

Windham women's football player tackles new opportunity with Maine Mayhem

By Ed Pierce

STAFF WRITER

Every time that Kendra Cummings of Windham walks onto the practice field behind Deering High School in Portland, she's making history as part of a movement striving for women's equality in sports.

Cummings is now in her second season of playing tight end and defensive end positions for the Maine Mayhem, a women's tackle football team that competes in the Women's Football Alliance. The Mayhem provides opportunities for women ages 18 and over to play full-contact football, a sport traditionally dominated by male athletes and it's something that Cummings welcomes.

"I became interested in playing after watching my daughter, Niyah, play youth tackle football in Windham," she said. "The Maine Mayhem is the only women's tackle football team in the state. We practice at Memorial Field at Deering High School and at the Portland Sports Complex during the snowy months. We practice twice a week for a total of five hours."

A registered nurse at Maine Medical Center and the mother of six children, Cummings had never played football



Windham nurse and mother of six Kendra Cummings is now in her second season of competition as a defensive end for the Maine Mayhem women's tackle football team in the World Football Alliance. SUBMITTED PHOTO

before suiting up last season with the Mayhem. The team is coached by former Bonny Eagle High School head football coach Bryant Oja.

Despite never having played previously, she caught on fast, racking up nine solo tackles and assisting on five others and recovering a fumble in a

game against the North Connecticut Nightmare and running it in from 38 yards out for a touchdown. She also caught one pass for 29 yards during a Mayhem game at tight end.

While the mission of the Maine Mayhem is to give women the opportunity to both learn and play tackle football in an encouraging environment that focuses on the fundamentals and techniques necessary for a positive experience in football and life, it also offers a chance to win and excel on the playing field.

In 2023, the Mayhem team finished the year 5-3 overall and captured the Division III Northeast Regional championship, while advancing to the second round of the national playoffs. Even more is expected of Cummings and her teammates in 2024.

"I love football because it's challenging and competitive. I enjoy being taken out of my comfort zone and it's a nice stress reliever being allowed to hit people," Cummings said.

According to Cummings, playing tackle football last season was stressful, nerve-racking, and exciting because it was her first year playing and I didn't know quite what to expect.

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Raymond memorial dedication salutes British pilots lost over Sebago Lake in 1944

By Ed Pierce

STAFF WRITERS

It's recognition that's long overdue and something that's now firmly etched into the annals of Lakes Region history. On Friday, May 17, some 80 years later, Veterans Park in Raymond will be the site of a special dedication ceremony paying tribute to two long-lost British aviators who died in a collision over Sebago Lake.

Just before noon on Tuesday, May 16, 1944, a squadron of British Navy D4V Corsairs took off from Brunswick on a low-level formation training flight to give pilots experience flying at low altitude over a body of water. Among the group of pilots that day were British Royal Navy Sub-Lieutenant Vaughn Reginald Gill, 19, flying aircraft JT-132, and Sub-Lieutenant Raymond Laurence Knott, also 19, piloting aircraft JT-160. Both men were from Lee-on-Solent in Hampshire, England and were assigned to 732nd Squadron based at nearby Brunswick Naval Air Station.

As the formation passed over Sebago Lake near Raymond, Gill's Corsair JT-132 suddenly banked sharply and struck the lake, sending a large plume of water flying into the air striking Knott's aircraft, causing it to also crash into the lake. Within a matter of seconds, both aircraft quickly

sank below the waters of the lake and disappeared. A military search and crash investigation was immediately launched using amphibian planes and U.S. Marines, and a U.S. Navy diving bell was deployed into Sebago Lake, but no aircraft debris was found except for a Corsair D4V radio antenna and a piece of an aircraft headrest.

Both pilots were subsequently declared dead and missing in action by the Royal Navy. Years passed and in the 1990s, the Corsairs were discovered and photographed in Sebago Lake more than 300 feet below the surface. During a court case in 2003 seeking to recover the aircraft, a judge determined that the aircraft and remains are not to be disturbed as they are considered war graves.

Through the decades since, thoughts of placing a memorial nearby for the pilots arose, but in recent years, that effort intensified.

Raymond resident David McIntire helped to spearhead the project through to completion.

"As a member of Raymond's Veterans Committee, I think I became the likely candidate to work toward



A formal ceremony in Raymond dedicating a memorial to two British pilots killed while in flight training over Sebago Lake in 1944 will be held Friday, May 17 at Raymond Veterans Park. The event will include representatives of the British military and of King Charles III of Great Britain. COURTESY PHOTO

a solution for a memorial," McIntire said. "I worked closely with the British representative from the British Commonwealth and Remembrance Project - USA, since day one, when he called the town in July 2023 interested in something as a remembrance for the pilots."

McIntire says that he had heard the story about the pilots' crash into the lake, but he didn't realize that the pilots were British.

"At that point, I worked to come

up with a suitable memorial for the two British pilots Gill and Knott," he said.

According to McIntire, he said he feels the most significant aspect of the memorial for future generations of Raymond residents will be the work put in by town volunteers to help determine a design of an appropriate memorial to recognize the pilots and their loss and entombment in Sebago Lake.

"I believe Raymond has the only Veterans Park right on the shores of Sebago Lake where they died," he said. "This has taken 80 years to place a lasting memorial, but I think the cemetery style monument is very appropriate, recognizing the sacrifice of the pilots during World War II."

From a personal standpoint, McIntire said that he's proud to be part of the initiative starting with an idea to somehow recognize Pilots Gill and Knott, and seeing it through to

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INSIGHT

The Name Game

I happened to be watching a baseball game on television the other evening and the pitcher for the Oakland Athletics in the game was named J.P. Sears. It made me wonder what the "J.P." initials stood for and why he doesn't use them in his professional career.

After looking him up online, I found that John Patrick Sears is from Sumter, South Carolina and was drafted by the Seattle Mariners in 2017. He made his major league debut with the New York Yankees in 2022 and was traded that same season to Oakland. I still have no idea why he only uses initials instead of his actual given name.

Looking that information up led me to think about other celebrities, fictional characters or other entities who only go by their initials. I wondered if I could compile a list of such individuals with initials in their names using the entire alphabet.

A.A. Milne of England authored a series of books about Winnie-the-Pooh. His real name was Alan Alexander Milne.

B.O. Plenty was a scruffy and somewhat smelly villain in the old Dick Tracy newspaper comic serials.

C.S. Lewis was a British writer, literary scholar, and theologian who wrote "The Chronicles of Narnia." His real name was Clive Staples Lewis.

D.B. Cooper is the alias used by a man who hijacked a Boeing 727 in November 1971 and is thought to have parachuted from the aircraft with a satchel of ransom cash. He was never seen again after that, and his identity remains a mystery to this day.

E.E. Cummings was a prolific American poet, painter, essayist, and playwright from Massachusetts. His real name was Edward Estlin Cummings.

F.P. Santangelo played baseball for the Montreal Expos, San Francisco Giants, Los Angeles Dodgers, and Oakland Athletics and a broadcaster for the Washington Nationals. His real name is Frank-Paul Santangelo.

G.W. Bailey is an actor who appeared on the M*A*S*H television show and was a dim-witted captain in the Police Academy film series. His real name is George William Bailey.

H.P. Lovecraft was an American author of horror and fantasy fiction. His real name was Howard Phillips Lovecraft.

I.Z. was the stage name of the late Hawaiian singer Israel Kamakawiwo'ole, best known for his rendition of "Over the Rainbow" while strumming a ukelele.

J.C. Penney created a major chain of department stores in 1902. His real name was James Cash Penney, Jr.

K.D. Lang is a Canadian singer famous for her 1992 hit "Constant Craving." Her real name is Kathryn Dawn Lang.

L.C. Greenwood was a defensive end on the Pittsburgh Steelers Super Bowl championship football teams of the 1970s. His real name was L.C. Henderson Greenwood with the L.C. initials being his actual first name.

M.C. Hammer is an American rapper known for his 1990 hit "U Can't Touch This," and launching the parachute pants craze in men's fashion. His real name is Stanley Kirk Burrell, and he's thought to have taken the Hammer stage name after baseball superstar Reggie Jackson told him that he resembled 'Hammering' Hank Aaron.

N.C. Wyeth was an American painter and illustrator. His real name was Newell Convers Wyeth.

O.J. Simpson was a star football player and actor. He was acquitted by a jury after being charged with the murder of his ex-wife and her friend. His real name was Orenthal James Simpson.

P.T. Barnum was an American showman and promoter who established a popular traveling circus. His real name was Phineas Taylor Barnum.

R.J. Mitte is an actor with cerebral palsy who played the son of a chemistry teacher turned mastermind criminal in the television show "Breaking Bad." His real name is Roy Frank Mitte III.

S.E. Hinton is an author who wrote the novel "The Outsiders" while still attending high school in Oklahoma. Her real name is Susan Eloise Hinton.

T.S. Eliot was an English poet, essayist, publisher, playwright, literary critic, and editor. His real name was Thomas Stearns Eliot.

U.L. Washington played Major League Baseball for 10 years as an infielder for the Kansas City Royals, Montreal Expos and Pittsburgh Pirates. His real name is U.L. Washington and the initials do not stand for anything.

V.C. Andrews is an author known for writing horror-themed novels. Her real name is Cleo Virginia Andrews.

XR is a robotic space ranger character in Disney's Buzz Lightyear film. His initials stand for "Experimental Ranger."

Y.A. Tittle was a National Football League quarterback who played for the San Francisco 49ers, New York Giants, and Baltimore Colts for 17 seasons. His real name was Yelberton Abraham Tittle, Jr.

Z.Z. Top was a rock band originating in Houston, Texas and known for such popular hits as "La Grange" and "Tush." The band's name is thought to have come from member Dusty Hill's nickname, ZZ. < - Ed Pierce

Today in HISTORY



MAY 3

1494 – Explorer Christopher Columbus discovers the island of Jamaica.

1802 – Washington, D.C. is incorporated as a city.

1913 – Five entrepreneurs establish a liquid bleach factory in Oakland, California known as the Clorox Company.

1937 – Author Margaret Mitchell wins the Pulitzer Prize for her novel "Gone with the Wind."

1944 – Wartime rationing of most grades of meats ends in the U.S.

1948 – The U.S. Supreme Court rules that covenants prohibiting the sale of real estate based upon race is legally unenforceable.

1952 – The Kentucky Derby is televised nationally for the first time on CBS and the winner is Hill Gail, ridden by Eddie Arcaro.

1957 – The owner of Major League Baseball's Brooklyn Dodgers, Walter O'Malley, agrees to move the team to Los Angeles, California.

ON THE SPOT

If you could pick a theme song to play every time you walk into work, what would it be?

"Sweet Georgia Brown (whistle version)." – James Maddin

"Jamaica Mistake." – John Redlon

"Ring of Fire. Johnny Cash." – Gary E. Ocasio

"Crazy Train." – Rob Marquis

"For a Few Dollars More - Ennio Morricone." – William D. Reiner

"Walking on Sunshine. Why not?" – Julie Mallett

"Life to Go - Stonewall Jackson." – Steve Hatt

"Thunderstruck, AC/DC." – Dan Emerson

"Talk to Me – Stevie Nicks. Because I'd rather talk to my coworkers than actually work." – Valerie Chapman

"Take this Job and Shove it." – Cheryl Page

"Highway to Hell." – Casey Cochran Melanson

"Rosemary Clooney's Come On-A My House." – Aurelia Marmol

"Friends in Low Places. Garth Brooks." – Oscar F. Kellner

"Lady Gaga. Poker Face." – Chris Macklin

"The Architect – Kasey Musgraves." – Mia Ransey

"Heart of Glass. Blondie" Louise V. Snider

"Bohemian Rhapsody by Queen." – Isabella Mongon

"The Breeders' Cannonball." Deirdre Schulte

"I'm Not For Everyone." Lois Fuller

"Blake Shelton - Minimum Wage." – Lollie Gomez Nunez

"Hustlin' Rick Ross." – Sarah Singer-Miller

"Live a Little by Kenny Chesney." – Dean A. Smalley

"Heigh Ho, Heigh Ho. It's off to work we go." – Mitchell B. Robinson



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Raymond Running Club provides fitness and fun for kids

By Kendra Raymond

STAFF WRITER

A lucky group of Raymond kids have found the perfect outlet for all their spare energy: the Raymond Running Club. The recreation-led track and field team recently kicked off its 2024 season and the program aims to get young athletes active and outside, the perfect combination.

Raymond Parks and Recreation Department has partnered with Saint Joseph's College this year to provide a new and improved location for the club. Use of the college track has allowed the program to grow substantially, and participants are grateful for the fantastic opportunity. Coaches are now able to measure distances and times more accurately than at the previous location at Raymond Elementary School.

"We are extremely thankful to Saint Joseph's College for allowing us to use their track this season," said Raymond Running Coach Maddie Redmond. After years of using the field at Raymond Elementary, it is wonderful for the kids to participate while on a real track and field, and it also helps with planning practices. A huge bonus is having the Saint Joseph's track and field athletes to mentor the kids this season. We had a Saint Joe's athlete demonstrate the shot put at our first practice, and the kids loved it."

The Raymond Running Club ath-

letes meet once a week for about an hour to practice on the Saint Joseph's College track. Coaches and parent volunteers are always available to provide plenty of guidance and training. Runners are encouraged to practice good sportsmanship, have a positive attitude, and be willing to try new things.

Parks and Recreation Director Joseph Crocker says that he is encouraged about the future of the program. He said that the Raymond Running Club started several years ago with the addition of track and field last year. The club is home to cross country in the fall and the track and field program in the spring for younger athletes. There are currently 36 runners in Grades 1 through 6 participating in the short but action-packed season.

Athletes compete in many track and field events including sprints, distance, and relays.

"We do modified events for this group including a soft shot put and Turbo Jav (a plastic javelin with a rubber tip)," Crocker said. "This allows the athletes to learn the skills safely. Everyone has kind of a certain thing they



Raymond Running Club participants gather before a recent practice at Saint Joseph's College in Standish. Made up of students from Raymond Elementary, the program is a collaboration between Raymond Parks and Recreation and Saint Joseph's College to inspire children to become active outdoors. PHOTO BY MADDIE REDMOND

flock to as they go through the season. We like to encourage the kids to try a bit of everything."

He explained that as the kids devel-

op more focus on what they like, the coaches can fine-tune what they will work on with each athlete.

"There are so many rewarding parts of volunteering with this club. After coaching for many seasons, it's so fun to get to know these kids, watch them enjoy the running club and continue to improve and learn new skills," Redmond said. "I also could not do this without my awesome co-coaches this season including Ashley O'Brien, Abby Feather, Melissa Dlugos, Jackie Sawyer, and Stephanie Burke."

Crocker says that volunteers are a huge asset, and the Raymond Running Club program couldn't exist without them.

Raymond Running Club will host its first track meet of the season on

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FOOTBALL *Cont. from page 1*

“This season, I’m hoping that we can make it all the way to the Tom Benson Hall of Fame Stadium in Canton, Ohio and win the Division III championship,” Cummings said. “Personally, I’m just looking to improve my game and contribute to the team’s overall success.”

Standing 5-foot-8 and weighing 178 pounds, Cummings says she’s

learning more about the intricacies of football with each game she plays.

“The most difficult aspect about playing football is that there is so much to learn,” she said. “However, my coaches and teammates are so helpful and are good teachers.”

She says that her favorite professional football player is Rob Gronkowski, who played 11 seasons in the National Football League for the New England Patriots and Tampa Bay

Buccaneers.

“He’s the reason that I wear Number 87,” Cummings said. “Gronk was a big and strong player that could do anything. He was a great blocker and had great hands.”

In its first game of the 2024 season, the Mayhem fell to the New York Knockout, 24-6, last Saturday evening at Lasalle Institute in Troy, New York. The Mayhem will look to rebound with a win in its first home game of the year at 6 p.m. Saturday at Memorial Stadium in Portland against the Connecticut Ambush.

“I think the team had some first game jitters, but we are ready to



Kendra Cummings scores a touchdown during a 2023 tackle football game against North Connecticut after recovering a fumble and running it back 38 yards. SUBMITTED PHOTO

knock the rust off and make the changes necessary for success moving forward,” Cummings said.

Cummings says although her choice to play tackle football is a bit unusual, she’s sticking with it.

“Football has taught me that you’re never too old to try something new. Football has given me tremendous confidence and cemented my belief that if you work hard, anything is achievable,” she said. “My family, friends, and coworkers are very proud of me, and they also think that I’m a little nuts. I don’t disagree. However, I feel very lucky to have so much support.” <

STUDENT OF THE WEEK

Michael (Mikey) LeShane

School: Raymond Elementary School **Grade:** Pre-K
Teacher: Mrs. Tompkins
Favorite subject in school: Centers
Parents: Deanna Gaudreau and Jason Le Shane
Reason for Selection: Michael Le Shane, or Mikey as he is known around Raymond Elementary School, is always eager to help out a friend in need. When asked what his favorite part of the day is, he replied, "sharing with friends." His answer is not surprising to those who know him. Mikey comes to school each day greeting students and staff with a smile. If a student at his table needs help opening a snack or cleaning up a mess, he jumps right in to offer his support. Whether he is helping a friend, sharing a toy, or offering kind words, Mikey is a positive role model for all those who know him.

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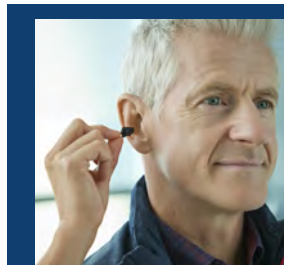
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→ DEDICATION *Cont. from page 1*

having an actual monument placed at Veterans Park to honor their loss.

“Unless people are aware of the crash in 1944, I think they would be surprised to read the inscription on the monument for the British pilots,” he said. “Because their remains were never recovered their location was classified as a War Grave, much like the sailors lost during the Pearl Harbor attack.”

Melissa McConkey, Raymond Town Administrator and Communications Director, said a dedication ceremony for the memorial will be held at 11:30 a.m. Friday, May 17 at Veteran's Park in Raymond and the public is welcome to attend the event.

The granite memorial was purchased from Collette Monuments in Lewiston and was designed by David McIntire and Collette Monuments and approved by the British and

Commonwealth Remembrance Project and the British Consul General. Funding for the memorial was paid for by the British and Commonwealth Remembrance Project.

In an email with the U.S. Navy, McIntire said James Normington of the British and Commonwealth Remembrance Project has been the liaison for planning this event. He said descendants of Sub Lt Gill have been traced and a few of his family members will be at the ceremony. Normington indicated there will be 12 to 15 people flying over from England for the ceremony, including the British Consul General in his official capacity as the representative for King Charles III, members of the Royal Navy, The British & Commonwealth Remembrance, and The British Officers Club.

The British and Commonwealth Remembrance Project is a British organization situated in New England, that recognizes the service and sacri-



Veterans Park in Raymond will be the site of a dedication ceremony honoring two British Royal Navy pilots who died when their aircraft crashed into Sebago Lake on May 16, 1944. SUBMITTED PHOTO

ifice made by British and Commonwealth service personnel in times of war. Its volunteers help look after more than 200 War Grave sites throughout the New England area from World War I and World War II.

McIntire said Normington explained to him that there was a meeting between the British Consul General to New England and Maine Gov. Janet Mills and the subject of the World War II crash of the two air-

planes into Sebago Lake came up.

“I think because Raymond Veterans Park is right off Route 302 and on Sebago Lake, we became a likely candidate for a memorial,” McIntire said. “I didn’t realize until I started researching the event of all the aviation support the United States provided the British during World War II. As you know, NAS Brunswick hosted and trained many British pilots in US aircraft used in the war effort.” <

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All Windham parks and trails are carry in-carry out facilities. Please help us keep our parks clean by bringing your trash home with you!

★ Swim, Boat & Play at DUNDEE PARK:

May 25 – June 9 (weekend & Memorial Day) 9:00am-7:00pm,

Open daily beginning June 10 – June 30, 9:00am-7:00pm

July 1-Aug. 18, 8:00am-8:00pm,

Aug. 19-Sept. 1, 9:00am-7:00pm, Sept. 2, 9:00am-5:00pm

★ Take a hike at LOWELL PRESERVE & the EAST WINDHAM CONSERVATION AREA

★ Picnic & playground time at LIPPMAN PARK

★ Bike or walk the MOUNTAIN DIVISION TRAIL

★ Be active on the courts or the skatepark at the COMMUNITY PARK

COMMUNITY OFFERINGS:

★ SUMMERFEST – June 22 - For a full list of events visit: windhamsummerfest.com

★ SUMMER CONCERT SERIES AT DUNDEE PARK – Wednesdays in July from 6:30-8:00pm, Free admission after 5:00pm - Girls Just Want to Have Fun, The Lynn Deeves Trio, The World Famous Grassholes, Andi Fawcett and Doubting Gravity

★ MRPA DISCOUNTED TICKETS to Funtown Splashtown, Aquaboggan & York's Wild Kingdom - Ticket sales begin mid-June

(No online ticket sales, must purchase in person at the Parks & Rec office)

★ PORTLAND SEA DOGS – Discounted General Admission tickets for Star Wars Night on Sat, August 3 at 6:00pm. (No online ticket sales, must purchase in person at the Parks & Rec office)

★ 2024 SUMMER PHOTO CONTEST – Submit your favorite summer photos of family, nature, animals or Town of Windham photos; all photos due by Sept. 6

★ MOVIES IN THE PARK – June 28, July 26, & August 23 at Dundee Park. Movies TBD

★ FAMILY FUN, FITNESS & FILM FESTIVAL at Dundee Park Thursday, August 15, 6:30 pm

Co-sponsored by Be the Influence & Windham and Raymond Parks and Recreation

ADULT OUTINGS PLANNED:

- Maine Audubon Bird Walk – May 16
- Lilac Festival – May 25
- Portland Schooner Co. – May 30
- Marrett House Home & Garden Tour – June 1
- Freeport Shopping & Dining – June 3
- Waitress the Musical at Ogunquit Playhouse – June 5
- BBQ at Dundee Park – June 12
- Mount Washington Cog Railway – June 13
- Sea Dogs Fun Night Out – June 21
- Cirque Du Soleil- June 23
- Tunes & Treats at Dundee Park- June 27
- Maine Tasting Center – July 3
- Willows Awake Wine Tasting & Lunch- July 6
- Cabbage Island Clambake – July 10
- Nickels-Sortwell House Home & Garden Tour – July 12
- Casco Bay Mail Boat & Lunch – July 17
- Willy Wonka at Gorham Middle School– July 19
- Aroostook County Trip – July 24 to July 26

OUTINGS CONT.

- Oklahoma! at Biddeford City Theater – July 28
- Coastal Maine Botanical Gardens – July 31
- Sayward-Wheeler House Home & Garden Tour – August 3
- Mystery Lunch – August 7
- Newburyport Shopping & Lunch – August 12
- Hamilton House Home & Garden Tour – August 15
- Great Falls Hot Air Balloon Festival – August 17
- Smitty's 70th Anniversary of "Rear Window" - August 21
- Foster's Clambake – August 27
- Willows Flea Market – August 29

YOUTH/FAMILY PROGRAMS:

- ★ FAMILY TRIVIA NIGHTS – June 27 TV & Movie Trivia, July 18 Food & Candy Trivia, August 8 Disney Trivia Town Hall Gym from 6:00-8:00pm
- ★ SUMMER TRACK FOR GRADES 5-12 – Begins June 17th – Practices on Monday & Wednesday nights, meets on Thursdays *Registration opens May 13th*
- ★ ENRICHMENT PROGRAMS – Dancing with Alyssa, Paddling Adventure, Healthy Habits, Swimming Lessons & more. – *Registration will open for children who are not in Summer Day Camp on May 6th if space allows.*
- ★ YOUTH SPORTS CAMPS – Tennis Camp for Grades 1-8 – July 8-24 & July 29-August 14
Lacrosse Camp for grades 3-8 – July 8-11
Baseball Camp – Stay tuned for more details
- ★ GAP CAMPS (POST CAMP WEEKLY PROGRAMS) Week of August 12 – Bonus Camp or Survivor Camp for Grades 1-5
- ★ MAINE BACKYARD CAMPOUT – July 12-14
First 50 families to register will receive a free campout kit!

ADULT PROGRAMS:

- ★ PICK-UP BASKETBALL – M-T-Th nights at Windham Primary School; ends 6/13
- ★ BEGINNER PICKLEBALL LESSONS – Saturday mornings at Windham Town Hall Gym. Next session is May 4 – 25 *Inquire for additional summer dates.*
- ★ CARDIO PICKLEBALL – Saturday afternoons at Windham Town Hall Gym. Next session is May 4 – 25 *Inquire for additional summer dates.*
- ★ BINGO – First and third Monday of each month. Next dates are May 6 and 20
- ★ MAHJONG – Every Thursday May 9-August 29 from 2:00-4:00pm at the Town Hall Council Chambers
- ★ CYCLE OF MEMORY FILM and Q&A with filmmaker May 9th, 3:00pm-5:00pm, WHS Auditorium
- ★ HANNAFORD NUTRITION CLASS – May 21 from 9:00am-12:00pm at the Westbrook Hannaford, transportation available
- ★ RECREATIONAL CORNHOLE – Every Tuesday from May 7-August 27, 11:00am-1:00pm at the Community Park.
- ★ PHYSICAL THERAPIST Q&A – June 6, 10:30-11:30am, Town Hall Gym, transportation available



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- Jewish proverb

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-Charley Benetto

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Raymond Waterways ramps up activities for 2024

► **By Nancy Crilly-Kirk**
SPECIAL TO THE WINDHAM EAGLE

The Raymond Waterways Protective Association (RWPA) has changed its working name to Raymond Waterways. The organization also has a new logo, and a new website.

The website was designed by Sheila Bourque and can be found at raymondwaterways.org. The new logo was designed by Ian Maready.

In late March, a dedicated group of volunteers, hosted by former Raymond Waterways Presidents Neil and Peggy Jensen, stuffed, and labeled 1,500 envelopes for the Raymond

Waterways annual appeal, which was sent to shoreland and other Raymond residents. A rack card of information about controlling erosion was also included for posting on refrigerators. Volunteers including the Jensens, Marie Connolly, Bob and Sibyl French, Steve Craine, Bunny Westcott, and Nancy Crilly-Kirk helped with the mailing.

Donations are welcome and there is a tab on the group's website, raymondwaterways.org, for information as well as connections that allow for Paypal or credit card donations. It will list donors on the website and for

next year's mailing unless you ask to not be included.

The Mill Street Dam project will begin early this summer and may affect water levels on Panther Pond, Crescent Lake, and Raymond Pond.

Bob Harmon, President of the Panther Pond Association relayed the following information on the Mill Street Dam project for this summer.

"As most of you have heard, the dam on Mill Street will be undergoing a restoration starting on June 1 of this year," he said. "It will begin on June 1 and end on September 1. All of the work will be done on the down water side of the bridge on the right heading from Main Street to Route 85. Construction equipment will be stored in the area of the fish house. What you will see are sandbags incorporated with a 3-foot culvert that will be used to control the water level in Panther Pond."

Harmon said it's planned for the water level to be maintained at 80.5 feet per the gauge that is attached to the bridge embankment. It is possible that it may be necessary to lower the water level by an additional 6 inches. As a reference, in July 2022 for the month, the water level was at 80.5 feet.

"Mill Street will not be closed but frequently will be down to one lane, controlled by flaggers," he said. "Access to the boat launch most likely will be difficult. Currently there are many trees blocking the ability to navigate a boat in both the Tenny River and Panther Run. We are coordinating an effort of volunteers, independent of our association, who can assist in helping clear the waterways. Boats, saws, rope, and personal power is needed. If you would like to volunteer, please contact Peter Leitner at

→ see LAND USE Page 14

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Medical Loan Closet a lifeline for many in Windham

By Kaysa Jalbert
STAFF WRITER

To take a walk, get upstairs to bed or enjoy a soothing shower is simple for some but for others, especially the elderly, mobility doesn't come as easy. Since 1940, the Medical Loan Closet has made durable medical equipment such as wheelchairs, mobility scooters and rollators more available to those who are in need in the Windham Raymond community.

Located at 221 Windham Center Road, next door to the Windham Public Library, the Medical Loan Closet is managed by the Town of Windham's Social Services Department and gives those in need the chance to borrow necessary equipment that isn't affordable or available to that individual at the time.

"It's a town service and it's a necessary service. People can't say enough good things about it," said Lynda Murphy, Director of the Medical Loan Closet.

Equipment is gathered through donations from people who have extra or unused equipment. People donate things like briefs and pull-ups, bed rails or sometimes money. The loan closet does not take anything battery powered or electric due to the cost of maintenance and disposal if no longer functioning. Any old or broken equipment the town recycles for aluminum or steel.

The loan closet allows borrowers to hold onto items for up to three months. Items cannot be purchased from the loan closet and should be returned at the end of three months to give others in need the chance to borrow them as well.

Murphy said that because of



Located at 221 Windham Center Road, Windham's Medical Loan Closet makes available, at no cost to town residents, durable medical equipment such as wheelchairs, mobility scooters and more for anyone in need in the community. COURTESY PHOTO

COVID, the closet lost a lot of equipment that was never returned. Thankfully, they have obtained better equipment over this past year and volunteers are constantly working to maintain the equipment for many clients.

For many years, Ray Philpot has been the loan closet's maintenance person, however all the volunteers clean and keep the equipment in shape.

"We keep the best equipment in the best shape it can be," said Murphy.

The Medical Loan Closet has a budget of \$600 which is provided through an annual grant, however monetary donations are also accepted.

Most volunteers at the Windham Loan Closet are older and some have been around for over 25 years. Volunteers bring in and clean donated and returned equipment. They answer the

phone and serve the public.

"Our volunteers really go above and beyond," says Murphy. "We just listen to people's needs and we are really compassionate about what those needs are."

Two small meetings a year are held to set up a rotating schedule for volunteers for the next six months. Right now, there are 12 volunteers and each works for one week every 12 weeks. On average, they service about 25 calls a week. They are always looking for new volunteers and never turn people away.

If anyone is interested in volunteering, call 207-894-5999 and leave your phone number and Murphy will call back with more information.

The Medical Loan Closet is open Monday through Friday. Checking-out or donating equipment is by appointment only. To set an appoint-

ment, call and leave a message on the closet's automated voice message and a volunteer will return the call promptly. The phone is monitored daily. The closet is pick-up only. Volunteers are not able to deliver equipment on their own.

The Windham Loan Closet began as the Windham Health Council in the 1940s. The facility worked with schools and children, weighing, and measuring them. In the 1950s it organized a Well Baby Clinic that operated until about late 1960s. It was then that council volunteers worked to make fluoride treatment available to all Windham children. Following this, the Windham Health Council recruited the town's first dentist in the 1970s.

In the beginning, Frederick Alken, superintendent of schools at the time, and Beverly Allen, a Windham school nurse, recognized the need to loan medical equipment to those recovering from an injury or struggling with a medical condition that couldn't afford the necessary items immediately. Soon, town doctors Sidney Branson and Robert Burns joined, as did other volunteers.

Since its inception, the Windham Health Council has transformed into the Windham Medical Loan Closet and has served in getting medical equipment to those in-need. However, none of it could be made possible without the commitment and kindness of volunteers.

To obtain medical equipment, to donate needed items or to sign up as a volunteer, call 207-894-5999 and leave a message saying what you are calling for and a volunteer will return your call. <

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THE ROOKIE MAMA

THE ADVENTURES
OF MOTHERHOOD



KIDS IN THE KITCHEN, A CULINARY CRUSADE

► **By Michelle Cote**
SPECIAL TO THE WINDHAM EAGLE



— Michelle Cote, Columnist

What's cookin'? As parents, we take deep breaths and attempt to teach those life skills as thoroughly and as best as we can in the fleeting childhood years that blur on by faster than my youngest kiddos can zip around my kitchen island on their Big Wheels wearing grooves in wooden floors that have, for the past decade plus, really become a race track – one occasionally covered in flour.

Of my four little guys, the two littlest have been most fascinated by the idea of cooking, baking, getting hands messy like I get to do while creating something to soon fill bellies.

When they see me pull out pizza doughs, and flour my countertop, they recognize the cue.

The boys pull up big, wooden dining chairs to the counter, sidling up to participate, side by side with me and ready for action.

When this amusing trend first emerged, I was hesitant. Taking time to teach anyone anything any time while trying to complete a task – markedly anyone fewer than 6 years old – is in itself an intense exercise in patience.

And, after a full day's work as I transition to dinner prep mode, that virtue bandwidth is much depleted.

But I quickly remember that chil-

dren – young children notably – are darn curious types. When my husband and I mill about outside gardening or immersed in yard work, our littlest ones are natural and intentional botanists, wishing to assist as they ask all the questions.

It's become the same indoors. If I don't foster their desire to participate while curiosity's piqued, it will take all the more time to sell them on the idea of sharpening culinary skills later in life.

So, I keep calm and cook on, taking these opportunities to spark culinary excitement as we stretch and flip dough, spooning sauce and doling mozzarella.

Did I mention pizza's the thing?

This meal's my favorite to make with my little mini-me assistants.

Pizza's relatively inexpensive – For the cost of a couple of dough balls, shredded cheese, sauce and toppings of choice, you've got yourself the easy makings of a delicious dish. Accordingly, it's a weekly meal staple.

Pizza's also versatile – Really, most anything goes. There are countless options for meat lovers, vegetarians, gluten-free diners, and appreciators of most any dietary need. My crew really doesn't tire with it, because there are so many ways to cook it up – Homemade pesto to sub for red sauce is also a favorite, and budget-friendly.



Pizzas' easy to make – 450° for twelve-ish minutes in your preheated oven, then slice and enjoy the divine goodness. And because the only slicing comes from the pizza cutter, it's also relatively safe to make with little guys. And they know the oven is off limits to them – for now.

But most of all, pizza's palatable to universally most kiddos, even the pickiest of the mac-and-cheese-and-chicken-nuggets-only crowd.

Pizza's a fantastic dish to get your kids to eat their veggies, which balances beautifully with the pepperoni. Perhaps the pepperoni is what truly incentivizes.

Not to mention that with pizza often comes homemade fries, and sometimes tater tots for my tots.

With or without my mini-assistants, I'm already making a mess in the kitchen, anyway.

So the potential for kids contributing to cuisine disorder is really moot – there will be pizza pans to scrub and flour to wipe down with or without my helpers.

And I accept that they're sneaking pepperoni bites as they layer toppings with their cherubim grins as though I'm not fully aware of their antics.

They still don't believe that mamas have eyes behind their head.

But more top of mind than top-

pings is that all this is borne of a desire to teach a life skill.

I want them to impress future dates with a homemade meal and know I played a hand in those learned lessons, just as I taught them to brush their teeth and wash their hands.

I want them to love preparing food as much as eating it. But I also want to prepare them for the reality that they'll one day need this skill for when they're living solo – or with someone who perhaps doesn't know tablespoons from turmeric.

I hope for them to carry on the handing down of beloved generational recipes stained, cinnamon-seasoned, and cursive-written.

I also hope they'll devour our own family recipes we've collected in a binder through the years, and one day perhaps understand why Mama made so many slow cooker meals during sports seasons. Soccer season is time to crock 'n roll, after all.

So as you continue to nurture your little ones with food, feed them too with a desire to prepare it – a desire that will last a lifetime, seasoned with warm memories.

You can't go wrong with pepperoni. And if you're lucky, tater tots on the side. <

Author Michelle Cote lives in southern Maine with her husband and four sons, and enjoys camping, distance running, biking, gardening, road trips to new regions, arts and crafts, soccer, and singing to musical showtunes – often several or more at the same time!

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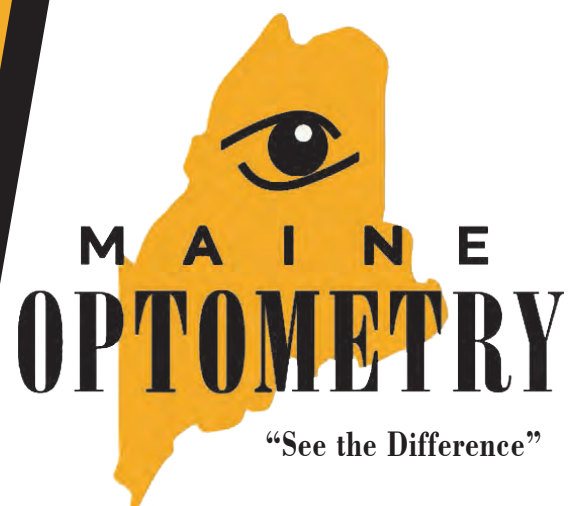
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By Ed Pierce
STAFF WRITER

It's never too early to get ready for the summer and for those who enjoy music in a comfortable outdoor setting, Dundee Park will be the place to be on Wednesday nights this year. Windham's 8th Annual Summer Concert Series will return once again, and the lineup features a variety of bands and musical artists performing free concerts of 80s tunes, high-energy bluegrass, rock and pop music.

Windham's Parks and Recreation Department first launched the Summer Concert Series in 2016 as a way to provide local entertainment events that unite the community.

Starting July 10, a lineup of popular Maine bands will perform for audiences in beautiful Dundee Park and the concerts will be offered from 6:40 to 8 p.m. each Wednesday evening. Admission after 5 p.m. is free and in the event of a downpour, concert rain dates will be August 7 and August 14.

According to Windham Parks and Recreation's Administrative and Marketing Assistant Katie Roy, the concerts continue to grow in popularity every year and park concessions for each concert are hosted by different local organizations to help them raise money for good causes.

The first concert in this year's series on July 10 will feature the Girls Just Want to Have Fun band. They are the ultimate 80's ladies tribute band, bringing the party wherever they go. Their music includes covers of songs by Vixen; Heart; Pat Benatar; Quar-



The 8th annual Summer Concert Series is returning to Windham's Dundee Park in July. Bands scheduled to perform include (clockwise from top left, the Girls Just Want To Have Fun band, The Lynn Deeves Trio, Andi Fawcett and Doubting Gravity and The World Famous Grassholes. COURTESY PHOTOS

terflash; Scandal; Lita Ford; 4 Non Blondes; The Bangles; Tony Basil; Cyndi Lauper; Katrina and the Waves; Joan Jett; The Eurythmics; Madonna; Belinda Carlisle; Roxette; Stevie Nicks; The Go Go's; Donna Summer and more. Concessions that evening will be hosted by Windham's American Legion Post 148 Auxiliary.

July 17's concert performers will be The Lynn Deeves Trio. Maine singer-songwriter Lynn Deeves began performing at an early age-creating songs about her teachers and imitating the stars of the day. She has spent 17 years

as a high-energy, rock singer on the New England top-40 club circuit after graduating from the University of Maine at Farmington with a degree in rehabilitation and psychology. Merging her folk, blues and gospel influences, Deeves delivers a rich, soulful voice combined with a sharp wit, humor and a dynamic stage presence. Concessions will be available from Windham Neighbors Helping Neighbors.

On July 24, The World Famous Grassholes return to Windham for another appearance playing high-energy bluegrass and a mix of original compo-

sitions, classics, and cool covers. Their music is great for dancing and nodding your head and tapping your feet and meant to be enjoyed with friends and family. Part of a long legacy of performers that goes back to 2000, the Grassholes' current lineup includes Heather Kahill on fiddle, Merrill Marsh and Sam Pfeifle on guitars, Flann O'Brien on the stand-up bass, and Field Rider on the banjo and harmonica. The Windham Lions Club will be providing concessions for this concert.

The final concert performers in the series will be Andi Fawcett and Doubting Gravity. Fawcett is a two-time winner as the "Best Female Vocalist" in Portland. Along with her band Doubting Gravity, Fawcett has headlined at The Big Easy in Portland, Profenno's in Westbrook and at the Rockwood Music Hall in New York City. Doubting Gravity and Fawcett will play a mix of distinctive originals and rock, country, and pop covers during their Windham concert. Windham Cub Scout Pack 805 will offer concessions during the concert that night.

Dundee Park is located on Presumpscot Road which is just off the River Road in Windham. Bands will perform during the Summer Concert Series at the Beach Pavilion there.

For concert goers, there are picnic tables scattered throughout the park for seating, but Windham Park and Recreation encourages participants to bring their own lawn chairs.

FMI about the Windham Summer Concert Series, visit www.windham-recreation.com or call 207-892-1905. <

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→ **WATERWAYS** *Cont. from page 10*
vp@pantherpondassociation.org.”

He suggests launching watercraft and dock installations before June 1, using the boat launch at Crescent Lake once the trees have been removed, and to avoid Mill Street during construction.

“We will keep everyone updated via email on any major changes,” Harmon said. “If we do not have your email address, please send it to Pat Palmer at secretary@pantherpondassociation.org.”

Raymond Waterways also welcomed two new board members in April. They each bring valuable expertise and a willingness to work as volunteers to the organization.

Juliet Kirk, of Panther Pond and Chicago, joined the Raymond Waterways Board of Directors. Her family goes back more than a hundred years on Panther Pond, and she has spent every summer of her life on the lake as an avid swimmer and sailor. A graduate of Columbia University, where she was president of Engineers Without Borders, which built a well platform in Amanfrom, Ghana over two years, she is an engineer and Team Lead at

EcoLab. She will be in charge of systems for the Raymond Waterways organization, including maintaining databases, mailing lists, and social media.

Peter Rowland of Sebago Lake joined the board in April as well. He graduated from Williams College and then was a part of the first class at the Veterinary School at Tufts University and studied pathology at the Veterinary College at Cornell. He taught at Cornell, beginning a pathology practice in 1994 that continues today. He moved to Raymond in 2014 and says that he loves living in a quiet cove off the north end of Jordan Bay. Water and wind sports are his favorites, and he spends many hours out on the water.

Rowland said he experienced the amazing transformation that occurred in Turtle Cove after the start



The Mill Street Dam in Raymond will be undergoing restoration starting June 1 and running through September 1. All work will be performed on the downwater side of the bridge heading from Main Street to Route 85. SUBMITTED PHOTO

of the Raymond Waterways control program for variable leaf milfoil. He is learning more details about invasive species through the programs run by the Lake Stewards of Maine and hopes to participate as a monitor, as well as learn where else he may fit in best with the work of the RWPA.

Susan Gallo, Executive Director of the advocacy group Maine Lakes,

will be the speaker at the annual meeting of Raymond Waterways at 9:30 a.m. Saturday, June 22 at the Hawthorne House, located at

41 Hawthorne Road, at the corner of Raymond Cape Road in Raymond.

She will present information on the current and future health of our lakes and will talk about our new program, LakeSmart, a consulting program where Raymond Waterways will send trained volunteers to your lakefront property to advise you, in a non-regulatory, non-enforceable way, how to lessen erosion on your property. Erosion is one of the biggest threats to lake health, and there are many simple, affordable ways to avoid it. Steve Craine, of the Raymond Waterways board is heading the program, which should begin this summer. There will be time for the audience to ask questions and to voice any concerns or suggestions to the Raymond Waterways board and membership.

Admission is free, everyone is welcome, and refreshments will be served. No registration is required. Raymond Waterways members can register for door prizes at the beginning of the meeting, and there will be a table for new members to join or former members to rejoin.

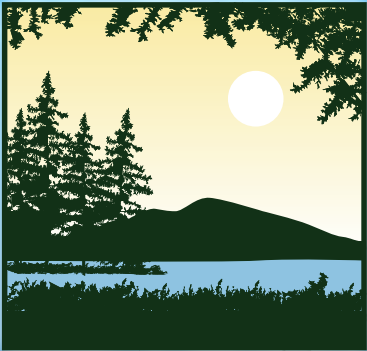
Raymond Waterways is looking for a new treasurer for its board to oversee payroll, bookkeeping, donations, and grant reporting. They are especially interested in someone with a finance background who can help us design new donation vehicles to help us build an endowment. You need to be a Raymond resident.

The organization is also looking for people willing to be trained in invasive species identification, water sampling techniques, and courtesy boat inspections. Their new LakeSmart erosion control program also needs volunteers to help lakeside residents identify and mitigate erosion into our lakes. And they need a volunteer or two to deliver rack cards and replenish supplies at various groceries and businesses in Raymond. This would be a once weekly job throughout the summer.

If you have other ideas about how you may help Raymond Waterways, please let them know.

For more details, visit the Raymond Waterways volunteers page at raymondwaterways.org. <

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Lake Region Community Chorus spring concert nears

It is concert time again for the members of the Lake Region Community Chorus. Performances of the group's "Sing, Sing, Sing" spring concert will be held at 7 p.m. Friday, May 17 and 3 p.m. Sunday, May 19 at the Bridgton Academy's Twitchell Chapel in North Bridgton.

This enthusiastic singing group is made up of 60 members from 12 surrounding towns who will present a varied program made up of traditional Classical pieces, folk songs, show tunes, medleys of hits by The Beatles and John Denver and lots more.

The Lakes Region Community Chorus is directed by Jan Jukkola and Susan Stockwell and accompanied by Patrick Speckamp. The program will also include accompaniments by these very talented musicians, Rusty Wiltjer, percussion, Mark Priola, electric bass, Ian Smith, trumpet, Liz Rounds, flute, Glen Jukkola, violin, Pam Ward, guitar, Brian Sprunger, guitar and Jacob Kuvaya, bass.

The chorus is a vibrant and dynamic non-profit organization pro-

viding choral programs for the Lakes Region of Maine community.

Its history is short because it's a relatively new organization. The chorus had its first meeting in February 2013 to discuss the possibility of forming a choral group in the Lakes Region.

It was amazing how quickly everything seemed to come together, and with Laurie Turley as its original conductor, chorus members performed their first concert in June 2013.

Since then, the original group of 36 singers has grown with each season, and now has 58 members from 14 communities, including Bridgton, North Bridgton, Naples, Sebago, Harrison, Waterford, Stoneham, Raymond, Casco, Windham, Denmark, Lovell, Hiram and Fryeburg.

The LRCC is a community of voices joined together in song.

Its purpose is to provide an opportunity for individuals with an interest in singing to share their love of choral music through regularly scheduled rehearsals that will culminate in community and outreach performanc-

es. It also strives to enhance each member's ability to sing by teaching vocal exercises and techniques and to enrich their choral experience by providing a wide variety of musical selections that will increase their knowledge and appreciation of choral literature.

Lakes Region Community Chorus performs two concerts each year. One falls in early December and features holiday music. The other is a spring-time concert generally falling in mid-May.

With the generous support of Bridgton Academy, concerts are performed in the Twitchell Chapel on the Bridgton Academy campus in North Bridgton. Rehearsals are held on Monday nights at Twitchell Chapel. For the December concert, rehearsals start around Labor Day, and for the

Spring concert, they start around the end of January.

Chorus members would like to thank the Bridgton Academy for all their help and support and providing them with rehearsal space and a concert venue. They would also like to thank their enthusiastic audiences and local sponsors.

Each concert is free but donations to help cover the expense of music and operating costs will be gratefully accepted.

If interested, come and join the Lake Region Community Chorus as they lift their voices and sing, sing, sing. This year's concert is sure to be remembered long after the final chords are sounded.

Please visit the Lake Region Community Chorus website for more details or call 207-647-2584. <

Welcome, Heather Hare - LMT!



Heather is a skilled & dedicated massage therapist with a passion for providing personalized care to her clients. Since graduating from Spa Tech in 2021, she has honed her craft through working both at home & day spas. Heather specializes in a range of massage techniques, including Swedish, deep tissue, Polarity, & cranial/facial massage. Her commitment to tailoring each session to meet the unique needs of her clients ensures that they receive the highest level of care & attention.

Heather's ongoing pursuit of learning & practicing new techniques allows her to continually enhance her skills & provide exceptional massage experiences.

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Nor'easter damage clean-up continues across Windham

By Masha Yurkevich

STAFF WRITER

Unlike the popular saying of April showers brings May flowers, Windham's April started with snow and destructive winds instead of raindrops and puddles. The April 4 nor'easter storm caused significant damage, knocked out power for a majority of residents for several days and left the property of many people in a mess of debris and fallen limbs, causing uncertainty about who is responsible for the clean-up afterward.

"This storm had a significant impact on vegetation in Windham," said Jon Earle, Windham's Public Works Director. "There were numerous trees and limbs down on both town and

private roads."

In Windham itself, the storm's strong winds were widespread and combined with at least 2 feet of heavy snow causing tree limbs to fall on overhead power lines resulting in power outages for more than 90 percent of residents. The power outages affected more than 300,000 homes and businesses statewide and persisted through that weekend.

Some trees lining major roadways in and out of Windham sustained damage and can still be seen almost a month later.

Earle said that damage from a storm like this keeps the Public Works crews busy.

"Public Works has been work-

ing consistently doing clean-up of branches, limbs and debris," says Earle. "After the snow was over, we immediately transitioned into clearing limbs, trees, and debris from the roadways. We prioritized by getting roads passable for emergency services and vehicles. At this point, we are continuing clean-up efforts with a focus on eliminating hazards to the roadways, safety hazards, and anything that could cause drainage issues."

Some residents have been hauling tree branches that have fallen to the roadside, expecting Windham Public Works to pick them up. Unfortunately, Earle said that Public Works just doesn't have the resources to do curbside brush clean-up from private property.

"The crew is working hard to get everything cleaned up and move on to their normal spring work tasks such as sweeping, mowing, and preparing roads to be paved," says Earle. "We ask that residents do not put debris and limbs from their property on the side of the road in anticipation of the town collecting it."

However, this debris and limbs can be taken to and disposed of at the Windham's Brush disposal site. Most of the debris from the latest storms can be brought to the leaf and brush disposal site located on Enterprise Drive in North Windham.

"We ask that all debris, limbs, branches, brush, leaves, bark, and mulch, brought to this location be limited to less than 12 inches in diameter," says Earle. "This program is only for the disposal of leaves and brush. We ask that you separate the leaves



Downed trees and debris remain a problem on grounds all around Windham a full month after an April storm swept through the region. PHOTO BY ED PIERCE

from the brush and dispose of it in the appropriate areas as the posted signs indicate. If you transport your leaves in bags, please remove them from the bags and take the bags with you. We ask that brush be no larger than 12 inches in diameter."

The leaf and brush disposal area is located at the very end of Enterprise Drive, off of Route 302, behind the self-storage building.

Earle said that because of the storm which struck the community on April 4 and April 5 with significant winds and snowfall, the spring leaf and brush site will remain open until May 12.

For more information, please visit www.windhammaine.us/586/Leaf-and-Brush-Disposal or call Windham Public Works at 207-892-1909. <

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- Separate piles will be maintained for leaves and brush – PLEASE SEPARATE.
- Dispose of leaves and brush in designated areas ONLY (Please follow signs).
- Leaves must be removed from bags, please REMOVE them from the bags and TAKE THE BAGS WITH YOU.
- Leaf and brush disposal area is for Windham residents ONLY
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BRIEFS

TRIAD meeting

Gorham/Windham/Westbrook TRIAD will meet at 11 a.m. Wednesday, May 8 at the Gorham Police Department, 270 Main St. There will be a pot-luck lunch, and participants are asked to call 207-229-0950 to coordinate food. The guest speaker will be Clara McCool, the Greater Portland Regional Broadband director. FMI, call Doris Ames at 207-887-9222.

Cycle of Memory

Windham Parks and Recreation will host a showing of the Cycle of Memory Library Film Festival from 3 to 5 p.m. Thursday, May 9 at Windham High School's Theater of

Performing Arts. Cycle of Memory follows filmmaker Alex Leff and his younger sibling Koby as they try to uncover the past and capture the present in order to be remembered in the future. Guided by old photographs of a 1945 trip, they search for places aged by time. But while searching for Grandpa Mel's past, the two are confronted with their own fraught history. Cycle of Memory explores the importance of intergenerational connection, healing painful pasts, and leaving a meaningful time capsule for the future. The cost to attend will be a donation of food or personal hygiene items to benefit the Windham Food Pantry. Light refreshments will be served. FMI, call 207-892-1905.

Shredding event

The Windham/Raymond School Age Child Program, a local 501c3 before and after school program, will sponsor its annual paper shredding event from 9 a.m. to 1 p.m. Saturday, May 11 in the Windham Lowe's parking lot. There are no limits on the amount of paper that can be shredded. Donations will be accepted for the program. FMI, call 207-831-7047.

Yoga and horses

The Maine State Society for the Protection of Animals and Ashley Flowers Yoga are teaming up to offer a unique yoga experience beside MSSPA horses on Sundays in Windham. An hour-long yoga session will be held at 11:30

a.m. on May 12 at MSSPA, 279 River Road, Windham. The cost to participate is \$12 per session. FMI, visit msspa.org or call 207-892-3040.

Veterans support

Do you have questions about your VA benefits? Need assistance with a VA Claim? Need to enroll in the VA? The American Legion Post 148 in Windham hosts a Veterans Service Officer Support session from 9 a.m. to 1 p.m. on the second Wednesday of each month at the Windham Veterans Center. James Fisher from the Lewiston VA Office provides support and answers question relating to your VA Benefits. For an appt, call 207-753-9106 or email: Lewiston.mainebvs@maine.org

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AARP warns about new scam regarding bogus refunds

A new scam which impersonates Amazon or other large retailers in underway, claiming that you are owed a refund, and you need to call a number or click a link to get it processed. These paths always lead to a scammer – who will ingratiate himself to you, and then convince you to allow them to remotely access your device. They will “show” you the refund owed (let’s say it’s \$100). Then they will convince you to sign into your bank account online so they can “show” you the deposit they



are ready to make – only they show you a fake page in which it appears they mistakenly refunded you \$10,000, for example. They swear they will be fired if you don’t help recover the mistake, and ultimately seek to convince you to send the money back by purchasing a prepaid debit or gift card for the amount and reading the numbers off the back. You buy \$9,900 in gift cards, share the information, and are immediately out \$9,900. Know this – retailers don’t work

this way. And anytime you are asked to purchase a gift card – to buy something, to pay an obligation – anything, it’s a scam 100 percent of the time. Be a fraud fighter! If you can spot a

scam, you can stop a scam. Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Helpline at 1-877-908-3360. <



Members of the Sebago Lakes Region Chamber of Commerce (SLRCC) helped celebrate the opening of 4Health Family Medicine with a ribbon cutting on Friday, April 26. 4Health Family Medicine provides comprehensive primary care with access to your doctor when you need it at 32 Tandberg Trail, Unit 6, in Windham. The event was hosted by the 4 Health Family Medicine owner, Dr. Su-Anne Hammond, and her family. SLRCC President/CEO Robin Mullins, SLRCC Board Chair Jonathan Priest, Windham Economic Development Corporation Executive Director Tom Bartell, business members of the SLRCC, and community members were in attendance for this occasion. PHOTO BY DENISE DYER

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**TOWN OF RAYMOND, MAINE
PLANNING BOARD
SITE WALK NOTICE**

Camp Timanous
85 Plains Road, Raymond, ME
Monday, May 6th, 2024 • 5:30 p.m.

You are hereby notified the Raymond PLANNING BOARD will hold a Site Walk at the following location on Monday, May 6, 2024 at 5:30 p.m. regarding the information for the following proposed project:

APPLICANT: Scott Simons, Simons Architects
LOCATION: Map: 009 Lot: 19 Zone LRR1
85 Plains Road – Camp Timanous
DESCRIPTION: Site Plan – Youth Camp Barn & Kitchen Renovations

The site walk will commence at 5:30 p.m. meeting at the project site, 85 Plains Road. Public welcome.
COVID 19 precautions.

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**TOWN OF RAYMOND, MAINE
PLANNING BOARD
SITE WALK NOTICE**

Alfred Mann Drive
Off Route 121, Raymond, ME
Monday, May 8th, 2024 • 6:30 p.m.

You are hereby notified the Raymond PLANNING BOARD will hold a Site Walk at the following location on Monday, May 6, 2024 at 6:30 p.m. regarding the information for the following proposed project:

APPLICANT: Keystone Investment Group LLC by Dustin Roma
LOCATION: Map: 007 Lot: 32 Zone VR
Alfred Mann Drive
DESCRIPTION: Road Construction Permit

The site walk will commence at 6:30 p.m. meeting at the project site, Alfred Mann Drive off Route 121. Public welcome.
COVID 19 precautions.

LEGAL ADVERTISEMENT

**TOWN OF RAYMOND, MAINE
PLANNING BOARD
SITE WALK NOTICE**

Mila’s Wood Road
Off Roosevelt Trail, Raymond, ME
Wednesday, May 8th, 2024 • 5:30 p.m.

You are hereby notified the Raymond PLANNING BOARD will hold a Site Walk at the following location on Monday, May 8, 2024 at 5:30 p.m. regarding the information for the following proposed project:

APPLICANT: Nicolas Cummings by Dustin Roma
LOCATION: Map: 004 Lot: 15B Zone LRR2
Mila’s Woods Road
DESCRIPTION: Road Construction Permit

The site walk will commence at 5:30 p.m. meeting at the project site, Mila’s Woods Road off of Roosevelt Trail. Public welcome.
COVID 19 precautions.

Jane Pringle: Supplemental budget delivers on our commitment to Mainers

► **By State Rep. Jane Pringle**
SPECIAL TO THE WINDHAM EAGLE



— Jane Pringle

After many long days and nights working at the State House, the Legislature finally reached statutory adjournment for the

two-year term. It culminated with my colleagues and I working throughout the night on April 17, considering and voting on measures that will improve the lives of residents across the state. One of our most significant achievements of the session was the passage of a fiscally responsible supplemental budget. This budget, built upon the historic investments we made in 2023, will allow the state to further address the challenges affecting communities like ours.

The supplemental budget provides a significant boost to our public K-12 education system. I am pleased that the state's commitment to fund 55 percent of public education costs will

continue. Furthermore, the budget includes language to support future wage increases for educational technicians and other school support staff, ensuring more equitable pay for the professionals who are invaluable to our students' success. This will fortify the academic foundation of Maine's youth and elevate the quality of education for all age groups.

With over 35 years of experience practicing medicine in Maine, I am well aware of the structural gaps within our behavioral and public health infrastructure. Historically, the state has funded initiatives to address and close these disparities. The enactment of this supplemental budget is a testament to our continued drive to do better, securing further funding to enhance the health and well-being of all Mainers. In the wake of the mass casualty event in Lewiston, the legislature made it a priority to finance mental health crisis intervention services, which will include 24-hour support for those in need. Additionally, grants will be distributed to ensure expanded access to behavioral health-

care, even in the most rural parts of our state. As a lawmaker, my commitment to public health is unwavering, and I will work within the Legislature to continue striving for better health-care for all.

Both sides of the aisle in the House of Representatives agree that tackling Maine's housing crisis is of the utmost importance for our state's future health and well-being. In line with Maslow's hierarchy of needs, addressing basic physical needs, such as safe shelter, is crucial and must be prioritized before other secondary needs can be met. With this in mind, the budget has appropriated funds to support emergency housing initiatives like low-barrier shelters and housing subsidies for homeless students under 18 years old.

Furthermore, the budget includes grants to support affordable housing initiatives, including the Rural Affordable Rental Housing Program, which will assist individuals in areas with low housing density to find and secure a comfortable place to live. To encourage the development of more

affordable housing, funds from the supplemental budget will be infused into the Low Income Housing Tax Program, providing subsidies to developers and incentivizing them to reserve a portion of rental units for Mainers with low incomes.

These initiatives highlight only a portion of all that the supplemental budget will accomplish. I am proud that we were able to fund programs and services that will improve the lives of many folks right here in Windham. I feel honored to serve our community in the State House and remain hopeful about the improvements that these investments will bring. I hope that we will be able to build on these programs in the future.

Rep. Jane Pringle (D) is serving her second non-consecutive term in the Maine House of Representatives, having previously represented Windham from 2012-2014. She is a member of the Legislature's Health Coverage, Insurance and Financial Services Committee.

To reach her email: jane.pringle@legislature.maine.gov

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Windham varsity girls' tennis crushes Marshwood

By Matt Pascarella

STAFF WRITER

In its season home opening matches, Windham High's varsity girls' tennis team took the court against Marshwood on Friday, April 26 and in a total team effort, WHS earned its first win of 2024 by defeating the Hawks, 4-1.

"Windham was moving their opponents around and drop shotting went really well," said Windham varsity girls' assistant coach Natalie Egbert. "They need to work more on their serves and just consistency, rallying. Overall, it was a good first match."

In singles matches, Windham senior Alyssa Conley won her first set 6-4, lost the second, 4-6 and then won the tiebreaker 12-10. Windham senior Taylor Juhase lost the first set 5-7, won the second set, 6-4, but lost the tiebreaker, 6-10. Windham sophomore Jasmine Lucas defeated her Marshwood opponent, 6-4 and 6-2. In doubles matches, Windham senior Alejandra Hidell and junior



(L to R) Sophomore Jasmine Lucas has time to hit the ball back over the net on Friday, April 26 in a girls' tennis match against Marshwood at Windham. Junior Afomyia Timerga focuses on the ball as it heads toward her racket. PHOTOS BY MATT PASCARELLA

Afomyia Timerga won, 6-2 and 6-1. Windham seniors Madeline Dumont and Samantha Bell forced a tiebreaker after winning, 6-2, and losing 4-6; they won their hard-fought final match, 11-9.

"Sam [Bell] is a really great partner and I think we work really well together," said Dumont. "Marshwood were definitely reasonable opponents and I'm really happy with how we pulled through at the end. We just looked at each other and said, 'we got to do this; we

know it's late, we know we're tired ... we locked in and got it done.' We had a lot of really good alley shots as well as really good serving. Considering it's the first match of the season, I think it went pretty well, but just communicating on the court needs work."

Windham had been able to get roughly three weeks of practice in and their abilities on the court showed it.

Players in all matches kept their focus on the ball and moved their feet fast and frequently. Everyone put in a strong effort.

According to Juhase, Marshwood did a good job of making her run for the ball. Juhase was able to hit it pretty far back and her placement was ok, but not the best. She threw her shoulder out in the first set; and in the second game and it messed up her serves; she got in her head a little and had to switch to doing softy serves instead of hard ones. She was pleased with how she played and said the games were

really close.

"It was really good," said Lucas. "Once I kind of got in a rhythm, I did well. I won the first four games of the first set and lost the next four. After that I got in a good rhythm and won the next second. Consistency still needs work, and I could improve my serve a bit." <



Senior Madeline Dumont returns a serve.



Senior Taylor Juhase sends the ball back to her opponent with a powerful return.

ATHLETE OF THE WEEK



Carter Mathieu

Age: 16 **Team:** WHS boys' tennis
Coach: Garry Stone
Parents' names: Derek and Jill Mathieu
Reason for selection: Carter is a sophomore who played varsity tennis last season in the second doubles position. Since last season ended, he has dedicated himself to becoming a better tennis player. He played and took lessons twice a week, and it has really showed in his game. His strokes and serve have improved significantly as has his court awareness. He also knows much better where he should be in anticipation for his next shot. He will jump from second double into the top three as a singles player. He has worked hard, and it's really paid off for him.

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Windham High grad Gugliuzza's success continues

By Matt Pascarella

STAFF WRITER

Windham High School 2020 graduate Anthony Gugliuzza has always been a dedicated hard worker. In high school, he was senior class president, vice president of the National Honor Society, a Maine Youth Leadership Representative for Windham High School, a Maine Varsity Club inductee and won the Team's Coach's award – just to name a few accolades. Now he's a senior at Endicott College in Massachusetts working on his master's degree in exercise science.

After college, he says he would like to do something in the medical field that would allow him to help others.

"I chose Endicott College because of the close-knit family community ... the chance to play football at the collegiate level, the chance to be a part of something bigger than myself," said Gugliuzza. "I was also drawn to Endicott due to their amazing internship program. During my time here I have done an internship with Boston College Football Strength and Conditioning and will be completing an internship with NASA this summer at the Kennedy Space Center down in Florida."

Ever since he was a baby, he remembers watching football with his father. When Gugliuzza was old enough to play, he loved the game immediately. He got the chance to be coached by his father in middle school and that is something he'll never forget.

Football, whether watching or playing, is where Gugliuzza says he has met his best friends and to escape all stressors; on the field, nothing else mattered.

In 2022, Gugliuzza was on Leadership Council for Endicott football and through his leadership, helped his team win the Commonwealth Coast Conference. The council is about holding players accountable, not just on the field, but in life. The council discusses what goes on behind the scenes and recognizes hard workers, continuing to build team comradery. This past season Endicott's football team had a strong season, finishing 9-2.

"Anthony is the quintessential leader by example," said senior and teammate Josh Vecchio. "He has a reputation for discipline, effort, and good decision making on and off the field, which our teammates admire and respect. He is also a fiery competitor, and always gave the defense a run for their money as a scout player, which in turn prepared them for other opponents. But his greatest contribution is his character, which makes for a great example for others to em-



(L to R) Windham graduate and Endicott College senior Anthony Gugliuzza runs with the ball at Hempstead Stadium in Massachusetts on Sept. 4, 2021. Endicott College senior Anthony Gugliuzza of Windham (right) celebrates with teammate Tyler Youmans after Endicott College won the Commonwealth Coast Conference Championship on Saturday, Nov. 5, 2022 at Hempstead Stadium in Massachusetts. PHOTO BY TAMMY MCMANAWAY

ulate." Playing for Windham High School prepared Gugliuzza to play collegiately because he says that Windham Coach Matt Perkins does an excellent job of instilling strong principles in his players. It doesn't matter what grade you are in, Gugliuzza says the decisions that Perkins makes are always focused on what is right for the team. Perkins preaches hard work and challenges his players to be their best – and he always had their back.

According to Gugliuzza, Perkins develops his players into well-respected young men who grow up to be unbelievable husbands, fathers, and coworkers. It's not just about football, it's about life beyond football and teaching athletes how to not just be the best in their sport, but in everything they do.

Gugliuzza has now exhausted his collegiate football eligibility after having been on the team at Endicott College as a wide receiver. He will intern with NASA this summer and has agreed to serve as an athletic trainer intern for Harvard University's football team this fall.

"Anthony was an asset to the team as a silent leader," said Endicott College Head Football Coach Paul McGonagle. "He was someone the younger players could look up to. He never complained, but showed up every day and went to work. He was an absolute pleasure to coach and very smart on and off the field. His biggest improvement was being more vocal which helped him gain more confidence each year."

Anthony's advice to players who

want to play a college sport is to keep working hard, believe in yourself and never give up. Bet on yourself and follow your dreams because life is too short for regret.

Gugliuzza remains very active off the field; he participated in college student government, was selected as a Presidential Ambassador, went to Florida to meet with trustees and advocate for the school the last three years and helped to provide money to various clubs and organizations on campus through his role in the fi-

nance committee. He says that Endicott College has allowed him to grow as a student and as a person.

"When it comes to sports, I have achieved everything I could have imagined and more," said Gugliuzza. "Playing the game I love, being coached by my dad, playing in college, winning championships, meeting lifelong friends, and learning from individuals like Coach McGonagle, Coach Perkins, and Coach Ledbetter, I could not have asked for a better experience." <

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Legislature approves four bills to protect Maine's lakes

In the past several months, the Maine Legislature finalized a set of bills intended to protect and enhance water quality on freshwater lakes and ponds. The bills, each passing with bipartisan support, tackle a variety of emerging freshwater issues, including aquatic invasive species, shoreland zoning, and wake boats.

"Our freshwater lakes and ponds are a core part of Maine's identity," said Francesca "Ches" Gundrum, Advocacy Director at Maine Audubon. "The support from the Maine Legislature for these bills indicates a strong desire to keep our freshwater resources clean and healthy for our state's wildlife and generations of Mainers to come."

The bills passed over the past several weeks include:

LD 2101 – An Act to Strengthen Shoreland Zoning Enforcement

State and municipal shoreland zoning laws help protect water quality and wildlife habitat by limiting development and clearing along the shores of Maine lakes. Some homeowners and developers violate shoreland zoning laws by cutting healthy trees along the water's edge, removing shrubby vegetation that stabilizes shoreline and helps keep water clean, or by adding jetties, stairs, boat launches, sand, and other features without the necessary permits. Fines may be assessed and paid as the "cost of doing business," but the damage remains. This bill gives Maine's towns and the Land Use Planning Commission (LUPC) a necessary tool to help stop these egregious vio-

lators, including the ability to suspend or revoke violator's permits; and file civil action to recover fees or penalties. This bill was enacted by the Maine State Legislature on April 1, 2024.

LD 2141 – An Act to Enhance Protections for and Better Address Invasive Aquatic Plant Infestations in Inland Waters of the State

Invasive flora and fauna are invading Maine's lakes and rivers. Invasive fish species and plants—including milfoils, Curly-leaf pondweed, Parrot Feather, European naiad, and others—accidentally introduced to Maine waters disrupt habitat, displace native wildlife, harm quality, and reduce fishing and recreational opportunities, among other impacts. State agencies and hundreds of volunteers across the state work tirelessly to stop the spread, but they need more help. This bill would appropriate \$2 million to the Invasive Aquatic Plant and Nuisance Species Fund to address the most serious invasive aquatic plant infestations. LD 2141 is currently on the Appropriations Table.

LD 1342 – An Act to Increase Funding for the Prevention and Control of Invasive Aquatic Species

This bill adjusts the cost of the "Preserve Maine Waters" sticker, which all motorized watercraft must display in Maine, to better fund our state's natural resource agencies' work to help combat invasive species. The Maine State Legislature's Inland Fisheries and Wildlife Committee unanimously agreed to amend the original bill

to include an increase in the cost of these stickers next year by \$10 for in-state and \$15 for out-of-state boats in order to help generate hundreds of thousands of dollars for this essential work, along with another funding bump in 2028. This bill was enacted by the Maine State Legislature on March 28, 2024.

LD 2284 – An Act to Implement Recommendations in the Department of Inland Fisheries and Wildlife's Report on Wake Boats

"Wake boats" are powerful boats equipped with ballast tanks and other mechanical systems designed to enhance the size of the boat's wake for wake surfing. The boat's extra-large waves crash against shorelines with more force than typical watercraft, causing erosion, disturbing sediments,

and, sometimes, washing over the nests and eggs of Common Loons. Maine already has a "boater safety zone" law that requires boats to make headway speed within 200 feet of shore, but that distance is not enough to dampen the impact of these new, larger waves. Informed by a diverse stakeholder process facilitated by the Maine Department of Inland Fisheries and Wildlife held over the summer of 2023, the legislation addresses wake boat-related impacts to wildlife and human communities, including language to prohibit an individual from operating a motorboat in less than 15 feet of water or within 300 feet of the shoreline when the motorboat is engaged in a wakesurfing activity. This bill was enacted by the Maine State Legislature on April 3, 2024. <



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Trying to make sense of English's opposites

► **By Andy Young**
SPECIAL TO THE WINDHAM EAGLE



- Andy Young, Columnist

On Feb. 10, 1990, Paula Abdul's "Opposites Attract" hit number one on Billboard magazine's top 100, where it remained for the next three weeks. Learning that made me glad I lived with a family of English speakers during my infancy and subsequent formative years, when my brain was at its most absorbent. I cannot imagine having to learn my long-since-established native tongue as a second lan-

guage.

There is very little logic to English. Dough, tough, cough, plough and through all end with the same four letters, but dough rhymes with blow, tough rhymes with stuff, cough rhymes with off, plough rhymes with now, and through rhymes with two, even though it's pronounced the same as threw.

At least some things about English are easy. Like opposites. "Small" is the opposite of "big," "west" is the opposite of "east," and "light" is the opposite of "dark," except when it's the opposite of "heavy."

But deducing exact opposites can be challenging. The inverse of hard is easy, except when it's soft. Used and old are both opposites of new, and the opposite of fast can be either slow or eat. To most people the opposite of safe is dangerous, but in baseball, safe's opposite is out.

Some opposites are a matter of personal preference. Certain people think sound and noise are synonymous but more often than not, the two terms are polar opposites.

Sounds can be pleasant. Early risers know that some of the most pleasant sounds imaginable take place before the sun comes up. The predawn ticking of a clock in a space where it is the only detectable sound is both soothing and inspiring. The same goes for tweeting bluebirds in the springtime, or walking in the woods during a snowstorm when, if the hiker pauses, the only thing they'll hear is an utter lack of sound.

Noise, on the other hand, is very often obnoxious, and in ways that run the gamut from mildly annoying to absolutely infuriating. While a clock's soft ticking can be mood-enhancing, the shrill noise its alarm makes when it goes off can jangle an awakener's nerves long after he, she, or they have achieved consciousness.

The chirping of robins is a sweet sound. However, the cawing of carrion-devouring crows is grating noise. And while hiking silently through the

woods (remember, silence qualifies as a sound) is pleasing, a stick unexpectedly snapping under one's foot is a noise, as is the growling, real or imagined, a hiker hears deep in the woods where various wild animals reside.

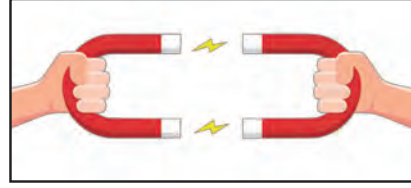
Circumstances often determine what qualifies as sound or noise. A baby's laugh is a sound of pure joy, but the shrieks emitted by an overtired infant is noise, and ear-splitting noise at that.

"Early" and "late" are opposites. But they can also be the same, since 3:30 a.m. is late for night owls but early for people who have to make donuts or deliver newspapers.

One thing that's certain: "same" and "identical" are synonyms. They have to be because they're both the opposite of opposite.

Often the difference between pleasing sound and objectionable noise depends on the ear of the beholder, particularly when it comes to music. Some people love the sound of a country ballad, but others identify it as twangy caterwauling. The same differences of opinion exist between aficionados of rock, classical, hip-hop, and every other musical genre.

Paula Abdul is a fine singer, but her hit single was based on a false premise. After all, if opposites really do attract, how come the wealthy, intelligent and attractive Ms. Abdul and I haven't gotten together yet? <



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Rental properties provide investment opportunities for homeowners

► **By Carrie Colby**
SPECIAL TO THE WINDHAM EAGLE



— Carrie Colby
Allied Real Estate

For years, the popularity of vacation rentals has been skyrocketing and continues to do so. Many of today's travelers now prefer unique local stays, more space, and more privacy. All things vacation rentals offer that most hotels don't.

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The best property management companies offer hassle-free property management

services that allow owners to maximize their rental income, minimize their stress, and make it easy for property owners to enjoy the benefits of owning a rental property without the associated headaches.

So why not take advantage of local property management services today? Whether you're interested in renting your property for a weekend or a year, hire a property management company with expertise and resources to help you succeed. Maximize your

rental income and minimize your stress and hassle.

The best way to find a reputable property manager is by referral. Who sold you your home? Does your real estate agent know any good property managers? Do you have friends with investments in the same area? Referral-based recommendations for finding reputable property managers are invaluable, as they provide peace of mind and a level of trust from the outset. Interviewing potential managers allows owners to assess their expertise and compatibility with their needs and preferences.

Overall, the availability of comprehensive property management services in the Lakes Region provides an excellent opportunity for second homeowners to maximize their rental income while minimizing stress and hassle.

This article was brought to you by Carrie Colby, a Broker with Allied Real Estate, 909 Roosevelt Trail in Windham. She can be reached at 207-232-5497. <



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When you've had enough of soaring energy bills and are considering a highly efficient heating and cooling pump, there are many reasons to choose Harry's Heat Pumps of Windham.

Harry Wood has lived in Windham his entire life and has owned and operated Harry's Heat Pumps for more than four years and has racked up a decade of expertise and experience in the industry. Besides that, choosing Harry's Heat Pumps strengthens community resilience, uplifts the local economy, and paves the way for a more sustainable future. As a Windham resident, he also understands how important it is to save money on heating and cooling throughout the year.

"We offer a year-round product and provide exceptional customer service because we live locally and are aware of how costly it is to heat and cool a home," Wood said. "We specialize in keeping you and your family comfortable year-round whether it's in one room or the whole house."

Based in Windham, Harry's Heat Pumps sells heating and cooling pumps, installs them, performs service repairs, cleanings and all associated preventative maintenance.

Because his business is small and local, the response time for Harry's Heat Pumps is quicker than the larger companies and is a highly affordable option to help community residents



Harry's Heat Pumps

to save money.

"I'm the local guy you can call who will provide exceptional customer service and get it done right the first time," Wood said. "We're a family-oriented company."

According to Wood, heat pumps use electricity to pull heat out of the air. In winter, they pull warmer air inside to heat your home while in the summer, it acts like an air conditioner, moving warm air out while circulating cooler air inside.

He said heat pumps are very quiet and help improve air quality by filtering the air and dehumidifying a home.

"Air quality can be a key component for optimum health and prevention of illness," Wood said. "Because a heating and cooling pump uses no fossil fuels, it is eco-friendly by reducing carbon emissions into the atmosphere while saving a bundle on heating and cooling costs."

Heating and cooling pumps require little maintenance and that can add up to substantial savings which can be used for other projects by

homeowners, Wood said. "Right now rebates are running between \$4,000 and \$8,000."

"The primary advantage of installing a heat pump is that it's one of the lowest cost sources of heat and that when installed with multiple indoor units, heat pumps allow for room-by-room temperature control," he said. "They are safe because heat pumps are electrically powered and there is no risk of combustion gas leaks. Many people have the misconception that the electricity consumption cost with a heat pump is higher, but in reality, are very efficient and also help dehumidify and cool homes in the summer."

When compared to larger companies, Harry's Heat Pumps is highly competitive in its pricing.

"We have much lower overhead allowing us to offer significant savings," he said. "And heat pumps also typically provide 250 to 300 percent efficiency when compared to oil prices."

Online reviews for Harry's Heat Pumps are extraordinary.

"Harry runs an awesome opera-

tion. He is responsive, knowledgeable, and professional. He and his team showed up, treated the workspace as if it was their own house, knocked out the work expediently and with high quality. He communicated well throughout, and he (and his team) took pride in their work. All this great service plus the pricing was phenomenal. Highly recommend." Matt Reichel

"My experience with Harry was by FAR the best I've had with any tradesman in years. Polite, professional, on time, responsive, answered all my questions and then some. A great guy! You cannot go wrong with Harry's Heat Pumps." Fern Oates

"Harry was great to deal with. He diagnosed the problem with my old system, recommended a solution, and got it done in a timely manner. Attention to detail was top notch, he was punctual, and communication was great. I am very happy and recommend using Harry's Heat Pumps." Drew MacVane

Harry's Heat Pumps is insured, licensed, fully certified to work on heating and cooling pump systems and they are a registered vendor with efficiency Maine.

The company is currently booking for the summer season. Find Harry's Heat Pumps at www.HarrysHeatPumps.com, on Facebook, Instagram and Google or call 207-310-3473 for Harry's Heat Pumps. <

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→ RUNNING *Cont. from page 3*

Saturday May 18 at the SJC track. The team will travel to face other teams including Hollis and Old Orchard Beach a little later in the season.

“It’s great to work with other kids from different programs and makes it pretty fun for the kids,” Crocker said.

Registration is closed for this year’s program but keep an eye out for updates for the fall cross country season and other programs in the future.

“This club has come a long way from when it first started at Raymond Elementary School,” Redmond said. “This is a very popular program, and I hope it continues to grow. I also hope that our local community recognizes how important it is to collaborate to provide space for programs that may not otherwise have a facility. Will Rothermel, the Saint Joseph’s College athletic director, has provided an amazing opportunity for these kids. I’m really looking forward to this season.”

Updates about the program are available on Facebook or visit the Raymond Parks and Rec at www.raymond-maine.org/content/parks-recreation <



LETTERS

Submit letters by Mondays @ 5p.m.
editor@thewindhameagle.com
 588 Roosevelt Trail,
 Windham, ME 04062

to the Editor

Editor,

She just showed up in our driveway one Saturday and introduced herself as Barbara Bagshaw, candidate for Maine House of Representatives. It was an important spontaneous encounter that fast forwarded to a successful campaign resulting in winning the seat in Augusta. Barbara took nothing for granted and asked us for permission to post one of her campaign signs on our very visible, high traffic front lawn. We shared some introductory common-sense opinions about Maine government and immediately synchronized on politics of the day. She hoped out loud that we’d allow a bigger campaign billboard to promote her candidacy and to telegraph our support of her cause to our neighbors and passersby on busy Windham Route 115. In hindsight, we should have let her use

the space, but the good news is that she won with small signs. And she won our respect and confidence and friendship in the process.

Barbara has served two years in the House and has worked very hard to be the representative she promised to be in our driveway that day. She has energetically walked the talk in her work at the State House battleground this session and has really earned her stripes.

She’s up for reelection in November and you’ll see a large sign at our house. She gets a big sign and our vote. Re-elect Barbara Bagshaw for District 106 House of Representatives. Uncommon sense pioneer woman with biblical values earns a high five from this Vietnam veteran senior citizen group of two.

~ David and Terry Brinkman
Windham

PLEASE NOTE EDITORIAL POLICY:

The Windham Eagle newspaper has a mission to be a Positive and Solutions Based newspaper. As a positive and solutions-based newspaper, we are committed to providing our readers with accurate, informative, and constructive news and information that uplifts and inspires. We recognize that certain content may not align with our mission and values, and therefore reserve the right to not publish certain types of content. For complete details about submissions and our letters policy, visit thewindhameagle.com/Information.pdf

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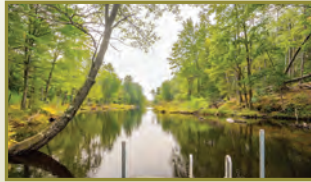
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