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August 8, 2025

Triumph over Tragedy: Windham family prevails over devastating adversity

By Ed Pierce

STAFF WRITER

Faith can provide the foundation for resilience and hope and teach us lessons about life when the future seems impossible. That's something that a Windham family discovered over the past year while undergoing a personal ordeal that tested their faith and strengthened their resolve.

Brian and Kathleen March of Windham were going about their lives last summer when their son, Ethan, 22 at the time, was working as an electrician and was installing solar panels off grid on a roof in Kingfield on July 30, 2024 when he suddenly fell 20 feet to the ground. He sustained multiple breaks in his T-11 vertebrae which smashed and put pressure on his spinal cord.

Trying to understand the seriousness of what had happened devastated the family. Ethan, who was less than a year into starting his career, was left paralyzed and struggling to cope while his parents did their best to lift his spirits and motivate him to go on.

"One of the hardest things for me is not being able to make things better for him," said his mother, Kathleen March. "I can't heal his broken heart. I can't promise or even tell him he will get better because it's an unknown of time and faith. It's been hard to see our son who was just beginning his life in his chosen career, enjoying it and doing well to lose it all, including the possibility to be able to return to that job as he did it."

Brian March said that the most challenging aspect of the situation for him as a father was watching his son suffer

"Not just the struggles with getting in and out of the car and our house but thinking he may never walk again therefore not experiencing the feeling of sand under his feet or the snow under his skis or even just standing up to give me a hug," he said.

And for Ethan, he says coming to terms with his injury and its implications was tough.

"The mental anguish of recognizing I'm going to be like this in this condition for the rest of my life is difficult," he said.

As parishioners at Our Lady of Perpetual Help Catholic Church in Windham, Brian and Kathleeen March prayed and placed their faith in God to help their son overcome the trauma and give them strength and hope.

Just before Thanksgiving, Ethan moved into an extended stay hotel in Portland in a handicapped suite with a tiny kitchenette.

"It's far from ideal and there are still challenges with the layout of this suite for functioning with his wheelchair," his mother said. "It's difficult such as not being able to roll under the counters or the stove, not being able to reach most of the cabinet shelves, and in general just tight quarters for movement. The staff at the hotel have been great at trying to work with him to accommodate his individual needs. They

→ see **ACCIDENT** Page 8



Ethan March, who grew up in Windham with his parents, Brian and Kathleen March, became paralyzed from the waist down when he fell off a roof in a workplace accident a year ago. He is learning to cope with his injury and with the help of his parents and others, he is hoping to become a pilot someday. SUBMITTED PHOTO

Music teachers attend workshop at Carnegie Hall

By Ed Pierce

STAFF WRITER

The distance between Windham and New York City is about 300 miles, but it was a trip worth taking this summer for some local music educators.

Four RSU 14 music teachers, Simon Roussel, Dr. Richard Nickerson, Mary Reed and Morgan Riley, joined educators from around the world participating in the Summer Music Educators Workshop at the Weill Music Institute of Carnegie Hall from June 28 to July 1. The theme for the event was "Joy in the Music Classroom" through community, empowerment, innovation, and process.

The four-day workshop was held at Carnegie Hall's Resnick Education Wing and provided music teachers with the opportunity to expand the impact and breadth of their work with young musicians. Sessions for participants explored how can music educators create joyful learning environments that inspire and sustain a lifelong love of music among their students and how can expressions of joy in the classroom empower deeper learning and discovering what joy looks and sounds like in a music classroom.

RSU teachers joined Carnegie Hall faculty members and guest professional musicians in a series of musical



Four music teachers from RSU 14 recently attended the Summer Music Educators Workshop at the Weill Music Institute of Carnegie Hall. From left are Simon Roussel, Dr. Richard Nickerson, Mary Reed and Morgan Riley. They spent four days in New York City with educators from around the world exploring the theme of *Joy in the Music Classroom* through community, empowerment, innovation, and process. COURTESY PHOTO

and professional training activities while engaging in workshops with student ensembles, visiting faculty and attending Carnegie Hall concerts. The workshop's purpose is to reinvigorate the individual artistry of teachers, strengthening their teaching practice and fostering connections with peers.

"This was my fourth time attend-

ing the Weill Institute at Carnegie Hall and each time I have found it to be inspiring and informative," said Dr. Richard Nickerson, Windham High School's Director of Choral Activities. "This year, I wrote a grant which enabled several other RSU 14 music staff members to attend. We spent four days networking and sharing ideas with other music educa-

tors from across the world. We also took classes and participated in music making activities with distinguished faculty members. To top it all off, we were in a space that is one of the most historically significant places in American musical history."

Nickerson said each time he attends the Summer Music Educators Workshop at the Weill Music Institute of Carnegie Hall, he returns feeling energized and excited about starting a new school year.

Morgan Riley, Windham Middle School's band and orchestra teacher, said that workshop sessions were well-organized and the presenters were all highly qualified music educators and included some Broadway performers.

"The workshop focused on how to improve students and teachers sense of joy in their instrument playing, singing, movement, composing and improvising," Riley said. "One session was presented by Dr. Janet Kim, conductor of the University of Connecti-

cut Symphonic Wind Ensemble geared toward rehearsal techniques to encourage student's mu-

→ see CARNEGIE
Page 11

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Friendship worth remembering

After my brother was born in 1957, our family moved the next summer from a smaller home in Gates, New York to a brandnew larger house in Brighton, New York. The Evans Farm subdivision had hundreds of homes and was a jackpot of places to go trick or treating on Halloween.

While in second grade in 1960, my mother walked around the neighborhood with me on Halloween as I was only 6 but soon to be 7 that December. She helped me to create my Halloween costume, a re-creation of Phineas T. Bluster, the Mayor of Doodyville on the popular Saturday morning children's TV show Howdy Doody. I wore a yellow jacket with a red plaid vest with cotton balls my mom fashioned to resemble the white bushy eyebrows of the mayor.

As we walked from house to house down Glenhill Drive in Brighton, we turned onto Carverdale Drive and then left onto Del Rio Drive and into an older section of the subdivision. I rang the doorbell at the first house on that street and to my surprise, a tall young man opened the front door and grinned at me as he carried a dish of candy bars.

His mother and father soon joined him, and they all laughed at my costume. They asked my name, where I went to school and how old I was. The young man, who was their son, was incredibly shy and smiled a lot, but otherwise he had very little to say.

ow old I was. The young man, who was their son, was incredibly sny and smiled a lot, but otherwise he had very little to say. The parents told my mother that their son's name was Franklin Dixon and that he was 26. As we started to leave, I turned

around in their driveway and saw Franklin in the window waving to me. I waved back to him and when we were on the sidewalk, I asked my mother why Franklin didn't say anything. She told me to mind my own business.

A week later I was riding my bicycle through the neighborhood and rode past the Dixon's house as they were outside raking leaves. I stopped and talked to Frank's father, who told me that Franklin was mentally disabled and had been mute for his entire life.

He was an only child, and his parents had sent him to school when he was young, but other kids had teased him terribly and constantly made fun of him. Rather than subject him further to that, they kept him home and his aunt, a retired teacher, gave him reading and math lessons.

Some days after school when I finished my homework, I would get my baseball mitt and go play catch with Franklin. Or we would throw around a football in his front yard. He never said a word but laughed and smiled all the time.

The next spring, my teacher Miss Cross asked students in our class to choose a book from the school library to read and when we were finished with it, she asked us to stand in the front of the classroom and tell everybody about it. I chose the book "Quest of the Snow Leopard" by Roy Chapman Andrews. It was about an expedition into Tibet and the Yunan Province of China, and a killer snow leopard who escapes capture by hunters.

But while I was choosing that book from the library shelf, I glanced over at the books with authors whose last name started with "D" and spotted a series by an author with the last name of Dixon.

When I had read "Quest of the Snow Leopard" and during our next class visit to the school library, I checked out the only book in the F.W. Dixon series that was currently available. It was called "The Secret of the Old Mill." I discovered that the series was written by an author named Franklin W. Dixon and was about two fictional teen brothers and amateur detectives, Frank and Joe Hardy. They live in the city of Bayport with their father, detective Fenton Hardy, their mother, Laura Hardy and their Aunt Gertrude. They solve mysteries along with their friends Chet Morton, Biff Hooper, Jerry Gilroy, Phil Cohen, Tony Prito, Callie Shaw, and Chet's sister Iola Morton.

One afternoon while playing catch with Franklin, I jokingly asked him if he had written the Hardy Boys book series since his name was the same as the author's. He shook his head no at me. His father had overheard that and pulled me aside and told me that Franklin W. Dixon was a pen name used by a variety of different authors who were part of a team that wrote the Hardy Boys novels.

On Labor Day in 1961, Franklin set off on his bike to get an ice cream cone at a new Carvel shop that had opened on Monroe Avenue in Brighton. A distracted

driver swerved suddenly and struck him from behind. He hit his head on a large rock and died at the scene.

Several weeks later, Frankin's father knocked on our door, thanked me for being his son's friend and gave me three of Franklin's books, which were all first edition Hardy Boys books. I keep those books in my office in honor of Franklin's memory to this very day. < ~ Ed Pierce



1899 – The refrigerator is patented by Albert T. Marshall of Brocton, Massachusetts.

1911 – The number of representatives in the U.S. House of Representatives is established at 435.

1945 – The United Nations Charter is signed by U.S. President Harry S. Truman.

1956 – Japan launches the largest oil tanker in the world measuring 780 feet long and weighing 84,730 tons.

1966 – Dr. Michael DeBakey becomes the first surgeon to install an artificial heart pump in a patient.

1974 – U.S. President Richard Nixon announces that he would resign the following day following the Watergate investigation.

1978 – The U.S. spacecraft Pioneer Venus II is launched carrying scientific probes to study the atmosphere of Venus.

1990 – American forces begin positioning in Saudia Arabia preparing for the Gulf War.

Inspirational Quote of the Week

"We all die. The goal isn't to live forever. The goal is to create something that will."

- Chuck Palahniuk



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

ON THE

Where do you think is the most underrated place in Windham to take a scenic photo?

"Mountain Division Trestle bridge crossing the Presumpscot."

– William D. Reiner

"Babbs Bridge."Deb Poirier Hall McPhail

"Dundee Park."
– Tommy Matthews

"Any of our working farms.
Farms are magical places, lucky
to live amongst them."

– Francesco Paredon

"Babbs Bridge for sure."– Cheryl L. Page

"Gambo."

– Renate Willingham Masse

"The muddy side of Chaffin Pond." – Liz Nelson

"Babb's Bridge." – Julie Mallett

"Great Falls." – Anne Glotchshuk

"Boody's Corner at the intersection of Route 302 and Route 115." – Richard Heaney

"Highland Lake." – Benjamin Lee

"Anywhere around Donnabeth Lippman Park." – Jude Orestes-Sanchez

•

"Little Duck Pond in the East Windham Conservation area. Quite spectacular views." — Mitchell B. Robinson

"Black Brook Preserve."

– Tawny Lamabe-Punto

"Atherton Hill." – Isabella Mongon

"Claman Preserve on Route 302 just north of the Windham Assembly of God Church in North Windham."

– Oscar F. Kellner

"Along the Loop Trail on the Lowell Preserve."

– Deirdre Schulte

"Gilman Falls on the Presumpscot." – Dean Smalley

> "Little Sebago Lake." – Chris Macklin

"Gambo Preserve or Babb's Bridge." – Mia Potenzio-Ransey The Windham Eagle — Page 3



WMS student program benefits from Substance Abuse Prevention Grant from Town of Windham

By Ed Pierce

STAFF WRITER

For the past four years, Windham Middle School's Altitude Program has partnered with Rippleffect to help students make positive choices through activities to build their confidence.

The program has benefited from a Substance Prevention Grant from the Town of Windham and at a Windham Town council meeting in July, program administrators briefed councilors about activities partially funded by the grant during the 2024-2035 school year. The Substance Prevention Grant Fund is derived from annual licensing fees collected from cannabis businesses in Windham and used to promote collaboration and positive choices in reducing youth substance use within Windham.

During the report to the town council, administrators said Altitude students had the opportunity during the last school year to participate in a series of adventure-based learning experiences with Rippleffect field guides. The goal of these experiences is to help students develop healthy coping skills, build conflict-resolution strategies, improve self-confidence, and gain a greater understanding of the role of endorphins in feeling good.

Rippleffect trips so far have included high ropes challenge course days at the Rippleffect Outdoor Community Center, a visit to Mackworth Island, Kettle Cove, and a day trip to Cow Island. These trips were focused on individual and community legacy. For WMS eighth graders, it included a legacy piece of art installed in the WMS classroom where Altitude stu-

dents gather.

With Rippleffect students learn about teamwork, communication, conflict-resolution, positive-decision making, and self-discipline. They put these skills into action throughout the school year and during field days with Rippleffect. While in the field, trained guides bring students together to highlight community moments.

These moments may involve evaluating our own mental status or the group's status, bringing attention to a potential danger, or simply letting the group know the water is ready for hot chocolate, program administrators say. Many of these moments offer a challenge to overcome, self-discipline to recognize, validating positive decision making, a conflict resolved, and a team working together.

All these adventures are meant to highlight students' skills, abilities, and community contributions to show how students can do hard things.

"Grant money has allowed us to work with Rippleffect as part of the Altitude pathway," said Autumn Carlsen Cook, Windham Middle School (WMS) Altitude Teacher during an interview with The Windham Eagle in 2024.

The new partnership between Altitude and Rippleeffect started at Windham Middle School in May 2023. The idea was born out of Altitude students' time spent on Cow Island, Carlsen Cook said.

"For the 2023-2024 school year, we designed monthly excursions that offered outdoor challenges to both seventh and eighth grade participants," she said. "The Altitude community

spent time hiking, climbing, and engaging in teamwork games outdoors."

She said the goal of the partnership is to challenge students in ways they may not be challenged in their daily lives within the traditional school setting.

"We work with the intent of exploring students' abilities and the assets they contribute to their peers, and their community," Cook said. "We strive to show students that there are many healthy ways to experience the world and face challenges at whatever level they are comfortable."

The Altitude Rippleffect partnership has grown to become a significant part of the Altitude program at WMS and each month during the school year, Rippleffect field guides visit the classroom the day before an excursion.

"We prepare together by reviewing the schedule, packing needs, lessons in outdoor adventure ethics (such as Leave-No-Trace) and engaging in energizing community games," Carlsen Cook says. "We then bring seventh and eighth grades separately on their adventure. Following the excursion, we complete an in-class reflection that encompasses recognizing a high point from the day, a challenge that was faced and how it was overcome, and we look to the next trip and ask students what they are looking forward to."

Rippleffect programs help youth build confidence, develop critical leadership skills, strengthen relationships, and grow their appreciation for the outdoors through exploration of Cow Island, the waters of Casco Bay, and the wilderness of New England.

Altitude is an alternative pathway program at Windham Middle School, and its goal is to create more handson learning opportunities for students struggling within a traditional school setting. The Altitude Program is a connector for these students academically as well as personally. It aims to help students make relationships, build community and work on social skills and communication. <



Dobson Funeral Services

Beverly (Hickerson) Britton, 93



Beverly (Hickerson) Britton, 93, passed away peacefully on July 28, 2025. Beverly was born in Niles, Michigan, in 1931 to Wiley and Clela Hickerson.

Beverly graduated from Berrien Springs High School in Michigan in 1949. In June of 1950, she married Christopher Britton, who worked at the Kawneer Company in Niles, Michigan, as an engineer.

They lived in Berrien Springs, Michigan, for 34 years. For many years, Beverly worked for the

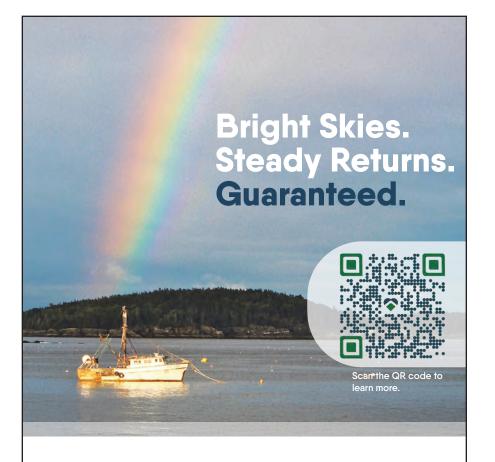
National Standard Company in Niles, Michigan, as an administrative assistant to the personnel manager. In 1984, Bev and Chris were transferred to Atlanta, Georgia. While in Atlanta, Beverly spent her time volunteering for the Meals on Wheels program.

In 1993, Beverly became a caretaker of Chris as he developed Alzheimer's disease. Chris died in 1995. In 2002, Beverly moved to Windham, Maine, to be near her daughter, Bevie Jo Marquardt.

Beverly is survived by two daughters and a son: Bevie Jo Marquardt of Windham, Melody Fink of California, Maryland, and Alan Britton of Covington, Georgia. Beverly is also survived by five grandchildren and twelve great-grandchildren.

Her new residence is in heaven with Jesus and her beloved husband, Chris and all of her family and friends.

To share memories or to leave Beverly's family an online condolence please visit, www.dobsonfuneralservices.com



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We were so impressed, we decided to put in a Heat Pump hot water heater. Again, no money upfront. The savings after the finance payment and the power bill amounted to about \$97/mo (\$1164/yr). That was A TOTAL SAVINGS OF ABOUT \$2500 A YEAR FOR THE HEAT PUMPS TO HEAT AND COOL AS WELL AS THE HOT WATER HEATER. It was like getting paid \$2500 a year to install these. (P.S. - I verified the figures from the Efficiency Maine website)

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

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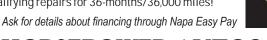


Windham American Legion Field-Allen Post 148 Adjutant David Tanguay, left, stopped by the Sebago Lake Rotary's weekly meeting at Pat's Pizza in North Windham to recognize their support for American Legion programs. Tanguay presented Sebago Rotary Club President Max Banks with a certificate recognizing Rotary Club support of the Windham Veterans Center clean-up in May and for their contribution at the bronze level for the Post 148 Everlasting Gratitude Wreath Program which place wreaths on more than 1,000 veterans' graves across Windham every December. SUBMITTED PHOTO

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ONLINE SURVEY



The Town of Windham received grant funds from the Community Recreation Outdoor Assistance Program through the Maine Office of Outdoor Recreation for two projects currently in the planning phases – a connector trail in North Windham and the development of a 50-acre parcel on the Presumpscot River adjacent to the Gambo Soccer Fields. We have been working with the landscape architect firm Dubois & King, Inc. to help us design these projects and we need your feedback!

We're looking for your input as we advance the process to identify the recreational interests of our community.



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YOUR OPINION MATTERS!

Survey Deadline: 8/13/25

Rockin' Raft-Up concert to benefit Camp Sunshine

Boaters and music lovers are encouraged to come out this Sunday for a fun event for a good cause. The Don Campbell Band and the Andi Fawcett Duo will perform for a very special Rockin' Raft-Up benefit concert on Sebago Lake, raising funds to support the incredible work of Camp Sunshine in Casco.

With the help of the Sebago Boating Club, the 2nd annual Rockin' Raft-up concert features the Don Campbell Band performing for free at Boaters Beach, with donations welcome, to benefit Camp Sunshine. The concert will be held starting at noon on Sunday, Aug. 10 at Boater's Beach (Rich Memorial Beach) in Standish.

Donations will benefit Camp Sunshine of Casco, Maine This feel-good concert invites boaters to raft-up, float, and enjoy an afternoon of live music, lake vibes, and giving back — all in support of Camp Sunshine, a special retreat for children with life-threatening illnesses and their families.

"It's a chance for the Sebago boating community to come together for

a great cause while enjoying what they love most—being on the water, connecting with friends, and great live music!" says organizer Kristen De-Quattro

Camp Sunshine provides hope, joy and community through unique experiences for children with life-threatening illnesses and their families. At its pristine campus on Sebago Lake in Casco, more than 60,000 children, siblings, parents and caregivers from all 50 states and 27 countries have come together for fun-filled, year-round sessions with families just like theirs.

Thanks to the incredible support of donors and volunteers, Camp Sunshine programs are 100 percent free for participants. Camp Sunshine is where families can focus on recharging, together, in a safe space with medical support available and a place where families discover a community who understand, and families find family.

With decades of dedication and expertise, staff and volunteers in each session put families at ease. Families can

set their worries aside knowing that there is a physician on site. Camp Sunshine is a place where families can really relax and let staff and volunteers take care of every member of the family.

Meeting other families who face the same issues, large and small, is a unique benefit of the Camp Sunshine experience. While attending one of the year-round sessions offered at Camp Sunshine, families can enjoy a wide range of activities with up to 40 other families. Whether it's reaching the top of the climbing wall, swimming in the lake, or enjoying a horsedrawn wagon ride during a winter session, there is fun for every member of the family.

As a musician, Don Campbell's mandate is to "Always perform for the audience, never at them." He pleases listeners, venue buyers and event organizers with well-attended and memorable concerts and shows continued strength in music sales.

He is a highly talented multi-instrumentalist and plays acoustic guitar, piano, B3 Organ, bass, electric guitar, nylon string guitar, mandolin and harmonica in recordings. These are all impressively delivered in his

→ see **CONCERT** Page 6



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CONCERT Cont. from page 5

latest feature album, The Dust Never Settles, a full-bodied collection of songs about the magnetization of love.

His music has been described as feeling like a friend, a natural extension of the singer-songwriter. Campbell performs nearly 200 shows per year and he resides in Portland.

Andi Fawcett is a seasoned performer and powerhouse vocalist who has been captivating audiences for over two decades. Known for her dynamic stage presence and versatile vocal styling, Andi has fronted a number of beloved acts, including funk-soul favorite Sly Chi, indie-pop outfit Doubting Gravity, and her latest ventures, After Dark – a premier party band that blends cover tunes and soulful originals with a modern edge, and Andi Fawcett Country, which delivers a modern twist on country songs from every decade; rich with

harmonies, heartfelt storytelling, and dynamic male/female duets.

While she has a deep passion for writing original music, the foundation of her long-standing career lies in her live performances. Her solo act features a wide-ranging set of popular covers—from current hits to timeless classics. Whether it's an intimate venue or a lively festival, Andi brings fresh energy and connection to every stage.

The Rockin' Raft-Up concert on Sebago Lake is free to attend by boat and donations are encouraged and will be collected that day or in advance by going to www.campsunshine.org. Every dollar raised goes directly to Camp Sunshine's programs, providing hope and healing to families when they need it most.

To make a donation, for specific event details, and concert updates, go to https://charity.pledgeit.org/rock-in-raftup or visit www.doncampbell-music.com. <

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College Roundup -

Charlie Allen, Destiny Potter and Liz Small, all of Windham, have been named to the Dean's List with High Honors for the Spring 2025 semester at the University of Maine Farmington.

Fiona Knott, Monica Lewis, and Reilly Russell, all of Windham, have been named to the Dean's List with Honors for the Spring 2025 semester at the University of Maine Farmington.

Dylan Hartwell, Riley Hennessy-Maguire, Riley Small, and Hannah Smyth, all of Windham, have been named to the Dean's List at the University of Maine's College of Education and Human Development for the Spring 2025 semester.

Penny Lavallee, Katherine Lydon, and Emily Morey, all of Windham, have been named to the Dean's List for the Spring 2025 semester at the University of Maine at Fort Kent.

Emma Sundquist of Windham has completed studies at Miami of Ohio University and earned a Bachelor of Science business degree majoring in Information and Cybersecurity Management.

William Ray of Raymond was named to the Dean's List at the University of Maine Orono for the Spring 2025 semester. Molly Cochrane of Raymond has been named to the Dean's List at the University of Maine's College of Education and Human Development for the Spring 2025 semester.

Brooke Keenan of Windham has earned a Bachelor of Arts degree in Communication and Information Sciences from the University of Alabama.

Madelyne Hancock, Brenden Norwood and Haley Theberge, all of Windham, have been named to the Dean's List with Highest Honors for the Spring 2025 semester at the University of New Hampshire.

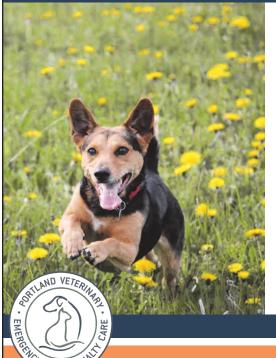
Matthew McNally of Raymond and Sadie Vancelette of Windham have been named to the Dean's List with High Honors for the Spring 2025 semester at the University of New Hampshire.

Elizabeth Bearce and Laura Bearce of Raymond, and Kylie Garrison and Bradley Smith of Windham have been named to the Dean's List with Honors for the Spring 2025 semester at the University of New Hampshire.

Isabelle Griffith of Windham has been named to the Dean's List the Spring 2025 semester at Endicott College. <







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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

Eagle Choice Award winners to be announced next week

By Ed Pierce
STAFF WRITER

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

Launched in 2015, the Eagle Choice Awards recognize local businesses in

the area through popular vote and shows that the community does take notice when it receives outstanding service and finds superior products offered by local merchants.

Melissa Carter, advertising director of The Windham Eagle newspaper, said that the awards remain wildly popular and established a new record this year by receiving more than 10,000 ballots cast resulting in over 191,000 votes across 93 categories.

"These awards salute those who the public thinks exceed expectations for products, services, and overall customer satisfaction," Carter said. "These votes are heartfelt and come from the people who use the goods and services."

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

"The Eagle Choice Awards give the community trusted options and a unique way to connect residents and visitors here with area businesses in meaningful ways," Mank said. "Every vote comes from the readers and is based upon how they feel about local businesses."

Voting opened on June 29 and continued through Sunday, July 20. A list of the 2025 Eagle Choice winners will be published in the Aug. 15 special section of The Windham Eagle newspaper.

"The special section is saved by many residents and used all year long to find the area businesses that have been singled out for recognition as being the best of the best by local residents," Carter said. "The Eagle Choice Awards special section is also posted to the newspaper's website for convenient and handy reference throughout the year."

Two awards are presented in each category, gold for first place and silver for second. At times, if votes are within 10, a tie is then called, and two businesses are awarded for the category.

The awards will be presented at a gathering at Erik's Church in Windham, starting at 5 p.m. Thursday, Aug. 14. Each winner is given a decal and a plaque to display at their business or on vehicles to recognize their accomplishment.

"The Eagle Choice Awards give the community trusted options and a unique way to connect residents and visitors here with area businesses in meaningful ways," Mank said. "Best of all, every vote comes from the readers and is based upon how they feel about local businesses."

Carter said a few new categories have been added and some from previous years have been updated. For 2025,

there are a total of 93 categories.

2025 VOTING RESULTS

WINDHAM EAGLE M EAGLE

In the August 15 edition!

NINNER WINNER

Businesses in the updated categories have been split to better represent business services. Those include Auto Detailing and Car Wash into two separate categories, Aesthetics/Med Spa has been split into Facial and Med Spa, and Trash Services has been split into Junk Removal and Trash Services/Dumpster

Rentals.

New categories this year are Burger, Dog Training, Interior Design/Home Staging, and Remediation.

While the newspaper does its best to keep

current on adding new businesses and deleting those that are closed and including everyone, they welcome feedback to help improve ballot choices for the upcoming years by sending an email to: awards@thewindhameagle.com. Voters also had a write-in option to nominate a business that is not already listed.

"Every business mentioned in the Eagle Choice section is more than worthy and deserving of this recognition and we are so happy to be able to showcase their popularity with the annual awards," Carter said. "We can't thank everyone enough who took the

time to cast a ballot, to our readers for supporting these fine businesses and to the many companies that support our publication not just for Eagle Choice by on a weekly basis. We can't wait to reveal the list of winners in the Aug. 15 edition." <





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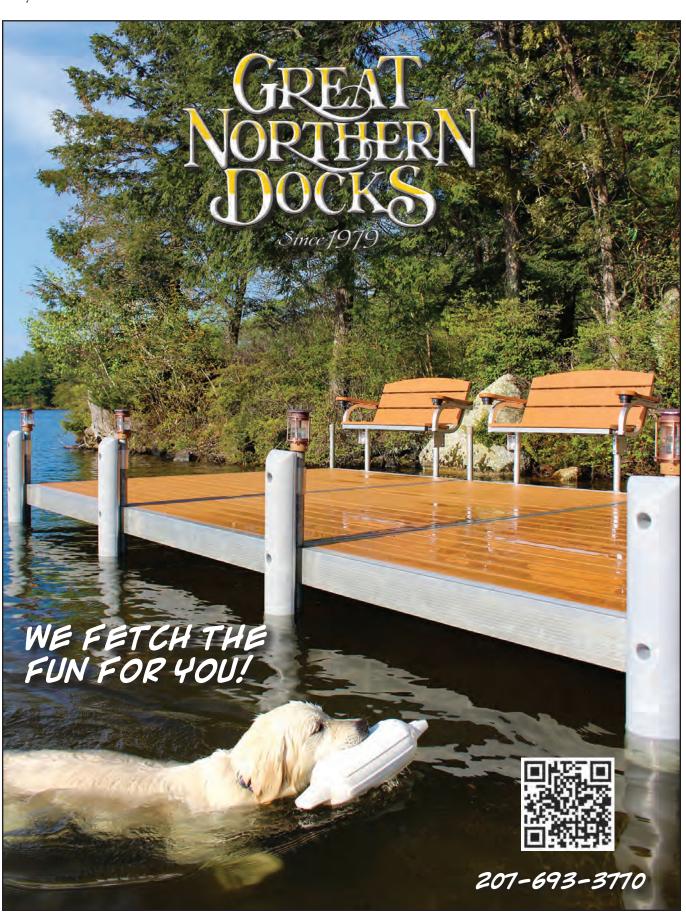
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ACCIDENT Cont. from page 1

treat Ethan and us like family and with kindness and generosity."

In late December, American Legion Post Adjutant Dave Tanguay attended a coffee social after church with Kathleen March, and she updated him about Ethan.

"We were shocked to hear that Ethan had fallen earlier from a roof while installing solar panels and sustained severe back injuries requiring multiple surgeries and months of rehab," Tanguay said. "Kathleen mentioned that Ethan was now in a handicapped-accessible hotel in Portland and was still undergoing therapy. The Windham Field-Allen Legion Post 148 had a small collection of support items for veterans including a motorized wheelchair."

Tanguay said the equipment is normally held to support a veteran in need, but in this case, it was a local veteran family who needed support for their son.

"I asked she might be interested in a particular chair that had the ability not only for mobility but allowed the user to stand and remain mobile," he said. "I checked with Post Commander Tom Theriault to see if the chair was still available and the March family made plans to pick the chair up on Jan. 2. By the end of the day, Ethan had the chair and was actively checking out its capabilities with his physical therapist."

Kathleen March said that the donation of the motorized wheelchair was provided at the perfect time.

"It was early into Ethan's time being back in Maine and being the winter season, the motorized chair helped

Ethan to get through some snowy weather," she said. "Portland is full of hills, so trying to manually wheel himself up those hills was exhausting and difficult. "The motorized chair meant he could meet up with friends at the coffee shop on his own without needing to transfer to a car and back again or need to be pushed by someone else. The motorized chair provided more independence in some ways. This chair also allowed for Ethan to rise to a somewhat standing position, which could help him reach some things up high a little easier in the hotel."

Eventually, Ethan's physical therapists advocated for a non-moving standing apparatus for exercise and strength development and the family returned the motorized wheelchair to the American Legion to provide the opportunity to another veteran family in need.

"It was an incredibly generous gift of kindness. We are very grateful to have had the opportunity to have had such a valuable gift to be able to have the freedom of independence that it provided at a prominent point in Ethan's recovery," Kathleen March said. "As an active 22-year-old that had only recently left his daily rehab facility to be able to feel more independent was simple amazing. There is nothing that would come close to reciprocating the value of what this gift was at the time that we received it. We are very grateful to the American Legion, and 'Thank You' doesn't seem big enough."

Now a year after his accident, there has been no change regarding Ethan's physical situation, but his spirits are unusually amazing. His parents say he



Ethan March has a motorized wheelchair which converts into a non-moving standing apparatus for exercise and strength development to help him recover from a spinal injury from falling off a roof while performing work as an electrician. SUBMITTED PHOTO

does pretty good navigating the challenges of everyday life and tries not to let things get him down, although there are certainly moments that come and go. go.

"Spinal cord injuries affect so many aspects of how our bodies can function," his mother said. "Unless you experience life in a wheelchair yourself or care for a person who is handicapped in this way, most people never

really understand the magnitude of the situation day to day and how many obstacles there are to navigate out in public and how many limitations are set before you."

Both Brian and Kathleen are doing OK and in a better place today.

"Life is full of ups and downs. Brian and I are people of strong faith and trust in God," Kathleen March said. "In this difficult situation, God has already shown us his grace through our brothers and sisters in Christ and their prayers. We have seen the face of Jesus in neighbors as well as strangers through their kindness. There are still many challenges to work through both for us and especially for Ethan and we know that we are in God's hands. If we allow him, by continuing to trust in our relationship with him, God will make a way for the road to be less bumpy leading us to a beautiful place."

She said the hardest part as parents is having patience as they navigate the critical aspects of what Ethan still needs like his adapted vehicle and their home revamped to meet all their needs as their son continues to visit with his siblings for all occasions.

"There are still so many other devices and things to navigate in his life including re-education to find a new life career and exploring his previous interests from a new perspective," Brian March said.

Ethan says he's grateful for everything his parents have done to help him, and that he is determined to forge a new life for himself.

"My new career plan is to do everything I can to become a commercial pilot," he said. <





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The Windham Eagle

Raymond-Casco Historical Society presentation focuses on importance of sheep farming in 19th century Maine

By Ed Pierce STAFF WRITER

In a time when forests, trees and lumber dominated the local economy in Raymond, there was a period when sheep farming mattered to area residents and that topic will be explored during a presentation by the Raymond-Casco Historical Society.

At 6:30 p.m. Monday, Aug. 11, Cheryl Callahan will discuss "Processing Wool and the Sheep Boom of New England" at the Raymond-Casco Historical Society campus at 1 Shadow Lane in Casco. The presentation is free, but donations will be accepted. The community is welcome to attend and learn more about the relevance of sheep farming in Raymond's history.

Callahan says that some tools used in the 18th and 19th centuries to process sheep's fleece into yarn for spinning are still in service today.

During her presentation, she will demonstrate how some of them worked and discuss options that were available to spinners, weavers and dyers of days gone by to transform sheep wool into products.

According to Callahan, Raymond's history of the sheep boom in New England was a direct reflection of economic uncertainty facing New England at that time.

"Cloth production increased when exports were restricted," she said. "We will look at a local business that thrived here in Raymondtown to meet demands of the community."

During the 19th century, Maine farmers tended almost a million sheep that produced wool and for a 35-year period in New England history, in what was called "Sheep Fever" from 1810 to 1845, sheep farming thrived across the Pine Tree State.

At the onset of "Sheep Fever," many Maine farms kept native sheep, which were small and not very good to eat, but in spite of short fleece they were hardy enough to stand up to cold winters. The Merino sheep breed had finer fleece and tasted better and became the preferred choice for sheep

New breeds of sheep from Europe, specifically the German Saxon and the British Leicester and Southdowns, were introduced and by 1860, Maine sheep were producing 33 pounds of wool each spring.

Merino sheep farms in Raymondtown grew in the 19th century as a result of the War of 1812, which disrupted the supply of English wool to New England. To contain the sheep to a farming property, numerous stone walls were constructed to contain the

A historical account uncovered by the late Raymond historian Ernest H. Knight reveals that a farm gifted to Major Simon Fog in Raymond in 1814 was initially a cultivated vegetable farm, before becoming a sheep farm, and then transitioning to dairy farming in the late 1930s and 1940s.

The popularity of sheep farming in Maine declined somewhat after 1840 as developments such as the opening of the Erie Canal and westward migration to more fertile agricultural properties continued. But it enjoyed a

→ see **FARMING** Page 12







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THE ROOKIE MAMA THE ADVENTURES OF MOTHERHOOD



IT'S AUTOMATIC, IT'S SYSTEMATIC - WHIT IT'S A SMART HOME SYSTEM

► By Michelle Cote SPECIAL TO THE WINDHAM EAGLE



"Rosie is stuck." - Our Google Home device.

No sadder words had been uttered in a long time.

If you've watched - Michelle Cote, Columnist the Wild Robot or

Wall-E films, you'd understand our penchant for curiously treating our 'smart' devices as family.

Perhaps we brought this phenomenon on ourselves because we name the darn things and talk to them, or conceivably it's due to their automation and task completion that has become such an integral part of our day-today, each playing its role among the wild in the fanciful Cote homestead.

Alarms, LED lights, music, water usage and conservation - we named that one 'Mario the Plumber' - There's a smart-commodity for every little thing, each designed to assist in its own way.

Xennials and Millenials may remember the quirky Disney flick 'Smart House', released nearly three decades ago - quirky in that the computerized-home-experiment-gone-wrong came in the form of the 'Married... with Children' matriarch as a '90s AI. to the tune of 'Slam Dunk da Funk' boy band soundtrack fame (If you know, you know.)

Despite all that, the dated movie still serves as a forerunner of sorts to today's smart device life.

Its 1999 release ahead of all that futuristic Y2K panic may not be coincidence.

But I digress – Back to Rosie.

Rosie was our Roomba robot vacuum, who dutifully cleaned our floors each morning via automation for more than a decade.

Despite our seemingly impeccable floors, dear Rosie humbled us each day when we emptied out the daily dirt and dust - There was always lots

Those older than the Xennial/Millenial circuit will recall her namesake from The Jetsons – Now that's a robot ahead of her time.

Sadly, our Rosie fell beyond repair in recent months, and we knew it was time to send her to the robot malt shop in the sky, also known as the Roomba recycling program.

The boys and I sadly thanked sweet old Rosie for her service and shipped her off, even as she rallied and tried to whirr her wheels to life a last time, to no avail.

Days passed; we purchased a new, more powerful and bells-and-whistles-y robot vacuum whom after much debate was aptly named R2-D2.

As Rosie had been, R2 was automated to vacuum our home on a schedule.

And when my husband accidentally commanded our Google Home device to start 'Rosie' - rather than 'R2' - Google simply responded that she was stuck, a solemn reminder that our beloved robot vacuum of yore was



with us no more, and somewhere far, far away where the wild robots are.

My husband and I weren't instant embracers of the smart-everythings.

We've been hesitant to accept it, as we feared losing some autonomy.

There are enough brothers in this house; we didn't need another Big Brother.

A few years ago, we found ourselves needing to upgrade our wireless internet, and these updates came with smart speakers by happenstance.

Not only did we come to appreciate this added bonus, but we found the speakers to be useful – they are great at settling debates, sharing random trivia facts and knock-knock jokes, after all.

Then, our new heat splits came with full thermostat control via phone app, and this has been staggeringly useful as well.

As a busy mama who never has enough free hands, the hands-free commanding of these simple directives has been extraordinarily helpful.

There's no fancy feeling like asking

my Christmas tree to turn off its lights on a December evening.

What futuristic world is this place? These smart home devices are assistive, certainly.

But our family remains old-school at heart, and by relying on these devices for the mundane, we are all the more afforded the mini luxuries to do what matters most.

Being aided by these attainable and useful technologies that didn't exist until recent years - certainly not affordably if they did - allows us to thrive in all the old-school things that matter most.

We spend time having meaningful conversation, reading paperbacks, playing board games, camping, swimming, cannonball-dousing, and taking part in the wonderfully tangible pastimes of which core memories are truly made.

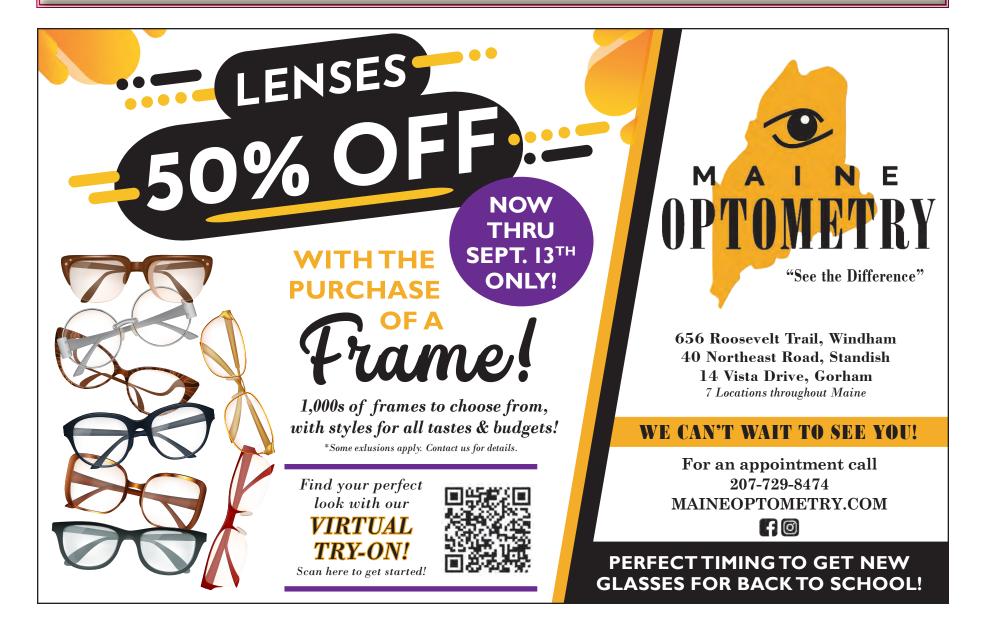
We're grateful for the technology of assistance, the Rosies, the Marios, the R2-D2s of the smart home world so we can do what we truly love.

And without further ado, you should have a dance party of your own to 'Slam Dunk da Funk' like it's 1999.

You won't regret it.

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

THE ROOKIE MAMA COLUMN PROUDLY SPONSORED BY MAINE OPTOMETRY



CARNEGIE Cont. from page 1

sic listening skills, guiding students to detect what needs improvement themselves instead of always being told by the conductor."

She said that session brought to light the way teachers talk about music with students and how it could be less conductor-centered and more music-centered.

"We were encouraged to ask more questions like 'What is the music asking for in this section' and 'Where are the dynamics leading us?' All of these things encourage a 'shift from control to curiosity.' I learned many things in this session I will use in my rehearsals at Windham Middle School.

Riley said another excellent session she attended was led by Alysia Lee, director of the Sister Cities Girlchoir in Philadelphia, Camden, and Baltimore and it focused on movement and simple dance as a way for students to connect with one another and bring joy to the classroom.

"I attended a session led by Sbongiseni Duma and Tshidi Manye, two performers from the Zulu nation who have been performing as part of "The Lion King" Broadway cast for many years," Riley said. "We learned a traditional Zulu song and were taught how to sing along in a traditional manner. The call and response type song in many cultures includes one

singer demonstrating and the group singing back the exact same musical line. In the Zulu tradition, one singer demonstrates the melody, and all the responses are in harmony. That takes great listening skills, and it didn't take long before we were responding in beautiful harmonies together."

Another fantastic session featured Brian Drye, an award-winning jazz trombonist, pianist and educator based in New York City. Riley said that his session required everyone to bring a musical instrument, and he took us through the very beginning of teaching improvisation.

"Many classically trained musicians like me are used to having to play exactly what's on the page and that improvisation is intimidating," she said. "Brian showed us a step-bystep low-stress approach that had us all playing improvised solos with ease by the end of the session."

According to Riley, all of the RSU 14 music educators took something positive away from attending the workshop.

"Every good teacher knows that they are never finished learning," she said. "I was thrilled to learn a great amount and my students will have a better learning experience because I went to the Summer Music Educators Workshop. I hope to attend next year and beyond." <







Appreciation to the cleanup crew

Members of the Sebago Chapter of the Trout Unlimited organization conducted a cleanup of seven sites along the Presumpscot River in Windham on Sunday, July 13. Areas involved in the cleanup included the various dams around Windham, the Eel Weir area, and on Route 35 by the bridge there. Trout Unlimited members want to acknowledge and thank Windham Public Works for their help in this successful effort. SUBMITTED PHOTO



FARMING Cont. from page 9 brief revival in the early 1860s, when the need for wool uniforms during the Civil War rose.

Raymondtown in the era included several mills that played a significant role in the area's economic development and one of them will be discussed by Callahan during her presentation.

Early Raymondtown settlers, in-

cluding Dominicus Jordan and Joseph Dingley, had established sawmills to meet the immediate needs of the community and these early sawmills were typically located on sites with waterpower and the availability to shipping routes on land and by water. Raymond sheep farmers used these local mills to refine their products for growing cities like Portland.

The Raymond-Casco Historical

Society was created in 1971 as an educational, charitable, non-profit organization devoted to collection, preservation, and experiential learning which highlights the culture and working history of the Lakes Region Area.

For questions about the "Processing Wool and the Sheep Boom of New England" presentation, or to learn more about the historical society and programs it offers, call 207-655-6389 or visit raymondcascohistoricalsociety.org. <



torical society and Cheryl Callahan will discuss 'Processing Wool programs it offers, call and the Sheep Boom of New England' during a 207-655-6389 or visit free presentation at 6:30 p.m. Monday, Aug. 11 raymondcascohistoriat the Raymond-Casco Historical Society campus at 1 Shadow Lane in Casco. COURTESY PHOTO



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The Windham Eagle Page 13

There's no accounting for taste-

By Andy Young

STAFF WRITER



Why do some people adore foods that others detest? I love beets and prunes, though perhaps not at the same time. The Andy Young, Columnist same goes for bran

muffins, dried apricots, ripe watermelon, Pink Lady apples, and several other items I actively savor every time I have them. I cannot fathom how anyone could possibly dislike these culinary delights, yet I know plenty of people who wrinkle up their noses at just the mention of them. I think grape juice is fantastic, but others complain it's too sweet.

On the other hand, many people love chocolate ice cream, but I don't. The same goes for coffee, and also beer. But at least those beverages don't drive me from a room. Anything topped with nasty, foul-smelling melted cheese does, though. I find that particular stench nearly as off-putting as tobacco smoke. Peanut butter is another stinky food item I could do without.

Certain condiments (ketchup and mayonnaise, to name two) render any food(s) inedible for me. Yet other people, including some in my own family, use more ketchup on their fries than I do of milk on my cereal.

Potatoes can be delicious mashed, baked, roasted, scalloped, boiled, French fried, or in soups, but the best and most convenient way to enjoy them is as chips. But let's be clear; any chip that's designed to taste like salt and vinegar, barbecue sauce, sour cream

and onion, dill pickle, lime and chili, ketchup or cheddar cheese is, in my opinion, useful only as salty compost, or as crunchy bait for rat traps.

There is, in my view, only one appropriate flavor for a chip: potato. Period. The best ones, commonly known as "wavy" chips are the ones with big ridges in them. "Rippled" (small-ridged) chips aren't as good; they're too salty. Don't ask me why; they just are. As for regular, ridgefree potato chips, they always seem a little greasy to me. They're uninspired and uninspiring.

And on the subject of snack foods, what's up with bagged popcorn? You're supposed to pop the stuff yourself; that way it's warm, and you can add as much (or as little) salt and butter as you want. People who eat



bagged, pre-popped popcorn have no sense of taste or are just plain lazy. And don't get me started about flavored popcorn.

At least four of the five senses play a significant role in how people decide what they are and aren't willing to ingest. The exception involves hearing. I can't think of anything edible that makes alluring or off-putting sounds, unless one counts the shriek that comes out of a lobster getting boiled alive. For those to whom texture (touch) is important, items like mushrooms and certain types of seafood are, if you'll pardon the expression, untouchables.

Taste and smell are similar but can have very different effects when it comes to food. For me there aren't many aromas more alluring than beef sizzling on a backyard grill. I haven't eaten red meat in years, but I'm still drawn to the smell of it cooking. I find the fragrance that emanates from a steakhouse nearly as pleasing olfactorily as an orange-purple sunset

Finally, who in their right mind willingly puts hot sauce (or similar elixirs) on items they intend to eat? Hellfire Hot Sauce boasts of containing 6.66 million SHU (Scoville Heat Units). To me the only thing less desirable than eating something which scorches the esophagus en route to one's digestive system is one that burns even hotter as it exits, a seemingly horrific sensation one can safely assume 6.66 million SHU hot sauce provides. <



PUBLIC NOTICE

GORHAM · WINDHAM GREAT FALLS #1 & GREAT FALLS #2 **BRIDGE REHABILITATION** WINDHAM CENTER ROAD CLOSURE

Scott Construction Corporation will be closing Windham Center Road to complete the rehabilitation of Great Falls #1 & Great Falls #2 Bridges (6210 & 1529) over the Presumpscot River for the MaineDOT. Great Falls Bridges are located approximately 0.5 miles westerly of River Road. The closure will start at 7:00 am on Monday, August 18th, 2025 and will be open to traffic on or before Wednesday, October 1st, 2025. Detour routes will be provided.

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Eagle STPORTES

Summer basketball prepares players for winter season

By Matt Pascarella

STAFF WRITER

Windham's varsity summer basketball team wrapped up a successful season with their final practice at Windham High School on Thursday, July 31. For the final week of practices, the varsity team had Windham's seventh and eighth graders join them. This was a great opportunity for seasoned players to teach younger players and younger players to learn from potential teammates and role models. The varsity team finished their summer season with an impressive 12-2 record.

"Right now, we're just focusing on each other, and coaches are getting us better," said Windham senior AJ Moody. "We appreciate them (helping) us in the gym and bringing us together. We're not afraid of anything (as a team). I can't wait to face the teams we're playing; it's going to be a great (winter) season."

Moody said mentoring the younger kids gave them a preview what it's going to be like playing on varsity; it's not easy, so it's best to learn and begin to make that transition to the program's expectations and playing style now instead of later.

The younger kids get mixed right in and learn the skills of the game from high school players. The development of both younger and older players emotionally and skill-wise is incredible. "It's been a great group of guys," said Windham varsity boys' basketball coach Chad Pulkkinen. "We've had an extreme level of commitment ... they're motivated. One of our things this year is 'entitled to nothing' - we don't deserve anything yet; we haven't earned



Windham High's varsity boys' basketball team, left, joins Lake Region High players after competing in the final game of the summer season at the Pat Moody Basketball Courts in Windham on Tuesday, July 29. PHOTO BY TRACEY LYDON

anything yet. It was a great group of hungry guys that make good decisions on and off the court. It starts with our top guys, Tyrie (James) and AJ and we got some junior leaders in (Luke) Drottar, Landon Wyman and Colin Janvrin plus Boston (Krainis) and Sean (LeBel). They are the ones that are most committed, they're picking guys up, they're trying to help those young guys because they're going to need guys to come and help them (on the court) and step in to have success with this team. Our pace of play is really good, and our defense is outstanding, I really love what our guys can do on the defensive side."

During the summer the team traveled to East Stroudsburg University in Pennsylvania for a team camp where they could connect with each other and play the game.

Pulkkinen said he saw a lot of growth, maturity-wise, but also con-

nection-wise, and that's the biggest question for the team, can they connect together? The varsity guys are focused and want to work for it every day and that's the mindset coming off two championship wins.

"It helps me learn what to expect from them, because our offense is a lot of anticipation, learning how they play," said Windham sophomore Krainis about how the summer season helped him prepare for the winter. "Playing with Tyrie and AJ ... learning how they play. We've gotten hungrier – just because we're the state champs doesn't mean we deserve anything. We've got to keep working. The offense has been running really well. Everybody's getting open shots, we're scoring a lot of points, defense is great."

Players will stay ready for the winter season by hitting the gym or the weightroom, or by playing a fall sport. The team will be around each other this fall, and they'll keep working and cheering each other on.

While it's too early to give a forecast of the varsity boys' basketball season, Pulkkinen said they'll be playing hard come winter; the team will be fun to watch and you'll see the two determined seniors, James and Moody setting the tone. <



Windham senior Tyrie James rises above to take a shot during the final practice of the summer basketball season at Windham High on Thursday, July 31.

PHOTO BY MATT PASCARELLA

THE WEST STREET STREET



Brianna Duarte

Age: 17 Team: Windham I (varsity) summer soccer Coach: Deb Lebel Parent name: Jessica Lamb Reason for selection: Bri currently plays sweeper for Windham summer soccer and is the team's last defender in the back. Off the field she is a quiet leader, who works hard at improving her game and leads by example. Bri is a teammate that everyone can count

on. She is consistent on and off the field and always gives 100 percent. This summer Bri has become much more vocal. This helps teammates know who they should play to or if they have time to carry the ball. At times, coaches have moved Bri to the midfield to use her physicality to win balls out of the air and to stop opponents from serving balls to their forwards. One of Bri's most admirable assets is her humble nature. As a defender she is rarely in the spotlight for scoring goals, but without her anchoring Windham's defense they would have many more goals scored against them.





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The Windham Eagle

WHS varsity field hockey preparing for 2025 season

By Matt Pascarella STAFF WRITER

Windham's varsity field hockey team has been preparing for the fall season all summer long and they are ready and excited to start their preseason on Aug. 18; with the regular season beginning on Sept. 5. The team has a new coach this season, Maddy Perfetti, a graduate of Colby College.

"We've done a lot of basic stick work and talked through a bunch of field awareness so I think coming into the fall we can focus more on strategic and elevated things," said Windham senior Abby Trainor. "Our team will definitely be very young; I think it helps with the majority of our team being underclassman; there's a lot of room for growth through the season."

Trainor said Perfetti brings new skills and ideas to their play. Perfetti has helped elevate their play because she's very knowledgeable. Perfetti has introduced new stick work drills through the summer that helps their stick work in tight spaces and short distances. They will definitely have success this season and Trainor can't wait to start competing.

"Being a young team, and losing a strong class of 2025, I am learning what gaps we need to fill-whether that's a leadership role off the field or in the backfield, all roles are up for redefining," said Perfetti. "Through the summer I saw girls trying out these potentially new roles while also being open to my coaching style and approach to the game."





(L to R) Windham senior Abby Trainor takes a shot at goal in a game against Sanford, at Windham in October 2024. Windham High's varsity field hockey team members have been working on their skills over the summer as they prepare for the preseason and the start of the regular season. Junior Sarah Smyth keeps the ball from her opponent in a game against Noble at Windham last August. PHOTOS BY MATT PASCARELLA

The summer was an opportunity for the players and its new coach to bond as well as the players to start to coalesce on the field. They've made some good progress.

"Getting the team together early in the summer, definitely helps bond the team and get us more comfortable before the regular season," said Windham junior Sarah Smyth. "It is important to get to know ... players before jumping into the season. It also helps us get well conditioned and in shape before preseason week and the regular season. I have seen the team's overall skills improve with every practice and summer game. Communication is a big part of the game, and at the beginning of the season it was difficult to communicate with new teammates, but the more games we played we got more comfortable

with communicating and learning how everyone plays."

According to Smyth, it is really cool to experience different coaching styles. Since Perfetti played at Colby College, a lot of the drills they do are unique from past seasons and very effective. Smyth said she realized she (wants) to be a leader and is happy to step into that role and be a good example for the underclassmen.

"The team improved a lot over the summer," said Perfetti. "There are a group of committed members to the team that showed up to three sessions a week for the whole summer. This progress will only continue through the fall season. The summer is an opportunity for the girls to prepare for the fall season, and it is up to them how much they utilize that. We spent time playing together in a lowstakes environment this summer in an effort to build relationships between the girls that were there. I would say this was a success. Preseason will take on a new energy with very intentional team building. My goals as a coach are to create an environment where players can be themselves, compete with intensity, and care about winning." <



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In 2018, 2020, and 2022 I was a candidate for the house district seat in what is now District 86. Each year, I was supplied with a current voter list which I used when meeting with

With time, I learned the voter list was terribly out of date. Two individuals on the list I knew personally. One moved many years ago to a neighboring town and a different district, changed her name after marriage, and yet remained on the voter



list. The home of the second person burned down, and he moved to Washington state, yet was still listed as a resident at an address with no

Encountering the names of registered voters who no longer lived in my district was all too common. Many of these people should have been off the list years or decades ago. I did not meet anyone who admitted to voting more than once or using someone else's name. However, with a poorly maintained voter list, it sure seems possible that it could happen. Anybody with this voter information and the audacity to vote using another person's name could do so. Requiring a photo ID would make this extremely difficult to do.

Vote yes on Voter ID to safeguard Maine's elections.

~ Gregory E. Foster, Raymond

I am writing in strong support of the Maine State referendum to re-

quire Voter ID that will be on the ballot November 2025. The majority of our country and the world mandate Voter ID for free and fair elections; 113 countries require a form of voter ID, and in the U.S., Maine is one of only 14 states that still does not require any voter ID.

When I collected signatures for this referendum, some opponents I talked to didn't believe fraud in elections happens or that it would make a difference. But we can't afford to rule out the chance of fraud in elections when our current system has weak spots which I have seen first-hand. When canvassing recently, I found that my neighbor was on the Windham voter registry, but so were the prior owners of their home from 10 years ago, one of whom is deceased.

Some asked why I support requiring voter ID if it can disenfranchise voters by potentially limiting access to voting. Citizens are already required to have ID for most things in life, and voting, over all things, should require ID to protect our identities and our votes. This referendum includes an exhaustive list of valid IDs and individuals will be responsible to comply, as we all adapt when laws change. Where there is hardship, comprehensive local services are available to assist citizens who want to vote. If we don't put protections in place to ensure one vote per citizen, every vote is at risk of being devalued or even nullified leading to widescale voter disenfranchisement.

Taking every step to ensure authentic elections is integral to a free society. For me, one answer is required Voter ID like most of the USA and free world.

~ Kristen Day, Windham



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The Windham Eagle Page 17



Benefits of using the right photographer when you sell your home

► By Richie Vraux

SPECIAL TO THE WINDHAM EAGLE



Why do you need a professional real estate photographer when selling your home?

A real estate photographer is a professional who - Richie Vraux, takes photos of

Pine Tree Realty property to showcase them in the real estate market. Choosing the right photographer when selling your home is imperative to getting the buyers to see all the many features about your home.

A few of the most common job responsibilities include:

- Have the photographer meet with potential clients before entering into a contract with them to ensure their style meets the clients' needs. Many real estate photographers often build relationships with agents and know what to expect from them. Most of these photographers will also edit their pictures to make sure they are vivid and bright.
 - Companies that use Dynamic

Visual Content can increase traffic by 403 percent, close transactions up to 31 percent faster and increase sales prices by up to 9 percent. It is right to choose the right agent that has all the latest tools to sell your property in a timely manner.

- A professional real estate photographer will need to invest in a broad range of lenses and lighting for the perfect lighting in every property and what works best. Once they have the right camera and editing software, the right tools can make the difference in taking the right shots every time. There are different times during the day that a professional will change his/her lenses to capture the light you are looking for. For instance, a professional would need to change settings or light bar to capture the right shots at dusk like so many photographers do.
- Visual tours and 3D virtual tours. 49 percent more qualified inquiries come from 3D virtual tours floor along with aerial drone and video still shots make a huge difference when showing the best features. A floor plan showing room measurements and dimensions placement are real-

ly important to buyers so they know "Can I fit my 72-inch TV on this wall, and will grandmother's huge hutch fit on that wall?"

Buyers want to see as much information prior to visiting the property and the way to do that is with visually compelling images that will attract your buyers. Visual twilight enhancement is a great way to grab a buyer's attention.

Exterior photos of a home are usually the first photo a buyer sees in a home listing. Showcasing a home's curb appeal with a well-captured photo sets the tone for potential buyers to want to see more and view the interior photos. But there's no rule that says the first listing photo requires a photo of the home's exterior. Choose the photo that will capture a potential buyer's attention and make the home truly stand out.

If the home is on the lake, has a spectacular backyard and garden or a fantastic kitchen and dining area, you can always place that photo at the start of a real estate listing to draw interest from the public. But make sure that a photo of the exterior is included in the listing photos. You also want to make sure you've included at least one photo of every room in the home up for sale. For significant rooms such as the living room, kitchen, or bathrooms, it may be helpful to have multiple photos from different vantage points to show the entire space and expanse of those rooms.

Many experienced real estate photographers will showcase multiple photos of each room in a home from different angles and perspectives. They also can frame the room in such a way as to highlight a home's most desirable features or to minimize unfavorable aspects.

In closing, utilizing photography to sell your home is always a practical way to lure buyers to want more information about your home.

This article was brought to you by Richie Vraux, a Broker and seasoned real estate professional with over 25 years' experience. Find him at Pine Tree Realty of Maine located at 76 Tandberg Trail, Windham. Call 207-317-1297. or email: richardjvraux@gmail.com <









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Find the words hidden vertically, horizontally, diagonally, and backwards.

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> Solve the code to discover words related to hiking. Each number corresponds to a letter. (Hint: 15 = 0)

15 15 14 22 A.

Clue: Footwear

В. 3 20 10 14

Clue: Path

3 20

Clue: Get ready

D.

Clue: Nature

LAST WEEK'S ANSWERS

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15 16 17 18 19 20 35 39 42 45 48 60 63 64 65 66 68 69

CLUES ACROSS

- 1. Aurochs
- 5. Central Dravidian language
- 10. Split pulses in Indian cooking
- 14. Tropical starchy tuberous root 15. Well known constellation
- 16. About aviation
- 17. Bowfin genus
- 18. Proper
- 19. Expression of annoyance
- 20. Cabbies
- 22. Bro or sis
- 23. Spiritual leader
- 24. Where football coaches work
- 27. Old TV part 30. A way to color
- 31. Touch lightly
- 32. Surround
- 35. Breached
- 37. Aristocratic young woman
- 38. Dry ravine
- 39. Hebrew measurement units 40. Supporter

- 41. Type of sword
- 42. Influential Irish playwright
- 43. Witch
- 44. Flower cluster
- 45. Mark Wahlberg's animal friend
- 46. Psychedelic amphetamine
- 47. Actors' group
- 48. Cool!
- 49. Salts
- 52. Group of SE China
- 55. Illuminated
- 56. Semitic Sun god
- 60. Water (Spanish)
- 61. Employed 63. Japanese ankle sock
- 64. Fishing fly
- 65. Some pheasants are this
- 66. Literary name for Ireland
- 67. Must have
- 68. A way to write
- 69. One point east of southeast

CLUES DOWN

- 1. American state
- 2. Hindu model of ideal man
- 3. Type of acid 4. Drenches
- 5. "The Raven" writer
- 6. Emerged
- 7. Alpha Centauri: ___ Kentaurus
- 8. Democratic Presidential candidate
- 9. Hostelry

Answers: A. boots

B. trail

?

. prepare

D

outdo

- 10. Fathers
- 11. Any plant with leaves used for flavoring
- 12. Member of a Semitic people
- 13. Lesotho monetary unit
- 21. Lots
- 23. Jewish address for "Sir"
- 25. Male parent
- 26. A way to get
- 27. Body part
- 28. Seam in an organ 29. Landlocked African country
- 32. Process for producing ammonia

- 33. Fluid accumulation in tissues 34. Bogged down
- 36. Native American tribe
- 37. Unfashionable person
- 38. Female grunts
- 40. Well known
- 41. Gurus 43. Norse mythological site
- 44. Tell on
- 46. ___ Farrow, actress 47. Cotton fabric
- 49. Reciter of Scandinavian poems
- 50. Clouds
- 51. Satisfies 52. Shuttered Air Force base in Germany
- 53. Phil ___, former CIA 54. Japanese seaport
- 57. Female horse or zebra
- 58. 1st month of ancient Hebrew calendar
- 59. Trigonometric function
- 61. Fashionable knowledge (Slang)
- 62. Insecticide

HOW TO SOLVE:

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

LAST WEEK'S ANSWERS

2	7	door	8	6	5	4	3	9
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Located at 10 Tenny Hill Road in Raymond, Tu Casa provides nature-based and play-based education with an introduction to the Spanish language for children ages 2 to 5 in a warm and loving environment. During the fall and summer months, most of the days are spent outside, including an occasional outdoor nap. During this time, students are dropped off outside, where there is ample space to explore. In the winter, they spend about two hours outside a day, depending on weather conditions, and the appropriate gear provided by families.

"We believe children should be in charge of their unique learning path through risk taking, experimenting and problem solving with adult guidance and care," said Grace Emery-Freyre, Tu Casa owner. "We believe mixed ages, and mixed approaches to learning through private and public education makes learning relevant to the child's life and creates a greater sense of motivation, freedom and joy around learning."

In business for eight years, Tu Casa is going into its third year of partnership with RSU 14. It had five employees during the last school year, each



providing unique experiences for the children and families.

"Tu Casa started as Tu Casa Child-care however, we are just calling ourselves Tu Casa, Emery-Freyre said. "On the logo we have added Tu Casa Early Childhood Education. This change is because of our public-school partnership. Changing the word 'childcare' to quality 'Early Childhood Education' helps combat the stigma that early childhood education programs are just another form of babysitting. We are Early Childhood Education professionals."

Families can enroll their child in a public Pre-K program within RSU 14 at a local early education center.

"In our case we are not a center, we are an in-home family childcare program. We are actually the only family childcare program partnered with a public school system in the state of Maine," Emery-Freyre said. "This partnership is designed to provide a developmentally appropriate early care and education experience for children, ensuring a seamless and supportive

transition between settings. All public Pre-K programs, regardless of setting, meet the same Chapter 124 standards as required by Maine's Department of Education."

Those standards include:

Consistency for the Child: Consistent daily routine with trusted educators, which helps in building strong relationships and providing a stable learning environment. Partnership locations offer extended day programming outside the typical school schedule to offer consistency of care for working families.

Collaboration for Success: RSU 14 works closely with local early child-hood education programs to align early care and education practices, ensuring that children receive a cohesive experience that supports their development. Programs share the goal of fostering growth, creativity, and social-emotional development in children.

Smooth Transitions: The collaboration between RSU 14 and local early childhood education programs help ensure that your child's transition be-

tween settings is smooth, whether they are moving from home to childcare or from Pre-K to Kindergarten.

"Private families that enroll in our program are usually families with children under the age of 4 because they are not old enough to enroll in public Pre-K," Emery-Freyre said. "Private families pay out of pocket a weekly or monthly fee."

Emery-Freyre had been working in education for several years before starting Tu Casa.

"I really wanted to create the space on my own because I strongly believe that the environment does most of the work for the child's learning," she said. "In other work settings, I didn't have the opportunity to create my own philosophy – so creating Tu Casa was a passion project, which is why I believe it has been so successful."

Tu Casa's hours are from 8:30 a.m. to 4 p.m. and it follows public school scheduling and observes all the same holidays, vacation weeks, and snow days as RSU 14.

"The most significant aspect of what we do would be a great sense of community and collaboration to provide quality programming for young children," Emery-Freyre said.

Enrollment for the new school year is now underway for students ages 2 to 5 and space is limited so don't wait.

To learn more about Tu Casa or to register, call 207-396-0256 or visit www.tucasaschool.com <

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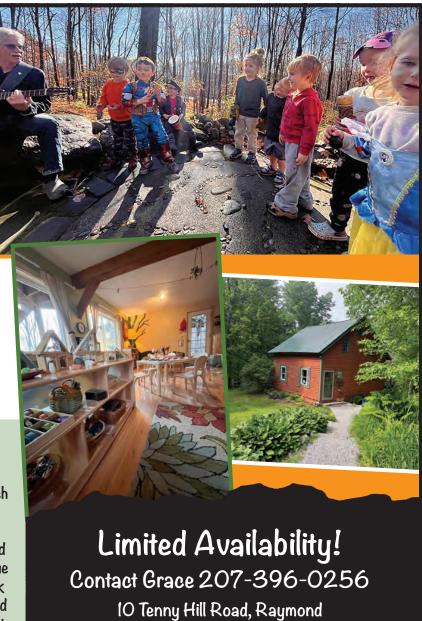
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