

## WHS Coach Pulkkinen to be inducted into the Saint Joseph's College Athletics Hall of Fame

#### By Matt Pascarella

STAFF WRITER

Over the last few years, Windham High varsity boys' basketball coach Chad Pulkkinen and his team have made quite a bit of news. Pulkkinen's team won back-to-back State Championships in 2024 and 2025, and he achieved his 100th career win. If that wasn't enough, Pulkkinen was notified on June 10 by his former Saint Joseph's College basketball coach Rob Sanicola that he will be inducted into the 2025 Saint Joseph's College Athletics Hall of Fame at the Stone Barn at Saint Joseph's College on Oct. 17.

"To be able to deliver the news to someone who gave so much to the program and the college, was truly special," said Sanicola. "He poured his heart into Saint Joseph's College; to be the one to tell him he was getting this well-deserved recognition was an honor. He embodied what it meant to represent Saint Joseph's College, and it wasn't about just how he played, but how he carried himself every day. What made Chad special was the impact he had on the people around him. From day one, Chad cared deeply about leaving the program better than he found it, and he absolutely did that; he made it better for everyone who came after him."

After suffering possible season-ending injuries twice while playing for the Monks, Pulkkinen battled back and was a three-season captain. He set records and achieved major accomplishments including becoming a member of the 1,000-point club, he helped lead the Monks to the 2007 National Collegiate Athletic Association Division III Northeast Region Independent Championship and a slot in the Eastern College Athletic Conference playoffs, as well as a 2007 All-State honoree.

"I grew up about three miles away from Saint Joseph's College, so I lived in the gym there; watching, playing and dreaming about one day playing there," said Pulkkinen. "My parents Bruce and Denise would take me, my brother and sister to the Chamber of Horrors to watch games in a packed gym. I was hooked. I idol-

ized John Wassenberg, Carl Howell, Steve Schuler, Rob Sanicola, Erbie



Chad Pulkkinen coaches basketball at Windham High School, but his accomplishments as a player at Saint Joseph's College have led to the announcement of his induction to the Saint Joseph's College Athletics Hall of Fame. He is shown here during the Eastern College Athletic Conference Championship at Western New mentally challenging. It England University in Massachusetts in 2007. PHOTO BY SAINT JOSEPH'S COLLEGE ATHLETICS

> Mitchell, and all the great teams that I was fortunate to follow. As a kid I

wanted to be a Monk, to wear the jersey of the players I looked up to back then. To be inducted into the Hall of Fame just validates the work and the unseen hours, the long days and the tough times where I was able to persevere. To me the honor is shared with my family, teammates, and coaches who helped put me in the best position for success."

To truly understand Pulkkinen's success at Saint Joseph's College, you only need to look at his determination. He tore his Anterior Cruciate Ligament during a Christmas break tournament in his freshman year. He tore the same ACL again less than a year later; and was devastated as the rehabilitation process was physically and would be extremely difficult to return to the player he once was. A lot of peo-

ple questioned whether he would be -> see PULKKINEN Page 6

## A dream come true: Windham's Afthim hears name called in 2025 Major League Baseball draft

#### By Ed Pierce STAFF WRITER

Ever since he was a young player and competing in Windham Little League games, Brady Afthim has clung to his dream of someday playing Major League Baseball. The next step in his quest became a reality on Monday when the Cincinnati Reds selected him in the 13th round of the 2025 MLB Draft with the 384th pick.

A right-handed pitcher who dominated opponents while playing for Windham High School, Afthim, 22, was the closer for the University of Connecticut Huskies after graduating from WHS in 2021. He earned a baseball scholarship at UConn through hard work and dedication to improving his skills while playing at Windham High. Under the tutelage of then-WHS Coach Cody Dube, who also had grown up in Windham been drafted and played in baseball's minor leagues, Afthim made the most of his opportunity in high school. He was honored as Maine Gatorade Player of the Year, was USA Today Player of the Year in Maine, and was recognized as First Team All-Southern Maine Athletic Association as both a pitcher and a catcher. He also won



2021 Mr. Baseball in Maine Award.

A landscape architect major at UConn, Afthim showed promise as a freshman in 2022. He appeared in 22 games out of the bullpen for the Huskies and didn't allow a run in 15 of his 22 outings while stranding 11 of 14 inherited runners. As a sophomore, Afthim held opponents to .205 batting average while making 26 appearances for UConn, including retiring all six batters that he faced to clinch the Big East ty and then pitching a scoreless inning against Georgetown in the Big East Conference Championship Game. By the time his junior college sea-

son arrived in 2024, Afthim drew the attention of professional scouts and was honored as a First Team All-Big East selection. He finished second in the Big East Conference with 8 saves and struck out 27 batters in 25 1/3 innings pitched. His 2.29 Earned Run Average was fifth overall in the Big East that season and he was credited with a save in the NCAA Norman Regional at No. 9 Oklahoma and then pitched a career-high 3.2 innings at No. 8 Florida State in the NCAA Super Regionals.

This year as a senior, Afthim closed out his college career as second in UConn history with 92 appearances. He was tied for 8th place overall in team history with 17 career saves and he posted the lowest opponent batting average in Huskies' history at just .211. Afthim also had a career-low 2.45 ERA, earned nine saves and had two wins as the team's closer. In 22

2021 Windham High grad Brady Afthim, who pitched in college for the University of Connecticut, Conference reguwas drafted in the 13th round by the Cincinnati lar season title at Reds in the 2025 MLB Draft on Monday to play Creighton Universiprofessional baseball. PHOTO BY COLBY RUSH

the John Winkin Award designating him as the top senior high school baseball player in Maine in 2021 and he was named as the recipient of the

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If you grew up in the 1950s and 1960s like I did, chances are that your closet was filled with popular board games of the day like mine was.

Board games were a way to engage the entire family in a fun-filled evening, show your friends how much you learned about a subject in school or to display a new winning strategy that you developed.

My first board games were Candyland, Chutes and Ladders and Uncle Wiggly. Of that group, Uncle Wiggly was my favorite because it was about taking a trip through a forest and reading simple rhymes found on each card drawn when it was your turn. The winner was always the first player to reach Dr. Possum's House.

As I became older, for my 7th birthday in 1960 I was given a Go to the Head of the Class game. This was always entertaining for me, especially the game tokens which were cardboard images of adults and kids on wooden bases. The objective was to move across a playing field of student desks from nursery school to high school graduation by answering simple questions.

In fourth grade in 1962, I received a Cootie game for Christmas. That game baffled me as you had to build a large plastic bug-like creature called a Cootie by collecting various bug body parts. Not being into science in school, Cootie wasn't my favorite and wasn't played a lot after my younger brother carried off a Cootie body part and then lost it somewhere outside.



**JULY 18** 1812 – Great Britain signed the Treaty of Orebro, making peace with Russia and Sweden.

1853 – The Grand Trunk Line Railroad is completed establishing rail service between Portland, Maine and Montreal, Canada.

1864 – U.S. President Abraham Lincoln requests 500,000 volunteers to enlist for military service.

1914 – Six planes of the U.S. Army are used to form an aviation division called the Signal Corps.

1940 – The Democratic National Convention meeting in Chicago nominates President Franklin D. Roosevelt for an unprecedented third term in office.

1953 – Elvis Presley pays \$3.98 to make his first demo recording at Sun Studios in Memphis, Tennessee.

1955 – Disneyland, the first of Walt Disney's theme parks, opens in Anaheim, California.

1971 – New Zealand and Australia announce they are removing troops sent to Vietnam.

My brother was much more hands-on growing up than I was. Therefore, he received building blocks, Lincoln Logs and an Erector Set as gifts, while I was presented with board games.

By the time I was in sixth grade, my closet was filled with Monopoly, Aggravation, Scrabble, Game of the States, Chinese Checkers, Parcheesi, Clue, Concentration and Yahtzee. I also had a Lassie game, Careers, Battleship, and a World War I aerial combat game called Dogfight.

I didn't own every board game. For some reason, I never had Life, Password, Sorry, Easy Money or Racko and I never wanted Milles Borne as I never understood what that game was all about.

A few games I owned required more physical skills than metal prowess and some of them were Mousetrap, Operation and Bas-Ket. In Mousetrap, you rolled a marble through a large contraption and the person with the fastest marble to complete the course winning. Operation involved extracting small plastic objects with tweezers from a funny looking cutout of a man. It needed a battery and the patient you were "operating on" would buzz and his nose would light up if you touched the side of a cutout space in retrieving an object. Bas-Ket was great fun and had players moving levers on a makeshift basketball court to connect for basketball baskets using a plastic ping pong ball.

At that same time, my parents gave me a Twister game and since my brother never wanted to play that, it sat in my closet for years. It got more use when I took it with me to college and there was no shortage of players during college co-ed dormitory parties.

I also had a table-top ice hockey game and an electric football game. The ice hockey game was the kind where you used levers to maneuver a small plastic puck up and down and take shots on goal. Unfortunately, my ice hockey game was ruined when I left it on the floor in my bedroom and my brother ran in there not knowing it was on the floor. He stepped on it and the levers became severely bent and twisted. My father was unable to straighten them to salvage the game so we could play it.

The electric football game involved small plastic players in realistic football poses who moved by vibration when the electricity was turned on. You could also pass a tiny oval felt football by pulling back the arm of the quarterback but never quite knew where a receiver would travel based upon the vibrations.

During my sophomore year of high school, I received both a Stratego and a Risk game for Christmas. I had also purchased my own chess and checkers games using money I had earned on my paper route. Instructions that came with the checkboard showed how to play a game called Backgammon, but it wasn't until years later that I learned how to play that game.

Stratego quickly became one of my favorites. It's a two-person contest where you advance colorful plastic military ranked pieces across a battlefield and the winner captures an opponent's flag. Risk also fascinated me as a game of worldwide conquest where players roll dice to try and occupy countries on a global map.

My original Risk game had wooden game pieces that were much more durable when they accidentally fell on the floor and were then scooped up by my dog and chewed. The newer Risk comes with plastic game pieces that my dog would enjoy chewing and swallowing.

After a lifetime of playing board games, I've come to appreciate that the beauty of a game lies in its challenging complexity. < ~ *Ed Pierce* 



July 18, 2025

### What's your ideal way to spend a weekend?

"Camping, hiking, fishing, hunting. Just not work." – William D. Reiner

"Kayaking, PRLT trail volunteering and magnet fishing." – Stephen Signor

"Hanging out with my family." – David D. McCoombs

> "Getting together with family and friends!" – Jackie Peters Babineau

"Enjoying the nice weather outside reading a book." – Pamela Gregory Brown

"Gardening, the pup, friends and family." – Sharon Taylor

"Husband, dog, garden, good food." – Julie Mallett

"Thrifting and garage sales." – Lois Fuller

"Pizza, beer, the company of good friends, Red Sox games on TV!" – Shelley O'Rourke

"Traveling, going to new restaurants, not working." – Dean A. Smalley

"Hitting the beach." – Mitchell B. Robinson

"Taking photographs and attending church." – Oscar F. Kellner

"Shopping, sightseeing, yard sales and babysitting for the grandkids." – Chris Macklin

"Cleaning the house, doing laundry and watching the Patriots during the season." – Mia Potenzio-Ransey

"Cooking, baking, being outdoors, soaking in the tub with a good book." – Anne Glotchshuk

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"Listening to music at a nightclub and enjoying a fantastic meal with my significant other." – Richard Heaney

"Tending to my flowers and hiking." – Isabella Mongon

"Sports, sailing, the gym and camping with my girlfriend." – Rick Seacroft

"Visiting my favorite coffee house." - David W. Tettley



## **Barbecue fundraiser to benefit recent Windham High School graduate stricken with lymphoma**

#### By Ed Pierce

**STAFF WRITER** 

When Austin Woodbury walked across the stage at Cross Insurance Arena in Portland on Sunday, June 8 to receive his diploma during Windham High School's 2025 graduation ceremony, neither he nor his family were aware that he was about to enter a fight to save his life.

Woodbury, 18, told his parents that he felt ill on Monday, June 30 and had stomach pain and constipation. What Austin's parents Josh and Rachael Woodbury thought at first was something simple then quickly evolved into something much bigger though.

Following a barrage of testing and examinations at Maine Medical Center in Portland, Austin was initially diagnosed by physicians with renal failure as his kidneys were being blocked by a tumor. That in turn led to a more detailed diagnosis of Stage 3 Mature B-cell Lymphoma which was found extensively throughout his abdomen, pancreas, bowel wall, lower right lung, and femur. He has also had testing performed to see if it has spread to his bone marrow and they are waiting results from that.

To resolve his kidney issues, drain tubes were installed into each kidney and since then, Austin's kidney functionality has returned to normal.

Lymphoma is a type of blood cancer that develops in the lymphatic system, a part of the body's immune system. It's characterized by the uncontrolled growth of lymphocytes which are a type of white blood cell that help fight infection. Stage 3 Mature B-cell Lymphoma indicates that the cancer is present in lymph nodes on both sides of the diaphragm and may also be present in Austin's spleen.

This type of Stage 3 Mature B-cell Lymphoma is an advanced form of cancer, and treatment for Austin was started immediately involving chemotherapy. His oncologist may consider other treatments for Austin based upon his age, overall health, and the specific type and stage of his lymphoma.



Austin Woodbury, who graduated in June from WHS has been diagnosed with Stage 3 lymphoma and is undergoing treatment. A benefit fundraiser and barbecue with live music will be held at the Windham Veterans Center from 1 to 5 p.m. Sunday, July 27 to help Woodbury's family pay his medical expenses. COURTESY PHOTO

> Mature B-cell lymphomas are a type of non-Hodgkin lymphoma and

account for about 85 percent of all lymphomas diagnosed in America.

Survival rates from this type of cancer are generally listed as good, with the five-year survival rate for Stage 3 Mature B-cell Lymphoma estimated at 65 percent according to mylymphomateam.com. Younger adults tend to have a better outlook when diagnosed with Stage 3 Mature B-cell Lymphoma compared with older adults, according to the National Cancer Institute.

Members of Austin's family say that he's currently undergoing intensive treatment, and both his parents have been by his side every step of the way in dealing with his diagnosis, meaning they have missed work, have mounting medical bills, and the additional financial stress of trying to keep things afloat at their home in Windham.

Josh Woodbury's brother, Jason Weatherby, has been tasked to help them try and raise funds to meet the expenses associated with Austin's treatment.

"They asked that they focus solely on being with Austin and being avail-→ see BENEFIT Page 4



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#### **BENEFIT** Cont. from page 3

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able to doctors without interruption so I'm running fundraising initiatives," he said.

A fundraising goal was established online for a Go Fund Me to help cover medical expenses, transportation, and basic household needs like groceries and keeping the lights on at home while Austin's parents are with him at the hospital during his medical ordeal.

Along with the Go Fund Me effort, Weatherby said the community is invited to participate in a barbecue and fundraiser from 1 to 5 p.m. Sunday, July 27 at the Windham Veterans Center, 35 Veterans Memorial Drive.

"We'll have food, a silent auction, and we just locked in "The Only Hope" band to play their first charity event," Weatherby said. "It should be an amazing day."

If you are interested in donating items for the silent auction please contact Weatherby at 207-572-7051.

The Minervino Family, which owns Long Beach Marina in Sebago, also donated proceeds from their Fuel Up for Charity event on Saturday, July 12 for Austin and his family as he undergoes treatment.

According to Weatherby, Austin remains strong during his treatment, is kind, and full of life.

He said having this happen to Austin at a time when he should be focused on his future and his life ahead is a real shame and it shouldn't be a time when he is having to fight cancer instead.

"With your help, we can ease some of the burden on his family so they can focus on what matters most – Austin's recovery," Weatherby said. <



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## **Norway Savings Bank** appoints Windham native as CFO and Treasurer

Norway Savings Bank has announced that Richard St. Pierre has been appointed Chief Financial Officer and Treasurer Executive Vice President.

St. Pierre succeeds the retiring Brian Shibles, who has served at NSB for over 23 years, including 20 years as NSB's CFO and Windham native Richard St. 12 years as Treasurer.

as Senior Finance Offi- for Norway Savings Bank. cer SVP and has since  $\ensuremath{\mathsf{SUBMITTED\,PHOTO}}$ overseen the overall management of the bank's financial accounting, budget, investments, facilities management, and project management.

He possesses more than 20 years of executive leadership experience, including over a decade in community banking.

"In his time at NSB, Rich has proven to be a tremendous addition, working closely with Brian and the Finance and Facilities Teams to prepare for his transition as well as overseeing the implementation of Norway Savings Bank's new Online and Mobile Banking platform earlier this year," said Dan Walsh, President and CEO of NSB. "He has an extensive finance background and



Pierre has been appointed St. Pierre arrived at as the Chief Financial Norway Savings Bank Officer and Treasurer and in December of 2023 an Executive Vice President His extensive knowl-

that prior experience combined with his calm and respectful demeanor make him the perfect choice as the bank's new CFO and Treasurer."

A Windham native, St. Pierre earned a Bachelor of Science Degree in Accounting from the University of Southern Maine and later earned his Certified Public Accountant (CPA) designation. edge and experience in financial reporting,

budgeting, strategic planning, asset liability management, investment management, regulatory reporting, insurance, new branch development, business continuity planning and vendor management make him a valuable asset to the NSB team.

In his free time, Rich enjoys watching New England Sports (Go Pats!) and spending time with his family at their camp. He is also a year-round outdoor enthusiast.

Besides his leadership role at NSB, St. Pierre currently serves on the board of Kennebec Valley Community Action Program as well as the board and loan committee of Southern Maine Finance Agency. <





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2025

# Maine Bureau of Insurance reduces rate increases sought by long-term care insurer; premiums for many still steep

Bob Carey, Maine Bureau of Insurance Superintendent, has announced that the Bureau has reduced premium increases requested by Genworth Life Insurance for

many of their long-term care insurance products. This decision followed a thorough review and actuarial analysis of rates by the Maine Bureau of Insurance.

"The Bureau's analysis dug into the details to ensure the rate requests were actuarially justified," Carey said. "While the Bureau reduced many of the requested rates, for some policyholders the rate change will still result in a steep annual premium increase. I encourage policyholders to consult with their insurance broker or other trusted resource, to consider their options to determine the best course of action." Carey advised.

Many long-term care insurers originally issued policies that were underpriced. These insurers are now seeking large premium increases to generate revenue necessary to pay claims when they come due. The largest rate increases are for policies that have lifetime benefits with inflation protection.

The Bureau's decision requires Genworth to spread out any approved rate increases that exceed 25 percent over a two or three-year period, which can provide policyholders time to plan.

For one of its long-term care insurance policies, Genworth's requested rate increase of 233 percent was reduced to 76 percent, which will be spread over three years at 20.8 percent each year. For another policy, Genworth requested a rate increase of 124

#### DRAFT Cont. from page 1

nati could send Afthim to play for its Rookie League team in Goodyear, Arizona or for its Single-A affiliate at Daytona Beach in the Florida State League.

The Reds drafted Afthim for his talent as his fastball has been timed in the range of 93 to 95 mph and has touched 97 mph at times. Besides throwing a fastball, he also mixes in a changeup and throws a slider that he uses to offset his fastball.

His parents, Shelly and Phil Afthim, are well-known around town for their support of both Brady and his older brother Bryce, who also pitched for Windham High School and played in college for the University of Southern Maine. "We are all incredibly proud of Brady's accomplishment in being drafted," said Shelly Afthim, Brady's mother. "He has put in a lot of time and effort to reach this goal, and it hasn't been without sacrifices and challenges along the way. To watch him not only set a goal, work toward that goal for years, then to watch him negotiate for himself and knowing his worth on the day of the draft was really amazing to watch as a parent. He has a lot of support from family, friends and coaches, but he earned this through his own efforts." <



percent. That request was reduced by the Bureau to 50 percent, which will be spread over two years at an annual rate of 22.5 percent. Approved rate

increases will take effect 90 days after the company notifies policyholders.

Long-term care insurance helps cover the costs of services like nursing home care, assisted living, or in-home care when you can no longer perform daily tasks independently. It's designed to help protect your assets and provide peace of mind by addressing potential long-term care expenses that are not typically covered by health insurance or Medicare.

Genworth Life Insurance is a subsidiary of Genworth Financial and is headquartered in Virgina. It provides life insurance, long-term care insurance, mortgage insurance and annuities.

To learn more about potential plan options that may assist with affording long-term care insurance, consult the Bureau's Long-Term Care Rate Increases FAQs web page at www.maine. gov/pfr/insurance/node/977. For a general overview of long-term care insurance, visit the Bureau's Long-Term Care Insurance web page at www. maine.gov/pfr/insurance/consumers/ long-term-care-insurance. <





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#### July 18, 2025

PULKKINEN Cont. from page 1

able to continue to play.

Pulkkinen took that skepticism and used it to motivate himself; he told himself he would return better than he was when he was healthy. He was granted a fifth year and a medical redshirt because of the lack of games he played in after his second injury. He returned a year later and had his strongest season in his graduate year.

"Through my injuries I really started to understand the game from a coach's perspective as I was able to participate more with the coaches on that side of things since I was not able to play," said Pulkkinen. I learned a ton in my freshman year about the game through (coach) Rick Simonds. My sophomore season I found myself studying film and scouting opponents, something that I became really interested in and felt I brought value to the team and eventually helped me as a player when I returned. I became a more intelligent player and more aware on the court. Off the court my friendships with my teammates and the small knit community of Saint Joseph's College was memorable and something that has carried over to today, with connections and mentors to reach out to. I was also able to meet my wife Ramsey at school which made my decision to go there even more special."

During his high school career playing for Windham, he thought playing professionally overseas would be a realistic goal because someone he knew, John Wassenberg, was playing over there. It moget to that point. He became friends with Wassenhealthy, Pulkkinen's dream seemed attainable again.

"Overcoming two serious knee injuries during one's college career is almost unheard of and coming back from one is impressive," said Saint Joseph's College Hall of Fame Committee Chairman Corey McCarthy. "Having it happen again and battling through the rehab again is incredibly





tivated Pulkkinen to try to WHS varsity boys' basketball coach Chad Pulkkinen talks to his team during a game at Greely High School in Cumberland on Monday, July 7. Saint Joseph's side him for 11 years. "He berg who would send him College Athletics Hall of Fame will induct Pulkkinen took the lessons he learned gear from overseas. Once during a ceremony in October. PHOTO BY MATT PASCARELLA

> difficult and certainly speaks to Chad's character. His time at Saint Joseph's College coincided with a time frame during which Saint Joseph's College competed as an NCAA DIII Independent meaning conference championships and/or accolades were not available for him to attain. His play helped the Monks go about as far as they could, NCAA Independent Tournament and ECAC Tournament championship game appearances, achievements that absolutely played a major role in the program's success as a new member of the Great Northeast Athletic Conference the following year."

> In 2007, having obtained a Bachelor of Science degree in business, Pulkkinen played in the European Basketball League for the Northampton Neptunes, where he, along with his team helped mentor and coach 400

kids within the community, teaching them the fundamentals of the game.

Since leaving Saint Joseph's College, Pulkkinen has continued to give back to the school. His family company, Windham Millworks, has been involved in several campus projects, including the redesign of the Hall of Fame Room and the finishing work for Baggot Street, their student union.

"I think there is no better role model," said Windham assistant coach George Mc-Crillis, who's coached alongat Saint Joe's and converted them into running a super

successful business. There's his commitment to his community; he would not be coaching someplace else. He has a basketball intellect where he could easily coach at the collegiate level, but this is his community, he's tied to Windham, he loves Windham. He wants the best for Windham."

Pulkkinen says he would like to thank his mom, Denise, his agent, trainer and coach. She took him to every gym possible as a kid and fostered his love of the game. He would also like to thank his dad, Bruce, as well as his wife, Ramsey, who has shown him all the love and support in the world. He also thanks his family, teammates, his friend John Wassenburg, Coaches Kevin Millington, Simonds and Sanicola and past Monks players who inspired an 8-year-old kid to dream big and chase it with everything he had. <

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## Animal educator to give ecology program for kids

#### By Kira Pilot STAFF WRITER

Reptiles and amphibians and insects, oh my! Andrew Desjardins, the man behind the educational outreach program "Mr. Drew and His Animals Too," will be bringing some of these creatures to a July 25 presentation at the Windham Middle School.

This free event is coordinated by the Windham Library, Windham Parks and Recreation, and the Middle School itself. Children ages 3 and over are invited to attend and see up close some critter guests as well as learn about responsible pet ownership, rehabilitation, and stewardship of our natural world.

Desjardins, who has assumed the 'Mr. Drew' moniker for the past 15 years, takes in and cares for neglected or unwanted pets. Often the animals in his care aren't the fluffy mammals stereotypically domesticated. Instead, he nurtures exotic insects, arachnids, amphibians, turtles, tortoises, lizards and snakes from around the world. At any given time, Desjardins houses and looks after 300 to 400 creatures at



Windham Parks and Recreation and the Windham Public Library will host a free show for children by animal educator Mr. Drew at 2 p.m. Friday, July 25 at Windham Middle School. Kids ages 3 and over are invited to attend. PHOTOS BY CATLIN CREATION

his new facility in Poland. Some animals are responsibly rehomed and others are used in his outreach work after they have been socialized.

Desjardins originally got his start as an educator at a campground one

rainy weekend. Noticing the youthful campers were bored, he brought over some pets he was rehabilitating for a

show and tell. Parents in the audience inquired if he appeared at birthday parties which sparked the idea for Mr. Drew and His Animals Too. Today, Desjardins as Mr. Drew travels throughout New England, scheduling close to 200 shows in a summer. He is so busy that lately his son Sylas has been stepping in to help him at his summer camp shows.

The content Desjardins presents includes anecdotal stories, ecological facts about the animals he brings with him, humor, and environmental awareness. More than anything, he says he wishes to impart a sense of conscientious care to would-be pet owners.

"Learn about an animal before you buy it, not after," he said, and he encourages audience members to reach out directly via email with any questions they have about the responsibilities of pet ownership.

Younger generations are increassee MR. DREW Page 14







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<sup>1</sup> Annual Percentage Rate as of 03/03/2025. Not all applicants will qualify for the lowest rate or be approved. Promotion and rate subject to change without notice, foreign transaction fees may apply. For more information, visit egcu.org/credit.

## Windham presentation to discuss often-neglected subject

#### By Ed Pierce TAFF WRITER

Those who've had to endure the strain of making funeral arrangements soon after the death of a family member know about the emotional strain and burden of having to make tough choices under duress.

Forced to make significant personal decisions while grieving takes a toll on all of us and can leave us overwhelmed on the worst possible of days. Yet by giving the subject a little preparation and with guidance, the process can turn out to be meaningful, helpful to healing, and manageable.

To that end, a Maine funeral professional is offering a free informative presentation to alleviate some of the uncertainty from having to plan funerals and make sound decisions during a time of grief and emotional stress. The free presentation will run from 11 a.m. to 1 p.m. Friday July 25 at The Little Meeting House, 719 Roosevelt Trail in Windham.

"Our goal is to help the public

Find out

rehy

gain a clearer understanding of how paying for end-of-life arrangements works, and to build their confidence that preplanning can be a secure and beneficial option," said Jeff Dobson, the owner of Dobson Family Funeral and Cremation Services and Casco Bay Cremation. "Recent funeral home closures, some of which made headlines, have raised concerns, so we hope this event will reassure families by providing accurate, trustworthy information."

Dobson said that the presentation will cover an array of key topics including:

• How preplanning a funeral works in Maine

• The three types of mortuary trusts allowed under Maine law

• The cost of cremation and what contributes to that cost

• The advantages and disadvantages of preplanning

• An open "Question and Answer" session for families

"We also want to address the common reasons some families avoid

preplanning: discomfort discussing mortality, fear of high costs, or concerns about relocating" Dobson said. "Many people don't realize that arrangements can be easily transferred if they move."

According to Dobson, he believes it is especially important to educate the public about mortuary trusts.

"For instance, there's a funeral home currently advertising that they accept transferred mortuary trusts at 'no cost,' but in reality, there are often fees involved," he said. "Families deserve transparency so they can make informed decisions that truly serve their best interests."

Dobson said working with a funeral professional is essential for the public because they help families navigate the complex process of planning a funeral or memorial service for their loved one. They provide guidance, support, and expertise in areas such as arranging for cremations, obtaining necessary permits and certificates, and coordinating with other professionals involved in the funeral



process while helping families make important decisions and providing emotional support during a difficult time.

Preplanning can be both a learning and decision-making process, he said. By learning what your available options are, decisions can be made to help balance value and cost. Once decisions have been made about services, a plan can be created to document and share these decisions with the next-of-kin, family and friends.

The process doesn't necessarily include having to pre-purchase goods or services. But if pre-planning decisions are to be made without purchases being made, pre-planning can result in a clear, well-documented record of an individual's wishes and selections.

"On a personal note, one of the most challenging parts of this work is the responsibility we carry," he said. "We always strive to give every family our absolute best. But as humans, we know we may fall short at times, and that pressure to be perfect can be very heavy."

As the owner and founder of Casco Bay Cremation and Dobson Family Funeral and Services in Arundel, Dobson has worked in funeral service for more than 16 years and started his career in Portland at a funeral home assisting the funeral directors there. It led him to go back to school to obtain his mortuary science degree.

For more details about the presentation in Windham and to RSVP call 207-747-8240 or send an email to: info@cascobaycremation.com. <

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- Understand the differences in the cost of services
- Discover the many advantages to planning ahead
- Ask questions in a relaxed, no-pressure setting

## FRIDAY JULY 25 11ам-1рм —

at The Little Meeting House, 719 Roosevelt Trail, Windham



### Light Refreshments & a Free Preplanning Guide will be Provided for All Who Attend

Whether you're exploring options or ready to take the next step, WE'RE HERE TO HELP WITH CLARITY, COMPASSION, AND LOCAL INSIGHT.

## **Casco Bay Cremation Services**

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## Local author to sign book of seacoast-themed poems

## By Dina Mendros

After retirement from 40 years of teaching, Windham resident Bob Clark realized he had another calling, one that the teacher turned poet enjoys sharing with his community. He'll be sharing his passion for poetry from 1 to 3 p.m. on Saturday, July 19 when he will sign copies of one of his books of poems at Sherman's Maine Coast Book Shops at 795 Roosevelt Trail in Windham.

The seacoast-themed "Seaside," which he published last year, is Clark's fifth book of poems; so far, he has written six books and plans to write more. In addition to "Seaside," his published books include "Canoe," "Carriage Lane," "Tourmaline," "Spinnaker," and his most recent book "Sleigh Bells," which was published this year.

Clark started on his poetry path while he was teaching.

"As a language teacher (Clark taught Spanish), I caught onto that the English department used to have a poetry month ... and that the curriculum would explore poetry as opposed to short stories" or another genre," he said. "When I retired, I had some poems and I said 'you know I'll go to my library and see if they want me to do a display.' So every year in April which is National Poetry Month, I do a framed poem display in the Windham Public Library."

He later decided he could create books made up of his own poems and poems of other people, which he has done for six years. The books usually include 20 of his own poems and 10 from other poets. Each book of poetry focuses on a theme.

"Seaside' has a theme of the shoreline," Clark said, "like seagull poems and lighthouse poems."

His inspiration for writing poetry started at a young age, Clark said, adding that being read to as a child helped him to love the written word. Then, when attending Windham High School as a teenager "we had some wonderful teachers ... they said 'you know we're gonna do some poetry' and then we're going to have us investigate it. ... What caught my attention was that you have a storyline in a poem and it could have more than one meaning. ... I always enjoyed the fact that you could be a writer and have multiple meanings.

"Teachers always seemed enthusiastic while encouraging us to figure out what was being said and to think about how imagery could be created using efficient word patterns," Clark said. "Set against a math sequence with a single designated outcome, words seemed to poetically be able to have multiple ones."

He is also inspired to write poetry because "I want to give back to my community," Clark said.

On a personal level, he chooses to gift framed poems to family and friends, he said. But he also wrote a poem about the mass shooting in Lewiston on Oct. 25, 2023, and presented a copy of the poem to the Lewiston City Council. He read a copy of one of his poems before the Maine Legislature for its convocation and earlier this year he delivered his "2025 see **AUTHOR** Page 10





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#### Page 10

## **AUTHOR** Cont. from page 9

New Poetry Workshop" for the Maine Coast Men organization meeting in Linconville.

"There's a variety of ways to give back to the community," Clark said. "It's like giving somebody a hug, shaking their hand, saying 'my God, thank you all the time you put in, let me give you some of that back."

He says that it's inspirational that someone might read one of his books in the library and take a book out and he'll never know it.

event at Sherman's Maine p.m. Saturday, July 19. SUBMITTED PHOTO

Coast Book Shop in Windham on Saturday afternoon will be able to purchase a copy of "Seaside" and have it signed by Clark. Clark's other books



Poet Bob Clark will meet the public and sign copies of one of his poetry books during an appearance at Sherman's Maine Those attending Clark's Coast Book Shops in Windham from 1 to 3

> can be found at the Windham Public Library. For further details about Clark's poetry, send an email to caribetime@gmail.com <

### **LEGAL NOTICE**

#### MAINE DEPARTMENT OF ENVIRONMENTAL PROTECTION TO FILE NOTICE OF INTENT UNDER GENERAL PERMIT FOR APPLICATION OF AQUATIC HERBICIDES FOR THE CONTROL OF **INVASIVE AQUATIC PLANTS**

The Maine Department of Environmental Protection, Division of Environmental Assessment's Invasive Aquatic Species Program (IASP), intends to file a Notice of Intent (NOI) with the Maine Department of Environmental Protection Division of Water Quality Management for herbicide treatment a portion of Little Sebago Lake to control the invasive aquatic plant hybrid water-milfoil (Myriophyllum heterophyllum x Myriophyllum laxum). The application is for a permit to discharge the aquatic herbicide Procellacor EC (active ingredient florpyrauxifen-benzyl) via subsurface injection through perforated hose from a surface watercraft into a portion of Little Sebago Lake.

The area proposed for treatment in 2025 or 2026 is a 3.7-acre cove just north of the Lower Narrows and near Canal Court.

The treatment goal is to significantly diminish the hybrid water-milfoil in this cove of Little Sebago Lake to reduce risk of spread and allow future management with non-chemical control methods. The treatment is part of a five-year management plan.

#### THE IASP WILL HOLD A VIRTUAL PUBLIC INFORMATION MEETING REGARDING THIS PROPOSED HERBICIDE TREATMENT ON MONDAY, JULY 28, AT 6 P.M.

The meeting will be on Zoom and will be recorded for subsequent viewing.

The link to the join the Little Sebago Lake Zoom Meeting is: https://mainestate.zoom.us/j/83010503018?pwd=

aUejsWavCvgb5kU2TFHkmIzB8m819D.1 OR SCAN THIS CODE:

> Meeting ID: 830 1050 3018 Passcode: 42841723



Please contact John McPhedran at john.mcphedran@maine.gov or 207.215.9863 if you have technical problems.

## Mission accomplished

Windham Police De-Patrolman partment Allen Leblanc has retired from full-time after duty serving the town for the past seven years. Prior to joining the Windham Police force, Leblanc had served in a long career as an officer for the Westbrook Police Department. He was presented with several gifts during a heartfelt retirement ceremony. Following a well-deserved break and time off this summer, he plans to return to the Windham Police Department later this year in a part-time role as a Windham patrol officer. COURTESY PHOTO





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Upon treatment, the IASP will post these advisories for the area treated:

- Do not use lake water for hydroponic, greenhouse or nursery irrigation before contacting the IASP to confirm the herbicide has dissipated
- Do not use lake water for any residential or non-agricultural irrigation (such as shoreline property use for irrigation of residential landscape plants and homeowner gardens, golf course irrigation, and non-residential property irrigation around business or industrial properties) for 3 days following treatment.
- There is no swimming restriction for florpyrauxifen-benzyl but the IASP advises residents not to swim within treated areas on the day of treatment as an added safety measure.

The NOI will be submitted before or around August 1, 2025 and will be available via email along with dates of NOI submission, NOI approval and herbicide treatment. More information is available from the DEP IASP Coordinator, Maine DEP, State House Station 17, Augusta, ME 04333 (milfoil@maine.gov; 207-215-9863).



## Tim Nangle: Supporting healthcare access and affordability

#### By Senator Tim Nangle SPECIAL TO THE WINDHAM EAGLE

With the legislative session behind us, I'm glad to be home in Windham, attending local events and reconnecting with people in our community. Hearing your concerns firsthand has reinforced the importance of the work we've accomplished. It's also given me time to reflect on the important achievements of this session, especially the health care initiatives I supported, both while serving on the Health and Human Services Committee and through broader legislative efforts.

A key achievement of this session was the full funding of the state's share of MaineCare through our Part 1 and Part 2 budgets (LD 609 and LD 210). By closing a projected funding gap, we safeguarded essential health services for thousands of Mainers, particularly low-income families, older adults, children and individuals with disabilities. These critical investments mean families across our state won't face disruptions in their health care.

For individuals diagnosed with hearing loss, we passed LD 167, "An Act to Provide 2 Hearing Aids to MaineCare Members with Diagnosed Hearing Loss." This will significantly improve the quality of life and health outcomes for hearing-impaired Mainers by ensuring access to two hearing aids rather than just one.

Every Mainer deserves dignity and high-quality care, particularly in later stages of life or when facing serious health challenges. That's why we prioritized improving care and conditions within nursing facilities and Maine's Veterans Homes by investing an additional \$6.5 million. This funding will support workforce retention and directly benefit the Maine residents who live in these facilities and rely on these critical services.

Recognizing the tireless efforts of our direct care workforce, we included increased support for their cost-ofliving adjustments. These dedicated workers provide essential care to older Mainers and individuals with disabilities. Ensuring fair compensation is crucial for worker retention and maintaining the quality of care our communities depend on.

Supporting emergency response workers is particularly personal for me, having previously served as a police officer and paramedic. This session, we permanently established the workers' compensation presumption for PTSD through LD 82, ensuring that police officers, firefighters, EMS personnel, corrections officers, and emergency dispatchers receive timely care and support for trauma endured while protecting our communities. I know firsthand the challenges these dedicated professionals face, and I'm deeply committed to supporting their mental and emotional well-being.

Insurance companies shouldn't dictate which treatments a patient needs based on cost. That's why we passed LD 178, "An Act Regarding Coverage for Step Therapy for Metastatic Cancer," to help patients get the treatments they need when it matters most. This law prevents insurance companies from making patients try and fail with ineffective treatments before they can get the most effective therapies for metastatic breast cancer, ensuring faster, and potentially life-saving care.

Tackling prescription drug affordability, we enacted two significant measures regulating pharmacy benefit managers (PBMs). LD 180, "An Act Regarding Reimbursements by Health Insurance Carriers or Pharmacy Benefits Managers to Pharmacies," prohibits PBMs from under-reimbursing pharmacies, protecting Mainers from artificially inflated drug costs. Similarly, we passed LD 1580, "An Act to Prohibit Carriers and Pharmacy Benefits Managers from Using Spread Pricing." This new law bans PBMs from charging health plans more than pharmacies are reimbursed for medications, directly reducing prescription costs for Mainers.

We also strengthened our commitment to the federal 340B Drug Pricing Program to further support rural and underserved communities. This program allows eligible health care providers, including hospitals and clinics, to buy medications at discounted prices and reinvest those savings in patient care. By bolstering this program, we're increasing access to vital medications and quality health care access across Maine.

These measures reflect the Legislature's ongoing commitment to strengthening health care across Maine. I'm honored to serve our community and advocate for policies that prioritize Maine's health and well-being. There's more work ahead, and I'll continue fighting to ensure every Mainer has access to affordable, dependable and quality health care.

For the latest, follow me on Facebook at facebook.com/SenatorTim-Nangle, sign up for my e-newsletter at mainesenate.org, or contact me directly at Tim.Nangle@legislature. maine.gov. You can also call the Senate Majority Office at 207-287-1515.

The opinions in this column are those of the author. They do not necessarily reflect the opinions or views of The Windham Eagle newspaper ownership or its staff. <







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## **RAYNOND ROADRUNNER** TOWN OF RAYMOND - JULY 2025 NEWSLETTER



Raymond Public Works is working with Maine DOT on a **NEW traffic pattern** to take place at the intersection of North Raymond Rd & Shaker Woods/ Ledge Hill Rd. This intersection will be changing to an ALL-WAY stop. Solar powered, LED flashing, red reflective STOP signs will be put in on each side of the road at all 4 stops. Solar powered, LED flashing, yellow stop ahead signs will also be placed at each of the 4 ways warning of the stop along with NEW TRAFFIC PATTERN AHEAD signs & new speed limit signs & placement. Work has already begun in this area. Please use caution!

To see the full Concept Plan on this project,



visit: RaymondMaine.org

## EVENTS

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

Open Sun-Mon: CLOSED Tues-Thurs: 9am-6pm | Sat-Sun: 9am-2pm

## **Raymond Village Library Book Club**

- Wednesday, July 30th 5-6pm -

Join us as we discuss *Lula Deans Little Library of Banned Books* by Kirsten Miller. The provocative and hilarious summer read that will have book lovers cheering and everyone talking! Kirsten Miller, author of *The Change*, brings us a bracing, wildly entertaining satire about a small Southern town, a pitched battle over banned books, and a little lending library that changes everything.

### Sparks' Ark – The Animal Experts

– Wednesday, August 6th at 10:30am – Join wildlife expert Josh Sparks from Sparks Ark for an unforgettable and educational experience at The Magic Lantern in Bridgton. Participants will experience the wonders of Maine's wildlife by observing these fascinating animals up close, hearing inspiring stories about animal rescue and rehabilitation as well as learning about the vital role wildlife conservationists serve in our communities. Don't miss this unique opportunity to connect with nature!

## **Growing Up in the Woodstock Generation!**

#### - Thursday, August 7th at 4:30pm -

A new powerful show from Marc & Susan Black, focusing on music and American culture – featuring songs, personal stories, and a multi-media presentation of evocative images from the era.

#### Presumpscot River: Maine's Lost River Found – Tuesday, August 12th at 4pm –

In 2024 a dam malfunction caused the water in Dundee Pond to be drained offering a short lived glimpse into what Maine rivers were like before industrialization. Join Friends of the Presumpscot River's Michael Shaughnessy for a conversation about the lost wildness of this ancient river. Special guest Julie Caswell will be there for a look at the treasure's



## **Town Clerk's Office Notices**

PUBLIC HEARING & SPECIAL TOWN MEETING – Tues, August 12<sup>th</sup> at 6PM –

Public Hearing & Special Town Meeting on the adoption of the Comprehensive Plan- during the Select Board Meeting at the Broadcast Studio, 423 Webbs Mills Road or via ZOOM.

#### **BUDGET-FINANCE COMMITTEE VACANCY**

The Town of Raymond has a vacancy on the Budget Finance Committee to finish out a term that ends in June 2027. Budget Finance Committee members are responsible for advising and making recommendations on the town's budget and other financial matters. They work closely with town officials on preparing the annual budget which outlines anticipated expenditure and revenues. This is a volunteer position. Stay tuned to the Town website for details on the application process & how this position will be appointed.

#### OTHER UPCOMING MEETINGS:

Meetings are held at the Broadcast Studio 423, Webbs Mills Rd or via Zoom Wed, July 23<sup>rd</sup> at 6pm – Public Works Building Oversight Committee Wed, August 13<sup>th</sup> at 7pm – Planning Board Meeting



she unearthed over several weeks of metal detecting this area.

### Touch a Truck

– Friday, August 15<sup>th</sup> at 10:30am – Join us, along with the Raymond Public Works Department, for the Touch a Truck event! Explore and learn about the equipment that helps maintain our Town.

### **Library Cardholder Passes**

Raymond Village Library Card Holders have access to museums and attraction passes. Visit the website for a list of available passes and call the library to reserve yours today!



at Raymond-Casco Historical Society 1 Shadow Lane, Casco

12-3pm

MEET THE BEEKEEPER, HIVE INSTRUCTION, KIDS CRAFTS, & ICE CREAM A great day to bring the family! This is a FREE event! Also check out the Raymond-Casco Historical Society Facebook page for all upcoming events. Historical presentations as well as forging demos at Watkins Blacksmith shop all summer long! INCORPORATED 1803

## **PND RAYMOND ROADRUNNER** TOWN OF RAYMOND - JULY 2025 NEWSLETTER



Riley Silvia has accepted the position of Raymond Parks & Rec Director! Riley first started back in 2020 as Park Supervisor for Tassel Top where she helped manage daily operations. In 2023 she became Camp Director where she was an integral part of developing and launching the curriculum

for the new Camp Raymond Summer Camp. Because of increased interest and needs in Parks & Rec programming, in 2024, Riley became the first ever, Assistant Parks & Rec Director. Her passion and dedication to the Department and the needs of the Town made her the perfect fit for Parks & Rec Director! We expect an easy transition into her new role and are excited to see Riley grow into her new role.



### UCan 5K is officially coming back to Raymond!

Mark your calendar for Saturday. September 6th, 2025 as we bring this beloved community event back to life!

This run is more than just a race. It's a chance to honor the legacy of Candace Woolston, rally together as a community, and raise support for incredible local causes. Whether you're a seasoned runner or just looking for a fun, meaningful day with friends and family - there's a place for YOU at the start line. LET'S MAKE THIS COMEBACK ONE TO REMEMBER!

**Register Today for the 5k & the Kids Fun Run:** raymond.recdesk.com

## **QuickRide MICROTRANSIT SERVICE IS COMING TO RAYMOND!**

## **LAUNCH DATE:** Mon, August 4<sup>th</sup>

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Located at: Raymond Village Community Church, 27 Main St

### Lake Friendly Landscaping Workshop Saturday, July 19th from 9am-12pm

at Raymond Village Community Church. 27 Main St FREE WORKSHOP to help you figure out ways t minimize erosion by storing, slowing down, and absorbing rainwater around your yard. Bring pictures, maps and drawings of your landscaping issues for free technical assistance at the end of the workshop!

Most programs & events require registration. **IT'S EASY TO CREATE AN ACCOUNT!** Visit: raymond.recdesk.com to register, get more information, and to view fees and schedules.

### Fall Soccer – Registration Open!

We've got divisions for every age & level: Kinder Kickz Age 3 Kinder Kickz Ages 4-5 Coed Grades 1/2 (in-house) Girls & Boys Grades 3/4 and 5/6 (Lake Region League) NEW this year: Add on a Goalkeeper & Striker Clinic Package at checkout! Includes 3 clinics focused on skill development-all for one fee! Sign up today and kick off the season strong!

### Youth Soccer Challenger Camps **REGISTRATION OPEN!!** August 18th - August 22nd

Join us for an International Soccer Camp without leaving your area! Coached by Challenger's team of international and US-based staff, our week-long camp improves your child's technical foundational skills whilst providing a unique cultural experience.

#### Grades 1-8

Full Day Option: Monday - Friday: 9am - 3pm: \$275 (Option to Add on Late Pick-Up 'til 4pm for \$30 for the Week) Half Day Option: Monday - Friday: 9am - 12pm: \$210 Tiny Tikes – Ages 2-5

Monday-Friday: 3pm-03:45pm: \$95.00 Location TBD: Will be in Raymond though!

### Adult Pick-up Sports for the Summer!

**Registration is open** for adult basketball, futsal. and kickball! Pickleball registration is also open and the summer schedule will be played on the new courts at Sheri Gagnon Memorial Park on Mill St! MUST BE REGISTERED THROUGH RAYMOND REC DESK TO PLAY IN ANY OF THE DROP-IN GAMES

#### Summer Fun Around Parks & Rec! ★ Staff Trip to Peaks Island **★** Kids enjoying a frosty treat at Camp Raymond ★ Adult kick ball!



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#### MR. DREW Cont. from page 7

ingly interested in owning exotic pets, perhaps due to social media portrayals. A 2021 study done by the German Centre for Integrative Biodiversity Research found that reptile ownership in the U.S. has more than doubled during the previous two decades with an estimated 4.5 million homes currently containing at least one reptile pet. About 79 percent of reptile species trades are unrecorded and thus unregulated, which makes the welfare of these traded species difficult to monitor.

Besides his rehabilitation work, Desjardins is an environmentalist and challenges his audience to par-

ticipate in his "One Piece Challenge" by picking up one piece of trash and discarding it properly every day for a full calendar year. He points out that if the entire world took on his challenge, we would pick up close to three trillion pieces of garbage.

"Every day is Earth Day – not just one day a year – and it is the one thing we all have in common: this planet we live on," says Desjardins.

Samantha Cote, a Children's Librarian at the Windham Public Library, oversees all programming for children up to age 12. Every year the library partners with Windham Parks



and Recreation so that youth attending Parks and Rec events can take part in the Library's Summer Reading Program. Windham Middle School generously provides space for program events such as this one that draw in audiences too large for the library's event room which has a maximum capacity of 50 people.

This is the second year these three local institutions are hosting Mr. Drew. Last summer this same event drew an audience of 230 people, and Cote is hopeful that the crowd this year may be even larger.

"I think kids are fascinated by the natural world," Cote said. "This presentation provides them an opportunity to see animals up close that they iston. Maine

might not see otherwise, giving them a sense of who we share the planet with. What I love about Mr. Drew is he's really good with the kids, he's fun and educational at the same time."

Mr. Drew's show will last about 75 minutes and starts at 2 p.m. on Friday, July 25. If you have questions about the event, you can call the library at 207-892-1908 ext. 4. <



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July 18, 2025



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## College Roundup

Monica Agneta; Dylan Alford; Octavian Anghel; Aiden Benish; Brandon Cummings; Connor Cummings; Lauren DeLuca; Avery Dube; Brendan Dunphy; Sam Foley; Aiden Hanson; Dylan Hartwell; Riley Hennessy-Maguire; Dianna Ingersoll; Tyler Johnsen; Elizabeth Levesque; Victoria Lin; Nathan Mendes; Ryan Mendes; Grace Paiement; Olivia Saucier; Sawyer Slaton; Riley Small; Abbey Thornton; and Ben White, all of Windham, have been named to the Dean's List at the University of Maine Orono for academic distinction during the Spring 2025 semester.

Molly Cochrane, Sarah Hare, and Cady Kluck, all of Raymond, have been named to the Dean's List at the University of Maine Orono for academic distinction during the Spring 2025 semester.

Kiana Webster of Raymond and Ryan Silva of Windham have earned degrees from Eastern Connecticut State University. Webster earned a Bachelor of Arts degree in New Media Studies. Silva earned a Bachelor of Science degree in Business Administration.

Mikayla Linscott of Windham has graduated Magna Cum Laude from Plymouth State University with a Bachelor of Science degree in Psychology.

Elizabeth Savard of Windham earned a Bachelor of Science degree in Biochemistry/Molecular Biology from Rhodes College.

Audrey Day of Windham has been named to the Dean's List for outstanding academic performance during the Spring 2025 semester at Hofstra University.

Nikolaus Phillips of Windham has been named to the Dean's List for the Spring 2025 semester at the University of Maryland Global Campus. <



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- have paid your property taxes in Windham (due October 2, 2024 and April 1, 2025), or rent in Windham on your home for at least a year;



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## Meaningful acknowledgement



Department of Maine Americanism Awards were presented to Post 35 South Portland Mike Pock, second from left, and Windham Field-Allen Post 148 Adjutant David Tanguay, third from left, by American Legion Department of Maine Commander Tricia Thurston, left, and American Legion Department of Maine Americanism Officer Liam Nedred, right, during the annual Maine Legion Convention in Brewer last month. Tanguay retired from military service as a U.S. Navy commander. SUBMITTED PHOTO



## BRIEFS

#### **Casco Days Supper**

The Casco Village Church, United Church of Christ will host its our annual "Casco Days Supper" from 4:30 to 6 p.m. on Saturday, July 26 at 941 Meadow Riad in Casco. The meal will feature casseroles, hot dogs, baked beans, chop suey, salads, and homemade pies. Come enjoy the Fair and then relax with some delicious food. FMI, call 207-627-4282.

#### **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.

#### **Photo Submissions**

Portland Water District invites photographers of all skill levels to submit images for the 2026 Sebago Lake to Casco Bay Calendar! Now in its 21st year, the calendar celebrates the stunning landscapes and waterways that connect Sebago Lake to Casco Bay through the Presumpscot River. They are seeking captivating images of Sebago Lake, its tributaries, the



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Presumpscot River, and Casco Bay. Whether it's a tranquil lake scene, a flowing river, or a vibrant coastal moment, they want to showcase the natural beauty that defines our region. Selected photos will be featured in the 2026 calendar, which becomes available later in the fall. Photographers whose work is chosen will receive a complimentary copy of the calendar. The submission deadline is July 31, 2025. For full submission guidelines and to upload your photos, visit: www.pwd.org/sebago-lake-to-casco-bay-calendar

#### **Bridge Club**

The Raymond Village Library, 3 Meadow Road, hosts a Bridge Club every Tuesday from 9 a.m. to noon to play the popular game known as bridge. Do you want to learn how to play? One of the club's members would be happy to teach you. The club is open to all. FMI, call 207-655-4283.

#### **School Reunion**

Portland High School Class of 1965 is celebrating its 60th Reunion from 4 to 8 p.m. on Aug. 14 at the Elks Lodge, 1945 Congress St. in Portland. The cost is \$55 per person. There will be a Buffet Dinner and Door Prizes. Make Checks Payable to: PHS Class of 1965. Mail to: Louann (Sangillo) Ryder, 4 Merrill Road., Westbrook, ME 04092. Any questions, please contact Louann at 207-523-0045 or Cathy (Banks) Harrington at 207-233-9979.

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## TALES FROM THE OUTDOORS

## **Spring turkey season 2025**

#### By Bob Chapin SPECIAL TO THE WINDHAM EAGLE



If you didn't harvest a wild turkey this spring, chances are you are already counting down the days until the next hunting season.

I was extremely

-Bob Chapin, Columnist fortunate this year as I was able to harvest one early in the season. Like the bank robber, John Dillinger, when asked why he robbed banks, he quipped, "Because that is where the money is." Turkey hunting is the same way...before you can hunt them in a particular piece of woods you must know where they are hanging out and get permission from the landowner to hunt them there. That is why most successful hunters do extensive scouting before the season starts.

By scouting I mean you know for a fact that turkeys are in a particular piece of wooded terrain because you have "roosted them" there either at dawn or at dusk or what is referred to as the crepuscular hours. Go just before sunrise or just at sunset when they "fly up or down" from trees where they safely spend the night away from their many natural predators. In the spring the males or gobblers want to be close by the females or hens often roosting in

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the same or nearby trees. When they fly down at daybreak the gobblers already know approximately where the hens are.

Gobblers are very vocal and often gobble when they go to roost and gobble again in the morning before flying down. Gobbling is both a social communication, and in the spring, an announcement that they are ready to breed. Usually only the largest, oldest gobblers actually do the breeding, and they fight off the younger birds to keep that right. But like teenaged boys that doesn't keep the younger males or Jakes from trying.

This year I had the opportunity to do sufficient early season scouting which meant several early morning get-ups which paid off as I confirmed the presence of one or more gobblers in the area I had to hunt. Early in the season I positioned myself off a logging road on a small plateau. I set up my decoys – two hen decoys and a small Jake decoy. The big boys cannot stand it when they think a youngster is moving in on what they consider their territory.

There are several schools of thought on how many of what kind of decoy you should use, and I've tried them all and they all work, sometimes. This year since I was hunting a smaller clearing in the woods and I limited myself to three.

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Some guys use only one. In a large field with great visibility in several directions I've used as many as eight including a large strutting gobbler. You may run the risk of intimidating potential suitors who would make a fine harvestable bird, but they are visible from a long way off and will often pull in hopeful males if you have a crowd of decoys.

It did not take long after 4:30 a.m. for the first couple of turkeys to sound off. The good thing about male turkeys is that if one sounds off the rest within hearing feel compelled to answer so it is not unusual to have turkeys gobbling in several quadrants at once. Sometimes you can tell you have more than one turkey approaching because they walk on each other's calls. Several times I have had groups of three to four gobblers walk in together as they like to associate with other males despite the competition at the end.

I knew there were at least two gobblers approaching me from the overlapping gobbles they made. Unfortunately, they came in behind the tree I was sitting against, so I was unable to see them. You draw them to you by making sounds on calls designed to sound like hens. The decoys are designed to seal

→ see OUTDOORS Page 24



## TOWN OF WINDHAM CANDIDATE NOMINATION PAPERS AVAILABLE JULY 28, 2025

On July 28, 2025, nomination papers will be available to Windham residents who are registered to vote in Windham and who wish to appear on the November 4, 2025, Municipal ballot to run for the following seats:

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

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## nomination papers or are nominated by their local Political Party.

All candidates will pick up their papers in the Town Clerk's Office at 8 School Rd during business hours: Monday & Wednesday 7 a.m. to 5 p.m., Tuesday 7 a.m. to 6 p.m. and Thursday 7 a.m. to 4 p.m., and closed on Fridays.

#### NOMINATION PAPERS ARE DUE BACK IN THE TOWN CLERK'S OFFICE <u>NO LATER</u> THAN 4:00 P.M. ON THURSDAY, SEPTEMBER 4, 2025, FOR CERTIFICATION.

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

## Windham Senior Legion baseball battles in doubleheader

#### By Matt Pascarella **STAFF WRITER**

Windham Senior Legion South Paw Post 148 baseball played a doubleheader with Gray Legion Warriors Post 86 at Gray New-Gloucester on Thursday, July 10. Windham came out strong in the first game and scored immediately. When Gray pulled ahead Windham tied it up; unfortunately, Gray won with a narrow 12-10 score. In the second game, Windham dragged a bit, and Gray won 8-2.

"Doubleheaders are tough," said Windham Senior Legion South Paw Post 148 coach Chris Doughty. "In the past we haven't had a Legion team ... the competition is really good; you see good pitchers (and) guys that are going to play college baseball every day. We're young. I think playing the doubleheaders it's hard to stay focused (and in the game). The first game was very competitive; we've got a bunch of really good baseball players on this team from Windham, Lake Region and Fryeburg. I think the second game some of them just kind of relaxed a little bit. I talked (with the team postgames) about not just reps physically, but mental reps. As a coach, I can deal with the physical errors, but the mental ones are the ones that burn the most. I thought in the first game we swung the bats really well, threw a lot of strikes; in the second game, we had some innings where we were hitting the ball really well, we just lacked that big hit. We need to clean up the fielding; we made a lot of errors on easy balls that just can't happen. That (first) game was the first time this summer it looked like the guys were ready to compete and win."

In the first game, Windham junior Cameron Chappell scored after junior



(Above) Windham Senior Legion South Paw Post 148 junior Shane Plummer slides into home plate beating the tag during the first game of a Legion baseball doubleheader at Gray New-Gloucester High School on July 10. (Right) Junior Cameron Chappell bats. (Below) Junior Braydan Wilson runs to first base. PHOTOS BY MATT PASCARELLA

Camden Gardiner doubled in the first inning.

In the second inning, Chappell singled and brought in two runs.

Gray was quick to answer in the second inning when they brought in two runs. In the third inning, a few hits and a three-run home run gave them a 7-2 lead.

The fifth inning had Windham put five runs on the scoreboard when junior Braydan Wilson singled, and junior Shane Plummer walked. Chappell singled and Wilson scored. Freshman Ryan Manning walked and senior Josh Plummer singled; Shane Plummer scored.

Freshman Joey Small walked and brought in Chappell. Sophomore Justin Saunders popped out and Manning and Josh Plummer scored. Windham led by one.

Windham held the lead for a full inning, but Gray tied it up and pulled ahead.

"The first game we competed a little more and wanted to win," said Shane

Plummer. "I thought we were aggressive hitting, and we were running the bases well. The second game I felt like we just ... let them win pretty much. I thought we did better in the field. We made some better plays but didn't

swing the bats as well." Game two did not have as much intensity from Windham as game one. Gray jumped to a 5-0 lead after two innings.

Chappell doubled in the third inning. After Windham senior Anthony Rinaldi grounded out, Chappell scored.

Wilson doubled in the fourth inning and Gardiner singled. A groundout and Wilson scored.

Windham was able

to reduce the runs scored by Gray. "We wanted to win, and we had the mentality of just keep going," said



Windham sophomore Justin Saunders. "Battle through and we swung the bats pretty well, that's what made us play better. The first game was bet-

ter than the second. What needs work is joking around, and ... I need to work on that too. Some of us are dipping when we hit, I think that could help. Fielding, talking is a big issue and knowing where to throw the ball is something we can work on."

Wilson said they competed in the first game and there were some solid spots where they put the bat on the ball. In the second game their approach

was different; players took huge swings, trying to hit a homer instead of aiming for the middle of the field. <

## <u>Mason Rulman</u> Age: 15 Team: Windham Senior Legion Baseball South Paw Post 148 Coach: Chris Doughty Parents' names: Ryan and Sarah Rulman



Reason for selection: Mason has pitched for us a bunch this week; he's played the outfield and first base excellently. He's gotten a bunch of hits; he's seeing the

ball well right now d consistently driving the ball. Mason has good at-bats



and RBIs; he's just a good kid. Other teammates look up to Mason big time. He kind of rules the roost and he doesn't have to say anything. The leadership has passed on to the younger players and he's the quiet silent leader where everyone quiets down when he walks around. Always where he's supposed to be, always does the right thing, holds his teammates accountable – that's what you want.



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## Girls' basketball camp helps younger players learn game

#### By Matt Pascarella STAFF WRITER

Windham's varsity girls' basketball team held their summer basketball camp for grades 3 through 8 at Windham High during the week of July 7. This was a great opportunity for younger basketball players to learn the game from varsity players.

Brody Artes, Windham's varsity girls' basketball coach, said there was about a 25 percent increase in the number of kids who signed up for the camp compared to last year.

"I wanted to get better, and the drills are very helpful," said Windham seventh grader Lily Nickel. "Learning new things just helps you get better and improve; When you work hard you can achieve your goals. It's fun working with the varsity players. They are all really kind and sweet and they're very helpful and always there to help when you need it. I've learned some shooting exercises and gotten better at layups; I've learned some different dribbling (skills). (This camp) teaches you new things and the harder you work the more you get better."

The goal is development of these young players and provide the opportunity for kids to come in and have some fun while teaching kids fundamentals that they can continue to build on as they grow up. The camp is also a great opportunity for those interested in basketball to get together to meet and play the game they love. The varsity team works with the really little kids during the season, but this is an oppor-



Windham's youth basketball camp on Thursday, July 10 had players from the WHS varsity girls' basketball teaching students in grades 3 through 8 techniques and the skills of the game. PHOTO BY MATT PASCARELLA

tunity to work with kids a little older.

Artes and members of his team instructed campers in basic fundamentals such as ball handling and shooting and talked about some transition techniques. They did a lot of team building and played some games where the campers had to work together with some competition. The program wants the kids to learn how to compete but also have fun and try to develop that positive culture overall.

"This week has been a lot of fun, just getting to know all the kids," said Windham senior Chole Delewski. "I think it's been a great opportunity for them to develop their skills and be more comfortable on the court. They have been very respectful, they are taking (our instructions) in and absorbing it and using it to their full potential. In the games and the scrimmages, they are doing a great job."

Delewski said she thinks this camp is important because they learn how to be on a team and not just do everything by themselves. She's learning that it's hard to coach. Basketball is a very fun sport and if it's done with the will to get better, they'll enjoy it for years and years to come. Delewski says she loves coaching the kids, they're a great group of girls.

Windham seventh grader Brinley Sargent said she plays basketball all the time and the camp has helped her get better at finishing at the hoop and with ball handling. She said it's fun interacting with varsity players and she likes learning the game from players who already play on the varsity team. They've done a lot of scrimmaging and various drills like shooting drills and ball handling drills, and it's been a really good experience.

"It's been great, it's good to see a lot more interest in girls' basketball coming up through the program," said Artes. "Lot of kids that love to play, lot of kids that are super energetic about it. High school kids do a great job working with the kids, having fun, making the game fun. I think they're having a lot of fun. The little kids look up to the varsity players; they see them play in the wintertime and the varsity kids love giving back to the little kids. Both sides benefit greatly. I think that helps a lot as far as a positive outcome. It's a great opportunity for them to get to know me before high school ... that helps in the long-term."<









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## A fiendish wolf in friendly sheep's clothing

#### By Andy Young COLUMNIST/THE WINDHAM EAGLE

Like pretty much every person who wasn't born blind, I know exactly how I look physically. I'm 6-foot-2 inches tall, with perfect posture, an athletic build, and a full head of lush, dark hair. I know this not only from memory, but also from the way I appear each night in my dreams, when I'm recording the final out of the World Series, foiling armed bank robberies, or rescuing damsels in distress from burning buildings (and subsequently sweeping them off their feet).

But recently my positive self-image has been shaken, and what's worse, the person responsible is someone I had previously considered a close friend.

Kevin and I have known each other since college. His off-beat sense of humor seemed to mirror mine, as did his professed love of travel.

After graduation Kevin began a distinguished career as a newspaperman, while I continued functioning as a fulltime adolescent while nominally seeking a broadcasting job.

Kevin was unquestionably one of

my closest and most trusted friends, which was why I was looking forward to the two-week trip the two of us were planning on taking to Canada's Maritime Provinces early this summer.

After spending an evening at my home following his arrival in Maine late last month, Kevin and I headed north. The scenery in Newfoundland was as breathtaking as advertised, and the people there (and also in Nova Scotia and New Brunswick) bent over backward to make us feel welcome. Using his considerable photographic skills, Kevin snapped hundreds of pictures during our trip, capturing all the beauty and majesty of nature in the process.

But his photos revealed something else as well, which was that our whole relationship was a sham. Fraudulent.

It turns out my close "friend," who I'd have trusted with my life, was a total fake. Apparently, my ersatz chum had been waiting decades to undo my sense of self-worth, and when he saw an opportunity to take me down, he leaped.

Even worse, I wouldn't have known of his craven doings had they not been called to my attention by an actu-

### TOWN OF WINDHAM, MAINE PLANNING BOARD NOTICE OF PUBLIC SITE WALK

#### Monday, July 21, 2025 Town Hall, Council Chambers, 8 School Road

 5:15PM – #25-08 A-Plus Auto Sales & Service Tax Map: 21, Lot: 12 - 1027 Roosevelt Trail The application is for a 32,500 square foot building with associated parking for automobile sales and repair services on a 11-acre property. Subject property is identified as Zone: Commercial I North (C1-N) and Stream Protection (SP) in the Hyde Brook/Sebago Lake watershed.

Public comment is not accepted during the site walk unless requested by the Planning Board. Written comments can be emailed to the Board at PlanningBoard@windhammaine.us

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## **PUBLIC NOTICE** NOTICE OF INTENT TO FILE

Please take notice that Cousin's Redemption Center who can be contacted at: 207-576-3839 or cousinsredemption@yahoo.com, 109 Bath Road,
Brunswick, ME 04011, is intending to file a Beverage Container Redemption Center permit application with the Maine Department of Environmental Protection pursuant to the provisions of *Manufacturers, Distribitors and Dealers of Beverage Containers* 38 M.R.S. §§3101-3119, 06-096 ch. 426 Responsibilities under the Returnable Beverage Container Law, and 06-096 C.M.R. ch. 2 Processing of Applications and Other Administrative Matters on or about: July 31, 2025.
This application is for a new Redemption Center to collect beverage

al friend, who'd seen some photos of our trip Kevin had posted on Facebook.

Using what I assume is a magic, appearance-altering camera he acquired from the image-shifting department at backstabbers.com, my duplicitous "pal" had created images depicting me not as the matinee-idol handsome fellow I truly am, but as a frail, balding, doddering old geezer who resembles your aging grandfather's wizened great-uncle.

Naturally Kevin professed his inno-

#### OUTDOORS Cont. from page 21

the deal and keep them focused away from you. Once they are close you don't want to make any movements, not your feet, your head, your gun, not even your eyes as they will pick it up in a heartbeat and be gone before you can react.

Trying to snap shoot fleeing turkeys is a fool's gambit. These two were close enough to me that I could hear them "spitting" as it is called. Not what you would think but more like "P-s-s-st." I could hear their feet in the wet leaves they were that close...but still not in sight. I knew they could see my decoys, but maybe my Jake gave them pause. They walked behind my tree and off to my right. I figured that was the best chance I would have all morning, and I just blew it. There were other gobblers around, so I continued to purr and cluck as hens do.

Out of the corner of my right eye I saw movement that materialized as two fully fanned out birds headed for my decoys again. They were slightly downhill from me and low growing vegetation blocked all but the tops of their fans and heads. They hung up about 40 cence when confronted with his treachery, but I told him to save his lame protestations. There's no denying he's responsible for those horrific photos depicting me as a haggard, shriveled old codger.

And how do I know for certain it was Kevin who used his diabolical technological know-how to alter the way others see me?

Because evidently the rat did the same thing to every mirror in my house the night he stayed there! <

yards out and proceeded to "display" for my hens, turning in circles next to each other, one lower down the hill than the other. I decided that that was the best shot I was going to get so when the top one turned to face me. I put the bead right where his neck met his chest and touched off a shot.

I was not prepared for the recoil the 3 1/2 inch .12 Gauge TSS-Tungston Stainless Steel shell was going to give me, and it knocked me back against the tree I was sitting against. I was not able to see what had happened to the bird as I could not see him from my position and I thought I might have missed him. I needn't have worried though.

Once I got myself composed and went to where he was there on the ground there was not one, but two turkeys, shot with one shot! One was 19 pounds and the other turned out to be 21 pounds.

Fortunately, I was in a game management unit that permits two bearded turkeys in the spring season. My season was over in one shot, but a good season it was. How was yours? <

#### 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-2012-05419, Aggravated Forgery (B) CUMCD-CR-2010-02295, Aggravated 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

## LEGAL ADVERTISEMENT TOWN OF RAYMOND SELECT BOARD NOTICE OF

containers and redeem deposits in the Town of Windham at the following address: 875 Roosevelt Trail, Windham, ME 04062.

A request for a public hearing in accordance with 06-096 ch. 2 § 7 must be received by the Department in writing no later than 20 days after the application is deemed complete and accepted for processing. A public hearing may or may not be held at the discretion of the Commissioner. The application will be filed for public inspection at the Department of Environmental Protection's office located at 28 Tyson Drive in Augusta, ME. A copy of the application may also be seen at the municipal office located at: 8 School Road, Windham, ME 04062.

Public comment on the application will be accepted throughout the application processing period. Written public comments may be sent by email to: Bottle.Bill.DEP@maine.gov or by mail to: Maine DEP, Bottle Bill, 17 State House Station, Augusta, ME 04333-0017.

For more information on how to submit public comments with the DEP, please see: https://www.maine.gov/dep/comment/index.html

## **PUBLIC HEARING & SPECIAL TOWN MEETING**

### Tuesday, August 12, 2025 at 6:00p.m.

#### at the Broadcast Studio 423 Webbs Mills Road, Raymond, ME 04071

The Town of Raymond Select Board will hold a Public Hearing on Tuesday, August 12, 2025, at 6:00pm on the 2025 Town of Raymond Comprehensive Plan to be included in the Town Warrant for adoption at the Special Town Meeting to be held <u>immediately</u> following the Public Hearing.

The complete text of the Comprehensive Plan is available online at <u>compplan.raymondmaine.org</u> and at the Town Office.



## Safety paramount when firing up the grill

#### By Jonathan Priest SPECIAL TO THE WINDHAM EAGLE



Are you excited to flip some burgers, grill some wings, and crank up the tunes?

This month, we recommend ensuring

- Jonathan Priest your home and outdoor grilling space are safe and enjoyable for the new season. Here are some essential tips for preparing your home (and grill) for the season.

Quick checklist for outdoor safety

Follow this checklist, and you'll have tasty burgers and peace of mind throughout the season.

#### Inspect outdoor electrical outlets

Ensuring that all outlets are safe and functioning is essential. Always inspect outdoor outlets if you're using an electric grill or plugging in outdoor lights. Ensure cords are not frayed, plugs don't show wear, and cords aren't a tripping hazard. If you're using an electric grill, always plug it into a grounded source.

#### Clean the grill

Don't neglect your grill when starting your spring cleaning! Clean off any old food remnants, grease, or ash that's been lingering since last season. Invest in a wire grill brush to clean the grates. When your grill is clean, you'll avoid unwanted flare-ups while cooking and help improve food flavor.

#### Secure a well-ventilated area

Proper ventilation and indoor air quality are also key to a comfortable indoor space, so always grill in a well-ventilated area. Be careful when grilling on balconies and never grill indoors or in areas with little airflow. Improper ventilation could lead to carbon monoxide buildup, which is a considerable hazard. Are you experiencing stale indoor air? Home air purifiers are a great way to keep indoor air balanced and clean.

Schedule an AC tune-up

Your indoor space is just as important as your outdoor one. This is especially true if you're hosting a barbecue party and your house will be full of guests. A seasonal AC cleaning will give you 100% peace of mind and keep your guests cool and comfy if they need to retreat indoors.

Create a safe environment

In addition to cooking in a well-ventilated area, it's smart to create a safe grilling station (especially important if small children are present). Keep sharp utensils, lighters, lighter fluid, and other hazardous items out of the reach of small children and pets. Keep your grilling station separate from partygoers.

#### Prep your indoor bathroom

If you're hosting a barbecue, address any plumbing or toilet issues before your gathering. No host wants toilets overflowing or drains gurgling with a house full of guests. **Check internal temperatures** 

Cook food to a safe minimum internal temperature by using a food thermometer.

Whole cuts of meat: 145 F with a three-minute rest time

Fish: 145 F

Ground meats: 160 F

Egg dishes: 160 F

Poultry (ground or whole): 165 F Thoroughly Cook Frozen Meat

Although frozen products may appear to be pre-cooked or browned, treat them as raw food and cook thoroughly. Products labeled as "Cook and Serve," "Ready to Cook" and "Oven Ready" must be cooked. Use Food Thermometers Correctly on Burgers. Insert the thermometer through the side of patty until the probe reaches the center. Beware of the Danger Zone. Bacteria multiply rapidly between 40 F and 140 F, a.k.a. the Danger Zone. USDA recommends that perishable food be consumed or refrigerated within two hours (one hour in room or outdoor temperatures of 90 F and above).

Store leftovers properly

Divide leftovers into smaller por-

tions and place them in shallow containers in your refrigerator or cooler.

Page 25

Keep it cool

Pack coolers with ice bags, gel packs or frozen water bottles. Use an appliance thermometer to monitor that food stays chilled at 40 F or below. Defrost Safely. Thaw frozen beef, poultry or fish safely in the refrigerator, cold water or a microwave oven. Cook immediately after thawing.

#### **Prepare for Emergencies**

For extra safety, always have a firstaid kit handy during a cookout. Accidents happen. And even when you practice safety measures, you may still experience cuts, bruises, or minor burns. A first-aid kit will come in handy should an accident happen.

Following these safety tips, you can enjoy a fun and safe barbecue season during National Barbecue Month and all summer!

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



(recently married, divorced, moved, had children, new teenage driver, etc.)

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By Angela Paris SPECIAL TO THE WINDHAM EAGLE • JUGGLINGACTMAMA.COM

oking

#### Sriracha Shrimp

Sriracha Shrimp is easier and faster than takeout and it takes just 30 minutes from start to finish! This easy and delicious shrimp recipe is made with simple, flavorful ingredients, including garlic, soy sauce, ginger, and brown sugar. Serve with rice and steamed broccoli for a complete meal.

#### **INGREDIENTS**

4 1/2 tablespoons olive oil, divided 1 teaspoon fresh garlic, minced 1 teaspoon fresh ginger, minced 1/4 teaspoon salt 1/4 teaspoon black pepper 1 tablespoon brown sugar

1/2 tablespoon sriracha sauce 1 egg white 3/4 cup panko 2 pounds large shrimp, peeled and deveined 3 tablespoons sesame oil

#### **INSTRUCTIONS**

Add a tablespoon of olive oil to the pan in a large skillet over medium heat. Next, add the garlic and ginger and cook for one minute, stirring constantly. Add the water, cover, and steam for 2 to 3 minutes.

Uncover and sprinkle with ¼ teaspoon of both salt and pepper. Whisk together the brown sugar, sriracha sauce, and egg white in a shallow dish. Dredge your shrimp in the sauce mixture and coat in the panko until coated. Heat 3 tablespoons of olive oil and two tablespoons of sesame oil over medium-high heat in a large skillet. Add half of the shrimp and cook for 2-3 minutes on each side until brown. Remove from the pan and cover to keep warm. Repeat by adding 1 1/2 tablespoons of olive oil and sesame oil to each batch of shrimp cooked.

TIPS

If you don't have fresh garlic, use 2 teaspoons of garlic powder. You can also use 2 teaspoons of ground ginger if you don't have fresh ginger. You can substitute honey for brown sugar if you prefer a honey sriracha sauce. I

also really love garlic chili sauce. Serves 4

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#### **LAST WEEK'S ANSWERS**

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#### **LAST WEEK'S ANSWERS**

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Personalized attention, expertise and comfort are the cornerstones of M'Raj Nails of Windham for those seeking quality work at affordable pricing.

Owned and operated by Mary O'Donal at 123 Varney Mill Road in Windham, M'Raj Nails is devoted to cleanliness and providing its clients with a relaxing experience each time they visit. The salon's serene ambiance invites guests to unwind and indulge in a pampering experience like no other. Step inside and discover a world of creativity and skill where your nails are transformed into works of art.

"I am passionate about providing high-quality nail care services to my clients," O'Donal said. "I am also a small business and strive to create a welcoming atmosphere where you can relax and enjoy some well-deserved pampering. My salon has a professional and relaxing atmosphere and I am always excited to meet with my clients."

M'Raj Nails offers manicures, pedicures, dips, paraffin wax, hot stones, sculpting with acrylics and gels, all at an affordable cost.

Basic nail care includes cleaning and maintaining nail cuticles, shaping nails, and any necessary care for the skin and nail bed. Nails can be polished with an array of colors and different polish types. Nail tips can then be sculpted on the nail. A paraffin dip is a soothing treatment in which feet are submerged in a warm mixture of



paraffin, with petroleum-based wax and mineral oil and is intended to moisturize and soften the feet.

"I do basic manis, pedis, acrylic, dip, hard gel, paraffin, hot stones, and use vegan and cruelty-free products," O'Donal said. "I work from my salon primarily, but sometimes my clients are

my client before going matched. SUBMITTED PHOTO to their home."

Nail art offered at M'Raj Nails is all about specialization, precision, and design, she said.

"I truly enjoy doing nail art," O'Donal said. "I use only the best products and techniques to ensure that you leave feeling refreshed and rejuvenated," O'Donal said.



competitive if not lower than most of my competitors," she said. "I run this business by myself, and I'm always unable to come to me, Mary O'Donal is the own- working to improve on so in some cases, I do er of M'Raj Nails. She of- my skills, learning new go to my client. I do fers the same services as skills and techniques, charge a fee, depend- the larger nail salons at af- and striving to make ing on the distance, fordable pricing and gives every client feel seen, and I also need to meet personal service that is un- heard, and happy. I do try to create a calm,

relaxing environment that allows for easy conversation. I strive to be detailed, and I listen to my clients' needs. My clients that I do have usually say they come to me because it is a very calm environment, and I also do give them all the attention."

She got into the nail business almost by accident.

"I found a nail design idea by accident that I liked and spent a few hours to achieve it myself," O'Donal said. "When I had figured it out, I was kind of hooked and wanted to learn more techniques."

From there she studied and completed a Spa Tech course and then opened the M'Raj Nails salon out of her home in 2017.

"I guarantee my gel and acrylics for two weeks," O'Donal said. "I think my pricing is very fair and reasonable."

O'Donal said that maintaining the exceptional cleanliness of her salon is a top priority with instrument sterilization and disinfectants used to eliminate harmful bacteria.

Quality work and connecting with her clients is important to O'Donal, who says she wants her clients to leave her salon happy and ready to show off their nails to the world. Communication is paramount to her business and many of her clients are so happy with her work that they refer their friends and family to M'Raj Nails.

She says some people may believe that M'Raj Nail is only for women, but it's not true.

"I've created a relaxing experience here for both men and women," she said. "It's an enjoyable time for everyone."

For complete service and pricing list visit http://mrajnails.com. To make an appointment call 207-749-9320, or email: mrajnails@gmail.com. <





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