12:00 p.m.
- YA Anonymous Book Group – First Thursday from 6:30-7:30 p.m.
- Maine Wildlife Lecture Series – Second Thursday from 6:30-7:30 p.m.
- Evening Book Group – Third Thursday from 7:00-8:30 p.m.
- Chess Club – Every Saturday from 9:00-11:00 a.m.

PROGRAMS FOR

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TEENS

The Teen Space is moving!

Our teen collection, along with a lounge area, will soon be located in the back left corner of the library's second floor (currently the adult reading corner). That area of the library will be reserved only for teens ages 12 and up Monday-Friday from 2:30-5:00 p.m. The library will be closed on Saturday, Nov. 2 so we can make these changes. The new space should be open on Monday, Nov. 4.

Teen Takeover! Halloween Edition

Friday, Oct. 25
5:30 – 8:00 p.m.
For ages 13 and up
It's our first Teen Takeover of the year, so we're going all-out with an after-hours teen Halloween party. We'll have pizza and candy while we watch a scary movie (TBD). You can vote in the Teen Space for which movie you'd like to see. (all movie choices will be PG-13). Come in costume for a chance to win a prize. Please register in advance with parental permission. Must be 13 and up. For more information, please contact Alyssa at alapierre@thomas.lib.me.us.

Tabletop Club

Tuesdays from 2:30-4:30 p.m. in the Teen Space
Come play tabletop games in our new Teen Space after school. We'll have "Catan," "Pandemic," "Betrayal at House on the Hill," and more. Open to teens ages 12 and up.

Library Great Book Transfer Quest (LGBTQ) Teen Book Club

First Monday of the month from 3:00-4:00 p.m. in the Teen Space
Want to read books by and about lesbian, gay, bisexual, transgender, queer, intersex, and asexual people? So do we! We are all about good books and conversation — and feel free to bring a friend. This is a space for people to talk and learn about identities similar to and different from their own. Open to teens ages 13 and up. Hope to see you there.

Teen Library Council (TLC)

First meeting is Wednesday, Oct. 30 from 3-4 p.m. in the Teen Space
Do you want a say in what materials, programs and activities are offered to teens at the library? Join our Teen Library Council. Together with the Teen Librarian,

you will be able to shape the new Teen Space for current and future teen library users. Open to teens in grades 7 and up. Interested teens can contact Alyssa at alapierre@thomas.lib.me.us.

PROGRAMS FOR CHILDREN

We have fifteen regular weekly programs for children at the library. Please check our website for the complete schedule. Below are some special events and monthly programs.

Animal Advocates Club

Wednesday, Oct. 30
3:30 - 4:30 p.m.
For ages 8 - 12
Join an educator from the Animal Refuge League of Greater Portland for this monthly program featuring a live animal friend from the shelter. Learn about the work animal shelters do and work on projects to benefit shelter animals. No registration necessary.

Trick-or-Treating at the Library, plus Halloween Story Time

Thursday, Oct. 31
5:30 – 7:30 p.m.
For young children
Find hidden Halloween spooks and get a treat bag, and join us for a not-so-scary story time for little ones (story time at 6:00 p.m.)

Autumn Animal Adaptations, with Maine Audubon

For ages 5 and up
Tuesday, Nov. 5
1:00 - 2:00 p.m.
In this hour-long program participants will work with a Maine Audubon educator to learn about some of the amazing ways Maine's wildlife cope with the changing seasons. Through movement, exploration, and even art, students will experience the variety of adaptations utilized by our animal friends to stay alive in the coming cold. No registration necessary.

Scam alert bulletin board

By Jessica D. Simpson

Password managers

One of the best ways to protect your online information is to use strong, unique passwords for each password-protected website you use. But keeping track of all of these passwords is not easy. One solution is to use a password manager – a software program that creates, stores and retrieves strong and unique passwords for you. Do some research to find an option that best suits your needs and budget.


Be a fraud fighter! If you can spot a scam, you can stop a scam.

ID theft: what to do next


We take a lot of precautions to protect our personal information, but we're not the only people responsible for our data. So many different entities have our personal information it's hard to keep track of. Our banks, health providers, email TV and Internet provider, retailers and more all have our data and many of them have been hacked. The reality is that most Americans have already had their identity compromised. So what can we do to protect ourselves after the fact?

Here are three steps to protecting yourself after your personal information has been stolen.

- 1) Sign up for credit monitoring that will alert you if someone tried to open an account in your name.
- 2) Place a free security freeze on your credit to help stop identity thieves from opening new accounts in your name.
- 3) Establish online access to all of your bank accounts, credit cards and retirement accounts and check them frequently.



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CAPE CALENDAR

By Wendy Derzawiec

Thursday, October 24

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

Tuesday, October 29

School Facilities Needs Report Public Meeting, 6 p.m., Town Hall chamber

Wednesday, October 30

Government Class Candidates Night, 7-9 p.m., Town Hall chamber

Monday, November 4

Planning Board Workshop, 7 p.m., William H. Jordan Conference Room, Town Hall

Tuesday, November 5

Election Day, 7 a.m.-8 p.m., High School gym

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 Tuesday, 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.

CABLE GUIDE

Board of Zoning Appeals replay
Oct. 23 & 24 - 2 p.m. & 8 p.m.
Oct. 26 - 10:30 am
Cape Elizabeth Church of the Nazarene
Oct. 26 & 27; Nov. 2 & 3 - 9 a.m.

CHANNEL 3

Municipal Candidates Night (live)
Oct. 30 - 7 p.m.
Municipal Candidates Night replay
Check program guide: <https://cetv.capeelizabeth.org>

Pets blessed at St. Bartholomew Parish on Oct. 4



Photo by Julie Rieger

In commemoration of the Feast Day of St. Francis of Assisi (Oct. 4), pet owners gathered at St. Bartholomew Parish on Oct. 5 to have their dogs, cats and other beloved animals blessed. Fr. Innocent Okozi welcomed and blessed the pets, and refreshments were served following the service.



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SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
747-1113

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

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 - 11:00 a.m.

Sunday School: 11:10 a.m. - 12:00 p.m.

Primary: 11:10 a.m.-12:00 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, 10:30 a.m.

Family Shabbat Services:

Second Friday, 6:00 p.m.

First Baptist Church of South Portland

879 Sawyer Street South Portland,
799-4565

www.spfbc.co

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 & Children's Programs

Sundays, 9:30 a.m.

Listen to our Podcast "A Nourishing Word"

We have room for all

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

Sunday Worship: 8:30 a.m., 10:00 a.m.

Sunday School: 10:00 a.m.

Preschool Child Care: 10:00 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

Reverend Timothy George new full-time pastor at Cape Elizabeth Church of the Nazarene

The Cape Elizabeth Church of the Nazarene is excited to announce that Reverend Timothy George has accepted the call to be their next full-time pastor. Pastor Tim has most recently been Executive Pastor of the South Portland Church of the Nazarene as well as the director of Lighthouse School there. He has also been serving as interim pastor at Cape Elizabeth since September of 2018.

There will be an installation service for Pastor Tim on Sunday, Oct. 27 at 10:45 a.m. at the church (499 Ocean House Road, Cape Elizabeth). A luncheon reception will follow the service.

All are welcome to join the congregation in celebrating Pastor Tim's official arrival and in welcoming him, his wife Jen, and sons Eric and Alex to the Cape Elizabeth community. For more information, contact office@capenazarene.org or leave a message at 747-1113.



Contributed photo

Reverend Timothy George has accepted the call to be the next full-time pastor at The Cape Elizabeth Church of the Nazarene.



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Guitar Lessons: All ages and abilities. Travel to you. Call Richard Corson: 207-400-0484

FOR SALE /RENT

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.

Year-round Rental: Hannaford Cove Rd, Large LR & Kit, 3BR, private setting, boat/kayak storage. Dogs welcome, walk to beach. Avail: Nov.-\$2200/utilities. Call: 207-767-4534

School Board

Continued from page 4

The committee considered edits to policies AC, ACA, and ACAB to include the addition of the term "gender identity and expression" to include coverage of this classification in the policies. Also in Policy ACA the committee considered adding language to expand the parties who may investigate complaints to include any school Administrator.

In the ACAD Hazing Policy, the current policy includes the statement that "Injurious hazing also includes any hazing activity that is expected of a student as a condition of joining or maintaining membership in a group that humiliates, degrades, abuses or endangers a student." The committee considered the addition of the new clause "regardless of the student's willingness to participate in the activity" to this provision.

At the October 8 Regular Business meeting the School Board reviewed the above policies. The revisions were presented as part of a first reading therefore no vote or action was taken. These policies will be reviewed again at the next policy committee meeting.

This fall School Board also plans to review Policies JLF - /JLF-R - Child Abuse and Neglect Reporting, and JLF-R - Child Abuse and Neglect Reporting - Administrative Pro-

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cedure, as well as a new policy JLFA - Child Sexual Abuse Prevention and Response. Look for these policies on an upcoming policy committee agenda.

All policies are posted on the CESD website in the School Board section policy tab.

Policy committee meetings occur once per month and are open to the public, including students. The next policy meeting is scheduled for October 22 at 3:00 p.m. in the Jordan Conference Room.

FUTURE DATES:

- Tuesday, October 22, Policy Committee, at 3:00 p.m. at Jordan Conference Room, Town Hall.

- Tuesday, October 22, School Board Workshop, Needs Assessment Facilities Study & First Building Committee Meeting, 6:30 - 8:30 p.m., CEHS Library.

- Tuesday, October 29, Needs Assessment Facilities Study Report & Public Meeting, 6:00 - 8:00 p.m., Town Hall Chambers.

- Tuesday, November 5, Building Committee Meeting, 6:30 - 8:30 p.m., CEHS Library.

- Tuesday, November 12, Regular School Board Business Meeting, 6:30 - 8:30 p.m., Town Hall Chambers.


Next deadline: Oct 25th For Issue Date: Nov 6th

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Inn by the Sea selected #2 in Top 25 New England resorts

The Inn by the Sea in Cape Elizabeth has secured the number two spot in the Top 25 Resorts in New England as selected by Condé Nast Traveler in their Reader's Choice Awards for 2019.

Over 600,000 readers submitted millions of ratings, comments and shared their recent travel experiences for over 10,000 hotels, resorts and destinations in the 32nd Annual Reader's Choice Awards, according

to Conde Nast Traveler, celebrating the best places on the planet.

"It was a true honor to be in the number two spot among the 25 finest properties in New England," stated Michael Briggs, General Manager at Inn by the Sea.

"This award is inspiration to our staff and encourages them to continue to try and exceed expectations for each guest. It is a great recognition of our dedicated team."

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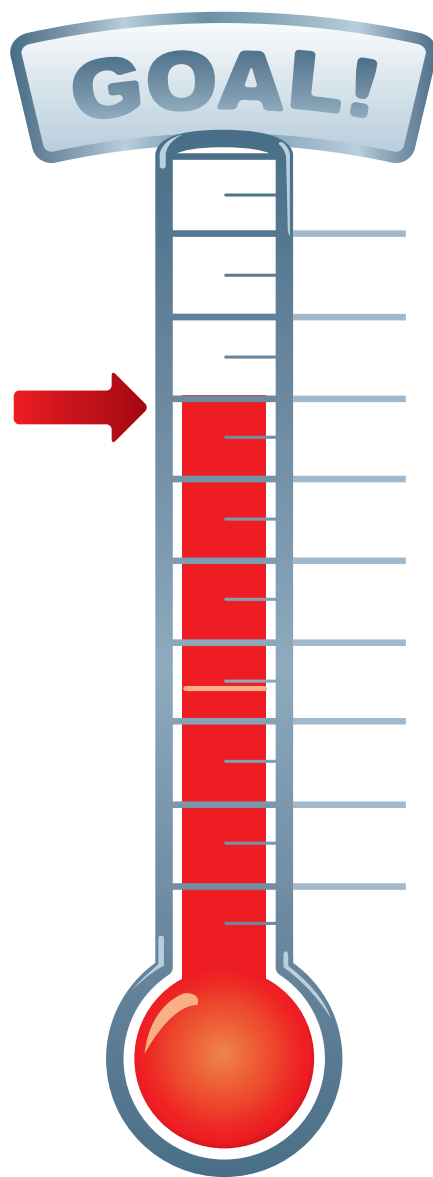
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Capetoons: Hanimalloween in Cape Elizabeth

By Jeff Mandell



Drawn by Jeff Mandell

CEEF welcomes new members to Board of Directors



Contributed photo

From left to right: Mika Reynolds, Greg Gordon, Jill Skrabalak, Cathy Kline, Sheri Bragg

The Cape Elizabeth Education Foundation (CEEF) welcomed five new members to the Board of Directors in July: Greg Gordon, Jill Skrabalak, Mika Reynolds, Sheri Bragg and Cathy Kline. The new members are parents of students across all three Cape schools and bring fresh perspectives to a dedicated board. "CEEF works to support all of the schools in Cape, so it's important our board represents that" noted CEEF Executive Director Liz McEvoy. "Our board reflects wide range of professional and volunteer experi-

ence that enhances the discussion around our grants." CEEF's sixteen member board evaluates grant applications during a fall and spring grant cycle, hearing innovative ideas from all three schools. Last year, CEEF awarded \$96,842 to Cape schools, including an aquaculture experiential learning grant for CEMS, updates to the theatre and HUB collaborative space at CEHS, and a large impact grant for "Natureland" at Pond Cove. More information about CEEF's grants and ways to be involved can be found at ceef.us.

Candidates

Continued from page 6

lar professional time, staffing and opportunities for collaborative work - to ensure that the program is a success. The new law allows for our community to make this decision for ourselves, which is a good thing. If proficiency based education ever resulted in a reduction in important course or content offerings not included in graduation requirements it would be time for a change in direction.

It is often said that students in Cape Elizabeth schools are under too much pressure or stress. How do you feel about this?

Anxiety and stress impacts both our physical and mental health - we should all look for signs of unhealthy levels of stress and pressure in our students and provide the resources and assistance needed to have a supportive educational environment. I would like to hear

more from our students and educators about how this issue may be impacting their lives - and would then work to address it. It is vitally important that our students feel safe, comfortable, and supported - both in school and as they and prepare for life beyond our schools.

Is there anything within Cape schools that you feel must be changed, or at least closely examined?

I look forward to closely analyzing the upcoming facility needs assessment to see where and if our school facilities may need to be upgraded or renovated to provide the right space for learning. While it is important to spend our money wisely and with an eye to rising costs, it is equally important to ensure that we provide a safe and productive physical environment for our students.