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'Chalk the Trail' event raises awareness, spreads happiness through creativity

By Kendra Raymond

On a day that provided a perfect balance of sun and shade, about 40 members of the community gathered on the Mountain Division Rail Trail at Gambo Fields in Windham for the Chalk the Trail event sponsored by the Cumberland County Conservation District, Windham Parks and Recreation, and Mountain Division Alliance.

Families, children, and members of the sponsoring committees attended what was the final Chalk the Trail event held this summer on Saturday, July 20. Trail users passing through stopped to chalk and talk with participants.

Owen Currier, a participant, walked the trail on this day with his mom. On other days, he enjoys using the trail with his siblings. He said he likes to "spread happiness through artwork." The trail holds lots of memories for Owen. Playing soccer on nearby fields introduced him to the trail and to swimming in the nearby Penobscot River.

"The event brings people to the trail for a different reason than to bike or walk," said Andrew Walton, Secretary of the Mountain Division



Dave McNutt, Doug Smith, and Andrew Walton of the Mountain Division Alliance take part in the Chalk the Trail event at the Mountain Division Rail Trail Gambo Field in Windham on July 20. The event was sponsored by the Cumberland County Soil & Conservation District, Windham Parks and Recreation, and the Mountain Division Alliance to raise awareness of local trails through creativity. SUBMITTED PHOTO

Alliance. "The chalking beautifies the trail, and community members can socialize with trail enthusiasts."

At the event itself, the Cumberland County Soil & Water Conservation District had a booth with the pavement in front of them chalked with the words "Please pick up after your dog." They handed out dog treats and talked with trail users about the importance of picking up after their dogs and disposing of the waste properly.

Annually, the Soil & Water Conservation District conducts surveys to check how much dog waste is not disposed of properly along the Mountain Division Trail. According to the district, over a two-week period 47 deposits were found, that is equivalant to three daily dog walkers not picking up after their pets.

Chalk the Trails is a community event organized to bring awareness to the Mountain Division Trail and bring community members to the trail for a family friendly event. Chalk is provided and participants are encouraged to use their creativity on every inch of pavement. More opportunities to chalk the trails will come again next summer in the towns of Fryeburg and Windham.

Windham Parks and Recreation has had a long-time partnership with the Mountain Division Alliance, with Windham being one of the first sections of the trail to be developed.

"We love having an opportunity to bring more people to the trail," says Linda Brooks, Windham Parks and Recreation Director. "The weather was great and there were just a lot of people using the trail already that

→ see CHALK Page 12

Windham Town Manager to chair Windham Middle **School Repurpose Advisory Committee**

By Ed Pierce

With ground about to be broken next month for construction of the new Windham Raymond Middle School, a town committee will undertake the important job of making recommendations to the Windham Town Council about how best the existing Windham Middle School can used once the new school opens in 2027.

During the July 9 Windham Town Council meeting, councilors took the step of appointing Windham Town Manager Barry Tibbetts as the chair of the Windham Middle School Repurpose Advisory Committee. By unanimous vote, councilors voted to have Tibbetts fulfill that role as a non-voting and impartial and objective member of the committee.

Council David Nadeau had originally proposed having either a town councilor or the town manager or assistant town manager chair the committee but ultimately withdrew having a councilor as a possible chair for the committee in an amended motion.

"We've gone through this before and want to make sure this committee has a little bit of structure and stays on task," Nadeau said.

Councilor Jarrod Maxfield said



Windham Town Manager Barry Tibbetts will lead the Windham Middle School Repurpose Advisory Committee which will make recommendations to the Windham Town Council about how to best use the school building once the new Windham Raymond Middle School is opened in 2027. PHOTO BY ED PIERCE

having Tibbetts chair the committee makes sense because he is not an elected official.

"I don't want people to say the council is hijacking it," Maxfield said.

The purpose of the Windham Middle School Repurpose Advisory Committee will be to serve as an advisory body to the Windham Town Council for the analysis of potential re-uses for the Windham Middle School's renovation design, documentation, construction and its potential benefit as a Community Center for the town.

The committee will provide a comprehensive recommendation to the Windham Town Council for consideration in making a final determination for the school building, which was first opened to students in 1974.

Committee members will use community engagement results from a study conducted in August 2019 which identified the need to create a multigenerational facility for all Windham residents that enhances the quality of life for Windham, provides flexible spaces for a range of activities, and is a self-sustaining site that fosters fun for residents.

It is expected that in repurposing the school building some existing Windham departments, such as the Windham Library, the Windham

Parks & Recreation Department, Windham Social Services and Food Pantry and the town's Medical Loan Closet could be included into new spaces there as well as providing flexible space for the community to engage in various activities.

Currently the Windham Public Library is housed in its own building at 217 Windham Center Road, while the Windham Parks and Recreation offices are at Windham Town Hall on School Road and Windham Social Services is housed in its own building at 377 Gray Road in Windham.

Members of the committee will be asked to evaluate and consider adaptive reuse plans by peer communities as templates when it considers proposing future uses for the facility and develop a conceptual plan using the boundaries of the existing school building. They also will be tasked with reorganizing/repurposing the facility's space to improve the town

employee work experience and customer service experience that encompasses health and safety, ac-

→ see WMS

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Local

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Exploring the Golden Gate City

Back when Nancy and I were first married, we would always plan a summer trip to someplace that we had never been before just to recharge and relax for a bit.

With each of us having stressful and demanding jobs, we felt this was important to our well-being and spirit of adventure. One year we drove from Florida to Asheville, North Carolina for a week's getaway and another year we flew from Florida to Rochester, New York to visit my relatives, then rented a car and drove across New York state to visit Nancy's family in

But in 2007, we found an affordable deal and chose to visit San Francisco, California for a week. It was certainly one of the most memorable trips of my lifetime and I'd love to go back someday.

Nancy and I had never been there before, and we found San Francisco to be charming and interesting. Our hotel was conveniently located in the Russian Hill district and there were plenty of available transportation options to get around the

During our first stop, we took a bus to the piers near Fisherman's Wharf, a crowded commercial location teeming with vendors selling everything from T-shirts to fried shrimp. Nancy wanted to see Alcatraz Island in San Francisco Bay, so we

stopped in at a storefront that offered Alcatraz tour tickets on a sign in their front window. Unfortunately, the clerk told us that all the Alcatraz tickets for the next two weeks were sold.

We were disappointed, but as we continued walking around, we found a boat tour that sailed around Alcatraz Island and under the Golden Gate Bridge, and tickets for the next trip in 30 minutes were available. We took advantage of that opportunity and took as many photos out on the water as we could. The tour guide on the boat explained what each building on Alcatraz Island was used for at the old U.S. prison there.

Our boat excursion also offered us quite a laugh as we docked overlooking Pier 39. That's the location where hundreds of 800-pound male sea lions like to spend the day lying around taking in the sunshine. It's a sight that's indelibly etched into my brain. The sea lions are rather loud creatures, and we were told that if you get close enough to them, you can really smell them too.

Returning to our hotel, we rested up from our busy day of activities before finding a great steakhouse to have dinner at within walking distance of our hotel.

The next day we traveled on one of San Francisco's world-famous cable cars to the Shabby Chic Department Store. Nancy has always been a big fan of Shabby Chic interior design and furniture and we saw first-hand where that trend was originally launched and sold. The rest of that day was spent visiting a few large thrift stores nearby and were able to find some great clothing at bargain prices.

We spent time on another day taking a driving tour of the city. We saw the house where part of the movie "Mrs. Doubtfire" was filmed, and The Black Horse London Deli Pub, known as the smallest bar in San Francisco. We also saw the factory where Ghiardelli chocolates are made and took several hours walking around in the Chinatown district.

I wanted to explore more of the waterfront, so Nancy and I got up early one morning and walked there. As we approached the area, we both saw a sight we thought we could only see in San Francisco. A guide on a Segway was leading a group of seven tourists, also riding Segways, on a tour of San Francisco's water-

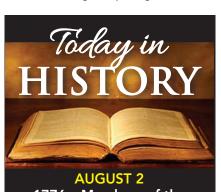
The day before we were to leave, we had lunch at In-N-Out Burger near Fisherman's Wharf. You walk up and place your order at In-N-Out and then watch as employees carefully prepare your food right in front of you. I'd have to say that of all the hamburgers I've eaten in my lifetime, the In-N-Out Double-Double Cheeseburger remains my all-time favorite.

Right across the road from In-N-Out Burger, we saw a sign that read "Alcatraz Tour Tickets." I walked over and they explained that if we sat in on a timeshare presentation, we could take a tour of Alcatraz Prison that afternoon. We agreed and despite losing an hour of my life listening to someone trying to get me to buy a timeshare, we took the free tickets and boarded a boat for the island.

That experience was amazing. Walking through the former federal penitentiary was an eerie experience. With a reputation as being America's toughest prison, it was chilling to see where some of the worst convicts in American history were incarcerated. I got to sit in the cell where Robert Stroud, the subject of a Burt Lancaster movie called "The Birdman of Alcatraz," was jailed for 17 years.

Our final morning there was spent taking photographs with the Oakland Bay Bridge in the background before taking a taxi to the airport and flying home.

I'll never forget our visit to San Francisco, and I encourage everyone to visit there if given the chance to do so. < ~ *Ed Pierce*



1776 - Members of the Continental Congress begin adding their signatures to the Declaration of Independence.

1790 – The first U.S. census is conducted, with the U.S. population determined as 3,939,214, including 697,624 slaves.

1858 – The first mailboxes are installed along streets in Boston and New York City.

1887 – Rowell Hodge of Beloit, Wisconsin obtains a patent or barbed wire.

1909 – The first Lincoln penny is issued by the U.S. mint.

1943 – The U.S. Navy patrol torpedo boat PT-109 under then command of Navy Lieutenant John F. Kennedy sinks after being attacked by a Japanese destroyer.

1983 – The U.S. House of Representatives approves a law that designates the third Monday of January will be a federal holiday in honor of Dr. Martin Luther King, Jr.

1990 – Iraq invades the oil-rich country of Kuwait claiming that Kuwait had driven down oil prices by exceeding production quotas set by OPEC.

What events are you most looking forward to watching during the upcoming **Olympic Games?**

"Men's diving."

Francesco Paredon

"Gymnastics." – Julie Mallett

"All of it."

Sharon Pray VonKnoblauch

"Track and Field."

Stephen Signor

"Mostly a Winter Olympics fan but swimming events have some excitement - Go Team USA."

- William D. Reiner

"Track and field and gymnastics."

Valerie Livesay Luce

"Swimming and diving." - Tommy Matthews

"Gymnastics." – Debie Agneta

"Fencing." - Brian Butler

"Handball and weightlifting is always fun."

– Dean A. Smalley

"Looking forward to the new skateboarding competitions."

- Mitchell B. Robinson

"Men's basketball, synchronized swimming and the marathon race." – Lois Fuller

> "Gymnastics." Jennie Moroney Butler

"Triathlon and track and field events such as pole vaulting and

hurdles." – Oscar F. Kellner

"Rugby and taekwondo." Chris Macklin

"Water polo and artistic swimming."

Mia Potenzio-Ransey

"Boxing or judo." - Dick Heaney

"Women's basketball and **archery."** – Isabella Mongon

"Since I have horses, of course I'm into the equestrian events."

- Deirdre Schulte

"Beach volleyball." - Jude Orestes-Sanchez

"Rowing, BMX and mountain bike cycling, and my all-time favorite is wrestling."

– Benjamin Lee.



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Eagle Choice Award winners to be unveiled next week

By Ed Pierce STAFF WRITER

The staff of The Windham Eagle newspaper have completed counting votes for the Eagle Choice Awards and once more the popularity of the annual competition is evident.

Launched in 2015, the Eagle Choice Awards recognize local businesses in the area through popular vote and shows that the community does take notice when it receives outstanding service and finds superior products offered by local merchants.

Melissa Carter, advertising manager of The Windham Eagle newspaper, said that the awards remain wildly popular and established a new record this year by receiving 9,250 ballots cast resulting in over 172,000 votes across 87 categories.

"These awards salute those who the public thinks exceed the norm for their products, services, and overall customer satisfaction," Carter said. "These votes are heartfelt and come from the people who use the goods and services provided by these outstanding businesses."

Kelly Mank, owner and publisher of The Windham Eagle newspaper, says that the Eagle Choice Awards are an outstanding way for the public to learn about a business they may not be familiar with and to discover the very best services, food and products that are available locally.

"The Eagle Choice Awards give the community trusted options and a meaningful ways," Mank said. "Every vote comes from the readers and is based upon how they feel about local businesses."

The continuing popularity of the Eagle Choice Awards can be attributed to the ongoing support and encouragement of area business owners, who

live and work in the community, have raised families here and have built a loyal following of customers, friends, and neighbors.

Eagle Choice Award voters must cast ballots in at least 10 categories or more and must also include their email address when uploading or turning in a ballot for their vote to be valid and to ensure that only one vote is cast by an individual. Email addresses collected during the Eagle Choice Awards competition are not sold or distributed to a third party.

The Eagle Choice Award winners who place first and second in each category will be featured in a special section of the newspaper which will be published next week.

According to Carter, if two local businesses come within 10 votes of each other, a tie is called and both businesses are recognized.

"The special section is saved by many residents and used all year long to find the area businesses that have been singled out for recognition as being the 'best of the best' by local

section is also posted to the newspaper's website for convenient and handy reference throughout the year. Residents and customers can recognize Eagle Choice Award winners by the decals on doors and vehicles and

plaques on display at their business. "That Eagle Choice decal and plaque has really taken off as a symbol of trust and top-notch service for everyone who lives in this community," Mank said. "Business owners who display this are proud of this recognition."

Suggestions for new categories are

always welcome and the staff will try their best to accommodate these requests. While it is difficult to include every single business in a cateogory they try to include as many as possible. Every effort is made to include write ins with more than a certain number of votes from a previous year into the ballot for the following year. Feedback is welcome to be sent to awards@thewindhameagle.com

"Every business mentioned in the Eagle Choice special section is more than worthy and deserving of this recognition and we are so happy to be able to showcase their popularity with the Annual Eagle Choice Awards," Carter said. "We can't thank everyone enough who took the time to cast a ballot, to our readers for supporting these fine businesses and to the many companies that support our publication not just for Eagle Choice by on a weekly basis. We can't wait to reveal the list of winners in the August 9th edition." <







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Rec Department.

As the Assistant

Park and Recreation

Director, Silvia will be

leading the recreation

programs for the town.

will be planning and

coordinating our pro-

grams," she said. "In

addition to managing

existing activities, I

will be collaborating

with community or-

more. I also plan to im-

"My primary focus

Local resident, recent college graduate to serve as **Raymond Parks and Recreation Assistant Director**

By Kendra Raymond STAFF WRITER

If there is strength in numbers, the Raymond Parks and Recreation Department is certainly gaining momentum. The town recently hired its first-ever Assistant Director, Riley Silvia. With a deep background in the town's rec program, Silvia has already hit the ground running.

The Raymond Parks and Recreation Facebook page recently shared the news and says, "Riley has been an integral part of our community for the past five years, beginning her tenure as Park Supervisor at Tassel Top Park for three years. She then played at pivotal role in establishing our inaugural Summer Camp Program, which has run successfully for the past two summers."

With the rapid expansion of several programs, Raymond Parks and Recreation Director Joseph Crocker found it challenging to keep up with everything.

"Every year we are expanding programs and increasing revenues. We are getting bigger fast," Crocker said.

Fortunately for the Raymond community, Silvia applied for the position.

"I applied for the Assistant Director of Parks and Recreation position because of my deep-rooted passion for the Raymond community and my desire to give back to the place that provided me with so many opportunities as a child. My past roles with Raymond Parks and Recreation have deepened my understanding of the department's needs and the community's expectations." said Silvia. "Additionally, my experience working at Waltham Parks and Recreation during my time at Lasell University has provided me with valuable insights and strategies. I am excited to bring this knowledge into my role, which I believe will help us enhance our programs and services."

Silvia said that the new role aligns

with her passion for enhancing community engagement. She emphasized the unwavering support from her colleague Crocker.

"Joe Crocker has been a tremendous source of support and guidance, helping me professionally and navigate the complexities of the role," she said. "This opporreceived to further en- SUBMITTED PHOTO

hance our programs and services for the community."

As the town's first Parks and Recreation Director, Crocker explained that it has been just five years since the department's creation. Noting increased interest and popularity in current programs, Crocker says that Raymond Parks and Rec plans to expand in other areas as well and he is pleased to see the town investing in the Parks and

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tunity feels like a nat- Raymond resident Riley ganizations, assisting ural progression, al- Silvia will serve as the first- with maintenance and lowing me to build on ever Assistant Director of cleanliness of the parks, the strong foundation the Raymond Parks and enhancing our digital and mentorship I've Recreation Department. presence, and much

> prove our offerings based on community input."

The much-needed assistance provided by Silvia will allow Crocker to focus his attention on project management, increasing services, working on policies, and better operations.

"This addition is very exciting. Riley is a great leader," Crocker said. "We will play on each other's strengths moving forward."

Silvia agrees with Crocker.

"Throughout my five summers with the department, our biggest challenge has been meeting all the community's needs due to the department's limited size. However, with the addition

> see **REC** Page 28





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Town to consider program to cover ambulance costs

By Mash Yurkevich

STAFF WRITER

When emergencies happen, we often get caught off guard, especially when we see the price afterward. An ambulance ride can cost several hundred dollars, a large chunk of money that can leave many seniors with empty pockets. When the wife of Windham resident and senior Raymond Gillam recently had a medical emergency and needed an ambulance, the price afterward left Gilliam with shock, surprise, and fear. Gilliam previously lived in the town of Standish, which has a program that helps seniors who can't pay for ambulance rides.

"I thought that transporting my wife from Hannaford in Windham to Maine Medical Center in Portland for \$1,200 was a little much, until I started looking into it," said Gilliam. "I also got a copay from Maine Medical Center for CAT scans, blood tests, and all kinds of stuff. The trip to the hospital was three times the co-pay."

Gillam believes that Windham is behind the times in setting up a program to cover the additional expense because seniors do not file for a hardship claim and just pay what they are told, even if it leaves them with empty pockets.

"And then you add the fact that they're on a fixed income, too, so consequently if they have to pull \$300 out of their monthly budget, they have to replace it by not doing something that needs to be done," said Gillam.

He also says that he thinks that reason why ambulance rides are so expensive is because you are not only paying for yourself, you're also paying for yourself and somebody else who did not pay the full price because they simply could not. Medicare pays

a certain amount, and the rest is billed to seniors, many of whom are on fixed retirement incomes.

"I'm on a fixed income, too," said Gillam. "I just have to put off something else that I need to get done."

He has proposed creating a similar system for Windham that Standish has to cover the additional ambulance expenses for those on fixed incomes.

David Nadeau, a Windham Town Councilor, says that he cannot implement the idea; he can only take the idea and give it to the town manager. Then, if the town manager sees fit, he takes it, puts it together, and presents it to the town council, and then the seven members of the council will have to vote on the idea.

"There is a lot more information that needs to be given," said Nadeau. "I've talked to the fire chief as well as the town manager and have left it in their hands."

Nadeau says there are a lot of things that need to be looked at including how many people are interested in this program and what would be the cost to town residents to establish such a program? How many rides would be included in the program? How much is it saving people and how much is it costing everybody else? How much of a burden would this put upon Windham taxpayers? "These questions need to be

analyzed prior to making a final decision," said Nadeau. "Research needs to be done and is currently being done by the town manager to find out if such a program would be beneficial to us."

The Windham Fire Chief said that it would take a lot of time to administer such a program and at the same time, Windham already has a similar program in place.

"If you cannot afford to pay for your ambulance ride, the Windham Fire Department has a form that you can fill out and if you are eligible, they blow the fees away," said Nadeau.

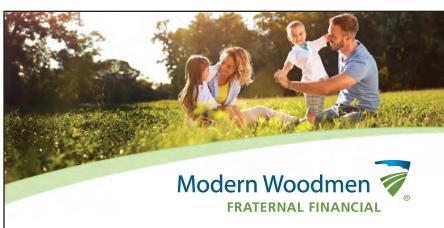
Medicare only pays \$1,000, and the

rest is left to be paid by the person who used the ambulance.

"In our case," said Nadeau, "that price is about \$126. A lot of people, such as myself, have a secondary insurance that picks up that gap. Therefore, there are many people with secondary insurance that are not going to be members and are not going to invest in a program like this because it will not be beneficial to them. I have to look out for 1,800 people and make the choice that is best for them as a whole."

While the program sounds wonderful upfront, Nadeau said that there is still much research about the topic that is currently being done. <





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Windham Fire-Rescue Deputy Chief devotes career to helping others

By Ed Pierce

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

It's been said that the best way to find yourself is to lose yourself in the service of others and that certainly sums up the career of Windham Fire-Rescue Deputy Chief John Kooistra.

He has served as Windham's Deputy Chief of Emergency Medical Services (EMS) and Department Training since February 2019 and even though a lot of what he does is administrative in nature, Kooistra still responds to calls, cares directly for patients, and creates and provides progressive training for members of a growing department.

Every day in his job is different and every call for help is different, making his work challenging.

"We frequently deal with people struggling with mental health issues. I say 'now' although it's been an increasing issue for EMS and law enforcement for several years, but I was never taught in medic school how to deal with that," Kooistra said. "Sometimes we're called to help someone that needs help but doesn't want it. That's hard. People are allowed to make decisions that you or I wouldn't necessarily agree with, if we deem them to have decision-making ability, and explaining to a family member why we're not taking their loved one to the hospital because they're refusing our treatment and/or

transport is almost always a very difficult conversation. Worse than that, however, is when we are called to help someone with a situation and, even though it's 2024, there isn't a solution for their problem readily available or even at all."

Kooistra is originally from California but grew up splitting his time between Maine and New York City where his parents each lived. He attended Saint Joseph's College briefly for pre-med, yet having already worked in emergency medical services, he transferred to Kennebec Valley Community College and became a paramedic. He's worked for several departments and entities over the years in a part-time capacity, but my full-time career prior to his duties with Windham Fire-Rescue came with the City of Portland's Medical Crisis Unit (MedCU) and the Portland Fire Department for 28 years.

Over his time working for the Windham Fire-Rescue Department, he's accumulated his share of memorable moments.

"One of my favorites was working with another member, Firefighter/ Paramedic Katy Dippolito, to help extricate a deer that had fallen through the ice on Chaffin Pond in the Donnabeth Lippman Park in December 2022," he said. "We were in Ice Rescue Suits and Helmets and found the deer far out on the ice in an open area of water approximately 20 feet by 20 feet.



John Kooistra has served as Windham's Fire-Rescue Deputy Chief since 2019. SUBMITTED PHOTO

The open water area had slowly gotten larger as the deer had attempted to get out of the water repeatedly and broke through the ice each time. Due to the cold water and its exhausted state, it seemed like a reasonably easy rescue so Katy slid into the water to try and help the deer out of it. Immediately the deer's fight or flight response kicked in and it tried to escape Katy's grasp, and the two started to swim repeatedly in circles."

Kooistra said he stayed on the relative safety of the thicker ice and cheered Katy on until their support team gently pointed out that I was also in an ice rescue suit and that Katy could perhaps use his help.

"Figuring that I could easily reason with a wild animal, I too slid into the water. Things didn't get better," he said. "The deer decided that the best defense was a good offense and started going after Katy while blatting loudly. Our shore-based crew suggested putting the deer in a gentle headlock to help to control it while we figured out how to get it back onto the ice. Being familiar with a similar technique to control Police K-9s who require medical aid, I managed to do just that, and the animal suddenly stopped moving. I was then able to control the deer's legs with my other hand and Katy and I slowly swam the deer to the edge of the ice. Our initial attempt to roll the deer up and onto the ice resulted in my inadvertently getting between the deer and its flexed legs. It let me know how it felt about the situation by kicking me very solidly in the side of my helmet. We reevaluated our plan. Katy had been connected to a rope that was controlled by our shore team when she first went into the water, so we went to Plan B. Katy rolled up onto the ice, I controlled and lifted the deer onto the ice and, with Katy holding onto the deer, the two were pulled back across the solid ice to the Fire-Department and Warden Team that was waiting on shore. Our 'patient' was turned over to the Game Wardens and we went back to the station to clean up and go back into service." <

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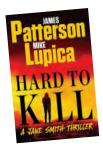
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The Windham Eagle Page 7

Meet public safety personnel at National Night Out

By Ed Pierce
STAFF WRITER

Members of the Windham Police Department are looking forward to meeting the community and showcasing what they do on behalf of public

safety during the popular community gathering called National Night Out.

Held annually on the first Tuesday evening in August, this year's National Night Out will be conducted from 5 to 7 p.m. Tuesday, Aug. 6 at

the Windham Public Safety Building at 375 Gray Road in Windham. The event is an opportunity for the residents of Windham to meet with local law enforcement and public safety personnel in a casual setting and learn more about the important work that they're doing protecting the town.

National Night Out is entirely free

and open to the public and will include food, and an array of fun activities for the entire family.

Representatives of the Windham Police Department, the Windham Fire Department and Windham Parks

> and Recreation will be on hand and participants will be able to view police and fire equipment and vehicles up close.

> The original National Night Out was established in 1984 with funding from the Bureau of Justice Assistance, part of the U.S. Department of Justice. The

program is administered by the National Association of Town Watch, a nationwide organization dedicated to the development, maintenance, and protection of community-based, law enforcement-affiliated crime prevention activities.

Over the years, National Night Out has developed into an effective crime

prevention program that emphasizes building a partnership between the police and the community.

Windham Police say that community involvement in crime prevention generated through a multitude of local activities and events such as National Night Out help bring prominent attention to crime prevention programs offered by law enforcement agencies and assist in the dissemination of information about successful strategies used by police officers to thwart crime in the town.

Along with grilled hamburgers and hot dogs for everyone, there will be active demonstrations at the National Night Out event by a Windham Police K-9 dog and handler, drone flights, and displays of specialized equipment and various law enforcement programs used by the Windham Police Department.

Windham police officers and firefighters will be on hand and in unform to meet the public and talk with them about their duties.

All National Night Out activities generate a true sense of community under positive circumstances, police officials say.

For more info call 207-892-2525. <





Stephanie is a passionate and enthusiastic massage therapist. She completed the Therapeutic Massage program in 2024 and practices many different modalities including positional release, myofascial release, cupping, and deep tissue release. Stephanie prides herself on being down to earth and easy to talk to. She provides a comfortable environment for her clients to relax and heal.

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Loon Echo Land Trust conserves 192 acres of forest in area

Loon Echo Land Trust (LELT) has announced the permanent conservation of 192 acres of undeveloped forestland in Bridgton. The property was donated to LELT by the Lebovitz family and will be called the Clara and Samuel Lebovitz Forest Preserve.

Under LELT's ownership, permanent public access for hunting, fishing, hiking, and other recreational activities is now secured. The conservation of the land protects a half-mile of shoreline on the northern end of Otter Pond, a mile of tributary streams, and over 70 acres of wetlands. The forested property also hosts significant habitat for wa-

terfowl, wading birds, the endangered Blanding's turtle, and several rare species of damselflies.

"We are pleased to be able to continue our decades-long partnership with LELT by creating the Clara & Samuel Lebovitz Forest Preserve," said Peter Lebovitz, grandson of Clara and Samuel Lebovitz. "We know the land will be stewarded in the manner Clara & Sam always wanted it to be and preserved for future generations to enjoy."

Located in an area of increasing development pressure, Lebovitz Forest is an important addition to the region's network of conserved lands.

"We're grateful to the Lebovitz Family for working with LELT to keep their property forested and open to the public forever," said LELT Board President Sheila Bourque. "Our work to protect Lake Region forests, ponds, and public access to the outdoors depends on the generosity of landowners like the Lebovitz family."

The property was identified as a high priority for protection by Sebago Clean Waters, a collaborative of eleven partners including LELT working to conserve forestland in the Sebago Lake watershed for water quality protection and other benefits. The 192-acre property is located entirely within the Sebago Lake watershed and plays an important role in safeguarding the water quality of Sebago Lake, which is the source of drinking water for over 200,000 Mainers and many Cumberland County businesses on a daily basis.

Sebago Lake is so clean, thanks in large part to its forested watershed, that it is one of only 50 surface water supplies (out of over 13,000) in the country that is not required to be filtered.

LELT is developing a forest and recreation management plan for the property that will outline forest management goals to promote carbon sequestration and biodiversity, maintain water quality protections, and consider future recreation opportunities.

There are no formal trails on the property, but LELT welcomes walkers, snowshoers, anglers, and hunters to enjoy the forest with access from Kansas Road. A club-maintained snowmobile trail also provides access along the prop-

erty's western boundary. LELT will pay property taxes for the land at the Open Space rate, which will result in a tax revenue increase over the current Tree Growth rate for the Town of Bridgton.

The property is the third conserved by the Bridgton-based nonprofit in the past eight months. It comes on the heels of the recently conserved Rolfe Hill Forest (400 acres) in Casco and Sebago Cove Forest (362 acres) in Naples.

The recently conserved land, along with all of the land LELT conserves, is within the traditional and unceded territory of the Abenaki, a member tribe of the Wabanaki Confederacy. The Abenaki First Nations of Odanak and Wôlinak maintain reservations along the St. Francis and St. Lawrence Rivers in the Canadian province of Quebec, where the tribe sought refuge following colonial warfare in the Saco, Presumpscot, and Androscoggin River watersheds during the 17th and 18th centuries.

More info. on the Lebovitz Forest can be found at: lelt.org/lebovitz-forest.

Loon Echo Land Trust currently conserves over 9,100 acres of land and manages a 35 mile long trail network across the Lake Region. FMI about LELT properties, upcoming events, or how to get involved, visit LELT.org or their Facebook page.

Sebago Clean Waters is a collaborative of ten local, regional, and national conservation organizations and the Portland Water District working to protect water quality and fish and wildlife habitat in the Sebago region through voluntary forest conservation and stewardship. FMI visit sebagocleanwaters.org <



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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, faxed to 207-655-3024, or sent to the Town Office:

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REAL ID enforcement less than a year away

AUGUSTA – In just a little over 10 months on May 7, 2025, U.S. travelers that provide a state-issued ID or license to TSA prior to boarding domestic flights must present a REAL ID compliant credential.

While the standard Maine credential is valid for all in-state purposes, as of May 7, 2025, travelers will need a REAL ID-compliant driver's license, a REAL ID-compliant State ID, a valid U.S. passport, passport card or other federally issued identity document to fly domestically, or to access federal facilities and nuclear power plants.

"Mainers should be aware of the upcoming deadline and consider whether obtaining a REAL ID credential is right for them," said Maine Secretary of State Shenna Bellows. "For Mainers who want one – either because they don't have a passport or other qualifying credential, or they want a backup option for domestic flights – our BMV staff are here to assist you."

The REAL ID is a version of your Maine driver's license or State ID that is compliant with federal standards for identity documents. All REAL

ID-compliant credentials have a version of a white star on the face of the card; in Maine, it is a gold State of Maine outline with a white star cutout in the center.

The REAL ID-compliant credential is optional for Mainers. However, beginning May 7, 2025, those who have only a standard Maine license or State ID will not be able to use it as identification for federal purposes, such as boarding a commercial aircraft.

"Mainers who don't have a REAL ID credential yet but want one should come in to a branch sooner rather than later," said Deputy Secretary of State for the Bureau of Motor Vehicles Cathie Curtis. "Processing times for REAL ID credentials require a couple weeks, so taking the time now could save a traveler a big headache at the airport this time next year."

BMV branch offices are located throughout the state and are open from 8 a.m. to 4:30 p.m. for pre-scheduled appointments and walk-in service. On average, it takes 10 to 14 calendar days for an ID card or driver's license to be mailed to a

customer, so BMV wants to ensure Mainers who want a REAL ID credential visit a branch well in advance of their expected travel dates.

At the beginning of May, there were 1,178,099 total driver's licenses and state ID cards issued to Mainers. Of those, only 244,391 were REAL ID cards. With only 20% of Mainers choosing a REAL ID, Maine has one of the lowest REAL ID adoption rates in the country.

Mainers can obtain a REAL ID-compliant driver's license or State ID at any Bureau of Motor Vehicles

office. For more information about REAL ID in Maine, including a checklist of the necessary documents to obtain the credential, visit www.maine. gov/sos/bmv/licenses/realid.html.

Those who choose to retain a non-REAL ID compliant Maine license or ID card can also find information about alternative forms of ID for federal purposes at www.tsa. gov. Those who prefer to obtain a passport or passport card in lieu of a REAL ID-compliant Maine credential should plan on processing times of 8 to 11 weeks for U.S. passports. <



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WMS Cont. from page 1

cess, egress, and security, among other concerns.

The committee will perform a complete review of the condition, strengths and weaknesses of the building and how they relate to current and future town needs, recommend improvements to the building structure as appropriate for initial uses and possible phased uses and provide an operational budget for the facility, including maintenance, manpower, debt structure, and anticipated revenues and expenses.

At the July 9 meeting, three councilors were voted to serve on the Windham Middle School Repurpose Advisory Committee including Maxfield, Councilor Bill Reiner and Councilor Nick Kalogerakis.

Other committee members are appointed by the town council and the town manager (non-voting member); assistant town manager (non-voting member); Parks & Recreation Director (non-voting member); Parks & Recreation Advisory Committee Member; Library Director (non-voting member); Library Board of Trustees Member; Facilities & Grounds Manager (non-voting member); General Assistance Administrator (non-voting member); Age Friendly Windham Coordinator (non-voting member); two prior Community Center Ad Hoc Committee members; and two members of the general public.

Windham Town Council Chair Mark Morrison said that the committee will report regularly to the town council at their meetings during the Committee Reports section.

The Windham Middle School Repurpose Advisory Committee will be disbanded once it makes final recommendations to the Windham Town Council about the repurpose of the school building. <

CHALK Cont. from page 1

day. It's one of those events that we do encourage people to come back and check out every year."

Walton says he came up with the Chalk the Trails idea from watching a kids television show that showed a "Chalk the Block."

"I thought we could do the same on our rail trail," Walton said. "The goal is to grow the event over time and bring awareness to our volunteer organization, the Mountain Division Alliance which is advocating for the completion of the rail trail from Fryeburg to Portland."

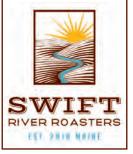
To bring in more participants, the rail trail has hosted running races, and groups like churches and recreational departments use the trail for activities. "The trail has become an important asset to the community," says Walton.

"You just never know who you'll meet on the trail," said Walton. The day of this event I met a gentlemen named Joey and he was bicycling from Seattle Washington to Bar Harbor Maine. It was great to see someone taking on that huge adventure and riding the Mountain Division Trail. He was very appreciative of the event and water. He mentioned he loves going on rail trails because he doesn't have to worry about cars." <



Elaine, Jim and Leo Walton participate in the 'Chalk the Trail' event at the Mountain Division Rail Trail Gambo Field in Windham held July 20. SUBMITTED PHOTO





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The Windham Eagle Page 13

Popular veteran dental program to continue with donation from Northeast Delta Dental

The Maine Veterans' Dental Network will serve more veterans this year thanks to a generous \$300,000 grant from Northeast Delta Dental.

Launched by Maine Gov. Janet Mills and Northeast Deta Dental in 2021, the network serves as an oral health safety net for Maine's veterans who cannot pay out of pocket and do not have dental insurance. Many veterans who have utilized the program have shared that it was their first time accessing oral health care since separating from the military.

The program is administered in partnership with participating non-profit dental clinics, Federally Qualified Health Centers, and Maine's Dental Teaching schools. Services are offered on a first-come, first-serve basis until grant funding is exhausted.

The Maine Veterans' Dental Network enables Northeast Delta Dental to carry out its mission of advancing the oral health and overall wellness of the communities it serves, said Tom Raffio, President and CEO of Northeast Delta

Dental.

"A higher-than-average percentage of Maine residents have served our country and deserve our support," Raffio said.

In 2023, the program received 659 requests for care, 503 veterans qualified for the program and were provided 920 comprehensive dental services. With this new funding, the Maine Bureau of Veterans' Services will begin reaching out to 156 veterans who had referrals pending at the end of 2023.

The MVDN began providing services in 2021 with an initial grant of \$35,000 from Northeast Delta Dental. Northeast Delta Dental also provided grants of \$100,000 in 2022 and \$200,000 in 2023 to extend the program.

Connection to oral healthcare for veterans should be as commonplace as receiving a yearly physical, yet it is not, said Sarah Sherman, Director of Strategic Partnerships for MBVS and Founder of the Network.

"Our program strives to eliminate

that gap, establishes the veteran with a dentist, and provides the preliminary services they need to work towards getting back into a yearly dental care regiment," Sherman said.

To qualify for the MVDN, the veteran must meet the following criteria:

- Be a Maine resident.
- Not 100 percent service-connected to the U.S. Department of Veterans Affairs
- Cannot afford to pay for dental care out of pocket.
- Does not have dental insurance.
- Must submit a DD-214 that shows an Honorable or General Under Honorable conditions discharge.
- For National Guard Only Served on Active Duty (other than for training).

The Network has 23 non-profit den-

tal clinics, FQHCs, and Maine Dental Teaching Schools participating, including: the UNE Dental Clinic (Portland); Greater Portland Health; Community Dental (Biddeford, Portland, Farmington, and Lewiston), Mainely Teeth (Portland and mobile dental clinic).

Veterans who are interested may apply online by visiting: www.maine.gov/governor/mills/veteransdental

Any questions or requests for re-connection should be directed via email to MVDN.mainebvs@maine.gov or by phone at 207–287–6836 if the veteran does not have computer access.

Individuals or businesses interested in supporting the MVDN can donate directly to participating dental clinics. Funds will be earmarked for eligible veterans. <









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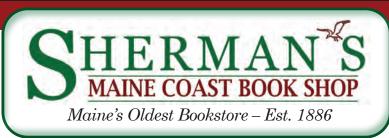














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Birdwatching remains a popular summer activity

By Briana Bizier STAFF WRITER

If you are into birdwatching, you are in the right place for it this summer. Because of its wide variety of ecosystems, the Lakes Region is a wonderful place to birdwatch in Maine. From aquatic species to impressive raptors, you should be able to view a lot of new birds dur-ing a visit to the Lakes region this summer.

The many bodies of water in this region offer enormous opportunities for birdwatching. Several of the rivers and small ponds in this area, such as the Tenny River which connects Crescent Lake and Panther Pond, are easily accessible by even a novice kayaker or canoeist. These small waterways are home to many species of waterfowl and marsh birds, such as yellow warblers, northern water

thrushes, and flashy redwinged blackbirds.

If you set out in the morning or evening, you may even spot one of Maine's largest birds, the great blue heron, patiently stalking fish in the tall reeds along the shore. These stately and impressive birds tend to be tolerant of canoes and kayaks, so you may be able to linger if the heron chooses to pose for photos.

and ponds in this area are home to one of Maine's most famous birds, the

iconic common loon. If you haven't spotted a loon yet, try exploring the marshy edges of a large body of water, like the northern section of Crescent Lake and almost any other body of water in the Lakes Region.

Loons are also frequently found near several swimming areas, such as the beaches at Sebago Lake State Park. Loons tend to make their haunting, prehistoric calls during the morning and evening hours. If you haven't

Of course, all the lakes The pileated woodpecker is just one of the many birds of beauty spotted throughout Maine in summer. COURTESY PHOTO

yet heard a loon, consider booking a campsite at Sebago Lake State Park. Research has shown that the call of a loon is much more impressive if it is heard while sitting around a glowing campfire.

The Lake Region's northern deciduous forests, composed mostly of red oak, white pine, sugar maple, red maple, and eastern hemlock, are al-so home to a wide variety of bird species.

→ see **BIRDS** Page 21

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

BRIEFS

New church service hours

Starting Sunday, Aug. 4, the new weekly church service hour will be 10 to 11 a.m. at North Sebago United Methodist Church, 820 Sebago Road in Sebago. Everyone is invited to join the congregation for refreshments and fellowship. FMI, call 207-787-2530.

Hackers Hill Concert

Loon Echo Land Trust will host a free concert featuring Bold Riley from 6 to 8 p.m. Wednesday, Aug. 7 at Hackers Hill in Casco. Bold Ri-ley is a folk quintet hailing from western Maine, known for full vocal harmonies and uplifting originals. Fiddle, guitar, banjo, accordion, bass, and percussion provide a wide range for listeners. Attendees should bring

chairs, blankets, warm layers, and a picnic. There is a suggested donation of \$10 per adult which can be made via cash, check or Venmo at the event. All proceeds support LELT's conservation work in the Lake Region and the stewardship of Hacker's Hill.

HART Yard Sale

The Homeless Animal Rescue Team of Maine (HART), an adoption center and shelter for cats in Cumberland, will conduct its huge an-nual Yard Sale at the Cumberland Fairgrounds Thursday, Aug. 8 through Sunday, Aug. 11. Admission is free. In addition, from 4:30 to 7:15 p.m. Wednesday, Aug. 7, doors open early for an exclusive Sip & Shop preview event. Admission includes early access to the Yard Sale, snacks

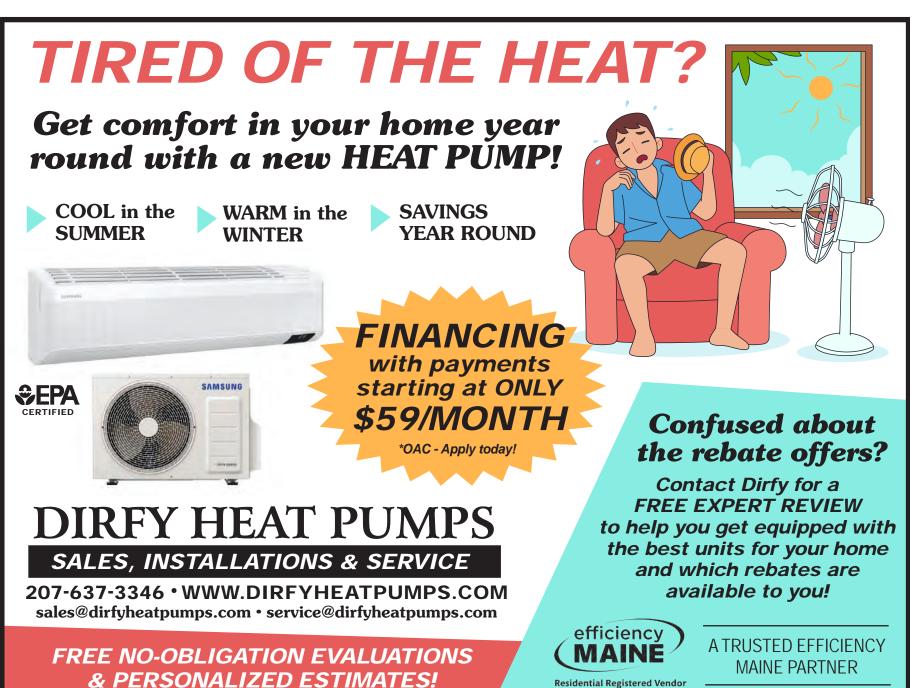
and a complimentary beverage. This is always a fun evening, complete with DJ, a gourmet pie sale, exciting raffles, and great conversation with treasure seekers and fellow cat lovers. All proceeds from the Yard Sale and Sip & Shop preview event go directly to providing essential care for the hundreds of cats HART takes in every year. Tickets to the Sip & Shop event are \$28 in advance and \$30 at the door. For more details or to purchase tickets, visit www.hartofmaine.org or call 207-671-9190.

Veterans support

Attention all veterans, do you have questions about your VA benefits? Need assistance with a VA Claim? Need to enroll in the VA? The American Legion Post 148 in Windham hosts a Veterans Service Officer Support (VSO) session from 9 a.m. to 1 p.m. on the second Wednesday of each month at the Windham Veterans Center. James Fisher from the Lewiston VA Office conducts office hours during this time to provide support and answer question relating to your VA Benefits. For an appt, call 207-753-9106 or email: Lewiston.mainebvs@maine.org







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Page 20

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In addition to spotting Maine's state bird, the black-capped chick-adee, birders may see the brilliant flash of a goldfinch or scarlet tanager swooping between the trees on any of our local hiking trails.

Southern Maine's woods are also home to a wide variety of species of woodpecker, including the impressive pileated woodpecker, which can be very large, with a wingspan of nearly 30 inches, and very loud. If you hear what sounds like an axe hitting a tree somewhere deep in the forest, chances are good there's a pileated woodpecker at work! Another way to identify the presence of a pileated woodpecker is to watch for holes in the trees. Pileated woodpeckers carve large and dis-tinctive rectangular shaped holes in wood to get at carpenter ants and other insects.

Speaking of impressive birds, the Lakes Region is home to many birds of prey, including bald eagles, red-tailed hawks, kestrels, and merlins. Bald eagles are usually spotted swooping over a stretch of open water or lingering majestically in the top of tall pines along the water's edge.

To experience views of other birds of prey, try a short hiking activity. Hacker's Hill Preserve in Casco offers beautiful views and hosts an annual Hawk-Watch. Even before the fall's hawk migration, a trip to Hacker's Hill with a pair of binoculars will usually result in spotting at least one species of raptor gliding on the air

While you're searching for birds in southern Maine, a little technology can go a long way. The Merlin Bird ID app, produced by the Cornell Lab of Ornithology, helps you identify birds by asking a few simple questions about the bird's size, location, and activities - and then pro-duces a list of likely species. The Merlin app is free, and well worth a download.

Birdwatchers in the Lakes Region are in very good company as the Loon Echo Land Trust, which manages Hacker's Hill as well as many other hiking trails in the area, hosts frequent birdwatching events throughout the remainder of the summer and into the fall months. <

Migratory birds photo presentation nears at Hawthorne House

A very special slide-show presentation on "Migratory Birds in Southern Maine" is coming to Nathaniel Hawthorne's Boyhood Home in Raymond.

The presentation will be at the Hawthrone House, 40 Hawthorne Road in Raymond, at 7 p.m. on Thursday, Aug. 15. Admission will be a minimum \$5 donation, which will be used to renovate the historic home's very old kitchen. Those who attend will be served coffee and cookies at the presentation.

The photo slide show will be given by amateur photographer and birder Bruce Small of Raymond, who will present photographs of migratory birds he has taken around Raymond and other southern Maine locations.

Small will identify dozens of colorful birds from the spring migration, a presentation designed to encourage ongoing audience discussion as the talk progresses. He will also introduce the new Merlin Bird ID app from Cornell Lab of Ornithology, a free app he uses to identify birds from their songs and photos.

According to Small, anyone with a smart phone can download the free bird-identification app before his presentation by going to https://merlin. allaboutbirds.org/

Many of Maine breeding birds are migratory and come from wintering grounds south of us to take advantage of the long summer days in Maine.

Depending upon the availability of food for survival is typically how far south a migratory bird will travel. Some popular Maine species such as yellow-rumped warblers may only migrate to coastal areas of the mid-Atlantic states while many other species migrate to the Caribbean islands, Central America, or eventually to South America.

For more information about the upcoming migratory bird presentation, visit www.hawthorneassoc.com or send an email to info@hawthorneassoc.com <

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WHS field hockey team effectively preparing for future

By Matt Pascarella

STAFF WRITER

Windham High School's field hockey team has been preparing for the fall season during the summer while also teaching the next generation of players about the game. The WHS summer clinic is run by varsity and junior varsity players who are teaching kindergarteners through eighth grade how to master skills associated with the game.

The WHS summer field hockey team beat Greely at Deering High School in Portland 3-2 in a summer game on Tuesday, July 23 and then held one of their weekly youth clinics on Thursday, July 25 at Windham High School.

"Getting everyone as many minutes as they can before the season starts [is important]," said Windham varsity coach Cory DiDonato. "We've had a great turnout this summer – best ever, probably for me. I think it will be a good season. We have cultivated a team that knows hard work is how we become successful, so more players are motivated to put in the work outside of the regular season. We've had great veteran leaders and lots of enthusiastic younger players who are hungry to contribute."

Everyone on the team keeps each other motivated with the older players helping the younger ones. The team is learning to gel and are working well together; they are learning to trust one another and their positions. The win over Greely is proof of this.

Windham field hockey began running youth clinics in 2016. In addition to the summer clinic, the youth clinic also takes place on Saturdays during the regular season. DiDonato wants to lay the groundwork early on for what they want to see as a program. They've had great numbers this summer with





(L to R) Windham third grader Callie Connor practices moving the ball with junior ing the younger group. Abby Trainor during the WHS field hockey youth clinic for kindergarten through eighth grade players at Windham High School on Thursday, July 25. Eighth grader between the varsity play-lucy Stretch is about to send the ball toward the goal. PHOTOS BY MATT PASCARELLA ers and the younger atheres.

over 50 athletes signed up.

The goal of the youth clinic is to get field hockey sticks into the hands of younger athletes, so they are ready to play when they enter middle school. They work on basics with the younger athletes and more advanced skills for the athletes that have been with the program longer.

"It helps a lot with conditioning and ... running and getting better with your stick skills, gives you a little boost for preseason," said Windham junior Liz Baker. "[The youth clinic] helps a lot with getting to know the girls and the program they'll be a part of when they get older. We learn a lot from the younger kids; like attitude stuff and how to be patient, teaching and leadership skills."

Windham third grader Callie Connor's favorite part of the youth camp is learning how to pass. She's also learned how to dribble the ball and would like to play on the varsity team someday.

"I wasn't really into soccer, but once I played field hockey, I liked it a lot," said Windham eighth grader Lucy Stretch. "I always have a good time playing it. I've learned how to be a leader; I do club and travel field hockey – to play with girls who ... need somebody to help them play I think the youth clinic is really good. It's a fun experience."

Windham fifth grader Leah Leighton has been watching her older sister play field hockey and wondered how fun it was.

"It's been very fun since I've been trying it," said Leighton. "It teaches me about all kinds of moves and I have been having fun learning how to keep my hand grip and how to hit it, keep my eyes on the ball and keep it straight."

The varsity players are the backbone of the youth clinic. There are 10-15 players who are instrumental in helping out each week. These players are compassionate and energetic who love teaching the younger group. The relationships formed between the varsity players and the younger ath-

letes make the game more fun.

"It's good to come together and help the younger kids because they're the next generation of field hockey," said Windham senior Ava Gerrity. "It benefits us because when we teach [the skills], we're also learning how to as well. It's good for them to have teenagers and girls ... to connect with."

If you are interested in the Saturday field hockey youth clinic, Coach Di-Donato will be posting sign up details soon on the Windham Field Hockey Facebook page. <



Windham High's summer field hockey team are back row, from left, Lexie Beach, Bella Hinse, Liz Baker, Abby Trainor, Olivia McPherson, Gracie McPherson, Zoe Dries, manager, and Noah Campbell; front row, from left are Deanna Cooper, Peyton Archibald, Mia Kri, Ava Gerrity, Mareina Lavallee, Leah Dunham and Emily Charette.

WHEN SHIP SO SHEET WHEN

WINDHAM FIELD HOCKEY

Deanna Cooper

Age: 17 **Team:** WHS varsity field hockey **Coach:** Cory DiDonato

Parents' names: Breanne Brown and David Cooper Reason for selection: Deanna was chosen because she came into this summer season stepping up as a leader on defense. She has come to all practices and games and is 100 percent motivated to be the best she can be for herself and her team. She played a huge role for the team last season and coaches have

no doubt that she will do the same this season. She is determined to see this team do the best we can and make it deep into playoffs.

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Boys' freshman basketball pulls ahead in final moments

By Matt Pascarella

The Windham boys' basketball first team squad, comprised of all freshman players, traveled to play Gorham on Monday, July 29 and ended the summer with a victory.

Windham trailed the Rams for most of the game, then took the lead with roughly a minute left and held off Gorham to earn a 33-30 win in the final game of the summer basketball season.

"I think one of the biggest things is they stayed composed," said Windham First Team coach Cameron Brown. "We've had a lot of close games this summer and there've been times we kept our composure and times we kind of lost it. It reflects on the scoreboard when we play within ourselves and we know what we want to do; towards the end of the game, don't get too sped up, those are the things that have been successful for us. Just being down three, you know [Gorham] is going to go for a quick three-pointer ... the biggest thing for us was high hands without fouling and they executed really well."

Windham was slow to start, but this would all change later in the game. Gorham held a small lead but Windham's Quraunte Pender put the Eagles on the scoreboard.

After battling hard, Windham came within one point of a tie game. They worked hard to get rebounds, though Gorham kept the lead by getting several turnovers. Windham was rebounding and tied the game at 14. Gorham took the lead 18-16 at the half.

"They had the lead most of the first half and that was tough," said Windham's Boston Krainis. "But moving







(L to R) Windham boys' first team basketball freshman Parker Frost pauses before getting a pass off. Freshman Boston Krainis makes his way around a Gorham opponent. Boy's first team basketball freshman Mason Rulman puts up a shot. PHOTO BY MATT PASCARELLA

the ball, cutting, spacing, and obviously Jalen [Stephens] with the big three [-pointer] at the end and we were able to pass it around, move it in the last two minutes and finish up the game there.

In the last 30 seconds, Windham looked to see who was open, tried to get open, moved around and waited until Gorham fouled – they just didn't want to turn the ball over.

Pender tied the game at 18 in the second half. Gorham still led, but the game was within reach. Windham snagged a few rebounds, and Gorham led by four with six minutes remaining.

Windham's Parker Frost hit a three-pointer and Windham is now down by one point with just four minutes left. Stephens sunk a three-pointer with a minute left in play.

"We really took pride on defense when they were driving down the court," said Windham's Mason Rulman. "We tried to make no turnovers while on offense, that helped us win. We focused on what we were doing, not trying to make mistakes, we were able to get to the basket and score. We put a lot of work in at practice and it shows when we come out here and play."

Coach Brown said that his biggest takeaway from the summer season is that the team came in and they wanted to learn, they wanted to get better; and they put themselves in situations so they could get better."

He said they know what this program can be, and they want to be a part of it. <



Freshman Colton McLeod goes for the layup.

Youth Basketball's 3-on-3 tournament fun for all

By Matt Pascarella

STAFF WRITER

Windham Youth Basketball Association's ninth annual 3-on-3 Sonic Coed tournament was held at the Windham Public Safety building on Sunday, July 21 and witnessed another solid turnout. The tournament is a chance for players of all ages from any town to compete in a friendly game of the sport they love.

"This all started with a good friend of mine, Dan Giguere," said Windham resident Chris Sargent. "Having my kids play in it and ... these kids just have a love for basketball and it's great to see; the future is so bright for Windham basketball."

Giguere was a coach, teacher, father and very active in the community. Sadly, Giguere passed away in a car accident.

Seventh grader and Kennebunk resident Chase Lovejoy was asked to play by Steven DePaolo II who coaches his travel team. Lovejoy enjoys playing basketball and preparing for the winter season.

"I really like playing basketball during the summer, because I want to be ready for the season and this is fun," said Windham sixth grader Sammi Wyman. "You get to know people that are on your team that you didn't know before; and you get to play with them."

The Windham Youth Basketball

Association raised \$1,500 through the event which will be split between the Windham Youth Basketball programs and the Windham High School basketball programs.

"It's important because it's fun," said organizer Ben Delewski. "I enjoy refereeing it and playing in it; the coed aspect of it really strengthens Windham as a basketball town with a basketball culture." <





(L to R) Windham sixth grader Sammi Wyman concentrates with ball in hand in Windham at Windham Youth Basketball's Sonic Coed 3-on-3 tournament on Sunday, July 21. Windham sixth grader Lucien Kri looks to pass. PHOTOS BY MATT PASCARELLA



A job I could do

By Andy Young SPECIAL TO THE WINDHAM EAGLE

This week's column marks the completion of four years' worth of weekly essays for this newspaper, each of which has contained exactly 600 words. So ... why 600? Why not 400, or 700, or 567, or some other random number?

The explanation goes back to late 2003, when I wrote a letter to the editor of the Community Leader, a free weekly newspaper in Falmouth. The subject was the Boston Red Sox, the baseball team New England, or at least the portion of it east of the Connecti-

cut River, is irrationally smitten with. The Sox had just lost yet another playoff series, extending their championship-less streak to an unfathomable 86 seasons. To make matters worse, their latest excruciating defeat had come at the hands of their arch-rivals, the lordly, arrogant, and maddeningly successful New York Yankees.

In the aftermath, an overwrought Red Sox Nation blamed the soul-crushing defeat on manager Grady Little's decision to leave his tiring ace, Pedro Martinez, on the mound for too long, allowing the Yankees to tie the game in the 8th inning. That set the stage for Aaron Boone's decisive home run in the bottom of the 11th.

Twelve days later Little was discharged, which prompted me to dash off a letter to a local daily newspaper, the Falmouth (ME) Community Leader. In it I excoriated Red Sox fans for their overwrought reaction, and concluded by predicting Grady Little would get himself a World Series ring a whole lot sooner than Boston's American League team would.

Naturally the Red Sox ended their championship drought the following fall. But while my letter's publication ultimately revealed that I didn't know any more about baseball than those histrionic Red Sox aficionados I had taken to task for their irrationality did, it also caught the attention of the Community Leader's editor, who asked me if I'd consider writing a weekly column for the paper.

A chance to sound off in print on whatever subject(s) I cared to write about? Sign me up!

When the Community Leader went belly-up a couple of years later, I signed on with another free weekly, the Yarmouth Notes, to do a monthly column. That led to periodic pieces in an actual daily paper, the Biddeford Journal Tribune. But when each of those publications became defunct, I was left platformless.

Then I had an epiphany. As an English teacher, one of my responsibilities is convincing students that adherence to the "three C's" (clear, complete, and concise) is what makes effective writers. Why it hadn't occurred to me before I cannot say, but I realized that striving for clarity, completeness, and conciseness would serve me just as well as it does high school students who care enough about their writing to put in actual effort. The first 200 or so words of every column I had written consisted of me writing about what I was about to write about. It was the equivalent of the start of my long-ago high school gym classes, where the whole point of doing 15 jumping jacks, 10 pushups, and two laps around the gym wasn't the exercises themselves: it was about warming up our muscles for what was coming next.

After a writing hiatus of 18 months or so I was contacted by Ed Pierce, who had been running the Journal Tribune at the time of its demise. He had resurfaced as Managing Editor of The Windham Eagle, a print weekly that was attempting to grow rather than disappear, and he asked if I'd consider contributing an occasional column. The rest is ongoing history, in 600-word installments.

Like this one. <

LEGAL ADVERTISEMENT

TOWN OF RAYMOND, MAINE SPECIAL TOWN MEETING WARRANT

Broadcast Studio - 423 Webbs Mills Road and Via ZOOM

Tuesday, August 13, 2024 • 7:00 PM

In the name of the State of Maine, you are hereby required to notify and warn the inhabitants of the Town of Raymond, qualified by law to vote in Town affairs, to meet at the Broadcast Studio at 423 Webbs Mills Road in said town on Tuesday, August 13, 2024, at 6:00 P.M.,

then and there to act on Articles 1 through 2 as set out below.

ARTICLE 1: To elect a moderator to preside at said meeting.

ARTICLE 2: Shall an ordinance dated July 1, 2023, and entitled "An amendment to the Town of Raymond's Land Use Ordinance Regulating Commercial Solar Energy Systems," be enacted?

Select Board recommends Article 2

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.

Proposed Ordinance Change:

An Amendment to the Town of Raymond's Land Use Ordinance Regulating Commercial Solar Energy Systems

The Town of Raymond hereby ordains that Chapter 300, Article 4 of the Land Use Ordinance and Chapter 350, Article 5 of the Shoreland Zoning Ordinance are emended as follows:

[Please Note: Old language is stricken. New language is underlined.]

§ 300-4.4. Rural Residential District (RR).

Intent. The Town of Raymond recognizes that certain areas of Town will experience residential growth due to rapid population growth in the region. It is the intent of this section to allow these uses while maintaining the basic rural orientation of the community.

Permitted uses.

12. Solar energy systems. This provision has retroactive application to July 1, 2023.

§ 350-5.4. Table of Land Uses

Table 1 Land Uses in the Shoreland Zone							
Land Uses		RP	SP	LRR1 LRR2			
35.	Solar energy systems	no	no	*no *this provision has retroactive application to July 1, 2023			



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TOWN OF RAYMOND, MAINE

BOARD OF SELECTMEN
NOTICE OF

PUBLIC HEARING & SPECIAL TOWN MEETING

Tuesday, August 13 • 6:00 PM

Broadcast Studio - 423 Webbs Mills Road

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.

The Windham Eagle Page 25

Summer safety tips

Compiled by Jonathan Priest SPECIAL TO THE WINDHAM EAGLE



What's your plan for this summer? Enjoying the water? Going camping? Firing up the grill? Whatever you prefer, we have safety steps Jonathan Priest to follow. And

don't forget your furry friends. There are steps you can take to help keep them safe too.

- Preventing unsupervised access to water, providing constant, active adult supervision and knowing how to swim are critical layers of protection to help prevent drowning.
- Classes to learn how to swim are available for both children and adults. Check the internet for Learn-to-Swim providers in your community. Everyone should learn first aid and CPR too, so they know what to do in an emergency.
- Download the Red Cross Swim app, sponsored by The ZAC Foundation, for safety tips, kid-friendly videos and activities, and take the free Water Safety for Parents and Caregivers online course in English or in Spanish.
- It's best to swim in a lifeguarded area. Always designate a "water watcher" whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over.
- Drowning behavior is typically fast and silent. Unless rescued, a drowning person will last only 20 to 60 seconds before submerging. Reach or throw, don't go! In the event of an emergency, reach or throw an object to the person in trouble. Don't go in

or you could become a victim yourself.

• It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. For additional information about staying safe while swimming in larger bodies of water like oceans or lakes, review our beach safety tips below.

Learn how to reduce the risks so your family can enjoy swimming in open water, such as the ocean and

- Watch the weather and get out of the water at the first sign of lightning or the rumble of thunder. Stay indoors and away from water for 30 minutes after the last lightning flashes or thunder roars.
- Swim only at a beach with a lifeguard, within the designated swimming area. Obey all instructions and orders from lifeguards and ask them about local conditions
- As when swimming or relaxing in a pool or hot tub, always designate a "water watcher" whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over
- Children, inexperienced swimmers, and all boaters should wear properly fitted U.S. Coast Guard-approved life jackets.
- Protect your neck don't dive in headfirst. Walk carefully into open waters. Watch out for and avoid aquatic life.
- If you are caught in a rip current, stay calm and don't fight it. Swim parallel to the shore until you are out of the current. Then, turn and swim to shore. If you can't swim to shore, float or tread water until you are free of the rip current and then head toward

shore. Draw attention to yourself by waving and calling for help.

If a camping trip is in your plans, know the level of ability of the people in your group and the environment around you. Plan accordingly.

- Pack a first aid kit to handle insect stings, sprains, cuts and bruises and other injuries that could happen to someone in your group. Take a Red Cross First Aid and CPR course and download a First Aid app so that you will know what to do in case help is delayed. You'll learn how to treat severe wounds, broken bones, bites and stings and more.
- · Bring nutritious food items and water, light-weight clothing to layer and supplies for any pets.

More than three-quarters of U.S. adults have used a grill — yet grilling sparks more than 10,000 home fires on average each year. To avoid this, the Red Cross offers these grilling safety tips:

- Always supervise a barbecue grill when in use. Don't add charcoal starter fluid when coals have already been ignited.
- Never grill indoors not in the house, camper, tent or any enclosed
- Make sure everyone, including pets, stays away from the grill.
- Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.
- Don't leave perishable food out in the sun.

This article was brought to you courtesy of Farmers Insurance agent, Jonathan Priest, with an office at 57 Tandberg Trail, Suite 7, Windham and StaySafe.org. Call him at 207-893-8184 or send him an email at jpriest1@farmersagent.com <









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PLEASE NOTE: FOOD AND GAMES FEATURE ALTERNATES WITH MOVIE REVIEW

THE WINDHAM EAGLE'S

By Ed Pierce

Sugar Biscuit Cookies

Some unusual ingredients make this recipe interesting to prepare but wonderfully tasty.

It takes some looking while shopping, but you can eventually find rosewater and carraway seeds which are uncommon but are at the heart of this recipe. The total preparation time is about 15 minutes and allowing 20 minutes for baking time, from start to finish takes about 35 minutes for these delicious old-fashioned cookies.

INGREDIENTS

4 eggs (2 whole eggs and 2 egg yolks) 4 teaspoons of rosewater 1 ½ teaspoons caraway seeds

1 1/3 cups of flour

34 cup of sugar, plus 1 teaspoon of sugar to sprinkle on top Some butter to grease baking sheets

DIRECTIONS

Preheat the oven to 325 degrees. Butter two flat baking sheets. Place the sugar, two whole eggs, and two egg yolks in a large mixing bowl. Using a hand mixer or a whisk, mix or stir vigorously at a high speed for about 10 minutes. Use a spatula to stir and ensure that the sugar is fully mixed into the batter. The mixture will turn glossy and slightly bubbly. Add the rosewater and caraway seeds and stir for about a minute

o mix both thoroughly. Gently stir in the flour with a spatula or a large spoon.

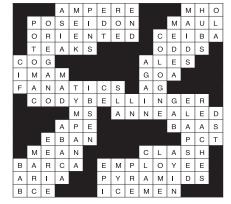
Dollop the batter out onto the baking sheets, leaving room between the cookies as they will spread out. Smooth the cookie tops with a spatula. Sprinkle 1 teaspoon of sugar over all the cookies.

Bake for approximately 20 minutes. The bottoms and the edges of the cookies will be lightly browned, and the cookie tops will be fully set and crispy with sugar when ready. Remove the cookies from the baking sheets and let cool. Makes about 20 cookies

Cooking Corner proudly sponsored by Mills & Co.



LAST WEEK'S ANSWERS



Have ideas for recipes you would like to share or see on this page?

EMAIL SUGGESTIONS TO EDITOR@ THEWINDHAMEAGLE.COM

38 41 45 53 56 **CLUES ACROSS** 1. Wrest 37. Tears down 38. Uncoordinated

- 5. Russian river
- 10. Grupo Montparnasse founder
- 12. One who quits prematurely
- 14. Related to the nature of being
- 16 Early multimedia
- 18. Indigenous Tibetan religion
- 19. Tease
- 20. J.M. ___, Irish dramatist
- 22. Pounds per square inch
- 23. Surrendered
- 25. Notable Dallas Cowboy Leon
- 26. Dash

CROSSWORD PI

- 27. Man who behaves dishonorably
- 28. British Air Aces
- 30. Data executive
- 31. Spiritual leader
- 33. Flower cluster
- 35. Of the cheek

CLUES DOWN

- 1. Greenwich Time 2. Metropolis
- 3. Complete
- 4. Scheduled
- 5. One who obeys
- 6. Resinlike substance secreted by certain lac insects
- 7. Days (Spanish)
- 8. Unsaturated hydrocarbon radical
- 9. Region of the U.S. (abbr.)
- 10. Tributary of the Alabama River
- 11. One who eliminates
- 13. Ballroom music
- 15. Officer in the Book of Mormon
- 17. Denies
- 18. Barrels per day (abbr.)
- 21. Make vital
- 23. Former NFLer Newton 24. Kashmiri tribe
- 27. Indigenous S. American person

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- 40. Touches lightly
- 41. Soak
- 42. Founder of Babism
- 44. Not good
- 45. Inches per minute (abbr.)
- 48. Type of casino game
- 50. Skills assessments for adults
- 52. Check
- 53. Gives a job
- 55. Fifth note of a major scale
- 56. Small, faint constellation
- 57. Thou
- 58. Reduce
- 63. Another recording
- 65. Removes for good
- 66. Jill and Catherine are two
- 67. Cruise
- 29. Capacitance unit
- 32. MLB great Scherzer 34. Taxi
- 35. Boggy
- 36. Artist's workroom 39. Feline
- 40. Prosecutors
- 43. Freshwater perches 44. Young ladies
- 46. Whittles
- 47. Licensed for Wall Street 49. Type of gene
- 51. Express displeasure 54. Fly high
- 59. Norwegian krone 60. Investment account
- 61. Chinese surname
- 62. Language
- 64. By the way (abbr.)

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

LAST WEEK'S ANSWERS

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In the hustle and bustle of today's fast-paced world, it's no secret that trying to maintain a balanced diet and ensure optimal energy levels can be challenging. That's where Sebago Nutrition can help.

Its protein shakes and energizing teas are a practical solution for anyone seeking a convenient and effective way to boost their health and energy. These beverages provide many benefits, making them an excellent choice for individuals looking to enhance fitness, productivity, and their overall well-being.

Located at 111 Ossipee Trail Unit 2 in the Hannaford Plaza in Standish, Sebago Nutrition is owned and operated by three generations of a family including a mother, Carole Pierce, her daughter, Jessica Salazar, and granddaughter, Tiana Salazar.

"We offer healthy sugar-free energizing teas that give you the 'pick me up' that you are looking for without the crash," Jessica said. "We also offer healthy plant-based protein shakes that are a complete meal replacement, all having under 300 calories, 24 grams of protein, and low in sugar. And lastly, we offer protein iced coffee which is made with 15 grams of whey protein, 100 calories, and 1 gram of sugar per serving."

The health benefits of protein shakes include the role it plays in muscle building and repair. Protein is a crucial macronutrient that helps rebuild muscle fibers. Consuming protein shakes after a workout provides the body with



a quick and easily digestible source of protein, aiding in faster recovery and muscle growth. For athletes and fitness enthusiasts, this means improved performance and reduced muscle soreness. Protein shakes can also be an effective tool for weight management by increasing feelings

of fullness and reduced appetite, which can prevent overeating and snacking on unhealthy foods. By incorporating protein shakes into a balanced diet, health experts say individuals can maintain a healthy weight or achieve their weight loss goals more effectively. Additionally, many protein shakes are low in calories and fat, making them a guilt-free option for those watching their caloric intake or a way to obtain essential nutrients on the go.

Energizing teas such as those found at Sebago Nutrition provide a natural and sustained energy boost. Infused with ingredients like green tea, these



shakes can also be Three generations of women own tamins, and natan effective tool and operate Sebago Nutrition in ural stimulants for weight management by increasing feelings Three generations of women own tamins, and natanate stimulants of the stimulants of th

jittery feeling or energy crash associated with other energy-boosting products.

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Certain teas, such as green tea, are known to enhance metabolism and promote fat burning. The catechins and polyphenols found in these teas help increase hermogenesis, the process by which the body burns calories to produce heat. By incorporating energizing teas into their daily routine, individuals can support their weight loss efforts and improve their metabolic rate, leading to increased energy expenditure and better overall health. The combination of caffeine and L-theanine, an amino acid found in these teas, promotes a state of

calm alertness. This synergy enhances cognitive function, improves concentration, and reduces mental fatigue. For students, professionals, and anyone needing to stay sharp throughout the day, energizing teas can be a valuable addition to their routine.

"We offer a warm and inviting atmosphere with comfortable seating for both relaxation and productivity," Tiana said. "Our journey started with the desire for healthier beverage choices, but it has evolved into a lifestyle. We are committed to providing our community with nourishing shakes and energizing drinks that have positively impacted our own lives."

Sebago Nutrition offers convenient online ordering for pickup and their products are affordable and right in line with other local businesses offering refreshing beverages. Its protein shakes and teas are made to order every time.

"We welcome questions of any kind and if we do not know the answer, we will find it," Jessica said. "Informing our customers of the nutrients and benefits of our products is very important to us. We want to know what we are putting in our bodies, so we want our customers to have the same knowledge. There isn't another nutrition club in the general vicinity and people have repeatedly expressed how excited they are that we are here and have opened."

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of this new position, I am confident that we will address these needs and expand our capacity to serve the community," she said.

The magnitude of the role is starting to sink in for Silvia.

"Being the 'first ever' Assistant Parks and Recreation Director is a tremendous honor. I'm eager to help expand our programs and offerings, and I look forward to the potential of making a lasting impact," said Silvia. "This new role presents an exciting opportunity to enhance our services and contribute to the growth and success of our Parks and Recreation Department."

Silvia's dedication to her work is palpable to all who meet her.

"What I enjoy most about this role is the opportunity to make a difference in the community. I find it incredibly

rewarding to see how our programs and services affect people's lives, by creating meaningful experiences for families. The chance to contribute to the growth and success of our parks and recreation initiatives is exciting," Silvia said.

She's excited to bring her skillset to the Parks and Recreation Department on a full-time basis.

"My goals for this position are to enhance community engagement by expanding and diversifying our programs, increase community participation, and foster strong partnerships and relationships with local organizations and community members," said

Crocker said that Silvia was instrumental in the development of Camp Raymond, a kid's summer camp program which is held at Tassel Top Park. Now in its second year of operation,

Silvia directs the program.

"Camp Raymond is an eight-week summer program for children entering first through sixth grade. Each week features a unique theme, guiding our daily activities and field trips. We offer a diverse range of rotational activities, including science, sports, crafts, and exploration, ensuring there's something for every child to enjoy," said Silvia.

Recently graduated Summa Cum Laude from Lasell University, Silvia earned a Bachelor of Science in Sport Management and a minor in Communication. During her college career, Silvia was a member of the women's soccer team. She also competed on the women's track and field team, where she earned two GNAC championships in shotput and discus. She was a member of the National College Athlete Honors Society and the International Business Honors Society. Silvia also received the 2024 Lasell University Sport Management Book Award.

As a Raymond resident most of her life, Silvia attended Raymond schools and is acquainted with many community members. She has a broad background in communication and photography. These are skills that can come in handy in leading community programs and publicizing them on various print and social media plat-

A note on Raymond's Parks and Rec Facebook page says, "We are excited to welcome (Silvia) to a full-time position within Parks and Recreation. Her expertise and dedication will be invaluable as we continue to offer exceptional programs and events while expanding our services."

'This is something that the town wants. We're excited," said Crocker. <

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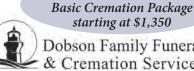
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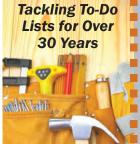
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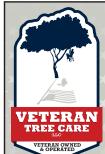
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