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Musicians visit home following '\'\' Nashville success

By Lorraine Glowczak STAFF WRITER

What began as three Windham High School friends jamming together for fun has grown into a thriving musical career. David Young (Class of 2017), his younger brother, Deven Young (Class of 2019), and their friend Seth Martin (Class of 2017) have turned their shared passion for music into a professional success story.

The trio, David Young and the Interstate Kings is now a Nash-ville-based band that "serves up vintage American music with a modern indie focus." They have recently embarked on their first "Vintage American Tour" which includes a stop in their home state of Maine.

The folk/rock group are performing songs on the tour from their latest album recorded in Nashville entitled "Vintage American." Upcoming tour dates will see the Interstate Kings play in cities throughout Ohio, Pennsylvania, Upstate New York, Illinois, and Kentucky, including a stop in Kansas City, renowned for its blues legacy. However, the stop they are most look-

ing forward to is their "homecoming performances."

"We are pumped to be coming home to play for all of our friends and family again – all those who loved our music and believed in us," said David Young, guitarist, vocalist, and lyricist.

With concerts scheduled in Naples, Rumford, and on Channel 6's 207 show, they are eager to perform their homecoming show at Lenny's in Westbrook on July 31; the venue where the band perfected their performance skills.

"We are especially excited to do the show at Lenny's," Deven Young, the drummer, said. "We played there several times over the years, and it was there where we honed our sound as a band."

Bill Umbel, the owner of Lenny's, said he is looking forward to their return.

"It means a lot for everybody to have them back," Umbel said. "The first time they performed for us was over five years ago, they were young high school kids. Our booking manager, Bucky Mitchell, booked them

→ see MUSICIANS Page 4



With concerts scheduled in Naples, Rumford, and on Channel 6's '207 show.'5 David Young and the Interstate Kings are eager to perform their homecoming show at Lenny's in Westbrook on July 31 as it is the venue where the band first honed their performance skills. From left are Windham residents David Young, left, Seth Martin, top, and Deven Young, right. SUBMITTED PHOTO

Puleo settles in as Windham's new Planning Director

By Kaysa Jalbert

The town of Windham has a new planning director, Stephen Puleo, who plans to approach his job with transparency and high standards when it comes to reviewing and approving project developments in Windham and aims to help make Windham the crown jewel of the coastal communities in Maine.

As planning director, Puleo's role is to coordinate planning and developments in the town of Windham. Puelo says his approach to this new role, "is to bring an open and transparent review and approval process on the planning board and the staff review committee for developments in Windham, and to ensure that all approvals have gone through an exhaustive compliance analysis to comply with the local, state and federal land use laws."

Puleo's goal as planning director is to be sure that these laws are implemented and to achieve a very high standard for the projects that are approved by the town planning board and staff review committee.

"I have always felt that's it is important that we have an open and transparent process that nobody in the community as well as the applicants as well as staff feel like any of the process is being hidden from



Stephen Puleo is the new Planning Director for the Town of Windham. PHOTO BY ED PIERCE

them, that there are agreements that are being made some place that are not in the light of day, and that all of the standards are being met by the applicants," he said.

Puleo and the planning board have been working to complete some of the conditions of approval on several developments in Windham, one being the Windham Village apartments, a 172-unit apartment complex that is on about a 9-acre lot along Tandberg Trail behind the Shaw's Plaza.

Associated with this apartment complex is going to be a townowned sewer pump station that will be the collection point for much of the sewer collection system that is currently being installed.

According to Puleo, what's unique about this plan is that the disposal system of this sewer treatment plant is the first of its kind in the state being permitted by the wastewater disposal division. In addition, this system can treat water to a drinkable level when it comes out the other end of the

pipe. The plan is not to drink the water, however, it is to drip it into the groundwater of Sebago Lake, stopping uncontrolled wastewater from going into groundwater and replacing it with clean water through the new system.

The Windham Town Council entered into an agreement with Portland Water District in 2021 to design

a reliable, technologically advanced wastewater treatment system that will improve and protect North Windham's water quality. The funding for this project comes entirely from state loans and grants and is set to be operational by January 2026.

Prior to working as a municipal planner, Puleo was a tree care specialist, then owned and operated his own small business until moving on to work as an apple orchard manager. Since then, he has held a position as municipal planner in South Portland as well as in Windham for about 20 years.

He has a degree in urban forestry, which is where he fulfilled his tree specialist work, and an environmental science and policy degree from the University of Southern Maine and a masters' degree in community land use development from the Muskie School at USM.

"I am really excited for the future of Windham. I see us as the top of the crown here in Southern Maine and I want people to see Windham

for what it has to offer," says Puleo. "We have plans to make Windham an even more attractive and beautiful community." <



An unforgettable caregiving situation

Recovering from chemotherapy and several cancer surgeries in 1999 was harder than I thought it would be. As I was starting to function again after months of poor health, I couldn't go back to work with the newspaper right away and needed something simpler to regain my strength and slowly reacclimate myself to more challenging tasks after months of inactivity.

My mother worked as a case manager for a social worker and asked if I would be interested in helping an elderly veteran with dementia a few days a week while on a leave of absence from my journalism job. The pay was good, and it wasn't a difficult situation making his meals and keeping him safe. Being a caregiver for him turned out to be one of the most memorable experiences of my life.

Earle was in his 80s and had served as a captain in the U.S. Navy during World War II. When he retired from 30-plus years of military service in the 1960s, he and his wife invested in oceanfront property in Cocoa Beach, Florida, purchased a home and enjoyed a comfortable lifestyle. The couple had no children and after his wife's death in 1991, Earle began a slow

By that time, he had accumulated a portfolio worth more than \$2 million from land sales and sound stock purchases and he appointed a friend as his guardian to safeguard his income and to ensure that he remained in his home for the rest of his

life instead of being placed in a nursing home.

Round-the-clock caregivers were hired after he drove to a nearby Denny's for breakfast and instead of hitting the brakes on his truck, he hit the gas pedal inadvertently and drove into the front of the restaurant. When the police arrived, they discovered he wasn't wearing any clothes too.

Over the course of several years as Earle's mental health declined, some of the caregivers helped themselves to some of the cash that the guardian provided for groceries or were asleep in the middle of the night when he slipped out the door and was found wandering through town in his pajamas. That's when the social worker became involved, and my mother thought I could help myself through looking after him, but I could also be a trustworthy and dependable person to spend time with Earle.

Accepting the job, I quickly learned this was not going to be easy. The guardian asked me to take him to the movies and I did. In the middle of the film, he removed one of his hearing aids and flung it across the darkened theater. Another time he flushed another of his hearing aids down the toilet. I found a hearing aid buried in his sock drawer and another one was whistling in his mouth when I asked him what happened to it.

The caregivers would stay overnight at his house and one week both the caregivers and Earle were suddenly sick from colds in the middle of summer. We couldn't figure it out. But then one night I heard Earle in the kitchen at 3 a.m. and watched what he was doing. He got a spoon out of the drawer, opened the refrigerator and ate a spoonful of mayonnaise straight out of the jar. He licked the spoon dry and replaced it in the silverware drawer and went back to bed. That's how we all became sick at the same time.

The first week I worked there, the guardian dropped by and handed Earle \$400 to buy groceries with. I made a list of things we needed and then I drove Earle to the grocery store. He helped choose the items and brands he wanted, and we filled the shopping cart up. Going through the checkout line, the cashier finished ringing everything up and the bill came to \$335. I asked Earle to pay her for the groceries and he said no. He wouldn't give us his wallet with the cash in it and I learned a lesson that day, the guardian needed to hand me the cash for shopping, not Earle.

I also discovered a lot about myself and my own phobias while working that job. One time, Earle slipped and hit his head on a table, cutting his forehead. Blood spurted onto the floor, and I found that I didn't mind cleaning up blood. But another time Earle was in his room taking a nap and had taken off his Depends and made quite a mess in his room. I found cleaning that up to be rather unsettling for me.

Eventually my health was fully restored after a year or so and I was ready to return to my newspaper job full-time. It was difficult to say goodbye, but I left that

situation knowing I had done my best for him, and he was in good hands with people who cared about him and were honest.

About six months later Earle was eating breakfast one morning when his heart gave out and he died at the kitchen table. It was sad, but I was comforted in knowing this proud veteran was at peace and no longer suffering. <

~ Ed Pierce



JULY 19

1692 – Five women are hanged after being declared witches following a series of trials in Salem, Massachusetts.

1799 – The Rosetta Stone, a tablet with hieroglyphic translations into Greek, is found in Egypt.

1912 – A huge meteorite explodes over Holbrook, Arizona, causing about 16,000 pieces of debris to rain down on the town.

1918 – During World War I, the USS San Diego, an armored cruiser, sinks off Fire Island, N.Y., after striking a mine placed by a German submarine.

1941 – The first U.S. Army flying school for black cadets is dedicated in Tuskegee, Alabama.

1942 – German U-boats are withdrawn from positions off the U.S. Atlantic coast because of effective American antisubmarine countermeasures.

1954 – Singer Elvis Presley records "That's All Right" at Sun Records in Memphis, Tennessee and it becomes his very first hit.

Inspirational Quote of the Week

"You've got to go out on a limb sometimes because that's where the fruit is." - Will Rogers

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Kelly Mank Publisher Kelly@TheWindhamEagle.com



Becky Knox Administrative Office@TheWindhamEagle.com Office hours: Wednesdays 8-2 Thursday 9am-Noon



Melissa Carter Sales Manager/Designer Melissa@TheWindhamEagle.com



Ed Pierce Managing Editor Editor@TheWindhamEagle.com











Staff Writers: Jolene Bailey, Lorraine Glowczak, Matt Pascarella, Nicole Levine, Kendra Raymond, Masha Yurkevich, Abby Wilson, Kaysa Jalbert, Joanne Terrasi (not pictured)



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If you could travel back in time, what year would you go back to and why?

"The Renaissance period (1300s-1500s) because that's when a lot of cool stuff happened! A lot of interesting art and scientific discoveries were made during that period like Issac Newton's discovery of gravity and Galileo Galiei's discovery that Earth is not the center of the solar system! – Fi Brickel

"2016. Both my parents were **still here."** – Kat Doughty

"1975 to meet my sweetie all over again." – Julie Mallett

"1940's so I could meet my grandmother, she passed away in 1945." - Rose Tirrell Haigis

"2000 for me. It was before I got married for the first time." - Mia Potenzio-Ransey

"I'd go back to 1985. It was a good year for the Boston Celtics. They won the NBA title and Larry Bird was MVP for the **third time."** – Lane Marmol

"1995 when my son was born. Best day of my life!"

Jerry Greene

"I would travel back to 2014. I took a trip to Japan with friends and graduated from college that same year."

Audrey Marmol

"2002 when I was hired by an architect. Best job I have ever had. It was a mistake to leave **there."** – Jude Orestes-Sanchez

"My daughter was born in 2018, so I will say that year." Sarah Singer-Miller

"My years in the U.S. Navy." Lois Fuller

"I had the best time wrestling for Wheaton College in 1978. That is where I would travel back in time to."

Dean A. Smalley

"My father died in 1970 and I'd go back to before then and tell him how much all our family loved him." - David McCoombs

"Put me down for 1973. I'd stop my younger self from marrying that cheating, lawbreaking ex-husband of mine." – Anne Glotchshuk

"I like my life now but if I could return to the past, I would choose the 1980s when I was a child growing up with my family in Lewiston."

– Chris Macklin

The Windham Eagle Page 3



New Raymond Comp. Plan makes steady progress

By Kendra Raymond

STAFF WRITER

After a lengthy and involved process of information gathering, survey distribution and analysis, public workshops, and plan revisions, the Raymond Comprehensive Plan is rounding the corner and coming into the final phases of the project.

The Raymond Comprehensive Plan website says the comprehensive plan is a document with a long-range view that guides municipal policy, growth, and investment over the next 10 to 20 years. The plan incorporates community vision, values, and data analysis on existing conditions in areas like housing, transportation, population, and public facilities.

"The Raymond Comprehensive Plan Committee is currently reviewing our first draft of the plan," said Committee chairman Peter Leavitt. "The committee began the process of updating our 2004 plan in August 2020. In February 2021 after issuing RFPs the committee selected North-Star Planning from Gray, Maine to be our consultant contract planners."

Raymond has not updated its plan since 2004, and the committee recognizes that a lot has changed in the past 20 years, while some things have remained much the same. The Comprehensive Plan Committee is leading the way to decipher these nuances while remaining true to the core values and history of the town.



For towns in Maine, having a state-certified comprehensive plan is mandatory before applying for various grants and loans, or to incorporate various regulations.

North Star Planning, a New Gloucester-based consulting firm, is guiding the committee through the process. Their website explains that their mission is "helping communities chart their own path," which seemingly fits the circumstances for Raymond, in the capable hands of the committee. The North Star website also says, "We create and sustain the places that make New England special to live, work, and play."

The Raymond Comprehensive Plan committee is comprised of cochairs Peter Leavitt and Kaela Gonzalez, along with a cross-section of community members. The group meets regularly to synthesize data and fine-tune the cohesive Comprehensive Plan, which is the citizen's vision for the future of the town. It is a longterm planning document that incorporates multiple factors such as housing, land use, recreation, and transportation.

The volunteer committee also receives support from town staff. Employees type the meeting minutes and publish the agen-

da, but the committee creates their own agenda.

Leavitt cites strong community involvement in the process.

"To date we have sponsored two community workshops involving housing, transportation, future land use," he said. "We established a website for the purpose of disseminating information regarding our activities."

He says that citizen data collected from these workshops along with two internet-based community opinion surveys and committee polling of Raymond citizens has formed the core of our current plan. The committee has also completed one-on-one interviews of all town department heads, Leavitt said.

The website lists the Comprehensive Plan project phases as data analysis, an inventory of vision and values, a look toward Raymond Tomorrow, development of an implementation plan, and the adoption of the final plan.

Leavitt provided the projected timeline and completion date for the Comprehensive Plan as follows:

Aug. 7 meeting – A committee review of first draft

August 2024 (date To Be Determined) – A workshop with the Select Board, Planning Board, Code Enforcement and Comprehensive Plan Committee

October 2024 – A review of the second draft of the plan

December 2024 – A final draft Public Hearing

January 2025 – The plan's submission to the State Planning Board for approval

June 2025 - Town meeting vote on acceptance of Plan

The committee will continue to hold monthly meetings at 6:30 p.m. on the first Wednesday of each month at the Raymond Broadcast studio. The public and press are invited to attend. Virtual attendance is also an option (visit the town calendar for instructions). Attendance at the meetings is a great way to get involved and have your voice heard.

For information and updates, or to sign up for the newsletter, visit the dedicated website at: compplan. raymondmaine.org. There you can submit questions or offer feedback to the committee. Survey reports are available on the website, as well as other resources such as factsheets and workshop reports. <



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to play a gig for us and I wasn't sure what to expect. When they began playing, I turned to Bucky and said, 'Wow! These kids are pretty good.' Not only were they talented, but they were professional musicians by interacting with the audience, which is paramount in the business of music. I knew these kids were going to go far."

It was the Interstate King's biggest fans, Charlie and Peggy Applin, who played a pivotal role in their early success by encouraging Umbel and Mitchell to book the musicians.

"Charlie and I followed David and The Interstate Kings whenever they played in the greater Portland area," Peggy Applin said. "We often frequented Lenny's to listen to the music and told Bill he should hire the band to play there. We promised he wouldn't regret it. And here they are, over five years later and The Interstate Kings are coming home as professionals from Nashville to play at this popular venue again."

Applin and many other Interstate Kings' fans say they are looking forward to the band's homecoming, including Dr. Richard Nickerson, the trio's former music teacher at WHS.

"All three were in my music theory class," Nickerson said. "Seth and the brothers had already started their band then, and I got to witness their professionalism and talent at an early age. I saw that they had good chemistry and respected one another. They

knew how to have fun, but they also knew how to work hard. It's very common for youth to start a band while in high school, but very rare to see the same lineup occurring professionally years later. I think their chemistry, hard work, and respect for one another may have something to do with that."

Nickerson also spoke about their incredible talent.

"David also took my Guitar for Beginners class, but he was already at an advanced level," Nickerson said. "I wasn't sure what I could offer him, so we focused on the musical aspects of the guitar instead."

Nickerson said that David Young's advanced musical level comes with no ego. "As talented as he is, he is humble," Nickerson said. "His creativity is genuine."

Nickerson and other fans of the Interstate Kings agree that Deven Young and Seth Martin also have a creative depth that contributes to the band's success. Deven's contribution as a drummer is more about feeling



than words.

"I approach our music by asking, 'How is this song going to feel,'" Deven Young said. "There is a certain

feeling the drum gives and I translate that feeling into rhythm."

Seth Martin's creativity doesn't stop at the bass guitar. He is also the band's marketing master.

"I design our advertisement, posters, etc. that convey our band's sound," Martin said. "It's

about visual branding, and since we write and perform old-school sounds of blues, rock, and folk, I work to capture that in vintage-looking posters and images."

Martin said that music is their passion and dream, but to be successful, they also must be serious about music as a business.

Nickerson said that he is proud of his former students' professionalism, hard work, and success.

"As a teacher, you always want your students to do well, and to watch these three work hard and flourish in the music industry is the best."

Umbel echoed that sentiment.

"I look forward to seeing them perform again at Lenny's." he said. "And it is quite possible, the next time I see them, they will be bigwigs performing on the big stage."

To learn more about David Young and the Interstate Kings on their Vintage American Tour, visit their website at: www.davidyoungtunes.com and find them on social media.



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The Windham Eagle Page 5

Windham Town Council endorses grant applications for sidewalk creation and culvert replacement

By Ed Pierce

Windham Town Councilors have endorsed a measure to apply for a grant from the Portland Area Comprehensive Transportation System's (PACTS) Municipal Partnership Initiative (MPI) to create a sidewalk that will run along Gray Road (Route 202) from Swett Road to the main entrance to RSU 14 in Windham.

PACTS' grants provide an annual allocation of state money to be matched with a minimum of 50 percent of local funds for road reconstruction or rehabilitation projects. The PACTS MPI program allocates \$1.6 million across the entire PACTS region of the Greater Portland area with a maximum of \$400,000 per PACTS Subregion. Windham falls in the western subregion.

During a Town Council meeting on July 9, Assistant Windham Town Manager Bob Burns said the town is in the process of designing this new sidewalk which will run for a total distance of more than 4,300 feet. The proposed sidewalk will be 5 feet wide and have granite curbing.

Burns said the sidewalk will be on the east side of Route 202 from Swett Road to the Community Park and then cross over to the west side opposite Conifer Drive and continue on that side to the school campus entrance across from Tate Road.

The application submitted to PACTS under their MPI program includes an estimated cost of \$2.4 million with the construction year scheduled for Fiscal Year 2026-2027, he said.

"This gives us a chance to compete with neighboring communities for a \$400,000 grant for this project," Burns said.

Councilors voted unanimously to endorse filing for the grant.

Burns also asked the council to endorse a proposal from Windham Public Works Director Jon Earle to apply to the Maine Department of Transportation for a grant under the Municipal Stream Crossing Program, which offers funding for the upgrade of municipal culverts at stream crossings, with the goal of creating infrastructure that is resilient to future climate conditions and that provides community, economic, and environmental benefits.

If successful, the grant would be used at the Falmouth Road crossing of McIntosh Brook which currently consists of twin 36-inch diameter corrugated metal culverts.

According to Burns, on at least two

occasions over the past year Falmouth Road has flooded when intense rainfall events exceeded the culvert capacity and flooded Falmouth Road causing erosion of the road banks and undermining the edge of the road. He said the current culverts are perched about 16 inches above the pool level on the downstream side under normal flow conditions. This condition prevents prevents migration of fish and other fauna between the upstream Little Duck Pond side of the brook and the downstream Highland Lake side.

He said the existing culvert needs to be replaced by a larger culvert structure that is designed to meet Maine DOT Q100 peak flow standards for capacity.

The Municipal Stream Crossing Program grant can provide up to \$200,000 per crossing under this program and requires a minimum of \$5,000 of local match.

"The preliminary estimated cost for designing and installing a new culvert crossing is \$832,000," Burns said.

→ see **GRANT** Page 28





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The Town of Windham is seeking individuals to serve on two <u>NEW</u> Council-appointed committees.

The Windham Middle School Repurpose Advisory Committee has two (2) community member vacancies.

This Committee will serve as an advisory body to the Town Council for the analysis of potential re-uses for the Windham Middle School's renovation design, documentation, construction and potential benefit as a Community Center. The Committee will provide a comprehensive recommendation to the Council for its consideration.

The North Windham Fire Station Repurpose Advisory Committee has two (2) community member vacancies.

This Committee will serve as an advisory body to the Town Council for the analysis of potential re-use for the North Windham Fire Station's renovation design, documentation, construction and potential benefit as a North Windham Economic Incubator. The Committee will provide a comprehensive recommendation to the Council for its consideration.

We welcome online submissions via the committee application found at www.windhammaine.us/376/Committee-Vacancies.

A printable PDF form is also available on this page.

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Dedicated career firefighter-paramedic takes Windham public safety duties seriously

By Ed Pierce

Editor's note: This is another in an ongoing series of Windham and Raymond town employee profiles.

Shane Taylor is selfless in his dedication to protecting others and saving others through his work.

As a career firefighter-paramedic for the Windham Fire/Rescue Department, Taylor performs a variety of duties to include fire suppression tasks such as fire attack, search and rescue, ventilation, pump operation and overhaul. He also participates in fire prevention activities, life safety inspections, hazardous condition investigation and motor vehicle accident

And as a paramedic responding to emergency medical calls for service, Taylor provides basic life support and advanced life support tasks in emergencies as the individual situations dictate in Windham.

"Additionally, as the senior career member for the department and on my shift, I am responsible for mentoring our newer members, setting a positive example for all others on the shift, assisting the shift captain with ensuring any and all assignments, training, reports and details are completed as directed as well as assigned station maintenance and housekeeping tasks," Taylor said.

He has served as a Career Fire-

fighter-Paramedic in Windham for more than 23 years, starting in March 2001.

"Consistently since 1988, I have been actively engaged in Fire and EMS services, and throughout my career the most rewarding aspect of this line of work has been the sense accomplishment achieved through service to others, especially in their most dire when providing Fire **years.** SUBMITTED PHOTO

and EMS services can be very demanding. Maintaining physical fitness and a healthy state of readiness can be challenging, more so as age-related issues begin to factor in. I try to do my best to stay as physically fit as I can, and over the years have made a number of lifestyle changes to do so."

He grew up and attended public schools in Monmouth, Maine, graduating from Monmouth Academy in 1988. He started college by going to business school at University of Maine, Machias.

"Not even two weeks after starting my studies, I joined the Machias Fire Department as a volunteer with no



time of need," he said. Shane Taylor has served as a "The work, strength Career Firefighter-Paramedic

experience at all. Before long, if I wasn't in class, I was at the fire station," he said. "Before the end of my first unimpressive year of college, I had decided that I disliked business administration and loved the fire service. With the guidance of my Fire Chief, I applied, was accepted and transferred in the fall of 1989 to what was then Southern and stamina required in Windham for more than 23 Vocational Technical Institute where I

> earned my associate degree in Fire Science Technology in 1991. I earned my Basic EMT license in 1990, my Intermediate EMT license in 1993 and my Paramedic license in 1996."

> Taylor said that in the beginning of his career, securing a position in one of only a few full-time fire departments was ferociously competitive.

> "Though I worked in a number of departments across the state and applied for many full-time opportunities, it was not in the cards for me until I saw an ad in the newspaper that Windham Fire-Rescue was hiring a Firefighter-Paramedic," he said. "I was living in Auburn with my wife and our first

infant daughter and was working for Lewiston-Auburn 911 full time as a dispatcher. I applied and was hired as the newest of only four full-time employees, not counting the Fire Chief, Charlie Hammond. I owe Chief Hammond a debt and unending gratitude for taking a chance on me and opening the door to what has been an amazing career."

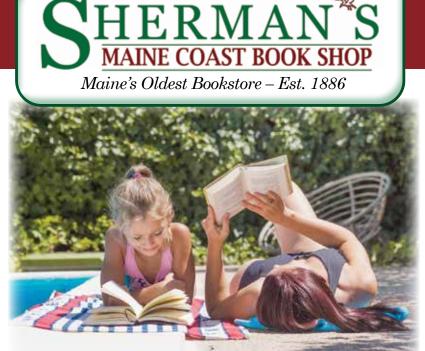
During his career with Windham Fire-Rescue, Taylor says he has been a part of some truly miraculous events.

"While it is difficult to quantify a career full of experiences and memories, the moment that best encapsulates why I do this work; the birth of a healthy baby in the back of my ambulance sitting on the side of the road, taking its first breath in my hands," he said. "Makes me smile to think about

He wants the public to know being a firefighter and paramedic is not easy.

"While it is indeed physically demanding, that is by far not the toughest part of the job," Taylor said. "Not evervone can do this job for long. It demands deep personal, emotional and ideological sacrifice beyond what most people would ever tolerate. In the realm of public safety, our universe is a reality that resembles no other. It is no exaggeration nor in any way boastful when I say plainly that it takes a very special type of person to serve a lifetime in Fire, EMS or Law Enforcement organizations. We are all reluctant heroes."

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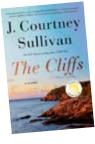
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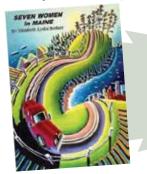


REESE'S BOOK $CLUB\ PICK \bullet A$ novel of family, secrets, ghosts, and homecoming set on the seaside cliffs of Maine, by the New York Times bestselling authorJ. Courtney Sullivan.



The beloved #1 New York Times bestselling author Elin Hilderbrand brings her Nantucket novels to a brilliant finish: when rich strangers move to the island, social mayhem—and a possible murder follow.

Always score a great deal at our bargain book tables!



Book Signing *ELIZABETH BODNER* "Seven Women in Maine"

Saturday, July 27th Noon - 3:00pm

- Follow us on Facebook to keep up with all our events -

Raymond student earns Mainely Character Scholarship

Kylie Thibodeau of Raymond, a 2024 graduate of Gray-New Gloucester High School, has been awarded a Mainely Character Scholarship for \$5,000.

These scholarships are presented annually to Maine high school seniors who demonstrate exemplary concern for others, responsibility, integrity, and courage. Thibodeau was selected from 350 scholarship applicants statewide and her scholarship is sponsored by the Biddeford and Me-

chanic Savings Charitable Foundation. Empowered by her grandfather's story as a Vietnamese refugee, Thibodeau has dedicated much of her life to pursuing her passion for inclusiveness and bettering the lives of immigrants through increasing awareness, particularly of the youth in surrounding communities.

Throughout high school, she has



Kylie Thibodeau of Raymond has been awarded a \$5,000 **Mainely Character** Scholarship. SUBMITTED PHOTO

been involved in both her school's Civil Rights and Model UN Club, and she created two additional organizations called Engaging Diverse Perspectives, and Global Maine. She applied for and received a \$10,000 grant to support these programs which seek to increase global engagement from youth in rural communities such as her own and counter xenophobia in rural Maine's youngest populations.

Approaching public libraries in several rural

communities, Thibodeau created story times using children's books that told honest, accurate, positive stories by and about immigrants.

She has been involved with the Maine Youth Action Network (MYAN) throughout high school. The network's vision is to "foster the healthy development of youth and create a thriving network of engaged leaders." Thibodeau

currently holds a leadership position in MYAN that allows her to put into practice her understanding of group dynamics and organization skills while always remaining respectful and open to diverse ideas and opinions.

As part of an honors curriculum her senior year she researched the effect of immigration on Maine communities, focusing specifically on the job market. This motivated her to submit Letters to the Editors of local newspapers: "Do Immigrants Steal Jobs from Native Born Mainers?" This submission resulted in varying opinions and feedback from the public that further allowed her to strengthen her belief that all opinions matter and free expression is important, and she welcomed the public discussion about the topic.

Those who know her say that Thibodeau sees life through an amplified lens, always seeing the larger picture. She recognizes strength in others and has a broad understanding of the world, atypical of someone her age. She is an active change maker, devoted to ensuring that diverse perspectives are at the table whenever solutions are being de-

The Mainely Character Scholarship Board of Directors say that they are pleased to recognize Thibodeau as a person upholding its tenets of character: concern, responsibility, integrity, and courage.

Thibodeau will attend Columbia University this fall.

Mainely Character has been awarding scholarships to students of character since 2001. This year, 12 scholarships are being awarded for Maine students entering a higher education institution in the fall. For more information about Mainely Character Scholarships, visit mainelycharacter.org. <









VISIT OUR WEBSITE FOR AVAILABLE PROPERTIES!

Windham sculptor creates memorable works of art

By Masha Yurkevich

It was love at first sight for a Windham resident and Windham High School substitute teacher Anne Alexander when she first saw the beauty of sculpture. From the time she was a junior in college, she knew sculpture was her thing. Teachers, seeing her talent and great potential, guided her along the way.

Alexander went on to obtain a Master of Fine Arts Degree in Sculpture from Alfred University, a Bachelor of Arts Degree in Sculpture from Bard College, a Certificate in Art Education from Elmira College, and has completed Sculpture Technique Courses at the Maine College of Art in Portland, at The Carving Studio in Vermont, Stone Carving at the Center for Furniture Craftsmanship in Rockport, and Advanced Woodcarving with Chris Pye. With so many years of experience, Alexander's sculpture art is truly breathtaking.

"Being an artist is my main purpose in life," says Alexander. "I am really looking at nature and trying to create things more realistically."

She works in three mediums: wood, stone and clay.

"I love them all for different reasons. Clay is a much faster medium; I can make a lot of sculptures in a day," she says. "With wood carving, I can only do it for so long because my arm gets tired. Clay is easier and wood takes longer with repetitive motions of hitting the mallet; clay is more of a relief. Stone also requires upper body





(L to R) Windham sculptor Anne Alexander carves a shell into a log piece for a sculpture she is working on at the Boothbay Railway Village. She hopes to have the sculpture completed this summer. Alexander shows sculptures of acorns she created from wood, alabaster and clay, on display at the Gascoine Gallery in Monson. COURTESY PHOTOS

strength. I work in alabaster, which is soft stone, and sometimes granite."

Her sculptures vary in size and in the time that it takes her to complete them

"Some sculptures take me years to finish; I put them aside and go back to them," Alexander says.

On her website, she has a page where she shows her sculptures locally as well as in other states.

While her clay sculptures tend to be on the smaller side, her wood and stone art can get much bigger.

"My wood pieces I create things as big as humans," says Alexander. "I'm working on one right now that I started last summer at Boothbay Railway Village where I carve for the public every Tuesday in July through September. I am carving a big log, and the theme is shells. I started this project last summer and hope to finish it this year."

Alexander says that she gets her inspiration from nature.

"I am always looking at nature around me," says the sculptor. "I get out into nature just about every day; I either walk or paddle or ski."

It is the smaller tiny parts of nature that Alexander enlarges and abstracts to create her forms. She said she is concerned with inspiring emotional or kinesthetic responses in the viewer. She also wishes to enhance one's awareness of his/her body, size, and surrounding space as it relates to the natural world.

"I might look at a seed pod of a plant, a part of a flower, an acorn, a shell, or a little piece of seaweed," she says.

She also sells much of her work at art fairs.

"At these fairs, I sell my affordable ceramics in a booth full of sculpture. Come say hello to me in person and see numerous pieces on display," she said.

Her upcoming exhibits are at:

- Art in the Park Bridgton, Saturday July 20 with a rain date of Sunday July 21
- The Beach Club at Higgins Beach Friday and Saturday Aug. 2 and Aug. 3
- Art in the Park, Mill Creek Park, South Portland, Saturday Aug. 10
- Brunswick Outdoor Arts Festival, On the Grassy Mall, Brunswick, Aug. 17
- Salt Pond Studio, Friendship, NY-SCC Alfred University Alumni in Maine, Aug. 11 to Aug. 31
- Casco Bay Artisans at The Library Park in Ocean Park, Maine, Thursday, Aug. 31
- Parsonage Gallery, Searsport, Summer Group Show through Sept. 2

Her work can also be found on display at the Yarmouth Frame Gallery in Yarmouth and at the Hole in the Wall Studioworks in Raymond, as well as other art galleries in Maine.

"I also do open studios from time to time," Alexander said.

Anyone interested can sign up for Alexander's mailing list at: annealexandersculptor.com. And you can also find her on Facebook and Instagram.



The Windham Eagle Page 9

Jane Pringle: Addressing Maine's opioid crisis with compassion

By State Rep. Jane Pringle SPECIAL TO THE WINDHAM EAGLE



– Jane Pringle

For so many Mainers, the opioid crisis is deeply personal. Whether you have been directly impacted or not, it is almost certain that every Mainer knows of someone whose

life has been turned upside down by addiction. Controlled substances, like opioids, have been a problem in our state for the last several decades, and the 131st Legislature made it a priority to tackle this growing epidemic head-on.

With hard work and continuous collaboration, my fellow lawmakers and I have enacted several measures to address every facet of this crisis. From increasing access to emergency treatments to bolstering recovery centers, we are committed to finding comprehensive and compassionate policy solutions aimed at providing hope for those who are struggling right now.

Last year, the Legislature enacted two pivotal measures targeted toward saving the lives of those experiencing an overdose. The first bill mandates that law enforcement officers carry Narcan on their person while on active duty. The second measure requires all Emergency Medical Services (EMS) workers to be trained in the administration of Narcan, enabling these professionals to act swiftly and effectively when called to the scene of an overdose.

Narcan, also known as Naloxone,

is an opioid reversal agent that can rapidly ease the effect of an overdose, such as respiratory distress. When applied promptly, Narcan can provide front-line workers, like EMS and law enforcement, with a critical window of time to allow for further medical intervention. Equipping these professionals with this overdose-reversal treatment has been shown time and again to make the difference between life and death for so many.

Addressing the opioid crisis also requires an approach that goes beyond emergency interventions. We must provide ongoing support for those who are in recovery. In the supplemental budget enacted by the Legislature a few months ago, language was included to give vital support to withdrawal management programs across the state. The budget appropriated \$4 million to expand Medication Assisted Treatments in county jails, building upon an already existing initiative in our state prison system. It is a safe and proven "whole patient" approach that combines FDA-approved medical treatment with behavioral counseling. This course of care not only eases withdrawal symptoms and cravings, but it has been proven to reduce the likelihood of relapse, increase rate of survival and support a return to a healthy, productive life.

For many, recovery and sobriety is a lifelong journey; that's why we enacted a measure that helps create a sustainable revenue source for Recovery Community Centers (RCCs) across the state, so that folks will always have a place to turn to when they need additional support. These organizations focus on helping individuals recover from substance-use disorder by providing non-clinical services, such as support groups, recovery coaching and skill-building programs. Individuals who utilize RCCs have been shown to have a lower likelihood of relapse and an increase in long-term well-being. This funding will help invest in long-term recovery for Mainers who find themselves in the grip of addiction.

My colleagues and I in the Legislature know that it is imperative to continue developing comprehensive policies that strengthen emergency responses and treatments as well as bolstering any necessary ongoing support for those struggling with addiction. Recent data released by the state indicates that the number of opioid-related deaths has dropped by 16%. This data is encouraging and shows that our efforts are working, but despite this success, the number of overdoses remains too high. We cannot wait for this epidemic to subside; we must continue to address it with compassion and sustained effort. We all have a stake in this, not just law-makers, medical professionals or even law enforcement officers. We all need to be committed to putting in the work to help end this crisis, together.

Rep. Jane Pringle is serving her second non-consecutive term in the Maine House of Representatives and is a member of the Legislature's Health Coverage, Insurance and Financial Services Committee. <







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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION



OND RAYMOND ROADRUNNER

TOWN OF RAYMOND - JULY 2024 NEWSLETTER



EVENTS

3 Meadow Road, Raymond • 207-655-4283 raymondvillagelibrary.org Follow us on Facebook

Open Mon, Wed & Fri 9am-6pm;
Raymond Village Library
Tues. 9am-12pm (Seniors only); Sat. 9am-4pm

Adult Programs - Ideas Welcome!

The Raymond Village Library is committed to providing opportunities for people of all ages to promote individual and community growth. We are always interested in your ideas! If you have something to share or would like to offer a program, please contact us at any time

Adult (and Teen!) Summer Reading

For six weeks this summer, we will be giving away gift cards to lucky readers throughout the community!

Registration began on July 2nd and the first week of raffle tickets will begin on July 9th.

HOW IT WORKS

- · Read (at least) one book each week.
- Come into the library each week to get a stamp and a raffle ticket (maximum one per person per week).
- Be entered to win weekly prizes. We will be drawing a weekly prize every Tuesday morning for the following week's entries.
- Every weekly raffle ticket gets entered for the grand prize.
 WEEKLY PRIZES: \$10 gift cards to businesses around town (Beacon Pizza, A La Mexicana, Southpaw Meat Market, Village Donut, The Mosquito). Teen prizes will be \$10 to The Mosquito every week!

GRAND PRIZE: \$50 to Good Life Market! Teen Grand Prize is \$50 to Beacon Pizza!

Bridge Club

Tuesdays from 9a.m. to noon the RVL Bridge club meets for some games of bridge! Want to learn how to play?

One of our members would be happy to teach you.

OPEN TO ALL!

Evening Book Group

The Raymond Book Club meets the last Tuesday of the month to discuss a chosen book.

Contact us at 655-4283 for more information!

Baby Storytime! Thursdays at 10:30am

Join us for songs, stories, lap bounces, and more!
OPEN TO ALL AGES BUT BEST FOR AGES 0-24 MONTHS

Preschool Storytime Wednesdays at 10:30am

Join us for stories, songs, and crafts! BEST FOR AGES 2-5

Drop-in Table Activities

A variety of art, crafts, Legos & block building stations are available in the children's room throughout the week.

Patron Passes

Passes are available to the Maine Wildlife Park, the Maine Children's Museum and Theatre, the Southworth Planetarium and Maine State Park Pass. These passes offer either discounted or free admission. Contact the circulation desk for more info about available passes!

For more information on any of the listed programs, please contact RVL: 207-655-4283 • rvldirector@gmail.com

LEGAL ADVERTISEMENT

Town of Raymond Board of Selectmen NOTICE OF PUBLIC HEARING & SPECIAL TOWN MEETING

TUESDAY, AUGUST 13 – 6:00PM

At the Broadcast Studio – 423 Webbs Mills Rd, Raymond ME 04071 The Town of Raymond Select Board will hold a public hearing on Tuesday, August 13, 2024, at 6:00pm for the purpose of receiving public input on the proposed Land Use Ordinance changes to be included in the Town Warrant for the Special Town Meeting to be held immediately following the public hearing. The proposed changes were requested via petition by 464 citizens of Raymond. The summary of the petition is as follows:

Summary: This amendment, with a retroactive date of July 1, 2023, will prohibit the installation of commercial solar energy systems in the Rural Residential District and all of the Shoreland Districts.

The complete text of related documents is available online at www.raymondmaine.org and at the Town Office.



Are you Bear Aware?

Black bears are increasing in numbers and are being seen more frequently throughout Maine & right here in Raymond back yards!

The Town Office has received a few reports of bear sightings, so we wanted to make sure our residents are being diligent.

- Bears are rarely aggressive toward humans but can be a big nuisance.
- Bears that are fed intentionally or unintentionally can become habituated and lose their fear of people. Residents should take steps to avoid problems with bears. Birdfeeders, garbage, pet/livestock food, dirty grills, and compost can attract bears close to houses and should be made unavailable to bears.
- Bears are skittish of people by nature and are usually just passing through if you don't give them a reason to stick around. If you do see a black bear, keep a safe distance, try to scare it away by yelling, waving your arms, banging something loud, or even throwing stones.
- Never feed or approach a bear, especially if it's a mama bear with cubs.
 If you have a nuisance bear on your property, contact the Maine
 Department of Inland Fisheries and Wildlife 207-287-2345 and
 press 1 for Wildlife. Immediate emergencies only should dial 9-1-1.

RAYMOND CODE ENFORCEMENT **EXCITING UPDATE**

Jason Williamson of Raymond has been hired as our new
Code Enforcement Officer! We are thrilled to have Jason on our
team. He is taking the time to train and learn the role but
will be off and running in no time!
THE SAME PROTOCOLS PREVIOUSLY PUBLISHED
ARE STILL IN PLACE AT THIS TIME.



The Windham Eagle Page 11



RAYMOND ROADRUNNE

TOWN OF RAYMOND - JULY 2024 NEWSLETTER



EFFECTIVE July 1st, 2024, Town office hours will be adjusted to:

Tuesday: 8am-6pm Wednesday - Friday: 8am-4pm **Saturday - Monday: CLOSED**

This adjustment is being made to better serve our residents and improve operational efficiency. After careful consideration, it was determined that closing an hour earlier on Tuesday evenings & opening at 8a.m. instead of 8:30a.m. will enhance our customer experience. We apologize for any inconvenience this may

cause and assure you that we remain committed to providing you with the highest quality service.

Should you have any questions please contact us.

EMPLOYMENT OPPORTUNITIES

F/T FINANCE DIRECTOR

The Finance Director is primarily responsible for the custody, disbursement, and investment of Town funds. Work involves cash management; chief liaison with auditor and financial institutions; disbursement of funds to cover expenditures; and preparing and administering the department budget. Work is performed under the general supervision of the Town Manager with considerable independence of action in accordance with applicable laws and following generally accepted accounting practices. The Finance Director is required to create financial reports and budgets and attend the Select Board and Budget Finance Committee meetings on a as needed basis.

Applications are available on our website at www.raymondmaine.org.

To apply please send a cover letter, resume, application and three professional references via email to: sue.look@raymondmaine.org, or mail them to: Town of Raymond Attn: Sue Look, 401 Webbs Mills Road, Raymond, ME 04071

「VIDEOGRAPHER

The Town of Raymond is looking for a part time/back up Videographer to record committee and Selectmen meetings. Most meetings are held in the evening although occasionally some may be during the day. The candidate must be willing to learn to run a large audio mixer and Sony Anycast video mixer. In addition, they must be able to run the Leightronix station controller to insure the real time broadcast to cable TV and YouTube. Should be willing to learn new technologies as the station is transitioned to new software and hardware.

Applications are available on the website at www.raymondmaine.org or at the Raymond Town Office.

Completed application, cover letter and resume can be emailed to: cathy.gosselin@raymondmaine.org or mailed to the Town Office: Town of Raymond Attn: Cathy Gosselin 401 Webbs Mills Road, Raymond, ME 04071

POSITIONS OPEN UNTIL FILLED

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JULY 27TH

8:30am Raymond Village Library

Join the the Friends of the Raymond **Village Library** at the Raymond Village Library for coffee, refreshments, and a chance to win a \$50 gift card to The Good Life Market.

All are Welcome!



Age Friendly Raymond Building a Livable Community Together

Age Friendly Raymond is part of the Lifelong Communities through the University of Maine Center on Aging and AARP. It is the organization's goal to have ALL ages and abilities thrive in their community.

If you need services or assistance in the community or if you would like to volunteer, we would LOVE to have you join us. Citizen involvement is critical for this program's success. Please email us at: Agefriendlyraymond@yahoo.com



AYMOND Exciting News!

Kinder Kickz Instructional Soccer

FALL REGISTRATION IS NOW OPEN!

An instructional soccer program that will introduce the sport in a fun and engaging way. Parks and Rec staff will lead the session, but parent participation is required to help with drills and activities.

EARLY PROGRAM FEE: \$25 Raymond Residents PROGRAM DATES: Saturdays, September 12th-October 21st KINDER KICKZ AGE 3: 8:30am-9am

KINDER KICKS AGES 4-5: 9am-9:50am WHERE: Camp Agawam Fields

Fall Soccer Program:

GRADE DIVISIONS:

Coed 1st & 2nd Grade · Boys 3rd & 4th Grade · Girls 3rd & 4th Grade Boys 5th & 6th Grade · Girls 5th & 6th Grade

Both 3rd-4th and 5th-6th grade divisions will be playing in the Lakes Region Red Soccer League.

EARLY REGISTRATION FEE: \$40

REGULAR REGISTRATION FEE: \$55

Want to make an impact by volunteering? Choose "YES" to volunteer coaching when registering your child

Outdoor Pickleball for Adults 25+:

Outdoor Pickleball is held at Sheri Gagnon Memorial Park (63 Mill Street) There are no sessions for first time players during the summer – These will resume in the fall.

Outdoor Pickup Basketball for Adults 25+:

Thursday evenings from 6:30-8:30pm at Sheri Gagnon Memorial Park (63 Mill Street) Basketball will run from June 6th - September 12th.

Please register for all programs at: Raymond. RecDesk.com

PRLT announces Second Annual Summer Trail Challenge

The Presumpscot Regional Land Trust has announced the launch of the second annual Summer Trail Challenge, set to take place from July 1 to Aug. 31. This exciting event will be held at the Land Trust's largest combined conserved region, the East Windham Conservation Area and Lowell Preserve in Windham, encompassing about 900 acres.

The Summer Trail Challenge is a free event open to all ages and hiking experience levels and is sponsored by the REI Co-op in Westbrook. Participants are encouraged to explore the multi-use trail system by mountain biking, hiking, or trail running, while locating and photographing six designated landmarks within the Lowell Preserve and East Windham Conservation Area.

The expansive trail system of-

fers breathtaking views of the White Mountains, Little Duck Pond, and lush forested landscapes.

"We are incredibly excited for people to discover our new 700-acre preserve this summer and to explore how it connects with neighboring preserves," said Will Sedlack, Executive Director of the Presumpscot Regional Land Trust. "The Summer Trail Challenge is a wonderful opportunity for families and outdoor enthusiasts to explore the beauty of our region and connect with nature in a meaningful way."

Challenge Details

Participants can choose between two levels of completion:

• Level 1: Locate and photograph at least three landmarks to receive a co-branded water bottle (while supplies last).

• Level 2: Locate and photograph all six landmarks to receive a co-branded water bottle (while supplies last) and a PRLT-branded hat featuring the Trust's new logo. All participants will also receive a PRLT-branded sticker.

Landmarks to Discover

- 1. White Mountains Overlook -Accessible by wide path/dirt road
- 2. Little Duck Pond Overlook -Accessible by wide path/dirt road
- 3. White Mountain Range Panorama – Accessible by wide path/dirt
- 4. McIntosh Brook Accessible by wide path/dirt road
 - 5. Glacial Erratic
 - 6. Hidden Cave

Trail Accessibility

The trail system features a mix of hilly, wooded paths with uneven terrain and wide gravel roads with more consistent terrain. Landmarks #1, #2, and #3 are on a more accessible trail, though the path is hilly and steep in some sections. Landmark #2 features mostly wide and flat terrain, with some uneven sections near the pond.

Registration

To participate in the Summer Trail Challenge, visit: www.prlt.org/summer-trail-challenge to sign up and for more information.

The Presumpscot Regional Land Trust is excited to offer this family-friendly adventure, perfect for both novice and experienced hikers. Explore our beautiful preserves, enjoy the scenic views, and earn fantastic prizes along the way.

For more detailed information about the challenge, please visit prlt. org or contact Brenna Crothers, Community Engagement Manager by email at brenna@prtl.org <

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The Windham Eagle Page 13

PWD seeks calendar photos for 20th anniversary edition

By Kendra Raymond

Nowadays, virtually everyone has a cell phone in hand, and it is incredibly easy to snap photos at a moment's notice. For those of us who spend time near the water in the summertime, there are typically many photo opportunities that present themselves. But once we have them, many are left wondering what we can do to make the most of our great photographic moments. The Portland Water District offers a unique opportunity for photographers of all skill levels to compete for selection in their yearly calendar, the Sebago Lake to Casco Bay calendar.

Previously named the Images of Sebago calendar, the 2025 edition will mark the 20th year of its publication.

Carina Brown, PWD Water Re-

sources Specialist, says that the calendar originally started as an outreach project to highlight appreciation of the lake.

"Sebago Lake is the source of drinking water (that) Portland Water District provides to over 200,000 people in the Greater Portland area. After water is distributed and used by our customers, we collect, treat, and return clean water into the Presumpscot River or Casco Bay," said Brown. "In an effort to develop an awareness, understanding, and appreciation for all the vital services we provide and all the waterways that we're stewards of, we expanded the scope of the calendar to reflect that."

This is good news for residents and visitors of several other bodies of water. With the addition of a broader scope of potential areas, photo buffs can get creative nabbing that perfect shot.

"Photos selected have typically been landscapes," Brown said. "They need to include Sebago Lake or one of its tributaries, the Presumpscot River, or Casco Bay in the photograph. Of course, wildlife and people use these waterways too, so we have, from time to time included photos showcasing that as long as it exemplifies stewardship. "

A selection committee consisting of PWD staff will choose scenic calendar photos based on several considerations. This year the photos will be judged by the Watershed Protection staff.

The calendar has increased in popularity over the years, and Brown says that there is a lot of anticipation for its release late each year, usually by mid-December.

"It's quite popular. I know at both the Sebago Lake Protection Office and the PWD office in Portland, folks often stop in hoping to get a copy leading up to its publication," Brown said.

Calendars can be obtained at an outdoor receptacle at the Sebago Lake Protection Office (1 White Rock Road

→ see **PHOTOS** Page 18

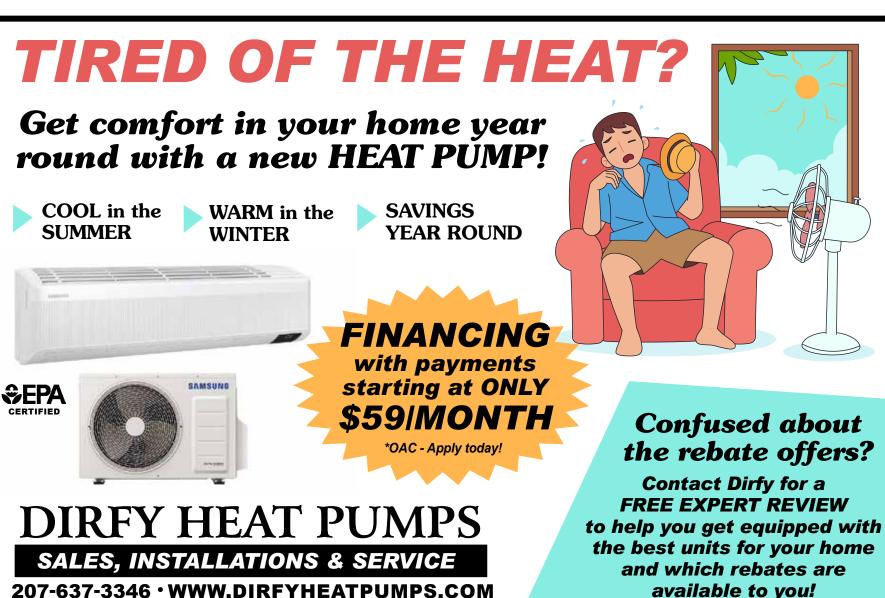


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The Windham Eagle Page 15

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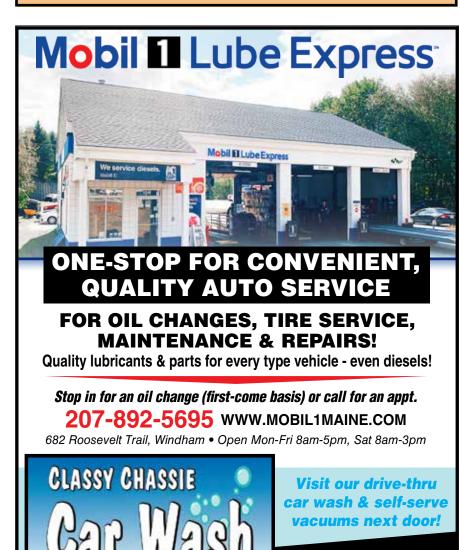




The Windham Eagle — Page 17







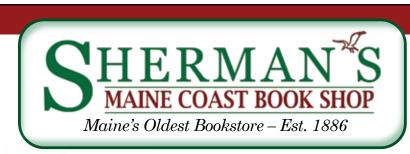
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PHOTOS Cont. from page 18

in Standish) and in the customer service lobby at the PWD Douglass Street location in Portland (during business hours). The limit is one per family and once they're gone...they're gone.

Chad Thompson, Source Protection Coordinator at PWD is also involved in the calendar project. He said that there was a larger number of calendars left this year, and several copies of the 2024 edition are still available if anyone is interested in obtaining one.

Submitting photos for the calendar is easy. Photos must be taken horizontally to fit the calendar format and must be uncropped. Photographers are invited to submit up to five photos. They should be high-resolution (at least 1 MB). Photos should be in

their original state, meaning no filters or color enhancements.

Once submitted, you are giving PWD permission to use your photo in future publications such as newsletters or on social media. If your photo is selected, you will receive a complimentary calendar in the mail. The anticipation can be nerve-wracking. Brown says it is a bit of a "sur-

prise reveal" to find out if your photo made it.

"The calendar is an effective outreach tool to inspire appreciation for vital water and wastewater services and a shared responsibility for valuable water resources," Brown said.

As PWD has frequently reminded us over the years in their annual request for photos, "keep those cameras handy."

To send photos for consideration, it is best to send one photo at a time. Email entries to: sebagolake@pwd. org. Include your name, email address, age (if under 21), time of year taken, and location of the photo. <

The deadline to submit photos for the 2025 calendar is Aug. 31.

FMI please go to the Portland Water District website at: pwd.org/publications/sebago-lake-calendar <



be nerve-wrack- The cover of the current calendar provided by Carina ing. Brown says it is a bit of a "sur- Visit pwd.org for details. SUBMITTED PHOTO

TOWN OF WINDHAM

CANDIDATE NOMINATION PAPERS AVAILABLE JULY 25, 2024



On July 25, 2024, nomination papers will be available to Windham residents who are registered to vote in Windham and who wish to appear on the November 5, 2024, Municipal ballot to run for the following seats:

- ★ Town Council West District Three (3) year-term
- ★ Town Council At Large Three (3) year-term
- ★ RSU 14 Board of Directors Three (3) year-term
- ★ RSU 14 Board of Directors Three (3) year-term

Candidates may do this by taking out nomination papers or are nominated by their local Political Party.

All candidates will pick their papers up in the Town Clerk's Office at 8 School Rd. The Town Office is open Monday & Wednesday 7 a.m. to 5 p.m.,

Tuesday 7 a.m. to 6 p.m. and
Thursday 7 a.m. to 4 p.m., and closed on Fridays.

NOMINATION PAPERS ARE DUE BACK IN THE TOWN CLERK'S OFFICE NO LATER THAN 3:30 P.M. ON THURSDAY, SEPTEMBER 5, 2024, FOR CERTIFICATION.

FMI please contact Linda Morrell Town Clerk at Ismorrell@windhammaine.us or call 892-1900. Thank you.

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BRIEFS-

Scholarship Dinner

The public is invited to attend the Don Rogers Scholarship Bean Supper on Saturday, July 20 at the Windham Veterans Center. The meal starts at 5 p.m. and proceeds go to Windham American Legion Field-Allen Post 148's scholarship fund for deserving local students. The cost is \$15 per person and kids under 12 are admitted for

free. During the event, the post's Auxiliary will conduct a homemade pie auction with proceeds going to its scholarship fund. FMI, call 207-892-1306.

Cancer Support Group

There will be a caregiver only meeting at 6:30 p.m. Tuesday, July 23 for the Windham Cancer Support Group at the Windham Public Library. The

group's regular monthly meeting will be held at 6:30 p.m. Tuesday, July 30 and anyone affected by cancer is welcome to attend, FMI, send an email to plrfrenchie51@aol.com

Free concert

The Naples Historical Society is holding a free concert of Vintage Grange Songs from 5 to 6 p.m. at the

Naples Grange Hall, 18 Village Green Lane in Naples on Saturday, July 27. The concert will feature Katherine Rhoda from Hiram, Maine who will be sharing historical songs from the Grange celebrating agricultural, rural life, and the pursuit of the common good. The concert is free, but donations will be gratefully accepted. FMI, call 207-693-4297.

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By Masha Yurkevich

Nutrition is something we all want to work on, but one of the hardest parts is knowing how to prepare it. Is it ripe? Is it ready? Is it even edible? Diana Currier-McInnes is on a mission to change that with her first book called "Simply Produce."

Throughout her life, she has had many interests and passions, but throughout all of them, she has always stayed focused on good health, whether it be herself or trying to help other people. She takes a very holistic approach, whether it be essential oils, teas, or, of course, eating well. Most of her spare time is spent reading and re-

searching about food and other holistic health.

"It all started during COVID," says Currier-McInnes. "I've been compiling the information for years and I said it's either now or never. I took my information from a vast number of reputable books and sources and organized it into a simple, very easy to read guide. I wanted it to be very straight forward for people, because most people are too busy and want a quick answer right away. My goal was to keep it as short and sweet as possible with a lot of good and valuable information."

Currier-McInnes is the former Children's Room Coordinator at the Windham Public Library.

Inside "Simply Produce," readers will discover essential cooking methods for vegetables and learn how to freeze fruits for longterm enjoyment. Seasonal availability charts help you make the most of nature's bounty year-round, while lists of organic and conventional options empower you to make informed choices. Fun tips and intriguing facts add an extra layer of fascination to your culinary adventures. This book will is to help people help themselves by teaching how to select fresh quality vegetables and fruits, teach you how to select store the items properly to maximize shelf-life, fresh quality vegetables and fruits, store the items options for cutting and preparing produce, and basic cooking instructions for vegetables and properly to maximize freezing methods for fruits. COURTESY PHOTO shelf-life which includes

the process of ripening fruits, options for cutting and preparing produce, and basic cooking instructions for vegetables and freezing methods for fruits.

"Simply Produce is your ultimate guide to selecting, storing, and savoring an array of 77 fresh vegetables and fruits," says Currier-McInnes. "This user-friendly book, complete with vivid full-color photographs, puts the power of nutritious and delicious eating squarely in your hands.

This book simplifies the art of selection and preparation. With easyto-follow steps and straightforward techniques, you'll gain mastery over the lifecycle of your favorite produce, ensuring peak flavor, optimal nutrition, and extended shelf life."

Currier-McInnes knew right from the start that this book was going to be the first of many, a series Spark Health 360.

"I think this is a great way to start for anybody who wants to eat more fruits and vegetables. How do I do

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people to use this book for themselves to see that, 'oh this isn't so bad; alright, this is how you buy avocados, this is how you prepare bok choy'. I want to make people's lives as easy as possible. I want to help them help themselves", says Currier-McInnes. She is currently working on her sec-

that? What does that mean? I want

ond book and there will be 10 books altogether, which will include all the other whole foods, such as grains, nuts, soy products, salts, oils.

"How do you buy them? Which ones are the good ones? Which ones should you stay away from? There are so many 'wow' moments that I've learned, and I can't wait to share them with people to educate them," Currier-McInnes says.

She aims to encourage and empower people to take care of themselves through her writing. Food is not only about the health aspect, it is to be enjoyed as well, which is why Currier-McInnes is also taking this from a culinary perspective.

"It's going to be delicious and nutritious," she says.

But not everybody is ready to take this route, says Currier-McInnes.

"You can't force something on someone; it's more important that people take charge of their own lives and start enjoying their food more," she says.

"Simply Produce" is available at all nine Sherman's bookshops. <









July 19, 2024

The Windham Eagle



I received the "Legislative Update" from Representative Barbara Bagshaw several weeks ago.

An excerpt from this update reads: "Maine's housing gets worse by the day, yet tens of millions of taxpayer dollars are being spent to temporarily house economic migrants at the expense of our own homeless population, seniors, veterans, and young people seeking housing..."

Who are "economic migrants?" By definition, an economic migrant is someone who leaves his or her country for purely economic reasons. In contrast, asylum seekers are people who have left their country and are seeking protection from persecution and serious human rights violations.

At present there are about 56,000 foreign-born individuals in Maine, about 4 percent of the population, or about 1 in 25 Mainers. This foreign-born population reflects a variety of immigration statuses, including naturalized U.S. citizens, green-card

holders, refugees and asylees, those with temporary visas — though Maine is estimated to have among the fewest unauthorized immigrants compared with other states at 5,000 or fewer in recent years.

Rep Bagshaw seems to be saying that the state is spending more money on what she terms "economic migrants" at the expense of other needy populations, namely the homeless, seniors, veterans and young people seeking housing.

Pitting groups of people against each other is a classic strategy of some politicians; it's called divide and conquer - to blame a category of people for another group's predicament.

If Rep. Bagshaw is attempting to lead readers to believe that if the state just got rid of all the "foreign born" residents, then all our budgetary issues would be solved? To oversimplify an issue merely adds confusion and does not lead to a solution. Representative Bagshaw you can do better.

Rosie Hartzler, Windham



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Boys' varsity summer soccer squad falls against Yarmouth

By Matt Pascarella

STAFF WRITER

On a hot evening, Windham's boys' varsity summer soccer team traveled to Yarmouth where they fought hard for two halves on Thursday, July 11, but ultimately fell 1-0 to the Clippers.

"This is good for us, it's a learning thing," said Windham boys' soccer coach Jeff Neal. "We're trying to figure out some spots on the field right now; we're trying to develop a next man-up mentality. We've got some guys in the rotation that maybe haven't played a team like Yarmouth yet. It's a good wakeup call for us. I'm pleased with the response, we've made some adjustments tactically, late in the second half and we got [Yarmouth] back on their heels a little bit. We ... want to be not as passive but preemptive in regard to not only how we defend but how we move the ball. We got to get off our heels and be more communicative about what we're doing with the ball and our intent. There were times where we tried to push it when we shouldn't have pushed it. There were times where we shook off a ball that was the right ball to play but we just didn't see it because we weren't communicating. These are all early season things. The good news is there were moments when we were doing those things and it showed."

According to Neal the great thing about summer is that there is no pressure; kids get the opportunity to play different spots and try different things as the team tries to find out who they are.

Early on, Windham was aggressive







(L to R) Windham senior Preston Stretch sends the ball back into play during a summer soccer game on Thursday, July 11 at Yarmouth. Junior Camden Patin controls the ball as he looks to pass. Freshman Sean Lebel looks down field as he speeds past a defender and heads toward the goal. PHOTOS BY MATT PASCARELLA

and stayed with the ball and worked to get in front of the ball. Their defense limited scoring opportunities for Yarmouth, though in the first half, Yarmouth scored shortly before the end of the half and led 1-0.

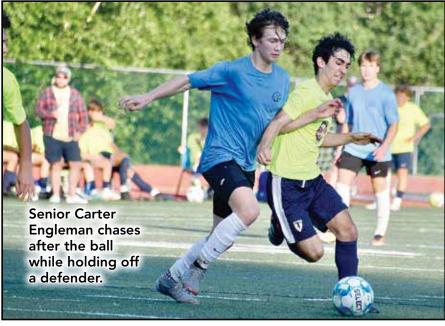
"In the first half we were really struggling to step to the ball; we were letting Yarmouth control the game," said Windham freshman Sean Lebel. "We weren't connecting passes with the midfield and the attack. We made that adjustment at halftime, and we

ing the ball well. Windham senior goalie Lukas Hammond had several excellent saves. Windham defense prevented Yarmouth from scoring again. While Windham worked hard going after the ball with multiple shots at goal, they weren't able to get anything in the net.

"I think playing such a strong team

helped us see where we can improve," said Windham senior Carter Engelman. "We're a bit worried about finding replacements for the players we lost last year, but we found a lot of people who might be able to fill those roles."

Engelman said confidence is the key to succeeding going forward. <





Creighty Dickson

Age: 17 Team: Varsity summer basketball Coach: Chad Pulkkinen

Parents' names: Craig and Katie Dickson

Reason for selection: An extremely good, dedicated individual who looks to help his teammates improve, Creighty sets a positive example by helping out the younger guys. He's a good decision maker on and off the court and excels in and out of the class-

room. Creighty had quite a good year last year and coming back he's gotten stronger, he's dedicated time in the weight room; he's been working on his skills, working on his weaknesses and has had a great summer leading the team in scoring for several games this season. He's a well-rounded kid who is trying to step up into a leadership role after the loss of three senior captains from last year.





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The Windham Eagle Page 23

Boys' JV summer basketball takes the win in final seconds

By Matt Pascarella

Windham boys' junior varsity summer basketball team had a slow start in a game against Gray-New Gloucester and they were down at halftime on Monday, July 15 at Windham but quickly flipped the score and stayed out in front in a very tight game as the clock wound down. At the final buzzer, Windham walked off the court with a 42-40 win.

"At the start of the game it was rough," said Windham freshman Carter Ammons. "We started to pick up near 15 minutes into the game, just pushing the ball fast; Gray New-Gloucester is a lot bigger and athletic than us; we just had to box out and we got boards and we beat them there. Our energy was there, we were picking up full court ... energy. There's a lot of back-to-back drives; we don't need to do that, we're just forcing it in. Hold the ball, gather and be ready and not rush it."

The game was close starting out. Gray-New Gloucester grabbed several turnovers and began to pull away.

Windham freshman Quraunte Pender sunk a three-pointer. Soon just a single point separated the two teams. Gray-New Gloucester remained ahead, while Windham worked to reverse the score. In the first half, several shots just weren't falling.

Gray-New Gloucester had a signif-

icant lead, but not for long. Before the end of the first half, Windham freshman Werani Anthony sunk a three-pointer. Windham trailed 29-24 after the first buzzer.

"In the first half we had a bunch of unforced turnovers," said Windham JV coach Cameron Brown. "On times we get down, it's mostly stuff that we can control. Getting everybody on the same page at halftime was huge and that's how we were able to turn things around in the second half. Trusting what we know [enabled Windham to keep the lead]. This group listens really well, they know what we're trying to do, they know our system really well; trusting each other and trust-

ally haven't worked on in practice is end-of-game stuff and when we are in close games what we need to do, especially when the other team is looking to foul, who we want with the ball. We haven't really worked on a press breaker; definitely have to put one of those in because teams are going to press us all year."

In the second half, Windham quickly made up the difference and midway through the half took the lead. Toward the end of the game, the



know our system really well; with trusting each other and trusting the system is huge for them. One of things we re
Windham junior varsity freshman Carter Ammons think we should slow the game down a lot more and keep possession of the ball on Monday, July 15. PHOTO BY MATT PASCARELLA

Windham junior varsity freshman Carter Ammons think we should slow the game down a lot more and keep possession of the ball and keep it mov-

score got tighter and with 37 seconds left to play, again, just one point separated the teams. With 26 seconds remaining and now two points separated

rating the teams, Windham held off Gray-New Gloucester until the end.

"What I think led to the turnaround was we got the ball deep into the playmaker's spot," said Anthony. "The communication on the team was very good; we started moving the ball around once we saw that we were down. Our passing gave us the motivation to push further and move the ball more. I think we got the team to calm down and got them to settle the game down which helped us a lot. In close games I think we should slow the game down a lot more and keep possession of

ing. End game situations [need work]; we all got tensed up in the end and it caused us to throw bad passes inbound and caused more steals." <

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Child Development Services, 1011 Forest Avenue, Portland, Maine 04103 (207) 781-8881

If you are aware of any child from **Windham** or **Raymond** between the school ages of 5 and 22 who has special need(s) which may require special education and supportive services, please refer them to:

Lisa Garneau, Director of Student Services RSU#14 School District, 228 Windham Center Road, Windham, Maine 04062 (207) 892-1800

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Expression of sympathy

The staff of The Windham Eagle newspaper is profoundly saddened by the sudden death of one of our real estate columnists, Tatiana "Tia" Morrell

The mother of a 4-month old girl, she was only 28 when she died in a tragic accident on Route 302 near the Windham and Westbrook town line on Friday, July 12.

Morrell joined the newspaper's real estate columnist rotation in January 2023, and she worked as a REALTOR® for Landing Real Estate in Windham.

"We offer our sincerest condolences to Tia's family, her friends and everyone who knew her," said Kelly Mank, June 5, 1996-July 12, 2024 publisher and owner of The Windham



TIA MORRELL

Eagle. "She was always smiling and loved writing for our newspaper. She will be deeply missed by all of us at The Windham Eagle and our hearts go out to her family in the days ahead."

Ed Pierce, managing editor of The Windham Eagle, said he was shocked and troubled to learn of Morrell's death.

"I had just talked with her a few days before her accident as her latest column appeared in the newspaper on the same day that she passed away," he said. "It was heart-wrenching and distressing to receive the news about her accident. Her real estate columns were highly informative and exceptional. She was a genuine professional in every sense and even at such a young age, she left her mark upon this world."

Melissa Carter, advertising manager of The Windham Eagle, also expressed her deepest sympathies.

"Tia had a personality so bright that it lit up every room she entered. She had a heart of gold and always wore a glowing smile. My heart hurts thinking about the pain her family is enduring and how awful it is that her daughter will not get a chance to know how special she was firsthand. Life just isn't fair sometimes." <

Your beautiful soul may be gone, but it will always be cherished and remembered. We pray for your family's strength. RIP Tia



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- have been a Windham resident for at least the last ten (10) years
- have paid your property taxes in Windham (due October 2, 2023 and April 1, 2024), or rent in Windham on your home for at least a year
- have an annual household income LESS THAN \$63,750
- are 100% disabled, with Social Security Administration document verification, and meet all eligibility requirements excluding age

The maximum benefit is \$700 but could be less depending on your actual property taxes and your annual household income.

For more information and an application please visit: www.windhammaine.us/616/Senior-Property-Tax-Assistance Printed applications may also be found at Windham Town Hall and the Windham Public Library.

APPLICATIONS ARE DUE NO LATER THAN AUGUST 1, 2024

COLLEGE ROUNDUP

The following local students have been recognized for outstanding collegiate academic performance:

Diane E. Ingalls of Windham has been named to the Dean's List at Saint Michaels College for the Spring 2024

Lucy Hatch of Windham has been named to the Dean's List at Roger Williams University for the Spring

Omran Habibzai of Windham has earned a Bachelor of Science degree in Marketing from Plymouth State Uni-

Molly McAllister of Windham has graduated Magna Cum Laude while earning a Bachelor of Science degree in Social Work from Plymouth State

Kiera Eubanks of Windham has graduated Magna Cum Laude while earning a Bachelor of Arts degree in Sociology from Emmanuel College.

Kylee Armer; Lauren Benson; Zachary Bernier; Kendyl Cocco; Owen Combes; Isabelle Cormier; Erica Darling; Jennifer Davis; Lindsey Delcourt; Chloe Fitts; Brooklyn Fitzgerald; Grace Foster; Julia Gelston; Taysha Gillis; Evelyn Gross; Joel Habiyakare; Sarah Hamill; Gregory Hoar; Amie Huijon; Raelyn Knowles; Penny Lavallee; Griffin Leonard-Wirtz; James McLellan; Ashlynn Moorehead; Connor Moreau; Devin O'Brien; Abby Patenaude; Marshall Payne; Joyce Pindipia; Jordyn Policano; Morgan Policano; Jess Rinaldi; Jessica Salazar; Tiana Salazar; Paul Sanborn; Carter Santos; Lilian Simon; Caydyn Smith; Tyson Stegman-Schroeder; Michelle Stinchfield; Payton Thorpe; Renata Valente; Samnatha Wheaton; and Michael Wong, all of Windham, have been named to the Dean's List at Southern Maine Community College for the Spring 2024 semester.

Jessie Buhelt; Amber Collins; William Cuttler; Cassia Flores Silva; and Patrick Furey, all of Raymond, have been named to the Dean's List at Southern Maine Community College for the Spring 2024 semester.

Matthew Bell of Windham has been named to the Dean's List at the University of Maine at Fort Kent for the Spring 2024 semester.

Maddox Arbour; Hannah Casale; Erin Cooper; Robert Ledbetter; and Destiny Potter, all of Windham, have been named to the Dean's List at the University of New England for the Spring 2024 semester.

Odessa Files of Windham has been named to the Dean's List at St. Lawrence University for the Spring 2024 semester. <



TOWN OF WINDHAM, MAINE PLANNING BOARD NOTICE OF PUBLIC MEETING

Monday, July 22, 2024 • 6:30 PM Town Hall, Council Chambers, 8 School Road

- Public hearing for 24-14 322 Roosevelt Trail Addition Tax Map: 12, Lot: 58 – Roosevelt Trail. Major site plan review to expand the footprint of nine long-term rental dwelling units and associated site improvements.
- Public hearing for 24-13 Cross Ridge Subdivision Tax Map: 22, Lots: 20-5, 23-3, 23-3B, 23-6, 23-7, 23-8, 23-9, 23-10, 23-11, 23-12 – Lockland & Flintlock Drives. Major subdivision plan review to create eight single-family lots. No new roadways are proposed.
- 24-22 MDOC Women's Mental Health Addition Tax Map: 3, Lot: 5 – Mallison Falls Road. Conditional use review for the addition of a Women's Mental Health building.

FMI go to windhamweb.legistar.com/Calendar.aspx or contact (207) 894-5960 ex. 2. Written comment may be submitted to the Board at PlanningBoard@windhammaine.us. Please notify us if you need accessibility accommodations.

Eagle RIFATA STRATES Floring

Cooking up a kitchen remodel

► By Warren O'Shea
SPECIAL TO THE WINDHAM EAGLE

Kitchen remod-

eling is a popular

home improvement



project homeowners undertake to enhance the functionality and aesthetics of their kitchens while increasing

Owner, O'Shea Builders the value of their homes. People choose kitchen remodeling for a variety of reasons.

According to a 2022 Houzz study, 43 percent of respondents remodeled because they could "no longer stand the old kitchen." while 40 percent said they wanted to update their kitchen all along but just became financially ready. It makes sense that the price tag can stop some people from considering a renovation project. Whether you're planning for just a few well-chosen updates or a complete overhaul of your current space, kitchen remodels don't come cheap.

While some homeowners may attempt to tackle a kitchen remodel on their own, hiring a contractor can offer numerous advantages. If the homeowner begins a remodel on their own, they may quickly find themselves over their heads and finding a qualified contractor willing to take over in a timely manner could be quite difficult, potentially leaving them without a functioning kitchen for an extended period. Empty pizza boxes will be stacked high, and someone is going to be sleeping on the couch.

One of the primary reasons to hire a contractor for a kitchen remodel is expertise. Contractors are skilled professionals with experience in various aspects of construction and remodeling. They possess the knowledge and expertise needed to plan and execute a successful kitchen remodel, ensuring that the project meets building codes and safety standards. Contractors can also provide valuable insights and recommendations based on their experience, helping homeowners make informed decisions about design, materials, and layout and sometimes they show up with coffee and doughnuts.

Additionally, contractors have access to a network of subcontractors and suppliers, which can streamline the remodeling process. From attaining the proper permits and vetting and scheduling plumbers and electricians to cabinet makers and countertop installers, contractors can coordinate all aspects of the project, saving homeowners time and hassle.

Another benefit of hiring a contractor for a kitchen remodel is project management. Contractors are responsible for overseeing every aspect of the project, from initial planning to final completion. They create a timeline for the project, coordinate workers and materials, and ensure that the remodel stays on schedule and within budget. Contractors also handle any issues that may arise during the remodel, minimizing stress for homeowners and ensuring a smooth and successful project.

In terms of impact, hiring a contractor for a kitchen remodel can significantly increase the value of a home. A well-designed and professionally executed kitchen remodel can enhance the overall appeal of a home, making it more attractive to potential

buyers. A modern, functional kitchen is a key selling point for many home-buyers and can result in a higher selling price and faster sale. Therefore, investing in a kitchen remodel with the help of a contractor can offer a substantial return on your investment.

According to a 2023 survey from Remodeling Magazine, a major kitchen renovation or upgrade has an average ROI (return on investment) of 31.7 percent. Kitchen cabinetry is generally the most expensive part of any kitchen remodel. Cabinets currently make up 29 percent of the overall budget. In most cases, you can count on your updated kitchen to boost the value of your home. It's no shock that buyers are willing to pay more for high-end finishes and thoughtful upgrades.

Looking ahead, the future of hiring a contractor for kitchen remodeling is promising. As technology continues to advance, contractors will have access to new tools and techniques that can enhance the remodeling process. From virtual reality design tools to sustainable building materials, the possibilities for innovative and eco-friendly kitchen remodels are endless. Homeowners can expect more streamlined and efficient remodeling projects in the future, thanks to the expertise and dedication of contractors in the field.

In conclusion, hiring a contractor to remodel your kitchen offers numerous benefits, including expertise, project management, cost savings, and increased home value. The impact of this decision extends beyond the individual project, influencing the overall appeal and value of a home. Ultimately, hiring a contractor for a kitchen remodel is a wise investment that can transform a kitchen into a functional and beautiful space for years to come.

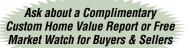
Warren O'Shea is the owner of O'Shea Builders LLC, Maine's most award-winning remodeling contractor. He has 35plus years of residential remodeling experience. He is a certified home inspector and has been featured on HGTV, Food Network, and Maine Cabin Masters. He is a recipient of the Portland Police Department's "Citizen Award," and is a staunch consumer advocate.

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*Vice President of Home Builders & Remodelers Association of Maine

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PLEASE NOTE: FOOD AND GAMES FEATURE ALTERNATES WITH MOVIE REVIEW

THE WINDHAM EAGLE'S



By Ed Pierce

Memere's Fabulous Crazy Cake

This recipe is rather simple and doesn't require many ingredients, yet it will turn out to be one of the tastiest summer treats that you'll ever create. It derives its name from how the mixture is put together and certainly not from the way that your family will react once it is served. It was wildly popular in the 1950s because it didn't require much preparation, the ingredients are inexpensive, and the clean-up afterward is easy. It's simply a scrumptious dessert that will be requested again and again and is fun to prepare and eat.

INGREDIENTS

1 cup of sugar 1 egg ½ cup of cocoa ½ cup of milk ½ cup of shortening 1 teaspoon of baking powder

½ teaspoon of salt 1 teaspoon of vanilla extract ½ teaspoon of baking soda 1 ½ cups of flour ½ cup of boiling water

INSTRUCTIONS

Place all the ingredients in a large mixing bowl in the order listed. Do not stir until you add the boiling water. Stir and beat vigorously for three minutes. Place batter in a nine-inch greased baking pan and bake at 325 degrees

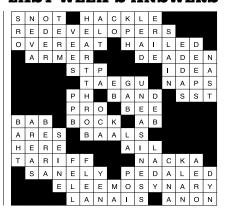
for 30 minutes or until done. **SERVING**

Top with whipped cream or powdered sugar and some fresh fruit. Cut into squares and serve with a scoop of ice cream. Total prep time including baking is about 36 minutes. start to finish. Serves six.

Cooking Corner proudly sponsored by Mills & Co.



LAST WEEK'S ANSWERS





16 19

CLUES ACROSS

- 1. Chaps
- 5. Currently fashionable
- 9. Collision
- 11. More slim
- 13. European city
- 15. Implicitly

CROSSWORD PI

- 16. The side of something that is sheltered from the wind
- 17. The Mount Rushmore State
- 19. Gold or silver wire cord
- 21. Muscles along insects' diaphragm
- 22. Trent Reznor's band
- 23. Sweet juicy gritty-textured fruit
- 25. Broken branch
- 26. Indicates ten
- 27. Expression of annoyance
- 29. Brings together

- 31. Ancient city in Thrace
- 33. Sailors' spirit
- 34. Looked into
- 36. Muckraking woman journalist Rheta
- 38. A type of cast
- 39. One's responsibility
- 41. Where golfers begin
- 43. Make a mistake
- 44. Semitic Sun god
- 46. Ancient Italian-Greek colony
- 48. Beheaded
- 52. A place to stay
- 53. Unwise
- 54. Most supernatural
- 56. "Dennis" is a famous one
- 57. Ointments
- 58. Exam
- 59. Leaked blood

CLUES DOWN

- 1. Baseball managers assemble it 26. Temperature unit
- 2. Revised
- 3. Mountain is a popular kind
- 4. Takes to civil court
- 5. Pouches
- 6. A type of veil
- 7. Chants
- 8. Boston hoopster
- 9. Elongated appendage
- 10. Sailboat
- 11. 2017 Oscar-winning film
- 12. Actor Gosling
- 14. Monetary units
- 15. Assembly
- 18. Russian pop duo
- 20. Embellished with expressions
- 24. Infrequent

- 28. Hydrophilic amino acid
- 30. Honk
- 32. Legislative body
- 34. Swinish
- 35. Russian assembly
- 37. Take over for
- 38. Put in advance
- 40. Satisfy
- 42. Felt
- 43. Dutch cheese
- 45. Witnesses
- 47. Strong insects
- 49. Gasteyer and de Armas are two 50. Ancient people of Scotland
- 51. Cheerless
- 55. Sick

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LAST WEEK'S ANSWERS

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The experts at Maine Power Wash Pros believe keeping the exterior of a home clean is essential in retaining its value and appearance and therefore go the extra mile on behalf of their customers which has earned their continued support and loyalty.

Maine Power Wash Pros offers low-pressure house washing, cement cleaning/gum removal, roof cleaning, composite deck cleaning, condo/apartment building washing and commercial building washing throughout Southern, Central and Midcoast Maine.

"The best thing about our business is our customers. We have hundreds of repeat customers that come back time and time again. We relate that to clear expectations and incredible results," said Brian Condon, Maine Power Wash Pros co-owner. "We think the world of the people that we have working with us. They take real pride in what they do and work very hard to deliver a great service to our customers. We are very careful of the resident's homes, and we leave the property in better shape than when we arrive."

Condon said each Maine Power Wash Pros employee is devoted to setting and exceeding expectations.

"We're very prepared for what we do and any situation we may encounter be it cleaning homes, business, condos or restaurants," Condon said.

Maine Power Wash Pros was formed when owners Mike Morin and Brian Condon found a genuine need for this





Maine Power Wash Pros proven results are clear in this before and after photo of a home's roof wash. COURTESY PHOTO

type of business existed in Maine and they set out to become the best company providing this type of service locally. They continuously take classes and attend seminars to be sure they are up to date with the latest skills so they can offer the best results for their customers.

"We put in a lot of time and energy before every wash." Condon said. "We stand behind our work and don't just take our word for it. Look at the hundreds of testimonials from our customers we've posted on our website from the last 10 years."

Featuring highly effective low-pressure house washing and biodegradable products, Maine Power Wash Prosthrives on delivering quality and overall service. Their washing methods doesn't just clean, but also disinfects surfaces.

According to Condon, Maine Power Wash Pros provides restored beauty and curb appeal of residential or commercial property with safe, effective and affordable workmanship.

"You can change your home's appearance in a single day," he said. "Power washing is an effective option for a wide variety of surfaces, including concrete, brick, roofs, wood decking, painted and all types of siding. It removes mold and mildew, dirt and grime for a truly clean wash that's hard to accomplish through other means."

Condon said that Maine Power Wash Pros guarantees roof cleaning for three years and offers free estimates. Their roof cleaning treatments are effective for removing streaks, lichen, and mold.

"Our no-pressure roof cleaning is a great option," he said "Your satisfaction is guaranteed, and senior discounts are available. We are fully insured and professionally trained and certified. Power washing can help prolong the life of a home's exterior surface and a power wash completed by Maine Power Wash Pros can keep all home surfaces in great shape. Our soft wash method allows us to wash with low pressure, which will make your home free of mold, mildew, bugs, and dirt. Once the process is complete, your home will be spotless! As always, we provide a 100 percent satisfaction guarantee."

The company's main service is cleaning vinyl siding, which is about 95 percent of their business, and the rest is cleaning painted houses, roofs, etc.

You can find numerous positive reviews such as these on their website:

"Professional and courteous. Took extra care to protect plants and rinse ground because we have kids and pets." ~ Sarah F.

"It would take my husband and me hours to power wash the house and detached garage. Your guys complete the job in an hour and the result is so much better than we could ever achieve." ~ Marianne W.

"The house looks like it did 20 years ago. We are very happy with the results!" ~ Charles C.

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See numerous 5 star reviews at: mainepowerwashpros.com/testimonials

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GRANT Cont. from page 5

"We are asking to be granted the full \$200,000 in grant funds so our match funds would need to be \$632,000."

Town Councilor David Nadeau said the culvert replacement is necessary and he supports applying for a grant to help fund the project.

"This area floods all the time," Nadeau said.

Councilors voted unanimously once again to support applying for The Municipal Stream Crossing Program grant.

The council also voted unanimously to award a contract to Khiel Excavation in the amount of \$747,260 for the construction of a multi-use trail at the East Windham Conservation Area, and to authorize the town manager to execute a contract and to take any other necessary action related to

the project.

There were two companies that submitted bids for the project and the other company's bid was \$798,000. Burns said that the difference in the two bids appeared to be in funding for tree clearing and he said Khiel Excavation also has a tree clearing business so that may have resulted in their lower bid. About \$500,000 has been obtained already through a grant for this multi-use trail creation project.

Burns also briefed the council about a trash collection issue.

"In a review of the Curbside Collection contracts dating back to the inception of municipal curbside collection of trash and recyclables in Windham, it appears that multi-family dwellings of four units or less have been serviced," he said. "Over time we have learned that the current contractor has collected at some multi-family dwellings of more than four units."

He said in a review of the town's Solid Waste Ordinance, it was discovered that "commercial solid waste" is defined as "Acceptable waste generated by a commercial or industrial use or activity located within the town, and acceptable waste generated by occupants of structures within the town which contain more than two dwelling units and which are occupied by more than two household units. Except as provided above, commercial solid waste shall not include household or special wastes."

In addition, Burns said that in Section 192-9 Curbside Collection from Dwellings, that the "town shall collect acceptable waste and recyclable materials from dwellings in the town as provided in this chapter. The town shall not collect commercial or industrial solid waste and recyclable materials."

"We have tasked our Town Attorney with recommending amendments to the Solid Waste Ordinance that will correct the discrepancy and continue to allow town trash and recyclable collection at multi-family dwellings with four units or less," Burns said. "We believe this will disrupt fewer customers and continue with our past practices. We will advise all multi-family dwellings with more than four units in Windham by mail and by advertisement that they must contract on their own with a licensed waste hauler for which we will provide contact information for trash and or recycling services."

The bottom line is apartment complexes with five or more units in Windham will have to negotiate with a private trash contractor to remove trash. It does not apply to condominiums, Burns said. <

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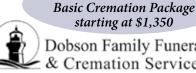
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