

The Cape Courier

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Serving Cape Elizabeth Since 1988

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Happy Thanksgiving

The heartbeat of a town: Why community newspapers still matter

By Tara Simopoulos
Publisher

In an age when news can travel across the globe in seconds, it's easy to overlook the humble power of community newspapers. But a recent conversation reminded me just how essential they truly are and it left me, as Publisher of The Cape Courier, feeling reenergized and deeply proud of the work we do.

Community newspapers are more than news outlets. They are storytellers, record-keepers, watchdogs and connectors. They capture the moments that define a town whether big or small. From local elections to student achievements, from neighborhood projects to the passing of beloved residents, we document the life of our community in ways no national outlet ever could or would.

What struck me during that conversation was this: people depend on community news more than they realize. They

count on us to celebrate their successes, to spotlight the issues that matter, and to help neighbors stay connected in a world that often feels increasingly disconnected. In many towns, the community newspaper is the only media source consistently showing up; meeting by meeting, event by event, year after year. And in our case, 38 years.

But here's a truth we don't say often enough: community newspapers can only continue this work with the support of the communities they serve.

As Giving Tuesday approaches, I hope readers will remember the value that local journalism brings to their lives. Donations, be they big or small, directly help us keep coverage accessible to everyone. They help us tell your stories, highlight your organizations, report your news and preserve the fabric of our shared life here in Cape Elizabeth.

This holiday season, please consider a donation to The Cape Courier. Community newspapers thrive when the community believes in them.

Together, we can keep our stories alive.

Donations can be mailed to The Cape Courier, PO Box 2248, South Portland, ME 04116 or via Venmo @capecourier.

Cape Elizabeth girls' soccer team are Maine State Champions



Photo by Joanne Lee

A perfect season, with a perfect finish. The varsity team members are: Senior captains Hailey Gorman, Kate Hetrick, Maisie Rayback and Noelle Mallory. Also seniors: Chloe Durkin, Dora Hurt, Addi Small and Maddie DeVries. Juniors: Addie Miller, Finley Di-Giovanni, Kelsie Law, Lila Gutner, Franny Haydar, Gigi Sprauge and Pheobe Evans. Sophomores: Alyssa Morsette, Haisle McGeachy, Azara Govind, Cassia Lührman, Avery Leonhearth and Isla Litton. Freshmen: Alexa Mallory, Alice DeGeorge and Lucy Backman.

News from the November Town Council meeting

By Hanna Gilley

Citizen Items Not on the Agenda

Mary Ann Lynch spoke on the October Town Council meeting agenda item regarding the Sawyer Road Discontinuation Project. Lynch said that the Conservation Committee had said it was discussing and voting on a "trail update" and that the public was not reasonably informed of the Sawyer Road Discontinuation project, suggesting to the Town Council that using the term "trail update" was "deliberately deceptive." The Town Council voted unanimously back in October to halt further actions regarding the discontinuation of Sawyer Road.

Town Council Reports and Correspondence

Councilor Swayze offered thanks

to the Cape Elizabeth Police Department and neighboring departments for their professionalism regarding their response to a shots fired situation last week. Councilors Scifres and Sahrbeck echoed his sentiment.

Chair Penny Jordan thanked everyone who voted in the recent November election adding that she is "humbled by being able to serve on the Council for another three years, thank you very much."

Jordan also shared that many people in the Cape Elizabeth community are impacted by actions at the national level that disturb access and resources regarding food and heat assistance and that it creates a feeling of uncertainty where one might get support for food. There

-see TOWN COUNCIL Page 3

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NEXT ISSUE: Dec 17
DEADLINE: Noon, Dec 5

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Happy Halloween High (H3)

When kids come trick or treating to my house over the years, they soon find out that they may have to offer a trick before getting a treat. My own kids used to roll their eyes and say, "Ooooooh Daaaaad," when they heard me subjecting kids to my inquiry about a trick.

This Halloween I enjoyed a special experience. One group that came to my house consisted of five middle school age students. They were laughing and having a good time. When they rang my doorbell I opened the door and peered out with a bowl of candy.

However, I suddenly had a bright idea and as I joined them outside on the landing to the front door I said, "we're going to sing the first verse of 'We Wish you a Merry Christmas.'" After initially looking a little stunned they quickly joined me and together, the six of us sang "We Wish you a Merry Christmas" loudly and joyously. The best part is that we were all laughing heartily when we finished. My thanks to those five students for that Happy Halloween High.

Bruce Lockwood

Thank you for the support

These past few weeks have been difficult with the cancellation of many state and national programs that affect all of us. At Judy's Pantry we have had to make some adjustments to how we help our neighbors in need. The good news is that we have had an outpouring of community support from our Cape Elizabeth neighbors, businesses, town farmers, and local school or neighborhood food drives. They have generously pitched in

with food and financial donations to help us to keep our shelves filled.

We couldn't do it without you and we will continue to work together and to stay strong. We are fortunate to live in a community that values taking care of one another.

With gratitude,

Beth Owens/ Judy's Pantry Coordinator and Volunteers

Scout Troop 30 holding bottle drive

Scout Troop 30 is holding a bottle drive on Saturday December 6 from 10 a.m. - 2:00 p.m. in the IGA parking lot.

Half of the proceeds will be donated to Judy's Pantry, and the remaining funds raised will support outdoor scouting activities.

Cash donations are also welcome. Thank you for your support!

Postponed until spring

The December 9 presentation on the transition of Fort Williams from Army installation to seaside park has been postponed. A new date and time will be announced in a future issue of The Cape Courier.

The presentation was originally scheduled to be held Tuesday, December 9 from 6:30 - 8:00 p.m. at the Thomas Memorial Library's Community Room. It is part of the monthly community program series co-sponsored by the Cape Elizabeth Historical Preservation Society and the library.

Thoughts on naming rights opportunities

Perhaps it was inevitable in this era of unrequited adulation of unbounded wealth that "naming rights opportunities" of Cape Elizabeth's new public middle school and elementary school as advertised in the Cape Courier will go to the highest private bidder(s); subject, of course, to implicit good taste and explicit school board approval.

Never one to let hypocrisy interfere with bedrock principles of funding public education, I bid \$1.00 for my favorite advertised opportunity: the Pond Cove "New Secure Entry."

And, because I can't think of a more appropriate reference for such an opportunity, I'm going to name it the "Lt. Jim Dangle/Reno 911 Secure Entryway."

Jack Melanson

Yuletide Fair December 6

Scarborough: "A Traditional Christmas" will be the focus of the annual 2025 Yuletide Fair at the First Congregational Church of Scarborough (167 Black Point Road) on Saturday, December 6, from 8:30 a.m. to 12 p.m. Featured in the Parish Hall will be holiday greens, Christmas items, stuffed animals, toys, quilts, crafts, jewelry, knit goods, homemade baked goods/jams/jellies, candy and our famous Cookie Walk. Coffee and breakfast snacks will be available. Proceeds will go to the church's charitable efforts.

Please note our fair is handicap accessible via a chair lift for those who need it.

Contact the church office for more information: 883-2342.

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Let us hear from you!



We love feedback!

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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

Town Council

Continued from page 1

is a helpline, 211, that shares resources for general assistance. Also, Judy's Pantry is accessible to the community on the second and fourth Tuesday of each month. Jordan added "let's look out for our neighbors over the next several months, several years."

Councilor Anderson said that she has heard of people surrendering their family pets because of lack of funds for pet food and that food pantries don't always carry pet food. Chair Jordan said that the animal shelters tend to have donations for pet food and supplies and that the South Portland Food Cupboard has a pet section. Jordan thanked Anderson for bringing up the issue as it's also "so important."

Town Manager Monthly Report

Town Manager Patrick Fox thanked all town departments and staff, saying that the Finance Department jumps over to help election staff to supplement their work for all elections. Fox said that the Clerk's office runs so smoothly but that there's "a lot going on behind the scenes" acknowledging also the part time staff that help with election work.

Fox also acknowledged the "calm, swift, professional response" to shots fired in the neighborhood abutting the school campus last week. Fox said there was resolution to the situation within one hour "which speaks to the hundreds of training hours preparing for such an event and the regional relationships they [police department] cultivate on a regular basis."

Fox shared that under the "spotlight" section of the Cape Elizabeth town website the highlight for the Sawyer Road Discontinuation Project was removed to make room for public assistance resources including SNAP, heating and general assistance. He said this was important information to have accessible as communities are recovering from the federal government shutdown and heading into the winter months.

Fox added that the Scarborough Town Council voted to stop their discontinuation process for Sawyer Road and that potential road maintenance agreements for any potential culvert replacements are being discussed.

Affinity IT was awarded the bid for a privacy and security assessment to review Cape Elizabeth's security systems and data handling practices "to help improve our policies and data handling

moving forward."

The Town Center Intersection project is back out to bid with Fox "expecting more competitive results" and with the hope to award the bid "and bring that project to fruition."

Approval of Body Camera Purchase/Lease for Police Department

The Cape Elizabeth Town Council authorized Town Manager Patrick Fox to pursue a purchasing agreement with Axon to provide in-car and body-worn cameras for the Cape Elizabeth police department with a unanimous approval vote.

Fort Williams Park Capital Fund: Transfer of Funds

The Fort Williams Park Conservation Committee sought approval from the Town Council to allocate funds from the bleacher restoration project to another project that will focus on stonework repair at Goddard Mansion and the creation of a pathway through the carriage house to Battery Keyes. The council voted unanimously in approval to have \$38,000 transferred to "miscellaneous projects" for the Goddard Mansion stone repair and pathway project.

Cape Elizabeth High School has moved their graduation ceremony and therefore the bleachers restoration can be addressed in the future and not as an immediate need.

Library Policy Amendments

Thomas Memorial Library Committee recently voted to recommend amendments to the library's general use and computer internet policy. The Town Council voted unanimously to approve the policy amendments.

Rachel Davis, Library Director, said that the only substantive change to the library's policies are "to bring the computer and internet policy up to what the current practices are." Davis explained that during COVID, all the computers were removed from the library to limit high touch surfaces for the public. Since, the computers were returned to the adult computer space but not to the children's library space. Davis said that the intention is now to keep the children's space "free from screens" with more focus toward actual library materials.

Davis said there is a more harmonious atmosphere and positive interactions with no negative consequence to removing the computers from the children's area, and touting the Cape Elizabeth school system for its "great job with digi-

ital literacy."

Children under 12 will still be able to access computers on the second floor of the library with a parent/guardian.

Acknowledgement of Receipt of Ordinance Committee Memo on Sign Ordinance Amendment

The Town Council voted unanimously to acknowledge receipt of the Ordinance Committee memo on the sign ordinance amendment as it relates to advertising on the wall at the Cape Elizabeth ice arena. The ordinance committee stated that the signs at the arena are not in violation of the current sign ordinance and that no changes are required at this time.

Recommendation from Ordinance Committee on Miscellaneous Amendments

The Town Council will schedule a public hearing during their December 8, 2025, regular meeting to address the miscellaneous amendments package as recommended by the Ordinance Committee.

Chapter Two Administrative Code Amendments

The Town Council will schedule a public hearing during their December 8, 2025, regular meeting to address an update to the purchasing procedure policy as referred by the Ordinance Committee.

Discussion of 2026 Council Meeting Calendar

Town Manager Patrick Fox shared with the council his suggestion for the 2026 council meeting calendar so that discussion could be made before a vote at the December meeting. Fox's proposed

change to the calendar includes a one-hour workshop prior to the regular meeting and allowing for the ability to vote on actions twice per month rather than once. He proposed the regular meeting start time shift from 7:00pm to 7:30pm.

Chair Jordan said that public voice is really important and that's why public comment is allowed during workshop and regular meetings. She added "it's about citizen comment and not our time."

Councilor Sahrbeck said he was open to the calendar change but "wants to be aware of meetings not going too late into the evening" so that citizens who want to participate won't have to be in attendance too late.

Councilor Harriman said she "hears what Patrick is saying" and that "I think we gotta give it a try." Harriman said the council may be able to pay attention better and absorb information better when they don't have workshops that run too long or too late into the evening, and that "we'll be able to do better business without being so drained."

Chair Jordan agreed with Harriman that the calendar change is worth a try adding that "we can undo it mid-year if it's not working."



Advertisement for classifieds: "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!"

Advertisement for Equestrian: "PRIVATE ENGLISH RIDING LESSONS. Private English Riding Lessons with a focus on Tradition, Confidence, Kindness and Responsibility. Horsemanship Club Thursdays at 5pm. (All ages welcome). 30 Fowler Rd. (925) 705-0640. FOLLOW US ON FACEBOOK @CAPE ELIZABETH EQUESTRIAN."



Advertisement for Kathleen O. Pierce: "Kathleen O. Pierce Vice President Real Estate Advisor. 207.232.4030 kpierce@advisorsliving.com. AdvisorsLiving Real Estate logo."/>



Advertisement for Hill Way Home Watch: "HILL WAY HOME WATCH PROPERTY MANAGEMENT. 8 Golden Ridge Lane, Cape Elizabeth, Maine 04107. Phone: 207-835-9495. info@hillwayhomewatch.com www.hillwayhomewatch.com. ACCREDITED MEMBER NAWA logo."/>

Advertisement for Veterinary and Rehabilitation Center of Cape Elizabeth: "Full Service Veterinary Center in the Heart of Cape Elizabeth. Cat Friendly Practice GOLD logo. AAHA ACCREDITED logo. 'YOUR OTHER FAMILY DOCTOR' slogan."/>

Advertisement for Veterinary and Rehabilitation Center of Cape Elizabeth: "207 Ocean House Road (Route 77), Cape Elizabeth, ME 04107 (207) 799-6952 | info@vrcce.com | www.vrcce.com" with image of a dog.

CEPD responds to gunshot in Scott Dyer Road area

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 11-2 An officer met with a subject who wanted to report a minor collision in the town center area.
- 11-2 An officer met with a subject in the Bowery Beach area regarding a criminal mischief complaint.
- 11-5 An officer responded to the Scott Dyer Road for report of a gunshot.
- 11-5 An officer met with a resident of the Scott Dyer Road regarding a criminal mischief complaint.

(56/35 zone), Route 77
11-6 Cape Elizabeth resident, speeding (74/45 zone) Bowery Beach Road

ARRESTS

- 10-29 Cape Elizabeth resident, violating conditions of release, operating after Habitual Offender Revocation, Two Lights Road
- 11-5 Cape Elizabeth resident, Attempted Elevated Aggravated assault with dangerous weapon, Reckless conduct with a dangerous weapon, Longfellow Drive

SUMMONSES

- 11-1 Cape Elizabeth resident, speeding (65/45 zone), Bowery Beach Road

FIRE CALLS

Fire calls: 8
EMS calls: 28

JUVENILE SUMMONSES

- 11-2 Cape Elizabeth resident, speeding

Scam alert bulletin board

By Jessica D. Simpson

Celebrity Impostor Scams

Social media can make it feel like we're closer than ever to our favorite celebrities. But if a musician, actor, or athlete you admire suddenly sends you a private message, don't get star struck - get skeptical. It's almost certainly a scam.

That personal attention isn't coming from the celebrity. It's from a criminal impersonating them or someone close to them. These scammers build trust through private messages, tailoring their approach based on your responses, sometimes turning it into a romance scam or a charity scam. The story may change, but the goal is always the same - to steal money and personal information.

Advances in artificial intelligence (AI) are making these scams even harder to spot. Criminals can now mimic voices, alter photos and craft polished messages without the spelling or grammar mistakes that once were red flags. Some even create fake ads or livestreams featuring celebrities who appear to endorse products or causes.

Enjoy following celebrities online, just

remember that engaging with their posts can make you more visible to scammers. If an unexpected message sparks high emotion (like excitement) and involves urgency, let that be your signal to disengage because it's likely a scam.

Report fake celebrity accounts or impostors directly to the social media platform. If you're the victim of a scam, report it to law enforcement and insist on a record in case of possible future restitution.

Unwrap Real Deals, Not Scams

The holiday deals are already rolling in, but not every offer you see online is the real deal. Fraud criminals often create websites that look professional and offer big discounts on popular items. But after you pay for the item, the product you receive might be of poor quality, not what was advertised, or it never arrives at all. Be cautious of any online offer that's priced way below what other retailers are charging. The safest way to shop is by using trusted retailers' apps or typing their website directly into our browser - not by clicking links from texts, emails, or ads.

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.



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Cape career coach

By Holly Smevog

Dear Cape Career Coach,

My daughter is graduating from college next spring. She's nervous about getting a job and I want to help but I'm not sure how. Everyone seems to be talking about networking, but that's hard for young adults who feel like it's important to do things on their own. What's your advice about this? —**Helicopter Mom in Hiding**

Dear Helicopter Mom,

Your instincts to help are great, and your daughter's independent streak is also important at this stage in her life. The good news? You can support her job search without crossing into "helicopter parent" territory. The key is helping her with tools and confidence rather than doing the work for her.

Let's tackle networking first. Your daughter's hesitation is totally normal—many new graduates feel like networking is "cheating" or inauthentic. Even the term "networking" is awkward and uninspiring. What it's really about is relationship-building and information gathering, not asking for handouts. The most effective networking happens when you're genuinely curious about someone's work and career path, asking questions until it's natural for the other person to ask about you.

She can start by identifying her existing network. She already has one—professors, internship supervisors, family friends, alumni, classmates' parents, and even you and your connections. The goal isn't to have these people hand her a job, but to learn about industries, companies, and roles she's considering.

Encourage her to begin with informational interviews. These 20-30 minute conversations are low-pressure ways to explore career paths while building professional relationships. She should approach these with genuine questions: How did you get into this career? What skills are most valuable? What advice would you give someone entering this industry? And who else do you recommend I talk to? Most professionals are happy to share their expertise with a thoughtful college student.

Here's where you can help without overstepping: offer to make initial introductions to people in your network who work in fields she's interested in. Try something like, "I'd love to introduce you to my colleague Sarah who works in marketing. She just launched this new business including all the social media work. She's great at explaining what the industry is really like." Then step back and let your daughter take it from there. Don't schedule meetings or write follow-ups—she needs skin in the game.

Here are a few things she can do to get started. One is to optimize her digital presence. LinkedIn is non-negotiable for job searching. Next, she can develop her personal pitch—a 30-second summary of who she is, what value she brings, and what she's looking for. She'll use this in networking conversations, interviews and even chance encounters.

Joining professional associations in her field is smart and fun. Many offer student memberships at reduced rates and host networking events designed for new professionals. This creates natural opportunities to meet people in her field.

If she's up for it, address job search fundamentals together: research companies, understand industry trends and identify valued skills.

However, be ready to back off at any moment and do it! Also, manage your own expectations and anxiety. The job market for new graduates is competitive, often taking 3-6 months to land that first role. Your daughter may face rejection—that's part of the process. Your job is to be her cheerleader and sounding board, not her problem-solver.

The most helpful thing you can do? Trust in the capable young adult you've raised and be there to celebrate wins and provide encouragement through inevitable setbacks.

Holly Smevog is a Cape Elizabeth resident and founder of HMS Career Coaching, a team with over 15 years of experience helping professionals navigate career transitions and find fulfilling work. For career advice, please email your questions to editor@capecourier.com.

CEUMC offering a wreath, bake and attic treasures sale


The Cape Elizabeth United Methodist Church's Women in Faith is holding a Wreath Sale, Bake Sale, and Attic Treasures Sale at the church on Saturday, December 6 from 9 a.m. - 1 p.m.

The prices for wreaths are \$25 for decorated and \$18 for undecorated. If possible, order your wreaths in advance by leaving a message by phone at (207) 799-8396 or by e-mail to capeelizabethumc@gmail.com. Leave your name,



phone number and how many wreaths you would like to purchase.

Some wreaths will still be available for purchase on December 6 at the church. The Bake Sale will offer cookies, cakes, pies and other holiday treats. The Attic Treasures Sale will offer a wide range of small and large items.

The church is located at 280 Ocean House Road (Route 77) in Cape Elizabeth.



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News from the Superintendent

By Dr. Chris Record

Happy Thanksgiving to all of you and your families. I hope you were able to find joy through togetherness with family and friends. I for one am truly thankful for the ongoing community support of our students and staff. We have had a tremendous fall in our schools with teaching, learning, extra-curriculars, facility upgrades and building deeper connections with our community.

After months of planning, we finally have the opportunity to move forward with a major facilities upgrade - the complete replacement of the third-grade roof at Pond Cove Elementary School. This marks the first of many planned major capital improvement projects at Pond Cove and CEHS, now that we have a clear direction for the future of our schools. It's an important step toward safer, stronger, and more reliable learning spaces for students and staff alike.

During demolition, we confirmed what we suspected, the old roof only had about four inches of insulation. The new system adds another inch and a half, improving comfort and efficiency for years to come.

At the end of the first-grade hallway, you will notice a new trial window. It's the first of many that will replace the older units in the 1st and 2nd grade wings. The new design is stronger, easier to use and the center section provides safer access if it's ever needed.

The kickoff meeting of the Greater Cape School & Community Alliance was recently held. The event merged nearly thirty people from Cape schools, local business, and nonprofit community with representation from fields such as finance, medicine, lobstering, entrepreneurship, farming, government, law enforcement, and land conservation.

The Greater Cape School & Community Alliance is an objective of the 2024-2027 Pathways Strategic Plan. CESD's Pathways Program engages students in relevant, challenging educational experiences that prioritize student voice, develop agency, and create community partnerships.

The Alliance will meet three more times this school year, with the goal of aligning student learning with community and workforce needs. Participating organizations will provide feedback to develop school programming focused on skill development, local issues and meaningful community partnership opportunities.

To learn more, including about participating in future meetings, visit <https://www.cape.k12.me.us/page/school-community-alliance>.

At Pond Cove, 4th graders in Mrs. Bucci's class recently had the exciting opportunity to hear from a special guest speaker, Mr. Roy Maule. Mr. Maule, great grandfather to students Miles Barrett and Molly Hanson, traveled from his home in Plymouth, England to share stories from his remarkable career as a signalman in

the Royal Navy.

Enlisting at just 15, Mr. Maule served on a naval destroyer, where he received messages in Morse code and recorded them for the ship's officers. He regaled the students with tales of his daily life aboard the ship and his travels to Japan via the Suez Canal during the Korean War.

The students were captivated by Mr. Maule's stories and even got to try their hand at deciphering Morse code messages. A huge thank you to Mr. Maule for sharing his experiences and making history come alive for the class!

At CEMS, Explore is underway and going well! CEMS teachers revamped Explore this year so that students will have exposure to classes from three different categories this year. Explore provides students with choice, agency, and ownership over a portion of their middle school experience, with a goal to improve student engagement and satisfaction. Explore accomplishes this by creating spaces that provide opportunities for strengthening both student, staff, and community connections, learning a new skill, and being exposed to a new and challenging experience.

Responding to both staff and community feedback and survey results, we made a few changes to Explore this year. We have now created four categories (service/community, creative production, learn something new, and physical movement) and a guiding mission to support staff in designing intentional Explores. Each category has "Key Features," "Guiding Questions" and "Evidence of Student Growth."

Meanwhile at CEHS, please join me with a huge congratulations to our undefeated state champion girls soccer team! I also hope you were able to enjoy the amazing Adams Family musical that was recently performed. We also should celebrate the impressive efforts of our students competing in Speech & Debate, Robotics, Model UN, Math Team, and Science Bowl in competitions around Maine and New England.

This fall, 27 CEHS student-athletes earned Senior All-Academic Team honors. To qualify for this distinction, students must maintain a minimum cumulative GPA of 93 throughout their high school career. Additionally, this fall we had 268 student-athletes participate in CEHS fall athletics. Over the past four fall seasons, CEHS athletic participation has remained strong and consistent, averaging roughly 262 total student-athletes each year.

The Fall 2025 athletic season exemplified the values of teamwork, perseverance, and school spirit at our schools. Students, coaches, families, and the community came together to celebrate athletics and support one another in a positive and inclusive environment.

We look forward to continued success and growth as we transition into the winter season.

Bearing the cold

By Sen. Anne Carney

This past year has been rife with uncertainty, but last month brought new extremes. For six weeks, communities across Maine were thrown into a politically manufactured state of precarity as the federal government threatened to freeze, delay and reduce critically important benefits to gain leverage in its shutdown fight. As winter loomed, thousands of Mainers began wondering how they would access a fundamental necessity through the hardest time of the year: heat.

Maine is the most heating oil-dependent state in the nation, which means that, for many, keeping our homes warm through our harsh winters comes at an enormous cost. Historically, federal support through the Low Income Home Energy Assistance Program, or LIHEAP, has been instrumental in ensuring hardworking Mainers can shoulder this high energy cost burden, helping more than 38,000 Maine households keep the heat on last year.

As short-term relief, LIHEAP alone cannot solve our heating cost issue. That's where energy efficiency and electrification come in. Investing in insulation and weatherization saves us money in the heating season, and transitioning to electric heating through efficient heat pump technology decouples our spending from the volatile oil prices now driving up our bills. A comprehensive set of federal tax credits supports homeowners and renters taking on these commonsense projects.

However, this past year has offered no shortage of reminders that the federal support upon which so many Mainers' wellbeing depends is fragile, and heating assistance

is no exception. The Trump Administration laid off the federal staff responsible for administering LIHEAP, proposed eliminating its entire budget and delayed disbursement of funding under the shutdown - leaving many Mainers to make impossible choices between heating their homes and accessing other basic necessities like food and health care during the first months of winter. Meanwhile, the financial barrier to energy efficiency and electrification will grow as those tax credits are eliminated at the end of 2025.

As federal support for these critical programs collapses, the state must find creative ways to step up to the plate. In many ways, that's what my bill on energy equity seeks to do. LD 1949, "An Act Regarding Energy Fairness," would protect vulnerable households - home to children, older Mainers and those with disabilities and medical conditions - from disconnection, ensuring continued access to essential utility services through hard times. The state's strong leadership on electrification, holding fast despite federal instability, means this bill would expand heating security with each passing year, as Efficiency Maine's residential rebates continue to drive a heat pump adoption rate well above the national average. In the relative calm between legislative sessions, I have also been investigating other imminent gaps that LD 1949 could grow to address, including support for LIHEAP. It should go without saying that heating is a need, not a luxury, and I will continue to advocate accordingly in the legislative session ahead.

To share thoughts about how we can continue to build community resilience, contact me at Anne.Carney@legislature.maine.gov or (207) 287-1515.

Thomas Memorial Library to host comedian Alex Just

By Kevin St. Jarre

On December 18, Las Vegas comedian Alex Just will be performing at the Thomas Memorial Library ahead of his shows at Empire in Portland.

Sasha Kohan, TML's Community Engagement Librarian said, "Alex is very passionate about public libraries, which is why he is starting to tailor some material specifically for library users."

The comedian himself, Alex Just, said, "My goal is for library comedy to entertain existing library patrons and also use humor to promote local libraries and their services to create more patrons. The broader vision is to get people off their phones to connect them with their community and intellectually stimulating, long-form content in person."

Just is a stand-up comedian who has performed in all 50 states, and over a dozen international countries, in cities like Dublin, Amsterdam, Paris, Berlin and Tokyo. His shows have been deemed newsworthy by ABC, CBS, Fox, NBC, NPR and The New Yorker - including national coverage for pioneering Drive-In Comedy shows in

Alaska just two weeks after the global pandemic was declared. He has appeared on both A&E and The Travel Channel and was a two-time presenter at the SXSW Festival in Austin, Texas.

To learn more about Alex Just, go to <https://jokesarefunny.com>.



Contributed photo

Comedian Alex Just, who has performed around the world and has appeared on national television, will be performing at Thomas Memorial Library on December 18.

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U14 and U13 soccer teams cap off season with state championship wins



Contributed photo

Pictured: (Left to right back row) Coach Jeff Mitchell, Madi Ross, Coach Dave Kane, Matilda Connolly, Oona Kane, Emmy Granata, Azra Azis, Rosamund Hussey, Penelope Hooper, Lilly Ouellette, Avery Collins, Amelia Morgese, Charlotte Mitchell, Emerson Mitchell, Eliza Bisogni, Coach Jenn Schmitz, Elli Hanratty, Coach Tom Reynolds.

(Left to Right Front Row) Maggie Reynolds, Nora Fishbein, Ruby Edwards, Tessa Caporossi.

The Cape Elizabeth U14 girls soccer team capped off an incredible season with a thrilling 2-1 victory over Cumberland to capture the 2025 Maine State Division 1 Championship.

After months of hard work, dedication, and teamwork, the girls' unity and determination shone brightest when it mattered most. A true team of destiny, Cape Elizabeth proved that heart, connection

and relentless effort can make champions. Congrats to the girls!



Contributed photo

Pictured above: Strand Belfort, Hudson Brandeis, Sam Brownell, Will Brownell, Joey Carmellini, Alden Carter, Dylan Croft, Jacoby Furt, Oliver Furt, Azariah Gisa, Charlie Glennon, Gunnar Goethert, Levon Jerahian, Graeme Liston, Braeden Little, Sam Law, Henry MacDougall, Sam Proctor, Theo Reichl, Louis Saucier, Marwais Shinwari, Henry Smith, Owen Snyder, Ben Ticcioni, Tucker Tortolani and Bridger Wallent.

Coaches: Jeremy Law, Julie Furt, Matt Wallent, Ryan MacDougall and Yona Belfort.

Cape Soccer Club's U13 Boys Division 1 team capped off their season with a State Championship on November 2. After going undefeated in league play and winning the Falmouth Fall Classic

Tournament in October, the team beat Windham, Scarborough and Portland on their path to the finals before defeating Yarmouth 4-1 for the championship.

Support local artisans at holiday market on December 13

The third annual Cape Elizabeth Holiday Market will be held on Saturday, December 13 from 10 a.m. – 3 p.m. at the United Methodist Church in Cape Elizabeth. This event brings together many talented artisans and is a great opportunity to see all the creativity.

From pottery, hand-crafted jewelry, knitted hats, tea towels, soaps and lotions, festive decor and so much more,

the market combines the spirit of community and local shopping. It is like going to 10 different stores under one roof! Mary Jane Ham, Jenn Gray and Betsy St. Germain have collaborated to bring you a day to peruse through these lovely holiday gifts, meet the vendors and promote shopping locally.

The church is located at 280 Ocean House Road.



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New Year's Day Brunch - 7:30am-2pm

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Our Giving Tree is decorated by local school childrens' handmade ornaments. We invite you to trade an ornament for new warm clothes such as gloves, hats & socks that will be distributed to food banks & shelters by Project GRACE. Receive a \$20 property certificate* as thanks for your donation.



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CEHS Volleyball runs fundraiser for Man Up to Cancer

By Kevin St. Jarre

Many in Cape Elizabeth know that Trevor Maxwell is the founder of Man Up to Cancer, a national nonprofit organization that inspires men to connect and avoid isolation during their cancer journeys. He is also the author of the author of “Open Heart, Warrior Spirit: A Man’s Guide to Living with Cancer.”

The members of the Cape Elizabeth High School volleyball program also have an open heart. The team does a fundraiser game every year and tries to pick a local cause to contribute to. According to Diana Guerin-Brown, team captains Bella Guerin-Brown, Halina Grela and Chloe Wilson all agreed to support Man Up to Cancer.

“The players know the Maxwell family well. Trevor, [his wife] Sarah and [his daughter] Elsie all had a commitment to CEVB. Elsie was a varsity player before she graduated last year. Sarah spearheaded fundraising and helped with other supporting efforts, and Trevor was a steadfast volunteer for line judging,” Diana Guerin-Brown said.

Additionally, Maxwell’s older daughter Sage, a member of the CEHS class of 2023 and a talented musician, often sang the national anthem before games.

According to another “team mom,” Kristen Tevanian, the CEHS volleyball team “... had wanted to support this foundation for years, but other charities bumped them out; last year and the year prior we focused on mental health supports.”

Tevanian explained that the \$650 donation was raised as cash from a 50/50 raffle,

and the winner donated all of his winnings back, so 100 percent of the collection went directly to the foundation. In addition, the proceeds from concessions were contributed, 100 percent of which were collected from sales of donated food items.

Trevor Maxwell, the foundation’s founder, is an activist and has been living with stage IV colon cancer since 2018. He has undergone seven major surgeries, chemotherapy, immunotherapy and a clinical trial.

Tevanian said, “[The] athletes feel a tremendous sense of pride in their efforts to support such worthy causes. This one in particular was special because of the connection the girls have with Trevor” and his family.

In response, Trevor Maxwell said, “The team at Man Up to Cancer is deeply grateful for the support of these young athletes, their families and coaches. Every dollar raised from this event helps us provide meaningful social opportunities and emotional support for men who are facing cancer.”

He continued, “We know men tend to isolate more than women when going through cancer, and we also know that patients who are isolated struggle with poor quality of life and poor medical outcomes. Man Up to Cancer is on a mission to change that narrative, and contributions like the one we received from the volleyball program are essential in supporting our mission.”

Anyone interested in supporting Man Up to Cancer can contact Trevor Maxwell directly at trevor@manuptocancer.org



Contributed photo

A member of the Cape Elizabeth High School volleyball team presenting Trevor Maxwell with a \$650 donation to Man Up to Cancer.

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CEHS Women's Leadership Academy explores Grand Teton National Park

By Kevin St. Jarre

Cape Elizabeth High School's Women's Leadership Academy, led by their teacher Elaine Brassard and escorted by additional faculty chaperones, recently took the trip of a lifetime. According to Brassard, "A year in the works and unplugged, we recently traveled on a transformative leadership journey to Grand Teton National Park. In partnership with the Teton Science School, participants engaged in science studies, conservational leadership development and community-building experiences surrounded by the park's awe-inspiring Grand Teton mountain range."

Brassard, who has spent a great deal of

time working out west in the mountains, was eager to share the experience. The 15 students who went on the trip, grades 10 to 12, were fortunate to have four strong, impressive and brilliant women as models of leadership. In addition to Brassard, there were CEHS teachers Amy de Vries, Collen Currier and Erin Hill helping to ensure the experience would be as rich and as educational as possible. CEHS Librarian Carolyn Young also played a key role in the planning of the trip, and has also served as a role model for the young women in the leadership academy program.

Brassard said, "Throughout the trip, students explored the interconnectedness

of alpine, forest and meadow ecosystems during hikes to Taggart Lake and Leigh Lake. A highlight of the experience included a scenic float down the Snake River, where participants reflected on leadership, teamwork and the importance of environmental stewardship."

Bella Wark, a CEHS senior who went on the trip said, "This trip gave me a really valuable perspective. Before this trip, I found thinking about my future to be overwhelming - I felt like I had to have it all figured out. Learning about the incredible pioneer women of Jackson Hole and talking with the incredible women working in the park now reminded me that the important thing is following what you are passionate about and trying to do good in the world."

CEHS student Iris Dietsch said of the trip, "Being out in nature made me so extremely happy, and I realized how important it is to take care of the world around me and enjoy every moment."

Hill, who teaches English at CEHS, said at a recent presentation to the Cape Elizabeth School Board about the trip, "I went to a women's college for undergrad, and this trip was the first time since then that I spent an extended amount of time with an all-female group of faculty and students. One of the most valuable parts of the trip for me was having the time and opportunity to forge deeper, truer relationships with my colleagues and my students. Over the course of the week, which honestly consisted of nothing but joy and curiosity and gratitude, I was reminded of how empowering it is when a group of women not only gathers together but also learns and grows together. As a result, I've been thinking about how we can have more opportunities like this for more of our students."

CEHS Science Teacher de Vries said, "Watching the girls interact with and be

empowered by women of all ages, including our young energetic science instructors, the female pilot and engineer, the lifelong park ranger, our artistic rafting guide and Ms. Brassard, who continually fostered community and celebration, was deeply inspiring."

Brassard said that the trip encouraged students to develop self-awareness, strengthen their sense of community and gain a deeper appreciation for the natural world—all essential components of leadership both in and beyond the classroom.

CEHS student Addison Young said, "Stepping away from my stressful and busy schedule to unplug and slow down my pace with a group of inspiring women allowed me to soak up the experience and everything I was learning, process my thoughts, and make connections that I never would have made otherwise."

In CEHS' Women's Leadership Academy, experiential learning has been a key element over the last 5 years. Brassard said, "Students focus on voice, vision and community. Over the years they have gone to Acadia and local parks overnight."

Brassard bridged her experiences as a former seasonal Park Ranger in GTNP and her guide work, with education and developing sense of self, purpose and community among young women future leaders. She said she first traveled to the Tetons as a pilgrimage following her own mother's journal of travels to the park back in the 1950s. She said, in a way, this trip with students was a continued passing of the torch.

CEHS student Celia White said, "I got to learn so much about myself and my peers, and had the time to really focus on self-reflection and slowing down, which is something I'm not typically mindful of in my day to day life...taking the time to escape and regroup from the hectic fall academic season has put me on a such good track with my college applications and the other commitments I have this time of year."

CEHS History Teacher Currier said, "Not only did the trip give all the participants, students and staff alike, an opportunity to learn a lot about Grand Teton

-see WLA page 15



Contributed photo

A group of 15 students, all participants in CEHS's Women's Leadership Academy, recently traveled on a transformative leadership journey to Grand Teton National Park. The students who went on the trip were: Genevieve Carignan, Cameron Coyne, Iris Dietsch, Cullen Gillespie, Rosangel Gonzalez Caldera, Kate Hetrick, Dora Hurt, Campbell Johnson, Reilly McGovern-Pizzi, Laila Nelson, Lila Rosu-Myles, Bella Wark and Addison Young.



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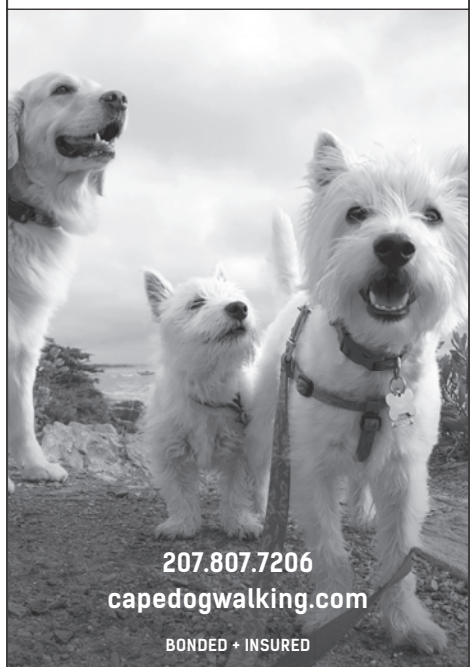
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VRCCCE undergoing remodeling, with eye to historical nature

By Kevin St. Jarre

The Veterinary and Rehabilitation Center of Cape Elizabeth (VRCCCE) is locally owned and operated. Dr. Ginger Browne Johnson, DVM, CCRP is the owner and a veterinarian herself. Since purchasing the property 13 years ago, she has wanted to remodel and update it, but as someone who grew up in Cape Elizabeth, she is sensitive to preserving the historical nature and feel. That process has begun.

“Built as a house in the 1960s, the building has maintained the same foot print it has today. Dr. Lynda Bond converted the house into a veterinary hospital in the 1980s. She kept much of the same interior layout, including maintaining a living space on the south side of the building, to satisfy the requirements for a home-based business. In 2022, the town of Cape Elizabeth, in recognition of the property’s use as a veterinary hospital for over 40 years, agreed that 207 Ocean House Road can be either a home or a veterinary hospital, but no longer has to be both. This allows us to add 25% more hospital working space, redefine work flow and update finishes. We are excited to share the final results with our community in early 2026,” said Johnson.

According to Johnson, one of the goals of the remodeling is to improve transparency in veterinary care. She said she recognizes that pets are increasingly considered members of their families. Johnson said, “As such, we acknowledge the stress, for both parties, of separating pets from their pet parents. By addressing pets’ needs in the exam room, whenever possible, and allowing pet parents to observe care given in treatment areas when separate spaces are required, the cloak of bringing the patient ‘out back’ is lifted. Many clients have never seen the working areas of a veterinary hospital and remark on the similarity to human hospitals when visiting behind the scenes. Our new treatment, pharmacy and laboratory areas are directly adjacent to our client corridor and defined by windows and glass doors rather than walls and solid doors. Veterinary medicine advances daily, offering modern options in care for our pets. We want all our clients to participate in and observe this advancement.”

Johnson said, “VRCCCE has always excelled in utilizing the most up to date technology and equipment. From digital radiology to diagnostic ultrasound, therapeutic ultrasound to our underwater treadmill, we are proud of our commitment to advances in veterinary medicine.”

She said the facility, especially flooring and furnishings, however, has been aging over the last 40 years. This remodel is essentially an interior gutting to allow both the technology and the facility to accurately reflect the modern advances in veterinary medicine.

Johnson said, “Instead of negotiating a cobbled together cluster of bedrooms, turned into exam rooms, we will now enjoy clear and open paths linking all working areas of the hospital. The new reception area, originally the sunroom of the original house, will have beautiful southern-facing light and the original stone fireplace as well as windows over-

looking our pet memorial garden and the beautiful 3 acres of surrounding landscape that we gratefully steward.”

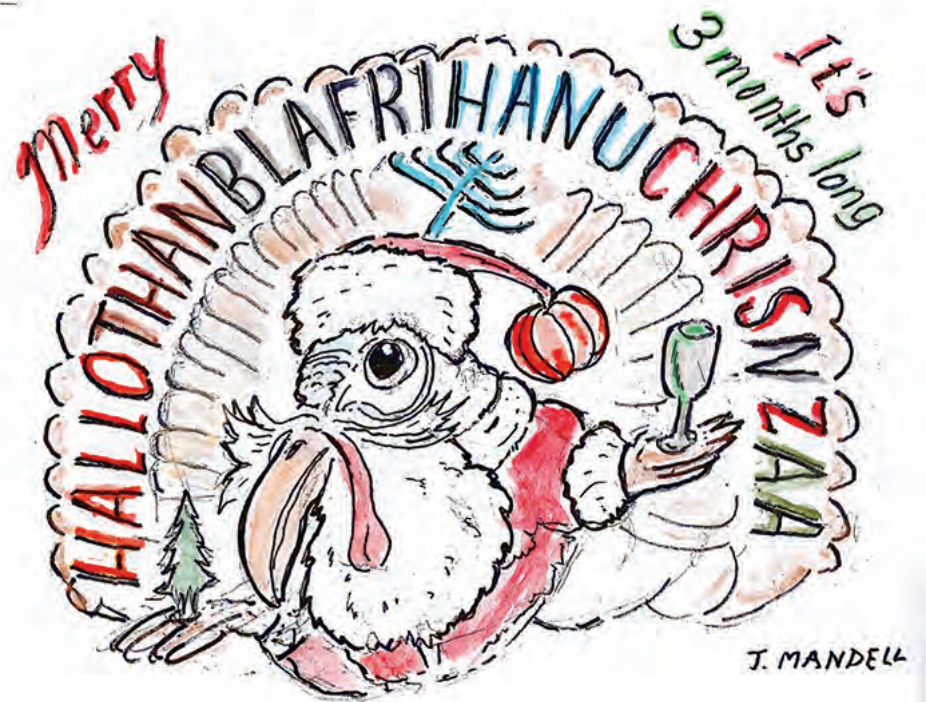
Pets often need lab work done to determine what is troubling them. Johnson said, “We are proud to support local by partnering with one of Maine’s largest and best employers and a global leader in veterinary diagnostics, Idexx, to offer complete in-house laboratory services. For any tests that cannot be completed on premises, Idexx Reference laboratories provides additional rapid diagnostic support.”

The remodeling is being done in collaboration with FG Life Services. “A year ago, I met Mary Gonzalez and Jose Freitas of Cape’s FG Life Services at Town Hall at an event promoting business in Cape Elizabeth. At that point, we

-see VRCCCE page 10

Capetoon: Happy Megaholiday

By Jeff Mandell




Toy Collection

We're collecting stocking stuffers for the Barbara Bush Children's Hospital "Owwie Box" again this year!

Drop off an unwrapped toy at our office any time before December 18th.

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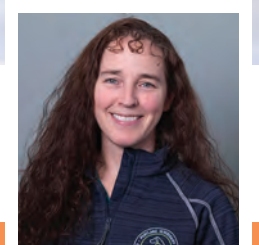
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Remembering Cape sports stories from the 1950s and 1960s

The Hot Stove League will be alive and well on January 6, 2026 when former Cape Elizabeth High School athletes gather at the library to reminisce about sports in the 1950s and 1960s in Cape Elizabeth.

This story-filled evening is sponsored by the Cape Elizabeth Historic Preservation Society.

The 1950s featured a state basketball championship and the opening of a new gym as well as success in baseball under coach Durwood Holman. While girls sports were not as prominent in the 1950s, Cape did have a girls softball team and a bowling club as well as the Girls Athletic Association to offer “desirable physical activity.” The 1960s saw more success in basketball

and baseball as well as increased opportunities for girls.

The night’s panel will consist of Carol Barber, Sue Weatherbie, Keith Weatherbie, Harold Pachios and Steve Hill. In the story telling spirit of the evening, other athletes from the 1950s and 1960s are urged to attend and share their memories. Sports fans of all ages are welcome. Contact Steve Hill with any questions or suggestions at stevenhill1950@gmail.com.

The presentation will be held Tuesday, January 6, 2026 from 6:30-8:00 p.m. in the Community Room of the Thomas Memorial Library. Mark your calendars. The presentation is free and light refreshments will be provided.



Photo courtesy of CEHPS

Do you remember the 1967 undefeated (14-0) CEHS boys baseball team? Pictured left to right (back row) P. Dresser, S. Hill, B. Orcutt, S. Perry, G. Gonyers, D. Fink, D. Averill, L. Rand; (center row) D. Fox, C. Stelbrine, F. Newman, H. Leiser, G. Bryan, D. Appleton, D. Gillespie, D. Appleton, J. Rowe; (front row) R. Noyce R. Chamberlain S. Gaw, F. Burningham, S. Searway, E. Duplessie, S. Lucken, J. McGinty

VRCCE

Continued from page 9



Contributed photo

The Veterinary and Rehabilitation Center of Cape Elizabeth is undergoing remodeling and updating. This is a rendering of what the new reception area will look like.

had been envisioning and revising plans for VRCCE for 10 years. Our vision was complete, but we needed a contractor who understood and supported our budget and timeline, could communicate clearly and honestly with all parties involved and shared and embraced our goals. We found all these things in FG Life Services. Despite challenges that arise with all remodeling projects, especially involving 60-year-old buildings, we work together with positive progress daily,” Johnson said.

When asked if they are taking new patients, and whether or not they see pets other than dogs and cats, Johnson replied, “Dr. Nina Morris and I are proud that throughout our 13 years of practicing at VRCCE, we have always been open to accepting new patients. Due to the hard work and dedication of our team, we have kept this policy through immense challenges such as COVID and the increasing culture of corporate veterinary practice consolidation. Dr. Hannah Guidry joined us in June and further enhances our ability to serve

our community. Veterinary licensure is unique, allowing veterinarians to provide medical care for all animals, save one, humans. So, while we are most experienced in caring for dogs and cats, we always do our best to care for every animal that needs our attention. In that vein, we’ve provided medical care for everyone from turtles to goats, turkeys to hogs, and rabbits to parakeets.”

When asked about the historic nature of the property, and preserving it, Johnson said, “We all know how lucky we are to live in Cape Elizabeth, one of the most beautiful places in the world. I lived on Cottage Farms Road while attending Breakwater Montessori School, Hunts Point Road while going to CEHS and now on Ledgewood Lane since purchasing VRCCE.”

She said she has witnessed Cape grow and change since childhood and strongly believe in CELT’s mission to conserve and steward the land for now and even more importantly, for the future. “In veterinary medicine, we embrace the concept of One Health, recognizing that environmental health, animal health and human health are all intrinsically intertwined. This conviction, along with guidance from the town, strongly influenced my decision to buy a previously constructed veterinary facility and to update it within its existing footprint rather than build new or expand further,” she said.

Those interested can learn more about VRCCE at www.vrcce.com.

Judy’s Pantry – a community feeding itself

Judy’s Pantry operates at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of the month from 3:00 - 4:30 p.m.

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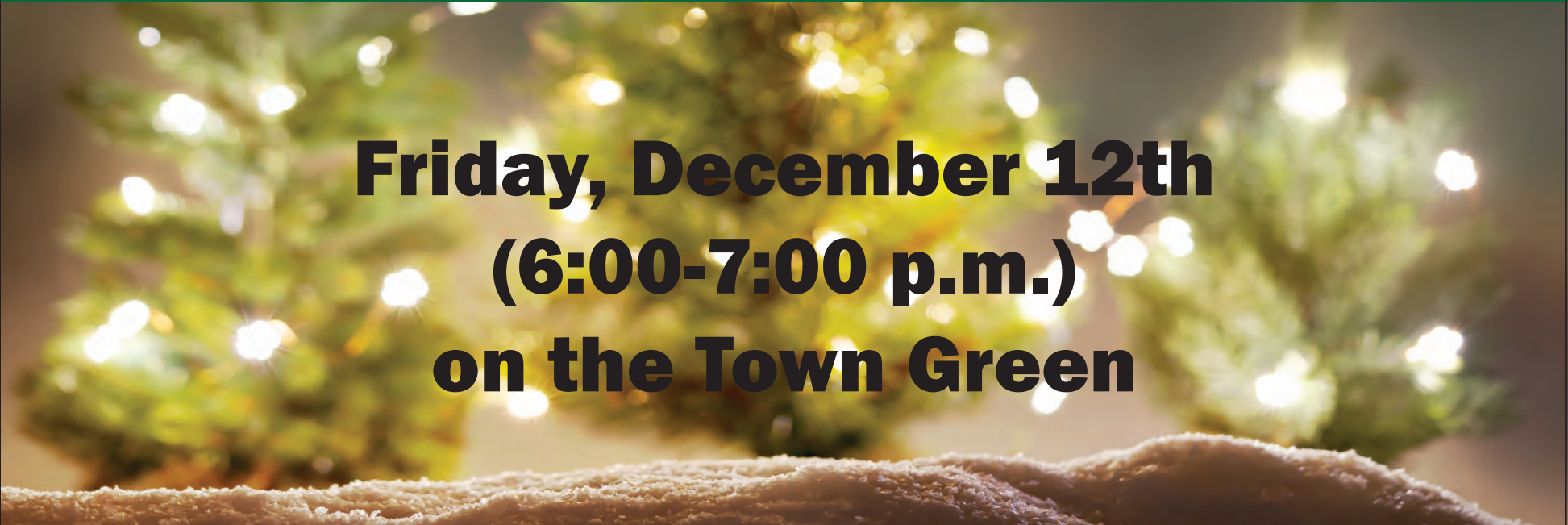
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Thomas Memorial Library offers Celtic Holiday Music with Jeff Snow

Holiday Closure

The library will be closed on Thursday, November 27 and Friday, November 28 for Thanksgiving.

SPECIAL EVENTS

Celtic Holiday Music with Jeff Snow
Thursday, December 11, 6:30 - 8:00 p.m.

Join us in welcoming back musician Jeff Snow, who dazzled the TML community with Celtic songs and stories earlier this year; now, he returns to bring a touch of magic to the holiday season!

This special show is a combination of Celtic Songs and Stories combined with some familiar, and perhaps not so familiar, Christmas songs and tunes. While you may have heard Celtic music on the autoharp before, the music of Christmas on the harp is an enchanting experience you won't want to miss.

We expect a full house for this performance, so please register if you plan to attend!

Jeff Snow is a talented multi-instrumentalist who shares the music, and the stories behind the music, of Scotland, Ireland and England. Growing up in a home where old Scottish folk songs were the everyday sounds, Jeff developed an early love for Celtic music. Much of the history of these lands was preserved in song. You will see singing, laughing, lots of smiles and perhaps a few tears as we travel through time.

Film School: "Phantom Thread"

Tuesday, December 16, 5-8 p.m.

Join us for a cozy edition of Film School as we celebrate one of our favorite genres—the costume drama!

"Phantom Thread" (Paul Thomas Anderson, 2017) is a perfect piece for the occasion; following the romance between an esteemed dressmaker and a willful waitress, this beautiful film is an evocative period piece that is both tender and wryly funny. We hope you'll join us for the screening and discussion of this Academy Award (Costume Design) winning film.

Library Comedy with Alex Just

Thursday, December 18, 6:30 - 8 p.m.

Free, LIVE stand-up comedy at the Li-

brary - you're overdue for a laugh!

Overdue for a Laugh is checking in for one night only. Join nationally-touring comedian Alex Just for a side-splitting show guaranteed to have you cracking up like a worn spine. From overdue jokes to well-bound punchlines, this is one event you'll want to bookmark. No shushing required—come ready to laugh out loud.

Alex Just has brought his unique brand of humor to all 50 states and over a dozen countries internationally. His shows have been deemed newsworthy by ABC, CBS, Fox, NBC, NPR, and The New Yorker, including national coverage for pioneering Drive-In Comedy just two weeks after the global pandemic was declared. He has appeared on both A&E and The Travel Channel and is a two-time presenter at the SXSW Festival in Austin.

RECURRING PROGRAMS

Senior Social Hour

Every Wednesday from 1-2 p.m.

Fireside Writing

Every Thursday from 5-6 p.m.

Death Cafe, with Davinica Nemptow

Thursday, December 4, 6:30 - 8 p.m.

Songwriting Workshop, with Jud Caswell

Tuesday, December 2, 6-8 p.m.

Children's Programs

Family Engagement Special Programs

Sewing Adventures: Aprons

Saturday, December 13, 1:30-3:00 p.m.
EASY level, beginning sewists welcome. For children ages 7-14 and their caregivers. Children under 10 must have a caregiver present. Do you need an apron in your life to keep tidy in the studio or kitchen? Do you wish your apron had pockets for your favorite tools? Do you want to make a gift for someone else who needs an apron?

Join us as we sew up kitchen and studio aprons on the sewing machine and decorate them with simple block print designs using found objects like leaves,

apples and corks. Prerequisite skills: threading a needle and tying the knot. All materials provided. Registration required, please sign up on our website.

Recurring Programs

There will be a program break from morning, weekly programs from December 15 - January 3. Includes messy minis, story times and play group.

Programs will resume Monday, January 5.

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

Let your imagination run wild and join us for Messy Minis time in the Community Room. Let's color, cut and paste together to make magic. 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. Please note, 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 wiggles 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., December 2

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.

Tween/Teen Programs

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. Help shape the future of the teen space and...

- Earn volunteer hours
- Advise on library policies
- Design new programs

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.

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Local birding report

By Brooks Bornhoff

As daylight wanes and the weather turns unpredictable, late fall can feel like a challenge for birders. Yet this season offers something rare—a chance to slow down, sharpen our senses and deepen our skills. With fewer birds and muted landscapes, every field mark, call and behavior becomes a puzzle piece. And in Cape Elizabeth, the avian stage is never empty; it's just waiting for us to step outside and tune in.

My limited notes over the last two weeks include, on the chilly morning of November 16 I spotted two female Hooded Mergansers in the Pond Brook Corridor flashing their warm cinnamon crests and on November 15 along Trundy and Dyer Points, several flocks of diving Harlequin Ducks, three Red-breasted Mergansers and a solo Black Guillemot. Also, Great Cormorants have arrived in solid numbers while their slightly smaller relative, the Double-breasted Cormorant, has since departed for warmer waters south.

The day prior, November 14 on Great Pond and from a distance I spied four foraging Ring-necked Ducks. I determined these smallish ducks to be Ring-necked Ducks because of their visibly prominent head shape and white ring around the bill. Other ducks of interest spotted around Cape recently include Northern Pintails, Ruddy Ducks, Gadwalls, American Wigeons, and both Greater and Lesser Scaup.

Lastly, and most notably, on November 17 around sunset along the upland section of Gull Crest I came upon a bird sitting high atop a leafless White Ash Tree. Its shrill chirps gave it away as I had heard this same call months back and recalled the Merlin app had stated at the time the call in question was coming from a Titmouse.

I quickly scanned the upper regions of the tree and spotted a smoke gray colored bird with white and black wings, an Evening Grosbeak! Almost as soon as I laid eyes on the bird its calling paused,

just long enough for my eyes to be distracted by a tiny darting creature just ahead on the path, a female Common Yellowthroat! When I looked up again the Grosbeak was gone.

I have always felt that there is something about being in the presence of an Evening Grosbeak that stirs a sense of wildness deep within. Ornithologist and Civil War army surgeon Dr. Elliot Coues once stated, "This is a bird of distinguished appearance, whose very name suggests the far-away land of the dipping sun, and the tuneful romance which the wild bird throws around the fading light of day."

New England ornithologist Edward H. Forbush stated upon first laying eyes on this special bird, "seen for the first time amid the snows of winter or against a background of darkling pines, these strange and beautiful waifs of the northland seem somehow out of place, as would some rare and singular exotic plant blossoming in a New England winter."

True to its winter wandering ways, Hesperiphona vespertina does not stick around any one place too long. Originally a bird of the far northwest and unknown east of the Rocky Mountains before the late 1800s, this species expanded its presence eastward through the late 19th and early 20th centuries. What likely facilitated this expansion of the grosbeaks range was the planting of non-native ornamental berry trees.

In recent decades the eastern population of Evening Grosbeaks have declined by 92%, the steepest decline of any landbird in the continental U.S. or Canada. There are several reasons for this species' decline including boreal forest logging, disease, and lack of forest insects due to aerial spraying in the U.S. and Canada. This winter listen for the heavysset finches running patter of call notes, which can be sharp, warbled or sweet. You may just catch a glimpse of an Evening Grosbeak.

Cape Elizabeth Land Trust winter program listings

Hobstone Woods Winter Excursion

Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of CELT's Hobstone Woods. This gentle hike will lead you through the forested natural habitat and scenic overlooks of Hobstone Woods.

Throughout the walk, Amy will explain the ecology of the property, tips for identifying trees, and adaptations that plants and animals must make in order to survive the winter.

Participants should wear proper footwear, as the trail may be icy at this time of year. Participants who register at least 48 hours in advance will receive notification of changes to the program or cancellation.

Date: Saturday, January 3, 2026
Time: 10:00 a.m. - 12:00 p.m.
Location: Hobstone Woods
Cost: \$6 per person
Min/Max: 3/10

Animal Tracking for Families

Children and their caregivers will join CELT education program coordinator Ali Gustavson on a walk through Runaway Farm to explore this property in the winter and look for common animal tracks.

Participants will meet at the upper parking lot of Gull Crest and spend an hour taking a light hike through Runaway Farm Preserve and exploring the habitats around them. They will search for signs of the changing seasons, animal tracks and winter adaptations. They will also get a chance to practice tracking, weather permitting.

Participants should wear warm, dry clothing and sturdy footwear for potentially icy conditions. The outing is subject to weather conditions and all participants must register at least 48 hours in

advance of the program to receive notification regarding changes or cancellation.

Date: Monday, February 2, 2026 (A no school day for Cape Elizabeth Schools)
Time: 10:30 a.m. – 11:30 a.m.
Location: 1 Gull Crest Avenue. Meet at the Upper Parking Lot of Gull Crest Field, closest to Spurwink Avenue
Cost: \$6 per parent and 1 child, \$3 for each additional child
Min/Max: 3/10

CELT's Winter Crosstown Walk

Join CELT member and Maine Master Naturalist Amy Witt for our Winter Crosstown Walk.

Beginning at Kettle Cove State Park, this walk will traverse over eight miles of both town of Cape Elizabeth and CELT trails, highlighting some of Cape's great ecosystems. The walk takes approximately four hours and includes a BYO lunch stop. Hikers will meet at Fort Williams Park and take a bus to Kettle Cove to start the hike.

Participants should wear proper footwear, as the trail may be icy at this time of year. Participants who register at least 48 hours in advance will receive notification of changes to the program or cancellation. Participants should be 12 years or older; please call about younger ages.

Date: Saturday, February 7 2026
Time: 10:00 a.m. – 2:00 p.m.
Location: Meet at Fort Williams Park (the plowed parking lot closest to the lighthouse) to park your car and take a bus over to Kettle Cove to start the hike
Cost: \$6 per person
Min/Max: 4/20

Please visit <https://www.cape-landtrust.org/events/> for registration and more information on our programs.

High/low tide chart



High Tide				Low Tide					
	AM	ft	PM	ft	AM	ft	PM	ft	
27	Thu	3:34	8.1	3:38	8.9	9:26	1.8	10:03	0.8
28	Fri	4:25	8.4	4:34	8.9	10:23	1.6	10:54	0.7
29	Sat	5:16	8.8	5:33	8.9	11:22	1.2	11:47	0.6
30	Sun	6:09	9.3	6:34	9.1			12:23	0.7
1	Mon	7:02	10.0	7:35	9.3	12:42	0.4	1:23	0.0
2	Tue	7:55	10.6	8:32	9.5	1:37	0.1	2:20	-0.7
3	Wed	8:46	11.1	9:27	9.8	2:30	-0.1	3:14	-1.3
4	Thu	9:38	11.5	10:22	9.9	3:23	-0.3	4:07	-1.7

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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, November 27

Thanksgiving Holiday

Friday, November 28

Native American Heritage Day

Monday, December 1

Ordinance Committee, Town Hall, 5 p.m.

Thursday, December 4

Board of Zoning Appeals, Town Hall, 7 p.m.

Tuesday, December 9

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

Wednesday, December 10

Community Service Committee, Cape Elizabeth High School, 5:30 p.m.

Conservation Committee, Town Hall, 7 p.m.

Conservation Committee, Town Hall, 7 p.m.

Thursday, December 11

Town Council Workshop, 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: cercme.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.

Nothing scheduled for November 27-December 4



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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: 10:00 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

Credit card payments return to Recycling Center

From Town Hall website

The Recycling Center has successfully launched a new point-of-sale system, restoring the ability for residents to pay fees with a credit card.

Credit card payments will enable better customer service, staff efficiency and faster transactions.

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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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WLA

Continued from page 8

National Park, but it also gave us all an opportunity to step out of our comfort zones in various ways. It really was a life changing experience for all of us!"

CEHS student Sloan Gardiner said, "This trip really proved to me that everyone is at their best when in nature and allowed me to feel comfortable being vulnerable and present with the group."

Community businesses donating raffle prizes including, but not limited to, Scratch Bakery, Inn by the Sea, Greener Postures, Fox and Doe, Crisp, Dimillos, Nomads, Black Point Inn, Home Depot of South Portland, Seadogs Brewery from Scarborough and so many others.

They were able to raise almost \$8,000 in a month-long raffle. The WLA also received a partially funded grant from CEEF for over \$12,000, according to Brassard, and there was also an anonymous sponsor in support of WLA and this experience. Students also contributed toward trip costs.

Overall, this covered airfare, transport, educational experience, meals, lodging, the Snake River rafting, a tram ride to study alpine community, the National Wildlife Art Museum entry fee to study art wildlife and representation of female/male wildlife from a historical perspective of artists.



Contributed photo

The WLA trip provided the travelers many opportunities to get away from modern technology and stress, and to reconnect with nature, each other and themselves.

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The "KID" Courier Are you a young, aspiring writer or artist? We want to hear from you!! We are looking for artwork or stories for our new section, The "KID" Courier. Send submissions to: info@capecourier.com

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The "KID" Courier

Pirates of New England come ashore in Cape on Dec. 9

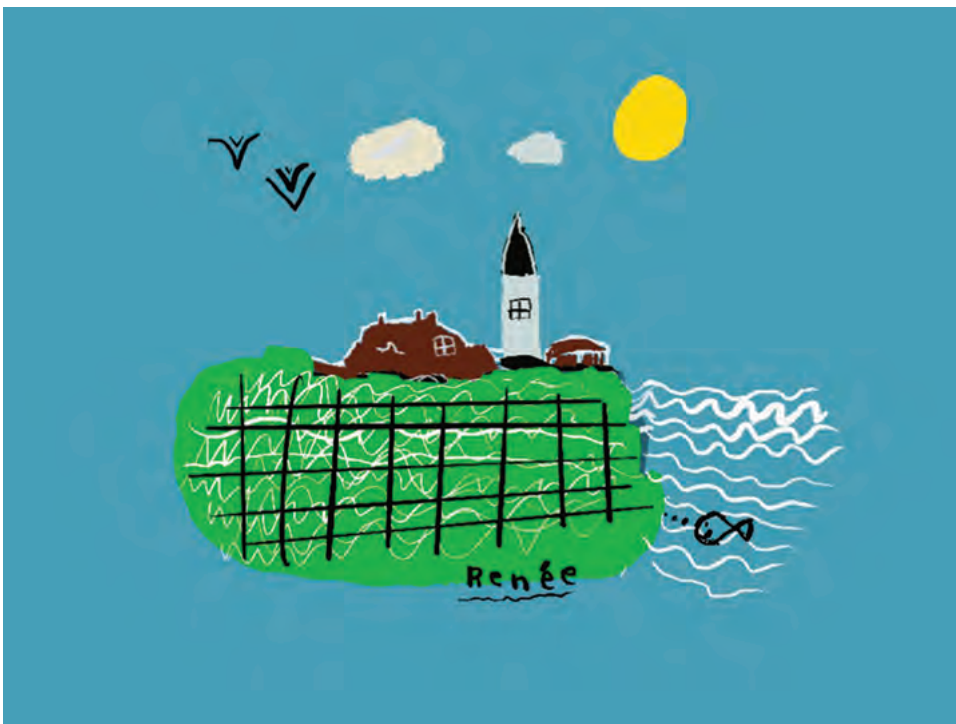
By Bob Dodd

What do you think of when you hear the word "pirates?" Most people think of sparkling blue Caribbean waters, but New England has a rich and fascinating connection to these "Brethren of the Coast." Seth Goldstein will share stories of pirates throughout the region. Some of these instances of piracy even took place right here in our back yard of Casco Bay. Prepare yourself to be introduced to a rogues gallery of sea raiders with connections to New England including Dixie Bull, Edward Low, and "Black" Sam Belamy.

Pirates of New England is part of the series of local history-themed presentations offered by the Cape Elizabeth Historical Preservation Society in partnership with the Thomas Memorial Library. Pirates of New England will come ashore in the library's Community Room, Tuesday Dec. 9 from 6:30-8pm. The presentation is free and light refreshments will be provided.

where he developed his passion for maritime history. He received his bachelor's degree in European History from the University of California at Santa Cruz and his master's degree in World History from Northeastern University. His research interests include the historic North Atlantic fishery, global piracy, New England shipwrecks and lighthouses, the whaling industry and Maine's connection to Atlantic World African enslavement. He has worked for Greater Portland Landmarks and the Portland Harbor Museum.

Seth is affiliated with the Atlantic Black Box Project, a grassroots nonprofit dedicated to uncovering and sharing New England's marginalized history. He has taught at the University of New England, Southern Maine Community College and the Maine College of Art and Design. He is currently the Director of the Cushing's Point Museum at Bug Light Park and Director of Development for the South Portland Historical Society.



Recent artwork submitted to the "Kid Courier," created by Caper Renée Schmidt, age 7.

Nature scene around town



A Savannah Sparrow at Two Lights State Park.

Photo by Martha Agan

Seth Goldstein

Seth Goldstein grew up on Cape Cod



Contributed photo



Contributed photo

Edward Low was a pirate of English origin in the early 18th century.

Autumn FUN

Find 7 differences

How many pumpkins are on a page?

Find your way through the maze to the house

Connect the dots by numbers