

MSSPA breaks ground on new intake barn

By Ed Pierce

Tuesday morning was a dream realized for everyone associated with the Maine State Society for the Protection of Animals in Windham as the non-profit organization officially broke ground a new intake barn for abused and neglected horses.

For 152 years, the Maine State Society for the Protection of Animals (MSSPA) has been a sanctuary for Maine's most vulnerable horses including those rescued from abuse, neglect, and heartbreaking circumstances. Its mission is to provide refuge, rehabilitation, and placement of seized equines and the idea to build a new intake barn at the facility on River Road in Windham was proposed more than three years ago.

Over the past five years, the number of horses arriving at MSSPA has grown with many coming from cases of severe neglect, abuse, or with significant medical challenges. As the complexity of these cases surged, so did the urgency for a dedicated space where incoming horses can receive the care they desperately need.

Earlier this year, MSSPA announced a \$1.5 million fundraising campaign for a new "A Safe Place to Land" intake barn and with more than four-fifths of the way toward that goal now accomplished, staff, volunteers, donors, sponsors, and board mem-



Donors Laurie Hooker, left, and her father, Dave McCulloch, center, join Kathy Woodbrey, Executive Director of the Maine State Society for the Protection of Animals during a groundbreaking at the Windham facility for a new intake barn for abused and neglected horses. The McCulloch Family donated \$500,000 to the 'A Safe Place to Land' campaign to help build a new barn at the site. PHOTO BY ED PIERCE

bers gathered at the site to celebrate starting construction for the new facility.

"It's taken a group of individuals who have come together to make this barn possible, and it's been a group effort," said Kathy Woodbrey, MSSPA's Executive Director. The 3,000-square-foot intake barn will be situated on the other side of the MSSPA property from where other MSSPA horses are being cared for. It will include dedicated stalls for each new equine arrival, reducing potential disease transmission and offering a dry, warm space for horses to heal.

property.

Donors attending Tuesday's groundbreaking festivities included members of the McCulloch family who provided a gift to MSSPA of \$500,000 for the new "A Safe Place to Land" intake barn. As a result of their \Rightarrow see **MSSPA** Page 6

Annual Christmas in July Boat Parade nearing

By Ed Pierce

The calendar may say July, but for participants and spectators of the 6th Annual Christmas in July Boat Parade in Naples next weekend, the holiday season arrives early this year.

The popular parade will be held on Saturday evening July 19 at the Naples Causeway. Boats will line up on Long Lake at 8 p.m. and proceed down the west shore toward the causeway and continue down the east shore of Brandy Pond. Boats will be decorated with Christmas lights, and it makes for a spectacular summertime show.

Some children on the causeway will



tain Jack's," Jordan said. "Boats can register for free to be eligible for great prizes."

Created during the pandemic by the Naples Marine Safety Association, the boat parade has taken on a life of its own. In its first year in 2020 a total of 65 boats participated, and the parade has grown every year since.

"This event is unique for this area. There are other boat parades lucky to have talented music producers create a fun atmosphere for the crowd while waiting for the boats to arrive and when the boats reach the crowd, everyone is excited, and everyone feels like a kid at Christmas."

Jordan said that buzz is already building in the community about the event.

"Many of our marina sponsors compete for the best decorated marina boat and some of the local shops and restaurants have started decorating their businesses with lights and trees and blow-up characters," she said. "Safety is key for this event so much of the committee's time is spent on route

Its secure paddock areas and improved footing will allow horses to slowly acclimate to their new surroundings and room for veterinarians to perform health assessments.

Because of its location away from the MSSPA herd, the new barn also will have separate grain and medication stations to prevent cross-contamination of food and medicine and help to streamline operations for MS-SPA staff. The new barn will feature additional space for equipment and the project includes the installation of an electronic security gate at the MSSPA

spot Santa and his helpers handing out foam glow sticks to wave in the boats and donations will be accepted for the glow sticks for the Raise the Roof fund to benefit the Cross Walk Community Outreach program.

One of the organizers of the 6th Annual Christmas in July Boat Parade is Joanne Jordan and she said that some of the event sponsors will be collecting donations for Naples Christmas4Kids where the Community Resource Council of Naples provides each child with pajamas, socks, underwear, a new toy and a holiday meal for the family.

"Donation jars can be located at Gary's Olde Towne Tavern, Beacon Bar & Bistro, Sun Sports +, and Caparound the country, but the Naples Causeway provides a unique opportunity for this to happen in fresh water with a beautiful viewing area that allows the boats to get up close to the crowds when going under the causeway or visiting one of the waterfront business-

The 6th Annual Christmas in July Boat Parade waterfront businessin Naples will be held on Saturday evening July es," Jordan said. "The 19 at the Naples Causeway. Boats in the parade event is free for boaters will be decorated with Christmas lights and line to participate and free up on Long Lake and proceed down the west to watch. It creates a shore toward the causeway and continue down the east shore of Brandy Pond. COURTESY PHOTO groups. We have been and boater safety."

Staging a parade on the water always presents new and interesting challenges.

"Standard parades are able to close the streets and keep spectators in a safe viewing area," she said. "We cannot close the waterway and the people who watch from their boats can cre-

ate a challenge. We have not PRSRT STD U.S. POSTAGE had any serious PAID issues and have TIME4PUBLISHING designated people along the www.TheWindhamEagle.com route commu-Local -> see PARADE **Postal Customer** Page 5



What would you pay to own the soundtrack of a significant decade of your life? For me, the answer to that question launched a special quest unlike any other I have undertaken.

It all began sometime in the mid-1990s at a music store in Melbourne, Florida. I had the day off from work and went to this store to purchase some CDs for my home stereo system. There were many fascinating bands and recording artists to choose from but an odd-looking CD in a bargain bin caught my eye and it was part of series of CDs issues by Rhino Records to salute the 1970s.

That decade was when I truly came of age. It was the time in which I graduated from high school, went to college, got married, started my career and joined the U.S. Air Force. I purchased my first car in 1972, met David Bowie in 1975, traveled to Europe in 1977, and became the owner of a pet cat in 1978.

As far as music goes, I collected what I could afford based upon my earnings at the time and the vinyl record albums I purchased were a luxury after paying the rent, buying groceries and writing a check for my auto loan every month.

But 20 years-plus after the 1970s, here I stood in awe of a CD I was holding called "Super Hits of the 70s Have A Nice Day." The front of the CD was a photo collage of cultural icons of the decade including depictions of Elton John, Richard Nixon,

Richard Pryor, Lindsay Wagner, Richard Roundtree, Rod Stewart, and characters from the 1970 film "Beneath the Planet of the Apes."



JULY 11 1798 – The U.S. Marine Corps is formally reestablished by the U.S. Congress after being decommissioned following the **Revolutionary War.**

1914 – Babe Ruth makes his debut in Major League Baseball pitching for the Boston Red Sox.

1934 – U.S. President Franklin D. Roosevelt is the first American chief executive to travel through the Panama Canal while in office.

1955 – The U.S. Air Force Academy is dedicated in Colorado Springs, Colorado.

1960 – Harper Lee's classic novel "To Kill a Mockingbird" is first published.

1977 – The Medal of Freedom is awarded posthumously to Rev. Martin Luther King Jr. during a White House ceremony.

1979 – The abandoned U.S. space station Skylab falls back to Earth and burns up in the atmosphere, showering debris over the Indian Ocean and Australia.

1984 – Congress passes a law that all vehicles in the U.S. must be manufactured with air bags or seat belts by 1989.

Inside the CD, I discovered a compilation of 12 different 1970s tunes sounding just like they did when they aired on the AM radio in my 1974 Mercury Capri. Buying the CD and taking it home, it was indeed like turning the dial and finding a radio station playing the top hits of that era.

The playlist for the "Super Hits of the 70s Have A Nice Day Vol. 2" was like a time travel adventure. There was "Love Grows (Where My Rosemary Goes)" by Edison Lighthouse; "Ma Belle Ami" by the Tee Set; "Spirit in the Sky" by Norman Greenbaum; and "Reflections of My Life" by Marmalade. There were two tracks I had never heard of before called "For the Love of Him" by Bobbi Martin and "Little Green Bag" by the George Baker Selection.

Also featured on this CD were "Which Way You Goin' Billy" by The Poppy Family; "My Baby Loves Lovin" by White Plains; "Hitchin' A Ride" by Vanity Fare; "United We Stand" by The Brotherhood of Man; and "Everything is Beautiful" by Ray Stevens. The CD tracks on this edition closed with "Lay a Little Lovin' on Me" by Robin McNamara.

After a few months I stored the CD with others in my collection and hoped that someday I could find others in the series. Months turned into years and then into decades and I got busy with life and stopped looking.

Last summer when I rebuilt my stereo system, I was thrilled to own a turntable again and started to collect vinyl albums once more. As part of my stereo system, I own a 5-disc CD changer and brought a box of CDs up from the basement to my music room. Inside, I rediscovered the "Super Hits of the 70s Have A Nice Day Vol. 2" CD and it sounded fantastic when I played it.

That got me to thinking that perhaps someone might have other CDs in the "Super Hits of the 70s Have A Nice Day" series for sale. I first looked at two different locations of the Bull Moose music store without luck. Then I saw some CDs in the set listed on both Amazon and eBay.

Ordering one or two at a time at a reasonable cost online, I started in May on a quest to collect all 25 CDs in the series. I soon found out that some of these CDs are more valuable than the others.

For instance, Vol. 24 and Vol. 25 CDs are genuine collectors' items because they were the final ones issued in the set in 1990. And for some strange reason, Vol. 11 and Vol. 14 are also hard to find and priced extravagantly.

My wife thought I was slightly insane over the past few months to be frequently checking the mailbox to see if any packages containing CDs had arrived for me on any given day. I was on a mission and would not be deterred.

Finally on July 3, I am happy to report that the last "Super Hits of the 70s Have

Inspirational Quote of the Week

"The will to succeed is important, but what's more important is the will to prepare." – Bobby Knight

A Nice Day" CD that I was seeking arrived via Fed Ex. It was the Vol. 11 edition, and I paid more than \$10 extra for it than the other CDs. Not sure what the fuss was about for that one as none of the tracks on it are spectacular, unless you like "Playground in my Mind" by Clint Holmes or "Dueling Banjos" from the "Deliverance" film soundtrack.

Now I'm on to another obsession. < ~ Ed Pierce



July 11, 2025

In your household, what toppings are never added to a pizza?

"Sardines, Black olives or Pineapple." – William D. Reiner

"Industrially raised pork." – Francesco Paredon

"Sardines and Anchovies." – Kate Salvato

"Mushrooms." – Lisa Becker

"Onions." – Ruthie Jackson

"Anchovies." – Julie Mallett

"Mushrooms, anchovies, and **pineapple.**" – Rose Tirrell Haigis

"Pineapple." – Brenda LaMontagne Minott

"Pineapple is verboten!" - Rob Juergens

"Salami, green peppers, pickles, banana peppers and green onions." Anne Glotchshuk

"Pepperoni. I'm strictly a plain cheese person." – Sarah Singer-Miller

"Haggis. Simple dreadful, but there are people who like **that.**" – Dean A. Smalley

"Egg, any kind of salad fixings, olive oil, teriyaki sauce, and chorizo." – Mitchell Robinson

"Pineapple, parmesan cheese and yellow onions." – Richard Heaney

> "Canadian bacon." – Isabella Mongon

"Goat cheese, oregano, sausage, pesto, red onions, other than that, it's all good." – Deirdre Schulte

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"Prosciutto, pineapple and barbecue sauce." - Shelley O'Rourke

"Garlic. Eggplant. Black or Green Olives. Yuk." – Chris Macklin

"Ham, prawns, feta cheese, cottage cheese, or jalapenos." - Jude Orestes-Sanchez

"Capers, anchovies, eggplant, basil, and most of all, I stay away from spinach. I just don't like the way it tastes." – Tawny Lamabe-Punto



Raymond to apply for community resilience grant

By Dina Mendros **STAFF WRITER**

Raymond will apply for a grant later this summer to help the town prepare for climate change. The Raymond Select Board held a workshop on Tuesday where residents and Select Board members discussed priorities of how the grant, if approved, could be best put to use.

During the workshop, led by Lucy Perkins of Siler Climate Consulting, community members were invited to share their thoughts about how the town could use grant funding to make the town more resilient in planning for climate change. Funds can be used to support projects that reduce energy use and costs and make communities more resilient to climate change effects, such as flooding, extreme weather, drought, and public health impacts.

The town of Raymond has contracted with Siler Climate Consulting, together with North Star Planning, for assistance in enrolling in the Community Resilience Partnership, a program under the Maine Governor's Office of Policy Innovation and the Future, and applying for a Community Action Grant that would range between \$50,000 and \$75,000. The grants are funded through a mix of federal and

state sources.

The Community Resilience Partnership "helps towns plan for and fund projects that improve energy efficiency and local resilience," according to Ben Smith, the founder of North Star Planning. The program, he said, "provides technical assistance and grant funding for community priorities and those could be town facilities, emergency preparedness, open space and trails, broadband access and a number of different kinds of projects related to resiliency, economy, public health and infrastructure."

In the most recent grant awards that took place during the spring, some of the projects which received funding included modernizing municipal facilities through energy efficiency upgrades in Acton, conducting a municipal energy assessment in Alfred and a resilient outreach and education plan in Bath.

According to Perkins, so far 263 Maine municipalities have enrolled in the program, which encompasses about two-thirds of the state's population; and a large percent of those communities have received funding.

There's no guarantee Raymond will receive a grant, Smith said. However, he said, "priority is given to communities who haven't received grant funding yet."

The town learned about the grant opportunity, according to Town Manager Joseph Crocker, when "two members of the Comprehensive Plan Committee brought this to our attention in partnership with North Star Planning."

In addition to Tuesday's workshop and completing self-assessment forms, to enroll in the program, Crocker said, "the Select Board will need to pass a municipal resolution (written by the state) agreeing to join the partnership. ... Raymond should complete enrollment by July to apply for a grant in August/September."

During Tuesday's workshop, several residents as well as Select Board members, named some of the priorities they thought the grant could go toward.

Select Board member Kaela Gonzalez said some of the priorities for the town that she would like to see the town address include weatherization and solar energy for town buildings, more community gardens, to incentivize energy efficiencies for new building and placing more EV chargers around town.

Shelter and disaster preparedness were mentioned by Age Friendly Raymond Coordinator Debby Tarr.

Increasing conservation and open space were noted by Loon Echo Land Trust Executive Director Matt Markot, as well as ensuring that use ordinances were aligned with community goals of where development should take place.

School Board member Grace Leavitt emphasized that communication and education were also important.

The benefits of enrolling in the Community Resilience Partnership, Smith said, are twofold. "The biggest payoff will be a successful grant award," he said. "The other reason I think is that it starts some community conversations about resilience broadly (and) ... how does Raymond balance community needs around facilities and infrastructure with open space and rural character and making improvements around housing and transportation." <





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Rogers Scholarship Dinner honors legacy of veteran

By Ed Pierce

STAFF WRITER

Everyone who met Don Rogers was impressed with his love for the community, his sense of humor and his dedication to helping others. It was what people admired about him and why more than five years after his death, Rogers is still fondly remembered in Windham.

A graduate of Windham High School in the Class of 1944, Rogers was 94 when he passed away in May 2020, but he left behind a legacy that continues to benefit area students to this very day.

Rogers was born Sept. 21, 1925, and lived most of his life in Windham Center. He served in the Army Air Corps and trained to be a fighter pilot before World War II ended in August 1945. He returned to Windham and worked for his father, M. L. Rogers, as a construction equipment operator in town. In 1954, he married Norma Kimball, and they raised two sons, Donald Scott Rogers, and Dale K. Rogers, in Windham.

Friends and family say that Rogers loved sports and athletics, and played baseball, basketball, track, swimming,

and horseshoes. Through the years, he formed a local basketball team and supplied uniforms for the players. He also coached Little League baseball for Windham children for many years.

Being active in the community was something Rogers embraced. He belonged to the Presumpscot Lodge #70 of Masons Scottish Rite, the WHS Alumni Association and the Windham Historical Society. Rogers joined American Legion Field-Allen Post 148 in 1947 and served as Post Commander on four different occasions including 1965-66, 1968-69, 1972-77, and 1979-80.

"His father Maurice was one of the original Post 148 founders in 1938, and his brother, Wayne, was also a member," said Legion Post 148 Adjutant David Tanguay. "Don believed in our youth. As the Post Commander, he presented students each year with the Legion School Leadership Award. I was a recipient in 1965 and continue to cherish that award."

In 2019, Legion members chose to honor Rogers by renaming their annual student scholarship program for him and funds the scholarships through a special dinner held at the



Windham Veterans Center every year in July.

"The scholarship is now coupled with the Legion award from a fundraiser and dinner, and I think he would be humbled by the honor that it is named after him." Tanguay said. "Don could light up a room with his stories and one-liners. Don was a prankster and loved a good laugh."

This year's annual Don Rogers Scholarship Dinner will be held at 5 p.m. Saturday, July 19 with all proceeds from the meal to be used to help local graduating students, one male and one female, to purhigher education.

a favorite mid-summer tradition for many families in Windham, and organizers are hoping to raise at least \$1,400 through this fundraiser for the scholarships. The meal is an old-fashioned bean supper.

asked and there will also be a 50/50



World War II veteran Don Rogers of Windham died in 2020 but before his passing, the American Legion Field-Allen Post 148 chose to honor Rogers by renaming their annual student scholarship program for him and it funds the scholarships for local students through a special dinner held in July. This year's Don Rogers Scholarship Dinner will be held at 5 p.m. Saturday, sue their dreams of bigher education July 19 at the Windham Veterans Center. FILE PHOTO

The popular dinner has become

A requested donation of \$15 is

drawing and an American Legion Auxiliary homemade pie auction to benefit the scholarship pro-Children gram. under 12 will be admitted for free and additional donations for the scholarships will be welcomed.

This year's American Legion Leadership Award/ Commander Don Rogers Scholarships were presented to 2025 Windham High School graduates Ethan Fletcher and Addison Profenno. Fletcher will attend Northeastern University at the Boston Campus to study Mechanical Engineering this fall, while Profenno will attend Em-

manuel College in Boston, Massachusetts to study nursing.

For those who wish to donate to the Don Rogers Scholarship program but will not be able to attend the dinner, contributions can be sent to the Don Rogers Scholarship at: Post 148-Scholarship, PO Box 1776, Windham, Maine 04062. <



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5:30-7:30PM ON THE STAGE: TALENT SHOW - Registration 4:45 beside stage Cash prizes for each age group: toddler, youth, teen & adult. 8PM ON THE STAGE: Backwoods Road Band -Bluegrass

SATURDAY. JULY 19TH 8:00 AM - 10:00 PM

8AM LIONS CLUB YARD SALE • 8 AM BOOK & BAKE SALE - Spaulding Memorial Library 10AM GRAND PARADE – Read Books: 100th Anniversary of Spaulding Memorial Library 11AM Midway OPEN • 11AM COLORING CONTEST - Info Booth 11AM ON THE STAGE: Sacopee Valley Community Band • 12-2PM LBCA BINGO 11AM MAINE ANTIQUE POWER ASSOCIATION - Old engines demonstrations



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4PM Closing - THANK YOU FOR A GREAT 2025 SEBAGO DAYS!

Raymond-Casco Historical Society presentation examines role of Canal Boats on Sebago Lake

By Kendra Raymond

STAFF WRITER

With all the bustling high-octane activity on Sebago Lake including everything from boats and jet skis to tubing and windsurfing, it's hard to imagine a more leisurely time when canal boats traveled across the great expanse of water delivering goods and passengers to the Lakes Region.

Ernest Knight's publication, "A Guide to the Cumberland & Oxford Canal (1830-1870)" chronicles the intriguing development of the route and its history. "The route of a canal boat from Portland was via 20 miles of hand dug canal to Sebago Lake. This provided a means of transport 50 miles inland from the ocean at a time when trade was severely handicapped by lack of inexpensive and safe transportation."

A 2022 WBLM article said that the Cumberland and Oxford Canal went all the way from Portland to Harrison.

"The Canal was opened in 1832, and pretty much followed the Presumpscot River going through Standish, Windham, Gorham, and Westbrook. Its total distance was 38 miles, and the canal included 27 locks, with Songo Lock still being used today," according to information in the article.

Walter Lunt's 2021 article in The Windham Eagle said that following the canal closure, the canal boats remained on Sebago and Long Lakes, transporting cargo and passengers to the train station. The story discussed the remnants of canals throughout the region, with the most conspicuous on Route 35 in Standish past the Presumpscot. His story said that other signs can be seen at Babbs's Covered Bridge and Gambo Powder Mills in South Windham.

The Raymond-Casco Historical Society will host a discussion presented by historian Mike Davis at 6:30 p.m. on Monday, July 14. Davis is the former Assistant Director of the Bridgton

PARADE Cont. from page 1

nicating with boat spectators."

Community feedback about the parade remains positive and enthusiastic.

"After the parade some of the local kids will come up to me and tell me about their favorite boats," Jordan said. "Ice cream shops will tell me they had lines down the causeway while waiting for the parade. Restaurant owners on the waterfront say their patrons enjoy having prime seating for the parade while we have one restaurant sponsor not on the water who has sponsored every year just to support the community.' She said the Christmas in July Boat Parade welcomes everyone of all ages to the fun family event, which is sponsored by the Naples Events Committee. "In some way we hope you can participate, whether it be from the Causeway, shoreline on the parade route, or even participating in the parade on a boat we certainly hope to see you there," Jordan said.

Historical Society and has given presentations for the RCHS in the past.

Frank McDermott is President of RCHS and welcomes this presentation by Davis.

"Mike is a historian. He talks about all kinds of historical things. Last year, he did an amazing presentation on rattlesnakes in Raymond," he said. "He is going to be talking about canal boats traveling from Portland to Sebago and Long Lake. They would bring passengers from Portland on vacation."

McDermott explained that aside from trolleying tourists, the main focus was transporting goods to the Lakes Region.

"The Fed Ex of their day," McDermott says.

He said that the canal boats carried all kinds of goods. "Really, the boats would bring anything that needed to be shipped such as lumber, food, or goods," he said. "It was the quickest and most convenient way to move

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things to the Lakes Region. This included getting things to places in the area that were not on the lake."

McDermott says he is certain that the presentation will be an educational and entertaining evening.

"It's a really interesting topic," he said. "Canal boats have wide appeal and it is fun to learn more about the history of our waterways."

The talk will be held at the RCHS grounds located at 1 Shadow Lane in Casco. The museum will be open ear-

ly at 5 p.m. that day for guests to take advantage of all the facility has to offer free of charge.

"Guests should feel free to come early and tour the grounds," said McDermott. "If anyone sees something they want to learn more about - they should

plan a return trip. We have all kinds of things this summer and hope to attract lots of new people."

To learn more, visit raymondcascohistoricalsociety.org or visit Raymond-Casco Historical Society on Facebook or call 207-655-6389.

The museum is open from noon to 3 p.m. May through October on Saturdays and Sundays. Typically there is a blacksmith working on site giving live demonstrations on most weekends. Group tours are available by request. <



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Naples, Maine

MSSPA Cont. from page 1

generosity, the barn will be known as the "McCulloch Family Barn, A Safe Place to Land."

Dave McCulloch of Scarborough and his daughter, Laurie Hooker of Alton, New Hampshire, each spoke during the groundbreaking event and they both expressed what a great and caring organization that MSSPA is.

"MSSPA has found a way to rescue horses who had nowhere to go," Mc-Culloch said. "It shows their devotion and that people do choose to care. And it says a lot about the resilience of horses."

Hooker said that after visiting MS-SPA in Windham for the first time, she knew this is a great cause to contribute to.

"The work they do here truly moved me deeply," she said. "It's more than a facility, it's a sanctuary."

MSSPA Board Chair John Lescure told the gathering that the new barn has been carefully planned and will provide the foundation for recovery of every new horse placed into the care of the organization.

"All around it's such a great thing,"

Lescure said.

The MSSPA does not charge for its shelter services and seeks no reimbursement from any public source. Horses cared for by the MSSPA come from Maine law enforcement officials and most of them have been abused or neglected.

Peg Keyser, MSSPA Advancement Director, said MSSPA also wishes to thank all donors of the "Safe Place to Land" campaign and that the society also is grateful to receive thousands of feet of donated fencing and run-in sheds from the Dyke Horse Farm site in Windham and RSU 14 now that the school district is building the new Windham Raymond Middle School at the old Dyke farm site.

She said MSSPA's goal for each horse they take in is rehabilitation and to find them a new home, but emphasized that if no suitable adoption is found, horses may live out their natural lives at the organization's farm.

The new intake barn site will be located on 7 acres of MSSPA's 124-acre property.

To make a donation online, visit msspa.org/asafeplace or in person at MSS-PA, 279 River Road in Windham. <

New law increases consumer protection for net energy billing

Maine Public Advocate Heather Sanborn has thanked Gov. Janet Mills for signing LD 1777, An Act to Reduce Costs and Increase Customer Protections for the State's Net Energy Billing Program, into law.

"This new law will deliver real relief to Maine ratepayers while maintaining our state's commitment to clean energy," Sanborn said.

LD 1777 is the result of extensive negotiations and collaboration among solar developers, utilities, consumer advocates, and lawmakers. It is projected to save Maine electricity customers more than \$1.2 billion over the next 16 years by addressing high and rising costs in the state's current community solar program. The bill passed the House and Senate with bipartisan support in June.

The Office of the Public Advocate has long raised concerns about the costs of Maine's expanded net energy billing program, which are expected to top \$234 million in 2025 alone.



"Maine's community solar program needs reform precisely because it has been so successful," Sanborn explained. "We need to make sure that solar power is delivered affordably to Mainers going forward."

LD 1777 offers a balanced path forward, reforming the program to reduce costs and improve fairness while preserving support for solar energy.

Key Benefits of LD 1777:

1. Delivers significant savings to electricity customers by reducing excessive solar-related costs

2. Maintains Maine's rooftop solar program with no changes, protecting homeowner and business investments

3. Reduces payments to large-scale community solar projects by approximately 20 percent

4. Ends the link between solar compensation and future utility rate increases, a major driver of inflated costs

5. Introduces strong consumer protections, including safeguards against solar oversubscription and abusive billing practices

6. Supports the integration of battery storage in future solar developments, helping ensure energy is available when it's needed most

"We can't afford to let soaring electricity bills undermine public support for renewable energy. This new law is a responsible, forward-looking reform that ensures we can continue growing clean energy while protecting Mainers from rising electricity bills," Sanborn said. <





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Page 6

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Evergreen CU and Maine Mariners fight hunger

Evergreen Credit Union and the Maine Mariners will help provide over 10,000 meals to Mainers in need via their Goals for Food initiative. The hockey team and its Official Credit Union raised \$5,350 in their combined efforts.

During the Maine Mariners' 2024-2025 season, Evergreen Credit Union teamed up with the Mariners to donate a total of \$50 for every goal scored on home ice. All proceeds benefit the Maine Credit Unions' Campaign for Ending Hunger in Maine, which supports organizations that fight food insecurity in the state.

In total, Evergreen Credit Union and the Maine Mariners hockey team raised \$5,350 for the Campaign for Ending Hunger in Maine.

"This campaign is one of our favorite unique ways to give back to the communities we serve," said Jason Lindstrom, Evergreen's President/ CEO. "Our partnership with the Mariners has always been collaborative, and Goals for Food is only making it stronger. We couldn't do it without the support from the Mariners."

The program helping food pantries, banks, and closets across Maine hits home for the Maine Mariners.

"The Goals for Food campaign has a meaningful impact on our staff and players, fostering a deeper sense of purpose and pride every time we hit the ice knowing each goal helps fight hunger in our community," said Jor-

dan Place, Director of Global Partnerships at the Maine Mariners. "For the Maine Mariners organization, supporting this initiative alongside Evergreen Credit Union reflects our core commitment to giving back and making a lasting difference where we live and play."

Since 1990, Maine Credit Unions' Campaign for Ending Hunger has contributed over \$14.9 million to fighting food insecurity in Maine. Evergreen Credit Union has been the Official Credit Union of the Maine Mariners since their inaugural season in 2018-2019.

"On behalf of the Campaign for Ending Hunger, I want to express our sincere appreciation to both Evergreen Credit Union and the Maine Mariners for this innovative and fun collaboration to address food insecurity," said Elise Baldacci, President of the Maine Credit Union League. "With hunger rates on the rise in our state, it's heartwarming to see two local organizations come together to help feed their neighbors in need. I'm already looking forward to next season and can't wait to see the Goals for Food initiative continue to grow when the Mariners return to the ice."

The Goals for Food effort is currently accepting additional corporate partners for the 2025-2026 season. For more details, visit https://www.egcu. org/_/kcms-doc/1118/92197/Goalsfor-Food-Flyer.pdf <



Representatives of the Maine Mariners and Evergreen Credit Union present a check to the Maine Credit Unions' Campaign for Ending Hunger in Maine for \$5,350. From left are Jennifer Burke, Vice President, Outreach and Strategic Initiatives, Maine Credit Union League; Jason Lindstrom, President/CEO, Evergreen Credit Union; Jordan Place, Director of Global Partnerships, Maine Mariners; Jeanna Coates, Community Partnerships Manager, Evergreen Credit Union; and Elise Baldacci, President, Maine Credit Union League. SUBMITTED PHOTO





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Public invited to 'Evening with Gordon Thomas Ward'

By Kendra Raymond STAFF WRITER

Events are picking up at Raymond's Hawthorne House this season and with significant improvements to the facility and regular community activities, there is bound to be something for everyone.

Fans of folk-rock music will be delighted to hear about an upcoming dinner and concert. An Evening with Gordon Thomas Ward will be held on Friday, July 18 with the doors opening at 5 p.m. and the performance from 6 to 7:30 p.m.

Hawthorne House recently announced the upcoming and highly anticipated event featuring Gordon Thomas Ward, whom Skope Magazine hails as "setting the gold standard for singer-songwriters for generations to come."

Ward is an award-winning alternative/folk-rock artist who has created four Grammy-nominated albums in the last six years. What makes Ward unique is his integration of music, folklore, history, and storytelling - creating a truly immersive experience.





Music Mecca says that "Gordon Thomas Ward is the quintessential modern-day folk troubadour."

His impressive bio is listed on his website:

"Heavily influenced by his rural roots, and the singer-songwriters of the '70s, Gordon Thomas Ward is one of those rare artists whose multi-instrumental talents, vivid lyrics, mesmerizing sto- Acclaimed

adequate His compositions do

not follow the usual songwriter patterns or chase trends, and his lyrics cut deep, exploring love, the passage of time, and a search for meaning. His compelling performances and albums have endeared him to audiences for many years, and he shows no signs of slowing down with four GRAMMY-balloted albums in the last six years. Currently touring his new album Walking on the Wire, this award-winning, solo, multifaceted artist, author and presenter, has



singer-songwriter Gordon ries, and distinctly per- Thomas Ward will perform during a benefit sonal vocal timbre makes concert and dinner for the Hawthorne House one question whether restoration on Friday, July 18. Admission to singer-songwriter is an the event is \$25 per person and includes the description. show. SUBMITTED PHOTO

> produced four #1 charted songs and other compositions that have charted in the U.S. and abroad. Gordon has worked with notable musicians such as Noel Paul Stookey (Peter, Paul, and Mary), Eric Troyer and Mik Kaminski (Electric Light Orchestra, and The Orchestra), Kevin Barry (Jackson Browne, James Taylor), Abbie Gardner, and Jud Caswell. He's also shared the stage and billing with Natalie Merchant, Christine Lavin, → see **CONCERT** Page 10



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Author to discuss new book about writing in Windham

By Ed Pierce

STAFF WRITER As a writer, teacher, and creative encourager dedicated to helping people reclaim their stories and their voice, Anna Brooke believes everyone has a story worth telling and that writing it down can be a profound act of healing, clarity, and connection. It's the basis of a new book "WRITE! Revealing the Writer Within" she co-wrote and will be discussing in Windham during an upcoming event.

Brooke will be at Sherman's Maine Coast Book Shop in Windham from 1 to 3 p.m. Sunday, July 20 to meet the public and answer questions about her new book.

She said that "WRITE! Revealing the Writer Within" is a warm, encouraging guide for anyone ready to bring their story to life.

"Whether you've been journaling for years or are just beginning to explore the idea of writing, WRITE is a friendly companion for the journey," Brooke said. "It's designed to demystify the writing process, the book offers



Author Anna Brooke will be at Sherman's Maine Coast Book Shop in Windham from 1 to 3 p.m. Sunday, July 20 to meet the public and discuss her new book 'WRITE! Revealing the Writer Within.' PHOTO BY ROBERT WHITE

a blend of inspiration and down-toearth strategies that help you get your words onto the page - your way, in



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your voice.

According to Brooke, she cowrote the book to remind people that their stories matter.

"This book is here to hold your hand and give you practical ways to start, continue, and finish your writing, whether it's a journal entry, a memoir, or something else entirely," she said.

Born and raised in New York City, Brooke attended Boston University and earned a Bachelor of Arts degree in Art History and then obtained a master's degree at Sotheby's Institute of Art in London in Post-War Contemporary Art. She's worked in the healing arts for the last 24 years as a counselor, body worker, and energy worker.

"I have also been a performer for the last 18 years and regularly host and perform in cabaret and variety shows," she said. "Last but not least, I am also a full-time wedding officiant and use all of my writing skills in crafting custom ceremonies for couples from here and away."

But Brooke has always loved stories and storytelling and writing was a natural progression for her.

"I was very fortunate to be raised in a house full of books with two parents who loved to read, and they still do," she said. "I have always kept a journal and when I was younger, I would write short stories and turn them into handmade books. I guess I always wanted to share my work with the world. I have a very busy mind that is often disorganized, but writing helps me slow down and organize my thoughts. As I've gotten older, I've grown to appreciate how storytelling transports readers to another time and space along with its power and potency for both imagination and inspiration."

see AUTHOR Page 29



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I have been a licensed massage therapist for 3 years, but my passion for wellness started before I was even in high school. From a very young age I was certain that I wanted a career that involved helping others along their healing journey. Today, that is what I do through massage therapy, and I love every second of it. My dad and two brothers are lobstermen, a job that takes a huge toll on your body. They have worked with a talented massage therapist in our hometown regularly

for years, so I have been able to see the benefits and pain relief it provides for them. I began working with the same massage therapist in high school to see how it might benefit my fitness and recovery as a busy athlete. It brought me so much more than what I expected and allowed me to slow down in a way that I never really allowed myself to. It gave me the space and time needed to reconnect with my mind, body and soul. This is when



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my love for bodywork began.

I graduated from the Acadia School of Massage in Bar Harbor, Maine, the town I was born and raised in during COVID and have been practicing massage therapy since. I specialize in Swedish massage, deep tissue, prenatal, sports recovery, myofascial release, and trigger point therapy. Please feel free to reach out with any questions and I look forward to assisting you on your healing journey.

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I am recommending to everyone I know to contact DIRFY Generators and Heat Pumps so that they can increase their spending money. This company is awesome. No wonder they are number one in New England!" ~ R&L W.



Well-deserved recognition



The Sebago Lake Rotary Club has honored two very deserving Rotarians by presenting them with Paul Harris Fellows Awards of Recognition for their volunteerism and service to Rotary. Receiving awards were Robin Mullins, left, incoming Rotary Club President and Suzy Burkholder, center, Rotary Club Secretary. Current Rotary Club President Max Bangs presented the awards to Mullins and Burkholder. Rotary International established the Paul Harris Fellows Awards in 1957 in memory of Rotary's founder to encourage and show appreciation for substantial contributions to the organization. SUBMITTED PHOTO

CONCERT Cont. from page 8

and Bill Staines. Gordon's songs occupy a space filled with honesty, imagery, and emotion and walk a line between folk rock and soft country - always thoughtful, always heartfelt. As audiences often remark, "His music touches my heart, and I feel like he's singing just to me." Skope Magazine says, "When you think of the phenomenal storytellers of yesteryear like Bob Dylan, Paul Simon, or James Taylor, Gordon Thomas Ward would be in that same vein for today [and] is setting the gold standard for singer-songwriters for generations to come."

Hawthorne House Association President Tom Ewig is the mastermind behind bringing Ward to Raymond this summer.

"Gordon was youth minister at my church in New Jersey, so I have known him a very long time. I started seeing his social media and I thought that this would be ideal for an evening at the Hawthorne House," he said. "In fact, I have always wanted to do a cabaret style meal at the Hawthorne House and Gordon seemed to fit the entertainment bill." The candle lit evening will include a first-class gourmet experience. It features a selection of chicken, haddock, or ham entree with steamed vegetables. Each table will include a bottle of red and white wine, as well as other beverage options such as soft drinks, beer, and coffee. Dessert is included. Admission to the event is \$25 per person and includes the show.

Ewig says that trustees of the Hawthorne House will be providing food and beverages.

"I am confident it will be a fun evening," Ewig said.

Reservations and payment are required prior to the event by visiting hawthorneassoc.com and clicking on the dinner/concert link. Or you can send a check to Hawthorne Community Association, PO Box 185, South Casco, Maine 04077. Make sure to specify the event you'd like to attend, and how many tickets.

For questions, please call Becky at 207-329-0537 or by email at hawthorne@maine.rr.com

Learn more about Gordon Thomas Ward at: www.gordonthomasward.com and check out his music on Spotify. <

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Beech leaf disease spreads into Lakes Region

By Kendra Raymond

STAFF WRITER

Residents and visitors to the area may have noticed something strange is going on with the local beech tree population. Where lush, deep green serrated leaves should be present, Lakes Region residents are noticing stunted, shriveled, or even missing leaves throughout the local beech tree population.

With the disease being spotted widespread throughout the state, property owners are becoming concerned.

The Maine Forest Service has published the following update about Beech leaf disease (BLD). "A disease that has been leading to decline and mortality of beech trees from Ohio to Southern New England is now impacting Maine's forests. Beech leaf disease (BLD) was confirmed in Lincolnville, ME (Waldo County) in May 2021 by forest pathologists from the Maine Forest Service and US Forest Service. The BLD-infested trees were brought to the attention of the Maine Forest Service by the forest owners. Reports from the public continue to play a critical role in understanding the distribution of the disease. BLD is widespread and severe throughout many areas of Maine and is now found at various levels of severity in 15 of Maine's 16 counties. This distribution does not include every town in each county, so efforts continue to track and document disease distribution through survey and reports from the public. In cooperation with the US Forest Service, nine long-term monitoring plots have been established to learn more about disease development and impacts at the individual tree and stand levels in Maine's forests."

With all this concern, property owners are wondering what can be done to slow or stop the spread. Then Maine Forest Service fact sheet offers a few FAQs:

• BLD can kill American beech, European beech, and many other beech cultivars of various origins;

• BLD symptoms are associated with the presence of a non-native foliar nematode (microscopic roundworm), Litylenchus crenatae mccannii;

• Disease symptoms tend to begin in smaller beech trees in the understory, however larger trees are also vulnerable to attack and decline;

• BLD may weaken beech trees over time, making them more vulnerable to secondary pests.

Symptoms include:

• Dark bands between the veins of leaves;

• Leaves are cupped, deformed, shriveled and may be smaller than usual;

• Leaves can be thick and have a leathery texture, unlike the papery texture of healthy leaves;

• Premature leaf drop;

• Aborted buds leading to sparse leaf cover;

• Thinning canopy.

Property owners are left with many questions and a feeling of helplessness with the situation. As with many diseases, BLD will eventually run it's course. In the mean time, small efforts can make a difference.

While there is no cure for BLD, homeowners can help control symptoms by pruning or removing diseased trees. The refuse should be kept on site, to avoid infecting other areas. It is suggested that infected plant material is burned or composted. Make sure to obtain a burn permit. Other options include chipping and firewood, which should all be used on site.

Smaller infected trees will likely not survive BLD. Mature trees will likely also not survive but will last for a longer duration. While BLD may not directly kill older trees, they can be weakened and susceptible to secondary diseases and pests.

Pamela Hargest is a Horticulture Professional with the University of

Maine Cooperative Extension in Cumberland County.

"I recommend getting in touch with the Maine Forest Service as they are our go-to experts for tree diseases and pests that are impacting our forests," she said. "They also have a lot of helpful information on their website about Beech Leaf Disease."

Forest Pathologist Aaron Bergdahl is with the Department of Agriculture, Conservation, & Forestry Maine Forest Service, Forest Health & Monitoring. He says that the disease is pretty serious.

"Well, it's certainly gaining genetic resistance. The outlook is not great for beech," he said. Bergdahl said that the prognosis for smaller trees is 3-5 years and 5-7 for larger trees, with 10 years

→ see BEECH Page 28

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RSU 14's Katahdin Program administrator essential to student success

By Ed Pierce **STAFF WRITER**

Rich Meserve considers himself fortunate to work with a team of talented colleagues that help students find their way in school after having struggled in other settings.

As the Head of School of the Katahdin Program, RSU 14's alternative high school program, Meserve says that seeing students embrace the opportunities and challenges that they are presented with at Katahdin is inspiring.

"In one way, shape or form, I am almost always thinking about the students I work with and how I can best support them," Meserve said.

His duties as school administrator include supervising and evaluating all professional and support staff, helping to plan, organize and directly implement all school activities, assisting in the development, revision, and evaluation of the curriculum, and establishing and maintaining an effective learning climate in the school. He also prepares the Katahdin program's budget, monitors expenditures, and coordinates school transportation and logistics.

The upcoming 2025-2026 school year will be Meserve's 15th year working for RSU 14.

"I first started with RSU 14 in 2004 working as a teacher at the REAL School for a number of years," Meserve said. "I then served as the assistant

principal for REAL School until becoming the Katahdin Head of School in 2016. I served in that capacity for almost three years and then left to take a position as Director of School and Student Supports at the Maine Department of Education. I then returned for a year at Windham Middle School assisting with starting

their Altitude Pro-Katahdin.

According

"The Katahdin Program has the same graduation requirements as Windham High School, but we are small enough that we can tailor school to be a bit more individualized as well as having the flexibility in our schedule to incorporate experiential learning

He was born in Augusta and



Rich Meserve has led RSU 14's gram and I am now Katahdin Program as its Head back in my role as of School since 2016 and will be $Head \ of \ School \ at$ entering his 15th year this fall of working for the school district.

 $_{to}\,$ He has lived all his life in Maine Meserve, the most except while attending college challenging aspect and eight years that he spent of his job is break- in the Pioneer Valley region of ing down the stigma Massachusetts. SUBMITTED PHOTO

of what an alternative program is.

into the mix," he said.

from High School and has lived all his life in Maine except while attending college and eight years that he spent in the Pioneer Valley region of Massachusetts. I have graduate and undergraduate history degrees.

"I moved back to Maine over the summer of 2004 and had three jobs offered to me, from three different districts, on the same day," Meserve said. "Weighing all three offers, I felt the most comfortable with the position at RSU 14. This initially had to do

with the three people at my interview, Pender Makin, Lillie Hanlon and Rod Nadeau, and the way they painted a picture of what working with them would be like. Since that time, I have been incredibly impressed by the leadership of the district from the members of the superintendent's team to the school board."

Education is a second career for

Meserve.

"I first got involved working with students as a part-time tutor in Massachusetts in my early 30s. Shortly after that I went back to school at UMass Amherst and became an Ed Tech for two years and then a classroom teacher," he said. "I have been a regular ed as well as a special education teacher/case manager. I have served as Assistant Principal, and Head of School, as well as in a director position at the Department of Education. I have volunteered for a number of education-related boards and committees and have been a member of the Teacher of the Year State Review Team for the last 11 years."

His most memorable moments in his career with RSU 14 involve connecting with students a few years after they have graduated.

"They are so thankful for the opportunity that the Katahdin Program provided them to not only earn their high school diploma but also the many other skills and experiences they were afforded by being part of the program," he said.

Meserve says the most important thing he has learned while working for RSU 14 is simple.

"Every human being has potential and supporting all students is paramount to giving everyone the best opportunity to live a happy and successful life," he said. <

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Her Mainely Girl Adventures: Healing in nature

By Staci Warren SPECIAL TO THE WINDHAM EAGLE



I'm sure I'm not the only one who's thinking 2025 didn't turn out the way I'd hoped. Last year, I spent a lot of time in the woods Warren, Columnist which helped me re-

lax and escape, but this year, I faced a far more serious problem than I ever anticipated. In early February, I was diagnosed with aggressive malignant, triple negative breast cancer, but I had no idea what that actually meant.

I had gone in for my annual mammogram that has always been followed by back-and-forth visits to follow up on possible suspicious findings. Year after year, nothing ever came of them so when I got my six-month call back, I almost didn't go because I had a meeting for work but decided it would be too much of a pain to reschedule, so I went. That morning, the technician even said, "we'll get you out of here in no time. You probably won't need that ultrasound they've already scheduled."

Find out

why

Nope, not lucky. My ultrasound was done, and I went home. That night my PCP called telling me I needed a biopsy, and they just happened to have an opening the following Tuesday. Following my biopsy, a week's wait and not hearing from the surgeon, I thought "no news is good news," but they hadn't cancelled my appointment.

As I sat through my appointment, it was as if she were talking about someone else as she explained the gravity of the diagnosis. My mind raced day and night for the next three months. The waiting for what seemed like forever put me into a mental health crisis without me even realizing it, even though I was in complete denial.

There was no time to cry or be emotional, so I had to accept it and tackle each day as any other day. I had so many questions, so little answers and decisions that needed to be made.

I tried to get outside, but the weather was so unpredictable, the days were short, and it seemed as if spring would never arrive, so I took up quilting to keep my mind busy if I couldn't be

outside. The cold, wind, and rain all spring made it almost unbearable, but whenever the stars aligned, I would take in the outdoors whether to sit by the campfire in my back yard or just on the deck to breathe in the fresh air.

I could feel my body releasing the stress, the worry, and the "what ifs" and unknowns. My husband would drive me up to our favorite place, where we go to all summer just to get a break from the house. Just seeing and being where we have so many memories helped me deal with the diagnosis.

The day before my bilateral mastectomy and reconstruction surgery, we went fly fishing in the river, which was also the first nice day in many weeks. I caught the only fish, a beautiful 13inch salmon. For one wonderful day, my mind was free to think of anything other than what I was facing. Fly fishing kept me focused on the task at hand and I was rewarded with feeling relaxed, happy, and worriless for the first time in a long time. I didn't think I'd get another chance to fish this season, but it didn't matter at that moment.

I wasn't able to hunt turkey this spring due to my surgery so all I did all spring was watch strutting toms and hens in my field. I had two months of -> see NATURE Page 29



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BRIEFS

Flea Market

'The Casco Village Church, United Church of Christ will host its annual "Open Air Fair/Flea Market from 8 a.m. to 1 p.m. Saturday, July 12 at 941 Meadow Road. This year's event will feature vendors, a flea market, food booths, a flower sale, and more. FMI, call 207-627-4282.

Seacoast Adventure Car Show

The annual Seacoast Adventure Car Show for Make-A-Wish Maine will be held from 10 a.m. to 2 p.m. on Saturday, July 12 at 930 Roosevelt Trail in Windham. Seacoast Adventure, on behalf of the Dwaine Richards family, is hosting the annual car show with



or mail to: 588 Roosevelt Trail, Windham, 04062

Editor,

Thank you to all who have supported our fundraisers in the past, we are very grateful. The money raised goes totally toward garden needs. Presently the only fundraiser we are running is the sale of our organic garlic scapes and the garlic when it is ready. We have harvested the scapes, and they are available to buy for \$10 a pound or a bulk price of \$8 per pound for 5 pounds or more. Scapes are very versatile and there are many recipes they can be used in, they can also be frozen to be used at another time. More info on our Facebook page and on our website at windhamcommunitygarden.org

> ~ Marge Govoni, Windham Community Garden co-chair

Editor,

With so many older Mainers making a difference in our communities every day, AARP Maine is proud to once again honor one outstanding individual through the annual Andrus Award for Community Service. I'm writing to encourage Mainers to nominate someone age 50 or older who has gone above and beyond in serving others. The nomination deadline is July 15, 2025.

This award is AARP's most prestigious volunteer honor and is named after Dr. Ethel Percy Andrus who founded AARP at age 73. It celebrates people whose selfless work has improved lives and inspired those around them. Nominees do not have to be AARP members or volunteers; they just need to live in Maine and have made a meaningful impact through unpaid service.

As a volunteer myself, I've met so many people who give their time quietly, never asking for recognition. Whether delivering meals, mentoring youth, helping neighbors age safely at home, or running community programs, their acts of kindness often go unnoticed. That's why this award matters, and it shines a light on those who lead with heart and action.

Last year's recipient, Pamela Partridge of North Anson, is a perfect example. She is a retired educator who continues to give back, improving lives and inspiring others long after retirement. I believe there are many more Mainers like her, and they deserve to be seen and celebrated.

If you know someone who you feel would be worthy of this award, take a few moments today to nominate them. For details and nomination forms go to: www.aarp.org/andrusaward.

Let's celebrate the people who make Maine a better, stronger, and more compassionate place for all of us.

~ Dr. Erica Magnus, AARP Maine Communications Volunteer, Windham 100 percent of the proceeds benefiting Make-A-Wish Maine[®]. Registration is open from 8 to 10 a.m. for car owners at a cost of \$10 per show car. Spectator admission is \$5, with children 12 and under admitted free. Additional donations for Make-A-Wish[®] Maine will be accepted. In the event of rain, the car show will be held on Sunday, July 13. FMI, call 207-892-5952.

Blood Drive

American Legion Field-Allen Post 148 is sponsoring am American Red Cross blood drive from noon to 5 p.m. Wednesday, July 16 at the Windham Veterans Center, 35 Veterans Memorial Drive, Windham. To schedule an appointment for a donation, call 1-800-733-2767.

Girl Scout Reunion

Girl Scout Troop 704 will be holding a reunion in the afternoon of Sunday, July 27 in Raymond. Any Girl Scouts who were a member of Troop 704 from 1992 to 2004 are encouraged to participate. FMI, call 207-671-7064 and leave a message.

To submit a nonprofit event for our briefs email: editor@thewindhameagle.com





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BEECH Cont. from page 11

being the maximum survival time. Many trees may have pre-existing issues which can tip the scales toward decline. The concerning asked is that there are a lot of beech trees in our native forests. It will become more apparent we start to see decline."

Aside from the impact on Maine's visual landscape, the potential catastrophic loss of the beech tree population could affect mammals in the forests. Beech nuts are well-known for

serving as a food source for deer and are also consumed by bears. Additionally, the trees can serve as valuable shelter in the woods for various mammals.



Maine Department of Inland Fisheries and Wildlife staff members are monitoring the situation and planning accordingly.

At the Region A headquarters in



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Homeowners that are unsure of how to correctly identify plant diseases are encouraged to visit the UMaine **Cooporative Extension website** where you can fill out a form and upload photos. Use the code to the left to bring you to the website.

Gray, biologists are not overly concerned at this tenure and Assistant Regional Wildlife Biologist Joshua Matijas is cautiously optimistic.

"It is a shame that we have vet another disease negatively affecting our native Beech trees. Unfortunately, Beech leaf disease (BLD) seems to be spreading fairly rapidly and at varying levels of severity," he said. "Beech nuts are one of many food sources for deer when they are available, but they are produced on a very cyclic and sometimes irregular basis. Depending on a variety of factors a mature and healthy Beech tree might produce nuts every two to six years."

Matijas reassured residents that the deer will likely come out A beech branch at a Raymond home meaning they feed on a variety shrubs, as well as soft and hard PHOTO BY NEILY RAYMOND mast. Beech nuts by themselves are not sustaining our deer population by any means and with the many oth-

er options available on the landscape I do not foresee impacts to our deer population," said Matijas.

The Maine Forest Service website has provided the following information sheet: www.maine.gov/dacf/ mfs/forest_health/invasive_threats/

unscathed. "Deer are browsers exhibiting classic symptoms of what's known as Beech Leaf Disease. The of leaves, buds, grasses, twigs, tree will likely die from the disease.

beech_leaf_disease.htm

Homeowners can also take advantage of the Disease identification/ management resource at: extension. umaine.edu/ipm/plant-disease/digital-diagnostic-submission-form/

The Maine Forest Service can be reached at: foresthealth@maine.gov or by phone at 207-287-2431. <

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The Windham Eagle

NATURE Cont. from page 13

recovery, and now chemotherapy has begun.

We've planned our camping and fishing around the weather, which has coincidentally coincided around my chemo recovery weekends. We got a chance to fly fish from our boat last weekend. I caught and released six beautiful native brook trout while enjoying the sunset and calm waters on the pond. The immense joy that I get being in the outdoors has helped me heal more than I ever hoped.

months of chemotherapy,

and I will be done, with hopes of no reoccurrence. The timing will be perfect since I was drawn for a moose permit! I will have two months to recoup before my moose hunt in the Maine North Woods in late September. It's given me something to look forward to as I see the end of chemotherapy, which has become more difficult the more I have.

I plan to go for my second grand slam. I will hunt bear in early September, moose and deer, but my biggest hurdle will be getting a fall turkey, which I've never done. Wish me luck! If you happen to be in Ashland, I'll be the one wearing the orange hunting hat and no hair.

I am on the mend. My mind is good, and I can see the finish line. Not only am I almost through treatment, but also, my quilt is almost done, which is



Staci Warren is slowly getting back out into nature following surgery and treatment for cancer this spring. Here she enjoys fly fishing before her surgery. She is on the mend and expects to make a full recovery in time I still have two more for hunting season this fall. SUBMITTED PHOTO

> a good thing since I have lots of outdoor adventures planned. I can't stress enough, how important the outdoors is for healing the mind, body and soul when you're faced with a health crisis. Make it part of your healing journey, and please, get your mammograms. Mine saved my life.

> Author Staci Warren provides a unique woman's perspective and column on the outdoors every month. She is a freelance writer whose blog, My Mainely Girl Adventures, is about a woman hunting, fishing, trapping, foraging and living in the Maine outdoors. She also loves camping, star gazing, wildlife watching, and hunting for fossils. She's an active member and board member of the New England Outdoor Writers Association and is a monthly columnist and feature writer for The Maine Sportsman Magazine. In her free time, she enjoys mentor*ing women hunters and trappers.* <

AUTHOR Cont. from page 9

Her first book was called "Stripped Down: How Burlesque Led Me Home" which she is revising with the intention of reissuing it in 2026. She's also contributed to a couple of anthologies "Awakened Leaders: Empowering Stories of Self-Healing, Triumph, and Transformation" and "Sex on Stage: Performing the Body Politic."

The idea for her latest book came from when she started co-teaching writing classes with a fellow author, Vindy Teja, in 2021.

"We had both published our first books with the same publishing house which is how we met," Brooke said. "She is a Punjabi Canadian and despite our different cultural backgrounds, we connected over the importance of not just telling stories but preserving them within our families and communities. This book is a product of our collaboration and the shared ethos of helping people get their stories out of their heads and down onto paper. As we like to say, we're not going to tell you how to write, but we are going to tell you to write no matter what."

She says in total, it took them about 18 months to write the new book.

"Co-writing was a new experience

for me, so we would get together every other Friday for three hours to just work on the book together," Brooke said. "We would write on our own and keep each other updated for feedback, edits, or additions. It was a pretty seamless process once we found our groove. We also made sure that we didn't rush anything."

She likes to write when the mood strikes her, but if she's working on a deadline or a piece that is time-sensitive, she'll schedule daily writing time into her calendar.

"When I wrote my first book, I discovered that setting aside an hour was too much time for me," Brooke said. "In retrospect, I was feeling overwhelmed. I landed on scheduling only 15 minutes per day. That way, if the muse was speaking, I could fill that 15-minute window and let it flow until the inspiration dried up. If, however, the muse was not speaking, 15 minutes of proverbially squeezing blood from a stone felt a lot easier than 30 or 60 minutes."

Those attending Brooke's appearance at Sherman's in Windham are encouraged to bring their questions about writing, creativity, and self-expression. She will also have copies of "WRITE! Revealing the Writer Within" available for purchase on site. <

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Varsity basketball shuts down Greely with strong start

By Matt Pascarella

Windham's varsity summer basketball team faced Greely High in Cumberland on Monday, July 7 and its defense came out strong with Greely barely able to reach 10 points by halftime. All the while, Windham's offense ran up the scoreboard with multiple players hitting three-pointers and the Eagles emerging with a 79-49 victory.

"I was just trying to come out here and play my best basketball," said Windham junior Colin Janvrin, who knocked down at least five three-pointers. "We pushed the ball really well in transition and getting to the paint and kicking out for open threes or taking the layup if it was there. Something we got to work on is stopping middle drives; Greely would get to the paint a lot and have kickout threes and it would just hurt us. We're very confident with the team we have, and I think we're going to go pretty far again and we're going to have a really talented team this year."

The Eagles took the court hungry and right away Windham sophomore Boston Krainis opened the game with a three-pointer. Moments later he hit another three-pointer.

Windham defense significantly held back Greely as they were unable to put many points up in the first part of the first half. Windham offense rebounded.

Senior Tyrie James sunk two three-pointers in a row. Janvrin sunk two three-pointers in the first half. Windham had a buzzer beater before the end of the half.



(L to R) Windham senior Tyrie James won't be stopped as he heads to the hoop during a summer basketball game against at Greely High School in Cumberland on Monday, July 7. Junior Colin Janvrin sets up to shoot one of his many three-pointers. Senior AJ Moody collects a breakaway basket. PHOTOS BY MATT PASCARELLA

After one half, Windham led over Greely, 37-13.

"We pushed the ball well, I feel like we found our open shooters," said James. "Defensively, we were pretty solid; we could work on rebounding. Everything you can work on, obviously. It was a great game in a hot gym, and we played well. There's still more to work on and improve. We try not to let (the heat) affect us, but eventually it's going to affect everyone; just got to stay hydrated."

James said while summer wins are nice, players and teams can change a lot before the winter season begins, so it's vital to not put too much importance on winning games.

The second half brought Janvrin opening with another three-pointer; then Moody followed suit as Windham intensity remained high – as well as temperature.

Janvrin sank two more three-pointers as Greely gained a bit of traction and closed the gap, but only a little.

Krainis hit two three-pointers as Windham answered by pulling away more. They were able to maintain the lead until the final buzzer.

"The guys just played hard," said Windham varsity boys' basketball coach Chad Pulkkinen. "We're trying to find out our identity, trying to figure out the chemistry our guys can have. We're trying to Windas well on the defensive side; our guys were pretty aligned there. We moved the ball really well and made a lot of shots, so that was important. What we need to work on is helpside defense, we let up a little bit and we got to keep that mentality to fighting to the last whistle and not give in; don't worry about the scoreboard, just play through it. Those things we can improve on, we got a young team. Summer's been

was proud of the guys; they did what

they needed to do defensively. That's

what we can control how hard we play

got a young team. Summer's been great; the kids are bonding getting together, participation numbers are really big. Guys are getting into the gym early and getting their own shots up, so (there's) a lot of hunger." <





ATTICATION OF THE WHEEK

Parents' names: Deb and Michael Lebel **Reason for selection:** Sean plays three sports and balances them all. He's an extremely hard worker. Coaches say they've never seen a kid with a motor like

him; he doesn't get tired; he works extremely hard at all points in the game. Very similar to how Cooper Flagg plays, he doesn't take plays off – he plays his hardest. He's a small guy, but he makes up with that effort. And IQ, he's a really smart player too; he's an incredibly hard worker who should get some recognition. He excels in all the other sports that he plays because of his work ethic. A lot of kids should watch him and see; they can do a lot in any sport if they do what Sean does. He leads by example and is going to be a great defender in the league for a long time.



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WHS seniors accept college athletic letters of intent

By Matt Pascarella

Seven Windham seniors Katelyn Cotter, Zoe Dries, Ava Gerrity, Carter Engelman, Tayla Pelletier, Marina Schwarz and Lukas Hammond signed their letters of intent at Windham High School on Thursday, May 28.

The first group were profiled in The Windham Eagle's July 4 edition; this is the second group of student-athletes to be profiled who signed college athletic letters of intent.

Tayla Pelletier – University of New Hampshire

"Profound impact, kind, humble, grit, devotion," said Windham girls' track and field coach Jeff Riddle about Pelletier. "As her junior teammate Sydney Broadbent said Tayla is the most dedicated athlete, teammate and leader that I've ever had the pleasure of being on a team with, despite the fact that she is highly successful in every event she tries, she maintains being humble, kind and is always encouraging me and all of her teammates. It's not that Tayla demonstrates outstanding results in all that she does, it's that she tries to master them, and she never stops. She consistently embodies the highest standards of sportsmanship, and character."

Pelletier will major in exercise science and would like to become a sports physical therapist. She will also be on UNH's track and field team.

"It was kind of relieving (to sign her letter of intent)," said Pelletier. "It sets what's next in place. Windham sports has taught me determination while raising others up and working on yourself."

Pelletier was in the top 10 percent of her 2025 graduating class and earned Honor Roll status all throughout high school.

Marina Schwarz – Thomas College, Waterville

"Her work ethic, resilience and un-

(Right) Windham senior Lukas Hammond returns a ball he saved to midfielders during a prep soccer game in September 2023. Hammond will attend the University of Southern Maine in Gorham after signing his letter of intent at WHS on Thursday, May 28. He will major in mechanical engineering and play soccer and lacrosse. PHOTO BY CHERI CROSSMAN



Windham senior Tayla Pelletier leaps over a hurdle during a prep track and field meet at Noble in North Berwick on Thursday, May 1. Pelletier will attend the University of New Hampshire, majoring in exercise science. Senior Marina Schwarz is about to throw the shot put during the State Championship Meet in Lewiston on Saturday, June 10. Schwarz will attend Thomas College in Waterville, majoring in marketing and minor in digital art. Both girls will compete on the respective track and field teams after signing their letters of intent at Windham High School on Thursday, May 28. PHOTOS BY MATT PASCARELLA

wavering commitment to improvement are manifesting in impressive results," said Riddle. "These qualities make her a massive asset to our track and field program and broader community as well. She has safely gotten very strong and cultivated herself into an incredible shotput and discus thrower, a dedicated teammate and a



true captain."

Schwarz will major in marketing and minor in digital art. She's undecided on what she'd like to do after college but has always wanted to be a real estate agent or possibly own her own business. Schwarz will be on the track and field team for throwing at Thomas College.

"I thought it was really good (to sign my letter of intent)," said Schwarz. "It was good to be along with some of my teammates ... it meant something to sign in front of my teachers, parents and all their friends; ever since my sophomore year I've tried my hardest with my grades. I received high honor roll in every single quarter and finished this year with all my grades being 97 and above."

Lukas Hammond, University of Southern Maine, Gorham

"The adjective that jumps out the most for me when it comes to Lukas is overcoming adversity," said Windham boys' soccer coach Jeff Neal. "From a heartbreaker season sophomore year that started out with an injury, I've never seen an athlete work so hard to come back. From that moment ... Lukas has always overcome. He never asked a teammate to do anything he wasn't willing to do himself and gave 100 percent. His leadership, second-to-none; always set the example and set the bar very high. He's a team-first guy."

Hammond will major in mechanical engineering and go into the engineering field. He will play soccer and lacrosse at USM.

"Teamwork is the best thing I've learned (from Windham,)" said Hammond. "Relying on the teammates and bringing them up is this whole collective thing I'm going to be able to take with me for the rest of my life."

He finished in the top 10 percent of his class and his advice to underclassmen is to do what you love; freshman year Hammond was playing baseball, and he picked up lacrosse and loved it and soccer has always been a passion of his. <



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40 X 15 = 600

By Andy Young COLUMNIST/THE WINDHAM EAGLE

I never really know what I'm going to write each week for The Windham Eagle.

Sometimes I start with one idea but then head off in an entirely different direction.

Often life presents a topic, like last winter when a snowplow hit my car.

At other times a random thought will cross my mind, and it'll get me started.

The ability to play with words and/ or numbers helps when producing a cogent 600-word column.

Over the years I've gotten plenty of writing advice from a variety of distinguished mentors.

For example, a veteran editor told me to never write essays of over 800 words.

"Nobody wants to read more than 800 words about anything you can name," she said. And after many years of experience, I have to say I believe she was right.

Although given the attention spans of current readers, 400 words might be more like it.

Or, thanks to soulless social media influencers and avaricious cellphone purveyors, perhaps 200 would suffice.

After thoughtful consideration I decided to write exactly 600 words for The Windham Eagle each week.

And that's what I've done for the past five years, week in and week out.

But what is the most effective method of writing thoughtful, meaningful, amusing, or inspiring essays?

Some folks say the best way of learning to do something is actually doing it.

And for the most part I agree, although obviously there are exceptions to every rule.

I have heard that for some people, formal education is more important

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• have paid your property taxes in Windham (due October 2, 2024

than hands-on experience.

My best guess is that people who maintain that belief are most likely professional educators.

Or "educated idiots," as my supervisor at the apple orchard, an 8thgrade dropout, enjoyed saying.

I wasn't exactly the greatest at academics, but some random lessons somehow stuck with me.

Today a kid like me would be diagnosed with "oppositional-defiant disorder," or some such thing.

But that wouldn't have been entirely accurate in my case, since I wasn't ever defiant.

Oppositional maybe, but defiance most definitely wasn't a viable option when I went to school.

However, I may have shown a bit of passive-aggressive oppositional behavior from time to time.

If adults told me I couldn't accomplish something, I'd do it just to spite them.

A well-meaning teacher once told me to vary the length of the sentences I wrote.



"Too many short sentences make your writing sound too simple, and too boring," she intoned.

She also cautioned me against constructing overly lengthy sentences that contained too many multisyllabic words.

"Overlong sentences and pretentious verbiage turn readers off," she sagely advised, and naturally I agreed.

I should have listened more carefully to most of the teachers I had back then.

But because I was an immature adolescent boy as a high schooler, I did not.

Funny, because now that I think of it, "immature adolescent boy" is a classic redundancy.

There were only three boys in my entire high school class who weren't immature adolescents.

And naturally those three exceptions were unfairly (and unmercifully) tormented by the rest of us.

However, that was then, this is now, and the subject at hand is essay writing.

Nobody would recommend authoring an essay where every sentence contained the same number of words.

Or even worse, a 40-paragraph, 40-sentence essay, with each sentence consisting of exactly 15 words.

"Writing something like that is impossible!" they'd insist, adding, "Besides, who'd want to read it?"

I admit, I'm not quite sure who'd really want to read 40 consecutive 15-word sentences.

But after finishing this column, I know for certain that writing one is indeed possible! <

LEGAL NOTICE – PETITION FOR A PARDON STATE OF MAINE

AUGUSTA – OCTOBER 16, 2025

Notice is hereby given that a Petition for a Pardon for Sarah Waterman (Allard) who was convicted of the crimes Theft by Unauthorized Taking (C) and Violating Condition of Release (E) CUMCD-CR-2011-00215, Possession of Scheduled Drug (D) and Possession of Hypodermic Apparatuses (D) CUMCD-CR-2010-266, Theft by Unauthorized Taking (B) CUMCD-CR-2010-7700, Theft by unauthorized Taking (C) and Forgery (C) CUMCD-CR-2012-05455, Theft by Unauthorized Taking (C) and Forgery (C) CUMCD-CR-2012-05455, Theft by Unauthorized Taking (C) and Forgery (B) and Operating after Suspension (E) CUMCD-CR-2011-7298, Operating after Suspension (E) CUMCD-CR-2012-01284, Driving to Endanger (E) CUMCD-CR-2010-8297, Failure to Report and Accident (E) AL Winslow, Motor Vehicle Speeding: 30+ (E) CUMDC-CR-08218, Theft by Unauthorized Taking (E) Jeff Soper, Possession of a Scheduled Drug (C) CUMCD-CR- 2015-04623, Operating after Suspension (E) Michelle Cole, is now pending before the Governor and a Hearing will be conducted on Thursday, October 16, 2025 at 9 A.M. Please visit the following link for Hearing details: www.maine.gov/corrections/pardonboard



- and April 1, 2025), or rent in Windham on your home for at least a year;
- have an annual household income LESS THAN \$64,900
 or are 100% disabled, w/Social Security Administration document verification, & meet all eligibility requirements excluding age.

For more info and an application, scan here or visit: www.windhammaine.us/616/ Senior-Property-Tax-Assistance Printed applications may also be found at Windham Town Hall & the Windham Public Library

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Summer is in FULL SWING, just like the real estate market

By Matthew Trudel SPECIAL TO THE WINDHAM EAGLE



There are about the same number of single-family houses currently for sale in Windham as there are single-family homes under contract. Inventory is slightly up over the

— Matt Trudel, Five Star Realty

last month, however the amount of buyers out looking has increased as well.

This means that competition is still strong with buyers often competing on the same property. How is this still happening with interest rates being close to 7 percent for a 30-year fixed rate? Let's take a closer look at what is really happening and how we might just be overthinking things.

First let's talk about interest rates and how they are affecting the market both negatively and positively. Yes, 6.75 percent is not what people would say is a good interest rate. People will say that they have a 3 percent interest rate, and 6.75 percent is absurd. That is the COVID or post COVID interest rates that all of us got spoiled with for several years. All of us got trained that 3 percent was the new normal and is what we should expect if we have good

credit scores and solid loan history.

That is a fair statement, but isn't it also a fair statement to say 6.75 percent was a pretty good rate less than a decade ago? Certainly, the low 6 percent range was a very good rate. Everyone got spoiled with those extremely low rates, which by the way, are not sustainable in any market or business.

The second factor that hasn't changed in the past six or seven years is the demand and need to purchase a home. People need a place to live, and many don't like the idea of renting and not investing in their own future. The population continues to grow, people change jobs, get married, get divorced, and sometimes it is just that they are becoming adults and want to invest.

The list is endless, and the demand is strong, but the inventory is not endless. Pricing is still strong even with the elevated interest rates. So, if pricing is remaining strong, and interest rates are higher, how are buyers managing to purchase homes when the purchasing power they have is lower because of the higher interest rates?

We are seeing the younger generation show some real creativity and determination in deciding that they would prefer to purchase a house

rather than pay the escalating rental prices. I have seen three friends pool their funds for a down payment and all three of them purchased a home together so they could share expenses. Their plan was to invest in a property together so they could hopefully make a little money down the road, but more important was the money they could save themselves and build their own savings to prepare for their next purchase on their own.

I had a very young couple, girlfriend and boyfriend, who also opted to do the same. This is always a little risky making such a big purchase together when things can change quickly in a relationship. They had thought this out and had an agreement in place just in case that did happen.

There are always ways to get things done when you really want to accomplish something. My last example is a client who really liked the house we looked at. We were the first showing, and she loved it. I explained it was easily worth \$60,000 more than they were asking, and we should move quickly and aggressively.

We did just that and had it under contract later that afternoon before too many other buyers could see it. The other agency was not super cooperative in the process, and we later learned about all the offers they had over and above ours. We had a clean offer which was \$60,000 over asking. Even without the listing agent or the seller's cooperation we accomplished our goal and closed on my clients' dream home.

Being creative and having experience can make all the difference in your success in a real estate transaction. Make sure you have a realtor who has both in your next transaction.

This article was written by Matthew Trudel, Owner of Five Star Realty, Windham, 207-939-6971. <





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CLUES ACROSS

- Auto manufacturer
 The 23rd letter of the
- Greek alphabet
- 7. Two-year-old sheep
- 10. Member of indigenous
- people in Asia
- 11. Airborne (abbr.)
- 12. Actress de Armas
- 13. Not moving
- 15. Cool!

SSWORD

- 16. Plants of the arum family
- 19. Perceptible by touch
- 21. Rorschach test
- 23. Monetary units24. Art
- 25. Cardinal number
- 26. Dueling sword
- 27. Hates
- 30. Fixed in one place
- 34. Pie ____ mode

CLUES DOWN

1. Policemen (French)

- 2. Toy dog
 3. Inflamed colon disease
- 4. Muscular weaknesses
- 5. Helps little firms
- 6. References
- 7. Takes down
- 8. Facilitates
- 9. One-time empress of the Roman Empire
- 13. Engine additive
- 14. Chemistry solution
- 17. Written account
- 18. Consumed20. Coming after all others
- 22. No (slang)
- 27. Government lawyers
- 28. Super Bowl winner Manning
- 29. Small amount
- 58. Swiss river

- 35. Moved on foot36. Passenger's spot on a motorcycle
- 41. A way through
- 45. "Rule, Britannia" composer
- 46. Leader47. Flowing
- 50. Common greetings in Arabic countries
- 54. Solution for all difficulties
- 55. Soft clothing fabric
- 56. Building material
- 57. Sea bream
- 59. A way to cause to be swollen
- 60. One and only 61. Skin color
- 62. Wreath
- 63. Nevertheless
- 64. They
- 65. Sea eagle
- 31. A way to save for your future
- 32. A way to travel behind
- 33. Midway between northeast and east
- 37. Head pain
- 38. Loud lawn insect
- 39. Actress Hathaway
- 40. Boat race
- 41. About fish
- 42. Nursemaid in India
- 43. Marketable
- 44. Tinier
- 47. Parts per billion (abbr.)
- 48. Paddle
- 49. Oneness51. Bitter compound
- 52. Not around
- 53. Very fast airplane

D. 6 13 6 11

Clue: Used for sight

eyes



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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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As a genuine natural alternative, salt therapy has been around for centuries and used to relieve everything from respiratory and skin conditions to muscle recovery and mental wellness. Opening next week in Windham, Salt Spa Wellness offers a calming, restorative environment where guests can take a break from the demands of everyday life and focus on their well-being.

Owned and operated by the Mank Family at 585 Roosevelt Trail in Windham, the mission of Salt Spa Wellness is to help people feel better, mentally, physically, and emotionally, through affordable holistic services designed to relax the body, reset the mind, and support many forms of healing.

Specific services provided by Salt Spa Wellness will include:

• Float Therapy (in both single and double rooms) – a sensory deprivation experience in skin temperature, magnesium-rich water that promotes deep relaxation, pain relief, improved sleep, and mental clarity.

• Salt Therapy (Halotherapy) in both private and group settings – breathing in pure, dry salt air can help clear the respiratory system, reduce inflammation, and support skin health.

• Infrared Halosauna – a unique combination of dry salt therapy and infrared heat that helps detoxify the body, reduce stress, relieve pain, and boost circulation with optional red-light therapy and chromotherapy.

• Aqua Massage - a fully clothed

Salt Spa Wellness

massage experience using high-pressure water jets that deliver deep muscle relaxation without needing to get wet.

"Regardlesss of the clients goals, our services are designed to meet them where they are and help guide them toward a healthier, more balanced lifestyle." said Kelly Mank, Salt Spa Wellness owner.

She said that the most significant aspect of Salt Spa Wellness is the intentional environment they've created, one that blends holistic wellness with personalized care in a spa-like setting.

"What truly sets us apart is how we bring multiple modalities together under one roof, allowing guests to create their own customized wellness experience, whether they're coming for one service or combining several into a self-care day," Mank said. "While other businesses may offer individual services like floating or salt rooms, few offer the full range of modalities we do, including Float Therapy, Halotherapy (Salt Room and Salt Cave), Infrared Halosauna, and Aqua Massage, in a thoughtfully designed space built specifically for rest, recovery, and healing."

According to Mank, beyond the services themselves, what distinguishes Salt Spa Wellness is its philosophy.

"We focus on education, empowerment, and comfort," she said. "For many of our guests, it's their first time trying a salt therapy service, and we take pride in guiding them through the process, so they feel informed, supported, and completely at ease. Our space is clean, modern, and intentionally designed to help people unplug, breathe deeply, and feel better. Ultimately, our goal isn't just to offer a service, it's to help people reconnect with themselves, manage stress, support their physical and emotional health, and leave feeling better than when they arrived. That's the heart of Salt Spa Wellness."

Mank said that one of the biggest misconceptions about the business is that it's just a luxury or "pampering" spa experience.

"While our space is beautiful and relaxing, what we offer goes much deeper, our services are grounded in wellness, recovery, and real therapeutic benefit," she said. "Float therapy, halotherapy, and infrared sessions aren't just for relaxation; they support mental health, pain relief, respiratory wellness, and more. Once people understand the science, and feel the difference themselves, they realize it's not a splurge, it's a form of self-care with lasting impact."

Salt Spa Wellness Manager Kaila Mank says the business takes great pride in offering high-quality, evidence-based wellness services in a setting that's peaceful, clean, and deeply restorative.

"Every element from our float tanks and halotherapy rooms to our infrared halosauna and aqua massage systems has been carefully selected to provide therapeutic benefits while ensuring maximum comfort and privacy for our guests," she said. "We maintain the highest standards for cleanliness, sanitation, and equipment upkeep, and we're committed to creating a calm, supportive environment where every guest feels welcome and cared for. Our team is passionate about helping people discover what wellness means for them, whether it's managing stress, reducing pain, or simply finding time to relax. Many of our initial clients have shared that they've found relief from anxiety, improved sleep, reduced pain, and even faster recovery from injuries thanks to our services. Our goal is not just to provide a service and experience, it's to provide healing, restoration, and a lasting sense of well-being."

For further details about Salt Spa Wellness visit their website at www. SaltSpaWellness.com to take advantage of their grand opening specials. Find them on Facebook and Instagram under SaltSpaWellness. <







FLOAT THERAPY Reduces stress & inflammation; Promotes deep relaxation & recovery.

SALT THERAPY Supports respiratory health; Reduces inflammation; Clear allergens from the lungs & sinuses.

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