

The Cape Courier

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In the Spirit of Community

CEHS girls are Southern Maine Cross Country Champions

By Kevin St. Jarre



Photo by Michael Young

Coach Andrew Lupien stands beside the CEHS girls' cross country team, who just became Southern Maine XC Champions. From left to right are Lupien, Ella Bromage, Maddie McEvoy, Eva Morris, Marcella Hesser, Charlotte DeGeorge, Hadley Mahoney, Emma Young.

The Cape Elizabeth High School girls' cross country running team took first place in the Southern Maine Class B Cross Country Championships. At Twin Brook Recreational Center, in Cumberland, 87 runners from 13 schools competed, where the Cape girls may have been a bit underestimated after placing third in the Western Maine Conference a week before.

But the Capers came to run, and win, led by Hadley Mahoney who took control early and dominated the race, according to Coach Andrew Lupien.

"We've battled through injury and illness all season, and I think most people have

counted us out. But...we are brave and we do not quit," he said.

According to Lupien, Mahoney was challenged by a runner from York, who ran strong, but it was Mahoney who took the title by 12 seconds.

"Her time of 19:15 is the 5th fastest time for a Class B regional meet run at Twin Brook," Lupien said.

The coach said Mahoney's teammates also put in strong performances. "Emma Young crushed her first regional meet, with a PR of 21:31 on this very challenging

-see **RUNNING** page 12

Commentary - On this Veterans Day, don't just remember them, but for them

By Kevin St. Jarre

This Veterans Day comes less than a month before the 80th anniversary of the attack on Pearl Harbor, December 7, 1941. On a cold and wet December morning, in 1991, I went to Burlington, Massachusetts, to help commemorate the 50th anniversary on that sad day.

I was stationed then at what was Ft. Devens, and the Veterans of Foreign Wars in Burlington had invited Ft. Devens to send a combat veteran to give a speech to mark the day. Having never met any of them, with no idea of the venue or crowd, I put on my seldom-worn dress uniform and drove out there.

As it turned out, I was to give my speech on what looked like a green town common, outdoors, and I immediately thought the speech might be too long. A decent crowd gathered, and most of them were elderly. Veterans of Vietnam, Korea and World War II were present, as were friends and family, but not many members of the public at large. Mostly, it was the veterans and those who loved them.

An older man, who had served in the Korean War, seemed to be coordinating. There was no public address system, but many in

the crowd would not have heard me if I had spoken without some sort of amplification. So, the grey-haired man, in a light jacket and black leather gloves held a huge red and white megaphone in front of my mouth.

The rain changed to snow and back. The breeze was cold. I could see the megaphone trembling a bit from the cold and the weight. My speech, which once seemed brief enough,

-see **VETERANS DAY** page 15

CEEF grant spotlight: Place-based learning at Turkey Hill Farm

By Amy Chang



Photo by Joanna Payne

CEMS students taking part in a new place-based learning program, made possible through a recent grant from CEEF. The program is a collaboration between Turkey Hill Farm and the Cape Elizabeth Land Trust.

With the new 2021-2022 school year comes new opportunities for innovation and collaboration between the Cape Elizabeth Education Foundation (CEEF) and the Cape schools. CEEF is excited to announce its most recent grant for an innovative learning model at Cape Elizabeth Middle School. Eighth grade teacher Joanna Payne was awarded a grant to establish a new place-based learning program in collaboration with Turkey Hill Farm and the Cape Eliza-

beth Land Trust (CELT).

Ms. Payne, along with CEMS teachers Steven Price, Kristina Moniz and Aaron Fileo, and Philip Mathieu of CELT will develop curriculum and hands-on opportunities through a new, place-based model of learning. "Place-based education is about the power of taking students out of the traditional classroom to develop learning

-see **GRANT** page 3

Family flees Afghanistan, is surprised with home thanks to generosity of many

By Kevin St. Jarre

A young family, including four children, escaped Afghanistan after the fall to the Taliban, and found their way, via Virginia, to Cape Elizabeth. A call went out at GoFundMe.com, set up by Emily Mavodones, for basics and essentials to get them started, including clothes, food and so on. Little did the family know what was waiting for them.

The man whose young family will occupy the new home is a friend of Mohammad Nasir Shir's, with whom he worked in Afghanistan from 2003 to 2011. Shir, a more than 25-year resident of Cape Elizabeth, stepped up and purchased a house for the family, who he said was "looking for a house in Cape Elizabeth, and who had a

Section 8 voucher."

Housing has been tight in the region, and few of the places which are available accept the vouchers. The housing choice voucher program is a federal program assisting families, the elderly and the disabled to afford decent, safe and sanitary housing in the private market. The participant is free to choose any housing that meets the requirements of the program and is not limited to units located in subsidized housing projects.

Shir purchased the house using personal equity so he did not have to wait for the bank to get commercial loan approval, and his family did demolition work. The former dentist office seemed to have sinks in every room, Shir said. He then found a contractor to make repairs, but progress soon bogged down. "When Emily found that I was in a difficult situation, and [that I] wanted to prepare the property for an Afghan refugee, she reached out to her family who are savvy and in construction. The rest is history," Shir said.

Mavodones said, "Nasir asked if I knew anyone who could do some construction work on the house, and how we could get funds to apply for more humanitarian visas for his family members that were still in Afghanistan. I took on the creation of the GoFundMe page with 50 percent going to the family that is already slated to arrive,

-see **HOME FOR FAMILY** page 9





The Cape Courier
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'Please do not send' to referendum

Please do not send the Affordable Housing proposal to referendum. The Town Council has been working on this issue for months, has had countless forums and meetings addressing this, has taken the time to learn, research, examine. They are much more informed than our voting public. I find it ironic that people want to spend significant funds and time on a referendum to keep people out of our town. Make no mistake this is an equality issue.

I keep hearing I am for affordable housing BUT not this one, not this location, not with the ordinance changes, not this developer, not with a TIF, not without bus transportation. Well it's been 50 years with no affordable housing added in our town. There are countless people looking for af-

fordable housing options, and those in Portland, South Portland and Westbrook are full. Let's be clear this is an equality issue, this is NIMBY. We have a nice, safe town with open spaces, and great schools, but we don't want people to access those things, people who work as bus drivers, ed techs, nannies, single parents, seniors, recent graduates, employees of town businesses.

I believe the good to come of this project far outweighs any of the cons expressed. I believe that all the issues have been heard, examined and vetted. It is clear this is the project for Cape Elizabeth and now is the time. Please DON'T SIGN.

Maureen Clancy

Suggest creating 'two categories of commercial space'

Recently a town councilor pointed out to me that "Commercial Space," as defined in the code of ordinances, includes dental offices and such. This makes complete sense but in my mind there are two types of commercial activity.

There is the kind that you might visit once or twice a year and then there is the kind that you might be inclined to visit daily. The latter of the two might include a fitness center, a bike shop, a bakery, a bookstore, a pizzeria, an art gallery, a fish market or a pub. This second category has a greater potential of cultivating a walking, vibrant downtown community. Therefore I suggest creating two categories of commercial space to ensure that our Town Center is not overly populated with businesses that, by nature,

do not offer what I consider to be "quality of life services."

We can cap our realtors, accountants, insurance agents and the like at the limit they are at now and then actively pursue and even incentivize QOL businesses to settle in Cape Elizabeth. To meet this goal we should appoint an independent council of business owners and Cape residents to find out what kind of businesses we want here then, in conjunction with the Town Council, create a strategy to bring them in.

Mike Friedland

-more LETTERS TO THE EDITOR on page 3

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Let us hear from you!

We love feedback!

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Praise for Flanagan's decades of public service

The recent obituaries of my longtime friend David T. Flanagan offer well-deserved accolades for his business successes but overshadow a critical aspect of his contributions to Maine society — his decades of public service across seemingly impassable political minefields.

America's political landscape is carpet-bombed with daily examples of political competitiveness that has degenerated into sickeningly personal, vicious attacks based solely on the other guy's party affiliation. Conventional strategy rewards the toxic concept that crossing party lines is political suicide. Yet, take a look at a few highlights of David Flanagan's public service record. At various points in his remarkable career, Flanagan was:

- Chief counsel to Gov. Joseph Brennan, a Democrat.
- General counsel to the U.S. Senate committee investigating the government's response to Hurricane Katrina, appointed by Sen. Susan Collins, a Republican.
- Treasurer of the first Maine gubernatorial campaign of Eliot Cutler, an independent.

Over decades of friendship, Flanagan never once asked me which party I was registered with. It didn't matter.

There are lots of successful CEOs in the business world. But we can count on one hand the number of American corporate chieftains who serve their communities in the public sector the way Flanagan did.

Many of us complain about how our political discourse has become an endless hyper-partisan knife fight. The solution is to recognize, encourage, groom and support the next generation of David Flanagans if and when we see them.

Chet Lunner

Proposed Carr Woods project 'raises numerous concerns'

The proposed Carr Woods subdivision raises numerous concerns not covered at the September 21 Planning Board hearing. This major, multi-year project located on a narrow 14-acre wooded property, just north of Ft. Williams, now serves as a buffer between two communities. The parcel consists of steep hillside, significant ledge, wetlands and forested wildlife habitat. The project will entail clearcutting, blasting, wetlands destruction, and unknown complications of existing drainage and traffic problems on Shore Road.

The October 6-19 Courier article incorrectly stated that two homes on Littlejohn Road about this parcel. There are 27 residences that about the property, eight on Littlejohn Road. Because the parcel is narrow, the huge duplex condo units will be placed extremely close to the north and south property boundaries,

dwarfing the existing homes.

The project is out of character with the neighborhood and inconsistent with the Comprehensive Plan. The developer's Community Impact Analysis suggests that occupants of these condos would be families with children, retirees or second homeowners. It also noted that the condos would be marketed at \$975,000 - \$1.3 million. The siting of these large condos among ledge and wetlands leaves virtually no usable outdoor space in the development—hardly attractive to families with children. And retirees (I know, I'm one of them) are rarely interested in multi-level, expensive properties on steep hillsides. But investors will be very interested, and they will create a community of short-term rentals. This is the wrong project for this property.

Loel Wisniewski

2022 Publication Schedule					
Issue No.	Ads/Copy Due	Issue Published	Issue No.	Ads/Copy Due	Issue Published
01	Jan 7	Jan 19	12	June 17	June 29
02	Jan 21	Feb 2	13	July 8	July 20
03	Feb 4	Feb 16	14	July 29	August 10
04	Feb 25	March 9	15	Aug 12	Aug 24
05	March 11	March 23	16	Aug 26	Sept 7
06	March 25	April 6	17	Sept 9	Sept 21
07	April 8	April 20	18	Sept 23	Oct 5
08	April 22	May 4	19	Oct 7	Oct 19
09	May 6	May 18	20	Oct 21	Nov 2
10	May 20	June 1	21	Nov 11	Nov 23
11	June 3	June 15	22	Dec 9	Dec 21

Then and Now: Got Milk? Donuts? Cantaloupes? Brooms?

By Jim Rowe

A recent donation to the Cape Elizabeth Historical Preservation Society from Ron Gilbert (CEHS '64) got me thinking and remembering.

The gift was a simple (empty) pint glass milk bottle, complete with tabbed cardboard stopper. Despite the excellent condition of the glass, the bottle looked old. It was from Spurwink Farm (Sprague property), back when milk was produced there and commercially distributed to our local area (until the early 1950s, Ron thought). I imagine that Spurwink Farm Dairy may have found stiff competition from the regional market leaders of the day. Oakhurst, Hood, and Old Tavern Farm home delivery trucks were once omnipresent around town.

I remember the metal milk bottle carrier on our porch. My mom left our payment for our previous Oakhurst delivery and our next order tucked in an envelope among the empty bottles we were returning. It heralded a special few days when her order included a quart of chocolate milk. Living large at the Rowes'!

Then, of course, there were panel trucks from Nissen and Cushman's Bakeries which plied the streets with deliveries of baked goods. Cushman's chocolate sugar and jelly donuts were two of my personal favorites.

For healthier fare and for a brief period of time, there was a truck that peddled fruits and vegetables. The proprietor's name escapes me, but it may have been an early outreach effort by the relatively new Micucci's Wholesale(?). The driver would stop in a neighborhood, roll up the canvas sides of his truck, where the crates of produce were tilted for easy viewing. He would sometimes hand out slightly bruised peaches and plums to us kids- unsalable, but palatable (and free).

And then there was the vision-impaired man from the Maine School for the Blind (now the Iris Network), who would disembark the bus at the foot of our street every three to six months. His white-tipped cane in one hand, he clutched an armload of brooms in the other. The clients in the Blind School's vocational training program produced the high quality brooms and sold

them as an ongoing fundraiser. My mom always bought a new broom, whether we needed one or not. "It's for a good cause," she'd say.

Today, home delivery services are again popping up, due in part to peoples' reluctance to enter crowded supermarkets during the current pandemic. They are also a great time saver for busy households looking to find more hours in a day.

But it's just not the same.



Photo by Jim Rowe

Milk bottle from Spurwink Farm.

Solution to October 20 Cape Cross



Recycling Center fall extended hours

The Recycling Center will be open on the following Sundays for the disposal of leaf/ yard waste, wood waste, and brush only. Fees will be assessed for all items on Sunday, November 14.

As a reminder, no household refuse and/or recyclables will be accepted on the Sundays listed below.

Sunday, November 7; 10:00 a.m. to 4:30 p.m.

Sunday, November 14; 10:00 a.m. to 4:30 p.m.

Additionally, disposal fees at the Recycling Center will be waived for residents transporting their own material and/or items through November 6. Residents are encouraged to bring items normally collected (household waste items such as computers/electronics/etc.) at the recycling center during this time frame.

Commercial haulers will still be assessed fees in accordance with current regulations.

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'Dunham Court is a step in the right direction'

I applaud the town council for paving the way for the Dunham Court project. Affordable housing is desperately needed in our community and this will undoubtedly enhance the surrounding commercial space. To those concerned about the "character of Cape," attacking Dunham Court is misguided, and we should instead focus on areas outside of the town village.

Vast amounts of land within Cape Elizabeth are threatened by development, and the town council has few tools in their arsenal to combat future land sales and subsequent construction that will permanently alter our landscape. A powerful method of preserving this space is by compensating existing owners in exchange for conservation easements and/or transfers in coordination with land trusts and the town.

Our town center suffers from a lack of mixed-use, high-density buildings, suitably

arranged for maximum walkability. Future owners and renters are increasingly prioritizing walkability and density when making real estate decisions. Unfortunately, objective measures of walkability are dismal even for homes in Pond Cove. Dunham Court is a step in the right direction.

I urge all residents to support increased density in our town center, and work to curtail development elsewhere in the community. This will preserve the positive characteristics of Cape for generations to come, create a downtown of which we can be proud, and provide increased revenue for the town. Building a high-density, commercially vibrant center while maintaining a surrounding low-density, sleepy community is necessary for keeping Cape Elizabeth in the forefront of desirable places to live.

Chris Gorski

Grant

Continued from page 1

opportunities centered on a place, in our case Turkey Hill Farm. We will develop stewardship, collaboration, environmental awareness, community identity and intellectual growth. Students will engage in hands-on and long-term projects at CEMS and Turkey Hill Farm in Cape Elizabeth," said Payne.

The new program is already underway at CEMS and consists of a team of two 7th and 8th grade classes, benefiting approximately 80 students this year alone. Payne explained that "our vision is to create a team of 7th and 8th graders who learn and grow together through their connections with each other and a new environment, Turkey Hill Farm. The program is led by an integrated team of 4 teachers who are deeply committed to our students' educational and social-emotional growth."

8th grade student Nell H. has been participating in the program and declared that "Turkey Hill Farm is such a great place to learn, have fun and be creative in a space away from the school."

CELT's Program Coordinator Philip Mathieu echoed the sentiment and excitement for the program: "The educational element of our mission is to create opportunities to connect students of all ages with the natural world here in Cape Elizabeth. Through this program, we are incredibly excited both to increase our programs at the middle school and to root our programs in a physical place [Turkey Hill Farm] that has significant ecological and historical value to our community."

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Town Council approves zoning amendments for the affordable housing project

By Maria Skillings

Council member Nicole Boucher informed the public that there are many openings on sub committees for the town. The town's manager Matthew Sturgis reported that the public safety works tower is close to completion. The antenna will be installed at the end of October. The survey work performed this summer with Sebago Technics will be discussed at a workshop soon. Regarding the solar field at the recycling center, "material prices will go up," said Sturgis. The EV charging station project continues. Installation at Fort Williams will be completed late this fall.

Publisher of the Cape Courier, Tara Simopoulos, spoke to the Council regarding the annual tree lighting that hasn't happened since Covid. She believes the community really needs this festive event this year and hopes the Council will consider it. The council voted in favor of the tree lighting.

General Assistance Ordinance

John Voltz of 33 Phillip Road wonders if the town looked at any other basis of the draft ordinance that fits with town law. He questioned "the legality" and worries about "hunting down individuals for funeral expenses that weren't paid."

Council member Penny Jordan responded, "Each year, we review the appendices, and we look at housing and other benefits. We look at, should we consider the amount of housing at a local level versus a broader level that we have here?"

Town Manager Matthew Sturgis recommended not adopting appendix C. He suggested applying appendix A as the overall maximum application for housing.

Council Chair James Garvin asked, "If no action is taken tonight, will the current appendices remain intact?" Garvin believes they need more time and consideration than they have received. He suggested tabling the issue and proposed a workshop to discuss. The Council voted all in favor to Garvin's suggestion.

Public Hearing - Proposed Tax Increment Financing District (TIF) for the Dunham Court Project

John Voltz of 33 Phillip Road is in favor of the TIF proposal. However, he questions if it's necessary. "They've added more two and three bedrooms to this project. Fewer units, they are getting less funding and there is less profit." Voltz believes if the plan were as proposed, the TIF wouldn't be necessary.

Maureen Clancy of 11 Hemlock Hill Road supports the TIF. She trusts the Town

Council to make the right decision and doesn't believe this should be sent to referendum. Unsure of those opposed to the TIF, Clancy said, "We have a nice safe town, with open spaces and open schools, but we don't want people to access those?"

Sean Fitzgerald of 41 Farmhill Road shared his own personal story with affordable housing. He lived in subsidized housing in Portland while he and his wife were starting out. They lived in a one-bedroom apartment before moving to Cape Elizabeth. They now have two children and know how necessary affordable housing is. He is in favor of the increase on the TIF.

Jan McCormick of 1 Avon Road has worked in affordable real estate development in Maine and New Hampshire for the last twenty-one years. "Tax credit is the only game in town to advance any meaningful scale in affordable real estate." She expressed that in her experience, TIFs allow these projects to come to life.

Kevin Justh of 9 Spruce Lane is in support of the TIF. "Over eighty TIFs have been approved in operational towns like Yarmouth, Freeport and Bath; we have zero. Towns that are smaller than us have affordable housing." Justh wondered if a direct investment or the town acting as the TIF lender, could be a potential option.

Jessica Sullivan of 441 Mitchell Road is opposed to the TIF and needs clarity of the annual gap that will be tied to the loan payments.

Amy Cullen, VP of the Szanton Company, shed some light on the numbers of this project. She explained, by adding more two- and three-bedroom units, it created a gap. "It created less income, which means less debt, which means a larger TIF," said Cullen. She also explained that the Szanton Company would be carrying an \$800,000 initial loan.

Cynthia Dill of Cape Elizabeth is opposed to the TIF and to the affordable housing project. Dill conveyed to the council that there are a group of twenty-five volunteers to send the affordable housing group to referendum. They will be collecting signatures from the town.

The president of the Szanton Company spoke to the concerns of the town. "The project has evolved since August. The TIF has grown because we've added more of the larger units to the building."

Tim Thompson of 6 Pine Ridge Road is opposed to the TIF. Thompson doesn't think taxpayers should be put in the position to fund a project for, "a for profit," company.

Motion by Council member Penny Jordan for another workshop to prep before voting on the issue at the next Town Council meeting. The motion was seconded by Caitlin Jordan. A workshop was scheduled for October 27.

Public Comment: Town Center Affordable Housing Amendments

Linda Riddle of 7 Valley Road spoke of her career as an epidemiologist, specializing in poverty. She wants others to look at this project in the framework of "human potential." "We are not walled off from other communities. Access to affordable housing is a health issue," said Riddle. Riddle believes we need this building in our community. "Children who have stable housing are more likely to graduate from high school, become taxpayers, and less likely to be involved in crime. This is a human potential investment." Riddle finished by saying, "The zoning issues pale in comparison to the good it will do."

Nathan Szanton of the Szanton Company showed great appreciation for the Town Council's time and efforts. He wanted to bring attention to an ad in the Cape Courier and said, "The ad was full of misinformation." He found a total of four misstatements. Szanton clarified that depending on the household size, the income limitation increases. A three-bedroom apartment would house a family making \$59,000 or less per

year. Szanton went on to say the project only requires four zoning amendments, not five as the ad stated. The ad also said the project was being rushed and Szanton deeply disagreed. "The Town Council has been working on this for nine months. It has not been rushed. It's been given a lot of time and thought," he said. In closing, Szanton encouraged community members to meet with them and talk to them about their concerns because they can offer answers and more importantly, facts to all their questions.

Jan McCormack of 1 Avon Road shared, "No one agrees on what affordable housing looks like. I have not heard anyone talk about a true reasonable alternative. This is a really important step forward. Maybe we've forgotten what it means to live in affordable housing." McCormack spoke about her twenties, following a divorce, driving an old car, seeking out a roommate and living paycheck to paycheck because she did not have other resources. She recounts that she would have been eligible to live at Dunham Court. She encouraged others to, "Remember that most of us were there at one point in our lives."

Council member Penny Jordan commented upon closing the public hearing, "I think I need to share with people why I move

-see TOWN COUNCIL page 15

Planning Board approves Spurwink School site plan amendment

By Maria Skillings

The senior project manager from Sebago Technics, Stephen Harding, and architect Josef Chalot joined the Planning Board meeting to discuss the proposed changes and use of the former Spurwink School building. The site location is 8 Scott Dyer Road, currently the vacant building that resides next to the Thomas Memorial Library.

Stephen Harding explained the intended use is for a proposed history center. The former school will be renamed the "Cape Elizabeth History Center." The town has dedicated \$100,000 for improvements and Mr. Harding assured us the use of this building would not have a negative impact on traffic flow. The library was given fifty-three parking spaces and sixteen of those will be allotted to the history center.

Architect Josef Chalot wants to restore the front of the building's entrance to its original open concept staircase. In his design he

proposed restoring the current side railings for safety code purposes. The porch itself will need to be raised to meet the proposed doorframes.

Landscaping will be added to improve the looks of the building as well.

Board member Jonathan Sahrbeck asked Chalot, "Did you think of restoring the signage to that of the original building?" Referring to the sign that existed on the outside of the building in 1919. Chalot believes it is best to modernize it, especially since the original sign no longer exists.

No public comments were made on this topic.

Looking at Chalot's model of the improvements to the building, board member Gilbert expressed, "It looks more inviting" and agrees the additional landscaping will support that.

Mary Ann Lynch motioned to approve the amendments for the site and it passed unanimously.


Wireless Amendments

The amendments under review pertain to essential services major and minor.

No comments from the public were made. Carol Anne Jordan motioned to send the wireless amendment to be considered by the town council. The motion passed unanimously.

Final Comments

The peer review regarding the Carr Woods project should be completed by the end of October.




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News from the superintendent

By Dr. Chris Record



Contributed photo

Dr. Record jumping with a class at the Yellow Tulip planting.

As of the writing of this update, we have successfully completed eight weeks of full-time teaching and learning for all students and staff. We have been able to accomplish this feat because of the incredible efforts of every single member of our amazing staff and the kind cooperation of our wonderful students and their families. All summer we prepared to meet the goal of having full-time instruction and I am thrilled to see this come to fruition. Our multiple mitigation measures including vaccines, universal masking and pooled testing have worked in keeping our number of quarantined students and staff very low. We have had four positive cases so far this year and we had very low impact because of high participation in our mitigation strategies.

In particular, I want to highlight the 1,200+ students and staff that are voluntarily taking part in pooled testing each week. This effort is designed to catch any positive cases early in order to reduce exposure and in turn reduce students or staff missing school. Pooled testing takes an enormous amount of time and effort and I deeply appreciate the staff that have been making this happen so effectively across our district. The opportunity to participate in the testing is still available on a weekly basis. In addition, we are hopeful there will be very positive news regarding a Covid-19 vaccine for 5-11 year olds very soon. We will plan to hold a school-based clinic.

I like to imagine all of our students arriving home each day full of excitement about what they are learning and sharing the fun they are having with their classmates and staff. One of the highlights of my job is spending some time in classrooms in all three of our terrific schools and talking with our students about the school year. Recently I shadowed outstanding junior Phillip Coupe through sev-

eral classes and joined him and his friends for lunch. They shared a variety of thoughts about school (and fantasy football) and were particularly engaged in a conversation about snow days this year. Along the same vein, I also had a wonderful morning visit to CEMS and Pond Cove. I was thrilled to see students engaged in their learning and teachers offering impactful lessons. I really enjoyed hearing from students about their classroom experiences, what they were learning, and what they were creating. There may be nothing better for the soul than talking with young learners. Overall, all of the students in all three schools were highly engaged, intellectually challenged and seemed very happy to be in school with the staff and classmates. I would like to thank the very talented teachers for opening their classrooms to me and for all the students that chatted with me in each class.

One of the highlights of the past few weeks was Cape Elizabeth Middle School partnering with The Yellow Tulip Project (YTP), as part of our mental health programming. This year we celebrated our fourth annual Hope Day, recognizing World Mental Health Day. Students took part in planting our Hope Garden to help spread awareness surrounding mental health and wellness. The "You Will Be Found...@ CEMS" mental health programming is funded through The Thompson Family Mental Health and Wellness Initiative Fund and the Cape Elizabeth Education Foundation (CEEF). Our Hope Garden is located in a raised bed at the front entrance of the Middle School. Each student and staff

member planted a yellow tulip bulb and placed a wooden craft stick as a marker in the ground next to their bulb with their personal message of hope written on it. These markers will also have a green ribbon attached to represent World Mental Health Day. Our Hope Garden not only represents awareness and hope, but also the culture we are working to maintain in our school, a culture which recognizes that no one is immune to mental illness. Maine has the highest percentage of children with mental health disorders. A study in JAMA Pediatrics finds about 1 in 4 children in Maine has at least one mental health disorder, like depression, anxiety or ADHD. That is why we are focusing on the importance of wellness, knowledge of resources and a community that embraces supporting one another while smashing the stigma.

Every month I update the School Board on our student enrollment numbers. This month I responded to a School Board member question by providing some comparison data of some other local districts. What I discovered is overall that our classes by year have remained steady in the number of students for the past five years. What has led to overall student population decline is that some of our bigger classes are graduating out of the system every year. Town Manager Matt Sturgis surmised that those graduating classes are bigger because the last neighborhood built in Cape was the Cross Hill neighborhood around 2000. He also informed me that when Piper Shores opened around that same time many older Cape residents moved out of their homes and many families moved in. Thus, leading to some bigger classes. He further mentioned that Cape has an old housing stock that does not regularly turn over as residents want to stay in Cape even when their children graduate. He also provided me with some residential housing permit data from Yarmouth, Falmouth, Cumberland and Cape. For the past four years, Cumberland and Yarmouth have averaged around 35 permits, Falmouth between 65-85, and Cape between 12-20 a year. Furthermore, Yarmouth and Falmouth have more condos and more apartments available. As I ponder these numbers, I am also wondering what the impact of Yarmouth, Falmouth and Scarborough all having new schools has on their student population growth?

As concluded by the previous Building Committee, we believe it is time for new right-sized modern elementary and middle school buildings for our community. We know that the Cape Elizabeth School District has wonderful students and talented staff; now we need to invest in school buildings that can further enhance our teaching, increase our learning opportunities, and create a warm, safe, and inviting school climate for all learners. The School Board has spent the last four years working with two local engineering and architecture firms (Colby Co. Engineering and Simons Architects-CCE/SA) to study the condition of all three Cape Elizabeth schools. An existing facilities assessment evaluated a full spectrum of major facility improvement needs including repairs, renovations, additions and new construction for each location. One question that was reviewed extensively was whether to renovate or not. The Building Committee concluded it was not fiscally prudent to do so. Even though our buildings have been maintained, we are actually at the end of useful service for our building systems. Furthermore, to extensively renovate Pond Cove and CEMS it would require our students to learn in an expensive "portable city" for several years.

After much consideration and endorsement by the Building Committee, the School Board determined new facilities for Pond Cove Elementary/Middle School, and renovations at the high school would best serve students, teachers and the greater community alike. The Cape Elizabeth School Board has selected the CCE/SA team to develop concept designs for the new Pond Cove and Middle School building on the existing campus in this next phase. A newly formed Building Oversight Committee met on October 28 to begin this process and is aiming for a June 2022 bond referendum.

As we conclude the fall season, I wish all of our teams the best of luck in the playoffs. I have appreciated the incredible turnout of our community to support all of our student-athletes. Our incredible student participation in extracurricular activities is a great sign of a healthy school and community culture. I look forward to our community continuing to come together in the months ahead.

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**RECYCLING CENTER
 FALL EXTENDED HOURS**

The Recycling Center will be open on the following Sundays for the disposal of leaf/yard waste, wood waste, and brush only. Fees will be assessed for all items on Sunday, November 14th. As a reminder, no household refuse and/or recyclables will be accepted on the Sundays listed below.

Sunday, October 31st 10:00 AM to 4:30 PM
Sunday, November 7th 10:00 AM to 4:30 PM
Sunday, November 14th 10:00 AM to 4:30 PM

Additionally, disposal Fees at the Recycling Center will be waived for residents transporting their own material and/or items from **Saturday, October 23rd through November 6th.** Residents are encouraged to bring items normally collected (household waste items such as computers/Electronics/Etc.) at the recycling center during this time frame.

Commercial haulers will still be assessed fees in accordance with current regulations.

Summer Sandlot Team wins 2021 championship



Contributed photo

Front row (L to R) Charlie Bischoff (CE); Gannon Stewart (CE); Jake Tinsman (CE); Peter McCluskey (Falmouth); Macgregor Francis (CE); Chris Romano (Yarmouth); Derek Wolverton (NYA); Back Row (L to R) Charlie Carver (CE); Kyle Durgin (Scarborough); Brennan Dill (Scarborough); Ryan Lefebvre (Scarborough); Gibson Harnett (Yarmouth); Ben Wilson (Falmouth); Will Jackson (NYA); Luke Waeldner (Yarmouth). Missing from photo: Ben Keller (Falmouth) and coaches David Bischoff (CE) and Ben Jackson (NYA).

The Maine Summer Sandlot Baseball League, which is comprised of college-aged players participating on teams from southern Maine, concluded its 2021 season with a playoff tournament hosted by Freeport.

The Cape-based team battled hard and, following back-to-back victories on the final day of the tournament, captured the 2021 MSSBL Championship. The team is

comprised of players from Cape, Yarmouth, NYA, Scarborough and Falmouth and played its home games on Holman Field.

Local players interested in participating in this player-focused men's baseball league (aged 18-25) are encouraged to contact Charlie Bischoff (cbischoff33@yahoo.com) for more information.

Get to know: Friends of Fort Williams Park

By Friends of Fort Williams Park Staff



Contributed photo

The Friends' Stephanie Taylor plants trees and shrubs in the Cliff Walk Landscape.

We all love and appreciate Fort Williams Park, not only as the home of Portland Head Light, but also for its rugged coast, natural beauty, and rich maritime and military history. Its awe-inspiring 90 acres, owned and operated by the Town of Cape Elizabeth, attracts over a million visitors each year. But did you know that the Friends of Fort Williams Park, a 501(c)(3) nonprofit organization, manage and maintain four sites within the park?

The Friends of Fort Williams Park, originally known as the Fort Williams Park Foundation, was established in 2001. Its mission is to preserve and enhance the natural resources and visitor experience of Fort Williams Park by providing planning and stewardship for projects that support the park's ecology, accessibility and open space.

The Ecology Project is the Friends' long-term, park-wide effort to improve the ecological health and sustainability of the park and includes four sites: Cliffside, Lighthouse View, the Children's Garden and the Cliff Walk Landscape. Each site is managed and maintained by the Friends through staff, volunteer coordination, donor support and partnerships with the town.

Cliffside (2012)

In 2010, the initial clearing of invasive plants exposed native trees, ledge outcrops, and stunning views of Casco Bay. In 2011, pathways and steps were added to improve access, boulders were installed to delineate spaces, and stone walls were built to retain the hillside and provide seating. The center of the site was terraced to create a grassy amphitheater with a flagstone stage, and dozens of native trees and shrubs were planted to provide habitats for pollinators and birds.

Lighthouse View (2014)

This heavily trafficked area was improved

with the removal of invasive plants and the addition of native shrubs. A small wildflower meadow and monarch waystation were installed, contributing seasonal color and pollinator resources to the landscape. The food vendor plaza was relocated and existing site functions were enhanced, permitting unobstructed views from the vendor plaza, lawn, paths and overlooks.

Children's Garden (2016)

Designed in 2012, the Children's Garden's one and a half acres feature tunnels, bridges, a biofilter pond and stream, a wildflower meadow, a memorial paver Council Ring and a granite slide. In 2016, stonework, steps, and railings were installed and hundreds of native trees, shrubs and perennials were planted. Recent renovations along with a slide extension and scrambling walls help to make the Children's Garden more popular than ever.

Cliff Walk Landscape (in progress)

This two acre site was once covered in dense thickets of invasive honeysuckle shrubs and bittersweet. Restoration began in 2015 and includes invasive plant management, weed control and the expansion of native plant communities. In May, the Friends were awarded a Maine Forest Service/ USDA Project Canopy Assistance Grant; tree and shrub planting will continue through mid-November. Improvements have also been made to stabilize the steep slopes, while a new trail system improves access to nature and connects visitors to Cliffside and Lighthouse View.

The Friends of Fort Williams Park encourage you to explore and enjoy the Ecology Project sites. This Thanksgiving holiday, the Friends send their gratitude for your support and look forward to your continued involvement in the restoration of the park's natural areas. For more information, visit www.fortwilliams.org.






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Local Business Spotlight: The Old Farm Christmas Place

By Marta Girouard



Photo by Trae Winchenbaugh

Jay Cox's The Old Farm Christmas Place is opening on November 12 and will offer fresh trees, custom decorated wreaths, unique decorations, wagon rides and more.

Jay Cox grew up in Cape Elizabeth and for most of his career has been involved in the marine/fishing industry. He moved to Alaska and Seattle in the mid-eighties while running factory trawlers in Alaska. He spent ten or eleven months a year on boats, but came back to Maine to visit.

Work kept Cox in the Seattle area until 2001 when he decided to move back to Maine with his then 16-year old daughter. His parents grew Christmas trees on a somewhat smaller scale for many years and Cox was interested in getting into the business. He attempted to buy land surrounding his parents to expand acreage but was unable to do so and eventually he bought property at 1148 Sawyer Road. In 2002 he began to restore it for what would become The Old Farm Christmas Place.

The Old Farm offers fresh trees, custom decorated wreaths, unique decorations, wagon rides, hot cocoa and a warm fire for visitors. It sells trees in two ways: pre-tagging for cutting later and "cut and carry out." All trees are paid for at the time of selection or cutting, and there is a \$15 service fee for pre-tagging, which according to Cox helps cover some of the additional costs of maintaining inventory and associated labor. Local delivery is available.

The first deed for Cox's property was executed on January 17, 1787 and was for six and a half acres in what was then the District of Massachusetts. The price of the land was nineteen pounds, ten shillings. William Dyer built a house sometime before 1790; this is the one and a half story, five-bent cape that still stands on the property. Over the next 25 years, Dyer continued to purchase land, eventually ending up with a total of 49.7 acres. This farm was owned and operated by the same family (Dyer, then Hutchinson through marriage) until 1991 when Margaret Hutchinson passed away.

In 1993, the farm was purchased by Tom Hinkle who had the vision and generosity to place an agricultural easement on the farmland (held by Cape Elizabeth Land Trust), and an architectural easement on the house and outbuildings (held by Maine Preservation). Mr. Hinkle, in conjunction with Maine Preservation, nominated the house and buildings for listing on the Secretary of the Interior's National Registry of Historic Places. Due to the remarkable fact that nearly all of the house's original features are still intact, the buildings were accepted for registry in 1997; the listing number is

97000313. This property is one of only seven properties in the town of Cape Elizabeth so listed.

Cox began planting trees on the farm in the spring of 2004 and he plants bare-root, balsam fir transplants which are about a foot tall. It takes at least seven years for a tree to reach market size. He has one worker who is on the farm year-round and hires one or two other people to help with mowing and other work. During planting, which is an intense week, he finds as many helpers as he can and during the sales season he has thirty or more folks on his team.

When asked what his favorite part of owning the Old Farm, Cox said: "My favorite part was the restoration of the land, planning for creation of the Old Farm, and building it out. That and the overwhelmingly positive response from my neighbors and customers. Folks really love this place, and I'm very grateful for this." Farming also presents many challenges. "Too much rain; not enough rain. Good planting stock or troublesome, said Cox. "It's a crop that must be husbanded for up-to ten years, and any major problem during that growing cycle can render a given tree unsalable."

Due to the pandemic, Cox couldn't run the retail store last year which impacted business but on a positive note, he said that trees sold out earlier than normal. "I think people were really looking for a safe, outdoor, family activity last year, and the trees sold out earlier than normal." He added, "all of us in farming are grateful for the tremendous support we receive from the town and townspeople and we're thankful for the unwavering patronage even during trials like the recent pandemic. This year I was unusually short on help for planting. I put out an appeal for help on Facebook, and several of our customers gave up their time to help me get the trees in the ground. Very grateful, indeed."

This season the Old Farm is opening on November 12 and closing day will be December 20. Hours will be 9:30 a.m. – 4:00 p.m. and they will be closed on Mondays and on Thanksgiving Day. The store will be open this year, though on a somewhat limited basis. For more information and updates, visit the Old Farm's website at: <http://www.oldfarmchristmas.com/>. You can also find them on Facebook: @Old Farm Christmas Place and Old Farm Store.

THANK YOU!

TO EVERYONE WHO SIGNED THE PETITION

Your turnout and swift participation exceeded even the most optimistic expectations. Thank you.

TO OUR COMMUNITY

This issue has unified all sides of the political spectrum. Thank you.

TO THE DOZENS OF VOLUNTEERS

Who gave their time and passion to engage in hundreds of conversations with fellow citizens. Thank you.

TO THOSE WHO SPOKE OUT

To correct unfounded and hurtful accusations and innuendos. Thank you.

TO OUR TOWN CLERK

For her courteous, professional and timely assistance. Thank you.

TO ONLINE PARTICIPANTS

Who injected civility and decency into conversations. Thank you.

TO CAPE ESTABLISHMENTS

For allowing petition volunteers on their property. Thank you.

TO ALL WHO HAVE WRITTEN

To the Cape Courier, Town Council and Planning Board. Thank you.

TO THE ENTIRE COMMUNITY

For continuing to be informed, involved and engaged. Thank you.

YOUR FRIENDS AT SAVE OUR CENTER

Grassroots campaigns against wealthy developers often fail—not this time. Together we can succeed. The council will soon set a date for the referendum.

Stay tuned and remember:

PLEASE VOTE!

Visit saveourcenter.org for updates on the town-wide vote

Welcome back to CEHS Theatre

Come join the Theatre Department of Cape Elizabeth High School as they present the joyous, fizzy frolic that is "The Drowsy Chaperone." A parody of the American musical comedies of the 1920s, the story follows "The Man In the Chair," an antisocial yet lonely fan of Broadway, who invites us to listen while he plays a rare recording of his all-time favorite musical. As he sets the needle on the record, the show comes to life onstage, while the Man In the Chair offers his hilarious and critical thoughts on the play, its actors, and the world of musical comedy in general.

The production team includes 26 students in grades 9-12 onstage, a pit band of eight students led by Music Director Joanne Lee, and a tech crew numbering over 40, including students of the CEHS Technical Theatre class, guided by Technical Director Stephen Price. For some of these students, this will be their first production experience since 2019 and it's a delight to see them back at work. They are resilient, energetic, and ready to go!

Director Christine Marshall, Choreographer Ray Dumont, Set Designers Caitlin and Leigh Wold, and Costume Design

Assistant Michael Donovan round out the creative team.

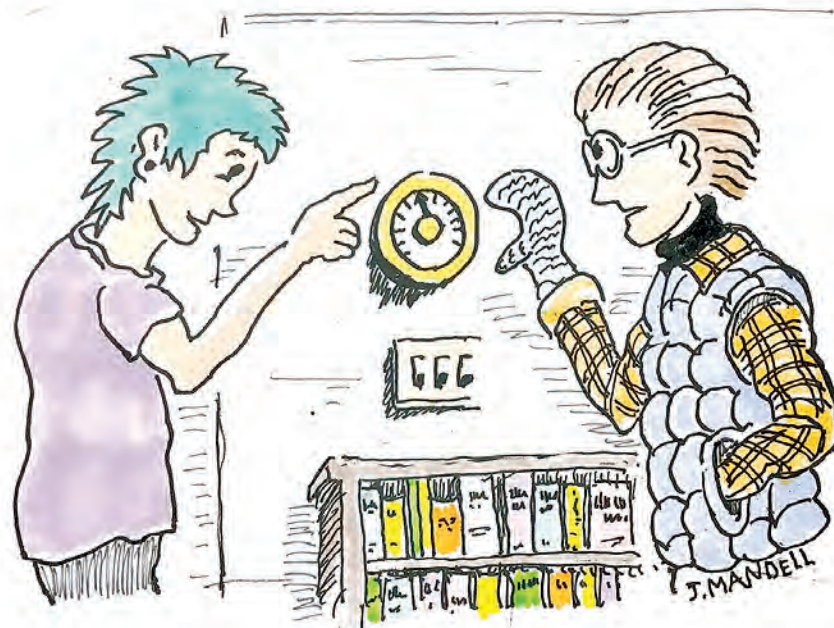
Winner of five Tony Awards and seven Drama Desk Awards, "The Drowsy Chaperone" is an absolute love letter to the American Theatre. With singing and dancing flappers, gangsters, movie stars and many, many monkeys (yes, monkeys!) you will not want to miss this fast-paced, madcap romp.

Performances are Thursday through Sunday, November 18 - 21. Evening performances Thursday, Friday and Saturday are at 7 p.m., with matinee performances Saturday and Sunday at 1 p.m. Tickets are \$15/Adults, \$5/Students and Seniors. Tickets will go on sale on November 4 at Showtix4u.com/events/capetheater

NOTE: CEHS will be seating a reduced house to comply with COVID-19 protocols. Masks must be worn by all audience members. Performers will be masked as well. For more information, please visit facebook.com/CEHSTheatreProgram or email cmarshall@capeelizabetschools.org.

Capetoon: Ready for thermostat chicken?

By Jeff Mandell



Foundation helps TML grow

By Tyler Patterson



Contributed photo

Established in 2005, the Thomas Memorial Library Foundation works to ensure that the library reaches and serves all Cape Elizabeth residents.

Most of the town of Cape Elizabeth aren't familiar with the Thomas Memorial Library Foundation. There are a small number of us who are working hard to remind the town what we do and why it is so important.

Since 2005, the Foundation has worked to ensure that the library reaches and serves all of the residents of Cape Elizabeth now and for generations to come by providing financial support. We have led the way in updating and renovating our library into what it is today with the help of all Capers. With our new library, the focus has shifted to provid-

ing funding for the many programs the library offers while growing an endowment for those hard times, not dissimilar to what we've seen with the COVID pandemic.

We work closely with Rachel Davis, the TMLF Director, to support programs and resources for our community which would not be possible within the library's budget. If you haven't visited the library lately, please join us in browsing the shelves in person or virtually. Additionally, check out the TML homepage www.thomasmemoriallibrary.org to enjoy the many programs and events our library offers.

Our library is at the center of Cape Elizabeth and offers not only a great selection of books, but much, much more. This November when you receive our Annual Appeal letter, we hope that you can donate and support the library with your tax deductible gifts. Your donations provide the resources which help the TML not only serve our community, but allow us to dream and grow.

53rd running of the Maine Track Club Turkey Trot 5K to be held November 21

This year's Turkey Trot 5K will be held at 9:00 a.m. at Cape Elizabeth Middle School on Sunday, November 21, with a Kid's Fun Run at 8:30 am to kick things off. It's a welcome return after a year of Covid that shuttered in-person races across the country, including our Turkey Trot.

With Covid still active, we require all runners show their ID and vaccine card or a negative Covid test taken within 48 of race day when they pick up their bib. And we ask all runners to wear a mask before and after the race. We welcome runners and walkers of all abilities.

The race starts at Cape Elizabeth High School, runs the length of Scott Dyer Road, and finishes at Cape Elizabeth Middle School.

Important note for Cape residents: Scott Dyer Road will be closed for 30 minutes, beginning at 9:00 a.m. for the safety of the runners.

To join the fun, register at mtcturkeytrot.com and click on the Sign Up tab. If you are interested in volunteering, please email Race Director Bruce Rayner at bruce@afitplanet.com

The Turkey Trot 5K is a non-profit race managed and staffed exclusively by volunteers. The net proceeds are donated to Wayside Food Programs (www.wayside-maine.org), a provider of surplus food and community meals to the needy in the Greater Portland area. Over the past five years, the Turkey Trot has donated over \$22,000 to Wayside. And our runners and volunteers have donated over 15,000 lbs. of food for Wayside. Representatives of Wayside will be at the race, and runners are encouraged to bring non-perishable food items to donate.

We are grateful for the generous support from our new and returning sponsors who support this year's race. We encourage all our runners and volunteers to support our sponsors. Check out the list of sponsors at mtcturkeytrot.com.



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The Cape Courier is not affiliated with and does not receive funding from the town of Cape Elizabeth.

Home for family

Continued from page 1



Contributed photos

These before and after photos of a kitchen are part of a renovation project for a family who fled Taliban rule in Afghanistan. Mohammad Nasir Shir purchased the property and launched the project, Emily Mavodones helped organize the effort for the resources to move it along and the Cape Elizabeth community stepped up.

and 50 percent going to visa fees for Nasir's family. I offered up my dad who is a retired contractor to provide some oversight on fixing up the house. My dad Ted Kaynor, my mom Leslie Kaynor and my uncle Mark McCain put in a solid week of working on the house before determining they were too old to do this type of work anymore. That's when I put out the call to [Facebook page] Cape POD for volunteers and the response has been incredible."

Shir said, "It was a mess. Only the sheet-rock was done, all trim work needed to be done, lots of sanding, plumbing, electric and more. Once Emily's parents cleaned the place they were able to identify what needed to be done. Emily's uncle did lots of trim work, including closet doors and etc. Emily reached out to the Cape Facebook community and there is where she found people to tackle floors, carpets and etc. We had so many people on a weekend that when they came, they knew where to head and do the work. Someone...came up with the idea of having a list of things to do in each room and when strangers came to do the work, they would head to the room, fix the item and check it off. It was simple but brilliant. Windows had to be installed, flooring removed and put in another floor, and fix old floors and more. Amazing how much got done so fast. There were some people who dedicated more hours than others, but all in all the help added up and made a big difference. Kitchen counters, floors, painting and all had to be done."

For Mavodones, the experience was a terrific one, saying that "the relationships that have formed, the opportunity to involve my kids in something bigger than themselves, the outpouring of support and generosity from this community- it truly brings tears to my eyes and I feel like I have gained so much more by actively participating in this community effort than if I had just donated money to a big organization half way across the world."

Ultimately, they had over 30 people volunteer. "Aside from my parents, uncle, and a cousin, every single other volunteer was from Cape Elizabeth. We had lawyers scraping up subflooring, and VPs laying laminate flooring. We had teenagers helping their parents paint and friends spending a day together by volunteering. We had a few professionals volunteer, whose help was invaluable for the more skilled projects, but the majority of people didn't

have much experience in home renovations," Mavodones said.

On another front, there was also a need for clothing, furnishing the house and more. This is where the Shir family, high schoolers and a college student took to the task of organizing themselves and made a list of the items needed. They communicated with Mavodones and accomplished a great deal. Shir said, "Everyone was ready to deliver to the house [but] the house had not passed for inspection and had no space." Shir said his basement was full and then they used his brother's garage to store things, so great was the response.

Mavodones said, "All of the furniture, dishes, small appliances, TV, computer, rugs, lamps, towels, clothes, toys and diapers were donated. Some, particularly the furniture, was used, but many of the smaller household items were new. We had girl scout troops donating boxes of toys and doctors donating first-aid kits."

An electrician, an immigrant from Iraq, came to finish the job while sick himself, and a plumber who was an immigrant from Iran came as well. "They knew that they had to do this for the Afghan refugee family, who were on the military base, and had to prepare the place for them. When it passed the inspection, we were all thrilled, and started to take the furniture and move in items," Shir said.

They picked up items in Portland, like a bunkbed, and set it up. "Left and right and every way you turned there was someone to help and support. People started stopping at the property and dropping things off at the doorsteps if no one was there.

People ready to fill the fridge, and wanted to buy welcoming baskets and more," he said.

The former owner of the property was happy to sell it after reading a letter Shir had written, and even donated many things as part of the deal.

Perhaps one of the best parts of the story, at the time of this writing, is that the family does not know the house exists, according to Shir, and is planning on staying in a hotel to clean up and be rested. Shir said, "We will bring the family, pretend it is my sister's house, and there we will surprise him that it is his place."

"When Nasir told me of his idea to surprise the family this way, I...got goosebumps," Mavodones said. "It was also very important for me to have my kids see how lucky they are and how not everyone is as lucky as they are. It's important for me to involve them in this process and for them to see how hard we are working for people that we've never met, not because we will gain something from it, but because it is the right and decent thing to do."

Mavodones went on to say, "I don't want to neglect to mention the huge contribution that Nasir's extended family made with helping us reach the finish line. His daughter, Haleema Shir, and sister, Shukria Wiar, organized all of the donated items, created a google doc to allow people to sign up for specific items and then inventoried all donations as they came in. His sons and nephews helped him pick up furniture and move it to the house. It seemed like he enlisted every one of his relatives to deep clean the house and set up everything once it had been moved in. His daughter was putting together bunk beds on her birthday.

I hope everyone in this town and the entire Shir family are proud of what they were able to accomplish here. It was a true community effort."

The continuing goals include an effort to raise enough money to purchase a used minivan for the family. "As we all know, without public transportation in Cape, a car is a necessity here. If the father hopes to find work, he's going to need a car to get to that job," she said.

The other half of the fundraiser remains to pay for more visa fees for Shir's family members still in Afghanistan. Shir and his mother have determined that if not enough is raised, they will just try to apply for each head of the household to come to the

United States. But then that's leaving the women and children of his extended family in Taliban-ruled Afghanistan. Something Mavodones called "an impossible choice."

Any and all donations to the GoFundMe page would be greatly appreciated. It is called Mainers Helping Afghans and can be found at <https://gofund.me/423d72f0>

"It has truly been an honor for me to get to know Nasir and work with him on this project. It is definitely much more than I had originally anticipated, but as is often said of volunteer work, what I have gotten out of this experience and the joy it has brought me to see everyone step up in such a tremendous way, far outweighs what I've given. Cape Elizabeth isn't perfect, but this project has really seemed to bring out the best in our community. People's support, generosity and welcoming of this family is really something. I would love if what we have achieved here, was able to be duplicated in other communities," Mavodones said.



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Ben Colello brings Eagle Scout expertise to Robinson Woods



Contributed photo

Boy Scout Troop 30's Benjamin Colello recently completed a trail reroute and bridge crossing in Robinson Woods Preserve.

Many Cape Elizabeth recreational trails have benefitted over the years from Eagle Scout projects. Most recently, Boy Scout Troop 30's Benjamin Colello completed a trail reroute and bridge crossing in Robinson Woods Preserve. The new bridge is a beautiful 16-ft span that crosses an unnamed brook just south of the Pond. Each end transitions smoothly into a section of boardwalk to carry preserve visitors away from the wetland to dry ground.

In addition to the physical structures, Ben worked with CELT staff to reroute adjacent sections of the trail, taking into consideration topography, wetland boundaries and

recreational value. Beginning on the Pond Trail just south of where it crosses the pond, the new section loops up and over a rocky outcropping before descending to the stream. Across the bridge, the trail meanders along the stream bank before rejoining the old trail as it heads in the direction of Shore Road. From there, trail users can link all the way back out to the sidewalk or turn north to cross the dam at the end of the pond en route to the main trailhead.

The Cape Elizabeth Land Trust thanks BSA Troop 30 and particularly to Ben Colello for all their hard work on this project.

Swimming season isn't over yet

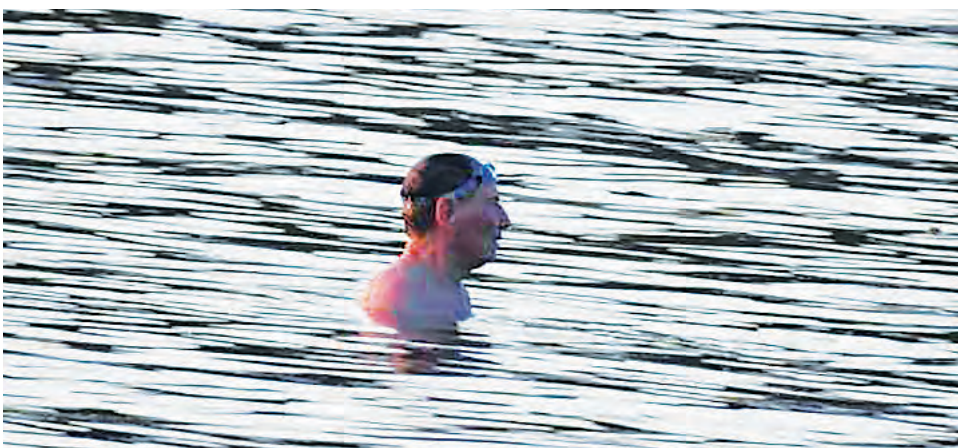


Photo by Martha Agan

Martha Agan went swimming 42 times in the ocean this year and her last time in was October 1. Apparently it was not yet cold enough for Frank Marston, above, who Agan encountered swimming at Crescent Beach on October 14, without a wetsuit.

Cape Elizabeth Land Trust welcomes new Stewardship Manager



Contributed photo

Ardath Dixon, above, has joined the Cape Elizabeth Land Trust as their new Stewardship Manager.

Ardath Dixon joined the Cape Elizabeth Land Trust (CELT) in early October as the Stewardship Manager. In this role, she will be the primary point of contact for most things related to stewarding (or managing and caring for) the lands that CELT protects.

After growing up in Manchester, Massachusetts, then living in Connecticut, New Hampshire, California and North Carolina, Dixon said that she's "glad to be back [in New England]."

Dixon received a Bachelor of Science from Trinity College in Hartford, Connecticut with a Biology major, Religion minor and four years of competitive rowing. This led to work centered around youth development including environmental education work in New Hampshire and social work in New Haven, Connecticut. She took her joy for the outdoors to northern California to serve as a camp director and then a redwood zip

line tour guide, both in Sonoma County.

Her most recent chapter was in Durham, North Carolina, where she earned the Master of Environmental Management degree from the Nicholas School of the Environment at Duke University. Her focus was Ecosystem Science and Conservation, and she received the Geospatial Analysis Certificate.

After having worked to inspire youth to care for the natural world, she sought to become the adult that had been raised in such an environment and bring her voice to the table for professional collaboration. She partnered with land trusts for several projects during her time at Duke, which confirmed her interest in this professional field.

She has maintained her Wilderness First Responder certification and loves trail running, backpacking, skiing, cycling, and anything and everything on the water. From sailing in Casco Bay as a high schooler to backpacking the 100-mile wilderness in 2016, she is excited to be back in Maine.

Dixon is looking forward to contributing to land conservation and stewardship for these cherished lands in Cape Elizabeth and appreciates the warm welcome into the community. She hopes to meet more neighbors and community members as time continues!

Dixon can be reached at ardath@capelandtrust.org.



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Local birding report

By E. Brooks Bornhoff

Connections between the boreal forests in Canada and the movements of wandering winter finches in fall and winter have been closely studied since 2012. According to Tyler Hoar, chief forecaster for the highly anticipated winter finch forecast, this year's 'flight' is not expected to be an irruption year however there should be some southward movement varying by species and location. Unfortunately, Pine Grosbeaks will largely stay close to home as excellent crops of Mountain ash berries are being reported from Lake Superior eastward. A solid spruce and hemlock crop throughout central Ontario to the southern Maritimes (Nova Scotia) will also keep Red Crossbills, Common and Hoary Redpolls, along with Pine Siskins largely within their northerly haunts this season. A significant eastward movement of White-winged Crossbills into the robust spruce crop of Maine's northern woods this past summer leaves open the possibility that these birds may continue wandering south in small flocks.

The silver lining in the finch forecast is that we may see Evening Grosbeaks trickle into our neck of the woods. After the general irruption of Evening Grosbeaks southwards in 2020, forecasts are calling for a possible "echo flight" this year with a "belt of food" between the four large Spruce Budworm outbreaks and where they irrupted too last year. The serendipitous arrival of these erratic northern nomads to my platform feeder for all of thirty seconds late last fall was an event that I will never forget. Having a platform/tray feeder (versus tube, hopper, or house feeders) and black oil sunflower seeds maxi-

mizes the chances of attracting Evening Grosbeaks to your backyard. These massive-billed beauties are also attracted to Maple and Ash trees still holding seeds.

Other noteworthy observations for the last couple weeks of October include, on the 16th three adult Bald Eagles and one Red-tailed Hawk put on a show high above Pond Cove. Their high-pitched squeaky cackles and squeals could be heard throughout the forest below. On this same outing I came across two Palm Warblers in a White Pine along the edge of the pond. Interestingly the vast majority of Palm Warblers migrate only as far as Florida. On the following day, October 17, in a Amelanchier Service Berry shrub in my yard I counted six Blackpoll Warblers, and later in the afternoon a Blackburnian Warbler dropped down from the upper canopy to dine upon the berries produced by this 'Autumn Brilliance' bush.

On October 23 a Hermit Thrush was spotted in this same shrub and later that morning my first of the season Golden Crowned Kinglet was spotted in a dead crab apple tree on our property. That afternoon within the Libby River Farm Preserve in Scarborough I came across five Red-winged Blackbirds. On the 24th, three Northern Flickers were spotted along Shore Road and on this same day the first of the season Dark-eyed Junco appeared below our feeders. By this time last year, we had lots of Juncos in our yard. Additionally, American Robins have been very visible and, on the move, as they begin to flock together to explore new territories during the daylight hours. Lastly, two American Oystercatchers were reported on Long Island in Casco Bay.

November naturalist's corner

By Erika Carlson Rhile
CELT Education Committee Chair

November 4-5: Taurids Meteor Shower
An excellent show with 5-10 shooting stars per hour is expected this year as the New Moon will keep skies dark (*See note about light pollution below). The Leonid Meteor Shower will peak mid-month (November 17), but the Full Moon will block out all but the brightest of the meteors.

November 19, 3:59 a.m. is the Full Beaver Moon. Why the Beaver Moon? This is the time of year when beavers begin to take shelter in their lodges, having laid up sufficient stores of food for the long winter ahead. Dur-

ing the time of the fur trade in North America, it was also the season to trap beavers for their thick pelts. The Abenaki tribe of Maine called the November moon mizatano which meant "freezing river maker moon." With climate change, icing over tends to occur much later.

November 19, 1:02 - 6:52 a.m. is the Partial Lunar Eclipse. The moon will pass through the Earth's partial shadow, or penumbra, and only a portion of it passes through the darkest shadow, or umbra. During this type of eclipse a part of the moon will darken as it moves through the Earth's shadow. Maxi-

-see NATURE page 15

Nature scene around town



Photo by Martha Agan

Taken at Rachel Carson National Wildlife Refuge, the Great Blue Heron (pictured on left) has a wing span of six feet while the Great White Egret (on right) has a wing span of five feet. Great Blue Herons migrate to the Caribbean while Great White Egrets migrate to Central America to spend their winters.

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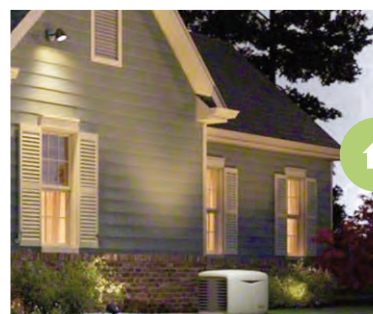


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Running

Continued from page 1

course...[and] took 7th overall in a very competitive field," he said, "Charlotte De-George had her best race in about 2 years, finishing 14th overall. She ran an amazing race, passing about 10 people over the 2nd half of the race to move into the top 20 and really help our team score. Marcella Hesser took 26th overall, in a time of 22:46. Her finishing sprint may have been the difference in this very close team finish. It's always nice to have track speed at the end of a 5K."

Lupien said that Maddie McEvoy may have been the difference maker. After a 37th place finish in Western Maine Conference championships, McEvoy stepped it up and finished 31st in a more competitive field, he coach said, and she secured the team victory with her strong performance.

Team members are ranked before the race as the team's #1, #2, #3 runner and so on. The coach said that Eva Morris also ran her best time, 23:37, on the Twin Brook course, and was the fastest #6 runner on the day. "This is actually very important...as the #6 runner is the tie breaker," Lupien said.

Other runners showed skill and heart, too, with Lupien explaining that Ella Bromage battled through a sore foot to finish in the top 50. "She was the fastest #7 runner, and faster than the #5 runner on 7 of the 13 teams. Ella showed amazing heart and leadership...and I know she is hungry to run in the state meet next week," he said.

The Cape girls earned 79 points, narrowly defeating York High School and Lincoln Academy who finished with 82 each, with Greely right behind with 89. "In a meet this close, every second mattered. Just one or two changes in position over the final sprint could have dropped us out of the top position...or even out of earning a trophy," Lupien said, congratulating his team.

After the girls' team, the Cape boys ran, and also performed extremely well. Lupien said that Logan Ouellette ran a phenomenal race to take the individual title, with Owen Patry and Vaughn Lindenau next to cross the line, taking 2nd and 3rd overall.

"Owen's time of 17:07 was a 34 second course PR and Vaughn's time of 17:13 was a 26 second PR. I am so excited to see Owen and Vaughn race Logan and Connor Daigle next week at states," Lupien said. Logan Ouellette, from Leavitt Area High School, was the South region champion and Connor Daigle, from Medomak Valley High School, was the North region champion. They are top contenders heading into the Class B Cross Country State meet.

Lukas Robinson ran a strong second half of his race to finish 24th overall in a time of 18:41, Lupien said, and that "Ben Colello ran out of his mind in the 2nd half of his race, missing his lifetime PR by just 11 seconds, taking 33rd overall in a time of 18:52. Carter Abrahamsen took 34th overall, eclipsing his course PR by almost 2 minutes. Finn Morris was back in action after a quick trip to the injured list, and took 42nd overall in his return. His time of 19:16 was a 2 1/2-minute course PR. Nathan Ashe subbed in for [Sebastian Hesser], and ran a strong time of 20:04. He was 60th overall...beating 34 varsity level runners in his regional debut."

The Cape boys took 3rd overall, finishing just 2 points behind Freeport for second. Lupien said, "We ran much better than last week...but we can still run better. I truly think we are still in contention for the state championship next weekend...we just need to be a little healthier and a little faster over the final 800 meters."

Trespass complaints, summonses issued for uninspected vehicles

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 9-29 An officer met with a resident of the Shore Road area regarding an ID theft.
- 10-6 An officer met with a resident of the Old Ocean House Road area regarding a trespass complaint.
- 10-6 An officer met with a ranger at Fort Williams who turned over a lost purse. Owner was contacted and property returned.
- 10-7 An officer met with a resident of the Old Ocean House Road area regarding a trespass issue.

SUMMONSES

- 10-5 Portland resident, uninspected vehicle, Ocean House Road, \$148
- 10-6 Gray resident, unregistered vehicle,

- Scott Dyer Road, \$85
- 10-9 South Portland resident, uninspected vehicle, Route 77, \$148
- 10-9 Saco resident, uninspected vehicle, Cottage Road, \$148
- 10-10 Scarborough resident, speeding (59/50 zone) Route 77, \$114

ACCIDENTS

- 10-11 Aiden Ray, Thomas Larouche, accident on Ocean House Road
- 10-11 Rigel Daukas, accident on Two Lights Road
- 10-11 Rhondalyn Dennison, accident on Sawyer Road

FIRE CALLS

Fire calls: 10
EMS calls: 15

Scam alert bulletin board

By Jessica D. Simpson

Smart homes need smart security

Smart homes can bring all of our systems, devices and even appliances online. If this is a route you're taking, know that smart homes need smart security.

When setting up a new device, be sure to adjust the privacy and security settings. For any device that has a default password, change it, and do so again periodically. All of your passwords should be unique and complex. Avoid connecting your email or calendar to smart home devices, along with any other apps that store sensitive information. Also, set up each device so that any new software update uploads automatically. Updates often contain patches to protect against newly discovered vulnerabilities.

Medicare open enrollment scams

It's open enrollment season, which also means it's Medicare fraud season. Eligible beneficiaries have until December 7 to shop for the best deal for their health care dollar. Unfortunately, some of the deals out there won't be deals at all.

Just like in other years, Medicare scams spike during open enrollment season with scammers posing as insurance providers calling and emailing about free gifts or limited time offers. These scams are designed to capture information to bill Medicare for bogus services and

treatment.

Be suspicious of anyone who calls, emails or visits you promoting a Medicare plan. Legitimate health plans can only contact you if you've requested information. Don't give personal information to anyone who calls or visits out of the blue and always review your Medicare summary notice or explanation of benefits statement for fraudulent charges.

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

The AARP Fraud Watch Network is a free resource for all. Learn how to proactively spot scams or get guidance if you've been targeted. Visit www.aarp.org/fraudwatchnetwork or call our dedicated helpline to speak to a fraud specialist at 1-877-908-3360.

Judy's Pantry- a community feeding itself

Due to holiday scheduling for Judy's Pantry we will have one regularly scheduled pantry distribution on November 16 from 3:00 - 5:00 p.m.

Our December distributions will resume on the second and fourth Tuesday of the month from 3:00 - 5:00 p.m.

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Thomas Memorial Library celebrates International Games Week, offers kids' voting week, virtual star party programs

Library Closed for Veterans Day

Thomas Memorial Library will be closed all day on Thursday, November 11, 2021, in honor of Veterans Day. The library will reopen on Friday at 10am.

International Games Week

November 7 - 13

International Games Week is an initiative run by volunteers from around the world to reconnect communities through their libraries around the educational, recreational, and social value of all types of games! TML invites you to "check out" our growing collection of strategy and family-friendly board games (yes, you can really check them out and take them home) and stop by the library this week to play a round of our giant Scrabble game with a friend!

Library Provides Online Access to Graphic Novels and Comics through new service

Thomas Memorial Library patrons can now access a new digital service called Comics Plus as part of the library's participation in the statewide resource sharing consortium. With Comics Plus®, patrons have unlimited, simultaneous access to thousands of digital comics, graphic novels, and manga from 100+ library-friendly publishers — without worrying about holds, wait lists, or monthly limits.

The full collection includes popular, award-winning, and underrated gems for every age range and interest, including Archie; Attack on Titan; Awkward; Berserk; Big Nate; Bone; Fairy Tail; Geronimo Stilton; Locke & Key; Lumberjanes; Manga Classics; March; Nancy Drew; Red Sonja; Stranger Things; and They Called Us Enemy; just to name a few!

To access this collection, download the free app called Library Pass and log in using your TML card number, using the last four digits of your card number as the PIN. Contact the library or visit the library's website for more information or for help in using the app.

November-December Exhibit in the Stier Family Gallery to Honor "Remarkable Maine Women"

The upcoming exhibit in the Stier Family Gallery will feature a group show by the Critique Group at the USM Kate Cheney Chappell '83 Center for Book Art. The inspiration for the show, entitled "Remarkable Maine Women" stemmed from the 2020 celebrations of the Bicentennial of Maine's statehood and the Centennial of the passage of the 19th Amendment. Fifteen women artists from the Critique Group participated in the project, each designing their own books as well as contributing a page honoring a remarkable Maine woman to each of five copies of a collaborative book, which are now on display at museums and maintained in archives around the state. The original exhibit was slated to last for three months at USM, but it was installed just a week before the USM campus was shut down due to Covid-19; there

it languished for the next eighteen months until the campus reopened and the artists were able to reclaim their books.

The exhibit at the library is being curated by Cape resident and Critique Group member Libby Barrett. The artists are thrilled to find a home for their exhibit of artists' books at the library and to have this opportunity to share their discoveries about some remarkable Maine women with the public.

Several of the artists will also be sharing a virtual presentation about their work while the exhibit is on display on November 18 at 6:30 p.m. via Zoom (see details below.) The artists will also present a second program in December for anyone who wants to learn more about this art form or try their hand at creating artists' books themselves. You can view "Remarkable Maine Women" in the Steir Family Gallery from November 1 through December 30, 2021.

PROGRAMS FOR CHILDREN

Kids' Voting Week: Who Will Be Mayor of the Children's Room?

November 1st - 6th

Let your children's voices be heard. Grown-ups all over the country will speak up at the ballot box on Tuesday, November 2nd. At the library, we're giving kids a chance to vote all this week, too! Visit our "polling station" (aka library desk) and you can vote for Book Character Mayor of the Children's Room. All kids get a real "I Voted" sticker!

We know that participating in our democracy is important, so here's a great opportunity to teach our children about voting and what November 2nd is all about. Results will be announced on Saturday, November 6th.

Talk to your kids—who do they want for Book Character Mayor?

Undecided? Do your research! Check out books about each character to make an informed decision.

Book Character Mayoral Candidates:

- Dogman (by Dav Pilkey)
- Pete The Cat (by James Dean)
- The Pigeon (by Mo Willems)
- Babymouse (by Jennifer L. Holm)

Take and Makes

Looking for a crafty way to spend part of your day? Check out the latest Take and Make kit available in the children's room. Always fun, always free! (While supplies last.)

PROGRAMS FOR ADULTS

Virtual Star Party, with Ara Jerahian and the Southern Maine Astronomers Club

Tuesday, November 9, 6:30 -- 7:30 p.m. via Zoom

Rain Date: Tuesday, November 16, 6:30 -- 7:30 p.m. via Zoom

Join us for an unforgettable virtual star party featuring a presentation of the Southern Maine Astronomers' Electronically-Assisted Astronomy (EAA) project. The Southern Maine Astronomers club was awarded a grant from the Bangor Savings Bank Foundation in 2021 to develop its EAA project as a way to conduct star parties in a COVID world. This evening's virtual star party will combine a live tour of the night sky with real-time deep-sky images being captured by specialized equipment — a refractor, camera, mount — all presented with expert narration via Zoom.

For this event, we will tie into Ara Jerahian's observatory in Cape Elizabeth, where he will capture and share several live, deep-sky images over the course of the evening. Ara will also give us a "cook's tour" of the process, explaining all the steps he is taking to capture the images. Other guests from the Southern Maine Astronomers will narrate a tour of "What's Up This Month" in the night sky in between the live objects being photographed.

As you might guess, viewing the stars (even virtually) can only happen under clear skies. In the event of a cloudy evening on November 9, this event will be postponed until the following week. The rain date is November 16. Now, let's hope for clear skies!! We look forward to seeing you!

Register for this program on the library's website.

Remarkable Maine Women: The Making of an Exhibit

Thursday, November 18, 6:30 - 7:30 p.m. via Zoom

What an "artist's book?" The simple definition is "art in book form," but the talented artists who work in this unusual medium regularly take the concept of a book to a whole new level. The current exhibit in the Stier Family gallery features "artists' books" that honor famous Maine women. Join several of the artists whose works are featured in the exhibit for a discussion of "artists' books" as an art form, and find out more about the works on display, including how the artists approached their subjects, and the process of creating these unique works of art. Register for this program on the library's website.

Mammals, with the Center for Wildlife

Tuesday, November 23, 6:30 -- 7:30 p.m. via Zoom

Compared to some of our other animal groups, we mammals are newcomers here on Planet Earth. From meager beginnings, mammals eventually grew into both the largest and most dominant species on our planet. Join Thomas Memorial Library and the Center for Wildlife educators and non-releasable wildlife ambassadors as we talk about mammals found right here in our region!

ONGOING VIRTUAL PROGRAMS FOR ADULTS

Daily Fika (Coffee Break)

Mondays-Saturdays, 10:00 - 11:00 a.m.

Guerilla Poetry Whoop

Second Thursday of the month, 6:30 pm - 7:30 pm

Next meeting: 11/10 (meeting is on the second WEDNESDAY this month)

E-ldering Conversation Group

Wednesdays
1:00 - 2:00 p.m.

AKME Chats, with the Anchor-Age Public Library

Wednesdays, 3:00--4:30pm

-see LIBRARY page 14

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CAPE CALENDAR

By Wendy Derzawiec

Please see the town website, www.capeelizabeth.com for meeting locations

Wednesday, November 3

Appointments Committee 5 p.m.

Thursday, November 4

Appointments Committee 5 p.m.
Recycling Committee 7 p.m.

Saturday, November 6

Household Hazardous Waste Collection Day, Recycling Center, 9 a.m.

Monday, November 8

Town Council 7 p.m.

Tuesday, November 9

School Board Meeting 6:30 p.m.
Conservation Committee 7 p.m.
Town Council Workshop 7 p.m.

Wednesday, November 10

Community Services Committee 5:30 p.m.

Monday, November 15

Appointments Committee 5 p.m.

Tuesday, November 16

Planning Board 7 p.m.

Thursday, November 18

Fort Williams Park Committee 6 p.m.
Energy Committee 6:30 p.m.

Tuesday, November 23

School Board Workshop 6:30 p.m.
Sub Finance Committee 7:30 a.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. Purpoodock Country Club, Spurwink Avenue. 767-7388.

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

SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
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/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

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

Worship: Friday, 7:30 p.m.
Saturday, 10:30 a.m.
Family Shabbat Services:
Second Friday, 6:00 p.m.

Hope Community Church

879 Sawyer Street South Portland
799-4565

www.hopesopo.com

www.facebook.com/hopesopo

Sunday Morning Worship at 10 a.m.
Kid's Church for ages 4 through grade 5
Service videos 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

Sunday Services:

Rite 1 with Holy Eucharist 8:00 a.m.
Rite 2 with Holy Eucharist 9:30 a.m.
Live Streaming on YouTube (stalban-schannel)

Children's Programs 9:30 a.m.

Eventide 5:30 p.m.

Room for all

St John Paul II Parish

St Bartholomew Roman Catholic Church

8 Two Lights Road

207-883-0443

JP2me@portlanddiocese.org

Website: www.JP2me.org

Sunday Mass: 9 a.m.

Monday Mass: 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



CABLE GUIDE

Subject to change. Please see cableelizabeth.org for latest program guide and video on demand.

Cape Elizabeth Church of the Nazarene

Nov. 6, 7, 13, 14, 20 & 21 - 9 a.m.

Planning Board replay

Nov. 17 - 5 p.m.
Nov. 18 - 9 a.m., 5 p.m.
Nov. 19 - 12 p.m.
Nov. 20 - 1 p.m.

CETV CHANNEL 1302

School Board replay

Nov. 10 - 5 p.m.
Nov. 11 - 12 p.m., 8 p.m.
Nov. 12 - 9 a.m.
Nov. 13 - 1 p.m.

Town Council replay

Nov. 10 - 9 a.m., 8 p.m.
Nov. 11 - 9 a.m., 5 p.m.
Nov. 12 - 12 p.m.
Nov. 13 - 11 a.m.

Library

Continued from page 13

Songwriting Workshop (with Jud Caswell)

First Tuesday of the month, 6:30-8:00 p.m.
Next meeting: December 7

Adult Book Group

Third Thursday of the month, 3:00-4:00 p.m.
Next meeting: December 18
Next book: "It Happened in Maine" by Gail Parker



JADE INTEGRATED HEALTH

Physical Therapy Acupuncture Yoga Therapy Massage Therapy

In-Person Portland Yoga Schedule



Monday

10:00 am
Mom & Baby
Yoga

12:00 pm
Yoga for 50+

5:30 pm
Qigong

Tuesday

8:00 am
Morning
Vinyasa

12:00 pm
Gentle Yoga

5:00 pm
Prenatal Yoga

Wednesday

7:00 am
Gentle Yoga

12:00 pm
Gentle Yoga

4:30 pm
Beginners
Flow

Thursday

8:00 am
Morning
Vinyasa

12:00 pm
Gentle Yoga

Virtual Class Schedule Available Online

Register at www.jadeintegratedhealth.com/yoga

Bill Staines to perform at FCC on November 19

Bill Staines will be performing at First Congregational Church, 301 Cottage Road, South Portland on Friday, November 19 at 7:30 p.m. Cost of tickets are adults: \$20 (\$23 day of), kids under 15, \$10. They are available for purchase at the church office, Nonesuch Books and online at: <http://staines.brownpapertickets.com>.

For more than forty years, Staines has traveled back and forth across North America, singing his songs at festivals, folksong societies, colleges, concerts, clubs and coffeehouses. A New England native, Staines became involved with the Boston-Cambridge folk scene in the early 1960's and for a time, emceed the Sunday Hootenanny at the legendary Club 47 in Cambridge. Now, well into his fifth decade as a folk performer, he has gained an international reputation as a gifted songwriter and performer.

Singing mostly his own songs, he has become one of the most popular and durable singers on the folk music scene today, performing nearly 200 concerts a year and driving over 65,000 miles annually.

BUSINESSES/SERVICES

EXTREMELY CLEAN - Deep Cleaning Services. The Way Cleaning Should Be! References/Insured 25+years of experiences Luz Carpenter - 207-329-3757

MUSIC LESSONS

Flute lessons: For beginners and intermediates of all ages. Call Kris: 767-3712.

Piano lessons for all ages. Beginners through advanced. Sandi Palmquist: 329-8345.

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

Voice Lessons with Colby College Voice Teacher and Carnegie Hall soloist Nacole Palmer. All levels welcome. Lessons in your home or via Skype. 207-808-0728.

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.

Sugarloaf Condo available for school vacations. (Christmas, MLK Weekend and February) 4 bedrooms, 4 .5 baths. Prime location. Ski right off the porch. Contact jeanginnmarvin@gmail.com for more information.

Nature

Continued from page 11

mum eclipse is at 4:02 a.m.

Maine is the least light polluted state on the East Coast, but Cape Elizabeth's skies are affected by nearby Portland's bright lights. Light pollution has been attributed to the decline of lightning bugs and the disruption of nocturnally migrating bird populations. Light pollution has implications on human health as well - consider the role light has in circadian sleep rhythms! You can help by turning off unnecessary lights on your property or joining a citizen science project measuring light pollution.

Town Council

Continued from page 4

forward with these amendments." Jordan expressed that when she thinks of vibrancy, she thinks about diversity and affordable housing. She believes that people who are in support of this project see Cape Elizabeth in a broader community. "Businesses can't hire because there is no, or limited housing," are complaints she has received from locals. She voted in favor of these amendments.

Council member Gretchen Noonan spoke of her days growing up in a town of six hundred people. She understands what small town life truly means. "We need to shoulder some of the weight from Greater Portland. We all benefit from low wage labor," she said.

Council member Valerie Deveraux is concerned about the size of this project and the parking situation. She worries about how it will change downtown Cape Elizabeth. "Do we want this big of a development?" Deveraux believes we are rushing to do this and voted no on the zoning amendment.

Chair Garvin thanked the public who have engaged on this project for many months and also thanked his fellow Council members. "I've seen an impressive amount of diligence on this issue and an impressive amount of research and commitment to openly hearing from the community," he said. "When I think about administrative burden, I think of the town being the landlord of a public building." Garvin went on to explain that the original plan for the building was to consist of one-bedroom apartments for ages fifty-five plus. Garvin reminded us that most of the changes to the plan have come from comments from the public and the Town Council. He pointed out that he hasn't heard any compromise from those who are, "vehemently against this." "Perfection shouldn't be the enemy of progress," he said. Garvin acknowledged the plan is not perfect but will be a great step forward because there is so much more to do for affordable housing in this community. "This should be a starting point. It shouldn't be a binary choice of either or." Garvin supports the amendments. He doesn't believe Town Council should push the issue to referendum.

The vote on the Zoning Amendments

resulted, five to two.

Consideration of Referring Food Trucks Within the Town Center

It is suggested that this item be referred to the ordinance committee. Moved by Penny Jordan and Caitlin Jordan. Everyone was in favor.

Appointment of Town Council Representatives to the Building Oversight Committee

The School Board created a building oversight committee. The replacement of Pond Cove Elementary and Middle school, plus renovations to Cape High School. Two councilors to be appointed. Gretchen Noonan and Nicole Boucher were appointed, all are in favor.

Consideration of Extending the Limited Emergency for Remote Meetings

John Voltz of 33 Phillip Road expressed the need to extend this as long as possible, until children are able to be vaccinated.

Public comment closed.

Chairman Garvin doesn't want anyone to feel uncomfortable or unsafe but does see technical issues with the Zoom meetings.

The Council voted to extend until the end of the year.

The Council ended the meeting and proceeded to go into executive session.



Have something to sell?
Having a yard sale? Want to spread the word about a new business or service?
Tell them here!
Classifieds in The Courier work!

Veterans Day

Continued from page 1

dragged on and on.

The 23-year-old I was then tried to think of a way to cut it short, but could not. They stood there, those veterans of wars abroad, who had been through enough already...they stood there and listened.

When my speech mercifully ended, they warmly invited me into their VFW hall. The gentleman who had held the megaphone offered to take a photo of me in my dress uniform, because I told him my mother didn't have one except for the ridiculously empty version that came straight out of basic training.

It was then that I learned that the man who had held the megaphone, in that cold, was disabled. His hands were damaged long ago by extreme frostbite in Korea, and yet it was he who held that metal thing in the freezing rain that morning while we honored those lost in Pearl Harbor.

Another elderly gentleman drinking beer with us had virtually no lower jaw, an injury suffered decades before, that neither seemed to impair his desire to speak, nor his friends' ability to understand him.

I was the youngest person in the room

by perhaps 20 years, but there was an understanding. Some commonality, even though the terrain and climates and politics had been different. What's really different now is that most of them have gone.

A young American who fought in Korea would surely be around 90 years old now, and surviving veterans from World War II are older, and so there are even fewer. The very youngest of our brothers and sisters who served in Vietnam would be in their mid-60s, but most are older.

So, we must not only remember them, but remember for them. Whatever few stories they have told, what photos they kept, and the letters their sweethearts and families preserved, we should also keep, and perhaps share with the next generation.

What they remembered, while they are remembered, should not be lost. Veterans Day is not about commemorating those lost on the battlefield- that is saved for Memorial Day.

Still, for those who served in our armed forces, and made it home, the stories they carried should not be left on the battlefield either. Happy Veterans Day.



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Maine Farms First!

OPEN THRU 12/18

Our Farm Stand at 21 Wells Road will be open until December 18th

New Hours

Farm Stand OPEN DAILY 10:00am – 5:30pm

Squash, Broccoli, Carrots, Sweet Potatoes, Onions, Potatoes, Kale, Beets, Apples, Cheeses, Locally Made Sausage, Pastured Meats, Ice Cream and more!

SOIL PRODUCTS & AGGREGATES

Pick-up or Delivery Call 807-1761

Monday – Saturday 8:00 -5:00 (thru 11/13)

Sunday - Closed

UPCOMING THINGS TO KNOW

- Online market will be open through the winter go to www.jordansfarm.com to learn more.
- 2nd Annual Hands of the Harvest starting November 18th – ceramics, fabric, etched glass, cards and more made by our amazingly talented employees

Jordan's Farm @jordans_farm

IT TAKES A COMMUNITY TO KEEP FOOD GROWING

The Cape Courier presents: 2nd Annual Holiday Tree Lighting



Friday, December
10th (6:30 ~
7:30pm)
on the Town Green

Join us for hot chocolate, carols and holiday cheer!
Special guest appearance by Santa himself!



Tammaro Landscaping



This years' tree provided by:

