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The Cape Courier

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In the Spirit of Community

Groundbreaking celebration held for new CEMS and PCES addition

By Kevin St. Jarre



Photo by Mary Record

Although the golden shovels turned the ceremonial dirt, the ground has been broken at a larger scale, and construction is well-underway.

With a large crowd of Cape Elizabeth residents looking on, Cape Elizabeth Superintendent of Schools Christopher Record welcomed a long list of local luminaries to the groundbreaking for construction of a new middle school and the addition to and renovation of Pond Cove Elementary School.

Many of those invited, along with Record, played a large role in the planning, securing public approval and funding, messaging, and launch of the building of a new middle school.

In attendance were members of the Cape Elizabeth Town Council, the Cape Elizabeth School Board, Cape Elizabeth's elected officials to Augusta, members of the school District Leadership Team, School Building Committee members past and current, representative from the Cape Elizabeth Education Foundation, the design team from Harriman, and owners' representatives from Turner Townsend Heery.

The Cape Elizabeth Middle School band was in attendance and played musical interludes as well.

Record opened the celebration with a "… huge thank you to all those who championed this effort, over several years and iterations. So many of us spent countless hours in hundreds, and I mean hundreds, of meetings, dedicated to making this project a reality. It required deep commitment and compromise, patience and perseverance, vigor and vision."

Record then detailed all the improvements in terms of safety, comfort, and learning the new construction and renovations will bring for generations to come. He pointed out, "This will be the first new school building in Cape Elizabeth in over 50 years."

As he ended his opening remarks, Record said, "I want to sincerely acknowledge that there were very well-meaning people in our community wo would've preferred that we had taken a different approach to this project. My earnest hope, I truly mean this, is that from this day forward we can come together as a whole community to be proud of this project and what it means for our students and staff today, tomorrow, and 50 years into the future."

School Board Chair Cindy Voltz spoke next, after having worked in support of the project for many years, as a member of the board and leading it today.

She was followed by Town Council Chair Elizabeth Scifres, who prior to being the chair of the council, had served for 12 years on the School Board, and herself was chair of the School Board, leading in both roles while shepherding the effort.

Scifres opened her remarks with an anecdote emphasizing the dire need for a new

-see GROUNDBREAKING page 6

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

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DEADLINE: Noon, Nov 13

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'Thank you for your steadfast support'

I am grateful to all who participated in the November 3 election and made their voices heard in our democratic process. Municipal Clerk Offices in South Portland, Cape Elizabeth and Scarborough, Maine's Secretary of State and many public safety agencies worked for months to ensure the safety of Mainers and the security of our votes on Election Day. The significant turnout speaks to the success of their efforts and to the commitment we all have to democracy. As a candidate and a voter, I appreciate the many municipal election workers and volunteers who made sure we could exercise the right to vote.

Preliminary vote counts indicate I will be re-elected to serve Senate District 29 in the Maine Senate. Serving our community and state is a great honor. Whether advancing legislation to address challenges to our civil rights, environmental issues, access to health care and the need for affordable housing, or recognizing the accomplishments of our students in sports, robotics and many other arenas, each day in the State House is rewarding. I appreciate the guidance and insight you share in your telephone calls and emails, when visiting the State House or during office hours.

Thank you for your steadfast support.

Anne Carney

News from October 19 Town Council meeting

By Hanna Gilley

Town Council Correspondence

Councilor Sahrbek provided an update on behalf of the School Building Committee that the "project is going well" and "on budget." Sahrbeck said that the superintendent and school staff did a "great job" with the groundbreaking ceremony and that it was a great opportunity for everyone to come together.

Finance Committee Report

Kristy Bradbury, Finance Director gave the council a quarterly update for the first fiscal quarter of the year, and that "expenditures are at 16% and revenues are at 36%." Bradbury also shared that "in the past ten days [of the meeting date], the amount of taxes going through the finance office reached almost 12 million dollars." This accounts for 25% of tax payments collected. Bradbury thanked the town clerks for all the work they do and for their customer service.

Public Hearing - Paper Reduction Amendments for Chapter 16 & 19

No members of the public participated in the public hearing for the paper reduction amendments that were first referred by the planning board and the ordinance committee. These amendments aim to reduce paper submissions to the planning board by community members. The Town Council voted unanimously to approve the amendments.

Public Hearing - The Second Amendment to the Town Center Infrastructure Improvement Municipal Tax Increment Financing District

No members of the public participated in the public hearing for the Town Center Infrastructure Improvement TIF amendments. The Town Council voted to authorize the Cape Elizabeth Town Manager to submit the revised tax increment TIF district application to the Maine Department of Economic and Community Development for State approval.

Councilor Sahrbeck addressed a previous comment by a member of the public that there is sometimes concern when municipalities come across TIF money, adding that the comment is a "valid concern." Sahrbeck said that "from this council, I don't have any concerns, that it is tax money and we'd be good proprietors with that money." He added "if it became available it would be [spent] for the benefit of the community."

Liquor License Renewal — The Well at Jordan's Farm

The Well at Jordan's Farm submitted a liquor license renewal for on premise beer, wine and spirits, with their current license set to expire on November 16, 2026. The Police and Fire Chiefs and the Code Enforcement Officer reviewed the application and have no issues or concerns. The council voted to approve the license renewal. Councilor Penny Jordan recused herself from the vote.

Update to Council — Accessibility and Inclusion Committee

Christina McAnuff and Nancy DellaMattera, provided brief updates on two initiatives from the Accessibility and Inclusion Committee. The first, called Faces of Cape Elizabeth, will be a profile series featuring "our neighbors." On a regular basis, the committee will share residents' own experiences of everyday life in the community. McAnuff added that "many of our neighbors experience the town differently from what our spaces, services and communications tend to assume."

Participation will be voluntary and will "feature people who want to share their stories." The committee will ask participants the same questions: What do you love about living here? What works well here? What's one change that would make the biggest change for you?

McAnuff added that one of the reasons for creating the profile series is that "there's a difference in knowing our community is diverse and knowing who our neighbors are as people." The profiles will be published on the Town website.

The second initiative is for an inclusion best practices checklist as a resource for all the town's departments. McAnuff states that this list is a "set of aspiration ideas to draw on" and "not a list of requirements." The checklist is meant to bridge the gap between the town having accessibility resources and

-see TOWN COUNCIL page 15

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Cape 'needs to be proactive'

Cape Elizabeth has made a major investment to Cape Elizabeth Schools. What I want to know is why that investment wasn't made over past years.

Seems like delayed maintenance/repairs/additions got the schools in the disrepair causing the high cost repairs/rebuild.

Residents have to swallow the increase in taxes to fund this long term project.

I find it insulting that the School Board on the last page is soliciting donations for the school project.

Talking about taxes what has happened to the Comprehensive Plan of 30 years ago to develop a town center with a tax contributing business center?

In my opinion, Cape Elizabeth needs to be proactive.

What could possibly be taking so long to attend to the fundamentals of the town? The tax burden of our residents needs help.

Can our policeman or fireman afford to live here? Why not? The senior community that has helped build the town?

We need a Town Council that will take action in addressing the needs of ALL town taxpayers.

Janet Smaldon

Vehicle gets stuck on lawn

Reported by Debbie Butterworth

CALLS FOR SERVICE

10-6 An officer met with a resident of the Scott Dyer Road regarding a hit and run accident.

10-7 A resident of the Two Lights Road area found a cell phone and brought it to the Police Department. The owner was identified and the phone returned.

10-7 An officer responded to the Old Ocean House Road area for two loose dogs. The owner collected the dogs.

10-14 Caller from Two Lights Road requested to speak to an officer about damage to his property.

10/16 An officer responded to a Shore Road residence for possible fraud.

10-16 An officer responded to a residence in the Ocean House Road area regarding a vehicle that got stuck on his lawn while attempting to turn around.

10-16 Two officers responded to the Old Ocean House Road for a domestic issue. Peace was restored.

10-17 Officers responded to a residence in the Ocean House Road area for a well-being check.

10-17 Two officers responded with Rescue to a residence on Two Lights Road for report of a fall.

10-20 An officer responded to the transfer station for report of a trespass complaint.

10-20 An officer met with an individual in the lobby of the police department regarding a threat.

10-21 An officer responded to a residence in the Ocean House Road area for report of a missing person.

10-21 An officer responded to the Ocean House Road area for a DHHS followup.

CITATIONS

10-8 Cape Elizabeth resident, speeding (59/50 zone) Ocean House Road, $114

10-10 Belmont ,MA resident,speeding (60/35 zone) Bowery Beach Road, $170

10-11 Cape Elizabeth resident, operating vehicle using hand held device, Scott Dyer Road, $85

10-17 A teen from Cape Elizabeth was issued a citation for speeding 15-19 miles per hour over the speed limit of 35 on Spurwink Avenue. $170

10-17 Auburn resident, failure to provide proof of insurance, Route 77, $186

10-25 A Cape Elizabeth resident received a summons for attaching false license plates, following a traffic stop on Ocean House Road.

ARRESTS

10-13 Cape Elizabeth resident, operating under the influence of alcohol, Spurwink Avenue.

ACCIDENTS

10-7 Shea Ready, Whitney Liston, accident on Ocean House Road

110-7 Thomas Theall, Richard Knowland, accident at Fort Williams

10-23 Rae Green of Portland backed from a parking spot in the old Main Gate area of Fort Williams and struck a car that had been parked by Matthew Yim of Cape Elizabeth.

FIRE CALLS

Fire calls: 12

EMS calls: 39

Scam alert bulletin board

By Jessica D. Simpson

Guard Against Veteran Scams

As Veterans Day approaches, it's an important time to recognize the service of our nation's veterans and raise awareness about scams targeting the military community. Active-duty service members, National Guard personnel, veterans, and their families reported losing $685 million to fraud in 2025, according to more than 99,000 consumer complaints filed with the Federal Trade Commission (FTC). That's up from a reported $583 million lost in 2024 — and still likely only a fraction of the actual amount stolen, because fraud so often goes unreported.

Criminals target current and former service members from many angles, employing vet-focused twists on identity theft, loan scams, investment fraud and more. Criminals may impersonate government agencies, offer assistance with VA benefits for a fee, promote fake military discounts, or solicit donations for bogus veteran charities.

The U.S. Department of Veterans Affairs (VA) will never charge fees to apply for benefits or access official military records, nor will they demand personal details out of the blue. Scams targeting veterans may focus on their military benefits, offering a lump sum cash offer – be wary. Verify any suspicious contact directly with the VA at 800-827-1000 or by visiting va.gov.

Fake Bank Alert: Don't Hand Over Your Code

The AARP Fraud Watch Network™ Helpline (877-908-3360) is hearing from more people about bank impersonation scams. Consumers are targeted, usually through a call or text, by a criminal pretending to be from your bank.

They claim there's suspicious activity on your account, and you need to act immediately to protect your money. The warning can sound convincing because they are impersonating your actual bank and may have specific information about you and your account. A major red flag is being told to transfer or withdraw money to keep it "safe." The bank impersonator may instruct you to wire funds, use a payment app, or withdraw cash and feed it into a designated cryptocurrency kiosk for "safekeeping." The playbooks for this and other financial crimes are focused on a form of manipulation that serves to get past the logic center in our brains and go right to action through emotion. Any unexpected or unsolicited contact these days is a fraud risk. If you receive a concerning message from your bank, contact them using a phone number you know belongs to your bank, or check your account online or in the app if you have that access.

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.

Cape Elizabeth election results

By Kevin St. Jarre

With more than 6,300 ballots cast in Cape Elizabeth, voters made their choices clear in the recent election.

The two incumbents on the Cape Elizabeth Town Council, Stephanie Anderson and Tim Thompson, were defeated by challengers Elizabeth Biermann and Chris Gorski. Biermann and Gorski received 3,468 and 2,723 votes respectively, while Anderson got 2,616 votes, and Thompson garnered 1,676.

Councilors Anderson and Thompson were once part of a voting bloc on the Town Council, often voting along with Chair Tim Reiniger and Town Councilor Susan Gillis. The Town Council often split 4 to 3 in those days, such as when they voted 4 to 3 to amend the Cape Elizabeth School Board's $89.9M "Middle Ground" proposal for replacing the aging middle school and making upgrades at the other two schools by adding $4.8 million for stabilizing the 1934 building.

The defeat of Thompson and Anderson represents the departure from the council of the last of that voting bloc.

Anderson was simultaneously running to be Cumberland County District Attorney in District 2, pulling in nearly the same number of Cape Elizabeth votes in that race, 2,673, but it wasn't enough to overcome the 3,301 votes Jacqueline Sartoris received from Capers, and ultimately the total number of votes in the district Sartoris won to be reelected to the position.

For the Cape Elizabeth School Board, Elizabeth Goodspeed earned 3,582 votes and Julie Pelletier won 3,142 votes to win their seats. Karen Lechner also ran for the school

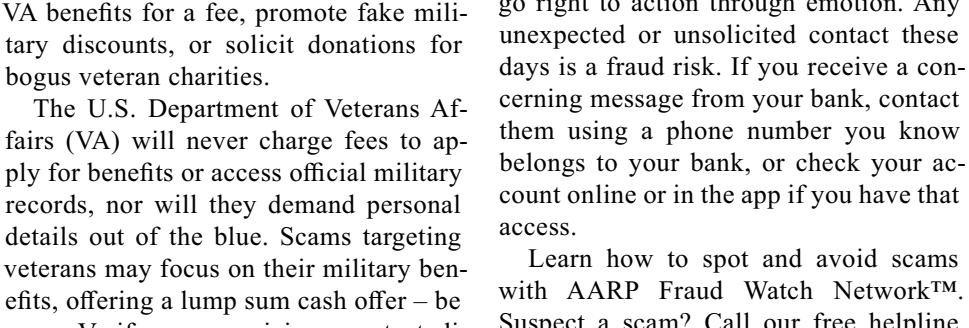
-see ELECTION page 7

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News from the School Board

By Cindy Voltz

On October 17, we celebrated the groundbreaking for Cape Elizabeth's new middle school. It was a huge milestone for our community. The effort began in 2017, and it took nine years, three building committees and three votes to get there. This community never gave up! We are fortunate to live in a town that cares so deeply about its schools. Cape Elizabeth has long been known for excellence in education, and this new building will carry that tradition forward for future generations.

As I finish my second and final term on the School Board, I have been reflecting on all that the school department has accomplished over the past six years. While the building project was the most visible, there is so much more to celebrate.

When I joined the board, students were still learning in a hybrid model, splitting their week between classrooms and screens at home. Dr. Record's first priority as superintendent was bringing everyone back to school full time and ensuring students had the academic and social-emotional support they needed to make that transition. With the help of our teachers and staff and the support of our community, all students returned to the classroom with that support in place.

A new district leadership team has been built over the years. New administrators now lead all three schools, bringing fresh energy while building on strengths that were already there. The district also hired its first Director of Educational Technology, a role that helps teachers use digital tools with purpose.

Our approach to curriculum has changed, too. The district now has a thorough district-wide curriculum review process in place for the first time, led by the Director of Teaching and Learning. Teachers and administrators regularly look at what we teach, how we teach it and whether it is working for students. That work led to updating reading and math curricula in all three schools. Students now build on a consistent foundation from kindergarten through twelfth grade.

The district has also added new ways for students to learn. Public pre-K, offered in partnership with Community Services' Cape Care program, gives four-year-olds a strong start. A new extended learning opportunities program lets older students earn credit and pursue their interests outside the traditional classroom.

Sound financial planning has been another priority. Our school budget is effective and efficient. It reflects our values and remains fiscally responsible. Thoughtful management of the fund balance has helped us weather shifts in state funding and rising costs for things like insurance and fuel. That same discipline has allowed us to fully fund the capital improvement plan. Every school has seen considerable improvements as a result, giving students and staff safe, well-maintained spaces to learn and work.

Our students continued to excel through all of this, in academics, athletics, extracurriculars, and the arts. They earned recognition across the state and the nation. That success reflects their hard work and the dedication of the teachers, coaches and advisors who support them.

This progress belongs to many people. Dr. Record and his team provided steady leadership. Teachers and staff put students first every day. And our community keeps showing up for its schools. Serving alongside my fellow board members has been a privilege, and I'm proud to have played a small part in this chapter. I look forward to seeing what comes next.

Cape career coach

By Holly Smevog

Dear Cape Career Coach,

I have been wanting to write to you for a while and now seems like the time. I have spent more than 20 years in manufacturing operations and have had a good run of it. I have had a lot of experience troubleshooting, fixing bottlenecks and innovating. Lately I have been feeling restless, and I know it is time for something different. My family is getting tired of me talking about it! I just do not know what to do next.

I took a few career tests online, and I can talk about my skills. I even have a short list of local companies I'm interested in. But I feel stuck. I keep thinking that if someone would just tell me which job title to look for, I could update my resume and start applying. Where do I go from here?

"Ready for a Change"

Dear RC,

You have already done a lot, so give yourself credit and celebrate your career. I know it would be great if someone would just tell you what to do next, but may I offer a different way to look at it, based on how my team helps people in your situation?

A career change happens in three phases. Phase 1 is internal: building a clear picture of your strengths, your value, and what you want from work. It sounds like you have made a good start here. Knowing you are a problem solver who improves processes is useful, because those strengths travel. They matter in health care, energy, logistics, nonprofits, and plenty of places in between.

Phase 3 is where you want to be: a specific role and a few target organizations. That is when a tailored resume makes sense.

You're in Phase 2, and that's the part many people would rather skip. Phase 1 happens mostly in your own head or with a coach. Phase 2 requires action, mostly research and conversations. A coach can guide you, but no one can do this part for you.

Here's what I would recommend now.

Talk to people who know you. Reach out to six or eight former colleagues, supervisors, or friends. Ask them what they see as your strengths and where they could picture you. Their answers may confirm your thinking or surprise you.

Talk to people you do not know yet. Look at your list of local employers and find someone inside each one. Ask for 20 minutes to learn about their work (not for a job). Ask what a typical week looks like, what the organization cares about, and what kinds of roles someone with your background might fit. Around here, where so many of us are one or two connections apart, one good conversation often leads to the next.

Do some research. Read job descriptions, even for roles you are unsure about. Browse O*NET, a free database from the U.S. Department of Labor that describes hundreds of occupations and their related job titles. Pay attention to what intrigues you and what makes you cringe. Ruling something out is progress.

About that resume: I would wait. A resume written before you know your next role will describe where you have been, and it will likely lead you back there. When you know where you are headed, your resume can be built to take you there.

The exploring is yours to do, and it is often the most rewarding part. Start with one call this week. Then make another.

Good luck!

~Cape Career Coach

Holly Smevog, ACC, is the founder of HMS Career Coaching in Portland. Send your career questions to editor@capecourier.com.

News from October 20 Planning Board meeting

By Hanna Gilley

Cape Community Arena Site Plan Amendment

John Mitchell, representing the applicant Cape Community Arena Group, provided the board with changes to their site plan application made to address comments received by the board and town staff since the last meeting.

Addressing comments made by Town Engineer Steve Harding, changes to the site plan include that all utilities will be constructed during Phase 1, updates to the water line profile and locations of water fountains determined, the zamboni ice discharge now included on Phase 1 and Phase 2 plans, three exterior lights will be placed in the parking lot island during Phase 1 and not Phase 3 as originally planned, and three additional solar lights will be placed on the southerly side of Gull Crest Drive. Additional updates to the site plans include minor details to the stormwater management plan and a catch basin inlet protection detail to the erosion control plan.

Mitchell also addressed comments made by the Planning Board since the September meeting stating that the site plan has 97 parking spaces in the lot and 16 additional spots in overflow grass parking area and that the 97 spaces account for 90% of the parking needs during hockey season. He also said that sidewalks have been included in the newest round

-see PLANNING BOARD page 13

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Then and Now: The Bagaduce Expedition (and its connections to Cape Elizabeth)

By Jim Rowe

As we embrace America's 250th anniversary in 2026, some of our thoughts turn to our war for independence (1775-1783). As our history books tell us, an incredible confluence of conditions and events were needed to arrive at the United States of America. An admittedly over-simplified conclusion that I have drawn is that much depended on the combatants' motivations and relative emotional commitment. Colonists were fighting for self-rule, freedom from an oppressive regime, and ultimately, a future. The British soldiers were fighting because their king told them they had to.

There were glorious victories and abysmal defeats for both sides along the way.

Quite possibly, the so-called Bagaduce Expedition (or Penobscot Expedition) was the worst naval defeat suffered by Americans until the bombing of Pearl Harbor.

Bagaduce is the Mi'kmaq word for "big tideway river" and was the name given to a section of Maine's mid-coast we know as Castine.

In 1779, the British army had established a modest foothold in Castine. Initially not a large threat, the future possibilities were impossible to ignore from a strategic standpoint.

An amphibious expedition was mounted by colonial forces to remove the English from Castine.`40 private vessels were floated, along with 3 Continental Navy ships, a total of nearly 2,000 sailors and marines, 100 artillerymen and 870 militia, with 350 mounted guns. This should have been more than enough to expel the small British presence. An unforgivable lack of communication among the American forces, combat inexperience, clashing egos in command positions, and total absence of coordination resulted in a defeat of epic proportions. Virtually the entire American fleet wound up either lying on the ocean floor of Penobscot Bay or in ashes along the shoreline. American morale plummeted, troops panicked, and the regiment quickly dissolved in disarray. Survivors made the arduous overland trek home.

Among the men with Cape Elizabeth connections was the Reverend Ephraim Clark. The very popular Clark was the only resident clergyman serving Cape Elizabeth when the town was incorporated in 1765, and he served here until 1776. Following the outbreak of open hostilities, Clark's patriotism drew him to Cambridge, Massachusetts. There, he enlisted as an Army chaplain, and he served in that capacity during the Bagaduce Expedition.

The Cumberland County contingent in the Bagaduce Expedition was commanded by Jonathan Mitchell of North Yarmouth. Second in command was Cape Elizabeth's Nathaniel Jordan. Regimental surgeon was Cape Elizabeth's Doctor Nathaniel Jones. In all, Cape Elizabeth recruited 53 soldiers to take part in the ill-fated mission. Our local company was commanded by Col. Joshua Jordan.

A sad footnote was that Rev. Ephraim Clark was called to officiate at the funeral of his good friend and former parishioner, Dr. Nathaniel Jones, who died of exposure during the retreat from Castine.

Another footnote is that the British naval defense of Bagaduce was conducted by Captain Henry Mowat, already infamous for bombarding Falmouth Neck (the Portland Peninsula) in October, 1775.

Sources:

Maine Society, Sons of the American Revolution

A History of Cape Elizabeth, Maine, William B. Jordan

Town of Cape Elizabeth
Boards and Committees Annual Appointments Process

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

Community Services
Conservation Committee
Accessibility & Inclusion Committee
Fort Williams Park Committee
Recycling Committee
Board of Zoning Appeals
Planning Board

Residents are strongly encouraged to **Apply by November 20th** to be considered for the first round of interviews. Applications will be accepted until all vacancies are filled.

Apply Online

https://capeelizabeth.gov/boards_committees

Questions should be directed to Melissa Newsome, Town Clerk at:
207-799-7665 or
melissa.newsome@capeelizabeth.gov

New terms begin January 1, 2027

Terms are 3 years, unless otherwise specified.

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Fort Williams Museum and Cape Elizabeth History Center wrap up a record summer

The Fort Williams Museum & Cape Elizabeth History Center concluded its 2026 summer season on Monday, October 12, after welcoming more than 2,000 visitors from all fifty states and 24 countries. The museum was open four days a week from Memorial Day weekend onward.

This was the museum's third season in Building 326, a former Bachelor Officers Quarters in Fort Williams. Since its creation at the Fort in 2024, annual visitor attendance has increased by nearly 200%! During the summer, a dedicated cadre of volunteer docents shared their enthusiasm for the Fort and for Cape Elizabeth, answering questions and guiding people through the various exhibits.

Have you been meaning to visit, but just haven't found the time? From now through May 27, 2027, the Museum is open Thursday mornings from 9:00 a.m. to noon. The Archives are open Mondays and Thursdays during the same hours. Come to the front door and ring the doorbell – we'll welcome you in!

For the most up to date information on The Fort Williams Museum & Cape Elizabeth History Center, and for information about becoming a docent, please visit the Cape Elizabeth Historical Preservation Society website at www.cehistory.org.

CAPE ELIZABETH HISTORICAL PRESERVATION SOCIETY

Groundbreaking

Continued from page 6

school and renovations to the existing elementary school. She said, "'It's raining outside of my social studies classroom again,' my sixth-grade daughter casually mentioned after school on a cold, damp November day in 2014. And by 'outside of the room,' she didn't mean outside the window- she meant outside the interior door, in the hallway. It famously rained in that hallway as far back as people could remember, and it was not a hallway on the top floor of the building."

Scifres continued, "Change takes vision. Change takes courage. And change takes perseverance. Our school leadership had to see and name the need, and have the capacity to envision a better future. The community had to coalesce around a shared priority and be willing to invest in change. The project itself had to be refined and reworked, proposed and voted on again and again, until the right iteration and appropriate compromise was reached."

Scifres said, "What felt like a long, difficult, contentious time actually produced the right result: a new school that will serve many, many generations of students and be the pride of our community. It took pushing through uncomfortable differences of opinion, listening to each other, and being flexible enough to bend. When we seek appropriate compromises while holding fast to non-negotiables, when we engage with each other with respect, in pursuit of a common goal, the outcome is spectacular."

She concluded her statement with, "Cape Elizabeth struggled; Cape Elizabeth worked through it; Cape Elizabeth persisted, and Cape Elizabeth is better for it…. Congratulations to us all on this momentous occasion. Together, we made it possible. Let's keep working together."

State Senator Anne Carney spoke next, and then State Representative Michelle Boyer. CEMS Principal Sarah Rubin took the stage next, and then Dan Eberle, a CEMS teacher and a parent. Carol Anne Jordan, a member of the CEHS Class of 1970, spoke about graduating that long ago, and seeing the last time Cape Elizabeth built a new school, which opened just after she graduated.

Three students spoke as well. Lorenzo Todaro, a 3rd grade student, Pearl Rockers, a 4th grade student, and Ellie Lewis, a 6th grade student, spoke well and articulately of their excitement and pride to be students in a community that would invest in their futures so. A small group of friends stood fast by, cheering and jumping up and down in support of the young speakers.

Near the conclusion, seventeen people, each with a golden shovel in hand, did the ceremonial turning of earth, representing the groundbreaking for the new construction. These included members of the Town Council, Superintendent Record, school principals, School Board members, Senator Carney and Representative Boyer, students and more.

The wind and weather were cold, but the day, and the future, were bright.

Following the ceremony, members of the school and community were offered a touch-a-truck opportunity, with construction equipment from the project team available.

This all lead directly into the Pond Cove Parents Association's annual Harvest Festival, which took place at Pond Cove Elementary School.







CEFD's WET Team trains on swift water rescue at Steep Falls and Two Lights

By Kevin St. Jarre



Contributed photo

Members of the CEFD Wet Team participated swift water rescue drills at Steep Falls on the Saco River. Pictured left to right are: Nate Perry, Chris Kleeman, Isabella Ermita, Sophie Hansen, Philip Owen, Albert Beringer, Jake Thomas and Jonah Milton. Not pictured is Lyla Metcalf.

Cape Elizabeth Fire Department's Water Extrication Team recently participated in swift water rescue training. In existence since the 1970s, the WET Team's mission is to offer rescue assistance when requested through the 911 response system, which activates a number of entities such as Coast Guard Marine Patrol, and neighboring coastal community response teams like Scarborough, Portland, Falmouth and Yarmouth fire and rescue. CEFD's WET Team currently has approximately 24 current members.

According to WET Team member Albert Beringer, "We also are tied in with response to emergency airport calls and mass casualty activation when required. Our special focus is close to shore and on land, which may include high-angle rescue along the rocky coastlines of Cape Elizabeth, and fresh bodies of water around Cape Elizabeth like Great Pond."

Beringer said that there is also a real focus on winter ice rescue.

"Swift water rescues are something we train for and tie in with our high surf rescue techniques, practiced on the open ocean as well," Beringer said, and the WET Team includes search and rescue night training.

The CEFD WET Team also has at their disposal several rescue craft, from a 22-foot rigid inflatable fast craft down to a 10-foot zodiac with outboard. "Navigation and boat handling are essential parts of our training as are all aspects of our functions with this branch of the fire department," Beringer said.

He started with CEFD back in 2004 as a rescue swimmer. "Now, I assist with some of the training run and organized by Adam Salve," he said, including rescue line casting to swimmers in the recent swift water exercise.

Beringer also assists with the training for vehicle operations, maneuvering the boat trailer with the department's service vehicles. He also helps with some of the equipment repairs when needed.

The CEFD looks at all candidates, young and older, with consideration based on their age and experience. "Some of our members are part of the fishing community," Beringer said, "Others have been with the Coast Guard, military and Merchant Marine. Some are with the fire department, others like myself grew up swimming competitively and retain lifeguard training."

However, many who get involved may not necessarily have distinct or elaborate experiences, just a willingness to learn and be committed.

"We also have an active recruiting process for students in the high school that want to get involved. As they build their experience and participate in ongoing drills, they will then be able to participate in actual rescues when they turn 18," Beringer said.

He said, "The recent swift water rescue training was held on the Saco River at Steep Falls, directed by Adam Salve who runs a series of trainings through his jointly owned business 'Ocean Rescue.' Adam runs a variety of trainings. Nate Perry, who is with our WET Team, is our training coordinator."

Beringer said that the main focus of the training was studying the swift water dynamics, and understanding how to use elements of the water flow and eddies, to allow themselves to safely navigate fast-flowing currents and be able to exit the river with self-rescue techniques.

He said that later in the night, the drill was held down at the end of Two Lights Road, where the same group practiced similar techniques with surf and low visibility. "Utilizing ocean swells to safely get on the rocky outcrop and then safely return into the ocean using techniques of different water dynamics from that of the river. All in all, it was a successful and somewhat long day of training, and the team was outstanding in their efforts," Beringer said.

Election

Continued from page 3

board and drew 2,553 votes.

Cape Elizbeth reelected Michelle Boyer to the Maine Legislature for District 123, and Lucy Perkins in District 121, both Democrats.

Senator Anne Carney, a Democrat, defeated her Republican opponent Vincent Maietta, 5,057 to 1,209, for another term in the Maine State Senate.

In the race for Maine's governor, Democrat Hannah Pingree won statewide, and in Cape Elizabeth, she drew nearly 5 times as many votes as her closest rival, Republican Bobby Charles. The unenrolled candidate, Rick Bennet, garnered 494 Caper votes, Charles pulled 1,020, and Pingree had 4,787.

In the nationally-watched race for U.S. Senate, Troy Jackson won the seat statewide, and in Cape Elizabeth he received 4,661 votes, while long-time incumbent Senator Susan Collins pulled 1,602 votes from Cape Elizabeth voters.

The mother of the Governor-elect, and Representative of Maine's District 1, Chellie Pingree, was easily reelected to Congress. In Cape, she received 5,007 votes while her Republican opponent Ronald Russell received 1,258 Caper votes.

Exit polling was again conducted by The Cape Courier, with volunteers from Mr. Ted Jordan's AP Government class at Cape Elizabeth High School.

Give Cape's History a Future



Loading hay on a Jordan farm

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Cape Elizabeth
Historical Preservation Society's

Annual Fundraising Appeal - 2027



Frank Darling lobstering with his pig

With community support, CEHPS hopes to carry out several key projects in 2027, including:

- Keeping the Fort Williams and Cape Elizabeth History museums open to the public
- Expanding tours and educational materials for school groups and community groups
- Creating new displays for the entry hall in Town Hall
- Continuing to digitize historic documents and images for online access
- Acquiring historical items for public display as well as mounting and display equipment
- Upgrading equipment essential to modern historical preservation

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

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)

CEHS Theatre proudly presents ‘Into The Woods’

By Kevin St. Jarre

The Cape Elizabeth High School Theatre Program has proudly announced upcoming performances of the Tony Award-winning “Into The Woods,” with music and lyrics by Stephen Sondheim, and based on a book by James Lapine.

Directed by CEHS Theatre Director Christine Marshall, with Music Director Joanne Lee, and Technical Director Chris Gebhart, “Into The Woods” runs from Thursday, November 19 to Sunday, November 22, at the CEHS Auditorium.

Performances are Thursday to Saturday at 7 p.m., with matinees on Saturday and Sunday at 1 p.m. Tickets are $15 for adults, $5 for students and seniors, and can be purchased through: https://givebutter.com/Into-The-Woods-Tickets

“Into The Woods” is set in a fanciful forest inhabited by a mashup of the most beloved fairy tale characters, but the story continues beyond where those fairy tales leave off, asking the essential question: “What happens after ‘happily ever after?’”

With a rich luscious musical score, smart and sophisticated lyrics, and a fast-paced, fanciful script, the story will lead audiences on a trip into the woods that they will not forget.

Marshall said, “When you watch ‘Into The Woods,’ it is perfectly clear why the musical won so many awards, and why it is such a perennial favorite with audiences. The theme of wishing for the impossible, while missing the good fortune that is right in front of you, is powerful and timeless. While the story is hilarious in so many ways, the more challenging, mature themes lend a power to the stories that unfold, far beyond the allegorical lessons intended when each of these fairy tales were first written, centuries ago. These students are doing excellent work onstage and beyond the scenes, and we are so excited to be tackling such an important piece of Musical Theatre.”

Residents are urged take the opportunity to wander ‘Into The Woods’ at the CEHS auditorium.

For more details or to purchase tickets, visit www.cehstheaterboosters.com or contact the Cape Elizabeth High School Theater Boosters at: CEHSTHEATREBOOSTERS@GMAIL.COM



Contributed photo

Christine Marshall is the theater director at Cape Elizabeth High School.

The failure of the Sawyer Road removal project, a year later

By Finn Gilbert



Photo by Finn Gilbert

Cape Elizabeth High School Senior Finn Gilbert wrote an article about the Sawyer Road removal project in an Extended Learning Opportunities class.

Have you ever wondered why the Sawyer Road removal project really failed and what its failure really means for our community?

I set out to answer these questions in an Extended Learning Opportunities class earlier this year as a junior at Cape Elizabeth High School. I researched primary sources and interviewed town officials, scientists, and citizens to understand the complex sides of the issue, and ultimately wrote a 3,700 word article to communicate what I learned, including broader lessons about the conflicting visions of the future in our town. No matter if you were confused, excited, or upset about the project’s failure, I hope my article allows you to gain a deeper understanding of the project and reflect on it.

To read my article, you can either scan the QR Code on the right, type the URL link into your browser, or search the username finnrosegilbert on the Substack website and find it listed under my page. URL Link: https://substack.com/home/post/p-219477996

Thanksgiving to go

Brunch with Santa



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Celtic Ensemble Benefit Concert

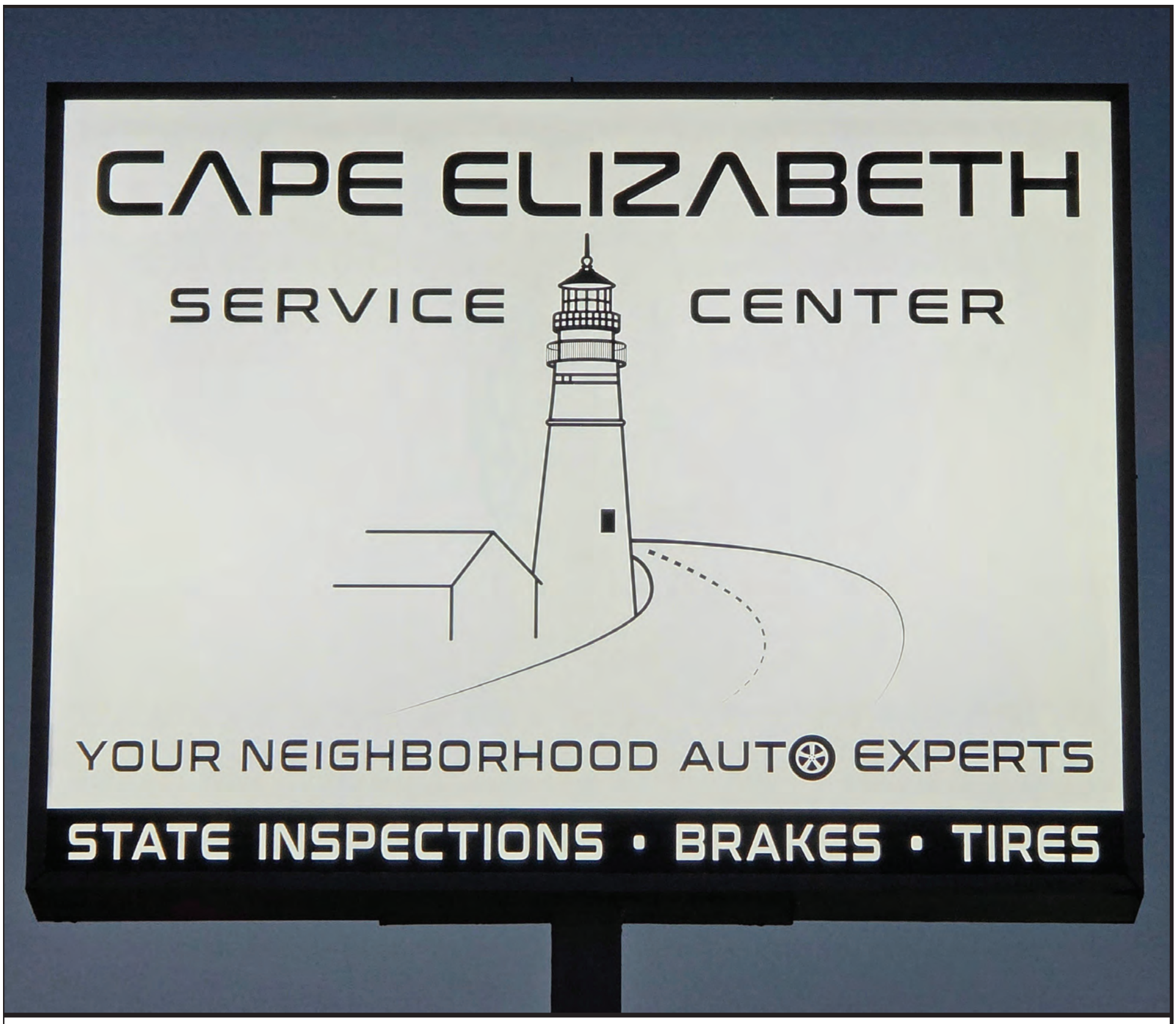
Featuring four of Maine’s finest Celtic musicians:
Michael Albert, Tom Kovacevic, Meagan McIntyre, Nicole Rabata

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Saturday November 14, 2026
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St. Alban’s Episcopal Church
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and St. Alban’s Partnership with St. Luc’s School in Haiti

Admission is free. Suggested donation $25
but any amount is greatly appreciated



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Offers good until December 31st, 2026

Trick or treat!



Photo by Kerri Berman

Kerri Berman asked these Halloween trick or treaters if she could submit a photo of their costumes to the Courier and the answer was a resounding yes!

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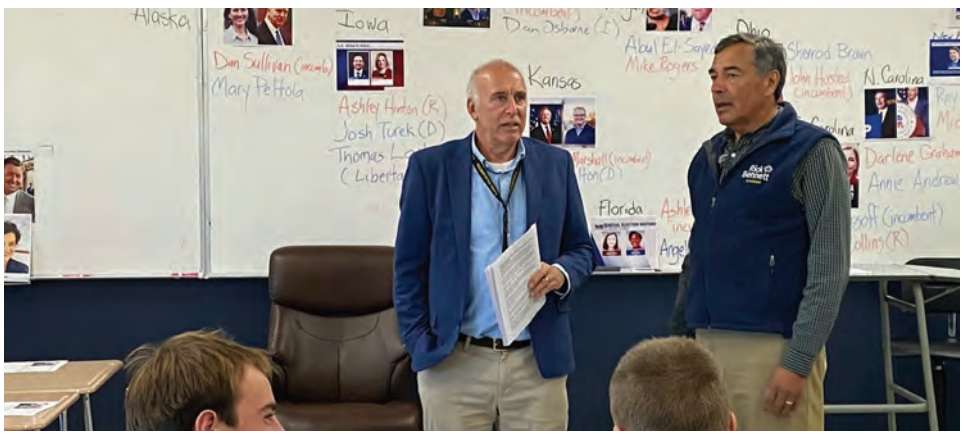
Candidates visit CEHS Government classes

By Kevin St. Jarre



Contributed photo

Hannah Pingree speaks to Ted Jordan's students at CEHS.



Contributed photo

Rick Bennet speaks to Ted Jordan, Government teacher at CEHS, before addressing his students.

Mr. Ted Jordan, a Government teacher at Cape Elizabeth High School, seems able to attract the most difficult to schedule guests to his classes. For hosts on television or podcasts, getting a candidate to come in at the height of campaign season is known as a "tough get." Jordan pulled three in the 14 days before election day.

Rick Bennett, Hannah Pingree and Bobby Charles all agreed to speak to Jordan's students, and by press time, Bennett and Pingree had already appeared, with Charles slated two days out.

Jordan has been teaching for 37 years, with the last three decades at CEHS. He says the way he is able to get these extremely busy candidates to visit is by sending his original invitations out a month or more before the election, then follow up with friendly persistence. He said, "If there are folks in Cape Elizabeth that I know who can lend a helping hand, I ask for their help."

Jordan said, "The Government students get to meet the candidate in person and hear their career path. The students ask the same 10 questions to each of the 3 candidates so that they can compare and contrast how each answers these questions."

When asked how teaching government today is the same and different from 15 or 20 years ago, Jordan replied, "The Constitution and the three branches have not changed, but the actions and speeches by the current president are very different. FDR used a new type of communication, radio, Eisenhower used television to reach Americans, and Trump tweets on Truth Social, his own social media company. The long-accepted norms are different but the form of government is the same. The technology in our school allows for students and teachers to get information, speeches and polling data easier and same day."

Jordan is known for bringing more than political candidates in. In his different courses, he brings in subject-matter experts such as attorneys, fishermen, industrialists, combat veterans, and even people who can role play historical figures such as Alexander Hamilton or Thomas Jefferson.

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Who gets to enjoy the outdoors?

Trails for Cape: Accessible Trails in Natural Spaces

What makes a trail accessible to everyone? For people with mobility challenges, a walk in the woods can present obstacles that others rarely consider. At the Cape Elizabeth Land Trust's Annual Meeting on Sunday, November 22, Maine adventurer and accessibility advocate Enock Glidden will share his firsthand experience navigating those challenges—and his perspective on what it takes to make the outdoors more welcoming to people of all abilities.

Glidden, a disabled athlete and cofounder of Outdoor Access Solutions, works to expand opportunities for people with disabilities to enjoy outdoor recreation. His presentation will explore how thoughtful trail design can make a difference and why access to natural spaces matters.

The topic has a local connection, too. CELT is working toward an Improved Access Trail at Robinson Woods, designed to give more people, including those with mobility challenges, the opportunity to experience Cape Elizabeth's woods and trails.

The Annual Meeting is a chance to hear an engaging speaker, catch up with neighbors, recognize CELT's Volunteer of the Year, and welcome new board members. The meeting is free and open to everyone, whether or not you are a CELT member.

Join us Sunday, November 22, from 3 to 5 p.m. at the Purpoodock Club on Spurwink Avenue. Light hors d'oeuvres will be served, with a cash bar.

Please see the registration postcard inserted in this issue of the Cape Courier for details and to reserve your place.

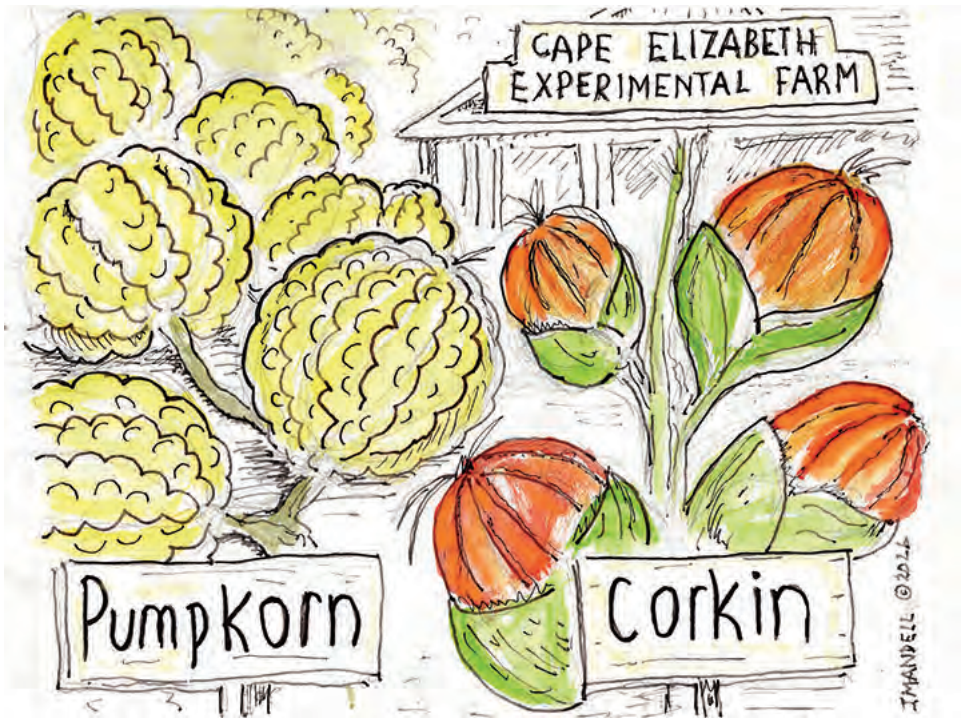


Contributed photo

At CELT's Annual Meeting on November 22, Maine adventurer and accessibility advocate Enock Glidden will share his firsthand experience navigating trails for people with mobility challenges—and his perspective on what it takes to make the outdoors more welcoming to people of all abilities.

Capetoons: When AI goes rogue

By Jeff Mandell



Seed sowing programs

Winter Seed Sowing - November

Wednesday, November 18
5:30 - 7:00 p.m.
Native Seed Center at Turkey Hill Farm
120 Old Ocean House Road

Join us at our Native Seed Center at Turkey Hill Farm for seed saving and sowing. We will guide a hands-on exploration of the many steps of growing native plants from seed, and establishing diverse landscapes using seed-grown plants. We will also learn about the diverse plants that grow here in Maine and their unique seed collection and seed sowing processes.

Participants will get to practice winter seed sowing themselves, and take home a pots of sown seeds to grow on in their own garden.

For more information, visit:
https://wildseedproject.net/events/in-person-seed-sowing-thf-dec2026

Winter Seed Sowing - December

Saturday, December 5
10:00 - 11:30 a.m.
Native Seed Center at Turkey Hill Farm
120 Old Ocean House Road

Join us at our Native Seed Center at Turkey Hill Farm for seed saving and sowing. We will guide a hands-on exploration of the many steps of growing native plants from seed, and establishing diverse landscapes using seed-grown plants. We will also learn about the diverse plants that grow here in Maine and their unique seed collection and seed sowing processes.

Participants will get to practice winter seed sowing themselves, and take home a pots of sown seeds to grow on in their own garden.

For more information, visit:
https://wildseedproject.net/events/in-person-seed-sowing-thf-nov-2026





Library offers programs on printmaking, history of weaving

Printmaking with Dave Connor

Saturday, November 7, 2:00 - 4:30 p.m.

Have you ever been interested in printmaking? Do you know the differences between intaglio, collagraph or relief printing? If you have some curiosity around any of these mediums and think you'd like to try one yourself, then come join artist Dave Connor for an afternoon of playing with one or more of these printmaking techniques.

Registrants are encouraged to bring a hardcopy image(s) of something you think you'd like to try turning into a print. Pets, architecture, faces, food all make good studies. Something with strong contrasts and in the neighborhood of 6x6 inches or smaller will yield the best results. If you have your own carving tools, please bring them but if not, all the materials you'll need will be supplied.

Dave Connor is a local artist and high school teacher from Cape Elizabeth. He has done commissions for Bissell Brothers, Terlingua, Maine Surfers Union, the band Moe and numerous others. These days, Dave balances his art primarily between printmaking and painting. He teaches a printmaking class at school and loves introducing others to the magic of the medium.

CEHPS Presents: A History of Weaving with Marjie Thompson

Tuesday, November 10, 6:30 - 8:00 p.m.

A humorous and painless history lesson on spinning and weaving in New England and elsewhere will be presented to the community on Nov. 10 by award-winning weaver and weaving historian, Marjie Thompson. Thompson's presentation will discuss who was weaving, where, when, and what they were weaving. Thompson says she enjoys being "stuck" in the pre-20th century weaving world. She has won numerous weaving awards, is past president of the New Hampshire Weavers' Guild, is a member of several weavers' study groups among numerous other credits. Slides and actual textiles will be used to illustrate what was woven and a reading list for further explorations will be provided. There will be time for audience questions and comments.

The presentation will take place in the Community Room of the Thomas Memorial Library on Tuesday, Nov. 10 from 6:30-8 p.m. The talk is free and open to the public. Note that this is a one-time change from the new Town Hall location for this series of talks. This presentation is part of the monthly series of history-themed talks co-sponsored by the Cape Elizabeth Historical Preservation Society and Thomas Memorial Library.

Writing Coastal New England and a Path to Publication with Jenn Bouchard

Thursday, November 12, 5:30 - 6:30 p.m.

Massachusetts author Jenn Bouchard didn't publish her debut novel until she was 44 years old. Now, at 49, she just released her third novel, "Palms on the Cape." With dozens of awards and over 100 book events in the rear-view mirror, she continues to write her New England-based stories to appeal to readers worldwide. While still teaching high school social studies classes full-time and raising a family, Jenn will share her unusual path to publication and talk about embracing life's second acts.

Finding Your Story, Telling It Well: A Workshop with Lani Peterson

Saturday, November 14, 2:00 - 4:00 p.m.

Whether you want to tell a story from your life to your children, your peers, or to stand on a stage, the foundations are all the same. In this playful, interactive, introductory story workshop, come discover and develop a unique personal story while also learning how to make it clear, meaningful, and engaging for others.

Known for her personal tales of wit and wisdom, Lani Peterson is a storyteller, psychologist, teacher, and coach. With a specialty in the use of story as a healing art, Lani has been storytelling, leading workshops and speaking at festivals, schools, universities, organizations, museums, hospitals, prisons, community centers, street corners for more than twenty-five years. Her ongoing mission is to bring to light and share the stories which will open doors within and between storytellers and listeners alike. Check out her work and stories at www.Lanipeterson.com.

Cape Lantern Parade General Interest Meeting

Tuesday, November 17, 5:30 - 6:30 p.m.

Plans for next year's Lantern Fest are starting to take shape, and we need help from the community to make this wonderful event possible. We're putting together a committee to share ideas and help coordinate volunteers, classroom lantern-making workshops, materials preparation, lantern building, festival setup and more. If you plan to attend, please register online – but walk-ins are more than welcome. For more info, or if you are interested and can't attend, contact Gabby Doane at gtrappe@gmail.com.

Film School: Fantastic Mr. Fox

Thursday, November 19, 5:00 - 7:30 p.m.

Once a year, Film School takes a break from all the serious "grown-up" movies and invites folks of all ages to participate in an animated screening and discussion (both to show kids that their responses to film are valuable and important, and to show adults that animation isn't just for children). This year's all-ages selection is Wes Anderson's "Fantastic Mr. Fox" (2009). In this positively delightful stop-motion take on Roald Dahl's 1970 novel, Mr. Fox (George Clooney) must learn how to negotiate an acceptance of his wild animal nature alongside the responsibilities of marriage, fatherhood, and being a good neighbor. Snacks welcome and popcorn provided.

Whether you are a Film School regular, a parent with a whole family to bring, or a tween or teen who just likes talking about movies, this is for you! Last year's all-ages screening of "WALL-E" ended up with a huge age range in attendance, and us elders learned quite a bit from our young counterparts (especially about the key difference between robots and androids). We hope this year will be much the same! No registration required.

Book Discussions:

Cozy Mystery Book Club

Saturday, November 14, 3:30 - 4:30 p.m.

"The Man Who Died Twice," by Richard Osman

Afternoon Book Group

Thursday, November 19, 3:00 - 4:00 p.m.

"A Streetcar Named Desire," by Tennes see Williams

REGULAR PROGRAMS

Senior Social Hour

Every Wednesday from 1-2 p.m.

Fireside Writing

Every Tuesday from 5:30 - 6:30 p.m.

Death Cafe, with Davinica Nemtzow

Third Saturday of each month, 10:30 a.m. - 12:00 p.m.

Songwriting Workshop, with Jud Caswell

First Thursday of each month, 6-8 p.m.

Youth Services Recurring Programs: Fall

Messy Minis: Mondays @ 10:30 - 11:00 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 from 12:00 - 1:00 p.m.

This program is designed for infants and toddlers from birth - 18 months old and their caregivers. Join us for 15 minutes of short stories, finger plays, rhymes, songs and movements followed by 45 minutes of free time to play and chat. Capacity: 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. Capacity: 25 people. No prior registration required.

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

Great for children who have transitioned to one nap per day and are alert in the mornings. This storytime is designed for children ages 18 months to 3 years old and their caregivers. Join us for one picture book, songs, finger rhymes, felt board stories and board book read-alongs. Capacity: 30 people. No prior registration required.

Venture Club: Wednesdays 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.

-see LIBRARY page 15


Leslie Young,
(Owner Operator)

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CEEF welcomes two new board members

The Cape Elizabeth Education Foundation (CEEF) has welcomed Sarah Gagne and Allie Bromley to its Board of Directors. Both bring deep ties to the community and professional experience that will help CEEF continue its work of enriching education in Cape Elizabeth schools.

Sarah Gagne grew up in Maine and has long called Cape Elizabeth home. All three of her children have attended Cape Elizabeth schools over the past 15 years, and as a parent, volunteer and district employee, she has seen how much a strong school community means to students and families.

Gagne holds a Master's in Health Systems Management from Rush University and has more than 25 years of professional experience, including over 15 years at MaineHealth as a program manager for the Center for Tobacco Independence. She later served four years as the district's Volunteer Coordinator. She is committed to giving every Cape Elizabeth student outstanding opportunities and a school environment where they can thrive.

Allie Bromley lives in town with her family and is a proud Pond Cove parent. She is chief of staff at a New York City private equity fund and a director of a private philanthropic fund that expands access to advanced math and science for talented young people who lack the resources to reach their potential. She also serves on the board of the National STEM Talent Initiative, which works on STEM policy, investment and workforce development. Bromley looks forward to bringing her experience in philanthropy and STEM education to CEEF.

Since 2002, CEEF has funded over 360 grants totaling more than $1.8 million. A 501(c)(3) nonprofit, the Foundation relies on community donations and fundraising to bring innovative ideas to life in programs from pre-K through high school — learning experiences that help make Cape schools extraordinary.



Contributed photo

Allie Bromley



Contributed photo

Sarah Gagne

Planning Board

Continued from page 4_____

of revisions and that the addition meets the site plan standard for pedestrian circulation. The applicant also requested that the following language be added to the application's conditions of approval that states: "The Cape Community Arena Group works in partnership with the town for the possibility of a sidewalk on the southern side of Gull Crest Drive."

During the public comment period, Mary Kay Cooney said that residents and town staff need to understand the "logistical and financial detail" required for a non profit organization (CCAG) to run a "community-focused business on town land." She added that if "the [arena] project falters, the town will inherit a building, its operating costs and its debt."

Jonathan Sarhbeck said that the town needs to make more investments into improvements for Gull Crest that don't fall on the Cape Community Arena Group. Sarhbeck said it is his hope that the planning board "sees all the work and supports the application" as its "going to be an improvement to the town."

After much discussion between the applicant and the board regarding sufficient parking and potential sidewalks on the site, Chair Gilbert said that "it's the opinion of the board to have sidewalks be in there. It's going to be up to you and the Town Council to work out how that gets done."

The Planning Board voted to approve the Cape Community Arena Group's site plan application to build a permanent, open air covered ice arena building located at the end of Gull Crest Drive. A condition of approval was added to the application that the open air ice arena will be utilized between November and March.

Housing Amendments

The Cape Elizabeth Town Council referred to the Planning Board housing amendments to update the Zoning and Subdivision Ordinances with state mandatory land use law changes, and also companion 2019 Comprehensive Plan Amendments.

Town Planner Maureen O'Meara explained that the board has 30 pages of amendments to review and discuss at their November workshop. O'Meara said that the amendments are "mandatory changes from the State" and that she relied on the state guide and rules to interpret what needs to happen in the Cape Elizabeth ordinances, specifically ordinances LD 1829, LD 2173, LD 427, and LD 997. O'Meara explained that the goal has been to change the Town ordinances to the minimum necessary to comply with the state law which makes some sections in the ordinances "awkward and regulatory outcomes uneven."

O'Meara added that in a "few places, we've used our local language because it fits better" giving an example of the town's definition of "multifamily." She said that there are some amendments not required by the state to be reviewed by the board, but that they are needed in order to blend the existing town rules with the state law, including the open space zoning provisions and the mandatory affordable provisions. O'Meara explained that "significant chunks [of the ordinances] will not be functional if we don't make the changes to blend this stuff together."

O'Meara added that there are also comprehensive plan amendments which are meant to be "minimal amount of amendment possible" and that it's important that the comprehensive plan and zoning ordinance align with each other.

The board unanimously voted to table the amendments to the November 17, 2026, meeting when a public hearing will be held.

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Questions? email: cehsbasketballboosters@gmail.com

CAPE CALENDAR

By Wendy Derzawiec

Instructions for joining videoconference meetings listed below will be posted on the town website, www.capeelizabeth.gov.

Monday, November 16
Town Council Workshop, Town Hall, 6 p.m.
Town Council Meeting, Town Council Chamber, Town Hall, 7 p.m.
Tuesday, November 17
School Board Policy Cmte, Jordan Conference Room, Town Hall, 8:30 a.m.
Planning Board, Town Council Chamber, Town Hall, 7 p.m.
Wednesday, November 18
Communications Working Group, Jordan Conference Room, Town Hall, 3:30 p.m.
Thursday, November 19
Fort Williams Park Committee, Community Center, 6 p.m.
Energy Committee, Town Hall, 7 p.m.
Monday, November 23
Traffic Safety Working Group Meeting, Jordan Conference Room, Town Hall, 9 a.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 Thursdays (archives and museum), 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, Spurwink Rod & Gun Club, 1250 Sawyer Road. 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

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

Town Council Workshop & Meeting
Nov. 16 – 6 p.m.

Planning Board Meeting
Nov. 17- 7 p.m.

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

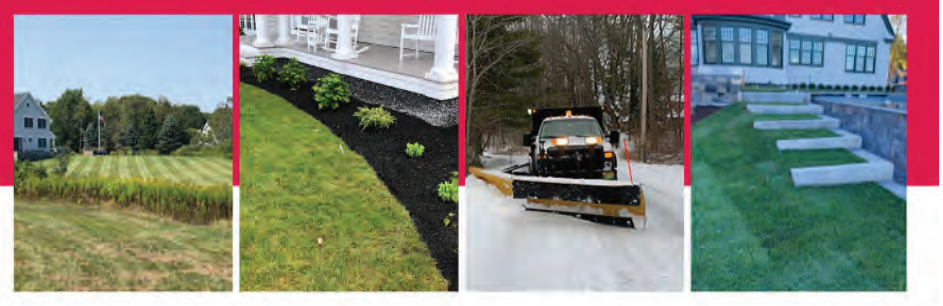
Saint Alban's Episcopal Church
885 Shore Road
799-4014
www.stalbansmaine.org
Sunday Services:
Rite 1 with Holy Eucharist 8:00 a.m.
Rite 2 with Holy Eucharist 9:30 a.m.
Live Streaming on YouTube (stalbanschannel)
Children's Programs 9:30 a.m.
Celtic Eventide 5:30 p.m.
Room for all

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


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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.

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Test Prep & Math Tutoring, online. Cape native. Recent students: +210 SAT, 26 to 34 ACT, AP Calc 5. Zale Rasco: 773-802-2681, rascotutoring.com

Library

Continued from page 12

CardBoard Club: First and Third Fridays from Sept - June from 2:45 - 4:00 p.m.

Welcome to CardBoard Club, a club dedicated to card and board games. On the first and third Fridays of each month, we'll gather to play games of all kinds. Stop in to play with your friends, learn new games, and take part in special RPG (role-playing game) workshops, like D&D. Beginners welcome. Snacks provided. For ages 10-13. No registration necessary.

Youth Services Special Programs

Special Storytime: Yoga & Mindfulness, Saturday, Nov 7 from 10:30 - 11:30 a..m.

Join us for a special storytime at the library with Heidi Whelan of Balance and Bloom Mindfulness. Children and adults will be invited to sing songs, mindfully move, hold fun yoga poses, hear a story, and make a craft to bring home a little bit of mindfulness magic. Yoga promotes flexibility, balance, body awareness, emotional regulation, and strength. Who knows yoga just might be a new favorite family activity! For caregivers + their children ages 3 - 6. Registration Required.

Intro to Jamming: Third Tuesday from Sept - Dec from 3:30 - 4:15 p.m.

What does it feel like to be in a real band? Come find out! We'll explore ukuleles, percussion, electronic instruments, beat-making tools, and other fun ways to create music as a group. No experience needed. Classes led by Carly S. Cheriff, board-certified music therapist of EcoTones Music Therapy. For ages 8 - 11. Registration required.

Blunt Youth Radio Pop-Up: First Monday of the Month from 2:30 - 4:00 p.m.

Come by the teen space to have your voice heard! WMPG's Blunt Youth Radio will be set up in the teen area upstairs to interview youth and share the power of stories. Swing by to chat with them on the show and learn more about the impact you could have in media and journalism. Hosted by local teens of Blunt Youth Radio. No registration necessary.

Sewing Adventures, Stuffie Hats & Accessories:
Saturday, November 21 from 1:30 - 3:00 p.m.

Accessorize your favorite stuffie with a brimmed hat, a beret, or a backpack! Beginners and all levels welcome. All materials provided, but don't forget to bring your stuffie. For ages 7+. Registration required.

Town Council

Continued from page 2

community members being aware that they exist and are available. There is also a feedback form "giving residents more ways to be seen, heard, and supported."

Cape Community Arena Group - Lease Agreement

The Council unanimously voted to authorize the Town Manager to enter into a land lease agreement with Cape Community Arena Group and directs the Town Manager to negotiate remaining responsibilities for Council consideration at the November 4, 2026 regular Town Council meeting.

Councilor Sahrbeck said that this lease agreement is a "good signal" to demonstrate the Town Council's support of the Arena Group and improvements to the Gull Crest area.

Rachel Stamieszkin, as a member of the Cape Elizabeth community garden, expressed her appreciation to the Cape Community Arena Group for "hearing us and working with us" to address initial concerns and issues with the proposed arena construction and how it might affect the gardens. Stamieszkin added that they've been "working with us to ensure that we can work together, thrive together, and build together."

General Assistance Ordinance

The Council voted to approve updates to the general assistance ordinance as discussed in previous Town Council meetings. A public hearing was held on October 5, 2026. Updates are for the 2026 - 2027 year and apply to appendices A - H and include a new recovery resident maximum housing guide.

Appointment of Election Warden and Deputy Warden

Melissa Newsome, Town Clerk, created an outline of State law regarding the appointments of Election Warden and Deputy Warden for the November 3, 2026, election. Carol Ann Jordan was nominated for Election Warden, and Thomas Perkins was nominated as Deputy Warden. Jordan and Perkins were chosen from an approved list of candidates that was originally voted on April 27, 2026. The Council voted to approve the nominations. Councilor Jordan recused herself from the vote. Chair Scifres thanked "those community members for serving in that capacity."

Judy's Food Pantry

Judy's Pantry is open for clients to shop for produce, protein, and nonperishables at the Cape Elizabeth Methodist Church (280 Ocean House Road) on the 2nd and 4th Tuesdays of every month from 3:00 to 5:00 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.

Spurwink Rod & Gun Club



- RAIN OR SHINE -
Saturday, November 21, 2026
9am to 1-pm
1250 Sawyer Rd. Cape Elizabeth

Both Youth & Adults welcome
No experience necessary
Shooting Coach supplied for each competitor
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Everything supplied by Spurwink Rod & Gun Club

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timlindsay@maine.rr.com

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Local business spotlight: Kettle Cove Sauna

By Marta Girouard



Photo by Joanne Lee

Jinna Halperin and Sam Milton, owners of Kettle Cove Sauna.

Sam Milton and Jinna Halperin began cold water dipping about four winters ago and since then, they have enjoyed exploring local saunas to experience the benefits of cold and hot therapy. For Jinna's 50th birthday last year, a sauna was the only thing on her wish list but because she is claustrophobic, she found many saunas on the market to be small and unappealing. To justify the cost of a hand-built, commercial-grade sauna big enough to accommodate their family, the couple decided to start a small side business, Kettle Cove Sauna. "This will be our first full season," said Jinna. "We can't wait for our neighbors in Cape and beyond to experience the restorative benefits of sauna as well!"

Sam handles most of the physical aspects of the business, such as bringing the sauna to customers' homes and pop-up events. The couple divides the marketing work, with Jinna getting the word out to friends in the cold water dipper and wellness community. She said, "We love using the sauna ourselves and are excited to share it with others."

There are two different options for people to experience Kettle Cove Sauna. One can rent the sauna and have it delivered to their property to use for an afternoon or a day. "On Fridays, Saturdays, and Sundays, our customers get to use the sauna over a 24-hour period. We created the afternoon session for folks who might want to relax in the sauna at the end of the workday," said Sam. The other way to enjoy Kettle Cove Sauna is to visit them at a local pop-up event. They recently participated in Jordan's Farm Pumpkin Palooza and offered sessions on a half-hour basis.

Saunas are having a moment in North America and seem to be popping up everywhere but according to Jinna and Sam, we are late to the sauna movement. This ancient Finnish tradition is increasing in popularity nationwide and there is a growing evidence base of the mental and physical health benefits of saunas and contrast therapy. Jinna said, "The rise in sauna across Maine makes sense, given the increased popularity of cold water dipping. I think both are here to stay as more of us look for ways to unplug, reset and recharge from the chaos of the world around us."

When asked what is the hardest part of running their business, Jinna and Sam said it is getting the word out about Kettle Cove Sauna. On the other hand, their favorite part has been meeting other people in the community who are also big sauna enthusiasts. The couple feels it's important to give back to the community as well. "We've donated sauna rental to local auctions, and we are also grateful to a number of local community members who have generously offered to exchange their skills and expertise for sauna rental," said Jinna.

To find out more about Kettle Cove Sauna or book the sauna, visit: https://kettlecovesauna.com. You can also follow Kettle Cove Sauna on Instagram @kettlecovesauna.

