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In the Spirit of Community

News from January 5 Town Council meeting

By Hanna Gilley

Town Council Correspondence

Councilor Jonathan Sahrbeck offered an update from the School Board Advisory Committee that there will be an updated site plan and school design at the next SBAC meeting.

Councilor Penny Jordan said that there would be a discussion held on January 6, 2026, with the Regional Property Tax Committee and GPCOG with one of the agenda items being a "one percent tax to the County." Jordan said the committee is also looking to discuss the Homestead exemption and potential flexibilities for homeowners surrounding monthly payments. The committee will also discuss the possibility of a state constitutional change regarding taxation.

Town Manager's Monthly Report

Town Manager Patrick Fox told the council that the town staff is currently doing a "deep dive" for the fiscal year 2027 budget. Fox will meet with all department directors in February to go over their budgets "line by line" along with the Finance Director.

Fox said that the LD2003 rule will be finalized sometime in January and will be on the next available council agenda to discuss next steps. The implementation date for LD2003 compliance is July 2026.

The Town Center Intersection Improvement Project was awarded to Labrecque Construction and will begin as soon as weather permits in the spring. The intention is that the project will be completed before summer to "minimize summer impact" to the town. The funds for this project are pro-

-see TOWN COUNCIL page 4

Two Lights Dental donates dental care to domestic violence survivors

By Kevin St. Jarre

Contributed photo

Monique, in white sweater, beams the new smile given to her by Dr. Jacobson and the Two Lights Dental team through the Finding Our Voices program of pro-bono dental care for Maine women domestic survivors. The Cape Elizabeth dental office donated $21,116.00 worth of dental treatments to the working mom to restore her smile, confidence and general health. On Monique's left is Patrisha McLean, CEO+Founder of Finding Our Voices.

Dr. David Jacobson of Two Lights Dental in Cape Elizabeth is one of 37 dentists in the groundbreaking Finding Our Voices program, providing dental care to victims of domestic abuse in Maine. The dentists have donated $325,000 in pro bono dental care to women survivors of domestic abuse in a groundbreaking program that fixes damage from emotional as well as physical trauma.

Finding Our Smiles is a program provided by the survivor-led, grassroots and statewide nonprofit organization known as Finding Our Voices. Dr. Jacobson has provided $21,000 in dental care donated through the program.

In three years, 47 Maine women survivors have had their smiles and confidence restored, and in most cases their general health as well, according to Patrisha McLean, CEO+Founder of Finding Our Voices.

According to McLean, Finding Our Smiles is apparently the only pro-bono dental program in the United States that exclusively treats women domestic abuse survivors, and the only program that provides restorative dental care for psychological as well as physical abuse.

The program's dental advisors Dr. Rob Berube, an oral surgeon in Augusta, and Dr. David Pier, a general dentist in Midcoast Maine, have donated $66,000 in collaborative dental care for Finding Our Smiles patients.

Dr. Pier of Mt. Pleasant Dental Wellness has given back smiles to 17 domestic abuse survivors through the Maine program.

"I've treated women who were struck in the mouth — one with a baseball bat, another with a crowbar," he said. "Others were denied basic dental care because their abusers forbade them from missing work or even brushing their teeth. For these courageous women, their damaged smiles are daily reminders of the violence they've endured. Restoring their smiles does more than repair teeth — it restores dignity, confidence and hope.

"One patient told me, 'For the first time in years, a mirror is my friend rather than my enemy.'"

McLean said Dr. Pier's "Yes" three Christmases ago to her text message of "Please can you give back the smile" of a sister-survivor was the spark for the group's pro-bono dental program.

Dr. Berube of Oral & Maxillofacial Surgery committed to Finding Our Smiles after hearing McLean's presentation about the program to a Dental Society where he was also a speaker. He has since helped to bring 15 of his colleagues into the Finding Our Voices program.

"In my 30-year career," said Dr. Berube, "I have never seen an organization develop such a comprehensive provider network to serve truly needy patients on personal journeys to safety, health and happiness."

McLean said three dentists and one dental lab came together to give back the smile of a woman from Auburn named Christina whose front teeth smashed when an intimate partner pushed her down a long set of concrete stairs. Prosthodontist Dr. Bright Chang and Oral Surgeon Dr. Matt Lawler of Southern Maine provided treatment val-

-see DENTAL CARE page 15

Noelle Mallory, a name now firmly part of CEHS soccer history

By Kevin St. Jarre

She earned Varsity Maine Girls Soccer Player of the Year, is a three-time Western Maine Conference Player of the Year, has been a Maine Soccer Coaches Association all-state player since her freshman season, is a United Soccer Coaches All-American, is the all-time leading goal scorer in the Cape Elizabeth High School girls' soccer program's history scoring 30 goals, and assisting on 25 others, in her senior season alone.

Noelle "Noey" Mallory will be a name spoken on Hannaford Field for many seasons to come, and her many achievements are a permanent part of CEGS lore hereafter.

In the first weeks of the season, Mallory did an interview with The Cape Courier in which she said, "As a captain,

-see SOCCER page 15

Photo by Joanne Lee

Noelle Mallory has cemented her place in CEGS history by setting records, co-leading the program to a Maine State Championship and winning a slew of accolades and awards. Mallory is committed to playing soccer at Middlebury College in Vermont.

The Cape Courier
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OUR MISSION STATEMENT
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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DEADLINE: Noon, Jan 23

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Let us hear from you!

We love feedback!

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Trespass complaints, misuse of personal information reported

Reported by Debbie Butterworth

PUBLIC INFORMATION

12-10 An officer responded to the Westfield Road area for a suspicious person.

12-10 Two officers responded to the Ocean House Road area for a trespass complaint.

12-10 An officer met with a resident of the Ocean House Road area regarding a criminal mischief complaint.

12-11 An officer met with a resident of the Hannaford Cove area regarding a trespass complaint.

12-12 An officer met with a resident of the Shore Road area who reported the misuse of personal information to open a credit card account.

12-13 An officer met with a resident of the Fowler Road area regarding a parking complaint.

12-14 An officer met with a resident of the Shore Acres area regarding harassing text messages.

12-15 An officer met with a resident regarding harassment and possible violation of bail conditions.

12-19 An officer met with a resident of the Old Ocean House Road area regarding a problem with a private contractor.

12-19 An officer met with a resident of the Fowler Road area regarding a possible harassment complaint.

SUMMONSES

12-11 Portland resident, operating vehicle while using hand held device, Route 77, $85

12-11 Portland residency, operating after license suspension, Scott Dyer Road, $325

12-11 Illinois resident, violation of transient sellers act, Canter Lane

12-23 Portland resident, operating after license suspension, Old Ocean House Road

12-26 Portland resident, speeding (79/50 zone), Ocean House Road, $278

JUVENILE SUMMONSES

12-9 Cape Elizabeth resident, violation of interim licence, Spurwink Avenue, $385

12-21 Cape Elizabeth resident, speeding (45/25 zone), Scott Dyer Road, $230

ACCIDENTS

12-24 Ryker Spear, accident on Bowery Beach Road

12-24 Ian Geike, accident on Wells Road

12-27 Miles Vettese, accident on Wood Road

FIRE CALLS

Fire calls: 20; EMS calls: 50

Scam alert bulletin board

By Jessica D. Simpson

Fake Jobs, Real Losses

If your New Year's resolutions include finding a new job, work-from-home opportunities may sound appealing. While many remote positions are legitimate, some aren't what they appear to be. Criminals often pose as legitimate employers on job boards, social media, or send unsolicited texts, promising easy money, flexible hours, and a quick hiring process.

What they're really after is personal information or our money by asking to pay upfront for "training," purchase expensive equipment, or provide sensitive details—such as your Social Security number—as part of the application.

Be cautious of sudden, unusually high-paying opportunities that require little to no experience. Avoid sharing personal data until you're certain the job offer is legitimate and take time to research the company by searching its name along with the words scam, complaint, or fraud. If you see concerns from other job seekers, consider it a clear red flag.

Credit Repair Scams

With rising costs and economic uncertainty, many of us are looking to start the New Year by taking more control of our finances and tackling lingering debt. But paying down what you owe takes time, discipline, and a clear plan—not quick fixes. Be cautious of offers that promise guaranteed results or fast debt elimination.

Scammers often target consumers with significant credit card debt, claiming they

-see SCAM ALERTS page 14

2026 Publication schedule

Issue No	Ad/Copy Due	Issue Published
01	Jan 2	Jan 14
02	Jan 23	Feb 4
03	Feb 6	Feb 18
04	Feb 27	March 11
05	March 13	March 25
06	March 27	April 8
07	April 10	April 22
08	April 24	May 6
09	May 8	May 20
10	May 22	June 3
11	June 5	June 17
12	June 19	July 1
13	July 3	July 15
14	July 24	August 5
15	Aug 7	August 19
16	Aug 21	Sept 2
17	Sept 4	Sept 16
18	Sept 18	Sept 30
19	Oct 9	Oct 21
20	Oct 30	Nov 11
21	Nov 13	Nov 25
22	Dec 4	Dec 16

Historic giving: CEHPS 2026 fundraising starts now

By Bob Dodd and Diane Brakeley

Photo courtesy of CEHPS

100 years ago (1926), the Cape Elizabeth High School graduating class consisted of seven people. How times have changed. Front row: Doris Mullen, Eleanor Maxwell, Olga Bothel. Back row: Arthur Peabbles, Wesley Hannaford, Orissa Jordan, Abner F. Lowell.

The year 2026 marks the 250th anniversary of the birth of our nation. Here in Cape Elizabeth, it is also a year filled with important local milestones worth celebrating.

125 years ago, the Town Hall/Cape High School was constructed following Cape Elizabeth's 1895 separation from what is now South Portland amid debate over public water issues. Other anniversaries mark Cape Elizabeth's long tradition of public service and resilience, from the founding of the Cape Elizabeth Life Saving Service in 1878 to the history of the Town Poor Farm, built in 1824 and lost to fire in 1974.

Each of these milestones helps define who we are as a community. Whether we are lifelong residents or newcomers, this shared history gives us and our children a sense of identity and belonging.

Now the Cape Elizabeth Historical Preservation Society (CEHPS) needs your help. In order to preserve, display and provide access to the many thousands of artifacts, documents, memorabilia and photos that retell these and other town stories for future generations of Capers, the Cape Elizabeth Historical Preservation Society (CEHPS) is asking the community for its support.

Our annual fundraising campaign is going on now. Your gift – including the gift of volunteering – makes the ongoing work of the preserving Cape's history possible.

Looking Ahead

With community support, CEHPS hopes to carry out several key projects in 2026, including:

- Acquiring significant new historical materials for public display
- Contracting with a coordinator to recruit, train, and organize our growing corps of museum guides
- Expanding tours and educational materials for school groups learning about Cape Elizabeth and Fort Williams
- Digitizing thousands of historic documents and images for online access anywhere
- Upgrading computers, scanners, and storage systems essential to modern historical preservation

Three years ago, CEHPS moved into the former Bachelor Officers' Quarters at Fort Williams, allowing it to expand its work and make its holdings more accessible by creating a museum. This growth has only been possible because of the financial and volunteer support of the Cape Elizabeth community.

That support remains essential.

As we honor 250 years of our nation's history, we invite you to help ensure that Cape Elizabeth's story continues to be preserved, shared, and accessible for generations to come. Please look for the CEHPS ad in this issue or visit www.cehistory.org to learn how you can participate in this year of historic giving.

January naturalist's corner

By Erika Carlson Rhile

A Super-start to 2026

On January 3, we had our first full moon–and first supermoon–of 2026. The term supermoon is probably an easier way to describe what astronomers might call a perigee-syzygy moon.

Perigee is when the moon is in its closest orbit to Earth and syzygy is the lineup of three celestial bodies (Moon, Earth and Sun, in that order). A supermoon does appear bigger and brighter. If you didn't catch January's Super-Full-Wolf Moon, there are two more supermoons in 2026: November's Beaver Moon and December's Cold Moon. Mark your calendar for that one; it'll be the closest supermoon of the year and the closest full moon since 2019, a spectacular sight on Christmas Eve 2026!

The January Thaw

People have long noticed the tendency for a warmup in January with temperatures 10 to 20 degrees above normal. The January thaw in Maine happens when the jet stream moves warm, moist air from the Gulf of Mexico or the southern U.S. northward, temporarily overriding typical cold Canadian air masses. Whenever that happens, I'm sure we can all agree with Mark Twain, who said, "One of the brightest gems in the New England weather is the dazzling uncertainty of it."

Boreal Visitors

Attention birders! 2026 brings another irruption of finches. An irruption is when large numbers of birds migrate beyond their normal range. There was a "superflight" of finches in 2021 due to near-total failure of both conifer and deciduous seed crops across the entire boreal forest. This forced almost every species of winter finch to move south in huge numbers.

This year's irruption is already being compared to the year 2021's. Once again, there were low seed crops in Ontario and Quebec caused by a hat trick of events: 2024 was a heavy seed year for spruce and fir trees; 2025 the trees were in a low mast year cycle. The boreal forest also experienced a drought, thus the trees focused on survival vs reproduction. 2025 saw a massive outbreak of the Eastern Spruce Budworm pest.

Many boreal bird species are headed this way. Watch for increases in the following species: Purple Finches, Pine Siskins, Evening Grosbeaks, Common Redpolls and Pine Grosbeaks. Non-finch species sightings like Bohemian Waxwings and Red-Breasted Nuthatches are also expected to be on the rise.

If you'd like to help these displaced travelers, stocking your feeders with black oil sunflower seeds is a great idea since it's a favorite of most birds. Pine Grosbeaks and Bohemian Waxwings love dried fruit. Report your sightings! Using a citizen science platform helps researchers track finch movements and contributes to a better understanding of irruption patterns.

News from the superintendent

By Dr. Chris Record

Happy New Year to you and your family! I hope you had a wonderful holiday season with friends and loved ones. Now that we are through the holidays I am excited to look forward to what lies ahead for our school district.

However before I go any further, I do want to express my sincere gratitude and appreciation for Phil Saucier for his amazing six years of service on the School Board. Public service is seldom easy and I want to thank him for his courage and the commitment he demonstrated for our students and staff. I also want to welcome Andy Patten as a new member of the board and congratulate Caitlin Sweet for returning for her second term.

In addition, I want to thank our tremendous staff for being so dedicated to our students, our schools, and our community. We have so much to be proud of as a school district due to the efforts and talent of our students, the deep commitment of our staff, and the tremendous support from the Cape community. For your information, below I have included an update on the 2026-2027 school budget creation and an update on the school building project approved by voters in June of 2025.

2026 -2027 School Budget Creation

The budget development process for the following school year begins in October. At that time principals and program directors begin to work with their staff members to ascertain potential needs (supplies, equipment, PD, other positions, etc.) for the following school year.

The principals/program directors also review all current programming and all budget lines to ascertain efficacy and determine if any changes are warranted. Administrative specialists are also key to this process and review.

• The principals/program directors work closely with our School Finance Director Marci Weeks to develop their preliminary budget proposal.

• In December, each principals/program director presents their budget to Dr. Record for review line by line, position by position, and program by program.

• The District Leadership Team preliminary budget is finalized as best it can be with some unknown factors explained below and presented to the School Board in early February.

• Then the School Board, through several public workshops, reviews the budget proposal, asks questions and guides the final budget for their vote in April.

• This final School Board budget is presented to the Town Council in May for their review, questions, and vote to go to referendum in June. As a reminder, the Town Council has no input on what is in the school budget, but only input on the final dollar figure of the budget.

School Building Project Update

Following the community's approval of the building project in 2025, the committee was established to serve as an advisory body providing feedback on design-related decisions and making recommendations to the School Board regarding financial, contractual, and schedule matters for the new middle school and scheduled renovations at Pond Cove Elementary.

The Cape Elizabeth School Building Committee holds its monthly meetings on the first Wednesday of each month at 5pm in the CEMS Chorus Room. Community members are encouraged to attend these monthly meetings to hear updates as the project moves toward its goal of breaking ground in summer 2026. The public should please submit any questions/comments on the project to schoolbuildingprojectquestions@capeelizabethschools.org

Finally, I want to again thank the community for your tremendous support of our schools. We are a vibrant school community in large part because of the foundation of support you provide our students and staff. Our partnership with you is leading to amazing opportunities and support for our students. I look forward to the year ahead as we work together to face challenges and celebrate triumphs. Happy New Year!

Dean's list announcements

Luciana Esch Levanos of Cape Elizabeth was named to the dean's List for the fall 2025 semester at Lasell University in Newton, Massachusetts.

Grace Callahan of Cape Elizabeth was named to the dean's list for the fall 2025 semester at the University of Wisconsin-Madison in Madison, Wisconsin.

Town Council

Continued from page 1

vided equally by the state and through the Cape Elizabeth TIFF fund.

General Assistance Ordinance and Appendices

Paige Kombakis, Social Services Coordinator for Cumberland County, provided a short presentation to the council regarding General Assistance in the community, and ordinance and appendices updates to the program. The changes to the ordinance and appendices are "not substantive" and are between the DHHS policy and state law language.

Kombakis said that General Assistance is "short term, last resort, financial aid" for residents who cannot meet their basic needs for food, housing, medication, heat, etc. There are three main rules of governance for General Assistance: Maine State Title XXII, the DHHS policy rulebook, and local ordinance. Eligibility for General Assistance is determined by an application and interview process and information regarding income, assets, expenses, and household composition and demographics. If eligible, funds are provided in vouchers or direct payments to vendors, not cash.

In the last fiscal year, 11 households in Cape Elizabeth received general assistance. In that same year, 44 applications were submitted and 54% were deemed eligible and 45% were denied assistance.

Councilor Thompson asked how the town budgets for General Assistance. Fox said that the budget was left to be the same as the previous year but will be reviewed again during the 2026 upcoming budget season. Town spending for general assistance is currently under budget.

Councilor Jordan asked Kombakis if there was a similar reason for the denied applications, asking "does it highlight a need that is unmet in the community?" Kombakis replied that there are multiple reasons for denials including applicants didn't provide complete information, applicants didn't meet all conditions such as job searches. Other applications that were denied simply exceeded the maximum income threshold for General Assistance, Kombakis adding, "they make too much to fall within (General Assistance) maximum, but they don't make enough to cover their basic needs." In these cases, applicants are directed to other resources including LIHEAP, DHHS applications for SNAP, WIC, and MaineCare.

The council voted unanimously to approve the general assistance ordinance revisions. Councilor Harriman was absent from the meeting and the vote.

Chapter 13 Parking Amendments on Fenway Road

Fox provided background on the proposed parking amendments for Fenway Road saying that in the past the town was "reactionary" by putting up temporary "no parking" signs. Additionally, EMS vehicles are unable to have safe access when vehicles are parked on both sides of Fenway. It was established that vehicle parking will be allowed on the side with vehicles pointing toward egress so that "all cars can leave quickly, if needed."

The council voted to approve the chapter 13 parking amendments with Councilor Harriman absent from the vote.

Miscellaneous Amendments - Zoning

Miscellaneous amendments to subdivision and zoning ordinances were unanimously approved by the council. These amendments were first introduced in October 2025 and were referred to the Ordinance Committee before coming back to the council for vote.

Thomas Memorial Library Annual Summer Reading Program "Build a Better World" Community Spotlight Selection Policy and Application

Rachel Davis, TML library director, shared that the library staff have been inspired by a library system in Maryland that wanted to reduce the number of "plastic trinkets" given out during library events. At TML, children can receive "beads for reads," which have already been swapped from plastic beads to wooden beads.

Additionally, library staff wanted the reading program to focus "less on consumerism, and more on making a positive impact on the world." With "Build a Better World," the summer reading program would "highlight different ways you can contribute to society, the environment, and also reduce the consumerism aspect."

This would be done by adding a "community spotlight" to the reading program. Community members, library goers and participants of the summer reading program, would learn about a particular local organization and be encouraged to donate funds, or donate their time through volunteering for a good cause.

Davis said that the library will have an application process to determine which 503c organization will be highlighted each summer. The program would be announced in February, with the organization chosen by April when promotion would start. Library staff have written a policy to determine how the program will function to which the Council voted to approve. Implementation will start in February 2026.

Councilor Anderson asked if the qualification criteria would favor an organization that "would directly support Cape Elizabeth residents?" Davis replied that the library staff intends to have a more "broadened awareness of other organizations throughout Maine."

The council voted unanimously to approve the policy provided by TML. Implementation will begin in 2026.

TML Food and Beverage Policy Renewal

Davis shared that the Thomas Memorial Library policy was up for renewal with "no real change." The only new insertion to the policy is that "no food can be brought in from an outside organization except at the discretion of the Library Director." The updated policy was approved by the council.

Adoption of 2026 Town Council Rules and Council Goals

Each year, the council reviews and adopts

-see MEETING page 5

2026 winter Cape Elizabeth Land Trust program listings

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, (A no school day for Cape Elizabeth Schools)
Time: 10:30 – 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 we 12 years or older; please call about younger ages.

Date: Saturday, February 7
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.capelandtrust.org/events/ for registration and more information on our programs.

Meeting

Continued from page 4_____

rules for the coming year. The town council rules for 2026 were discussed at a December 2025 workshop. The council voted to approve with Chair Scifres adding, "Thank you to Patrick Fox" for "capturing our discussion clearly" in the drafted rules. The council also voted to approve the 2026 Town Council goals as discussed in a previous council workshop.

1934 Building Committee Charge

The 1934 Building is part of the middle school campus, and will no longer be in use after the fall of 2028 with the new school being constructed and open to students. Because of this, the council wants to create an ad hoc committee with a charge to research options for the 1934 building. Councilors Sahrbeck and Anderson created the document for the committee's charge.

The council had an open discussion of the committee's charge with Chair Scifres asking if the council would consider decreasing the timeline of the committee from 18 months to 12 months.

Fox added that since the committee might discuss the buildings reuse to include preliminary design, schematics or sale documents, it would be beneficial to shorten the charge to allow the committee to have a final deliverable presented to the council before budget season 2027 and could inform the budget for FY 2028.

Councilor Sahrbeck added that there is also the possibility that the reuse of the building would "need to be bonded" and would need to go to the voters. Sahrbeck said that "ideally we'd like to know what will happen to the 1934 building when the new middle school is completed in the summer of 2028" so that it's not "sitting dormant."

The council also discussed adding a member of the school board or school administration to the committee to "give their input on what's done on their campus." The council agreed to have a 9-person committee with 6 community members involved.

The committee will also be charged with obtaining community sentiment on the use of the building with public comment available at the start of every committee meeting. Meetings will be recorded so long as the technology to do so is available. The committee will provide updates to the council by August 2026, December 2026, and a final report by March 30, 2027, going to public hearing as early as April 2027.

Fox informed the council that he will have a "clean copy" for the next regular council meeting and to prepare it for a vote.

On the docket in 2026

By Sen. Anne Carney

Last week, my colleagues and I returned to Augusta for the second year of our biennial legislative term, and there is certainly no shortage of work to do in the months ahead to protect and expand Mainers' access to justice, safety and basic necessities.

Lawmaking got off to a quick start last week, when the Governor had three days to either veto or allow to become law some 60 bills that the Legislature passed last year. Among the bills allowed to become law was LD 1971, which places sensible limits on state cooperation with federal immigration enforcement in the face of a sweeping federal commitment to mass deportation. Moving forward, Maine law enforcement agencies cannot arrest or detain someone based on immigration status alone, nor can they transfer a detainee to federal immigration agents' custody without a court order or warrant.

Also released from the Governor's desk was a bill prohibiting untraceable firearms by requiring serial numbers on homemade guns, also known as ghost guns. 3D printing and DIY kits have furnished an alternative path to gun ownership that evades background checks and other laws that promote responsible ownership. These untraceable ghost guns pose a mounting threat to public safety in Maine and across the country, their use in crimes rising more than 1000% since 2017. By criminalizing possession of untraceable ghost guns, this law closes an important gap in Maine's gun safety provisions.

The Judiciary Committee, which I continue to chair this year, is already hard at work considering unfinished bills and new legislation. One important item on the agenda is a bill to protect Maine consumers by minimizing the personal data that businesses are allowed to collect, use, disclose and sell. As the rapid evolution of generative AI opens new doors to exploitation, we will also consider a proposal to strengthen protections against AI-generated child sexual abuse material.

Beyond my work on the Judiciary Committee, a handful of my bills are up for consideration this session. The Legislature will revisit my Energy Fairness Act, which seeks to protect vulnerable households – homes of infants, older Mainers and those who rely on electricity for treatment of medical conditions – from disconnection of their electric service. The bill aims to ensure continued access to essential utility services through hard times. The break between sessions provided an important opportunity for me to step back and focus this bill more sharply on affordability, with new provisions directing the Public Utilities Commission to integrate consideration of residential cost burdens into its rate decisions and duties more broadly.

I will also be spearheading an effort to provide emergency funding to support the Maine Commission on Public Defense Services. Current staffing shortages may jeopardize the state's ability to effectively fulfill its constitutional obligation to provide attorneys to criminal defendants who cannot afford their own, so preserving equal access to justice requires filling this funding gap.

I am grateful to embark on another year full of both challenges and opportunities to advocate for meaningful change towards a vision of Maine that is more affordable, safe and just.

If you have questions or comments on these proposals or any others as the flurry of activity resumes in the State House, please email me at Anne.Carney@legislature.maine.gov or call my office at (207) 287-1515.

Local artist creates murals for Community Services

By Kevin St. Jarre

Phaedra Schmidt is a local artist spreading wonder on the walls. The muralist recently shared her artistry at the Cape Elizabeth Community Services Center, beautifying the interior. That process led her to launch her business, Mural Marketing LLC.

Schmidt said the process for the Community Center project was collaborative and joyful. "After connecting with Kelly Phinney and Kathy Raftice from Cape Community Services, we identified a variety of spaces in the building that might benefit from a pop of color and visual storytelling. We brainstormed ideas of how to integrate ocean imagery and the iconic Portland Head Light that Cape Community Services manages. From there, I worked up a dozen design directions for their review and tried to find a color palette that would harmoniously compliment both the building's paint colors and the visual identity of Community Services. After aligning on a design that would appeal to both adults and children, work on the downstairs mural began November 5, 2025," she said.

Schmidt said that a splash of teal waves and vibrant sun inspired by the logo was painted to greet visitors at the main entrance, complemented by hand-painted door signage and improved navigational cues. She said, "Painting two walls and two doors on the downstairs level took about 25 hours, though nearly half that time was spent chatting with community members. Without question, that was the best and most joyful part of the mural process."

All week, she said she witnessed hundreds of visitors audibly delighted to see color being added to the wall, with the goal of positively welcoming them into this shared community space. "Whether passing through to attend a class in the building, renew a passport, deliver mail, or pick up child, every single person stopped to share a story, a smile, or a suggestion. The designs evolved with their input. Whenever I questioned an element, I didn't hesitate to ask community members walking by. And they didn't hesitate providing sug-

-see MURAL page 8

Contributed photo

Phaedra Schmidt of Mural Marketing LLC recently added some color and joy at Cape Elizabeth Community Services.

CEEF's Red Apple says "Thank you" to CESD

Contributed photo

The Cape Elizabeth community, with the help of CEEF has said "thank you" to all the employees of the town's school district through the annual "Red Apple Awards" program.

For over the last decade, the Cape Elizabeth community, with the help of the Cape Elizabeth Education Foundation (CEEF), has said "Thank you" to all the employees of the Cape Elizabeth School District for their hard work for our kids through the annual "Red Apple Awards" gift program.

For those of you unaware, the Red Apple Award thanks all the members of the school district from teachers and administrators to custodians and bus drivers for what they do for our children. It also allows an option for parents, who tend to get busy around the holidays, an outlet to have a gift given to a district employee who has made a difference in their child's life. It is an easy way to give a Holiday "Thank You" while supporting CEEF. In a way, the Red Apple Awards give back twice: it delivers a personal thank-you to the staff who make our schools special and it helps CEEF fund programs and grants that fall outside the district budget.

This year, CEEF put together gift packages that were "Made in Maine." How the Red Apple works is that every member of the district receives a "level 1" gift. If people donate on behalf of a certain employee, then that employee can receive up to five levels of gifts depending on how many people donate. This year's five level gifts included lip balm, jam from Stonewall Kitchen & Haven's Sea Salt Caramels, hand cream by Plus Marin, a L.L. Bean Island Pouch, and a Sea Bags Beverage Bucket with Starbucks coffee & mug. No matter how much is donated, each district employee receives a token of the community's appreciation. Also included was to have the gift include a handwritten note prepared by a CEEF volunteer, which went directly to that district employee.

In 2025, 343 handwritten cards were delivered and 323 employees received gifts, including 143 employees who received gifts ranging between the level two and level five. All of the gifts were delivered to Pond Cove, CEMS and CEHS by CEEF volunteers (many wearing holiday antlers) on December 17. The reaction from staff members was resoundingly positive. In response to the Red Apple, one CEHS employee wrote to CEEF. She stated, "I am writing to express my sincere gratitude for the generous gifts. I truly love every single one of them and will begin using them tomorrow. In addition, the Red Apple messages I received and read touched me deeply. Those words of appreciation truly go a long way, and mean more than I can express." A CEMS teacher added, "Thanks so much for your contribution to CEEF in my name through the Red Apple Award program. CEEF does so much to help our schools, so this is the perfect teacher gift!"

Since 2002, donations and fundraising by CEEF have funded 359 grants totaling over $1.75 million in support of the educational experience in Cape Elizabeth schools. Over the last year, CEEF funded nearly $120,000 in grants distributed equally across Pond Cove, CEMS, and CEHS — supporting STEAM innovations, artist residencies, outdoor education, mental health programs, and student-led projects. As a 501(c)(3) nonprofit, CEEF relies on community donations and fundraising to turn innovative grants ideas into reality and supports programs across the entire school district, from pre-kindergarten through high school. CEEF grants create learning opportunities that students won't find anywhere else, the types of experiences that make Cape schools extraordinary. Every bit of support or contribution, large or small, helps keep Cape schools at the forefront of education.

Ocean House Bakery, new ownership, renewed focus and new offerings

By Kevin St. Jarre

Contributed photo

Ocean House Bakery is open while the build-out continues. They continue to offer options from the bakery's dedicated gluten- and nut-free kitchen, with everything sold remaining 100 percent gluten free, with a renewed focus on a café setting. The owners say they will add retail-ready snacks, grab-and-go items, lunch offerings, fresh-baked breads and a full coffee bar offering espresso drinks such as lattes and americanos, as well as iced coffee.

Ocean House Bakery, at 327 Ocean House Road, was purchased on December 1, 2025 by Scott Reed. He is a lifelong Mainer and his wife is also a small business owner in Cape Elizabeth. Reed has a long-standing connection to Maine's small business community and he said he is committed to growing Ocean House Bakery with a thoughtful, long-term approach.

The new ownership is undertaking a full rebrand to Ocean House Bakery, Reed said, with a renewed focus on the café and retail experience. "We saw an opportunity to expand access to high-quality gluten-free food in a café setting, something that's still hard to find," said Reed.

The vision is to expand offerings from the bakery's dedicated gluten- and nut-free kitchen, with everything sold remaining 100 percent gluten free. Planned additions include retail-ready snacks, grab-and-go items, lunch offerings, fresh-baked breads, and a full coffee bar offering espresso drinks such as lattes and americanos, as well as iced coffee. The café will feature Carrabassett Coffee, a Maine-based roaster. The owners also hope to introduce beer and wine service in the future, pending licensing.

Reed explained that Ocean House Bakery is currently open for business while the café build-out continues. The space will include grab-and-go refrigerated cases and freezers, along with new custom-built cabinetry. They are planning a grand opening in March, once the café expansion is complete.

"Our goal is to make Ocean House Bakery a place where gluten-free doesn't feel like a limitation, it feels like a full café experience," Reed said. While the brand and offerings are expanding, the commitment to quality and a dedicated gluten-free kitchen remains unchanged.

At press time, Reed said that the new outdoor signage was about to go up.

Happy Holidays from SAIA

Contributed photo

Marylou Nesbitt sent in this photo, sharing holiday greetings from the Shore Acres Improvement Association (SAIA).

CELT to celebrate 40th Anniversary with birthday bash on Jan. 29

Beat those post-holiday blues by joining CELT members and friends to officially celebrate 40 years of conserving Cape's most treasured spaces — and jump start our next 40 years!

The event will be held on Thursday, January 29 from 5:30-8:00 p.m. at the Snow Squall (18 Ocean Street, South Portland).

Hosted by South Port Marine and catered by Grateful Culinary Collaborations, this private event will offer delicious food and drink (featuring CELT's very own "Oak & Tide" cocktail), live music by The Nick Ludington Jazz Quartet, a silent auction and more.

Tickets are $40 per person to cover costs. There's a limited number, so get yours at www.capelandtrust.org/events! Ticket sales close on January 22 at 12:00 p.m. FMI 207-767-6054 or info@capelandtrust.org.

Polar Plunge: Before and after

Photo by Martha Agan

CEHS Project Graduation held its annual plunge into Kettle Cove waters on New Year's Day in support of CEHS Project Graduation.

Photo by Martha Agan

Mural

Continued from page 6_____

gestions, especially the adorable preschoolers who have an impressive ability to name colors and ask curious questions!" she said.

One of Schmidt's favorite moments, she said, was when a gentleman passed by while she was struggling to decide which of two paint colors to use for seagulls. "His response was one I had not considered...why not use both? So, the seagulls now have two colors thanks to him! I hope he has stopped back in to see them, and that the choice makes him smile," she said.

After completing the downstairs murals, the spotlight shifted upstairs to the sweeping curved wall at the main office. Schmidt said that from November 18 to 26, the ocean theme surged forward, with a graphical interpretation of Portland Head Light at Fort Williams, which was hand-drawn from a photo she took years ago when her family first moved to Cape.

Two adjacent walls got new signage too—making it easier for visitors to find their way to various rooms in the building. Similar to downstairs, the work took about 25 hours to complete, with half spent chatting with those passing by during business hours.

Schmidt said, "One of my favorite moments from painting the upstairs mural was when I noticed a young boy quietly standing in front of the lighthouse painted on the wall. He looked almost frozen. I turned to him and without [me] asking a question, he shared how much he liked the painting and how, 'This reminds me of home. My house is right near that lighthouse.'" "He smiled and walked away. That comment certainly warmed my heart!" she said.

Schmidt said that donating her time on this project rapidly gave back to her in ways she wasn't anticipating, and it quickly reminded her of why she loves this community. She said, "It's amazing to watch how just a few days of paint can bring joy to so many visitors who will see these murals every day moving forward. It was a community labor of love. 1000% worth the effort and more."

Her painting murals began last summer, when a friend in Cape Elizabeth asked if she could paint a mural in her daughter's bedroom, after seeing the work Schmidt had done for her own kids. "Over two days, we created a layered ocean and bright sun that exceeded expectations—and sparked an idea: murals have the power to uplift, so why not share that joy more widely with other children in town?" she said.

Schmidt reached out to Pond Cove Elementary School Principal Tiffany Karnes, who coincidentally had long-hoped for a mural in her school's front office. "Within two weeks, we designed and painted a bold sun rainbow to greet everyone entering the school just before opening day. Staff and student smiles confirmed what I suspected: murals spark joy." According to Schmidt, Cape resident Brooke Berard assisted on the PCES project.

Schmidt is available for other commissions. "During this project, I launched a business called Mural Marketing LLC to bring more color and joy to spaces nearby. If you're dreaming of a custom mural for your home or business, I'd love to hear about your space and work together to bring it to life," she said.

Her website has more information on murals, hand-painted signage and seasonal window art services:

- Website: https://muralmarketingstudio.com
- Instagram: https://www.instagram.com/muralmarketingstudio
- Email: hello@muralmarketingstudio.com
- Latest Instagram post featuring all 2025 murals: https://www.instagram.com/p/DS0kprUjzif

CELT's 19th Annual Paint for Preservation set for July 19

Photo by Sam Nappi Photography

Attendees at the 2025 Paint for Preservation event.

Mark your calendars for CELT's 19th Annual juried plein air benefit auction, Paint for Preservation, on Sunday, July 19, 2026!

Thanks to everyone who made our 2025 event a huge success: ticket buyers, art buyers, volunteers, host committee, sponsors, and 30 award-winning artists who braved the elements to create really exceptional pieces of art in just three days and then donated a portion of their sales.

A Call for Artists will be issued in early February. To get your name on the list, email patty@capelandtrust.org.

See, the amazing artwork from 2025 (with many thanks to Richard Sawyer Photography) and enjoy some photos of the event courtesy of Sam Nappi Photography at www.capelandtrust.org/paint.

Capetoons: January dilemma

By Jeff Mandell

Lines of the land: The art and anchor of David Connor

By Stephen T. Lyons (Garda)

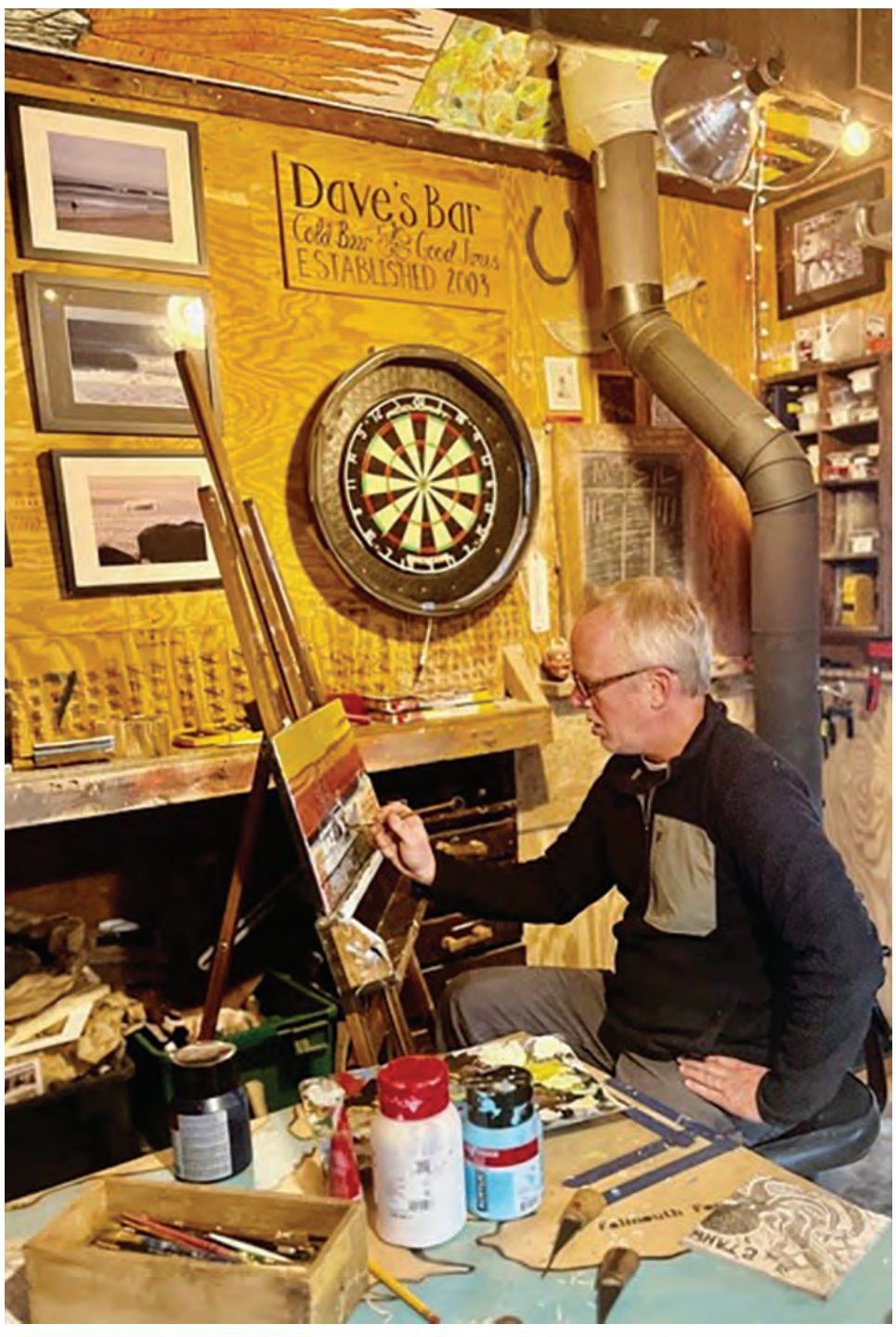


Photo Stephen T. Lyons (Garda)

Cape Elizabeth artist David Connor in his studio. Dave lives in Cape Elizabeth, in the same home he grew up in, occupied by three generations over the years. His hometown tells a story through his paintings and prints.

In the quiet hum of his studio off Charles Road in Cape Elizabeth, Dave Connor paints and carves the scenic Cape Elizabeth landscapes into linoleum blocks, a craft perfected after a lifetime of transitions.

I met up with Dave at his art studio and listened to a man who has extraordinary talents and purpose. Mentored by his father, a lobsterman, Dave has always been drawn to coastal communities and the sea. This is highlighted by the beauty of the town he grew up in, and now motivates his art.

Dave lives in Cape Elizabeth, in the same home he grew up in, occupied by three generations over the years. His hometown tells a story through his paintings and prints.

Dave's hands, once busy in the U.S. Coast Guard with search and rescue lines in the sea and public relations cameras in Alameda, California, now find their rhythm in the deliberate painting of landscapes and the physical labor of printmaking.

Between his roles as a teacher at Baxter Academy and year-round surfer, his art serves as a visual anchor. He shared with me two of his paintings: one of Two Lights Antique Shop and one of Rachel Carson National Wildlife Refuge on Sawyer Road.

Dave's life is a vivid, multi-generational tapestry shared with his wife Nicole, and their children Aidan and Eva.

The family's daily rhythm is dictated as much by the school bell as it is by the needs of their honeybees, chickens, and the sprawling gardens shown off during this past year's Cape Elizabeth Garden Tour, where Dave sold his work.

In the transition from the structured world of the U.S. Coast Guard to the creative chaos of the classroom and the beauty of his gardens, Dave has built a sanctuary where the past and present coexist, one hand-pulled print at a time. Dave's blend of hand-pulled prints and paintings can be commissioned by reaching out to him.

Contributed photo

David Connor's painting of Rachel Carson National Wildlife Refuge on Sawyer Road.

CEHPS participating in Hannaford Community Bag Program

Hannaford has selected the Cape Elizabeth Historical Preservation Society to benefit from the Community Bag Program throughout January 2026. The Hannaford Community Bag Program makes it easy for shoppers to contribute to their local communities.

Every time a $2.50 reusable Community Bag is purchased at the Hannaford located at 50 Cottage Road in Millcreek during this month, $1 will be donated to the Cape Elizabeth Historical Preservation Society.

For more information about this program, please visit hannaford.2givelocal.com.

Nature scene around town

Photo by Martha Agan

Snow Buntings nest in the high arctic near the North Pole, the farthest north of any songbird along the East Coast.

Photo by Martha Agan

Caper Martha Agan thought this was a fun and fitting photo to take on New Year's Eve as the seagulls in the distance looked like confetti.

Photo by Martha Agan

A Horned Grebe off Kettle Cove. The Horned Grebe is a sight in summer with its gray-black head and back, brick red neck and blazing yellow-orange "horns" on its head. In winter, they transition to a much more subdued gray and white, with a neat black cap and white cheek.

Photo by Peter Merrill

Caper Peter Merrill snapped this photo of a coyote basking in the sun on a very cold December day.

Photo by Martha Agan

A White-Winged Scoter at Kettle Cove. The White-Winged Scoter nest by freshwater, inland, near the Boreal Forest. Of the three types of Scoters the White-Winged is the only one with a white comma shaped patch around its eyes.

Thomas Memorial Library offers 3rd annual Lantern Fesitval on February 28, Rob Reiner movie marathon on January 17

ANNOUNCEMENTS

The 3rd annual Lantern Festival and parade with beautiful handmade lanterns will take place on Saturday, February 28.

This year's theme is Love and Light, and we welcome everyone to join us in making lanterns and celebrating with the Cape Elizabeth community and beyond!

This is an event for all ages and there will be many opportunities for lantern-making in advance of the festival.

Here is the lineup of our first lantern workshops to be held at the library:

Star Lanterns
Tuesday, January 20
6:00 - 8:00 p.m.

Heart Lanterns
Thursday, January 22
6:00 - 8:00 p.m.

House Lanterns
Saturday, January 31
1:00 - 3:00 p.m.

Volunteer Opportunities:

- Prep for in-class lantern workshops
- In-class workshop volunteers: We can use volunteers to assist workshops and those who are comfortable running workshops themselves. Training and instructions provided. We are planning on making lanterns with most of the Pond Cove classes, so there are a lot of opportunities here and help is very much needed.

Workshops will be happening during the school day from January 26 - February 27.

- Library lantern take-home kit prep: Help assemble kits for kids to take home and make their own lanterns.
- Lantern workshop prep: Getting materials ready for workshops in advance. The first workshop takes place January 20th.
- Lantern workshop facilitation: We will be holding 7 lantern making workshops at the library in January and February. We can use volunteers to assist workshops and those who are comfortable running workshops themselves! Training and instructions provided.
- Volunteer needs for the weekend of the Lantern Festival will be announced in January.

SPECIAL EVENTS

Retirement: Making Your Money Last with Jacki Farrell
Wednesday, January 14, 1-2 p.m.
(Senior Social Hour)

Join us in welcoming back financial adviser Jacki Farrell for an informational Senior Social Hour dedicated to the art and science of retirement savings.

Open to all, with plenty of time for questions.

Rob Reiner Movie Marathon
Saturday, January 17, 10:30 a.m. - 4:30 p.m.

Celebrate beloved actor and director Rob Reiner with a full day of his most iconic movies! We'll put out our comfy chairs, plus popcorn and hot chocolate for you to enjoy while "The Princess Bride," "Stand By Me," and "When Harry Met Sally" grace our projector screen. Feel free to bring your own food (and maybe even a cozy blanket) to this day of classic comfort film. Parental discretion advised.

The Princess Bride: 10:30 a.m.

Stand By Me: 1:00 p.m.

When Harry Met Sally: 3:00 p.m.

Film School: Eternal Sunshine of the Spotless Mind
Thursday, January 27, 5 - 8 p.m.

To kick off another year of Film School, we're starting with a frozen weather favorite. Michel Gondry's cerebral sci-fi romance "Eternal Sunshine of the Spotless Mind" (2004) has become an independent classic for the ages, begging the question: if you could erase someone from your memory, would you?

Join us for a screening and discussion of this mind-bending indie favorite.

Dismantling Democracy: 53 Days in Nazi Germany, presented by the Holocaust and Human Rights Center of Maine
Thursday, January 29, 6:30 - 8 p.m.

The Dismantling Democracy program is a one-hour presentation with Q&A that explores how Hitler and the Nazi party were able to rise to power in Germany, and how, once in office, they effectively, and legally, dismantled democracy.

Drawing on primary sources and grounded in historical context, the program presents an extreme yet instructive example of Germany's descent into dictatorship. While we often think of democracy as permanent and secure, history reminds us of its inherent fragility.

Join us for this meaningful chance to engage in thoughtful dialogue about safeguarding democratic values, drawing on lessons from our past history.

Foundations of Ayurveda
Saturday, February 7, 2:00 - 3:30 p.m.

Yoga is an ancient physical practice that was introduced here in the 19th century, and since, it has been booming here as an industry.

For many it has become a doorway to feeling better. For some it is a form of physical activity or a philosophy and life path. But have you ever heard of Ayurveda? Ayurveda is a holistic, natural indigenous medicine that originated 5,000 years ago in India. It uses food, spices, herbs and lifestyle practices with the intention of attaining better health, especially as we tackle the colder months.

Brett Aldrich, Breathwork Practitioner, Ayurveda Counselor, and founder of Seed the Spirit in Portland, will walk participants through the foundations of Ayurveda. She will break down:

- The History of Ayurvedic Medicine
- How Ayurvedic Medicine works and why we will still use it today
- Techniques on how to marry your current lifestyle with this sacred ancient medicine

Incorporating Ayurveda into your life is possible. Over time simple lifestyle choices with the guidance of Ayurveda can lead to better overall health and life in this new year and beyond.

Brett Aldrich is the founder of Seed the Spirit, an Ayurvedic Healthcare Counselor and Breathwork Practitioner whose life and work have been devoted to service, healing, and empowerment.

Her professional journey began in crisis support—helping survivors of domestic violence, guiding families through loss, and advocating for victims of crime—before she shifted her focus to raising her three children.

She later worked in special education, supporting children with developmental needs, while deepening her training in holistic health. A graduate of the Kripalu School of Ayurveda, Brett also holds advanced training in Ayurveda of the Mind, Ayurvedic herbology for women's reproductive health, Yoga Nidra, Restorative Yoga, trauma-sensitive yoga, and has trained in Spiraldance Breathwork.

Now affiliated with the Global Professional Breathwork Alliance, she offers a compassionate, integrative approach to wellness, helping clients create lasting transformation through simple, sustainable practices.

You can keep up with Seed the Spirit on their Facebook page.

Every Picture Tells A Story: Life Aboard Casco Bay Lines, presented by Cape Elizabeth Historical and Preservation Society
Tuesday, February 10, 6:30 - 8 p.m.

In the 1930s, when Casco Bay Lines Capt. Earl Stockton left Cliff Island, he headed his boat to Little Chebeague Island.

At the end of the wharf was a white plank. If the plank was horizontal, the boat just continued to Long Island. If it was vertical, he knew that Archie Ross had dug clams that morning and wanted to get them to Portland. So, he docked to pick them up.

These unscheduled stops made the Casco Bay Lines – the oldest continuously operating year-round service in the country – a lifeline for islanders through the years.

"Every one of the almost 50 photographs I will present has a tale," Legere says. "Over the years, I have been able to

-see LIBRARY page 13

Library

Continued from page 12

collect many rare photos and the stories that go with them."

Legere spent 44 years at Casco Bay Lines as crewman, Captain, Supervisor and unofficial historian. His experience started at a young age when his father, Capt. Edward Legere, took him along on the boats. While his father started the collection of photos, his son has added to them over the years. They form an overview of early water travel in Casco Bay.

"Every Picture Tells a Story," a slide show by Capt. Larry Legere, illustrating the ferry from 1894-1966 will be offered by the Cape Elizabeth Historical Preservation Society in partnership with the Thomas Memorial Library on Tuesday, Feb. 10, 6:30 - 8 p.m. in the library's Community Room. The presentation is free and light refreshments will be provided.

Legere grew up in Cape Elizabeth. He graduated from Cape Elizabeth High School in 1974 and began working at Casco Bay Lines as a deckhand in 1973. He attended college at Jacksonville University in Florida, studying history for two years before coming home and getting his Captain's license at the age of 21.

After several years he went on to earn his Third Mate Ocean's License and served in the Merchant Marine. When his father purchased the Eagle Tours Sightseeing business, Larry came aboard to man one of the boats. However, he never stopped moonlighting with Casco Bay Lines and in 1990 finally signed on fulltime as Assistant Operations Manager and then Operations Agent.

He currently volunteers at the Cushing Point Museum at Bug Light Park in South Portland.

Writing the Novel in Stories

Saturday, February 21, 1 - 4 p.m.

The novel-in-stories workshop is a conversation, with the audience actively participating, about the art of the novel-in-stories.

In this workshop with Maine authors Cynthia Reeves and Laura Bonazzoli, participants will learn about characteristics that separate this form from traditional short story collections, the benefits and challenges for readers, approaches to the form, and some favorite examples of this unique genre.

Anyone is welcome and encouraged to sign up, whether you are a seasoned novelist, beginner poet, or even a curious reader.

Limited to 20 participants; please register on the TML website.

About the authors:

Laura Bonazzoli is a Maine writer of many genres. Her novel in stories, "Consecration Pond," was described by Publisher's Weekly as "poetic and introspective . . . a solid, meditative collection of interconnected short stories that . . . leave a haunting impression."

Laura's poetry has appeared in dozens of literary magazines and several anthologies and has been selected for Maine Public Radio's Poems from Here. She has also published creative nonfiction. She has worked as a freelance editor and ghostwriter for more than thirty years, has taught English at The Watershed School, and currently teaches creative writing at local venues and virtually with Maine Media Workshops.

Cynthia Reeves is the author of three books of fiction: the novel in stories "Falling Through the New World," winner of Gold Wake Press's Fiction Award; the novel "The Last Whaler"; and the novella "Badlands," winner of Miami University Press's Novella Prize. She holds an MFA from Warren Wilson College and taught creative writing at Bryn Mawr and Rosemont Colleges. She lives with her husband in Camden.

REGULAR PROGRAMS

Senior Social Hour
Every Wednesday from 1 - 2 p.m.

Fireside Writing
Every Thursday from 5 - 6 p.m.

CANCELLED FOR JANUARY:
Death Cafe, with Davinica Nemtzow
First Thursday of each month, 6:30 - 8 p.m.

Songwriting Workshop, with Jud Caswell
First Tuesday of each month, 6 - 8 p.m.

FE Recurring Programs - Children's

All Programs are in the Community Room. Unless specified, program capacity is 30 people (children and adults).

Messy Minis: Mondays @ 10:30 - 11:00 a.m.

For 2 - 5 year olds. Budding artists and caregivers are welcome to participate in creative time – coloring, cutting and pasting together to make magic.

Baby Story Time: Tuesdays @ 12:00 - 12:45 p.m.

For Birth - 18 month olds. Babies and caregivers are welcome to participate in fifteen minutes of stories, finger plays, rhymes, songs, and movement followed by free time to play and chat.

Play Group: Wednesdays @ 10:30 - 11:00 a.m.

For Birth - 5 year olds. Children and caregivers are welcome to drop-in to play with blue blocks, puppets, a toy kitchen, baby toys, puzzles and more while visiting with friends.

Capacity: 25 people

Toddler Story Time: Thursdays @ 10:30 - 11:00 a.m.

For 18 months - 3 year olds. Toddlers and caregivers are welcome to sing songs, move their bodies, and listen to stories in this introduction to the routines and props of story time.

Family Story Time: Fridays @ 10:30 - 11:00 a.m.

For 3 - 6 year olds. Children and caregivers are welcome to participate in songs and stories for kids who enjoy listening to a solid two stories.

Lego Club
First Tuesday of the month @ 3:30 p.m.
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.

Read to a Dog
Most Mondays from 3:30 - 4:30 p.m. and Saturdays from 11:00 a.m. - 1 2:00 p.m.

Children in grades K-6, especially developing readers, are invited to sign up for 15-minute time slots to read to a certified therapy dog.

Please sign up on our TML Events Calendar on the website with your child's name and your email address.

Families with multiple children may sign up each child separately, so each will have quality time with our reading dogs.

Venture Club
Every Wednesday from 2:30 - 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.

Sewing Adventures: Stuffie Hats
Saturday, January 24 1:30 - 3:30 p.m.
For children ages 7-14 and their care givers. Children under 10 must have a caregiver present. All materials provided.

Accessorize your favorite stuffie with a brimmed hat or a beret! Sewists will bring a favorite stuffy or doll to this workshop, and use fabrics, embroidery, applique, and simple patterning skills to hand sew hats for our favorite stuffies and dolls.

We will practice threading a needle and tying the knot. Choose to make a brimmed hat (sun hat or cow-rancher style) or beret, or design your own. All materials provided, but don't forget your stuffie!

EASY level, beginning sewists welcome! Registration required, please sign up on our website!

Got a story to share? Email us!

editor@capecourier .com

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.

Wednesday, January 14

School Board Executive Session, Town Hall, 6 p.m.

Wednesday, January 21

School Board Policy Committee, Town Hall, 8:30 a.m.

Thursday, January 22

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

Tuesday, February 3

School Budget Workshop, Cape Elizabeth High School, 6 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.

Nothing scheduled

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

Scam alerts

Continued from page 2

can negotiate with creditors to reduce what you owe. These operations typically charge hefty fees and deliver little—or no—help. Some even advise you to stop communicating with your creditors, which can make your situation worse.

If you or a loved one need help getting out of debt, turn to reputable organizations like the nonprofit National Foundation for Credit Counseling (www.nfcc.org). They can offer real guidance without hidden fees or false guarantees.

MUSIC LESSONS

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

Piano, Voice, Guitar, Ukulele lessons for all ages. Beginner through intermediate. Carey Rasco: 232-7015

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.

BUSINESSES/SERVICES

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

Paint Services offered. Indoor or outside. $35 an hour. Happy to help. David Shields. Email: ds8031@yahoo.com

Dental care

Continued from page 1

ued at $16,000, with Dr. Jessica Sikora of Gagnon Dental in Farmingdale and North Shore Dental Lab out of Boston also donating their services.

Because the survivor was very nervous about the first dental surgery, Mary Kamradt, Operations Director of Finding Our Voices, traveled from her Rockport home to Dr. Lawler's South Portland office to provide sister-support, and five months later to Chang's Portland office to celebrate Christina's brand-new, radiant smile and fresh start to her life.

Finding Our Voices receives no government funding and looks to individual and corporate donations as well as grants to fund Finding Our Smiles expenses which are primarily administrative time, according to McLean. Finding Our Smiles sponsors are Northeast Delta Dental Foundation, which provided a 2025 grant of $7,500, and Kennebec Savings, which provided a 2025 grant of $5,000.

"I am stunned by the generosity and kindness of Maine's dental community," said Mary Kamradt. "It is heartwarming to see dental providers join forces for our sister survivors—and heartwarming all over again to hear how that care leads to a first job after escaping abuse, getting out into the world after being embarrassed to leave their apartment, and being more present and joyful for their children."

For a list of the dentists and dental labs volunteering with Finding Our Smiles visit https://findingourvoices.net. McLean said the group wants to expand the program and invites dental providers not yet on board to get in touch with her at hello@findingourvoices.net

Finding Our Smiles is operated through referral. McLean said that anyone interested in its pro-bono dental help should contact Finding Our Voices through the nonprofit's website and not the dental offices.

For more information or to donate to the nonprofit, visit https://findingourvoices.net

Soccer

Continued from page 1

I came into this season with a goal beyond on-field performance: to cultivate a strong sense of community within our team and beyond. Believing that we perform best when supported and connected, all four captains share this vision. We're committed to building a program that not only achieves competitive success but also leaves a lasting positive impact on every member. Every girl on our roster is eager to hit the ground running, ready to bring their best and make some unforgettable memories together."

Certainly, a Maine State Championship victory is an unforgettable memory, but according those involved, her teammates and her coach, Branden Noltkamper, the captain lived up to her goals. All season, the team played like family, Mallory gave credit and thanks to her teammates with every milestone achievement, and she, along with her co-captains—Hailey Gorman, Kate Hetrick and Maisie Rayback— provided the leadership this sort of high-powered side required to succeed.

The community is certainly proud of all Mallory and her teammates have accomplished.

Judy's Pantry – a community feeding itself

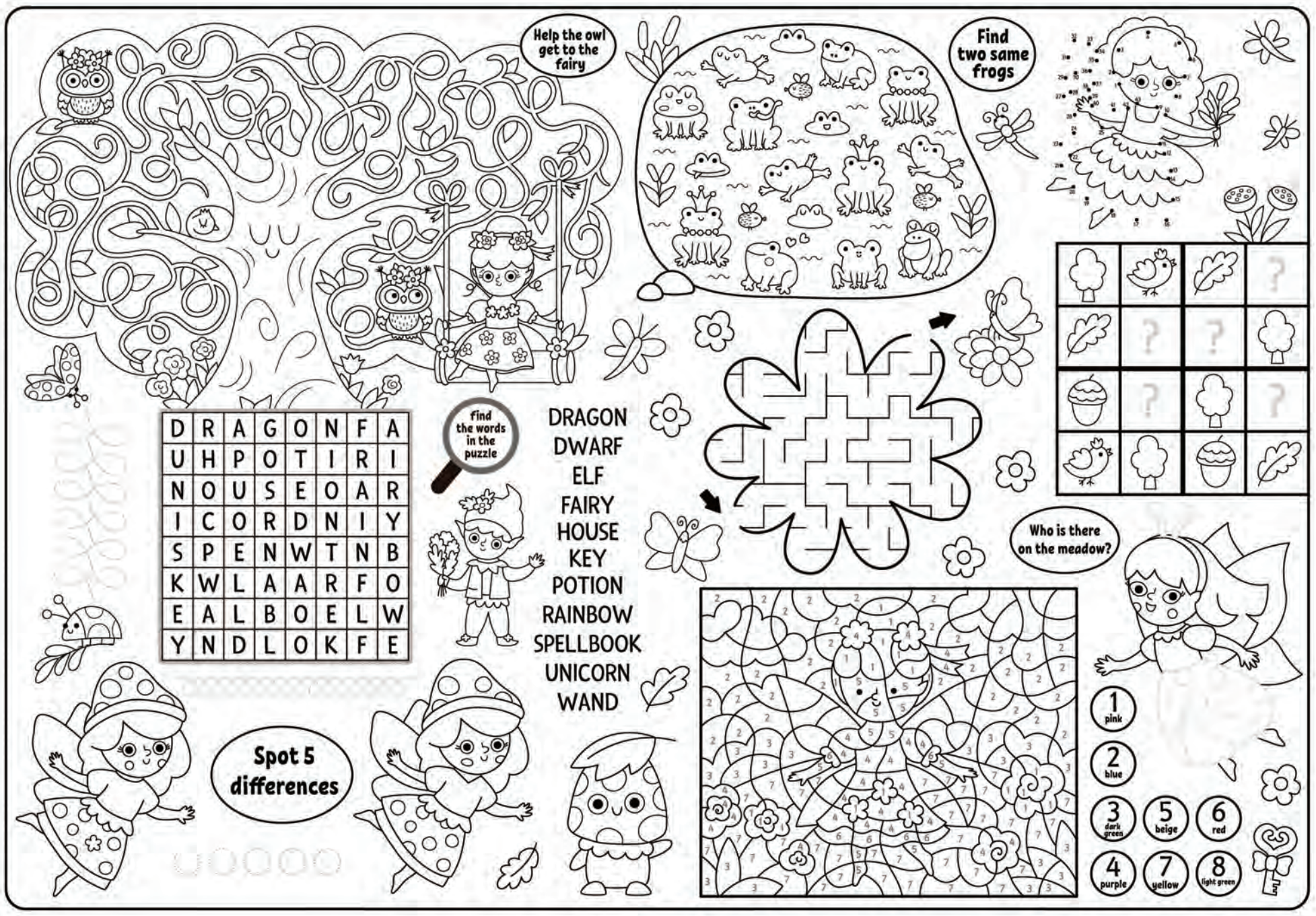
Judy's Pantry operates at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of the month from 3-4:30 p.m.

Registration is available on-site for new clients.

For more information, please contact: cejudyspantry@gmail.com

Please consider a non-perishable donation to the IGA drop box.

Happy New Year! Send us a photo of you completing our Kids Corner activity page for the chance to be featured in our next issue. Pictures can be sent to our Publisher, Tara Simopoulos at: advertising@capecourier.com. Enjoy your advetures in Fairy Land!



100 years ago Cape elementary students created a Historic Tableau. I bet their teachers wished they'd had the resources CEHPS now provides to our students!

In front with arms out: Frances Johnson
Front row: Cecilia Sweetser. Barbara Leighton, Leland Murray, Herbert Strout, Dwight ?, Ernest Foss
Back Row: Stanley Prout, Elizabeth Bishop, Lilllian ?, Janet Brown, Amber Johnson, Eva Crozier, Granville Jordan

HISTORIC GIVING ~

ON THE 250TH ANNIVERSARY OF OUR COUNTRY'S INDEPENDENCE

Cape Elizabeth Historical Preservation Society's

Annual Fundraising Appeal - 2026

With community support, CEHPS hopes to carry out several key projects in 2026, including:

- **Acquiring more historical materials for public display**
- **Contracting a coordinator to recruit, train, and organize our growing corps of museum guides**
- **Expanding tours and educational materials for school groups**
- **Digitizing historic documents and images for online access**
- **Upgrading equipment essential to modern historical preservation**

Cape Elizabeth Historical Preservation Society

Mail check made to CEHPS (please include name, email, and/or phone) to: CEHPS, 1000 Shore Road, Cape Elizabeth, ME 04107

Credit cards may be used online at CEHistory.org/donate

Donations of $25 or more include one-year membership in CEHPS. Visit us online at CEHistory.org. CEHPS is a 501(c)(3)