

# The Cape Courier

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An Independent Not-for-Profit Newspaper  
Serving Cape Elizabeth Since 1988  
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*In the Spirit of Community*

## Local business couple raise almost \$60k for Emmy Rose families

By Kevin St. Jarre



Contributed photo

Taylor and Nikki Strout, part of a fishing family and co-owners of Rugged Seas, recently helped raise money for the families of four men lost at sea in November.

Fishing gets in the blood. Cape Elizabeth has more than a fair share of families, with names heard in the surf here for generations like Pellechia, Pappas and Strout, among others. These families have passed down the knowledge, skills, work ethic and the love necessary for earning a living on the sea.

Taylor and Nikki Strout, along with their children, are part of this legacy. Nikki Strout said, "Our fishing community is so tight-knit we are connected as a family across the miles and over the seas."

So, when the 82-foot fishing boat Emmy Rose out of Portland was lost in the early morning of November 23, it was a blow not only to those men's families, but to the entire community.

There was no radio distress call from the Emmy Rose, believed lost 20 miles off Provincetown, Massachusetts, and this only known because an emergency beacon auto-

-see FUNDRAISER page 3

## Greenbelt Trail usage reminders

It's great that many people are enjoying the outdoors on the greenbelt, especially with covid restrictions. The town of Cape Elizabeth manages 18+ miles of greenbelt trails.

With increased usage, please be mindful that you share this resource.

- Stay on the trail. Do not create your own trail. Trails are laid out to avoid trespassing on private property and minimize impact on sensitive resources. Trail users and their pets should never trespass on adjacent private property.

- Do not alter the trail. If you want to make trail improvements, contact the Conservation Committee with your proposal. Trail lands are often restricted by deed that limit what can occur on the land.

- Control your pet. Dogs must always

be under voice and sight control or be on a leash. No exceptions. Both people and pets have been jumped on or menaced by dogs not under control. Many people do not want a dog to jump on them, even if the dog is "friendly."

- Respect signage. Trail sign markers are installed to guide the public. Removing a trail sign is a violation of town ordinance. It also exacerbates trespassing on private property when well-meaning trail users wander off the trail.

- Abide by trail rules. Trail head signs have been installed that summarize trail rules. Please respect these rules.

For more information, please contact the town planner, maureen.omeara@capeelizabeth.org, or attend a Conservation Committee meeting.

## There is no place like home

By Stephen T. Lyons



Photo by Stephen T. Lyons

Photo taken by Stephen Lyons from a helicopter as he came in to land on the rock ledge of Halfway Rock Lighthouse.

Much like in the 1939 movie "The Wizard of Oz," I click my heels together and realize there is no place like home, in Cape Elizabeth. There is beauty and history here, from the Wabanaki Indians who lived here for thousands of years, to our charming lighthouses and rocky shoreline.

One of the most beautiful views at Portland Head, Fort Williams, is the sunrise over Casco Bay. When looking across the Atlantic beyond Ram Island Ledge Lighthouse, you'll see a faint outline of another lighthouse.

Rather than another story of Portland Head Lighthouse, this is a story of the easternmost lighthouse in Casco Bay: Halfway Rock Lighthouse. The lighthouse is located on a rocky two-acre ledge in Casco Bay, as a gull flies, between Cape Small and Cape Elizabeth. Hence, its name. The view of Halfway Rock Lighthouse from Fort Williams varies with the time of year and the weather, but gazing into the bay is never disappointing.

I'm fortunate to have been to the top of the six other navigational light towers constructed on Casco Bay, but Halfway Rock is privately owned and locked.

It seemed beyond my reach and eluded me for years. I'll confess I found myself boating around Halfway Rock's jagged ledge, but getting ashore was dangerous and ultimately elusive. More than one vessel, including one from the U.S. Coast Guard, has been damaged upon these rocks, requiring rescue. My curiosity and sense of adventure dogged me to find a way to visit the top of Halfway Rock Light.

The ledge can be difficult to see and many vessels have run aground there. This maritime hazard led the federal government to authorize \$60,000 for the construction of the original lighthouse. Made of granite blocks dovetailed together, the 76-foot tower was completed and lit for the first time in 1871. The first keepers' quarters and office were located inside the tower. In 1888, a boathouse and addition living space for the keepers was attached to the tower. The added space improved living conditions, but the granite tower was always the safest place in a storm.

The life of the Light and the keepers

-see LIGHTHOUSE page 5

## Then and Now: Fort Williams... er...Fort Dodd?

By Jim Rowe



Photo by Bob Dodd

Cape Elizabeth resident Bob Dodd recently completed a scale model of Fort Williams when it was a fort. The model is T-gauge and translates to about 1:450.

My email history tells me that it was at 9:42 a.m. on November 24 that I received a message from my good friend Bob Dodd entitled "Done!"

I knew what was "done," as Bob had been in touch with me a few times over the preceding months. He has spent innumerable hours, days and weeks (not to mention financial resources) during "COVID Time" creating an absolutely in-

credible scale model of our beloved Fort Williams when it was a fort! For perspective, the model is "T-gauge" (the smallest recognized gauge in model railroading). It translates to about 1:450. The fort's entire 90+ acres are reduced onto a pared-down piece of plywood.

-see THEN AND NOW page 3



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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:** Feb 2  
**DEADLINE:** Noon, Jan 22

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## Courier looking for new Board member

The Cape Courier is looking to add a new board member to its amazing team. The Board works in an advisory capacity to the Publisher and meets quarterly by Zoom or in person when allowed.

If you are interested in being a part of your community newspaper, which is in its 35th year, please let your interest be known by contacting: Roger Bishop, Chairperson, at [rogerbishop2@gmail.com](mailto:rogerbishop2@gmail.com).

## THANK YOU!

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## Letter from the Publisher

As the Publisher of The Cape Courier and a new citizen of this great country, I felt it was important to send out a note of unity after the horrible events of Jan 6.

The Cape Courier has always and will continue to be a bipartisan community newspaper. Our goal is to bring you strictly Cape news and to help foster a sense of community to all who live here.

Having said this, the events that occurred on Jan 6 were a very sad day for Americans. I and my family came to this country 11 years ago and have immense pride in being a part of this great nation. This past election was our first as registered voters and I have never been more proud than I was casting my vote on November 3.

Watching the Capitol being invaded was a heartbreaking event to watch. No matter what political line you take, this

was a direct assault on our democracy and should be condemned. That is not the America that I love.

While it is uncertain how things will progress given the political climate, we at The Cape Courier will strive to remind our community what a great place we live in.

We greatly encourage our readers to share with us stories that capture all the good there is in Cape and our wonderful neighbors we call fellow Capers. This is not a time for division but a time to come together as Americans. No matter your race, religion or political affiliations. We are one nation. And I am proud to be a part of it.

Tara Simopoulos

## Jan. 6 events “another painful reminder of racism”

I am disheartened by the misguided behavior and the lack of respect shown for our institutions during the riots at our U.S. Capitol.

These events, which included the erection of a noose and a confederate flag, are another painful reminder of racism that plagues our country.

I mourn the loss of lives, and I also mourn that the loss of lives may have been much greater if the protesters were a different race. This is the recurring trauma experienced by people of color in this country.

As citizens of Cape Elizabeth, we must reject racism. We must acknowledge history and the trauma inflicted on indigenous people. We must educate ourselves and be intentional in adopting anti-racist practices. We must use our privilege to advance change and equity in our community. We must commit to doing this! We cannot become complacent with small steps forward.

Melanie Thomas

## Thank you to passerby who helped out in tough road conditions

To the eight wonderful people who stopped to push me out of deep snow at the walking trails off Spurwick Road on December 20—thank you!

The new puppy needed a good walk; the parking area looked like it had other tire tracks; the AWD drive car didn't agree.

First, one car stopped to help and the woman in that first car went to get a shovel.

Next, another car stopped with two

helpers; then, a runner stopped to ask if he could help; then, a man in a truck stopped to see if a tow line would work; then, the woman returned with the shovel and two cross-country skiers stopped.

A special thank you to you all for your kindness!

Liz Elliott



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Let us hear from you! 

**We love feedback!**

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# Then and Now

Continued from page 1



Photo by Judy Rowe

Bob Dodd, left, explains his 'T-gauge' scale model of Fort Williams to Jim Rowe, right. The fort's entire 90+ acres are reduced onto a pared-down piece of plywood. A 'T-gauge' is the smallest recognized gauge in model railroading.

Research began. Bob relied heavily on author Kenneth Thompson's book "Portland Head Light and Fort Williams" and its marvelous map, as well as resources and photos at the Cape Elizabeth Historical Preservation Society. Bob is an active and valuable member of the Society and his skill as a photographer is regularly utilized to digitally capture many of our oversized and unusual documents, maps, photographs, and artifacts. We had no prior knowledge of his other artistic interests and talents, though. This was a wonderful, wonderful holiday surprise!

For this project, Bob and wife Carol's garage was repurposed as a workshop. Saw horses were set, soon covered by plywood, foam board and plaster. The amazing journey in creativity was under way.

The model depicts the time period between the two World Wars, when Fort Williams was at its busiest- the largest regular Army installation in the state of Maine. There were approximately 1,500 military personnel onsite, several with resident families, as well as some civilian employees... likely about 2,000 people on base in total (about the same as Cape Elizabeth's non-fort population at that time).

Bob's model is meticulously rendered in amazing detail. The elevations are true. The buildings and structures (including the immense shoreline artillery batteries) are all accurately represented, aided by the technology of a 3-D printer. Appropriate arboriculture dots the landscape. Everything painted in true colors, the model is a magnificent work of art.

A grand public "unveiling" and accompanying program will occur at some point "post-COVID." But news of this project could not wait. Plans are to use the model as

a focal exhibit when CEHPS museum space eventually materializes.

In the meantime, I will be using my COVID Time working on a way to miniaturize myself so that I might again walk the Fort Williams of my youth! I'll let you know how that works out.

## Solution to Dec. 16 Cape Cross



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# Fundraiser

Continued from page 1

matically activated when she sank. The U.S. Coast Guard searched, but only found debris and an empty raft. After working for almost 40 hours, the Coast Guard suspended the search.

Lost we three Mainers- Robert Blethen Jr., Jeff Matthews and Ethan Ward. A fourth man, Mike Porper, was from Gloucester, Massachusetts. They were all experienced men.

In addition to being a fishing family, the Strouts run a bag and clothing company Rugged Seas, which repurposes fishing bibs, and they thought they could help. Nikki Strout said, "We have no personal connection to the Emmy Rose, but the whole reason we started Rugged Seas was to show support to the Maine fishing community and highlight what a difficult and dangerous lifestyle this can be. Taylor is a fisherman in Dutch Harbor, Alaska but grew up lobstering here with his dad. So, when this tragedy happened we knew we had to do something to show these families we felt for them and wanted to help."

That's when they decided to fundraise with their Gulf of Maine line of products. Nikki Strout said during the initial fundraiser "100 percent of the proceeds of any of our Gulf of Maine line went to the families of the men lost on the Emmy Rose...this raised around \$6,300."

The effort had such a great response, she said, that they wanted to see how they could do more, and soon a new project was launched. They began taking orders for limited-edition shirts emblazoned with the name of the lost vessel, Emmy Rose, and the interest was great.

Nikki Strout said, "We sold around 3,700 shirts....so, as you can imagine this has been a huge undertaking. It took days to just print them, let alone pack them... but while we packed we all kept saying to each other this is just incredible."

The fundraiser is now closed, they have printed the shirts and have now been folding, packing and shipping. They have had eight volunteers, said Nikki Strout, that have helped to pack and ship.

Combined with the \$6,300 initially raised, an additional \$53,000 was brought in with the shirt sales, for a total of almost \$60,000 to go to the families, according to Nikki Strout.

"It was incredible to see people come together to do good and support others through this tragedy. We had people from all over the country reaching out wanting to help. I do believe the Maine Coast Fishermen's Association is still taking donations in honor of the families as well," she said. "Again, we can't thank you enough. We are proud to be a fishing family and part of this incredible community."

For more information about Rugged Seas and the Strouts, readers can go to [www.ruggedseas.com](http://www.ruggedseas.com). For additional information, go to [www.maineoastfishermen.org](http://www.maineoastfishermen.org).



Contributed photo

The Strouts sold around 3,700 shirts in the fundraiser. Added to an earlier effort, they helped raise almost \$60,000.

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## Cape Elizabeth School Department annual notification of asbestos-containing building materials

The Cape Elizabeth School Department has inspected all school buildings for the presence of suspect asbestos-containing building materials in accordance with the Asbestos Hazard Emergency Response Act (AHERA) EPA 40 CFR 763.

A written plan for the management of these materials has been maintained by Safe Environmental of South Portland.

The AHERA Management Plan is available for inspection by the general public at the Town Office of Cape Elizabeth. The plans may be inspected during normal office hours by appointment. Copies of the plans can be provided at a cost of 25 cents per page.

The Management Plan is a guidance

document outlining operational procedures designed for the proper maintenance and safety of all people who work, study or are otherwise present in any of the following facilities:

### Cape Elizabeth High School

The materials are bi-annually inspected for change in condition during six month periodic surveillances conducted in December and June.

Any questions or concerns should be addressed to Perry Schwarz, Cape Elizabeth Facilities & Transportation Director ; (207) 799-9574 or pschwarz@capeelizabethschools.org.

## Senior Tax Relief Program continues to assist

During the Monday, December 14 Town Council meeting, Town Assessor Clinton Swett reviewed the annual report on the Property Tax Assistance Program as required by the Property Tax Assistance Ordinance adopted by the council on January 14, 2019.

The Fiscal Year 2021 report represents the third year the tax relief program has been in place.

The program aims to offer assistance to seniors within the community who meet a specific set of parameters.

Eligible applicants must be 65 years or older; be a property owner within Cape Elizabeth for ten years or greater; have a homestead exemption; have an annual household income of less than \$60,000; and have taxes that are greater than 5 percent of their gross adjusted taxable income. Should the applicant qualify, the program provides a reimbursement on a portion of their tax burden up to \$500 per applicant.

The report states that for Fiscal Year 2021 there were 181 applicants. Of these applicants, 14 were denied for various reasons due to: being over the income maximum; taxes were not greater than 5%; no homestead exemption; or have moved out of town.

In 2019, the first year the program began, there were 132 applicants. The second year showed a 28 percent increase with 169 applicants in 2020.

Given the numbers, Swett recommends that the amount earmarked for the program in the Municipal Budget for Fiscal Year 2022 be increased from \$85,000 to \$95,000.

In response to Councilor Jeremy Gabrielson's question over anticipated projections, Swett answered that he estimates that a \$95,000 budget will be "right on target" to offer assistance for eligible residents. The average age of applicants is approximately 77 years old and the average income for this year is \$29,700. In his report to the council, Swett shared that the seniors are very appreciative and that he is "so proud to be a steward of this program."

Reimbursement checks will be issued by the end of January 2021. Eligible residents must apply annually, however, applications will be sent out automatically after the first time.

The application and more information can be found on the Assessing Department website.

## School Board approves Building Committee's recommendation

At the December 15 meeting the School Board voted unanimously in favor of approving the School Building Committee's recommendation to concurrently replace the elementary and middle school buildings with a single bond. In addition, the committee recommendation includes allocating ample funds for the renovation of the high school in order to extend its functionality.

The School Building Committee's recommendation, voted on during the December 8 committee meeting, was preceded by numerous meetings, inspections, analysis, tours and first-hand reports from staff and students dating back to the summer of 2017. By virtue of examining how to improve the safety of the elementary and middle school buildings, the need to address the buildings' failing infrastructure became the primary objective.

The School Board first attempted to fund a feasibility study within the Fiscal Year 2019 budget, but was unsuccessful in receiving approval from the Town Council. In efforts to gain more community awareness and support, a Needs Assessment Committee was formed during the fall of 2018 and given the single charge of determining whether or not a complete facilities study of all three school buildings was warranted. After four meetings, the committee determined that a thorough study should be included in the School Board fiscal year budget for 2020. The Needs Assessment Committee's Executive Summary can be found here.

Consequently, the funds for a Needs Assessment were approved and included in the School Board fiscal year 2020 budget. Colby Company Engineers, selected through a RFP process initiated in 2017, conducted the research during the summer of 2019 and presented the final Cape Elizabeth Schools Needs Assessment Report on October 29, 2019 to a newly formed Building Committee. Similar to the previous committee, the broad array of the School Building Committee members included: school administrators, town manager, town councilors, business director, facilities director, director of nutrition, director of athletics, teachers, students, parents, community members and school board members. The charge of the new committee, as stated by Superintendent Donna Wolfrom, was "to review the Needs Assessment Report; determine priorities; determine the size and scope of a future building project and bond; and then make a recommendation to the School Board."

Since their formation in October 2019, the committee met ten times in order to review the report findings, analyze options and examine various factors. As a result of the findings, four options were highlighted by Colby Company Engineers.

Option 1: Phasing elementary school and middle school building replacement into two separate projects lasting over ten or more years and requiring two separate bonds.

Option 2: Concurrent elementary school and middle school building replacement lasting approximately four years and requiring only one bond.

Option 3: Frame-off restoration and renovation of existing elementary and middle schools within four years through one bond, but adding the rental of portable temporary classrooms.

Option 4: Improving front-entrance security and cafetorium upgrades at both the elementary and middle schools over a period of two to three years.

The committee voted to remove Option 4 at the October 22, 2020 meeting concluding that it would not be fiscally responsible. The majority of the committee voted to remove Option 3 during the November 24 meeting, stating that renovations would not be cost-efficient. Before voting to remove the third option, the committee weighed the environmental impact of renovating versus constructing new buildings with tighter methods and materials. Ultimately, after examining many facets of constructing new schools, including looking at the history of maintenance expenses, student enrollment projections, debt capacity estimates, current cost of borrowing and the tax impact, the Building Committee voted in favor of recommending Option 2 to the School Board.

Upon the School Board's vote to approve the recommendation on Tuesday, the next step in the process includes attaining a schematic design in order to be able to determine the size of one future bond. Once the schematic design is complete, the expectation is that the bond referendum could go to the voters approximately one year later.

Information on all meetings and materials related to the both the Building Committee and Needs Assessment Committee are available on the school department website. Video recordings of all meetings can be found on the CETV website.



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# News from the School Board

By Heather Altenburg

Happy New Year! Here we are in January 2021 and I am so proud of the students, families, teachers, staff and administrators for helping us arrive at this point with so much success. It is certainly not perfect, but I believe we are doing an excellent job of keeping people safe while maintaining as much learning as possible. Back in August, I was fearful we would be forced to shift to full time remote learning throughout the fall, but we maintained our hybrid schedule, largely uninterrupted. Thank you to everyone for your part in this important communal effort.

The start of a new year does not mean our new way of educating our students is going away. Our administrative team and the superintendents of Cumberland County each meet once a week to re-evaluate and make any possible tweaks to enhance the current educational system. Any feedback received is considered as the district continues to operate under the guidelines of the Maine CDC and DOE. The weekly meetings among Cumberland County superintendents assures that we are not in a silo, but a supportive and collaborative environment.

Shortly after the attack on the Capitol January 6, Superintendent Wolfrom and I shared a letter to the school community. Here is the letter:

*As leaders of the Cape Elizabeth School District, we are shocked and horrified by the actions taken at the U.S. Capitol on Wednesday, January 6. Not only were they a violent and anti-democratic attempt to prevent Congress from fulfilling its constitutional duties, they also contained expressions of hatred and division.*

*As the events unfolded and linger in our hearts today, many of us are feeling unsafe, vulnerable and confused. We saw images that caused many to pause and wonder how this could be happening within the United States. Seeing individuals breach security and enter the chambers to wave confederate flags inside one of the most sacred and foundational buildings of our democracy was disturbing and terrifying.*

*We are grateful to our elected Congress men and women who courageously returned to their work and continued to fulfill their duties, as we will continue to fulfill our responsibilities to the students and families of our district.*

*What we all witnessed at the Capitol goes against our values here in Cape Elizabeth and what we teach and believe. We condemn these egregious acts of sedition and racism and remain strongly committed to improving equity and inclusion within our schools.*

As a district, we fully recognize the historical impact of the events that took place, the teachable opportunities regarding our democracy, and the responsibilities the schools have, and will continue to have, regarding the incident. Much like the work around diversity and anti-racism, this work will be an ongoing and continuous conversation to support students and teachers.

Our calendar for the upcoming year,

usually decided on by now, was delayed due to the pandemic by all neighboring districts as well as Cape Elizabeth.

One of the biggest challenges in forming a school calendar is for districts participating in PATHS (Portland Arts and Technology High School) to agree on dates with no more than five dissimilar days.

PATHS has been a wonderful opportunity for our students and has provided coursework that we cannot support here in Cape Elizabeth due to staffing and physical space. Students participating are bused into PATHS for these particular classes, spending half the day at PATHS and half the day here at CEHS. Our district participation has grown over the past several years, supporting the following Strategic Plan Goal: Multiple Pathways and Definitions of Success: Our schools will value, promote and celebrate multiple pathways and definitions of success.

Our hope on the Calendar Committee is to have the proposed calendar completed and ready for School Board vote no later than the April Regular Business Meeting.

It is very exciting that after several years of work, the Building Committee brought a proposal to the School Board during the December 2020 Regular Business Meeting that was unanimously supported.

The proposal was: Having carefully reviewed the Facility Needs Assessment; Having thoughtfully considered recommendations of industry experts; Having discussed and debated goals, pros, and cons of the options presented; The Building Committee recommends that the Pond Cove / Middle School structure be replaced, and that ample funds be allocated for the renovation of the High School in order to allow it to function appropriately as it nears the end of its useful life. In particular, the committee recommends concurrent new construction of our lower school/middle school with a single bond and expedited time frame.

Next steps are to hire an architectural/engineer firm that will create a schematic design. This design will include much more detail about the project and provide a more accurate cost for the project. Once the cost of a schematic design

is approved in the June 2021 budget, the detailed work can lead us to a bond vote in June 2022.

Since October, administrators have been preparing for the budget process that begins this month. Last year's process was very smooth and will continue with a similar model.

Our first workshop on January 26 will be the extended workshop in which all administrators will present their department's budgets that include their needs and hopes for the school year 2021/2022.

If you are interested in the budget process, materials can be found on the school website and you are always welcome to join the budget meetings, which are open to the public.

Finally, it is with regret that I share the retirement of Superintendent Wolfrom as of June 31, 2021.

Superintendent Wolfrom came to us from Maranacook School District on July 1, 2018. She has gained tremendous trust and respect from those who work in the district and has shifted the culture and climate to one of more collaboration. She has worked tirelessly, "putting five years worth of work into three," according to one of her colleagues and kept Cape Elizabeth steady during the pandemic.

Upon her arrival, she set up a week-end long workshop, the Future Search, with combination of around 100 students, teachers, administrators, board members, parents and community members participating.

This work was to gauge the hopes and desires of the town for our school district as we move forward into the future. The information gained was synthesized into five Strategic Plan Goals. These goals have guided Superintendent Wolfrom in her work and will continue to guide the work we do as we welcome the next superintendent to Cape Elizabeth.

After 40 years in education, we wish Donna the best as she enjoys more family time with her beloved children and grandchildren.

## Lighthouse

Continued from page 1

remained relatively unchanged until the station was automated in 1975. Modern DCB-224 optics saw the end of the lighthouse keepers on Halfway Rock.

Fast forward to 2014. Maine businessman Ford Reiche purchased the lighthouse and completed a great deal of restoration of the tower and the attached wooden structures. His careful investment garnered awards from Maine Preservation and the American Lighthouse Foundation. In 2018, a cover story in Lighthouse Digest called it a "Miracle Restoration in Casco Bay." While the tower is now privately owned, the U.S. Coast Guard maintains the light and fog signal, aiding in both navigation and storytelling of its history.

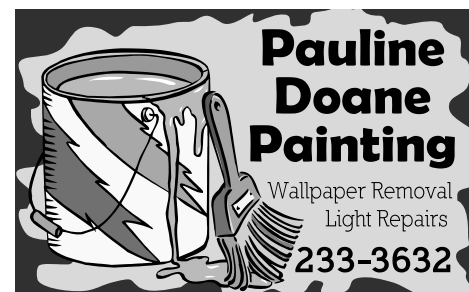
My persistence paid off and I was availed access to the locked interior of Halfway Rock Lighthouse. I chartered a helicopter to make my way, and as I approached, the crashing white waves and the deep blue Atlantic were nothing less than spectacular! As we landed on an old US Coast Guard cement-landing pad, seals were sunbathing in the afternoon light.

Finally! I was inside the lighthouse that had called to me for years. Reiche has restored the interior in a 1950's theme, complete with a period television and a rotary telephone that still has numbers attached for pizza joints and U.S. Coast Guard Keepers' girlfriends.

As I stood atop of the light, looking across Casco Bay toward Cape Elizabeth, I exhaled slowly and smiled. My journey to the top of all the lighthouses of Casco Bay was complete, and I think to myself what a wonderful world.

To learn more about Halfway Rock Lighthouse you can go to the "Halfway Rock Lighthouse" and purchase the book "Halfway Rock Light Station" by Ford Reiche.

*This article includes references to conversations with Ford Reiche, Ethan S. Fogg, The U.S. Coast Guard, Sea Coast Helicopter, Portland Press Herald, and articles and documents from the book "Casco Bay Lighthouses and Portland Observatory" by Stephen T. Lyons.*



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The Sprague Family would like to thank **John Greene** for his 37 years of hard work and dedication to The Sprague Corporation and the Cape Elizabeth and Scarborough Communities.

It is impossible to enumerate the contributions he has made to not only the Sprague Family, but to the conservation of wildlife and habitats at Ram Island Farm, Great Pond, and Richmond Island. He built lasting relationships with conservation groups, State entities and all departments of Cape Elizabeth municipal government.

We wish John Congratulations at his retirement and wish him great success at pursuing his passions of fishing, hunting, hiking and all things outdoors!



**Congratulations on your retirement**

**The Sprague Corporation**

# CE Police Benevolent Association holds food drive to benefit Judy's Pantry



Contributed photo

The Cape Elizabeth Police Benevolent Association held a food drive on December 12 to benefit Judy's Pantry. In addition to filling two police cruisers and a pickup truck with non-perishables, just over \$1,800 was collected.

On December 12 the Cape Elizabeth Police Benevolent Association organized a food drive in the parking lot of IGA from 9 a.m. to 2 p.m. to benefit Judy's Pantry. We did not know if this would be the best time to do this with the COVID precautions, but we were surprised and thrilled with the community response.

The drive was advertised on the electronic message board, transfer station, parent association emails, and the local Troop 30 Boy Scout and Pack 30 Cub Scout Troop email list, and social media. The outpouring of community support was overwhelming. The food and donations were nonstop throughout the day and food and drinks was dropped off by a local restaurant and com-

munity members for the police volunteers.

In addition to filling two police cruisers and a pickup truck with non-perishables, we were able to collect just over \$1,800. It was heartwarming to receive the generous support of so many people.

Beth Owens, the coordinator of Judy's Pantry and volunteer Nancy Rallis met us at the Cape Elizabeth United Methodist Church and were overwhelmed with the donations. "This was the best Holiday Cheer that we could have asked for and it reminds us how fortunate that we are to live in this town," said Owens. Many thanks to Officer Schafran, Officer Estes, SRO Galvan, Detective Dorval and everyone who participated in this goodwill effort.

# Cape Elizabeth Education Foundation awards grants



Contributed photo

Technology Teacher Tom Charltray and the 4th grade eTeam distribute Coder Express bags, sponsored by the Cape Elizabeth Education Foundation (CEEF). With a CEEF grant, Mr. Charltray held a virtual "Coder Express" and was able to provide students with a take-home kit containing all needed supplies and of course, a cookie and hot chocolate; virtual programming can't stop snacks!



Contributed photo

Pond Covers explore the new world map outside the 3rd grade wing thanks to a recent CEEF Grant awarded to teacher Kate Zellers. Mrs. Zellers received a CEEF grant for the purchase and installation of a large world map at Pond Cove. The map is matte mounted so students can explore as they walk down the hall. The map will be used for interactive lessons in geography and map reading, and promote an understanding of our place in the community, country and the world.



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## Four members of CEUMC complete EarthKeepers program



Contributed photo

From right to left are Cape Elizabeth United Methodist Church members Steve Hill, Rev. Priscilla Dreyman, Linda Webster and Bob Webster, who recently completed a program called EarthKeepers. Global Ministries EarthKeepers is a training program to equip United Methodists in the United States for environmental stewardship.

Four members of the Cape Elizabeth United Methodist Church on Ocean House Road recently completed a United Methodist Church program called EarthKeepers. Church Pastor Rev. Priscilla Dreyman, Bob and Linda Webster, and Steven Hill were commissioned during a commissioning ceremony in December on Zoom. The four church members worked on a project called Extending the Table of God's Love into the Woods and Beyond.

Working with the newly formed church Eco Team, a series of eight monthly guided nature walks for people of all ages and life experience in the church woods led by nature guides will be offered. Each walk will include a guided walk in the woods, meditation/silence in the chapel in the woods and sharing a simple meal in the chapel or church.

Each month a different subject will be explored and may include art, journaling, photography and music. Themes may include birding, animal habitats, native plants, trees, insects/pollinators, fungi, lichens, animal tracks (winter), climate change and care of nature. The themes of wonder, miracle, interconnection and interdependence within God's creation will undergird the entire program.

The entire program will culminate with a closing celebration at the church, involving all of the participants, exhibiting art and photography created, and affirming the creation of a new community "table" based in love of God's Creation and our commitment to protect creation. Walks will start in the spring if Covid-19 permits.

Global Ministries EarthKeepers is a training program to equip United Methodists in the United States for environmental stewardship.

Participants discuss theology, United Methodist resources, community organizing and anti-racism, and then use what they learn to develop an environmental project for their churches and communities.

The program serves as both a launchpad for people looking to turn an idea into action, and an incubator for people who want to deepen an existing ministry. Participants develop plans in conversation with their peers, troubleshooting ideas and sharing strategies. This year's training took place online due to COVID-19.

This was the fourth year that EarthKeepers commissioning services have been held online. The online service allowed EarthKeepers to participate along with their family, friends and church community. Those leading the service included Bishop Larry

Goodpaster, bishop-in-residence at Candler School of Theology; Roland Fernandes, general secretary of Global Ministries and UMCOR; and the Rev. Jenny Phillips, senior technical advisor for Environmental Sustainability and leader of the EarthKeepers program.

This year's participants are from 14 different annual conferences in every U.S. jurisdiction. Elizabeth Williams, a layperson in the Pacific Northwest Conference, was one of those commissioned.

"In this year of pandemic, firestorms, heat and record-breaking hurricanes, it is crucial that the church examine its commitment to stewardship of the earth," said Phillips. "With the commissioning of this cohort, there will be more than 200 Global Ministries EarthKeepers throughout the U.S. seeking to ensure the flourishing of God's creation."

Upon completion of the training, each EarthKeeper will launch an environmental project in their community. This year's projects include electric vehicle charging, water justice, waste management, food security, gardens, curriculum development and more.

To read more about their projects and to get updates on 2021 trainings, join the Global Ministries Creation Care Network at <http://creationcare.umcmission.org>.

## Scouts assemble warm-up kits for local non-profit



Contributed photo

Pictured are volunteers from Boy Scout Troop 30, who recently assembled 40 mini warm-up kits for distribution by Maine Needs, a local non-profit serving those in our community living without the benefit of regular shelter or a place to call home.

On December 20, Boy Scout Troop 30 met outdoors in the cold at the Pond Cove School parking lot (with gloves, masks, and socially distanced) to assemble 40 mini warm-up kits for distribution by Maine Needs, <https://www.maineneeds.org>, a local non-profit serving those in our community living without the benefit of regular shelter or a place to call home.

The biting cold underscored for the boys the value and importance of their commitment to service, their community and the ideals of Scouting.

The kits included hand warmers, a Dunkin gift card for something warm to

eat (and the use of a bathroom), chapstick, tissues, lotion for chapped hands, candy, band-aids, a holiday greeting card and Zip-lock bags that the recipients can use to store personal items.

The boys and adult volunteers from Troop 30 are pleased to announce that, despite the pandemic, they collectively were able to complete over 1000 hours of community service in 2020.



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# Cape Elizabeth's RE/MAX Oceanside celebrates 15th anniversary

By Kevin St. Jarre



Contributed photo

Vicki and Jeff Kennedy founded RE/MAX Oceanside real estate 15 years ago. In addition to running the successful business, they've continued to give back to their community through their philanthropy.

Jeff and Vicki Kennedy opened their own real estate brokerage 15 years ago. The business, RE/MAX Oceanside, has grown and has done more for the community than making people's real estate goals come true. They have sustained a commitment to philanthropy for many years.

Vicki Kennedy was first licensed to sell real estate when she moved to Maine in the late 1980's. However, she said that when she met her husband, Jeff, she changed career paths, and became a gemologist.

Jeff Kennedy grew up on Two Lights Road. He and Vicki got married, and bought a home in Cape Elizabeth, where they raised their two children, Kyle and Kelsey.

Still, Vicki Kennedy's first calling wasn't done with her. "I realized how much I missed real estate, and helping people realize their real estate dreams, so in 2002, I began working at a large brokerage. I had an amazing mentor, but the national control kept us from making local decisions, so we decided to open our own brokerage in 2006," she said.

Others have joined the business since, and Vicki Kennedy is the designated broker, supervising the other agents and day to day operations. Jeff Kennedy earned his real estate license in 2006, and is the facilities manager. As a team they help buyers and sellers every step of the way during their real estate transaction.

Vicki Kennedy said, "We are proud

to have built an office that has a positive vibe, is professional, productive and fun! This year has been a challenge but I think we've done a great job engaging our clients and agents with zoom meetings, happy hours and a gingerbread decorating contest this past holiday season. We have a small, close-knit office with agents we've invited that share our philosophy on business. Our agents are experienced, have incredible business acumen and truly care about their clients. I have never met a group of people that would go more out of their way, and go above and beyond, to make their client's experience memorable."

The Kennedys are very invested in their community, and love that their team feels the same way. "We've donated over \$10,000 to the Barbara Bush Children's Hospital, which is the local affiliate of the Children's Miracle Network. You may have noticed the 'sign riders' on properties we have listed for sale, calling the property a 'Miracle Home.' A donation is made with every transaction within our office. The donations go toward things like incubators, which the BBCH calls their 'miracle homes,'" Vicki Kennedy said.

She said they are always looking for ways to give back to their community. "We support many of the town organizations- from school fundraisers, the school's sports teams, the Cape Farm Alliance and CELT, among many others. Most recently with donations from our agents, and the matching contributions from RE/MAX, we donated \$2,000 to Judy's Pantry," she said.

Those wishing to learn more about Oceanside, or to wish them a happy anniversary, can go online to [www.oceansidemaine.com](http://www.oceansidemaine.com).

## Judy's Pantry- a community feeding itself

Please note that our hours of operation have changed. We are now operating a curbside distribution at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of each month from 3-4 p.m. Prior registration is necessary. Please contact Beth Owens: [bethowens1@gmail.com](mailto:bethowens1@gmail.com).



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## Caper takes new path, dream career after graduating with honors from intense Maine Med/SMCC program

By Kevin St. Jarre



Contributed photo

Audra Gore has completed a one-year intensive program, provided through a partnership between MMC and SMCC, to become a Certified Surgical Technologist.

Audra Gore's life took an unexpected turn when she was hired to take photographs of a graduation at the Maine Medical Center School of Surgical Technology. She ended up finding her dream job, and the path to take her there.

In preparation for the photo shoot, Gore used Google to find out more about "Surgical Technology" and she found what she calls "a hidden gem."

Officially, according to the website of the Associated Surgical Technologists (AST), a Certified Surgical Technologist "prepares the operating room, including the sterile field, setting up surgical equipment, supplies and solutions. During surgery, surgical technologists pass instruments, fluids and supplies to the surgeon and prepare and manage surgical equipment. Surgical technologists simultaneously manage the sterile field and specimens. Surgical technologists perform a count of sponges and supplies to prevent foreign retained objects. Surgical technologists are certified following successful completion of a CAAHEP-accredited program or other programmatically-accredited surgical technology program and the national Certified Surgical Technologist (CST) examination administered by the National Board of Surgical Technology and Surgical Assisting."

Gore said, "When I read the official definition, it seemed rather dull. On paper it looks like an enormous to-do list."

However in real life, Gore explained, being a CST is exciting, fast paced, relying on keen observation, quick problem solving, multi-tasking, anticipation, all while being an expert in aseptic technique. "You learn anatomy, the steps and the instruments to each surgery. The CST motto is 'Patient First.' The CST is at the surgical field holding retractors, cutting suture, mixing cement and passing the scalpel to the surgeon. You are a vital part of the surgical team and the starting salary average is \$40,000," she said.

There is potential for career growth and mobility. Gore said this includes the opportunity to continue training and become a Certified Surgical First Assistant. She said this expands the role to include making inci-

sions, closing surgical sites and other technical functions during surgery.

Gore's journey to this new career was not a direct or traditional one. Long before that photo shoot, she had a glimpse at her future, but didn't know it was an option.

As a high school student, she was shadowing a veterinarian, when a woman brought in a badly injured and gasping golden-lab-mix puppy. The woman was "frantic" according

to Gore, and she begged the vet, a vet tech, and Gore to "do everything you can to save him!"

The puppy had slid on ice, at full speed, into a cement foundation, Gore recounted, and the force of the impact had split the diaphragm, and abdominal organs were pressing on his lungs. "I remember Dr. Sherman told me to follow his directions exactly and don't faint. I was tasked with keeping the liver moist with a solution. He worked very quickly. Cutting and suturing and moving organs from side to side. The ending was happy," Gore said.

The next day, she says she went bounding into her guidance counselor's office, declaring that she was going to have a future career as a surgical veterinarian. "She sat me down," Gore said, "and said, 'I hate to be the one to tell you this, but being a veterinarian takes a lot of science and math, unfortunately you just don't have those strengths.'"

Gore took the advice, and went on with her life. Over the next ten years, she got her BS degree in Human Development, lived in Central Asia, started her family and became a freelance photographer. Sixteen years after that, she was hired by Maine Medical Center to photograph the graduation ceremony.

To her delight, as she first read about it, she realized every part of the job description fit her natural skill set with attention to detail, ability to anticipate and ability to advocate for patients at the top of the list. Two weeks later, she applied to the MMC Southern Maine Community College accelerated certification program to become a CST.

The School of Surgical Technology accepts 16 students every six months, in March and September. "I was chosen to join the school's 99th class, which started in September 2019. I expected to graduate in August 2020, but due to COVID, the school closed its doors for three months delaying our graduation. But we did it! Class of December 2020!" Gore said.

Gore explained that the first six months of the certificate program is full days of classroom time. SMCC has a designated classroom for the 16 students enrolled in the program. Gore said, "We met five days a week in the same little classroom for six months. We completed the classroom portion of our education before COVID hit, so we were lucky enough to have in person lectures."

The most difficult part of the accelerated program, according to Gore, was the amount of time needed. "We had four to five hours of homework every night," she said.

The second six-month period, according to Gore, is focused on gaining clinical experience. "Five days a week you 'scrub-in,' or get on your sterile gown and gloves, and work alongside your preceptors for a minimum of 120 surgeries. The clinical experience takes place at MMC, but also includes many rotations to other locations. I personally worked with more than 75 different surgeons and first-scrubbed more than 150 surgeries. I helped deliver babies, retrieve a donor kidney, remove abdominal cancer, fuse a spine, repair a crushed foot and replace a knee."

Gore ultimately needed a little help. Working less and studying more left her in a position where she was struggling to make the final tuition payment of \$1,900. "The one-year certification program is unique in that it does not meet the necessary qualifications for traditional scholarships. After weeks of searching, I decided to see if our town had resources, grants or scholarships available for community members enrolled in certificate programs. That is how I discovered The Thomas Jordan Trust," she said.

The Thomas Jordan Trust committee authorized a grant and paid for her entire final payment. Gore said, "I was shocked by their generosity, it was such a relief. It helped

-see JOURNEY page 12





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### Nature scene around town



Photo by Julie Laukkanen

Two brave beachgoers on Crescent Beach rung in the new year on January 1 by taking a very long dip in the ocean.



Photo by Julie Laukkanen

Cape Elizabeth resident Julie Laukkanen's grandchildren Adrian, 6, and Nerea, 5 pose with the snowman they built on Crescent Beach during the December snowstorm.

### Cape Nordic wants you



Contributed photo

Cape Nordic will be holding a meeting via Zoom on January 21. For those interested in joining, email Sarah MacColl at [me.fit@me.com](mailto:me.fit@me.com) for the link.

It will snow. Click your heels three times and keep saying it. Cape Nordic will then get the Gull Crest Trails groomed. Click those heels and say it again.

Yes, we'll help your family enjoy a cross country ski outing this winter in your own backyard. Cape Nordic, founded in 1993, promotes and supports youth and community nordic ski programs.

We have a rich history of families traveling to Bill Koch Festivals throughout Northern New England for kids just getting started, state championship high school teams, and of course, our own 33 year-old Olympian Clare Egan who will compete all winter in the biathlon in ten European countries. Clare, reached by phone in Oberhof Germany, where the snow pack is huge and the temps are low,

says getting outside on skis in the winter lets you thrive instead of survive.

Have you been up to the Gull Crest ski loop this month? Mike Miller cut up the tree that was across part of the official race loop. We know that the culverts need some work so that you don't end up doing accidental jumps. We are fixing the grooming equipment and working out a grooming plan. Would you like to join our next Zoom meeting at 7 p.m. January 21? Email Sarah MacColl at [me.fit@me.com](mailto:me.fit@me.com) for the link.

We'll discuss the Bill Koch youth ski program Deb Hatton will run up at Gull Crest on Sundays this year, our progress on the possible acquisition of an ATV to pull a groomer and we'll get energized talking about the other great ski venues available from Portland to Carrabassett Valley. We hope to collaborate with other communities who are excited about Nordic skiing.

Want to share in our excitement? Watch one of Clare's upcoming races. "Biathlon is always dramatic, kind of like having a soccer penalty shot after penalty shot. If I miss my last shot, (from her gun, not her foot) I have to ski a penalty loop which takes at least 25 seconds. So all of a sudden there's a new leader." She races 1/21, 1/23 and 1/24 in Antholtz, Italy. You can see replays at <https://www.eurovisionsports.tv/ibu/>.

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 ~ Vicki and Jeff Kennedy

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# Scam alert bulletin board

By Jessica D. Simpson

## Three Words For 2021

The AARP Fraud Watch Network is dedicated to providing people with simple tips to keep them safe from scammers. In 2021 there are three simple words to keep you protected: Stop, Think and Verify.

When you get an unexpected offer or alarming news over the phone or other device, stop and ask yourself, "Is this for real?" Next think about content of the message. Is it too good to be true? Do you have to act now? Is there a threat involved? If the answer is yes, you should end contact. If you are concerned the communication may have been valid, independently verify it. For example, if the caller claimed to be with the government, look up the agency's phone number (without relying on the results of a web search, as the numbers that result could connect you to a scammer)

and inquire if there is an issue.

## COVID – Vaccine Scams

If 2020 taught us anything it's that scammers follow the headlines. While we're all relieved to turn the calendar to 2021, the uncertainty that marked the last 12 months isn't going away any time soon. And scammers thrive on uncertainty.

One particular uncertainty right now is when we'll get our COVID vaccines. In the early weeks and months, expect the limited supply of vaccines to be available only to certain high-risk populations. So, when you see an ad, email, text message, or you pick up a call and the offer is to reserve your vaccine for a fee, know it's a scam. Listen to your health care provider and health authorities for guidance and ignore all else.

# CELT winter programs

## Snow shoe outing in Robinson Woods

Join Cape Elizabeth Land Trust volunteer Tony Owens for a two-hour snowshoe adventure through the snow laden trail network of Robinson Woods. This program is designed for winter outdoor enthusiasts, and we will explore the fields, woods and wetlands to gain a unique winter perspective of this wonderful property. Please bring your own equipment and dress accordingly for weather.

Saturday, January 30 12:30 – 2:30 p.m.

Meet at the Robinson Woods kiosk on Shore Road

## Animal tracking for families

Join Cape Elizabeth Land Trust Education Coordinator Philip Mathieu at the Great Pond Fenway Road trailhead to learn common winter animal tracks and practice

tracking. Participants will receive a hand-held track guide that they will then use to identify and follow various tracks along the trail. Warm, dry clothing and footwear are a must. Children attending should be at least six years old and accompanied by an adult.

Wednesday, February 17 10:00-11:30 a.m.

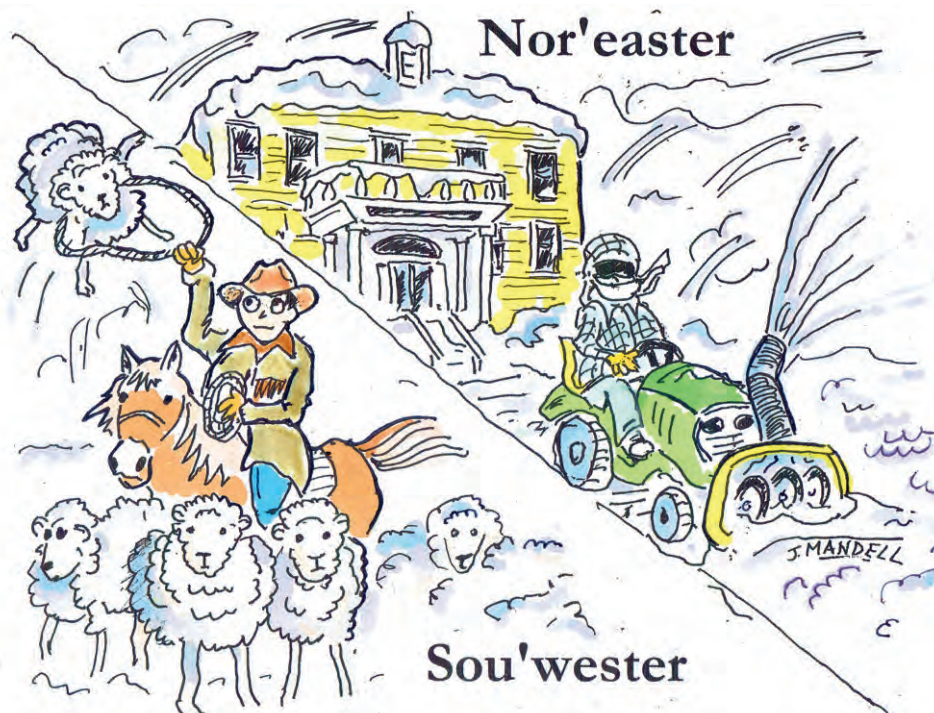
Meet at the end of Fenway Road

Please register for these programs through Cape Elizabeth Community Services. [www.capecommunityservices.org](http://www.capecommunityservices.org). Call Cape Elizabeth Land Trust with any questions. 767-6054.

Both outings are subject to acceptable weather conditions. All participants must register at least 48 hours in advance of the program to receive notification regarding Covid-19 policies and changes or cancellation.

# Capetoons: Winter storms

Drawn by Jeff Mandell





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# Person issued a trespass notice after refusing to comply with COVID restrictions, passerby reports male subject lying in a parking lot

Reported by Marta Girouard

### COMPLAINTS

- 12-2 An officer spoke with a resident of the Oakhurst area who advised that she had been contacted by the Small Business Administration and learned that someone had used her personal information to apply for a loan.
- 12-2 Two officers responded to a residence in the Shore Road area for a well being check.
- 12-3 Two officers responded to a location in the Shore Road area for a well-being check.
- 12-3 An officer spoke with a resident of the Rt 77 area who advised that tracking showed a package being delivered to the house but not received. The contents of the package were later found discarded near the residence.
- 12-3 An officer spoke with a resident of the Starboard Drive area who advised that her paycheck had not been deposited into her account. She contacted the company who advised that the account number for automatic deposit and been changed. Someone had accessed the system and changed the account number.
- 12-5 An officer spoke with a South Portland resident regarding a dog at large incident that occurred on Sawyer Road in Cape Elizabeth.
- 12-5 Two officers responded to a residence in the Fowler Road area for a well being check.
- 12-6 An officer spoke with a resident of the Shore Road area who advised that someone had attempted to open an account using his personal information.
- 12-6 Two officers responded to a residence in the Oakhurst area for a domestic disturbance.
- 12-7 Two officers responded to a residence in the Sawyer Road area for a well being check.
- 12-9 An officer met with a resident who had accepted a job as a "Secret Shopper" advertised on line. He received a check to cover salary,

- purchase products and an extra \$900 accidentally sent to him. He was instructed to return the extra \$900 by money order. When he attempted to deposit the check, the bank manager advised him it was fraudulent.
- 12-12 An officer met with a resident of the Broad Cove area regarding a trespass complaint.
- 12-13 An officer met with a resident of the Scott Dyer Road area regarding a harassment complaint.
- 12-14 An officer spoke with a resident of the Mitchell Road area a criminal threatening complaint.
- 12-15 An officer responded to a residence in the Spurwink Avenue area for a well-being check.
- 12-16 Two officers responded to a residence in the Bowery Beach Road area for a person creating a disturbance.
- 12-18 Two officers responded to a residence in the Mitchell Road area for a reported domestic disturbance.
- 12-18 An officer met with a resident of the Broad Cove area regarding a damaged mailbox that had been struck by a vehicle. While speaking with the homeowner, the operator of the vehicle arrived and provided his information to the homeowner. He had slid off the road striking the mailbox.
- 12-19 Two officers responded to a location in the Two Lights Road area for a pedestrian exhibiting strange behavior.
- 12-20 An officer met with a resident of the Mitchell Road area regarding a dog bite complaint.
- 12-20 While a routine patrol, an officer came upon a vehicle accident. The vehicle had slid off the road due to the deteriorating road conditions and struck a mailbox. The vehicle was not damaged and information was left for the homeowner.
- 12-22 An officer met with a resident of the Shore Road area who turned over a cellphone found along Shore Road. The owner was identified and property returned.
- 12-23 An officer met with a resident of the

- Shore Road area regarding a domestic situation.
- 12-27 Two officers responded to a residence in the Mitchell Road area for a domestic disturbance.
- 12-27 Two officers responded to a residence in the Mitchell Road area for a well being check.
- 12-27 An officer responded to a residence in the Spurwink Avenue area for a well-being check.
- 12-27 An officer met with a resident of the Old Ocean House Road area regarding a possible fraud complaint.
- 12-28 An officer met with a representative of a local business regarding a subject refusing to comply with Covid restrictions. Subject was issued a trespass notice and advised not to return to the property.
- 12-28 An officer spoke with a resident of the Ocean House Road area regarding a phone harassment complaint.
- 12-29 Two officers responded to a location in the Spurwink Avenue area for an unwanted person. Subject was escorted off the property.
- 12-30 An officer spoke with a resident of the Wells Road area who advised that someone had used his personal information to obtain a loan from the Small Business Administration.
- 12-31 An officer spoke with a subject in the Charles E Jordan area regarding a harassment complaint.
- 12-31 An officer spoke with a resident of the Spurwink Avenue area regarding unauthorized charges on a debit card.
- 1-1 An officer met with a subject regarding a domestic situation.
- 1-2 An officer responded to a location on Shore Rd after a passerby reported a male subject lying in a parking lot.
- 1-3 Two officers responded to a residence in the Scott Dyer Road area for well being check.
- 1-4 An officer met with a resident of the Ocean House Road area regarding suspicious emails.
- 1-5 Two officers responded to a residence in the Scott Dyer Rd area for a well being check.

### ACCIDENTS

- 12-02 Charles Catroppo, Theresa Galvin, Farm Hill Road
- 12-15 Mark Toothaker, Spurwink Avenue
- 12-18 Jeffrey Farmer, Mackenzie Tyler, Ocean House Road
- 12-19 Richard Romano, Jonathan Motzkin, Spurwink Avenue
- 12-30 Jason Emery, Sawyer Road
- 12-31 Robert Jordan, Anthony Kostopoulos, Ocean House Road

### ARRESTS

- 12-13 Cape Elizabeth resident, DV assault, Refusing to submit to arrest, Obstructing report of a crime, Cape Elizabeth

### FIRE/RESCUE CALLS

There were 38 fire calls and 83 EMS calls from December 1 through January 4.

## Journey

Continued from page 9

me maintain the delicate balance of school/home/work while completing the certification program. I am grateful for the Thomas Jordan Trust for helping me."

At the end of this intense yearlong program, students are prepared and eligible to sit for the National Certification Examination offered by the National Board of Surgical Technology and Surgical Assisting (NBSTSA).

The national certification exam was arranged by the school, and the students sat for it five days after they graduated. "Everyone in my class passed! All of us accepted job offers, and started working that same month. Our entire class had job offers before we graduated. I was offered four jobs before I was officially certified. The School of Surgical Technology has a very good reputation because of their 91% certification exam pass rate," Gore said.

After completing the certificate program, students only need 22 additional credits to earn an Associate's Degree in Surgical Technology through SMCC. This is made possible through the unique partnership between SMCC and MMC. Gore is pursuing this opportunity as well, pursuing the degree, and said, "So far, I have taken all of my SMCC courses online and I have only one class remaining. I feel proud to have chased a career that I adore."

Gore added that standing at the OR table in the role of CST has an intensity and importance that is unlike any other. "A responsibility that demands total concentration, skills both technical and interpersonal, and a fierce determination to be true to an ever-developing surgical conscience. I am excited to have entered a dynamic career that has multiple layers for growth in this evolving profession. Special Thanks to the Thomas Jordan Trust for helping me on my last leg of this journey."

### SUMMONSES

- 12-13 South Portland resident, speed (64/45 zone), Bowery Beach Road, \$170
- 12-24 Scarborough resident, speed (34/25 zone), Scott Dyer Road, \$114
- 1-2 Disorderly conduct, Cape Elizabeth



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## PROGRAMS FOR ADULTS

### AKME Chats, with the Anchorage Public Library

Wednesdays, 3:00-4:30 p.m.

We're collaborating with the Anchorage Public Library for this new virtual conversation series. Each week throughout the winter, we'll be meeting up virtually to share afternoon coffee and conversation with the library staff, patrons and residents of Anchorage, Alaska.

Though separated by 4,500 miles, Alaskans and Mainers all share the experience of persevering through long, cold, dark winters. So rather than go it alone during this difficult season and this year of extreme isolation, we're joining forces, making friends and bridging the physical divide that separates us.

Each Wednesday our libraries will be co-hosting lively conversations with kind, interesting and thoughtful people we might never have had the chance to meet if not for this strange year. And you need not fear the usual conversational pitfalls of boring small talk or uncomfortable subjects. Our librarians will be facilitating these discussions around fun and interesting themes as well as occasional outside materials. And since this year has been hard enough already, all talk of politics and the pandemic are off the table!

Come warm your heart and widen your social circle in a friendly, curious atmosphere as we enjoy this rare opportunity to connect from afar. Let's explore the idea of just how big a community can be.

### Shedding Some Light on Community Solar Projects

Monday, January 25, 6:30 - 7:30 p.m.

You may be among those who have received solicitations from companies to subscribe to a community solar project, or you may have heard about Maine's unprecedented solar development in the news.

At this session in the library's Community Conversations series, members of the Cape Elizabeth Energy Committee will break down the state's solar incentive program, will show the program's effect on Mainers and will offer guidance for how you should approach these community solar opportunities if you are interested in reducing your electric rate and supporting Maine solar development. Please register on the library's

website and we'll send you a Zoom link in advance of the program.

### Shellabrate Good Times: Turtles and Hibernation, with the Center for Wildlife

Tuesday, January 26, 6:30-7:30 p.m.

Ever wonder what our remarkable reptiles are up to this time of year? Join Thomas Memorial Library and Center for Wildlife via Zoom to find out how our cold-blooded neighbors survive the winter in Maine. Meet Center for Wildlife's non-releasable turtle ambassadors and prepare to be amazed by their survival skills and resilience during the coldest months of the year.

### Cooking with TML: Fresh Whole-Food Soups, with Colin McCullough

Thursday, January 28, 7:00-8:00 p.m.

In this new virtual class, cookbook author Colin McCullough will be using fresh, whole-food ingredients to make delicious, heart-healthy soups. Ditch the cans of soup and learn how much healthier and tastier fresh soups can be! Come learn how to make fragrant coconut soup, Lebanese red lentil soup, and creamy tomato soup.

### Chair Yoga (with Martha Williams)

NEW DAY: Second Wednesday of the month, 11:30 a.m.-12:30 p.m.

Next Date: 02/10

No prior experience needed for this class featuring gentle, mindful movement and deep breathing to calm the nervous system and focus the mind.

### YA Anonymous

\*Will be going on hiatus! For more information or to be included in future email updates, please contact Alyssa at [alapierre@thomas.lib.me.us](mailto:alapierre@thomas.lib.me.us).

## ONGOING VIRTUAL PROGRAMS FOR ADULTS

### Daily Fika (Coffee Break)

Weekdays, 10:00 - 11:00 a.m.

### Guerilla Poetry Whoop

Second Wednesday of the month, 6:30 pm - 7:30 p.m.

Next meeting: 02/10

### E-ldering Conversation Group

Wednesdays

1:00 - 2:00 p.m.

### Cultivating Mindfulness, with Anne Gosling

Fridays, 3:00 - 4:00 p.m.

### Songwriting Workshop (with Jud Caswell)

First Tuesday of the month, 6:30-8:00 p.m.

## PROGRAMS FOR TEENS

### Step Into Your Mind: A Conversation on Mental Health Awareness with author Cameron Rosenblum

Wednesday, January 27 from 6:30-7:30 p.m.

Thomas Memorial Library is collaborating with Cape Elizabeth High School to explore themes found in "The Stepping Off Place," by local author and educator Cameron Rosenblum. The book details the life of Reid, a junior in high school who struggles to find meaning behind her best friend's suicide. This story is an ode to the importance of mental health and a celebration of friendship in the midst of devastating loss.

The author will be joining our library community virtually to discuss the writing of this book. Teens as well as adults of teens and/or adults who work closely with teens are encouraged to participate. Free copies of the book will be available both at Cape Elizabeth High School and at Thomas Memorial Library. Please contact Young Adult Librarian

Alyssa Lapierre at [alapierre@thomas.lib.me.us](mailto:alapierre@thomas.lib.me.us) with any questions.

## PROGRAMS FOR CHILDREN

Check out the Children and Families page on TML's website for the latest information on virtual programming.

### Zoom Q & A: Supporting Pre-Readers and New Readers At Home, Round Two

In this continuation of our successful early literacy Q & A this fall, Lindsay Barrett will be back to answer more questions about supporting literacy learning at home for kids in preschool through 3rd grade.

Barrett will start with some brief tips based on previous topics of interest, like low-tech, simple ways to incorporate literacy learning into your busy family schedule, ways to maintain consistency between home and school, and tips for motivating and supporting reluctant or struggling new readers. Then she'll be available to address parent and caregiver questions in an informal chat format. Youth Services Librarian Megan Smith will also be on hand to talk about helpful library resources for this age group.

Attendees of our fall Zoom and new attendees are both encouraged to join.

If the time doesn't work for you, feel free to email your questions in advance to [msmith@thomas.lib.me.us](mailto:msmith@thomas.lib.me.us); we'll include them in the discussion and share the call recording.

### Home Learning Support

Looking for resources or connections to help navigate the school year and keeping students engaged at home? Contact Youth Services Librarian Megan Smith at [msmith@thomas.lib.me.us](mailto:msmith@thomas.lib.me.us) for ideas or to discuss how we can help support you.

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# CAPE CALENDAR

By Wendy Derzawiec

Instructions for joining videoconference meetings listed below will be posted on the town website, [www.capeelizabeth.com](http://www.capeelizabeth.com).

## Wednesday, January 20

Community Services Committee 5:30 p.m.  
Town Council/School Board Workshop 7 p.m.

## Thursday, January 21

Fort Williams Park Committee 6 p.m.

## Tuesday, January 26

School Board Budget Workshop 5 p.m.  
Board of Zoning Appeals 7 p.m.

## Wednesday, January 27

School Board Budget Workshop 5 p.m.

## Monday, February 1

Town Council Workshop 7 p.m.

## Tuesday, February 2

Planning Board Workshop 7 p.m.

## 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 - suspended until further notice.

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. Purpoock Country Club, Spurwink Avenue. 767-7388.

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

# SERVICES

**Cape Elizabeth Church of the Nazarene**  
499 Ocean House Road (Route 77)  
**747-1113**  
[www.capenazarene.org](http://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](http://watch.capenazarene.org)

**Cape Elizabeth United Methodist Church**  
280 Ocean House Road  
**799-8396**  
[www.ceumc.org](http://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/Primary: 11:10 a.m. - 12:00 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.

**Church of the Holy Spirit**  
1047 Congress Street, Portland  
**874-9779**  
[www.HolySpiritPortland.org](http://www.HolySpiritPortland.org)  
Sunday Worship: 10:00 a.m.  
Sunday Adult Bible Study: 9:00 a.m.  
Sunday School for children: 10:00 a.m.  
Services streamed live on Facebook  
Potluck dinner every third Sunday

**Congregation Bet Ha'am**  
81 Westbrook St., South Portland  
**879-0028**  
[www.bethaam.org](http://www.bethaam.org)  
Worship: Friday, 7:30 p.m.  
Saturday, 10:30 a.m.  
Family Shabbat Services: Second Friday, 6:00 p.m.

**South Portland First Baptist Church**  
879 Sawyer Street South Portland

**799-4565**  
[www.spfbc.com](http://www.spfbc.com) [facebook.com/firsbaptistsopo](https://www.facebook.com/firsbaptistsopo)  
Sunday Morning Worship at 10 a.m.  
Kid's Church available for ages 4 through grade 5

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](http://www.stalbansmaine.org)  
Sundays: 8 a.m., 9:30 a.m.  
Celtic Service: Sunday, 5:30 p.m.  
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**Saint Bartholomew Roman Catholic Church**  
8 Two Lights Road  
**799-5528**  
[www.saintbarts.com](http://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](http://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](http://www.fccscarborough.com)  
Sunday Morning Worship: 9:30 a.m.  
Sunday School & Nursery Care

## CABLE GUIDE

## CETV CHANNEL 1302

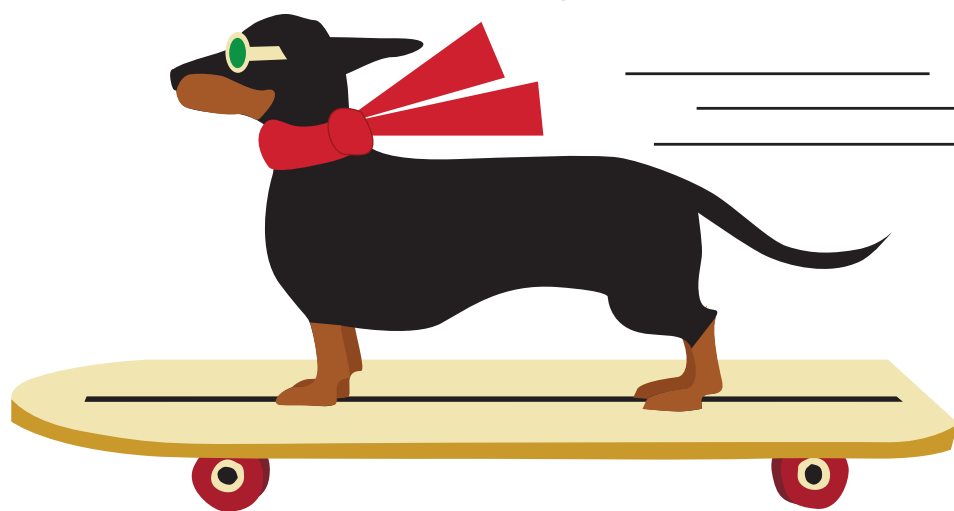
**Board of Zoning Appeals replay**  
Jan. 27 & 28 - 2 p.m. & 8 p.m.  
Jan. 30 - 11 a.m.  
**Cape Elizabeth Church of the Nazarene**  
Jan. 23, 24, 30 & 31 - 9 a.m.

**Planning Board replay**  
Jan. 20 & 21 - 2 p.m. & 8 p.m.  
Jan. 23 - 11 a.m.  
**Town Council replay**  
Feb. 2 - 2 p.m. & 8 p.m.

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**Murphy graduates from University of Tampa**

Madeleine Murphy of Cape Elizabeth graduated from The University of Tampa in Tampa, Florida on December 5. Murphy graduated with a Bachelor of Science in Allied Health.

**Dean's list announcements**

The following students have been named to the dean's list at the University of Vermont in Burlington, Vermont.

- Isabel Berman of Cape Elizabeth
- Olivia Cochran of Cape Elizabeth
- William Concannon of Cape Elizabeth
- Sydney McFarland of Cape Elizabeth
- Benjamin Payson of Cape Elizabeth

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**OBITUARIES**



**Karen Ann (McCarthy, Norwood) Fernald, 83,** of Cape Elizabeth passed from natural causes with her three sons at her bedside. She was born in Portland, Maine on September 22, 1937, the daughter of Clare Marie (Johnson) McCarthy and Frederick John McCarthy.

Karen was raised in Portland and was a graduate of Portland High School where she was her class Vice President and head cheerleader.

Soon after she married George Kenneth Norwood on September 5, 1959. Together they moved to Camp Ellis Beach in Saco where they raised their three sons and went on to own and operate Norwood's Lobster Pound for twenty years until George's passing.

Karen later remarried Robert Fernald and enjoyed their time living in Marblehead, MA and going on numerous sailing trips. Together they retired to Cape Elizabeth and formed many friendships at Purpoodock Club.

She was predeceased by her brother, Frederick McCarthy, as well as both of her husbands, George K Norwood and Robert Fernald.

Karen is survived by her three sons, Mark John Norwood and his son Brendan; George K. "Skip" Norwood and his wife Kelly and their children, John, Lauren, Elisabeth, Jennifer, Brittany, and Eric; and Paul Michael Norwood and his wife Elizabeth and their children, Jameson and Laina; and her brother, Wallace McCarthy.

There will be a Celebration of Life held in June, details to be announced at a later date. She will be laid to rest at Laurel Hill Cemetery in Saco.

During these trying times we ask that in lieu of flowers, donations be made in memory of Karen to your local food bank.

Arrangements entrusted to Hobbs Funeral Home, South Portland. Online condolences may be expressed at [www.hobbsfuneralhome.com](http://www.hobbsfuneralhome.com).

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**December 2020 Cape Elizabeth real estate transfers**

NEW OWNER	LOCATION	SALE PRICE	USE
GLYNN CAITLIN	23 COLUMBUS ROAD	\$480,000	SINGLE FAMILY
SMITH RYAN STEVEN	10 RAND ROAD	\$496,500	SINGLE FAMILY
REDFIELD DENNIS L	537 MITCHELL ROAD	\$315,000	SINGLE FAMILY
WERTHEIMER SUSAN ABBOTT	537 SHORE ROAD UNIT 3	\$320,000	CONDOMINIUM
BUSH JR JONATHAN J	1172 SHORE ROAD	\$7,550,000	SHORE FRONT
JACANIN JAMES	18 CHARLES ROAD	\$325,000	SINGLE FAMILY
DIANA SANBORN 1999 TRUST	14 MAXWELL WOODS DRIVE	\$623,548	RESIDENTIAL
BERMAN ROBERT	18 RIDGE ROAD	\$340,000	SINGLE FAMILY
LYDON KATHERINE	10 GOLDEN RIDGE LANE	\$710,000	RESIDENTIAL
CASEY FAMILY TRUST	12 LEDGEWOOD LANE	\$828,000	SINGLE FAMILY
MORRILL LOIS	50 MAXWELL WOODS DRIVE	\$236,868	RESIDENTIAL
ALTER MICHAEL J	11 PILOT POINT ROAD	\$1,325,000	SINGLE FAMILY
ASHKENAZY PAMELA	38 MAXWELL WOODS DRIVE	\$695,511	RESIDENTIAL
LYDON KATHERINE	11 GOLDEN RIDGE LANE	\$710,000	RESIDENTIAL
NOVAK MICHAEL	7 OLDE COLONY LANE	\$600,000	SINGLE FAMILY
LYDON KATHERINE	9 GOLDEN RIDGE LANE	\$710,000	RESIDENTIAL

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**We Source from Maine Farms First**  
 \*\*\*  
 During the colder low light months we seek options from away  
 \*\*\*  
 Always Supporting family farms

**Online Market Open Daily**  
 Order Fulfillment Monday - Saturday 10:00 - 3:30

**WE ACCEPT EBT - FEEL FREE TO SHOP ONLINE**  
 Select the EBT payment option - order transacted at pickup.  
 We participate in the Farm Fresh Rewards program.

**YOUR PURCHASES KEEP MAINE FARMS WORKING**

# Ram Island Ledge Light from Portland Head Light



Photo by Martha L. Agan

# Christmas Day storm at Two Lights



Photo by Martha L. Agan

# Holiday coloring contest winner



Contributed photo

*Pictured above is winner of The Cape Courier's holiday coloring contest: Sawyer Lippmann, age 6, with help from her dog Bula, age 3.*



MARY LIBBY  
LIVING  
REAL ESTATE



## Thank you.

After almost twenty years in the industry, I am thrilled to be able to celebrate the overwhelming success of the first year of Mary Libby Living Real Estate. Thank all of you who made this possible.

With great connections, local expertise, experience, deep roots in Maine, accessibility, commitment, and the desire to form long-lasting relationships with clients, I hope to be able to help you with all your real estate needs this year and beyond.

Whether you are buying or selling, please let me know how I can help.



Mary Libby  
BROKER · OWNER

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