

The Cape Courier

Volume 38 Number 19
Oct 22 - Nov 11, 2025

An Independent Not-for-Profit Newspaper
Serving Cape Elizabeth Since 1988

capecourier.com

In the Spirit of Community

Three candidates vie for two Cape Elizabeth School Board seats

By Kevin St. Jarre



Andrew Patten



Caitlin Sweet



Anastasia Troxel

All of the candidates were provided with identical questions, the same word limit, and given the same amount of time to respond with answers and a photo. Their responses are printed below, as *The Cape Courier* received them, up to the word limit. The candidates are Andrew Patten, Caitlin Sweet and Anastasia Troxel.

Q- What are your top priorities when it comes to teaching and learning in the classroom, focusing on what is taught and how it is taught?

Andrew Patten- A board has responsibility for curriculum at the highest level of governance. The board's responsibility is making sure our curriculum meets state standards. My top priority is interacting with our trained professionals. They have a track record of continuous success and where things

have needed corrections, those modifications have been made. How a curriculum is taught is not part of the board's charter. I look forward to learning curriculum from colleagues and district staff. Boards ask professionals to lead the discussions regarding curriculum so that appropriate budget decisions can be made to support the chosen curriculum. Boards should stay away from micromanaging staff in the daily work they are trained to do. School boards, with little experience in instruction, should not be in the business of choosing textbooks. Curriculum reviews and planning often take several months as staff collaborates with their colleagues to determine what is best for the district after having received feedback from the community, central office and the school board. Let's educate children so that they have the skills and knowledge for a career and life in the 21st century, whether the student is college bound or preparing for a vocation.

Caitlin Sweet- The school board's role is to monitor how effective our curriculums are by monitoring the data we get from testing and our staff in order to oversee responsibly implementing changes as needed. When we got feedback about our reading curriculum recently, we oversaw a process where our current program was evaluated, a new program selected and piloted, and then teachers trained and a new program implemented. I don't believe the school board's role is to get into the weeds on exactly what and how subjects are taught. I supported (and will continue to support in our budget) adding the roles of an English/Language Arts and a Math strategic coordinator to our district. These positions evaluate how our ELA and Math curriculums flow from K-12. This bird's eye view on the efficacy of our entire program is something that positions our district to give our children the best education possible. I believe that children should receive an education that, beyond the basics, teaches them the importance of critical thinking, kindness and empathy for others, and the tools to determine what they want to do after they graduate, whether that is college or any multitude

of other exciting paths.

Anastasia Troxel- As a candidate for the school board, my top priorities for teaching and learning center on fostering academic excellence, confident students, strong community ties and mental health awareness. I advocate for a curriculum that challenges students with rigorous, relevant content while promoting critical thinking and creativity. How we teach is equally vital—empowering educators to use innovative, inclusive methods that inspire curiosity and adaptability ensures students thrive. I prioritize professional development for teachers to stay current with best practices, fostering classrooms where students feel valued and confident. Mental health awareness must be woven into our policies, equipping schools with resources to support students' emotional well-being. Building a sense of community means engaging families and local partners to create a supportive environment that enhances learning. As a board member, I will focus on policies that balance high academic standards along with all-encompassing student development, leaving implementation to skilled administrators. My vision is for every student to graduate prepared for future challenges, grounded in a strong sense of self and community.

Q-What do you bring to help to manage the in-process renovation and construction of school projects?

Patten- I have experience serving on municipal financial boards and experience reaching collaborative agreements regarding costs. I believe in good stewardship of school department dollars. The new school is not just a school project, it is also a town project. This project needs to be viewed as a "Big Tent" effort that welcomes all residents to feel proud of the school. We need to lower the temperature in our town and get as many people on board as possible in the most respectful way possible, given everyone's different financial circumstances. I hope to play a part in this effort. The district hired an own-

er's project manager whose role is to serve as the town's advocate overseeing the general contractor and project scheduling among other duties. Our district has also formed a School Building Committee that will allow for advisory participation by school staff, community members and a member of town council. Finally, I believe in continuing to give our facilities director the resources to prudently spend funds to improve conditions of the town's three largest pieces of real estate, namely our three schools.

Sweet- I served on the SBAC and played an important role in developing the new school design. One of the most important things I took from the SBAC is that while this is a school building, it is a community project and will be a community asset. I hope to use the lessons I learned on that committee to try to help bring us all together again in anticipation of what this project can do for Cape Elizabeth. My value to this next phase of the project is experience with public communications and this project specifically, and my relationships with the school facilities staff, the owner's rep, Harriman, and the community members passionate about this project. I have been nominated to serve as vice chair of the new building committee and look forward to getting to work if reelected! This is a very exciting time to be a part of the school district and I feel privileged to have been a part of what got us here and very hopeful about being a part of this big step not just for the school but for our entire community.

Troxel- Through personal and professional endeavors, I have solid history in both construction and project management which allows me to offer practical experience with Cape Elizabeth's school renovation and construction projects. Having led a recent multi-unit resort renovation project, a modern, commercial new construction project in Eastport, Maine and multiple custom home builds in Cape Elizabeth, I bring hands-on expertise in design, material procurement and construction oversight. This background ensures I understand the complexities of large-scale projects, from planning to execution. My proven skills in management allow me to prioritize cost-effective solutions without compromising quality. I will advocate for transparent, data-driven decisions, collaborating with administrators, committees, and stakeholders to keep projects on schedule and within budget. I will also advocate for establishing a dynamic and proactive committee dedicated to securing grants and fundraising opportunities specifically for the comprehensive school building projects to strengthen financial support. My focus is on delivering safe, modern facilities that support academic excellence and student well-being, aligning with our community's vision for the schools.

-see SCHOOL BOARD page 15

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 The mission of The Cape Courier is to foster a sense of community by presenting news specific and unique to Cape Elizabeth and its residents, and, whenever possible, to promote volunteerism within our community.

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

NEXT ISSUE: Nov 12
DEADLINE: Noon, Oct 31

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Today's date: _____

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Support for Reiniger

We are writing in support of Tim Reiniger for Town Council. As retired senior citizens we know that Tim cares about us and the many other people who are cost burdened by tax increases that exceed inflation. In his one term on the Council, as Chairman he helped guide the Council to deliver a budget that kept the tax increase to 2.6%, one of the lowest tax increases in the last twenty years. In contrast, without Tim's leadership, this year, the Council led by Penny Jordan, approved a 7.3% tax increase!

Tim is also committed to retaining paper streets to enhance the access of residents to shore areas, an issue opposed in the past by the two incumbents running for re-election. Tim knows that maintaining these pedestrian passageways is a benefit to all who call

Cape Elizabeth "home."
 Finally, Tim is a national leader on artificial intelligence. He knows that AI tools can support municipal employees to provide improved services to residents. From chat boxes to energy management to building applications, Tim wants to make sure that municipal employees are trained and able to use the vast array of tools that AI will provide us in the coming years.
 Lastly, Tim is a gentleman who will carry out his duties as a councilor in a quiet and diligent manner. He listens. He is accessible and he always treats the public who seek to engage in public policy with respect.
 Tim is the change we need. We will vote to re-elect Tim Reiniger.

David and Shar Andrews

Support for Patten

While working to bring our community together on the most recent school bond, I found myself in the room with Andrew (Andy) Patten many times. And while we are in different life stages, he and I continue to connect on our shared values: support for strong public schools as the center of a thriving community, collaborative problem-solving and responsible town planning. Andy brings a wealth of experience. He

has a degree in elementary education, raised three children who attended public schools and spent over 30 years in global business. He also served on a town finance committee, including a year as chair.
 You will often see Andy listening first, speaking last. He values input from all residents — parents, seniors, educators and taxpayers. With recent tensions in our town around school funding and facilities, we need steady, collaborative leadership like his. I have deep respect for Andy.

He supports high-performing schools, strong support for teachers, and smart investment in facilities, while being mindful of the town's overall budget.
 Andy believes, as I do, that strong schools are the foundation of a strong community. He's ready to lead with respect and make balanced, informed decisions for current and future Capers.
 Please join me in voting for Andrew (Andy) Patten on November 4.

Eliza Matheson

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'Hats off'

Hats off to the many people who worked to make the Cape Elizabeth Climate Action Plan a reality and to realize its first goal: installing 5 high-efficiency heat pumps behind the Community Services Building ("Climate Action Plan Gains Momentum," 10/1-10/21, 2025).
 The Town Council, the Energy Committee, Town Manager Patrick Fox, Facilities Director David Bagdasarian, and others have worked long and hard to get this far. I look forward to seeing solar panels on the capped landfill at the Transfer Station. Bravo!

Susan Payne

'Yes on Question 1'

This November, Mainers have the chance to strengthen confidence in our elections by voting YES on Question 1. This measure, "An Act to Require an Individual to Present Photographic Identification for the Purpose of Voting," is a commonsense step toward ensuring that every ballot cast in Maine is both accessible and secure.

Question 1 provides several important improvements:

- Free IDs for every voter who needs one. The law requires the Secretary of State to provide no-cost, non-driver photo IDs, so every eligible voter can easily meet the requirement.

- Provisional ballots with time to verify. Voters who arrive at the polls without photo ID will be able to cast a ballot and be given four days to present their identification, protecting both access and accuracy.

- Enhanced safeguards for absentee voting. The proposal requires a fresh request for each election, secures drop boxes, and ensures all ballots are handled with integrity.

By voting yes, we make our system stronger, more transparent, and more trusted. Photo ID is already a part of everyday life, whether boarding a plane or picking up a package, and applying the same standard to voting simply makes sense.

Maine has a proud tradition of civic participation. Question 1 builds on that tradition by giving citizens confidence that our elections are fair, secure and worthy of trust. I urge my neighbors to join me in voting YES on Question 1.

Laura Morris

**-see more LETTERS
TO THE EDITOR
on page 3**

2025 Publication schedule		
Issue No	Ad/Copy Due	Issue Published
01	Jan 3	Jan 15
02	Jan 24	Feb 5
03	Feb 7	Feb 19
04	Feb 28	March 12
05	March 14	March 26
06	March 28	April 9
07	April 11	April 23
08	April 25	May 7
09	May 9	May 21
10	May 23	June 4
11	June 6	June 18
12	June 20	July 2
13	July 4	July 16
14	July 25	August 6
15	Aug 8	August 20
16	Aug 22	Sept 3
17	Sept 5	Sept 17
18	Sept 19	Oct 1
19	Oct 10	Oct 22
20	Oct 31	Nov 12
21	Nov 14	Nov 26
22	Dec 5	Dec 17

Support for Jordan

As someone who had the privilege of working alongside Penny Jordan on the Town Council for three years, I look forward to voting for her this November. I've disagreed with Penny on several major issues recently, but having alignment on an issue or two isn't, to me, a compelling reason to give someone my vote. I'm more concerned with the integrity with which someone conducts themselves. In that respect, I believe Penny's credentials are impeccable.

On the Council, I was able to observe how thoughtful and deliberative Penny is. I've never seen her insist that she alone has the right answers or that her experiences, such as being a small business owner, are universal; rather, she consistently seeks a wide variety of feedback from the community to inform her decisions. Time and again I've seen her push for public hearings,

community forums, surveys, and other engagement mechanisms while consistently responding to correspondence and openly engaging in conversation. She truly listens and tries to understand how her decision-making will impact people.

Penny also values the history and character of this community while recognizing that change is sometimes inevitable. Rather than letting changes lead us, she works to be sure that, as a community, we are out ahead of these issues. That ability to manage change is the mark of an effective leader. And it is this genuine, selfless leadership that has earned her my vote. I hope my fellow Capers will consider re-electing her to Town Council this November.

Gretchen Noonan

Support for Harriman

I am writing to voice my strong support for Caitlin Jordan Harriman in the upcoming Town Council election. Our community deserves a leader who listens, acts with integrity, and understands the challenges facing both families and local businesses. Ms. Harriman has demonstrated a consistent commitment to these values.

Over her terms on the Council, she has approached problems with common sense and a collaborative spirit. I have personally seen her take the time to hear concerns from residents and work toward practical solutions.

She has a vision for manageable change and sustainable growth, without sacrificing the character of our town.

Elections are about trust, and I trust her to serve with transparency and dedication. I

encourage my fellow residents to join me in voting to re-elect Caitlin Jordan Harriman for Town Council. Together, we can ensure a bright future for Cape Elizabeth.

Jim Huebener

Support for Troiano

Cynthia Troiano is an outstanding choice for Cape Elizabeth Town Council.

At the October 1 Candidate's Night, Cynthia delivered a clear, confident and substantive performance. She spoke with conviction and depth about several substantial issues: the flawed property tax revaluation, the need for fiscal responsibility, and the growing threat of overdevelopment that risks the unique character of our town.

Cynthia stands out for her authenticity, energy and fire. She speaks plainly, holds officials accountable and takes action when residents' concerns are ignored. When the Cliff House Beach parking issue went unresolved, she went door-to-door to unite neighbors and press for a fair outcome.

She also offered a commonsense solution to a growing problem: ensuring that tourism revenues keep pace with the wear on our roads, so that our tour companies, not Cape taxpayers, pay for the infrastructure damage caused by the increasing number of tour buses.

Cynthia understands the strain that rising property taxes place on Cape's residents, especially young families trying to build their lives here and seniors on fixed incomes who are being priced out of the community they helped shape. She is committed to restoring balance, fairness and accountability in how our town manages its finances.

These are the qualities of a hardworking, transparent and trustworthy problem solver - someone dedicated to putting Cape residents first.

Please join me in voting for Cynthia Troiano for Town Council.

Pietrina Owen

'Look at the facts'

Question 1? Answer: NO!

Look at the facts...

Voter fraud is minuscule in U.S. elections: reported cases of fraud over the past 13 to 38 years is reported at significantly less than 1%; never enough to swing the legitimate results.

Voter fraud in Maine is even more rare: Several sources indicate that voter fraud has been virtually nonexistent in Maine. According to the conservative think tank The Heritage Foundation, Maine has seen only two cases of voter fraud since 1982 (both were prosecuted).

Voter fraud is serious, which is why there are already protections built into the system to protect against it.

Mail-in voting is safe and critical in a democracy. The nationwide rejection rate for mail-in ballots has remained consistently low in recent years, at 1.2% in the 2024 general election. Mail-in ballot security is maintained through identity verification, ballot tracking and strict penalties for fraud. Historical analysis and experts confirm that documented cases of mail-in fraud are extremely rare.

Most recently, in the Northeast, 21.3%

of votes were cast by mail. Research indicates that expanding voting options, especially by sending ballots to registered voters, can have a positive effect on voter turnout.

In Maine, we are proud to have high voter turn-out. This is helped by no-excuse absentee voting, early in-person voting and same-day registration. The more people vote, the better our chances the majority is represented. Which is what voting is all about.

Keep voting in Maine easy, accessible and fair. Vote NO on Question 1.

Ellen Liss



REINIGER

TOWN COUNCIL

Progress Not Politics

"Cape faces serious fiscal and tax challenges, and I believe we can meet them with a spirit of moderation and a creative balance of smart financing and innovative planning. My goal is to protect taxpayers with a strategy of bonding deferred infrastructure needs and disciplined budgeting."

- Tim Reiniger

- Former Cape Elizabeth Town Councilor (Chair, 2024)
- Attorney specializing in information law and policy and digital rights law
- Cape Elizabeth Land Trust, Member
- Graduate of Georgetown School of Foreign Service & University of Michigan Law School
- Husband to Alice Reiniger and father to Charles & Robert

WHAT DOES PROGRESS LOOK LIKE?

- **Fiscal Responsibility** – Keep Cape affordable through disciplined budgeting, protecting residents from excessive property tax increases, and careful spending choices amid new middle school cost (12% tax increase by itself), rising operating costs (7.3% in the current year), and deferred facility maintenance.
- **Smart Use of AI** – Utilize Artificial Intelligence to provide town employees the tools to streamline services, modernize zoning and permitting, and make the property revaluation process more objective and fair.
- **Prioritize Funding Capital Projects** – Bond critical repairs to Pond Cove Elementary, Cape High School, the 1934 Building, replacements of culverts (including Sawyer Road), Shore Road improvements, and Casino Beach; for a total of \$45 million. Twenty-year bond financing would yield a 13 to 1 savings to taxpayers compared to cash funding over the same period by means of annual municipal CIP budgets.
- **Community Resilience** – Protect neighborhood livability with residential permit parking and restrictions on Shore Road parking near Cliff House Beach. Preserve the Sawyer Road connection to Scarborough as a flood-resilient and beloved route.
- **Nonpartisan Leadership** – Provide an independent, solutions-oriented voice focused on collaboration and the best interests of all Cape residents - not partisan politics.

WE CAN DO THIS! For more info: TimReiniger.com

Paid for and authorized by the candidate

Multiple dog bite complaints

Reoprted by Debbie Butterworth

PUBLIC INFORMATION

- 9-17 An officer met with a subject in the Spurwink Avenue area regarding possible criminal mischief to a vehicle.
- 9-18 An officer met with a resident of the Ocean House Road area regarding a dog bite complaint.
- 9-22 Two officers responded to a residence in the Mitchell Road area for a domestic disturbance.
- 9-25 An officer responded to a location in the Broad Cove area for a report of an unattended small child.
- 9-27 An officer spoke to a resident in the Fowler Road area regarding a dog bite complaint.
- 9-28 Two officers responded to a residence in the Broad Cove area for a well-being check.
- 9-28 An officer responded to a residence in the Mitchell Road area for a domestic disturbance.
- 9-28 A subject dropped off a found purse at the police station. Owner was identified and property returned.
- 9-29 Two officers investigated a report of a threatening statement made by a known subject.
- 9-28 An officer met with a resident of the Shore Road area regarding a dog bite complaint.
- 10-1 An officer on patrol discovered a stolen item in the Bowery Beach area. The reporting agency was contacted and item returned to owner.
- 10-4 An officer checked the area of Sawyer Road for report of a suspicious vehicle.
- 10-4 An officer met with a resident of the Mitchell Road area regarding a dog complaint.

SUMMONSES

- 9-17 Cape Elizabeth resident, speeding (45/30 zone), Old Ocean House Road, \$170
- 9-17 Portland resident, speeding (50/30 zone), Sawyer Road, \$230
- 9-18 Cape Elizabeth resident, operating after license suspension, Ocean House Road, \$325

- 9-19 Cape Elizabeth resident, speeding, 50/30 zone) Ocean House Road, \$170
- 9-19 South Portland resident, speeding (39/30 zone), Sawyer Road
- 9-23 Cape Elizabeth resident, failure to keep to the right, Mitchell Road, \$154
- 9-25 South Portland resident, failure to stop for red light, Spurwink Avenue
- 9-26 Bath resident, failure to stop for a red light, Ocean House Road, \$146
- 9-28 Michigan resident, speeding (44/25 zone), Scott Dyer Road, \$170
- 10-2 Cape Elizabeth resident, failure to stop for red light, Ocean House Road, \$146
- 10-2 Portland resident, uninspected vehicle, Fowler Road, \$148
- 10-2 Cape Elizabeth resident, failure to stop for red light, Ocean House Road, \$146
- 10-5 Naples resident, unregistered vehicle, Shore Road, \$85

JUVENILE SUMMONSES

- 9-26 Cape Elizabeth resident, failure to stop for red light, Ocean House Road, \$146
- 9-30 Cape Elizabeth resident, refusing to stop for an officer
- 9-30 Cape Elizabeth resident, criminal speed
- 10-4 Scarborough resident, speed (59/50 zone), Ocean House Road, \$114

ACCIDENTS

- 9-16 Bradford Campbell, Kadenace Coolidge, accident on Two Lights Road.
- 9-16 Dorothy Addison, Adam Delia, accident on Two Lights Road.
- 9-16 Addison Miller, Bennett Hooper, accident on Ocean House Road
- 9-29 Merite Malembe, accident on Spurwink Avenue
- 10-6 Mary Kurucz, accident on Shore Road.

FIRE CALLS

Fire calls: 15
EMS calls: 54

Scam alert bulletin board

By Jessica D. Simpson

Medicare Open Enrollment Scams

October marks the start of Medicare open enrollment, and unfortunately, the peak season for Medicare fraud. From October 15 to December 7, eligible beneficiaries can review options and make changes to their Medicare health and Part D prescription drug plans. But not every offer is what it seems.

Each year, criminals take advantage of open enrollment season by posing as insurance providers. They may call, email or show up offering free gifts or limited-time offers, all designed to steal your money, Medicare information, or even your identity.

At the same time, advances in modern medical technology create new opportunities for fraud criminals. Medicare beneficiaries should be cautious of devices advertised as medical monitors or promoted for uses they weren't designed for. To stay safe, rely only on equipment prescribed by your doctor.

To protect yourself from Medicare schemes, avoid sharing personal information with anyone who contacts you unexpectedly about Medicare. Legitimate plans can only reach out if you've requested information or already have an existing relationship with them. Beneficiaries can safely compare legitimate plans and change enrollment by going to medicare.gov or by calling 800-633-4227.

Cybersecurity Awareness Month

October is National Cybersecurity Awareness Month – a great time to remind ourselves just how much of our lives take

place online and the potential threats that exist in the digital world. Any device that stores information or connects to the internet could become a target for cybercriminals seeking to steal your data.

Here are four important ways to help stay safe online:

First, always use strong, unique passwords for each online account you own. Even better, investigate options for getting a free or low-cost password manager such as Bitwarden, Dashlane, LastPass and others. Newer to the marketplace are passkeys that offer hope that we can move beyond passwords. They verify a user with a biometric (like facial or fingerprint recognition) tied to the device being used to gain access. You can read more about them at aarp.org/personal-technology/passkeys-future.

Second, set up multi-factor authentication when available as added security that goes beyond your username and password to verify that it's you using your account or device.

Third, turn on automatic software updates to keep your devices up-to-date and secure.

And finally, know that it's no longer safe to click on links from emails, texts, and online ads. Instead, type web addresses into your browser to ensure you aren't sent to a copycat site and stick to sites you know and trust.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

CEHS sports in the 1950s and 60s

By Steve Hill

Sports have always been an important part of life in high school and Cape Elizabeth High School is no exception.

The Cape Elizabeth Historical Preservation Society will bring Cape Elizabeth High School sports from the 1950s and 1960s to life on Tuesday January 6, 2026 with a program of memories and stories from that bygone era.

The event will be held at the Community Room at the Thomas Memorial Library starting at 6:30 p.m. A panel of student athletes from that time will start things off and hopefully there will be Cape alumni in the audience to add to

the memories.

Readers of this article are encouraged to reach out and invite anyone who might be interested in sharing memories or just learning more about athletic experiences from the time period. The panel will include Carol Barber, Sue Weatherbie, Keith Weatherbie, Harold Pachios and Steve Hill.

Come and learn what sports were like at CEHS in those days. You might also find out why the high school baseball field is called Holman Field, why the middle school baseball field is called Reynolds Moulton Field and why the Maroon Marauder is a memory from that era.

Please contact Steve Hill at stevenshill1950@gmail.com with any suggestions or questions.

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News from the Superintendent

By Dr. Chris Record

Happy Fall to all of you! Our opening month or so of school has gone very smoothly. Staff and students are highly engaged in teaching and learning across our three schools. Before I share some brief highlights, I would like to introduce you to the newly forming Greater Cape School & Community Alliance.

Coordinated by the Cape Elizabeth School Department, the Greater Cape School & Community Alliance unites our schools with professionals from a variety of local organizations. These partnerships will increase understanding of the current economic landscape to better prepare our students for their futures and help ensure our students have the skills employers are looking for in this fast changing world.

We are seeking individuals from organizations in the broader Cape community, including small, medium, and large for-profit businesses, nonprofit organizations, NGOs, government agencies, and other community organizations. These partners will join school staff from across the district to support the development and implementation of our community and career connected education programming. Our goal is to include one representative from a variety of career sectors, and anyone with a business or community organization perspective is welcome to join! Please contact our Student Pathways Coordinator at scoombs@capeelizabethschools.org (Sarah Coombs) if you are interested in joining or learning more.

Another way to engage with our school community is to volunteer. Last school year at Pond Cove alone, we 3,425 volunteer hours! Please contact our Volunteer Coordinator, Sarah Gagne, at sgagne@capeelizabethschools.org.

In order for you to have a window into our schools, I share some quick highlights from each of them.

At Pond Cove, in second grade we are utilizing the 2nd Grade for ME curriculum. 2nd Grade for ME is an interdisciplinary, whole-student instructional program adapted from Boston Public Schools' Focus on Second curriculum. It supports students' growth across literacy and language, science and engineering, social studies, the arts, and social-emotional learning. Grounded in research-based practices and aligned with Maine's Learning Results, the program fosters both academic development and student agency—as learners and as citizens. With its intentional and integrated design, 2nd Grade for ME engages students in meaningful, developmentally

appropriate learning that connects thinking with doing across a range of topics.

Over the course of the school year, children and teachers embark on four in-depth studies:

- How We Learn in our School Communities
- The Forces of Wind and Water
- Connecting Places, Connecting People
- The Power of Pollinators

At CEMS, staff and students are collaborating to institute a new Caper Code. The Caper Code is CEMS' set of Universal Behavior Expectations. Like Peaceful Pond Cove, we are committed to supporting students in being Safe, Respectful, and Responsible in all areas of our school in order to make sure CEMS is a safe and welcoming place for students to learn.

Over the course of the year, CEMS will hold grade level and school wide assemblies focusing on different areas of the Caper Code. Recently we held our first schoolwide assembly and activity focusing on RESPECT!

Meanwhile at CEHS, our new Bridges Program is underway. It is a great example of a team of teachers honoring the district's stated value that aims to "honor multiple pathways and alternative definitions of success." This is the result of a review of both quantitative and qualitative data that told a story of a cohort of students that required a purposefully different "pathway" to personal success in their school experience. I find the creative responsiveness of the CEHS team collaborating to build this fresh option for our students is commendable.

Also at CEHS, we had over sixty 11th and 12th grade students volunteer to serve as Upper Links, dedicated year-long mentors to our new Class of 2029. They helped plan and facilitate the 9th grade orientation held at the beginning of the school year, and together set a magnificent tone and message of respect and care. This, we believe, will help shape the culture of student life in the school to advance the district value to foster "personal integrity, empathy, responsibility, and respect for self, others."

There was a tremendous amount of work completed over the summer by our teachers across all three schools. One hundred and seven teachers collaborated over the summer to complete 38 different projects to enhance pedagogical practice, improve instructional methods, develop curriculum, and address specific learning needs. Staff across the district have worked tirelessly to ensure a successful and enriching school year for our students. The time and effort invested over the summer in developing and implement-

ing new, student-centered curriculum and programs—grounded in research-based best practices—reflects their deep dedication and commitment to excellence in education. Some of the projects completed:

- The For ME training and curriculum design for our 1st and 2nd grade teams
- Curricular alignment across math courses in the middle and high school
- Development of units and common assessments in our World Language Department
- Interdisciplinary unit development and cross curricular planning
- The design of new programs for stu-

dents (i.e. Bridges at CEHS and Homebase at CEMS)

Finally, we are excited to establish a new School Building Committee to serve as an advisory body to advise and support the School Board and School Department staff on the design and construction of the new Cape Elizabeth Middle School and the renovations to Pond Cove Elementary School. Please go to <https://www.cape.k12.me.us/ocesd/page/buildingproject> for regular project updates.

As always, thank you for your support of our schools. I look forward to seeing you at various events and games throughout the fall.

Understanding changes to the Affordable Care Act Premium Tax Credits

By Rep. Michelle Boyer

With all the news coming out of Washington, it is easy to feel both overwhelmed and confused about what is happening at the federal level. As a member of the Maine Legislature's Health Coverage, Insurance and Financial Services Committee, my colleagues and I have been closely monitoring the impacts of HR 1, also known as "The Big, Beautiful Bill," to determine how it will affect insurance costs for Maine families throughout the state.

Recently, I had the opportunity to attend the 8th annual Health Care for Maine conference, hosted by Consumers for Affordable Health Care (CAHC). Throughout the day, health care and administrative professionals delivered several presentations detailing the expected impact of HR 1 on Maine residents and how the Maine Department of Health and Human Services (DHHS) is preparing to handle these changes. One of the most striking statistics: across the country, HR 1 will result in \$1.1 trillion in health care cuts over the next 10 years.

One of the ways this will impact Maine residents, including here in Cape Elizabeth, is through cuts to the enhanced premium tax credits—a credit available through the Affordable Care Act Marketplace that lowers the cost of health care premiums for middle-class Americans who do not receive insurance through their employer. The current tax credits were not included in HR 1, so unless Congress comes to an agreement to renew them, they are set to expire on Dec. 31. A statistic provided by DHHS estimates that these tax credits save eligible Mainers approximately \$2,160 per year.

Despite this looming expiration, I want to be clear that the loss of these tax credits is not inevitable. HR 1 includes multiple new tax breaks for corporations and extremely wealthy individuals. It extends and continues many other credits currently in law, but specifically ends this vital credit that allows middle-class families to buy insurance. It is a policy choice that has been made at the federal level, and there is still time to reverse it. Here in Maine, DHHS has been advocating loudly for the renewal of these credits. In the Legislature, my colleagues and I are in constant discussion to find ways to make health care more affordable and to increase access for those who need it most. Recently, I signed onto a letter spearheaded by Sen. Donna Bailey and Rep. Kristi Mathieson that calls on our congressional delegation to fight for the extension of these tax credits.

If you are feeling overwhelmed about what the loss of these tax credits might mean for you, I strongly suggest turning to CAHC, which is a Maine-based group dedicated to guiding consumers towards affordable and equitable health care coverage. While I hope congress takes action to renew these tax credits, we're also exploring every option at the state level to protect Maine families from these cuts. Health care should be a right, not a privilege, and I will continue to stand firm on that principle with every vote I cast and every conversation I have.

Please do not hesitate to reach out if you have any questions or concerns. I can be reached at michelle.boyer@legislature.maine.gov.

Representative Michelle Boyer is serving her first term in Maine House representing Cape Elizabeth.



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Harriman announces re-election campaign for Town Council

(Press release) - Caitlin Harriman, of 83 Old Ocean House Road and owner of Alewives Brook Farm, a Jordan/Harriman family farm, announces her re-election for another term on the Cape Elizabeth Town Council.

Harriman, who was formally Caitlin Jordan before getting married, was first elected to the Town Council in 2010 and has served consecutively since that first election.

During her time on the council, she has served on the Future Open Space Preservation Committee, Maine Bicentennial Celebration Committee, Spurwink School Committee, Harbors Com-

mittee, the Thomas Jordan Trust and the Ordinance Committee, including time as the Chair. Harriman also is a member of the Cape Farm Alliance and has been a Casco Bay Youth Hockey board member for ten years.

"I'm running for Town Council because I'm very committed to my community, and I feel as though I can represent our town as we balance our desire for maintaining our heritage and our founding principles with the need for adaptability as our society faces challenges and changes," Harriman recently told the Portland Press Herald.

Harriman and her family have a long

history in Cape Elizabeth. Her family, part of the Jordan family who helped to found the town, go back 13 generations. Her family's most recent history dates back three generations farming Alewives Brook Farm, which her family still operates today.

Harriman has a unique knowledge of the history of the town, while also being a small business owner and a farmer, her family members continuing to make a life within the town's fisheries as well. "I feel it is important to ensure that the way of life of Cape Elizabeth continues as it has for so many generations, that the protection of open space, the heritage of farming and fishing be remembered and continued," said Harriman.

"I am not a big advocate of many things changing, but change is inevitable and ever evolving," said Harriman. She would not describe herself as a "change agent" but instead believes it is her role to listen to voices in the community, experts and others who can provide useful information and decide how to manage these types of changes. "I don't have any specific changes in mind, but want to be a part of the mechanism that shapes the changes that are bound to occur regardless."

During her time on the council, Harriman has dealt with issues varying from short-term rentals and paper streets to a re-write of the sign ordinances based on new caselaw and senior property tax relief.

In her recent time on the council, Harriman supported the school bond measure being placed on the ballot in June, along with supporting the Town Center Zoning Ordinance Amendments, both of which were supported by voters.

"My agenda is to handle the issues that arise, and make the best and most informed decision that I feel is in the

interest of the town," said Harriman. "I hope to continue to preserve our unique way of life, that is slowly disappearing from many communities all around us. I love Cape Elizabeth and I know there is still important work to be done. Just like with my work on the farm, I do not like to leave jobs unfinished."

Harriman hopes that you will support her re-election on November 4.



Contributed photo

Caitlin Harriman

Judy's Pantry – a community feeding itself

Judy's Pantry operates at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of each month from 3 – 4:30 p.m.

Prior registration is necessary. Recent eligibility guidelines for visiting Judy's Pantry have eased.

Please contact Beth Owens: bethowens1@gmail.com.

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Two Cape seniors win at final CEHS cross country home meet

By Kevin St. Jarre



Photo by Kevin St. Jarre



Photo by Kevin St. Jarre

Liam Nudd and Avery Palmore are seniors on the Cape Elizabeth High School cross country running team, and the two fleet-of-foot athletes won that day, each coming in first individually.

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

Avery Palmore and Liam Nudd are seniors on the Cape Elizabeth High School cross country running team. The boys' and girls' teams recently competed in its final home meet of the season at Gull Crest fields, and the meet was the final home competition for the two who will graduate this year. It seems only fitting, then, that the two fleet-of-foot athletes each won that day, each coming in first, leading their teams to victory.

According to Coach Andrew Lupien, "Our senior meet at Gull Crest on Thursday was a huge success and the perfect way to close out the regular season. Both the boys' and girls' teams earned impressive wins, capping off the day with strong performances across the board."

He went on to say, "It was especially exciting to see seniors Liam Nudd and Avery Palmore capture individual victories in their final races at Gull Crest — a fitting tribute to their years of dedication and leadership at CEHS. Adding to the excitement, sophomore Leo Ferrey and freshman Anna Chang took second place in the boys' and girls' races, respectively, showing that the future of CEHS cross country is bright. While it will be hard to say goodbye to Liam, Avery, and the rest of our senior leaders, their legacy will continue to inspire the next generation of runners."



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Noelle Mallory sets new record for career goals at CEHS

By Kevin St. Jarre

In a game when the Cape Elizabeth High School girls' soccer team was hosting York High School, during the second half, Noelle Mallory broke the CEHS school scoring record with 74 career goals.

Mallory, asked about the accomplishment, said, "I am so excited for the team as well. We are having quite the season!"



Photo by Joanne Lee

Noelle Mallory recently broke the CEHS girls' soccer scoring record with 74 career goals, and her scoring continues!

I feel extremely grateful for that accomplishment; those 74 goals were the result of our whole team's efforts. You can't realistically score without an assist, and I want to give credit where credit is due for those 74 assists."

She also said, "We are seeing every single player who steps on the field contribute. Playing in a game [like the game against York] where 7 different players each score a goal feels very special. I can't wait to see what the rest of the season has in store, and am so proud of everything the team has accomplished so far."

According to Andy Strout, long time coach and whom Cape Elizabeth Athletic Director Jeff Thoreck refers to as the sport's historian, Noelle Mallory scored 24 goals as a freshman, 22 as a sophomore, 14 as a junior, and 14 thus far as a senior for a total of 74.

The record had been held by Maggie Cochran, CEHS Class of 2022, who scored a total of 73 goals in her time at CEHS. Notably Cochran scored 32 goals her sophomore year.

Another of Mallory's stats thus far while she credited her goals to the 74 assists she received from teammates, it's worth noting that Mallory has racked up 33 career assists herself.

The CEHS girls' varsity soccer team will host Freeport at their final regular season home game on October 21 at 7 p.m. on Hannaford Field behind Cape Elizabeth High School. It would be a terrific opportunity to bring a blanket, buy some food from the Snack Shack, and pack the stands to cheer on the girls.

Capetons: Post-peak fauxliage

By Jeff Mandell



CELT's annual meeting is Nov. 9

When some residents of Cape Elizabeth first gathered 40 years ago to form the Cape Elizabeth Land Trust, they wanted to save Cape's "pretty places" from the rampant development of the 1980s. Since then, CELT has conserved 900 acres, and land conservation has evolved to include farmland preservation that honors our past, public access trails that improve mental and physical health, and outdoor learning experiences that can spark a lifelong love of our natural world. After 40 years, where is land conservation going now?

On Sunday, November 9, Cape resident Jeremy Gabrielson will be the keynote presenter at CELT's Annual Meeting. He will

share his experience as Director of Conservation Planning at Maine Coast Heritage Trust. His work focuses on conservation of natural places in coastal Maine, with an emphasis on coastal resiliency, coastal access, and centering cultural and economic uses of land. He is also a former town councilor in Cape Elizabeth, which gives him a uniquely local outlook.

The public is invited to attend this free annual gathering at the Purpoodock Club that afternoon from 3:00-5:30 p.m. CELT volun-

- see CELT page 11



Cape Elizabeth School Board Select TWO for a three year term:

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✓ Caitlin Sweet



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Maine DOE announces CEHS' Mark Ashe as Financial Literacy Teacher Leader Fellow

By Kevin St. Jarre

The Maine Department of Education Office of Teaching and Learning has selected Mark Ashe as one of its 2025-2026 Teacher Leader Fellows. Ashe has taught Social Studies at Cape Elizabeth High School for more than two decades, and is currently the school's Social Studies Department Head.

In a press release, Maine DOE explained, "These exceptional educators bring diverse expertise and passion to their work, helping to strengthen teaching and learning across the state. Each Fellow will engage educators in their focus area, curate resources, and provide professional learning opportunities that expand access, equity, and excellence in Maine classrooms."

Among other social studies courses, Ashe teaches economics, including at the Advanced Placement level, where he connects personal finance to broader issues of justice and democracy. He helps students to see how topics like compound interest or student debt intersect with systemic inequities and national policy, according to the release.

He also runs a financial planning and investment advisory firm, bringing real-world expertise into his teaching on business, investing and financial planning. Ashe looks forward to continuing his mission of promoting financial literacy as a foundation for equity and civic engagement.

Asked to explain what the new role will entail, Ashe said, "As a Teacher Leader Fellow, I will be creating and curating resources

for other educators as they seek to promote financial literacy for their own students. This will involve meeting regularly with the other Teacher Leader Fellows and with the Chief Teaching and Learning Officer for the Maine Department of Education, working with professionals in the finance field, and interacting with teachers across the state. These efforts will culminate in a few projects that I hope will help improve financial literacy in meaningful ways."

Ashe said that while he is still exploring ideas for his work in this role, his priorities revolve around three different aspects of financial literacy.

"The first is that I plan to create a fairly comprehensive set of resources, housed on a single platform, related to attending and financing college or post-secondary education. My hope is that a centralized financial 'hub' will aid Maine's parents, teachers and school counselors in helping students better understand the resources and strategies available to financing post-secondary education. For example, my goal is to educate Mainers about programs like Maine's 529 NextGen college savings program, federal tax credits and incentives, federal and private loan programs through the Finance Authority of Maine, student debt relief options, etc. My hope is that this will make it easier to access the available programs and incentives that are currently offered at the state and federal levels. In addition, my plan is to provide commentary on and analysis of these various programs to

help students and families better understand the financial implications of their post-secondary options," Ashe said.

His second focus centers on connecting financial literacy to social justice. "As someone who teaches financial literacy, I not only want my students to understand how their choices impact their own financial security, but I also want them to gain a deeper appreciation of the socioeconomic inequities that are pervasive in our society. For example, an understanding of the principle of compound interest, a basic mathematical concept, can be used to help students see that wealth inequality among various demographic groups can't simply be erased through individuals working harder and saving more. Applying financial principles to social problems not only builds greater empathy in students, but it also better equips our future leaders to more effectively address these problems through public policy choices," he said.

Ashe's third focus centers around promoting greater financial literacy among those who work in public education. He said, "This last project has two purposes. For an educator to be at their best for their students, it is important that they themselves be less burdened by financial stress. My hope is to empower public school employees to improve their own financial lives and to promote changes in their own school districts that will put school employees, in general, on a sounder financial footing. Secondly, because financial literacy is currently not a required course at any level of education in the state of Maine, the more informed all educators are about their own financial choices, the more likely we all are to successfully engage with students on these issues, regardless of the

subject matter or grade level of the students that we serve."

Ashe said, "I think that it is highly commendable that the Maine Department of Education is committed to supporting Maine's students through the Teacher Leader Fellowship program. I think that investing in Maine's teachers is a smart way to enhance educational resources and opportunities for students around the state."

Outside of teaching, Ashe enjoys traveling and watching sports with his wife and two sons. More information about his financial planning and investment advisory firm can be found at educatedinvestors.org.



Contributed photo

Mark Ashe, an Economics teacher at CEHS, will be the Financial Literacy Teacher Leader Fellow for Maine Department of Education.

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Cape Elizabeth alums help lift Red Tide to Nationals

By Peter Kelley

Red Tide, Maine's men's club Ultimate Frisbee team founded in 1988, made history on September 21 at the Northeast Club Regionals in Fort Devens, Massachusetts. For the first time in 26 years, Red Tide earned a berth at the USA Ultimate National Championships and several Cape Elizabeth High School alumni were central to the breakthrough. Red Tide's Cape contingent included Henry Babcock, Noah Backer, Justin Strout, Jack Sands, Joe Jacobson, Tucker Livingston, and Stewart Kelley.

Seeded sixth in a sixteen-team field where only the top three advanced to nationals, Red Tide opened Saturday with a 13-9 win over Colt (Connecticut), followed by a 13-11 upset of third-seeded Phoenix (Ottawa). After a loss to top-seeded Boston DiG, they capped the day with a commanding 15-9 quarterfinal win over fourth-seed Blueprint (Brooklyn), earning a spot in Sunday's semi-final bracket.

Sunday began with a semifinal loss to powerhouse PoNY (New York City), forcing Red Tide into the "back-door" bracket. The team then outlasted Montreal Mephisto 15-14 on "universe point," Ultimate's sudden-death overtime, before defeating Phoenix

again 14-12 in the decisive "game to go." The victory over Phoenix secured Red Tide's first Nationals appearance since 1999.

The USA Ultimate National Championships take place October 23-26 in San Diego, where Red Tide will face the nation's elite and proudly represent Maine on the sport's biggest stage.

Pictured on right: Justin Strout, Tucker Livingston, Joe Jacobson, Jack Sands, Noah Backer, Henry Babcock, Stewart Kelley.



CELT

Continued from page 9

teers will be honored at the event and new Board members confirmed during a brief business meeting. Light refreshments will be served.

Participation is open to the general public and free to all. Registration is required at www.capeandtrust.org. Contact: Patty Renaud (207) 767-6054 email patty@capeandtrust.org.



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TML offers programs on beginner rugbraiding, Zentangle

New Digital Resource: GetSetUp

Starting in November, TML cardholders will have access to a new online platform called GetSetUp. While accessible and appealing to everyone, GetSetUp was built specifically with older adults in mind as a way to provide more opportunities for social connection, personal growth, and lifelong learning.

With a wide array of short online courses, you can explore art and creativity, nutrition and wellness, technology, and more. In addition to both live and on-demand classes, GetSetUp also offers peer guides, virtual community, and many accessibility features. We hope you will explore this exciting new resource and tell us what you think.

Our Library of Things is growing!

Did you know you can borrow kits to help measure and record the amount of electricity consumed in your home at the library? Or a radon detector? We are excited to announce that along with our large collection of board games, binoculars and more, we are adding ukulele kits to check out. Contact Thomas Memorial Library to learn more about borrowing these items today and look for more offerings in the near future.

SPECIAL EVENTS (ADULT)

Beginner Rugbraiding: Make a Braided Bowl!

Saturday, November 1, 1:00 - 4:00 p.m.

Join us in welcoming back teachers Pam Rowan and Cathy Winship, who will follow up on their March mug rug workshop with a new easy project—a braided bowl. This class will teach you rug braiding basics, and you will come away with the skills to finish making your own braided bowl. Limited to 12 participants; registration required.

Zentangle with Cathi Belcher

Saturday, November 15, 1:00 - 4:00 p.m.

Zentangle is a form of meditative drawing that anyone can learn. Join us for a spe-

cial class with Cathi Belcher and discover the beautiful results you can get by simply drawing a series of straight lines, dots and curves. In this class, you'll learn the history of Zentangle, what it is, and a series of patterns you can use beyond this class to create beautiful, original art work and gifts for your family and friends. Limited to 20 participants; registration required.

Special All-Ages Film School: WALL-E

Tuesday, November 18, 5:00 - 8:00 p.m.

For this month's edition of Film School, TML is having a very special all-ages screening and discussion of "WALL-E." For the first time, anyone and everyone is invited to watch a movie together and talk about it after—and there is lots to say. "WALL-E" is the only Pixar movie to be included in the esteemed Criterion Collection. Kids, tweens and teens, we would love for you to join us and share your thoughts on what makes this movie so special. And grown-ups—don't skip this opportunity to discover why animated movies aren't just for kids.

Senior Social Hour featuring live music from VentiCordi

Wednesday, November 19, 1:00 - 2:00 p.m.

Join us for another special Senior Social Hour filled with music, this time from classical ensemble VentiCordi. Led by violinist Dean Stein and oboist Kathleen McNerney, VentiCordi has delighted audiences and critics throughout the state of Maine.

Perpetual Nature Journaling with Rebekah Lowell

Saturday, November 22, 2:00 - 4:00 p.m.

Artist, author and Maine Master Naturalist Rebekah Lowell is returning to TML for a brand new creative workshop. Nature Journaling is a practice that can help us see the natural world around us more clearly; a Perpetual Journal is one where you draw one natural object a week over 52 page spreads, and start

over year after year until the book is full. By the end of five years, your journal will be full with the phenology around you and serve as a record of your natural observations over time. Helpful supplies to bring would be a sketchbook, waterproof ink pens, and watercolors. Registration limited to 15 participants.

RECURRING PROGRAMS (ADULT)

Senior Social Hour

Every Wednesday from 1:00 - 2:00 p.m.

Death Cafe, with Davinica Nemtow

Thursday, November 6, 6:30 - 8:00 p.m.

Songwriting Workshop, with Jud Caswell

Tuesday, November 4, 6:00 - 8:00 p.m.

FE Recurring Programs - Children's

Messy Minis: Mondays, 10:30 a.m.

Let your imagination run wild and join us for Messy Minis time in the Community Room. For budding artists ages 2-5 or anyone who enjoys creative play.

Baby Storytime: Tuesdays, Noon

This program is designed for infants and toddlers from birth - 18 months old and their caregivers. Join Family Engagement Assistant Sarah Gabrielson for 15 minutes of short stories, finger plays, rhymes, songs, and movements followed by 30 minutes of free time to play and chat. Capacity for this program is 25 people. No prior registration required.

Play Group: Wednesdays, 10:30 - 11:30 a.m.

Join us for this drop-in play session for children and their caregivers. The Community Room is open for exploration during this time, with special toys and stations while you visit with friends. The capacity for this program is 25 people. Doors open at 10:25 am. Arrive early to secure your spot.

Toddler Story Time: Thursdays, 10:30 a.m.

This program is for children who are not ready for a traditional story time but who love to sing songs, move their bodies and listen to stories. This gentle introduction to the routines and props of story time is great for curious, wandering wigglers ages 1-3 and their caregivers.

Preschool Story Time: Fridays, 10:30 a.m.

Join us in the Community Room for songs, stories, and Belinda the Bear! Geared toward children ages 3-5 or anyone who enjoys listening to a solid two stories.

Lego Club : First Tuesday of the month, 3:30 p.m., November 4

Come free-build or pick up a challenge card to try something new. Masterpieces will be put on display until the next Lego Club meeting. No registration necessary.

Venture Club

Every Wednesday from 2:45 - 4:30 p.m.

Venture Club is a teen-led board/card game and D&D club for teens 13 and up, with an emphasis on board games. We'll try to play new games every week. No prior gaming experience is needed. Snacks will be provided.

Library Squad

First Friday of the month, 2:45 p.m.

Library Squad is a group of young people who advise on library happenings. Members of the squad have a designated book recommendation shelf. They help design displays, craft children's room decor, and provide feedback and ideas on library programs. Monthly meetings include snacks, social time, the occasional craft, and cool vibes with friends and librarians. For tweens and teens ages 11 - 13.

TLC: Teen Leadership Council, for ages 14+

Last Friday of the month, 2:45 p.m.

The Teen Leadership Council (TLC) will meet once a month on the last Friday of the month. Among other topics meetings will include snacks, chatting, and teen-led discussions about library programs and policies. Join us and build your leadership and advocacy skills while establishing connections with your community.

Family Engagement Special Programs

Dinosaur Daze - A Prehistoric

Storytelling Adventure

Saturday, November 8, 1:00-2:00 p.m.

Join award-winning storyteller Jackson Gillman for a prehistoric comedy of stories and songs that will have you stomping, soaring, and singing along. Jackson incorporates song, story, comedy, dance, mime, and sign language into his own intimate style of theatre. For children and families ages 5+. No registration required. The capacity for this event is 50, please come early to secure your spot.



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Local birding report

By Brooks Bornhoff

Each year around this time, I eagerly await the Finch Research Network's special forecast predicting which boreal birds—known as “winter finches”—might grace our backyards during the colder months. These northern nomads typically reside in Canada's vast forests, but when natural food sources like seeds and berries run low, they often journey south in search of better foraging. Unlike predictable seasonal migrations that many songbirds follow, irruptions are driven by ecological pressures and represent irregular movement of birds into areas where they're not typically found—often in large numbers and outside their usual migratory patterns.

According to this year's report, nature is setting the stage for one of the most exciting irruption years since 2020–2021. A widespread failure of seed crops—especially White Spruce, Tamarack, and White Birch—across the boreal regions from central Quebec to Manitoba is driving many finch species farther south than usual.

Highlights from this year's report include moderate southward movements of Pine Grosbeaks, Pine Siskins, and Evening Grosbeaks. Pine Grosbeaks last descended upon ornamental fruit trees across Cape five years ago, while Evening Grosbeaks—those bold-beaked beauties—will hopefully be visiting feeders stocked with black oil sunflower seeds. Just as exciting, the forecast predicts strong southward pushes of Purple Finches and Redpolls.

Redpolls are tiny Arctic finches with fiery red foreheads and a heartiness that defies their size—they tunnel into snow to sleep, store seeds in their throats, and migrate in dazzling, erratic flocks that can appear and vanish like a winter squall. For me, Redpolls have long been, in birding terms, a nemesis bird—one of those elusive species that always seems just out of reach, as if actively avoiding me irruption winter after irruption winter.

Other noteworthy mentionings in the forecast include Red-breasted Nuthatches and Bohemian Waxwings. Red-breasted Nuthatches have already irrupted and can be found threading through our woods with their nasal calls. As for waxwings: Bohemians are larger and more vividly adorned, with gray-

ish underparts, a black mask and neck, and rufous undertail coverts. Cedar Waxwings, by contrast, are sleeker, with warm brown chests fading into pale yellow bellies. Bohemians favor northern boreal forests and irrupt south unpredictably in winter, while Cedars are more widespread year-round here in Cape.

A few brief notes from the yard and field over the past two weeks: On the summery afternoon of October 4, I made a brief but rewarding trip to Richmond Island. Highlights included a Northern Harrier coursing low over the fields, countless Yellow-rumped Warblers, and four sparrow species: White-throated, Ipswich, Song, and Lincoln's. Lincoln's Sparrows are subtly elegant songbirds with finely streaked buffy chests, gray faces and delicate mustache stripes. According to Peter Vickery, author of “Birds of Maine,” this sparrow is rather common but often overlooked during fall migration. The bird I saw materialized from the island's rambling thickets shortly after I heard his soft, gurgling song. With a little patience, the bird eventually revealed itself and sang its wren like ditty again, perhaps with a lingering echo of summer days long past, territorial instinct or courtship rehearsal. Lincoln's Sparrows' breeding range starts in the Downeast region (Great Heath) Mount Desert Island and extends northward and west.

Additionally, on October 8, a southbound male Wilson's Warbler and a female Black-throated Blue Warbler passed through my yard. Unlike many warblers that adopt drab fall plumages or skulk in the understory, both male and female Wilson's retain their bright yellow below and yellowish-olive above, with the male's jet-black cap lending a touch of drama. One of the smallest warblers in the U.S., the Wilson's is a pure delight—its spritely dances and circular tail-wagging exude a kind of feathered charisma.

And lastly, while spending a few days in Acadia National Forest recently I visited the Wendell Gilley Museum nestled in Southwest Harbor. Wendell Gilley was a pioneering wooden bird carver whose work helped elevate bird carving from a folk craft to a respected art form. Born in 1904 in Southwest

-see BIRDING REPORT page 14

Voters to decide two citizen initiatives on ballot

By Kevin St. Jarre

Maine voters are asked to choose on two citizen initiatives on the ballot this autumn, and early voting is underway. Those questions are:

QUESTION 1: “Do you want to change Maine election laws to eliminate two days of absentee voting, prohibit requests for absentee ballots by phone or family members, end ongoing absentee voter status for seniors and people with disabilities, ban prepaid postage on absentee ballot return envelopes, limit the number of drop boxes, require voters to show certain photo ID before voting, and make other changes to our elections?”

As is obvious, the question is not simply addressing the issue of presenting identification in order to vote. It would shorten the time people have to go in and vote, and it would prevent family members from requesting a ballot for others. It would remove the elderly and people with disabilities from a list of those who need an absentee ballot from year to year. It would force people to go out and buy postage in order to mail their

ballot in, making it challenging for those who have a difficult time getting to the U.S. Post Office. Among other things, it would also limit people's options for dropping off their ballots. In Cape Elizabeth, this might not be as much of a challenge, but some towns in Maine cover as much as 80 square miles.

Those in favor of having voters show identification say it can prevent fraud. Those opposed point out that it creates an unnecessary hurdle since in-person voter fraud is exceedingly rare. According to the Brennan Center, it occurs roughly 4 times out of every 10 million ballots cast, and the perpetrators are immediately caught. Opponents also stress that the voter had to prove citizenship and residency when registering to vote.

QUESTION 2: “Do you want to allow courts to temporarily prohibit a person from having dangerous weapons if law enforcement, family, or household members show

-see BALLOT page 15



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CAPE CALENDAR

By Wendy Derzawiec

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

Instructions for joining video conference meetings listed below will be posted on the town website, www.capeelizabeth.com.

Thursday, October 23

Thomas Memorial Library Committee, Thomas Memorial Library, 6:30 p.m.

Tuesday, October 28

School Board Workshop, Cape Elizabeth High School, 6:30 p.m.
Board of Zoning Appeals, Town Hall, 7 p.m.

Wednesday, October 29

School Board - School Building Site Plan Public Meeting, Cape Elizabeth Middle School, 6 p.m.

Tuesday, November 11

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

Wednesday, November 12

Conservation Committee, Town Hall, 7 p.m.

Ongoing each week

Al-Anon, 7 p.m. Fridays, First Congregational Church, 301 Cottage Road, South Portland. Parking in rear.
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 on Thursdays and by appointment, Fort Williams, in the brick building closest to Shore Road (ring the doorbell).
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 Elizabeth Republican Town Committee, 6-8:30 p.m. second Tuesday of the month, Cape Elizabeth Community Center. Contact: ccrcme.com for Cape information.
South Portland/Cape Elizabeth Rotary Club, 6:15 p.m. Wednesdays at 107 Preble Hall, Southern Maine Community College, 2 Fort Road, South Portland. sp-ce-rotary.org.

CABLE GUIDE

CETV CHANNEL 1302

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

Board of Zoning Appeals
Oct. 28 - 7 p.m.



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SERVICES

Cape Elizabeth Church of the Nazarene

499 Ocean House Road (Route 77)
747-1113

www.capenazarene.org

Sunday School for all ages: 9:30 a.m.
Sunday Worship Celebration: 10:45 a.m.
Services streamed live or on demand: watch.capenazarene.org

Cape Elizabeth United Methodist Church

280 Ocean House Road
799-8396

www.ceumc.org

Sanctuary Service: 10:30 a.m.
In-person Sunday services 10:00 a.m. For Zoom services, call 799-8396

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 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.

Rise Church

1047 Congress Street, Portland
874-9779

<https://www.riseportland.church>

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

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

Redeemer Lutheran Church - LCMS

410 Main Street, Gorham
839-7100

www.RedeemerMaine.org

Sunday Bible Class for all ages: 9:00 a.m.

Sunday Worship Service: 10:15 a.m.

Services are in person and streamed on Facebook and YouTube

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 (stalbanschannel)

Children's Programs 9:30 a.m.

Celtic Eventide 5:30 p.m.

Room for all

St Bartholomew Catholic Church of Saint John Paul II Parish

8 Two Lights Road, 207-883-0334

Website: www.JP2me.org

Sunday Mass: 9 a.m.

Daily Mass: Mon. and Wed. 8 a.m.

Sacrament of Confession: Mon. 8:30-9 a.m.

Additional Mass times in Scarborough & South Portland listed on website

First Congregational Church United Church of Christ

301 Cottage Road, South Portland
799-3361

www.fccucc.org

Sunday Worship: 10:00 a.m. in person and streamed on Facebook & YouTube

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

Birding report

Continued from page 13

Harbor, Gilley began his professional life as a plumber, but his passion for birds and craftsmanship led him down a very different path. Over his career, Gilley produced more than 10,000 carvings, ranging from small decorative pieces to detailed, anatomically accurate sculptures that captured the spirit and posture of birds in the wild. Many of his

carvings are housed at the museum including a life size King Eider drake that he carved for the opening of the museum in 1983. Gilley was not only a master carver but also a trailblazer who helped shape the field of decorative bird carving in America. This immersive museum has not only preserved his work but also serves as a center for bird art and education, continuing this man's mission to connect people with birds through creativity and craftsmanship.

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Piano Lessons. All ages, all levels. Call Ora: 207-899-3014

Drum Lessons: Any age/level. Flow technique, reading not required. Frank, 603.285.3032.

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School Board

Continued from page 1

Q- The 1982 U.S. Supreme Court case Plyer v. Doe established that all children, regardless of their or their parents' immigra-

tion status, have a right to free K-12 public education in the United States. How do you feel about that?

Patten- The School Board is required to follow all federal and state laws. It is not our role to second guess those laws. I agree with the decision and would hope that the district would adhere to it. It's the law and our district follows the laws. There are other reasons to support it. Do we punish children in our town for the circumstances of their parents? Can you imagine four kids, all friends, playing together in their neighborhood and one of them can't attend school due to his immigration status and the other three can? I can't imagine that possibility. Maintaining a strong culture is important in our town and our school district. Preventing children from getting an education would do damage to the culture of our schools and our town. For these reasons, I agree with the Supreme Court decision.

Sweet- I believe that both immigration and providing a free public education are bedrock principals to American values. America is built on the premise as a nation of immigrants, that anyone can come here and succeed if they work hard enough. The American Dream is the idea that anyone, citizen or immigrant, can work hard and climb a ladder to great success. Public education serves as the rails to that ladder. For many reasons this ideal dream sometimes fails both immigrants and our own citizens as societal barriers make it a harder ladder to climb for some, but the presence of public education in our country means that the ladder is, at least, still there for everyone to climb. Schools also provide more than just an education; they provide a safe haven for children in difficult circumstances and some-

times they provide the only reliable meal a child has access to. All children deserve to be treated with kindness and respect and have access to a safe environment, food and opportunity. Due to professional ethical obligations, I will recuse myself from any decision making the school board would execute that involved any interaction with federal officials or federal policies.

Troxel- The 1982 U.S. Supreme Court case Plyer v. Doe ruling decided with bipartisan support, a unifying moment on a divisive issue, grants access to education for all children. This decision reflects the principle that no child is denied opportunity due to circumstances beyond their control. I believe in upholding the law and respecting Supreme Court decisions, including the 1982 Plyer v. Doe ruling, and support that all children should have access to free public K-12 education, regardless of immigration status. It aligns with the shared value of community and opportunity, and ensures schools remain places where every child can learn, grow and contribute.

Ballot

Continued from page 13

that the person poses a significant danger of causing physical injury to themselves or others?"

A so-called "Red Flag Law," which would upgrade Maine's current "Yellow Flag Law." In essence, the change here is that a family or household member would be initiate the process of temporarily disarming a person who might be a danger to themselves or others.

Under the current law, the process includes more steps- only law enforcement officers can petition the court to temporarily take someone's weapons away, and a mental health evaluation must be conducted. If Question 2 passes, family or household members will be able to petition the court themselves, and a formal behavioral health assessment would not be required. The court could immediately order the weapons be temporarily held until the situation could be evaluated.

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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 23rd. As a reminder, no household refuse and/or recyclables will be accepted on the Sundays listed below.

Sunday, November 9th 10:00 AM to 4:30 PM
Sunday, November 16th 10:00 AM to 4:30 PM
Sunday, November 23th 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 25th through November 8th.**

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



**Town of Cape Elizabeth
Boards and Committees Annual
Appointments Process**

The Town Council's Appointments Committee is accepting applications from residents to fill anticipated vacancies on boards and committees.

To see the full list of openings, please visit our website at:
www.capeelizabeth.gov
Residents should apply online.

Questions should be directed to Angela Frawley, Town Clerk at:
207-799-7665 or angela.frawley@capeelizabeth.gov

Applications must be submitted no later than 4:30 p.m. Thursday, October 30, 2025.

New term begins January 1, 2026
Terms are 3 years, unless otherwise specified.



TROIANO

for TOWN COUNCIL

PUTTING CAPE'S RESIDENTS FIRST

Dear Cape Residents,

Our town is at a crossroads. Right now, our Town Council is out of balance, and it shows in the decisions being made.

It's why a crucial, costly bond referendum was scheduled for a low-turnout June election.

It's why Cape's zoning now makes way for 64-foot buildings in Town Center.

It's why neighborhoods are now exposed to over-development driven by outside interests.

It's why a contract was signed – and a grant accepted – to remove a vital section of Sawyer Road before a single public hearing was held.

It's why countless tour buses now damage our roads and pollute our air while paying fees that fall far short, leaving Cape residents to cover the cost.

It's why issues from unsafe street parking to unregulated access to our beaches and neighborhoods are ignored until residents organize and demand action.

It's why entire neighborhoods have seen their property taxes soar as they face demonstrably unfair tax burdens. The town's oversight of the revaluation process failed – and critical accountability is lacking.

This is not how local government should work.

The school bond process is the most visible example. Rejected twice in high-turnout November elections, it was strategically brought back and narrowly passed in a low-turnout June vote. Over 2,200 fewer voters participated in that election, leaving many questioning the integrity of the process.

Separately, when residents raised alarms about serious safety issues on Shore Road, the Council failed to act. I took the initiative, going door to door to 250 homes, connecting with neighbors to build support. Another neighbor launched a separate effort, and together we formed a broad coalition that finally compelled the Town Council to listen.

During that effort I was asked to run for Town Council, and I agreed, because no neighborhood should have to endure what ours did. This pattern of dismissal and disregard needs to end. If I'm honored to be elected, I will work to restore trust, transparency, fiscal responsibility, and balance. I will bring an independent, fact-based approach to every issue.

I will also push for a fair and realistic fee structure that protects Cape's taxpayers from costs they did not incur – especially the heavy infrastructure damage and pollution from the roughly 1,500 diesel tour buses we welcome each year. I'll advocate for an environmental surcharge to account for the broader impacts of these visits. By responsibly leveraging Fort Williams, we can finally generate the revenue Cape needs without unfairly shifting costs onto residents. This long-overdue step must be an immediate priority.

I humbly ask for your vote on November 4th. With your support, I will stand up for your neighborhood as I did for mine, fighting to protect our roads, beaches, and the integrity of our neighborhoods. I am committed to fair, transparent town decisions – and I promise your voices will be heard.

Together, we can bring Cape's Town Council back into balance, and put Cape's residents first.

Please contact me at Cynthia4Cape@yahoo.com with any questions or concerns. – Cynthia Troiano